



**The 2015 Series Commences on 17<sup>th</sup> January**  
**Five miles and 1/2/3 miles Junior/Newcomer races**  
**1pm at QEII Playing Field, Donkey Lane, Enfield, EN1 3PL**

*Presentation of the 2014 Awards will be made after the race*

### **Looking ahead**

In the team competition, Enfield H AC would appear set to be the dominating force. However, the substantial margin they held over their rivals in 2014 might be compromised this year if; a) more walkers in other teams manage to register nine performances, b) because of the ditching of the bonus point element in selected races and c) Callum Wilkinson continues his improvement and representative races clash with ERWL fixtures.

It is hard to see Hillingdon slipping back, but Surrey WC, Belgrave Harriers and Steyning all have the walkers to mount serious challenges.

### **News of Super Vet Thomson**

A few weeks ago Arthur Thomson was referred to ophthalmology because of a problem in left eye. He saw the ophthalmologist on Thursday 4<sup>th</sup> December who referred him to the TIA clinic. The upshot was that the left artery in his neck was blocked and he may have been having very minor TIAs over last few months.

The great news is that Arthur was discharged from hospital on 23<sup>rd</sup> December after a successful operation to unblock a carotid artery.

His wife Bonita writes, that he was easily the fittest person in Intensive Care! Nothing keeps him down and we would both like to thank you all for your good wishes and offers of support. We found it so helpful to have that. Many thanks and a happy 2015 to everyone.

### **EHAC 2014 Walking Championships Results**

#### **5 miles at Moulton, Suffolk on 31<sup>st</sup> May**

Helen Middleton	50.47	Diana Braverman	56.53	Pamela Abbott	57.33
Callum Wilkinson	38.11	Arthur Thomson	47.09	Roger Lilley	49.49

#### **7 miles at LVAC on 8th November**

Helen Middleton	70.29	Diana Braverman	81.16	Norma Grimsey	82.20
Callum Wilkinson	56.096	John Ralph	66.17	Sean Pender	70.40

#### **20km at Hillingdon on 29<sup>th</sup> November**

John Ralph	2.03.38	Arthur Thomson	2.09.05	Sean Pender	2.11.38
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**30km** Sean Pender (Yorks WC Open 35km) 4.16.55

**Long Distance** No Qualifiers

## ERWL 2015 Fixtures

Be sure to check the [enfieldleague.weebly](http://enfieldleague.weebly.com) website regularly for any changes, alterations or information updates to the list below

### Fixtures

17 <sup>th</sup> January	1pm	5 miles 1/2/3 miles	<b>League Race 1</b> and 2014 Presentations at QE2 Playing Fields, Young age groups and Newcomers	Donkey Lane, EN1 3PL
21 <sup>st</sup> February	1pm	5 miles 1/2/3 miles	<b>League Race 2</b> at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers	
21 <sup>st</sup> March	1pm	5 miles 1/2/3 miles	<b>Yacht Handicap</b> Race 3 at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomer	
4 <sup>th</sup> May (Bank Holiday)	5pm	5 miles 2 miles U/15s	<b>Pednor Open</b> Race 4 at Chesham LT & S Club, Pednor Road. Details on Chiltern Harriers website	
6 <sup>th</sup> June	1pm	5 miles	<b>Moulton Open</b> from Moulton Village Hall, Suffolk, and CB8	
1 <sup>st</sup> August	tbc	5km 1/3km	<b>LICC Track event</b> at Allianz Park <i>map on Allianz Park website</i> Younger age groups and Newcomers	
29 <sup>th</sup> August	tbc	5km 1/3km	<b>LICC Track event</b> at Allianz Park <i>map on Allianz Park website</i> Younger age groups and Newcomers	
26 <sup>th</sup> September	12pm	Hour Walks	<b>Badges</b> for first timers at 5, 6 and 7 miles – Plaques for 8 miles -	Venue tbc
10 <sup>th</sup> October	1pm	5 miles	<b>Yacht Handicap</b>	Venue tbc
14 <sup>th</sup> November	1pm	7miles	<b>89<sup>th</sup> Enfield Open Seven</b> at Lee Valley Athletic Centre, N9 0AS	
28 <sup>th</sup> November	1pm	10km	<b>Hillingdon Open Walk</b> at Hillingdon Cycle Circuit	

## 2015 Enfield Walking League *A warm welcome to walkers regardless of age or standard*

**Format:** Although the aim is to create as many opportunities as possible, a minimum of ten events will constitute the 2015 *League* (best nine to score) each of which will carry a minimum of seventy points. However, events with more than forty-five participants will carry eighty. Points will be awarded in descending order, the winner being credited with the highest available. No race will carry bonus points!

**Race Conditions:** The event referee to be appointed by the organising committee.  
All races will be under the 'Domestic rule – Contact with a walking mode of progression.  
Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fee** will be **£5** per race, although there may be additional fees for championship or open events. There will be no entry fee for walkers under the age of 16.

**The League awards** will be presented at the first fixture of 2016 to Senior and YAG individuals, highest placed **Centurion**, senior mixed club teams of six (*which may include second claim members*) and a free race vouchers to walkers who have competed in six events.

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### Result Round-up

The **Brighton Boxing Day** walks have been going for over 80 years and this year the winner was Ian Richards in 46.37 in a race estimated at 5.5 miles. The other places were occupied by Trevor Jones 48.48, Dan Maskell 56.26, Paul Gaston 56.40, Shaun Lightman 57.53, Sarah Lightman 57.27 and Anne Jones 59.24.

The **Southern 10k and YAG championships** took place at Sutcliffe Park on 10<sup>th</sup> January. Sean Pender was the club's only entrant and he clocked 68.58. The quickest walker at the event was u20 Guy Thomas with an impressive 45.17 to win his age category. Francisco Reis 50.17 and Trevor Jones 53.04 were the leading seniors with other *Leaguers* John Hall 56.52, Dan Maskell 64.07, Maureen Noel 64.21, Shaun Lightman 66.07, Anne Jones 68.54, Mick Barnbrook 76.59 and Dave Ainsworth 85.42 also taking part. Guest Becky Collins 55.58 led the women home, with Heather Butcher (u20) 57.16 the next fastest and Penelope Cummings 58.10 behind her to claim the senior title.