

# Essex Walker

Editor: Dave Ainsworth



## NO GO

The Commonwealth Games Organising Committee have upheld their decision not to stage walking races in their 2014 programme. This decision is final, binding and without appeal. Over 300 walkers took the time and trouble to write/email objections - many of whom were Essex Walkers readers, who are all profoundly thanked for their efforts.

## DYNAMIC DUO

We all owe Commonwealth Games medallists BILL SUTHERLAND BEM (1970) and OLLY FLYNN (1978) our profound thanks, as they've decided to battle-on with their campaigning to see race walking appear on the 2014 Glasgow programme. They've not accepted the Organisers "final" decision. Both were determined in past years and still have what it takes when a situation calls for action!

## GLASGOW 2014 - BILL SUTHERLAND WON'T TAKE IT LYING DOWN!

I think it would be an idea to launch my campaign and objections to their farcical decision through the Scottish Newspapers, contact details of which I have. They are denying a whole generation of race walkers from competing in an important Major Championship in the Commonwealth. As we know it is very likely to be put back in at Surfers Paradise, Brisbane, Australia in 2018, but what effect will this unnecessary decision have upon their entry in the Race Walks then from other Commonwealth countries? Much food for thought. Our forefathers in the RWA led by Timber WOODCOCK must have faced considerable opposition to the walk when first introduced in 1966 but found a way to have it included. Our FIGHT FOR THE FUTURE starts now!

**Bill Sutherland**

## MICK BARNBROOK - MAN ON A MISSION

Writes Mick about the annual Guernsey Church-to-Church Walk: It is just under twenty miles, 19.4 miles to be exact, mostly country lanes. It is a very good weekend away. There is a 3k race on the Friday evening, followed by the Church to Church race on the Sunday. There is a presentation meal on the Sunday evening, which is always very pleasant. Google "Sarnia Walking Club", it is all on there. The entry fee is £5, plus £7 - £10 for the meal.

## NEWS FROM THE GAMBIA

Geoff Hunwicks reports the launch of a new website for Hart House, as well as a Facebook page. You are invited to click on the links below:

Facebook: <http://www.facebook.com/groups/422563727776093/>

Website: [www.harthouse.gm](http://www.harthouse.gm)



## BACK IN THE FRONT

Ilford Olympian NERINGA AIDIETYTE raced for the first time since August's Olympic 20K on The Mall, returning with a 13.38 3,000 Metres, being ahead of all men and women competitors at London's Indoor Games. 2nd was Australian Belgravian STUART KOLLMORGAN in 13.45 with Ilford's FRANCISCO REIS having the honour of completing the frame in 14.23. Promising younger walker JOHNATHAN HOBBS came 4th in 14.41. A word for former Scottish International STUART BENNETT, 8th in 16.45, who made his *indoor debut* in this event. Full result : <http://www.racewalkuk.com/>.

## Essex Walker CORRECTIONS

February 2013 issue, page 1 – The date of the National 50K should read 28 July.

December 2012 issue, page 8 – The words "backwoodsman" and "tosh" are retracted.



# Race Walk UK .com

<http://www.racewalkuk.com/AthleteDetails.asp?id=21&pg=1>

You may have seen the profile of our 50k Champion, Alan O'Rawe, on the Race Walk UK website, summarising his best recent performances, race results (2004-2012) and personal bests. In this issue of Essex Walker, we ask Alan to give us some background to the facts and figures.

**How did you get into race walking?** Originally my sporting interests were firmly in boxing, where I was a coach. All my children joined Southend AC and became involved in race walking. I remember going to a race walk to support my daughter, Liz, where the late George Woods suggested 'why don't you do it?' – it seemed the best way to experience the sport so that I could give the right sort of advice and encouragement to my children. I suppose there was no going back after that.

**What was your first race walk?** It was a 10k race at Clacton in 1978. It wasn't a great success as I got lost after turning the wrong way at a T-junction. However, a man did lean out of his car window and shouted 'they went the other way' – I've had worse things shouted at me in my time.

**What would you consider your best achievement in race walking?** Definitely becoming a Centurion at Colchester in 1985. I am very proud to be a member of this elite organisation. It's not a case of signing up to a club just because you want to be a member - you have to earn the right.

**Do you have any goals for your race walking career?** This season has been my best – 2<sup>nd</sup> in the Ilford team, Essex 50k champion, top Centurion in the Enfield League. None of these were particular targets, but just happened! All being well, I'd like to maintain this success.

**Do you have a particular training regime?** During the week, I usually have 2 rest days (Wednesdays and Fridays), and at the weekends I either train or race. A typical training week would be: Monday at the gym for cycling, rowing, stepping and groundwork; Tuesday out running with 8-10 hill sprints; Thursday a 45 minute walk and a workout at Angus Browne's boot camp – at 72 years of age I am the oldest one there!

**Have you had any funny moments in race walking?** Lots! One amusing experience was when I went to the Essex Police Championships and took off my tracksuit bottoms at the start line, only to find out I'd forgotten my shorts! In such company, it's a miracle I didn't get arrested!

## ILFORD ATHLETE'S INTENTIONS

Although not a walker, he's well known among our readers ... and he spends much of his marathon running time doing walking, Ilford's FAUJA SINCH has stated he'll "run" his final Marathon - the Standard Chartered Hong Kong Marathon, when he'll be 5 weeks short of his 102<sup>nd</sup> birthday. After that he's cutting down on distances, but has entered "shorter races" in Mumbai, Mauritius, Toronto and Singapore. Nicknamed by the press "The Turbaned Tornado", his Trainer/Manager Harmander Singh, aged 52, said he'd persuaded Fauja to have 1 more year and then he'd "**retire at the top**". Fauja's just received an award from "The Oldie" magazine - their *Celery Award*!

<b>F I X T U R E S</b>	2 March	Cam H Winter Lge 5K + Awards	Bexley	2.00 pm
	3 March	Molly Barnet Meeting	Coventry	12.45 pm
	6 March	MPWC Annual Dinner and Reunion	New Scotland Yard	6.15 pm
	10 March	BMAF 3,000 metres Championship	Lee Valley (indoor)	12.00 noon (prov)
	10 March	RWA National 10 Miles	Victoria Park	2.00 pm
	16 March	Enfield League Half Marathon	Hillingdon Cycle Track	1.00 pm
	16 March	Herts/Kent/Middx 1K Championship	Lee Valley (indoor)	TBC
	13 April	Pat Furey 5 Miles/Enfield League	Lee Valley	10.00 am

## SUCCESSFUL AND INTERESTING AGM

The 2013 Centurions AGM at London's Union Jack Club on January 26th saw Ann Sayer MBE win by a solitary vote from Pam Ficken to become their first lady President. At the 1977 Bristol 100 Miles Ann had become their 1st lady member when clocking 20.37.14 in the colours of Essex Ladies AC. In Essex terms, Ann's well known through involvement with Loughton AC and the Long Distance Walkers Association. Leading light Richard Brown is their new Honorary Treasurer and, in the absence of any nominations, Chris Flint took on the job of Merchandising Officer. Essex walker Sue Clements, who did such a great job editing the current Centurions Handbook, is the new archivist. Kathy Crilley was unanimously voted a Vice President. All other Office holders remain unchanged. At the conclusion, former international Bill Sutherland was well received when urging all walkers to write to the 2014 Commonwealth Games organisers about the exclusion of race walking!



## AWARD CEREMONY

Newly elected Centurions President **Ann Sayer MBE** carried out her first Presidential engagement after the annual London Walks Meeting in Victoria Park on Sunday 3 February, when presenting certificates to recently qualified Centurions **Dominic King**, an Olympian and reigning UK 100 Miles Champion, his twin brother and fellow International, **Daniel**, and another prominent Essex-based competitor **Steve Allen**.

Presentations took place in the refurbished Victoria Park Harriers and Tower Hamlets AC Clubhouse with local organiser and Race Walking Association Honorary General Secretary **Peter Cassidy** acting as MC. A large audience showed their appreciation to our three new Centurions as they came forward to collect their certificates from Ann. The main race of the day, over 10 kilometres, had featured a "1st Centurion gaining no other individual award" prize, which was won by **Stuart Bennett** who'd qualified in the 1989 Arthur Eddlestone BEM Memorial 100 Miles Walk at Hendon. The leading lady Centurion was **Cath Duhig**, who made many star appearances for Loughton AC on past occasions, who became a Centurion in the joint 2003 SWC/London Vidarians 100 Miles race at Newmarket.

## SITUATIONS VACANT

At the Centurions AGM 2 positions were filled *pro tem* by persons agreeing to take these posts until such times as volunteers come forward. They are the roles of Honorary Treasurer (Richard Brown) and Merchandising Officer (Chris Flint). Many Centurions, who weren't AGM attendees, read this fanzine and are maybe unaware of these opportunities. These posts could be ideal for readers who wish to make their mark in athletics admin by filling important roles. Those interested should offer their services to **Chris Flint**, who can be seen at most meetings/functions.

## JAMES HARVEY JAQUEST RIP

We're sorry to report Harvey's death, which occurred after having been in hospital for a couple of weeks. John Hall reports "he had a heart attack before Christmas but seemed to be progressing since then. He was going downhill and his kidneys failed. He wasn't responding to dialysis and died of another heart attack." Harvey was a Vice President and Life Member of Watford Harriers, a club he joined in 1950 and served as an active participant and a coach. He was President of Watford Joggers. Essex Walker readers will remember him from his Enfield League appearances and he was also a keen supporter of his County Championship walks. Our condolence is expressed to his family. Below is a link to the suggested fund for donations in memory of Harvey:  
<http://lunguk.tributefunds.com/fund/Harvey+Jaquest>

## TRIBUTES to HARVEY

"Harvey Jaquest introduced me to race walking in 2002 when he was competing. He was a colleague of Ron Powell and Ken Livermore. I last competed at an Enfield and Haringey Walking Section event held at Pickets Lock in 2010 with Harvey shouting me on (with good reason!)." **John O'Connor**

"Sorry to hear the very sad news. I always remember him being very active in Herts/Beds and a great supporter of the race walks for many years." **Bill Sutherland**

"Harvey was a great stalwart of the race walking world, enjoying considerable success, including on the international Vets'/Masters scene. I particularly remember his enthusiastic support at Poznan in Poland in 2006, when he was unable to compete but was so encouraging of the team." **John Hall**

## LONDON-2-BRIGHTON 25th/26th MAY

<http://www.helpthehospices.org.uk/getinvolved/fundraising/events/trek/london-brighton-challenge>



## SUPPORT NEEDED - ESSEX COUNTY AA CHAMPIONSHIPS

*If you care about the future of walking in Essex you'll do your best to be available for these Championship events, won't you?*



**The Essex County AA 10,000 Metres Championship** (+ Open) is to be held on Sunday 12 May at Ashtons Track (Woodford Bridge). Peter Cassidy comments "we know that it's the day after the Southern 1 hour but it's W.G.E.L's meeting, so there's nothing that can be done about it." Last year only 3 Essex walkers supported this meeting and it's another for that proverbial "last chance saloon".

**The Essex County AA 3,000 Metres Championship** is to be held on Sunday 26 May at Chelmsford's Melbourne Park Stadium. In Olympic year 2012 only 2 entered and when 1 was unavailable it left just 1 entrant for the walking race. He withdrew as it would have presented an appalling image of walking before a large crowd ... and for the only time (bar War years) since this event commenced - in the 19th Century - it was cancelled. We've been given another chance, which many believe is more than we deserve.

**The Essex County 10 Miles Championship** is to be held on Sunday 10 March at 2 pm in Victoria Park. Our Honorary County AA Walking Secretary Ray Pearce won't be present so Peter Cassidy's offered to take entries. You'll have to enter the Essex race at a cost of *£2 per head* before the race starts (£6 for a team). Last year just 1 team of 3 finished plus 2 individuals, making it a lowest ever in the event's history. Please don't make the big mistake of our 2011 Essex 50 Kilometres Championship, where despite much pre-publicity none entered this race ... but some unsuccessfully tried to afterwards!

## ESSEX CLUB MEMBER IS NATIONAL CHAMPION

Congratulations to NERINGA AIDIETYTE of Ilford AC on winning the Lithuanian 3,000 Metres Championship during February in 13.26.93.



## British Masters Athletic Federation

NEWS for BMAF Walkers and Supporters from John Hall

### EUROPEAN NON-STADIA CHAMPIONSHIPS, UPICE, CZECH REPUBLIC

We at last have confirmation that these championships will take place. The dates remain 24-26 May, with registration open from 4 to 8 pm on 23 May. Links to Pete Duhig's VERY IMPORTANT note, details of the championship and entry form can be found on the BMAF website: <http://www.bvaf.org.uk/fix/fix.asp>. It would be very helpful for me to know who intends entering - entries don't close until 15th April. I will send further information in a couple of weeks.

### EUROPEAN INDOORS - SAN SEBASTIAN

We have a good GB entry of 18 walkers with potential for 5 age-group teams. I will email our entrants shortly with details of where and when I can be traced when we are there.

### BMAF OUTDOOR CHAMPIONSHIPS

5k road - HORWICH, 16th June

10,000m track - HORSPATH, Oxford, 23rd June (online entries)

30k road - COVENTRY, 28 July, in conjunction with National 50k (you can do both)

10k road - LEICESTER, Sunday 8 September

3,000m/5,000m track - Alexander Stadium, BIRMINGHAM, 14/15 September (online entries)

### 20K: VIEWS NEEDED!

Pete Duhig has just one option for a date if he were to put on the 20k at Downham Market - Sunday 2nd June, which is the day after the Moulton walks. The alternative would be to go to Hayes cycle circuit to join in the inaugural Middlesex 20k - on 30 November.

Please let me know if you have any questions/comments. **Phone:** 020 8292 3627 **Text:** 07982 224312

**John Hall**



## VIRGIN LONDON MARATHON - SUNDAY 21st APRIL

Annually our big-hearted readers appear in this high-profile race and also raise money for good causes. Again we're happy to publicise their efforts. You can see these entrants at our meetings or donate directly via dedicated 'giving' websites.

### FROM STUART BENNETT

The charity I am competing for in the London Marathon is **Leukaemia Research Fund**. The link to the charity fund raising page is: <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=louandstu&isTeam=true>

### DOUBLE TAKE

It's right to comment on a fixture clash between the BMAF Indoor Championship walk and the RWA National 10 Miles .... right as so many others have, with many sending views to Essex Walker. What a clash? The RWA National 10 Miles relies on some 85% veteran entrants (probably more) to support their race and, by its very nature, the BMAF relies 100% on veterans. Yet they go "head-to-head". The BMAF has a 2-day meeting (Sat/Sun) while the RWA National 10 Miles has, on most occasions in recent years, been on Saturdays. The RWA can use Saturday or Sunday as no other major event occurs that weekend, apart from the BMAF. So with 2 organisations capable of staging events on either Saturday or Sunday, they manage to fix the same date. Yet another for that "you couldn't make it up" column. Not long ago, Essex Walker published a list of over 100 UK race walking events which have folded ... asking how did we ever manage to get them all in? In 2005 the RWA staged a major, and very well supported, Open Meeting to discuss fixture congestion ... it was held in Leamington Spa's Town Hall Chamber, which was a large room, and probably already well used to "hot air".

### FRANK KEATING RIP

Aged 75, retired journalist Frank has died. Although mainly interested in cricket and racing, he was also a great supporter of race walking which he always treated seriously. He worked for The Guardian during the 1960s/70s at a time when that newspaper covered our event well, for John Rodda (died in 2009) was their main athletics correspondent and he was also keen on what our leading lights were doing.

### THE NEARLY MAN

The annual London Indoor Games 3,000 Metres 'B' race at Lee Valley Arena again received so many entries that 2 races were needed to get everybody started. Keep up this support. We nearly had another, as great supporter DAVE HOBEN, who is seen at most Essex and London events, was on his way ... until 5 miles short of Picket's Lock when his car broke down, so resulting in him being towed back home. Don't worry folks for he'll be heading for more events as you can't keep Dave away for long!

### STEPPING OVER THE LINE

At the London Indoor Games, 2 stalwart competitors had their names expunged from the result sheet by the Track Referee as both were spotted with a foot inside inner lane markings. Thoughtful Chief Judge Pauline Wilson had warned competitors as part of her start-line address, as this happened in 2012's race. Our unlucky duo were Peter Cassidy and Bernie Hercock ... but, again, they'll be back!

### THOUGHT FOR THE DAY

"A team effort is a lot of people doing what I say."

*The late Michael Winner*

### CHARGE

Many of us had an Olympic year pleasure when meeting International star athlete Oscar Pistorius at a Lee Valley race. He was a most popular guest-of-honour as he mingled with us, signed autographs and posed for pictures. So we're all surprised to read Pretoria Police have arrested him for murder.

### GREAT ESSEX ATHLETE PASSES ON

We're so sorry to hear one of our best-ever Essex athletes, 66 year old RITA CLEAVER (nee RIDLEY), has passed on with cancer. She, and talented twin sister Iris, belonged to Essex Ladies AC. Rita won Commonwealth Games gold in a dramatic 1,500 metres race in 1970 at Edinburgh. She won National Cross County titles on 4 occasions and was the first UK athlete bettering 10 minutes for 3,000 metres. Despite International commitments Rita turned out often for Essex Ladies in domestic meetings.



## Dear Dave ...

### **ELIZABETH HEDGETHORNE**

How sad it was to read the contents of the letter from John Hedgethorne's widow asking you to stop sending her Essex Walker because she has trouble reading the print. She obviously gets a lot of comfort out of knowing that many of John's old walking mates "were still going strong". Is this what we have succumbed to now? Surely there must be somebody local who could make Elizabeth's day and read to her the best quality fanzine in the land.

*Chris Foster*

### **AN UPDATE FROM CARL LAWTON**

Could you spare a small space in the next issue so I can respond to the best wishes I have had since being put off the road.

To update I have been on the chemo treatment now for 11 weeks and have another 7 to go until they see what to do next. My mobility has improved but have to restrict my activities to short stints of walking about but generally sitting. Keeping my mind occupied is the main aim, fortunately the mobile phone and email certainly helps but too much of daytime TV can reverse the trend.

Although, having now retired by age two weeks ago, I am still working freelance for the Company so that is something I can still do from home and hopefully when the weather gets better I shall be able to get out to site and also some race meetings.

*Carl Lawton*

### **SOUNDS LIKE "IT'S A KNOCKOUT"**

Having read over Noel Carmody's introduction to the SRWA 10 kms Walk at Monks Hill I really cannot see where this novel idea is taking us. Two definitions of acceptable walking in the same race could surely end up as a fiasco! It is well known that most races have an abundance of over 40's taking part, who, if they are lucky enough not to be carded on the Board for the 'A' Race when walking under the 'B' definition, are I feel unlikely to be encouraged to step up to the A Race next time. This would be due to straightening of knees being more difficult as one grows older and also they would be out of their depth in a much faster race. Commendable as it is this idea would be much more workable perhaps in a field of younger walkers but other than a welcome few in the South they are few and far between. My idea would be to put together a film based on the very successful and much more appealing Olympic Walks in the

Mall and take this into schools and youth clubs along with our Olympic Walkers and create some interest and appeal for newcomers. I know it may well be costly to produce, but maybe Martin Rush and Andi Drake, who are UKAD Development Officers, may be able to help with funding too. As Mark Easton, RWA President, has a like interest surely this would be right 'down his street.'

*Bill Sutherland*

### **LONDON WALKS - a COMPETITOR'S PRAISE**

It was quite a success I thought - Peter and Pauline are very generous with their long prize list.

*Dave Hoben*

### **REPORT ON HALL-OF-FAME INDUCTION CEREMONY**

It was a terrific evening and I was so pleased to have an opportunity to talk and speak of some history and my time with Ilford. It is amazing to me how much time and dedication you and Tony Perkins have put into the Club and the sport and I love reading the Essex Walker and getting up to date with what's going on. The pictures of Roger were great and I did store them on my computer and got in touch with him recently. Life is good here and we've just commentated at our first cross-country ski races of the season.

*Steve King*

### **BILL'S VIEW on ENFIELD'S JANUARY POSTPONEMENT - and a POSER?**

A sensible and wise decision by Mr & Mrs Race Walking, Joan and Ron Wallwork, MBE. It seems a very long time since Highgate Harrier George Meadows won the MPAA Open 7 Miles Walk with snow on the ground! No Health and Safety or Risk Assessment about in those days, eh! Can your readers name the year?

*Bill Sutherland*

### **GREETINGS FROM THE GAMBIA**

Glad to see you're still pounding the sod, Dave, and thanks for the newsletters - it's nearly all about nostalgia now, for me that is. So I am just personally thanking you for your part in making the donation from Essex Walkers, an excellent total amount. Getting funds to keep running all year round is always difficult so I don't have much time now for other things, but I am trying to keep fit a little on the indoor bike, exercises, and have recently tried briskly walking round the local football field and timing myself. Trouble is I let it slip for a few days. But at least I get out and about at times on project business which usually means local transport and walking from place to place. Anyway keep doing what you're doing especially for Race Walking (I don't really agree about these 'A' and 'B' rules, especially in the same race!). So on behalf of the children, staff, parents and committee, thanks again.

*Geoff Hunwicks*



## CENTURIONS' VISIT TO HIGHGATE CEMETERY

Sandra, Ann and Sue were there together with me on a wonderful bright sunny day. There is quite a bit more to tell you soon about the visit. For me it was one of the best and saddest days in race walking. For on my doorstep I have Centurion Number 1's Grave on a route so often used by Highgate Harriers Race Walkers in the past. We have 16 Centurions in the Club, but I never knew of this to today, 50 years on from when I started in Race Walking! Maybe other Club Centurions did not know either. I feel truly privileged and from now on when passing I will be able to be close in spirit to the Great Centurion No. 1 John Edwin FOWLER-DIXON who started it all.

**Bill Sutherland**

Adds Hon Ed: Mr J E Fowler-Dixon qualified as **Centurion No 1** on August 21st/22nd 1877 in a 100 Miles track race at Lillie Bridge, London, clocking 20 hours 36 minutes and 8 seconds. When The Centurions formed in 1911 he became their President and held Office until his death in October 1943 aged 93. He was a talented middle-distance runner, athletics official, good golfer and a leading member of the Press Golfing Society. He was a close friend of Sir Emsley Carr, a Fleet Street Editor (News of the World) whose name lives on via the annual "Emsley Carr Mile" event. He could be described as a moustachioed Lord Lucan lookalike. Each year a quality walker receives the "The Fowler-Dixon Style Trophy".

## CENTURIONS PRESENTATION at VICTORIA PARK

It's a pity that I couldn't be there (a family commitment) to see Dom, Dan and Steve receive their certificates which is the culmination of the whole act of qualifying to be a Centurion. Good to see Stuart Bennett doing so well, and its equally good of organisers to add a prize for Centurions. It's much appreciated.

**Chris Flint**

## BILL SUTHERLAND'S COMMONWEALTH GAMES VIEWPOINT

We have fully justified our place in the Athletics Programme since its inclusion as the brainchild of the Late Timber Woodcock in 1966 and the current financial situation is just a poor excuse!

Remember we recently saw crowds of 50,000 spectate walks in the Mall and I, as a main player in the organisation, witnessed the vast amount of money spent on the very successful LONDON OLYMPICS AND PARALYMPICS. If you promote a Major Games like the Commonwealth Games the finance should be in place to fund it fully.

Remember we did hear all these excuses made by the Scotland back in 1986 but the Walk was still held then. After all, the athletes now get £345 million funding up to Rio! The mind boggles!

**Bill Sutherland**

## CAN YOU ASSIST CHRIS BERWICK?

I qualified as a Centurions in 1993 (C902) and at the time there was a video going round of that race. Do you know where I could get a copy if there is one still around? Thank you for your help.

**Chris Berwick**

Adds Hon Ed: Leicester Walking Club protagonist Chris has more reason than most to fondly remember this "London 200K/24 hours" event in Battersea Park (jointly promoted by Metropolitan Police Walking Club and Surrey Walking Club). Chris sped around the Park, reaching 100 Miles in a sub-18 hours timing ... precisely 17.57.07, so earning him a merited place in a table of fastest ever Centurion qualifiers!

## LONDON OPEN WALKS 2013

We are sorry that the Presentation was a bit of a rush; it was only on Friday afternoon that Tower Hamlets Borough Council, which owns Victoria Park, changed lock-up time from 5.45 pm to 4.45 pm; the three "official" cars reached the exit gate at 4.39 pm. We were pretty-well pleased with the turn-out – up on recent years – and the standard of the competition; particular congratulations to Neringa and Alex on their course records. We thank you all for your support and look forward to next year.

Remember that you can be back in Vicky Park, as we locals call it, on 10 March for the National Championships and Junior supporting races; full details can be seen at:

<http://www.RaceWalkingAssociation.org.uk/Templn f5.html>

**Peter Cassidy and Pauline Wilson**

Adds Hon Ed: What a great meeting and so much better than in 2012 Olympic Year. *If you weren't there, where were you?* **Some 24 different Clubs** were represented. Course records went in the Senior Ladies 5K (Neringa Aidietyte in 23.25) and Senior Men's 10K (Alex Wright in 41.24). From an Essex point of view, Ilford returned to Ladies team racing (3rd team - with Louise Bennett joining Neringa as a scorer). Ilford failed to retain their 10K team trophy, but were 2nd also finishing a 'B' team in 5th position. Essex Olympian Dom King was 2nd in the 10K. And Essex Club members won 1st Veteran and 1st Centurion prizes (both gaining no other individual award) courtesy of Steve Uttley and Stuart Bennett respectively. Our recently elected RWA President Mark Easton not only took photographs but also presented awards. And we had the benefit of using newly refurbished changing facilities (but still no hot water for back-markers) and were able to race through a much tidied-up and improved Victoria Park ... within sight of our Olympic Stadium and its curious metal tower. Full results can be found at <http://www.racewalkuk.com/>

## COMMENTS FROM FORMER INTERNATIONAL BARRY INGARFIELD

Thank you for EW, and congratulations on your award! I feel that the article by Martin Rush is rather wishy-washy ... but then I'm biased. My view is that the young people in our sport; do not train often or hard enough. To help them realise what is required, I would like to see a series of articles produced by Andi Drake and Martin Rush (please not an Australian copy); but detailed weekly/monthly/annual training schedules specifying exactly what our athletes need to do to enable them to compete with the rest of the world. I have and can produce such schedules for a fee, but then I am not in the inner-circle nor am I employed to *MENTOR* those who are.

My concerns as an outsider are most definitely not with the RWA organisational set-up, but instead, with how we must start coaching our athletes in an up-to-date, more committed, more challenging and more dedicated manner. Time to say goodbye to the excuse culture.

I agree our event should be fully integrated with mainstream athletics; however, our biggest obstacle is: how do we convince the rank-and-file of British athletics; of whom many are dead-against Race Walking ... as are the ex-world class athletes working in the media?

Currently I am coaching race walking athletes; they will compete early next year. My biggest concern is: one of my athletes is a complete novice and will she be treated with respect; not shouted at as though she has no feelings. (Ref: the very talented Lucy Kent, someone I believe could have become an International).

Regarding Martin Rush's other development information; he makes it sound as though our sport is in jolly good hands.

**Barry Ingarfield**  
**BMC/UKA Endurance/Performance Coach**

## ANOTHER GREAT PASSES ON - RITA RIDLEY

Very sad news indeed. I have just looked at a picture in the History of the Commonwealth Games Book from Edinburgh 1970. Lovely photograph of her. Was her twin sister not an outstanding GB Athlete too? Of course the New Zealander Sheila POTTS fell just before the finishing line when in medal position.

Really surprised to hear news of Oscar Pistorius, who we all enjoyed seeing and mixing with at the Enfield League Race. Latest news says he has been charged with murder. I went to Pretoria on Tri-Nations Tour with Sport Abroad Rugby Tour. Good walking.

**Bill Sutherland**

## CAN WE BE OF ASSISTANCE?

A recent report revealed 3-out-of-4 London Police Officers were overweight and even obese. The Association of Chief Police Officers confirmed "compulsory annual fitness testing has been agreed" and will commence in September. Can race walking use its influence "on the inside" at the Metropolitan Police to try getting fitness training started via our chosen pursuit? For decades The Met were a great way into our athletics event as recruits and others tried race walking. Many enjoyed it and stuck with it; becoming fine Clubmen, stalwarts with the best achieving much higher standards up to International recognition.

## OLYMPIC LEGACY SKILLS TRAINING SESSION

Sessions are arranged at Lee Valley on Saturday mornings: 2<sup>nd</sup>/23<sup>rd</sup> March ... and 6<sup>th</sup>/20<sup>th</sup> April. Start times vary from 9-to-9.30 am costing £8. They've been well support this far. A qualified coach supervises together with experienced helpers. Book places with Ron Wallwork: 01638-751869 or email [randjwallwork@btinternet.com](mailto:randjwallwork@btinternet.com).

## "GET SOME IN"

This old RAF saying could apply to the Enfield League's Hillingdon Half Marathon on Saturday 16 March (1 pm). Organiser Ron Wallwork says it's ideal to get some miles 'in' for longer ones later in 2013. Coming up are the London Marathon, IOM Parish Walk, BMAF 30K, National 50K, European Masters 30K and the Church-to-Church.

## OUR THOUGHTS

PIERCE O'CALLAGHAN is one of the most popular persons involved in race walking and is behind those annual major Dublin Meetings and was a judge at last year's Olympics. He's also one of Essex Walker's biggest friends. We're so sorry to hear his 3 year old daughter has had a serious health setback in that she has a kidney growth and has needed surgery in Dublin's Our Lady's Hospital for Sick Children, and will now need chemotherapy for some time to come. All readers will be thinking of Pierce and his family and wanting to hear good news from his daughter's course of treatment.

## ACKNOWLEDGEMENTS

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We acknowledge Ron Wallwork and John Paddick who issue Essex Walker via email distribution networks for *Enfield Walker* and *Redcar Walker* respectively. And finally thanks to Clubs/ individuals who photocopy *Essex Walker* for their members.

**Hon Ed**