



Boxing Day 5km

Eleven Walkers were among the sixty or so starters for the annual EHAC Boxing Day Morning 5km staged at Lee Valley Stadium in bright, but distinctly chilly conditions. The race finished on the track where Steve Crane and John Hall exchanged the lead several times to decide first place. Helen Middleton was the only lady in the field, improving on her 2007 time by over two minutes. John Hall, Lol Dordoy and Dave Ainsworth were also faster than the previous year.

1 Steve Crane	(Surrey WC)	26.03	7 Peter Crane	(Surrey WC)	32.05
2 John Hall	(Belgrave H)	26.04	8 Bernie Hercock	(Enfield HAC)	35.08
3 Andy Cox	(Hillingdon AC)	27.43	9 Ron Wallwork	(Enfield HAC)	36.30
4 Helen Middleton	(Enfield H AC)	28.05 L1	10 Dave Ainsworth	(Ilford AC)	37.26
5 Dave Sharpe	(Ilford AC)	28.52	11 Ken Livermore	(Enfield HAC)	37.54
6 Lol Dordoy	(Ilford AC)	29.30			

Keen to get started

Sixteen walkers gathered at Lee Valley Stadium on 4th January and braved arctic conditions to participate in the first *League* training session of the year. The two hour session consisted of a stroll out and back along the Lee Valley and was a light hearted affair even during the fifteen minute parlauf that was thrown in to blow away the festive season cobwebs. *Stroll is an old fashioned term used by many race walkers to describe a longish walk at a pace within oneself undertaken to build up stamina, the actual speed depending on the standard and fitness of the walker.*

The **Centurions Annual General Meeting** takes place at **1pm** at **The Resource Centre, 356 Holloway Road, London, N7 6PA**. The nearest underground station is Holloway Road and buses 4, 17, 29, 43 and 153 are some of the buses that that stop nearby. The brotherhood's Centenary is only two years away and Hon, Secretary Chris Flint (Glenthorne, 65 Liverpool Road, Walmer, Kent, CT14 7NN or flintc@scr-ltd.co.uk) is anxious to ascertain the support for a Celebratory Dinner, whilst President Carl Lawton (50 Bramble Close, Carshalton, Surrey, SM5 1PG or SBorinico@aol.com) would be delighted to hear from anyone who can supply photographs, stories, anecdotes, memorabilia, etc.

Jerry Everett RIP

Athletics and the walking world lost a dedicated and tireless worker when Jerry Everett passed away on 15th December. He was an amazing person with a wide range of talents and up until his heart problems surfaced in 2007, seemingly limitless energy and stamina. You could always count on Jerry's help in whatever capacity he was needed and because of his modest nature the roles he played in so many events was often unrecognised. The January 2009 Essex Walker is a Tribute Edition to a wonderful man and copies are available for anyone not on the circulation list.

Hope to see YOU on Saturday 17th January

for the first event of the 2009 League

Five miles

Newcomers mile & YAG Distances

2 pm start

2008 Presentations

free refreshments

The 2009 Enfield Walking League

The 2009 *League* will consist of ten events (best nine to score) each of which will carry a minimum of sixty points. However, events with more than forty-five participants will carry seventy. Points will be awarded in descending order, the winner being credited with the highest available. Double points will be awarded for the three opens and those that complete the 20km.

Domestic Category conditions will cover all races, unless they are of county championship status or above and the **starting time** for all fixtures unless otherwise stated is **2pm**

The **entry fees** for all races will be **£4** although there may be additional fees for championship or open events. There is no entry fee for walkers under the age of 16.

The **League awards** will be presented at the first fixture of 2010 to Senior and YAG individuals, senior mixed club teams of six (*which may include second claim members*) and mementoes to walkers who have competed in six events.

Individual Handicap/Spot awards may be made at fixtures other than the three “open” events and will be presented at the fixture following the one at which they were won. Only walkers who have completed two or more races within the preceding twelve months qualify for a handicap mark.

2009 Provisional Enfield League fixtures

4 th January	Sunday 10.-00am		<i>Leaguer's "Get the year off to a good start"</i> one to two hours training spin <i>Suggestions for a venue welcome.</i>
17 th January	2.00pm	(1)	5miles - 2009 Opening Fixture and Presentation of 2008 League Awards <i>Donkey Lane, Enfield</i>
7 th February	10am		<i>Leaguer's Training Day</i> - open to walkers of any age or standard <i>Venue and content to be fixed</i>
21 st February	2.00pm	(2)	10miles incorporating UKA/RWA National, Middlesex, Herts and Essex <i>Lee Valley Athletic Centre, Pickets Lock</i> County Championships
14 th March	2.00pm	(3)	5 miles – Pat Furey Open Races (<i>double points</i>) <i>Donkey Lane, Enfield</i>
4 th April	10.00am		<i>Leaguer's Training Day</i> - open to walkers of any age or standard <i>Venue and content to be fixed</i>
9 th May	2.00pm	(4)	Promote Race Walking Meeting 5km, Beginner's Mile & 30 minute Parlauf <i>Venue to be fixed</i>
June		(5)	3km Track incorporating EH AC Club championship <i>Venue and date to be fixed</i>
12 th July	Sunday 2.00pm	(6)	Barclay Bi-Centenary Walks - Rowley Mile Racecourse, Newmarket Moulton Five - YAGs – BMAF – Centurion Qualifying 100 (<i>all carry League bonus points</i>)
15 th August	12noon	(7)	20km (<i>double points</i>) at Donkey Lane, Enfield
12 th September	1.30pm	(8)	One Hour Badge Race for 5, 6 and 7 miles in the hour <i>Lee Valley Athletic Centre, Pickets Lock</i>
10 th October	2.00pm	(9)	5km including various Masters/Veteran championships. <i>Donkey Lane, Enfield</i>
7 th November	2.00pm	(10)	83rd Enfield Open Seven – Club Championships (<i>double points</i>)

Correspondence

Dear Ron, I recently came across the November *Enfield Walker* and was most surprised to find a piece about Bob Clark. I am Bob's brother Dave. I can't tell you how thrilled I was to see his memory honoured after all those years of endeavour; Bob would have been chuffed to bits in the thought that he was helping to encourage young walkers. Congratulations to Kelsey Howard who won the award and may she go on to great things.

Yours sincerely, D.P.Clark

It was nice to hear from Dave, but credit for the idea belongs to Ray Middleton, who was one of Bob's team mates in the GB team that won the first official Lugano Cup in 1961.

Dear Ron, Hope you had a great Christmas. Just to let you know I'm afraid I will not be donning the Enfield vest for some time. I had a second op on my hip a week ago to find out why it still gave way despite the first op supposedly being successful. I am somewhat frustrated and the bottom line is that I now have three months rehab to get through again so it will probably be in late March or early April before I can turn out again. Regards Rod Dunn

Jon May's 2008 League Musings



Jon in League action

The team competition had been settled by September because of injuries to and other commitments of certain walkers, with the exception of third placers Hillingdon, whose six walkers combined to snatch, by a mere seven points a surprise bronze placing from the much fancied and numerically stronger Surrey Walking Club. Belgrave Harriers and Leicester Walking Club were in the hunt for a place early on, but fell away as Masters events and the Milton Keynes Hundred took priority.

The missing of a single bonus race cost Anne Belchambers and Nick Silvester their respective GOLDS. In Nick's case it was particularly devastating, because in all his races he never scored less than 60 points and would have been overall *League* winner. Dave Kates and Arthur Thomson also missed bonus races. In Dave's case, if he hadn't, he would have been up with Steve Uttley, whilst Arthur in his seventy-third year, also committed the cardinal sin of not doing nine races and would certainly have made the top six, putting some of us to shame. Nevertheless, Fiona Bishop and Trevor Jones are to be congratulated on their campaigns which resulted in fine victories.

For the record - Over two hundred people took part in the *2000 League* ranging in age from nine to eighty-five and notching up over six hundred performances and the following are some statistical facts:

Two walkers did all twelve races, five did eleven, eight did ten and nine walked nine, which converts to twenty-four walkers putting in a total of two hundred and forty performances.

A further three walked eight times, four seven times and eight six times totalling a further hundred performances and contributing to the list of thirty-nine who qualified for the *Leaguer* T-shirt. Eight walkers missed the qualification by a single race.

The Moulton Five produced sixty-six of the hundred and two walkers who only completed a single event and twenty-nine walkers recorded fifty-eight performances.

Results Round-up

The **Surrey Walking Club's 5km** at Monks Hill on 13th December was held in horrible wet and cold conditions, so the twenty-six competitor turn out wasn't all that bad. Di Bradley 26.08 and Mark Easton 23.59 were comfortable winners whilst Helen Middleton 28.38 was second lady, Arthur Thomson sixth in 28.16, Bernie Hercock sixteenth in 35.30 and Ken Livermore eighteenth in 39.05. Leading *Leaguer* in the race was Trevor Jones who was second man home in 24.41.

So many *League* regulars took part in the **Ilford AC Annual Christmas 10km** race at Chigwell Row on Sunday 21st December that the result is printed in full. Everyone got a Christmas present and most enjoyed the get together in the Maypole public house afterwards

Ladies	1 Helen Middleton	(<i>Enfield HAC</i>)	58.28	8 Olly Browne	(<i>Ilford AC</i>)	60.06
	2 Maureen Noel	(<i>Belgrave H</i>)	62.31	9 Dave Sharpe	(<i>Ilford AC</i>)	61.19
	3 Cath Duhig	(<i>Loughton AC</i>)	64.49	10 Mike Hinton	(<i>Ilford AC</i>)	61.23
	4 Diana Braverman	(<i>Enfield HAC</i>)	74.33	11 Micky Harran	(<i>Surrey WC</i>)	62.23
Men	1 Steve Crane	(<i>Surrey WC</i>)	54.36	12 Lol Dordoy	(<i>Ilford AC</i>)	66.48
	2 John Hall	(<i>Belgrave H</i>)	54.43	13 Peter Howard	(<i>Enfield HAC</i>)	70.15
	3 Steve Uttley`	(<i>Ilford AC</i>)	57.36	14 Bernie Hercock	(<i>Enfield HAC</i>)	71.53
	4 Dave Kates	(<i>Ilford AC</i>)	57.41	15 Terry Braverman	(<i>Enfield HAC</i>)	71.58
	5 Mark Culshaw	(<i>Belgrave H</i>)	58.26	16 Dave Hoben	(<i>Surrey WC</i>)	71.59
	6 Steve Allen	(<i>Barnet</i>)	58.58	17 Ken Livermore	(<i>Enfield HAC</i>)	80.11
	7 Alan Ellam	(<i>Enfield HAC</i>)	59.37	Kevin Marshall	(<i>Ilford AC</i>)	dnf

RWA Annual General Meeting

The RWA Annual General Meeting held at the Alexander Stadium, Walsall, on 14th December, was the best attended for several years, no doubt due to the EHAC proposal to change the RWA Competition Rules.

President Glyn Jones was re-elected unopposed as were the all the officers. The sub-committees appointments followed a similar trend with the exception of Rules, Records and Regulations, where an extremely close vote determined that Peter Marlow would be chairman.

The position occurred because of the resignation of Life Member Cecil Gittins, who prior to his stint in the office had already served the Association with distinction, as its Chairman for seventeen years between 1977 and 1998 and as its President in 1988/89. Cecil stressed that he was only retiring from *Office* and would continue to serve race walking.

5th April 1959 - Cecil in action at the Polytechnic Open 15miles

Life membership awards were made to Pauline Wilson and Peter Cassidy in recognition of their dedication and hard work on behalf of race walking.

The debate about the Competition Rule change: *All Race Walking Competitions under the jurisdiction of The Race Walking Association will be 'B' Races. All Race Walking Competitions organised by UKA will be 'A' Races*, lasted almost an hour and a half and could have continued longer if time had permitted. Views were passionately put and there was a fifty-fifty chance that the proposal would be carried. However, it seemed obvious to me that a number of people didn't really understand why the proposal had been brought, which was basically to make the sport of race walking fully inclusive. I withdrew the proposal because I felt that it needed a substantial once and for all majority for it to be successfully implemented and that success by a single vote would be divisive and contrary to the proposals aim.

Interestingly, in the days that followed the meeting, information emerged that not only totally debunked one of the key examples put forward for opposing the change, but actually strengthened the proposal's case. I am sure the issue will run and run, or should it be walk and walk under the B rule of course!



Forthcoming Fixtures

Steining's Open 15km on Saturday 24th January over a testing but pleasant course is ideal preparation for the UKA/RWA national Ten miles just four weeks later. Entries on the day at their club house, which is just behind the main street car park. Details from Dave Stevens on 01903 814 422 or Ron Penfold 01293 520 506.

Sunday 1st February is the date for the the popular **London Walks** promoted by Loughton AC, which includes distances to suit all age groups and is a YAG Grand prix event. It is a category A meeting and the 10km race is also an Essex League fixture. Further details from Peter Cassidy 01277 220687 or Peter.Cassidy@btinternet.com

The third **Cambridge Harriers** Winter League race is on **Saturday 14th February**, offering the chance to sharpen up before next weeks national Ten. Over the usual 5km distance, the start time 2.30pm and "A" rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent, in good time, because the start is a little distance from the clubhouse.

The **Masters Indoor Season** gets underway with the SCVAC and the EVAC championships at Lee Valley Stadium on the following day, **Sunday 15th February**. It appears that the Essex and Kent indoor championships are also being held in conjunction and details can be obtained from Peter Cassidy 01277 220687 or Peter.Cassidy@btinternet.com

Sorry to Learn that Mrs. Eileen Allen, who runs the Essex Walker email service, has suffered an extremely bad fall resulting in a number of broken bones which has necessitated admittance to hospital as an in-patient for an operation under general anaesthetic. Tony Perkins will be maintaining the excellent Essex Walker email information service until such times as Eileen can operate her keyboard again. Should you wish to send Eileen a get-well card, her address is: 15 Cromwell Road, Southend-on-Sea, Essex, SS2 5NG.

The *Finchley Twenty* one of the oldest remaining road running classics is accepting entries from walkers this year if they can better four hours for the distance. It takes place on 16th March the day after the *Pat Furey (double points) League* race and provides an ideal work out in preparation for anyone targeting the UKA/RWA National 50km which takes place six weeks later. This also applies to a number of walkers, who I know are entered for the London Marathon on the same day as the 50km. It is a 9.30am start from Hillingdon AC club house, Ruislip and details are on www.runnersworld.co.uk/events.