

The Enfield Walker 2015

April



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

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Not a Bad Day for Enfield & Haringey AC and ERWL Leaguers

The bright sunny conditions for the National 20km and YAG championships staged at the Hillingdon Cycle Circuit on 18th April were hampered by a strong, chilly wind, so times were a little down on what might have been expected.

Callum Wilkinson retained his national u20 10km road title (his fifth national junior win since September 2013) with an impressive display of even paced walking. His km splits were 4.25/4.34/4.34/4.30/4.29 to reach 5km in 22.32 and proceeded with 4.30/4.32/4.32/4.28.4/29 for the second half to clock 45.03, just over half a minute ahead of Cameron Corbishley.



Tom Bosworth (85) and Callum Wilkinson (39) set off in defence of their national titles

Manx Harriers who supported the championships in force won the team championship, but were only three points ahead of Enfield & Haringey AC whose scorers were John Ralph 2.02.52 in 8th and Arthur Thomson 14th in 2.17.08. The Southern championship was held in conjunction and so their national silver medal also earned them Southern golds.



The individual winner was Tonbridge star Tom Bosworth in 1.29.16 from Dom King 1.39.26 and Manx veteran Richard Gerrard 1.47.31. *Leaguers* Trevor Jones 1.51.26 was 4th, (3rd in the Southern) John Hall 2.04.42 was 9th, Ken Bobbett 2.06.52 was 11th and Shaun Lightman 2.16.45.

The women's race winner was Heather Lewis 1.43.36 with u20 Emma Achurch debuting with a national age record of 1.45.29 in second place. Angela Martin 2.20.42 finished 9th.

pictures by Mark Easton with lots more on his website – see enfieldleague.weebly.com for link.

RWA Awards for Enfield & HARINGEY AC - Details on back page

The next ERWL Race is the PEDNOR 5 on 4th May
Details and Entry form on
Enfieldleague.weebly.com - Entries taken on the day

Club Members and Leaguers Abroad

The day after celebrating his 18th birthday on 14th March, Enfield's Callum Wilkinson registered a first in the **Lugano international meeting**. However it was not the kind of first that he was seeking - *it was his first ever disqualification!* It was a disappointing and unpleasant experience, but one that most top walkers go through as they develop.

Callum's 12 year old brother George, walking in his red & gold club colours provided the Wilkinson camp with some consolation; by far the youngest competitor in the under 16's 5km event, he clocked 35.57 and was given a tremendous reception as his finished.

Just over a week later 24th/28th March the **European Masters Indoor championships** staged in Torun, Poland. Club member Arthur Thomson (M75) and nine (in a team of 13) other fellow *Leaguers* did very well at the championships. There were two championship distances only one of which, the 3km was actually held indoors, the other over 5km was staged on a road circuit in chilly damp conditions.

With times of 13.38 and 23.11 Fransisco Reis (M50) won two silvers, whilst the trio of Malc Martin (M60) 16.11/26.35, John Hall (M65) 16.03/26.50 and Arthur Thomson (M75) 18.54/31.23 all collected an individual bronze and silver medal.

In the 5km team races John Hall was the leading M65 scorer and won gold to complete a full set of medals for the championship. There were also minor place team medals for Fransisco, Malc, Steve Allen (M55) 15.12/25.32*pb* and David Kates (M65) 19.17/33.02.

Angela Martin (W50) gained a top six place with 19.33/34.15 and a very busy Fiona Bishop (W55) 20.28/33.39 followed up her walks with a run in the cross country where she picked up a bronze team medal.

Putting his Lugano experience well behind him, Callum Wilkinson finished fourth in the **Podebrady international junior 10km** on 11th April. For most of the race he was with the chasing group which passed half-way in 21.55 and in spite of having to ease off a little because of tight ham-strings he pulled away over the last km to finish fourth in 44.15, well inside the qualifying standard for the European Cup for Walking being staged in Murcia, Spain in mid-May.

League tables after three fixtures

There are nineteen ladies among the 62 walkers from sixteen clubs who have so far taken part in this year's league.

Ladies

1. 173/3 Helen Middleton
2. 147/3 Jo Miles
3. 131/2 Penelope Cummings
4. 129/3 Jenny Middleton
5. 119/2 Maureen Noel
6. 118/3 Kathy Crilley ©
7. 103/2 Anne Jones
8. 102/2 Fiona Bishop
9. 91/2 Diana Braverman
10. 68/1 Grazina Narviliene

Men

1. 206/3 Fabian Deuter
2. 192/3 John Ralph
3. 185/3 Stuart Bennett ©
4. 172/3 Amos Seddon
5. 167/3 Ron Penfold
6. 166/3 Andrew Cox
7. 151/3 Brian Boggenpoel
8. 139/3 Ron Powell
9. 139/2 Fransisco Reis
10. 134/2 Trevor Jones
11. 133/2 Jim Ball
12. 130/2 Steve Allen
13. 126/2 Mark Culshaw
14. 122/2 John Hall
15. 119/3 Jon May
16. 119/2 Dan Maskell
17. 111/2 Ken Bobbett
18. 111/3 Dave Ainsorth ©
19. 109/2 Michael Harran
20. 108/2 Shaun Lightman

Team

1. EHAC **901** 192 Ralph, 173 Middleton, 172 Seddon, 139 Powell, 119 May, 106 Pender
2. Hillingdon AC **844** 206 Deuter, 166 Cox, 147 Miles, 129 Middleton, 111 Bobbett, 85 McKenzie
3. Ilford AC **726** 185 Bennett, 151 Boggenpoel, 139 Reis, 111 Ainsworth, 74 Barnbrook, 66 Ryan
4. Steyning AC **643** 167 Penfold, 134 JonesT, 133 Ball, 106 Stevens, 103 JonesA
5. Surrey WC **638** 119 Maskell, 118 Crilley, 109 Harran, 108 Lightman, 93 MatrinA, 91 Hoben
6. EHAC 'B' **440** 98 Hercock, 91 Braverman, 74 Livermore, 70 Wilkinson, 57 Smith, 50 Thomson
7. Belgrave H **435** 126 Culshaw, 122 Hall, 119 Noel, 68 Narviliene
8. Surrey WC 'B' **215** 65 MartinM, 54 Flint, 52 Hannell, 44 Campbell

Although rain free for the race there was no respite from a bitterly cold wind sweeping across the playing fields. Nevertheless the rivalry was keen and as expected from this format of racing, some close finishes with the back markers almost getting into the placings. A number of *Leaguers* were keeping their powder dry for the European Masters Indoor championships in Poland which commenced on the following Tuesday and so the size of the field was smaller than usual.



Diana Braverman

Thanks are expressed to Jon May for framing the handicap and to all the officials, particularly the time keeper and recorders and Enfield Town FC for their input to a what seemed a good afternoon's sport.

Handicap Result			Scratch Result		
	<i>allow</i>				
1. Diana Braverman	8.45	64.42	1. Callum Wilkinson	(Enfield HAC)	*35.58 u20
2. Geraldine LeGon	9.10	65.04	2. Fabian Deuter	(Hillingdon AC)	40.56 M35
3. Sean Pender	12.30	65.43	3. Jim Ball	(Steyning AC)	43.37 M50
4. Fabian Deuter	24.50	65.46	4. Penelope Cummings	(Aldershot FD)	45.45 W35
5. Maureen Noel	16.15	65.51	5. John Ralph	(Enfield H AC)	47.02 M55
6. Callum Wilinson	29.55	65.53	6. Mark Culshaw	(Belgrave H)	48.09 M45
7. Jim Ball	22.20	65.57	7. Stuart Bennett (C)	(Ilford AC)	48.58 M55
8. Amos Seddon	15.25	66.00	8. Maureen Noel	(Belgrave H)	49.36 W50
9. Brian Boggenpoel	12.10	66.03	9. John Hall	(Belgrave H)	49.46 M65
10. Dan Maskell	16.15	66.04	10. Dan Maskell	(Surrey WC)	49.49 M65
11. Mark Culshaw	18.15	66.24	11. Helen Middleton	(Enfield HAC)	50.26 W50
12. John Ralph	19.35	66.37	12. Amos Seddon	(Enfield HAC)	50.35 M70
13. Michael Harran	13.40	66.41	13. Andrew Cox	(Hillingdon AC)	51.17 M60
14. Jo Miles	11.55	66.43	14. Ron Penfold	(Steyning AC)	52.00 M70
15. Penelope Cummings	21.00	66.45	15. Michael Harran	(Surrey WC)	53.01 M75
16. Kathy Crilley (C)	6.40	66.45	16. Sean Pender (C)	(Enfield HAC)	53.13 M60
17. Jenny Middleton	8.10	66.52	17. Chris Flint (C)	(Surrey WC)	53.42 M65
18. Stuart Bennett (C)	18.05	67.03	18. Brian Boggenpoel	(Ilford AC)	53.53 M55
19. Ron Penfold	15.05	67.05	19. Peter Hannell	(Surrey WC)	54.33 M70
20. Helen Middleton	16.45	67.11	20. Jo Miles	(Hillingdon AC)	54.48 W55
21. Jon May	7.00	67.22	21. Arthur Thomson	(Enfield HAC)	55.04 M75
22. Dave Ainsworth (C)	00.00	67.30	22. Geraldine Legon	(Bexley)	55.54 W55
23. Sandra Campbell	9.50	67.47	23. Diana Braverman	(Enfield HAC)	55.57 W60
24. Ron Powell	11.30	68.08	24. Ron Powell	(Enfield HAC)	56.38 M75
25. Sue Clements (C)	8.45	68.16	25. David Hoben	(Surrey WC)	56.53 M55
26. Richard McKenzie	11.30	68.44	26. Richard McKenzie	(Hillingdon AC)	57.14 M45
27. Andrew Cox	17.30	68.47	27. Sandra Campbell	(Surrey WC)	57.47 W45
28. Mick Barnbrook (C)	4.30	69.18	28. Jenny Middleton	(Hillingdon AC)	58.42 W40
29. David Hoben	12.30	69.23	29. Sue Clements (C)	(Cambs & Coll)	59.31 W60
30. Chris Flint (C)	16.15	69.57	30. Kathy Crilley (C)	(Surrey WC)	60.05 W65
31. Ken Livermore(C)	00.00	70.56	31. Jon May	(Enfield HAC)	60.22 M60
32. Peter Hannell	16.45	71.18	32. Mick Barnbrook(C)	(Ilford AC)	64.48 M70
33. Arthur Thomson	17.30	72.34	33. Dave Ainsworth(C)	(Ilford AC)	67.30 M65
34. John Hall	23.10	72.56	34. Ken Livermore (C)	(Enfield H AC)	70.56 M80

(c) = Centurion * = Pb

3 miles		
1. Dave Stevens	(Steyning AC)	35.23 M70
2. Eddie Trotter	(Ilford AC)	41.57 M55
3. Bernie Hercock	(Enfield HAC)	50.28 M75

Judges: Peter Cassidy, Michael Croft, Ron Wallwork

Timekeeper/Recorders: Phil Welch, Pam Ficken, Carl Lawton

Registration/Refreshments: Margaret Livermore, Joan Wallwork

National Awards for EHAC

The Race Walking Association SPARTA TROPHY Award for the most improved club in 2014 was awarded to Enfield & Haringey AC.

It is based on the overall improvement in all RWA national championships from the u13's to senior level and there is no doubt that the efforts of the Wilkinson brothers played an important role this success.

Callum Wilkinson also won the KEN SMITH MEMORIAL trophy for the Outstanding junior performance of 2014.



Callum, John Ralph, George Wilkinson (holding the trophy) and Arthur Thomson accept the trophy on behalf of the club at Hillingdon on 18th April.

Results Round-up

The **Slater-Bryce Memorial 10km** track walk was staged at Broadheath track, Horsham on 14th March and incorporated the Sussex championship. Fransisco Reis 48.25 was the race winner, in second place Ian Richards 50.04 took the Sussex title and occupying third place was Steve Allen 53.18. John Hall 56.34 had a close duel with Malcolm Martin 56.35, whilst other *Leaguers* in the event were Michael Harran 66.00, Arthur Thomson 70.21 and David Hoben 71.49.

Lancashire Walking Club's **Macclesfield Shield 20km** on 11th April was won by Adrian Edwards in 2.00.28 and *Leaguer* Dave Hoben finished 12th in 2.32.14.

On 14th April at Battersea Park *Leaguers* Peter Ryan 44.57 and John Hall 46.24 led home the field in the first of the summers **Veterans AC 5M Walks**. Ron Powell 57.08 was the only club member in the race although Sean Pender was on judging duty. Other *Leaguers* among the 12 racers were Maureen Noel 50.20, Dan Maskell 50.21, Mick Harran 52.48 and Dave Hoben 57.53.

Leaguer Stuart Bennett clocked 2.15.47 when he race walked the **Taunton Half Marathon** on Sunday 12th April.

The 2015 **BMAF 20km** championship was staged with the **Downham Market open** walks on 26th April. The entry could have been better and it was an ideal opportunity to get some distance in for any vets going to the Euro Masters non stadia events being staged in Italy in mid-May. The only club walker was 79 year old Arthur Thomson 2.15.38 who extended his long running success of BMAF championship wins. The winner of both events was Ian Richards (M65) 1.55.29 followed home by Steve Allen (M55) 2.01.19 and John Hall (M65) 2.02.27. ERWL regulars in action were: Ken Bobbett (M70) 2.07.39, Cath Duhig (W60) 2.15.14, Angela Martin (W50) 2.20.45, John Borgars (M65), 2.22.39 and Jo Miles (W55) 2.32.09

On the same day Barbra Ralph ran 3.40.48 in the **London Marathon** to finish fifth in her age group. I understand that Maureen Noel also took part.

The European Athletics Association Plaque of Merit has been awarded to Peter Marlow for his long service to the Association. This award is limited to three people on a bi-annual basis, so it is a tremendous honour and acknowledgement of the long and dedicated service that Peter has given to race walking and athletics in general.

European Cup Selections: Callum Wilkinson is one of the six walkers Selected by GB to compete in the European Race Walking Cup competition being staged in Murcia, Spain on 17th May. This is his first GB appearance. The full team is: Tom Bosworth and Jo Atkinson for the senior 20km and for the under 20's 10km; Emma Achurch, Cameron Corbishley, Guy Thomas and Callum Wilkinson.