

# 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

June



## England Call-up for a Busy Young Man

At Sutcliffe Park on 11<sup>th</sup> May in the Southern YAG GP under 17's 30 minute race Callum Wilkinson in the absence of Cameron Corbishley recorded an untroubled victory covering 6.222km ahead of Guy Thomas 6.051 and Luc Legon 5.819.

A week later in the Inter-Area match against the Midlands and the North at Tamworth, Callum won the u17 5km for the Southern team in 24.10 lapping the field in the process and a week later at Ipswich, set a Suffolk 3km Championship Best Performance of 13.43.

Callum's selection letter to represent England in the Small Nations match in Breda, Holland in the junior 10km on 16<sup>th</sup> June was the perfect way to mark his first year in race walking.

## Distance and ultra-distance deeds by EHAC Walkers

Sue Clements followed up her 51 miles 845 yards Twelve hour walk at Crawley on 27<sup>th</sup> April with a 116 miles five day walk from Norwich to Cambridge between 6<sup>th</sup> and 10<sup>th</sup> May. Her trek was to publicise Red Cross Awareness Week and raise funds in the process. Her route took her by the agency's posts and shops throughout the region. The picture shows her atop of Primrose Hill, Moulton nearing the end of her penultimate day.



As Sue was finishing her challenge Linda Spinks pictured left was on her way to London to take part in the MoonWalk Marathon with ten local ladies under the banner of 'The Moulton Lushes'. Although this huge event in support of Breast Cancer Charities is not a race, walkers from athletic backgrounds just can't help keeping an eye on their watches and she was pleased to record herself a little under six and a half hours, almost an hour faster than in 2012. Kathy Crilley who is often at *League* events also did the walk and did it eight minutes under six hours. Well done all of them and I'm pleased to report that The Moulton Lushes raised over £5000.

## Arthur Doubles Again in European Vets Non-Stadia

In Radvanice, Czech Republic, over three days 24<sup>th</sup>/26<sup>th</sup> May, the amazing seventy-seven year old Arthur Thomson with a 10km of 60.39 and 30km of 3.19.02 added another golden double to his already huge cache of international Veteran championships. *Leaguers* also did well at the championships and none more so that Cath Duhig (W55) who like Arthur won her two races, her times being 63.31 and 20km in 2.10.52. There were runner-up doubles for Francisco Reis (M50) 50.25/2.44.34, John Hall (M55) 54.43/3.08.00 and a bronze 10km for Steve Uttley (M55) 53.58. Other Brits to medal were: Ian Richards (M65) double gold 52.23/2.47.15, a 3.15.08 30km victory for Ed Shillabeer (M70), Maureen Noel(W45) a double runner-up with 61.13/2.04.24 and Eric Horwill (M80) a 78.31 10km runner-up.

The next three League Fixtures are **5km track** events held in conjunction with the London Inter-Club Challenge meetings on the following dates:

**29<sup>th</sup> June - 27<sup>th</sup> July - 24<sup>th</sup> August**

**All take place at The Allianz Stadium,  
(Formerly Copthall - map on Allianz Park website)**

**All start at 11.30am and include Young Age Group races at 1 and 3km**

The first *League* race to be held in conjunction with the Pednor Five proved to be a success and thanks are extended to Martyn Cartwright\* and his team and the Chesham 1879 Lawn Tennis and Squash club putting on such a wonderful event.

Forty-three walkers in warm late afternoon sunshine pitted themselves against a picturesque but demanding old fashioned course. Fabian Deuter prevented Fransisco Reis (who had raced earlier in the day at Stevenage) from making it four victories in a row and Fiona Bishop had a clear win in the ladies race.

The walk is followed by a five mile run thus creating *The Pednor Challenge*, the winner determined by the aggregate walk and run time. Two women and nine men took it on. David Crane 82.35 (44.30 + 38.05) and Fiona Bishop 99.55 (54.23 + 45.30) were the winners. Steve Allen winner in 2012 was second with 88.48 (46.31 + 42.17)

\*It was a reunion of sorts for Martyn and me, because he reminded me that we had raced each other at Wembley Park in the 1959 RWA national Junior 5 miles. In those days he was Trowbridge and I was Lancashire WC and extra credit to him for he not only organised the race but completed it too!

Men	© = Centurion - *=pb	Women	
1. Fabian Deuter (Hillingdon AC)	40.58 SM	1. Fiona Bishop (Woking)	54.23 w50
2. Fransisco Reis (Ilford AC)	42.13 M50	2. Jo Miles (Hillingdon AC)	56.39 w55
3. Steve Uttley (Ilford AC)	44.08 M55	3. Norma Grimsey (Enfield HAC)	59.40 w55
4. David Crane (Surrey WC)	44.30 M35	4. Anna Allen (unattached)	63.26 w55
5. Peter Ryan © (Ilford AC)	44.34 M55	5. Elspeth Attwood (unattached)	65.37 w55
6. Steve Allen (Barnet & D AC)	46.31 M55	6. Jenney Middleton (Hillingdon AC)	66.34 w
7. John Ralph (Enfield HAC)	47.50 M55	7. Julia McKenzie (Hillingdon AC)	66.41 w40
8. Stuart Bennett © (Ilford AC)	48.53 M50	8. Sandra Whittaker (unattached)	80.41 w40
9. Arthur Thomson (Enfield HAC)	49.06 M75	10. Fiona Bishop	
10. John Constandinou (Birchfield H)	49.34 M40		
11. Andrew Cox (Hillingdon AC)	49.36 M60		
12. Ken Bobbett (Hillingdon AC)	49.48 M65	23. Ron Powell (Enfield HAC)	58.12 M75
13. Chris Flint © (Surrey WC)	52.12 M65	24. Andy Lawrence (Headington RR)	58.39 M
14. Dan Maskell (Vets AC)	52.35 M65	25. Terry Morris (Nuneaton H)	60.01 M65
15. Sean Pender © (Enfield HAC)	53.15 M55	26. Martyn Cartwright (Chiltern HAC)	62.02 M70
16. Alan Roberts (Vale of Aylesbury)	53.54 M45	27. Mike Morgan (Burnham Joggers)	66.16 M70
17. Peter Taylor (Chiltern HAC)	54.58 M45	28. Paul Richardson (unattached)	66.31 M50
18. Les Scrivens (Worcester AC)	55.29 M65	29. Richard McKenzie (Hillingdon AC)	66.41 M
19. Russell Vroobel (Hillingdon AC)	55.41 M50	30. Dave Ainsworth © (Ilford AC)	67.10 M60
20. Ted Holmquist (Chiltern HAC)	55.51 M70	31. Bill Sutherland © (Highgate H)	67.29 M65
21. James Gamble (Chiltern HAC)	56.05 M50	32. Bernie Hercock (Enfield HAC)	68.53 M75
22. Trevor Brawn (Chiltern HAC)	57.14 M60	33. Grant Whittaker (Chiltern HAC)	80.39 M50

Referee: Tony Watts (President Chiltern H C)

Judges: Peter Cassidy, Pauline Wilson, Ron Wallwork

First Aid: Paul Mitterhuber Drinks: Helen Cave

Timekeeper: Eddie Gutteridge

Recorder: Howard Cave

Marshalls: Friends of Chiltern Harriers

Fransisco Reis, (pictured leading from the start) winner in 2010/11 and 12 recorded his fastest time on this course to register his fourth consecutive victory. Competing in the event for the first time Mark Williams was a clear second and Steve Uttley third. Cath Duhig, who collected two gold's at the recent European Non-Stadia championships in the Czech Republic, had plenty to spare in winning the ladies race for the first time. The young Moultonian Callum Wilkinson was 'under the weather, and his expected challenge to become the first Moulton villager to win the event didn't materialize.



Paul Nihill the 1964 Olympic 50kml silver medalist bettered the hour and by completing this race fulfilled an ambition; to have competed either side of the two London celebrations of the Olympic Games. Paul also presented the awards.

## Mens 5 miles

1. Fransisco Reis	(Ilford AC)	39.01	M50
2. Mark Williams	(Tamworth AC)	40.39	M45
3. Steve Uttley	(Ilford AC)	42.13	M55
4. David Crane	(Surrey WC)	42.36	M35
5. Peter Ryan ©	(Ilford AC)	43.32	M55
6. Steve Allen	(Barnet & D AC)	43.48	M55
7. John Hall	(Belgrave H)	45.11	M60
8. Ken Bobbett	(Hillingdon AC)	*46.29	M65
9. Steve Allen ©	(Ilford AC)	46.56	M50
10. Stuart Bennett ©	(Ilford AC)	47.28	M50
11. Arthur Thomson	(Enfield HAC)	47.41	M75
12. Andrew Cox	(Hillingdon AC)	47.57	M60
13. John Constandinou	(Birchfield H)	48.19	M40
14. Shaun Lightman	(Surrey WC)	48.46	M60
15. Amos Seddon	(Enfield HAC)	49.06	M70
16. Callum Wilkinson	(Enfield HAC)	49.14	U17
17. Malcolm Martin	(Paddock Wood)	*49.34	M55
18. Russ Jackson	(YRWC)	49.38	M65
19. Glyn Jones	(Coventry Godiva)	50.28	M70
20. Kevin Marshall©	(Ilford AC)	51.19	M50
21. Dan Maskell	(Vets AC )	51.48	M65
22. Sean Pender ©	(Enfield HAC)	52.07	M55
23. Chris Flint ©	(Surrey WC)	52.35	M65
24. Steve Kemp ©	(EVAC)	52.35	M55
25. Jon May	(Enfield HAC)	52.59	M60
27. David Delaney	(Surrey WC)	53.51	M70
28. Phil Goodwin	(Ilford AC)	55.44	M60
29. Peter Crane	(Surrey WC)	55.47	M65
30. David Hoben	(Surrey WC)	56.37	M60
31. Tony Wilkinson	(unatt/Moulton)	57.36	M50
32. Paul Firmage	(Ryston R)	57.43	M55
33. Ron Powell	(Enfield HAC)	57.53	M75
34. Phil Nutley	(St.Eds Pacers)	58.05	M65
35. Len Ruddock	(Ilford AC)	58.34	M55
36. Paul Nihill	(Surrey WC)	58.36	M70
37. Malcolm Brown	(Unatt/Newmarket)	59.56	M60
38. Stuart Halsall	(Enfield HAC)	62.11	M80
39. Eric Horwill ©	(Dudley/Stour)	63.23	M80
40. Bill Sutherland ©	(Highgate H)	63.42	M65
41. Dave Ainsworth ©	(Ilford AC)	64.29	M60
42. Peter Howard	(Enfield HAC)	65.21	M70
43. Bernie Hercock	(Enfield HAC)	66.22	M75
44. Ken Livermore ©	(Enfield HAC)	66.24	M80

## Womens 5 miles

© = Centurion - \*=pb

1. Cath Duhig ©	(Ryston R)	49.12	w55
2. Anne Jones	(Woking)	50.51	w55
3. Fiona Bishop	(Steyning AC)	51.26	w50
4. Sue Barnett	(Enfield HAC)	52.21	w60
5. Elizabeth Blakie	(Ryston R)	53.44	w55
6. Angela Martin	(Paddock Wood)	*53.51	w45
7. Jo Miles	(Hillingdon AC)	54.21	w55
8. Valarie Nutley	(St.Eds Pacers)	56.40	w55
9. Linda Spinks	(Enfield HAC)	56.49	w45
10. Sandra Campbell	(Surrey WC)	60.22	w40
11. Sue Smith	(Ryston R)	64.03	w45
12. Heather Hall	(Belgrave H)	68.31	w65
13. Ann Scriven	(Unatt/Moulton)	68.41	w75

## Team (mixed – 4 to score)

1. Ilford AC	2. Enfield & H AC	3. Surrey WC
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## Junior Races

<b>U10's 300m</b>	Charlie Spurgeon	2.06
	Ella Briggs	2.17
	Owen Wilson	2.21
	Ollie Stokes	
	Phoebe Spurgeon	
	Libby Briggs	
	Daniel McKewon	
<b>U13's 600m</b>	Daniel Spinks	4.13
	George Wilkinson	4.14
	Callum Grant	4.19
	Abbie Wilson	4.48

*Judges:* R.Pearce(Chief), P.Cassidy, M.Fox, P.Wilson

*Timekeeper/Recorders:* Dr.L.Jennings, P.Ficken

J.Grimwood, T.Wilkinson

*Water Station:* 1<sup>st</sup> Moulton Scout Troop

*Marshalls:* M.& S.Ashpole, T.Ashpole, D.& A.Burch,

G.& J. Dobson, I.Garmston, J.Grant,

V.Johnston, M.Price, D.Rabeth, B.Saddler

R.Whatling, A.Wilson

*Catering:* A.Garmston, M.Hall, G.Stoneham, R.Spinks,

J.Wallwork

Thirty walkers also took part in the Moulton Meander, a walk included in the Suffolk Walking Festival. I am indebted to Newmarket Rotary for its continued financial support and the army of volunteers who make this event possible and delighted to report that St.Peter's Church, Moulton will benefit by £300 from the proceeds of the day.--



## Which is which Steve Allen?

The two Steve Allens; on the left Steve of Barnet & District AC, a former League winner and reigning National 50km champion and the Steve of Ilford AC, a former Enfield Seven winner who qualified as Centurion 1102 in last year's Hundred at Colchester.

In future results Steve Allen will refer to the Barnet Steve and Steve Allen© the Ilford one.

## League tables after five fixtures

With the 2012 series just a race away from the halfway point, things couldn't be more open, because fewer than fifty points separate the leading three in the men's and women's tables and barely a hundred, the leading three teams. Thirty women are among the ninety-nine walkers from thirty-three clubs who have taken part so far this year.

### Ladies

1. 385/5 Jo Miles	1. 494/5 Peter Ryan ©	11. 351/4 Arthur Thomson
2. 374/4 Sue Barnett	2. 470/5 Ken Bobbett	12. 349/4 Jon May
3. 347/4 Linda Spinks	3. 459/5 Andy Cox	13. 319/3 John Hall
4. 306/4 Fiona Bishop	4. 417/4 Steve Allen ©	14. 314/3 David Hoben
5. 279/3 Suzanne Beardsmore ©	5. 387/4 Steve Uttley	15. 299/3 Shaun Lightman
6. 276/3 Ann Jones	6. 385/4 David Crane	16. 298/4 Russell Vroobel
7. 270/3 Cath Duhig ©	7. 379/4 Fabian Deuter	17. 280/4 Fransisco Reis
8. 257/3 Angela Martin	8. 374/4 Steve Allen	18. 279/5 Bernie Hercock
9. 237/3 Norma Grimsey	9. 357/4 Callum Wilkinson	19. 279/3 Dan Maskell
10. 195/2 Grazina Narviliene	10. 351/4 John Ralph	20. 275/3 Paul King ©

### Team

1. Enfield H AC	<b>2129</b>	374 Barnett, 357 Wilkinson, 351 Ralph, 351 Thomson, 349 May, 347 Spinks 34
2. Ilford AC	<b>2078</b>	494 Ryan, 417 Allen, 387 Uttley, 380 Reis, 270 Ainsworth, 230 Bennett
3. Hillingdon AC	<b>2017</b>	470 Bobbett, 459 Cox 385 Miles, 379 Deuter, 298 Vroobel, 26 McKenzie
4. Surrey WC	<b>1676</b>	385 CraneD, 314 Hoben, 299 Lightman, 246 CraneP, 240 Delaney, 192 Campbell
5. Enfield H AC B	<b>1461</b>	279 Hercock, 273 Pender, 244 Howard, 237 Grimsey, 236 Powell, 192 Halsall
6. Belgrave H	<b>1009</b>	319 Hall, 275 King, 195 Narviliene, 170 Noel, 50 Brown

## Results Round-up

The **SCVAC Herts & N/Middlesex** track league got underway at LVAC on 29<sup>th</sup> April. The 2km walk was won by Fransisco Reis 9.39, from Steve Allen 10.39, Stuart Bennett 10.58 and John Ralph 11.09, the latter two recording pb's. Sean Pender 13.01, Bernie Hercock 15.48 and Ken Livermore 15.49 also walked as did Pamela Abbot who was second lady in 14.03.

In very warm conditions Francisco Reis 14.17 walking as guest broke the tape in the **Herts County 3km** championships held at Ridlins End track, Stevenage on May Bank Holiday Monday. Second over the line and championship winner was Steve Allen (B) 16.26 followed by Arthur Thomson 18.00, John Borgars 19.45, Sharon Crowley 23.42 and Ken Livermore 23.43.

The result of the first of the **Vets AC 5 miles** at Battersea Park on 7<sup>th</sup> May was: Steve Allen\*(B) 45.27, Shaun Lightman 46.02, Stuart Bennett\* 48.10, Andy Cox\* 49.26, Peter Hannell 51.40, Dave Delaney 55.43, Dave Hoben 58.32, Sandra Campbell 60.05 and Kevin Burnett 65.21. Walker with an asterisk to their name had competed at Pednor the evening before.

At Sutcliffe Park on 11<sup>th</sup> May Ian Richards 11.846km and Fransisco Reis 11.746 had a terrific battle to decide who was to be **the Southern One hour** champion. Steve Allen 10896 was third and 'timeless' Arthur Thomson 9.869 was fourth followed by Steve Allen© 9.718. Sean Pender© 8.983, Mick Barnbrook 8.421 and Dave Ainsworth 7.270 were among the eleven men who raced. The women's One hour was on by under 20 Leicester athlete Jasmin Nichols with a distance of 10.777km, the u13 Girls 10 minutes by Evie Butcher 1.789km, u15 Boys 20 minutes Chris Snook 3.520, u15 Girls Sophie Lewis Ward 3555 and u17 Girls Heather Butcher 5.454.

There were four guests among the ten walkers took to the track at Ashtons Playing Fields for the **Essex 10km championship** on 12<sup>th</sup> May. Internationals Daniel and Dominic King in times of 44.47 and 45.07 respectively finished one and two with guest Fransisco Reis 51.29 in third place. Steve Uttley 54.06 collected the third place Essex medal and behind him came; John Hall (G) 54.35, Steve Allen (G) 56.50, Stuart Bennett 60.09, Steve Allen© 61.46, Mark Culshaw (G) 62.43 and Maureen Noel (G) 62.46.

**More European Non Stadia info** There were team victories for M60 and M70 teams, the former being made up of *Leaguers* Fransisco Reis, Steve Uttley and Steve Allen.

The first of the **2013 Woodford Walks** on 4<sup>th</sup> June saw ten walkers start and finish the race. They were: Fransisco Reis 14.09, Steve Uttley 15.19, Steve Allen 15.51, Stuart Bennett 16.43, Sean Pender 19.42, Peter Cassidy 20.40, Pamela Abbott 20.42, Mick Barnbrook 21.51, Dave Ainsworth 22.44 and Bernie Hercock 24.37.

To view photographs of the Moulton Walks and other fixtures look at Mark Easton's site:

<http://markeaston.zenfolio.com/p767095253>