

ESSEX WALKER



ON TRACK

On July 31st we enjoyed a successful hot Sunday afternoon around 7 circuits of Redbridge Cycle Circuit. On offer was a 5 miles walking race, started by Ilford AC President LES HISLOP, who then entered the spirit of the occasion by performing timekeeper's duties. Among starters was a "dark horse" as USA-based Mexican PEDRO GOMEZ, a tourist who'd found out about the action via Internet. He gave a good account of himself but couldn't match an opening burst from Ilford's FRANCISCO REIS who led from gun-to-tape winning in 41.48 despite limping over the closing stages. 2nd placer Gomez clocked 47.11 and afterwards was presented with a memento of his appearance in an Ilford AC promotion. 3rd home was experienced former European/Commonwealth Games representative AMOS SEDDON of Enfield & Haringey AC who was timed at 48.26. HELEN MIDDLETON collected another 1st lady award in 49.26 and like others, was rewarded with beer and a medal

NOW IS THE HOUR

After the Dartford Hour, RWA President RAY PEARCE presented the men's award for our final Essex League Series. Top man with a huge lead was STEVE UTTLEY on 309 points. SEAN PENDER 212/DAVE SHARPE 203 completed the frame. Other top 6 men were : FRANCISCO REIS 156, SCOTT DAVIS 120 & JOHN HALL 106. Other awards will be made when possible and we'll report them as & when.

"HERE COMES THE JUDGE"

This was a 1968 hit for Shorty Long which could apply to popular SEAN PENDER who's now seen ensuring fair play while standing as a judge at our fixtures. Sean's credential, from the Irish Association, is accepted here and we welcome his recruitment as an adjudicator. He's also a qualified soccer referee so used to passing judgement!

INTERNATIONAL SELECTION

Ilford's Bethnal Green-based NERINGA AIDIETYTE has been selected by Lithuania for the 20K Walk at the IAAF World Athletics Championships in South Korea. On behalf of all readers...congratulations!

HAPPY 70TH

Genial "character" PAT FUREY celebrated his 70th birthday in August. He's been a key part of our UK race walking scene for decades coming into the sport - like so many via his employer - then London Transport Buses. Indeed he's a legend in bus circles, being conductor on that last trolleybus ever to leave Ponders End Garage! His name was synonymous with The Borough of Enfield Harriers as called in Pat's heyday. Pat organised meetings for the London Business Houses and also the British Industries Associations. Pat achieved international status when selected by Ireland for the 1978 85K Compiègne-to-Paris Walk, staged to mark 60 years from the Armistice. Pat was surprised as he'd never raced previously beyond 20 miles...his selection didn't go down well with a couple of disgruntled walkers who'd been omitted, and who voiced objections. Pat's fellow members were Messrs. J.Dowling, J.McGowan & J.Sheehan. Travel plans didn't go well and they arrived at the start, changing in a taxi, as the field were about to go! Needless to say Paddy Dowling, seen at May's Centurions Centenary Dinner, was the star of this quartet! Pat was classified at 66½ kilometres in 7 hours 45 minutes. Nowadays Lincolnshire resident Pat's best known as a generous sponsor who dips into his pocket to fund awards for that annual well-supported Pat Furey Trophies Meeting. Happy birthday mate!

EXTRA 2012 EVENT

There will be opportunity for another go along The Mall in 2012 as this road will be closed to traffic for a 20K event well before our Olympics commence on July 27th. This race will be the UKA 20K Championship. Last time 20K was staged on this thoroughfare a 2 hours limit was imposed...this seemed about right and there's no reason why this 2012 offering should be much different, if at all. Watch this space.

We used the same course as for our 500th Essex League meeting last year (i.e. going in same direction - unlike the National 20K which went "out-and-back" on the same circuit). It cost £75 to hire this traffic free circuit with excellent facilities so we could have done with a few more. But that's life. Essex athletes largely stayed away with a majority coming from outside our County. Where is Essex walking going?

Les Hislop proved a popular President as he was also our timekeeper and we thank others who assisted...recorders/judges/judges runner etc. 15 started/finished. The Lawrence

Dordoy Memorial Prize (Guinness with a widget) went on a random spot prize basis...won by Peter Hannell. We thank Tony Perkins for putting the show on the road! It must be said that all there enjoyed it.

WELCOME BACK TO BLIGHTY

One of the most popular Essex walkers ever - Ilford & Stock Exchange AC's STEVE KING - is visiting us in September. A sub-9 hours London-to-Brighton finisher and Centurion No.492 (21.29.17 in the 1972 Leicester-to-Skegness) he's fabled as a tough competitor who would always press on in all conditions and on all courses. He emigrated to Canada in the late 70s and established himself as a triathlete. As a runner he's completed finished some of the most testing events on the planet. Steve also commentates on athletics for Canadian TV. We hope he'll find to visit us and also get along to our RWA 10K Championship in Victoria Park on September 11th. Welcome home Steve!

40 YEARS YEARS ON

On the judges panel at Redbridge Cycle Circuit was RON WALLWORK MBE - exactly 40 years to the day that he claimed our UK 2 Hours Walk record on Blackburn Track. Any takers?...for he still holds that record. Ron's record is 20,037m.

MANY THANKS

Hi Dave,

I would like to thank Mark Easton and the Surrey Walking Club for a great 100 Mile race (2-3 July) in the Brotherhood and Sisterhood's Centenary year. I would also like to say a big thank you to my daughters Liz and Mags, my grand-daughter Chelsea and her boyfriend Mike, Angus Browne, Steve Kemp and Sandra Brown's physio who treated my quads when they were sore. I would also like to say a big thank you to the officials, fellow Centurions and supporters who gave me tremendous encouragement. I was only going to go a few miles but the occasion must have got to me and I didn't want to stop...and not forgetting my No.1 fan Chloe Perkins who wouldn't go to bed till she was told I was still going at 12 o'clock. Brilliant weekend.

Best wishes.

Alan O'Rawe - Centurion No.791

WORLD MASTERS (2nd REPORT) by "EDBANGER"

Our roving correspondent reports on the "Walk in the Park". Next to City College is the William Land Park golf course on the edge of which in a tree rich area is a Tarmac loop of some 1.6km or a mile in old money. After the more senior lady masters completed, it was the turn of the men over 65 to toe the line for the 10km World Championships. The weather was hot but more equable than for the track 5km walk a few days earlier. This time Janner Ed was more mentally competitive and physically focused having done some interval training at the Kezar Stadium in San Francisco in the interim. Gold and silver in Ed's M70 group went the same way as in the 5km, to Austria and Russia respectively, but a season's best 20km (and card-free) from our Plymothian vet produced a bronze medal for him. Whoopee! Almost as satisfying was that both Ed's 5km splits were quicker than his track race time to give a final time of 60:05. (Check website for official results). E.H.S.

EMAILS JOHN RALPH

Dave

It was interesting to read about the "Phil Embleton Trophy" in EW332. My mum worked with Phil, at the National Dock Labour Board in London, when Phil competed in the Munich Olympics. She used to see him most mornings finishing his training walk along Albert Embankment before work.

The piece about the Enfield club championship during the LICC race at Lee Valley only gave the times to the nearest second. When you see the electronic timings, things were even closer. Electronic times were, John Ralph 16:24.98, Alan Ellam 16:25.70 and Mikk Bradley 16:26.11 - a mere 1.13 seconds between the 3 of us.

Regards

John Ralph

WHO WOULD BE AN EDITOR?

The morning after our National 5,000m in Birmingham a regular information-supplier 'phoned me to tell me important news about one of the Kings setting a new UK record in this event. Good job I'd seen BBC2 on Sunday evening, as on my TV set at least, TOM BOSWORTH had secured this UK record. So congratulations to Tom; and also to JO JACKSON who has built an impressive winning sequence. TV coverage was positive, but somewhat short in duration...and with a record surely we might have got a trackside interview? But did we supply much for a TV producer to get stuck into? The men's race had 5 starters with only 4 finishers. Tom's record was 19.29 with Dan King next in 21.10, then Tom Taylor in 23.22 with Dominic King seeing red. In the ladies event 6 started with 1 dnf as Jo won in 21.42 - over 3 minutes ahead of the silver medallist!

SOUTHERN AREA 1 HOUR MEETING - BILL SUTHERLAND'S VIEW

Hello Dave,

Having just viewed Mark Easton's Photos I must congratulate all those who competed and gave 'the best exhibition of true Race Walking' that I have seen so far in 2011. All styles young or old looked good and fair. Pride of place for me would be Jonathon HOBBS, who I think has an outstanding future in Race Walking to look forward too. He stood out earlier too this year in the Trial Walks in the Mall. Well done one and all!

Yours in Sport.

Bill

Adds Hon. Ed. Officials didn't share Bill's view as among just 14 men, 11 made the board...indeed board writer Peter Cassidy was as busy as the competitors! A solitary 'X' was for contact - the rest for knees. Two got 3 crosses; others had the stress/tension of having to progress on 2 crosses. Only 1 team closed at 3-to-score (3 men in the 50s) with just 1 other team closing 2 (both old-aged pensioners, albeit sprightly ones). 5 younger-aged-group events drew just 6 starters in total with 3 races having a solitary competitor going around, while our Senior Women's race saw 3 starters and a brace of finishers. Full results in the usual places. A far cry from Parliament Hill with 4 Sections/4-to-score and junior/boys races to boot! But Bill sounds optimism and that's what we should build on

EVAC 3,000m CHAMPIONSHIPS AT KING'S LYNN

There were 6 competitors and the results were as follow

M55 Paul Firmage	Ryston	20.05.7
M65 Peter Howard	Camb & Col	20.30.8
W45 Gilliam Loughlin	CoNAC	19.44.7
Sue Smith	Ryston	23.15.9
W55`Cath Duhig	Ryston	17.52.1
W60 Sue Barnett	Camb & Col	18.47.4

Judges: Mick Graham (Chief), Pauline Wilson, Peter Cassidy. The aforementioned officials also fulfilled duties as Track Judges, lap scorers, etc., etc., all afternoon, which was much appreciated and an invaluable contribution to the day's

EMAILS AN AUTHOR

Dear 'Essex Walker' Editor,

Very bad news in your August issue (via Don Cox's message) that the collections and work of the late Centurion/runner/historian Jerry Everett has been cast to the four winds by being sold at auction. A while ago I expressed an interest in carrying on his work and attempting to get published the book that he started, but now it seems the material could be lost for ever? I met Jerry a few times, and knew that he was working on research/writing on Essex athletic matters, and our interests overlapped. If anyone has any news of where the material went, or if it is still reachable, I can be contacted on e-mail at r.hadgraft@btinternet.com

Regards,

ROB HADGRAFT.

(author of published biographies on Alf Shrubbs, Walter George, Deerfoot, Arthur Newton and Jim Peters).

www.desertislandbooks.com

JIM HURLEY R.I.P.

Sadly Jim's passed on after a long illness during he was taken very poorly. Over past decades it would be fair to say Jim had more addresses than a man on the run, and at his death resided in Peterborough. Jim was one of the most enthusiastic members of the London Vidarians ever and was proud to have been at their memorable Centenary Dinner at the RAF Club in Piccadilly. Jim's last appearances at walking races were when popping-in to support a Moulton 5 Miles and also a Blackheath Yacht Handicap 9K.

Of course Jim was always a better sprinter than ever a race walker. Walking was always his "second event". He had many wins in both Ireland and the UK in sprints and had an extended athletics career when returning to his love of sprinting as a veteran. In veterans terms he also had a spell as Hon.Secretary of the Southern Veterans Track & Field League, in which he often competed - doing any event (including throws) which he surprised himself by doing so well. Jim's best sporting love was snooker where he was highly talented on the green beige. Jim reached the quarter finals of National Amateur Competitions and was one of a few amateur players who could boast of an over-100 break.

Jim was an inspiration for all seeking to be Centurions and finding it an uphill task. Jim tried many times and finally did it (becoming C513) at the 1973 Bristol 100 Miles when clocking 21.58.26 after walking much of the way with fellow Vidarian Ray Flynn (C512) who finished 18 minutes ahead. It was a race in which I participated...alas only for 54 miles! Jim was to complete 1 more 100 Miles event, again after a few setbacks. He was a real trier who reached his goal in the end. For much of his walking career he was based deep in the West Country, so every appearance was a long, long journey. It didn't stop him being one of our most frequent racers.

Jim was a lovely man and hearing of his demise brought me close to tears. Jim was so enthusiastic about all he did, and showed enjoyment even when things weren't going his way. His widow Dorothy informed me of his demise and stated that Jim's wish was for a funeral service only attended by close family.

I kept in touch with Jim by phone every few months and I'm pleased to say others in our circle of friends did likewise as Chris Flint, Pat Furey, Brian Keegan and Ed Shillabeer, had all taken Jim's phone number for the purpose of keeping contact. To you I say thanks. Jim remained keen on The Centurions to the last and was truly sorry his illness prevented his attendance at our memorable Centenary Dinner...indeed for a while he'd not been out of his house much as he wasn't even capable of driving. It's so sorry that such a wonderful sportsman (sprints/walks/snooker) ended his days so quietly. But I know everybody who ever had the pleasure of coming into contact Jim will have their own wonderful memories of a really genial and lovable character. D.A.

JIM HURLEY R.I.P.

Hi Dave,

Sorry to hear about the passing of Jim Hurley, often remembered with Mike Gleed competing around the roads of Carshalton. He will now be in the company of the Late Phil Fisher and Len Mitchell, both great stalwarts of London Vidarians. Well done in the Hillingdon 10 Kms. Walk on Saturday last!

Yours in Sport. Bill Sutherland

JIM HURLEY – CENTURION 513 **by ED SHILLABEER**

Dave,

Sorry to hear the news about Jim, a man of so many talents and totally responsible for my switch from running to walking in 1972. I remember the open sevens series which we attended by my driving to Dawlish to pick Jim up then adding Ray Flynn. We travelled from RAF Chivenor to a pick up at Exeter. They inspired me to become a Centurion, by which time we had added a couple of people and with my Dad's drive and Harry Callow's guidance formed Dawlish and South Devon RWC. Jim instigated an autumn handicap league at Dawlish one race of which was extended to 10km open race. Jim also boxed as a kid I believe, and beat Paul Nihill in those early days!

Great to have known him, a real character for sure!

Walk Tall, Edbanger

JIM HURLEY SAVED MY LIFE **by PAUL MAIDMENT**

Paul Maidment (ex-London Vidarians/now North Down AC) remembers Jim with much affection as he acknowledged Jim saved his life after the Met.Police Open 11K at Imber Court on Jan 8th 1989. Northern Ireland-based Paul flew over to finish 61st/from 71 in 67.15. He intended returning to Heathrow by train/tube when Jim offered to drive him there. In 1989 both BA & British Midland ran "shuttle" services between the UK and Belfast requiring no specific booking - it was "turn up and go" on the next available flight. Recollected Paul, "Jim put his foot down and got me there just 2 minutes before check-in closed - no exaggeration, just 2 minutes! If I'd been allocated the next flight it would have been the 7.52pm which sadly crashed on the M1 while trying to make an emergency landing at East Midlands Airport. When it crashed all deaths and serious injuries were at the plane's front, where I'd have been as a non-smoker. In those days smoking was permitted and smokers all sat at the back. If Jim had driven 2 minutes slower I'd have been at the front of that plane".

That disaster saw 47 die (including servicemen returning to NI duties) and 74 serious injuries. Only 5 escaped with minor injuries...and amazingly no M1 motorists had vehicles touched as this plane crashed during a freak traffic gap. Air safety is such that those passengers deaths were the last on any UK/Irish registered aircraft!

Paul will forever remember Jim with much affection and as "a true character".

JIM HURLEY – **TRIBUTE FROM DAVE GULLIVER**

Hi Dave,

Always a sad occasion when another stalwart passes away.

Take care and regards.

Dave

ON THE BOX

ED SHILLABEER, aka "Ebanger" has been interviewed by ITV about his efforts to prevent his beloved Plymouth Argyle FC going down the pan.

JIM THE EVANGELIST

Not only Ed Shillabeer but the Brothers Watts (aka bearded Bob & clean shaven Ken) were recruited into race walking by the late Jim Hurley who had an Evangelical fervor about mustering newcomers. Bob & Ken, former Loughton AC members, were "hooked" after listening to Jim's patter at a charity walk on Blackheath Common.

CENTURION 291 LIEUWE SCHOL R.I.P.

I was privileged to meet Lieuwe a few times and we shall miss his cheery face and his enthusiasm for long distance walking. He was the first Dutchman to become a UK Centurion and his name will always be in the Handbook to mark the beginnings of a remarkable relationship between the Dutch and the UK Centurions. We send to his family our condolences. It is sad news.

Kind regards,Chris

Chris Flint C. 849, Hon. Secretary, The Centurions

Adds Hon.Ed. Lieuwe was senior Vice President of The Centurions, having been elected to that status as far back as 1973.

FIXTURES

30 Aug	WTW 3,000m + Presentation	Ashtons Track	6.25 pm
3 Sep	Ashford Open 3,000m	Ashford Stadium	
3 Sep	Jim Sharlott Open/BMAF 10K	Leicester/Abbey Park	11 am
11 Sep	RWA National 10K Championship	Victoria Park	1.45 pm
11 Sep	Eastern Vets T&F Final 2,000m	Bedford	
17 Sep	Enfield League 10K	Hillington/Cycle Track	1 pm
17 Sep	Roubaix 28 Hours	Roubaix/France	
17 Sep	English Schools Champs 3K & 5K	Exeter	12.45 pm
24 Sep	50th PO/In-Uniform 3 & 6 Miles	Mount Pleasant	2 pm
28 Sep	CS/Police/Ryan Cup 5 & 10Kms	Birmingham/Tally Ho	1.30 pm
2 Oct	RWA National 50K Championship	Northampton Racecourse	10 am

2012 OLYMPIC DATES/TIMES at THE MALL

Men 20k 4 Aug at 5pm/50k 11 Aug at 9:00am/Women 20k 11 Aug at 5pm.



ON SONG

Essex walker DAVE SHARPE sung the entire verse of "Happy Birthday" to celebrate PAM FICKEN's 70th birthday and recorded it on her 1571 answer service. Thoughtful Dave Sharpe...a man with a fine voice!

THANKS FOR ESSEX WALKER FROM CATH DUHIG

As ever, many thanks,

I got back from Spain (30+ degrees) in the wee small hours of this morning and it was nice to find some light reading to take my mind off the fact. Will have to save reading it all till later as my feet are freezing just sitting at the laptop and I feel I soul move around a bit to get the blood flowing again!

EVENING ALL

Centurion GARY SMITH of Enfield & Harringey AC, who used to race in the Essex League with Ilford AC, is getting fit for September's World Police Games at New York. Gary, an East London-based Metropolitan Police Officer who once walked in Stock Exchange events, goes for the 5,000 metres walk. We wish him well.



WORK ETHIC

Ex-Olympic 5,000 metres bronze medalist IAN STEWART reckons men lag behind women in the work ethic. Said Ian, "There is something missing. We don't need a return to the Stone Age to realise that, somewhere along the line, we've lost it on the work ethic. The woman have a much better work ethic than the men, no question. We've a National problem of a softer lifestyle. I don't want to hear kids saying I'm entitled to it. You have to earn it".



ON CUE

Congratulations to Enfield's KEN ROOST on his election as Chairman of the Stevenage Snooker League. Ken's Team Manager for a side in that League, comprising of former British Aerospace retirees like himself, and he still performs on the green beige. He's a former long-serving Honorary Secretary of the League.



ALE AND HEARTY

Drinking non-alcoholic ale boosts athletes performances say scientists. A study of 280 marathon runners discovered that beer's polyphenols help to reduce inflammation and respiratory infections by a third. Alcoholic beer contains even more of the chemicals but Dr. Scherr of the Munich Technical University said, "As a physician I cannot recommend alcoholic beer".

IT'S BOWLS

Centurion PETER HODKINSON, until recently Romford's Market Manager, is a keen and talented bowls player who appears for Petts Wood. In early August they played away near Sevenoaks against Holmsdale Bowls Club whose Skip was a sprightly 91 years old. During the afternoon Peter overheard him guy conversing with another team member and under discussion was a London-to-Brighton Walk and the 100s. It turned out the skipper was fellow Cambridge Harrier and Centurion No.374 BILL NICHOLS who qualified at the Metropolitan Police's 1965 10 X 10 Miles Chigwell race clocking 22.23.25. Bill lives at Otford near Sevenoaks and Peter reported he looked very fit...indeed his side won the match! The other player was a former walker with a London-to-Brighton finish on his record.

That 1965 race saw the late HEW NEILSON win early on Saturday morning before heading for Wiltshire to complete the annual Chippenham-to-Calne 6 Open Miles. Thirteen new Centurions qualified including KEN MUNRO, LEN TAYLOR who had got extremely close to his goal a year earlier in the Leicester-to-Skegness, DOUG FOTHERINGHAM and the legendary EDDIE McNEIR.

EMAILS PETER HODKINSON

Dave, I have just returned from the 4 day 200 kilometer marches at Nijmegen with the Metropolitan Police Team and on day one, while the team were having a short break, who comes walking along but Don Cox. I didn't know he did these kind of events. What a small world it is? I lost a few pounds during the walk and if I get down to or below 13 stone then I will race again.

Peter H

SHOT BELOW THE BELT BY UK ATHLETICS HEAD COACH

Hello Dave,

UK Athletics Head Coach Charles van Commence certainly did not do Race Walking any favours when he was quoted in the freebie Metro as having said when criticised about bringing 'Plastic Brits' into the GB Athletics Team. 'For me, it's pretty straightforward – they're British and they're good enough to compete. It's not like I've got binoculars out all over the globe trying to find a shot-putter or a walker, events where we don't have great strength. These guys have British citizenship and, if they can run fast enough, they will be selected.' The comment for me was unnecessary from someone in his position and certainly does not give me the feeling that he is a great supporter of Race Walking! Also it came on the day of the largest probable circulation being 27th July, 2011 only 1 Year away from the London Olympics. Also featured under a full page article entitled 'The Numbers Games' at No. 20 was 20 Km race-walker, Jane Saville, was disqualified while leading and only 100m from the finish in Sydney 2000. I am sure this information will be of interest to you and your great Essex Newsletter readers. August Edition was a great read as always!

Yours in Sport and Friendship. Bill (Sutherland)

Adds.Hon. Ed. Charles van Commence has set a target of 8 athletics medals in 2012, with 1 gold. It would be the best tally in recent (stress recent) non-boycotted Games. Said the Coach, "When I first said 8 medals I was told I was digging my own grave. But we have consistently hit targets since I took over. In Seoul 1988 UK athletes won 8 medals but no gold and that was in the so-called golden era of the sport. Winning gold is not easy. You should never set your targets too low" He added that injuries are the biggest threat to medal hopes and he wants 15 of his 70-strong squad to be close to the podium. He continued, "It's important not to depend on 8 athletes. We need about 15 who should be able to touch the podium. Then if we get injuries we should still be able to achieve. Some are already suffering from nerves or pressure and you have to start preparing then for the bigger event. I always find athletes who are nervous are simply not focused enough. They have to up-skill themselves by focusing better. Obviously if you're not focused there is brain space to be nervous"

UK athletes will be banned from the opening ceremony as they'll still be at a training camp in Portugal. They'll arrive in the Olympic Park only 48 hours before competing.

GET WELL SOON

Stuart Bennett (London Vidarians & Metropolitan Police) has been a patient in St. George's Hospital, Tooting where he's undergone major surgery on his right leg and is in recovery mode and seems to be in pretty good spirits. He's been transferred to East Surrey Hospital. Stuart's a most active official with his stopwatch and is a regular at Battersea Park events. Stuart completed 94 LPR 9K handicap races around Blackheath Park and was confidently heading towards "the ton" before his tally was halted by a bad road accident on his moped.

NICE KNOWING YOU

Enfield's Suffolk-based SERENA QUEENEY has hung up her racing shoes and now intends to pursue other interests such as falconry and art. Her name graced the programme of the Centenary 100 Miles and also the guest list of The Centurions Centenary Dinner at the House of Commons. Earlier this year Serena got to 97 miles within 24 hours at the Australian 100 Miles event. Over 10 years Serena has been a regular at many ultra-distance races and others of a shorter nature. On leaving walking she thanks all those who've supported and encouraged her for a decade. Serena intends coming along from time-to-time to see us all again. It was nice to have met you and we all wish you well.

COMMONWEALTH YOUTH GAMES 2011

I regret to inform you that race walking will not be included in the 2011 Commonwealth Youth Games due to a lack of entries. The minimum required was five countries across three continents and we received only three from two that I am told were Australia, New Zealand and the Isle of Man. I know many of you contacted your governing bodies regarding this matter but in the end despite our efforts nothing was forthcoming from amongst others any country on the African continent, Canada and sadly England.

My email below was not a last ditch effort to drum up support, it was a reminder, I first informed you all about race walking not even being on the programme for the 2011 Commonwealth Youth Games via email in January 2009. We therefore must make every effort to ensure that race walking is included in the next and subsequent editions. The survival of race walking in the Commonwealth Games at senior level is under threat because of the same reasons – low participation numbers and poor depth throughout the Commonwealth. From the responses I have received over the last two and a half years it can be seen that for us to succeed support for race walking must come from the strongest nations within the Commonwealth such as Canada, New Zealand, Australia, South Africa and England. If these countries can put their systems in place to create top quality athletes then we won't have this problem in the future.

Let's work towards the future success of race walking in the Commonwealth and beyond,

Kind Regards

Steve Taylor

IAAF Race Walking Judge/Chief Judge 2012 Olympics.

COMMONWEALTH YOUTH GAMES - BILL SUTHERLAND'S VIEWS

Hello Dave,

Very sad news! I find it incredible that England have not given their vote in favour after having had so many Gold, Silver and Bronze Medalists in past Commonwealth Games.

Yours in Sport, Bill

CORE CAMBRIDGE OFFER

Core Cambridge offer training and advice about injury rehabilitation, sports & athletic performance, personal training plus sports massage to a wide range of people. Their website at <http://core-cambridge.com/> has a range of sports-related questions and answers, providing a resource for getting top-class injury and fitness/coaching information.

Essex Walker readers are invited to email their questions about injuries and strength & conditioning (the process of preparing athletes for sport). They will not name the individual involved, they simply invite interesting questions to answer.

One of the recent Questions & Answers was about Shin Splints, a problem many racewalkers experience. The video can be found at http://www.youtube.com/watch?feature=player_embedded&v=H-CjQJHeiUUQ. It's well worth waiting until the first part of the video containing complicated anatomy is over to get to the useful practical information.

SILLY SNIPPET

While in Sweden recently I was surprised and delighted to see that the TV advertisement for Europcar features two racewalkers! I have been trying to find it on YouTube but have been unsuccessful so far.

Sue Clements

STEVE WYNN'S STATISTICS **(POST OFFICE IN UNIFORM)**

Previous Winners – London

7	Ray Middleton	1962, 1965, 1967, 1968, 1969, 1970, 1971
3	Keith Read	1963, 1964, 1966
5	Terry Riley	1972, 1973, 1974, 1975, 1977
1	Dave Sharpe	1976
5	Steve Wynn	1978, 1979, 1980, 1981, 1982
1	Bill Muntzer	1983
5	Mick Sweeney	1984, 1985, 1986, 1987, 1988
2	Allen Thomas	1989, 1990
4	Steve Allwood	1991, 1992, 1995, 1996
16	Steve Allen	1993, 1994, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010

Previous winners - National

1	George Williams	1983
2	Mick Sweeney	1984, 1987
3	Dennis Jackson	1985, 1986, 1991
5	Sean Martindale	1988, 1989, 1990, 1992, 1998
1	Kieron Butler	1993
15	Dave Turner	1994, 1995, 1996, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010
1	Steve Allen	1997

Ladies – London

9	Leslie Morgan	1990, 1991, 1992, 1993, 1994, 1997, 1998, *2002, *2003 (*as Leslie Richardson)
1	Joy Godsell	1995
9	Geraldine Legon	1996, 1999, 2000, 2001, 2004, 2005, 2006, 2009, 2010
1	Sharon Porter	2007
1	Leigh Muntzer	2008

Ladies – National

3	Joyce Hatwood	1990, 1992, 1994
6	Leslie Morgan	1991, 1993, 1997, 1998, *2002, 2003 (*as Leslie Richardson)
1	Joy Godsell	1995
5	Geraldine Legon	1996, 1999, 2000, 2001, 2005
2	Kim Howard	2004, 2006
1	Sharon Porter	2007
1	V. Prokounin	2008
1	C. Partington	2009
1	Rose Crellin	2010

Records – Men 6 Miles

S. Martindale. 43.03, M. Sweeney. 44.25, . D. Jackson. 44.46

Records – Ladies 3 Miles

C. Partington. 25.48, K. Howard. 28.44, J. Hatwood. 29.46

UNDER THE HAMMER

While MICK BARNBROOK waited for the penultimate WTW race on Ashtons Track to start he stepped over a blue guide rope and strolled around the hammer throwing area, as throwers were taking warm-up heaves. His wandering ended with a loud cry of "Oi" and when returning to the safe side of the rope a trio - yes a trio - of Athletics Officials queued up to give him a bollocking!

BEEN HERE LONG?

In strong sunshine the field waited...and waited...for Mr.Starter to appear at the LICC/Enfield League 5,000m at Ashtons Track on August 20th. When the Official appeared noted "wag" - heavily suntanned MICK BARNBROOK quipped, "I was white when I came out here".

THE CENTURIONS - THE GRIM REAPER **CALLS YET AGAIN**

Colin Young advises No. 436 Les Gwinnell of the now defunct Bristol RWC has passed on. He qualified as Centurion 436 in 1969 by clocking 21.35.54 (same time as Club colleague Trevor Chorley C435) in his Club's inaugural 100 Miles, which saw His Grace The Duke of Beaufort act as Mister Starter. 59 started with 15 becoming new Centurions, 8 from Holland. That race was won by the late John Hedgethorpe of Essex Police and last was P. Cox - also of Essex Police - so as our Centurions Handbook points out "the field had a Police escort". Les resided at Whitchurch, near Bristol.

VIEWS OF DON COX

Hi Folks,

I always say what I think. Like it or not Race Walking at championship level is dead, so why not admit that the old days are gone? One in an Essex Championship, come on, that's not a championship. The Enfield races are hanging on to the sport. The ultra distance is the only part of race walking that is alive. Maybe do what I have done, join the LDWA. I have done 5 marathons plus a 33 mile this year. Also just back from the Nijmegen 4 day marches (4x50k) in 4 weeks. I am doing the Shotley 50 mile challenge (x/c in 21 hours), it's hard but back off the racing. Maybe race walking will die, but we still can remember the old days. RIP Race walking. Its too late to save British race walking as a world force. You can not have a championship under B rules unless all races are under B rules. THE ENFIELD RACES ARE THE BEST WAY FORWARD. I live too far away, 120 mile round trip. So do we race under A or B rules? It has to be one or the other, and then how to pick a team that can get through a race. But do we have anyone now? Do we have judges that are good for the sport? (nice people, but are they the best for the sport?) Or just getting a jolly out of being a judge? I know I have done nothing but I can remember when 2012 was given the Olympics all the talk about what do do with RACE WALKING lots of talk but nothing. In the school where I worked race walking was a part of the track and field programme since 1861, a part of the history. I would judge and remember most have never race walked before so we would not DQ but give a 10 seconds time stop for the first red card and a 20 seconds stop for the second card, and DQ for the third. Maybe a good thing to do. Ever since I started in the sport there was always negative reports about how the sport was dying in RACE WALKING RECORD back in 1970. So what to do? First thing get rid of all the old officials and judges and start again. Get people race walking for fun. A way to walk from A to B as fast as you can. Get the LDWA involved. The second and third (FEMALE) in this years hundred were from the LDWA. Full respect to everyone who was part of the old race walking scene (me included) but we have to move on.

I have moved on to walking with the LDWA, done 5 marathons a 33 miler and a 50 miler coming up. Plus 4 x 50K at Nijmegen this year. Move off the racing and just walk. Hope I have moved you into action.

ANOTHER CLOSE SHAVE

Mention is made of PAUL MAIDMENT's near-miss on that Heathrow/Belfast plane disaster. Many readers will recall it was the 2nd time Paul cheated death...for he was seriously injured on November 4th 1983 when an IRA bomb exploded. This had been concealed behind a ceiling panel in a packed lecture hall at Ulster Polytechnic, being on a 12-hour timer for a preset 11.30 am detonation. 3 were killed/30 seriously injured. Paul was employed as a lecturer and in 1979 had co-written (with Owen Hargie) a book, "Microteaching in Perspective" ISBN0856401587 Blackstaff Press (available from Amazon).

THE WAY FORWARD

Race walking for masters is definitely on the increase around the world with money coming in from governments and national bodies who see value in promoting the health of older people. There are 212 men and 164 women from 47 countries competing here in Sacramento despite few competitors coming from Europe because of costs. We need to start being much more positive in the UK about walking amongst the 40+ age groups. Without older athletes the sport of athletics, road racing and cross country would probably disappear around the globe. Did you know that almost 90% of runners in the London Marathon are over 40 and without them it would almost certainly struggle to survive? More and more international sports organisations and national governing bodies are recognising that Masters competition has become the economic power base of their sport and they need to take it more seriously, giving something back in how they treat older competitors. How long will it be before the government insists that part of any sports lottery funding has to go to Masters. The Paralympians get it, and there is a huge grey vote out there who are demanding an end to age discrimination in every aspect of life.

Many thanks and kind regards.

Ian Richards

OLYMPIC TESTING TIMES

Much is made of how keen our London public are for the 2012 Games. So here's what happened when 1 Ilford AC member MARTIN CLARKE (who's appeared in the Essex Walking League) went to the Olympic Cycle Tryout event :

I was present at the Olympic Test Cycling Event on Sunday morning where the Tour's Green Jersey winner Mark Cavendish just managed to outsprint a couple of local residents on their Boris bikes. Perhaps being stationed on crossing patrol outside the Royal Marsden Hospital in Brompton Road was not the best place for us to view Jo Public at their least grumpy. Here were gunned down with questions such as "What on Earth is going on?", "Why are all the roads closed?", "How the blazes can I get to the Albert Hall?", "I need to cross now" . Despite our best efforts to placate we still managed to generate a good selection of irate shouted responses "150 bikers You say - bad luck to them all", "I don't care a damn about your silly bike race - you wait until you get cancer" and from the lady who just caught the end of the race "all this just for a couple of cyclists". Still I did get to answer an enquiry from a rather tall South African gentlemen who said he played a bit of cricket. "How long will the roads be closed mate he asked?" He seemed somewhat dejected by my reply of at least another 2 hours, and so Kevin Pietersen sauntered off towards the nearest bistro with all the forlorn air of just having his middle stump removed.

Bye 4 now
Martin

Future World Masters Championship venues decided

Essex walkers and Leaguers will be interested to know that the venues for the next World Masters Championships were decided in Sacramento today at this year's world championships. The 2014 indoor championships have been awarded to Budapest (end of March / beginning of April) where there will be a track 3k and a road 10k. The 2015 stadia championships have been awarded to Lyon (end of July/beginning of August). Races will be 5k track, 10k road and 20k road.

In addition it was also decided to move all world stadia championships after 2015 to even years and indoor championships to odd years. As a result there will also be a world stadia championships in Perth in October 2016. This change has been made so that after 2013 there will no longer be clashes between World Masters Games and World Masters Championships which are held every 4 years in odd years. In the summer of 2013 there will be a Games in Torino, Italy and a Championship in Brazil. World Masters Championships are equivalent to IAAF World Championships while World Masters Games are multi sport championships that include athletics and can be likened to the Olympics. The World Masters Association has decided to work with the Games organisers so that these different championships complement each other in the future.

There does appear to be some momentum behind moving the World Masters Games, which includes most of the Olympic sports, to becoming a Masters Olympics so that there is a full suite of Games from Youth, Senior, Paralympic to Masters. The last World Masters Games were held in Sydney and attracted 28,000 competitors. Torino is expected to attract 50,000 competitors from around 100 countries who will compete in 28 sports. An increasing number of countries are giving Masters competing in international events the same recognition as athletes competing in junior and senior events with free kit and help with travel and accommodation expenses.

Consideration was being given for London to bid for the 2015 Championships but the problems surrounding the future of the Olympic stadium has meant that this has not been possible. A bid in 2018 has not, however, been ruled out. Future European championships will change their cycle to fit in with the new world cycle. PS. Anyone wanting to see the results of the UK's 5 walkers competing in Sacramento can find them at www.wma2011.com. So far they have amassed 4 bronzes.

Ian Richards

AT THE DEATH

Hi

You may be interested to hear that Kathy was the fastest on the Death March tour, floating round in 15 hours, this must be her fastest event for some time, no wonder she is styled Lightning Lady, all when the off road sections meant lots of sliding around in the mud, there was heavy rain at other times too. Dan was the fastest as a runner in 12 hrs ish, you would have seen him as the Polish chap in a blue top @ Lingfield 100.

Dave Hoben

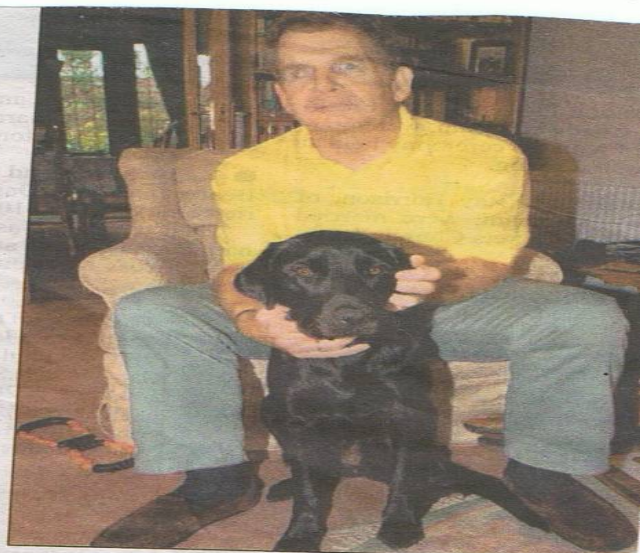
One man and his guide dog

WHEN Mike Brace was blinded in a fire-works accident at the age of 10, he was adamant he would remain independent.

Mastering the use of a cane, Mike, from Elms Farm Road, Hornchurch, considered relying on a guide dog as "a bridge too far".

But last Saturday - 50 years on - Mike welcomed one-year-old labrador retriever Izzy into his life.

"Generally over the last five/ten years, the environment has got worse," he said, "kerbstones, overhanging bushes, badly parked vehicles. Also there are different things I now want to do, like going to the park, gym and pub, so I thought the time was right to get a guide dog."



HAPPY TAIL: Mike Brace and Izzy



Peter Marlow (GBR)

Candidate for IAAF Race Walking Committee & a serving member since 1976

Vastly experienced & ready to continue serving...

Organisational Background:

- Competition Manger 2012 Olympic Race Walking & Test Events
- Meeting Director IAAF World Cup 1977, Milton Keynes
- Meeting Director IAAF World Cup 1985, Isle of Man
- Meeting Director EAA Walking Cup 2007, Leamington Spa
- Commonwealth Games 2002
- 12 times Meeting Director of IAAF/EAA Grand Prix events in UK

International Appointments:

- Member of IAAF Race Walking Committee since 1976
- Chairman EAA Race Walking Committee 1996-present
- IAAF Lecturer
- Author IAAF booklet 'Organisation of a Race Walking Event'
- Technical Delegate/Chief Judge Olympic Games 1992, 2004-08
- World Championships 1987, 1991, 1993, 1997, 2001-03-05-07-09,
- European Championships 1994, 1998, 2002, 2006 & 2010
- Commonwealth Games 1986, 1994, 1998, 2002 & 2010
- IAAF Race Walking Cup 1993, 1995, 1997, 1999, 2004-06-08-12,
- Head of UK Athletics Race Walking Policy & Support Team
- Member of UK Athletics International group

Athletics Background:

- 1972 Olympian in 20km Walk
- British 10/20kms Champion 1974
- UK National Race Walking Coach 1986 – 92

ON PARADE

The LICC/Enfield League event (Ashtons Track) saw 3 walkers appear at an Essex walking venue for the first time, and a well-known name from the past - Middle East based STUART BENNETT - lining up. Going around in earnest were 3 retired Police Officers, one of whom (AMOS SEDDON) completed the frame. Serving Metropolitan Police Officer GARY SMITH had a good race before heading for New York's World Police Games. It was a good field considering there was a major meeting at Coventry, and in FRANCISCO REIS we saw an athlete capable of winning by a distance. Again rain only fell after walkers had finished their endeavours!

Is this enough? Order of preference if needed : Under The Hammer, The Big Apple, On Parade, Been Here Long

UK RACE WALK

From: Mary & Roy Payne maryroy.payne@virgin.net

Living in Aviemore, Roy and I decided the only way we could get to watch the walks in the Olympics was to come down on the sleeper overnight before each race day and return the same way afterwards. On the day of the test event we tried out this system confirming it to be the way forward. However there is a snag; the walks are all on a Saturday and the sleeper does not run on Saturday nights.

So, off to Thomas Cook we go, having seen their advert for Olympic breaks from £99. All we wanted was accommodation in Central London on the day of the walk so that we could catch an early train home the next morning. It was explained that there was no problem with accommodation as long as we were going to an Olympic event, and all seemed well until we said that we wanted to see the walks. Apparently the walks do not count and are not an event that is being offered as part of an accommodation package. After protest, the agent phoned HQ and then told us she could book us accommodation in Central London if we both bought tickets for both days for the beach volleyball at £200 each, a total extra cost of £800. She pointed out that no one would mind if we didn't use the tickets and went to the walks instead!

Not impressed!

Mary

THE BIG APPLE

Also appearing in New York at September's World Police Games is Chelmsford-based ELIZABETH MAN-REY who belongs to Enfield & Harringey AC. We wish the good lady well in the walk!

BACK ON TRACK

Enfield League supremo RON WALLWORK got his race walking career back on track with a dramatic late entry into August's LICC 5,000m at Ashton. He gave his usual enthusiastic performance as Start Line MC with no hint of being ready for action. At the last moment he disrobed to reveal racing kit & numbers...before going on to give a good account of himself. With STUART BENNETT that made 2 more Centurions in that 2011 special League table

70 NOT OUT

We featured ALAN O'RAWE's birthday in last month's issue and he was given a round of applause on the Ashtons Track start line...afterwards a presentation was made by TONY PERKINS.

SCOTLAND THE BRAVE

A trio of former Essex walking champions - ANDY, JAMIE & RICHARD O'RAWE - will again tackle an endurance race across Scotland's width which includes running, cycling & kayaking. They've trained hard and are super confident.

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