

# **Enfield Walker 08** (Newsheet of the Walking Section of Enfield & Haringey AC) **Number 10**

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

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**BMAF 20/30km championships** Twenty-three started these championships staged at Northampton on 23rd August and all but four went on to complete 30km. Ron Powell collected two thirds in the M70 category with times of 2.15.52 and 3.29.57 and in the same category, Bernie Hercock was fourth in 2.30.18. Sean Pender had entered, but understandably, after his efforts a week earlier at nearby Milton Keynes, gave this one a miss.

For *Leaguers* contesting the event there was double success for Arthur Thomson (M70), finishing in front of several younger walkers with times on 1.57.05 and 2.58.31 and in the same category Mike Harran 2.14.28/3.32.05 secured two silvers. Maureen Noel W45 2.14.28/3.11.43 and Mark Wall M50 2.04.20/3.11.43 won their age groups unopposed, the later showing great resilience in putting his previous week's disappointment behind him. In the M55's John Hall with 1.58.32/3.02.42 collected silvers and Rod Dunn completing the 20km only in 2.05.39 collected a bronze medal as did Dave Hoben 2.33.23/3.56.14 in the 30km.

Amidst the numerous veteran performances in recent months, I failed to mention that of fourteen year old EHAC Joshua Wilks, who on 26<sup>th</sup> July in the LICC meeting at Cophall stadium recorded 7.55 for the 1km junior walk.

**National Success for EHAC Youngsters** Whilst EHAC walking success is in the veteran categories, on the track it is their youngsters who are excelling. They travelled to Manchester on 6th September and emerged as winners of the UKA Young Athlete's League Auxiliary Final. Congratulations to all the team members and well done Julie Brown and the coaches who helped them to this well deserved national success.

**Milton Keynes Hundred** First of all congratulations and thanks to Sue and Mark Wall and of course their supporters on putting on what I've been told by several people was an excellent event. Well done's also to the five new *Centurions* one of which was Steyning's Ian Richards who lifted the UKA/RWA national Long Distance championship in doing so and of course our own Sean Pender. In some copies of the last issue, Sean's split times were obviously inaccurate and were actually 5.18.56 at 25m, 11.21.01 at half way, 18.00.52 at 75m and 23.56.11. What I didn't know then, was that the Chief Judge and his panel nominated Sean to receive the "Ken Smith Meritorious Achievement Award".

**From Sandra Brown** Many thanks for the newsletter. It was lovely to meet Sean at MK, and he did so well. Mark and Sue did a fantastic job to put on an excellent event - and participate in this and so many other races.

**Welcome to** Les Flavell, Carl and Katrina Thomson who have joined EHAC. Carl, born in Guernsey and his wife who are first claim to Sarnia WC intend to make the trip over for the Club's 82nd Open Seven on 8th November.

## **Tributes to George Brown**

Very sorry to hear about George. I've known him over 30 years and believe he was probably the best judge I ever encountered. In my first outing as a qualified judge, this week, I adopted what I call "the George Brown technique" be inconspicuous but make sure you can see the walkers clearly AND apply common-sense. He will be greatly missed - John Hall

A very sad day. He was a stalwart of walking and a friend. - Carl Lawton

Dear Ron, We will all miss George very much, I know I will. I have been blessed to have him as a friend and colleague for such a long time - Ray Pearce (Chairman of SRWA, and Sec of Essex County Walkers)

Hello Ron, Very sorry to hear news of the passing of George BROWN, who was a great servant to race walking throughout his lifetime - Bill Sutherland

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**The next league Fixture is a** ***Five Kilometre***

incorporating VAC and SVAC championships

***Plus Newcomers Mile and Junior 1km***

**Saturday 11th October at 2pm - QE2 Stadium, Donkey Lane, Enfield**

## ***Enfield & Haringey Centurions***

On 14th June 1946 at the famous White City Stadium, London, Les Barrett averaging over five miles per hour, qualified as the Club's first *Centurion*, and was allocated *Centurion No 123*. On 17th August 2008, at Milton Keynes Sean Pender became *Centurion 1067* and the thirteenth. During the intervening sixty-two years eleven other Enfield athletes were accepted into the *Centurion* brotherhood, some of whom achieved the feat more than once. All were honoured with Life Membership of the Club.

There are obvious flaws in comparing times set on different courses under different conditions, but any performance under twenty hours is outstanding and the Club produced three walkers who did just that. They were, in addition to Les, Jesse Hayward and Peter Worth and in recent years their times would have been winning performances.

The 1979 Surrey Walking Club Hundred at Ewhurst over the week-end of 22nd/23rd June, was extraordinary for a number of reasons. A record number of One hundred and seven walkers started, of which seventy-eight finished\* including a record number of thirty-seven new *Centurions*. The entry could have been even larger, but the promoters, Surrey Walking Club caused some controversy by refusing the entries of Anne Sayer and Diane Pegg both of whom had, two years previously become the first lady *Centurions*, yet accepted a very late entry from four time winner Dave Boxhall of Brighton, actions that elicited comment in the national press. Dave Boxhall went on to register a record fifth win in a time under seventeen and a half hours. He was followed by Manxman Derek Harrison who was under eighteen hours, three men under nineteen hours and a further five under twenty-hours.

***This extraordinary event was memorable one for Enfield!*** The last of the men under twenty hours was Enfield's first scorer, Ken Roost in tenth place, three behind was Jack Rossiter and two behind him Peter Worth, all finishing within twenty-seven minutes of each other and scoring a great triumph, bettering ten others to win the team race. The teams occupying the following two places were from the Netherlands, so making the victory a rather special one.

<i>Year</i>	<i>name</i>	<i>Centurion No</i>	<i>Race/Venue</i>	<i>100m time</i>	
1946	Les Barrett	C123	24 Hours White City Track Race 119m 743	19.45.24	
1951	J.P.Thomas	C160	London to Brighton and Back (104m 21.12.11)	20.21.55	
1953	A.W."Titch"Marler	C204	24 Hours Motspur Park Track Race	21.28.30	
1955	Jesse W.Hayward	C230	London - Brighton and Back (104m 20.00.15) 1963 - Brighton - London and Back(106m 21.17.24)	19.06.20 20.15.05	
1960	Stan R.Mantor	C304	Leicester to Skegness	21.28.30	
1972	Peter Worth	C491	Leicester to Skegness 1973 - Bristol 100 1975 - Ewhurst 1979 - Ewhurst 1981 - Brighton 24 hour 115m 1257y 6th 1985 - Colchester 24 hour track 116m 0061y 1st 1986 - Woodford 24 hour track 120m 1454y 3rd	20.36.17 20.11.17 20.29.28 20.20.44 20.32.45 20.39.51 19.22.10	10th 12 <sup>th</sup> 13th 15th 5th 3rd 3 <sup>rd</sup>
1975	Ken G.Roost	C557	Surrey Walking Club 'Ewhurst 100' 1979 - Surrey Walking Club 'Ewhurst 100'	22.03.26 19.52.53	
1976	Jack Rossiter	C577	Woodford 1979 - Ewhurst	21.02.43 20.12.01	
1977	Peter Emery	C625	'Bristol 100' 1982 - Leicester	23.41.17 23.06.34	
1980	Keith R. Booth	C714	'Leicester W.C. Congerstone 100'	23.37.56	
1989	Gary Smith	C856	Met Police Open 100 at Hendon	22.12.51	

Peter Worth qualified in 1972 just ten days before his forty-third birthday and went on to complete eight British 100 mile/24 hour events. His best hundred time was under nineteen and a half hour en route to victory in the 1985 Colchester track 24 and a year later in the Woodford 24 he covered almost 121 miles for third place. His prolific ultra distance performances earned him a GB international vest and he did well in several of the continental classic Roubaix twenty-eight hour races. Peter also served a term as SARWA treasurer, a post he also filled for the national body and proudly wore the RWA and SARWA Presidential chains of office, whilst Les Barrett went on to become SRWA President and it is said that "Titch" Marler set his pb for seven miles between the ninety-third and hundredth in the Motspur Park track event of 1953.

The summer returned in time for the second annual badge race at LVS on Saturday 13<sup>th</sup> September, a date which incidentally is not too far removed from the traditional one used by Highgate Harriers who promoted their world renowned *Hour Meetings* in the nineteen fifties and sixties. There were thirty-six starters, seven more than last year making it difficult for the recorder, so perhaps next year advance entries may be required for this event.

Badges are awarded for those achieving five miles and medals for those covering six or seven miles, who haven't qualified before and I would be delighted, if next year we had to incur the expense of plaques, which are awarded for bettering eight miles (12.875km). In the year since the last race Helen Middleton has moved up into the "six" category with plenty to spare and performance of twenty-seven year old Aldershot novice Sarah Osment, was particularly eye catching, whilst Dave Sharp celebrated his fifty-fifth birthday by registering exactly 10km.

<i>Miles/yds</i>		<i>metres</i>
1 . 7 0517	Nick Silvester ( <i>Aldershot FD</i> )	11738
2 . 7 0378	Phil Barnard ( <i>Castle Point</i> )	11611
3 . 7 0133	Trevor Jones( <i>Hillingdon AC</i> )	11387
4 . 7 0107	Stephen Crane ( <i>Surrey WC</i> )	11363
5 . 6 1387	Steve Uttley ( <i>Ilford AC</i> )	10924
6 . 6 1195	Steve Allen ( <i>Ilford AC</i> )	10749
7 . 6 1121	Mark Wall ( <i>Leicester WC</i> )	10681
8 . 6 0961	Andy Cox ( <i>Hillingdon AC</i> )	10535
9 . 6 0742	Dave Kates ( <i>Ilford AC</i> )	10344
10. 6 0427	Amos Seddon ( <i>Enfield H AC</i> )	10045
11. 6 0376	Dave Sharpe ( <i>Ilford AC</i> )	10000
12. 6 0375	Helen Middleton( <i>Leicester WC</i> )	9999L1
13. 5 1710	Sean Pender ( <i>Enfield H AC</i> )	9610
14. 5 1631	Anne Belchambers ( <i>Hilngdon AC</i> )	9538L2
15. 5 1608	Lol Dordoy ( <i>Ilford AC</i> )	9517
16. 5 1455	Jackie Cox ( <i>Loughton AC</i> )	9377L3
17. 5 1426	Ollie Brown ( <i>Ilford AC</i> )	9351
18. 5 1370	Ron Powell ( <i>Enfield H AC</i> )	9299
19. 5 1121	Peter Crane ( <i>Surrey WC</i> )	9072
20. 5 1106	Alan O'Rawe ( <i>Ilford AC</i> )	9054
21. 5 1062	Fiona Bishop ( <i>Aldershot</i> )	9018 L4
22. 5 1040	John Borgars ( <i>Loughton AC</i> )	8998
23 . 5 1033	Jon May ( <i>Enfield H AC</i> )	8991
24. 5 0657	Peter Howard ( <i>Enfield H AC</i> )	8647
25. 5 0655	Sue Rey( <i>Leicester WC</i> )	8646 L5
26. 5 0522	Jo Miles ( <i>Hillingdon AC</i> )	8524 L6
27. 5 0507	Dave Hoben ( <i>Surrey WC</i> )	8510
28. 5 0484	Bernie Hercock( <i>Enfield H AC</i> )	8489
29. 5 0365	Sarah Osment ( <i>Aldershot FD</i> )	8380 L7
30. 5 0062	Norma Grimsey( <i>Enfield HAC</i> )	8103 L8
31 . 4 1686	Dave Ainsworth ( <i>Ilford AC</i> )	7979
34. 4 1667	Barbara Edlin( <i>Enfield H AC</i> )	7960L9
32. 4 1342	Emilia Makowska( <i>Hillingdon</i> )	7664 L10
33. 4 1292	Ken Livermore ( <i>Enfield H AC</i> )	7619
35. 4 0161	Flavell ( <i>Enfield H AC</i> )	6296
36. <i>retired</i>	Ben Casey ( <i>Yeovil O AC</i> )	6000

*Judges:* Ray Pearce, Pauline Wilson  
*Timekeepers:* John Hall, Peter Ryan  
*Recorders:* Peter Cassidy, Eric Hall, Pauline Kates, Jimmy Rooke, Brian Sturt,  
*Water Station:* Pam and Brian Ficken



*Messrs Silvester, Barnard and Jones walking in formation*

*serious business – Ilford's Steves, Uttley and Allen about to to lap Peter Howard, Sue Rey, Jo Miles, Emilia Makowska and Alan O'Rawe*



## Club Walkers in action

In the Master's inter-counties staged at Hemel Hempstead on 10<sup>th</sup> August, over 2km, Nick Silvester 9.17, Phil Williams 9.50 finished second and third whilst Peter Howard clocked 12.37 and Harvey Jaquest 16.34.

“Busy” Bernie Hercock clocked 56.33, in the VAC's Five at Battersea Park on 12<sup>th</sup> August, 21.24 for 3km on 6<sup>th</sup> September in Guernsey and the following day just bettered four hours for the famous Churches 19.5 mile Walk.

New EHAC second claimer Carl Thomson easily won the Churches Walk in 2.58.52. Prior to the Island classic, he also recorded wins over 10km in 48.30 on 15<sup>th</sup> August and a 3km in 13.44 on 29<sup>th</sup> August, both at Les Amarreurs, Guernsey. Carl's wife Katrina was the first lady finisher in the 10km with a time of 56.15.

Sixth September was also the day that the Southern Vets league finals was staged at Ashford where over 2km Phil Williams did 13.33 and G.Collins 14.34 for the club.

In the final Woodford Tuesday track league on 16<sup>th</sup> September, the distance was 5km. Peter Howard 33.40 and Ken Livermore 37.19 represented the club, performances that ensured EHAC finished third behind Ilford and Castle Point in the three fixture series. Others who took part over the summer were: Bernie Hercock, Ron Powell, Amos Seddon, Brian Sturt and Ron Wallwork

## League Positions after Nine fixtures

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Ilford have stretched their lead over the host club and to emphasise their strength in depth their “B” side move up to fifth. In the battle for third place Hillingdon have changed a 179 point deficit to a 43 point advantage to displace Surrey. Belgrave without a single walker in the Badge race dropped two places to seventh.

### Ladies

455/7	1. Fiona Bishop
410/6	2. Anne Belchambers
348/7	3. Jo Miles
334/5	4. Maureen Noel
316/7	5. Helen Middleton
292/5	6. Sue Rey
284/6	7. Barbara Edlin
197/5	8. Norma Grimsey
153/3	9. Chelsea O'Rawe-Hobbs
150/1	10. Jackie Cox

*65 ladies have so far scored in the league*

### Men

743/9	1. Phil Barnard	459/9	11. Bernie Hercock
720/9	2. Stephen Crane	451/8	12. Lol Dordoy
589/7	3. Steve Uttley	438/6	13. Rod Dunn
576/7	4. Nick Silvester	435/8	14. Ron Powell
570/8	5. Dave Kates	418/7	15. Sean Pender
559/7	6. Andy Cox	385/7	16. Peter Crane
555/6	7. Trevor Jones	378/6	17. Dave Sharpe
535/9	8. Jon May	378/5	eq Olly Browne
474/8	9. Mike Hinton	369/6	19. Alan Ellam
468/6	10. Mark Wall	367/4	20. Peter Ryan

*111 men have so far scored in the league*

### Team

1	Ilford AC	<b>2840</b>	<i>589, Uttley, 570 Kates, 474 Hinton 451 Dordoy, 378 Sharpe, 378 Browne</i>
2	Enfield & H AC	<b>2575</b>	<i>535 May 459 Hercock, 435 Powell, 418, Pender, 369 Ellam, 359 Seddon</i>
3	Hillingdon AC	<b>2020</b>	<i>559 Cox, 555 Jones, 410 Belchambers, 348 Miles, 83 Makowska, 65 Humphrys</i>
4	Surrey WC	<b>1977</b>	<i>720 Crane S, 385 Crane P, 294 Hoben, 256 Harran, 237 Lightman Shaun, 219 Nihill</i>
5	Ilford AC”B”	<b>1647</b>	<i>367Ryan, 351 O'Rawe, 295 Barnbrook, 269 Ainsworth, 199 Davis, 166 Allen</i>
6	Leicester WC	<b>1605</b>	<i>468 Wall, 438 Dunn, 316 Middleton, 292 Rey, 55 Berwick, 36 Stapleford</i>
7	Belgrave Harriers	<b>1528</b>	<i>334 Noel, 304 Lawton, 238 Hall J, 235 Culshaw, 233 King, 184 Fotheringham,</i>
8	Enfield & H AC”B”	<b>1401</b>	<i>315 Sturt, 295 Howard, 284 Edlin, 197 Grimsey, 190 Livermore, 120 Williams</i>
9	Aldershot F & D	<b>1274</b>	<i>576 Silvester, 455 Bishop, 110 Lewis, 61 Spelman, 39 Davies S, 19 Davies L</i>
10	Castle Point	<b>1081</b>	<i>743, Barnard, 153 O'R-Hobbs, 124 Cattano, 42 Kemp, 19 Bell</i>

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## Forthcoming Events

Surrey Walking Club stage their annual **Gazette 4 mile** (B) walk at 2.30pm on **Saturday 4th October**. Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999.

The new **Cambridge Harriers** Winter League commences on **Saturday 18th October**. The distance is 5km, the start time 2.00pm and “A” rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent in plenty of time to allow for the walk to the start.

**Birchfield Harriers** stage their 20<sup>th</sup> **annual open races** at Alexander Stadium, Perry Bar, on **Saturday 18<sup>th</sup> October**. The races are under “B” conditions and include a 1km for under 11's at 12.15, 2.5km for juniors and novices at 12.30, along with senior races over 10km and 20km which start together at 1.00pm. Entries to: David Fall, 26 The Parklands, Erdington, Birmingham, B23 6LA by 11<sup>th</sup> October with cheques payable to “Birchfield Harriers”. See [www.RacewalkUK](http://www.RacewalkUK) for further details or online entry.