

Almost a Perfect Start In the first event of the new series held in extremely cold conditions, the judges ruled that tracksters or track-bottoms could not be worn, although long socks or tights, which enabled clear vision of the athletes' knees, was permitted.

This decision caused consternation to the League's Organising Committee who felt that it went against the ethos of the League. **Whilst acknowledging that such a ruling might be appropriate for 'A' category races, they unanimously agreed that it would not be for any future League fixture**, with the exception of the UKA national ten. The committee unanimously agreed that future decisions regarding the wearing of track bottoms, tights, etc. would be made by the League appointed referee

A Thank You to Surrey Walking Club In the halcyon days at Donkey Lane there were never any problems compiling the League fixture list. We simply chose dates and went ahead. Fitting in fixtures at the LVAC amid numerous other users, particularly those on traditional dates, ie the Open Seven on the second Saturday in November, has caused some difficulties in finalising this year's programme. Surrey Walking Club through the auspices of Peter Selby have come to the rescue and have agreed to exchange their usual first Saturday events in October and November so that we have all the facilities we need at LVAC for the Pat Furey Open Five and the previously mentioned Open Seven.

UKA Recognition EHAC Members At the UKAA Aviva Awards Night Dinner, in Birmingham on 5th December, EHAC President, **Roy Stratton** received a **Special Award for Over 50 Years Service to Athletics**.

Another well deserved award went to Television Commentator, Stadium Announcer and Statistician **Peter Matthews**, who was President of the club for 25 years and is now the first Life President. He was presented with the **Ron Pickering Memorial Award for Services to Athletics**. The former BBC Radio and ITV Sport Athletics Commentator, is co-editor of the world-renowned International Track and Field Annual, and co-edit the Athletics International Newsletter.

Congratulations to both, who are strong supporters of race walking. Peter was the excellent Guest Speaker at the RWA Centenary Dinner and Roy as noted in the October 09 issue, dabbled at the discipline.

Boxing Day 5km

The zero temperatures, snow and ice which unfortunately forced the cancellations of races on the pre-Christmas week-end, thankfully gave way to overcast but mild conditions for the annual EHAC runners and walkers Boxing day 5km at LVAC.



Thirteen walkers set off fifteen minutes before fifty-four runners of all ages including Olympic 400m champion Christine Ohuruogu. It worked out well because the last walker and the last runner finished with a couple of minutes. Nick Sasha of Walthamstow set a course running record of 15.23, whilst an unpressed Francisco Reis was twenty-two seconds short of Steve Crane's winning time in 2008.

1 Francisco Reis	(Ilford AC)	26.25	8 Bernie Hercock	(Enfield HAC)	35.13
2 Steve Allen	(Barnet & Dist)	27.38	9 Sue Clements	(Enfield HAC)	35.38 L2
3 Helen Middleton	(Enfield H AC)	27.54 L1	10 Michael Croft	(Ilford AC)	37.34
4 Amos Seddon	(Enfield H AC)	28.24	11 Jennie Grimwood	(Newmarket J))	39.24 L3
5 Dave Sharpe	(Ilford AC)	30.42	12 Ian Spinks	(Enfield HAC)	39.29
6 Sean Pender	(Enfield H AC)	31.11	13 Dave Ainsworth	(Ilford AC)	39.43
7 P.Cassidy	(Loughton AC)	33.14			

The AGM of EHAC will be held at LVAC at 7pm on 24th February

Despite the arctic conditions and the close proximity to the festive season, fifty one walkers registered to get the 2010 series off to a wonderful start. Not only was the field the largest for the January fixture it included eighteen ladies, by far a *League* record outside the Moulton five which includes amblers and rambblers.

Verity Snook gave Diane Bradley a tremendous battle before fading over the last mile or so and there was a similar confrontation in the men's section where Steve Crane crossed the line marginally ahead of Nick Silvester, only to find he had fallen foul of the judges in the final stages of the race. Becky Collins was one of several to slice a substantial margin off her pb, whilst newcomer Jo Stringer in only her second race, caught the eye.

Iford with six scorers in the first ten sent out a clear signal that they intend to reclaim the team title from the promoting club. Aldershot Farnham and District's girl power propelled their club into second place.

2 Miles

Helen Croft	<i>Iford AC</i>	u15	25.49
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3 miles

Mal Blyth	<i>Leicester RH</i>	M70	<i>c384</i>	35.46
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Ladies 5 miles

1	Diane Bradley	<i>Tonbridge AC</i>	W45	43.40
2	Verity Snook	<i>Aldershot FD</i>	W35	44.11
3	Helen Middleton	<i>Enfield H AC</i>	W45	45.02
4	Becky Collins	<i>Medway/M AC</i>	u20	46.38
5	Maureen Noel	<i>Belgrave H</i>	W45	50.08
6	Anne Belchambers	<i>Steyning AC</i>	W55	50.32
7	Fiona Bishop	<i>Aldershot FD</i>	W50	51.29
8	Sue Davies	<i>Aldershot FD</i>	W40	51.44
9	Ann Lewis	<i>Aldershot FD</i>	W60	52.29
10	Jo Stringer	<i>Aldershot FD</i>	W35	52.45
11	Sue Barnett	<i>Cambs/Coll AC</i>	W60	54.04
12	Norma Grimsey	<i>Enfield H AC</i>	W50	55.26
13	Francios Fernandez	<i>Loughton AC</i>	W55	56.38
14	Sue Smith	<i>Ryston Runners</i>	W45	60.03
15	Jennie Grimwood	<i>Newmarket Jgrs</i>	W50	62.29
16	Serena Queeney	<i>Enfield H AC</i>	W55	66.26
<i>also walked</i>				
	Jo Miles	<i>Hillingdon AC</i>	W50	62.30

Judges: M.Croft, M.Graham, R.Pearce, P.Wilson

TimeKeeper: M.Oliver

Recorders: P.Kates, J.May

Marshalls: C.Lawton, T.Perkins, K.Roost, J.Rooke

Course Clerk: B.Hercock Judges Runner: K.Livermore

Refreshments: M.Livermore, J.Wallwork

Men's 5 miles

1	Nick Silvester	<i>Aldershot FD</i>	M50	39.23	
2	Phil Barnard	<i>Iford AC</i>	25	39.57	
3	Trevor Jones	<i>Steyning AC</i>	M50	41.26	
4	Peter Ryan	<i>Iford AC</i>	M55	<i>c984</i>	42.17
5	Francisco Reis	<i>Iford AC</i>	M45	42.38	
6	Steve Uttley	<i>Iford AC</i>	M50	43.29	
7	John Hall	<i>Belgrave H</i>	M60	43.29	
8	Steve Allen	<i>Barnet DAC</i>	M50	44.21	
9	Shaun Lightman	<i>Surrey WC</i>	M65	45.44	
10	David Kates	<i>Iford AC</i>	M60	<i>c936</i>	46.14
11	John Ralph	<i>Chiltern H</i>	M70	46.21	
12	Amos Seddon	<i>Enfield H AC</i>	M65	46.24	
13	Andy Cox	<i>Hillingdon AC</i>	M55	47.27	
14	Alan Ellam	<i>Enfield H AC</i>		47.47	
15	Peter Hannell	<i>Surrey WC</i>	M65	48.08	
16	David Sharpe	<i>Iford AC</i>	M50	<i>c578</i>	48.40
17	Sean Pender	<i>Enfield H AC</i>	M55	<i>c1067</i>	48.54
18	Michael Harran	<i>Surrey WC</i>	M70	49.54	
19	Ken Bobbett	<i>Hillingdon AC</i>	M65	50.29	
20	Steve Kemp	<i>unattached</i>	M45	<i>c1075</i>	50.43
21	Peter Crane	<i>Surrey WC</i>	M65	51.48	
22	Ron Powell	<i>Enfield H AC</i>	M70	53.22	
23	John Borgars	<i>Loughton AC</i>	M60	53.37	
24	Peter Howard	<i>Enfield H AC</i>	M65	54.07	
25	David Hoben	<i>Surrey WC</i>	M55	54.07	
26	Oliver Browne	<i>Iford AC</i>	M55	<i>c789</i>	55.04
27	Alan O'Rawe	<i>Iford AC</i>	M65	<i>c791</i>	55.04
28	Peter Cassidy	<i>Loughton AC</i>	M70	55.24	
29	Bernie Hercock	<i>Enfield H AC</i>	M70	56.29	
30	Doug Fotheringham	<i>Belgrave H</i>	M75	<i>c373</i>	58.40
31	David Ainsworth	<i>Iford AC</i>	M60	<i>c540</i>	66.09
	Steve Crane	<i>Surrey WC</i>	29		<i>dq</i>

Handicap: (framed on 34 minutes)

1 Becky Collins (15.00) 31.38 2 Peter Ryan (8.30) 33.47 3 Nick Silvester (5.20) 34.03

Spotlight on Verity Snook

There was a preponderance of Aldershot Farnham and District vests in the ladies section of the opening event of the year led by former international Verity Snook. At my request she kindly sent me the following piece.

I am 39 years old and been race walking for h'mmmmm, twenty-six years. My membership of Aldershot Farnham and District, my only club, commenced in 1983 when as a twelve year old I started walking. Five years later I gained junior international status and had the privilege of being a Great Britain team member for eleven years.

During this period the highlights were the 1993 World championships, three World Cups, along with the 1994 Victoria Commonwealth Games and in the same year, the European championships. The distance in the Commonwealth games was 10km, which was my main distance and representing Scotland I finished seventh in 46.06 which remains my fastest time. I retired from the event in 1998 and with my family taking precedence I have never really managed to get back to international level.



Verity in Scottish colours leads Australia's Jayne Saville in the 1994 Vancouver Commonwealth Games.

I have worked for the Ambulance Service for fifteen years and my current role is as a paramedic and paramedic instructor. Work and being a mum to twelve year old Tim and ten year old twins Kathryn and Christopher limits what I can do, but has not prevented me remaining in athletics. Being a level 2 race walk endurance coach and AFD's club secretary keeps me busy and involved. Without my supportive and exceptional husband David I couldn't be.

I was very proud to see that almost a third of the record ladies field which started the first event of 2010 were from my club.

£150 per Mile That's how much each of the thousand that Richard Dunwoody walked in the Barclay re-enactment was worth. The total raised over the six week marathon staged at Newmarket between 29th May and 10th July last year was £152,981. The charities that benefited were; Racing Welfare £50,795, Alzheimers Society £32,675, Spinal Research £1,168, Sparks (*Children's Medical research*) £27,843, The New Astley Club £10,000 and the Injured Jockeys Fund £500. Thanks again to all those that helped in the project.



Training Day

Ten walkers took part in the training day at Newmarket Leisure Centre on 16th January. The picture shows Di Braverman, Sue Smith, Arthur Thomson, Jennie Grimwood, Sean Pender, Helen Middleton and Bernie Hercock doing the Spinning section of the course. Out of shot are Sue Barnett, Peter Howard and Serena Queeney.

There were skills and technique sessions and the day ended with a dip in the pool.

Thanks to Coaches Mick Graham and Jennie Grimwood

The next League fixture is the



UK Athletics/Race Walking Association
2009 National

10 mile Road Championship

incorporating various County Championships



Saturday 20th February at 2pm

LVAC, Meridian Way, Edmonton, N9 0AR

Entries £10 per walker By Monday 15th February 2010:

Forms and details available from: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751 869 randjwallwork@btinternet.com

2010 Enfield Walking League *warm welcome is extended to walkers of all ages and standards*

Format: Twelve events will constitute the 2010 *League* (best nine to score) each of which will carry a minimum of sixty points. However, events with more than forty-five participants will carry seventy. Points will be awarded in descending order, the winner being credited with the highest available. Double points will be awarded for the three opens and those that complete the 20km.

Race Conditions: The event referee to be appointed by the organising committee
All races *with the exception of race two which incorporates the UKA national 10 miles championship*, will be under the category 'B' rules – Contact
Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fees** for all races will be **£4** although there may be additional fees for championship or open events. There is no entry fee for walkers under the age of 16.

The **League awards** will be presented at the first fixture of 2011 to Senior and YAG individuals, senior mixed club teams of six (*which may include second claim members*) and mementoes to walkers who have competed in six events.

Individual Handicap/Spot awards may be made at fixtures other than the three "open" events and will be presented at the fixture following the one at which they were won. Only walkers who have completed two or more races within the preceding twelve months qualify for a handicap mark.

Fixtures (*coloured entries = provisional fixtures*)

20 th February	2.00pm (2)	10miles inc. UKA/RWA National, Middlesex, Herts, Essex and Suffolk County <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS</i> championships
13 th March	2.00pm (3)	5 miles – <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
24 th April	11.45am (4)	3 km track <i>and</i> YAG 1km in the opening LICC meeting <i>Cophall Stadium, NW4 1RL</i>
22 nd May	Noon (5)	Badge Races – YAGS 15/30 minutes – Others One Hour <i>Venue o be determined</i>
12 th June	2.00pm (6)	Moulton Open Five for <i>Amblers, Ramblers, Power & Race Walkers</i> inc. EHAC (<i>double points</i>) <i>Moulton Village Hall, Suffolk, CB8 8QP</i> Club championship
19 th June	11.45am (7)	5km track <i>and</i> YAG 1km in the LICC meeting <i>Ashtons Track, Woodford, IG8 8AA</i>
17 th July	11.45am (8)	3km track <i>and</i> YAG in the LICC meeting incorporating EHAC Club championship <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS</i>
14 th August	11.45am (9)	5km track YAG 1km in the LICC meeting <i>Parliament Hill Fields Track, NW5 1QR.</i>
18 th September	Noon (10)	20km miles <i>Venue to be determined</i>
2 nd October	2.00pm (11)	5 miles Pat Furey Open Races (<i>double points</i>) <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
6 th November	2.00pm (12)	84th Enfield Open Seven – Club Championships (<i>double points</i>)

EHAC 2009 Walking Championships

3km tr, 23 rd May <i>Lee Valley Athletic Centre</i>	Diana Braverman	19.03	Norma Grimsey	20.19		
	Amos Seddon	17.13	Sean Pender	17.48	Ron Powell	18.58
5 miles 12 th July <i>Rowley Mile Racecourse</i>	Helen Middleton	48.01				
	Alan Ellam	46.14	Sean Pender	51.21	Jon May	55.41
7 miles 14 th November <i>Lee Valley Athletic Centre</i>	Helen Middleton	66.34	Norma Grimsey	80.08		
	Arthur Thomson	66.48	Amos Seddon	67.56	Sean Pender	69.32
20km 15 th August <i>Lee Valley Athletic Centre</i>	Sue Clements	2.33.54				
	Amos Seddon	2.07.57	Jon May	2.21.13	Bernie Hercock	2.33.11
30km 22 nd August <i>Northampton</i>	Sean Pender	3.33.07				
Long distance 11 th /12 th July <i>Rowley Mile Racecourse</i>	Serena Queeney	– Barclay Challenges – 76 miles in 19.26.21				

Correction: *Steve Allen's club is of course Barnet & District not as printed in the League tables.*