

Essex Walker

Editor: Dave Ainsworth

ANNUAL CHRISTMAS CARD APPEAL



For over 15 years Essex Walker's readers have kindly supported our annual Christmas Card Appeal on behalf of **The Gambian Home for Children with Learning Difficulties** as run by Geoff Hunwicks at Hart House in The Gambia. Hart House is named after respected former Essex-based Grade One race walking judge, the late Albert Hart. The aim is for walkers, instead of sending Christmas cards to each other, donate a sum similar to what they would have spent on their cards and postage. Essex Walker's first 2018 edition will list/acknowledge those who've donated, so as other readers will know why they didn't get a card from you!

If you are a UK tax-payer, you can donate via Gift Aid (the Hart House charity account), which allows Hart House to reclaim 25% income tax. Pay online at: <http://www.harthouse.gm/donate>, or directly into Lloyds Bank 30-63-57, account 28543368. Alternatively, you can send a cheque, payable to **Hart House Charitable Fund**, for the attention of Tony Perkins (Hart House Trustee), Deans Farmhouse, Tye Green, Essex CM77 8HU. **Your continued support is much appreciated.**

END OF THE LINE

For some readers (those receiving Essex Walker on direct subscription in printed form) it's sadly the end. For decades Essex Walker was 100% printed on paper. Then Mrs Eileen Allen, who at the time did our typing and layout, suggested we use modern technology by offering it via email. The first signing-up was then Loughton AC 2nd claimer Chris Foster - when he realised he'd been No1 to take up this offer, stated it was the only time he'd ever been 1st in the world of athletics! In the opening year of this option, a grand total of 9 signed-up. Fast forward to late 2017 and nearly 400 now take it on email, with many forwarding it to several others. The number of subscribers taking Essex Walker in written form by post is down to a dozen, and it's no longer economic or worth the time and trouble to deal with this format any longer. Our thanks go to Tony Perkins for running this service, which no doubt has been much appreciated. **This edition will be your last via post!**

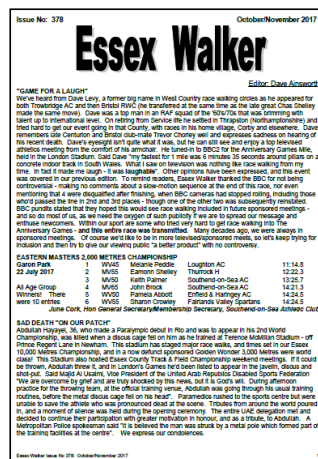
However it doesn't mean we'll lose you as a valued reader - for you can always supply your email address and we'll take it from there. Plus, everybody knows somebody among their relations and friends with an email address - so it can be sent there, and you can read it on their screen - or they can run off a copy for you. If so, please advise us of the email address you wish to be used. So it's not really the end, is it?

AN OLYMPIAN'S VIEWS

For those of you not on Facebook. Ian Richards posted his thoughts of his weekend racing in Guernsey.

"What a great race, even in the appalling conditions. When I arrived on the island I tried to drive around the course but got lost so many times I gave up fearing the worst for the race. I walked the first 5 miles in training to know what to expect as they are notoriously hard hills and got someone to show me the last 5 after the 3k on the Friday night so that if I was close to Jonathon Hobbs I would know when to put in the extra effort. My fear was that I would get isolated in the middle and would go off course. Come the race my fears were quickly dispelled. When you know the arrow marking system it is fairly straight forward as every turn is clearly marked and the marshalling brilliant. I can't thank the organisers enough for providing me with what felt like a personal marshal on that middle section."

"This is a race everyone should do at least once in their walking career. The hospitality is excellent and a race from days gone by. One lap with no boring up and down round a cone, plus brilliant scenery - a welcome distraction if you are suffering. What more could you ask for? Cars that don't speed and give way



to walkers? That is exactly how it is, maximum speed on the island is 35 mph but in most places it's 25 mph. Unfortunately the race next year is likely to clash with the World Masters Championships in Malaga (4 - 16 September) so I won't be able to return next year but 2019 I would hope to be back (with more appropriate shoes for the course). Sub 3 hours at age 71 that sounds like the challenge I love. Thanks to everyone who helped make this race so special."

CHAMPIONSHIP WIN FOR UTTLEY

The annual Civil Service 10 Kilometres' race walking Championship which was held around Birmingham's Canon Hill Park proved a resounding success for Ilford's Steve Uttley, as he defied recent injuries to win in 61 minutes and 20 seconds with just 3 seconds in hand over 2nd placer Jason Brewer. Completing the frame in 62.05 was former Ilford AC member John Llewelin, who came out of retirement to prove he still has what it takes to perform well. In 7th spot, clocking 70.17, came veteran Bob Dobson who completed this annual Championship for an astounding 46th time! In conjunction was the annual Representative Match between the Civil Service and British Police, which saw another feather in Steve Uttley's cap as he's the Team Manager of the Civil Service team who won emphatically! One Ilford member with particular cause to fondly remember this meeting was Mark Culshaw who competed as a guest - leading from start to finish, recording 58.05, his fastest time in years! Loughton 2nd claimer John Hall, a former winner, was 4th in 63.13. Sadly it was the lowest Ryan Cup field in history - the Police only had 4 starters with no Police team closing-in for a first time ever. The future of the Ryan Cup is now in serious doubt. It's up to readers to keep this event going!

ALL THINGS BRIGHTON BEAUTIFUL

Across the country there are many Boxing Day athletics races but now sadly no longer in race walking. A long-established Enfield event folded some years' back after a truly low turnout ("use it or lose it" as the late Dr Beeching once said). But you'll still get 26 December action at Preston Park on the outskirts of Brighton as a 5.5 miles walk is on offer at 10.30 am. Roll-up, roll-up - and keep it going. Our more established readers have fond memories of Preston Park, as it was passed near the end of the London-to-Brighton classic, so one knew that not much road was left to cover (on route to Brighton seafront). A 2003 memorable last ever London-to-Brighton Walk finished short of the seafront - in Preston Park!

JACK CLIFTON

Many readers will recall likeable and popular Jack Clifton (Woodford Green AC as then called, and Met Police). Jack loved his race walking, although it must be said he kept the judges busy. In keeping with his reputation he used to sign letters to those within race walking as Jack "the lifter" Clifton! On retiring from the Police he moved to Rippon and worked at nearby Newby Hall Stately Home. After that phase of his working life he earned a living as an accomplished dry stone waller - a skill much needed in North Yorkshire. Sadly he's not so good nowadays, as this email update from his daughter-in-law, Gladys Bird, reveals: "Jack is still around albeit very frail and currently in a home ... but still has that cheeky sense of humour."

- *Chris Flint*: "I remember Jack well. A real character. Sorry to hear he is not well."
- *Bill Sutherland*: "Sorry to hear the plight of Jack Clifton. A great character in his day! Lifting Jack lives on! At least he had an action that more resembles race walking than some shown in the Athletics Weekly report of the Men's 20K Walk in the Mall."

ENGLAND COMMONWEALTH GAMES TEAM ANNOUNCED

Congratulations to Tom Bosworth, Gemma Bridge and Callum Wilkinson on their selection.

<https://www.Englandathletics.org/england-athletics-news/commonwealth-games-england-athletics-squad-for-2018-games-announced>

YOUR TIME'S UP

Championship news. The RWA are to impose a time limit of 70 minutes for their annual RWA National 10 Kilometres' Championship - a move guaranteed to further reduce an already small field!

NOW IS THE HOUR

Essex County AA ceased holding their 10,000 Metres Walk Championship in one of their meetings, following turnouts of 2 (2016) and 1 (2015) - who could blame them? To rescue this event from its demise, your Essex County AA Honorary Walking Secretary Ray Pearce came up with an initiative to stage it with the Enfield League Hour at Lee Valley. Local organiser Ron Wallwork arranged for Essex times to be taken at 10,000 metres, with those not reaching this far on the expiration of 60 mins awarded classified

finishes. A specific appeal was made for **all Essex qualified walkers** to support this, so we'd have a case for returning to an Essex County AA meeting after just one year's absence. Perhaps this fell on stony ground? Despite offering 'B' laws, just 6 Essex men and 1 lady appeared - none reaching that 10,000 metres timing point. Our ladies Essex Championship was won by Melanie Peddle (yet another win - and what a great year this Loughton AC star has enjoyed) as Melanie also won the Ladies 1 Hour with 9,620 metres to her credit. The men's race saw just 6 appear, with 76 year old Amos Seddon winning the Essex title with a classified 8,710 metres on his lap chart. Amos did well as he was in pain after suffering a hamstring strain on 25 minutes, but kept going despite obvious discomfort. However, what an image for Essex County Walking - for at the "Essex Athletes Reunited Luncheon" 6 days' later, a runner spoke in a forum that an Essex County Walking Championship had been won by a 76 year old! Next was septuagenarian Bob Dobson (8,436) - **his 76th Essex County AA individual medal** (32 gold - 24 coming in 50K events - 30 silvers and 14 bronze). Phil Goodwin (8,089) completed the frame, then kindly donated his bronze medal back to the Essex County AA for use on another occasion. Other Essex Championship finishers (in order) were Peter Cassidy, Mick Barnbrook and Dave Ainsworth recording 7,892, 7,381 and 6,701 metres respectively. You were specifically implored to support this event, in order to get us back into a main meeting. Stay-aways are killing Essex walking! *At least Hon Ed finished with the same time as the winner!*

The overall event saw 24 men and 9 ladies compete the hour. Francisco Reis lapped the field as he recorded 11,793 metres, one of 3 to pass 11K, while 2 others beat 10K - including Malcolm Martin (10,264) who works in Essex. Ilford's Mark Culshaw was a place behind Malcolm as he recorded 9,943. Loughton's John Borgars was 9th overall with 8,826 metres and Essex resident Jon May 22nd with 7,149. In the ladies race Essex-born Sue Clements was 9th with 7,631 and further up the order in 5th it was good to see new Centurion Joyce Crawford (EMAC) record 8,880 metres. Joyce came so close to 100 miles in under 24 hours at the 2014 Southend event, but made sure in August at Bury St Edmunds.

THE WOODFORD TUESDAY WALKS

September saw a rather thinly attended Woodford Green meeting as a whole, although the walk was only one short of its largest field of the season. Although the race was led home by some welcome newcomers to the League, Melanie Peddle (rounding off the season with another pb) had already done enough to set the precedent of winning the overall title as well as the ladies' version. Similarly, Loughton could just have won the team competition without turning up at all – well, it is more or less home ground – despite Ilford's late mass attack. Individual scorers and teams were both up by three against last year. Cassidy returned a season's best – only seven and a half minutes outside his pb; while there's life there's hope!

Thanks to all competitors and officials who turned out during the year to participate – sometimes in the wind and rain – alongside the M11 embankment, and to Woodford Green AC with Essex Ladies for letting us have our walks within their Open Graded Meetings.

Final Individual Positions

1	Melanie Peddle	88
2	Stuart Bennett	82
3	John Borgars	79
4	Sean Pender	78
5	Peter Cassidy	74
6	Dave Ainsworth	71
7	Steve Allen	57
8	Alex Macheath	30
	Seb Parris	30
10	David Annetts	29
	Simon Le Mare	29
12	Mark Culshaw	28
13	Geraldine Legon	26
14	Dan Maskell	25
15	John Brock	24
16	Françoise Fernandez	22

See you all next year!

Peter Cassidy
Pauline Wilson

Final Team Positions

1	Loughton	291	6	Cambridge Harriers	30
2	Ilford	211	7	North Hertfordshire	29
3	Enfield & Haringey	78	8	Bexley	26
4	Southend-on-Sea	73	9	Surrey	25
5	Barnet & District	57	10	Loughton "B"	22

SOUTHERN RWA AGM

At your Race Walking Association Southern Area AGM only 2 southerners turned-up (from outside of Officers and Committee). They were the 2 Cartwrights (Stephen and Martyn). Chiltern Harrier Martyn shows up most years. Stephen (Colchester & Tendering) made his first such appearance. With one exception (Hon RWA Judges and Officials Secretary) no nominations were received for any position, so indicating your satisfaction with the way things are progressing. Pauline Wilson stepped down as Judges and Officials Hon Sec to be replaced by newcomer Stephen Cartwright.

It was announced that your 2018 National 50K Championship would again be on the Isle of Man (September). It was feared any mainland venue wouldn't get enough entrants to make it worthwhile. The 2018 100 Miles will be on an Isle of Man track. It was reported that Southern athletes had been prominent when International selections had been announced, and that our Area had excelled in the annual RWA Inter-Area Competition. The SRWA also made a small profit during the year under review! President Chris Hobbs is to relaunch his RWA Southern Presidents' Appeal, having commented that it had appeared the "same people" were mainly those supporting it, and that there were many more who could - and who will now be given another opportunity to do so.

Finally a reminder that your re-elected Chief Officers are: President Chris Hobbs, Chairman Noel Carmody, Vice-President Mike Fox, Hon Sec Chris Flint, Hon Treasurer John Powell, Hon Championships Secretary Noel Carmody and your Auditors are Trevor Jones and Ian Richards. All other office holders and Committee members remain in post.

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.

DEC	9	Steyning Open Races 5K + YAG	Broadbridge Heath	11.00 am
	10	Race Walking Association AGM	Alexander Stadium	2.00 pm
	26	Brighton Boxing Day Walks 5.5 Miles	Preston Park	10.30 am
JAN	20	Enfield League 5 Miles + 2017 Series Presentation	Donkey Lane	11.45 am
	20	London Indoor Games 3,000m & 1,000m	Lee Valley	12.45 pm
	27	The Centurions AGM	Leeds (Centre)	1.00 pm
	27	Steyning Open 15K	Steyning	2.00 pm
FEB	3	Essex & Eastern Counties 1 Mile Indoor Championship	Lee Valley	TBC
	4	London Walks (various distances/categories)	TBC - see below	1.00 pm
	17	Enfield League 5 Miles	Donkey Lane	11.45 am
MAR	7	Police Walking Club Annual Dinner/Reunion	CS Club, SW1	6.00 pm

Fixtures notes:

- The Southern RWA 10K Championship, provisionally listed for Saturday **13 January** at Sutcliffe Park (Eltham) can't be confirmed owing to ongoing works at this site, meaning 2018 bookings aren't currently being accepted.
- Sunday **4 February**: London Walks can't be held at Hillingdon (as in recent years) as a booking isn't available. Donkey Lane's a possibility - but only 1 changing room is opened on Sundays (that one halfway down the course) and a large room (the upstairs cafe/bar) is needed to accommodate the many expected to attend a presentation. Discussions are ongoing. Please await further news on these fixtures.
- Last year the SRWA 10K Championship was held in conjunction with our London Walks, which might happen this time. Long term: Your RWA National 50K is to be in September, on the Isle of Man again. The 2018 100 Miles is to be a track race, also on the Isle of Man.

IAAF CHAMPIONSHIP

A leaked report reveals that UK Sport want Britain to stage the World Athletics Championships again in the next decade and believe there's a case for repeating it at the London Stadium in August 2027 or 2029. Other targets include the Tour de France Grand Depart in 2021 and the 2023 Champions League Final at Wembley. An IAAF Spokesperson said, "It's not too soon to go back to London. Everybody in this sport was blown away by the fans in London. People over the world can organise great events but the difference is the fans and everyone within this sport agreed the London crowds were great. Our sport has to go places where people go and watch it. In 2027 or 2029, it would be a natural progression to back to Europe. There's Birmingham or Glasgow. London should definitely have another go. The entire athletics movement were just in awe of London." Mayor Sadiq Khan turned down the prospect of London bidding for the 2022 Commonwealth Games, which will be in Birmingham, but is thought to be receptive to the idea of the world's best athletes returning here in 10 years' time. As for our 2017 London Walks' day, here are 4 more names of walkers who were in the crowd on The Mall - to add to that impressive list in our previous edition: Isabelle Bridge, Cameron Corbishley, Ellie Dooley, Jo Miles and Abigail Smith.

CHISINAU MARATHON, MOLDOVA

Seb Parris took on this race which was around the capital of the former Soviet Republic to the east of Romania. Weather was ideal for marathon running, slightly overcast and 16 degrees. The weekend had over 17,000 runners in different events including a 5km, 10km and half marathon. Seb was one of 339 marathon entrants. He ran a good race to finish 22nd in a new personal best for the distance of 3 hrs 10 mins 23 secs, beating his previous pb 5 years' ago by 13 minutes.



BEST WISHES

We send our best wishes to a true friend of Essex walking, popular Brighton-based Centurion John Lees, who has just retired after giving decades of quality service as a BBC local radio sports reporter and presenter. We wish John many years of happiness and a long retirement. We know John's skill with a microphone as he was our commentator for those memorable the European Friendship Walks, held in 1976 at Chelmer Village (Saturday) and on Sunday morning at Cricklefields Stadium in downtown Ilford.

ANNIVERSARY GAMES

Next year sees a 50th Anniversary of the 1968 Mexico Olympic Games, held in rarefied air 7,200ft above sea level. Our GB team (3 in each race in such times) were: 20K men Arthur Jones (Brighton & Hove AC), Bob Hughes (Royal Sutton Coldfield WC) and John Webb (Basildon AAC - the Club's first Olympian). In the 50K they were Brian Eley (Bristol RWC), Shaun Lightman (Metropolitan WC) and Paul Nihill (SWC). Bristol, Royal Sutton and Metropolitan aren't around any longer, while Basildon and Brighton are no longer big names in race walking. A big Reunion is planned with already over 50 applicants - walking will be represented as Bob, Paul and Shaun have submitted their names.

HONOUR FOR ESSEX WALKER

Popular Romford-born Dave Hoben has been elected into high office, to serve as President of the famous Surrey Walking Club. Their AGM was at the Union Jack Club on 20 November. We wish him an enjoyable time with his chain-of-office. Dave is also a hard-working Honorary Walking Secretary of Veterans' AC. Dave was born in Romford's now demolished Oldchurch Hospital, the same place as saw race walker Mick Barnbrook make his entry into this world!

FROM THE TOP

Our Greater London Cycling and Walking Czar (Will Norman) was invited along to see our Friendship Walks at Enfield. Will was appointed at an annual salary of £98,000 per annum by London Mayor Sadiq Khan last year. Will previously worked for the World Health Organisation, the International Olympic Committee and Nike. Here's his reply (decline, reason + expression of his best wishes).

"Dear David, Unfortunately I will not be in London that week. I hope the race goes well. Will"

NOT BILL'S DAY

Saturday morning parkrun aficionado Bill Sutherland had a shock after he'd *given-it-his-all* around Finsbury Park ... he returned to the side street his car had been parked in, to find a £130 parking ticket from Islington Council on its windscreen. The only bright spot was a £65 reduction when paid pronto!

Mr PRESIDENT

Congratulations to popular Carl Lawton on being elected Belgrave Harriers President. It's a second time he's had this honour. Carl, a former Centurions' President, is a popular visitor to Essex and East London, indeed having won National titles in these areas (20K at Victoria Park/National 35K at Colchester's Essex University campus). In 130 years since this famous Club was founded in 1887, over 20 race walkers have worn the coveted chain of office.

NEWS FROM THE SOUTH COAST

Esteemed popular Centurion (C371), Cambridge Harrier and Metropolitan Police walker, now Hampshire-based **Len Taylor**, recently became in need of a walking frame to get about - and now needs to be visited by carers, as his wife has suffered 2 strokes (1 mild, then 1 serious).

- *Gary Smith:* "Bad news indeed!!!!!! A very good servant to the sport."

ESSEX WALKER ON TOUR

Well done to much-travelled Pete Ryan who flew our Essex flag when race walking November's Forres Harriers Brodie Castle 10K in 55.07. Also in this race, but further ahead, was Forres resident Alex Ross who was the event's lead cyclist!

Mrs BETTY TROTTER RIP

You'll all be saddened to hear that Betty, wife of our Eddie, passed in October. The good lady had been ill for some while, having been an in-patient at both Romford's Queen's Hospital and then Basildon Hospital. After her latest time on the wards, Betty was discharged on a Friday but alas then departed over the weekend. Eddie, one of only 5 Essex athletes to have completed over 100 marathons, has walked for Ilford AC since the late 1980s and appeared in every previous Enfield League series since it commenced. Betty used to attend Eddie's races with regularity, especially over at Blackheath Park (London Postal Region 9K handicaps). However, due to ill-health we've not seen much of Betty in recent times. Eddie last raced in a wonderful 11-strong Ilford turnout in that memorable 90th Enfield Open 7 Miles but owing to Betty's health hasn't been able to get to meetings this year. We express our profound condolence to Eddie - and his family - on their sad loss. Sad news indeed.

BACK WITH A BANG

Talented multi-eventer Seb Parris spearheaded the Ilford's challenge in October's afternoon's Enfield League 5 miles walking race over 5 circuits at Lee Valley Athletics Centre. In warm conditions former Ilford star Francisco Reis, racing for Thames Valley Harriers, shot off into the distance (to win in 39.29) leaving the rest to scrap for those remaining 2 places in the frame. Talented and successful junior walker George Wilkinson of the host Club, Enfield & Harringey AC, was an early custodian of 2nd spot, and on current form looked like one hard to dislodge. Seb had other ideas being in good form himself after his recent Marathon running best of 3 hours 10 minutes in Moldova, as he waited for the right moment to apply pressure on the youngster. By halfway Seb had the edge and pressed on to claim 2nd place in 43 minutes and 22 seconds with Wilkinson still a threat but just 15 seconds in arrears for 3rd. Pick of Ilford's other walkers were consistent Mark Culshaw in 7th spot clocking 48.19 and stalwart Dave Kates 10th in 53.19. Dave had a busy afternoon, for soon after he sped over the finish line, he quickly changed and was on route to Watford FC, where he's a season ticket holder, to watch them defeat the Arsenal 2-1! In the ladies race Loughton's Melanie Peddle was yet again the top of the order finishing in 48.50.

MORE FROM MEMORY LANE

It was Leicester Walking Club's 90th Anniversary in 2017 with a celebration held after their annual Jim Sharlott 10K in Abbey Park. All readers will want to send congratulations to this great Club, which so often has been prominent in British race walking, having won many titles and produced great athletes - including Olympians. Many readers have enjoyed their promotions, particularly those wonderful Leicester Mercury 20 Miles races, the Leicester-to-Skegness 100 Miles, Leicester Open 7 Miles and, of course, Jim Sharlott events.

As a 17 year old Ron Wallwork did his first Leicester 7 in 1958, being overawed when lining up with recently crowned European 20km champion Stan Vickers, who won in 49.36, along with other great names of the era; Eric Hall, Don Thompson, Tom Misson, Ken Matthews and Albert Johnson. There were 85 starters and Ron was 15th in 56.41. Nine years later he led 125 starters home in 52.30 and 2 years' later won the Mercury 20 (120 starters) 2.37.32. Ron qualified as a Centurion at Hungerton in 1992. He studied at Scraftoft 1973/75 and sometimes trained from the clubhouse with Jack Rawlings and many Leicester lads, although mostly with Mal Blyth and Peter Markham. So, it's no wonder that for the last 60 years Ron felt some affinity with this club.

Might be of interest: 1958 1st 3 h'cap were Brian Ficken, Phil Malins and the great Frank O'Reilly. 1967 h'cap were Brian Adams, Roy Posner & L Scrivens. 1970 Mercury placings: 2nd Bob Dobson 2.38.02 and Shaun Lightman 2.39.04. What memories from Leicester!

PAINTING THE PERFECT PICTURE – Ten Commandments - an article by George Nibre

The recovery and ACTIVE recuperation phase is now upon us for the next short window of months ahead up to say December.

We then commence a period of transition to move forward with a training regime that allows us to peak and improve. We set our goals and season targets and objectives for the months ahead into 2018.

A suggested 12-week programme of progressive training: 3 weeks' hard and then one week easy, ending up with a 10 days approximate, taper before the main race. A time trial can be included in the mix to gauge your fitness. This depends on race distance, but can still be incorporated in the 12 week schedule.

It is the ingredients of the cake that allows us to improve and paint the masterpiece. This is in line with the athlete and how he/she will improve, be committed and move forward. Planning and proper preparation is essential to achieve your goals and objectives. This is where we generally fall down and continue on the

same vein of failure/lack of progress. Practice makes perfect providing you practise perfectly. If you continue to do what you do, you get what you've always got ... a common phase.

This is where walkers need to address the main pointers to improve performance. I have spoken over the past years with great masters, experts, coaches, psychologists and walkers whose smart insight into improving performance has been helpful in creating a better cake and successful athlete /walker.

I have some suggestions to assist with this plan: THE TEN COMMANDMENTS. There will be more pointers to include, but stick to this plan first and then move onto the next performance level. I look forward to constructive comments and remember this is designed for the normal everyday athlete/walker as a basic aide-memoire for a performance improvement PLAN.

You get out of this what you put in. The list can go on, but it's fitting this into your daily life style. I wish you luck. People with greater wisdom than myself MAY challenge the points BUT ...

- Long slow sessions generally give slow times/results. These efforts must be gradually increased to race pace, otherwise failure will generally occur. Long slow sessions can be of assistance but used at the right periods - recovery or start of season, etc.
- Train at the pace you want to achieve, ie race pace, so every session is conditioning the mind to the task ahead, it becomes natural and easy. 50 minutes for 10k, train at 5 minute per km. This comes with a proviso of how long the session is.
- KEY sessions are vital and cannot be ignored, in general 2/3 per week or 10 day cycle. These are intervals/repetitions and longer endurance efforts. The other sessions are of a reduced tempo. Try BURSTS of 100 metres times 20 at 90 percent max. This will assist you in changing gears in the race, recovery as you feel. These KEY sessions are paramount the weeks prior to the big race. Do not avoid them, taper sensibly before your main race generally 10 days before, depending on the athlete.
- We must use a cycle of RECOVERY following hard efforts. This is vital and if ignored you will fail. This is the time when you achieve most gains for improvement. Rest means very proactive rest for recuperation. DO NOT POUND LEGS. Use upper body work as an option on this day.
- Circuit training 6/8 basic exercises and various PLANKS for core are a must 3 times per week, in your garden, garage, field, wherever. You must get all round fitter.
- Strength and Conditioning sessions 2/3 times per week.

George Nibre

SAD NEWS

We're sorry to report that octogenarian Dave Levy, Thrapston-based former walker of note (with Bristol RWC, Trowbridge AC and the RAF) and a retired Warrant Officer, is very ill. Dave recently made Essex Walker's front page with views about the Anniversary 1 Mile at London Stadium. News comes from his wife Gill, and we'll keep you advised. Our thoughts are with Dave, who many remember tried so hard to get race walking going in Northamptonshire, when he settled in that County after his demob.

- "What sad news as I remember him well in my mind's eye as one of the ever present members of an RAF Team in those great midweek matches RAF v Civil Service v PAA over 10 miles." *Bill Sutherland*



Dear Dave ...

organised by Ed's dad. Those were the days.
Happy memories.

Bob Dobson

THAT WEDDING PHOTO!

Everyone who speaks of Reg adds a little unknown story or background to his illustrious career. What a fine body of men at Alec's wedding. All suited too, even Amos, but not sure about "Hippy" Mills. I've never seen the photo of Reg and me, but I do remember the torturous climb at Chudleigh which came after turning off the A38 after 33 miles to climb over Dartmoor before descending into Dawlish at the end of 42 miles. A great event, well

THAT WEDDING PHOTO!

Top pic - wow, I am in awe of the talent on show (and I don't even recognise them all!). Another pic doesn't show how steep the hill behind Bob Dobson is. Another legend of racewalking who inspired me amongst other things to want to do the Prague to Podebrady; by the time I could, like the Plymouth to Dawlish, it had reverted to a lap race due to traffic etc. Happy memories.

Ed Shillabeer

Adds Hon Ed: Bob Dobson in action (below), being encouraged by Reg, on the testing and now sadly missed Plymouth-to-Dawlish 42 miles' classic.



THANKS

Many thanks for passing all the emails etc which you forwarded after Dad died. It was lovely to see so many people who knew him in his coaching and managing days at his funeral. Bob Dobson and Ian Richards gave beautiful tributes too. I am very grateful for all that you have done in passing on the news and getting responses to us.

I have read the latest Essex Walker and am so touched to see all the tributes to Dad; it makes feel so proud of him and all that he accomplished. It was lovely to have Peter and Marion, Bob Dobson and Ian Richards at Dad's services and to hear the tributes. What they may not have realised is that I was only ordained in July and Dad's was the first funeral I had taken on my own - and what a privilege that was. Thank you again for sending me Essex Walker, I have forwarded it to my brother and sister and they wish to pass on their thanks too.

Ann Gibbs (daughter of the late Reg Wells)

MORE THANKS

Thank you for putting in the magazine about Reg. The response has been wonderful, we have had 115 cards, letters, emails and phone calls. Please can you put our thanks in the magazine.

At the Thanksgiving service Bob Dobson and Ian Richards gave wonderful tributes to Reg. They made my heart sing with pride that Reg made such a difference to their and other athletes' lives.

Special thanks to those who came to Reg's Thanksgiving service: they were Olive Dobson, Sarah Sowerby, Marian and Peter Fawkes and Dave Stevens. It is lovely to know how much Reg was loved by so many people and how much he will be missed. Thank you all.

Judith (widow of Reg Wells)

READER'S COMMENT

Steve Overt, while doing BBC commentary for the World Championships, was fulsome in praise of

Marion Fawkes (and race walkers generally), her role as a previous world record holder and one of the female pioneers. In contrast the Race Walking Association has always held her in scant regard, which is a pity and frankly, hard to comprehend.

Trevor McDermot

100 MILES COMMENT

Thanks for the Essex Walker, I always pass on to my father and Yorkshire walkers who enjoy the read, just a note from Kevin's comments about the Bury race and portaloos, the last 100 mile race he entered that had portaloos was the Lingfield Park race in 2011 and previous to that there was a portaloos trackside at the Blackpool race in 2002 although Kevin did not compete that day. Please put the date for the Centurions AGM in your diary.

Martin Fisher

Adds Hon Ed: AGM is on Saturday 27 January at Leeds (near Leeds station).

PETE DUHIG IN THE NEWS

I think by now news is getting out that Pete and I have had an interesting week ... He keeled over in a race. Left us for a few minutes but was dragged back by CPR and defib. A lesion on an artery was found and fixed (angioplasty) and now home yesterday, good to go, but slowly and carefully for starters. The pain from the after-effects of the roadside intervention will ensure he doesn't do too much yet. It emerges that there were two doctors in the race to whom I probably owe the fact that he is currently sitting opposite me in our living room watching FC Barcelona playing their latest La Liga fixture. Clearly, once he is a bit more himself, we want to find them and thank them. You never know what's around the corner, eh?

Cath Duhig

- *Ed Shillabeer:* "Get well soon."
- *Barry Ingarfield:* "All the best regards."
- *Sue Clements:* "Cath and I were in contact very soon after the event so I was "in the loop" from early on."
- *Chris Flint:* "Very glad to hear he's watching the footy after such a worrying experience. No-one knows what's round the corner. How fortunate the medics were on hand. Thinking of you. Best wishes for a full recovery."

CENTURIONS' AGM 27 JANUARY

The venue is Mill Hill Chapel, City Square, Leeds LS1 5EB. Doors will open at 12 noon for meet and greet with a buffet provided. Meeting starts at 13.00 for the business of the AGM. The venue is in central Leeds 100 yards from the station, which has a direct connection into London, parking will be provided on site for those coming by car we will also have additional help on hand from the local athletic club to assist with meeting people from the station and catering, there will be details added to

the Centurion web site shortly, don't hesitate to contact me for anything further.

Martin Fisher

TALE ABOUT REG WELLS

Here is a bit of trivia about Reg's earlier life which he shared with me. As Don said, he did spend time in Kenya, in his unit was Roger Whittaker the singer, famed for among other songs "The Last Farewell, New World in the Morning, Durham Town etc, who he allegedly taught to whistle!

Name & address supplied

GEOFF DOWLING RIP

Many will be saddened to hear of the passing of Geoff Dowling C635 who qualified as a Centurion at the Leicester to Skegness 100 in 1978 in a time of 22.37.00. He was President of the Yorkshire Race Walking Club, and had an encyclopaedic knowledge of race walking. He was awarded the Korean War Medal. The Centurions send their condolences to Geoff's family.

Chris Flint (C849, Hon Secretary)

Adds Hon Ed: He was a Yorkshire RWC stalwart for over 50 years, and his Club's historian.

CORNWALL RACE WALKING

Every little thing hinders. Racewalking in St Ives is fraught with problems, DA. Anyone who's been here will know the hills are steep with a capital S - and there's no respite. Therefore, am reduced to one back road that kind of does, and the local Tesco car park atop the hill leading down to the town. Yup, a lap around the outside produces a two-minute something circuit. However, one particular early session towards the end, a police car hove by, and a jovial policewoman emerged asking me to stop. She was happy to let me complete the last of 32 laps, and then told me they had received a call about the 'mad man' in the car park. One crash course in race walking later, and my suggestion that the call came from the man who clears the rubbish, had her scurrying to look for the manager telling him Mr Binman was better off looking after the bins than wasting police time. I thought it might be him after he jumped in front of me a few days earlier and told me I was a danger to myself, and was I receiving help? He said the next time he saw me walking 'demented-like ...' he would call out Cornwall's finest, and in that respect at least, was true to his word. Presuming one flea in his ear later, the next time he saw me, it was head down and a gruff: "mornin' ..." Every little helps, eh?

Paul Warburton

ELECTRONIC SHOES

Glancing through old editions I notice Peter Marlow (April/May 2017) mentions the testing of electronic shoes for judging purposes, although nowadays

one never knows if they are a scam to help "walkers" go even faster. What was the outcome of the trials? Peter gloomily suggests that they will be the end of race-walking. I disagree. I am in favour of electronic shoes, photo judging, or any technical innovation that will ensure that race walkers actually walk rather than the present farce of straight legged skipping. I am in favour of race-walking being walking where the real skill and talent is shown in maintaining contact rather than floating 3 inches above the ground.

What passes for walking at the present time, what walkers are allowed to get away with due to the human eye limitation on judging is a scandal. Yes, walkers were lifting in the past but nothing like the common place lifting that occurs today. Just take a look at Mark Easton's photos of the London Olympics and World Championships, and then tell me that race-walking is authentic and credible. It is emphatically not. Technological innovations will be the renaissance of race-walking not its end. Other athletic disciplines are not adverse to technical judging innovations. Race-walkers seem to be opposed and it is not difficult to reason why. The present aberrations of fair walking need to be robustly brought to an end, and it will be for the betterment and integrity of the discipline.

Lyn Atterbury

ONE READER'S VIEW OF WALKING'S AGMs

Re your AGM notice, I shall have to book my seat in advance, otherwise I could be standing in the street if I arrive late, listening to the meeting through the loudspeakers.

Carl Lawton

HAPPY MEMORIES

On Thursday, 28 September, 2017 we celebrated Our Golden Wedding Anniversary quietly as it was in 1967 when we were married. No fuss is our motto! We married in Finsbury Town Hall on 4 hours' time off after working from 0600-to-1000 as leave was very difficult to gain approval for in those days as I was only young in my Metropolitan Police Service. With 30 parading for each 8 hours' shift only 6 were allowed time off as the minimum strength was 24 – how times have changed! Fortunately my Acting Sergeant allowed me off after explaining in front of the relief why I wanted time off. Our honeymoon was spent with many others in Riviera in Switzerland on the Airolo-Chiasso International Walking Relay. I twice did the 1st leg and we won too. Without dear Kath I would certainly not have reached my peak as she has been behind me throughout 50 unforgettable years as a fantastic support always most notably with her miner's lamp over 24 hours at Ewhurst, Surrey in 1992 when I became Centurion 890. She sang to the Dutch the unforgettable lines of 'Maybe

it's because I'm a Londoner' in her Cockney voice!
Bill and Kath Sutherland

EMAILS THE REVEREND LODGE

I still have my copy of Harold Whitlock's book! Just for the record I recently renewed my membership of the RAF Club in London. I am still keeping fit cycling. Recently cycled from London to Stratford upon Avon in 8 hours for our local hospice!

Roy Lodge

THE DEFINITION OF RACE WALKING

I was led to believe that the definition of "race walking" is that there must be one foot on the ground at all times. If you watch the highlights of this race (<http://www.bbc.co.uk/sport/athletics/40549175>), it is quite clear that all the competitors fail to adhere to this definition!

Doug Fowler

*Hill House, 13 Dial Hill Road, CLEVEDON,
North Somerset. BS21 7HJ*

THANKS TO ONE AND ALL

What can I say about the Essex Walker that has not been said before? It is brilliant and we always eagerly await its arrival. Your mention of our Golden Wedding Anniversary is much appreciated too! We live in a world where everything and anything flashes by with so little time for fulfilment and enjoyment. Your memorable Essex Walker provides that in abundance to a very special audience in race walking over the years and long may that continue. As I said in my speech to Essex Athletes' Reunited my bronze medal belongs to you ALL because you ALL created it over the years and I was fortunate to be at the end of a long relay and brought it home for Scotland on my Special Day. **Thank you one and all.** Hoping to see you again soon and it was great to see the Golden era of race walking to the fore at the Enfield 1 Hour too!

Kath and Bill Sutherland

ESSEX ATHLETES REUNITED LUNCHEON at STRATFORD

Thanks very much indeed for joining us - a **record 40** of us. I am, as I'm sure you are, very grateful to David Ainsworth and Bill Sutherland for giving us a short talk on both what was involved being as announcer the walking events in the 2012 Games and also clarifying the issue of present day walkers. I should be very grateful if you could let me know if you any ideas of topics that might be of interest in the future ... I certainly did not intend to insult David and Bill by suggesting they were fifth and sixth choices for the role this time!

I should be most grateful if EVERYONE could let me answer the following questions so that future gatherings can be of the highest standard. Please do not leave it to someone else!

a. Are you happy with The Cow as a venue?

- b. Were you happy with the food? Tom Pollak - you had better be after my negotiations with the Manager that were longer than any Brexit discussions - on the inclusion of brown bread at the exclusion of white.
- c. Did I talk too much? Did we have too many interruptions - mini quizzes before lunch, then Bill and David after lunch?
- d. Would you like to continue with the format used - layout of the table and with the inclusion of a couple of speakers on topics of interest to us all?

Tony Maxwell

tonymaxwell27@hotmail.com

Adds Hon Ed: Yet another well-attended gathering - folk keep rolling-up as they enjoy these functions. The next event will be on Thursday 26 April 2018. Surrey County AA Chairman Tom Pollak proposed a *vote of thanks* at the conclusion.

RYAN CUP TURNOUT

Yes, very disappointing turnout from the police but we packed well but all behind the first 4 walkers so had no chance in the Ryan Cup. Nevertheless, the support from officials was good, and we all enjoyed a very nice buffet tea. As always our thanks go to Glyn Jones for arranging the venue and event.

Chris Flint

MEMORIES - ALEX ROSS

I was prompted me to take a look at what passed for my 'training diary'. Lo and behold, the first entry reads - 31st August 1967 - Alperton - 12x440, fast/slow. That was a trip up the Holloway Road and round the North Circular in Bill's cream Morris Minor to meet Alf and Mable Cotton, the first of many sessions there. Alperton was also a chance to see - from a distance - the late, great, Lillian Board floating effortlessly round the track with her London Olympiades team mates. I shall always be grateful to Bill and Kath for looking after me whilst we were on 'N' Division, not only for transport but many Sunday lunches at Hillmarton Road. As a hungry young man in the section house, I couldn't beat Kath's cooking. The next entry reads - Sunday 3 September Essex Beagles 3 miles road/hills. No venue or other information, perhaps you can assist with that one. Finally, by the following Saturday (9th) I my diary was organised with more information recorded about the 'start of the winter season' race: the Woodford Green AC 5 & 1/4 miles in 45.47. Happy days! Best wishes to all, and thanks Dave for the Essex Newsletter.

Alex Ross

MEMORIES - JOHN NORTHCOTT

Interesting Bill and Kath honeymooning on the Airolo-Chiasso relay in 1967. After the Europa Cup in Eschborn I took my then girlfriend and now still my wife in my sister's green MGB joining the Stock Exchange team who were then short of a walker for the shortest section, and I walked it about 12

kms, but the last two uphill in my normal open toe and heel schoolboy Clarkes sandals without any ill effects - aided by SFV and others, probably Brian Ficken. The cars party came home - stopped overnight in South Germany and travelled all day in pouring rain to get to Calais and there were no ships sailing as it was too rough - we all stayed in Peronne. This must have been my first Airolo in 1969 - as I was married in October 1971 and went to Oz.

John Northcott

DATE FOR YOUR 2018 DIARY

Rush out and buy your 2018 diary NOW! Our next AR Essex lunch will be on THURSDAY 26 April 2018. This is about ten days' after the conclusion of the Commonwealth Games in Australia.

Aklima, Manager at The Cow, has said Thursdays are generally fairly slack for her whilst Fridays can be very busy and with TfL moving into one of the tower blocks soon she will be even busier. We may well change venue after this one at The Cow. Bob Dobson has kindly agreed to organise an Olympic quiz for us. Further details will be sent out about a month before, sometime in late March 2018. Thanks to all those of you who commented on the lunch and who offered suggestions as to how it might have been improved. I shall of course be acting on most of these.

Tony Maxwell

ESSEX ATHLETES' REUNITED

Another enjoyable get together and thanks to Tony Maxwell for organising it and entertaining us with his M/C-ing, quizzes and guest speakers. The walkers have had a fair airing of late and it would be good to hear some stories from the runners. Like Tom Pollak, I am all for trying a change of venue and even a change to a weekday to avoid "Friday prices" and better, less busy, public transport. As regards "content" why don't we ask as many as possible to bring with them a copy of a photo in their younger active days for the rest of us to guess who it is and for a bonus point what race it was. Food for thought.

Bob Dobson

ESSEX ATHLETES' REUNITED

It was another great reunion and so pleasing to see the numbers increase too. Thank you too for giving me and Dave Ainsworth the opportunity to speak and the interest shown by the questions was heartening to hear. I feel that the venue chosen 'The Cow Public House' and the Food provided were good value for money. Introductions and talking I found as always very interesting and the quizzes were entertaining and tests for the memory too. In the audience we had many athletes who were outstanding athletes in their day, but their achievements have perhaps sadly been lost in the passage of time. Perhaps we could bring some of these back with a feature like 'Portrait of a Star.' A number of those present could give some input and

maybe we could create a Trophy of some type which could be passed on 'Athlete to Athlete' as they are featured. In today's Athletics we tend to forget the stars of the past all too quickly after all it was them who created the History of Athletics we have today and long may they be remembered. Thanks again to Tony Maxwell for all his hard work in the preparations.

Bill Sutherland

WALKERS ON THE MOVE

Our new contact details: Peter & Marion Fawkes, (PAFawkes@hotmail.com), Page Hall Barn, Foster Street, Penrith, Cumbria CA11 7PD
Tel: 0176 820 1329

Peter & Marion Fawkes

DOWN MEMORY LANE

50 years' ago our UK team won the Airolo-Chiasso 5-Stage relay in a course record to boot! Our winning team was Bill Sutherland, Peter Fullager, Colin Young, Malcolm Tolley and Alec Banyard. Our Winning Time was 2 hrs 12 mins 43.4 secs taking 15 mins 30 secs off the Course Record to boot! Kath came along too, spectating and encouraging from a car, and we stayed in Peter Fullager's Swiss Base Camp in Rivera. We still proudly hold the Trophy with its marble inscribed base and it still looks as good as new! My leg starting at Airolo-to-Giornico started at 0630 and the walking route dropped from 3865 feet above sea level to 400 feet! Great days and unforgettable memories when Great Britain was one of the strongest Race Walking countries in the world.

Kath and Bill Sutherland

A MEMORABLE DAY ALL ROUND!

We were so pleased to receive encouragement along with many others, which meant so much to me, for my **100th Park Run** (walking) at hilly and windy Finsbury Park on Saturday 28 October. Pride of place went to Enfield's Sean Pender who attended on the day together with welcome messages of support from another member of the 100 Club Pamela Abbott (Park Running in Washington/USA), Reverend Roy Lodge, Peter Ryan (who himself is up to 80 achieved at no less than 50 different venues), Mike and Iris Hinton and family, Sandra and Richard Brown and Barry Ingarfield, who has sadly been unwell of late but sends his best regards to all. Well over 300 attended and I was given a special introduction by the Race Director on my outstanding achievement, also mentioning my Commonwealth Bronze Medal. I understand it went out rapidly on Social Media sites Whatsapp, Facebook and Twitter together with photographs. Many gave me their congratulations in the large field of runners including a young lad on a bike shortly after the start. I had a friend too Ollie, who jogged beside me all the way. A great social gathering was held afterwards in the Cafeteria. For the record the total

distance covered over 40 months was 500 Kms around 312 Miles with 67 completions at Finsbury Park, 32 at Highbury Fields and just one at Hampstead Heath with 19 times volunteering as a Marshall. My forthcoming objective now is 100 completions of Finsbury Park, 50 completions of Highbury Fields and to reach 25 Park Runs as a volunteer. Onwards-and-upwards, not forgetting to thank you one-and-all for your support.

Bill Sutherland

Adds Hon Ed: Other readers sent words of congratulation, too many to mention.

FROM FINSBURY PARK PARKRUN

Congratulations to Bill for his 100th! I'm sorry I wasn't there – I was in Thailand. I thought I would share with you the post I put on Facebook following Saturday's event, and the feedback it received - lots of messages of congratulations:

<https://www.facebook.com/finsburyparkrun/posts/10154860195566456>



Diane at: finsburyoffice@parkrun.com

THE FINAL CURTAIN

My onstage activities with the Scout Panto have come to an end as the production has now become entirely youth-led (as it should be). However I have been snapped up by a new pantomime company called TEO based in Enfield, and full details for this year's show in January is on their website <http://teo-theatre.org.uk/>. Just for the record, I have been landed the largest part I have had for years, and if this is to be my final performance on stage, there is no better way to bow out than playing the part of the hilarious evil comedy baddie "King Rat" in Dick Whittington. I just hope that my arthritic ankle is going to hold out for the four performances.

Chris Foster

PARKRUN VIEWS

So pleased to see the appreciation of Bill Sutherland's 100th parkrun. That's a great achievement and congratulations! Parkrun is a wonderful concept and admirable in its development. How they continue to resist the Department for Digital, Culture, Media and Sport, Sport England, and UK/England Athletics is an example to all, and shows that there is a way forward outside of allocated funding of lottery monies via the bedeviling Blairite quangoes of centralised, politically correct bureaucracies.

Phew - what a relief. But what about race walking? It doesn't exist in the current parkrun format, nor can it. I won't even go into the judging situation. There was a bit of push a few years ago which availed to naught. There remain those, desperate to promote race walking, out at local parkruns every Saturday, setting up courses, supplying equipment, volunteering in all roles, donating coffee and cakes and all the rest etc ... but who cannot advertise nor are allowed to give out flyers. It does not seem fair to blame the RWA or any Area bodies for this situation.

Trevor McDermot

A MUST READ

In his recently published book *My Life in Athletics*, Mel Watman suggests in the first few lines of Introduction that there is a strong possibility he has written more words on athletics than anyone else ever. At the end of the final chapter *Still Hooked at 79*, Mel speaks of the "unnecessary antics of the mascots (what purpose do they serve other than delight the four-year-olds in the audience?)". In between he recalls outstanding events and athletes during 60 years of reporting on the sport. Those of us who trained and competed in the sixties and seventies will remember the excitement when that week's copy of AW dropped through our letter box. We all owe Mel a huge debt of gratitude for recording accurately and with total professionalism the events and personalities of our sport. He was our editor of our weekly magazine. I am delighted to be able to tell you that copies of this fascinating book which will bring back happy memories for us all can be obtained from Mel at: 13 Garden Court, Marsh Lane, Stanmore HA7 4TE. The book, inclusive of postage, is £15. (cash/cheque payable to M Watman). Order now, you will not regret it! It's a MUST READ.

Tony Maxwell

ESSEX WALKER

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

Telephone:



01708-377382



Email

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