



# ESSEX WALKER



## EMAILS DAN KING

I would like to point out that both Don and myself DO race for Essex whenever we can and are still pleased to be able to do so. I know there has been suggestions in many an Essex Walker that the 'upper tier' of race walkers don't turn out perhaps as often as those from the walking world feel they should.

In case you were wondering why I haven't been racing throughout June & July, hence missing numerous champs/internationals; it is due to a nasty injury I sustained beginning of June. That said I am now back training and will do my best to represent Essex well.

Cheers  
Daniel

## LOUGHTON NATIONAL SILVER MEDALLIST

Congratulations to Loughton's JACKIE COX for her gusty classified finish at the Newmarket 100 Miles, which saw her as 2nd UK lady on the result sheet. Every Essex lady who has ever attempted to become a



Centurion has done so in the end. Hopefully, after going so close (94 miles in 23.48.57) Jackie will have another go. Perhaps a bit more race walking prior to the big day to increase speed, and perhaps better weather (i.e. no soaking) might be conducive to success on another occasion. Of course Loughton AC have been rewarded with National medals in ultra distance races before (courtesy of CATH DUHIG who was at Newmarket), so hopefully this Club's tally will be added to in future. Well done to Jackie, and we hope to see her at future walking races.

## PARLIAMENTARY DUTY

A good field of 26 assembled to race under the hot mid-day sun at Parliament Hill Fields Track on July 25th. Loughton 2nd claimer JOHN HALL belied his 60 years of age to win with a late flourish clocking 25.51 in the LICC/Enfield League 5,000 metres. PETER RYAN, racing the opening 2,000 metres in a pb 9.57, was 2nd in 26.05 (in his 2nd track race inside a fortnight, after having no track starts since 2001) with former LICC 3K victor STEVE UTTLEY 3rd in 27.16. Hon. Ed, the last walker to win an LICC race at Parliament Hill Fields (yes it's true folks) looked on. DAVE SHARPE reports that last placed JACK FITZGERALD set a new UK M85 group PB of 50.07 subject to ratification.



## MEMORIES OF NEWMARKET

### Thank you for wonderful memories of Newmarket.

Having a good proportion of the Essex Walker readership at Newmarket over the weekend of the 11/12th July means that the efforts of Ron Wallwork and his team is already widely known and appreciated. The facilities, course, and support were top drawer, and I wish to add my thanks to the officials and helpers for their contribution to a very successful event.

100 miles is a long way and takes time, so the appearance of some of Britain's finest and a past winner of Newmarket encouraging us as we circuited gave a boost to flagging limbs. For me there was also the camaraderie of Olly Browne, my training partner over the last couple of years who I am indebted to for providing the stimulus to get up on cold dark winter mornings, and whom without I would have pulled up the duvet on more than one occasion.

But I save my biggest thanks for my Canvey crew. Before the weekend, it was comforting to know that I was in the hands of Alan O'Rawe and his Family that had supported so many others in previous years. They provide a door to door service, and all I needed to do was walk 100 miles in between! A source of so much wisdom and enthusiasm, Alan has inspired my walking for many years and the realization of becoming a Centurion owes as much to his inspiration as to my own determination. Knowing it was my birthday on Sunday 12th, the occasion was made extra special with 'Happy Birthday Steve' T-shirts and a chorus of Happy Birthday as I passed through the refreshment area after midnight. There was also a cake, complete with candle,

and a signed greeting from Richard Dunwoody, again arranged by Alan's Family. So a big thank you to the Liz, Maggs, and all the O'Rawe clan that came to lend their support at one time or another and giving me a birthday to remember.

Completing 100 miles was a very emotional experience, and it was a privilege to share it with so many from the Essex League. My return home was greeted by banners proclaiming 'Welcome Home Centurion', and emails and cards congratulating me on my achievement began to arrive, including one from a Dutch competitor with whom I walked for a few hours, and another from fellow Canvey Centurion George Beecham MBE.

I took Monday off from work to relax, I put my wedding ring back on, and I sat in the armchair knowing that the aches will fade, but the memories will last forever.

Steve Kemp, Centurion 1075.

## **GARY KING R.I.P**

We are sorry to report the death of Gary, who died during July, while in his late 40s. Gary briefly appeared for Ilford AC before going on to make longer contributions at both Southend-on-Sea and Havering AC. A Barking resident, he made frequent visits to his sister who resided on Canvey Island – which no doubt is where his interest in joining Southend arose. He had worked at both Fords and the British Rail Depot at Barking before he linked up with proprietor ROGER MILLS where he helped set up the Athletic East sports shop in Wanstead, becoming a founder employee at that business. Said Roger, "I was upset that details of his funeral service were not passed around as he worked in my Athletic East shop for several years and I would have certainly attended the service". On leaving Athletic East Gary remained in the retail trade becoming a senior salesman at a Sports Superstore in Beckton. He never enjoyed working at such a large store as he missed the enjoyment, banter and happiness that was always to be found at Athletic East. Gary was part of the scene in the late 70s/early 80s, drifting away from race walking after having his number called in the now defunct Vauxhall Motors Spectacular 10K in Luton (the race which took its participants through the Capability Brown landscaped grounds of the Luton Hoo stately home). To prompt your memory Gary was a tall 6ft man and very slim. Roger used to train with him and rated Gary to be a useful clubman. Gary really never had 'the push' in training to advance much further. This view is concurred by DAVE SHARPE who has penned his own tribute:-

*Dear Dave,*

*Gary King has unfortunately passed away. He walked for Southend AC and Havering AC. He lived in Barking and used to work in the Repair Shop at Barking Station for British Rail. After this he worked for Roger Mills in his shop. He competed for a short period of 3-to-5 years. He walked at the Blackheath Festival and the 9K handicap series as well as appearing in Essex Events from 3K to 20K. We used to train together at Mayesbrook Park and at Upminster (Havering's track). We once walked all the way in the Colchester-to-Mersey Island race. He was a very nice guy. He left walking and drifted away from the sport. He did win the Geneva Trophy for the most improved walker in the Essex League in about 1980. He was an old friend of mine from the dim and distant past and a friend in races also.*

*Yours sincerely,*

*D.W. Sharpe*

*SCVAC & IAC Walking Secretary*

*Centurion No. 578*

## **REMEMBERS RAY PEARCE**

Re. Gary King (member of Southend back in 1980). He raced in the Havering Open races: 4km in 25m47s, and Open 11km in 1981 in 66m 45s, WGAC Esx Lge 3km 18m 09. Brighton Open 3km 17m 44, SRWA 10K track champs 15th in 62m 15s, Southend Open 5m in 45m 09s, Enfield Open 7 mile 57th in 65m 25s. That is all I can recall about him. His age then ? 21.

Ray P.

## **J. R. TAYLOR R.I.P**

Former Centurions President JOHN EDDERSHAW has notified us of this gentleman's death. A Highgate Harrier who clocked 22.04.51 at 100 Miles of the 1955 London-to-Brighton-and-Back 104 miles which he finished in 23.20.20 becoming Centurion No. 250. John advises that in later life he changed his name to WALSH by deed poll. As for the race HEW NEILSON won it in 18.26.27 (the 3rd fastest time recorded on that course). Four Essex walkers were among the 31 new Centurions qualifying that day: Messrs. J. O. CULVER and J. H. COMBER (Essex Beagles) and W. G. LAWRENCE and A. H. FOSTER (Woodford Green AC). Also qualifying was FRED DUFF, who was guiding blind St. Dunstan's finisher G. A. BROWN. Highgate Harrier Fred came to reside in Essex for many years.

## **JOHN TELFORD R.I.P**

Mention is made, in this issue, of the Vauxhall Motors Spectacular 10K. Well the Organiser of that wonderful event has sadly passed on at the age of 76, following 18 months of treatment for stomach cancer. The VM 10K was a heavily sponsored event in the 70s, which started around 4 circuits of a grass track inside Vauxhall Motors Sports Ground at Luton. It was a touch of the 'big time' as an always bumper field wheeled off the track and then went around the perimeter roads of the Sports Ground before returning to finish with a lap of the track. There was always a celebrity commentator – most years it was Tony Read (the Luton Town FC goalkeeper of the time). The prize table buckled under the weight of all that was heaped upon it. Hon. Ed won the handicap one year and went home with an entire set of Sheffield cutlery. Southend-on-Sea AC frequently put out their 'big guns' to strike team awards. The race was part of a huge 'Family Day' with over 25,000 attenders. Star names, such as Diana Dors and the actress who played Amy Turtle in Crossroads were mingling with us – and most walkers stopped on for hours after the race. When the Family Day ceased the 10K continued on a new course through the grounds of Luton Hoo. John also organised a single lap 'Open 7 Miles' at Luton to replace the famous Highgate Harriers Open 7 Miles when increased traffic forced that event off the road. He maintained the 'character' of the race as the Luton course also started with a hill so steep that it would have been better ascended on a funicular railway. John offered his Luton sports ground for the 1971 RWA National 20K Championship – won by PAUL NIHILL in 92.06. In those times PAT FUREY used to stage races for the British Industries Association and some were put on by John at Luton. John also staged 'Vauxhall Motors v Ford' walking races as both Companies were brimming with active walkers.

A Scot, John was a loyal member of Highgate Harriers who lived in Luton where he worked at Vauxhall. Knee injuries ended his walking so he concentrated on running. When he retired from athletics he excelled at table tennis. John leaves behind his widow Eileen, 2 sons – John Junior and Mark and their wives plus 3 wonderful granddaughters. We will remember John as a successful competitor and also as a most enthusiastic promoter and organiser of enjoyable events.

## **TRIBUTE TO JOHN TELFORD** **(Highgate Harriers)**

I wish to express my sorrow at the passing of John, who was a fine walker. He was a great organiser of so many events in Luton. The Vauxhall Spectacular 10K and Open 7 Miles were always wonderful occasions. I used to stage British Industries Association races, and John put some of these on at Vauxhall's Luton venue. When promoting races he was the main man.

Pat Furey.

## **CONDOLENCE**

To all those mentioned in this issue, who have passed away, we express our profound condolence to their families. John Telford was well known to many of our established readers; and should any wish to send personal condolences his widow Eileen resides at: 82 Wordsworth Road, LUTON, Bedfordshire. LU4 OLT.

## **PLANNING & PERIODISATION (Sports Coach UK)**

Existing and aspiring coaches may be interested in this sportscoachUK workshops being held 6.30 pm – 9.30 pm Wednesday 16th September 2009 at Uxbridge Civic Centre. The course costs £25 and will include goal setting, planning coaching programmes, and long term athlete development. For further information and booking contact Yolanda Edwards on 01895 – 277372 or email [vedwards@hillingdon.gov.uk](mailto:vedwards@hillingdon.gov.uk)

## EMAILS JOHN HALL

Dear Friends,

What happened at the BMAF AGM on 4th July in Birmingham? Well, the main thing from your point of view may be that I have taken over as Hon Race Walking Secretary. Eric will be a very hard act to follow but hopefully email will help me to keep in touch with most of you quite easily. The other posts were sorted out amicably as Winston Thomas stood down as Chairman at the start of the meeting, leaving the way open for Arthur Kimber to take over without a vote being necessary. Kevin Dillon took over as Vice Chairman and Maurice Doogan is back as Track & Field Secretary. Arthur and Kevin both stated that they are open to approaches from athletes at any time on any issue and those of us who know Maurice can be assured that he will always work hard for our benefit.



What does the future hold? Nationally I will try to keep up Eric's good work in arranging championship events - thankfully with some help from Eric, at least to start with. We have had considerable assistance from local organisers in recent times, as well as enormous help from a small band of officials. I hope that will continue in future. Internationally, I think we will be getting some major championships coming to our shores - hopefully starting with the European non-stadia in 2013. That is of course subject to a good package being put together and the European Veterans AA agreeing. I would like to see more of our walkers going to major championships. I will encourage you as much as possible in that.

NEWMARKET. Our thanks are due to Ron and his team for a great weekend, which included the BMAF long-distance championship (100 miles - many congratulations to Sandra Brown and Richard Brown on heading the field and to all others who finished) and the England Athletics Masters Association 3 miles, incorporating an international race. Eric is sorting out the full BMAF/EAMA results from these races and it would be helpful if anyone in the 3 miles who was representing a country other than England could please let him or me know (we do have Arthur Thomson down as Wales).

Enough from me for the moment. Do get in touch with questions, suggestions or anything else that comes to mind.

Best Wishes, John.  
020 8292 3627

## EMAILS DAVE HOBEN

Dave,

Felt the Newmarket weekend was really successful, lots of race atmosphere, good to see walkers who have been trying for some time qualifying.

Something for the EW

### "Cautionary Tale

One of my support driver's friends in the Parish Walk, who was also doing back up duty for 23 hours in the Parishes, had a bad accident and clipped the kerb badly and the car rolled over four times. Luckily she escaped with a bit of concussion and bruises, and it is only the car that is in heaven, but an awful example of what can happen to support crew as well as walkers after sleep deprivation".

## EMAILS OLYMPIAN BRIAN ADAMS

Hi,

There were actually 6 from the walking fraternity at the BMC conference that Mark Wall referred to, I was there too!  
Walk with Jesus, Brian

## APOLOGY FROM MARK WALL

I realised that I have done Brian Adams a disservice, he was at Stratford and I left him out of those who attended. This was inexcusable of me. The only reason I can offer was reliance on memory and that I was using it to illustrate a point about walking's commitment to its future in the sport. As I said I have no justifiable excuse.

I am sorry  
Mark.

## EMAILS RAY PEARCE REF R.W. GUN ENQUIRY

Re: R. W. Gun. I think that Colin Young would know more than me.

When I started back in 1954 I raced against 2 Gums S. R. Gum & J. C. Gum over 7 miles, with times approximately of 62/70 mins. They raced Colchester-to-Ipswich, National 20 Miles, Hastings-to-Brighton and The Brighton in 1955 - R.W. Gum raced. All 3 were in the Enfield 7 and they were all members of Essex Beagles; another set of Brothers were the Leveridges Arthur & William.

Ray P.

## EMAILS ED SHILLABEER

Dave,

You won't believe this but I was so moved by the newscast the day we lost 5 lads in Helmand last week that I got a last minute locum, drove to Okehampton Camp Wednesday eve for the mandatory briefing up at 3am Thursday for a Service at 4.30 in their memory, and set off with the military and some civvy teams on the Chara Challenge which was organised in aid of 6 forces-related charities. Visit [www.charachallenge.com](http://www.charachallenge.com) to see more about it. To cut a long story short, with a mere 10lbs on my back I got lost about half way when the mist came down, started backtracking to the previous checkpoint, suddenly the cloud base lifted as it rained even harder and I saw teams (on the route I had missed) across a big valley and headed for them. Made it back to camp having added 4-5 miles of Dartmoor terrain to the official 30 miles the others did! I took 9hours 29minutes to finish, an hour behind the winning team of servicemen in 10th place; fortunately instead of the dressing down I deserved they gave me a finishers medal (well I had clocked all the checkpoints) and lavish praise! When interviewed I said I gave some sweat in the hope that others would give some cash for the causes.

Walk Tall  
Edbanger.

PS Great result by the Browns at Newmarket! I just hope now that the 100 next year which I intend to do (DV) does not clash with the Chara Challenge as I would like to take a team into it in 2012. Wrecks the legs though!

## EMAILS PIERCE O'CALLAGHAN RE ESSEX WALKER

Read it earlier. I love this magazine.  
Hope you're keeping well.

## EMAILS BILL SUTHERLAND BEM

Hello Dave,

Nice to hear news of John Webb in the recent Essex Newsletter. On August Bank Holiday Weekend it was 40 years since my 20 kms Walk win in 91.10 at Battersea Park. John of course was 2nd that day and walked in the European Championships 20 Kms Walk at Athens despite being 5 minutes adrift. I always thought John was one of the finest stylists British International Race Walking ever produced and was a fine ambassador for our sport in those times. Of course we must not forget Shaun Lightman who finished with exactly the same time at Enfield on the afternoon of the same day. Hence we both share the same personal bests. Those were the days where you were only as good as your last race and the competition was fierce week in week out. Paul Nihill of course won the Gold Medal in Athens. Really it would be nice to have a meeting to recall those great memories! Kath unfortunately is a bit under the weather having broken her left wrist in a nasty fall last Friday. However she is on the mend.

Take care.  
With best wishes,  
Bill.



## FIXTURES

Tue 1 Sep	WTW 5,000m (+Essex League) + Series Presentation	Ashtons Track	6.30pm
Sat 5 Sep	National/BMAF 10K Championship	Leicester	12 noon
Sun 6 Sep	Guernsey Church-to-Church 19½ Miles	St. Peter Port	9 am
	SCVAC T&F League Final 2,000m	Ashford	
Sat 12 Sept	SRW One Hour	Dartford	12.30 pm
Sun 13 Sep	EVAC League Final	Bedford	
Sat 19 Sep	English Schools Championship	Bedford	12.45 pm
	Post Office 6 Miles (men) & 3 Miles (women)	Mount Pleasant	2 pm
Wed 23 Sep	Police v Civil Service (Ryan Cup) 10K	Tally Ho	1.30 pm
Sat 26 Sep	Inter Area Representative Match	Doncaster	
Sat 10 Oct	Enfield League 5K +VAC	Lee Valley	2 pm
Sat 14 Nov	83rd Open Enfield 7 Miles (+LBH)	Lee Valley	2 pm

**PRESENTATION**  
 Regular Essex visitor  
**SUE REY**, who is always  
 prominent in the 'Most  
 Appearances' table gave a  
 talk at the big Veterans  
 Meeting in Finland.

*Here is the result of the SRWA 20K Championships held on Sat 1st August in Basildon, Essex.  
 Regards Noel.*

**RACE WALKING ASSOCIATION (SOUTHERN AREA)**  
**Senior Men's & Women's 20k Road Championships**  
**Saturday 1st August 2009 @ Basildon, Essex**

**Senior Men**

<u>Race</u>	<u>SRWA</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	1	Trevor Jones	Steyning Athletic Club	1.48.34
2	2	Stephen Crane	Surrey Walking Club	1.57.06
3	3	Steven Uttley	Iford Athletic Club	2.03.09
4	4	Steve Allen	Iford Athletic Club	2.06.52
5	5	Michael Harran	Surrey Walking Club	2.09.51
6	6	Christopher Flint	London Vidarians	2.10.27
7	7	Peter Hannell	Surrey Walking Club	2.12.27
8	8	Peter Crane	Surrey Walking Club	2.13.24
9		Robert Dobson	Iford Athletic Club	2.14.19
10	9	Shaun Lightman	Surrey Walking Club	2.17.12
11	10	John Borgars	Loughton Athletic Club	2.23.24
12	11	David Sharpe	Iford Athletic Club	2.35.32
13		Gary MacDonald	Ashford Athletic Club	DNS
14		Paul King	Belgrave Harriers	DNS
15		David Kates	Iford Athletic Club	DNS
16		Philip Barnard	Iford Athletic Club	DNS

**Team**

1	Surrey Walking Club	(S. Crane, M. Harran & P. Hannell)	46 points
2	Iford Athletic Club	(S. Uttley, S. Allen & D. Sharpe)	42 points

**Senior Women**

<u>Race</u>	<u>SRWA</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	1	Catherine Duhig	Loughton Athletic Club	2.14.45
2	2	Anne Belchambers	Steyning Athletic Club	2.17.41
3	3	Susan Smith	Ryston Runners AC	2.36.30
4	4	Maureen Noel	Belgrave Harriers	DNS

**APPEAL FROM FORMER ESSEX CHAMPION WALKER GEOFF HUNWICKS**

Hart House  
 P.O. BOX 2713  
 Serrakunda  
 The Gambia  
 West Africa  
[Geoffharth102@hotmail.com](mailto:Geoffharth102@hotmail.com)

Dear Friends,  
 The tourist season has finished, the rains are almost upon us and it's getting hotter and humid. Yes, it's that time of the year again, when Hart House is struggling to find the money to carry us through the summer months. We really appreciate the hard work and effort of the people who have contributed in one way or another and the visits and interest of a number of people and organisations.  
 So you can help by donating a single amount (a fund raising activity?) sponsoring a child, pledging a regular monthly amount etc. Please ask for more information on how you can help and also if you are able to send us any needed items. We look forward to hearing from you (especially if it's been a long time). Hope you are well and expect our newsletter next month.  
 Finally, the national electricity cables are now only a couple of hundred metres away and would cost up to 2,500 pounds for us to be connected. Any ideas?  
 Best wishes and thanks in anticipation.  
 Geoff Hunwicks  
 Home for Children with Learning Difficulties, The Gambia.

**ESSEX 20K CHAMPIONSHIP + ESSEX LEAGUE**

This was held in conjunction with the SRWA Championship on August 1st at Basildon (see result). No great turnout from Essex! STEPHEN CRANE is our champion followed by STEVE UTTLEY and STEVE ALLEN who were awarded silver and bronze respectively. Steve's silver came with a flourish over the closing stages when he managed to overtake his team colleague. Iford retained the team honours. Sadly PHIL BARNARD, who would have given the finishing order a good shake up, was ill and could not appear. We wish him well. It was the lowest ever Southern Area 20K Championship field. Only 2 beat 2 hours making it the slowest ever in terms of overall standard, with only 1 finisher not a veteran. Also the whole of the back-of-the-field were not there. Where were the deadlegs? That alone is proof that the majority of old timers, who numerically at least keep our sport going, want only to support 'B' races. These athletes are, using Lenin's words, "Voting with their feet". Food for thought for November's Judges and officials Seminar!

**RWA SOUTHERN AREA PRESIDENT'S APPEAL**

Among those at the 8-Counties fixture was our Area President TIM WATT, and he was accepting donations for his appeal, which will benefit Southern walking. If you haven't yet donated, and wish to, then see Tim at the meetings...or follow the details given in Essex Walker's previous 2 editions.

**WOODFORD TUESDAY WALK**

August's field was low, again in single figures. Yet we had 5 top judges, with some such travelling distances such as RAY PEARCE (Rochford), JOHN POWELL (West London) and RON WALLWORK (Suffolk) to adjudicate with local judges MIKE CROFT and PAULINE WILSON (Chief). Where were you all? Not for the first time a lady headed the field – talented AMY HALES. It was good to see a couple of Newmarket 100 Miles survivors beating post-race stiffness to finish: JACKIE COX & MICKY SUTTON.

**BENECOL FACTS**

1. A brisk 30-minute walk after a meal will cut the amount of fat you store by using up calories to fuel your exercise.
2. Women who walk for an hour a day have half the risk of developing breast cancer, a Japanese study of more than 30,000 women has revealed.

## DEAD HEAT

Dave and Mick at Guernsey



## RESPONSE FROM BARRY INGARFIELD

Dave,

I can only describe some of the unnecessary snide comments aimed directly at me through the columns of the Essex Walker, as inaccurate and laughably exasperating. Moreover, references made about people not attending the annual BMC get-together in Stratford-upon-Avon, as an opportunity for continued professional development (CPD), among others also seems like a swipe at me.

For the record, I am endlessly working to improve my expertise in all endurance coaching; and in particular the necessity and benefits of strength-and-conditioning training. To this end, I am in fact, a proud card-carrying member of the British Milers Club, and have attended BMC lectures; reading their twice-yearly, brilliantly written magazine is a great source of coaching/mentoring information. In addition, I have spent several enlightening weekends with the BMC Academy's course director, David Lowes and his team; while working with the next generation of young endurance runners. By the way, if there is anyone in British race walking who truly believes they can tell me something new about our sport, I'd love to hear.

Finally my message does not waiver, British athletics needs creative, fresh thinking and inspirational, coaches, working with young dedicated athletes; those prepared to commit to the kind of training, enabling them to reach the top!

Barry

PS. Bio-mechanics, bent knees and an uneconomic running/walking technique can be rectified!

## COACHING OPPORTUNITY IN THE NETHERLANDS

Marcelino Sobczak is running a coaching weekend at Beekstraat 9 6013RV Hunsel in The Netherlands starting 16:30 Friday 6 November until 16:00 Sunday 8 November. Bookings before 15 September cost 70 euro, 85 euro thereafter and all bookings must be made before 15 October. The price for the weekend is all inclusive. It is possible to pay on arrival but those intending to take part must contact Marcelino by either email ([iranicus@orange.nl](mailto:iranicus@orange.nl)) or by sending a letter addressed to: Marcelino Sobczak, Willem van Oranjestraat 22 6371EV Landgraaf. (Tel. 0031 45 5428614).

## FEELING ISOLATED

In the Centurions Handbook, Hon. Ed. is listed as member No. 540. All names are listed in numerical order, with a 'dagger' printed beside those who have sadly passed on. Daggers now appear beside numbers 537, 538, 539 and 541. One hopes that vultures are not circling?

## OFFER OF THE MONTH FROM SUE CLEMENTS

I have a year's worth of SportEx published April 2002 – October 2003 that I would like to clear from my loft. For those who are not familiar with this publication, it's a sports injury magazine aimed at coaches and other non-medical personnel. The articles are well presented and supported by clear diagrams & photographs. They are free to a good home and can be collected from an Enfield race venue. Telephone beforehand to arrange.

Sue (01223) 292155

## WRITES KEN MATTHEWS MBE

Dear Dave,

It looks as if my sporting activities have come to an end. I have just been diagnosed with angina. I am awaiting tests on the treadmill at the hospital. The pain only comes on with exertion. You wouldn't believe I can't walk 'briskly' to the newsagents without slowing down up a slight incline. I have been riding time trials with the pain but the doctor has said "No more". In addition to angina I am about to have an operation on my prostate. When you get to a certain age these ailments are like the bus service, you wait for one and six-or-seven come along at once!

Yours in Sport,  
Ken Matthews.

Adds Hon. Ed. Ken's a keen EW reader and we're sorry his health has suffered a setback. Ken's our last UK walker to win an Olympic gold medal, doing so over 20K at Tokyo (1964). He's frequently seen at big occasions, most recently presenting awards at our 2009 National 20K.

## WRITES DAVE SHARPE

Dear Mon Captain Birdseye,

Over the 11/12th July, like you, I was at Newmarket for the 100 miles. I handled Micky Sutton (Virgin Soldier) and we had 2 other walkers in Olly Browne and Kevin Marshall. Well we managed to win the UK team race. Micky was awarded badge number 1,078. That was an ironic thing as my number is 578 – exactly 500 numbers ahead. There are only 3 London Postmen who have done the 100 Miles. Dennis Vale (549) at Ewhurst in 1975, Dagenham Dave at Ashtons Track in 1976 and now Micky Sutton in 2009. He did 23.45.18. 'A close thing' as the Iron Duke said in Belgium at the Battle of Waterloo in 1815.

I met Richard Dunwoody who had completed a 1,000 miles in 1,000 hours challenge. He started the main race and also was at the presentation. In the event it rained heavily overnight for 9 hours. That affected the field throughout as people dropped out due to the soakings they got and general tiredness.

It was nice to see Martin Oliver back at an event. Sandra Brown was outstanding, setting British W60 records for 50K in 5 hours and 31 minutes – and the 100 Miles in under 20 hours.

The British Masters 3 Miles and Open Enfield League 5 Miles were well supported. The presentation saw Eric Horwill going through the age groups for the 3 miles and also the hundred miles. Well people were tired so they left during this. It was wrongly handled as the main event should have been first. Well some unlucky souls will be picked for the Roubaix 28 hours in France 6 weeks later. Well you need that like a hole in the head. I do believe that the Newmarket race should have been 100 Miles, which it was. In my opinion Ron Wallwork had too much on his plate.

Yours  
Dagenham Dave (C578)

## IN SHORT

While BBC were interviewing a competitor at July's Birmingham meeting, 5,000 metres victor SCOT DAVIS sped past in the background – as spotted by many of our readers.

Better to be on for a split second that not at all!



## WALKERS ROLLING IN THE AISLES

Funnyman KEN DODD, now aged 81, came to Southend for a one nighter at the Cliffs Pavilion. In a packed house, who were rolling in the aisles, were STEVE & ALEX ALLEN. Ken got on stage at 7 pm and pressed on for a solid 3 hours before a short break. Responding to many encores, he delivered his last rib-tickling one-liner on the stroke of midnight. Steve had worked all night, then snatched a brief 40 winks before racing at Parliament Hill Fields and made the stalls well short of sleep. Said Steve, "Ken's mirth kept me awake". Perhaps hard seats at the Cliffs also ensured an alert audience?

## DATE FOR YOUR DIARY

Sunday 1st November, Alexander Stadium, Birmingham. UK/RWA Judges/Officials Seminar. Details to follow.

Regards,  
Peter Marlow.

## PRAISE INDEED

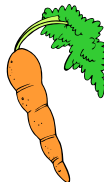
An unwell Hon. Ed. struggled to complete that 3 Miles race on the Newmarket undercard. When overtaken by a lady novice, she uttered, "I really admire what you chaps have done, being on your feet for so many hours". She thought I was competing in the main event – the 100 Miles – as that race's entrants were sharing the same course. I could have kept quiet and accepted the praise! But I had to admit, "I'm not doing 100 Miles, I'm in the 3 miles and you are just about to overtake me".

## HAPPY RETIREMENT

Iford and LPR walker TONY KELLY has called it a day at the Royal Mail's Mount Pleasant Sorting office. Of course, Postal races are always open to ex-members of that Organisation and we hope that Tony will still be seen giving it his all in their events. Indeed DAVE SHARPE, a former postman and winner of the 'In Uniform Race' has announced that he will take up an opportunity to race the next such race! We wish Barking-based Tony a long and happy retirement for years to come!

## DANGLING CARROT

Well folks, the English Commonwealth Games qualifying times are now announced. For ladies it's 1 hour 42 minutes, for gents it's 1 hour 29 minutes. Go for it!



## GUIDELINES FOR TRACK SAFETY

- 1 Take great care when crossing the track.
- 2 Please use the High Jump area and grass for your stretching exercises.
- 3 Use lane 6 upwards or preferably the grass when warming up or down.
- 4 Always run or walk in an anti-clockwise direction.
- 5 Make absolutely sure that your lane is clear before moving onto the track. An athlete already running in a lane has the right of way. Look again before starting your run/walk.
- 6 As soon as your speed distance has been completed move immediately on to the grass. **Do not stop and stand around the track.**
- 7 A shout of "**Track**" means that somebody is likely to have an accident. Look up the track to make sure it is not you. **If it is move (Fast).**
- 8 Safe training for everyone is the aim. **Be alert.**

These guidelines are given for the benefit of newer recruits to race walking.

## THE BEAST OF BOLSOVER

Some 3 years ago in Essex Walker we reviewed a history book of the Sheffield Star Walk. We pointed out that now 77 years old MP Dennis Skinner had once come 2nd and that another veteran MP – Austin Mitchell – had 'also walked'. Now in an interview in The Observer Dennis is quoted as saying, "I did marathons before they were popular, when people were running round the streets were looked at oddly. There were only about 300 of us. We were like a little contemporary arts company that used to meet at Windsor, or the Doncaster to Sheffield marathon. I was cycling until I was 68. I used to play football, cricket, tennis, table tennis. I was into road walking – heel and toe. I got up to 7.5 miles an hour before I came here". Dennis did indeed cease cycling after a serious bike accident when aged 68. He went 'Bolsover Colliery' on an icy road.

## BOOK REVIEW

"My guess is, if he drops below a certain pace, the isotonic drinks will blow. And we can't pull him off the course even if he keeps running. Deviating from waypoints could trigger the belt too". It's an extract from 'Dead Spy Running' by Jon Stock (published by Blue Door). It's his second book, which is about rogue M16 agent Daniel Marchant uncovering a dastardly plot while running the London Marathon. A film adaptation is due in 2010.



## HOW TO BE GALLANT IN DEFEAT

Want to loose graciously? Here are six golden rules:

Smile even if the effort kills you.

Shake hands with your opponent even if you want to throttle him.

Applaud enthusiastically at the trophy presentation, even if you feel like booing your head off.

Offer to buy him a beer, even if you would rather it was neat arsenic.

Say 'You were just too good', even if you think your opponent was a lucky b\*\*\*\*\*

Make sure you thank the referee/umpire, even if you are sure that he needs to visit a good optician.

From: It's Not the Winning That Counts: The Most Inspiring Moments of Sporting Chivalry by Max Davidson (Little Brown) is available from Telegraph Books for £11.99 + £1.25 p&p. Call 0844 871 1515 or see books.telegraph.co.uk

## FIRST FOR A FIRST

A delayed SRWA 20K Presentation was missing its star recipient, for victor TREVOR JONES was not in the Ford Social Club's taproom. Trevor was attending to Anne in the woman's changing room opposite, as the good lady was indisposed after her own medal winning efforts. History was made as for a first time a SRWA men's medal was presented in a female changing room! Trevor and Anne now reside on the coast of Worthing, so hopefully bracing sea air will have helped Anne to quickly regain her health. A far better intake of breath than spending one's Saturday afternoon around a near deserted industrial estate in Basildon!

## FAST ESSEX ATHLETE

Olympian Fatima Whitbread, of javelin fame, found things didn't go her way as she found herself facing a 3rd speeding charge, this time on the A12 where she achieved 116mph with her 11 year old son as a passenger. £175 fine and 2 weeks ban was the outcome! Hardly a deterrent is it?





## THOUGHTS FROM IAN STATTER

The SEAA inter counties u20 and u15 fixture was due to hold a 3km walk as part of the match on 30 August at Watford. Without reason they have withdrawn the walks from the timetable and this will disappoint a number of athletes in the south, being their only representative match of the season. It probably does not help that very few young walkers are competing in county championships in walking events however we are not the only athletic event that is struggling to recruit yet we are the only event that is being excluded. I urge as many as possible to lobby through your club or sea contact for the reinstatement of the walk at this match as without this opportunity what other stepping stones are there for young walkers to aspire to greater things.

I know George has done a great job in taking forward the Think Tank at a National level but we also have an urgent task to do at a local level and that is to reverse the current trend of an aging sport. We must engage the schools in the south to promote walking as part of their curriculum. It is being missed off all the latest athletic development initiatives and so will not generate a single athlete unless we do something about reminding schools and clubs that race walking is still alive and not too complicated to have a go at. The locking rule has done the sport no favours in this respect and I believe at schools level we need to go back to basics by simplifying the event and encouraging contact with the ground as the only rule. A simple 'heel and toe' action is so easy to demonstrate and understand.

I do not know what the average age of walkers are in the south but I would imagine it is in the 40s if not 50s. Without new blood coming out of schools and clubs this average age will gradually increase into the 50s and 60s and eventually the sport will die out all together. If we want to survive as a sport we must take action now and decide how we can get walking back into schools and mainstream athletics to compete alongside other athletes and not in our own organisation. Up until the 1980 the Croydon Schools league generated a string of international athletes such as Mark Easton, Gordon Vale and Mark Wordsworth. It was then disbanded due to lack of support (it still had 40 participants that year) and suddenly the sport had no feed except athletic clubs. In the 29 years since then Surrey for example has only produced Chris Cheeseman in the 1990s – who tried race walking as an alternative to being injured on the track - and Alex Wright in recent years - 'spotted' at school and nurtured by his local club. Tonbridge with the help of Peter Selby has shown how successful it can be to train alongside other athletes at trackside by producing a number of recent successes for international selection. They have also lobbied to ensure race walking is included in athletic leagues. This shows how important it is to have a feed into race walking from either school or club and both will produce international potentials if enough numbers are shown what our sport is about.

As a starting point it is good to see the 1km walk has been retained in the primary schools key stage 2 curriculum and the 2km walk in secondary school key stage 3 but how many teachers encourage it? We need to think of a strategy for ensuring that all teachers encourage walking and see how we can get hold of results. Should we ensure that all teacher training establishments are given walking demos and have a brief of the benefits of walking for everyone? Without an introduction in teacher training they will not teach walking in schools but will focus on running and less technical events. Without teaching children at an early age they are unlikely to have the opportunity to try walking and the later they try the more self-conscious they will be to take it seriously and so we lose a potential pool of athletes. Without this potential pool of athletes we have less chance of creating champions of the future and we are left with an ever-shrinking population. Let me have your thoughts about what we can do in the south to expand on the coaching centres that currently exist and maybe this will help feed the Think Tank with more ideas.

## FROM 1970

As mentioned earlier, MARTIN OLIVER has sent a copy of February 1970s Race Walking Record. The result of the Belgrave Inter Club 7 Miles was published, showing a 52.28 victory for PAUL NIHILL followed by WILF WESCH and LEN DUQUEMIN of the host club in 53.07 and 54.07 respectively. JOHN MOULLIN (Bel) and KEITH READ (SWC), both sadly departed, were the next one home followed by BARRY INGARFIELD and DOUG FOTHERHAM (both Bels). 1970 would prove good for Wilf (who went on to win Nationals over 10 Miles, 20K and 20 Miles) and John who later in 1970 produced the fastest ever UK 100 Miles debut at Ewhurst clocking 16.55.44. Barry Ingarfield, on his bike, was John's attendant for most of the distance until the competitor dispensed with his attendant's services!

Paul Nihill could do no wrong as he won the Dunkley Cup (Metropolitan Police v Stock Exchange with Sussex as guests) 10 Miles at Hayes in Kent. Paul's time was 75.07 which was well clear of ALAN BUCHANAN in 82.04. With KEVIN EMSLEY 3rd in 83.07, the top 3 were all representing 'Sussex Clubs'. The top race was the Metropolitan Police Open 7 Miles at Imber Court. 155 started and 139 finished. Paul Nihill won in 49.50 becoming only the 2nd man to beat 50 minutes on the course. Mind you the other man to finish under 50 minutes, KEN MATTHEWS, had done so on 3 occasions – clocking 48.02, 48.36 and 49.51. SHAUN LIGHTMAN and the late PHIL EMBLETON completed the frame in 50.54 and 51.11. The other names in the top 12 were MESSRS. Wilf Wesch, Oly Caviglioli, Carl Lawton, Brian Adams, Len Duguemin, Alec Banyard, Brian Armstrong, George Caplin and Don Cox. Belgrave won the team race, so winning all the London Open 7s that winter. Martin highlighted his own and Hon. Ed's positions: 74th and 77th in 60.47 and 60.55 respectively. Basildon duo J. McCORMACK and BOB DOBSON were 21st and 22nd clocking 55.45 and 55.46 respectively. Still active KEN TUSON and MIKE HINTON were 30th and 37th clocking 56.38 and 57.20 respectively, just ahead of 39th placed AMOS SEDDON in 57.34. The last to beat the hour (62nd in 59.41) was future Olympian IAN RICHARDS while GEOFF HUNWICKS in 60.04 was the first over the hour. Essex walkers did well in the handicap as DON COX and KEN CARTER (who we saw this year at the Nicola 5) were awarded 2nd and 3rd prizes. There was a prize for the 1st serviceman, who was the late PHIL THORN (Trowbridge & Army) who came 26th in 56.07. The Record also reported that cantankerous LEN MITCHELL had attended on crutches after a car accident.

Other races listed were the 1970 London Business Houses 7 Miles Championship at Wembley. It was a tight battle between KEN EASLEA (56.23) and GEOFF ROBINSON (56.27) with JOHN DUNSFORD 3rd in 59.29. BILL FENLON, 4th, beat the hour by 23 seconds. PAT FUREY, nowadays known as a generous sponsor, came 7th in 67.30. Thanks to LAURIE KELLY this race keeps going! BILL SUTHERLAND won an Inter Club 7 Miles race at Enfield in 51.30 with ROGER MILLS (52.35), BOB DOBSON, KEN EASLEA, PADDY RICE and KEN LIVERMORE in close order, and all bettering 54 minutes. MARTIN OLIVER (15th in 58.07) was one of 17 to beat the hour.

Essex Beagles staged a Juniors/Youths/Boys open meeting at Chigwell Row. 32 raced the combined youth & junior 3¼ miles with OLLY CAVIGLIOLI of Basildon breaking the tape in a course record time of 27.03. Over 1½ minutes behind was R. GARDNER (Bromsgrove & Redditch) with Brighton's DENNIS HOLLY completing the frame. Others on the result sheet included KEVIN EMSLEY (4th), STEVE GOWER (5th), GEOFF HUNWICKS (10th), MARTIN OLIVER (11th), JOHN SALES (15th), BRIAN LAVER (17th), D. JOHNSON (25th) and LEN RUDDOCK (27th). The boys race over 1½ miles also saw 32 finishers and a course record. LAURENCE DORDOY won in 14.38 – a minute ahead of K. STURDY and J. ROBINSON (both Bromsgrove). Laurence literally won in style as he was also adjudicated as the 'Stylist of the Meeting'.

Finally there was an advert for the now defunct Metropolitan WC Open 20K at Battersea Park. Entries cost 3 shillings for seniors with a 5 shillings team fee. There were separate races for boys, Youths and Juniors all on offer for 1 shilling per entry with teams at half-a-crown. Entries were to be mailed to DON THOMPSON. The meeting is just one of many to have fallen by the wayside. Great times...thanks to Martin for unearthing all this material.

## **8 COUNTIES ESSEX SUCCESS**

Augusts' 8-Counties Representative Match at Melbourne Stadium saw a wonderful field of 25 start and finish. Essex finishers were:

1	D. King	13.09
2	D. King	13.13
5	C. Cattano	14.49
9	A. Hales (L)	15.50
19	L. Mountford (L)	20.13
25	S. Clements (L)	21.48

Amy and Sue were making Essex debuts, with Sue's also being her 3,000 metres debut. The talented King twins walked for the points while Chris was welcomed back after injury. JON MAY was selected for Middlesex and was able to walk to the track from his front door! Thanks to our Officials and those who came to support our County's representatives.

## **NEW VENUE**

Iford's long established pre-Christmas 10K has been forced off the Chigwell Row roads owing to increased traffic. It has a new venue which is less than a mile away – Redbridge Cycle Circuit in Forest Road, Hainault. It'll be over 5 Miles which reflects the popularity of this distance, and also the rising average age of potential participants. It'll be 8 flat circuits of 1 Kilometre so making up 5 Miles. Good public transport and car parking spaces on site, it'll be on Sunday 20th December (11 am). The venue is directly opposite Forest Road Crematorium where we so sadly said our farewells to Laurence Dordoy in June. After racing, the Maypole is just 4 minutes drive away! It's an Open race + Essex League.

## **VAN MAN**

Earlier this year we published sports goods retailer AMOS SEDDON's decision to quit business. Then, after listening to customers, we published Amos's decision to re-open his shop by popular acclaim. Things are going even better as a larger van now drives up to meetings with his much-in demand stock!

## **FROM THE CANVEY CREW**

Dear Dave

We would like to like to say a big well done to Ron Wallwork and his team for the superb performance in Richard Dunwoody's 1000 mile in 1000 hours challenge. He definitely picked the right man. Richard was cheerful, knowledgeable and very accommodating to all who turned up to help him and he remembered all the information about each person that walked beside him.

Alan, Chelsea, Kim, Phil and Liz were impressed with the way he went out of his way to make us feel so welcome and Chelsea was impressed with the way he was interested in her sporting achievements (even though he was tired he still managed a fast mile, although that was not the aim). Heartfelt thanks from all to Richard for the text to Kim when she needed it the most.

We would also like to thank Ron for a superb 100 mile meeting at Newmarket after the challenge was complete. It must have taken such commitment to organise 2 events consecutively.

To see Richard at either the start or the finish of the day's events and presentation showed that he truly is a genuine person and such a fantastic ambassador any event that he partakes in. I am sure he has rekindled old flames in previous race walkers, and you may see the return of them in a few races.

We would also like to say well done to Steve Kemp (birthday boy), Micky Sutton and Mark Wall for becoming our new Centurions.

A BIG THANK YOU FROM THE CANVEY CREW.

## **ON HIS PLATE**

In this issue DAVE SHARPE writes to tell us that hard-working RON WALLWORK has too much on his plate. Dave has a point. Ron has recently taken over as Suffolk County AAA Walking Secretary (from the late JERRY EVERETT). Ron immediately put some 'oomph' into their track Championship, which saw more racing than at Essex on the same afternoon. But when Middlesex County AAA needed 6 walkers for the recent 8-Counties Representative Match at Chelmsford they contacted Ron; and asked him to ring around and get those Middlesex walkers selected! You couldn't make that up either!

## **PREHISTORIC TIMES RE-ENACTED**

Rainham's top fundraiser, 47 year old LLOYD SCOTT, has topped £5 million with 20 years of madcap stunts behind him and is still going strong. Presently he's walking from John O'Groats-to-Land's End towing a giant Tyrannosaurus Rex. His stunt is entitled 'T-Rex Treks'. In 2003 Lloyd was the only non-finisher (for personal reasons) of the Flora Captain Barclay Re-enactment Challenge in London. But he's made up since – many times. Money raised goes to the Teenage Cancer Trust. Details from [www.trextreks.com](http://www.trextreks.com)

## **WE HEAR**

Our last issue trumpeted the good news that 2 walkers had earned 'athlete-of-the-meet' awards in Eastern Veterans events. One was the delightful HELEN MIDDLETON, who does as many Essex events as many Essex walkers do. A proverbial little bird in the Eastern Vets set-up tells us that her award was objected to by someone who tried to prevent it. That person, we are informed was another walker. One for the 'You couldn't make it up' category!

## **ROY FOWLER RIP**

Not a walker, but we're always sorry to see former athletes of note pass on. One such former AAA 10,000 metres champion Roy Fowler, who was in the Commonwealth Games teams of 1962 and 1966, who has died aged 75 (from cancer). One of his best ever races was at Horwich when he won the 1962 Rivington Pike Fell Race. Roy was first rate in World and British Masters events, particularly in the 70s.

## **RACE WALKING 2011 YOUTH GAMES**

### **African Association of Race Walking Coaches**

My attention was recently drawn to the fact that walking is not on the event list for the 2011 Commonwealth Youth Games and I think something ought to be done about it to boost the image of the sport within the Commonwealth. It is a known fact that Commonwealth nations do not perform well at various International meetings. It would therefore be prudent to include walking to the events to serve as training and preparatory grounds for various International competitions for commonwealth countries. Ghana is preparing to participate in this event and its elimination would not be fair to our sportsmen who have been training in anticipation for the Games.

Yours faithfully  
Vincent Asumang  
(Vice Chairman)

## **ESSEX WALKERS AT WORLD CHAMPIONSHIP**

Sadly not competing but among those crowds in the stands. Visiting Berlin for the World Athletics Championships were DENIS & ROY SHEPPARD (and their wives) and much travelled PETER RYAN. At least a walker was selected for this major meeting – JO JACKSON of Redcar.