

ESSEX WALKER

GOOD WISHES ON YOUR RETIREMENT

Our best wishes for a long and contented retirement go to JUNE CORK of Southend-on-Sea A.C., who is leaving the classroom at Thorpe Bay School on Southchurch Boulevard (that road was the venue for a dramatic Olympic Games walking trial in 1976). June has taught every subject going during her distinguished educational career. June was once part of a highly successful Southend Ladies walking team, which won many honours – indeed June once graced the front cover of Race Walking Record. Upon retirement June has plenty to get to grips with, as the good lady is Editor of her Club's Centenary Handbook (Southend walkers, past and present, were invited to contribute to this 'one-off' publication) and is also involved in many activities that are making up the 100th year of Southend-on-Sea A.C. Indeed Southend are currently doing very well and, more-or-less, cleaned-up at the recent Southend Sports Council's annual awards night. Hon. Ed. has recently been spending his own time and 'phone money to try and get Southend to muster a closing team in at least 1 Essex County Championship during their centenary season. Well... it didn't happen in the 10 miles or 20 kilometres...so what about the 20 Miles? The walkers are still there, and it just needs a Mr. Motivator to knit it together on the same day! Southend were the last team to win the Essex League – other than Ilford – in recent years. So come on, "Let's be 'aving you" as Delia Smith boomed out on the Carrow Road pitch.



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WRITES MIKE HINTON

Dear Dave,

On a bitterly cold morning, it was good to see a reasonable turnout for the year's first Blackheath League race.

With fourteen competitors toeing the line, a yacht handicap was held instead of a straight race which makes the event more interesting.

Lets hope with the better weather to come, this figure can be maintained and improved upon.

Regards, Mike.



"EVENING ALL"

The Metropolitan Police Walking Club's Annual Dinner & Reunion took place at New Scotland Yard on March 2nd. The signs were good, with attendance well up on 2004 and some cracking speeches (including a damn good 'after dinner' turn from guest speaker BOB RUSSELL, MP for Colchester and the Liberal Democrats Front Bench Spokesman for Sport). Walking has very few social functions and – as BILL SUTHERLAND put it in the now defunct Met. Police Walking Newsletter – its vital to keep those going. In 2004 the letters of apology were so numerous that they could not be read out, most of them coming from serial apologists who always have the first Wednesday in March marked down for something else. The apologies were less this year, so were read out (all bar one were on the

AWARDS NIGHT
 CATH DÜHIG is the LYNN NEWS SPORTSWOMAN-OF-THE-YEAR for 2004. Cath received her award at a well attended ceremony in King's Lynn Town Hall. Well done to Cath on yet another much deserved award.

2004 list...and earlier). Perhaps their 2006 apologies are drafted already? The meal was outstanding and the bar stocked with quality products at near-Wetherspoons prices. Two of the ladies on the Organising Committee – KAREN and NAOMI – let it slip that they only have 4 years left in the Met. Police, and that they were committed to maintaining the function for the duration of their service. Honestly, neither lady looks to be of an age for talking about retirement, so walking obviously keeps you looking young. The function was 'driven' by red-jacketed ANDREW BIGNOLD, who kept to time so ensuring that it finished (as promised) in time for diners to catch convenient trains. While it would be nice to see more ex-Policemen coming to reunite at their reunion, readers are reminded that this long established annual dinner is **for all**, and not just for the Police. Many regulars voted this year's dinner as one of the best! See you all in 2006!



Pictures can be viewed on www.racewalkingrecord.com/blog

GUERNSEY TRIP

The Church-to-Church Walk (19.4 Miles) is on again at St. Peter Port on Sunday 4th September. Details from Jayne LeNoury on 01481-246865 or lenouryjedburgh@cwgsy.net It starts at 9 am (women) and 9.30 am (men). Please note, especially Edbanger! It visits every parish on the island. The Minister for Mainland Development, MICK BARNBROOK, has already taken time off from his political campaigning to start banging the drum. This year, banging the drum even louder, is DAVE SHARPE. Dave also urges support and he is very popular on Guernsey, having given the organisers advice on staging their race and donating trophies as well. In the past Dave has got organised trips together for other races, and now he's prepared to do likewise for Guernsey. For details, see Sharpie at the meetings – after all, he's at most of them!



I'LL SEE YOU TOMORROW MA'AM

When former walker, Hornchurch-based MIKE BRACE, went to Buckingham Palace to collect his OBE, he said to Her Majesty, "I'll see you tomorrow Ma'am". For the day after his investiture, Mike was back as an invited guest for the lunchtime reception of the Olympic Games 2012 Bid Evaluation Team.



YET ANOTHER TASK

Correspondent DAVE SHARPE is first with the news about former Essex League Champion MICK GRAHAM taking on a new part time role teaching sport to people with learning difficulties. Mick is a successful trader (many of our readers are wearing socks and underpants sold by Mick), a top judge and also leader of Haverhill Town Council (where one of the local Councillors is another former Essex League champion MABON DANE).

WRITES COUNTY CHAMPION ARTHUR THOMSON

Hi Dave,

Re – George Coleman – I would like to put on record my gratitude to George who I credit with encouraging me, in his quiet way, to put in the effort in the late 1950's to move from 'promising junior' to emulating his 8 Miles in the hour. I was fortunate enough to be able to train with him at the Vauxhall Motors Sports Ground, where he somehow managed to wangle me into being accepted as a member in the late 50s when I was actually an apprentice at Hunting Aircraft in Luton with no right to use the excellent Vauxhall Motors facilities.

Re – Duff Gen. I would like to link this with reports in Martin Oliver's very good Enfield Walker report Vol. 3 No. 19 Spring 2005 which many Essex Walker recipients will have received. Speaking very personally, coming back after 30 years out of the sport, I am appalled at the standard of accuracy reports in AW which bear no comparison with those produced by Colin Young in the 60s/70s for which the only criticism I could make was the frequency with which Colin wrote "Arthur Thomson was the surprise winner of..." (why the surprise?!). Since I have come back I have bought 8 copies of Athletics Weekly expecting to find results of races I have competed in. I have found the spelling of my name wrong in 3 out of 7 where it appears at all and my Vets age group wrong, or my name not recorded at all (i.e. not recorded at all, because not recognised as Vet) in 5 of the seven records that do appear.

This has repercussions elsewhere though as noted in Martin Oliver's informative 'Enfield Walker' Spring 2005. "What happened to the Vets ranking lists then?!" Here to quote Martin: "Those of you who read 'Athletics Weekly' (gluttons for punishment, aren't you?!) will have noticed the 2004 Veterans Rankings:- Men & Women, presumably because you looked to see if your own name was there! (true! for me AGRT).

If so you will have realised that although there were Rankings for the Women's Walking events, the Men's were conspicuous by their absence. The excuse given was:- Quote "A dearth of competitors has not let to our considering lists for the Walking events"..Really? I hadn't noticed a dearth of veterans Competitors at Enfield of late:- The exact opposite in fact! And even if that were true, why compile a Ladies' list when there are less (fewer) of them than there are of men!

Perhaps it is worth noting that the Ladies' list is compiled by Sally Gandee, who lives in Hertford, and is well known to the Race Walking Fraternity. The Men's List, on the other hand, is compiled by someone called Bob Minting from Sidmouth in Devon, who I've never heard of. His lack of interest in compiling Walkers' ranking lists is probably due to the fact that in his part of the world, he has more chance of spotting the Beast of Bodmin Moor than coming across a Race Walker! But why make some excuse that those of us involved in Race Walking know to be a load of old Garbage:- If he didn't want to do the job, then he should have said so, in good time, then someone in Race Walking could have done it instead!

Now we know, we can compile our own list for 2005, and not rely on the National Union of Track Statisticians, or NUTS for short! (and NUTS to Mr. Minting, as well).

OK, I personally, sympathise with nearly all of the above, but I have to confess to ulterior motives. I'm coming back to the sport which I love, I have to confess that my early returning successes have led me to believe that I can rewrite the Vets' M65+ record book, though I believe that Peter Cassidy is capable of improving on anything I can do, being much younger. (Challenge!).

Problem is getting these performances recorded ACCURATELY in the records and having the organisers define all the officials properly to get results recorded accurately. Re: Mr Minting referred to above. Bob Minting is, (to the best of my knowledge, which is very limited) the man who has been lumbered with the quite arduous task of keeping track of ALL Masters' Records, as the person to whom all BMAF records are sent, from Women's pole vault to Men's hammer throw. Don't blame him for not recognising inaccurate AW reports, he is just the chairman of the records sub-committee of BMAF. He has to rely on what is sent to him by race organisers. The problem is to get accurate records sent in the first place to AW, RWR, BMFA, etc., That cannot be done unless BMAF (or junior, women etc.,) status is recorded on entry for every entrant to ANY and EVERY event. Sadly the current sloppy entry-on-the-day organisation does not help this. Race organisers must recognise their responsibility to record EVERYTHING relevant to press reporting, record claims, etc., This is a problem for race organisers to report accurate results as well as for the reports to recognise their responsibility for accurate reporting of what THEY are given. Nuff said for the moment.

Carry on the excellent work – the most entertaining and informative walking news available.

More next time!

Arthur Thomson

THE LAST WORD

As everyone else in 'Race Walking' these days, seems to be pontificating on their anecdotes for 'Life, Love & Everything', I thought I might as well add my sixpennyworth: So, as Mahatma Ghandi once put it, "There are two types of people in this World, - those who do all the work, and those who take all the credit – Try to be in the first group, there's less competition there!" (Isn't there just!!).

(reproduced by kind permission of Enfield Walker).

ANOTHER SHORT NOTE FROM JEREMY HEMMING

Dave,

We don't like the word 'Southern Vets' in print.
Jeremy Hemming (V.A.C.).

"I DON'T JUST TALK ABOUT RACES – I SUPPORT THEM"

So announced DAVE SHARPE on the morning of the first LPR 9K of 2005. Dave phoned up Hon. Ed. on the Sunday morning to report that he had risen early, in time to make Blackheath Park by public transport, as no car lifts were available. A Bexley/Blackheath weekend clash didn't help with numbers, but Dave was one of four to race at both venues. Dave was 5th in the 'Most Prolific 2004 List' despite being unavailable for the first 3 months of the year. If every walker had Dave's commitment, walking fields would be increased many fold.

EUROPEAN MASTERS NON-STADIA CHAMPIONSHIPS – PORTUGAL

Flight + transport share available. Out from Stansted 06.55 hrs. 12th May (Thurs). Return to Stansted 23.30 hrs 16th May (Mon). Approx. £100 (flights = £80).
Contact CATH/PETE DUHIG on 01366 388188.

FROM PETER MARLOW



The Picture House
134G Southgate Street
BURY ST EDMUNDS
Suffolk IP33 2AF
Tel: 01284 754177
pmarlow@btinternet.com

2005 Presidential Appeal

Dear Friends,

You will be aware that UK Athletics and Warwick District Council have launched a bid for the 2007 European Cup of Race Walking. 2007 represents the centenary of the RWA, the oldest race walking organisation in the world. We hope you will agree that the staging of the first major race walking championships in the UK since 1985 is the best way in which we can celebrate this unique and important birthday! It is also a chance to celebrate Britain's involvement in the shaping of the discipline and to celebrate the significant success that we have had on the international stage. In men's competitions in the Olympics Great Britain head the medal table having won both the most gold medals (6) and the biggest number of medals in total (15)! They have also won 3 European, 2 World Race Walking Cup and 4 Commonwealth titles. In women's competitions they have taken one World Cup title. The competition will be based in and around Victoria Park, Royal Leamington Spa.

We have now raised £45,000 towards the bid and need another £5,000. Please support our bid by making a donation to my Presidential Appeal and help launch the next hundred years of race walking in the UK.

Kind regards. Peter Marlow.

COACHES CORNER – TALES FROM THE FREE READERS COUNTER OF W.H. SMUT

Dear Coach, I am hoping you will be able to help me with this embarrassing problem. Every Wednesday I go the WH Smith to read AW but no matter how hard I try, I can't take the magazine to the checkout. Instead I stand there getting in the way of people who are trying to buy other magazines as I read it. What is wrong with me?

Pierre Le Blanc, Rainham.

Answer: Dear Pierre, You have 'Tightarsicus Athleticus' a condition that affects many athletes. Sufferers usually have a well-paid job, have at least £10k in the bank, but often dress like a tramp and look like they can't afford a haircut. The illness makes them reluctant to part with £2-45 for the only weekly athletics magazine in Britain. Treatment is available, and I'm sending you a leaflet that gives details.

Adds Martin Oliver: Hmmm, We seem to have more than our fair share of 'Tightarsicus Athleticus' sufferers in Race Walking too don't we? The treatment that Doctor Oliver would recommend is to surgically remove £25 from their wallets and send it to Tim Watt, Flat 1, 9, Grosvenor Hill, Wimbledon SW19 4RU, for an Annual subscription to 'Race Walking Record'. As 'Record' has just been 'cut adrift financially' by the RWA, it's now up to us to 'keep it afloat' :- So, chequebooks out please!

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"EVENING ALL"

Reg Youldon's son Bob, a Chief Superintendent who once walked the Police Barking-to-Southend, has retired from the Police. He's now a civvy – but is back doing inspection work at Police establishments.



BACK ON THE CARD

Burrator, deep in the West Country, returns to the big-time fixture list on May Day with an Open 35 kilometres for men and women. Burrator saw many big-names in contention during past years, and it is hoped that the 2006 race will kick start the Devon walking scene. For those seeking a shorter outing the Blackheath Park Yacht Handicap 9 Kilometres starts at 11.30 am.

ESSEX LEAGUE RACES

Sun 15 May Essex 3,000 Metres Championship. (2.30 pm) Mayesbrook Park (Dagenham)
Note: Only for Essex qualified entrants and prior entries mandatory.
Sun 8 May Dartford One Hour (2 pm) Prior entries required.
Sat 11 June Essex 20 Miles Championship (1 pm) Ford Sports Club, Basildon.
Sun 24 July Ilford Open 5 Miles (10.30 am). South Park, Ilford

FABLE AT THE TABLE

Prospective UKIP parliamentary candidate MICK BARNBROOK is fabled for heckling after-dinner speakers. So at the Met. Police Dinner, at which an M.P. (Colchester's BOB RUSSELL) was present, Mick was allocated the table furthest away from the speaker! When prospective M.P.'s were asked to 'Take Wine' as well as Mick, a young lady rose with glass in hand. Who was she?



PUNDITS PAY CUT

Top BBC athletics legends are fuming after they were told to accept a 15% pay cut from their reported £1,000 per appearance fees. They include Roger Black, Steve Cram and Sally Gunnell. A BBC insider is reported as saying, "The BBC can call the shots as it owns the athletics coverage. The stars are furious, but they can do nothing but accept it".

"WAKEY WAKEY"

So shouted the late band leader Billy Cotton – but he waited until lunchtime before imploring his listeners to wake up! Hon. Ed. was woken-up from his sleep by Sharpie, who rung with the latest news. That was about LESLEY RICHARDSON gaining a sprint bronze medal at the European Veterans Championships and also a sprint relay team gold. If it's important enough for Hon. Ed. to be roused in order to be told, then it must be important enough to be published in E.W. Lesley has won many walking awards in both National and London Post Office races, and is a former Essex County Senior Ladies 3,000 metres walking championess. Sharpie enjoys a reputation of often being first (and earliest) with the news. He is a card – a calling card!



I CAN'T WAIT

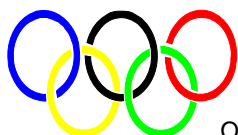
Those seeking a regular 'fix' of Enfield racing had to go without as after January's race, there was nothing doing until mid-March. One Essex walker couldn't wait, and turned up on March 12th, finding that he was the only one! We'll spare his blushes by not naming the would-be entrant.

WRITES JEREMY HEMMING

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Wynter Street
London SW11 2TZ
0208 871 9989

What I would really like is someone who reads it to make a short VAC extract from all the excellent reading.

Adds Hon. Ed. Perhaps VAC President (Michael Croft) could oblige by sending Jeremy his requested précis?



OLYMPIAN ERIC HALL PUTS THE RECORD STRAIGHT

Many thanks for Essex Walker and for including my 'adventure'.

One slight problem is that there are 2,500 estimated Olympians in the UK and the Palace reception you mention is for medal winners only – as I have already had a number of calls about this – not arising from your item – I thought you might like to know in case you have queries raised with you. I have no idea where the alternative info started out from, but that is the way of the world.

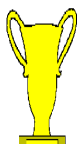
ESSEX 20K CHAMPIONSHIP/ESSEX LEAGUE – 26 FEBRUARY AT IMBER COURT

1	John Hall	Loughton	1.54.00
2	Dave Kates	Ilford	1.55.07
3	Peter Cassidy	Loughton	1.57.02
4	Steve Uttley	Ilford	1.58.13
5	Paul King	Loughton	1.59.58
6	Dave Sharpe	Ilford	2.02.35
7	Kevin Marshall	Ilford	2.03.35
8	Bob Dobson	Ilford	2.03.59
9	Ron Powell	Ilford	2.08.20
10	Cath Duhig	Loughton	2.10.53
11	Kim Howard	Southend	2.15.59
12	John Borgars	Loughton	2.25.45
13	Francoise Fernandez	Loughton	2.25.29
14	Pam Ficken	Loughton	2.27.05

Essex Champs, Men: Kates, Cassidy, Uttley, Team: Ilford
Essex Champs, Women: Howard, Fernandez
Held in conjunction with the Southern Area 20K Championship.

SCOTT OF BOTHER

Our request for the whereabouts of the Essex County 10 Miles Championship trophy and the Ilford A.C. Style Cup – which have not been seen since SCOTT DAVIS vanished from the scene – should have stressed that we were seeking the original (i.e. missing) trophies. Both have since been replaced, but absentee Scott still has the originals!



VETERANS DOUBLE DATE AT BATTERSEA PARK

Tuesday 26 April at 7 p.m. Road 5 Miles
(non-veterans, if any, may appear in guest capacity)
Wednesday 27th April at 6.45 p.m. Track 10,000
Metres Championships (+ Championships of Herts, Middx and Surrey).

WRITES MRS CHRISTINE ORME

Dear Dave,

I felt I must write to thank you for the wonderful tribute you paid to my father George Coleman, in last month's Essex Walker.

Mike Hinton wrote me a personal tribute, but no address was given – thank you Mike.

I would like to add some comments about the Olympics, though I don't think my father would altogether approve of me putting them into print.

George won his heat in the 10,000 meters at Helsinki in a personal best time and improved on this in the final. Whilst lying third on the finishing straight he was overtaken by two Russians who "ran past me" (his own words). The chief judge waved a red flag, Jack Crump the British Team Manager lodged an appeal, but the result stood. Typically George never said a word.

He told me that after the event he bore no animosity whatsoever because he knew that he had done his very best and achieved two personal bests also.

Here, the spirit of taking part prevailed. George believed that the Helsinki Games were the last true amateur Olympics.

The above was probably the reason why walking was relegated, in future Olympics to a road event outside the stadium.

C. Orme (Nee Coleman)



WRITES DAVE GULLIVER

Hi there Dave,

It is with great regret that I shall not be competing again in the foreseeable future owing to the problematic shoulder injury. I am now on a daily dose of pain killers which is B annoying to say the least but I have to accept the situation.

Golf I can still play but have had to alter my swing to take in the injury. It is when I am swinging the arm constantly that it reoccurs, so I have made the decision to quit.

Hope the race this Saturday goes well and you get a good turn out for it.

Regards, David.

KING OF THE PALACE – PAUL THE EIGHTH

PAUL NIHILL knows his way around Buckingham Palace; for his appearance at the royal reception on March 23rd was his 8th attendance there.



OUR THOUGHTS ARE WITH:- FIONA BISHOP, who supports races all over the place, on the

sad loss of her father. And to Martin Oliver whose mother died after a spell in Chase Farm hospital, which caused Martin to miss his first Enfield League meeting since he founded the series. Our condolences to Fiona and her family; and to Martin and his family.

EMAILS CARL LAWTON

London Interclub Challenge

I have the dates of the London Interclub Challenge which was held for the first time last year in conjunction with the track and field meeting. All invited, if sufficient interest a YAG 2kms will be incorporated. The meetings are electronically timed so you get really, really accurate time, although we don't have to start off blocks.

(Other events)

Saturday 30th April, Copthall 3 kms 2 p.m.
(35 kms Sutton Coldfield)

Saturday 28th May Battersea Park, 3kms 2 p.m.
(Nothing, I can't believe that)

Saturday 2nd July Haringey 3kms 2 p.m.
(Enfield League to be discussed)

Saturday 6th Aug Woodford Green
3kms 2 p.m. (World Championships).

No Entry Fee Required, no prizes either.

Please circulate this to another 10 on email and ask them to do the same!!!! (and a fiver to me!!!)

Any enquiries please contact me on email SBOrinoco@aol.com or 0208 669 0971

BEXLEY NEWS

The big news is that the next series of this well-established series will see all races over 5 kilometres. The last series saw better turn outs for this distance than for 10 kilometres (the 15 kilometres having already been ditched). CHELSEA O'RAWE-HOBBS took the junior series award, while LIZ STOCKER was the leading senior lady (just as Liz was in season 1978/79).

PEAK TRAFFIC

Never mind Friday afternoon's rush-hour, a new traffic survey has revealed that Saturday from noon-to-1 p.m. is now the peak time each week for traffic congestion.

Travellers to Enfield and other 'traditional Saturday afternoon' races please take note and plan each journey accordingly.

WRITES MIKE HINTON

Dear Dave,

I read in the latest edition of 'Enfield Walker' that Laurie Dordoy, whilst out training, had come across former Enfield walker Bill 'Taff' Owen.

Back in the autumn of 2003 when training over the local country park I also had bumped into 'Taff' on his bike. On that first meeting he told me he'd like to enter a walking event as he was pretty fit from his triathlon training. After relating various events on offer he picked the Ilford 10kms as a first try out. He never showed up, since then I have seen 'Taff' numerous times, always asks me what events are on with a promise to turn up, Enfield was a firm turn up a couple of times and lastly he wanted to have a go at the Essex League 10 Miles a couple of weeks back. Well, what a surprise he did turn up at Ilford and met me in the club room, but no, he wasn't racing as he had to go shopping with the wife. It's the nearest yet, so maybe an appearance on a start line is close.

Regards,
Mike.

RACE WALKING ON THE TELLY

In the current re-run of all the Hancock's Half-Hour shows on UK Gold, is an episode where Tony Hancock and Sid James dress up in white shorts and vests, with huge race numbers on their vests, for a walking race from Railways Cuttings, East Cheam to the local dry cleaners and back. On their return James is accused of cheating; but he states emphatically that he was always getting his heel down properly! Another send-up, but at least it gets race walking onto the small screen.

AN ENFIELD SUCCESS

The March race saw 50 on the start line at £3 a time, so making £150 for the Leamington 2007 Bid Appeal. Another £86 profit was generated by a well-supported raffle and... on top of that, the catering profits were added. Fifty was a great turnout, and but for the televised Six Nations rugby, more would have come (it took away a good number). As Professor Wallwork pontificates, "If I have a choice between sitting in my armchair watching sport, or going out to do it, I always choose the latter.... because there may come a day when I won't have that choice, and I'll have to settle for the armchair". We welcomed back Southend's VAL MOUNTFORD after 3 years absence from Donkey Lane, and Val remarked how nice it was to see everybody again at this most friendly of meetings. Racing at Enfield is never dull, with 2 fallers on the tarmacadam and 1 in the upstairs café – fortunately in 'the show must go on' spirit, all 3 dusted themselves down and got on with it. The race saw 3

ATTENTION EVERY ESSEX QUALIFIED WALKER

The Essex County Combined 3,000 Metres Walk Championship is to be held on Sunday 15th May at Mayesbrook Park, Lodge Avenue, DAGENHAM at 14.30 hours. We need 100% turnout to erase the memory of the 2004 fiasco at Chelmsford. **Closing date is Friday 15th April. We repeat – 15th April.**

unscheduled stops as 2 headed for the gents not long after the start, while 1 leading light lost valuable ground when halting to tie up a flapping shoelace inside the final 400 yards! Among the awards were a brace of 5 miles-in-an-hour badges for PIERRE VAN EDEN (Ilford) and SERENA QUEENEY (Brandon Fern Hoppers). And... sage BARRY INGARFIELD was there to capture it all on film! Finally a warm welcome to debutant Canvey Island walker PHILIP BARNARD who clocked 31.09 for 3 miles and thoroughly enjoyed it.

YOUNG BILL

Scotland's 1970 Commonwealth Games 20 Miles Walk bronze medallist BILL SUTHERLAND BEM hits 60 on April 6th. When he went to his local Post Office for an elderly person's travel pass, the lady behind the grille asked him, "For which member of your family are you applying?" Bill said, "It's for me". The counter assistant could not believe it! If further proof was needed about Bill's young looks, a lad whose collar Bill felt over 30 years ago, recognised him in Tufnell Park. "I didn't do it" he maintained - but eagle eyed Bill had spotted him going through a red light. 'Bill from Islington' as he is known on the airwaves, recently had over 10 minutes on BBC Radio 5 Live. He was pointing out all that's wrong with today's Police service, and had much to say on the subject. We look forward to seeing young Bill back on our starting lines.

LOUGHTON A.C. JOTTINGS

Loughton A.C. have issued a Safety Policy to all members. The Club's ladies have expressed a preference for crop tops for the summer season. Loughton have accepted the new lease offered by Epping Forest District Council. The Club, who promoted the London Open Walks, have donated the raffle profit from that meeting to the Leamington 2007 Bid costs. There is nostalgia in the latest issue of 'Loughton Lines', which reminds readers that Essex League's most improved walker – PETER CASSIDY – first broke the 50 minutes barrier for 10 Kilometres on the Chigwell Row switchback.

EAST IS EAST

It's worth enrolling in EVAC as you'll get a regular issue of the Eastern Vet. It's edited by TONY CHALLIS (a sub 80 minutes 10 Mile walker in his heyday for Trowbride AC and the RAF). The latest issue is packed with race walking. The front cover shows walking action and includes TONY BELL, ROD DUNN and ARTHUR THOMSON. There's a double page article by Tony Bell on how he converted from being a successful runner into a successful race walker. And...there's a double page article on the history of British walking (and a glorious history it is).

BRING OUT YOUR DEAD

The British Olympic Association celebrated their 100 years of life by holding a Royal Reception at Buckingham Palace. Those with Olympic medals were invited. However, along with their invitations came a request for assistance in locating a number of sports persons with whom they had lost touch. Lost Touch? The list included Lillian Board, Reg Harris, Gordon Pirie and Tebbs Lloyd Johnson. Let's look at the athletes. "There can be no higher profile athlete's death than that of Lillian Board" stated Essex-born PAUL NIHILL MBE (1964 silver medallist in the 50K walk). As for Gordon Pirie, his memorial service saw a church with every pew packed. Tebbs Lloyd Johnson became the oldest ever Olympic medallist when earning bronze in the 1948 50K Walk at the age of 48 years and 115 days (source: Guinness Book of Records). He'd be around 105 years of age had he still been alive! They'd need somebody like Doris Stokes to make contact with those! Somebody like Doris, as she departed herself in 1987. Doesn't seem that long ago does it?

CROSS CHANNEL ISLANDERS

The recent Fixtures Seminar at Royal Leamington Spa town hall discussed the problems caused by fixtures clashing. So why do events with ESTABLISHED DATES get rival promotions running up against them? The Guernsey Church-to-Church is an established long distance classic, which always happens on the first weekend of September. It has been revived in recent years thanks to DAVE SHARPE, RON WALLWORK and particularly MICK BARNBROOK. Essex Walker has played its part. So in 2005 we find the Commonwealth Games 20k and 50k trial races (and there's a clash for you, if you want to aim for both distances) plus the National, Southern Area and Essex 50k Championships all heading for the Earl's Colne Airfield on the same weekend. Some are already saying they'll support Guernsey – and are hoping events at the airfield literally don't 'take off'. All the good work that has been done in promoting the Church-to-Church Walk can be undone this year because of one decision that has been made with little or no thought – and by those who were at the aforementioned Fixtures Seminar! You couldn't make it up. Please support Guernsey – the established meeting – and bugger the R.W.A!

FOUR WALKERS – SIX MEDALS: ESSEX ECONOMY OF EFFORT

The tiny Essex team of four averaged one and a half medals apiece in the Inter-Counties' Championships at Coventry on the 12th March.

The ever-improving Chelsea O'Rawe-Hobbs showed the way early in the day by winning the Under 15 Girls' 3K Championship in 15.49, over a quarter of a minute clear of the second-placer.

This was followed up by the oddly assorted Men's 10k team of Dominic King (first in 44.18), brother Daniel (second in 44.41) and your roving reporter (seventeenth in 57.17), who combined to beat Sussex and Leicestershire to the medals. (The Counties' respected points were 281, 268 and 242).

The crucial disqualification of Warwickshire's No.1 certainly helped the men but, even so, it was a remarkable day's profit for the hardy four.

It could have been better and perhaps it will be next year as, with only seven in the Senior Women's race beating the half hour, there are certainly team medals there as well for Essex's taking.

The course, at the University of Warwick, was a 1k out-and-back job with a fairly decent surface and was traffic-free except for the ice-cream van that arrived at just about the same time as a brief hail storm. Judging, at least in the 10k, was pretty firm; 18 walkers received 28 cards between them and three were pulled.

Two accidents on the M1 and three miles of road works on the edge of Coventry made for high adrenalin levels on my part, but perhaps that helped.

What a Day!
Peter Cassidy.

POPULAR WALKER REMEMBERED

At the Metropolitan Police Garage in Catford is a memorial to Police Officers who died while serving members of the Force. In March a memorial service was held there, and it was attended by new Commissioner Sir Ian Blair. Among those remembered was Cambridge Harriers Centurion (531) ARTHUR EDDLESTONE who sadly lost his life in a tragic mountain climbing mishap. Fellow Police walker BILL SUTHERLAND has supplied the information and he added that attenders still remember Arthur's funeral service so very well, because they still talk about the very large gathering who came to say farewell. Proof that Arthur was such a popular and respected Policeman and sportsman. His sort will always be missed and the Met. Police are to be commended on holding these memorial ceremonies.

FOUR NOT OUT

There are now 4 Centurions with nonagenarian status. But an Essex man has set the pace, as the only Centurion to pass 100 years of age. He worked for the Ford Motor Company in Dagenham and retired to Leigh-on-Sea. He was BILL BROWN (shall we say Old Bill) who twice completed 100 Miles races – his first being in 1907 when he finished the 104 miles London-to-Brighton-and-Back in 20.38.01 in the colours of Polytechnic Harriers.

MOLLY BARNET?

The Molly Barnet meeting is one of the most important on the circuit, as it is attended by many Essex Walkers. But when you ask around, hardly anybody seems to know who she is, or was, Molly Barnet? Any answers?

WRITES ENTHUSIASTIC SUPPORTER STEPHEN BORGARS.

The last London to Brighton Walk

The last race was my first opportunity to watch the most famous ultra-distance race in Britain, the London Stock Exchange Annual London to Brighton Walk.

There will be no more walks because the local police can no longer guarantee to control reckless motorists in Brighton, but the Stock Exchange AC chose to go out with a splash rather than a whimper and made their Centennial Race a major event. They managed to attract 88 entrants (the largest entry for more than quarter of a century), including two from the Ukraine, one from Israel, and two from EVAC: Cath Duhig (Ryston Runners and Loughton) and John Borgars (Herts Phoenix and Loughton) (go Dad!). Most of these (e.g. Cath) had trained hard for the big event but others (e.g. Dad) were taking their last chance to compete, even without lots of fancy training, etc.

The race was started outside the Houses of Parliament at 6 am by the same starter as the first race - Big Ben (upmarket or what?) - and the leaders raced over Westminster Bridge *walking* at 6 mph.

For me, the day started with Dad waking me up at 4 am (wuh; huh; oh right, the walk <YAWN>); we arrived at Westminster shortly before 6 am and struggled to the start, where Dad introduces me to some friends - the first two turn out to be judges who get even colder than the walkers and wetter than seconds (and more bored) - but not to Peter Duhig who had kindly agreed to give me a lift to Brighton, ferrying me between Dad and his wife Cath on the way. We manage to find each other on Westminster Bridge while the contestants pounded over it.

A good fast start, possibly too fast with a young Stock Exchange walker hurrying on ahead of Mark Easton (UK Commonwealth Games representative), Cath Duhig showing her class in the top ten among the leading men and Dad trying to keep in sight of Cath (nice try Dad!). Happily there's not much traffic in central London at 6 am on Saturday and the race safely skirted parked cars and dodged traffic. The first five miles through south-central London went quite fast, and even though we weren't allowed to give the walkers water before the 6-mile mark, we still gave support.

Second 5 miles through south London into Croydon, early morning traffic and first showers. Dad stops trying to keep up with Cath, although he does his best, poor old Dad, and gradually drifts back to 23rd place, overtaken by second and third ladies while Cath stays in top ten.

On leaving Croydon the course starts into hills of North Downs. Field stretches out: eventually the gaps widen to such an extent that the woman in front of Cath appeared to be first in the whole race (I maintained this belief for the rest of the race and was flabbergasted by the number of walkers at the finish when we arrived). The young Ukrainian lady looked impressive early on but couldn't keep it up; even Dad passed her as he plodded uphill.

Next 30 miles has some nice scenery in between showers but lots of hills. All the seconds start to realise that they don't necessarily have it easier than walkers! Peter is active supplying drinks to Cath and also bananas etc., while I give a young walker with no second called Kevin a drink and occasionally a rice pudding. Cath and Peter have agreed to help him, but I can give him an iso-drink so that Peter can see to Cath. As the gaps between walkers grow ever wider the seconds' job gets harder and harder. At one point we stand up to our ankles in roadside plants of unknown origin, so isolated that they still have undisturbed dew on them - undisturbed, that is, until it runs in streams down our socks. There we stand, certain in the knowledge that this evening our feet will look 50 years older than the rest of us.

Final 10 miles are mostly on a motorway, causing serious problems in terms of doubling-back for Dad. We follow Cath for about 7 miles, then leave her & go back to give Dad his last drink for 8 miles, with the understanding that we're going to the finish to wait for Cath and he will have to do the rest of the race on his own (and he did! Go Dad!). Cath finished 7th, 2nd lady, in 9 hours 25 minutes. Incredible! Kevin followed six minutes later in 8th place. After much rain, general spectator unhappiness and lots of unhappiness on my part (having removed my shoes with great difficulty to discover them incredibly waterlogged and probably capable of supporting aquatic life, but so shrunk that I can't put them back on again ☹!) Dad finally finished 13th in 9 hours 57 minutes. Go Dad!

Reception at the racetrack was also great. Lots of food! Plus, in the changing rooms was a small heater that could change my still-soaking trainers into dry, good-as-new ones in a matter of minutes, and de-age my decrepit, prune-like feet at the same time! Lots of speeches, jokes, etc, although one of the things Dad said was definitely NOT funny. If he wants to walk 100 miles, let him, but don't think I'm coming!

Stephen Borgars

WRITES ELDER STATESMAN GEORGE MITCHELL

Dear Dave,

Essex Walker cheers me up. I'm not sure how you raise the money to fund it, so I am enclosing a donation to make sure I get future copies.

I still remember helping you in the final stages when you became a Centurion. Now there's another body that keeps the sport going in good style. Chris Flint has the right touch. I last saw Sharpie at the Masters National Championships at Perry Barr. He, Dennis Withers and I had a drink together. I believe the event will be at the same venue this year, so I will be there although I doubt if I shall be able to walk. Sorry to hear about George's death - he was a Midlander!

Best wishes and up the 'B's.

George Mitchell.

Adds. Hon. Ed. I do remember George encouraging me inside the last 10 miles of the 1974 Leicester-to-Skegness, when he complemented his encouragement with a drink. The drink was probably intended for DAVE MACE, whom George was personally attending. Dave passed 40 miles in 45th position (from 72 starters) but retired before the halfway mark. George stayed on to encourage others. Dave tried several times to complete 100 miles; but sadly for both himself and The Centurions, never succeeded. Dave would have been an asset in The Centurions, for he is a most experienced official who has held many important offices (including that of Midland Area President). D.A.

POINTING THE WAY

Peter Cassidy made reference to travelling difficulties on route to Coventry. ALAN O'RAWE pulled off the M1 and used his mobile to phone Hon. Ed. Hon. Ed. used to live in Daventry, so directed Alan to use the A5 to Weedon then the A45 for the back way into Coventry via the Daventry bypass and Dunchurch. It worked!



ENFIELD NEWS

Enfield & Harringey A.C. are facing a shortage of officials and those interested in being taught the skills to become timekeepers, track judges, field judges, starters, marksmen, recorders, announcers and administrators are asked to contact officials Secretary PAUL VINCENT on 020 8482 3544. It is so serious that Vice President ROY STRATTON states, "The future of our club and its fortunes could be seriously affected if we do not get more help. If you can help in any manner please come forward". Many other Athletic Clubs are in the same boat. Mr. Stratton is shortly to introduce a new publication to the athletics world – a schedule showing what's going on at Enfield (in which we hope the Walking Section will get good coverage). Writes Mr. Stratton, "I am sure there are many who do not know just what events there are for our athletes and how to find out what's happening".

WRITES MIKE HINTON

Dear Dave,

I can't understand why there is such a lot of negative talk amongst Londoners regarding the Olympic 2012 bid. So many people seem to shrug their shoulders and say, we haven't a chance 'Paris is going to get it'.

What an attitude to take, no decision will be made by the I.O.C. till July, Lots of work and Lobbying to be done over the next four months.

My son Richard took a job with 'London 2012' last September, working on the I.T. and communications side. His office on the 50th and top floor of Canary Wharf is right next door to Seb Coes. He sees many sports celebs coming and going each week, and has had the chance to meet a few.

Each member of staff was given a boxed copy of the 600 page bid which was presented to the I.O.C. it makes interesting reading, and the work involved will regenerate the Stratford and East London area.

Although Paris has a lot of facilities in place now, they won't be new by 2012, London's will be brand new.

After the I.O.C. delegation left following their inspection, a thank you buffet was provided for staff. On chatting to a number of people my son learnt that some had worked on previous Olympic bids at Athens and Sydney, and in their opinion the bid London had put on the table was better than others they had worked on.

We should all have positive vibes on this, as it will be great for the capital if London call pull it off.

Regards Mike.

THOUGHTS OF CHAIRMAN ALAN

ALAN O'RAWE recently commented on how many of our U.K. stars at major Nationals, Opens and top events such as the Molly Barnet and at Royal Leamington Spa actually took their first competitive steps in the 'B' races that form the highly popular Enfield League. He also believes that this is proof of the role that 'B' races can play in race walking's development. **Hear Hear!**

ADDITIONAL ATTRACTION

Of course, you've all got Saturday 18th June ring-fenced in your diaries haven't you? It's the popular Moulton 5 Miles at 2.15 pm from the Village Hall (3 miles east of Newmarket). This year, in addition to a money-off deal at the Village Pub on production of your race number, there's an added attraction at the New Astley Club in Newmarket. The doors will be thrown open after the event for a Beetle Drive. No, not a Whist Drive – a **Beetle Drive**. *All welcome!*

RINGFENCE THIS DATE

The 300th LPR 9 Kilometres Handicap is to be staged on Sunday 11th September at 2.30 p.m. from the Old Addeyans Club, Blackheath Park, London S.E.3. If the handicap is 'spot-on' it'll be an organiser's dream, but a recorders nightmare. The 100th and 200th celebrations drew great turnouts; so let's see everybody who has ever appeared at Blackheath in the past, turning out for the 300th event. And at the 2 previous major celebrations, we'd seen some of those who appeared in Race. No. 1 – so let's welcome them along yet again!



MARK THIS DATE

MORE APPEARANCES AT THE PALACE

Crystal Palace, home of UK athletics for decades, has been assured of a long term future. A strategic plan ensures that the Centre, which has been closed for almost a year, has a future role. If London wins the 2012 Olympics (announcement July 6th) Crystal Palace will lose its roll as the top athletics arena to the Olympic Park in East London. It will then become a start-of-the-art Training Centre. If the bid fails, the Training Centre will remain, but millions more will be poured in to restore the spectator facilities. Part of the finance will come from Sport England, the Lottery distributor.

DUDINCE CRUCHIE VETERANS 5KM 260305

1	RYAN Peter	GBR	540409	25.39
2	STRAKA Edward	SVC	460624	26.43
3	KATES Dave	GBR (ILF)	481104	27.14
4	CALLON Allan	GBR (IOM)	450904	28.09
5	O'RAWE Alan	GBR (ILF)	410821	29.23
6	CORKILL Dora	GBR (IOM)	481001	30.48
Team	Ilford 4			
	IOM 6			

FOUR OF A KIND

At the recent Buckingham Palace royal reception for all British Olympic medallists, the 4 walking medallists all appeared. Namely KEN MATTHEWS MBE, Essex Born PAUL NIHILL MBE, DON THOMPSON MBE and STAN VICKERS. Sadly all cameras were banned from the function, so no picture could be taken of these four great worthies together. But we're so pleased that they could make such an important occasion. Here's looking forward to when we can unearth more talent of their standard; to add to our great Olympic race-walking tradition!

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