

## More BMAF Success's

The BMAF national track and field Championships were held at Birmingham on the week-end of 5<sup>th</sup>/6<sup>th</sup> July and once again the red and gold of EHAC was prominent. On day one in the 3km Phil Williams won the M45 in 14.57, Amos Seddon the M65 in 17.50, whilst Sean Pender M55 with 18.29, Peter Howard M65 with 19.05 and Harvey Jaquest M80 in 24.53 finished runners-up in their respective groups and Ron Powell M70 was just one outside the frame in 18.43. On the second day over 5km Sean Pender improved to take M55 victory in 30.56 and Ron Powell placed third in the M70 with a time of 31.20. Bernie Hercock finished sixth in a pb of 34.53.

A week later in the 10km road championship at Donkey Lane Enfield walkers Barbara Edlin W60, and Harvey Jaquest M80 came away with gold medals, Norma Grimsey W50 and Phil Williams M45 with silver whilst captain Ron Powell M70 picked up a bronze. Harvey certainly deserved his gong, for doggedly carrying on after a nasty tumble two thirds way through the race. Well done! Times for this event can be found in the *League* result on page two.

*Harvey Jaquest receives his well earned medal from BMAF Hon.Secretary Bridget Cushen*



*NB* - The Masters 20 km and 30km championships are being staged together at Northampton on 23<sup>rd</sup> August, so the club's 2008 master's medal haul may not be finished yet. Any Enfield veteran wishing to be entered should contact me without delay.

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**All the Best Johanna!** I'm sure I speak on behalf of all *Leaguer's* in wishing Jo Jackson, Britain's only walk representative, the very best of good fortune in her Olympic endeavours next month.

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## This and That

When Sean Pender competed in the Southern 20km at Basildon it was the fifteenth time this year that he had travelled over from Ireland to carry club colours at venues ranging from Steyning in the south to Stockton on Tees in the North. He has also been active at home with a 3km victory in the **Irish Masters** 3km in a time of 18.33 and fifth in the **Leinster T & F** championships over 5km clocking 31.20.

*Stop press:* Sean made his sixteenth trip on 12<sup>th</sup> July to take part in the oldest distance event on the calendar, The **Blackpool Fifty** miles. Using this race as preparation for his forthcoming hundred at Milton Keynes in August, he recorded 10.19.30 and passed through 50km in 6.13.28. *Details about the MK Hundred are available from Mark Wall and Sue Rey on 01604 470 510 or suemark.walking@hotmail.co.uk. Mark finished third in the Blackpool with 9.09.06 and Sue clocked 11.02.45*

Club Champion Phil Williams missed the Moulton Five and the Southern 20km because he was in action at alternative events. On 14<sup>th</sup> June it was the **SEE 5km** at Crystal Palace, where he won the senior title in 25.06 and on 28<sup>th</sup> June he was at Carmarthen for the **Welsh 3km** where he also won the senior title in 14.36. Phil also told me that in both instances he had been beaten to the tape by promising youngsters. It was Tonbridge's Tom Bosworth in 23.22 at the Palace and Swansea's Antonio Cirillo in 14.12 at the Welsh event. *PS. I wrongly reported that Phil finished 3rd in the Southern Hour race on 31st May. He did not contest the event. The Phil in question was Castle point's Barnard.*

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**The Next League Fixture is**

**20km on Saturday 9th August at NOON**  
**at Queen Elizabeth Stadium, Donkey Lane Enfield**

athletes are welcome to come along and trial over  
**5km, 10km or 15km**

*All will be classified and those completing the full distance qualify for double League points*



## Enfield Walking League 2008

Race – Seven 10km 12th July at QE Stadium, Enfield

*incorporating the*

### **BMAF National Road Championships**

In mild, overcast conditions fifty walkers came under starter's orders, forty-one of them contesting BMAF titles.

In the *League* race Scot Davis had things all his own way, but the intense battle for second place attracted close attention from the judges, particularly the chief judge stationed fifty metres from the finish. In the ladies section, like Scot, Helen Middleton was also untroubled and fell just short of her target to better the hour, but must surely do so soon.

*Close combat for*

*Dave Kates M55 bronze and "Super Vet" Arthur Thomson M70 gold*

*Rod Dunn (18) and Andy Cox*

#### **Newcomers 5km**

Emilia Makowska *Hillingdon AC* 39.48

#### **Ladies 10km**

1	Helen Middleton	<i>Leics WC</i>	<i>W45</i>	60.38
2	Jo Miles	<i>Hillingdon AC</i>	<i>W50</i>	70.27
3	Maureen Spelman	<i>Aldershot &amp; D</i>	<i>W70</i>	70.38
4	Sue Barnett	<i>Cambs &amp; Col</i>	<i>W55</i>	71.39
5	Fran Fernandez	<i>Loughton AC</i>	<i>W55</i>	72.32
6	Norma Grimsey	<i>Enfield &amp; HAC</i>	<i>W50</i>	73.11
7	Barbara Edlin	<i>Enfield &amp; HAC</i>	<i>W60</i>	74.14

#### **Men's 10km**

1	Scot Davis	<i>Ilford AC</i>		47.07
2	Nick Silvester	<i>Aldershot &amp; D</i>	<i>M50</i>	50.23
3	Phil Barnard	<i>Castle Point</i>		50.24
4	Richard Emsley	<i>Steyning AC</i>	<i>M55</i>	52.07
5	Chris Cattano	<i>Castle Point</i>	<i>M45</i>	52.29
6	Stephen Crane	<i>Surrey WC</i>		52.41
7	John Hall	<i>Belgrave H</i>	<i>M55</i>	53.14
8	Phil Williams	<i>Enfield &amp; HAC</i>	<i>M45</i>	53.52
9	Peter Ryan	<i>Ilford AC</i>	<i>M50</i>	54.02
10	Steve Uttley	<i>Ilford AC</i>	<i>M50</i>	54.03
11	Steve Allen	<i>Ilford AC</i>	<i>M50</i>	55.33
12	A.Thomson	<i>Herts/Phoenix</i>	<i>M70</i>	55.50
13	Dave Kates	<i>Ilford AC</i>	<i>M55</i>	56.04
14	Andy Cox	<i>Hillingdon AC</i>	<i>M55</i>	56.36
15	Rod Dunn	<i>Leics WC</i>	<i>M55</i>	57.16
16	Sean McMullin	<i>Spandon WC</i>	<i>M60</i>	59.12
17	Dave Sharpe	<i>Ilford AC</i>	<i>M50</i>	59.42
18	Ron Penford	<i>Steyning AC</i>	<i>M65</i>	59.50

#### *Men's 10km continued*

19	Carl Lawton	<i>Belgrave H</i>	<i>M60</i>	60.18
20	A. Millbank	<i>Herne Hill</i>	<i>M45</i>	60.24
21	Steve Allen	<i>Barnet &amp; D</i>	<i>M50</i>	61.01
22	Alan Ellam	<i>Enfield &amp; HAC</i>		61.12
23	Mike Hinton	<i>Ilford AC</i>	<i>M65</i>	61.25
24	Mike Harran	<i>Surrey WC</i>	<i>M70</i>	62.05
25	Peter Hannell	<i>Surrey WC</i>	<i>M65</i>	62.35
26	Alan O'Rawe	<i>Ilford AC</i>	<i>M65</i>	64.19
27	Mark Culshaw	<i>Belgrave H</i>	<i>M40</i>	64.40
28	Ron Powell	<i>Enfield &amp; HAC</i>	<i>M70</i>	64.40
29	Jon May	<i>Enfield &amp; HAC</i>	<i>M55</i>	64.56
30	Peter Crane	<i>Surrey WC</i>		65.27
31	Dave Stevens	<i>Steyning AC</i>	<i>M70</i>	66.53
32	John Borgars	<i>Herts/Phoenix</i>	<i>M60</i>	67.25
33	Peter Howard	<i>Enfield &amp; HAC</i>	<i>M65</i>	67.43
34	Peter Stapleford	<i>Leics WC</i>	<i>M70</i>	69.34
35	Bernie Hercock	<i>Enfield &amp; HAC</i>	<i>M70</i>	69.48
36	John O'Connor	<i>Enfield &amp; HAC</i>	<i>M60</i>	69.48
37	Dave Hoben	<i>Surrey WC</i>	<i>M55</i>	72.18
38	Mick Barnbrook	<i>Ilford AC</i>		73.10
39	Harvey Jaquest	<i>Enfield &amp; HAC</i>	<i>M80</i>	90.07

#### **Teams:**

1	Ilford A	1, 9, 10 = 20
2	Ilford B	11, 13, 17 = 41
3	Belgrave H	7, 19, 27 = 53
4	Steyning AC	4, 18, 31 = 53
5	Surrey WC	6, 24, 25 = 55
6	Enfield & HAC	8, 22, 28 = 58

I understand from John Hall, who is understudying Eric Horwill as BMAF Race Walking Co-ordinator, that the full BMAF result will be published in various magazines and on the RaceWalkUK website, or can be obtained from John himself.

*Judges: P.Cassidy, M.Graham, R. Pearce,  
J.Powell, P.Wilson*

*Time Keeper:  
P.Ray*

*Recorders:  
P.Kates, E.W.Hall*

## Spotlight on Sue Rey



Sue, (pictured here during the National 50km at Stockton on Tees), took top honours in John Constandinou's **Most Active Walker** table last year and when I invited her to tell us about herself she kindly obliged.

I have been involved with race walking for only three and a half years – before that I was a self-confessed couch potato, except for the odd length or two in a swimming pool, and two or three outings with the Ramblers.

I had never seen race walking before I met Mark, and was really inspired after being a spectator at the BMAF indoors at Cardiff. I said to myself, if people can do hurdles and sprint at 60, 70 and 80 years, then at 46 I really should get myself fit! Mark coached me for 3 months, after which I started off with a mile race at Leamington, (a speedy 12 minutes 16 seconds). Since then I have built up my endurance and a little more speed – averaging 1 race per week, but I have been known to do two races a day, two days running! I have been lucky enough to have placed in two national championships and various Masters Championships.

I am really enjoying race walking, and think it's a great event! It is such a surprise to become an athlete in middle age, and as I tell people, I was the child who was always the last one to be picked for teams in games lessons; I was so uncoordinated, podgy and wheezy due to asthma.

When I am not race walking – yes I do take a break sometimes - I work with older people as a Head Occupational Therapist in a Mental Health Trust in Northampton. I have just finished writing my Master's Dissertation (on Friday 16<sup>th</sup> May) on the subject of "health promotion:-what are the barriers preventing older people adopting healthy lifestyles". Well most of the people I know over 65 are certainly exercising for more than 30 minutes per day! So keep up the good work, all of the over 50's reading this, and the youngsters too.

So now the studying is done, I am free to do a bit more serious training to prepare for my coming summer season....and the house may get cleaned a bit more often...

I have two children, Paul who is 25 and Sarah who is 21. I'm sorry to say that I have not been able to persuade them to take up race walking, although Paul did have a go. I think they are of the opinion that good old mum is keeping out of mischief but it's not for them. Paul actually came to see us race at the Don Valley stadium in Sheffield this year (but only because we were travelling on to visit family afterwards), and met some of the walking fraternity.

I am very proud to be a race walker and with the enthusiasm of the newly converted try to get everyone I meet to have a go!

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## Results Round Up

**Well Done Kevin Marshall!** Within a week of completing the Moulton Five Kevin covered 350km in the famous Paris – Colmar classic, before being classified. I know he will have been disappointed at first, but on reflection will realise that it was an outstanding effort and that the experience will stand him in good stead for a future attempt.

There was a better turn out for the second of the **London Inter-Club Challenge 3km** staged at Woodford on 21<sup>st</sup> June. Eleven came under starters orders of which four were EHAC personnel. The race was won by Chris Cattano in 15.20, whilst Ron Powell fifth 18.36, Brian Sturt seventh 20.01, Ron Wallwork eighth 20.11 and Bernie Hercock ninth 20.19 constituted the Enfield quartet. Olly Browne 2<sup>nd</sup> 16.36, Alan O'Rawe 18.53 and Dave Ainsworth 21.27 were other *League* regulars competing.

Club statistician Jon May and Bernie Hercock were the club's only walkers in the highly successful VET's AC five mile evening race at Battersea Park on 24<sup>th</sup> June. Jon recorded 53.04 and Bernie 55.56.

It was unfortunate that the **LVS 5km** was not only on the night after the VET's Five, it also clashed with Surrey WC's 3km which it must have affected the entry. Nevertheless seven competitors negotiated the twelve and a half laps and in a tight finish Fiona Bishop set a stadium record of 31.34.3, three hundredths of a second in front of Olly Browne. Ron Powell 32.10, Peter Howard 33.37, Bernie Hercock 35.12, Norma Grimsey 36.36 and Dave Ainsworth 38.28. Bernie and Dave had been in action the night before.

In hot sunny conditions twenty-two walkers faced the starter for the **Southern RWA 20km championships** at Basildon on 28<sup>th</sup> June. Current *League* leader Phil Barnard (1.55.15) finished a good second, sandwiched between Ian Richards (1.52.04) the winner and John Hall 1.56.54. However, with his potential, I have to ask why is he hanging around athletes thirty years his senior? Enfield's enthusiastic Sean Pender making yet another trip from the emerald isle and suffered badly in the heat after starting off a bit too quickly finishing with 2.16.10 in thirteenth

place. Ilford with Steve Allen fifth 2.01.49, Dave Kates sixth 2.02.35 and Steve Uttley 2.07.44, easily took the team title, Steyning being the only other club to field more than one walker. The ladies winner was Maureen Noel 2.10.27 who had plenty to spare over Fiona Bishop 2.15.50. The pick of the other Enfield regulars was Mark Wall who finished fifth bettering two hours by fifty seconds.

At Bromley on 25<sup>th</sup> June in the **Surrey WC open 3km**, Stephen Crane finished second in 14.46 his father Peter sixth 17.51 and Dave Hoben ninth 20.04. There were ten starters.

## League Positions after Seven fixtures



The top three teams have widened the gap between themselves and the rest, with Ilford now clear of Enfield by over one hundred points, making the next fixture which carries bonus points a crucial one.

The home club has sorely missed the services of their 2007 *League* champion Phil Williams, who because of early season injury languishes in fifty-eighth place and doesn't even make their "A" team

Jo tops the ladies table with Fiona not far behind, but matters are far from cut and dried as Helen continues to improve and Anne and Maureen have races in hand. Norma and Barbara represent the Club in the top ten.

The top three men's positions remain unchanged.

*Jo Miles at Donkey Lane on 12<sup>th</sup> July where she took the BMAF W50 title*

*Showing good style Hillingdon's Newcomer Emilia Makowska*



### Ladies

312/6	1. Jo Miles
305/5	2. Fiona Bishop
254/4	3. Anne Belchambers
228/5	4. Helen Middleton
223/5	5. Maureen Noel
165/4	6. Norma Grimsey
156/3	7. Sue Rey
154/4	8. Barbara Edlin
153/3	9. Chelsea O'Rawe-Hobbs
111/1	10. Cath Duhig

*63 ladies have so far scored in the league*

### Men

566/7	1. Phil Barnard	378/4	11. Trevor Jones
551/7	2. Stephen Crane	370/6	12. Sean Pender
516/6	3. Nick Silvester	369/6	13. Lol Dordoy
436/7	4. Mike Hinton	369/6	eq Alan Ellam
418/5	5. Steve Uttley	351/5	15. Arthur Thomson
404/6	6. Dave Kates	334/4	16. Olly Browne
398/5	7. Rod Dunn	328/5	17. Dave Sharpe
393/5	8. Andy Cox	322/7	18. Bernie Hercock
392/7	9. Ron Powell	310/5	19. Alan O'Rawe
389/7	10. Jon May	308/6	20. Amos Seddon

*108 men have so far scored in the league*

### Team

1 Ilford AC	<b>2289</b>	<i>436 Hinton, 418 Uttley, 404 Kates, 369 Dordoy, 334 Browne, 328 Sharpe</i>
2 Enfield & H AC	<b>2150</b>	<i>392 Powell, 370, Pender, 389 May, 369 Ellam, 322 Hercock, 308 Seddon</i>
3 Surrey WC	<b>1758</b>	<i>551 Crane S, 259 Hoben, 256 Harran, 237 Lightman Shaun, 236 Crane P, 219 Nihill</i>
4 Hillingdon AC	<b>1424</b>	<i>393 Cox, 378 Jones, 312 Miles, 254 Belchambers, 65 Humphrys, 22 Makowska</i>
5 Belgrave Harriers	<b>1380</b>	<i>304 Lawton, 238 Hall J, 233 King, 223 Noel, 198 Culshaw, 184 Fotheringham,</i>
6 Ilford AC"B"	<b>1306</b>	<i>310 O'Rawe, 250 Ryan, 238 Ainsworth, 199 Davis, 191 Barnbrook, 118 Marshall</i>
7 Leicester WC	<b>1171</b>	<i>398 Dunn, 298 Wall, 228 Middleton, 156 Rey, 55 Berwick, 36 Stapleford</i>
8 Enfield & H AC"B"	<b>1109</b>	<i>284 Sturt, 223 Howard, 165 Grimsey, 163 Livermore, 154 Edlin, 120 Williams</i>
9 Aldershot F & D	<b>1050</b>	<i>516 Silvester, 305 Bishop, 110 Lewis, 61 Spelman, 39 Davies S, 19 Davies L</i>
10 Castle Point	<b>904</b>	<i>566, Barnard, 153 O'R-Hobbs, 124 Cattano, 42 Kemp, 19 Bell</i>

## It's always nice to hear from people

Dear Ron, Thank you for the latest edition of the Enfield Walker. It makes very good reading. Unfortunately I am currently 'sidelined', having fractured a bone in my foot. I think it began as a stress fracture, but I thought it was a bruise until the inevitable happened and it became chronic. X-rays revealed a non displaced fracture which I hope is now healing, but walking is out of the question at the moment so I thought I should let you know. I had really been looking forward to the forthcoming walk on 12th but it's out of the question. And of course this has happened just when I seemed to be particularly fit and keen to try and improve my times. Hopefully I will be back before too long! Best wishes, *Diana Braverman* - We hope so too!

**Don't forget view or record Mike Bushell's "Try Race Walking" slot being screened after the Sports bulletin on BBC 1 Breakfast Time at 06.35. 07.35 and 08.35 on 26<sup>th</sup> July.**