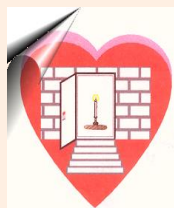


# Essex Walker

Editor: Dave Ainsworth

## A TASK WELL EXECUTED

Iford's Olly Browne completed his 100 Miles' Walk on an out-and-back course along "upmarket" Marine Parade in Leigh-on-Sea on Saturday and Sunday (20/21 September) in 22 hours and 41 minutes. This delightful setting overlooked the Thames Estuary with clear views to Kent. Olly's a proud member of The Centurions (for race walkers who've completed a 100 Miles' Walk in under 24 hours) and has his membership number (789) tattooed on his arm! In 2010 on the same course he raised a considerable sum for Help-for-Heroes. This time his cause was Essex Air Ambulance and donations plus pledges now reach over £4,000. As was the case 4 years' ago, a number of race walkers appeared at various times to accompany Olly for periods of time and offer their encouragement. Weather was kind to Olly as not a drop of rain fell ... had this event been 24 hours' earlier, thunder, lightning and rain would have hampered progress! This feat was one of a number Olly's tackled to celebrate 2014, the year of his 60th birthday. Olly resides in Leigh -on-Sea, so it was a case of "Local Man Makes Good". As well as race walkers, many other supporters, family and friends attended with music laid on to create a carnival atmosphere. After a well-earned afternoon break, Olly and his supporters, back-slappers and well-wishers assembled at "The Ship" in Leigh for an evening celebration social.



HART HOUSE

## LAST CALL FOR THE ANNUAL CHRISTMAS CARD APPEAL ...

... in support of The Gambian Home for Children with Learning Disabilities located at Hart House (named in memory of late Essex-based Grade 1 Judge Albert Hart) in the Gambia and run by former Junior International and Essex Champion race walker Geoff Hunwicks and his wife Rohey. If you haven't done so already, please consider donating in lieu of sending Christmas Cards to others within race walking. Essex Walker will publish a list of appeal supporters so others will know why they never got a card from you! Tony Perkins is coordinating the collection of donations, so please mail your cheques/postal orders (made payable to A F Perkins) to: Dean's Farmhouse, Tye Green, CRESSING, Essex CM77 8HU.

## CHANGE AT THE TOP

Long-serving Andy Bignold has stepped aside as Chairman of the Metropolitan Police Walking Club after a most active period on office. Andy's firmly linked with Nijmegen Marching, has recorded/helped at 100 Miles' races and will be remembered for successfully nominating many quality race walkers as Metropolitan Police Life members. We thank him for his efforts and look forward to keeping in touch. Settling into "The Chair" is Essex-based Haley Mattinson, who's well established as Organiser of the Met's long-established Annual Dinner and Reunion at "The Yard".

## CENTURIONS' AGM - SATURDAY 31 JANUARY

Bankside Community Space, 18 Great Guildford Street, London. SE1 0FD. Tel No: 020-7928-3998 Email: [info@betterbankside.co.uk](mailto:info@betterbankside.co.uk) Location: Great Guildford Street is off Southwark Street A3200, and midway between London Bridge and Waterloo East stations. Other nearby Tube stations are Borough and Southwark. It's advisable to check Bankside's website ([www.bankside.co.uk](http://www.bankside.co.uk)) for a map or TfL journey planner. All stations are 10 mins' walk away and this venue's near the junction of Zora Road. Bankside opens at 12 noon and there'll be teas/coffee/biscuits. The meeting will commence at 1 pm prompt. We need to conclude by 5 pm. Bankside is a modern building in a vibrant area with plenty of restaurants and it's hoped that we can enjoy a meal afterwards. The Centurions committee look forward to a useful meeting which is the ideal opportunity to discuss future qualifying events and our support to clubs wishing to host the 100 miles. A good turnout is hoped for.

## ATHLETES REWARDED

On the Hillingdon bill was our RWA Southern Area 50K Championship, which saw Jonathan Hobbs win a gold medal, Mark Culshaw silver and Chris Flint bronze. Our Essex County AA Championship was also held, this being emphatically won by Dominic King. Organisers staged an undercard 20K, which sadly was woefully under-supported (these events are put on for you!). The only finisher was Malcolm Martin, who works in Essex, with 1.56.40 on the stopwatch.

## WALKER'S TALENTS

Centurion Pete Ryan C984 switched codes to win the hotly-contested M60 award at Ilford's 5 Kilometres' Run around the town's Valentines Park on the last Sunday morning in September when clocking 20.27 for an overall 49th position in a big field. That large public park is where Ilford AC obtained their former name of Valentines Sporting Club before progressing as Ilford AC from 1923 onwards.

## FIXTURES

13 Dec	Alf Palmer 5K + Undercard	Broadbridge Heath	11.00 am
14 Dec	Race Walking Association AGM	Alexander Stadium	2.00 pm
20 Dec	SWC Christmas Cup 5K Road	Tonbridge Track	11.30 am
26 Dec	Boxing Day 5.5 and 1.8 Miles races	Preston Park	10.30 am
10 Jan	SRWA 10K Championships ('A' and 'B' race)	Sutcliffe Park	1.30 pm
17 Jan	Enfield League 5 Miles + Presentation	Donkey Lane	1.00 pm
24 Jan	Steyning 15K	Steyning	2.00 pm
25 Jan	London Indoor Games 3,000 Metres 'A'	Lee Valley Arena	TBC
31 Jan	Centurions' Annual General Meeting	Bankside Space SE1	1.00 pm
8 Feb	London Walks' Open Meeting	Hillingdon Circuit	12.00 noon
8 Feb	Essex/Eastern Counties Indoor 1 Mile	Lee Valley Arena	TBC
14 Feb	Cambridge Harriers Winter League 5K + YAG	Bexley	2.00 pm
21 Feb	Enfield League 5 Miles	TBC	1.00 pm
22 Feb	SCVAC 3,000 Metres Indoor Championship	Lee Valley Arena	TBC
1 Mar	England Masters 2,000 Metres/Inter Area	Lee Valley Arena	TBC
7 Mar	Cambridge H Winter League 5K + YAG + Presentation	Bexley	2.00 pm
8 Mar	BMAF Indoor Championships 3,000 Metres	Lee Valley Arena	TBC
21 Mar	Enfield League 5 Miles Yacht Handicap	TBC	1.00 pm
4 Apr	National 10 Miles	Lee Valley	TBC

## GOOD DAY OUT FOR ESSEX

Essex walkers were in action on 24 September at Birmingham's Cannon Hill Park within sight of Edgbaston Cricket Ground, for the annual 10 Kilometres' Championships of both the British Police and Civil Service. These 2 separate events were held in conjunction over 6-and-half laps on a sunny Wednesday afternoon using a course with fallen leaves and conkers spelling danger, with a possibility of athletes coming to grief.

Overall winner was Sussex policeman Gary Witton, also an accomplished steeplechaser, in 51.47, with fellow early pace-setter Pete Ryan (Essex Police) 2nd in 53.46. 3rd was Civil Servant John Hall in 56.32. 4th was CS Walking Secretary Steve Uttley in 57.23. Steve finished strongly to edge ahead of Stuart Bennett (Metropolitan Police) who clocked 58.20. Former Ilford AC members John Llewellyn (7th) and Gary Smith (9th) represented their Organisations as did Civil Servant Bob Dobson, 18th in 68.49, who has more appearances in this event than anybody else! Pete was soundly backed-up by Essex colleagues Chris Holmes 21st/76.47 and Steve King 22nd/79.50.

Medals were claimed by Essex members, as the 2nd Police athlete was Pete Ryan, and 2nd Civil Servant was Steve Uttley. Stuart Bennett was 3rd in the Police stakes and was in the Metropolitan Police team (Stuart/Gary/Chris Flint) which retained their British Police Championship team title, with Essex Police (Pete/Chris/Steve) coming 2nd. The coveted Ryan Cup was retained by the British Police. The Ladies race saw Essex success as victoress Tracey Pollington broke the tape in 38.47 ahead of 2nd placed Sue Harrison (Lancs) in 39.34. Bridgette King of Essex completed the frame in 39.55, ahead of 4th placed Ann Croft (Lancs) in 40.59. Essex duo Claire Springett 5th/43.06 and Louise Foster 6th/43.44 completed the result sheet ... and with only Essex closing-in, a team victory was a formality. Well done!

## **A SPANIARD IN THE WALKS**

Sunday morning at Hillingdon Cycle Circuit saw a quality Open race under 'A' conditions, which attracted overseas entrants, and an RWA Championship under 'B' laws in a bold bid to try reviving our ailing Championship which is held over an Olympic distance.

The main event saw 3 Spaniards in the frame: M Dominquez breaking that 4 hours' barrier with 3.59.02 to his credit, followed by L Martinez 4.05.16 and I Paredes 4.11.53. 4th, and 1st UK finisher, was Colchester Harrier Dominic King in an excellent time of 4.12.41 - the fastest by a UK walker in this country for as long as anybody could remember. This on an out-and-back 500 metres' course with many 180 degrees' turns, and his time also included a short absence from the circuit. Dominic was well clear of the 5th man home, so well done to Dominic. The other UK based walker finishing was inform Manxman Michael George in 4.48.21. 4 were disqualified and 4 fell by the wayside.

RWA Championship victor was Ashford's Jonathon Hobbs in 5.12.24 followed by Belgravian Mark Culshaw 5.50.43 and David Crompton of Lancashire in 5.51.18. David's a son of popular Northern race walker Eric, who many readers will have met. Only other walker under 6 hours was Southend resident Martin Fisher who represented Redcar and clocked 5.57.54. Two outside 6 hours were former Basildon member Greg Smith, now of Lancashire, in 6.00.26 and SWC's Chris Flint in 6.10.24. So despite an initiative to try increasing Championship numbers, yet another single-figures finish-list was declared! Come on readers - this format change was made, amid some debate, for your benefit...so where were you all? For whatever reason, 5 others failed to make a 6 hours 15 minutes' cut-off point, when time-keeping ceased. Among them were last year's Champion and also Loughton 2nd claim trio John Borgars, Paul King and Sean Pender. Ladies 50K Champion was again Belgrave's Maureen Noel with Leicester's Sarah Lightman not far behind as they were timed at 6.01.35 and 6.03.23 respectively as the only other entrant, Belgravian Kay Koeslag, failed to trouble the timekeeper.

So thanks to all involved in staging this event, and to those on the day officiating, helping and encouraging. One known in walking brought along a mate ... who'd never previously been to a race walk. He reported his mate's view on seeing most RWA competitors as "They should be in deck-chairs on a Sunday not doing this". Hmmm! Today's race walking indeed has an image concern, and perhaps it's best we're tucked away on a cycle-track and no longer on public roads ... until we can attract younger promising prospects into our ranks?

## **LOST AND FOUND**

Thanks to readers, the Ken Smith Memorial Trophy has been found and handed-in, following our appeal in Essex Walker. Essex Walker's record in these appeals is good and many missing trophies have been unearthed following such appeals for readers to conduct searches. Our longest lost trophy is the RWA Southern Area Individual 50K Trophy. Any clues?

## **MAJOR AWARD FOR RACE WALKER**

At the England Athletics Volunteer and Hall-of-Fame Awards' Evening, held in Birmingham's Hotel Metropole, the "England Athletics Volunteer-of-the-Year" was named as Mark Wall. He's one well-known to our readers as a race walker, Coach, Organiser, Judge, Official, Holder of Offices, Committee Man and Centurion (in more than one country) to name but just some aspects of his many commitments to athletics. We congratulate Mark on the presentation of this Award, which attracts positive publicity for UK race walking.

## **MESSAGE FROM STUART BENNETT**

"Kim and I are now proud grandparents. Louise gave birth to Jack Steven Collier on Wednesday 1st October at 5.58 pm. He weighed in at 7lbs". We all congratulate Louise and her husband Steve on their first-born child, and also Stuart and Kim on becoming proud grandparents.

## **BACK IN THE WALKING**

After switching codes for a successful spell as a Club runner, Pete Ryan reverted to his main event when race walking Bournemouth's Half Marathon in 1.58.45. It was a first time under 2 hours for some years, which he put down to the amount of running training he'd undertaken.

## ANOTHER LONDON 1948 OLYMPIAN PASSES ON

All athletes will be sorry to hear that 4-times Olympian Dorothy Tyler (nee Odam) MBE has died aged 94. The Mitcham-born high jumper appeared in 1936, 1948, 1952 and 1956. Having set a world record of 1.66 at Brentwood in 1939 she would have been favourite for those 2 Olympics that never happened (1940 and 1944). Dorothy was the last surviving GB medallist from 1936 and the only British female athlete to win medals on both sides of WW2. In 1936 she tied with Hungarian Ibolya Csak (eventual winner) and German Elfriede Kaun on 1.60 but lost a jump-off, so taking silver. Famous Fanny Blankers-Koen was 6th with 1.55. In 1948 Dorothy tied on 1.68 (joint Olympic record) with Alice Coachman (USA) who died earlier in 2014. Dorothy lost out on gold as Alice had jumped a winning height first. On both occasions, had different rules been in place, our GB lady would have won gold ... but she was never bitter about it. In 1936 she was our youngest GB team member and took part in a curious contest. Leading light Gretel Bergmann was dropped from Germany's team for being Jewish while 4th placed "Dora" Ratjen was later revealed as a man - Herman Ratjen! During WW2 Dorothy was a driver on the "Dambusters" Squadron later becoming a WAAF physical training instructor. A true amateur with no regular coach, she'd worked as a part-time secretary while bringing up 2 sons. Retiring from athletics aged 37, she was much in demand for interviews and functions during London's 2012 Olympic year.

## FULL OF EASTERN PROMISE

News from East Anglia is that the Eastern Veterans AC (EVAC) AGM had all the fervour of an evangelical revival meeting. Prior to their AGM doom was predicted as positions were unfilled with slim prospects of would-be job takers stepping forward. "Cometh the hour cometh the persons" was the order-of-the day as names were advanced to keep things going. So well done to them all, including Pete Duhig who makes his return in the Chairman's seat and Centurion Cath Duhig who is their new Honorary EVAC Magazine Editor - a position efficiently held for many years by former race walker of note, Cambridge-based former RAF sub-80 minutes 10 Miler Tony Challis. So if you've news, snippets, articles etc, please pass them to Cath. With Cath's permission I can report that the good lady celebrated her 60th birthday recently. A well-attended celebration at Downham Market Hall saw family, relations, friends, athletes, amateur drama players, former teaching colleagues and locals alike enjoying this occasion. On behalf of all, Essex Walker wishes the very best to a truly popular and active member of our ranks.

## WHEN I'M SIXTY-FOUR

This 1967 track from Sgt Pepper's Lonely Hearts Club Band could apply to "character" John Perkins - Rainham-based man of many Clubs and many sports. He's now aged 64 and has had to quit his many sports owing to a worn disc ... so it looks like our race walking world is unlikely to witness his enthusiastic efforts ever again. Nowadays John's still active in one pursuit as he can be found on the Yoga mat.

## NOTICE OF 2015 IMPORTANT DATES

National 10 Miles	Lee Valley	4 April
National 20K	Hillingdon	18 April
Small Nations	Bedford	20 June
National 10K	Hillingdon	27 June
Inter Area	Tamworth	4 July
National 50K	Hillingdon	4 October

## WORLD WALKING RECORD

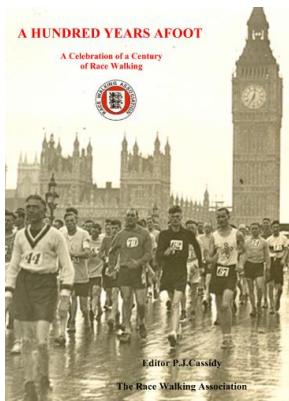
A Brit has set a new world record for the longest barefoot walk, as Ealing poet Philip Wells, 51, trudged 1,000 miles from Penzance-to-Anglesey in 4 months raising £20,000 for a children's education charity. He said, "The first 300 miles were painful because my feet weren't used to it".

## ENFIELD LEAGUE HANDICAP

Point-to-point racing and yacht handicaps are once common, and popular, race walking formats which have more-or-less disappeared from fixtures columns. The latter was 11 October's feature race at Lee Valley where 35 started with stalwart SWC Dave Hoben leading them home and 4 contested an undercard 2.5K scratch race ... including a recovering Norma Grimsey who returned after an accident.

## NEWS OF FORMER POSTIES

Pitsea's Dennis Jones, who used to score Essex League points for Loughton AC, completed October's York Marathon in 6.01. Centurion Steve Allen, now a London taxi driver, has had another big-name "in-the-back" as all-time top Premier League goal-scorer Alan Shearer hailed him.



## "A HUNDRED YEARS AFOOT"

It's the title of a book comprehensively recording the first 100 years of the Race Walking Association in 460 pages with 200 illustrations (see *book contents and [Order Form](#)*). Author Peter Cassidy was the RWA's longest-serving Honorary General Secretary. All profits go the RWA for the benefit of our sport. Cost is £18 (including p&p) - please send cheque (payable to P J Cassidy) to Hufflers, Heard's Lane, Shenfield, Brentwood, Essex CM15 0SF. Cost is only £15 if purchased directly from Peter – if you send details of meetings you'll be at, he'll arrange for a book delivery if he's attending. Please advise Peter on 01277 220687 or via email at: [peter.cassidy@btinternet.com](mailto:peter.cassidy@btinternet.com)

## TOKYO OLYMPICS 50 YEARS' REUNION

Held at the Tower Hotel in late October, it was organised by a race walker - SWC Centurion (968) Ian Statter, who won much praise for his hard work. Around 60 attended, including 2 Essex athletes who were both born in the same Colchester Hospital - 800 metres' man John Boulter (now aged 73) and prominent walker Paul Nihill. Sadly none of our "Golden Quartet" of athletes was able to make it, and only 2 medallists from the 1964 Games were present. Joining 50K silver medallist Paul was 4 X 100 metres bronze medallist Daphne Arden, now aged 73. Our relay team order was: Janet Simpson, Mary Rand, Daphne and Dorothy Hyman. They were beaten by Poland (setting a then 43.6 world record) and USA who clocked 43.9 with the UK team recording 44 dead. Another walker dining was Dave Delaney.

## WE REGRET TO RECORD THREE DEATHS – Cecil Gittings, Joe Browne, Eddie Staker

Former London-to-Brighton walker (11 times) **CECIL GITTINGS** of Queen's Park Harriers has passed-on. He was a long-serving Chairman (1977/80 and 1989/98) of the Race Walking Association and was a stalwart of our RWA Southern Area who appeared at countless athletics meetings over decades as an official - mainly as a timekeeper. He was RWA President in 1988/89. Even when over 80 he continued to both officiate and also serve in Committee rooms. He completed both the 1st and 100th Blackheath Park 9K handicap races. Affable Cecil, aged 85, was a keen Queens Park Rangers supporter who frequently wore their blue and white woolly scarf ... even in midsummer heatwaves. He was called Cyril by quite a few (touch of that Rodney/Dave gag in *Only Fools and Horses*) - but never minded and always answered, however addressed. Cecil also had stood unsuccessfully for election to the old Greater London Council. In political terms he was often seen on TV at the front of Party Conferences as he was Chief Teller when votes were called. When a shareholder of British Airports Authority plc, he was fabled for turning up at AGMs to ask awkward questions. Cecil knew procedure backwards and used such knowledge to benefit race walking.

Genial **JOE BROWNE**, brother of Centurion Olly, has passed on aged 73. Joe was a super-fit sportsman and in amateur boxing bouts over 2 decades, was never knocked off his feet. He won many titles and once reached a semi-final of the National ABA Championships ... being defeated by the late Chris Finnegan MBE. Joe trained with Olly, Alan O'Rawe, Steve Allen and others, and also appeared a couple of times in the Moulton 5 Miles. Joe organised the late September 5K in Valentines Park, a fund-raiser for charity - which Ilford AC took over after Joe retired. Joe was a tireless charity fund-raiser in Ilford and received an award from the Mayor of Redbridge for his community service. Sadly Joe ran into a period of ill-health after he'd retired, so never fully got the benefit of an active retirement. He died peacefully in his sleep. Joe leaves behind a wife Denise, son Matthew and daughter Leona.

At the now confirmed age of 102, Highgate Harrier **EDDIE STAKER** has departed. He was a top race walker each side of World War II later becoming an International walking judge. Paul Nihill kept in touch with Eddie and conversed with him not long before his demise.

Condolence is expressed to the families of all three gentlemen.

## ON THE ROAD

The 88th Enfield Open 7 Miles drew a large field with Essex athletes to the fore as Colchester Harrier Dominic King won in 50.53 followed by brother Daniel in 52.01, before a gap to 3rd placed junior prospect Callum Wilkinson who clocked 56.09. Callum led host Club (Enfield and Harringey) to team title success for the first time this century. Veterans Athletic Club age-group medals were presented by guest-of-honour, former international Carl Lawton, who was also "Mr Starter".

The annual Laurence Dordoy Memorial Award - a "spot prize" consisting of a pack of Guinness - went to long distance traveller Glyn Jones (our RWA Chairman) of Coventry Godiva Harriers. Other long-distance travellers included Centurion duo Mark Byrne (Redcar) and New Zealander Richard McChesney (Stragglers). 35 men/10 women finished with 3 opting for lesser distances ... and 2 finishers had completed a Parkrun earlier in the day!

## MILESTONES

Congratulations to Centurion **Peter Hodkinson**, who for many years worked in Essex (Romford), as on Bonfire Night he reached his 70th birthday. Peter's name is synonymous with fitness and he gives a good account of himself in many pursuits. It's written in Psalm 90 v.10 that we're all due 70 years - "The days of our years are threescore years and ten". Peter's got there and may many more healthy and happy years come the way of this popular former GB International athlete.

Ten years upwards is the age of 80 reached by **Gerry Pells**, now in his 2nd term as Ilford AC President. Noted in past years' ago for quality athletics photography, which was featured in sports publications, Gerry's a keen supporter of "The Peds" as he calls us. He attended our 500th Essex League race, and also at our last one ... as well as supporting New Scotland Yard Walkers' Reunion Dinners. Gerry, still an active runner, recently completed the annual long-established Ingatestone 5 Miles. We wish popular Gerry many active years to come.

Stalwart for decades, Centurion **Tony Perkins** of Ilford AC and Stock Exchange AC fame has become a real OAP on hitting 65 years. Tony's the Centurions' Merchandising Officer, a former GB Team Manager and is fabled for his 20 consecutive London-to-Brighton finishes, many of which generated large sums for good causes.

Also to be mentioned is SWC's **Micky Harran** who has announced his retirement from the teaching profession. Mick's in good form as age fails to dent his impact as a competitor ... long may that be the case!

## THE ONE-AND-ONLY MICK BARNBROOK

"I am the One-and-Only", 5 weeks at No 1, was sung by West Ham fan and one-hit wonder Chesney Hawkes - and it could apply to stalwart Mick Barnbrook. November's RWA Southern Area AGM was open all Southern walkers ... yet just one turned-up, other than Officers and committee members ... Mick! It was a chance to show your appreciation to those who govern our sport in the South, to have your say on issues raised and to vote into Office those you wish to see carrying our sport forward. If things don't progress as you'd like, ask yourself why you didn't give up a couple of hours of your time (if that) to have your say and promote your ideas?

Chris Hobbs is our new RWA Southern Area President after his election at this AGM. Chris wants to see more 20 years olds etc taking part in races. Sadly the past year wasn't good as a financial loss was made on RWA Southern Area Championships, as so few entered. Chris Hobbs, in his

## OFF DAY FOR WALKERS

It was a frustrating afternoon for all who assembled for October's opening Bexley Winter League race as there was to be no action when this event was cancelled an hour before its scheduled start, leaving Organisers no time to prevent would-be competitors from travelling as all would have already commenced journeys. Organisers offered all arrivals complimentary teas/coffees and cakes. On arrival it was found a large section of course was dug up for road works with barriers preventing access. Time was spent wisely as Peter Cassidy did good business selling copies of the RWA Centenary Handbook and Mick Barnbrook invited suitably dressed gentlemen an opportunity to visit his exclusive Club just down the road.

adoption speech, said he'd buy RWA Centenary Handbooks (out of his own pocket) to present to all youth/junior winners of RWA Southern Area titles - so they could read about our great UK race walking history. A presentation was made to Sean Pender in recognition of his 3 years as your President. At this AGM Essex official Sharon Herbert stood down from the Committee and was thanked for her service and time. Big-hearted Mick Barnbrook also agreed to sponsor an RWA Centenary Handbook for a promising youngster. Apart from a new President, all other RWA Southern Area Officers remain in post.

### UP IN THE AIR

FlyBe have announced 2 new routes which may assist Essex/East Anglia readers. With next year's 100 Miles on the Isle-of-Man (15/16 Aug) and the 2016 100 Miles in the North East (6/7 Aug) these may be of use: Stansted/Isle-of-Man (3 flights daily) and Stansted/Newcastle (2 flights daily).

### NO AWARD FOR THIS ATHLETE

Olympic Discus champion Robert Harting has requested his name be removed from the "Athlete-of-the-Year" short list as it also contains the name of sprinter Justin Gatlin, who has been convicted of doping. "It's insulting to be on the same list with Gatlin" said the German athlete.



Dear Dave ...

### ROY HART REMEMBERED

Really sorry to hear of the passing of Roy Hart. He was a real speedster for the RAF in the Annual PAA v Civil Services v Combined Services matches over 10 miles and was particularly good on short distance on the boards of Cosford as I remember. He fully justified his selection for Wales in the Commonwealth in 1966, but I believe suffered in the heat of Jamaica. I remember him in the many Open Races staged in Wales often at Splott Conservative Club and Pengam Social Club, Cardiff. Roy was a familiar face there, and another name that comes to mind was Bill Bingham. Many of the seeds for the future golden years for GB race walking were sown there. A real Champion was the late Roy Hart. May he Rest in Peace. God Bless.

**Bill Sutherland**

### BILL'S HOPE FOR SOUTHERN AREA AGM

I truly hope something positive comes out of the AGM regarding 'New Younger Race Walkers' and the recruiting ground of the Park Run! Also I really think we still live in the past with regard to applications for funding. It's not as if we have an abundance of new stars, so do we really have to go through all this Application process to grant them what is relatively a small grant. All these protracted committee meetings are becoming a thing of the past in many sports in 2014, so let's bring race walking up to date!

**Bill Sutherland**

### ENFIELD LEAGUE RACE 10 RESULT

Good to see a successful walk. I have presently got the bug of the 0900 Park Runs – Finsbury Park on this occasion. 0845 6 people present then within 15 minutes a further 157 appeared at the start. So simple no entry fee or entry form just a Park Run Barcode. On top of that I had an injured lady runner who decided to walk in front of me. Not bad to finish 47 seconds down on someone half your age! Great social atmosphere in the Cafe after! Spoke to many who had never heard of Race Walking only Speed Walking or Power Walking. If that doesn't tell the RWA that their approach to recruitment is so 'out of date' what does? Here's to the next time in 7 days!

**Bill Sutherland**

### ILFORD AC WALKERS' LUNCH

Great souvenirs of a very enjoyable time spent with some wonderful characters and dear friends. You did an excellent job of introducing the reason for the gathering and including all those present and I was very grateful for the Stock Exchange London-Brighton programme - I pored over it on the trip home! Want to thank you so much for organising the function - not a minor task by any means. Also I am in awe of the time and energy you and Tony Perkins have put into the sport and making everything so much easier and interesting for the rest of us. Race-walking owes you both a great deal and I hope you have another opportunity to be the announcer at future major Games - you have earned it.

**Steve King**

## JOYCE CRAWFORD AND THE 100 MILES

Just reading your excellent Essex Walker 360 ... Judith and I heard Joyce in her Radio 2 interview a few Fridays after the race. Joyce was speaking in the sport feature in the Simon Mayo programme so would have had a very big audience. She was fantastic! A very eloquent description of long distance race walking accompanied by great enthusiasm. What a star especially when one considers the potential disappointment of 'so near yet so far'.

**Andy Cox**

### Adds Hon Ed:

Dave Hoben reports seeing a 5 minutes' piece on Dr Barbara Moore (remember her?) and long-distance walking in general - on BBC's The One Show.

## PARKRUN

I met with Tom Williams, Managing Director of Parkrun recently. Tom is keen to promote race walking via Parkrun. If you are a licensed coach and either a) use Parkrun periodically; or b) can identify your local Parkrun and organise your training group to participate on occasion; please get back to me at [adrake@englandathletics.org](mailto:adrake@englandathletics.org). We plan to highlight race walking at these identified Parkruns. We will coordinate promotion with coaches who can follow up with an introductory session at a local club(s) after they have attended the given Parkrun and had athletes take part.

**Andi Drake**

## PARKRUN INFO

Shouldn't Andy Drake have been following this up 10 years ago? Where are the Clubs, the Coaches and the events these new aspirants to Race Walking are going to do? It needs a lot more thought and detailed planning by RWA and all Area Associations before it can take off.

**Bill Sutherland**

### Adds Hon Ed:

Bill deserves credit for sending emails to many, suggesting our RWA gets involved in the successful Parkrun series of races, with a view to recruiting potential race walkers at their events. Bill attends Parkruns and such is his enthusiasm, he's got the Leeds set-up showing keen interest - as seen above, so well done Bill.

## WOODFORD TUESDAY WALKS

Many thanks for the results, only sorry that I only managed to get to one race! I will try better next year. I really enjoyed the race I did and appreciate Peter and Pauline's efforts in putting on the WTWs. Good to see that Steve Allen (Barnet) and John Borgars have recovered from their Centurion attempts.

**John Brocks**

## TRIBUTE TO ED SHILLABEER

Edbanger is a pure gem - tough as old boots and what a man to have in your team! He helped me to get a 20k team gold at the previous European outdoor championship.

**John Hall**

## SIXTY

This is just to thank you for supporting my 60th birthday effort. A fantastic total in the region of £1700 was raised and has been sent to Arthritis Research UK. It was a super weekend, my only regret being that I didn't have the chance to talk to everyone as much as I'd have liked. So many lovely people, so little time ... Thanks again.

**Cath Duhig**

## ADVANCE NOTICE

Please make a note in your diaries that Cath and I have applied for permits for the Downham Walks, 10k(B) and 20k(A) for 26 April 2015! YES, London Marathon day!

**Peter Duhig**

---

### ESSEX WALKER's EDITORIAL ADDRESS

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

Telephone:



01708-377382



[dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)  
[essexwalker@btinternet.com](mailto:essexwalker@btinternet.com)

---