



# ESSEX WALKER

## OLYMPIC QUALIFYING STANDARD ATTAINED

March's Dudince 50 Kilometres saw a quality field in which DOMINIC KING (Colchester Harriers) recorded a personal best 4 hours 6 minutes and 34 seconds when achieving 19th position among 45 finishers. 1st was Italian Alex Schwager in 3.40.48; and 13 beat 4 hours including Ireland's Brendan Boyce who came 7th in 3.57.53. 45th man home was Hungary's Istvan Csaba in 5.38.52. A high number - 37 - recorded DNF's while 6 saw the red disc...including fellow Harrier DANIEL KING at 42K when on a 4.10 schedule. Fact is that Dominic's bettered our Olympic 'B' Standard, so is now available for selection...and it ensures that Selectors do have a decision to be made. We don't want a 3rd successive Olympics without male UK walkers involved do we? The talented King twins are trying their best to get included, and are keenly supported by former International of note and fellow Essex resident GEORGE NIBRE. They're being assisted in their aims by modest financial support from your RWA Southern Area Committee. There's one more roll of the dice to come as they bid for Olympic 'A' Standard in the Russian 50K Championship...and we wish them well as they go for it! We'll all be on The Mall come the Olympics; but how much better it'll be if we can cheer on GB walkers...and from Essex to boot! Over to the Selectors!

## SALE OF THE CENTURY

Enfield League are promoting 2 races where early entries can save you cash! At Moulton on Saturday 2nd June the Open 5 Miles (at the slightly earlier time of 1.45pm) costs £2 extra if entered on the day, as opposed to £6 up front! On Tuesday 7th August at Donkey Lane (1pm) there's "Twenty-Twelve Friendship Walks" over 3 and 5 miles. This promotion is between the Olympic races over those weekends before-and-after, and should attract visiting supporters from overseas. The "on the day" premium is £4, as opposed to £6 in advance. Book early and save! Organiser Ron Wallwork attends most meetings with entry forms.

## NEW INITIATIVE

JUNE CORK, former Southend-on-Sea AC walker and now resident announcer/commentator at Essex County AA events, has been in touch to gauge likely support for a new event. Southend stage an annual well supported Open Track & Field Meeting at Garrons Track in their home town on August Bank Holiday Mondays - this year it's 27th August. It fits nicely between the Olympic Games Closing & Paralympic Games Opening Ceremonies. We're offered a One Mile Walk at 11am, if we can ensure enough support for it. The 1 Mile Walk was a regular feature at most televised all-star sponsored meetings of the 1970s so giving us showcases. June seeks to know what support it might attract...there would be nothing worse than staging it before a large crowd of youngsters and their parents...with just a few turning out. We'll either get pledges for it, or it won't happen. Please let June know by the middle of May by emailing [southendac@hotmail.co.uk](mailto:southendac@hotmail.co.uk) Can we count on your support? You could make it a day-trip outing to Southend...with a race!

## DIAMOND JUBILEE INITIATIVE

The Centurions have become well aware that with so many intermediate distance races now no longer on fixtures lists, it's becoming harder to complete 100 Miles in under 24 hours. Gone are those 100K/50 Miles races along with nearly all 50K races/20 Miles/10 Miles and even 20K events. It's a huge leap from your local races to the 100 Miles/24 Hours distance. The Centurions are promoting the benefits of participation in the Queen's Jubilee 60K walk (target is about 11 hours) on Sunday 15th July over a circular route. This route has several connections with transport hubs (bus/rail) for any who may have taken on too much. This could be a way of getting some "distance into your legs" on the build-up to Colchester on September 22nd. Watch this space as they say, and also The Centurions website as more details will emerge soon.

## SOCIAL QUEEN'S JUBILEE WALK INFO from KATHY CRILLEY

Dave,

I have now put full details of the event on the website with a copy of the "brochure/guide". Here's the link: <http://www.centurions1911.org.uk/queen-s-diamond-jubilee-walk.html>

Kathy

## ESSEX ON TRACK

On a cold Saturday afternoon on an exposed repetitive 10 laps of Redbridge Cycle Track, NERRINA AIDIETYTE produced a masterclass to convincingly retain her UK National 20K title by over 9 minutes. In the men's team race Ilford AC retained their title by a thin 4 points margin from Belgrave Harriers. Ilford had 4 who raced at that venue in 2011 unavailable (including 1 who'd retired from walking), so different names came forward at award time (these presented by Essex County Walking Secretary RAY PEARCE). Ilford's gold medalists were STEVE UTTLEY, DAVE KATES & STEVE ALLEN. Those 3 worthies were the Essex County 1-2-3 and won our County's team trophy. This was great news as 2011 saw just 1 entry for our County 20K. This year we had 6 : 3 finishers, 2 red-carded & 1 DNF. But hey, we're back in business! More detailed results on another page.

## HELPING OUT

What can you say about "Good Egg" PETER CASSIDY? After RWA Championship Secretary PETER MARLOW's stroke, he stepped forward to organise this Championship; and many supporting races. It was a most successful day...so thanks from all readers to PC. As others there, officiating, helping and supporting, there were too many to mention in full...but thanks to everybody who turned-up!

## OLYMPIC SHAMES

The printing contract for all London 2012 Olympic tickets has been awarded to a company in the USA!

## **MORAY TORCH RELAY by ALEX ROSS**

Dear Dave,

Thanks for another great read. You ask about walkers carrying the torch! Well, the official torch is just touching the South of Moray (at Tomintoul), so we have organised our own event. Look at the Walk Jog Run Moray (WJRM) website, under Moray Torch Relay (your red tape 'Twenty Twelve' (great programme) folk will not let us mention the word 'Olympic'!!!)

Tuesday 12 June (PM) is the section I am organising, getting as many people involved as possible including all of the schools en route. Take time to look at the WJRM website, there is a lot going on up here. jogscotland is what I have been involved with for the past six years. Take a look at their website. We start novices off with 30sec. walk, 30sec jog and within 10 weeks have them jogging 10 minutes, after 20 weeks it's 20 minute jog then we throw them in with 'everyone else' who manage a respectable 5 miles/10k in around 45 minutes. Abilities vary considerably but the people at the back are the most important, they are ones making the greatest effort

If they want more after that it's off to Forres Harriers (usual Tuesday's and Thursday's with a long one on Sunday). Google Forres Harriers; we also have one of those Facebook pages which is worth a look at for gossip. As I said, there is a lot going on up here.

### **"HOW'S ABOUT THAT THEN"**

Those selected to carry the Olympic Torch will be kitted out in official gold and white tracksuits, which look not unlike the sort the late Jimmy Saville used to wear! These uniforms are, like the UK athletics kit, made by Adidas in China. They are 100% polyester and long sleeved, which could make them uncomfortably sweaty in Summer months. However they won't worn for long as 80% of this torch's 70 days UK journey will see it carried in a security van rather than on foot. Those selected 8,000 bearers will travel only 300 metres each...which is further than allotted in some previous Games!



### **HOLDING A TORCH**

IAN RICHARDS has been successful in the Olympic Torch relay selection process. He'll bring his torch along to our Olympic Friendship Walk at Donkey Lane on August 7th where you can all be photographed holding it!

### **CHARITY APPEAL FROM LINDA SPINKS**

We are trying to raise as much money as we can for research into Breast Cancer. As such we are taking part in the London Moonwalk on the night of 12<sup>th</sup> May 2012.

Please click on this link to visit our fundraising page to find out all about it. Please dig deep to sponsor us. It only takes a few seconds.

Spread the word and send to as many people as possible.

Thank you very much.

Linda

You can visit my fundraising page at

[http://www.walkthewalkfundraising.org/the\\_cambridge\\_bluemooners](http://www.walkthewalkfundraising.org/the_cambridge_bluemooners)

### **CHANGING TIMES**

Race Walking and Hackney's Victoria Park are synonymous, with it being a regular venue for our activities. In the 70s/80s this large Park also hosted dramatic Olympic and European Games walking trials. For the Olympics giant screens are being installed for free viewing, while new pavements, bridges and a multi-coloured pagoda will soon be ready. Nearby Hackney Marshes sees £10 million being spent on much needed improvements, while to improve the general Olympic Park appearance, 52 electricity pylons are now being removed and cables moved underground.

## **NEW BOY IN NORTH YORKSHIRE**

Some thoughts on very first long distance event 40 years ago.

I had heard of the Lyke Wake Walk ('LWW') not much earlier, this was at a time when there were very few national trails and the LDWA had not yet started but was about to. Then I would have been rather more interested in orienteering and cycling but was prepared to do something of a challenge, a complete 'crossing' as they called it of the North York Moors from west to east ending at the sea, or 43 miles less allowable short cuts. I had always been interested in maps and seeing a route on the OS tourist map called 'Lyke Wake Walk - undefined' added to the mystique - what could that mean? So on a bleak March morning in 1972 a minibus full of students was unceremoniously unloaded at a cattle grid on a very deserted moorland road, at about 0300. We were told that there was about 5000 ft of ascent, a lot of this was concentrated in the first leg ending at a junction with a B road as the LWW did not cross many roads, and meeting the minibus again to take on water was not going to be very frequent. Memory of the first stage is really limited to a fantastic daybreak, seeing a bowl shaped valley filled with thick mist bubbling away like a cauldron. Watching daybreak itself was a new experience at that time, and had never walked in darkness previously. The next stage which was to take the group to nearly halfway was at over 1000 ft above sea level, even in March there were still some traces of old snow although the day itself after dawn was blue sky and sunshine throughout. A few miles of this stage were on the trackbed of an old mineral railway to an ironstone quarry, most found boring but I had been a railway enthusiast for some time already and found it quite compelling to have an engineering structure in remote moorland and so elevated too. Even at the halfway stage was quite pleased to have done 20 miles which was already over 16 miles of lifetime best and who would give up at 1000 in the morning! One of the girls with us turned cartwheels on one of the rare sections of tarmac. I put it down to delirium.

The third and fourth stages were now coming to the 'Lyke Wake Walk - undefined' which I took to be a euphemism for prolonged miles of man-eating marshland which required the ultimate in concentration and vigilance to ensure bog trotting on the supposedly safe bits. The route was also getting more remote, as it crossed Wheeldale Moor, which in one of my books is listed as one of the five most remote places in England & Wales as parts of it are more than 3 miles from any public road. The LWW also crossed a rare piece of Roman Road as the flagstones were still in situ, having been buried for centuries and uncovered in the 1960s. Stage 5 was across Fylingdales Moor, where there were the huge golf balls of the early warning system in the event of attack, getting close to the sea but still quite remote. I gather the golf balls have since disappeared following the end of the Cold War. The finish was like a lot of walks a bit of an anti climax, the minibus cut off the few hundred metres to the café which is meant to be the real finish but at that stage couldn't care less. No more cartwheels now. Felt a bit grim on the minibus ride back but in the morning euphoria took over in a big way, I'm sure others experience this change of mood. Best not to talk or think about what the feet looked like, leave to your imagination. And a little later, a card from the organiser with a cartoon of a coffin on it "condolences of your crossing" as the route if meant to be replicate of one by ancient Britons known as 'Lyke Wake dirgers' carrying coffins over the moors I suppose a combination of fact and fiction. What a great day. Understand that the Editor had a similar successful crossing in RAF days.

By Dave Hoban

### **OFF TRACK**

Our last issue informed readers that after another disastrous turnout in our Essex County AA Indoor 1 Miles Championship (only 3 started from the entire County, 1 less than raced in 2011) it was on "Death Row. We asked if others could commit themselves to supporting this race next year before our County Committee votes on it's future...or rather lack of. We stated that the 3 who appeared this year : Steve Uttley - Peter Cassidy - Dave Ainsworth, gold/silver/bronze medallists respectively, would be prepared to pledge support. We asked for 7 others to pledge so as Peter Cassidy could be sent into the Committee Room armed with a case to justify retaining this event, in that he could deliver a double-figure field. The grand total of interested parties is NIL! Does anybody read Essex Walker or are most of you content to see the ship sink further? We asked for all responses by the end of March; perhaps we can hang on for a few more days then that will be that! Email your support to Peter.Cassidy@btinternet.com or 'phone 01277-220687 or see him at meetings

## **WALKING FIXTURES**

28 Apr	Enfield League 5 Miles LICC 3,000m	Lee Valley Parliament Hill Fields	1. 30pm 11.45 am
30 Apr	SCVAC T&F League 2,000 Metres	Lee Valley	7.20 pm
7 May	Pednor Open 5 Miles	Chesham	5 pm
13 May	Essex County AA 3,000M Champs	Melbourne Stadium	
15 May	Veterans 5 Miles (guests welcomed)	Battersea Park	7 pm
16 May	Cambridge Harriers Olympic Dinner		
20 May	London Walks	Victoria Park	1 pm
26 May	Southern Area 1 Hour Champs	Dartford Track	12.30 pm
30 May	British Police 3,000 Metres Championship	Inverness	
2 Jun	Moulton Open 5 Miles	Moulton Village	1.45 pm
10 Jun	Downham Estate Walks 10K/20K/BMAF	Downham	11 am
16 Jun	LICC 5,000M + Enfield League	Copthall Stadium	11.45 am
17 Jun	BMAF 5K Championship	Horwich	
19 Jun	WTW 3,000 Metres	Astons Track	8.30 pm
23 Jun	Southern Area 20K Championships IOM Manx Telecom Parish Walk	Sutcliffe Park/Eltham Douglas	8 am
7 Jul	Olympic Walkers Tribute Luncheon LICC 3,000 Metres	Tower Thistle Hotel Astons Track	12.30 pm 11.45 am
8 Jul	Post Office 10K	York	
14 Jul	Open & BMAF 30 Kilometres	Coventry	
15 Jul	Queen's Jubilee 60K Stroll Circular Route	Westminster Station	9.30 am
16 Jul	SCVAC T&F League 3,000 Metres	Lee Valley	6.30 pm
17 Jul	WTW 3,000 Metres	Ashtons Track	8.30 pm
21 Jul	Enfield League Half Marathon	Hillingdon Cycle Track	1 pm
4 Aug	Olympic 20 Kilometres (Men)	The Mall	5 pm
5 Aug	BMAF 10,000 Metres Championship	Oxford/Horspath Stadium	
7 Aug	Olympic Friendship 5 Miles	QE2 Stadium, Enfield	1 pm
11 Aug	Olympic 50 Kilometres Olympic 50 Kilometres (Women)	The Mall The Mall	9 am 5 pm
18 Aug	Enfield League 3,000 Metres	Lee Valley	1 pm
21 Aug	WTW 3,000 Metres	Ashtons Track	8.30 pm
25 Aug	Inter-Counties Track Walks	Bedford Stadium	9.30 am
27 Aug	Southend-on-Sea AC 1 Mile (prov)	Garrons Track	11am
2 Sep	National 10 Kilometres Champs Guernsey Church-to-Church	Hillingdon Cycle Track St. Peter Port	9 am
11 Sep	WTW 3,000M (+ Geo Woods Trophy)	Ashtons Track	8.30pm
16 Sep	Jim Sharlott Open 10 Kilometres	Leicester/Abbey Park	
19 Sep	Civil Service/Police 10K & 5K	Birmingham	
22 Sep	National 50 kms Championship National & Open 100 Miles Post Office 6 Miles & 3 Miles	Colchester, Castle Park Colchester Mouth Pleasant	Noon Noon 2 pm
29 Sep	Enfield League 10 Kilometres	To be announced	1 pm

### **"I'M OVERWHELMED BY APATHY"**

*So said Southend's JUNE CORK who 3 weeks before this bulletin appeared, widely circulated details of a proposed 1 Mile Walk in an established well-supported track meeting at Garrons Leisure Centre on August Bank Holiday Monday. June says, "If 5 or more pledge support it'll go ahead." It's in an area where we were once strong and where we now need to make use of a "showcase" once again - in a hope of re-igniting local interest. The sum total so far is 1 solitary response...and that's a "maybe". Full details are elsewhere in this newsletter. Please stir yourselves!*

## **NEW ESSEX ATHLETICS TRAINING CENTRE OPENED**

On Tuesday 27th March the MAYESBROOK ATHLETICS ARENA was officially opened by SAM RAMASAMY (Executive Member of the International Olympic Committee) and Sir STEVE REDGRAVE. It's the official London 2012 Games Training Venue in the London Borough of Barking & Dagenham. You've probably raced there when it just known as plain old Mayesbrook Park Track...indeed our Essex County AA Track & Field Championships were held there a few years ago on a "scorcher" of a day! Also present at the opening ceremony were the Rt. Hon. Margaret Hodge MBE, MP for the local area, Milton McKenzie MBE the Borough's Mayor and Stella Manzie, Chief Executive of the London Borough of Barking & Dagenham. The latter said, "Barking and Dagenham has a proud sporting history and in terms of its legacy it intends to take full advantage of all available opportunities, so that its residents can secure a more active and healthier future". Also opened at the same time, and in the same Park, was "Sport House" - another Games time training venue for Handball, Paralympic Judo and Wheelchair rugby. Sir Steve said, "Here today, viewing these superb facilities just goes to prove what a fantastic lasting legacy the Games will bring us all in the UK. This arena is multi-purpose, servicing the needs of top athletes as well as everyday fitness fans, everyone can enjoy this training venue and I am delighted to be present at its official opening".

## **PAT FUREY OPENS HIS WALLET**

Yet again genial former Irish International walker PAT FUREY (Enfield & London Buses in his extended heyday) provided a prize table which buckled under the weight of the many prizes heaped on it. We all thank Pat for his continued generous support. This 5 Miles race attracted 48 starters, of whom 43 completed the 5 miles on offer, another 3 opted for the half-distance and 2 recorded DNFs. NERINGA AIDIETYTE (37.10) headed them all, on her first appearance since returning to the UK after warm-weather Olympic Squad training in South Africa. The only other athlete bettering that 40 minutes barrier was "Pat Furey Walk" regular FRANCISCO REIS in 39.17. Full result in "Enfield Walker" & "Record". Both assisted Ilford AC to retain their Team Trophy in a 4-to-score format with both genders counting. An identical format for the team race is now to be rolled-out at the Mouton 5 Miles...at which we hope we'll see you all there.

## STEVE ALLEN AT THE OLYMPIC STADIUM



What a fantastic day! As I walked into the Stadium in my Union Jack shorts they were playing 'Chariots of Fire' which was very apt, as I myself am a bit slow motion these days. It was very well organised and there was great camaraderie amongst the athletes. I caught a fleeting glimpse of Gary Smith in running mode, and Brendan Foster who was spectating.  
Steve

### RWA/UKA NATIONAL 20K CHAMPIONSHIP/REDBRIDGE CYCLE CIRCUIT/14 APRIL

MEN (Top 3 + Essex Interest)

1	B. Wears	Red	89.33
2	T. Bosworth	Ton	89.52
3	S. Kollmorgan	BH	99.54
7	S. Uttley	Ilf	113.11
14	D. Kates	Ilf	123.41
15	S. Allen	Ilf	126.59
19	P. King	BH/Ltn	131.23
22	Finished		

DQ: 4 Including Dan King CH & C. Bent LWC/Pit

DNF: 5 Including Dom King CH & F. Reis Ilf

Team: 1st Ilf 264 pts, 2nd Belgrave H 260 pts, 3rd SWC 26 pts

Nijmegen Shield (1st Closing in 4) SWC

Essex Championship: 6 raced, 1, St. Uttley/2, D. Kates/ 3, S. Allen

Essex team: Ilford AC

LADIES

1	N. Aidietye	Ilf	98.21
2	R. Collins	M&M	117.34
3	S. Brown	SWC	119.37
6	C. Duhig	Ry/Ltn	129.22

7 finished (1 DNF)

No Essex entrants on the programme

Team: 1st E&H 189 pts (2 scoring) – only team finishing

Eight Younger Aged Group races: No Essex entrants

### BOLD ATTEMPT

In April Loughton AC 2nd claimer SEAN PENDER travelled far to be our UK's only starter in the Australian 24 Hours Track Walk at Coburg. In high temperatures he accounted for 70.499 Kms in 11.04.49. We congratulate Sean on his pluck over a distance which he's twice accomplished in England...and will no doubt do so again!

## BILL SUTHERLAND RECALLS OUR "KEEP WALKING IN THE OLYMPICS" CAMPAIGN

Hello Dave,

I remember it very much as a team effort. I also remember well arranging for the translations to be done by a friend of the local grocer who lived in Caledonian Road near Kings Cross. I had quite some problems getting time off from the Met Police to go. I was summoned to Supt Stevenson's Office at Holloway and told that as Varna, Bulgaria was in a communist country I was not to go. In reply I told him I had my flight arranged and I definitely intended going. He then sent me to see a Special Branch Officer in another room. Eventually it was agreed to let me go, but I was warned about leaving things in my room (like Passports) as it may well be searched without my being there! The Supt told me that if my going affected his career that I would be in for the high jump! Unfortunately there was a mix up and John and I went to different Terminals and I missed the flight, but went the day following. When I reached the Hotel in Varna John was not there and I was the only British Guest. Apparently John had gone to another hotel where James Coote, Athletics Correspondent for the Daily Telegraph and John Rodda, likewise for the Guardian were staying. I can still visualise the Black Sea Coastline with camels going up and down. We both spent sometime at the Olympic delegates Hotel arranging for letters to be left in mail boxes and further canvassed them as they came to and fro. I feel sure our trip on behalf of the RWA made a big difference. I have a thick binder on our endeavors together with a brochure I believe too. I will find it for you as it is an amazing record of what took place that year.

May I also say Dave that the Essex Walker April Edition is yet another amazing Newsletter and must surely be 'one of the best' in British Athletics 2012. Well done to all involved again! See you soon no doubt.

Best Regards, Bill

### ESSEX WALKER SIGNS UP A SHROPSHIRE LAD

Hello,

I'm Gareth Edwards...

[http://www.racewalkuk.com/AthleteDetails.asp?id=7284&athlete=Gareth\\_Edwards](http://www.racewalkuk.com/AthleteDetails.asp?id=7284&athlete=Gareth_Edwards)

I'm the only walker in my club, very nearly the only walker in my county (Shropshire), and it gets a bit lonely...it's nice reading about other walkers, even if they are on the other side of the country.

Regards,  
Gareth

### EMAILS HANS RENNIE

Dave,

Thanks for a brilliant read. This is the 7th year that I am organizing a 2 Day Walking Festival. If you have any room left could you put in a few lines?

Thanks. Hans.

Adds Hon. Ed. Happy to oblige. Hans refers to the 7th Langport Two Day Walking Festival, due to be staged around beautiful Somerset on June 9th & 10th. Start & finish at Ridgway Hall, Staceys Court, Langport, Somerset. TA10 0PQ. Grid reference : ST418 266. Distances on offer are 5K, 10K, 20K & 42 K. Full information is on website [www.langport-area.info](http://www.langport-area.info) Or you can contact Hans on 01935-864523. Email contact is : [slams1@btinternet.com](mailto:slams1@btinternet.com)

### EMAILS A RESPECTED FORMER INTERNATIONAL

Dave,

Lots of memories in February's newsletter. 1979 was a fantastic year for British women's walking. It saw world bests at 3 km 5 km and 10 kms from Carol Tyson and Marion Fawkes and 1st individual (Marion) and 1st team at the Eshborn cup [now World Cup]. By the way I finished 6th. Also memories of sessions on One Tree Hill with Don Cox. Not only were we told if we got to the top we had not gone hard enough, we had to do it again. That only happened to me once!!!  
Best wishes

Irene Bateman

## WELL TRAINED

Congratulations to popular CHELSEA O'RAWE-HOBBS who's now a qualified personal trainer. Chelsea made a positive impact in our sport while racing and also supported the Centenary 100 Miles event last year at Lingfield Park.



## IT'S IN THE DAILY TELEGRAPH

Endurance events such as marathons & triathlons could damage the heart, a medical report claims. Putting the heart under heavy strain for long periods causes scarring of the heart muscle. This damage is normally repaired within a few weeks, making the heart fitter. However academics who followed 40 elite Australian athletes found evidence of 'more permanent damage' in 5 of them.



## LATER DELIVERY

The Post Office 10K Walk at York is now put back to Sunday 8th July. The original date chosen now clashes with a horseracing meeting in the City, which sees hotel prices rocket by sky high proportions...like postage stamps in fact! Sadly it'll mean some walkers & officials now miss their chance to attend the Olympians Tribute Luncheon at the Tower Thistle over that same weekend (on Saturday 7th July).

## BASILDON STAR QUARTET

Among many supporting our National 20 Kilometres Championship at Redbridge Cycle Circuit were a "scoring 4" from the Basildon Athletic Club of the 70s. On parade were OLLY CAVIGLIOLI, BOB DOBSON, OLLY FLYNN & JOHN WEBB. If any reader has a photo of this reunion could they please send it in for use in next month's edition? Many personages were at the Track including former National Champion walker PETE RYAN, who missed out on seeing his beloved Sheffield Wednesday play (they visited Essex that day) and former International of note, ROY SHEPPARD.

## NO MORE BULLY

Those dedicated Red Bull drinkers in our changing rooms may have noted the drink's founder...self-made Thai billionaire Chaleo Yoovidhya, has passed on aged 89 years. Originally called Krathing Daeng - Red Bull in English - it became an instant hit with Thai truck drivers. Chaleo went into business with Austrian businessman Dietrich Mateschitz and turned it into a brand which now yearly sells 4 billion cans around the world.



## DISQUALIFICATION

Hi Dave,

Whilst researching how to avoid ANOTHER disqualification, I came across this article by an American race-walk judge <http://www.eracewalk.com/ResoArtiWest.pdf>

Basically, he's arguing that rule 230.1 requires a walker to "straighten" (a verb) his leg from the point of first contact with the ground, not that his leg should be "straight" (a noun) at any point in his stride. Does that help me? Not unless loads of judges buy in to his argument. Does it help walking? Not when the world can see us arguing over how you define walking.

Regards,  
Gareth Edwards

## NEWS of KEN MATTHEWS from BOB DOBSON

In front of a sell out crowd at the Aviva World Trials and UK Championships at the Sheffield Indoor Arena Ken Matthews was introduced to the crowd and, proudly wearing his 1964 Olympic blazer and gold medal, strolled a lap of honour.

## EMAILS CARL LAWTON

Dave,  
Thanks for latest publication. I note your mention of caffeine. Strange how it was a banned substance a few years back but strange how it was taken off the list. Remind me who were sports main sponsors, oh yes Coca Cola.  
Carl



## AND THEY GET PAID FOR IT

Gary McAllister: "Steven Gerrard will be back, that goes without saying. I've said it a hundred times."

Dan Walker: "Just behind us here, right in front of us, is the dugout."

Tony Gale: "Chelsea's sole target is to finish 4th. Or 3rd."

Alan Pardew: "In our last 10 games we've won 2-out-of-2."

Gary Neville: "Manchester United's momentum is moving."  
"We need England to be a 5-year project building to 2016"

Eddie Butler: "France are displaying a slow urgency."

David Corkhill: "Jason's got a good length, but Andy's going to have a 2nd bite at it 'cos he just can't get the jack off"  
(BBC2 Indoor Bowls)

## LOOSE CANNON

The annual luncheon on the Friday prior to the London Marathon took place again - this time at the "Loose Cannon" near Cannon Street Station. Walkers were again on the guest list; among whom was PAUL NIHILL MBE who described the function as, "The greatest Reunion ever of 1960s distance stars."

## BACKMARKERS HAVE THEIR DAY

A rule imposed by Virgin London Marathon organisers is that all entrants must now finish in a day. So slow stunts will no longer be timed and those planning such efforts are barred. Now excluded is legendary Essex-based fundraiser LLOYD SCOTT who once crawled it as "Brian the Snail" and also trudged in his diving suit with divers boots. Lloyd was the only participant dropping out of the 2003 Flora Captain Barclay Re-enactment Challenge (for personal reasons) but he's been given a leg of our 2012 Olympic Torch Relay. Wonder what he'll make of that, bearing in mind his past record on such occasions?

## ABSENCES

One third of Britons who've booked overseas holidays this summer have timed it to avoid the Olympics. That means 10 million Brits have decided to give the Games the swerve! In the 5 days leading up to the Olympics 4 million Brits will head off somewhere. Others will depart during the Games. Reasons given are : escaping the crowds, blanket TV coverage and many stated they just hated sport.





### COMING FULL CIRCLE

Former Olympic race walker Peter Marlow, who now works at Theatre Royal in Bury St Edmunds, will play a key role in organising race walking events at London 2012 40 years after competing at the Berlin Olympics

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AS we continue our countdown to the London Olympic and Paralympic Games which are now 19 weeks away, sports reporter SAM MURLEY caught up with a former athlete who has come full circle 40 years on to now play an integral role in organising part of this Summer's Games. Growing up in Hammersmith, West London, Marlow stumbled across the sport while attending the Quinton Grammar School and only really took up the sport for a 'laugh' as the team were looking for a walker. However, quite quickly the former sprinter and 400-metre runner progressed in the discipline, winning every competition to be crowned British junior champion, before storming the senior levels, taking the 10km and 10-mile race crowns until a diagnosis of shin splints looked to have ruined the promising athlete's burgeoning career. For an astonishing 10 years, Marlow's racing was affected until a doctor at Roehampton Hospital convinced him to become the second person to undergo a new treatment and miraculously within three months of finishing his treatment he was crowned British champion again in early January 1972. This led to a somewhat shock inclusion in Great Britain's 20km race walking Olympic team just seven months later at the Munich Games in what was then West Germany, which are unfortunately remembered for the abduction and murder of 11 Israeli athletes, coaches and officials by the terrorist Black September group during the final month of the competition in September. Despite calls to cancel the remainder of the Games, International Olympic Committee president Avery Brundage declared that 'the Games must go on' and so they subsequently did. Although his Olympic appearance, in which he raced to 17th, was overshadowed by the atrocities, Marlow reflects back on the 1972 Games with cherished memories. "I was shocked to be selected for the Games, I scraped in really and was lucky after only having six months training, but now I always be known as an Olympian," he said. "That is something that can't be taken away from me. "Unfortunately the Games will always be remembered for the shocking massacre which changed everything." "It was obviously really sad for the Israeli people, but at the time we didn't really know what was happening until we heard reports on the radio." "It is sad to say it, but it didn't really have a major affect on us, it was shock more than anything." "My biggest memory is walking out at the stadium in front of 80,000 people, even now I remember feeling physically sick but the memories are ones I will cherish forever."

After hanging up his racing shoes, Marlow went on to be elected president of the Race Walking Association in 2003 and has over seen past Olympics including, Sydney 2000, Athens in 2004 and most recently the Beijing Games in 2008, as a chief judge for the race walking events. His involvement will continue this year in London as he has been selected to help organise the women's 20km and men's 50km race walking events alongside the London Marathon organisation, making sure the technical aspects of the events run smoothly as well as catering for the needs of the athletes. Although there has been scepticism over London 2012, Marlow is in no doubt the spectacle created will match any past Olympics as he looks to round off 40 years of personal involvement in his own Olympic legacy. "I was born in Hammersmith and being a 'Londoner' having the Games here and being involved in organising them is a great honour for me," he added. "They could have sold out events 10 times over and I'm in no doubt it will live up to the expectations." "Everyone loves London and I'm confident that the legacy everyone talks about will be there afterwards." "We may not be able to compete with the budget of the Beijing Games but in our own way it will be very special and will be an amazing spectacle for the rest of the world to see." "It is my swansong in a way because I can't get to any higher point then helping to organise a home Games and I can happy with what I have achieved 40 years after competing."

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### ALAN HALL R.I.P.

We're sad to announce that ex-International Judge ALAN HALL, who was a cancer sufferer, has passed on. He was a respected figure and served as RWA President in 1992/93. We express sincere condolence to his family in the North.

### PHILIP G.MALINS MBE,MC - R.I.P.

At the age of 92 years, Major Philip Malins has passed on. He was Centurion 209 having qualified in Royal Sutton Coldfield WC colours at the now defunct Birmingham-to-London event of Coronation Year finishing (103½ miles) in 22.21.45 passing 100 Miles in 21.26.11. It was the first 100 Miles race of this distance to included a team race and it was Philip who closed home the winning Club (with G.Hall & E.M.Wilde). Like many races longer than 100 Miles, those reaching that point were offered an opportunity to leave the race with a recorded time...none took it and all pressed on to a Wembley Stadium finish. The race was won by Woodford Green's Tommy Richardson...there was never another race of this course owing to serious traffic issues (even then). Philip was last seen by many when attending The Centurions 95th Dinner at The Royal Air Force Club in 2006. The Times carried a long obituary - over half-a-page long - which concentrated on his distinguished World War 2 service, mainly in the Burma Campaign, for which he was awarded a Military Cross. He was a most active Post War campaigner on ex-servicemen's issues and passionately advocated reconciliation between old adversaries from Far East Campaigns. His Times obit mentioned walking as a great passion of his. You could say that again. Olympic gold medallist and fellow RSC Club member Ken Matthews MBE remembers Phil travelling to the 1960 Rome Olympics on a motor scooter...he never arrived owing to a serious road accident in France. It was so bad that only a French surgeon's skills saved a foot, for which the accident victim was forever grateful. He died a bachelor and we express condolence to his family members on the passing on of a race walker and a true British hero.



## **BAD NEWS**

Bad news. Entries have closed for the Essex County AA 3,000 metres Walk (Chelmsford 13th May) and only 2 entered : one of the King twins (not sure which one, but I thought they're both due in Russia that weekend) and Peter Cassidy - who's in his 70s! No ladies and no younger aged group walkers. Where's everybody gone?...all unavailable? All our Essex County AA leading officials were at Ashtons for the Essex County 10,000 metres Championship and it's clear that - almost certainly - the 3,000 Metres Championship Walk will be axed from the Main Finals Day in 2013. That means back to a Supplementary day at some location far from the kudos of the main meeting along with trials, heats and no hoppers! We were condemned to such meetings in the 80s when Essex walkers didn't support their County Championships, causing John Hedgethorpe to campaign hard to get us back into the main meeting - even making the 3,000m race an Essex league fixture to try and drum up support. John was successful. But why are we going back to such gathering again?

## **EMAILS BARNET'S STEVE ALLEN**

Hello Dave

I have now finalised details of my return from the European Masters 20k in Czech Republic on 22nd August. I am flying back on Sunday 26th so as to be available for the Southend race on 27th! I will email June Cork today to confirm this - let's hope that some Essex opposition can be found!

Kind regards

STEVE ALLEN

Adds Hon.Ed. The Herfordshire athlete lays down his challenge for Essex readers!

## **KEEPING THEIR POWDER DRY**

Walkers with good reason to miss out on our poorly-supported Essex County 10,000 Metres Championship were last year's Open/guest winner IAN RICHARDS and our 2011 Essex County bronze medallist CHRIS BENT as both held themselves back for the following day's Virgin London Marathon. Both did well as they race walked it with aplomb. Also saving himself for the big London event was Marathon regular STEVE ALLEN (Ilford version) who race walked purposefully towards a 5.01 finish. Also in the big event was LOUISE BENNETT, daughter of Ilford's STUART, who raised money for Great Ormond Street Hospital on her Marathon debut. Louise finished in 5.37 with a smile on her face...which is more than be said for her father Stuart when finishing his 1989 100 Miles at Hendon! Lousie, a former member of Ilford AC, was once in our National Junior Hammer rankings. Louise enjoyed good support from her mother Kim and bother Ross ( former Essex County 3,000 metres walks champion), who popped-up at the Cutty Sark, Poplar and Tower Bridge before making the finish area. Former London-to-Brighton winner KEN TUSON's son was another marathon finisher. A still active Ken walked for Southend and the Stock Exchange with distinction. Sadly Marathon entrant EDDIE TROTTER had to scratch at the proverbial eleventh hour as on Friday morning he dropped an iron bar on a foot...but he was on course helping out at a Drinks Station...also on Drinks Station duties were new Essex County 10,000 Metres individual silver medallist ABDI BERLEEN and DAVE AINSWORTH. ALAN O'RAWE had to miss our Essex Championship; as he headed towards a West End Musical...it was a matinee, so he couldn't defend his silver medal status. A great day was had by all at the London Marathon...hopefully we'll see more walkers in it come 2013 - as it provides a great showcase for our event!

## **ESSEX COUNTY CHAMPIONSHIP + OPEN 10,000 METRES - ASHTONS/21 APRIL**

1	F. Reis	Ilf	49.36.95
2	S. Uttley	Ilf	54,54,88
3	S. Allen	Bar	55,29,67
4	H. Middleton (L)	E&H	59..55.67
5	A. Berleen	Ilf	71.45.78
6	M. Barnbrook	Ilf	73.31.78

6 started/finished

No Essex lady walkers entered

Essex 1. S. Uttley, 2. A. Berleen & 3. M. Barnbrook

Just 3 entrants for an Essex County Championship, one less than a year ago at the same venue. With last year's silver (Alan O'Rawe) and bronze (Chris Bent) medallists unavailable there was room for newcomers on the podium...there was a podium presentation by Essex County AA President Arthur Tullett. One wonders what he made of it? There was prizes in the Open race, which saw Francisco Reis and Helen Middleton as 1st man and lady.

There were more officials than walkers. On the judging panel were Peter Cassidy (Chief), Michael Croft, Sean Pender (just back from racing in Australia), Essex Walking Secretary Ray Pearce and Pauline Wilson. Sharon Herbert was among the recorders and Dave Ainsworth was Judges runner.

Francisco Reis walked exceptionally well for one carrying an injury and was never troubled on route to an emphatic victory. Steve Uttley easily retained his Essex County title, though had a battle in the opening stages with Barnet guest walker Steve Allen, before opening up a useful mid-race advantage. Abdi obtained his 2nd medal since coming into race walking and his first County individual honour. Mick Barnbrook got another Essex individual bronze medal to go with a 3,000 metres one he earned at Southend a few years' back.

## **THANKS FOR YOUR SUPPORT**

We thank all readers who voted in the UK Athletics Poll for that Greatest British Olympic Moment. Winner was Daley Thompson (1984). Don Thompson (1960) came 6th, Ken Matthews (1964) came 16th. Full results on [www.uka.org.uk](http://www.uka.org.uk)

## **NO MORE**

Please note entries for our Essex County AA 3,000 Metres Championship on May 13th at Chelmsford have closed. We hope you're all in!

## AN APPEAL FROM OUR PRESIDENT, KEN MATTHEWS, M.B.E.

*Dear Friend of Race Walking*

I felt very honoured to be elected as President of the R.W.A. in the year when the Olympic Games return to London. When they were first held here, in 1908, both the walks were won by the great George Larnar and since then a number of our walkers have stood on the Olympic podium. However, it is nearly fifty years since Paul Nihill and myself won our medals in Tokyo and it is time for us to return to the high position in world walking that we once held. I now invite all of you who love our sport, whether as competitors, officials or spectators, to make a contribution to my Annual Appeal. All the proceeds will, through the R.W.A., be devoted to helping our current international walkers to improve their performances as we build towards the future. We have never been a rich sport and every donation, whatever its size, will be a step along the way.

Please either hand me your contributions to our work whenever you see me at an event or post them to me at:

60, Herbert Jennings Avenue,  
Acton Park,  
WREXHAM,  
LL12 2YC

If you are paying by cheque, please make it payable to the Race Walking Association.

I hope that together we can start to return to the Good Old Days.

I thank you in advance for your assistance and wish you well in the future.

Yours in walking,



President

## EMAILS ED SHILLABEER

*Hearing of the support in various ways for the London Marathon made me glad to belong to Ilford AC. Having lost out on torch carrying and sat next to a Bath Rotarian who is carrying it through Okehampton at a recent Rotary dinner, I am feeling a bit miffed but very pleased to know Ian Richards will be so honoured as at least he has sporting credentials.....pity I'll be at work on Aug 7. Maybe it could come to the RWA dinner on July 7?*  
Ed

## "ACCIDENTAL OLYMPIAN"

**by AUTHOR & OLYMPIAN HOWARD TIMMS**

This is a review of a play, which ran at Cheltenham Playhouse in April:

Detained in American Immigration as a terrorist suspect - because he accidentally burnt off his fingerprints - Howard reflects on his accident-prone life. He hopes his recent accident won't destroy his chance to watch the 3rd London Olympics, 40 years after he competed in the ill-fated Munich Games. His status as an Olympian results from a road accident, which at first seems to have destroyed his Olympic dream. But no-one was more surprised than Howard when he's catapulted into a brief Olympic career - because he happens to live in South London. He concludes that many could become Olympians, given a bit of determination and luck like being in the wrong place at the wrong time. Other accidents punctuate this hilarious story and moving solo story, in which Howard shows mishaps ranging from funny, to tragic or inspiring. An accident of companionship in a recent marathon even saves his life.

Note : Following readers requests Cheltenham Playhouse were asked if a DVD of this performance is on sale? No response as yet.

## I'LL NOT HAVE A HALF

The eye-popping £46 fee for October's Nike-sponsored "Run-to-the-Beat" half-marathon in London is alienating would-be participants. That's £14 more than the full London Marathon and £3.51p per mile - more costing to travel this route in a London taxi. But you get encouragement from DJ Reggie Yates who'll appear on the start in a Nike T-shirt! The world record entry fee is for New York's 2012 Marathon at £160/US citizens & £217/others.



## THE LONG MARCH

ED SHILLABEER (aka "Edbanger") is to raise money on a "Help-for-Heroes" jaunt from Lands End on Friday May 25th (commencing noon) to Plymouth Argyle's ground at Home Park; arriving in time for a match between the home team and Manchester United Legends XI the following day. Pledges can be made to Ed : [edmundshillabeer@aol.com](mailto:edmundshillabeer@aol.com) or see him at our meetings.

It's under 100mils but very hilly and open roads so pray for clement, preferably warm, weather and a bright night!

Can donate online to

[www.bmycharity.com/edmundshillabeer](http://www.bmycharity.com/edmundshillabeer)

## NATIONAL WALKING MONTH

Two Organisations (Living Streets & Walk England) have united to promote May as National Walking Month. Details on [www.livingstreets.org.uk](http://www.livingstreets.org.uk)



## POT HUNTER

Our appeal for the Essex County AA 10 Miles team Trophy, which wasn't available for presentation in February, has been answered. We asked readers to have another look and it's been unearthed.

## EMAILS PAUL WARBURTON

Hi Dave,

Sorry to be a killjoy. But in 1986 I had the contacts to get a walks division in the marathon as enjoyed at other major USA cities - but it got turned down because the SWRA judges thought it would be farcical. And after a brief chat with Hugh Brasher recently (new race director after Dave Bedford) he made it plain he has no room (or inclination) to accommodate walkers - a great shame for walking's profile.

Regards,  
PW

## ACKNOWLEDGEMENTS

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