

Middleton, Allen & EHAC take the Enfield League Honours

Enfield and Haringey AC retained the Team title, but Helen Middleton and Steve Allen (pictured below) gained the top individual *League* places for the first time. Helen's victory was secured by race ten, but the outcome of the men's category was not decided until the final fixture and Amos Seddon missed third place by a single point.

Newcomer Angie Alstrachen made a huge impact, not only in respect of her second individual placing, but also influenced in the team outcome. Fiona Bishop's record of two wins and five runner ups in the last seven years extended her sequence of top three finishes, this time in third.

Francisco Reis's debut in the *League* was made in the last race of the 2009 series since when he has clocked up another eleven and prior to the Hillingdon half marathon in September, was probably favourite to top the men's table. His Ilford team mate Steve Uttley was third and like Francisco, the Hillingdon fixture was a turning point in his bid for the *League's* top honour. In Francisco's case a back injury forced his retirement from the race and Steve was caught in traffic and didn't start – disaster for both as the event carried double points for those completing the full distance.

The team title was closely contested until the Hillingdon race, where Ilford missed out on the bonus points and Surrey WC fell away in the second half of the year enabling the EHAC B team to clinch third spot.

The champions seen here warming up prior to the Surrey WC 7 miles on 13th November



Final Team Table 2010

1 Enfield & H AC	3926	735 Seddon, 707 Pender, 704 Middleton, 623 May, 615 Alstrachen, 542 Barnett			
2 Ilford AC	3758	752 Reis, 736 Uttley, 687 Sharpe, 672 Ryan, 579 Browne, 332 Ainsworth			
3 Enfield & HAC'B'	2572	484 Powell, 475 Howard, 457 Thomson, 390 Grimsey, 387Sturt, 379 Hercock			
4 Surrey WC	2444	535 Harran, 502 Hoben, 460CraneP, 369 CraneS, 310 Hannell, 268 Delaney,			
5 Belgrave H	1809	414 Noel, 340 Hall, 318 Graham, 294 Culshaw, 227 Lawton, 216 King			
6 Hillingdon AC	1784	704 Bobbett, 635 Cox, 445 Miles			
7 Enfield & HAC'C'	1532	376 Bradley 331 BravermanD, 300 Queeney, 184 Ellam, 182 Brown, 159 BravermanT			
8 Ilford AC'B'	1451	281 Kates, 276 Hinton, 275 O'Rawe, 215 Mitchell, 205 Barnbrook, 199 Davis			
9 Steyning AC	1091	375 Jones, 269 Belchambers 188 Emsley, 106 Stevens, 80 Stone, 73, Ball			
10 Aldershot F & D	1082	582 Bishop, 247 Silvester, 75 Stringer, 73 Lewis, 62 Snook, 43 Davies			
11 Tonbridge AC	848	550 Bradley, 172 Rukin, 106 Howard, 20 Cockerill			
12 Ilford'C'	835	196 Goodwin, 140 Dobson, 139 Trotter, 133 Allen, 129 Barnard, 98 Marshall			
13 Ryston RR	818	424 Smith, 394 Duhig			
14 Loughton AC	778	360 Fernandez, 214 Cassidy, 204 Borgars			
15 Barnet & Dist AC	776	776 Allen			
16 Enfield HAC'D'	664	148 Dunn, 148 Livermore, 129 Ray, 103 Clements, 98 Flavell, 38 M-Rey			
17 Chiltern H	581	581 Ralph			
18 Moulton	465	19 Moulton 'B'	357	20 Colchester AC	357
21 Redcar RWC	342	22 Birchfield H	292	23 Surrey WC'B'	248
23 Moulton'C''	248	25 Headington AC	185	26 Maid/Medway	182
27 Newmarket	176	28 Newmarket Joggers	173	29 Sarnia WC	154

Boxing Day 5km at Lee Valley Athletic Centre

10.45am start This is not a League race, but the annual EHAC club fixture for runners and walkers.

Final League table continued

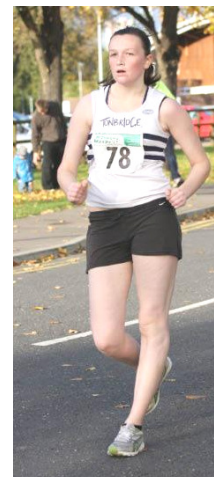
30 LDWA	147	31 EVAC	147	32 Leicester WC	143
33 Benfleet	127	34 Bexley	126	35 Cornella AC	120
36 Belgrave H'B'	111	37 Coventry Godiva H	107	38 Redcar RWC'B'	106
39 Abingdon AC	105	39 Arena 80 AC	105	41 Serpentine AC	100
42 Worcester H	99	43 Soham	89	44 Swansea H	75
45 Wolves/Bilston	74	46 Nuneaton H	70	47 Highgate H	60
48 Steyning 'B'	56	49 Ilford AC'D'	54	50 Sheffield	53
51 London Vidarans	45	52 NIMAA	25	53 Midds/Cleveland	23
53 Leicester Road Hogs	23	53 Enfield H AC'E'	23	56 Watford H	20

2010 Final Individual Table

1. 776/9 S.Allen <i>Barnet & B AC</i>		56. 188/2 R.Emsley <i>Steyning AC</i>		111. 68/1 A.Scriven <i>Moulton</i>	L31
2. 752/9 F.Reis <i>Ilford AC</i>		57. 184/3 A.Ellam <i>EHAC</i>		112. 65/1 J.Constandinou <i>Birchfield H</i>	
3. 736/9 S.Uttley <i>Ilford AC</i>		58. 182/2 M.Brown <i>EHAC</i>		113. 65/1 S.Moosawi <i>Moulton</i>	L32
4. 735/9 A.Seddon <i>EHAC</i>		59. 182/4 R.Collins <i>Maid/Medway ACL15</i>		114. 64/1 J.Flynn <i>Benfleet</i>	L33
5. 707/9 S.Pender <i>EHAC</i>		60. 173/3 J.Grimwood <i>Newmarket J</i>	L16	115. 63/1 O.Flynn <i>Benfleet</i>	
6. 704/9 K.Bobbett <i>Hillingdon AC</i>		61. 172/3 S.Rukin <i>Tonbridge AC</i>	L17	115. 63/1 C.Berwick <i>Leicester WC</i>	
6. 704/9 H.Middleton <i>EHAC</i>	L1	62. 159/2 T.Braverman <i>EHAC</i>		117. 62/1 V.Snook <i>Hillingdon AC</i>	L34
8. 687/9 D.Sharpe <i>Ilford AC</i>		63. 148/3 K.Livermore <i>EHAC</i>		118. 62/1 K.Dillon <i>Moulton</i>	L35
9. 672/7 P.Ryan <i>Ilford AC</i>		63. 148/2 R.Dunn <i>EHAC</i>		118. 62/1 K.Wears <i>Redcar RWC</i>	L36
10. 635/9 A.Cox <i>Hillingdon AC</i>		65. 147/2 S.Kemp <i>EVAC</i>		120. 61/1 Z.Price <i>Moulton</i>	L37
11. 623/9 J.May <i>EHAC</i>		66. 140/1 Dan King <i>Colchester AC</i>		121. 60/2 W.Sutherland <i>Highgate H</i>	
12. 615/8 A.Alstrachen <i>EHAC</i>	L2	66. 140/1 Dom King <i>Colchester AC</i>		121. 60/1 P.Lockwood <i>Sarnia WC</i>	
13. 582/8 F.Bishop <i>Aldershot F&D</i>	L3	66. 140/2 R.Dobson <i>Ilford AC</i>		123. 59/1 P.Boszko <i>Birchfield H</i>	
14. 581/9 J.Ralph <i>Chiltern H</i>		69. 139/4 E.Trotter <i>Ilford AC</i>		124. 58/1 J.Goodwin <i>Moulton</i>	L38
15. 579/8 O.Browne <i>Ilford AC</i>		70. 133/1 S.Allen <i>Ilford AC</i>		125. 57/1 J.Harvey <i>Newmarket</i>	
16. 550/7 D.Bradley <i>Tonbridge AC</i>	L4	71. 131/3 G.MacDonald <i>Surrey WC</i>		126. 56/1 M.Dillon <i>Moulton</i>	
17. 542/9 S.Barnet <i>EHAC</i>	L5	72. 129/2 P.Ray <i>EHAC</i>		126. 56/1 R.Penfold <i>Steyning AC</i>	
18. 535/7 M.Harran <i>Surrey WC</i>		72. 129/2 P.Barnard <i>Ilford AC</i>		128. 55/1 H.Mills <i>Moulton</i>	L39
19. 502/9 D.Hoben <i>Surrey WC</i>		74. 120/1 G.Nieto <i>Cornella Athletic</i>		128. 55/1 M.Fisher <i>Redcar RWC</i>	
20. 484/9 R.Powell <i>EHAC</i>		75. 117/2 S.Lightman <i>Surrey WC</i>		130. 54/1 S.Mills <i>Moulton</i>	L40
21. 475/9 P.Howard <i>EHAC</i>		76. 115/1 J.Drake <i>Arena 80 AC</i>	L18	130. 54/1 A.Paddick <i>Redcar RWC</i>	L41
22. 460/7 P.Crane <i>Surrey WC</i>		77. 113/2 G.Chapman <i>Headington</i>		132. 53/1 M.Byrne <i>Redcar RWC</i>	
23. 457/5 A.Thomson <i>EHAC</i>		78. 111/4 D.Fotheringham <i>Belgrave H</i>		132. 53/1 E.Warhurst <i>Sheffield</i>	L42
24. 445/6 J.Miles <i>Hillingdon AC</i>	L6	79. 107/1 G.Jones <i>Covntry Godiva H</i>		134. 52/1 L.Price <i>Moulton</i>	L43
25. 424/9 S.Smith <i>Ryston Runners</i>	L7	79. 107/1 G.Legon <i>Bexley</i>	L19	135. 49/1 H.Smith <i>Birchfield H</i>	L44
26. 414/6 M.Noel <i>Belgrave H</i>	L8	81. 106/1 K.Howard <i>Tonbridge AC</i>	L20	135. 49/1 C.Nicholson <i>Moulton</i>	
27. 394/5 C.Duhig <i>Ryston Runners</i>	L9	81. 106/1 D.Stevens <i>Steyning AC</i>		137. 48/1 J.Harvey <i>Newmarket</i>	L45
28. 390/8 N.Grimsey <i>EHAC</i>	L10	83. 103/1 S.Clements <i>EHAC</i>	L21	138. 47/1 A.Burke <i>Moulton</i>	L46
29. 387/5 B.Sturt <i>EHAC</i>		84. 100/1 C.Sacks <i>Serpentine AC</i>	L22	139. 46/1 K.La Porte <i>Moulton</i>	L47
30. 379/9 B.Hercock <i>EHAC</i>		85. 99/1 L.Scriven <i>Worcester H</i>		140. 45/1 C.Flint <i>London Vidarans</i>	
31. 376/4 M.Bradley <i>EHAC</i>		86. 98/2 A.Flavell <i>EHAC</i>		141. 45/1 C.Golson <i>Soham</i>	L48
32. 375/5 T.Jones <i>Steyning AC</i>		86. 98/1 K.Marshall <i>Ilford AC</i>		142. 44/1 B.King <i>Soham</i>	L49
33. 369/6 S.Crane <i>Surrey WC</i>		88. 91/1 M.Spragg <i>unattached</i>		143. 43/1 S.Davies <i>Aldershot F&D</i>	L50
34. 360/6 F.Fernandez <i>Loughton AC</i>	L11	89. 84/1 R.Briggs <i>Moulton</i>		144. 42/1 J.Paddick <i>Redcar RWC</i>	
35. 340/5 J.Hall <i>Belgrave H</i>		90. 83/1 R.Spurgeon <i>Moulton</i>		145. 41/1 J.Barnett <i>Birchfield H</i>	
36. 332/9 D.Ainsworth <i>Ilford AC</i>		91. 82/1 L.Dobson <i>Moulton</i>		146. 39/1 D.Jones <i>Redcar RWC</i>	
37. 331/4 D.Braverman <i>EHAC</i>	L12	92. 80/1 D.Stone <i>Steyning AC</i>		147. 38/1 E.Man-Rey <i>EHAC</i>	L51
38. 318/4 M.Graham <i>Belgrave H</i>		93. 79/1 J.Grant <i>Moulton</i>		148. 34/1 J.Howard <i>Abingdon</i>	L52
39. 310/5 P.Hannell <i>Surrey WC</i>		94. 78/1 T.Taylor <i>Birchfield H</i>		148. 34/1 L.Readman <i>Redcar RWC</i>	L53
40. 300/6 S.Queeney <i>EHAC</i>	L13	95. 77/1 L.Finch <i>Colchester AC</i>		150. 33/1 H.Starling <i>Redcar RWC</i>	L54
41. 294/4 M.Culshaw <i>Belgrave H</i>		96. 76/1 P.Evernett <i>Redcar RWC</i>		151. 32/1 M.Sutton <i>Ilford AC</i>	
42. 281/3 D.Kates <i>Ilford AC</i>		97. 75/2 J.Stringer <i>Aldershot F&D</i>	L23	152. 31/1 S.Lightman <i>Leicester WC</i>	L55
43. 276/5 M.Hinton <i>Ilford AC</i>		97. 75/1 V.Nutley <i>LDWA</i>	L24	153. 29/1 N.Bird <i>unattached</i>	
44. 275/4 A.O'Rawe <i>Ilford AC</i>		97. 75/1 A.Crillo <i>Swansea H</i>		154. 26/1 S.Rey <i>Leicester WC</i>	L56
45. 269/5 A.Belchambers <i>Steyning AC</i>	L14	100. 74/1 L.Kehler <i>Wolves/Bilston</i>	L25	155. 25/1 W.Norbert <i>NIMAA</i>	
46. 268/3 D.Delaney <i>Surrey WC</i>		101. 73/2 A.Lewis <i>Aldershot F&D</i>	L26	156. 23/1 B.Edlin <i>EHAC</i>	L57
47. 247/5 N.Silvester <i>Aldershot F&D</i>		101. 73/1 J.Ball <i>Steyning AC</i>		156. 23/1 M.Blyth <i>Leicester RH</i>	
48. 227/3 C.Lawton <i>Belgrave H</i>		103. 72/2 S.Whelan <i>Headington AC</i>		156. 23/1 M.Wall <i>Leicester</i>	
49. 216/3 P.King <i>Belgrave H</i>		103. 72/1 P.Nutley <i>LDWA</i>		156. 23/1 J.Jackson <i>Mid/Cleveland</i>	L58
50. 215/3 K.Mitchell <i>Ilford AC</i>		105. 71/1 N.Blatchford <i>Abingdon</i>	L27	156. 23/1 K.Le Noury <i>Sarnia WC</i>	
51. 214/5 P.Cassidy <i>Loughton AC</i>		105. 71/1 J.Mann <i>Newmarket</i>	L28	161. 22/1 H.Croft <i>Ilford AC</i>	u15 L59
52. 205/4 M.Barnbrook <i>Ilford AC</i>		106. 71/1 J.Le Noury <i>Sarnia WC</i>		162. 20/1 B.Long <i>Watford H</i>	
53. 204/4 J.Borgars <i>Loughton AC</i>		108. 70/1 S.Arnold <i>Nuneaton AC</i>		162. 20/1 C. Cotterill <i>Tonbridge AC</i>	L60
54. 199/2 S.Davis <i>Ilford AC</i>		108. 70/1 A.Allen <i>unattached</i>	L29	164. 19/1 L.Legon <i>Bexley</i>	u15
55. 196/2 P.Goodwin <i>Ilford AC</i>		110. 69/1 L.Spinks <i>Moulton</i>	L30		

84th Enfield Open Walks - 6th November LVAC

In dry, sunny but cool conditions, RWA President Pam Ficken started the final race of the 2010 series. Current internationals Dan and Dominic King used the race as their second training session of the day and crossed the line together after averaging just under seven and a half minute miles. Diane Bradley recorded her second win in three years, whilst sixteen year old Catherine Cotterill (*pictured*) and twelve year old Luc Legon shared the *Bob Clark Award* for the outstanding young walker.



There was a three line whip for Ilford walkers in a last bold effort to overhaul EHAC and take the *League* title. Every point was vital, so Dave Ainsworth did his bit by scoring a few points in the three miles and Olly'Hardman' Browne struggled bravely to finish after suffering an injury during warm up, knowing that even a low position would score double points. In the end the *League* victory was beyond them, but on the day scored an event triumph with first and third teams.

Special mention for Fransisco Reis, who in this event twelve months previously, had emerged from retirement to finish eighth in 64.14. What a difference a year makes.

Three miles

1. Steph Rukin	(Tonbridge AC)	32.05	u20
2. Catherine Cotterill	(Tonbridge AC)	32.28	u17
1. Luc Legon	(Bexley)	33.39	u15
2. Eddie Trotter	(Ilford AC)	38.34	M60
3. David Ainsworth	(Ilford AC)	39.10	M60

Seven miles Ladies

1. Diane Bradley	(Tonbridge AC)	62.35	w45
2. Helen Middleton	(Enfield HAC)	66.07	w45
3. Cath Duhig	(Ryston Runners)	69.09	w55
4. Maureen Noel	(Belgrave H)	69.47	w45.
5. Angie Alstrachen	(Enfield H AC)	72.41	w40
6. Sue Barnett	(Enfield HAC)	74.23	w60 pb
7. Fiona Bishop	(Aldershot FD)	74.37	w50
8. Di Braverman	(Enfield HAC)	76.36	w55
9. Jo Miles	(Hillingdon AC)	76.58	w55
10. Geraldine Legon	(Bexley)	78.43	w
11. Sue Clements	(Enfield HAC)	79.21	w55
12. Cheryl Sacks	(Surpentine)	81.19	w35
13. Francios Fernandez	(Loughton AC)	82.41	w60
14. Serena Queeney	(Enfield HAC)	85.07	w55
15. Sue Smith	(Ryston Runners)	90.01	w45

Team Enfield H AC Middleton, Alstrachen, Barnett

Men's Team

1. Ilford AC	Reis, Uttley, Ryan	13pts
2. Enfield HAC	Seddon, Pender, Bradley	38
3. Ilford AC'B'	Allen, Sharpe, Dobson	40
4 Surrey WC 56,	5 Ilford AC'C' 79	6 Enfield H AC'B' 69,

Seven miles Men

1. Daniel King	(Colchester AC)	52.20
2. Dominic King	(Colchester AC)	52.20
3. Fransisco Reis	(Ilford AC)	55.59 M50
4. Steve Uttley	(Ilford AC))	60.53 M50
5. Steve Allen	(Barnet & Dist)	62.22 M50
6. Peter Ryan	(Ilford AC))	62.50 M55
7. Steve Allen	(Ilford AC)	65.56 M55
8. Ken Bobbett	(Hillingdon AC)	66.00 M65
9. Amos Seddon	(Enfield H AC)	66.49 M65
10. John Ralph	(Chiltern H)	67.51 M50
11. Carl Lawton	(Belgrave H)	68.57 M60
12. Sean Pender	(Enfield H AC)	69.02 M55
13. Richard Emsley	(Steyning AC)	70.09 M55
14. David Sharpe	(Ilford AC)	70.43 M55
15. Peter Hannell	(Surrey WC)	70.59 M65
16. Paul King	Belgrave H)	71.30 M55
17. Mikk Bradley	(Enfield H AC)	72.07 M50
18. Michael Harran	(Surrey WC)	72.18 M70
19. Bob Dobson	(Ilford AC)	73.36 M65
20. Jon May	(Enfield H AC)	74.03 M55
21. Peter Crane	(Surrey WC)	75.34 M65
22. Alan O'Rawe	(Ilford AC)	75.43 M65
23. Ron Powell	(Enfield H AC)	76.54 M70
24. David Hoben	(Surrey WC)	78.27 M55
25. Dave Stevens	(Steyning AC)	78.51 M70
26. Peter Howard	(Enfield H AC)	79.00 M65
27. Brian Sturt	(Enfield H AC)	79.07 M70
28. Oliver Browne	(Ilford AC)	79.44 M55
29. Phil Goodwin	(Ilford AC)	80.43 M55
30. Mick Barnbrook	(Ilford AC)	83.08 M65
31. Bernie Hercock	(Enfield H AC)	86.49 M70
ret 5mls Mark Culshaw	(Belgrave H)	49.45 M40
ret 4mls Andrew Cox	(Hillingdon AC)	38.32 M55

Bob Clark Award Catherine Cotterill/Luc Legon ret 3mls Nick Silvester (Aldershot F & D) 25.45 M50

Judges: R.Pearce, M.Graham, M.Croft, A.Garner - Runner: S.Lightman

Time Keepers: P.Selby, J.Hall Recorders: P.Kates, W.Sutherland, C.Perkins Water station: P.Ficken
Marshalls P.Emery, T.Perkins, J.Rooke, K.Roost Refreshments: M.Livermore, H.Nyman, J.Wallwork

Marathon Man Gary MacDonald

In finishing this year's Berlin Marathon in September, Surrey's Gary Macdonald completed his thirty-first race over the distance. He was a little disappointed at not achieving his 4h 30 target, but still gained satisfaction from seeing it through. Since then he has notched up his thirty-second marathon when successfully completing the Athens event last month.

Results Round-up

The main features of **Surrey WC's Seven miles** at Monks Hill on Saturday 13th November was the terrific scrap between Mark Easton 55.01 and Fransisco Reis 55.09 and the fine performance by Kelsey Howard 60.21. Kelsey was part of a quartet consisting of Steve Allen 60.30, Julie Drake 60.32 and Diane Bradley 60.50, which battled keenly and only split up in the closing stages of the race. It was the intensity of this race within the race that took the young walker to within a second of third man Steve Uttley, who for most of the race never looked in danger of being caught. It was pleasure to watch.

It was fifth place for Helen Middleton 68.26 in the ladies, sixth in the men's for Sean Pender 69.35 whilst Bernie Hercocock felt that three miles was enough for him on the day.

UKA Recognition for Peter Selby

I was delighted to learn that Peter Selby has received the UKA South East Coaching Development Award. I've known Peter for many years, from the time when his family kindly put me up on one of my early trips to race in London in the early sixties. He was an outstanding youngster gaining Junior GB colours, was no mean performer as a senior and since hanging up his racing shoes (but not his hiking boots) has become a top administrator and coach and is currently starting his third term as Surrey WC President.

The picture was taken at the Metropolitan Open Seven in January 1963 on his way to third place in 53.11. Paul Nihill won the race that had one hundred and forty-nine finishers in 52.02 and the other bloke in the picture desperately trying to hang onto Peter finished one second behind him. Note the snow piled at the roadside.



December Events

- 4th 2.00pm **Cambridge Harriers** Winter League race 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
- 11th 2.30pm **Surrey Walking Club Christmas 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
- 12th 2.00pm **Race Walking Association's AGM** at the Alexander Stadium, Birmingham
- 18th 11.00am Steyning AC's **Alf Palmer Memorial** races at Broadheath. The races are on the track and the senior one is over **5km**. Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506
- 19th 11.00am The **Ilford Christmas 10km** which, sadly will be the last ever Essex League race. The venue is Redbridge Cycle Circuit at Hainault and the start time is 11am
- 19th 10.00am The third **Skills and Technique** session at Lee Valley Athletic Centre.
- 26th 10.45am **Enfield & Haringey AC's** annual Boxing Day 5km for runners and walkers
- 26th 10.30am **Brighton Boxing Day Walks** at Preston Park



Action at the first Skills and Technique sessions held at LVAC in October. Sadly the next one clashes with Ilford's Christmas race and the last ever Essex League fixture.