

# The Enfield Walker 2016

June



(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>

## Wilkinson set for World Junior championships

Prior to the national u20km championship and trial race at Bedford on 19<sup>th</sup> June, Callum Wilkinson was the only British walker to have attained the qualifying standard for GB selection for the IAAF World Junior track and field championships to be staged at Bydgoszcz, Poland, on 23<sup>rd</sup> July.

However, his friend, rival and training partner Cameron Corbishley put in a magnificent performance to better the qualifying mark and gain automatic selection by winning the trial, whilst Guy Thomas got within eight seconds of the qualifying mark in finishing second. After leading comfortably at 7km, an 'under the weather' Wilkinson retired, but he was back to business as usual a week later when finishing 3<sup>rd</sup> (2<sup>nd</sup> Brit) at the British Games in 19.54.47 an u20 national 5km record. His selection has been confirmed..



Callum pictured here after the Moulton 5 with Joyce Crawford, who was the 2<sup>nd</sup> lady to finish, but who won the Suffolk title.

**League tables after Five Fixtures** These are how the tables stand after the Moulton Five. Six fixtures remain before the season ends, so there is still opportunity for a number of walkers to put in performances that could re-shape the tables. Forty women are among the 116 walkers representing 42 clubs who have participated so far this season..

### Ladies

1. 248/5 Jo Miles
2. 228/4 Lynn Jones
3. 212/4 Anne Jones
4. 210/4 Angela Martin
5. 183/3 Maureen Noel
6. 171/4 Jenny Middleton
7. 170/3 Fiona Bishop
8. 163/3 Penelope Cummings
9. 116/2 Joyce Crawford
10. 116/2 Cath Duhig ©

### Men

- |                          |                            |
|--------------------------|----------------------------|
| 1. 326/5 John Ralph      | 11. 195/3 Steve Uttley     |
| 2. 288/4 Fransico Reis   | 12. 194/2 Steve Allen      |
| 3. 272/4 Chris Hobbs     | 13. 187/3 Shaun Lightman   |
| 4. 260/4 Mark Culshaw    | 14. 182/4 David Hoben      |
| 5. 253/5 Sean Pender ©   | 15. 151/3 David Delaney    |
| 6. 251/4 Dan Maskell     | 16. 142/3 Steve Cartwright |
| 7. 231/4 Michael Harran  | 17. 134/2 Steve Kemp ©     |
| 8. 210/4 Chris Flint ©   | 18. 124/3 Jon May          |
| 9. 208/3 David Crane     | 19. 123/2 Arthur Thomson   |
| 10. 203/3 Malcolm Martin | 20. 121/2 John Borgars     |

### Team

- |                  |             |  |
|------------------|-------------|--|
| 1. Surrey WC     | <b>1313</b> | 251 Maskell, 231 Harran, 210 MartinA, 210 Flint, 208 Crane, 203 MartinM  |
| 2. EHAC          | <b>1174</b> | 326 Ralph, 253 Pender, 228 Jones, 124 May, 123 Thomson, 120 SmithG       |
| 3. Surrey WC'B'  | <b>730</b>  | 187 Lightman, 182 Hoben, 151 Delaney, 91 Crilley, 64 Corrales, 55 Gaston |
| 4. Belgrave H    | <b>619</b>  | 260 Culshaw, 182 Noel, 114 King, 63 Halmstrand                           |
| 5. Ilford AC     | <b>590</b>  | 195 Uttley, 119 Barnbrook, 85 Ainsworth, 73 Ryan, 63 Marshall, 55 Kates  |
| 6. Hillingdon AC | <b>583</b>  | 248 Miles, 171 Middleton, 67 Deuter, 49 Cox, 48 Bobbett                  |

**YAG Scores:** 96/3 George Wilkinson, 73/2 Jack Childs 24/1 Evie Butcher (all u15)

**Barclay Reunion** The annual get together has been arranged for Thursday 14<sup>th</sup> July at the Bedford Lodge Hotel, Bury Road, Newmarket, CB8. The meeting time is 11.30am so that the pre noon and post noon miles can be walked prior to the social activity centered on lunch.

The next two League races are

**LICC/ERWL 5km track events at Allianz Park,**

**Incorporating**

**formerly Copthall stadium**

**YAG & Novice 1 or 3km**

**at 12noon on 30<sup>th</sup> July & 27<sup>th</sup> August (both are Saturdays)**

**Both take entries on the day**

In overcast, dry and warm conditions RWA President Fred Pearce sent fifty walkers on their way in the annual Moulton Walks. Numbers were slightly down on recent years, probably due in large part to the clash and glut of fixtures this year.

Dominic King, selected for the Rio Olympics 50km and winner in 2015 and 2014, was competing in the GB trial the following day so understandably wasn't on the start line on this occasion. National junior champion and Moulton resident Callum Wilkinson won the event at his fifth attempt, but his form at present is such, that over this distance the 50km man would have had his work cut out to record a hat-trick of victories. ERWL evergreen Francisco Reis was a comfortable runner-up and Colin Vesty the RWA Hon.Secretary third. Fiona Bishop a *League* winner more than once led the ladies home ahead of local walker and county champion Joyce Crawford.

Suffolk CAA Chairman Joe Mower was on hand to present the medals for the county championships which were held in conjunction with the event. A number of newcomers took part, three of whom bettered the hour for the distance and three Centurions finished in the top eight.

**Men's 5 miles**

1	Callum Wilkinson	(Enfield HAC)	*34.49	U20
2.	Francisco Reis	(Southern VAC)	40.32	M55
3.	Colin Vesty	(Leicester WC)	47.36	M50
4.	John Ralph	(Enfield HAC)	48.53	M55
5.	Martin Fisher ©	(Redcar RWC)	49.03	M50
6.	Steve Kemp ©	(EVAC)	49.18	M55
7.	Shaun Lightman	(Surrey WC)	50.31	M70
8.	Peter Ryan ©	(Ilford AC)	50.41	M60
9.	Dan Maskell	(Surrey WC)	50.55	M65
10.	Glyn Jones	(Coventry Godiva)	50.58	M70
11.	Arthur Thomson	(Enfield HAC)	51.03	M80
12.	John Borgars	(Loughton AC)	52.16	M70
13.	Russ Jackson	(Yoks RWC)	52.56	M70
14.	Paul Haugney	(Unattached)	53.33	M45
15.	Jonathan Petty	(unattached)	53.34	M55
16.	Kevin Marshall ©	(Ilford AC)	53.34	M55
17.	Michael Harran	(Surrey WC)	54.15	M75
18.	Sean Pender ©	(Enfield HAC)	54.32	M60
19.	Chris Flint ©	(Surrey WC)	55.29	M70
20.	David Delaney	(Surrey WC)	55.39	M70
21.	Mark Byrne ©	(Redcar RWC)	56.21	M55
22.	John McDonagh	(Unatt)	56.45	M55
23.	David Hoben	(Surrey WC)	57.55	M60
24.	Paul Firmage	(Ryston R)	58.38	M60
25.	Anthony Cotton	(BRJ R & T)	58.51	M75
26.	Stephen Cartwright	(Colchester)	*58.53	M55
27.	Malcolm Smith	(Moulton)	58.57	M70
28.	Phil Nutley	(LDWA)	59.06	M70
29.	Maurice Hemingway	(Riverside R)	59.14	M60
30.	Len Ruddock	(Ilford AC)	62.08	M60
31.	Tony Wilkinson	(unatt/Moulton)	63.22	M50
32.	Jon May	(Enfield HAC)	63.40	M65
33.	Bill Sutherland ©	(Highgate H)	66.49	M70
34.	Tony O'Meara	(Moulton)	68.50	M70
	Amos Seddon	(Enfield HAC)	ret-Inj	M75

**Women's 5 miles**

© = Centurion - \*=pb

1.	Fiona Bishop	(Woking AC)	52.33	w55
2.	Joyce Crawford	(Red Lodge R)	*53.10	w45
3.	Anne Jones	(Steyning AC)	54.40	w60
4.	Lynn Jones	(Enfield HAC)	54.57	w50
5.	Jo Miles	(Hillingdon AC)	54.59	w60
6.	Valerie Nutley	(LDWA)	56.59	w55
7.	Clare McDonough	(Unatt)	64.03	w50
8.	Pam Hemingway	(Riverside R)	64.39	w50
9.	Pamela Abbott	(Enfield HAC)	64.58	w50
10.	Sue Mills	(Moulton)	*67.54	w50
11.	Rachel Webb	(Moulton)	*67.57	w50
12.	Jennie Grimwood	(Newmarket J)	*68.41	w
13.	Anne Scriven	(Moulton)	69.15	w80

**Junior 2km**

George Wilkinson	(Enfield HAC)	12.06	Bu15
Emma Lewis	(Frinton)	15.26	Gu13
Any Nibre	(Frinton)	15.26	Gu13

**Suffolk CAA championships**

Joyce Crawford	Callum Wilkinson
Val Nutley	John Petty
Sue Mills	Kevin Marshall

**EVAC championships**

Pamela Abbott	Steve Kemp ©
	Paul Firmage
	Maurice Hemingway

Judges: P.Cassidy, M.Croft, F.Pearce, P.Wilson

Timekeepers/Recorders: Dr.L.Jennings, J.Mower, P.Ficken, S.Clement

Registrations: L.Spinks, D.Spinks - First Aid: M.Houghton, F.Mumford, M.&M.Woolard

Refreshments: D.Bowes, M.Hall, C.Pearce, R.Spinks, J.Wallwork - Water Station: 1<sup>st</sup> Moulton Scout Troop

Marshalls: D.Ainsworth, R.Bowes, G.& J. Dobson, J.Grant, T.Jones, P & C.May-Holt, P.Dixon, D.Rabeth, A.Warwick, M.& D.Young, S.Woolston

Race Organisers: M.Ashpole, I.Spinks, R.Wallwork

## **Dave Ainsworth makes it 50**

League stalwart Dave Ainsworth©, had his first walking race in May 1966. It was a 1 mile track race at RAF Hereford and he won it in 8.01. His intention was to mark his 50<sup>th</sup> year of competing in race walking by doing the Moulton 5. However, injury put a stop to that, so he marked it instead, by joining the marshalling team who play such a vital role in the safety and success of the event.



*Gemma Lewis, George Wilkinson  
and Anya Nibre*

*right: European Masters  
champion Francisco Reis  
leads the chasing group.*



*Photo by Mark Easton*

*Pictures of most walking events appear on Mark Easton's website: on <http://markeaston.zenfolio.com/p372203810>*

## **Results Round-up**

Previously unreported was Sean Pender's win in the **Middlesex CAA indoor** championship at Lee Valley on 19<sup>th</sup> March. The distance was 1km for which Sean's time was 6.26.2 and made it hat-trick of wins in this event for him.

The **Holt Bradford Walking Festival** on 29<sup>th</sup> May organised by the Yorkshire Walking Club was an ambitious promotion to build on the famous and long standing Bradford 50km traditionally held on Whit Monday and which was first staged over a century ago. Distances ranged from u11's 2km to 50km and the meeting seems to have been well supported with notables of the sport and key performers from the past in attendance. Sean Pender was the only Enfield walker at the event and in the 35km he clocked 4.18.27 which earned him the 2<sup>nd</sup> Centurion award. Maureen Noel won the ladies 50km in 5.47.19 and John Borgars 6.09.05 finished 3<sup>rd</sup> in the men's. Francisco Reis 2.52.03 won the 30km and Angela Martin the women's 25km in 3.03.42 with husband Malcolm taking 2<sup>nd</sup> place in the 35km with 3.45.14. Also in the 35km race was Dave Hoben who recorded 4.50.47.

The first of the summer's **Woodford Tuesday 3km** walks got underway at Ashton Playing Fields on 7<sup>th</sup> June. Peter Cassidy writes: A modest start to the 2016 series, with Loughton piling up some points before anyone else noticed that the season had started. The general meeting in which our walks are incorporated was also rather thin, with only ten starting the 3000m run. The walk finishing order was: Steve Allen 16.24, Dan Maskell 18.43, John Borgars 18.48, Sean Pender 20.44, Peter Cassidy 21.38 and Francoise Fernandez 22.04. The next race in the series: 19<sup>th</sup> July at 8:30 p.m. at Ashton Playing Fields.

In last December's EnfWalker I reported that Centurion Suzanne Beardsmore who competed and officiated at ERWL events during the year had set herself three extremely difficult targets for 2016, The first one in early June was **the Paris - Alsace Four day** event and I'm delighted to report that she finished in a brilliant 4<sup>th</sup> place. Sadly, because of health risks, her second target the Brazil multi-day 1000 miles has been postponed until next year and she is seeking another event to fill in the gap before her intended third target in October, which is the Six Jours de France classic

A couple of events south of the Thames that involved ERWL regulars: At the **Blackheath & Bromley/Surrey WC 3km** on Wednesday 1st June at Norman Park, the winner was Luc Legon 15.13 and among the eleven walkers were Shaun Lightman 2<sup>nd</sup> 18.34, Dan Maskell 3<sup>rd</sup> 18.50, Peter Hannell 18.55, Michael Harran, 19.32, Geraldine Legon 19.55, Chris Flint 20.28 and Dave Hoben 24.08.

In the **Surrey & Sussex County Vets 3km** championships at Ewell Court the day after the Moulton 5, there were six competitors. Peter Hannell 19.07, was first past the post and completing their second race in 24 hours were Anne Jones 19.17, Chris Flint 20.02 and Dave Hoben 20.58. .

Even with cash awards, support was lacking for the **GB/RWA national 10km** road championship staged at Coventry on 11<sup>th</sup> June. Not only was the entry poor, but the top exponents, with exception of Emma Achurch, were absent, either recovering from the Leeds GP the previous week, or in the case of the junior men, saving themselves for their trial races at Bedford the week after. Nevertheless, congratulations to the title and championship medal winners, amongst which were two club members and several *Leaguers*.

Shaun Lightman 8<sup>th</sup> 64.57 and Chris Flint 11<sup>th</sup> 68.54 took Surrey WC into second team place behind Leicester WC with Arthur Thomson 9<sup>th</sup> 65.38 and Sean Pender 12<sup>th</sup> 72.54 taking third for EHAC. In the Inter-Counties,

Steve Allen 4<sup>th</sup> 55.39 and Arthur Thomson representing Hertfordshire took the honours with Shaun Lightman and Sean Pender for Middlesex, occupying second spot and being the only other county team to close in. In the men's race only one of the sixteen starters, Manxman Matthew Haddock 5<sup>th</sup> 59.46 wasn't a Master and among the 12 who finished was David Kates 10th in 67.16.

In the individual championships Emma Achurch 48.25, the promising Gemma Bridge 50.33 and Natalie Myers 58.46 occupied the leading ladies positions whilst Mark Williams 51.51, Ian Richards 53.57 and Dwane Butterley 55.54, the men's.

**Veterans AC 5 mile walk championships** at Battersea Park SW11 14 June 2016. Veterans AC were pleased to welcome Mike Bushell and cameraman from BBC Breakfast on their revisit to the VAC 5 mile walk championships. For the same event in 2008, Mike Bushell trained for and competed. The race was convincingly won by Ian Richards 41.05 with Mark Culshaw 48.14 getting the better of a close battle with Penelope Cummings 48.14 for second place. From EHAC there was Arthur Thomson 52.39 and Sean Pender 58.27, along with *Leaguers* Stuart Bennett 50.19, Maureen Noel 50.26, Shaun Lightman 50.33, Dan Maskell 52.08, Peter Ryan 52.27, Michael Harran 52.31, Paul King 53.33, Fiona Bishop 54.49, Andy Cox 55.09, Russell Vroobel 56.38, Dave Hoben 57.43, Steve Allen 58.27 and Dave Delaney 61.14 in the field of 22.

There was an excellent turnout of 31 men and 15 women at Horwich, Lancashire for the **BMAF 5km** road championship on 19<sup>th</sup> June. Four *League* connections were in action; club member Sean Pender (M60) clocked 34.27 to earn a category silver award, Shaun Lightman 30.58 lifted the M70 gold, Fiona Bishop 32.29 the W55 silver and Dan Maskell 31.11 was 5<sup>th</sup> in the M65 age band.

Australian guest Dane Bird Smith 19.08.76 broke the tape at the **British Games 5km** at Birmingham on 26<sup>th</sup> June, but winner of the national title was Tom Bosworth 19.13.56. Callum Wilkinson 19.54.47 was 3<sup>rd</sup> and Fransisco Reis the oldest competitor 7<sup>th</sup> in 24.47.48. The ladies winner was Bethan Davies in 22.03.82.

### **Forthcoming Fixtures**

Saturday 9 <sup>th</sup> July	<b>Jack Fitzgerald Memorial walks – 12.30</b> at Tilgate Park, Crawley, RH10 5AU. More details from: <a href="mailto:walks@vetsac.org.uk">walks@vetsac.org.uk</a>
Tuesday 19 <sup>th</sup>	Woodford Tuesday 3km walks – 8.30pm Ashtons Track, Woodford Bridge, IG8 8AA
Saturday 30 <sup>th</sup> July	<b>LICC/ERWL 5km track</b> <b>plus an YAG &amp; Novice 1 or 3km at Allianz Park,</b>
Monday 29 <sup>th</sup> August	(Bank Holiday) <b>Southend Mile – 10.30</b> at Garon Park SS2 4FAQ

### **National championships**

Sunday 31st July	<b>UK/CAU &amp; Senior AAA championships</b> at Bedford. The distance is 3km Details available at <a href="http://englandathletics.org">englandathletics.org</a> Note: <i>Counties will only be able to select walkers who have entered the Senior AAA championships.</i> <b>Entries close: 8<sup>th</sup> July</b>
Sunday 28 <sup>th</sup> August	<b>England Athletics u15/u17</b> championships at Bedford
Sunday 2 <sup>nd</sup> October	<b>Senior 50km</b> at Hillingdon. Information from Peter Marlow, The Picture House 134G Southgate Street, Bury St Edmunds, Suffolk, IP33 2AF

### **BMAF championships**

Sunday 31 <sup>st</sup> July	10k track, Sunday 31st July, Alexander Stadium, Birmingham. Online entry is now open
Saturday 3 <sup>rd</sup> Sept	10k road, Abbey Park, Leicester (the Jim Sharlott race) - entry details to follow
Sat/Sun 17/18 <sup>th</sup> Sept	3k & 5k track in the track & field championships, Alexander Stadium, Birmingham - online entry is open:

If you have any queries about these events contact John Hall on 020 8292 3627 or 07982 224312.

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If you don't get **The Race Walking Record** you should think about doing so. It is published promptly each month and is a great chronicle of race walking in the UK and overseas events with British interests. Noel Carmody is to be congratulated on reviving the publication after a spell of uncertainty.. There is a link to it on the [enfieldleague.weebly.com](http://enfieldleague.weebly.com) website, but if you would like to have it sent directly to you contact Noel on [Noel.carmody@btopenworld.com](mailto:Noel.carmody@btopenworld.com)