

ESSEX WALKER



BUMPER 10 PAGES POST-OLYMPIC SPECIAL

ALL HAIL THE KING!

Well folks for a first time since 2000 in Sydney we got a British male walker onto a start line...and he became our only GB walker making a London 2012 finishers list! He's from Essex - Colchester Harriers. And he did it the hard way...not for him a professional life in athletics, for DOMINIC KING works full-time at Essex University, doing training when it can be fitted in! And he's one of our own, for many readers will have seen progress since his first competitive steps as an 11 year old in local events. Many were in Manchester for his major Games debut, though less saw his next Commonwealth Games race "Down Under" in 2006. Then so many EW readers made The Mall and Constitution Hill it seemed almost all were there.

The day started well for Dominic for at about the same time as he was rising so, throughout the Country, newsagents shops were rolling up shutters to sell the Daily Mail. In this was a full page article entitled, "DOMINIC HOPES TO BE KING OF THE WALK" penned by Des Kelly. It was a constructive look at our event and showed the writer had taken time to research matters before publishing his work. I emailed Des thanking him (it's d.kelly@dailymail.co.uk if you wish to do likewise).

A final call saw 63 line up on a hot morning which got hotter as the clock ticked on; so adding to the difficulties of race walking 31 miles and 121 yards (the distance from Central London-to-Gatwick Airport) made up by 25 circuits (2 kilometres) with a fairly tight turn both ends. Many of Dominic's supporters were in The Mall early and others joined the crowd (yes a crowd - tens of thousands - at a race walk) as the morning progressed. It appeared almost everybody involved with UK walking, past and present, was there...certainly too numerous to list.

Dominic is a family man and all his family were there. Proud parents Steve and Bridget have both race walked, as has fellow International identical twin brother Daniel who'd lined up alongside Dominic at those 2006 Commonwealth Games "down under". Daniel went close to 2012 Olympic selection himself and, in 2008 had achieved 'B' standard only to suffer the heartbreak of not being selected for Beijing. Bridget looked nervous...and admitted to being so even during the closing stages when a finish beckoned. While racing progressed presenter Bryan Burnett spoke to Steve and Daniel in interviews which came over well on the public address and big screens. All knew (as did Dominic) that he'd taken on an uphill task for he'd the 2nd slowest personal best 50K time (4.06.34) of those 63 starters. UK supporters really got behind him, especially when urging him to overtake 2 men in front. They both looked grim and were there for the taking...on paper 49th placed Vitaliy Anichkin of Kazakhstan was the slowest in the field with a pb of 4.08.52. He was to finish in 4.14.09. Between him and Dominic was Benjamin Sanchez of Spain who came 50th in 4.14.40. He weaved about having stopped twice, on one occasion walking towards changing rooms...before crowds (who to be fair, very loudly encouraged all competitors) and commentators urged him to give it another go. Dominic high-fived supporters on his final lap before closing home the field in 51st spot clocking 4.15.05. Dominic may have been last finisher, but as Steve rightly pointed out he was 51st out of 63, for 8 had seen red (including 2 who would have shaken-up the front order during final stages - double European 50K Champion Yohann Diniz and "flavour-of-the-month" Erick Barrondo) while 4 fell by the wayside.

Among those involved with this event was the last British man to finish an Olympic 50K walk - Chris "Mad Max" Maddocks who commentated for USA broadcasting giant NBC. Now an author (his book's due out soon) Chris enjoyed a high life as he was put up in a 5* hotel by his employers! Looking back on the journey, I won't repeat a list of those who've assisted/encouraged Dominic to become an Olympian as our last edition contained a wonderful whole-page letter from the man himself, which was so moving I commend all to read it again...and again! Two great men who never got to see this amazing day are so sadly no longer with us...in early days motivator JOHN HEDGETHORNE was to the fore as you would expect and, of course, JERRY EVERETT was so prominent with coaching and advice. Great names we must mention!

Let Dominic have the final word; for in the Daily Mail he's quoted as saying (in reference to Daniel), "I feel like I'll be doing this for both of us. He's my training partner and best friend. It would have been the cherry on the cake to qualify as well. But there's always Rio in 4 years, and I'm confident we can both get there". Who needs the Brownlee brothers when we've got the Kings? Our first British male Olympic walker for 12 years...no wonder there were tears among supporters in The Mall...tears of joy!

ILFORD AC IN THE OLYMPICS

On Saturday afternoon 11th August, from 61 starters in the Women's Olympic Games 20 Kilometres Walk, Ilford AC's NERINGA AIDIETYTE worked hard to come 39th in 1 hour 34 minutes and 1 second. It's was Neringa's 2nd race on this course, which took in The Mall and Constitution Hill 10 times, passing iconic sights such as Buckingham Palace, the Queen Victoria Memorial and Admiralty Arch, as the Ilford member had placed 2nd in May 2011's Olympic Tryout race. On that occasion the British No.1, and reigning Commonwealth Games 20K Champion Jo Jackson had been 1st...but on this Olympic occasion Jo was disqualified for "lifting" early on. In hot conditions on a circuit with tight turns at both ends, Neringa raced for her native Lithuania. Among tens-of-thousands lining the course were many race walkers (too many to list), though one wonders if their shouts of "Come on Ilford" would have been heard in such a gathering? Neringa became Ilford's 5th Olympian after Phyllis Perkins (800 metres 1960 Rome), Fergus Murray (10,000 metres 1964 Tokyo), Wilburt Greaves (110 metres hurdles Moscow 1980) and Roger Mills (20 Kilometres Walk Moscow 1980). The latter was on The Mall and was interviewed by television while racing was in progress. Neringa is our reigning UK 20 Kilometres Champion (both 2011 and 2012). Neringa has resided in Bethnal Green for over 3 years and works full time in the retail sector (Nike's flagship store on Oxford Street). Well done Neringa!

OLYMPIC MEN'S 20K MEDIA COVERAGE

BBC TV covered this race **in full** on one of their extra Olympic channels and on the Internet. Many reported turning in. It was also available on the red button with commentary from 1976/80 Olympic thrower Paul Dickenson. Sky Sport covered it using live on-site commentary which included crowd reaction noise.

On site coverage - Presentation team : Producer : Rachel Rosengarten, Pre-Race Warm-Up/Crowd Interviewer : Bryan Burnett, Professional Pre-Race Entertainers : Matt & Darren, Commentators : Geoff Wightman & Dave Ainsworth. Main Entertainment : Band of the Grenadier Guards.

On a day Great Britain won 6 gold medals (3 in athletics) there was little chance of our event getting on main Olympic programmes, especially as no GB walkers faced the starter. Something many non-committed members of a huge crowd asked about!

Hall of Fame

DON'T FORGET

You have till midnight September 16th to get your votes in for our England Hall-of-Fame, among whom 1960 Olympic 50K Gold medallist DON THOMPSON MBE is a candidate.

CONTRARY VIEWPOINT

In our last edition BARRY INGARFIELD gave some inspirational tips, one of which was, "You only need to take the first step...you don't need to see the whole staircase!" One reader has a contrary opinion :

Gentlemen

Generally speaking, I like to know how many stairs there are, before setting off up them. Are we in Hufflers or a lighthouse? Best wishes.

Peter

Peter.Cassidy@btinternet.com

EMAILS BILL SUTHERLAND

Hello Dave,
Many thanks for your giant issue of Essex Walker. Brilliant and certainly one for the archives! Really busy leading up to the Olympics but not long now to go. Full steam ahead my hearty! Don't know if you saw Race Walking on the BBC News the other night. The topic was the affect the weather presently may have on Olympic Sports. Up flashed a Canadian Race Walker gliding with very sound action across the puddles. Good advert I thought! Thoughts came to mind of our time with Clive Dunn in the Park many years ago. Good walking.
Best
Regards, Kath and Bill

Adds.Hon.Ed. The Clive Dunn reference was about a BBC1 show "Granddad" starring Clive Dunn in which a number of race walkers appeared as extras training in an Ealing public park, where we had to knock into him and bowl him over. The RWA received a 'donation' for supplying walkers, so nobody professionalised themselves!

OUT THERE ON THE STREETS

Legendary Royal Mail organiser STEVE WYNN is now retired from Mount Pleasant, though still pops in once-weekly to help out with Sports & Social Club matters. He's now obtained new employment delivering (by hand) passports to Embassies & Diplomats based in Central London. Steve knows his "patch" and does deliveries mostly on foot. So he's getting fit again...watch out - he may be on a start line soon! Steve raced distances from short track walks to the London/Brighton, giving a good account of himself in them all.



HAT'S OFF

York was so hot & humid on Post Office 10K-in-Uniform race day that, for the first and only time, STEVE ALLEN had to divest his traditional Postman's peaked cap during the race!

A READER'S VIEW (SHARED BY MANY)

Still in two minds as whether to go the 20 km walk. I feel very strongly they are denying athletes an opportunity to finish inside the stadium. For walkers a rare opportunity to finish in front of a crowd and a magnificent experience of entering the stadium and doing a lap!!!!!!

Regards

Brian Keegan

OLLY FLYNN'S VIEWS

Dear Dave

I am very pleased that you have a role as an announcer/commentator at the Olympics. Its long overdue reward for all the work you have given to our sport and I do believe our sport has been such a great loser after the 77 debacle which you experienced, something we both experienced in different ways.

It was a great event you put on for the Olympians, albeit I didn't know you were actually one of the organisers and wish here to congratulate you on an event we will never see the like of again in our life time.

Sincerely

Oliver

ESSEX BOYS RULE OK!

The annual York Post Office in Uniform saw success for our readers. Mount Pleasant won the team event; their 4 scorers being STEVE ALLEN (who came 3rd), MICK WINSKI, MICKY SUTTON & DENNIS JONES...all having Essex connections! Former Romford resident STEVE WYNN was team manager. The "KEN ROWNTREE MEMORIAL CUP" was presented to Steve Allen. This long established award goes to one who has demonstrated endeavour over many years. Steve becomes only the 3rd Southerner presented with this award, after outstanding organiser & race promoter Steve Wynn and prolific Marathon charity fund raiser Dennis Jones. There was sad news at York as local organiser SEAN MARTINDALE lost his father the day before this race and was unable to attend. Sean's a great stalwart on the Post Office walking scene and we extend condolence to him and his family.



EMAILS CHRIS MADDOCKS

Hi Dave,

Essex Newsletter readers may care to know there is a double-page feature on me in AW this week (out 27 Jul) - it's a nostalgic look back to Sydney 2000. I presume by now you will have been notified of the publication of my autobiography? It can accessed via www.racewalkuk.com/book where details of how to purchase it together with a fairly detailed press release.

Also if readers are interested, I am a recent convert to Facebook (I resisted it for years). I try to include accounts of my NBC TV work. For example, I was in London at Olympic Park just this past week for a production seminar mixing with top executives and an array of speakers including Seb Coe. Today, I was back home delivering letters! Back to London next week.

Hope you are well.

Chris

*enjoyed the Olympic Luncheon. Well done to all.

GOING UP!

The first modern Olympics in Athens drew 176 participants (no women). London 2012 saw 11,712 participants : 6,606 men and 5,106 women.

DOWN MEMORY LANE by GEORGE TOWERS

Hi Dave,

I live in Ruskington approximately 4 miles north of Sleaford on the B1188. Squadron Leader Mike Shannon (Highgate Harriers & Wales) was an Education Officer at Conningsby in 1975 when I came out of the RAF. Losing a good bit of one's sight can be a bit of a problem. My wife is also partially sighted but in the words of Gloria Gaynor, we will survive.

In September 1947 I arrived at Halton as a 16 year old. Declaring my sport as race walking I was sent to see Flight Sergeant Bert Howard in the Station Gym; he was a member of Surrey WC. A few weeks later Warrant Officer Fred Herring of Belgrave Harriers came. At about this time the result of the Army 7 Miles Walk was seen in the National press, won by Warrant Officer Bill Pullen of Cambridge Harriers. F/S Howard contacted Flight Lieutenant Bill Ogden, also a member of Surrey WC and stationed at Cosford. The result was that the RAF 7 Miles was introduced in March 1948 and held at Cosford. Bill Ogden won with Bert Howard 3rd. Team : 1st Cosford, 2nd Halton.

RAF Halton were in charge of the 15 kilometres feeding station in the 1948 Olympic 50 Kilometres Walk.

In the first Essex Beagles 3-and-three-quarters miles youths/juniors at Chigwell, Halton won the team race from Metropolitan WC. The 1949 RAF 7 Miles was held at Halton. We entered 3 teams of 6 plus 2 individuals. We finished 1st, 3rd and 4th in the team race. F/S Howard, who had finished 3rd in 1948, was relegated to our 'B' team. Our scoring 4 : myself, 3rd, Mick Foster (HH) 4th, Johnny Johnson 6th and Pete Eastwood of Enfield 10th. The 1950 race was held at Bridgnorth with Roy Howard of Bridgnorth and Sheffield the winner. We won the team race with the same scoring 4 from 1949 in 4th, 5th, 6th & 10th. 2nd team was Bridgnorth with our 'B' team 3rd. During my time at Halton we competed against many Clubs such as Metropolitan Police, Belgrave Harriers, Vauxhall Motors and others.

Highlight of my time at Halton was representing Buckinghamshire in the Inter-Counties 2 Miles and, along with Johnson, the RAF in the Sir Sefton Brancker Trophy. The first time we had a 2 Miles walk in the Inter-Wing Athletics the Commanding Officer's wife said it was the first time she had seen a walking race and it was the highlight of the day to see 6'8" Lofty Bennett racing with 5'2" Titch Whiskin for the whole of the race.

In 1949 I went AWOL while I was on jankers, to take part in a 5 Miles Novice race at Leicester. I won the race. The end result was 21 days in Colchester and have never been there since. Yes I remember Bob Moseling also when 2nd in the Midland Counties Standard 10 Miles, representing Royal Sutton Coldfield.

Adds. Hon.Ed. AWOL = Absent Without Leave. Jankers = Fatigues (usually unpleasant, such as being sent to the "Tin Room") undertaken by defaulters guilty of minor transgressions. Sent to Colchester = sentenced to time in the Military Corrective Detention Centre (run by the Army for all 3 Armed Forces)...indeed keen Essex Walker reader Glen Grant was in charge of Colchester's Glasshouse during his time at the Garrison. RAF 7 Miles = a defunct race...Hon.Ed's last appearance in that was in 1972 at RAF Cottesmore (Rutland), organised by cantankerous Flight Lieutenant Brian Curd (who'd succeeded the legendary Flight Lieutenant Dicky Bird). That 1972 race attracted over 100 starters...Hon.Ed. received his Air Support Command colours after that race...then went on detachment to Northern Ireland (Aldergrove) 2 days later! We thank George for his account of past days - George regularly contributed to "Leicester Walker" which no longer appears.

FROM A FAMOUS FAMILY

Hi Dave,

Like you, I am an old walker, but stopped competing after National Service, and haven't followed walking competitions since, so when I was watching the 20k race on The Mall on Saturday I was quite shocked to so many race walkers 'lifting'. It was patently clear from the slow motion-shots that they were infringing the rule of maintaining contact with the ground at all times. I thought of my father Harold Whitlock, and how he would have loved to see the walk but how disappointed he would have been. I would be interested to hear what your opinion is?.

A lot of sporting events have the technology to record a performance. My son who is a Manager at Sky TV also watched the walk, and he said it would be quite easy and not too expensive to film the competitors at various stages (not known to the competitors) This would make the competitors more likely to comply and not infringe the rules.

I am looking forward to going with my family to watch the 50k on the Mall on Saturday and hope, because it's a longer distance, there won't be the same temptation to infringe the rules.

Terry Whitlock

Adds Hon.Ed. Officiating is based on the human eye. If technology were used to disqualify competitors then to be fair, it could only be if every participant's every stride were filmed!

OLYMPIC 50Kms by MIKE HINTON

HELLO DAVE,

I UNDERSTAND YOU DID A GOOD STINT IN THE MALL, WELL DONE. WOULD YOU PLEASE PASS ON MY CONGRATULATIONS TO DOMINIC KING ON FINISHING THE RACE IN VERY WARM CONDITIONS, NOT FAR OFF HIS BEST TIME FOR THE DISTANCE AND NO CARDS ? AM I RIGHT ON THAT !! ALSO WELL DONE TO GEORGE ON HIS PERSISTENT EFFORTS TO GET HIM ON THE START LINE. I DID MANAGE TO WATCH THE 50K ON THE TELEVISION AND WAS SURPRISED THAT IT MADE SUCH ENTHRALLING VIEWING ON THE SMALL SCREEN. THE RACE AT THE FRONT WAS VERY EXCITING WITH THE CONSTANT CHANGES OF POSITIONS WITH THE FIRST EIGHT OR SO WALKERS. DOMINIC WAS SHOWN A NUMBER OF TIMES AND LOOKED PRETTY COMFORTABLE , MANY WERE SHOWN IN A STATE OF COLLAPSE AND NEEDING ATTENTION AT THE FINISH. WELL DONE TO ALL

BEST REGARDS, MIKE

CHRIS FLINT's COMMENT

Well done for your commentary on Saturday. I was there for most of the 50 km and heard you loud and clear, and I was most impressed. You both did a great double act and congratulations. It seems to have been a tough race and good to see the Australian Jarred Tallent taking Silver behind the strong Russian. I admire Dom who kept going and he can hold his head up high. A great event and the support was wonderful.

Well done , Dave, you've done our sport proud and Len Mitchell would have been very proud to see a London Vids man doing such a great job.

Best wishes,
Chris.

SPOTTED BY BOB & OLIVE DOBSON

DA

Olive and I went to the International Athletics Meeting at Cardiff Stadium (Leckwith) last night and by sheer coincidence sitting behind us in the stands was New Zealand's sole representative in the 2012 Olympics Race Walks - Quentin Rew. New Zealand have only selected a team of 9 for Athletics and Quentin is in the 50kms. He only started walking 2 years ago and is now coached by Graeme Jones who lives near him. He qualified with a time of 3hrs 58m . He also told me ex Brighton walker Mike Parker is back in action and down to around 50 mins for 10kms. It's a small world.

BOB

SENT TO COVENTRY

Iford's veterans dominated the British Master's 30kms Walking Championship, held in the grounds of Warwick University Science Park on July 14th in surprisingly good conditions with ideal temperatures, only one period of slight drizzle and ending in bright sunshine. The team of 5 easily retained the team event and team members were also successful in their individual age groups. Francisco Reis led them home around the 24 lap course, winning the gold medal in the over 50 race and taking 2nd place overall, behind Olympian Ian Richards, clocking an excellent 2 hours 52 minutes 27 seconds, less than 3 minutes behind the winner in his first foray over 20kms for years. This will be useful over distance preparation for his attempt to become European Masters 20km champion. Despite stopping to remove a stone from his shoe Steve Uttley managed 6th place in 3-05-06, taking 1st in the M55 category, leading home clubmate Steve Allen who clocked 3-09-20 to take the silver medal in the M50 race, overtaking his namesake rival from Barnet in the last 3 laps. Ed Shillabeer gutted out a strong finish to finish in 13th place in 3-27-44 becoming 1st over 70, while holding off team mate and over 65 silver medallist champion, Bob Dobson, by 16 seconds.

Adds Hon.Ed. Thanks to Steve Uttley for the above report. Others with Essex interest were 4th John Hall (Loughton 2nd Claimer) in 3.04.20, Southend resident Martin Fisher 10th in 3.14.42 and another Loughton 2nd Claimer Sean Pender 15th in 3.30.33. A small field of 20 appeared of whom 18 finished (2 d/q'd). Despite being held close to the "Heart of the Midlands" locals were down in number. Indeed Iford AC had a quarter of the field.

VIEWPOINT ABOUT THE MEN'S OLYMPIC 20K WALK

Hope all goes really well and there is a good support from GB Walkers. Shame we won't have anyone in it. I feel as GB are the hosts we should have 3 in each event come what may. I feel much too much emphasis is placed on Elite Athletes and big money overtaking the original purpose of the Olympic ideal. Enjoy it anyway it is certainly 'a once in a lifetime experience.'
Yours in Sport. Bill and Kath (Sutherland)

Adds Hon.Ed. Many will agree with what's written. The original ethos was "all about taking part" rather than achieving. At Olympic Games Closing Ceremonies the youth of the world are invited to assemble in 4 years time...the invitation doesn't specify "only the youth of the world with qualifying times".

AN ILFORD 1-2-3

Iford's Francisco Reis won the Half-Marathon Trophy on a hot Saturday afternoon which wasn't favourable for athletes as they toiled around 14 circuits of Hillingdon Cycle Track, in 120 minutes and 12 seconds, with Steve Uttley just 12 seconds behind. They walked together for most of the race and, into the last lap, Steve pushed ahead to open a small gap...which Francisco closed strongly over the final stages of that final lap. Peter Ryan was in the leading group for most of the way before dropping back slightly to finish 3rd in 126 minutes...well clear of 4th placed John Ralph (Enfield). Steve Allen was 5th in 129 minutes and 20 seconds, having been with the leading group for much of the first half of the race. Just behind Steve Allen was leading lady Helen Middleton (Enfield). Alan O'Rawe turned in a sound performance to place 11th in 148.46.

There were no Essex-based ladies. Other finishers with Essex connections included Sean Pender & Ron Powell who both turned in spirited performances on such a hot day, while Essex-based John May, Amos Seddon & Dave Ainsworth gained Enfield League points by completing intermediate distances. Although not present, Arthur Thomson still earned a cheer when news of his latest Age Group record was texted to Hillingdon during the prize presentation (this event clashed with BMAF Track Championships). For your targets the Hillingdon half-Marathon Course records are still 1.46.44 (German Nieto) and 2.06.30 (Julie Drake). Something to aim for? We won't steal "Enfield Walker's" thunder as they've full results.

NOT GOLD

The Olympic medal hasn't been pure gold for over a century. It now weighs between 375-400g, but only contains 6g of gold. It's worth just under £200 at today's market rate of around £33 per gram. If solid gold it'd cost over £13,000. The rest of a "gold" medal is made of silver (92.5%) and copper (6.16%).

HISTORY

Hi to anyone interested.

I was looking thru an old copy of The Essex Walker and Mike Hinton wrote a piece about a Y & J race at Chigwell in 1958, which I managed to win, and he followed up by saying "whatever happened to Mike" Well if he's still interested, I continued to race for the Beagles for many years, primarily with Colin Young, got 2nd to him in many county championships

from 2 to long distance. Did national service and won the RAF championship both years. We got invited over to the Isle of Man inaugural TT course walk where I finished 3rd. Got married and couldn't keep up the training schedule, retired and became player/manager for a team in the Dagenham & District Sunday League

Don't blame me for writing this, it was Mike that wanted to know!

Regards, Mike Desmond

email; desmo1978roy@aol.com

EMAILS AN OLYMPIC MEN'S 20K SPECTATOR

I was inspired by the walk, so much so that I went out and brought a new pair of trainers and ran around the block. (All of 1 mile!!). I was surprised that there were no UK walkers in the race. There were walkers from India, Guatemala, Ireland and Iran! But none from UK. Interesting to reflect that the last finisher came in a time 3 minutes quicker than Ken Matthews in the 1964 Tokyo Olympics. I keep fit mainly through the odd, often very odd, game of golf.

Regards

Brian Keegan

FOR ALL RACE WALKERS – OLYMPIC FRIENDSHIP WALK

Hi Dave

Just a quick email now that I have returned to Melbourne to say how much I enjoyed the Friendship walk and to thank you so much for putting it on. In particular, the commemorative medal is a beauty and has taken pride of place in the trophy cabinet for the moment.

It was great to see a few other overseas people there, even if the Brazilians got there late. It was also fantastic to see so many old foes from years past - Olly Flynn, Amos Seddon, Carl Lawton, etc and to catch up with others like Mark Wall, yourself and Sue Clements - the list of names is too big to fully quantify! I also caught up with even more of the English walking fraternity at the Olympic walks and even managed to go out to lunch with my old 1980 training partner (also an Enfield man) Adrian James. So it was a wonderful trip with the Friendship walk definitely one of the highlights. I have included the full results set in my weekly walking newsletter this week - see <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num46.pdf>

Kind regards
Tim
Tim Erickson
terick@melbpc.org.au

IN NIJMEGAN

Among known race walkers completing the 2012 4-day Nijmegen March were: Don Cox, Sue Clements, Peter Hodgkinson, Peter Addison, George Beecham, Iain Thompson, Chris Bolton, David Hoben & Hans Rennie. Nearly all are CENTURIONS.

OLYMPIC AWARD FOR BILL SUTHERLAND BEM

Hello Dave,

Preparing now for Paralympics. Well done in the Mall Walks. I have recently received a Diploma of Honour from the ISSF Shooting in appreciation of exceptional service at the Olympic Games in London. I was very pleased to receive it. Good Walking.

Yours in Sport, Bill

WELCOME TO OUR REGION

Another ex-RAF and Trowbridge AC walker has turned up in Norfolk . He's at Marham, which isn't far from Cath Duhig's abode. You'll find him in past RAF results (on the RAF Athletics Association Website - Historical Section) in the RAF 3,000 Metres Walk and you'll also find him on the Guernsey Church-to-Church Website for past races there. It's Sergeant **Trevor Diack**, now in Civvy Street! He also wrote the book "In Peace We Train For War" which reflects on his Falklands memoirs (you can Google this title). On leaving the RAF as an aircraft engineer he worked for British Aerospace. He's now an author. In 1989 he was 6th in the RAF 3,000 metres Championship at Cosford clocking 15.43 while at greater distance on Guernsey he completed their 19-a-half-miles Church-to-Church classic in 1991 with 3.12.55, so gaining him a place on their all-time All-Comers Achievement List. We welcome him to our region's race walking scene.

EMAILS FORMER INTERNATIONAL KEN CARTER

Dear Dave,

Well done with your commentary for the 20 km. walk. It was very informative and was a relief to have someone commentating who knows their sport! Joy and I thoroughly enjoyed the event, it was really spectacular having the race on The Mall. It was scary having such young guys filling the medal places, I guess the event is in good shape for the years to come. I saw Bob Dobson after the race which was great.

EMAILS THE MALL WALKS "LIVE" PRODUCER

Dear Dave,

It was wonderful to work with you! Your positivity and passion for the Sport of Race Walking is unbelievable... and your energy was a necessary and wonderful addition to our team. I'm so glad you had a chance to catch up with Geoff before you worked together...I think the two of you together were a wonderful pair.

We will all carry many amazing memories from London 2012. I have said numerous times how honoured and humbled I was to be apart of a crew who were all from the UK. Although I have worked in over 30 countries...being the only American in a group is not something I was used to and I loved navigating every minute of it. We had our challenges...but as I always say...this industry is no perfect science and it is our job to ebb and flow with all that's presented. Our biggest asset was an adaptable team...

Please take good care and hold your head up high knowing you encouraged those athletes to cross the finish line faster than ever done before. In my limited experience, A positive voice and a little energy goes a really long way when you're racing for the medal of a lifetime.
Stay in touch!

Kindly,
Rachel
Rachel Rosengarten
Producer

Adds.Hon.Ed. Nice to hear from a true media professional who really took to race walking. I was offered an opportunity to work at the Paralympics. I declined as I know little about it, or who their leading lights are? I consider myself quick on the uptake, but also feel I wouldn't have enhanced their experience. Better they use those involved, committed and "in the know".

SUPER SIX

Those chosen (from many applicants responding to an Essex Walker advert) to race walk on our Olympic Course (The Mall & Constitution Hill) so outside Broadcast Units could work out angles/fix camera positions were : Steve Allen (Barnet), John Constantinou, Andy Cox, Shaun Lightman, Ben Parsons & Steve Taylor. In Shaun's case he was on an Olympic course 44 years after racing in an Olympic Games (1968 Mexico 50K). Shaun was fully committed during our 2012 Games as he was based at the Faith Centre in his role as a lay preacher.

Original choice Steve Allen (Ilford) was forced to bow out with a nasty bout of chicken pox. In stepped our Olympic Games Head Judge Steve Taylor to help out.

MORE NEWS FROM STEVE KING

Hi Dave, I want to reiterate what an excellent job you did on all events. Never seen such a large crowd for a race-walk before and by the time they left there must have been a lot of knowledgeable people on the sport and I hope some give it a try, but those times are stunning. The style has certainly changed over the years and the slow mo's certainly show up what the eye might not. How I remember Bernd Kannenberg - truly a 50kms stylist in the best possible way. I actually head back home on Sept 9th - is there a walk on the 8th anywhere close? Take real good care and keep up the amazing work you've done over the years in supporting the sport. Best wishes, Steve

FIXTURES

27 Aug	Southend on Sea AC 1 Mile	Garons Track	10.30 am
3 Sep	National 10 Kilometres Champs	Hillingdon Cycle Track	2 pm
	Guernsey Church-to-Church	St Peter Port	9 am
	SCVAC Vets Track & Field Final	Ashford	
9 Sep	Veterans Inter-Area Final	Solihull	
11 Sep	WTW 3,000 Metres/G.Woods Trophy	Ashtons Track	8.30 pm
15 Sep	English Schools Meeting	Bedford	
16 Sep	Jim Sharlott Open 10 Kilometres	Leicester/Abbey Park	
19 Sep	Civil Service/Police 10K & 5K	Birmingham	
22 Sep	National 50 Kms Championship	Colchester Castle Park	Noon
	National & Open 100 Miles	Colchester Castle Park	Noon
23 Sep	Eastern Veterans League Final	Milton Keynes	
	UKA Southern Coaching Conference	Lee Valley (all)	
29 Sep	Enfield League Badge Races	Hemel Hempstead	1pm
6 Oct	SWC Gazette Cup 4 Miles	Monks Hill	2.30 pm

HUMOROUS ENDING

(by Barbara Bateman)

When the Olympics were threatened
by weather
Young Boris he grasped an umbrella
He grabbed hold of a mike
And jumped on his bike
Shouting "Forward! We're all in this
together"

FIXTURES COMMENTS : Tue 11th September the "George Woods Memorial Trophy" is contested in conjunction with the main event (our final 2012 WTW race, after which a dignitary will present Series Awards...we'll not have a podium). In 1996 George's widow Marjorie presented this trophy in memory of George (Southend-on-Sea AC & Centurions), who was a true character...it's open to all Essex-resident Centurions. Current holder's DA...but in 2009 & 2011 only 1 eligible walker started(DA). In 2010 just 2 eligible walkers raced (DA & now-retired Dave Sharpe). Can more provide a contest worthy of whose name this trophy is competed for? 'A' race...enter on the night.

Sat 29th UKA stage a Southern Coaching Conference where UK Race Walking Mentor & Olympian MARTIN RUSH will speak. Details - UKA's website.

WALLY PARSONS R.I.P.

Long serving London Vidarians stalwart WALLY PARSONS has passed on at the age of 92. He retired from the Metropolitan Police to the Isle of Wight. Wally loved the challenge of that now defunct Barking-to-Southend Walk (as did many). He frequently appeared on London Weekend Television's "The Big Match" for whenever they covered Crystal Palace FC home games you'd usually see Wally by the players tunnel in his role of Chief Inspector in charge of policing the matches. We acknowledge Bill Sutherland for supplying the information. Said former London Vidarians President, and fellow Metropolitan Police walker Chris Flint, "That's sad but he's had a good innings, and was always quite a character of the old school!" Ed Shillabeer paid tribute saying, "Wally will be sorely missed by us all" and Brian Keegan said, "Sorry to hear about that. Wally was always a very encouraging team member". Verbal tributes have also been paid by other Metropolitan Walking Club activists. We express condolence to his widow and other family members.

GB VISIT COMING UP

Hi,

Just to let you know that I will be back for the Ultraman in Wales on the 1-3rd Sep and have to head back home on the 9th. Some of my family will join me in Wales and we are having a 90th birthday party for my Dad on the 8th. If I can get any time to contact you and possibly meet up, I'll certainly do so. GB did an awesome job in all possible ways with the Games and the ceremonies. I watched the full versions off the live webcast for both the 20km and 50kms and heard Dave A. throughout - he did a great job - please congratulate him for me. Hope all is well with you and the family. TRI to keep FIT.

Steve King (Ilford AC & Centurion 492).

WONDERFUL DAY

Evening Dave,

A wonderful day and Joan and I are proud to be a close friend to the person who is to race walking what Len Goodman is to Strictly Come Dancing. Congratulations on your commentary last Saturday and your marathon stint today.

Ron Sent from my iPad

EMAILS OLYMPIC WALKS MAIN COMMENTATOR GEOFF WIGHTMAN

I enjoyed the event and working with you. Well done.

We will never get a gig like that again.

Best wishes. GW.

EMAILS OLYMPIAN ROGER MILLS

Well done you! Fine job Dave. Shame nobody thought to give out club contacts and the benefits of the sport to those watching! Could have found our next Olympian. Regards.

Adds Hon.Ed. Unlike previous commentaries, this was monitored by a Producer. Firm instructions prevented mention of events except at 31 official Olympic venues (so couldn't plug the Olympic Friendship Walk). No commercials/plugs for pet subjects allowed, the brief being to concentrate on live action only.

FROM OLYMPIC WALKS ORGANISER PETER MARLOW

You were great and I had many compliments about your commentary. I hope you accept the invitation for the Paras.

Best wishes,
Peter

NEWS FROM A TALENTED WALKER OF PAST DECADES

You may remember me from the '60s and '70s when I did a bit of race walking for the Met Police etc with a reasonable degree of success. I have kept reasonably fit 'for my age' and am thinking of perhaps entering the occasional race walk for the experience. I have noticed on the RWR website that there is a 5 mile race at Battersea Park and was wondering on the prospect of entering.

Sincere best wishes
Dave Watts



STANDING ROOM ONLY – HUMOROUS COMMENT

Hello Dave,

Well that's a first having to reserve a 'Standing Ticket' to watch the 20 Kms. Race Walk! The mind boggles! Perhaps Kath and I ought to reserve a deck chair each to watch the 50 Kms race walk or bring a pet giraffe along for

the day!

Yours in Sport, Bill and Kath (Sutherland)

EMAILS JULIE CALLAGHAN

Hi Dave.

Don't know if you remember me my maiden name was Julie Robery. I have been given a ticket to Area 1 which I think is the seated area in the Mall for the 50k Walk by an old athletics friend. I am over the moon and wondered if there were any of the old crowd who will be there on the day. I still keep up with all the athletics/walking news and would love to catch up with some of them.

Hope you are keeping well.
Regards. Julie

RIVAL's COMMENT ON JULY's VAC 5 MILES

Looks like I shall have to get back into training after the Olympics/Paralympics with Dave Watts walking a creditable time! Last time I competing against him was in the Hendon 15 miles walk.

Bill Sutherland



ON THE BOX

BBC covered the Men's 20K Walk, in its entirety, on the Internet and on an additional BBC Olympic Channel with commentary from Olympic thrower (1976 & 1980) Paul Dickenson. Sky also covered the event, taking commentary from the "live" broadcast at the venue.

GET WELL SOON

Super fit JILL GREEN has taken a nasty fall while on holiday in Morocco and broken a leg. We wish this true star of long distance events a quick recovery. Jill's a lovely lady who resides on the Isle of Wight and is very much part of our mainland scene.

IN SHOT

Walking past Queen Victoria's Statute at one end of The Mall while the Men's 20K race walk was in progress was Olympian EVANDER HOLYFIELD, who was disqualified in his 1984 semi-final bout...but went on to much greater things. He was spotted by International walker FRANCISCO REIS who promptly had his photo taken with this USA legend.

BY NUMBERS

1 train arrives at Stratford every 15 seconds during the Games, there are 9 separate venues inside the designated Olympic Park, 21 big screen experiences have been set up around Britain, 26 sports can be seen in 31 different venues, 80% of spectators arrive in Stratford by rail, 202 Nations are competing, 2,000 trees have been planted around the Olympic Park, over 4,000 Paralympic athletes will take part, the Olympic Park can hold 180,000 people (gates have closed some days as that number's been reached) and 4 billion people around the world watched London 2012 on televisions.



IT's 91 IN THE SUN

Britain's best selling Daily "Newspaper" the super soaraway Sun, had an article naming their top all-time 100 British Olympians. RWA President KEN MATTHEWS MBE was included...in 91st place! One supposes it's better to be included than not. In position 100 was Derek Redmond - for his famous "helped across the line by Dad" appearance.

DAVE HOBEN's OLYMPIC 20K VIEW

Dave

Congratulations on your Olympic broadcast! This must be one of your biggest achievements..& biggest audience. Certainly whether looking at the big screen adjacent to the Mall or the real thing metres away it must have made very good viewing. If not obvious the roar from the crowds was quite deafening, equally to those nearly a lap behind.

Well done again.

Dave

MEN's OLYMPIC 20K FACTS

Ages of the first 3 finishers were 19, 21 and 20, so ending walking's image as an event mainly for veterans. The 1st & 3rd finishers earned China's first medals by male race walkers. The 2nd guy, Erick Barrando, gained a first ever Olympic medal (in any sport) for Guatemala. Over 60 years 277 sports persons from that County had tried to win Olympic medals...but these Games are all about taking part aren't they? After presentation Erick was phoned and congratulated by his County's President, Otto Perez Molina. Said Erick, "I hope that this medal inspires the kids at home to put down guns and knives and pick up a pair of trainers instead. There are now 81 Nationals which have never won anything.

ACKNOWLEDGEMENT

We thank Bob Dobson for supplying the front page logo on our previous edition.



THANK YOU FOR WONDERFUL FRIENDSHIP WALKS

Hello

Many, many thanks for all the hard work in promoting a really great day of Race Walking at the Friendship Walks. There was a large contingent of walkers and it was good to relive so many memories with walkers from the past. The overseas and visually handicapped walkers from Germany certainly put the icing on the cake! Many thanks also to Joan and her helpers on the refreshments always close to my heart! I went down to see the superhuman efforts of so many in a marvellous Olympic 50 Kms Walk in the Mall. However I am suspicious of how the front walkers sustain the incredible pace throughout especially after the disclosures of drugs by 'Schwazer' in the week of the race. Sadly International Race Walking amongst major medallists has one of the worst records for drugs. However I was so pleased to see the Ireland walkers do so well and 31 countries taking part in a large field showing that all the efforts of the RWA in 1970's were worthwhile. Well done also to Dom KING for gutting it out to the finish! See you soon.

Best Regards, Bill and Kath and our 2 pussies xx

Adds.Hon.Ed. This is a copy of a letter sent to Ron & Joan Wallwork, which deserves wider reading. Yes Dominic did well...and mentor George Nibre has points out his recorded time was the best by a GB walker in the Olympic 50K for over 20 years. As for the Friendship Walk, well you have to go back a long way for an occasion on the UK mainland when over 100 walkers took part in a meeting. Think of all that cash coming in via our RWA Levy Scheme! The Olympic spirit saw officials in their Uniforms (Pauline & Peter...the latter in a natty trilby hat) plus Olympian Ian Richards with his Official Torch and a queue to be photographed holding it. Her Worshipful The Mayor of Enfield, Councillor Kate Anolue, was our official starter...before joining in to become a competitor! The good lady originally hailed from Nigeria and represents Upper Edmonton Ward...she has qualifications in the Law and Midwifery, so has plenty going on when not wearing her Chain. And every walker/official/helper received a quality medal as a memento of a great day. It was a day when many took a day's holiday to appear, or "threw a sickie". And a special thanks to those going on a second time to give latecomers a race on the track - so everybody got some a piece of the action! Full result in Enfield Walker.

VIEWS OF LYN ATTERBURY

Dave,

Time for photo judging perhaps - at least at national and international level? I would be interested in people's views on this.

I was shocked that only two GB walkers gained selection. Race walking in the UK is in dire need of some positive public relations if only to show that it still exists, and the Olympics would have been an ideal opportunity to do this. Anyone who was in with a chance of beating 90 minutes over 20km should have been selected for the men's event, with similar generosity in the women's event and in the 50km. Here in Poland race walking is fully integrated into athletics and therefore always an option for young athletes. In Pila we have two athletic clubs and there is always a steady flow of race walkers. This is replicated around the country. Every school boy or girl knows about race walking. Poland sent 9 walkers to the London Olympics. Those who have raced here (Shaun Lightman, Sara Lightman, David Hoben) will know that racewalking is an event for young people. The coaching that Peter Selby is doing with Tonbridge AC is perhaps an example of positive integration so that race walking is seen as a viable option, although there are, no doubt, other examples too.

Best regards, LA

CALLED TO SERVE

Iford's EDDIE TROTTER was at both Olympic Marathons and both Men's Walks. Indeed he stepped forward to be a course assistant for the Women's Marathon, assisting with watering/feeding. The Women's Marathon was held in torrential rain so perhaps that's why some appointed helpers never showed. Eddie sits on a London Marathon Sub-Committee and when spotted in crowds by a Marathon Official he was asked to fill a gap (due to no-shows). He acquitted himself well and was truly a part of the big event!

EMAIL AN OLYMPIC ATTENDER

Hi Dave,

My niece Hayley persuaded me to take the medal to the walk, I must say I wasn't too keen, but it turned out okay in the end. My daughter Karen, who edits for Penguin and Harper Collins, was also being very proactive and arranged for me to talk to Luke Winn, a reporter on Sports Illustrated the American Magazine, and he has written an interesting article about the event.(If you are interested in looking at it, you Google - Luke Winn Sports Illustrated).

I thought the presentation of the 50k walk was excellent and very impressive, we all enjoyed the day. Now I am looking forward to going to the England Athletics Hall of Fame in October to collect my father's award after being inducted last year into the Hall of Fame.

Kind regards

Terence Whitlock

Adds Hon.Ed. Terry was interviewed by Bryan Burnett for the public address system along The Mall, and held up his late father Harold's 1936 Olympic Games 50 Kilometres Gold Medal to show crowds via big screens and for TV stations taking "live" pictures from this race.

THE VEST OF BRITISH

Adidas, kit supplier to Team GB (as it's annoyingly called) and an Olympic Games sponsor admitted paying Indonesian workers less than 68p an hour. Anti-poverty campaigners have targeted Adidas stores. The charity War-on-Want handed out protest price tags at Adidas own-brand outlets - including their flagship Oxford Street store - as well as outside other retailers stocking their products.

WHERE ARE THEY NOW?

Others in the Olympic presentation team were enthusiastic "warm-up man" BRYAN BURNETT, who is back at BBC Radio Scotland, while amusing professional entertainers MATT & DARREN can be seen early on weekday mornings presenting Channel 4's "Freshly Squeezed".

EMAILS OLYMPIC "WARM-UP MAN" BRYAN BURNETT

Hi Dave,

Post Olympics depression. I feel really low - a bit like when you were a kid and your summer holidays were over! You, me and Geoff were a good team. Natural, easy and fun. Geoff and I are not racewalkers but we were determined to respect the sport and try and make it as exciting as we could for all involved. I think all the team were aware of how much you brought to the party. Good working with you and hopefully we will get the chance to do it all over again.

Bryan



THE HUMAN EYE WILL DECIDE IT

With reference to recent calls for technology to be used in race walking judging the human eye will continue to decide issues, as this clear statement from 2012 Walks Organiser Peter Marlow states, "It's not going to happen and the IOC and the IAAF are very happy with the standard of judging especially as the rule states judging with the human eye".

Peter

OLYMPIC GAMES FULL RESULTS

This edition has much Olympic content, and they'll be more next time. We haven't used space to bring you full results as they've been fully published in National newspapers and available via Internet.

EMAILS CARL LAWTON Re.OLYMPIC 20K

Dave,

Well done on your commentary. I watched from the cheap seats on Constitution Hill. Bit disappointed, got there at 4-30 and thought I would get front row on the barriers, as I thought when the walk started they would all go to tea, but they all stayed. Wonderful crowd.

Carl

CHARIOTS OF FIRE



Olympic year has seen a digitally enhanced launch of this great Oscar-winning film, and also a West End stage version of the story, which some readers have seen and passed favourable comments. The Olympic occasion stirred "English Heritage" to unveil a blue plaque outside the home of coach SCIPO AFRICANUS (Aka SAM MUSSABINI who lived in Burbage Road (Dulwich) from 1911 until 1916. Mr Mussabini coached all athletes, including race walkers! In the 1981 film he was played by Ian Holm. The man he coached, HAROLD ABRAHAMS has also been awarded a blue plaque in his honour, in Hodford Road, Golders Green.

LETTER RECEIVED BY OLYMPIC WALKS ORGANISER PETER MARLOW

Dear Peter,

The London Olympics were brilliant and, once again, athletics was the star of the sports. But within athletics, Race Walking, in my opinion, was a very special success. The circuit, the set up of all the related facilities, the participants and the judges were just great!

I can see it was your presence on the preparations the key of the success. I congratulate you, specially because only three OG's behind, Race Walking was about to be kicked out of the program. After London, the IOC must be proud of maintaining RW in the Olympic Programme.

One question... do you know how many spectators had each race? I am sure RW gathered more spectators than some other full sports...

My warmest congratulations to you and the whole Race Walking Team!

César Moreno Bravo

SITUATION REPORT

Crowds of spectators on The Mall/Constitution Hill for the race walks were estimated by sources at between 40,000 and 50,000, and were very supportive.

Regards,

John Constandinou

ONE OUT

The defending Olympic 50K Champion, Alex Schwartzer was ejected for the Games for failing a drug test!

CENTURION CARRIES THE OLYMPIC TORCH

In-form Olympian, Centurion and former UK 100 Miles Champion IAN RICHARDS (1980 Moscow 50 Kilometres) was selected to appear on a leg of the Olympic Torch relay around the Country during the Olympic Games build-up.



COLIN BRADLEY AND TROWBRIDGE

Good Morning Dave,

Thanks for all the news and the names, which I normally struggle to remember. One name I can't forget is Colin Bradbury, he was the R.A.F star at the sprints - less than 20km - and always had a fun sense of humour. Steve Coup is another name that springs to mind but he would be in his sixties now. Wasn't Chris Maddocks our Olympic man back then?

We did a lot of our racing against the Police around Bagshot, but again in the short stuff I was just a points scorer, my main interest was the 50km, and will be again, with my focus on 2013 / 2014 season. I am quite happy to enter various events to post times and work towards the holy grail of a credible vets 50 km time, as 10km training still hurts. I actually did some Inter Service events that involved a week of more than 30 miles racing a day, years of being training partner for mountain running with Colin Donnelly, who was a legend, and even spent a day chasing a slightly well known runner Steve Jones, around hill cross country courses. Mike the Barclays Bank Manager - any clues on the Surname - was the best Trowbridge man at 50km in 1993 when I lived down that way, and that was the only time I did actual Race walk training, when we topped the UK 50km series champs - I think. Currently looking forward to meeting Cath (Duhig) and joining Ryston, bit wimpy at the moment, slow and 1 hour training sessions but am patient and will take one step at a time. Thanks for putting me in the loop.

Cheers. TrevD

Adds Hon.,Ed. Colin Bradley's still RAF 3,000 Metres record holder and a regular attender at meetings/functions. The Colin at Trowbridge is, I suspect, Mike Lewis who qualified as a Centurion at the 1993 SWC/Met.Police 200K in Battersea Park when reaching 100 Miles in 23.31.21. Colin Bradley raced for Trowbridge and other Clubs (including Loughton AC).

SALE TIME

Two much-sought items are on sale. The RWA Olympians Tribute Medal, which was first seen at our sell-out Olympians Tribute Luncheon in July...and...The RWA Olympians Tribute Booklet. Both are collectors items. This booklet details records of all race walkers who've appeared for Great Britain at Olympic Games (+ their photos), going back to 1908 where George Larnier is on the front cover. **Both items cost just £5.** Please make cheques/postal orders payable to Race Walking Association, and apply to Peter Marlow, The Picture House, 134G Southgate Street, BURY ST.EDMUNDS, Suffolk. IP33 2AF. Pam Ficken also sells the booklet, and you can see her at meetings.

EMAILS ONE OF WALKING MOST POPULAR OFFICIALS

It and you were brilliant Dave..and not one bit surprised you were asked back to do Paras..
Really appreciated the plug..especially as my Dad and family were there..
Cheers and best of luck and catch up soon.
Pierce O'Callaghan | Chief Executive | SAVVY Sports

VIEWS OF SUE CLEMENTS

We did make the Men's 50K - it was fantastic! Whoever said that race walking is not an Olympic should have been there. What an atmosphere. We stood with Parminda Bhatti, Dave Baker and Geoff the fireman (Geoff Tranter...Ed) so you can imagine the banter. We stood between the Queen Victoria statue and the ticketed area so we could see the walkers coming and going. I heard your dulcet tones over the tannoy while we there. It was a shame that where we were standing there were no big screens. Nonetheless, we enjoyed the race very much.

Sue

RAY MIDDLETON'S PRAISE

Norfolk resident Ray was on the course by 8.30am to witness an Olympic 50K race (an event he once appeared in). Ray said, "It was a great race and best I've ever seen. The organisation was excellent, the judging good and the atmosphere exciting. And all praise to our own Dominic King for his commendable efforts.

TOUCHING STORY

Past RWA President PAM FICKEN was one who toiled away on our Olympic Games recording team, of whom **all** deserve praise for being on duty over such long hours in such heat. Pam brought along late husband BRIAN's much used clipboard. Brian, also an RWA Past President, did much officiating at our events and he was represented on The Mall as his clipboard was used for recording the participants progress.

MINCE WALKING

The inevitable and expected "send-up" came on camp comic GRAHAM CARR's "Olympic Tribute Summertime Special" (Channel 4). A number of Olympians were guests..and it must be said most were, at times, the butt of his humour, which perhaps they were unprepared for? None more than Fatima Whitbread who got the attention of fellow guest Jonathan Woss. Host Graham said he wanted an event to start training in a bid to make Rio. Jonathan suggested "mince walking" which he demonstrated around the studio...and it must be said, didn't do badly. Walking then went "downhill" as Graham Carr tried it; and over-emphasised "the wiggle" for all it's worth when demonstrating his technique. On sitting down he gasped, "This is the event for me...I've been doing mince walking for years".

THANKS - AND A REQUEST

Thanks for supporting the Friendship Walks and making them a such memorable occasion. If you have any photo's of the event, I'd be grateful for a copies.
Keep Active - Stay Healthy - Ron *Wal I work*

LAWRENCE OF ARABIA RETURNS (August's Enfield League 3,000m Report)

Hello Dave,

I hope you enjoyed your day away from the walking scene yesterday. I turned up at Lee Valley expecting to see many Olympian welcoming faces as a legacy to a really great London Olympic Games. Although disappointed as only the stalwart walkers plus a Coaching Meeting were present seeing Lawrence of Arabia look-a-like Arthur Thomson really made my day! There he was warming up in 90 degree heat in a black tracksuit and 'Don Thompson' Hat really made my day! The saying came to mind for the 3 Ks Walk in the Enfield League 'When the going gets tough the tough get going.' A Big Thank You to Ron, Joan and all the helpers on giving us the chance to do a far from ordinary race in intense heat. Ilford's Stuart BENNETT well acclimatised to Saudi Arabian heat walked a super race and congratulations to all those 'brave souls' who followed up with a half hour paarlauf! Great memories as the last time I can recall walking in such heat was at the Basildon 15 Kms Walk in 1972 against the Late Great Phil Embleton! ; then the tar on the road melted!
Yours in Sport and Friendship, Bill and Kath.

CHRIS FLINT SUMS IT UP BEST

Doesn't it feel strange without the tremendous hype of the Olympics. It's gone suddenly quite flat.
Chris.

DOUBLE THANKS

For successive editions we've issued Bumper 10 Pages Specials, so a double thanks to Eileen (typing/layout/email distribution) and Tony (mailouts). Both this Essex & Enfield Walkers have tried to "plug the gap" caused by "Record's" absence, but we're assured it'll return soon.

SAD NEWS TO END WITH

Just as we were about to publish this edition, sad news came our way. With deep regret we inform you that two deaths have occurred in our circle. Although not race walkers, both were known to us.

Mikey, the boyfriend of Chelsea O'Rawe-Hobbs, was involved in a fatal road accident in Southend in which a middle-aged scooter rider died at the scene. Mikey, aged just 22, was taken to the London Hospital in Whitechapel where so sadly he later succumbed to serious injuries. A third person involved is reported as stable. Mikey took the time and trouble to come along to some of our events to both help and give encouragement, which is why we knew him. It's so sad we never got to know him for much longer. Many words of condolence have been expressed on Social Network sites.

Len Ruddock has lost his wife Maureen after a long illness. Len's been a part of our scene since the 70s and was at our Olympians Tribute Luncheon. Maureen leaves behind Len and son Thomas, who is shortly to be married. Many of us will remember Len and Maureen's wedding as walkers were among guests at their service.

Our thoughts are with Chelsea, Len and Thomas at this sad and trying time - and all other members of their families.