

# ESSEX WALKER

## HOWARD'S WAY

Well done to KIM HOWARD, the reigning ESSEX LEAGUE walking champion, who has become Southend-on-Sea's first lady Centurion – and during their Centenary season. Kim did enter the Millennium Challenge in Newmarket during the year 2000. Sadly, Kim fell and injured herself while running a hurdles race at an Eastern Vets meet on the Wednesday evening beforehand, so resulting in her name being scratched from the programme. But 5 years on and also in East Anglia, Kim did the business. Thanks also to ALAN and CHELSEA - and the S.S.S. (Southend Support Squad). Pictures of Kim's toes appeared rapidly on the Race Walking Record web site. Indeed a full set of photographs covering the event can be viewed on [www.racewalkingrecord.com](http://www.racewalkingrecord.com)

## THE KEN ROWNTREE MEMORIAL BOWL

This is annually awarded in York Postal walking circles to one who has given meritorious service to the sport of race walking – and many fine names are engraved on it. For the first time ever, the Bowl is leaving the area and heading south – as STEVE WYNN has been recognised for all his hard work over many years. He's still an active walker, a handicapper and race organiser of great ability and enthusiasm. Indeed when racing the recent York Postal 10K, he sustained a hamstring injury inside the opening half-mile...but still pressed on (albeit in discomfort), as he was needed to close home the Mount Pleasant team. Steve resided in Romford (Collier Row) for many years and also raced for Newham A.C. when they had a damn good squad. Well done to Steve on his truly deserved award.



## CHAIRMAN'S TRIBUTE

In his role as Chairman of the Metropolitan Police Race Walking Club, CHRIS FLINT has penned the following tribute to GEORGE NIBRE (former Ilford A.C. member), who has retired after 30 years of service to the community:

George was an outstanding race walker and a great ambassador for the Police, which was greatly appreciated. It's always good to see George at races and I hope he'll keep in contact. Now that we have the Olympics to look forward to in 2012, we may see a resurgence of interest in our chosen sport.

George's achievements are in the record books and he can be justly proud of all he has achieved. I wish George all success for the future.

## THE 299TH LPR 9K

Not a huge field – just 11 lined up for a straight start, until a latecomer appeared to bring up the dozen. After a quick change, a yacht handicap was commenced. MIKE HINTON had the kudos of being allocated 'Scratch Man' status, while STEVE ALLEN earned the status of being event winner. CHRIS FLINT made the start line – and then the finish line – just 3 days after rattling off 21.13.05 for 10th place in the Norfolk 100 Miles Challenge. LAWRENCE DORDOY was rewarded with a gold medal for completing 40 of these handicap events. The times were all slower; as much of the course had been resurfaced with stone chip earlier in the day, leaving a lot of loose stone to be padded through. And there was a surprise; for former England soccer international TONY KAY, who manages the Old Addeyans Club, had unearthed an old scrapbook in the neighbouring and now closed Post Office Club. It contained old Post Office and Surrey Walking Club photographs for the 1960s and 1970s. There was a great shot of former Ilford man TERRY RILEY heading the Uniform Race around the streets of London. And.... there was plenty else to look at. But, again, where were you all?

## LESSER TURNOUT

The LICC race clashed with the National Veterans Inter-Area Representative Meeting at the Norman Green Stadium in Solihull. The 2004 race drew 36 starters – this time it was just 15 (including some EW readers). It was not PETER CASSIDY and FRANCOISE FERNANDEZ's day, for due to road works, they made it just as the marksman was about to hand over to Mister Starter. They did not attempt to hold up the event (which was already 15 minutes later than billed).

## LONG STANDING RECORD IS EQUALLED – BUT NOT YET BETTERED

On August 14th, 1948 at Motspur Park Track, the late and great HEW NEILSON passed the 100 Miles mark (one of 8 to do so from 14 starters) in 23 hours 3 minutes and 50 seconds. He became one of 6 to continue on to complete the Surbiton Town Sports Club 24 hours event – ending up with 103 miles and 442 yards behind him. The performance gave little hint of what remarkable feats lay ahead. Hew became Centurion No. 145 – and his badge is part of 'The 145 Trophy' which is awarded to the first newcomer finishing at each UK 100 Miles event. On July 29th 1972, with 5½ minutes to spare, Hew completed the Leicester-to-Skegness 100 Miles Walk. From 1948-to-1972 (inclusive) he had completed 20 UK 100 mile races. And from 1972-to-2005, nobody equalled that feat. The leading lady at King's Lynn (2nd overall) was SANDRA BROWN (735) and by completing the distance Sandra also managed to notch up a score. Sandra first completed such a race on August 21st 1982 in the Leicester Walking Club's 100 Miles at Congerstone clocking 22.18.14. At King's Lynn FRED BAKER also made a determined attempt to equal Hew's record, and was still there at the end – but short of the 100 Miles finishing line. Fred's first finish was on July 7th 1956 when (along with Hew) he walked the Sheffield-to-Harrogate-and-Back, which was a severe test as the field raced through the Yorkshire hills-and-dales. Fred clocked 22.30.13 to become Centurion No. 266. Hew's greatest records have been featured in a previous Essex Walker nostalgia article, and have stood since 1960. *Now readers...there's a challenge for you!*

## **NORFOLK 100 MILES CHALLENGE – REPORT**

81 Starters made it to the line of the Norfolk 100 Mile Challenge Walk. Champions walked to success, pain & controversy hit some aspirations, ordinary people became heroes & a wonderfully inspiring event was enjoyed by all.

When the event was started by the Mayor of Kings Lynn in ideal conditions at 1pm Saturday 81 hopefuls headed round the Lynnsport track & out on to the pathways in search of glory, endeavour & mastery of the inner self. 100 Miles in 24 hours is no mean feat, even for the experienced, & many of these athletes were going into uncharted territory.

After a couple of tentative 2 mile laps the Isle of Man duo of Robbie Callister (earmarked as favourite) & Shaun Hands really stepped up the pace to take a commanding lead over the Women's World No.1 Sandra Brown with Ian Statter, Richard Brown & Dave Jones trailing in their wake. The pace of 18 Hrs 12 Mins was a hot one as the IOM pair battled it out. However after 20 miles disaster struck as Callister was judged to have cut a corner & instantly disqualified. The IOM support team was devastated by the decision & rumblings went on for some time. Robbie Callister himself took the decision like a true gentleman and slipped into the background to support his fellow team mates for the next 20 hours plus.

Shaun Hands had now opened a 1 lap lead over Sandra Brown & lacking his team-mate decided to latch on to the experienced World No.1 (about to complete her 20th 100 Miles race in 2nd place overall) and retain a good lead. Statter, Brown & Jones continued to hold the other places whilst the best of the Dutch contingent was led by Van de Kroft, De Wolf & De Jong who would eventually win team honours for the Rotterdam Club.

Local athletes showing to the fore early on were Kevin Marshall from Bury St Edmunds, who walked a solid race to place 9th overall 21.09.41, Cath Duhig who, despite all sorts of injury worries, managed to hang on for a long time to IOM's Rosemary Crellion before having to settle for (women's) 3rd place overall 22.09.40, but taking silver in the RWA championship as Crellion was Unattached.

As the night drew in, a steady drizzle set in. That didn't seem to worry the athletes too much but made things uncomfortable for the stalwart marshals. Athletes moved round & round & in & out of the Lynnsport paths in a continuous loop like ants in some kind of massive experiment. Food was despatched to them & copious amounts of tea & coffee were served as the spectacle unwound through the hours of darkness. The organisation went as smooth as silk as the helpers proved to be every bit as important as the athletes.

Rome 50K Gold Medallist Don Thompson gave a fine display of walking until having to give it up in the early hours after nearly 16 hours of walking & 64 miles. Many other highly regarded athletes also found the rain was too much for them, or maybe it just wasn't their 24 hours? 57 Athletes walked for over 12 hours, 45 athletes went into the 23rd hour of the competition and 38 of them completed the 100 miles, Dave Fall, Serena Queenie & Brandon Man Dave Toms, 88 Miles. Dekereisschietter & Lynnsport award winner Len Crockford did 82 miles & the indefatigable Fred Baker covered 80 miles.

Apart from Marshall & Duhig doing the full 100 Miles, Toms 88 & Crockford 82 miles local novices that excelled themselves were Mike James 54 Miles, Joan Gill 50 Miles & Fred Delves 44 Miles. Another 16 local athletes did upwards of 16 miles walking for various charities.

A fitting end to the event was completed when entrant Rod Hollands from Gloucester crossed the finish line with just 12 minutes left on the clock to the 24 Hour deadline to complete his first ever 100 miles walk to become a Centurion at his first attempt. Rod is a partially sighted athlete.

160 pictures of all athletes available from the website [www.100milewalk.co.uk](http://www.100milewalk.co.uk) please acknowledge [Rod Baron](#) for taking them.

This was a very moving event & one to be proud of for all concerned.

Report by: Peter Duhig.

### **NORFOLK 100 MILES CHALLENGE – SELECTED LEADING RESULTS + ESSEX**

1	S. Hands	Manx Harriers	19.02.57
2	S. Brown (L)	S.W.C.	19.25.07
3	I. Statter	S.W.C.	19.52.51
9	K. Marshall	Ilf	21.09.49
11	H. van der Knapp	R.W.V.	21.16.43
12	M. Fisher	York CIU	21.24.37
14	R. Crellion (L)	Unatt	21.33.59
17	P. King	Bel/Ltn	22.08.47
18	C. Duhig (L)	Ltn	22.09.40
23	K. Howard (L)	Sth	22.23.39
32	K. Watts	LV/Ltn	23.16.03

**Comment:** We've mentioned Hans van der Knapp as he's been supporting our Essex races since the European Friendship Meeting at Chelmer Village, he was responsible (with TONY PERKINS) for the postal match at last December's Ilford 10K – and now he's been rewarded with a personal best timing for the 100 miles. 38 finished within the 24 hours – R. HOLLANDS from Gloucester being the last finisher in 23.47.58. One competitor gained a classified finish in the 90s – JOHN FENTON (Birchfield Harriers) covered 92 miles in 23.33.25. Our 1960 Olympic 50K gold medallist DON THOMPSON retired after 64 miles in 15.51.50. It wasn't Colchester Harrier DON COX's day, for he bowed out after accounting for 34 miles in 6.51.40. However Don is a determined man, and he'll soon bounce back with yet another notable performance! As well as 38 100 miles finishers, 43 others took part of whom 1 was disqualified. ROBBIE CALLISTER (IOM Vets) who had won the 85 Miles IOM Parish Walk in just over 15 hours and had started as the pre-race favourite in many people's opinion, was shown the red disk after being adjudged to have cut a corner. It's never dull at epic walking races, and one judge (also from the Isle of Man) resigned from the Judge's Panel while the event was actually in progress! RWV from Rotterdam won the Sunday Dispatch Trophy as the top team in the Open race. Does anybody even remember the Sunday Dispatch nowadays? Surrey Walking Club are the top U.K. team. The annual match between the British and Dutch Centurions saw a home victory, while the race leader was also the first newcomer to The Centurions and was therefore rewarded with the NEW NEILSON 145 trophy. A dozen entrants failed to face the starter (His Worshipful The Mayor of King's Lynn), including a duo from the Sussex Police. (R. BAGLEY and R. LOVELOCK). Two of the non-starters lined up for 'sideshow event' i.e. The Twilight Twenty (Did we really need that? Asked many). As for the main event, favourable comments aplenty have been heard and many would like to race there again, as they applauded both the course and the organisation.

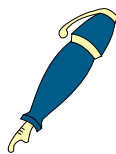
## WRITES 1976 OLYMPIC WALKER BRIAN ADAMS

Dave,

In response to Len Taylor's 506 races over 10 years.

I have clocked up 1110 (inc. 14 Dq's and 1 DNF), but it took me 42 years...1961 – 2002, but I know of walkers who were walking before I started and are still competing!

Walk with Jesus, Brian.



### IN THE POST

There was another Royal Mail in Uniform 10K race (and booze-up) around York on the same weekend as the Ilford 5 Miles.

DAVE TURNER was the victor, and our readers were also in contention. 5th STEVE ALLEN 61.10, 14th MICK SUTTON 65.06, 16th DENNIS JONES 67.37, 18th STEVE WYNN 73.52 and 21st ALEX ALLEN 77.58. Congratulations on yet another first-class delivery.



### EVERYTHING IN THE GARDEN IS COMING UP ROSES

We've mentioned before how Loughton's walkers enjoy such a busy social scene – well they've done it again, for the reason that they couldn't stop too long after the Ilford 5 Miles at

South Park, was because they had a garden party planned at 'Hufflers' (this being the abode of Club protagonist Peter Cassidy and Pauline Wilson). Thankfully the gloomy rain passed over and things got better as the afternoon unfolded. Cheers!

### BYGONE DAYS IN KING'S LYNN

In 1878 and 1879, MADAM ADA ANDERSON of KING'S LYNN, who described herself as the 'champion walker of the world' performed several feats of endurance in Britain and the USA. These included 1,008 miles in 672 hours (by walking a mile-and-a-half at the beginning of every hour), 2,700 quarter miles in 2,700 quarter hours, and 1,000 miles in 2,500 quarter hours. On one occasion it was reported that Miss Anderson wore a loose dress reaching midway between the knees and ankles, and a jaunty hat set off by a feather. MISS WARREN, her rival, dressed in a loose dress or frock, "pantalets, a la zouave, caught near the ankles", and a jaunty cap.

It was Surrey Walking Club member, SANDRA BROWN, who succeeded Madam Anderson to become the first lady in modern times to complete 1,000 miles on the track, when she set 13 new world records from 900kms to 1,000 miles in a 1,000 miles race in Queensland, Australia in March 1996.

In the UK, long-distance races between women were put on at various venues, including Preston, Lancs and in London at Alexandra Palace, Lambeth Baths Gymnasium, and North Woolwich Gardens. In August 1884, at the last of these venues, MADAM ENGLO, a celebrated pedestrienne, set out to walk 1,000 miles in 500 hours. Bell's Life reported that "Madam Englo, we are informed, is a mantel-maker by trade, stands 5ft 4 and-a-half inches, weighs 9st, is 37 years of age, and has been in the walking game for about 8 years. She walks in fine, free fair style, and was attired with great taste in a tight-fitting tunic of plum-coloured velvet, with crimson sash, which, with trunks, stockings and high boots, formed a costume at once easy and graceful".

These extracts are taken from UNBROKEN CONTACT, the History of 100 Years of Walking with Surrey Walking Club (Edited by Sandra Brown). This book is still on sale. Great descriptions are given of the attire chosen by Mesdames Anderson, Warren and Englo – but not of the kit favoured by Sandra!



## ILFORD AC OPEN 5 MILES (+ESSEX LEAGUE) SUNDAY 24TH JULY AT SOUTH PARK

1	SCOTT DAVIS	UNATT	39.59
2	PETER RYAN	ESS P	41.14
3	STEVE UTTLEY	ILF	42.49
4	ARTHUR THOMSON	VETS AC	43.59
5	DAVE KATES	ILF	44.24
6	DAVE SHARPE	ILF	46.15
7	MIKE HINTON	ILF	46.19
8	PHIL BARNARD	CANVEY	47.20
9	PETER CASSIDY	LTN	47.22
10	LAURENCE DORDOY	ILF	48.38
11	RON POWELL	E & H	49.21
12	JOHN BORGARS	LTN	49.40
13	JOHN MAY	UNATT	50.34
14	KIM HOWARD (L)	STH	52.17
15	DOUG FOTHERINGHAM	BEL	52.19
16	ERIC HORWILL	D&S	54.56
17	KEN LIVERMORE	E&H	55.47
18	FRANCOIS FERNANDEZ (L)	LTN	56.01
19	PAM HORWILL (L)	D&S	58.09
20	RON WALLWORK	E&H	58.55
21	PAM FICKEN (L)	SWC	60.54
21	PAULINE KATES (L)	ILF	60.54

23 STARTED (1 RETIRED) WEATHER: STEADY RAIN.  
STATUS: 'B'

1ST JUNIOR: PHIL BARNARD, 1ST LADY KIM HOWARD  
BEST STYLIST (CHOSEN BY CHIEF JUDGE) KIM HOWARD  
1ST VETERAN (GAINING NO OTHER AWARD) ARTHUR THOMSON

TEAMS: 1 ILFORD AC, 2ND LOUGHTON AC, 3RD ENFIELD & HARRINGEY AC

LADIES TEAM: LOUGHTON AC

THERE WAS A DARK HORSE IN THE FIELD, FOR SCOTT DAVIS (FORMER ILFORD JUNIOR INTERNATIONAL WAS APPEARING FOR THE FIRST TIME SINCE WINNING THE ESSEX COUNTY 10 MILES AT CHIGWELL ROW IN FEBRUARY 2001. HE BATTLED HARD WITH PRE-RACE FAVOURITE PETER RYAN BEFORE PRESSING THE PEDAL WITH 2 OF THE 6 FLAT AND FAST LAPS REMAINING FOR AN UNDISPUTED WIN. THE 2004 VICTOR STEVE UTTLEY COMPLETED THE FRAME. THE 2004 VICTRESS KIM HOWARD RETAINED HER TITLE, AS WELL AS COLLECTING THE STYLE AWARD. ILFORD RETAINED THEIR TEAM TROPHY, WHILE CATH DUHIG – WHO HAD COME A LONG WAY TO SUPPORT THE RACE – SUFFERED THE DISAPPOINTMENT OF BEING FORCED OUT OF THE RACE THROUGH INJURY. BILLED AS A SUMMER RACE, THE COMPETITORS AND OFFICIALS GOT THEIR FIRST SOAKING OF THE SUMMER! CHANGING THE RACE FROM 'A' TO 'B' STATUS SAW THE FIELD INCREASED FROM 9 TO 23 STARTERS.

### THREE LINE WHIP

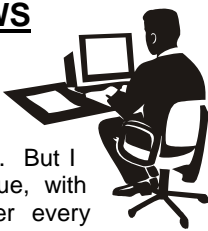
**The 300th London Postal Region Open 9 Kilometres Yacht Handicap is to be held on Sunday 11th September at 2.30 pm, from the Old Addeyans Club, Blackheath Park, London S.E.3. The Clubhouse is next door to the now closed Post Office Social Club, from which we used to race from in days past.**

**Mementos for all participants and officials. Let's see an appearance by all who have ever raced in even one of these long-established races. Note the date: September 11th (the Record has been incorrectly showing September 4th). Enter on the day – and let's make it a great day (as it was for the 100th and 200th races).**

## WRITES RESPECTED BROADCASTER AND STATISTICIAN PETER MATTHEWS

Dave

As you know I always try to give the walks as fair a coverage as any other event. No way anybody like me would be employed by the BBC these days – I do not win gold medals. But I enjoy commentating for Sky on Golden League, with Steve Overt and Shaun Pickering, we'll cover every minute of the World Champs for IAAF – web cast (I think) and transmission in various small countries around the world I believe.



*Adds Hon. Ed. Peter Matthews is truly a friend of race walking. He also supports local athletics as well – indeed when Ilford A.C. opened it's new all-weather track at Cricklefields in 1989 with an Invitation All-Star Meeting (International Athletics Club protagonist ROGER MILLS managed to lure in all-stars aplenty) Peter manned the commentary box for an entire evening in honorary capacity. The usual commentator at Cricklefields home meetings (Hon. Ed) was more than happy to step aside and flog raffle tickets instead. Peter keeps in touch with local walking via his email copy of Essex Walker and no doubt gets Enfield Walker to boot.*

## CIVIL SERVICE ATHLETIC ASSOCIATION

Road Walking Championships

Wednesday 7th September, 2005 BLACKHEATH

2 p.m. start

Men – 7 miles Women – 5 kilometres

Trophies to winning teams and individuals. Team race – 6 to walk, 3 to count.

Medals to first 3 individuals in each race and team medals according to entry.

Special novice and veteran awards.

Queenborough and Braben-Whiffen Trophy points to first 6 individuals and teams.

Entries (fee £3 per individual, no team fee, payable to 'CSSA'), To:

John Hall, 201 Ladysmith Road, Enfield, Middlesex.

EN1 3AQ

Telephone 020 8292 3627 (home)

## EMAILS TONY PERKINS

I gave AOR my one piece knee length wet top at the Kings Lynn 100, he tells me that Kim wore it during the night. It was last worn by me...some 30 years ago, when I attended Colin Young at Rouen with Steve King, who also had the same top, and he also appeared in the local paper wearing it giving Colin a drink.

Tony.



## EMAILS GEORGE EASTWOOD

Hi Dave,

Many thanks for sending Essex Walker, a courteous act indeed. It was interesting to read of events after 2pm that day. I had no idea – I was feeling too ill! Alas How the Mighty are Fallen – Derek Harrison a stroke victim, Ken Turner both hips artificial, many fine blokes deceased and me constantly considering my own mortality. However I am pleased to see that you are still performing well, you must be doing something right!

Best Wishes, George.

## EDITORIAL – MAKE 'EM WELCOME!

With many walking fields having an average age in the 50s, and few youngsters getting involved, U.K. race walking is heading for extinction within a decade-and-a-half, if not sooner. Therefore we should really go out of our way to encourage our younger competitors. At the recent Ilford Open 5 Miles, just 2 (from 23 starters) were under 30 years of age. They were Scott Davis (victor) and Phil Barnard (junior). They are the most important competitors, for they represent our future. Scott is still young enough to reach full international status (so adding to his junior international appearances). Phil clearly has a promising future ahead – and he's yet another whose first competitive steps were taken at that wonderful 'production line' at Enfield

At present there is a row rumbling on the Race Walking Record web site, between members of Colchester Harriers. One member has openly criticised the mode of progression of 2 of his club colleagues. Responses have been rapidly fired back. It is true to say that most of Great Britain's international squad are currently experiencing some technical setbacks. However – as stated in the first paragraph – for the sake of the sport's future we should be encouraging our younger exponents. Actually, as the warring factions are in all the same club, they could have conducted their row on their own Colchester Harriers web site or Club Mag, and the outside world would have been none the wiser!

Essex Walker has had letters in, but to publish them would only fan the flames. The breakdown is: one-third in favour of the accuser and two-thirds in favour of those accused. As Editor, its difficult to publish letters which refer to a matter that was never featured in Essex Walker. E.W. just drew readers attention to where the row was brewing (see August issue). Those seeking to have their say should find their 'platform' on the Race Walking Record web site – where it all kicked-off in the first place.



## NOT THE BEST OF TIMES

The LICC races are becoming the stuff of Mickey Mouse. Recently a race which had 2 advertised start times was even switched to another track. EW commented adversely that the only communication was an email to selected recipients – in the hope that one would take it upon him/herself to tell the others. Actually DAVE SHARPE took on that task spending over 2 hours phoning around on the eve of the race. Then we had a race at the New River Stadium, where the start time was the subject of argy-bargy on the day. Now we have a race at Ashtons where 3 different start times were actually published (2pm, 1.30pm and 1.15pm). The latter time – in August's EW, was correct. Leading judge PAULINE WILSON gave up her afternoon to arrive after the contest. EW appealed for Essex walkers to support this – but only STEVE UTTLEY (1st) and DAVE SHARPE (3rd) responded. CARL LAWTON (2nd) and RON POWELL (4th) made up the grand (sic) total. Thanks lads for keeping it going. It's big time, with numbers on the shorts and times down to the hundredth of a second" Newshound DAVE SHARPE reports that the meeting will be getting a higher profile in 2006, as UK Athletics will be sponsoring the series. Perhaps they can appoint an organiser who can decide upon a start time – and damn well stick to it!

## WRITES DAVE SHARPE

Dear Mon Captain Birdseye,

The recent Ilford 5 Miles around South Park (no Bart Simpson there) was the first time it had been a 'B' race within the Essex League; and we doubled the field from when it was an 'A' race the previous time. So maybe this can be a way forward at club level; because all people want to do is turn up, do the event and enjoy it.

Yours Sincerely, Dagenham Dave.



## ESSEX CONNECTION UNEARTHED

Our August edition contained details of LEN TAYLOR'S record of appearances. Former Cambridge Harriers President Len (holder of the British Empire Medal) also raced for the Metropolitan Police. Between 1964 and 1973 (inclusive) he completed 506 races in 10 years – **an average of over 50 per calendar year** (which would be good enough to top Tim Watt's most prolific table these nowadays). He was born in ROMFORD (Oldchurch Hospital – the same place which saw MICK BARNBROOK, also once of Cambridge Harriers and Met. Police fame, enter the world). Len lived in Ardleigh Green and attended Redden Court School in Harold Wood. Len appeared for the Romford & District Schoolboys soccer team as a left half – alongside Andy Malcolm (centre half) who was destined to become a loyal West Ham United stalwart. Len became a regular Royal Marine, seeing active service in both Suez and the Malayan Peninsula, for which he received campaign medals. Len's long Met. Police service included 20 years at Erith. In the 1964 Leicester-to-Skegness 100 Miles Walk, Len was 6th at 93 miles, with plenty of time in hand. And...there it all ended in retirement. Len hadn't been taking in enough food and 'there was nothing left in the tank'. Like many 100 Miles aspirants who record a retirement, they learn from it and come back wiser. Len did, for in 1965 he finished the Met. Police Chigwell 100 Miles in 21.08.10 to become Centurion No. 371. Others finishing that day included HEW NEILSON in 19.16.37 who won it, finishing on Saturday morning before heading down to complete the Chippenham-to-Calne 6 Miles race in the afternoon. Chigwell was a happy hunting ground for Hew, for he'd come 2nd (behind FRANK O'REILLY) on the same course in 1961. Back to 1965, other new Centurions included 370 KEN MUNRO in 20.59.55, 373 DOUG FOTHERINGHAM in 21.31.09 and 375 EDDIE McNEIR in 22.32.10. The latter was completing his first 100 Miles at the age of 65! Len retired to Holbury, which is south of Southampton and close to Southampton Water. It proved to be a great move for Len for he's most contented with life in Hampshire. We wish our former Essex man Len well in his retirement.

## WRITES MIKE HINTON

Dear Dave,

I am sorry that I had to rush off and couldn't stay for the results afterwards, but I enjoyed the South Park Course (Ilford Open 5 Miles). Well done to Dave Sharpe for doing a good job.

Going back to the Olympic bid, I thought you might find how the voting went, to be of interest.

### Result of Ballots in Singapore on 6.7.05

- 1st Ballot (18.26 hrs local time) – 97 votes  
London 22, Paris 21, Madrid 20, New York 19, New York 19, Moscow 15. *Moscow eliminated.*
- 2nd Ballot (18.31 hrs) – 100 votes  
Madrid 32, London 27, Paris 25, New York 16. *New York eliminated.*
- 3rd Ballot (18.35 hrs) - 103 votes.  
London 39, Paris 33, Madrid 31. *Madrid eliminated.*
- 4th Ballot (18.41 hrs) – 104 votes  
London 54, Paris 50. *Paris eliminated.*

As you can see we were ahead of France from the off.  
Regards Mike.

## WRITES MANXMAN JOHN CANNELL

Dear Dave,

Essex Walker is always a good read. Hope to see you at Mt. Pleasant in September.

Yours in Sport,  
John Cannell.

## WRITES FORMER WALKER

### JOHN W. PERKINS

Dear Sir,

To the editor's comments such as 'John's antics' and 'such a loss will have on race walking', I will say that these sarcastic comments will not help the matter of the troubles that inflict walking today. I will not get into an exchange of personal attacks of such comments myself, but to say that as regards judges and the incompetence that I encountered before, the sport needs to be sorted out from top-to-bottom.

Instead of people going around asking for people within the sport to keep it going with monetary contributions you could get sponsorship money coming in from outside bodies if you found a way of increasing numbers. But not where I found over the years, in some cases, where there were just as many judges as walkers! **In the end there will be no walkers left for the judges to judge.**

Maybe there is no simple answer to the ever decreasing numbers in some races. I could not care less, or 'a monkies' now. But if people within the sport do not do something about the problem of decreasing numbers then I say that all of you will stay in a minority sport. Apart from sarcastic comments about me, I would suggest that Essex Walker should bring out constructive comments as to where the sport of race walking goes from here.

Yours faithfully, J.W. Perkins.

Adds Hon. Ed. For a second successive edition, 'character' John Perkins tells us where we are going wrong. Again he highlights our biggest concern – falling numbers. So how is he helping to remedy this? By quitting! As stated in our August issue, he'd be welcomed back as we need to include everybody that we can. And, if he makes yet another comeback, perhaps he could bring some of his Havering Joggers colleagues with him? D.A.

## EMAILS AN EXHAUSTED CATH DUHIG

Hi Dave,

Re your query in the latest Essex Walker, which I'm sure has already been answered, I think the Tony who organised the RAF walks in Cyprus in the late 60's must have been none other than our mutual friend Mr. Challis. I know he was posted out there.

You may note from the time of this message that my sleep patterns are all up the creek after the exertions of the weekend. 100 miles in 24 hours is not a sensible enterprise at the best of times, and with an injury is not the best of times... But I completed it in 22 hours 9 mins. There are already several photos on the website and Pete hopes to have the result on it before we go to Spain on Weds. I shall then be out there (recuperating?!) until the end of the month.

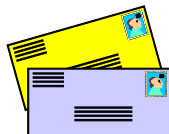
Hope you have a good summer – see you in the Autumn!!

Cath D.

p.s. My brother and sister-in-law came to KL and helped for the whole 24 hours, bless them. Now they know I am completely insane...

## IF THE CAP FITS

'Character' DAVE SHARPE has been called many things – indeed Dave himself has made up some of his nicknames. The July issue of Race Walking Record has added another, billing him as a 'much-raced Little Englander'.



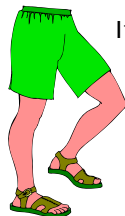
## OUT-AND-ABOUT

Much travelled Bob Dobson has been to the European Junior Athletics Championships. Bob described it as 'not the most exotic location'. It was in Kaunas – which baffled Hon. Ed, so it had to be looked up to ascertain its whereabouts. It was in Lithuania, which is now joined with us in the European Union.

## GENERAL HEALTH BENEFITS OF WALKING

These are listed on [www.walking.about.com](http://www.walking.about.com) This web site was spotted by LAWRENCE DORDOY.

## BRITS LEG IT A LOT LESS



It's not just race walking that's on the wane, but walking in general, according to the latest National Travel Survey. Walking trips slumped by a fifth from 306 each year in 1992-94 to 246 in 2004. Brits are getting lazier and staying at home more, the study reveals.

## WRITES MIKE HINTON

Dear Dave,

I would just like to comment on a few of the items in the last 'Essex Walker'.

The Anne Robinson satire show on July 15th which 'sent-up' race walking, one of the walkers briefly shown on the track was an old Highgate team mate Bob Roberts in his hooped Highgate vest.

As to Len Taylor's 506 races to his name, I am sure if you spoke to Bill Sutherland you will find his race tally in over 30 years of walking easily doubles that, to over a thousand.

Now to John Perkins very articulate letter, the contents of which was a load of codswallop. I think the 'one in the eye' note, must have occurred before he wrote the letter. The blow in the head must have left him with an addled brain. As for the medals missed, perhaps he should have gone on to 2012!!!

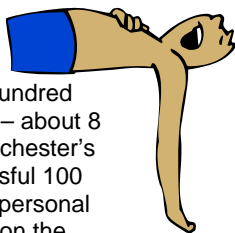
The loss (his retirement from walking) will be miniscule.

Regards, Mike.

Adds Hon. Ed. A load of codswallop? – You rate it as highly as that!

## AND ITS GOODNIGHT FROM HIM

KEVIN MARSHALL completed the Norfolk Hundred Miles in 21 hours 9 minutes and 49 seconds – about 8 minutes adrift of his personal best (set in Colchester's Castle Park last year). It was his 3rd successful 100 miles in a few months and his sister was his personal attendant. The good lady conveniently lives on the outskirts of King's Lynn, and it was to her abode that Kevin went for 40 winks prior to the award presentation. However Kevin fell into such a deep sleep that he wasn't woken up – so he totally missed the presentation and therefore ended the day empty handed.



## WRITES STALWART LEN TAYLOR – BEM

Dear Dave,

Just a reminder that my 506 races were achieved in a 10 year period from 1964 to 1973 (incl).

If you could include that in the next 'Essex Walker' I would be obliged.

By the way – it's a great mag

Yours Sincerely,  
Len Taylor B.E.M.

C. 371

Past President Cambs. H. & Met. Police.

## WRITES DAVE SHARPE

Dear Editor,

You recently mentioned in the last edition two people – PHIL EMBLETON and DAVE CREMIN – both from different ends of the scale. The time Phil did for the Essex 10 Miles was outstanding and most top walkers were doing 70-to-72 minutes. So recording 68 minutes was unbelievable and the cry went up of 'short course'. Well it was checked and found to be 250 yards over. So what time could he have done it had it been an accurate course in the first place?



I met DAVE CREMIN at 'The Phil Everard Walk' in 1972 at Chigwell Row. He was an A.A.A. starter. I remember he was at Woodford Green when Havering were hosting a meeting. Well there was a bang from the gun and nobody was on the track. A while later an ambulance turned up and there was a tany announcement that the meeting would be held up for ½ hour until another starter could arrive – because Dave had accidentally shot himself in the leg with the recall gun. Dave Cremin's nickname was Dave Cretin. Well he certainly lived up to his nickname that day.

He did try to become a walker and did 5 races and was pulled 4 times. He must have been unlucky to finish one of them.

Yours in Sport, D.W. Sharpe (I.A.C. Walking Sec).

Adds Hon. Ed.

Reference the 10 miles course, one hopes that they didn't use the same wonky measuring wheel that was subsequently used for the BRWC approved 10 miles course at Crystal Palace (1978 National & Inter-Counties Championship).

## TOP CLASS WEB SITE

Much more detail, plus many photographs, can be found on [www.100milewalk.co.uk](http://www.100milewalk.co.uk) Leading up to, and now after the big race, this web site has been one of the most informative ever seen, as it really does engage the attention of those visiting it.



## UNEXPECTED TRIUMPH

Both KEVIN MARSHALL and CATH DUHIG made late decisions to race at King's Lynn, despite carrying injuries. Cath had quit in 2 sprint races (Moulton and Ilford 5 Miles), yet overcame such concerns to complete the full 100 miles on her 'home patch' as the local favourite. Kevin's injury was responsible for a cautious opening 30/40 miles, after which he then got into his stride. A third athlete on the injury list was 100 Miles entrant SUE CLEMENTS, who wisely switched to the Twilight Twenty, so eliminating the prospect of further injury by tackling the full distance. And... let's not forget that KIM HOWARD had suffered injury earlier in the season, following a fall at work which resulted in a badly bruised thigh. All overcame their injuries to enter and then appear at King's Lynn.

## FROM THE SKY

Dear Mr. Ainsworth,

Thank you for your interest in Sky Sports, and for taking the time and trouble to write such a kind letter regarding our coverage.

Yours Sincerely,

Vic Wakeling, Managing Director, Sky Sports.

Adds Hon. Ed. My letter was one expressing praise over Sky's decision to give the IOM Parish Walk a full hour's coverage. It's always worth writing in when we get what we want!



## RAY WELLS R.I.P.

Ray, aged 53, was the Chairman of WEST SUFFOLK AC, which fielded walkers in recent years. On July 31st he was just 5 minutes away from his Lakenheath home (when returning from a Young Athletics Meet) he suffered a heart attack which brought about a serious fatal car crash. His funeral, at Bury St. Edmunds Crematorium saw many adhere to the family's request of "turn up in what you'd normally wear to an athletics meeting". We express our condolences to his family.

## DEREK WHEATON R.I.P.



Sadly Derek, a Billericay resident, and Loughton AC member has passed on. Better known for his years of walking for Medway AC (as it was then called) he moved back to Essex when he retired from work. Before moving to Gillingham he belonged to Thurrock Harriers, where he successfully ran all the distances up to the marathon – indeed he recorded impressive times when appearing in the Harlow

Marathon. Active this year in races, he was aged 69. His funeral, at the Basildon Salvation Army Citadel was attended by mourners from the race walking world.

## WHERE ARE THEY NOW?

While following the ill-fated British Lions rugby tour to New Zealand, much-travelled BILL SUTHERLAND met and dined with former Belgrave Harrier GRAEME SEATTER. He's now the Chief Executive of New Zealand Football, so he's still involved in sport – but sadly he's now severed his athletics connections. Our readers will remember Graeme, for following a National 10 Miles Championship at Thorpe Bay, ESSEX won the County Title, and received their gold medals. A protest was received from Surrey, that the itinerant Seatter was eligible to represent Surrey. This was upheld in the smoke-filled room and the County trophy had to be handed over to Surrey, though the scoring quartet were permitted to retain the gold team medals that they had been publicly presented with.

## MAILS GEOFF HUNWICKS FROM THE GAMBIA

I will be coming over with Rohey and her youngest for 4 weeks and have basically got accommodation sorted out unless there are interesting offers. I won't have time for races etc., and haven't done any form of exercise although I can still walk around faster than most mortals here. I am more interested in getting interest in the project, as although we are developing, it is still a struggle especially during the closed season. Best wishes to all especially for the 300th Blackheath and I am pleased the Essex 3K was a success. I have just had the last 3 Essex walkers and Records from Tony and enjoy them very much. one compliments Geoff.



## IAAF WORLD ATHLETICS CHAMPIONSHIP

And the walking highlight? It was spotted by BILL SUTHERLAND in a TOYOTA dealer's showroom. The Championship sponsors published a buckshee guide and it contained 2 pages of walking, going right back to the days of Sheffield's L. ALLEN and R. HARDY.

## VIDEO LIBRARY

Hon. Ed. Has a video of the hour long programme of the 2005 Isle of Man 85 Miles Parish Walk. If you want a loan of it, just ask.

## EMAILS CARL LAWTON

I regret any confusion on times. As you will know the time was changed for the third event this year having been the same for the previous 6.



As it is part of a T/F meeting we have to accept that we are part of the T/F and must follow the arrangements as laid down. I will endeavour next year to get an early decision on times but I cannot throw too much weight around as our turn outs have not been exceptional, albeit better than some of the other events though.

The clash with the Enfield League meeting was not as beneficial as I thought it might and did not really enhance the field just some tired over the hill crocks going around. If only we could get turn outs in great numbers then we could stand strong.

Thanks for your efforts in trying to get people out maybe it will be better next year, what a shame we cannot reproduce the turn outs we had on a cold winter evenings at the Palace when racing twice a week was quite common.

Carl.

## KING'S LYNN POSTSCRIPTS

Not for the first time local hobbledehoys caused trouble for race walkers. But their strength of character was shown when they dispersed as it started raining, which is one advantage of inclement weather. JACK and BARBARA THOMAS were among those to arrive with a caravan. A local was walking his dog around the Lynnsport Leisure Complex when he asked Barbara why caravans were parked on the grass? Barbara told him about the big race, to which the dog walker responded, "Thank goodness for that... I thought the pikies had arrived".

## THOUGHT FOR THE DAY – THE SEVEN AGES OF MAN

Spills, drills, thrills, bills, ills, pills and wills!

## DRUG CHANGES

Sports incessant war against drugs took a tentative pace forward when the IAAF voted to step up the suspension of convicted athletes from 2-to-4 years. Most genuine athletes would like it see it raised to 'for life'. If it is was 'for life' human rights lawyers representing the star athletes so banned would immediately be citing 'restraint of trade'. That's life nowadays. However the IAAF must still be commended for doubling the ban. And the most lenient sport for drug takers? That's American baseball, where those caught rattling with steroids are confined to their dug-outs for precisely 4 weeks!

## ESSEX LEAGUE RACES

<u>Sunday September 4th</u>	Essex 50K (with National) at Earls Colne. 10 am.
<u>Wednesday September 14th</u>	W.W.W. 5,000 metres at Ashtons Track. 6.30 pm <b>(please note earlier than usual time).</b>
<u>Saturday September 24th</u>	Essex County 10,000 metres Championship at Thurrock Track (near the Civic Centre) at 12 noon.

**Important – after 2 poor years of support we need to revive this race (as we did the Essex 3,000 metres this year) which is part of a general athletics meeting with all the County officials present. Essex County's race walking profile is on the line here!**

## WORTH BUYING EXPENSIVE BOTTLED WATER

One leading brand is NAÏVE spelt backwards!

## WALKING OUT

Another survey, this time from The Office of National Statistics, has found that 1-in-4 people never walk more than 20 minutes at a time. Twenty years ago we walked 244 miles every year. But now that's down to just 196 miles.



Only 2-out-of-5 Brits take long walks at least 3 times a week and teenagers go on more strolls than those in other age groups. Half of all over-70s take a 20 minutes walk less than once a year or never. Only 47% of children walk to school – compared to 61% in 1985. Dr. Claire Palmer of the British Association of Sport and Exercise Science said, “The number of obese people is increasing and one reason is physical inactivity”. Good news for STEVE ALLEN in that taxi journeys are at an all time high, according to the survey.

## WRITES SQUADRON LEADER

### MIKE PERKINS

## CENTURION NO. 490 – FROM SUFFOLK

Dear Dave,

Many thanks for the Essex Walker each month. I'm usually just about to write to you when you send me the next one to read.

A couple of months ago I was sailing around NW Spain; the harbour wall at Sada is a public area and therefore busy with old men fishing, families with masses of children, joggers and – you've guessed already – race walkers. Only two of them, and giving themselves a time trial. I was just going ashore anyway so I joined them for their return leg. They were still walking as fast as they were able and were out of breath, so conversation was difficult before considering my Spanish (nil) and their English (also nil). I think 'Club' was the only word we had in common!

Fortunately, as I'm not as fit as I used to be, at the main road they turned left and I went right to the Irish Bar. You find everything in Spain: race walkers and Guinness.

All the best, Mike P

Ps. I do hope that you are enjoying good health again. I see your name creep into the Results occasionally, so you can't be too decrepit; nevertheless, to produce the Walker you must spend a lot of your time indoors crouched over a keyboard. Keep it up, as long as it doesn't get in the way of walking.

Pps. Sorry, but I can't help identify the organising race walker in Cyprus, even though I flew there a couple of times from Malta for athletics and cross-country in 1966 & 67.

Adds Hon. Ed. Credit where it's due, Eileen Allen is the one who does most of the keyboard work.

## BY THE BOOK

The August funeral of the late DEREK WHEATON was followed by a post service reception (temperance) at the Basildon Salvation Army Citadel. Every seat was taken at the service, a point noted by Basildon Council's parking wardens who issued tickets to those who couldn't get into the car park. None of the walkers got 'done'. Nevertheless, may the wardens rot in hell, when their time comes!

## EMAILS NORTHERN NEWSLETTER EDITOR

### JOHN PADDICK

Dave – will send you our next newsletter as soon as it is ready – I am just waiting for results of Jo on international duty at the weekend and the AAA U17 the week after – Ben Wears will star in that!

There will be a further reference to Essex and beer in the next publication. Meanwhile, we would like to know why it is that beer costs so much more in Essex than here yet other essentials like toothpaste are the same price. You may be interested to know that Samuel Smith's Tadcaster Brewery is set to reduce the cost of a pint of Old Brewery Bitter from £1-22 to £1-12. Measures of spirits are to be raised in price. The Sovereign Bitter currently at £1-25 will go to £1-15. A new beer costing £1-05 is to be introduced.

When I work in London, I always ask for a £10 a day beer allowance in addition to my pay. This allows me to go up to £3 a pint without financial penalty.

BW, John P



## ANOTHER TONY?

Our August issue asked for readers to supply the names of two Royal Air Force race walkers. CATH DUHIG supplied one name – our good friend TONY CHALLIS, respected Hon. Ed. Of 'The Eastern Vet'. Now another name has been suggested by a reader – TONY DAINTY. He was once in Cyprus – but not in the late 60s, which was our time frame. We know he was in Blightly during June 1968, for on the cinder track at RAF Wittering (the home of the Harrier) beside the A1 near Peterborough he came 5th in the RAF Strike Command 2 Miles Walking Championship. In the good field the top 5 all beat 16 minutes:-

- 1 Junior Technician Wally Preston
- 2 Corporal Dave Gulliver
- 3 Corporal Alan Day
- 4 Senior Aircraftman Dave Ainsworth
- 5 Sergeant Tony Dainty

The chief judge was Sergeant Braybrook.

That leads nicely to a 'Nostalgia' item, for Tony Dainty's athletics career improved as he joined the Dawlish & South Devon club. In February 1977 he came to Chigwell Row and won the GARNET 10 MILES in 80.12, from TONY GEAL who clocked 81.24. LAURENCE DORDOY completed the frame in 84.29. Other leading lights that day were 4th MIKE CROFT (Newham) 85.03, 5th DAVE SHARPE (Newham) 85.45, 6th IAN STATTER (SWC) 86.02 and 7th was the late and much missed JOHN BROMLEY (Bels) 86.24. Belgrave won the team race with 20th placed DOUG FOTHERINGHAM (89.29) in their scoring four. 68 entrants and 9 teams started. Tony Dainty is the front cover man in the April 1977 issue of Race Walking Record. On the same day at Frampton Cottrell near Bristol JACK THOMAS won a 10 Miles Inter-club race in 83 minutes precisely. A week earlier Bristol RWC had staged another 10 Mile race on the same course, which saw GEOFF HUNWICKS break the tape in 80.53, followed by D. HURST and JACK THOMAS clocking 82.24 and 82.34 respectively. Back in 1977, Jack belonged to Bristol. The same issue of the Record (No. 415) reports an impressive 1-2-3 at the Essex Police 10 Miles Championship at Springfield: PETER RYAN 77.24, DENIS SHEPPARD 81.37 and MIKE DUNION 83.32. 48 finished (including guests – of whom ADRIAN JAMES had led them all home in 75.39). Finally the same issue, edited in those days by ALAN BUCHANAN, reports that DAVE SHARPE had been pulled twice in one day (9th February being the dreaded date) and that he had literally burned his kit.