



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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 – rwallwork4@sky.com
who apologises for any errors and who welcomes contributions and comments for future issues

Latest League news at <http://enfieldleague.weebly.com>



JOHN BORGARS

Brilliantly and Well Done!

Leaguer John Borgars (Loughton AC) qualified as a member of the Centurion brotherhood by walking one hundred miles in 22.31.52 in the Redcar 100 on 6th/7th August.

At 70 years of age it is thought that he Centurion number 1170, is the oldest person to qualify and to add to that, he was also third in the RWA national Long Distance championship.

John, being congratulated by RWA President Fred Pearce, just moments after completing his 100 miles at Redcar on 6th/7th August. Also in the picture is John's wife Ruth and in the background in the orange jacket is a smiling Pauline Wilson the only other Loughton AC first claim Centurion.

Race winner was Dutchman Frank vd Guilik in 20.30. Second and RWA national champion was The Association's Hon Secretary Colin Vesty 20.39.44 and runner up was (in 4th overall) Kevin Marshall in 22.02.15. The leading lady was Sandra Brown 21.10.06. *Full report on the Centurions 1911 website.*

Whilst on Centurion news; with regard to the report in the last issue about the Anniversary Njmegan Marches I omitted to mention that Sue Clements as well as Kathy Crilley, also had the privilege of being selected to do a lap of honour, which she duly did.

The remaining 2016 League fixtures

- | | | |
|-----------------------|---|---|
| 24 th Sept | One Hour Badge Race
plus Newcomer/YAG 30 minutes | 12 noon - Lee Valley Athletic Centre, N9 0AS
A single race so entries limited & Places guaranteed only to those who contact Ron Wallwork in advance (email or telephone) to book a spot on the start line. |
| 8 th Oct | 5 mile Yacht Handicap
plus Newcomer/YAG 2.5 miles | 1pm - Lee Valley Athletic Centre, N9 0AS
Again, advance indication of entries Please!. |
| 12 th Nov | 90th Enfield Open 7 | 1pm - Lee Valley Athletic Centre, N9 0AS
Special event to mark a special milestone in the history of the event and race walking
Buffet reception after the race and mementos to all competitors and officials
More details to follow |
| 26 th Nov | Hillingdon Open 10km
plus Newcomer/YAG 2/3/5 kms | 1pm - Hayes Cycle Circuit, UB4 0LP |

ronwallwork4@sky.com - 01638 751869 - 07460 041643

In cloudy, humid conditions Mark Culshaw and Penelope Cummings cut out the early pace opening up a 50 metres gap ahead of the chasers led by Graham Chapman. Chapman seemed to close it with ease as first Cummings and then Culshaw started to fade. It was a good race to watch and new Centurion John Borgars was only half a minute slower than the previous race, so has recovered quite well since his 100 mile success just three weeks previously.

Men	© = Centurion - *= <i>pb</i>	Women	
1. Graham Chapman (<i>Headington</i>)	28.54 M60	1. Penelope Cummings (<i>Aldershot FD</i>)	29.39 W40
2. Mark Culshaw (<i>Belgrave H</i>)	28.55 M50	2. Helen Middleton (<i>Enfield HAC</i>)	30.35 W50
3. John Ralph (<i>Enfield HAC</i>)	30.48 M55.	3. Maureen Noel (<i>Belgrave H</i>)	31.05 W50
4. John Borgars © (<i>Loughton AC</i>)	31.45 M70	4. Melanie Peddle (<i>Loughton AC</i>)	31.10 W45
5. Dan Maskell (<i>Surrey WC</i>)	32.31 M65	5. Jo Miles (<i>Hillingdon AC</i>)	34.20 W60
6. Arthur Thomson (<i>Enfield HAC</i>)	32.33 M80		
7. Shaun Lightman (<i>Surrey WC</i>)	34.08 M70		
8. Amos Seddon (<i>Enfield HAC</i>)	34.30 M75	1km Henry Rugg (<i>Enfield HAC</i>)	6.41 Bu11
9. Sean Pender © (<i>Enfield HAC</i>)	34.34 M60	3km Lillian Rugg (<i>Enfield HAC</i>)	24.49 W45
10. Phil Goodwin (<i>Ilford AC</i>)	35.01 M60	Ken Livermore © (<i>Enfield HAC</i>)	26.32 M80
11. David Hoben (<i>Surrey WC</i>)	35.21 M60		
12. Jon May (<i>Enfield HAC</i>)	39.38 M60		

NB Jon May started late. Time estimated

Judges: Ron Wallwork assisted by Bernie Hercock
Recorders: LICC Officials, John Hall, Carl Lawton

League tables after Seven Fixtures

Four fixtures to go and the individual and team awards are far from decided. The team winners will be either the promoting club or Surrey Walking Club, but with a mere 77 points separating four teams, the scramble for third place could be very interesting.

Forty-four women are among the 124 walkers representing 43 clubs who have participated so far this season..

Ladies	Men	
1. 307/6 Jo Miles	1. 456/7 John Ralph	11. 246/4 John Borgars ©
2. 299/5 Penelope Cummings	2. 373/6 Dan Maskell	12. 242/4 Arthur Thomson
3. 284/5 Lynn Jones	3. 367/7 Sean Pender ©	13. 231/4 Michael Harran
4. 247/4 Maureen Noel	4. 358/5 Fransico Reis	14. 229/5 Jon May
5. 212/4 Ann Jones	5. 329/5 Mark Culshaw	15. 210/ 4 Chris Flint ©
6. 210/4 Angela Martin	6. 308/5 Shaun Lightman	16. 208/3 David Crane
7. 171/4 Jenny Middleton	7. 292/6 David Hoben	17. 195/3 Steve Uttley
8. 170/3 Fiona Bishop	8. 272/4 Chris Hobbs	18. 195/4 Steve Cartwright
9. 130/2 Helen Middleton	9. 272/4 Malcolm Martin	19. 185/3 Gary Smith ©
10. 116/2 Cath Duhig	10. 261/3 Steve Allen	20. 151/3 David Delaney

Team

1. EHAC	1763	456 Ralph, 367 Pender, 284 Jones, 242 Thomson, 229 May, 185 Smith
2. Surrey WC	1686	373 Maskell, 308 Lightman, 292 Hoben, 272 MartinM, 231 Harran, 210 MartinA
3. Surrey WC'B'	779	210 Flint, 208 Crane, 151 Delaney, 91 Crilley, 64 Corrales, 55 Gaston
4. Belgrave H	753	329 Culshaw, 247 Noel, 114 King, 63 Halmstrand
5. Ilford AC	649	195 Uttley, 119 Barnbrook, 114 Kates, 85 Ainsworth, 73 Ryan, 63 Marshal
6. Hillingdon AC	642	307 Miles, 171 Middleton, 67 Deuter, 49 Cox, 48 Bobbett

YAG Scores: 96/3 George Wilkinson, 73/2 Jack Childs 24/1 Evie Butcher (all u15)

Brilliant Bosworth

I'm sure, that like me everyone connected with ERWL and British race walking were overjoyed at Tom Bosworth's brilliant 6th place in the recent Rio Olympics. The position he finished is highly commendable, but what impressed me most was the way he was prepared to take it on and mix it with walkers, who on paper were much better than him. He proved once again that it is the performance on the day that really matters. Well done Tom!

Congratulations to Olga and Stuart

Sarnia walkers Stuart LeNoury and Olga Sinkevica who both raced at Moulton in 2015, got married in Riga, Latvia on Friday 5th August. Best wishes for a happy future together from ERWL

Results Round-up

In ideal conditions the final race of the **2016 Vets AC** summer 5 mile series at Battersea Park on 16th August was won by Mark Culshaw in 48.57 and among the other ten who turned out were ERWL regulars Maureen Noel (1st lady) 52.37, Arthur Thomson 53.23, Michael Harran 54.19 and David Hoben 58.25.

On the same evening over at Ashton Playing Fields track it was the penultimate race of the **Woodford 3km Tuesday** evening series and sadly only four walkers toed the line. They were new Centurion John Borgars 19.22, Pamela Abbott 20.19, Sean Pender 20.48 and Peter Cassidy 21.17.

England Athletics included a **3km walk in their Manchester International** meeting staged on 17th August built around a three way match involving England, GB Juniors and the BAL/UKWL teams and guest competitors. Callum Wilkinson 11.49 was a comfortable winner ahead of Guy Thomas 12.08 and Cameron Corbishley 12.19. Bethan Davies 13.04 was the first female across the line in 13.04, followed by Gemma Bridge 13.17 and Tatyana Gabellone 13.23. In all, 19 walkers were in action at the meeting.

A Busy Bank Holiday Weekend – 6 races in 4 days

In addition to the ERWL/LICC race at Allianz Park on Saturday 27th August (result page 2), there was another race and in the ensuing three days the following races took place:

On the same day Dan King won the **Essex CAA 10km track championship** at Garon Park, Southend. His time was a sedate 47.17 which was not surprising with the lack of competition. The only other walker was Bob Dobson 71.03 who had travelled all the way from Cardiff to support the event.

The following day, Sunday 28th August, the **England Athletics under 15/17 championships** were held at Bedford. The 10.20am start time meant that conditions for the 11 competitors were ideal; cool and cloudy. Of particular interest to the ERWL was George Wilkinson's pb of 17.46 in the u15 Boys 3km, a race won by Jack Childs (Medway) in 17.04. The other champions were: under 15 Girl's 3km Lucy Lewis-Ward (Cambridge H), under 17 women's 5km Ana Garcia (City of Sheffield) and the men's 5km Chris Snook (Aldershot AFD).

Also on the same day, Club and ERWL athletes were in action at Kingston, Kings Meadow in the **VAC & SVAC track championships**. The distance was 3km and the walkers were Penelope Cummings 18.08, John Ralph 19.23, Fiona Bishop 18.56 and Peter Hannell 19.23.

Garon track was in use again on Monday 30th August for **Southend AC's annual meeting** which included a mile walk. An excellent field of 23 completed the race and Olympian Dominic King obliterated the meeting and track record with a sizzling 6.11.06 and earned himself the George Woods trophy awarded to the first Essex based Centurion in this race. Among Leaguers who took part were Stephen Cartwright 9.47, John Borgars 9.52, Michael Harran 10.06, Steve Allen © 10.35, Alan O'Rawe 10.54, Peter Cassidy 10.57, Dave Hoben 11.00 and Dave Ainsworth 12.40. Interestingly, in third place with 9.39 was former international George Nibre who clocked a 4.16.47 50km in 1980.

The final race of the 2016 **Woodford Tuesday 3km** series took place on Tuesday 31st August and was won by Mark Culshaw in 16.30. Only two of the nine strong field didn't have Club or ERWL connections and they occupied the minor placings; promising Cambridge Harrier Alex MacHeath (u13) second in 16.36 and Steve Allen third in 17.15. John Borgars 18.54, Sean Pender 20.40, Pamela Abbott 20.41 Peter Cassidy 20.57 and Dave Ainsworth 24.52 were the other competitors. The series winners were: Steve Allen, Melanie Peddle and Loughton AC. EHAC were second of the seven teams, whilst Pamela Abbott was second lady and Sean Pender third man.

Race Walks were included in the programme at the **Youth Development** meeting staged At Bedford on Saturday 3rd September and 20 youngsters from u13's to u17's went to the start lines at either 1km or 2km. For the u15's the awards went in the same order, to the same three who came out on top in the EA championships a week earlier, however this time it was a much closer contest; Jack Childs 5.04, Hisham Alkhamesi 5.06 and George Wilkinson 5.09.

Jim Sharlott/BMAF 10km – 3rd September. On a rainy day in Abbey Park, pre-race favourite Francisco Reis missed the start leaving the way open for Mark Williams (M50) 52.26 to regain the title he last won in 2012. Leicester's Dwayne Butterly (M50) 54.16 had stayed with Williams in the early part of the race, but faded somewhat towards the end and managed to hold on for second place. Peter Boszko (M65) 59.34 held off Graham Chapman (M60) 59.41 for 3rd place by just 7 seconds. Graham's effort was rewarded by a first place medal in his BMAF age group.

Enfield's super Vet Arthur Thomson M80 won his umpteenth BMAF title and other BMAF medal performances of ERWL interest were; Mark Culshaw (M50) 3rd 60.00, Shaun Lightman (M70) 2nd 66.39, John Borgars (M70) 66.41 and Fiona Bishop (W55) 1st 65.51 a time that with her allowance, won her the open handicap prize.

The annual **Guernsey Church to Church 19.4 miles walk** on was won by Manxman Sam Fletcher in 3.07.45 with Jim Ball 3.12.47 and Stuart LeNoury 3.18.09 taking second and third places. The club was represented by Sean Pender 7th of the 18 finishers in 3.45.19 and *Leaguer* Dave Hoben who also competed in the warm-up 3km race two days before was 14th in 4.07.41. The 3km was won by Stuart LeNoury in 14.58 and Dave was 10th of 14 in 20.56.

The club had two representatives in the **Lancashire WC 2 hour** track race at Bury, Lancashire on Saturday 10th September. TLWC put the event on to mark the 45th anniversary of my national 2 hour record and the half Century anniversary of my Commonwealth & Empire Games victory. There were 20 starters of which 13 went on to complete 2 hours among them Sean Pender and Myself. The winner was Roy Gunnett 17.498km and only 63 metres behind was Sean Pender 17.435km. I was 12th with 12.390km, less than half the distance I did when setting the record.

Message from Callum Wilkinson I have decided to officially end my season as of today (mid Augst) and won't be competing in an autumn 20km as I had planned. This now marks the end of my junior career and I have been lucky enough to travel to some incredible places and meet some amazing people.

This season has shown me what I am capable of. I have achieved all I could have hoped for and am the proud holder of all junior British records as well as the World Junior Champion. I am so blessed to be able to do something I love and will never take this for granted.

Finally, I want to say a massive thank you to all who support me and hope will continue to do so. Four year from novice to junior world champion, I'm so excited for what the next four years may hold.

Something Different from Shaun Lightman Angela Perrin, one of our Pilates class at West Wickham Kent, is looking for companions to cycle along the Rhine from Passau (Germany) to Vienna (Austria). This will mean riding about 40 miles per day. She has no date as yet. It depends on numbers. Flights and train journeys and bicycle hire are included in a cost of about £600.

The trip will last 7 days, easy mileage, roughly 40 miles a day, flat, level ground alongside the river Danube, no traffic, lovely scenery - it is probably one of the most popular rides around with the beauty of it being stress free and it is quite doable - no age restrictions. Anyone between 12 and 85 should be able to manage it and if older people feel it difficult there are electric cycles to hire. Overnight stays are in guest houses or hotels.

Please get in touch - email or phone 0208 658 2638, or contact Angela Perrin direct on 0208 658 2638 or <magicalact@hotmail.com>

Forthcoming Events

2nd October - **RWA Festival of walking** which includes various distances and age groups, the Paul Nihill trophy match and the UKA (A rules) and RWA (B rules) 50kml championships. Details attached.

Late Enfield Open News. Past winners Bryan Hawkins (1954/55), John Webb (1966) and Verity Snook (1995) have sent Good Wishes for the event and among those who intend being there are Roger Mills, Ann Lewis, Bob Dobson, Diane Bradley, Francisco Reis, Neringe Aidietyte, Grazina Narviliene, Mark Easton, Chris Cheeseman, Shaun Lightman and Carl Lawton. I'm sure there will be more and I hope that the person reading this will be one of them.