

# ESSEX WALKER



## OFFER OF THE WEEK

Recent times has seen criticism of our National Squad and the way in which it operates, with some of that published in Essex Walker. Well any suggestion of a 'secret society' has been blown apart by a genuine offer from National Mentor MARTIN RUSH, once a talented walker of note himself. Said Martin, "Please publish my email address and 'phone number in Essex Walker. I'd be happy to hear from any of your readers with comments and ideas about National Squad matters". Martin stressed the importance of getting walkers into Major Games. And he's right about that! No reader of Essex Walker wants to see yet another Major Games pass by without UK names on those results sheets. GEORGE NIBRE and his 'THINK TANK' rightly share that same view. Essex Walker will in future confine its comments to helpful ones – which seek to improve our representation at the highest level. But let's face it...it's an uphill struggle that lies before the Squad. There are fewer UK top walkers than we've ever had before. And they have to compete with full-timers who can rattle off 78 minutes for 20K and 3 hours 40 minutes for 50K. Matching that will take some doing. And facts are facts...we're not getting that steady stream of newcomers into the sport to challenge for National Squad places are we? Vast areas of the UK have not a single active race walker on the scene. That old adage of 'its tough at the top' is certainly true here. Martin's email address is [mrush@englandathletics.org](mailto:mrush@englandathletics.org) and his phone number is 07803-671969. Martin gives us a mobile number as he's in peripatetic employment. It truly is a genuine offer.

## COURT REPORT

In respect of LAURENCE DORDOY's fatal road accident in Dagenham (May 2009) Ms. Saha Mahmood (aged 23) of Yelve Way, Emerson Park, Hornchurch has pleaded guilty to causing death by dangerous driving. The guilty party is to return to court in March for sentencing.

## BACK ON TRACK

FRANCISCO REIS stepped onto an indoor track for the first time in a quarter-of-century on Jan 31st at the Lee Valley Stadium. With an adverse camber on the tight indoor tracks it requires a whole new technique and he mastered it well. Competing in the London Indoor Games 3,000 Metres, he set off with the pre-race favourite NICK SILVESTER before electing to cement his 2nd position. Nick lived up to his billing to win in 14.03 with Francisco 2nd in a comfortable 15.23. Stalwart DAVE SHARPE was a commendable 4th in 18.15. Unlike the victor the Ilford AC duo had bigger fish to fry; for later in the day they were due to race in a more important 10K race at Hackney's Victoria Park and were both holding something back for the occasion. MICHAEL CROFT was appointed Chief Judge and also officiated at Victoria Park. BERNIE HERCOCK & RWA Southern Area President JOHN HALL (judge am, competitor pm) also showed at both indoor arena and public park. In view of large numbers attending it was wise to have race walking on display! Excellent meeting commentary came from a member of NUTS (National Union of Track Statisticians).

## ACCLAIM FOR HAT TRICK MAN

On 3 successive Sundays NICK SILVESTER came to the Lee Valley Indoor Arena and easily won his indoor races. On the 3rd of these JOHN HALL was a confident second...just one good grunt away from beating 15 minutes, with STEVE UTTLEY 3rd. 4th placed DAVE SHARPE set a SCVAC M55 age group indoor record in the SCVAC 3,000 metres/Open race. By the way, Nick was none too impressed with the numbers at these 3 walking races.

Although not a great numerical turnout, a shortage of lap scorers meant that the field were split into 2 races. Nick, John, Steve, Dave + GARY McDONALD and DAVE AINSWORTH were in Race 'A' with women plus 'the old and the slow' in race 2. A curious afternoon saw RON POWELL, the epitome of good honest sportsmanship, pulled out for the first time in his long athletic career of some 6 decades. Another stalwart – DOUG FOTHERINGHAM, 2 months off his 80th birthday, suffering arthritis and having travelled from Lincolnshire for just 3,000 metres – was also shown the red disk. Dave A got his first d/q since his only previous one on February 1st 1974, 35 years ago, in the now defunct Garnet 10 Miles, then held at Haywards Heath.

Hon. Ed even remembers that judge, a Mr. Tiner of Brighton, who wore the 'standard Judges Dress' of that era – a trilby hat and grey 'flashers' mac. Both calls were correct in the context of the laws prevailing. At Haywards Heath I can remember being drawn into faster company than usual, and having finished a number of 'A' races on '2 crosses', it was only a matter of time before a 3rd one came in. On this occasion, having been put into the 'fast section', I had the final 3 laps to do solely by myself, therefore becoming the sole person racing before 5 judges. Hmmm! Having passed 'the bell' with 1 cross on the board it looked good, but less than a mere short 200 metres circuit, that 1 cross had grown to a red disk. These things happen! Perhaps it's time to settle down for the 'comfort zone' of the Enfield League and other 'B' races...which, let's face it... have been our sport's salvation.

## WALK OUT

At the Lee Valley Stadium eagle-eyed DAVE SHARPE read a notice board about future promotions there and spotted a Southern Inter-County Athletics Match in late April. Dave read further and among listed events, no walking race could be found. Dave's already 'gone in to bat' on behalf of the walking world; he's been phoning the 'high-ups' to ask WHY and to try and get race walking included? Dave remains one of walking's strongest advocates. Watch this space!

## MAJOR EVENT DELAYED

The Pat Furey Trophies Meeting (double points and loads of sponsored awards) is being delayed until October. This is because the function room is booked on the original date (Sat 13 Mar) and this room would be needed for such a long presentation. Sat 13th March will now be an ordinary Enfield League 5 Miles road walk commencing at 2 pm Lee Valley Stadium.

## **DOUBLE NATIONAL SECOND!**

Ilford AC sent a strong squad to the National 10 Miles Road Walking Championships over 10 twisting circuits at the Lee Valley Sports Complex in Ponders End on Saturday Feb 20th. Starting in pleasant conditions for the time of year, it got rapidly colder as the clock ticked by. In class company the eventual winner DARRYL STONE (Steyning AC) and Ilford's 2nd silver medallist SCOTT DAVIES both did extremely well just to pull away from a group of in-form rivals, including Internationals TOMMY TAYLOR (Birchfield Harriers) and LUKE FINCH (Colchester Harriers) who were to come 3rd and 4th in 75.08 and 75.20. But once clear of the pack spectators were treated to a fascinating duel between the 2008 Champion Darryl and an always pressing Scott. Try as he could...and he did try...to break clear of his pursuer Darryl knew that a serious threat was always within striking distance, and he was a relieved man when breaking the tape in 73 minutes and 49 seconds with Scott 2nd in 74.10. The next Ilford AC finisher was FRANCISCO REIS who again showed improvement in what is his comeback season, as he filled 11th position in 87.54. Ilford's team were closed-in by dependable STEVE UTTLEY who came 12 in 93.27. The trio enabled Ilford to win the team silver medals, narrowly losing out to victors Steying AC by just 10 points. For 2 Ilford members it was not to be their day, as both STEPHEN CRANE and BOB DOBSON fell foul of the judges and were disqualified. However both are optimistic individuals and look forward to their next appearances! Indeed so many crosses went onto the board that an additional writer had to be mustered during the event to assist. Further down the order, event regular DAVE SHARPE placed 27th in 102.36. In 30th spot came OLLY BROWNE clocking 104.34 which was commendable as he reported that he is still suffering some pain after breaking a bone in a foot last July. In 39th position came MICKY SUTTON, who admitted that running a 50K race the previous weekend had taken much out of him. After racing he was presented his Certificate by Centurions President CARL LAWTON for completing a 100 Miles walk at Newmarket last July in under 24 hours! In his acceptance speech he thanked all who had encouraged and helped him achieve his aim...and also advised all those who had not yet completed a 100 Miles Walk to so do. "You'll never regret it" he said.

In conjunction was held the Essex Championship, which saw Scott easily retain his title, with Dave collecting bronze, and Ilford AC retaining the team award. Francisco won the Herts 10 Miles. Ron Wallwork has sent his thanks to all who attended the Lee Valley Stadium to help, and several of our readers were there doing just that. A special mention for Loughton 2nd claimer JOHN HALL and JON MAY, who were not 100% fit but still got out there to give it their best and both finished. Another Loughton 2nd Claimer, SEAN PENDER enjoyed his first walk since being elected Middlesex County AAA President. And we had class encouraging the walkers. The talented KING twins had done 3 hours training before coming along. Talent-spotter GEORGE NIBRE of the "Think Tank" was there as were former Internationals OLLY FLYNN (3 times winner of the National 10 Miles) and BARRY INGARFIELD (former National 10 Team gold medallist).

## **"EUREKA"**

After over 2 years the hunt is now called-off for the 'Reg Youldon Rosebowl' (awarded for the 1st team in the Woodford Tuesday Walk Series). A reader was tipping-out junk last week, and among the old toot was that missing trophy. Our reader is embarrassed, and therefore doesn't wish to be identified. The important thing is that it's been unearthed. It shows in what esteem, in general, walking now holds trophies hence we really don't want any more of them!

## **EMAIL FROM PRESIDENT JOHN HALL**

Hi Dave,

I do sometimes read EW, a couple of comments on the latest one (as usual excellent!):

1. You may wish to check with the RWA Secretary, but my understanding about the proposal put forward for the AGM about not discriminating on the grounds of sexual orientation etc had been rejected by the General Committee as not appropriate for the AGM. The reason being that it was merely trying to assert what is already the law of the land.

2. You will find that Victoria Park is in fact the old administrative county of Middlesex and not metropolitan Essex. The local club, which is affiliated to Middlesex County Athletic Association, is these days called 'Victoria Park Harriers and Tower Hamlets AC'. A bit of a mouthful but club mergers can be difficult! As the club's website says, it is the nearest athletics club to the 2012 Olympic site.

Best wishes to you and all readers of EW  
John

Adds Hon. Ed. Reference point 1, this item did reach the RWA AGM agenda and was not debated only because the Organisation which had put this resolution forward had nobody present who was prepared to propose it. The Chairman did call the item, but nobody present was prepared to speak in favour of it. Reference point 2, John's point is very true, though nowadays this area is often seen as Metropolitan Essex. DA.

## **FULL HOUSES**

Two social functions have 'full house' signs up. The Metropolitan Police Annual Dinner & Reunion at New Scotland Yard on March 10th is sold out. Also full is The Centurions Centenary Dinner at the House of Commons on May 14th 2011 (yes 2011).

However, both functions still accept bookings, which then go onto waiting lists. So if you still want to go, book and you'll be near the top of those waiting lists with a good chance of making it on the night.

## **"HEAR HEAR"**

So says OLLY BROWNE on reading RON WALLWORK's views in Essex Walker about the wisdom of top walkers mixing with the rank-and-file in training sessions and on race days. Said Olly, "I totally agree with Ron. Nowadays our superstars don't turn up often. I used to train with such stars as BOB DOBSON, ROGER MILLS and KEN CARTER and used to see them at ordinary races. It did me good and appearing so often did them good also. I'm 100% with Ron Wallwork on this".

## **EMAILS LEW MOCKET**

Dave,

Charlie Fogg lived at Angerming and came in for a coffee about a year ago. Will be in touch.

Lew

Adds Hon. Ed. Lew is now a Sussex County bowls selector among many other positions he now holds in that sport.

## **RAPID RECOVERY**

Francisco Reis, who came 2nd in the Lee Valley Stadium 3,000 Metres on Sunday morning (behind Nick Silvester) had to retire at Victoria Park during the afternoon 10K as he was feeling unwell. It was more serious than first thought and Francisco was driven to hospital straight from Victoria Park and spent 4 hours there, suffering from an irregular heart beat. After a rest Francisco has been out training again ...and we're pleased to report that he's suffered no recurrence.

# MINUTES THINK TANK MEETING NEWMARKET SAT 16<sup>TH</sup> JANUARY 2010 11.00AM

**PERSONS PRESENT :** Ron WALLWORK , Peter MARLOW, Peter CASSIDY, George NIBRE, Shaun LIGHTMAN & Ian STATTER

Bill SUTHERLAND apology for absence

Meeting commenced with minute's silence for former member Jerry EVERETT

Agenda covered the following points :

- 1. Reviewing principle aims for assisting RWA** . One year on and a clearer working policy was in place , reviewing development of walking nationally , county , schools , and the Leeds Carnegie National academy under the supervision / control of Andy DRAKE were fully discussed . Similar models of excellence were the ways forward
- 2. Endurance events** were now under the control of Martin RUSH . Consideration for Martin to attend the next meeting to give aims / objectives / remit. The THINK TANK was basically Southern based BUT had spoken to most from the UK to gain ideas . County redevelopment was a main way forward.
- 3. Professional Development/ training of potential Olympic walkers under the umbrella of the Andy DRAKE** and races abroad / Lugano and Ireland were discussed . The National 10 miles in FEBRUARY would show how these top walkers were developing . Ben WEARS , Dom KING and Dan KING were mentioned as was Tommy TAYLOR / Scott DAVIS and Jo JACKSON . The other major contender Luke FINCH was still believed to be on the radar . Olympic standards times 20/50kms discussed . The junior National Squads were also mentioned .
- 4. Finding New blood** was proving difficult and Mike FOX National Development officer was working on this but needed assistance regionally , locally to pioneer ways forward . The already established counties need greater support and assistance . Power walkers , ramblers and the like need approaching following OBSERVER walking article by female stroller . **Schools/ youth were the way forward** .
- 5. Funding , Finance , Sponsors within UKA /England** discussed and RWA link up position . Voluntary contributions to assist top walkers , general clarifications . Funding / grants from Counties , local authorities , ambassadors programmes , community development , rotary clubs . Funding what was it for , training days , sending athletes abroad . Lee Valley Centre discussed for Young Athletes / Vets and all level of athletes , One Year periodisation programme for coaching / development presentation by Ronnie for introduction into racewalking . Voluntary donations to build up Pot to send walkers abroad or for training needs
- 6. Media / Publicity , Press , corporate image of Sport and its decline** . How do we develop sport . Area Gurus like John CONS, Dave AINSWORTH , John PADDICK , Peter SELBY, John HALL , Mark WALL and Peter MARKHAM to be approached for build up to Olympics for publicity . Sterling efforts are also being done by many others not mentioned . Updating technology mentioned by Ian STATTER like twitter , facebook , websites outdated . However , all these efforts are voluntary in time / effort sometimes is difficult to fully progress unsupported . Ian STATTER with innovative ideas may take a role in this development . RWA website mentioned .
- 7. Training days , camps , coaches , mentors discussed** .Martin RUSH to be approached , proposed training days with ex walkers , lists of coaches to be ascertained , S/East coaching training days like Newmarket , Inspirational people to be approached . Leeds academy mentioned and its plan .
- 8. Cross over athletes fully discussed** . This was generally proving difficult as most sports nationally is at an **all time low with young people** . Innovative ideas needed to progress this .
- 9. Supplementary Issues , walking at other sports meetings , carnivals , fetes , English Schools Development.** This was of paramount importance to reinvent / introduce walks to these . Targeting Youth development . RWA to progress this more. Racewalks in London Marathon to improve professional image . Youth Olympics need investigations .
- 10. CONCLUSIONS ..** After the RWA 10 in Feb and Lugano 20kms in March 2010 a clearer idea will be in place to find out the progress of certain athletes . The intention will then be to Focus on two or three main areas for development and work . These principals areas would include and target of Youth Development for the future . The THINK TANK would reconvene later in the year to discuss these issues . If any person would like to come to the next meeting feel free to do so as we would value any thoughts to promote/progress the sport . The above is purely a summary of topics discussed .

## **EMAILS MARTIN RUSH**

Hi Dave

Thanks for a copy of this, I'd not seen it before. My responsibilities need correcting, I am not heading up endurance or walking events for England. To hopefully clarify things I have drafted the piece below and copied it to John at RWR.

You may like to include this in the Essex Walker and RWR, to hopefully prevail on all that there is no secret society (reference for Dave). Happy to take calls for clarification if needed.

My role is as National Coach Mentor. This is to support named coaches who coach long endurance events, essentially 10,000m upwards including walks. This support takes the form of an individual mentoring project, where the coach on the National Coach Development Programme draws up an individual learning/development programme for themselves and it is the role of the National Coach Mentor to support, challenge, motivate, facilitate (in short mentor) this programme. The role and structure is detailed on the England Athletics website; <http://www.englandathletics.org/page.asp?section=449&sectionTitle=Coaching> and specifically under the page <http://www.englandathletics.org/page.asp?section=741&sectionTitle=Contact+a+Mentor>

The process of selection onto this programme was started in the summer of 2009 with flyers to clubs, adverts in athletics weekly and headline banners and details on the England website inviting coaches to apply for a place on either the Local or National Coach Development Programmes.

From this process a number of race walking coaches were placed onto the programmes. On the national level these currently include;

Mark Wall, Dave Ratcliffe, Steve Partington, Allan Callow, Steve Arnold, Verity Snook, Andi Drake, Maureen Jackson and Peter Selby. In addition there are a number of coaches on the Isle of Man who are being supported through Allan Callow and Steve Partington.

This process was open to all and simply required application. Currently there are no more places available on the National Programme, however, a network of England Athletics Club and Community Support Officers, looks after the Local Coach Development Programme and if coaches are interested in developing their coaching then this would be a good point of contact. Having said that, I am fully aware that walking although another endurance event has some particular skills and challenges. So in my role I am available to talk through coaching issues and challenges and if I can't help directly to may assist in directing the enquiry to someone who can.

Continued.....

Continued from Martin Rush....

Not my direct responsibility is the development of the event in terms of participation or competition. I simply do not have the time to do this as well as carry out my mentoring role to the level it needs to be done to. However, I am fully aware that without more walkers coming through the system the event is going to continue to struggle, so I have undertaken some work in this area recognising the partnership that needs to work between England, the RWA, ESAA and coaches and clubs across the country. On a very simple level one of my challenges to the coaches on the national programme has been to encourage them to develop a larger coaching group which in time will put more feet on the road (track).

Conversations with the English Schools AA, the RWA and George Smolinski of Leicestershire have led to development ideas of an introductory web league to cater for new groups in schools supported by coaches. It will not be a short term process and there will be many more good ideas and activities bubbling around over the country that have potential and indeed are working to develop numbers and performance. But supporting coaches and helping coaches develop local groups is one key way I can see that we are going to get more and better walkers.

In addition to this England Athletics role to support coaches; Leeds Metropolitan University have driven through a full time coaching position for race walking. This post is supported in part by UKA, and so the role is responsible for providing direct coaching to athletes based at the centre and also to provide walking specific input to the UKA endurance team of Ian Stewart and Spencer Barden for major games policy and standards.

Training weekends for 'futures' athletes are organised (standards and open application were published in Record) and alongside these we have integrated group coach education work for those coaches on the National Coach Development Programme. As these programmes develop more opportunities will be promoted. England Athletics are providing England International Competition opportunities for walkers, see <http://www.englandathletics.org/page.asp?section=1003&sectionTitle=Race+Walking>. UKA will continue to provide policies and selection opportunities for the major Championships/Games in line with the structure of the sport.

So in short although there is no National Event Coach for Walks, there are now two individuals hopefully able to answer queries on coaching and team activities. Andi Drake holds the National Centre Director post at Leeds Carnegie. Martin Rush, holds the position for National Coach Mentor for England Athletics. We are both easily contactable and happy to talk to individuals, see contact details below. In addition the RWA retains its role and there is regular contact between its officers and Martin Rush.

Regards  
Martin

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## **HOME FOR CHILDREN WITH LEARNING DIFFICULTIES – THE GAMBIA**

(Hart House)  
P.O. Box 2713  
Serrekunda  
The Gambia  
West Africa  
Tel: 00220 9926258

Dear Friends,

Hope you are well, had a good Christmas (with plenty of snow!) and your new year has gone well. Thank you for your seasons greetings (I know it was a long time ago and that this newsletter is late). I did send our Christmas and New Year Greetings to you, in January, but I have been extra busy! This was due to many things including thanks to you, having an average of 17 children attending (over 20 on the register) compared to 13 at the end of last summer, some new, shortage of staff etc. Since October, 2 of our teachers left, one being replaced in December, the other more recently. Also we hired a permanent cook to replace our care worker who was doubling up! Very recently one of our domestic staff left, but was immediately replaced.

Geoff attended a stakeholders meeting at UNICEF and a 2 day forum hosted by World Initiative for Orphans. Interestingly, about half of the children on our register are without a father, mainly due to divorce. Geoff still goes to the main hospital in the capital, Banjul, each Thursday to identify children who may benefit from attending Hart House as well as help some to acquire orthotics etc.

For the first time, October to December, we had a student from the University of The Gambia on her Social Work Diploma work placement. We have been pleased to continue our links with a Special school and Youth Centre as well as starting a link with another Special school more recently. Another signboard was sponsored from England, being erected at the airport junction the inverter for our solar panels was replaced by one of our friends, due to being faulty and Thomas Cook Northern Europe have been invaluable yet again for not only including us in their excursions for Scandinavian visitors but also for sponsoring our new leaflets. Lastly, but not least, another first has been introduced to Hart House thanks to a group from The Netherlands who sponsored the cost of us getting electricity from the national supplier, which included the erection of 4 poles from the nearer supply.

On behalf of the children, committee, staff and parents we thank you for all the money raised, items given and children sponsored and the hard work you have put in to be able to do this.

Talking of the children, it should be noted that as well as learning difficulties, some have Cerebral Palsy, in varying degrees, epilepsy, Downs Syndrome, autism, speech impairment, one with Muscular Dystrophy and one with stunted growth and night blindness.

We assess the children in areas of cognitive, self help, socialisation, gross and fine motor, speech and comprehension and then provide activities at their individual level to improve their development as well as including in the timetable activities such as painting, craft, physiotherapy, special exercises, water and sand play, music, games, sports and special Olympics as well as fun and educational videos and DVD's.

On a final note, as usual we appeal for continued assistance with fundraising especially to help us through the difficult summer months as well as specific help with needy jobs such as painting, concreting, plumbing, window capping, rebuilding the playground in addition to staff uniforms and freezer (important in saving money by buying bulk food items such as fish).

We wish you peace, health and prosperity and look forward to hearing from, and seeing, friends new and old. If you haven't done so, come for a holiday!!

Best Wishes  
Geoff and Rohey  
[www.harthouse.gm](http://www.harthouse.gm)

## **PHIL COLLINS R.I.P**

We're sorry to note the passing of Phil, who most will remember as one of the shrewdest and most accurate handicappers that Southern Area walking has ever had...indeed he was on a par with that other great handicapper Norman Easlea – whom many readers also remember with affection. Phil was an esteemed Race Walking Association Life Member and wore the Presidents Chain in season 1975/76. Phil was connected with both the Metropolitan Police Walking Club and Surrey County AAA. His funeral was held on February 4th at Kingsdown Crematorium in Swindon followed by a post service gathering in nearby Wootten Bassett. As one who gave much in honorary capacity to our sport, he'll be forever remembered. We extend our condolences to Richard and William Collins and all other family members.

## **TRIBUTE FROM MARTIN OLIVER**

Dear Dave,

*Regarding Phil Collis, I'm sorry to hear that yet another of our 'old stalwarts' has gone – I agree with you – he was on a par with Norman Easlea – a very fine Handicapper indeed.*

*I remember winning 3 open handicaps prizes in a week – back in July 1975, and then I managed to win another one on the Chippenham-to-Calne in October 1975, after which Phil came up to me wagging his finger and with a big grin on his face said, "You caught me out this time – but you won't ever do that again!". Sure enough, I didn't win another open handicap prize until the Belgrave Open 7 in 1990 – 15 years later!*

*Thanks Phil – Smashing Bloke – I'll miss him a lot.  
All the best Dave,  
Martin.*

## **DEATH OF A FAMOUS COACH**

Although not a walker, we're sure that all walkers will be saddened to hear of WILF PAISH's death at the age of 77 after a long illness. He coached such leading lights as Peter Elliott, Mick Hill and Tessa Sanderson. He also coached beginners and club athletes...and for many decades! He'll be truly much missed.

## **CONDOLENCE**

We express our condolence to well known reader DENIS SHEPPARD on the sad loss of his father. All our thoughts are with Denis and his family at this sad and trying time.

## **INFO FROM ANDI**

Hi,

Please click this link for details of our continuing RW biomechanics research

[http://www.european-athletics.org/index.php?option=com\\_content&task=view&id=8195&Itemid=2](http://www.european-athletics.org/index.php?option=com_content&task=view&id=8195&Itemid=2)

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[http://www.leedsmet.ac.uk/carnegie/sport/Racewalking\\_Flyer.pdf](http://www.leedsmet.ac.uk/carnegie/sport/Racewalking_Flyer.pdf)

## **GET WELL SOON**

Newshound DAVE SHARPE reports that KEN LIVERMORE suffered a fall. We all wish this true stalwart of athletics well and a swift recovery.

## **ATHLETICS WEEKLY**

Please can all organisers ensure that fixtures are listed in AW. To advise fixtures log on to [www.athleticsweekly.com](http://www.athleticsweekly.com). Please also ensure results are also listed. Send to [results@athletics-weekly.com](mailto:results@athletics-weekly.com) or FAX 01733-808535

## **CENTURIONS**

This was held at the Royal Irish Rifles TA Centre in Camberwell Green on Jan 30th, this venue being obtained by Loughton 2nd claimer SEAN PENDER. Bar the Archivist, all Officers were re-elected to the posts. The news of their Centenary Dinner on May 14th 2011 is that it's already sold out, with bookings now being taken for a reserve/waiting list. So still get in quick if you want to go, as you'll be near the top of that list. New UK Centurions were presented with their membership certificates by the President (CARL LAWTON) and then invited to say a few words. Essex man STEVE KEMP again thanked his loyal supporters, who had helped him train for his big day as well as assisting and encouraging on that memorable occasion at Newmarket.

## **EMAILS PIET JANSEN**

Hello Dave,

I have read in the Essex Walker – February 2010 in the article 'LIFER' a very nice item about Centurion 377 Hendrik Doornekamp. He was always walking the race walks on his clogs and is still doing that !! He is 86 years old now and is doing every year the 4 days march at Nijmegen (this year in 2010 he wants to walk his 57th time and he has promised me that he does not walk more than 30 km each day !!). He has also run more than 100 marathons and longer distances (till 100 km) And always on his clogs !!

Best Wishes  
C-389 Piet Jansens  
Centurion Vereniging Nederland

## **SPLASHDOWN**

Steve Allen completed January's Benfleet 15 Miles run in 2 hours and 7 minutes in the worst conditions he could remember for a long time. Snow melted and on part of the course, flooding saw competitors wading through water which was just below knee height. Our more established readers can remember when the Colchester-to-Mersey Island Walk was started without reference to tide tables, forcing some to race along the causeway through knee-high sea water. Among enthusiastic supporters at Benfleet were ALEX ALLEN & ALAN O'RAWE.

## **EMAILS MIKE HINTON**

Dear Dave,

I thought you might like this snippet from the Daily Express if you haven't seen it.

Dave Sharpe has been on the phone today to give me the low down on the Victoria Park race, sounded pretty eventful with 32 carded and 6 dq's.

All the best, Regards Mike.

### **ARTICLE: 'VAN GOGH WAS A REAL PACE SETTER'**

*Vincent Van Gogh was not only a top-class painter but a speed walker too. The artist – best known for his paintings of sunflowers and for hacking off his own ear – walked at more than 4.5 mph race walking style. Letters on show at a Royal Academy exhibition in London reveal that the Dutch-born artist regularly walked nearly 4 miles in 45 minutes when he lived in London. In 1879, when he worked in the village of Petit Wasmes in Belgium as a missionary, he walked 50 miles to Brussels after the church sacked him.*

Race walker John Powell, of Highgate Harriers, in North London, said, "At 4.5 mph you are a speed walker – there are no two ways about it".

*Note: The Real Van Gogh: The Artist and his Letters, is at the Royal Academy until April 18th.*

## THE LONDON OPEN WALKS

Victoria Park, London

31st January, 2010

### Combined Men and Women 10k

Senior Men, unless otherwise indicated

1	Brendan Boyce	Coventry Godiva H.	42:49
2	Tom Bosworth	Tonbridge A.C.	43:55
3	Darell Stone	Steyning A.C.	44:12
4	Scott Davis	Ilford A.C.	45:14
5	Dominic King	Colchester H. & A.C.	46:28
6	Antonio Cirillo JM	Swansea H. (Coventry Godiva H.)	50:10
7	Phil Barnard	Ilford A.C.	50:24
8	Ian Richards	Steyning A.C.	50:26
9	Trevor Jones	Steyning A.C.	50:48
10	Jim Ball	Steyning A.C.	51:14
11	Jonathan Hobbs JM	Ashford A.C.	52:19
12	Steve Arnold	Nuneaton H.	52:28
13	John Hall	Belgrave H.	53:56
14	Liam Baldwin	JM Tonbridge A.C.	53:59
15	Fiona McGorum SW	Leicester W.C.	54:02
16	Diane Bradley SW	Tonbridge A.C.	54:39
17	Helen Middleton SW	Enfield & Haringey A.C.	57:26
18	John Constandinou	Birchfield H.	57:32
19	Rebecca Collins JW	Medway & Maidstone A.C.	57:34
20	Graham Chapman	Headington R.R.	57:47
21	Shaun Lightman	Surrey W.C.	58:00
22	Dave Kates	Ilford A.C.	58:09
23	Arthur Thomson	Enfield & Haringey A.C.	58:13
24	Kate Funnell U17W	Ashford A.C.	58:54
25	Andy Cox	Hillingdon A.C.	59:11
26	Ron Penfold	Steyning A.C.	59:31
27	Carl Lawton	Belgrave H.	60:22
28	Alan Ellam	Enfield & Haringey A.C.	60:33
29	Mark Culshaw	Belgrave H.	61:56
30	James Cotterill JM	Tonbridge A.C.	61:59
31	Glyn Jones	Coventry Godiva H.	62:02
32	Sean Pender	Enfield & Haringey A.C.	62:02
33	Steve Allen	Ilford A.C.	62:15
34	Paul King	Belgrave H.	62:18
35	Maureen Noel SW	Belgrave H.	62:24
36	Stephanie Rukin JW	Tonbridge A.C.	62:36
37	Michael Harran	Surrey W.C.	63:40
38	Chris Flint	London Vidarians W.C.	64:00
39	Dave Sharpe	Ilford A.C.	65:26
40	Ron Powell	Enfield & Haringey A.C.	66:45
41	Gary MacDonald	Surrey W.C.	68:02
42	John Borgars	Loughton A.C.	69:06
43	Ben Parsons U17M	Tonbridge A.C.	69:41
44	Emmanuel Tardi L.P.	Longjumeau	69:45
45	Karen Davies SW	Birchfield H.	69:51
46	Peter Howard	Cambridge & Coleridge A.C. (E. & H.A.C.)	72:27
47	David Hoben	Surrey W.C.	73:19
48	Bernie Hercock	Enfield & Haringey A.C.	73:28
49	Eric Horwill	Dudley & Stourbridge H. (Loughton A.C.)	74:16
50	Sue Smith SW	Ryston R.	78:01
51	Serena Queeney SW	Enfield & Haringey A.C.	79:42

Combined Mens teams (Each Club may score one second-claim member, as shown in brackets above)

- 1 Steyning A.C. 20 6 Enfield & Haringey A.C. "A" 69
- 2 Ilford A.C. "A" 29 7 Surrey W.C. 81
- 3 Coventry Godiva H. 33 8 Enfield & Haringey A.C. "B" 109
- 4 Tonbridge A.C. "A" 41 9 Ilford A.C. "B" (scoring 2) 60
- 5 Belgrave H. 59 10 Loughton A.C. (Scoring 2) 75

Southern Championships: Junior Men Hobbs, Baldwin, Cotterill

Senior Men Barnard, Richards, Jones

Teams: 1 Steyning A.C.141: 2 Ilford A.C. 125: 3 Belgrave H. 116

Senior Women Bradley, Middleton, Collins

## FIXTURES

Sat 6 Mar	Molly Barnet Walks (+ Inter Counties 10K)
Wed 10 Mar	Met. Police Walking Club Annual Dinner/Reunion
Sat 13 Mar	Enfield League 5 Miles
Sat 20 Mar	Cambridge H. Winter Lge 5K (+ Series Presentation)
Sun 28 Mar	BMAF Indoor Championships

## FROM THE LONDON WALKS ORGANISERS

Ladies & Gentlemen,  
Loughton AC, Pauline & I would like to thank all those who travelled to support our presentation.

Peter Cassidy,  
Loughton Athletic Club

## EMAILS BOB DOBSON

D.A. Your article in February's Essex Walker made me look at my past results, as no doubt others will do. My first senior Essex individual medal was won on 8 July 1967 when I was 2nd in the Long Distance Championship, Romford-to-Southend. My last was 2nd in the Essex 50 kms 4 Sept 2005. A gap of 38 years.

I haven't given up trying to add to my tally.

Regards Bob.

Adds Hon. Ed. My Essex Individual senior medals (1979 and 2009) was, I believe the longest gap between such awards, in that no individual awards came my way between these 30 years. Plenty of Essex County AAA **team** medals...but no **individual** ones. Bob's record is a wonderful time span, during which many Individual medals were presented to him, indeed Essex Walker has previously published a table of such awards. That table may well have to be compiled again for, as the writer points out, he's still out there bidding to win more. And with Bob's enthusiasm, who would bet against that happening? D.A.

## **ESSEX/KENT/OPEN INDOOR 1 MILE CHAMPIONSHIP – LEE VALLEY 7TH FEB**

1	Nick Silvester	AFD	7.21.20
2	Francisco Reis	Ilf	7.40.73
3	John Hall	E & H	7.52.36
4	Steve Uttley	Ilf	7.54.66
5	Rebecca Collins	M & M	8.09.82
6	Helen Middleton	E & H	8.50.87
7	Dave Sharpe	Ilf	9.09.82
8	Gary MacDonald	Ash	9.32.85
9	Peter Cassidy	Ltd	10.19.41
10	Linda Mountford	Unat	10.55.07
11	Bernie Hercock	E & H	11.37.38
12	Dave Ainsworth	Ilf	11.54.00
13	Val Mountford	Sth	12.11.86
14	Helen Croft U17	Ilf	12.29.69

14 Started and finished.

Essex Senior Men: 1. S. Uttley, 2. D. Sharpe, 3. P. Cassidy

Essex Senior Women: 1. L. Mountford, 2. V. Mountford

Essex U17 Girls: 1. H. Croft

Kent Senior Men: 1. G. MacDonald

Kent U20 Women: 1. R. Collins

A race that was poorly supported by both Essex & Kent walkers, but was made to look like a decent turnout thanks to competitors in the Open Section. Nick Silvester came a long way for just 1 mile and was hoping for tough competition...instead he had things his own way for a 2nd successive Sunday on the same track! Many numbers went on the board but nobody got 3 crosses. Traditionally a walking race is when the audience (and it was a large one with standing room only) go for a cup of tea...those going this time were served by genial Centurion and soon-to-be Middlesex AAA County President Sean Pender. And how we were spoiled in the commentary box, where Southend's JUNE CORK – a former race walker in a highly successful squad of former times – really informed and educated the crowd. After racing, walkers commented favourably on her best lines. Ilford's Helen Croft knocked a massive 40 seconds off her pb. Not an entrant this year, our 2009 victor PHIL BARNARD had the satisfaction of seeing his Championship record of 7.40 unbroken. The new title holder is STEVE UTTLEY who arrived close to time and didn't get the sort of warm-up he wanted. And a word for the Essex County President – septuagenarian PETER CASSIDY who got onto the podium to collect bronze – a truly active President earning an individual medal in his year of office.

Who can doubt the power and impact of Essex Walker? On the front page of our December issue we explored more support for the 2nd staging of the Essex Senior Men's 1 Mile Championship – and how we got it! In 2009 we had just 3 entrants (Phil Barnard, Dave Sharpe and Dave Ainsworth). The 2010 event saw an increase...4 finishers (Steve Uttley, Dave Sharp, Essex President Peter Cassidy and Dave Ainsworth) from 5 entrants. ALAN O'RAWA entered but was indisposed on the day. We did get 2 senior ladies on the podium, as opposed to none last year. Could we not get a 3rd Essex lady to at least see all the awards presented? And we had a junior walker this year, which was a welcome improvement.

In my role of RWA Southern Area Publicity Officer I invited top walkers in Essex, including our seldom seen Essex Olympic Ambassadors, to support this race (through their representatives) as I knew what a large crowd we had last year. It was the same this year! That course of action was the correct one...recipients of 'Enfield Walker' will have read about PETER CRANE recently completing 1,000 walking races. In that article he states how he was attracted into race walking after seeing our top men in action. Peter saw the best and decided to have a go himself...going on to support our event with over 1,000 appearances. We had a big crowd on Sunday including many youngsters who could have seen top-class walking...instead of what they did see in the main. Our present day image is not a positive one. As RWA Southern Area Publicity Officer I will continue trying to save this sport, and will probably write similar material on future occasions...though sometimes wonder why I bother? The next big local test for us walkers is to see if we can put up a good show for May's Essex County 3,000 Metres Walk at Chelmsford. We try! 2009 saw only a joint Essex/Kent Indoor 1 Mile (i.e. No Open Race) and Kent bailed the event out. This year Kent's walkers almost totally disappeared without a trace. What went wrong there?

## **EDITORIAL**

At the 2009 SCVAC/Open 3,000 Metres on Lee Valley's indoor track there were disqualifications...including JACK FITZGERALD. This baffled many spectators, as clearly this competitor had not broken contact with the surface. The same thing happened this year in the corresponding meeting. As Hon. Ed left the track, following a red disk, a competitor from another event sitting in the trackside seats asked what that was for? In short, as an event, we've failed to convey our basic laws to a wider athletics community...let alone the general public! In simpler times, walking was steps so taken that unbroken contact with the ground was maintained at all times, i.e. the front foot must be down and on the ground before the rear foot leaves it. It was so easy for the general public to see that difference between running and walking races. It was also simple for athletics followers (including commentators and journalists). Indeed that so-simple definition was published in many programmes, so all understood what we were all about. When others within our sport (i.e. those competing in other athletics events) don't know what's going on, then as stated, what chance has the general public? It doesn't matter what you want, and this Editorial has no wish to reignite any 'A/B' debates, but perhaps we all have a duty to try and explain our laws to a wider audience. D.A.

## **NEWS OF R. W. EATON**

The son of Centurion No. 655, Woodford Green's RON EATON (1979 Ewhurst 100 Miles qualifier in 21 hours and 25 minutes) has been in touch to update us on his father's progress. Chadwell Heath based Ron used to have odd chats with fellow Centurion DAVE SHARPE when seeing him in training. But sadly Ron's not about nowadays..he's now in an Old Folks Home. Also a member of the 100K Association (for runners) it's reported that he enjoyed reading his Centurions Christmas Newsletter and still talks enthusiastically about his active racing days.

## **WRITES DAVE SHARPE**

Dear Sir,

*I recently started my 40th year in walking. Well I did not think I would still be around at this time. I remember RWA Rules – 'One shout and you were out' which was much better than the IAAF Rules – 'the three card trick'. In the 70s the main men were Paul Nihill, Ray Middleton & Carl Lawton. In the 80s it was Roger Mills, Bob Dobson, Jake Warhurst and Olly Flynn. In the 90s it was Ian McCombie, Colin Vesty, Les Morton and Christ Maddocks. Women came into the sport. In the 70s Carol Tyson, 80s Lisa Langford and now it's Joanna Jackson. It does not look too bright for 2012 but things could change. We have some good walkers: Scott Davis, Alex Wright, Kelsey Howard and Jonathan Hobbs with potential.*

*I have walked all distances from 1,500 metres to 100 miles. Best 100 miles walker is Sandra Brown, best stylist was Margaret Simu of Sweden, next best was Peter Marlow. The big prizes to win were the style awards. Well I was never even that good to win those. Races that were classics were the Bradford 50K, Hastings-to-Brighton, and London-to-Brighton...which are now all gone. My memories are of Blackheath 9Kms handicaps, track, races at Crystal Palace and the Chippenham-to-Calne. I was very happy when I won both my 6 miles-in-an-hour and 7 miles-in-an-hour badges and did the Hundred Miles at Woodford in 1976.*

*Yours in sport, Dagenham Dave C578*

## **EMAILS CATH DUHIG**

Dear Dave,

Many thanks for your encouraging parting words today. They were probably more precious and vital than you could ever realise. I've been feeling pretty low of late and got myself into a bit of a negative trap. You reminding me about that Sunday in Cricklefields was important. I have a card on my 'study' wall that reads 'The harder you fall, the higher you bounce', and I'd been forgetting that.

Tomorrow I will go for a walk...(tonight I will finish this bottle of wine and watch the Winter Olympics Cross Country skiing).

Cath



## IN THE DAILY WAIL

Reader GEORGE TOWERS, a former International Panel Judge – who organised the 1981 RWA National 50K Championship at Sleaford, when over 100 started – spotted a newspaper article. A St. Albans Pancake Day race only passed ‘risk assessment’ when running was prohibited. Participants had to walk...you couldn’t make it up...and 3 got disqualified for running!

## SITUATIONS VACANT

Many readers are without any appointments/jobs/offices within athletics. Can you spare a few hours a week to take on some of our Essex County AAA honorary positions? Some jobs are unfilled and an office holder is soon to retire from another. If you can offer your services for any positions, or seek further information, please ring PETER SKETCHLEY on 01376-341770. Your offer will be much welcomed.

U13 Boys Team Manager  
U17 Men’s Team Manager  
U15 Firs & U20 Women’s Team Manager  
X-County Secretary & Senior Athletics Team Manager

## THE GOOD FRIDAY AGREEMENT

RON WALLWORK has got a 5 Miles Walk on Good Friday’s Road Race card at Sudbury (Suffolk). Let’s all agree to support it...plenty of forms are about.

## NO WALKS IN GENERAL ATHLETICS MEETINGS

The race walking fraternity often bemoan the absence of walking events in general athletic events, so fair play to the London Indoor Games who included a 3K walk in their January programme. So how did the race walking community react to this, well there were 10 entrants, all veterans and the event was won by a 54 year old runner. The audience which had seen quality races including the likes of Mark Lewis Francis must have been well impressed!

Now of course the London Games coincided with the Victoria Park fixture (although there was an opportunity to double up), but a further opportunity for race walking to advertise itself came up the following week at the Essex/Kent/Open Indoor Championships. So what was the response of our top race walkers, well it was unanimous, no senior men entered, of the 14 competitors, only two, both junior ladies, were not veterans and it was won again by the same 54 year old part time walker. For the record, Lea Valley was full, so an excellent opportunity was missed.

Of course next year when these events drop the walks through lack of interest, we call all go to Belfast or Lugano!

Blimey you could not make it up!  
Frustrated  
Nick Silvester.

## TOWER OF STRENGTH

Congratulations to tough guy KEVIN MARSHALL who ascended Canary Wharf Tower in just over 7 minutes – not in a lift but up the stairs – as part of a fund-raising drive by SHELTER. That was on February 25th and, 2 days later MIKE BUSHELL’s Saturday sports spot on BBC1 Breakfast Time showed the event 4 times. Kevin was easily recognised on TV. His charity collection is still open for donations – just see Kevin at meetings or follow instructions previously published in Essex Walker. There were not many steep hills or tower blocks in BURY ST. EDMUNDS for him to practice on – so double congratulations!

## IN ROME

On the weekend of the 19th March, STEVE ALLEN & DENNIS JONES will be running the Rome Marathon. They will be raising funds for ‘Children with Leukaemia’. Steve’s Dad ALEX will be going with them as ‘minder’

## CONGRATULATIONS

Dave Sharpe reports that Mike Hinton has become a grandfather we therefore extend our congratulations to him and his family.

## WHO WOULD BE EDITOR

Like all Editors, Essex Walker’s Ed needs contributions from readers and ‘information suppliers’. Take the London 10K at Victoria Park – 3 different information suppliers told me (a) Scott Davis beat the 2 Kings, (b) both Kings were disqualified and (c) one King finished and one got a d/q – but he didn’t know which was which? With the info I got, I couldn’t even cobble together a few lines, with that sort of news, for the little old Ilford Recorder.

Then, after the RWA 10 Miles (which I was at) an information supplier ‘phoned me up a couple of times ‘to discuss the race’. I was astounded to be told that Luke Fuch had not turned up again and that Dave Steven’s had quit after getting 2 cards. Hmmm! Luke finished 4th and Dave came to the meeting to give his support – he didn’t even start. In the 90s I did ask all information suppliers to ‘double check’ facts before submitting items for Essex Walker. This followed an occasion when a reader gave information about a former international announcing his retirement. This former international took umbrage at seeing his retirement published in Essex Walker – in fact, far from hanging up his shoes, he went on to regain international status! So readers if you’ve information for publication, please ensure it’s PUCKA GEN!

## HERTFORDSHIRE NO. 1

Dave Sharpe reports that Ilford colleague FRANCISCO REIS won the Herts 10 Miles (in conjunction with the RWA Championship). It was enthusiastic Dave who unearthed Francisco’s Hertfordshire residential qualifications and then entered him for that County’s Championship.

## LIFER

Man of many Clubs, ‘character’ JOHN PERKINS – a former enthusiastic race walker – has received a ‘lifetime achievement award’ from the Havering Sports Council. This was presented by His Worshipful the Mayor of Havering, Councillor ROGER RAMSEY at a function in Upminster Golf Club on February 22nd. In 4 decades John has competed in 18 different sports and has been a member, at various times, of nearly 40 Clubs. In athletics alone he’s hit double figures for clubs. John has also raised considerable sums for the BRITISH HEART FOUNDATION in BT Swimathons.

## OUT AND ABOUT

Spotted by TONY PERKINS in North Essex, training hard near Stansted Airport, were fit and active Essex Police retirees PETER RYAN & DENIS SHEPPARD.



## RWA NATIONAL 10 MILES (+ESSEX CHAMPS/LEAGUE

1	D. Stone	Stey	73.49
2	S. Davis	Ilf	74.10
3	T. Taylor	Bir	75.08
4	L. Finch	Col	75.20
11	F. Reis	Ilf	87.54
12	S. Uttley	Ilf	93.27
22	M. Fisher	Red	100.50
24	P. King	Bel/Ltn	101.18
25	S. Pender	E&H/Ltn	101.36
26	J. Hall	Bel/Ltn	101.41
27	D. Sharpe	Ilf	102.36
28	A. Ellam	E&H	102.48
30	O. Browne	Ilf	104.34
38	R. Powell	E&H/Ilf	109.44
39	M. Sutton	Ilf	112.22

County results were given in the previous edition. There were no Essex/Essex League finishers in the Ladies 10 Miles race or in the Junior 10K.