

Club Retain Sparta Trophy and Top 2008 Participation Rankings

The Club successfully retained the "Sparta Trophy" awarded annually by the Race Walking Association for the most improved club. It is an honour to receive the award, but when the same club merits the award in consecutive years, it does indicate a weakness in club participation nationally.

Skipper Ron Powell accepts the Sparta trophy from RWA President Glyn Jones

Helen Middleton is third from the left and Birnie Hercock extreme left



It was a double top for EHAC walkers in the annual Participation Rankings compiled by John Constaninou of RaceWalkingUK. Helen Middleton with sixty-six performances and Bernie Hercock with fifty-three headed the individual list. It has to be pointed out that for much of the year, Helen was under the colours of Leicester Waling Club, but she was an ever-present at the *League* races, before joining EHAC in the autumn. The Club finished a creditable sixth in the Club Performances with wearers of red and gold notching up two hundred and ninety-five appearances.

League Race Two on 21st February incorporated the national ten and the report and results appear on pages three and four.

International Masters at Barclay Bi-Centenary Walks Eric Horwill has confirmed to me that the England Athletic Masters Association has bestowed "Open" international status to the Masters three miles race which forms part of the Barclay bi-centenary programme, at Newmarket on Sunday 12th July this year.

EHAC Walkers in Action

In the South West veteran's 5km staged at Barton St David, (not sure of the date) Ken Ballam (M65) clocked 31.24 and John Short (75) 36.27 to win their respective categories. The race winner was Ed Shillabeer (M65) in 29.29.

Carl Thomson sharpened up for his Lugano 20km on 8th March in the Sarnia one mile handicap on 1st of the month. He was the back marker and managed to catch all in front of him with the exception of young Jason LeNoury. Carl's time 7.08.

Helen Middleton was the first lady home in Surrey WC's ten miles at Monks Hill on 28th February. Her time of 98.33 slightly slower than the previous week at LVS, whilst Bernie Hercock with a time of 1.55.50 was faster. Ron Wallwork walked the half distance in 58.40. In contrast to the previous two fixtures at this testing venue, the weather was dry and mild.

Annual fixture Congestion We have reached that time of the season when fixtures seem to appear from out of nowhere. This the reason that I only produce lists of *provisional* Enfield *League* fixtures. I shall endeavour to confirm the list I produced in January in the next issue. For information about all events, if you can, look at the either the RWA or RacewalkUK. Web-sites.

Hope to see you at the PAT FUREY WALKS at Lee Valley Stadium on 14th March, whether as a competitor or supporter. The main race is over Five miles, but there are also YAG distances and a Beginners Mile. Things get underway at 2pm

League Positions after Two Fixtures Eighty-five walkers have registered performances after two fixtures, the last of which included the UKA/RWA National Ten mile championships and therefore the league tables, at this stage may be a little distorted with names of individuals and clubs that wouldn't normally appear in them.

Ladies

1. 95 Helen Middleton
2. 76 Anne Belchambers
3. 61 Fiona Bishop
- eq 61 Lisa Kehler
- eq 60 Chelsea O'Rawe-Hobbs
6. 55 Fiona McGorum
7. 47 Jo Miles
8. 39 Angela Paddick
9. 38 Maureen Noel
10. 32 Di Braverman

Men

- | | |
|-----------------------|----------------------|
| 1. 123 Trevor Jones | 11. 70 Ben Wears |
| 2. 116 Stephen Crane | 12. 69 Luke Finch |
| 3. 107 Arthur Thomson | 13. 68 Michael Doyle |
| 4. 106 Steve Uttley | 14. 67 Mark O'Kane |
| 5. 99 Carl Lawton | eq 67 Peter Crane |
| 6. 95 Shaun Lightman | 16. 66 Scott Davis |
| 7. 89 Andrew Cox | 17. 65 Carl Thomson |
| 8. 87 David Sharpe | 18. 64 Paul Evennett |
| 9. 86 Mark Culshaw | eq 64 Ron Powell |
| 10. 85 Alan Ellam | 20. 62 Tony Kelly |

Team

- | | | |
|---------------------|------------|--|
| 1 Enfield & H AC | 469 | <i>107 Thomson A, 95 Middleton, 85 Ellam, 64 Powell, 60 Pender, 58 Seddon</i> |
| 2 Ilford AC | 433 | <i>106 Uttley, 87 Sharpe, 66 Davis, 62 Kelly, 57 Ryan, 55 Kates</i> |
| 3 Steyning AC | 366 | <i>123 Jones, 76 Belchambers, 62 Ball J, 60 Richards, 45 Penfold</i> |
| 4 Surrey WC | 345 | <i>116 Crane S, 95 Lightman S, 67 Crane P, 35 Harran, 19, Ficken, 13 Hoben</i> |
| 5 Belgrave Harriers | 339 | <i>99 Lawton, 86 Culsahw, 57 Hall, 38 Noel, 31 King, 28 Fotheringham</i> |
| 6 Redcar RWC | 280 | <i>70 Wears B, 64 Evennett, 47 Byrne, 39 Paddick, 32 Wears K, 28 Readman</i> |
| 7 Enfield "b" | 236 | <i>50 May, 42 Hercock, 40 Howard, 40 Ballam, 32 Livermore 32 Braverman D</i> |
| 8 Sarnia WC | 199 | <i>65 Thomson C, 59 LeNoury J, 51 Lockwood, 24 LeNoury K</i> |
| 9 Ilford AC "b" | 173 | <i>45 Dordoy, 43 Hinton, 33 O'Rawe, 23 Trotter, 18 Ainsworth, 11</i> |
| 10 Hillingdon AC | 158 | <i>89 Cox, 47 Miles, 22 Makowska</i> |

English Schools/RWA Initiative

I had a letter recently from Derek Hayward the English Schools AA Race Walking Secretary. Derek was instrumental in getting the Shrewsbury venue for the national 20km on 12th April. His letter outlined details about an ESAA/RWA development initiative called the Schools and Clubs Walking (SCWAL) Challenge.

Following up on the Joint ESAA & RWA Preliminary Teaching Award for Race Walking, successful candidates or other suitably qualified officials, including local Sports Partnership Leaders, are urged to give support to the organising of Walking Challenge Events in schools and clubs during 2009.

The events are open to selected age groups and races may be held on school sites or at local athletic tracks. The aim is to get young people walking on a regular basis and try and incorporate it in the Governments childhood obesity policies. The basic rules are as follows:

1. Schools/clubs are invited to arrange a 1km race
2. After a basic instruction session to a class, group or even school, let everyone test themselves against the distance.
3. Everyone is timed and the six fastest are added together to form team A, the next six team B and so on. Because the walkers are raw novices a 10 second penalty is incurred if they receive a warning for "Lifting" up to a maximum of five warnings, after which that persons time is not included in the list of times that will determine the teams. Every effort should be made to explain what they were doing wrong and advice given about ways to improve their technique.
4. The aggregate time of each team and the leading individual's times should be sent by email to: Roger Blades at rjbla@aol.com at the end of the month, who will rank the teams and individuals. There is no limit to the number of races staged during the month, but no more than one race should be held on one day.
5. Monthly entries for May and June 2009 will be held. Further entries at other times of the year will be welcome.
6. The age groups boys and girls are: Years 6/7 (u13) Years 8/9 (u15) Years 10/11 (u17) Years 12/13 (17-20) and over 20.
7. The best Performances in 2008 were: Year Six - Blaby Stokes Primary School, Leicester 41.21
Years Twelve/Thirteen – Bedford University 42.14

Who says nothing is being done to attract youngsters to race walking. Further information from Derek on 01939 233220 or the RWA Hon.Secretary Peter Cassidy on 01277 220687/ peter.cassidy@btinternet.com

Redcar Dominate National Ten - Saturday 21st February - LVS

The long journey down from the northeast must have seemed well worth it for the six Redcar walkers who made it, because they all travelled back with medals.

Eighteen year old Ben Wears walking with great confidence won his first national senior title and led Paul Evernett and Mark Byrne to team silver, whilst Angela Marie Paddick, Ben's mum Karen and Laurayne Redman scored a great team victory.

With the exception of Johanna Jackson who was training abroad and Darrell Stone recovering from an injury, anyone who was anyone was at the start line, creating the potential for a great competition. And so it was! The weather was spring like providing good conditions for the ten excursions around a one mile circuit.

Dominic King was the early leader closely followed by Wears, Luke Finch, Daniel King and Michael Doyle. The formation remained unchanged until the Redcar athlete made a decisive break just before the three mile marker and by half distance he was well clear. Meanwhile, Finch was pressing Dom King whose brother Dan was about to be ruled out and Doyle had had to give ground.



Ben Wears - well clear

Slightly off the pace, a tremendous battle was going on between National 50km champion Scott Davis and Coventry's talented youngster Mark O'Kane, with Carl Thomson, Paul Evernett and the Steyning trio of Trevor Jones, Jim Ball and Ian Richards in close attendance.



Karen, Laurayne and Angela Marie before their triumph

Also in the mix, a determined Lisa Kehler, who had told me before the race that she wasn't very fit, seemed intent on disproving her claim. She was well clear of promising twenty-year old Fiona McGorum, who was walking well and slowing drawing away from Di Bradley. Over the closing lap or so, Lisa did pay for her early exuberance, but still landed yet another national title.

Finch eventually got past Dom King who was later to suffer the same fate as his brother, whilst O'Kane put in a strong last couple of miles to break clear from Davis and was closing fast on Irishman Doyle by the finish. Carl Thomson got isolated between the leaders and the pack, as did Evernett who has obviously worked hard on his technique since his disqualification in this race last year.

The previously mentioned Steyning trio packed well to retain the men's' team title from Redcar with Sarnia in third and in the women's event, Leicester and Enfield filled the minor placings. It was the first time that Redcar ladies and Sarnia had entered a team in a national championship, so it was particularly pleasing that they should be so successful.

It was good to see youngsters like Fiona McGorum, Mark O'Kane and Jason LeNoury take full advantage of the opportunity to race in a large competitive field and I'm sure that the experience will stand them in good stead as they develop.

A total of seventy-one entered of which sixty-five started and there were five disqualifications.



Luke Finch

Mark O'Kane (47) and Scott Davis



Women

1. Lisa Kehler	(Wolves & B)	82.27 (41)
2. Fiona McGorum	(Leicester WC)	88.37 (20)
3. Diane Bradley	(Tonbridge AC)	90.04 (47)
4. Helen Middleton	(Enfield HAC)	95.23 (46)
5. Chelsea O'R-Hobbs	(Blackheath B)	97.41 (17)
6. Angela Marie Paddick	(Redcar RWC)	98.54 (29)
7. Maureen Noel	(Belgrave H)	98.55 (45)
8. Anne Belchambers	(Steyning AC)	100.57 (54)
9. Karen Wears	(Redcar RWC)	101.17 (39)
10. Laurayne Readman	(Redcar RWC)	107.27 (46)
11. Becky Collins	(Medway & M)	108.17 (17)
12. Fiona Bishop	(AFD)	108.37 (49)
13. Sue Rey	(Leicester WC)	111.10 (50)
14. Sarah Lighman	(Leicester WC)	113.39 (50)
15. Jo Miles	(Hillingdon AC)	115.56 (53)
16. Serena Queeney	(Enfield H AC)	120.52 (56)
** Sue Clements	(Enfield H AC)	

Men

1. Ben Wears	(Redcar RWC)	70.22 (18)
2. Luke Finch	(Colchester AC)	71.34 (23)
3. Michael Doyle	(Uni of Bedford)	75.05 (00)
4. Mark O'Kane	(Coventry Godiva)	75.16 (17)
5. Scott Davis	(Ilford AC)	76.15 (33)
6. Carl Thomson	(Sarnia WC)	78.30 (43)
7. Paul Evennett	(Redcar RWC)	79.33 (40)
8. Trevor Jones	(Steyning AC)	81.34 (52)
9. Jim Ball	(Steyning AC)	81.53 (45)
10. Ian Richards	(Steyning AC)	84.36 (60)
11. Jason LeNoury	(Sarnia WC)	85.04 (20)
12. Steve Crane	(Surrey WC)	87.13 (28)
13. John Hall	(Belgrave H)	87.22 (60)
14. Steve Arnold	(Nuneaton H)	87.35 (45)
15. Arthur Thomson	(Enfield H AC)	90.59 (72)
16. Chris Berwick	(Leicester WC)	91.54 (62)
17. Philip Lockwood	(Sarnia WC)	92.12 (36)
18. Steve Uttley	(Ilford AC)	92.55 (51)
19. John Constandinou	(Birchfield H)	93.43 (36)
20. Carl Lawton	(Belgrave H)	95.09 (61)
21. Mark Byrne	(Redcar RWC)	95.18 (48)
22. Ron Penfold	(Steyning AC)	95.30 (67)
23. Shaun Lightman	(Surrey WC)	98.14 (65)
24. Mark Culshaw	(Belgrave H)	98.15 (42)
25. David Sharpe	(Ilford AC)	98.17 (55)
26. Andy Millbank	(Herne Hill H)	98.22 (47)



Lisa Kehler

Paul Evennett

Team

.1. Redcar RWC 275 2. Leicester WC 271 3. Enfield H AC 180

27. Alan Ellam	(Enfield H AC)	99.29 (52)
28. Andrew Cox	(Hillingdon AC)	100.19 (56)
29. Michael Harran	(Surrey WC)	100.54 (70)
30. Chris Flint	(London Vids)	101.02 (64)
31. Paul King	(Belgrave H)	102.53 (58)
32. Peter Crane	(Surrey WC)	105.24 (64)
33. Ron Powell	(Enfield H AC)	106.38 (72)
34. Martin Cooke	(Uni of Bedford)	107.45
35. Kevin LeNoury	(Sarnia WC)	109.26 (51)
36. Tony Kelly	(Ilford AC)	109.31 (60)
37. Sean Pender	(Enfield H AC)	110.38 (55)
38. John Borgars	(Loughton AC)	111.10 (62)
39. Jon May	(Enfield H AC)	112.45 (58)
40. Peter Howard	(Enfield H AC)	116.57 (66)
41. Bernie Hercock	(Enfield H AC)	118.37 (72)
42. David Hoben	(Surrey WC)	122.57 (56)
43. Ken Livermore	(Enfield H AC)	126.08 (75)

Dq: Bob Dobson (66), Dom King (25)

Amos Seddon (68), Dan King (25), Mark Wall (52)

Team

1. Steyning 276 2. Redcar RWC 274 3. Sarnia C 269
 4. Ilford AC 255 5. Belgrave H. 246 6. Surrey WC 239
 7. Enfield HAC 228 8. Enfield HAC B 190

** started late and did not score in the National

Forthcoming National Championship Dates

Sunday 12th April - **UKA/RWA Senior 20km/Junior 10km - Shrewsbury**

Details from and entries to: Peter Marlow
 01284 754177 – pmarlow@btinternet.com

Sunday 24th April - **UKA/RWA 50km - Stockton on Tees**

Details from and entries to: Dave Jones
 01642 491695 - dave-magnettotmail.com

Sat/Sunday 11th/12th July **RWA Distance (100m)- Newmarket**

Details from and entries to: Ron Wallwork
 01638 751869 – randjwallwork@btinternet.com



Michael Doyle