

Essex Walker

Editor: Dave Ainsworth

ILFORD WIN FOR 4TH CONSECUTIVE YEAR - ESSEX WIN INTER-COUNTIES

Despite the loss of two team members, forced to scratch owing to illness, and sweltering conditions, Ilford retained their National 10 Kilometres' Walk team title on 19 July on a short "out-and-back" course at popular Hillingdon Cycle Circuit, by the narrowest of margins, winning for a 4th consecutive year! With 275 points they were a mere 2 points ahead of rivals Enfield and Haringey AC, who had the advantage of the winner, Junior International, Callum Wilkinson (46.22) in their team. Despite carrying an injury protagonist Francisco Reis managed to finish 5th by eschewing his usual quick start and walking for a team place. His time was a comparatively modest 53.20, but all times were slow due to the conditions. Ilford's winning team was completed by Captain Steve Uttley, 8th in 55-55, and Team Manager Stuart Bennett 12th in 60-14. Always dependable Ed Shillabeer walked as back-up to finish 17th in 65-48. There were additional gold medals awards for two of Ilford's squad, as Steve and Stuart - together with 2nd placed Commonwealth Games walker Dan King (Colchester Harriers 47.49) - Essex won the Inter-Counties' Championship which was held in conjunction.

Report by Steve Uttley

Adds Hon Ed There were 20 finishers in the men's event, which for a "National" saw few from outside the London/Home Counties' area. Only other finisher with an Essex connection was 20th man, RWA Southern Area President and Loughton AC 2nd claimer Sean Pender in 68.41. Six ladies finished, but none from Essex. Sadly Laurie Kelly, stalwart of the Counties Athletic Union, was unable to attend as he rose with acute back pain which needed treatment, it being so painful he couldn't travel. We wish this great supporter of race walking a swift recovery.

ESSEX AIR AMBULANCE WALK TAKES OFF

On Saturday 20 September at 12 noon along upmarket Marine Parade at Leigh-on-Sea, with unspoilt views across the Estuary into Kent, Centurion 789 Olly Browne (his number's tattooed on his arm) is to commence a 100 Miles' Walk in aid of "Essex Air Ambulance". It'll end 24 hours' later at 12 noon on Sunday ... or a bit earlier if Olly steps on the gas. It's a repeat of Olly's great walk of Sept 2010 when he did step on the gas to raise a considerable sum for "Help for Heroes". In 2010 many walkers came from Essex, and much further afield, to walk with Olly at various stages - and also give encouragement. On completion Olly plus helpers and supporters, will head (to both celebrate and relax) towards the "The Ship" in New Road, Leigh-on-Sea, on the seafront's famous cobbles. Olly's accepting donations. Either see Olly at meetings or mail (cheques to Essex Air Ambulance) contributions to: 82 Tattersall Gardens, Leigh-on-Sea, Essex SS9 2QT. If able to help in any way, please phone Olly on 01702-557109.



BRADFORD WALK EXHIBITION

Following a meeting between Centurion Geoff Dowling, respected Northern Race Walking Official Alan Brooks and Tricia Platts of Bradford Mechanics Institute, a permanent exhibition was opened on 10 June at the Institute in Kirkgate, Bradford. Opening times: Tuesdays-to-Saturdays 9.30 am/4.30 pm. If in the North, please pop-in to be reminded of the Bradford Open 50K Walk - a truly great event. This exhibition was opened by former Bradford Telegraph and Argus journalist Mike Priestley - one who has written with authority on race walking in his time. The Bradford Walk started in 1903 and was held annually for over 100 years, making it the World's longest continually staged Open race walking event. In War years it was kept going as men on leave from the Armed Forces, plus others in reserved occupations, raced over reduced distances. This exhibition's centrepiece is the historic Fattornini trophy, made by Tom Fattornini whose family supported many local Sporting Associations. On display are many team and individual photos and medals and programmes. When you consider our 2014 National 50K is to be on a 500 metres' "out-and-back" course, just think of that 1946 National 50K which was held on the testing Bradford 50K loop. Essex man, the late Charlie Megnin of Highgate Harriers, won that event (4.53.25) which was also a selection race for the 1946 European Games 50K - in which Charlie earned a bronze medal (4.57.04). Intrepid



Charlie returned to complete the Bradford 50K in 1996- 50 years after his famous victory! What a star! Many "Essex Walker" readers will have appeared in the Bradford 50K ... indeed it often was part of a long weekend "double" with the famous Leicester Mercury Open 20 Miles on a Saturday afternoon, and the Bradford 50K on the Bank Holiday Monday morning. Many will have watched the Tour de France's Yorkshire stages and seen cyclists go up-and-down those hills of Otley and Ilkley and been reminded that this race used those same roads. The course was no billiard table!

<http://www.northernracewalking.com/products/the-hammond-trophy-is-being-donated-to-the-bradford-mechanics-institute-on-a-permanent-loan-basis/>

SPECIAL VISIT

Former Ilford AC President and prolific "Essex Walker" contributor Bill Sutherland BEM, bronze medallist in the 1970 Edinburgh Commonwealth Games, returned north for the 2014 Games in Glasgow. Staying from 31 July to 3 August he was hosted by Andrew Fraser - the man behind attempts to reignite a Scottish race walking revival, and one seen racing "south of the border" on a number of occasions. On 1 August Bill and Kath attended a Scottish Reunion meal, on 2 August they were at Glasgow's well-attended "ParkRun" and this visit ended with "Final Day" VIP guest tickets for athletics at Hampden Park Stadium. Bill assures us that his thoughts on 2/3 August were with all at the Southend 100.

POOR BARRY

Barry Ingarfield informs he'd suffered flu over Christmas and visited his GP, where it was detected he'd a very low heartbeat rate in the 20s. Barry was sent to hospital where investigation showed 3 aneurysms. Barry has only one working kidney nowadays and, making matters worse, suffered a bad fall at home while rushing to answer his phone, so damaging a recently inserted replacement hip. This explains why we've not seen Barry, now aged 76, this year. Barry has fond memories of Essex as on that old Basildon 5 x 10K course in 1976 he produced a world class 50K time to clinch his status as a Senior GB International. Recently Barry's been well known for forthright views on Coaching matters.

ANOTHER 1948 LONDON OLYMPIC GOLD MEDALLIST PASSES ON

With an Olympic record of 1.68, Alice Coachman won London's high jump contest, becoming the first American black female athlete to win Olympic gold. Alice, who reached 90 years, actually tied with GB's Dorothy Tyler but won gold as her height was reached on a first jump. Dorothy complained she'd been distracted by marathon runners entering the stadium. King George V presented her medal and Alice attended receptions on the Royal Yacht, another hosted by President Truman in the White House one more hosted by Count Basie. In her home town of Albany (Georgia) things weren't so good as the Mayor refused to shake her hand, a local reception had black and white guests segregated and Alice had to enter/leave via a side door. But Alice became the first black female to endorse Coca-Cola in the 50s, and lived long enough to see herself inducted into the USA Athletics Hall-of-Fame.

GREAT NEWS

Hilda Nyman is to become a great grandmother for the first time in January. Hilda keeps fit having recently competed an Italian walking holiday and is a regular weekend Rambler, as well as looking after her grandson's dog - which needs regular walks.

KEN MATTHEWS IS POINTLESS

BBC1's TV game Show "Pointless" has mentioned Ken Matthews. Contestants had to give names of British male athletes who've won Olympic Gold medals. Among answers which nobody could quote was Ken, who was listed by co-host Russell Osman as a correct ... but a "pointless answer". Ken was in his armchair watching this show at the time!

NICK PALMER RIP

A runner with Southend Flyers who was among 2,133 who finished Southend's Annual Half-Marathon (in 23C heat) on 8 June, he collapsed on finishing and was immediately treated, but sadly soon died. Great Wakering-based Nick was aged 37 and a father of one. A collection for Great Ormond Street Hospital was held in his memory. We express condolence to his family.

MILESTONES

Britain's greatest ever race walker, Wrexham-based Ken Matthews MBE, celebrated his 80th birthday on 21 June. Kent-based Eddie Staker (Highgate Harriers) hit 100 on August 14th. He was 2nd in the AAA 2 Miles' Walk in 1937 and 1938, and 3rd in 1946. In the AAA 7 Miles he was 2nd in 1939 and 1946. His heyday was affected by World War II. He became a much respected Senior and International Race Walking Judge.

SENT TO COVENTRY

July saw a lowest-ever BMAF 30K Championship turnout as just 9 men finished, with one d/q. Winner was Barnet's Steve Allen in 3.12.08 and it must be said he'd have walked faster had he been pushed. Sadly of those 9 men finishers, bar one, all were in Category M55 upwards. M55(3), M65(4) and M70m(1). Last finisher clocked 4.12.25. The only "youngster" in the M45 category was Andrew Fraser (Portobello) who

was 4th in 3.17.26 - you'll know him as the man trying to revive Scottish race walking! Maureen Noel in 3.26.25 was the only lady entrant. The only team closing home was Birchfield Harriers (then only on a 2-score basis). There were 4 no-shows, so entries were little better than those showing on the day. This event is worth trying to reignite come 2015. No Essex competitors.

ATHLETICS AWARD

In the Queen's Birthday Honours Paul Sinton-Hewitt, aged 52, received a CBE for "Services to Grassroots Sports Participation". In 2004 he founded the "Parkrun Series" of free public 5K running events all around the country. It's estimated some weekends over 50,000 take part at many venues. He's proved that a formula of: turn-up and run, no questions asked, no paperwork, no excess form filling, no post-race obligations - and then just go home, is a sure-fire winner. Mainstream athletics now buries itself under a mound of form-filling with compulsory "rip-off" registration fees, so more under-performing full-timers can be added to payrolls. Paul's showed the way forward ... and it doesn't involve excess red-tape and athletes being fleeced for additional cash on unwanted registrations.

YET ANOTHER GREAT DAY OUT

A remarkable statistic as 54 lined-up for this now well-established race in East Anglia's countryside. Indeed Ilford AC finished 9 walkers at Moulton for a 4th consecutive year. This despite having previous Moulton race supporters not able to attend, such as Steve Allen, Mick Barnbrook, Olly Browne, Phil Goodwin and Alan O'Rawe - all of whom we hope return to Moulton's start line in 2015, along with even more. Worcester's contingent made their annual cross-country trip to Moulton. After racing the Village Hall and grounds became a location for Ron and Joan Wallwork's Golden Wedding Anniversary Celebrations among their many friends in race walking, their families and from local village life. Ron's a leading light in Moulton being Vice Chairman of his local Parish Council.

A number of walking stars from past and present days, attended - including Ken Bobbett, Olly Flynn, Eric Hall, Dominic King, Shaun Lightman, Peter Marlow, Ray Middleton, twice former Moulton 10K winner Roger Mills, George Nibre, Arthur Thomson, Bill Sutherland BEM and, of course, Organiser Ron Wallwork MBE. Roger presented youngsters' awards after races on the village green. Yet again there was a wonderful and enjoyable atmosphere. Dominic won in 36.01, beating his own 37.54 (2007) course record, followed by local junior prospect Callum Wilkinson in 38.11. It was good of Olympian Dominic to appear as he'd a tight schedule with another commitment immediately afterwards. Sadly for the event's future, and the sport, of 54 racing our leading pair were the only non- veterans! Winner for the past 4 years, Francisco Reis, completed the frame in 40.03 so leading his Ilford AC team to extend what's now a lengthy sequence. Former event winner Trevor Jones (5th in 42.09) and twice former winner Pete Ryan (6th in 42.31) were again prominent. The presentation ceremony saw Pete presented with his 2013 Enfield League Individual Champion's Trophy. The ladies' winning trio were all former winners, as Helen Middleton's 4th win came in 50.47, 2013 victoress Cath Duhig was 2nd lady in 51.27 with 2007/08 winner Anne Jones 3rd lady in 51.42 - a close race indeed! As always thanks to Ron plus a wonderful team of helpers/supporters. Come 2015 let's see even more make an annual pilgrimage to rural Suffolk.

CAPTAIN BARCLAY REUNION - A TRADITION NOBLY UPHELD

On 10 July a now well-established annual reunion of that wonderful 2009 Captain Barclay Re-enactment Challenge (so wonderfully completed by jockey Richard Dunwoody MBE) was again held in Newmarket with a social gathering and lunch at the 5* Bedford Lodge Hotel, which was the centre of operations for that big walk.

ATHLETES REUNITED

This annual reunion was again held again in "The Loose Cannon" near Cannon Street Station, and organised by former Woodford Green President, and noted historian Tony Maxwell. The turnout was a "Who's Who" of great athletes, and our race walking world were well represented by such stars as: Olly Caviglioli, Bob Dobson, Roger Mills, Paul Nihill MBE, Ian Statter, Bill Sutherland BEM and Colin Young ... all National Champions!

ON THE MOVE

Congratulations, yet again, to the much-talented O'Rawe family who always come up with the goods. Andy, Jamie and Richard have completed a 120 miles' bike ride in Wales in under 8 hours, while Chelsea and Mags have completed a half-marathon ... and all their efforts were for good causes! Their collection sheets are still open for donations.

DOUBLE-DUTCH

Well done to frequent Essex visitor Dave Hoben on winning the Dutch 50K. Dave modestly points out that this event saw several races held in conjunction, with most going for the 100K/100Miles/24 Hours etc, and with few opting for 50K ... but he still had to compete this distance - a feat few UK mainland walkers can achieve nowadays! Results in the usual places plus Centurions 1911 Website.

"WE'RE WITH ED"

On 4 July 74 year old Ed Shillabeer completed a gruelling 250 miles' charity walk from Plymouth-to-Central London, finishing outside the Royal Veterinary College in Horseferry Road, SW1. The last 2 days were the hottest days of the year so far, yet robust Ed bettered his schedule on both. The last leg saw him joined by other Centurions at Amersham and Willesden Junction for a final push into Central London (in eye-catching Union Flag shorts). He looks forward to the big Veterans' meeting in Turkey later this year. Ed's charity is "International Cat Care" and his collection sheet is still open for donations. After his walk, a reception in the 4th Floor "Members' Room" of the Royal Veterinary College was attended by a number of Centurions including Richard Brown, Kathy Crilley, Chris Flint, Carl Lawton, etc. One of Ed's sponsors was a wine importer, so there was much buckshee drinks and food. This walk celebrated Ed's 50 years as a qualified vet! After a well-earned night's kip, Ed then headed to Bristol University for a reunion ... however this time, he "let the train take the strain".

IT'S A GIRL!

On 22 June our RWA Hon General Secretary, Co-Editor of Race Walking Record and International Judge of Walking, Catharine Telling, gave birth to her first child ... Kerry-Ann. To Catharine and husband Stuart we pass on our warm congratulations on their happy event.

BACK ON THE CARD

Race walking events have twice previously been thrown out of the big Inter-Counties Meeting; only returning after strong representation from walkers and from friends of our event. Now we're back in once again ... so let's see all Counties trying their best to get feet onto the start lines for these 2 walking races ... so we can showcase our event at a major meeting - and this time, stay in for good!

IN THE BACK

Latest celeb hailing Steve Allen's taxicab was Royal dress designer David Emmanuel. One wonders what cabbie and punter talked about?

ROY HART RIP

While seeking Commonwealth Games Representatives, it was discovered Roy Hart (Wales, Roath Labour Walking Club and RAF) was no longer with us - a fact confirmed by the Athletics Association of Wales. It's unclear when he departed, but he made a major Games and was many times RAF Champion. Born 20/1/36 he had a great 1966 clocking 6.26 for 1 Mile, winning the Welsh 2 Miles in 13.54 and 7 Miles in 52.02 while a Physical Training Instructor based at the then large RAF St Athan base. At various times he was Welsh Champion at 3,000m, 2 Miles, 10,000m, 7 Miles, 10 Miles, 20K and 30k. On 4/4/64 he got down to 93.43 for 20K at Regents Park. The Gods deserted Roy at the inaugural 1966 Commonwealth Games 20 Miles when Jamaican heat took a toll as he finished 9th and last in 3.15.03, some 7 minutes' behind penultimate finisher, the late Albert Johnson (IOM). That race saw an English 1-2 courtesy of Ron Wallwork and Ray Middleton, both now East Anglian-based.

GET WELL SOON

We're sorry to hear that former RAF leading light Dave Levy, who used to promote successful races in Northamptonshire during the 70s and 80s, is suffering from glaucoma in both eyes. We wish him well and hope he improves. Now in his 80s, Thrapston-based Dave still enjoys a daily short recreational walk.

ATHLETE "WINS" AGAIN

The Advertising Industry's "TV Turkey-of-the-Year" Award went to that Santander advertisement featuring Jenson Button, Jessica Ennis-Hill and Rory McIlroy.

WHO NEEDS THE POOLS PANEL?

The 2014 Woodford Tuesday Walk series got off on the wrong foot, as single-figures fields appeared in Races 1, 2 and 3 (7/6/7 respectively). It lashed down on opening night with events running 10 minutes' behind schedule. As walkers sheltered in a Groundsman's Hut - awaiting the call - two things happened. Firstly, just as we were called there was an almost Biblical halting of rain, so delay worked in our favour. Secondly, a few passed their time by predicting a result: Stuart Bennett, Gary Smith, John Borgars, Pamela Abbott, Mick Barnbrook, Peter Cassidy and Dave Ainsworth. When action commenced a processional race, with gaps between all 7 entrants, saw finishers in the confidently predicted order. Who needs the Pools Panel?

TRUE DIAMONDS

Our congratulations to go former International Panel walking judge George Towers and his good lady Joyce on reaching their Diamond Wedding Anniversary (60th) at the end of July. George, who was once in charge of Royal Air Force race walking, resides in Sleaford. When George staged our 1981 RWA National 50 Kilometres' Championship in this Lincolnshire town, 101 (yes 101) walkers started! Those were the days. We wish them both well with many more years of married bliss coming their way.

FUTURE

19 Aug	Woodford Tuesday Walk 3,000m + YAG + Presentation	Ashtons Track	8.30 pm
20 Aug	SWC Open Track Walks	Tonbridge	7.30 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	12.00 noon
30 Aug	LICC/Enfield League 5,000 Metres	Allianz Park	12.00 noon
31 Aug	England Athletics U15/U17 Championships	Bedford	TBA
7 Sep	Church-to-Church 19.4 Miles	St Peter Port	9.00 am
7 Sep	Jim Sharlott Open/BMAF 10K Championships	Leicester	11.00 am
11 Sep	Ilford AC Walkers' Luncheon	Hornchurch	11.30 for 12.15 pm
13 Sep	Commonwealth Games Tribute Lunch	Tower Hotel, E1	12.00 noon for 12.30 pm
20 Sep	Olly Browne's Charity 100 Miles	Leigh-on-Sea	12.00 noon
21 Sep	BMAF 10,000 Metres Championships	Alexander Stadium	TBA
24 Sep	Ryan Cup 10K/CS + Police Championships	Tally Ho	1.30 pm
27 Sep	Enfield League 1 Hour Badge Races	Hemel Hempstead	12.00 noon
28 Sep	Gazette Cup 4 Miles	Addiscombe	2.00 pm
5 Oct	UKA/RWA 50K Championship	Hillingdon Cycle Track	10.00 am
11 Oct	Enfield League Yacht Handicap 5 Miles	Lee Valley	1.00 pm
18 Oct	Cambridge Harriers Winter League 5K	Bexley	2.00 pm

CAROLE and MALC BLYTH HAVE MOVED

Note the change of address for Carole and Malc Blyth: 78 Dorset Avenue, South Wigston, Leicester LE18 4WD Tel: 0116 4311195 Mobile: 07963 258733 and 07948 345889

SOUTHEND WALKERS ON BBC TELEVISION

BBC regional news programme "Look East" sent a cameraman to film part of the Southend-on-Sea 100 Miles. They screened our event as the last news item on August 3rd, which included an interview with Centurions' Immediate Past President Carl Lawton C750, in which he explained our event to viewers.

BBC
LOOK EAST -
EAST



NICE TO SEE YOU

Among many race walk followers who popped into the Southend-on-Sea 100 Miles, was Mrs Margaret Holland, daughter of the late Fred Duff (Highgate H and Centurion 254) who was a Southend resident. Margaret read details of this race in local newspapers and came to meet many Centurions. Fred did much for St Dunstons which included guiding blinded race walkers; indeed when qualifying as a Centurion in the 1955 London-to-Brighton-and-Back 104 Miles' race, recorded 22.12.07 at 100 miles and 23.16.58 for the full distance when in step with Polytechnic Harrier G A Brown - a blind St Dunstan's competitor. This race (Hew Neilson won in 18.26.27 at 104 miles) recently came back to our attention after our last edition gave details of how to access old Pathe Newsreel film of the action.

Many readers came at various times to support our Southend 100 Miles walkers. We saw former Internationals of note, Alec Banyard (Southend), Irene Bateman (Havering), Olly Flynn (Basildon) and Andy O'Rawe (Southend and Leicester Roadhogs - also an amateur boxing international), Leigh-on-Sea-based Centurion 535 Alan Barber (Stock Exchange AC and Ilford) who in 4 London-

to-Brightons never finished outside 9.30 and Shoeburyness resident George Wood, former Post Office walker who used to appear in Enfield and Essex League events. Centurions' Merchandising Officer Tony Perkins C685) was selling much sought after clothing and extras, accompanied by Essex Walker's Typing/Layout specialist Christine and daughter Chloe. We were able to meet former Essex League Ladies' Champion and London-to-Brighton finisher Annette Forkin (now Mrs Annette Gentleman) who has been Secretary of Southend-on-Sea Music Festival for approaching 15 years. Another former Southend walker of note present was Val Mountford who was Captain of a talented Southend on-Sea AC squad which won the Essex League team title in the 90s. Also about was retired local radio broadcaster Roger Buxton, who had a spell on the microphone to show he's still up for commentating. And what about the genial Mayor of Southend-on-Sea Councillor Christopher Walker, who proved to be a most welcome visitor with his Mayoress - what a true character! Plus of course, so many readers officiated and also helped walkers - too numerous to mention! Thanks for all who came to Garon Park.

CHEGIN NOT FOR ZURICH

MOSCOW (RUS): Race walk coach Viktor Chegin will not be included into the official delegation of Russian team for European championships despite the fact that 8-of-9 Russian walkers in Zurich will come from his group. President of All-Russian Athletics Federation Valentin Balakhnichev announced such ARAF decision, which is based on reactions from the world athletics community after positive doping test of reigning Olympic and world champion Yelena Lashmanova and ensuing investigation of his work by Russian anti-doping agency. Investigation should be finished at the end of August. During that time, Chegin will be removed from his work in National team.

Adds Hon Ed: London's 2012 Olympics wasn't great for race walking's image. The defending men's 20K Champion from 2008 had recently returned to start lines after a spell of absence, 2008's defending 50K Champion was sent packing from the Olympic Village days before the London 50K and now the young lady who produced that storming last lap to win the 2012 20K title is banned. Are 2 year bans the answer? No! Show drug cheats the door for good ... that'll deter others. Some top walkers on the World stage don't do our event any good. If this continues we'll have Championships and titles won by whoever has the best pharmacist!

MISSING TROPHY

The magnificent Ken Smith Memorial Trophy is missing. Essex Walker's readers have a good record in unearthing missing "pots" following such appeals. This much coveted trophy is awarded to the competitor in a 100 Miles' race adjudicated to have shown exceptional endeavour and tenacity. Please search the usual places: car boots, attics, sheds, coal-holes, MFI wall-units etc. If found please advise Pam Ficken or Hon Ed. As with previous successful searches, finders remain anonymous.

World record at walk

TWENTY-six stalwarts of Ultra Distance Race Walking toed the line for the 2014 24 Hour Challenge at the Garon Park arena in Southend over the weekend.

Their challenge was to complete 402 laps and 135m of the track in just 24 hours.

The International line-up included Holland, Belgium and New Zealand as well as a squad from the Isle of Man and 17 from England for the English Championships element of the race.

The walkers were set on their way by Southend Mayor Cllr Chris Walker and just 19 hours, 36 mins and 32 secs after setting off, Richard Gerrard from the Isle of Man, auspiciously wearing No. 1 in the Start Line photograph, completed his 100 mile



challenge.

The next athlete, the first woman home, Sandra Brown set a phenomenal pace throughout and broke the WV65 Age Group World Record with a blistering 20h40m32s - just over three minutes per lap.

The Team Trophy was won by Holland.

TOPICAL STOP

The annual Dodentocht (Death March) over 100 kilometres was held in Bornem (Belgium) a weekend after the Garon Park 100 Miles. Frans Leijtens completed both, while Southend's prominent event organiser Kathy Crilley and lap recorder Dave Hoben both did well in Belgium. In keeping with its title, a coffin is paraded along the start line and special high strength beer is brewed for the occasion. Full details can be obtained at: www.dodentocht.be. On route home the Brits' coach stopped at the famous Menin Gate Memorial, so enabling passengers to pay tribute to our fallen WW1 armed forces personnel.

SOUTHEND 100 MILES

Held in hot conditions throughout this event only attracted 29 entrants (not reaching a 35 limit). Of those 3 scratched, including Loughton's John Taylor. After speeches from the town's Mayor, Chief Judge Centurion 606 Jack Thomas and race Referee Ray Pearce, red-jacketed "Mr Starter" Elwyn Edwards set a field of 25 on their way ... 1 late starter joined in soon afterwards! Leading positions are covered in a press account, but from an Essex viewpoint it was good to see both locals completing the distance inside a 24 hours' limit. Southend resident Martin Fisher, who became Centurion 788 on an Essex track (1985 Colchester Garrison) confidently completed his 25th UK sub-24 hours' 100 Miles event. Shoeburyness man Chris Cattano (unattached), who qualified as Centurion 963 (1999 Battersea Park) was the last to enter. He announced his race walking retirement in 2013 having since kept fit by long-distance cycling. He'd heard of the event and decided to give it a try ... what stars are both Martin and Chris! For Leigh-on-Sea-based Centurion 789 Oilly Browne it wasn't his day as an aching achilles caused early concern before this experienced distance athlete suffered 3 bouts of sickness ... he retired, but lives to campaign another day! Other retirements included big-name competitor Richard Brown, frequent supporter Paul King, recently qualified Centurion Suzanne Beardsmore and wannabee Centurion Steve Allen (Barnet). We'll publish results in our next issue. Half the starters achieved their aim, with 5 newcomers joining the Centurions including their first New Zealander. One finisher needed an ambulance to Southend General. One lady was 2 laps outside completing 100 Miles inside the limit ... officials kindly allowed her to complete them so at least she got a recorded time for the distance, if not Centurions' membership. Praise for recorders who accounted for 402 laps (+ a bit) ... what a task! And praise for perfect hosts Southend-on-Sea AC with Club members John Brock, June Cork, Keith Palmer and Ray Pearce prominent, with so many more helping and providing fine catering.

Courtesy of:

ESSEX Your Independent voice
Enquirer
Officially Essex's best FREE newspaper
Thursday 7 August 2014



Dear Dave ...

EMAILS CENTURION STEVE KING FROM CANADA

I'm actually helping coach four young race-walkers here in Penticton now. You may have noted that three British Columbia walkers placed 11th, 12th and 13th in China recently and all were inside the previous Canadian 20km record! **Steve King**

RON WALLWORK – BATON RELAY



Thought you might like to see some of the news coverage from our local press following the Commonwealth Batons' visit to Newmarket this week. <http://www.cambridge-news.co.uk/Cambridge/SLIDESHOW-Queens-baton-visits-Newmarket-carried-by-gold-medallist-Ron-Wallwork-and-jockey-Ryan-Moore-ahead-of-the-Commonwealth-Games-in-Glasgow-20140609152630.htm>
What a great photo!

Linda Spinks

ON HIS BIKE - JOHN O'GROATS TO LAND'S END by DAVID BUCHANAN

The bike ride was fantastic, really enjoyable and not too tiring. We did a total of about 970 miles over 9 days, doing between 100 and 120 miles a day with a last day 66 mile "sprint" through Cornwall. I raised £1,500 for Macmillan - as a group we raised over 40,000. My third daughter got married in Brighton Pavilion on 31 May so no Moulton walk. I had meant to do the Suffolk 3,000 metres but the early entry deadline passed me by. I was very impressed by the field size at Moulton. I will try to get to at least one race this year!

David Buchanan

ANOTHER ONE BITES THE DUST (for a 2nd time in 3 years)

Due to lack of entries I have taken the decision in line with the SRWA policy that the SRWA 20k Championships be cancelled. On behalf of the SRWA I thank all of you who had entered the race.

Noel Carmody

SRWA Hon Championship Secretary

MUNRO COMPLETION

John Hall has completed his final Munro, apparently there are 282 of them!

Dave Hoben

Adds Hon Ed A Munro is a Scottish mountain over 3,000ft (914.4m) listed in the Munro Tables (published 1891) by the 4th Baronet Sir Hugh Munro (1856-1919).

PEOPLE'S BOOK PRIZE

He won!!!! Thanks very much if you voted for him. See selfie video of his acceptance speech <https://www.facebook.com/photo.php?v=10154212783305074&set=vb.593540073&type=2&theater>

Chris Bent

EXCELLENT, INTERESTING READ

Once again, the Essex Walker was an excellent read: good editorial comment, together with a wide range of interesting contributions. That said, it's sad to read about the continued demise of the 50km event in the UK. It is with some pride, I look back on a racing career that included being the best I could at both 20km and 50km distances - though of course, 'we' seldom achieve our perceived absolute best results. Most of the top walkers around the world will have tried to excel at both Olympic distances. I've always believed what is good for the International walker, is also good for the club walker. It is one thing to be able to race walk well over the shorter distances, but it is arguably the greater achievement to register memorable marks over the longer event; another reason why I have always admired and occasionally supported those ultra-distance walkers who have PBs over 100kms, 100miles, 24-hours and more. Hats off to them!

Chris Maddocks

Adds Hon Ed These are views from a 5 times' Olympian (1984-2000 incl) and should have been 6 times as he was shamefully overlooked in 1980 - when voted "UK Walker-of-the-Year" by Race Walking Record's readers. He was one of 3 speakers at our 2012 Olympians' Tribute Luncheon and nowadays is also known as an author ("Money Walks" is still on sale).

READER BILL SUTHERLAND'S VIEWS

Great edition of Essex Walker for June/July and thanks for including my letters. Good coverage on BBC North, but our top stars would not have got 100 yards in my day! Carl Lawton has got it right, the sport should be governed today by the Run Walk Association. Very few of the public at large know what Race Walking is and associate it only with Power Walking. In our day the speed they walk at today in the UK would have been called 'Strolling'. It's quite amazing that our great sport has 3 events in the Olympics Athletics and yet so little is known about it in the UK!

Bill Sutherland

TONY BAYFIELD RIP

I have sad news that Tony Bayfield, a senior officer in the Metropolitan Police and one of the great stalwarts of the Nijmegen Marches in the 60s and 70s, has died of complications following diagnosis of his cancer a few weeks ago. Sue, his partner, has been a tower of strength over many years and especially over the past few months. He had made

an extraordinary recovery from being virtually bed-bound for some years to regaining his speech, movement, and appetite, and love of going out, due to new drugs and Sue's encouragement. She deserves a medal, and I am very sad to lose an old friend who was my 'Best Man' at our wedding all those years ago. A number of the Essex Walker readers will know Tony and I would be grateful if this could be added to the next edition.

Chris Flint

FROM THE NORTH

Just read the latest edition of the newsletter and I have to say that even though walking in the South appears to be taking a big hit on participation, up her in the North it's even worse. The Northern 10 mile championships turned out a paltry 5 entrants with the winner attaining a time of 96m 19s and that 70+ stalwart Dennis Jackson coming in 3rd with a time of 100m 31s. The Northern 20k wasn't much better with 9 finishers and a winning time of 109m 44s (Dennis once again 3rd with 127m 20s). In both of these races the officials far outnumbered the walkers. No discredit intended to the actual participants as they put in full effort and deserved their success but there was very little in the way of individual battles and both races turned into mere processions.

I agree with a comment Bill Sutherland made in that there appears to be no unity between domestic and international race walking, but more to the point that this lack of unity goes beyond the actual sport but lies with the walkers themselves. In the 2 races I have mentioned above, no current top walkers took part and this seems to be the theme throughout the UK. When do you ever see an international taking part in local races? Is it because they have no time to do so because they are too busy training and conditioning for bigger events? This may be partially defend-able in this "professional" era but for the budding stars of the future it doesn't help not getting the chance to motivate themselves by racing alongside internationals, as was the situation some 30 years ago when the likes of Mills, Adams, Seddon, Lightman, Wallwork, Thorpe, Middleton (the list goes on and on!) turned out week after week in local races inspiring interest in the sport and encouraging new recruits into the race walking fold by their mere presence.

One last comment on an article by my friend Trevor McDermot regarding the Milton Keynes Lugano races. I too was amazed at the performance of Raul Gonzales in the 50k and witnessed him stop during the race with a blow out. However, I was equally amazed at his recovery after he downed a plateful of plums and continued on his merry way without slowing down. I also remember standing at the far end of the course at one point when a

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Russian was disqualified and because he was disoriented I offer him my track suit top, which he gratefully took as he was shivering. On walking him back to the start, his team managers ripped the top off and threw it on the ground as I suspect they were annoyed with someone other than a member of their team helping him. However, the walker concerned remonstrated with them and I received an apology and thank you.

Peter Fawkes

THANKS FROM ANDY COX

I just wanted to say how much we appreciate all of your efforts with Essex Walker and other publicity initiatives; race walking is all the better for having a public voice like yours.

Ken (Bobbett) and I are looking forward to the prospect of hosting a few more races at The Hillingdon Cycle Track. It may not be everyone's number one choice of venue but I am certain that all appreciate the quality of the surface and the lack of traffic. In a few weeks, the new 1km and 1.25km courses will be officially measured. We have never been involved in such an exercise before so another item to boost our general level of excitement! This year, the cycle track will be used for the UKA/RWA 50km Championships on October 5 and the last race of the 2014 Enfield League - 10Km on November 29.

Next year ... watch this space!!!

Andy Cox

SOUTHEND ONE MILE (incorporating the GEORGE WOODS Trophy)

Why not visit Southend-on-Sea AC on Late August Bank Holiday Monday 25th for a One Mile Race, start time 10:30 am. This is the first event in the Southend-on-Sea AC Club Championships and Open Meeting being held at Garon Park. The race will also incorporate competition for the George Woods Trophy to be presented to the first Essex based Centurion to finish. George became Centurion 683 in 1979 in a time of 23 hours 43 minutes and 42 seconds.

John Brock

ESSEX WALKER'S EDITORIAL ADDRESS

Dave Ainsworth
18 Angmering House
Barnstaple Road
Romford
Essex RM3 7SX

Telephone:



01708-377382

Email



dave_ainsworth@yahoo.co.uk
essexwalker@btinternet.com
