

Essex Walker

Editor: Dave Ainsworth

OFF HIS BIKE

We're sorry to hear Loughton's JOHN TAYLOR was involved in a pile-up while cycle training (his main sport) on the eve of the Ryan Cup meeting. Cuts and bruises plus a need to have 3 teeth extracted caused him to scratch from the Police 10K Championship at Tally Ho the following day, where he was due to represent both the British Police and Metropolitan Police teams.

WHAT DO YOU THINK OF IT SO FAR?

England Athletics are asking those involved in athletics, in any capacity, to give their opinions. Have your Registration No ready and log on to: www.englandathletics.org/consultation2013

ESSEX ATHLETES REUNITED

Woodford Green's Past President Tony Maxwell organised an "Essex Athletes Reunited" function on Friday 26 April at The Morpeth Arms on Millbank (opposite the sinister MI5 building). Among walkers present were Bob Dobson, Paul Nihill and Colin Young. Among others there from the world of athletics were Alastair Aitken, Neil Allen, John Bachelor, Brian Hill-Cottingham and Tom Pollak.

CENTURIONS SHOW THE FLAG

The annual Crawley Track 12 Hours, which although mainly attracts runners, always lures race walkers to its starting line at 7 am on Saturday. Early – yes - but former London-to-Brighton walkers had to be raring to go by 6 am! 20 faced the starter (from a record 31 entries) and new Centurion Steve Allen claimed 8th place by covering 54 miles. Despite a few twinges, Olly Browne was 10th having accounted for 52 miles while Centurions Vice President Sue Clements completed 51 miles for 12th spot. It was a cold, wet and windy day at the K2 Leisure Centre Track - indeed 2 gazebos were wrecked, though thankfully nobody was injured. A supporting 6 Hours race saw 16 start (from 19 entries).

WAVING THEM OFF

Bristol resident John Webb of Basildon AC (1968 Mexico 20K Olympian) has confirmed he'll be at Bristol's Temple Meads Station to wave-off The Centurions Bristol-to-Bath social walkers on Saturday 29 June at 9.45 am. Further details of this event are on The Centurions Website. Just "Google" Centurions 1911.

WATCH OUT

On May Bank Holiday Monday Ilford's STEVE ALLEN clocked 5 hours and 1 minute race walking the Milton Keynes Marathon in hot conditions. He aimed to beat 5 hours and would have done so had he worn a wrist watch, for he'd have seen how close he was. It was frustrating to go over 5 hours by such a small margin. But on such a day, over a boring long 1 circuit lap of MK, 5 hours is truly commendable. Over the closing stages Steve dreamed of enjoying a cool pint ... if he got his wish, one hopes he did so with his feet up, for he suffered blisters.

GOLDEN TIMES

We congratulate long serving RWA Honorary Treasurer, RWA 200 Club promoter, and esteemed RWA Life Member BILL WRIGHT and his wife JANICE (both among Walking's most enthusiastic supporters) on their Golden Wedding Anniversary. Talented Bill made his athletics name in Essex and is now based in Nuneaton, where he and Janice both eagerly support their town's Non-League soccer team.

PUTTING IT ANOTHER WAY

Reference that infamous clash of 2 National Championship in various London N9 and E9 on the same afternoon, we reported some making the later event (Victoria Park) from Lee Valley in time to race, while others took up to 2 hours. We commended Barnet's Steve Allen for his North London Jack-the-Lad nous. So did Barnet AC's website with a simple message: LOCAL KNOWLEDGE 1 - SAT NAV 0.

WE'VE SEEN IT ALL NOW

Some readers were at our Essex County AA 10,000 Metres Walk at Ashtons Track which commenced 1pm. At 12 noon our Essex County AA 10,000 metres Run was held. Just 3 entries were received, and only 1 of those put in an appearance. This County title was disputed only by a solitary Crispian Bloomfield of Billericay Striders going around for 25 uncontested laps, finishing in 33 minutes and 14 seconds. This spectacle was the talk of the meeting, and rightly so. Halstead's Marathon was a counter-attraction for distance racers, but surely such a Championship title (one athletes would have "died for" in past years) could have raised a few more on its start line? The time ... fair enough, as the victor was never pushed by challengers.



Do you know who, where, and when?

AT HOME

Centurion No 655 - Ron Eaton (aged 89) of Woodford Green with Essex Ladies AC (who qualified in 1979 at Ewhurst clocking 22.25.00) used to reside in Chadwell Heath. He twice ran the London Marathon while in his 80s. Ron was generous when we had an appeal to offset losses sustained at the 2001 John Hedgethorpe Memorial 100 Miles in Colchester. Sadly he's gone into a Care Home. Ron's a proud member of the 100K Association, indeed he was better known as a runner than ever as a race walker. On the same day as Ron became a Centurion so did Essex walkers Mick Barnbrook, Tony Perkins and the late George Woods. To show the strength of 100 Miles walking in the '70s, a record 37 new Centurions qualified, from a record 77 finishers (all did 100 Miles - no classified finishing then) with another record of 107 starters. It was Surrey Walking Club's promotion. That race attracted National newspaper publicity when organisers refused to accept entries from 2 lady Centurions - Ann Sayer of Essex Ladies (now President of The Centurions) and the late Dianne Pegg of Medway AC.

	28 May	Essex Police Championship	Chelmsford	TBA
	1 Jun	Moulton 5 Miles (+ Enfield League)	Moulton	1.00 pm
	2 Jun	SCVAT T&F Championships	Ashford	TBA
	4 Jun	Woodford Tues Walk 3,000m + YAG	Ashtons Track	8.30 pm
	4 Jun	Open 1K	Tonbridge	7.00 pm
F	5 Jun	Road 4 Miles	Norman Park	7.30 pm
	8 Jun	RWA Southern Area 20K Champ	Donkey Lane	1.00 pm
	9 Jun	Southend Half Marathon	Southend-on-Sea	10.00 am
I	12 Jun	Track 3,000 Metres	Norman Park	7.00 pm
	12 Jun	Paris to Colmar	Paris	TBA
	15 Jun	Welsh 3,000 Metres Championship	Newport	TBA
X	16 Jun	BMAF 5K Championship	Horwich	10.35 am
	16 Jun	England Athletics Championship	Bedford	TBA
	16 Jun	Small Nations Match	Belgium	TBA
T	18 Jun	VAC 5 Miles Championship	Battersea Park	7.00 pm
	18 Jun	Open Walks	Tonbridge	7.00 pm
	22 Jun	Isle of Man 85 Miles Parish Walk	Douglas	8.00 am
U	23 Jun	BMAF 10,000 Metres Championship	Horspath (Oxford)	TBA
	29 Jun	LICC/Enfield League 5,000m	Allianz Park	11.45 am
	29 Jun	Centurions Social Walk/Bristol	Temple Meads Stn	9.45 am
R	29 Jun	EVAC 3,000 Metres Championship	Sandy	12.00 noon
	29 Jun	Paul Nihill Trophy	Dublin	TBA
	2 July	Woodford Tues Walk 3,00m + YAG	Ashtons Track	8.30 pm
E	3 July	EVAC 1 Mile/2,000 Metres	Various venues (4)	7.00 pm
	7 July	Post Office-in-Uniform 5K/10K	York	TBA
	8 July	SCVAC 2,000 Metres	Lee Valley	6.30 pm
S	11 July	Capt Barclay/Dunwoody Reunion	Bedford Lodge Hotel	12.30 pm
	14 July	UKA Championship	Alexander Stadium	TBA
	17 July	Cambridge Harriers Open Meeting	Sutcliffe Park	TBA
	20 July	RWA National 10K Championship	Hillingdon Cycle Track	1.00 pm
	23 July	Veterans AC 5 Miles	Battersea Park	7.00 pm
	27 July	LICC/Enfield League 5,000 Metres	Allianz Park	11.45 am
	28 July	National RWA 50K/BMAF 30K Champs	Coventry	TBA
	30 July	Woodford Tues Walk 3,000m + YAG	Ashtons Track	8.30 pm

ANOTHER ESSEX MARATHON FINISHER

Well done to TONY COLLINS, the talented Havering/Mayesbrook AC athlete who is a son of 1979 Essex 50 Kilometres Champion and former British Police Representative race walker VIC. Guide Dogs for the Blind was Tony's chosen charity - so far in excess of £1,800 has been raised with a finishing time of 3.57.53. His collection is still open for donations: send to Tony at 130 Rothbury Avenue, RAINHAM, Essex RM13 9HZ. Cheques/postal orders to *Guide Dogs for the Blind* please.



Dear Dave ...

CHRIS FLINT REMEMBERS

Although a far greater walker than me, I can just pip Bob Dobson as my debut was in the Summer of 1962 at one of the Mitcham Common circuit races held by London Vidarians where Len Mitchell collared me. The next thing I knew I was a Vidarian and remained one until its demise 3 years ago.

How time flies!

Chris Flint

STAN VICKERS - TRIBUTE FROM MIKE HINTON

Very sorry to learn of the passing of Stan Vickers, a past great of British walking, when international walking was exactly that - a walking race !! I understand he had been in ill health for some time, so hope he didn't suffer too much at the end.

I took up the sport in 1957 and remember Stan being the country's number one at that time. I vividly remember the one hour walks that Highgate put on in 1958, watching him set a new British record of 8m 702 yds in the hour after a great battle with arch rival Ken Matthews, this beat the previous best set in 1932 by Alf Pope. Perhaps his greatest performance of speed walking came at the AAA's champs in 1960 after a titanic battle with Ken Matthews, 2 miles in 13 mins 2-4 secs, scrupulously fair walking at speed. Internationally, Stan came 5th at 20kms at the 1956 Olympics in Melbourne, took the gold medal at the European 20 kms champs in Stockholm 1958, and rounded off his career with bronze in Rome Olympics 20 kms in 1960. He was a member of the Belgrave Harriers, and with Eric Hall the two of them spearheaded many team victories for the Bels in the late fifties/early sixties at club and national level. Fair walking at its best, that was Stan Vickers.

Mike Hinton

LONDON MARATHON - THANKS

Well done all, whether helping or competing. Takes me back a few years to when Roger Mills and I were hammering along - can't remember which year! All great fun.

Edbanger

Well done to all. Kind regards. *Angus Browne*

CRAWLEY 12 HOURS APPRECIATION

Well done to all.

Sandra Brown

THOUGHT OF THE DAY - SURELY A NEED FOR A RADICAL CHANGE OF APPROACH NOW!

Following the very low entry in the RWA 10 miles Walk at Victoria Park followed by a clear example in the RWA 20 kms Walk at Coventry of the lack of the past high standard and numerical depth in walkers with a 17 minute time gap between 2nd and 3rd place surely it is time for the RWA to take some

radical action NOW to improve the present situation. The 2012 London Olympic Games were a wonderful spectacle for all to see in the Mall and surely we must use that to spread our great sport far and wide. Although I greatly admire the dedicated officials we presently have a change of approach is surely needed NOW! The new President of the RWA Mark Easton has photographic expertise and I am sure his talents would be a great starting point. *Bill Sutherland*

VIEWS OF CARL LAWTON

Thanks for the latest. I managed to get to Coventry for the 20kms. Regret so many bent knee cards and few contact, but then not enough good enough to go fast enough to lose contact. One judge standing in the middle of the road, with walkers going either side, could in no way see any contact but was putting in DQs like birthday cards for bent knees I assume. *Carl Lawton*

"YOU MIGHT GET KNOCKED DOWN"

There is no limit to what the organisers and marshals can do to try to ensure safety but unless you have one marshal every few yards they cannot guarantee it: I have twice been saved by marshals – once on a marked pedestrian crossing in Brighton (maybe the driver thought I was walking at 3 mph and he could illegally cross in front of me or maybe he didn't care) and once in a Harrow marathon when a driver wanted to turn right across the closed-to-traffic race course – in both cases I had no chance to take evasive action by the time I saw the car, but in the previous year's Harrow I was knocked down by a car (no prizes for guessing the make) on a road **closed to traffic** by the police, so not, in theory needing a marshal: the driver, who had parked in defiance of the Highway Code on the right-hand-side of the street, pulled out just after I had passed him/her. Regrettably I could not read the licence plate without glasses by the time I got up and, having already run 14 miles, wasn't fast enough to catch up. To put this in context: up to that point, the only other time I had been knocked down was on a zebra crossing (by a car of the same make that turned out of a side street after I started crossing) and in that case the lad driving did have the grace to stop and ask if I was OK, and since then only by an elderly cyclist on a footpath, so I stopped to check that he was OK (he thought it was a cycle track so was as shocked as I, but apparently unhurt). To ensure safety we, and especially the Met/Essex Police, need to demand that all road-users accept their duty to obey the law. *John Borgars*

PEDNOR OBSERVATIONS

Do you know how the 2 young lady novice walkers who apparently were disqualified shortly after the start and who then ran through the backmarkers

with their numbers on and later on were still walking this time with no numbers on? Was this a B Race modification of the Pit Lane? I am mystified as I am sure many others are by what was going on. By the way near the 2 mile mark I was asked by an interested spectator 'Are there any others behind you?' Besides dampening my spirits I told him 'I am concentrating on walking forwards and have no need to look behind. You may know better than me'. He seemed rather unimpressed by hasty unhelpful reply!

Bill Sutherland

Adds Hon Ed: Those 2 ladies were confused by this race as they only wanted a jog around the course - which they happily did after removing their numbers. The Pednor field more than doubled on achieving Enfield League status as 43 started/41 finished. As predicted, making this an Enfield League race effected the day's other event - the long established Herts 3,000 Metres (+ Open) at Stevenage's well-appointed Ridlins End Track. The usual field - in the middle range of 10-to-20, nosedived to 6. After many years supporting Stevenage, I opted for a League race at Pednor. However half the Stevenage field (winner Francisco Reis, Barnet's Steve Allen and super veteran Arthur Thomson) also made Pednor as did Officials and supporters. At Pednor both David Crane and Steve Allen stayed for Pednor's 5 Miles run, after the walking race. They came 1st and 2nd in the competition for the lowest aggregate time from both races ... a contest won by Steve Uttley in 2012 (he chose not to enter this time). Fiona Bishop was top lady over both athletic codes.

MPAA LIFE MEMBERS AT THE YARD

Around half of our Walking Life Members attended New Scotland Yard last night for the welcome evening dinner and reunion. They were Peter Hodgkinson, Paul Blagg, Terry Siggs CBE (Former Chairman of the Race Walking Section) and myself with guest Reg Denny (Cambridge Harriers). Apologies were received from Bert Stevenson

FAREWELL TO AN ESSEX CHAMPION

Popular retired ex-headmaster CHRIS BENT has returned to his native Derbyshire, settling in Matlock. Chris is a former Essex League Individual Champion and one who staged many walking races from Cedar Hall School in Thundersley, on a quiet "around-the-houses" course nearby. In better times for our County he often staged the Essex Schools Walking Championship. As well as staging youth meetings he discovered a few "good-uns" though sadly none appear nowadays. Chris was part of a strong Southend-on-Sea AC squad which won an Essex League Team Trophy, and was prominent at Pitsea Rd Runners. In recent times Chris gained individual medals in our Essex County 10,000 metres Championship. Chris had a remarkable start to race walking going from beginner (Leicester Mercury Novice Race) to Centurion in under 3 months! He raced Leicester's first Congerstone 100 Miles in 1980 clocking 20.39.17. This race replaced the famous bi-annual Leicester-to-Skegness (1958-1978). He proudly appears in a long list of Leicester WC Centurions, as compiled by the respected late Hon.Editor of "Leicester Walker", Peter Markham. Chris will continue race walking for his first Club - Leicester WC and run for Buxton & District AC - a Club he founded in 1977. Thanks for all you've done Chris and we wish you and your family well.

(former Treasurer) and recent new member Doug Fotheringham. It was mentioned in conversation that Alex Macfarlane of Polytechnic Harriers, well remembered as Toastmaster in yesteryear, had sadly passed away about 18 months ago. He was a class race walker in his day who also showed his prowess at the Annual Barking to Southend. It was an excellent gathering with much comraderie. Sad news was the passing of Ron Poole, Ex-England International at 400 metres. He was well known to so many Ex-Cadets present. Andy Bignold, the main speaker for the night who welcomed the many guests, remembered 1957 when the MPAA 400 metres Relay Team took the Bronze Medal in the AAA Championships at the White City with Ron playing a leading role in the quartet. The next gathering will be at the same venue on Thursday, 12 December, 2013 at 1230 for 1300 Luncheon.

Bill Sutherland

Adds Hon Ed: An obituary for Alex appeared in EW at the time and by coincidence Alex was mentioned in our May 2013 issue. It's good that Police walkers show the flag at such gatherings.

ESSEX COUNTY 10,000 METRES WALK v RUN

Ten times as popular as the run, then! I wonder whether there will now be a clamour to drop the 10,000m run from the championships; I rather think not!

Peter Cassidy

JOB DONE

I completed the walk. I covered around 116 miles in 6 days, walking between 16 to 22 miles each day. I was really lucky with the weather - sunny, windy but dry. I am now collating the photos for further publicity. The website will remain open for donations for a couple more months so I cannot report the total raised yet. I am hoping to raise £500 so there is still time.

Sue Clements

ED'S TRIBUTE TO JACK FITZGERALD

Shall miss Jack, he was the doyen of Vets athletics. I can't remember competing abroad without seeing him there. RIP.

Ed Shillabeer

POOR SHOWING AT (FOR MOST) A NEW VENUE

Your hard-working RWA Southern Area Committee decided to stage their annual One Hour Championship at Sutcliffe Park (Eltham), a venue blessed with excellent and varied public transport options and just 200 yards from the South Circular Road with much free parking along Eltham Road beside the track. Southern race walkers hardly quickened their footsteps to make the venue. OK - some might have kept their powder dry for the Essex (and Open) 10,000 Metres at Ashtons Track a day later. But the start lines at both meetings hardly indicate great support. The Senior Men's race saw 11 starters/10 finishers while just 1 Southern lady (Geraldine Legon from local Bexley AC) showed for their 1 Hour Championship, the only other lady being a welcome Under-20 guest from Leicester.

One Hour Championship - Senior Men

1	Ian Richards	Steyning	11,846 metres
2	Francisco Reis	Iford	11,746 metres
3	Steve Allen	Barnet	10,896 metres
4	Arthur Thomson	Enfield & Harringey	9,869 metres
5	Steve Allen	Iford	9,718 metres
6	Malcolm Martin	PW	9,385 metres
7	Chris Flint	Surrey Walking Club	9,385 metres
8	Sean Pender	Enfield & Harringey	8,983 metres
9	Mick Barnbrook	Iford	8,421 metres
10	Dave Ainsworth	Iford	7,270 metres

One disqualification

Senior Ladies

1	Jasmine Nicholls	Leicester/Guest	10,777 metres
2	Geraldine Legon	Bexley	8,037 metres

Comment: A steady performance from Ian who was content to operate 30 or so metres in arrears of Francisco, who took on the pacemaker's role. Only inside final quarter-of-an-hour did the 1980 Olympian show his hand with a strong burst to overtake the race leader and secure victory. Our 1st and 2nd finishers were well clear of other contenders and both deserve credit for recording such distances in Veteran capacity. Barnet's Steve Allen was 3rd in what was his 27th competitive race of 2013, a figure way ahead of all others. Iford AC, with Steve Allen and Mick Barnbrook, won the team race for a 10th successive year - having triumphed yearly since this event made the fixture card. Mick, who closed his team in, was so thrilled at having a gold team medal hung around his neck, it was still there when entering his exclusive Bexley Club for post-race celebrations! Only 1 team started 3, let alone finished 3! Two-scoring Enfield and Harringey were 2nd team. Our RWA Southern Area 1 Hour Senior Champions for 2013 are Ian Richards and Geraldine Legon. Six other races on the card for younger race walkers drew few numerically. However a quality Under-17 boys Half-Hour saw promising performances from its only 4 starters: Callum Wilkinson, Guy Thomas, Luc Legon and Tim Snook who recorded 6,222, 6051, 5819 and 5175 metres respectively. Honours were presented by RWA Southern Area President Sean Pender, an event competitor. Thanks to all Officials who enabled this meeting to be staged.

ON THE BEAT

The annual Ryan Cup Representative Match at Tally Ho (Birmingham) was brought forward this year. Its heyday saw a 10 miles triangular match: British Police v Civil Service v Combined Services. It's since shrunk to 10K and the Combined Services have gone AWOL. The Combined team, Managed by the late legendary Flight Lieutenant Dickie Bird (of Sheffield and Centurions fame), was really 9 RAF men + Lance Corporal Phil Thorne of the Hussars - and also Trowbridge AC - who is sadly no longer with us following a motorcycle accident. Both Police and Civil Service have their Championships with the representative race, so there's plenty to play for. This year Essex Walker readers were prominent as PETE RYAN 54.54 and STUART BENNETT 59.39 were 2nd/3rd Police finishers respectively. These

2 worthies, along with former Iford 2nd claimer GARY SMITH saw the Police triumph in the Ryan Cup for the first time in several seasons. Stuart and Gary linked-up with CHRIS FLINT to secure Police victory for the Metropolitan Police, with hosts West Midlands 2nd and Essex 3rd - who saw Pete joined by STEVE KING and CHRIS HOLMES as their scorers. Consistent Ryan Cup finisher JOHN HALL has stepped down as Civil Service Walking Secretary and it marked STEVE UTTLEY's debut as their Team Manager and saw BOB DOBSON complete his 43rd Ryan Cup walk ... **what a star!** Aside from well-known names, this result sheet showed a number of competitors who appeared for their Championships but aren't known in our Club scene ... **so there's scope for recruitment!**

HART HOUSE SPRING NEWSLETTER

Hart House, Respite Care Home for Children with Learning Difficulties. Sinchu Alhagie, The Gambia.

Charity Registration number 110/2007 Telephone: 00 220 9926258 Email: geoffharth102@hotmail.com

April 2013

Dear friends

We hope that you enjoyed a peaceful and uplifting Easter break and that you are now experiencing signs of Spring!

Our Christmas party, sponsored by Thomas Cook Northern Europe, was successful although it seems a long time ago now as the end of the tourist season fast approaches.

We enjoyed visits from new and old friends and supporters and thank them all for their part in making Hart House successful – and good looking!

We hope that you have been able to enjoy our up-dated website and Facebook page and for those of you who missed them or are more recent contacts, here are the links again for you to click on or paste into your browser.

www.harthouse.gm

<https://www.facebook.com/groups/422563727776093/>

We now have 25 children on the register with one recently leaving due to being 15, and two who, for various reasons, have not attended for three months. There have been a few changes in staff – mainly domestic and a Watchman.

In January and March respectively, two of the people who Geoff first met on his first visit to The Gambia (a.k.a. The Smiling Coast), and are still Committee Members, had ceremonies. One with the marriage of his eldest son and the other with the birth of a son by his third wife!

Thanks to our kind and generous friends in The Netherlands, the whole house was painted with waterproof paint (for the first time) and looks spectacular. We were also able to buy replacement furniture for the children's sitting room and a set of bunk beds meaning that now only five children have to share!

Monthly Beach Days have continued and all of the children have had eye tests. January was quite exciting as, apart from having our Finnish volunteer here for six weeks, we were visited by the newly appointed Minister of Health and Social Welfare as well as the US Ambassador. We were then invited to the Ambassador's Residence to celebrate Martin Luther King Day, where Geoff took full opportunity of the white wine available. We actually experienced a few drops of rain whilst we were there but this didn't dampen the enthusiasm! Our volunteer, Terri, is still here helping out wherever needed.

Thanks to your help, the children are still developing, some faster than others but as we approach the summer season, we urgently need your help, to help us, with donations, sponsorship of children and so on. For example if every one of you could pledge a regular, monthly donation, no matter how large or small, via the Donate Button on our website or by Direct Debit, then we would feel more confident of being able to continue providing the service we do to a high standard. There are more details of how to help us on the website, so get clicking!

With best wishes

Geoff and Rohey

NOTHING PERSONAL

Currently Essex Walker's Hon Ed has 15 kind invitations on social media from readers to be "a friend!"



None are answered so far as I'm not really into this in a big way yet. I occasionally read social media comments about race walking, and it must be said there's some good ideas and profound articles ... but there's also a surfeit of *codswallop* out there as well! DA

RECOMMENDED READING

Tim Erikson, who we saw at the 2012 Olympics on The Mall and at that memorable Olympic Friendship Walk at Enfield, produces a weekly Internet Race Walking Newsletter in Australia which has become so popular that it now gets 'hits' from all over the Race Walking World. Why don't you check it out on <http://www.vrwc.org.au/> and in the site's left hand blue panel 'click' on VRWC Internet Newsletters. Then 'click' on some of the Newsletters. You will find them a good read and they're also full of good photos and internet links to things of interest.



<http://ilfordathleticclub.co.uk/athlete-profiles/whos-who>

Neringa Aidietyte

Personal Bests: 10 km walk – 46.14 min 20 km walk – 1.33.05

Notable Performances: 7th place in European Championship U23, 5th place in Universiade (2007), multiple Lithuanian champion, British champion twice (20 km walk)

Representative Honours: 2012 London Olympics (39th place), European Championship in Barcelona 2010 (15th), World Championship in Daegu 2011(DQ), multiple Lithuania's representative in Race Walking World and European Cups. In 2008 won team 4th place in World Cup.

Most Satisfying Performances: PB and qualification for London Olympics in Lugano (SUI) 2012

My Biggest Disappointment: London Olympics.

My Most Embarrassing Moment: Getting sick in 20 km World Cup race and throwing up (with only 100 m to go to the finish line) on the road in front of all the spectators. Somebody even took a picture of me and posted it on Facebook! Thank God they didn't tag me!

Typical Weeks Training: Mon: 15 km walk, Tues: speed session of 12x1 km or 5-7x2 km, Wed: 20 km walk, Thurs: 15 km run, Friday: fartlek 10-15 km, Sat: 20-25 km walk. Sun: day off

Favourite Sessions: run and swimming (off-season)

Who is your Greatest Rival? My best friend and fellow Lithuanian Brigita Virbalyte

How would you improve the sport of Athletics? Advertise it the same as football and get bigger media's attention to it

What car do you drive? I don't own a car at the moment

Favourite Athlete or Sportsperson: Michael Johnson

What other sports do you follow? Basketball, Football

Best Country visited: Switzerland

Favourite Food and Drink: Pasta and water

Favourite TV Shows: Friends, Scandal, Grey's Anatomy, Sex and the City

Last Film seen: A Few Good Men

Last Book read: F. Scott Fitzgerald "The Great Gatsby"

Favourite Singer/Band: Beyonce, Adele, E. Sande, Pink

Last Album bought: E. Sande "Our version of Events"

Last Concert attended: Does the Olympics Closing ceremony count?

Do you have any pets: I'm a dog person and all my life had dogs, but at the moment I don't have any pets.

With you going on first leg, who else would be in your dream 4 x 400m team: Usain Bolt (I'm sure he can pull off 400 m), Jessica Ennis and Ashton Eaton



TIME FOR SOME HUMOUR

Dave Kates has drawn our attention to this. Take a few minutes out for the lighter side of our sport.

Watch this and enjoy:

https://www.youtube.com/watch?feature=player_embedded&v=UDMbimGq0kc

RESULT OF ESSEX COUNTY 10,000 METRES CHAMPIONSHIP + GUEST WALK

Ashtons Playing Fields Track on Sunday 12 May

1	Dominic King	Colchester Harriers	44.47.02
2	Dan King	Colchester Harriers	45.07.39
3	Francisco Reis	Iford (G)	51.29.50
4	Steve Uttley	Iford	54.06.88
5	John Hall	BH (G)	54.35.97
6	Steve Allen	Barnet (G)	56.50.19
7	Stuart Bennett	Iford	60.08.70
8	Steve Allen	Iford	61.46.30
9	Mark Culshaw	BH (G)	62.43.07
10	Maureen Noel	BH (G)	62.46.97

10 started and finished in warm conditions

Awards presented by Essex County AA President Mrs Claire Levy:

<i>Essex County</i>	1st male guest: Francisco Reis
1st Dominic King	1st female guest: Maureen Noel
2nd Dan King	The 3rd, 6th and 8th finishers completed the Southern Area 1 Hour Championship a day earlier
3rd Steve Uttley (2012 Champion)	

Michael Croft officiated at both meetings. Sean Pender raced Saturday and judged on Sunday.

Chief Judge: Ray Pearce. Judges: Michael Croft and Sean Pender.

FAREWELL TO A FREQUENT ESSEX VISITOR

Sorry to report that, at the age of 90 years, JACK FITZGERALD has taken his leave of us. Jack took to athletics in a big way while in the Royal Air Force's Bomber and Coastal Commands during the latter half of WW2, in which he served as aircrew. On demob he joined Mitcham AC, a Club he was to serve as Honorary Secretary. In 1950 he ran the famous Poly Marathon (Windsor-to-Chiswick) in 3.03.15. He kept a racing and training diary which showed totals of 1,238 and 1,448 miles for 1951-52 respectively. Jack rated his best race was a 3rd at the Segley 15 Miles (Wolverhampton) in 1.32.34 behind Bill McInnis (1) and Larry Scott (2). He covered 60 miles weekly running from home-to-work and back (Croydon and Streatham). His best marathon time was 2 hours 39 minutes, indeed at age 71 he ran a 3.16 marathon. Jack always wanted to be in the top 30 at the famous Finchley 20 Miles, but sadly never did despite running consistently around 1.55. Jack reminded us that in his best days, many ran in plimsolls, not in advanced designed trainers. He won the Surrey 20 Miles in 1953 clocking 1.58.30. After suffering a cartilage injury when aged 71 years, he took to race walking. Jack was active, as records show him to have raced 19 times in 2006 accounting for a total of 141,706 metres. His 2008/2009 recordings were 12 races/88,097 metres and 15 races/48,481 metres respectively. On one occasion Jack was taken ill with a heart complaint while competing in the United States, without travel insurance so running-up large medical bills. It showed the good side of athletics as a collection to offset Jack's outlay was well supported. Jack became very much a back-marker often finishing long after the penultimate finisher. Many organisers allowed Jack to commence his efforts before advertised starting times and adjusted results sheets afterwards, which Jack appreciated. At such an age it was to his credit that he still raced so it was sad that, too often, he was the back-marker who got the chop - but even on such occasions his cheerful smile never deserted him. When reaching his 90th birthday in January Jack said it would do for him, as it was long enough! Jack was associated with the British Veterans Athletics Federation (as he continued to call it), Mitcham AC, Southern Veterans AC and Surrey Walking Club. He was married to Gwen for 51 years until her passing-on. Jack died in a Putney Residential Home after a few years in which his health had been "up-and-down". Jack leaves us all with many memories.

DA

THE OVERTURE

The annual Stevenage 3,000 metres, at the well-appointed Ridlins End Track on May Bank Holiday Monday, saw numbers nosedive - no doubt on account of Pednor's 5 Miles (later on) being afforded Enfield League status. A convincing win here - then 4 of the 6 drove around the M25 to make Pednor.

1	Francisco Reis	Iford	14.17
2	Steve Allen	Barnet	16.26
3	Arthur Thomson	Enfield & Harr	18.00
4	John Borgars	HPx	19.45
5	Sharon Crowley	FVS	23.42
6	Ken Livermore	Enfield & Harr	23.43