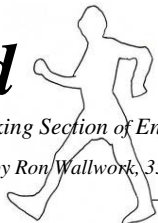


Enfield Walker

(Newsheet of the Walking Section of Enfield & Haringey AC)

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869/randjwallwork@btinternet.com

who apologises for any errors and who welcomes contributions and comments for future issues



September 2010
No. Nine

Colchester 100 - pb's for Sean and Serena

With only eleven weeks notice Sean Pender, Serena Queeney and Sue Clemments entered the hurriedly arranged Colchester Hundred held over the weekend of 7th/8th August at Castle Park, Colchester.

Sean c1067 achieved *Centurion* status at Milton Keynes two years ago in a nail-biting situation, where he completed the distance with less than four minutes to spare. At Colchester he had twenty to spare, clocking 23.39.50. Serena over the last few years, has made a number of unsuccessful attempts to become a *Centurion* and although she didn't manage it this time, her ninety-two miles plus, was by far her best effort. Sue c950 retired at fifty-five miles. I think all three did well considering the preparation time, or lack of it, that they had. I'm sure all three are looking ahead to better performances in next year's Centenary Hundred being staged by Surrey Walking Club.



Serena pictured at Newmarket in 2009

I had my doubts about the staging of a hundred mile event with little more than ten or eleven weeks notice and feared for its success. So, I was delighted to learn that the event staged at Castle Park, Colchester over the week-end of 7th/8th August had gone off well and produced four new *Centurions*.

All credit to Chris Flint and Kathy Crilley for making it happen and to those who gave up their weekend to assist them. **Special congratulations to Chris because he took part in it and recorded his twentieth English Hundredth.** He joins a very select band of *Centurions* who have achieved this feat.

Twenty-five started the event; Sandra Brown notched up yet another triumph passing the finishing line first in 20.23.30 with Dutchman Gerard Huenks the leading man some thirty-four minutes behind. Full result can be found on the *Centurions 1911* web-site.

Congratulations To Tom Bosworth, Luke Finch, Jo Jackson, Lisa Kehler and Alex Wright on their selections for the England Commonwealth Games team. They all worked hard to attain the qualifying times and credit too, to England athletics for selecting the five walkers who met the selection criteria. Lisa's selection deserves a special mention because it will be her fifth appearance in the 'friendly games.

Not to be missed out in the congratulations is Peter Marlow, who has been appointed Chief Walking Judge at the Games which take place in Delhi during October this year.

All connected with race walking are urged to support the inaugural

Open to all walkers, so Don't miss out on this inaugural event - Be part of the history!

Memento's to all Participants

Advance Entry Fee £6 - on the Day £7.50

Entries to: Ron Wallwork, 35A Newmarket Road,
Moulton, Suffolk, CB8 8QP 01638 751 869

As with all league events walkers are welcome to take part and do a shorter distance if they wish.

League bonus points for those completing the half marathon.

There will also be a Junior 1km walk commencing at 2.30pm
If you are not able to walk, come along, support and help

English Race Walking

1/2 Marathon

RWA Permit No. 17/10/48 - Category B

Challenge

Hillingdon Cycle Circuit - UB4 0LP

1pm - 18th September 2010

Another Record Season for LICC

The meeting at Parliament Hill on 14th August was the final one of the 2010 series; and a successful season it was for the LICC. In all there were over 1600 registered performances in the four meetings. Great credit must go to Geoffrey Morphitis, Ray Gibbins and their colleagues for all their hard work, along with the financial support given by England Athletics and London Marathon.

The participation tables show that the sprints with 266 men's and 34 women's performances were the most popular events. The walks with 88 men and 32 women were in the top six, but sadly, there was a distinct lack of youngsters which didn't do much to promote the discipline.

2010 Enfield League	Ninth Fixture – LICC 5km Track		Parliament Hill 14th August	
<i>Ladies</i>		* = pb		
1. Helen Middleton (<i>Enfield HAC</i>)	28.39	W45	8. David Sharpe (<i>Ilford AC</i>)	30.44 M55
2. Angie Alstrachen (<i>Enfield HAC</i>)	*29.58	W40	9. Sean Pender (<i>Enfield HAC</i>)	31.33 M55
3. Fiona Bishop (<i>Aldershott FD</i>)	32.17	W50	10. Mike Bradley (<i>Watford H</i>)	31.46 M
4. Sue Barnett (<i>Enfield HAC</i>)	*32.34	W60	11. Jon May (<i>Enfield HAC</i>)	31.52 M55
5. Liz Man-Rey (<i>Essex Police</i>)	*36.54	u30	12. Ron Powell (<i>Enfield HAC</i>)	32.24 M70
6. Sue Smith (<i>Ryston R</i>)	37.12	W45	13. Peter Howard (<i>Enfield HAC</i>)	34.04 M65
			14. Mick Graham (<i>Belgrave H</i>)	34.35 M60
<i>Men</i>			15. Steve Whelan (<i>Headington AC</i>)	34.52 M
1. Steve Uttley (<i>Ilford AC</i>)	26.24	M50	16. Peter Cassidy (<i>Loughton AC</i>)	35.05 M70
2. Peter Ryan (<i>Ilford AC</i>)	27.41	M55	17. Mick Barnbrook (<i>Ilford AC</i>)	35.16 M65
3. Graham Chapman (<i>Headington AC</i>)	28.10	M55	18. Keith Mitchell (<i>DEFRA</i>)	36.48 M
4. John Ralph (<i>Chiltern H</i>)	28.35	M50	19. Bill Sutherland (<i>Highagte H</i>)	38.23 M
5. Amos Seddon (<i>Enfield HAC</i>)	28.46	M65	20. Bernie Hercock (<i>Enfield HAC</i>)	39.26 M70
6. Michael Harran (<i>Surrey WC</i>)	29.38	M70	21. David Ainsworth (<i>Ilford AC</i>)	40.02 M60
7. Carl Lawton (<i>Belgrave H</i>)	29.51	M60		

Judges: Michael Croft and Pauline Wilson

Arthur Thomson (M70) continued his **BMAF** age group domination when recording 3.09.22 in the **30km** championships staged at the University of Warwick on the same day as the LICC 5km.

2010 League Positions after Nine Fixtures Steve Uttley has taken advantage of Fransisco Reis's holiday absence at Parliament Hill and Helen Middleton looks unassailable in the ladies section. EHAC have exchanged positions with Ilford AC at the head of the team table and their 'B' squad has done the same with Surrey WC and now occupies third spot.

Ladies	Men
1. 563/9 Helen Middleton	1. 595/9 Steve Uttley
2. 330/7 Sue Barnet	2. 553/8 Fransisco Reis
3. 300/7 Norma Grimsey	3. 493/9 Sean Pender
4. 298/5 Diane Bradley	4. 493/9 David Sharpe
5. 289/6 Maureen Noel	5. 475/8 Amos Seddon
6. 285/5 Angie Alstrachen	6. 460/7 Steve Allen
7. 267/5 Fiona Bishop	7. 414/7 Andrew Cox
8. 246/7 Sue Smith	8. 369/8 Jon May
9. 182/4 Becky Collins	9. 340/6 Ken Bobbett
10. 174/4 Françoise Fernandez	10. 345/7 John Ralph
	11. 340/5 John Hall
	12. 310/5 Michael Harran
	13. 304/4 Peter Ryan
	14. 280/7 Ron Powell
	15. 276/5 Michael Hinton
	16. 272/5 Oliver Browne
	17. 269/5 Steve Crane
	18. 257/6 Peter Howard
	19. 256/4 Trevor Jones
	20. 252/5 Peter Crane

Team	Points	Members
1. Enfield & H AC	2530	563 Middleton, 493 Pender, 475 Seddon, 369 May, 330 Barnet, 300 Grimsey
2. Ilford AC	2493	595 Uttley, 553 Reis, 493 Sharp, 304 Ryan, 276 Hinton, 272 Browne
3. Enfield & H AC 'B'	1411	285 Alstrachen, 280 Powell, 257 Howard, 229 Thomson, 184 Ellam, 176 Hercock
4. Surrey WC	1398	310 Harran, 269 Crane S, 252 Crane P, 204 Hoben, 188 Hannell, 175 Delaney,
5. Belgrave H	1135	340 Hall, 289 Noel, 164 Culshaw, 132 Graham, 111 Fotheringham, 99 Lawton
6. Hillingdon AC	914	414 Cox, 353 Bobbett, 147 Miles
7. Ilford AC 'B'	801	211 Ainsworth, 163, O,Rawe, 129 Barnard, 121 Trotter, 98 Marshall, 79 Davis
8. Aldershot F & D	745	267 Bishop, 225 Silvester, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies,
9. Steyning	696	256 Jones, 167 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold
10. Enfield & H AC 'C'	677	148 Dunn, 138 Braverman D, 114 Queeney 98 Flavell, 98 Sturt, , 81 Brown

Results Round-Up

Omitted from last issue Club member **Rod Dunn** M55 also competed at Nyiregyhaza, Hungary in the European Veterans championships. He went there under trained and raced. He finished thirteenth with 30.53 in the 5km and with only a days rest, found the 20km particularly tough finishing sixteenth and his 2.16.21, a time well below his best. **Sean Pender's** 29.45 in the SEAA 5km track championships on 24th July was also missed

The **Southern RWA 20km** championship staged at Basildon on 7th August attracted fourteen competitors. Helen Middleton emerged as the ladies champion finishing first of five ladies. She had been hoping to break two hours, so was a little disappointed with 2.02.08. Young Becky Collins took the silver medal with a pb of 2.09.54 and Cath Duhig the bronze in a time of 2.14.00. Sixty-one year Ian Richards with 1.44.51 got the better of last year's winner Trevor Jones 1.50.08 with Peter Ryan occupying third place in 1.54.52.

Only five walkers took part in the **Vets inter-area** match at Solihull on Sunday 8th August. The distance was 2km and Helen Middleton had to be content with second place behind Ann Wheeler. It was her slowest 2k of the year; 11.04.05, but she and Cath Duhig who finished third scored heavily for EVAC.

Vets AC 5 miles Chris Flint could hardly have had time to draw breath, because two days after had he finished organising and competing in the Colchester hundred he was organising and competing in the Vets AC 5 miles at Battersea park on 10th August. Arthur Thomson who finished fourth of the twelve starters in 46.20 and Ron Powell eighth in 53.39 carried the EHAC interest in a race won by Steve Allen (Barnet) in 43.51. Diane Bradley was second in 44.19 and young guest Kelsey Howard third in 45.38.



The BMAF 30km was incorporated in the Midland championship and staged at University of Warwick Science Park on 14th July. Tommy Taylor headed a twenty-five strong field to win the Midland championship. *Leaguer's* John Hall M60 with 3.02.45, Steve Allen M50 with 3.18.25 along with Maureen Noel W45 with 3.16.10, won their respective categories whilst John Borgars M60 with 3.42.07 finished third in his. Karen Wears W40 of Redcar was the first of three ladies to finish in 3.12.31.

John Hall says that the weather wasn't great with intermittent light rain, but the organization was excellent and expresses thanks to Glyn Jones, the officials, feeding station helpers, some of whom came forward on the day.

Maureen Noel (W45) was walking at Coventry, but she enjoyed success running the marathon in the recent European Masters championships in Hungary finishing third in 4.14.24 and leading GB to team gold (see last issue)

The following day, Sunday 15th August at the Julie Rose stadium, Ashford, Dominic King 12.36 and Diane Bradley 15.14, were the respective winners of the **Home Counties 3km** walks. The ladies race must have been a cracker, because Kelsey Howard finished only 1/10th of a second behind Diane. Sean Pender attending in his capacity as Middlesex President got roped in to walk and finished sixth 18.14, which wasn't bad considering his race at Parliament Hill the previous day and of course his hundred only a week before. Another extremely busy athlete having her second race on consecutive days was Maureen Noel who finished fourth in 18.39. Norma Grimsey had a very frustrating race and was disappointed with her 20.53 which was well outside her recent pb. However, two weeks later at the EA under 17 championships at Bedford she was delighted, because her fifteen year old daughter Beth finished second in the pole vault. Well done Beth!

Cath Duhig - No Calella This Year

Response has been very small and overall rather fudgy. I have been in touch with Kathy, our contact in Calella, and we've agreed that it's really a non-starter this year as the hotel really needed about 15 bookings to make the whole thing viable, and the transfers between airport and hotel were going to be very pricey with so few as well.

From talking to some of you, and others, it seems there is interest in this sort of venture but everyone would like more notice / time to book leave, plan etc, and also a more "structured" coaching content for the week. Kathy has said we can look at something for about the same week next year. This would give us time to publicise it again, get people to book leave and make a commitment, and see if Mick Graham would be interested in coming along to input if we covered his expenses. Additionally we would be able to do some block booking of flights / trains etc if there were enough interest.

Please let me have your thoughts on this (cath@peterduhig.plus.com) - but don't expect a reply till mid-September as I'm off away tomorrow and will be offline for the duration

More about Mike Hinton

Thanks Ron for the wonderful article on Mike HINTON. I would like to wish Mike and Iris and their Family the very best of luck and health for the future. They have been our best friends for many years going back to Mike's early days at Highgate Harriers. I think Mike has been very modest with his after-thoughts on his lengthy athletic career. He has been a stalwart supporter and competitor in his Race Walking. He was for ever present at those twice weekly training sessions on Tuesday and Thursday evenings from Parliament Hill Fields Track and those pack sessions were not for the fainthearted!. In freezing temperatures in the hard snowy winters of the 60's he battled through in our pack training sessions. It was due to him and many others that I was able to reach International Level for Great Britain . I will always feel a great debt of gratitude for the important part they played towards my success. They will be greatly missed as they venture away from London and the Race Walking Scene.

Yours in Sport and Friendship, Kath and Bill SUTHERLAND

A Monthly Coaching Opportunity – is there a need?

Over quite a period of time a number of people have approached me about opportunities to receive advice about coaching. Not all have been newcomers to race walking or indeed athletes; some were already qualified coaches in other events.

In response to these enquiries, the *League* is exploring the feasibility putting on a six month **Skills and Technique Project**. The project's would provide regular access to coaching, Coach training and a quickly accessed opportunity for new Race walking recruits to learn about the discipline.

Exercise drills to improve range of movement and technique, followed by fault identification, causes and correction, would be the basis of the sessions, with the advantage of a monthly check to re-enforce what has been learned.

The project would be open to athletes of all ages and all ranges of ability. The likely venue is Lee Valley Athletic Centre, but could easily be moved around to other southern venues. The cost to the athlete will depend on the funding acquired.

The timings of the sessions are 10am to 12.30pm and the proposed dates are: 2010 - Sunday 31st October, Sunday 21st November, Sunday 19th December. 2011 – Sunday 30th January, Sunday 27th February and Sunday 13th March.

The success in even getting the project off the ground will ultimately depend to a large extent on its appeal to race walkers who feel they need it. So please, if you are interested, do let me know so that the need can be confirmed, or whether or not we are wasting our time.

Forthcoming Fixtures

The popular Midland **Jim Sharlott 10km** fixture on **4th September** incorporates the **BMAF championship** over this distance. It is also a YAG Grand Prix meeting. The venue is Abbey Park, Leicester. The 10km starts at 11am. Details from John Hall on 02082 923 627 or Colin Vesty on 07894 683 833 or contact@leicesterwalkingclub.org.uk

Guernsey Churches 19.4 miles Walk takes place this year on **Sunday 5th** September and it promises to be quite an occasion. Entries have already been received from the Isle of Man and a couple from Redcar RWC. If a longish walk is your thing, then why not get more information from Jayne LeNoury at lenouryjeburgh@cwgsy.net or 01481 246 865. Details and a list of entries can also be found on <http://churchtochurch.wordpress.com/>

The **UKA/EA/RWA national 10km** championships take place at the Science Park, Warwick University, Coventry on **Saturday 11th September**. The Women's race starts at 1pm and the men's at 2.15pm. Changing and registration at Westwood Track, Coventry Godiva Clubhouse, Kirby Corner Road, Canley, Coventry, CV4 8EE. Peter Marlow, The Picture House, 134G Southgate Street, Bury St.Edmunds, IP33 2AF or 01284 754 177, is taking the entries which **close on 6th September**. The fee is £10 – cheques payable to the Race Walking Association.

The **Southern Race Walking Hour** championships along with various YAG distances and an inter-area match take place at Dartford on 25th September. Entries close on 13th September to N.Carmody, 41 Herbert Road, Bexley Heath, Kent, DA7 4QF

The Pat Furey meeting on 2nd October at LVAC is the penultimate fixture in the 2010 *League* series. The main race distance is five miles, but there are also junior distances. More details in the next issue