

# Essex Walker

Editor: Dave Ainsworth

## NO CONTROVERSY

It's not often Essex Walker doesn't publish views, however much they're agreed with/disagreed with. But we're not a magazine ... we're a Bulletin/Fanzine, so we've only a few pages. We're engulfed with comment about this year's RWA National 50K, indeed more wrote than actually made the result sheet! I've published our Champion's comments, but as for the rest, to favour one person's email/letter over another would be unfair, so I've advised all writers to resubmit their views to those who can take note of them, and act! That's the RWA Honorary Championships and the RWA Honorary General Secretary. "Essex Walker" doesn't have the space. In 2011 excellent traffic-free facilities were provided at Northampton Racecourse but few turned out, so it looked certain this long-established Championship would hit the buffers. Remember only 3 years earlier it was postponed owing to a lack of entrants. Various race walkers lobbied hard for another attempt as keeping this event going ... and we've seen the outcome! For an Olympic event, in Olympic year and in the Olympic host Country ... well look at the result sheet for yourself. Whatever you think of their efforts, our hard-working Officers deserve credit for listening to a clamour for giving the National 50K another try, and acting on these demands ... then look at how they've been rewarded. It was stated 15 entries would see a "green light" and then they bent over backwards to proceed with just 10.

The 12 noon race did grind to a halt when competitors went astray. One official tried to hatch a quick fix solution, but it was ruled the race be abandoned and re-started at 1 pm. Because of unknown railway maintenance work/replacement bus service, an entrant missed the start but was in time for the 2nd race. Referee was Carl Lawton who showed a proverbial Wisdom-of-Solomon in allowing this latecomer to commence. We're in the business of including folk ... not turning them away! And it hardly her fault an unexpected "opportunity" came her way to get a start owing to earlier error. Stentorian whingers moaned they'd walked 3 miles or so, and this newcomer would start fresh. What did they want - to stand around while the new arrival walked 3 miles to be on a par? The lady concerned was given 20 minutes penalty ... but as she was more than 20 minutes ahead of the other 2 in the ladies race, it didn't need enforcing. Indeed the latecomer was the only one bettering a 6 hours 15 minutes limit. It's not controversial as in any sport a referee's decision should be final, binding and without appeal. So all should have accepted the ruling and got on with it. What must our foreign visitors thought of such arguing in the street? What must our noted "Mister Starter" Sir Bob Russell MP have thought (though behaviour in his workplace is much worse)? It happened, was dealt with and we go again. End of story - the Referee's decision is final!

As for the Championship, jointly held with the 100 Miles, both events had (between them) just one solitary timekeeper for the whole period, a shortage of recorders, feeders and marshals. Can we really put on such major events if folk won't volunteer/assist to keep them going? Such races in past decades have always attracted supporters ... for instance just look as those who turned up in droves last year for Linfield Park's Centenary 100 Miles, and at Colchester just 2 years earlier. Where was everybody at Colchester weekend, as this epic meeting certainly lacked the atmosphere of so many past gatherings? Dr.Beeching famously said, "Use it or lose it".

DA

### ALL CHANGE at ESSEX WALKER

Mrs Eileen Allen has stepped down from her voluntary role in typing/laying out and email distribution of Essex Walker. Many thanks are due to Eileen whose long service has spanned over 200 editions, and was always so professional. Her Essex Walker Email Service assisted immensely in getting "hot-off-the-press" and accurate information to recipients.

We are grateful that Christine Perkins has agreed to assist in the production of the Essex Walker, at least in the short-term. Christine will be known to many readers as we see her from time-to-time at our events and functions, and in 2009, when Eileen suffered a bad fall, it was Christine who stepped in at short notice to produce a couple of editions in order to maintain continuity. If any other volunteers wish to come forward to take on this role, please contact the Hon Ed.

**DISTRIBUTION CHANGE:** Eileen used to maintain three separate distribution lists: 1. Essex Walker Only, 2. Essex Walker + Other Newsletters and 3. Essex Walker + All News items. This took some doing, and we're no longer able to offer this breakdown ... so there'll be one list for everything. If this isn't acceptable to you, please let us know now. Our new email address for your responses re distribution is [EssexWalker@btinternet.com](mailto:EssexWalker@btinternet.com). For Editorial matters and contributions, the Editor continues to receive mail at: [dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)

## ANNUAL CHARITY APPEAL



For a seventh successive year we're having an Essex Walker Christmas Card Appeal in support of The Gambian Home for Children with Learning Difficulties, based at Hart House in the Gambia and run by former Essex Champion walker, Geoff Hunwicks, with his wife Rohey. We ask walkers to consider donating sums to the cause, roughly in line with what they'd possibly spend on sending Christmas cards to others within our walking fraternity

We'll publish a list of appeal supporters so others will know why they never received Christmas cards from you! We're asking for donations ... although one was received before we've even launched this year's appeal! Tony Perkins has again kindly agreed to co-ordinate our Appeal. Please see Tony at the meetings or mail him at: Dean's Farmhouse, Tye Green, CRESSING, Essex CM77 8HU. Please make cheques payable to A F Perkins – Tony has an accredited Charity Account, which if used, enables more value to be added to the final sum collected. We've had six previously well-supported Christmas Appeals for this cause, so let's try to extend that sequence.

### VERY HAPPY EVENT

Oliver George KING was born in October, at Colchester. We send our best wishes to father Dominic, mother Jenny and sister Mia.



"Oliver for 50 kilos ... hope he walks faster than his dad, grandad and uncle."

*Thanks to George Nibre for news and humour!*

## RWA SOUTHERN AREA AGM

To be held **Monday 12th November** commencing **7.15 pm** 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 and 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 one 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!

## FIXTURES

3 Nov	SWC Addington Vase 7 Miles	Monks Hill	2.30 pm
10 Nov	86th Enfield Open 7 Miles	Lee Valley	1.00 pm
12 Nov	RWA Southern Area AGM	CS Club Gt Scotland Yard	7.15 pm
1 Dec	Cambridge H Winter League 5K	Bexley	2.00 pm
8 Dec	SWC Christmas Cup 5K	Monks Hill	2.30 pm
9 Dec	RWA AGM	Alexander Stadium	1.00 pm
15 Dec	Alf Palmer 5K and YAG	Broadbridge Heath	11.00 am
26 Dec	Enfield Boxing Day 5K	Lee Valley	10.45 am
	Brighton Boxing Day Races	Preston Park	10.30 am
5 Jan	Surrey Walking Club 10K	Monks Hill	2.00 pm
19 Jan	Enf Lge 5 Miles and Presentation	Donkey Lane	1.00 pm
3 Feb	London Walks Meeting	Victoria Park	1.00 pm
9 Feb	Cambridge H Winter League 5K	Bexley	2.00 pm
10 Feb	Essex County and Eastern 1 Mile	Lee Valley (Indoor)	TBC
23 Feb	Enfield League 10K	Donkey Lane	1.00 pm

## NEWS FROM LAURIE KELLY

Regretfully for a 2nd successive year, the combined London Business Houses/City Charities Meeting is forfeited - owing to the inability of hiring a suitable track on a convenient date. So let's look forward to 2013, when we hope it'll return with a bumper turnout from walkers. Secondly the annual London Business Houses 7 Miles Championship is to be staged in conjunction with the 86th Annual Enfield Open 7 Miles at Lee Valley on Sat 10th November (1pm). Full support requested!



Dear Dave ...

**FROM ILFORD's STEVE KING**

We had a terrific time in Wales as it was the exact opposite of last year - we had great weather and it made for some really enjoyable sightseeing as well as racing up and around Snowdon. We got to spend a day at Brands Hatch watching the Paralympic cycling too and celebrating my Dad's 90th, so all in all a very worthwhile trip but unfortunately no time to put in a visit or even a walk. Very sad news about Maureen Ruddock. I have attached a recent video we made about the 30th version of Ironman Canada held where I live in Penticton.

<http://www.youtube.com/watch?v=y6JoVpjKd8I>

Take care and keep up the first class work you are doing for the sport. TRI to keep Fit **Steve**

**THE LATE HAROLD WHITLOCK LIVES ON!**

Kath and I recently attended an Antiques Fair at Alexandra Palace and passed by a table showing Memorabilia on the 1936 Berlin Olympics and there staring us in the face was the Late Great Harold Whitlock at the finish taking the Gold. We had a long chat with the German couple who told us that they thought putting a photograph of a Great Britain Gold Medallist would attract UK buyers after the wonderful success of the London Olympics. So right they were and we now have a much cherished bound copy of that marvellous achievement. We will of course bring it along to show others interested in the future.

**Bill and Kath Sutherland**

**THE WHITLOCK FAMILY RESPONDS**

I was interested to hear Bill Sutherland has picked up a bound photograph of my father winning the 50k in Berlin at an Antiques Fair at Alexandra Palace, and I am intrigued to know what it looks like, perhaps Bill Sutherland can send me a photocopy via an e-mail? I also wondered how the German couple acquired the photograph. I think my father would be honoured to know there are people like Bill around that still hold him in such high regard, as you probably know he was a modest man. **Terry**

**WALKIES**

Delighted to see that our inaugural race for the fleet-footed (as opposed to the flat-footed) has made page one of your esteemed publication - an honour indeed! Just a teensy-weensy update - young Cattano has now rejoined the Southend ranks (after I'd sent you the results by the way). Once again - many thanks for all your support. **June Cork**

**EMAILS OUR MAN ON THE COAST**

Thanks for the latest Essex Walker. I was interested to see mention of the Hastings to Brighton. I don't know what year Peter Marlow did the race but currently Hastings Museum has a sports exhibition which includes a large photo of the 1968 race, featuring among others a very youthful looking Chris Flint. Incidentally, you do Hastings a disservice in describing it as a "once top-class South Coast resort". The regenerated resort is well worth another visit!

**Peter Crane**

**AS BILL SUTHERLAND SEES IT**

Hope you are recovering from the 100 mls/50 kms walk. Seems to have been full of incidents! Did you know Andrew BIGNOLD has been made a Life Member of the Metropolitan Police Athletic Association. A richly deserved award as he has done so much in proposing so many walkers for the high honour and has become a stalwart supporter of Race Walking through LDWA and the Met. Police Annual Dinner and Reunion.

**Bill and Kath**

**RWA 50k**

Could I use a few column inches of your august publication to thank the many wonderful members of the walking community for the support and encouragement that they gave me both during and after the race at Colchester on Saturday? There were some particularly special people there and I do hope that they realise who they are. We now have such a slow and old winner of what should be a flagship event of our sport? It should certainly provoke plenty of thought, debate and positive action. In the short-term it should mean that there are currently 20 plus UK walkers sitting out there and cursing the fact they hadn't done the necessary training this year and entered and resolving to put that right next year (or so one hopes!).

I am indeed already keenly anticipating the 2013 race - wherever and whenever it takes place. The earlier the better. It seems to me at my age that it will be far more plausible to be referred to as "a former RWA 50k champion" than as the current one!

**Steve Allen (Barnet)**

**RIPOSTE**

I did eventually manage to read September's Essex Walker. Tell Mr Smarty pants to try and look at all the steps on a spiral-staircase ... LOL. The question now is: will the doctor get any flack? All the best.

**Barry Ingarfield (Professor)**



# Dear Dave ...

## UPDATE from DON COX

Thank you for showing photos of DON THOMPSON'S medals, sold to a walker up north. I see that Don Thompson is credited in Wikipedia with being the oldest athlete to be selected to race for GB internationally. How do I stand in that ranking, can anyone help? I was 58 years and 112 days old when I raced in the GB team at BAR-LE-DUC, France, on 24 April 2005. I was first Brit home in 182 km. Sorry I did not make it to Colchester to help, had a puppy problem.

*Don Cox*

## ROUBAIX by CHRIS FLINT

I'm sure your sources have given you the details of the 28 hours at Roubaix. The Manxmen came, saw and conquered! Exceptional performances from all, with Vinny Lynch taking 2<sup>nd</sup> place (and not far off winning it) and Richard coming third. It was a most commendable effort and at the presentations the Gallic audience were left dazed by the supremacy of these walkers. Again, a great Team GB result. In the relay the two GB teams came 7<sup>th</sup> and 8<sup>th</sup> respectively and both did well, especially the Lightning Ladies who exceed the number of laps over the previous year. It's harder work than I imagined!

*Chris*

## BOB DOBSON SPEAKS FOR US ALL

Let's all say "Congratulations" and "well done" to our new Essex 50K Champion - Alan O'Rawe. You are never too old to become a champion.

*Bob Dobson*

## BILL SUTHERLAND CONTINUES THE DEBATE

Whilst I totally agree with Barry Ingarfield's attitude I feel we have 2 major issues which need confronting if UK Race Walking is to succeed at the top level again. Firstly we need one rule for Race Walking in the UK not an 'A' and 'B' Ruling. Different judges' rules for different races is a complete and utter nonsense and I feel is a major reason why athletes are not willing to participate. Contact and style is what is most important. Allied with this judging by the human eye in International races has long reached its sell-by date. We need to know that the top athletes winning Major Medals are RACE WALKING not as we have recently witnessed in the London Olympic Games. Secondly to achieve Barry's aims we need a much larger base of younger athletes to work with which we presently have not yet achieved. How we achieve this should be a major topic of discussion by the RWA.

*Bill*

## NERINGA SHOULD BE VOTED BEST STYLIST IN THE OLYMPIC WOMEN'S 20K WALK

Looking in detail at the Olympic Photographs taken by Mark Easton there is no doubt in our minds that Neringa was the 'Jewel in the Crown' in the Women's Olympic 20 kms Walk stylewise. She is an excellent example of what we believe is REAL RACE WALKING. Well done to her!

*Kath and Bill Sutherland*

## ED SHILLABEER LOOKS AHEAD

Having staged an Olympic 50k this year it would be an embarrassing legacy not to have a National 50k in 2013. All our wonderful officials who put on these Colchester races will hopefully recharge their batteries over winter. I hope to do just that! One date in my diary is Sunday 24th March, Tilburg, 50, 30, 20, 10 and junior 5 kilometre races. On a nice course. Surely we can match this?

*Ed*

## THE GUMS

Further to items about the Gum family. When I joined the Beagles in 1953 they were a bit of a walking dynasty. There was Cyril Gum, Stan Gum, and I can vaguely remember their father Dan Gum who retired about the same time as I joined the club. I think one of either Cyril's or Stan's sons started walking but I can't remember his name. Hope this is of interest.

*Mike Desmond*

[desmo1978roy@aol.com](mailto:desmo1978roy@aol.com)

**Adds Hon Ed:** D Gum became Centurion No 90 when winning June 1933's London-to-Brighton-and-Back (then 104 Miles) in June 1933 clocking 18.53.07. 17 started/10 finished, of whom 9 completed this distance for a first time, the only "old hand" being A F Spicer (Hampstead Harriers) who'd qualified in 1929 on the same course. Considering the winner's time was taken at 104 miles, it was an exceptional performance. Of 9 new Centurions, 8 reached 104 miles in Under 24 hours with only A N Holland (also Essex Beagles) arriving outside that period in 24.37.45. But Mr Holland passed 100 Miles in 23.36.30 to become Centurion No 98. In later years highways network changes saw the epic London-to-Brighton race extended to 106 miles.

## MORE PRAISE FOR EVER-IMPROVING JOHN TAYLOR

John looks the man for the UK Police team for the Ryan Cup next year! It was good the Met secured 1st place in the Police Championship by 1 point from West Midlands! They beat us by the same margin last year.

*Chris Flint*



## Dear Dave ...

### VIEWS OF BILL SUTHERLAND BEM

I and others still active within British Walking do feel that the rules of judging are years out of date and totally ineffective in disqualifying many who are just straight leg running. Also we feel that they are far too lenient for judging International Athletes of that high standard. There is also the issue of 'Drugs' in Sport and sadly in the last decade Race Walking has one of the worst records in Major Games. Perhaps that accounts for why they are going faster at the finish than they were at the start! I have long thought something could and should be done about it but unfortunately within British Race Walking at the top there are many who just cast a blind eye and choose to disregard the major damage it is causing to our athletics discipline. We live in an age where many other sports have sought technology to provide a fair playing field for all athletes. I too felt great sympathy for our GB Walker Dominic King, a true genuine walker, as I seem at times to forge a lonely but determined path to put things right. On the bright side I am sure you enjoyed as many did the wonderful commentary by Dave Ainsworth, who is a real 'Jewel in the Crown' for British Race Walking. In conclusion you will be surprised to hear that the RWA National 50 Kms Walk at Colchester was won on a time of 5 hrs 35 mins with a brave effort by Arthur Thomson aged 76 years in second place in 5 hrs 42 mins. Bring back the late great Harold Whitlock!

**Bill Sutherland**

**Adds Hon Ed:** *Our top officials can't win can they? If Olympic walks had seen umpteen competitors standing at the side of the road unpinning their numbers after disqualification, the clamour for Olympic exclusion would have been deafening. And we want to be included don't we?*

### 100 MILES - BILL SUTHERLAND REMEMBERS

Just think of the distance every time you drive 100 miles and you will realise what an unbelievable feat it is! I well remember when I did it just in 1992 thinking back to when Chris FLINT and I walked 15 Miles from Ashford to Hythe and what a long way it was for a 17 year old! To think the Centurion Race is six times the distance plus an extra 10 miles to boot! I think you will agree the best time to do it when you are reasonably fit otherwise it is a real struggle with very small margins to conquer. **Bill**

**Adds Hon Ed:** Those 2 men who walked from Ashford-to-Hythe both went on to serve as Honorary Secretary of The Centurions!

### 100 MILES - A TOP OFFICIAL'S VIEWS

I thought that the event really went off pretty well except, perhaps, for the first twenty minutes! The restart was nicely timed, as the rain seems to have started at 23:59:00. It's as well that I'm not an enthusiastic gambler, as I'd have lost a considerable packet on Dominic and on Daniel, come to that. Actually, I'm still not happy about the course, and I know that Jack Thomas agrees with me on this; except for the headquarters, the pond area, the bit by the road works approaching the finish and a couple of other points, judging during the hours of darkness is quite impossible. It might be thought that our presence would act as a brake on any malfeasance, but I don't suppose that the walkers could see us any better than we could see them. Apart from that, the facilities were good, particularly Lance's catering department!

A car key was found in the Park by a passer-by and handed to Chris Hobbs, who passed it to me; I touted it round the tented area but so-one wanted it. In case someone does discover such a loss retrospectively, please note that I gave it to Bridget King, with a request to pass it to Steve, just to save myself a detour to the local nick. It was for a Peugeot and was on a red tape inscribed "Power to Us".

**Peter**

[Peter.Cassidy@btinternet.com](mailto:Peter.Cassidy@btinternet.com)

### COLCHESTER 50K/100 MILES

Congrats to Arthur Thomson who took my record as oldest individual National medallist (I had bronze at Earls Colne) by sticking it out. Congrats to D Kings, twin Centurions with a winning debut very close to my Arthur Eddlestone Memorial 100 miles (at Hendon) win in the eighties (1989 when I was 59). Great effort both of you. Congrats to all officials who also stuck it out in an atmosphere thankfully very rare in our event, critics need to look at themselves. "Keep calm and carry on". Whatever happened to the British stiff upper lip in some cases? After my initial frustration I have to admit my preparation was inadequate to get a performance, most of the reasons were beyond my control but I just was not race fit enough and I apologise to my Ilford team mates and Club for such a poor show. Please God there is an opportunity to put that right next year. I think the 30k/50k idea is good, or have an early season championship in Tilburg (March 24). Central European nations have often combined their Nationals at one venue.

**Edbanger (Ed Shillabeer)**

## **NO DEAL**

The Coalition Government has been pushing hard for UK Sport and Sport England to merge, so uniting the bodies for both elite and grassroots funding. But thanks to Britain's superb London 2012 performance, it looks like a full-scale merger is now OFF - the reason being, "If it ain't broke, don't fix it".

## **A PLACE FOR GROWTH?**

BBC Newsnight recently debated why Britain's Olympic medallists were 5 times more likely to achieve their status if privately educated than if they'd attended state schools. More than one-third of our medal-winners had a fee-paying education, yet Independent Schools only educate 1-in-15 pupils. Among privately educated medallists were Sir Chris Hoy, Ben Ainslie and Alastair Brownlee. Chairman of Education Campaign Group, The Sutton Trust, philanthropist Sir Peter Lampl, blamed the fact that sport is "not a priority" in state schools. Perhaps we should spread race walking's benefits in the Private Education sector?

## **GUATAMALAN OLYMPIC RACE WALKER KNIGHTED**

According to a press release from the Guatemalan NOC, the first Guatemalan Olympic medallist, race walker Erick Bernabé Barrondo García, received the Sovereign Order of the National Congress (rank of Knight), from the President of the Congress of the Republic of Guatemala, Gudy Rivera. Barrondo García won the silver medal in the 20km race walk in London. This ceremony was held in the presence of all the deputies of the Congress and part of the Guatemalan Olympic delegation from the London Games.

<http://www.cog.org.gt/>



## **ESSEX BOOT BOYS RULE OK!**

What a great day for Essex as all 3 new UK male Centurions (Dominic King, Daniel King and Steve Allen) are Essex athletes, with the King twins qualifying in their home town and in the colours of their local Club. Dominic becomes our sixth Centurion member of The Centurions, joining Rex Whitlock, Frank O'Reilly, Don Thompson, Brian Adams and Ian Richards. Dominic (2012) and Rex (1952) qualified in their Olympic year! As for Daniel he showed true grit when digging deep into his reserves to grind out those last 3 circuits when it was clearly a demanding task ... but a task he completed. Racing an extra pre-event 3 miles clearly added to his workload, and without them, reaching the finish line would have been a bit more comfortable. And what more can be said about Southend-on-sea resident, Martin Fisher, who completed his 24th UK 100 miles race in under 24 hours. Martin qualified elsewhere in Colchester (Garrison Track) in 1985 at the British Telecom 24 Hours. Olly Browne showed how consistent he is by finishing a seventh time ... like Martin, Olly's ever-growing list of completions include a mixture of both track and road. And after 5 spirited and worthy attempts, but unsuccessful, Steve Allen got it right to become Centurion 1102. Steve had upped training by some amount and was confident throughout when showing more determination than d'Artagnan on a staircase. Dad Alex "rang the bell" for Steve's last lap, and that was photographed for family album, so giving Steve a big boost as he charged, yes charged, into his final circuit. And a big cheer for the Southend and Canvey Island Support Crews. They're so enthusiastic and are very much part of our 24 hours scene. Although well down on previous occasions, we thank those readers who attended to give support ... and especially those helping in any way to put this major event on.

## **TABLE MANNERS**

Iford's PHIL GOODWIN was in that abandoned race but didn't contest the re-staged one. He was rightly upset as, having put all his personal drinks/feeding items on a blue table by the main Feeding Station, found somebody had stolen this table and left all his items strewn on the grass, including car keys. Phil gathered what he could and went home. There's no need for that sort of behaviour at our events ... perhaps it was local hobbledehoys? The blue table re-appeared at the end of the meeting, when it was found and collected by diligent Pam Ficken. So at least this item of lost property can be reunited with his owner. This incident is shameful.

## **BE TOLD**

A sign of the times, and perhaps with September's Colchester meeting in mind, those assembled for October's Gazette Cup at Monks Hill were told, as the final words of the Chief Judge's pre-race speech, that competitors using foul and abusive language would immediately be shown a red disc ... and the relevant clause of the Laws quoted in support of such threatened action. Thankfully a most enjoyable afternoon's sport ensued with all going home content.

## "I WAS THERE"

Among participants for SWC's Gazette Cup was PETER CRANE, who'd lined up for his 1st Gazette Cup race 50 years ago! No he hasn't done them all, but has completed most. Peter was an enthusiastic and active Ilford AC 2nd claim member for over a decade-and-a-half when residing in Chadwell Heath and teaching locally at Caterham School. In days gone by Peter had been a good cross country runner before entering his first walking race - a novices event - when 17 years old. He won his debut race and has been a great and loyal servant to race walking ever since ... witness his wonderful span in the Gazette Cup!

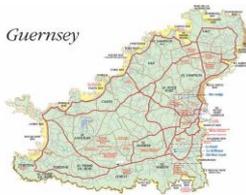
## DEMOLITION TIME

The run-down MONKS HILL SPORTS CENTRE in South Croydon clearly needs money spending on it. It's going for better than that, for it's due for demolition with a newly built centre rising in its place. Our current season of SWC races is safe, and they've proved ever popular in past years ... and as we saw with 29 contesting October's Gazette Cup 4 Miles. The Series after this needs staging elsewhere and early indication is that 2 races may switch to Tonbridge. So there'll be a nice journey into Kent's countryside for most to look forward to. This year's Gazette Cup saw Mark Easton put down his camera to easily win in 31.31 with Trevor Jones and David Crane next home in 34.28 & 34.38 respectively. Maureen Noel was first lady in 40.19. We welcomed some new ladies and 1 new veteran male walker by name of Dan Maskell.

## AVERT YOUR EYES

Monks Hill Sports Centre lacks much, including clearly marked gender signs on changing room doors. At the Gazette Cup a lady walked into a changing room occupied by men to immediately see DAVE DELANEY stood only in his underpants. She made a remark of exclamation and bolted back into the corridor. Bemused Dave still doesn't know if that shout of exclamation was in shock, amazement, wonder or embarrassment?

## FREE (Yes Free) 2013 TRIP TO GUERNSEY



Essex Walker's readers are always prominent in Sarnia's annual Church-to-Church classic walk each September, both individually and in the team stakes. You can get there buckshee in 2013 (dates of your choice) as Specsavers have a free competition - you don't have to be a customer - and being free, you lose nothing if not a winner. The prize includes 4 nights hotel accommodation for 2 with flights from Gatwick, Stansted, Bristol, East Midlands, Manchester or Southampton. Somebody has to win! Just log on and answer a simple question: [www.aurignycompetitions.com/specsavers](http://www.aurignycompetitions.com/specsavers)

## TALLY HO!

Ilford walkers dominated both Civil Service and Police 10kms walking championships, which were held together, along with a match race between the two, over an undulating 6 ½ lap course around Birmingham's Cannon Hill Park in good conditions (Sep 19th). Steve Uttley dominated the race from the start leading from the gun. A small group accompanied him for the first half lap, but no-one wished to follow the initial pace, so Steve decided to press on and build an advantage, which eventually stretched to over 4 minutes in front of his nearest Civil Service rival, John Hall (56.59). He crossed the finish line in time of 52 minutes 50 to retain a title he won in 2011, with former Essex League Champion/Ilford 2nd Claimer John Llewellyn 3rd in 57-33 & Bob Dobson 9th in 65-11. Meanwhile, Peter Ryan led the Police Championship to cross the line in 55-08, over 4 minutes clear of his nearest rival, Amos Seddon (59.55). Former Ilford walker Gary Smith placed 4th in that event in 61-55.

*Report by Steve Uttley*

**Adds Hon Ed:** The British Police Championship saw Amos and Gary in a winning Metropolitan Police team, with Chris Flint (63.37) also a member. Essex Police were third team, as winner Peter was well backed up by Clive Hansen (67.19) and Steve King (70.15). A fourth Essex Police walker Chris Holmes clocked 77.26 ... and we'd love to see Clive and Chris at our walking meetings! Loughton 2nd Claimer Sean Pender was in the field with 62.58 to his credit. A ladies 5K saw Geraldine Legon (Post Office) 6th in 34.05 - top 2 were Lyn Bradley (29.32) and Maureen Noel (31.09).

## ON ROUTE

Pete Ryan and Denis Sheppard have tackled the Mid-Wales Glyndwr's Way National Trail. Opened in 2000 and named after Welsh Prince and hero Owain Glyndwr; it's an extended loop through Powys, starting/finishing in Knighton, and taking in Welshpool. Both enjoyed their walk so much they'll return to this delightful location soon.

## "OH YES HE IS"

We seldom see Enfield/Met Police stalwart CHRIS FOSTER nowadays, although he gets to the Met's Annual Walking Club Reunion each March. Chris is a former Metropolitan Police Sports Champion (he was once 50% of the winning Darts doubles pair). Chris is again in Pantoland for he's Snow White's Huntsman in the legendary Pantomime. It's being staged at that Mecca of light entertainment - the Intimate Theatre in Palmers Green - from 7th/15th December. Evening performances are at 7.30 pm with the curtain-up at 2.30 pm for matinees. Chris is a matinee idol! The Theatre isn't far from Southgate Underground Station - buses W6, W9 & 329 pass the door, at 521 Green Lanes, London. N13 4HD. Walkers have attended his shows in past years to "boo and hiss" and can book directly on 07972-404187. Full details are at:

[www.thelondonpantomimers.org.uk](http://www.thelondonpantomimers.org.uk)

## RWA NATIONAL 50K COLCHESTER Saturday 22 September

Here's the result (supplied by John Constantinou), and sad reading it makes for a respected Olympic event in Olympic year in our Olympic host country.

### Note:

Positions were finalised at a 6.15 closing time, so 4th and 5th are interposed.

Only team (reduced to 2 scoring):

### Enfield & Harringey AC

Essex Championship in conjunction:

Congratulations to our best Essex qualified competitor **ALAN O'RAWE**, who yet again belied his age to give yet another good account of himself.

### Women

1	Maureen Noel	Bel	6.01.12
2	Angie Alstrachen	Enf	6.22.17
3	Karen Davies	Bir H	6.43.25

### Men

1	Steve Allen	Bar	5.35.01
2	Arthur Thomson	Enf	5.42.47
3	Colin Vesty	Leic	6.03.24
4	Sean Pender	Enf/Ltn	6.25.46
5	Alan O'Rawe	Ilf	6.24.25
6	John Constantinou	Bir H	6.48.06

## COLCHESTER 100 MILES - 22nd/23rd SEPTEMBER in LOWER CASTLE PARK

Selected finishers and Essex qualified performances (19 finishers, 2 classified, 11 did not finish and 1 disqualification)

1	Dominic King	Colchester H.	18.13.11	
2	Guido Vermeir	RWV Rotterdam	20.20.24	
3	Sandra Brown	Surrey WC	20.45.03	1st lady
4	Daniel King	Colchester H.	20.51.59	
6	Susan Beardsmore	Abingdon Amblers	21.15.43	2nd lady
7	Richard Brown	Surrey WC	21.23.10	
9	Caroline Mestdagh	SA de LAT Amsterdam	21.37.44	3rd lady
11	Steve Allen	Ilford AC	22.08.57	
12	Karen Ann Lawrence	Unattached/IOM	22.23.40	
16	Martin Fisher	Redcar RWC	23.22.00	
17	Olly Browne	Ilford AC	23.28.29	

### Other recorded performances:

Sue Clements (Enfield & Harringey) 55.5 miles in 12.13.41  
John Borgars (Loughton) 40 miles (time appears not to be published)  
Paul King (Belgrave Harriers) 39.3 Miles in 9.20  
Phil Goodwin (Ilford AC) - see separate news item

### UK Championship:

1st Dom King  
2nd Dan King  
3rd Richard Brown

### UK Ladies Championship:

1st Sandra Brown  
2nd Susan Beardsmore  
3rd Karen Ann Lawrence

**1st New Centurion** (145 Trophy): Dominic King

**Youngest finisher** (Bill King Trophy): Dan King

**Over 65 years** (Eddie McNeir Trophy): Richard Brown