

Essex Walker

Editor: Dave Ainsworth

DOM KING SUCCESS - DUDINCE 50K

Report by George Nibre and Henry HORNE

Dom KING raced the 50kms in Dudince on 23 March 2019 in warm to hot conditions and achieved the very hard UK World Athletics qualifying time of under 3hrs 59 minutes, with a sterling effort of 3 hrs 56 minutes and 36 seconds to take 14th position in a world-class field. Dom raced with perfect pace judgement throughout and was 10 minutes quicker than 2018 in Dudince. The time achieved was the UK 5th fastest time of all-time. This time should secure his selection for DOHA in October 2019. The selection team will meet in April 2019 following the London marathon result. This time was Dom's second fastest ever time. The World veteran Champion from 2018 showed his mark and class. Dom can now push on towards a future UK 50kms record with margin gains over the next months. With 2020 TOKYO looming next year this has set the foundations and pathway for another Olympic selection, and a high world rankings place. Dom will now race 20kms in the European Cup hopefully in May 2019.

Unfortunately, his brother Dan did not finish, having walked under 2hrs for the first 25 kms, and after 30kms Dan retired. Nevertheless, this still shows that Dan can achieve the Olympic mark for next year following this effort. Both athletes received no cards from the judges which shows progression. Dan has undoubted talent and will get the right mix in the foreseeable future, to paint his masterpiece.

Great Britain walker Cameron CORBISHLEY, 21 years of age, raced an amazing outstanding 50kms Dudince debut performance to finish 6th in 3 hours 53 minutes 20 seconds. This ranks as one of the best ever UK 50kms debutants at the distance, if not the best. A superb even-paced endurance performance and now second on the all-time UK rankings. Great work by Andi DRAKE and his team. This result shows enormous promise for the future of UK 50kms walking.

MARLOW (IAAF MEMBER) RESIGNS IN PROTEST AT PROPOSED CHANGE TO RACEWALKING

A high-level member of the IAAF has submitted his resignation after 43 years in protest against proposed changes to athletics events made last weekend in Monaco. As the global organisation for athletics, decisions were made by the IAAF in a private meeting to drop the 50km and 20km racewalks and immediately replace them with 10km and 20km or 30km races, with new proposed shoe technology to be introduced to high-level events. The 50km has been on the Olympic programme as part of athletics since 1932 for men, with women finally being allowed to race in Tokyo 2020. The 20km has been on the Olympic programme since 1956, with women only being allowed to compete from 2000 at Sydney. The electronic shoe has not yet been tested and technical equipment normally takes at least 4 years to complete trials. Experts have expressed doubt about the reliability of the shoe.

Peter Marlow, who represented Great Britain at the Munich Olympics in 1972 in the 20km racewalk stated: "I resigned after 43 years from the IAAF Race Walking Committee yesterday at protest of the decisions taken by the committee last weekend." The IAAF decisions to overhaul the racewalk distances have come after the 50km racewalk was saved two years ago, when proposals to eliminate it due to inequality were solved when women were allowed to start competing in the event, leading to full equality in athletics at the Olympic Games after 104 years. Women are now competing 50km at the highest level in many countries on all continents.

The IAAF decision has been met with dismay, with walkers around the world fearing this is the beginning of the end for not only racewalking but triple jump and shot put - other events which have repeatedly been brought up at IAAF meetings. Current World Champion and French Olympic medallist Yohann Diniz has responded: "We can evolve but we must not lose the drama of the athletic walk. Why have we opened the 50km to everyone for two years only to bury it immediately? As we can see, from the 2017 World Championships to the European Championships last year, more and more women are getting involved."

Despite athletes' protests, the IAAF approved the proposals 'in principle' at their meeting in March, albeit with some ongoing changes.

DEAR LUIS

"With Olympic race walking, as we know it, coming under threat yet again - former International George Nibre has kindly allowed Essex Walker's readers have sight of his letter to Luis Saladie (Head of Competition Management IAAF) regarding the proposal for removing the future 20/50kms walk from the major Championship calendar, ie Olympic Games and World Championships."

"From an early age children learn to walk. Generally the most natural thing we all do. From day to day we walk from A to B. Sporting challenges come in all forms of disciplines and endeavours. What makes elite golf, football, elite horse riding, netball, elite tennis, rock climbing, BMX riding and rugby 7 to name a few, more fashionable than race walking?"

"The debate gathers momentum and credibility. The Olympic motto, faster, higher, and stronger embraces the Olympic events. Will darts or fishing be the next event on the Olympic calendar? The world's most popular sport. All sports have their valid arguments to support their specialism. Again, the demise of race walking has come to the front of the queue, and raised its ugly head for possible removal. Over the recent years walking has again established itself as a major genuine sporting event carried out by female/male endurance gladiators. However, arguments for removing events and increasing certain events in Tokyo 2020, and beyond will continue."

"What other sensible alternative endurance distance is suitable for race walking in major Games such as the Olympics? The 100/200 metres speed walk on the track after the 100 metres sprint final? What about speed texting on your mobile? Common sense must prevail. Sensibly, does race walking race in parallel with the marathon over 26 miles? This is a valid consideration, if the 20/50kms events are to be reduced or eliminated from major Games."

"Controlling both events on the same day on the marathon course would be logistically, simplistically, administratively and the big word financially managed easily. TV and spectators catered for, and easily dealt with by judges, and feed stations controlled by suitable staff. The cost-effective implications of the events centred on one BIG day enjoyed by a huge audience of spectators world-wide."

"To conclude, this global argument and serious disagreement the race walking fraternity will remain united, diplomatic, professionally walking tall in the fight for race walking at 20/50kms to be retained in future major games."

"Hopefully, a sensible Championship Best performance result will prevail ... BUT? I wish you well in your endeavours to solve this mess. Walk Tall."

George Nibre, former International Racewalker, mentor, advisor

CONGRATULATIONS

Neringa Masilioniene, who as Neringa Aidityte became Ilford's 5th Olympian - and thus far, only Double Olympian (20K Walk, London 2012 and Rio 2016), has a happy announcement:

"Hello!

I'm sorry, whole thing lasted so long and finally I've delivered my son, 7 February at 4:40 am after emergency C-section."



ONE HUNDRED

Our last edition remarked on a display of sporting activities at Imber Court Metropolitan Police Sports & Social Club, for which an appeal was issued for action photographs of race walking at this venue. As stated last month, it appeared most walkers assumed other walkers would provide these wanted pictures - sadly apathy is a reason why race walking popularity is nosediving. So many walkers appeared at Imber Court that umpteen photographs were expected; alas no, hence another race walking publicity opportunity was diminished.

Hon Ed sent 2 photos from the 11 January 1969 Met Police Open 7 Miles. This was always the top fixture in a series of highly popular Open 7s which were the backbone of race walking's winter season. On this day a long line of men (no ladies at this event then) with kit bags could be seen making their way from Thames Ditton Station to Imber Court. There was a great atmosphere as **209** faced the starter. Dave Ainsworth (then London Vidarians) was among them and clocked 60.52, which got him only **100th** position. Nowadays 60.52 would guarantee a men's *top 6 finish* in the capital's only remaining Open 7 (the Enfield). *Times change.* 193 finished (last being F Harmer/Herne Hill Harriers 76.25). With 4-to-score in 1969 we saw **25** teams closing-in! Victor Paul Nihill (50.46) was followed by John Webb (51.16) and Malcolm Tolley (51.36). Paul and John, like 4th placed Bob Hughes (51.51), 9th placed Shaun Lightman (52.49) and 10th placed Brian Eley (52.54), had competed in the Mexico Olympics a year earlier. Other top 10 finishers were Bill Sutherland 5th, George Chaplin 6th, Dave Watson 7th and Colin Young 8th. Other Olympians/future Olympians included Brian Adams (12th), Roger Mills (14th), Ray Middleton (17th), 28th Wilf Wesch (55.09) and 36th Phil Embleton (56.01). Also contested was a Combined Services' Medal for the first serviceman: Trowbridge AC's Lance Corporal Phil Thorne of the Hussars claimed that in 13th position (53.15). Royal Air Force personnel on parade included Padre Roy Lodge 26th, Parachute Jump Instructor John Kirk (55.06), Dave Gulliver 41st, Tony Challis 45th, Steve Holliday 76th, the aptly-named Larry Miles 89th, Dave Ainsworth 100th, Ron Williams 103rd and Brian Smith 108th. Leicester WC won a tight team race just ahead of Belgrave Harriers - with Essex team Southend-on-Sea AC 3rd (scoring Alec Banyard, Dave Rosser, Bill Wright and Ken Tuson in 15th, 19th, 38th and 44th positions respectively). A keenly contested handicap race saw 3 prize winners: 1. C Wormleighton (Greyfriars), 2. J Mullen (Coventry) and D Watson (Southampton). Top 3 handicap teams were: 1. Greyfriars WC, 2. Southampton AAC and 3. Surrey WC. The first Metropolitan Police member in the handicap (gaining no other award) was Cambridge Harrier Len Taylor who'd occupied 81st place in 59.27. In a side match, the hosting Metropolitan Police team beat The Centurions. We're indebted to Pam Ficken for unearthing this old Race Walking Record (No 317) from her collection.

WHAT HAPPENED TO BERYL RANDLE?

We thank reader Kim Howard for spotting a Daily Mail article with the above title, and sending it in. It reads: Beryl Randle was born 16-12-28 in Walsall. A stalwart of Birchfield Harriers she took up competitive walking in 1946 after coming last in a 100m race. On 24-5-54 she broke the world record for a 1 Mile Walk in 7.49. On 19-6-54 she shaved more than 10 seconds from her record at the White City clocking 7.38.4. Her most famous event was a race walk organised by the late Billy Butlin from John O'Groats-to-Land's End. Beryl led for most of this race until a sprained ankle forced her into overall 2nd place. Butlin was so impressed he presented her with the same prize as the winner. She continued competitive walking into old age and won a World Veterans Gold Medal in the 5,000m at Gateshead (1999). She held many sporting and administrative posts at Birchfield Harriers, is 89 and lives in Walsall. *Information supplied by Phil Brown of Preston.*

Adds Hon Ed: Also on May 29 at Alexander Sports Ground (Birmingham) Diane Leather became the first woman to break 5 minutes for a mile run, so GB had both women's 1 mile running and race walking records - only 23 days after Roger Bannister's first sub-4 Minutes' Mile. Diane died on 5 September last year, aged 85.

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.

APR	6	Ilford AC Pie and Mash Lunch	Romford (Robins)	12.30 pm
	10	VAC/Surrey/Middx/Herts/ 10,000m Championships	Battersea Park	6.45 pm
	16	VAC Summer Series 5 Miles (all welcome)	Battersea Park	7.00 pm
	20	LICC/Enfield League 5,000m	Lee Valley	12.00 noon
	22	Tonbridge Track Walk	Tonbridge	TBC
	28	RWA & Inter-Counties 10K Championships + YAG	Coventry	TBC
MAY	6	Herts Championships 3,000m	Stevenage	12.00 noon
	6	Pednor Open 5 Miles + Enfield League 5 Miles	Chesham	5.00 pm
	12	Essex County AA 3,000m Championship	Melbourne Park	TBC
	13	SCVAC T&F League 2,000m	Lee Valley	6.40 pm
JUN	1	Moulton Open 5 Miles + Enfield League	Moulton	12.30 pm
	2	BMAF 10,000m Championship	Oxford	TBC
	4	Bill Collins Trophy	Tonbridge	TBC

	11	Veterans AC 5 Miles (all welcome)	Battersea Park	7.00 pm
	11	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	16	LICC/Enfield League 5,000m	Allianz Park	12.00 noon
	16	BMAF 5K Road Championship	Horwich	TBC
	22	Manx Telecom Parish Walk (85 Miles)	Douglas	8.00 am
	22	Jack Fitzgerald Memorial Walks 3 & 6 Miles	Tilgate Park	12.30 pm
	23	England Athletics Championships 10K	Bedford	TBC
	30	Jim Sharlott 10K/BMAF 10K Championships + Open 2K	Abbey Park	11.00 am
JUL	6	Open Development Track Walk	Lewes	12.00 noon
	9	Veterans AC 5 Miles (all welcome)	Battersea Park	7.00 pm
	9	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	14	Veterans AC 3,000m Championship	Kingsmeadow	TBC
	16	Nijmegen Walks (160kms in 4 days)	Nijmegen	TBC
	22	SCVAC T&F League 2,000m	Jarman Park	6.30 pm
	27	LICC/Enfield League 5,000m	Allianz Park	12.00 noon

ESSEX & EASTERN COUNTIES' 1 MILE INDOOR CHAMPIONSHIP

These were, again, held in conjunction at Lee Valley Arena on 2 February. Stuart Bennett retained his Essex title, only days after race walking the Dubai 10K in 62 minutes, so making the top third of a field with over 10,000 runners. Regular event supporter Keith Palmer was again 2nd. Melanie Peddle retained her Essex ladies title. Rachael Lawless, coached by Mark Culshaw, ducked under 10 minutes for a first time - well done! **But where were you all?** Again - yet again - this event sees a woeful turnout by Essex walkers - and before a large crowd. If we're chucked out we'll have no complaints will we? There have been so few race walking fixtures of late, that surely more readers could have given this their attention? Simon Morgan, who gave his all before d/q, used to run for Ilford AC - if his name is familiar, he also appeared in many Post Office walking races. We thank our Commentator, former Essex County President and Southend-on-Sea AC race walker **June Cork**, for her report and results:

- The Colchester chappy - Simon Morgan - normally runs on the road and country. Did a few League walks [2018] and our Vet Champs at GP last year. Apparently he didn't realise he'd been dq'd and kept walking.
- Can tell you that there's now a **GU13** CBP - Danielle Oladele - first ever walk - 13:17.5 - Thurrock H. Also CBP in the Shot! Very tall girl for 12 so only time will tell if she's still on the scene when the others catch her up.
- Katie Brazier, **WU17** Chelmsford - clocked 12:13.1 smashing Helen Croft's previous CBP by over 1/4 minute - and, of course, removing Lauren Kemp's time. Stylish walker - complimented her on her style. First walk for her too.
- **MU20** - George Wilkinson (Enfield & Harringey AC) - 7:32.8
- **SM** - Stuart Bennett (Ilford AC) 9:03.1; Keith Palmer (Southend-on-Sea AC) 9:52.2; Simon Morgan (Colchester Harriers) 1 dq
- **SW** - Melanie Peddle (Loughton AC) 8:52.6; Rachael Lawless (Ilford AC) 9:58.0; Pamela Abbott (Enfield & Harringey AC) 11:36.2

NOT ONE FOR THE ROAD

Our previous edition welcomed Southend-on-Sea AC member Leah Williams as a race walker, and commented on her great start - a high place in a well-supported Southend Mile at Garon Park track, then on her 2nd appearance at Lee Valley track became an Essex AA 10,000 metres Championship individual bronze medallist. Sadly word has come from her, at Uni, that she's not going to continue race walking, as both races resulted in painful shin soreness. Leah will stick with running. Pity, as we get so few newcomers taking up pedestrianism, and most of those we recruit have already given their best athletic days to different events and even other sports!

MORE OFFICERS

Our list of Centurions' Office holders omitted to mention the Captain - former Southend resident Martin Fisher and 2 Vice Captains: Sue Clements C950 & Frans Leijtens C949.



READERS IN THE MONEY

Congratulations to: the RWA Southern Area, Cath Duhig, Carl Lawton & Bill Sutherland - all of whom are listed among recent RWA 200 Club prize winners. This provides much needed income for the Race Walking Association, which benefits your sport. Many readers no longer take part, but are interested

enough to continue receiving Essex Walker & other publications/newsletters. Not coming to races saves you much in travel & entry fees, so why not put something back into race walking with a small investment in your RWA 200 Club. Details from RWA Hon Treasurer Mark Easton: mark_j_easton@hotmail.com

MIKE BRACE CBE, DL

Hornchurch-based *Paralympian* Mike, who was blinded by a firework when aged 10, appeared in Essex League walking races during the late '80s/early '90s, including Romford Brewery Town Centre walks - with Alex Ross as his guide. He completed the London Marathon with Ilford AC Past president Les Hislop (who has appeared in Essex League walking races) as his guide. Mike's been appointed a **Deputy Lieutenant of London**. He was an excellent former Metropolitan Police Annual Dinner & Reunion guest speaker - when they used to have them - and has also performed this role at Ilford AC and Havering Sports Council functions. One of his duties now involves sitting on a Crime Committee, which meets at the new Metropolitan Police HQ on the Embankment, to address youth knife deaths - and is chaired by Commissioner Cressida Dick. Mike's familiar guide dog *Izzy* is now aged 10-and-half and about to retire - to become a pet dog at Mike's Elm Park home. A new guide dog is about to make its entrance into Mike's life and we hope it'll give as good a service as did *Izzy*.

TIP-OUT

When Ramsgate-based Mick Barnbrook recently cleared bits-and-pieces from his garage to make more room, among items were cuttings/programmes/result sheets etc from his race walking days, which go back to the early '70s. On seeing reports of the 1979 Ewhurst 100 Miles, in which he qualified as a Centurion in 37th position (from 107 starters - **yes 107** - of whom 77 finished including 37 new Centurions) clocking 21:59.05., Mick thought about his colleagues (then Cambridge Harriers) who were 5th (from 11 teams closing-in at 3-to-score). "**I'm the only one still alive**" said 75 years old Mick. Alas Mick's correct as his team were led home by Arthur Eddlestone BEM, one already a Centurion (No 531 having qualified in 1974/Leicester-to-Skegness). At Ewhurst Arthur clocked 20:02.02 for 12th spot. They really raced in those days as another already established Centurion Ken Roost led home the winning Borough of Enfield Harriers team in 19:52.53 for 10th position. Yes **10** beat **20** hours. Ken was closely followed by Jack Rossiter 13th/20:12.01 and the late Peter Worth 15th/20:20.44. As for Arthur he sadly lost his life in a 1984 Mountaineering mishap. He's remembered by a plaque at a Metropolitan Police garage where flowers are laid on each anniversary of his passing. Arthur was so well liked and respected that he's one of 3 esteemed Centurions to have a Memorial 100 Miles race named in his honour - those others being Hew Neilson (Woodford Green/1985) and John Hedgethorpe (Colchester/2001). Arthur often made it look easy - but for him it really wasn't, as he suffered the onset of arthritis early in life but had the tenacity to overcome such a setback as he continued giving a good account of himself. Arthur's Memorial event was held in 1989 around 100 circuits inside Hendon's Police Training School (Ed Shillabeer won in 18:11.8). After Mick joined The Centurions, no Met Police race walker did so for a decade - until 1989, when 8 did! In 2014 (25 years' later) 6 of them gathered at the Metropolitan Police Annual Dinner & Reunion in New Scotland Yard (no longer a Police location). Just ahead of Mick in 36th spot was Phil Hastings in 21:59.05. Recalled Mick, "Another mile and I would have caught him. In the last mile of the race, I was warned for losing contact believe it or not". An accident also ended likeable Phil's life - a car crash in South Africa. Cambridge Harriers' last man home was this race's joint final finisher in 23:55.15: Chris Hayes shared 77th position with W Bakker (Fortuna '67 of Holland) - they got listed in "The Centurions' Slowest Qualifying Times Table ... or as some say, "*Those with excellent pace judgement!*" Chris was a House of Commons chef - but had hung up his apron and toque blanche before The Centurions held their 2011 Centenary Dinner at the Commons. Chris, a regular Post Office Blackheath 9K Handicap competitor, sadly passed-on during 2014. That's a mention for tail-enders, but leading them all home was the wonderful Dave Boxall (Brighton & Hove AC), who has a sister resident in Chadwell Heath. He clocked 17:24.02 and wasn't the only one to beat 18 hours as Manxman Derek Harrison also did in 17:45.53. *Those were the days!* We thank Mick for his memories.

QUESTION TIME?

Bradford-based distance walker, Paul Briggs (Centurion 431) of Yorkshire WC has asked if anybody can put him in touch with Trevor Parlow-Williams, once a member of the famous but sadly now defunct Metropolitan Walking Club - so can any readers assist? Just let us know and we'll pass Paul's request to Trevor - so Trevor can decide if he wants to make contact. Paul himself is well known in Centurions' history, for when qualifying (22:24.50) in the 1969 Leicester 24 Hours Track race held on a new tartan surface, he was allocated a wrong number. Paul should have been number 430 - which was allocated to the late Paul Sargent of Worcester AC, once a Centurions Honorary Treasurer, who'd passed 100 miles in 23:10:58). This error wasn't discovered until the Watts brothers (bearded Bob and clean-shaven Ken of the London Vidarians) were researching material for the 1997 updated Centurions Handbook. 1969-to-

1997 is a long time, so it was decided that wrongly issued numbers will remain as issued to these two Pauls at the time.

ON THE BOX (1)

Suffolk-based Centurion Don Cox appeared (with now famous Bowza) on Channel 5's "Do The Right Thing" show and came over very well. By coincidence, estuary-based Val and Linda Mountford were among studio audience members, who warmly appreciated Bowza's efforts in joining in with a choir and applauded details of what public-spirited Don and his dog had done to assist an elderly lady who had suffered after a fall in cold weather.

ON THE BOX (2)

Sky Sports showed Don Cox - and Bowza - leading out teams at the Ipswich Town v Reading Championship match, then lining-up for a handshake from all players and match officials before settling down to watch a 1-1 encounter. One reader, aka Plymouth Argyle supporter Edbanger, writes : *"Brilliant! Bowza not as good at football as my Tippy though!!"* Among match day guests in the hospitality box at Portman Road were 1978 Commonwealth Games Champion Olly Flynn, Linda and Val Mountford.



Dear Dave ...

JOHN WISH RIP

You can imagine how interested I was when John's sister Joan informed me that he was an International Race Walking judge and that his daughter competed at international level. He was also incidentally a Freemason rising to be Worshipful Master of Trinity and Serenity Lodges in Coventry. He also, with his second wife Gill, had a great passion for golf and both became Captains of their Clubs. They later ran a very successful golfing business until his retirement. His wife Gill died in 2018.

I cannot recall him on the race walking circuit and may even have "pulled me" although I am proud to say I was only disqualified on two occasions in my career. Once when I first started walking on the road and the other time on the track in London when I was on the shoulders of Paul Nihill! I have also had emails from Bill Sutherland, John Hall and Peter Marlow so please pass this information on to them, with my best wishes. Bill was recently in Highgate West Hill and recalled the Highgate Open 7 miles which I won and he was second – a painful memory for him!! But I would need to catch a bus to get up that hill today! Wonderful memories and good to be part of this retired race walking fraternity.

Roy Lodge

Tributes from other readers:

- **Roy Lodge** writes: "The service went very well but to my knowledge there weren't any persons from the Race Walking fraternity although I referred to this connection in my address. The congregation was made up mainly from the Masonic fraternity. His sister Joan has asked me to send the Essex Walker to Sally Ann in Australia with the reference to her father."

Adds Hon Ed: Former RWA National 20 Miles' Champion, the Reverend Dr Roy Lodge MBE, conducted the service.

- **John Hall** writes: "Indeed, I remember the Wishes as being pretty good judges (feared by suspect walkers!). I had no idea he was a test pilot!"
- **Bob Dobson** writes: "Sad to learn that as far as we know there were no persons from the race walking fraternity, apart from Rev Roy Lodge. Although I knew of him - he always appeared to me to be the youngest of the judges when I raced in my heydays, so I guess he outlived the majority of his contemporaries. A very fair judge who reached IAAF level and served for a good number of years at National and International events, but was rarely seen over the last couple of decades. RIP."
- **Peter and Marion Fawkes** write: "Marion and I are so sorry to learn of the passing of John Wish, who judged many a time when we were actively racing. John was always willing to take time out to advise on performances if approached by us and was a respected walking judge. Marion, in her early days often competed against Sally who was an outstanding walker in her era and although there was 10 years difference between their ages they worked well together in both local and international events. It's a shame that Sally didn't continue with the sport as she was a very good up and coming young athlete when we knew her. Our condolences. So sad to hear of non-attendance by walking fraternity especially as John was well known and was after all an international class walking judge. Marion and I had other commitments so couldn't have attended on that day anyway but we are glad to hear that the service went off well."

WRITES A REGULAR

Thank for the email and printing my letter. I just hope that my alternative style of writing is tongue in cheek, and that nobody will take offence about my

remarks about Race Walking Record. You might like to point this out in the next issue. Panto went well especially as I managed to squeeze one more show out of my life. I said last year I was calling it a day and they persuaded me back for this last show. As for next year, who knows ...????

Chris Foster

YOUR NEW RWA PRESIDENT'S INITIATIVE

John Howley, and I (2DASH- Derbyshire and South Yorkshire Harriers) would like to hold an open walks track meeting on **6 April**. It will be at Mount St Mary School, Spinkhill, S21 3YL, which is 1.5 miles from junction 30 of the M1- south of Sheffield. This would also be the North's Grand Prix event, and cover all distances 1km to 10km. The track is booked, but we would like to know how many walkers, hopefully from all areas, are likely to support the event. Last year we had to cancel the same event in September due to lack of interest.

Could you email me asap if you, or your athletes are likely to support the event, or not.
ellekerhelen@yahoo.co.uk

Helen Elleker RWA President

RE: ESSEX WALKER 386 (Feb-March 2019)

Can I just say a thing about Dave (Sharpie) Sharpe. Yes he did a wrong thing. We all remember Sharpie with his off-white white shirts, his smelly pants in the changing room, but Dave was Essex Race Walking. He helped so much, it was his life, he coached. Dave A & Sharpy were always having banter. Sharpy, come back, we all do wrong things in our life, forgive and forget. Dave you are needed to help coach race walking. With Respect to Dave (Sharpy) Sharpe.

Don Cox

Adds Hon Ed: Dave Sharpe is unlikely to read this, as he's long left his Dagenham abode. Last heard of in Leeds, he seems to have gone-to-ground again. To maintain editorial balance, soon after his disappearance some walkers said that if ever Dave re-appeared on a start line, they'd walk off it. Dave himself stated an intention only to keep in touch with his 3 big mates, who were named in our previous edition. Perhaps they know his whereabouts? - so Don's kind words can be brought to Dave's notice?

VIEWS OF PAUL WARBURTON

In response to Chris Foster's appeal for Imber Court pics, I have 3 in colour from the 1986 race, then over 11km. One is of the start, and the other two are me finishing second, which sounds like an ego trip - but my sister from Basildon was the snapper! Maybe, you could forward Chris's email and I'll forward jpgs, if he wants? Later, organiser

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Noel Carmody used pics to adorn programmes of the event at 10kms. But I'm assuming one policeman has already spoken to another?

I agree that Chris Maddocks was unlucky to miss out the 1980 Olympics. Back in the day, and maybe now, you had to be something of a politician as well as a top athlete to get in teams. Why do you think Kent's Tim Berrett chose to walk for Canada - despite boasting a 1:23:00 clocking for 20kms - and getting nowhere? Love Essex Walker. Keep going until you drop!

Paul Warburton

C787 BOWZA

An update on my dog Bowza. We've been on Channel 5 TV on Friday 15 Feb - he sung (SING-A-LONG-A-BOWZA), and later that month walked out at Ipswich Town FC. Bowza also has been awarded a Dickin PDSA award. Bowza has a few certificates from the LDWA for walking 27 miles or more. Silly days but fun.



Don Cox C787

PS Matt Carter (Ken's son) has just won a big cycle road race, Ken would have been so proud.

BOWZA'S FAN CLUB

Of course I have actually met Mr Bowza and his 'sister'. (One has to name drop, don't you think: it's not often one gets the opportunity to meet the famous.) It's such a lovely story. Don Cox must be very proud of his pooch.

June Cork

FROM OUR TV CRITIC

Great shown by Bowza and Don! Surely they must be candidates for the X Factor now? Well done!

Bill (C890) and Kath Sutherland

RACE WALKING ROMFORD - YOUTUBE

Great to see this footage. It all seems a long time ago, but the blurry images brought back many memories. You did a great job on the commentary!

Mike Scamell

ROMFORD RACE WALK - YOU TUBE

Interesting to note Steve Davis the snooker player was in the crowd.

Peter Marlow

HISTORY LESSON

There have been references in recent editions about the Reverend Roy Lodge winning a Highgate Open 7 Miles race in the 60s - heading a large field - with Bill Sutherland second. Here's Bill's recollection:

"I believe Roy did 50.55 to my 51.10. As I recall he passed me on the stiff hill going up to the Bull and Bush Pub by Whitestone Ponds (site of many public hangings in the past) drawing away down East Heath Road on the last mile to Hampstead Heath. But for injury I think Roy could have reached Major Games International level following his RWA 20 Miles fine win in 1967 in Swindon, Wiltshire. He was a fine, strong and fair race walker as I recall. It would be nice if one day soon we could have 'a Day's gone By' get together of British Race Walkers in the Golden era. Keep warm and well."

Bill Sutherland

Adds Hon Ed: My first Open 7 was in 1968 at Highgate - what a start to such events with an early never-ending steep hill. When ceasing - mainly due to traffic (before risk assessment days) - Highgate Harrier the late John Telford, then promoted an Open 7 at Luton. Starting at Vauxhall Motors Sports & Social Club, it commencing with a long seemingly never-ending steep hill, so retaining the character of Highgate Open 7s. As for a reunion of greats, our last decade saw 2 memorable dinners at Royal Leamington Spa Town Hall after Grand Prix meetings and a wonderful one in the famous Pump Room on the weekend of that big European meeting. All were well-supported and saw many GB greats present. We've also enjoyed Olympic (2012), Commonwealth (2014) and IAAF World Championship tribute luncheons at the Tower Hotel - all with so many great names attending. The first 2 had waiting lists. The latter made a loss (reported in EW) as some who'd booked then rescinded, others requesting a 3rd such function didn't book and some refused to attend - as certain others were! One doubts if such functions will occur again. However there was a wonderful reunion at the 90th Enfield Open 7.

RECOLLECTIONS FROM ROY LODGE

Highgate Harriers 7 is a distant memory for me now except for recalling that wicked hill at the start. Bill kindly says that it was unfortunate that I did not get to a major championship. I did get selected for several minor internationals in Europe and was in the Olympic Possible squad with Ron Wallwork and Charle Fogg that went for altitude preparation in the Pyrenees prior to the Mexico games 1968. Various injuries and a brain tumour

brought my race walking to a close. 1967 was my finest year but nothing much was on in that year. I do recall an international in that year in France La Baule. It was a 20k on the track which I won in a sprint finish to the line with I think Arthur Jones who went on to Mexico. Great days. **Roy Lodge**

SAD DEATH OF AN OLYMPIAN

Sad to read the death of Lol Allen RIP. It was nice to meet him just a short while ago. A great age and a member of a great walking club. Those were the days. **Ray Middleton Belgrave Harriers**

TWO GREAT WALKERS MEET

What a story indeed! Edbanger to the rescue again. Well done that boy. That said Ed, these days you don't seem to be packing in quite so much to your day!! 😊

Aside of the above, you will recall Ed that I posted Facebook photos of me and Jimmy Ball racing in 1986. This weekend would've been one of our regular visits to Calne in Wiltshire for the Pewsey Cup 7 miles. My winning time of 45.26 is still I believe a UK All-comers record.



I also posted the AW report including results, which also referred to the Belgrave 7. My winning time there was 47.54 - good, but clearly not as quick as what would follow two weeks later. However, a glance at my old 1986 diary and I was reminded me and Ed drove to London on the Friday before the race. At Borough Road College we went through 3 hours of fitness lab testing. Think we got print out sheets of our results a few weeks later. I distinctly remember feeling stiff the next day, so though the Belgrave win was good, I did feel slightly hampered. In the weeks preceding both races, I consecutively won my debut international 20kms at Brighton Withdean track (B - international); South West road 10kms in 41.13, and the Chippenham - Calne 6 miles in 40.04 ... two seconds outside my 40.02 best from 1983. I won the race 5 times in all, might have been 6 (where have we heard that before???) but, on the occasion of me recording 39.31 I was dq'd in the changing rooms about an hour after the race. *C'est la vie*. All this late 1986 season form sounds quite good until I lament how an opportunity was missed during the summer at the Edinburgh Commonwealth Games where I finished 4th. My race preparations for that being affected by 1986

also being the year of my finals at Exeter Uni. Life's choices and priorities. I'm only telling you this, because you both seem to like a good story (albeit, not as good as an Edbanger special).

Chris Maddocks

WAS PETER FULLAGER (SWC/GB INTERNATIONAL) DECADES IN ADVANCE OF HIS TIME?

Thought of the Day - I was just thinking about when Peter Fullager, regular Great Britain International and Commonwealth Games 1974 Bronze Medallist in Christchurch, recommended ice cold showers before and after competition and training in the mid 60's. Everybody laughed and thought he was quite mad, whereas ice baths are now in regular use in many sports in recovery and he was in fact decades in advance of his time!

Bill Sutherland

RACE WALKING CHANGES

Another reader, a former International, has sent us a copy of what he's wrote to the high-ups on this matter.

"Dear Luis

Thank you for your update re the decisions of the RWC. I can only assume they either took no notice or did not see the responses against their proposals and quite honestly a shameful decision has been made. I understand that Peter Marlow has resigned from the IAAF RWC after many years' service as a result of the decisions that this organisation has decided to proceed with. Regretfully it is not Peter Marlow that should be standing down but those that have ignored general opinion and voted in this new mandate."

Carl Lawton

ANOTHER READER'S OPINION

I am in total disagreement with the content released and believe fully that the IAAF Walking Commission has made the correct decisions. We have needed drastic changes for the last 40 years and we are so glad that a line is to be drawn on the past and new beginnings are proposed for the future generations. Technology has been a must for so many years and yet has been denied until now. Thank heaven the IAAF are forward thinking enough to react and provide Race Walking with the opportunity of putting their house in order which is long overdue.

Bill Sutherland

**Commonwealth Games Bronze Medallist,
Edinburgh 1970**

WOODFORD WEDNESDAY WALKS

The dates have now been fixed – by courtesy of Woodford Green AC. with Essex Ladies – for this year's series: 11 June, 9 July, 13 August and 3

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September. Start-time is 8.30 pm. A couple of these dates unfortunately clash with the Vets' AC Summer Series in Battersea Park, but we hope to see as many of you as possible in the shadow of the M11. **Peter Cassidy and Pauline Wilson**

MIKE BRACE'S HONOUR

That is great news and a well-deserved honour. Please pass on my congratulations and best wishes.

Alex Ross

RWA 200 CLUB WINNER WRITES

Cannot decide how to spend it yet, nor how to deal with the begging letters. Probably just keep writing them.

Carl Lawton

VERY SUCCESSFUL MPRWC DINNER AND REUNION - CONGRATULATIONS

Around 34 attended the Met Police Race Walking Club Dinner and Reunion on Wednesday 6 March at the Civil Service Club by Trafalgar Square. The organiser Dr Kitty HUNG with Haley Mattinson and others really worked hard to promote a very entertaining evening concluding with a highly successful raffle. Pride of place must go to Andre Dique, the Toast Master who provided such a polished performance, particularly remembering those who have passed away in the previous year. Many came from far and wide including Centurion George BEECHAM, MBE accompanied by his daughter Cathy from Canvey Island and former Scottish International Race Walker Alex ROSS from Forres in Aberdeenshire. There was an equal distribution between MPRWC regulars and RWA friends and the Long Distance Walking Club members today. Let's mention Bill Coleman of Cambridge Harriers in particular who always makes a special effort to come together with evergreen multi major International and much travelled Bob Dobson from Cardiff. One could truly sense that the Spirit of the Past is still there and we can all now look forward to March 2020 and meeting cherished friends again.

Bill and Kath Sutherland

INVITATION

Thanks for including Tonbridge AC & Lewes AC events although quite a way to travel for some oldies! But be good for them to see the pleasant countryside of Kent and Sussex. A trip to Eastbourne, Hastings or Brighton is always a bonus after the race and in the summer a dip in the sea, something not available at Enfield ... would not want to dive into freezing water!!

Pete Selby

NO SHOW

I have been advised by Helen Elleker (RWA President) that there was not sufficient interest in

the proposed open walks in Sheffield on 6 April for them to go ahead. Thanks to everyone who took the trouble to respond to the enquiry.

Colin Vesty (RWA Honorary Secretary)

CENTURIONS MEET

Thanks for latest Essex Walker, it's always good to read and keep up with the race walking scene. I am still keeping my running up by doing parkruns and the odd race but no more than 10k as time is catching up with me. Talking about parkruns, last month I did a parkrun in Lancing West Sussex and bumped into Peter Ryan who was also doing the park run. We started to talk by accident as we did not know each other, but after we found out we were both race walkers from Essex we had a good

old talk and a trip down Memory Lane which included the great John Hedgethorpe.

Glen Robertson

Adds Hon Ed: Glen (C946) completed the 1996 100 Miles at Colchester's Lower Castle Park in 23:10.45, Pete (C984) won the 2003 100 Miles at Newmarket's Rowley Mile in 19:57.35. Glen became a Centurion at the same event as Colchester Harriers' clubmate Jerry Everett (C951) in 23:47.37. It's now over a decade since much-loved Jerry took his leave of us, after suffering complications following a heart operation. He's still fondly remembered by so many - may he continue to rest in peace.

ESSEX WALKER

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