

The Enfield Walker 2015

February



(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>

Short, Successful Indoor Campaign for Wilkinson

I have never been a fan of indoor walking races* on banked tracks. The tracks tend to be 200m which results in multi-lapping from quite an early stage of the race and maneuvering sideways up and down the banked track makes the maintenance of good technique difficult if not impossible. *I can see the benefits of winter training on indoor tracks using just lane one.

Nevertheless indoor races do provide walkers with a welcome diversion from the winter grind of preparing for a new season and it is an excellent platform from which to expose the event to a broader athletic audience.

Callum Wilkinson included a brief three race programme in his demanding winter training schedule and was well pleased with it; winning the London Games 3km, setting an age group national best performance for one mile and collecting a silver medal in the British championships. *More details in Results Round-up*



Picture taken after the Eastern Indoors

(left to right: Pamela Abbott, Callum and George Wilkinson, Keith Palmer and Steve Allen - photo courtesy of Pamela Abbott)

League Table The Team table is set out below and individual table position reads the same as the result of the first race.

1. Hillingdon AC	328	69 Deuter, 62 Cox, 60 Bobbett, 48 Vroobel, 47 Miles, 42 Middleton J
2. EHAC	324	63 Ralph, 57 Smith, 55 Seddon, 54 Middleton, 51 Pender, 44 Powell
3. Ilford AC	308	70 Reis, 66 Ryan, 59 Bennett, 45 Boggenpoel, 35 Barnbrook, 33 Ainsworth
4. Steyning AC	266	67 JonesT, 65 Ball, 53 Penfold, 49 JonesA, 32 Stevens
5. EHAC 'B'	229	43 BravermanD, 41Grimsey, 39 Abbott, 38 May, 37 BravermanT, 32 Wilkinson
6. Surrey WC	190	58 Maskell, 52 Lightman, 46 Martín A, 34 Krilley
7. Belgrave H	185	68 Narviliene, 61 Culshaw, 56 Noel

The Next Fixture is on

21st February at QEll, Donkey Lane, Enfield. EN1 3PL

The Distances are One, Two, Three, Four or Five miles

Entries on the day Start time 1pm

News of Steve Uttley

I'm sure that most *Leaguers* noticed Steve Uttley's under-par performances at the Enfield Seven and the Hillingdon Open at the end of last year and his absence from this year's opening fixture. Steve an ever present at League races, who has since 2009 finished in the first three on five occasions including the top spot in 2011, is currently on medication for Polymyalgia Rheumatica, an auto-immune condition similar to rheumatoid arthritis. The good news is that his is responding to treatment and hopes eventually to compete again, but it won't be for a while and in the meantime, he intends to try and get to a race or two to meet up and say hello to his many friends. I know we all look forward to seeing him.

A comfortable win in cold sunny conditions for Fransisco Reis with a tremendous scrap for the overall third place between Grazina Narviliene and Trevor Jones, the former producing enough in the last half mile to take it.

Messrs. Cox, Culshaw and Bobbett also had a battle royal as did Bennett, Maskell, Noel and Smith, Fiona Bishop and Anne Jones - All in all some really good racing.



Hillingdon AC led home by Fabian Deuter took a slender lead over EHAC in the six to score team event.

After the race the RWA President Peter Cassidy presented the 2014 Awards, among them the *Jubilee Trophy* for the outstanding League Official to Pam Ficken (pictured right), who was present at nine of the twelve races.



Trevor (41) and Grazina (66) lapping Ron Powell (13) and Di Braverman during their epic battle.

Men

© = Centurion - * = pb

1. Fransisco Reis	(Ilford AC)	40.19	M50
2. Fabian Deuter	(Hillingdon AC)	42.59	M35
3. Trevor Jones	(Steyning AC)	43.25	M55
4. Peter Ryan ©	(Ilford AC)	44.29	M60
5. Jim Ball	(Steyning AC)	44.46	M50
6. Steve Allen	(Barnet DAC)	45.19	M55
7. John Ralph	(Enfield HAC)	48.26	M55
8. Andrew Cox	(Hillingdon AC)	49.31	M60
9. Mark Culshaw	(Belgrave H)	49.37	M45
10. Ken Bobbett	(Hillingdon AC)	49.40	M70
11. Stuart Bennett ©	(Ilford AC)	51.14	M55
12. Dan Maskell	(Surrey WC)	51.17	M65
13. Gary Smith ©	(Enfield HAC)	51.37	M55
14. Amos Seddon	(Enfield HAC)	52.13	M70
15. Ron Penfold	(Steyning AC)	52.46	M70
16. Shaun Lightman	(Surrey WC)	53.14	M70
17. Sean Pender ©	(Enfield HAC)	54.26	M60
18. Russell Vroobel	(Hillingdon AC)	56.03	M55
19. Brian Boggenpoel	(Ilford AC)	56.38	M55
20. Ron Powell	(Enfield HAC)	57.50	M80
21. Richard McKenzie	(Hillingdon AC)	59.46	M45
22. Jon May	(Enfield HAC)	61.10	M60
23. Terry Braverman	(Enfield HAC)	61.50	M70
24. John Brock	(Southend AC)	62.16	M65
25. Mick Barnbrook ©	(Ilford AC)	62.37	M70

Women

1. Grazina Narviliene	(Belgrave H)	43.11	W35
2. Maureen Noel	(Belgrave H)	51.46	W50
3. Helen Middleton	(Enfield HAC)	52.33	W50
4. Fiona Bishop	(Woking AC)	54.47	W55
5. Anne Jones	(Steyning AC)	54.49	W60
6. Jo Miles	(Hillingdon AC)	56.11	W55
7. Angela Martin	(Surrey WC)	56.28	W50
8. Di Braverman	(Enfield HAC)	58.17	W60
9. Jenny Middleton	(Hillingdon AC)	58.54	W40
10. Norma Grimsey	(Enfield HAC)	59.24	W55
11. Pamela Abbott	(Enfield HAC)	59.47	W50
12. Kathy Crilley ©	(Surrey WC)	62.59	W65

4 miles

David Ainsworth ©	(Ilford AC)	57.23	M65
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3 miles

George Wilkinson	(Enfield HAC)	24.04	U15
Tony Wilkinson	(Enfield HAC)	24.41	M50
Dave Stevens	(Steyning AC)	35.52	M75

1 mile

Bernie Hercock	(Enfield HAC)	15.41	M75
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Judges: M.Croft (Chief), P.Cassidy, R.Pearce, P.Wilson - Recorders: P.Welch, P.Ficken, C.Lawton
Registration/Refreshments: Margaret Livermore, Ian Spinks, Joan Wallwork - Judges Runner: B.Ralph

Congratulations!

To Amel, Fabian and young Elissa Deuter upon the arrival on 7th January of Ryan and Lara.

It is understood that mum and the twins are doing well and the pleasure expressed on Elissa's face says it all.

The likeable Hillingdon athlete's time in the opening race of the season was his slowest for a long time but, as in all his races the familiar smile was still to be seen - Well now everyone knows why and on reflection it might even have been broader.

Everyone connected with ERWL wishes Amel, Fabian and their family every good wish and a healthy future.



Results Round-up

This year the **London Indoor Games 3km** and 1km walks at LVAC on 25th January incorporated race 3 of the UKA Winter Challenge series. It was uplifting to see so many young walkers on the track and a pity that being the first event of the day, there wasn't more spectators to see that race walking isn't the exclusive domain of older athletes. Nine walkers took part in the 1000m and 16 in the 3km of which eight were under 20.

Callum Wilkinson interrupted his winter training schedule to compete and the manner of his victory; he started lapping the field after only three laps finally clocking 12.28.62, suggests that his winter preparation for 2015 is going well.

Luc Legon 13.52 was second and Francisco Reis close behind in 13.55. The brothers Snook; Tim 14.14 and Chris 14.52 occupied the next places with Sophie Ward the leading lady just behind in 14.53. *Leaguers* Steve Allen 15.49, Malcom Martin 15.59 and Angela Martin 20.09 also took part.

Lucy Ward and Evie Butcher headed the under 15 1km clocking 5.02 and 5.05 respectively - excellent times. George Wilkinson was the only boy in the u15 1000m and he recorded 6.38.39.

Stepping 15km – 14th January. Sean Pender was the only club member among the 13 starters at this event along with *Leaguers* Trevor Jones 80.08 in second place, Steve Allen 4th equal with Jim Ball 85.08, Dan Maskell 7th in 96.17 and Anne Jones runner-up lady in 100.22.

Ron Penfold reports: Some good times were recorded due to the favourable weather conditions; Ian Richards, last year's winner, won a again, but in a faster time. An excellent result of note was from U20 Emma Achurch who travelled from Leicester to use this undulating out and back tough course as part of her training routine, she went off with Ian and although she dropped back a little by halfway she came back at Ian over the last kilometres to almost beat him, their times being 73.43 and 73.52.

Kind Regards - Ron Penfold.

Having been priced out at Victoria Park, this year's **London Walks** were staged at the Hillingdon Cycle Circuit on 8th February. For some reason or other there was a dearth of senior walkers, as indeed there was for the Essex and Eastern indoor championships being held on the same day at LVAC.

On the positive side 21 of the 39 walkers were under 20, some showing distinct promise. None more so that Emma Achurch who after crossing the line to win the junior 5km in 24.15 speeded up to clock 48.28 for 10km.

Young Tim Snook 52.16 was the first male walker to finish and the official race winner ahead of *Leaguers* Trevor Jones 52.51, Jim Ball 55.32, Steve Allen 55.42, John Hall 56.31, Dan Maskell 63.58, Sean Pender the only Enfield walker 66.27, Michael Harran 67.01, Russell Vroobel surprisingly the only Hillingdon walker 69.50 and Dave Hoben 73.47. *Leaguers* in the women's 5km who like Emma went on to record times at 10km were Maureen Noel 31.22/64.03 and Anne Jones 31.36/ 65.17. Sean Pender won the Centurions award.

In the **Eastern Counties Indoor championships** staged at Lee Valley on 8th February, Callum Wilkinson broke the national under 20 One mile walk best performance of 6.09.2 set by Leicester's Phil Vesty (who went on to become an Olympian) back in 1982.

The field was disappointingly small and the young Suffolk walker was soon lapping everyone else on the track. He passed the half-way point in 3.03.15 and encouraged by an appreciative crowd maintained his pace to record 6.03.78. The other walkers were; Steve Allen 8.13.69 Keith Palmer 10.26 and Pamela Abbott 10.38.41. George Wilkinson set a pb of 10.58.41 in the u15 mile.

There were no club walkers in the **Cambridge Harriers Winter League 5km** at Bexley 14th February, where the event was won by Ian Richards 24.37 from Jon and Chris Hobbs 24.53 and 25.18 respectively. However, the *League* was well represented with six walkers among the 17 senior starters; Malc Martin 26.46, John Hall 26.54, Dan Maskell 30.56, Shaun Lightman 34.25, Mick Barnbrook 37.26 and Dave Ainsworth 40.55.

Callum Wilkinson rounded off his brief indoor season on a high note at the **British championships** staged at the EIS, Sheffield, on 15th February with a silver medal in the senior 3km walk, clocking a season's best of 12.24.34 in the process.

Tom Bosworth 11.30.35 was an impressive winner breaking the stadium record with a time of 11.30.35. Wilkinson was the only athlete to try and match Bosworth's pace, but had to let him go after the first kilometre. Canadian Creighton Connolly caught and passed Wilkinson with 600m to go, but couldn't respond to the Enfield walker's final surge over the last lap. Although guest Connolly 12.45.44 finished third, the bronze medal went to Bosworth's young Tonbridge team mate Guy Thomas 13.01.60.

Francisco Reis also competed and despite giving away up to 35 years to most of the 10 competitors, gave a good account of himself clocking 13.57.91

Sarnia Walkers for Moulton

Sarnia, the Guernsey race walking club celebrates its Golden Jubilee this year with a 5 mile anniversary race on 8th March. Jane LeNoury recently confirmed as club secretary has been in touch to say that at least four Sarnia walkers have indicated that they wish to race at Moulton on 6th June. Channel Island walkers trips to the mainland are (understandably because of time and cost) infrequent, so the Moulton organisers are extremely proud that Sarnia selected their event for this visit.

Information about Sarnia's racing fixtures can be obtained from Jane at lenouryjedburgh@cwgsy.net

Forthcoming Fixtures

The final race in the 2014/15 **Cambridge Harriers 5km** series takes place at Bexley on 7th March. It is 2pm start and details available from Noel Carmody on 020 8301 2334.

A week later Steyning promote their annual **Slater Bryce memorial 10km walks** at Broad Heath with an 11am start. More details are available from Ron Penfold on 01293 520506 or Dave Stevens on 01903 81442.

For those not doing the London Marathon on 26th April, there is a walk fixture at Downham Market, Norfolk. Distances vary and include the **BMAF 20km and EVAC 10km championships** and 'a come and try it' 5km. Details from Cath or Peter Duhig on peter@peterduhig.plus.com or 01366 388188

Centurion News from Chris Flint c849 The AGM was a productive meeting and we enjoyed some lively discussion about the future. We thank Sandra C.735 for her active time as Captain and welcome Kathy Crilley C.933 to this post. Steve Kemp C.1075 was welcomed to the committee. Sue Clements C.950 kindly assumed the role of Assistant Secretary in addition to being the Centurions Archivist. Certificates were presented to those new Centurions able to attend.

The Isle of Man 100 miles arrangements are proceeding well and there is likely to be a very good turnout with international representation. I am sure there are a number of Centurions considering entering this event.

Please keep in touch, and donations and archival material are always gratefully received.

Best wishes to all, Chris C.849 - *Hon. Secretary, The Centurions.*