

# UKA/RWA 55th National Ten

20th February 2010 at LVAC

*Hat Trick for Steyning*

*Doubles for Lisa and Redcar Ladies*

*Title re-capture for Darrell*



Darrell Stone maintained his unbeaten record at Lee Valley Athletic Centre, when regaining the National Ten miles title staged there on 20th February. He wasn't allowed to have things all his own way as Jo Jackson, Scott Davis, Tommy Taylor and Luke Finch tried desperately to hold him in check. More than once he opened up a small lead only to be pulled back and it wasn't until the last quarter of the race that he was able to make a decisive break.



Scott Davis (42) proved to be the most persistent of the challengers and wasn't all that far behind at the finish. Tommy Taylor (28), only recently making a comeback to walking and Luke Finch (32) desperately short of training should both in my opinion, be satisfied with their performances.

The first three to finish led their respective clubs home in the same order. Darrell's team mates Jim Ball and Trevor Jones finished in the first eight to take Steyning AC to their third consecutive triumph in the event.



*Darrell and Lisa – two happy champions*

The women's event was particularly interesting with the inclusion of two juniors striving for EAA Lugano 10km qualifying times. Jo Jackson found disfavour with sufficient judges to be ruled out late in the race which left Lisa Kehler a comfortable winner. However, behind her a tremendously fierce competition had taken place with at least four pb's set. Diane Bradley and Helen Middleton both moved up a place from the previous year, whilst Kelsey Howard and Holly Smith bettered their qualification target.



*Redcar Ladies Laurayne, Angela-Marie, Helen Slater and Karen*

Karen Wears, Angela-Marie Paddick and Laurayne Readman duplicated their triumph of 2009 for Redcar RWC and a promising debut by eighteen year old Stephanie Rukin enabled Tonbridge to take second place with Leicester WC third.

*Steyning's Jim Ball and Trevor Jones(67)*



I think it fair to say that the resurrection of this championship three years ago has been a success. It provides an excellent early season opportunity for a good competitive work-out and whilst I sympathise with those who through illness, injury, or inability to meet the requirements of the A rule gave it a miss, it is a pity that some top walkers, who could have done it choose not to do it.

*This report was put together by Ron Wallwork*

## Results

### Women

1. Lisa Kehler	(Wolves & B)	83.14 (42)
2. Diane Bradley	(Tonbridge AC)	91.58(48)
3. Helen Middleton	(Enfield HAC)	93.33 (47)
4. Karen Wears	(Redcar RWC)	95.50 (40)
5. Angela Marie Paddick	(Redcar RWC)	101.02 (30)
6. Stehannie Rukin	(Tonbridge AC)	101.39 (18)
7. Maureen Noel	(Belgrave H)	102.45 (46)
8. Anne Belchambers	(Steyning AC)	109.15 (55)
9. Laurayne Readman	(Redcar RWC)	109.58 (47)
10. Helen Starling	(Redcar RWC)	111.29 (46)
11. Sarah Lighman	Leicester WC)	113.09 (39)
12. Sue Rey	Leicester WC)	122.45 (51)
13. Sue Smith	(Ryston Runners)	130.09 (45)
Cath Duhin	(Loughton AC) (55)	ret
Barbara Edlin	(Enfield H AC) (63)	ret
Becky Collins	(Medway & M) (18)	ret
Jo Jackson	(M'Boro.Cleve AC)(25)	disq

### Junior 10km

1. Kelsey Howard	(Tonbridge AC)	53.52 (17)
2. Holly Smith	(Birchfield H)	54.20 (20)



Holly Smith, Diane Bradley, Karen Wears, Becky Collins Kelsey Howard

Team: 1. Redcar RWC 282 Wears, Paddick, Readan 2. Tonbridge AC 192 Bradley, Rukin 3. Leicester WC 177 Lightman, Re y

### Men

1. Darrell Stone	(Steyning AC)	73.49 (42)	26. John Hall	(Belgrave H)	101.41 (61)
2. Scott Davis	(Ilford AC)	74.10 (34)	27. David Sharpe	(Ilford AC)	102.36 (56)
3. Tommy Taylor	(Birchfield H)	75.08 (29)	28. Alan Ellam	(Enfield H AC)	102.48 (53)
4. Luke Finch	(Colchester AC)	75.20 (24)	29. Chris Flint	(London Vids)	104.12 (65)
5. Paul Evennett	(Redcar RWC)	78.00 (41)	30. Oliver Browne	(Ilford AC)	104.34 (55)
6. Antonio Cirillo	(Swansea H)	82.23 (18)	31. Peter Hannell	(Surrey WC)	105.02 (67)
7. Jim Ball	(Steyning AC)	84.04 (45)	32. John Paddick	(Redcar RWC)	105.11 (66)
8. Trevor Jones	(Steyning AC)	84.18 (53)	33. Julian Barnett	(Birchfield H)	108.08 (48)
9. Jason LeNoury	(Sarnia WC)	85.02 (21)	34. Gary MacDonald	(Surrey WC)	108.19 (51)
10. Steve Arnold	(Nuneaton H)	86.55 (46)	35. David Jones	(Redcar RWC)	108.33 (61)
11. Fransico Reis	(Ilford AC)	87.54 (48)	36. PeterCrane	(Surrey WC)	109.08 (65)
12. Steve Uttley	(Ilford AC)	93.27 (52)	37. Andrew Cox	(Hillingdon AC)	109.15 (57)
13. John Constandinou	(Birchfield H)	94.05 (37)	38. Ron Powell	(Enfield H AC)	109.44 (73)
14. Richard Elmsley	(Steyning AC)	94.58 (58)	39. Michael Sutton	(Ilford AC)	112.22 (47)
15. Chris Berwick	(Leicester WC)	95.33 (63)	40. JohnBorgars	(Loughton AC)	115.42 (63)
16. Arthur Thomson	(Enfield H AC)	96.07 (73)	41. Jon May	(Enfield H AC)	118.36 (59)
17. Philip Lockwood	(Sarnia WC)	96.16 (37)	42. David Hoben	(Surrey WC)	120.39 (57)
18. Peter Boszko	(Birchfield H)	97.00 (60)	43. Bernie HercocK	(Enfield H AC)	120.46 (73)
19. Shaun Lightman	(Surrey WC)	97.59 (66)	44. Norbert Will	(Enfield H AC)	122.47 (74)
20. Steve Allen	(Barnet & D H)	100.14 (53)	45. John Ralph	(Chiltern H) (53)	disq
21. Ron Penfold	(Steyning AC)	100.33 (68)	46. Bob Dobson	(Ilford AC) (67)	disq
22. Martin Fisher	(Redcar RWC)	100.50 (48)	47. Mark Wall	(Leics W) (53)	disq
23. Mark Byrne	(Redcar RWC)	101.07 (49)	48. Kevin LeNourey	(Sarnia WC) (52)	disq
24. Paul King	(Belgrave H)	101.18 (59)	49. Steve Crane	(Surrey WC) (29)	disq
25. Sean Pender	(Enfield H AC)	101.36 (56)			

Team: 1.Steyning AC 285 Stone, Ball, Jones 2.Ilford AC 275 Davis,Reis, Uttley 3.Birchfield H 266 Taylor, Constandinou, Boszko  
4.Redcar RWC 250, 5.Enfield H AC 231, 6.Surrey WC 216, 7.Ilford AC 'B' 204, 8.Enfield H AC'B' 178  
9.Sarnia WC 174, 10.Steyning AC'B' 165, 11. Belgrave H 150, 12 Redcar RWC'B' 133, 13.SurreyWC'B' 122

Officials: Starter: P.Ficken, President RWA Referee: R.Pearce, Timekeepers: D.Ashman, C.Gittins, S.Herbert

Recorders: P.Cassidy, L.Carmody, P.Wilson, J.Wright, W.Wright Clerk of the Course: B.HercocK

Judges: A.Perry Chief, O.Dobson, M.Graham, P.Marlow, C.Telling, N.Carmody, G.Jones

Marshalls: D.Ainswoth, T.Perkins, J.Rooke, K.Roost, A.Seddon

Judges Runners: P.Ray, B.Sturt