

## More National Masters Medals for EHAC

The BMAF 10km championship was held in conjunction with Leicester's Jim Sharlott Open race staged at the beautiful Abbey Park Oval on Saturday 5th September. The RWA/UKA championships were also included in the programme and sixteen ladies were in the fifty-four strong field.

In the UKA/RWA event Helen Middleton (W45) 58.50 finished seventh and Di Braverman (W55) 67.05 twelfth, but both won individual titles in their BMAF age groups. In the men's RWA event; in twentieth place Sean Pender (M55) 61.17, twenty-eighth Jon May (M55) 65.41 and thirty-third Peter Howard (M65) 69.07 finished as joint fourth team, but all collected BMAF medals. Terry Braverman finished one place and two seconds behind Peter. The BMAF rules regarding foreign competitors in their championships, meant that both Sean (Ireland) and Jon, were awarded M55 gold medals, whilst Peter collected a silver in his age group.

*Peter, Sean, Jon and Diana*



Iford's Scott Davis second in 45.34 and Steve Crane sixth in a pb of 50.31, Di Bradley was the womens runner-up in 54.58, Kelsey Howards brilliant 55.57 10km debut and Becky Collins who bettered the hour for the first time with 59.29, were the pick of the walkers who frequently support the *League*. The national champions were Jo Jackson (*Middleborough/Cleveland*) 46.23 and Breidan Boyce (*Coventry Godiva*) 44.40.

**Meanwhile**, over in Guernsey Bernie Hercock clocked 21.35 in a Sarnia 3km event, two days prior to completing the 19.5 mile Churches Walk on Sunday 6<sup>th</sup> September in 4.08.44. Second claimer Carl Thomson won the event in 2.58.07 and *Leaguer* Fiona Bishop was the first lady to finish in 3.41.25

## Stalwarts on the Mend



Club walk captain Ron Powell was a spectator at the final London Inter Club Challenge meeting staged at Cophall Barnet stadium on Saturday 29<sup>th</sup> August. He looked hale and hearty following a recent operation and spoke about just how much he has missed training and racing.

He has been bowled over with the get well messages he has received and can't wait to get back into action, which he hopes will be the 5km fixture on 10<sup>th</sup> October.

Another of the *League's* dependable's, recorder Pauline Kates has been missing from the scene for longer than Ron. In early May, a fall as she was working in the garden resulted in a broken left toe and more seriously, a completely clean break of her right patella which needed surgery to wire the pieces back together. I spoke with her recently and she is making real progress and is now able, with support to move around. Because of her immobility, she has become an expert in on-line shopping, a practice that before May 2009, she was highly critical of. A warm welcome awaits them on their return.



## EHAC Women Abroad

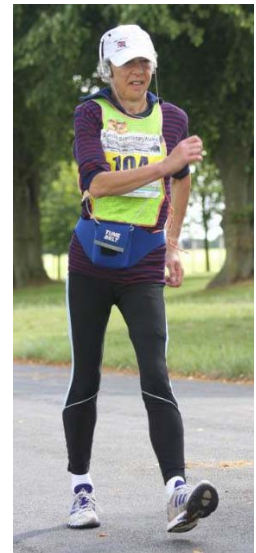
Sue Clements tells me that she and Norma Grimsey are being joined by Surrey's Kathy Crilley to form a relay team to take part in a twenty-four hour relay at Roubaix, France over the weekend of 19<sup>th</sup>/20<sup>th</sup> September. Sue and Kathy have competed at Roubaix before in the twenty-eight hour event and are established ultra distance regulars. Norma, winner of the club's Oliver Cup for Best Newcomer last year (she only started race walking in January 2008) and who is making such good progress under the guidance of Paul Ray, is using the event to build up her stamina and gain experience.

Of the thirty starters (the same number as last year) half had indicated their intention to do the full trip. In warm, humid conditions the walkers set out on a new one kilometre circuit headed by Trevor Jones and Steve Crane who kept each other company until the 18km mark, when Trevor eased ahead to take victory. In last year's race Steve faded badly over the closing kilometres, but this time kept the gap to a minimum and had the satisfaction of improving his pb by over two minutes.

Sandra Brown walking in her usual immaculate style was the first lady home in third position. Her time along with that of her 10km split, bettered the existing BMAF W60 records. In 2008, there was a tremendous scrap for second and third places between Fiona Bishop and Anne Belchambers. Both were given the same time but Fiona got the nod. This time the battle was just as intense, although the margin Fiona had this time wasn't quite as close.

Thanks to all the officials, helpers and the walkers completing shorter distances who stayed on to assist and encourage those doing the full trip.

*Sandra Brown, seen here on her way to victory in the Barclay Hundred where her time of 19.57.24 was a W60 world best as was her 50km time of 5.47.30*



| Ladies |                                  | 5km              | 10km             | 15km    | 20km    |
|--------|----------------------------------|------------------|------------------|---------|---------|
| 1      | Sandra Brown (Surrey WC)         | 28.55            | 57.28            | 1.26.31 | 1.55.34 |
| 2      | Fiona Bishop (Aldershot F & D)   | 34.19            | 67.34            | 1.42.05 | 2.17.22 |
| 3      | Anne Belchambers (Steyning AC)   | 33.01            | 67.09            | 1.42.06 | 2.17.38 |
| 4      | Sue Clements (Enfield H AC)      | 37.07            | 75.13            | 1.53.47 | 2.33.54 |
| 5      | Sue Smith (Ryston Runners)       | 38.30            | 78.21            | 1.58.09 | 2.37.58 |
| 6      | Norma Grimsey (Enfield H AC)     | 37.16            | 75.43            | 1.56.45 |         |
| 7      | Becky Collins (Medway AC)        |                  | 64.38            |         |         |
| 8      | Sue Barnett (Cambs & Colteridge) | 34.58            | 69.14            |         |         |
| 9      | Barbara Edlin (Enfield & H AC)   | 39.08            | 78.30            |         |         |
| 10     | Emelia Makowska (Hillingdon AC)  | 37.25            | <b>8km</b> 59.47 |         |         |
| Men    |                                  | 5km              | 10km             | 15km    | 20km    |
| 1      | Trevor Jones (Steyning AC)       | 27.00            | 54.11            | 1.21.18 | 1.47.57 |
| 2      | Steve Crane (Surrey WC)          | 27.01            | 54.12            | 1.21.19 | 1.48.15 |
| 3      | Steve Uttley (Ilford AC)         | 31.07            | 61.38            | 1.32.12 | 2.01.45 |
| 4      | Andrew Cox (Hillingdon AC)       | 29.12            | 59.32            | 1.31.96 | 2.05.54 |
| 5      | Amos Seddon (Enfield H AC)       |                  | 61.21            | 1.33.54 | 2.07.57 |
| 6      | Paul King (Belgrave H)           |                  | 62.30            | 1.34.50 | 2.08.01 |
| 7      | Steve Allen (Barnet)             | 32.09            | 64.36            | 1.38.10 | 2.13.32 |
| 8      | Shaun Lightman (Surrey WC)       | 33.43            | 66.29            | 1.39.04 | 2.14.21 |
| 9      | John Borgars (Loughton AC)       | 32.43            | 66.17            | 1.40.47 | 2.16.45 |
| 10     | Peter Crane (Surrey WC)          | 33.21            | 66.25            | 1.41.04 | 2.18.06 |
| 11     | Jon May (Enfield & H AC)         | 34.25            | 68.30            | 1.44.09 | 2.21.13 |
| 12     | Bernie Hercock (Enfield & H AC)  | 36.19            | 73.09            | 1.52.49 | 2.33.11 |
| 13     | Ken Bobbett (Hillingdon AC)      | 30.35            | 62.04            |         |         |
| 14     | Mike Hinton (Ilford AC)          | 31.59            | 62.29            |         |         |
| 15     | Peter Howard (Enfield H AC)      | 36.00            | 72.42            |         |         |
| 16     | Alan O'Rawe (Ilford AC)          | 37.52            | 72.48            |         |         |
| 17     | Eddie Trotter (Ilford AC)        | 37.42            |                  |         |         |
| 18     | Peter Emery (Enfield & H AC)     | <b>3km</b> 24.38 |                  |         |         |
|        | Dave Kates (Ilford AC)           | 30.27            | 61.22 dq         |         |         |
|        | Steve Allen (Ilford AC)          | 29.27 dq         |                  |         |         |

Judges: P.Cassidy, M.Graham  
R.Pearce, P.Wilson  
Time Keeper: P.Ray  
Recorders: E.Collins, R.Wallwork

**Enfield & H AC 20km Championship**

Ladies: 1 Sue Clements Men: 1 Amos Seddon 2 Jon May 3 Bernie Hercock

## League Positions after Six Fixtures

One hundred and twenty-two walkers representing thirty-seven clubs and forty-five teams have now participated in the *League* this year. The leading positions set out below are subject to adjustment in lieu of performances in events other than the five miles at the Barclay Week-end or other roles they carried out during it.

### Ladies

1. 418/6 Fiona Bishop
2. 323/4 Helen Middleton
3. 319/6 Jo Miles
4. 288/4 Anne Belchambers
5. 277/4 Becky Collins
6. 266/5 Emilia Makowska
7. 217/4 Sue Barnett
8. 200/2 Sue Smith
9. 171/2 Diane Bradley
10. 161/3 Diana Braverman

### Men

1. 541/7 Andy Cox
2. 453/6 Steve Uttley
3. 411/5 Steve Crane
4. 407/7 Bernie Hercock
5. 405/6 David Sharpe
6. 397/6 Mike Hinton
7. 394/6 Jon May
8. 368/6 Sean Pender
9. 363/4 Trevor Jones
10. 334/4 Arthur Thomson
11. 333/5 Amos Seddon
12. 325/5 Peter Crane
13. 294/4 Michael Harran
14. 293/4 John Hall
15. 267/4 Carl Lawton
16. 258/6 Peter Howard
17. 257/4 Alan Ellam
18. 250/4 Alan O'Rawe
19. 245/3 Paul King
20. 235/3 Peter Ryan

### Team

1. Enfield & H AC **2159** 407 Hercock, 394 May, 368 Pender, 334 Thomson, 333 Seddon, 323 Middleton
2. Ilford AC **1941** 453 Uttley, 405 Sharpe, 397 Hinton, 235 Ryan, 250 O'Rawe, 201 Dordoy
3. Surrey WC **1549** 411 CraneS, 326 CraneP, 294 Harran, 193 Hoben, 207 Lightman, 118 Browns
4. Hillingdon AC **1356** 541 Cox, 319 Miles, 266 Makowska, 230 Bobbett
5. Enfield & H AC"B" **1244** 258 Howard, 257 Ellam, 205 Powell, 187 BravermanT, 176 Livermore, 161 Braverman D
6. Belgrave Harriers **1234** 293 Hall, 267 Lawton, 245 King, 192 Culshaw, 143 Noel, 94 Graham
7. Steyning AC **818** 363 Jones, 288 Belchambers, 62 Ball J, 60 Richards, 45 Penfold
8. Enfield & H AC"C" **694** 148 Cox, 121 Cole, 116 Clements, 102 Smith, 99 Queeney, 108 Grimsey,
9. Ilford AC"B" **687** 196 Allen, 131 Ainsworth, 126 Davis, 87 Kates, 85 Trotter, 62 Kelly
10. Aldershot f d **515** 418 Bishop, 59 Silvester, 38 Lewis

## Results Round-up

In the **Southern Eight Counties 3km** held at Chelmsford on Sunday 9<sup>th</sup> August twenty-seven walkers were in action, among them Norma Grimsey 21.27, Jon May 19.09, Bernie Hercock 21.32 representing Middlesex and Sue Clemments 21.48 representing Essex. The race winners were Estle Viljoen 15.27 (Surrey) and Dominic King 13.06 (Essex).

Steve Allen (Ilford AC) with a time of 44.55, got the better of club mate Steve Uttley by two seconds to win the final race of the **VAC's Summer series five miles**, held at Battersea Park on Tuesday 11<sup>th</sup> August. Hundred mile winner Sandra Brown was the first lady home and third overall in a time of 45.58. There were fourteen starters among them: Sean Pender 5<sup>th</sup> in 49.45, Bernie Hercock 12<sup>th</sup> 60.54 and *Leaguers* Micky Harran 4<sup>th</sup> 49.31, Mike Hinton 7<sup>th</sup> 50.07, Paul King 8<sup>th</sup> 50.34, Fiona Bishop 3<sup>rd</sup> L 55.05 and Dave Hoben 56.03.



In total, thirty-four competitors took part in the five race series, some only doing one whilst others completed all five. The Leicester Cup Handicap was won by Dave Hoben. Mike Hinton and Paul King shared the runner-up position with Bernie Hercock just a point away from making it a three-way tie. Sean pender was eighth and Helen Middleton tenth.

Hon Secretary Chris Flint extends his thanks to Bob and Jeremy for their organisation of the races, to Stewart Bennett, Cecil Gittins and Don Turner for their timekeeping and recording services and the athletes who took part in what was an enjoyable series.

*Chris Flint pictured here at Newmarket in July, on the way to completing his nineteenth UK hundred miles finish.*

The **BMAF 30km** was staged in conjunction with the Midland Area event at The Science Park, Warwick University, Coventry on Saturday 22<sup>nd</sup>.August. W45 Maureen Noel 3.25.10 and W50 Fiona Bishop 3.40.24, were the first two finishers in a field of four and winners of their age categories. Only seventeen of the twenty-one starters finished the men's event which was won by M40 Paul Evenett in 2.46.21. M55 Sean Pender 3.33.07 who was second in his age group and M70 Bernie Hercock who was forced to retire with a foot injury, were the only two EHAC contestants in the race.

### Results Round-up

Steve Crane was an easy winner of the **3km walk in the final LICC meeting** at Copthall Barnet stadium on Saturday 29<sup>th</sup> August. A third of the fifteen strong field were wearing red and gold and over the series walkers have scored and helped towards Enfield and Haringey's runner up position behind Shaftsbury Barnet in the men's competition and third spot in the ladies.

|   |                 |               |       |    |                   |               |       |
|---|-----------------|---------------|-------|----|-------------------|---------------|-------|
| 1 | Helen Middleton | (EHAC)        | 17.06 | 1  | Steve Crane       | (Surrey WC)   | 14.43 |
| 2 | Maureen Noel    | (Belgrave H)  | 17.54 | 2  | John Hall         | (Belgrave H)  | 15.29 |
| 3 | Frans Fernandez | (Loughton AC) | 20.55 | 3  | Sean Pender       | (EHAC)        | 17.46 |
| 4 | Norma Grimsey   | (EHAC)        | 21.07 | 4  | Mike Hinton       | (Ilford AC)   | 18.38 |
| 5 | Jane Clark      | (Loughton AC) | 21.28 | 5  | Peter Crane       | (Ilford AC)   | 18.45 |
|   |                 |               |       | 6  | Peter Cassidy     | (Loughton AC) | 19.17 |
|   |                 |               |       | 7  | Peter Howard      | (EHAC)        | 19.49 |
|   |                 |               |       | 8  | Doug Fotheringham | (Belgrave H)  | 20.34 |
|   |                 |               |       | 9  | Bernie Hercock    | (EHAC)        | 19.49 |
|   |                 |               |       | 10 | Jack Fitzgerald   | (Surrey WC)   | 29.46 |

Helen took a break after competing in the World Masters in July and this was her first walk since. Maureen Noel was the first lady to finish in the BMAF 30km held the previous week.

Helen and Sean were among the ten walkers who came under starters orders in the **VETS AC 3km track** championships staged at Kingsmeadow stadium the day after the LICC meeting. Although three seconds slower than the previous day, Helen was well clear of Fiona Bishop her only rival who clocked 18.24. The men's winner, Mark Easton stopped the clock a second under fourteen minutes with Sean occupying fourth place in 18.21.

Helen Middleton, Sean Pender toeing the line for the third time in four days, were among the eleven walkers who took part in the fourth and final **Woodford Tuesday track league** race, at Ashton Playing fields on 1<sup>st</sup> September. The distance was 5 km and Phil Barnard 24.32 and Steve Crane 24.41 dominated proceedings. Helen with 29.27 finished overall fifth, but first lady, whilst Sean with 30.55 occupied seventh and Bernie with 36.34 finished tenth.

In the final tables Helen was top lady, Bernie finished third man and with the help of Arthur Thomson, EHAC finished second of the seven teams. Event organiser Peter Cassidy was a little disappointed that only twenty-one athletes took part and wishes to thank them along with the officials who supported the series.

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### English Nijmegen Marches

The inaugural Great Barrow Walk 2009 will take place between Wednesday 23<sup>rd</sup> to Saturday 26<sup>th</sup> September and offers four days walking at 10km, 15km, 24km or 42km. As well as providing an excellent training opportunity, it promises to be a lively social occasion with live music, entertainment in the bars. Barrow is situated between Newmarket and Bury St. Edmunds. The event is the brainchild of Glen Moulds who completed two Nijmegen marches in the eighties and proceeds will go to *Help for Heroes*. Glen can be reached on 01284 810 446 or details viewed on [www.barrowwalk.co.uk](http://www.barrowwalk.co.uk)

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### Forthcoming Fixtures

October 3<sup>rd</sup> 2.00pm Surrey Walking Club

#### **Gazette Cup 4 miles.**

Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999

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The next league Fixture is over **Five Kilometres** and incorporates the  
**VETERANS AC championships**

**Saturday 10th October at 2pm - Lee Valley Stadium, Pickets Lock**

*A warm welcome is extended to  
Newcomers and Junior Walkers wishing to walk shorter distances*

**Entries on the day – League £4 – League and VAC championship £6**