



The Masters Take Over

The British Masters Athletic Federation staged championship walks on three consecutive weekends ranging in distance from 3km on the track to 20km on the road. In chronological order their 5km road walk was held in Lancashire on 20th June, their 20km road event at Northampton on 26th June, their 3km track championship at Cardiff on 3rd July and their 5km track race at the same venue a day later. Quite a schedule! To my knowledge no EHAC walkers travelled to the Lancashire venue. I've been unable to get an official result sheet for the 20km, so the information about that event has been gleaned from athletes who took part in it.

Arthur Thomson (M70) led the EHAC medal-haul winning the 20km in 1.55.54, the 3km track in 16.24 and the 5km track in 28.00. Sue Barnett (W60) struck gold in what was her debut 20km recording 2.21.34 and occupied top spot in the 3km and 5km track events with 19.02 and 32.49.

Angie Alstrachen (W40) also on debut took 20km gold in a time of 2.15.05 as did Sean Pender with 2.07.46.

Walk captain Ron Powell (M70) collected a 20km silver medal with 2.19.37 along with a 3km track silver in 19.28 and a 5km track bronze in 32.18. Arthur, Sean and Ron finished second team in the 20km event

There were also silver medals for Helen Middleton (W45) in the 5km track with a time of 29.11 and Rod Dunn in the 3km track with 17.34. Peter Howard (M65) recorded 20.08 for third place over 3km but was outside the standard so didn't receive a medal.

Leaguers Francisco Reis (45) 1.46.58 and John Hall (M50) 1.54.56 won their 20km categories at Northampton, whilst there double titles at Cardiff for Diane Bradley (W45) 15.35 and 26.48, Ken Bobbett (M65) 17.09 and 29.46. Nick Silvester (M55) took the 3km title in 15.12.

Good luck to Masters travelling to Nyiregyhaza, Hungary for the European Championships on 16th/18th July

The next League race is on Saturday 19th June at Lee Valley Athletic Centre 11.45pm start – Track 3km and Junior 1km

This race is part of the London Inter-Club Challenge Series & EHAC Club championship

2010 Enfield League

Sixth Fixture – Five Miles

Moulton - 12th June

The annual Moulton walks were once again well supported and once again enjoyed wonderful summery conditions. Francisco Reis was a worthy winner, leading from the start and with club mates Peter Ryan and Steve Uttley leading the rest, Ilford AC completely dominated the team race. Helen Middleton was the first lady home.

Although entered as amblers, there was some keen rivalry amongst Moulton villagers and four of them easily bettered the hour. Rob Briggs was the first home recording 56.40, just four seconds ahead of Rod Spurgeon and Geoff Dobson, with John Grant not that far behind in 57.28. Mike Spragg 53.49 of Gt Yarmouth, Sue Smith 59.30 (Ryston R) and Valerie Nutley (LDWA) 59.33 from Ipswich also bettered the hour for the first time.

Linda Spinks, Anne Scriven and Suzana Moosawi representing Moulton ladies finished second team in the women's event, whilst the youngsters, many of them trying to 'Heel and Toe' for the first time were enthusiastic if not proficient. Local Winners: *Moulton Cup* Linda Spinks, *Kingston Cup* Rob Briggs.

Thanks to Newmarket Rotary, FHDC, WASP and Donna and Tony of the Kings Head for making the event possible. The Moulton Village Hall fund and St.Nicholas Hospice will each received a donation of £150. *see Moulton footnote on back page*



Francisco Reis completes the five miles to Dalham Windmill and back 40 minutes and eighteen seconds

Moulton Open Five**12th June 2010***** = 5 miles in the hour Badge Winner**

1	Fransico Reis	<i>Ilford AC)</i>	40.18	52	Linda Spinks	<i>Moulton</i>	63.56 L15
2	Peter Ryan	<i>Ilford AC)</i>	42.09	53	Anne Scriven	<i>Moulton</i>	65.15 L16
3	Steve Uttley	<i>Ilford AC)</i>	43.14	54	Jennie Grimwood	<i>Newmarket J</i>	66.48 L17
4	John Hall	<i>Belgrave H</i>	43.42	55	Eddie Trotter	<i>Ilford AC</i>	67.22
5	Arthur Thomson	<i>Enfield H AC</i>	44.00	56	Suzana Moosawi	<i>Moulton</i>	69.44 L18
6	Steve Allen	<i>Barnet & D</i>	44.25	57	Janet Flynn	<i>Benfleet</i>	71.10 L19
7	H.Middleton	<i>Enfield H AC</i>	46.46 L1	58	Oliver Flynn	<i>Benfleet</i>	71.11
8	Steven Crane	<i>Surrey WC</i>	46.56	59	Kath Dillon	<i>Moulton</i>	71.17 L20
9	Andy Cox	<i>Hillingdon AC</i>	47.02	60	Zayana Price	<i>Moulton</i>	71.49 L21
10	Amos Seddon	<i>Enfield H AC</i>	47.28	61	Alan flavell	<i>Enfield H AC</i>	72.06
11	Ken Bobbett	<i>Hillingdon AC</i>	47.54	62	Dave Ainsworth	<i>Ilford AC</i>	72.22
12	Mark Culshaw	<i>Belgrave H</i>	48.07	63	Jill Goodwin	<i>Moulton</i>	74.07 L22
13	Michael Harran	<i>Surrey WC</i>	48.48	64	John Harvey	<i>Newmarket</i>	75.26
14	Glyn Jones	<i>Coventry GH</i>	49.00	65	Mike Dillon	<i>Moulton</i>	75.50
15	Sean Pender	<i>Enfield H AC</i>	49.00	66	Harriet Mills	<i>Moulton</i>	76.44 L23
16	Maureen Noel	<i>Belgrave H</i>	49.06 L2	67	Sue Mills	<i>Moulton</i>	76.46 L24
17	David Sharpe	<i>Ilford AC)</i>	49.26	68	Ena Warhurst	<i>Sheffield</i>	77.18 L25
18	Oliver Browne	<i>Ilford AC)</i>	49.34	69	Leni Price	<i>Moulton</i>	80.06 L26
19	Rod Dunn	<i>Enfield H AC</i>	49.37	70	Paul Ray	<i>Enfield H AC</i>	81.39
20	Cath Duhig	<i>Ryston R</i>	50.27 L3	71	Ken Livermore	<i>Enfield H AC</i>	81.39
21	Mike Hinton	<i>Ilford AC)</i>	51.11	72	Colin Nicholson	<i>Moulton</i>	87.06
22	Les Scrivens	<i>Worcester H</i>	51.37	73	Julia Harvey	<i>Newmarket</i>	88.48 L27
23	Kevin Marshall	<i>Ilford AC)</i>	51.59	74	Angela Burke	<i>Moulton</i>	98.05 L28
24	Angie Alstrachen	<i>Enfield H AC</i>	51.59 L4	75	Kerry LaPort	<i>Moulton</i>	98.05 L29
25	Fiona Bishop	<i>Aldershot FD</i>	52.40 L5	76	Cath Colson	<i>Soham</i>	109.58 L30
26	Diana Braverman	<i>Enfield H AC</i>	52.50 L6	77	Barbara King	<i>Soham</i>	109.59 L31
27	David Delaney	<i>Surrey WC</i>	53.22	<i>Teams</i>	Wom Enfield H AC	<i>Middleton, Alstrachen, Grimsey</i>	
28	Sue Barnett	<i>Enfield H AC</i>	53.30 L7		Moulton Ladies	<i>Spinks, Scriven, Moowasi</i>	
29	Jon May	<i>Enfield H AC</i>	53.39	Men	Ilford AC	<i>Reis, Ryan Utley</i>	
30	Michael Spragg*	<i>unattached</i>	53.49		Enfield H AC	<i>Thomson, Seddon, Pender</i>	
31	Peter Crane	<i>Surrey WC</i>	54.00		Surrey WC	<i>Crane S, Harran, CraneP</i>	
32	Mick Graham	<i>Belgrave H</i>	54.47		Belgrave H	<i>Hall, Culshaw, Graham</i>	
33	Alan O'Rawe	<i>Ilford AC)</i>	55.16				
34	Jo Miles	<i>Hillingdon AC</i>	55.24 L8		Junior Walks		
35	Norma Grimsey	<i>Enfield H AC</i>	55.57 L9		u10's 500m		
36	Alan Ellam	<i>Enfield H AC</i>	55.59	1	Josh Talbot	<i>Moulton Sch</i>	3.22
37	Rob Briggs*	<i>Moulton</i>	56.40	2	Charlie Spurgeon	<i>Moulton Sch</i>	3.26
38	Rod Spurgeon*	<i>Moulton</i>	56.44	3	Joe Woods	<i>Moulton Sch</i>	3.31
39	Geoff Dobson	<i>Moulton</i>	56.44	4	Joshua Murfitt	<i>Moulton Sch</i>	3.34
40	Malcolm Brown	<i>Enfield H AC</i>	56.57	5	Daniel Spinks	<i>Moulton Sch</i>	3.39
41	Peter Howard	<i>Enfield H AC</i>	57.25	6	Louisa Webb	<i>Moulton Sch</i>	3.41
42	John Grant*	<i>Moulton</i>	57.28	7	Amira Price	<i>Moulton Sch</i>	3.41
43	Frans Fernandez	<i>Loughton AC</i>	58.05 L10	8	Alex Murfitt		3.57
44	Brian Sturt	<i>Enfield H AC</i>	58.35	8	Ella Briggs		4.50
45	Sue Smith*	<i>Ryston R</i>	59.30 L11	9	Libby Briggs		5.01
46	Val Nuttley*	<i>LDWA</i>	59.33 L12	10	Phoebe Spurgeon	<i>Moulton Psc</i>	5.02
47	Terry Braverman	<i>Enfield H AC</i>	60.25	11	Jasper Talbot	<i>Moulton Sch</i>	5.03
48	Peter Cassidy	<i>Loughton AC</i>	62.16		10 plus 1km		
49	Philip Nuttley	<i>LDWA</i>	62.17	1	Raquel Reis	<i>Ilford AC</i>	7.16
50	Jennie Mann	<i>Newmarket</i>	62.24 L13	2	Jacob Talbot	<i>Moulton Scouts</i>	5.15
51	Allana Allen	<i>unattached</i>	62.54 L14	3	Georgie Mills	<i>Moulton</i>	7.42

1. Helen Middleton (<i>Enfield HAC</i>)	28.21 W45	8. Andrew Cox (<i>Hillingdon AC</i>)	28.32 M55
2. Maureen Noel (<i>Belgrave H</i>)	30.35 W45	9. Ken Bobbett (<i>Hillingdon AC</i>)	29.01 M65
3. Angie Alstrachen (<i>Enfield HAC</i>)	31.12 W40	10. Amos Seddon (<i>Enfield HAC</i>)	29.13 M60
4. Sue Barnett (<i>Enfield HAC</i>)	32.47 W60	11. Michael Harran (<i>Surrey WC</i>)	29.40 M70
5. Norma Grimsey (<i>Enfield HAC</i>)	33.55 W50	12. Sean Pender (<i>Enfield HAC</i>)	29.48 M55
6. Serena Queeney (<i>Enfield HAC</i>)	36.16 W55	13. David Sharpe (<i>Ilford AC</i>)	30.11 M55
7. Sue Smith (<i>Ryston R</i>)	36.53 W45	14. Rod Dunn (<i>Enfield HAC</i>)	30.21 M55
<i>Men</i>			
1. Francisco Reis (<i>Ilford AC</i>)	23.49 M45	15. Ron Powell (<i>Enfield HAC</i>)	32.21 M70
2. Nick Silvester (<i>Aldershot F&D</i>)	25.39 M50	16. Jon May (<i>Enfield HAC</i>)	32.31 M55
3. Steve Allen (<i>Barnet & D AC</i>)	26.09 M50	17. David Hoben (<i>Surrey WC</i>)	34.58 M55
4. John Hall (<i>Belgrave H</i>)	26.13 M40	18. Peter Howard (<i>Enfield HAC</i>)	35.43 M65
5. Steve Uttley (<i>Ilford AC</i>)	26.17 M50	19. Peter Cassidy (<i>Loughton AC</i>)	36.16 M70
6. Mark Culshaw (<i>Belgrave H</i>)	28.12 M60	20. Doug Fotheringham (<i>Belgrave H</i>)	36.25 M80
7. John Ralph (<i>Chiltern H</i>)	28.13 M50	21. David Ainsworth (<i>Ilford AC</i>)	39.29 M60
		22. Eddie Trotter (<i>Ilford AC</i>)	<i>retired</i> M60

2010 League Positions after Seven Fixtures

The bonus points that were available and collected at the Moulton Five has drastically re-arranged the tables. For those who missed out, there are three events in the last five that also carry bonus points, so all isn't over yet.

Of the one hundred and forty-three participants in this years *League* fifty-two are women. Thirty affiliated clubs are amongst the forty-four teams that have registered points.

Ladies

1. 455/7 Helen Middleton
2. 289/5 Maureen Noel
3. 265/6 Norma Grimsey
4. 244/5 Sue Barnett
5. 242/4 Diane Bradley
6. 220/4 Fiona Bishop
7. 189/3 Angie Alstrachen
8. 184/5 Sue Smith
9. 167/4 Anne Belchambers
10. 161/3 Cath Duhig

Men

1. 493/7 Francisco Reis
2. 478/7 Steve Uttley
3. 402/6 Steve Allen
4. 398/7 Sean Pender
5. 394/7 David Sharpe
6. 369/6 Amos Seddon
7. 364/6 Andrew Cox
8. 340/5 John Hall
9. 304/5 Ken Bobbett
10. 279/6 Jon May

11. 272/5 Oliver Browne
12. 269/5 Steve Crane
13. 256/4 Michael Harran
14. 256/4 Trevor Jones
15. 252/5 Peter Crane
16. 235/5 John Ralph
17. 233/5 Michael Hinton
18. 229/3 Arthur Thomas
19. 225/4 Nick Silvester
20. 195/5 Ron Powell

Team

1. Ilford AC	2056	493 Reis, 478 Uttley, 394 Sharp, 272 Browne, 233 Hinton, 186 Ryan
2. Enfield & H AC	2010	455 Middleton, 398 Pender, 369 Seddon, 279 May, 265 Grimsey, 244 Barnett
3. Surrey WC	1227	269 Crane S, 256 Harran, 252 Crane P 171 Hoben, 141 Hannell, 138 Delaney,
4. Enfield & H AC'B'	1127	229 Thomson, 195 Powell, 189 Alstrachen, 184 Ellam, 182 Howard, 148 Dunn
5. Belgrave H	1062	340 Hall, 289 Noel, 164 Culshaw 95 King, 89 Graham, 85 Fotheringham
6. Hillingdon AC	777	364 Cox, 304 Bobbett, 109 Miles
7. Ilford AC'B'	722	163, O,Rawe, 155 Ainsworth, 129 Barnard, 98 Marshall, 98 Trotter, 79 Davis
8. Aldershot F & D	698	225 Silvester, 220 Bishop, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies,
9. Steyning	696	256 Jones, 167 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold
10. Enfield & H AC'C'	621	138 Braverman D, 121 Hercock, 98 Flavell, 98 Sturt, 85 Queeney, 81 Brown

This and That

Bernie Hercock was discharged from The London Heart Hospital on 3rd July. He was resident there for seven weeks during which time he had a triple by-pass and an I.C.D. implant. He has asked me to thank all those people who sent cards, contacted and visited him.

I'd also like to take this opportunity to thank everyone for their messages of goodwill and support over the last few weeks. The pulmonary embolism I have manifested itself as small clots on my lungs, thanks to the efficiency of the NHS seems now to be under control and I'm feeling much better. However, I shall be making haste extremely slowly! Like Bernie, I am aiming to re-appear at the next *League Race* at LVAC on 17th July.

The results from Bedford on 20th June where young and not so young British walkers competed fiercely and posted times that moved them a step nearer to the world standard were a real tonic – not just for a sick race walking enthusiast, but more importantly, for British walking.

The deeds of our champions like Jo Jackson, Alex Wright and Tom Bosworth are making good copy for Athletics Weekly and even attracted television coverage at the trials meeting at Birmingham on 27th June, which is wonderful for the promotion of our discipline

Results Round-Up

The **EVAC One mile** track walk at Cambridge on **2nd June** was won by Arthur Thomson in 8.27; Mark Wall was second in 8.33 and Helen Middleton third in 8.34 which was a pb.

On the same day over at **Oxford**, walkers graced the famous Iffley Road track for the **county championship 3km**. Alan Flavell 25.33 was the only EHAC walker among a number of guests who took part. Overall winner was Steve Uttley 15.21 and the Oxon champions were Noel Blatchford 18.42 and Graham Chapman 15.58

Helen Middleton was the only Enfielder who took part in the first of the summer's **Woodford Tuesday** meetings on **8th June**. The distance was 3km and her time was 16.45. She finished fourth overall behind Fransisco Reis 14.19, Steve Uttley 15.18 and Steve Allen 15.29. A trio of Loughton AC walkers; Françoise Fernandez 20.59, Peter Cassidy 21.37 and Jane Clarke 24.34 were the other walkers took part

The **VAC five miles** staged at Battersea Park on **22nd June** was won by Ian Richards, who seems to be dominating this year's series. There were twenty-one starters and a club trio was led home by Arthur Thomson in fourth place with 46.17. Ron Powell was sixteenth in 55.19 and Barbara Edlin nineteenth in 60.38. *Leaguer's* John Hall in 43.28 and Shaun Lightman in 44.15 occupied the minor places.

Fifty-one walkers faced the starter for the **500th Essex League Race** held at Redbridge Cycle track on Saturday 3rd July over 5km. Among them were John Webb who won the first race in the early seventies and other notable Essex exponents of yesteryear were in attendance. I couldn't be there, but those I've spoken to who were, told me that lots of memories were re-kindled at the buffet which followed the walk and it was a day to remember.

From the top men of the past to those of today and Daniel and Dominic King led the field home dead-heating in 23.38 with Fransisco Reis third in 24.45. There were six EHAC walkers at the event; Amos Seddon with 29.24 in fourteenth place, Sean Pender two behind him in 29.58, Don Cox with 31.14 in twenty-first spot, Paul Cole with 32.30 in twenty-fourth place, Jon May with 33.08 in thirtieth position and in thirty-fifth, Serena Queeney who clocked 36.30

A fixture glut of seven races in five days was probably the reason that only five walkers turned out in the **Woodford Tuesday league 5km** on **6th July**. Steve Uttley 26.29, Helen Middleton 28.40, Sean Pender 30.27, Françoise Fernandez 35.07 and Peter Cassidy 35.38 were the five.

Happy Birthday Harvey Harvey Jaquest celebrated his eighty-third birthday on 9th July and when I spoke to him he told me that his hoped for comeback will take a little longer than he thought. He asked to be remembered to everyone.

Dear Everybody,

For the next 6 months or so I will be shuttling between Cambridge and Spain while I gradually sort myself out. I will not be working in the short term, so I will have the luxury of being able to crack on with the new Centurion handbook update without any distractions - wonderful!. Cath Duhig will be in Alicante in August so we will devote some time to going through it together

In the short term I will be in either Alicante or Barcelona (maybe both) and Ian and I plan to eventually settle in Madrid late summer. The Spanish walking scene looks good and I hope to find a group to join out there. Alicante is not far away from the mountains and I am looking forward to doing some 'proper' walking as well as racewalking. I will continue to take part in LDWA events in the UK, combining them with seeing my family.

Best wishes, Sue Clemments

Sue was only a member of EHAC for a couple of years, but I'm sure everyone joins me in wishing her well in her new life. Ron

Moulton Foot Note The Moulton post race review and risk assessment has thrown up safety concerns. They center in the main around the half mile section prior to the turning point, where walkers approaching the turn and those on their way back to Moulton virtually made the road impassable to traffic. The organising committee will be taking a close look at ways to avoid this risk, because unless it can be managed safely the event's future cannot be guaranteed.