



**What It's all about** The ethos of the *League* and all that is good about race walking was epitomised when a large field comprising walkers of all abilities and an age range spanning seventy-two years, gathered at Donkey Lane on 11th October to contest the tenth race of this year's series. With such ingredients, whether competitor, spectator or official, it was impossible not to have a very satisfying and enjoyable afternoon. Those lucky enough to be there witnessed some marvellous contests and watching the outstanding fourteen year old Kelsey Howard mix it with likes of M70 "super vet" Arthur Thomson, Dave Kates and Amos Seddon, is a sight I'll remember for a long time. Arthur was the only one of the three to get in front by the finish and then only by one second. Well done everybody! The result appears on page two.

**I'm Sure that I speak for all connected with the Club and the League, when expressing sincere condolences to Paul Ray whose wife Joan passed away on 11<sup>th</sup> October**

**The Open Seven** Enfield & Haringey AC in keeping with it's youth policy is funding a series of Young Age Group walks within the Open Seven meeting. Paul Ray and John Hall among others, are liaising with Club Boys and Girls manager Julie Brown to promote the event. At present Joshua Wilks (see results on page two) is the club's only young walker. **Entries will be taken on the day**, but it does help to have them in advance.

**Welcome to** Helen Middleton and Arthur Thomson who have joined EHAC as first claim members. Helen a relative newcomer to race walking is featured in the "Spotlight" series on page three which was compiled before her transfer. Arthur's amazing string of records and master's titles has been well documented. They will be a great asset to the the club's walking section.

**This and That** On 11th September at the Mary Peter's Track, Belfast, Sean Pender won the M50 N.I. Vets 3km in 18.06 and ten days later was at the long ones again, finishing 26th (1st M55) in the Isle of Man 39.2 miles end to end walk in 8.18.37.

It was nice to see Ken Ballam and John Short back in action at Monks Hill in Surrey's Four miler on 4th October. Ken in 18th with 40.24 was the first EHAC walker home, the others being; Bernie Hercock 25th in 44.39, Ron Wallwork 26th in 45.19, Sue Clements 28th in 47.51 and Ken Livermore 30th in 49.34.

## **82<sup>nd</sup> Enfield Open Seven miles** **Newcomers/ Novices One and Three miles** **Y A G's u13 One - u15 Two - u17 Three miles** **Road Walks**

**Lee Valley Athletic Centre - 61 Meridian Way - Pickets Lock - N9 AOR**

**1.30pm: YAG's u13 & u15 Saturday 8<sup>th</sup> November 2008 2pm: Open Seven & Others**

**Entries in Advance: £5 - under 15's £2**

**Entries on the day add £1**

**Individual** awards to first three male and female in each event + personally inscribed medals to all YAG and Newcomer participants + Spot prizes for Centurions and Veteran competitors.

**Six and Seven miles** in the **Hour Medals** will be awarded to walkers not previously qualified

**Team** awards in the Open Seven to first three men's (four to score), first two ladies (three to score) and first Mixed team (two ladies/two men). No walker to take more than one team award.

Enfield & Haringey AC is supported by:



Entries should include: name, date of birth, Club/School, address or email and sent or given to: Ron Wallwork  
35A Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 - [randjwallwork@btinternet.com](mailto:randjwallwork@btinternet.com)

# Enfield Walking League 2008 Race Ten – 5km *(inc Various Vets Championships)* 11th October - Donkey Lane

## Young Age Groups

3.32km 1. Leanne Davis (13) *(Aldershot F & D)* 22.18

5km 1. Kelsey Howard (14) *(Ashford)* 27.29  
 2. Louise Bradley (16) *(Tonbridge)* 33.19  
 3. Katie Gibbons (14) *(Aldershot F & D)* 34.16  
 4. Rosie Gibbons (14) *(Aldershot F & D)* 34.18

5km 1. Joshua Wilks (14) *(Enfield HAC)* 43.18

Ladies 1. Di Bradley *(Tonbridge)* 26.35 w45  
 2. Helen Middleton *(Enfield HAC)* 28.52 w45  
 3. Anne Belchambers *(Hillingdon AC)* 30.34 w50  
 4. Fiona Bishop *(Aldershot F & D)* 31.44 w45  
 5. Diana Braverman *(Enfield HAC)* 33.03 w55  
 6. Sarah Osment *(Aldershot F & D)* 33.17  
 7. Jo Miles *(Hillingdon AC)* 33.19 w50  
 8. Norma Grimsy *(Enfield HAC)* 34.12 w50  
 9. Maureen Spelman *(Aldershot F & D)* 34.29 w70  
 10. Ann Lewis *(Aldershot F & D)* 34.30 w60  
 11. Barbara Edlin *(Enfield HAC)* 36.44 w  
 12. Pam Ficken *(Surrey W.C.)* 39.46 w60

Men 1. Scot Davis *(Ilford AC)* 23.09 33  
 2. Phil Barnard *(Castle Point)* 23.32 24  
 3. Nick Silvester *(Aldershot F & D)* 23.50 m50  
 4. Trevor Jones *(Hillingdon AC)* 25.00 m50  
 5. John Hall *(Belgrave H)* 26.29 m55  
 6. Steve Uttley *(Ilford AC)* 26.43 m50  
 7. Steve Allen *(Ilford AC)* 27.13 m50  
 8. Rod Dunn *(Leicester W.C.)* 27.16  
 9. Andy Cox *(Hillingdon AC)* 27.18 m55  
 10. Arthur Thomson *(Herts/Ph)* 27.28 m70  
 11. Dave Kates *(Ilford AC)* 27.33 m50  
 12. Amos Seddon *(Enfield HAC)* 28.38 m65  
 13. Carl Lawton *(Belgrave H)* 28.47 m60  
 14. Alan Ellam *(Enfield HAC)* 28.50

## Newcomers Mile

Sue Lauder *(unattached)* 11.58

## men continued

15. Dave Sharpe *(Ilford AC)* 29.12 m55  
 16. Mark Culshaw *(Belgrave H)* 29.15  
 17. Mike Hinton *(Ilford AC)* 29.19 m65  
 18. Mike Harran *(Surrey WC)* 29.37 m70  
 19. Sean Pender *(Enfield HAC)* 29.48 m55  
 20. Paul King *(Belgrave H)* 29.57 m55  
 21. Tony Kelly *(Ilford AC)* 31.10  
 22. Ron Powell *(Enfield HAC)* 31.16 m70  
 23. Gary McDonald *(Ashford))* 31.28 m50  
 24. Peter Crane *(Surrey WC)* 31.33 m60  
 25. Dave Stevens *(Steyning AC)* 31.37 m70  
 26. Jon May *(Enfield HAC)* 32.28  
 27. John Whyte *(Vets AC)* 32.49 m65  
 28. Ivor Groves *(Kent)* 33.13 m45  
 29. Peter Howard *(Enfield HAC)* 33.52 m65  
 30. Bernie Hercock *(Enfield HAC)* 34.15 m70  
 31. Terry Braverman *(Enfield HAC)* 34.53  
 32. Paul Gibbons *(Aldershot F & D)* 37.19  
 33. Dave Ainsworth *(Ilford AC)* 38.20  
 34. Ken Livermore *(Enfield HAC)* 39.07 m70  
 35. Eddie Trotter *(Ilford AC)* 39.35 m55  
 36. Alan Flavell *(Enfield HAC)* 43.27 m75  
 37. Harvey Jaquest *(Enfield HAC)* 45.27 m80  
 38. Jack Fitzgerald *(Surrey WC)* 48.51 m85

Judges: Ray Pearce, Pauline Wilson  
 Timekeeper: Jim Rooke  
 Recorders: Doug Fotheringham, Pauline Kates  
 Michael Parker, Brian Sturt

*Below .Outstanding youngster Kelsey Howard, in the mix with Steve Uttley, Rod Dunn and Arthur Thomson, on her way to a brilliant 5km debut*



*Below: Leanne Davis (8) and Katie Gibbons (4) match strides*



## ***Spotlight on Helen Middleton***

When Ron asked me to put something together for the newsletter I did wonder what anyone would find remotely interesting about me – not the boring married with three kids, who lives in Arlesey, Bedfordshire and does work for a children’s charity - which is why I will focus on my walking history. Don’t panic- there’s not much!!

At 7.20 on the 4<sup>th</sup> July 2007 it occurred to me that not for the first time my mouth had spoken before my brain was engaged. What was I thinking? I was an endurance swimmer and yet I had agreed to race walk 5 laps of the track just to get points for Bedford and County! What did I know about athletics- What did I know about race walking? other than what I had been told, that: “it’s a piece of cake” and that “anyone can do it” and “you just have to stroll round the track”(Graeme Packman thanks for preparing me: if your ears were burning that night it’s because my 2k mantra “I’ll kill him” was directed at you). In the event, in my rolled and pinned up ¾ length trousers and my clumpy trainers I did make it to the end – in last but one position, shins on fire and knees that no longer knew how to walk normally! I had just about recovered for the next race in August - at least this time I knew how it should look and had tried to have a little practice. It went a little better - finally in September I showed up for what I believed would be my swansong. I apologised to my knees for what I was about to put them through for the third time and went for it, finishing - not last!

A miracle followed! Mark Wall and Sue Rey approached me (as my daughter commented – mother you’ve been spotted!!) and asked if I wanted to join them for training on Mondays at Milton Keynes - I was chuffed to say the least – they thought I had potential! And that is where it all really began, because at the end of September I made my way to MK for the first time and met up with Mark and Sue, who provided just the support and encouragement I needed. They gave me the courage to show up initially at Enfield and then at various other venues over the course of the last year!

A year rolls by and I am still here. In addition to Monday’s with Mark and Sue, I also train with Biggleswade AC runners (I walk!) on some Tuesday’s and now that Arthur Thomson and I have discovered that we only live 3 miles apart, we train when we can around the roads of Letchworth! As for the swimming – I still swim every day but have cut down! (a bit!!)

And that is just about it! I love race walking and feel privileged to be a part of the race walking community. Thank you to everyone who has provided support, advice and encouragement – too many to mention individually but....

OK - I know - it’s not the Oscar’s.....



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## ***Centurions write***

Thanks for the Enfield walker - wonderful to read about all those 100 Miles times. I Didn't realise that Enfield had gone so long without getting a new member of The Centurions (1989-to-2008). So well done to Sean! Peter Worth was 3rd at 100 Miles at Colchester in 1985 (Charlie Weston won the 100 Miles that day) but Peter sped up to win the 24 hours race! In that same race Martin Oliver had a wonderful 100Kms (and John Hedgethorpe, among others, always wondered why he didn't press on - it was 3 races in one: 100K/100 Miles/24 Hours) - Dave Ainsworth C540

*Many thanks for the copy of Enfield Walker which brought back a few memories of days on the road. I was never any good, but always enjoyed it and a number of people mentioned in your Newsletter, Peter Worth (now sadly no longer with us), Ken Roost and George Brown (sorry to hear that he too has passed on) were always helpful and willing to advise.*

*I was one of those who joined from Verlea in the late 70s. Did the 1979 Ewhurst 100 which you mention (or, to be more precise, 87 miles of it at which point I was scraped off the road) but recovered in time for Leicester in 1980. Coincidentally my last cricket match of the season just closed (still play occasionally) was at Ewhurst and I recognised a bit of the course on the drive down.*

*Other than that my only athletic activity these days is the UK 5K time trial in Banstead Woods on a Saturday morning - running, but at an even slower pace than my former walking one!*

*We have, as you say, never met, but we do appear together in the August 1980 Race Walking Record (I kept the odd one - this one, I suspect for the result of that year's Manchester to Blackpool) as winners of £5 in the 200 Club Draw - long since spent, I guess, in both cases.*

*And yes, I would certainly be interested in a Centurions Centenary Reunion in 2011. Look forward to meeting you then, if not before. Best wishes - Keith Booth C714*

**Results Round-up** I understand that the thirty-five walker turnout for Surrey's *Gazette Cup* staged at Monks Hill on Saturday 4th October, was the best for one of their club events in over thirty years. As it tends to be the case with larger fields, fewer walkers were left isolated in the race and the feeling of involvement this created was extended to the presentations, making for a really pleasant afternoon. Mark Easton won easily in 31.38 with *Leaguer* Trevor Jones in second place, walking really well and only just outside the eight minute standard. It was very encouraging to see several youngsters in action on this far from easy course. Under seventeens Liam Baldwin in fourth and Emily Symonds second lady clocked 34.17 and 39.42, whilst under fifteens Ben Parsons and Kath Cotterill respectively, walked inside ten and eleven minute mile pace.

Over in Guernsey, Carl Thomson clocked a 23.59 5km at Les Amarreurs on 21st September and a week later 22.33 for the three mile Lanresse to Bulwer Avenue walk.

Amos Seddon was tenth in the Police v Civil Service 10km at Birmingham on 24th September. His time was 58.02 and *Leaguers* among the thirty-nine starters were John Hall fourth in 53.19 and Steve Uttley fifth in 53.37. First past the post was Mark Williams in 48.52

A total of fifteen walkers, two ladies and thirteen men started the Birchfield Open 20km on 18th October and almost half of them were Enfield regulars. Helen Middleton set a pb of 2.04.09 and Anne Belchambers clocked 2.12.00. Trevor Jones was the leading man in 1.46.57, Arthur Thomson was third in 1.55.27, Steve Crane fourth in 1.57.38, Sean Pender eighth in 2.08.00 and Dave Hoben twelfth in 2.27.52.

**Can we learn from the runners?** Hi Ron, just a note following on from your comment about teams in the National 10km. Why not think about bringing in National/Area/local relays. These worked well to build interest and team spirit in some of the running clubs I've been a member of. Usually held before and after the track season building up to a National, the legs varying from three to twelve over distances of two to three miles. Rod Dunn.

### **League Positions after Ten fixtures**

Jon May tells me that with two races remaining a total of one hundred and eighty six walkers have taken part in the series registering five hundred and five performances. Thirty-four athletes have already passed the six race standard for *Leaguer* status and another sixteen could still make it. Both individual and team leaders look secure, but there is still some business to be conducted for the three third places.

#### *Ladies*

|       |                         |
|-------|-------------------------|
| 496/8 | 1. Fiona Bishop         |
| 457/7 | 2. Anne Belchambers     |
| 382/8 | 3. Jo Miles             |
| 370/8 | 4. Helen Middleton      |
| 334/5 | 5. Maureen Noel         |
| 309/7 | 6. Barbara Edlin        |
| 292/5 | 7. Sue Rey              |
| 229/6 | 8. Norma Grimsey        |
| 153/3 | 9. Chelsea O'Rawe-Hobbs |
| 150/1 | 10. Jackie Cox          |

*71 ladies have so far scored in the league*

#### *Men*

|       |                   |       |                    |
|-------|-------------------|-------|--------------------|
| 754/9 | 1. Phil Barnard   | 480/9 | 11. Ron Powell     |
| 720/9 | 2. Stephen Crane  | 471/9 | 12. Bernie Hercock |
| 653/8 | 3. Steve Uttley   | 468/6 | 13. Mark Wall      |
| 644/8 | 4. Nick Silvester | 467/8 | 14. Sean Pender    |
| 628/9 | 5. Dave Kates     | 451/8 | 15. Lol Dordoy     |
| 622/7 | 6. Trevor Jones   | 431/7 | 16. Dave Sharpe    |
| 620/8 | 7. Andy Cox       | 428/8 | 17. Peter Crane    |
| 542/9 | 8. Jon May        | 424/7 | 18. Alan Ellam     |
| 525/9 | 9. Mike Hinton    | 416/8 | 19. Amos Seddon    |
| 500/7 | 10. Rod Dunn      | 411/6 | 20. Arthur Thomson |

*115 men have so far scored in the league*

#### **Team**

|   |                   |             |   |
|---|-------------------|-------------|---|
| 1 | Ilford AC         | <b>3066</b> | 653, Uttley, 628 Kates, 525 Hinton 451 Dordoy, 431 Sharpe, 378 Browne           |
| 2 | Enfield & H AC    | <b>2800</b> | 542 May 480 Powell, 471 Hercock, 467, Pender, 424 Ellam, 416 Seddon             |
| 3 | Hillingdon AC     | <b>2229</b> | 622 Jones, 620 Cox, 457 Belchambers, 382 Miles, 83 Makowska, 65 Humphrys        |
| 4 | Surrey WC         | <b>2204</b> | 720 Crane S, 428 Crane P, 306 Harran, 294 Hoben, 237 Lightman Shaun, 219 Nihill |
| 5 | Ilford AC"B"      | <b>1803</b> | 367 Ryan, 351 O'Rawe, 295 Barnbrook, 292 Ainsworth, 269 Davis, 229 Allen        |
| 6 | Belgrave Harriers | <b>1750</b> | 360 Lawton, 334 Noel, 304 Hall J, 287 Culshaw, 281 King, 184 Fotheringham,      |
| 7 | Leicester WC      | <b>1721</b> | 500 Dunn, 468 Wall, 370 Middleton, 292 Rey, 55 Berwick, 36 Stapleford           |
| 8 | Enfield & H AC"B" | <b>1521</b> | 328 Howard 315 Sturt, 309 Edlin, 229 Grimsey, 212 Livermore, 128 Braverman      |

### **Forthcoming Events**

**Steyping's Open 10km** event takes place on **Saturday 25<sup>th</sup> October** at 2.30pm. Entries on the day at their club house, which is just behind the main street car park. Further details available from Ron Penfold 01293 520 506.

Surrey's **Addington Vase 7 miles (B)** at Monks Hill is on **Saturday 1<sup>st</sup> November** at 2.30pm. 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