

The Enfield Walker 2015

December

(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>

The 2015 ERWL Champions

The ever smiling Fabian Deuter after a runner-up and two third places in the last three years finally won the ERWL championship. In an extremely close finish; a mere three points, Maureen Noel added a second Ladies League victory to that of 2006 and George Wilkinson retained the Young Leaguer award.

Enfield & Haringey AC had little trouble extending their run of team victories and Hillingdon AC comfortably retained their runner-up status, whilst Surrey WC matched their only previous placing in 2009 which was third. Ilford unfortunately lost the services of key members and for the first time since the League was instituted in 1997, dropped out of the first three. Noticeably all the club's had members with races in hand, so the final minor placings could have been different.

It is worth noting that Maureen and Helen Middleton finished overall third and fourth in the table. Jo Miles added a third 3rd place to those she attained in 2006 and 2012.

John Ralph and Dan Maskell made the podium for the first time and like Fabian and the top ladies, were key figures in the successes enjoyed by their respective clubs.

For the statistically minded; 137 (138 in 2014) walkers of which 46 were female, representing 41 clubs took part in eleven races in 2015 which totaled 429 performances an average of 39 per race. The average in the 2014 series which constituted twelve races was 40. Fourteen YAG's made the start-line this year.

In all 34 walkers earned *Leaguer* status by competing in six or more races, Helen Middleton and Dave Ainsworth turning out in all eleven of them. They would have been joined by Sean Pender who sacrificed three fixtures because he was needed as an official. *The top twenty men and top ten ladies and teams appear overleaf and the complete tables will be found shortly on the League website.*



Ladies

1. 560/9 Maureen Noel
2. 557/9 Helen Middleton
3. 453/9 Jo Miles

Men

1. 637/9 Fabian Deuter
2. 600/9 John Ralph
3. 528/9 Dan Maskell

Young Leaguer

George Wilkinson

Team

- | | | |
|------------------|-------------|--|
| 1. EHAC | 2907 | 600 Ralph, 557 Middleton, 519 Thomson, 421 Seddon, 420 Pender, 390 Smith |
| 2. Hillingdon AC | 2528 | 637 Deuter, 479 Bobbett, 453 Miles, 364 Cox, 306 Vroobel, 289 Middleton |
| 3. Surrey WC | 2143 | 528 Maskell, 409 Hoben, 348 Lightman, 320 Harran, 281 MartinM, 257 Martina |

Volunteers/Helpers URGENTLY Needed

The League will be without the services of Margaret Livermore and possibly Joan Wallwork for the first two races in 2016, so I am anxious to hear from anyone who is willing to assist in covering for them. They both help with Registrations, Results and Refreshments.

No Fee increase

The 2016 Series Commences on 9th January

Five miles and 1/2/3 miles Junior/Newcomer races

1pm at QEII Playing Field, Donkey Lane, Enfield, EN1 3PL

Final tables continued from page 1

Ladies

1. 560/9 Maureen Noel
2. 557/9 Helen Middleton
3. 453/9 Jo Miles
4. 307/6 Anne Jones
5. 303/6 Fiona Bishop
6. 289/7 Jenny Middleton
7. 257/5 Angela Martin
8. 254/4 Penelope Cummings
9. 217/4 Lynn Jones
10. 207/3 Grazina Narviliene

Men

- | | |
|-------------------------|----------------------------|
| 1. 637/9 Fabian Deuter | 11. 419/6 Steve Allen |
| 2. 600/9 John Ralph | 12. 409/9 David Hoben |
| 3. 528/9 Dan Maskell | 13. 407/6 Steve Uttley |
| 4. 519/9 Arthur Thomson | 14. 399/8 Brian Boggenpoel |
| 5. 504/7 Fransisco Reis | 15. 390/6 Gary Smith © |
| 6. 485/8 Mark Culshaw | 16. 381/9 Jon May |
| 7. 479/8 Ken Bobbett | 17. 370/9 Dave Ainsworth© |
| 8. 456/7 John Hall | 18. 354/6 Andy Cox |
| 9. 421/7 Amos Seddon | 19. 348/6 Shaun Lightman |
| 10. 420/8 Sean Pender © | 20. 347/6 David Kates © |

Team

- | | | |
|------------------|-------------|--|
| 1. EHAC | 2907 | 600 Ralph, 557 Middleton, 519 Thomson, 421 Seddon, 420 Pender, 390 Smith |
| 2. Hillingdon AC | 2528 | 637 Deuter, 479 Bobbett, 453 Miles, 364 Cox, 306 Vroobel, 289 Middleton |
| 3. Surrey WC | 2143 | 528 Maskell, 409 Hoben, 348 Lightman, 320 Harran, 281 MartinM, 257 MartinaA |
| 4. Ilford AC | 2013 | 407 Uttley, 399 Boggenpoel, 370 Ainsworth, 347 Kates, 248 Bennett, |
| 5. Belgrave H | 1802 | 560 Noel, 485 Culshaw, 456 Hall, 207 Narviliene, 94 King. / 242 Barnbrook |
| 6. EHAC 'B' | 1547 | 381May, 308 HercocK, 291 Powell, 229 Wilkinson, 217 Jones, 205 Livermore |
| 7. Steyning AC | 1146 | 307 JonesA, 263 Penfold, 194 Ball, 164 Stevens, 134 JonesT, 84 Hales |
| 8. Surrey WC 'B' | 791 | 207 Hannell, 171 Flint, 154 Crane, 118 Crilley, 76 Delaney, 65 Corrales |
| 9. EHAC 'C' | 585 | 156 WilkinsonG, 141 BravermanD, 118 WilkinsonT, 92 Abbott, 41 Grimsey, 37 BravermanT |
| 10. Colchester | 525 | 298 Cartwright, 158 KingDom, 68 KingDan |

Centurions at the Enfield Race Walking League

Twenty-four members of the Brother/Sisterhood took part in the 2015 Enfield Race Walking League. Twenty competed, among them four who also officiated at some races and five who officiated only.

Sean Pender was the top placed Centurion in 13th position; club-mate Gary Smith was second in 18th and David Ainsworth third in 20th. Sue Clements finished 13th lady, Kathy Crilley 14th and Suzanne Beardsmore 20th.

Centurion League Walkers 2015

- | | | |
|---------------------|----------------------|--------------------------|
| c386 Ken Livermore | c890 Bill Sutherland | c986 Cath Duhig |
| c540 Dave Ainsworth | c893 Ron Wallwork | c1057 Sean Pender |
| c661 Mick Barnbrook | c933 Kathy Crilley | c1064 Ian Richards |
| c740 Carl Lawton | c934 Pam Ficken | c1094 Suzanne Beardsmore |
| c798 Pauline Wilson | c936 David Kates | c1095 Angie Lunderdown* |
| c849 Chris Flint | c950 Sue Clements | c1098 Dominic King |
| c858 Stuart Bennett | c972 Paul King | c1100 Daniel King |
| c865 Gary Smith | c984 Peter Ryan | c1102 Steve Allen |

*Nee Alstrachen

2016 ERWL Early Fixtures

Always check the enfieldleague.weebly.com website for last minute changes

- | | | | |
|---------------------------------------|-----|--------------------------|---|
| 9 th January | 1pm | 5 miles
1/2/3 miles | League Race 1 and 2015 Presentations at QE2 Playing Fields,
Young age groups and Newcomers Donkey Lane, EN1 3PL |
| 20 th February | 1pm | 5 miles
1/2/3 miles | League Race 2 at QE2 Playing Fields, Donkey Lane, EN1 3PL
Young age groups and Newcomers |
| 9 th April | 1pm | 10km | Cecil Gittins Meeting (ERWL race 3) at Gravesend Cycle track
5/15km + Young age groups and Newcomer distances |
| 2 nd May
(Bank Holiday) | 5pm | 5 miles
2 miles U/15s | Pednor Open Race 4 at Chesham LT & S Club, Pednor Road.
Details on Chiltern Harriers website |
| 4 th June | 1pm | 5 miles | Moulton Open from Moulton Village Hall, Suffolk, and CB8 |

In bitterly cold conditions, thirty-three walkers ranging in age from 12 to 83 came under Starter's Orders for the final race of the 2015 Enfield Race Walking League.



The impressive Chris Snook sets the early pace

GB's leading veteran Francisco Reis, despite carrying an injury had a comfortable win in the 10km and the leading lady was the ever improving Penelope Cummings, who was well clear of Maureen Noel who hauled back Helen Middleton's early lead with less than 2km to go. As it turned out it also hauled Maureen to a League winning 3 points ahead of Helen.

The youngster's seemed less affected by the cold; Chris Snook walked immaculately and there were huge pb's for Abigail Jennings and Jack Childs.

Andy Cox who has been sidelined since his unfortunate experience at the World Masters in August, was on hand to start the race and received a very warm welcome. He also acted as clerk of the course.

Men

© = Centurion - * = pb

1. Francisco Reis	(SVAC)	50.57	M55
2. Malc Martin	(Surrey WC)	*55.49	M55
3. Graham Chapman	(Headington)	57.39	M60
4. Steve Uttley	(Ilford AC)	58.05	M55
5. Carlos Cobo Corrales	(Surrey WC)	58.56	M35
6. Mark Culshaw	(Belgrave H)	59.24	M45
7. Kevin Pedley	(Aldershot FD)	62.21	M60
8. Rob Batcheler	(WW Runners)	64.39	M40
9. David Kates ©	(Ilford AC)	64.49	M65
10. Arthur Thomson	(Enfield HAC)	64.53	M75
11. Ken Bobbett	(Hillingdon AC)	65.10	M70
12. Paul King ©	(Belgrave H)	65.31	M60
13. John Borgars	(Loughton AC)	66.23	M65
14. Dan Maskell	(Surrey WC)	66.58	M65
15. Peter Hannell	(Surrey WC)	67.00	M70
16. Sean Pender ©	(Enfield HAC)	67.58	M60
17. Michael Harran	(Surrey WC)	69.54	M75
18. David Hoben	(Surrey WC)	73.22	M60
19. Stephen Cartwright	(Colchester & T)	73.28	M55
20. Jon May	(Enfield HAC)	82.27	M60
21. Dave Ainsworth©	(Ilford AC)	85.59	M65

Women

1. Penelope Cummings	(Aldershot FD)	58.42	W35
2. Maureen Noel	(Belgrave H)	61.41	W50
3. Helen Middleton	(Enfield HAC)	62.04	W50
4. Anne Jones	(Steyning AC)	66.13	W60
5. Fiona Bishop	(Woking AC)	67.39	W55
6. Jo Miles	(Hillingdon AC)	69.16	W60
7. Jenny Middleton	(Hillingdon AC)	75.11	W40

3km

1. Jack Childs	(Medway/Maidstone)	*16.58	Mu13
2. Hannah Child	(Surrey WC)	23.03	W40

5km

1. Chris Snook	(Aldershot FD)	23.24	Mu17
2. Abigail Jennings	(Aldershot FD)	*30.26	Wu17
3. Ken Livermore ©	(Enfield HAC)	44.20	M80

Judges: Suzanne Beardsmore ©, Michael Croft, Peter Cassidy, Verity Snook

Time-Keeper/Recorders: Phil Welch, Pam Ficken ©, Carl Lawton ©

Marshalls/ Course: Andy Cox, Ken Bobbett

Registration/refreshments: Margaret Livermore, Joan Wallwork

SWC's Christmas Cup There was a good turn-out for this event at Tonbridge on 5th December. No club members made the trip but *Leaguers* in action in the senior 5km were race winner David Crane 25.01, Malc Martin 27.03, Fiona Bishop 32.04, Angela Martin 32.20, Micky Harran 33.49 and Dave Hoben 35.47

Please Support the Southern 10km

The 2016 Southern 10km is to be held at Sutcliffe Park on 16th January and I applaud the SRWA's decision to resurrect the successful *joint category* rules of competition which was so successful in 2013. I could never understand why it was abandoned. Anyway I urge clubs and walkers to support this initiative again and help restore some value, prestige and competition to a championship, which through lack of support had become a nonentity. *Entry forms accompany this newsletter.*

Happy 85th to Ken Roost

On Boxing Day Ken Roost a club stalwart who qualified as Centurion number 557 in the Ewhurst 100 promoted by Surrey Walking Club in 1975 in a time of 22.03.26 and four years later in the same event shaved over two hours off that time recording 19.52.53, celebrates his 85th birthday. He is one of four club members who completed two hundreds; Jesse W. Haywood c230, Peter Emery c625, and Sean Pender c1057 and of course the great Peter Worth c491 who logged up seven successful 100's/24 hour events.

His passion in recent years has been at a more leisurely pace around the green baize and he is renowned as a more than useful snooker player in the area. *HAVE A SUPER BIRTHDAY KEN!*

Tough 2016 Targets for Suzanne Beardsmore

Centurion Suzanne Beardsmore who competed and officiated at ERWL events this year has set herself three extremely difficult targets for 2016. They are; the Paris - Alsace Four day event in June, The Brazil multi-day challenge in July/August over a distance of 1000 miles and the Six Jours de France classic in October. The ERWL wishes her every success and looks forward to hearing about how she gets on.

From Tony Challis I would like to thank all the people who have sent much appreciated "Get Well" cards and messages during my stay in a Cambridge hospital.

ERWL wish you a full recovery and much better health in 2016.

Letter from the Southern RWA President

One thing I learnt early on is how hard working and generous some of our members have been with their time.

Something else I've learnt is that the Southern Area is not overburdened with money, what with reduced income through fewer numbers competing and the increasing costs of putting on events. I have launched a 2015/6 President's Appeal. I would like to thank those who have made donations already and given the appeal a good start. Should you or your club wish to donate please do so.

Two southern reared race walkers have already achieved Olympic qualifying times and our juniors are doing us proud so 2016 looks exciting already. But there is so much more we could do especially with encouraging the 18-25 year olds to persevere and progress.

Donations, however humble, should be made out to "Race Walking Association (Southern Area)" or if that is too long for the space provided on your cheques then "C Hobbs" will suffice and I will ensure all donations get added to the appeal fund. Cash is good too and I intend to be at the Horsham Races in December as well as the SRWA Champs in January and the London Open in February should the personal touch be preferred.

May I wish you all a Happy Christmas and a healthy 2016.

Chris Hobbs

Hon President RWA(S) 26 Kingfisher Place, Chartham, Canterbury, Kent

January 23rd

Steyping Open 15km - More details if required Tel.01293-520506 or e-mail at ron.penfold@btinternet.com or Dave Stevens Tel. 01903-814422

2016 National Road Championships Dates

March 6 th	Sunday	England Athletics Senior 10km	Coventry
April 23 rd	Saturday	Senior Men's & Women's 20km <i>Plus Young Athletes</i>	Hillingdon
October 2 nd	Sunday	Senior Men's & Women's 50km	Hillingdon



Enjoy a Happy Festive Season and a Successful 2016