

# Essex Walker

Editor: Dave Ainsworth

## FAMILIAR NAME RETURNS

Havering AC are back on the map, after 19 years as Havering/Mayesbrook AC. They've operated at both Hornchurch Stadium (London Borough of Havering) and Mayesbrook Park track (London Borough of Barking & Dagenham), using the latter for home meetings. In 2010 they were kicked-off Mayesbrook Park Track, so it could be "tarted-up" for visiting Olympic teams to train on. After the 2012 Games hiring fees rose by 300% (yes 300%) as these much improved facilities were deemed better. They couldn't afford that ... so much for an "Olympic Legacy". What Olympic legacy you ask? They're now back at Hornchurch Stadium under their old name, as used from their 1968 foundation. Havering AC were a merger of Hornchurch Harriers and Romford Athletic Club - both of which were themselves founded in 1953. Havering AC had a talented Walks' Squad in past times and it'd be nice to see revived under this name. They've a Centurion, Club Official PETER ADDISON, currently on their books.

## GLOOM CONTINUES

After our worst National 10 Miles ever, your RWA optimistically splashed out £400 on a quality venue to try and lure in punters for their National over the Olympic 20K distance. They hired Sheffield's Forge Valley Cycle Circuit - in a City with wonderful race walking traditions. Entries were so few that desperate appeals went out just before closing date offering takers a chance to phone-in their intentions and settle up "on-the-day". Just 16 finished the Men's 20K with 1 dq (an Australian) and 2 dnfs (1 a Spaniard). Take away foreign interest and few supported an event which is put on FOR YOU. It was won by Redcar's Ben Wears in 93.33 with Spaniard Fabian Bernabe 2nd in 95.34. Bronze medal went in 108.11 to Richard Gerrard of IOM Veterans. Yes 108.11 gains individual bronze ... a time bettered by nearly all reading this! Essex interest: 5. Francisco Reis Ilf [109.43], 7. Steve Uttley Ilf [115.11], 10. Malcolm Martin SWC (he works in Essex) [122.20], 12. Paul King Ltn (2nd claim) [133.21] and 15. Sean Pender Ltn (2nd claim) [138.28]. Like our once popular National 10 Miles, just 1 team closed home a scoring 3 (SWC) with Ilford 2nd - with a so-called team of 2. The ladies' event was ever more disappointing with few racing and no Essex County interest. Prospects on the horizon? Well the Junior Under 20- race on the undercard saw just 3 start ... of whom 1 finished. He was Callum Wilkinson (47.02), one well known by Essex Walker readers. Some found presentation ceremony arrangements poor ... well almost non-existent, so robbing medal winners of kudos. Many found this venue hard to reach. Hon Championships Secretary Peter Marlow spent a night in Sheffield, but it still took him a hour-and-a-half to cover the final mile. Keen event supporters Bob and Olive Dobson had an identical experience as Peter. Roads were closed for tram-route maintenance work causing traffic jams. Plus Forge Valley Circuit didn't appear on direction signs ... other sporting locations did, including a doomed Don Valley track. Essex Walker's Hon Ed expects the usual response from some that this Newsletter promulgates bad news - but "Shoot the Messenger" was a tactic of ancient Greeks. One can only report facts - which EW does. With abysmal support for our National 10 Miles and 20K many folk openly ask if a Race Walking Association (and its Area Committees) will still be around in 5 years' time?

## ANNIVERSARY CELEBRATIONS

All Essex Walker readers will wish to warmly congratulate Suffolk-based RON and JOAN WALLWORK on reaching their Golden Wedding Anniversary. Both are among the greatest supporters race walking, and athletics in general, has ever had ... and may they be at the forefront of our sport for many, many happy years still to come!

## CONDOLENCE EXPRESSED

We're sorry to hear that former International, and now noted mentor, George Nibre's father has passed on in his native Newcastle aged 84. We extend our condolences to George and his family at this sad time

## 136 IS THE ANSWER - WHAT'S THE QUESTION?

What was the combined age of Ilford's 2-man team which came 2nd in the 2014 RWA Southern Area 10K Championship?

**THOUGHT FOR THE DAY**  
by OVID

**"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will always be fish"**

## ESSEX COUNTY 3,000 METRES' CHAMPIONSHIP - Melbourne Park 24 May

1	Dan King	CH	13.03.47	In perfect conditions just 6 started and finished (numerically as 2013), with Mike Croft being the only Judge. International Dan King had things his own way as he achieved the feat of lapping an entire field while retaining his title. Steve Uttley remained in touch after an impressive start but for most of the race found himself somewhat isolated. All 4 back markers ended on the same lap which showed some semblance of a competition. Medallists received acclaim with a podium presentation by our Essex County AA President. Former Southend-on-Sea AC walker June Cork gave a constructive commentary throughout and, referred to the small field by stating that this event needs more participants! In the Boys 1,000 Metres, sole entrant E Layzell (Ltn) clocked 8.32.35.
2	Steve Uttley	Ilf	15.26.74	
3	Keith Palmer	Sth	20.07.42	
4	John Brock	Sth	20.29.32	
5	Peter Cassidy	Ltn	21.05.99	
6	Dave Ainsworth	Ilf	22.41.01	

## ILFORD AC WALKERS TO THE FORE

A pleasant Easter Monday at Lee Valley Stadium saw a well-supported LICC/Enfield League 5,000 metres walk. From the "off" youth prospect and favourite Callum Wilkinson (of the host Club), led and was never headed as he broke the tape in 24.03. He was tracked by experienced Ilford protagonist Francisco Reis who clocked 24.20 for an excellent 2nd place and was already ready to pounce had the youngster's pace flagged. Ilford athlete Pete Ryan had the honour of completing the frame when claiming 3rd in 26.22 after holding back a determined challenge from Barnet's Steve Allen. A special mention for Stuart Bennett who'd arrived back from holiday after an overnight flight at 4 am, grabbed a few hours "shut-eye", then headed towards the action to finish 7th in 28.35.

## ENJOYMENT OF OUR SPORT

An announcement of a National 50K under 'B' Laws had aroused interest in a number of potential entrants who hadn't supported this long established in event in recent years (last year 4 UK men finished) - although it had alienated others. However even the keenest are registering declining interest with possibly a 500m "out-and-back" course with umpteen 180 degrees turns. Where's the enjoyment of our sport, as great courses such as Redditch, Copthall's suburbs, Ewell and dare one even say Basildon's big course have had their day? Obviously nowadays safety and risk-assessment is important - but 500m up-and-down for endless hours?

## LONG JOURNEY

Loughton's much travelled SEAN PENDER went to Leicester for that Club's annual 15 Miles. A sad sign of our times was news of only 4 participants. Centurions Chris Berwick and Sarah Lightman were leaders in 2.49, with Sean clocking 3.04. Hon Ed has "guested" here in the 70s when a Northamptonshire resident and remembers an enjoyable mostly quiet rural course heading towards Leicester Airport and back.

## ALL QUIET ON THE EASTERN FRONT

After several years (bar one) at Monks Hill our annual RWA Southern Area 10K Championship moved to South East London where Hon Area Championship Secretary NOEL CARMODY had devised a traffic-free course comprising 10 circuits inside Eltham's Sutcliffe Park. Sadly none on our Southern Committee "flagged-up" that 29th March clashed with a major Masters' Meeting in Belgrade, which robbed this domestic promotion of some better veterans ... even though the mainland Europe meeting date had been set as far back as 2010. Younger Aged Group races saw few racing and large gaps between those who were. However on a positive side, the seniors were almost all there, as they'd arrived well early for their own event ... and so were able to give youngsters encouraging cheers. The Senior Men's 10K saw just 9 line-up, all veterans - of whom most were "over-the-hill". Trevor Jones won in 53.10 closely followed by Chris Hobbs in 53.24 and Malcolm Martin (who works in Essex) 3rd in 57.32. Other Essex-connected finishers were Loughton 2nd claimers Paul King (4th/64.07) and Southern Area President Sean Pender (7th/66.23). Only 1 team (SWC) could even start a full team of 3. Only 1 other Club fielded a 2-man so-called "team" (Ilford AC). Their team of Dave Ainsworth/Mick Barnbrook "also walked" at the back in 82.54. When looking as though this race might be in doubt, Mick proposed entering "to make up numbers to try and keep the event going". Both were surprised that filling the last 2 places was rewarded by team Silver medals. The Ladies' 10K was no better (8 starters) being won by Centurions Captain Sandra Brown in 58.59. Geraldine Legon, who works in Essex was penultimate finisher with 72.51 on the stopwatch. At the prize-giving the first words spoken by Noel Carmody were to say that, even with some in Budapest, more Southern walkers should have supported this Championship ... and listeners agreed! Such races are put on for you! The venue had much free parking and was just 200 yards off the South Circular Road from the "Yorkshire Grey" roundabout (this once pub is now a ubiquitous McDonalds). It was a short walk from Kidbrook Station (trains every 15 mins from London Bridge). Sean Pender donned his Chain of Office to

become our Presentation dignitary. But, Budapest entrants aside, where were the rest of you? However it must be said that, apart from last year's success (which high-ups in the "smoke-filled room" decided wouldn't be repeated) numbers have fallen ever since that disastrous year which "Enfield Walker" dubbed, "The Monks Hill Massacre" when a "full Board" saw another needed that day. Where do we go from here? Answers on a postcard.

### HAPPY DAYS

Ilford's new enthusiastic Team Manager Stuart Bennett and his wife Kim are looking forward to becoming grandparents when daughter Louise gives birth to her first child. Louise, now married to Steve, assisted Ilford AC to 3rd team place in last year's London 5K at Victoria Park. Royal Navy son, Ross, once Essex County 3,000 Metres' Junior Champion, got married to Tammy in Somerset. We wish both great happiness.

### WHERE ARE THE WALKERS?

Having had 2 disastrous Nationals for turnouts (10 Miles/20K), worse in our Southern Area 10K Championship and a lowest ever number of race walkers "showcasing" our event before a million London Marathon spectators, we've now report of just 1 race walker in the Annual Crawley 12 Hours as Centurion STEVE ALLEN completed it. It's mainly a run, but for years race walkers have appeared - again "showcasing" our event while getting in distance work to prepare for upcoming 100 Miles and 24 Hours events. But not this year. Sports stalwart, Centurions' Hon Treasurer RICHARD BROWN, was there assisting runners.

### BUCKS FIZZ

Ilford AC members put up a great show at Pednor's 28th Annual Open 5 Miles on Bank Holiday Monday at Chesham. Like Moulton, it's an opportunity for traditional road walking on a public highway with little traffic to bother athletes. The Men's Walk saw 35 finishers (all but 2 were veterans) and 6 lady veterans + 2 Younger Aged Group walkers in the 2 miles race. The 5 Miles' run (after the Walk) run got 125 men's finishers and 72 women. There were big parking problems as a couple of streets' away Chesham United hosted St Albans in the Southern League Play-off Final which saw a delayed kick-off as around 3,000 turned-up (result 1-3). Those warming-up could follow the game by listening to the crowd's, cheers, oohs-and-aarhs.

Last year's 1-2 reversed positions, as Ilford dominated with 4 in the first 7: 1. Francisco Reis [40.26], 2. Fabian Deuter (Hill) [42.59], 3. Pete Ryan [44.17], 4. Steve Uttley [45.20], 7. Stuart Bennett [46.47] and 17. Dave Kates [52.05], 33. Dave Ainsworth [67.04]. The first 4 home were former winners. In addition 2 ex-Ilford members completed the testing 5 miles loop around the Chiltern Hills: 15th Gary Smith (Enf) 50.48/34th Bill Sutherland (HH) 67.22. This delightful area has been an outside location for a number of "Midsomer Murders" episodes. A word for Dave Kates who appeared despite carrying an injury ... racing on a course he often trains on, so knew what the challenge was. Others with Essex connections were: 5. Malcolm Martin (SWC) 45.48 and Loughton 2nd claimers Sean Pender, John Borgars and Ken Livermore who respectively were 20th/52.22, 21st/52.49 and 35th/72.41. As last year, the lunchtime Stevenage 3,000 Metres' field was affected, where only 6 appeared ... but full credit to the 5 men finishers who then all appeared at Pednor ... including octogenarian Ken! Also putting in a double-shift were your hard working Officials Peter Cassidy, Pam Ficken and Pauline Wilson. If you've not raced before ... give it a try in 2015!



### SURREY LONDON TO BRIGHTON WALK 1955

See the late great Hew Neilson win the 1955 London-to-Brighton on Pathe!

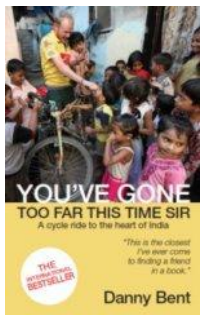
<https://www.youtube.com/watch?v=PBWWPa7Oero&feature=youtu.be&app=desktop>

Final scenes of 1.33 min video clip show Neilson (No 53) coming in to finish the race. The Sunday Dispatch editor Charles Eade walks forward immediately and hands the Cup to Hughie Neilson.

### LEGGING IT

Congratulations to Ron Wallwork MBE on his selection to appear in a leg (near Newmarket) of our 2014 Commonwealth Games Baton Relay.





**Chris Bent** writes: OUR SON DANIEL'S BOOK "YOU'VE GONE TOO FAR THIS TIME SIR", which tells the story of his non-stop, unsupported cycle ride to India, has been selected as a finalist in the "People's book Prize" <http://www.peoplesbookprize.com/winners2013.htm>

"Danny Bent was born near Buxton in the Peak District into a very loving and supportive family. His father was an international athlete and Danny was necessarily introduced to the attractions and rigours of sport at a very early age, and to cycling (down steps) not long afterwards. He is an international tri-athlete and a bog diver, and has an aptitude for the sort of adventures which require major endurance and a great deal of luck to survive."



## AT THE TOWER

Details are out of our English Commonwealth Games' Tribute Luncheon, to be held at the Tower Hotel (by Tower Bridge) on Saturday 13 September at 12 noon for 12.30 pm. This lunch will honour those 38 athletes who've represented England in the Commonwealth Games since race walking was introduced in 1966 (at Jamaica). On that occasion England provided a winner over 20 Miles in Ron Wallwork, one still active in our sport today! Today England has a reigning Commonwealth Games Champion in double Olympian Joanna Jackson (20K), who'll reign somewhat longer as walking's been edged off the 2014 Commonwealth Games programme, but will return in Australia come 2018. Jake Warhurst (20 Miles) and Olly Flynn (30K) were English gold medallists in 1974 and 78 respectively. This major function will, in some way, offset the profound disappointment caused by our 2014 exclusion. A tribute booklet with biographical details of those 38 is being considered, similar to that much sought after (and now sold out) Olympians' Booklet.

The buffet and reunion format is as that successful 2012 Olympians' Tribute Luncheon at the same hotel, which was sold out with a waiting list. Details from Peter Marlow on 01284-754177. Bookings: Mrs.Pam Ficken, Owl Cottage,101 Meldreth Road, Whaddon, Royston, Herts SG8 5RS. Please enclose cheque (payable Race Walking Association) for £35 per place + SAE and advise any special requirements (vegetarian etc). Or, of course, see Pam at the meetings.

	8 Jun	European Championship Trials	York	TBA	
	10 Jun	Woodford Tuesday Walk 3,000m +YAG	Ashtons Track	8.30 pm	
	14 Jun	Jack Fitzgerald Memorial 3 and 6 Miles	Tilgate Park	1.00 pm	
	14 Jun	Welsh 3,000 Metres Championship	Wrexham	TBA	
<b>F</b>	15 Jun	British Masters 5K Championship	Horwich	10.30 am	
	21 Jun	Manx Telecon 85 Miles Parish Walk	Douglas	8.00 am	
	21 Jun	England Athletics U20/U23 Champs	Bedford	TBA	
	28 Jun	LICC/Enfield League 5,000m + YAG	Allianz Park	12.00 noon	
	29 Jun	UKA Men's/Women's 5,000m Championship	Alexander Stadium	TBA	
	<b>X</b>	5 Jul	RWA Southern Area (+ Essex) 20K Champs	Donkey Lane	1.00 pm
		6 Jul	RWA Northern 35K (all welcome)	Dalton & Gales	11.15 am
	<b>T</b>	8 Jul	Woodford Tuesday Walk 3,000 Metres + YAG	Ashtons Track	8.30 pm
		13 Jul	Midland + BMAF 30K Championship	Coventry	11.30 am
	<b>U</b>	14 Jul	SCVT&F League 2,000 Metres	Hemel Hempstead	6.30 pm
15 Jul		Veterans Athletic Club 5 Miles	Battersea Park	7.00 pm	
<b>R</b>	19 Jul	UK/RWA/Counties 10K Championship	Hillingdon Circuit	TBA	
	2 Aug	Southend 100 Miles	Garon Park Track	12.00 noon	
<b>E</b>	9 Aug	BMAF Track Championship Day 1	Alexander Stadium	TBA	
	10 Aug	BMAF Track Championship Day 2	Alexander Stadium	TBA	
<b>S</b>	12 Aug	VAC 5 Miles Championship	Battersea Park	7.00 pm	
	19 Aug	Woodford Tuesday Walk 3,000m + YAG + Presentation	Ashtons Track	8.30 pm	
	25 Aug	Southend 1 Mile (+ George Woods Cup)	Garon Park Track	10.30 am	
	30 Aug	Essex County AA 10,000m Championship	Garon Park Track	TBA	
	30 Aug	LICC/Enfield League 5,000 Metres	Allianz Park	12.00 noon	
	31 Aug	England Athletics U15/U17 Champs	Bedford	TBA	

## ON THE BOX

STEVE ALLEN race walked the Brighton Marathon in preparation for his annual appearance in the London Marathon. He wore a traditional Post Office peaked cap and this, plus his competitive gait, saw him marked out - twice - for interview by Southern Television regional news programmes!

## **ALL CHANGE**

Iford AC have voted-in new Officers in a bid to halt flagging fortunes. Dave Ainsworth (Team Manager) and Tony Perkins (Honorary Walking Secretary) have stepped down, replaced by STUART BENNETT and STEVE UTTLEY respectively. Iford's new President is long serving Life Member GERRY PELLIS, who takes on this role for a 2nd time. Gerry's a sports photographer of note and a great friend of pedestrianism who attended our 500th Essex League race at Redbridge Cycle Circuit. Immediate Past president ERNIE FORSYTH is Iford's new Club Chairman ... Ernie once walked for Iford in the 90s, and was a former YAG race walker with Essex Beagles. Another Iford Past President LES HISLOP, who was also at our 500th Essex League race, becomes an esteemed Life Member. MARTIN CLARK, who race walked a few times at Chigwell Row, before that course failed "Risk Assessment" is the Club's new Media and Press Officer.

## **WORDS OF REASSURANCE**

Many readers received emails purporting to come from MICK BARNBROOK saying he'd come to grief in the Ukraine so urgently needed money. Mick's aware of such an appeal but assures us he's not been there and is safe in his Sidcup home. One hopes nobody has been duped as it was a scam following the hacking of Mick's email account.

## **MRS MARY POWELL RIP**

We're sorry to report that, after a long period of ill-health, Mary - wife of Enfield stalwart Ron - has sadly passed on. We express our condolences to Ron and all other family members on their loss.

## **FURTHER ATHLETICS LOSSES**

Sadly we've parted company with Hampshire Athletics President GERRY NORTH (City of Portsmouth AC) and DAVID LITTLEWOOD MBE, a Past President and Life Member of the South of England AA.

## **ATHLETICS' DEATH**

A man who won 2 gold medals at the London Olympics has passed on. His heyday was at those 1948 Games and, aged 89, USA sprinter MEL PATON has left us. In the 100m final he failed to cope with a heatwave to finish 5th. Weather changed and on sodden cinders he squelched to 1st at 200 metres clocking 21.1. He anchored the USA's 4X100 metres gold winning squad ... but returned home empty-handed as they were disqualified by a handover judge's call. An appeal was launched and, in the first account of technology being used, old newsreel film resulted in this appeal being accepted. The winning squad finally got their gold medals in the post several months' later.

## **IMAGE OF ATHLETICS**

Top level athletics continues to do itself no favours. In 2010 Liliya Shobukhova smashed her personal best by two-and-half minutes to win the London Marathon, heading a shameful Russian 1-2. Second-placed Inga Abitova was later given a two-year ban for an "abnormal haemoglobin profile in her biological passport". Both have had their achievements chalked off. Liliya's now banned for doping and has a two-year suspension. Her 3 Chicago victories have also been wiped from record books. She's contractually obliged to repay prize and appearance money from such races and also her World Series Marathon Majors million-dollar jackpot money. At the time of last year's World Championships 44 Russian athletes were serving suspensions ... and now a well-known American sprinter has been banned - and so it goes on!

## **WALKERS REPRESENTED**

Race walkers PAUL NIHILL, MBE, and IAN STATTER, attended a Memorial Service for Sir Christopher Chataway PC.

## **FORMER INTERNATIONAL RACE WALKER BANNED**

Enfield's ARTHUR THOMSON, who wore a GB vest in a European Games 20K Championship among many other important appearances, has been banned from racing at Donkey Lane ... by his missus! This follows the state in which he arrived home after his last appearance on this dangerous course, which for many years has seen more fallers than at all other UK race walking surfaces put together. Arthur still bears scars from that heavy fall. This ban could be lifted if repair work is completed on our racing surface. In this respect we're indebted to local active Community Campaigner JOHN HALL who, as Chairman of "The Friends of King George V Playing Fields", has flagged-up this up in Enfield Council's corridors of power. Be warned as these playing fields also suffer from unswept paths when conkers fall ... as we know from past Enfield Open 7s when a number turned ankles over on conkers. Arthur had a worse fall on Basildon Industrial Estate's cycle path some years ago, but rose from the tarmacadam to win a now-defunct RWA Southern Area 20 Miles title. That course also had fallers such as Bob Dobson and the late Laurence Dordoy among others. Here the late Mrs Barbara Croft "went-into-bat" on our behalf. As a former local Councillor, Mrs Croft knew "the right names" in the Highways Department; the outcome being a newly laid cycle path of billiard table standard. So it can be done! Sadly we no longer race at Basildon to take advantage of her fine efforts.



## Dear Dave ...

### OLD SCHOOL!

A quick question. You will remember the old days, before the start of a race, of dressing rooms full of the smell of liniment or white embrocation used to warm up muscles. I have tried recently to get hold of some and it appears to have gone the way of Betamax and Brunel's wide gauge railway. What is the modern equivalent? What are star athletes using prior to a race these days?

**Alex Ross**

Adds Hon Ed: When in my "7 miles-an-hour RWA badge" days I used *Godard's Horse Liniment*. Nowadays it's still about as Goddards Embrocation and/or White Horse Oils. To prevent chafing I used *Fuller's Earth Cream* (my late father was a pharmacist and said it was better than Vaseline). You can still buy it in Lloyds Pharmacies or smaller chemist shops. For long distances, such as the London-to-Brighton and 100s, I took *Arrowroot* and *salt tablets* (both recommended by my late father). However Arrowroot was so good its effects could last for days after races! *Deep Heat* is good for post-race strains ... but the smell can often last for days. Cheaper than Deep Heat is Tesco's own-label Heat Rub (has the same ingredients but about £1 less). Alec still runs 10K in under an hour - twice a week. Alex attended New Scotland Yard's 25th Anniversary Celebration of our 1989 100 Miles' Walk, and we hope the recent "Scottish Revival" of race walking will spread to Forres where Alex is now based. However Alex asks for tips from "**star athletes**".

### OLD SCHOOL - CHRIS FLINT REMEMBERS

Yes I remember well the smell in the changing rooms and one walker who used a lot of embrocation was Ted Levitt of the London Vidarians. He's still alive, around 95, and in a nursing home. His wife Pat sends me updates every so often. To be honest I'm not sure what people use these days. I don't use anything other than a covering of Vaseline on the legs.

**Chris Flint**

### A FORMER INTERNATIONAL'S VIEWS

I am shocked and dismayed that Race Walking in the UK has declined so rapidly. I can see no unity between Domestic and International race walking and that I believe is the Foundation Stone. It was through yourself and so many others that I was able to achieve what I did. The comradeship and competition at all levels was 'out of the top drawer' and that is what made Great Britain so strong in our athletic discipline.

**Bill Sutherland**

### NEWS FROM JOHN TAYLOR

Hope you are keeping fit and well. My year is pretty well mapped out with Triathlons through to October. So no plans at the moment for walking. But never say never.

**John Taylor**

### A VIEW ON OUR NATIONALS (Pinned post-20K)

It really makes one wonder whether Nationals are worth holding anymore as the cost must vastly outweigh the monies received from entry fees. It must have been so depressing to watch! As I have said so many times before there is an urgent need for an Extraordinary General Meeting of the RWA to decide where Race Walking is going in future before it totally crumbles! Sandra Brown, who is a real credit to our Sport, is no doubt preparing well for the Southend 100 Miles on the Track and as the likely one to win the Eddie McNeir Trophy.

**Bill Sutherland**

### CRAWLEY 12 HOURS

As you say, a shame we did not have more race walkers this year at Crawley. Steve Allen was supported for much of the time by Chris Cheesman (Surrey WC and a previous international racewalker as well as a runner with Crawley AC). Mark Easton was also there for some of the time. As you may know, I manage and coach Team GB's 24 hour running squads and I called a squad weekend at Crawley with our physios, medical team and some of the helpers to have a range of discussions, medical tests and for most of the squad to run either 6 or 12 hours. Our top woman set a new GB 12 hour track record of around 82 miles, while one of our men set a new Crawley track record of around 90 miles in the 12 hours. I have been coaching him in walking as well, and it was great to see him striding out for his 3-4 minutes every hour. Others in the squad are also learning how to walk properly! We have had runners who have qualified as Centurions and it is great when the two disciplines mix and show that both can inspire the other. No doubt there will again be walkers as well as runners at the Tooting Bec 24 hour race later this year and maybe we should have some RWA and Centurion material available at these types of events to help promote race walking.

**Richard Brown**

### ATHLETES REUNITED by Paul Nihill

I attended the "Athletes Reunited" get together. These reunions do me the power of good mentally. It is like going back 40/50 years. As the voice of race walking you should be there.

In April I held my annual "Fifties Boys' Reunion"

and it went off well with 19 former athletes of my early era present. All but 2 of the guests were 70+. I organise this every year for one reason and one reason only - to meet up with all my early opponents in Boys' Club running. I go back to 1952! Things like this keep me going. Among the original "Fifties' Boys" are: Steve Warzee, Stan Rogers, Jack Seymour, Mike Hindle, Paul Nihill, John Quinn, John Flynn, Peter Selby, Richard Miles, David Delaney and Mike Fleet. It was the 6th Anniversary of the "Fifties Boys" and was held at The Orchard Public House, Cherry Orchard Road, East Croydon on April 28th. See you sometime.

**Paul Nihill**

### **BILL SUTHERLAND'S THANKS**

Thank you one and all for your support. It was greatly appreciated. Perhaps they were concerned that, as I had played a significant role in trying to reverse their decision to put Race Walking back in the Commonwealth Games Glasgow 2014, I should be 'blackballed' on this occasion. Anyway it was worth a try and we are most grateful to you all.

**Bill Sutherland**

Adds Hon Ed: A number of readers nominated Bill to participate in the Commonwealth Games Baton Relay. Sadly our nominations weren't accepted on this occasion. Bill did appeal the decision but his appeal was also turned down ... mainly as over 50,000 folk applied for 4,000 relay places. Many were similarly disappointed.

### **DONATE for KATE - LONDON MARATHON**

Quite a few of you will have noticed how much Kate Donaldson has improved in recent races. The reason probably being that she has been putting in some serious training for the London Marathon. She hasn't publicised this very much and she might not thank me too much for writing this. Maybe she is a bit shy or maybe just nervous about the daunting task ahead. Whatever she has certainly put in a lot of hard work and deserves every success!!! Kate said from the outset that she wanted some good to come from it and wanted to raise a bit of cash for charity. At first she wasn't sure which charity but wanted it to be meaningful. In the end Kate decided to raise money for Crohn's and Colitis UK, in part because of the link to one of our junior members and the spirit with which said member carried on competing despite the dreadful effects that Crohn's disease inflicted upon her.

If you would like to support Kate in her quest, you can donate on her Just Giving page at: <http://www.justgiving.com/walkingkate>. If not, then just give her a pat on the back and say well done. Many thanks.

**Colin Vesty**

Adds Hon Ed: This was received after our pre-London Marathon edition was issued - but Kate's collection sheet is still open for business!

### **RWA 10 MILES' COMMENTS**

I agree with all that has been said. Regrettably I believe that the 10 miles has come to the end of the road and should be dropped. As Dave says the 10kms has largely taken its place in the affections of competitors and is more popular. We should keep one middle distance event and that should be the 20kms because it is an international distance which is needed for ranking and trial purposes, so the 10 miles should go. Victoria Park is clearly unsuitable for walking races particularly in good weather. It was used extensively in the 70s and 80s of course and there were always pedestrians on sunny days, but not the numbers we seem to have now. In addition there were hardly any skateboarders, rollerbladers, joggers, cyclists etc, and now the park is full of them. Parking is also very difficult. I think the judging was over-enthusiastic. I'm not a great fan of the pit-lane system and I do think it causes judges to alter their behaviour and to issue more cards.

**Steve Uttley**

I could not agree more, regrettable the method of judging does not help, more thought should be given to permit judges to give verbal warnings before any thought of cards. So many competitors getting a card. Common sense has gone out of the window. Apart from the leaders there was little that I gave second thoughts to and they were better than I have seen. Two events on the same day did not help even though some made the effort to double up.

I note a comment on some web site recently that the present RWA should be called the Walking Association, maybe I could suggest the new RWA could then be called the Run Walking Association. This followed the decision to hold the National 50kms as a "B" event. I look forward to all those that have taken umbrage to see them attending the next RWA AGM and standing for Office.

I have also read a paper on a new shoe implant for contact, which no doubt will be condemned as it will discriminate against the contact breakers, but the Fencing Sports introduced an electronic system for the same reason and it works.

**Carl Lawton**

### **BUSY SPORTS WEEK**

Thought you would like to know that I attended a very successful MPAA Life Members Dinner at New Scotland Yard on Thursday 8 May along with Paul Blagg, Peter Hodgkinson and Bert Stevenson. Doug Fotheringham was unwell and Terry Siggs had other engagements. On their Guest List were Reg Denny and your old sparring partner Derek



Warrilow, formerly Police Coroners Officer to the Royal Coroner, Mr Burton. Many other interesting faces. On Saturday 10 May Saturday I attended the Highgate Harriers 10,000 Metres Trial Track Races at Parliament Hill. Fantastic evening even though wet and windy with up to 1,000 enthusiasts on track side. Band played 'Chariots of Fire' before the Commonwealth, European Female and Male trials. First 2 definitely selected if standard reached. Reminded me of the great former Highgate Harriers 1 Hour Meetings of the past. Great shame there is no stand there due to objections from local residents many years ago. Met many known names from former days with Andy Drake following the stars of the future.

**Bill Sutherland**

Adds Hon Ed: Many athletics tracks lack grandstands, such as Southend, Milton Keynes and, of course, Parliament Hill Fields. It seems athletes are indeed poor relations. Parliament Hill Fields Track has "The McSweeney Memorial Bench" for some to use. Many decades had taken its toll so Bill used veneer and wood preservative to restore it. But engraving of the deceased's name is badly faded. Perhaps a metal plate could now provide this info ... and perhaps The Centurions or Highgate Harriers members themselves could take this on?

#### MEMORY LANE

A big hello to all down your way. I've mentioned the following memories from 1977 which may or may not be of interest ... attending Ray Middleton at the Leicester Mercury, Southern Area Inter-Counties 50km (remember that one?) and the National on a twisty multi-lap circuit in Milton Keynes (plus warm day = lots of retirements). The Basildon, Lambeth, Enfield and Blackheath Festivals. Seeing an Olympic Champion and fellow Mexicans compete at Victoria Park - (followed by 'race-walking football' on the grass). News that the 50km was back on the Olympic programme for Moscow. Tom Reynolds ... Len Mitchell ... Hughie Neilson ... Tommy Richardson. Working on the Lugano feeding stations in MK again - watching the World's best treated with total disdain by Raul Gonzales, who then blows up yet still comes back to win, covered in sick - meeting Golubnichiy. Wasn't there but believe the Government's Minister of Sport attended the Bristol 100 Miles? - National YAG Champs on Wimbledon

Common and watching the Lugano again in Belgrave Hall - film supplied by the BBC.

You might like to give the website at the bottom a mention. People are saying very kind things about it, and if there's anything you want to nick then feel free.

**Trevor McDermot**

Yorkshire Race Walking Club/Northern Area RWA  
[www.northernracewalking.com](http://www.northernracewalking.com)

Adds Hon Ed: Then Minister for Sport, the late Rt Hon Denis Howell MP attended Day 2 of our Lugano Final at MK. He was also Minister for Drought as we desperately needed rain ... we got a deluge just after he arrived so the 50K boys got soaked! It was Lt Col Dick Crawshaw, then MP for Liverpool Toxteth, who raced the Bristol 100 Miles. He then held the World Non-Stop Walking Record which he'd set at Aintree Racecourse. That was an endurance record while the Bristol race required more pace to finish under 24 hours. Dick was found wanting and retired after giving it a good go.

#### ADVERTISER'S ANNOUNCEMENT

Stuart Bennett has Athletics Weekly issues (back to 1980s) for free. If anybody wants them, or knows of those who do, Stuart's on 01708-700908 (or see him at meetings) - 1st come/1st served.

#### NERINGA AIDETYTE SETS NATIONAL RECORD IN CHINA

Congratulations to Neringa who set a new PB and NR in China with a time of 89.37.



<http://www.iaaf.org/competitions/iaaf-world-race-walking-cup/iaaf-world-race-walking-cup-2014-5098/results/women/20-kilometres-race-walk/final>

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