

Enfield Walker 2012

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

March

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



Enfield Ladies – National 10km champions

On a cold rainy day at Coventry on 4th March, the Club's ladies added the UKA/RWA national **10km** title to the Southern one they won in January. The scoring three on this occasion was Helen Middleton 1.37.28 and Sue Barnett and Linda Spinks who matched each other stride for stride from the off and were credited with the same time of 1.48.37. Diana Braverman also bettered the two hour standard clocking 1.55.00.

The amazing Arthur Thomson 1.35.33, with the backing of John Ralph 1.40.00 and Sean Pender 1.46.16 were third in the men's team event. *Further comment on pages 3/4.*



Helen (47), Sue (46) and Linda (48) all smiles despite the miserable day

Good Luck Sean Two days after the Pat Furey Five, EHAC stalwart and current Southern President is off to Australia to attempt qualification as an Australian Centurion. The event takes place over the weekend of 14th/15th April and if successful he will join Sandra Brown, Sue Clements, Mark Wall who have also qualified in both countries.

The next League Race is the **PAT FUREY Open FIVE miles**
and Junior Races

at **1pm on Saturday 31st March** at Lee Valley Athletic Centre, (N9 0AR)

Entries taken on the day - Walkers wishing to race 2.5 miles only will be welcome - Bonus Points

LICC Races

This year only one of the London Inter Club Challenge races is a point scorer for the *League*, but none the less I do hope that walkers will support the other races. The dates distances and venues are: 28th April 3km at Parliament Hill Fields, 16th June 5km at Cophthall (this is a *League* race), 7th July 3km at Ashton's track Woodford and 25th August 5km again at Cophthall. The walk start time for all the meetings is 11.45am

Revised date for London Walks

The new date for the London Walks which should have taken place on 5th February, but which were postponed because of bad weather is **Sunday 20th May**.

Stop Press: M75 World Record for Arthur

Super-Vet Arthur Thomson sliced more than half a minute of the M75 World indoor 3km record when competing in the Southern Vets AC championships at LVAC on Sunday 11th March. His time was 16.29.62 compared to the previous record of 17.02.20 set by Toivo Tuomela in March of 2005.

The turn out for this fixture was down on the previous year and although thirty-four walkers started only twenty-eight of them intended doing the full distance. Conditions were unpleasant and worsened further when it started to rain after three quarters of an hour. The Essex and Middlesex titles were a repeat of 2011.

<i>Ladies</i>			<i>Men</i>			<i>* = PB</i>	<i>© = Centurion</i>
1. Helen Middleton	(Enfield HAC)	96.50 W45	13. Sean Pender ©	(Enfield H AC)	102.37 M55		
2. Maureen Noel	(Belgrave H)	100.25 W45	14. Michael Harran	(Surrey WC)	103.30 M70		
3. Sue Barnett	(Enfield HAC)	107.29 W60	15. Paul King ©	(Belgrave H)	105.00 M60		
4. Diana Braverman	(Enfield HAC)	113.43 W60	16. Peter Hannell	(Surrey WC)	105.59 M65		
Five Miles: Jo Miles	(Hillingdon AC)	58.21 W55	17. Ron Powell	(Enfield H AC)	112.05 M75		
			18. Iain Thomson	(Surrey WC)	118.30 M60		
			19. Jon May	(Enfield H AC)	120.25 M60		
			20. Mick Barnbrook©	(Ilford AC)	121.07 M65		
			21. David Hoben	(Surrey WC)	127.28 M55		
			22. Bernie Hercock	(Enfield H AC)	132.07 M75		
			<i>5 miles</i>				
			1. Mark Culshaw	(Belgrave H)	51.58 M45		
			2. Seamus Kerr	(London Irish AC)	52.19 M50		
			3. Terry Braverman	(Enfield H AC)	59.03 M65		
			4. Brendan Fluery	(unattached)	59.41 M45		
			5. Peter Howard	(Enfield H AC)	60.28 M65		
			6. Paul Ray	(Enfield H AC)	69.30 M75		
			7. Ken Livermore ©	(Enfield H AC)	69.30 M75		

Essex Championship: Dominic King, Daniel King, Steve Uttley – Team: Ilford AC Reis, Uttley, Allen
Maureen Noel Middlesex (Lady)

Middlesex Championship: Fransisco Reis, John Hall, Andy Cox - Team: Enfield HAC Pender, Powell, May

Judges: M.Croft(Chief), P.Cassidy, M.Graham, R.Gutteridge, R. Pearce, P.Wilson * he could have said hello

Time Keepers/Recorders: Phil Welch. – Pauline Kates, Pam Ficken

Marshalls: D.Ainsworth, M.Blyth, T.Perkins, Jim Rooke, Ken Roost, Eddie Trotter

Registrations: M.Livermore, A.Ellam - *Course Manager:* B.Hercock - *Refreshments:* M.Livermore, H.Nyman,

2012 League Positions after Two Races

<i>Ladies</i>		<i>Men</i>	
1. 112/2 Helen Middleton		1. 126/2 Fransisco Reis	11. 92/2 Michael Harran
2. 99/2 Maureen Noel		2. 122/2 Steve Uttley	12. 89/2 Mark Culshaw
3. 88/2 Sue Barnett		3. 118/2 John Ralph	13. 81/2 Ron Powell
4. 70/1 Neringa Aidietyte		4. 117/2 John Hall	14. 68/2 Michael Barnbrook©
5. 54/1 Cath Duhig		5. 116/2 Steve Allen	15. 68/1 Fabian Deuter
6. 49/1 Anne Belchambers		6. 110/2 Arthur Thomson	16. 67/1 Jim Ball
7. 44/1 Linda Spinks		7. 109/2 Andrew Cox	17. 67/2 Bernie Hercock
8. 40/1 Diana Braverman		8. 107/2 Amos Seddon	18. 65/1 Steve Allen(Bnt)
9. 38/1 Angela Martin		9. 97/2 Ken Bobbett	19. 60/1 Dominic King
10. 36/1 Anne Pickard		10. 96/2 Paul King	20. 59/1 Daniel King

Team

1. Enfield & H AC	616	118 Ralph, 112 Middleton, 110 Thomson, 107 Seddon. 88 Barnett, 81 Powell
2. Ilford AC	560	162 Reis, 122 Uttley, 116 Allen, 70 Aidietyte, 68 Barnbrook, 58 Kates
3. Belgrave H	401	117 Hall, 99 Noel, 96 King, 89 Culshaw
4. Enfield & H AC B	328	67 Hercock, 58 Howard, 55 Ray, 52 Livermore, 50 Ellam, 46 Pender
5. Surrey WC	321	109 Harran, 57 Lightman, 48 Flint, 43 Hannell, 42 CraneP, 39 Thomson I
6. Hillingdon AC	306	109 Cox, 97 Bobbett, 68 Deuter, 32 Miles
7. Enfield & H AC C	231	44 Spinks, 43 Dunn, 40 Braverman, 38 May, 35 Grimsey 31 BravermanT
8. Steyning AC	174	67 Ball, 58 Richards, 49 Belchambers
9. Colchester AC	119	60 King Dom, 59 King Dan
10. Ilford AC'B'	115	63 O'Rawe, 28 Ainsworth, 24 Mikelionis

Thanks! Bourne Sports



World Best for Enfield in 1977

In the last issue I made reference to a crop of Enfield GB internationals in the 1960's/70's. They were; Charlie Fogg, Amos Seddon, Adrian James and ultra distance star Peter Worth and they are pictured right in that order. Also in this period Hamish Stewart and Graham Scott gained Scottish vests.

In 1977, as a fund raiser for the £5000 needed to stage the Lugano Trophy Finals that were to be held at Milton Keynes later that year, an attack on the 10 x 100 miles Relay world best of 14.23.45 set by the Colorado Track club in 1973, was organised. It took place on 30th April/1st May at Chelmsford and consisted of ten walkers covering one mile each in rotation.



The Enfield team which included the previously mentioned six sliced over an hour and three-quarters off the Americans' time clocking 12.37.24 and the club's average mile times were: Adrian James 7.05, Geoff Robinson 7.20, Tim Major 8.09, Dave Salter 7.51, Colin Fisher 7.27, G.Scott 7.31, Peter Worth 8.09, Charlie Fogg 7.31, Hamish Stewart 7.28 and Amos Seddon 7.06.

Five other clubs took part; Sheffield UWC 12.52.14, Belgrave H 12.53. 02, Brighton & Hove AC 13.01.48, Ilford AC 13.14.52 and Dawlish & S.Devon AC 14.46.33 and all bettered the Colorado club's figures.

Walkers still about today who took part (with their average times) were: Carl Lawton 7.07, Dave Ainsworth 9.11 and Ed Shillabeer 7.29.

My Apologies to any walker who has found the change of the Pat Furey date inconvenient, but the decision was made with the best interests of race walking in mind.

Results Round-up

Most of the south was still in winter's grip on Saturday 11th February which was probably the reason why only nine senior walkers came under starters orders in the third **Cambridge H 5km** winter league at Bexley. Cath Cotterill 34.12 and Cameron Corbishley 24.06 were the respective winners with *Leaguers* Steve Allen (Bt) second in 26.25, whilst Dave Ainsworth 39.26 and Mick Barnbrook 39.37 were the others.

There was a poor entry for the **Eastern and Essex Indoor One mile championships** at LVAC on Sunday 12th February. Only six walkers took part and they were: Steve Allen (Bnt) 8.00, Steve Uttley 8.01, Helen Middleton 8.53, Gary Smith 9.24, Peter Cassidy 11.00, Dave Ainsworth 11.55 and Laura Kemp (u15) 12.55.

Sean Pender used the **Leicester WC 15 miles** event as an opportunity to get some miles in as preparation for his 100 mile attempt in Australia in mid April. The Race was won by Leicester's evergreen star Chris Berwick in a little over two and a half hours and Sean clocked 2.46.31.

The weather conditions at the **UKA/RWA national 10 miles** staged at Warwick University, Coventry on 4th March were most unpleasant and credit has to be paid to the local organisers and event officials for overcoming the difficulties that the weather threw up. The course in the view of most of the walkers I talked to, was that it was a good one and that the Coventry Godiva Clubhouse facilities were excellent.

Congratulations to Pembroke's Heather Lewis 85.03 and Tom Bosworth 70.07 and to Ilford AC (EHAC gets front page coverage) upon their national titles. Fansisco Reis third in 81.59, Steve Uttley fifth in 88.08 and Steve Allen eleventh in 96.25 were the Ilford scorers and they also had David Kates thirteenth in 98.58 and Ed Sillabeer twenty-second in 1.47.39. Second team home was Belgrave; Stuart Kellmorgan* 80.08 second, John Hall 91.53 eighth, Mark Culshaw 1.42.52 seventeenth with Paul King 1.43.02 as their insurance man. Fourth team was Surrey WC; Shaun Lightman 99.35 fourteenth, Peter Hannell 104.05 eighteenth and Chris Flint 105.15 twentieth.

**In the last issue I referred to Stuart as an 'unknown' Australian. I now know that he is the current Masters M40 world champion. Sorry Stuart.*

More on the National Ten

On short multi-lap courses, keeping up with what's happening in the race is always difficult. It was made more so at Coventry because a handful of our top walkers used the event to post times at shorter metric distances before dropping out. I've no problem with them doing so, but why should they be shown on the official result sheet as having competed in shorter races and allocated times, whilst four other walkers were shown not to have finished in the ten miles and given no times? The event prospectus made no mention of 10km or 5km events being incorporated in the championship.

From time to time in our *League* we encourage novice or veteran walkers to turn out and have a go even if they are unable to complete the full distance and we record their time. The distances are often odd because the same start and finish lines apply to everyone. However, this wasn't the case at Coventry.

I recall that a couple of years ago at an RWA gathering in Birmingham I heard a very interesting presentation about race walking biomechanics. What stuck in my mind and I accept, was that there is a period during each stride when a walker may be off the ground and the infringement is undetectable by the human eye. I can't accurately remember the exact fraction of a second this was but it was referred to as flight or float time; well, on viewing Mark Easton's photo gallery of the event, if you added up the flight/ float time, there was a heck of a lot of it at Coventry!



THE CENTURION HANDBOOK 11TH EDITION

A list of minor corrections and some updates relating to the 11th edition published in May 2011 has been produced. It is available from either the Centurion website www.centurions1911.org.uk or via email from Sue Clements (susancllements950@bopenworld.com).

If you still have not bought a copy of this excellent book copies are still available from www.centurions1911.org.uk and, priced £11.00 per copy or from Pam Ficken at any of the events that she attends.

Hi Joan and Ron

Many thanks for the kind comments in the newsletter, I have had a small but enthusiastic response and will continue to push for a more 'modern' approach, times have changed but there is a reluctance for Race Walkers to follow!.

With regard to the proposed introduction in 2013 of the UK Youth Development League and the chance that race walking will be included in it. Although I agree that there is some anti race walking feeling in the world of track and field, that often, we are only interested in our own discipline, rarely getting involved in other track and field events. It is not as 'Anti race walking' as some would have us believe.

There is every opportunity for race walkers to redress the balance with their participation in indoor meetings the LICC events etc. HOW!?

Just TALK to other competitors, about their training and particular event strategies, we have two ears and one mouth, unfortunately most race walkers use the mouth far too much and the ears not enough, we (as a collective event) are resistant to change and loathe to adapt our training.

We have the attitude, 'if it ain't broke, don't fix it' Well **IT IS BROKE** and we need a new vibrant approach to fix it. The proposed UK Youth Development League is a brilliant opportunity.

Get out, make friends with the track and field crowd, they will welcome you, I speak from experience, I have friends in all disciplines and coach many of them including one of the top women's football referees in the UK. Get real, race walkers, it's 2012 and there is a great world out there, get out of your cocoon, go and join it.

By the way there is a new rule come out for race walkers in 2012 "you are now officially allowed to smile!" when talking to non race walkers.

Charles/Charlie Fogg

Forthcoming Fixtures

March 24th **Steyning AC** races at Horsham – contact Ron Penfold on 01293 520 506

March 31st 1.00am **Pat Furey Open Five** at Lee Valley Athletic centre

April 14th **UKA/RWA National 20km** – Red Bridge Cycle Track. Entries to /details from pmarlow@btinternet.com 01284 754 177

Enfield Walking League 2012 – Remaining Fixtures

31st March	1.00pm (3)	Pat Furey Open 5 miles and YAG distances <i>Bonus points</i> <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
28 th April	1.00pm (4)	5 miles League Race <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
2nd June	2.00pm (5)	Moulton Open Five <i>Amblers, Ramblers, Power & Race Walkers</i> <i>Bonus points</i> <i>Moulton Village Hall, Suffolk, CB8 8QP inc. EHAC Club championship</i>
16th June	11.45am (6)	5km track & YAG 1km inn the LICC meeting <i>Copthall Barnet Stadium</i>
21st July	1.00pm (7)	Half Marathon and shorter distances <i>Bonus points for completion of full distance</i> <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
7th August (Tuesday)	1.00pm	2012 Friendship Walks in celebration of the London Games <i>QE2 Stadium, Donkey Lane, Enfield</i>
18th August	1.00pm (8)	3km League Race & Club championship + 45 minute Parlauf 1km Youngsters and Newcomer Taster event <i>QE2 Stadium, Donkey Lane, Enfield</i>
29th September	1.00pm (9)	10km League Race <i>venue to be confirmed</i>
13th October	1.00pm (10)	One Hour Badge Races/ <i>Venue to be confirmed.</i>
10 th November	1.00pm (11)	86th Enfield Open Seven – Club Championships <i>Bonus points</i> <i>Venue to be confirmed</i>