

Another Golden Double for Arthur

The club and country's outstanding veteran walker Arthur Thomson (M70) literally walked away with another golden double at the European Veteran's Championships staged at Nyiregyhaza, Hungary.

On the 16th of July he won the 5km track event in 28.40 from Russia's M.Sinagulov whose time was 29.13 and two days later was almost five minutes clear of his rivals when triumphing in the 20km road championship. His time for the 20km was 2.05.00 and the runner-up once again was Sinagulov in 2.09.49.

After a long absence, Arthur returned to race walking in 2005 in the M65 category, scored his first European double indoors at Eskilstuna and since then, indoors and out added another six doubles taking his title tally to fourteen. He has also to his credit two World doubles and **two world trebles!**

Also winning gold at the European Veteran's Championships in Hungary was Steyning's Ian Richards (M60) who won the 5km in a time of 24.24. Dave Kates (M60) competed in the 20km finishing eleventh in 2.09.34

Maureen and Fiona collect Marathon Medals

In the women's events which were over five and ten kilometres. *Leaguers* Maureen Noel (W45) placed fifth in 30.44 and sixteenth in 62.23, whilst Fiona Bishop (W50) was fifteenth in 34.03 and fourteenth in 10km with 68.02. **However, it was in the marathon** where the ladies really made their mark; Maureen took a wonderful individual bronze in 4.14.24 and Fiona was second scorer in 4.39.05 in the gold medal winning team. Runner Heather Stuart (W50) was the third scorer.

The next League race is on Saturday 14th August at Parliament Hill Fields

11.45_{pm} start – Track 3km and Junior 1km

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

Cath Duhig - The Training Break latest

Because of Ron's circumstances I have taken over the role of organising the proposed trip to Spain for a training camp in October. As the contact point for this project I would love to hear from anyone interested in being on it. If you are, please get in touch as soon as you can.

The dates seem to be settling down as Oct 5 -12 (Tuesday to Tuesday), as this is what fits best for the hotel and for getting favourable flight prices), and the hotel is coming out at 25-30 euros per person per day, half board, based on double rooms. **August 13th is really the deadline for decisions and arrangements.**

Please let me know if you want to be kept informed about the trip and I will get back in touch as soon as I have anything sensible to communicate.

Enfield League race nine

Open to all walkers, so Don't miss out on this inaugural event - Be part of the history!

Memento's to all Participants

Advance Entry Fee £6 - on the Day £7.50

Entries to: Ron Wallwork, 35A Newmarket Road,
Moulton, Suffolk, CB8 8QP 01638 751 869

As with all league events walkers are welcome to take part and do a shorter distance if they wish.
League bonus points for those completing the half marathon.

The English Race Walking

1/2 Marathon

RWA Permit No. 17/10/48 - Category B

Challenge

Hillingdon Cycle Circuit – UB4 OLP

1pm - 18th September 2010

Forty-one walkers on the track for this LICC/Enfield League race was a great sight and probably cost Francisco Reis a sub fourteen minute clocking, because he spent so much time in lane two as he lapped all but four of the field. With such numbers the competition was extremely keen with several battles within battles and to my knowledge nine pb's were set. The event also included the EHAC championship. The highest praise is also due to the LICC officials who managed such a large field so efficiently.

1. Diane Bradley (Tonbridge)	15.41 W45	9. Ken Bobbett (Hillingdon AC)	*16.56 M65
2. Becky Collins (Medway AC)	16.26 U20	10. David Sharpe (Ilford AC)	17.13 M55
3. Helen Middleton (Enfield HAC)	16.42 W45	11. Peter Hannell (Surrey WC)	17.18 M65
4. Angie Alstrachen (Enfield H AC)	*17.58 W40	12. Carl Lawton (Belgrave H)	17.29 M60
5. Sue Barnett (Enfield HAC)	*18.46 W60	13. Sean Pender (Enfield H AC)	17.30 M55
6. Noel Blatchford (Abingdon A AC)	18.52 W60	14. Mike Hinton (Ilford AC)	18.29 M65
7. Jo Miles (Hillingdon AC)	*19.09 W50	15. Jon May (Enfield H AC)	18.31 M55
8. Norma Grimsey (Enfield HAC)	*19.42 W50	16. Ron Powell (Enfield H AC)	19.07 M70
9. Judy Howard (Abingdon A AC)	*19.52 W50	17. David Delaney (Surrey WC)	19.11 M65
10. Serena Queeney (Enfield H AC)	*20.41 W50	18. John Borgars (Loughton AC)	19.14 M60
11. Françoise Fernadez (Loughton AC)	20.45 W60	19. David Hoben (Surrey WC)	20.02 M55
12. Sue Smith (Ryston R))	*21.47 W45	20. Peter Cassidy (Loughton AC)	20.15 M70
<i>Men</i>		21. Peter Howard (Enfield H AC)	20.18 M65
1. Fransisco Reis (Ilford AC)	14.01 M45	22. Steve Whelan (Headington AC)	20.20 M
2. Peter Ryan (Ilford AC))	15.13 M55	23. Mick Barnbrook (Ilford AC)	21.05 M65
3. Steve Allen (Barnet & D AC)	15.15 M50	24. Doug Fotheringham (Belgrave H)	21.20 M80
4. Steve Uttley (Ilford AC)	15.33 M50	25. Bill Sutherland (Highgate H)	22.42 M
5. Graham Chapman (Headington AC)	16.19 M55	26. Eddie Trotter (Ilford AC)	23.23 M60
6. John Ralph (Chiltern H)	*16.41 M50	27. David Ainsworth (Ilford AC)	23.54 M60
7. Amos Seddon (Enfield H AC)	16.52 M65	28. Ken Livermore (Enfield H AC)	25.12 M75
8. Andrew Cox (Hillingdon AC)	16.56 M55	29. Bernie Hercock (Enfield H AC) 2km	17.17 M65

Judges: Michael Croft, Mick Graham (Chief), John Hall, Pauline Wilson, Andrew Garner

* = personal best

2010 League Positions after Eight Fixtures The points amassed by ladies leader Helen Middleton would put her in third place behind Fransisco Reis and Steve Uttley in the men's section. Steve has managed to restrict Fransisco's lead to less than eighteen points and with bonus points available in the last three races, the League leader can't afford any slip-ups. With the loss of Mike Hinton, Ilford AC will be looking to the likes of potential heavy scorers like Phil Barnard or Scott Davis, to maintain their leading team position.

Ladies

1. 507/8 Helen Middleton
2. 300/7 Norma Grimsey
3. 298/5 Diane Bradley
4. 289/6 Maureen Noel
5. 285/6 Sue Barnett
6. 233/4 Angie Alstrachen
7. 220/4 Fiona Bishop
8. 209/6 Sue Smith
9. 182/4 Becky Collins
10. 174/4 Françoise Fernandez

Men

1. 553/8 Fransisco Reis
2. 535/8 Steve Uttley
3. 460/7 Steve Allen
4. 443/8 Sean Pender
5. 442/8 David Sharpe
6. 420/7 Amos Seddon
7. 414/7 Andrew Cox
8. 353/6 Ken Bobbett
9. 340/6 John Hall
10. 321/7 Jon May

11. 288/6 John Ralph
12. 276/6 Michael Hinton
13. 272/6 Oliver Browne
14. 269/6 Stephen Crane
15. 256/4 Michael Harran
16. 256/4 Trevor Jones
17. 252/5 Peter Crane
18. 245/3 Peter Ryan
19. 234/6 Ron Powell
20. 229/3 Arthur Thomson

Team

1. Ilford AC	2323	553 Reis, 535 Uttley, 442 Sharp, 276 Hinton, 272 Browne, 245 Ryan
2. Enfield & H AC	2276	507 Middleton, 443 Pender, 420 Seddon, 321 May, 300 Grimsey, 285 Barnett
3. Surrey WC	1344	269 Crane S, 256 Harran, 252 Crane P, 204 Hoben, 188 Hannell, 175 Delaney,
4. Enfield & H AC'B'	1241	234 Powell, 233 Alstrachen, 229 Thomson, 213 Howard, 184 Ellam, 148 Dunn
5. Belgrave H	1088	340 Hall, 289 Noel, 164 Culshaw, 111 Fotheringham, 95 King, 89 Graham
6. Hillingdon AC	914	414 Cox, 353 Bobbett, 147 Miles
7. Ilford AC'B'	767	177 Ainsworth, 163, O, Rawe, 129 Barnard, 121 Trotter, 98 Marshall, 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'	670	141 Hercock, 138 Braverman D, 114 Queeney 98 Flavell, 98 Sturt, , 81 Brown

Spotlight on Mike Hinton



Mike, because of his mum's evacuation from the London Blitz was born in Bridgewater Somerset on 13th April 1941. He was introduced to Athletics and the sprints in particular at Senior School in Rochford, Essex in 1954 and represented the school in the District Championships at 100 and 220 yards.

It was as a sprinter that he joined Southend AC after leaving school in 1956 aged fifteen. However, a year later Johnny Atkinson persuaded him to join his youth race walking squad which included Peter Marlow who would later become an Olympian. In his debut race over one mile he finished last and remembers Peter lapping him. Following a couple of years with moderate success as a team member posting 44.54 for five miles and well over six and a half miles in the hour, he admits to being impatient with his rate of progress and returned to sprinting, but it wasn't long before he turned to amateur boxing, for which he developed a great passion

He boxed at bantam weight and after winning his first bout at Eltham Baths in 1961, Mike then made the finals of the county championships. His coach Joe Webb went on to become Canada's national coach. The sustaining of a broken nose in 1962 coupled with the difficulty in matching him, because of his light weight resulted in a loss of interest and he left the sport.

For five years or so sport didn't figure very largely in Mike's life. During this period he married Iris and they set up home in north London, where in 1967 he joined the twenty or thirty walkers of Highgate Harriers. Bill Sutherland was the club's top man at the time and so strong was the section that it took almost three years to break into Highgate's scoring four.

It was now 1971 and whilst working at Blackfriars he decided to train daily at lunch time. This was done on the Embankment and brought immediate benefit and he enjoyed his best results in 1971 and 1972. The most satisfying performances were with Highgate and the most pleasing, was winning the 'B' section at the Highgate 1 Hour meeting in 1972, covering 12,088 metres within the hour.

Four years later he moved back to Essex and joined the fledgling Newham AC under the influence of Tommy Kent and amongst its members were Dave Sharpe and Mike Scammell (still competing). He stayed with them until 1977 until being disillusioned by the controversial rule change; he decided to retire from the sport. Mike left race walking with the following P,Bs all done in Highgate colours:

2 mile track: 15.25	5 mile road; 39.31 Lambeth Open	6 mile road: 47.01 Battersea Park Open
7 mile road: 54.56 Enfield Open	10 mile road: 80.20 Middlesex champs	3 kms track: 14.09 Crystal Palace Open
10 kms track: 48.54 Middlesex champs		20 kms road 105.00 Met W.C. Open.

A spell of road running which included a 3.06 clocking in the inaugural London Marathon in 1981 was pursued until 2001. During this time he ran first with his daughter and later his son as well as helping out with other youngsters at Havering AC. Mike's running P.Bs were a 35.37 10km, 61.32 10 miles, an 81.00 half marathon and 3.05 for the full marathon.

On taking early retirement in 2001, Mike started walking again to keep fit and after a number of weeks steady strolling worked on a bit of speed over the park. With no injury problems this prompted him to have another serious go at race walking after a gap of twenty-five years. An enjoyable race for Ilford AC in an LPR 9km event got him hooked once again and over the past nine years he has been a great supporter of the *League*. As a M60 his times improved until 2006, his most satisfying race being in 2005 when age 64 he clocked 45-41 for 5 miles at Battersea Park. Since his return from an enforced absence through injury in 2007 his times have declined with each passing year.

He was shocked upon returning to race walking in 2001 to see just how much the event had shrunk in his time away from it and the way it has continued to do so. With fields made up of veterans and youngsters in short supply, he fears for its future and fervently hopes that the situation can be turned around.

Now due to another change in circumstances he leaves Race Walking once again to set up home in Bournemouth, Dorset, where, if there was an active Race Walking scene he would be continuing to heel and toe. He describes his sporting career as 'nothing special' and using boxing parlance he has been 'a useful journeyman'. The cornerstone of Race walking's success has been the legions of useful journeymen who over the years made up the broad base from which so many champions emerged.

I'm sure that all *Leaguer's* wish Mike and Iris all the best and hope that from time to time, there may be the occasional opportunity when he can join us again.

Results Round-Up

Fransisco Reis was the winner of the **Southern Vets 2km league race** at Hemel Hempstead on 12th July. His time was 9.09 and filling the minor placings were Peter Ryan 9.49 and Steve Allen 9.56. Helen Middleton was the first club walker home was in fourth in 11.00, Sean Pender was sixth in 11.28, Norma Grimsey ninth 12.56, Ken Livermore seventeenth in 16.39 and Alan Flavell eighteenth in 16.40. Barbara Edlin walked but did not appear in results, not sure where she got to. Other club members involved were Margaret Livermore and Paul Ray, who along with Dave Ainsworth acted as officials.

Leaguer Steve Allen (Barnet) took part in the **Swiss 50km championship** on 3rd July, held through the streets of Yverdon-les-Bains in extreme heat (32c) and humidity. Only nine of the seventeen starters finished, Steve being the ninth in a time of 6.09 something. He told me that he really enjoyed the challenge and happy to get a 50km event in the bag.

Helen Middleton finished third in the **VAC 5 miles** at Battersea Park on 14th July. Her time was 46.38 compared to winner Steve Allen's 45.47 and second placer Steve Uttley's (who started late) 46.34. Ilford's Steve Allen was fourth in 48.29. Sean Pender fifth in 48.58 and Ron Powell eleventh in 53.42 were the club's only other competitors in what was a smaller field than usual numbering thirteen.

Club member Malcolm Brown had a go at the **Bury 15 miles** walk on **18th July**. It turned out to be more like seventeen, much of it along tracks, paths and fields which made for tough going, but none the less enjoyable. Mal's time was 3.56.

Tom Bosworth clocked 20.57 when winning the **SEAA 5km** track championship at Hendon on 24th July. Diane Bradley with 27.03 set a championship best performance to win the ladies race in which Helen Middleton with a time of 28.49 finished second.

Twelve walkers; six women and six men, turned out in the **EVAC one mile** at Kings Lynn on 28th July. Cath Duhig was the easy winner in 9.43 and Sue Smith third in 11.07.

Steve Uttley in 15.15, Steve Allen (*Barnet*) 15.43 and Helen Middleton 16.43 led home the nine walkers who took part in the second of the summer's **Woodford Tuesday** meetings on 3rd August. The highlight of the event was the performance of under thirteen Heather Butcher (Cambridge H) who finished fourth in 17.34, just four seconds ahead of Sean Pender. Newcomer Mikk Bradley (Watford) bettered 20 minutes on her debut.

Forthcoming Fixtures

The **VAC T& F on 29 August** will be held at Millennium Arena, Battersea Park, instead of Kingsmeadow as previously listed. A form is on website www.vetsac.org.uk

The popular midland **Jim Sharlott 10km** fixture on **4th September** incorporates the BMAF championship over this distance. The venue is Abbey Park, Leicester.

Guernsey Churches 19.4 miles Walk takes place this year on **Sunday 5th** September and it promises to be quite an occasion. Entries have already been received from the Isle of Man and a couple from Redcar RWC. If a longish walk is your thing, then why not get more information from Jayne LeNoury at lenouryjeburgh@cwgsy.net or 01481 246 865. Details and a list of entries can also be found on <http://churchtochurch.wordpress.com/>

The **UKA/EA/RWA national 10km** championships take place at the Science Park, Warwick University, Coventry on **Saturday 11th September**. The Women's race starts at 1pm and the men's at 2.15pm. Changing and registration at Westwood Track, Coventry Godiva Clubhouse, Kirby Corner Road, Canley, Coventry, CV4 8EE. Peter Marlow, The Picture House, 134G Southgate Street, Bury St.Edmunds, IP33 2AF or 01284 754 177, is taking the entries which **close on 6th September**. The fee is £10 – cheques payable to the Race Walking Association.

The inaugural **English Race Walking Half Marathon** on the traffic free **Hillingdon Cycle Circuit** (*see front page*) Don't miss the opportunity to be part of something really special and innovative!

East Anglia has its own version of the four day Nijmegen Marches based at Barrow, a village between Newmarket and Bury St.Edmunds. It takes place **22nd to 25th September**. For details simply type **The Great Barrow Walk** into your computer search engine, or ring Glen Moulds on 01284 810446. The main daily distance is 26 miles, but there are varying categories and the rules state that speed walking is prohibited. The entry fee for the four days is £45

Is helping yourself helping walking? Great efforts are being made to fully integrate race walking back into mainstream track and field. It is a slow process. At the last race, the LICC 3km at LVAC a walker blatantly helped himself to a sandwich from a container clearly marked 'Refreshments for Officials' not once, but twice and on the second occasion left the top off the container. Does this kind of behaviour really help our cause?