



# Enfield Walker

Newsheet of the Walking Section of Enfield & Haringey AC)

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

**Christmas Supplement 2009**



**Ken Livermore** celebrated his seventy-seventh birthday by walking in Surrey Walking club's annual Christmas 5km at Monks Hill on Saturday 12th December. He clocked 42.57 which whilst it was his slowest for some time, it did expound the virtues of my old club's (Lancashire Walking) motto, that "*health is the first wealth*" Newly elected RWA President Pam Ficken and clubmates Helen Middleton the third lady home in 28.22, Sean Pender thirteenth in 30.14 and Bernie Hercocock twenty-sixth in 35.15 were also on hand to help him celebrate afterwards with the bottle of wine presented to him by the host club.

## **RWA AGM - Rule 14 – Status Quo**

There is nothing personal in the comments I make below. Many of the dedicated officials who donate so much of their time and energy not to mention financial expense, are personal friends. I share with them a passion for athletics and race walking in particular and that is why, whilst fully accepting the decision of the AGM, I feel compelled to make the comments I have.

The resolution to change RWA rule 14 did not have sufficient support to go through and therefore the present system which insists on the 'A' or international definition; Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. ***The advancing leg shall be straightened (ie. Not bent at the knee) from the moment of first contact with the ground until the vertical upright position.***

In essence, the view is that all athletes should be able to achieve both requirements and therefore it is part of the challenge when taking up or practicing the discipline. A walker may be maintaining contact, but if the second tenet is not met, he or she should be disqualified.

***However, in my mind the nub of the resolution's rejection isn't so much the walkers complying with the rule that is the challenge; it is the integrity and courage of the judges who must apply it!***

Lenient interpretation and inconsistent application of the straightened leg on contact part of the rule, has in many 'A' events been there for all to see. Are the Association's judges to continue with this hypocrisy or enforce the rule that they feel so strongly about?

I look forward with interest to see if this challenge is met and if it is, I offer my apologies in advance to the participants, who whilst the public would recognise as race walkers, are disqualified because they cannot meet the pernicious demands of the 'A' rule.

## **Southern RWA Men's & Women's 10km Championships**

**2.30pm - 9<sup>th</sup> January 2010** at Monks Hill Sports Centre, Farnborough Avenue, Selsdon, South Croydon, CR2 8HD  
Entries £5 but might be on official forms only - to Noel CARMODY: 41 Herbert Road, Bexleyheath, Kent, DA7 4QF. Before 4<sup>th</sup> January 2010 Cheques payable to N. Carmody

**Correction:** In the Enfield Open Seven result on page two of the December issue, Ted Holmquist was credited as being a judge's runner. It should have read Harvey Jaquest.

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***A Warm Welcome Awaits at LVAC on Saturday 2nd January for the***

***First 2010 League Fixture & 2009 Presentations***

***Newcomers Mile - Five Miles - Junior Distances***

***Free Refreshments***

***START 2pm***

***Under 16's no entry fee***

***A great way to start the New Year!***

## Results Round-up

Thirty-two walkers took part in the second meeting of the **Cambridge Harriers Winter League 5km** at Bexley on 5<sup>th</sup> December. Helen Middleton 28.28 was tenth, Sean Pender 30.31 sixteenth and Bernie Hercock 34.53 in twenty-seventh place. Twenty-eight took part in the senior event where Steve Crane in 24.21 was the race winner from Jonathon Hobbs 25.23 and Steve Uttley 26.09. Verity Snook was the leading lady in 27.21 ahead of Kate Funnell 27.42. Helen was third. Nice to see the field doubled in size from the first meeting.

A week later Steve Crane albeit a little slower on this occasion, was first home in **Surrey Walking Club's Christmas 5km in** 24.32, well clear of young Kelsey Howard who got the better of Steve Uttley by eighteen seconds with a time 26.05 to finish second.

It was also a special event for Steve's father who finishing in 18th place with a time of 32.16 completed his one thousandth race. I got in touch with him about it and he kindly sent me the following summary.

*As a child I was impressed watching George Coleman and Harry Churcher racing at high speed around the White City track. In 1962, aged 17, I entered a Surrey Walking Club 4 miles race for novices and won it. I was hooked and joined the club soon after.*

*I know there are quite a few current walkers who have done many more than 1000 races, but have not kept a record of their performances. My 1000 races have been spread over 47 years. I was never the best stylist but always tried my best. Among the highlights in my memories were my first 7 in the hour at Enfield in 1969, being part of the winning team in the Garnet 10 miles at Basingstoke in 1971 and winning SWC's Gazette Cup 4 and a bit miles in 1973 in 33.14. At my best in the mid 70's my pb's included:*

3kms 14.21	5kms 24.20	5 mls 40.34	10 kms 50.38
7mls 56.54	10mls 82.43	20kms 106.11	20 mls 3.07.38

*I intend not to race so much now and to make myself available to help at races as I owe much to the sport*

Seeing the top exponents of the day was his inspiration to try race walking and sadly that doesn't happen now. Although never a top walker, he has obviously derived pleasure and tremendous satisfaction over a long period, which epitomises the attraction that race walking used to have. It has been the countless number of walkers like Peter, who over the years have ensured that we still have the event.



**Congratulations** to Pam Ficken (pictured) on her election as President of the RWA and to Ken Munro who in recognition of his long service to race walking was awarded Life membership. Pam's husband Brian (*pictured in the October issue*) proudly wore the chain of office for the period 2005/6, so Pam's election creates a unique family double.



Both are *Centurions*. Ken was a Cambridge Harrier when he qualified in the 1965 Met Police hundred at Chigwell and allocated number 370. His time of 20.59.55 would have secured him fourth place overall and third man in this years event at Newmarket.

The 1995 Surrey WC hundred at Battersea Park was the event in which Pam with a time of 23.09.53 became *Centurion* 934, a performance that created another remarkable family double. Her father was the great Hew Neilson number 145 and interestingly his time, when qualifying at the Surbiton Town Sports Club twenty-four hour track race at Motpur Park in 1948, was only six minutes and five seconds faster than hers.

## 2009 League Musings – Jon May, EHAC Walking Vice-Captain and League Statistician

My musings start with a Christmas Greeting to all my fellow *Leaguers* and performers. Congratulations to all who took part, in what was a truncated programme of only nine races instead of the usual twelve. Nevertheless, 178 walkers participated and delivered 451 performances, some of which were one-offs at the Barclay bi-centenary meeting, in a similar way that many have done in the past at the Moulton Five.

The statistics show that the eighty-eight people who did more than one race racked up 361 performances averaging four apiece, whilst the thirty-four who earned *Leaguer* status by competing in half the fixtures notched up 218.

The overall and popular winner Andy Cox, along with Bernie Hercock were ever-presents and Fiona Bishop only did one race less, but they shared the common denominator of not missing any of the four bonus races. The value of this is probably best illustrated by Bernie's twelfth place in the *League* which is remarkable because it is a higher position than he finished in any of the races. Of course injuries, illness and more important events further a field affect the frequency with which people are able to participate. In respect of the latter point, many *Leaguers* have proved themselves to be amongst the very best in international Masters' events.



We saw a number of young walkers taking part this year and for the first time a Young Champion award is being made. Kelsey Howard and Kate Funnell had outstanding performances, but on this occasion it goes to Becky Collins for her consistency and as witnessed by her top three finish in the ladies section.

The statistics don't tell about the tragic loss of Laurence Dordoy, or the loyalty of walkers like Ann Belchambers and Trevor Jones who make quite a long journey to support races whenever they can. Or like Ron Powell and Nick Silvester who seemingly could not wait to return to action after illness or injury.

Who will be the winners in 2010 league? Surrey improved this year and if Steve Crane and others manage to get in a full compliment of races they could do even better. Meanwhile, Ilford now with the services of Francisco Reis and Phil Barnard will provide a stiff challenge to the holders. However, if Steyning, who were seventh this year, decided to field a regular team, the Enfield/Ilford dominance would be a thing of the past, not to mention the effect it would have on the individual competition.

Finally, I'm sure I speak for everyone when thanking the team of helpers and officials led by Ron Wallwork, without whose efforts there would be no *League*. Once again seasons greetings and may all of you have an enjoyable 2010.

Yours in sport,

Jon May

### Final Team Table

1	Enfield & H AC	<b>3259</b>	628 Seddon, 548 May, 540 Pender, 522 Thomson, 514 Hercock, 507 Middleton			
2	Ilford AC	<b>2693</b>	655 Uttley, 573 Sharpe, 397 Hinton, 385 O'Rawe, 380 Allen, 303 Ryan			
3	Surrey WC	<b>2417</b>	597 CraneS, 482 CraneP, 402 Lightman, 351 Harran, 323 Hoben, 262 MacDonald,			
4	Belgrave H	<b>2030</b>	565 Lawton, 517 King, 410 Hall J, 203 Fotheringham, 192 Culshaw, 143 Noel			
5	Hillingdon AC	<b>1932</b>	702 Cox, 414 Bobbett, 385 Miles, 291 Makowska, 140 Claire Carroll			
6	Enfield HAC'B'	<b>1798</b>	385 Howard, 291 BravermanD, 259 Livermore, 257 Ellam, 254 Cox, 352 Powell			
7	Steyning AC	<b>1626</b>	499 Jones, 392 Belchambers,J, 220 Penfold, 200 Ball, 175 Richards, 140 Stevens			
8	Ilford AC'B'	<b>1298</b>	234 Ainsworth, 236 Stocker, 228 Dobson, 203 Browne, 201 Dordoy, 196 Sutton			
9	Enfield HAC'C'	<b>1189</b>	220 BravermanT, 215 Cole, 203 Clements, 201 Grimsey, 183 Queeney, 167 Dunn			
10	Aldershot F & D	<b>1167</b>	576 Bishop, 384 Silvester, 181 Lewis, 26 Spelman			
11	Loughton AC	<b>987</b>	321 Borgars, 317 Cassidy, 146 Fernandez, 108 Duhig, 95 Cox J			
12	Surrey WC'B'	<b>779</b>	230 Brown S, 163 Hannell, 109 Statter, 106 Brown R, 92 Brown V, 79 Ficken			
13	Tonbridge AC	<b>695</b>	171 Bradley D, 135 Bradley L, 130 Funnell, 119 Rukin, 113 Cotterill J, 27 Cotterill C			
14	Ilford AC'C'	<b>620</b>	133 Reis, 126 Scott, 108 Trotter, 104 Marshall, 87 Kates, 62 Kelly			
15	Enfield & H AC'D'	<b>568</b>	125 O'Connor, 117 Wallwork, 102 Smith, 83 Flavell, 81 Edlin, 60 Brown			
16	Leicester WC	<b>496</b>	184 Wall, 104 Rey, 101 Lightman S, 55 McGorum, 52 Berwick			
17	Maid/Medway AC	<b>495</b>	459 Collins, 34 Holliday			
18	Redcar RWC	<b>447</b>	109 Fisher, 84 Fawkes, 70 Wears B, 64 Evenett, 60 Starling H, 60 Starling V			
19	London Vidarians	<b>427</b>	307 Flint, 60 Watts B, 60 Watts K			
20	Lancashire WC	<b>411</b>	111 Sargent, 60 EvansP, 60 Evans D, 60 Fairhurst, 60 Gunnett, 60 Shah			
21	Cambridge/Collrge	<b>364</b>	364 Barnett			
22	Shafts/Barnet AC	<b>362</b>	313 Allen,49 Michael			
23	Newmkt Racing HQ	<b>327</b>	117 Murphy, 90 Andrews, 60 Chapman, 60 Harvey			
24	Ryston Runners	<b>291</b>	291 Smith S			
25	Headington AC	<b>252</b>	154 Chapman, 98 Whelan			
26	Coventry Godiva AC	<b>243</b>	176 Jones, 67 O'Kane			
27	Castle Point AC	<b>240</b>	179 Barnard, 61 O'Rawe-Hobbs			
28	Sarnia WC	<b>199</b>	65 Thomson, 59 LeNoury J, 51 Lockwood, 24 LeNoury K			
29	Worcester AC	<b>187</b>	106 Scrivens, 81 Marshall			
30	Belgrave H 'B'	<b>154</b>	94 Graham, 60 Hall			
31	Newmarket Joggers	<b>150</b>	150 Grimwood			
32	Redcar RWC'B'	<b>146</b>	47 Byrne, 39 Paddick, 32 Wears K, 28 Readman			
33	Moulton W	<b>142</b>	82 Nicholson, 60 Scrivens			
34	Steyning AC'B'	<b>137</b>	137 Stevens			
35	Highgate Harriers	<b>127</b>	127 Sutherland	45 Yeovil Olympiads	<b>60</b>	60 Gutteridge
36	LDWA	<b>120</b>	60 Williams, 60 Barclay	46 Bank of England	<b>60</b>	60 Thomson
37	Halstead RR	<b>120</b>	60 Wilmot, 60 Parmenter	47 Dudley/Stourbridge	<b>60</b>	60 Horwill
38	Surrey WC	<b>116</b>	60 Crilley, 56 Fitzgerald	48 Rotterdam RWV	<b>60</b>	60 Van der Knaap
39	Bedford University	<b>96</b>	68 Doyle, 27 Cook	49 Nuneaton AC	<b>56</b>	56 Arnold
40	Colchester H	<b>91</b>	69 Finch, 11 King, 11 King Dom	50 Birchfield Harriers	<b>49</b>	49 Constandinou
41	Vets AC	<b>90</b>	90 Whyte	51 Ilford	<b>45</b>	45 Croft
42	Enfield & H AC'E'	<b>82</b>	40 Ballam, 32 Sturt	52 Herne Hill Harriers	<b>40</b>	40 Millbank
43	Abingdon AC	<b>66</b>	39 Blatchford, 27 Howard J	53 Watford Joggers	<b>26</b>	26 Bird
44	Wolves/Bilston AC	<b>61</b>	61 Kehler	54 Ashford AC	<b>21</b>	21 Howard K

## Final Individual Table

1	702/9	A.Cox	Hillingdon AC	
2	655/8	S.Uttley	Ilford AC	
3	628/8	A.Seddon	EHAC	
4	597/7	S.Crane	Surrey WC	
5	576/8	F.Bishop	Aldershot .FD	<b>L1</b>
6	573/8	D.Sharpe	Ilford AC	
7	565/7	C.Lawton	Belgrave H	
8	548/8	J.May	EHAC	
9	540/8	S.Pender	EHAC	
10	522/6	A.Thomson	EHAC	
11	517/6	P.King	Belgrave H	
12	514/9	B.Hercock	EHAC	
13	507/6	H.Middleton	EHAC	<b>L2</b>
14	499/5	T.Jones	Steyning AC	
15	482/7	P.Crane	Surrey WC	
16	459/6	R.Collins	Medway	<b>L3</b>
17	414/6	K.Bobbett	Hillingdon AC	
18	410/5	J.Hall	Belgrave H	
19	402/5	S.Lightman	Surrey WC	
20	397/6	M.Hinton	Ilford AC	
21	392/5	A.Belchambers	Stey AC	<b>L4</b>
22	285/6	Alan O'Rawe	Ilford AC	
eq	385/8	J.Miles	Hillingdon AC	<b>L5</b>
eq	385/8	P.Howard	EHAC	
25	384/4	N.Silvester	Aldershot .FD	
26	380/5	S.Allen	Ilford AC	
27	364/6	S.Barnett	Camb's/Coll	<b>L6</b>
28	352/6	R.Powell	EHAC	
29	351/5	M.Harran	Ilford AC	
30	323/5	D.Hoben	Surrey WC	
31	321/4	J.Borgars	Loughton AC	
32	318/3	P.Barnard	Ilford AC	
33	317/5	P.Cassidy	Loughton AC	
34	313/3	S.Allen	S/Barnet AC	
35	307/3	C.Flint	London Vids	
36	303/4	P.Ryan	Ilford AC	
37	291/3	S.Smith	Ryston R	<b>L7</b>
eq	291/3	D.Braverman	EHAC	<b>eq</b>
eq	291/6	E.Makowska	Hilldn AC	<b>eq</b>
40	262/3	G.MacDonald	Surrey WC	
41	259/4	K.Livermore	EHAC	
42	257/4	A.Ellam	EHAC	
43	254/3	D.Cox	EHAC	
44	236/3	L.Cocker	Ilford AC	<b>L10</b>
45	234/5	D.Ainsworth	Ilford AC	
46	230/2	S.Brown	Surrey WC	<b>L11</b>
47	220/3	R.Penfold	Steyning AC	
eq	220/2	Terry Braverman	EHAC	
49	215/2	Paul Cole	EHAC	
50	203/3	S.Clements	EHAC	<b>L12</b>
eq	203/2	O.Browne	Ilford AC	
eq	203/5	D.Fotheringham	Belgrave H	
53	201/4	N.Grimsey	EHAC	<b>L13</b>
eq	201/3	Lol Dordoy	Ilford AC	
55	200/2	J.Ball	Steyning AC	
56	196/2	M.Sutton	Ilford AC	
57	192/3	M.Culshaw	Belgrave H	
58	228/3	R.Dobson	Ilford AC	
59	184/3	M.Wall	Leicester WC	
60	183/3	S.Queeney	EHAC	<b>L14</b>
61	181/3	A.Lewis	Aldershot .FD	<b>L15</b>
62	176/2	Glyn Jones	Coventry GH	
63	175/2	I.Richards	Steyning AC	
64	171/2	D.Bradley	Tonbridge AC	<b>L16</b>
65	167/2	R.Dunn	EHAC	
66	163/2	P.Hannell	Surrey WC	
67	154/3	G.Chapman	Head'ton AC	
68	150/2	J.Grimwood	Newmarket J	<b>L17</b>
69	146/3	F.Fernandez	Loughton AC	<b>L18</b>
70	143/2	M.Noel	Belgrave H	<b>L19</b>
71	140/1	D.Stone	Steyning AC	
eq	140/2	C.Carroll	Hillingdon AC	<b>L20</b>
73	137/2	D.Stevens	Steyning AC	
74	135/2	L.Bradley	Tonbridge AC	<b>L21</b>
75	133/1	Francisco Reis	Ilford C	
76	130/1	K.Funnell	Tonbridge AC	<b>L22</b>
77	127/2	B.Sutherland	Highgate H	
78	126/2	S.Davis	Ilford AC	
79	124/2	J.O'Connor	EHAC	
80	122/1	J.Ralph	Chiltern H	
81	119/1	S.Rukin	Tonbridge AC	<b>L23</b>
82	117/1	D.Murphy	unattached	
eq	117/2	R.Wallwork	EHAC	
84	114/1	L.Kent	unattached	<b>L24</b>
85	113/1	J.Cotterill	Tonbridge AC	
86	111/1	S.Sargent	Lancashire WC	
87	109/1	M.Fisher	Redcar RWC	
eq	109/1	I.Statter	Surrey WC	
89	108/1	C.Duhig	Loughton AC	<b>L25</b>
eq	108/4	E.Trotter	Surrey WC	
91	106/1	L.Scrivens	Worcester AC	
eq	106/1	R.Brown	Surrey WC	
93	104/2	S.Rey	Leicester WC	<b>L26</b>
eq	104/1	K.Marshall	Ilford AC	
95	102/2	G.Smith	EHAC	
96	101/2	S.Lightman	Leicester WC	<b>L27</b>
97	99/3	S.Whelan	Headington AC	
98	97/1	J.Hughes	unattached	
99	95/1	J.Cox	Loughton AC	<b>L28</b>
100	94/1	M.Graham	Belgrave H	
101	92/1	V.Brown	Surrey WC	<b>L29</b>
102	90/1	R.Andrews	unattached	
eq	90/1	J.Whyte	Vets AC	
104	87/2	D.Kates	Ilford AC	
105	86/1	V.Burling	unattached	<b>L30</b>
106	85/1	P.Burling	unattached	
107	84/1	M.Fawkes	Redcar RWC	<b>L31</b>
108	83/1	A.Flavell	EHAC	
109	82/1	C.Nicholson	Nkt-unattached	
110	81/3	B.Edlin	EHAC	<b>L32</b>
eq	81/3	J.Marshall	Worcester AC	
112	79/2	P.Ficken	Surrey WC	<b>L33</b>
113	70/1	B.Wears	Redcar RWC	
114	69/1	L.Finch	Colchester AC	
115	68/1	M.Doyle	Bedford Uni	
116	67/1	M.O'Kane	Coventry GH	
117	65/1	C.Thomson	Sarnia	
118	64/1	P.Evernett	Redacr RWC	
119	62/2	T.Kelly	Ilford AC	
120	61/1	L.Kehler	Birchfield G	<b>L34</b>
eq	61/2	C.O'R-Hobbs	Castle P	<b>L35</b>
122	60/1	B.Chapman	Nkt-unatt	<b>L36</b>
eq	60/1	C.Crilly	Surrey WC	<b>eq</b>
eq	60/1	P.Evans	Lancashire WC	<b>eq</b>
122	60/1	H.Fairhurst	Lan'cshire WC	<b>L36</b>
eq	60/1	A.Scrivens	Nkt-Unattached	<b>eq</b>
eq	60/1	H.Starling	Redcar RWC	<b>eq</b>
eq	60/1	R.Barclay	LDWA	
eq	60/1	M.Brown	EHAC	
eq	60/1	D.Evans	Lancashire WC	
eq	60/1	R.Gunnnett	Lancashire WC	
eq	60/1	R.Gutteridge	Yeovil Olym	
eq	60/1	E.Hall	Belgrave H	
eq	60/1	J.Harvey	Nkt-unattached	
eq	60/1	E.Horwill	Dud/Stourbridge	
eq	60/1	S.Kemp	Canvey-unattached	
eq	60/1	H.vd Knaap	Rotterdam RVW	
eq	60/1	C.Matthews		
eq	60/1	P.Nienenger	Nkt-unattached	
eq	60/1	B.Parmenter	Halstead R	
eq	60/1	Sailish Shah	Lancashire WC	
eq	60/1	A.Snook	March AC	
eq	60/1	M.Spragg	Gt Yarmouth-unatt	
eq	60/1	V.Starling	Redcar RWC	
eq	60/1	I.Thomson	Bank of England	
eq	60/1	A.Trigg	Leicester	
eq	60/1	D.Williams	LDWA	
eq	60/1	B.Watts	London Vids	
eq	60/1	R.Wats	London Vids	
eq	60/1	A.Wilmot	Halstead R	
151	59/1	J.LeNoury	Sarnia	
152	56/2	J.Fitzgerald	Surrey WC	
eq	56/1	S. Arnold	Nuneaton	
154	55/1	F.McGorum	Leicester WC	<b>L42</b>
155	52/2	C/Berwick	Leicester WC	
156	51/1	P.Lockwood	Sarnia	
157	49/1	J.Constandinou	Birchfield H	
eq	49/1	C.Michael	S/barnet AC	
159	47/1	M.Byrne	Redcar RWC	
160	45/2	H.Croft	Ilford AC	<b>L43</b>
161	40/1	A.Millbank	Herne HH	
eq	40/1	K.Ballam	EHAC	
163	39/1	A-M.Paddick	Redcar RWC	<b>L46</b>
eq	39/1	N.Blatchford	Abingdon A	<b>L45</b>
165	34/1	S.Holliday	Medway AC	
166	32/1	B.Sturt	EHAC	
eq	32/1	K.Wears	Redcar RWC	<b>L46</b>
168	28/1	L.Deadman	Redcar RWC	<b>L47</b>
169	27/1	J.Howard	Abingdon A	<b>L48</b>
eq	27/1	C.Cotterill	Ton bridge AC	<b>L49</b>
eq	27/1	M.Cooke	Bedford Uni	
172	26/1	N.Bird	Watford J	
eq	26/1	M.Spelman	Aldershot FD	<b>L50</b>
174	24/1	Grace Gear	herts/Phoenix	<b>L51</b>
eq	24/1	K.LeNoury	Sarnia	
176	21/1	K.Howard	Ashford AC	<b>L52</b>
177	11/1	King Dan	Colchester H	
eq	11/1	King Dom	Colchester H	

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198 walkers of which 82 were ladies representing 57 teams appeared on the 2008 lists