



(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

Latest League news at <http://enfieldleague.weebly.com>

Medal-Fest for Arthur and Leaguers in Monte Gordo

In his first masters international since moving into the M80 category in April, Arthur Thomson carried on business as usual with individual and team victories at the European Masters Non stadia championships in Monte Gordo, Portugal, over the weekend of 20/22nd May. His time for the 10km was 64.09.

Eight *Leaguers* were amongst a substantial British presence and along with Arthur collected five individual and eleven team medals. What a brilliant show! I've extracted the details below which will be of particular interest to Enfield Leaguers. It hasn't been a straight forward task getting this information, so I apologise for any errors and welcome any corrections people care to send me

There were some outstanding performances by other 'Brits'; Golds for Ian Richards, Ed Shillabeer, Marie Jackson and place or team medals for Anne Wheeler, Kates Donaldson, Roger Michell and Colin Turner.

		10km	20kmM/20kmW	
Reis Francisco	M55	1 st 50.20	1 st 2.44.07	10km Team Gold & 30km Team Bronze
Allen Steve	M60	5 th 57.47	4 th 3.20.46	10km Team Gold & 30km Team Gold
Martin Malcolm	M60	6 th 59.09	3 rd 3.11.22	10km Team Silver & 30km Team Gold
David Kates	M65	8 th 65.56	6 th 3.37.43	10km Team Silver & 30km Team Gold
Ron Penfold	M75	5 th 67.16		
Bishop Fiona	W55	7 th 69.55	5 th 2.31.24	20km Team Gold
Duhig Cath	W60	64.47	2 nd 2.20.04	10km Team Bronze
Martin Angela	W50	14 th 68.47	7 th 2.24.11	10km Team Bronze

Outstanding World Cup for Wilkinson

Callum Wilkinson underlined his potential to become a major international competitor with fourth place in the IAAF World team championships junior 10km staged in Rome on 7th June.

In a close race where only seven seconds separated the first four, he couldn't hold on in the final surge for the line. Nevertheless, his time of 40.30 was a national record and raised him to third on the senior all-time list.

GB's other juniors also acquitted themselves well; Guy Thomas 19th in 42.55 a pb and Cameron Corbishley 26th in 43.27, which collectively gained them fifth team position. Emma Achurch walked a solid race and finished 24th in 48.27.

The three seniors on the whole didn't have such a good time; Tom Bosworth dipped under 83 minutes, but was off the pace whilst Bethan Davies and Dominic King didn't satisfy the judges.

Looking ahead; Dominic King has already been selected for the Rio Olympics and victory by Tom Bosworth (who has already met the qualifying standard) in the UK 20km trial on 5th June should confirm his.

For Messrs. Wilkinson, Thomas and Corbishley, the focus is the World Junior T & F championships in Bydgoszcz, Poland, again over 10km in late July and the qualifying time for that is 42.20. Callum already has it and Guy and Cameron have until the EA u20 championships' at Bedford on 19th June to reach it.

No doubt Jun Zhang, Manuel Bermudez and Noel Ali Chama, the first three in Rome will be at the start line in Bydgoszcz, so another monumental dust up is in prospect and who knows perhaps somewhere there is a young walker yet to show his hand?

Guy

Picture by Mark Easton – L to R : Cameron, Callum and Guy



The next League race is **The Moulton Open Five** plus an **YAG & Novice 2km**
inc. Suffolk CAA & EVAC championships **Saturday 4th June at 12.30p**

Entries on the day

Moulton Village Hall, Suffolk, CB8 8SP

Surrey WC's David Crane landed a Pednor double on 2nd May Bank Holiday. He won the Pednor 5 mile walk in 40.16 and finished in the top third in the in the Pednor run in 33.58 for an aggregate time of 74.15 to win the Pednor Challenge. Jonathan Hobbs and Jo Miles also did both events, the former finishing runner up to David and Jo taking the third ladies place.

For Steve and Arthur Thomson it was the second race of the day, having finished one and two in the Hertfordshire 3km track championship at Stevenage earlier in the day (see results Round-up).

Men	© = Centurion - *= <i>pb</i>	Women	
1. David Crane (Surrey WC)	40.16 M35	1. Maureen Noel (Belgrave H)	50.34 w50
2. Fransisco Reis (SCVAC)	41.15 M55	2. Cath Duhig © (Ryston R)	51.13 w60
2. Jonathan Hobbs (Surrey WC)	42.55 SM	3. Lynn Jones (Enfield HAC)	53.11 w50
4. Fabian Deuter (Hillingdon AC)	43.41 M35	4. Angela Martin (Surrey WC)	53.52 w50
5. Chris Hobbs (Ashford AC)	44.46 M60	5. Sarah Trundley (Nuneaton H)	54.21 w40
6. Steve Uttley (Ilford AC)	47.48 M55	6. Fiona Bishop (Woking AC)	55.24 w55
7. Mark Culshaw (Belgrave H)	47.50 M50	7. Jo Miles (Hillingdon AC)	55.56 w55
8. Keith Vallis (Overton H)	48.45 M50	8. Jenny Zaremba (Burnham J)	61.06 w45
9. Steve Allen (Barnet DAC)	49.51 M55	9. Jenny Middleton (Hillingdon AC)	62.23 w40
10. John Ralph (Enfield HAC)	50.11 M55	10. Alison Cronin (Burnham J)	64.54 w50
11. Dan Maskell (Surrey WC)	51.05 M65	11. Patricia Keene (Burnham J)	64.54 w55
12. Michael Harran (Surrey WC)	53.10 M75		
13. David Kates © (Ilford AC)	53.20 M65		
14. Arthur Thomson (Enfield HAC)	54.03 M80	2 miles Millie Hughes (Chiltern H)	24.57 Gu15
15. Chris Flint © (Surrey WC)	55.20 M70	Alice Moffat (Chiltern H)	24.57 Gu15
16. Alan Roberts (Vale Aylesbury)	55.45 M50	Maddie Hughes (Chiltern H)	25.40 Gu11
17. David Delaney (Surrey WC)	57.05 M70	Alexander Hughes (Chiltern H)	29.34 Bu11
18. Phil Burridge (Handy Cross R)	57.52 M45		
19. James Quincey (Surrey WC)	58.20 M		
20. Sean Pender © (Enfield HAC)	59.00 M60	<i>men's 5 continued</i>	
21. Trevor Brawn (Surrey WC)	59.18 M65	25. Martyn Cartwright (Surrey WC)	61.26 M75
22. Stephen Cartwright (Colchester)	59.42 M55	26. Mike Morgan (Burnham J)	63.40 M75
23. Dave Hoben (Surrey WC)	60.10 M60	27. Mike Hickman (Burnham J)	64.34 M65
24. Terry Morris (Nuneaton H)	61.24 M70	28. Derek Wilkins (Burnham J)	76.04 M55
		29. Bob Engel (Burnham J)	76.05 M70

Organised by: Martyn Cartwright & Chiltern H - Judges: Peter Cassidy & Pauline Wilson

League tables after Four Fixtures Surrey Walking Club continue to turn out in numbers and have opened up a 275 point lead over the holders, whilst Belgrave with only four walkers to date occupy third. Thirty-one women are among the 88 walkers representing 30 clubs who have participated so far this season..

Ladies	Men	
1. 210/4 Angela Martin	1. 272/4 Chris Hobbs	11. 169/3 Michael Harran
2. 190/4 Jo Miles	2. 260/4 Mark Culshaw	12. 153/3 Chris Flint ©
3. 182/3 Maureen Noel	3. 249/4 John Ralph	13. 130/3 David Hoben
4. 171/4 Jenny Middleton	4. 209/3 Fransisco Reis	14. 120/2 Gary Smith ©
5. 169/3 Lynn Jones	5. 208/3 David Crane	15. 119/3 Mick Barnbrook©
6. 163/3 Penelope Cummings	6. 203/3 Malcolm Martin	16. 114/2 Paul King ©
7. 152/3 Anne Jones	7. 195/3 Steve Uttley	17. 113/2 Shaun Lightman
8. 116/2 Cath Duhig ©	8. 194/? Steve Allen	18. 102/2 Ron Penfold
9. 102/2 Fiona Bishop	9. 192/4 Sean Pender ©	19. 95/2 Dave Delaney
10. 91/2 Kathy Crilley ©	10. 179/3 Dan Maskell	20. 93/2 Steve Cartwright

1. Surrey WC	1122	210 MartinA, 208 Crane, 203 MartinM, 179 Maskell, 169 Harran, 153 Flint
2. EHAC	874	249 Ralph, 192 Pender, 169 Jones, 120 Smith, 81 May, 63 WilkinsonG,
3. Belgrave H	619	260 Culshaw, 182 Noel, 114 King, 63 Halmstrand
4. Surrey WC'B'	548	113 Lightman, 130 Hoben, 91 Crilley, 64 Corrales, 55 Gaston, 95 Delaney
5. Hillingdon AC	525	190 Miles, 171 Middleton, 67 Deuter, 49 Cox, 48 Bobbett
6. Ilford AC	454	195 Uttley, 119 Barnbrook, 85 Ainsworth, 55 Kates

Results Round-up

Dave Ainsworth writes: This year's **Virgin Money London Marathon** on 24th April saw walkers showcasing our event before over a million spectators, other competitors and TV viewers. Star turn was hardworking Race Walking Association Honorary Secretary, Leicester's Colin Vesty, who clocked 4.49.02, a day after being 10th in our National 20 Kilometres' Walk (2.09.52). John Ralph completed the course in 5.05 (his good lady Barbara ran it in 4.01), Centurions' Captain Kathy Crilley got in extra mileage in preparation for the Dutch 24 Hours by clocking 5.38.23, Sarnia's Phil Lockwood came from Guernsey to cross-the-line in 5.54.13 and Vets AC stalwart Dave Hoben got there in 6.01. Past years saw many race walkers displaying our event, but nowadays it's a hardy few...whom we thank for putting on a good show for the crowds - hopefully having ignited interest in what we do. RWA Southern Area Committee stalwart Maureen Noel ran it in 3.38.

Many of the 14 competitors which made up the field for the **Vets AC 10km championships**, on 25th April At Battersea Park were ERWL regulars. The race also incorporated three county championships. For Mark Culshaw, who was 50 years old on the day and Arthur Thomson it was their first outings in new categories. VAC were pleased to welcome attending the race Colin Young statistician and premier ultra-distance walker, Surrey County Chairman Tom Pollak and Ken Livermore representing Herts County with his wife Margaret.

1. Steve Allen (M55)	55.38	Herts	8. Arthur Thomson (M80)	66.57	Herts
2. Mark Culshaw (M50)	58.38	Middx	9. Chris Flint (M70)	67.21	Surrey
3. Penelope Cummings (W35)	59.36	Surrey	10. John Borgars (M)	68.26	Herts
4. Maureen Noel (W50)	62.30	Middx	11. David Delaney (M70)	69.43	Surrey
5. Shaun Lightman (M70)	63.29	Middx	12. Fiona Bishop W55)	69.54	Middx
6. Michael Harran (M75)	65.48	Surrey	13. Sean Pender (M60)	70.01	Middx
7. Peter Hannell (M70)	65.58	Surrey			

Haywards Heath Open meeting on 28th April included a 1km walk which was won by Oliver Hopkins 4.44.5 from Jack Childs 4.54.5. Among the 11 walkers who took part were Dave Hoben 6.58, Ron Penfold 6.32 and Peter Hannell 6.24.

The **Hertfordshire 3km** championships took on Bank Holiday Monday at at Stevenage with the following result: Steve Allen 16.33, Arthur Thomson 19.12, Pamela Abbott (G) 21.05, Sharron Crowley 22.47

Veterans AC 5M on 10th May 2016 at Battersea Park, London SW11. Dave Hoben writes: Gentle rain and humidity were the main features of the second fixture of the season, with a lower than expected turnout. An in form Mark Culshaw from Belgrave Harriers continued his winning sequence. Maureen Noel from the same club was not far behind given her recent London Marathon and other races in between. Dave Delaney returned to form in a respectable time. 1 Mark Culshaw 48:29, 2 Maureen Noel 50:49, 3 Arthur Thomson 52:06, 4 Shaun Lightman 52:39, 5 Peter Hannell 53:48, 6 Fiona Bishop 55:06, 7 Dave Delaney 56:19 and 8 David Hoben 57:50

County championships 14/15th May Dominic King 11.58.31 got the better of brother Dan 12.09.98 in the **Essex** race and the ladies champion was Sophie Hales in 14.02.15. There were eight competitors including Peter Cassidy 20.58.66.

The **Suffolk** championships at Bury St.Edmunds attracted six competitors one of whom was a **Cambridgeshire** entry. George Wilkinson 5.14.5 won the u15's 1km, whilst over 3km Joyce Crawford 14.02.15 and Malcolm Smith 20.26.5 won the senior titles and Callum Wilkinson the u20 in a cbp of 11.36.2. Tony Wilkinson 20.28.9 was 2nd senior and Pamela Abbott 20.32.4 the Cambridgeshire winner.

In the **Middlesex** championships staged at LVAC, there were emphatic victories for Fransisco Reis 14.14.56 and Maureen Noel 18.01.46 with the minor medals going to Mark Culshaw 17.26.24, Shaun Lightman 18.34.75 and EHAC representatives in the race; Lynn Jones 19.55.81 and Melissa O'Hare 21.13.38. Sean Pender a staunch supporter of this event over many years was competing on the island of **Guernsey** in a **2km handicap** that he sponsors. The winners were Jason LeNoury 9.24 and Marie MacDonald 13.07. Sean clocked 13.13.

Dan Maskell walked in **Lancashire Walking Club's Fred Pearce Relay** (3 x 5km) at Simister on 21st May. Seven teams took part, the fastest 5km leg was 27.24 set by RWA 50km champion Adrian Edwards, whilst Dan was 8th fastest with 27.59.

Bits & Bobs

Congratulations to Ron Powell who celebrated his 80th Birthday on 18th May.

Sorry to report the news that Paul Nihill, MBE, a keen supporter of the Moulton Five, will be absent this year. He is currently hospitalised in Milton Ward, Medway Hospital, Windmill Road, Gillingham, Kent, ME7 5NY

Olympian Shaun Lightman's appearance in the Middlesex county championship was his 2000th race. Yes 2000th. A remarkable feat, bearing in mind his need for a heart pacemaker fitting quite recently. Well done Shaun!

The Middlesex walk championship was also the last appearance as a judge by John Powell. I'm sure that everyone connected with the ERWL will echo my thanks to him for his service. John is an active member of NUTS (National Union of Track Statisticians) and contributed largely to the fairly recent publication of 'WALKS' a statistical Survey of British Men's and Women's Race walking. I understand that copies are still available from NUTS.

Former Enfield Harrier and Middlesex AA and Met Police champion Chris Foster has announced his retirement which will give him more time to follow his many interests, among which is supporting Arsenal.

Centurion Social Walk

Next in the popular series of *Centurions Social Walks* is on Saturday 11th June from Fenchurch Street Station at 10am. It's an 8 miles walk around London Bridges led by Canvey Island octogenarian George Beecham and organised by Steve Kemp. It's open to all, whether Centurions or not, and families/friends. This route includes lunch at the historic Borough Market near London Bridge. Full details are available on The Centurion's Website.

Forthcoming Fixtures

Tuesday 7th June

First of this year's Woodford Tuesday 3km walks at Ashtons Track, Woodford Bridge, IG8 8AA

Saturday 11th June

British Athletics and the Race Walking Association jointly present the **2016 National 10km Race Walking Championships** incorporating the **CAU Inter-Counties Championships & Open 5km (15+)**

from Coventry Godiva Harriers Clubhouse Coventry Athletics Track, Warwick University, Kirby Corner, Coventry CV4 7AL

Entry Fee 10km - £10.00, 5km - £7.00 to Peter Marlow The Picture House, 134G Southgate Street, Bury St Edmunds, Suffolk, IP33 2AF

Cheques made payable to the RWA Closing date for entries 6th June

Time Table of Events: 1400: Open 5km 14:30: Men's & Women's 10km

Prizes have been agreed for the Race Walking Association 10km Road Championship(s) Men & Women 1st - £75.00 2nd - £50.00 3rd - £25.00 1st Team (3-to-score) - £100.00

Sunday 19th June

BMAF 5k at Horwich, Lancashire.

Details from John Hall: 020 8292 3627 07982 224312

Looking Further Ahead

Tuesday 9th July

Jack Fitzgerald Memorial walks – 12.30 at Tilgate Park, Crawley, RH10 5AU. More details from: walks@vetsac.org.uk

Saturday 30th July

LICC/ERWL 5km track

plus an **YAG & Novice 1 or 3km at Allianz Park,**

Monday 29th August

(Bank Holiday) **Southend Mile – 10.30** at Garon Park SS2 4FAQ