

Essex Walker

Editor: Dave Ainsworth

THE BIG OCCASION - ALL WELCOME

All walkers, both past and present, are invited to quicken their footsteps towards Lee Valley on Saturday 12 November, for at 1.00 pm will commence the 90th Enfield Open 7 Miles' Walk. This includes the Enfield League, Enfield's Club Championship and the London Business Houses' and Veterans AC Championships. Opt-out distances are available for those wanting less action than 7 Miles. Whether racing or not, please just come along - as a large room is booked for long after the presentation, as there'll be a "Reunion" of all who've ever appeared in an Enfield Open 7 Miles. All former individual winners of the Men's and Ladies' events have been sent personal invitations to appear. This format is much like that wonderful occasion of the 75th Anniversary, when many former winners (going back to the '40s) appeared, with one from that decade - the late Charlie Megnin - competing. We hope many former walkers will show to add sparkle to this "one-off" occasion. If possible can those intending to be present please let Organisers know, for planning purposes. Open 7's were once the backbone of race walking's winter season - but sadly nowadays, only one such event survives - so let's all assemble for a truly "Big Occasion". Plenty of free car parking and excellent public transport links. Free entries - thanks to generous sponsorship (yet again) from Enfield & Haringey President Bernie Hercock.

RWA SOUTHERN AREA AGM

Judging by the amount of comment in Essex Walker, many readers have views on where race walking should be going next, and ideas of how to get there! You can all come along and have your say at the Race Walking Association's Southern Area Annual General Meeting on Monday 14 November at the Civil Service Club, Great Scotland Yard, London SW1A 2HJ, starting when Chairman Noel Carmody brings down his gavel to commence business at 7.15 pm. Before your AGM, a Southern Area Committee meeting will be in progress, and all arriving early have traditionally (for decades) been welcome to enter the room and see how your Committee works. It's your chance to vote into office those you wish to see take our sport forward. It's also your opportunity to stand for those positions and Committee places that are open for newcomers to make their mark. Finally it's time to have your say where it matters! This venue is easily reached - Great Scotland Yard is a short street running from Whitehall (Trafalgar Square end) to Northumberland Avenue, being a short walk from Charing Cross and Embankment stations, and served by umpteen bus routes. The Civil Service Club has quality snacks/meals at modest prices for those coming straight from work, etc. Please don't moan afterwards about decisions taken, if you didn't attend this important AGM. Roll-up, Roll-up!

HE KNOWS HIS PLACE

Colchester-born Paul Nihill MBE is one of Croydon's favourite sons, and already has a hall named in his honour at the town's Sir Philip Game Centre. Now a nearby new development of 5 houses and 60 flats is to be named "**Nihill Place**" after the great one.

At the naming ceremony, Essex-born Paul Nihill MBE - who was brought up in Croydon - was praised by The Mayor of Croydon, Cllr Wayne Trakas-Lawlor who stated "This is a great tribute to Croydon's sporting history". Walkers present included Veterans' AC protagonist Dave Hoben and a trio of Commonwealth Games' representatives: Nolan Simmons, Bill Sutherland BEM AND Shaun Lightman - the latter also being a fellow Olympian.

http://www.croydonguardian.co.uk/news/localnews/14693617.Croydon_s_first_Olympic_hero_honoured_with_road_name/



WHERE ARE YOU?

Over August's Bank Holiday Weekend, less than usual assembled at Allianz Park for an Enfield League event, **2** showed for a County Championship at Garon Park and just **4** for a **double** championship at popular Kingsmeadow Stadium, as 2 finishers from each gender contested a combined Veterans AC & Southern Counties Veterans AC 3,000 Metres Championship. **Are there now just too many races for our ever-dwindling too few active race walkers?**



World ParaAthletics Championships 14 - 23 July
IAAF World Championships 4 - 13 Aug



The World ParaAthletics Championships (Jul 14-23) and IAAF World Championships (Aug 4-13) will be held at The Stadium, Queen Elizabeth Olympic Park, recapturing golden moments from 2012.

<http://www.london2017athletics.com/#>

THE TEA SET

Our long-standing Essex County AA Honorary Race Walking Secretary RAY PEARCE has celebrated his 80th birthday. The still-active top grade judge came into our sport in the 50's, making his name with the famous Polytechnic Harriers. He's forever associated as an esteemed Life Member of Southend-on-Sea AC and with Stock Exchange AC. Ray is a former Essex County Champion, having won our 1965 Track 7 Miles' Championship in 55.57 (an event which went metric at 10,000 Metres not afterwards). Southend-on-Sea AC colleagues hosted a tea party for Ray on the day after he attained octogenarian status, in their new Clubhouse at Garon Park Track. The walking world was represented by clubmate and former International Alex Banyard with his wife Dawn. Ray is a former Race Walking Association President, RWA Southern Area President and a long-serving RWA Southern Area Chairman. He's also an esteemed Essex County AA Past President. Ray's done so much for race walking, and athletics in general - we all wish him well on achieving this milestone, and may many more birthdays come his way.

NEARLY!

Centurion Steve Allen (a London black cab taxi-driver) always gives free lifts when seeing race walkers about (as did Alex Ross before returning to Scotland). Steve Allen saw Richard and Sandra Brown near Kings Cross Station (on route back from Redcar's 100 Miles?) but was driving in the opposite direction. In busy traffic he couldn't turn around, so had to find a suitable point at which to do a 'U' turn. By the time he'd done so, and driven back to where he'd observed them, they couldn't be seen. He drove around in search, but couldn't spot them. Had they been seen, one Centurion would have given a couple of other Centurions a buckshee lift to where wanted to go (Waterloo Station). Steve said he was disappointed as, like all London cabbies, he recalls celebrities he's had in the back - and they'd have been so remembered! Previous "Essex Walkers have mentioned some of his star passengers.

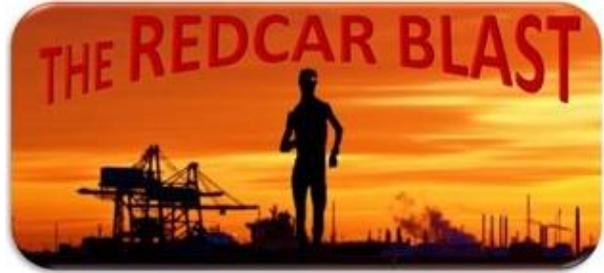
EMAILS SANDRA BROWN

Reference Steve Allen's taxi: So soon after the event, we might have accepted too! (Sandra has a reputation locally for declining well-meant offers of lifts when she is determined to get in her mileage. People now say "I didn't stop and offer you a lift because I knew you wouldn't want one." Serves me right!). Please thank Steve for us and apologise that we missed him. We were being "purposeful" as we had just arrived at Kings Cross and were heading smartish for Euston underground then Waterloo and home.

The weekend was terrific and a great credit to Dave, Trevor, Linda and absolutely everyone concerned. Taking a long event like this to the heart of the community – as the IOM team also successfully did in Castletown last year – is just brilliant and inspired. It is so nice for us to be able to smile warmly at passers-by and thank them, and for officials to be able to explain what is going on, as people are really interested. I had several "races" with kiddies who decided to take me on – and they always won of course to their delight. The Crohns and Colitis relay team were an inspiration, completing the 100 so stylishly with 2.5h to spare, and it is thrilling to know that Redcar RWC has been training with them and welcomed new members as a result. The course on the prom was great, with interesting and attractive views. We walkers were looked after well for drinks, etc - we received a much-appreciated goody bag, and the arrangements for the buffet and presentation afterwards were very welcome. We were joined by Vicky and Guy and we all had a really lovely and memorable long weekend in Yorkshire. Well done the Redcar team, in every way.

BRACING RACING

This year's RWA National 100 Miles was held in conjunction with the **REDCAR BLAST** over the weekend of 6/7 August on a 2 miles' lap (a 1 mile-out-and-back along Redcar seafront) which needed completing 50 times to make the result sheet. Essex Walker's readers were prominent, among 10 finishers:



1	Frank van der Gulk	s.v.de LAT (Ned)	20:30.56		<ul style="list-style-type: none"> • 31 entered • 30 started • 10 finished • 6 new Centurions (*) The event's non-starter was Barnet's Steve Allen, who'd suffered a hamstring injury and made a late decision not to start. We wish him well on another occasion.
2	Colin Vesty *	Leicester WC	20:39.44	1st UK	
3	Jimmy Millard *	RWV (Ned)	21:02.25		
4	Sandra Brown	SWC	21:10.06	1st Lady	
5	Kevin Marshall	Ilford AC	22:02.15	2nd UK	
6	Rob Robertson *	Unattached (USA)	22:19.37		
7	John Borgars *	Loughton AC	22:31.52	3rd UK	
8	Martin Fisher	Yorkshire RWC	23:10.31		
9	Kim Reed *	Tring AC	23:25.11	2nd Lady	
10	Gino Masto *	WT Beveran (Bel)	23:46.53		

21 started but didn't finish, but all had the pluck to give it a go. Retirements came from 24 miles (John Bellwood) to 82 miles (Richard Kok) - both unattached. Among names known to our readers are: Richard Brown, Richard McChesney, Sarah Lightman, Ed Shillabeer, George Smolinski, Roy Gunnett, Alf Short, Suzanne Beardsmore, and Frans Leijten. A full list is on the Centurions' website, with distances achieved and their retirement times. <http://www.centurions1911.org.uk/redcar-100-miles.html>

Frank van der Gulk (age 38) was awarded a trophy as youngest finisher. 2nd, therefore first UK man, home was our RWA Honorary General Secretary himself - Colin Vesty, who'd walked throughout in a singlet on a debut over this distance. As 1st new Centurion he was awarded the coveted "145 Trophy" (which has Hew Neilson's Centurion Badge No 145 on it). 4th was Sandra Brown - what more can you say about her many successful ultra-distance finishes? The programme and result sheet published that Sandra was aged 67, yet she always belied this fact by yet another wonderful performance at the expense of rivals half her age. And there's still more to come! 5th spot was occupied by Kevin Marshall who was 2nd UK competitor for a fifth time (he also has a 3rd to his credit). Experienced Kevin began to lean during the closing stages but still had the fitness to maintain progress to record another finish. He entered into the *seaside spirit* by enjoying some fish-and-chips as part of his calorie intake! In 7th came Hertfordshire-based John Borgars of Loughton AC, who became his Club's only first-claim male Centurion. John walked throughout in a singlet. Of more importance, at the age of **70**, he became the **most senior** athlete to qualify for UK Centurions' membership. He also received a trophy to reward his endeavour. John's had a few failed attempts, but kept going - now to be rewarded big time! In our 2011 Centenary 100 Miles at Lingfield Park Racecourse, John reached 90 miles with just under 4 hours to spare, being on schedule for a success - but had to leave the venue for an import family function (a wedding). Next home was Southend-based (not for much longer) Martin Fisher, who has recorded well over the score in UK 100 miles' finishes ... and is still adding to his commendable tally. He was racing in the north - where he made his name! A word also for new Centurion Kim Reed who was our UK's 2nd lady. Kim narrowly missed out at Southend's track 100 Miles when just out-of-time. This occasion saw her complete this distance with over half-an-hour to spare!

Weather was particularly windy on Sunday, so affecting progress, as well as causing danger for many tents pitched along the route. Despite this wind 2 competitors (mentioned above) donned singlets throughout as a testimony to their strength! With winds came another hazard - sand blasts as grains were picked up from the beach, at times showering walkers and officials.

Our hosts were top-class as much was laid on for participants, including piles of fruit – energy-giving bananas and cherries etc. As well as hosts we thank **all** the many officials/supporters, many of whom were Essex Walker readers. These included Pam Ficken, Ron Wallwork, Peter Cassidy and Pauline Wilson - and Bob Watts who was indisposed, having suffered recent illness, but nevertheless made Redcar to record for an entire 24 hours. As for Organisers themselves, please read the kind words from Sandra

Brown. A location considered for our 2017 100 Miles is Bury St Edmunds over the first weekend of August. **Get ready!**

FELLOW CENTURIONS commented:

"Well done Kevin, you blasted the Blast! Walk Tall." **Ed Shillabeer**

"Fantastic effort. Kevin you are becoming a legend in ultra circles. Congratulations to you." **Dave Kates**

BREAKING CONTACT

Southend-on-Sea AC avoided relegation from their British League Division by just a point. It went down to the last event of the season's final meeting. In that meeting our reigning Essex County AA Indoor Walking Champion Keith Palmer completed the 3,000m steeplechase - and those points he gained could well have made the difference. What a star!

UPS AND DOWNS

Basildon AC are relegated from the Southern Athletics League Division 2, so next season will compete in the depths of Division 3. A season of team absences and injuries were responsible. Higher up the chain, Southend-on-Sea AC avoided a drop from Division 3 of the British Athletics League by 1 point - saving themselves on the season's last day; which saw a spirited 3,000 metres' steeplechase by Keith Palmer (Essex Indoor 1 Mile Walk champion in both 2015 & 16).

"NOT A LOT OF PEOPLE KNOW THAT"

Michael Caine claimed he never originated such words, stating that Peter Sellers said them on his answering machine's recorded message - but mimicking Caine. The words have stuck with Caine for over 40 years, though he used them once as a "send-up" line in *Educating Rita* (1983). They could apply to Amos Seddon, who tells us that he believes the only UK father and son to have both recorded 8 miles-in-a-hour walking times are ex-Scots' Internationals Alan and David Buchanan.

OLYMPIC ENGAGEMENT

Three members of Team GB announced engagements during the Rio Games; including 20K walker Tom Bosworth who is now engaged to Harry Dinley after a proposal on the City's famous Copacabana Beach. We wish them well.

POTHUNTERS

Essex Walker has achieved much success in appealing for missing trophies. The latest which was advertised as lost - and now found - is the Roy Mendham Cup. Indeed every trophy we've appealed for, bar one, has been unearthed: from attics, wall units, sheds, car boots, coal holes, pawnbrokers etc. The one still lost trophy is our RWA Southern Area Individual Men's 50K Championship Trophy. *One last effort at a search?* Our last edition published another trophy request, as the Essex County Athletics Association asked what the "Sharpe Cup" was for? They had a small cup with nothing on it stating what it was competed for, and no previous names engraved. Our County President June Cork asked our readers to respond. The man who donated it himself, aka 'character' D W Sharpe (once of these parts) got in touch to recall he donated for the Girls' Under 15 Essex County Championship 2,500 Metres' Walk. Now we've a cup and know what it's for, all we need is a good field of Under 15 girls to compete for this piece of silverware.

MRS JEAN BUCHANAN RIP

Many readers will remember Jean, wife of Alan and Mother of David - both of whom were Scottish International walkers of note. Jean was a regular, enthusiastic and knowledgeable attender at so many races when Brighton & Hove AC were competing. Indeed this Club enjoyed many years of success with a truly talented group of members. Alan and Jean moved to Scotland, hence we haven't seen them much in recent times. David was a dental surgeon in Romford for many years, and now one in Suffolk. We see him racing from time-to-time, although nowadays golf is his major sporting interest. To Alan and David, and all other family members, we express condolence

ROLAND HARDY RIP

The death is reported of 89 year old Chesterfield resident Roland Hardy (double Olympian 1952 & 56) who was a guest at our 2012 Olympic Tribute Luncheon. He won numerous open races and held many titles at County, Area and National levels. He gained a hat-trick of AAA 2 Miles titles (1950/51/52), 5 AAA 7 Miles titles (1950/51/52/53/55), 5 consecutive RWA National 10 Miles titles (1952-56) plus our National 20 Miles title in 1956 - when in his Sheffield United Harriers' home city, he led this team to gold medals when breaking the tape in 2.38.27. Derbyshire-born, by profession he was an Engineer with the National Coal Board. His wife Annie predeceased him and he leaves behind a daughter Denise, 4 grandsons and 6 great-grandchildren. In later years he became a keen crown green bowls player.

LOUGHTON ATHLETIC CLUB: WOODFORD TUESDAY WALKS 3000m (Category A)

Ashton Playing Fields, 16 August, 2016

				Teams		
1	John Borgars	Loughton A.C	19:22.2	1	Enfield & Haringey AC	57
2	Pamela Abbott	Enfield & Haringey AC	20:19.4		Loughton AC	
3	Sean Pender	Enfield & Haringey AC	20:48.5			
4	Peter Cassidy	Loughton AC	21:17.9	Judges: Pauline Wilson (Chief), Michael Croft		

We can only suppose that many people were on holiday/injured/sick/Olympic-watching, thus providing the smallest turnout in our history. At least it gave Cassidy the chance – however briefly – to be leading something again. John Borgars had evidently pretty well recovered from his heroics at Redcar and, starting in lane 8 to avoid to being obstructed by the heroes who were making up the numbers, dashed straight away from the gun. No-one was seen nail-biting over the desperate two-a-side match between Loughton and Enfield, the result of which was predicted by all concerned. Loughton have clinched the series team prize, provided that they can finish one walker higher than 19th next time and Enfield don't have the first three home; doesn't seem too much of a challenge!

Peter Cassidy

MILESTONES ...

We congratulate great race walking stalwart **JOHN POWELL** on reaching 80 years of age. John's a true servant of the famous Highgate Harriers, though has previous Essex County links as a former teacher on Canvey Island and one who has guested in our own County Championship. John's name has also graced membership lists of Essex Clubs (as recently and previously reported). He's profoundly thanked for being a long serving judge, having officiated countless times before unpinning his lapel badge for a final time earlier this year, and for meritorious service as our RWA Southern Area Honorary Treasurer. He's a respected member of the National Union of Track Statisticians (NUTS). His accurate recording of race walking results always makes for compulsive reading when published. His ability to record athletics events is matched in non-League Football, where he's an acknowledged expert - having written "The History of Poole Town FC". Aside from sport John's one of our UK's leading amateur players of cinema organs. We wish John well, for he's one who has packed a lot into those 80 years - and his active life is still very much ongoing!

West London-based J Liddle (C201) of **Surrey Walking Club** will be **95** on New Year's Day. He qualified as a Centurion in the 1952 Bath-to-London 100 Miles in 23.26.14. That race was won by 1952 50K Olympian Rex Whitlock (brother of 1936 Olympic 50K gold medallist Harold - who was in the 100 miles event, but failed to finish). Rex won in 17.44.50. A son of Mr Liddle has been in touch with The Centurions to request that members who reside in West London might visit his father, who is in a care home near Heathrow Airport. Any takers? Now Canadian-based Richard Vlotman (C529) of **Brighton & Hove AC** will be aged **80** on January 6th. From afar he was first to book for our 2011 Centenary Dinner at the House of Commons, came over for it and gave a substantial donation. Richard went sub-20 hours at the 1974 Leicester-to-Skegness clocking 19.55.23, in a race won by star man Dave Boxall in 17:50.01. Richard is a keen cyclist and plays bowls to a high standard.

Now Bristol-based Mexico 1968 20K Walk Olympian John Webb (who was Basildon AAC's first Olympian) celebrates his **80th** birthday on December 19th. John never gave up - and won his **first** National road title at the age of **36** (National 10 Miles at Leyland in 1973). That race was the last National 10 Miles held over a 1-lap course, and saw a great battle between John and Roger Mills - decided only on a steep uphill last mile back to the Leyland factory. Jake Warhurst, Olly Flynn and Ron Wallwork were 3rd/4th/5th respectively. For a location so far north, **210** started (15 d/q'd and 4 dnf) with **191** finishing. **29** teams started with **27** closing in **at 4-to-score!** Times change. And for good measure Centurion 557, Ken Roost of Enfield & Haringey will be **86** on Boxing Day. Ken, who went sub-20 hours at the 1979 Ewhurst 100 Miles when leading his Club to a team victory, often helps out at Enfield League events.

ON TRACK

To celebrate 50 years since his Commonwealth Games Gold Medal, and 45 years since setting a UK 2 Hours' Track Record at Blackburn of over 16 miles (still a UK record), Centurion Ron Wallwork MBE took part in a 2 hours' track walk at Bury. He covered 12.3K - finishing his 2 hours despite only initially intending to go around for a few circuits.

LOUGHTON ATHLETIC CLUB: WOODFORD TUESDAY WALKS 3000m (Category A)

Ashton Playing Fields, 30 August 2016

1	Mark Culshaw	Belgrave H	16:30.8	Teams	
2	Alex MacHeath (U13B)	Cambridge H	16:36.7	1	Loughton AC 76
3	Steve Allen	Barnet & District AC	17:15.9	2	Enfield & Haringey AC 49
4	Melanie Peddle (W)	Loughton AC	17:51.2	3	Belgrave H 30
5	John Borgars	Loughton AC	18:54.0	4	Cambridge H 29
6	Seán Pender	Enfield & Haringey AC	20:40.1	5	Barnet & District AC 28
7	Pamela Abbott (W)	Enfield & Haringey AC	20:41.4	6	Ilford AC 22
8	Peter Cassidy	Loughton AC	20:57.4	Judges:	
9	Dave Ainsworth	Ilford AC	24:52.7	Pauline Wilson (Chief), Michael Croft Ray Pearce	

With a rise in turnout, we showed that walking 3000m is four-and-a-half times as popular as running it, since only *two* competitors started the run. The field was led home by two newcomers to the WTW, Mark Culshaw and Alex MacHeath, the latter – the National Champion – moving up to 3000m for the first time. Melanie Peddle, as is her tendency, took a large half-minute off her PB. *Gluttons for Punishment Note:* Culshaw, Peddle, Borgars and Pender warmed up by doing the Enfield League 5k on Saturday while Cassidy and Ainsworth more modestly did the Southend-on-Sea 1 mile on Monday.

Final League Positions: Individual

1	Steve Allen	88
2	John Borgars	84
3	Melanie Peddle	81
4	Pamela Abbott Seán Pender	79
6	Peter Cassidy	77
7	Françoise Fernandez	48
8	Mark Culshaw	30
9	Alex MacHeath Dan Maskell Gary Smith	29
12	Steven Crane	28
13	Dave Ainsworth	22

Final League Positions: Team

1	Loughton	289
2	Enfield	187
3	Barnet	88
4	Surrey	57
5	Belgrave	30
6	Cambridge	29
7	Ilford	22

Not surprisingly, Steve Allen confirmed the prediction that barring earthquakes he would win overall, thus ending Cassidy's brief moment of glory at the top of the leader board. In compensation, Loughton, again in the absence of any seismic disturbances, won the team trophy for

the first time in years; that's what happens if you keep turning up. Taking the season as a whole, results were rather thin, but these things come and go. We'll see you next year; meanwhile, you can look forward to Loughton AC's London Open Walks to help you through the winter.

Peter Cassidy & Pauline Wilson**THE SOUTHEND MILE - THE EVENT OF THE WALKING CALENDAR**

SOUTHEND-ON-SEA AC: Open Meeting, Bank Holiday, 29 August 2016

Name	Category	Affiliation	Result	
1	Dominic King	Senior	Colchester H	6:11:06
2	Simon Le Mare	V50	Southend-on-Sea AC	9:23:06
3	George Nibre	V55	Ilford AC	9:39:30
4	Peter Binns	V65	Southend-on-Sea AC	9:46:86
5	Stephen Cartwright	V55	CATS	9:47:67 PB
6	Kasia Kostyrka-Allchorne	F35	Southend-on-Sea AC	9:48:16 PB
7	John Borgars	V70	Loughton AC	9:52:61
8	Linda Mountford	F50	unattached	10:02:87 PB
9	Charles Abbott	V50	Southend-on-Sea AC	10:02:87 PB
10	Mick Harran	V75	Surrey WC	10:06:24
11	Keith Palmer	V50	Southend-on-Sea AC	10:19:73
12	Steve Allen	V55	Ilford AC	10:35:44
13	John Brock	V65	Southend-on-Sea AC	10:37:41
14	Alan O'Rawe	V75	Ilford AC	10:54:93

15	Peter Cassidy	V75	Loughton AC	10:57:44	
16	David Hoben	V60	Surrey WC	11:00:90	
17	Gemma Lewis	Aged 9	Frinton/Hamford School	12:16:64	PB
18	Anya Nibre	Aged 8	Frinton/Hamford School	12:16:68	PB
19	Val Mountford	F70	unattached	12:28:13	
20	Dave Ainsworth	V65	Ilford AC	12:40:58	
21	Dawn Bailey	F40	unattached	13:02:52	
22	Clair Henderson	F35	unattached	13:02:61	
23	Eddie Trotter	V65	Ilford AC	13:48:06	

Fresh from his trip to Rio, 33 year old **Dominic King**, in his maiden voyage in the One Mile event, burnt up Garon Park track on Bank Holiday Monday at Southend-on-Sea Athletic Club's Open meeting and in the process smashed the existing 1 Mile Walk Ground Record of 7:58.5 which has been standing to Chris Cattano's credit since 2012. Dom's Ground Record is now the blistering 6:11.06 - almost two minutes faster than Cattano's - who we thought was motoring at the time!

Along with the win, and the time, Dominic earned himself the George Woods' Trophy awarded uniquely at this event, for the first Essex-based Centurion to cross the line. The trophy is the George Woods' Trophy. George Woods' was Southend's great "mover and shaker" in Southend's 1960s walking explosion.

Having started his walking career only this year, **Simon Le Mare** is clearly one to be looking out for in the future. The V50 athlete led the charge for 2nd clocking a personal best of 9:23.06; just 16 seconds later Ilford's George Nibre [V55], Coach extraordinaire in the Walking World, earned himself the Bronze medal.

This race attracted the broadest spectrum of ages ever since first introduced into the Championships: the "top" end was represented by no fewer than three V75s : **Mick Harran** [Surrey WC] 10:06.24; **Alan O'Rawe** [Ilford] a former Southend AC Walker, 10:54.93 and **Peter Cassidy**, variously competitive Walker, Judge, Secretary and President in both the Walking World and of Essex, 10:57.44. There was a good sprinkling of Lady Vets led home by Southend's **Kasia Kostyrka-Allchorne** [6th overall in an impressive 9:48.16 - half a minute inside her previous best]; 2nd [1st F50] was **Linda Mountford** currently unattached, in 10:02.87; completing the trio was Linda's Mum **Val Mountford**, a long-time exponent of the pedestrian art, 19th overall, in 12:28.13. Personal bests were also recorded by CATs' Stephen Cartwright - almost 1 and a half minutes faster than previously [9:47.67 from 11:07.80]; Linda Mountford lopped over 2 minutes off her time and Charles Abbot managed to lose 22 seconds. At the other end of the age range were two young ladies, grand-daughters of Coach to the King twins, George Nibre, who are showing true class already despite their ages: 9 year old **Gemma Lewis** and her cousin **Anya Nibre** who is 8.

Finally I'd really like to thank all walkers who made the trip to Garon Park. It was another Ground Record, if not an official one, in that the Southend Mile attracted the largest-ever field of race walkers in the event's history: 23 starters and finishers.

June Cork

PS: Centurion Steve Kemp, SM/VM.MU20/WU20 800m run - 5th 2:37.36

ESSEX 10,000 METRES' CHAMPIONSHIP - GARON PARK 27 August 2016

1	Dan King	Colchester Harriers	47:17.2	(Defending Champion)
2	Bob Dobson	Ilford AC	71:03.4	Two started and finished.

Conditions: hot, humid and windy. Last year just 1 started. This year's field was doubled, as Bob came from Cardiff to make an appearance. Last year, only the same 2 entered, before striking railway workers ended Bob's travel plans. A great show from Bob to come and support his County Championship. Another County medal was there for grabs. Thanks to all who officiated and supported, including newlyweds Steve and Lisa Allen (just back from a Portuguese honeymoon). Steve kept his powder dry for Bank Holiday Monday's 1 Mile on the same track. A word for Essex County President June Cork in her capacity of commentator - she got the crowd (yes crowd) going by encouraging them to support Bob as he battled-on alone after the tape had been broken - and applause could be heard as Bob walked along the home straight on many occasions! Bill Sutherland wondered if that time gap between podium finishers was the longest seen in this Championship ... yes ... it was! But hey - having 2 on a podium is better than just 1 as in 2015. Your representatives argued in the Committee Room for this event to be retained, and tried even harder to publicise it and attract entries. But where were you all, as these events are out on for you? How

much longer will Essex County AA allocate track time and so many officials for so few competitors? Readers: it's up to you if you don't want to see this Championship go the same way as others. Former walker June Cork had a constructive thought when saying, "Saturday was an 'A' race which saw 2 competitors. Monday on the same track saw 23 competitors for a shorter 'B' race". As for Bob, he didn't end with 10,000 metres under his belt - for he walked out-and-back along the world's longest pier (yes Southend-on-Sea) post-race!

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.

OCT	2	RWA/Southern/Essex 50K + 10K/20K + Nihill Shield	Hillingdon CC	10.00 am
	8	Enfield League Yacht Handicap 5 Miles	Lee Valley	1.00 pm
NOV	6	Alf Potten Memorial 7 Miles	Addiscombe	2.00 pm
	12	90 th Enfield Open 7 + Enfield League + LBH & VAC	Lee Valley	1.00 pm
	14	RWA Southern Area AGM	Civil Service Club	7.15 pm
	19	Steyning AC Open 10K	Steyning	2.00 pm
	26	Hillingdon Open 10K + Enfield League	Hillingdon CC	1.00 pm
DEC	3	Christmas Cup 5K	Tonbridge Track	TBC
	12	Race Walking Association AGM	Alexander Stadium	2.00 pm
	17	Alf Palmer Memorial Walks	Horsham	11.00 am
	26	Boxing Day Walks	Preston Park	10.30 am

ACROSS THE CARD

Steve Kemp, organiser of popular Centurions' Social Walks, wasn't the only one showing talent in other athletics' events at Southend's Bank Holiday meeting. Steve gave support for the walkers before giving his all over 800 metres. June Cork, walks' commentator, was even busier after putting down her microphone. Our Essex President (a former walker of note) made result sheets of the Discus, Shot Putt, 100 Metres (in which her personal age best was recorded), 200 Metres and Javelin. Phew!

RACE WALKING ASSOCIATION FRED PEARCE PRESIDENT'S APPEAL 2016

I am honoured to have been elected as your President for 2016 and have attended all championships and tried to visit all areas of the country during this year. Attached please find my 'President's appeal' which I hope you are able to donate to ... no matter how small an amount.

Bank transfer details

A/c name F Pearce
Bank RBS
Sort Code 16-00-01
A/c no. 13975369

Cheques payable to F. Pearce

4, Anglesey Drive
Poynton
Cheshire
SK12 1BT

Dear All,

I am truly honoured to have been elected as your President for 2016.

In 1952 (at the age of 13) I had my first race in Manchester and since then I have devoted my sporting life to Race Walking – thus following in my father's (C255) footsteps so to speak, who also devoted his time to our sport.

During my 64 years of involvement as a member of Lancashire Walking Club from competing, judging, organising events and holding official positions on various bodies and committees, I am so proud to have been honoured by this appointment.

The Associations ever increasing work on behalf of our sport can only be carried through efficiently and beneficially to all if sufficient funds are available for this to be done.

May I look to you to play your part by sending a donation to me at the address below or by bank transfer details also below.

It will be gratefully received on behalf of the Association and applied in the best interest of the sport for which we all have so much affection and which binds us so closely together.

Thank you once again for your support.

Kind regards



Fred Pearce



Dear Dave ...

CONGRATULATIONS ARE IN ORDER

I too congratulate Callum Wilkinson on his magnificent performance in winning the world U20 championships. It's been a long time coming for British walking. I note your comment "**Not since Britain's greatest ever race walker, Ken Matthews MBE, struck gold at the 1964 Tokyo Olympics 20K has a British athlete won a World title**". However, this is not strictly true as Marion became the first ever official female world

champion in 1979. True she is not a man but she was an athlete - and a good one even though she never got true recognition for her achievement from the British public though her name is still revered abroad!!!!

Peter Fawkes

VIEWS FROM CHINA

Another great newsletter Dave. I have no idea who will continue it, if you ever retired from writing that

Newsletter? Who will carry your baton? And will they have the knowledge, time and enthusiasm like you possess? Well done again Dave. Keep up the excellent work. Always a good read - even here in China. I remember many of the familiar names.

Mike Sweeney

NATIONAL TREASURES

A National Archive of historical race walking items is currently being created. If you would like the albums in the Archive we can arrange it.

John Constandinou

RE 'A STAR QUARTET'

Perhaps I am not considered a notable in Essex but I also headed to Rio to officiate at my second Olympics. Some readers may recall that I was Chief Judge in London 2012.

Steve Taylor

TOPICAL ISSUE

The IAAF have awarded another £100,000 to Barcelona University to continue work on the electronic shoe but the problem is reliability. Don't believe it's a modern problem as detecting contact has been a problem since 1908.

Peter Marlow

EMAILS OLIVER CAVIGLIOLI

As to judging being subjective in the same way as diving, gymnastics or synchronised swimming, I disagree. All the examples you give do not have an ultimate, binary (yes/no) phenomenon behind its judgement. Race walking does. Contact is, ultimately, binary. Either one has maintained contact, or one has not, in reference to particular points in time when the judging takes place. Those moments can, and indeed are, photographed and videoed. Therefore, there is an ultimate, objective evidence against which race walking judges' judgements can be evaluated as having been correct or incorrect. If such a test were created for both the entrance to race walking judge status, as well as regular maintenance of competence for existing judges, then, it seems to me, there would be progress regarding the ability to judge more accurately the legality of contact.

Please enlighten me of any shortcomings to my suggestion in terms of logic or practicality. There might well be political shortcomings I don't for a minute doubt. However, if this suggestion of mine - or something similar - is created, then what possible reasons could judges have for not having their evaluations measured regularly against objective evidence?

Oliver Caviglioli

EMAILS ED SHILLABEER

Peter Marlow has expressed my thoughts better than myself. Maybe IAAF person driving the technological shoe research could contact the

inventor of "Hawkeye"? Meanwhile judges could be supplied with shooting sticks to alternately sit on and stand behind to judge straight knees ... LOL! Seriously we need to support our judges who in my experience do a difficult job in an honest way. The problem is in the decisions' subjectivity rather than objectivity. Rather like the awarding of points for performance (diving, gymnastics synchronised swimming, "Strictly" etc).

Ed Shillabeer

EMAILS THE REVEREND LODGE MBE

I was interested in Bill Sutherland's piece on real Race Walking returns to West Hill referring to the Highgate Harriers Open 7. If this is the Parliament Hill race I have a newspaper cutting of the event that I won in a time of 50 mins 57 secs with Bill second in 51 min 10 secs and Shaun Lightman third in 52 mins 1 sec. That West Hill beginning was a painful and challenging experience that I remember so well to this day. Once you reached the summit however, the recovery was soon over and one settled into a steady pace and rhythm. Wish I had the same stamina today!

Roy Lodge

RIO REPORT

Just so much admired the most courageous performance of Tom BOSWORTH to lead for around an hour and take a brilliant 6th place in a super-fast race in a new British record I believe of 80.13 in the Rio Olympics 20 Kms Walk. Really great viewing on the BBC and I am left with the profound feeling that he COULD and SHOULD have got a Medal. His performance along with Callum WILKINSON's recent GOLD in the World Juniors in Poland has certainly put British Race Walking back on the map this year where it should be. Congratulations all round!

Bill Sutherland

BILL STATES WHAT NEEDS DOING

Following the prominent and truly outstanding performance by Tom BOSWORTH in the Rio Olympics 20 Kms Walk in 6th place and Callum WILKINSON's Gold in the World Junior Championships, now is the best time through schools, colleges and Youth in general to attract newcomers to our great Sport. The RWA and the Area RWAs can do much to spread the word and surely now is the time to really encourage new young participants. From small ACORNS mighty OAK trees grow!

Bill Sutherland

WTW - THANKS

Well done everyone especially Melanie, so impressive, and thanks to Peter and Pauline for organising us all and Michael for judging too. Footnote from me is that despite very kind lift from

John Borgars and arriving at my destination station at 11 pm, the 3 miles to my home took me till 3 am as my car broke down and over 3 hour wait is AA priority treatment.

Pamela Abbott

STATE OF PLAY

I went up to Ashton Playing Fields the other weekend for work and I have rarely come across such a rundown Sports Ground. The dressing rooms and club house look like something out of the 60's with the track looking very shabby just like New River at White Hart Lane. When you think they used to be the hub for Athletics in the 70's and 80's it is now just a disgrace and not a place one would look forward to visiting. The hedges surrounding the track are so high you cannot see the athletes competing as in the past and, if it is pouring with rain, your nearest and dearest supporters have no chance of viewing from the car park. Along with the massive traffic hold ups in the surrounding roads I am not surprised so few are able to attend. The local Councils of Waltham Forest and Haringey should hang their heads in shame! What about some Lottery money being put to a good cause instead of making the well-off star athletes richer?

Bill Sutherland

EMAILS BARRY INGARFIELD

Ref Street Name Plate Ceremony - Well done to Paul ... it could not happen to nicer more talented guy.

I think we must thank the BBC for their marvellous coverage of the Rio games and in particular the gruelling reality of the race walking events. Sadly an event in which we were not adequately represented; I feel the current situation continues to confound many of my generation. As the saying goes ... 'where there's life there's hope!'

Barry Ingarfield

LOUGHTON 2ND CLAIMER MADE TV PROFIT

On 'Flog it', Paul KING scooped up a big profit with a very attractive Classic Royal Doulton Vase designed by Charles Noad. He purchased it for £6 at a Jumble Sale and flogged it for £85. Teas and cakes all round next time he attends a Walking Race!

Bill Sutherland

ESSEX WALKER ON TOUR

There I was concentrating on timekeeping at the Glen Moray (GM) Marathon (Half Marathon & 10k) when, imagine my surprise, a proper 'old school' race walker crossed the finish line. None other than Pete Ryan, Ilford AC, ex-Essex Police and my competition in the National Police Championships of yore. Pete was touring Scotland 'keeping fit' as he put it. He walked the Elgin parkrun on Saturday and took part in the GM event on Sunday. He is planning the Greenock park run and a 10mile race on the Isle of Cumbrae. By the way, Glen Moray is the distillery in the background so there is a 'wee dram' available for all finishers. For the record Pete's parkrun/walk was in 25.28 and he finished the 10k in 61.56, a good effort all round and, for me, a very pleasant reminder of the 'old days'. Thanks Pete. Pete enjoyed his trip North and may be back next year. If anyone else fancies a 'wee dram' at the end of a race take a look at the GM or Forres Harriers website for more details.

<http://www.glenmoray.com/>

Alex Ross

BANK HOLIDAY WEEKEND

So athletics is booming after the Olympics. I attended the LICC meeting at Allianz Park. When this was first inaugurated there were, I believe, 8 clubs now it is 2. Enfield and Haringey who incorporate the Enfield League event are not one of them. But they provided the biggest field of 20 starters, all but one being in the veterans' age group. 3 in the 5000m run (2 men, 1 woman). Mo Farah is obviously working wonders. Meanwhile Essex hold their track 10kms walk. How many? I ventured to Kingston for the now combined Vets AC & SCVAC, enter, turn up and guaranteed a medal, and 4 in the walk. Bank Holiday Monday, one event in Southend, one in Tonbridge. Obviously I do not know numbers. And finally Tuesday Woodford 3kms. 6 events in the London area in 4 days with just not enough walkers to go round and complaints events are not well supported. The problem with these 6 events are that they are combined in track and field meetings to which we are clamouring to get into but we cannot produce the entries.

And finally something for discussion ... Which is worse? Taking an illegal drug (hoping you won't get caught) to enhance one's performance or knowingly contravening the rules (hoping you won't get caught) to enhance one's performance.

Carl Lawton

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