

Enfield Walker 2011

(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

April/May



EHAC Walkers Abroad Indoor European Medals for Arthur

Arthur Thomson (M70) increased his stash of international Masters Medals when taking the 3km bronze in 16.59 and 5km silver medals in 28.07 at the European Indoor championships in Ghent, Belgium in March. Rod Dunn (M55) making a steady return from an injury lay-off, competed in the 5km only and clocked 29.33.

Helen Middleton competed in the Lugano Masters 10km on 20th March and finished second in 58.52/ behind *Leaguer* Diane Bradley who clocked 55.22. Other *Leaguers* competing were Steve Allen 55.22 and Alan O'Rawe 65.58

On the opposite side of the world in Australia Serena Queeney finished third in the walking section of the Coburg twenty-four hour festival. The downside was that she was unsuccessful in her quest for *Centurion* qualification, but the ninety-five miles she did cover, was her best effort to date and she will have everyone's support to help her achieve her goal at Lingfield over the weekend of 1st/2nd July. Quite by chance, Mark Wall visiting family in Australia heard about the walk and with no special preparation decided to have a go. It was certainly worth while because he won the men's race and successfully covered 100 miles and is now Australian Centurion number fifty-nine.

Serena and Mark also collected Australian 100km championship medals en-route.

Returning to the European indoors; Maureen Spelman (W75) won silver in the 3km 21.39 and gold in the 5km 35.28, whilst Nick Silvester (M55) 14.01/24.39 collected two bronze medals and they were the best placed *Leaguers* who took part.

Enfield League Team result in National 20km

Sean Pender, Jon May, John Ralph

Eleven women and thirty-one men made up the field for the RWA national 20km championships staged at Redbridge Cycle Circuit on 1st May.

The individual race winners were Neringa Aidityte in 94.26 and Tom Bosworth 90.13, whilst the team race turned out to be an '*Enfield League*' result; Ilford AC 274, Enfield & H 257 and Surrey Walking Club. 247. The club's scorers were John Ralph 2.03.00, Sean Pender 2.09.31 and Jon May 2.15.42.



John was disappointed that he failed in his attempt to better two hours, but should take heart from the fact that his number did not appear on the naughty board and that he stuck it out to the finish. Sean was his usual dependable self and for Jon, who has had ankle problems since 2008, this was an encouraging performance. Unfortunately, Arthur Thomson was caught up in M25 traffic congestion and missed the start.

The next *League* fixture carrying double points is

The Moulton Five on Saturday 4th June

Entries on the day but cheaper if in advance – see last page for Info/Entry form

Memento's * BBQ * Refreshments * Amblers/Ramblers have road or off road Choice

This year the Pat Furey Open Five was staged as part of the LVAC Open meeting and attracted a record number of entries. In hot sunny conditions fifty-one walkers completed three and a half laps of the track before leaving the stadium to complete the distance on the adjacent road circuit.

League leader Fransisco Reis recovering from a recent hernia operation, showed no side effects and was seventy yards clear of his rivals as they left the track, was untroubled and won easily. The contest for the minor placings in both individual and team categories would have been closer, but for the hamstring injury incurred by Trevor Jones shortly after the start. In the team race, Ilford annihilated the opposition.

For the promoting club; Helen Middleton led the ladies and her team home, whilst Mikk Bradley who only converted to race walking last summer sliced over three minutes from his previous best over this distance.

Pat Furey was unable to attend, but sent his best wishes and pledged his continued support for the event. The appreciation of all concerned is expressed to Pat and to LVAC.

<i>Ladies</i>			<i>Men</i>			<i>* = PB</i>	<i>© = Centurion</i>
1. Helen Middleton	(Enfield HAC)	48.16 W45	15. Richard Emsley	(Steyning AC)	49.14 M60		
2. Angie Alstrachen	(Enfield HAC)	50.49 W45	16. David Sharpe ©	(Ilford AC)	49.25 M55		
3. Anne Belchambers	(Steyning AC)	51.22 W55	17. Rod Dunn	(Enfield HAC)	49.53 M55		
4. Sue Barnett	(Enfield HAC)	53.22 W60	18. Steve Kemp ©	(Eastern Vets AC)	50.05 M50		
5. Jo Miles	(Hillingdon AC)	55.02 W55	19. Alan Ellam	(Enfield HAC)	50.31 M55		
6. Norma Grimsey	(Enfield HAC)	58.53 W60	20. Paul King ©	(Belgrave H)	50.45 M50		
7. Serena Queeney	(Enfield HAC)	60.04 W60	21. Michael Harran	(Surrey WC)	51.04 M70		
8. Joan Bell	(unattached)	61.02 W65	22. Sean Pender ©	(Enfield H AC)	51.05 M55		
9. Kath Crilley ©	(Surrey WC)	61.04 W55	23. Peter Hannell	(Surrey WC)	52.07 M65		
10. Sue Smith	(Ryston Runners)	62.52 W45	24. Steve Crane	(Surrey WC)	53.18 M31		
11. Kamila Zanho	(unattached)	67.22 W60	25. Jon May	(Enfield H AC)	53.19 M60		
			26. Alan O'Rawe ©	(Ilford AC)	53.29 M65		
			27. Peter Crane	(Surrey WC)	53.35 M65		
			28. David Delaney	(Surrey WC)	53.54 M65		
			29. Ron Powell	(Enfield H AC)	55.29 M70		
			30. Steve Whelan	(Headington AC)	56.57 M45		
			31. Dave Stevens	(Steyning AC)	57.36 M70		
			32. David Hoben	(Surrey WC)	58.09 M55		
			33. Mick Barnbrook ©	(Ilford AC)	59.29 M65		
			34. Peter Howard	(Enfield H AC)	59.49 M65		
			35. Bernie Hercock	(Enfield H AC)	62.27 M70		
			36. Bill Sutherland ©	(Enfield H AC)	63.57 M65		
			37. Dave Ainsworth ©	(Ilford AC)	66.45 M60		
			38. Eddie Trotter	(Ilford AC)	39.51 M60		
			Trevor Jones	(Steyning AC)	retired M50		
			David Kates ©	(Ilford AC)	Dqd M60		

Teams: Ladies Enfield & H AC 1, 2, 4 7 6

Men Ilford AC 1, 2, 3, 4 = 10pts Enfield H AC 7, 12, 13, 17 = 49 Surrey WC 14, 21, 23, 24 = 82
Ilford "B" 8, 16, 26, 33 = 83 Enfield "B" 19, 22, 25, 29 = 85

Judges: Pauline Wilson (Chief), Peter Cassidy, Mick Graham, Ray Pearce

Time Keepers/Recorders: Andrew Garner, Pauline Kates, Christine Perkins

Marshalls: Mal Blyth, Pam Ficken, Carl Lawton, James Rooke Esq, Tony Perkins, Brian Sturt

Course Manager: Bernie Hercock

The New Dates for Race Walking Skills, Technique and Training Sessions at LVAC

Saturday 18th June

Saturday 16th July

Saturday 13th August

All commence at 10am and last for at least 2 and half hours

Held in extremely hot and sunny conditions, half of the field carried EHAC colours and there was a warm welcome for under-seventeen newcomer Andrew Reynolds of Loughton AC. At the other end of the age spectrum just two days after his birthday, Arthur Thomson commenced his M75 career. Interestingly on the same track (although it was cinders in those days), where fifty years ago in the famous Highgate Hour Walks he covered more than eight miles and at the time was only the fourteenth walker to have achieved it.

Ladies

1. Helen Middleton	(Enfield HAC)	17.05	W45
2. Angie Alstrachen	(Enfield HAC)	18.10	W45
3. Sue Barnett	(Enfield HAC)	19.04	W60
4. Norma Grimsey	(Enfield HAC)	20.59	W50
5. Kamila Zanho	(unattached)	23.05	W60

Men

1. Fransisco Reis	(Ilford AC)	14.27	M50
2. Phil Barnard	(Ilford AC)	14.42	M26
3. Steve Uttley	(Ilford AC)	15.25	M50
4. Steve Allen	(Barnet & Dist)	15.27	M50
5. John Hall	(Belgrave H)	15.30	M60
6. John Ralph	(Enfield HAC)	16.31	M50
7. Amos Seddon	(Enfield HAC)	16.47	M70
8. Arthur Thomson	(Enfield HAC)	16.55	M75

Men continued

© = Centurion

9. Mick Bradley	(Enfield HAC)	16.57	M50
10. Alan Ellam	(Enfield HAC)	17.02	M55
11. Sean Pender ©	(Enfield HAC)	17.43	M55
12. Michael Harran	(Surrey WC)	17.49	M70
13. David Sharpe ©	(Ilford AC)	17.51	M55
14. Jon May	(Enfield HAC)	19.10	M60
15. Alan O'Rawe ©	(Ilford AC)	19.14	M65
16. John Borgars	(Loughton AC)	19.19	M60
17. Ron Powell	(Enfield HAC)	19.47	M70
18. Peter Howard	(Enfield HAC)	20.22	M65
19. Mick Barnbrook ©	(Ilford AC)	21.13	M65
20. Andrew Reynolds	(Loughton AC)	21.16	u17
21. Peter Cassidy	(Loughton AC)	21.39	M70
22. Bernie Hercock	(Enfield HAC)	22.32	M70
23. Dave Ainsworth ©	(Ilford AC)	22.54	M60

2011 League Positions after Four Fixtures No insurmountable gaps have opened up yet and with three races carrying bonus points still to take place, the destinations of the *League* trophies remain wide open. Will there be significant moves after the double-point Moulton Five on 4th June?

Ladies

1. 290/4 Helen Middleton
2. 260/4 Angie Alstrachen
3. 232/4 Sue Barnett
4. 203/3 Anne Belchambers
5. 178/3 Jo Miles
6. 177/3 Norma Grimsey
7. 147/3 Sue Smith
8. 134/2 Serena Queeney
9. 126/2 Kamila Zahno
10. 99/1 Joan Bell

Men

1. 327/4 Fransisco Reis	11. 224/3 David Sharpe ©
2. 319/4 Steve Uttley	12. 220/4 Alan O'Rawe ©
3. 309/4 Steve Allen(Bnt)	13. 217/4 Ron Powell
4. 301/4 John Ralph	14. 217/3 Phil Barnard
5. 284/4 Amos Seddon	15. 215/3 Shaun Lightman
6. 262/4 Mikk Bradley	16. 208/3 Michael Harran
7. 258/4 Sean Pender ©	17. 199/4 Mick Barnbrook ©
8. 253/3 John Hall	18. 191/4 Peter Howard
9. 239/3 Ken Bobbett	19. 185/4 Bernie Hercock
10. 234/4 Jon May	20. 182/2 Andrew Cox

Team

1. Enfield & H AC	1655	301 Ralph, 290 Middleton, 284 Seddon, 260 Alstrachen, 262 Bradley, 258 Pender
2. Ilford AC	1506	327 Reis, 319 Uttley, 224 Sharpe, 220 O'Rawe, 217 Barnard, 199 Barnbrook
3. Enfield & H AC B	1236	234 May, 232 Barnett, 217 R.Powell, 191 Howard, 185 Hercock 177 Grimsey
4. Surrey WC	928	215 Lightman, 208 Harran, 144 CraneP, 132 Hoben, 115 Hannell, 114 CraneS
5. Enfield & H AC C	737	175 Dunn, 172 Ellam, 165 Thomson, 134 Queeney, 48 Sturt, 43 Brown
6. Steyning AC	688	203 Belchambers, 130 Penfold, 125, Jones, 125 Emlsey, 105 Stevens
7. Ilford AC'B'	683	154 Ainsworth, 137 Ryan, 133 Allen, 104 Kates, 85 Browne, 70 Aidietye
8. Hillingdon AC	599	239 Bobbett, 182 Cox, 178 Miles
9. Belgrave H	561	253 Hall, 158 King, 96 Noel, 54 Culshaw
10. Barnett & D AC	309	252 Allen

Results Round up It was good to see ten YAGS among the twenty-four competitors at Steyning's **Slater-Bryce Memorial track** meeting on 26th March. Mark Easton 49.49 and Julie Drake 54.56 were the senior winners. Arthur Thomson 57.49 fifth man and Helen Middleton 58.48 third lady represented the Club.

Leaguers Trevor Jones 3.10.15, Ken Bobett 3.37.38 and Andy Cox also 3.37.38 joined the runners in the **Worthing 20 miles** race on 27th March.

In warm hazy sunshine, twenty-three walkers started and finished in the inaugural **Downham Market Walks** staged on Sunday 17th April. The course consisted of a 2.5km circuit around the colourful, well manicured gardens of the housing estate where promoters Cath and Peter Duhig reside; indeed their house was the on-course base for refreshments and bathroom breaks. As one would expect out in the wilds of Norfolk, there were no serious hills, however the consensus after the race was that the innocuous little dips and rises made the course somewhat tougher than it appeared. Walkers selected their distance prior to the start; 10km, 20km or 30km. EHAC fielded six walkers and was the only club to field a full team.

In spite of going off course in the 10km Francisco Reis 53.39 won easily from Alan Ellam 62.22 and Peter Hannell 64.29, Steve Whelan 71.23 and Peter Howard 75.17. Sue Barnett 68.06 finished second lady just a few seconds behind Jo Miles 67.58.

The 20km The finishing order was John Hall (Belgrave) 1.59.50, Arthur Thomson 2.04.40, Helen Middleton 2.24.43, Amos Seddon 2.25.21, Anne Belchambers (Steyping) 1.36.16 and Bernie Hercock 2.46.09.

Steve Allen and Martin Fisher dead-heated the 30km in 3.15.32. Paul King was third 3.23.50, Cath Duhig 3.23.57, Kevin Marshall 3.25.05, Chris Flint 3.28.25, Sean Pender 3.29.24 and Iain Thomson 3.36.39. Sue Smith covered 25km in 3.35.03.

The first of the **VAC's** Battersea Park **Summer Five mile** events was duly completed on 19th April. The winner was Peter Ryan in 43.45. The club interest was Sean Pender 48.48, Ron Powell 55.08 and Bernie Hercock 62.38. The following week, **VAC** staged its **10km championships** which incorporated various Southern county Vets championships as well. The overall winner was Mark Easton 41.25 and the club was well represented by Arthur Thomson 58.04, Sean Pender 61.21, Jon May 65.50, Sue Barnett 66.06, Ron Powell 67.34, Peter Howard 70.39 and Bernie Hercock 75.19.

Bank Holiday Monday 2nd May (the day after the National 20km), was double up day for some walkers who competed in the **Herts 3km** at lunch time and then the tough **Pednor Five** in the late afternoon. Francisco Reis 14.28 and 41.26 won both as did Helen Middleton with 17.08 and 48.03. Rod Dunn 17.29 and Ken Livermore 23.56 were among the ten starters at The Herts event. Meanwhile, at Pednor where twenty-six walkers were in action, John Ralph's third place in 46.41 was an exceptional walk after his efforts the previous day. Norma Grimsey was third woman in 56.30, Bernie Hercock sixteenth in 61.35 and Alan Flavell twentieth in 75.35.

Ten race walkers turned out in last years **Sudbury Good Friday Five mile road race**. This year the *League* race on the following day affected the entry. However, Malcolm Brown went along and clocked 54.30.

The Surrey Hundred/Mark Easton's Photographs The upcoming Surrey 100 is an SWC promotion but we are pleased that the Centurions, who reach their centenary this year, have accepted our invitation to use the race as part of their celebrations. We are of course anxious to do all we can to make this event special for them.

A number of Centurions have expressed a desire to have their Centurion Number as their Race Number in the upcoming Surrey 100. Surrey Walking Club can meet this request, however, we would need entries by the 24th May as it takes longer to produce these numbers. Surrey Walking Club will, of course, continue to accept entries until the closing date on the 19th June but these competitors would get a random number

For more info go to the Surrey Walking Club website <http://www.surreywalkingclub.org.uk/>

Those who look forward to viewing Mark Easton's photographic record of races that he attends should know that his website is now <http://www.photosbymark.luxipics.com/default.asp?id=15>

This is a new web site <http://www.photosbymark.luxipics.com> so Please bear with him as he configures it and he welcomes any feedback. The host for the old photography site, he believes, is no longer trading, so will transfer his older photographs to the new site, as time permits.

RIP

Walkers will be sad to learn of the death of Peter Markham just five month's after his wife Sylvia. Peter contested at the top level before hanging up his shoes. Peter and Sylvia made a huge contribution to race walking; both were Judges (Sylvia was Chief at the Atlanta Olympics), and served in numerous administrative capacities at local and national level.

CORRECTIONS Last issue - page 2 photo caption missed out Francisco Reis. Results on back page; BMAF Indoors should have read twenty-four starters, Francisco's time at Cambs H race was 24.16 and the fastest man in the Eastern counties Indoor mile was Phil Barnard

Three go to Chateau Thierry

Like most of the 24 hour races in France, Chateau Thierry offered a team event within the main in 24 hour race.

Having competed in the Roubaix 24 hours over the last three years, Kathy Crilley (SWC) contacted other Roubaix relay veterans Norma Grimsey and Serena Queeney.

The Lightning Ladies strike again!

Travelling by Eurostar to Paris and then on to Ch.Thierry was awesome - considering the amount of luggage both Norma and Serena carried.... they left many fellow travellers bruised and battered along the way....

Chris Flint picked us up at the railway station (and he too was amazed at the amount of luggage...) Chris, along with Kevin Marshall, Richard and Sandra Brown were in for the long haul of the individual 24 hour race.

The races in France are very well supported by the town and the Village du Marcheours occupied the car park next to the sports hall. Chris Hilary Marshall and myself managed to find a spot to pitch Chris Flint's tent (opposite the official feeding station) and set up camp. Meanwhile Serena, Kevin and Norma found themselves locked in the accommodation and to climb over the fence to escape along with all their luggage...)

It was a short walk to the race start outside the Hotel de Ville and Serena was first off.

The plan was to do one lap each (3.725km) which is what we stuck to. Kathy, through lack of training this year, had primed Serena that she might have to take on a few extra laps, but she managed to hold out throughout the duration.

Team composition allowed a maximum of 4 members -which could be mixed -male/female/senior/veteran. Not all teams fielded 4 walkers and there was a combination of all male, all female, mixed, etc.

Norma was the fastest of the Lightning Ladies, Kathy the slowest (albeit consistent!) and Serena, using the event as preparation for her Australian Hundred attempt (see page one), went very steadily.

The course was challenging with a hill, which was quite steep in places, and went on, or rather up, for a good one km. It was very well organised with two feeding stations on the course and plenty of marshals and local gendarmes to control the traffic.

The results service was superb! They were posted on the French walking website on Monday with everyone's individual lap times - even the team laps.

The next relay will be in Roubaix 17th-18th September (a new course) hopefully the Lighting Ladies will be there too. If anyone is interested in joining us - do let Kathy, Norma, Serena or Cath Duhig know. It is a really great challenge as well as being good fun

Kathy Crilley, Chef d'equipe

Remaining League Fixtures Following Moulton Five on 4th June

11 th June	11.45am (6)	5km track <i>and</i> YAG 1km in the LICC meeting <i>Cophall Barnet</i>
16 th July	11.45am (7)	3km track <i>and</i> YAG 1km in the LICC meeting <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
23 rd July	1.00pm (8)	Half Marathon and shorter distances <i>Bonus points for completion of full distance</i> <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
20 th August	11.45am (9)	5km track <i>and</i> YAG 1km in the LICC meeting <i>Ahtons Track, Woodford</i>
17 th September	2.00pm (10)	10km League Race <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
8 th October	2.00pm (11)	5 – 8 miles Badge Races/Train in Spain <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS.</i>
12 th November	2.00pm (12)	85th Enfield Open Seven – Club Championships <i>Bonus points</i>

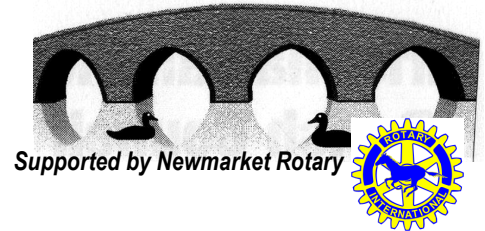
Centurions New Handbook

Pam Ficken who attends most events in the south carries copies of the updated and newly published *Centurions Handbook* so anyone who hasn't got a copy can but on from her for £10 – unbelievably cheap for such an excellent publication.

Moulton Community Walks

4th June 2011

from **The Village Hall (CB8 8SP)**
Village information from www.MoultonSuffolk.co.uk



Five Miles Road Walk

Starting at **2pm** this event is ideal for Power and Race Walkers or anyone who likes a challenge. A Badge is awarded to walkers who complete the course in less than one hour for the first time. The scenic, undulating route is an out to Dalham Windmill and back along the B1085.

Entry fee £6 Entries on the day £7.50

All participants receive a memento

Amblers/Ramblers/Health Four miles Walk

For the less competitive; at **1.30pm** there is an Amblers, Ramblers and Health walk. It is mainly off-road and the distance about 4 miles. It does contain a steady climb from Catford Bridge up to Gazeley, but the rewards are the magnificent views as the route crosses Primrose Hill to the finish.

ENTRY FREE - memento's available at £6

Junior Walking Races (under 15)

These will take place on the Village Green and vary in distance from 500m to 1km

Entries to: Ron Wallwork, "Woodview" 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or randjwallwork@btinternet.com
Cheques should be made payable to: "Moulton Walks"

Moulton Walks 2011 EntryForm

Name _____ telephone number _____
Address _____ email _____
_____ Age/date of Birth _____
Club/School/Organisation _____

Please enter me in the Moulton Community Walks for the

Five Mile Road Walk / **Amblers /Ramblers Walk** (circle appropriate category)

I agree to participate in this event completely at my own risk and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

I realise that roads are open to traffic and it may be dangerous to walk on roads with traffic, but it is my personal choice to do so. I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either or as a result of my travelling to, participating in, or as a result of having participated in the said event.

Or Please enter my daughter/son named above, for the **Junior Walk - U10 500m / u15 1000m**
(circle appropriate category)

I give permission for my son/daughter to take part in this event and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed _____ date _____
Parent or Guardian if applicable

I enclose a SAE for confirmation of entry