

The Enfield Walker 2013

(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



February

Beaten By the Weather

For the first time (to my knowledge) the weather prevented the staging of an *Enfield League Race*. The nearest thing to a cancellation I can remember was some years ago at Donkey Lane, when it was so cold that a start line poll voted in favour of reducing the distance from six to five miles.

So now the first race of 2013 will be on

23rd February - QEII Stadium, Donkey Lane, EN1 3PL

Starting at 1pm

You can choose your distance **1, 2, 3, 4 or Five Miles**

Olympic Year Presentations after the race - Domestic Rule - Enter on the Day



Southern 10km Champions

Individual:

Helen Middleton & Dominic King

Women's team: Belgrave:

Maureen Noel (front)

Rebecca Crossans, & Tabitha Gillan

Men's team: Steyning AC

Ian Richards, Richard Emsley &

Ron Penfold (No picture available)

Full result on RaceWalk UK website



Olympic Legacy Coaching & Training Project

To date two sessions have been staged, thankfully protected from the weather by the excellent LVAC indoor facilities. The sessions which last about two and a half to three hours have been reasonably well supported and a number of attendees have set pb's in the last couple of weeks. No claims are made by the project organiser as to these achievements, but they are to be congratulated for their willingness to learn and practice good technique.

At least one session a month and two when possible is the aim so, that the skills learned can be reinforced and training at speed with good technique progressed.

The sessions continue on **2nd March - 23rd March - 6th April - 20th April**

They are morning sessions and advance booking by the Wednesday before is necessary for two reasons: The start times vary between 9 and 9.30am depending on track availability and if there is a reason to cancel people can be notified.

The cost is £8 per session and the ERWL is grateful to the SRWA for their help subsidising the project. There is no charge for coaches, judges or would-be coaches and judges who are more than welcome to be involved with the scheme.

For more details or to book your place contact me on 01638 751 869 or randjwallwork@btinternet.com

English Half Marathon

Advance Notice that the English Half Marathon walk at Hillingdon on 16th March which starts at 1pm will facilitate times for shorter distances. In addition if there are any walkers training for events like the London Marathon, European Masters 30km or the MoonWalk marathon it may be possible to keep the clock going, enabling them to get in some distance work.

Harvey Jaquest RIP

Harvey Jaquest died in hospital on Thursday 31st January. He had been unwell for some time and recently suffered a heart attack which caused him to be hospitalised a few days before Christmas. Following a short recovery he was briefly allowed home but then further complications to his health took a final toll.

He was a Vice President and Life Member of Watford Harriers and served the club as competitor and coach and he was also President of Watford Joggers. Harvey was noted for his outstanding organisational skills which included running a feeding station at every London marathon up to last year, an achievement that gave him much satisfaction.

Harvey was a better than average runner and took up race walking late in his career. His enthusiasm was infectious; both Ron Powell and John O'Connor have told me that he was responsible for them taking up the discipline.

He will be sadly missed. Condolences to his his wife Audrey and family

Fight to Retain the CG Walks

Since December there has been tremendous activity by the race walking fraternity, to get the walks reinstated in next year's Glasgow Commonwealth Games. As I understand it, the walks were included in the schedule of events submitted when applying for the Games and the decision to drop the event has been made since. Sadly, over two hundred letters and numerous conversations later, the following letter was sent out by Peter Marlow in early February.

Dear Friends, Extract from letter received from Commonwealth Games:

"Since our discussion I have investigated this matter further but have concluded that the impact on scheduling and participant scope (particularly related to the addition of athletes, team officials and technical officials) does not adhere to the principles established by the board."

Best wishes, Peter

Nevertheless, the struggle continues; two top GB walkers from the 70's continue to lobby for support and the IAAF have offered to cover travel expenses of the walk judges and technical officials.

Centurion News from Chris Flint At the AGM on Saturday a new President was elected. It is Ann Sayer who completed the Bristol 100 in 1977 to become C.599 and our first lady Centurion. Ann has many achievements to her credit, on and off the road. She still holds the record for walking from Land's End to John O'Groats, and she is a past President of the Long Distance Walkers' Association [for off-road walking] in the UK. Ann has been an inspiration to many walkers, and many lady Centurions since her pioneering 100 have walked in her footsteps. We all congratulate Ann on her election.

I am very pleased at the response from Centurions wishing to be involved in the election process and this method may well be a template for future elections. Our email database is expanding and is an effective means of communication.

At the AGM other posts were filled as follows:

Captain: Sandra Brown C.735 re-elected

Hon. Treasurer: Richard Brown C.760

Merchandise Officer: Chris Flint C.849

Archivist: Sue Clements C.959

The AGM was attended by 26 Centurions and important business was transacted, and some changes made in positions held on the Committee. It was also an opportunity for Centurions to give their personal reflections on those Centurions who have died this past year. Overall, we had a useful meeting, and it was a pleasure to see amongst others John Erington C.693, Jack Thomas C.606, Norman Smith C.976, Bob Dobson C.786, George Beecham C.716, the Rev'd David Watson C.881 all of whom had travelled long distances. Some Centurions were forced to abandon their journeys due to poor weather. Afterwards 11 of us enjoyed a dinner at the Union Jack club before dispersing around 8 pm.

Best wishes, Chris Flint C.849

The annual Met Police Dinner & Re-union is being held at New Scotland Yard on 6th March and tickets are still available from Haley Mattinson at madbird@20gmail.com

Spotlight on Cath Duhig

- In 1967 I fell and mashed up my left knee.
- Within two years I was in the throes of a battle with anorexia that went on, somewhat intermittently, until I was about 30 (1984).
- When I was 26 I took up Morris Dancing and was variously both Squire and Foreman of the Ring O'Belles Morris Federation side based in King's Lynn until it disbanded some 10 years later.
- When I was 30 I discovered that if I ran a bit I could eat a bit and still keep the weight under control, which was a breakthrough in the anorexia battle. I took up a challenge at work to do a half marathon and realised I was OK at running.



In early 1987 I got involved with Ryston Runners and met a Mr.Duhig, who coached me to some success through the following year, culminating in my first marathon at Harlow, where I clocked 3:06 and was the second woman to finish.

In the Barnsley 10km a couple of weeks after the marathon debut my knee collapsed. Surgery was carried out on it in March 1989. It seems the original injury from the mid 60's had been exacerbated by the pounding received from leaping about with the Morris (we had a reputation for being a very energetic and exuberant side!) and then compounded by the high mileage training I put in for the marathon. The surgeon wasn't very optimistic about my athletic future, expressing his view: "I don't think you'll ever run on that again." My reply was, "Damn, maybe I'll have to walk faster then."

Three days later Mr.Duhig took me to Basildon to watch a 50km race walk and casually said, "Do you think you could do that?" My response was, "Dunno. I could try."

I did try to run again and found I couldn't. So we looked into race walking, receiving huge encouragement and lots of advice from John Hedgethorpe, among others. I tried a few short events, notably the Woodford Wednesday Series, but Mr D had it in his mind that, as I always seemed to do better running longer distances, I'd probably find I did better at the longer walks too. He found a 10kms race for me to enter, around the perimeter of Alexander Stadium in Birmingham. It took place a few days after my 35th birthday, so I joined the vets and went along to see what it was all about. The top contender in the event was Gill Trower, so Pete said to try to stick as close to her as I could. This I did until, with a lap or two to go, she seemed to fade a bit and I found myself passing her and going on to win the race. The time was 55 -something (What I'd give to be able to repeat that sort of time now!!!) And my fate was sealed.

There followed some busy, successful and satisfying years. I think the best was probably 1992 when, amongst other things, I achieved 1:48:22 for 20km at Colchester.

We travelled to Budapest for the European Veterans (as they were known then) championships and I picked up 2 silver medals, and, the following year, to Canada for the World Masters in Toronto where I took gold in my age category. That was the year too, I think, when I completed two 50kms almost back to back two weekends apart, recording 5:23-something for both, the latter followed by a track 3000m PB of 15:07 a day later.

I mention the last fact only because it is probably evidence of some potential for endurance which came to the fore in 2003 when I qualified as *Centurion 896* at Newmarket in a time of 21.47.43. As a result of my success over the 100 miles distance I was selected twice to represent England in France, once at the 28 Heures de Roubaix and once at Bar Le Duc.

Results Round-up Twenty walkers were split into two races for the London Indoor Games 3km at LVAC on Sunday 27th January. Angela Martin 19.34 easily bettered her pb in winning the first race after overhauling long time race leader Russell Vroobel 19.44 on the penultimate lap. Geraldine Legon 20.42, Dave Ainsworth 22.16, David Sutcliffe 22.41, and newcomer Cheryl Sietoff 24.47 were the other official finishers. Disqualifications for stepping over the inside of lane one were issued upon completion of the race to Peter Cassidy and Bernie Hercock.

In the second race, Stuart Killmorgan did everything he could to stay with Neringe Aidietyte who was having her first race since her Olympic appearance on 11th August last year. Her time was 13.38 and Stuart's 13.45. For me, technician of the day was Fransisco Reis 14.23 in third place and he was

followed home by Jonathon Hobbs 14.41. EHAC's first man home was Callum Wilkinson 15.51.70 who just couldn't catch the national 50km champion Steve Allen 15.51.63. The other finishers were; John Hall 16.04, Sean Pender 16.45, Helen Middleton 17.22, Mark Culshaw 17.51, Maureen Noel 17.59 and Noel Blatchford 19.11.

Belgrave Harriers dominated the annual **London Walks Meeting** staged at Victoria Park on 3rd February, providing the men's individual winner and scoring a double team victory. Thirty men and twenty-two women competed in the feature races and another sixteen took part in races for under 15's. The men raced over 10km and the women 5km, although a number of the latter went on to get times for 10km.

Conditions were cold and blustery, but it didn't stop Alex Wright 41.24 and Neringe Aidietyte 23.25 from setting course records. In the men's race Dominic King 44.56 was the best of the rest, a minute faster than his 10km at Monks Hill in January and Jim Ball 52.47 was third. Backing Alex up to win the team event were John Hall 55.54 in sixth and Mark Culshaw 62.54 in twelfth.

Belgravian ladies Grazina Narviliene 25.33 the women's runner-up, Lauren Whelan 26.15/53.32 in third and Rebecca Crossan 30.27 ninth, easily won the women's team race. Cameron Corbishley 23.55 was a clear winner in the u17's 5km.

Sean Pender 65.57 and Bernie Hercock (dq'd within sight of the finish) were the club's representatives in the 10km whilst Callum Wilkinson 26.17 a pb, Helen Middleton 29.26 and Norma Grimsey 35.03 also a pb carried the *red and gold* in the 5km.

ERWL regulars at the meeting included Steve Uttley 54.49, David Crane 55.34 pb, Stuart Bennett 59.29, Steve Allen 60.22, Ken Bobbett 62.54, Michael Harran 64.56, Russell Vroobel 66.32, Dave Hoben 75.07, Mick Barnbrook 77.16 and Dave Ainsworth 83.02, along with Cath Duhig 31.41 and Anne Belchambers 32.13/64.35.

It was good to be indoors a week later for the **Essex and Eastern One mile** championships at LVAC. Fransisco Reis was untroubled winning in 7.17. The club provided three of the fifteen starters (pictured here after the race) Pamela Abbott 11.05, Callum Wilkinson 8.02 & Helen Middleton 9.00. Finishing second overall, Callum just held off Steve Uttley by a few hundredths of a second and Helen was the first woman. Steve Allen I(B) 8.19, Steve Kemp 9.42, Alan O'Rawe 9.58, Keith Palmer 10.09, Angela Martin 10.17, John Brock 10.27, Peter Cassidy 10.41, Dave Ainsworth 11.42 and Lauren Kemp 14.06 were the other finishers.



The third race in the **Cambridge Harriers Winter 5km** league was staged at Bexley on 9th February. Conditions were the best for weeks. Cameron Corbishley 23.01, Fransisco Reis 23.58, Ian Richards 24.30 with Lauren Whelan 25.18, Heather Butcher 26.46 and Sabina Brown 29.31 the leading three in their respective categories. No EHAC walkers took part, but *Leaguers* in action were Steve Allen 26.45, Mick Barnbrook 34.52 and Dave Ainsworth 39.29.

Forthcoming Fixtures

2nd March 2.00pm 5km Cambridge Harriers Winter League at Bexley. Details from: Noel Carmody on 020 8301 2334 or noel.carmody@btopenworld.com

The SRWA YAG Championships are being held in conjunction with this event and Entries will be taken on the day.

10th March 0.00pm 10m UKA/RWA National championships including YAG races
Details/Entries;
Peter Marlow 01284 754 177 or pmarlow@btinternet.com

10th March tbc 3km BMAF Indoor Championships at LVAC
Details from:
John Hall 02082 923 627 or Stroller49@gmail.com

16th March 1.00pm Various Enfield League at Hillingdon Cycle Circuit