

Essex Walker

Editor: Dave Ainsworth

ESSEX WALKER SUBSCRIPTIONS

To comply with the new General Data Protection Regulation (GDPR, May 2018), we were required to ask readers to confirm that we could hold their personal data for the purpose of emailing the Essex Walker publication. Those of you who are receiving this issue will have hit your "reply" button, and several of you included some positive feedback which is appreciated by the editorial and distribution team. However, around only one third of readers have in effect re-subscribed. If you are aware of others who may have forgotten to respond (and therefore are not reading this!), please encourage them to email the Honorary Editor at either: dave_ainsworth@yahoo.co.uk or essexwalker@btinternet.com to re-subscribe. Essex Walker does not have an online presence, by website or social media, but you may be in a position to reach out to any interested parties. An increase in readership helps to gain a wider range of views and insights.

ALL-IN

For a second year, your Essex County 10,000 Metres Track Championship is to be held in conjunction with the Enfield League 1 Hour race at Lee Valley on Saturday 22 September commencing 12 noon. Alas "stayaways" caused this event to be ditched from a main Essex County Athletics Association meeting after turnouts of 1 and then 2.

Your County Race Walking Secretary Ray Pearce got together with Ron Wallwork to come up with an initiative to keep the race going - and a format was devised, involving this 1 Hour event, which is a 'B' race. It'll be the same arrangements as in 2017. However, last year we hoped for a large enough turnout to convince Essex County AA to readmit us back into their main meeting. Those finishing short of 10,000 metres will secure a classified finish. Last year was also poorly supported with no Essex competitors reaching 10,000 metres! We really need one-and-all back to keep your long-established Championship going. Can you appear/enter-on-the-day. Defending champions are: Amos Seddon and Melanie Peddle. Bob Dobson and Phil Goodwin were 2nd and 3rd respectively.

RACE WALKING FAMILY

The annual and now well-established (it commenced in 2002) Moulton 5 Miles was again - yet again - a highly enjoyable afternoon in the Suffolk countryside. It was popular as 47 participated with others coming to enjoy the occasion. On the road were 5 Cranes, 3 Wilkinsons and 2 Kings. A pair of celebrity double-Olympians acted as race starters, in Barbara Lawton (nee Inkpen) 1968 and 72, and Eric Hall 1956 and 1960. Local star Callum Wilkinson set a new course record (33.48) so erasing the previous course record of 33.58 from the record book, which had been set by double-Olympian Dominic King on his 3rd Moulton victory. Dominic (2nd) and twin brother Daniel (3rd) made the podium on their debut as Veterans/Masters (call it what you want). Looking at past winners, our inaugural 2002 men's victor in 39.12, John Hall, was still out there giving it his all in 2018 - long may he continue. Belgrave's Maddy Shott (45.37) led home the ladies with 5 times' former winner Helen Middleton 2nd and Maureen Noel completing the frame. A Mixed Mile saw Gemma Lewis and Anya Nibre in front with 14.02 on the stopwatch, with Enfield's Peter Howard 3rd. Prizes (everybody got something) were presented by Joe Mower (Suffolk AA), Olympian Olly Flynn and former International George Nibre, who had been an enthusiastic participant. A couple of well-known names couldn't get along this time: local distance star Kevin Marshall, a Moulton regular, was organising a course while former Anglia Striders member - South Woodham Ferrers-based Kevin Carley who means to appear one year - was racing in cycling's Tour of Cambridgeshire. Stalwart Chris Flint started 8-and-half minutes' late - with good reason -

for on his long journey from East Kent he suffered a broken windscreen when nearing the Dartford crossing forcing him to progress at much reduced speed for the rest of his journey. Full result in Race Walking Record, Enfield Walker and on <http://www.racewalkuk.com>

NEWCOMER

Mick Barnbrook has a new dog - a cross between a King Charles Spaniel and a poodle. He's named "Tommy".



FORMER RACE WALKERS SURFACE

Hon Ed got on a 27 bus from Leigh-on-Sea to Southend Town Centre (yes, old folks' passes accepted). After a few stops Ilford AC Centurion (No 535) Alan Barber (21.59.59) got on. When Ilford completed a team of 3 in a 100 miles, for a first time in 1974 (Leicester-to-Skegness) their team was Dave Neagle, Alan and Hon Ed. Here were 2 thirds of them on the same bus - along with now retired former Essex sports radio broadcaster Roger Buxton - a great friend of race walking. All 3 were at our 2012 RWA Olympians' Tribute Luncheon, and at the 2014 Southend 100 Miles on Garon Park track. A 27 bus heads towards Garon Park, which was where Alan was going. A short while later Hon Ed was driving near Upminster town centre when he saw 2 athletic-looking chaps who were clearly demonstrating fine race walking styles - they were Denis and Roy Shepard, both protagonists in Essex walking circles during earlier decades. It was good to see them both giving such a good account of themselves!

OPENING NIGHT

Strange things happened as our 2018 Woodford Tuesday Walks Series got going. For a start, there's now both a height barrier (6'10") and a width restriction barrier at the Chigwell Road entrance to Ashtons Playing Fields. This deters travellers, but also halts transit vans/people carriers and those who drop-in on their way home from work using firms' vans - it caught out quite a few. Then your joint organisers failed to show (see their report). As for Peter Cassidy, he'd previously only missed 2 of these races going back over 3 decades, when known as Woodford Wednesday Walks. Once he was on holiday and the other time was a hospital patient (we'll allow him that one). As start time approached Barnet's Steve Allen settled into the money-taking seat to issue numbers. Steve dealt with 9 entrants - just one more, and we'd have got off to a double-figures start. This meeting ran late, and after starting a delayed 3,000 metres run, we saw Mr Starter wheeling his box of equipment to the car park. "Where are you going?" we enquired. He was unaware a walking race was still to come. When the schedule became fiction, a notice advising of start times was taken down. Mr Starter turned around and took up his position near the hammer cage, ready to commence the last event of the night - which got going just after 8.45 pm. A new judge made her Woodford Tuesday Walk debut - Jeanne Coker. The good lady was surprised to be told she was now Chief Judge. However the burden was eased somewhat as Steve Allen stepped-in to deliver a start line talk, which he did most ably. Steve, together with Mark Culshaw and Carl Lawton helped officiate, so as the 9 got their race. And history was made, as for the first time in decades, it was a ladies 1-2. While racing the announcer wished everybody a safe journey home, even though the last race hadn't been completed. As for a journey home, Mick Barnbrook (like Hon Ed) who recorded a "p.w." didn't get home till past midnight! As our race ended, Peter and Pauline (thanks to the AA) arrived - but as we raced, ground staff locked changing rooms while we were still competing. Competitors had to change by their cars, in bushes - some had come by public transport - and other went home in their sports attire. Peter is taking this up with the powers-that-be. It was good to see a new judge present - one wonders what she thought of it all? See Peter's report/result. **And let's see more of you there before this Series ends!**

THE WOODFORD TUESDAY WALKS 2018

No 1: 12 June 2018, 3000m Category A

1	Maddy Shott (W)	Belgrave H	15:02.4
2	Melanie Peddle (W)	Loughton AC	16:52.5

3	Stuart Bennett	Ilford AC	17:40.3
4	Dan Maskell	Surrey WC	17:58.8
5	John Brock	Southend-on-Sea AC	20:15.0
6	Stephen Cartwright	Colchester & Tendring AC	21:43.7
7	Seán Pender	Enfield & Haringey AC	21:48.5
8	Michael Barnbrook	Ilford AC	23:29.2
9	David Ainsworth	Ilford AC	24:21.8

Teams

1	Ilford	73	This was a good turnout for the first event of the 2018 season. Newcomer to the series Maddy Shott started the year with a bang, with 2017's Champion Melanie Peddle making it a Ladies 1-2. By weight of numbers, Ilford established an early position at the head of the table and gave the other Clubs something to chase in the months to come.
2	Belgrave	30	
3	Loughton	29	
4	Surrey	27	
5	Southend	26	
6	Colchester	25	
7	Enfield	24	

The second race of the series will be on 10 July at 8:30 pm at Ashton Playing Fields, Woodford Green.

NB: Those who were present at this race will know that Pauline Wilson and Peter Cassidy were not. A car problem on the journey meant that they arrived just as the walkers were going home. They are grateful to all who competed, to Steve Allen and Mark Culshaw, who gave up their races to officiate, and particularly to Jeanne Coker who found herself elevated without notice to the position of Chief Judge. We hope to make it next time!

Pauline Wilson and Peter Cassidy

PETER EMERY RIP

Readers will be much saddened to hear of Peter's passing at the age of 80. Aylesbury-based Peter made many appearances, both for the Borough of Enfield Harriers (as called during his heyday) and for his Bus Company sports club in London Business Houses events. He enjoyed distance events more than shorter races, and relished the challenge of a walk from London-to-Brighton on the first Saturday of September. His love of a challenge saw him complete two 100 miles' events - at Bristol in 1977 (23.41.17 becoming Centurion 625) and at Congerstone (Leicester) in 1982.

Bristol was some race as His Grace the Duke of Beaufort was "Mr Starter". He set 84 on their way to tackle a truly testing course which was rural with a small lap then 10 large laps - at the end of each was a very long and steep hill. For a 2nd successive year it was Manxman Derek Harrison who led them home (56 finishers) in 17 hours 43 minutes. In the 70s 100 miles were won in such times! Most interest was shown in 2 lady competitors, Ann Sayer (who raced for Essex Ladies) and the late Dianne Pegg of Medway AC, who clocked 20.37.14 and 22.05.30 respectively. They became the first ladies to join The Centurions, Ann going on to become their first lady President. Others on this result sheet included Graham Peddie, Jack Thomas and the late Brian Copp, who claimed numbers 605, 606 and 622 respectively. When among 77 lining up for the 1982 Leicester 100 Miles, he was also set on his way by a notable "Mr Starter" - the Lord Mayor of Leicester. Peter was 40th of 55 finishers clocking 23.06.34. It was some race as despite appalling overnight weather, Mike Holmes Jnr won in 17.21.52 - the 2nd fastest UK Centurions qualifying time (only bettered by the late John Moullin/16.55.44/1971/Ewhurst). For good measure 3rd placed Irene Corlett (Boundary Harriers) clocked 18.54.05 to be the fastest lady Centurion qualifier. Others finishing that 1982 race included Bob Porter, Phil Hastings, Roger Michel, Brian Gale, John Dunsford and a certain Sandra Brown who qualified in 22.18.24 - of whom much more would be heard right up to 2018 with more to come!

Peter was an authority on military history, especially The Great War. He was a long-time supporter of Aylesbury United FC - through good and bad times (often the latter). His health had suffered over the years but he still managed to get along to Enfield races from time-to-time, where

he was always a most welcome and cheerful attender. He was a lovely man and to his widow Dawn and children Dyrol, Natasha and Tanyia, we express our profound condolence on their sad loss.

- **Bill Sutherland** writes: "So sorry to hear of the passing of Peter Emery, Centurion 625 and a great Enfield Club stalwart. I vividly remember him on the Inter Club Matches in the 60's and 70's often on 'out and back' courses where he was always giving words of encouragement to all. He will be sadly missed. May he Rest in Peace. Our sincere condolences."
- **Chris Foster** writes: "I remember Peter well as he and I regularly shared the back marker position, so we were able to chat about the joys of being alternative athletes."

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.

AUG	7	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
	11	Eastern Masters 2,000m Championship	Garon Park	1.20 pm
	15	Manchester International 3,000m	Sports City	4.00 pm
	18	Open 100 Miles/UK 100 Miles	Douglas (IOM)	TBC
	21	Woodford Tuesday Walk 3,000m	Ashtons Track	8.30 pm
	25	BMAF 3,000m Championship	Alexander Stadium	12.40 pm
	26	BMAF 5,000m Championship	Alexander Stadium	1.00 pm
	26	England Athletics U15/U17 Champs 3,000m/5,000m	Bedford	TBC
	27	Southend 1 Mile (+ George Woods Trophy)	Garon Park	10.30 am
SEP	2	UKA/RWA 50K Championships/Manx Open 20K	Douglas (IOM)	8.00 am
	2	Guernsey Church-to-Church 19.4 Miles	St Peter Port	9.00 am
	4	WTW 3,000m + YAG + Series Presentation	Ashtons Track	8.30 pm
	4-16	World Masters' Championships	Malaga	TBC
	15	English Schools' Championships	Bedford	TBC
	15	Roubaix 28 Hours	Roubaix	TBC
	16	Ramsey Bakery End-to-End Walk 39.2 Miles	Point of Ayre	8.00 am
	22	Enfield League 1 Hour/Essex AA 10,000m Champs	Lee Valley	12.00 noon
OCT	13	Enfield League 5 Miles	Lee Valley	1.00 pm

WHERE ARE THE WALKERS?

When falling numbers are discussed, we often hear that cry, "*But what about the juniors?*" Hmmm! What about them? The National Under 20 and Under 23 10,000m Championships at the walking mecca of Bedford had no entries in the Women's U23; and the only three U20 entries were all disqualified ... so no ladies finished. What a showpiece? The men's race saw Cameron Corbishley (thankfully back in form after injury) win in 43.47, followed by Tom Partington 47.55 and Luc Legon 48.32 - 2 others were disqualified. However, to be fair, the time of the year was when youngsters are studying for exams, which probably was a factor in such low entries. At the British Grand Prix of Race Walking, held in Leeds with first-class facilities, there was no Essex participation - hence there'll be no 2018 Essex County 20K individual and team medals awarded, as it's in this race that your County Championship is now staged. Tom Bosworth won in 1:23.10, followed by Miroslav Uradnik (SK Dukla) 1:24.09 and 3rd Callum Wilkinson 1:24.41. Tonbridge star Guy Thomas was 4th in 1:29.32. 7 started/2 d/q'd. A ladies' race saw a 1-2-3 of Bethan Davies, (Cardiff), Heather Lewis (Pembrokeshire) and Erika Kelly (IOM) clocking 1:36.55, 1:39.06 and 1:41.30 respectively. 6 started/finished. In a mixed Open 10K on the undercard Tom Partington won in 44.04 with Francisco Reis 3rd in 53.120. *Where are the walkers?*

ATHLETICS REUNITED - MEL WATMAN'S 80th BIRTHDAY LUNCHEON - AT "THE COW"

A well-attended function was held at "The Cow" - at Stratford's Queen Elizabeth Olympic Park entrance - to honour and mark the 80th birthday of Britain's greatest ever athletics writer **Mel Watman**. He is much remembered as Editor of "Athletics Weekly" in its heyday, when a booklet called "The Bible" which was compiled in an office at 344 High Street, Rochester, and mailed out, always arriving on time by Friday. You couldn't wait to open its pages to see if your performances had made print! Times change! When arriving at "The Cow" their function room was occupied.

Hmmm! Management of this establishment had "double-booked" in error. What could be done? ... well very little. We were all crammed around 5 small tables on a mezzanine floor at the top of an open staircase above the *hubbub* of their public bar below - and frequently users of ladies toilets on this floor level walked through our gathering. It didn't make the best setting for the speeches etc. There was little point in having a buffet in such a packed area, so we waited until that event in the function room ran its course. Then our buffet needed to be set up from scratch, making it a somewhat late lunch in terms of time. Tony's noted for writing sound correspondence - I suspect Management at The Cow are about to find that out for themselves!

Full credit to Tony, *an organiser par excellence*, who nobody blamed for such setbacks. It was a great initiative on Tony's part to suggest honouring a wonderful man and a true protagonist of athletics journalism. DA

- Writes organiser **Tony Maxwell**: "Thanks very much for your messages of appreciation and sympathy. I have written to The Cow management in some detail outlining the disgraceful way in which we were treated on Thursday. I have obviously requested substantial compensation. No doubt it will take some time before the matter is resolved but I shall let you know the result of my efforts. I cannot remember another occasion when I was so hugely upset and angry at the way in which an event I was responsible for turned out. Once again thanks for your messages."
- **Mel Watman** writes: "Pat and I would like formally to thank Tony Maxwell for the splendid event he organised - such a joyously nostalgic occasion. I agree with Ted Bailey, Dave Ainsworth and Tom Pollak that The Cow should refund at least some of the cost, to be donated to a worthy charity."
- **Ted Bailey** writes: "To Tony Maxwell, very well done in most difficult circumstances thrust upon you ... it was great to see so many faces of yore. Now, as regards The Cow, this was unforgivable and not the first time nor the second ... remember when they tried to rip us off one Christmas? The least they could have done was give us a complimentary drink (or two!) but you should certainly go for a full refund and give our money to an athletics charity. I'm not inclined to go there again and, from my year working in the USA, they would have had big trouble."
- **Tom Pollak** writes: "Thanks to Tony Maxwell again for organising a great event. It was great to talk to John Hayward among others who I hadn't seen for many years. Talking to Bob Frith and Nick Overhead was really a trip down memory lane. FYI they both competed in the prototype National League match, which was the idea of the late Tony Ward, at Twickenham Athletics Stadium, now the Stoop Rugby Ground, back in 1969 where Nick threw the hammer!! I was there covering for some organisation or other and I suspect Peter Matthews and Mel were also there. Hard to think that was almost 50 years ago."
- **Peter Matthews** writes: "Yes – Tom I was there. Announcing - in my second year of doing this at UK meetings. Despite the problems at The Cow it was a lovely occasion for meeting and reminiscing."
- **Bill Sutherland** writes: "Thanks again to Tony Maxwell for all his hard work in organising a successful and enjoyable function despite all the problems he faced. It's strange but when one confronts adversity it often produces the best from human beings especially the gathering of star athletes assembled last Thursday. Yes a different venue must now be found and I am sure will. When I look back at my Sport of Race Walking, although the RWA produced so many stars over the years, the disadvantage was we were always looked at separately from mainstream athletics. I do feel nowadays that although we are much smaller in number the hard work of so many past walkers, most notably Ron Wallwork MBE and his Enfield League and Dave Ainsworth with his Essex Walker and their supporters, have brought us back together as an athletic family past and present. Long may it last as it is good to toast the successes over so many decades. Seeing Mel Watman and his dear wife was truly a privilege, as reading the Athletics Weekly Bible every Friday will always be remembered by myself and so many others. Well done again!"

GOLD MEDALS

Walkers with Essex connections travelled to Leicester's Abbey Park on a baking hot Saturday morning for the annual British Masters 10K Championship road walk, in conjunction with the Jim Sharlott open event - on what was a busy time for walking events. On a flat multi-lap circuit Loughton's John Borgars was 12th 68.34, winning a BMAF M70 gold medal. Bob Dobson 15th clocking 75.03, but of more importance was first home in the M75 category, so earning an age group gold medal. After a well-earned breather, he had enough left in the tank to line-up for a Veterans Open 2 kilometres' dash on the undercard, in which he came 2nd in 14.26. Sean Pender came 14th in 74.39, came 4th in his M65 age group. Winner was Thames Valley's Francisco Reis M55 in 53.29. 15 finished, 3 d/q'd. The ladies race saw 7 start and 1 d/q, with Olympian Lisa Kehler easily winning in 59.39. Meanwhile on Oxford's famous Iffley Road track a combined Oxfordshire County Championship and an Open 3,000 metres was held in conjunction with the annual "Town v Gown" athletics match. Guests Madeline Shott (Bels) and Neil Bates (Chiltern Harriers) were the 1-2 clocking 15.44 and 15.54 respectively. Third (therefore Oxfordshire County Champion) was Ilford's Steve Uttley in 17.03. 6 finished. Oxfordshire staged the BMAF 10,000 metres track championship (at Horspath) won easily by David Annetts in 55.52, but without Essex involvement. 2nd was Roger Mitchell 64.29 with Loughton's John Borgars 3rd in 67.30. Ashford's Lesley Hall, 68.21, was the leading lady in a mixed event with 10 starters/9 finishers (1 dnf). The BMAF 5K road Championship at Horwich saw Olympian Ian Richards add to his wonderful tally of awards, with a 25.29 timing. Former Basildon athlete Greg Smith was 18th clocking 31.33 in Lancashire Walking Club colours, as 33 finished.

ESSEX WALKERS SCORE WELL AT THE EIGHT COUNTIES MATCH

A report by Peter Cassidy

It was the turn of Essex this year to promote the annual Eight Counties Match, which was put on at Melbourne Park, Chelmsford, on 24 June. Each county is allowed two scoring walkers and non-scorer in each of the men's and women's races, which are held simultaneously. Essex was able to provide its full complement in both cases and they scored well.

For the men, Dominic King was first home in 12:17.73, with brother Daniel not far behind on 12:40.53; our non-scorer, Sebastian Parris, with a personal best of 15:12.50 was sixth. Our women were led home by Melanie Peddle, third in 17:08.55, Janice Bentley-Pearson being our second scorer in seventh place with a PB of 19:57.37, and Rachel Anne Lawless, the Essex non-scorer, also set a PB of 20:34.73 in eighth.

Although walking for Middlesex, Ilford AC member Mark Culshaw was seventh man in 17:46.93.

Essex featured heavily among the Judges, with Peter Cassidy as Chief, Pauline Wilson and Steve Cartwright; Ron Wallwork completed the panel.

ROLL-UP

Southend-on-Sea AC's Open Track 1 Mile is again on August Bank Holiday Monday (Monday 27 August) at 10.30 am - enter on-the-day. Venue: **Garon Park**, off Eastern Avenue, Southend-on-Sea. SS2 4FA. Large (free) car park. It's early enough to leave you with plenty of time to enjoy the rest of your Bank Holiday Monday - perhaps enjoying attractions in Southend? In addition to the usual prizes we also race for the "George Woods Trophy", which is held in honour of a great stalwart member of your host Club. This trophy was kindly donated by the O'Rawe family and goes to the first Essex-resident Centurion - current holder, Steve Allen, lives just down the road in Prittlewell. Best attendance, since this race was added to the calendar, was 23 - so let's see if we can equal or better that on 27 August. All welcome.

GET WELL SOON

Sad to report that Enfield & Harringey AC Centurion Ken Roost has had a lengthy spell as a hospital in-patient. Ken's been a regular points man at Enfield League events and attended The Centurions' Centenary Dinner at the House of Commons and also that great Enfield Open 7 Miles 90th anniversary reunion. He also has a sub-20 hours 100 miles finish in his record book, when leading Enfield's winning team in the 1979 Ewhurst event (Jack Rossiter and the late Peter Worth being their other scoring team members). We all wish Ken well, and a swift recovery.

READER'S COMMENTS

Reader Mark Wall has expressed an opinion that International Gemma Bridge had deserved more mentions in our previous edition. *Answers Hon Ed:* Mark has a point - however Hon Ed wasn't at the Commonwealth Games so relied on readers to send in copy. What was sent was used. Hon Ed wasn't in China either - and after that meeting, not one written word was sent by anybody. Essex Walker can only consider what is submitted. Mark also points out it was he who set up that memorable photo opportunity of 1970 Commonwealth Games 20 Miles' finishers Bob Gardiner (silver) and Ron Wallwork (5th), two athletes he admires. *Adds Hon Ed:* Again I used what was sent - had I known who was responsible for arranging this, I'd have given that person credit. It was a great photo, so our **thanks to Mark**.

"ALL OUR YESTERDAYS"

Those words were uttered in Shakespeare's Macbeth, by the eponymous hero himself. Such words do well to introduce another nostalgia piece - this time from the Royal Air Force 7 Miles Walking Championship, held on January 24 **1955** at RAF Newton (a now closed station in Nottinghamshire, which today is an Industrial Estate known as Newton Business Park). The victor was Leading Aircraftman **Colin Young** of RAF Hornchurch who clocked 57 minutes dead. He was followed by Flying Officer ISM Paul of RAF Boulmer in 57.38 and Junior Technician K Mallinson of RAF Church Fenton in 57.38. 7 beat 1 hour - first outside 60 minutes was Leading Aircraftman **Ken Livermore** in 60.51, representing hosts RAF Newton. The 2nd/3rd men home, plus Ken and then Leading Aircraftman Moose in 61.12 were a winning scoring 4 as Fighter Command won the Inter-Command title. Colin led his Flying Training Command to 2nd position. Centurion Ken progressed to much better things, as we all know, and was still out there with numbers and pins at Moulton. Others competing included Corporal Ron Purkiss of RAF Henlow who filled 28th spot in 68.19. Sadly, he's no longer with us, but after demob settled in Stevenage and joined his local Club while working as a peripatetic chiropodist. At one time he was our RWA's Coaching & Development Officer and in 1979 at Ewhurst became Centurion 652 with a great 19.35.45 clocking. As for that RAF race, 55 finished. RAF race walking continued to grow in popularity as their 1972 RAF 7 Miles at RAF Cottesmore (Rutland) - won by Medway & Maidstone AC's Steven Holliday - had over 100 on its start line. Great times with great personalities.

EVERYBODY ON THE LOOKOUT

Most clubs/societies/organisations are looking for persons to stand for their offices/positions. It seems also the case for The Olympians, that famous organisation which admits those who've competed at the highest level. *They seek new Committee members.* Please give your names to: secretary@GBOlympians.org or chair@GBOlympians.org for further information. Their Secretary is Linda McMahon (Fencing 1980/94/88), Chair is Joslyn Hoyte-Smith (Athletics 1980/84).

THE LAW IS THE LAW

Here is the precise wording of the IAAF Rule with the wording from the UKA Supplementary Rule (*information provided by IAAF Judge and RWA President Noel Carmody*):

CHIEF JUDGE

Rule 230.4(a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in the last 100m, when his mode of progression obviously fails to comply with the Rule 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

RULE 230 S 1 UKA SUPPLEMENT

The power of the Chief Judge to disqualify in the last 100m described in Rule 230 4(a) shall be applied to **all UK, National and Regional championships**.

MR INCREDIBLE

Good luck went to our very own marathon legend Mr Incredible himself, Andy Wilmot, for doing his 750th marathon as part of the Barrow 10 in 10 challenge, accompanied by club mates Keith Thorogood and John Warne.

Adds Hon Ed: Thanks to Tony Perkins for flagging this up. This event, in June, saw Andy (Centurion 997 of Halstead Road Runners) complete his 750th marathon at the age of 74. He still keeps going! Andy qualified as a Centurion at Newmarket in 2003 when coming 26th (of 31 finishers) in 23:33.19.

MILESTONES

August sees former Scottish International Stuart Bennett reach his 60th birthday, and we wish the in-form Ilford AC man all success in his new category. Club colleague Dave Ainsworth hits 70 later that month. Both are Centurions with near identical 100 miles' completion times of 22:42.18 and 22:44.41 respectively.

MRS BRENDA MOCKETT RIP

Readers will be so sorry to hear of the death of Sussex-based Mrs Brenda Mockett, wife of former Woodford Green AC, Ilford AC and Metropolitan Police Race Walking Club star Lew. The good lady departed on May 16 after a short period of illness. On behalf of all readers condolence is expressed to Lew and his family at this sad and trying time.

NOTIFICATION FROM GRAHAM JACKSON

Sad day for the Northern Area to hear of the passing of Dave Compton at the young age of 54, thoughts and prayers are with Dave's family.

Adds Hon Ed: Dave belonged to Lancashire Walking Club, the same Club as his father Eric - himself a talented race walker, who completed the recent 2 hours' walk in the North which was staged to commemorate the anniversary of Ron Wallwork setting a UK record for 2 hours' walking.

"AS YOU WERE"

Blackheath & Bromley Harriers AC's proposed move from their current Bourne Way HQ (near Hayes Station), to Norman Park athletics track, is postponed till at least 2019. Watch this space!

"I DON'T BELIEVE IT"

That was grumpy Victor Meldrew's catchphrase, but also one Tom Bosworth quoted to Athletics Weekly after his world record 3,000m win (10:43.84) at the Muller Anniversary Games, held in the London Stadium (Stratford), and televised. 2nd was South African Lebogang Shange (10:47.08) who'd chased him right to the home straight, with Callum Wilkinson 3rd in 11:13.77. 9 started/7 finished/2 dq'd (both GB).

BLAST FROM THE PAST

Former Aveley resident Wally Waldron, now known as Richard Waldron, was a member of Essex Beagles from 1960-to-1965 and remembers both training and racing from their Chigwell Row HQ. He returned to running in the '70s and has completed 5 London Marathons, being a regular for Cirencester AC, where he now resides. Now aged 77, Wally aims to do a few walks in the Midlands to see if he still has what it takes. In his heyday he was a good 7 miles-in-a-hour man with an RWA badge to prove it. Does anybody recall Wally?

JOHN CHIDLOW RIP

Sadly John Chidlow has passed away. He was an experienced timekeeper both in endurance events in Wales and for many RWA races in England. He served on several committees in Wales and was involved in cross country, road events and fell and mountain running. He was a timekeeper at the London 2017 IAAF World Championships walks. He'll be so much missed.

CALLING THE TACTICS

Visitors to Moulton Village Hall will have seen a football pitch behind it. It's here where Ian Spinks now comes to the fore, as he's Assistant Manager of the Village team. Ian has talents in our National Game having been prominent in local football when based in the Enfield area some years' ago.

APPRECIATION FOR TONY PERKINS

Just wanted to say that was a great achievement to be an official at 201 park runs. Without the efforts of people like you sport would not exist. Keep up the good work.

Oliver Flynn



Dear Dave ...

APPRECIATION

Hope you are keeping fit and well. Many thanks for the recent Essex Walker, a great race walking account of present results, comments and lots of nostalgia.

Fred Pearce

COMMUNITY AWARD FOR ED SHILLABEER

At Mayflower Plymouth Rotary Club's Presidential handover dinner I, together with a husband and wife team who started and run the SW Special Olympics team, who by coincidence happen to be clients as well, were honoured by receiving the Paul Harris Fellowship award for services to the Community. Happy days!

I had my best training session this year yesterday morning before breakfast, I love the heat!

Ed Shillabeer

MEMORY LANE

I took a tour by car around Chigwell and Abridge and recalled some of the most notable races of the past the Centurion 100 Miles Walk in the mid 60's, RWA 50 Kms Walk, Ilford Christmas 10 Km Walks, along with many MPAA 10 Miles and Inter-Services Walk Matches. How on earth did the Centurions walk 10 Miles 10 times around that mountainous course? The rear gates of Chigwell Sports Club once were stolen and now a new entrance has been built. I wonder what the late Sam Soane would have thought of that as a regular marshal at that point?

Bill Sutherland

Adds Hon Ed: Two 100 miles' races were on that course - 1961 & 65. The first saw Woodford Green's Hew Neilson win - then head for the West County to complete the 6 miles Chippenham-to-Calne later that same day (they raced Fridays and Saturdays over 100 miles in such times). In 65 the late Dave Levy completed the first of 10 circuits then said, "I'm certainly not doing that another 9 times" and promptly went home! In 1971 Hon Ed did the "Big 10 Course" in the Ryan Cup for the Combined Services in their annual triangular representative match against the British Police and Civil Service. Bill

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Sutherland (Police) won with Peter Fawkes (Civil Service) 2nd. In those days it was over 10 miles 3 teams of 10-a-side - all needed to beat 90 minutes for selection! In 2018 it was over 10K with 2 teams of 3-a-side.

EMAILS MARK WALL

There is an ill-informed contribution from one correspondent. The Commonwealth Games teams are size limited. Scotland and New Zealand had limits of 15 athletes. Nations pick what they are able to. The walk fields were commensurate with many other events. Perhaps if he was aware of the statistical data involved ...

I was disappointed that Gemma Bridge was not worthy of being mentioned where Callum was. She was after all narrowly beaten by the 4th place-getter despite having an array of issues and was the only athlete we had to emerge without a report in Taicang let alone seeing a time penalty. I assume that is down to her coaching set-up and because she does not fit the profile and background others wish to promote in race walking. By the way it was me who facilitated Ron and Bob meeting, as I count both as friends, something I cannot say of others in the discipline in this country.

Mark Wall

WRITES AN EXPERIENCED CAMPAIGNER/BMAF 10K CHAMPIONSHIP

I was the last finisher, albeit 3 were dq'd in the men's race, but I won the BMAF Master M75 title because I was the only contestant, and the oldest walker competing. How the mighty have fallen. Not content with that, and lacking training miles I put in another 2 kms in the all-comers 'B' race. Like everywhere else it was hot and sunny and a long drive for an early start wasn't the ideal pre-race preparation. The event was moved forward from its traditional September date to accommodate the Masters going to Malaga on the same September dates. This is likely to be the pattern for future years.

Bob Dobson

WRITES COLIN VESTY

Another very successful event, some good performances on a lovely hot and sunny day in the park. Many, many thanks to all the officials

and volunteer helpers that make events like this possible.

Colin Vesty

FROM OUR TRAVEL CORRESPONDENT

On a long training walk the other day, I was delighted to come across the name of a former RWA committee member prominently carved onto the 1936 Olympic Stadium in Berlin.

Harold Whitlock won Olympic Gold for the 50,000m racewalk, and it has been on display here for 82 years alongside the legendary Jesse Owens.

An amazing place worth a visit which is now a 5-star football stadium ...



John Constandinou

Adds Hon Ed: I visited the same stadium and missed this - I'll have to go back again and keep my eyes open!

WHAT A NICE MESSAGE

I would like to continue to receive the Essex Walker. Many thanks for all the time and effort you continue to put into it! My last race in the UK was almost 19 years ago now (Imber Court July 1999). The most amusing part for me was that I got to give John Hedgethorpe a ride there in a police vehicle. Amusing since he had done that for me so many times when he was based at Police HQ. The only race I have done since moving to Canada was a Disney World marathon when it still had a race walking section. Anyway thanks again.

Julian Robinson

RETIREMENT STATEMENT FROM OLLY BROWNE C789

I am absolutely humbled by the kind words from you, and am so grateful to have been a part of the race-walking world!

For me, it started in Ilford, walking for miles along the Roding River; and ended here, in

Leigh on Sea, where I still reside, walking along the seafront.

To be part of the 'All-time list' is a huge honour, and one I will be forever proud of. I've walked with some inspirational people over time, too many to name, and the community has been nothing but encouraging.

I may be retiring, but I hope to still be there cheering you all on at events, and joining you for a pint or two at the finish line.

Thank you for a lifetime of happiness, and also hip pain! All worth it.

Olly Browne

AN ESSEX RESULT

I don't know whether this may be of interest for the next Essex Walker.

CATs 400m Walk/Run

CATs held another successful low-key club 400m Race Walk/Run on Monday 4 June with 32 athletes participating.

Three athletes received a 20s time penalty for losing contact. The overall male and female winners were:

- Age 9: Kester (W-2:35.6, R-1:26.8) and Eliza (W-2:30.1, R-1:39.7)
- Age 10: Oscar (W-2:34.4, R-1:31.2) and Sophie M (W-2:38.7, R-1:30.7)
- Age 11: Seb (W-2:37.9, R-1:16.9) and Scarlett (W-2:38.6, R-1:45.0)
- Age 12: Rocco (2:40.2, R-1:16.4) and Rachel (W-2:39.3, R-1:24.8)
- Age 16: Sam (W-2:28.5, R-1:00.8)

Steve Cartwright

SPORTS HISTORY BOOKS: MEMORIES AND MEETINGS

I have now completed my personalised history of British Sport from 1950-1980 and am sure that many references to well-known walkers, and including amusing and interesting anecdotes, could be much appreciated by "Essex Walkers". Thus I should appreciate receiving a statement of postal address where I can send free copies of this work (2 volumes)

for you to read and publish a (hopefully positive) review.

As you will know, works like this produce very few earnings for authors, who do the job practically as a service for sporting comrades, and I am sure for older readers it will bring back many memories, for younger ones also offer intriguing insights.

Wilf Holloway
wilfholloway@web.de

NAME FROM THE PAST

Please, please, please continue to send me Essex Walker. It's the way I can see if my former club mates (Basildon AC) and rivals from the other clubs in Essex and the London area are still in good health, or not. Keep up the good work.

Jim McCormack
(now Longwood Harriers, Huddersfield)

Adds Hon Ed: Those wishing to submit their addresses, please do so direct to Wilf (email address as above)

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