

# ESSEX WALKER



## Bumper 10 Pages Olympics Month Special.

### ESSEX OLYMPIAN

All readers will warmly congratulate DOMINIC KING on selection for our 2012 London Olympic Games 50 Kilometres Walk, so securing Olympian status. Dominic has Games experience as he's been in European Cup events and, of course, has appeared twice in The Commonwealth Games (2002 & 2006). It means so much to our readers as many will have seen Dominic's progress from his early days as a new youth walker, right through to selection for the major stage on August 11th along The Mall (9am start). Congratulations to mentor, firm believer and "Think Tank" Supremo GEORGE NIBRE...the only coach/mentor/guide in the UK to get a GB male walker into the Olympic Games! But for Dominic's selection we'd have seen a 3rd successive Olympics without a GB male race walker! Acknowledgement must be given to the RWA Southern Area Committee for modest financial support. And as far as our County's concerned...it's yet another Essex triumph! We also acknowledge the family support from parents Steve & Bridget King and Dominic's brothers (who include fellow Commonwealth Games Representative DANIEL).

Racing for Team GB at The Mall will be JO JACKSON (Middlesbrough) who'll again line up for 20 Kilometres, alongside Ilford's Lithuanian International NERINGA AIDIETYTE who has been resident in the UK for 3 years and has graced our local race walking scene. It goes without saying that all will get many good, loud and encouraging cheers from our readers. GOOD LUCK TO THEM ALL!

### "GOOD GAME - GOOD GAME"

We congratulate readers who've been selected as volunteer "Games Makers" and have passed all tests and are ready to do their best at this major occasion. We'll have readers working in this capacity and we wish them well and hope they'll end these Games (Olympics & Parlympics) with many wonderful memories, and yarns to recount.

### 2012 OLYMPIC DATES/TIMES at THE MALL

Men 20k 4th Aug at 5pm, 50k 11th Aug at 9am,  
Women 20k 11th Aug at 5pm.

### 2012 OLYMPIC FRIENDSHIP WALK 5 MILES at DONKEY LANE, ENFIELD.

This is on Tuesday 7th August at 1pm Please tell any visiting Olympic supporters you see. All welcome. Many UK walkers are already entered having booked days off to attend.

### OLYMPIC WALKS VANTAGE INFO

Hi Dave,

There is only 70 metres viewing space in Constitution Hill on the Green Park side.

Regards, Peter

### ALL FOR YOU

Olympic Security spending has topped \$1.6 billion (just over £1 billion). By comparison Sydney in 2000 spent just \$179.6 million. At peak times during the Games 9,500 Police Officers will be on duty in the Capital. London will be ringed by 6 anti-aircraft batteries at Waltham Forest, Blackheath Common, Lea Valley Reservoir, Oxleas Wood, Epping Forest and Bow. Surface-to-air Starstreak and Rapier Missiles travel at 3 times the speed of sound. 30 miles radius airspace over London will be monitored by the RAF and patrolled by military snipers in helicopters and RAF Eurofighter Typhoons flying from RAF Northolt in Middlesex. Boats on the Thames that steer too close to restricted areas will be caught in 'entanglement mechanisms.

### RED LETTER DAY FOR NERINGA

Ilford AC's Lithuanian international race walker NERINGA AIDIETYTE celebrated her Olympic selection by leading from gun-to-tape in an Enfield League 5,000 metres walk at Cophall Stadium track on Saturday morning. Indeed of such excellence her performance that Miss Aidietyte came home ahead of all the men competitors! Her time of 22 minutes and 48 seconds was exceptional. Next finisher and 1st man was Polish walker Fabian Deuter of Hillingdon AC, who was comfortably timed in at 24.08 with Ilford's STEVE UTTLEY

claiming the 2nd man's award in 26.08 exactly a full minute ahead of old rival Steve Allen (Barnet AC). Ilford's only drawback was the retirement through injury of FRANCISCO REIS who had been enjoying a long sequence of victories prior to this meeting. Reis had "put himself about" during the early stages and rivals were no doubt relieved to see him bow out! Another early retirement was recorded by Enfield League stalwart AMOS SEDDON who worsened an injury

incurred in training the previous day. The stadium resembled a building site, with work in progress as racing was in progress, for Saracens have moved in and construction work to facilitate Premiership Rugby was well in hand.

### SITUATIONS VACANT

Hi Dave,

We need 6 walkers to test the Olympic Race Walking Course on Thursday 2nd August. Problem is start at 7.30am and no overnight accommodation is provided. Walkers to contact me on 01284-754177.

Regards, Peter

### TESTING ONE-TWO

The Olympic Walks organisers have decided to retain the Walks Commentary team who performed at our 2011 Olympic Games Tryout event on The Mall...GEOFF WHITEMAN (main) and Hon.Ed.(assistant).

### ONLY TWO

Hi All,

#### Question to the RWA:

Why has the GB Olympic Team only got 2 race walkers in the 2012 London Games? One that scraped-in at the 'B' standard and the other who qualified last year! The answer is simple: I told everyone who was prepared to listen that this situation was becoming ever more likely more than 10 years ago! I finally, rest my case.

Barry Ingarfield

## **DOMINIC KING REPORT**

After 18 years of competing in race-walking and 10 years since my first appearance in the Manchester Commonwealth Games, finally my dream has come true, and in London of all places!

As a boy growing up I always dreamt about competing for my country and always aspired to become an Olympian. Now I can say I have achieved my goal. The road to this day has been a long and difficult one but with the support and guidance of people around me I have persevered and gone through the tough times to come through it all and finally be selected for an Olympic Games in London 2012.

Before I can explain my emotions I must thank some key people with whom without their dedicated support and encouragement along the way I would not be in this position today.

Firstly I would like to thank my twin brother whom without support as both a training partner and friend I most definitely would not be walking now. Together we have celebrated the good times and helped each other with the bad.

Next I must thank my various coaches/supporters, Jerry Everett (my first coach) who along with John Hedgethorpe at Colchester Harriers AC discovered my talent back in 1993 during a club race walk night. Jerry, who unfortunately passed away a few years ago, coached us from (guided and mentored) 1994 until 2001 when he passed us over to Andi Drake (National Coach and present coach). Andi developed me from a county standard athlete into an International athlete through his guidance at Coventry University, where I studied BSc Sport & Exercise Science 2001-2005). I soon developed and became ranked UK No.1 race walker.

In recent years (since 2009) we have worked with Raphael Rinaldi (Sports Physiotherapist and ex-Italian race walker) who has helped develop our race walking technique. This has involved meeting at the Lee Valley Indoor Athletics Stadium regularly to review technical drills. My technique still needs work but it is moving in the right direction with no warnings in my last two 50km races!

Over the last 2 years I have been working with George Nibre (Mentor and Ex-GBR Race walker) based in Great Dunmow, meeting on a weekly basis to manage my training programme. George is both a mentor and a motivator. His positivity is key to getting me psyched up during tough times and keeping me focussed.

Further to my coaches I must thank:

Steve Rudland (Sports Masseur) at Mersea Road Clinic, Colchester who has supported us with massage treatment on a weekly basis, which has been critical in preventing injuries and speeding up recovery.

Dan Blackman and the team at the Foot Function Centre, Great Blakenham who have worked with me on developing orthotics to correct my foot movement and reduce the chances of injury and technical infringement.

Being a non funded athlete has been tough but I feel optimises the true ethos of the Olympic spirit by being an Elite Amateur Athlete. Sponsorship is nice to have and can make things easier (financially and give you more time) but you still have to do the training.

The fact that I work full-time at the University of Essex Students' Union in my role as Student Activities & Development Manager, has not prevented me from developing as an athlete. My work and colleagues have been very supportive and flexible in working around my busy Athletics Commitments.

The University of Essex with its Human Performance Unit (HPU) and experts in various fields of physiology and psychology have assisted me in my preparations for my competitions.

I would like to thank the many other individuals and organisations who have helped me during my 18 year career to get here, in whatever way including: Essex County Council, Colchester Borough Council, Great Horkesley Parish Council, Coventry University, Southern and RWA Committees.

There are many individuals who have helped me get here through their kind words of support. To you all, I thank you from the bottom of my heart and hope that I can do you proud.

I would finally like to thank my family and friends for the ongoing support and encouragement and for never giving up on me.

Winners never Quit!

See you on the 11<sup>th</sup> August

Regards

Dominic King

London 2012 Olympian

PS: The race is on Sat 11<sup>th</sup> August at the The Mall. Race starts at 9am.

[hcmarston@googlemail.com](mailto:hcmarston@googlemail.com)

## **VIEWS OF ARTHUR THOMSON**

And with the cancellation goes my last chance of a crack at the M75 20km record. No more 20km "A" races this year and another year will put the record out of reach for me - James Grimwade is a hard act to follow! Hey ho! The M75 20km record is a very tough one to go for but I thought I was in with a reasonable chance. Trouble is that many of the Veterans won't do "A" races because of the daft interpretation of the bent knee rule that penalizes perfectly fair walkers who through age cannot straighten their knees without pain even though in most cases they clearly get no advantage, except relief of pain, from imperfect straightening.

Arthur Thomson :-)

## **UK HALL OF FAME NOMINATIONS**

Hello Dave,

Very surprised that many listed were not already in the Hall of Fame. Voted for the Late Great Don THOMPSON, M.B.E. If he had won his GOLD in London in 2012 Race Walking would have taken off big time eh! Well remember when Ron LAIRD was elected to the U.S.A. Athletics 'Hall of Fame' many moons ago. Congratulations on your Role of Assistant Commentator for the Olympic Walks.

Cheers, Bill Sutherland

Adds Hon.Ed. Bill's voted...now we need more voters...details in this issue. We had enough votes to get Ken Matthews MBE in the UK Athletics Hall-of-Fame last year...can we do likewise for the late Don?

## **EMAILS BILL & KATH SUTHERLAND**

Hello Dave,

Thanks for another great Edition of Essex Walker. The 'A' Section of the 1969 Highgate 1 Hour Walks was one of the best ever with I believe 5 walkers beating 8 Miles in the Hour! The list of races no longer held made me feel very sad as I am quite sure that the many and varied races that were staged brought many new faces into our great sport of race walking and provided such a large base of competitors of all standards that the pinnacle of the triangle was truly World Class. I have been listening to the commentary on the Olympic Trials, where some former Olympic Gold Medallists felt it was not necessary for our top athletes to turn out and compete when their places are assured. What rubbish! This meeting being the AAA Championships is one of the most important to the paying public and athletic enthusiasts at large and everyone of the stars has a duty to be there. Sadly heard no mention of the 5000 Metres AAA Track Walk! Good luck to Dom KING on possible selection for the 50 Kms Walk at the London Olympics. George Nibre deserves the highest commendation on the efforts he has made for so long coaching and supporting the King Twins endeavours to gain selection. Looking forward greatly to the Olympic Luncheon and meeting so many GB race walking stars from years gone by.

Yours in Sport and Friendship, Bill and Kath

## **SPOTTED BY OLYMPIAN SHAUN LIGHTMAN**

Dear Dave,

I came across part of an article in to-day's Guardian section G2 page 9 Column 3. It is an article on Dennis Skinner MP I quote. "The young Skinner had been very good at what would now be called Power Walking (Race Walking!!!) SL, an Olympic Sport. One night his dad confronted him. "What tha' doing at night?" A friend of his had told him he'd seen Skinner walking along, "wagging his bloody arse", and dad was panicking. "Straight out of Billy Elliott". But Skinner explained that he was training for the Sheffield Star Walk. When the race day came, off he went to Sheffield, and won a trophy.

"When I came back with my trophy it was late – four o'clock –, three buses. It was only 12 miles, but nobody had a car. And my mother said: 'Didn't you do well!' I said: How did you know?" Skinner's father had concocted an excuse to leave the pit early and go to Chesterfield to buy an early edition of the Sheffield Star with the race results, so he could tell everyone at work about his son's triumph the next morning. "So he'd never congratulate me. But in those moments? Yes."

Kind Regards  
Shaun Lightman

## **CONSTRUCTIVE COMMENT FROM OXFORDSHIRE**

Hi Dave

As you correctly say in the July edition, there were no local Oxfordshire walkers participating in the Southern AA 5000m Championship. The main reason being that we weren't aware of the event until 9 days beforehand when Steve Uttley kindly forwarded me an email. (Which is a lot more notice than we got last year). Alas I had not got round to my usual cover-to-cover reading of the June 'Essex Walker' in which it was mentioned by your good self. Sadly with people having the usual family and officiating commitments and entries in for other events, this wasn't enough time to get people to do their second race in 4 days.

Of course SEAA shouldn't be relying on yourself, Steve, Pauline or any other 'grapevine' methods to get out notifications as most people will want to clear their schedules and plan and prepare for a regional championship several weeks in advance. I'm happy to be enlightened about how athletes and coaches are supposed to get informed about these events in reasonable time. I do hope the answer isn't to spend even more time in front of a computer checking even more websites.

Best wishes  
Graham Chapman

## **TORCH COMPLAINTS**

Hon.Ed. went to the London Mayor's Question Time at City Hall on July 4th. Assembly Member ANDREW BOFF asked about Local Community Champions getting allocated sections of the Olympic Torch relay. Among much waffle (though it must be said, mostly highly entertaining/amusing) Mayor BORIS JOHNSON answered, "Ah well...it's democratisation of the fire of the The Gods, which the media stole from Zeus". Whatever such hot-air means one knows not? But the questioner then asked, "Why did the rapper Will i am get a leg in Taunton? What's his connection with Taunton?" Paul Nihill asked a similar question in Essex Walker. Boris answered, "Well Vyella shirts are made in Taunton so perhaps he wears one?" A heckler boomed out that Van Heusen shirts were made in Taunton...not Vyella! Boris then retorted, "Well perhaps he wears Van Heusen shirts. With only 8,000 places some people are bound to be disappointed". The Olympics took up quite a bit of Mayor's Question Time and while the Mayor's audience (and his questioners) may not have emerged much wiser...they were certainly entertained by his waffle.



## **TORCH SUCCESS**

Our 1979 Essex County 50K Champion (DA was 2nd) VIC COLLINS (Woodford Green AC & City of London Police) and his wife KATHY are great supporters of athletics and keen supporters of Havering 90 Joggers. One of their sons - Tony - is a talented runner and was selected to run an Olympic Torch Relay leg on July 6th. He ran along the A129 High Street, Rayleigh, collecting his torch at a precise 10.41am. Tony, aged 34, is an International middle-distance runner for both England and Team GB learning disabled squads and has represented his Country across the globe. Sadly when the roar of the crowd dies down Tony faces an uncertain employment future as he works at Barking's Remploy Factory...which is seemingly doomed if proposed Government financial cuts go ahead. We hope Tony enjoyed his moment with the torch and that things will work out in his favour on the work job scene.

## **BURNING ISSUE**

In the last edition the article titled "Flaming Liberty" highlighted the fact that Olympic torchbearers were selected from Public Nominations and Sponsors. Add to that a third source – the Foster, Cram, Edwards mafia.

Up here, north of the Tyne, there are many local athletic celebrities who could have qualified and who were all nominated. Ian Chipchase, Dorothy Chipchase, Ian McCombie, Arthur McKenzie, Malcolm MacDonald, Paul Dickenson, Alan Bell and Marion Fawkes to name but a fraction of the talent available. It was disappointing therefore that the only successful nominations that succeeded were those with connections to these three broadcasters. To add further insult to the many locals overlooked, all three also appeared as well as their many nominees therefore dominating the scene south of the Tyne. Not one celebrity appeared throughout the whole of North Tyneside which was dominated by foreigners. Of course the local individual public nominees all deserved their moment of glory and it was heartwarming to see them run or walk but wouldn't it have been nice to see at least one local celebrity take part.

Sadly, in the case of walkers, it was not surprising that Marion or Ian were not successful as Cram and Foster are on record as saying "when the walks come on it's time for the tea break".

Congratulations by the way to Ian Richards who was selected not only for his walking prowess but for the wonderful work he has done outside in the community and to Paul Nihill who deserves it purely on the basis that he is a legend.  
Regards, Peter Fawkes.



## **FIXTURES**

31 Jul	Veterans AC 5 Miles	Battersea Park	7 pm
4 Aug	Olympic 20 Kilometres (Men)	The Mall	5 pm
5 Aug	BMAF 10,000 Metres Champs	Oxford/Horspath Stadium	
7 Aug	Olympic Friendship 5 Miles	QE2 Stadium, Enfield	1 pm
	Ilford AC Walkers Meal	Halfway House, Enfield	3 pm
11 Aug	Olympic 50 Kilometres	The Mall	9 am
	Olympic 20 Kilometres (Women)	The Mall	5 pm
16/25 Au	European Vets Track Champs	Zittau	
18 Aug	Enfield Lge Track (+ Paarlauf)	Lee Valley	1 pm
21 Aug	WTW 3,000 Metres	Ashtons Track	8.30 pm
	Veterans AC 5 Miles	Battersea Park	7 pm
22 Aug	Open Track 5,000 Metres	Norman Park/Bromley	7.30 pm
25 Aug	Inter-Counties Track Walks	Bedford Stadium	9.30 am
	LICC 5,000 Metres	Copthall Stadium	11.45 am
26 Aug	Veterans AC T&F Championships	Battersea Park Track	
27 Aug	Southend on Sea AC 1 Mile	Garons Track	10.30 am
2 Sep	National 10 Kilometres Champs	Hillingdon Cycle Track	
	Guernsey Church-to-Church	St Peter Port	9 am
	SCVAC Final 2,000 Metres	Ashford	
9 Sep	Veterans Inter-Area Match	Solihull	
11 Sep	WTW 3,000m (+Geo Woods Trop)	Ashtons Track	8.30 pm
16 Sep	Jim Sharlott Open 10 Kilometres	Leicester/Abbey Park	
19 Sep	Civil Service/Police 10K & 5K	Birmingham	
22 Sep	National 50kms Championship	Colchester, Castle Park	Noon
	National & Open 100 Miles	Colchester Castle Park	Noon
29 Sep	Enfield League 10 Kilometres	To be Announced	1 pm

## **HAINAULT FOREST BARRACKS**

A new course was needed for Ilford's Annual 5 Miles run as Hainault Forest's southern half (around the lake) is now a temporary Army Barracks, with many portable buildings erected to house troops for the Olympics/Paralympics.

Enterprising Ilford AC members distributed entry forms to these troops...who are now a familiar site as they run around the Forest to keep themselves fit.

## **WRITES A NAME FROM THE PAST**

My last 2 races were Enfield 7 10.11.95 and Ilford Open 10K 16.12.95, and I'm thinking about having another go in the Autumn as a M70!

Hope to see you all before too long.  
Yours sincerely, Dave Baxter

Adds Hon.Ed. When leaving our sport Dave was in good form; indeed he was always near the front...and often in front! In the 90s Dave won Ilford's testing Christmas 10K at Chigwell Row after a tight battle with the host Club's STUART PHILLIPS & STEVE UTTLEY. A year later Dave was 2nd when MARK EASTON set a course record (still unbroken) - that year weather was so bad, many never travelled as they thought it couldn't possibly be "on", including some locals. Meeting Referee was the late ALBERT HART (a Grade 1 Judge after whom Hart House in The Gambia is now named) and nobody got changed until 1.30pm for a 2pm start...as Albert looked long and hard, and after much deliberation finally said "Yes". It was bitterly cold with ice on the ground and thick mist reducing visibility to less than 50 yards. Most donned woollen hats, long sleeves, 2 vests and long shorts...even cycling shorts. Dave faced the starter in a singlet! Dave and his wife were frequent Essex visitors: they owned 3 lovely dogs which frequently came along for the ride. They came to Essex for many events...including EDDIE TROTTER's famous "Grass Track Dash" at the London Buses Club in Fairlop...an event still remembered for an almighty "row" which rumbled the entire length of the home straight between "characters" JOHN PERKINS and DAVE SHARPE - both now retired from race walking. Tempers frayed as it got heated so prompting the late REG YOULDEN (Chief Judge) to step between the warring factions to bring calm! Dave featured prominently in Civil Service events. Most remember his warm-up routine which involved lying on a table while his wife massaged and manipulated his body into all manner of positions. Many fellow competitors were jealous and wished they could have been next up! Working-based Dave sends best wishes to MARTIN OLIVER.

## **UK ATHLETICS TRACK CHAMPIONSHIPS**

Dear Dave,

Following the debacle of the SEAA 5kms track Championships (3 senior men, 0 women) I note that the UK Athletics 5kms Championship was another near disaster. There were 6 male finishers, and (only slightly better) 8 women. I hope that no one is prepared to argue that this is somehow acceptable. It is a pathetic field for our one and only showpiece domestic event, but even a cursory look at the entries reveals that it could have been so much worse. Only 3 of the male starters had beaten the qualifying time of 24 minutes prior to the event. One did not submit a time at all, the other 2 had recorded times outside 25 minutes.

The question of why so few entrants can achieve a relatively modest standard is perhaps for another day, but if UK Athletics had intended to lower the qualifying standard then it should have done so openly and transparently, to enable other entrants to apply. It (or whoever is advising it re the walks policy) should not forget that it is a publicly funded body (via subscriptions as well as public funds from UK Sport and the National Lottery) and it has a responsibility to do things openly. It also has a responsibility to look after the interests of the sport. 6 in a final compares unfavourably with every other track event (e.g. the 10,000m had 25 starters 23 finishers). Moreover luck was on our side. It is rare for one or two competitors not to scratch for reasons of injury or illness. With 6 entrants it is easy to end up with 4 starters. A couple of disqualifications later it is more than easy to imagine just a couple of competitors getting to the finish line, before several thousand spectators. The message that sends out is that race walking is a defunct event, with few supporters, and should be dropped henceforth. No doubt that is an outcome that would suit many leading members of UK athletics down to the ground.

We must endeavour to see that that does not happen. By hook or by crook we should ensure that there are at least a dozen entrants in each event next year, even if that means lowering entry standards explicitly. It may mean a few veterans in the line up, and a few lappings (not a problem in the 10k where the back markers were lapped at east 4 times), but it will at least make it clear that we have participants. At the moment the message we are sending out is that virtually no one does walking in the UK and it is a moribund event. We cannot afford to repeatedly hand out such ammunition to our detractors.

Kind regards  
Steve Uttley

## **NEWS FROM JOHN DUNSFORD**

Southampton-based John's tells us that hope's not lost at Copthall Stadium, as while Saracens have bought this site for a considerable sum, they only intend using during their Rugby Union season; and athletes will still be able to race/throw/jump in their season! Good news! John also commented that a race in that long list of defunct race walking events (previous edition) was the Bert Angel 7 Miles. John remembers this race and also that he personally knew Bert Angel. As for abandoned races, we forgot the British Industries 10K which was staged by genial PAT FUREY during his time at London Transport Buses (who had many fine walkers appearing for them in races...including in that Bert Angel 7 Miles). Incidentally the Bert Angel Trophy is another on a missing list as it's not been seen since it's last staging, having been won by a foreign competitor. Any readers know anything about that?

## **TRANSPORT FOR LONDON TRAVEL TIPS**

As London is turned into a huge sporting and cultural venue for the Games, we give advance notice that there will be a number of sporting events held across Londons road network. The dates of these are 28, 29 and 31 July; 1, 2, 4, 5, 7, 11 and 12 August and 9 September.

Roads will be closed along the routes at certain times and places. Many buses will also be affected; full details will be available on the TfL website and at affected bus stops. The following events in particular will result in significant travel disruption:

- Saturday 28 and Sunday 29 July - Mens and Womens Cycling Road Races (central London to Box Hill, Surrey via Fulham, Putney, Richmond, Hampton Court, Weybridge, Woking, Dorking, Leatherhead, Esher and Kingston)
- Thursday 2, Saturday 4 and Tuesday 7 August - Triathlon Technical Rehearsal, Womens Triathlon and Mens Triathlon (Hyde Park Corner area)
- Sunday 5 and Sunday 12 August and Sunday 9 September - Womens Marathon, Mens Olympic Marathon and Paralympic Marathons (Westminster to City of London)

We urge motorists not to be caught out by these events and to avoid driving in these areas.

## **KATHY CRILLEY'S WARNING**

Dave

Just a note about using the Olympic Rings - you can't! They are protected by the Olympic Symbol etc (Protection) Act 1995. I would also advise you to be careful how you brand the 50km Essex Champs, There also "Listed Expressions" under the London Olympic Games and Paralympic Games Act 2006 which forbid the use of certain words like 2012 in association with London, Games etc, and "Olympics". Boring, I know, but I wouldn't want the main event - i.e. the 100 miles to get into trouble!

Kathy

Adds Hon.Ed. We used the Rings in July's issue and intended doing so again for August's edition. But not now on Kathy's advice. Amazing as Essex Walker's not sold for gain, being free on email for most and relying only on donations to keep it going.

## **2012 WOODFORD TUESDAY WALK SERIES AT ASHTONS TRACK**

Putting on our 3,000 Metres walking race later (final event 8.30pm) proved helpful in attracting punters. In recent times such opening events (6.20pm) saw fields in single figures. This season's opening event achieved double figures (13) and we got a welcoming speech from Chief Judge and start line M/C PETER CASSIDY. Peter's usually among the competitors and has a long sequence of unbroken participation...on this occasion he wasn't well enough to compete - but with the best 3 from 4 races counting, he'll soon be back in the shake up. Peter specifically welcomed NERINGA AIDIETYTE to the meeting where a round of applause acknowledged her Olympic Games selection. Peter noticed 6 Nationalities were represented on the start line : Lithuania, Portugal, England, Ireland, Wales & Scotland. The warm up wasn't without drama as some walkers warming-up near the back straight received mosquito bites. There was certainly "bite" in the winner's performance as Neringa broke the tape the tape in an excellent time of 13.06. One of the bitten, FRANCISCO REIS, made a late decision to race (following injury in his previous race over 5,000 metres at Copthall Stadium) and was rewarded with being 1st man home in 14.01 with Barnet's STEVE ALLEN next in 16.07. The race clashed with the Veterans AC Championship 5 Miles at Battersea Park...there's not anything which can be done about this, as these track walks have to go in with Open Graded Meetings, while road walks need to be fitted in with VAC's 5 miles runs. There's another clash during the 2012 season; so on such nights all we can do is request all (yes all) who can get to one event or the other, to do their very best. i.e. None of this "I'll get there if I can" balderdash. Let's go out of our way when these 2 events clash, as it's not anybody's fault they do!"

Arriving late meant difficulty parking cars - and an overspill area had to be used meaning a longer walk back to the changing rooms & numbers table. But hey, we shouldn't moan as we're walkers! The Opening Meeting attracted one of the best fields ever...for instance when did you last see a Hammer Circle with 32 lining-up for a throw? The late Frank (It's the way I tell 'em) Carson used to crack a joke, "What's the best way to disperse a crowd in Glasgow...Pass the hat around". So what's the best way to disperse a crowd at an athletics meeting...put on a walking race. When we started the place buzzed; by the time we ended - apart from officials - about half-a-dozen folk were still about in a near deserted stadium. However let Peter Cassidy have the last word as he's 100% correct. When our Walk was the "curtain raiser" when did any of us stop on to encourage competitors in other athletics events?

Writes Peter Cassidy : The walk was the last event on the timetable; it's therefore hardly surprising that people who had competed in earlier events went home! When the walk was *first* on the timetable, how many of the walkers stayed to watch the 200m or the pole vault?

Best wishes.

Peter

RaceWalkingAssociation@btinternet.com

## **VIEWS OF A COMMONWEALTH GAMES MEDALLIST**

Hello Dave,

Shame about so little viewing space in Constitution Hill for the Olympic Walks. I suppose LOCOG are worried about security or the possibility of somebody running on the course and disrupting the race. Remember the Marathon in Athens?

Yours in Sport and Friendship, Bill and Kath

## DENTIST MOVES ON

After many years former Scottish International DAVID BUCHANAN has moved on from his Dental Surgery in Romford, near Harold Wood Station. David now practices at Surgeries in Colchester and at the Royal Hospital School near Ipswich. David was an enthusiastic supporter of those sponsored Romford Brewery Walks in Romford Town Centre, once winning a valuable spot prize. David recently came 2nd in the Suffolk County 3,000 metres (by the way he's a former winner) despite appearing 1 day after completing a Triathlon! David commented on this year's Suffolk County 3,000 metres saying, "3K was tough but it was nice to see Ron Wallwork's hard work rewarded with a good turnout".



## WHEN THE BOAT COMES IN

Popular Enfield duo JOHN RALPH & KEN LIVERMORE and their respective wives Barbara & Margaret booked cruises. And after

they'd walked up the gangplank and been piped aboard...it was discovered they'd booked on the same voyage! *Small world as they say.*

## HARD SLOG IN RECORD-BREAKING FIELD

Ilford AC had 2 long distance walkers on the start line in Douglas for the annual Manx Telecom Isle of Man 85 Miles Parish Walk on Saturday morning. STEVE ALLEN, one of a record-breaking 96 first timers tackling this event, and experienced regular OLLY BROWNE were determined to put up a good show as they raced in a pre arranged pact to walk the course step by step over a testing circular route.

The course started and finished in the capital and is called "The Parish Walk" as it passes every parish church on this holiday island. Ilford's duo came home in step, clocking 21 hours 52 minutes and 11 seconds to jointly fill 117th position of 203 finishers, which was another event record. Also walking Kim Howard (Southend AC) who only intended to walk to Peel (32 miles) went on to walk 52 miles in 13.43.13.

Of those 96 first time entrants, 50 were successful (50 first time completions - another record). Chief Marshall and Clerk-of-the-Course for this long established epic classic is former Ilford AC walker WINSTON LIU, now an Isle of Man resident. Popular Winston walked for Ilford AC in the 80s/early 90s before a serious road accident ended his athletics days.

It was a weekend of records, for the race was jointly won by Richard Gerrard & Vinny Lynch in 14.42.32 with Michael George 3rd in 14.47.11 - all 3 Isle of Man based veterans being inside the existing record of 14.47.36 set by another Islander - Centurion Sean Hands in 2006. 4th was Ricard Spenceley (Yorkshire RWC) in 15.50.20 - Richard qualified as a Centurion at the last Colchester 100 Miles in a touch over 23 hours. Local resident Sue Biggart won the Ladies race in 17.03.53 (8th overall). Janice Quirk's 2009 15.58.35 ladies record remained intact, though Sue has 7 of this classic event's 9 fastest women's times to her credit. If you haven't yet appeared in this race...how about 2013?

## TELEVISED WALKS

The National Track Championships at Birmingham's Alexander Stadium were featured on BBC2 who granted brief glimpses to both 5,000 Metres walks.

This annual meeting usually sees rows of empty seats in the background, but Olympic year seemed to have pulled-in punters aplenty.

The top 3 in each category are listed, plus Essex interest :

Men's : 1.Alex Wright 19.48, 2.Thomas Bosworth 20.26, 3.Michael Doyle 21.42, 4.Daniel King 21.55. 6 finished.

Women's: 1.Jo Jackson 21.45, 2.Heather Lewis 24.02, 3.Bethan Davis 24.47. 8 finished.



## EMAILS SUFFOLK-BASED CENTURION SQUADRON LEADER MIKE PERKINS

Dear Dave,

*Suddenly saw two race walkers on TV local news, probably at Colchester but I had the sound off at the time because I was on the phone. Off on the boat on Monday for several weeks. Look forward to the next Essex Walker when I wind up the computer on my return.*

Mike P

## EVAC AT CAMBRIDGE - VIEWS OF TONY CHALLIS

Dave,

Went along to the EVAC WALK. Met Cath and Pete and had a long chat. There were 24 walkers in the race although over half were just wandering round for a point.

Cheers, Tony

## SOUTHEND JUNIOR INTERNATIONAL MILE.

Recently BILL SUTHERLAND recalled a visit to Southend for a track mile, and stated an intention to return to this seaside town to repeat his appearance on August Bank Holiday Monday 27th August at 10.30am - Garons Track - enter on the day). In Bill's junior days the town's cinder track was in Southchurch Park. he writes :

Hello Dave, For the record the race was won by former fast Highgate Harriers Junior Walker Chris Trimming in 7m 16.4s with me 7m 28s. The two Germans finished in 7m 47.4s and 7m. 58s. so it was a GB 1 and 2, which happened often in those days. Unfortunately Chris broke his leg badly in a motor cycle accident, which tragically ended a most promising Race Walking Career. There is no doubt that Chris Trimming and Dave Watts (England International Walker over 50 Kms) were the best in the M.P. Cadets in those days. For our efforts we were all taken on a visit to the Kursall in Southend as a surprise! Thanks again for the coverage in the Essex Walker and I too will make a point of encouraging others to enter. It might just be the start of something big! Paddington Track League Walks eh!

## BARNET COPTHALL STADIUM

Dave

I believe that the piece in Essex Walker regarding the closure of Barnet Cophall Stadium is incorrect. The Website is now closed but, as far as I am aware, the stadium remains open albeit with building works going on. My understanding is that athletics will continue at Barnet Cophall Stadium with rugby taking place on "fewer than 16 weekend afternoons each year". Whether this is the reality or not remains to be seen.

<http://www.saracens.com/news/view.php?id=7033>

Regards

John Ralph

## A FEW WORDS OF COACHING WISDOM from BARRY INGARFIELD

You only need to take the first step; you don't need to see the whole staircase! Life is like a bicycle ... to stay balanced you must keep moving. When actions are as big as ideas, great things can/will happen. Keep going. Remember sometimes it's the last key that opens the door!

Best regards,

Coach Barry



## **HARD LUCK**

Mick Barnbrook returned from 10 days in Spain where he'd taken his kit to for daily training to get fit for our RWA 20 Kilometres Championship at Eltham. He's frustrated for on his return, he learned of its cancellation as others didn't enter!

## **GREETINGS FROM THE GAMBIA**

P.O.Box 2713,  
Serrekunda,  
Gambia,  
West Africa.  
[geoffharth102@hotmail.com](mailto:geoffharth102@hotmail.com)  
00220 9926258

Dear Friends,

How are you all and thanks to those who have kept in touch with their news as well as those who have contributed in enabling us to continue having over 20 children here. This also included 2 ladies who reside here, some, if not most of the time! Special thanks to donations from a Dutch volleyball competition (yet again!), a church in the U.S.A., various fund raising events at a special school in England (each term!), the Antwerp-Banjul challenge drivers and their friends including the vehicle they drove which was auctioned, last years 'bikers', 2 young ladies from Bradford, Essex Walker readers and one of Geoff's relatives! The tourist season has now ended, so special thanks yet again to Thomas Cook Northern Europe and we enjoy having their tourists come and visit us as well as all the rest of you including the new British High Commissioner! We were also sponsored by our very special Dutch friends who regularly come to our aid for major building maintenance etc and this time it was for the painting of the children's area downstairs for which we closed the first week in April. Geoff attended a 2 day workshop on Child Safe Organizations. Also a reminder that our Minibus is for hire.

We still need your help now, so we can continue through the summer, so we are attaching our Socio Economic Development Plan for 2012 of which we are sure you can help out in some way, as well as details of our proposed Family Home Association Workshop for which assistance is invited. Another thing we ask you to consider is doing a fund raising activity to help towards us having a GRAND OPEN DAY in October to mark the 10th anniversary of Hart House.

Now what you've all been waiting for! The reason behind our home being named HART House! After contemplating in the Isle of Skye in Scotland for 2 weeks, one snowy 1975 February Geoff decided he wanted to do something for people less fortunate but not knowing what. On return to England, one of the things he did was to respond, by phone, to an advert in the local paper for a position in an Adult Training Centre for the mentally handicapped. After a couple of minutes talking to the Manager he asked for Geoff's name? To his reply the Manager said 'Geoff Hunwicks the race walker? With an affirmative reply, the Manager said he was Albert HART, a retired race walker himself and at that time a judge at many local events in and around London & Essex! Needless to say that Geoff got the job, was sent to college for a year and promoted to be in charge of a special care unit a year after his return. So without Albert's help, guidance etc and seeing Geoff 'had what it takes' he may have not ended up here, doing this!

Thanks again to you all, with kindest regards.  
Geoff and Rohey Hunwicks. Home for Children with Learning Difficulties -The Gambia (HART HOUSE).

Adds Hon. Ed. Former champion walker Geoff's news is published as many readers sponsor Hart House & our annual Christmas Appeal is for his work.

## **WRITES PAUL NIHILL MBE**

I competed in the Moulton Open 5 Miles road walk in Suffolk. It marked my 63rd year as an active athlete. Shortly after finishing a man came up to me and said, "Did you know there is a famous athlete with the same name as yours?" I said, "I am him" at which he ran up the road shouting, "I have beaten Paul Nihill". This incident tickled me.

## **COMMENT FROM PETER & MARION FAWKES**

Sad to say that it was us who booked our non-refundable hotel for the Bradford, which ended up as a Yorkshire break (very nice too). After taking part in the Moulton 5 and spending a wonderful couple of days with those excellent hosts Ron and Joan Wallwalk, we had intended to cross over to Bradford as Marion had entered the race in support of Alan Brooks and Northern Race walking in general. However, it's now history that the Bradford event had to be cancelled ending over a century of participation. At the Moulton 5 a number of walkers mentioned the fact that they had considered walking at Bradford but had intended to enter on the day. In these times of diminishing fields (especially in the North) it is surely no longer acceptable to do this and grossly unfair to organizers as it gives them no chance of assessing how many will take part. I feel that walkers from all areas should take more responsibility by filling in entry forms well in advance of races so our great events can continue.

Another beef of ours is why only a small number of walkers are prepared to travel anymore - and don't give us the excuse that it costs too much? In the 70's if there was a chance of a race, we would (and did) travel from North Shields to all parts of the UK on a weekly basis no matter what the cost, and generally people were less well off than now. Perhaps this is the core reason why our sport participation has shrunk over the years resulting in smaller fields, which leads to less races, which leads in turn to lack of regular top class competition, which leads inevitably to a retrograde step in quality. Where are all of our top walkers when regular open walks are held? In the past our elite turned out week after week in spite of international calls and this willingness to support grass root events spawned a huge following as walkers could see them and aspire to higher standards themselves. Today we rarely see our elite as they are usually busy elsewhere chasing fast times abroad or wintering in some far flung place and it's no wonder more and more events are falling by the wayside. The gap between the elite and second tier walkers is becoming insurmountable thereby cutting the progression paths of the sport.

One last thing (from Peter) is to apologize to Irene Bateman for listing her 9th instead of 6th in the Eschborn Cup in 1979. Of course Peter knew this but pressed the wrong key when composing the letter and failed to notice the error when proof reading. Sorry Irene!!!!!!

## **SEAA WALKS**

Dear all

I anticipated the cry of 'no one told me about it' with reference to the SEAA walks and asked Linda Whitehead, SEAA office. She gave me this answer:-

"Details on the track & field championships, which includes the walks champs, were sent to all Club & County Secretaries even those that do not affiliate for T&F at the beginning of April. Details were also placed on the SEAA Website - Prospectus, entry form and entry details. It has also been possible to enter the walks champs online."

May be walkers should be more in touch with the general athletics part of their clubs.....

Cheers, Pauline

## **DICKENS BICENTENARY**

I thank 1968 Olympian JOHN WEBB for unearthing a CHARLES DICKENS quote, "If I could not walk far, and fast, I think I should explode and perish". Dickens was an avid walker who often logged 20 miles-a-day. He'd rise at 2am to walk from his London home to his Kent residence at Gad's Hill. He routinely walked distances and often sought inspiration for his novels when so occupied. Age failed to dent his interest in walking!

## OLYMPIC WARNING

Dear Dave

I have now confirmed with Peter Marlow that the Olympic Walk course will be closed to non-paying spectators, save for a 70 metres stretch on Constitution Hill. In the circumstances I think we would have to advise people not to go on spec. Very few will be able to get into such a small space.

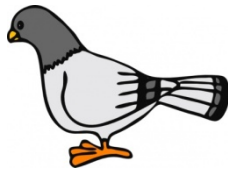
Tickets are available for both days, but Sunday has been split into 2 sessions, so anyone hoping to see both the 50kms and women's 20kms will need to fork out £60. If I go it will probably be just to see the Women's 20kms with both Neringa and Jo Jackson in it.

Kind regards  
Steve Uttley

Adds.Hon.Ed. This "gen" should have been made known over a year ago!

## BILL SUTHERLAND'S HUMEROUS OBSERVATION

Was it an Ilford AC Official who shot a pigeon with the starting pistol and caused a major incident with LOCOG when entertaining American Official guests?



## PRAISE FROM BILL SUTHERLAND

Hello Dave,

Remember years ago you were told by the BBC that you could and should have been a top Sports Journalist. Well just maybe your long overdue recognition will come true now!

Best Regards, Bill and Kath

Adds Hon.Ed. I recall that tribute - by the then BBC Head-of-Sport Jonathan Martin, at a meeting with BBC Sports Executives about a lack of air time for race walking. Time's passed and I'm now retired/too old for a new career...indeed I finished my working life in a major Company's Public Affairs Department, so I got a full-time media job in the end!

## ESSEX CLUBS 1-2

Congratulations to STEVE UTTLEY who won the Civil Service 3,000 Metres Championship at Nuneaton Track in 15.31. After the 1st lap, he sat into 1st position to win from his main rival - Loughton 2nd Claimer JOHN HALL (15.53) - who returned after injury. A sign of the times is that this once so-fiercely contested Championship saw a 3rd man finish in over 18 minutes and just 2 others racing (total = 5). But hey...a 1-2 for those with Essex connections!

## WRITES RACE WALKING EDITOR JOHN C

Did I read in EW that walkers had been passed by for the Olympic torch relay? I have counted no less than eleven race walkers selected for the torch relay, and may have missed some. Hope to have a photo of each of them to print in the magazine for posterity. They cover England/Wales/Scotland/Isle of Man.

Regards, John



## BOOK PREVIEW

Our 5 times Olympic Games walker CHRIS "Mad Max" MADDOCKS has penned an autobiography. FIVE times? Many think it should have been SIX...and that's covered. It'll be on sale very soon. Here's an email from the author himself, giving more details :

Dear Dave,

The autobiography will stand or fall on its own merits. The fact is that people in the walking fraternity have always either asked about my career or tried to second guess it. This is a book that will answer many of the questions, and hopefully do so in an entertaining and informative way.

The reason why this book has taken so long to come out, is that it was first written as an unpublished semi-autobiographical novel, completed in 2009. Last year, and after much soul searching, I set about a complete re-write. Eighteen months later, "Money Walks" is now a autobiography. There will be a dedicated website with details of how to buy it.

And yes, I do indeed write about my exclusion from the 1980 Olympic team. Only today, an AW journalist was asking me questions about it.

Regards,  
Chris

## 2012 RWA SOUTHERN AREA 20K CHAMPIONSHIP CANCELLED

Dear Dave

I'm happy for this to be given wider circulation, provided it is made clear that it is a letter to the Chair of the SRWA, and that it is in the context of the cancellation of the SRWA 20kms and the subsequent review of the SRWA Championship programme, which could leave the Committee with little to do. It would perhaps be interesting to have an editorial view on the issue and also a call for any non-committee members who hold strongly divergent views (if any) to consider attending the next AGM to put themselves forward for election.

Dear Noel

Sorry that your efforts have been in vain. I would be inclined to go further than to discuss the Championship programme. In my view it would be appropriate to discuss the future existence of the SRWA itself. With little or no Championship programme our sole executive responsibility would be coaching and development.

As you know, following the reconstitution of the administrative structure of athletics in the UK several years ago, the central authorities decided to end the system whereby monies from central income were rebated to the RWA and SRWA and have left us to fend for ourselves, which has been done via our receipt of a portion of the RWA levy (despite the fact that all walkers are required to pay a yearly subscription to England Athletics). This has left us short of resources, meaning that there is little or no money to pay expenses to committee members for attendance at meetings and little to support judges and officials who attend meetings. This despite the fact that those at the top of UK athletics have chosen to award themselves very generous salaries out of that same income.

One option that we might therefore consider is to pass over/return our remaining responsibility for race walking in the South to the SEAA. The precise mechanism for doing this would obviously have to be worked out (not least with the SEAA), but one option might be a sub-committee model. The advantages of this would be (1) that we could ensure the structure more accurately reflected our limited responsibilities, i.e. it could be a lot smaller and (2) funding should not be an issue since the SEA receives a rebate from the central authorities.

I anticipate strong opposition to this from some quarters, but perhaps it is time to consider more radical options than we have done so far.

Kind regards  
Steve Uttley



## A REALLY WONDERFUL GB OLYMPIC TRIBUTE LUNCHEON

Hello Dave,

What can one say after such a wonderful GB Olympic Tribute Luncheon. It was one of those rare occasions you don't want to end as being able to meet so many past Olympic Stars of British Race Walking was such a privilege. Previously for me such stars as Tom Mission, Lol Allen and Roland Hardy were vivid drawings in the History of British Race Walking Book and now they were real and looking so well. A big thank you to Pam Ficken, Peter Marlow and yourself for all the hard work in preparation for a day few of us will ever forget! On another topic may I refer you to Page 30 of the Sunday Express (8 Jul) where there is a photograph of Tony Collins (Son of Vic Collins, Former City of London Policeman and Member of Woodford Green A.C.) carrying the Olympic Torch through Rayleigh in Essex.

Yours in Sport and Friendship, Bill and Kath Sutherland.  
P.S. Great to see a retired Tom Pollak again!

## EMAIL 1966 COMMONWEALTH GAMES CHAMPION RON WALLWORK

Thank you for your input to the success of the Olympians' Tribute Luncheon It was indeed a memorable occasion and I feel privileged to have been present. Congratulations also on your Olympic Commentator selection. Ron

## OLYMPIANS TRIBUTE LUNCHEON THANKS FROM CARL LAWTON

Dave,

Thanks for your input into today's "do", What a gathering of old lags and people who respect walking for what it used to be. Also thanks for your splendid output.

Carl personally, Belgrave and Centurions.

## THANKS

Dear Dave,

Many thanks for the luncheon yesterday - I enjoyed it very much and it was good to link up with old friends and rivals.

Kind Regards  
Shaun Lightman

## THANKS FROM TOM POLLAK

Hi Dave

Can I echo Bill's (Sutherland - Ed) comments and thank you yet again for inviting me to a wonderful occasion. It was lovely to meet up with many people I haven't seen for years - particularly Ray Middleton who hasn't changed that much and looked remarkably well.

Thanks again  
Tom

## COACHEYE

Now here's a useful app. It enables coaches to film, evaluate and review an athlete's performance using an iPhone, iPad or iPod. Coaches can record their thoughts as they breakdown the videos and the video can be displayed on the big screen with AirPlay or HDMI connections. See <http://www.coachseye.com/> or App store for further details. (Requires iOS 5.0 or later). **Sue Clements**

Thanks Dave

## LATEST WALKING NEWS ("Fanzine" Article)

Kim Il Sung II (no relation), President for Life of the North Korean Race Walking Council, heartily welcomed the decision taken by the Olympic authorities to hold the race walking competition behind closed doors, accessible only to a small paying audience. 'In North Korea', he said, 'all race walking is behind closed doors, what's more, we also refuse to publish the results. This is to prevent the revolution from being undermined by counter-revolutionary elements'

A spokesman for the Olympic authorities denied that the decision had been inspired by North Korea and said it had been taken for security reasons, and to ensure that race walking could not be seen by anyone not trained to watch it. 'Otherwise what you're going to get is a lot of Johnnys with their video cameras', he said. Next day they'll be posting these videos all over You Tube showing the great and the good of Olympic walking flying through the air with the greatest of ease, like the daring young man on the flying trapeze, or whatever. Anyway the point is that we'll be absolutely fxxxxd if this happens and Olympic walking will be over. Competitive pipe smoking is a demonstration event in 2016 and we have serious concerns it could be brought in to replace walking. It has a younger demographic and quite frankly a more easily comprehensible set of rules, so it's a real threat.

Meanwhile the various governing bodies in the UK were busy denying that they were responsible for the omnifiasco (year 2) that was the UKA Track Championships, where a frankly risible attempt to show walking as a young persons' event led to a minute field of only 6 men, all invited by a process that makes appointment to the House of Lords look positively transparent. A spokesman for UK Athletics denied that their policy was blatantly ageist. It's not ageist, he said, because the Government has put back the implementation of the Section of the Equality Act which bans discrimination in supply of goods and services from February until October, so we got away with it by the skin of our teeth. UK Athletics fully supports diversity in all its elements. It's just that we don't want veterans cluttering up our championships, even if they have the standard.'

Makes you proud to be a race walker doesn't it.

Regards  
Steve Uttley

## "DARK HORSE" REFUSES

Fifteen on the start line at Ashtons Track on July 7th saw the lowest Enfield League field in years, and among them was a "dark horse" - an unknown Ecuadorian - who was quickly into his stride. But this mystery competitor's efforts were short-lived as he pulled out (hamstring injury) leaving Hillingdon's FABIAN DEUTER a trouble-free route to emphatic victory. Ilford's STEVE UTTLEY settled into 2nd spot until just after halfway when colleague ABDI BERLEEN and Enfield's ALAN ELLAM overtook and maintained their pace to the finish, so seeing Berleen claim 2nd place in 15.02, his most eye-catching performance since switching codes from running to race walking last year. Steve came home 5th with 15.25 on the watch. Photos of this event are on Abdi's blog.

## COACHEYE

Hi Dave,

Sounds like a great idea ... problem is ... as a coach I need dedicated athletes, especially those with a background in middle-distance running and or race-walking. Overall specification, ideally naturally strong individuals who are initially prepared to train at least 15 hours over 6-7 days a week; this commitment will obviously increase with time, etc. Finally, preferably, young people who are already members of an athletics and a Health and Fitness Club; this requirement will in my experience ensure that they are already familiar with strength and conditioning sessions and also accustomed to working within the constraints of regular training schedules.

My best regards, Barry

## **ENCOURAGING EVENT AT MILTON KEYNES**

As part of the continuing co-operation between the R.W.A. and the English Schools' Athletic Association, an inter-county schools development walk was held in Milton Keynes on the 30th June.

A 3000m race for Under-20s was slightly disappointing with only one boy and four girls, but the success of the day was the 2000m for Under-13s and Under-15s with twenty-one walkers starting – out of an entry of twenty-two, the missing boy being unwell. The counties represented included not only well-established ones like South Yorkshire, Surrey and Leicestershire & Rutland, and a welcome return by Hampshire, but some seldom seen ones, even at senior level: Buckinghamshire, Derbyshire, Suffolk and Herefordshire & Worcestershire; coaches are now at work trying to get the youngsters up to scratch for the English Schools' Championships at Bedford in September. An unfortunate clash with the Kent Young Athletes' League prevented the fields from being even stronger.

Where, though, was Essex? Are there no likely candidates within our own county? It doesn't matter if they are not experienced or fast; some of those on show at Milton Keynes could be classified as "raw talent" and a bit of coaching would make all the difference! Perhaps those of *Essex Walker's* readers in touch with schools, youth clubs and so forth could have a look round.

Peter Cassidy

## **COACHEYE COMMENT FROM CHARLIE FOGG**

Many thanks Dave it looks like an excellent tool, I will naturally be purchasing one. The big problem we will have will be convincing the race walkers to take notice and get them to do the sort of exercises/drills/ training that will address their faults, they will be able to see 'graphically' what they are, however will they be prepared to put the work in to address them? If only we could get them to come into the 21<sup>st</sup> century!! Thanks again I really do appreciate your time and interest, we are in it for the sake of the sport.

Charles Ashdale Business Weblink. Malt Barn Cottage, Weavers Hill, Angmering. BN16 4BE [www.ashdalebwl.co.uk](http://www.ashdalebwl.co.uk) 01903 770059 E: [support@ashdalebwl.co.uk](mailto:support@ashdalebwl.co.uk)

## **NEWS FROM LINCOLNSHIRE**

Long standing EW reader GEORGE TOWERS, former International Panel Judge and a former RAF Walking Squad Team Manager has been in touch from his Spalding residence. Sadly he's suffered a few blackouts of late and now has a pacemaker fitted. However, despite failing sight as well, George remains truly enthusiastic and loves reading about the walking world in which he's played a large part. George was a regular contributor to "*Leicester Walker*" which was edited by the late PETER MARKHAM. For many years he resided in Lowestoft and a few years back returned to Spalding. George, now aged 81 years, is remembered for organising one of our best ever RWA National 50 Kilometres Championships...in 1981 at Sleaford (won by BARRY GRAHAM of York in 4.10.46 with BOB DOBSON of Ilford a close 2nd). That day **101** faced the starter, including many of our readers, at a location that wasn't the easiest to reach. **101** on the start line...our 2012 RWA National 50K Championship only goes ahead if a minimum **10** enter...and that's proving a figure hard to drum up! How times change? SCOTT DAVIS needs this race to be staged for an opportunity of recording a record 8 consecutive victories - the current jointly held record (7), is shared by Scott with Olympian, Centurion and UK Athletics Hall-of-Fame Candidate DON THOMPSON MBE. We thank George for getting in touch and wish him well.

## **EMAILS BOB MOSELING**

Towers! the fastest of our road walkers during my RAF Halton days. How fantastic to hear news! Does he recall how we used to go to Highgate Harriers 'Pot' presenting night with an empty suitcase - and go back to Wendover with it filled with pots! Please pass on my very best wishes. Didn't he come from the Derby area when he was young?

Thanks Dave

## **GRAHAM CHAPMAN'S RESPONSE**

We do try to keep in touch with clubs, for example, we have a Club Secretary in our training group. However, I'm not sure what it is like in the rest of the South, but in Oxfordshire athletics is completely dependent on its harassed and overworked volunteers. Round these parts it is unwise to rely on information cascading through club and county secretaries to the necessary people. I could 'have a go' about why this particular item was not acted upon, but given all the other things she does for her club, for county athletics in general, not to mention looking after her kids and her day job – and that's all when she's not winning medals in her World Championships as she did in Finland in March - I haven't the heart. Some things will slip through the cracks.

I won't repeat what I and others have said about the material on this event on the SEAA website – no doubt this too is maintained by a different stressed out and overworked volunteer. For us there would have been a better chance if the event had been on John C's website or had gone out on Noel C's mailing list, at reasonable notice (another couple of hardworking volunteers of course). These however are not the only issues – people also mentioned the cost (£14) and the fact that there was no published timetable (you had to know who to ask to find this out.)

Sorry I can't be more helpful than to just suggest more work for everyone else. We support what we can, but there is no walking 'grapevine' here and we do need to know about things.

[Graham](#)

[Add's Hon.Ed.](#) Essex Walker was sent this email, the original having gone to Pauline Wilson. Graham really gets to the heart of the matter when correctly drawing attention to those good people doing Honorary tasks at Club level. The average age of Club Officials is high with many (usually long serving) only filling posts as nobody else will come forward. It's the same in Race Walking...which (like much of our athletics scene) relies heavily on multiple Office holders (all Honorary of course). Hon.Ed.has, as Club colleagues know, a view that nobody should criticise Club Officials unless they're prepared to perform the tasks themselves! By the way...has anybody yet come forward from among Southern Counties Veterans race walkers to take over the role of Honorary Walking Secretary as vacated by "character" DAVE SHARPE? Of course not...as it's still being advertised as vacant. Even if all this were resolved...£14 plus travel is hardly likely to pull in crowds is it? I suspect another event is heading for the doomed list (see last issue) as it's been on Death Row for a few years now.

## **LAST WORD**

Your August Bumper 10 pages "Essex Walker" is sent early to be in good time for our Olympics and thanks are due to Eileen & Tony for handling the extra work. It's been a year since your last "Race Walking Record" so we've slightly extended coverage to try and offset a lack of our official publication and, it must be said, sharply declining support in Essex activities has allowed space for wider geographical items. Ending positively the "Record" has appointed an Assistant to John C. and it's planned to return soon!