

ESSEX WALKER



DAY OF RECKONING

The RWA Southern Area 10K Championship in January at South Croydon certainly generated many comments. One complaint was that somebody was in front of the 'Naughty Board' obstructing the view. Well so many names and crosses went on it that somebody spent much of their afternoon in front of the board WRITING on it! One complained that the numbers on it were too small for him to read. Hmmm! Well that's because so many numbers had to be crammed onto it. Another complained that a judge was on duty near to the start. But, as was clearly explained by NOEL CARMODY (who, remember, was Chief Judge for our top 2007 event – the European Cup of Walking), IAAF guidelines for the placing of walking judges recommend a judge be positioned to cover the start. Going back years, many race walkers have (mistakenly) believed that they were entitled to a bit of leeway from the 'off' while they 'settle down'. Wrong! Another complained that one judge was concealed. Concealment used to be a regular feature of walking races – indeed when Hon. Ed started out in 1966 no judges stood out with bright yellow armbands bearing the words 'JUDGE'. It was quite common to hear a loud call of a number from behind a parked vehicle/tree or from within a shop doorway. Even from behind a newspaper!

Most complaints concerned the 20 names (and over 30 crosses) which filled the board. 1 was for contact, 1 for both contact and bent knees while the other 18 were for bent knees only. One plausible reason for this was that many walkers are **concentrating** on 'B' races and not getting enough experience of racing under 'A' laws, hence when they race under the latter code they are found wanting. Many agreed that this is what happened at South Croydon. RON WALLWORK got 2 crosses against his name, but had a positive outlook on his performance. He said, "I got 2 crosses from 7 judges, so that means 5 of them thought I was walking OK". One wishes that more would look on the bright side like Ron. One thought the judging on the lenient side – DAVE SHARPE (who is a stickler for fair play) stated that 4 more should have seen the red disk, in addition to the 4 who did! Dave, who used to race for the meeting's hosts SWC in past years, showed initiative in getting another changing room opened when the one being used got crowded. He also found a room with a photocopier so as folk could leave the somewhat run-down Monks Hill Sports Centre with result sheets. While most debate centred on those walkers who got carded – who in the main were veterans – local organiser PETER SELBY stated that rather than concentrate our thoughts on them, we should be thinking about the field's younger entrants as they are race walking's future. *One thing for sure – the events on January 12th can only reinforce the Enfield League scene where judging is on contact only.*

Let Southern Area Judges Secretary PETER SELBY have the last words. When complaints were heard about back-markers attracting the judges attention he rightly pointed out that, in walking's current state, tail enders were winning team medals. And the Southern 10K result sheet proved him right! Peter summed it up by saying, "The judging was firm but overall fair".

HAVE YOUR SAY

The Race Walking Association are holding an Open Seminar at the Alexander Stadium in Birmingham on Sunday 24th February commencing at 11 am. The order of business is: 1. History of Walking, 2. Current IAAF Rule of Race Walking, 3. UK Race Walking Rules, 4. Do we need to change the Definition of Race Walking?, 5. EAA Level II Evaluation October 2008 and 6. Open Forum. Admission is free and, as refreshments are being provided, could potential attendees please advise Peter Marlow accordingly? Contact details: The Picture House, 134G Southgate Street, Bury St. Edmunds, Suffolk. IP33 2AF. 01284-754177. pmarlow@btinternet.com

ATTENTION ALL VETERANS (i.e. MOST READERS)

Veterans AC are staging their series of 5 Miles races around 3 circuits of the Queen's Carriageway at Battersea Park on the following evenings – all Tuesdays (7 pm): Apr 15, May 27, June 24, July 29 and Aug 12th. June 24th is designated as the **Championship** race. It looks as though a BBC TV film crew will cover this event with presenters MIKE BUSHELL and/or CHRIS HOLLINS. If that comes to pass, we'll be calling for every walker in the South to appear. Non-veterans are welcome to compete in guest capacity. Entries taken on the night.

METROPOLITAN POLICE ANNUAL WALKERS DINNER & REUNION

Folks..this could well be the penultimate staging of this Annual social function – which is held in Peelers Restaurant on the 4th floor of New Scotland Yard (next to St. James Park Underground Station). The 2008 bash is on Wednesday 5th March at 6 pm for 6.45 pm, with an excellent carvery meal. The price of £26 is held for the umpteenth year! It's open to all walkers and their guests – not just those with Police connections. Controversial Commissioner Sir Ian Blair and Lady Blair are among those asked to grace the top table. Mind you, from 2 previous high-profile Leamington Spa Dinners we tend to know what "Invited to Appear" means. As a statement it's on a par with "I'll get there if I can". One thinks that the Leamington Spa crowd wouldn't dare to plug the "Invited to Appear" billing again on their 'blurb'. Time flies in the Metropolitan Police – for instance did you realise that 2008 is their Olympian Paul Blegg's last year of service?

Book from Karen (Paddy) Bailey. Send your cheques, made payable to MPWC, to: Karen Bailey, CTC S015 (MIR), Room 1406, New Scotland Yard, Broadway, London. SW1H 0BG. Or pledge your bookings on 020-7230-4477 (office hours) or 07990-774640 mobile. It's a most enjoyable occasion...so please roll up in your droves, as it may not be around for much longer.

BIG TIME WALKING COMES TO ESSEX

Ring fence this date in your diary. The RWA National 10K will again be at Earls Colne airfield. The date set is on Sunday 7th September. In 2007 Essex Walker readers were prominent in both individual and team races, and a large contingent of Irish walkers came over to give us some different faces to race against. And...to save MICK BARNBROOK (Minister for Mainland Development) writing in, yes it is the first Sunday in September which is also the traditional date of the Guernsey Church-to-Church classic.

EMAILS MIKE HINTON

I expect a good number of your readers get Athletics Weekly each week, and like me have been following Mel Watman's UK all-time rankings of the best ten at each athletic event. Last week he finally got to the walks at 20km and 50km. He devised a points scoring system, covering major champs, world and UK records, world rankings and AAA titles. I have no argument with Ken Matthews and Harold Whitlock being his choice as the best at the two distances. But the one omission I find hard to understand is that of Roger Mills not being in his top ten at 20km. Roger's bronze medal at the 1974 European Championships at 20km would score 2 points. This performance in itself is really worth more than medallists in the Commonwealth Games, due to the far superior opposition met in Europe. With victories at RWA 20km in 1973, and 20 Miles in 1976 & 35K in 1979 worth 3 points, this at worst should have put him joint tenth with Jake Warhurst at 5 points. The ranking of Harold Whitlock at No. 5, and Tebbs Lloyd-Johnson at No. 9 just for holding the UK 20km record for a number of years can't be justified.

Although Roger's other distance efforts would not be taken into account, they make impressive reading:-

- 10 AAA titles at 3km
- 2 AAA titles at 10km
- 2 RWA titles at 10 miles

Also UK records at 3km – 11.44.68 set in 1981 lasted just under 3 years. One mile 6.01.75 set in 1978 lasted for nearly 11 years, and his 1500 metre time of 5.46.24 set in 1975 and still standing as far as I know. What a cracking good walker!

For the record, Mel Watman's 20km ranking list:-

- | | | |
|----|------------------|--------|
| 1 | Ken Matthews | 59 pts |
| 2 | Paul Nihill | 56 pts |
| 3 | Ian McCombie | 31 pts |
| 4 | Stan Vickers | 25 pts |
| 5 | Harold Whitlock | 17 pts |
| 6 | Steve Barry | 12 pts |
| 7 | Olly Flynn | 10 pts |
| 8 | Ron Wallwork | 7 pts |
| 9 | T. Lloyd-Johnson | 6 pts |
| 10 | Jake Warhurst | 5 pts |

Happy New Year to One and All
Regards Mike.

ALL TIME HIGH

Respected sports journalist MEL WATMAN has published his all-time list of UK walkers over the 20K/50K Olympic distances. MIKE HINTON's letter has covered the 20K. For 50K Mel's order is: 1. Harold Whitlock, 2. Don Thompson, 3. Tommy Green, 4. Paul Nihill, 5. Chris Maddocks. 6. Les Morton, 7. Tebbs Lloyd Johnson, 8. Bob Dobson, 9. Harry Forbes and 10. Rex Whitlock.

It's interesting to note that 3 walkers, PAUL NIHILL, HAROLD WHITLOCK and TEBBS LLOYD JOHNSON make the all time top 10 at both 20K and 50K.

These tables cover every event and Mel has produced an all-time top 10 from across the board. No walking here – but for your interest it reads: 1. Seb Coe, 2. Colin Jackson, 3. Jonathan Edwards, 4. Daley Thompson, 5. Steve Backley, 6. Linford Christie, 7. Steve Cram, 8. Sydney Wooderson, 9. Steve Ovett and 10. David Hemery.

Acknowledgement: Detailed profiles of all the top points scorers, plus KEN MATTHEWS and HAROLD WHITLOCK, are included in Mel Watman's book – *All Time Greats of British Athletics* – available for £15 from Sports Books Ltd., P.O. Box 422, CHELTENHAM, Gloucestershire. GL50 2YN. Website: www.sportsbooks.ltd.uk

STILL SERVING THE PUBLIC

Former Scottish International Centurion and ex Ilford AC/Metropolitan Police walker STUART BENNETT is back in Police service after having retired following 30 years in The Met. He's joined the BRITISH TRANSPORT POLICE in civilian capacity, working behind the scenes at their BAKER STREET office, which is soon to be relocated to VICTORIA. He's a fit man – some days cycling to work despite being eligible for free Underground travel. Stuart's a true athlete!

ALL YOU NEED TO KNOW FROM JOHN PADDICK

RED CAR RWC – NATIONAL 50KM ARRANGEMENTS

We have purposely created a new dimension to these championships to bring them right up to date. They are sponsored by Ken Munro, Stockton Council and SABIC Petrochemicals UK and will rival anything you will find in the UK or on the continent.

The National 50km road walk championship will be held in Ropner Park, Stockton on Tees on Sunday 27th April starting at 11 a.m. The course, around splendidly restored parkland has **no cones no sharp turns and has the potential for fast times.** The 50km is made up of approximately 42.7 laps of 1.17km on a good surface. There will be one official manned drink station at the main park gates.

We have arranged **top of the range changing and presentation facilities at Fitness First, Yarm Road, Stockton on Tees.** From 9 am, competitors may present themselves to Reception. They will be issued with an electronic tag and asked to sign the visitors' book. They will then go to the lounge to pick up their number and proceed to the 'state of the art' changing accommodation. The electronic tag will open one locker only so that bags may be left in perfect safety. When competitors and officials are ready to go to the start line they will use the **minibus shuttle service** that we have organised. Journey time is about 3 minutes. The minibus will run when required between 9-30 am and 10-45 am. When competitors and officials are ready to return the same shuttle will be available. Competitors will use their electronic tag to gain admission through the turnstile. They may shower (individual cubicles), use the Jacuzzi, steam room or massage facilities but not gym equipment. They may then go to the lounge for free tea, coffee or soft drinks. A range of newspapers will be provided. The presentation will be held upstairs in the dance studio as soon as RWA officials have produced a full result sheet. Please note that Fitness First security arrangements require all persons on the premises to sign in. We will provide the staff with a programme with all officials and competitors clearly named so they know who to expect. Hotels are plentiful and reasonable. The Premier Travel Inn and Brewers Fayre is just opposite Fitness First and there are plenty of other hotels from £25 that you can access through the internet on the Smoothhound site.

We are making an enormous effort to put on a first class event and to potentially attract more walkers for our club. Stockton Council will handle the publicity for us so you can expect plenty of interest and spectators. A PA system will keep will keep them informed about competitors' progress, especially Stockton's 50km debutant, Glen Blythman. If you require any other information please ask.

We know that you all think that 'real people' up here all have flat caps, smoke Woodbines, keep ferrets in their trouser pockets and train whippets. We also have some good walkers!

EMAILS BARRY INGARFIELD

Hi,

Thank you for the 50-Km arrangements ... this level of professionalism is very welcome! By the way, I wear a cloth-cap.

See you on the day,
Best Regards, Barry Ingarfield.

FIXTURES

Sat 16th Feb	RWA NATIONAL 10 Miles (+Essex 10 + League)	Pickets Lock	2 pm
Sun 24 Feb	RWA Walking Seminar	Alexander Stadium	11 am
Sun 24 Feb	BMAF 3,000 Metres Championship	Pickets Lock	T.B.A.
Sat 1 Mar	Camb Harriers Winter League 5K (+presentation)	Bexley	2 pm
Sat 1 Mar	HSBC Open Meeting	Douglas (IOM)	10 am
Sat 8 Mar	Molly Barnet Meeting	Coventry	T.B.A.
Sat 15 Mar	Pat Furey Trophies Open Meeting (Enf League Double pts)	Donkey Lane	2 pm
Sat 29 Mar	Slater Bryce Memorial Races	Horsham	T.B.A.
	Crawley 6/12 Hours	Crawley	7 am
Sun 6 Apr	RWA NATIONAL 20K Championship	Earls Colne	1 pm
Sat 12 Apr	Promote Walking 3,000 metres + Enfield League	Pickets Lock	2 pm
Sun 13 Apr	Flora London Marathon	Greenwich Park	9 am
Tue 15 Apr	Veterans 5 Miles	Battersea Park	7 pm
Sat 19 Apr	Jeff Ford Meeting	Sheffield	T.B.A.
Sun 20 Apr	Nicola 5 Miles	Canvey Island	10.15 am
Sun 27 Apr	National 50K (+Essex Championship)	Redcar	11 am
Wed 30 Apr	Veterans 10,000 metres Championship	Battersea Park	6.30 pm

SAD MESSAGE FROM STEVE WYNN

Dear Walker

It is with regret that the Blackheath Trophy 9Km Yacht Handicap series will have to be suspended until further notice. The closure of the Old Addyans Sports Ground in November was a bit premature as we were assured that we could continue until the Summer at least. We have been told that the new owners wish to keep the club as a sports ground.

I have looked around the course area for an alternative accommodation to no avail. There are still one or two options that I have to seek out. I would like to thank all the walkers, judges, helpers and supporters for supporting these series of races over the last 37 years. Thank You.

Yours hopefully in sport

Steve Wynn (07773465939)

RANKING TABLES

Only 2 UK walkers were good enough to be ranked at 50K during 2007; but both are Essex men. DANIEL KING is top man with 4.13.36. This is close to the 4.10 cut-off point for International ranking tables. SCOTT DAVIS, our 3 times National 50K champion, is the only walker to have bettered 5 hours twice during the year – his better performance being 4.35.04.

DANIEL KING also tops the UK 20K rankings with 1.27.51, with brother DOMINIC 3rd in 1.27.52. Only 5 were good enough to feature in the table, of whom 2 were from Essex. The other 3 (ANDY PENN 2nd, PETER KANEEN 4th and MARK WILLIAMS 5th) are all veterans and hardly a bet for the future. The international class top 150 standard in 1.25.00.

DANIEL is also well clear at 3,000 metres with 11.58.50, with DOMINIC 2nd 12.24.94. DOMINIC is top man at 5,000 metres with SCOTT 6th, recording 20.57.90 and 23.38 respectively. DANIEL and SCOTT are ranked 1 and 2 in the 30K road walk table with 2.24.25 and 2.33.31 respectively. The only other good enough to be ranked is Welsh champion MARK WILLIAMS with 2.45.56. DANIEL heads the 10K road table with 42.08, DOMINIC is 3rd with 44.24. Under 20 prospect BEN WEARS is 2nd with 44.16.

In the Ladies ranking only 1 Essex athlete is featured – prospect CHELSEA O'RAWE-HOBBS. Chelsea is 9th in the 5,000 metres table with 27.20.96, 6th in the 5K road table with 27.03 and 9th over 10K on the road with 56.43.

Acknowledgement: The statistician producing such painstaking research is PETER MATTHEWS, who of course was our guest speaker at the RWA's Centenary Dinner.

NOTICE FROM PETER CASSIDY

W.G.E.L. are proposing to move their Open Graded Meetings to Tuesday evenings this year, in the hope of attracting more participants, so the W.W.W. will become the W.T.W. The actual dates will be promulgated as soon as known.

The *good* news is that the Club-house bar will be open!

A PARKY PARK

The opening race of this year's Enfield League Walking League, over 5 Miles and around 5 twisting circuits, was held on a 'parky' Saturday afternoon. Favourite NICK SILVESTER (Aldershot) won, while leading light PHIL WILLIAMS (Enfield) quit with a hamstring injury and youth prospect ALEX WRIGHT (Belgrave) was disqualified (both when well placed). Castle Point AC were well served by PHIL BARNARD (2nd) and CHRIS CATTANO (3rd). Chris, a season ticket holder at Southend United, even put aside the FA Cup to give it his all at Enfield. With CHELSEA O'RAWE-HOBBS, the Canvey Island based Club won the team honours (3-to-score). After the race, Enfield & Harringey provided complimentary mince pies and wine plus cake from Pam Ficken. Full result in record/AW/www.racewalkuk.com

Also post race was the Award presentation ceremony for 2007. Hmmm! How many times has Essex Walker reported on disappointing award ceremonies, and re-quoted BOB DOBSON's appeal for all trophies to be brought back on time, cleaned, engraved and ready for re-presentation. Well just as at the Essex League presentation, the Enfield League awards were somewhat lacking. For instance both individual winners trophies were not on the table, and neither was a full complement of Enfield Club silverware. DAVE SHARPE interrupted the award ceremony to complain loudly that the PAM PHILLIPS MEMORIAL TROPHY was not on display. Some told him to shut up – but Dave was right to speak out. When a memorial trophy is donated, then it is to bring to memory a deceased athlete. Therefore it should be presented in public whenever it's been won again; not passed-on from person-to-person in a carrier bag in some car park months later. Pam won the Ladies title at the first 7 Enfield League competitions and got much pleasure from supporting this competition from its very start. It's an insult not to bring this trophy back for re-presentation, especially as the date, time and place of the presentation ceremony was well advertised in both Enfield Walker and Essex Walker. Dave was merely stating what Bob Dobson has written, and which has been mentioned many times (almost after every such award ceremony – as they keep going wrong). In RON WALLWORK we have an Organiser from 'the Old School' who insists on doing things correctly. All trophies not available on January 5th will now be formally presented at the Pat Furey Trophies Meeting at Donkey Lane on March 15th, so the new winners can have the kudos of a proper presentation with a crisp handshake and a ripple of applause. But will the celebratory wine bottles make their re-appearance!

Finally a word for stalwarts HILDA NYMAN and BILL SUTHERLAND who, despite having heavy colds, still struggled along to Enfield in order to give the meeting their encouragement. We hope their colds were soon over!



EMAILS SUE CLEMENTS

I've got a few dates for the diary. I'm travelling abroad to walk. For starters I thought I'd pop an article in EW inviting others to join me on the following:

Nacht von Loon op Zand 15 hour race starts 9.00 pm Saturday 19th April, ends noon on the Sunday. It is possible to travel out early on the Saturday morning by Eurostar, do the race and get back on the Sunday afterwards i.e. without taking any precious holiday. Daven Hoben joined me last year, and Cath Duhig & Kevin Marshall the year before. They all agreed that it was an excellent race.

Also, I plan to do the 145 mile Grand Union Canal race as a walker again 24th/25th May and would value having somebody join me for the last 15 miles, or so. It would be good to have company when I'm feeling tired and bashed up when I'm walking through the more lonely parts of London. Potential companions would need to realise that by then I am not going fast.

Time I got a wiggle on to work now, Sue.

WRITES A LIVING LEGEND

Dear Dave,

A few points re the Essex Walker December & January issues.

I read a lot in your newsletters re. Eric Hall's performances in the 50s and 60s. It was great to see him line up in the 2007 Enfield Open 7 Miles which he won 50 years ago. As he now lives in Essex what about a piece on his record? He was a good-un. Fellow Belgravian George Beecham is now an MBE. One of the nicest men in our sport is George. Send him my congratulations. Bob Clark was a great rival of mine in the early sixties along with Arthur Thomson etc., and I was very sad to learn of his death from Ken Matthews. In the 1962 Croydon-to-Godstone-and-Back 18 and 3/4 miles road walk he defeated me for 1st place by just 2 seconds! In a race that was described as a classic. RIP BOB.

Who is the sexy walker? Is it Mick Barnbrook? If it is, it is a great improvement!

If you (not you personally but all walkers) have never beaten me then this year's Moulton 5 Miles is the place. I am fading fast. Let's have a record turnout on the 14th June.

The judging at the Southern 10K at South Croydon was rather over zealous with almost two dozen walkers cautioned! Carl Lawton – two warnings, don't make me laugh. This bent-legged definition is, in my opinion, absurd. If an unfair advantage is being taken with a bent leg, by all means warn them. CONTACT defines a walker not a bent leg.

Paul Nihill.

Adds Hon Ed. BOB CLARK won the 1962 Croydon-to-Godstone-and-Back in 1 hour 34 minutes and 48 seconds. That race started in 1909 and many great walkers are listed among its former winners. Before Bob's name was engraved on the trophy such names as Harold Ross, Alf McSweeney, Tommy Green, Harold Whitlock, David Christie-Murray, Harry Forbes, Don Tunbridge, Michael Long, Bob Goodhall, Charlie Fogg and Ron Davis won this now defunct race.

NOTHING DOING

In recent years the long established EASTER MONDAY WALK around the Steyning countryside has admitted outsiders, and Essex Walker readers have been keen to appear. But not this Easter as it's not being held. Have a good training session instead!



WHERE ARE THEY NOW?

Many readers will remember enthusiastic NEWHAM AC member NIGEL STONE, who was part of a large and promising squad of race walkers at that Club in past days. Recently we heard he'd ran the London Marathon and was a Parish Parson in South London. We now hear he's the Chaplain of Southwark Cathedral and the one who is responsible for their Educational Programmes.

HAPPY EVENT TO COME

Always first with the news, DAVE SHARPE has been in touch to tell us that the walker that he coaches – STEPHEN CRANE and his wife SHABAZ are expecting the arrival of their first child later this year. Congratulations to the Mum and Dad to be!

MAN OF STATS

The first qualifying performance for The Centurions was in 1877 and the last one to date was last year. All 1,060 members are listed in the date and time order of their 100 Mile finishes (except No's 430 and 431 who are wrongly listed owing to error). The lowest number, is of course No. 1. The highest number is 1,062 (numbers 99 and 453 were never issued – don't ask, it's a long story). The Centurions Handbook has then all in numerical order. TONY PERKINS is doing some number crunching and plans to produce a list in 'finishing time order' from 16.55.44 (Centurion 462 JOHN MOULIN of Belgrave Harriers at Ewhurst in 1971) to 23.57.56 (Centurion R. HUNT, unattached at Congerstone in 1982).

EMAILS

JOHN CONSTANDINOU NAME THAT STATUE

TV viewer BILL SUTHERLAND saw somebody being interviewed outside the IAAF HQ in Geneva.

In shot was a statue, which appeared to be of a walker in Bill's opinion. Bill asks if anybody can confirm this and further enquiries who is the walker featured?



After racing in the Swiss National 50k in October 2006, I visited nearby Lausanne, home of the IOC. (International Olympic Committee) 'Olympic Park' has the IOC headquarters at it's centre, the Olympic Museum at one end, and a route of statues and sculptures all the way through. I was delighted to see the large racewalker statue taking pride of place right outside the IOC, and took photos. Tim Watt later informed me of the Chinese lady's name, which now escapes me.

P.S. I know IOC in Lausanne is 40 miles from Geneva and NOT the IAAF, but I think it may be a simple mistake.

Regards

John Constandinou.

EMAILS MIKE HINTON

Hello Dave,

With regard to the Southern 10kms Champs on the 12th Jan. Nowadays with a diminishing pool of Walkers, I just can't understand an event not accepting entries on the day, as they only had 40 starters, it just doesn't make sense. It was a shame for Ilford not to close in a team, and a rarity for Dave Kates to get dqd. On looking at the result, I notice the continued improvement in performance of Chelsea O'Rawe-Hobbs first lady in 56-22 and Stephen Crane clocking 53-28 in 4th place. It looks like a breakthrough year coming up for both of them.

All the best, Regards Mike.



TRAINING CAMP

ALDERSHOT has been announced as the site of Team GB's training camp for the 2012 London Olympics. The town out did Loughborough University and Bath University to get the honour. A BOA spokesman said; "It's got the right facilities, and it's an excellent location". Let's hope our walkers get there!

BRITAIN'S GAMES

British Olympic Association chairman Lord Moynihan has called on the British public to get involved in sport for the 2012 Olympic games.

Speaking in the House of Lords, he said the games were an unparalleled opportunity to change the country's culture of health and fitness.

He added; "These objectives can be achieved".

Selection Policy and Standards, Race Walking 2008

IAAF Race Walking World Cup 2008

10th -11th May, Cheboksary, Russia

Selection policy

The team will be selected on two dates:

31.03.08, 50 km Men's Team or individuals

06.04.08, 20 km Men's and Women's Teams or individuals; 10 km Junior Men's and Junior Women's Teams or individuals.

There will be no formal trials: performances achieved in national qualifying, IAAF or EAA sanctioned events between the dates of January 1st 2007 and the respective selection dates will be considered. All performances must be completed in events with the appropriate level of judging and officiating. Athletes seeking qualification outside the UK should discuss the suitability of the competition with the UK Athletics Endurance Coordinator or the UK Event Coach.

In all cases current form will be taken into account. Gaining a qualification time does not automatically guarantee selection. Athletes setting a qualifying performance in 2007 will be expected to show form over appropriate distances near to the World Cup competition.

Selection standards

Event	Development	Elite
10 km U20	NA	00:47:00
10 km w U20	NA	00:53:00
20 km	01:30:00	01:28:00
20 km w	01:45:00	01:40:00
50 km	04:20:00	04:10:00

IRON MAN/IRON WOMAN/GLADIATORS – WANTED FOR IMMEDIATE EMPLOYMENT

Do you want to compete in the London Olympics in 2012. 1. Are you aged between approx 18 yrs to 25 yrs. 2. Is your current sport leading you nowhere fast. 3. Are you a highly talented, committed determined athlete and feel you could represent Great Britain at Race Walking...if so, please contact GEORGE NIBRE, Mobile 07840980736... the pathway to becoming an Olympian is awaiting you... Sponsorship, funding, coaching can be provided by a team of experts, coaches, advisors, mentors and great motivators.... Look forward to hearing from you. George Nibre.



SUE CLEMENTS ON THE RADIO

BTW, forgot to tell you that I was interviewed the morning after completing my 24 hour track race at Tooting Bec. I did a live interview on BBC Radio Cambridgeshire at 07.50 am on the light-hearted sports review programme. I have looked at the website hoping that I could hear the interview again but it seems that this option is not available for this particular programme. However, I am confident I gave a good account of myself and racewalking. Sue

MR VICE

Congratulations to RON WALLWORK on his election as Vice Chairman of the Enfield & Haringey Athletic Club. Why has he taken on this role? Well Ron says, "As walkers we should get more involved in mainstream athletics, for that is where our future lies". Well said. How many walkers reading this play any part in their Athletics Clubs other activities? Ron is getting very busy in his multifarious duties, so please give him all your support.

CORRECTION

In January's issue it was printed that DAVID BUCHANAN was the Essex League's most improved walker in 1988. It was ROY SHEPPARD.

CANVEY ISLAND RACING

This year's Nicola 5 Miles along the Estuary is on Sunday 20th April. Entry forms will soon be passed among you.

ALL GO AND NO GO

STEPHEN CRANE and DAVE SHARPE carried Essex colours at Steyning AC in their late January's 15K on an 'out-and-back' course through the Sussex countryside. They were 6th and 7th clocking 86.47 and 89.35 respectively. Dave got a prize for showing most improvement over the return leg – being 45.18 at the turn and 44.17 on the homeward leg. ALAN O'RAWE and CHELSEA O'RAWE-HOBBS set out to compete in Sussex, but got trapped on Canvey Island for over an hour-and-half as a road accident blocked the exit off the island. Oh well – there's always another day

GOOD LUCK

To all our readers who are racing in the annual Flora London Marathon on Sunday 13th April, and for the various good causes and charities that they're raising money for. It's on BBC TV, but why not come along to the course and watch a great spectacle. Ilford's members will be toiling near Canary Wharf handing out 30,000 plus water bottles. EDDIE TROTTER will be supervising his feeding station in Poplar. See you all there!



EMAILS CATH DUHIG

Hi Dave,

Just in from a school governors meeting, feeling rotten with a stinking cold and sore throat so thinking of a hot toddy and early night – after a quick check of my emails.

One hour later, have just finished reading the latest Essex Walker! (And no toddy).

A couple of immediate observations:

RE: Peter Crane being paced by a canoe, I was paced last year by a narrow boat as I did a favourite section of the Fen Rivers Way near me from Denver Sluice along the 'Ten Mile Bank'. The jolly bearded man at the helm was brewing a cuppa at one point and we were trying to work out if I could get close enough to share it, but the bank there was too reedy so I had to forego the pleasure.

RE: Things thespian - having escaped being in the pantomime due to examination commitments I now find myself standing in for one of the cast for one performance. So the role of 'Crusher, a Henchman' (for one night only) will now appear on my performance CV. I hope he's the same size as me as we have to share a costume!

Hope all is well, Congrats to all involved on yet another info-packed issue.

Cath.

AFRICAN MEETING

MIKE and IRENE BATEMAN toured Africa in the camper van this winter and arrived in The Gambia, home of former Essex League regular GEOFF HUNWICKS. Writes Geoff, "Just happened to bump into the Batemans by chance on a Friday and was supposed to meet them on Saturday evening". A big continent – a chance meeting!

UK ATHLETICS

Having lost their chief medical officers Bruce Hamilton to Qatar and Bryan English to Chelsea in quick succession, they have appointed Hamilton's deputy Paul Dijkstra as his successor, as well as adding two more doctors to their team. But, disturbingly, they are not working with British Olympic Association performance director Sir Clive Woodward nor have any plans to do so – despite Woodward's BOA blueprint to give medal hopefuls specialist help.

IN THE MONEY

Congratulations to Antonio Cirillo, Kathryn Granger, Ben Wears and Alex Wright who have received grants from the Ron Pickering Memorial Fund. As there were only 199 recipients, walkers constitute 2% of the total, which is certainly 'above quota'. We're not numerous but our best are up there with the rest, it seems. Peter Cassidy.

NOTIFICATION FROM IAN STATTER

If not too late, could you please put a note in the next Essex Walker to the effect that the SWC 10 Miles race due to be held on 23rd Feb has had to be postponed due to a clash of dates. Peter Selby will publicise a new date as soon as it can be scheduled in to the calendar.

Thanks, Ian.

CONGRATULATIONS TO MUM AND DAD

Congratulations to former International walker George Nibre and Dawn on the arrival of their first born child Anya, who was born in Cambridge - George predicts that she will return there for a University education later on in life. George also says that Anya has large feet and long arms and, at this early stage, has the potential to be an Olympic swimmer.



COME ON DOWN

Folks – come on down to Pickets Lock where popular Loughton 2nd Claimer JOHN HALL is prepared to lead squad training sessions. For further details give John a bell on 020-82923627.

EMAILS LAURENCE DORDOY

After reading this month's E.W. I would like to point out that it was me and not Mick Barnbrook that 'flicked the switch' at Bexley giving the tail enders a hot shower. After being mistaken for Bill Sutherland in a previous situation, has this man got no pride?

Yours faithfully,
Laurence Dordoy.

ADVISES SUE CLEMENTS

Shaul Ladany's autobiography, previously only available in Hebrew, will soon be available in English. The book should reach the market sometime in Spring. Shaul has experienced some difficulty in finding a publisher willing to publish his book and in order to convince The Gefen Publishing Co and reduce their risk, he has agreed to give up the royalties on the first 3,000 copies of the book. The English title will be 'From Bergen-Belsen to the Olympic Games'. Sue.

MISSING MAN – MISSING TROPHY

Our previous edition reported that MICKY SUTTON had been awarded the ESSEX LEAGUE BEST NEWCOMER TROPHY. But...due to an error on Hon. Ed's part his name was missed from the League table. It should have appeared in 35th position with 35 points. Therefore the 6 names below 35th position now all drop 1 place in the final table. As well as Micky's name, the 'Best Newcomer' trophy was among those missing from the Essex League prize table. Micky could not get to Chigwell Row for the pre-Christmas 10K, but neither did the trophy as it failed to be returned. Yet again a lack of trophy discipline. Where is it? Who has it? Answers on a postcard to RAY PEARCE please. Then Micky will be able to have his trophy.



MAN OF MYSTERY

For those of you who pondered on the photograph on the back page of our last issue, it was MICK BARNBROOK.

ARE YOU RECEIVING ME?

Distribution problems effected our January issue, but thanks to the combined enterprise of EILEEN ALLEN, TONY PERKINS and Ilford's Press Officer MARTIN CLARKE an issue was sent out to email subscribers. If you missed out on Issue No. 290, then please get in touch with us and we'll email you a back-issue.

MAYBE

The proposed date for the Milton Keynes AC 100 Miles track walk (a provisional fixture) is Sat/Sun 2nd/3rd August. MARK WALL is your man with the gen.

SALE

Those who completed 9 or more Enfield League races in 2007 were presented with an 'Enfield League 2007 Commemorative T Shirt'. But.. if you completed 6 or more, you can buy one for just a fiver from RON WALLWORK. By the way the mystery of MICK BARNBROOK's missing Enfield League T Shirt has been unearthed!

ESSEX COUNTY 10,000 METRES CHAMPIONSHIP

This is provisionally arranged for Sunday 6th July at Garrons track, Southend-on-Sea.

IMPORTANT DATES FOR YOUR DIARY

Sun 6 Apr	RWA National 20K	Earls Colne
Sun 27 Apr	RWA National 50K	Redcar
Sun 4 May	RWA YAG	Victoria Park
Sun 7 Sep	RWA 10K	Earls Colne
Sat 20 Sep	English Schools	T.B.A.
Mon 10 Nov	RWA Southern Area AGM	Civil Service Recreation Centre S.W.1.

ON THE BOX

MICKY SUTTON was one of the 6 volunteers who submitted themselves for an experiment for 'HORIZON – TOTAL ISOLATION' on BBC (22nd Jan). We even saw Micky giving his all in a 100 Miles run!



A QUESTION OF SPORT (20th Jan) saw another showing of that fast walker being obstructed by an official stepping off a pavement and into his path. Plus we had a question – "Which athletic event is close to 31 Miles?" Yes, you all know that don't you – and so did the contestants on the show, but at least it got a mention for race walking at peak time.

And of course we've had MICK BARNBROOK making the main bulletins on BBC News 24 and News at Ten, as well as gracing the airwaves on BBC Radio Five Live – being interviewed about corrupt politicians.

1981 AND ALL THAT

Our previous issue headlined GEORGE BEECHAM's MBE award. Hackney born George became a Centurion (No. 716) on May 23rd/24th at Withean Stadium (now the home ground of Brighton & Hove Albion F.C.) in the 'Endeavour 24 Hours'. The event's name was taken from the sponsoring Endeavour Motor Company, Brighton's Main Ford Dealers. George was the only new Centurion qualifier in a race which was held in heavy rain throughout. From the 'off' most of the 20 starters were clad in rainproof clothing. After 24 hours on the track 14 were left of whom 11 passed 100 Miles. Experienced Midlander GEOFF TRANTER was top man at both 24 hours and 100 Miles recording 129 miles 180 yards and 18.05.36 respectively. He was well clear of ED SHILLABEER (2nd) and JOHN EDDERSHAW (3rd). Experience counted in such conditions as DAVE BOXALL and the late PETER WORTH Came 4th and 5th at 24 hours. At 100 Miles they were 4th and 6th respectively. Passing 100 Miles DOBSON was 5th – no not BOB, but ERIC of BORDER A.C. GEORGE was 9th at both points: 104 miles 557 yards and 22.45.12. The 11th and last to complete 100 Miles in under 24 hours was regular entrant FRED BAKER of Highgate. The 3 on their feet, but short of 100 Miles, were Centurions PAUL SARGENT, PAUL BRIGGS and PETER EMERY. By a coincidence Messrs Sargent (430) and Briggs (431) were the ones allocated the wrong numbers back in 1969 – but asked to retain them as switching would have seen many records altered. By coincidence both gentlemen were racing when Hon. Ed. qualified as a Centurion in 1974 (Leicester to Skegness). During that race PAUL SARGENT accounted for half of it, but his son pressed on to finish in 22.50.56. PAUL BRIGGS walked overnight with no attendant and no tracksuit bottoms (permitted then) to defeat the cold. So Hon. Ed. divested his ones about 6 am and lent them to a cold Paul. Back to 1981s event, among the non-finishers were ALAN PICKERING, MATT DAVITT, PETER HODKINSON and the one-and-only DEREK HARRISON who surprised all by being the first to quit after just 2½ hours. **A sign of the times.** Only 1 competitor came from the European mainland – HANS VAN WAKERAN (10th). How times change. Two top overseas entrants scratched: EMILE ALOMAINE (Belgium) and ALAIN MOULIONET (France).

Messrs EDDERSHAW, SHILLABEER, TRANTER, WORTH and BRIGGS had raced against each other in a distance event earlier in May, from Plymouth-to-Dawlish (42 Miles). It rained all day with a gale force wind – good preparation for similar conditions during that 24 Hour event. In the now defunct race, they were respectively 2nd, 3rd, 4th, 7th, and 17th. In what was a very close finish CARL LAWTON (now Centurions President) won in a course record 6.11.45. ALAN BAINBOROUGH also appeared in both races – 14th in Devon, dnf in Sussex. ANN SAYER (Essex Ladies) was 1st lady in 19th spot.

There was dissent in the ranks during 1981 as the RWA Southern Area decided to hold one combined Area 20 Miles, from which all the Counties could extract their competitors positions for each Counties Championship. It went ahead with 47 starters at Hayes with MICK PARKER (who could do no wrong that year) in the van. ESSEX decided – or rather JOHN HEDGETHORNE decided – that Essex would hold its own 20 Miles Championship. "Why should we leave Essex for our 20 Miles" he boomed. It went ahead somewhere 'in the sticks' out Chelmsford way. Times change – in 2008 if you want to race the Essex 50K for instance, you have to make Redcar by 11 am on a Sunday morning. As for our 20 Miles it disappeared from the fixture list in 2007 after just 1 solitary Essex walker expressed interest in participating. The 1981 Essex 20 Miles was held in the worst weather possible – what a rain-sodden May it was! A torrential downpour continued throughout on a cold and miserable afternoon, which saw only 13 of the 23 starters make the result sheet. Former National 20 Miles Champion ROGER MILLS won it in 2.39.40 with DAVE KATES 2nd in 2.50.41 and Havering's DAVE HAY 3rd in 2.54.57. The marshalling was a bit 'iffy' and the 2nd placer went off-course twice. Recollected Dave, "At one point myself and Dave Hay were walking in different directions on opposite sides of the road, yet in the same race". The weather took it's toll and both the leader and 2nd man were ill for a while afterwards. 'Iron men' STUART BENNETT and JOHN HEDGETHORNE were 4th and 5th. In order the other finishers were STEFFAN MENDAM, JIMMY ROOKE, JOE SCAMELL, VIC COLLINS, NIGEL STONE, TONY PERKINS, DAVE SHARPE and GEORGE WOODS. Tony turned in a sparkling 3.22.32 and Dave 3.43.30 so leaving the officials a long wait for the back-marker who arrived in 4.11.45. Just 3 days later Tony rattled off 46.25 for an evening 5 Miles City of London race 'closed' event: Stock Exchange v Banks v LPR v Insurance. Tony was 16th of 57. Yes folks 57 started. ADRIAN JAMES led the SE to a team win in 36.18.

MIKE PARKER won both 10 Miles and 20 Kms National titles. The 10 was at Exeter and, for most, a very long trip. Yet 175 started. There were some high profile disqualifications such as STEVE BARRY, PETER HODKINSON, COLIN BRADLEY & CHRIS MADDOCKS. The 20K was at Kenilworth with 165 starting and some equally high profile disqualifications (including some of those mentioned above). GRAHAM MORRIS and GORDON VALE got the chop virtually on the finishing line, so letting in DENNIS JACKSON and AMOS SEDDON for 2nd and 3rd places.

STEVE BARRY clocked 86.18 for 20K in Rome (2nd fastest UK time then). IRENE BATEMAN won an International 3,000 metres in 14.11.6. Remarkable as Irene's 12.15 pm plane was much delayed – meaning that Irene never made her Rome hotel until 1 am on race day! Irene also raced in Barcelona over 5K. THORILL GYLDER (Norway) won in 23.57, Irene 2nd in 24.04 just ahead of the late CAROL TYSON who clocked 24.13.

In 1981 we had races at Finsbury Park, now when did we last have a road race there? Over 7 Miles our 1-2-3 were ADRIAN JAMES, DENNIS HOLLY and PAT FUREY. Others racing were TERRY McDERMOT (who we saw helping out at Leamington Spa last year), MICK BARNBROOK, KEN EASLEA, JACK ROSSITER, CHARLIE MEGNIN and GEORGE EASTWOOD. The race was billed as 'Inter Club'. At Cwmbran JACK THOMAS (Roath Labour WC) won the Gwent 3,000 metres Championship in 14.21. 1981 events which won't be held in 2008 were the BASINGSTOKE OPEN 10 Miles and Steyning's EASTER MONDAY 15 MILES. In 1981 both had 38 finishers being won by STEVE BARRY and GRAHAM MORRIS respectively. Graham did both coming 2nd at Basingstoke, with CARL LAWTON 3rd.

The May 'Record' had a letter from ALAN FLAVELL telling us what a wonderful experience it was to WALK the London Marathon, which he did in 5 hours and 17 minutes. Alan, who we still see from time-to-time, was well received by the crowd as he sped the last 4 miles in 44 minutes overtaking over 100 runners while so doing, including 4 in the final 200 metres. Alan wrote, "I had helped to wave the Walking flag". The same issue advertised more no longer held races – the 38 Miles Hastings-to-Brighton at 75p a go and the 52 Miles London-to-Brighton for £1. The IOM TT (37 miles) cost 50p. Entry Secretaries, respectively, were ALAN BUCHANAN, the late ROGER LeMOINE and KEVIN MADIGAN. Details were given of the 1981 National 50K at Sleaford. So many were expected that a special buckshee coach had been laid on to meet rail travellers at Peterborough Station and take them directly to Sleaford (33 miles away). The Championship was to be well supported as 101 started. Yes folks over 100 for a 50K. That event, organised by GEORGE TOWERS has been previously covered by a nostalgia article. A last word for Record's Editor – sage of past decades ALAN BUCHANAN. He wrote, "*Walking is living in the South in most Clubs. The cause in my view, the general lethargy of walkers to do anything for anyone but themselves and a too international concerned leadership of the RWA". Alan asked, "What are you going to do about it?" What does he think now?*

2008 ASHTONS TRACK DATES

The Woodford Tuesday Walks (I dunno, it doesn't seem right, somehow) dates for 2008 will be:

10th June

22nd July

16th September

They all miss the V.A.C. Shindigs in the Park (unless *they* change again)

Best Wishes, Peter Cassidy.

EMAILS CATH DUHIG

Dear Dave,

I have just had it confirmed that I have the part of the 70 year old who gets bumped off in the first half of our next play, and have already been asked to play a role in the October production. I think someone out there is trying to sabotage my training by encroaching on what little time I have available for it anyway. And if you see the result from Vic Park you'll know I need some...and more.

Hey ho, onwards and upwards. Cath.

LONDON WALKS/ESSEX LEAGUE – VICTORIA PARK – 2ND FEB

Senior & Junior Men 10K

1	Daniel King(SM)	Colchester	43.45
2	Dominic King (SM)	Colchester	45.18
3	Scott Davis (SM)	Ilford	47.49
4	Nick Silvester (SM)	Enfield& Harringey	48.25
5	Mark O'Kane (JM)	Coventry Godiva	48.39
6	Jim Ball (SM)	Steyning	49.16
7	Antonio Cirillo (JM)	Coventry Godiva	51.42
8	Trevor Jones (SM)	Hillingdon	51.44
9	Stephen Crane (SM)	Surrey	52.08
10	John Hall (SM)	Belgrave/Loughton	54.06
11	Tom Bosworth (JM)	Tonbridge	54.55
12	Diane Bradley	Tonbridge Guest	54.57
	*		
13	Steve Uttley (SM)	Ilford	55.13
14	Fiona McGorum	Leicester Guest	55.17 *
15	Chris Hobbs (SM)	Medway & Maidstone	55.27
16	Arthur Thomson (SM)	Veterans' AC	55.45
17	Kathryn Granger	Sheffield Guest	56.00* ∞
18	Chelsea O'Rawe-Hobbs	Blackheath & Castle pt Guest	56.09 *
19	Dave Kates (SM)	Ilford	56.49
20	Dave Sharpe (SM)	Ilford	57.45
21	Mark Culshaw (SM)	Belgrave	58.01
22	Alan Ellam (SM)	Enfield & Harringey	58.43
23	David Crane (SM)	Surrey	59.01
24	Ian Statter (SM)	Surrey	60.08
25	Paul King (SM)	Belgrave/Loughton	60.17
26	Ann Belchambers	Hillingdon Guest	61.20*
27	Michael Harrin (SM)	Surrey	62.01
28	Maureen Noel	Belgrave Guest	62.14*
29	Carl Lawton (SM)	Belgrave	62.38
30	Bob Dobson (SM)	Ilford	63.00
31	Laurence Dordoy (SM)	Ilford	64.30
32	Peter Crane (SM)	Surrey	64.44
33	John May (SM)	Enfield & Harringey	64.44
34	Cath Duhig	Loughton Guest	64.50*
35	John Borgars (SM)	Loughton	67.56
36	Ron Wallwork (SM)	Enfield & Harringey	69.59
37	Bernie Hercock (SM)	Enfield & Harringey	72.04
38	Mick Barnbrook (SM)	Sarnia/Ilford	72.04
39	Francoise Fernandez	Loughton Guest	73.49*
40	Claire Legg	Ryston Guest	75.06*
41	Eric Horwill (SM)	Loughton	75.49
42	Ken Livermore (SM)	Enfield & Harringey/Loughton	77.13
43	Pam Ficken	Loughton Guest	77.58 *

* Competitor continuing from the 5k race. ∞ Course Record for Junior Women

Combined Men's Teams:

1	Ilford A	123	6	Coventry Godiva	90
2	Surrey A	105	7	Ilford B	88
3	Belgrave	105	8	Enf & Harringey B	61
4	Enf & Harringey A	104	9	Surrey B	54
5	Colchester	99	10	Loughton	42

First Veteran, no other individual award, Silvester

First Centurion, no other individual award, Kates

Southern Championships, Junior Men, Bosworth.

YET AGAIN

The London Walks award presentation ceremony was on a par with recent ones, in that major trophies were not returned – including the Team Trophy and the Reg Jacobs Memorial Shield. That alone was a discourtesy and an insult to Reg in whose honour the Shield was donated. Reg was a near-permanent fixture among Victoria Park recorders/timekeepers for years and at many other locations. Again readers need to be told that a memorial trophy's purpose is to ensure a person's name can be publicly commemorated on 1 day each year. Oh well – more trophies for handing over in carrier bags in car parks well after the event!

VIEWS OF DAVE SHARPE

Dave Sharpe rang up after the London Walks to discuss the race and offer his views about Victoria Park. Dave thought that there was considerable difference in racing there on a Saturday, as opposed to on Sundays or on a New Year's Day. Dave reports that there were many joggers, one of whom cut him up, there was football going on as well as too many skateboarders and cyclists riding along the same road surface as us walkers. He also commented on the delayed announcement of the result – but as meeting official PETER CASSIDY stated, "We had to totally abandon one attempt as producing a result sheet as someone who was crowding over the results compilers spilled their tea over the sheets, so causing us to have to start again". So now you know. Another commented on the amount of dog turds on the racing surface. Never mind folks, it'll be cleared up before the Olympic 2012 walkers pound along the same (resurfaced) route!

WELL DONE

BBC Essex Radio presenter ROGER BUXTON got in touch to say what a good read he thought our January edition was. We're glad he reads it, for Roger is one of amateur athletics greatest supporters!



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'SHOULD' BE UP AND RUNNING AGAIN BY THE MARCH ISSUE. ONCE AGAIN, MANY THANKS TO TONY PERKINS FOR FILLING THE GAP.

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