

Essex Walker

Editor: Dave Ainsworth

YOUR RWA SOUTHERN AREA AGM



Our previous edition gave full details, but here's a reminder. It's at **7.15pm on Monday 14 November** and is open to all southern based Club members and officials. There's a Southern Area Committee meeting from 6.30pm to 7.15pm, which AGM attenders (who aren't Officers or on the Committee) may view. It's your opportunity to express opinions on matters as they arise - and also vote into Office those you'd like to see taking our sport forward. Where you ask? It's wherever your computer is, as it's only on "Zoom", which saves travelling into central London, so a good turnout is anticipated. Nearer the date, "Zoom" access details/codes will be issued to all Club Walking Secretaries, with a request these be passed to all their members. *Please all try your best to "attend"*.

THREE LINE WHIP

Our only surviving London Open 7 Miles is to be held on **Saturday 12 November** at Donkey Lane with an earlier **10.30am** start time, so please set your alarm clocks and head for Enfield. This year's race is named in honour of former popular Enfield & Haringey AC President Bernie Hercock RIP. You can do any distance from 1 mile upwards and get your time, position and Enfield League points. It comes with **free** entries courtesy of dear Bernie's estate. See you all there!

BACK TO FITNESS

After his injury at the Middlesbrough 100 Miles, we're pleased that Ilford's **Kevin Marshall** reports a recovery. Now fully fit he's cycled from Felixstowe to Ilfracombe and then on to Charmouth before heading back via Winchester. On 12 November his business ([Positive Steps](#) of Bury St Edmunds) is to have a big reception, for its 10th year in business. They've spent a decade promoting the health benefits of Nordic Walking. We're always happy to mention this business, as in 2017 they sponsored a memorable 100 miles race in the town and provided changing facilities and a hall for presentations.

A WIN DOUBLE

In your latest Race Walking Association 200 Club draw, **Peter Cassidy** and **Pauline Wilson** were both in the money, as Peter won 1st prize (£25) and Pauline 3rd prize (£10). In between was John Gordon (£15). If wishing to participate please contact the organiser - former International Mark Easton - who is your RWA and RWA Southern Area Honorary Treasurer at rwatreasurer@yahoo.co.uk. All profits from monthly draws benefit race walking.



TCS LONDON MARATHON: 2 October 2022



We've heard that your former hard-working Race Walking Association Secretary **Colin Vesty** (Leicester Walking Club & Centurions) was a successful entrant in this year's well supported event. Colin knows the course well, having first appeared as far back as 1986 when he raised money for Leicester Royal Infirmary's Neo-Natal Unit and also Derby City Hospital. Colin is a former UK 100 Miles Champion, so 26 miles 385 yards from Greenwich-to-The Mall is well within his compass. Do you know if any other race walkers were in the big race? If so, please let us know and we'll give you a mention.

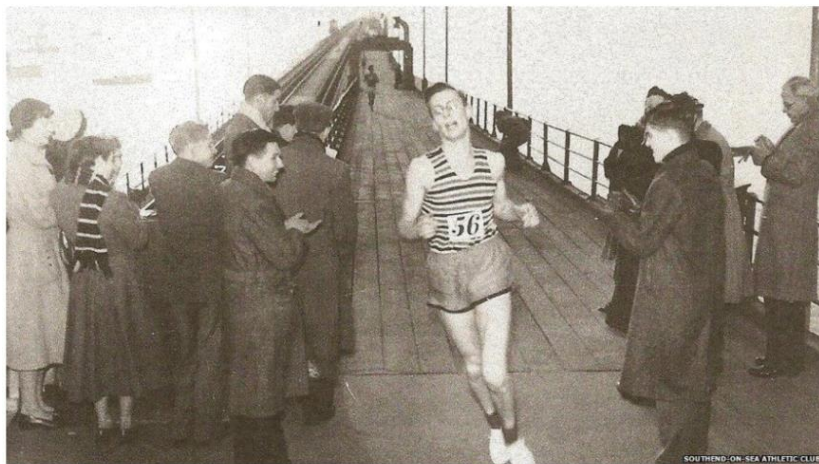
INVITATION TO WALK THE PLANKS

Southend-on-Sea have staged their annual **Boxing Day 2 Miles' Pier Walk** since 1954, apart from 2020 when Covid-19 restricted halted racing. It commences at 10am when slower entrants stir themselves into action. It's a *yacht handicap* as the World's longest pier is open to ambling members of our general public, who might be at risk if a large group of runners went flat out from the start - so they set off in ones-and-twos. *It's also more fun*. Yes, you read correctly it's a **run** - which is well supported and is for Southend Club members only.

So where do we come in? For decades race walkers have been invited and made welcome - and have often showed-up to compete. Sadly, when last held not one appeared. In recent times few have appeared with Prittlewell-based Centurion Steve Allen being the last to complete this event - which is a mile out-and-back along the pier's planks. Come ready changed. Your entry fee, by tradition, is a small wrapped gift (confectionery/toiletries/drinks etc) which is placed on a table. As each competitor finishes, they pass this gifts' table and pick up something - so everybody gets a mystery prize - which is all part of the enjoyment. Afterwards several places are open for a warming coffee or something stronger.

southend-on-sea-athletic-club.co.uk/annual-club-events/

Boxing Day Pier Race



The Pier Race has now been going for well over 60 years. It is open for ALL athletes of Southend-On-Sea Athletic Club.

John Tyler who is seen in the photo above was the founder and also first winner of the race. John Tyler recalls that all types of track and field athletes took part in running the race. Legend has it that John found the boards of the pier conducive to his running style and often used it for training sessions.

The specific distance is running from the top of the ramp down the length of the pier and back.

It is a handicapped race which means that all athletes start at specific times based on their ability (normally their published times for 5K or 10K) with the intention that everyone actually finishes at the same time.

The handicapping for many years was done by Dr Michael Seaman until recently being taking over by Michael Jeffery

Recent years have seen all athletes arriving at the finish within a minute of each other - this means that the handicap system works (it is to be fair a little bit hit and miss!!).

Each year if you have the intention to run you only have to jot your details down in the clubhouse prior to the race.

All are welcome to spectate as the pier is open for general use.

The trophies that are available are the following:

Fastest Male

Fastest Female

First Finisher (This could be absolutely anyone's trophy!)

All entrants have to do is advise Southend-on-Sea Secretary (and former Essex County President) **June Cork** - an ex-race walker - of your intention to appear and give an anticipated 2 miles' time, so your yacht handicap mark can be assessed. June's contact details are: southendac@hotmail.co.uk or call **01702-472195**. Let's see a few walkers on the pier burning off those Christmas calories. Please put the date in your diaries.

WHERE ARE THEY NOW?

Two recent former race walkers to surface are octogenarians **Dave Baxter** and **Richard Vlotman**. Dave's a former Civil Service Champion - he won their 3,000 metres Championship at Don Valley Stadium in August 1984 clocking 14:04.7 while representing the Inland Revenue. Dave, of Steyning AC, was noted for his speed and was formidable in races over 10k and 7 miles. He enjoyed Ilford's now defunct Christmas 10k over a course at Chigwell Row, which the late Colin Young described as "*no billiard table*". Dave won it one year, heading a large field, and after a great final sprint to the line with the host Club's Stuart Phillips and Steve Uttley. The following year when Mark Easton broke Roger Mills course record, Dave was a very close second. That race was held in sub-zero temperatures, shrouded with mist and with uncleared snow on the ground. Race Referee, the late Albert Hart RIP thought long and hard before allowing it to go ahead. Indeed, our attendance dipped as many thought it couldn't possibly be "on". This included the lady who with regularity did post-race teas and cakes - who didn't show, as she thought it wouldn't take place. So, when the last competitor was timed in, Chief Timekeeper - the late Stan Hart RIP (no relation to Albert the referee) dashed across the road to a shop to buy cakes and snacks. Stan did great work at our tea counter

with teas/coffees and snacks. He then stopped on to do washing-up, saying it was the first time he'd washed up in decades. Great characters, both Albert and Stan. As for Dave Baxter, he was noted for his pre-race routine which saw his wife find a bench, upon which Dave was stretched out for a lengthy rub/massage. Many looked on with jealousy hoping they could be next up! Sadly, his good lady passed-on 5 years' ago, as a cancer sufferer. Dave's still well into topiary, in which he's an acknowledged expert. He resides in Ferring, a village just outside Worthing in West Sussex.

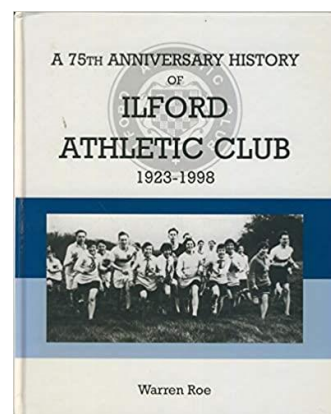
Richard made his race walking name with Sussex rivals Brighton & Hove AC in the 70s. Richard, a South African, was a keen cyclist and had a strange route into race walking as he only took it up after having his bicycle stolen. He had great encouragement from Brighton & Hove AC, particularly Alan Buchanan, and preferred distant events. Richard did 5 London-to-Brighton races and, in 1974, a sub-20 hours Leicester-to-Skegness 100 miles. He's now resident in Ontario and goes out for a run every day! Richard remains a keen cyclist and plays bowls to a high standard. One "First" he obtained was in 2011 when, from his Canadian abode, was the 1st Centurion booking tickets for a memorable House of Commons Centenary Dinner. He duly attended and afterwards embarked on a tour of Scotland. It's always good to hear from former race walkers, and we wish both Dave and Richard well.

STILL IN THE RUNNING

Former Essex County AA Champion race walker **Seb Parris** ran October's TCS London Marathon in Ilford's colours clocking 3:32.47. Seb's a former Essex County Indoor 1 Mile gold medallist who twice won a Pednor Open 5 Miles, among many other successes. His ambition is to complete 100 marathons - and he's doing well. A scaling down of racing opportunities owing to Covid halted progress. Other Essex Walker readers who've completed 100 marathons include the late Jerry Everett, Kim Howard, Eddie Trotter and Andy Wilmot. Kim and Andy are still adding to their tally while Eddie hopes to have one more successful attempt sometime. We wish Seb well as he heads towards his 100th completion.

WARREN ROE RIP

Not a race walker, but one who made a considerable contribution to Essex athletics. Hornchurch-based Warren has sadly died aged 85. Warren joined Ilford AC in 1954 and his name is still high in the Club's all-time ranking at 1,500 and 5,000 metres clocking 3:54.7 and 14:33.8 respectively. The reason he's known in the walking world is as he was the author of "*A 75th Anniversary History of Ilford Athletic Club 1923-1998*" which most Ilford race walkers purchased and also a number from other Clubs who are interested in athletics history. It's a fact-packed 184 pages of interesting reading. Later Warren moved to Havering AC when he continued his love of athletics and was also a respected coach. A few years ago, he received a "*Lifetime Achievement Award*" from Havering Sports Council for his meritorious service.



FIXTURES

NOV	12	95 th Enfield Open 7 Miles + opt-outs (free entry) + VAC 7 Champs + London Business Houses Champs	Donkey Lane	10.30 am
	14	Race Walking Association (Southern Area) AGM	"Zoom"	7.15 pm
	19	SWC Open Xmas Cup: 1, 2, 3 & 5K (incl YAG) 'A' race	Tonbridge	11.00 am
	23	Ilford AC Annual Curry Night	Romford (<i>Bekash Tandoori</i>)	7.45 pm
DEC	10	Steyning 5,000m Track ('A' & 'B') - provisional	Broadbridge Heath	TBA
	17	Lewes AC 1K & 2K (development), 3K/5K. Enter on day (all welcome).	Lewes Track	1.00 pm
	26	Southend Pier 2 Miles (out and back)	Southend Seafront	10.00 am

2023

JAN

14	Enfield League 5 Miles	Donkey Lane	11.00 am
28	The Centurions AGM	Birmingham (prov)	TBA

A series of training walks organised by Steve Kemp, to assist in building up to the Middlesbrough 100 Miles, were held from Belfairs Park, Leigh-on-Sea. As these proved popular, they'll be continued. Contact Steve Kemp for details on: **07860 617899**.

STOP PRESS: The London Business Houses Association Championships is again to be held in conjunction with Enfield's Open 7 Miles. Their 88-year-old Honorary Secretary Laurie Kelly hopes to be present. It'll be nice to see him as he'll soon set off for an extended stay in New Zealand where his family now reside. He's held office since the 1960s. Laurie was a prominent campaigner when walking was twice chucked out of the Inter-Counties Track Championships (due to poor race walking numbers) - getting reinstated both times!

BACK IN TIME



This 1975 picture shows a successful Hendon-based Metropolitan Police Cadets race walking team, with a trophy won in a race staged by a now defunct Midlands-based Greyfriars Walking Club. Standing on the left of the back row is recently departed **Tim Thorogood**, who went on to race for Belgrave Harriers. On the right is our picture supplier **George Nibre** who achieved International status and is still prominent in our sport today. **Can any readers suggest names for those 3 cadets in the middle?** Seated is legendary coach, mentor and motivator **John Bromley RIP** whose enthusiasm for race walking tempted so many Police personnel to try it - and then stick with it! On his sad death a "*John Bromley Memorial Clock*" was unveiled at a now closed Hendon Training College athletics track.

Gary Smith writes: "I should have tried to save that clock!!!! Probably ended up in a skip - shame. My father (surveyor at Hendon at the time) organised putting it up at the athletics track. John was diamond - took me to a couple of races in his camper van 😊"

RECALLING BILL BELL RIP

Bill Bell - there's a great name that's not been mentioned for decades. He was President of Leicester Walking Club when I completed their 1974 Leicester-to-Skegness 100 Miles - at which he was Referee and made important calls. A few walkers went ahead in pitch darkness at Market Deeping (halfway) instead of turning right towards Spalding, Boston and eventually Skegness. The problems of trying to marshal 100 miles' point-to-point (not a problem nowadays as they just go around-and-around or up-and-back)! Bill was called and got a couple of cars to get them back on course - at an exact point where they' strayed off it - so nobody gained advantage (just lost time). In that 1974 100 miles' race, Bill Bell pulled out the leader - a German - for lifting when he was way ahead of the rest, having failed to heed umpteen warnings. That story is in the current Centurions' Handbook. Bill Bell was our first official to reach then Grade 1 Judging status without having been a race walker, and then reach our International Panel also without race walking active participation. Like many in such times he worked Saturday mornings, and a mate gave him a lift home. His mate was race walking that afternoon and took Bill as far as the walk venue - but Bill didn't continue his way home as he stopped to offer help out if anything needed doing. Bill was made welcome, and offered his services

at other meetings as they arose - until "hooked" on this way of passing his weekends. But he never race walked. We could do with great characters like Bill Bell - and he was a great character. **DA**

Tony Taylor writes: "I remember Bill Bell from the early 70s, chatting to him after the Leicester 7 which I managed to win in 1973. Those were the days when judges were happy to be approached for their thoughts on one's mode of progression."

CHAMPIONS



Essex County 10,000 Metres Walk Champions **John Arthur** (Ilford AC) and **Melanie Peddle** (Loughton AC) with Tokyo Olympic 20K walker **Callum Wilkinson** (Enfield & Harringay AC) who presented awards at the Queen Elizabeth II Stadium in Enfield on 15 October. As for a decade, our Essex Championship was in conjunction with the Enfield League One Hour. Photo in the Enfield Town FC Club Room.

GOOD SHOW BY ESSEX WALKERS

Essex walkers contested the 2022 Enfield Race Walking League's penultimate race, held on a Saturday morning at Enfield's Queen Elizabeth II Stadium track. In football seasons, athletics is a morning activity as afternoons are for Isthmian League Enfield Town FC's fixtures.

The race was an annual "One Hour" event, which sees competitors lap the track for exactly 60 minutes. In the men's race Ilford's informant John Arthur led home his Ilford Club's entrants, despite having a bad night's sleep in preparation. He shot off to a convincing opening 35 minutes before hitting a bad patch, which took much willpower to get over. When getting properly going again, he had the satisfaction of

finishing strongly to account for 9,319 metres for 4th position. In 5th came another Ilford man enjoying fine form as Simon Morgan recorded 9,017 metres. Stalwart Dave Kates was 7th in 8,705 metres. SWC's Dave Hoben was 9th after covering 7,723 metres - why's he listed in a round-up of **Essex** competitors? He's Essex qualified by birth - in Romford's now demolished Oldchurch Hospital, that same building where now retired race walker Mick Barnbrook entered this world in 1943. This race had Essex County Championship status, and as the first Essex man home, John received the coveted Phil Embleton Memorial Cup, presented by Tokyo Olympic 20 Kilometres' walker Callum Wilkinson of the host Club, Enfield & Haringey AC. The women's race saw victory by Melanie Peddle of near neighbours Loughton AC with an excellent 10,148 metres to her credit. Lesley Morris walked well for 4th spot with 8,535 metres with Shaheda Arthur 9th with 5,782 metres on the board. Rachel Lawless gave it her best shot, but was unwell and had to retire from the action. A special word of congratulation to Melanie for being the **only** walker passing 10K. In a linked virtual race over the same week, Centurions Cath Duhig (5 miles/51.22) and Tony Perkins (3 miles/50.47) were on the result sheet. *Well done to all.*

Mrs GILL HISLOP RIP

We're sorry to learn that Collier Row based Gill has passed on. Gill was the wife of past Ilford AC President Les, who has appeared in Essex League walking races at both Chigwell Row and Redbridge Cycle Circuit. A funeral service is to be held at Corpus Christi Church in Lowshoe Lane, Collier Row on Wednesday 9 November at 10.45am. We extend our heartfelt condolence to Les and his other family members on Gill's sad passing.

QUOTE FROM A NATIONAL NEWSPAPER

So many track and field athletes have been found to have been popping pills, it is a wonder the Olympics aren't sponsored by Boots.

STATEMENT FROM PARKRUN

As part of the parkwalk campaign this October, we are introducing a brand-new volunteer role - the parkwalker! It has been created to demonstrate that walking at parkrun is both encouraged and valued. Inclusivity and participation, rather than speed, has been a key principle of parkrun since day one.

Adds Hon Ed:

Essex was quick catching-on this new initiative as a park walk was featured at all Essex parkruns on 1 October.

Introducing: parkwalk at parkrun!



[Introducing: parkwalk at parkrun! | parkrun UK Blog](#)

UNDER STARTER'S ORDERS

Ilford's octogenarian **Ed Shillabeer** (nickname "Edbanger"), a former International and former UK 100 Kilometres' record holder who graced the Guinness Book of Records as our oldest GB athlete to make a full international debut, has obtained a place in the 2023 London Marathon. It'll be on St George's Day - and some years' ago when also on our English patron's saint's day, Ed completed the course dressed as St George. In 2023 he'll appear to raise funds for the SSAFA Charity (Soldiers', Sailors' & Airmen's Families Association). Some years' ago, Ed was off the scene for 6 months as he suffered rib injuries when kicked by a horse (he's a vet by profession). Ed joined Ilford after his West County Club ceased - Ed has family connection in the Chigwell Row area. He has strong links with Armed Forces fundraising, especially with the Royal Marines and also with "Help for Heroes". Nearer the day details of Ed's 2023 London Marathon fund raising package will be announced.

MINISTER FOR SPORT



In times long gone, the holder of this position was a great friend of race walking. One thinks of the Rt Hon Denis Howell PC, MP, who gave his time to enthusiastically support our ultimately successful "Keep Walking in The Olympics" campaign in the '70s. After the 1972 Munich Olympics it was announced that the 50K walk would be dropped and a 20K event discontinued

after the 1976 Montreal Games. Hmm! The 50K did indeed vanish from the programme - but was reinstated at Moscow in 1980, while the 20K continued and is still on the card. Mr Howell made strong representations on behalf of British athletes and hosted race walkers at the House of Commons, where a room was booked for a protest meeting after a public protest march, which was well covered by our national media including the main BBC television news. In 1980, when only one British walker made our Olympic team (Ian Richards, then of Metropolitan Walking Club, at 50K), he added weight to a race walkers' campaign to get more names added. An extra trial race was offered to possibly select walkers at 20K. This was held in torrential rain on an evening in Victoria Park. By then Denis was Shadow Minister for Sport but showed support by turning up in Hackney to watch part of that dramatic race, which saw Ilford's Roger Mills clinch Olympic status by the proverbial skin of his teeth. Esteemed Race Walking Association Life Member and past RWA President (1982/83) Les Lewis was a constituent who knew Denis and kept his MP fully in the picture. In 1998 Mr Howell died, aged 74 in Solihull Hospital after suffering a heart attack at a fund-raising dinner in the nearby National Motorcycle Museum. Nowadays we still have a Minister for Sport - *but how many know who this is?* At the time of writing, he's Welsh politician Stuart Andrew aged 50 - the MP for Pudsey - who was born on the Isle of Anglesey - [The Rt Hon Stuart Andrew MP - GOV.UK \(www.gov.uk\)](#). Little is known of his sporting knowledge, so one wonders if he's even aware of our sports discipline? We can only hope he is.

HOT OFF THE PRESS NEWS

For the record **Bill Sutherland BEM** qualified for his Parkrun Volunteer milestone T-shirt by volunteering 100 times at the Finsbury Park parkrun on Saturday 29 October. He was given a special cheer at the start and by all as they passed Point 1 on the 2 laps hilly course. There was a memorable social gathering at the cafe afterwards.

**Dear Dave ...****TRIBUTE TO JOHN HOWLEY RIP**

I was so sorry to hear that John had passed away. I didn't know him that well, but he was a key figure as Chief Timekeeper for the Millennium Challenges at Newmarket in August 2000. It was a huge undertaking; it embraced a town centre start, numerous events taking place within the 24 hours duration of the main race, and it was a Paris-Colmar qualifying event. John selected his team and under his supervision all the 50 plus starters were recorded and given a time whether or not they completed the 100 or the 24 hours. He seemed unflappable and his air of calmness rubbed off on all his team and even when we met at events in the ensuing years, even when he was so poorly, he still had that aura about him. Thanks for your massive input to Race Walking.

Ron Wallwork**MEMORY LANE part 1**

I remember an early Steyning race where I travelled by train with the last part of the journey in one of those buses, lol! I remember Stuart Elms very well from those "Southern League" races series and can easily picture him in the leading bunch ahead of me!!! Along with Dave Stevens, Ron Penfold, Tony Geal, Graham Morris, and later Stuart Maidment and Don Bearman. Once, our Dawlish and South Devon team travelled there in a Citroen BX Familiale Estate, the one with hydraulic suspension. Being tired from work I was dozing in the boot transversely, folded between the bags! Imagine, driver, front passenger, three in a row with two seated behind, an eight-man team. Happy days!

Thinking of preparation, as I mainly raced a lot, I didn't do many specific long training walks. Some exceptions were walking the first ever Plymouth (very hilly) Marathon attended by Dad (Eric to you readers!), having a 15-minute comfort break, and joining the back of the field to do it for real! As I did all of the rest of them before they changed to half marathons, it could be a trivia sport question! I have other examples for another time ... Yours in sport COYG ("Come on you Greens")

Ed Shillabeer C590**MEMORY LANE part 2**

Thank you for your words at the funeral. Please find attached a photo.

Kirsche Elms

Adds Hon Ed: That Southdown 1966 Leyland bus is mentioned - we show it as readers have asked about the vehicle which conveyed mourners to-and-from the well-attended funeral of Stuart Elms RIP.

**TCS LONDON MARATHON - TELEVISION CRITICS**

I don't find it such good viewing as the winners are described as putting on a good show and entertaining. Athletics is not meant to be entertaining in my view, but should be highly competitive. Where are the British and European Marathon runners nowadays as it has been taken over by African countries with few

surprises? I totally disagree with pace makers it just turns it into a procession! Thanks for the latest Essex Walker and my inclusions too.

Bill Sutherland

Adds Hon Ed: I switched off after a while as BBC have transformed their coverage from being an athletic event into yet another of their boring "telethons".

APPRECIATION FOR AMOS SEDDON

You should get a medal for keeping us old walkers in touch ... great to see Amos still running. I remember Amos as a Motor cycle cop in Southend (before he became a spy), when we were all in that club: Amos Seddon, Alec Banyard, Dave Rosser, Ken Carter, Bob Dobson, Don Cox, Ken Tuson and Peter Marlow, and Essex was the top County and Southend was the top team in Essex. We were the dream team.

Don Cox

"ESSEX WALKER" IS INSPIRATIONAL

I was inspired whilst reading the Essex Walker. You called for race walkers to enter the London Marathon to raise the profile of race walking. Evidence of my entry to the ballot is attached.

Hilary McDermott

Adds Hon Ed: Hilary reminds us that she ran the 1984 London Marathon with her now late father Lew (Mockett). They were together for the first 8 miles – then Lew upped his pace to reach the finishing line 35 minutes before Hilary. If Hilary is successful in the ballot, her walk will be in Lew's memory with all charity money raised going Pancreatic Cancer UK. Recalling Lew's athletic career, when he left race walking he often used the Metropolitan Police Sports & Social Club at Chigwell Manor Hall for changing – before going on long and enjoyable runs.

You're in the draw!

Thank you for entering the 2023 TCS London Marathon Ballot.

We'll email your result to you by the end of October 2022.

2023 TCS LONDON
MARATHON UK BALLOT
2023 TCS London Marathon

HILARY MCDERMOTT
Booking reference
TPT88799683

TRIUMPH REMEMBERED!



1982 Commonwealth Games Mens 30km Walk

[Youtube – Triumph Remembered \(1982 Commonwealth Games Men's 30km Walk](#)

The 7th October marked 40 years since Steve Barry triumphed for Wales in winning the 30 Kms Walk at Brisbane, Australia in a brilliant 2 hrs 10 mins. He was 31 and always an exciting walker to watch in action displaying a very fair and aggressive style. Taking the lead at the 5 kms water station was a brave action against strong opposition, but from thereon he never faltered. He came from a boxing family background with his outstanding father being Dai Barry. From my personal point of view those many trips to Wales and Roath Labour Club in particular were greatly enjoyed by myself and so many others. Certainly deserves a special mention in Essex Walker and beyond!

Bill Sutherland

NICE TO SEE YOU

It looks like the Enfield event was high quality, even if numbers weren't high. Fantastic to have an Olympian supporting the event and doing presentations. I hope the event gets the publicity and recognition it deserves to hopefully inspire more juniors to get involved. Race walking is such an exciting and highly technical event.

Susan Edwards

Note: Susan is your Essex County AA Trophies Secretary

WE'RE IN THE PARIS OLYMPICS

Programme is published and there is 35k walk mixed as well as 20k.

Peter Marlow

JUDGING SNIPPETS**1. ED SHILLABEER LOOKS BACK**

Fortunately, when I raced in the Garnet 10miles many years ago as a novice (about 1-2 years after my first race) and no coaching, the judge who pulled me (as I came over the brow of a hill and the gradient and lack of experience caused me to lift) explained his decision. Only once later did lack of concentration result in the same fate! I always said that the rule on contact loss should include the words "to the naked eye".

Ed Shillabeer

2. FROM THE MASTER

Luckily, we have the international judging system now and it's not one shout and you are disqualified.

Peter Marlow

3. OFFICIALS WITH A "PLUM APPOINTMENT" RECALLED

One wonders how many of the top Internationals who featured at the Birmingham Commonwealth Games 10 Kms Walks would have finished if the following were Judging as in 1970 at Edinburgh - Walter Batson OBE, Charlie Constant, Bill Amer, Bill Bell, Frank Clay, Jim Hackwood, Bill Harris, Sam Pryor, Eddie Staker and A Keay. My guess is it would have been very few! Food for thought!

Bill Sutherland

GOOD NEWS FROM PARKRUNS

- Up here in Penrith we often have walkers (quite a few even trying to racewalk). Marion and I advise them on occasions. No matter how slow or fast, we volunteers always encourage it no matter how long it keeps us out in the field. Last Saturday saw me clock up my 100th volunteer stint whilst acting as Run Director.
- What good news on Park Walk. If the RWA and Area RWA's could link in with this it could develop into newcomers to Race Walking. Onwards and upwards!

Peter Fawkes

Bill Sutherland

NEWS OF PAULINE WILSON

Pauline has been released from Basildon Hospital with her syndrome cured. However, it has left her with residual nerve and muscle problems and she is now in a Rehabilitation Centre in Westcliff-on-Sea specialising in physiotherapy. She is making slow but steady progress in regaining muscular control and is able to stand for short periods and walk a few steps with support. There is talk - if all continues well - of sending her home by Christmas. She has asked me, through you, to thank all her friends in Race Walking who have so kindly sent her messages of support and good wishes

Peter Cassidy

ESSEX WALKER

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