

Essex Walker

Editor: Dave Ainsworth

ESSEX COUNTY AA 20 KILOMETRES CHAMPIONSHIP - ENFIELD 8 JUNE

1st | **Stuart Bennett** | **Iford AC** | **2.04.19**

2 started, one disqualified

Read this again ... no we've not made it up. Had Stuart not finished, nobody would have - for the first time in a history commencing 1975. Full credit to Stuart, a former Essex 50K Champion in its Basildon days, who raced despite committing himself to Southend-on-Sea's Half Marathon a day later. The disqualified competitor had travelled a long way to support this Championship, so there's no excuse about distance for more local athletes - being only in Enfield on a traffic free course! What more do you want? For a first time silver/bronze medals weren't awarded. Where were you all? These events are put on for you! The only saving feature was our Essex President being at the Essex Schools Meeting, so never witnessing this fiasco! In Olympic year we had a record low of 5 finishers in our Essex 10 Miles, 1 finisher in the Essex 50K and our County 3,000 Metres was cancelled for a first time (bar Wartime) since starting in 1888, with only 1 on the card. Let's look back our first 8 years' winners:

75	Roger Mills	Iford AC	1.31.23
76	Olly Flynn	Basildon AAC	1.30.00
77	Amos Seddon	Tendering AC	1.36.08
78	Roger Mills	Iford AC	1.25.36
79	Roger Mills	Iford AC	1.30.50
80	Roger Mills	Iford AC	1.28.33
81	Roger Mills	Iford AC	1.33.25
82	Roger Mills	Iford AC	1.33.51

Team race: Iford AC won 1975-81 inclusive, Anglia Striders 1982

Trophies: An Individual Championship Cup was presented in 1975 by Newham AC in memory of Olympian Phil Embleton who had sadly passed on a year earlier. The team trophy was presented by the winning Essex team in the 1971 Airola/Chiasso relay. This year's race was hardly worthy of such trophies and their donors.

But all credit to Stuart ... for at least he provided a new name on the trophy, and when all's taken into account - you can only defeat those standing on a start line with you!

THAT'S ALL FOLKS!

On 23 June, 65 years to the day he made his athletics debut, Colchester born (5 September 1939) PAUL NIHILL MBE announced his retirement from competition. A true all-time great, Paul was the first British male athlete selected for 4 Olympic Games (1964-76 inclusive). In 64 he earned a 50 Kilometres silver medal ... only seconds behind the victor! He doubled-up in 1972 (20K and 50K) and in 1976 earned his place in a dramatic "sudden death" trial race around the leafy lanes of Thorpe Bay. So, like Chris Maddocks, Paul appeared in 5 Olympic walking races. At Athens Paul became 1969 European Games 20K Champion and came 3rd in the 1971 European 20K at Helsinki. He made the Guinness Book of Records for winning 27 Senior UK athletics titles between 1963-75. His sequence from 1967-to-1970 showed 138 races with just a solitary defeat - 1968 Olympic 50K in Mexico City's high altitude. World records bests came at 3K, 5K, Track 20K and Road 30K. He was British Athlete-of-the Year in 1969 and held various UK records at distances from 1 Mile to 50K. He's a former Race Walking Association President and was guest speaker at the 2011 Centurions Centenary Dinner in the House of Commons. Total walking races = 600 (won 358). He also appeared in 164 running races (won 8). Paul was awarded an MBE in 1976 for his services to sport. Paul's letter is elsewhere in this edition ... and we all thank Paul for a wonderful and distinguished contribution to our race walking scene for so long. **Thanks for the memories!**

OVER THE BORDER IN SUFFOLK

Only three walkers at Ipswich:

u13 1km George Wilkinson 7.05
 u17 3km Callum Wilkinson 13.43 champs BP
 SW 3km Linda Spinks 20.30

The championships as a whole were poorly supported; only one in some events. Callum's walking attracted positive comments and his time also bettered the senior record of 14.35 set by Mabon Dane in 2000. **Ron Wallwork**

BY THE DREAMING SPIRES ON JUNE 12th

The annual "Town v Gown" Athletics meeting was held at Oxford's famous Iffley Road Stadium where in 1954 Roger Bannister became history's first sub-4minutes miler! Again a guest 3,000 metres Walk was held which saw Francisco Reis win in 13.59 - coming close to lapping 2nd placed Steve Allen (Barnet). This well-attended event showcased walking.



Essex Trio at the Crawley 12 Hours: Olly Browne, Sue Clements and Steve Allen

ON THE ISLAND

Well done to Steve Allen and Olly Browne for completing an overnight 72 miles walk in the Isle of Wight Walking Festival. They walked together completing the route in 22 hours and 40 minutes. Steve got blisters, but has now recovered. Both already talk enthusiastically of 2014 ... any more takers for 2014?

BARGAIN HUNT

Paul Nihill reports BBC1's "Bargain Hunt" on 17th June featured paintings by Sir Russell Flint, who's acknowledged as Britain's greatest ever painter of watercolour paintings & prints of nudes. His grandson is good-egg Chris Flint, holder of many athletics positions and a former UK individual Champion.

REPORT FROM HAVLOVICE 30km and UPICE 10km

The headline from Sunday's 30km in Havlovice has to be Ed Shillabeer's gold in the M70 event in a time of 3.15.08. Francisco Reis won another silver in the M50 race in the excellent time of 2.44.34. Steve Uttley was 4th M55 in 2.59.22, missing a medal by only 35 seconds and Dave Kates was 12th M60 in 3.37.11. Teamwise Steve, Francisco and Steve (Barnet) Allen won M50 gold, and Dave Kates was part of the gold medal winning M60 team with John Hall and Ian Richards.

In the Upice 10kms, Francisco was 2nd in around 50.20, Steve Uttley 3rd in the M55 in 53.58. The course was a 10 lapper with a fairly steep 300m climb each lap. Weather was cool. Dave Kates was 15th in the M60 10kms in 65.25, while Ed was 4th M70 in 62.56. Dave won team gold with John Hall and Ian Richards, while Ed just missed a team medal in the M70s finishing 4th together with Arthur Thomson and Eric Horwill. Francisco and Steve won team gold together with Steve Allen. So altogether a successful championship for UK athletes and for Ilford. **Steve Uttley**

Adds Hon Ed: I'm pleased to get "hot-of-the-press" reports. For over a decade I've struggled to get attenders at such meetings to provide details of successes ... I've asked enough competitors! The exception must be Edbanger's wonderful daily hot wires from the World Veterans in the USA. Usually I find out when the Record publishes results 2-or-3 months down the line, after which it'd be of little use in Essex Walker's columns as it'd be "old news". So thanks to Steve.

	2 July	Woodford Tues Walk 3,000m + YAG	Ashtons Track	8.30 pm
	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
	11 July	Capt Barclay/Dunwoody Reunion	Bedford Lodge Hotel	12.30 pm
	14 July	UKA Championship	Alexander Stadium	TBA
F I X T U R E S	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	11.30 am
	28 July	National RWA 50K/BMAF 30K Champs	Coventry	TBA
	30 July	Woodford Tues Walk 3,000m + YAG	Ashtons Track	8.30 pm
	3 Aug	Tower Ins Open 100 Miles +RWA	Douglas	12 noon
	3 Aug	20 Miles' Starlight Stroll	Douglas	10.00 pm
	6 Aug	Veterans AC 5 Miles	Battersea Park	7.00 pm
	7 Aug	EVAC Track & Field League	Various venues (4)	7.00 pm
	14 Aug	SWC 5,000 Metres	Norman Park	7.30 pm
	17 Aug	SEAA Track Championships	Ashford	TBA
	20 Aug	Tonbridge Open Races	Tonbridge	7.00 pm
	24 Aug	LICC/Enfield League 5,000 Metres	Allianz Park	11.30 am
	27 Aug	WTW 3K/Geo Woods Cup/Presentation	Ashtons Track	8.30 pm
	30 Aug	Sarnia 3K	Vale	6.30 pm
		1 Sep	Guernsey Church-to-Church 19.4M	St Peter Port
	1 Sep	SCVAC Final	Ashford	TBA
	1 Sep	England Athletics Meeting	Bedford	TBA

ESSEX COUNTY AA 3,000 METRES CHAMPIONSHIP - 26 May 2013, Melbourne Stadium

1	Dan King	CH	12.25.62
2	Dom King	CH	12.26.69
3	Stuart Bennett	Ilf	16.28.50
4	John Brock	Sth	20.15.78
5	Peter Cassidy	Ltn	21.36.37
6	Dave Ainsworth	Ilf	22.16.93

In hot conditions Dominic King opened up a 30 metres' lead early on and held it until the last 2 circuits, when Dan closed dramatically upon his twin brother and in an exciting sprint finish, won the gold medal. Stuart managed to keep within striking distance of the pace-setting Kings for 2 laps before electing to then set his own pace (after a sub 2-minutes opening circuit). He was

rewarded with a bronze medal, which was presented by Ilford's Claire Levy - the Essex County AA President. The last 3 home all finished on the same lap, which with the Kings' sprint finish, gave a favourable impression to a large crowd (so large there was difficulty finding parking spaces).

Commentator, former Southend-on-Sea AC walker of note, JUNE CORK enthused and informed the crowd. Her best line was "If you're new to race walking then you can do no better than watch the King twins who are showing wonderful form". Which they were! This meeting had plenty of support in younger aged categories, but across the board senior entries were down. For instance, in the Women's 5,000 metres immediately before our race walk just 3 entries had been received with only 1 putting in an appearance! Just like the men's 10,000 Metres run.

Present was Ilford AC Life Member Roger Mills, a many times former winner, who gave encouragement to all. Another former walker there was 1979 Essex 50K Champion Vic Collins, ex-Woodford Green (now Havering Joggers). A trio of experienced judges saw fair play: Michael Croft, Ray Pearce and Pauline Wilson. Pauline, with former Essex Champion Peter Cassidy, was in Portsmouth a day earlier to officiate at the Hampshire County 3,000 metres Walk. Our sport has truly dedicated officials!

TWO HOLES-IN-ONE

In the same week in May, 2 golfers with links to race walking scored holes-in-one. After teeing-off for 19 years DAVE GULLIVER managed this feat on hole 16 of his local Swaffham Golf Club. He upheld the tradition of buying drinks for all in the "19th Hole" (Clubhouse) after completing his match. It set him back over £70 ... but like many golfers, he had insurance added to his annual membership fee for just such an occasion! Dave belonged to London Vidarians and Anglia Striders, both Clubs no longer in business but fondly remembered. He's a former Royal Air Force Champion and got into the 75 minutes' time bracket while serving in Germany. A retired Warrant Officer he's now aged 74 and apart from a touch of arthritis, is still an active man. He's Chairman of the Swaffham Cottage Hospital League of Friends.

In the same week MIKE DILLON achieved this feat. Mike's has raced the Moulton 5 Miles a number of times and in Olympic year was this race's celebrity "Mister Starter". Moulton resident Mike played for Spurs, Millwall, Swindon Town, New York Cosmos and Washington Diplomats. His highlight was an appearance in the 1974 UEFA Cup Final for Spurs v Feyenoord when coming on as substitute for Phil Beal in the first leg at White Hart Lane.

WHERE TO GUV?

Latest celebrities hailing Steve Allen's black cab are television presenter Andrew Marr, one now indisposed so not on our screens, and former soccer star "Ooh Ahh" Eric Cantona, now a film actor. Taxi drivers know the current situation, for it was about the film side of his life they chatted while heading to The Barbican Arts Centre. Who next?

I'LL HAVE A HALF

Southend-on-Sea's half marathon started and finished in Shoeburyness on a cold/miserable overcast Sunday morning, a day after our Essex 20K Championship. Race walking it, Steve Allen clocked 2.08 and wasn't pleased, but said he'd have been slower had he completed the 20K a day beforehand... which he said he'd have done if he'd known so many others had stayed away. Towards the finish a slow runner kept trying to chat with him, but when alongside Shoeburyness Cemetery near the finish, Steve cracked that one about passing "the dead centre of Shoeburyness" - **Boom**

Boom!

The compulsive talker said no more! Reigning Essex 20K Champ Stuart Bennett recorded 2.17 and obviously paid a price for giving it his all a day earlier at Enfield. Daughter Louise, who raced over 5K in our "London Walks" meeting earlier this year, clocked 2.20. In the running was Dennis Jones, well known London Postal Region walker who finished the final Hastings-to-Brighton Walk and who used to score points for Loughton AC in the our defunct Essex League. With crowds it's a good course to showcase our discipline and yearly attracts race walkers.

FRANK SALVAT RIP

Not a race walker, but we're always sorry to see a good distance athlete pass on, and such is the case now. Frank, aged 78, had connections his time with Finchley Harriers, Hillingdon AC and Portsmouth AC. A former AAA 3 Miles Champion he achieved Olympian status in 1960 (Rome) at 5,000 metres. He died in poverty and when news

spread of a pauper's funeral, athletes rallied to raise over £2,000 for a better send-off.

TRAGEDY IN TAHITI AS KIWI WALKER DIES

New Zealand Athletics Officials have confirmed the death of a woman who collapsed after winning the 5,000 Metres Walk at the Oceania Track and Field Championships in Tahiti. Lesley Cantwell, 26, had been on life support in a Tahitian hospital since collapsing while walking to a medal presentation ceremony. Very sad indeed.

DOUBLE FIGURES AT ASHTONS

The first meeting of the 2013 Open Graded Meetings at Ashtons Track saw our Woodford Tuesday Walk attract double figures with half from Ilford AC, including 2nd placed Steve Uttley who'd travelled from afar. Francisco Reis was a convincing victor ... but hey, we got double figures in Race1 - and that's not always happened has it? Keep on coming folks

AMOS SEDDON

How did you get into race walking?

In 1958 a Police colleague, who was extremely unsporty, had been persuaded to do the Police Barking-to-Southend Annual Walk (34 miles) and completed it. At the time I was doing several sports - running (mainly cross country), boxing (only training - nose too big), wrestling, squash and shooting. So this was a challenge I could not resist.

What was your first race walk?

So in May 1959 I was allowed to do the Barking-to-Southend, unofficially as RWA rules did not allow 18 year olds to race that far. I managed to finish in just over 7 hours. After that I decided to try race walking. My first real race was a 6 mile event which I completed in 56 minutes.

What would you consider your best achievement in race walking? Difficult, but I was pleased with my win in the 1980 National 35 Kms at Victoria Park in 2.40.04.

Do you have any goals for your race walking career?

The 3 F's. Fair : In all races I aim to race fairly. Unfortunately with arthritic knees the Judges have cause to think I don't. Fast : This is rather optimistic. First : This involves ever greater optimism.

Do you have a particular training regime? Not now. With so many aches and pains planning ahead is not easy, so race walking is limited. Running is also rationed. I mainly do 2-3 hours at about 4mph, 2-or-3 times a week.

Have you had any funny moments in race walking?

No. As you should know Race Walking is a very serious event. Just ask the Judges.

www.racewalkuk.com/AthleteDetails.asp?id=394



Adds Hon Ed: This follows from March's issue, when Alan O'Rawe answered these questions. This feature was well received by readers, so we've found a 2nd volunteer to grill. We'll ask more of you in good time, so put your thinking caps on. Amos hit the big time with appearances in the Lugano Cup, European and Commonwealth Games. He has a bulging trophy store which still gets added to. As well as his favourite event, Amos won the now defunct RWA National 20 Miles (Sutton Park/1977/2.25.15) in a class field ... with nil warm-up! Amos literally "ran-for-it" to make the start line when Motorway jams delayed his arrival. We reported Amos setting a new over-70s Harwich Runners 5K road running record, which has since been beaten. Amos wants it back - that's the measure of the man! He was a key player in that famous 2009 Newmarket Richard Dunwoody MBE/Captain Barclay Re-enactment Walk and continues offering good value at his sports goods trading table.

DONNA HARTLEY MBE, RIP

Track star, Southampton-born Donna Hartley has died aged 58, while sunbathing in her back garden. She leaves behind 2nd husband, comedian Bobby Knutt. She lived in relative obscurity in Sheffield. On leaving athletics through injury in 1982 she took up bodybuilding becoming Miss Britain Physique in 1988. First racing as Donna Murray, she appeared in 3 Olympics. In 1972 when aged 17, she was the youngest in our British Olympic team. In 1976 she reached the final of the 4 X 400 Metres - the team being Gladys Taylor (now Mrs Bird), Liz Barnes, Verona Elder and Donna Hartley. Gladys, who was previously married to the hurdling son of Woodford Green/Met Police walker Jack Clifton, is often at Woodford's Graded meetings and one of race walking's biggest fans ... often the announcer giving our event a good "plug". Verona resides directly opposite reigning Essex 20K Walk Champion Stuart Bennett's house in Romford. Liz's sister Sandra attends many race walking functions. That relay team came 7th ... and it was

in 7th position that Donna took over the baton in the 1980 4 X 400 metres final to run "the lap of my life" bringing GB's team home for bronze medals behind the Soviet Union and East Germany ... the previous 3 leg runners being Linsey MacDonald, Michelle Probert and Joslyn Hoyte-Smith. It was that final's 2nd fastest leg ... making mockery of Selectors for not picking her for the individual 400 metres. Donna raced in an amateur era; and during her Olympic span worked as a switchboard operator, bank clerk and model. She made her own dresses when invited to functions. Farewell to one with Essex connections, in a way at least!

IN THE PICTURE

In our previous edition was an "All Our Yesterdays" photo of 2 athletes on a track which asked who/where/when? They were now Gambian-based Geoff Hunwicks and the late Laurence Dordoy, both much missed-members of our Essex athletics scene as they were talented former race walkers of note. However on this occasion action was a 10,000 Metres Ilford AC Championship run at Cricklefields Stadium. Reader Keith Phillips, another key part of the Essex scene for many years, can help us pinpoint the year. Keith writes, "It was when it cost 6d for training sessions and Cricklefields had a track of dusty cinders".

ESSEX SUCCESS ON MAY DAY

Readers have pointed out that Essex Walker, while publishing details of Essex Police Men's team medals in the British Police Championship at Tally Ho, made no mention of their ladies' success. Essex Walker points out to readers that no results of ladies efforts were sent in (only men's). After chasing-up, we've the ladies results which read well for our County. The British Police 5 Kilometres Championess is TESS WILBY (Essex) who clocked 32.59. The bronze medal went to BRIDGET KING in 39.15, who just got the better of Lancashire's Sue Harrison in a dip-finish. Bridget needs no introduction to readers having established herself as a keen and committed supporter of our County's athletics scene. It was a pity Essex Police didn't field just one more as only Lancs closed-in with 3 scorers who included the last and penultimate finishers.

2013 MOULTON OPEN 5 MILES

We'll not steal Enfield Walker's thunder, as they rightly provide the main report (most of our readers get that worthy publication). It was a great day out with kids races on the Village Hall grass track and an off-road "Moulton Meander" for those not wishing to sample 5 miles of road work. The main race saw some "slower" walkers go off early with European and Commonwealth Games Representative Bill Sutherland among them ... it was like old times for Bill who enjoyed the kudos of again seeing an empty road ahead unwind before him - for around 2 miles! Bill's views are published in this issue. Winner for a 4th consecutive year was Ilford's Francisco Reis ... he gets better as 39.01 was his fastest victory. Francisco's lead at the turn was so commanding 2nd placed Mark Williams, many-times former Welsh Senior Champion, couldn't make inroads for a challenge. Clubmate Steve Uttley completed the frame and was joined by former two-times event winner Pete Ryan and a "new image" Steve Allen to ensure Ilford retained their team title. In fact Ilford AC had 9 on the road ... such is the popularity of this annual race! Popular East Anglian-based Cath Reader, who has Essex athletics connections, was the leading lady. Colchester born Paul Nihill completed maybe his last race, though we've heard this before haven't we? His first appearance on a result sheet was before the 1948 London Olympics and now he's appeared after our 2012 London Games ... so he's one of a select group whose active careers span 2 London Olympiads. Paul was the dignitary selected to present the magnificent awards/prizes. With our influential RWA General Committee Meeting in the Village Hall post-race, many notables were there to see race walking at its enjoyable best! As stated, a full result will be in Enfield Walker and also on www.racewalkuk.com Thanks for all for making their annual trip to rural Suffolk - long may it continue!

FAREWELL

Jack Frederick Fitzgerald had a **good send off** at Lambeth Cemetery in Tooting before many from athletics, from Olympians to backmarkers, some travelling from afar. There was "**standing room only**" and many then went to a nearby pub (The Furzedown) a typical austere South London "*knock 'em down and drag 'em out*" type of establishment. On show was a DVD of Jack's highlights showing a run (aged over 80) in the Las Vegas Marathon. There were pictures of Jack and his crew from WW2 Royal Air Force aircrew days. Essex Walker readers were present in numbers among a strong race walking attendance. Full marks to Ian Statter

who couldn't find this Cemetery...he saw a Funeral Director's premises and went in to ask the way? 10-out-10 for initiative!

Jack entered to 'Chariots of Fire'. The service was conducted by a celebrant; pall bearers looked like typical South London "Jack-the-Lad" types with shaven heads, ear-rings etc. Funerals aren't what they used to be! After being lowered into his grave an unbilled speech came from an athlete, which drew much applause, being far better than anything heard inside the chapel! Michael Rawson, European Games 800 metres Gold Medallist in 1958, was among mourners.



Dear Dave ...

FILM CLIP MENTIONED IN MAY'S EDITION

I don't know about promoting increased participation but a few ideas there to make RW more appealing to the spectator! Who said walking was boring? Very good, brilliant sense of humour!
Len Ruddock

Reminder: Take a few minutes out for the lighter side of our sport. Watch and enjoy at https://www.youtube.com/watch?feature=player_embedded&v=UDMbimGq0kc

MORE COMMENT ABOUT THAT AMUSING FILM CLIP

And they said mincing was a dull uneventful sport!
Martin Clarke

ANOTHER FILM CLIP REVIEWER

Very amusing! I recognise one of the 'walkers' from a previous You Tube video. I wonder what inspired him to make a video about race-walking. Spotted one of them lifting though, tut tut!
Sue Clements

TIME PENALTIES AND THE USE OF PIT LANES IN MASTERS INTERNATIONAL CHAMPIONSHIPS

You may be interested to see a copy of my response to Ian Richards's consultation on adopting the 'pit lane' proposals for World Masters' Championships. I appreciate the thinking behind this proposal, but I have a number of concerns, listed below:

1. This is a very new innovation (despite the idea itself having been around a number of years). It has been tried in few events and those mainly involving youngsters. I feel it is early days to introduce such a system in a Vets World Championship.

2. The penalties lack internal consistency. There is no mathematical justification for 45 seconds over 5kms, but only 60 seconds over 10kms. I appreciate the system becomes more complex at longer distances, with more than 6 cards permitted, but 60 seconds over 50kms is derisory. If an athlete is leading by 15 minutes a 60 second penalty is irrelevant, whereas 45 seconds over 5kms is likely to be terminal. The 5kms penalty is 9 seconds per kilometre, whereas the 50 kms penalty is only just over 1 second! An agreed amount per kilometre needs to be worked out, so that the system can be applied easily to all distances, including non-standard ones. I suggest 6 seconds.

3. Because the system is new, behavioural effects are as yet unknown. There is a possibility that both athletes and judges could be affected. Athletes may become less concerned about the consequences of poor walking and so standards may decline. There is also the possibility that judges may become less restrained in their willingness to issue cards, in the knowledge that the consequences will be less serious for the athlete than currently. I agree we do not know for sure that these effects will occur, but it would be unusual for such a significant change to have zero behavioural effect. Data needs to be collected from the experimental events and compared with events held under the current rules, to see if there is any significant difference in the number of cards per athlete ratio (with suitable adjustments for distance).
Steve Uttley

TIME PENALTIES AND THE USE OF PIT LANES IN MASTERS INTERNATIONAL CHAMPIONSHIPS

I am firmly of the opinion that time penalties and pit lanes will do very little to encourage newcomers of the younger age group to take up Race Walking. All it will do is encourage the wrong type of race walker who wants a fast route to success when you and I know that that is just not the real world! It will be a nightmare to put into practice and would need so many experienced volunteers to run the system. My view is that it is the few blatant runners at the front who need to be disqualified early on to steady up the field of race walkers who would soon realise that they have to comply with the rules if they are going to finish the race. As many wise judges used to say in the better former years 'if the front walkers run and are allowed to continue then the remainder of the field will just follow too.' To allow those who are not walking a time penalty does not cure the problem but on re-entry allows them to continue non-compliance of the walking rules to catch up and is grossly unfair to those who are walking correctly at whatever speed. To my knowledge I have 2 examples of this - one at the Sydney Olympics in 2000 when the Australian Women's 20 Kms leader was cruelly disqualified 400 metres from the finish in the tunnel caused by a disqualified walker who had been allowed to rejoin the race affecting those walking correctly. Just recently in the Pednor 5 Miles Walk in the Chilterns two lady walkers with numbers on just ran through the field of walkers having already been disqualified. I earnestly do not want our great sport to end up as a farce.
Bill Sutherland

SWC's 50 YEARS' TRIBUTE EVENING

I do hope the evening is a big success. Best wishes.
Philip Hollobone
MP for Kettering & SWC member

CONGRATULATIONS TO THE WALLWORKS AND THEIR WONDERFUL GROUP OF HELPERS

Once again the Moulton Walks, organised so very well by the Wallworks and their great group of helpers, must go down as the 'Best Sports Real Race Walking Day' in the South by a country mile. The course so well marshalled and judged with large fields of walkers young and elderly were a joy to see. Having viewed the great series of photographs by Mark Easton (RWA President) it is so plain to see that what we were viewing was 'Real Race Walking' at its best. Heel to toe and fair all the way! Well done to all the prize winners particularly the young Boys and Girls. Good to see Amos Seddon back on the road again after a prolonged absence. We can't wait for 2014 to come as the camaraderie and encouragement given by each and everyone present makes it a really great day out! Well done one and all!

Bill Sutherland

IN DERBYSHIRE

I would be happy for you to share my address: 40 Rockside View, Matlock Derbyshire DE4 3GP. Thanks for all your support over the last 28 years (time spent in Essex) and thanks for all the work you do supporting race walking throughout the country.

Chris Bent

CONGRATULATIONS TO THE KING TWINS!

Great to read of an exciting 3000 metres Track at the Essex Championships with excellent times in front of an appreciative crowd. Well done to the King twins! These type of events are the shop window of Race Walking for the future. Good to hear that former Essex International speedster Roger Mills was there too adding encouragement. Well done to Stuart Bennett on taking the Bronze Medal and yourself too on a good walk.

Bill Sutherland

MOULTON

We got to Moulton, in good time, was the start delayed? Saw the start from the car park field. We then went up the road and followed the walkers. That was when I found out that my camera was not working properly!! Saw the field go through then got lost in the back roads, so decided to come back home as we had to get back. Enjoyed what we did see, looked like a large entry. Well, there is always next year!

Tony Challis

WRITES FORMER ESSEX LEAGUE CHAMPION CHRIS BENT

I thought you might be interested in following a run that our son Dan is organising at the moment. It is a cross USA continuous relay from Los Angeles to Boston to raise money for the victims of the Boston Bombing. It has 300 stages involves more than 1,000 runners and covers 3,000 miles. Check out

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<http://onerunforboston.org/> and "one run for Boston" on Facebook.

Chris Bent

CHRIS BENT'S MOVE

Very best wishes to Chris for his return to delightful Derbyshire, and for lots of enjoyable, injury-free walking and running there.

Sandra Brown

STATEMENT FROM PAUL NIHILL MBE

After 65 years of on-and-off athletics, on 23 June, I announced my "official" retirement. My long career includes bridging the last 2 London Olympiads.

My first athletic event: 23 June 1948 2nd Woodside Junior Sports 60yds.

London's Olympics: 1948 (29 July/14 Aug) and 2012 (25 July/12 August).

My last athletic event: 1 June 2013 36th Moulton Open 5 Miles Walk.

I have retired before several times, prompting remarks such as "He's made more comebacks than Frank Sinatra" which is probably true. My first retirement came in 1959 when I wrote in my Training Diary following a dismal 1 mile track run, "After this terrible showing I decided to quit athletics for good". Since then I have, on several occasions, quit the sport for good. My latest retirement will not wear with several of my fellow athletes who have heard all this before. I have even had retirement presentations so why believe me this time? I have had a long and successful athletics career. At the beginning everybody beat me; at the end everybody beat me - but in the middle I beat everyone who was somebody. At the peak of my career in the early 70s I was struck down with hepatitis. I was then World No 1 at 20km. I was never quite the same again. Yes; I recorded faster times including the World 20km record, but I wasn't in my humble opinion the athlete of 1969. I was proud to be part of British Race Walking when we ruled the World. Sadly our once wonderful sport is now struggling.

Thank you for putting up with me for all these years.

Paul Nihill MBE

(65 years an active athlete: 1948-2013)

BILL SUTHERLAND GOES BACK TO SCHOOL

I had an occasion to speak at a notable Public School in South London with an Athletics Representative for England Schools in London and he told me there is much interest in race walking in the schools, especially after the great Olympic race walks in the Mall. I wish some members of the SRWA could have been there because it was a real eye opener and was so uplifting to hear. Perhaps as I have said before our whole approach needs readdressing, as often we seem to be our worst enemy!

Bill Sutherland

**WELSH ATHLETICS/ATHLETAU CYMRU 3,000 METRES WALK CHAMPIONSHIPS, 15 June 2013
SENIOR MEN**

1	Ken Bobbett	Hillingdon AC	17.44.60
2	Stephen Walker	Wrexham AAC	19.23.00
3	Dave Ainsworth	Ilford AC	22.18.90
4	Jason Elworthy	Barry & Vale Harriers	30.35.40

Ken Bobbett retained his title. Also were well supported 1,000 metres Girls Under/13 and Under/15 events.

Conditions at Newport's Spyttly Stadium: very strong winds.

Judges included Bob and Olive Dobson (the latter Chief Judge).

Medal ceremony dignitary was respected Coach Martin Bell.

SENIOR WOMEN

1	Bethan Davies	Cardiff AAC	14.18.00
2	Heather Lewis	Pembrokeshire Harriers	14.26.20

UNDER 17 WOMEN

1	Ellie Dainton	Llanelli AC	16.17.40
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Winds were so severe walkers were almost blown off their feet along the back straight, while in the home straight progress was most difficult. Hurdles, stacked on the infield, blew across the track while walking progressed. That would have been something: disqualified for going over hurdles! Pity the poor so-and-so who was last man - he made a walking debut (after being hauled off the track in the 1,500 metres run when still "running" at 16 minutes as officials' patience snapped). He faced winds despite being built like a tank! 2nd man Stephen Walker (also 2012 silver medallist) then headed north for the BMAF 5K Championship at Horwich.

RWA SOUTHERN AREA 20K CHAMPIONSHIP - ENFIELD 8 JUNE

Olympic year saw this race cancelled as entries were few ... but your ever optimistic Area Committee decided to try again. Some scratched, but at least their entries managed to get this event reinstated. 12 men started/9 finished (3d/q'd). 6 ladies started/finished. The board was full down one side, so a 2nd column was required! Francisco Reis enjoyed a huge first lap lead (of 12 circuits) and was untroubled to win 1.48.47. Only other sub-2 hours finisher was Barnet's Steve Allen, doing so with 38 seconds to spare. David Crane was 3rd in 2.01.32. From an Essex view, Stuart Bennett was 4th in 2.04.19. Only 1 men's team closed home 3 scorers - SWC. Women's winner was Maureen Noel, 2.05.22 with former Loughton AC star Cath Duhig 2nd in 2.10.22.

ESSEX WALKERS TO THE FORE IN BREDA:

Major international race in Breda (Holland) - three Essex walkers in the first 14!! Small Nations Walking Match - 16th June - Men's 20k

1	Colin Griffin	Ireland	1:27:14
2	Daniel King	Essex/Eng	1:29:26
3	Dominic King	Essex/Eng	1:30:56
14	Steve Uttley	Essex/Ilf	1:52:55
15	Steve Allen	Barnet	1:53:20

PLENTY OF CHOICE

On the same weekend in June you could have been at the Paris-to-Colmar, Welsh Championship at Newport, South Western Counties Veterans Championships at Exeter, BMAF 5K Road Championship at Horwich or the Small Nations in The Netherlands. *Variety is the spice of life.*

GEOGRAPHY LESSON

We won't name him to spare blushes, but a reader sent off an entry form + fee for BMAF's Road 5K Championship at Horwich thinking it was near Norwich ... but when told it was near Bolton (Lancashire) received a shock to his system!

ULTRA-DISTANCE STARS

Congratulations to Birchfield Harrier Karen Davies on completing June's arduous Paris-to-Colmar Classic. Behind such successes are hard-working support teams and they included Essex athlete (Romford-born) MICK BARNBROOK who has previously assisted on this scenic course so knows it well. With Mick were former Record Editor John C and Centurions Vice President Kathy Crilley ... and for good measure Richard and Sandra Brown - both of whom have raced this event with distinction - were present near the finish to motivate Karen over her closing stages. Well done to the supporters! Bernardo Jose-Moro won the French Ultra Festival 6 Days' race (for runners and walkers). Bernardo was top walker with 606.464K. What's a connection with Essex you ask? Well he became a Centurion at that memorable 2010 100 Miles in Colchester's Lower Castle Park, when readers officiated, helped or turned-up to show support.

SIR HENRY CECIL RIP

Why include him in our pages? Well this noted racehorse trainer took part in an undercard event at that truly wonderful Millennium Challenge weekend (Newmarket/2000). He was in the Newmarket Heath Walk on the Sunday morning which finished alongside the Rowley Mile Racecourse Grandstand, while main race participants gave it their all on roads around this famous sporting venue.