

DEFINITION OF RACE WALKING

- a) In category A races, Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the vertical upright position, except as provided in (b), below.
- b) In category B races, the provision in (a), above, relating to the straightening of knees shall not apply.

All Enfield League races are category B races and are therefore judged on contact only.