

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

October



South African "Blade Runner" Oscar Pistorius, fresh from his success at the IAAF World Championships in Korea, was at Lee Valley with a film crew doing a feature for Channel 4 television. During a break in filming, he joined the post race gathering where he kindly congratulated the winners posed for photographs. It was Dave Ainsworth who spotted Oscar and suggested that he be invited to the presentation.

A warm welcome to attend the final event of the 2011 series is extended to all walkers and supporters of race walking. The event is now the only surviving sprint road walk in the country, so if you can get along, please do?

85th Enfield Open Seven Miles

2010 Winners: Diane Bradley 62.35 – Daniel King 52.20 – EHAC Ladies & Mixed – Ilford AC Men

Saturday 12th November 2011 at 2pm

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

Newcomers/ Novices One Mile at 2pm

Individual, Centurion and Team prizes - Entries £5 taken on the day - Course 3 x 2 1/3rd miles

also incorporating LBH and SVAC championships

One Hour Badges and medals for Five, Six and Seven miles to those achieving the standard for the first time. The Five and six mile awards will be based on a 12/10 minute mile average speed.

As reported in the August issue, EHAC won the Woodford Tuesday Walks series for the first time in the nineteen year history of the event and Helen was the leading female walker

Bernie Hercock, Helen Middleton with the *Phil Embleton Shoe* and Sean Pender with *Reg Youldon Rose Bowl*.



The 2.5 mile circuit, checked for accuracy since the county 10 miles championship back in February, was used for this race and met with the approval of most participants.

Conditions were good; overcast but mild and some excellent racing took place. Fransisco Reis was an easy winner, but Fabian Deuter in his second appearance matched Trevor Jones stride for stride until the last mile or so and Sue Miles who impressed on her debut at Copthall stadium in June, registered another good performance, mixing it with Steve Allan, Amos Seddon and Alan Ellam; all four crossing the finish line within twelve seconds.

Sue Barnett set yet another pb, whilst Anthony Cotton and Anne Pickard bettered the hour on their first attempts at the distance.



Oscar with race winners Fransisco and Sue

Men

1. Fransisco Reis	(Ilford AC)	38.55 M50
2. Trevor Jones	(Steyning AC)	40.44 M55
3. Fabian Deuter	(Hillingdon AC)	40.56 SM
4. Steve Uttley	(Ilford AC)	41.51 M50
5. Steve Allen	(Barnet & D AC)	42.53 M55
6. John Hall	(Belgrave H)	43.59 M60
7. Steve Allen	(Ilford AC)	45.23 M50
8. Amos Seddon	(Enfield HAC)	45.28 M70
9. Alan Ellam	(Enfield H AC)	45.43 M55
10. Martin Fisher ©	(Redcar RWC)	45.59 M45
11. Arthur Tomson	(Enfield HAC)	46.05 M75
12. Andrew Cox	(Hillingdon AC)	47.23 M55
13. Mark Culshaw	(Belgrave H)	47.33 M45
14. David Sharpe ©	(Ilford AC)	47.44 M55
15. Michael Harran	(Surrey WC)	47.50 M70
16. Gary Smith ©	(Enfield HAC)	47.55 M55
17. Abdi Berleen	(Ilford AC)	48.18 M45
18. Rod Dunn	(Enfield HAC)	48.37 M55
19. Oliver Browne ©	(Ilford AC)	48.41 M55
20. Sean Pender	Enfield HAC)	48.59 M55
21. Alan O'Rawe©	(Ilford AC)	49.47 M70
22. Peter Hannell	(Surrey WC)	50.08 M65
23. David Hoben	(Surrey WC)	54.51 M55
24. Brian Sturt	(Enfield HAC)	56.00 M70
25. Steve Crane	(Surrey WC)	56.50 SM
26. Peter Howard	(Enfield HAC)	56.59 M65
27. Terry Braverman	(Enfield HAC)	57.28 M60

* = pb © = Centurion

1. Sue Miles	(Hillingdon AC)	45.35 W45
2. Helen Middleton	(Enfield HAC)	46.25 W45
3. Anne Belchambers	(Steyning AC)	49.43 W55
4. Sue Barnett	(Enfield HAC)	*50.16 W60
5. Angie Alstrachen	(Enfield HAC)	51.44 W45
6. Linda Spinks	(Enfield HAC)	52.46 W60
7. Jo Miles	(Hillingdon AC)	52.57 W55
8. Norma Grimsey	(Enfield HAC)	56.17 W50
9. Kathy Crilley ©	(Surrey WC)	57.45 M80
10. Anne Packard	(Loughton AC)	57.52 W45

Judges: M.Croft, A.Garner, B.Ingarfield, P.Wilson

Timekeeper: P.Welch,

Recorders: P.Ficken, D.Fotheringham

Marshalls: M.Blyth, C.Lawton, T.Perkins, K.Roost

Refreshments: M.Livermore, H.Nyman, J.Wallwork

28. Anthony Cotton	(BRJ Huntingdon)	57.33 M70
29. Peter Cassidy	(Loughton AC)	57.45 M70
30. Stuart Halsall	(EVAC)	58.20 M80
31. Bernie Hercock	(Enfield HAC)	60.29 M75
32. Bill Sutherland ©	(Highgate H)	61.05 M65
33. David Ainsworth ©	(Ilford AC)	64.32 M55
2.5m 34. Paul Ray	(Enfield HAC)	31.56 M75
34. Ken Livermore ©	(Enfield HAC)	31.56 M75

Race Afternotes

It was nice that **Ron** was able to bring along his wife **Mary**, who is progressing well after being hospitalised a month or so ago and hope that we see her at future fixtures. Ron tells me that all being well he will be producing his photographic montage of the season at the open seven.

Mal Blyth who is often to be seen marshalling at our races celebrated his 75 birthday a few days after the race. Mal's walking career stretches way back to the hey-day of Leicester Walking Club in the 1950's and he has an impressive collection of medals and awards to his credit. *Happy Birthday Mal!*

Doug Fotheringham, double world Vets champion in 1981 and an ever present at *League* events, started a new career at this race; as Judges Recorder.

Athletics Hall of Fame - Harold Whitlock and Ken Matthews MBE

Congratulations to Harold Whitlock and Ken Matthews on becoming the first race walkers to be voted into the EA Athletics Hall of Fame. Both were Olympic and European champions; Harold at 50km and Ken at 20km and I was privileged to know them.

In 1958 when I was getting involved in the sport, Harold was a legend; in addition to his international success he had re-written the London-Brighton record book and set many distance records. I saw him at events, met him at coaching sessions and received an encouraging letter from him following my rather mediocre international debut in 1963, which gave me a tremendous boost.

Ken along with Stan Vickers was dominating the sprint scene in the late fifties and it was their feats which really inspired me. In the Rome Olympic 20km of 1960, Stan Vickers walked brilliantly to take the bronze medal to add to the European gold that he had won two years earlier in Stockholm, but for Ken it was a disaster; he didn't even finish the race.

However, by 1964 Ken had led GB&NI to two Lugano Cup wins, won gold in Belgrade at the European championships of 1962 and crossed the finish line in the Tokyo Olympic 20km almost 400m in front of his nearest rivals; East Germany's Dieter Lindner and Vladimir Golubnichiy the Russian winner in Rome.

It was with great pride that I wore Great Britain & NI colours along side Ken in the successful 1963 Lugano Cup campaign and I'm also delighted that he is to be RWA President for 2012, a position also held by Harold in 1955/56.



League Tables with One Fixture

Thirty-seven women are among the one hundred and twenty-one walkers from twenty-eight clubs who have taken part in this year's series. Only seven points separate Sue and Norma for third spot in the women's *League* and even with double points on offer it's hard to imagine any change to the top of the other individual or team placings.

Ladies

1. 707/9 Helen Middleton
2. 625/9 Angie Alstrachen ©
3. 545/9 Sue Barnett
4. 538/9 Norma Grimsey
5. 480/6 Anne Belchambers
6. 289/6 Jo Miles
7. 239/4 Sue Smith
8. 232/3 Serena Queeney
9. 231/3 Kathy Crilley ©
10. 201/2 Joan Bell

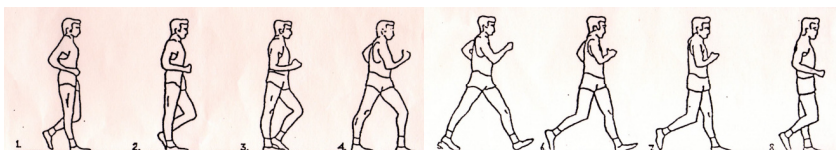
Men

- | | |
|-------------------------------------|--------------------------------------|
| 1. 764/9 Steve Uttley | 11. 579/9 David Sharpe © |
| 2. 741/9 Steve Allen (<i>Bnt</i>) | 12. 568/7 Steve Allen (<i>Ilf</i>) |
| 3. 719/9 Francisco Reis | 13. 536/7 Shaun Lightman |
| 4. 714/9 Amos Seddon | 14. 504/7 Rod Dunn |
| 5. 648/9 John Ralph | 15. 486/9 Bernie Hercock |
| 6. 644/9 Sean Pender © | 16. 473/6 Trevor Jones |
| 7. 618/8 Mikk Bradley | 17. 468/9 Peter Howard |
| 8. 604/9 Andy Cox | 18. 423/6 Michael Harran |
| 9. 584/9 Alan O'Rawe © | 19. 401/7 Ron Powell |
| 10. 587/9 Jon May | eq. 401/6 Alan Ellam |

Team

- | | | |
|----------------------|-------------|---|
| 1. Enfield & H AC | 3956 | 714 Seddon, 707 Middleton, 648 Ralph, 644 Pender, 625 Alstrachen, 618 Bradley |
| 2. Ilford AC | 3614 | 764 Uttley, 719 Reis, 587 O'Rawe, 579 Sharpe, 568 Allen, 397 Ainsworth |
| 3. Enfield & H AC B | 3125 | 584 May, 545 Barnett, 538 Grimsey, 504 Dunn, 486 Hercock, 468 Howard |
| 4. Surrey WC | 2055 | 536 Lightman, 423 Harran, 393 Hoben, 271 Delaney, 231 Crilley, 201 Hannell |
| 5. Enfield & H AC C | 1884 | 401 Powell, 401 Ellam, 387 Thomson, 255 Sturt, 232 Queeney, 208 Livermore |
| 6. Hillingdon AC | 1351 | 604 Cox, 341 Bobbett, 289 MilesJ, 117 MilesS |
| 7. Ilford AC'B' | 1313 | 354 Browne, 270 Barnbrook, 217 Barnard, 171 Birleen, 164 Goodwin, 137 Ryan |
| eq. Steyning AC | 1313 | 480 Belchambers, 473 Jones, 130 Penfold, 125 Emlsey, 105 Stevens |
| 9. Belgrave H | 1084 | 318 Hall, 267 King, 157 Culshaw, 109 Graham, 142 Noel, 91 Halle |
| 10. Barnet & Dist AC | 741 | 741 Allen |

Race Walking Skills and Technique Session



Saturday 19th November – 10am to 12.30pm at Lee Valley Athletic Centre

Walkers £5 - Coaches (free) are welcome to assist and share knowledge

Results Round-up

The annual **Ryan Cup 10kms** walking match between the Police and Civil Service took place on 28th September at Birmingham's Cannon Hill Park in unseasonably hot conditions. Amos Seddon in finishing sixth in 59.50 also occupied third place in the Police championship which was won by Peter Ryan in 56.01. Gary Smith was seventeenth in 65.13 and Liz Man Rey retained her 5km police title in 35.52. Current *League* leader Steve Uttley won the race in 55.14 to win his first CS road title and John Hall was fourth and CS third in 56.25. Maureen Noel with 30.32 retained her CS 5km championship.

In record temperatures for the month, Scott Davis duly won his seventh consecutive **RWA/UKA national 50km** title at Northampton on 2nd October in a time of 4.45.22. In doing so, he equalled the great Don Thompson's sequence of victories in this event set between 1956 and 1962. Maureen Noel with a time of 5.55.31 scored her third win in succession, her fifth in six years and was the only one of the five women who started to finish. Only seven of the sixteen men that started completed the distance and two were classified. Angie Alstrachen and Sean Pender were among the casualties retiring at 27km and 30km respectively. Yorkshire WC's Richard Spenceley 5.32.53 was runner-up and Lancashire WC's Adrian Edwards third in 5.37.27. Ilford AC added yet another national team trophy to their collection; Ed Shillabeer and Bob Dobson notching up his 125th 50km being Scott's back-up men.

Six of the nine walkers who contested the **supporting 10km race** were *Enfield League* regulars and they occupied the first six places. They were: Fransisco Reis 51.06, Steve Uttley 54.20, John Hall 56.23, Helen Middleton 60.13, Arthur Thomson 61.46 and Mark Culshaw 62.43.

The first of Surrey Walking Club's winter series of races, the **Gazette Cup 4 miles** got underway at Monks Hill on Saturday 15th October. Mark Easton notched up his eighth consecutive win in this event and his fourteenth overall since his first twenty-six years ago. His time was 31.34 and behind him in the minor placings were, Steve Uttley 33.20 and Diane Bradley 36.34. EHAC's highest placed walker was Helen Middleton 38.04 and behind her in ninth were Sean Pender 39.52, twentieth Bernie Hercock 47.58 and Ken Livermore 53.48.

The following day in the **Harwich 5 mile road run**, which attracted over three hundred competitors, Amos Seddon clocked 37.14 in 129th place and was second in the M70 class. He wont thank me for mentioning this, but 37.45 was his five mile split time when winning the 1980 Leicester Mercury 20 miles in 2.31.33.

In warm, sunny conditions on 22nd October, the first race of the new **Cambridge H Winter League 5km** was won by junior Cameron Corbishley 23.41. He headed Fransisco Ries 24.23 and Steve Uttley 25.31. Diane Bradley 27.20 was the women's winner, Helen Middleton 28.21 was second and Sue Barnett 31.36 third. In thirteenth and fourteen places were Peter Howard 34.08 and Bernie Hercock. Twenty-three took part in the senior event.

From Liz Man Rey Thank you for your email. I was indeed fortunate enough to win a gold medal for Ladies Senior A race walking at the World Police and Fire Games. As Gary mentioned the organisation was diabolical. In addition to a reduction in distance and rescheduling we ladies were waiting trackside from 1200 to 1700 when we raced, constantly being told that the event was would soon be on. With no water, locked changing rooms (yes, seriously!) and blazing sun as soon as I finished I walked off to find any refreshments and irritatingly left my watch running.

Despite assurances that results would be published they have not and across all sports the organisers have managed to include disqualified competitors, omit others and mess up timings so I am not holding my breath as regards timings!

I was furthermore delighted to maintain my national PSUK title on 28/09. Next year I hope to bring a team of Essex women to the PSUK event, as both this year and last year I was the only Essex lady against 4 Lancashire ladies.

Regards, Liz



Liz and Gary trackside in New York

Mikk Bradley hasn't been seen since the final Woodford Tuesday meeting on 30th August when he set a 3km pb of 16.21 and picked up a hamstring injury in the process. It threatened to kibosh his plan to run in the Berlin Marathon, but he discovered that the injury didn't affect his running, so rounding off a five races in eleven days final preparation by doing the Lee Valley event, was surprised to win it in 3.01.08. In Berlin he finished 171st in 3.01.30 and was ninth in his age group. He wont be at the open Seven, but is looking to set a host of walking pb's in 2012.

The first event in November is the **Surrey WC Adington Vase 7 miles** on the 5th. It starts at 2.30pm. Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999