

The Enfield Walker 2014

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 – rwallwork4@sky.com
who apologises for any errors and who welcomes contributions and comments for future issues

April



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

See the EHAC Website <http://www.ehac.co.uk> for the latest ERWL information



Another World Double for Arthur

At the World Masters championships in Budapest the remarkable Arthur Thomson (M75) made yet another clean sweep of victories in his category. Winning the 3km in 17.09 and the 10km in 60.32 he confirmed that he remains the major international force that he has been since his first international Master's as an M65 in 2005.

and A Grand National Day for the Wilkinson's

On 5th April whilst all eyes in the racing world were at Aintree on the Grand National steeplechase, at Sheffield George and Callum Wilkinson were having a grand national of their own. George won the UKA/RWA u13's 2km in 14.22 and Callum the u20's 10km in 47.02. *More in Results Round-up*



Pb for Wilkinson in Lugano

Callum Wilkinson's 17th birthday on 14th March was one he will remember for a long time. He spent it travelling to Lugano, Switzerland as a member of the England Athletics team for the annual EAA & IAAF meeting.

The best of his birthday presents was delivered two days later in the under 18's race when he finished fifth in 46.36, a huge pb. With the temperature in the low 20's conditions weren't easy and as his 2km splits; 9.15, 9.09, 9.13, 9.28 and 9.310, show, the heat took its toll towards the end of the race. Callum's friend and rival Cameron Corbishley had an off day finishing eighth in 48.24.

The race was dominated by Chinese walkers; winner Xianghong 43.51 and third and fourth placers Zhao Jianguo 45.41, and Gong Fanglong 46.01. Italy's Zabbeni Pietro 44.55 foiled a clean sweep by taking the runner-up position.

In the 20km Tom Bosworth recorded 85.45 and Jamie Higgins debuting at the distance 88.20 whilst in the women's race Jo Atkinson (nee Jackson) 93.43 and Heather Lewis 102.11 put in solid performances. Jasmine Nichols in the under 20's 10km clocked 54.03. However, perhaps the star of the team was Emma Achurch who finished third in the women's under 18's in 49.31

The Next Two ERWL Fixtures are

21st April **12 noon** **ERWL & LICC 1, 3, 5kms** LVAC

5th May **5 pm** **PEDNOR Open FIVE** forms attached

Both accept entries on the day

Please Note: **THERE IS NO ERWL Fixture on 26th April**

The Southend 100 will take place on 3rd/4th August and not as printed in the last issue.

A number of regulars were missing at this event, but three newcomers; Roger Lilley, Pamela Abbott and Elaina Crehan were among five walkers who bettered the hour for the first time. The others were Jenny Middleton and Sandra Campbell. The Martin's set pb's as did Richard McKenzie. The next step is six-in-the-hour and by way of encouragement would point out that some years ago in a *League* race, Rebecca Collins attained the 5iH and look how she has improved since.

Among the people giving support along the course were Anne Lewis a three-time *League* winner and Nick Silvester who won the *League* on two occasions.

Men	© = Centurion - * = pb	Women	
1. Callum Wilkinson (Enfield HAC)	39.25 u20	1. Grazina Narviliene (Belgrave H)	42.57 w35
2. Fabian Deuter (Hillingdon AC)	40.16 SM	2. Rebecca Collins (North Down AC)	43.42 SW
3. Fransisco Reis (Ilford AC)	40.41 M50	3. Maureen Noel (Belgrave H)	50.26 w50
4. Trevor Jones (Steyning AC)	42.57 M55	4. Helen Middleton (Enfield HAC)	51.31 w50
5. Malcom Martin (Surrey WC)	*43.46 M55	5. Angela Martin (Surrey WC)	*52.19 w45
6. John Hall (Belgrave H)	44.25 M65	6. Fiona Bishop (Woking AC)	52.33 w55
7. John Ralph (Enfield HAC)	47.34 M55	7. Cath Duhig © (Ryston R)	53.51 w55
8. Andrew Cox (Hillingdon AC)	47.55 M60	8. Linda Spinks (Enfield HAC)	56.34 w45
9. Ken Bobbett (Hillingdon AC)	48.07 M65	9. Pamela Abbott (Enfield HAC)	58.48 w50
10. Shaun Lightman (Surrey WC)	48.38 M70	10. Jenny Middleton (Hillingdon AC)	58.58 w40
11. Stuart Bennett © (Ilford AC)	48.50 M55	11. Jo Miles (Hillingdon AC)	59.12 w55
12. Arthur Thomson (Enfield HAC)	49.21 M75	12. Sandra Campbell (Surrey WC)	*59.28 w45
13. Dan Maskell (Surrey WC)	49.56 M65	13. Elaina Crehan (Loughton AC)	*59.40 SW
14. Paul King © (Belgrave H)	50.41 M60		
15. Sean Pender © (Enfield HAC)	51.54 M60		
16. Ron Penfold (Steyning AC)	51.57 M70	1 mile George Wilkinson (Enfield HAC)	11.23 u13
17. John Borgars (Loughton AC)	52.04 M65		
18. Roger Lilley (Cambs.Col AC)	*52.24 M50	2 miles Dave Stevens (Steyning AC)	23.38 M75
19. Gary Smith © (Enfield HAC)	52.52 M55	Tony Wilkinson (Enfield HAC)	25.39 M50
20. Richard McKenzie (Hillingdon AC)	*54.11 M45		
21. John Brock (Southend AC)	56.49 M65	3 miles Anne Jones (Steyning AC)	36.31 w55
22. Jon May (Enfield HAC)	58.57 M60	Ken Livermore © (Enfield HAC)	40.36 M80
23. Mick Barnbrook © (Ilford AC)	66.44 M70		
24. David Ainsworth © (Ilford AC)	66.44 M65	Team: Hillingdon AC	

Judges: P.Cassidy (Chief), M.Graham, R.Wallwork, P.Wilson,

Recorders: P.Welch, P.Ficken -

Registration/Refreshments: Margaret Livermore, Joan Wallwork and Enfield Town FC



Andy Cox, Ken Bobbett and Fabian Deuter (Winning Team)



Fiona Bishop & Angela Martin



George Wilkinson, Linda Spinks
Elaina Crehan

Sport Relief One Mile Walk (picture on back page)

1. Lilly Barrett	13.04	7. Paula Farson	14.29
2. Kevin Barrett	13.05	8. Ruth Hastings	14.29
3. Heather Hall	13.40	9. Julie Barrett	14.34
4. Mark Sharman	13.41	10. Stuart Dench	14.34
5. Rosie Barrett	14.23	11. Andy Coleman	14.35
6. Lucy Dench	14.29		

Junior Run

1. Holly Dench	8.28
2. Abby Dench	10.38
3. Lilly Short	10.57
4. Willow Dench	

League tables after three fixtures

There are twenty-eight ladies among the eighty walkers from twenty clubs who have so far taken part in the league.

Ladies

1. 150/3 Maureen Noel
2. 142/3 Helen Middleton
3. 119/3 Anne Jones
4. 119/3 Fiona Bishop
5. 101/3 Linda Spinks
6. 87/3 Jo Miles
7. 81/2 Angela Martin
8. 68/2 Cath Duhig
9. 65/2 Cath Duhig ©
10. 61/1 Heather Butcher

Men

1. 200/3 Callum Wilkinson
2. 196/3 Fransisco Reis
3. 189/3 Trevor Jones
4. 180/3 John Hall
5. 177/3 Malc Martin
6. 170/3 John Ralph
7. 167/3 Andy Cox
8. 164/3 Ken Bobbett
9. 164/3 Arthur Thomson
10. 163/3 Stuart Bennett ©
11. 157/3 Shaun Lightman
12. 146/3 Paul King ©
13. 131/2 Steve Uttley
14. 127/2 Steve Allen
15. 127/2 Fabian Deuter
16. 121/3 Sean Pender ©
17. 112/3 Richard McKenzie
18. 103/3 John Brock
19. 103/2 Dan Maskell
20. 95/2 David Kates ©

Team

1. EHAC **898** 200 Wilkinson, 170 Ralph, 164 Thomson, 142 Middleton, 121 Pender, 101 Spinks
2. Ilford AC **738** 196 Reis, 163 Bennett, 131 Uttley, 95 Kates, 67 Ryan, 86 Barnbrook
3. Hillingdon AC **713** 167 Cox, 164 Bobbett, 137 Deuter, 112 McKenzie, 87 Miles, 56 Middleton
4. Surrey WC **685** 177 MatrinM, 157 Lightman, 103 Maskell, 88 Delaney, 81 MartinA 79 CraneP
5. Belgrave H **587** 180 Hall, 150 Noel, 146 King, 54 Crossan
6. Steyning AC **584** 189 JonesT, 119 JonesA, 83 Penfold, 68 Richards, 65 Ball, 60 Emsley

Two National 50km's this year.

Further to the note in the last issue that the RWA national 50km would take place under the B rule at the Hillingdon Cycle Circuit on 5th October, it has been announced that it will run alongside an international 50km IAAF permit race, which will incorporate the UKA championship and of course be under the international rule. Walkers can only enter one of the events.

Details from Peter Marlow - Tel: 07799750401/: 01284 754177 - Email: pmarlow@btinternet.com

Results Round-Up

Arthur Thomson was the only club walker taking part in the 'Slater Bryce' 10km track race at Horsham on 15th March. Clocking 59.18 he was fifth of the fourteen competitors. Ian Richards 51.10 was the race winner with *Leaguers* Steve Allen 54.21, John Hall 54.30 and Malc Martin 55.16 occupying the next three positions.

Sean Pender won the Middlesex Indoor 1km championship staged recently at LVAC.

Congratulations to Steve Allen, who won the veteran's 5km in 27.01 at the **Dudince international meeting** on 22nd March. The King twins had mixed fortunes; Dominic clocked 4.25.30 and Daniel was unable to finish.

Trevor Jones 53.10 and Sandra Brown 58.59 were the winners of the **SRWA 10km senior championships** which were staged at Sutcliffe Park on 29th April. Sean Pender 66.28 was the only EHAC walker at the event and among the eight men and seven women who made up the field were; Malc Martin third in 57.52, Paul King 64.07, Anne Jones 65.10, Angela Martin 68.04, Dave Ainsworth and Mick Barnbrook 82.54. Ten youngsters contested the various YAG races.

The **World Masters Championships – Budapest**. Ian Richards (M65) and Noel Blatchford (W65), like Arthur recorded double victories with times of 14.23/52.02 and 18.2/64.02. John Hall (M65) collected a 10km bronze medal in 55.09 and Fransisco Reis (M50) was just out of the medals with 14.01/49.47 performances. Steve Allen (M55) clocked 15.52/54.45 and Steve Uttley (M55) collected three Cards in the short race but a solid 54.12 in the 10km.

The turnout for the **UKA/RWA national 20km and YAG championships** was a little better than the national 10 miles a month earlier, but still disappointing. The majority of competitors were from the midlands, the south and the Isle of Man. Staged at Forge Valley Cycle track, Sheffield, on 5th April in damp, overcast conditions on what seemed a good 1km lap, Ben Wears after a couple of years away from the sport announced his arrival back with a 93.33 victory. He had some early foreign competition which included Spaniard Fabian Bernabe 95.34 who finished runner-up. In third place was IoM Veteran

Richard Gerrard 108.11. In the women's race Michelle Turner was untroubled winning her title in 110.37 from Alana Barber 115.21 and Sandra Brown 119.36 with Angela Martin 1.42.34 fourth of the six women who started.

Sean Pender was the only clubman in the race and he finished fifteenth of the twenty starters. *Leaguers* Fransisco Reis 109.43 was fifth, Steve Allen 114.50 sixth, Steve Uttley 115.11 seventh, Malc Martin 122.20 tenth and Shaun Lightman 1.34.56 was thirteenth. Surrey the only club with more than two walkers won the team championship Chris Flint 137.11 being the third scorer and with Peter Hannell 139.10, they also won the Njmegan Shield.

Some Personal Thoughts on the Southern 10km

Entries and participants were woefully poor for the SRWA 10km and supporting YAG championships staged at Sutcliffe Park on 29th March. A number of vets were away at the World championships in Budapest, but perhaps a more important factor for the turn-out was the category of the race. Following closely after the national 10 miles, in which, I understand twenty three of the thirty walkers collected cards, some of who were sent to the 'sin pit' and still got dq'd, so why invest time-wise and financially if you are unable to meet the requirements of the international rule?

The SRWA's bold, imaginative and successful joint category championship last year saw the largest field for some time and in spite of frowns of disapproval from some quarters I think the SRWA should have continued with that format. Before the promotion of the joint category race at Hillingdon last November I made enquiries and was told that no minute preventing such events had been recorded by the RWA.

There might also have been other factors like the date. When it was fixed for this event the calendar with the exception of the World's Masters seemed a reasonable one. However, subsequently the UKA/RWA 20km and YAG nationals at Sheffield were fixed for the week after, so once again expense, time and for some race targeting come into play.

These comments are in no way a criticism of the SRWA. They perform a difficult role in what attendances at their AGM and their championships highlight as a largely apathetic recognition of what it does for the people it serves. Or, perhaps it doesn't recognize what they want, but if that is the case, those people should attend the AGM and make their wishes known.

Afternote: Some of the points I've made here apply to the national 20km & YAG championships and interestingly the 2014 national 50km will involve international and domestic rule races taking place side by side.

Pit Lane Rules A number of walkers have expressed confusion about the pit lane rules and asked me to clarify them and I'm grateful to Peter Marlow for this summary.

The IAAF requested that countries trial the system in national championships and it is not compulsory in any other races.

Three red cards = a pit lane penalty and after serving the penalty and re-joining the race a fourth card means disqualification. Normally the time penalty is 2km- 30 seconds, 3kms 30 seconds, 5kms 60 seconds, 10kms/20kms 120 seconds.

No judge is allowed to send in two red cards for the same walker.

Forthcoming Fixtures

21st April. In addition to the LICC/ERWL 5km track walk at LVAC on Easter Monday, there re walks included in the **Tonbridge Open** Track meeting and Diane Bradley will be happy to send you the details. mail@bradley548@freerve.co.uk

28th April. The Herts/N.Middlesex Masters League 2km at LVAC. The start time is 7.20pm

County Championships Many are being held on 24/25th May. PLEASE SUPPORT YOURS!



Sport Relief Mile Participants