

Enfield Walker 2011

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

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

September



National Gold for EHAC Ladies

Helen Middleton 59.24 in fourth, Sue Barnett 65.54 in fifth and Norma Grimsey 76.34 in sixth constituted the winning ladies team in the UKA/EA/RWA national 10km championships staged at Victoria Park on 11th September. The club's men; nineteenth Alan Elam 60.15, twenty-fourth Sean Pender 62.37 and twenty-ninth Jon May 67.46 were fourth in the men's team race. Peter Howard in thirty-third with 75.32 and Bernie Hercock thirty-fifth in 77.21 were EHAC's other competitors in the event.

Commonwealth champion Jo Jackson 44.59 and Canadian Evan Dunfee 42.17 were the two event winners and Tom Bosworth 42.44 was the first home walker in fourth place.

The men's team result had a *League* feel to it as Ilford AC occupied first and second place with Surrey WC in third.

World PFD Golds for EHAC Walkers

Among the 14,000 athletes who gathered in New York for the World Police and Fire Games at the end of August were EHAC walkers Liz Man Rey and Gary Smith C856. Because of hurricane 'Irene' the games had to be suspended for two days and the whole programme revised and some events; triathlon, decathlon and dragon boat racing were cancel altogether, which must have been so disappointing for those concerned.

Gary says 'I was fearing the worse for the track and field events - in the end it was only the 5km race walks that were affected to make up time on the track (typical) - they reduced the distance to 1500metres! There were 4 races - open, senior men, vets (over 50) and womens.

Being 1500 metres I feared there may be mayhem - however an international judge turned up and laid down the rules under the IAAF.

Liz and myself both picked up Gold medals in our age groups - so despite the chaos it was a successful trip. My time was 8.20 - but Liz did not get hers and they have still not been published on their website

Due to hurricane 'Irene' my stay in Manhattan ended up being extended by a further 3 days due to my flight cancellation!'

The next League race at which entries will be taken on the day is

8th October 5 mile Road Walk at Lee Valley Athletic Centre 2pm

85th Enfield Open Seven

With the sad demise of the Belgrave Seven the Enfield Open is now the oldest sprint road walk still in existence. This year's race, the 85th, takes place on Saturday 12th November at the Lee Valley Athletics Centre, starting at 2pm. Three Centurion prizes will be added to the prize list and I hope that as many *Centurions* as possible will participate in the event to round off this special year.

Five, six and seven in the Hour Badges or medals will be awarded to walkers achieving the standards for the first time.

The event will also incorporate the Southern Vets, Vets AC and London Business Houses championships.

Skills, Technique and Training Session

Saturday 19th November – 10am until 1pm – Lee Valley Athletic Centre – Fee £5

It was nice to see Pam Ficken C984 competing instead of officiating and in doing so she became the twenty-fourth *Centurion* to appear in this years series. Another having his first race for a long time; eleven years in fact, was Fabian Deuter a former Polish national champion who caught the eye with his upright flowing action. Fransisco Reis was delighted to better fifty minutes and soon to be eighty-two Stuart Halsall (*pictured*), in his second race over 5km bettered his previous time by eleven seconds.

It is likely that this venue will host the 2012 RWA National 10km championships.

Men

1. Fransisco Reis	(Ilford AC)	49.36	M50
2. Steve Uttley	(Ilford AC)	53.38	M50
3. Steve Allen	(Barnet & D AC)	55.43	M50
4. Fabian Deuter	(unattached)	55.48	31
5. John Ralph	(Enfield H AC)	58.04	M50
6. Alan Ellam	(Enfield H AC)	58.56	M55
7. Amos Seddon	(Enfield H AC)	59.28	M70
8. Shaun Lightman	(Surrey WC)	60.52	M60
9. Michael Harran	(Surrey WC)	61.15	M70
10. Sean Pender	Enfield H AC)	61.28	M55
11. David Sharpe ©	(Ilford AC)	62.00	M55
12. Rod Dunn	(Enfield H AC)	62.06	M55
13. Mark Culshaw	(Belgrave H)	63.02	M45
14. Andrew Cox	(Hillingdon AC)	64.29	M55
15. Alan O'Rawe©	(Ilford AC)	67.09	M65
16. Dave Delaney	(Surrey WC)	67.48	M65
17. Abdi Berleen	(Ilford AC)	69.12	M45
18. David Hoben	(Surrey WC)	70.59	M55
19. Brian Sturt	(Enfield H AC)	72.08	M70
20. Bernie Hercock	(Enfield H AC)	77.44	M55

© = *Centurion*

1. Helen Middleton	(Enfield H AC)	59.03	W45
2. Maureen Noel	(Belgrave H)	63.12	W45
3. Angie Alstrachen	(Enfield H AC)	65.17	W45
4. Sue Barnett	(Enfield H AC)	65.32	W60
5. Jo Miles	(Hillingdon AC)	69.14	W55

5km

1. Steve Allen	(Ilford AC)	34.11	M50
2. Peter Howard	(Enfield H AC)	35.27	M65
3. Stuart Halsall	(Surrey WC)	36.59	M80
4. Pam Ficken ©	(Surrey WC)	42.08	W70
5. Paul Ray	(Enfield H AC)	42.08	M75
6. Ken Livermore ©	(Enfield H AC)	42.08	M75

Judges: John Hall, Ron Wallwork

Timekeeper: Phil Welch,

Recorders: Ken Bobbett, Jon May

Refreshments: Margaret Livermore, Joan Wallwork

League Tables after Ten Fixtures**Ladies**

1. 699/9	Helen Middleton
2. 581/8	Angie Alstrachen ©
3. 533/9	Sue Barnett
4. 499/8	Norma Grimsey
5. 432/5	Anne Belchambers
6. 247/5	Jo Miles
7. 239/4	Sue Smith
8. 232/3	Serena Queeney
9. 201/2	Joan Bell
10. 199/2	Diane Bradley

Men

1. 753/9	Steve Uttley	11. 536/7	Shaun Lightman
2. 707/9	Fransisco Reis	12. 524/8	David Sharpe ©
3. 698/9	Amos Seddon	13. 504/6	Steve Allen (<i>Ilf</i>)
4. 675/8	Steve Allen (<i>Bnt</i>)	14. 480/9	Bernie Hercock
5. 648/9	John Ralph	15. 453/6	Rod Dunn
6. 618/8	Mikk Bradley	16. 459/9	Peter Howard
7. 595/8	Sean Pender ©	17. 401/7	Ron Powell
8. 584/9	Jon May	18. 383/5	Trevor Jones
9. 579/9	Alan O'Rawe ©	19. 369/8	Dave Ainsworth ©
10. 547/8	Andy Cox	20. 369/5	Michael Harran

Team

1. Enfield & H AC	3842	699 Middleton, 698 Seddon, 648 Ralph, 618 Bradley, 595 Pender, 584 May
2. Ilford AC	3436	753 Uttley, 707 Reis, 579 O'Rawe, 524 Sharpe, 504 Allen, 369 Ainsworth
3. Enfield & H AC B	3005	581 Alstrachen, 533 Barnett, 499 Grimsey, 480 Hercock, 459 Howard, 453 Dunn
4. Surrey WC	1900	536 Lightman, 369 Harran, 362 Hoben, 271 Delaney, 198 Crilley, 164 Hannell
5. Enfield & H AC C	1723	401 Powell, 339 Ellam, 328 Thomson, 232 Queeney, 215 Sturt, 208 Livermore
6. Ilford AC'B'	1211	304 Browne, 270 Barnbrook, 217 Barnard, 164 Goodwin, 137 Ryan, 119 Berleen
7. Hillingdon AC	1191	547 Cox, 341 Bobbett, 247 MilesJ, 56 MilesS
8. Steyning AC	1175	432 Belchambers, 383 Jones, 130 Penfold, 125 Emlsey, 105 Stevens
9. Belgrave H	963	267 King, 253 HallJ, 109 Graham, 142 Noel, 91 HallE, 101 Culshaw
10. Barnet & Dist AC	675	675 Allen

Results Round-up

Ten women were among the thirty-seven competitors contesting the **Jim Sharlott Open 10km** which incorporated the **BMAF championships**, staged in the picturesque Abbey Park, Leicester on Sunday 4th September. The promoting club's Fiona McGoram 57.22 and Birchfield's Tommy Taylor 48.48 were the individual race winners. Helen Middleton 59.31 was third lady behind Diane Bradley 57.54. Sue Barnett 64.52 was seventh with yet another pb. The Club's top man was Arthur Thomson 59.43 in eleventh place followed by Sean Pender 62.23 in fifteenth, Jon May 66.45 in twenty-first, and Peter Howard twenty-fourth in 73.24.

In addition there were **BMAF** category gold medals for Sue W60 and Arthur M75 and silvers for Helen W45 and Sean M55. Arthur, Sean and Jon constituted the EHAC team that gained the bronze medals in the BMAF team competition.

Leaguers in action at the meeting included Fransisco Reis 49.56 who was a little more than a minute behind Taylor in second place, Steve Allen (*Barnet*) 56.17 was fifth and the other Steve Allen 60.48 in twelfth. There were age golds for Fransisco M50 and Steve Allen M55 and silver for Ilford's Steve Allen M50.

Chris Flint was the winner of the **Lester Cup**; the trophy for the overall winner in the **SVAC's** summer series. Sean Pender was second for the umpteenth time, with Bernie Hercock and Micky Harran equal third.

Arthur Thomson, Barbara Edlin and Ken Livermore also appeared in the list, but worryingly the number of participants dropped from thirty-five in 2010 to twenty-six this year.

On perusing results on the RaceWalkUK web-site I came across the result of the **Keighley Golden Miles** staged at the University Academy on 9th September. I noted that *Leaguer* Steve Allen (*Barnet*) raced and missed beating eight minutes by less than two seconds. However, what really took my eye were the times of the first three; Canadians Inaki Gomez 5.49, Evan Dunfee 5.53 and Irishman Brendon Boyce 5.58! My reaction was summarised by expressions used by Messrs. Meldrew and McEnroe; '*you cannot be serious*' and '*I don't believe it*'

Leaguer's in the **UKA/EA/RWA national 10km championships** were: tenth Fransisco Reis 50.06, thirteenth Steve Uttley 54.21, fourteenth Phil Barnard 54.21, sixteenth Steve Allen (Ilf) 58.15, twentieth Dave Kates 60.23, twenty-second Shaun Lightman 61.29, twenty-third Mick Harran 62.21, twenty-fifth Dave Sharpe 63.38 and thirty-second Dave Hoben 74.47.

The annual **Roubaix** ultra distance walks took place on the same weekend as the Hillingdon 10km. As last year, two womens teams; Lightening Ladies (Les Femmes Éclair) and The Thunderbolts (Les Femmes du Foudre) went over for the **twenty-four hour relay** event. The LL's; Norma Grimsey, Cath Duhig and Kathy Crilley repeated their fifth placing of the previous year as did The Thunderbolts; Liz Blackie, Sue Smith and Sue Rey in seventh.



Liz, Cath, Sue Smith, Sue Rey, Norma and Kathy celebrate after the walk.

Race walking is in desperate need of officials!

DO YOU FANCY HAVING A GO AT OFFICIATING?

THERE WILL BE A FREE TASTER DAY FOR WOULD-BE OFFICIALS

and A Free coaching Session for Walkers

AT HALESOWEN TRACK ON THE 23RD OCTOBER

To book your place or for more information contact

Catherine Telling on 0790 999 2004 or Catherine.telling@sky.com

John Ralph

Since taking up race walking in 2009 John Ralph has made rapid improvement in the discipline and is one of the club's leading walkers having won the 3km championship and been EHAC's top finisher in a number of races, including a place medal in the area 20km race.

John's success is due to several factors; the fitness he brought from his running, his competitive spirit (which is evident from the article produced here and originally prepared for Chiltern Harriers club magazine) and not least of all his application to mastering a new technique.

He had hoped to make his 50km debut in the UKA/RWA championship at Northampton next month, but this goal has had to be put on hold because of what has been initially diagnosed as a sport hernia injury. The good news is that he is able to do some light training and exercise in the gym and so will retain some fitness while his injury responds to treatment and heals.



With John's permission, here is an edited version of the previously mentioned article which I've entitled.

How runners can get the better of Arthritic Knees

If any of you are deteriorating with your running due to arthritic knees you may take comfort from this report and, like me, find a new lease of life in athletics.

In 2009 I was diagnosed with arthritis in the knees, which went a long way to explaining why I could not run at the level I would expect, no matter how much training I put in. In fact every time I tried to do a quality session my knees would get extremely painful and I would need a week off to recover.

It was a bit of a relief to discover why I had been running so slow in recent years as there was now some excuse rather than just "losing it". With past running PB's of 2hrs 40min for the marathon, 1hr 58 mins 20 miles, 75 mins half marathon, 56 mins 10 miles, sub 34 min 10k, 27 mins 5 miles and 4.44 for the mile I was not happy languishing at the back and I needed a new challenge to compete at some sort of decent level.

I had dabbled in race walking in the past and knew that I could be reasonably proficient at it, so I thought it might be the way forward to "competing" rather than just "participating".

In May 2009 I did the Pednor 5 Race Walk to ascertain whether I would suffer any adverse reaction doing fast race walking. The only adverse reaction I had was due to my fast start, I went out in the lead, and slowed towards the end of the race. The knees, however, were fine (and I still won the Bucks. Championship).

I then started training for race walking. I race walked the Bearbrook 10k in 61:30 which I was relatively pleased with. I then entered my first proper race walk (outside of the Pednor 5) which was the Southern Counties One Hour Championship at Dartford Track, held in September 2009. I finished 8th with 9948m officially (although my Garmin said that I had done 10359m so had they missed a lap?).

In November 2009 I did the Enfield Open 7 Miles at Lee Valley where I walked 68:21 for 17th place, after which Race walking became my main source of competition.

October Fixtures

- 15th 2.30pm **Surrey Walking Club Gazette Cup** 4 miles. Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999
- 22nd 2.00pm The first of the season's **Cambridge Harriers Winter League** races over 5km. "A" rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent, in good time, because the start is a little distance from the clubhouse.
- 29th 2.30pm **Steyning Open 10km** from their club house in Steyning. Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506