



Roy Presents Sean with the Middlesex Chain of Office

### County Honour for Sean Pender

Sean Pender was second in the Middlesex championship which was held in conjunction with the national ten and received his medal from Middlesex President Roy Stratton. Three days later Roy was again making a presentation to Sean. This time it was the Middlesex President's Chain of Office as Sean took over the tenure of this prestigious position.

Congratulations to Sean and Well Done EHAC in providing consecutive county presidents.

Roy was re-elected as EHAC President at the Club's AGM on 24th February.

### Nine Pb's and a National Medal for Helen

Notching up her eighth pb in a row Helen Middleton collected the individual bronze medal in the UKA/RWA national ten miles championships staged by the club at LVAC on Saturday 20th February.

Her time was 93.33 a time none of the EHAC men could match. Arthur Thomson clocked 96.07 in sixteenth place, Sean Pender 101.36 in twenty-fifth, Alan Ellam thirty-fourth in 102.48, Ron Powell 109.44 in thirty-eighth, Jon May 118.36 in forty-first and Bernie Hercock 120.46 in forty-third place.

In the Middlesex championship held in conjunction with the national Sean occupied the runner up position and along with Ron Powell and Jon May captured the county team title. Belgravian Maureen Noel and Olympian Shaun Lightman were the individual winners.

One week later, Helen went on to win the Southern ten miles championship over the tough Monks Hill Circuit in a time of 93.27, six seconds faster than her effort at LVAC to make it nine pb's in a row.



## The next League Fixture is on Saturday 13th March at LVAC

**2pm start - minimum distance One mile maximum Five miles**

*This race was originally listed as the Pat Furey Meeting, which will now take place, with Pat's permission on 2nd October*

**Half Marathon Walk** What does talk of 20km and 50km events mean to anyone other than race walkers? Not much I would imagine. However, mention the marathon or a half marathon and instantly most of the population knows what you are talking about. They have become classic distances to serious athletes and fun runners alike.

An interesting idea first mooted last year in *Race walking Record* and put to me recently by Peter Selby, was that the profile of race walking might well be enhanced if walks were staged over those distances. There is a general knowledge about the challenge and demands of these distances and the direct correlation between the times posted in running and walking events would have some meaning.

Race walkers already take part in these events and often to the dismay of many runners, finish ahead of them. There would be interesting comparisons and the respectable time that our top walkers are capable of would be wonderful PR for the discipline.

**With the support of Hillingdon AC the League Committee has decided that the September fixture, currently listed as a 20km, will be changed to a half marathon – 21km. The venue is to be the traffic-free Hillingdon Cycle Circuit which is 1500m in length**

The committee hopes that walkers throughout the country will support this innovative event, which will of course be under the B category rules.

## 2010 League Positions after Two Fixtures

Incorporating the National Ten in the second of the 2010 *League* series invariably distorts the tables temporarily. It is unrealistic to expect the likes of Redcar to journey south more than a couple of times a year. However we were delighted to see them and gratified to know that they had a memorable day out.

Iford retain their opening fixture lead, but Steyning with only half the number of performances have rocketed up the table and threaten the top two.

The statistics now show that ninety-four walkers of whom thirty-one are women representing twenty-six clubs and thirty-two teams, have taken part in the this year's opening two fixtures.

### Ladies

1. 131/2 Di Bradley
2. 126/2 Helen Middleton
3. 95/2 Maureen Noel
4. 82/2 Anne Belchambers
5. 78/2 Becky Collins
6. 74/1 Lisa Kehler
7. 62/1 Verity Snook
8. 62/1 Karen Wears
9. 54/1 Angela Paddick
10. 51/2 Sue Smith

### Men

- |  |                          |
|--|--------------------------|
| 1. 140/2 Trevor Jones                  | 11. 91/2 Andrew Cox      |
| 2. 135/2 Fransisco Reis                | 12. 80/1 Darrell Stone   |
| 3. 132/2 Steve Uttley                  | 13. 80/2 Peter Crane     |
| 4. 118/2 Steve Allen ( <i>Barnet</i> ) | 14. 80/2 John Ralph      |
| 5. 117/2 Shaun Lightman                | 15. 79/1 Scott Davis     |
| 6. 113/2 John Hall                     | 16. 78/2 Oliver Browne   |
| 7. 101/2 Sean Pender                   | 17. 78/1 Tommy Taylor    |
| 8. 99/2 Alan Ellam                     | 18. 77/1 Luke Finch      |
| 9. 99/2 David Sharpe                   | 19. 76/1 Paul Evennett   |
| 10. 95/2 Peter Hannell                 | 20. 75/1 Antonio Cirillo |

### Team

- |                    |            |   |
|--------------------|------------|---|
| 1. Ilford AC       | <b>592</b> | <i>135 Reis, 132 Uttley, 99 Sharp, 79 Davis, 78 Browne, 69 Barnard</i>        |
| 2. Enfield & H AC  | <b>518</b> | <i>126 Middleton, 101 Pender, 99 Ellam, 74 Powell, 61 Thomson, 57 Hercock</i> |
| 3. Steyning        | <b>459</b> | <i>140 Jones, 82 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold</i>    |
| 4. Surrey WC       | <b>447</b> | <i>117 Lightman, 95 Hannell, 80 Crane P, 63 Hoben, 49 Harran, 43 Crane S</i>  |
| 5. Redcar RWC      | <b>342</b> | <i>76 Evennett, 62 Wears, 55 Fisher, 54 Paddick A, 53 Byrne, 42 Paddick</i>   |
| 6. Aldershot F & D | <b>300</b> | <i>70 Silvester, 62 Snook, 44 Bishop, 43 Davies, 41 Lewis, 40 Stringer</i>    |
| 7. Birchfield H    | <b>292</b> | <i>78 Taylor, 66 Constandinou, 59 Boszko, 49 Smith, 41 Barnett</i>            |
| 8. Belgrave H      | <b>288</b> | <i>113 Hall, 95 Noel, 52 King, 28 Fotheringham</i>                            |
| 9. Ilford AC'B'    | <b>238</b> | <i>67 Ryan, 58 Kates, 33 O'Rawe, 32 Sutton, 23, 25 Ainsworth, 23 Dobson</i>   |
| 10. Tonbridge AC   | <b>331</b> | <i>131 Bradley, 50 Rukin, 50 Howard</i>                                       |

## Letter from the RWA Hon.Secretary about covered knees

Ron, Thanks for *Enfield Walker*. As to the allowing of covered knees in your events, the problem with the race about which your committee is complaining is that there appeared to be no referee, so that someone else had to take the decision. I'm glad to note that in future you are going to comply with Rule for Competition 4(e) [*Referees shall be appointed for all events.*] and that you will be applying Rule for Competition 5 [*In order that judges may apply the Rules relating to walking, competitors' knees shall normally be bare. If garments are worn that cover the knees, the Referee's permission must be obtained before the commencement of the race, and the Chief Judge notified. Any competitor starting without such permission shall be disqualified.*]

There is, of course, nothing to stop the Referee from giving generalised permission for this. So, your Committee's decision on "Race Conditions" is mostly redundant; you're supposed to do that anyway. Enough of the mild chiding! Carry on the good work. Peter Cassidy *Hon Secretary RWA* ***That's that sorted then!***

## Results Round-up

A result omitted from last issue was **Steyning's Open 15km on 23rd January**. The previous day torrential rain had lashed the area, but flooding had receded sufficiently to enable nineteen walkers to complete the scenic but testing course. Mark Easton won easily in 74.33 with the first of the EHAC's four entrants, Helen Middleton occupying sixth place in 85.56. Arthur Thomson in 88.07, Sean Pender in 92.40 and you've guessed it, Bernie Hercock in 109.55

A morning indoor **3km at LVAC** and the annual **London Walks** took place on Saturday 31<sup>st</sup> January and in excess of eighty athletes were in action, some competing in both events.

Ten walkers faced the starter at LVAC, where Nick Silvester won easily in 14.03. EHAC colours were carried by Norma Grimsey who set a pb of 20.08 and Bernie Hercock who clocked 21.36.

Despite the bitterly cold conditions, I thoroughly enjoyed the combined junior 5kms and senior 10km races at Victoria Park. It was a large field containing a mix of talent and it produced some excellent competitive racing and to my knowledge a least four athletes set pb's. .

Fiona McGorum led the ladies 10km field home in 54.02 with Diane Bradley half a minute behind and Helen Middleton a distant third in a pb of 57.26. Serena Queeney was the club's other lady bringing up the rear in 79.42. Brendan Boyce led for most of the race and won in 42.29. EHAC's highest finisher in nineteenth was Arthur Thomson in 58.13, followed by Alan Ellam 60.33 in 23<sup>rd</sup>, Sean Pender 62.02 29<sup>th</sup>, Ron Powell 66.45 33<sup>rd</sup> and Bernie Hercock 73.28 in 40th. Bernie was one of three athletes to complete both races. The others were Mark Culshaw 16.41/61.56 and David Sharpe 18.15/ 65.26.

A Week later on 7th February, **Kent and Essex** promoted their indoor championships at LVAC which included a **one mile walk**. Guests were welcomed and among them were Helen Middleton timed at 8.50 and Bernie Hercock at 11.54. The race winners were Becky Collins in 8.09 and Nick Silvester in 7.21.

So, on to the weekend of 13th and 14th February. On the Saturday the third **Cambridge Harriers 5km** race attracted twenty walkers. Becky Collins was the first lady to finish in 27.05 exactly twenty seconds in front of Helen Middleton. Sean Pender recorded 30.15 and Bernie Hercock 35.43 in the men's section where the winner was Phil Barnard in 24.13.

Indoors at LVAC the following day twelve competitors were split into two races to determine the **Southern Vets 3km** champions. Nick Silvester was the fastest overall with 13.58 and W45 Helen Middleton with 16.41 the quickest lady. Peter Howard M65 silver in 19.50, Sue Barnett W60 silver in 19.54 and Bernie Hercock M70 gold in 23.12 were the other club athletes at the meeting.

Nineteen walkers started the **Southern 10 miles championship** which was incorporated in the **Surrey WC** event at Monks Hill on **Saturday 27th February**. On a cold overcast miserable day Mark Easton had plenty in reserve crossing the line first in 81.02. The minor placings went to Trevor Jones 85.35 and Fransisco Reis 86.48 who spent a few laps sparring with each other, before they sorted themselves out into what would be their finishing positions. Sean Pender eleventh in 102.11 and Bernie Hercock eighteenth in 118.04 who like Helen (see front page) bettered his previous week's time were EHAC's other walkers.

### ***Forthcoming Fixtures***

Two *League* fixtures that were shown as provisional in the complete list published in the last issue have now been confirmed. They are; **The Badge Track** meeting at LVAC on **22nd May**, which will require an advance entry because of track capacity and forms will be available at events from 13th March. The **18th September** fixture (see front page) which will take place at **Hillingdon Cycle Circuit**. Details for this will be available from 22nd May.

Steyping's **Slater Bryce Memorial** meeting on **Saturday 27th March** is at Broadheath, Horsham There are varying distances, but the main one is over 10km and includes the Sussex County championship. Details from Dave Stevens on 01903 814 422 or Ron Penfold 01293 520 506.

Sunday **11th April** is a big day in this years domestic calendar. The UKA/RWA national senior 20km, Junior 10km and YAG championships are being staged at Victoria Park, London. The 20km has been designated as the trial for Commonwealth Games selection, so a keen competition is in prospect.

Details from and entry forms to: Peter Marlow, 134G Southgate Street, Bury St.Edmunds, Suffolk, IP33 2AT – 01284 754 177 – [pmarlow@btinternet.com](mailto:pmarlow@btinternet.com)

The fourth event in the 2010 **Enfield League** programme takes place on Saturday **24th April**. It is a **3km track race** at Cophthall Stadium, NW4 1RL. The start time is 11.45am and the race is part of the LICC meeting. Category B – enter on the day.

The **UKA/RWA national 50km** championship takes place at Ropner Park, Stockton-on-Tees the following day on **Sunday 25th April**. Event organiser Ken Munro on 01670 732 426 will be happy to supply details and forms.

Fixture information is available on **RaceWalkUK** and The **Race walking Association** web-site

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### ***Bad News – Good News***

Two-time Olympian and *League* supporter Eric Hall was indisposed for a short while in January and as demonstrated by his attendance at the national ten is pretty well recovered. Meanwhile, *League* stalwart Ken Livermore has been under the weather, but when I spoke to him very recently, he reported that he felt much better and was looking forward to 13th March.

***Walking in Suffolk*** Following in the late Jerry Everett's footsteps, I'm trying to re-establish our event in Suffolk and to this end would ask any eastern based walkers who can to support the Sudbury Five mile Fun Run and Walk. (see back page) Normally they get about five hundred runners so it's a great PR opportunity for race walking, very much along the lines of the now sadly defunct Nicola Five.



Sudbury Joggers with the support of Sudbury Rotary present  
**SUDBURY 5 MILE FUN RUN & WALK**



WWW.SUDBURYFUNRUN.CO.UK

**GOOD FRIDAY 2ND APRIL 2010**

**START TIMES - RUN: 9:15AM - WALK: 9:17AM**

UKA LICENCE NUMBER: 2010-100464 UNDER UKA RULES

COURSE ACCURACY NUMBER: 09/112



**NEW IMPROVED COURSE FOR 2010**

SUPPORTED CHARITY FOR 2010 IS PARKINSONS DISEASE SOCIETY - REGISTERED CHARITY 258197

**RACE HQ AND FINISH: BELLE VUE PARK, NEWTON ROAD, SUDBURY. CO10 2RG**

**LATE REGISTRATION\* AND START: KINGFISHER LEISURE CENTRE, STATION ROAD, SUDBURY. CO10 2SU**

RUN TROPHIES: 1ST, 2ND, 3RD MALE AND FEMALE, 1ST MALE AND FEMALE LOCAL UNATTACHED PRE-ENTERED RUNNER  
 1ST MU20, FU20, F35, M40, F40, M45, F45, M50, F50, M55, F55, M60, F60, M65, F65, M70 (MAX 1 INDIVIDUAL TROPHY PER RUNNER)

TEAM RUN TROPHIES: 1ST TEAM OF 4 MALE, 1ST TEAM OF 3 FEMALE

WALK TROPHIES: 1ST MALE AND FEMALE - WALKERS THAT RUN WILL BE DISQUALIFIED FROM TROPHIES

MEDAL TO ALL RUN AND WALK FINISHERS - TIME LIMIT 2 HOURS

WE REGRET THAT NO DOGS ARE PERMITTED WITHIN THE FINISH AREA AT THE PARK

ENTRY FEES: RUN £8 AFFILIATED, £10 UNATTACHED, £5 EXTRA AFTER CLOSING DATE. WALK ENTRY FEE: £5

POSTAL CLOSING DATE 26 MARCH 2010 - ONLINE CLOSING DATE 29 MARCH 2010

RUN ENTRY LIMIT 500 (476 IN 2009) - \*ENTRY CLOSES ONCE LIMIT IS REACHED

MINIMUM AGE 15 YEARS OLD ON RACE DAY FOR 5 MILE RUN

ONLINE ENTRY AVAILABLE VIA [RUNBRITAIN.COM](http://RUNBRITAIN.COM) AND [RUNNERSWORLD.CO.UK](http://RUNNERSWORLD.CO.UK)

CHEQUES MADE PAYABLE TO: 'SUDBURY FUN RUN' AND SENT WITH MIN 9x6 SAE TO 'PO BOX 9786, SUDBURY, CO10 2WG'

RESULTS AVAILABLE VIA RACERES RESULTS SERVICE - [WWW.RACERES.ORG.UK](http://WWW.RACERES.ORG.UK)

EVENTS ORGANISED BY SUDBURY JOGGERS - [WWW.SUDBURYJOGGERS.ORG.UK](http://WWW.SUDBURYJOGGERS.ORG.UK)



Waitrose **Mercury** EAST ANGLIAN DAILY TIMES



**SUDBURY FUN RUN/WALK ENTRY FORM**

OFFICIAL RACE  
 USE ONLY. NUMBER:

TICK EVENT ENTERED	5 MILE RUN	5 MILE WALK	MALE	FEMALE
FIRST NAME:		SURNAME:		
ADDRESS:				
TOWN:		COUNTY:	POST CODE:	
PHONE:		EMAIL:		
DATE OF BIRTH:	AGE ON RACE DAY:	AFFILIATED: YES/NO	EA REG NUMBER:	
AFFILIATED CLUB (IF APPLICABLE):				

*RUNNERS: Declaration. I am an amateur as defined by the UKA and agree to abide by their rules. I understand that my details will be held on computer to assist in the administration of this event. I also agree not to run with any prior knowledge of injury or illness. I accept that neither the sponsors, the organisers nor their servants will become liable for any injury, loss or action claim (howsoever occasioned) resulting from this event. No refunds offered under any circumstances.*

Signed(Run) \_\_\_\_\_ Date \_\_\_\_\_

*WALKERS: Declaration. I accept that the organisers will not be liable for any loss, damage, action claim or expense which may arise in consequence of my participation in this event. I declare that I am medically fit to walk and that in any event I will only compete at my own risk. If under 15 a parent or guardian must sign. No refunds offered under any circumstances.*

Signed(Walk) \_\_\_\_\_ Date \_\_\_\_\_