

Things are looking up

Since the onset of the track season there seems to have been a glut of walking fixtures, which on the whole have been reasonably well supported, particularly those in the various veteran leagues. It is nice to see different names appearing in the results of these events and it is a pity that some of them can't be tempted to turn out and have a go in some of our road walks.

However, welcome as they are, the sport requires young blood as well. Work is going on to introduce or should I say, in some cases, re-introduce race walking into the school programme, one initiative being a Preliminary Teaching Award for Race Walking. So the observations made by Peter Cassidy (*see below*) and the continued work of people like Brian Adams, Peter Selby, Mike Fox and clubs like Birchfield, Tonbridge and Surrey, (there are of course others) offers some hope of acquiring that young blood.

The appearance of Jo Jackson on the cover of the 29th May edition of *Athletics Weekly* along with considerable walking content inside can only help further race walking's image.

Domestic Ultra Events

On Saturday 12th July Lancashire Walking Club stage their **Blackpool 50** miles at Stanley Park, which this year incorporates the BMAF National 50km championship. This event, which in one form or another dates back over a century, is an ideal final try-out for anyone contemplating the **Milton Keynes track 100 mile walk**, which is a *Centurion* qualifying event, five weeks later on 16th/17th August.

Fred Pearce, on 01625 877 854 is the person to contact about the Blackpool, whilst staunch *League* supporters Mark Wall and Sue Rey are key figures in the promotion of the Milton Keynes challenge and can be contacted on suemark.walking@hotmail.co.uk or 01604 470510.

Raising Awareness

This month two opportunities to raise awareness of race walking occur on consecutive evenings. **BBC sports presenter Mike Bushell** (along with film crew) is expected to appear as a competitor in the **Vets AC five mile walk** around three circuits of the Queens Carriageway, **Battersea Park**, on **Tuesday 24th June**. The following evening, **Wednesday 25th June**, as part of a Middle-Distance Meeting being promoted by **Lee Valley Stadium** there is a **5km track walk** which starts at **6.45pm**. If you can get along to one, good. If you can do both, brilliant!

Peter Cassidy writes

The **RWA YAG championships**, supported by Open Senior and Veterans' races in Victoria Park, London on 4th May, presented by Loughton AC as part of its Centenary celebrations, saw 106 competitors in action.

Stars of the day were, of course, the young walkers, not only because they had some very interesting races, but because 97% of the programme entry actually turned out, with figures about 13% up on 2007. With a coachload from Birchfield, a successful party from the Isle of Man and the appearance among the individual medal-winners of an under 13 year old boy from Kettering Town Harriers, not to mention a resurgent Steyning, Tonbridge found their recent dominance in the lower age groups severely challenged.

The Veterans' figures were swollen by visitors from Ireland for an international match, won by England. It may well be that meetings with something for everyone (even the under 11s) are the way forward as numbers participating in the sport appear to be definitely on the increase again.

The next League fixture is the Moulton Five

Saturday 14th June

2pm at Moulton Village Hall, near Newmarket

All walkers be they amblers, ramblers, health, power or race walkers are welcome

Entries are taken on the day, but getting them in advance does assist in ordering sufficient mementoes, which, by the way this year is a T-shirt. Flyers and forms have been circulated and are available from me if you haven't had one. *Over the last couple of years, a number of attenders at the race have taken up the opportunity of an **Evening Stable Visit** which starts about 5.30 and lasts just over an hour. Ray Swallow, head lad for trainer Chris Wall has been in touch to say that if he isn't away racing, he will be happy to do it again this year. Places are limited*

Enfield Walking League 2008

Race Five - Five Miles

17th May at QE Stadium, Enfield

Leaden skies and occasional rain made conditions miserable for the fifth race of the 2008 series. National 50km champion Scott Davis reeled off the mile laps in a little over seven and a half minutes and looked comfortable doing so. Second placer Phil Barnard ducked under forty-minutes and Steve Crane showed no loss of pace following his recent 50km debut when finishing third. It was good to see Phil Williams back after injury and his lack of fitness was apparent as he dropped out of the placings in the last third of the race. Chelsea O'Rawe-Hobbs was the lady winner and Norma Grimsy winner of the novice mile just nine weeks previously in 11.47, averaged a pace faster than that to beat the hour for this distance at her first attempt.

In the handicap race the first three bettered the 36 minutes standard on which the allocations are based, six more were within a minute of it, eight within two and thirty-one within three minutes.

Ladies	1 Chelsea O'Rawe-Hobbs	(Castle Point)	47.02	16 Shaun Lightman	(Surrey WC)	48.16
	2 Helen Middleton	(Leicester WC)	47.57	17 Mike Harran	(Surrey WC)	48.30
	3 Maureen Noel	(Belgrave H)	48.58	18 Paul King	(Belgrave H)	48.48
	4 Fiona Bishop	(AFD)	52.18	19 Chris Flint	(Surrey WC)	48.53
	5 Jo Miles	(Hillingdon AC)	54.17	20 Mike Hinton	(Ilford AC)	48.53
	6 Norma Grimsy	(Enfield HAC)	58.42	21 Peter Hannell	(Surrey WC)	49.46
				22 Sean Pender	(Enfield HAC)	50.16
Men	1 Scott Davis	(Ilford AC)	37.46	23 Lol Dordoy	(Ilford AC)	50.57
	2 Phil Barnard	(Castle Point)	39.40	24 Ron Powell	(Enfield HAC)	51.36
	3 Steve Crane	(Surrey WC)	41.58	25 Jon May	(Enfield HAC)	51.50
	4 Phil Williams	(Enfield HAC)	43.14	26 Mike Sutton	(Ilford AC)	52.13
	5 John Hall	(Belgrave H)	43.40	27 Paul Nihill	(Surrey WC)	52.19
	6 Mark Wall	(Leicester WC)	44.08	28 Alan O'Rawe	(Ilford AC)	52.22
	7 Peter Ryan	(Ilford AC)	44.37	29 Brian Sturt	(Enfield HAC)	53.22
	8 Dave Kates	(Ilford AC)	44.45	30 Peter Crane	(Surrey WC)	54.21
	9 Steve Uttley	(Ilford AC)	45.39	31 Bernie Hercock	(Enfield HAC)	55.57
	10 Amos Seddon	(Ilford AC)	45.43	32 Dave Hoben	(Surrey WC)	56.58
	11 Rod Dunn	(Leicester WC)	46.05	33 John Whyte	(Vets AC)	58.04
	12 Alan Ellam	(Enfield HAC)	46.53	34 Mick Barnbrook	(Ilford AC)	58.37
	13 David Sharpe	(Ilford AC)	47.19	35 Dave Ainsworth	(Ilford AC)	59.57
	14 Olly Browne	(Ilford AC)	47.21	36 Ken Livermore	(Enfield HAC)	60.40
	15 Carl Lawton	(Belgrave H)	47.49	37 Jack Fitzgerald	(Surrey WC)	77.47

Handicap: Mark Wall (9.50) 34.18 Phil Barnard 4.50 34.50 Scott Davis 2.20 35.26

Judges: P.Cassidy, P.Wilson

Time Keeper: P.Ray

Recorders: P.Ficken, S.Rey

Fixture Changes Because of the clash with the LICC 3km at Barnet Cophall stadium on 26th July, the five mile *League* fixture for that day has been postponed and is now scheduled for Saturday 29th November. The venue and time remain unchanged.

The UKA/RWA National 10km road championship will not take place at Earls Colne on 7th September. **It will be held on the same week-end, but on Saturday the 6th and the venue is Lee Valley Stadium.**

Final Curtain

In June 1948 at Woodside school, a youngster finished second in the 60yard sprint. On 14th June he will celebrate an athletic diamond anniversary when he participates in the Moulton Five. His first love was amateur boxing, but following a knee operation that left him without a right kneecap he turned to race walking where he accomplished great deeds. Four-time Olympian, Paul Nihill has indicated that this will be his very last appearance on the road and as a former GB team colleague, I feel honoured that he has chosen this event in which to bow out.

An Idea from Sue Clemments Second claim ultra-distance specialist Sue Clemments recently completed the Paris to Brussels walk, a distance of 180km. Well done Sue! She has approached me about the possibility of entering a team of walkers in the "Chariots of Fire Relay" which takes place in Cambridge on 21st September at 9.30am. This charity event consists of six legs of 1.7 miles through the streets and colleges of the city providing yet another PR opportunity for race walking. The entry fee works out at £22 per walker which is a bit steep, but it should be a memorable occasion and I'll be delighted to hear from anyone interested in taking part.

UKA/RWA National 50km

Congratulations to Redcar Race Walking Club upon their very successful promotion of the UKA/RWA national 50km championship on 27th April this year. The surface of the circuit around the beautiful Ropner Park, Stockton-on-Tees was excellent, but the 200m rise towards the end of the lap which had to be negotiated forty-one times tested everyone and wasn't mentioned in the pre-race blurb that purported a course with the potential for fast times. There was talk afterwards about future championships being staged there and I would fully support that view, with the proviso that it wasn't exclusively the 50km. Without distracting from the credit so well earned by Dave Jones and his team of organisers, it should be noted that a contributing factor to the success of the championship was the willingness of midland and southern walkers and officials to travel. Well Done! Everybody.

It was raining as the thirty-five walkers got underway, but it wasn't cold and when the rain stopped after an hour or so, it remained overcast providing ideal conditions.

Scott Davis walked immaculately to register his fourth consecutive 50km title in 4.29.25 from Manxman Michael George 5.06.45 and three decades after clocking 4.18 for the runners up position in this championship, Ian Richards finished third, his time on this occasion 5.07.49.

Steve Crane on debut finished a creditable fifth in 5.23.19, whilst Mark Culshaw also on debut and celebrating his 42nd birthday, finished ninth in 5.35.04 leading his club Belgrave Harriers, through John Hall tenth in 5.37.19 and the redoubtable Paul King thirteenth in 5.40.17, to a surprise, but well deserved victory over the home club.



Paul King, Maureen Noel, RWA President Glyn Jones, John Hall and Mark Culshaw

Marie Jackson also from the Isle of Man walking as stylishly as Scott won the ladies championship in 5.37.32. Maureen Noel with 5.44.08 added a silver to the golds she had previously won in this event and Cath Duhig struggled gamely with injury and sickness for most of the race to take third in 6.02.08. Sue Rey with 6.13.08 was the fourth lady to finish. No ladies teams contested the event.

Sean Pender and Bernie Hercock were satisfied with their performances. Sean setting a pb of 6.08.35 and although Bernie was classified with 47.66km, if allowed to finish would have easily surpassed his previous best set at Battersea Park last year. Olly Brown 17th in 5.54.08 and Gary MacDonald 22nd Classified with 46.4km were the other *Leaguers* who travelled to support the event.

Results Round-Up

Ken Ballam 8th in 50.06, Bernie Hercock 11th in 55.22 and John Short 13th in 59.14 were the club walkers who took part in in the **Vets AC 5 miles** at Battersea Park on Wednesday evening 15th April, which was won by Mark Easton in 39.05 from Shaun Lightman 44.00 and Arthur Thomson 44.55. Two weeks later the **Vets AC 10km track championship** incorporating those of Middlesex and Herts was staged at the same venue. In wet, cold conditions, Trevor Jones crossed the line first in 52.45 with Arthur 58.03 on this occasion getting the better of Shaun 58.36. In ninth Ron Powell 64.58 took VAC M70 silver and Middlesex bronze, Bernie Hercock 73.12 took VAC M70 bronze and Ken Livermore 74.45 the VAC M75 title and Herts silver.

Phil Williams won the opening race of the **2008 LICC track league** held at Cophthall stadium on 26th April in 14.59 and captain Ron Powell was second in 19.01. Sadly they were the only two competitors, so it was more of a time trial than a race. This race deserves a better turn out than this and needs it, if it is to survive. (*see Forthcoming Events*)

The Bank Holiday week end of 4th/5th May was a particularly busy one. On the Sunday more than a hundred walkers took part in the **Victoria Park Meeting** promoted by Loughton AC and the following day a field of ten turned out for the **Hertfordshire 3km track championship** at Ridlin End track, Stevenage, and just four hours later thirty-one toed the line for the **Pednor Five miles** at Chesham.

The **Loughton** meeting comprised six events (*see Peter Cassidy's letter*) so programmed that athletes could, if they wished double up and some did. The full results have already appeared on the *RaceWalkUK* website and will no doubt be printed in the *Race Walking Record*, so I list here just EHAC performances. Eighteen started the 3km vets race and the winner was second claimer Nick Silvester in 14.09, third was Phil Williams in 14.39, fifteenth Bernie Hercock in 21.47 and Ken Livermore 17th in 21.54. Nick third in 23.56 and Bernie sixteenth in 35.02 also contested the 5km which had nineteen starters.

Phil Williams continuing his comeback from injury won the **Hertfordshire title** in 14.56, although he wasn't first past the post, because welcome guest Mark Easton clocked 14.02. John Borgars 19.22 took the county silver and Ken Livermore the bronze 22.40 with Harvey Jaquest recording 23.54. Other guests included Mark Wall 15.44, Dave Sharpe 17.09, Helen Middleton 18.08, Dave Ainsworth 21.02 and Sue Rey 21.16.

Over the testing **Pednor** course at Chesham, Trevor Jones 42.27 triumphed over Mark Wall 46.19, Steve Uttley 47.12, Andy Cox 47.29, Bob Austin 50.01, and Micky Harran 51.00. Ninth was Ted Holmquist 52.13, 14th Bernie Hercock 57.24, 20th Ken Livermore 67.48 and 15th Dave Hoben 57.26. Helen Middleton 50.19 won the ladies category and Sue Rey 57.30 was third. Special mention to Helen, Sue, Mark and Ken, who competed at all three meetings and an extra special one to Peter Cassidy and Pauline Wilson who organised the Sunday event and officiated at the other two.

The **Middlesex County championships** on 10th May were held at Copthall stadium in very hot conditions Trevor Jones took fourteen minutes and twenty-nine seconds to add the 3km gold medal to the one he collected for the ten miles championship three months previously. John Hall 15.41 occupied the runner up position and Sean Pender 18.51 third place. Doug Fotheringham 19.20 and Bernie Hercock 20.40 filled the other placings. Anne Belchambers, Maureen Noel and Jo Miles collected the ladies medals with respective times of 17.36, 17.53 and 19.25

League Positions after Five fixtures

Jack Fitzgerald and Peter Ryan made their first appearances in this years *League*. It was good to see them!

<i>Ladies</i>		<i>Men</i>	
223/4	1. Maureen Noel	359/5	1. Phil Barnard
192/4	2. Fiona Bishop	349/5	2. Stephen Crane
178/3	3. Helen Middleton	307/4	3. Nick Silvester
175/4	4. Jo Miles	270/5	4. Mike Hinton
153/3	5. Chelsea O'Rawe-Hobbs	255/5	5. Laurence Dordoy
137/3	6. Anne Belchambers	254/5	6. Sean Pender
110/2	7. Anne Lewis	252/4	7. Carl Lawton
90/3	8. Diana Braverman	241/5	8. Ron Powell
57/2	9. Sue Rey	240/3	9. Trevor Jones
44/1	10. Claire Grace	240/5	eq. Jon May
			11. Shaun Lightman
			12. Paul King
			13. Steve Uttley
			14. Rod Dunn
			15. Dave Kates
			16. Steve Holliday
			16. Olly Browne
			18. Andy Cox
			19. Alan Ellam
			20. Bernie Hercock

23 ladies have so far scored in the league

74 men have so far scored in the league

Team

1. Ilford AC	1334	270 Hinton, 255 Dordoy, 224 Uttley, 214 Kates, 208 Browne, 163 Barnbrook
2. Enfield & H AC	1294	254 Pender, 241 Powell, 240 May, 196 Ellam, 185 Hercock, 178 Sturt
3. Belgrave Harriers	1197	252 Lawton, 233 King, 223 Noel, 174 Hall, 160 Fotheringham, 155 Culshaw
4. Surrey WC	1015	349 Crane S, 237 Lightman Shaun, 129 Hoben, 121 Nihill, 90 Harran, 89 Crane P
5. Hillingdon AC	758	240 Jones, 206 Cox, 175 Miles, 137 Belchambers
6. Aldershot F & D	696	307 Silvester, 192 Bishop, 110 Lewis, 39 Davies S, 29 Spelman, 19 Davies L
eq Ilford AC"B"	696	156 O'Rawe, 155 Ainsworth, 151 Sharpe, 129 Davis S, 54 Ryan, 51 Allen,
8 Leicester WC	694	215 Dunn, 178 Middleton, 169 Wall, 57 Rey, 55 Berwick, 20 Lightman Sarah
9 Enfield & H AC"B"	658	163 Livermore, 162 Seddon, 102 Ballam, 90 Braverman D, 82 Howard, 59 Braverman T
10. Castle Point	589	359, Barnard, 153 O'R-Hobbs, 58 Cattano, 19 Bell

Forthcoming Events

Guests will be welcome at Steyning AC's **Mickey Brown Memorial track walks** at Horsham on **Sunday 8th June**. They start at 1.00pm and more details can be had from Dave Stevens 01903 814422.

Woodford Tuesday Walks begin with a **3km** on **10th June** at 6.30pm. Peter Cassidy on 01277 220687 has all the information

The **London Business Houses** and **City Charities 3km** championships will be staged together at Willesden track on Wednesday 11th June. The start time is 7.00pm. More details from Laurie Kelly on 0208 845 7442

The second **London Inter-Clubs Challenge 3km** takes place at Ashtons Track on **Saturday 21st June**. It starts at 1pm and if there isn't a better turn out than the first one at Copthall, then all Carl Lawton's efforts to keep the race in the LICC programme may be of no avail.

The **Southern RWA 20km** is being staged in conjunction with the **Essex League 20km** at The Ford Sports and Social Club, Gardeners Close, Basildon, SS14 3AN on Saturday 28th June at 2.15pm. As I understand it, all walkers will have to enter the SRWA Championship to take part. Details and forms from Noel Carmody, 41 Herbert Road, Bexley Heath, Kent, DA7 4QF. Entries close 20th June.