

Enfield Walker 2012

(Newsheet of the Walking Section of Enfield & Haringey AC)

September



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who apologises for any errors and who welcomes contributions and comments for future issues

UKA/RWA National 10km

Club members collected silver and bronze medals in the UKA/RWA national and CAU inter-counties 10km championships held at the Hillingdon Cycle track on Sunday 2nd September. There were twenty women among the forty-one starters and for the first time in many years it was a championship course containing no U-turns.

In overcast, warm conditions international Alex Wright 44.06 and Olympian Jo Jackson 46.52 collected the individual titles and seemed untroubled by the undulating nature of the course. Ilford AC continued its sequence of men's national team victories, but the ladies of Leicester RWC prevented EHAC from retaining the women's trophy by eight points.

Under the Lugano scoring system Arthur Thomson in fifth with 55.49 and John Ralph in eighth with a pb of 57.54 collected enough points to secure the third place team medals.

In the women's race, Helen Middleton 59.06 seventh, Sue Barnett 66.58 fifteenth and Angie Alstrachen 68.32 sixteenth were the club's silver medal team scorers. Linda Spinks 69.29 was only a place behind Angie and the two of them along with Joyce Crawford 69.44 collected silver team medals for Suffolk in the inter-counties.

The *League's* leading four clubs, although in a slightly different order, occupied the top four positions in the team race. Ilford AC (Carlo Alberto de Sasa 47.41 second, Steve Uttley 52.58 fourth and Steve Allen 58.58 ninth), Surrey WC (David Crane 56.18 seventh, Peter Hannell 61.43 tenth and Michael Harran 63.22 fourteenth), EHAC and Hillingdon AC (Ken Bobbett 62.47 twelfth and Russell Vroobel)

Unfortunately Hillingdon couldn't capitalise on Fabian Deuter's 50.19 in third place because he was a few weeks short of fulfilling his registration period with his club, but he was allowed to take the UKA individual bronze medal. Cath Duhig 60.24 tenth, Alan O'Rawe 63.31 fourteenth and Steven Crane 64.01 sixteenth were other *Leaguer's* who took part.

Remaining 2012 League Fixtures

A slight manoeuvring of the fixture list and the availability of the Dacorum Athletic Track at Hemel Hempstead has enabled the 29th September fixture to go ahead. The One Hour Badge race will now take place on the 29th September instead of 13th October. So, the final three fixtures of the 2012 series are:

29th September at 1pm

One Hour Badge Race Dacorum track, Jarman Lane, Hemel Hempstead, HP2 4JS. The track is some distance from the Railway station, so allow plenty of time.

5, 6 and 7 mile badges for walkers achieving this for the first time

13th October at 1pm

5 mile Yacht Handicap Lee Valley Athletic Stadium, N9 0AR - *Two circuits of two and a half miles*
It would be of great assistance if walkers who intend doing this race would enter in advance stating their best performance at or near this distance.

10th November at 1pm

86th Open Seven Lee Valley Athletic Stadium – *Three circuits of two and a third miles.*
bonus points

In keeping with *League* policy to encourage participation
Times will be recorded for walkers wishing to do a distance shorter than that listed
and all races are under club rules (ie. B category)

I'm grateful to Dave Ainsworth for his Friendship Walk report which appears on page 3

Correction: The reference to 'Strictly Come Dancing' in the last issue should have read Len Goodman not Len Cohen.

With the temperature above 30c even a distance like 3km was a severe test and it says much about Enfield *Leaguers* that after a short rest half the field signed up for a thirty-minute parlauf.

In this season of fixture clashes, the absence of the men currently topping the *League* table who were competing in the European Masters Games in Zittau, Germany meant a smaller field than normally expected, but nevertheless it was a good race.

John Ralph retained his EHAC 3km title and it was nice to see Nick Silvester and Stuart Bennett in action again and after working and living in the Middle East the latter was probably the least affected by the conditions.

Men

1. David Crane	(Surrey WC)	16.08	SM
2. Nick Silvester	(Aldershot FD)	16.28	M55
3. John Ralph	(Enfield HAC)	16.40	M55
4. Arthur Thomson	(Enfield HAC)	17.11	M75
5. Stuart Bennet ©	(Ilford AC)	17.28	M50
6. Andrew Cox	(Hillingdon AC)	17.45	M55
7. Amos Seddon	(Enfield HAC)	17.53	M70
8. Ken Bobbett	(Hillingdon AC)	17.58	M65
9. Alan O'Rawe ©	(Ilford AC)	18.19	M55
10. Callum Wilkinson	(King Ed Sch SsEds)	18.20	U17
11. Sean Pender ©	(Enfield HAC)	18.34	M55
12. John Taylor	(Loughton AC)	18.39	M55
13. Michael Harran	(Surrey wC)	18.40	M70
14. Steve Kemp ©	(EVAC)	19.30	M50

*Ladies * = PB © = Centurion*

1. Helen Middleton	(Enfield HAC)	17.21	W45
2. Sue Barnett	(Enfield HAC)	19.12	W60
3. Anne Lewis	(Aldershot FD)	21.31	W60
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15. Jon May	(Enfield HAC)	19.32	M60
16. Ron Powell	(Enfield HAC)	20.19	M75
17. David Hoben	(Surrey WC)	20.47	M55
18. Mick Barnbrook ©	(Ilford AC)	21.02	W65
19. Peter Howard	(Enfield HAC)	21.22	M65
20. Bill Sutherland ©	(Highgate H)	21.31	M
21. Dick Deacon	(SVAC)	23.30	M70
22. Bernie Hercock	(Enfield HAC)	24.14	M75
23. Ken Livermore ©	(Enfield HAC)	24.19	M75

Judges: Peter Cassidy, Mick Graham, Ray Pearce, Pauline Wilson

Recorders: Pam Ficken, Tony Perkins, Jim Rooke, Ron Wallwork

Registrations: Margaret Livermore, Joan Wallwork

League Positions after Nine Races Thirty-two clubs are now represented among the 117 walkers who have taken part in this year's *League*. Thirty-two women and eighty-five men have registered 335 performances.

Ladies

1. 695/9	Helen Middleton
2. 450/7	Sue Barnett
3. 396/5	Diana Braverman
4. 345/4	Cath Duhig ©
5. 332/5	Jo Miles
6. 275/4	Norma Grimsey
7. 270/3	Neringe Aidietyte
8. 220/3	Maureen Noel
9. 216/2	Fiona Bishop
10. 207/3	Anne Belchambers

Men

1. 681/8	Steve Uttley	11. 463/8	Jon May
2. 615/7	Fransisco Reis	12. 438/9	Bernie Hercock
3. 587/8	John Ralph	13. 430/6	Alan Ellam
4. 577/9	Amos Seddon	14. 425/7	Ron Powell
5. 574/8	Sean Pender ©	15. 418/ 6	Michael Harran
6. 551/7	Alan O'Rawe ©	16. 387/6	Peter Ryan ©
7. 537/7	Arthur Thomson	17. 385/5	David Crane
8. 535/8	Ken Bobbett	18. 361/4	Steve Allen (I)
9. 524/6	Fabian Deuter	19. 355/7	Peter Howard
10. 519/8	Andrew Cox	20. 342/6	Mick Barnbrook

Team

1. Enfield & HAC	3433	695 Middleton, 587 Ralph, 577 Seddon, 574 Pender, 537 Thomson. 463May
2. Ilford AC	2937	681 Uttley, 615 Reis, 551 O'Rawe, 387 Ryan, 361 Allen, 342 Barnbrook
3. Enfield & HAC B	2494	450 Barnet, 438 Hercock, 430 Ellam, 425 Powell, 396 Braverman, 355 Howard
4. Hillingdon AC	2182	355 Bobbett, 324 Deuter, 519 Cox., 332 Miles, 187 Vroobel, 85 McDonald
5. Surrey WC	1910	418 Harran, 385 CraneD, 312 Lightman, 290 CraneP, 285 CraneS, 220 Hoben
6. Ilford AC'B'	1264	279 Ainsworth, 270 Aidietyte, 211 Kates, 214 Birleen, 152 Bennett, 138 Barnard
7. Enfield & HAC C	1120	257 Grimsey, 227 Halsall, 204 Spinks, 150 Smith, 139 Livermore, 125 Braverman
8. Belgrave H	1008	252 Hall, 220 Noel, 214 King, 211 Culshaw, 111 Graham
9. Steyning AC	685	204 Ball, 207 Belchambers, 133 Jones, 58 Richards, 47 Penfold, 36 Stevens
10. Moulton	664	258 WilkinsonC, 99 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

SOCIETY OF FRIENDS by Dave Ainsworth

The second Tuesday of London's 2012 Olympics saw action switch from Stratford-to-Donkey Lane in the Greater London Borough of Enfield. So successful was this promotion you have to go back a long way for any occasions on the UK mainland when over 100 walkers took part in a meeting. Think of all that cash coming in via our RWA Levy! An Olympic spirit saw officials in their Uniforms (Pauline Wilson & Peter Cassidy...the latter in a natty trilby hat) plus 1980 50K Olympian Ian Richards with his Official Torch and a queue to be photographed holding it. So many had been nominated for their "FIFTEEN MINUTES OF FLAME" that Ian's selection merits congratulation.



Her Worshipful The Mayor of Enfield, Councillor Kate Anolue, was our official starter...before joining in to become a competitor! The good lady originally hailed from Nigeria and represents Upper Edmonton Ward...she has qualifications in Law and Midwifery, so has plenty going on when not wearing her Chain. Organiser Ron Wallwork does things properly; and a letter of thanks was in The Mayor's Parlour soon afterwards. The Mayor...and every walker/official/helper received a quality medal as a memento of a great day. It was a day when many took a day's holiday to appear, or "threw a sickie".

In keeping with Enfield League ethos there was "something for everybody" as the curtain-raiser was track race for visually impaired competitors, most of whom were visitors from abroad. Then on offer there was an allcomers 3 Miles/5 Miles walks. We had an extra event...as Brazilians arrived too late to compete, so Ron accommodated them by staging a hastily arranged extra track race - and thanks are due to those going on a second time to give the latecomers some competition, so everybody got a piece of the action!

A team of hard working volunteers toiled to offer refreshments for all...and with each entry came a "refreshment ticket" offering a complimentary visit to the food/drinks table. And those wishing to raise a glass or two...the newly opened upstairs bar was at our disposal. Afterwards some attenders enjoyed a meal at the "Halfway House" - that large Carvery at the other end of Donkey Lane.

And what about Tim Erickson and his good lady? The Secretary of the Australian Centurions caught a Liverpool Street-to-Enfield Town train and, unknown to him, the Secretary of the British Centurions (Chris Flint) was two rows away in the same carriage. Chris used his mobile to arrange details for our UK 100 Miles event in Colchester...and was overheard by Tim who correctly presumed Chris was a big player on the ultra-distance scene. Tim approached the mobile phone user and introduced himself. On arrival at Enfield Mark Wall alighted from the same carriage, whereupon Chris took the lead - for he knew where Donkey Lane was and saw that all arrived in good time. Indeed with Tim and Mark appearing, Sue Clements made it a trio of Australian Centurions racing! Tim proved to be a highly popular visitor and so many wanted to chat with him...and he gave a good account of himself when action commenced. It was "traditional big time" here, as we started/finished with a lap of the track, the lion's share of the distances being covered in King George's Playing Fields. There were youngsters from Bristol Air Training Corps...and some were really good...so perhaps they could be encouraged with a view to re-igniting interest in that City?



Our top performers provided a flavour of the day. The Men's 5 Miles saw a frame filled by Portugal (Francisco Reis), Guernsey (Carl Thompson) and then Olympian Ian Richards. The ladies 5 Miles saw Gemma Bridge (Birmingham University), local star Helen Middleton and New Zealander Alana Barber in those top places.

The 3 Miles races were good for Essex residents as John Taylor from Loughton and Chelsea O'Rawe-Hobbs from Canvey Island were winners. An impaired vision 1 mile saw Dominic Stulier of Germany win, while the Supplementary Track Mile saw stalwart Steve Allen (Barnet version) lead home Sara Rodrigues (Brazil) and John Constandinou who represented Cyprus.

Full results have been widely circulated and are freely available in publications. This meeting summed up why Enfield League events are now the big game in town...and in the opinion of many - the only game in town! Our profound thanks go to all who supported this initiative by racing and to the many who organised/helped/officiated in any way. Now for Rio where perhaps their Organising Committee might sign up Ron and Joan to lay on the main supporting event!

Results Round-up

The results of the second and third **Woodford Tuesday 3km races**: On 17th July Fransisco Reis 13.54, led home the two Steve Allens 15.55(I), 16.17(B), whilst the club's only representative Sean Pender clocked 19.22. There were eight starters.

Surprisingly, the turn out for the race on 21st August was better. Surprising, because of a clash with a VAC event and the European Vets championships in Germany at which WTW regulars were attending. Thanks to an SOS from *Essex Walker* ten walkers were in action. The London Olympics inspired next generation, in the form of lots of youngsters turning up to compete in the sprints caused mayhem in terms of the evening's timetable and the walk finally got underway at 21.30 an hour later than scheduled. Stuart Bennett 16.56 was an easy winner and Sean Pender 18.47 was second. EHAC's other walkers answering the distress call were Ken Livermore 23.06 and Ron Wallwork who was disqualified.

Meanwhile, another three Club walkers were amongst the eight in competition at Battersea Park in the **VAC five miles**. Arthur Thomson 46.43 was third, Ron Powell 55.47 sixth and Bernie Hercock 66.27 eight. The winner in 43.51 was Shaun Lightman and Ilford's Steve Allen 45.54 was second.

Among British successes at the **European Veterans Track and Field championships** in Zittau, Germany was 20km gold for M50 Fransisco Reis 1.46.47 and M70 Ed Shillabeer 2.09.57, whilst M60 John Hall 1.58.29 collected a silver. Other walkers competing there were M55 Steve Uttley 1.55.46, M55 Steve Allen 2.00.57, M60 David Kates 2.09.35. Full results can be gleaned from the EVAC website.

Four walkers joined the runners in the **Coventry Godiva Autumnal 5 miles** staged in the Coventry War Memorial Park on 22nd August. Sean Pender 50.55 was amongst them as was the RWA's hard working Chairman Glyn Jones who finished ahead of him in 55.32.

Move forward three days to 25th August and Sean Pender 31.25 is in action again winning the **5km walk in the final LICC** fixture for 2012. Young Callum Wilkinson 32.12 and Russell Vroobel 33.20 occupied the minor placings. Tony Cotton 34.22, Dave Hoben 34.24, Tony Wilkinson 37.57 and Bernie Hercock 40.02 were the other competitors.

On the same day at Bedford in the **UKA and Inter-counties 3km** track championships Helen Middleton finished eighth in 17.08 in a race won by Jo Jackson in 12.57. Alex Wright 11.49 was the men's winner. There was a plea for walkers to support this event with the risk of it's demise if they didn't. However, there are entry standards for this event which are; men 14.10 and women 14.45. The result suggests that in the men's event they selected on that policy; four of the five entries meeting or bettering the standard. It would appear that in the women's they didn't, because eight of the eleven ladies taking part were nowhere near the standard.

The inaugural One mile walk in the annual **Southend on Sea Bank Holiday** track meeting was so successful that it will be included again in 2013. Chris Cattano 7.58 won by four seconds from Barnet's Steve Allen. Amos Seddon 9.19 (fourth) and Sean Pender 9.36 (sixth) along with *Leaguer's* Shaun Lightman 8.54, Alan O'Rawe 9.30, Dave Hoben 10.52, Dave Ainsworth 11.31, Bill Sutherland 11.49 and Steve Kemp 13.55 also took part. Val Mountford 12.32 and young Laura Kemp 13.55 were the ladies in the race.

The **Guernsey Churches 19.4 mile Walk** on 2nd September was won by Manxman Michael George in 2.51.02 and Fiona Bishop was the first woman home in 3.39.51. Sean Pender was ninth in 3.36.33. Mainland walkers on the island for the Churches walk also took part in a **3km road walk** on the Friday prior to the event. The race was won by local Stuart Le Noury in 19.40 and amongst the sixteen strong field was Sean Pender 18.23.

Sean Pender 18.51 was fourth in the **final Woodford Tuesday 3km**. Barnet's Steve Allen 15.25 was the winner and by doing so he edged ahead of Sean to win the four race series. Abdi Birleen 17.08 was second on the night and shared the overall second spot with Sean. Twenty-one walkers took part in the series in which Ilford AC were the winners from Loughton AC and EHAC.

News from Ken Ballam Thanks very much for sending copies of the Enfield Walker. Both John Short and myself read it from cover to cover!!!

Although we do not visit you all in London we are still very active and on average go training 4 days a week We also walk a lot of the local road runs and turn up on Saturdays for the Run in the Park at Poole.

Please give our regards to all in EHAC and the *League*, who knows we may even appear on the start line one day.

Regards - Ken Ballam

October Fixture Surrey WC **Gazette 4 miles** at Monks Hill. Enter on the day at Monks Hill Sports Centre
6th Saturday Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram
2 pm 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