

In these monthly Newsletters it is my intention to bring to county walkers as early as possible, full results of all walks concerning county walkers. Current ranking lists will be shown for the main events i.e. 3,000 and 10,000 metres track and 7 1/2, 10 miles, 20 Kilos, 20 miles and 50 Kilos road. It must be appreciated that some courses are short of distance and I would ask you to bear with me if I omit some times in the ranking lists because of this. We thrive on criticism so please don't hesitate to let me know your feelings.

I want to include all future fixtures but so far have not received any from Club Secretaries.

Comments are strictly my own unless otherwise shown and views printed must in no way be taken as Official Essex A.A.A. or R.W.A. unless so authorised.

During the month of May, Essex Walkers have continued to dominate any races in which they have taken part. My star walkers of the month are however in alphabetical order;

O. Caviglioli.	French Record of 45:50.6 when 4th in Southern 10,000 metres.
R. Dodson.	Brilliant 2nd in Leicester Mercury 20 miles.
J. Hedgethorn.	Third in International 24 hours.
R. Mills.	First in Southern 10,000 metres in 45:03.8
C. Young.	Very, Very close 2nd in International 24 hours.

From the above I name Colin Young as walker of the month.

Our sympathy must go to Roger Mills, picked to walk 20 Kilos for Great Britain against Rumania only to have the race cancelled because of flooding.

RESULTS.

9th May, 1970. National 20 Kilos. Crystal Palace.

A very warm day, but a course free of traffic though with perhaps a few too many laps, i.e. nine.

John Webb of Basildon unlucky to have a real "bad one" and one cannot help feeling that one day Peter Fullager will really slay a high class field. Basildon did very well to get third team medals.

1. W. Wasch. Belgrave.	91:47	30. O. Flynn. Basildon.	102:1
2. R. Wallwork. Lincs.	92:12	35. J. McCormack. "	103:4
3. P. Fullager. Basildon.	93:13	38. D. Holly. Brighton.	104:1
4. S. Lightman. Met. W.C.	94:58	47. A. Ardley. Southend.	105:2
5. R. Mills. Ilford.	95:22	65. J. Thomas. W.G.A.C.	108:4
8. P. Embleton. Met.W.C.	96:13	88. G. Hunswick. Ilford.	114:1
13. B. Armstrong. Ilford.	97:36	112. K. Mann. Essex Pol.	119:1
15. R. Dobson. Basildon.	98:04	125. D. Sicken. W.G.A.C.	124:5
20. A. Banyard. Southend	99:44	138. H. Neilson. "	129:3
22. D. Rosser. "	100:47		

<u>Teams.</u>	1. Lancashire W.C.	2, 7, 11, 18,	38.
	2. Belgrave H.	1, 10, 12, 16,	39.
	3. Basildon.	3, 15, 27, 32,	77

10th May, 1970.

Vancouver Trophy.

Woodford.

3,000 metres.

1. R. Mills.	Ilford A.C.	12:29.4	(Rec)
2. P. Butler.	Wolverhampton.	13:32.8	
3. B. Armstrong.	Ilford. A.C.	13:49.6	
4. J. Thomas.	W.G.A.C.	14:21.0	
5. G. Hunswick.	Ilford. A.C.	14:29.0	

Roger Mills showed us how to beat W. Wesch. He applied top pressure from the gun and Wesch had to "run" to keep up, eventually being 'pulled' in lap three, a grand piece of tactical walking by Roger.

2nd May, 1970.

Sussex Clubs v Met, Pol. 15 miles.

Staying.

1. W. Sutherland.	Met. Pol.	2:03.34
2. L. Rockett.	" "	2:11.31

9th May, 1970.

Rouen.

France.

International 24 hour Great Britain v France.

1. C. Abolina.	G.B.	128 miles	220 yards.
2. C. Young.	G.B.	127 "	1540 "
3. J. Hedgethorn.	G.B.	124 "	220 "
4. G. Jacuebat.	France.	120 "	660 "
5. J. Edershaw.	G.B.	117 "	880 "
6. J. Dowling.	G.B.	116 "	60 "

Congratulations and hard luck Colin, to go so far and do so much to lose by so little.

This was a road race and for a lot of the time the walkers had to carry torches.

16th May, 1970.

Southern R.W.A. 10,000 metres.

Battersea Park.

1. R. Mills.	Ilford. A.C.	45:03.8	
2. W. Sutherland.	Highgate.	45:09.0	
3. P. Embleton.	Met. W.C.	45:39.4	
4. O. Caviglioli.	Basildon.	45:50.6	(French Record)
5. F. Clark.	Australia.	46:00.8	
6. S. Lightman.	Met. W.C.	46:30.4	
7. R. Dobson.	Basildon.	46:34.0	
10. O. Flynn.	"	48:24.2	
11. B. Armstrong.	Ilford.	48:25.4	
12. C. Young.	Essex Beagles.	48:55.2	
22. C. Williams.	Ilford.	50:33.8	
27. G. Hunswick.	Ilford.	53:05.0	

The first couple of laps a repeat of the Vancouver 3,000 metres, then Wilf Wesch was again disqualified.

Welcome to Frank Clark of Australia who has joined Ilford for a while.

16th May, 1970.

Stock-Exchange.

London to Brighton.

1. R. Green.	Surrey. W.C.
2. K. Tuson.	Southend.
3. J. Venn.	"

17th May, 1970.

National Police Barking - Southend. 33½ miles.

1. C. Fogg.	Enfield.	5hr 12min	41 secs.
4. J. Hedgethorn.	Essex Pol.	5" 31 "	09 "
5. L. Rockett.	W.G.A.C.	5" 47 "	25 "
6. G. Hunswick.	Ilford.	6" 05 "	05 "

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<u>Dadets.</u>	1. Hammond.	Essex Pol..	6:18.24
	2. Hastings.	" "	6:49.12
	3½ Grout.	" "	6:49.12
	4. Weatherley	" "	7:19.29
	5. Puttick.	" "	7:19.37
	6. Rieve.	" "	7:19.49

23rd May, 1970. Leicester Mercury. 20 miles.

Again Essex walkers dominated. John Webb was only the sixth Essex man in fifteenth position. A brilliant walk by Bob Dobson who only has to repeat at Redditch, for a trip to Edinburgh in July. How about Basildon Four walkers only and yet setting Belgrave very worried when leading them at fifteen miles.

1.	R. Wallwork.	Lancs.	2:37.22 (Record)
2.	R. Dobson.	Basildon.	2:38.02
3.	S. Lightman.	Met. W.C.	2:39.04
4.	R. Middleton.	Belgrave.	2:39.19
5.	R. Lodge.	Bromsgrove.	2:43.43
6.	P. Fullager.	Basildon.	2:44.17
7.	D. Rosser.	Southend.	2:46.38
8.	B. Armstrong.	Ilford.	2:46.39
10.	C. Young.	Essex Beagles.	2:47.16
14.	A. Banyard.	Southend.	2:49.21
15.	J. Webb.	Basildon.	2:50.34
32.	J. McCormack.	Basildon.	3:02.40
	A. Ardley.	Southend.	3:08.15
	K. Tuson.	"	3:18.32
	H. Neilson.	W.G.A.C.	3:34.13

Teams. 1. Belgrave. 43. 2. Basildon. 44. 3. Bromsgrove. 68.

24th May, 1970. Inter Counties. Leicester.

10,000 metres walk.	1. W. Wesch.	Surrey	45:42.4
	2. W. Sutherland.	Midd.	46:18.2
	3. P. Embleton.	Essex.	47:41.4

25th May, 1970. Inter Counties.

3,000 metres.	1. R. Hughes.	Worcester	12:25.8
	2. O. Caviglioli.	Essex.	12:27.4
	3. W. Wesch.	Surrey.	12:38.0
	4. S. Lightman.	Midd.	13:00.4

Caviglioli's time believed to be French record.

19th May, 1970. Essex Beagles Boys under 16. 1 mile. Mayesbrook Park.

1. L. Dordoy.	Ilford.	7:39	7. R. Paget.	Essex B.	8:38
2. J. Wray.	Newhan.	7:52	8. C. Hawthorn.	Basildon.	8:41
3. N. Ellis.	"	8:02	9. A. Ayres.	Essex B.	8:50
4. R. Ayres.	Essex Beagles.	8:28	10. T. Martin.	Basildon.	8:55
5. J. Lowe.	"	8:28	11. I. Manchester.	Un.	9:05
6. P. Thain.	Basildon.	8:36			

2nd June, 1970. Essex Beagles Under 21. 1 mile Club Championship. Mayesbrook Park.

	O. Flynn.	Basildon.	6:52
1.	R. Browing.	Essex B.	7:12
2.	B. Laver.	"	7:13
3.	A. Ayres.	"	8:17
	P. Thain	Basildon	8:21

Fixtures.

The Essex County Boys 2 mile Road Walk Championships will be held at Chigwell on 27th June, 1970. The age qualification for this race is over 12 and under 15 on 1st September, 1970.

Entries to; R.P. Wells,
79 Stansfield Road,
New Thundersley,
Essex. by, 20th June, 1970.

The 1971 County Championship programme will include a 20 mile Road Race, probably Chelmsford to Southend.

Ranking Lists. Performances since 1st September, 1969:7 Mile Road,

51.11	P. Embleton.	10.1.70	55.45	J. McCormack.	10.1.70
51.23	R. Mills.	29.11	56.35	C. Williams.	10.1
52.31	O. Caviglioli.	10.1	57.05	D. Holly.	13.12
53.13	D. Rosser.	8.11	57.07	R. Pearce.	31.1
53.18	A. Banyard.	8.11	57.58	L. Mockett.	18.3
53.27	R. Dobson.	24.1	58.48	D. Togwell.	8.11
53.33	B. Armstrong.	24.1	59.02	G. Hunswick.	24.1
54.12	D. Cox.	10.1	59.44	J. Venn.	8.11
54.12	K. Tuson.	10.1			
54.40	C. Young.	22.11			

10 Miles.

72:48	P. Embleton.	17.1	75.40	A. Banyard.	21.3
73.44	R. Mills.	14.3	76.26	D. Rosser.	21.3
74.00	B. Armstrong.	31.1	77.59	O. Flynn.	21.3
74.19	J. Webb.	21.3	78.38	J. McCormack.	21.3
75.25	C. Young.	21.3	80.54	L. Mockett.	8.4
75.34	D. Cox.	31.1			

20 Kilos.

92.17	R. Mills.	4.4	98.04	R. Dobson.	9.5
92.33	J. Webb.	4.4	99.21	A. Ardley.	4.4
92.50	P. Embleton.	4.4	99.40	D. Cox.	4.4.
96.18	C. Young.	4.4	103.06	J. McCormack.	4.4
96.46	A. Banyard.	4.4	103.23	O. Flynn.	4.4
97.36	B. Armstrong.	9.5	104.13	O. Holly.	9.5
97.53	D. Rosser.	4.4	104.34	G. Hunswick.	11.4

Ranking lists for 3,000 & 10,000 metres, and 20 miles will appear in next month's Newsletter.

R.P. Wells