



(Newsheet of the Walking Section of Enfield & Haringey AC)

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who apologises for any errors and who welcomes contributions and comments for future issues

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89th Enfield Open Seven - Top Juniors Take Top Places



Emma Achurch and Callum Wilkinson the country's leading under 20 race walkers were outstanding winners at the 89th edition of the Enfield Open Seven staged at LVAC on 14th November. Both started university courses this autumn and these performances suggest that they have transitioned to student life pretty well. Luc Legon (87) walked stride for stride with Emma (85) to get under the hour for the first time. *No 79 is Chris Hobbs.*

In 2013 at 16 Callum was delighted to be the youngest ever winner of the event, but disappointed with his time of 57.46 and vowed to do better. He certainly kept his promise and on this occasion he stopped the clock at 47.28, the fastest ever winning time in the long history of the event. Centurions Dominic and Daniel King

pushed Wilkinson early on, but with their training aimed at 50km didn't have the edge and it is to their credit that although not really racing fit, they supported the event. Francisco Reis was the outstanding veteran and young Chris Snook impressed in the supporting race.

The Spot prize winners were: Graham Chapman, Ken Bobbett, Hannah Childs and Brian Kirkdale and these along with the other awards were presented by event sponsor Bernie Hercock (pictured right) Full result on page 2

Photos courtesy of Mark Easton – <http://markeaston.zenfolio.com/865391/he6f4>



Correction: My apologies for a glaring error in the 89th Enfield Open 7 Supplement. Paul Blagg. Not Les Morton was the first Briton to better 4 hours for 50km at the 1987 World Championships in Rome clocking 3.59.55. An amended copy of the supplement, which also has a picture of Beverley Allen (thanks to Pam Ficken and RWR) is attached.

The final ERWL fixture of 2015 is

1pm on Saturday 28th November 2014

The HILLINGDON OPEN 10km - Hayes Cycle Circuit, HILLINGDON, UB4 0LP
1, 2, 3 & 5km events for YAGS/Novices/Newcomers

Vets AC staged their championship in this race and are noted by a V after their age group.

Men

© = Centurion - *=pb

1. Callum Wilkinson (Enfield HAC)	*47.28	u20
2. Daniel King © (Colchester AC)	48.57	SM
3. Dominic King © (Colchester AC)	49.11	SM
4. Fransisco Reis (Ilford AC)	56.21	M55
5. Fabian Deuter (Hillingdon AC)	57.52	SM
6. Ian Richards © (Steyning AC)	57.58	M65V
7. Luc Legon (Bexley)	*59.29	u20
8. Chris Hobbs (Ashford AC)	60.42	M60
9. Jim Ball (Steyning AC)	62.01	M50
10. Steve Uttley (Ilford AC)	65.44	M55V
11. Graham Chapman (Headington)	65.45	M60
12. John Ralph (Enfield HAC)	65.47	M55V
13. Mark Culshaw (Belgrave H)	66.19	M45
14. John Hall (Belgrave H)	69.08	M65V
15. Kevin Pedley (Aldershot FD)	69.50	M60
16. Ken Bobbett (Hillingdon AC)	70.04	M70
17. Amos Seddon (Enfield HAC)	70.16	M70.
18. Shaun Lightman (Surrey WC)	70.29	M70V
19. Dan Maskell (Surrey WC)	70.35	M65V
20. Glyn Jones (Coventry Godiva)	71.06	M70
21. Arthur Thomson (Enfield HAC)	72.33	M75
22. Paul Gaston (Surrey WC)	73.24	M65
23. Sean Pender © (Enfield HAC)	73.30	M60
24. Brian Kirkdale (Hastings)	73.46	M55
25. Ron Penfold (Steyning AC)	74.21	M70V
26. Paul King © (Belgrave H)	75.22	M60V
27. John Borgars (Loughton AC)	77.10	M65
28. Brian Bogenpoel (Ilford AC)	79.08	M55

Women

1. Emma Achurch (Leicester WC)	59.29	u20
2. Penny Cummings (Aldershot FD)	*65.54	w35
3. Helen Middleton (Enfield HAC)	69.34	w50
4. Maureen Noel (Belgrave H)	70.02	w50V
5. Angela Martin (Surrey WC)	*73.41	w50
6. Fiona Bishop (Woking AC)	73.45	w55V
7. Anne Jones (Steyning AC)	74.46	w60V
8. Jo Miles (Hillingdon AC)	77.05	w60
9. Geraldine Legon (Bexley)	*78.04	w55
10. Jenny Middleton (Hillingdon AC)	84.06	w40

men continued

29. David Delaney (Surrey WC)	79.33	M70V
29. David Hoben (Surrey WC)	80.29	M60V
30. Stephen Cartwright (Colchester AC)	81.17	M55
31. Mick Barnbrook © (Ilford AC)	93.49	M70
32. Dave Ainsworth © (Ilford AC)	96.24	M65

2.3 Miles

1. Chris Snook (Aldershot FD)	17.39	u17
2. Abigail Jennings (Aldershot FD)	22.26	u17
3. Jack Childs (Medway)	22.36	u13
4. George Wilkinson (Enfield AC)	24.54	u15
5. Dave Stevens. (Steyning AC)	28.31	M75
6. Hannah Childs (Cornerstone)	28.31	w40
7. Ken Livermore © (Enfield HAC)	33.43	M80
8. Bernie Hercock (Enfield HAC)	37.07	M75

Teams (mixed – 4 to score)

1. 52 pts EHAC	Wilkinson, Ralph, Middleton, Seddon
2. 79 Steyning AC	Richards, Ball, Penfold, Jones
3. 83 Belgrave H	Culshaw, Hall, Noel, King,
4. 101 Surrey WC	Lightman, Maskell, Gaston, MartinA
5. 137 Ilford AC	Uttley, Bogenpoel, Barnbrook, Ainsworth

Bob Clark Awards:

Emma Achurch, Chris Snook

Lol Dordoy Spot Prize:

Ron Wallwork ©

Judges: Peter Cassidy, Michael Croft, Mick Graham, Pauline Wilson ©, Ron Wallwork ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Carl Lawton ©, Malc Maftrin/Judges Runner: Trevor Jones

Marshalls: Peter Crane, Peter Ryan ©, Dan & Ian Spink

Registrations/Refreshments: Margaret Livermore, Linda Spinks, Joan Wallwork, Tracy Wilkinson

Shaun Doing Well

Within a week of finishing 18th in the Open 7, a race he won in 1969/72 & 76, Olympian (1968) Shaun Lightman spent 24 hours in hospital having a heart pacemaker fitted. He told me that his progress has been good and he returns to the hospital for a follow-up appointment towards the end of December after which he hopes to be able to drive again.

Left at LVAC

A plastic shopping bag with two vinyl records and leaflets were left at LVAC after the Open Seven. There was also a 89th Enfield Open 7 programme in the bag, which is why the LVAC staff thought it might belong to a walker. If the person to whom they belong contacts me and names the discs, we can arrange their collection.

Coaching – Faults, Causes, Corrections at LVAC

Mick Graham and I will be at LVAC on Saturday 12th November for a 'Faults, Causes and Corrections session'. Anyone interested in coming along, should let me know no later than Monday 7th December.

League tables after Ten Fixtures Whilst Fabian seems to have the men's title sewn-up and likewise EHAC the team championship, Maureen Noel has a race in hand and theoretically could pip Helen in the Ladies individual table and only 55pts separate Surrey WC and Ilford AC for third place in the league. To date 46 women and 89 men representing 41 clubs have participated in this year's competition and have registered 396 performances

Ladies

1. 549/9 Helen Middleton
2. 497/8 Maureen Noel
3. 441/9 Jo Miles
4. 257/5 Angela Martin
5. 252/5 Anne Jones
- 252/5 Fiona Bishop
7. 244/6 Jenny Middleton
8. 217/4 Lynn Jones
9. 207/3 Grazina Narviliene
10. 188/3 Penelope Cummings

Men

- | | |
|-------------------------|---------------------------|
| 1. 637/9 Fabian Deuter | 11. 399/8 Brian Bogenpoel |
| 2. 600/9 John Ralph | 12. 390/6 Gary Smith © |
| 3. 475/8 Dan Maskell | 13. 370/7 Sean Pender © |
| 4. 461/8 Arthur Thomson | 14. 364/6 Andy Cox |
| 5. 456/7 John Hall | 15. 362/8 David Hoben |
| 6. 434/6 Fransisco Reis | 16. 354/9 Dave Ainsworth© |
| 7. 442/7 Ken Bobbett | 17. 348/6 Shaun Lightman |
| 8. 421/7 Mark Culshaw | 18. 340/5 Steve Uttley |
| 421/7 Amos Seddon | 19. 337/8 Jon May |
| 10. 419/6 Steve Allen | 20. 308/9 Bernie Hercock |

Team

- | | | |
|------------------|-------------|--|
| 1. EHAC | 2791 | 600 Ralph, 549 Middleton, 461 Thomson, 421 Seddon, 390 Smith, 370 Pender |
| 2. Hillingdon AC | 2414 | 637 Deuter, 441 Miles, 422 Bobbett, 364 Cox, 306 Vroobel, 244 Middleton |
| 3. Surrey WC | 1926 | 475 Maskell, 362 Hoben, 348 Lightman, 272 Harran, 257 MartinA,
212 MartinM |
| 4. Ilford AC | 1871 | 399 Bogenpoel, 354 Ainsworth, 340 Uttley, 288 Kates, 248 Bennett,
242 Barnbrook |
| 5. Belgrave H | 1619 | 497 Noel, 456 Hall, 421 Culshaw, 207 Narviliene, 38 King |
| 6. EHAC 'B' | 1547 | 337May, 308 Hercock, 291 Powell, 229 Wilkinson, 217 Jones, 165 Livermore |
| 7. Steyning AC | 1091 | 263 Penfold, 252 JonesA, 164 Stevens, 134 JonesT, 194 Ball, 84 Hales |
| 8. Surrey WC 'B' | 719 | 171 Flint, 155 Hannell, 154 Crane, 118 Crilley, 76 Delaney, 44 Campbell, |

Results Round up

Twelve walkers started the **Surrey Walking Club Open 7 miles** at Addiscombe on 1st November, a welcome trend following the previous fixture where only six did so. David Crane set a pb of 57.04 to relieve Mark Easton 60.11, of the *Potton Cup* which he had held for over three decades. In the *Gazette* 4 miles a month earlier Mark had been able to hold off the younger athlete and because of the longer distance, a much closer contest had been anticipated. Mark tried valiantly to shake off his rival in the early laps of what is a testing course but failed to do so and although walking over a minute quicker than in 2014 couldn't hold the much improved Surrey walker. Dan Maskell 72.43 repeated his third place of 2014. Sean Lightman 74.04, Paul King, 75.38, Fiona Bishop 75.41 (1st Woman), Anne Jones 76.08, Peter Hannell 77.32, Geraldine Legon 79.21, David Delaney 80.15 and Dave Hoben 82.22 were the other finishers.

Lancashire Walking Club had an excellent turn-out of 19 walkers for its **AGM 5km** at Simister on 7th November. The promoting club's former international Tony Taylor won the event in 26.45 and ERWL interest was in Dan Maskell who finished 5th in 30.04.

Mark Williams was the 10km winner of a well supported final **Midland Winter League** at Warwick University on 15th November which embraced various distances and age groups. Sean Pender recorded 67.28 and Dan Maskell in the 5km 30.57.

Forthcoming Fixtures

- | | |
|---------------------------|---|
| December 5 th | Surrey WC Christmas Cup – 5 km road from Tonbridge track – start at 11am |
| December 13 th | The RWA Annual General Meeting – 2pm at Alexander Stadium, Birmingham. |
| December 19 th | Steyning Alf Palmer memorial walks at Broabridge Heath with an 11am start.
<i>Details from:</i> Ron Penfold on 01293 520506 or Dave Stevens 01903 814422 |
| 2016 | |
| January 9 th | 2016 ERWL Opening fixture at QEII + 2014 Presentations |
| January 16 th | Southern Men & Women 10k & U20M/W 10k, u17 M/W 5k, u15 G/B 3k & u13 G/B 2k
<i>Details from:</i> Noel.Carmody@btopenworld or 020 8301 2334. |
| January 23 rd | Steyning AC 15km at Steyning <i>Details from:</i> Ron Penfold on 01293 520506
or Dave Stevens 01903 814422 |