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Redcar Walker 63

RACE WALKING IN THE OLYMPICS

Please read carefully and respond

Having watched the women's Olympic 20k recording several times I am now convinced that I appear to be preparing walkers for a somewhat different event. Scrutiny of the mode of progression shows clearly that the walkers are using a bent leg first contact and then attempting to straighten late. I say 'attempting' to straighten because not all of them are actually doing that. The supporting leg does become straighter but often nothing like even fully braced backwards. The result of this bent leg first contact and then straightening late, if at all, means that a good proportion of the walkers appear to be jogging. They don't look as if they are walking. This is in contrast to Olga Kaniskina, who looks very good and to a lesser extent the other two Russians. Of the leading walkers, these three appear to be either extremely technically gifted or have invested a lot of time on technique.

It would be interesting to know how the Russians train for technique because, as a group, they appear to be much better than all the others. Clearly, video and bio-mechanics will only be part of the answer. To look convincing as a walker at high speed, the athlete must surely spend an enormous amount of time practising in full view of one or more top judges. Walkers are judged by the eye only and if they are to avoid DQ their first consideration before pace must be to look right. They should not draw attention to themselves due to poor technique. Unfortunately for some competitors in the Olympics it was fairly obvious that they would not last long at this level because they were demonstrating major faults from the gun. Several more picked up just two red cards and were fortunate to get to the end.

So, is it to be a bent first contact or straight on contact? Is it now a jogging event? Those who run our sport should make a decision. To my mind it would be far better if all athletes were provided with chips that record every time they leave the ground. Three and out would concentrate minds and provide the non-cheating athletes with some credibility. It would also slow the event down and return it to WALKING from its current hybrid type of progression that nobody appears to understand.

NORTHERN WINTER LEAGUE

It goes without saying that the Olympic mode of progression would not last 5 minutes in the winter league. It is one warning then out! Currently Redcar RWC leads the field

after 4 races. Redcar results have been as follows: Position first, time follows then points gained.

RACE 1 – CLECKHEATON

7 October

1.	B.Wears	48-14	19
6.	M.Byrne	63-40	24
8.	J.Paddick	64-58	23
10	AM Paddick (F)	66-04	21
11	M.Fawkes (F)	69-24	30

DQ D.Learoyd

Dave Learoyd is therefore the first holder of the Redcar RWC Jonathan Edwards Hop, Skip and Jump trophy. It is still in my garage so I hope he will soon collect it.

RACE 2 – YORK

28 October

5.	M.Byrne	63-03	27
6.	J.Paddick	66-22	24
7.	D.Fereday	66-42	26
9.	M.Fawkes (F)	72-04	23

A poor turnout but Redcar continued to rack up the points as the most numerous team.

RACE 3 – REDCAR

18 November

2.	M.Byrne	62-14	30
3.	J.Paddick	65-50	28
5.	AM.Paddick (F)	71-16	25
6.	D.Jones	71-16	25
7.	M.Fawkes (F)	71-31	29

Cries of 'foul' resounded around the finish area when competitors complained that the course was over-distance. Mark Byrne was happy because he continued to improve in response to some serious training. Others were not as fit as they thought they were!

RACE 4 – YORK – YACHT HANDICAP

2 December

5.	M.Byrne	62-02	26
10.	J.Paddick	66-10	21
9.	M.Fawkes (F)	71-27	22

This all means that three of us have completed our required 4 races and Angela-Maria will do the last two to anchor the team home. We are the only team that can now finish with four walkers having done at least 4 events so we should WIN! The last two fixtures are at Saltburn and Drighlington.

AGM AND CLUB SUBSCRIPTIONS FOR 2013

You will all no doubt be aware that England Athletics is in the process of drastically increasing the fees that we all pay. For 2012 it was £50 to register the club and £5 per competitive athlete. This all came out of your £12 membership fees. I understand

that the competitive athlete fee to EA is now going to be either £10 or £20. We will not hold the AGM and agree membership fees until we have definite news about this.

Meanwhile, if you know now that you will not be renewing your membership please let me know so I don't bother you for money. This must apply to some members who do not appear to race or train any more. Just send me an e-mail.

NATIONAL 20KM COVENTRY

14 APRIL 2013

We have organised a minibus to go to the 20k so if you would like a £10 return fare seat please let me know. There are 4 left. If nobody wants them I will offer them to other northern clubs in plenty of time.

FIXTURES

Winter League 5*	Saltburn	6 January
Winter League 6*	Drighlington	3 February
Northern 10	Thornton-le-Clay	17 February
Northern 20K	Saltburn	24 March
RWA 20K	Coventry	14 April
Allen Trophy*	Chorley	4 May
Bradford 15/35k and Northern 35k		27 May
BMAF 5K	Horwich	16 June
BMAF 30K/RWA 50K Midlands		17 August

All championships are A races. Races denoted* are B races.

CLUB TRAINING

I am sorry that I have been unable to organise club training sessions for some time due to quite a serious injury. There is some improvement but I have not been on the road since winter league 4. Hopefully SOONER RATHER THAN LATER!

Hope to see you all soon and will be asking for help marshalling at WL5

Do have a good Christmas and all the best for 2013

JP (Hon Sec)