

Enfield Walker 2011

(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

June



Centurion's Centenary – A Wonderful Occasion!

The Centurion's Centenary Dinner held at the House of Commons Dining Room was indeed a wonderful evening. Among the hundred and seventy guests from far and wide were Richard Vlotman c529 who travelled from Canada where he now lives.

The club had a presence at this prestigious and historic gathering through Ken Roost c577, Ken Livermore c386 and Ron Wallwork c893 (pictured in the Hall of Westminster, the oldest part of the building dating back to twelfth century) and their wives Lyn, Margaret and Joan.

There were speeches by Bob Russell MP, Carl Lawton c750 (Centurion President), Frans Leijtens c949 (Dutch Centurions), Charlie Weston c584 (Centurions Captain) and Special Guest Paul Nihill.

Memory Lane was well and truly trodden amid much nostalgia and the vote of thanks to Kath Crilley c933, Chris Flint c849 and the team of helpers for putting on such a memorable function and to Bob Russell for hosting a truly memorable occasion was richly deserved.

The next two League races follow in quick succession and entries for both will be taken on the day

16th July 3km at Lee Valley Athletic Centre 11.45am

The next Skills/Technique/ Training session starts at 10pm at this venue and is incorporating the race as the training segment. A feedback from judges will conclude the session

23rd July 1/2 Marathon at Hillingdon Cycle Circuit 1.00pm

10km times will be taken for walkers not wishing to do the full distance. However, Double points are available for those that do.

Double Gold Standard

Enfield & Haringey's Arthur Thomson(M75) was one of four British walkers to record individual double gold medal performances in the European Veteran's Non-Stadia championships in Belgium over the weekend of 13th/15th May.

Anne Wheeler W55 and Leaguers Noel Blatchford (W60) along with John Hall (M60), were the others. The women's distances were 10km/20kms, the men 10km/30km.

Other Leaguer's also in the medals were Cath Duhig W55 with double silver, Diane Bradley (W45) and Ken Bobbett (M65) with 20km/30km bronzes respectively. Anne Wheeler and Cath were backed up by Anne Belchambers (W55) and the three of them collected team gold awards.

There were several other Leaguer's at the championships and full results appears on the RaceWalkUK website.



l to r: Cath Duhig, Anne Belchambers and Anne Wheeler

BMAF 10km (5th June at Horspath) Gold for Ron Powell M75 in 67.27 and silver for Mikk Bradley M45 in 62.19
Details of other Leaguer's shown in Results Round-up

An invitation to a stroll over Newmarket Heath on Tuesday 12th July. Richard Dunwoody's support team is meeting at the Bedford Lodge, Newmarket at 12.30pm to walk a couple of miles along the Barclay challenge route and then stroll on Newmarket Heath for an hour, before having lunch at the famous hotel. A warm invitation is extended to anyone wishing to join them

Once again the sun shone for the annual Moulton Community Walks. In contrast to previous editions, the amblers and rambles had an off road route of their own and incorporated a health walk which attracted forty people.

Francisco Reis and Diane Bradley were untroubled winners in the five mile road walk which included a dozen *Centurions* among the sixty participants. Mikk Bradley (no relation to Diane) continued his rapid improvement, whilst Joan Bell and Steve Whelan using the race as preparation for the forthcoming Transplant Games in Sweden put in solid performances.

A goodly number of local residents were out giving encouragement to the walkers, but their loudest and most enthusiastic efforts were for villager Linda Spinks, the first villager to cross the line.

The Moulton Walks organizers are indebted to Newmarket Rotary for their continued support of the event and also thank the Newmarket team of the British Red Cross, the First Moulton Scout's, along with the many others who make this fixture such a successful one.

Men

1. Francisco Reis	(Ilford AC)	40.36	M50
2. Steve Uttley	(Ilford AC)	43.09	M50
3. Trevor Jones	(Steyning AC)	43.40	M26
4. Steve Allen	(Barnet & Dist)	45.00	M50
5. Steve Allen	(Ilford AC)	46.32	M50
6. Mick Bradley	(Enfield H AC)	*46.48	M50
7. Martin Fisher ©	(Redcar RWC)	47.10	M45
8. Amos Seddon	(Enfield H AC)	47.51	M70
9. Andy Cox	(Hillingdon AC)	48.18	M55
10. Steve Kemp ©	(Hillingdon AC)	49.16	M50
11. Rod Dunn	(Enfield H AC)	49.30	M55
12. Sean Pender ©	(Enfield H AC)	49.52	M55
13. Glyn Jones	(Coventry God H)	51.39	M65
14. Mark Wall ©	(Leicester WC)	51.54	M50
15. David Delaney	(Surrey WC)	51.59	M65
16. Peter Duhig	(Ryston Runners)	52.12	M60
17. Oliver Browne ©	(Ilford AC)	52.14	M55
18. Les Scrivens	(Worceter H)	52.22	M65
19. Alan O'Rawe ©	(Ilford AC)	54.01	M65
20. Steve Whelan	(Headington AC)	54.23	M45
21. Paul Firmage	(Ryston Runners)	54.29	M55
22. Jon May	(Enfield H AC)	55.35	M60
23. Shaun Lightman	(Surrey WC)	56.40	M60
24. Mick Graham	(Belgrave H)	56.49	M60
25. David Hoben	(Surrey WC)	57.32	M55
26. Peter Howard	(Enfield H AC)	58.10	M65
27. Terry Braverman	(Enfield H AC)	58.12	M65
28. Phil Goodwin	(Ilford AC)	58.35	M55
29. Brian Sturt	(Enfield H AC)	59.35	M70
30. Paul Nihill	(Surrey WC)	60.28	M70
31. Philip Nutley	(LDWA Bury Pacer)	60.32	M60
32. Bernie Hercock	(Enfield H AC)	61.50	M70
33. Eric Hall	(Belgrave H)	61.50	M75
34. Bill Sutherland ©	(Enfield H AC)	62.46	M65
35. Dave Ainsworth ©	(Ilford AC)	67.01	M60
36. Oliver Flynn	(unattached)	73.44	
37. Paul Ray	(Enfield H AC)	73.46	M75
38. Ken Livermore ©	(Enfield H AC)	73.46	M75
39. Colin Nicholson	(Enfield H AC)	74.07	M60
40. Tony Perkins ©	(Ilford AC)	77.01	M60
41. Vic Johnston	(Ilford AC)	77.20	M75 3m/s

Women

		* = PB	© = Centurion
1. Diane Bradley	(Tonbridge AC)	45.28	w45
2. Helen Middleton	(Enfield H AC)	47.38	w45
3. Cath Duhig ©	(Ryston Runners)	48.49	w55
4. Angie Alstrachen	(Enfield H AC)	51.05	w45
5. Anne Belchambers	(Steyning AC)	51.40	w55
6. Sue Barnett	(Enfield H AC)	52.58	w60
7. Marion Fawkes	(Redcar RWC)	56.06	w40
8. Linda Spinks	(Moulton E H AC)	56.45	w40
9. Norma Grimsey	(Enfield H AC)	57.01	w60
10. Valery Nutley	(LDWA/BuryPacers)	57.10	w50
11. Joan Bell	(unattached)	59.12	w65
12. Sue Rey	(Leicester WC)	59.15	w
13. Kath Crilley ©	(Surrey WC)	59.26	w55
14. Serena Queeney	(Enfield H AC)	60.26	w60
15. Anna Allen	(unattached)	61.30	w55
16. Joyce Crawford	(unattached)	62.09	w44
17. Sue Smith	(Ryston Runners)	62.13	w45
18. Anne Scriven	(unattached)	69.04	w75
19. Janet Flynn	(unattached)	73.44	

Ladies team:

Enfield H & AC: *Middleton, Alstrachen, Barnett*

Mens team

Ilford AC: *Reis, Uttley, Allen*

Enfield H & AC: *Bradley, Seddon, Dunn*

Surrey WC: *Delaney, Lightman, Hoben*

Centurions Awards: Kath Crilley

Martin Fisher, Steve Kemp, Sean Pender

First Local Walker: Linda Spinks

Judges: *P.Cassidy, P.Marlow, R.Pearce, P.Wilson*

TimeKeeper/ *Dr.L.Jennings*

Recorders: *S.& M.Ashpole, P.Ficken*

Marshalls: *Members of Newmarket Rotary*

Clerks of the Course: *R.Black, I.Garmston*

Water Station: *1st Moulton Scout Group*

Refreshments: *Friends of Moulton Walks*

Hillingdon's Susan Miles making her debut at race walking was the revelation of this fixture. Her first love was running and indeed over a decade ago earned a junior England vest. However, recurring injury problems have hampered her running and latterly duathlon careers. She showed good technique and can only improve.

Ladies

1. Susan Miles	(Hillingdon AC)	29.00	29
2. Sue Barnett	(Enfield HAC)	*31.37	w60
3. Norma Grimsey	(Enfield HAC)	34.12	w50

Men

1. Fransisco Reis	(Ilford AC)	23.59	M50
2. Steve Uttley	(Ilford AC)	25.39	M50
3. John Ralph	(Enfield HAC)	27.46	M50
4. Amos Seddon	(Enfield HAC)	28.36	M70
5. Andrew Cox	(Hillingdon AC)	29.08	M55
6. Ken Bobbett	(Hillingdon AC)	29.08	M65
7. Rod Dunn	(Enfield HAC)	29.38	M55

Men continued

8. Steve Kemp ©	(Eastern Vets)	29.41	M50
9. David Sharpe ©	(Ilford AC)	30.02	M55
10. Sean Pender ©	(Enfield HAC)	30.11	M55
11. Steve Whelan	(Headington RR)	32.17	M45
12. Jon May	(Enfield HAC)	32.18	M60
13. Alan O'Rawe ©	(Ilford AC)	32.22	M65
14. John Borgars	(Loughton AC)	32.38	M60
15. Ron Powell	(Enfield HAC)	33.05	M70
16. Peter Howard	(Enfield HAC)	34.21	M65
17. Bernie Hercock	(Enfield HAC)	37.10	M70
18. Bill Sutherland ©	(Highgate H)	37.16	M65
19. Dave Ainsworth ©	(Ilford AC)	40.02	M60

© = Centurion

2011 League Positions after Six Fixtures

The promoting club edged further away from rivals Ilford and Ryston Road Runners have walked their way into the top ten teams; well done them. Despite missing a race Helen Middleton remains top lady ahead of three club-mates and whilst the top two men remain unchanged, a large scale shake-up in the places below them, sees Amos Seddon in third spot. Potential bonus points in the eighth fixture at Hillingdon on 23rd July take on huge importance.

Ladies

1. 422/5 Helen Middleton
2. 398/6 Sue Barnett
3. 385/5 Angie Alstrachen
4. 328/5 Norma Grimsey
5. 326/4 Anne Belchambers
6. 239/4 Sue Smith
7. 232/3 Serena Queeney
8. 201/2 Joan Bell
9. 199/2 Diane Bradley
10. 198/2 Kath Crilley

Men

1. 527/6 Fransisco Reis	11. 355/4 Rod Dunn
2. 517/6 Steve Uttley	12. 338/6 Peter Howard
3. 472/6 Amos Seddon	13. 326/4 Shaun Lightman
4. 446/5 Steve Allen (Bnt)	14. 321/5 Stephen Whelan
5. 434/6 Sean Pender ©	15. 320/6 Bernie Hercock
6. 396/5 Mikk Bradley	16. 302/3 Steve Kemp ©
7. 394/6 Jon May ©	17. 293/4 Ken Bobbett
8. 382/6 Alan O'Rawe ©	18. 282/5 Dave Ainsworth ©
9. 367/4 Andy Cox	19. 275/4 David Sharpe ©
10. 359/5 John Ralph	20. 268/2 Steve Allen(If)

Team

1. Enfield & H AC	2516	472 Seddon, 434 Pender, 422 Middleton, 398 Barnett, 396 Bradley, 394 May
2. Ilford AC	2251	527 Reis, 517 Uttley, 382 O'Rawe, 282 Ainsworth, 275 Sharpe, 268 Allen
3. Enfield & H AC B	2085	385 Alstrachen, 359 Ralph, 355 Dunn, 338 Howard, 328 Grimsey, 320 Hercock
4. Surrey WC	1344	326 Lightman, 238 Hoben, 230 Delaney, 208 Harran, 198 Crilley, 144 CraneP
5. Enfield & H AC C	1103	261 Powell, 231 Queeney, 172 Ellam, 165 Thomson, 147 Sturt, 126 Ray
6. Ilford AC'B'	683	217 Barnard, 204 Browne, 199 Barnbrook, 137 Ryan, 135 Goodwin, 104 Kates
7. Steyning AC	949	326 Belchambers, 263 Jones, 130 Penfold, 125 Emlsey, 105 Stevens
8. Hillingdon AC	894	367 Cox, 293 Bobbett, 178 MilesJ, 56 MilesS
9. Belgrave H	761	253 HallJ, 158 King, 109 Graham, 96 Noel, 91 Halle, 54 Culshaw
10. Ryston RR	650	239 Smith, 177 DuhigC, 120 DuhigP, 114 Firmage

Moulton Youngsters' Walks

300m (under 6)

1. Jamie O'Dwyer	2.29
2. Charlie Spurgeon	
3. Millie Dwyer	2.40
4. Phoebe Spurgeon	2.42
5. Libby Briggs	3.01
6. Daniel McKeown	3.12

600m (under 10)

1. Daniel Spinks	4.30
2. Louisa Webb	4.38
eq. Amira Price	4.38
4. Abby Culloden	5.04
5. Ella Briggs	5.10
6. Ella Carol	6.00
eq. Anna Saville	6.00

900m (10 plus)

1. Matthew Lister	6.25
2. Harris Lister	6.28

Results Round-up

The **Essex** 10km race was held on 7th May at Ashtons track, Woodford. Steve Uttley 54.45 retained his title. Alan O'Rawe 68.47 and Chris Bent 70.31 occupied the minor placings; Mick Barnbrook 73.18 and Phil Banard who retired injured were the other Essex competitors. The race was open to guests and first to cross the line was Ian Richards 52.01 and behind Steve Uttley came Steve Allen 60.57 and Helen Middleton 61.12.

The European non-stadia championships being staged in France over the same weekend as the county 3km championships (14/15 May) affected some results. Newcomer to walking Mikk Bradley 17.24 won the **Middlesex** title from Sean Pender 17.59, Ron Powell 19.48, Norma Grimsey 20.05 (women's champion) and Bernie Hercock 22.17. At Ipswich, in the **Suffolk** event Alan Ellam 16.36, Angie Alstrachan 18.11, Linda Spinks 20.50 were the senior walkers in action, but three YAGS competed over 1km; U15 Ben Eames 6.17, Seb Anthony 6.17 and U13 James Nichols 6.49

On Monday 9th May at LVAC the first **SCVAC (N.NM Div)** track league got underway with a 2km walk which was won by Fransisco Reis 9.15 from Steve Uttley 9.47 and Steve Allen 10.05. Seventeen finished, among them Sean Pender 11.52, Norma Grimsey 12.50, Ron Powell 13.02, Bernie Hercock 14.14 and Ken Livermore 15.31.

The Midlands easily won the **Inter-Area match at Tamworth** on 22nd May with seventy-two points. The South with only four walkers to contest eleven events finished a woeful third, forty points behind the winners and twenty adrift of the North. For the South, Heather Butcher 15.47 won the u15 3km and Ian Richards 51.07 the senior 10km. whilst Helen Middleton 29.19 finished third in the Senior women's 3km and Cath Cotterill 32.04 fourth in the 5km.

As one would expect amid the splendour and tradition of The Mall and Buckingham Palace, there was a special atmosphere for the **UKA 20km/Junior 10km championships**. The race was the last in an 'Olympic test day' which included road running events. Over fifty walkers took part and in addition to three disqualifications, a further seven were unable to complete the distance because they were outside the time limit. Nevertheless, all have the satisfaction of knowing that in years to come, they actually competed on the 2012 Olympic course. Club members along with several *Leaguer's* who were able to add this experience to their CV were Arthur Thomson 2.02.12 and Helen Middleton 2.04.10. The event winners were Jo Jackson 91.50 and China's Wang Zhen 84.24. Ben Wears 90.32, Dan King 90.40 and Alex Wright 91.42 were the leading Brits to finish in seventh, eighth and ninth positions.

Steve Allen won both **VAC's five mile races** staged at Batterersea Park; 31st May (14 starters) in 47.15 and on 14th June (13 starters) 45.42. For EHAC at the first fixture, Sean Pender 49.58 was second, Ron Powell 54.24 was ninth and at the second race Arthur Thomson 47.54 was runner up, Sean Pender 49.27 third, Ron Powell 55.23 again occupying ninth place, Barbara Edlin 59.52 second of the two women and Bernie Hercock 61.49 was eleventh.

Only fourteen competitors contesting nine categories faced the starter at the **BMAF 10km track championships** held at Horspath, Oxford on 5th June, the day after the Moulton five. Among them were Steve Allen, Trevor Jones, Cath Duhig and Anne Belchambers, racing for the third time in seven days; following outings at the Mall and Moulton five. There were championship victories for Trevor M50 - 54.58, Steve M55 - 56.38 along with W55 silver and bronze medals for Cath in 51.00 and Anne 63.32. *Leaguers* Micky Harran M70 - 63.26 and Noel Blatchford W60 - 63.41 also won their categories.

The first of the 2011 **Woodford Tuesday** track walks on 7th June attracted fourteen entries and Fransisco Reis was less than a second away from ducking under fourteen minutes for 3km. The Steve Allens; of Barnet 15.52 and Ilford 16.25 were followed in fourth place by Sean Pender 18.31. Bernie Hercock was eleventh and clocked 22.10.

The following evening Fransisco ensured a sub fourteen minute 3km by shooting through the first lap in 1.40 at the **VAC 3km championship** held at Willesdon. His final time was 13.51 and in his wake were Steve Uttley 15.05 and Arthur Thomson 17.35. Sean Pender 18.04 was sixth.



Arthur Thomson now seventy-five, followed up his double gold in the European non-stadia championships with another double in the **BMAF 3km and 5km track championships** at Birmingham on 25/26th June. The races were over 3km and 5km and his times were 17.10/29.46.

Following Arthur's example were Helen Middleton W45- 17.32/30.00 and Sue Barnett W60 - 18.35/32.08. Ron Powell M75 - 19.23/33.33 was runner up to Arthur in both races, Rod Dunn M55 - 17.37 was second in the 3km, the only race he contested and Peter Howard M65 - 20.30 was third in the 3km. Sue's (*No 1 pictured with Jo Miles*) 3km time was yet another personal best.

Only twenty walkers participated in the two events and with M50 Steve Uttley 15.03/26.10, M55 Steve Allen 15.40/27.55 and M60 John Hall 15.35/26.55 also collecting double gold's along with double runners up W45 Maureen Noel 8.01/31.00 and W55 Cath Duhig 18.28/30.44, *Leaguer's* made up half of the field