

ESSEX WALKER



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

YEAR'S HARD WORK REWARDED

The end-of-the-year Scottish rankings name SCOTT DAVIS at No. 18 in a most competitive list involving both genders and all athletics disciplines. Scott's range of performances, particularly his impressive 50K in Switzerland, obviously caught the attention of those compiling this league table. *Well done to SCOTT and Coach DAVE KATES.*

HAYE-DAY

KEVIN MARSHALL & SUE CLEMENTS were among a party of long distance walkers returning to Stanstead Airport after appearing on the Continent. On entering the arrivals hall they were met by TV cameras, reporters, bright lights and ballyhoo. A sudden media interest in race walking? No! They were waiting for DAVID HAYE, now ¼ holder of the various World Heavyweight titles – who was simultaneously exiting the airport on route from his success in Germany.



GET YOURSELF INDOORS

The inaugural Essex County AAA 1 Mile Walk was held at Lee Valley Stadium in February 2009. Our County Walking Secretary RAY PEARCE argued for a walk to be included at the Essex AAA Committee. His optimism was based on the fact that several walkers had told him that they would be prepared to support such an initiative. **BIG MISTAKE.** Only 3 entered: PHIL BARNARD, DAVE SHARPE & DAVE AINSWORTH, who respectively captured the gold, silver and bronze medals. Where was everybody else? Sadly it was the walkers 'Achilles heel' yet again – in that walkers again proved unable to fill in an entry form, put it in an envelope, stick on a postage stamp and walk to a local pillar box! Other athletes can do this – most walkers can't. After this fiasco around 3 times as many admitted that they'd "forgotten about it", "left it behind the clock" or totally missed the closing date (which is early). Ray Pearce was very badly let down, and seeing the large crowd present, walking scored yet another own goal. **SO ALL ACTIVE WALKERS ARE IMplored TO GET ON THE ESSEX AAA WEBSITE, DOWNLOAD THE ENTRY FORM, AND GET IT SENT IN.**

HUFFENPUFF

No not Captain Horatio K. Huffenpuff or for that matter anything to do with Hogwarts School...it's a view of our sport's current image. Former International and 'Think Tank' supremo GEORGE NIBRE took his partner Dawn to see a walking race. "Is this what you used to do?" enquired Dawn. "Yes" said our George proudly. "But it's all elderly men huffing-and-puffing" stated race walking's newest spectator. Perhaps it's no bad thing that the expected inclusion of a 5K race walk over our London Marathon's closing stages hasn't yet materialised!

TIME KEEPING

Apologies for wrong info about the SCVAC AGM start time at the Civil Service Recreation Centre on Friday 4th December. It's 6.30 pm – not 7.30 pm as stated by an information supplier.



DALES DIARY

On a day when Enfield Open 7 entrants were battling against the elements, KEVIN MARSHALL, SUE CLEMENTS & JILL GREEN were also suffering inclement weather as they tackled the 6 DALES CIRCUIT over a 25 miles loop starting and finishing in Biggindale, Derbyshire. The hardy trio of Centurions are regular attenders at Long Distance Walking Association events. Kevin did just over 4 hours, Jill 7.15 and Sue 8.21. Well done!

"WATER WATER EVERYWHERE"

With apologies to the Ancient Mariner. Olympic chiefs have promised free water for all visitors and competitors at the 2012 Games, which will come from fountains instead of environmentally unfriendly bottles. Seb Coe has made this pledge after a Green Party campaign. By the way, spectators needn't be 'ripped-off' at catering outlets as they'll be able to bring their own food into the Olympic Park.

IMPORTANT CHANGE

Fixtures

25 April RWA 50k at Stockton-on-Tees

20 June RWA 50k deleted

Peter Cassidy

RaceWalkingAssociation@btinternet.com

RWA AGM

This is to be held at 2 pm on Sunday 6th December in Birmingham's Alexander Stadium. The Southern Area are honoured that 2 of our number are being put forward, unopposed, for 2 top offices. PAM FICKEN is nominated as RWA President with RAY PEARCE as Vice President.

As for the big resolution submitted by Enfield & Harringey AC, reference the way in which we judge races, the RWA Southern Area will cast it's vote against this motion.

STAR ROLE

After many successful years treading the boards in amateur capacity, Centurion CATH DUHIG has landed a top part for the panto season. Loughton AC protagonist CATH will be the 'back-end' of Daisy the cow in 'Jack and the Beanstalk', which is the seasonal offering from the Downham Amateur Dramatic Society (DADS). Taking a leading role is husband PETE who will be dressed-up as Dame Trott.



HAPPY CHRISTMAS WALKING

Ilford's long established All-comers Christmas Walk has both a new venue and a new distance. Traffic concerns have, rightly, ended the event's days around Chigwell Row. However it moves not far, for it'll be a mile away at Hainault on a traffic free circuit. The distance is reduced from 10K to 5 Miles, in keeping with what now appears to be the favourite distance for Southern-based walkers (as witnessed by Enfield League success).



The race commences at 11 am on Sunday 20th December, followed by the Essex League 2009 Series Presentation. This fixture is also Event No. 1 of our 2010 Essex League programme. The location is Redbridge Cycling Centre, Forest Road, Hainault, Essex IG6 3HP. A post code is given for those using route finding devices. Many will have already visited the area, as this track is directly opposite Forest Road Crematorium, where we so sadly paid out tributes to our much missed friend Laurence Dordoy in early June, and where so many of you were for that service.

The Centre replaces the Eastway Circuit (demolished to make way for the 2012 Olympic Velodrome) and was recently opened by the London Mayor Boris who rode around the circuit. The circuit is in 2 sections, and we've booked the lower/flatter section – so there will be no great hills like at Chigwell Row. The track is ours from 10.30 am to 12.30 pm, so with an 11 am start, you'll all have plenty of time for warming-up and warming-down routines. The trophy for the winner is The Roy Mendham Cup, in memory of Roy who died in 1979. He was an Ilford AC walker who was blinded in a WW2 mortar attack while campaigning in Italy. Despite this, Roy continued to race (with guides) and completed the London-to-Brighton and was a finisher in our 1st Essex League walk. There will also be a special Laurence Dordoy prize – but you'll find out more about that on the day. Entries on-the-day, as last year, will be £5 – but again as last year – that'll get you a pleasant gift just for taking part. There are excellent facilities. Afterwards, at the family's request, Laurence's ashes are to be scattered at Chigwell Row at the edge of Hainault Forest by the finish line of our now defunct 10K race. As he finished races here, and passed the spot frequently while training...it will mean something. After that, it'll be the usual social at the nearby 'Maypole' which should have a real seasonal feel, as there's a big 10 Miles X-Country run around the Forest on that same morning (which last year had over 120 finishers).

The Cycle Circuit has a large car park, and in the unlikely event of it being full, the road outside (Forest Road) is both long and quiet with unrestricted parking permitted. For public transport users, the 247 bus offers (even on Sundays) a frequent service from Hainault Underground Station (Central Line). On leaving the station cross the road and the bus stop is close. Alight at the Forest Road stop, cross the road and walk into Forest Road...the cycle circuit is the first property on the left-hand side (a short walk). The same bus route (247) can also be used from Romford Station (Liverpool Street – Shenfield line) – on leaving the station turn right and the bus stop is about 20 paces away. The 247 route uses modern buses which have displays announcing each next stop, complemented by spoken information. Again alight at Forest Road and walk into the clearly marked Forest Road. Route 362 also serves this stop, for attenders coming from Chadwell Heath Station and that area.

REDBRIDGE CYCLE CIRCUIT

For those who haven't been there, it cost £4.5 million to build and was constructed by the London Development Agency. It's pulled in over 20,000 visitors since it opened its gates. IAN DRAKE, Chief Executive Officer of British Cycling said, "It's a modern and exciting facility for all ages and abilities, which is serving its community extremely well".

QUERY ANSWERED – RE RON GUM

Dear Dave,

I realise mention of the above was made approx 2/3 editions ago. If it helps towards answering the question, I believe it might be Ron Gum who coached at Mayesbrook Park in the early/mid 1960s. Athletes included John Smith, Cakebread brothers, Bob Dobson and myself.

Regards, Peter Saunders
(Woodford Green with Essex Ladies)

TWO EMAILS FROM FORMER ESSEX CHAMPION WALKER GEOFF HUNWICKS

Thanks for another great Essex Walker and I couldn't help laughing out loud at the Internet cafe at the "They Get Paid For It" article. One day I shall have to voice my opinion on the Essex and GB walking scenes! Also thanks for the Christmas Appeal.

Dear Friends,

Hope this finds you well. Some people have asked for ideas as to what we need that they can bring, buy here or send by post (Please remember that on heavy items it would be better to send us the postage so that we may get it here!).

SPORTS SHOES/TRAINERS/ELASTICATED PLIMSOLES, NIGHTWARE, UNDERWEAR, SHORTS (for 6-12 year olds) LARGE CLOTH BIBS, TOWELS, PILLOWS, PILLOW CASES, SHEETS, INCONTINENCE SHEETS (esp absorbent), MATERIAL FOR SPONGE CUSHION COVERS, CURTAINS AND MATERIAL FOR 1.5 x 1.5m and 1 x 2m to slide over 2 cm wide poles. BLANKETS, SOAP, TOOTHPASTE, CHRISTMAS DECS AND OLD CARD PICS, BUBBLE BLOWING KITS, SWING BALL, CRAFT KITS PAINT, ENERGY SAVING LIGHT BULBS, SCREW AND PIN INC SMALL CANDLE TYPE, TRAMPETTE EDUCATIONAL EQUIP (1-6 year o level) LARGE TRICYCLES. WOOL, GARDEN EQUIPMENT, WATERING CANS, BALLOONS, TORCHES, BLU TAK, SELLOTAPE, MOPS, BUCKETS, DUSTPAN AND BRUSHES, SPONGES, SCOURERS, CHILDREN'S CV, DVD, VIDEOS, EDUCATIONS MOVEMENT, SINGING ETC., (1-6 y.o. level)

Thanks for your interest and continued support,
Geoff Hunwicks
C.E.O.

Home for Children with Learning Difficulties (Hart House).

ROSE IS RISEN

For those who keep their Centurions Handbooks up to date, we have joyful news. In this book, which was published in 1997, Centurion No. 517 – JACK ROSE of RAF Innsworth – is listed among the stiffes. Rejoice – for his son has got in touch to tell us Jack is both alive and well! Jack became a Centurion by completing the 1973 Bristol 100 Miles in 22.46.55. He completed another 2 hundreds after that. Hon. Ed. was stationed at RAF Innsworth in 1970/71 but had left before Jack arrived. That base is now an Army unit. The 1973 event was won by DAVE BOXALL, who could do not wrong throughout the 70s. JOHN HEDGETHORNE, who had won the 1969 Bristol 100 Miles was back on the same course for the 1973 race – calling upon his vast experience to attend fellow Essex Police walker BARRY DAYMOND, who came 4th in 20.13.42 on his 100 Miles debut, so becoming Centurion No. 508. For 2 other Essex athletes the event didn't go so well. GEOFF HUNWICKS intake of cigars and cans of Heinken didn't quite refresh the parts that other beers dare not mention, and he retired at 46 miles. He lived to fight another day – from 1973 until 1997 – until suffering a similar fate at Ware. Hon. Ed. bowed out at 52 miles and completed the full distance a year later from Leicester-to-Skegness. The Bristol course comprised of 1 small lap and 10 large laps, with a very steep and long hill at the end of all 11. In 1973 53 started, 36 finished of whom 20 became new Centurions (9 from British Isles Clubs). The Centurions AGM of that year confirmed their policy of issuing free membership badges....which was good news for those 20 newcomers!

FIXTURES

Fri 4 Dec	SCVAC AGM	Civil Service Recreation Centre SW1	6.30 pm
Sat 5 Dec	Cambridge H. Winter League 5K (+Essex League)	Bexley	2 pm
Sun 4 Dec	Race Walking Association AGM	Alexander Stadium	2 pm
Sat 12 Dec	Christmas Cup 5K	Monks Hill	2.30 pm
Sun 20 Dec	Ilford All-comers 5 Miles	Redbridge Cycle Circuit	11 am
Sat 26 Dec	Enfield Boxing Day 5K	Lee Valley Stadium	10.45 am
Sat 2 Jan	Enfield League 5 Miles (+ 2009 Series Presentation)	Lee Valley Stadium	2 pm
Sat 9 Jan	RWA Southern Area 10K Championship	Monks Hill	2 pm
Sat 16 Jan	Enfield League Training Day	Newmarket Leisure Centre	10 am
Sat 30 Jan	Centurions AGM	Camberwell Green (provisional venue)	1.30 pm
Sun 31 Jan	London Walks (10K +supporting events) + Essex Lge Note: The 10K feature race commences at 2 pm	Victoria Park	1 pm
Sat 7 Feb	Essex AAA Indoor 1 Mile	Lee Valley Stadium	
Sat 13 Feb	Cambridge H. Winter League 5K	Bexley	2 pm
Sun 14 Feb	SCVAC 3,000m Championship (+ open)	Lee Valley Stadium	
Sat 20 Feb	RWA National 10 Miles & Esx Enfield Lge/Esx 10 Miles	Lee Valley Stadium	2 pm
Sat 27 Feb	SWC 10 Miles	Monks Hill	2 pm
Sat 6 Mar	Molly Barnet Walks (+ Inter Counties 10K)	Coventry	
Wed 10 Mar	Met. Police Walking Club Annual Dinner/Reunion	New Scotland Yard	6.30 pm
Sat 13 Mar	Pat Furey Trophies Meeting – 5 Miles (+Enfield League, double points)	Lee Valley Stadium	2 pm
Sat 20 Mar	Cambridge H. Winter League 5K	Bexley	2 pm

LONDON WALKS

As in previous years, the 5K and the Essex League 10K will both start at 2 pm. Those finishing the 5K can then, if they so wish, continue on to score Essex League points by completing 10K. The meeting starts at 1 pm, so we hope seniors will get to Victoria Park early to give encouragement to our younger walkers.

The NEW FUNDamentals Series

The FUNDamentals programme developed by **sports coach UK** is a fun and progressive way to help youngsters master the basics of movement. It comprises of one resource book and four unique DVD-ROMs that give you a strong understanding of **underlying principles** of Long-term Athlete Development (LTAD), the **knowledge and expertise** to confidently coach youngsters in a fun and progressive way, and the ability to turn physical literacy concepts into **practical coaching plans and sessions**.

An Introduction to the FUNDamentals of Movement by Graeme Foreman and Andy Bradshaw, 2009

Covering the first three stages of LTAD, this resource book focuses on the importance of play, fun and enjoyment in sport. It also:

- **maps the fundamentals of movement** across the bigger picture such as the National Curriculum and how different agencies work together
- provides **practical tips** on the application of the three core principles (agility, balance and co-ordination)
- explains **how to coach FUNDamentals** and how to plan a programme that incorporates the key concepts

Code B40709 – £12.99

DVD-ROM Series: An Introduction to the FUNDamentals of Movement, FUNDamentals of Agility, FUNDamentals of Balance, FUNDamentals of Coordination

These unrivalled, fully interactive learning tools provide you with impressive knowledge and understanding surrounding each basic skill:

- Test your existing knowledge through multiple-choice sessions
- Enhance your learning and understanding with video footage, which can be stopped, paused and even played in slow motion - includes interactive hotspots!
- Reinforce your learning with further questions at the end of each session
- Explore movements from all angles

As well as accompanying notes, each DVD-ROM comes with a PDF of an exclusive coaching pack that includes essential materials such as the LTAD model, FUNDamentals Coaching Planner, record sheets, games, posters and much more.

An Introduction to the FUNDamentals of Movement Code FUN01 – £9.99

FUNDamentals of Agility Code B40747 – £14.99

FUNDamentals of Balance Code B40754 – £14.99

FUNDamentals of Coordination Code B40761 – £14.99



Contact Coachwise 1st4sport on 0113 201 55 55 or email marketing@coachwise.ltd.uk for further details.



ILFORD AC
CLUB PERSONALITIES

CHARLES R. BOND
CENTURION No. 293
Walking Secretary

Came to the I.A.C. with the Walking Section of the Valentine's Sporting Club in 1945. Prior to the war won open handicap races for 2 and 7 miles. Served during the war with the R.A.F. at home and in Egypt and Tripoli. Won the R.A.F. 2 miles walking Championships in Egypt in 1945, and represented the Canal Area in the Empire Day inter-services sports in the same year. Demobbed in 1946. Holder of the club 20 miles championship (Barker Memorial Cup), and was second in the 7 miles and third in the 2 miles Club championships.

PRAISE FROM ANOTHER HON. ED

Many thanks for Essex Walker, November 2009.

Great presentation!

Jeremy

Hemming@dircon.co.uk

VAC Editor

STRICTLY COME RACE WALKING

Dave,

You would have been shocked at how quiet the Bexley 5K was last w/e – maybe you will do one of your disappointed of Tunbridge Wells pieces in the next EW!

See you @ next adventure.

Dave Hoben

Adds Hon. Ed. Dave refers to October's opening Bexley Winter League race, which drew little support (see results in the usual places). If you don't support such events, which are put on for you, then we know what might happen. All is not gloom, for the 2nd race in the Series (on Sat Dec 5th at 2 pm) is also an Essex League race in conjunction, which should ensure extra business at the entries table! One lives in hope! D.A.

BOB PORTER REMEMBERED

I did think of Bob when I was out in Roubaix the other week. How different the town, the route, the accommodation and the walkers themselves are now to 20 odd years ago (when I first went – let alone when Bob did his first stint out there!)

Kathy Crilley

EMAILS MARK WALL

Andrew Jamieson drew this to the attention of the Ozwalker site. I may not be overly impressed with the styles in the 'peoples' walk in the first 10 minutes but look at the mass participation in each event (outside the elite races). Also clearly this is lifted from a TV coverage (oh what a bonus), no emphasis on slow motion etc after the men's leader was dq'ed which is great MTR is the Mass Transit Authority. There were 15 separate events and the money raised goes to the hospitals.

It was fairly quick to work out that they are 1km laps. For those who do not know, the two winners were Daniel Coleman and Cheryl Webb. I was struck by how much the 2nd place in the men walked like Steve Uttley in style and with a sub 49 clocking for 2nd in the women (number 61), if she is a local or from Malaysia, lets hope she can be in Delhi.

For all of us who have used relays with children, here is a great idea for public participation, even if one or two on the last leg were dodgy to say the least!

The promotional site for the event was at:

<http://www.mtr.com.hk/eng/whatsnew/racewalking2009.html>

I hope it enthuses, the film is at:

<http://www.youtube.com/watch?v=bipAAq43nLU&NR=1>

Regards, Mark

NO ROAMING IN ROME

A race walker keeping contact with the ground is Centurion MICKY SUTTON, as he won't be taking off in a hurry. He's disgruntled at not being selected for a Post Office trip to Rome. Never mind Micky, there's always another day!

GOOD HOME FOUND

Top class Essex walker PHIL EMBLETON raced at the highest level possible when donning a GB vest for the Olympic Games 20K Walk in Munich (1972) alongside PAUL NIHILL and PETER MARLOW so forming an all-Essex trio. Sadly just 2 years later Phil had left us after suffering from leukaemia.

Phil left behind a wonderful collection of medals, plaques, certificates and mementos, which were in the possession of his father GILBERT, who served our sport as a judge. Sadly in later years Gilbert's health began to suffer and, shortly before his death, he gave this collection to DAVE SHARPE. Dave was a family friend who used to frequently go and cheer-up Gilbert by visiting him at his Leigh-on-Sea home. Dave took loving care of the collection before passing them to PAUL NIHILL. Paul painstakingly catalogued them in date order, and Essex Walker published this impressive list. Well, as you've read in October's edition, Paul has a new address. It's a smaller property and because of reduced space, some items just have to go. This includes Phil Embleton's impressive collection. Another home has been found and now new SRWA Committeeman IAN STATTER is this collection's custodian.

APPEAL CLOSED

With the RWA Southern Area AGM marking the end of TIM WATT's term of office as our President, his RWA Southern Area President's Appeal reached it's end. The appeal, which had been featured prominently in Essex Walker and other reputable publications, generated the grand sum (sic) of £55. This will go towards costs incurred in sending our Southern Area team northwards to contest the annual Inter-Area Challenge Match. The Southern Area receives little financial help in raising this team, which does provide opportunities for walkers to sample Representative competition against difference faces, which can only assist development of youngsters in particular. Profound thanks to all who contributed to this Appeal.

RWA SOUTHERN AREA AGM

The RWA Southern Area AGM was poorly attended, in that only 2 persons turned up (outside of the Officers/Committee). However one of them was elected onto the Committee – Ian Statter, who has many ideas about engaging youths. The other, Ron Wallwork, was elected as a Vice President. Although not there George Nibre was invited to join the Committee in his role as the Think Tank Supremo and an invitation has been sent. This year 2 last year 3 the year before 1 and the year before that 0. That's the sorry tale of how Southern walkers wish to back their Organisation when it comes to supporting their AGM.

The new Area President is JOHN HALL who, in recent times has been President of both Middlesex County AAA and Belgrave Harriers. John also holds many other Offices within our sport. In his acceptance speech he stated, "My aim is to serve race walking to the best of my ability. I want existing walkers and newcomers to enjoy themselves. I urge all organisers to use the free Athletics Weekly fixtures column to obtain free mentions for their events. I want to see all races listed. We need more officials, particularly judges and coaches".

John's a man of his word when it comes to ensuring walkers enjoy themselves...for his first act, after receiving his chain from previous Area President Tim Watt, was to invite the entire AGM down to the Civil Service bar 2 floors below for complimentary drinks on him. So all you stay a-ways.now you're sorry you didn't quicken your footsteps to our AGM!

Vice Presidents are SEAN PENDER & RON WALLWORK MBE, with the following retaining their positions: Chairman RAY PEARCE, Hon Sec CHRIS FLINT, Hon. Treasurer, JOHN POWELL, Hon. Championships Sec NOEL CARMODY, Judges & Officials Sec PAULINE WILSON, Coaching & Development Sec MIKE FOX, Hon. Asst. Sec PAM FICKEN, Press Officer DAVE AINSWORTH and Hon. Auditors TREVOR JONES & IAN RICHARDS. The entire slate of appointments were uncontested.

The new Committee are our Officers plus the previous Committee (PETER CASSIDY, CARL LAWTON, CECIL GITTINGS, MAUREEN NOEL, SHARON HERBERT, STEVE UTTLEY, PETER SELBY & TIM WATT). There were 2 changes in that PETER MARLOW left the Committee and was replaced by AGM attender IAN STATTER who has recently penned thought-provoking articles about boosting recruitment of younger newcomers.



"A WEEK IS A LONG TIME"

So said the late Harold Wilson, but he was talking about politics...we're now talking about sport. Recently, busy CHRIS FLINT had his Saturday-to-Saturday week, alongside his work and family commitments:

Sat: Addington Vase 7 Miles at Monks Hill (Competitor), Mon: RWA Southern Area Committee Meeting followed by SRWA AGM, Wed: Veterans AC Committee Meeting, Fri: Centurions Committee Meeting and Sat: Enfield Open 7 Miles (Competitor).

Chris is Hon. Sec. of the 3 Organisations mentioned above. We have appealed for more folk to come forward to share out some of race walking's many tasks. 'Many hands make light work' is the adage. After 2 years with Veterans AC walkers failing to provide a Walking Secretary from among their number, and expecting members from other disciplines to do the work for them, Chris went along to their AGM hoping to vote in a Walking Secretary. Chris was the only walker present, and felt embarrassed when no Walking Section member was prepared to take on this task. He agreed to do it for a year (assisted by JOHN HALL and CARL LAWTON, who themselves are both over-committed) until a new name came forward. Where is that new name? Surely there must be at least one walking member of Veterans AC who doesn't have any jobs/tasks/offices within our sport who can devote some time to filling just 1 position?

Throughout race walking that burden of administering our sport is falling on fewer and fewer shoulders. Many predict walking is in serious decline, but apart from participation, just think how steeply the sport could fall if just a few administrative stalwarts were to cease filling their multifarious roles – without newcomers advancing their names as replacements? So come on all you readers without positions...can you assist? Let's start with this Veterans AC Honorary Secretary's role!

AN INTRODUCTION – AND AN INVITATION

Dave,

A very brief introduction, I have taken over from Karen Bailey for the organisation of the Met. Police Annual Dinner and Re-Union.

This year to break with tradition it will be on the Wednesday 10th March 2010 (as opposed to the first Wednesday in March) in Peelers Restaurant at New Scotland Yard. I can not provide you with a definite price for tickets due to new management of the catering department and a review in prices but I am not anticipating there to be much change from last year's price which was £27.00 per head. No guest speaker has been arranged as yet but as soon as this has been arranged I will advise you along with the cost of the tickets.

Anybody wishing to purchase tickets can do so by contacting me either by e-mail – Haley.Mattinson@met.police.uk or alternatively on my mobile which is 07890 – 865 – 448. If I do not answer the mobile please leave a message with details and I will get back to you as I work shifts and may be fast asleep during the day. Sorry I can not provide all the details but due to the refurbishment of the restaurant and new management of the catering unit, there is a maximum of 80 tickets for this year which again we have not had to cater for in previous years.

If you need any more information from me then please ring and I will do my best.

Haley

Haley Mattinson PS 2038CW
Team 1 Custody
Paddington – DD (Westminster)
LGBT Liaison Officer



WRITES EX-POSTIE **DAVE SHARPE**

Dear Sir,

I took part as a guest in the Postmen's Walk which was 32 years since I last did this event. There was some very good walking by Dave Turner who won the 6 miles race and Cal Partington who was the ladies 3 miles. There are some good walkers who could become good race walkers, but the excuse is that they are doing other things and don't want to lose their weekend overtime. This was a race that people would go on from and join Clubs like Ilford, Newham, Surrey etc. In 2 years time it'll be the 50th race, and then Organiser Steve Wynn will be able to retire. He hopes next year's event (49th) and then the 50th will get good turnouts. He does need people to help organise and to be officials on the day. There is a free meal and also a free bar so you can drink yourself legless. If you can post a letter with a stamp on it, you might be eligible to take part in the race, or even if you have even been a Christmas casual at your local Post Office. This year was the 8th time that I had done this event, so by doing the next 2 I can make it into double figures. Also we used to have the Blackheath Festival and Blackheath Yacht Handicap 9K Series organised by the Post Office. Then there was the National Post Office 15K at Swakeleys, York and Buxton.

Yours in Sport,
Dagenham Dave
Ex-Post Office employee.

PS You might even get one of the Great Train Robbers to do the race as the old lags used to sew mailbags.

BIG MONEY

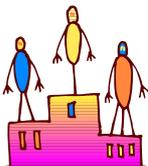
The expenses row pales in comparison to news that another £324 million has just been pumped into the Olympic Village. The total 2012 Olympics estimated cost is now £10 billion, so assuming we win around 50 medals, each time a Brit stands on a podium it'll have cost us £200 million. So let's see some UK walkers in there having our moneys worth!

BOWING OUT

Two of our most respected figures in the world of race walking have bowed out of their employment for a final time. Both hard-working Committee stalwart PAM FICKEN and former National Champion PETER HODKINSON – both Centurions – have retired from their workplaces. We wish both many happy and enjoyable years to come.

IN THE RED CORNER

According to the British Athletics Commission survey 1-in-4 of top male athletes are in debt, while 13% of top females are in the same boat! The survey stated that most top UK athletes believe that money should be paid for getting onto a podium.



FROM ROVING REPORTER DAVE HOBEN

Dave,

You may be interested to hear that joining Kevin, Sue & I at LDWA's Blackwater Marathon on Sat 31 Oct was Olympian Eric Hall from Belgrave, how inspirational is that? (Not that Sue or I could keep up with him of course!) Hope more EW readers can come another time, new routes on the sea wall in the Crouch & Blackwater estuaries, heather & riverside vegetation in abundance, a reminder of how scenic Essex can be.

BEST OF HEALTH

A study by 'Herbalife' concluded that over 50s are, on average, healthier and fitter than persons half their age. Well...that's good news for race walking! Polling 4,000 Brits, this survey pointed out that a typical 50 year old takes in 1,990 calories daily, does regular exercise and has just 1 takeaway-per-month. An average 25 year old takes in 2,300 calories a day, exercises little and enjoys 3 takeaways a month.



"EVENING ALL"

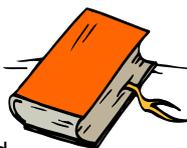
Sir IAN JOHNSON, Chief Constable of the British Transport Police, is the new 2012 Olympic Head of Security. He's been appointed Director of Security and Resilience for London's Organising Committee. BTP not only stands for British Transport Police, but also for 'Be There Presently' which is his Force's image. Certainly in Metropolitan Essex you never see his lot about...except when West Ham are at home. One hopes he can do better in East London come 2012.

WELL HUNG

Our last edition reported that Britain's newest Centurion, MICKY SUTTON, has been featured in society photographer Rankin's exhibition 'Rankin Live'. Inquisitive readers have enquired about him being hung in the buff? Some have Googled this exhibition and seen his photo, finding out for themselves that our heading of 'Well Hung' was pretty accurate! For those not having access to this cultural exhibition, via Google, or any other means...then Micky has a copy of Rankin's work in his kit bag and is willing to show you (or shall we say reveal all).

BOOK CORNER

At a time when we're now all eagerly anticipating the launch of the RWA Centenary Handbook (due out early next year), eagle-eyed EBay spotter BOB DOBSON has seen that a copy of 'The Sport of Race Walking' recently sold for £16. It cost 5/- when this wonderful hardback book first hit the market in 1962. Also on sale was a coaching book by JULIAN HOPKINS...you remember him...the one who once advocated that race walking should become 'straight legged running'.



NO SHOW

The Organisers of August's Isle of Man 100 Miles at the Douglas Sports Centre have announced a cancellation.

CENTURIONS CENTENARY 2011

It is proposed to hold a Gala Centenary Dinner in the House of Commons Members Dining Room on Saturday 14th May 2011. We'll keep you posted on more detailed news as the big day approaches.

CENTURIONS AGM 2010

Recently elected Centurion SEAN PENDER has kindly found a new venue: Royal Irish Rifles Territorial Army Centre, Connaught House, 4 Flodden Road, Camberwell Green, London SE4 9LL. It's on Saturday 30th January at 1.30 pm for 2 pm start. There's a bar on the premises which can be opened at the conclusion of business. The Brothers Watts, who are experts on getting around South London, have provided travel details

By foot: Go to Oval Underground Station (Northern Line). Walk into Camberwell New Road and head towards Camberwell Green. Flodden Road is on the right hand side, just before Camberwell Green.

ALL DETAILS ARE PROVISIONAL - CHECK

By Bus: Go to Victoria Station (British Rail, Circle/District/Victoria Lines) or Vauxhall Station (British Rail & Victoria Line) and get 185 bus. Alight at the stop before Camberwell Green. If you miss this stop, alight at Camberwell Green and it's only a short walk back. Bus route 185 runs from Victoria Station-to-Lewisham Station via East Dulwich, so its a direct route from many places. Service every 10 minutes.

ON THE NOD

Some of our readers aspire to race in the 2010 Commonwealth Games at Delhi. While these events may be exciting, routine meetings leading up to it clearly aren't. Commonwealth Games boss MIKE FENNELL recently fell asleep at a Games Presentation in Delhi!



AND THEY GET PAID FOR IT

Justin Langer: "Cricket looks an easy game when you're listening to it on the radio".

Robbie Savage: "I chose not to play for Wales because the decision was forced upon me".

Ray Parlour: "At this state of the season it's not just about improving, it's about getting better".

WELCOME BACK

We were sorry PAULA RADCLIFFE wasn't able to race the World Championship Marathon (first prize – a medal) nor the World Half-Marathon Championship (first prize – a medal). However, she was able to return for the New York Marathon and finished fairly high up, despite really aiming for a 3rd consecutive victory. The New York Marathon offered somewhat better prizes. This year, for the first time, there was an additional sum of £44,000 on offer to those vast sums already waiting for the best. There was an additional 'bonus' for any past champion winning! Had things gone well Paula could have banked £125,000 and up to £75,000 in other spin offs. And race walking relies on 50p-per-head levies and raffles, when so much money sloshes about in athletics! It's the economics of the madhouse!

THANKS FROM JACQUI PHILLIPS

Hello,

I wondered if you could let everyone who sponsored me know that I completed the marathon in a time of 4hrs 23mins, not too bad.

I have raised almost £700 which is fantastic, so a very BIG thank you to everyone for sponsoring me!!

Thanks you once again,
(hope you like the picture)

Jacqui



GENUINE COMPETITOR

Congratulations to JACQUI PHILLIPS, daughter of the late and much-loved Pam, for completing New York's Marathon in 4.23.34. Essex Walker previously published her charity raising aims and now happily reports her successful finish. We thank those Essex Walker readers who responded to Jacqui's charity appeal.

EMAILS A POPULAR ESSEX VISITOR

Dave,

I guess a lot of older athletes that I met in my time in the UK have since passed on. We lost Norm Read in 1994 at the young age of 61.

My last walking race ever was in England in 1995 and apart from a bit of judging I have had very little to do with the sport. Just last Sunday when in Auckland I got speaking to a bloke at the local veterans cycling club who comes from Hertfordshire and used to do a bit of harrier running. He mentioned that he went to university with Mark Easton. I remember Mark as a young 16 year old giving me a good thrashing in a 3km event.

I would love to receive regular copies of the Essex Walker and don't mind paying a subscription for it.

King Regards, Ross Pilkington.

FOLLOW-ON

Thanks for sending the Oct & Nov editions.

A great read and good to see some old names still active.

Felt pangs of longing to be back amongst it.

Regards

Ross Pilkington.

CATCH THE POST

STEVE WYNN's been in touch to issue maximum notice for next year's 2 big Royal Mail walks, which are:

Sun 27 June

York Postal in Uniform 10K

York

Sat 25 Sep

London Postmen's 6 Miles/Women's
3 Miles in Uniform Mount Pleasant
2pm

FAN CLUB

PAUL NIHILL had a great day at the 1964 Tokyo Olympics, earning a silver medal in the 50K walk – missing out on gold by mere seconds. Quite often British Athletics Organisations receive requests from Japanese citizens for Paul's autograph, which they pass on to Paul's home address. Said Paul, "Nobody here ever asks me for my autograph yet I'm always getting requests from Japan, which get passed on to me. I had 3 in a week recently". "A prophet is not without honour, save in his own country" is the message from St. Matthew Ch.13 v 57, and although Paul is no prophet – that general message could apply.

BIG TURN OUT AT LONG ESTABLISHED EVENT

We don't want to steal the thunder of Enfield Walker, who'll cover this event in more detail, so we won't write much. Many walkers attended Enfield's 83rd Open 7 Miles Walk at a blowy and rainy Ponders End. On an out-and-back course, with deceptive incline which had to be completed 7 times in severe weather conditions, all did well to compete in good heart. With top walker DARRELL STONE (Steyning AC) stamping his class on proceedings and winning with ease in 52 minutes and 51 seconds, the race was on for the honour of completing the frame. And it was Ilford's PHIL BARNARD who got stuck in and secured that covered 2nd spot from an early stage. Phil was on form to clock 56.25, a time which he would have clearly bettered had conditions been conducive to athletics (indeed all would have gone faster on a kinder afternoon). Completing Ilford's scoring 3 was former Portuguese international FRANCISCO REIS, who was having only his 2nd outing in over a decade. Francisco was Ilford's mid-80s protagonist and had previously won an Enfield 7 Miles in 48.32 (the 4th fastest winning time in the race's history). On this occasion he finished 8th and was pleased to return with a top-10 finish. Ilford were 2nd team behind clear favourites Steyning AC. In fact Ilford closed home 'A', 'B' and 'C' teams and had 3 former event winners on parade, as for as well as Francisco, BOB DOBSON & STEVE ALLEN were out there giving it their all.

Further down the order in 22nd position was DAVE SHARPE. He stated that he could have done a bit better but for the fact that his cap blew off, and away, inside the opening half mile. Explained Ilford's Captain, "I needed a cap as its peak would have kept rain water off my spectacles. Rain settled on my glasses and I had difficulty seeing the way" MICKY SUTTON returned to race walking after a lay-off and some visitors to Society photographer Rankin's website commented that they couldn't recognise him 'with his kit on'.

Towards the rear of the field, Ilford welcomed back OLLY BROWNE for his first race since breaking a bone in a foot during July's National 100 Miles at Newmarket. He duly took things gingerly to finish 33rd with a smile, walking over the line with colleague ALAN O'RAWA.

In the youth's 2 Miles, HELEN CROFT stepped up to this distance for a first time and met the challenge successfully to win in 27.25.

Sadly of over 50 competitors in the various categories only a mere handful were not of veteran status; so highlighting a serious concern for our sport...which if continuing as it is, won't be around in little over a decade's time.

A wonderful raffle put on by sprightly veteran RON POWELL – who looks well after hospital treatment – saw umpteen prizes dished out. Our Race Walking Association President GLYN JONES both raced and presented awards. A enjoyable afternoon's sport, despite wind and rain, so a big thanks to RON WALLWORK and his entire team. The Enfield League format continues to pull in punters, so they clearly have a good formula.

1911

The Centurions would like to update members details if they are on Email. Centurions are asked to confirm their Email address to CPER188186@aol.com stating their Centurion number.

Regards and thanks,
Tony Perkins



RINGFENCE THIS DATE

The annual Moulton Open 5 Miles (Enfield League offering double points) + supporting races, is to be staged in that quaint village on Saturday 12th June. For year-after-year it's the South's best supported race, so please mark this date in your diaries now...and keep it free for an afternoon of great sport and enjoyment in the Suffolk countryside.

THOUGHT FROM BARRY

Time for Change

Dear Reader

George, I know that you have been working very hard for sometime via the 'Think Tank' to improve and develop race walking, and to date have had very limited success, as it would appear you are dealing with an egotistical man, who repeatedly, like a megalomaniac, earnestly believes that he, and he alone, knows how to coach international race walkers.

Due mainly to a weight-training injury, I have not been around very much recently, however, my mind never stops juggling with all manner of thorny issues. In particular, I have finally reached to inevitable conclusion that in order to stop any further decline of British Race Walking, the sport needs to be completely reorganised, and drastically change its branding and image.

I feel that at present we have an untenable situation, whereby a number of those at the top, chose to openly play, petty, party-politics, while some others, as already stated, act the dictator by completely disregarding creative ideas; while annoyingly, one person in particular, treats RW as a lucrative income.

My proposal will do away with ideas rooted in yesteryear, to achieve this aim, a number of spent individuals, at present relaxing in their comfort zones, will unfortunately either have to voluntarily resign their positions or simply be replaced. In the near future I envisage a new management team, one that can work to improve and re-brand our sport. Let's be perfectly honest, if it was any other sport, heads would have been on the chopping-block years ago, so after years of decline, I think it is time for change. I would remind you, until the early 1980s Britain was in the world premiership of race walking, but nowadays, is languishing on the bottom rung of the Conference League! Whatever it takes, I am determined to put us back where we belong! England Athletics and UK Athletics, are made fully aware of our feelings; without their help we are doomed to failure, so please put pen to paper.

My final word is to a certain individual, *'he knows who he is'*, 'If you have new full-time athletes, please let them race, let them be soon; if you do not, you will yet-again, end-up with egg on your face!'

This letter, I'm sure will give your readership plenty of food for thought. My advice to you all is: you decide who you would elect as the best person to take-over the reigns of coaching supremacy!

Barry Ingarfield.

This letter is loosely based on the content of recent comments, that I made in an email to the once superb athlete, George Nibre, 50K GB International, Met Police, Ilford AC, and also in response to his subsequent telephone feedback after the RWA meeting in Birmingham.

THE GAMBIA

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

Alan O'Rawe
Dave Ainsworth
Mick and Sharon Barnbrook
Hilda Nyman
Tony Perkins and Family
George Towers
Cath and Pete Duhig

Donations have also been made by Moulton Walks, Winning Ways (whose contribution will be used for the provision of signage) and a person who wishes to remain anonymous.

NOTHING TO REPORT

The RWA held a seminar in November. A number of attenders were asked if they could submit a report for use in Essex Walker. None did, so perhaps it wasn't worth reporting? If it was, then we're sure that our readers can get reports from other sources.

RECORD IS DUE

Hon. Ed got a card from his local sorting office informing him that an under-stamped item was available for collection. This cost the 17p that it was under-stamped + £1 admin fee + a traipse to the Sorting Office. It was the Record!

EMAILS MIKE HINTON

Hello,

Sorry I had to let you down yesterday due to my tendon strain, but rest is the only way to get it cleared up. What an afternoon eh! And well done to the Club lads who battled the elements. I was impressed with Phil Barnard's performance in coming 2nd, well done Phil! It was the first time I had seen Francisco Reis, never saw him when at his peak, I thought he looked pretty good after being away from the sport for so long, can only get better.

All the best, Regards MIKE

Adds Hon. Ed. *Over the years Mike has relished the Open 7 Miles scene, and although injured, he still came along to cheer on (and cheer up) the Enfield Open 7 Miles field in appalling weather. D.A.*

FROM PIET JANSSENS

Dear Brotherhood of Centurions,

From 24th October – 31st October the Walking Club Hart van Brabant has held a Jubilee-March over 500 km in 7 days. with a group of invited walkers through Belgium, Germany and the Netherlands. After the walk, C-561 Adleermakers was received by the Mayor, in name of the Queen of the Netherlands, the officially Royal Medal and Member of Oranie Nassau. This was for all his work in years for organizing a lot of Walks for van Brabant as 'Nacht van Loon, Amsterdam-Tilburg and many others. We have bring Ad Leermakers, his wife Coby and his family all the congratulations of all Centurions.

C-561 Ad Leermakers has walked the 100 miles in Britain. He has son the race in 2002 Lancaster. He has finished 10 times a 100 miles race. He has the Dutch time record over 100 miles in England: 17.38.27, and is also Centurion in Malaysia and winner 100 miles Madagascar. He has walked many times the Paris – Colmar race and is still in racing every year the 28 hours of Roubaix.

With kind regards,
C-389 Piet Janssens

