



ESSEX WALKER

RWA SOUTHERN AREA AGM

Attendance is up, as bar the Officers and Committee 4 came from the 'rank-and-file' this year. This was much better than 1 (2007) and 0 (2006). From outside the Officers and Committee were SEAN PENDER, SHARON HERBERT, MAUREEN NOEL and STEVE UTTLEY. The latter trio were so enthralled by the business they stepped forward for election onto the Committee for the forthcoming year. As for new Centurion Sean what more can you say about is loyalty to the cause? Sean came over from Dublin to support his 2nd Claim Club Loughton's Centenary Dinner and also stopped over after his Enfield Club's Open 7 Miles to support the Southern Area. Also joining the committee is PETER SELBY who stepped down as Southern Area Judges Secretary (being replaced by PAULINE WILSON) and IAAF Walking Supremo PETER MARLOW.

Our Southern Area President TIM WATT was one of many Officers to be re-elected into their posts at the Southern Area AGM (it's the same line-up as before bar the Judges Secretary – see above). Tim intends to launch his President's appeal come January. But he seeks your views on what should be the purpose of his fund-raising activities. What would you use such proceeds for? Can you let him have your ideas, and he will pick one that will benefit? See Tim at the meetings or email your ideas to him at time@racewalkingrecord.com



CHRISTMAS CHEER

The Ilford Allcomers 10K (which includes Race No. 1 of the next Essex League competition) is a 'B' race and is to be staged on Sunday 21st December at 10.30 am from Ilford's Winter HQ in Lambourne Road, Chigwell Row. Ilford's HQ is tucked away behind the Indian & Chinese takeaways in the Village Centre near to the Post Office. Entry on the day. Cost is £4.50p + 50p RWA levy (and no VAT). There will be a seasonal gift for each competitor and official. As usual you'll find a post race drink up the road in 'The Maypole'. Indeed we hope to see former Post Office walker NOEL MOONEY joining us this time! There is parking in the side streets, particularly near The Two Brewers public house. Bus 150 terminates at Chigwell Row and offers a frequent service from Becontree Heath passing Ilford Station (National Express Rail) and Hainault (London Underground Central Line). The course is, shall we say, no billiard table - so get in a bit of hill training beforehand. Please co-operate with the organisers by leaving your kit bags in the dressing rooms as space is very limited in the Clubhouse tearoom. The 2008 Essex League awards will be made at the Presentation Ceremony by Ilford AC's President JOHN MACKENZIE.



DOH NUTS

Tough competitor CHRIS CATTANO really puts his all into whatever distance he tackles in both racing and training. On a tough spin with training buddy STEVE ALLEN, Chris needed to replace lost calories. So he wheeled Steve into a shop selling DOUGHNUTS and bought them both a few from loose change carried in his shorts pockets. This fuelled them up for another flat-out session. We wish Chris and Steve good luck as they build up towards Newmarket 2009!

LOG-ON

Folks, please don't forget to log-on to your all new RWA Southern Area website in order to find out what's going on, and also leave your comments. It's on <http://southernrwa.org>



HEY BIG SPENDER

Channel 4's TV News interviewed shoppers on Day 1 of business at London's vast new Shepherds Bush Shopping Centre. Among those giving their views was MAUREEN NOEL. Big spender? Said Maureen, "I'd only popped into Waitrose for a few items".

ESSEX INDOOR CHAMPIONSHIP WALK

A new venture for you to consider giving full support to. Essex and Kent AAAs have joined forces to stage an Indoor County Championship at Pickets Lock. There is to be a 1 Mile Walk on Sunday 15th February. Hopefully you'll all be there...and if you've never walked indoors 'on the boards' then here's your chance to come to terms with banked turns etc.

RWA AGM

This is to be held on Sunday 14th December with the gavel coming down to commence business at 2 pm. It's a lively agenda! Venue is the Alexander Stadium, Walsall Road, Perry Barr, Birmingham.

A-A

You're reminded that, following the success and improved turnout at the 2008 RWA National 10 Miles Championship at Pickets Lock, it's being repeated on Saturday 21st February at the same venue (2 pm) in conjunction with the ever popular Enfield League. So folks, please support the promotion...but remember that it's held under 'A' rules (unless rules of competition are changed beforehand).

WHEEL GOOD NEWS

Congratulations to newly qualified driver CHELSEA O'RAWE-HOBBS on successfully passing her driving test.



THANKS FOLKS

Charity fundraiser extraordinary JOE BROWNE (Oilly's brother, who walked at Moulton) thanks everybody for supporting his Charity walk in Valentines Park, which was also attended by the Mayor of Redbridge and MPs for Ilford North & South (the latter walked 5K). Pledge money still comes in and that £5,000 target it within sight. 2009's event will gain be in Valentines Park – on Sunday 27th September. Joe's been a hospital in-patient recently, so we hope his treatment has gone well and that he'll soon be out-and-about with all his usual enthusiasm.

SUCCESS BUILT UPON

Last year our good race walking friend LAURIE KELLY combined the well established LONDON BUSINESS HOUSES CHAMPIONSHIP and the CITY CHARITIES MEETING. It proved wise as a well-supported track 3,000 metres race was enjoyed by all. It'll be repeated in June 2009. The possible venue is the Linford Christie Stadium (formerly West London Stadium) adjacent to HM Prison Wormwood Scrubs wall.



END OF THE ROAD FOR STALWART

'Character' MICK BARNBROOK suffered a serious ligament injury as he battled against the elements during August's Enfield League 20K at Donkey Lane, and he's been in pain ever since. His GP referred him to a consultant who has discovered more to be wrong with this Romford-born athlete. As well as serious ligament concerns (which require an operation) he's also diagnosed as having a thinning cartilage and the onset of arthritis. The Quack has strongly recommended that his patient 'calls-it-a-day' as an athlete (and by the way, that includes spending ages on his feet delivering campaign leaflets). There's a very slight hope that Mick may be able to do something after his operation, but this is such a slight chance that it's now almost certain that his racing days are now kaput.

In an event-packed career Mick has race walked with distinction for Cambridge Harriers, The Centurions, Metropolitan Police, Ilford AC and the Channel-Island based Sarnia WC. Indeed at the latter Club he put much time into drumming-up support from main-landers to appear in the classic Church-to-Church race around Guernsey. As a Centurion he completed the epic distance both in 1979 (at Ewhurst) and in 2001 around Colchester's Castle Park. On that occasion he only intended racing 20 Miles as a warm-up for his cherished Church-to-Church event but then decided to keep pressing-on to the end in memory of the late John Hedgethorpe (whose Memorial Race it was). Mick hadn't trained for 100 Miles (so it can be done with sheer willpower and determination). Mick thought that he'd set a record for the longest interval between successful 100 Miles finishes – but Loughton 2nd Claimer ERIC HORWILL has that honour (1966 Leicester-to-Skegness and 1997 at Ware). At the other end of the scale Mick also has an individual bronze medal for the Essex County Senior 3,000 metres Championship which he earned at Garons Park track.

Unlike many Mick does not intend deserting the race walking scene and intends turning-up at races from time-to-time; and also supporting our social functions, where Organisers of such events know him as a more than jovial attender. We thank Mick for his true enthusiasm and commitment for our chosen sport and hope that his medical ailments will be cured in double-quick time.

Mick's checked his books and can proudly claim to have raced over 1,000 times, indeed he's been prominent ever since the Record began publishing annual appearances tables. His Centurion qualifying performance (gaining him No. 661) was achieved in under 22 hours. If repeated nowadays it'd made him a leading light! As well as those Clubs listed Mick's also had a long spell as an unattached walker, during which his enthusiasm remained just as strong. He's also one of only 6 walkers (incidentally all Centurions) to have completed over 100 races at the testing Blackheath Park circuit. His award for 100 finishes there is among his proudest keepsakes – indeed Mick's given all his medals and plaques away to younger relations, except for his aforementioned Blackheath award, his Centurions/100 Miles awards and his RWA National medal (he has one from the 2001 100 Miles). Mick stated that he was honoured to bow out after an Enfield League race as he'd enjoyed racing there on so many occasions. RWA Vice President RON WALLWORK said, "He's a controversial character and I really am saddened to hear that his injuries have brought about his retirement".

COMMENT RE MICK'S RETIREMENT

What a shame this did not come out earlier, he could have been elected as 'non-playing' Ilford Captain. Thanks for latest newsletter. It was so good I accidentally printed it twice.

Carl Lawton (aka Contact man)

COMMENT FROM ALEX ROSS

Dear Dave, and everyone else,

Regards to all. Very sorry to hear about Mick Barnbrook – at least his voice has not been affected! Even more sorry to hear of the death of Geoff McLean, a true officer and gentleman, goodness knows what he made of the current situation at NSY. I am making plans to be at the Dinner on the 4th March so hope to see you all there. In the meantime life goes on up here, the best move we ever made (apart from 'going south' in the first place).

Best Wishes
Alex

EDITORIAL – THE BIGGER PICTURE

The retirement, on account of serious injury, of MICK BARNBROOK is really sad for the sport – for just one person quitting is a proportionally large amount. In the 60s/70s/80s somebody packing in would have not been a big deal. Nowadays it is; for in the South a hard core of (at best) 20-25 support our races. Plus another score of casual attenders and around a score whose names appear on Enfield League result sheets but never anywhere else. Nothing wrong with that for if it were not for the Enfield League then they would not be in the sport at all. Indeed the Enfield League is responsible for retaining many who would have wandered off the scene had we stayed with an all 'A' race programme. Mick was a regular attender at all manner of events...but will he be replaced? Probably not. Who will be next to leave the sport, be it on retirement, injury or sadly their demise? Let's be positive...can every reader try to recruit just one newcomer to race walking? Come on, it must be worth a try!

The average age is also manifesting itself in distances being raced. In October Surrey staged a 4 Miles race at South Croydon with an entry in the 30s. A month later on the same course a 7 Miles race saw an entry in the teens, with just one solitary competitor beating the hour and a respected and veteran lady coming 3rd overall. In October a truly grand turnout of 56 assembled for an Enfield League race...over 5K! It appears that anything above 5 miles nowadays does not easily pull in the punters. Even those punters seem to prefer 5K as most are, shall we say, 'seasoned' competitors. An average age in the upper 50s will soon be one in the 60s.

A 'Think Tank' has been convened with an aim of putting out 9 UK race walkers on our home patch come 2012. Yet at present the number of UK walking races held over the traditional Olympic distances of 20K and 50K can be counted on one hand, and aspirants have to get passports out to find more suitable events in which to display their talents. An uphill task beckons...but it can be done!

SAD NOTIFICATION FROM CHRIS FLINT

Geoff McLean former Chairman of the Metropolitan Police Walking Club, died recently from a heart attack following his routine swimming exercise at the RAC Club. He retired in the rank of Deputy Assistant Commissioner and was a keen sportsman, playing football for the Met 1st XI, and he became a very keen follower of the race walking scene. He was present together with Peter Imbert, then Commissioner, at the Hendon 100 miles and was a regular speaker at the Met's Annual Dinner. It's very sad news.
Kind regards, Chris.

Adds Hon. Ed. He was so good at Metropolitan Police Dinners that diners would be writing down his jokes on their menus. At the Arthur Eddlestone Memorial 100 Miles Walk he was at the finishing line to personally congratulate every finisher from victor Ed Shillabeer (just over 18 hours) to the very back marker.

TRIBUTE FROM LEW MOCKETT

Very sad to hear, Geoff McLean was a keen supporter of race walkers for as long ago as I can remember. I think I was Met's Hon. Sec. when Geoff first came onto the RW scene.
Best Wishes,
Lew.



'ELLO' 'ELLO' 'ELLO'

Readers are reminded that the annual and long established Metropolitan Police Walking Club's Dinner & Reunion (open to all and not just coppers and those they've nicked) is at New Scotland Yard on Wednesday 4th March. Last year saw a bumper attendance, so please keep the date free.

ESSEX LED THE WAY IN THE PSUK NATIONAL 10KM WALKING CHAMPIONSHIPS

Essex Police fielded a team of 5 walkers in the PSUK 10km Walking Championships held at Tally Ho Birmingham on Wednesday 24 September 2008. Our team consisting of Steven King Colchester CID, Lance Williams (retired), Chris Holmes NST Rochford, Andrew Eves SOCO and Dominic Ross PCSO Eastward, were up against strong opposition from not only other police forces but also from walkers competing for the Civil Service in the annual Police v Civil Service match and some guest walkers. The Civil Service walkers were also holding their own competition within the race.

A total of 50 walkers started the 6-and-half laps course around the park and lake at the rear of Tally Ho, West Midlands Sports and Social Club in what can be described as being a beautiful sunny day, ideal at any other time for a slow stroll in the park, but not really suitable for fast walking.

Our team were keen to improve their finishing position from last year's event where we finished third. This year when the initial results were announced it seemed that we had achieved our aim when we were awarded runners-up position. We had missed out by a single point. However it was established later after proceedings that there had been a miscalculation and that when the Civil Service walkers were removed from the results, leaving just the Police competition Essex were in fact Champions ahead of Lancashire and West Midlands.

Steve King finished in 63.59 21st overall and 6th in the police championships, closely followed by Lance Williams 25th overall and 8th in the championships, Chris Holmes 70:51 was 30th overall and 10th in the championships both Andrew Eves and newcomer Dominic Ross had a close battle throughout with a West Midlands walker with all three finishing within 15 seconds of each other. Andrew finished in a time of 78.24, 37th overall but more importantly 14th in the police competition closely followed by Dominic Ross finishing in a time of 78.27, 38th overall and 15th in the Police Championships.

Both Lance Williams and Chris Holmes were particularly pleased as they had improved their times from last year.

Report by Steve King

CHRIS FOSTER'S COMMENT ON ESSEX WALKER ISSUE 301

Congratulations on yet another thunderingly good read.

Love the piece about points failure at White Hart Lane. My main concern was when two Tottenham Hotspurs players were arrested for cruelty to an animal when they were seen kicking a hedgehog. Alas, no charges were brought because the hedgehog was winning 3-0 at the time.

Kind regards from,
The ex-Scribe



'SPIKES'

Yes we keep plugging this magazine and it's really a genuine totally free offer. This athletics magazine comes by post and has mentioned race walking in both its first 2 issues. Totally buckshee and without any 'catches' you can get it by registering your name and address on www.spikesmag.com

WE HEAR

That former top man DENIS SHEPPARD has been out training on long distance strolls. A Newmarket contender?

WALKERS NIGHT OUT

Enfield walkers turned out in their numbers for their Club's Annual Dinner & Dance so filling a walkers table. Said Head Honcho RON WALLWORK, "It was a great night and we had a really good guest speaker in TASHA DANVERS".



THINK TANK

The inaugural meeting was held in the Paddocks Room of the Newmarket's New Astley Club on November 16th. Chaired by Newmarket's own RON WALLWORK it saw 5 former GB Internationals (2 of them Olympians) and 4 top RWA Officers among those present. A host of those who could not make it sent regards and relevant suggestions for reading out/discussion during 4 hours of serious business. Two of our 3 'Great Thinkers' were present (i.e. those whose articles on the way forward had prompted this Group). The status of this THINK TANK is that of a 'Ginger Group'. Further meetings are planned as we bid to halt UK race walking's decline and head towards the next Olympics on our own patch with renewed optimism.

"DON'T SHOOT THE MESSENGER"

Such advice came from Shakespeare in both Henry IV Part 2 and in Anthony and Cleopatra. Sophocles wrote, "No one loves the messenger who brings bad news". Enthusiastic reader DAVE HOBEN rung up to point out that our November issue made a dismal read in places. Well Dave has a point – for it did! Dave also made a similar reference to Leicester Walker (which Essex Walker email subscribers get as part of the package). Again Dave is correct in his view. But folks...although 2008 is not 'The International Year of the Pessimist' such publications can only report what is happening. Yes we did report on dismal turnouts at both Bexley and Birmingham on the same day. But we can't hide that can we? But we also pointed out a bumper 50+ turnout at the Enfield League/Veterans 5K 'B' race at Donkey Lane and of a 'Think Tank' that seeks to positively address our current state. While accepting that Dave is correct in pointing out parts of these newsletters which were downbeat, we can only stress that the best way to publish good news is for 'good news' itself to occur in the first place. So let's all rally around to turn things around and aim to emulate (and indeed surpass) those glory days that feature so strongly in our nostalgia columns.



POPULAR MIKE SWEENEY BOWS OUT

Hi Dave,

It has been great meeting up with you and seeing some of the crowd again. However, I have decided not to pursue the sport of race walking any longer. My work and family life takes up all my free time, especially at weekends. Living in central London, not near any parks and spacious areas like that, make it impossible for me to do any form of training. I am finding it hard enough just to go jogging a couple of times a week to keep in shape. I enjoyed the run-out again and having a go. But I just can't get back into it all at this time in my life.

I appreciate your time, efforts and enthusiasm to motivate me back to race walking again. You did well to get me doing the last two races I did. But I did enjoy the experience again.

If I change my mind in the future due to any changed circumstances, I will certainly let you know. I wish all the Ilford team well in their race walking pursuits and continued success in competition.

All the best Dave,
My kind regards,
Mike



THE WORLD NON-STOP MARCHING RECORD

Set Officially and unofficially in Colchester

In 1967 there were several attempts in Colchester at breaking the World non-stop marching record. The first attempt to be made on the existing record of Bob Thurtle of the Kings Lynn TA set the previous year of 138 miles in 45 hours continuous walking, was made by a Klaus Glinsky from Moy Road in Colchester. His objective was to break the world non-stop Marching record and to attempt 200 miles in 40 hours. Other records that were to be aimed at were the 24 hour non-stop – 123m 1140y (133m 21y with stops) 100 miles with stops – 17 hours 18m 51 sec. Having trained hard under the watchful eye of one of Colchester's best ever race walkers Bill Leveridge who lived at Layer, who had retired from the sport several years earlier. Klaus a 26 year-old builder born East Prussia, where he and his family fled an invading Russian army when he was aged five. After the War he had been walking everywhere since, in various countries and doing various jobs. He was to be backed up by officers and men from the 1st Btn Durham Light Infnt whose main contribution was to provide a supply of volunteers to march in relays on the six-mile circuit, and acting as umpires and timekeepers.

The loop (which had to be completed 36 times) went from Meeanee Barracks – Mersea Road – Beerchurch Hall Road – Layer Road – Goojerat Road – Napier Road – Meeanee Barracks. He started at 6am on Monday 16th January 1967 having completed a 50 training walk the previous week. All was going well for the first few hours when bad blisters and leading boots on a very icy and cold day were to bring an end his attempt at 50 miles, in just under 11 hours. He immediately planned another attempt on Monday 23rd January again with a 6am start. After the first disappointment, he had bought new boots and set off once again with a soldier by his side. Once again he started to have problems with his feet and after 66½ miles in 14½ hours and a heavy downpour in the morning left him soaked through. He carried a well-wishing letter from the previous record holder during his last attempt. On the 20th July 1967 two Colchester based soldiers made an attempt at getting their names in the Guinness Book of Records. Having been inspired by the attempt earlier in the year, by Klaus Glinsky, Sgt Roy Corner from Colchester and Lance Cpl Michael Jeffries from Dovercourt, both serving in the 19th Field Ambulance at Roman Way Camp, with the support and backing of Major Worthy and their regiment. They marched out on a 15-mile circuit from Roman Way Camp via Berechurch Road – Layer Road – Layer – around the Reservoir via Layer Bretton – and Birch along Maldon Road and down Berechurch Hall Road, to complete the loop.

Their attempt attracted a great deal of National and local interest and was featured by the BBC in various newscasts as well as being heavily covered in the local press. This was the era of great challenges and feats of endurance and made for a good story. The record had been increased a few months earlier (May 7th) by Lance Cpl John Sinclair of the Derbyshire and Leicestershire TA at an RAF aerodrome in Leicestershire of 151 miles in 38½ hours. The soldiers opted for basketball boots and white track suits rather than heavy army marching boots and clothes. Sgt Roy Corner whose idea it had been from the beginning was forced to drop out after 82 miles due to a twisted ligament in his knee at 4.30 am after 21 hours. Determined to keep going his 33 year-old colleague despite suffering from very bad blisters continued, 'proving that he was capable of outstanding moral and physical courage not to mention stamina' said the local paper. He was accompanied by his wife Jean for the final 13 miles, and the whole way by the presence of an Army Landrover and a team of army personnel, as a continuous back-up, he went on to establish a new record of 155 miles 200y in 44 hours 30 min.

Later in the week he was guest of honour, each night being introduced at the beginning of each performance of the Colchester Tattoo.

Two weeks later Army Major Gen. F.A.H. Ling GOC East Anglian Dist. to commemorate his performance, presented him with a special shield.

This was not the end of record marching in Colchester. At exactly 5.30 am on Tuesday 25th July, just five days after the new world record by Lance Corporal Jeffries another challenger was to arrive in the town, 63 year old Dr. Barbara Moore set off on another attempt. Dr Moore had gained a reputation as a champion marathon walker having walked 3,500 miles in 72 days in 1960 from San Francisco to New York and the 400 miles from Edinburgh to London the previous year in record time. She said that she was doing it as a scientific point of view on a diet of health foods and fruit juice. In her time she had taken part in motor racing, flying and fasting for scientific purposes, some called her cranky others remarkable. She had challenged the new holder to a 200-mile walk the following week but he politely declined her saying that 'he would not attempt such a walk again'. But wished her luck in her or any attempt on this record. She was critical of Jefferies saying that he should have had impartial observers, she said he would claim the record for the Army, but she would claim the World Record for science. Also that he had stopped for his blistered feet to be attended to.

Her record would go unrecognised and unheralded because of a lack of proper supervision as she attempted the walk unaccompanied. It would be the name of Jefferies that would be appearing in the Guinness Book of World Records not that of Dr. Moore.

Her first attempt was nothing short of a disaster. She aimed to follow the same route taken by the 2 soldiers the previous week. She wore a black sweater and slacks and thick brown leather shoes, and was accompanied by Colchester Express reporter Alex Peterson for the first 3 miles, Starting from Kings Ford Hotel in Layer Road. On her first lap she missed the Gosbecks Road turning and added 3 miles before realising her mistake, then within 5 hours she was found unconscious on a grass verge having been hit by a van and was taken to hospital by a passing motorist. She had an X-ray, having suffered from a swollen ankle and big toe. The following day Dr. Moore set off again at 11.30am this time without any real mishap and a bandaged foot. She covered the first circuit with the doctor the rest very much alone. She completed 14 circuits one more than the existing record, something like 160 miles in 41 hours an average of four miles per hour. Dr. Moore pulled out a surprise when she finished at 5.30am catching out the TV and newspaper journalists who thought that she would slow down towards the end and finish around 7am.

She declared her diet a success, and proved her age to be no barrier and that she was capable of great physical and moral power under extremely difficult conditions. "The attempt was almost impromptu, and one cannot feel that she has done herself an injustice by not seeing that record breaking requirements, were not met" said the Colchester Express after the event. No record book will be able to claim positively to its reader that this attempt was fact. It might as well be hearsay as far as officialdom is concerned.

While on the subject of record breaking walks I feel that I should mention Vera Andres from Clacton-on-Sea. In 1984 she established a record for being the person to have carried out the longest walk in mainland Britain, when she covered a total of 3,524 miles on 2nd January and 24th December, taking in all the British Gas Showrooms, raising a large sum for charity. She started and finished this epic walk from her hometown.

At the time Hew Neilson from Woodford Green had covered 133m 21y in a 24 hour track race at the Walton track in London on 15 October 1960 under race walking rules (He also set new British records for every Hour from 13 – 24 hours). The Greatest distance walked in 24 hours is by Paul Forthomme (Belgium) on a road course at Woluwe Belgium on 13-14 October 1984 of 140 miles 1229y (226.432Km). The Guinness Book of Records says that the longest walk in the Western Hemisphere is by George Meegan from Rainham, Essex 19,019 miles from the Southern top of South America to Prudhoe Bay in N. Alaska in 2426 days from 26 June 1977 – 18 Sept 1983. The first completed traverse of the Americas. He now resides in Kobe, Japan, where he is a lecturer. The greatest distance run in 24 hours is 188m 1031y in Adelaide South Australia on 4-5 October 1997 by Australian Yiannis Kouris. Ann Sayer (Essex Laies) became the first lady to take part in a track 48-hour race. Although a running race won by Mike Newton (South London H) 227m 330y, but Anne walked the whole race held on the Harvey Hadden Track in Nottingham 10-12/4/83 clocking up 182m 132y (105m in 24 hours). So improving on Dr Moore's record?

By Jerry Everett.

PROGRAMMES FOR SALE

Respected statistician COLIN YOUNG recently sold a programme of the 1931 National 20 Miles Championship at Enfield. Colin sold it for a modest price as he wanted it to end up in appreciative hands. That race was won by TEBBS LLOYD JOHNSON (Leicester WC) who went on to gain an Olympic 50K bronze medal in 1948. The team race was won by Derby Walking & Athletic Club. Said the seller, "448 entries were on that programme".

COLLECTOR'S FORUM

Dear Dave,

I was interested in your note about Colin Young's sale of a programme. There must be much material floating about that is relevant to the history of race walking and it is my intention to form a National Archive. This sounds monumentally ambitious, of course, but I think that it should be done while it is still possible; some of us are not becoming younger and our personal collections of material may be in danger of dispersal after we have gone.

The plan is that the archive will be in two parts.

Part 1 will be a central collection, in my custody.

Part 2 will be material held by other people, wherever they may happen to be.

Ownership of the material will also be of two kinds.

A. People may continue to own their own material, whether they keep it or it is lodged centrally or

B. Ownership may be transferred to the Archive, which will operate of behalf of the R.W.A..

All combinations – 1A, 1B, 2A and 2B will be possible.

Two things are important: firstly, there should be some central register of what exists and where it is and, secondly, it should be available for inspection for research, etc. I shall initially look after the organisation and hold the Par 1 collection. What becomes of Part 1 subsequently depends on how large it becomes and how much my house is available for storage.

I shall be grateful if you will allow me, through the good offices of *Essex Walker*, to ask anyone who has any such material to contact me at Hufflers, Heard's Lane, Shenfield, BRENTWOOD, CM15 0SF, or by E-mail at RaceWalkingAssociation@bitinternet.com

With Best wishes,

Yours sincerely,

Peter Cassidy.

REPEATED CHARITY GESTURE

Last year a number of Essex Walker readers donated the money that they would have spent on sending other walkers Christmas cards to charity. This money was paid to The Gambian Home for Children With Learning Difficulties, based at Hart House in The Gambia and run by GEOFF & ROHEY HUNWICKS. The sum raised was sufficient to pay for 1 child's place at the Centre for an entire year. Due to this success it's being repeated this year. If readers wish to donate, please hand your money to Tony Perkins at meetings or mail it to him at Dean's Farmhouse, Tye Green, CRESSING, Essex. CM7 8HU. Please make cheques payable to A.F. Perkins. As last time, subscribers names will be acknowledged in Essex Walker.

HARRY ZEGULAR DORRAS

Harry was Centurion No. 409 and qualified as a Centurion in the colours of the famous Metropolitan Walking Club. Although notifying you a little on the late side, he died in his sleep at the age of 86 years on May 30th having been a cancer sufferer. Many folk in race walking always wondered what the 'Z' stood for? It was Harry who delivered that wonderful eulogy at the funeral service of fellow Metropolitan member DON THOMPSON at Aldershot Crematorium in 2006.

GERRY RHODES RIP

Nonagenarian Gerry joined SWC in 1935 and was the son of HAROLD RHODES who had become Centurion No. 52 in 1912. When Gerry became Centurion 292 in the 1959 London-to-Brighton-and-Back race he passed 100 Miles in 20.42.42, being 1 of 4 newcomers from his Club on the day. That 1959 race was extended to 106 Miles (from 104) as the A23 was rerouted around the newly opened Gatwick Airport. Gerry did the full journey in 22.02.49. Of 52 starters 20 completed 100 Miles in under 24 hours with 15 doing so for their first time. Two of those 15 had Essex connections – CHARLIE MEGNIN who died in 2003 and Ilford's REG BOND who passed-on in 1999. Charlie was walking for Highgate Harriers along with colleague SID McSWEENEY. The victor was FRANK O'REILLY of Lozells Harriers who was to achieve Olympian status for Eire a year later. All awards were presented by the Lord Mayor of London at his Mansion House! Of The Centurions 1959 intake only 3 are still with us – all went on to record many more successful 100 miles completions. They are Steyning's TOM TIDY (298) and Centurions Vice Presidents LUIE. SCHOLL (291) and keen Essex Walker reader JOHN EDDERSHAW (299). And among those 1959 first time finishers was Centurion No. 301 – the late Mr. MORSE of the Police. You couldn't make it up!

LOUGHTON A.C. CENTENARY DINNER

As part of its Centenary Celebration, which has also included the publication of a booklet called *100 Years of Loughton Athletic Club* and the promotion in May of the National Y.A.G. Walking Championships in Victoria Park, the Club recently held a celebratory dinner at Theydon Bois Golf Club, where we were happy to be able to welcome as our guests Essex A.A.A. President Ron Dawson and R.W.A. President Glyn Jones, both accompanied by their wives.

An unusual feature of the evening was a "close-up conjurer" who toured the tables during the meal inviting us to detect the means of deceit with a series of coin and card tricks; we couldn't! There were several speeches, including one from our own President, Barry Edwards, who is still the Club's high jump record-holder, having set it so long ago that it is in feet and inches, and another from someone who wasn't there, being away on holiday, but who appointed an agent to read it for him. An inadvertent and spontaneous floorshow was provided by a waitress who tripped and flung lemon pie and cream in all directions but was, happily enough, not hurt.

Despite the normal disco – which may well have been sponsored by a private otological consultant in search of business – during which even your correspondent was dragged onto the dance-floor (by **Error! Reference source not found.**, who will hear more of it, when I again able to get *her* out on the road) it was an enjoyable occasion, on which it did actually prove possible to talk some old Club-mates who have moved from the area. Anyway, I won a raffle prize.

An unexpected bonus was that two of the Golf Club's catering staff were so struck by the amiability of the Club's members that they have started to turn up on a Tuesday evening and take up walking. I hope that we don't have to wait a hundred years for the next two newcomers!

Peter Cassidy

PAULINE MARSHALL RIP

Sadly the good and cheerful lady departed after a stroke in November. A regular attender at walking races and one known to most readers, we extend our heartfelt condolence to MICK (Cambridge Harriers and a Centurions Vice President) who qualified as a Centurion in the colours of Woodford Green AC.

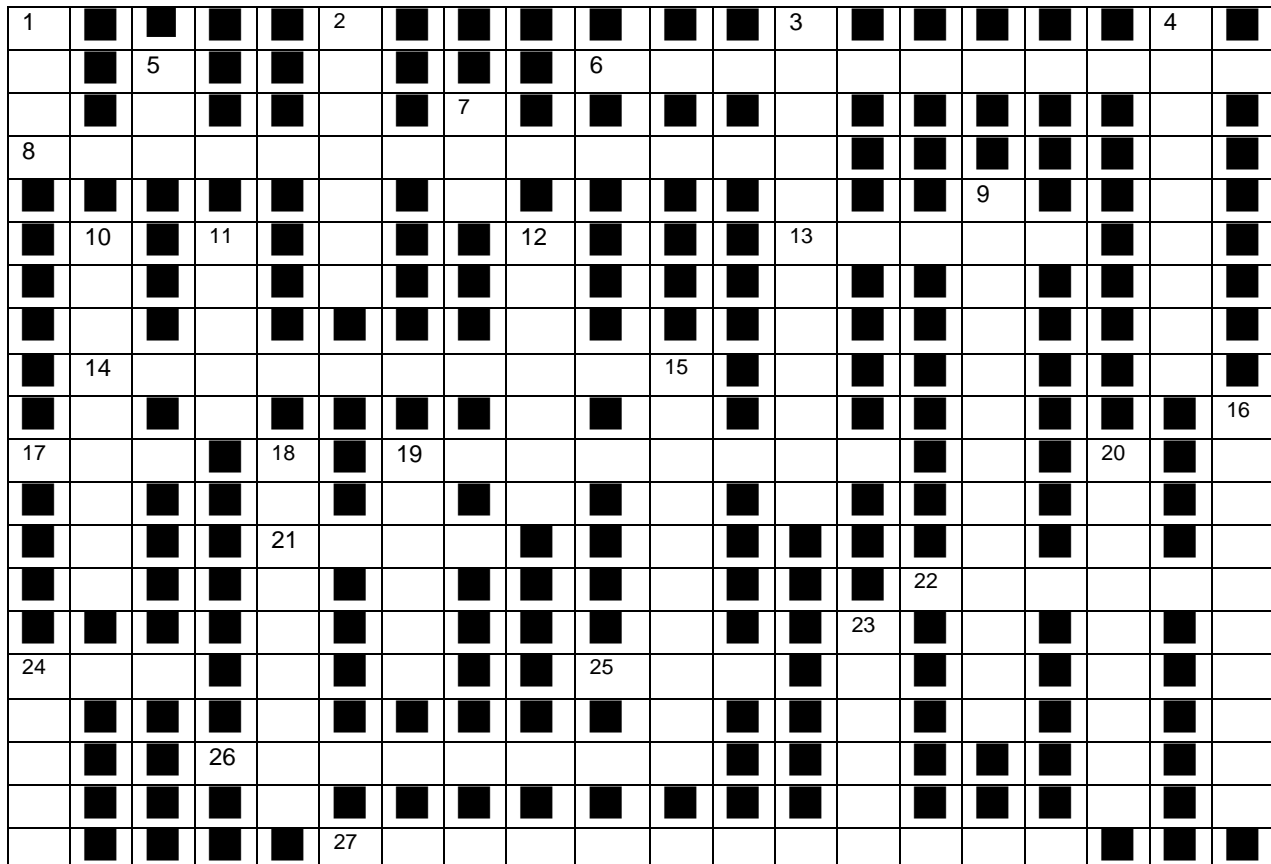
PAULINE MARSHALL – TRIBUTE FROM CHRIS FLINT

Dave,

Sad news, and I'll send a note of condolence to Mick on behalf of the Southern Area. They were great supporters of race walking, and always willing to organise events and arrange venues, especially at Dartford.

Regards, Chris

Christmas Crossword



- | | | | |
|-----|---|-----|---|
| 6a | Favourite Christmas read (5,6) | 1d | Affiliation of devotees (4) |
| 8a | Dog likes a quick walk here (9,4) | 2d | Ubiquitous walkers nickname (7) |
| 13a | Wise Man from the North East (5) | 3d | Cheap car hire to Bethlehem (7,5) |
| 14a | Wise man from the West Lonson (10) | 4d | A Roman who walked 100 miles (9) |
| 17a | Over confident walker has one (3) | 5d | Ertha's reduced surname is race day essential (3) |
| 19a | Smelly accessories (7) | 7d | Keep it straight on 'A' day (3) |
| 21a | Back marker has spoon made of this (4) | 9d | Ilford AC's home (13) |
| 22a | Noel's winter competition at Bexley (6) | 10d | Time for festive walking by Enfield (6,3) |
| 24a | Powerful governing body (init)(3) | 11d | The final arbiter |
| 25a | Bobbled one seen on Carl's head (3) | 12d | One forming walkings majority (7) |
| 26a | Ok for a curtsy, but not for walk (4,4) | 15d | Route taken by animal to the manger (6,4) |
| 27a | We wish all our Readers (5,3,4) | 16d | Wise man with Commonwealth Bronze (10) |
| | | 18d | Walking venue near the stables (9) |
| | | 19d | Award often returned late (6) |
| | | 20d | Seeing double at the front (4,5) |
| | | 23d | Noel's Patch (6) |
| | | 24d | Centurion 557 helps at Enfield(5) |

Compiled by Eileen. Answers in the next issue.

FIXTURES

Sun Dec 21	Ilford Christmas 10K (+Essex League)	Chigwell Row	10.30 am
Fri Dec 26	Enfield Boxing Day 5K	Pickets Lock	11 am
Sat 10 Jan	SWC Open & SRWC 10K Championship	Monks Hill	2 pm
Sat 17 Jan	Enfield League 5 Miles + 2008 presentations	Donkey Lane	2 pm
Sat 24 Jan	Steyning 15K	Steyning	2 pm
Sun 1 Feb	London Walks & YAG (+Essex League 10K)	Victoria Park	1 pm (main event at 2pm)
Sun 8 Feb	SCVAC Indoor 3,000 metres	Pickets Lock	
Sat 14 Feb	Cambridge Harriers Winter League 5K	Bexley	2 pm
Sun 15 Feb	Essex/Kent Indoor 1 Mile Championship	Pickets Lock	
Sat 21 Feb	RWA 10 Miles Championship (+Enfield League)	Pickets Lock	2 pm
Sat 28 Feb	SWC 10 Miles ('B' Race)	Monks Hill	2 pm



CAPTIONS

Our last issue contained a photo and invited readers to submit captions we:

"Next week I'll graduate as a lolly-pop man" (Brian Armstrong)

"Where's the table tennis table" (Kathy Crilley)

"POOH BAH"

Pooh Bah is a character in 'The Mikado' also known as 'The Lord High Everything Else'. Nowadays it's a term applied to a person who is the holder of many Offices at once. If you look at the South's administration of race walking, you'll see that more-and-more jobs/tasks/Offices are being undertaken by the same few and increasingly over-burdened individuals. Pooh Bah is alive in the race walking world. We've recently seen Veterans AC exist for over 2 years without an Honorary Walking Secretary as none of their members could offer to devote no more than an hour or two each month. So somebody takes it on who has a list of appointments as long as your arm. The RWA Southern Area Judges Secretary has decided to stand down (and he's already got many positions within our sport) to be replaced by a lady who also fills many Honorary posts. We could go on – but you'll see a number of such persons now operating in the South. Yet there are many within our sport without a single position to their name. The sport does not run itself. Championships, Open races and League events do not stage themselves. Walking Sections do not run themselves. And with so many posts now being held by so few – and often an aging few – we could be in serious trouble if such persons were to step down or leave the sport for other reasons.

So can we appeal to persons to consider if they can offer to lighten the load by coming forward to help out at Committee level? And we extend that invitation to those who have left the sport and continue to read Essex Walker and other publications. How about returning to put something back into the sport? Every race now staged seems to need more timekeepers, recorders, and especially judges (recently we've sadly lost 2 more). So can you return and put something back into this great sport as it sets about launching its revival?



HAPPY EVENT

Congratulations to Peterborough-based former International JAMIE O'RAWE and his wife REBECCA on the birth of their 2nd child, ALEXANDER a brother for DAISY. When he begins to make his mark, he'll obviously be known as Alexander the Great. Hopefully we'll soon be welcoming the entire family along at one of our races.



ADVANCED NOTICE

With 1st class efficiency the Royal Mail's STEVE WYNN has announced their 2009 racing dates:

Sun July 5 York Postal Walk

Sat Sept 19 London Postal Walk at Mount Pleasant

WRITES DAVE SHARPE

Dear Sir,

There's a lot of chat about getting walks for London 2012. Well the time to think about it is now. There are 2 sets of rules within walking 'A' and 'B'. This does not help a lot as some walkers will only do 'B' races and then will not turn up at 'A' races, so the fields suffer and Organisers do not want to put on poorly supported events. The most popular 'B' races are at Enfield and Croydon. These are also easy to get to even by shanks pony. The general standard of walking has gone down so the front and back have joined. We have walkers sub-4 hours at 50K (L. Morton & C. Maddocks) and excellent 20K walkers (I. McCombie & P. Vestry) and women like Lisa Keller and the late Carol Tyson, and also good juniors. The problem is that World standards have gone up, even if drugs are now in use, and people are running in general. At athletics we are still the outsiders so we must have walks in the Running Leagues. When we have a major event we don't usually get the press along or local dignitaries (Sports-persons, Mayors or Beauty Queens). No publicity is bad publicity. The walkers we do have are the King twins, Ben Wears and Joanna Jackson and they need proper competitive races. So like the Mexicans in the 70s they should do regular racing abroad with support from the RWA and sponsorship by lottery funding and local support. Vets are a big thing in walking, and also other sports, and it's easy to go on a little trip abroad and get an International vest. Big deal! It'll cost you an arm and a leg. Most Clubs rely on Vets and would not survive without them. This is the same in general athletics but that means there are less people to organise events and become Officials. We rely on the same people and they won't be here forever. The 2 most successful nationals for walking are Australia and also the Paddy's land – Ireland. Why not try to learn from them? I hope this letter does not just go into the 'out tray' called the bin.

Yours,

D.W. Sharpe. Centurion No. 578

POUNDING THE SOD

On Sunday 23rd ALAN O'RAWE raced over 5 Miles X-country at STUBBERS (near Corbets Tey). He came 153rd out of 200. "I could have done better as there were runners in front of me who should not have been" muttered Alan after finishing. But...ALAN had run while injured, as he didn't want to let anybody down, having suffered a hamstring injury on the previous Tuesday evening while training. Alan will get time to rest for soon afterwards he was piped up the gangplank at Southampton for a cruise holiday.

GET WELL SOON

All our thoughts are with JOE BROWNE, brother of Olly, who went into Basildon Hospital for a heart operation and expected to be there for a week at most. Joe's now been in for over 3 weeks and Olly informed us that it's been "50/50" at times. Joe's illness has prevented Olly from attending races. Joe raced at Moulton and has been behind a number of Charity Walks in Ilford at which our readers have appeared. We all wish him well.

CENTURION FOUND

Essex Walker asked if anybody knew the whereabouts of No. 714 KEITH BOOTH of Enfield who qualified in 1980? Well he's been found and is now restored to The Centurions mailing list...and he looks forward to attending their Centenary Dinner in 2011.

WALKERS ENJOY A BREAK IN THE WEATHER

Fortune shone on the 72 athletes (with 76 years age span) who assembled for a walking meeting at Pickets Lock in Edmonton on November 8th. On route to this event the rain which had teemed down abated shortly before the 'off' resuming minutes after the back-marker had padded over the finishing line.

The main race on the card was the long established Enfield Open 7 Miles where Ilford's SCOTT DAVIS was bidding for a 4th consecutive victory. He was always in contention with the pre-race favourite DARRYL STONE (Steyning AC) over 5 of the 7 times 'out-and-back' course, until the Sussex man opened-up a small lead over the closing stages to secure victory in 51 minutes and 22 seconds with Davis coming 2nd in a personal best time of 51.45, with which he was delighted and offset his disappointment of not tasting victory. Darryl has a curious involvement in athletics for this obviously talented former International was making only his 3rd appearance of 2008 – and it's now November! The frame was completed by Guernsey's CARL THOMSON who was donning the host Club's vest. Steyning took the team honours from Ilford (2nd) and hosts Enfield & Harringey (3rd). The hosts won the 'mixed team' awards. RWA Southern Area President TIM WATT officiated at the presentation ceremony with RON WALLWORK as MC.

In the London Business Houses 7 Miles Championship, which was held in conjunction, Ilford's walkers had a clean sweep of the medals courtesy of Scott Davis (London Underground), Steve Allen (Post Office) and Steve Uttley (Civil Service).

Full results in Enfield Walker, Race Walking Record, Athletics Weekly and on www.racewalkuk.com



AWARDS

Olympic gold medals, if made of 18 carat gold, would cost around £30,000 each. So they're not. The gold medal is made from the same silver as the silver medal, but then given a coat of yellowish metal – 6 grams worth. At the first modern Olympics (1896) winners got a silver medal and an olive branch. Runners-up got a copper medal and a laurel branch. There were no awards for coming 3rd. The next Olympics (1900) were even meaner, for in many events medals only went to the winners while runners-up got prizes. For instance the pole vault runner-up got an umbrella!

OH YES YOU CAN!

The 2007 RWA Southern Area AGM gave details of a possible walking event on London Marathon day 2009 which Essex Walker was happy to publish this aspiration. Well folks...there will be a walking race on 2009 London Marathon day. It's called the RWA National 50K at Stockton-on-Tees! We know of at least one Essex Walker who had planned to up his distance training to do both. Another for the 'You couldn't make it up' file.

IN REMEMBRANCE

BBC South East TV News did a major feature on Remembrance featuring STUART BENNETT of the London Vidarians and Metropolitan Police. It was of god length and covered a man we know so very well as he calls times out at races. As well as timekeeping Stuart had a long spell as an active race walker, in fact finishing 95 LPR handicap races around Blackheath Park, before a serious road accident on his moped forced him to hang up his racing shoes.

THE GAMBIA

The following will not be sending Christmas Cards this year but have made a donation to Hart House in The Gambia instead. They wish everyone a Merry Christmas and a Happy New Year.

Ron and Joan Wallwork
Alan O'Rawe
Dave Ainsworth
Hilda Nyman
Ken and Margaret Livermore
Mick and Shelia Barnbrook
Tony Perkins and family



MISSING MAN

Stalwart DOUG FOTHERINGHAM has had to miss some important Veterans meetings on account of his enforced absence from the scene, owing to injuries which have seen him resting for the past 3 months. We wish Doug well and hope he'll be back soon in contention.

ACKNOWLEDGEMENTS

Typing/Layout and email distribution, Eileen Allen at TheEssexWalker@aol.com, please email here if you would like an email copy. Subscription copies: Tony Perkins, Courier: Steve Allen, Photocopying: Peter Cassidy (for Loughton AC, Havering/Mayesbrook A.C. Essex and Southern Officers), Ron Wallwork (for Enfield League regulars), Val Mountford (for Southend readers), Tony Perkins (for Direct Subscribers), Alan O'Rawe (for Canvey Island and locality), Jerry Everett (for Colchester Harriers), Steve Wynn, Steve Uttley, and Dave Sharpe. Hon. Ed Dave Ainsworth, 18 Angmering House, Barnstaple Road, Romford, Essex. RM3 7SX, 01708 – 377382, dave_ainsworth@yahoo.co.uk

**WE WISH ALL OUR READERS
A VERY MERRY CHRISTMAS
AND A
HAPPY NEW YEAR**

ENFIELD CAPTAIN AFLOAT

Former Enfield Met Police and Loughton walker CHRIS FOSTER again got a plum role during this pantomime season. Chris is the Captain of a ship which took Robinson Crusoe to that deserted island. We wish he'd set his next course towards a walking venue!



2008 SUMMARY OF MEETING

Following a first meeting of the Newly Formed THINK TANK to discuss ways forward and new innovation to achieving a full complement of racewalkers at the London Olympics 2012.

The summary, objectives, aims and conclusion of numerous recommendations and salient points are outlined below following the agenda previously disclosed.

1. The remit and Principal Aims of the 'THINK TANK' is to help/assist the Race Walking Association.
2. The R.W.A. should recommend sending potential/up and coming, and International walkers to more races abroad to gain more experience. The current Squad of Olympic hopefuls and other aspiring racewalkers with Olympic potential will be the main priority. Continued Professional Development for walkers.
3. Find New Blood, from varying sports, clubs, colleges, schools, military and the like.
4. Increase/Improve Finance and Funding/Sponsorship/Investment.
5. Increase and improve Press/Media Interest. Improve Corporate Image of sport currently inadequate.
6. More Training days, Training Camps involving walkers, mentors past/present, motivational figures and coaches Regional and National. Improving Environment for walkers.
7. Cross Over from other Endurance Sports into walking. Persons with aptitude for event need pursuing to transfer sports.
8. Supplementary issues. This included showing walking at athletics meetings/running events/ races and Youth development.

The above points are the basis of a more aggressive approach to be adopted in order that serious efforts are made to send walkers to the LONDON OLYMPICS 2012. This summary should respectfully be submitted to the following for information purposes. The next meeting of the Think Tank will be held in the weeks ahead.

Think Tank attendees: Peter MARLOW, Ron WALLWORK, Peter CASSIDY, Pauline WILSON, Dave AINSWORTH, Shaun LIGHTMAN, Barry INGARFIELD, Jerry EVERETT and George NIBRE.

Finally, many thanks to the persons who submitted their valuable thoughts to the Forum/Seminar. One Aim, One Goal, Walk the Dream. Thanks to the Chairman Ron WALLWORK for his excellent services throughout the day.

Respectfully Yours,
George Nibre.

