

# Essex Walker

Editor: Dave Ainsworth

## NIJMEGEN MARCHES

The 100<sup>th</sup> International Four Days Marches Nijmegen will take place from 19 to 22 July 2016. Registration is possible through [Four Days Marches](#). To date, more than 52,000 people have already registered for the different events. There are three different distances in the Four Days Marches: 30, 40 and 50km. A fourth distance has been reinstated specially for the 100th edition. The 55km, which until 1966 was a compulsory distance for men between the ages of 19 and 49, is a one-off optional extra in 2016.



## SOUTHERN DISCOMFORT

The RWA Southern Area Championship on a cold afternoon at Eltham's easily reached flat and traffic-free Sutcliffe Park, was in danger of cancellation ... until a late few late entries just about tipped the scales in favour or going ahead. Where were you all, as 'B' walkers were also made welcome with good facilities and faultless organisation? From an Essex viewpoint, pride of place went to Sophie Hales who led home 9 ladies to win the 10K in 50.59, also assisting her Steyning team to victory (SWC also closed-in). The men's 10K saw former Ilford star Francisco Reis retain his Southern Area Senior title in 50.48 as 17 completed the distance with 1 DQ. Ilford AC made the team awards for a 3rd consecutive year after being 2nd in 2014 and 2015, behind SWC & Ashford AC who were a close 1-2 respectively. Ilford's team were led home by Dave Kates who was backed up by downfield duo Mick Barnbrook and Dave Ainsworth (3 teams closed in). Others with Essex affiliations racing were Loughton 2nd claimers Paul King and Sean Pender, while Essex-connected officials were prominent at this meeting. Thanks to Hon RWA Southern Area Championship Secretary Noel Carmody and his entire team for their efforts.

## HAPPY EVENT

Congratulations to hard-working Hon RWA Southern Area Championships Secretary Noel Carmody and wife Lynn, on the arrival of their first grandson.

## IN THE BACK

Latest big-name hailing Steve Allen's black taxi was The Rt Hon. David Mellor PC, QC. This ex-politician made headlines in November 2014 after rowing with a cabbie, which involved language never to be repeated in a respectable publication such as EW - ending with an apology and donation to a Taxi-Drivers' Christmas Appeal. No such ado in Steve's cab, as polite conversation and banter ensued. As for walking, Steve says, "I will return".

## HISTORY LESSON

Many readers boost their athletics' performances with permitted energy drinks ... but who made the first such product? Lucozade was first manufactured in 1927 under the name Glucozade due to its high glucose content. But ... it was marketed as a drink for the ill rather than for sports, so Gatorade is widely considered the first real sports drink. In 1965, Florida Gators American Football team began drinking water, salt, sugar and lemon juice (to stop the drink being completely disgusting), and had such a good season that the drink, labelled Gatorade, quickly spread to other sides.

## 2016 ESSEX COUNTY INDOOR CHAMPIONS



Pictured are Kasia Kostyrka-Allchorne and Keith Palmer with Essex County President June Cork.

### GET WELL SOON

We're sorry to hear ex-Vidarian and former Loughton 2nd Claimer Bob Watts has spent 3 weeks as a hospital patient. Hardy Bob, one of only 6 walkers to have completed over 100 Blackheath 9K handicap races, had 2 operations and has now come to the Colchester outskirts for recovery and rest. Alas, Cambridge-based Tony Challis of EVAC fame, has been re-admitted to hospital after only a short while back home. We wish both well.

### STILL IN THE RUNNING

Congratulations to fit Centurion Alan O'Rawe, who recently completed a 5K "Mud Run" in a Brentwood Park and led his team to the silver medals.

## ANNUAL SPORTS AWARDS

Ed Shillabeer came 2nd in the Plymouth Herald Annual Sports Awards, which were held at Plymouth Pavilion's Leisure and Entertainment complex. His award came in the "**Champagne Moments**" category. Ed's moment was at Lyon when he got off a physio's treatment table to be part of a gold medal winning GB team! He was beaten by Plymouth Argyle striker Robin Reid, who had netted a hat trick against local rivals Exeter City - and Ed didn't mind coming 2nd to Robin, as Ed's a Pilgrim's season ticket holder. Olympian swimmer Sharon Davies hosted this gala evening and ex-International Kevin Keegan presented awards.

At Havering Sports Awards Presentation Buffet, held at upmarket Upminster Golf Club, the Borough's Mayor, Cllr Brian Eagling, presented Havering AC stalwart Doug Tierney with the top "**Lifetime Achievement Award**" for his long service and total dedication as Club Officer, timekeeper and respected coach since 1990. In Doug's earlier days Havering AC were brimming with race walking talent, and we hope such times will return soon.

## THE LATE LEN ADAMS - MORE INFO

Our previous issue carried news from Centurions Ed Shillabeer and Andy Bainborough about the death of Exeter-resident Len Adams - organiser of that city's 1981 National 10 Miles - in which it was stated he'd been an Essex athlete. Statistics supremo Colin Young remembers him well as a race walker for Chelmsford AC and then Essex Beagles (as then called). Len would have won our County 10 Miles in the 1950s - but for the winning form of Woodford Green ace R Goodall - who dominated that distance in Essex throughout that decade. Len won the 2nd ever **Garnet** 10 Miles Championship at Eltham in 1954, when clocking 78.06 and leading his Beagles to 2nd team position - beaten by SWC (M Ellis/R E Green/ C Hopkins/J Edginton) with the Bels 3rd. Coming 2nd that day was R Hoskins of St Albans City AC and a certain Don Thompson of the famous Metropolitan WC was 3rd. Ex-Beagle, Bristol-based 1968 Olympian John Webb, recalled Essex Beagles having a strong squad in the '50s, with their star race walkers being Colin Young and Len Adams! John remembered Len as one successful at winning handicap prizes ... who then often gave these to other competitors. Indeed John himself was offered one but declined. Other readers recall Len being prominent in the "Open 7's" during the mid-50s.

## EASTERN COUNTIES AA/ESSEX COUNTY AA INDOOR 1 MILE CHAMPIONSHIPS (Combined):

Lee Valley Arena/Saturday 6 February (6 started/1 d/q'd)

1. Steve Allen	Barnet AC	8.14.66
2. Keith Palmer	Southend-on-Sea AC	10.17.79
3. Pamela Abbott	Enfield & Harringey AC	11.29.22
4. Kasia Kostyrka-Allchorne	Southend-on-Sea AC	11.29.70
5. Dave Ainsworth	Ilford AC	12.03.21

Judges: Ray Pearce (Chief), Peter Cassidy, Mike Croft, Sean Pender and Pauline Wilson.

**AWARDS:** Eastern Counties Men: 1. S Allen, 2. K Palmer & 3. D Ainsworth  
Eastern Counties Women: 1. P Abbott & 2. K Kostyrka-Allchorne

**Essex Men:**

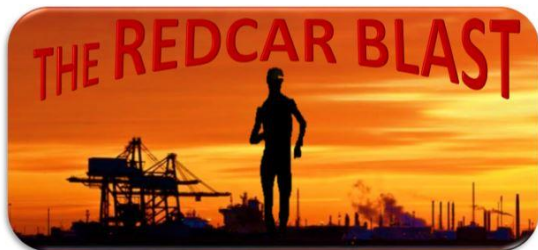
1. K Palmer (retains 2015 title) & 2. D Ainsworth

**Essex Women:**

1. K Kostyrka-Allchorne

After last year's 1-man turnout in the Essex Championship, efforts were made to increase the field ... which happened, but slightly. Our new Essex Ladies Champion, who'd appeared in Southend's August Bank Holiday 1 Mile Walk, is better known as a Half-Marathon runner. The Eastern Counties Championship saw 2 others enter but fail to appear. Steve Allen had things his own way as expected, and a large crowd were brought to life by a competitive sprint finish between the event's 2 ladies, both of whom had completed an earlier 5K Parkrun. Pamela Abbott raced twice despite being under the weather. Informative commentary was given by former race walker and now Essex County AA President June Cork, who also introduced medal winners at a podium presentation by Eastern Counties AA Chairman Ted Butcher, an athletics' stalwart since the 1960s. As for Dave Ainsworth it represented 41 years between his 1st Essex County AA individual medal (1975 bronze medal/Essex 50K Walk at Basildon) and latest in 2016. All finishers got at least 1 medal! The race winner asked why a programme published it as being "open" when such info hadn't been communicated beforehand? Answers on a postcard.

After last year's fiasco when 1 Essex man and no Essex lady supported your Championship, Barnet's Steve Allen wrote a piece for EW stating that Essex race walking was officially dead. Peter Cassidy and Ray Pearce entered the Committee Room to argue for this event's retention on our Championship programme. Both tried hard in drawing attention to the race, with entry forms and appeals. But where were you all? Are there Essex qualified readers out there who really want to see Essex walking ditched from all such meetings? From 1 man on the 2015 result sheet we've at least improved - albeit slightly - as 2016 saw 2 men and 1 lady finish. **These races are put on for you!**



#### **THE BIG MAY 29th MEETING**

Home Page for the event:

<http://www.northernracewalking.com/redcar-blast/>

Entries website:

[https://www.sientries.co.uk/event.php?elid=Y&event\\_id=2677](https://www.sientries.co.uk/event.php?elid=Y&event_id=2677)

Social media updates:

<https://www.facebook.com/groups/1035691779824744/>

#### **DEPARTED CENTURIONS**

A couple of Midlands' Centurions have left us, and while out of our main circulation area, many readers will have known them. Centurion 314 Edward (Ted) Billingham, 88, of the now-defunct Royal Sutton Coldfield WC qualified at the 1960 Leicester-to-Skegness 100 Miles in 23.06.10. That race was won by another Midlander, the late Olympian Frank O'Reilly of Birmingham-based Lozells Harriers in 16.54.15, so becoming the first race walker beating 17 hours. Others qualifying that day were recently departed Harry Holmes Jnr, respected coach Stan Mantor and then Woodford Green AC member Mick Marshall (a Centurions Vice President) - numbers 303/4/5 respectively. Royal Sutton's protagonist, Olympian Ken Matthews MBE, remembers Ted as being one of 2 walking brothers. A nice touch saw Ted's widow Maureen and her daughter both observe the traditional Centurions' worldwide Christmas Day toast in Ted memory - and they've have vowed to continue doing so.

Wilf Smith, 91, broke new ground when qualifying as Centurion 275 for it was in a new event: the 1st Leicester-to-Skegness Walk in 1958, which he **won** in 18.02.37, 20 minutes ahead of 2nd placed Frank O'Reilly. This classic event enjoyed a success as it was held every other year until 1978 - 11 in total, and all on 'A' class roads. Wilf completed 2 more L-to-S races, remaining a lifelong supporter of our sport and his Leicester WC Club, appearing in many Championships and Leicester Mercury events.

#### **JOHN WEBB'S NEWS**

John's in regular touch with 1968 Olympian Brian Eley, aged 77, once the now-defunct Bristol RWC. Brian was 7th (from 36 starters/28 finishers) in the Mexico Olympic 50K Walk clocking 4.37.32. Completing our GB trio were Shaun Lightman and Paul Nihill. In Brian's Weston-super-Mare home is a rowing machine, on which he daily exercises three times. He's just achieved a 10 Miles PB

#### **LONDON MARATHON CO-FOUNDER PASSES ON**

Many readers will have appeared in the London Marathon and also raised money for good causes at this famous event; while others will have supported and/or watched it both at the roadside and on television. Sadly co-founder John Disley CBE has passed on after a short illness at the age of 87. John, an Olympic bronze medallist in the 1952 3,000 Metres steeplechase at Helsinki, was active in the London Marathon organisation for decades. His athletics career saw him set 5 UK steeplechase records, 4 UK 2

of 54 minutes something and also enjoys 20 Miles cycle rides around Somerset!

Miles records and also another 6 Welsh records. He certainly made his mark.

### JOHNNY MORRIS - TRIBUTES

"Johnny Morris C 474 was always a pleasure to be in the company of and was such a great Race Walking enthusiast for Belgrave Harriers. To see his name on the Police Entry List for the Annual Barking to Southend under Port of London Authority each year brought a smile to one's face as he was such a jovial character and great to know. We will miss him. May he Rest in Peace."

**Bill Sutherland**

"I knew Johnny Morris quite well, and remember him with a large moustache and a stentorian voice. He was a Court Official at the Old Bailey and I used to bump into him on the occasions I had a criminal case there. Quite a character. Sad news."

**Chris Flint**

"Very sad news. I remember John, who could forget the man with a handlebar moustache? Just after the start of every Open 7 in the Good Old Days, with 200 to 300 of us surging up the road, John's 'Dulcet tones' would invariably ring out, "Up the Bels!" to be greeted with guffaws of laughter and howls of abuse from the rest of us. Ah, happy days indeed. A wonderful man - One of the Police's finest!"

**Martin Oliver**

### WHERE THERE'S A WILL

Last year EW reported income was well down at the RWA Southern Area, mainly because entries for their promotions (major source) was so much reduced, as Southern walkers weren't supporting their Area Committee's events. Readers don't need reminding that some have been cancelled as so few entered. Your RWA Southern Area Committee is responsible for conducting race walking over a wide area, including appointing officials to oversee meetings and ensure fair play. They select and organise Area Representative teams to represent you, and stage Championship races for you to participate in. Income has now fallen to a low level, and it was agreed a request be made for race walkers to consider the **RWA (Southern Area)** in their wills ... even small amounts such as £100 would be a valuable assistance in our current climate. Over to you!

### "GIVE 'EM A ROUND OF APPLAUSE"

"Super, Smashing" said Jim Bowen on Bullseye, and it could apply to Gary Smith. At the Metropolitan Police Walking Club's Annual Dinner & Reunion, held at the Civil Service Club, the Walks' Captain specifically mentioned Gary's achievements among Club highlights. Pride of place went to his age group gold medal at the World Police Games in Washington - which drew a round of applause. Then he boomed out that Gary was British Police 10K Champion (yes, you've guessed ... another separate round of applause). This function certainly gave attendees their moneys-worth, as diners sat down just after 6.15 pm, ending a couple of minutes before 10.30 pm. Indeed some diners present had managed to complete 50K walks in less than the near 4-and-quarter hours' duration of this occasion.

### KING SEALS HIS PLACE AT RIO OLYMPICS

Dominic King, Colchester Harriers, finished as leading GB competitor at the IAAF Race Walking Challenge in Slovakia in a time of 4h 08m, to seal his place at this year's Olympic Games in Rio. He spoke to Jonathan Waldron, Sports Writer:

"It was a case of mission accomplished and it's a massive weight off my shoulders. I needed to make sure that I finished and that's what I did. At the halfway point I was just over 1h 58m and on for a personal best but I listened to my head and focused on the strategy that I had in place. It was the first 50k race I've had without any warnings so technically, it was good. Of course, you always look back and think you could on and done better but I achieved what I set out to do. But I just did my own race and had I not stayed strong and focused, I could have got carried away. Had I not known about having to finish the race to make it to Rio, I could have potentially got a quicker time or got disqualified."

Photo courtesy of Colchester Gazette

[http://www.gazette-news.co.uk/sport/14377558.King\\_seals\\_his\\_place\\_at\\_Rio\\_Olympics/](http://www.gazette-news.co.uk/sport/14377558.King_seals_his_place_at_Rio_Olympics/)  
Wednesday 23 March 2016



### PORT OF LONDON AUTHORITY POLICE AC

In this edition is sad news of a PLA athlete who has passed away. Mention of this prompted athletics' historian Colin Young to recall this Club as a prominent one in past years. For instance in 1928 Mr W F May (RWA Past President) donated the Nijmegen Shield to the Association. It was first contested in 1929 and went to the 1st team in our National 20 Miles (at Hayes, Kent) to close-in a full declared 8-strong team.

Inaugural winners were Port of London Authority with their last scoring man E A Boyce in 104th position. Their leading man on the day was G R Farley in 22nd spot, though their best known walker in such times was C W Cater who was 65th. Mr Cater, representing Port of London Police AC, was well-known in short distance events, having been placed in the AAA 2 Miles' Walk at Stamford Bridge in both 1925 & 26 (respectively 3rd & 2nd). Back to the 1929 National 20 Miles: it was won by A E Plumb of North London Harriers in 2.50.18 with Belgrave H winning team honours (T W Green, R D McMullen, J Rathbone and B J T Knifton) who were 6th/11th/15th/19th respectively. The team race was a Surrey clean sweep as Surrey AC were 2nd/Surrey WC 3rd. Also making the frame were L G Sandy of Surrey AC 2nd and J W Reddish of Herne Hill Harriers 3rd.

## 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.

<b>APR</b>	2	Centurions 25 Miles Social walk (all welcome)	Colchester Friday Wood	9.30 am
	9	Cecil Gittins Memorial Race + Enfield League 5/10/15K	Gravesend Cyclopark	1.00 pm
	12	Veterans AC Road 5 Miles (guests welcome)	Battersea Park	7.00 pm
	23	RWA National 20K Championship + YAG (from 1.30 pm)	Hillingdon CC	2.15 pm (20K)
	24	Virgin Money London Marathon	Greenwich & Blackheath	10.00 am
	27	Vets AC 10,000m Championship + Herts/Middx/Surrey	Battersea Park	6.45 pm
	28	Haywards Heath Harriers 50 <sup>th</sup> Anniversary Track 1K	Crawley K2 Centre	8.30 pm
<b>MAY</b>	2	Hertfordshire County Open 3,000m	Stevenage	12.30 pm
	2	Pednor Open 5 Miles/Enfield League	Chesham	5.00 pm
	4	Eastern Veterans League	Thurrock Track	TBC
	7	French Regional (North) 50K Championship	Roubaix	11.00 am
	10	Veterans AC Road 5 Miles (guests welcome)	Battersea Park	7.00 pm
	14/15	Essex Track & Field Championships	Melbourne Park	TBC
	18	Eastern Veterans League	Peterborough Track	TBC
	18	Ox/Bucks 3,000 Metres	Oxford (Iffley Rd)	7.35 pm
	20/22	European Masters Athletics Championships	Algarve	TBC
	29	Holt Bradford Trophy 35K/50K + full support card	Kirby Fleetham	10.00 am
<b>JUN</b>	1	Eastern Veterans League	Melbourne Park	TBC
	1	Eastern Veterans League	Cambridge	TBC
	4	Moulton Open 5 Miles/Enfield League + full card	Moulton/Suffolk	12.30 pm
	5	Olympic 20K Trials	Nottingham	TBC
	7	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	12	RWA National 10K Championships	Coventry	2.00 pm
	14	Veterans AC Road 5 Miles (guests welcome)	Battersea Park	7.00 pm
	19	England Athletics Championships U20 & U23	Bedford	TBC
	19	BMAF 5K Road Championship	Horwich	10.30 am

## IN THE RUNNING

Ed Shillabeer's stated an intention to appear in the Redcar 100 Miles and knows this area well. Before taking up walking, he ran a 10 Miles' Road PB in Redcar! Another for Redcar is another distance specialist Kevin Marshall.

## "OOH ARR"

Paul Warburton (aka "Scoop") is now resident in St Ives (Cornwall), but still comes to London at weekends to do his major soccer reporting for West London-based newspapers. Belgrave Harrier Paul was a big player, as seen by 3 consecutive 2nd places in the Met Police Open 7 Miles - when fields were top class! His Essex connection was via 2nd Claim membership of Southend-on-Sea AC. He wrote informative athletics articles for leading publications.

## MORE MONEY

The RWA 10K Championship is to be held at Coventry on Sunday 12 June (2.00 pm). Prizes are to be in cash ... including £100 for the first men's team. So make sure you raise teams and head towards the Midlands for the money!

## CENTURIONS AGM

Essex walkers were represented at this meeting, held at Leicestershire County Cricket Club's ground. Following Ann Sayer MBE as President is respected octogenarian Midlander Eric Horwill - a current Loughton AC 2nd claim member. All other officers remain in their posts, including Honorary Secretary Chris Flint who announced his intention to step down at the end of his current term. So there's notice for any volunteer to make their mark in an administrative position.

## GET WELL SOON

We're sorry to hear that successful Point-to-Point rider Paul Blagg has fallen from his horse and needed hospital admission for a back injury. He's now discharged and we wish him a swift full recovery. Double-Olympian Paul was our first UK athlete under 4 hours for a 50 Kilometres' Walk

## IAAF WORLD ATHLETICS CHAMPIONSHIPS

On this Meeting's home page, being held in London, is a direct link to a feature about race walking entitled, "A Beginner's Guide to Race Walking" by Jared Tallent. "Google" - IAAF 2017 World Athletics Championships, and it should be the first selection. This event appears to heading through testing times, as 4 members recently left the Board - the latest being Baroness Tanni Grey-Thompson who complained that her place on the Board seemed "a bit too tokenistic" and added "athletics in Britain has a lot of problems". Race walking will be in Central London with Mens & Women's 20K events scheduled for The Mall and the 50K around Hyde Park's Serpentine.

## MAJOR SIGNING

Former Ilford AC President and now Highgate Harrier Bill Sutherland, a Scottish legend, has signed for Scotia RWA as a 2nd claimer, and says he'll wear his newly acquired Club vest with pride. We wish him and Scotia RWC well.

## DARK SIDE OF THE GLOOM

On 20 February Eastern Veterans Athletic Club (EVAC) held their AGM in the Community Room at Tesco's St Neots Superstore. From over 750 members, just 7 attended (of whom 6 were Officers/Committee members). A further 8 deigned to submit apologies. The Olympic legacy? At least a small turnout shows members don't want to come and complain about anything ... so must be contented. On a positive side, it's worth pointing out that most larger Tesco stores have a "Community Room" which is available for local groups/societies/organisations to have for nowt.

## THE WOODFORD TUESDAY WALKS ARE COMING ... 7 June 19 July 16 August 30 August

Start time is 8:30 pm and the address is: Ashton Playing Fields, 598, Chigwell Road, WOODFORD BRIDGE, IG8 8AA (web site: [www.vision-rcl.org.uk/ashtons\\_home.html](http://www.vision-rcl.org.uk/ashtons_home.html)). Race distance is 3000m, with the option of 1000m for the young and beginners. The best three scores from the four meetings will count towards the overall seasonal winners. **Come and join us; the bar will be open!**

For more information, contact Pauline Wilson at [Pauline.Wilson@btinternet.com](mailto:Pauline.Wilson@btinternet.com) or on 01277 220687.

## ESSEX ATHLETES' REUNITED

This function was held on 22 January at The Cow public house, in Stratford Shopping Centre near the Queen Elizabeth Olympic Park entrance. Among walkers present were Bob Dobson, Roger Mills, Paul Nihill, Ian Statter, Bill Sutherland and Colin Young. With both good company and food, a most pleasant afternoon was enjoyed by all. The occasion ended with Surrey County AA Chairman Tom Pollak proposing a much merited *Vote-of-Thanks* to organiser Tony Maxwell, the historian (author of Woodford's excellent Centenary Book) and Past President of Woodford Green AC (as then called).

## "AND IT'S GOODNIGHT FROM HIM"

Brian Armstrong informs us that he has moved to Frinton.

Ilford AC Life Member Brian Armstrong has been rarely seen in over 2 decades. He's a former Junior International who still considers himself unlucky not to have gained full International status after a great debut 50K in our 1970 RWA Championship at Ewell - won by Bon Dobson. After that race Athletics Weekly *tipped him for the top*. Brian has a large collection of awards over all distances and was last seen at Ilford's 2012 Olympic Year Dinner & Dance. They don't bury the dead in Frinton-on-Sea: they stand them up in bus shelters!



### Yorkshire RWC Festival of Walking

**Open 35km and 50km Road Walks CATEGORIES A + B**  
and Supporting Races for all Ages and Abilities  
**Sunday May 29<sup>th</sup> 2016** under UKARWA rules  
Kirkby Fleetham Village Green  
nr. Northallerton North Yorkshire DL7 0SJ

**TIMETABLE**

10.00am	35km (B) + 50km (A/B) for the <i>Holt Bradford Cup</i> (inc. classification for both)
10.45am	<i>Soup &amp; Roll League</i> 5km /10km/15km/20km Walks (B) + 5km Parent & Child Competition + Under 15 Open 5km Race + Running Events.
1.15pm	<i>Soup &amp; Roll League Lunch</i> - free - followed by Prizes
2.30pm	U13 Schools Athletics on the Village Green (Race Walk - Throw - Run - Jump - Activities)
4.30pm	Free Buffet for All
5.00pm	Main Race Presentation and Awards



Featuring the Northallerton Silver Band performing all afternoon and other attractions planned!

All are warmly invited to race, officiate or simply enjoy a weekend at this quiet, welcoming village on the edge of the beautiful Yorkshire Dales. As this is the traditional 'Bradford' race Whitrun Weekend a historical booklet will be issued to all Entrants. Substantial Overall Prize values. Individual and Team fees £15 for 35/50km events (official Entry Form to be circulated soon), £3 for others, Novices Free.

5km Lap + Splits      Feeding, Water + Sponge Stations every 2.5km

**TEAM and HANDICAP, INDIVIDUAL AWARDS for All Finishers**

For further information and help including Travel & Accommodation details contact Trevor / Linda McDermott on: 01748 830 621  
or email: [pc@yorkshirewalking@btconnect.com](mailto:pc@yorkshirewalking@btconnect.com)



**NORTHERN RACE WALKING**



## Dear Dave ...

### THREE-LINE WHIP FROM DAVE HOBEN

Please could you put a few lines in on the Cecil Gittins meeting to say that it is thanks to his generosity we (that is VAC) are able to secure a prestigious venue, believed the only race walking venue on the motorway system. Hope that all those who knew him will want to remember him by attending in April, including officials/judges.

**Dave Hoben**

Adds Hon Ed: It's on Sat 9 April at Gravesend Cyclopark 1.00 pm with races over 5, 10 & 15K (+ Enfield League). Cecil left the Race Walking Association £15,000 in his will, so deserves a good turnout in his honour.

### TRIBUTE TO KEN MUNRO C370

I was sorry to hear the sad news that Ken Munro C370 has passed away. He contributed to the Centurions in many ways, serving as Secretary and Merchandising Officer for a while. He qualified race as a Centurion on the tough course at Chigwell in the impressive time of 20.59.55. He made a significant contribution to our sport and will be missed.

**Sue Clements C950**

### REPORT FROM OLYMPIAN DOMINIC KING

Just back from a great 5 day training trip in Spain with Tom Bosworth to get some much needed high quality warm weather training in. I would like to thank the RWA and Southern RWA whose financial assistance has helped to support myself in trying to get to the Olympics and other developing athletes within the UK towards their goals. One of the ways they manage to do this is raising much needed funds through the RWA 200 Club. The more people who join, the more support they will be able to give in the future, so please join if you can! The RWA 200 Club holds monthly draws for cash prizes and pays out over half the money paid in. The cost is just £12 per year for each number and there is no limit to how many numbers you can buy. It is payable by standing order on the 1st October each year. More info from Mark Easton at: [rwatreasurer@yahoo.co.uk](mailto:rwatreasurer@yahoo.co.uk). Thank you to you all for your ongoing support!

**Dominic King**

### REF: ANNOUNCEMENT IN PREVIOUS EW

Where do England Athletics think they are going to find these new race walkers for the Commonwealth Games 2018 because the RWA seem to be completely lacking in finding new participants in our great Sport, as highlighted in the Ranking Lists.

**Bill Sutherland**

### ORGANISER'S APPRECIATION

Dear Competitors and Supporters,  
Thanks for your support in The London Walks' event at Hillingdon. Pauline and I hope that you enjoyed it and that we shall see you all again next year; it may even be less windy. **Peter Cassidy**

Adds Hon Ed: The best supported race saw 20 finishers in a combined U17s/Jnr/Snr Women's event with sadly no Essex finishers in that race, nor in 3 YAG events. Only 14 men lined-up for their 10K, with 13 finishing (1 d/q). This was won by Jonathon Hobbs in 50.02 with Barnet's Steve Allen and SWC's Malcolm Martin completing the frame. Only 2 teams scored: Ilford walkers Dave Kates and Bob Dobson formed a 2-man squad to finish as 2nd team behind winners SWC (only team closing-in 3). Dave was 1st Centurion and regular supporter Jim Ball 1st Veteran gaining no other award. A trio of Loughton AC 2nd claimers made the result sheet: Paul King, John Borgars and Sean Pender. This race, despite being on a windy afternoon over an exposed circuit, deserved better support.

### EMAILS TREVOR MCDERMOT

I very recently 'fell' into the additional role of Race Secretary for the Redcar 100 Miles in August. (It's so easy to have such accidents). The previous incumbent resigned. Could you very kindly add a note in EW to that effect, and that any queries should now be sent to myself on either - [trevorandlindamcdermot@hotmail.com](mailto:trevorandlindamcdermot@hotmail.com) or - [northernracewalking@hotmail.com](mailto:northernracewalking@hotmail.com)

**Trevor McDermot**

### APPRECIATION FROM ANNIE CREO

**Subject:** Congratulations to Len Creo - Centurion 871 on his remarkable 93rd Birthday!

Thank you for your lovely birthday messages – I read it out to Dad over phone and he was really touched. He was down visiting me in Cornwall for Christmas and we were up hiking on Bodmin Moor and unfortunately he fell and broke his leg. He is back home recovering and feeling frustrated so your message was particularly well received. He asked me to pass on his regards. **Annie Creo**

Adds Hon Ed: Len (Worcester AC) had a 93rd birthday earlier this year. He was aged 67 when qualifying as a Centurion.

### A TRIBUTE TO KEN MUNRO

Marion and I were so shocked when Ken's son Michael phoned us about the passing of his father. Without Ken the race walking world would probably never have heard about the likes of Ian McCombie, George Nibre or Marion Fawkes as it was he who introduced them to the sport and nurtured them

through from novices to top class athletes. Ken devoted a lot of his time to ferrying his proteges at his own expense throughout the UK so that they could gain experience in events and it's to his credit that so many top walkers emerged from the Tyneside Area in the late 70's and early 80's. A selfless, dedicated man indeed who always had the best interests of our sport close to his heart. Although Marion and George later moved over to benefit from the coaching of Charlie Fogg, both they and Ian have always remained in close contact with Ken and valued his experience and advice both in life/sport balance and maintaining enthusiasm for our beloved sport. In passing, Race walking has lost a true friend and asset.

**Peter and Marion Fawkes**

### QUESTION TIME?

I have heard of the wonderful feat by Mike Hartley, record holder for non-stop Running the Great Pennine Way in 2 days 17 hours & 20 minutes, but who holds the walking record? Any answers?

**Bill Sutherland**

### JOHN MORRIS RIP

I regret to announce the death of John (Johnny) Morris C 474 after illness at St George's Hospital Tooting aged 83. John had been a Belgrave Harriers member since November 1958, originally more into cycling, he joined Belgrave and working for London Ports Authority on security was able to compete in the Barking-to-Southend Police long distance championship on many occasions. On retirement he was then employed at the Old Bailey on security. He was a Life Member of Belgrave. He became Centurion 474 in his first 100 at Ewhurst in 1971 coming in together with the late John Keown C473. He went on to compete a further 5 100miles races. He would compete at all distances and was a regular in the National 50kms, Hastings and Brighton walks. On retirement from walking he would be seen at many track and field meetings as an official. He leaves his wife, Vera, a son, two daughters and grandchildren.

**Carl Lawton C750**

### GREETINGS FROM THE GAMBIA

Thank you for your contribution towards yet again a very useful amount collected by Essex Walker readers for the Hart House Christmas Appeal. Tony Perkins does a great job in organising and co-ordinating many things! I still try to keep fit a little including an exercise bike and just getting around using local transport and walking. It is sometimes a case of time and if well and not too tired. It's been 36 degrees in the afternoons the last 4 days, but thankfully low humidity. We have about 25 kids on the register, a 3rd girls and a 3rd Downs syndrome and are tending to admit more severe learning difficulties recently. So keep

healthy and look forward to hearing about yours and others exploits in Essex Walker.

**Geoff Hunwicks**

### 1961 CHIGWELL 100 MILES

You stirred my mind and I looked up this race in the record books. 42 started and 19 finished. It was won by, as you recalled, by Frank O'Reilly (Lozells Harriers) in 18 hours 3 minutes and 45 seconds. Hew Neilson of Woodford Green AC was 2nd - 1 hour and 50 minutes behind ... a long way indeed! 3rd was John Eddershaw (Sheffield United Harriers ... the late Dickie Bird's Club), who still holds a number of appointments within race walking in the north. All agreed that the true star was 5th placed Les Dennis of St Dunstons who clocked 20 hours and 49 minutes ... who was blind and was guided. Those new Centurions from that race (7 of them including J Harris of Bristol RWC) were presented with their badges at a Mansion House reception!

**Dave Levy**

Adds Hon Ed: Retired Warrant Officer Dave walked for now defunct Trowbridge AC & Bristol RWC and was a regular RAF Representative in a Squad managed by legendary Centurion 225, the late Flight Lieutenant Dickie Bird (a Physical Training Officer). Dave appeared in the 1961 Chigwell 100 when after 1 lap of a 10 X 10 miles' circuit (described by Alex Ross as "*not for the faint hearted*" in our previous issue), a wag shouted, "Only 9 more to go". This touched a nerve as Dave didn't fancy 9 more circuits around the Chigwell countryside, so wheeled into the changing room. Dave strived to get race walking going in Northamptonshire at both Corby & Thrapston (where he now lives). Among those supporting Dave's attempts to get things moving in Northants during the mid-1970s were Martin Oliver, then a Daventry resident, promising Junior International Mike Angove who worked in the town and even Hon Ed! Dave won the 1964 RAF 2 Miles' Walk Championship at RAF Uxbridge in a record time of 14.32.2 and 1 year earlier was 2nd in 14.40.4, sandwiched between Vaughan Thomas (1st) and soon-to-be Commonwealth Games Representative Roy Hart (3rd).

### ATHLETES AND THE WAR

Our C1 wrote a book, according to various sources, called "Athletes and the war." I've tried several times to track down a copy of this, never with any success. Does anyone have a copy, please, or know of one?

**Sandra Brown C735**

Adds Hon Ed: Centurion No 1 was John Edwin Fowler-Dixon (1850-1943) of London A.C. who clocked 20.36.08 when passing 100 miles at Lillie Bridge Track in Fulham on 21/22 August 1877 in a challenge race against E.M.R. Dundas. The grave



of Centurion No1 is at the famous Highgate Cemetery (in the Western area that's free to visit) and has featured on a couple of Centurions' Social Walks. Mr Fowler-Dixon had links with Southend-on-Sea AC. Lillie Bridge Track opened in 1867, but declined from 1877 onwards when nearby Stamford Bridge Track opened. In 1887 Lillie Bridge Track was badly damaged in a riot which saw its grandstand burned down, and it closed the following year. This area is now a London Underground Depot, a car park and an Avios car centre. Can any readers help Sandra? Sandra is an acknowledged athletics' historian having penned "Unbroken Contact" - the 100 years' history of Surrey Walking Club. Writing is in the family for husband Richard C760 - also a multi-winner of worldwide ultra-distance events - is the author of "The Winning Experience" published in 1996. This gives account of his 1995 record-breaking walk from Land's End-to-John O'Groats and contains many motivational tips. Its list price was £6.25 and Richard used to sell copies from the back of his car at meetings ... nowadays it's still available on Waterstones and Amazon websites ... however eagle-eyed Martin Oliver spotted one in an Enfield junk shop for 50p!

#### **OLYMPIC SELECTION**

Hello! I've been selected for Olympics! I don't need to worry about anything else and just get ready for Rio as best as I can ... I don't have any plans on coming to London any time soon, not at least until after the Olympics. I hope you're all well, I wish you all the best.

***Neringa Aidietyte***

Adds Hon Ed: Neringa Aidietyte becomes the first Ilford AC member to be selected for 2 Olympic Games (4 others have appeared in 1 Olympic Games, including 20K walker Roger Mills in 1980). Neringa was with Ilford for 4 years when living in Bethnal Green, before accepting an opportunity to become a full-time athlete back in Lithuania when selected to join their Olympic Squad. Neringa was elected an Ilford AC Life Member after the 2012 London Olympics, at which she appeared in the 20 Kilometres' Walk.

#### **AN OLYMPIAN'S VIEWS**

I was delighted to read the comments about judges in the UK and the superb job they do. I have only recent knowledge of judging in the north where we do pride ourselves with being able to detect most loss of contact. We are all too old to judge international races. However, if we were allowed to do so some of the appalling walking we see in the Olympics would not get through. Many competitors are clearly failing to make contact yet they get through to the end. International judges should be tested to ensure they can detect unfair walking by being asked to judge races that are

videoed before they are given their badge. We often comment when we see televised international walking that many of the competitors would not last 5 minutes in York.

***John Paddick***

#### **EMAILS CHRIS HOBBS**

I do read the Essex Walker and thanks for including the appeal. My address is just off the Pilgrims Way, North Downs Way and Stour Valley Walk (so blooming hilly around here):  
26 Kingfisher Place, Chartham, CANTERBURY,  
Kent. CT4 7DJ

***Chris Hobbs***

Adds Hon Ed: EW's last edition published our Area President's Appeal. Chris gets to most events and happily accepts donations whenever present. However, most readers are ex-walkers who now rarely attend meetings and functions - and some have asked for an address, so they can support our Appeal. Please make cheques and postal orders payable to RWA Southern Area, or to C Hobbs. Either way, your appreciated donation will assist the Area.

#### **EMAILS MIKE SWEENEY FROM CHINA**

Always a good read. You do some great work. Who would carry the baton with this newsletter if you ever stopped producing it?

***Mike Sweeney***

#### **HART HOUSE CHARITABLE FUND**

I know many readers of the Essex Walker support Geoff Hunwicks in his wonderful work with children with learning difficulties and disabilities in the Gambia. Thank you all for your donations and ongoing support. It is very much appreciated.

I am sure you all know that Geoff's Hart House is a charity in the Gambia. The good news is that a group of supporters in the UK have opened a new fund to support Hart House which has been granted Gift Aid status by HMRC which means that if you pay tax in the UK the fund can claim back 25% Gift Aid on every pound donated through the fund and then pass that directly onto Hart House. So in order for you to increase the value of your contributions to Hart House by a quarter without it costing you a penny more we are asking you to consider to direct your contribution in future via the newly created Hart House Charitable Fund.

Should you decide to donate via the new fund or have any queries please email the Secretary of Hart House Charitable Fund, Heike Sheppard, at [harthousecharitablefund@gmail.com](mailto:harthousecharitablefund@gmail.com) and she will be happy to give you further details and send you the necessary forms.

***Heike Sheppard***

#### **CORRECTION**

Please could I make one clarification to your lead article in the Feb/Mar edition about the RWA

AGM. At no point was Steve Arnold even nominated for the chair of the Coaching and Development sub-committee so it is a bit harsh to say he deselected himself. I believe Steve had been asked to consider standing for the position some time before the AGM but after due consideration decided he did not wish to stand so no nomination was put forward. Thank you for the opportunity to put the record straight just in case anyone should read something in to the way it was reported in the article.

**Colin Vesty**  
*Honorary General Secretary, RWA*

#### **MILK HAS BOTTLE - by OUR TV REVIEWER**

I wonder if you saw the recent ARLA Milk Advert featuring two race walkers walking at speed through a housing estate. Good to see National Television giving recognition to our great sport. Keep walking!

**Bill Sutherland**

#### **CHRIS MADDOCKS GOING TO A 7th OLYMPICS**

As with London 2012, my role with NBC TV will be as co-commentator, expert analysis. 3 race walks, up to around 8 hours of airtime, so a lot of prep work. Nearer the time, I will try and let those who I think are interested as to where it is likely to be aired on the network, either via social media or here. The greatest difficulty is learning about walkers who are only declared as racing shortly before competition - like the Chinese! I will be based at NBC HQ in Connecticut. I'm contracted to be there for 12 days. Really pleased when a top NBC executive contacted me in December and asked if I would like to work with them again. NBC are by far the largest TV network covering the Games. So, as much as it would be nice to be asked to work for the BBC, the American alternative is a privilege. It will be my aim to commentate in the most positive manner, without dodging some of the more tricky and controversial issues surrounding our great athletics event. Hopefully, we will have good British representation.

**Chris Maddocks**

#### **DUDINCE NEWS**

Latest news. New British Record by Tom BOSWORTH in winning 20 Kms Walk in 1.20.41 after going through 10 Kms in 39.58. Callum WILKINSON also won in the Junior 10 Kms in

41.36. It's a long road to Rio, but a great start for Tom. **Bill Sutherland**

Adds Hon Ed: See our 50K article. Well done to all at Dudince; walkers, coaches + our UK supporters.

#### **EMAILS JOHN BACHELOR**

Well done once again in organising a wonderful event. Great to see all the old faces once again (and the "new" ones). I look forward to the next one in June. Stay healthy everyone!

**John Batchelor**

#### **TONY MAXWELL'S INVITATION TO ALL 60s/70s ESSEX WALKERS**

Thanks to all the guys who supported the Athletes Reunited (Essex branch) gathering at The Cow, and particularly to those who emailed their thanks to me. Nearly 40 guys attended and I'm pretty sure they were all impressed with the buffet. A 48 question quiz after the buffet stopped most from falling asleep. The good news is I have managed to persuade the manager of The Cow that we can have sole use of the upstairs room from noon on **Friday 24 June** until 4 pm so please put this date into your diary. If you know of any other Essex athlete from the **sixties and seventies** who might like to join us please let me know. It was very good to see so many newcomers there last Friday.

**Tony Maxwell**  
*(Convenor Athletes' Reunited)*  
[tonymaxwell27@hotmail.com](mailto:tonymaxwell27@hotmail.com)

#### **BUSINESS COLUMN**

Please note I am no longer associated with Winning Ways! I am now involved with a new company I have set up with Justin, one of my former employees, which can cater for all your needs. I have always done my uppermost to treat customers with importance and respect and will continue to do so through Medals For All. Your continued support would very much welcomed. I look forward to dealing with you in the future and hope you will let us quote on any of your future needs.

**Peter Duhig**  
[pdf@medalsforall.com](mailto:pdf@medalsforall.com) Tel: 01366 388188  
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