

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

October



Please Note that my email address is now rwallwork4@sky.com

Junior Championships Hat Trick

Callum Wilkinson signed off his 2014 championship campaign with a resounding victory in the English Schools 5km walk staged at Boston, Lincs, on Saturday 20th Sept. In perfect conditions; overcast, cool and only a slight breeze, he completely outclassed his rivals finishing 300m ahead of the field.

Lapping at sub seven minute mile pace Wilkinson's opening kilometre took just 4.17 followed by a 4.15 and a 4.16 to pass 3km in 12.48, which was too quick for Alex Eaton (IoM) last year's winner and Kent's Cameron Corbishley who just had to give ground to the EHAC athlete..

Barring intervention from the judges the championship was assured and the possibility of breaking the long standing championship best performance became the goal. Quickening his pace Callum covered the fourth km in 4.03 and the last in 4.01 to clock an outstanding 20.52 – eight seconds better than the twenty-one year old record!

This victory tagged on to his UKA/RWA u20 10km road, and EA 10km track championships, completed a clean sweep of the three national junior titles staged in 2014.

Commonwealth Games Luncheon

Two years after the successful Olympic Games Luncheon to salute the country's Race Walk Olympians another was held to do the same to those who had competed in the Commonwealth Games since their inception at Jamaica in 1966. The venue was the same; The Thistle Tower Hotel. London and the gathering took place on Saturday 13th September. Among the one hundred and Thirty-five who attended, were representatives from England, Guernsey, Isle of Man, Northern Ireland, Scotland and Wales. It was a nostalgic occasion and as the winner of the inaugural race in Kingston forty-eight years ago, particularly so for me. Despite the omission of walks in this year's Glasgow Games, the assurance from Australia that they will be included in the next edition to be staged by them in 2018 encouraged an air of confidence at the function and about race walking's future.

All credit must go to the RWA for promoting the event and to the principal organisers Peter Marlow, Pam Ficken and Dave Ainsworth for enabling it to happen.

The next Enfield Race Walking League fixture is a **YACHT HANDICAP** at **Lee Valley Athletic Centre on 11th October**. The first walker will be off at 1pm and **Registration will close at 12.30pm**.

And the after that the next fixture is the

88th Enfield Open Seven Miles

also incorporating SVAC championships

Saturday 8th November 2014 at 1pm

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Newcomers Novices 3.756km/7.512km

First three Individual (Women/Men), First 4 Teams (mixed 4 to score)

Entries £5 taken on the day

Course 3 x 2 1/3rd miles

2013 Winners: Grazina Narvilene 60.17 – Callum Wilkinson 57.46 – Team: Ladies EHAC Men Ilford AC Mixed EHAC

The race was started by ‘super-vet’ Arthur Thomson who covered more than eight miles when winning this event in the 1960’s. The promoting club’s promising youngster Callum Wilkinson (17) failed by a mere 12 metres to pass the magical eight in the hour standard.

Novice Kay Koeslag demonstrated lots of promise, George Wilkinson walked his fastest mile and the asterisks in the result shows a number of pb’s.

Men

1. Callum Wilkinson (EHAC)	*12.860	u20
2. Fransisco Reis (Ilford AC)	11.579	M50
3. Fabian Deuter (Hillingdon AC)	11.579	SM
4. Trevor Jones (Steyning AC)	10.808	M55
5. Steve Uttley (Ilford AC)	10.603	M55
6. Malc Martin (Surrey WC)	10.503	M55
7. Stuart Bennett © (Ilford AC)	10.120	M55
8. Andy Cox (Hillingdon AC)	9.555	M60
9. Arthur Thomson (Hillingdon AC)	9.445	M75
10. Sean Pender © (EHAC)	9.404	M60
11. John Borgars (Loughton AC)	9.260	M65
12. Michael Harran (Surrey WC)	9.200	M75
13. Richard McKenzie (Hillingdon AC)	*8.857	M45
14. Russell Vroobel (Hillingdon AC)	*8.611	M50
15. Jon May (EHAC)	8.563	M60
16. Arthur Domingos (CQD Portugal)	8,500	u17
17. David Hoben (Surrey WC)	*8.377	M55
18. Dave Ainsworth © (Ilford AC)	7.262	M65
19. Ken Livermore © (EHAC)	6.903	M80

women

1. Helen Middleton (EHAC)	9.349	w50
2. Fiona Bishop (Woking WC)	8.767	w55
3. Kay Koeslag (Belgrave H)	8.517	w35
4. Angela Martin (Surrey WC)	8.365	w50
5. Sandra Campbell (Surrey WC)	7.965	w45

Junior 1 mile

George Wilkinson (EHAC)	11.18	wU13
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Also walked

Steve Allen (Barnet & D AC)	7.200	M55
Ken Bobbett (Hillingdon AC)	4.800	M65
Alan Flavell (EHAC)	3.200	M80

© = Centurion * = personal best

Mile/Km conversions

1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477 - 5miles/9,047 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

Judges: Peter Cassidy, M.Croft, Glyn Jones (Chief) Ray Pearce, Pauline Wilson
Timekeeper/Recorders: Phil Welch, Pam Ficken, John Hall, Barbara & John Ralph
Refreshments: Margaret Livermore, Joan Wallwork
Water Station: George & Tracey Wilkinson, Mal Blyth, Bernie Hercock

League tables after Nine fixtures There are forty ladies and nine YAGS among the 121 walkers from thirty-eight clubs who have so far taken part in this year’s league and their aggregate number of performances stands at 349. The current table-leaders are:

Ladies

1. 503/9 Helen Middleton
2. 409/8 Fiona Bishop
3. 406/8 Angela Martin
4. 236/4 Anne Jones
5. 207/6 Jenny Middleton
6. 195/4 Maureen Noel
7. 187/3 Cath Duhig ©
8. 184/5 Linda Spinks
9. 179/3 Pamela Abbott
10. 109/1 Elizabeth Blakie

Men

1. 631/9 Fransisco Reis	11. 430/7 Dan Maskell
2. 591/9 Malcolm Martin	12. 399/6 Andy Cox
3. 519/7 Callum Wilkinson	13. 394/7 Richard McKenzie
4. 512/8 Stuart Bennett ©	14. 388/7 John Ralph
5. 501/8 Arthur Thomson	15. 382/5 Trevor Jones
6. 493/7 Steve Uttley	16. 333/5 Shaun Lightman
7. 480/8 Ken Bobbett	17. 318/4 Peter Ryan ©
8. 471/9 Sean Pender ©	18. 310/8 Dave Ainsworth©
9. 466/7 Steve Allen	19. 269/6 John Borgars
10. 439/6 Fabian Deuter	20. 262/4 David Kates ©

Team

1. EHAC	2618	519 Wilkinson, 503 Middleton, 501 Thomson, 471 Pender, 388 Ralph, 236 Smith
2. Ilford AC	2526	631 Reis, 512 Bennett, 943 Uttley, 318 Ryan, 310 Ainsworth, 262 Kates
3. Surrey WC	2217	591 MartinM, 430 Maskell, 406 MartinA, 333 Lightman, 247 M.Harran, 210 Hoben
4. Hillingdon AC	2204	480 Bobbett, 439 Deuter, 399 Cox, 394 McKenzie, 285 Vroobel, 207 MiddletonJ
5. EHAC ‘B’	1088	213 Livermore, 211Lilley, 194 May, 184 Spinks, 179 Abbott, 107 Grimsey

News from Norma

My broken wrist was healing in a poor position so I had to go in for it to be rebroken and plates inserted. I was in for a couple of days then had to go back with minor complications. I'm finally beginning to hope that I have turned the corner.

I was very disappointed to miss out on *Roubaix but fortunately Chris Flint stepped into the breach. Kathy Crilley texted that I had picked a good year to miss as they had thunder heavy rain and cold winds

Hope to be back in action soon.

Lovely to hear Callum is doing so well – *Norma* **more on Roubaix below*

and John Ralph

John Ralph started the Thanet Marathon on 7th September as part of his build up for the National 50km championship, but that same weekend he was smitten by a shingles rash. Nevertheless he started the race and after clocking well inside two and a half hours at half way, was forced to retire. Two weeks off work followed and so as not to hinder his comeback, he officiated rather than race at Hemel Hempstead.

John's wife Barbara finished 5th lady in the Thanet event overall and was 1st V55 in the open race. She also won the V60 BMAF & SCVAC Championships. Her time was 3hrs 52mins 24 secs.

and Chris Flint

I confirm that the RWA (Southern) AGM will be held at the Civil Service Club at 7.15 pm on Monday 10th. November 2014. It will be preceded by a short committee meeting commencing at 6.30 pm.

There had been a suggestion of holding it at Lea Valley following the Enfield Open 7 Miles to give everyone a greater opportunity to attend but unfortunately there is insufficient time between the end of the presentations and the closure of the Centre. The idea is a good one and we shall see if it's possible to do something along these lines for future AGM's.

How to get to the Civil Service Club (courtesy of Essex Walker)

This is to be held on Monday 10th November at The Civil Service Club, 13-15 Great Scotland Yard, London SW1A 2HJ. Great Scotland Yard is a short road connecting Whitehall and Northumberland Avenue (being at the Trafalgar Square end of both roads). Your AGM commences at 7.15 pm though, for years, persons arriving early have been welcomed to observe the RWA Southern Area Committee Meeting which is held prior to 7.15 pm. This Club offers meals/drinks at subsidised prices, for those coming straight from work. It's a short walk from Charing X Station (BR and Underground) and not far from Embankment Tube Station. Umpteen buses serve Both Whitehall and Northumberland Avenue.

It's your chance to stand for Office or submit names of those who you wish to carry our sport forward and to vote into Office such persons. It's an opportunity for you all to make comments on RWA Southern Area issues and to offer ideas. If you don't have your say, then don't moan if things don't go as you would wish! Welcome to all

Norma Grimsey's broken wrist prevented her from taking her place in the 'Lightening Ladies' entered for the Roubaix 24 hour relay. Nevertheless there was *League* interest.

Roubaix Report from Cath Duhig

In the relays we had "The Lightning Ladies", who were Kathy Crilley, Chris Flint (?!?!?!?) and myself. Chris replaced Norma who had broken her wrist – if she'd been there we would have been first female team, but we had a job passing Chris off as a woman so had to settle for 3rd place (5th team overall) in the Mixed category. We covered 186Km 927m, which wasn't so far off previous totals considering my injury and the fact that I'd not walked more than 20 mins at a stretch in months (I did about 65K in the 24 hour period, that's nearly a year's mileage on recent form!)

"The Thunderbolts", – Serena Queeney, Sue Rey and Liz Blakie -clocked up 168km 041m in 8th team place, 2nd all female team. It has fired Liz up a bit to try some League races in the coming season, as one of her daughters is lodging in Mile End for the coming academic year and we have persuaded Liz she can combine visiting Katherine with doing a few ERWL races.

The weather was pretty good overall though we had a mighty storm at about 8pm on Saturday which rather dampened spirits, as well as everything else, for a while, and another spell of rain about 12 hours

later, leaving everyone a bit chilled for the morning stint. Overnight was relatively mild though, and things cleared up enough later for us to be able to pack away tentage, etc relatively dry.

Among the 49 Individuals taking part was Suzanne Beardsmore (Abingdon) for whom it was still a bit of a bridge too far following surgery, but she completed enough to count in the prize list , covering 140Km 597m in 45th (14th F) 49 finished. A very pleasant weekend overall!

Results Round up

One club member Gary Smith 9th 61.53 and four *Leaguers* took part in the **annual Police vs the Civil Service match** for the Ryan Cup staged at Coventry on 24th September; Peter Ryan 2nd 53.46, John Hall 3rd 56.32, Steve Uttley 4th 57.23, Stuart Bennett 5th 58.20 and Dan Maskell 8th 61.39.

The entry of four women and four men for the **BMAF track 10km championship** at Birmingham on 21st September was possibly the lowest ever. The road version of this championship was incorporated in the Jim Sharlott meeting at Leicester only a fortnight before and perhaps this was a contributing factor to the poor entry. There were no club walkers in the race, but *ERWL* supporters will recognize familiar names on the finishing sheet: Steve Allen (M55) 56.46, Malc Martin (M55) 57.14, Peter Boszko (M65) 59.25, Ken Bobbett (M70) 63.22, Noel Blatchford (W65) 67.07, Angela Martin (W50) 73.15, Naomi Shama (W45) 74.16, Sandra Campbell (W45).

The opening SWC fixture the **Gazette Cup 4 miles**, traditionally held on the first Saturday in October was, because of the staging of the National 50km on that Saturday this year, brought forward to 28th September. Luc Legon fresh from his English School's u17 victory the previous week enjoyed a comfortable win over the far from flat course at Addiscombe. His time of 34.02 took him well clear of Malc Martin 35.37 although it's worth noting that Malc had raced at Hemel Hempstead the day before. David Crane 36.05, a notable absentee from events this year demonstrated that he has retained his fitness, whilst Dan Maskell 40.28, Paul King 41.58, Peter Hannell 43.22, Peter Crane 45.36 and David Delaney 45.52 were *Leaguers* who took part. Three women were among the fifteen walkers and two of them Angela Martin 45.23 and Sandra Campbell 49.35 competed the day before and they were spilt by Geraldine Legon 47.32.

Forthcoming Fixtures

October 18th Cambs Harriers League Race 1 – 5km + Yag events - *Entries close at 1.40 at the Club House between 58A & 60 Glenhurst Ave, Bexley, DA5 3QW. Details from: Noel.Carmody@btopenworld or 020 8301 2334.*

October 24th Steyning Open 10km at Steyning with a 2.30 start.
Details from: Ron Penfold on 01293 520506 or Dave Stevens 01903 814422

November 2nd Surrey WC Alec Potton 7 miles at Addiscombe with a 2pm start *See Surrey WC website*

A HUNDRED YEARS AFOOT – A Celebration of a Century of Race Walking

This long awaited publication will shortly be available for purchase. The author is Peter Cassidy who was RWA General Secretary for over twenty years and the foreword is by her Royal Highness the Princess Royal.

In four parts; Historical Survey, Aspects of Race Walking, The people of Race walking, Images of Race Walking, Notes, references and appendices, makes for a comprehensive overview of our discipline.

Copies will be on sale at *ERWL* events and will cost £15. Alternatively, copies can be obtained by post for £18 and cheques should be made payable to P.J.Cassidy

To order direct or for further information get in touch with Peter Cassidy on 01277 220687 or at Peter.Cassidy@btinternet.com. All profits will go the Race Walking Association.

Diary Note re: 2015 ERWL fixtures

Opening Race & 2014 Presentations

Pednor Five

Moulton Five

17th January

4th May (Bank Holiday Monday)

6th June