

Enfield Walker 2012

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

August

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



A Great Games

This issue was hurriedly put together in the few days that I got my life back following two weeks of absorbing, compelling Olympic sport, so I apologise in advance for any errors or omissions. My two trips to London to watch the walks in addition to giving my eyes and buttocks some relief were memorable days, not only for the competitions, but the meeting of many old friends.

I had decided in advance to put aside my traditional race walking perspective and accept that modern race walking was the event that was in the Olympic programme. I'm glad I did. The atmosphere on the Mall was terrific, the occasion so splendid and I was enthralled by it all. Thirty-one countries were represented in the three events and with fields of sixty plus walkers at international level at least, the discipline is more popular now than ever it was.



The build up to the races and commentaries was first class and there was something special amid all the international razzmatazz; it was the friendly, informative tones of Dave Ainsworth. He was introduced prior to the Women's 20km as "the man who is to race walking, what Len Cohen is to Strictly Come Dancing". I know that he and his colleagues put in a lot of hours preparing and actually commentating, so well done! for a job well done.

Well done also to Dominic King and Neringe Aidityte who although finishing down in their respective fields, nevertheless did themselves proud and certainly made me feel proud for them, a feeling I'm sure will be shared by those who know them. Sadly Jo Jackson, probably not fully recovered from her enforced injury lay off, fell foul of the judges.



2012 Friendship Walks

Counc. Kate Onolue, the Mayor of Enfield (pictured with young walkers from Germany) not only acted as starter for the Friendship Walks staged at QEII Stadium on 7th August, she surprised everyone by entering on the day and taking part in the three mile event. In warm humid conditions, walkers from Australia, Brazil, Germany and New Zealand, were among the hundred and one people to take part in what was the *League's* way of celebrating the 2012 London Olympic Games.

League leader Fransisco Reis was the overall winner and after a close race, Carl Thomson from Guernsey pipped Ian Richards for second place. Nineteen year old Gemma Bridge was the leading lady whilst debutant Joyce Crawford and thirteen year old Kyle Watkins with no previous race walking experience both bettered the hour. Seventeen Centurions took part.

For two of the walkers there was an additional cause for celebration; Alan Flavell was 81 the previous day and Andrew Cox was 60 on the day of the race.

With a number of the regular officials unavailable because of Olympic Volunteer commitments, the *League* is extremely grateful to the people listed below whose input was vital in the smooth running of the event.

Judges: Mick Graham (Chief), Colin Bradley, Peter Cassidy, Andrew Garner, Ray Pearce, Pauline Wilson

Recorders: Carol Blyth, Peter & Val Coles, Carl Lawton, Tony Perkins, Ian Spinks, Jim Rooke, Ken Roost

Marshalls: Keith Crew, Hazel & Steve Neville, Malcolm Pearce, John Williamson

Refreshments: Margaret Livermore, Rebecca Spinks - *Results:* Joan Wallwork

Thanks also to Enfield Town FC and Russ Brown for use of the Butler Bar

Five Miles Men

1. Fransisco Reis	(Ilford AC)	39.24	M50
2. Carl Thomson	(Guernsey)	39.47	M45
3. Ian Richards ©	(Steyning AC)	39.50	M60
4. Phil Barnard	(Ilford AC)	42.29	SM
5. Steve Uttley	(Ilford AC)	43.11	M55
6. Steve Allen	(Barnet & D AC)	43.50	M55
7. John Hall	(Belgrave H)	44.34	M60
8. Arthur Thomson	(Enfield HAC)	45.38	M75
9. John Ralph	(Enfield HAC)	45.41	M55
10. Tim Ericson ©Aust	(Australia)	46.01	M60
11. Steve Allen	(Ilford AC)	46.55	M55
12. Shaun Lightman	(Surrey WC)	47.11	M60
13. Mark Culshaw	(Belgrave H)	48.02	M45
14. Tony Bell	(Lancashire WC)	48.57	M55
15. Andrew Cox	(Hillingdon AC)	49.05	M55
16. Ken Bobbett	(Hillingdon AC)	49.41	M65
17. Amos Seddon	(Enfield HAC)	49.50	M70
18. John Constandinou	(Birch H/Cyprus)	49.57	M40
19. Alan O'Rawe ©	(Ilford AC)	50.02	M70
20. Sean Pender ©	(Enfield HAC)	50.33	M55
21. Glyn Jones	(Cov.Godiva H)	50.41	M70
22. Mark Wall ©	(Leic WC/Australia)	51.07	M55
23. Chris Flint ©	(Surrey WC)	51.24	M65
24. Michael Harran	(Surrey WC)	51.47	M70
25. Ron Powell	(Enfield HAC)	54.36	M75
26. Jon May	(Enfield HAC)	54.58	M60
27. David Delaney	(Surrey WC)	56.01	M65
28. David Hoben	(Surrey WC)	56.05	M55
29. Bob Austen	(Milton Keynes)	58.45	M55
30. Kyle Watkins	(SE Bristol ATC)	58.45	u15
31. Mick Barnbrook ©	(Ilford AC)	59.18	M65
32. David Sutcliffe	(Bedford H AC)	61.22	M75
33. Steven Barbour	(SE Bristol ATC)	61.32	u17
34. Joe Workman	(SE Bristol ATC)	61.32	u17
35. Ed Smart	(SE Bristol ATC)	61.52	SM
36. Eric Horwill ©	(Dud/Stourbridge)	62.03	M75
37. Bernie Hercock	(Enfield HAC)	64.21	M75
38. Anthony Higby	(SE Bristol ATC)	70.50	u17
39. Joe Tiley	(SE Bristol ATC)	70.50	u17
40. Kevin Hill	(SE Bristol ATC)	70.52	

Three Miles Men

1. John Taylor	(Loughton AC)	30.16	M55
2. Anthony Harran	(unattached)	33.21	M50
3. John Brock	(Southend AC)	33.49	M60
4. Peter Howard	(Enfield HAC)	35.17	M70
5. Joao Domingo	(Brazil)	35.39	M75
6. Bill Sutherland ©	(Highgate H)	37.33	M65
7. Dave Ainsworth ©	(Ilford AC)	38.20	M60
8. Dick Deacon	(SVAC)	39.22	M70
9. Ken Livermore ©	(Enfield HAC)	41.15	M75
10. Paul Ray	(Enfield HAC)	41.15	M75
11. Mal Blyth ©	(Road Hoggs)	41.23	M75
12. Alex Natt	(SE Bristol ATC)	41.43	M
13. Steve Kemp ©	(EVAC)	43.46	M50
14. Ross Simmons	(SE Bristol ATC)	44.22	M
15. Alan Flavell	(Enfield HAC)	45.00	M80
16. Daniel Spinks	(Moulton School)	50.28	u11

Ladies

© = Centurion

1. Gemma Bridge	(Radley/Birm U)	43.15	u20
2. Helen Middleton	(Enfield HAC)	47.22	W45
3. Alana Barber	(New Zealand)	47.59	SW
4. Cath Duhig ©	(Ryston R)	49.21	W55
5. Noel Blatchford	(Abingdon A AC)	51.51	W60
6. Judy Howard	(Abingdon A AC)	52.26	W55
7. Fiona Bishop	(Aldershot F & D)	54.04	W50
8. Linda Spinks	(Enfield HAC)	54.56	W45
9. Sue Davies	(Hillingdon AC)	55.16	W45
10. Angie Alstrachen ©	(Enfield HAC)	55.46	W45
11. Karen Davies	(Birchfield H)	55.58	W50
12. Joyce Crawford	(Red Lodge R)	56.32	W45
13. Norma Grimsey	(Enfield HAC)	57.38	W55
14. Sue Clements ©	(Enfield HAC)	58.11	W55
15. Jane Angell	(Aldershot F & D)	60.28	W45
16. Maureen Spelman	(Aldershot F & D))	62.04	W75
17. Charlotte Hill	(SE Bristol ATC)	65.41	u17

1 mile Track A (for walkers with disability)

2. Dominic Stulier	(VSV Wuerzburg/Ger)	11.47	u15
2. Marc Jordan	(VSV Wuerzburg/Ger)	11.49	SM
3. Nina Schmidling	(VSV Wuerzburg/Ger)	12.07	u15
4. Ricardo Bremm	(VSV Wuerzburg/Ger)	12.10	u19
5. Tobias Walter	(VSV Wuerzburg/Ger)	12.50	SM
6. Theo Pomazy-Lukas	(VSV Wuerzburg/Ger)	13.34	u21
7. C,hristian Haller	(VSV Wuerzburg/Ger)	14.24	SM?
8. Marco Hesselbach	(VSV Wuerzburg/Ger)	15.31	SM
9. Vic Johnson	(Astley Club, Nkt)	15.40	M75

1 mile Track B

1. Steve Allen	(Barnet & D AC)	8.40	M55
2. Sara Rodrigues	(Brazil)	9.34	W40
3. John Constandinou	(Birch H/Cyprus)	9.35	M40
4. Claudia Geraldino	(Brazil)	10.34	W40
5. Antonio Agrecino	(Brazil)	10.35	M55
6. Angie Alstrachen ©	(Enfield HAC)	11.09	W45
7. Valerie Coles	(Enfield)	11.09	W45

Ladies

© = Centurion

1. Chelsea O'Rawe-Hobbs	(unattached)	31.39	SW
2. Sue Barnett	(Enfield HAC)	31.50	W60
3. Barbara Ralph	(Chiltern H)	32.29	W55
4. Ann Lewis	(Aldershot F & D)	34.29	W60
5. Jo Miles	(Hillingdon AC)	35.10	W55
6. Jill Langford	(Wolves/Bilston)	36.04	W70
7. Kim Howard ©	(unattached)	36.16	W50
8. Liz Stocker	(unattached)	36.16	W45
9. Shelley Walsh	(Lancashire WC)	37.16	W55
10. Safia Hassan	(SE Bristol ATC)	41.43	
11. Lauren Kemp	(Cornelius V Sch)	43.46	u15
12. Sally Anne Tyson	(SE Bristol ATC)	44.03	
13. Lauren Iles	(SE Bristol ATC)	44.04	
14. Faye Milkins	(SE Bristol ATC)	44.05	
15. Sophia Gibbs	(SE Bristol ATC)	44.23	
16. Kate Onolue	(Enfield)	50.42	

English Race Walking Half Marathon

The BMAF championships at Derby probably affected the turn out in this fixture which was held in first class conditions. Helen Middleton retained her title bettering her 2011 time by over two and a half minutes whilst Fransisco Reis won the men's race for the first time after a close tussle with club mate Steve Uttley who set a pb. Noel Blatchford and Club captain Ron Powell also recorded pb's

The records for this challenging course set in 2010 remain with Julie Drake 2.06.33 and German Nieto 1.46.44.

Women

= PB © = Centurion

1. Helen Middleton (Enfield HAC) *2.09.56 w45
2. Noel Blatchford (Abingdon) *2.23.22 w60
3. Fiona Bishop (Aldershot F & D) 2.34.50 w50
4. Diana Braverman (Enfield HAC) 2.42.14 w60
5. Norma Grimsey (Enfield HAC) 2.44.25 w55

*Officials**Judges:* A.Garner, R.Pearce*Recorders:* G.Chapman, A.Ellam, J.Rook,*Feeding Station:* K.Livermore, R.Middleton*Refreshments:* M.Livermore, J.Wallwork*Massage:* E.Birnie*Men*

1. Fransisco Reis (Ilford AC) 2.00.12 M50
2. Steve Uttley (Ilford AC) *2.00.14 M55
3. Peter Ryan © (Ilford AC) 2.06.00 M55
4. John Ralph (Enfield HAC) 2.08.09 M55
5. Steve Allen (Ilford AC) 2.09.20 M50
6. Ken Bobbett (Hillingdon AC) 2.17.45 M65
7. Sean Pender © (Enfield HAC) 2.19.04 M55
8. Michael Harran (Surrey WC) 2.22.37 M70
9. Alan O'Rawe © (Ilford AC) 2.28.46 M70
10. Ron Powell (Enfield HAC) *2.30.49 M75
11. Russell Vroobel (Hillingdon AC) 2.43.21 M50

Also walked and timed in:

- | | | | | |
|--------|------------------|-----------------|---------|-----|
| 16.5km | Jon May | (Enfield HAC) | 1.57.13 | M60 |
| 15km | Andrew Cox | (Hillingdon AC) | 98.37 | M55 |
| 15km | Bernie Hercock | (Enfield HAC) | 2.06.18 | M75 |
| 10.5km | Amos Seddon | (Enfield HAC) | 68.04 | M70 |
| 10.5km | David Ainsworth© | (Ilford AC) | 92.58 | w55 |
| 10km | Anne Belchambers | (Hillingdon AC) | 66.58 | w55 |
| 10km | Linda Spinks | (Enfield HAC) | 69.47 | w45 |

League Positions after Eight Races

Thirty-one clubs are now represented among the 113 walkers who have taken part in this year's *League*. The leading positions are set out below Alan O'Rawe's performance at Hillingdon keeps him in pole position as the leading *Centurion*.

Ladies

1. 639/8 Helen Middleton
2. 404/6 Sue Barnett
3. 396/5 Diana Braverman
4. 345/4 Cath Duhig ©
5. 332/ Jo Miles
6. 275/4 Norma Grimsey
7. 270/3 Neringe Aidietyte
8. 220/3 Maureen Noel
9. 216/2 Fiona Bishop
10. 207/3 Anne Belchambers

Men

- | | |
|-------------------------|--------------------------|
| 1. 681/8 Steve Uttley | 11. 430/6 Alan Ellam |
| 2. 615/7 Fransisco Reis | 12. 419/7 Jon May |
| 3. 529/7 John Ralph | 13. 402/8 Bernie Hercock |
| 4. 525/7 Sean Pender | 14. 387/3 Peter Ryan © |
| 5. 524/6 Fabian Deuter | 15. 382/6 Ron Powell |
| 6. 524/8 Amos Seddon | 16. 371/5 Michael Harran |
| 7. 500/6 Alan O'Rawe © | 17. 361/4 Steve Allen(I) |
| 8. 483/8 Ken Bobbett | 18. 325/4 David Crane |
| 9. 480/6 Arthur Thomson | 19. 315/6 Peter Howard |
| 10. 465/7 Andrew Cox | 20. 313/4 Steve Allen(B) |

Team

1. Enfield & HAC **3127** 639 Middleton, 529 Ralph, 483 Pender, 524 Seddon, 480 Thomson, 430 Ellam
2. Ilford AC **2845** 618 Uttley, 615 Reis, 500 O'Rawe, 387 Ryan, 361 Allen, 301 Barnbrook
3. Enfield & HAC B **2318** 419 May, 404 Barnet, 402 Hercock, 396 Braverman, 382 Powell, 315 Howard
4. Hillingdon AC **2076** 524 Deuter, 483 Bobbett, 465 Cox, 332 Miles, 85 McDonald
5. Surrey WC **1761** 325 Crane, 312 Lightman, 290 Crane, 285 Crane, 371 Harran, 178 Hoben
6. Ilford AC'B' **1224** 279 Ainsworth, 270 Aidietyte, 211 Kates, 214 Birleen, 138 Barnard, 112 Browne
7. Enfield & HAC C **1090** 257 Grimsey, 227 Halsall, 204 Spinks, 150 Smith, 125 Braverman, 109 Ray
8. Belgrave H **1008** 252 Hall, 220 Noel, 214 King, 211 Culshaw, 111 Graham
9. Steyning AC **685** 204 Ball, 207 Belchambers, 133 Jones, 58 Richards, 47 Penfold, 36 Stevens
10. Moulton **614** 208 Wilkinson, 99 Wilkinson, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

How Super Vet Does it? Following Arthur Thomson's recent record breaking exploits I asked him how he did it and this was his reply.

Hello Ron, How do I do it? Guess it's really having "rested" for nearly 30 years, but I couldn't get to the record levels without at least two sessions a week of interval training on a treadmill with flat-out short intervals - currently up to 15 reps of 1m30s at 12.0 kph with 1m 30s rests at about 7kph. A weekly 5mph old fashioned "stroll" of up to 20miles, but more often only 15, helps. All the best, Arthur

Results Round-up

Helen Middleton was the leading walker in the EVAC Central Division track league, with victories at Stevenage (25th April) 2km 11.06, the mile at Bedford (9th May) 8.45, another 2km at Kettering (13th June) 10.54 and a 8.48 mile at Milton Keynes (11th July). She also won the 2km EVAC championship at Sandy on 29th July in 10.55.

A result not previously published, is that of Sean Pender who on Guernsey in June in Sarnia Walking Club's Heritage Group championship 20km posted a time of 2.10.17. Stuart LeNoury in 1.46.40 which was a huge pb.

On the weekend of 27th/28th July Steve Allen(B) and Sean Pender headed north where on the Saturday they competed in the Lancashire WC's **Dick Smith Memorial 20km**. It was won by A.Edwards in 1.54.53 and they recorded 2.01.52 and 2.08.41 respectively. The following day Steve was in action again at **Saltburn** over half the distance, where he clocked 61.45 in third place. The race winner was Andrew Fraser 57.17 and the first woman was Marion Fawkes in 70.01.

Fourteen walkers faced the starter at Battersea Park on 31st July in the third of **VAC's Summer Fives**. Arthur Thomson 46.16 in fifth was EHAC's first man home, followed in eighth by Sean Pender 51.27 and tenth Ron Powell 55.07. Mark Easton 39.53 was the race winner and was followed home by Steve Uttley 43.50, John Hall 44.10 and Steve Allen(B) 45.34.

The **BMAF track 10km** at Horspath on 5th August attracted nineteen entries and EHAC was well represented. Arthur Thomson 57.30, Ron Powell 69.24 and Bernie Hercocock 79.32 made a clean sweep of the M75 medals, whilst Helen Middleton W45 59.39 won her category and Sean Pender M55 60.00 was runner-up in his. The overall winner was Ian Richards M60 50.44 with *Leaguers* Steve Allen(B) M55 54.41 and John Hall M60 55.26 also collecting gold and silver in their respective categories.

Training with Charlie Fogg - Measuring your own Pace

Training can be just going out, banging in a few miles and thinking you are going to improve. Why not try a simple (but effective) type to replace this haphazard one?

Try going down to the track and do 10 separate laps, with a short rest between each lap to enable you to 'keep to your top speed'. The laps must be **at your own best 3km pace**, (how fast is that? Work it out and if you like, let me know)

Now I want you to count the strides it takes you for each separate lap, I suggest you do them under the watch to make sure you are pushing yourself, if you have another training partner they could 'time your laps' and also note down the numbers of strides at the end of each lap, which you would shout out. I used to count every other stride (say every time the right foot hits the ground) then double it at the end, it makes it very easy to do.

What is the reason for this? To condition yourself to a rhythm that will enable you to maintain your present top speed for a further distance or, alternatively, teach you to reduce the number strides per lap, with a consequent reduction in lap times.

This type of training is practised by top time trial cyclists, (Bradley Wiggins in the Tour de France time trial) all the top class swimmers etc. Their rhythm is 'metronomic'

It will also give you a rhythm to use when you are doing your exercises, weights etc which I am sure that by now you are doing !!!!! (I know what use are they? we are Race Walkers! (name me one event in the Olympics where the athlete doesn't spend some time training in the gym, yes even Clay Pigeon Shooting and Archery!)

Just a little reminder;

The Quadriceps are powerful muscles at the front of the thigh that bring the leg forward as they contract, the muscles down the front of the shin are dorsiflexors which means when they contract they bend the ankle; bringing the toes up and the heel down.

The Hamstrings and the calf muscles at the rear of the leg need to be mobile enough to allow the strong pull of the quadriceps to do their work. These muscles flex or bend the hip. This action is associated with lifting the leg up and forward during race walking.