

Enfield Walker 2012

(Newsheet of the Walking Section of Enfield & Haringey AC)

May



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who apologises for any errors and who welcomes contributions and comments for future issues

County Championships

Ten club walkers supported four county championships over the weekend of 12/13th May. At Bury St. Edmunds Alan Ellam 15.57 and Angie Alstrachen 20.45 emerged as Suffolk champions with Mick Graham 19.07 who is more often to be seen officiating at events, in third.

In the Norfolk championships held in conjunction with the Suffolk event, Stuart Halsall 21.56 was runner-up in the men's race. *Leaguer* Cath Duhig 17.50 was the fastest of the five Norfolk walkers who contested the championship.

The Hertfordshire championship took place at Watford where Sue Barnett 18.31 walked within a second of her pb to become ladies champion and Arthur Thomson 16.14 and Gary Smith 17.38 collected silver and bronze medals in the men's race, which was won by *Leaguer* Steve Allen 15.56. Peter Howard also raced there and clocked 21.03.

Meanwhile at Mile End in the Middlesex championships Norma Grimsey 20.25 was runner up in the women's race and in the mens Sean Pender 19.02 was fourth, Ron Powell 19.20 (his best for over two years) fifth and Bernie Hercock 22.38 sixth. Jo Miles 19.23 was the ladies champion, the men's victor being Stuart Kellmorgan 13.38 with *Leaguers* Fransisco Reis 14.01 second and Andy Cox 17.21 third.

The turnout figures: Hertfordshire six walkers, Middlesex eight, Norfolk five and Suffolk nine of which five were under twenty. Fifteen year old Callum Wilkinson of Moulton set a new Suffolk championship U17 record of 19.06. Sadly, there wasn't sufficient support to warrant staging the Essex championship.

Meanwhile in London

Linda Spinks took six hours and fifty-five minutes to complete the MoonWalk Marathon on 12/13th May and declared herself in reasonable shape except for her feet. She helped with friends to raise over £1800 for breast cancer research and after a couple of weeks recovery, hopes to be back in race walk mode for the Moulton Five.

This and That

At my invitation Charlie Fogg commences a series of articles on training in this issue which I hope will prove useful.

Pictured right is the design for the Friendship Walk Commemorative medal. Contact me for further details about the event which takes place on Tuesday 7th August. Forty of the 100 places are already taken.



The next *League* fixture carrying Bonus points is

The Diamond Jubilee Moulton Five - Saturday 2nd June

*Awards: Individual - first Three Women/Men * Mixed Teams of Four to score*

Start 1.45 - Entries in advance £6 - on the day add £2

*Mementos * Refreshments * 4 mile Amblers/Ramblers off road walk also at 1pm*

And two weeks later

16th June 5km at Copthall Barnet Stadium

11.45am

As part of the LICC Meeting entries on the day

It was a delight to see Peter Marlow back after his recent enforced absence from the sport and he received a warm and enthusiastic welcome from the walkers and supporters prior to starting the race.

Fabian Deuter employed a waiting strategy to get the better of evergreen Fransisco Reis and set a Hillingdon AC club record in the process. The morning's torrential rain had tempered to light occasional drizzle making for good racing conditions, evinced by sixteen of the thirty-six walkers improving on their performances of the previous month's race. Among them was Diane Bradley who in the March race was forced to retire with breathing difficulties.

For Messrs. Reis and Allen it was their second race of the day. Both had competed (in fact they were the only walkers) in the LICC 3km at Parliament Hill Fields, where Fransisco clocked a swift 13.54 and Steve 16.12.

<i>Ladies</i>			<i>Men</i>	<i>* = PB</i>	<i>© = Centurion</i>
1. Diane Bradley	(Tonbridge AC)	44.47 w50	12. Ron Penfold	(Steyning AC)	47.57 M70
2. Helen Middleton	(Enfield HAC)	46.25 w45	13. Alan O'Rawe ©	(Ilford AC)	48.52 M70
3. Cath Duhig	(Ryston R)	49.02 w55	14. Sean Pender ©	(Enfield H AC)	50.42 M55
4. Sue Barnett	(Enfield HAC)	51.41 w60	15. Steve Crane	(Surrey WC)	52.02 SM
5. Jo Miles	(Hillingdon AC)	53.12 w55	16. Ron Powell	(Enfield H AC)	53.24 M75
6. Anne Pickard	(Loughton AC)	54.07 w45	17. Peter Crane	Surrey WC)	54.00 M65
7. Diana Braverman	(Enfield HAC)	54.52 w60	18. Dave Stevens	(Steyning AC)	55.08 M75
			19. Jon May	(Enfield H AC)	56.34 M60
			20. Mick Barnbrook ©	(Ilford AC)	58.16 M70
<i>Men</i>			21. Stuart Halsall	Enfield H AC)	59.26 M80
1. Fabian Deuter	(Hillingdon AC)	39.20 SM	22. Peter Cassidy	(Loughton AC)	60.02 M70
2. Fransisco Reis	(Ilford AC)	39.41 M50	23. Bernie Hercock	(Enfield H AC)	62.32 M75
3. Steve Uttley	(Ilford AC)	42.48 M50	24. Peter Howard	Enfield H AC)	63.19 M65
4. Steve Allen	(Barnet & Dist AC)	44.32 M55	Garry Smith	Enfield H AC)	ret M55
5. Alan Ellam	(Enfield H AC)	45.09 M55	David Kates ©	(Ilford AC)	d/q M60
6. John Ralph	(Enfield H AC)	*45.19 M55	Abdi Berleen	(Ilford AC)	d/q M45
7. Martin Fisher ©	(Redcar RWC)	45.27 M45			
8. David Crane	(Surrey WC)	46.43 SM	2.5 miles		
9. Andy Cox	(Hillingdon AC)	46.48 M55	Ken Livermore	Enfield H AC)	33.46 M75
10. Amos Seddon	(Enfield H AC)	46.55 M70	Paul Ray	Enfield H AC)	33.46 M75
11. Ken Bobbett	(Hillingdon AC)	47.17 M65			

Starter: P.Marlow - Judges: M.Croft, P.Wilson - Time Keeper/Recorder: P.Welch, P.Kates - Course Manager: B.Hercock
Marshalls: P.Ficken, T.Perkins - Refreshments: M.Livermore, R.Gibbins, - Results: J.Wallwork

2012 League Positions after Four Races

<i>Ladies</i>		<i>Men</i>	
1. 292/4 Helen Middleton		1. 324/4 Fransisco Reis	11. 233/4 Ron Powell
2. 246/4 Sue Barnett		2. 316/4 Steve Uttley	12. 219/3 Alan O'Rawe ©
3. 223/3 Cath Duhig ©		3. 304/4 John Ralph	13. 244/3 Paul King ©
4. 220/3 Maureen Noel		4. 285/4 Andrew Cox	14. 211/3 Mark Culshaw
5. 210/2 Neringe Aidieryte		5. 281/4 Amos Seddon	15. 211/3 David Kates ©
6. 188/3 Anne Packard		6. 268/4 Ken Bobbett	16. 209/3 Michael Harran
7. 184/3 Diana Braverman		7. 266/3 Fabian Deuter	17. 206/3 Sean Pender ©
8. 184/3 Jo Miles		8. 252/3 John Hall	18. 206/4 Mick Barnbrook ©
9. 105/1 Sue Clements		9. 243/3 Arthur Thomson	19. 204/2 Jim Ball
10. 80/2 Diane Bradley		10. 236/4 Alan Ellam	20. 198/4 Bernie Hercock

Team

1. Enfield & H AC	1602	304 Ralph, 292 Middleton, 281 Seddon, 246 Barnett, 243 Thomson, 236 Ellam
2. Ilford AC	1486	324 Reis, 316 Uttley, 219 O'Rawe, 211 Kates, 210 Aidieryte, 206 Barnbrook
3. Enfield & H AC B	1194	233 Ron Powell, 206 Pender, 198 Hercock, 190 Howard, 183 May
4. Surrey WC	1116	209 Harran, 197 Crane S, 194 CraneD, 187 CraneS, 187 Lightman, 142 Hoben
5. Hillingdon AC	1003	285 Cox, 268 Bobbett, 266 Deuter, 184 Miles
6. Belgrave H	897	252 Hall, 220 Noel, 214 King, 211 Culshaw
7. Enfield & H AC C	563	143 Halsall, 109 Ray, 105 Clements, 104 Livermore, 68 Spinks, 43 Dunn
8. Ilford AC'B'	555	155 Birleen, 134 Ryan, 126 Ainsworth, 116 Allen, 24 Mikelionis
9. Steyning AC	394	204 Ball, 58 Richards, 49 Belchambers, 47 Ron Penfold, 36 Dave Stevens
10. Loughton AC	357	188 Pickard, 169 Cassidy

Formula 1 - THE CASE FOR CONTACT by Charlie Fogg

With regard to the comments in the March issue of Enfield Walker about 'flight' or 'float' time, I would like to put the 'case for Contact'. I will argue that there is possibly much to be gained by concentrating on using 'contact' to improve speed and by doing so, remain within the 'rules of Race Walking'.

We are now in the Formula 1 Racing season and it will come as no surprise to anyone that there is a little more money! in that sport than there is in Race walking. How are the millions of pounds spent?

First of all in developing a high class, highly tuned engine, (Race Walkers getting really 'all round super fit, strong and flexible', (I have already touched on this in my previous notes on basic fitness) next the bodywork and fuel, in Race Walking this equates to sensible, correct eating and attention to posture. The Bodywork is constructed to provide sufficient 'down force' to create maximum grip on the road. With Race Walking it means correct use of the 'core' and carriage of the arms to produce a similar down force, commensurate with the speed attained, how many race walkers do you see with tense upper bodies, tense shoulders, tense head and neck and high 'cross over' arm action which produces the opposite effect?. Next we come to the tyres, they are very wide and soft, to enable that powerful engine to transmit its power and 'grip the road to an absolute maximum' to propel the car forward at tremendous speeds. (Race Walkers making maximum contact by using the extreme length of a straight leg to strike the ground at the furthest yet earliest possible moment with the rear leg leaving with its 'push off of the toe at the latest possible moment. (Striking with the tip of the heel, continuing with the outside of the foot in a 'rolling' action, finally driving off the tip of the toe)

Further evidence of the importance of 'contact' can be seen by looking at the phenomenon of Oscar Pistorius, whom I think all will agree is a fantastic athlete. How does a double amputee achieve such great speeds giving him the ability to compete on virtually equal terms with able bodied athletes? Again the answer probably lies in a great engine (he is in superb 'all round' physical shape) then there is the added contact with the ground that his 'blades' provide. Take a look at his images on 'Google' and you will see what I mean, the rubber (or whatever material he uses) seems to extend further than the length of a normal running shoe, he seems to stay 'on the ground' longer than the able bodied runner yet achieves the same speed in spite of his disability.

For some race walkers not all of the above will be possible. However by 'going back to the drawing board' and concentrating on building the engine, (getting really fit so you can race with your head up, body straight, shoulders square and a good, strong back) you will surprise yourselves, furthermore you will improve the image of Race Walking in the Public Eye.

I know I will get the usual detractors, non believers, "It will take too long" - "I'm too old to change" - "I've been doing alright as I am" - "I don't have the time" 'crowd'. That's OK your right, 'for you'

Remember the absolute basics required for a straight leg are, Hamstring mobility with Quadriceps strength. I will explain the exercises to achieve this, or strengthen and mobilise them in those of you who are already walking 'correctly in the next issue.

Come on! Let's make this Olympic Year the year we re-energised Race Walking in the UK, it's a hard, unforgiving, gutsy sport and it can be 'brilliant' Get out, Walk tall and let's show 'em.

Charlie/Charles

P.S. If anyone needs any personal advice you can get me at Charles@ashdalebwl.co.uk You may be asked to enter a number which will appear on the screen to send a message as I am covered for Spammers.

Update from Anne Lewis

Hello Ron, Thank you for the Enfield Walker. I really enjoy keeping up with all the news. Just thought I'd update you. Next week is my LAST week of treatment!

After that I have to live with my cancer. The chemo has stabilised it, but not got rid of it. My quality of life will be balanced against any further treatment. As long as the symptoms produced by the cancer do not affect my quality of life, then I'll have no more chemo. If they do begin to affect me then I'll have to have more treatment. I am hoping my body will fight those symptoms and keep me chemo-free for a very long time.

I have been training every third week when I have felt OK. I did a 2km race in our Vets' League on Monday to gain a few points for my team. Once I have recovered from next week's battering I shall start training for August 7th!

I hope you and Joan are well and enjoying a relaxing BH weekend. See you soon. Best Wishes, Ann

Results Round-up

The **VAC's summer series of Five mile** evening races at Battersea Park got underway on Tuesday 17th April and attracted eight walkers and was won by Peter Ryan in 43.36. Following him home was Steve Allen (Bnt), Peter Hannell 49.45, Paul King 50.39 Chris Flint 52.46, Micky Harran 57.28, Dave Hoben 57.34 and Bernie Hercock 63.04.

Only three **Essex** walkers turned out in the **County's 10km track championship** at Ashton's Playing Fields, Woodford on 21st April who were joined by three guests among them were *Enfield League* leaders Fransisco Reis 49.36 and Helen Middleton 59.55. Steve Allen (Bnt) 55.29 was the other guest. Steve Uttley 54.54 retained his Essex title in front of Abdi Birleen 71.45 and Mick Barnbrook 73.31.

At Battersea Park on 25th April, **VAC staged their 10km track championships**, which incorporated the Herts, Middlesex and Surrey county championships. The cold windy weather was probably the reason for only nine walkers turning out in the event. The only one without a county interest was Chris Flint 9M65) whose time was 62.57

<i>Herts</i>		<i>Middlesex</i>		<i>Surrey</i>
Steve Allen (M55)	55.32	John Hall (M60)	55.48	Mick Harran (M70) 62.11
Gary Smith (M55)	60.24	Sean Lightman (M65)	59.57	Dave Hoben(M55)73.32
		Maureen Noel (W45)	62.11	
		Bernie Hercock(W75)	77.24	

On the same evening in similar miserable wet conditions, twenty-one walkers took part in the **EVAC 2km track** walk at Kings Lynn on 23rd April. Cath Duhig won in 11.56 and Stuart Halsall 14.57.

The **SVAC Middlesex/Herts division 2km** took place at LVAC on 30th April and was won in 9.12 by Fransisco Reis well clear of second man Steve Allen (Bnt) 10.23. Helen Middleton 11.08 was the club's first walker home in fourth, ahead of sixth Gary Smith 11.28, eighth Sean Pender 12.24, thirteenth Ron Powell 13.10, fourteenth Norma Grimsey 13.24 and twentieth Bernie Hercock 14.49.

In this years annual **Pednor Five miles** on May Bank Holiday Monday Helen Middleton 47.38 notched up her fifth consecutive first lady finisher in the event, whilst for Fransisco Reis 41.52 it was a hat trick of victories. The battle for second place was fierce and whilst Steve Uttley 44.19 got the verdict Peter Ryan was given the same time. John Ralph 46.32 in finishing fifth retained his Buckinghamshire title. Sean Pender 52.13 tenth, Ron Powell 55.52 fourteenth, Norma Grimsey 57.58 eighteenth and Bernie Hercock 62.50 twenty-third, were the club's other walkers at the event.

There is also a Five mile run and a **Pednor Challenge** for athletes who have the courage and stamina to do both. This is no mean feat over what is a very testing course. The times of the two races are combined to determine the winner and this year it was Steve Uttley who ran the distance in 38.35 to record an aggregate time of 82.52. Steve Allen (Bnt) who had finished fourth in the walk with 45.32 also took up the challenge and his 41.05 run making a total time of 86.37 took second place. Well done both!

Cath Duhig 9.22, Rod Dunn 9.30 finished first and second in the EVAC mile at Peterborough on 10th May. Sue Barnett 9.560 and Peter Howard 10.50 were among the twenty-five competitors.

Ian Richards 39.07, Peter Ryan 43.07 and Steve Allen (Bnt) 45.36 were the first three home in the second **VAC's summer series of Five mile** events that took place on 14th May. There were nine walkers out for this race including Ron Powell 55.02 and Bernie Hercock 63.36. *Leaguers* the other Steve Allen 48.39, Paul King 51.18 and Dave Hoben 58.08 were also in action.

Forthcoming Non League Events

9th June	South England track championships at Cophall Barnet Stadium
16th June	EVAC 2km at Cambridge 7pm, Chelmsford and Kettering
19th June	First of the Woodford Tuesday Walks at Ashton's Track Woodford. 3km – 8.30 start
23rd June	Southern RWA 20km championship at Sutcliffe Park details from Noel Carmody

BMAF Championships – Further details from John Hall – 02082 923 627 – stroller49@gmail.com

1. road 20k at Downham Market - Sunday 10th June. This is a good venue with good organisation - it was a delight being there last year, please support it I can give 3 people a lift from London on the morning of the race but won't be returning that evening. I may be able to arrange lifts for others to go up as well.

2. road 5k at Horwich - Sunday 17th June. Another good venue.

3. road 30k at Coventry, Saturday 14th July .

4. track 3 and 5k - in main BMAF track & field championships at Derby, 21 & 22 July

5. track 10k - Horspath, Oxford on Sunday 5th August. There will not be a long-distance championship this year.