

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

November 2010

No Eleven

Congratulations to EHAC's Leon Baptiste

for his wonderful double triumph in the Commonwealth Games 200m and 4 x100m relay

and to Cleveland's Jo Jackson

Who when winning the 20km walk became the first English woman to strike gold in the event

League Tables with One fixture Remaining

Helen Middleton cannot be overtaken in the ladies *League*, whilst Steve Allen in his first full season sits atop the men's table and so far as the Team title is concerned, the promoting club is favourite. However, the *League* scoring system is somewhat complex at this stage of the series because with the last race being a bonus race, some walkers with nine performances will increase their total by dropping their lowest score and walkers with less than nine have an opportunity to greatly enhance their point's total. The fight for the men's title should be very interesting.

Ladies

1. 625/9 Helen Middleton
2. 497/7 Angie Alstrachen
3. 468/7 Fiona Bishop
4. 455/9 Sue Barnett
5. 415/6 Diane Bradley
6. 390/8 Norma Grimsey
7. 336/7 Jo Miles
8. 329/8 Sue Smith
9. 289/5 Maureen Noel
10. 269/4 Anne Belchambers

Men

1. 695/9 Steve Allen
2. 672/9 Francisco Reis
3. 655/9 Amos Seddon
4. 655/9 Steve Uttley
5. 635/9 Andy Cox
6. 628/9 Sean Pender
7. 611/9 David Sharpe
8. 572/8 Ken Bobbett
9. 538/6 Peter Ryan
10. 537/9 Jon May
11. 477/7 Oliver Browne
12. 457/5 Arthur Thomson
13. 452/8 John Ralph
14. 416/6 Michael Harran
15. 394/8 David Hoben
16. 375/5 Trevor Jones
17. 374/8 Ron Powell
18. 370/8 Peter Howard
19. 369/6 Steven Crane
20. 347/6 Peter Crane

Team

1. Enfield & H AC **3399** 655 Seddon, 628 Pender, 625 Middleton, 537 May, 497 Alstrachen, 457 Thomson
2. Ilford AC **3268** 672 Reis, 655 Uttley, 611 Sharp, 538 Ryan, 477 Browne, 315 Ainsworh
3. Enfield & H AC'B' **2155** 455 Barnett, 390 Grimsey, 374 Powell, 370 Howard, 283 Hercock, 283 Sturt
4. Surrey WC **1982** 416 Harran, 394 Hoben, 369 Crane S, 347 Crane P, 268 Delaney 188 Hannell,
5. Hillingdon AC **1543** 635 Cox, 572 Bobbett, 336 Miles
6. Belgrave H **1427** 340 Hall, 318 Graham, 289 Noel, 270 Culshaw, 111 Fotheringham, 99 Lawton
7. Ilford AC'B' **1263** 281 Kates, 276 Hinton, 215 Mitchell, 199 Davis, 163 O,Rawe, 129 Barnard
8. Enfield & H AC'C' **1204** 256 Bradley, 220 BravermanD, 203 Queeney, 184 Ellam, 182 Brown, 159 BravermanT
9. Aldershot F & D **946** 468 Bishop, 225 Silvester, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies,
10. Steyning **917** 375 Jones, 269 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold

A warm welcome to attend the final event of the 2010 series is extended to all walkers and supporters of race walking

84th Enfield Open Seven miles

Newcomers/ Novices One and Three miles – Bob Clark Award

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Saturday 6th November 2010

National 50km Bronze EHAC Under the Lugano international scoring system, super vet Arthur Thomson with 5.50.44 backed up by Sean Pender 6.05.31 secured third team place for the club in the UKA/RWA national 50km championship staged at Northampton on 17th October.

Winners Diane Bradley and Scott Davis posted record times for this event which was first held in 2006. Fransicco Reis lead for the opening couple of laps, but had to give way once Scott applied the pressure and the main feature of the race became a very close struggle between Diane and Messrs Allen, Ryan and Uttley.

The *League* is indebted to Patrick Furey for sponsoring this fixture and several attendees expressed disappointment that he was unable to get along to the race.

Ladies

1. Diane Bradley	(Tonbridge AC)	43.27	W45	11. Ken Bobbett	(Hillingdon AC)	48.20	M65
2. Helen Middleton	(Enfield HAC)	47.24	W45	12. Mark Culshaw	(Belgrave H)	48.44	M40
3. Cath Duhig	(Ryston Runners)	48.28	W55	13. David Sharpe	(Ilford AC)	49.47	M55
4. Angie Alstrachen	(Enfield H AC)	50.17	W40	14. Mick Bradley	(Enfield H AC)	51.22	M50
5. Steph Rukin	(Tonbridge AC)	51.50	u20	15. Steve Kemp	(Eastern Vets AC)	51.23	M50
6. Fiona Bishop	(Aldershott FD)	53.08	W50	16. Steve Crane	(Surrey WC)	52.48	u35
7. Sue Barnett	(Enfield HAC)	53.29	W60	17. Jon May	(Enfield H AC)	52.54	M50
8. Jo Miles	(Hillingdon AC)	54.44	W55	18. Oliver Browne	(Ilford AC)	54.07	M55
9. Norma Grimsey	(Enfield HAC)	55.49	W50	19. Peter Crane	(Surrey WC)	54.13	M65
10. Serena Queeney	(Enfield HAC)	56.18	W55	20. Ron Powell	(Enfield H AC)	54.44	M70
11. Francios Fernandez	(Loughton AC)	58.07	W60	21. Mick Graham	(Belgrave H)	55.20	M60
12. Sue Smith	(Ryston R))	61.02	W45	22. David Hoben	(Surrey WC)	55.25	M55
13. Di Braverman	(Enfield HAC)	61.13	W55	23. Brian Sturt	(Enfield H AC)	56.49	M70
14. Jennie Grimwood	(Nkt Joggers)	65.10	W55	24. Peter Howard	(Enfield H AC)	58.56	M65

Team

1. Enfield H AC	Middleton, Alstrachen, Barnett
2. Tonbridge AC	Bradley, Rukin
3. Ryston Runners	Duhig, Smith

Men

1. Scot Davis	(Ilford AC)	38.44	M35
2. Fransisco Reis	(Ilford AC)	39.52	M50
3. Steve Allen	(Barnet & Dist)	43.20	M50
4. Peter Ryan	(Ilford AC))	43.39	M55
5. Steve Uttley	(Ilford AC))	43.40	M50
6. Amos Seddon	(Enfield HAC)	47.07	M65
7. Arthurn Thomson	(Enfield H AC)	47.24	M65
8. Andrew Cox	(Hillingdon AC)	47.44	M55
9. David Kates	(Ilford AC)	48.04	M60
10. Sean Pender	(Enfield H AC)	48.14	M55

25. Terry Braverman	(Enfield H AC)	59.36	M60
26. Keith Mitchell	(Ilford AC)	60.07	M55
27. Bernie Hercock	(Enfield H AC)	62.49	M70
28. David Ainsworth	(Ilford AC)	66.23	M60
28. David Ainsworth	(Ilford AC)	66.23	M60
29. Paul Ray	(Enfield H AC)	68.13	M75
30. Ken Livermore	(Enfield H AC)	68.13	M75

Team

Ilford AC "A" Davis, Reis, Ryan
 Enfield H AC Seddon, Thomson, Pernder
 Ilford AC "B" Uttley, Kates, Sharpe

Judges: P.Cassidy, M.Croft, R.Pearce P.Wilson

Time Keeper: J.Dunsford

Recorders: P.Ficken, P.Kates, J.Hall

Marshalls: P.Emery, J.Rooke, K.Roost

Refreshments: M.Livermore, H.Nyman, J.Wallwork

Results Round-Up Twenty-five walkers came under starter's orders for the **Surrey Walking Club's four miles Gazette Cup** which was staged at Monks Hill on **9th October**. Overcast but mild conditions prevailed as Mark Easton powered his way to win in 31.38. Steve Uttley, 35.10 and Helen Middleton 38.03 occupied the minor placings. Sean Pender 39.09, Bernie Hercock 49.36 and Ken Livermore 53.56 were the club's other participants in this event.

The notable feature of the opening fixture in the new **Cambridge H 5km series** at Bexley on **Saturday 16th October** was that of the twenty-two of the walkers who too part, half were under twenty years of age. Jonathan Hobbs won in 25.09 and Kate Funnell in 27.39 were the respective winners. Bernie Hercock represented the club and finished eleventh in 38.19.

The postponed **national 50km** was held at Northampton racecourse on **Sunday 17th October** with an entry of eighteen of which sixteen started and fifteen finished. Scott Davis extended his winning streak to six with a time of 4.28.29 ahead of Paul Evernett 4.44.23 and Ian Richards 4.58.05. Ed Shillabeer fifth in 5.34.10 and former champion Bob Dobson seventh in 5.46.07 secured the team win for Ilford AC.

Maureen Noel also retained her title with a time of 5.49.55 which was seventeen minutes faster than in 2009 and Helen Starling the only other of the three female entries to finish clocked 6.05.10.

Steinyng Open 10km result on page 4

Cath Duhig's Roubaix 24 hour Relay Report

Friday 16 Sept :The Lightning Ladies (Les Femmes Eclair) - Kathy Crilley, Norma Grimsey, Cath Duhig - and The Thunderbolts (Les Femmes du Foudre) - Serena Queeney, Sue Smith, Sue Rey arrived in Roubaix at about 6p.m. To get things ready before joining other athletes for a meal, then proceeding to the Ibis hotel for a last night's shut-eye before the 28 Heures de Roubaix and the accompanying 24 hour relay.

Saturday : Breakfast, then off to the course to set up last things, wave off the 28 hour competitors leaving on the buses for their start in Croix, get lunch, eye up the opposition, discuss tactics, make a cuppa..... And then it was nearly 5 p.m so off to the start line. Both teams had decided on a strategy of walking a lap each in succession for the whole event,unless circumstances forced any change, for as many laps as could be fitted into 24 hours, which turned out to be 16 /17 apiece.

Cath and Sue R had the honour of starting for their respective teams. Cath set off like a woman possessed and led the whole field through to the end of the lap and the first GB changeovers, covering the 3.5 kms plus a bit extra through the Village Des Marcheurs to the GB tents in 21:40.

From then on the "girls" relentlessly trudged their way through lap after lap, through a very chilly night and early morning drizzle. It was clear that the only other all female team, the French, had eased ahead, and The Lightning Ladies were probably in 5th place overall with The Thunderbolts 6th. It was also clear that the Roubaix lap-recording team had not been accurately recording laps, either for individuals or the teams, so the overall race positions were very unclear.

Sunday morning walking was made additionally difficult by the need to dodge the crowds of people visiting the local market. At one point a mysterious man on a bicycle, bedecked with balloons, appeared and ushered, first Cath and, later, Norma through the crowds, ringing his bicycle bell and defying anyone to get in the way. He also cycled at a faster pace than either of the ladies was walking, effecting a nifty change of pace! The changeover pattern remained unbroken, and it was a good feeling to be buzzing through the field of by now rather weary 28 hour walkers.

The final hour was nigh and it was apparent that a small change was needed to The Lightning Ladies' changeover sequence if they were to realise their plan to have Cath back out on the course for the 4 o'clock cut-off, after which no changeovers could take place and the final hour had to be covered on the shorter .990 laps up and down the main street of the town. So, Norma, having come in from what she thought might be her final lap, had to go out again after Kathy's lap so Cath could take over and cover the finale. Serena was chosen to walk the final hour for The Thunderbolts, which fitted perfectly into their sequence. She quickly fell in step with Kevin Marshall, pounding out his last few kms in the 28 hour event. With a whisker of time left before the 5 o'clock cut-off and the arrival of the winner (Dimitri Ossipov, Russia, again) Cath caught up with Serena and Kevin and took them with her, making sure they all got through for another lap before the race ended.

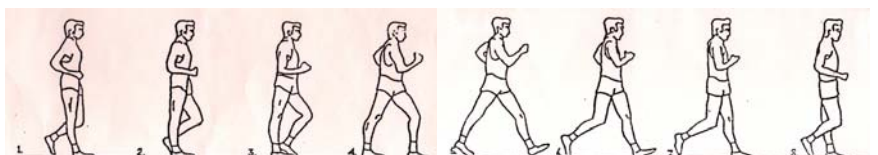
When the final tallies were announced there were the expected discrepancies. But it seems as if the most likely outcome is that The Lightning Ladies covered 193.59kms between them, and The Thunderbolts 179.69 (5th and 6th teams overall; 2nd and 3rd women's teams)

I'm not really a team player but loved this. How about trying it out in the Centurions 100th 100 in 2011?



Serena, Kath Crilley, Sue Smith, Norma, Sue Rey and Cath Duhig

Race Walking Skills and Technique Project



First Session – 10am to 12.30pm on Sunday 31st October at Lee Valley Athletic Centre

Coaches and would be Coaches welcome to assist and share knowledge

Half Marathon

It was a pleasure to have Julie Drake and German Nieto take part in the inaugural Half Marathon at Hillingdon in September. I asked Julie to pen a few paragraphs about German and herself and I'm indebted to her for the following piece.

It was 1986 when we were junior race walkers that we were selected to represent our countries to race in Pisa over 5k on the road. For both of us it was our first international race walking race. I was from Brighton, England aged 16 and German Nieto was from Barcelona, Spain aged 15. During the weekend in Italy, we chatted and exchanged addresses and became penpals.

Over the next 2 or 3 years as juniors we met on several occasions at international races, both major and minor. We were both selected to compete at the European Junior Championships in 1987 at Birmingham, and then again the following year in the World Junior Championships at Sudbury, Canada. German came 3rd at Birmingham and 4th at Sudbury. I was not so competitive finishing outside the top 10 but still was very happy with my performances.

After finishing as a Junior competitor, I made it in to the Senior squad for lots more international races over 10k, including the European Championship, Yugoslavia in 1990 and the World Championships, Tokyo 1991. My last major competition was in 1993 at the World Race Walking Cup in Monterrey, Mexico. I had a disappointing race here and after this I drifted away from the sport.

German carried out his Spanish Military Service for a year in 1989, then we met up for the final time in 1991 at the World Race Walking Cup in San Jose. Here German had to retire from the race due to a bad groin injury that he had picked up at the pre-race training camp. His injuries continued over the next two years whilst he was training for international 20k races then in 1993 he retired to further his career as an Engineer.

So in 1993 we had both retired from race walking. I had two children in the mid 1990's and until now we have both kept reasonably fit over the past 17 years by continuing with running training on and off.

At the beginning of 2010 I had seen the Hillingdon Half Marathon race advertised and fancied entering. Then in July I learnt that German was coming to Brighton to study English so I thought I'd ask him to enter too for old time sake. At first he said no, but then after watching the race walking at the European Championships this summer in Barcelona and some more nagging from me he had a change of heart. Hillingdon was German's first walking race for 17 years, and I had only done a few celebration races in this time plus 2 x 3k races 6 years ago!

Walking training for both of us commenced at the start of August and over the next 6 weeks leading up to the Half Marathon we have gradually increased the walking and decreased the running.

Both of us are extremely happy with our performances at the Half Marathon and we both walked much faster than we had expected. We thought that Hillingdon was an excellent course, and the organisation and facilities were exceptionally brilliant. I hope to put this race back on my calendar for next year and hopefully I can get German back again too, but we will have to see as his aim is to finish the Spanish 50k champions next March.

Thank you Ron to you and your team for a great day and thank you too to all the other competitors and organisers that were so friendly and have made it such a memorable day for both of us.

Julie Drake Pb's from the past for your info:-

Julie 3k, 13:12, 5k 22:37, 10k 45:53 & 20k 1:36 German 5k 20:18, 10k 40:37 & 20k 1:25:09.

and they've been in action again . . . Julie 54.38 and German 46.03 recorded another double when they won their respective categories in the **Steyning AC Open 10km** on Saturday **23rd October**. Joan Lennon 58.35 was second lady with Helen Middleton 58.54 third. Men's runner up was Ian Richards whose 47.17 was an excellent performance bearing in mind his 50km race just six days previously and third Jonathan Hobbs 51.32. EHAC's only other walker was Bernie Hercock who was the last of the twenty-two starters in 76.26.

November Events

- 13th 2.00pm **Surrey Walking Club 7 miles**. Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999
- 21st 10.00am The second **Skills and Technique** session at Lee Valley Athletic Centre.
- 27th 1.00pm The annual **Belgrave Open 7 miles** Note start time which is earlier than usual. Organiser Carl Lawton will be happy to supply details and take entries for what may be the final edition of this historic event. He can be contacted via the web on: sborinoco@aol.com