

# 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

July



## Six Nations Meeting

In the Six Nation walk meeting in Breda, Holland, the Irish team pipped RWA England by a single point. The arrangements for and organization of the event, the course and the weather were excellent and provided an ideal opportunity to give some young walkers international experience and EHAC's Callum Wilkinson took full advantage of it. In the Junior race tackling 10km for the first time, he passed 5km in 24.48 (nineteen seconds behind Irish leader Ryan Cleary) and a second 5km split of 24.10 rewarded him with a 48.56 debut at the distance and nearly won him the race as his Irish rival tired and finished the race with only a five seconds to spare.

Two other u17's; debutant Heater Butcher 55.16 and Guy Thomas 51.25 along with Lauren Whelan (u21) 53.22 and Jasmin Nicholls (u20) 53.57 also walked well and are sure to have gained from the experience, whilst Dan 89.26 and Dom King 90.56 occupying second and third places in the senior race put in solid performance's. The team officials were Pam Ficken and Noel Carmody.

Also at Breda were *Leaguers* Steve Uttley and Steve Allen competing as individuals in the men's 20km. Steve Uttley had been unwell in the days leading up to the event so was pleased with his 1.52.55 and Steve Allen delighted with his 1.53.20 which was a pb by over two and half minutes.

The race winners were: 20km Colin Griffin (Irl) 1.27.14, Women's 10km Laura Polli (Swits) 48.42 and the junior men's 10km Ryan Cleary 48.51. Team: Ireland 32, England 31, Switzerland 19, Nederlands 17, Denmark 11 and Belgium 9.



Dom, Dan, Lauren, Heather, Pam, Noel, Jasmin, Guy and Callum

**Paul Nihill Shield** There was a two week gap before the RWA's young walkers were in action again, this time in Dublin for the annual match for the Paul Nihill Shield on 29<sup>th</sup> June. Callum Wilkinson recorded another runner-up performance, this time over 5km in a time of 23.38 behind Alex Eaton (Isle of Man) 23.12 and just a second ahead of Guy Thomas who shaved forty seconds off his pb with 23.39.

## EHAC U17's in English School's successes

William Grimsey (yes Norma's son) and Petros Asgodam both took runner-up medals in the English Schools championships at Birmingham. William high-jumped 1.99m and Petros ran a 4.05.48 1500m. Well done to both of them. They have been selected for the schools international in Dublin on 20<sup>th</sup> July where they will be joined by club-mate Callum Wilkinson who also got the call up for the 3km walk. The other walker in the team is national champion Cameron Corbishley.

## UKA/RWA Nationals

Two take place in July:

**Saturday 27<sup>th</sup> 50km at Coventry**

being held in conjunction with the **BMAF 30km championship**

**Saturday 20<sup>th</sup> 10km at Hillingdon**

UKA/RWA details and Entries to:

Peter Marlow on 01284 754177 or [pmarlow@btinternet.com](mailto:pmarlow@btinternet.com)

The Picture House, 134G Southgate St., Bury St.Edmunds, IP33 2AF

BMAF information from

John Hall on 02082 923627 or [Stroller49@gmail.com](mailto:Stroller49@gmail.com)

The next two League Fixtures are **5km track** events held in conjunction with the London Inter-Club Challenge meetings at Allianz Park(Formerly Copthall) on the following dates:

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

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

Hillingdon with seven of the twenty-four starters took a good haul of points from this fixture. A number of regulars were missing which does tend to happen frequently during the summer months, and I am aware that some were attending Armed Forces Day parades and others had family celebrations to go to.

Fabian Deuter still suffering from a chest infection and Grazina Narviliene cut out the early pace, but mindful of the UKA national 5km only two weeks away, a recurring back injury forced Grazina to retire. Newcomer Penelope Fixter was the first lady to finish and impressed with good style and a respectable time. There were pb's for Steve Whelan preparing for the World Transplant Games in South Africa in early August and Malcolm Martin who only took up walking in January, when he transported his wife Angela to an Olympic Legacy session and thought he might as well take part than sit around watching.

Men	© = Centurion - * = pb	Women	
1. Fabian Deuter (Hillingdon AC)	24.43 SM	1. Penelope Fixter (Herne H H)	31.49 w35
2. Steve Allen (Barnet & D AC)	26.36 M55	2. Sue Barnett (Enfield & H AC)	32.05 w60
3. David Crane (Surrey WC)	27.02 M35	3. Jo Miles (Hillingdon AC)	33.41 w55
4. Stuart Bennett © (Ilford AC)	28.01 M50	4. Linda Spinks (Enfield & H AC)	34.39 w45
5. Arthur Thomson (Enfield HAC)	29.00 M75	5. Jenny Middleton (Hillingdon AC)	37.44 w35
6. Ken Bobbett (Hillingdon AC)	29.13 M65		
7. Andrew Cox (Hillingdon AC)	29.39 M60		
8. Shaun Lightman (Surrey WC)	30.00 M70	<i>retired injured:</i>	
9. John Ralph (Enfield HAC)	30.18 M55	Grazina Narviliene (Belgrave H)	w35
10. Mal Martin (Paddock Wood)	*30.28 M55	Michael Harran (Surrey WC)	M75
11. Steve Whelan (Headington RR)	*30.40 M50		
12. Dan Maskell (Vets AC)	31.49 M65		
13. Russell Vroobel (Hillingdon AC)	32.50 M50	<i>Judges:</i>	
14. Jon May (Enfield HAC)	33.15 M60	Michael Croft, Sean Pender, Ron Wallwork	
15. Ron Powell (Enfield HAC)	34.28 M75		
16. Richard McKenzie (Hillingdon AC)	36.39 M45		
17. Bernie Hercock (Enfield HAC)	42.23 M75		

### League tables after six fixtures

Less than two hundred points cover the leading three teams and Hillingdon individuals top the individual tables. Ken and Jo have been active and successful in other events: Ken retained Welsh 3km title and collected a M65 silver medal in the BMAF track 10km, whilst Jo won the W55 BMAF 10km and finished second in the Middlesex 3km.

Thirty women are among the one hundred athletes from thirty-four clubs who have now taken part in the 2013 series and they have collectively notched up 236 performances.

Ladies	Men	
1. 429/6 Jo Miles	1. 525/6 Ken Bobbett	11. 387/4 Steve Uttley
2. 421/5 Sue Barnett	2. 513/6 Andy Cox	12. 357/4 Callum Wilkinson
3. 389/5 Linda Spinks	3. 494/5 Peter Ryan ©	13. 352/5 Shaun Lightman
4. 306/4 Fiona Bishop	4. 443/5 David Crane	14. 344/4 Russell Vroobel
5. 279/3 Suzanne Beardsmore ©	5. 439/5 Fabian Deuter	15. 328/4 Dan Maskell
6. 276/3 Ann Jones	6. 433/5 Steve Allen	16. 324/4 Malcolm Martin
7. 270/3 Cath Duhig ©	7. 417/3 Steve Allen ©	17. 319/3 John Hall
8. 257/3 Angela Martin	8. 407/5 Arthur Thomson	18. 317/6 Bernie Hercock
9. 237/3 Norma Grimsey	9. 403/5 John Ralph	19. 318/3 David Hoben
10. 233/3 Grazina Narviliene	10. 394/5 Jon May	20. 287/4 Stuart Bennett ©

### Team

1. Enfield H AC	<b>2369</b>	421 Barnett, 405 Thomson, 403 Ralph, 394 May, 389 Spinks, 357 Wilkinson
3. Hillingdon AC	<b>2316</b>	525 Bobbett, 513 Cox, 439 Deuter, 429 Miles, 344 Vroobel, 66 Middleton
2. Ilford AC	<b>2135</b>	494 Ryan, 417 Allen, 387 Uttley, 287 Bennett, 280 Reis, 270 Ainsworth
4. Surrey WC	<b>1787</b>	443 CraneD, 352 Lightman, 314 Hoben, 246 CraneP, 240 Delaney, 192 Campbell
5. Enfield H AC B	<b>1542</b>	318 Hercock, 278 Powell, 273 Pender, 244 Howard, 237 Grimsey, 192 Halsall
6. Belgrave H	<b>1133</b>	319 Hall, 275 King, 233 Narviliene, 170 Noel, 50 Brown

# Olympic Legacy Coaching & Training Session

Supported by ERWL and Southern RWA

## Saturday 10<sup>th</sup> August

9.30am to 12.30pm at Lea Valley Athletic Centre

The session is open to athletes and Coaches from any club. The first segment is devoted to skills and technique the second part is about applying them in a demanding training workout followed by feedback to close the session.

Places on the sessions should be booked **no later than 7pm on the Wednesday before the session** with Ron Wallwork on 01638 751869 or [randjwallwork@btinternet.com](mailto:randjwallwork@btinternet.com). There is a session fee of £9

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**Results Round-up** Unreported in the last issue was Sean Pender's 30km fifteenth position in 3.36.44 at the European Vets Non-Stadia championships in the Czech Republic. Steve Allen (M55) was mentioned as a team winner but not his sixth position; and time of 3.09.15.

Two county 3km championship results: Middlesex – Grazina Narvilene 14.33, Jo Miles 19.35, Norma Grimsey 21.14, Bernie Hercock 23.55. Suffolk – Callum Wilkinson 13.43 (age and senior cbp), Linda Spinks 20.30 and u13 1km George Wilkinson 7.06

On 8<sup>th</sup> June at Donkey Lane, in overcast cool conditions eighteen walkers (six women and twelve men) toed the line for the **Southern 20km championship**. The club had representation through Sue Barnett, Arthur Thomson and Sean Pender, the latter one of three disqualifications in the men's race. In 2012 this championship, because of insufficient entries wasn't held, so it was good to see it take place this year. The results: Maureen Noel 2.05.12, Cath Duhig, 2.10.22, Noel Blatchford 2.13.50, Sue Barnett 2.18.04, Angela Martin 2.25.06, Jo Miles 2.29.04. - Fransisco Reis 1.48.47, Steve Allen 1.59.22, David Crane 2.01.32, Stuart Bennett 2.04.19, Ken Bobbett 2.06.25, AGT 2.07.58, Malcolm Martin 2.09.47, Shaun Lightman 2.12.45, Michael Harran 2.15.58.

*Leaguers* Fransisco Reis 13.59 and Steve Allen 15.48 headed the six-strong field that contested 3km walk at the famous Iffley Road track in the annual '**Town and Gown**' meeting on 13<sup>th</sup> June.

Sean Pender (M55) 32.22 was first past the post in his category at the **BMAF 5km** road championships staged at Horwich, Lancashire, on 16<sup>th</sup> June and in doing so won his fiftieth BMAF individual medal. Fiona Bishop (W50) 32.05 and Shaun Lightman (M70) 29.32 were also category winners. Sean was one of several Irish winners, in the event which I understand also included a match which England won.

Ian Richards 38.03 had a four minute gap when winning the **VAC's 5 mile** at Battersea Park on 18<sup>th</sup> June. Peter Ryan 44.00 was runner up and Steve Allen 46.51 third, followed by Ken Bobbett 47.23, Andy Cox 47.24 and Paul King 50.43. Sean Pender 52.32, Ron Powell 56.59, Bernie Hercock 68.48 and ERWL regulars Dan Maskell 51.29, Russell Vroobel 54.57 and Dave Hoben 59.25 also took part.

Horspath, Oxford was the venue for the BMAF 10km track championship on Sunday 24<sup>th</sup> July, where Sue Barnett (W60) 67.36 won her category and Arthur Thomson 61.28 and Ron Powell 71.21 finished first and second in the M75 class. Overall race winner was Fransisco Reis (M50) in 49.58 with another *Leaguer* Steve Allen (M55) 56.32 was also top in his age group. Two stalwarts of Hillingdon AC and ERWL Jo Miles (W55) 71.01 and Ken Bobbett (M65) 60.54 won group gold and silver respectively.

The result of the second Woodford Tuesday 5km race on 2<sup>nd</sup> July was: Steve Allen in 15.46, Stuart Bennett 16.36, Pamela Abbott 20.11, Peter Cassidy 20.43, Mick Barnbrook 20.46, Dave Ainsworth 23.10 and Bernie Hercock 24.49.

The **SVAC Herts/N.Middlesex League 2km** on 8<sup>th</sup> July at Hemel Hempstead was won by Fransisco Reis 9.19. The club's representatives were John Ralph 11.10, Sean Pender 11.49 and Ken Livermore 16.00 and other *League* walkers were: Steve Allen 10.39 notching up his forty-first race of 2013 and John Borgars 12.21.



Some familiar faces among the fifteen people who took part in the fourth Barclay/Dunwoody reunion walks at Newmarket on 11<sup>th</sup> July

I was at the Alexander Stadium, Birmingham on 14<sup>th</sup> July for the UKA championships and in very hot conditions, Alex Wright after a keen tussle with Tom Bosworth set new national figures for the 5km walk of 19.27.39. Runner-up Tom Bosworth's time was 19.38 and u20 Jamie Higgins was third in 20.57. The brothers King occupied the next couple of places; Dom 21.31 and Dan 21.48 and it was so pleasing to see the next four

walkers all in their teens set pb's; Cameron Corbishley (the youngest walker in the field at 16) 22.36, Alex Eaton 22.56, Callum Wilkinson 23.13 and Adam Cowin 24.20.

Welsh women Bethan Davies 23.21 and Heather Lewis 23.50 and third placer Ellie Dooley 23.04 all set pb's as did six others of the eleven competitors.

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### ***South of England AA Championships***

There is a strong body of opinion that the demise of the race walking discipline is in part due to its loss of influence in wider athletic circles which has not been helped by diminishing numbers taking part in track championships over the past couple of decades. The 2013 South of England AA championships embracing senior/under 20 5km and YAG 3km races take place at the Julie Rose Stadium, Ashford, Kent, TN24 9XQ on Saturday 17<sup>th</sup> August. The entry fees vary from £10 to £14 if entry is made on line and are plus £2 if sent by post. Also bear in mind that only athletes registered with EA are eligible. Further details and entry forms are available on the SEAA website. Big fields will demonstrate that race walking is far from dead.

### ***Forthcoming Fixtures***

26<sup>th</sup> August 10.30am 1 mile Southend Open at Garons Park, SS2 4FA (A127 to Southend, A1159 to £4 enter on the day. Shoebury Ness, left at 3rd roundabout)  
Details: John Brock 07718 714018 or for latest news  
[www.southend-on-sea-athleticclub.co.uk](http://www.southend-on-sea-athleticclub.co.uk)

1<sup>st</sup> September 9.00am 19.4 miles ***Sarnia Church to Church walk***, St.Peters Port, Guernsey

***From Mick Barnbrook*** Just to remind everybody about the Guernsey Church to Church Walk that takes place on Sunday 1st September 2013.

It is one of the few "classic" walks still in the race walking diary and needs support from the mainland. There is no other race walk that weekend.

I have entered the race eight times and can promise anyone who does the race that they will have a fantastic weekend.

There is a 3k race on the Friday evening, followed by the 19.4 mile Church to Church race on the Sunday morning, through mostly beautiful countryside.

The weekend ends with a presentation evening in a lovely hotel on Sunday evening.

For anybody who has never visited Guernsey, I can assure them it is a beautiful island, well worth visiting. Entry forms from Jayne Le Noury, Sarnia Walking Club. (Google). Ilford AC are sending a team.

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### ***For those not going to Guernsey***

Hi Ron, I mentioned this on Saturday. I booked the Hayes Cycle Track for Sunday September 1st in anticipation that the RWA would want to repeat the successful National 10km held there in 2012 – However, bringing the date of it forward meant that we had an unused booking and Ken and I decided that rather than lose it, it might be nice to have a totally informal race using our new 2K loop. Since then, another HAC chum has provisionally organised a duathlon so we now have two events!! The provisional schedule is:

- 1.30 8K race walk - this will include 2K/4K and 6K options for young and inexperienced walkers
- 3pm Duathlon

In view of other events, I do not want this to be an official occasion. However, it would be a shame if walkers wanted to participate and did not know about it, so a quick mention in Enfield Walker would be welcome. I envisage a £3 entry just to cover the costs. This might reduce if loads of folk turn up!

Thanks very much, Andy Cox

***Jack Fitzgerald Memorial Walks*** SCVAC and VAC are jointly organising an event which will be a bit like the come-and-try-it events that orienteering clubs used to do.

The venue will be Tilgate Park, Crawley, near the end of M23, around a lake that was once the test bed for the Bluebird speed record, and it will be over 3 or 6 miles.

As well as being an open event, it will also incorporate a mob match for those who are existing members of VAC and SCVAC, time 2 pm, date Saturday 21 September 2013, and of course juniors and non-Vets welcome.

Entry form will follow in due course, more details from either myself at an upcoming event, or [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk) or Walter Hill at an SCVAC meeting.

The course is highly scenic, and the grounds of Tilgate Park are vast, eminently suitable for those with young families. There is a pub and a café within the grounds.

Dave Hoben