



(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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A Cordial Invitation to the 90th Enfield Open Seven & Re-union is extended to Competitors, Officials and Supporters

At 1pm on 12th November,

Lee Valley Athletic Centre, 62 Meridian Way, Pickets Lock, N9 OAS

Saturday 12th November will be the 90th edition of this classic race and a warm invitation to attend this year's event is extended to anyone who over the years has taken part in it, in whatever capacity. Arrangements are in hand for a reception at LVAC after the race, providing the opportunity for some reminiscing and perhaps a show of memorabilia.

The Race details:

90th Enfield Open Seven Miles

incorporating VAC & London Business Houses championships

Saturday 12th November 2016 at 1pm

Shorter distances available – Entry FREE and taken on the day

First Five Individual (Women/Men) * First 4 Teams (mixed 4 to score) * 4 Spot Prizes

Bob Clark Young Walker Award * Lol Dordoy Prize

2016 Winners: Emma Achurch 59.29 – Callum Wilkimnson 47.28 – Team (mixed 4 to score): Enfield & HAC

Memento's to all who take part

**Contact Ron Wallwork at ronc893moulton@gmail.com or 01638 751869
To Confirm your acceptance of the invite**

This famous and well-established fixture on the athletics' calendar was first held in 1920 and apart from a few interruptions has been an annual event.

The race used to start in Enfield and took its many participants out-and-back along "The Ridgeway" before increased traffic levels on that road saw it relocated onto a course based around King George Playing Fields. In recent years it's been held at Lee Valley Athletics Centre.

Many great race walkers have participated & former Olympic champions have been Enfield Open 7 Miles' Walk winners. Twenty-one Olympians feature among past winners, four of whom won Olympic Gold! They are: Tommy Green (1932 Olympic 50 Kilometres gold medallist) won the Enfield Open 7 Miles' Walk that same year, Harold Whitlock MBE (1936 Olympic 50 Kilometres Gold medallist) won in 1944, Raul Gonzales (1984 Olympic 50 Kilometres gold medallist) won in 1973 and Britain's greatest ever walker, Ken Matthews MBE (1964 Olympic 20K gold medallist) won in 1958, 60 and 61. Another top walker to win (1963 and 67) was Olympic silver medallist Paul Nihill MBE (1964 Tokyo Olympic 50 Kilometres silver medal). He was the first British male athlete to be selected for four Olympics Games (1964/68/72/76)..

Among the role of former winners are six international stars: Peter McCullagh Australia/1965, Wilf.Wesch West Germany/1970, Ron Laird USA/1971, Raul Gonzales Mexico/73, Enrique Vera Mexico/77 and Zac Pollinger USA/2004.

In 1975 a Women's Open 7 Miles Walking race was included on the programme: that also attracting many well-known names like Judy Farr, Lisa Kehler *nee Langford*) Beverley Allen, Helen Ellecker and Vicki Lupton.

In sunny, breezy conditions 29 walkers set about seeing how far they could cover in 60 minutes. Making his first appearance of the year, Centurion Stuart Bennett accompanied by his protégée Sebastian Parris, who was making his race walking debut, set the early pace which stretched out to 80m at one point.

However, Graham Chapman just as he did in the previous race at the Allianz stadium, reeled off his laps at a consistent pace and as the early leaders faded, so he picked them off and eventually won easily and tantalising close to covering 10km. Debutant Parris showing great promise finished a clear second and bettered 6 miles, whilst Cath Duhig looking more like her old self just managed to catch Stuart Bennett.

Men			women	© = Centurion	* = personal best
1. Graham Chapman (Headington)	9.987	M60	1. Cath Duhig ©	(Ryston R)	9.510 w50
2. Seb Parris (Ilford AC)	9.730	SM	2. Helen Middleton (EHAC)		9.392 w50
3. Stuart Bennett © (Ilford AC)	9.509	M55	3. Maureen Noel (Belgrave H)		9.285 w50
4. John Ralph (EHAC)	9.493	M55	4. Joyce Crawford (EVAC)		8.928 w45
5. Gary Smith © (EHAC)	9.356	M55	5. Melanie Peddles (Loughton AC)		8.833 w45
6. Arthur Thomson (EHAC)	9.262	M80	6. Anne Jones (Steyning AC)		8.799 w60
7. Dan Maskell (Surrey WC)	8.848	M65	7. Fiona Bishop (Woking AC)		8.564 w55
8. John Borgars (Loughton AC)	8,746	M65	8. Angela Martin (Surrey WC)		8.317 w50
9. Sean Pender © (EHAC)	8.730	M60	9. Jo Miles (Hillingdon AC)		8.314 w60
10. Phil Goodwin (Ilford AC)	8.312	M60	10. Frans Fernandez (Loughton AC)		8.640 w65
11. Stephen Cartwright (Colchester)	8.228	M55	11. Sue Clements © (EHAC)		7.610 w60
12. David Bowker (RV Spartans)	8.044	M55			
13. Peter Cassidy (Loughton AC)	7.891	M70			
14. Jon May (EHAC)	7.654	M60			
15. Steve Whelan (Headington)	7.577	M55			
16. Mick Barnbrook © (Ilford AC)	7.160	M75			
17. Ken Livermore © (EHAC)	6.554	M80			
18. Dave Ainsworth © (Ilford AC)	6.201	M65			

Mile/Km conversions

1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477
5miles/8,045 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

Judges: Michael Croft, Chris Hobbs, Doug Hopkins, Pauline Wilson ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Malc Martin, Trevor Jones

Registration: Margaret Livermore - Referee: Ron Wallwork ©

League tables after Nine Fixtures Two to go and only John Ralph is totally secure in the men's top spot. In their respective competitions Maureen Noel, Penelope Cummings and Mark Culshaw have races in hand, as do Surrey WC in the team table, but a mere 89 points separates three teams vying for third place.

Forty-six women are among the 134 walkers representing 45 clubs who have participated so far this season.

Ladies	Men	
1. 410/8 Jo Miles	1. 585/9 John Ralph	11. 309/5 Gary Smith ©
2. 374/6 Maureen Noel	2. 488/8 Dan Maskell	12. 304/5 Arthur Thomson
3. 365/6 Penelope Cummings	3. 474/9 Sean Pender ©	13. 283/5 Michael Harran
4. 317/6 Angela Martin	4. 396/6 Mark Culshaw	14. 278/4 David Crane
5. 284/5 Lynn Jones	5. 360/6 John Borgars ©	15. 272/4 Chris Hobbs
6. 270/5 Anne Jones	6. 358/5 Francisco Reis	16. 261/3 Steve Allen
7. 261/4 Helen Middleton	7. 346/6 Shaun Lightman	17. 253/4 Steve Uttley
8. 246/4 Cath Duhig ©	8. 340/7 Dave Hoben	18. 246/5 Steve Cartwright
9. 236/4 Joyce Crawford	9. 325/5 Malcolm Martin	19. 210/4 Chris Flint ©
10. 225/4 Fiona Bishop	10. 320/7 Jon May	20. 206/3 Graham Chapman

Team

1. EHAC	2276	585 Ralph, 474 Pender, 304 Thomson, 284 Jones, 320 May, 309 Smith
2. Surrey WC	2099	488 Maskell, 346 Lightman, 340 Hoben, 325 MartinM, 317 MartinA, 283 Harran
3. Ilford AC	985	235 Uttley, 204 Barnbrook, 169 Ainsworth, 137 Parris, 114 Kates, 108 Goodwin
4. Belgrave H	947	396 Culshaw, 374 Noel, 114 King, 63 Halmstrand
5. Surrey WC 'B'	896	278 Crane, 210 Flint, 198 Delaney, 91 Crilley, 64 Corrales, 55 Gaston
6. EHAC 'B'	642	261 Middleton, 145 Livermore, 143 Seddon, 136 WilkinsonG, 86 Abbott, Wilkinson C

YAG Scores: 136/4 George Wilkinson, 73/2 Jack Childs 24/1 Evie Butcher (all u15)

Because of a road closure the race this year was over a one mile circuit, held in cool but dry conditions. John Borgars who seems to be going better than ever since his history making 100 miles debut at Redcar in in August, was first to cross the finishing line.

This handicap format never fails to produce exciting racing and so it did again. David Crane and Penelope Cummings were the quickest man and woman on the day, but there were pb's by Sebastian Parris, Melanie Peddle and Joyce Crawford and it was pleasing to see Steve Uttley in action again. Loughton AC with four in the first dozen would have won the handicap team prize if there had been one, and Peter Cassidy deserves a mention for being the oldest walker (75) in the race who bettered the hour.

The prizes were provided and presented by Sean Pender and Thanks to handicapper Jon May who got over half the field within a couple of minutes.

Handicap Result	H'cap	Scratch Result
1. John Borgars (C)	10.20	62.26
2. Melanie Peddle	11.30	63.01
3. Angela Martin	7.30	63.08
4. Malc Martin	7.30	63.10
5. Joyce Crawford	11.30	63.23
6. Maureen Noel	13.30	63.29
7. Dan Maskell	11.00	63.46
8. Sue Clements (C)	2.15	63.51
9. Helen Middleton	14.10	64.00
10. Peter Cassidy	4.20	64.06
11. Jim Ball	20.50	64.13
12. Franscoise Fernandez	2.20	64.21
13. Sebastian Parris	17.45	64.24
14. Jo Miles	7.20	64.26
15. Mark Culshaw	17.45	64.38
16. David Crane	23.000	64.49
17. Gary Smith (C)	13.50	65.24
18. John Ralph	15.10	65.43
19. Penelope Cummings	17.45	66.19
20. Sean Pender (C)	10.20	66.22
21. Cath Duig (C)	15.10	66.36
22. Jon May	3.30	67.35
23. John Taylor	15.10	67.40
24. David Delaney	8.45	68.21
25. Michael Harran	12.50	68.49
26. Geraldine Legon	9.49	69.00
27. Dave Hoben	11.00	70.28
28. Steve Uttley	20.50	72.47
29. Dave Ainsworth(C)	00.00	73.15
30. Mick Barnbrook(C)	00.00	73.16

(c) = Centurion * = Pb

2 Miles 1. George Wilkinson (Enfield HAC) 20.26 u15
2. Patrick McAllister (London HS) 20.38 Mu20

Judges: Michael Croft, Ray Pearce, Pauline Wilson (C)

Timekeeper/Recorders: Phil Welch, Pam Ficken (C), Carl Lawton (C)

Marshalls: Peter Crane, Ken Livermore (C), Ian Spinks, Zak

Handicapper: John May - Registration: Margaret Livermore - Referee: Ron Wallwork (C)

Happy Birthday Bernie and Others

The popular Enfield & H AC President Bernie Hercock, strong supporter of race walking celebrated his eightieth birthday on Saturday 29th October. Bernie has spoken to me often about how the support he received from his many race walking friends helped him through his recent health problems. *Happy Birthday Bernie*, - you are only nine years behind the Enfield Open Seven – Look forward to seeing you at the Re-union.

Hour Meeting Action

Physical demands on the competitors – Mental demands on the officials.

Pam Ficken, Trevor Jones, Malc Martin, Bernie Hercock and Phil Welch



Results Round-up

Cannon Hill Park, Birmingham was the venue for the 2016 **Police & Civil Service championships** and Match for the 'Ryan Cup' on 28th September.

The distances were 5km for the women and 10km for the men. Pamela Abbott 35.36 was 5th of the 11 starters in her race and Gary Smith 8th of the 23 who started the men's race. Sussex copper Gary Winton 52.05 was the overall winner and *Leaguers* participating were Steve Uttley 5th 60.56, Stuart Bennett 6th 61.05, Peter Ryan 7th 61.09, Dan Maskell 11th 63.51 and John Hall 20th 71.50. The Police won the match against the Civil Service, whilst Bennett, Smith and Chris Flint 67.27 the Police team title for the Metropolitan Police. Enfield Open 7 winner in 1978 Bob Dobson made his 45th appearance in this fixture, finishing 16th in 68.09.

The **RWA Festival of Race Walking** which incorporated an International 50km, the RWA national 50km championship, open 10km and 20km races and the annual Nihill YAG Trophy match twixt England and Ireland, was successfully promoted at Hillingdon on 2nd October.

There were five competitors in the international field and the winners were Helder Santos (Portugal) 4.32.56 and Edilaine Rech (Brazil). Two women and thirteen men started in the RWA championship; neither of the women along with eight of the men finished. Manxman Matthew Haddock 5.32.33 scored a comfortable victory from reigning champion Adrian Edwards (Lancs WC) 5.46.36, whilst John Borgars 6.08.17 was less than half a minute behind third placer Martin Fisher (Redcar RWC). The ERW Leaguers Mark Culshaw, Sean Pender and Jo Miles were non finishers, although it was never Jo's intention to do the full trip. Her target was 30km in less than 4 hours, a target missed by just 28 seconds. Of ERWL interest in the other events; 10km Cath Duhig 62.34 and Shaun Lightman 68.17.

It was refreshing to see so many youngsters in action and credit to the organisers for the smooth running of the event and speed with which the results were produced.

Awards Season The awards season is upon us and I'm pleased to report that in Suffolk walking has done particularly well. On Friday 30th September at the Forest Heath District Awards ceremony Callum Wilkinson was considered have delivered the Outstanding Individual performance of the year whilst Mick Graham was awarded the Unsung Hero plaque. Ten days later at the St.Edmundsbury Presentation night there was a repeat double collection; the Sports Personality Achievement went to Callum and Coach of the Year to Mick. Both are nominated for awards at the Suffolk Sport Evening in Ipswich scheduled for 18th November.

Move on to Birmingham on 15th September and there was another walking double. Callum collected the Ron Pickering u20 Outstanding Junior Award and Andi Drake the Dave Sutherland award which aims to support the development of coaching.

It's Also AGM time

The RWA SOUTHERN AREA AGM Walking AGM is to take place on Monday 14th November at the Civil Service Club, Great Scotland Yard, London SW1A 2HJ, at 7.15 pm. This venue is easily reached - Great Scotland Yard is a short street running from Whitehall (Trafalgar Square end) to Northumberland Avenue, being a short walk from Charing Cross and Embankment stations, and served by umpteen bus routes. The Civil Service Club has quality snacks/meals at modest prices for those coming straight from work, etc. It is the opportunity for walkers to show their support for what their area association does on their behalf and of course help it move forward by airing their views.

The RACE WALKING ASSOCIATION holds its AGM on 12th December at Alexander Stadium, Birmingham and commences at 2pm and the same comments about supporting if apply. More details from Colin Vesty the RWA Hon.Secretary at rwasecretary@yahoo.co.uk or 07533,008403