

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

March 2010

No Three

Gold for Helen and Arthur

Super vet Arthur Thomson M70 sped around the LVAC indoor track fifteen times to record yet another BMAF title and Helen Middleton W45 and Sean Pender M55 also collected gold in their categories. Their respective times for the 3km were 16.14, 16.28 and 17.47. Walk captain 'Big' Ron Powell M70 won silver with 19.05, as did Sue Barnett W60 with 19.16, and occupying third spots were Norma Grimsey W55 in 21.02, Peter Howard M65 in 19.12. Bernie Hercock M70 was fourth in 21.27. Helen and Sue's performances were pb's.

Arthur and Helen (571) with 'big' Ron just behind set the pace at LVAC

Photograph by Mark Easton



Moulton Five News

Fliers and entry forms inviting amblers, ramblers and power walkers to join the race walkers for this year's walks are now available. This year is the last that there will be no showering facilities at the event, because work has finally begun on the new village hall. It won't be finished until late June so the base for this year's Moulton Walks will be the village pub, The Kings Head.

Two other major events take place on the same day; at the Kings Head proprietors Donna and Tony are arranging a *live music and a Bar'B'Q*, whilst in South Africa, England play their opening World Cup match against the USA. So why not take part in the walk, enjoy the music, gormandise and then watch England.

For more information about Moulton and how to get there try: www.moultonsuffolk.co.uk

The next League Fixture is on Saturday 24th April at Cophall Barnet Stadium

11.45pm start – Track 3km and Junior 1km

This race is part of the London Inter-Club Challenge Series

Badge Race Meeting

A couple of *Leaguer's* have already explained that they will be unable to support the Hour Badge meeting at LVAC on 22nd May, because they will be competing the following day in the BMAF 10km track championships at Oxford. It is unfortunate when events fall so close together that athletes have to make a choice, but with twelve races in this year's fixture list it is inevitable. I thank them for letting me know their intentions and remind other walkers that in order to book sufficient track time, entries for the badge meeting close on 15th May.

Support Your County

The 8th/9th May is County Association's track championship weekend. I appeal to all walkers and especially *Leaguers* to support your county's walk if they have one on the programme, because it is an opportunity to promote race walking. If walkers don't support these championships, the associations cannot be criticised for interpreting poor fields as scant regard for a county title and withdrawing the event from their main programme?

The county associations have the discretion to hold these championships under B conditions and I hope that in the interests of encouraging all walkers will invoke it. The greatest dis-service would be the continuance of the A race judged under B rules, which does nothing for the credibility of race walking.

In the *Forthcoming Events* section are details that I have gathered from various county web-sites to assist walkers meet the entry deadlines. Note also that that most counties also include junior walks.

2010 Enfield League

Third Fixture – Five Miles

LVAC – 13th March

Women

1. Diane Bradley	(Tonbridge AC)	44.01 w45
2. Helen Middleton	(Enfield HAC)	44.58 w45
3. Becky Collins	(Medway & M)	45.55 u20 pb
4. Maureen Noel	(Belgrave H)	49.37 w45
5. Anne Belchambers	(Steyning AC)	51.34 w55
6. Cath Duhig	(Loughton AC)	52.14 w55
7. Jo Stringer	(Aldershot FD)	52.52 w35
8. Fiona Bishop	(Aldershot FD)	53.11 w50
9. Ann Lewis	(Aldershot FD)	53.21 w60
10. Sue Barnett	(Enfield HAC)	54.32 w60
11. Norma Grimsey	(Enfield HAC)	56.12 w50
12. Serena Queeney	(Enfield HAC)	58.35 w55
13. Sue Smith	(Ryston Runners)	58.35 w40

Men

1. Phil Barnard	(Ilford AC)	40.05 u30
2. Nick Silvester	(Aldershot FD)	40.42 M50
3. Fransico Reis	(Ilford AC)	40.57 M45
4. Trevor Jones	(Steyning AC)	42.25 M50
5. Steve Crane	(Surrey WC)	42.34 u30
6. Steve Uttley	(Ilford AC)	43.07 M50
7. John Hall	(Belgrave H)	44.34 M60
8. Arthur Thomson	(Enfield HAC)	44.51 M70
9. John Ralph	(Chiltern H)	48.05 M50
10. Amos Seddon	(Enfield HAC)	48.09 M60
11. Ken Bobbett	(Hillingdon AC)	48.26 M65
12. Peter Hannell	(Surrey WC)	48.35 M65
13. David Sharpe	(Ilford AC)	49.07 M55
14. Paul King	(Belgrave H)	49.59 M55
15. Oliver Browne	(Ilford AC)	50.30 M55
16. Sean Pender	(Enfield HAC)	50.40 M55
17. Gary MacDonald	(Surrey WC)	51.13 M50
18. Mike Hinton	(Ilford AC)	51.57 M65
19. Peter Crane	(Surrey WC)	52.23 M50
20. Ron Powell	(Enfield HAC)	52.56 M70
21. Jon May	(Enfield HAC)	54.40 M55
22. Nick Bird	(unattached)	55.37 M45
23. Peter Howard	(Enfield HAC)	55.43 M65
24. David Hoben	(Surrey WC)	57.20 M55
25. Bernie Hercock	(Enfield HAC)	57.22 M70
26. Doug Fotheringham	(Belgrave H)	49.42 M75
3 miles	Brian Sturt	(Enfield HAC) 33.50 M65
1 mile	William Long	(Watford) 13.08 M50

Referee: R.Wallwork Course Clerk: B.Hercock

Judges: M.Graham(Chief), P.Cassidy, M..Croft, P.Wilson, B.Ingarfield

Timekeeper: M. Oliver Recorders: E.Collins, P.Ficken, P.Ryan

Marshals: D.Ainsworth, M.Blyth, P.Emery, P.Ray, J.Rooke

Judges' Runners: P.Emery, K.Livermore

Refreshments: M.Livermore, J.Wallwork

2010 League Positions after Three Fixtures

Diane Bradley still has Helen Middleton for company, whilst the men's top three are not as clear as would appear with Phil Barnard and Nick Silvester currently having only two performances to their names. Ilford have stretched their lead from seventy-four points to one hundred and nine with Surrey WC overtaking Steyning AC to take third place.

Ladies

1. 185/3 Di Bradley
2. 177/3 Helen Middleton
3. 139/3 Maureen Noel
4. 128/3 Becky Collins
5. 121/3 Anne Belchambers
6. 77/2 Fiona Bishop
7. 75/2 Jo Stringer
8. 74/1 Lisa Kehler
9. 74/3 Sue Smith
10. 73/2 Ann Lewis

Men

1. 197/3 Trevor Jones	11. 120/3 Oliver Browne
2. 193/3 Fransisco Reis	12. 118/2 Steve Allen (Barnet)
3. 187/3 Steve Uttley	13. 117/2 Shaun Lightman
4. 166/3 John Hall	14. 116/3 Peter Crane
5. 144/3 David Sharpe	15. 113/2 Arthur Thomson
6. 142/3 Sean Pender	16. 108/3 Ron Powell
7. 141/3 Peter Hannell	17. 104/2 Amos Seddon
8. 129/2 Phil Barnard	18. 99/2 Alan Ellam
9. 129/2 Nick Silvester	19. 99/3 Steve Crane
10. 129/3 John Ralph	20. 95/2 Paul King

Team

1. Ilford AC	852	193 Reis, 187 Uttley, 144 Sharp, 129 Barnard, 120 Browne, 79 Davis
2. Enfield & H AC	743	177 Middleton, 142 Pender, 113 Thomson, 108 Powell, 104 Seddon, 99 Ellam
3. Surrey WC	642	141 Hannell, 117 Lightman, 116 Crane P, 99 Crane S, 89 Hoben, 80 MacDonald
4. Steyning	591	197 Jones, 121 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold
5. Aldershot F & D	459	129 Silvester, 77 Bishop, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies,
6. Belgrave H	450	166 Hall, 139 Noel, 95 King, 50 Fotheringham
7. Enfield & H AC'B'	379	82 Hercock, 68 Barnett, 64 Howard, 59 May, 58 Grimsey, 48 Queeney
8. Redcar RWC	342	76 Evennett, 62 Wears, 55 Fisher, 54 Paddick A, 53 Byrne, 42 Paddick
9. Birchfield H	292	78 Taylor, 66 Constandinou, 59 Boszko, 49 Smith, 41 Barnett
10. Tonbridge AC	285	185 Bradley, 50 Rukin, 50 Howard
11. Ilford AC'B'	238	67 Ryan, 58 Kates, 33 O'Rawe, 32 Sutton, 23, 25 Ainsworth, 23 Dobson
12. Hillingdon AC	207	94 Bobbett, 91 Cox, 22 Miles

EHAC Walkers Run away in Sunday Cross Country League

The event was the Sunday Cross country League. There are 5 fixtures, held in Hertfordshire, over distances of 5 (ish) miles, and you have to do four out of five to qualify. The best four results from the five races staged between October and February contribute to the final points. Second claimers Diana Braverman and Sue Barnett finished winner and runner-up in the W55 age group.

Well Done John! The hard working editor of Race Walking Record and producer of the excellent RaceWalkUK web-site, John Constandinou found time to compete in the recent Lugano permit event where he clocked 1.54.00 a new Cyprus national record. He bettered the old figures by over a minute and a half and now has his eyes set on the all-comers record of 1.47.48.

Correspondence

Dear Ron, It was good to see such a competitive race in this years national ten held at Lee Valley. With Darrell Stone leading home the field in a very solid performance, even more so when considering his age, and the chasing pack always close enough at hand to not let him relax. Jo Jackson was putting in a sterling effort until she was unluckily d'q and local star Scott Davis at last breaking through at the shorter events. The good course made watching the event all the more enjoyable.

In the past, what made this event so special was the inclusion of the Inter Counties 10 mile too. It was, if I recall, eight to race and to score. This gave so many good club athletes the opportunity of gaining some recognition, coupled with their sense of achievement for all their efforts and with the possibility of using this as a stepping stone onto even greater things.

This greatly enhanced the fields which were regularly over a hundred and fifty men and brought many new faces into the winner's enclosure and who otherwise may not have had this vehicle as the stepping stone to higher things.

Above all we must not forget that without so many willing and able officials who give their time so willingly and freely we would not have a sport, my thanks do go out to all of them to for ensuring we have a sport that we all can enjoy.

Long may the National 10 continue! - Yours in sport, Oliver Flynn

Results Round-up

The **Molly Barnet on 6th March** involving as it does an inter-county match and YAG Grand prix, looks to have been an excellent meeting. The results on the RaceWalkUK web-site show that thirteen under 15's, twenty-one under 20's and fifty seniors took part.

In the 10km Alex Wright with a 43.31 performance spilt the Irish duo of Brendan Boyce 41.50 and Mick Doyle 43.37. Arthur Thomson fifteenth in 55.82, Sean Pender twenty-fourth in 61.56 and Bernie Hercock thirty-second in 71.58 were the club men competing in the event. Helen Middleton with 27.32 was the third home in the ladies 5km behind Lisa Kehler 23.58 and Diane Bradley 26.37.

Sean Pender backed up *Leaguer's* Fransico Reis 51.10, Shaun Lightman 57.54 to help Middlesex to third place behind Warwickshire and Kent in the men's inter-counties championship

Jo Jackson shrugged off her national ten experience to set a new pb and national record of 43.52, and Ian Richards new European M60 figures with 49.06. Unfortunately, neither is likely to be ratified because the appropriate numbers of officials were not in attendance.

On the same day *Leaguer* Becky Collins was making her **20km** debut in the **HSBC** meeting at Douglas on the Isle of Man. She was the only female who did 20km and she clocked 2.06.55

The final **5km** race of the **Cambridge Harriers Winter League** was held Bexley on 20th March. The winners were under seventeen Kate Funnell 27.16, eleven seconds in front of Helen Middleton and under twenty Jonathon Hobbs in 25.03. In sixth with 30.52 was Sean Pender and seventh with 35.32 Bernie Hercock. EHAC were the runner-up team behind Ilford.

BMAF indoor 3km at LVAC on Sunday 29th March. Overall winner was Fransisco Reis M45 in 14.25. The full result can be seen on the BMAF web-site

Sudbury 5 mile Fun Walk at the Suffolk town on Good Friday 2nd April attracted two hundred walkers, mostly fun walkers. Helen Middleton 45.42 led home the small contingent of race walkers in front of Richard Emsley 46.46 Amos Seddon 48.11, David Sharpe, 50.29, Malcolm Brown, 56.34, Bernie Hercock 57.56, Serena Queeney 58.11, Sue Smith 58.43 and Michael Croft 60.38

Forthcoming Fixtures

Sunday **11th April** is a big day in this years domestic calendar. The **UKA/RWA national senior 20km**, Junior 10km and YAG championships are being staged at Victoria Park, London. The 20km has been designated as the trial for Commonwealth Games selection, so a keen competition is in prospect.

Details from and entry forms to: Peter Marlow, 134G Southgate Street, Bury St.Edmunds, Suffolk, IP33 2AT – 01284 754 177 – pmarlow@btinternet.com

The fourth event in the 2010 *Enfield League* programme takes place on Saturday **24th April**. It is a **3km track race** at Copthall Stadium, NW4 1RL. The start time is 11.45am and the race is part of the LICC meeting. Category B – enter on the day.

The **UKA/RWA national 50km** championship takes place at Ropner Park, Stockton-on-Tees the following day on **Sunday 25th April**. Event organiser Ken Munro on 01670 732 426 will be happy to supply details and forms.

This photograph was taken during the 1959 National 50km held at Baddesley Colliery, Warwickshire. The race winner was for the fourth consecutive year Don Thompson in 4.12.19. He led his team Metropolitan Walking club to victory and went on the win the championship on three more occasions. A year later, when all the 'Big' names failed at the Rome Olympic's he won Britain's only track and field gold medal.

But, who are the two walkers in the picture? Both have been seen at League events this year.



Fixture information is available on **RaceWalkUK** and The **Race walking Association** web-sites

Support Your County

Entries may have to be on official forms and a sae for acknowledgement of entry is usually required. Most counties also have junior distance championships on the same day.

Hertfordshire 3km Monday 3rd May at Ridlins Wood Track, Woodcock Road, Stevenage. Entries close 24th April with £3.50 fee to; Fred Ward, 1 Pimlico, Hemel Hemstead, HP3 8SH. Details and form on <http://www.hertscaa.org.uk/>

Middlesex 3km Saturday 8th May at Barnet Copthall Stadium. Entries close 27th April with £4 fee to; Roy Stratton, 263 Larkshall Road, Chingford, London E4 9HY – telephone 02085 242 655. Details and form on <http://www.middlesexaa.org.uk/> or from John Hall on 02082 923 3627.

Oxfordshire 3km Saturday 8th May at Horspath, Oxford. Entries close 1st May with £4 fee to; Pete O'Keefe, 18 Walnut Close, Bicester, OX12 3XL – telephone 02085 242 655. Details and form on <http://www.oxoncaa.org.uk/>

Suffolk 3km Sunday 9th May at Northgate Stadium Ipswich. Entries close 23rd April with £5 fee to; A.J.Cheatham, 13 Longfield road, Capel St.Mary, Ipswich, IP9 2UA – telephone 01473 311 290. Details and form on <http://www.suffolkathletics.org.uk/>

Kent 3km Sunday 9th May at Julia Rose stadium, Ashford. Entries close 16th April with £5 fee. Men's entries to; Jesmonde Dean, Seed Road, Newnham, Sittingbourne, Kent, ME9 0NA - Ladies to; Female Entry Sec. 1 Kelmsley Close, Northfleet, Kent, DA11 8PH. Details and form 01293 520 506. on <http://www.kaa.org.uk/>

Sussex 3km Saturday 8th May at KC Leisure Centre, Crawley. Entries close 24th April with £5 fee to; Entries Sec, Sussex County AA, 3 Tanners Cross, Bolnore Village, Haywards Heath, W.Sussex, RH16 4GE0. Details and form on <http://www.sussexathletics.org.uk> or Ron Penfold on 01293 520 506.

The **Essex Champs** (all age groups) are at Melbourne Park, Chelmsford, at 1:30 p.m. on Sunday, 9th May. Closing date is 9th April. Info, forms, etc., can be found on <http://www.essexathletics.org.uk>

VAC Walks 2010

5 miles road at Battersea Park (from Millennium Stadium) on 13th April, 11th May, 22nd June (Champs), 13th July and 10th August - All start at 7pm and are B category.

VAC, Surrey, Herts, and Middlesex 10km track championships 28th April at the same venue, but commencing at 6.45.45pm under A rules.

Open to non-VAC members and non-vets as "guests"