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ESSEX WALKER

"NEVER AGAIN"

Who said that? It was PETER MARLOW, our London Olympic Walks Organiser and a driving force behind our wonderful Walking Olympians Tribute Luncheon. But he wasn't talking about those great occasions. Peter was a noted stylist and successful competitor in many race walking events...but he never took on many long distance ones. He once did a really good 50 Kilometres, and when recently spending a relaxing break in Hastings, once a top-class South Coast resort, it brought back memories of a classic event which started on Hastings seafront. That was the 37 miles Hastings-to-Brighton which attracted all the top distance men of the time. It was so well organised that it's official 50K timing point was accepted in ranking tables. In 1978 this race featured in a BBC2 documentary called "Getaways", which many readers will remember..as they appeared in it. Traffic ended its days and it was succeeded by a 50 Kilometres in Hove Park (an International venue) but that's also now defunct. On recalling the event Peter stated, "For my sins I did one Hastings-to-Brighton. Never again". How many readers remember Peter tackling this testing point-to-point-to-point classic?

"WALTER, WALTER LEAD ME TO THE ALTAR"

So sang Gracie Fields in 1938 and it could apply now, as WALTER HILL has wedded himself into our Walking set up...indeed we welcome him aboard. When ubiquitous DAVE SHARPE parted company with our race walking scene last year he left a vacancy as Honorary Walking Secretary of Southern Counties Veterans AC. Despite several appeals requesting walkers in that Organisation to take over, there has remained silence. Now an Official from the running world has offered to help out, as walkers themselves are unwilling to fill this post. He's Walter Hill who is already well known and respected as Honorary Road Running Secretary of the British Masters Athletics Federation (BMAF). He can be contacted on : walterhelen@hotmail.co.uk 02993-862327. We thank him for his kind offer and call upon all walkers to fully support him in his new role.

Sadly it reflects, yet again, that walkers seem unwilling to serve in Posts dealing with race walking, and worse still, seem content to expect athletes from other disciplines to do their work for them. When Veterans AC needed a replacement Honorary Walking Secretary, nobody from walking volunteered for 3 years...again expecting members from other athletics disciplines to do it all for them! At a VAC AGM in the Union Jack Club, when no names came forward for the role (for what would have been a 4th year of vacancy), already over-committed CHRIS FLINT (the only race walker at that AGM) agreed to fill the post. In an email to Essex Walker Chris stated his embarrassment over this issue and that he'd agreed to serve in order to restore race walking's reputation in that Club, and would hold this position until somebody else came forward. So far nobody has come forward to give Chris a break, despite the fact that he's many other positions with our sport.

Walkers are often their own worst enemy when promoting our profile within the wider athletics community!

RESULT OF INAUGURAL SOUTHEND-ON-SEA OPEN - BANK HOLIDAY MONDAY 27th AUGUST

Wow! To say I was impressed and delighted at the support given by the Walking fraternity to our inaugural One Mile Walk would be an understatement AND what a veritable Walking world Who's Who turned up to race! When I mentioned "Olympics" and "Commonwealth" I heard a collective "ooh!" from those spectators and athletes nearby - then I spoiled it by saying: "Not this year".

1 st	Chris Cattano	u/a	7.58.50
2 nd	Steve Allen	Barnet	8.02.07
3 rd	Shaun Lightman	Surrey	8.54.65
4 th	Amos Seddon	Enfield	9.19.96
5 th	Alan O'Rawe	Ilford	9.30.51
6 th	Sean Pender	Enfield	9.36.28
7 th	John Brock	Southend-on-Sea	10.28.56
8 th	Dave Hoben	Surrey	10.52.56
9 th	Peter Cassidy	Loughton	11.19.75
10 th	Dave Ainsworth	Ilford	11.31.14
11 th	Bill Sutherland	Highgate	11.49.35
12 th	Val Mountford	Southend-on-Sea	12.32.52
13 th	Eddie Trotter	Ilford	13.09.47
14 th	Laura Kemp	u/a	13.55.69
15 th	Steve Kemp	EVAC	13.55.89

Thanks to Pauline Wilson for gathering together the Judges' team: Ray Pearce (Chief), Michael Croft, Pauline Wilson & Helen Croft (trainee). I was equally as disappointed as Peter Marlow, he of illustrious London 2012 Walks organiser fame, that a vehicular malfunction when he was only a few miles from the venue stopped him in his tracks. Even more so that I had already announced his presence with the usual verbal fanfare "Olympian etc etc..." Never mind, only the Race Walkers knew. There's no argument that The Race is now on the timetable to stay, so I hope we'll be seeing you all back here for 2013 - along with any waifs and strays who missed it this year.

A favour, if possible: I was unable to take a photograph of this esteemed line-up or any part of the race - would any of those taking part be aware of anyone who took photographs of the Walk - the Evening Echo photographer was unable to arrive until after the race and it would be rather nice to have a pic for the record, if possible.

Many thanks June Cork

Adds Hon.Ed. Peter Marlow broke down at Basildon and was towed back to Bury St. Edmunds. Thanks to June for her commentary. For Bill Sutherland it was a nostalgic visit to Southend-on-Sea as he made his International debut in a Junior Mile (1964) elsewhere in this town, that occasion being recorded in a recent issue of EW. Not often do we put a letter on our front page - this success warrants such. And thanks to Olympian Ollly Flynn who presented medals in a podium ceremony.

ON DUTY

Bury St Edmunds-based Kevin Marshall was a Voluntary Team Leader in charge of Olympics Games Makers at the Excel Centre for the duration. He resided in Essex during this period, camping at Theydon Bois and commuting daily to his appointed location. Kevin stopped on for the Paralympics where he was assigned to Brands Hatch Motor Circuit (venue of cycling road races).

BILL'S INVOLVED

Hi Dave,

I am now fully engaged on Paralympics shooting and archery at Woolwich. It has been very challenging and enjoyable but a long unforgettable 8 weeks. Wish I was 25 years younger, but it is a once in a lifetime experience. Well done in the Bank Holiday 1 mile walk at Southend. I thought you were walking the best you have for ages. Must be all the training and inspiration from the Mall Walks. Good health and walking.

Best Regards, Bill and Kath Sutherland.

DOWN MEMORY LANE

Two Moulton-based readers, who are both prominent in the promotion of that Village's wonderful annual walking races, both became Centurions in Leicester Walking Club's Hungarton multi-lapper on August 20th/21st 1992. On August 22nd 2012 both celebrated **2 decades** since their achievement by returning to the scene of their triumph. They're RON WALLWORK (C893) & IAM GARMSTON (C899) who clocked 22.36.07 and 23.16.24 respectively - both in all-white vests of the famous Lancashire Walking Club. Joining them were wives Joan and Ann and included was lunch at the "Black Boy" public house, which was passed many times during their endeavours years ago. It was also the establishment chosen by the Markham family for mourners to mingle after recent funerals of Peter and Sylvia. But Ron and Ian were there for happier memories as they drove around the course...it still looks **testing** from behind the wheel of a car! Indeed getting there had seen them drive along on a former course : the A47 from the outskirts of Leicester to the A1 junction was used, bi-annually from 1958-to-1978 (inclusive) as part of the now defunct Leicester-to-Skegness classic, also organised by Leicester WC. Both Ron and Joan has been marshals on the A47 for that event. Ron knows Leicester well as he completed his Teachers Training Course there at Scraptoft College. A fellow student was John Martin who briefly walked for Ilford AC in the early 70s and who spent a short time in the RAF, having once served at the same station (RAF Henlow) as Dave Ainsworth (C540), who himself has pleasant memories of the Leicester-to-Skegness. Their Hungarton course was used in the dying days of Leicester's famous Open 7 Miles, and having gone around a couple of times, finishers were in awe that 100 Milers once pounded those heights! By 1992 a trend had began in that "home" competitors alone couldn't keep such races going and our 2 worthies, Ron & Ian, were among a minority of 4 UK new Centurions (from 9 new 1992 qualifiers). Ron was first UK new Centurion and the other home-based newcomers to the Centurions were Belgrave Harrier PAT DUNCAN in 23.01.11 and London Vidarian JILL GREEN in 23.13.59. Unlike the other 3 UK new Centurions, Isle of Wight-based Jill went on to achieve double-figures in the number of UK 100s completed, and also finished in overseas events. Ian was a competitor in the famous 2,000 Millennium Challenge, staged by Ron and his team at Newmarket's Rowley Mile Racecourse, though left the race after giving it his best. These 4 new qualifiers from 1992 all dined at the House of Commons to celebrate The Centurions Centenary.

FROM JOHN C - PUBLISHER OF "MONEY WALKS" by CHRIS MADDOCKS

Hi Dave.

The book has now been registered with an ISBN, and should be orderable on Amazon. I expect to sell out the first edition within a couple of weeks. <http://www.amazon.co.uk/gp/product/1624071538> Doing the book though has been an interesting experience for me, from which I have learned a lot. I would be happy to help/guide anyone else within the race walking community who wishes to produce any type of book, as I now know what to do and what to not do, plus getting an ISBN, and listing on Amazon. Book publishing is much easier than magazine publishing, once you get the hang of it...!

Regards,
John

ON THE GATE

Lord Coe said there is only a 'relatively limited window of opportunity' to capitalise on a stunningly successful Olympics. The noble Lord will have been enthused by scenes at Basildon Amateur Athletics Club when the track and field *buzz* created in Stratford saw many potential new members turn up on the Monday after that closing ceremony. So many that Club Chairman, Past Essex County AA President, former London Marathon winner and 3-times Olympian EAMONN MARTIN manned the gate to cope with unprecedented interest. It'd be nice if potential race walkers were among the throng, for of Basildon's 5 Olympians 2 are race walkers : 20K experts JOHN WEBB (1968) & OLLY FLYNN (1976), both of whom spectated at our 2012 Olympic Men's 20K event.

WRITES A FORMER HIGHGATE HARRIER OF NOTE

Dear David,

Thank you for sending me the latest copy of Essex Walker. It was nice to see my name in lights once more. I didn't make the Olympics at Basketball. I did play for Wales, the Combined Services and the RAF. In the selection process the American coach of the GB team voted for me but the Welsh coach, one Vaughan Thomas also an ex walker, did not. Anyway, it is only recently that the GB team has got out of the pre Olympic qualification tournament. The coverage of the Olympics was fantastic and I am also enjoying the Para Olympics. I have had a rough year culminating in month in hospital with pneumonia and 4 days in Intensive Care. I have lost 7 stone in a year, but I needed to. I am gaining strength slowly. Reading the Essex Walker has reminded me of an interesting encounter which I had in 1963 with Norman Read of Essex Beagles. I will write it up and send it to. If you think it is interesting enough perhaps you could submit to the Essex Walker. Hope you are keeping well. Thanks again, regards,

Mike Shannon

INTERNATIONAL NEWS from JOHN HALL

Well done to our squad of 13 walkers in the European Vets' championships, held across 3 countries (Germany, Poland and Czech Republic). There were some issues to be overcome - heat, storms and local transport being just a few. 7 individual medals (2 each for Francisco Reis, Ann Wheeler and Cath Duhig and one for Ed Shillabeer) and 2 sets of team medals meant that 8 of our 13 walkers took WALKING medals but two others (Maureen Noel and Fiona Bishop) picked up MARATHON team medals! Francisco made a great impression in his first GB Masters outing (he has been cleared by Portugal to represent GB under World Masters rules), taking silver in the 5k track walk and gold in the 20k road walk, thus leading the M50 team to gold.

Future International events - a few exotic locations to consider:

European Indoor 2013 - San Sebastian, Spain, 19-24 March
European Non-Stadia 2013 - Upice, Czech Republic, 24-26 May
World Outdoor Track & Field 2013 - Porto Alegre, Brazil, 16-27 October
World Indoor 2014 - Budapest
European Outdoor Track & Field 2014 - Izmir, Turkey, 15-24 August
European Indoor 2015 - Torun, Poland
World Outdoor 2015 - Lyons, France
World Outdoor 2016 (yes, a change to the years!) - Perth, Oz

Let me know if you have any questions or comments about BMAF walking.

Best wishes
John
020 8292 3627



DEATH MARCH 2012 by DAVE HOBEN

A number of race walkers took part in this popular 24 hour 100k event in the countryside of province of Antwerp, Belgium. Essex was represented by repeat offender Steve Allen of Ilford, and Kim Howard of Southend. SWC had ultra campaigner Kathy Crilley, Scott Jones and myself, Rotterdam RWV had Frans Leijtens. The event now in year 43 has grown to over 11,000 starters, 50% usually finish and is believed to be the largest 100k event in Europe. This year maybe due to the glorious weather which we had four days of there were only 2 DNFs on the coach from England, plus a whole raft of new big PBs, there appeared to be a whole lot of improvement over 2011 and everyone left feeling quite uplifted and motivated. In particular Steve had only just been signed off as fit to travel from a nasty bout of chicken pox, and did well to be on the start line at all. It was good to see Kim back to extreme walking in addition to her recent successes in Round IOW and Hadrians Wall events. Kathy was, as last year the fastest walker on the coach as the only one faster, Dan Markowicz, who did a large chunk of Lingfield 100 miles, treated it as a trial. Let's hope he makes it to the start line, and finish line, at Colchester 100.

Some results + Completions :

K Crilley	16:07 6
F Leijtens	16:57 11
D Hoben	17:33 10
S. Allen	18:02 2
K Howard	18:02 1
S Jones	19:06 5

A photo is available on :

<https://picasaweb.google.com/centurion949/Dodentocht2012EnSnelwandeltrainingInUtrecht#slideshow/5776622991361555058>

ADVANCE DAVE

Our Death March correspondent DAVE HOBEN has stepped forward to take over as Honorary Walking Secretary of Veterans AC, for which we thank him and urge all readers to give him full support and also thank Chris Flint for his 3 years in this post, despite multifarious commitments elsewhere.

EMAILS CHRIS FLINT

Hi Dave,

Good to hear someone has agreed to act as SCVAC's walking secretary. It may be that my time with VAC as their walking secretary is now over, as Dave Hoben of SWC has agreed to be nominated at next Thursday's VAC AGM. At least during my tenure we have seen the Battersea Park Summer 5 miles series continued, and that the Lester Cup is now being awarded annually based on handicap results. Carl Lawton is the handicapper and will be announcing this year's winner shortly. The VAC is a good athletics club but is also the victim of the same disease which afflicts race walking clubs, namely a lack of volunteers to take on specific roles. The Committee needs to recruit younger members and unless it does it will not be a viable organisation much longer.

Kind regards, Chris.

FROM A FAMOUS FAMILY

Thank you for sending me a copy of Essex Walker, I found it very interesting. The family had a fabulous day at The Mall, and I expect you saw me briefly on the large screen being interviewed. Incidentally a reporter from Sports Illustrated also interviewed me and he has written an interesting blog you could read, if you wanted to on Google - Luke Winn Sports Illustrated.

Regards, Terry (Whitlock)

VIEWS OF A HOCKLEY BASED FORMER INTERNATIONAL

Hi Dave

I read the recent Olympic issue with interest. It was interesting to read the tributes to our 50 kms rep - as well as he tried no-one seems to pick up on the fact that he was nearly 40 minutes behind the winner! That did not happen when the likes of Ray Middleton were putting in solid performances (just outside the medals) in years gone, behind many who are still household names within the sport. I read glowing reports about yourself-well done.

Regards

Alec Banyard

OLYMPIC 50K

Hi Dave

Sorry I didn't have time to speak to you properly at the 50k, I left for a couple of weeks or so in Spain the next day. However I couldn't let the moment pass without congratulating you on your excellent informative commentary on what must have been a pretty unenviable task, your knowledge and 'asides' were welcome to all around me, those who had never ever seen a race walk and the more knowledgeable ones. I got into conversation with complete strangers so I heard their unscripted comments. At least we have a professional commentator, congratulations again.

Best regards. Charlie Fogg

Adds.Hon.Ed. Very kind words. Charlie's also known nowadays as a Coach, and a reminder that his regular contributions on this subject can now be found in "Enfield Walker", a publication read by many of our readers.



VIEWS OF CARL LAWTON

Just a comment on The Mall events. I know the judging system did DQ some walkers but a comment I have heard and would tend to agree (and I know there are people out there who think the King was wearing clothes, Hans Christian Anderson) that a majority should have been DQ'd. Football is moving forward with goal cameras, tennis is there. It is not too late for walking to put it's house in order slow down the fast boys and maybe just maybe get Joe Public to think they can walk properly and join in. But maybe pigs will fly..

WELL DONE FROM SCOTT DAVIS

Hi Dave,

I was at the Olympic 50km on The Mall with my Dad, we were seated almost opposite your commentary box along with Chris Bent and Peter Ryan. I must say well done on your excellent humorous commentary! It was amazing to watch such a race, and my congratulations go out to Dominic for a very spirited, courageous and brave effort.

Kind regards, Scott

QUICK TIME

Heard many times, musicians among our readership probably noticed differences in our National Anthem. It started quickly and 2 bars are missing going into the middle 8, cutting it down to 28.90 seconds (one of the quickest). Some countries, despite tinkering, still needed almost 2 minutes for renditions.



A CALL TO ARMS

Dave,
Please include this short story in the next edition of the magazine.

"Where do you think you're going?" my wife enquired, seeing me packing my walking gear. "I've had a call to arms from Dave Ainsworth", I retorted. Apparently, if we don't get a good turn out at the 3K walk at Ashton Playing Fields tonight, there is a good chance it will be cancelled in future. "I can't believe it" she bellowed. "We have come to the caravan for a nice break and now you're flitting off to do a silly race walk. I think you are frightened of Dave Ainsworth", she said in a sarcastic tone. I didn't reply. So off I set from Ramsgate to do my bit to save the 3K race and probably, the future of Race-Walking. The journey of about 80 miles took me just over 2 hours. I arrived in good time for the 8.30pm start, feeling quite pleased with myself, having made such a long journey.

The first person I ran into, excuse the pun, was Ron Wallwork. "Good God. What on earth are you doing here Ron? Have you travelled all the way down from Newmarket just for this race? "Yes, just to make up the numbers really Mick, so that it doesn't get cancelled in future", he responded. I thought to myself, "If there was a prize for who has travelled the furthest to get here, Ron would surely win it." I could have been wrong though because I was then introduced to a woman who had travelled from Cambridge to compete in what was to be her first ever race walk.

At 9.30pm, one hour after the allocated time, 10 walkers stood on the start line. "We are in double figures, there's hope for this race yet", shouted Dave Ainsworth with a big smile on his face. Pauline Wilson, Chief Judge, then addressed the walkers, pointing out that it was an 'A' race. "Have you explained the rules to the new lady?" enquired Dave, "It's her first race" "Yes I have" retorted Pauline. A second thought entered my head. "I hope the lady hasn't come all the way from Cambridge to get pulled because it is an 'A' race.

Suddenly, a shot rang out and we were off. Such was the high standard of the assembled walkers, I had to settle for third position for the first couple of laps until I was overtaken and finally finished in fourth place. I was overjoyed. Not only I had almost lapped someone for the first time in a long time, but I had finished amongst the leaders. On my way back to the dressing room I bumped into Ron Wallwork, who looked completely dejected.

"What's wrong Ron, upset because I beat you?" "No" replied Ron. "I'm upset because I travelled all this way to support the race and I was pulled out because of a bent leg." "Who pulled you out?" I enquired. "It doesn't matter who pulled me out Mick. That's not the point. The point is, Why on earth is this an 'A' race when it is in danger of being discontinued because of lack of numbers?" "I don't know why you entered in the first place Ron, you're so old," I said, "Nothing on your body straightens anymore, know what I mean, nudge, nudge." He didn't see the funny side. Ron wasn't criticising the Judge who disqualified him. It was an honest question for an answer to something that doesn't make any sense. "I don't suppose you will be making the long journey from Newmarket again to save this race, will you Ron?" He didn't have to give me an answer, his facial expression was enough.

The good news is that the lady from Cambridge finished the race. Ron, in his usual professional manner, was the first to congratulate her and spend some time talking to her.

Unfortunately, none of us could take a shower after the race as the changing rooms had been locked up for the night. The only saving grace was the tea, coffee, hot chocolate and cakes laid on after the race by Margaret Livermore, Ken's wife, ably assisted by Joan, Ron's wife.

Ron wasn't the only walker to get spoken to. Peter Cassidy was also spoken to by a judge when he was about thirty yards from the finishing line. I immediately thought to myself, "Separate bedrooms tonight"

On the journey home, contemplating the meaning of life, I thought to myself "What on earth is happening to our sport? If it can have such a detrimental effect on someone as dedicated as Ron Wallwork, what hope is there?"

I then asked myself the question "Is Race Walking dying on its feet?", as everyone seems to suggest. The conclusion I came to, with 42 years of race walking experience behind me is, "No, race walking is not dying on its feet. Its being killed off by those who make the rules and run our sport".

Yours sincerely,
Michael Barnbrook C661

Adds Dave A. Last night was frustrating for walkers. A billed start was 8.30pm...it got going after 9.30pm and finished around 10pm when changing rooms had been locked (even though athletes were still on the track competing). No showers for walkers! We had an enthusiastic commentator trying to enthuse those few souls left in the stadium at that hour of the night...Olympian Gladys Bird (better known as Gladys Taylor) who competed in the 1976 Montreal Olympics in the 400 metres hurdles and the 4 x 400 metres relay (making a final) which consisted of Gladys, Verona Elder (now residing directly opposite Stuart Bennett in Romford), Donna Hartley (who left athletics for bodybuilding) and Cambridge Harrier Liz Barnes. Commentator Gladys was once married to Met.Police walker Jack "The Lifter" Clifton's son. That nickname he gave himself for he signed letters as "Jack The Lifter". By comparison Jack made some Olympic walkers look good! We saw a great walk from Stuart who emphatically led from start-to-finish. This former International is truly on his way back to form. He turned up in a smart top with a Middle East Marathon logo on it...which certainly impressed, as none had ever heard of the event being "plugged" on his garment. You can't blame those for enforcing the laws...it's the Laws themselves that are wrong. Finally the newcomer from Cambridge found herself watching a lot of athletics...so many folk turned up in a *Post Olympics surge of enthusiasm* they needed 7 x 200 metres to give them all a race. They needed 2 x 3,000 metres runs to fit everybody in. Walking, last on the programme, slipped ever later into the night. The debutante race walker said afterwards, "Why were walkers the only ones not doing warm-down exercises?" Replied one walker, "My warm-down is that walk from the track back to the car park". Walking truly has an image problem in it's declining years! DA

50K CONGRATULATIONS from BILL SUTHERLAND

Hello Dave,

I saw no British walkers spectating but was positioned in an excellent spot with a great view of Buckingham Palace in the rear by Green Park. I was with a British Couple and a large contingent of Mexicans with Germans nearby. I was cheering each and every walker for over 3 hours. Saw Referee Graham Heeley later on who said you had mentioned me in your commentary. I had a black judge with chaperone opposite, but he seemed to do very little even though a few with dodgy knees came by. I was with Jose SIMCA who was 5th in 1hr. 25 mins in past World Championships.

It was a fantastic race throughout. It showed me vividly what a lot of catching up we have to do in the United Kingdom Race Walkingwise. However it was good to see Dominic King on the road and sowing the seed for Brazil in 4 years time. I firmly believe that if Ireland can produce such a classy team of Race Walkers so can we in the UK. Much work needs to be done to bring new blood into our great sport soon and most of all I feel we need a National Press Officer in the RWA to spread the word far and wide. As I said some time ago it takes many years and experiences to reach the top. I have enjoyed the fantastic results of the GB Team. Yours in Sport, Bill Sutherland – Commonwealth Games Bronze – Scotland 1970

FILM OF SHAUL LADANY – FROM SUE CLEMENTS

Thought you might be interested in Shaul's interview on German TV in August. Although it's all in German you will get the gist of it. His interview is featured about three-quarters of the way through; just to the left of the time elapsed there is a vertical line and if you pull the bar across to there it will save having to watch all the other coverage. Sue

From: Shaul Ladany <mailto:ladany@bgu.ac.il>

Subject: Ladany - German TV

Hi,

Enclosed is a link to the German ARD Television evening news from about a week ago, in which there is a 90 second film about me. Shaul

http://www.tagesschau.de/multimedia/video/video1159168~_res-flash256_ply-internal_bclld-tt4092_vChoice-video1159168.html

Adds Hon.Ed. I must have got lucky I pulled the bar three-quarters along and got right on the start of it. It'll be of particular interest to those who remember the 1972 Games. Despite what Shaul writes, you'll get more than 90 seconds worth!



FOR THE NOBLE LORD

On Channel 4 Seb Coe reflected on London's summer of sport, saying, "It can only be a success when you get half-a-million turning out for walking races." Race Walk crowds were vast and noisy but maybe not so high in numbers as stated...Seb always "talks things up". But hey, what crowds and nearly all Essex Walker's readers were there, with so many walkers from past days. We were motivated to attend by the obvious fact that we'll never again see "live" Olympic walking races on our doorstep.

HOW I STARTED by JOHN C

I took up the sport after first seeing it on the streets of Athens at the 2004 Olympics. I'm not great, but 8 years later I got to race the 2012 Olympic course on The Mall as part of a test event to help set up the TV cameras!

GETTING STARTED by JOHN C

Hi. If you have Facebook, then join the "Race Walking Discussion Group". There are several people on it who say "I live in London and want to try race walking," and they get lots of offers for help and advice from race walkers:

<http://www.facebook.com/groups/139423539480219/>

RESPONSE FROM RECORD EDITOR JOHN C

It is easy to get quick shock value by taking any statistic out of context. 68p per hour sounds horrifying to us here in the UK. However, the average income in the UK is more than 11 times the Indonesian average, which is £1.08 per hour. So 68p represents 63% of the average hourly income in their country. Living costs are significantly lower there though, and this is what should be considered. Before anyone thinks badly of me, may I point out that our income here in the UK is just one third of average income in Luxembourg. Should they hold protests on our behalf? Statistics can be misleading. For instance, the majority of the UK population have more than the average number of legs per person in the country! John C



TIPS FOR THOSE WITH BENT KNEES by BARRY INGARFIELD

Hi Dave,

As we get older ...we are all susceptible to bent knees ... in my case it happened around my 40's. An advanced coaching tip ...if an athlete is inclined to suffer from bent knees they can strengthen their quads, anterior-tibialis and hamstrings ...the best exercise to achieve the desired result is the **Romanian-dead lift**. Depending upon the individual; first load a weightlifting bar, say with two 20-Kg weights, and then stand with legs apart. Posture: with a hollow-back, arms straight ...lift the weight directly upwards...the weight should never be lifted higher than the thighs. Repeat this movement for 6 reps X 3-sets. Repeat this regime 3 times a week for six-weeks. I advise, as part of a good training routine ...include strength & conditioning work to your normal training routine.

My best regards,

Barry (Coach)



Adds Hon.Ed. "Depending upon the individual". Such advice was written with Ron Wallwork in mind...so if of heavier or slighter build than Ron, please take this into account when loading weightlifting bars.

OLYMPIC PUBLICITY

Dear Dave,

In your September number, Roger Mills writes, "Shame nobody thought to give out club contacts and the benefits of the sport to those watching!"

In fact, thanks to Catharine Telling's enterprise, leaflets were distributed, as a result of which I have spent much of my time since in catching up with the enquiries from those who followed up the invitation to contact the R.W.A. I have had about 120 to deal with (and they're still trickling in) and I know that some Clubs – including my own, Loughton A.C. – have received direct enquiries as well. Without having done a thorough analysis, I can say that my impression is that the enquirers are rather younger than those who generally make contact. It is now down to the Clubs to encourage the enquirers and help them to enjoy the sport.

What has been said about the crowds at the Olympic walks is quite true; they were very noisy and enthusiastic and contributed greatly to the atmosphere. As to whether I actually enjoyed the experience – I'll let you know when I've recovered from the strain.

With best wishes.

Peter Cassidy

RaceWalkingAssociation@btinternet.com

VETS RACES

Comment on vets races : A very BIG thank you to all the hardy souls who manned our feed station in the 20k, I know it made a great difference to my result in finally breaking the Russian architect to get into that silver place. And they apparently helped others too as I saw a Hungarian walker thanking them as I was collecting my stuff. Well done Bob and team. BTW I've just started Chris's book and highly recommend it.

Ed Shillabeer.

Adds Hon.Ed. The book referred to is "Money Walks" by Chris "Mad Max" Maddocks.

FIXTURES

29 Sep	Enfield League Badge Races UKA Southern Coaching Conference	Hemel Hempstead Track Lee Valley (all day)	1 pm 9.30 am
6 Oct	SWC Gazette Cup 4 Miles	Monks Hill	2.30 pm
13 Oct	Enfield Lge 5 Miles Yacht H'cap	Lee Valley	1 pm
19 Oct	Ilf AC Annual Dinner & Dance	Met.Police Chigwell	
20 Oct	Steyning AC Open 10 K	Steyning	2.30 pm
21 Oct	Coaching/Officials Training Day	Alexander Stadium	
27 Oct	Cambridge H. Winter League 5K	Bexley	2 pm
3 Nov	SWC Addington Vase 7 Miles	Monks Hill	2.30 pm
10 Nov	86th Enfield Open 7 Miles	Lee Valley	1 pm
12 Nov	RWA Southern Area AGM CS Club	Gt. Scotland Yd	7.15 pm
1 Dec	Cambridge H. Winter League	Bexley	2 pm
8 Dec	SWC Christmas Cup 5 K	Monks Hill	2.30 pm
9 Dec	RWA AGM	Alexander Stadium	2 pm
15 Dec	Alf Palmer 5K + YAG	Broadbridge Heath	11 am
26 Dec	Enfield Boxing Day 5K Brighton Boxing Day Races	Lee Valley Preston Park	10.45 am 10.30 am

2013 OVERSEAS DATES

17th March Lugano,
19th May European
Cup Dudince
and 29th June
Dublin

COMING SOON

Your next edition will
have full details of our
RWA National 50K
Championship + Open &
RWA 100 Miles at
Colchester's Lower
Castle Park. Read all
about it!

FIXTURE COMMENT : 29 Sep UKA Sthn Coaching Conference : Olympian MARTIN RUSH (Race Walking Mentor) is a Keynote Speaker. Details/UKA Website.

SOCIETY OF FRIENDS

The 2nd Tuesday of London's 2012 Olympics saw action switch from Stratford-to-Donkey Lane in the Greater London Borough of Enfield. So successful was this promotion you have to go back a long way for any occasions on the UK mainland when over 100 walkers took part in a meeting. Think of all that cash coming in via our RWA Levy! An Olympic spirit saw officials in their Uniforms (Pauline Wilson & Peter Cassidy...the latter in a natty trilby hat) plus 1980 50K Olympian Ian Richards with his Official Torch and a queue to be photographed holding it. So many had been nominated for their "FIFTEEN MINUTES OF FLAME" that Ian's selection merits congratulation. 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. Organiser Ron Wallwork does things properly; and a letter of thanks was in The Mayor's Parlour" soon afterwards. The Mayor...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".

On keeping with Enfield League ethos there was "something for everybody" as the curtain-raiser was track racing for visually impaired competitors, most of whom were visitors from abroad. Then on offer was allcomers 3 Miles & 5 Miles walks. We had an extra event...as Brazilians arrived too late to compete, so Ron accommodated them by staging a hastily arranged extra track race - and thanks are due to those going on a second time to give latecomers stiff competition, so everybody got a piece of the action! A team of hard working volunteers toiled to offer refreshments for all...and with each entry came a "refreshment ticket" offering a complimentary visit to the food/drinks table. And those wishing to raise a glass or two...the newly opened upstairs bar was at our disposal. Afterwards some attenders enjoyed a meal at the "Halfway House" - that large Carvery at the other end of Donkey Lane. And what about Tim Erickson and his good lady? The Secretary of the Australian Centurions caught a Liverpool Street-to-Enfield Town train and, unknown to him, the Secretary of the British Centurions (Chris Flint) was 2 rows away in the same carriage. Chris used his mobile to arrange details for our UK 100 Miles event in Colchester...and was overheard by Tim who correctly presumed Chris was a big player on the ultra-distance scene. Tim approached the mobile phone user and introduced himself. On arrival at Enfield Mark Wall alighted from the same carriage, whereupon Chris took the lead - for he knew where Donkey Lane was and saw that all arrived in good time. Indeed with Tim and Mark appearing, Sue Clements made it a trio of Australian Centurions racing! Tim proved a highly popular visitor and so many wanted to chat with him...and he gave a good account of himself when action commenced. It was "traditional big time" here, as we started/finished with a lap of the track, the lion's share of the distances being covered in King George's Playing Fields. There were youngsters from Bristol Air Training Corps...and some were really good...so perhaps they could be encouraged with a view to re-igniting interest in that City?

Our top performers provided a flavour of the day. The Men's 5 Miles saw a frame filled by Portugal (Francisco Reis), Guernsey (Carl Thompson) then Olympian Ian Richards. The ladies 5 Miles saw Gemma Bridge (Birmingham University), local star Helen Middleton and New Zealander Alana Barber in those top places. Those 3 Miles races were good for Essex residents as John Taylor from Loughton and Chelsea O'Rawe-Hobbs from Canvey Island were winners. An impaired vision 1 mile saw Dominic Stulier of Germany win, while the Supplementary Track Mile saw stalwart Steve Allen (Barnet version) lead home Sara Rodrigues (Brazil) and John Constandinou representing Cyprus.

Full results have been widely circulated and are freely available in publications. This meeting summed up why Enfield League events are now the big game in town...and in the opinion of many - the only game in town! Our profound thanks go to all who supported this initiative by racing and to the many who organised/helped/officiated in any way. Now for Rio where perhaps their Organising Committee might sign up Ron and Joan to lay on the main supporting event!

VLADIMIR GOLUBNICHY TO BE INDUCTED INTO IAAF HALL OF FAME

<http://www.iaaf.org/Mini/HOF/News/NewsDetail.aspx?id=677>

EMAILS A WALKER FROM PAST DECADES

Hi All!

I don't want to go on too much about road walking at RAF Halton in the late 40s/early 50s as I'm sure most of your readers, apart from we few who experienced the fun, find the subject somewhat boring.

My word, George Towers' letter brought back memories! I'd forgotten about his spell in the Glasshouse! The referred to Johnnie Johnson (Surely 59th entry, not 60th, George?) was about 6ft 3in and built like a stick insect (like me, he came from the Medway Towns), but he was quick.

A query: I watched the Ladies Olympic Road Walk. Was I the only one who thought that the Chinese girl who was second for most of the walk was lifting so much that initially I wondered whether I was watching the Marathon! My word, slow-motion replays show a lot more than one can see at full speed!

Best wishes to all, especially George! I wonder if I'd recognize him after 62 years! Come to think about it, when we were teenagers I only ever saw his face in the changing room. During the race I only had a view of his back - for the few hundred yards!

Bob Moseling

2012 FRIENDSHIP WALK: TUESDAY 7TH AUGUST 2012

In celebration of the 2012 London Olympic Games Enfield & Haringey A.C. staged a special non-scoring fixture as part of its successful *Enfield League*. The invitation, extended to overseas walkers visiting to watch The Games, brought walkers from New Zealand, Australia and Germany to walk with *Enfield League* regulars and other UK walkers. The Centurions were well represented; 9 British Centurions finished in the 5 mile race: Ian Richards C1064, Cath Duhig C886, Sean Pender C1067, Mark Wall C1069, Chris Flint C849, Angie Alstrachen C1095, Sue Clements C950, Mick Barnbrook C661 and Eric Horwill C39, and Australian Centurion Tim Erickson Aus13 who made the trip to support his son Chris competing in the Men's 20K Olympic racewalk. All the walkers can now say that they walked in London in 2012! Many other Centurions turned up to support the race, making the day truly memorable.
By Sue Clements



SMILE PLEASE

Walkers who took part in the Friendship Walks might like to know there are numerous photo's displayed on <http://www.cwimages.co.uk/>



TECHNOLOGY - MY SHORT VIEW

Hi Dave

I know race walking has always been reliant on the human eye, and I take your point, but clearly from the feed back you have it's become more of a problem, especially now that the camera can easily focus on a close-up and show quite clearly that some competitors are in breach of the rules, and the layman watching will be confused. Unless it's addressed it will only do harm to the sport. I know it would be impossible to monitor all the competitors individually, but if as I suggested if a number of cameras were installed around the course, surely it would act as a powerful deterrent — knowing that they could be disqualified.

Now that I have had my say, I will stop criticising.

Best wishes, Terry Whitlock

REFERENCE TERRY WHITLOCK'S VIEWS

Hello Dave,

Good to read the opinion of Terry Whitlock on the 'lifting' in the Olympic 20 Kms. Walk. As I have said many times before International Walking can no longer solely be Judged by the human eye. Technology used in many other athletics disciplines needs to be introduced to race walking. Sadly not a few but a large number are simply NOT race walking. Should a chip on the shoes or filming be brought in I feel sure that it would deter would be lifters and ensure that the fair walkers received the medals they justly deserve. I really hope that following the wonderful London Olympics a greater effort will be made to bring back the style and fairness of Race Walking of former years at International level.

Well done too on your important role as commentator in the Mall. Cheers,
Bill and Kath.

DEVELOPMENT

Hi Dave,

Did you hear the news? Charles Van Commenee the UKA Head Coach is leaving this December. He stated, 'after Team GB failed to get the 8 medals I predicted, I thought it was time for me to go.' He added, 'I think that the job needs a new energy and approach'. This development, confirms my suspicions; that if any coach is not performing in line with UKA's expectations they can be asked for their resignation.

Best regards, Barry Ingarfield

LEN'S YOUR MAN

In earlier issues we've mentioned Olympic Games Makers as we learned of their appointments. One more : Len Ruddock was a volunteer who helped the Olympics & Paralympics to be the success they most certainly were. Over a number of editions we've mentioned a number of our readers...and we thank them all for stepping forward.

FOUND

The long lost "Bert Angel Trophy" (reported missing and appealed for in Essex Walker) has been found. A walker had an attic clear-out and...Lo and Behold!

UKA/RWA NATIONAL 10K CHAMPIONSHIP REPORT

by STEVE UTTLEY

Ilford successfully defended their National team title at the UKA/RWA 10K Road Championships at Hillingdon Cycle Circuit despite the absence of a number of their faster walkers, including Francisco Reis, recently European Master's Champion, and reigning National 50kms Champion Scott Davis. With little to aim for post-Olympics few of Britain's international walkers chose to toe the line, which was unfortunate because conditions on the testing 1500 metre road circuit were ideal; pleasantly cool, with little wind. Ilford's Italian international star, Carlo Alberto de Casa took advantage of this, setting off with the leading group on the opening circuit of just under 7 full laps, with Steve Uttley having his best race for several seasons not far back. Although, unable to hold on in the latter stages to Belgrave's Alex Wright, the current UK No.1 over shorter distances, Carlo nevertheless stayed in 2nd place for the duration, well clear of Poland's Deuter Fabian (Hillingdon AC), to take a well deserved silver medal in a time of 47 minutes 41 seconds. Steve Uttley finished 4th in 52-58, moving up as the walker in front dropped out and another was disqualified for unfair progression. This gave Steve 3rd place in the Race Walking Association Championships for English qualified athletes, his first individual medal at National level. With Steve Allen finishing in 9th place clocking 58.58, this gave Ilford 287 points, a 15 point margin over second placed SWC. Alan O'Rawe finished an excellent 15th in 63.31, but former Club Captain Dave Kates was unfortunately disqualified, a major disappointment to him after he thought he had put his technical problems behind him after a number of clear rounds in recent competitions. Essex came 2nd in the Inter-County competition, their team including both Steves...Uttley and Allen. Middlesex won the Inter-County title with Carlo Alberto in their scoring ranks.

Adds Hon.Ed. Winner Alex clocked 44.06, but sadly only 2 men bettered 50 minutes - and only 19 finished...for a short distance National at an easily reached venue. Only other Essex-based finisher was SWC's Stephen Crane, an Ilford 2nd claimer, in 16th with 64.01. The ladies event saw Jo Jackson win (from 19) in 46.52. No Essex-affiliated athlete finished...though Cath Duhig, who enjoys a close association with our County, came 10th clocking 60.24 in Ryston's colours.

PROFOUND THOUGHTS

Hello Dave, Just returned to the 'real world' after 50 wonderful days at the Olympics and Paralympics. To see the USA Archer without arms open a Fridge, take a bottle of water out from the rear of the top shelf, open it with his teeth and consume the contents using his feet after gaining a Paralympic Silver Medal is a sight I will always remember with real admiration! All this after he hit a 70 Metres away target in the centre on countless occasions. Why don't we have a Race Walkers 'Memories of the Olympics and Paralympics Get-Together' in the foreseeable future? I trust you are well.

Best Regards, Bill and Kath

Adds Hon.Ed. Bill suggests a 'Get-Together' - are any readers prepared to organise one?

PROGRESS

Following a discussion paper written by Ian Richards the RWA Southern Area are setting up a Sub-Committee, under CHRIS FLINT to look at ways of steering Olympic interest into our domestic race walking scene.

RWA SOUTHERN AREA AGM

To be held Monday 12th November commencing 7.15pm in the Civil Service Club, 13-15 Great Scotland Yard, London. SW1A 2HJ. Great Scotland Yard is a short road connecting Whitehall with Northumberland Avenue. Nearby Underground Stations : Embankment and Charing Cross (both only 5 mins walk away). The Club has modestly priced meals/drinks if coming early, say straight from work. It's your chance to have a say on how race walking is staged in the South, to quiz Officers, pass opinions, make comments and advance your ideas from the floor. It's also your opportunity to vote in those you want to carry this sport forward in the Post Olympic surge of sporting interest. Many of your Officers & Committee have filled their roles for many years and have clearly stated they'd like to see new blood coming forward to take over the reins. We've several who say their pieces in changing rooms and on email...now come and air your views where they'll be heard where it matters...before those governing our sport. For instance, since last year's AGM, RWA Southern Area Championships have been poorly supported with 1 actually cancelled owing to low entries...so resulting in less income. What would it take you to support Southern Area promotions more? Come and tell the meeting!

BMAF WALKING – HOTELS IN SAN SEBASTIAN

Dear BMAF Walkers/Supporters,

This email is aimed particularly at currently active walkers but some of our retired walkers or supporters might like to consider a Spring vacation in sunny Spain.....Those of you thinking of going to San Sebastian for the European indoors next March (19th to 24th - no specific dates for the walks yet) might like to make a hotel booking that can be cancelled without charge up to 24 hours beforehand. You can do this through Booking.com (and maybe other websites) but need to look carefully because some bookings don't have the free cancellation option. Some of us have booked already and the two hotels shown below now have British walkers booked - you can go for team solidarity or try to avoid us!

Best wishes

John

Barceló Costa Vasca

Avenida de Pio Baroja, 15, 20008 San Sebastián

NH Aranzazu

Vitoria-Gasteiz, 1, 20018 San Sebastián

Adds Hon.Ed. Visitors are in for a treat as Northern Spain is the real Spain, and far from that tourist image of the Costas. Fashionable Biarritz is just over the border for a short day trip.

Hon.Ed. stayed locally while at Football's 1982 World Cup in Bilbao.

DEATH OF ESSEX ATHLETICS OFFICER

Frinton resident JAMES CLARKE OBE, BEM has died aged 89. He was London London Marathon Board Chairman from 1995-to-2009 and had been Managing Director of Zettors Pools (anybody remember them?). His main claim to fame was an ending of farcical scenes which saw entrants lined-up in the small hours outside 100 designated Post Offices to get application envelopes postmarked prior to 7am. James introduced a fair lottery system which is still used today and which has seen many walkers accepted. A son predeceased him and he leaves a wife and 2 daughters, to whom we express condolence.

AND THEY GET PAID FOR IT

Gary Lineker : "There's only one place to start and that's the cycling. We're going to have to wait for that for a while."

Charlotte Hawkins : "Team GB has already picked up a win, with a silver medal."

Kirsty Gallagher : "The IWF have confirmed that they can't confirm anything."

Ed Leigh : "Emmanuel's block was fantastic, there's only one word for it. Textbook, maybe."

Sue Smith : "Without sounding like a cliché, Team GB have got to take it one game at a time."

Ross King : "Well Phil, tell us about your amazing 3rd leg." (discussion on relay tactics with Phil Redmond)

Nigel Starmer-Smith : Britain's last gold medal was a bronze in 1952 in Helsinki."

David Coleman : "Linford Christie's got a habit of pulling it out when it matters most."

Alan Parry : "Zola Budd: so small, so waif-like, you literally can't see her. But there she is."

Tessa Sanderson : "Once you've thrown the javelin it's out of your hands."

Steve Cram : "Has there ever been 2 twins in the 1,500 metres before?" Well there certainly won't have been 3!

Steve Cram : "Ross Murray's got himself out of position into a good position."

Adrian Moorhouse : "They were complete opposites in that race. Phelps went from last to first. Cavic went from first to not last"

"Let's Do Lunch With Gino & Mel" show : "On today's show we've got a picture of Fatima Whitbread at the Olympics, showing us her lunchbox."

Robbie Savage : "People from other countries will be coming here to give it a real British flavour."

Bad Olympic sub-titles for the deaf/hard-of-hearing : "Commentator Hugh Porter said, "Here's the French rider, she's on her own". Sub-title caption read : "Here's the French rider, she's on heroin".

Gary Lineker : "You were known beforehand as the athlete no one knows."

Gary Herbert : "Nash and Satch, a coxless pair, doing it with rhythm. They're holding it long, coming hard too." Adds Don Topolski, "And they're putting a smile on my face as well."

Best Olympic turn around was by Andy Jameson : "Katie Ledecky, only 15. I'm not sure she'll know what she's doing." 8 minutes later - same commentator, "GOLD to Katie Ledecky! A worthy champion".

Darren Campbell : "If Bolt goes tight he won't cover the 100 metres in 41 metres."

Helen Skelton (BBC BMX) : "There's only one word to describe what we've seen - and that's absolute carnage."

Iain Carter (Radio 5 Live) : "Is this the first time in 4 years that Tiger Woods goes all the way?"

Steve Backley (Radio 5 Live) : "Chris Tomlinson raises his hands in the air to get the cloud crapping."

Kevin Gallagher (Radio 5 Live) : "He'll put bums on seats and there's obviously a lot more bums to be filled."

Sir Chris Hoy : "I never dreamed I would be the flagbearer. So yeah, it's a dream come true."

Andy Jameson : That performance has left us speechless. Let's talk about it."

Nick Dempsey (Radio 5 Live) : "It's not often you get a once-in-lifetime opportunity."

Jazz FM newsreader : "...and today, at the Olympics, we have the men's cockless fours."

Garth Crooks : "Mistakes will be made tonight, make no mistake."

Jeremy Vine (Radio 2) : "Have you, like in this case, been in hospital, denied a drink of water and consequently died, let us know."

ILFORD AC ANNUAL DINNER & DANCE

It's on Friday 19th October at the Chigwell Metropolitan Police Sports & Social Club. The Club appear to have heeded Bill Sutherland who asked why they don't stage an Olympic get together as it's "Olympic themed." Among official guests are Roger Mills (1980) and Neringa Aidietyte (2012). Walkers from other Clubs are welcome to join Ilford's members for a night out...cost of £34 includes entertainment. This venue has a large on-site free car park/nearest underground station is Chigwell (Central Line). Book via Tony Perkins on 01376-321392 or email CPer188186@btinternet.com

FIXTURES by ED SHILLABEER

For more years than I can remember National champs have been scheduled the same day/w/e as ever popular traditional races instead of the week before or after or incorporated in such. In my earlier years as a walker the Nationals were the same w/e year after year. I book the Church a year ahead for example so but I have entered the 50k. Pity there are too few active walkers to have 10k same w/e as 50k like other countries. Ed. Sent from my iPhone

ESSEX FLAG FLIES IN GUERNSEY

We thank Sarnia for again keeping that great tradition of their Island's "Church-to-Church" classic going...indeed it was first staged in the Olympic year of 1936. Held over 19.4 miles it starts in the capital of St.Peter Port and is so called as competitors pass every Parish Church on Guernsey. September's race winner Michael George (Manx Harriers) clocked 2.51.02 being the only sub-3 hours finisher. Leading lady, in 10th overall, was Fiona Bishop of Woking AC who recorded 3.39.51. 2nd was mainlander Jim Ball (Steyning) in 3.07.28. 4th placed Pete Ryan and 6th Ed Shillabeer are both former winners and regular visitors to Guernsey. Timings were 3.14.20 and 3.19.25 respectively. Energetic RWA Southern Area President and Loughton 2nd claimer Sean Pender was 9th in 3.36.33 while frequent supporter of Essex events Dave Hoben was 14th in 4.06.41. It's a great event with a short distance Friday night dash staged as a "curtain raiser" so giving early arrivals an extra race. There's an enjoyable post-race function and the event is supported by a number of sponsors. Enthusiastic Mick Barnbrook "banged the drum" for many years on behalf of this event as "Minister for Mainland Development". A pity this great event always clashes with mainland events, including Nationals, as was again the case in 2012. Perhaps one year the Church-to-Church might get a weekend to itself? But there again one day pigs might fly, their are fairies at the bottom of my garden and the sun rises every morning when I get up! DA

WHERE ARE THEY NOW?

A Daily Mail ad seeks whereabouts of Woodford Green's GEOFF ELLIOTT: British Empire & Commonwealth Games gold medallist pole vaulter in 1954 & 1958 at Vancouver and Cardiff respectively, who achieved Olympian status when selected for the pole vault & decathlon at Helsinki(1952). Geoff taught at Nightingale School in Wanstead and married PAM SEABOURNE, also a 1954 Commonwealth Games representative. Seeking him is GINA COOPER from Felixstowe whose father, JOHNNY DOWNES, was a Woodford Green member and a referee with the Amateur Athletics Association. The reason is as Gina still has Geoff's gold award from the 1960 Inter-Counties Athletics Championship, which was collected on his behalf but never passed on. Essex Walker's readers enjoy a reputation for unearthing past names, so here's another. Send details to : monica.porter@daily mail.co.uk who'll pass them to Gina.



WTW FINAL CURTAIN

The 2012 Series of Open Graded Meetings at Ashtons ended on Sept 11th with a 3,000M walking race closing proceedings. A surge of interest at August's meeting, straight after the Olympics, was much reduced and walking commenced on time...though England v Ukraine live on TV probably dented track attendance figures, including among walkers. Former TV Crypton Factor contestant STEVE ALLEN(Bar) easily won, with ABDI BERLEEN(If) & JOHN TAYLOR(Ltn) completing the frame. Abdi's settled well into race walking since switching codes last year and John's now making a name for himself in race walking. Dave Ainsworth retained the GEORGE WOODS TROPHY (1st Essex resident Centurion) for a 3rd time in 4 years...though on all 3 occasions was the only one eligible as others stayed away. Indeed 3 years ago, only he and now-retired Dave Sharpe competed. Once well supported, it's now recommended this trophy be withdrawn as it's no longer a fitting contest to commemorate memories of a true Essex stalwart.

Co-Organiser PAULINE WILSON presented Series Awards in Woodford's Clubhouse: 1.Steve Allen(Bar) 84 points, Joint 2nd Abdi Berleen(If) & Sean Pender(Enf) 80pts. Ladies : 1.Francoise Fernandez(Ltn) 72 pts, 2. Pamela Abbott(Enf) 43 pts & 3.Neringa Aidityte(If)30 pts. Teams : Title regained by Ifford on 325 points from hosts Loughton 262 and 2011 Champions Enfield & Harringey 145. 11 teams competed with Essex further represented in 6th spot by Ifford 'B' 47pts, Southend joint 8th (with Radlett) on 28 pts & Loughton 'B' 11th with 20 pts. Victorious Steve Allen modestly accepted that his Series win had been assisted as others were unavailable on the final evening. Thanks to officials & helpers for keeping this Series going and to attenders...some having travelled long distances!

WOODFORD TUESDAY WALKS

Ladies & Gentlemen,

Total number of participants was the same as in 2011, but included four newcomers to the sport, to who we give our greetings. Many thanks for your support during the year. We must also express our gratitude to Woodford Green A.C. with Essex Ladies, who accommodate us within their Open Graded Meetings and to the judges who have turned out to see fair play. We hope to see you all next year.

With best wishes. Peter Cassidy

3 MINUTES WARNING

Charles Van Commenee said he was "guttled" to leave his UK Athletics Head Coach role, but that it took just 3 minutes to make his decision as he couldn't seriously contemplate continuing in the role after missing his own target. He blamed himself for not putting more pressure and coaches and athletes, "I think I compromised too much. I am the soft factor here. I am the mellow one. I compromised too much and for that reason we could have done better. Traditionally, there was no pressure on coaches in this Country, I put some on, but I think we lost some medals because of coaching.

EMAILS GEOFF HUNWICKS

Dear Doctor Dave or Dave will fix it!

Congrats on the award and surely whoever came up with this initiative is pulling your leg!

Why no race walks in the paralympics?

Regards

Geoff

THANKS YET AGAIN

To Eileen (typing/layout/email distribution) & Tony (subscribers printing/distribution) for a 3rd successive bumper 10 pages edition. We're promised "Record" will soon re-appear, so we'll revert to our usual format.