

Enfield Walker 2012

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

June



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



RWA England Selection for Helen

Congratulations to Helen Middleton upon her second call-up for an RWA England vest. Once again she has been picked for the Small Nations (Belgium, Finland, England, Ireland, Netherlands and Switzerland) competition, which takes place on a lakeside course in Geneva on 24th June. Best wishes to the whole team; Jonathan Hobbs, Ben Wears, Ben Parsons and Cameron Corbishley and of course to team manager Pam Ficken.

League leaders Fransisco Reis and Helen Middleton pictured here at the Southern One Hour championships where they won their respective titles, just a week prior to repeating their successes at Moulton and then the week later at Downham Market.

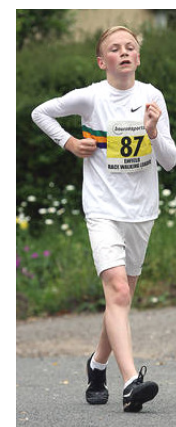
right: Stuart Halsall (top) and Callum Wilkinson

Below; The chasing group just after the start



Memorable Moulton Five

In overcast cool conditions Fransisco Reis turned the tables on Fabian Deuter to record a hat-trick of Moulton Five successes, the first walker to do so. The two of them were soon clear of the main field and put on a fine display of competitive race walking. Among the many good solid performances those by the youngest and the oldest stood out. Fifteen year old village novice Callum Wilkinson finished in the top half of the sixty-eight strong field whilst eighty-three year old Stuart Halsall comfortably bettered the hour.



Twenty-two amblers and ramblers completed a four mile off road circuit and twenty-two children had a go at race walking. Former Spurs player Mike Dillon started the walks and Newmarket Rotary President David Henderson presented the awards

Ray Middleton was among several former national and internationals at the event and presented young Wilkinson with a framed 1965 GB Vest badge.

As race organiser I'd like to thank everyone who turned up and attended in whatever capacity, some from considerable distances, to make the event as memorable as it was and especially Ian Garmston and Newmarket Rotary for their continued support.

Photo's courtesy of Mark Easton see foot of page 3

The next League fixtures are the

LICC 3km Track Walk

11.45am at Woodford on 7th July

English Race Walking Half Marathon

1pm Saturday 21st July

Times for walkers wishing to do **5km & 10k**

Hillingdon Cycle Circuit, Minet Park, UB4 0LP

Bonus points for walkers doing the full distance

Directions on Hillingdon Cycle Circuit website

Mens Five miles

1. Fransisco Reis	(Ilford AC)	39.25	M50
2. Fabian Deuter	(Hillingdon AC)	39.32	SM
3. Philip Barnard	(Ilford AC)	41.21	SM
4. Jonathan Hobbs	(Ashford AC)	42.25	U20
5. Alan Ellam	(Enfield H AC)	42.46	M55
6. Peter Ryan ©	(Ilford AC)	42.53	M55
7. Steve Allen	(Barnet & Dist AC)	43.14	M55
8. Trevor Jones	(Steyning AC)	43.38	M55
9. Steve Uttley	(Ilford AC)	43.52	M50
10. David Crane	(Surrey WC))	44.19	SM
11. Chris Hobbs	(Ashford AC)	45.09	M55
12. Steve Allen	(Ilford AC)	45.13	M50
13. Martin Fisher ©	(Redcar RWC)	45.16	M45
14. Arthur Thomson	(Enfield H AC)	45.34	M75
15. Shaun Lightman	(Surrey WC))	46.42	M65
16. Amos Seddon	(Enfield H AC)	47.49	M70
17. Gary Smith ©	(Enfield H AC)	49.52	M55
18. Alan O'Rawe ©	(Ilford AC)	49.54	M70
19. John Constandinou	(Birchfield H)	50.21	M40
20. Glyn Jones	(Ilford AC)	50.36	M65
21. Sean Pender ©	(Enfield H AC)	51.08	M55
22. Chris Flint ©	(Surrey WC))	51.22	M65
23. Callum Wilkinson	(Moulton)	51.49	U17
24. Oliver Browne ©	(Ilford AC)	52.12	M65
25. Mick Graham	(Belgrave H))	52.17	M65
26. Les Scrivens	(Worcester H))	52.59	M65
27. John Borgars	(Loughton AC))	53.39	M60
28. Jon May	(Enfield H AC)	54.52	M60
29. David Delaney	(Surrey WC))	54.59	M65
30. Peter Crane	(Surrey WC))	55.06	M65
31. Tony Wilkinson	(Moulton)	57.03	M50
32. Phil Goodwin	(Ilford AC)	57.44	M55
33. Philip Nutley*	(LDWA)	57.46	M60
34. Mick Barnbrook ©	(Ilford AC)	57.50	M65
35. Terry Braverman	(Enfield H AC)	58.08	M65
36. Stuart Halsall	(Enfield H AC)	58.44	M80
37. Peter Howard	(Enfield H AC)	59.15	M65
38. John Pratt	(Woodbridge)	59.53	M65
39. Paul Nihill	(Surrey WC))	59.58	M70
40. Steve Crane	(Surrey WC))	61.29	SM
41. Bill Sutherland ©	(Highgate H))	61.59	M65
42. Bernie Herock	(Enfield H AC)	62.03	M75
43. Andrew Cox	(Hillingdon AC)	62.05	M55
44. Eric Horwill ©	(Stourbrige H)	63.11	M75
45. Daves Ainsworth ©	(Ilford AC)	65.05	M60
46. Alex Allen	(Unattached)	65.45	M70
Alex Wilkinson	(Moulton)	dnf	U20
Paul Firmage	(Ryston R)	dsq	M55

Team: Mixed four to score

1. Ilford AC	19pts	Reis, Barnard, Ryan, Uttley
3. Surrey WC	89pts	Crane D, Lightman, Flint, Delaney
5. Enfield 'B	108pts	Smith, Pender, Barnett, May
7. Enfield 'C	160pts	Braverman, Alstrachen Grimsey, Spinks
2. Enfield H AC	52pts	Ellam, Thomson, Middleton, Seddon
4. Ilford 'B	106pts	Allen, O'Rawe, Browne, Goodwin
6. Hillingdon AC	147pts	Deuter, Miles, Cox, McDonald
8. Moulton	195pts	Wilkinson C & T, Scriven A, Slater

Ladies Five miles

* = PB © = Centurion

1. Helen Middleton	(Enfield HAC)	46.00	W45
2. Diane Bradley	(Tonbridge AC)	47.04	W50
3. Cath Duhig ©	(Ryston R)	48.28	W55
4. Anne Belchambers	(Steyning HAC)	50.03	W55
5. Sue Barnett	(Enfield HAC)	52.00	W60
6. Jo Miles	(Hillingdon AC)	53.05	W45
7. Fiona Bishop	(Aldershot FD)	53.08	W50
8. Diana Braverman	(Enfield HAC)	54.56	W60
9. Marion Fawkes	(Redcar RWC)	55.40	W60
10. Angie Alstrachen©	(Enfield HAC)	56.11	W45
11. Norma Grimsey	(Enfield HAC)	56.32	W55
12. Linda Spinks	(Enfield HAC)	57.12	W45
13. Valarie Nutley	(LDWA)	59.02	W55
14. Judith McDonald	(Hillingdon AC)	62.04	W50
15. Sue Smith	(Ryston R)	63.00	W45
16. Ann Scriven	(Moulton)	66.59	W75
17. Debra Pratt	(Woodbridge)	68.22	W55
18. Yvonne Slater	(Moulton)	84.09	W
19. Hazel Hare	(Moulton)	84.09	W
20. Dorothy Bowes	(Moulton)	84.13	W

School Walks**Under 6 - 250m**

Libby Briggs	(5)	1.48
Dan McKeown	(5)	2.22
Esmi		2.27
Charlie Proctor	(5)	2.37
Jenna Price	(4)	2.51
Connor Pope	(4)	4.58

Under 11 – 500m

Daniel Spinks	(9)	3.29
Reagon Pope	(7)	3.31
Millie O'Dwyer	(6)	3.32
George Wilkinson	(10)	3.37
Charlie Spurgeon	(6)	3.43
Jamie O'Dwyer	(7)	3.46
Denim Reynolds	(8)	3.50
Dannielle Smith	(7)	3.53
Steve Smith	(7)	3.54
Lydia Mason	(?)	3.55
Amira Price	(8)	3.59
Abby Wilson	(9)	4.00
Joe Woods	(9)	4.02
Phoebe Spurgeon	(6)	4.03
Billy Proctor	(8)	4.04

So that's where they have been!

John & Barbara Ralph and Ken & Margaret Livermore were surprised to find themselves on the same cruise recently so, whilst most of you were enjoying the Jubilee & Moulton 5, we were enjoying somewhat better weather than you had.

The day after the Moulton 5 the ship visited Madeira and the photo is taken at the top of the cable car ride in Funchal, the capital of Madeira. The cruise was not without incident. We had an engine room fire on the first evening (all the waiters were sent to muster stations during the first evenings dinner), a reported electrical problem with the stabilisers (although anecdotal evidence suggests that a stabiliser collided with the jetty in Ponta Delgada) and an electrical blackout a couple of days after that whilst watching a show in the theatre. They say that these things come in three's. We all arrived safely back on 9th June.



Regards – John Ralph

2012 League Positions after Five Races

The number of walkers who have taken part in the 2012 series has now topped a hundred by four, of which twenty-seven are women. They represent twenty-nine clubs and have registered 232 performances.

Ladies

1. 418/5 Helen Middleton
2. 359/5 Sue Barnett
3. 345/4 Cath Duhig ©
4. 293/4 Jo Miles
5. 289/4 Diana Braverman
6. 220/3 Maureen Noel
7. 210/2 Neringe Aidietyte
8. 204/3 Diane Bradley
9. 188/3 Anne Pickard
10. 168/2 Ann Belchambers

Men

1. 464/5 Fransisco Reis
2. 448/5 Steve Uttley
3. 405/4 Fabian Deuter
4. 404/5 Amos Seddon
5. 372/5 Alan Ellam
6. 370/4 Arthur Thomson
7. 369/5 Andrew Cox
8. 339/4 Alan O'Rawe ©
9. 325/4 David Crane
10. 322/4 Sean Pender ©
11. 312/3 Shaun Lightman
12. 304/4 John Ralph
13. 301/5 Mick Barnbrook ©
14. 290/4 Peter Crane
15. 289/4 Jon May
16. 285/4 Steve Crane
17. 284/5 Bernie Hercock
18. 281/5 Peter Howard
19. 269/2 Peter Ryan ©
20. 268/4 Ken Bobbett

Team

1. Enfield & HAC **2245** 418 Middleton, 404 Seddon, 372 Ellam, 370 Thomson, 359 Barnett, 322Pender
2. Ilford AC **2066** 464 Reis, 448 Uttley, 339 O'Rawe, 301 Barnbrook, 269 Ryan, 245 Allen
3. Enfield & HAC B **1680** 304 Ralph, 289 BravermanD, 289 May, 284 Hercock, 281 Howard, 233 Powell
4. Surrey WC **1584** 325 CraneD, 312 Lightman, 290 CraneP, 285 CraneS, 209 Harran, 163 Flint
5. Hillingdon AC **1420** 405 Deuter, 369 Cox, 293Miles, 268 Bobbett, 85 McDonald
6. Ilford AC'B' **1033** 211 Kates, 210 Aidietyte, 207 Ainsworth, 155 Birleen, 138 Barnard, 112 Browne
7. Belgrave H **1008** 252 Hall, 220 Noel, 214 King, 211 Culshaw, 111 Graham
8. Enfield & HAC C **902** 227 Halsall, 166 Spinks, 150 Smith, 125 Grimsey, 125 BravermanT, 109 Ray
9. Steyning AC **684** 204 Ball, 168 Belchambers, 133 Jones, 58 Richards, 47 Penfold, 36 Stevens
10. Moulton **520** 114 WilkinsonC, 99 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

Moulton Officials

Judges: Peter Cassidy, Helen Croft, Michael Croft, Mike Fox, Pauline Wilson (*Chief*)

Timekeeper/Recorders: Jennie Grimwood, Sue & Mark Ashpole *Starter:* Mike Dillon

Course Clerk/Marshalls: Ian Garmston, Members of Newmarket Rotary

First Aid: Red Cross, Newmarket *Catering:* Anne Garmston, Mavis Hall, Rebecca Spinks, Joan Wallwork

Pictures on first page courtesy of Mark Easton and with others can be viewed on
<http://markeaston.zenfolio.com/p249900108>

The best way to view is to click on the photos of the event

Friendship Walk Update

Since the initial information was distributed a One mile track walk for visually impaired athletes has been added to the programme.

It is envisaged that the three and five mile events will start and finish on the track.

Many of the race walking officials who stand at League events have been accepted or appointed as Olympic volunteers or officials and therefore may be not be present at the Friendship walks. I would be grateful to hear from anyone who is available and prepared to assist with the event.



Over sixty entries are already registered, mostly by domestic walkers and enquiries continue to be received. If you haven't entered and require further details or an entry form, let me know.

Another Southern Team title for EHAC Ladies

Enfield women and Ilford men continued their winning run of team victories in a poorly supported **Southern RWA One Hour track championships** at Dartford on 26th May. The individual winners were the current *League* leaders Helen Middleton 10,100m and Fransisco Reis 11,400m. Norma Grimsey weathered an un-nerving start (two cards in the first mile) to record 7,660 and ensure the Women's team title for the club.

Seven of the nine male walkers were *Leaguers*; Steve Allen (Bnt) 10,771 third Steve Uttley 10,646 fourth, Steve Allen (Ilfd) 10,110 sixth, the Southern President Sean Pender 8,702 seventh, Mick Barnbrook 8,202 eighth and Dave Ainsworth 7,108 ninth. Jonathan Hobbs, one of two U20's in the race finished second covering 11,178m.

Ken Bobbett 18.01 won the **Welsh track championship** held on the same weekend as the Moulton Five.

Only three male walkers contested the **SEAAA 5km championship** at Abingdon on 9th June. Fransisco won easily from Steve Uttley and Sean Pender.

Thirty-four walkers enjoyed a hot sunny day at **Downham Market** on 10th June. Sixteen contested the **BMAF 20km championship** and the rest the supporting open 10km event. Richard Spenceley (*E.Yorks WC*) M 45 was the overall winner in a course record time of 1.53.34, Peter Ryan M55 1.57.33 and Arthur Thomson M75 2.01.19 were second and third. Behind them, Martin Fisher M45 2.05.11, Ken Bobbett M65 2.10.59, Paul King M60 2.12.05, Sean Pender M55 (in action for the second day running) 2.15.12 and Gareth Edwards (*Telford H*) M60 2.16.11 were the other men's finishers.

Helen Middleton W45 2.05.15, Maureen Noel W45 2.10.17 and Cath Duhig W55 2.13.34 were the top three women and following them home were; Sue Barnett W60 2.20.25, Jo Miles W55 2.26.45 and Liz Blakie (*Ryston*) W50 2.38.39.

Fransisco Reis who had been the winner at Abingdon the day previous day also set a **10km** course record of 51.08, well clear of the pack which was headed by Amos Seddon 61.58. In third place local walker Martin Ive showed promise with a walking debut of 62.24 followed by Dave Delaney 70.47, Linda Spinks 71.08, Tony Cotton 71.32, Paul Firmage 72.20, Tony Wilkinson 74.18, Dave Hoben 74.33, Sue Smith 79.05, Bernie Hercock 79.47 and Peter Howard 83.45.

Five local ladies under the Downham Dollies banner; Tina Cawkwell, Jackie Cotterill, Lyn Carter, Frances Rayner and Lucy Chase all did well and registered times in the eighty-five minute bracket.

Weekday Walks

On Tuesday 19th June there are two opportunities to race:

Vets AC 5 mile at 7pm at Battersea Park
Woodford Tuesday Track 3km at 8.30pm

Forthcoming Non League Events

- 11th July EVAC 2km at Chelmsford/Milton Keynes/Huntingdon
VAC 3km at Willesden Sports Centre
- 16th July SCVAC 2km at Lee Valley Athletic Centre
- 17th July Woodford Tuesday Walks at Ashton's Track Woodford. 3km – 8.30 start
- 31st July VAC 5 miles 7pm at Battersea Park

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

Road 30k at Coventry, Saturday 14th July .

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

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

Centurion News

At the Centurion Centenary Dinner in May 2011 Centurions were invited to provide an account describing what becoming a Centurion meant to them. The idea was to capture memories special to them plus any other anecdotes, press cuttings etc. they would like captured for posterity. The 'Centurion memories' were assembled into a home-produced publication and each contributor received a copy. It can be viewed on the Centurion website at [http://www.centurions1911.org.uk/Centurion /About us/History/Archive](http://www.centurions1911.org.uk/Centurion/About%20us/History/Archive).

Sue Clements C950

Training With Charlie Fogg – 2 MOBILITY + EXERCISES

Loosening warm up exercises to do **daily**, preferably with a partner to help correct each other. As a part of your warm up routine, all the exercises must be done in a ***relaxed manner***. Start off with 20 repetitions of each exercise, except for the squats, start with 100 of those (2 x 100). Add 5 reps each week till you are doing 35 reps x 2 (with the squats add 25 until you are doing 200 (2 x 200) :-

1. Standing feet shoulder width apart. Arms swinging forward to waist height, back to side, forward to shoulder height, back to side then forward and upwards 1 - 2 – 3 in a rythmical action.
2. Standing feet shoulder width apart. Arms raised with elbows at shoulder height, fingers clasped in front of face. Trunk turning to the left firmly **pressing** not jerking, backwards 1 - 2 – 3 times, repeat to the right, (it must be a pressing action not a violent swing). Turn the head with the body attempting to look right round. 1 to left followed by 1 to right = 1 repetition.
3. Same position. Squat, *with heels remaining on the ground*, swinging your arms to maintain balance. Squat to be about a one fifth squat, **do not do full squats**.
4. Co-ordination Arms start outstretched to the side swing downwards and forwards in front of the body, then over in a complete circle to cross downwards at the front of the body, then swing the arms forwards and upwards and press back in a 'star' position then swing downwards and forwards and repeat the sequence.
5. Standing feet apart. Side bends, pressing down to the count of 3 pressing further on each count then coming up before going to the other side. You must keep the body vertical i.e. do not lean forward. Alternatively you could do forward bends i.e toe touching (in my case attempted toe touching!) feet apart, 'legs locked' press (don't bounce) hold, press again, hold press a third time then unroll.

An alternative 'trunk warmer' is standing feet shoulder width apart, legs locked, press down to the floor (finger interlocked, palm facing downwards,) press further each time to the count off 7 then unroll. Always press firmly DO NOT BOUNCE

6. Squat bends as in 3 above

All exercises should be done in a relaxed manner without tension in any part of the body. To start with the session should take little time and may seem to be almost a waste of time, however it is important not to rush at first, learn the exercises and perform them as stylishly as you can.

Additional; Always sit and walk with your back straight trying to keep your chin in (this pulls your tummy muscles in and helps tone them up).

The 'Hard Work' (No one said it was going to be easy) to be done **at least three times a week** as you start to get fitter. Just try them out for now

Glutes

Every time you sit down or stand up, stretch out a leg, and stand up/sit down with it extended, (use opposite legs all the time) make sure your back is straight, after a week progress to holding a couple of weights (two plastic bags filled with stones/earth tied up so you can hold them easily) use whatever weight you like, it doesn't matter.

Planks for the 'core'

Forward Plank This one will help you to maintain an upright racing position instead of a 'bent over' one.

How Lie face down resting your forearms on a mat or cushion for comfort, palms flat on the floor or hands lightly clenched.



Push your middle off the floor, rising up onto your toes, resting on the elbows. Keep your back flat, in a straight line from head to heels.

Contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.

Hold for 20 to 60 seconds, lower and repeat for 3-5 reps. as you get used to the exercise increase the time until you can hold it for 3 mins.



Reverse Plank

This one isolates and strengthens the gluteus muscles and hamstrings. Done correctly, it will also strengthen the abdominals and lower back muscles.

How Sit on the floor with your legs extended. Place your palms, with fingers spread wide, on the floor slightly behind and outside your hips

Press on your palms, and lift your hips and torso upwards.

Look at the ceiling, point your toes, and keep your arms and legs straight.

Keep your entire body strong, and form a straight line from your head to your heels.

Squeeze your middle and try to pull your belly button back toward your spine.

If your hips sag or drop, lower yourself back to the floor.

The idea is to maintain a straight line and hold for 20 to 30 seconds. You might have to begin by holding the position for only a few seconds as you build your strength. It's better to hold the correct position for a shorter time than an incorrect position longer. **When you have mastered it try and increase the time up to 3 mins.**

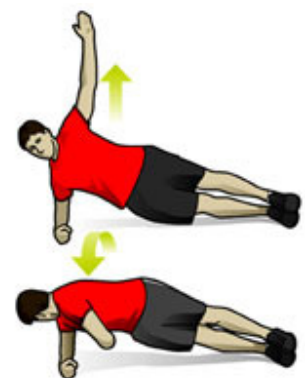
Side Planks

Probably the most important of all (and the most difficult)

Side plank (with reach under)

Lie on your right side, knees straight. Prop your upper body up on your right elbow and forearm, which should be directly below your right shoulder. Raise your hips so your body forms a straight line. Contract and brace your abdominals. (Imagine you're about to take a punch in the gut.) With your left hand, reach under your torso and behind you. Then straighten your left arm above you. Try to do 7 reps and switch sides.

Follow these with the usual sit ups and press ups and you will get there.



Incidentals to be done any time

Whenever you are sitting down stretch both legs in front of you, keeping them straight, pull your toe up in the direction of your shins (dorsi flexion) then, press the down pointing your toes (plantar flexion) then turn your feet inwards trying to put the soles of your feet together, lastly try to turn them out in the opposite direction. All very difficult and you will not achieve the result but it is the effort that counts (also good for the quads)

Next time I will start to introduce 'race walking training'

In case anyone has had difficulty in contacting me by email, remember that you will be asked to enter a number which will appear on the screen in order for your email to reach me, alternatively you can contact me on my work number 01903 770059 if I'm not there I have an answer 'phone.

Best wishes, Charles. www.ashdalebwl.co.uk Tel: 01903 770059 - E: charles@ashdalebwl.co.uk