



ESSEX WALKER

"THE FIRST SHALL BE LAST"

So says in Chapter 20 of St. Matthew's Gospel. It could apply to an Essex League fixture list as, for decades, Ilford's pre-Christmas Walk has been the first race of the following year's programme. Well this year, it won't be the case. In recent times our last Essex League event of the year has been December's Winter League race at Bexley. But as our Essex League will finish at the end of this current campaign, it's been decided that the final race won't be at Bexley, but at Ilford's pre-Christmas 5 Miles on Sunday 19th December commencing 11 am. Post race drink at the Maypole (5 mins drive away) as usual. All welcome - enter on the day at Redbridge Cycle Circuit, Forest Road, Hainault.

TOP MARKS

There was sound praise, and plenty of it, for Hillingdon AC after their Half-Marathon race at Hillingdon Cycle Circuit in September. Close to motorways M4, M25 and M40 with a large car park and with excellent public transport links, the 1,500 metres enclosed course also proved popular. It had facilities for catering and presentations right alongside the finish line, and modern changing/showering facilities with security lockers.

Folk with memories have doubts about cycle circuits...mainly due to their experiences on the now demolished Eastway Circuit in East London. There were a couple of rises, but not great ones and there were no sharp turns. Excellent racing conditions! We're sure that we'll go back there. An all-veteran field of 36 were headed by a "dark horse" in Spaniard HERMAN MONTESINOS who won easily, his only serious challenger being FRANCISCO REIS in the early stages. Leading lady was former International JULIE DRAKE in 6th overall spot. Full result in the usual places.

And thanks to our hosts who provided each competitor, official and helper with a really unique memento. It was miniature racing shoe with a medal attached to where laces are tied. Those who had been active for ages hadn't seen such an original award. It was costly and 3rd placed PETER RYAN spoke for all when he praised such an award. So thanks to Hillingdon. If you missed out this year, try to make it when this venue next stages a walking event. It was the 2nd time walking had been seen on this circuit, as before we got on it, it had been used for a local promotion. A great event and thanks to all who supported it in any capacity.

CHRISTMAS CARD APPEAL

Following success in the past 4 years we're running another Christmas Card Appeal on behalf of The Gambian Home For Children With Learning Difficulties; which is based at Hart House (named after the late Grade 1 Essex Walking Judge Albert Hart) in The Gambia, and run by former Essex Champion walker GEOFF HUNWICKS and his wife ROHEY.

Same as before, if you'd like to donate a sum roughly equal to what you might spend on Christmas Cards for race walking friends, in lieu of sending such cards, then we'll pass on the grand sum to Geoff. Please send cheques to Tony Perkins at Dean's Farmhouse, Tye Green, CRESSING, Essex. CM77 8HU, or see Tony at the meetings (where cash can be taken). Please make out cheques to A.F.Perkins. That's because Tony has a charity account which maximises donations when contributed to good causes.

Tony will collate names and publish them in Essex Walker to acknowledge your gestures and also to let other readers know why they won't be getting a Christmas card from you this year!



40 NOT OUT

Congratulations to BOB DOBSON who made his 40th Ryan Cup Representative appearance for the Civil Service at Tally Ho in Birmingham on September 22nd. It's an annual fixture over 10K between the British Police and the Civil Service (who won on this time). In conjunction both Organisations hold their own Championships. In better days it was a triangular fixture over 10 Miles as the Combined Services participated. Combined Services? Actually it was often 9 airmen and the late Phil Thorne (Trowbridge AC & Army) who tragically died in a motorbike accident. Bob made his Ryan Cup debut in 1966 - the year England won the World Cup - and won on 3 occasions. Indeed winning in its heyday took some doing; and Bob's best road 10 miles time came in this match when clocking 73.10 at Hendon. We congratulate Bob on his wonderful sequence...and may he gain Civil Service selections for many years to come!



ON PARADE

Ilford's ultra-distance walker OLLY BROWNE undertook a 100 Miles walking challenge at Leigh-on-Sea on September 25th/26th to raise money for "Help for Heroes". Walking up-and-down the town's Marine Parade with its fine views over the Thames Estuary he made sound progress throughout, clocking 23 hours, 17 minutes and 9 seconds at the end. The event was well advertised locally and large crowds gathered, especially towards the end of the event. Ollie commenced at 12 noon on the Saturday and walked continuously overnight to finish on Sunday morning. Among marquees set up at the finish line was a mobile disco where rousing music was played so further bolstering this intrepid walker's spirit. Several Ilford walkers, and also fellow Centurions, came along at various times to walk laps with him, and also walkers from other Clubs including 1978 Commonwealth Games Champion OLLY FLYNN (Basildon AC). It was a great feat and one which raised a considerable sum for the cause. It was a team effort as much went in to organising and staging this promotion. A celebratory evening was staged in one of Olly's local sponsoring public houses.

WIN DOUBLE & A POLICE ESCORT

Well done to PETE RYAN who retained his British Police title in 53.27 at Tally Ho and to fellow Essex Police Representative walker ELIZABETH MAN-REY (who resides in Essex but represents Enfield & Harringey AC) on winning the ladies 5K Championship in 36.21. The men's event "had an Essex Police Escort" as Pete led them home and the back marker was CHRIS HOLMES in 74.20. Pity they could not have mustered just 1 more, as Essex would have won team medals. 3rd team (scoring only 2) were the once Mighty Met, comprising of pensioners AMOS SEDDON & CHRIS FLINT. The Civil Service 10K Championship was also held and their silver and bronze medals went to JOHN HALL & STEVE UTTLEY respectively. BOB DOBSON was also in the winning CS team on what was his 40th appearance in the event.

GET BETTER SOON

We're sorry to hear that successful FRANCISCO REIS has suffered a training injury is out. We wish Francisco well as he recovers.

From Our Readers

EMAILS CHRIS FLINT

Hi Dave,
Thanks for the October issue, and I much appreciated your nice write up of the Colchester 100 in the September edition. I thought the turnout for Brian's funeral was very good despite some absentees due to Roubaix and other things. I understand that Roubaix was successful and I wait to see the full results. From the once mighty Metropolitan Police Walking Club only myself and Amos managed to turn out for the Met, and we came 3rd. team behind the West Mids and Lancashire!!
Best regards,
Chris.

Adds Hon.Ed. Chris refers to the Police 10K Championship at Tally Ho.

EMAILS JIM McCORMACK

Hi there,
was browsing and came across your News Letter. As a former member and walker with Basildon AC. I was pleased to see so many of my contemporaries are still around. I was competing when the likes of Johnny Webb, Malcolm Tolley, Olly Flynn and Olly Caviglioli were at their best. You can imagine how hard it was to get a spot in the team! I would be obliged if you would put me onto you list for a e-mail news letter. My best wishes to everyone of the walking fraternity.
Jim McCormack.
Huddersfield, West Yorkshire.

FROM FILM CRITIC LEN RUDDOCK

Re THE ROMFORD BREWERY RACE 1987 VIDEO

Good to see. What a good field and '118' off the deck - sorry Ken. Distinctive commentary.

*Thanks,
Len R*

WRITES DAVE SHARPE

Dear Sir,
I was told of the death of Ken Turner who was in the Police and a member of Woodford Green AC. He did the same track 24 hours as I did to qualify as a member of The Centurions - the Woodford Track 24 Hours at Ashtons. Planning it was the opening event held at that venue and he became Centurion 581. Their team was him, George Eastwood and Hew Neilson. Where have the years gone as that was 34 years ago in May 1976? It was organised by Charlie Megnin who also organised the 1986 race at Woodford again. I am one of the few still around from 1976 still in racing. Well time marches on and we can all remember people who are no longer there.
Yours sincerely
D. W. Sharpe C578

EMAILS CENTURION 579 ALAN PICKERING

Hello Dave,
Many thanks for thinking of me in relation to Ken Turner. I do remember him well. Thank you once again for keeping me in the loop.
Alan

BILL SUTHERLAND'S VIEWS

Hello Dave,
Hope you are keeping well. Don't know whether you saw the inspirational article by Simon BARNES in today's Times entitled 'My Sporting Heroes' featuring the Late Great Don THOMPSON's Gold Medal in the 50 Kms Walk in Rome in 1960. I remember it well being on the News and that was when Race Walking should really have taken off in GB. And so it did during the Golden Years of the 60's, 70's and 80's. Great read! Sorry I wasn't able to be at the two very sad recent Funerals. It has been hectic at work pre-Commonwealth Games, in Delhi, India. Hope our walkers bring back some medals or personal bests. You may have noticed that my team London Irish are topping the Aviva Premiership with the best performance I have witnessed in the last 2 years when I was there at Newcastle on Saturday. Scoring 6 tries to boot! Hence unable to attend Mount Pleasant on Saturday. I really can't see any future for Race Walking as we know it if they bring in a 'Pit Lane' and cease disqualification. There is more control needed within our sport but allowing would be walkers to pick up bad habits, be placed in the Pit Lane and then allowing them to continue their bad habit is NOT the solution I feel. There is a need for much more communication between the Race Walker and the Judges. I well remember being DQ'd in the RWA National Junior 5 Miles Walk at Battersea Park after which I received a wonderful explanatory letter from the Late Great Harold WHITLOCK who put me on the right path which was just what I needed. Of course today style means very little with heel and toe being not fashionable, but flatfooted short strides being the perceived way to walk thus deceiving the Judges. Hence the super fast times!. How can one possibly walk 10 Miles in under 61 minutes and be legally walking? I feel contacts must be fitted to the shoes and then see how many would legally finish. All food for urgent thought if our great Sport is to survive. Yours in Sport for now.
Bill.

ROUBAIX INFO FROM CATH DUHIG

Ahoy, Cap'n and fellow crewmates,

If you go on to

<http://www.europetelevision.info/>

You'll find a series of 2 - 3 minute clips of footage from the weekend. (You can prob also get if you search on You Tube but this way they're all together)

Clip 2 defo features Bob Watts early on; Norma gets a good few seconds coverage on clip 5 (Nuit 2) between about 1:15 and 1:30 then Sue S on a changeover a few seconds after. On 7 we have a bit of Kevin about 2:40. Several Brits in the clips of the finish.

Worth a look, and something to show those who can't imagine what the event is like at all.

But you probably knew this anyway.....

All right for those who didn't have to go to work today, eh?

Cath

P.S. To Kathy - fab job getting results onto Centurions site so quickly.

CRAWLEY RECOMMENDATION FROM SUE CLEMENTS

I can recommend this running race as it welcomes walkers. It is an excellent opportunity for aspiring Centurions to have a crack at a 12 hour race. The entry form is available at <http://pamstorey.co.uk/Sue>

Brian Frederick Ficken

20th June 1934 - 7th September 2010



BRIAN FICKEN R.I.P – A LOVE OF THE A23

Brian Ficken sadly died on September 7th, after an illness which had seen him as an inpatient at Addenbrooke's Hospital in Cambridge.

Brian's name was synonymous with the Stock Exchange London-to-Brighton Walk, an annual event offering its competitors over 52 miles of action commencing at Westminster (6 am) and using much of the A23. 'Big Ben' actually signalled that early start. Every year a wonderful programme is published and early into its many pages – page 2 in fact – is printed a list of special finishers. It's a list containing 24 names who have attained 10-or-more successful completions. Brian is proudly listed in joint 7th position (with Mr. J. B. Cross) on 15, achieved from 1957-to-73. His best of 8.42.57 (1962) is also published. Most years saw a top 10 finish and on 3 occasions he made the frame: 1959 (3rd), 1960 (2nd) and 1964 (3rd) – on all 3 occasions the legendary DICKIE GREEN was ahead of him!

Brian was an integral part of the Essex walking scene, through his membership of Woodford Green AC (as it was then called). He was an athlete who set targets: sub- 56 minutes for 7 miles and also winning an Essex representative vest. He achieved both! He assisted his Club in administrative capacity, being Hon. Walking Secretary from 1964-to-1966, taking over from Gordon Brown and handing over to Lew Mockett.

At 50K Brian appears 12th on Woodford Green's all-time ranking list with 5.01.29 on 20/6/64. On the National scene Brian made the UK National rankings table in 1959 at 20K (road) and over 50K (road) in 1962 and 64. Brian, like so many, came into race walking via his employment – which was at the Stock Exchange. He relished the atmosphere of the SE 7 Miles and 25 Miles and the challenge of a race from London-to-Brighton. It was Brian who was the leading figure in staging that memorable final London-to-Brighton classic (open & SE) in 2003. It proved to be a mammoth task as, to comply with risk assessment, 100 pointsmen needed mustering before a permit could be granted. The race was a success – but that was only half of a busy day's activities. The 'Long Bar' at Brighton Racecourse had been hired for a 'farewell' social function. Not for nothing is it named the 'long bar' and such a room takes a lot of filling. It was full-to-bursting for what proved to be one of the most successful and enjoyable functions ever seen in race walking. Brian was a Stock Exchange AC Vice-President; and a highly active one! And when he donned the Race Walking Association's Presidential Chain he was also an active holder of office, taking particular interest in youth development.

Walking did very well from Brian's efforts – which was remarkable as our sport was No. 3 on his chronological list of participation. As a talented amateur boxer he captained his school team and went on to represent his County and the Army, in which he served as a Physical Training Instructor during his National Service. Then he excelled in the swimming pool...and went a stage further by gaining life saving certificates.

As for race walking Brian was fully active in all aspects: racing, officiating, organising and helping. In respect of the latter he spent countless hours assisting others to achieve their goals. He was a great collector of memorabilia and on many walking occasions he supplied items for displays.

At a well attended funeral service richly deserved tributes were paid by Peter Selby, Philip Crowe and Reverend Dr. Donald McFadyen. Afterwards mourners gathered at the Holiday Inn in nearby Histon where many recounted yarns from Brian's full and interesting life. We repeat the expression of condolence, as published in our previous edition, to wife Pam and daughter Penny – both of whom have appeared in our walking races – and all other members of their family. Brian loved coming to races and thanks to Pam's dedication, the deterioration of his health in recent times failed to dent his attendance record at our events and functions. Brian was with us, on a regular basis, until weeks before his sad demise.

Finally, if you would like to mark Brian's passing with a charity donation, the family's chosen good cause is The Myasthenia Gravis Association. Cheques may be sent to: Harry Williams & Sons, Funeral Directors, 83, Victoria Road, Cambridge. CB4 3BS.

FROM CHRIS FOSTER RE. BRIAN FICKEN R.I.P.

Hello Dave

I have just read the opening paragraph in Essex Walker and it broke my heart. I just couldn't carry on reading any more. What a top bloke.

Regards

Chris



Kenneth Richard Turner

28th March 1932 – 31st August 2010

MOVING FUNERAL SERVICE – KEN TURNER BA

As a widower and with no children, Ken's only surviving relations were a sister (and her husband), there were few there...except from the City of London Police (where he had served as an Inspector and at one time was in charge of their cadets)

A Guard of Honour lined the entry into the 3-Counties Crematorium Near Braintree, comprising of 9 men and 2 women from the City of London Police (past and present). Among them were double Olympian John Mills (Munich & Montreal) who had been captain of our GB Olympic Swimming Team, a former Charlton Athletic first teamer who had entered the City of London Police later than most, and ex-Woodford Green AC member Vic Collins (GB basketball player for 10 years, 1979 Essex 50K Walking Champion, and a former cadet instructor). A eulogy was given by another sportsman - John Cardwell MBE who wore his PAA Representative tie for this occasion. The coffin was draped in the City of London Police standard. During the service we were told that Ken was a Bachelor of Arts (BA) having obtained his degree from the Open University.

At the function afterwards, in The Bull at Halstead, among pictures we saw one from the Daily Telegraph which captured the high spot and the low spot (both at the same time) of his Police career. The picture showed him as Inspector-in-Charge of the Incident Room at that 1975 Moorgate Train Crash, where 43 persons died. For Ken it was worse as, only when at the scene, did he realise that a young 19 years old girl trapped in the first carriage was Margaret Liles - who had only been a City of London Police Cadet for 1 week. She was the last person removed from the train but sadly needed a leg amputation to be rescued. A man who she had been trapped against later died in hospital. It was sad such an active man had finished his days with

Continued on next page.....

Continued.....

Parkinsons and in a wheelchair. It was said that one of his race walking highlights, in addition to his 1976 Woodford Green 24 Hours Centurion success, was a selection as one of the 10-a-side team to contest the Ryan Cup (then British Police v Civil Service v Combined Services). In such times it was over 10 miles and it was also hard to gain selection. Ken also represented the British Police at weightlifting.

In his possessions was a signed cheque for £10 to ensure further paper copies of The Essex Walker. So he intended keeping an interest in our sport going...even with Parkinsons! His sister offered this cheque but it was declined. If you wish to mark Ken's passing with a donation to "Parkinson's UK" you may send this to Colne Valley Funeral Service, 47 High Street, Halstead, Essex. CO9 2JD.

EMAILS CENTURIONS SECRETARY CHRIS FLINT

Well done Dave and others who went to Ken's funeral, and its nice to know that she (Ken's sister June - Ed) became more aware of his achievements through meeting you all at the funeral. It was a pity that it clashed with the UK Police 10km championships and match with the Civil Service which prevented many from attending.

Best wishes, Chris.

KEN TURNER R.I.P. - THANKS FROM MRS JUNE PEARCE

Dear Dave,

Thank you very much for forwarding the tribute from D.W. Sharpe to me, it was very kind of you and much appreciated.

I should like to take this opportunity to also thank you for the tribute that you sent, your kind words and all the trouble you took to get in touch with Ken's racing colleagues and friends. I wish we could have met under better circumstances but it was heart warming and very comforting that you and others, whom I had never had the pleasure of meeting before, made the long journey to Ken's funeral. As you know, he was somewhat reticent but thanks to you and his ex colleagues in the police force, I have learned a great deal more about his achievements than I ever expected, which has proved to be an amazing journey for me.

The camaraderie that exists in the force and amongst the walkers is second to none and I think this was illustrated when I received a donation to Parkinson's UK from Edmund Shillabeer, I spoke to him to ask how they were acquainted. He was not aware that they had ever met but said he had sent the cheque because Ken was a fellow walker who had passed away. You can't get much better than that. You have probably heard of him but if not there is an interesting article about him on the internet at www.bristol.ac.uk/shillabeer.html.

With heartfelt thanks June.

KEN TURNER R.I.P.

Dave,

Thanks so much for this. It brought back so many memories. You are always there when folk need you. Keep up the good work see you sometime. Alex.

SAD NEWS OF DENNIS MYERS

Leicester Walking Club were saddened to hear the news today that club member Dennis Myers has died from injuries received after being involved in a car accident. Few details are known so far but it is understood that his wife who was driving at the time is still being treated in hospital for her injuries. (We are lead to believe that another car collided with their passenger side, Dennis was taken straight to intensive care but later died from his injuries).

Cont/....

Dennis has been involved with race walking for many years (as well as track and field for Charnwood AC) and will no doubt be remembered by a lot of the old timers. He was actively racing as recently as 2008 since when he has been trying to get over an injury, last time I spoke to him he said that he was looking forward to getting out on the road again.

Our thoughts and prayers are with his family and friends at this difficult time.

Funeral arrangements will be advised when known.

FIRST CLASS PERFORMANCES

Essex walkers contested the annual London Postmen's 6 Miles-in-Uniform race, held over 6 circuits of an "around the course" in Clerkenwell on a mild Saturday afternoon. Pride of place went to Ilford's STEVE ALLEN in his traditional Royal Mail peaked cap, who was to win this event for the 16th time, with 14 of them being consecutively. The rules require competitors to don Postmen's uniform, which makes it a testing contest. Steve who is noted for his fitness over the closing stages, put in his best work in those last 2 miles to roar over the finishing line in an untroubled 53 minutes and 59 seconds. In second position, in a large field, was Club colleague MICKY SUTTON, who is better known as a distance competitor. But he tore into this 6 miles event and, in the opinion of many, turned in his best performance ever as he came 2nd in 57 minutes and 23 seconds. This was ironic as Sutton had announced during the week that he was going to cut down on his walking obligations to concentrate on triathlons and other endurance events. After this performance, in which he looked strong throughout and was also going faster towards the, he said he'd think again on this decision. Ilford's TONY KELLY, who recently moved to Scarborough, came back to make a rare appearance and was rewarded with 22nd spot in 68.06. Another Ilford member, ALAN O'RAWE made his debut in the race in guest capacity and filled 21st position in 65.48. Former Ilford man ROY LEWIS got around in just over 64 minutes. In 3rd place came DAVE SHARPE, a former Postman (and 1976 winner then clocking 54.46)...this event being also open to ex-Postmen who are fitted out with a uniform to race in on the day. Dave ensured Ilford AC went "nap" as he completed the frame in 58.41. With all 3 being attached to the giant Mount Pleasant Sorting Office, hosts of the Championship, it was their team which easily took the awards! Regular supporter DENNIS JONES from Pitsea came 20th in 65.39. Another Essex-based finisher was MICK WINSKI who came 12th in 62.20, while former postman PAUL NIHILL filled 23rd spot in 68.28. It was a plum appointment for MICHAEL CROFT who was appointed Chief Judge with other Essex Walker readers among many helpers. The race was held in conjunction with the National Postmen's in-Uniform event which was won for the 15th time by DAVE TURNER of Brighouse in 52.16 - the last 12 being consecutively. This was especially commendable as Dave suffered a hard fall while winning the Civil Service 10K Championship at Tally Ho 3 days earlier. In the Ladies 3 Miles, our GERALDINE LEGON again won the London Championship in 31.39 being only 11 seconds behind National victoress ROSEMARIE CRELLIN from the Isle-of-Man who was made her 2nd appearance at Mount Pleasant. The National winner had to shoot off straightway to Heathrow for an African-bound plane where she was to ascend Mount Kilimanjaro. In 8th spot came ANNIE MITCHELL from Benfleet Sorting office in 39.06. Annie, whose husband used to pay for Dagenham & Redbridge FC in the Conference days, will be made welcome at our future events.

Afterwards there was a buffet and social at Mount Pleasant. At the presentation chief dignitary MICK BARRY (Mail Centre Manager) stated that there must be a 50th staging of this event in 2011, following which he was soundly cheered. Organiser STEVE WYNN, a former Romford resident, was rightly well-praised for his efforts in speeches from former IOM Commonwealth Games walker GRAHAM YOUNG and former distance International from Birmingham PARMINDER BHATTI.

COMPLAINT

Hon.Ed. was helping out at the Postmen's-in-Uniform Walk when a passer-by approached and said, "If these blokes could walk that fast on their morning rounds I might get my mail a bit quicker. Do you know, it never came till after 1 o'clock today. It's not good enough". Tactful Hon.Ed. responded, "Madam, you have a point".



LIFE OF RILEY

'The Big Man' aka former Ilford and Post Office star TERRY RILEY has celebrated his 70th birthday. Terry easily beat the hour for 7 miles and also recorded a good 9.46.30 in the London-to-Brighton. At the annual Postman-in-Uniform race Terry recorded 5 emphatic victories. Sadly an accident in Dagenham on his moped, when it was hit by a car which jumped the lights, ended his serious racing career. After operations Terry tried to make a comeback. But it was not successful – and he hung up his shoes. He left the Royal Mail and ran a confectionery in Barking and later, he ran a wool shop in the same town. Eventually Terry sold up and moved to Hadleigh (Suffolk). We've seen Terry at anniversary walks and also at Earls Colne promotions. Now a widower, Terry is retired and unfortunately needs a walking stick to assist his progress. He'll soon be entering hospital to have ankle bones fused. Needless to say we hope all goes well. Terry, one of our sports most popular participants, sends his regards to all.

COMMONWEALTH GAMES RATS

Delhi organisers assigned a 90-strong team of vets, with 600 traps and 100kg of poison to deal with the problem at Commonwealth Games venues.



CENTURIONS ALWAYS ACTIVE

After winning the 3 Miles-in-Uniform race at the Post Office Championships in London on September 25th, ROSEMARIE CRELLIN had to dash off to Heathrow (so fast she couldn't even wait to collect her award) for a plane to Africa where she intended climbing Mt. Kilimanjaro!

HAPPY RETIREMENT

Ilford's TONY KELLY, a recent holder of the Essex League's best newcomer award, has recently retired from the Royal Mail (he worked at Mount Pleasant) and moved from Barking to set up home in Scarborough. We wish Tony and his good lady many happy and contented years by the seaside. Tony will come back south for a few functions at Barking Rugby Club, where he enthusiastically played for many seasons...and if he can fit in walking events at the same time...well...he'll bring his kit. He raced at this year's Postmen's 6 Miles-in-Uniform event - coming from Yorkshire on a day return - and gave a good account of himself earning a team award.

DAVE SHARPE HAS A GOOD SHEET

The annual ritual of Dave's charity collection sheet for next year's Virgin London Marathon is now in full swing. Few got out of Mount Pleasant on the day of the Postmen's Walk without signing-up, and it was a similar outcome the following day at Ilford's 5K run in Valentines Park...where Dave walked it in around 31 minutes beating several runners, including overtaking 3 bemused runners in a sprint finish. His chosen good cause is Cancer Research. Year-after-year Dave gets one of the longest pledge lists going and the 2011 Marathon looks like being "more of the same". If you haven't yet seen his sheet then it'll soon be coming your way.

EMAILS GEOFF HUNWICKS (GAMBIAN HOME)

Maybe he could be persuaded to have a good sheet for us!

HAPPY 70TH

One of walking's true pillars has reached 70 years of age...long serving RWA Honorary Treasurer BILL WRIGHT. Bill's also one of our Association's esteemed Life Members who organises the RWA 200 Club among many other duties he performs for our sport's benefit. Indeed this edition contains a "plug" for this RWA 200 Club which we hope will be taken up in considerable numbers. Bill's well known to our more established readers from his time as an active and successful Essex-based athlete. Bill's love of walking is equally matched by a love of non-League Nuneaton Town FC, where he frequently clicks their turnstiles and often follows them on away trips...especially on their annual FA Cup runs. We thank Bill for all he's done for this sport, as both competitor and as one who has given countless hours in honorary capacity for the benefit of us all...and wish him a happy birthday and many more of them to come.



LOST PROPERTY

Just a reminder that 2 items were left behind after the 500th Essex League event at Redbridge Cycle Circuit. A large smart RESTMORE towel (made in Rio) and 1 tote bag (containing a 500th Essex League 'T' shirt). Claim by contacting Hon.Ed.

ON THE PITCH

RWA Southern Area Honorary Treasurer JOHN POWELL, like the National RWA Treasurer BILL WRIGHT, follows non-League football. In John's case he supports Harrow Borough and when recently entertaining Billericay Town (1-1) he stood by the tunnel and spoke with one of the visiting players as he left the field of play. That player was RYAN O'RAWE; one of many talented sports persons with that surname who've excelled in various sports around Essex in recent times. Ryan is a contracted player for Billericay Town, which takes some achievement. As for John, our more established readers will remember him appearing in our Essex County 10 Miles Championship when he was employed on Canvey Island as a teacher. John, who stands as a Grade 1 Judge at our meetings, is also an author and among his published work is a recently penned Official History of Poole Town Football Club.

THE ANSWER'S 7 - WHAT'S THE QUESTION?

1. What's the average age of an Indian Commonwealth Games construction site worker?
2. What's the average age of the Far-East worker who made your trainers?

Taken from BBC2's "Mock The Week".



BOOK REVIEW BY GERRY PELLIS

Hi All,

A few years ago I recommended a sports book titled "Feet in the Clouds" (reprinted five times in its first year 2004) A tale of Fell Running and Obsession by Richard Askwith – a minor masterpiece. One of the best books about the extremes of sporting endeavour that you will ever read. Many of you responded and were not disappointed.

But that is not the reason for today's missive, around the same time (2004) Pat Butcher, an accomplished athletics correspondent published "The Perfect Distance –Ovett & Coe" – a truly outstanding superb book, an inspired fascinating read, beautifully researched account. It is not all Ovett & Coe many aspects of our sport is covered, I'm only half way through and enjoying every moment.

Both books are still very much in print, they are true classics and should stand side by side on your bookshelf. Waterstones, Amazon both stock.

Enjoy.
Gerry

Adds Hon. Ed. Gerry's a great supporter of "The Peds" and was a guest at our 500th Essex League event.



OLLY BROWNE
100 MILE CHARITY RACE WALK
For Help for Heroes 25th – 26th September 2010

Hello Leigh Times and Yellow Advertiser, Race Walking Record and Dave Ainsworth and Help for Heroes

Hope your well. I spoke to you the other day to tell you about my dad doing 100 mile race walk for help for heroes and you said email me the details, so I have done...

On the Saturday 25th September and Sunday 26th September 2010 my Dad (Patriotic Olly Browne) race walked a 100 miles in 24hrs for Help for Heroes Charity along Marine Parade in Leigh-on-Sea up-and-down for 24hrs. That was exactly 66 laps (to the traffic lights at Thames Drive to The Grove in Leigh) His actual time was 23hrs 17mins 9secs he completed the 100 miles. Olly did his first 100 mile walk in 1985 and has since completed seven others. For some of the walk he was accompanied by his 23yr old son Jack Browne, a soldier serving with the Royal Dragoon Guards and many others walkers who done a few miles with him throughout the day and night. His other son Angus Browne stayed with him the whole 100 miles recording his times and counting his laps for 24hrs and lots of other family and friends helping him out. It was a complete whole team effort from 7am Sat morning when setting tents up flags, sound system, lights, etc. till Sunday afternoon when the walk had finished to clear the place up. During the walk so many passing by people donated money and even cars stopping and putting money into the buckets we had. He had so much backing and support in the 24hrs, from the time he started to the time he finished. Olly is hoping to raise over £4500 for Help for Heroes and to make this a yearly event... (we'll see, it could be 150 miles next year).. After Olly had finished the walk he went back home and had a bath and went to bed for a couple of hours then had to get up for in time to be down "The Ship" for 6pm for the prize giving/presentation. During the night there was auctions and raffles and 2 live Bands Playing all night till 12hrs when the pub had to shut, also food was provided from "The Ship" pub as well. It was a very good night and we still had money coming in at 11:30pm on Sunday evening.

Olly would like to thank the Ship Pub for organising the whole event and for the venue on Sunday night of where the presentations was given to Olly, also to 3rd CB Scouts for the tents, Gareth Jones for the Sound System, the 2 Live Bands (Cockle Rockers and The Long Run) who performed for us down The Ship all free of charge

for Charity, The Kursal Tool Hire who supplied lights for the event and family and friends who supplied food and drink and just kept the atmosphere going. Thank you.

Olly is hoping to organise a Help for Heroes Dinner at The Boatyard Restaurant in Old Leigh later in the year..

If there are any problems with this article or you need more info please Contact me (Angus: 07840111200 or Dad: 01702 557109)

Thank you very much.

Angus + Olly Browne

The Browne Family
82, Tattersall Gardens,
Leigh-On-Sea,
Essex,
SS9 2QT

Tel: 01702 557109

Email: anguswb@hotmail.co.uk

.....
THE O'RAWE ROADSHOW

ANDY, JAMIE & RICHARD - all former Essex County champion walkers - took on a 100 Miles "Coast-to-Coast Challenge" in Scotland over the weekend of September 25/26th. They had to run 21 miles, cycle 76 miles and kayak for another 3 miles. 600 teams competed and running as a composite team of 3, they completed the course coming 300th in 16 hours and 12 minutes. Afterwards they announced that they may try again next year, and if so would beat that time! That's the spirit lads. With their fitness, as shown, will we see all 3 back on our walking start lines soon?

THE £MILLION POUND MAN

We recently said farewell to our friend Dick Marshall, sports journalist of the Basildon-based Evening Echo. Well his newspaper has recently published a feature article on ERNIE BARRETT, now aged 72, who is the proprietor of a successful business (GHS Direct) which has now passed the £1,000,000 turnover per-year figure and has 22,000 customers. He began trading from a garage! Ernie is much loved in race walking as in earlier times he was one of our greatest supporters...and sponsors. Ernie was always putting his hand in his pocket for our sport. He founded 2 monthly sports magazines - RACE and VETERIS which always gave plenty of favourable publicity to walking. Ernie sponsored an International Trial and also those memorable Open Meetings at the East London's testing (and now demolished) Eastway Cycle Circuit. He promoted the British-American Friendship Marathon at Basildon and at other venues, and also many other athletics events. Said Ernie, "It was good to think we started trading from our garage and now have a turnover of around £1 million a year". He founded his business with his wife Lynne, who used to get along to our races. GHS Direct (now based at Charfleets Industrial Estate on Canvey Island) sells chemicals to kill viruses and bacteria which can be found in veterinary surgeries, kennels, catteries and stables. Ernie is handing over day-to-day running of his successful Company to younger family members. We wish Ernie well as he heads towards making his second million!

BASILDON IN FOCUS

Basildon is gearing up for the 2012 Olympics as it'll be used as a base for top sport participants to warm-up prior to their appearances in those Games. So we might see some big names in our County...limbering-up for their big moments.

FIXTURES

Fri 5 Nov	Euro Race Walking Conference/till 7 Nov	Leeds	
Sat 6 Nov	Enfield Open/LBH/Enfield League 7 Miles	Lee Valley	2pm
Mon 8 Nov	RWA Southern Area AGM	CS Recreation Centre SWI	7.15pm
Sat 13 Nov	SWC Vase (7 Miles)	Monks Hill	2.30pm
Sun 14 Nov	Race Walking Association Seminar	Alexander Stadium	
Sat 27 Nov	Belgrave H Open/SCVAC Open 7 Miles	Wimbledon	1pm
Sat 4 Dec	CHs Winter Lge 5K/SCVAC/VAC Champs	Bexley	2pm
Sun 5 Dec	Peel-to-Douglas 10 Miles	Peel	9am
Sat 11 Dec	SWC Christmas Cup 5 Kilometres	Monks Hill	2.30pm
Sun 12 Dec	Race Walking Association AGM	Alexander Stadium	2pm
Sat 18 Dec	Alf Palmer Track Walks	Broadbridge Heath	11am
Sun 19 Dec	Ilford Allcomers/Essex League 5 Miles	Redbridge Cycle Circuit	11am
Sun 26 Dec	Brighton Boxing Day 5.5 Miles	Preston Park	10.30am
	Enfield Boxing Day 5K	Lee Valley	11am
Sat 8 Jan	SWC 10 Kilometres	Monks Hill	2pm
Sat 22 Jan	Enfield Lge 5 Miles + 2010 Presentation	Lee Valley	2pm

45e NIJMEGEN TO ROTTERDAM

160km WALK

(in 29 hours or so)

This walk is organised by the RWV (Rotterdamse Wandelsport Vereniging) every September. After aborting a previous attempt a number of years ago, this time I successfully reached Rotterdam. The walk uses predominantly cycle tracks and is a sociable way to train for ultradistance races. There are checkpoints at 18.5, 37.2, 57.4, 79.7, 98.4, 117.9 and 137.7kms. You can walk at tempos ranging from 6.0 to 9.0kms/hour and the length of time to rest at the checkpoints is governed by your speed. Each walker must reach the checkpoint within the designated time and everybody sets off again at a pre-determined time i.e. the quicker you walk the longer you rest. I liked this arrangement, is very sociable and I walked some stretches with walkers who are usually either in front or behind me. The organisation and support was, as always, absolutely tip top. See www.RotterdamseWandelsportVereniging.nl for further details. Sue Clements

MAN OF IRON

One Essex Walker reader with "bigger fish to fry" is MICKY SUTTON, who until recently had the highest Centurion number (1078). He's in serious training for the Ironman Triathlon and, needless to say, we all wish him well. We also hope some distance walking events may be part of his build-up programme. Mick was certainly in great form at September's Postmen's Walk! We applaud his ambition.

BUSY ATHLETE

Long-distance International KEVIN MARSHALL completed the annual Roubaix 28 Hours Classic. For him, his distance was a little disappointing - 199.765km and 12th place for one who had hoped for somewhere close to a personal best of 211km, but Marshall was carrying a few injuries (due to wear and tear). He'd completed 19 events in the 18 weeks before Roubaix, covering some 575 miles in these events alone. He enjoyed his outing.

OOPS

Our last issue showed RICHARD BROWN's UK record road best for 100 Miles as 6.50.28. We left out a 1...you know where it should have gone.



IN SUFFOLK

Well done to Ilford's HILDA NYMAN who has completed the length of the Suffolk Coastal path, which was accomplished in 5 stages with her Rambling Club.

MONEY GOES TO MONEY

Essex Walker readers are in the money...for 3-out-4 prizes in a recent RWA 200 Club monthly draw went to those well known to us. Prize winners were PETER CASSIDY, MAL BLYTH & PAULINE WILSON. Congratulations. You can enter this monthly draw, and by doing so, your stake will help UK race walking as well as giving you a shot at the prize money. It costs £13 per year (or £12 by standing order). Fields are down, as many readers no longer spend money on travelling to races...so why not put some of that saved cash into helping walking surge back to its former glory? Send a cheque payable to the RWA for £13 per number required, with your name and address. Mail to : Bill Wright (200 Club), 212 Weddington Road, Nuneaton. Warwickshire. CV10 0ER. Or you can request a standing order form. Either way, please consider supporting this RWA fund-raising scheme.

PAT FUREY THANKS

We again thank Enfield's former Irish distance International for a magnificent display of awards that were at October's Enfield League 5 Miles race at the Lee Valley...sponsored by generous Pat. Genial Pat was formerly a busman and it was good to see bus colleagues RON POWELL and PAT EMERY supporting this event. An Essex side did well, with Ilford's SCOTT DAVIS winning in style and FRANCISCO REIS 2nd with his fastest 5 miles since making a 2009 comeback. Ilford also claimed the 1st/3rd team awards. Like that now defunct Leicester Open 7 Miles, it was "traditional Saturday afternoon road racing with 4-to-score (as it used to be). Thanks again to Pat, to all who helped stage this event and for those many competitors (44) who raced. Full result in the usual places.

TOP BRIT

Well done to ALAN O'RAWE on coming 5th in a good class Veterans road 10K in Lugano clocking 67.27. He was the leading UK competitor as others dropped out...Centurion Alan kept going!

PROGRESS HALTED

One of our busiest walkers, ultra-distance exponent KEVIN MARSHALL, has suffered a torn/damaged cartilage and also wear-and-tear to a bone. We hope the medical profession can soon get him cured and back on our start lines. All readers wish him well!

ALL PRAISE

On behalf of all readers we say "Well done" to JO JACKSON on winning gold in the 2010 Commonwealth Games Ladies 20K - the first time this honour hasn't gone to an Australian. Congratulations to previous Commonwealth Games medallist LISA KEHLER on her excellent 4th position with a season's best display. Well done to the lads, LUKE, TOM & ALEX on gaining vital experience in top Games conditions. Look out Glasgow here they come!

RACE IS FULL OF EASTON PROMISE

Surrey Walking Club invited guests along to their annual Gazette Cup 4 Miles race around 5 circuits of a tight and testing "around-the-houses" course in South Croydon on Saturday afternoon. It was appropriate that on the same day of Commonwealth Games walking races in New Delhi, an athlete with 4 previous Commonwealth Games appearances should dominate. From the "off" Mark Easton (SWC), now retired as an International athlete but still near his top form, turned in a master class to win in 31 minutes and 38 seconds. Ilford's STEVE UTTLEY despite never being close enough to challenge for that No.1 spot, still progressed with enthusiasm claiming 2nd place in 35.10. Indeed he also put much ground between himself and the next finisher, Enfield's HELEN MIDDLETON who clocked 38.10. Down the order a despondent MICK BARNBROOK stated that it was his slowest ever race as he worked out that he'd walked faster in both his successful 100 miles finishes than he had at Monks Hill that day. Another Commonwealth Games link was that their inaugural champion RON WALLWORK was on the judges panel. Chief of the judges panel in New Delhi was Essex Olympian PETER MARLOW. As for Monks Hill, popular DAVE HOBEN won the handicap award, but couldn't stop to collect it as he'd quickly headed for the Isle of Wight to walk in JILL GREEN's distance event. Also walking on the island was SUE CLEMENTS

RWA SOUTHERN AREA AGM

It's to be held at 7.15pm in the Civil Service Recreation Centre, No.1 Chadwick Street, London. SW1P 2EP on Monday 8th November. It's your chance to have a say on how your sport's been conducted during the past year, and also to vote into Office those persons you wish to see carrying our sport forward towards Olympic year. Let's see plenty of Southern walkers quickening their footsteps towards that meeting room. If early there's a subsidised cafeteria for meals/refreshments. Free off-street parking after 6.30pm...nearest Underground station is St.James's Park (Circle & District Lines). See you all there.

ON THE CONTINENT

Much travelled ED SHILLABEER ventured into Holland for the annual Tilburg Open 20 Kilometres. Always noted as a fine exponent of pace judgement, Edbanger finished 6th in good class company clocking 2 hours 3 minutes and 27 seconds, with his halfway time being 1 hour and 1 minute exactly.

ESSEX CENTURION CELEBRATES 80 YEARS

Gidea Park (Romford) resident KEITH WILSON (Centurion 865) has celebrated his 80th birthday. The LDWA man completed our 1989 Arthur Eddlestone Memorial 100 Miles Walk in 23 hours and 47 minutes around 100 circuits of Hendon Police Training School. Keith last race walked in our 2001 Essex League 400th/John Hedgethorpe Memorial Event. Then two young Essex police types overtook him in questionable circumstances, so he boomed out that he was a Walking Judge appearing in disguise. They paid heed, slowed down, and Keith overtook them. He's been an active rambler, often leading walks. He's not so active nowadays but still enjoys rambling now and again. Happy birthday to Keith

MARY WARBURTON R.I.P.

We're sorry to report that Paul's mother Mary has passed on. The good lady lived in Basildon for over 50 years and came to our races when her son Paul was a regular on the Essex scene (indeed he appeared in our Essex League as a most successful 2nd Claimer). We remember Mary doing the feeding at a RWA Southern Area 35K held in Colchester...when this kind-hearted lady was keen to assist all...as well as Paul (who was 3rd). Alan O'Rawe used to regularly pop-in to say "Hello" and to see if all was OK. We express our condolence to Paul (aka "Scoop") and his family on their sad loss.

2011 ESSEX COUNTY AAA 10 MILES CHAMPIONSHIP

With the Enfield & Harringey AC fixtures at the Lee Valley now being held on an all 'B' race basis, the National 10 Miles has been moved to the Midlands. In recent times the National at Lee Valley has also seen our Essex Championships staged in conjunction. So what happens next? Well Enfield & Harringey are staging a 10 Miles Enfield League race at the Lee Valley on Saturday 19th February, and they've invited Counties to stage their own Championships in conjunction if they so wish. Two Counties have already signed up (Middlesex and Suffolk). Regulations permit Counties to stage Championships under the 'B' code if desired. But...Essex County AAA's policy is to conduct all Walking Championships under 'A' laws. What will happen? Essex could (a) have to have its 2011 Ten Miles Championship in with the National (in the Midlands), (b) allow this Championship to be held under 'B' terms on Feb 19th or (c) stage it's own 10 Miles 'A' Championship somewhere. Already, anticipating (c) words have been spoken about using Chigwell's Met Police Club. What do you want? The last Essex County Walking Championships (3,000m, 10,000m and 20K) have been woefully supported. Walkers have "voted with their feet" about supporting 'A' Championship races - hence a handful of entrants in such events. Plus there's costs in staging a race for probably less than half-a-dozen finishers. Over to you, as you're the ones turning up at races. If you want our 2011 Essex AAA 10 Miles Walking Championship to be staged under 'B' conditions, then you'll have to write to our County Secretary and request this be considered. He's Mr. Peter Sketchley, 215 Crossing Road, Braintree. Essex. CM7 3PH.

STOP PRESS - GREAT SCOTT!

Our annual RWA National 50 Kilometres Championship was contested over 50 circuits, with a tight turn each end, at Northampton Racecourse on a mild Sunday morning. It's an Olympic distance - 31 miles and 121 yards in old terms. Most interest was rightly focused on SCOTT DAVIS as he defended his title and aimed for 6 consecutive victories in an event he's made his own. From the "off" he and Redcar's PAUL EVERNETT formed the van until Scott answered the call of nature at 16K, so enabling the Yorkshireman to open up a lead which he held until 29 kilometres when Scott got back on terms. They had 1 lap in step before Ilford's man decided it was right to test his rival by upping the pace. Then came a master class in pace judgment as Scott continued forging ahead and to lap the entire field breaking the tape in 4.28.29. Paul claimed 2nd silver in 4.44.23 with former Olympic 50K man Ian Richards (Steyning AC) 3rd in 4.58.05. Deserved praise came the victor's way. Colleague Francisco Reis stated that his last 5 kilometres was his best - a feat not seen often in distance races and obviously a tribute Scott's fitness. 1966 Commonwealth Games champion Ron Wallwork stated that Scott was a class apart. The team trophy was close with ED SHILLABEER on good form for 5th in 5.34.10 and BOB DOBSON 7th in 5.46.07. Ilford won this team title for the first time, by just 8 points from Redcar. Bob won this Championship in 1970 at Ewell and 40 years later proudly returned home with another National 50K gold medal - a team one. 2nd team Redcar had Southend resident MARTIN FISHER, 8th in 5.46.17, scoring. Loughton 2nd claimer SEAN PENDER was 12th in 6.05.31.

The presentation saw kind remarks directed towards Scott for his well received speech thanking officials and helpers. More medals were awarded with our Essex County Championship in conjunction as Scott won gold and Bob silver.

An Open 10K race saw FRANCISCO REIS appear, having decided that after injury a lesser distance was wiser. On starting only Aldershot's NICK SILVESTER challenged and he was soon dealt with as Ilford's man powered ahead to win by 5 minutes in 49.52.

Congratulations to OLIVE DOBSON on her Chief Judge's appointment for this meeting.