

The Enfield Walker 2016

April



(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>

International wins for Reis and Wilkinson

Leaguers at the Euro-Masters championship

Five Leaguers competed in the Euro Masters Indoor championships staged in Ancona, Italy between 29th March and 3rd April. There were two walks; a 3km indoors and a 5km on an adjacent street circuit. Fransisco Reis (M55) collected individual gold and silver medals with times of 13.59 for the shorter race and 23.57 the 5km. He also won a team silver as did Steve Allen (M55) who finished 13th in the 3km and 11th in the 5km registering times of 16.41 and 27.23. In the M60 category 3km Malc Martin (M60) 15.58 was only a place away from a podium finish and in the longer race 5th in 27.25. However, he and David Kates (M65) 15th 19.22 and 15th 32.04 (M65) backed up Ian Richards (M65) to land the M60 team gold. Angela Martin (W50) was 11th in the 3km with 19.45 and 13th in the 5km with 32.48.

Signs of an Optimistic International future for UK Walking

Almost four years to the day, since trying out the race walk discipline Callum Wilkinson scored his first international victory in the junior 10km at the IAAF Challenge staged in Dudince, Slovakia on Saturday 19th March and followed that performance up three weeks later with another in the IAAF PODEBRADY Permit meeting.

At Dudince the 19 year old Enfield walker clocked 41.36, over a minute ahead of his nearest challengers Dominik Cerny (Slovak Republic) and Arturs Makars (Latvia). He was one of a group of five who led the field with an opening km of 4.25; whereupon he upped the pace to sub 4.10's and gradually drew clear of the field finishing with 5km splits of 20.54 and 20.42.

In PODEBRADY he faced a much larger field (49 compared to 13) He led from start to finish, passing 5km in 20.24 with a over a half a minute advantage over the chasing group. However, with two cards on the board he was forced to ease back and although clocking a respectable 41.33, runner-up Giacomo Brandi (Italy) was able to close the gap to 11 seconds.

The PODEBRADY meeting might well turn out to be a significant staging post for Britain's young walkers. Cambridge Harrier Sophie Lewis-Ward finished a super second in the Youth Women's 5km in a pb of 23.36 resisting a late challenge from Turkey's Ayse Tekdal 23.41. The winner was another Turk, Meryen Bekmez in 22.53. In the Junior 10km Emma Achurch 47.49 finished within one place of the podium equalling her pb.

Back to the men and for them a team victory over Belarus and Italy! The scorers were Cameron Corbishley 10th in 43.05 and Guy Thomas 11th 45.15, pb's for both of them, but the good news doesn't stop there; there were also pb's for under 17's Chris Snook 46.22 and Tom Partington 46.41 which were qualifying times for the European Junior championships.

The next two League races are

The Pednor Open Five

inc. Bucks championship

plus an **u15 Two miles**

May 2nd Bank Holiday Monday at 5pm

The Moulton Open Five

inc. Suffolk CAA & EVAC championships

plus an **YAG & Novice 2km**

Saturday 4th June at 12.30pm

Fliers for both attached

The inaugural Cecil Gittins Memorial Races proved popular with an overall entry of 47 of whom 42 started, ranging in age from u15 to M75 to compete over distances from 1 to 15km. Distances up to 10km incorporated the third ERWL race of the 2016 series.



Commonwealth Games medallist Lisa Kehler (who was only contesting the 5km) and David Crane were the only

people to take up the early pace cut out by the in-form Francisco Reis, but he was on his own after the first of the four undulating laps which made up the 10km course. David Crane was never far behind the leader and posted a pb for the distance. Malc Martin and SRWA President Chris Hobbs had a race long tussle, and not far behind them young Ollie Hopkins demonstrated why he is regarded as a future prospect with a well-judged race and good technique. There were excellent debuts at the distance by Andrea Ingram and Marshall Smith and it was good to see Fiona Bishop back racing following her absence in consequence of a broken wrist.

Men

© = Centurion - * = pb

1. Francisco Reis	(SCVAC)	50.35	M55
2. David Crane	(Surrey WC)	*51.09	M35
3. Chris Hobbs	(Ashford AC)	56.20	M60
4. Malc Martin	(Surrey WC)	56.24	M60
5. Oliver Hopkins	(Lewes AC)	*57.42	Mu17
6. Mark Culshaw	(Belgrave H)	59.20	M45
7. Carlos Cobo Corrales	(Surrey WC)	59.31	M35
8. John Ralph	(Enfield HAC)	59.50	M55
9. Gary Smith ©	(Enfield HAC)	61.28	M55
10. Richard Emsley	(Saints & Sinners)	62.22	M60
11. Shaun Lightman	(Surrey WC)	63.12	M70
12. Steve Kemp ©	(EVAC)	63.16	M55
13. Ron Penfold	(Steyning AC)	65.43	M70
14. Paul Gaston	(Surrey WC)	65.56	M65
15. Peter Hannell	(Surrey WC)	66.13	M70
16. Michael Harran	(Surrey WC)	67.05	M75
17. Sean Pender ©	(Enfield HAC)	69.01	M60
18. Chris Flint ©	(Surrey WC)	69.52	M70
19. Andy Cox	(Hillingdon AC)	71.52	M60
20. Dave Delaney	(Surrey WC)	72.03	M70
21. Dave Hoben	(Surrey WC)	72.15	M60
22. Jon May	(Enfield HAC)	87.03	M65
Brian Kirkdale	(Hastings R)	DNF	M55

Women

1. Andrea Ingram	(Lewes AC)	63.26	w55
2. Lynn Jones	(Enfield HAC)	65.34	w50
3. Fiona Bishop	(Woking AC)	68.49	w55
4. Angela Martin	(Surrey WC)	72.15	w50
5. Anne Jones	(Steyning AC)	73.15	w60
6. Jo Miles	(Hillingdon AC)	73.15	w60
7. Jenny Middleton	(Hillingdon AC)	73.20	w35
8. Kathy Crilley ©	(Surrey WC)	78.49	w65

5 km	Lisa Kehler	(Wolves)	26.26	w45
	Marshall Smith	(Ashford AC)	27.22	u17M
	Evie Butcher	(Cambridge H)	*28.02	u17W
	Jack Childs	(Medway)	28.03	u15B
	Penelope Cummings	(AFD)	28.47	w35
	Abigail Jennings	(AFD)	29.38	u17W
	Dave Stevens	(Steyning AC)	38.36	M75
	Mick Barnbrook ©	(Ilford AC)	39.31	M70
	Heather Butcher	(Cambridge H)	DNF	Wu20

2.5 km	Suki Ly	(Cambridge H)	14.08	u15G
	George Wilkinson	(Enfield HAC)	16.40	u15B

15km: Malcolm Martin 85.03, Chris Hobbs 86.29, Mark Culshaw 93.03, Carlos Cobo Corrales 93.18, Richard Emsley 95.33, Paul Gaston 101.11, Sean Pender © 103.59, Chris Flint © 106.55, Angela Martin 109.28, Anne Jones and Jo Miles all 109.29 along with Kathy Crilley © 119.46 continued to complete the 15km race.

Event Organiser: David Hoben * **Starter:** Noel Carmody * **Hospitality:** Cyclopark.

Timekeeper/Recorders: David Harris. Peter Crane P.Ficken©, C.Lawton© **Judges Runner:** Eric Parker

Judges: Stephen Cartwright, Doug Hopkins ©, Peter Selby, Ron Wallwork©, Pauline Wilson©

Photograph by courtesy of Mark Easton – see more on <http://markeaston.zenfolio.com/p372203810>

Cecil Gittins. Veteran's AC was pleased to host the inaugural staging of this event on a dedicated cycle circuit which had already been used for major running races. The event was dedicated to the memory of Cecil Gittins in honour of a lifetime in athletics and race walking and his many years of service as an official. David Hoben

League tables after Three Fixtures

Surrey Walking Club are reaping rewards for turning out competitors and now, as well as leading the team table, their B squad is pressuring Belgrave for the third place. All is not lost for the chasers. There are still eight fixtures to be staged over the next eight months and so there is ample opportunity to follow Surrey's guide and get walkers out.

Penelope Cummings remains the leading lady, the Southern RWA President still noses ahead of Malc Martin and Mark Culshaw maintains his challenge, whilst the leading YAG is Jack Childs.

Twenty-four women are among the 65 walkers representing 24 clubs who have participated this season..

Ladies

1. 163/3 Penelope Cummings
2. 156/3 Angela Martin
3. 152/3 Anne Jones
4. 142/3 Jo Miles
5. 134/3 Jenny Middleton
6. 122/2 Maureen Noel
7. 113/2 Lynn Jones
8. 91/2 Kathy Crilley ©
9. 66/1 Grazina Narviliene
10. 58/1 Andrea Ingram

Men

1. 206/3 Chris Hobbs
2. 203/3 Malc Martin
3. 196/3 Mark Culshaw
4. 188/3 John Ralph
5. 148/3 Sean Pender
6. 140/2 Francisco Reis
7. 138/2 David Crane
8. 132/2 Steve Allen
9. 130/2 Steve Uttley
10. 120/2 Gary Smith ©
11. 120/2 Dan Maskell
12. 119/3 Mick Barnbrook©
13. 114/2 Paul King ©
14. 113/2 Shaun Lightman
15. 112/2 Michael Harran
16. 102/2 Ron Penfold
17. 102/2 Chris Flint ©
18. 89/2 Dave Hoben
19. 85/2 Dave Ainsworth©
20. 81/2 Jon May

Team

- | | | |
|------------------|------------|----------------------------------------------------------------------------|
| 1. Surrey WC | 842 | 203 MartinM, 156 MartinA, 138 Crane, 120 Maskell, 113 Lightman, 112 Harran |
| 2. EHAC | 713 | 188 Ralph, 148 Pender, 120 Smith, 113 Jones, 81 May, 63 WilkinsonG, |
| 3. Belgrave H | 495 | 196 Culshaw, 122 Noel, 114 King, 63 Halmstrand |
| 4. Surrey WC | 455 | 102 Flint, 91 Crilley, 89 Hoben, Corrales, 55 Gaston, 54 Hannell |
| 5. Hillingdon AC | 373 | 142 Miles, 134 Middleton, 49 Cox, 48 Bobbett |
| 6. Ilford AC | 334 | 130 Uttley, 119 Barnbrook, 85 Ainsworth |
| 7. Ashford AC | 292 | 206 Hobbs, 47 HallL, 39 SmithM |
| 8. Steyning AC | 210 | 152 JonesA, 102 Penfold, 33 Stevens |

YAG Scores: 73 Jack Childs u15, 66 Oliver Hopkins u17, 63 George Wilkinson u15, 38 Evie Butcher u17, 35 Abigail Jennings u17 32 Adam Childs, 31 Suki Ly u15, 29 Heather Butcher u20

Charles William Fogg - 1934/2016

The former policeman was born in Congleton, Cheshire in 1934 and was extremely proud to have served in the Royal Marines and made a Life member of EHAC.

He was known as Charlie and was a key figure in the Enfield team which enjoyed successful times in the 1960's and 70's and was a member of the club team, that in 1977 set a world record for the 10 x 100 miles relay, his ten mile legs averaged 7.31 apiece.

He was known as the 'hard man' by his rivals and the many athletes who came under his tutorage as a coach. Not just race walkers; in recent years he had built a reputation as a 'throws' coach.

Charlie made his international debut at 50km as member of the winning GB team that won the inaugural Lugano Trophy which later became the World Cup. He helped retain the Trophy in 1963, made the team again in 1965 and again ten years later in 1975.

Although he never managed to win the national 50km title he placed third in 1963/65 and 67 and made the top five on at least two other occasions and he won the gruelling Barking to Southend police race over a dozen times.



Maureen Fotheringham RIP

League Stalwart for many years Doug Fotheringham has been in touch to say that his wife Maureen passed away on Sunday 9th April. Many will remember her accompanying Doug at events and on behalf of the ERWL I express condolences for his loss.

Results Round-up

More news from Dudince. In the senior 20km Tom Bosworth also triumphed, breaking the 28 year old British record in the process with a time of 80.41. The previous record 82.03 was set by Ian McCombie in the Seoul Olympic Games where he finished 13th.

More than 60 walkers started the 50km where Dominic 32nd and Daniel King 39th recorded times of 4.08.00 and 4.19.12, whilst in the veteran's 5km Steve Allen finished 4th in 28.15.

Lithuanian Neringa Aidityte a *League* supporter when she resided in London finished 7th in the ladies 20km in 91.20 and I understand her selection for Rio has been confirmed.

Previously not reported in EnfWalker was **Surrey WC's Development race** on 13th March at Lewes. Luc Legon won the 5km in 25.58 from Dan Maskell 31.48 and Micky Harran 31.49. Peter Hannell 32.06, Ron Penfold 32.18, Dave Hoben 34.56 and Shaun Lightman 34.56 made up the men's field. Luc's mum was second lady home in 33.46 behind Andrea Ingram 32.04 and in the 3km juniors Ollie Hopkins 15.30 and Jack Childs 16.00 both set pb's ahead of veteran Dave Stevens 22.53. Five other youngsters took part making a total 17 walkers in all and a very successful venture

There was some good racing at Steyning's **Slater Bryce 10km track** meeting at Horsham on 19th March. Francisco Reis 49.21 was a comfortable winner ahead of Ian Richards 52.35 (who won the Sussex title), but only six seconds separated Dan Maskell 64.39 and Paul Gaston 64.45 in the battle for third place. Even closer was the struggle for fifth position between Arthur Thomson 65.42 and Ron Penfold 65.44. Anne Jones 67.12, one of only two women in the starting line-up of 12 became Sussex champion and two other *Leaguers* Micky Harran 67.37 and David Hoben 73.46 also took part.

Leaguer Dan Maskell finished 5th in the Lancs WC **Macclesfield 20km** on 9th April. His time was 2.19.53 and the race was won by RWA national 50km champion Adrian Edwards in 2.02.06.

The first of the **Vets AC Summer series** of evening races at Battersea Park took place on Tuesday 12th April and was won by Daniel Halmstrand in 46.05. Peter Ryan in his first race for sometime was runner-up in 49.01 and Spanish student Carlos Cobo-Corrales 3rd in 49.36. Arthur Thomson was 5th in 53.51 in what was most likely his last race before celebrating his 80th birthday on the 22nd of April. Other *Leaguers* in the 11 strong field were Shaun Lightman 51.15, Paul King 52.58, Fiona Bishop 57.05, and Dave Hoben 58.02.

Forthcoming Fixtures

Herts & N.Middlesex Masters league The dates and venues for the meetings which have a 2km walk in the programme are: Monday 25th April – LVAC at 6.40pm and Monday 11th July – Hemel Hempstead at 6.30.

Vets AC 10km inc. Herts/Middlesex and Surrey championships on Wednesday 27th April at Battersea Park, starting at 6.45pm.

BMAF Info from John Hall

I am at last able to provide a list of walking championship fixtures for this year - my apologies for not sending some of this out earlier.

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|-------------------------|--------------------------------------------------------------------------------------------------------------|
| 5k road | Sunday 19 th June at Horwich, Lancashire |
| 20 & 30k | Sunday 10th July at Coventry – Combined championships. entry details to follow. |
| 10k track | Sunday 31st July at Alexander Stadium, Birmingham - online entry (not open yet). |
| 10k road | Saturday 3rd September at Abbey Park, Leicester (Jim Sharlott race) - entry details to follow. |
| 3k& 5k track | September 17 th /18 th at Alexander Stadium, Birmingham - online entry (not yet open). |

The 20k is being held in conjunction with the 30k because we were unable to identify a suitable, separate 20k event. Leicester Walking Club tried to bring the Jim Sharlott 10k forward to the spring or early summer but were thwarted by lack of available facilities and fixture congestion.

Those interested in the track races with online entry are advised to check your registration on the BMAF website as the system has been altered, with some worthwhile enhancements, including access to Masters Athletics magazine. I managed to get into it quite easily but it's worth checking well in advance.

Please let me know if you have any questions or comments about the above fixtures.

Best wishes – John 020 8292 3627 07982 224312