

# Essex Walker

Editor: Dave Ainsworth

## RWA AGM REPORT by OUR SPECIAL CORRESPONDENT



Apart from current, incoming and outgoing Officers and Committee members only 4 other people attended the AGM, and 2 of those - Eric and Pam Horwill - were there to receive their Life Membership Awards. So in essence, just Chris Berwick and Bob Dobson made the effort. Proceedings were whizzed through in less than an hour because Steve Arnold deselected himself, so there was nothing contentious and all posts were filled unopposed. New RWA President is Lancastrian Fred Pearce Jnr with Midlander Ann Perry as Vice President. Colin Vesty takes over from Catharine Telling as Honorary General Secretary. Venue was Birmingham's Alexander Stadium.

**Adds Hon Ed:** To be fair, Eric and Pam are regular AGM attenders ... who both fully deserve their recognition. Eric holds a record for time elapsed between successful UK 100 Miles finishes under 24 hours (1966 Leicester-to-Skegness/1997 Ware Track 24 Hours). Colin Vesty is a stalwart Leicester WC active walker and organiser. Our new President was prominent in assisting and encouraging Ron Wallwork as he made progress, and also during his great heyday. It was thought Steve Arnold would stand against Mike Fox as National Coaching Secretary.

## FIXTURES

These event details are published for your information, and to the best of knowledge are accurate at the time of writing – you are advised, however, to check the status of any event directly with the organisers.

|        |  |                     |          |
|--------|--|---------------------|----------|
| 30 Jan | The Centurions AGM + post-meeting Buffet                         | Leicester CCC       | 1.00 pm  |
| 30 Jan | Southend-on-Sea 110 <sup>th</sup> Anniversary Dinner (Black tie) | The Arlington       | 7.00 pm  |
| 6 Feb  | Essex/Eastern Area County AA Indoor 1 Mile Championships         | Lee Valley          | 1.30 pm  |
| 7 Feb  | London Walks – 10K + full supporting card                        | Hillingdon CC       | 12 noon  |
| 20 Feb | Enfield League 5 Miles   | Donkey Lane         | 1.00 pm  |
| 21 Feb | SCVAC (incorp VAC) Indoor 3,000 metres Championships             | Lee Valley          | TBA      |
| 28 Feb | Masters Inter-Area Indoor Representative 2,000 metres            | Lee Valley          | TBA      |
| 2 Mar  | Met Police Annual Dinner & Reunion                               | CS Club SW1         | 6.15 pm  |
| 6 Mar  | Molly Barnet Open Meeting (incl 10K)                             | Coventry            | TBA      |
| 10 Mar | Amateur Athletic Association AGM                                 | Alexander Stadium   | 12 noon  |
| 13 Mar | BMAF Indoor 3,000 metres Championships                           | Lee Valley          | TBA      |
| 19 Mar | Slater Brice Races 10K + YAG                                     | Broadbridge Heath   | 11.00 am |
| 31 Mar | European Masters Indoor Championships                            | Ancona              | TBA      |
| 9 Apr  | Cecil Gittins Memorial Race + Enfield League 5/10/15K            | Gravesend Cyclopark | 1.00 pm  |
| 12 Apr | Veterans AC Road 5 Miles (guests welcome)                        | Battersea Park      | 7.00 pm  |
| 23 Apr | RWA National 20K Championship + YAG                              | Hillingdon CC       | TBA      |
| 27 Apr | Veterans AC 10,000m Championship + Herts/Middx/Surrey            | Battersea Park      | 6.45 pm  |
| 2 May  | Hertfordshire County Open 3,000m                                 | Stevenage           | 12.30 pm |
| 2 May  | Pednor Open 5 Miles/Enfield League                               | Chesham             | 5.00 pm  |
| 10 May | Veterans AC Road 5 Miles (guests welcome)                        | Battersea Park      | 7.00 pm  |

## LUCKY 7

Our last issue congratulated Olympian Dominic King on being the 3rd fastest UK 50K man of all-time. However an eagle-eyed reader has pointed out that, while 3rd best man, he's overall 7th on an all-time list, based on times.

## GO FOR IT!

On December 14th **British Athletics** confirmed Olympic Qualifying Standards for 4 events in which our standards are higher than those set by the IAAF. They are: Men's & Women's Marathon (2.14/2.31 respectively), Women's 20K Walk (1.33) and 50K Walk (4.02). So far marathon runners Scott Overall, Callum Hawkins, Sonia Samuels and Alyson Dixon have qualified ... as has Essex race walker **Dominic King**.

## ON EBAY



What does the 'E stand for in EBay? It stands for *Echo*, as the firm running this popular website is the Echo Bay Trading Company. ...and one visiting their site was Tony Perkins. While so doing he spotted Centurion badge No 687 on offer ... which he got for a fiver. One wonders why it was up for sale, as its holder **W Bakker** of Fortuna '67 (Holland), is listed as still being with us?

Mr Bakker finished in step with recently departed Cambridge Harrier Chris Hayes clocking 23.55.15 in the 1979 Ewhurst 100 Miles. Such efforts earned them joint 4th spot in the Centurions all-time list of slowest finishers ... tactfully listed as "those with excellent pace judgement". Qualifying ahead of this time was purchaser Tony Perkins himself, and others with Essex connections - Ron Eaton, Mick Barnbrook and the late George Woods. What a race as 107 started of whom 77 finished and 37 were new Centurions.

## THANKS

Popular Tony Challis has had a lengthy spell in a Cambridge Hospital and expresses thanks to all those who sent him "Get Well" cards and messages. Tony, a sub-80 minutes' 10 miler who raced with distinction for Trowbridge AC and the Royal Air Force, is better known around these parts as an active EVAC member ... especially as an outstanding and long-serving former Honorary Editor of their magazine "The Eastern Vet". His Moulton photography is legendary!

## AYO FALOLA RIP

Not a race walker but a valued Life Member of Woodford Green with Essex Ladies AC, a Club once brimming with walking talent ... who passed away just before Christmas aged just 47 after suffering cancer. Ayo was an outstanding coach who worked with at all levels; with some of those he guided reaching Olympian and Paralympian status. His death was covered in the National press and mentioned on the BBC Annual Sports' Review show. We express condolence to his widow Sarah and 3 sons.



## PARKRUNS

Every Saturday at 9 am about 80,000 people (more than twice those in a London Marathon) gather in parks across the country to run, jog and walk 5Km. Parents with buggies, children and grandparents, super-fit sprinters, dog walkers and people with disabilities, as well as volunteers, come together at hundreds of courses across the UK.

They all take part in Parkrun, a series of free, weekly events that, despite the name, are as much - if not more - about communication as running itself. The idea boomed from 13 runners in Hampton's Bushey Park 11 years ago to a community of more than 2 million people in 11 countries today. Parkrun has been the catalyst for marriages, tattoos and millions of friendships as well as mud, sweat and personal bests. Paul Sinton-Hewitt, aged 55, an IT worker who ran for South London Harriers, decided to set up a different type of event. By volunteering to hold a timed run each week where people could socialise with an incentive of being active, he felt he was giving back to everyone who had supported him running for years. He chose a distance of 5Km because it was achievable for beginners while still being challenging for more experienced runners.

As reported by EW's contributors, most don't belong to Athletics Clubs ... so aren't in a formal structure, pay subs and don't get ripped-off by being forced to cough-up annual affiliation fees to keep England Athletics going. Race walkers have excelled: recently EW reported Pam Abbott's completion of 100 such events (a celebration was held in her honour), Bill Sutherland's aggregate total distance now exceeds 100 miles and Tony Perkins was voted "Great Notley Parkrun Volunteer-of-the-Year". In terms of numbers The Enfield League is now the South's "only game in town", and some participants have "warmed-up" at local Parkruns before race walking in the early afternoon. So readers, find your local Parkrun and get out there to show them what race walking is all about - **and recruit!**



## STATEMENT - FOR YOUR INFORMATION

**England Athletics** is looking support developing race walking athletes and provide international experience towards major Championships, in particular the 2018 Commonwealth Games. England Athletics will look to select individuals for appropriate International competition, given their current performance level.

Priority for selection by *The Selection Committee for England*, will be given to *athletes competing in England Athletics Championships. This includes a 10K race at Coventry on 6 March.*

## DEATH OF MET POLICE WALKING SUPPORTER

On Friday 8 January the funeral took place, at Inverness and attended by Alex Ross, of retired Metropolitan Police Inspector Roger Hoskins. He was at Forest Gate Police Station before managing the Metropolitan Police Sports & Social Club at Chigwell Hall - doing so from 1987-to-1997. During his time at this Club, it was a venue for umpteen race walking fixtures including Essex County Championships, Metropolitan Police Championships, Inter-Club meetings and also Representative Fixtures such as the Dunkley Cup (v Stock Exchange), Ryan Cup 10 Miles, (British Police v Civil Service v Combined Services) and the now defunct Met Police v RAF 7 Miles. Roger was always keen to give us bookings at this Sports Club and often gave support while these races were in progress, and afterwards joined us in the bar/buffet areas. Condolence is expressed to his family.

## 110 NOT OUT

Congratulations to Southend-on-Sea AC who are now celebrating their 110th Anniversary Year. Highlight is a black tie Anniversary Dinner at The Arlington on Saturday 30 January, at which walkers will be represented.



Southend On Sea  
Athletic Club

Founded 1905

## KEN MUNRO RIP

One of our sport's giants left us, aged 80, on 23 December while on a break in Scotland. A long-serving Cambridge Harrier, he was an officer of the RWA Northern Area and had previously served as Centurions' Honorary Secretary and also Merchandising Officer. As Hon Sec he took over from Bill Sutherland in 1999, handing on this position on to Chris Flint in 2003. He resided in the North East and travelled south to attend Cambridge Harriers' 125th Anniversary Gala Dinner last year. He also came to lap record at our 2014 Southend-on-Sea AC 100 Miles. Ken became a Centurion in Essex, when completing the 1965 Metropolitan Police 10 x 10 Miles race at Chigwell clocking 20.59.55. That event saw 54 start/30 finish of whom 13 were new Centurions - including recently departed Hendrick J Doornekamp (AV Altis Holland) who raced 6 UK 100s in clogs! Others qualifying that day were Len Taylor, Doug Fotheringham, Eddie McNeir (at 65, who later completed 9 more and, upon demise, his family donated a cup for the 1st Over 65 years old finisher) and future 1968 Mexico Olympian, the late John Kelly. At the front Hew Neilson won his 3rd such UK race (2 road/1 track) in 19.16.37. Racing commenced Friday and by finishing early Saturday morning, Hew had time to head west and complete that afternoon's Chippenham-to-Calne 6 Miles - what a star! Sadly Ken lost his wife a few years' back. Ken was an esteemed Race Walking Association Life Member. Profound condolence is expressed.

### Tributes:

- "I am shocked and saddened of the news of Ken's passing. I know many Centurions will also. He was Secretary of The Centurions for a number of years and a great supporter and adviser of long distance events. He was a genuine enthusiast of all things race walking." **Chris Flint**
- "Ken was a good friend of The Centurions and will be sorely missed." **Kathy Crilley**
- "As a competitor and an official he was a true stalwart of our sport and very good company to boot. The 1965 '100' deserves to go down in history as one of the tougher races at which to qualify. Ten laps of the Chigwell course was not for the faint hearted." **Alex Ross**
- "Sorely missed like all of his ilk." **Ed Shillabeer**

## A TOP MAN IN SHENFIELD

Results and media ace Tom Pollak, who retired a few seasons' back, was an evacuee at Shenfield during WW2 - as it was quieter there than in his South London neck of the woods!

## ESSEX COUNTY PRESIDENT

It's now June Cork of Southend-on-Sea AC. June's a former race walker of note and was part of a successful Southend Ladies Section in past times. June's our regular announcer/commentator at Essex County meetings and it was her initiative which got the popular Southend Mile on fixture lists. Vice President is John Weir, Chairman of Chelmsford AC (2015 England Athletics Club-of-the-Year).

## DAVE RAILTON RIP

Dave (Surrey Walking Club/Stock Exchange AC) completed 11 Stock Exchange London-to-Brighton Walks between 1974 and 1986 (inclusive). **He won in 1982**, being that year's only finisher beating 10 hours. His best time of **9.14.53** came in 1984 when 2nd to Southend-on-Sea AC Vice President Ken Rodrigues who'd clocked 9.08.19. In this classic event Dave was never out of single figure positions and twice came 3rd. He also completed the Stock Exchange Veterans' Centenary Stroll from the "Jack-and-Jill" at Clayton to Brighton's Preston Park, along with Ronnie Alder, Pat Browning, Willie Munday, Nicholas Parker, Richard Sargent, Ken Tuson and Peter Wildey. As well as long distance he could sprint; as shown when winning the 1981 Osborn Cup 5 Miles on a dip-finish when both he and Peter Selby sped over the line in 42.36. A resident of Walmer, he'd attended Surrey Walking Club's "Gazette Night" the year before last (2014). Aged 79 he passed away in the early hours of New Year's Day. Condolence is expressed to his family.

### Tribute:

"I remember with much affection doing the Lugano Relay with Dave. Dave's enthusiasm and efforts that day meant the 'B' team performed beyond their expectations." **Irene and Mike Bateman**



[www.harthouse.gm](http://www.harthouse.gm)

## HART HOUSE CHRISTMAS APPEAL

Essex Walker readers once again supported the 2015 Hart House Christmas appeal, electing to donate to the charity run by Geoff Hunwicks, instead of sending Christmas cards to the walking fraternity. A total donation of £500 was made to Hart House. With sincere thanks to the following contributors:

|                |              |
|----------------|--------------|
| Dave Ainsworth | Jim Ball     |
| Mick Barnbrook | Chris Hobbs  |
| Ken Livermore  | Hilda Nyman  |
| Alan O'Rawe    | Tony Perkins |
| Ron Wallwork   | Bill Wright  |



## Dear Dave ...

### EMAILS OUR SOUTHERN AREA HON TREASURER

My apologies for giving incorrect information at the AGM, I have only been treasurer since 1980. I was on the committee from Feb 1970 to Aug 1972 and have been on it since Nov 1976.

**John Powell**

### TRIBUTE

So sorry to hear of the passing of dear Roger HOSKINS, a great Club Secretary at Chigwell Sports Club. So many familiar faces seem to be passing on nowadays, which is very sad.

**Bill Sutherland**

### RWA SOUTHERN AREA PRESIDENT'S APPEAL

As you may know I have been re-elected as Hon President of the RWA (Southern Area) for a second year. One thing I learnt early on is how hard working and generous some of our members have been with their time.

Something else I've learnt is that the Southern Area is not overburdened with money, what with reduced income through fewer numbers competing and the increasing costs of putting on events. I have launched a 2015/6 President's Appeal. May I thank those who have made donations already and given the appeal a good start. Should you or your club wish to donate please do so. Two southern reared race walkers have already achieved Olympic qualifying times and our juniors are doing us proud so 2016 looks exciting already. But there is so much more we could do especially with encouraging the 18-25 year olds to persevere and progress.

Donations, however humble, should be made out to "Race Walking Association (Southern Area)" or if that is too long for the space provided on your cheques then "C Hobbs" will suffice and I will ensure all donations get added to the appeal fund. Cash is good too and I intend to be at races should the personal touch be preferred.

**Chris Hobbs**  
**Hon President RWA(S)**

## **SOCIAL REPORT**

I've completed my 32<sup>nd</sup> Park Run (covering 100 Miles) with 177 on the starting Line. 25 have been at Finsbury Park. Went to the Metropolitan Police Athletic Association Life Members' Christmas Dinner on Wednesday 9 December for the last time at New Scotland Yard. The May meeting, at the time of the Queen's 90<sup>th</sup> Birthday, will be a special one before a new venue is found. The original idea was that of the great former Chairman of the MPRWC Walter BATSON OBE to hold their meeting for Life Members at the Metropolitan Police Headquarters in their Senior Officers' Dining Room. Attendees were the usual ones being Bert Stevenson, Peter Hodgkinson and his wife Jackie, Paul Blagg and his wife Lynn, myself and Andy Bignold. Former Met Police Walking Club Chairman Andy conducted the meeting throughout in his usual jovial manner, often introducing the proposers for the toasts. John Purnell, as the regular Chairman, was prominent throughout, bringing the house down with his opening raunchy joke. Ladies were present too, of course! Unfortunately Chris Flint recently, made a Life Member, could not attend his first meeting due to a prior engagement, but did go to the MPAA Christmas Lunch with his wife Betty. Doug Fotheringham sent his apologies.

*Bill Sutherland*

## **EMAILS ED SHILLABEER**

Planning 2 more countries to compete in - Portugal in May and Australia in October ... Just resumed training; having knee scanned tomorrow.

*Ed Shillabeer*

## **1981 RWA NATIONAL 10 MILES' ORGANISER LEN ADAMS RIP**

Len was a Londoner I think and came to live close to Andy Bainborough in Exeter. So Len joined Dawlish & South Devon RWC and did our autumn yacht handicap races from Dawlish, which my dad Eric oversaw. When we had the rainy National 10 (1981) in Exeter Len was Organiser-in-Chief but did less afterwards. Andy saw him in a local newsagents just a week or two before he died. I'll forward details for anyone who wants to donate to Devon Air Ambulance in his memory. You might know his club before he came to us?

*Ed Shillabeer*

## **EMAILS ANDY BAINBOROUGH**

I really must get a little more involved in the future, but living down here AND working most Saturdays doesn't help. I will send my 100 miles' race experience off sometime too. I don't know if you knew Len Adams or competed with him (he walked for Essex I believe) but he passed away a few weeks' ago. I know but he was well known in the

London area, he won the Garnet I think too, and I am sure someone would be interested in knowing about his death. He lived 200 yards' away from me and stayed in touch and we often bumped into each other at the local newsagents. If you pass the news around I would be grateful, thanks.

*Andy Bainborough C670*

## **EMAILS CHAMPION WALKER OLLY FLYNN**

We have to understand that judging is a very difficult job at the best of times often pleasing some yet causing others disappointment. All of our judges I commend them for their courage and perspicacity to put themselves on the line almost every race. I for one have every confidence that whatever decision they make. We empower them to do the job and I have no doubt at the moment in time when they make any decision they genuinely believe they have made the right decision.

The real gap occurs in the few races that I have seen is in major international events, here much is to be desired and this is the shop window of our sport and by what the general public judges our sport and its participants. At this juncture in time the even more important issue is not judging but the pernicious, immediate and seemingly endemic problem in our sport of drugs. To all those judges reading this you have my undying gratitude for without you we have no sport.

*Oliver Flynn*

## **EMAILS 1968 OLYMPIAN BOB HUGHES**

Race Walking is in a completely different era these days. Most other sports have moved forward with the help of technology, unfortunately Race Walking is stuck back well and truly in the past. Football is not a good example of how technology is used. Goal technology is only part the way there, Rugby and Cricket are far more advanced in the technology field, using off-field officials/umpires etc. Contacts on the shoes to indicate lifting would be a game changer. Judges still need to be there for other illegalities, such as creeping, walking with bent legs etc., and of course to administer disqualifications. One curious comment I recently read was race walking was the fastest growing event - pray tell me was I in a dream in the 60's and 70's with fields of 300 plus. No one is disputing what a difficult and hard job judges have got, but if race walking wants to retain some kind of credibility then drastic changes will have to happen.

*Bob Hughes*

## **EMAILS BILL SUTHERLAND**

We do not question the fine work as Judges that so many do and have done in the past for our great Sport. We are presently in a completed different

era where race walkers are supposedly moving at between 9 and 10 miles per hour when it has become impossible to judge contact by the human eye, therefore there is no alternative but to bring in technology to ensure that control is brought back into race walking making it fair for all. Contact with the ground is a thing of the past with many present day International race walkers, and that is why we believe they would be better off in a distance running race.

**Bill Sutherland**

#### **EMAILS GEOFF HUNWICKS FROM THE GAMBIA**

Re Essex Walker and the Chelmsford AC article! I can remember myself, Tony Perkins, Phil Embleton and others often joining them for their social activities etc, and that Shirley Wood actually lived in Writtle! Also a few weeks' ago on CNN they were interviewing Shaul Ladany in response to recent terrorist attacks, as a survivor of the 1972 Olympic attack. I remember him winning the Bradford 50k one year in 4.20 something with myself, if I remember correctly 4th in 4.46!

Also thanks to Essex Walker readers for another excellent response to the Hart House Christmas appeal. As they often say here, very timely! Regards to all and a peaceful, prosperous and healthy 2016 and get out and support the events.

**Geoff Hunwicks**

**Adds Hon Ed:** Marion Chambers, also mentioned in that article, attended one of Newmarket's memorable 100 Miles events at the Rowley Mile Racecourse.

#### **REDCAR 100 Miles - MESSAGE FROM JOHN PADDICK**

We are putting on the National 100 miles on Redcar Seafront on 6/7 August:

<http://www.northernracewalking.com/products/redcar-rwc-to-promote-100-miles-2016/>

Can you help, especially if you are a graded UKA official? We will pay 30p/mile plus food/drinks for officials - judges, timekeepers, lap recorders, referees etc. There is also the option of free stay at the Claxton if you live a long way away. We will be operating a 3-shift system of 8 hours for

officials, 2 hours on and 2 off. If you would like a full explanation of how we will organise the event I will be happy to e-mail it to you.

**John Paddick**

#### **EMAILS TREVOR McDERMOT**

Many thanks for mentioning and supporting our promotion next May in EW.

New NARWA Hon Sec - The new man is genial Dick Cole of York CIU who (thankfully) stepped forward at our Area AGM

**Trevor McDermot**

#### **WRITES DAVE LEVY**

To all readers of EW. It does a great job of keeping us all together, which is most appreciated.

**Dave Levy**

#### **WRITES DAVE SHARPE**

They still talk about me ... tell them I am dead. I am the missing link. Lucky I've got a few good memories of the walking world - the rest are all bad. I still miss my dear departed friend Laurence Dordoy and a few others, but not backstabbers who are plenty.

**Dave Sharpe**

#### **HAPPY NEWS FROM OUR GUERNSEY FRIENDS**

I have some news that you might want to include in your Essex Walker. Stuart Le Noury and Olga Sinkevica (both Sarnia Walking Club) got engaged on Christmas Day.

**Jayne Le Noury**

#### **EMAILS ALEX ROSS**

Many thanks for your interesting and comprehensive summary of Ken Munro's achievements. As a competitor and an official he was a true stalwart of our sport and very good company to boot. The 1965 '100' deserves to go down in history as one of the tougher races at which to qualify. Ten laps of the Chigwell course was not for the faint hearted. My own introduction to that course came the following year when some of the Cadets completed a two lap 'training' session, under the watchful eye of Cyril Yescombe, prior to the Barking to Southend.

**Alex Ross**

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