

The Enfield Walker 2012

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

November



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

League Positions with One Race to Go

With one race remaining in the 2012 series, the ladies result seems secure. However in the charge for the individual men's title Fransisco Reis has gone top and Fabian Deuter has leapt up to equal third, but the fat lady isn't singing yet; Steve Uttley who missed the last race and Fabian both have a race in hand.

Meanwhile, the Enfield and Ilford 'A' teams remain certain to occupy the top two *League* positions, but Enfield's 'B' squad is under extreme pressure from Hillingdon who reduced a 185 points deficit to just 96 points in the recent yacht handicap.

Bear in mind when reading the individual tables that although some walkers have ten or more races to their credit, their points are calculated from their best nine performances.

Thirty-three clubs are now represented among the 126 athletes who have taken part in this year's *League*. Thirty-seven women and eighty-nine men have registered 415 performances.

Ladies

1. 695/11 Helen Middleton
2. 530/9 Sue Barnett
3. 429/6 Diana Braverman
4. 345/4 Cath Duhig ©
5. 332/5 Jo Miles
6. 303/5 Norma Grimsey
7. 270/3 Neringe Aidietyte
8. 264/4 Maureen Noel
9. 249/4 Anne Belchambers
10. 243/5 Linda Spinks

Men

1. 732/9 Fransisco Reis
2. 681/8 Steve Uttley
3. 644/8 Fabian Deuter
- eq 644/10 John Ralph
5. 618/10 Sean Pender ©
6. 594/8 Alan O'Rawe ©
7. 593/10 Ken Bobbett
8. 591/10 Amos Seddon
- eq 591/8 Arthur Thomson
10. 574/10 Andy Cox
11. 505/8 Michael Harran
12. 497/7 David Crane
13. 463/8 Jon May
14. 438/ 11 Bernie Hercock
15. 430/6 Alan Ellam
16. 425/7 Ron Powell
17. 401/9 Peter Howard
18. 387/3 Peter Ryan ©
19. 371/5 Steve Allen (B)
20. 367/7 Mick Barnbrook ©

Team

1. Enfield & HAC **3669** 695 Middleton, 644 Ralph, 618 Pender, 591 Seddon, 574 Thomson, 530 Barnett
2. Ilford AC **3122** 732 Reis, 681 Uttley, 594 O'Rawe, 387 Ryan, 361 Allen, 491 367 Barnbrook
3. Enfield & HAC B **2586** 463 May, 438 Hercock, 430 Ellam, 429 BravermanD, 425 Powell, 401 Howard
4. Hillingdon AC **2490** 644 Deuter, 593 Bobbett, 574 Cox, 332 Miles, 262 Vroobel, 85 McDonald
5. Surrey WC **2345** 505 Harran, 497 CraneD, 363 Lightman, 362 CraneP, 336 CraneS, 281 Hoben
6. Ilford AC 'B' **1463** 325 Ainsworth, 270 Aidietyte, 271 Birleen, 211 Kates, 248 Bennett, 138 Barnard
8. Enfield & HAC C **1238** 303 Grimsey, 247 Halsall, 243 Spinks, 156 BravermanT, 150 Smith, 139 Livermore
9. Belgrave H **1132** 264 Noel, 257 Culshaw, 252 Hall, 214 King, 111 Graham, 35 Gillan
8. Steyning AC **925** 249 Belchambers, 263 Ball, 190 Jones, 94 Penfold, 71 Stevens, 58 Richards
10. Moulton **822** 360 WilkinsonC, 155 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

A warm welcome to attend the final event of the 2012 series is extended to all walkers and supporters of race walking. The event is the oldest surviving sprint road walk in the country, so if you can get along, we will be pleased to see and you will receive a warm welcome!

86th Enfield Open Seven Miles

2011 Winners: Neringe Aidietyte 53.05 – Dominic King 49.29 – EHAC Ladies & Mixed – Ilford AC Men

Saturday 10th November 2012 at 1pm

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Newcomers Novices 3.756km/7.512km

Individual, Centurion and Team prizes - Entries £5 taken on the day - Course 3 x 2 1/3rd miles
also incorporating LBH and SVAC championships

Once again the weather for a *League* race was kind and among the forty-four starters were a number of new faces including Sue Beardsmore fourth fastest lady, who three weeks previously registered a 21.15.43 hundred miles at Colchester to qualify as *Centurion* number 1094. Helen Middleton, Maureen Noel and Sue Barnett were the fastest ladies, whilst quickest overall were Fabian Deuter with a huge pb and club record, Fransisco Reis and Jim Ball.

Ladies	time off	act time		© = Centurion	* = pbs
1.	60.00 (04.05)	55.55	Geraldine Legon	(Bexley AC)	W50
2.	61.54 (04.05)	57.49	Anne Lewis	(Aldershot FD)	W60
3.	61.54 (04.05)	57.49*	Jane Angell	(Aldershot FD)	W60
4.	62.10 (08.55)	54.15*	Joyce Crawford	(Red Lodge R)	W45
5.	64.06 (11.05)	53.05*	Tabi Gillan	(Belgrave H)	SW
6.	64.09 (09.20)	53.49	Angela Martin	(Paddock Wood)	W45
7.	64.22 (07.55)	56.27	Norma Grimsey	(Enfield H AC)	W55
8.	64.29 (12.55)	51.34	Sue Barnett	(Enfield H AC)	W60
9.	65.27 (16.10)	49.17	Maureen Noel	(Belgrave H)	W45
10.	65.28 (05.55)	59.33	Kathy Crilley ©	(Surrey WC)	W45
11.	66.21 (13.35)	52.36	Sue Beardsmore ©	(Abingdon AC)	W40
12.	66.47 (19.05)	47.42	Helen Middleton	(Enfield H AC)	W45
Men					
1.	59.31 (00.00)	59.31	Dan Maskell	(Vets AC)	M60
2.	60.38 (05.00)	55.38	Ross Bennett	(Ilford AC)	SM
3.	60.52 (13.20)	47.32*	Callum Wilkinson	(King Edward Sch)	U17
4.	61.23 (00.00)	62.23	Peter Howard	(Enfield H AC)	M70
5.	61.30 (15.25)	46.05	Luc Legon	(Bexley AC)	U17
6.	62.38 (09.20)	53.18	David Delaney	(Surrey WC)	M70
7.	62.45 (10.05)	52.40	Russell Vroobel	(Hillingdon AC)	M50
8.	62.52 (18.35)	44.17	Abdi Berleen	(Ilford AC)	M45
9.	62.56 (10.05)	53.51	Peter Crane	(Surrey WC)	M65
10.	62.59 (25.30)	37.29*	Fabian Deuter	(Hillingdon AC)	SM
11.	63.09 ((16.35)	46.34	Ken Bobbett	(Hillingdon AC)	M65
12.	63.16 (00.00)	63.16	Bernie Hercock	(Enfield H AC)	M75
13.	64.10 (19.20)	44.50*	John Ralph	(Enfield H AC)	M55
14.	64.27 (17.15)	47.12	Andy Cox	(Hillingdon AC)	M60
15.	64.32 (14.55)	49.37	Graham Chapman	(Headington AC)	M55
16.	64.37 (00.00)	64.37	Dave Ainsworth ©	(Ilford AC)	M60
17.	64.39 (16.15)	48.24	Mark Culshaw	(Belgrave H)	M60
eq	64.39 (16.35)	48.04	Stuart Bennett ©	(Ilford AC)	M50
19.	64.53 (08.05)	56.45*	Tony Wilkinson	(unattached)	M50
20.	65.02 (20.45)	44.17	David Crane	(Surrey WC)	SM
21.	65.04 (14.10)	50.54	Michael Harran	(Surrey WC)	M70
22.	65.06 (24.25)	40.41	Jim Ball	(Steyning AC)	M45
23.	65.11 (18.40)	46.31	Shaun Lightman	(Surrey WC)	M65
24.	65.13 (15.55)	49.18	Alan O'Rawe ©	(Ilford AC)	M70
25.	65.23 (13.55)	51.28	Sean Pender	(Enfield H AC)	M55
26.	65.46 (25.30)	40.16	Fransisco Reis	(Ilford AC)	M50
27.	65.57 (17.20)	48.37	Amos Seddon	(Enfield H AC)	M70
28.	66.02 (08.55)	57.07	Mick Barnbrook ©	(Ilford AC)	M65
29.	66.04 (20.05)	45.59	Arthur Thomson	(Enfield H AC)	M75
30.	66.30 (06.20)	60.10	Stuart Halsall	(Enfield H AC)	M80
31.	66.34 (10.05)	56.29	Dave Hoben	(Surrey WC)	M55
32.	67.35 (13.55)	53.30	Steve Whelan	(Headington AC)	M50
	Dns		John Taylor	(Loughton AC)	M55



Dave Ainsworth, Peter Howard, Dan Maskell
and Bernie Hercock



Geraldine Legon, Anne Lewis and Jane Angell



Fabian Deuter and Fransisco Reis

Judges: Peter Cassidy, Mick Graham, Pauline Wilson, Ron Wallwork

Timekeeper/Recorders: Phil Welch - Pam Ficken, John Hall, Barbara Ralph, Tracy Wilkinson

Registration/Refreshments: Margaret Livermore, Cathy Paton

Course/Marshalls: Bernie Hercock, Ken Livermore / Mal Blyth, Tony Perkins, Jim Rooke, Ken Roost

Action pictures courtesy of Mark Easton – see more on <http://markeaston.zenfolio.com/p925501557>

Olympic Legacy Challenge

With all the talk about the Olympic legacy, I got to wondering what it might be for a) race walking as an athletic discipline, b) individual walkers and c) the *Enfield League*.

Well, I don't have much influence on the national scene, but numbers participating in the *League* indicates that it is getting something right and so it is important that it continues do so and in the process play a part of any legacy plans that a) or b) may have.

The *League's* legacy will be in the form of a challenge with three aims:

1. Improve the standard of performance by *League* participants.
2. Increase the participation level of the *League* including new and younger people to race walking.
3. Encourage more non-walkers to assist as officials.

Aim 1. The first step is fairly straight forward. Any walker *Leaguer* or not, can ***endeavour to post times at five miles and 10km faster than they did in the Olympic year.*** *These distances are those that constitute most of the Leagues fixtures and seasonal bests at them would undoubtedly transfer to other distances.*

Improved technique, better fitness levels and planning are the vital ingredients to achieving this. So, to get the Challenge underway it is proposed to hold an end of season get together where people can set their targets, start to devise a programme to achieve them, do a technique session and a training workout. It sounds a lot for a three hour session, but the important thing is; that it is a start!

Date is Saturday 29th December - an ideal opportunity to control festive season excesses and is also the time for making resolutions.

Venue is Lee Valley Athletic Centre 10.30 – 1.30

Closing Date for Signing Up is 15th December - Fee £5

If you can't make the 29th December, it doesn't mean that you can't sign up for the Challenge.

The strategy for Aims 2 and 3 is not so straight forward and will take time to develop, but that shouldn't stop us getting on with aim 1 and I hope that you will get in touch to say that you wish to take on the Challenge.

Ron Wallwork

They make it Possible *I was always aware that as well as dedication, hard work and family support any success that I enjoyed as an athlete wouldn't have been possible without a) my fellow competitors and b) the officials who enabled the events to take place. Hence the inclusion of the latter in League race results. I hope that 'They Make it Possible' will be the first in a series about the people who are so vital to the League's success.*

Phil Welch

Ron asked if I could provide a pen portrait of myself, so here's a pencil sketch at least.

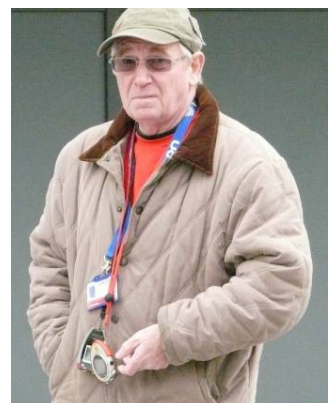
I went to a school which concentrated on rugby and cross country was seen more as a punishment than a sport.. However, it was where I competed in my one and only walking race, a mile on a grass track. I was beaten by all but one of the competitors: a rugby forward who was recovering from a broken leg.

It was some years before I returned to athletics. In 1981, I was coerced by a work colleague to take part in the Sunday Times fun run in Hyde Park. My obvious natural talent was immediately recognised and I was encouraged to join a club (actually my colleague was looking for a training partner to help him prepare for the London Marathon, and he dragged me down to Hillingdon AC in Bury Street, Ruislip).

Over the next few years, I had a very enjoyable time running on roads and country, and met many good people and achieved a number of personal goals. I have always felt that it is important to put back into a club at least as much as you get out of it, so I volunteered my "talents" first as a race organiser (Hillingdon 5, Finchley 20 etc) then as a committee member (Treasurer, Chairman/President, Secretary) and also qualified as a Field Judge and Timekeeper.

When I was first asked to help with timekeeping at one of the Walk League's events at Minet Park, I was not at all sure what to expect. I was really pleased to find that walkers have a remarkable blend of competition, cooperation and camaraderie. I hope to be able to assist at many more events in the future.

Philip Welch



Results Round-up

Not mentioned in the **BMAF 10km results** in the last issue was the club's third team placing. The scorers were Arthur Thomson, Sean Pender and Bernie Hercock. Midland teams Birchfield and Leicester took first and second place

The SWC's winter series got underway with the **Gazette Cup 4 miles** at Monks Hill on 6th October. Mark Easton 31.31 won the trophy for the fifteenth time. Trevor Jones 34.28 and David Crane 34.48 occupied second and third places. The leading lady was Maureen Noel in 40.07. Bernie Hercock 50.23 and Ken Livermore 52.39 was the club's only participants in the twenty-nine strong field, along with *League* regulars Michael Harran 39.47, Peter Crane 44.03, Dave Hoben 44.32, Mick Barnbrook 46.54 and Dave Ainsworth 52.02.

Despite a dismal wet day there was an excellent turn out for race one of the **Cambridge Harriers 5km** league at Bexley on 27th October. International Alex Wright 20.55 made light of the weather and difficulties of the course, finishing well clear of Cameron Curbishley 24.14 and Fransisco Reis 24.48. Under seventeen Heather Butcher was the first lady in 26.20. Steve Uttley 25.38, Steve Allen(B) 26.21, Shaun Lightman 29.25, were the highest placed *Leaguers*, and clubmen Sean Pender 31.55 and Bernie Hercock 38.56 were also in the field. Twenty-nine walkers contested the 5km and seven youngsters the three shorter races put on for them. Bernie M75 won his category and Sean M55 was runner up in his, in the SVAC championship which was held in conjunction with the event.

Is this one of the main reasons for our disappointing results? **Charlie Fogg**

The biggest cause for 'complaint', disagreement, dissent, disappointment etc., in Race Walking is – **DISQUALIFICATION**. Why does this happen? Because the athlete does not lock his/her leg/legs at the vertical point or does not maintain contact and 'lifts'.

In the mountains of advice to be found on the internet, there is plenty of information on VO2 max's, lactate in the muscles, training schedules, leg action, how to identify if an athlete is transgressing the rules, diet, progressions, measurements, equations etc, etc. However, I found nothing to assist in the most basic of all requirements – how to comply with the rules and avoid disqualification.

There is plenty of advice on technique: on the EA Web Site www.englandathletics.org under '**Learn to Coach Race Walking**' the author advises the following: '-**Getting balanced driving arms** -Stand feet shoulder width apart, arms bent at right angles, **drive arms backwards**.'

Next, in an article entitled '**Race Walking lessons from Carnegie 27th 28th March 2010**' we find the following advice: **Focus on driving elbows back** with straight legs

It is followed by a series of further references to driving the arms backwards: 'Teaching notes – encourage athletes to explore what happens when **drive arms backwards** and forwards at different paces'.....

'Activity; Focus on arm action development Repeat 4 laps with more emphasis on **driving elbows at 90 degrees backwards** and forwards'.....

The arm action in race walking depends on the walking speed. The faster an athlete walks, the more are the arms bent. The arms help to absorb the leg drive and the rotation of the trunk. The **strong backward movement** of the elbows also assist in an active movement of the pelvis along the vertical axis'

This is totally counter-productive!

The centre of gravity, **the core**, is the main area concerned with forward movement. If the core moves forward, the whole body will. The arms and more significantly the elbows, are a powerful force for **forward** movement. Every part of the body should be mainly concerned with **forward** propulsion, *the reverse swing of the arms merely acting as a counter balance to a powerful forward action*. To maximise forward propulsion the arms must be held at an angle of roughly 90° with the forearm relaxed and not taking any part in the action. As the elbow is the nearest point to the body's centre of gravity, the drive must focus through the elbow.

The effect of driving the arms backwards raises the Glutes (bum muscles) upwards and backwards which, amongst other things, can cause a forward lean, often only very slight. However, this backward action/pressure inhibits the leg's ability to swing forward with the danger of the leg landing in a bent position, the ball of the foot hitting the ground rather than the heel encouraging a running (lifting) action.

I believe that a fundamental reassessment of our current training methods, based on this simple proposition, will yield dramatic positive results. I await with anticipation any comments that that this article will bring and that the debate I hope to spark will help all race walkers to compete with confidence with less chance of transgression.

There are many ways in which the correct action can be achieved. I would welcome the opportunity to answer your questions and I will try and give you answers in simple, easy to understand terms.

Contact Charlie on charles@ashdalebwl.co.uk or 01903 770059