

The Enfield Walker 2012

(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

December



*A Very Happy Festive Season is wished
to Everyone associated with the League*

My computer died the morning after the Open seven, so my apologies to those who were expecting a result sheet by email. Going away on holiday before I had a chance to replace it and problems with the new one has thrown me back somewhat. This issue has been hurriedly put together so please forgive any errors or omissions.

Olympic Year League

In all, one hundred and seventy-eight walkers took part in the Olympic year *League* fixtures. They represented forty clubs, registered 517 performances and paid £250 to the RWA in levies.

Thirty walkers completed six races to qualify as *Leaguers* and the same number of Centurions competed in the *League* with a further five acting in official capacities.

Bernie Hercock was the only walker to compete in all thirteen fixtures whilst fifty-one registered four performances and sixty-six took part in three. Encouragingly, after a four year gap there was a young walker who competed regularly enough to merit awarding the *Young Leaguer Cup*.

The final team table is perhaps the healthiest for some time, as late rushes by Hillingdon AC and Surrey WC broke the mould of recent years in which the promoting Club's B squad occupied third spot; this time they finished fifth.

Helen Middleton retained her women's title and Fransisco Reis won the mens at the third attempt. Enfield & Haringey AC easily kept possession of the team championship with Ilford AC runners up once again, and Hillingdon AC enjoyed their best ever season with a triple triple; Third woman, third man and third team.

<i>Ladies</i>	<i>Men</i>	<i>Team</i>	<i>Centurion</i>
1. 695 Helen Middleton	1. 838 Fransisco Reis	Enfield H AC	Alan O'Rawe
2. 596 Sue Barnett	2. 815 Steve Uttley	Ilford AC	Leading YAG
3. 431 Jo Miles	3. 783 Fabian Deuter	Hillingdon AC	Callum Wilkinson

I would like to record A HUGE THANK YOU! to the many officials who contributed to the successful 2012 series and I've little doubt that all the walkers who took part would echo that sentiment. A more detailed final table appears on page 5.

EHAC Olympic Year Top Club

At the Race Walking Association's AGM it was announced that Enfield & Haringey AC had been awarded three national Club trophies by the Association. The *Pauline Flora* trophy is awarded to the best all round club in the RWA female championships, the *A.G.Thayer* trophy for the best all round male and female club in the championships and the *Sparta* trophy is for the most improved club in the championships.

The *A.D.McSweeney* trophy awarded for the best all round club in the RWA male championships was won by Ilford.

*Have you booked your place on the Olympic Legacy Coaching and Training Day
10.30 to 1.30 on 29th December at Lee Valley Athletic Centre?*

*The annual Boxing Day 5km
will take place (weather permitting) at LVAC - Start 10.45am*

*The 2013 League commences on Saturday 19 January at QEII stadium
Starting at 1pm*

A Wonderful 86th Open The rain kept off, but conditions weren't particularly good as Dominic King wound up a wonderful year with his third consecutive win in this event. Fabian Deuter edged in front of Daniel King in the closing stages to take second place and in doing so edged into the third *League* position.

Grazina Narviliene looked to be fully recovered from her injury problems and showing excellent style. Belgrave's trio of ladies all beat seventy minutes. Fifteen Centurions took part in the race, among them Alan O'Rawe who by finishing ahead of Sean Pender secured the top *League Centurion* position.

It augurs well for youngsters Luc Legon and Callum Wilkinson that they both overcame bad patches to finish; Luc recording a pb and Callum close to his.

Sixteen clubs were represented and six of them closed in teams of three. Sixty-three walkers participated and appropriately, the race was started by Olympian Peter Marlow and the awards presented by the most recent walk Olympian Dominic King.

2012 Enfield Race League	Race 12 - 86 th Enfield Open Seven	10th November – LVAC
1. Dominic King © (Colchester AC) 52.52 SM	1. Grazina Narviliene (Ealing AC) 61.38 sw	
2. Fabian Deuter (Hillingdon AC) 53.09 SM	2. Rebecca Crossan (Belgrave H) 68.44 sw	
3. Daniel King © (Colchester AC) 53 35 SM	3. Maureen Noel (Belgrave H) 69.04 w45	
4. Fransisco Reis (Ilford AC) 57.46 M50	4. Sabina Brown (Belgrave H) 69.36 w40	
5. Jim Ball (Steyning AC) 58.42 M45	5. Sue Beardsmore © (Abingdon AC) 73.04 w40	
6. Trevor Jones (Steyning AC) 59.16 M55	6. Noel Blatchford (Abingdon AC) 73.34 w60	
7. Steve Uttley (Ilford AC) 59.49 M55	7. Sue Barnett (Enfield H AC) 74.10 w60	
8. Steve Allen (Barnet & D AC) 59.51 M55	8. Anne Belchambers (Steyning AC) 75.24 w55	
9. Chris Hobbs (Maid/Meday) 62.29 M55	9. Jo Miles (Hillingdon AC) 77.34 w55	
10. Peter Ryan © (Ilford AC) 62.31 M55	<u>10. Geraldine Legon (Bexley) 87.45 w50</u>	
11. John Hall (Belgrave H) 63.50 M60		
12. John Ralph (Enfield H AC) 63.56 M55	<i>5 Miles</i>	
13. Martin Fisher © (Redcar RWC) 64.03 M50	1. Luc Legon (Bexley) 44.01 U17	
14. Arthur Thomson (Enfield H AC) 64.58 M75	2. Callum Wilknsn(King Ed School) 48.07 U17	
15. Grahman Chapman (Headington AC) 65.46 M55	3. Steve Whelan (Headington) 53.35 M50	
16. Andrew Cox (Hillingdon AC) 66.47 M60	4. Ken Livermore©(Enfield H AC) 67.20 M75	
17. Ken Bobbett (Hillingdon AC) 66.49 M65	5. Paul Ray (Enfield H AC) 67.20 M80	
18. Shaun Lightman (Surrey WC) 67.09 M65	6. Eddie Trotter (Ilford AC) 67.46 M60	
19. Ron Penfold (Steyning AC) 67.38 M70		
20. Steve Allen © (Ilford AC) 67.57 M50	<i>2.6 miles</i>	
21. Mark Culshaw (Belgrave H) 68.19 M45	Peter Howard (Enfield H AC) 33.19 M70	
22. Mark Byrne © (Redcar RWC) 68.37 M50		
23. Paul King © (Belgrave H) 69.01 M60	<i>2.3 Miles</i>	
24. Amos Seddon (Enfield H AC) 69.44 M70	Ramesh Rishikeshan(Hillingdon AC)29.21 M35	
25. Glyn Jones(Coventry G H) 70.10 M70		
26. Chris Flint © (Surrey WC) 70.55 M65		
27. Alan O'Rawe © (Ilford AC) 71.02 M70	<i>Mens & continued</i>	
28. Sean Pender © (Enfield H AC) 71.06 M55	36. Dave Stevens (Steyning AC) 79.02 M75	
29. Michael Harran (Surrey WC) 72.58 M70	37. Phil Goodwin (Ilford AC) 79.48 M60	
30. Peter Crane (Surrey WC) 74.17 M65	38. David Hoben (Surrey WC) 80.26 M60	
31. Russell Vroobel (Hillingdon AC) 76.48 M50	39. Stuart Halsall (Enfield H AC) 87.31 M80	
32. Ted Holmquist (Chiltern H) 76.53 M65	40. Bernie HercocK (Enfield H AC) 90.59 M75	
33. David Delaney (Surrey WC) 76.56 M70	41. Dave Ainsworth ©(Ilford AC) 91.50 M60	
34. Jon May (Enfield H AC) 78.01 M60	42. Mick Barnbrook ©(Ilford AC) 91.51 M65	
35. Dan Maskell (Vets AC) 78.52 M60	David Crane (Surrey WC) ret/Inj SM	
	Abdi Berlee (Ilford AC) D/Q M45	
	Ian Richards © (Steyning AC) D/Q M60	

Ladies Team: Belgrave Harriers

Men's Team: 1.Ilford AC 2. Steyning AC 3. Hillingdon AC, 4. Enfield & H AC 5. Belgrave H Surrey WC

Mixed Team: Enfield & H AC

Bob Clark Award: Luc Legon

Judges: M.Graham(Chief), P.Cassidy, M.Croft, P.Marlow, R. Pearce, R. Wallwork, P.Wilson

Timekeeper/Recorders: P.Welch, A.Ellam, P.Ficken, B.Ralph, T.Wilkinson

Course Clerk: B.HercocK - *Marshalls:* M.Blyth, T.Perkins, J.Rooke, K.Roost

Refreshments: M.Livermore, H.Nyman

Results Round-up

On 24th September, Sean Pender doubled up in a Midlands Masters meeting walking the mile in 9.56 and then running in the Maxwell mile and recording a time of 7.05.

Highlight of the SWC **Addington Vase 7 miles** at Monks Hill on 3rd November was the last lap efforts by Steve Allen (*Bt*) and David Crane who overhauled Peter Ryan to take the minor places behind easy race winner Mark Easton. Their times were; Mark 58.05, Steve 63.20, David 63.22 and Peter 64.05. Twenty-three walkers made up the field which included Bernie Hercock 90.12 and *Leaguers* John Hall 67.39, Shaun Lightman 68.27, Micky Harran 71.58, Peter Crane 76.45 and Dave Hoben 79.52. The leading lady was Tabi Gillan 77.40. Luc Legon (u17) looked good clocking 27.51 for 5km.

The following day, Steve Allen and Sean Pender, the latter who had also been at the Surrey race in his capacity as a judge, travelled up to Tamworth and raced in the Midland Winter League 10km fixture where they clocked 58.36 and 65.09 respectively.

Sean Pender travelled to Guernsey for the **Sarnia club's 7 miles** on 25th November, finishing fourth in a time of 71.29. The winner was former EHAC second claim member Carl Thomson whose time of 54.57 broke the Guernsey M45 record held by Len Duquemin, who many will remember was part of the mainland walking scene in the sixties.

Without the Belgrave Open seven there was a three week gap in southern events until the second Cambridge Harriers 5km winter league races at Bexley on 1st December. Cameron Corbishley won in 23.51, Luc Legon was runner up in 26.03, a mere second in front of Steve Allen (*Bnt*). Arthur Thomson 28.57, Sean Pender 31.22 and Bernie Hercock 39.34 turned out for the club and also in the twenty-four strong field were *Leaguers* John Hall 28.00, Shaun Lightman 29.24, Mick Barnbrook 35.45 and Dave Ainsworth 40.39.

Francisco Reis 24.52 won the **SWC 5km Christmas race** at Monks Hill on 8th December. Twenty-four walkers took part and I'm told that the race for second place between under seventeens' Guy Thomas 26.00 and Luc Legon 26.06 was the feature of the race. EHAC's only competitor was Bernie Hercock 40.09, but Sean Pender was also at the event in his capacity as a judge. A number of Leaguer's took part among them; Steve Uttley 26.15, David Crane 26.25, Steve Allen (*Bt*) 27.03, Shaun Lightman 29.17, Dave Hoben 34.46, Mick Barnbrook 40.09 and Dave Ainsworth 41.10

A couple of dozen walkers took advantage of a break in the freezing weather to contest Steyning's **Alf Palmer Memorial 5km** at Horsham on 15th December. Fifteen year old Cameron Corbishley 23.31 lapped the field finishing in front of Jim Ball 24.30 and two other fifteen year olds; Heather Butcher and Luc Legon who both clocked 26.16. Club colours were carried by Arthur Thomson 29.54. *Leaguers* Callum Wilkinson (also fifteen) 28.43, Shaun Lightman 29.09, Michael Harran 31.10 and Dave Hoben 34.37 were also in action.

Lea Valley 1945 – Lee Valley 2012

The League's elder statesman Ken Livermore c386 celebrated his promotion to the M80 category on 12th December. Most of the people reading this will associate Ken with race walking, but the list below of events that he can remember taking part in clearly demonstrates that he enjoyed all manner of athletic disciplines.

1945 His first race outside school was a 2 mile run on the road, starting at Eldon Road School which is about half a mile west of LVAC. The course was down to Pickett's Lock and back to school. It was Lea Valley in those days.

1950's Competed in the Leyton to Southend and London Brighton road relays.

1966 Qualified as *Centurion 386* in one of the famous Leicester to Skegness races.

1984 Competed in the National Cross-Country, RWA 10 mile and British Orienteering Championships, all within March of that year.

1985, 87, 88 and 1990, Mountain Marathons in the Lake District at Lang Dale, Snowdonia at Ffestiniog, The Cheviots and in Scotland at Gel Lyon.

2006 Athens Marathon, starting at the town of Marathon and finishing in the 1896 Olympic Stadium. He was accompanied every step of the way by Paul Ray, who also celebrated his eightieth birthday this year.

2012 Sixty-seven years later Ken is still competing on the roads in the same area that he did in 1945, but now it is Lee Valley.

2013 Ken's ambition is not to finish last in his next race.

2013 League Diary Dates

19 th January	1.00pm	5 miles 1/2/3 miles	Opening Race and 2012 Presentations at QEII Stadium Donkey Lane, Beginners and Juniors Enfield, EN1 3PL
23rd February	1.00pm	10km 1/2/3 miles	League Race Two at QEII Stadium Donkey Lane Enfield, EN1 3P Beginners and Juniors
16 th March	1.00pm	21km 2/3/5/10km	English Race Walking Half Marathon at Hillingdon Cycle Circuit, Beginners, Juniors, Seniors Minet Park, UB4 0LP
13 th April	tbc	5 miles 1/3 miles	Pat Furey Open League Race 3 at Lee Valley Athletic Centre, N9 0AS Beginners and Juniors

Other dates will be published when details are finalised, but in the meantime here are two special fixtures you may wish to note.

1 st June	1.00pm	5 miles	Moulton Open
9 th November	1.00pm	5 miles	87th Enfield Open Seven

Other Fixtures

5 th January	2.00pm	10km	Surrey WC and SRWA championships at Monks Hill. Entries for the Surrey race will be taken on the day, however championship entries must be in with the £7 fee no later than 2 nd January. <i>See below</i>
12 th January	2.00pm	15km	Steyping AC enter on the day. Ron Penfold 01293 520 506

SRWA Initiative The Southern 10km Championships to be held in conjunction with Surrey Walking Club's fixture at Monks Hill on 5th January is to incorporate International and Domestic codes within the race. The rules for the championship are

Rules of Competiton for SRWA Men's & Women's Championship 2013

In 2013 the Race Walking Association – Southern Area (SRWA) Men's & Women's 10km Championship will held as a combined 'A' and 'B' category race.

Entering Competitors will have to indicate on the entry form which category they wish to enter the race under. Once this choice has been made it cannot be changed after the closing date for entries.

Judging The Race Walking Judges will judge all competitors in accordance with 'A' category judging rules (*i.e. contact & bent knee*). The Chief Judge will ignore all red cards issued for bent knee against competitors entered in the 'B' section of the race, although they will be displayed on a DQ board.

(Note: 'A' category walkers will be issued numbers with two digits; 'B' category walkers will have three digit numbers)

Two disqualification boards will be used, one for 'A' category competitors and one for 'B' category competitors.

A competitor who is disqualified in the 'A' category race will leave the race and cannot opt to drop down to being a 'B' category competitor and continue the race. *(Note: Clearly would not apply to a competitor receiving 3 red cards for loss of contact).*

Individual Medals Only competitors who elect to race under 'A' category rules will be eligible for individual championship medals.

Team Competition Teams can include one 'B' category competitor providing that they would not have been disqualified under 'A' category rules.

Entries close on 2nd January, cost £7 and forms can be obtained from Noel Carmody, 41 Herbert Road, Bexleyheath, Kent, DA7 4QF.

London Indoor Games 3km

The entries for this meeting close on 21st January, but if you wish to be sure of an entry in the 3km walk you should enter as soon as possible, because so popular was this event last year two races were required.

If you are on the internet you can download an entry form by going to the Lee Valley Athletic Centre website and clicking onto the What's On link

Centurions 1911 AGM

I know that all *Centurions* will have been notified about this, but a reminder never harmed anyone. The meeting will take place at the Union Jack Club, near Waterloo Station at 1pm on Saturday 26th January.

Angie Alstrachen In mid-November, after finishing a Ryston Runners cross race in a very distressed state, Angie was hospitalised for over a week. I spoke with her recently and she told me that she was much better and doing some easy walking. She has been diagnosed with two faulty heart valves and is awaiting an operation date. She sends her best wishes to everyone and I'm sure all will wish her a successful operation and a full recovery.

2012 Final League Tables

1. 838 Fransisco Reis	26. 425 Ron Powell	51. 237 David Delaney
2. 815 Steve Uttley	27. 415 Dave Ainsworth ©	52. 229 Glyn Jones
3. 718 Fabian Deuter	28. 401 Peter Howard	L11. 225 Anne Pickard
4. 718 John Ralph	29. 399 Jim Ball	54. 223 Tony Cotton
5. 717 Arthur Thomson	30. 381 John Hall	55. 222 Graham Chapman
6. 704 Alan O'Rawe ©	L5. 379 Maureen Noel	L12. 217 Noel Blatchford
L1. 695 Helen Middleton	32. 377 Callum Wilkinson	L13. 216 Fiona Bishop
8. 683 Sean Pender ©	33. 376 Mark Culshaw	58. 215 Ron Penfold
9. 668 Ken Bobbett	34. 375 Dave Hoben	59. 211 David Kates ©
10. 663 Amos Seddon	35. 364 Russell Vroobel	L14. 204 Diane Bradley
11. 650 Andrew Cox	L6. 352 Anne Belchambers	61. 200 Dominic King ©
12. 613 Michael Harran	L7. 345 Cath Duhig ©	62. 197 Daniel King ©
L2. 596 Sue Barnett	38. 340 Stuart Halsall	63. 192 Philip Goodwin
14. 561 Jon May	39. 336 Stephen Crane	64. 169 P.Cassidy
15. 517 Peter Ryan ©	40. 333 Paul King	65. 167 Dave Stevens
16. 507 David Crane	41. 325 Trevor Jones	66. 156 Terry Braverman
17. 504 Steve Allen (<i>Barnet</i>)	42. 308 Martin Fisher ©	67. 155 Tony Wilkinson
18. 498 Bernie HercocK	L8. 305 Norma Grimsey	68. 154 Ken Livermore ©
19. 486 Shaun Lightman	44. 281 Abdi Berleen	69. 150 Gary Smith ©
20. 481 Steve Allen (<i>Barnet</i>)	45. 274 Chris Flint ©	L15. 145 Sue Beardsmore ©
21. 466 Peter Crane	L9. 270 Neringe Aidietyte	71. 142 Ted Holmquist
22. 456 Mick Barnbrook ©	47. 261 Chris Hobbs	72. 142 Peter Hannell
L3. 431 Jo Miles	48. 254 Bill Sutherland ©	73. Steve Kemp ©
24. 430 Alan Ellam	49. 248 Stuart Bennett ©	74. 138 Phil Barnard
L4. 429 Diana Braverman	L10. 243 Linda Spinks	75. 137 Jonathon Hobbs

L16.137 Sue Clements ©, 77. 134 Steve Whelan, L17. 132 Grazina Narveliене, 79. 123 Paul Ray, L18. Geraldine Legon, 81. 119 Dan Maskell, 82. 118 John Constandinou, 83. 118 Mark Byrne ©, L19. 117 Rebecca Crossan, L20. 114 Sabina Brown, 86. 112 Oliver Browne ©, 87. 111 Mick Graham, 88. 110 Les Scrivens, 89. 107 John Borgars, L21. 102 Marion Fawkes.

Also scoring in the *League* were: Angie Alstrachen, Phil Nutley, John Taylor, Val Nutley, John Pratt, Paul Nihill, Judith McDonald, Sue Smith, Eric Horwill ©, Alex Allen, Anne Scriven, Debra Pratt, Yvonne Slater, Hazel Hare, Dorothy Blowes, Alex Wilkinson, Paul Firmage, Luc Legon, Angela Martin, Ian Richards ©, Nick Silvester, Heather Butcher, Kath Crilley ©, Indigo Burgin, Rod Dunn, Roz Mckenzie, Luis Plasencia, Iain Thomson, Dick Deakin, Gillian Tabi, Joyce Crawford, Seamus Kerr, Ross Bennett, Brendan Fluery, Brian Sturt, Katarina Johnson, Alan Flavell, Vilius Mikeleonis, Jane Angell, Eddie Trotter and Ramesh Rishikeshan.

Team

1. Enfield & HAC	4072	718 Ralph, 717 Thomson, 695 Middleton, 683 Pender, 663 Seddon, 596 Barnett
2. Ilford AC	3811	838 Reis, 815 Uttley, 704 O'Rawe, 717 Ryan, 481 Allen, 456 367 Barnbrook
3. Hillingdon AC	2981	783 Deuter, 668 Bobbett, 650 Cox, 431 Miles, 364 Vroobel, 85 McDonald
4. Surrey WC.	2883	613 Harran, 607 CraneD, 486 Lightman, 466 CraneP, 375 Hoben, 336 CraneS
5. Enfield & HAC B	2744	561 May, 498 HercocK, 430 Ellam, 429 BravermanD, 425 Powell, 401 Howard
6. Belgrave H	1700	381 Hall, 379 Noel, 376 Culshaw, 333 King, 117 Crossan, 114 Brown
7. Ilford AC'B'	1536	415 Ainsworth, 281 Birleen, 270 Aidietyte, 248 Bennett, 211 Kates, 138 Barnard
8. Steyning AC	1526	399 Ball, 352 Belchambers, 525 Jones, 215 Penfold, 167 Stevens, 68 Richards
9. Enfield & HAC C	1346	340 Halsall, 303 Grimsey, 243 Spinks, 156 BravermanT, 154 Livermore, 150 Smith
10. Moulton	839	377 WilkinsonC, 155 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

WC B, 12. Loughton AC, 13. Redcar RWC, 14. Barnet & Dist, 15. Ryston R, 16. Headington, 17. Abingdon, 18. Ashford AC, 19. Colchester AC, 20. Ilford C, 21 Aldershot F & D, 22. Enfield D, other clubs registering points were: Coventry Godiva, Huntingdon, Highgate H., Bexley AC, LDWA, Woodbridge, Chiltern H, EVAC, Ealing AC, Vets AC, Birchfield H, Worcester H, Cambridge H, Stourbridge, Paddock Wood, SCVAC, Red Lodge R, London Irish, Radley AC.