



## Richard Dunwoody Equals Barclay's Feat

At 2.20pm on Friday 10<sup>th</sup> July, Richard Dunwoody completed his '1000 Mile Challenge' having walked day and night for 42 days one mile every hour for 1000 consecutive hours.

He was joined for the last mile by racing legend Lester Piggott (pictured) and together they passed the winning post in front of packed stands on Newmarket Racecourse.

Where as Captain Barclay undertook the challenge for a 1000 Guineas bet, Richard completed the challenge to raise money for four charities - Racing Welfare, the Alzheimer's Society, Sparks and Spinal Research. Bookmaker Paddy Power recreated the bet and will donate the sum of £10,000 to the Charity Trust.



In the blue shirts: Amos Seddon, Glyn Jones and Eric Hall



The Team: Mal, Amos, Richard, Glyn, Jon and Eric - before it all started

Richard said: "I undertook this challenge to raise as much money as I could for the charities but I had absolutely no idea that I would receive this level of support. It's been great that so many people have got involved and I have been both humbled and inspired by this. There are so many people that I need to thank - *\*the team who have looked after me*, the Bedford Lodge Hotel who have housed and fed me, and our partners, in particular Godolphin, Darley, Barclays, Paddy Power, Nike and the Jockey Club. It is an experience I shall never forget, although I'm looking forward to getting a little bit of sleep now!"

\*Club members Amos Seddon, Jon May and Ron Wallwork, RWA President Glyn Jones, Belgravian Eric Hall and Leicester RH's Mal Blyth, were the team that Richard referred to and they were ably assisted by a host of walkers who travelled to join them when they could. It was a marvelous experience and a more detailed report will appear in due course.

The challenge has so far raised in excess of £100,000 but more is hoped for and needed and donations can be made via the [dunwoody1000miles.com/](http://dunwoody1000miles.com/) website.

My involvement with the Dunwoody 1000 miles Challenge is the reason for the six weeks gap since the last *Enfield Walker*. I am not going to attempt to catch up on the results of the many events that have taken place since the last issue. They will, or already have appeared on the RaceWalkUK website and in the Essex Walker or Race Walking Record.

**The next League fixture is the track LICC 5km at Parliament Hill Fields Track  
on Saturday 25th July at 1.45am**

**Look forward to seeing you there, but read the travel advice on back page!**

# **Barclay Bicentenary Walks**

*Enfield League fixture five*

## **EA Masters International 3 miles**

### *Ladies*

1	Helen Middleton	(Enfield H AC)	28.03
2	Anne Belchambers	(Steyning AC)	30.18
3	Fiona Bishop	(Aldershot F&D)	30.25
4	Sue Barnett	(Cambs & Col)	31.56
5	Jo Miles	(Hillindon AC)	32.34
6	Francoise Fernandez	(Loughton AC)	33.58
7	Bee Chapman	(Astley-Nkt)	35.34
8	Marion Fawkes	Redcar RWC	36.21
9	Anne Scriven	(Astley-Nkt)	38.33

### *Men*

1	Trevor Jones	(Steyning AC)	24.50
2	John Hall	(Belgrave H)	25.24
3	Arthur Thomson	(Enfield H AC)	27.08
4	Hans vd Knaap	(RWV Ro'terdam)	27.17
5	Andrew Cox	(Hillingdon AC)	27.29
6	Rod Dunn	(Enfield H AC)	27.43
7	Steve Allen	(Ilford AC)	28.14
8	Micky Harran	(Surrey WC)	29.15
9	Ian Statter	(Surrey WC)	29.18
10	Ken Bobbett	(Hillingdon AC)	29.26
11	Stephen Sargent	(Lancashire WC)	29.35
12	Peter Hannell	(Surrey WC)	29.38
13	Peter Crane	(Surrey WC)	31.49
14	Peter Howard	(Enfield H AC)	32.01
15	Jon May	(Enfield H AC)	32.35
16	Michael Spragg	(Unattached)	32.41
17	Brian Sturt	(Enfield H AC)	32.50
18	Terry Braverman	(Enfield H AC)	33.19
19	Alan O'Rawe	(Ilford AC)	33.22
20	Bernie Hercock	(Enfield H AC)	33.32
21	Doug Fotheringham	(Belgrave H)	34.05
22	Mick Graham	(Belgrave H)	35.23
23	Eric Horwill	Dud/Stourbridge)	35.41
24	C.A.Matthews	(Unattached)	39.08
25	Dave Ainsworth	(Ilford AC)	39.54
26	Ken Livermore	(Enfield H AC)	40.30
27	Alan Flavell	(Enfield H AC)	42.08

*The events were started by*

Cllr Rona Burt - Forest Heath District Council

## **Moulton Open 5 miles**

### *Ladies*

1	Helen Middleton	(Enfield H AC)	48.01
2	Becky Collins	(Med/Maidstone)	50.48
3	Fiona Bishop	(Aldershot F&D)	54.05
4	Anne Belchambers	(Steyning AC)	54.28
5	Jo Miles	(Hillindon AC)	56.42
6	Sue Barnett	(Cambs & Col)	56.54
7	Liz Stocker	(Unattached)	58.09
8	Sue Smith	(Ryston Runners)	58.25
9	Vicky Brown	(Surrey WC)	62.07
10	Emilia Makowska	(Hillindon AC)	63.01
11	Vanessa Burling	(Unattached)	63.49
12	Marion Fawkes	(Redcar RWC)	66.21

### *Men*

1	Trevor Jones	(Steyning AC)	42.49
2	Peter Ryan	(Ilford AC)	44.00
3	Alan Ellam	(Enfield H AC)	46.14
4	Declan Murphy	(Astley-Nkt)	47.33
5	Arthur Thomson	(Enfield H AC)	47.35
6	Andrew Cox	(Hillingdon AC)	49.30
7	Mike Hinton	(Ilford AC)	50.21
8	Stephen Sargent	(Lancashire WC)	51.01
9	Sean Pender	(Enfield H AC)	51.21
10	David Sharpe	(Ilford AC)	52.09
11	Steve Allen	(Ilford AC)	52.11
12	Micky Harran	(Surrey WC)	52.19
13	Les Scrivens	(Worcester H)	52.32
14	Peter Crane	(Surrey WC)	53.17
15	Jon May	(Enfield H AC)	55.41
16	Bernie Hercock	(Enfield H AC)	57.41
17	Terry Braverman	(Enfield H AC)	58.07
18	Peter Howard	(Enfield H AC)	58.59
19	Mick Graham	(Belgrave H)	60.23
20	Dave Hoben	(Surrey WC)	60.48
21	Bill Sutherland	(Highgate H)	62.22
22	Rob Andrews	(Nkt Journal)	62.28
23	Ken Bobbett	(Hillingdon AC)	63.03
24	Alan O'Rawe	(Ilford AC)	63.46
25	Peter Burling	(Unattached)	64.13
26	Alan Flavell	(Enfield H AC)	76.31
27	Colin Nicholson	(Moulton)	82.11
28	John Marshall	(Worcester H)	90.58

The performance of Declan Murphy in the five miles was the surprise of the day. His action was far from perfect, which was not surprising after only two weeks training, but the way he competed demonstrated why he was such an outstanding national hunt jockey, before injury cut short his riding career.

## *Barclay Bicentenary Walks* *20 to 100 mile Challenges*

In the 100 mile challenge which incorporated the RWA National Long Distance championship, 28 people completed the distance inside 24 hours. The winner was Sandra Brown who crossed the line in a time of 19 hrs 57 mins 24 secs, a good performance, given the seven hour downpour during the night. Husband Richard was runner up in 20.12.44 and Dutchman Gerard Heunks third in 20.49.27. There were eleven new *Centurions* and Mark Wall, who was the runner up in the national championship, Steve Kemp, Andy Trigg and Micky Sutton were among them. Many congratulations to them and the seven overseas walkers who also qualified.

Kevin Marshall finished in ninth to take third place in the national championship and backed up by Micky Sutton and Oliver Browne led Ilford AC to the national team title.

Congratulations also to all the walkers who achieved their targets, like Robert Barclay in 29<sup>th</sup> place who is a descendant of the man who started it all and thanks to Richard Dunwoody who stayed on in Newmarket to start the event and present some of the awards.

<i>Ladies</i>				<i>Men continued</i>			
1	S.Brown	(Surrey WC)	100m 19.57.24	22	M.Sutton	(Ilford AC)	100m 23.45.18
2	M.R-Willems	(RWV Rotterdam)	100m 21.14.15	23	M.Dekker	(SV deLAT-Amstdam)	100m 23.47.53
3	M-P.Vandenbeebe	(OLAT St.Oedenrode)	100m 22.25.05	24	O.Browne	(Ilford AC)	100m 23.49.31
4	C.Baird	(Austr.Centurions)	100m 22.34.05	25	R.Fielink	(RWV Rotterdam)	92m 21.00.34
5	J.Cox	(Loughton AC)	94m 23.48.57	26	K.Watts	(London Vidarians)	76m 20.18.42
6	H.Fairhurst	(Lancashire WC)	84m 20.16.35	27	C.Peeters	(SV deLAT-Amstdam)	74m 17.44.30
7	S.Queeney	(Enfield H AC)	76m 19.26.21	28	D.Williams	(LDWA-London)	100km 16.33.48
8	S.Clements	(Enfield H AC)	50m 11.46.20	29	R.Barclay	(LDWA)	100km 18.11.19
9	H.Starling	(Redcar RWC)	32m 7.35.14	30	D.Cox	(Enfield H AC)	54m 12.46.00
10	D.Braverman	(Enfield H AC)	50km 6.35.31	31	R.Watts	(London Vidarians)	54m 14.13.29
11	P.Evans	(Lancashire WC)	50km 6.36.39	32	A.Wilmot	(Halstead RR)	52m 12.06.57
12	S.Lightman	(Leicester WC)	50km 6.48.38	33	K.Bakker	(OLAT St.Oedenrode)	50m 12.14.55
13	K.Crilly	(Surrey WC)	50km 7.10.54	34	A.Snook	(March AC)	50m 12.32.22
14	J.Grimwood	(Newmarket J)	50km 8.03.55	35	I.Thomson	(Bank of England)	50m 13.20.21
				36	R.Parmenter	(Halstead RR)	48m 11.42.50
				37	P.Cole	(Enfield H AC)	46m 10.37.21
				38	M.Sobczak	(Unitas Sittard)	40m 7.38.22
				39	P.King	(Belgrave H)	38m 8.26.48
				40	S. Shah	(Lancashire WC)	38m 9.36.25
				41	G.MacDonald	(Ashford AC)	38m 9.46.56
				42	J.Borgars	(Loughton AC)	34m 7.26.20
				43	D.Evans	(Lancashire WC)	34m 7.30.08
				44	P.Nieninger	(Unattached)	34m 9.02.19
				45	M.Graham	(Belgrave H)	50km 6.44.34
				46	R.Gunnett	(Lancashire WC)	50km 7.02.32
				47	D.Hoben	(Surrey WC)	50km 7.14.28
				48	J.Harvey	(St.Phillips BC -Nkt)	50km 7.45.32
				49	S.Crane	(Surrey WC)	24m 4.42.54
				50	R.Gutteridge	(Yeovil Olympiads)	24m 5.31.35
				51	T vd Berg	(SV deLAT-Amstdam)	22m 4.26.06
				52	V.Starling	(Redcar RWC)	22m 4.26.58
				53	P.Stanley	(Astley Club-Nkt)	22m 6.48.48
				54	I.Richards	(Steyning AC)	20m 3.29.54
				55	M.Brown	(Enfield H AC)	20m 4.42.04
				56	S.Pender	(Enfield H AC)	18m 4.21.53
				56	H. vd Knaap	(RWV Rotterdam)	16m 3.24.08
				58	A.Thomson	(Enfield H AC)	6m 1.12.26
<i>Men</i>							
1	R.Brown	(Surrey WC)	100m 20.12.44				
2	G. Heunks	(RWV Rotterdam)	100m 20.49.27				
3	M.Wall	(Leicester WC)	100m 21.08.39				
4	B.Huliselan	(OLAT St.Oedenrode)	100m 21.23.40				
5	L.Schaerlackens	(Sparta Bornem)	100m 21.37.37				
6	R.DeWolf	(RWV Rotterdam)	100m 21.46.24				
7	K.Marshall	(Ilford AC)	100m 22.00.38				
8	F.Derijcke	(OLAT St.Oedenrode)	100m 22.25.05				
9	F. vd Gulik	(SV deLAT-Amstdam)	100m 22.40.45				
10	J.Visser	(RWV Rotterdam)	100m 22.44.34				
11	J.Koning	(SV deLAT-Amstdam)	100m 23.01.59				
12	M.Haumesser	(Villeneuve a Assoc)	100m 23.05.39				
13	B.Blom-Hertbeek	(SV deLAT-Amstdam)	100m 23.07.48				
14	M.Fisher	(Redcar RWC)	100m 23.09.03				
15	C.Flint	(London Vidarians)	100m 23.14.05				
16	A.Zoon	(RWV Rotterdam)	100m 23.17.55				
17	S.Kemp	(Unattached)	100m 23.21.20				
18	A.Trigg	(Liecester WC)	100m 23.21.41				
19	J.Asselberghs	(OLAT St.Oedenrode)	100m 23.23.29				
20	H.Vandenputte	(RWV Rotterdam)	100m 23.34.22				
21	W.Vermeulen	(RWV Rotterdam)	100m 23.38.16				

**Get well soon** Club captain Ron Powell, has been sidelined with some health problems and will not be racing for a while. He sends his best wishes to everyone connected with the Club and *League* and all his race walking friends. He will be reading the results and following their progress.

**Back soon** I had a very upbeat telephone call Harvey Jaquest who was at death's door with a heart condition at the end of last year. He has recovered well and hopes to be turning out again very soon. We look forward to seeing him in action again.

**Conratulations and Well Done!** To Helen Middleton and *Leaguers* Trevor Jones and Stephen Crane who were selected to represent the RWA team in the Small Nations Tournament in Dublin recently. All have told me that not only were they proud to be selected, but felt that they had benefited greatly from the experience. I understand that the UKA elite squad followed up its abysmal Metz performance with another to match.



**Can you name them?**

*I know some of them and I'm sure someone knows them all. If you do please let me know who they are and if you can, at what event the photograph was taken.*

### **Forthcoming Fixtures**

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Saturday 1 <sup>st</sup> August	20km	Essex League and SRWA championships	2.00pm at Basildon
		ENTRIES CLOSE 28 <sup>th</sup> July	
Tuesday 4 <sup>th</sup> August	3km	Woodford Tuesday League	6.40pm at Ashton track
Sunday 9 <sup>th</sup> August	3km	Inter-Counties	at Chelmsford
Tuesday 11 <sup>th</sup> August	5m	Vet AC	7.00pm at Battersea Park
Saturday 15 <sup>th</sup> August	20km	Enfield League - Shorter distances timed	12 noon at Lee Valley Stadium

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### **Travel Advice**

#### **London Inter Club Challenge (& Enfield League) 5,000 Metres Walk.**

**This event is scheduled for Saturday 25th July at Parliament Hill Fields Track (11.45am).** Parliament Hill Fields Track is next to Gospel Oak railway station, which is why so many attenders use it. Gospel Oak station is served by 2 lines : the North London Line and the Barking-to-Gospel Oak line. Both lines have upgrading work (in preparation for the London 2012 Olympics) over that weekend. For details of this, and of replacement bus services, log onto [www.tfl.gov.uk/overground](http://www.tfl.gov.uk/overground) and then click onto "Closures" where all is revealed. Bus C11 (every 9 minutes) takes just 5 minutes from Archway Underground Station (Northern Line) and drops you right outside Parliament Hill Field gates.

Parking tip : The adjacent Lido car park is for their users only. Get spotted parking in the Lido car park and then seen walking to the athletics track will almost certainly get you a parking ticket. Be careful in the roads around Parliament Hill Fields. There is street parking, but please look at notices to ensure that you can park without penalty.

Hope this helps. Dave A.