

# Enfield Walker 2012

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

July

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



## Wonderful Occasion

Peter Marlow, Pam Ficken and Dave Ainsworth are to be congratulated on putting on a wonderful Olympic Re-union at the Tower Thistle Hotel, London, on Saturday 7<sup>th</sup> July. They managed to assemble twenty-three British Olympic walkers going back as far as the 1952 Olympics, which was an achievement in itself.

I was one of the fortunate ones to get a ticket and thoroughly enjoyed a nostalgic six hours. I was a nervous seventeen year old when I made my race walking debut at Sutton, Macclesfield, in May 1958 and completely overawed by the sight of Lol Allen (Sheffield UH) proudly wearing a red white and blue hooped GB vest on the start line just a few feet away from me. So meeting Lol, who is now ninety-one was for me, the highlight of a memorable afternoon and I'm sure many of the hundred and forty people gathered there shared similar experiences.

## GB Walkers for the Games

Congratulations to Jo Jackson 20km and Dominic King 50km upon their Olympic selections. I know that everyone connected with the *Enfield League* will be wishing them all the best and willing them to post outstanding performances in their respective events.



All the walks will take place on the Mall; the men's 20km is at 5pm on Saturday 4<sup>th</sup> August, the 50km at 9am on the 11<sup>th</sup> August and the women's 20km at 5pm on the same day. It is worth mentioning that there is only 70 metres of public viewing.

Good wishes also to Neringe Aidietyte (Lithuania), who like Dominic supports the *League* whenever she can.

**Helen Middleton** finished eighth in the Small Nations 10km in Geneva on 24<sup>th</sup> June in a time of 58.24.

**Record Breaking Arthur** I understand that the 3.04.25 clocking for 30km by Arthur Thomson in the BMAF championships at Warwick University on 14<sup>th</sup> July bettered the existing M75 world record. Sean Pender 3.30.33, the club's other competitor was third in his category. There were twenty starters in the event which was held in conjunction with the Midland championship and first home was the in form Ian Richards in 2.49.35, which is faster than the current M60 UK record. Francisco Reis M50 2.52.47 was second and third Steve Arnold M45 3.02.04 who also took the Midland title. Other *Leaguers* in the race were: John Hall M60 who finished just ahead of Arthur in 3.04.20, Steve Uttley the M55 winner in 3.05.06, Ilford's Steve Allen M50 3.09.20, Barnet's namesake M55 3.10.02, and Martin Fisher M45 3.14.42.

The next *League* fixtures are the

**Friendship Walks** (*non Scoring*)

**QEII Stadium on 7<sup>th</sup> August**

**12.15 1 mile for the Visually Impaired**

**1.00 3/5 miles road** (*start and finish on the track*)

*Over 60 advance entries so far received - Entries will be taken up to the day of the race  
IF the 100 competitor limit is not reached*

**3km Track Walk and Paulauf**

**1pm at LVAC on 18<sup>th</sup> August**



## Positions after Seven Races

Thirty-three clubs are now represented among the 112 walkers who have taken part in this year's *League*. The leading positions are set out below

### Ladies

1. 524/7 Helen Middleton
2. 404/6 Sue Barnett
3. 345/4 Cath Duhig ©
4. 332/5 Jo Miles
5. 289/4 Diana Braverman
6. 270/3 Neringe Aidietyte
7. 220/3 Maureen Noel
8. 204/3 Diane Bradley
9. 188/3 Anne Pickard
10. 170/3 Norma Grimsey

### Men

1. 562/7 Steve Uttley
2. 524/6 Fabian Deuter
3. 459/6 Fransisco Reis
4. 483/7 Amos Seddon
5. 480/6 Arthur Thomson
6. 430/6 Alen Ellam
7. 422/6 Andrew Cox
8. 412/6 Sean Pender ©
9. 412/6 John Ralph
10. 390/5 Alan O'Rawe ©
11. 375/6 John May
12. 369/6 Ken Bobbett
13. 360/7 Bernie Hercock
14. 325/4 David Crane
15. 315/6 Peter Howard
16. 313/4 Steve Allen
17. 312/3 Shaun Lightman
18. 301/5 Mick Barnbrook ©
19. 290/4 Peter Crane
20. 285/4 Steve Crane

### Team

1. Enfield & HAC **2741** 524 Middleton, 483 Seddon, 480 Thomson, 430 Ellam, 412 Ralph, 412 Pender
2. Ilford AC **2177** 452 Uttley, 495 Reis, 390 O'Rawe, 301 Barnbrook, 270 Aidietyte, 269 Ryan
3. Enfield & HAC B **2016** 404 Barnett 375 May 360 Hercock 315 Howard, 289 BravermanD., 273 Powell
4. Hillingdon AC **1813** 524 Deuter, 422 Cox, 369 Bobbett, 332 Miles, 85 McDonald, 81 Vroobel
5. Surrey WC **1649** 325 CraneD, 312 Lightman, 290 CraneP, 285 CraneS, 259 Harran, 178 Hoben
6. Ilford AC'B' **1159** 245 Allen, 239 Ainsworth, 211 Kates, 214 Birleen, 138 Barnard, 112 Browne
7. Belgrave H **1008** 252 Hall, 220 Noel, 214 King, 211 Culshaw, 111 Graham
8. Enfield & HAC C **947** 227 Halsall, 170 Grimsey, 166 Spinks, 150 Smith, 125 BravermanT, 109 Ray
9. Steyning AC **646** 204 Ball, 168 Belchambers, 133 Jones, 58 Richards, 47 Penfold, 36 Stevens
10. Moulton **614** 208 WilkinsonC, 99 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

## Results Round-up

There were two events staged on Tuesday 19th June. The 'earlier kick-off' was the **VAC 5mile championship** at Battersea Park where Ian Richards sped to an extremely swift 35.57, a huge ten minutes plus ahead of the second man, Ilford's Steve Allen's 46.10. Arthur Thomson 46.22 and Helen Middleton 47.14 occupied third and fourth places whilst Ron Powell 55.06 and Bernie Hercock 66.10 were the other EHAC competitors, thus making it a one, two, three in the M75 category. There were twelve starters.

Over at Ashton's Track, **Woodford** in the first of the summer's **Tuesday races**, Neringe Aidietyte zipped around seven and a half laps to clock a 13.06 3km. Her nearest challenger was Fransisco Reis 14.01 and behind him Steve Allen (Bnt) 16.07 and eight others including Sean Pender 19.08.

Ian Richards recorded another fast time; 36.22 when winning the second **VAC 5 miles** at Battersea on 3<sup>rd</sup> July. Mark Easton was eleven seconds off breaking forty minutes and Steve Allen (B) 45.34 in third place. Ron Powell 55.20 and Bernie Hercock 63.56 were the only club walkers in the eleven strong field.

In the **EVAC Fenland T & F League** Sue Barnett recorded 9.52 for the mile at Peterborough in May, and 12.30 for 2km at Cambridge in June, whilst at the same meetings Peter Howard clocked 10.50 and 13.41. Peter also competed at the St.Ives meeting in July where he registered 10.48 for the mile.

Three familiar faces at Enfield *League* events took part in the **Princes Risborough 10k** road race on 8th July. Barbara Ralph and Jo Miles ran whilst John Ralph race walked it. Barbara was 91st out of 256 finishers, 9th lady/1st FV55 with a time of 46.54. Jo Miles was 197<sup>th</sup>/55th lady with a time of 57. 52. John Ralph was 213th with a time of 59mins 38secs. As per the previous day at Woodford Green we got lucky with the weather and avoided any torrential rain for the duration of the race. -- John Ralph.

There was a 2km walk in the **Herts/Middlesex** division of the **Southern Vets League** held at LVAC on 16<sup>th</sup> July. Fransisco Reis 7.14 was well clear of the thirteen others who started the race and for the record: Steve Allen (I) 10.47, Steve Allen (B) 10.56, Helen Middleton 11.18, Sean Pender 12.25, Norma Grimsey 13.40, Bernie Hercock 14.53 and Ken Livermore 15.27, were the *League* regulars to also take part.

### *Reults Round-up continued*

On the following evening, 17<sup>th</sup> July, the second **Woodford Tuesday 3km** took place and attracted ten walkers. It proved to be another victory for Fransisco Reis 13.54 with Mark Easton 14.10 the runner-up and under 20 year-old Gemma Bridge (Radley) 15.25 in third. Ilford's Steve Allen 15.55, Barnet's Steve Allen 16.17 and Sean Pender 19.22 were the other *Leaguers* competing. It's worth noting that for Fransisco, the two Steve's and Sean it was their third race in four days.

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### ***Training with Charlie Fogg – INTELLIGENT TRAINING***

Whenever you are out training, don't just go out and 'bang in the miles' the idea is to intelligently improve; your body position, your speed, your style or your contact. With the right mental attitude you **CAN** improve.

Try the following session at least twice a week:-

**If you can get to a track**, Warm up for at least 4 laps, ease off then complete the following:-

The first 200m concentrate on walking as TALL and upright as you possibly can.

The next 200m race walk RELAXED and easily.

Next 200m DRIVE OFF YOUR BIG TOES.

Last 200m go absolutely FLAT OUT (disregarding your style).

Repeat the above in the same order 4 times, a total of 8 laps.

Warm down for at least 4 laps.

**If you don't have a track nearby**: Warm up for a mile or so. Use lampposts, telegraph poles, drains in the gutter, anything that is an equal distance apart, using them as a marker for the above four different types of action. At the end, warm down for at least a mile.

If you have time to do any other sessions, consider what you are trying to achieve, are you going for the shorter or longer distances? This will determine the type of session, be it interval training (on the track or using a stop watch) or a continuous session at a pre-determined pace.

Always 'think' about your style/contact/speed 85% of athletic effort in all sports is MENTAL ATTITUDE picture yourself as a **class race walker** with style, confidence and ability, don't be satisfied with just 'trudging along'

Next installment: How to measure, and achieve, your **personal pace** for a controlled performance that **you** can dictate.

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***A personal view*** It is inexplicable to me why on our home soil there won't be a full compliment of GB representatives in every athletic event. It isn't as if the country's second and third string options are athletes that haven't been dedicated and put in volumes of work. Sadly the myopic quest for medals has deprived many deserving athletes the privilege of attaining Olympic status and confirms that the greatest show on earth is no longer about sport and the honour of taking part, but about entertainment and marketing opportunities. No doubt that when the Games close the electronic scoreboard will flash the traditional closing message; inviting the youth of the world to reassemble again in four years time, but I don't think it will display a footnote "but only if you have done the qualifying standard.

***National 50km*** Following the disappointing numbers contesting and so few completing the 2011 national 50km, it was muted that like a number of other European countries, future championships were likely to be included in a major continental event.

However, I now understand that there is the chance of a reprieve and that the 2012 National 50km championship could take place at Colchester on 22<sup>nd</sup> September **IF A MINIMUM OF TEN ENTRIES ARE RECEIVED!** For forms and information Contact Hon Championship Secretary Peter Marlow on 01284 754 177 or [pmarlow@btinternet.com](mailto:pmarlow@btinternet.com)