

Enfield Masters Medal Haul

Five women and fifteen men braved torrential rain to contest the BMAF National 10km track championship at Oxford on Sunday 25th May. In fact conditions were so bad that the medal presentations are to be made at some future event. The weather might have been bad, but it was nevertheless a good day for EHAC members, who at that future event will be collecting six medals.

Club Walking Captain Ron Powell took the M70 gold in 64.20, Ken Livermore the M75 silver in 73.08, Brian Sturt the M65 silver in 68.15 and Bernie Hercock the M70 bronze in 72.35. In addition two second claimers also made it to the rostrum, or would have done had there been one. Nick Silvester was third in the race with a time of 50.20 which landed him the M50 gold and Peter Howard collected M65 bronze with a time of 70.30.

All but five of the twenty walkers were *Leaguers* and earned medals with those by Helen Middleton (W45) 61.19, John Hall (M55) 53.58 and Alan O'Rawe (65) 65.34 being gold.

International Duty Club champion Phil Williams and Nick Silvester were selected for the BMAF International match against Belgium and France at Ashford on 21st June. Over 5km Nick finished 4th in 22.36 and Phil 7th in 25.33. *Leaguer* Helen Middleton represented BMAF at 3km finishing in 17.24 for 7th Place

Record Turnout at Moulton

Most of this issue is devoted to the sixth race of this year's *League* series, the Moulton Walks. I make no apologies for this and I am indebted to our special correspondent for his report.

From a local point of view, Geoff Dobson, Ann Ashby, Julia Frost, Agnieszka Bartzell and Julie Middleton all completed the testing five mile course in under an hour, the first standard of achievement for race walking. The finishing list on page three shows that others were not far short of the mark, but most importantly, the satisfaction for most, was completing their own personal challenge. Some racing industry personnel took part this year and Julie Middleton, Carolyn Anderson and Kit Cunliffe representing the famous Darley Stud took the Astley team award.

The thirteen children who participated in the junior walks all showed lots of endeavour and were presented with their medals by John Warhurst Commonwealth 20 mile champion in 1974.

John Warhurst making presentations



Next League Fixture is

10km on Saturday 12th July at 2pm

at Queen Elizabeth Stadium, Donkey Lane Enfield

incorporating the

British Masters Athletic Federation Road Championships

Entries taken on the day

Entry fees: League £4 – BMAF Championship £6

(includes League entry)

Held Over until Next Issue Spotlight on 2007 Most Active Walker **Sue Rey**

“Stars on Saturday” as Paul Bows Out

A bumper turnout at Moulton saw a record field for an event that commenced in 2002. And what a list of superstars we had in attendance. In *Macbeth* Shakespeare writes about “all our yesterdays”- and so was the theme of Moulton’s 2008 meet. Two big events were happening in Newmarket: top trainer Henry Cecil was getting married for the third time and Ron Wallwork with friend Ian Garmston and their families were promoting the Moulton Stakes for the seventh time.

What a line-up of all-time greats: MARION and PETER FAWKES, OLLY FLYNN, ERIC HALL, RAY MIDDLETON, PETER MARKHAM, PETER MARLOW, ROGER MILLS, GEORGE NIBRE, PAUL NIHILL, AMOS SEDDON, BILL SUTHERLAND, RON WALLWORK AND JAKE WARHURST.

The magnet for such a wonderful curtain call was the final appearance of sixty-nine year old Essex born Paul Nihill MBE, in a competitive walking race. Paul admitted to having a bad back before starting and by the day's end it was probably much worse, due to all the attention of an army of back slappers and well wishers! Needless to say our 1964 Olympic 50km silver medallist was the centre of attention as he strode onto the start line for the final time. As well as start line praise for Paul, there were also public mentions for Kevin Marshall and Alan O'Rawe, both of whom would be tackling longer events soon after their Moulton endeavours. The former was about to go under starter's orders for the Paris Colmar classic and the latter was going to take on the Three Peaks challenge for charity.

The main race saw a tight scrap at its head as Nick Silvester and Phil Barnard formed the van pulling clear of Trevor Jones and Stephen Crane. Just after halfway on the return leg of the "out and back" course the Aldershot man began to open that decisive gap that was to ensure his success. Ilford packed well (seventh, eighth and ninth) to take the team honours, being led home by two times former winner Peter Ryan.

Ann Belchambers led the ladies home while the Best Stylist was the main race's youngest entrant Jonathan Hobbs. The ladies team honours were taken by Enfield, who was led home by Cambridge based Sue Clements. The style prize was a 1963 Great Britain vest badge that had been worn on international duty by 1966 Commonwealth Games silver medallist Ray Middleton. Ray presented the award personally. A number of personages formed a highly esteemed presentation party including a trio of Commonwealth Games gold medallists.

A wonderful atmosphere ensued in the Village Hall where praise was rightly directed to the local organising team, Newmarket Rotary for their sponsorship and the support given by the West Anglia Sports Partnership. The refreshment ladies were profoundly thanked, as were the Red Cross, an army of marshals and Moulton Scouts who provided drinks at the turn by the old Dalham Windmill. Gratitude expressed too for Masseur Erol Birnie who set up his treatment table and gave of his services free pre and post race.

The awards were supplemented by packs of the renowned Newmarket sausages and every finisher received a quality T-shirt. With races for seniors, ramblers/ambblers and for youngsters, all the family can be involved. It is no wonder that this event, which offers a traditional Saturday Afternoon's racing along the Queen's Highway, is so popular!

Ambblers and ramblers start



Paul Nihill (37) leads off the main field



Moulton Results

Moulton Junior Walk Challenges 2008

400m	Daniel Spinks	<i>Moulton School</i>	3.15	600m	Cameron Alexander	<i>Moulton School</i>	4.21
	Rosie Nichols	<i>Moulton School</i>	3.25		Harris Lister	<i>Moulton School</i>	4.21
	Alex Murfitt	<i>Moulton School</i>	3.20		Anna Bartzell	<i>St Felix Middle</i>	4.23
	Hadley Rose	<i>Ickworth Park</i>	3.25		Rebecca Spinks	<i>Moulton School</i>	4.39
	Louisa Webb	<i>Moulton School</i>	3.28		Katie Webb	<i>Moulton School</i>	5.02
	Amira Price	<i>Moulton School</i>	4.06		George Rose	<i>Moulton School</i>	5.39
	Josh Murfitt	<i>Moulton School</i>	4.15				

School's Cup: Moulton School

*Judges: P.Cassidy, J.Everett, P.Marlow
S. & P Markham, R.Pearce*

*Time Keepers:
P.Ray M.Ashpole*

*Recorders:
P.Kates, S.Ashpole, L.Spinks*

Ladies

Five Miles

1	A.Belchambers	Hillingdon AC	49.14	14	Rod Dunn	Leicester WC	46.07
2	F.Bishop	Aldershot F&D	50.45	15	Olly Browne	Ilford AC	46.44
3	Cath Duhig	Ryston	51.14	16	Alan Ellam	Enfield & H AC	47.10
4	Jo Miles	Hillingdon AC	54.31	17	Bob Austin	Milton Keynes	47.21
5	Sue Rey	Leicester WC	56.03	18	David Sharpe	Ilford AC	47.28
6	Sue Clements	Enfield & H AC	58.27	19	Amos Seddon	Enfield & H AC	47.40
7	Norma Grimsey	Enfield & H AC	58.45	20	Steve Allan	Barnet	47.56
8	Ann Ashby	Moulton	59.02	21	Mike Harran	Surrey WC	48.05
9	Marion Fawkes	North Shields	59.13	22	Mike Hinton	Ilford AC	48.08
10	Julia Frost	Moulton	59.47	23	Kevin Marshall	Ilford AC	49.05
11	Agnie Bartzell	Newmarket	59.49	24	Sean Pender	Enfield & H AC	49.39
12	Julie Middleton	Darley Stud	59.54	25	Ian Statter	Surrey WC	50.17
13	Barbara Edlin	Enfield & H AC	60.10	26	Laurence Dordoy	Ilford AC	50.36
14	Sue Smith	Ryston	62.44	27	Les Scrivens	Worcester H	50.48
15	Carolynn Anderon	Darley Stud	64.46	28	Alan O'Rawe	Ilford AC	51.29
16	Helen Sewell	Ryston	65.14	29	Ron Powell	Enfield & H AC	52.07
17	June Dobsonl	Moulton	65.47	30	Jon May	Enfield & H AC	52.34
18	Anne Scriven	Moulton	65.57	31	Peter Crane	Surrey WC	52.55
19	Pam Ficken	Surrey WC	68.22	32	Brian Sturt	Enfield & H AC	53.31
20	Jenny Grimwood	Newmarket	68.58	33	Mick Graham	Belgrave H	54.22
21	Sofia Frost	Moulton	69.02	34	Peter Howard	Enfield & H AC	54.31
22	Ena Warhurst	Sheffield	69.14	35	Bernie Hercock	Enfield & H AC	54.59
23	Janet Flynn	Benfleet	70.13	36	Andrew Wilmot	Halstead	54.59
24	Sarah Dellow	Moulton	70.43	37	Dave Hoben	Surrey WC	55.06
25	Louise Dellow	Moulton	70.44	38	Paul Nihill	Surrey WC	56.16
26	Natalie Humphrys	Hillingdon AC	71.46	39	Eric Hall	Belgrave H	57.33
27	Zayana Price	Moulton	71.49	40	Geoff Dobson	Moulton	58.52
28	Christine Price	Moulton	73.08	41	John Grant	Moulton	61.06
29	Rosemary Price	Moulton	73.09	42	Bill Sutherland	Ilford AC	61.25
30	Kath Dillon	Moulton	73.09	43	Malcolm Brown	Enfield & H AC	62.37
31	Yvone Ellam	Ipswich	73.43	44	Dave Ainsworth	Ilford AC	62.53
32	Sue Jeffery	Moulton	76.16	45	Kit Cunliffe	Darley Stud	64.45
33	Harriet Mills	Moulton	78.52	46	Alex Wilkinson	Moulton	65.14
34	Clare Murphy	Moulton	78.52	47	Mike Ashby	Moulton	67.45
35	Connie Jeffery	Moulton	80.33	48	Joe Browne	Ilford AC	69.05
36	Kirsty Ayton	Moulton	80.33	49	Oliver Flynn	Benfleet	70.14
37	Tamara Gregoire	Moulton	83.30	50	Darren Smith	unattached	70.32
38	Gael Coyle	Moulton	83.30	51	Sheridan Martin	Moulton	73.09
39	Caitlin Donlon	Moulton	83.30	52	John Derry	Moulton	73.09
40	Sue Mills	Moulton	84.07	53	Gerald Pend	Moulton	73.43
41	Lauren Kemp	Canvey	96.45	54	John Sewell	Ryston	74.06
42	Kay Kemp	Canvey	97.01	55	Bret Doyle	Moulton	76.03
43	Pauline Foote	Canvey	97.02	56	Michael Dillon	Moulton	76.04
				57	P.J.Bignal	Moulton	83.23
				58	Colin Nicholson	Moulton	84.07
				59	Steve Kemp	Castle Point	96.45
				60	David Foote	Canvey	97.02
					Teams		
				L	Enfield & H AC	6, 7, 13 = 26	
					Hillingdon AC	1, 4, 26 = 31	
					Moulton Village	8, 10, 18 = 36	
				M	Ilford AC	7, 8, 9 = 24	
					Surrey WC	4, 21, 25 = 50	
					Ilford AC "B"	15, 18, 23 = 56	
					Enfield & H AC	16, 19, 24 = 59	
					Enfield & H AC "B"	29, 30, 32 = 91	
Men							
1	Nick Silvester	Aldershot F&D	39.16				
2	Phil Barnard	Castle Point	39.43				
3	Trevor Jones	Hillingdon AC	40.54				
4	Stephen Crane	Surrey WC	41.16				
5	Jonathon Hobbs	Ashford	42.24				
6	Chris Hobbs	Ashford	42.31				
7	Peter Ryan	Ilford AC	44.09				
8	Steve Uttley	Ilford AC	44.29				
9	Dave Kates	Ilford AC	44.38				
10	Martin Fisher	Redcar RWC	44.46				
11	Andy Cox	Hillingdon AC	45.01				
12	Mark Wall	Leicester WC	45.11				
13	Arthur Thomson	Herts/ Phoenix	45.23				

Results Round up

The **UKA Inter-Counties 3km** was held at Bedford on the same day as the BMAF championship at Oxford in similar conditions. Phil Williams representing Hertfordshire finished ninth in 14.46. The inter-counties champion was Dan King in 12.28 who bounced back after his disappointing disqualification in big international 50km staged recently in Russia. Scott Davis (Essex) was fourth in 13.18, Trevor Jones (Middlesex) seventh 14.19 and in tenth Mark Wall (Northants) 15.15.

The leading lady was Jo Jackson (NE) a mere twelve seconds behind Dan in 12.40, better than the current UK record, which wont be ratified because it was set in a mixed race. Young Chelsea O'Rawe-Hobbs (Essex) was third in 15.40, Helen Middleton (Beds) 7th 17.03, Maureen Noel (Middlesex) 8th 17.59 and Fiona Bishop 9th 19.02.

Bernie Hercock finished thirteenth of sixteen in the VAC's Five mile on 27th May

The field of five ladies and eleven men, for the **SRWA One hour track** championship at Dartford on 31st May was disappointing. Phil Williams who was third with 11.582km and Sean Pender who recorded 9.474km were the Club's only competitors. *League* regulars recorded the following distances: Scott Davis who won 12.063km, Trevor Jones second 11.598km, Mark Wall 5th 10.537km, Steve Allen 10.293km, Shaun Lightman 10.293km, Dave Sharpe 9.899km, Anne Belchambers first lady in 9.858km, Helen Middleton third lady 9.820km, Micky Harran 9.597km, Cath Duhig 9.228km, Sue Rey 8.114km and Dave Ainsworth 7.874km

It was the two Ronnies who turned out for the Club at the first of this season's **Woodford Tuesday track** meetings held at Ashton's track on 10th June which attracted an entry of thirteen. The Club captain Ron Powell finished ninth in 19.13 whilst Ron Wallwork, who had really turned up to judge, finished eleventh in 21.00. *Enfield League* leader Phil Barnard negotiated the seven and a half laps in 13.41, followed by an impressive reappearance after a decade, of Amy Hales clocking 14.57 and Steve Crane ducking under fifteen minutes by a second and young Chelsea O'Rawe-Hobbs missing it by a couple.

League Positions after Six fixtures

The bonus points collected by walkers at Moulton has had an impact on the ladies placings in particular, with Jo moving into the top three for the first time ever and Norma who was a novice two months ago breaking into the top ten. In the men's, Phil Barnard retains his slender lead from Stephen with Nick leading the chasers. Team wise, Enfield badly missing the services of club champion Phil Williams, slipped further behind Ilford, but it was Hillingdon with newcomer Natalie Humphrys and the double points effect who caught the eye, by overtaking Belgrave. Two bonus fixtures remain: 20km on 9th August and the Open Seven on 8th November.

Ladies

305/5	1. Fiona Bishop
279/5	2. Jo Miles
254/4	3. Anne Belchambers
223/4	4. Maureen Noel
178/4	5. Helen Middleton
156/3	6. Sue Rey
153/3	7. Chelsea O'Rawe-Hobbs
138/3	8. Norma Grimsey
128/3	9. Barbara Edlin
111/1	10. Cath Duhig

59 ladies have so far scored in the league

Men

498/6	1. Phil Barnard	346/5	11. Dave Ketes
486/6	2. Stephen Crane	342/4	12. Rod Dunn
447/5	3. Nick Silvester	336/4	13. Andy Cox
389/6	4. Mike Hinton	334/4	14. Olly Browne
378/4	5. Trevor Jones	321/5	15. Alan Ellam
370/6	6. Sean Pender	298/4	16. Mark Wall
369/6	7. Lol Dordoy	292/4	17. Arthur Thomson
357/4	8. Steve Uttley	287/6	18. Bernie Hercock
350/6	9. Ron Powell	284/5	19. Brian Sturt
348/6	10. Jon May	284/5	eq Amos Seddon

104 men have so far scored in the league

Team

1 Ilford AC	2069	389 Hinton, 369 Dordoy, 357 Uttley, 346 Kates, 334 Browne, 274 Sharpe
2 Enfield & H AC	1960	370 Pender, 350 Powell, 348 May, 321 Ellam, 287 Hercock, 284 Sturt
3 Surrey WC	1577	486 Crane S, 237 Lightman Shaun, 229 Hoben, 219 Nihill, 210 Harran, 196 Crane P
4 Hillingdon AC	1312	378 Jones, 336 Cox, 279 Miles, 254 Belchambers, 65 Natalie Humphys
5 Belgrave Harriers	1197	252 Lawton, 233 King, 223 Noel, 174 Hall, 160 Fotheringham, 155 Culshaw
6 Ilford AC"B"	1102	266 O'Rawe, 238 Ainsworth, 188 Ryan, 163 Barnbrook 129 Davis S, 118 Marshall
7 Leicester WC	1049	342 Dunn, 298 Wall, 178 Middleton, 156 Rey, 55 Berwick, 20 Lightman Sarah
8 Enfield & H AC"B"	1001	284 Seddon, 186 Howard, 163 Livermore, 138 Grimsey, 128 Edlin, 102 Balham
9 Aldershot F & D	949	447 Silvester, 305 Bishop, 110 Lewis, 39 Davies S, 29 Spelman, 19 Davies L
10 Castle Point	770	346, Barnard, 153 O'R-Hobbs, 58 Cattano, 19 Bell, 42 Kemp

Stop Press: All the hard work put in by Southern RWA Press Officer Dave Ainsworth to promote our sport, paid off when forty-nine walkers took part in the VETS AC five miles at Battersea Park on Tuesday evening 24th June. BBC's Mike Bushell along with camera's was amongst them and the plug for race walking will be screened after the Sports bulletin on BBC 1 Breakfast Time at 6.35. 7.35 and 8.35 on one of the following Saturdays, 12th, 19th, 26th July or 2nd August.