

GEORGE BROWN R.I.P

George Brown a cornerstone of the *League*, much respected judge and tireless worker for race walking died on Thursday 14th August after a long illness – an illness which never stopped him from attending races and officiating, right up to the end of his life. He will be sorely missed! (see page three)

Congratulations

Mary and Ron Powell celebrated their **Golden Wedding Anniversary** on 26th July. Mary, is a devoted church worker and everyone knows that Club captain Ron revels in the longer distance events, but this achievement was his best fifty yet. **Congratulations!**

Centurion Sean

A piece about Sean appears on page three, but since it was written he has achieved a long held ambition, to become a *Centurion*. He was one of five new ones who qualified at the Milton Keynes track Hundred over the week-end of 15th/16th August. Passing through fifty miles in 11.21.01 he went on to clock 23.56.11.

More Gold for Harvey

Harvey's unfortunate spill in the *League* race on 12th July has not affected his performances in anyway. In soaring temperatures and high humidity, he contested both M80 events at the European Veterans Track and Field championships in Ljubljana, between 25th July and 3rd August, where his 43.06 for 5km earned him a bronze medal and two days later his category gold in the 20km with a time of 3.10.18.

Other *Leaguer's* to medal at the championships were W45 Helen Middleton with a brace of bronze medals in times of 29.53 and 61.22 for the 5km and 10km events and the now expected double gold from M70 Arthur Thomson who won comfortably with the best part of a minute to spare in the 5km and a huge eight minutes in the 20km. His times were 27.47 and 1.56.27. *A comprehensive report by Dave Kates appears in the next September issue of Essex walker.*

Readers are reminded that entries for the **UKA/RWA National 10km road championships** which are to take place at Lee Valley Stadium on Saturday 6th September **CLOSE on 2nd September**. There are also races over 3km for boys and girls under fifteen and under thirteen.

Well Done Mr. President Glyn Jones (M65) the RWA President had obviously put in some serious training after his “dnf” in the Southern 20km at Basildon at the end of June, because he clocked a respectable 2.14.53 for 20km at Ljubljana in the European Veterans Track and Field championships and in the process along with Arthur Thomson and Ed Shillabeer, collected a team gold.

The Next League Fixture is

Open

ONE HOUR BADGE RACE MEETING

1.30pm Saturday 13th September -- LEE VALLEY STADIUM – PICKETS LOCK

If more than one race required the timings will be thus:

1.30pm 5 mile targets * 2.30pm 6 mile plus targets

Awards for walkers not having previously achieved them: **Badges for FIVE** miles personalised **medals for SIX and SEVEN** miles -- personalised **Plaques for EIGHT** Miles
Spot Awards for non badge participants

Thirty walkers, sadly only five of them wearing the gold and red of the Enfield turned out in cold, windy and wet conditions compared to forty-three coping with blistering sun the previous year. It says much about the ethos of the *League*, that ten of them indicated beforehand that they weren't, for various reasons doing the full trip, and were using it as a work-out. I'm glad they did, because their presence and support of the 20km people once they had finished their stints, undoubtedly enhanced the event.

Phil Barnard who cut his holiday short by a day and new parent Stephen Crane, had excuses to be absent, but the lure of double points to secure their first and second men's *League* placing was compelling. Both earned their points, and the cliché "the hard miles", as the splits below show, had real meaning for them.

Maureen Noel repeated last year's success in a slightly quicker time, with Channel Islander Carl Thomson, a 4.37 something 50km performer nearly twenty years ago making an impressive league debut, winning easily in 1.44.03, which pleased him no end, since he only returned to the sport early June.

The second place battles were keenly contested. Fiona Bishop and Anne Belchambers were given the same time, whilst, as the splits below show, Trevor Jones overhauled a completely spent Phil Barnard in the last quarter of the race. Anne and Trevor too, had good reason to give this fixture a miss, because their recent move to Worthing had curtailed their training.

All walkers are to be congratulated on sticking it out to the end in such miserable conditions, with special mention for Loughton's Jackie Cox (no relation to Andy) whose first 20km it was.

Ladies		5km	10km	15km	20km	
1	Maureen Noel	<i>Belgrave H</i>	30.47	61.59	1.35.07	2.10.06
2	Fiona Bishop	<i>Aldershot F & D</i>	32.02	64.57	1.39.48	2.15.26
3	Anne Belchambers	<i>Hillingdon AC</i>	31.59	64.57	1.39.52	2.15.26
4	Sue Rey	<i>Leicester WC</i>	34.37	69.55	1.45.45	2.21.40
5	Jackie Cox	<i>Loughton AC</i>	35.00	76.10	1.46.03	2.22.05
6	Barbara Edlin	<i>Enfield & H AC</i>	39.05	78.10	1.57.21	2.37.09
7	Helen Middleton	<i>Leicester WC</i>	29.58	60.16		
8	Emelia Makowska	<i>Hillingdon AC</i>	38.55	78.10	<i>(5km debut last month - clocked 39.48)</i>	
1	Carl Thomson	<i>Sarnia</i>	25.48	51.48	1.17.52	1.44.03
2	Trevor Jones	<i>Hillingdon AC</i>	26.42	53.49	1.21.02	1.48.27
3	Phil Barnard	<i>Castle Point</i>	26.13	52.43	1.20.00	1.50.48
4	Peter Ryan	<i>Iford AC</i>	27.52	56.08	1.23.53	1.51.54
5	Mark Wall	<i>Leicester WC</i>	28.15	58.20	1.24.42	1.53.59
6	Steve Uttley	<i>Iford AC</i>	27.52	56.08	1.25.15	1.55.21
7	Dave Kates	<i>Iford AC</i>	28.20	57.11	1.26.32	1.55.51
8	Andy Cox	<i>Hillingdon AC</i>	28.22	58.00	1.29.07	2.00.53
9	Steve Crane	<i>Surrey WC</i>	28.15	56.20	1.25.51	2.04.15
10	Jon May	<i>Enfield & H AC</i>	32.37	66.10	1.40.19	2.17.33
11	Peter Crane	<i>Surrey WC</i>	34.37	67.15	1.42.33	2.20.46
12	Mick Barnbrook	<i>Sarnia</i>	35.20	70.54	1.46.07	2.24.14
13	Bernie Hercock	<i>Enfield & H AC</i>	35.20	70.54	1.47.20	2.24.46
14	John Borgars	<i>Herts/Phoenix</i>	33.07	67.57	1.45.41	2.27.20
15	Rod Dunn	<i>Leicester WC</i>	28.46	58.50		
16	Mike Hinton	<i>Iford AC</i>	30.14	60.24	Enfield & H AC 20km Championship	
17	Mark Culshaw	<i>Belgrave H</i>	30.48	61.53	<i>Ladies:</i> Barbara Edlin	
18	Lol Dordoy	<i>Iford AC</i>	33.04	67.30	<i>Men:</i> Jon May, Bernie Hercock	
19	Peter Howard	<i>Enfield & H AC</i>	33.11	67.35		
20	Bill Sutherland	<i>Iford AC</i>	38.39	77.09	<i>Judges:</i> P.Cassidy, P.Wilson	
21	John Whyte	<i>Vets AC</i>	33.54		<i>Time Keepers:</i> D.Sharpe, R.Wallwork	
22	Brian Sturt	<i>Enfield & H AC</i>	36.02		<i>Recorders:</i> P.Kates, E.W.Hall	

Enfield Walkers in action the day after the *League* 20km were Norma Grimsey who set a 3km pb of 20.18 when finishing fifth of eight in the **Eight Counties Meeting** at Kingsmeadow. Maureen Noel displayed great powers of recovery by finishing second in 18.07 and Mark Culshaw 16.58 also doubled up. In Dublin Sean Pender M55 and Ron Powell M70 won their age categories in the **Irish Masters 5km** with respective times of 30.31 and 31.20.

GEORGE BROWN, OBE – RIP

George, born in 1927 was best known to most walkers as a Judge, a role he carried out for thirty-five years. But he was also a more than useful walker and made a huge contribution to the administration of race walking.

The result of the 1951 Highgate Harriers five mile championship for the "Delpine Cup" shows that George finished thirteenth overall and first novice in 43.00, just four seconds behind Ron Powell. Ten months later at the 1952 Highgate Hour walks, in section "C" he covered 6 miles, 1240 yards and within two years, he was knocking on the "seven in the hour" door as he clocked 60.29 in the Enfield Open Seven, not far in front of Martin Oliver's father. By 1955 he was really getting it together. In the January snow at Imber Court he was a scorer for the winning Highfield Harriers team in the Metropolitan Open Seven, clocking 59.29. A month later, in the Middlesex ten mile championship he was timed at 85.26 when finishing ninth of sixty-four, (yes sixty-four) and went on that year to record 2.18.13 in the Metropolitan Walking Club fifteen miles, 2.55.35 for the tough Croydon to Godstone and back, (nearly nineteen miles) as well as twenty-eighth place out of 162 starters in the National twenty miles at Wimbledon, over another testing course, in 3.03.50.



He worked initially for the London Postal Region of the GPO and competed in the Civil Service championships, placing in the top six at two and seven miles and going on to represent the Civil Service in matches, such as the Ryan Cup ten miles against the RAF and Metropolitan Police. In 1973 George's career took him to the House of Commons where he worked as Senior Assistant Accountant in the Fees Office.

As an RWA Judge, he was strict, but amiable, qualities that earned him great respect from the walkers and his proficiency and integrity was acknowledged, when he was appointed to the International Panel of Judges.

In addition to being Civil Service Championship Secretary for a number of years, he was also extremely active with the Southern RWA. He was President in 1987 and served on the committee from 1976 to 2000, the last twelve years as Chairman. Upon standing down he received a Commemorative Award from the SRWA. It was a silver Hip-Flask, which he greatly appreciated and put to good use whilst judging in the depths of the British winters, right up until the one just past. He was awarded the OBE for services to the House of Commons and Outside Community Interests which included swimming through a long association with the Barracuda Swimming Club.

Condolences to his sons Trevor and Adrian and their families.

George's funeral will take place at the Enfield Crematorium at 11.30am on Wednesday 27th August and there will be a gathering afterwards at The Bowls Club, The Walk, Potters Bar. Family flowers only please. The "MacMillan Support" is the charity nominated if people wish to make a donation and can do so to the undertakers, Nethercott and Son, 150 Drakes Lane, Potters Bar, EN16 1AF

More about Sean

Following on from the last issue I can elaborate on Sean Pender's 2008 Irish results Sean competed at three indoor meetings which were all staged at Nenagh: On 6th January he finished second in the Munster Senior Indoor 5km clocking 30.20. Six weeks later his Irish Masters Indoor M50 winning time over 3km was 18.42 and on 23rd March he improved by twenty seconds when recording another M50 victory in the Leinster Senior championships.

On 8th June at Tullamore in the Leinster Senior and Masters championships he won his age group 3km in 18.40 and with a time of 31.40 placed sixth in the senior 5km.

Unreported was his performance at the Leamington Grand Prix the day after his Moulton exertions. Competing in the 20km which also included the Irish Senior and Master's championships, he won the M50 and placed sixth in the seniors in a time of 2.10.20. He was fifty-four years old when he raced at Leamington, so does that make him the oldest walker to compete in a Grand Prix?



The much travelled Sean Pender

Results Round Up

There was an excellent turn out of twenty-one, including *Daily Telegraph* journalist Iain Hollingshead for the second **Loughton AC Tuesday Walks** at Woodford on 22nd July. Enfield had five walkers competing on this occasion, none of whom, like the rest of the field troubled Mark Easton the winner in 13.46 and runner-up Phil Barnard 13.59. Nevertheless, Amos Seddon placing seventh in 17.38, Brian Sturt tenth in 19.33, Ron Wallwork fourteenth 20.37, Bernie Hercock a place and five seconds behind and Ken Livermore, just back from holiday nineteenth in 22.34. However, they did finish as top club on the night and after two of the three fixtures occupy second spot in the series.



left - Jackie Cox who did so well on her 20km debut at Donkey Lane on 9th August

On 26th July at Copthall stadium the third of the summers' **LICC meetings** was staged and it was Belgrave junior Alex Wright who won in the excellent time of 13.12, well clear of Phil William's 14.25 and John Hall's 15.12. Peter Howard in sixth and Bernie Hercock in ninth were the club's other walkers and their respective times were 19.37 and 20.39. Carl Lawton 16.11, Mick Harran 17.16, Peter Hannell 17.25, Dave Hoben 20.12 and Sue Barnett 20.56 were other *Leaguers* making up the ten strong field.

There were seventeen starters for the mid-week **VAC's five mile** at Battersea Park on 29th July and first home was Mark Easton in 38.49. In sixteenth Ron Powell was timed at 54.37 and two places behind Bernie Hercock in 56.12, whilst best of the *Leaguer's* was Steve Uttley, third in 44.32.

With only one walker in the final **LICC 3km** at Parliament Hill on the same day as the *League* 20km, one wonders if this event has a future. Dave Ainsworth was the walker.

Leaguer's in Ljubljana

Dave Kates and **Rod Dunn** (both M55) collected 20km team bronze medals at the European Veterans championships in Slovenia. Dave was fifth 2.03 and Rod Dunn, ninth in 2.07.21. Their positions in the 5km were reversed as Rod was 6th in 27.37 and Dave eleventh in 28.54. **Fiona Bishop** (W45) clocked 32.15 for sixth in her 5km.

Sue Rey and **Mark Wall** have been extremely busy. In addition to organising the Milton Keynes Hundred, in which they competed, they found time to maintain their support of races up and down the country and travel to Ljubljana for the European Veteran's championships. In Slovenia Sue (W50) was tenth in 33.49 for 5km and thirteenth in 68.30 for 10km, whilst Mark finished seventh over 5km in 27.03 and was timed 1.56.11 for eighth in the 20km. However, I imagine that their performances on 12th July at Stanley Park, Blackpool, in the Lancashire Walking Club's annual promotion gave them the most satisfaction. Mark was third in the fifty-mile race in 9.09.06, passing 50km in 5.32.51 and taking the BMAF M50 title in the process. Sue recorded 11.02.45 for the fifty and 6.31.17 for the 50k, which earned her the BMAF W50 silver medal. Their fifty mile efforts, obviously excellent preparation for Milton Keynes on 16th/17th August

League Positions after Eight fixtures

The team positions remain unchanged, and with only two of their leading six walkers in action in the last fixture, Enfield allowed Ilford to open a 263 point gap that will be difficult to close. Hillingdon have edged near enough to threaten Surrey's third place and if Belgrave turn out their top walkers in the remaining races, the battle for podium places will be very interesting. So far as the individual tables are concerned, the first two in both have edged clear, but with races in hand and the bonus points available in the Open Seven, it is still too early to, make predictions.

For those who like statistics, Jon May reports that with four fixtures remaining, thirty-four walkers can still register nine performances and that sixty-nine can do six, which is the qualifying number to be acknowledged as a *Leaguer* and wear the T-shirt. He also reports that of the 173 athletes who have raced in the *League* this year, the top fifty have done in total 259 races which averages out at just over five each.

Ladies

415/6	1. Fiona Bishop
363/5	2. Anne Belchambers
334/6	3. Maureen Noel
312/6	4. Jo Miles
267/6	5. Helen Middleton
264/4	6. Sue Rey
255/5	7. Barbara Edlin
165/4	8. Norma Grimsey
153/3	9. Chelsea O'Rawe-Hobbs
111/1	10. Cath Duhig

64 ladies have so far scored in the league

Men

684/8	1. Phil Barnard	425/8	11. Bernie Hercock
663/8	2. Stephen Crane	405/7	12. Lol Dordoy
533/6	3. Steve Uttley	392/7	13. Ron Powell
518/7	4. Dave Kates	370/6	14. Sean Pender
516/6	5. Nick Silvester	369/6	15. Alan Ellam
506/6	6. Andy Cox	367/4	16. Peter Ryan
497/8	7. Jon May	351/5	17. Arthur Thomson
497/5	eq Trevor Jones	334/4	18. O.Browne
474/8	9. Mike Hinton	328/5	19. D.Sharpe
438/6	10. Rod Dunn	315/6	20. B.Sturt

109 men have so far scored in the league

Team

1 Ilford AC	2631	533, Uttley, 518 Kates, 474 Hinton 405 Dordoy, 367 PR, 334 Browne
2 Enfield & H AC	2368	497 May 425 Hercock, 392 Powell, 370, Pender, 369 Ellam, 315 Sturt
3 Surrey WC	1977	663 Crane S, 343 Crane P, 259 Hoben, 256 Harran, 237 Lightman Shaun, 219 Nihill
4 Hillingdon AC	1798	506 Cox, 497 Jones, 363 Belchambers, 312 Miles, 65 Humphrys, 55 Makowska
5 Belgrave Harriers	1528	334 Noel, 304 Lawton, 238 Hall J, 235 Culshaw, 233 King, 184 Fotheringham,
6 Ilford AC"B"	1490	328 Sharpe, 310 O'Rawe, 295 Barnbrook, 238 Ainsworth, 199 Davis, 120 Sutherland