

November 2009

ESSEX WALKER



WELL HUNG

Iford's MICKY SUTTON has appeared in society and portrait photographer Rankin's latest exhibition at London's Truman Brewery during August. His exhibition was titled 'Rankin Live' and saw the society photographer's results after photographing 1,000 members of the general public. Among them was a full frontal naked Micky Sutton, who now possesses the highest numbered Centurion badge (1078).

OVER 50s MEETING

Proof that Enfield League have the right formula was seen when October's meeting at the Lee Valley saw 51 racing. Fifty (37 men/13 women) in the senior race and one younger aged athlete. That statistic probably shows why walking is edging towards the abyss. Mind you – many of those racing were 'over-the-hill', but nevertheless they were there in some numbers and were enjoying it. Two Organisations put their Championship in with this league race. Veterans AC had always announced this, but many were caught out when Southern Counties Veterans AC Walking Secretary DAVE SHARPE, who had stated that his road 5K Championship would be at Monks Hill, made a late decision to throw it into the Lee Valley melting pot. NICK SILVESTER has truly banished injury woes as he broke the tape with STEPHEN CRANE, PETE RYAN and STEVE UTTLEY in close order. Nice to see MARTIN OLIVER back on our Enfield League scene – he called our times. Result in Record and on www.racewalk.com

JERRY EVERETT MEMORIAL MEETING

This was staged in Jerry's honour on Sunday 11th October at Ipswich's Northgate Stadium by Orwell Panthers, a club offering sporting opportunities for disabled persons. Jerry was their Vice Chairman at the time of his sad death. The afternoon ended with a walk, and we thank readers who supported this event.



EVERYTHING TO PLAY FOR

The final race of the 2009 Essex League season is to be held on Saturday 5th December at 2 pm from Cambridge Harriers Headquarters in Glenhurst Avenue, Bexley. It's a Bexley League 5K 'A' race – starting from a point that's 10 minutes walk from the changing rooms (be forewarned). Entry is on the day for a modest fee.

With a race to go, those Essex League contenders with over 100 points are, in order, S. Crane 311 pts. S. Uttley 299, D. Sharpe 209 (holder), J. Hall 188, P. Barnard 158, L. Dordoy RIP 137, S. Davis 116, D. Ainsworth 102 and P. King 101. The ladies title is close for 2nd/3rd places: C. Duhig 98, E. Stocker 36, F. Fernandez & C. O'Rawe-Hobbs 35, V. Mountford 33 and J. Cox 26. Let's go for a big turnout for our final Essex League race of this season.

IN AT THE DEEP END

Strong swimmer VAL MOUNTFORD appeared for Revenue & Customs in the Annual Civil Service swimming gala at Gloucester pool. No doubt Val made a splash. The pool was passed by walkers in the now defunct Tredworth 3½ miles, an open race staged by the late CHRIS NEWMAN every Easter Monday morning in front of huge crowds. In 1970 after 1969 victor TERRY HAINES (Gloucester AC) had been pulled the 1-2-3 was Commonwealth Games walker DAVE SMYTH (Bristol), MIKE HARCOME (Bristol) and KEN BOBBETT (Cardiff AC) clocking 25.10, 25.52, and 26.01 respectively. Sadly the victor recently passed-on. Bristol with TREVOR CHORLEY and L. GWINNELL, won the team race. RAF Innsworth were 2nd team (DAVE AINSWORTH, DON CLAY, DAVE BROWNING & ALAN LAING) with Worcester AC 3rd. It was to be Welsh International KEN BOBBETT's last race.....until his welcome comeback in Hillingdon's colours earlier this year at the Lee Valley Stadium. As for the West Country, there is talk of a new club starting in Bristol.

O'RAVE IS WHAT HE'S CALLED IN SWITZERLAND

Alan Chocolate O'Rave competed in a high class veterans 10km in Chiasso Switzerland in temperatures of 25c around the town centre, consisting of 10 X 1km laps of which half a lap was uphill. Alan gutted it out to record 69.11 for 4th and Dave Stevens 5th in 69.32. They were cheered on by retired athletes of the Stock Exchange Athletic Club, who supported them on the side of the road from a local bar. Report from Perkins Travel.

STEADY DOES IT

September saw the annual Road 5K race and the Charity Fun Walk 5K around Iford's Valentine's Park. VIP's galore headed for the event, which saw JOE BROWNE (brother of OLLY and a 2008 Moulton finisher) prominent on the Organising Committee. Among them were MPs for both Iford North (LEE SCOTT) and MIKE GAPES (Iford South), Leader of Redbridge Council KEITH PRINCE, Iford Recorder Editor CHRIS CARTER, Redbridge's Deputy Mayor BRIAN LAMBERT, Carnival Princesses and Sgt. FAIRWEATHER of Iford's Army Recruiting Office. Fairweather? – it was wonderful weather. Mr. GAPES started the serious run and Cllr Lambert the Charity Walk, in which Cllr Prince appeared. Fields for both events were up on 2008. DAVE SHARPE and MIKE HINTON gave it their all in the 5K, and passed many runners, with the latter carrying the name of GEOFF on his Club vest – this being in tribute of his late brother who had died on the corresponding Sunday of 2008. The Charity walk was headed by HELEN CROFT who appeared as a smartly dressed cycle pilot with all the correct apparel. The Organisers were so impressed that they presented her with a commemorative medal. MICHAEL CROFT was one of many volunteers helping to stage the events and Hon. Ed appeared as the announcer. Leading home the Charity walkers was OLLY BROWNE, who nevertheless took it steady, as it was his first appearance since breaking a bone in a foot during July at the Newmarket 100 Miles.

REMINDER

CARL LAWTON reminds us that Belgrave's Open 7 Miles on Saturday 28th November starts earlier at 1 pm (the start is a fair walk away from changing rooms). Carl speculates that it might be the last ever holding of this famous event. So please all be there!





From Our Readers



IAN STATTER DEVELOPS HIS VIEWS

While I agree with you that the SEAA walks are poorly attended that is an issue for SRWA to address and cancelling the walks at a representative meeting is a too easy option to take. Holding development days, roadshows, reintroducing walks to club athletic leagues or any other idea would be a more positive approach but to cancel the only representative county competition available to u20 and u15s may have such a negative effect to young athletes that they will just drift away from our sport. These representative matches are the stepping stones to international competition and without them up and coming athletes such as Alex Wright may not have flourished as he has done. The problem as I have pointed out below is not whether our aging population of walkers are attending area championships but that there is no building blocks in place in the south east to nurture new talent from schools or clubs. Unless a strategy is devised urgently that will encourage more proactive and co-ordinated development within the county organisations and the SEAA then race walking in the SE will continue down its path of becoming just a sport for veterans. If SEAA (with perhaps a little help from UKA) address these issues then I am sure we will generate young walkers again who will live up these championship and make them the high standard of competition they used to be!

Can you please ensure that SRWA lobby for the return of walks to the inter-county arena as an incentive for counties to try and fill the walking places as my team manager has done – one/two to score – whatever it takes to get them back in? How ever can our sport develop if we allow it to be bullied into non-existence by a committee who seem to have such a narrow minded approach to encouraging race walking within SE athletics circles?

I call on all walkers to lobby their clubs to write to SEA and county secretaries to ask for walks to be reinstated in representative matches but you also need to heed Pauline's advice that these matches must be supported to ensure the county teams are not let down by race walkers.

Ian

EMAILS ALAN FLAVELL

I am still doing the odd race when time allows, still going well at 78 years of age (now been competing on and off for over 60 years, started with Royal Sutton in 1947). My claim to fame was as helper/mate to the late Ron Purkis when he achieved his Centurion Award (19.35 hrs!) Ewhurst '79. We have been friends (ex Stevenage) since 1957. I was the last Secretary of Metropolitan WC prior to its close down (just 6 members!).

Yours in Sport, Alan Flavell
Enfield and Harringey Walking Section (Ron's mob)

EMAILS BARBARA DUNSFORD

Dear Friends,

Could you please let me know who would have records/results of the London to Brighton Walks?

Also I would like to let you know we were unable to attend Bob Porter's funeral, which we had every intention of doing. John had a Heart Attack his second at 6.30 that morning, and landed in hospital, where they operated and put in a 'Stent' his fourth. He is now back at home, and getting back on track.

Yours Sincerely, Barbara Dunsford.

VIEWS OF DAVE SHARPE

Dear Sir,

Recently there was a good article by Ian Statter of SWC about walking. Well schools do have walking on the agenda. I remember Gerald Godhard of Waltham Forest Schools. He organised the Essex Schools where over 60 took part. Then in Essex we had groups of youngsters at the Clubs – Southend, Newham & Havering. There was the Phil Everard walks at Chigwell Row and you had the Basildon Festival and the London Vidarians Boys/Youths/Juniors races at Battersea Park.

Havering under Derek Robery used to race at Drachen in North Holland. After 3 years they won the trophy outright. The Essex Schools was at Thundersley and staged by Chris Bent. If you went to schools in Essex you could be picked by Essex. At Clubs there were youngsters and kids who could come good, but training them was nigh on impossible as they preferred to be with their friends and always had excuses like "Don't have time". So after banging your head against a brick wall you'll leave a contact number but know they will never ever contact you, so you'll just train on your own. That's why it has become an old persons sport. You could find the local yobos with ASBO's and most probably make them at least County standard.

Yours in sport,
D.W. Sharpe.
IAC (Captain) SCVAC (W/S) Centurion No. 578

PS. You also had Big John at Essex Police. They were told they were going walking, not asked. Sir's orders!

WRITES MARTIN OLIVER

Dear David,

Like Ray Pearce, I was intrigued by Tony Perkins request for information on a R. W. GUN. My immediate thought was that it was Charles GUNN (2 n's) – but wrong initials. He was a bronze medallist in the 10K walk at the 1920 Olympics in Antwerp. He was still around, judging in the early 50s. I believe my second thought was that it might be one of the GUM brothers – but again wrong initials. I knew of S. R. and J. C. but unlike Ray, I didn't know about R. W. GUM (correct initials!). In the result of the Enfield Open 7 in November 1955 that Ray refers to, sure enough, R. W. GUN (Essex Beagles) was 120th in 68.58.

What is interesting is how many of those racing then, are still around and some of them are still racing too. And look who won the Individual handicap on that day – RON PURKIS no less! Ah happy days!

Take care old son – hope to see you again soon.

EMAILS BARRY INGARFIELD

For Christmas and New Year and beyond, I'm going to Australia for 5 weeks on a coaching/fact finding visit. I'll let you know how I get on and if there are any lessons we need to learn...however, my guess is that we already know where changes in the GB system need to be made! Please note...I am still available for coaching advice/mentoring, but as my time is limited, only at the highest level.

My best regards, Barry.

LAURENCE DORDOY REMEMBERED

Our departed friend had entered the Church-to-Church race before his fatal road accident in late May. At the presentation function ROBBIE ELLIOTT said some touching words and our much missed Laurence was given a generous round of applause.

VI McSWEENEY R.I.P

Just letting you know that Vi McSweeney, Sid's wife passed away in a Nursing home. She was the ripe old age of 95 and had only been transferred there, near her family 6 days before. Latterly she had been in hospital. Kath used to speak to her regularly by phone and she remained very alert to the last. God Bless her. She was buried on Tuesday 13th October, 2009 at Hendon Crematorium. She was related to the late great Harold Whitlock. To think his time in winning his Olympic Gold in Berlin in 1936 was only 10 minutes behind Scott Davis's recent time although it was 73 years ago now! Truly amazing eh!

Bill & Kath Sutherland

CONTRIBUTION FROM KEN ROOST

Hi Dave,

The following appeared in the Stevenage Comet under the heading 'Tribute to Ron'.

A former Stevenage and North Herts Athletic Club member has died at the age of 77. Ron Purkis was a member of SNHAC in the sixties and seventies, becoming Secretary during his time with the club. He did much to encourage race walking in the area and put on many races at Ridlins Eng. Mr Purkis left SNHAC circa 1975 and joined Verlea AC and later Metropolitan Walking Club. In 1979 in the colours of Metropolitan WC he competed in the Ewhurst 100 Mile race. He came home in ninth place in a record field of 107 starters in 19.35.45. It was Ron's maiden 100 and he was admitted to the Centurions Association as Centurion No. 652. In 1976 Mr Purkis was responsible for bringing the RWA 20 Mile Road Walking Championship to Stevenage and shouldering responsibility for organizing it. He was congratulated by many for staging the race on a traffic free course – the cycleways of Stevenage and Fairlands Valley Park.

He left Stevenage in 1980 and returned to his home town of Portsmouth and settled in Waterlooville. He continued with his race walking and was appointed RWA Coaching and Development Secretary for the sport for two years in the nineties.

In 2008 he was diagnosed with cancer and passed away on Tuesday August 18th this year. He was cremated at Porchester on Wednesday, August 26th.

I'm very pleased the sports editor found room to pay this tribute to Ron. Thought you might like to see what was actually printed.
Regards, Ken.

CAROL HEAD R.I.P.

One man missing from the Postman's walk was recorder STEVE HEAD. The brother of Olympic hammer thrower PAUL HEAD (Newham & Essex Beagles), Steve records year after year. Sadly his wife CAROL passed-on just before the event. Many Royal Mail employees, including walkers, attended Carol's funeral service at Corbets Tey Crematorium on the Monday after the Postman's Walk. Condolences are expressed to Steve and his family.

DAVE SHARPE'S TRIBUTE

Dear Sir,

I recently heard the bad news that Barbara Croft passed away. I have very good memories of a very nice lady. I first met her, and her family, in 1973 at the Phil Everard Walks at Chigwell Row. I used to see her at races – also sometimes her son Michael would pick her up from home and take her to events, so we'd have a nice chat and a cup of tea. She was a local Councillor and had 3 sons, Michael, Steven & Philip who all did athletics. Michael and Philip walked while Steven ran and was coached by Mel Batty and won a County track championship. Barbara used to do the teas and food at the Basildon Festival and 50 Kilometres. She was a very homely lady who also had grandchildren. I am sure now that she will meet up with her true love, her husband Arthur, who is waiting for her in heaven.

Yours sincerely
Dave Sharpe.

BOB PORTER R.I.P.

Dear All,

It is with great sadness that I have to inform you that Bob died on Monday 21st September, after a long battle with ill health. Bob was a member of Metropolitan Walking Club. He qualified as a Centurion in the Leicester W.C. 100 Miles at Congerstone in 1982 in a time of 20 hours 24 minutes 05 secs. Bob was aged 67. He is survived by his wife, Jackie, daughter Samantha and sons Steward and James.

Yours, Charlie Weston C584
Captain Centurions 1911

TRIBUTE FROM LEN RUDDOCK

Very sad to hear this news. I remember him as a keen competitor during my period and his great sense of humour.

Len Ruddock.

MOURNING

We've had some well-attended funerals of late, and sadly after each, people came forward to moan about not being notified. Two complained after Laurence Dordoy's service, 1 after Barbara Croft's service and 2 after the funeral of Bob Porter. All say that they would have attended had they known. So please pass on information when you have it. We tend to reply on 'information suppliers' and in Essex one in particular. But as he recently stated again, he's considerably reduced his efforts reference funeral notifications after receiving a bad reaction when trying to tell somebody, when that person already knew. Perhaps if our top Essex information supplier had not suffered that knock-back, then some of the above would have got their funeral notifications. So please be polite to those who try to tell you what's going on.

The Essex Walker email service gets info to many. However, following a request from a reader who asked only to receive his Essex Walker (and no other items), we've made that option available to all readers. Some have taken that 'Essex Walker Only' option. Remember if that's what you want, that's all you'll get. And in 3 cases, mentioned above, readers who would have got funeral service arrangements, didn't get them from Essex Walker...as they elected not to have the 'news service'. Please remember that – if you've elected to receive Essex Walker only.

From Eileen

*You can change your options at **ANY** time, all you have to do is let me know on theessexwalker@aol.com. I would like to thank all those for replying to our 'list' email. And thanks to all for many, many kind comments on our endeavours.*

FUNERALS

We apologise for erroneous information on Essex Walker's email service, about the time Vi McSweeney's funeral. We stated 12 noon, but it had ended by then, for it commenced at 11.30 am. As a disclaimer, this came from an information supplier and was published in good faith, without amendment. Another person stated that this funeral was on a Wednesday (it was on a Tuesday). However, the family were pleased to see walking represented, albeit by just 2 mourners. The funeral of Bob Porter saw a much better attendance and it was pleasing to see that famous Metropolitan Walking Club represented among the mourners. Centurions present included their Captain Charlie Weston, who came from Ireland for the service. Mourners were invited back to the home in nearby Witney afterwards. Bob was a member of the Royal Andediluvian Order of Buffalos, and they also helped to give him a good send off

MURDER ON THE DANCE FLOOR

With bated breath we anticipated Richard Dunwoody's debut on Strictly Come Dancing, not least because Alan O'Rawe had confessed that he'd placed a bet on him to win. I do hope it wasn't for a large amount! Whilst Richard is a master of endurance (as many of us witnessed first-hand at Newmarket) a maestro on the dance floor he is not...well, not yet anyway! Reporting on the group dance, Judge Bruno Tonioli said that he'd nearly died of laughter singling out Richard as not seeming to have a clue about where he was or what he was doing. Acknowledging that he had probably blown his wager, a text arrived from Alan O'Rawe saying simply 'Bruno's right'. Hilarious – I just can't wait for next week! Could Richard be this year's 'John Sergeant'?

Christine Perkins



FIRST CLASS ESSEX DELIVERY

The 48th annual Postmen's In-Uniform race was held from Mount Pleasant in September. In the Men's 6 Miles, held over 6 circuits of twisting streets, Brighthouse man DAVE TURNER had his customary easy victory to win the National title in 51.59. Retaining his London title (and also 1st London Veteran) was STEVE ALLEN in 55.25, who produced a fast last lap to pull away from Edinburgh's COLIN SCOTT who finished in 55.50. In the London Championship SIMON MORAN, who competes for Chelmsford AC, came 2nd in 58.52 with Ilford's MICKY SUTTON 3rd in 59.20. It was only his 2nd walking race since finishing the National 100 Miles event in July. As for Simon, we wish he'd come along to a few of our walking races. Mount Pleasant won both the National and London team titles, scoring the 3 just mentioned in the London stakes plus MICK WINSKY who lives in Metropolitan Essex. DAVE SHARPE, who had many good days in this race when working as a Postman, raced for the first time in decades as a guest competitor clocking 59.10. Regular DENNIS JONES pounded out 65.43 for 17th position, one ahead of former Postman PAUL NIHILL who clocked 66.55. It was good to see recently retired Postie TONY KELLY giving his support. Mount Pleasant staff were on strike, with pickets manning entrances...but those attending the big race were allowed in and made welcome.

The Ladies race over 3 miles saw a new record set by former Commonwealth Games entrant CAL PARTINGTON (IOM) in 25.48 with IOM Centurion ROSEMARIE CRELLIN (who qualified at the Kings Lynn 100 Miles in 2005) coming 2nd in 32.06 with Thurrock based former winner GERALDINE LEGON 3rd in 33.31.



We saw 24 men and 9 ladies racing. Few newcomers were seen, with mainly welcome regulars keeping things going. Organiser STEVE WYNN hopes for a bumper turnout in 2 years time for this event's 50th staging which over the years has brought many newcomers into race walking. The event was held on a hot day, making it uncomfortable for athletes donning Royal Mail uniforms...and many road works made it testing for both competitors and race marshals alike.

A word for Organiser STEVE WYNN who attended despite Millwall playing at home. It was the 19th home match he's missed in over 4 decades (most missed owing to race walking obligations). Without Steve's encouragement the Lions best Huddersfield 3-1. Steve was ably assisted by many helpers with Essex connections such as Canvey's GEOFF BANTHORPE, Loughton 2nd claimer JOHN HALL, Chief Judge MIKE CROFT and Hon. Ed who presented the awards.

PILGRIM'S PROGRESS

BILL PILGRIM (remember him?) went to the Great North Run to encourage his niece, who he trains. Bill lives in Stevenage and is often seen briskly keeping fit on local roads. Reference the Great North Run, eagle-eyed TV viewer DAVE SHARPE reports seeing MARION FAWKES on the small screen...walking at pace and passing runners!



ON THE BOX

MIKE HINTON's daughter SHARON and her 4 year-old son RYAN appeared on the satellite TV channel 'WATCH' (Sky Channel 109), working in Sharon's Bournemouth cafe, in a programme presented by Chris Tarrant. Eagle-eyed TV viewer DAVE SHARPE recognised Post Office Sports Club supremo STEVE WYNN on BBC's local news, standing outside Mount Pleasant Sorting Office on a picket line.

Channel 4's hard-hitting documentary 'Dispatches' investigated the pensions crisis, and among contributions was Centurion No. 579 ALAN PICKERING of SWC, who qualified in 22.01.35. The 7 other qualifiers that day, in the Woodford Green 24 Hours in 1976 were: GEORGE EASTWOOD, JACK ROSSITER, DAVE SHARPE, GEORGE HALLIFAX, KEN TURNER, BOB THEW & DAN REAVEY. Of the 8 new Centurions only Essex duo George and Ken elected to press on for a full 24 hours. Back to the TV where Alan came over very well...he knows his subject, being author of the 2002 Pickering Report, which addressed the state and future of UK pensions. Of those 8 new qualifiers back in 1976 at Ashtons Track, sadly George Hallifax and Dan Reavey are now no longer with us, but it would be nice to see all the others as diners at The Centurions Centenary Dinner in 2011.

EHIC-UP

Some years ago we reported about one of our popular walkers getting mugged at Brussels station. Well MICKY SUTTON has had an experience that we can all learn from in that city, which cost him more. Micky went on a £59 Eurostar day-trip special. While there, Micky passed out and awoke in hospital where he stayed for a day-and-night. Before Leaving he had to cough-up 140 euros. If that wasn't bad enough, his day-return ticket had expired so he shelled-out for a full-fare single ticket back to Blyth. Mick's a frequent European traveller and on this once occasion, had not taken his EHIC card – as it was only a day trip. That card gets you medical treatment up to the level that you could reasonably expect in an EU Country. Micky tells the tale so others can learn. A few years ago knowing that many of you race on the European mainland, Essex Walker advised you that all EU111 cards had been declared void...and that this new EHIC card was the only one accepted. It comes free, by online application (just google EHIC) or by an application form from any Post Office. Carry it at all times when visiting other EU states.



AINSWORTH MAKES THE OLYMPICS

Hon. Ed. went on an organised tour of the London 2012 Olympic Park at Stratford. The Olympic Delivery Authority run free tours for 30 persons at a time....there are only 30 seats on the coach provided. The tour I joined was a party from the Havering Fabian Society, and among those on board the coach was former walker of many clubs – 'character' JOHN PERKINS. This tour was fully booked...with a waiting list. It's free and it's an Organiser's dream. All bookers have to make their own way to Stratford Station at an agreed time, which is 15 minutes before a One Hour tour commences. An eye-catching blue and yellow Olympic Delivery Authority coach waits for you at the National Express bus stop just outside the station. An early arrival is because all boarding the coach have to provide identification (i.e. passport, military ID card, Police warrant card etc.). Those without photographic proof have to supply 2 items from a list, such as recent utility bills, bank card etc. All visitors are sent a personal letter days before the trip explaining identity requirements. They don't want shifty or undesirable people coming onto their well-guarded security site. Indeed, upon entering, you're liable to bag searches and a sniff from a security dog.

The tour comes with a Tour Guide who shows you around a huge building site which is now taking shape in a big way; as those who use the Liverpool Street railway line will testify. Your coach returns you to Stratford Station. You are asked to fill out a questionnaire and you also get a fascinating souvenir booklet. All buckshee.

To book, send for details to: The Olympic Delivery Authority, One Churchill Place, Canary Wharf, London. E14 5LN. The tours phone number is 0300-2012001. Perhaps your Athletics Club, Society, Organisation or friends might want to make up a party? 30 places are easy to fill, just 15 punters with a guest each are easy to find. And it's all free.

FIXTURES

Sun 1 Nov	RWA Seminar	Alexander Stadium	11 am
Sat 7 Nov	Addington Vase 7 Miles	Monks Hill	7 pm
Mon 9 Nov	RWA Southern Area AGM	Civil Service Recreation Centre Chadwick Street, SW1	7.15 pm
Sat 14 Nov	Enfield Open/LBH 7 Miles	Lee Valley	2 pm
Sat 28 Nov	Belgrave Harriers Open 7 Miles	Wimbledon	1 pm
Sat 5 Dec	Camb Harriers Winter League 5K	Bexley	2 pm
Sun 6 Dec	RWA AGM	Alexander Stadium	2 pm
Sat 12 Dec	Christmas Cup 4K	Monks Hill	2.30 pm
Sun 20 Dec	Ilford Allcomers 10K (+Essex Lge)	Redbridge Cycle Circuit	11 am
Sun 26 Dec	Boxing Day 5K	Lee Valley	11 am
Sat 2 Jan	Enfield League 5 Miles	Lee Valley	2 pm
Sat 9 Jan	RWA Southern Area 10K	Monks Hill	2 pm
Sat 16 Jan	Enfield League Training Day	Newmarket Leisure Centre	10 am

IAAF/EAA Permit Walks 2010

IAAF

Category A

May 15/16 24th IAAF World Race Walking Cup Chihuahua, Mex.

Category B

10th April Rio Major, Portugal
 1st May Sesto San Giovanni, Italy
 29th May Krakow, Poland
 19th June La Coruna, Spain
 18th September TBC, China

EAA

20th February Olhao, Portugal
 14th March Lugano/Switzerland
 27th March Dudince, Slovakia
 10th April Podebrady, Czech Republic
 20th June Earls Colne, GBR

UKA/RWA Championships 2010

February 20th 10 miles Picketts Lock
 April 11th UKA/RWA 20kms/U20 10kms. RWA YAG.
 Commonwealth Games Trial, Victoria Park.
 May 2nd 50kms. North(TBC)
 June 20th EAA Permit Race inc England Small Nations
 Match.Final Commonwealth Games Trial.
 June 25/27 UKA Track and Field Championships
 Alexandra Stadium, Birmingham
 September 11th 10kms Coventry.

ON COURSE

Sports Development have organised courses for club and coach development. Forthcoming courses are:

Equity In Your Coaching on Monday 9th November 2009, 6.30pm at the Civic Centre, Uxbridge. Cost: £25

Developing Partnerships with Clubs & Schools on Wednesday 2nd December 2009, 6.30pm – 9.30pm at the Civic Centre, Uxbridge, Cost: £20

Interested? If so, contact Yolanda Edwards for booking forms (Sports Development, London Borough of Hillingdon; YEdwards@Hillingdon.Gov.UK)

54 YEARS AGO

MARTIN OLIVER has dipped into his collection of old Race Walking Records and brought to light the 1955 Enfield Open 7 Miles, which saw a programme entry of 237 of whom 157 started and 145 finished. The top 3 were BRYAN HAWKINS (Met) ALF POOLE (Worcester) and BOB GOODALL (WG) who clocked 53.19, 53.44 and 54.40 respectively. The early leader was R. L. HUTCHINSON (Met) didn't finish – nor did L. K. EVANS (Highgate) who was pulled with a mile to go when disputing the lead. Still active former race winner ERIC HALL came 4th in 54.49. Sadly most of those on the result sheet are no longer with us, but Martin has used his highlight pen to mark off those who are still around. They include:- Ron Davies (WG) 7th, A. MacFarlane (Poly) 12th, Colin Young (EB) 24th, George Beecham (Bel) 29th, Dave Stevens (Walton) 31st, Ken Livermore (WG) 44th, Arthur Thomson (Met) 68th, Cecil Gittings (QPH) 110th and Ray Pearce (Poly) 139th. Ray vividly remembers that race. "It was my 2nd Open 7 Miles and I wasn't in full training at the time of that race".

RON PURKIS (Eastleigh AC & RAF) came 27th in 58.53, but that was good enough to win the top HANDICAP prize. Ron sadly passed on recently. There were 6 handicap prizes and 2 of them went to Essex walkers as Ilford's COLIN WILLIAMS and NORMAN ALDERMAN came 2nd and 6th respectively. Highgate won the team handicap stakes followed by Belgrave and Enfield. The host club, by tradition, held their own Club 7 Miles Championship in conjunction – this being won by KEN EASLEA (58.03) who was awarded the 'C.W.HYDE CUP' with STAN MANTOR 2nd in 59.22. The course used was an 'out-and-back' along The Ridgeway. Woodford Green won the scratch team contest, their 4 scorers being Messrs. Goodall, Davies, Cotton and Mash. There were 2 'side matches' which saw the Metropolitan Police defeat Enfield AC and the RAF beat London University. It's great to see this race still going strong.

The same issue of Martin's 'Record' shows ERIC HALL winning a Bels Inter-Club 7 Miles in 55.38, L. K. EVANS winning a Highgate Inter-Club 7 Miles in 54.20, R. Fidler of Suffolk winning an Inter-Club 5 Miles at Ipswich in 39.40, M. Tadd winning Brighton's 7 Miles in 56.16 and Mr. Hipkins winning the Addington 6¾ Miles in 57.50. All these races were on November 5th 1955 and saw 50,37,21,10 and 44 finishers respectively. 162 finishers (and even more started!)

Many other events are listed including a St. Dunstan's 7 Miles won by W. MILLER in 64.21 and a London Transport 7 Miles at Wembley won by E. A. SMITH of the District Railway, who also won the team race. All great times and thanks to Martin for unearthing it all.

BILL COCKLE

Bill Cockle walked for the Valentine's Sporting Club and the Stock Exchange AC. Valentines merged with Ilford AC on December 21st 1945. Bill became Centurion No. 117 in the last 100 miles walking race prior to WW2, on June 17th/18th 1937. As well as Bill, 3 other Essex walkers were among the 8 new Centurions from that race: S. CLARK (Woodford Green), J. B. CROSS (Woodford Green) and F. G. FULLALOVE (Essex Beagles). 17 started and 11 finished. Bill was just 6 minutes behind TOM REYNOLDS (SWC) who served long and well as a timekeeper at both athletics and cycling meetings. FREDDIE FULLALOVE was an Executive member of the Essex County AAA from 1928-66 and kept our County's records for many years. A former Essex Beagles Chairman, he was our Essex Representative on the AAA's Southern Committee from 1947-54. In 1960 he became Essex County AAA's first Life Member, having already been awarded Vice-President status. BILL COCKLE himself was Essex County President in 1980. At Ilford AC Bill was President in 1953/54 and Honorary Secretary 1945/53 and 1954/55. He was a long serving Club Chairman 1965/74. Like fellow Ilford AC and Stock Exchange Centurion STEVE KING (No. 492) he penned an article describing his experiences. Steve's article (previously published in EW) was well received, so we now publish Bill's account, taken from Ilford's 25th Anniversary Handbook which was printed in 1948.

1937 BRIGHTON AND BACK **By Centurion 117 (W. F. Cockle)**

After much thought, occasioned by the advice of many who tried to persuade me not to enter the B. & B. Race (their theories sounded logical enough at the time), I made up my mind to train and see how I shaped over longer distances than I had been accustomed. My very good friend Bevis, Centurion No. 57, thought out a training schedule for me based on his own time of 22 hours 9 minutes, starting mid-January with a 25. At roughly monthly intervals, strolls of quite long distances were scheduled, thus mid-February saw me out for a 40 miles spin, but very slowly. Each week-end between the long strolls I was doing between 20 and 30 miles at a fast strolling pace, with a quick one of about 7 each Wednesday. Training lengthened to 50 miles by the middle of March (under the watchful eye of Bevis, to whom I had to report each Monday morning), and I began to get very enthusiastic about this B. & B. business, although I was still being advised by well-meaning friends to leave it till later years, but I was beginning to feel so fit that I am afraid I paid but scant attention to them.

The Stock Exchange Brighton came into view, and this race was down as part of my training. About the beginning of April, the S.E. arranged a stroll from Purley to Brighton (40 miles) so, taking this opportunity of having company, I left home at 3 a.m. and walked to Purley, where I joined the S.E. lads at 8 o'clock and went on with them to Brighton – 65 miles all told. The sea bath which followed was one of those things we walkers appreciated, and I felt fine. I derived tremendous encouragement from this trip, and felt the B. & B. was going to be easy. But Bevis had had some, and reminded me that another 40 miles on top of this stroll would make me think differently. Full of confidence, I started the S.E. Brighton on May 1st, and although finishing 7th, a bad attack half-way of my old friend 'tummy cramp' shook me up morally. About the second week in May, Jack Cross of Woodford and I decided to do a 75 miles hop and, accompanied by a very good sportsman in a car, set off at 6 a.m. from Ilford to Shoebury, and as far back as we could manage. We 'managed' Gallows Corner by midnight, feeling dog-tired – about 72 miles – and there gave it best. This B. & B. did not look so easy this time.

Jack and I again accompanied by our friend and car (what an enthusiast) set off a fortnight later to Shoebury and back to Southend Pier, 40 miles, which we did without incident. In between these efforts, I had continued to do my 20-30 miles fast strolling and shorts. I had intended entering for the Essex Long Distance, but Bevis said no. He thought I would overdo it, and so Jack Cross and I attended our good friend Tommy Richardson and saw how real walkers do it. A week before the race, Bevis ordered me to eat like blazes (his expression – which I did) swelling Lyons profits no end, chops, steaks, salads, etc.

Friday, June 17th, I stayed in bed until one o'clock, by kind permission of my wife, Rose, had a very good meal, and sat in a deck chair in the garden until Syd Schlesinger who was attendant No. 2, called for me in his car at 4.30. Good luck, from my wife, and off we went. We ran into every traffic block and delay in London on the way, and eventually reached Croydon at 6.50! Ten minutes to prepare for the journey. About five willing helpers all trying to undress me and get me ready, and I worrying that I should not be ready, for the start. But all was well. I left the Blue Anchor just as the ready-go! sounded. Many remarks were passed about the sweater and flannels which I had been made to wear by Bevis, but the logic of this advice was soon to be proved. At Brixton, it started to rain hard. Here also I met our old friend Chris, the third of my four attendants, although I was not scheduled to receive attention until my return to Croydon, 21 Miles Turning at Big Ben, 9 o'clock we soon ran into more rain, with thunder and lightning. Every tram car tried to drown us with water, and by Streatham I was as wet as I could be. Reaching Croydon, travelling just over 5 miles per hour, my four attendants, one car, one cycle, joined up with me, and business began. Hot tea was a joy. Although my flannels were heavy with rain they kept me warm, and they had the effect of keeping me from going too fast, always a trouble of mine. Rain! Rain! Rain! – tons of it. No sponges needed, on through Coulsdon, thinking of being timed there for the 100 on the morrow. Up the gradient to Hooley. I was feeling grand, feeding on chicken, brown sugar and egg sandwiches, as though I had not eaten for weeks. I shall never forget that night of rain. How my P.B.A.'s kept cheerful in it was a mystery to me, indeed, they seemed to be enjoying it. We actually started singing going into Redhill.

Officials standing in the downpour flashed torches on my number as we passed. On through Horley to Crawley, still raining, and Jack Cross and I, we were still together, thought we were getting somewhere. Soon the sky showed the first glimpse of dawn and we began to feel better. Still sticking to a level speed, we passed half-way, 52 miles in 10 hours 40 mins approx. Just prior to Dale Hill, Bevis decided to get me going a little quicker, so with Chris on the bike I left Cross for the first time. Before I had gone far I was stripped of everything wet (I had retained my trousers until now), given a rough towelling, and put into nice dry clothes, plus a good, thick sweater. After putting away a bottle of Brand's Beef, and tea to wash it down, off I went again, greatly refreshed.

Hereabouts, Henderson passed – on his way back – looking quite cheerful with a lead of about six miles on me. My attendants were marvellous, never once was I alone for a second. I said I would do the same for them one day, but they didn't think so! A troublesome shoe at Patcham began to worry me, but Bevis put this right with a change of socks. The day was opening fine, with beautiful sunshine. I was being passed by other competitors on their way back, but it did not worry me unduly, because I still felt fine, although by this time I did not want any solid foods, not did I wish to encourage my bogey, a bad tummy. Here I lost Chris, who, having done his job well, almost tearfully left me to return to London and business; I felt quite sorry too.

Turning at Brighton at 7.45 a.m., I began to go a little quicker, but not much, I found my legs a little heavier than I realised. Another bottle of Brand's, and more tea. Great stuff, this Brand's. Off came my sweater, replaced by a sports shirt; over Dale Hill, past Queen's Head, Bolney, and so to Handcross. What a climb! Here I passed two men who were not looking too good. Encouragement came from the timekeepers hereabouts, who shouted to me to keep it going for my 22-hour standard. Bevis and Syd insisted I should beat this time easily, but I would not believe them. I was tired and getting a little irritable. Indeed, I once swore at 'B' for talking to me. Sorry, 'B'! But these P.B.A.s kept plodding away at me, Syd Schlesinger walking behind me for I don't know how many miles. Don Nicol, my fourth, did invaluable work with his witty remarks and jokes. He even got me laughing. Good old Don! Level crossing, closed at Crawley, down the subway I went, and so to Horley and Redhill, feeling terribly tired. Trouble at the back of my knees. On a blanket in the ditch I went while my legs were rubbed, 'B' holding the watch two minutes, and off again. I felt all right, but my legs were stiffening. Saw another competitor in the distance at about 97 miles, and made up my mind to beat him to the 100. At 98 miles my wife turned up, all smiles; also John Clegg, and lots of other good friends shouting encouragement. Just what the doctor ordered; after him I went, and just beat him to it by 2 minutes. A Centurion! Time 20 hrs. 30 min. Charlie Culling gripped my hand. I thought a lot of that. Charlie knows why. Another four miles and finish. Time: 21.19.46 min. 'B' all smiles, said "I told you so", and produced a bottle of good champagne from the car. It had been there during the whole journey. Whew!

Centurion 117.

WILLIAM F. COCKLE (General Secretary)

Centurion No. 117. For the benefit of the uninformed, a Centurion is one who has walked 100 miles in 24 hours. (They say that only mad dogs and Centurions go out in the midnight rain). Has several times completed the London to Brighton course in Stock Exchange Walks, on the first occasion winning the Novices Cup, and later being placed 3rd in a field of about 60. Walked in the R.W.A. team (1938 and 1939) in the famous Nijmegen Holland Vierdaagse Afstandsmarschen. Came to the I.A.C. with the walking section of Valentine's Sporting Club in 1945, and immediately took over the onerous duties of General Secretary. The successful post-war rebuilding of the Club is largely due to his untiring energy and enthusiasm.

SPIN – GYM – WALK – SWIM

There's an Enfield League Training Day to be held at Newmarket Leisure Centre on Saturday 16th January from 10 am – 5 pm. Cost is £20. There will be indoor training, gym work, which will concentrate on race walking drills and technique, outdoor walking sessions and swimming (splash pool for those not wishing to swim). Book by 'phoning RON WALLWORK on 01638 – 751869. Please book early as places are limited. The Enfield League 5 Miles race, which was scheduled for January 16th, is brought forward to Saturday January 2nd at Lee Valley Stadium – followed by the 09 Series presentation. With the New Year's Day race now defunct, this new date will be a good opportunity for those fed-up with being at home; and an opportunity to get out and-about with gusto!

ON YER BIKE

FRANCISCO REIS, who is now in training for a comeback, is cycling to Portugal in June in aid of the charity British Cancer Research. We all wish Francisco well as he turns the pedals.



MOLDOVA EXPERIENCE

Travelling men PETER RYAN and DENIS SHEPHARD left the Republic of Moldova to enter the province of Transdnier, and had to pass through a 'no man's land' area. They were not the only ones in 'no man's land' for they observed a Moldovan race walker training at considerable pace – and obviously one of International standard.

TALLY HO!

This Birmingham venue was again the location for the British Police and Civil Service 10K Championship. PETER RYAN won the Police race again, this year in 53.23. Peter led ESSEX POLICE (scoring 1,7 and 9) with sound performances by STEVE KING and newcomer CHRIS QUREY closing home their trio. The hosting West Midland Force (3,4,6) took the honours. Stalwart AMOS SEDDON assisted the Met into 3rd team place.

Essex athletes were to the fore in the Civil Service event, which was won again by DAVE TURNER in 50.51. STEVE UTTLEY has umpteen 2nd positions to his credit in this Championship and such was the case in 2009. Steve clocked 54.17 getting the better of a dip finish with Loughton 2nd claimer JOHN HALL. BOB DOBSON, competing for the umpteenth time, came 10th in the CS, while former Essex County AAA 3,000 championess LESLEY RICHARDSON came 9th in the ladies 5K. Essex athletes gave good accounts of themselves, including Thurrock-based GERALDINE LEGON (Royal Mail) and Southend's VAL MOUNTFORD (Revenue and Customs). Full result in Race Walking Record and on www.racewalkuk.com

HEADING FOR A FALL

STEVE ALLEN, ALEX ALLEN, MICKY SUTTON and DENNIS JONES (who was accompanied by Mrs. Jones) headed for the wonderful sight of Niagara Falls. The much travelled party were in Canada to participate in the TORONTO MARATHON. Their times were: Micky Sutton 3.24.02, Steve Allen 4.55.21 and Dennis Jones 5.46.51.

SCVAC AGM

This is to be held on Friday 4th December at the Civil Service Recreation Centre in Chadwick Street, London SW1P 2EP. Walking Secretary DAVE SHARPE advises a 7.30 pm start. Let's see plenty of race walkers there to show our interest.

HER LADYSHIP

Oscar Wilde's wonderful play 'Lord Arthur Savile's Crime' had a run at Downham Market Town Hall during October, performed by DADS (Downham Amateur Dramatic Society). Landing plum roles were Centurion CATH DUHIG as Lady Windermere and PETE DUHIG as Baines the butler.

500th ESSEX LEAGUE RACE

A reader, who doesn't wish to be named, has made a suggestion as to where our 500th race should be staged. He said, "The Essex League is all but finished; and the Enfield League is the only competition attracting walkers in large numbers anywhere in the South, as we saw by 51 turning out in October's meeting. With that in mind, I believe that the 500th Essex League race should be held in conjunction with an Enfield League event".

Adds Hon. Ed. Not such a bad idea, as the first 2 Essex League races, back in the late 60s, were both outside of Essex...but I'd prefer an Essex location through sentiment. The Essex League is truly suffering – for instance Hon. Ed. has appeared in 3 races so far, and despite coming last, has managed to trawl in a consistent 34 points on each of those 3 occasions. Hmmm! Some competition!

NEW ILFORD PRESIDENT

New man with a chain is long serving road and cross country runner LES HISLOP who resides in Collier Row (Romford). We look forward to seeing him at our meetings. Les was voted into office at Ilford's AGM, which also returned TONY PERKINS (Walking Section Secretary) and DAVE SHARPE (Walking Captain) to their positions.

AND THEY GET PAID FOR IT

Richard Keys of Sky Sports: "The game had everything, but it should have had a penalty"
Paul Merson of Sky Sports: "Only time will tell whether Spurs will miss Modric. But they missed him last week".
David Goldstrum of Eurosport on Ski Jumping: "Werner Schuster of Germany will be eagerly watching Andreas Wank. But he'll be disappointed with the 119 metres he managed".
Steve Cram of BBC Sport: "Watching Usain Bolt you've got to keep one eye on the race, one eye on the athlete and one eye on the result".
Kate Thornton of Loose Women: "When you look back at those clips you realise Patrick Swayze was one of a dying breed".

HEEL AND WOE

Word was out at October's Enfield League 5K that ALAN ELLAM was unable to race owing to a heel injury. We hope to see him back on start lines soon, and racing away with his trademark fast opening bursts.



Freddie Fullalove – Centurion No.119

Member of Executive Committee 1928-1968 and keeper of the records for many years. Was Chairman of Essex Beagles. Essex representative on Southern Committee of AAA 1947 - 1954.

VAC Annual General Meeting Thursday 17th. September 2009 at the Union Jack Club

Race Walking Secretary's Report

In my first year as VAC's walking secretary I am pleased to report that a full series of races has been held which included the 5km championship at Picketts Lock hosted by Enfield & Haringey AC, the 7 miles championship at Belgrave Harriers, the Middlesex, Surrey and Hertfordshire County 10,000 championships at Battersea Park track, and the Summer series of 5 miles road races held at Battersea Park which included the 5 miles championship. All races have been reasonably well attended and I am grateful for the assistance of Bob Belmore and Jeremy Hemming in the administration of the races.

The result of each race was quickly put on the VAC's web site and no delays occurred. All entry fees have been passed to the Treasurer, and reports and results appeared in the VAC Newsletters.

The 5 miles races at Battersea Park are traditionally spread over the Summer months from April to August held in conjunction with the road runners, and the weather was generally kind to participants. There were 34 competitors for the whole series. Some only managed one race and a few managed to complete all 5 races. The regular judges and recorders were Cecil Gittins and Stewart Bennett with Don Turner acting as timekeeper. I am grateful for their presence and invaluable officiating.

The 5 miles championship on 23rd June was won by Nick Silvester (guest) in 40.45, with Peter Ryan second in 42.40 and John Hall third in 43.14. The G. Lester Cup based on handicap was reintroduced following a gap of four years when it was not awarded. The winner this year is David Hoben of Surrey Walking Club with 173 points and Mike Hinton (Ilford) and Paul King (Belgrave Harriers) equal second with 159 points. 4th was Bernie Hercock (Enfield & Haringey) with 158 points and 5th was Chris Flint with 154 points. A fairly convincing win for David. The handicapper is Carl Lawton and I most grateful for his involvement. The Lester Cup was first awarded in 1962 and apart from the period between 2004 to 2008 when it was not awarded it has been won by many distinguished race walkers and club men. At the County 10 km track championships held on 29th April there was a good turnout of both competitors and officials. The lap recording left something to be desired as some errors occurred which could have had a detrimental impact on the race results. At next years meeting the officials will need to be better organised to ensure that each has responsibility for a set number of athletes.

In summary, a good year and the hope is for a greater turn out and participation by members in the forthcoming year. There is a need to ensure that participants are paid up members of the VAC.

Chris Flint, VAC Race Walking Secretary

CENTRE STAGE

BBC Sport have announced the main presenter/anchor-man for their 2012 Olympic coverage. It'll be fronted by JOHN INVERDALE. Now we know he's not a great fan of race walking, and doesn't really understand it. We'll just have to gain success so John has to both report it and understand what he's reporting!



THE LONG ONES

The annual Tooting 24 Hours has always been popular with the race walking fraternity, as although a running race, race walkers are made welcome. On a track, with the direction of travel changing every 6 hours, this year saw only 1 walker. SUE CLEMENTS got past 50 Miles in 11¼ hours and was on schedule for a good time. However the really cold night (below freezing) and a back complaint took their toll and Sue deserved credit for reaching 93 miles when 24 hours elapsed. The organisers are looking for late September in 2010, rather than mid-October in 2009. One wonders how severe cold would have affected race walkers, had they been ordered to have knees uncovered? Common sense prevailed at Tooting! Well done to Sue, who is one of our most active walkers. Thanks to long-distance regular DAVE HOBEN and Centurion PAUL KING who popped into Tooting to offer Sue encouragement.

Sue's been busy, for together with fellow Centurion KATH CRILLEY and long-distance newcomer NORMA GRIMSEY, they completed the Roubaix Relay in mid-September. Well done to this intrepid trio.

CHARITY APPEAL

For a 3rd consecutive year it has been proposed that readers who wish to make a donation (in lieu of sending Christmas Cards to other walkers) to **The Gambian Home for Children With Learning Difficulties** at Hart House in The Gambia (run by GEOFF & ROHEY HUNWICKS) may do so collectively via Essex Walker again. *Tony Perkins* has again offered to co-ordinate this, and those who donate will have their names published in our December issue (so as other readers know why they haven't got a Christmas card from you). Please make your donations when you see Tony at the meetings, or by post to: Dean's Farmhouse, Tye Green, CRESSING, Essex. CM77 8HU. Please make your cheques payable to A.F. Perkins. Tony has a charity account, which maximises the total donation when handed-over as a final amount.

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