

# The Enfield Walker 2014

(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**



Please Note that my email address is now [rwallwork4@sky.com](mailto:rwallwork4@sky.com)

See the EHAC Website <http://www.ehac.co.uk> for the latest ERWL information

## Good Field for Opening Fixture



The 2014 series got off to a cracking start with 48 walkers taking part over a four lap course in damp, but mild conditions. EHAC's young star Callum Wilkinson set the pace closely followed by Francisco Reis and Ian Richards. The latter was forced to give ground early on, but Reis, preparing for the forthcoming World Masters Indoor championships refused to let the leader go and dogged him most of the way, forcing Wilkinson to a pb by over two minutes.

There was a warm start-line reception for Helen Middleton and David Kates, who were returning after having breaks away from race waking. It was also good to see walking club walking stalwarts Ron Powell and his wife Mary, Bernie Hercock and Peter Emery on the roadside urging on all the competitors, but particularly those wearing 'Red & Gold'.

In seventh place John Hall used the race to celebrate his 65<sup>th</sup> birthday and his family turned up to cheer him on.

The 2014 team competition has the potential to be the most closely contested ever as the table below indicates. Ilford were without Peter Ryan and Steve Allen, Surrey and Hillingdon without their number ones; David Crane and Fabian Deuter and Steyning with a full squad of six would be around 300 points. However, like any league competition it is consistency over a lengthy period that is the key to success.



1. EHAC	<b>334</b>	70 Wilkinson, 62 Ralph, 58 Thomson, 51 Smith, 49 Middleton, 44 Barnett
2. Ilford AC	<b>306</b>	69 Reis, 66 Uttley, 60 Bennett, 48 Kates, 22 Barnbrook, 31 Ruddick
3. Surrey WC	<b>303</b>	61 MartinM, 57 Maskell, 55 Lightman, 47 Delaney, 42 Martín A, 41 CraneP
4. Hillingdon AC	<b>264</b>	57 Cox, 56 Bobbett, 34 Vroobel, 39 Miles, 38 McKenzie, 29 Middleton J
5. Steyning AC	<b>250</b>	68 Richards, 67 JonesT, 64 Ball, 50 JonesA

**The Next Fixture is on**

**22<sup>nd</sup> February at QEII, Donkey Lane, Enfield. EN1 3PL**

**The Distances are One, Two, Three, Four or Five miles**

**Entries on the day Start time 1pm**

Photos courtesy of Mark Easton: The start, top right 40 Trevor Jones, 44 John Sliwerski, 33 Cath Duhig, 31 Norma Grimsey and 17 Linda Spinks. Left: Steve Kemp, Helen Middleton and Gary Smith

More of Mark's pictures on <http://markeaston.zenfolio.com/p925501557>

## 2014 ERWL –Race 1

## 5 miles

LVAC – 18<sup>th</sup> January

Men

© = Centurion - \*=pb

Women

1. Callum Wilkinson (Enfield HAC)	*38.54	u17	1. Maureen Noel (Belgrave H)	49.36	w50
2. Fransisco Reis (Ilford AC)	39.41	M50	2. Anne Jones (Steyning AC)	51.20	w55
3. Ian Richards © (Steyning AC)	40.21	M65	3. Helen Middleton (Enfield HAC)	51.53	w50
4. Trevor Jones (Steyning AC)	42.51	M55	4. Fiona Bishop (Woking AC)	53.11	w50
5. Steve Uttley (Ilford AC)	43.23	M55	5. Sue Barnett (Enfield HAC)	53.37	w60
6. Jim Ball (Steyning AC)	43.27	M50	6. Angela Martin (Surrey WC)	54.47	w45
7. John Hall (Belgrave H)	44.49	M65	7. Jo Miles (Hillingdon AC)	56.01	w55
8. Steve Allen (Barnet DAC)	45.48	M55	8. Linda Spinks (Enfield HAC)	57.42	w45
9. John Ralph (Enfield HAC)	46.15	M55	9. Norma Grimsey (Enfield HAC)	57.45	w55
10. Malcom Martin (Surrey WC)	47.08	M55	10. Cath Duhig © (Enfield HAC)	58.15	w55
11. Stuart Bennett © (Ilford AC)	47.44	M55	11. Kathy Crilley © (Surrey WC)	61.05	w65
12. Andrew Cox (Hillingdon AC)	47.46	M60	12. Jenny Middleton (Hillingdon AC)	61.45	w45
13. Arthur Thomson (Enfield HAC)	47.50	M75			
14. Dan Maskell (Surrey WC)	49.03	M65			
15. Ken Bobbett (Hillingdon AC)	49.08	M65	-----		
16. Shaun Lightman (Surrey WC)	49.28	M70	u13's 1km		
17. Paul King © (Belgrave H)	50.37	M60	1. George Wilkinson (Enfield HAC)	5.22	
18. Steve Kemp © (Eastern VAC)	50.43	M50	2. Daniel Spinks (Enfield HAC)	7.05	
19. Gary Smith © (Enfield HAC)	51.00	M55			
20. David Kates © (Ilford AC)	52.30	M65	4km		
21. David Delaney (Surrey WC)	52.52	M70	1. Briony Fane (London Heathside)	49.33	w50
22. John Borgars (Loughton AC)	53.01	M65	2. Ramesh Kuharjan (Hillingdon AC)	27.16	M35
23. Russell Vroobel (Hillingdon AC)	53.44	M50	3. Ken Livermore © (Enfield HAC)	35.01	M80
24. Peter Crane (Surrey WC)	55.24	M65			
25. Sean Pender © (Enfield HAC)	55.47	M60			
26. Richard McKenzie (Hillingdon AC)	56.07	M45	<i>Judges:</i>	M.Graham (Chief), P.Cassidy, M.& H.Croft, R.Pearce, P.Wilson	
27. John Brock (Southend AC)	56.12	M60	<i>Recorders:</i>	P.Welch, P.Ficken	
28. John Sliwerski (Surrey WC)	57.17	M60	<i>Marshalls:</i>	B.Hercock, C.Lawton, J.May T.Perkins, J.Rooke, K.Roost I.Spinks	
29. Mick Barnbrook © (Ilford AC)	58.29	M70	<i>Registration:</i>	Margaret Livermore	
30. Len Ruddock (Ilford AC)	60.32	M60			
31. David Ainsworth © (Ilford AC)	66.46	M65			

Among the awards for 2013 that were presented after the event was one for the *Outstanding League Official* which went to Pauline Wilson c798, who had judged at nine of the twelve races.

### Results Round-up

Arthur Thomson was the only club walker to make the journey to south Sussex for the annual **Steyning Open 15km** on 25<sup>th</sup> January. In a race easily won by Ian Richards in 77.26, Arthur finished fifth of the ten men in 93.25. Trevor Jones 86.27, Steve Allen 90.05, Dan Maskell 93.59, Shaun Lightman 97.42, Anne Jones (second woman) 100.56, Fiona Bishop 104.16 and David Delaney 105.57 were ERWL regulars also contesting the event. The women's winner was Joan Lennon in 96.02.

The following day the **London Indoor Games 3km** at LVAC was won by Fransisco Reis in 14.10, thirteen seconds ahead of Luc Legon and forty-one in front of John Hall. *Leaguers* among the seven male competitors were Steve Allen (who had raced at Steyning the previous day) 15.58, Malcolm 16.59 and Angela Martin 19.29 were also in action and the only club competitor was Pamela Abbott 20.45. Sophie Lewis-Ward 16.32 was the fastest of the six women who raced.

The weather for the **London Walks** on 2<sup>nd</sup> February was the kindest for some years and following all the recent rain it seemed as though everyone in that part of London was in Victoria Park. There were cyclists, roller and skate boarders, dog walkers, pram pushers, all keen to get out and enjoy the break in the weather. Most were oblivious to the race walkers in action and I'm sure that with all the dodging and weaving necessary to navigate the circuit, that everyone walked in excess of the listed distances. It is likely that a new venue will be found for next year, not because of the congestion on the course, but because the fee to use the park will be not much short of £400 – so much for the Olympic Legacy.

The club colours at the event were carried by (L to R) Gary Smith, Pamela Abbott, Arthur Thomson, Norma Grimsey, Callum Wilkinson and Sean Pender.



In the women's 5km Pamela 35.29 pipped Norma by one second, whilst in the 10km Callum finished third in a pb of 48.45, Arthur clocked 60.18, Sean 68.16 and Gary was dq'd with less than a mile to go.

EHAC figured in the team awards placing second in the Combined Age Group section and third in the 'Reg Jacob's' All Finishers event. Surrey WC were the victors in both competitions

The 10km winner was Daniel King 44.56 (Brother Dominic receiving a third red card almost on the finish line when in a clear runner-up position) and Cameron Corbishley was second in 48.17. The eye catching performance of the 10km was put in by sixteen year old Emma Achurch of Leicester WC, who sliced three minutes off her pb when clocking 50.20 to finish fourth overall in the race and I thought she looked technically good doing it.

Over a dozen *Leaguers* were in action in the race, the best placed being Steve Uttley fifth 55.13, Steve Allen 55.59, John Hall 57.00 and behind him Malcolm Martin with a pb of 57.53.

In the joint 5km Emma Achurch won in 25.00 en-route to her 10km pb and in second place ten seconds behind was Luc Legon. In third spot was Grazina Narviliene 25.25 who wasn't that far ahead of young Tim Snook 26.09. *Leaguers* Angela Martin 32.58 and Jo Miles 34.54 were among the nineteen contestants in this race.

In the final 2013/14 **Cambridge Harriers 5km** league races at Bexley on 8<sup>th</sup> February, both Cameron Corbishley 23.31 and Sophie Lewis Ward 27.16 completed unbeaten sequences in the series. Luc Legon who clocked his first sub 24 minute 5km in 23.56 was runner-up and in third place not far behind in 24.03 was Fransisco Reis. Other *Leaguers* at the event were Shaun Lightman 24.49, Malcolm Martin 27.33, Dan Maskell 30.29, Paul King 31.10, Angela Martin 32.32 and Mick Barnbrook 38.38. Sean Pender was the only club walker at the race and was timed at 33.52.

Ten walkers came under starter's orders for the men's **Essex and Eastern Indoor one mile walk** at LVAC on Sunday 9<sup>th</sup> February. Callum Wilkinson sped to an impressive 6.38 victory, lapping everyone except Fransisco Reis 7.31 to set what I believe is an ECAA and stadium record. There were eight *Leaguer's* in the race occupying the first six places; Steve Uttley 7.57, Steve Allen 8.13, Stuart Bennett 8.45 and Steve Kemp 9.39. The others were Peter Cassidy 11.04 and Dave Ainsworth 11.58. Pamela Abbott 10.48 and Lauren Kemp u17 13.53 were the only contestants in the women's race held separately. If it they had walked with the men I'm sure that Pamela who was only a second outside her pb would have beaten it easily. I have been told that the women's race was held separately to facilitate a record attempt by a Newham & Essex Beagles u15 walker Shae Dubois who registered, but never made the start line.

There were only nine competitors in the **SCVAC indoor 3km** walk at LVAC on Saturday 15<sup>th</sup> February. Nevertheless, John Hall 15.49, Steve Allen 15.58 and Malc Martin 16.10, the latter posting a pb in the process, made a race of it. The rest of the finishing order was Dan Maskell 18.29, David Bowker 18.53, Angela Martin 19.30, EHAC's Pamela Abbott 20.48, David Sutcliffe 22.12 and Sandra Campbell 22.54.

On the same day at **Leicester** in far from easy conditions Sean Pender took part in the local club's **annual 15 miles**. Sarah Lightman and Chris Berwick walked together and finished in 2.49 and Sean recorded 3.04. Sadly only four walkers took part.

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### **2014 Moulton Five**

This year the Moulton Five will take place on Saturday 31<sup>st</sup> May. This year the Amble and Ramble will take place on the Sunday morning and will be around a route locally known as 'The Three Churches' Walk'



## Spotlight on – Chris Flint c849

Chris Flint c849 seen in this picture at the Centurions AGM where he was presented with the Eddie McNeir trophy which is awarded to the first over 65 year old to finish in a Centurion Qualifying race, a feat he achieved in the 2013 Isle of Man Hundred.



In 1962 I joined the Metropolitan Police Cadet Corps at Hendon where use was made of the then desolate and windy war time aerodrome for 6 miles runs and walks, and it was here that I and others such as Bill Sutherland, Jim Johnson, Dave Prior and Dave Watts were told by Inspector Tom Edwards and Sgt Charlie Fogg that we had some potential as race walkers.

That summer I took part in a London Vidarians WC 3 miles race at Mitcham Common and was quickly signed up by Len Mitchell, its garrulous President. I found myself in the company of the Hyland brothers, Paul Maidment, John Moran, Dave Gulliver, Brian Keegan, the great Ron Pantling and winner of a bronze medal in the 50 km national championships, ‘character’ Jim Hurley, Dave Ainsworth its enthusiastic and energetic captain, and Dave Delaney. I remained with the ‘Vids’ becoming its President until the club’s demise in 2007, a little over a century after its formation.

Never being much of a speed walker over the shorter distances I realised that I had more ability at endurance distances and the famous police inter-division Barking to Southend races revealed that I had that combination of stamina and determination which is needed, and coupled with regular competition whilst at Exeter University with the cross country team, I found myself embarking on longer distances.

I did most of the Classics such as the Birmingham Outer Circle, Hastings to Brighton, London to Brighton, Colchester to Ipswich, and Plymouth to Dawlish as well as the Nijmegen Marches and Berne Marches. In 1989 I qualified as a Centurion in the Arthur Eddlestone Memorial 100 miles in 20.17.28 at Hendon, a race won in great style in poor conditions by Ed Shillabeer C.590 who had qualified in 1976. That was the only occasion I have beaten Colin Bradley, Alex Ross and Stuart Bennett in a race!

Since then I have completed 21 UK 100’s (the latest last year) winning the UK national individual title in 1997 at Ware and again in 2007 at Battersea Park. The Vids team of the Watts brothers and me won the national team title on a number of occasions in the 1990’s and their training methods of a ‘fag and a couple of pints of black and tan (stout beer and a pale ale beer)’ seemed to work well for them. I’ve been a regular competitor in long distance events in the Netherlands and France, not least the Roubaix 28 hours where I represented England against France in an international match some years ago. In 1993 I retired from the Met as a detective chief superintendent and went into commercial security travelling around the world, and continue to be involved with a number of global organisations building international relationships.

Over time I have become more involved in the administration of our sport, becoming Secretary of the RWA (Southern Area) in 2003 and also Hon. Secretary of the Centurions for the past 10 years, as well as walking secretary for the Veterans Athletic Club, and Minutes secretary for the RWA. All very time consuming but hopefully giving a little back to the sport which has been a part of my life.

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## Forthcoming Fixtures

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|------------------------|------------|--|
| 1 <sup>st</sup> March  | 12.45 10km | <b>Molly Barnet Races</b> at University of Warwick, CV4 7AL<br>Inc WRWC Finals and YAG GP.<br>Details from: Keith Richards 01788 812208 or keish@talk.net<br>Entries close 21 <sup>st</sup> February.                                      |
| 9 <sup>th</sup> March  | 10m        | <b>UKA/RWA National championship</b> at Victoria Park, London<br>Details from <a href="mailto:pmarlow@btinternet.com">pmarlow@btinternet.com</a> or 01284 754 177  |
| 15 <sup>th</sup> March | 11am 10kms | <b>Slater Bryce Walks</b> at Broadbridge Heath Track, Horsham, RH12 3YP<br>Inc. Sussex championships - 5km YAG and supporting race.<br>More details from Dave Stevens 01903-814422, Ian Richards 01903-504463 or Ron Penfold 01293-520506. |

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## Beware!

Dear Ron, There was a story in the press this week about the London Borough of Enfield's Cabinet Member for the Environment (Cllr Chris Bond) writing to football Clubs based in the Borough, reminding them they could face prosecution, punishable by a £500 fine, for spitting on a pitch! Perhaps Council Officers will be lying in wait behind trees along the path at Donkey Lane? Kind regards. Dave