

Women Walkers Dominate at Leicester

The picturesque Abbey Park, Leicester on 4th October, was the venue for the **BMAF national 10km championships** held in conjunction with the annual Jim Sharlott Open meeting. The race started at 11am, so it was an early start by the EHAC teams, but it was worth it! BMAF ladies team gold and also individual category gold's for Angie Alstrachen (W40) in 62.48, Peter Howard (M65) with 70.45 and Serena Queeney (W55) in 73.50. Sean Pender (M55) with 61.32, Jon May (M55) with 65.54, secured silver and bronze medals.



L to r: Serena, Helen, Lisa Kehler (soon to make her fifth Commonwealth Games appearance) and Angie

The winning team was led home by Helen Middleton (W45) who was EHAC's fastest lady clocking 58.07 which placed her second in her BMAF category and third in the Open event. The BMAF winning trio was Helen, Angie who also won the Open race handicap and Serena. Just to complete the day they also won the Open Women's team event

The high hopes of national medals in the **UKA/EA/RWA 10km championship** a week later at Warwick University slumped a little when an unwell Helen was unable to make the start line and on the day, new member Liz Man Rey got caught in traffic which caused her to miss the event and to cap it all Angie was dq'd. Serena finished with a time of 73.28, a pb. In the men's event Arthur Thomson acquitted himself well finishing twelfth in 57.57

Best wishes to walkers

Jo Jackson, Lisa Kehler, Tom Bosworth, Luke Finch and Alex Wright,
in their Commonwealth Games Endeavour's in Dehli
and our own club member Leon Baptiste who is competing in the 200m

Brian Ficken R.I.P.

Race walking lost one of its great servants with the passing away of Brian Ficken on 8th September. I first became aware of Brian in my first Leicester Open Seven in October 1958 when he walked off with the handicap prize. In the ensuing years he was a regular competitor and when his racing days were over he channeled his energy through numerous administrative posts within the sport; Southern handicapper, Stock Exchange AC Hon Secretary, and RWA National President to name some. Brian was a staunch supporter of the *Enfield League* and he will be missed by us as well as our sport nationally. Our condolences go to Pam, Penny, Jack and Richard.

Next League race is the

Pat Furey Open Meeting on Saturday 2nd October

Senior Five miles + Junior distances

this event carries bonus points

2pm start at Lee Valley Athletic Centre

In sunny conditions the inaugural English Race Walking Half Marathon staged at the Hillingdon Cycle Circuit on 18th September was won in impressive style by Spaniard German Nieto. The ladies winner was Julie Drake (no relation to 'our man at Carnegie) and if the name is familiar, it is because she was one of the country's top exponents in the late eighties and early nineties. (A piece about their walking past will appear in the next issue). Both finished well clear of their rivals, many of who performed well at their personal standard.

The surprise of the race was Fransisco Reis's retirement with back trouble at the half distance, whilst Brian Sturt's walk was notable in view of the time since his last outing and the distance of this one.

With some club walkers in action at Roubaix and others committed to other events, thirty-six was a decent turnout and in spite of the hill, there was plenty of praise from walkers and officials in respect of the circuit with its excellent road surface and lack of camber. The clubhouse adjacent to the circuit makes it an excellent venue.

Ladies

1. Julie Drake	(Arena 80 AC)	2.06.33	W40
2. Angie Alstrachen	(Enfield HAC)	2.18.41	W40
3. Fiona Bishop	(Aldershot FD)	2.27.54	W50
4. Anne Belchambers	(Steyning AC)	2.28.07	W40
<u>5. Jo Miles</u>	<u>(Hillingdon AC)</u>	<u>2.38.22</u>	<u>W50</u>
6. Noel Blatchford	(Abingdon A AC)	1.57.20	W60 (16.6km)
7. Helen Middleton	(Enfield HAC)	1.36.37	W45 (15.1km)
8. Sue Barnett	(Enfield HAC)	1.15.31	W60 (10.6km)

men

1. German Nieto	(Spain)	1.46.44	M40
2. Trevor Jones	(Steyning AC)	1.56.12	M50
3. Peter Ryan	(Ilford AC)	2.02.39	M55
4. Steve Allen	(Barnet & D AC)	2.04.17	M50
5. Arthur Thomson	(Enfield HAC)	2.05.38	M70
6. Amos Seddon	(Enfield HAC)	2.09.53	M65
7. David Kates	(Ilford AC)	2.11.46	M60
8. Sean Pender	(Enfield HAC)	2.12.17	M55
9. Ken Bobbett	(Hillingdon AC)	2.14.44	M65
10. Andrew Cox	(Hillingdon AC)	2.16.40	M55
11. Oliver Browne	(Ilford AC)	2.17.36	M55
12. John Ralph	(Chiltern H)	2.19.28	M50
13. Michael Harran	(Surrey WC)	2.22.10	M70
14. David Sharpe	(Ilford AC)	2.25.06	M55
15. Mikk Bradley	(Enfield HAC)	2.27.18	M50
16. Malcolm Brown	(Enfield HAC)	2.28.40	M55
17. John Borgars	(Loughton AC)	2.30.58	M60
18. David Hoben	(Surrey WC)	2.33.52	M55
19. Jon May	(Enfield HAC)	2.34.07	M55
20. Brian Sturt	(Enfield HAC)	2.36.37	M70
21. Philip Goodwin	(Ilford AC))	2.39.12	M55
22. Mick Graham	(Belgrave H))	2.39.32	M60
23. David Delaney	(SurreyWC)	2.39.41	M65
<u>24. Keith Mitchell</u>	<u>(Defra AC)</u>	<u>2.49.44</u>	<u>M55</u>
25. Fransisco Reis	(Ilford AC)	57.21	M50 (10.6km)
26. Peter Howard	(Enfield HAC)	1.17.18	M65 (10.6km)
27. Bernie Hercock	(Enfield HAC)	1.23.42	M70 (10.6km)
28. David Ainsworth	(Ilford AC)	1.42.28	M60 (10.6km)



Julie Drake and German Nieto, winners of the inaugural English Race Walking **Half Marathon**



Dave Ainsworth, Brian Sturt, Jo Miles, Sue Barnett and Dave Delaney

Judges: Ray Pearce, Jack Thomas.

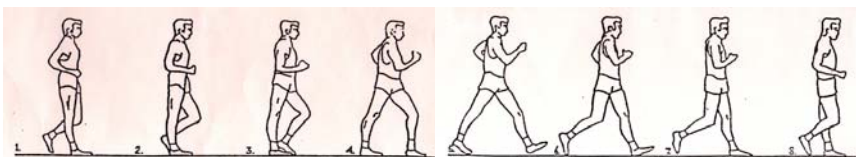
Timekeepers: Phil Welch, Andrew Garner.

Recorders: Alan Ellam, Pauline Kates, Cathy Paton, Jim Rooke.

Water Station: Ken Livermore, Paul Ray, Barbara Thomas

Refreshments: Margaret Livermore, Joan Wallwork

Race Walking Skills and Technique Project



Thanks to financial support from the Lea Valley Athletics Network and Southern RWA the six month project will get underway at Lee Valley Athletic Centre on Sunday 31st October – 10am to 12.30pm.

The project's aim is to provide regular access to coaching, coach training and a quickly accessed opportunity for new Race walking recruits to learn about the discipline.

Exercise drills to improve range of movement and technique, followed by fault identification, causes and correction, will be the basis of the sessions, with the advantage of a monthly check to re-enforce what has been learned.

The project also provides the opportunity for coaches and judges or would be coaches and judges, to get involved; with helping run the sessions and the sharing views and experiences.

The subsidised cost per session is £2 to members of affiliated clubs and others £5. The full list of dates is:

2010 - Sunday 31st October	Sunday 21st November,	Sunday 19th December.
2011 Sunday 30th January	Sunday 27th February	Sunday 13th March.

2010 League Positions after Ten Fixtures

The half marathon could turn out to have been the crucial fixture in determining the men's 2010 *League* winner. Steve Uttley's absence and Francisco Reis's injury in a race carrying bonus points offered an opportunity for their rivals to make substantial inroads into their lead and this they did.

Helen Middleton who had been unwell, also missed out on the bonus points, but she has a more substantial cushion and remains the clear favourite for the women's title.

There were large steps up the table for Angie Alstrachen and Fiona Bishop. Michael Harran, Dave Hoben and David Delaney all collected bonus points and consequently moved their club Surrey into third team place.

Ladies

1. 563/9 Helen Middleton
2. 393/6 Angie Alstrachen
3. 370/6 Fiona Bishop
4. 358/8 Sue Barnett
5. 300/7 Norma Grimsey
6. 298/5 Diane Bradley
7. 289/5 Maureen Noel
8. 269/4 Anne Belchambers
10. 243/3 Jo Miles

Men

- | | |
|-------------------------|--------------------------|
| 1. 595/9 Steve Uttley | 11. 422/5 Peter Ryan |
| 2. 589/9 Amos Seddon | 12. 416/6 Michael Harran |
| 3. 582/9 Francisco Reis | 13. 381/6 Oliver Browne |
| 4. 577/8 Steve Allen | 14. 375/5 Trevor Jones |
| 5. 564/9 Sean Pender | 15. 345/4 Arthur Thomson |
| 6. 533/9 David Sharpe | 16. 340/5 John Hall |
| 7. 524/8 Andrew Cox | 17. 303/7 David Hoben |
| 8. 467/9 Jon May | 18. 284/7 Peter Howard |
| 10. 452/8 John Ralph | 20. 276/5 Mike Hinton |

Team

- | | | |
|----------------------|-------------|--|
| 1. Enfield & H AC | 2934 | 589 Seddon, 564 Pender, 563 Middleton, 467 May, 393 Alstrachen, 358 Barnett |
| 2. Ilford AC | 2809 | 595 Uttley, 582 Reis, 553 Sharp, 422 Ryan, 381 Browne, 276 Hinton |
| 3. Surrey WC | 1696 | 416 Harran, 303 Hoben, 269 Crane S, 268 Delaney, 252 Crane P, 188 Hannell, , |
| 4. Enfield & H AC'B' | 1606 | 345 Thomson, 300 Grimsey 284 Howard, 280 Powell, 202 Hercock, 195 Sturt |
| 5. Hillingdon AC | 1231 | 524 Cox, 464 Bobbett, 243 Miles |
| 6. Belgrave H | 1229 | 340 Hall, 289 Noel, 226 Graham, 164 Culshaw, 111 Fotheringham, 99 Lawton |
| 7. Ilford AC'B' | 927 | 236 Ainsworth, 171 Kates, 163, O,Rawe, 129 Barnard, 121 Trotter, 107 Barnbrook |
| 8. Enfield & H AC'C' | 919 | 184 Ellam, 182 Brown, 153 Bradley, 148 Dunn, 138 Braverman D, 114 Queeney |
| 9. Steyning | 917 | 375 Jones, 269 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold |
| 10. Aldershot F & D | 848 | 370 Bishop, 225 Silvester, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies |

Well Done Steve Whelan

Forty-nine year old *Leaguer* Steve Whelan who underwent a liver transplant in 2000 was the walk winner in the recently held British Transplant Games and hopes to compete in the World Transplant Games to be held in Gothenberg next June. He gained a bronze medal the last time he competed in the world event and hopes to do better in 2011. I'm sure that his colleagues and friends in the *League* not only wish him well in his endeavor, but will do all they can to provide the competition he will need in the lead up to the Gothenberg event.

Results Round-Up

In the **Vets AC T & F championships** staged at Battersea Park on **29th August**, Diane Bradley (W45) and Arthur Thomson (M70) set championship best performances of 15.28 and 16.33 for 3km when winning their titles. Helen Middleton (W45) in 16.49 was also a winner, whilst there were silver medals for Ron Powell (M70) with 19.31 and Ken Livermore (M75) with 24.42. Bernie Hercock (M70) 23.59 was fifth.

Eleven athletes took part in the final 3km race of the **2010 Tuesday Woodford Walks** series on **31st August**. Amongst them was Helen Middleton who was fourth in 16.49 and Sean Pender fifth in 17.25. Francisco Reis was the easy winner in 14.16 ahead of Steve Allen 15.06 and Steve Uttley 15.27. the same order in which they finished in the series. Francisco and Helen were the series winner and EHAC finished in third place behind Ilford AC and Loughton AC.

There was a good field for the **Guernsey pre Churches 3km** road walk on **Friday 3rd September**. Sarnia's Stuart LeNoury lead home the twenty-three walkers in a time of 14.28. Ron Powell was thirteenth in 19.34 and Bernie Hercock twentieth in 22.35. *Leaguer's* Michael Harran was tenth in 17.56 and Dave Hoben fifteenth in 20.04.

In the main event two days later over a route passing all the island's parish churches, it was Manxman Michael George who crossed the finishing line first having taken 2.57.17 to cover the 19.4 miles. Arthur Thomson was the club's highest finisher in ninth place recording 3.16.48. Ron Powell following training restrictions because of his health struggled over the last few miles and finished nineteenth in 3.56.08. Best placed *Leaguer* with a time of 3.07.27 was Peter Ryan in fifth and others were: 3.43.21 Michael Harran in sixteenth, 3.58.08 Dave Hoben in twentieth, 4.01.40 Oliver Browne in twenty-second and 4.03.17 Fiona Bishop in twenty-fourth, but fifth woman. Thirty-six started.

The 2010 Police and Civil Service match for the **Ryan Cup** took place at Cannon Park, Birmingham on **22nd September**. The event incorporates the Police and Civil Service championships. Club walkers Liz Man-Rey recorded 36.31 and was the first police women to finish in the 5km race and in the men's 10km Amos Seddon with 58.23 was the second policeman. Peter Ryan was the overall winner and Police champion in a time of 53.27 ahead of *Leaguers* John Hall 54.40 who took the civil service title and Steve Uttley 55.15. The Civil Service won the match.

Sandra Brown finished a magnificent sixth overall and first lady in **Roubaix 28 hour** race over the weekend of **18th/19th September** covering 211.685km. Norma Grimsey and Serena Queeney were also there as part of relay teams and the results of their efforts will be chronicled in the next issue.

October Fixtures

- 9th 2.30pm 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
- 16th 2.00pm The first of the season's **Cambridge Harriers** Winter League races over 5km. "A" rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent, in good time, because the start is a little distance from the clubhouse.
- 17th 10.00 The postponed **RWA national 50km championship** along with an **Open 10km** is to be staged at Northampton Racecourse, NN1 4BN. The 50km entry fee is £10 and the 10km which starts at noon is £6. Entries to: Peter Marlow, The Picture House, 134G Southgate Street, Bury St.Edmunds, IP33 2AF or 01284 754 177 by **12th October**. cheques payable to the Race Walking Association.
- 23rd **Steinyng Open 10km** from their club house in Steinyng. Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506

Problems with the 'Peds' circa 870

Walking back to unhappiness

A FULL-scale bribery investigation is to be launched, threatening the sport of pedestrianism.

There has been a string of protests over 'fixed' walking matches and massive gambling coups. Now police want the meetings banned.

The constabulary are called out frequently to intervene in outbreaks of crowd violence, often sparked by accusations of crooked races.

There are also increasing instances of 'peds' collapsing from dehydration and exhaustion.

Some of the handicap events—which include walking backwards, wearing weighted clogs or pushing wheelbarrows—can cause the sportsmen who take part incredible physical pain.

The leading competitors compete under nicknames such as The Crow-Catcher, The Gateshead Clipper, The Norwich Milkboy

and the Manchester Pet. A star woman contestant is Folkestone Bess. But while they are fighting for victory their drunken fans are often simply fighting.

Promoters are invariably publicans who hire cricket grounds and attract crowds of thousands at Bank Holidays.

It is no coincidence that these holidays have been slashed from 40 to four a year . . . to cut down on the disturbances.

PEDESTRIANISM.—A match took place on Monday evening, on the Bee Hive cricket ground, Walworth, between the veteran Townsend and the Manchester Pet. The distance nine miles, for ten pounds aside; thirty-one times round the ground was by due admeasurement found to be nine miles. When the men appeared on the spot they both appeared in good condition, the veteran having more signs of a "victualing department" than the other, but the disparity of years was great, Townsend being upwards of fifty, and the Pet under twenty years of age. They were fairly started, the Manchester youth taking the lead, which he continued to keep except now and then, when the old man would pass him in good style, and take it for some time in a very singular manner, and then let him shoot a head again. In this alternate way they kept on until near the end of the last round, when the veteran gave in, unable to proceed further. The Pet won the race by about fifty yards. The distance was walked by the winner in one hour and a half. It was the opinion of some that were present that Townsend could have beat his man if he had so chosen. Be it as it may, the Manchester lad displayed some high pedestrian qualities, and he bids fair to be a first rate one. It was so late before they were started, that it was dark long before the contest ended.