

More National Medals for EHAC

Following on from the success of our ladies in picking up silver team medals in the UKA/RWA national 10 miles just a few weeks ago, Arthur Thomson thirteenth in 2.02.24, Sean Pender eighteenth in 2.08.13 and Bernie Hercock in 2.17.24 won team bronze medals at the 20km championship staged at the Shewsbury Sports Village on Sunday 12th April.

Second claimer Carl Thomson had a great race and deservedly took silver in 1.39.51, whilst Helen Middleton finished fourth in the ladies championship clocking 2.05.31, just a little outside her pb. (see Results Round-up)

L to r: Sean, Arthur, Helen and Bernie



Ken Matthews started the race and assisted with the presentations. Two years before his Olympic triumph in 1964, he won the European title in Belgrade, where his GB 20km team mates were the late Bob Clark and would you believe it? Arthur Thomson.

Enfield League Fixtures Changes & Update

The *League* fixture scheduled for 9th May has been postponed because it clashed with County track championships and the next race will now be a 3km staged in conjunction with the LICC track meeting at Lee Valley Stadium on Saturday 23rd May starting at 12.30pm.

Another fixture clash means that our annual autumn Badge race on 12th September will not now go ahead. I was slow in confirming the date and when I did, discovered that the Southern RWA had already booked it for its Hour championship which will be held at Dartford.

The revised list now reads:

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|--------------------------|-------------|---|
| 23 rd May | 12.30pm (4) | 3km Track in the LICC meeting at LVS
<i>incorporating EH AC Club championship</i> |
| 11th July Saturday | 3.00pm (5) | *Barclay Bi-Centenary Walks- Rowley Mile Racecourse, Newmarket
100 miles <i>incorp RWA Distace championship and Centurion Qualifier</i> |
| Sunday | Noon | EAMasters Assoc. Open International 3 miles YAGs Open Five
<i>(all carry League points)</i> |
| 25th July | 12.30pm (6) | 5k Track in the LICC meeting at Parliament Hill Track |
| 16 th August | 12noon (7) | 20km <i>(double points)</i> at Lee Valley Stadium |
| 10 th October | 2.00pm (8) | 5km including various Masters/Veteran championships Lee Valley Stadium |
| 7 th November | 2.00pm (9) | 83rd Enfield Open Seven – Club Championships <i>(double points)</i> |

* **Barclay Bi-Centenary Walks:** For this event, the *League* will be diverging from the normal policy of accepting entries on the day. The closing date for entries is 20th June and I will be happy to supply information sheets and entry forms.

The Next League fixture is on SATURDAY 23rd MAY at Lee Valley Stadium

3km track (incorporating EHAC Club Championship) – starting at 12.30pm

There were twelve ladies in the field of forty which faced the starter for the *Pat Furey* Open five at LVS on Saturday 14th March. In good conditions Di Bradley and Phil Barnard scored untroubled victories. Gary Smith the last *Centurion* qualifier before Sean Pender's effort last year, returned a sub- fifty minute time and received a warm welcome.

However, the performances that caught the eye were those of twenty-three year-old debutant Lucy Kent who finished second and teenagers Becky Collins and Louise Bradley who recorded very respectable times. In addition to Lucy and Louise, John Hughes who was also taking part in his first walking event qualified for their "Five in the Hour" badges.

The home club was the only one to finish a team in the ladies section, but there was a tight finish in the four to score men's event, where Ilford AC emerged triumphant.

Ladies

1	Di Bradley	47	(Tonbridge AC)	43.28	8	Lol Dordoy	53	(Ilford AC)	46.02
2	Lucy Kent	23	(unattached)	45.26	9	Amos Seddon	68	(EHAC)	46.26
3	Helen Middleton	46	(EHAC)	45.41	10	David Sharpe	55	(Ilford AC)	47.03
4	Maureen Noel	45	(Belgrave H)	48.08	11	Don Cox	62	(EHAC)	47.32
5	Becky Collins	17	(Ashford AC)	50.05	12	Mark Culshaw	42	(Belgrave H)	47.51
6	Fiona Bishop	40	(AFD)	50.35	13	Micky Harran	70	(Surrey WC)	48.34
7	Louise Bradley	16	(Tonbridge AC)	52.42	14	Mike Hinton	67	(Ilford AC)	48.46
8	Jo Miles	53	(Hillingdon AC)	53.29	15	Gary Smith		(EHAC)	48.58
9	Di Braverman	57	(EHAC)	57.25	16	Sean Pender	55	(EHAC)	49.01
10	Serena Queeney	56	(EHAC)	57.39	17	Paul King	58	(Belgrave H)	50.01
11	Emelia Makowska	29	(Hillingdon AC)	62.03	18	John Hughes		(unattached)	50.51
12	Kelsey Howard	15	(Ashford)	3m 26.52	19	Ron Powell	72	(EHAC)	52.17

Men

1	Phil Barnard	24	(Castle Point)	40.02	21	Alan O'Rawe	68	(Ilford AC)	53.07
2	Steve Crane	28	(Surrey WC)	42.16	22	Jon May	58	(EHAC)	53.41
3	John Hall	60	(Belgrave H)	42.31	23	John Whyte	69	(Vets AC)	54.14
4	Steve Uttley	51	(Ilford AC)	44.13	24	Terry Braverman	64	(EHAC)	56.15
5	Carl Lawton	60	(Belgrave H)	45.12	25	Bernie Hercock	70	(EHAC)	56.44
6	Andy Cox	56	(Hillingdon AC)	45.41	26	Dave Hoben	56	(Surrey WC)	57.14
7	Arthur Thomson	72	(EHAC)	45.52	27	Ken Livermore	76	(EHAC)	60.59
					28	Dave Ainsworth	60	(Ilford AC)	63.09



Teams: Ladies 1. Enfield HAC (*Middleton, Braverman, Queeney*)

Men 1. Ilford AC (*Uttley, Dordoy, Sharpe, Hinton*) 36 pts
 2. Belgrave H (*Hall, Lawton, Culshaw, King*) 37 pts
 3. Enfield HAC (*Thomson, Seddon, Cox, Smith*) 42 pts

Officials

Judges: Peter Cassidy, Mick Graham, Peter Marlow, Ray Pearce, Pauline Wilson
 Time Keeper/Recorders: Paul Ray, Pam Ficken, Eric Hall
 Marshalls: Jim Rooke, Brian Sturt

Approaching the turn - Andy Cox (11) and Lol Dordoy (obscured) lead outstanding debutant Lucy Kent (18), with Carl Lawton close behind, whilst Di Bradley(23) is well clear.

Busy EHAC Walkers

Almost Three BMAF Gold's At the British Masters National Indoor championships at LVS on Sunday 8th March, the club had nine walkers in action, of which seven collected medals. Helen Middleton (w45) and Arthur Thomson (m70) came away with gold and Ken Livermore (m75) was just 12/100ths of a second away from making it a hat-trick, as he was out-dipped on the line by Stourbridge's Eric Horwill. Ken's Silver was one of three, the other two being Ron Powell (m70) and Amos Seddon (m65), whilst Sean Pender (m55) and Peter Howard (m65) collected bronze. Norma Grimsey and Bernie Hercock were the two who left the championships empty handed. Their times for 3km were: Arthur 16.40, Helen 17.07, Amos 17.45, Ron 18.39, Sean 18.52, Peter 19.45, Norma 21.44, Ken 21.51 and Bernie 22.08.

Carl Thomson set a Guernsey all-comers two mile record of 14.41 in the Eric Waldron race on 29th March and a week later won the Island's Chilcott 7 miles in 54.40.

The full result of the LVS track 3km on 4th March which eight members were involved appears in *Results Round-Up*. Sean Pender elected to compete in the Molly Barnett 10km at Coventry which staged on the same day. He finished twenty-fifth in 61.07

Making a comeback at the European Indoor championships in Italy on 29th March was Rod Dunn who finished ninth in the 5km in a time of 29.25. We look forward to seeing him at LVS on 23rd May.

Meanwhile, ultra distance specialist Sue Clements has also been on the international trail. She visited Israel and completed a 66km walk around Lake Kenneret (Sea of Galilee), The Jerusalem half marathon and the two day IML Gilboa walk. She also did a 48km desert training walk and spent time with the great Shaul Ladany.

Just over fifty walkers were among the five hundred runners that took part in the last Nicola Five on Canvey Island on 29th March. Helen Middleton was third lady in 46.05, whilst in fifth Alan Ellam did 45.20. Don Cox was eighth in 47.00, Paul Cole ninth in 51.59, Peter Howard tenth in 54.57, Bernie Hercock thirteenth in 56.23 and Ken Livermore fifteenth in 64.39.

League Positions after Three Fixtures

There are two unattached walkers among the ninety-two who have so far taken part in the 2009 series and the ninety that are, represent twenty-five clubs.

Ladies

1. 208/3 Helen Middleton
2. 171/2 Di Bradley
3. 159/3 Fiona Bishop
4. 143/2 Maureen Noel
5. 139/3 Jo Miles
6. 125/2 Becky Collins
7. 118/2 Di Braverman
8. 114/1 Lucy Kent
9. 105/2 Emilia Makowska
10. 99/2 Serena Queeney

Men

1. 235/3 Stephen Crane
2. 222/3 Steve Uttley
3. 218/3 Arthur Thomson
4. 214/3 Carl Lawton
5. 201/3 Andrew Cox
6. 195/3 David Sharpe
7. 192/3 Mark Culshaw
8. 179/2 Phil Barnard
9. 175/2 John Hall
10. 167/3 Amos Seddon
11. 161/3 Sean Pender
12. 160/3 Ron Powell
13. 155/2 Lol Dordoy
14. 148/2 Don Cox
15. 146/2 Mike Hinton
16. 141/3 Jon May
17. 139/2 Micky Harran
18. 131/2 Paul King
19. 130/3 Bernie Hercock
20. 126/2 Alan O'Rawe

Team

1. Enfield & H AC **1062** 218 Thomson A, 208 Middleton, 167 Seddon, 161 Pender, 160 Powell, 148 Cox D
2. Ilford AC **944** 222 Uttley, 195 Sharpe, 155 Dordoy, 146 Hinton, 126 O'Rawe, 100 Ainsworth
3. Belgrave Harriers **883** 214 Lawton, 192 Culshaw, 175 Hall, 143 Noel, 131 King, 28 Fotheringham
4. Enfield & H AC **728** 141 May, 130 Hercock, 121 Cole, 118 Braverman D, 116 Livermore, 102
5. Surrey WC **655** 235 Crane S 139, Harran, 100 Hoben, 95 Lightman S, 67 Crane P, 19 Ficken
6. Hillingdon AC **445** 201 Cox, 139 Miles, 105 Makowska
7. Enfield & H AC **382** 99 Queeney, 89 Braverman T, 85 Ellam, 40 Ballam, 40 Howard, 29 Grimsey
8. Steyning AC **366** 123 Jones, 76 Belchambers, 62 Ball J, 60 Richards, 45 Penfold
9. Redcar RWC **280** 70 Wears B, 64 Evennett, 47 Byrne, 39 Paddick, 32 Wears K, 28 Readman
10. Ilford AC "b" **274** 66 Davis, 62 Kelly, 57 Ryan, 55 Kates, 23 Trotter, 11 Dobson

Results Round-up

Anne Belchambers and Trevor Jones weren't at Pat Furey Five on 14th March, because they were tackling the historic **Finchley Twenty** miles road race on the following day, along with several hundred runners. Trevor finished 381st clocking 3.05.44 and Anne 439th in a time of 3.45.34

Steve Uttley headed the fourteen strong field that contested the 3km walk in the **LVS track meeting on 4th April**. His time of 15.42 put him well clear of Carl Lawton in second place but well short of Scot Davis's track record of 13.22 set in May 2007. Once again newcomer Lucy Kent impressed and the sight of Brian Sturt back in action again, was a welcome one.

1. Steve Uttley (<i>Ilford AC</i>)	15.42	8. Ron Powell (<i>EHAC</i>)	18.51
2. Carl Lawton (<i>Belgrave H</i>)	16.16	9. Norma Grimsey (<i>EHAC</i>)	20.44 L3
3. Lol Dordoy (<i>Ilford AC</i>)	16.24	10. Brian Sturt (<i>EHAC</i>)	20.49
4. Lucy Kent	16.46 L1	11. Dave Ainsworth (<i>Ilford AC</i>)	21.11
5. Dave Sharpe (<i>Ilford AC</i>)	16.51	12. Bernie Hercock (<i>EHAC</i>)	21.36
6. Amos Seddon (<i>EHAC</i>)	16.53	13. Ken Livermore (<i>EHAC</i>)	22.12
7. Helen Middleton (<i>EHAC</i>)	17.01 L2	14. Barbara Edlin (<i>EHAC</i>)	23.01 L4

Congratulations to *Leaguer* John Hall (m60), who was a double gold medallist at the recent **European Masters** Indoor championships in Ancona, Italy. His winning times were: 3km 14.58 and 5km 25.48.

Leaguer Phil Barnard timed at 38.55 was the first walker home in the **Nicola Five on 29th March** with Verity Snook in 42.50 and Di Bradley in 42.58, filling second and third places.

Ten juniors were among the forty-five walkers who started in this years **UKA/RWA national 10km/20km championships**, at the Shrewsbury Sports Village's purpose built cycling racecourse on Sunday 12th April. The weather was warm and I thought that the circuit provided an excellent test of speed, technique and fitness. Luke Finch demonstrated all three in the process of clocking 88.31 to win.

The 1964 Olympic champion Ken Matthews sent the field on its way and Finch went straight into the lead with only had Ben Wears, the national 10m champion for company. But it wasn't for long and the Redcar man had to give ground after a couple of the 1km circuits. Unchallenged, Finch stuck to his task and recorded probably the widest winning margin in the event's history. Wears eventually fell foul of the judges which left Carl Thomson and the much improved Paul Evenett in an intense mid-race duel, before Thomson eventually got clear to take second place in 99.41 to Evenett's 100.57.

Dave Kates ninth in 120.00, Steve Uttley eleventh in 121.56 and Lol Dordoy fifteenth in 124.57, constituted Ilford AC's championship winning team with 265 points, to Birchfield's 258 made up by John Contandinou tenth 121.42, Dave Manning twelfth 122.09 and Tony Collins twentieth 130.47 with, as reported on the front page EHAC in third with 248. Surrey with 187 points and Redcar with 181 were the other clubs to finish teams

Jo Jackson in 95.57 finished well clear of Lisa Kehler 104.18, in the ladies championship and Di Bradley was a comfortable third in 153.39. Leicester WC's Fiona McGorum who walked so well in February's national ten retired, but a battling Sue Rey and Sarah Lightman ensured that the Club were able to add the 20km team championship medals to the 10 miles runner-up ones that they won at LVS.

The juniors seemed to relish walking with the seniors and with international places to be confirmed had plenty of incentive. Birchfield's Holly Smith in 56.26 and Mark O'Kane in 47.46 both scored decisive victories. Tonbridge AC Ladies were the only junior team to close in.

Other *Leaguers* performances were: an excellent fourth for Trevor Jones in 105.39, Dave Sharpe nineteenth in 129.13, Anne Belchambers was fifth in 131.49, Fiona Bishop sixth in 136.07 and Jo Miles ninth 146.34. Unfortunately, Scott Davis had been caught up in traffic and missed the start but was timed at 97.10.

Web-sites to visit: www.racewalkingassociation for fixtures and information

www.RacewalkUK for all the latest results, fixtures

www.Dunwoody1000mile.com/ for Barclay Bicentenary Information