

# ESSEX WALKER



## YOU CAN MAKE THE 2012 OLYMPICS

We hope some of our readers will be both racing and officiating. But if not in these categories you can still be there, as it's a city centre course along The Mall and Constitution Hill. Walk dates are Saturdays 4th and 11th August. For both dates "The Guardian" quotes prices of £20 and £30, though there are bound to be buckshee places somewhere along this course.



## LEADS UNITED

The long established Enfield Open 7 Miles race saw another "cracker" as a most enjoyable occasion had been organised for us. It was good for Essex as talented Colchester Harriers duo DANIEL & DOMINIC KING gave a top display throughout to jointly win, with another Essex club member - FRANCISCO REIS completing the frame. Ilford AC had a good turnout and claimed 1st and 3rd team prizes with the hosts taking 2nd...our hosts also dominated the ladies

team stakes. For those seeking to have their talents spotted, "Think Tank" supreme GEORGE NIBRE was casting his eyes over the action. Essex Walker's correspondents have requested seeing more top walkers on show at domestic meetings...well folks you had your wish here (and how!). MARK EASTON was behind the lens and his work can be viewed on his website. Thanks to RON WALLWORK's team and for all who supported this race. Keep supporting it and it'll go on-and-on! A word for distance man OLLY BROWNE who injured himself warming-up but still faced the starter (RWA President PAM FICKEN). Ollly struggled early on, but after encouraging words from colleague MICK BARNBROOK he picked up speed to finish strongly. We'll not write much more as we'll steal "Enfield Walker's" thunder, but let former Open 7 victor BOB DOBSON have the last word. As he finished stadium floodlights were switched on causing him to remark, "It's the first time I've finished under floodlights...I must be getting slower".

## HAPPY BIRTHDAY



Yet another walker will soon hit a milestone birthday as January sees a 70th for AMOS SEDDON (Enfield & Met.Police), a former international who is synonymous with Essex. Indeed he's represented his County many times, as he has the British Police and The Met. A former National Champion and former National & Met Police Champion, Amos is still being presented with prizes and awards (and at high levels). It's in International vests that his proudest moments have occurred as he's been up against the best at the European Games and Lugano Cup for Great Britain, as well as appearing in many other internationals. For England he gained Commonwealth Games Representative status. When considering the many Open races/County Championships in which he's excelled, then clearly many prizes and awards are in his residence. And they are still being added to. We know him as a sports footwear dealer who gives you a good price! Amos briefly packed in retailing only to return a month later...by popular demand! We wish this true worthy a happy 70th - and many more birthdays, and racing days, to come.

## RWA SOUTHERN AREA AGM (8th Nov)

As 4 years ago, not a single person attended from outside the Officers/Committee...so it was like a Committee Meeting. Said visibly dejected Hon.Sec. CHRIS FLINT, "This is so disappointing as walkers have not attended; but throughout the whole of the South only 4 have even had the courtesy, yes the courtesy, to submit an apology for their absence. Do people outside this room really care about what we do? Would they care if we were to disband? I shall have more to say on this but it's a lack of apologies that has really upset me".

As for the meeting, it was sadly reported that the RWA Southern Area's Championship weren't well supported. Said Chris, "We may soon have to decide if we can afford the expense and officials time in continuing to stage such events". The Officers & Committee all re-elected themselves,

## ONE-OFF ESSEX CHAMPIONSHIP

For a one-off ("one-off" is stressed) our County 10 Miles will be a 'B' race. For years it's been Essex County AAA policy that County Championships Walks are held under 'A' terms. The 2011 change is because Enfield & Harringey AC's policy is an all 'B' programme at Lee Valley. Therefore if not combining with other Counties on Sat Feb 19th (2pm) Essex would have had to hold their race at the National in Coventry or as a separate event with maybe 5/6 entrants (not cost effective). A number of readers had written to the Essex County AAA asking for such reconsideration. Now you've got it let's see a bumper field assembling in earnest at the Lee Valley.

there being no new nominations for positions. However, as last year there's still 1 Committee place available should any reader wish to make their mark in such a role. The full complement is the Officers, immediate Past President, Vice President and 10 Committee members (we have 9). Busy JOHN HALL is Southern President for a 2nd year...so his worthwhile President's Appeal is still ongoing (if you haven't yet contributed and wish to, please see John at meetings to make your donation). For dedication look at your Honorary Treasurer JOHN POWELL (a former Essex resident from his

Canvey teaching days) as he's just clocked up 30 years in his position. So it's business as usual with the same team at the helm of Southern race walking.

## COACHING WELL SUPPORTED

The first of a 6-monthly coaching sessions at the Lee Valley saw over a score in attendance, with expert coaching and assistance on hand. If you didn't make it, then please try to support other dates on the programme. Full details in Enfield Walker.

## CHRISTMAS CHEER

To rid yourself of Christmas calories come to Lee Valley Stadium for the annual Enfield Boxing Day 5K on Sunday 26th December. It's on a different course, being an "out-and-back" past the Sewage Works and along the canal bank. Time is 10.45am - we start 15 minutes before the runners. 'B' race code with entries taken on the morning. Bring Santa hats and anything else to personalise your performance. All welcome for pure enjoyment!



## WALKER'S DEATH

At 95 years of age Sir NORMAN WISDOM passed on. Norman's picture graced the front cover of Race Walking Record (Issue 670 August 1998) while competing in a 595 strong field at the joint 85 Miles Parish Walk/IOM 100 Miles. Norman was going for an intermediate exit timing point. Needless to say he was wearing his trademark daft cap gormlessly worn at an angle!



## EMAILS JOHN C

Dave,

I recently mentioned Norman Wisdom in the "RWR Parish Walk Special edition 2010". I will most probably be reprinting an image of that particular cover in the next magazine. Norman had entered a team of walkers in the event that year named "The Pitkins".

I would like to start compiling a list of famous people who have taken part in timed walking events. Help from anyone please? To get us started: Norman Wisdom, Julie Walters, Steve Davis, Bram Stoker. Suggestions anyone?

Off the record: I was thinking of you just before you emailed. I had just been enquiring with someone about selling an old book I have in my collection: "Ainsworth's Dictionary" dated 1746... It predates the famous Doctor Johnsons dictionary by several years. Perhaps a relation of yours?!

John

Adds Hon.Ed. I'll add Barry Hearn and Mike Bushell. Any others? Please mail to [rwr@racewalkuk.com](mailto:rwr@racewalkuk.com)

## FUTURE CHALLENGE

Hello David,

Hope you're well. Olly (Dad) is thinking about doing another event 100 mile in 24 hours for Help for Heroes but with a twist in it ha ha ha.... of completing a 500 mile relay with 5 individual people walking 100 miles each for 5 days. The dates we are looking at are Saturday 24th September till Thursday 29th September 2011. If you're interested in taking part, could you let me know? It will be a massive event and for a good charity as well. We thought we let u know asap so u have some time to think about it. IF YOUR'RE UP FOR IT LET'S DO IT..... AND IT'S GREAT FOR LONG DISTANCE WALKING.

### Angus Browne

Personal Trainer + Sports Massage Therapist, Herbalife Distributor

Boxing Browne's Health + Fitness

Unit 8, Kings Eight,

St. James's Road,

Brentwood,

Essex,

CM14 4LF

Mobile: 07590637233

Work: 01277 424222

E-Mail: [anguswb@hotmail.co.uk](mailto:anguswb@hotmail.co.uk)

E-Mail: [anguswb@o2email.co.uk](mailto:anguswb@o2email.co.uk)



Adds Hon.Ed. The venue will again be Marine Parade in Leigh-on-Sea. See Olly at the meetings and he'll give you more details, or call him on 01702-557109.

## DOWN MEMORY LANE

Hi Dave,

How pleased I was to see India gain its first Medal in the Commonwealth Games in Delhi. Some 40 years ago in 1970 at Edinburgh another race walker from India was in front of me at 11 miles when he was disqualified for 'lifting.' He wore 'Green Flash Plimsolls' which it was believed made his action rather bouncy! However the Indian race walkers seem now to have moved forward as the Bronze Medallist's time of 83 minutes plus is approaching World Class. Sadly the UK seem to be a very long way behind. Trust you are keeping well.

Yours in Sport.

Bill SUTHERLAND

## TRAIN IN SPAIN

Please would you be so good as to include the following in the next convenient issue of your esteemed publication.

Thanks.

.....  
Train in Spain

We are again attempting to get together an autumn training camp in Catalunya, as the one posited for 2010 did not get off the ground.

Pencilled in already are the dates : 6th - 13th October 2011.

The venue will be the Hotel Volga in Calella, where terms will be similar to those quoted last time, viz: 25 euros per person based on 2 sharing ( single supplement 18 euros)

Calella can be reached by flying to Girona or Barcelona, or by road or rail; it is on the coast about an hour's drive from Barcelona, so a day excursion to that lovely city is possible. The week in question coincides with the Oktoberfest so there will be plenty of evening entertainment in the town. There is a bus that "hops" along the coast, making other excursions possible, and the usual not-to-be-missed Spanish street markets. So, there is something for non- walkers as well as walkers to do.

We are hoping to engage the services of a coach to give the training aspect of the week some focus and structure; contributions towards this cost will depend on numbers attending.

Weather at this time of year should feature temperatures in the mid 20's.

Realistically, to make this venture viable, we need a minimum of 15 takers.

Early notice is being given so possible participants can check dates, book leave, ask questions, make arrangements.

If you are interested, please let me know. If I haven't heard by the end of March from enough people to make it all viable I will proceed no further with trying to set anything up.

Please note that I am just being the contact for this in order that it might happen, it is a non-profit-making initiative on my part.

[cath@peterduhig.plus.com](mailto:cath@peterduhig.plus.com)

42 Wimbotsham Road  
Downham Market  
PE38 9PE

01366 388188  
07752059062

## FORMER INTERNATIONAL'S VERDICT

Hello Dave,

How pleasing it was to view the wonderful photographs by Mark EASTON of the RWA National 50 Kms. Walk at Northampton recently. It was REAL RACE WALKING with style as we knew it and heel and toe. No wonder the top world competitors do the times they do as we saw from the leading 2 Australians in the Commonwealth Games in India, because it is just not Race Walking. Have any other readers got a view on this as it is no wonder the likes of Steve Cram and others dislike what they see? I also noticed very few walkers from the Home Nations Wales, Ireland, Scotland, Channel Islands etc and that is something which needs addressed when it is next staged in Glasgow, Scotland in 2014. Finally congratulations to the 6 times Champion Scott DAVIS and all the Golden Oldies on the road or officiating. I salute you all!

Yours in Sport.

Bill Sutherland B.E.M.

## OFFER FOR READERS

Hi Dave,

I have 3 spare copies of the Paris Colmar magazine from 2008 looking for a good home.

Sue Clements





## **HAPPY 80th**

Boxing Day sees another established reader, Centurion No.557 KEN ROOST, reach this milestone. Ken assists at Enfield League events where he marshals and assists with raffles. Nowadays his sporting interests are "The Turf" where he keenly follows form, and on the green baize where he's player/manager of "British Aerospace Codgers" in the Stevenage Snooker League. Before that firm quit Stevenage they played as "British Aerospace" but now they're pensioners/former employees who play under a different name. Ken joined BAe when discharged from the Royal Air Force Signals Unit at Henlow in 1974. He's recently stepped down as long serving Hon.Sec. of that League, and his highest break to date is an impressive 52. He played and managed the RAF Coltishall Snooker team in the late 60s.

Ken was mainly a sprint walker on tracks but got hooked on longer road walking when posted to RAF Coltishall in the late 60s. RAF Coltishall had won the RAF 7 Miles Team Championship in 68 & 69 with the likes of DAVE GULLIVER & DAVE AINSWORTH (both 7mph badge holders) in their ranks. Ex-Warrant Officer Dave Gulliver, recently 71, still looks like one in his 50s and resides in Swaffham where he's Chairman of his local Cottage Hospital League of Friends. Ken relished the London-to-Brighton (8 finishes), Leicester Mercury, Birmingham Outer Circle and the Manchester-to-Blackpool. He raced the latter event once and won the handicap trophy and prize (kitchen clock). The clock doesn't work anymore and he returned his trophy after less than a week when an Organiser's phone call informed him that they'd been an error and another had pipped him by 4 seconds.

Ken walked for Stevenage & North Herts Harriers having been recruited by ex-RAF man RON PURKIS who was a chiroprapist in the town. Ron moved to Hampshire and sadly recently died. Before Ken was demobbed, as a Flight Sergeant, he gained RAF Colours in a representative match versus the Territorial Army over 20 miles. He's a keen attender of RAF Reunions, rarely missing any.

Ken became a Centurion in the 1975 Ewhurst 100 Miles when clocking 22.03.26 just 2 minutes behind Cambridge Harrier MATT DAVITT who had made his name in Essex as part of a volatile Newham AC squad. Among new Centurions that day were sub-20 hours SWC/LPR duo KEITH READ & DENNIS VALE, both sadly no longer with us. By this time Ken had moved "down the road" to VERLEA AC; indeed 1975 was a good one for him as he finished all 4 Senior Nationals (10/20 miles & 20/50K). As for that event DAVE BOXHALL won in 17.56.06 followed by J.VOS in 18.17.46 & GEOFF TRANTER in 18.40.01. One other broke 19 hours and 5 were in the 19 hours time bracket. Times change! 95 started, 56 finished under 24 hours of whom 29 became new Centurions.

Come 1979, in a different vest, Ken again lined up at Ewhurst. He explained, "There was a bust-up at Verlea so I went to Enfield while Ron went to Met WC". In preparation he'd done much training with his training partner Ron to aim for sub-20 hours, and literally days before entries closed, Ron decided to submit his name. 107 started, 78 finished and 37 became new Centurions - all 3 figures being new UK records. DAVE BOXHALL again won with DEREK HARRISON 2nd clocking 17.24.00 & 17.45.53 respectively. 3 walkers made the 18 hours bracket including 4th placed ED SHILLABEER in 18.23.21. 5 were in the 18 hours bracket including Ron (9th in 19.35.45) and Ken (10th in 19.52.53). In recent years Ken's time would have secured UK National Titles and/or overall race victories. The Borough of Enfield Harriers (as then named) winning team saw Ken lead them home backed-up by JACK ROSSITER (13th in 20.12.01) and the late PETER WORTH (15th in 20.20.44). Both were existing Centurions - Jack from Woodford in 76 and Peter from the 72 Leicester-to-Skegness. A finisher was the late ARTHUR EDDLESTONE (who so sadly died in a mountaineering mishap) who came 12th in 20.02.02. Among new Centurions were RON EATON (WG), MICK BARNBROOK (CH, who beat 22 hours), the late GEORGE WOODS (Sth) and TONY PERKINS (If). Two Centurions had entries refused - ANN SAYER & DIANNE PEGG. Organiser GEORGE HALLIFAX, another Woodford 76 qualifier, didn't want women walking and claimed there were no changing facilities. When it came to the fairer sex George's views were akin to those of the Ayatollah! It was Ken's highlight and we all wish him well on his 80th birthday.

## **BOB DOBSON'S TRIBUTE TO BRIAN FICKEN**

There is little I can add to the comprehensive obituary written by D.A. in last month's issue, but it would be remiss of me not to say a few words and a big thank you to not only a long standing race walking colleague but someone who befriended me and gave me a home counties base when my mother died, in order that I could continue racing in the south east.

Early in my race-walking career I became aware of Brian, as we would often finish just a few places apart in London, Essex and National Championships (1964).

By the time I had progressed to longer distances his presence was more as "bucket and sponge" attendant to his father in law, Hew Nielsen.

In more recent times, when staying with Brian and Pam we would spend hours reminiscing over pre and post war races, many of which were unknown to me, but for which he could often provide a programme and result sheet. His collection of memorabilia was his pride and joy. Many of us have seen volumes of old photos and programmes etc which he was keen to exhibit at suitable race-walking functions.

He loved to recount his very first race and I heard it many times, but like many classic stories once was never enough, the repeats were just as enthralling. Fancy making your debut, a complete novice, by walking from London to Brighton. When he asked what to do when his feet blistered he was told to stop, raise his knee high then stamp down hard to burst them-Ouch!

On his way to the changing rooms at Westminster he met another debutant anxiously trying to find the venue and thus a life-long friendship with Stan Vickers was struck. Stan, as we know went on to fame and glory, but never lost touch with Brian, for whom he was Best Man at his marriage to Pam, and later Godfather to their daughter Penny.

Brian's association with the London to Brighton races, as competitor, attendant, official, and organiser continued to the very last edition, recounted already by D.A.

As a PTI in the army he had to mould the squaddies into shape and many a big, rough, tough oick would crumble at his feet. Brian boxed for the Army and had been in the same team as Henry Cooper and I was pleased to attend a book signing in Cardiff when I got Henry to write a dedication to Brian in his autobiography.

Brian held strong views on the rights and wrongs of race-walking and took time to accept the current modes of progression versus the good old "heel and toe". Despite all his memories of the past he still supported the younger members of our sport. He was keen to encourage their development and dedicated his Presidents Appeal to further their progress.

Despite failing health he would be keen to travel and watch as many races as possible and his final act, just weeks before this year's National 50 kms was to vet the course at Northampton and advise on layout. Sadly he was not able to see the successful race that ensued.

Long may he be remembered.

## **LOST GB OLYMPIANS - REQUEST FROM CARL LAWTON**

Does anyone know the addresses/emails of the following? Walkers are Steve Barry, Bryan Eley, Bob Hughes, Victoria Lupton, Ian Mc Combie, Howard Timms. Could recipients please respond direct to Carl at [sborinoco@aol.com](mailto:sborinoco@aol.com) or see him at the meetings.

## WRITES 1981 100 MILES WALK WINNER GEOFF TANTER

Dear Dave,

Hoping this letter finds you and yours fit and well. Thanks for July's issue of Essex Walker and memories of Brighton and Woodford Green 24 hour track walks. yes, George Beecham MBE at Brighton with that facial and side-boards. One of a great field with happy memories to hold for all time. Woodford Green, again memories of keen walking by all competitors with support and encouragement from all trackside.

I must say sorry for my reply being so late. I have been away for a couple of months, walking in the Highlands and later the Welsh boarder. Plus I've been paying my respects to the lads of 1917 in Belgium and France ("Least We Forget"), which built up a lot of mail to respond to. I'm slowly working away at it! A first class publication again is Essex Walker. "Well dun".

I was sorry to read of the passing of Brian Laver. I recall him as a stylish, fair walker who moved with a fluid, easy to watch style. R.I.P. Sadly also Bill Maxwell (C509). Bill and I 'cracked' our first 100 in the 1973 Bristol 100. A smashing fellow with a great sense of humour, always got time for you. I will miss in particular his warm greeting in his beautiful Lancashire dialect, "How ya doin Geoff lad" "Thanks for the time shared Bill". R.I.P.

On a more upbeat note I look forward to The Centurions 100 years get together next year. What a gathering that will be, "Bring it on". Not forgetting the work and effort put in by The Centurions organising Group. You are a credit to The Centurion memory and fraternity. "Thank you".

I will close for this one Dave. Thanks again for your time and support for our great sport via Essex Walker. "Well dun".

Best wishes.  
In peace.  
Geoff Tranter C507  
Birchfield Harriers

## SMALL FIELD START AT BEXLEY

Cambridge Harriers hosted this season's 1st Winter League 5 Kilometres race around 4 laps of a hilly "around the houses" course. Medway youth JONATHAN HOBBS was quickly away showing a proverbial clean pair of heels as he opened up 80 metres advantage by the end of lap 2. A determined STEVE UTTLEY had him in his sights and used lap 3 to attempt making inroads but Jonathan kept back the threat to win in 25.09 with Steve, a former course/distance winner, 2nd in 25.51. Steve prevented a family 1-2 as the victor's father CHRIS was 3rd in 27.36. Heavy traffic at Blackwall and Dartford caused delays. Some were cut it fine, others turned back. Some kept their powder dry for that big Northampton meeting the following day. But still a small turnout - and it's only a £2 entry. Race No.2 is on Sat 4th Dec at 2pm, which sees SCVAC & VAC Championships in conjunction.

## CHRISTMAS CARD APPEAL

Following success in the past 4 years we're running another Christmas Card Appeal on behalf of The Gambian Home For Children With Learning Difficulties; which is based at Hart House (named after the late Grade 1 Essex Walking Judge Albert Hart) in The Gambia, and run by former Essex Champion walker GEOFF HUNWICKS and his wife ROHEY.

Same as before, if you'd like to donate a sum roughly equal to what you might spend on Christmas Cards for race walking friends, in lieu of sending such cards, then we'll pass on the grand sum to Geoff. Please send cheques to Tony Perkins at Dean's Farmhouse, Tye Green, CRESSING, Essex. CM77 8HU, or see Tony at the meetings (where cash can be taken). Please make out cheques to A.F.Perkins. That's because Tony has a charity account which maximises donations when contributed to good causes.

Tony will collate names and publish them in Essex Walker to acknowledge your gestures and also to let other readers know why they won't be getting a Christmas card from you this year!



## OVER AT DONKEY LANE

Are you missing the Queen Elizabeth II Stadium down the Donkey Lane cul-de-sac? It was a stadium where Seb Coe, Daley Thompson and Linford Christie used to compete on their way up. It's one of the major beneficiaries among 14 awards made from the Olympic Sports Legacy Fund. The stadium will get £250,000 as a contribution towards a £1.2 million upgrade. The fund's aim is to deliver a grassroots legacy in London, where only 1-in-5 adults regularly compete in sport. Cash will be used to refurbish changing rooms at this art-deco Grade II listed building which opened in 1953 - Coronation year - and closed 2 years ago having fallen into disrepair and become a magnet for flytippers. It was so bad that schools were forced to cancel sports days or find other venues. The turnaround came in October 2008 when the Council struck a deal for Enfield Town Football Club to move in as tenants. This summer a new track was laid, at the opening of which Lord Coe said, "I competed at the QEII stadium as a young athlete. It holds special memories for me and helped shape my career." Other local beneficiaries include Bounds Green Tennis Club, Crouch End Lido and Redbridge Sports Hall. Info courtesy of Evening Standard.



## PRAISE FROM A COMMONWEALTH GAMES MEDALIST

*Just a few lines to congratulate Joanna JACKSON on her Gold Medal Performance in the Women's 20 Kms Walk. It is never easy to break away from the field and then maintain it to the glorious finish. Real courage is required and she certainly had plenty of that. She joins a long list of success in the Commonwealth Walks since its inclusion in 1966. The first Women's Gold too which should enhance Race Walking in the LONDON OLYMPICS 2012 particularly in GB. We must grab the moment and get her picture and success story circulated far and wide with the hope that others can follow in her footsteps. It is never too late! Great coverage with discussion promoted by Sports Reporter Mike BUSHELL in the main BBC 1 News Channel and repeated. All efforts must now be made to keep our great Sport of Race Walking in the public eye. Well done too Andy on all you have achieved at Leeds Carnegie this year. Keep it going! Yours in Sport and Friendship.*

Bill SUTHERLAND – Commonwealth Games Bronze  
Edinburgh, 1970

## NEW YEAR RESOLUTION FOR ASPIRING CENTURIONS

I can thoroughly recommend the Dutch long distance walks as suitable training for the hundred. They are always well organised, well supported and the company good. For those who enjoy the added incentive of collecting events, there are various long distance awards for completing a specified number of long distance walks within a certain period. See the KNBLO website for details and their handy calendar of all the Dutch club long distance walks (Lange Afstand) at <http://www.slaw.nl/v1/index.php/lange-afstand-kalender2> I have done a number of these events and plan to more next year. Interested walkers are welcome to contact me to gain further insight if they wish (email address available from the editor).

Sue Clements

## INFORMED OPINION

Great Scott and great walking indeed!

A mind numbing, unforgiving out and back course. All walkers to be congratulated in their individual achievements. The distance takes no prisoners and from the pictures the quality of the modes of progression looked really good.

Well done lads and lassies.  
Len Ruddock

## FIXTURES

Sat 4 Dec	CHs Winter Lge 5K/SCVAC/VAC Champs	Bexley	2pm	
Sun 5 Dec	Peel-to-Douglas 10 Miles	Peel	9am	
Sat 11 Dec	SWC Christmas Cup 5 Kilometres	Monks Hill	2.30pm	
Sun 12 Dec	Race Walking Association AGM	Alexander Stadium	2pm	
Sat 18 Dec	Alf Palmer Track Walks	Broadbridge Heath	11am	
Sun 19 Dec	Ilford Allcomers/Essex League 5 Miles	Redbridge Cycle Circuit	11am	
Sun 26 Dec	Brighton Boxing Day 5.5 Miles	Preston Park	10.30am	
	Enfield Boxing Day 5K	Lee Valley	10.45am	
Sat 8 Jan	SWC 10 Kilometres	Monks Hill	2pm	
Sat 22 Jan	Enfield Lge 5 Miles + 2010 Presentation	Lee Valley	2pm	
Sat 29 Jan	Centurions Centenary Year AGM	to be advised	1 pm	
Sun 30 Jan	London Indoor Games 3,000	Lee Valley		
Sun 6 Feb	London Open Walks	Victoria Park	1 pm	
Sat 12 Feb	Cambridge Harriers Winter League 5K	Bexley	2 pm	
Sat 19 Feb	Enf Lge 10 Miles + Esx/Middx/Sfk Champs	Lee Valley	2 pm	
Sun 20 Feb	SCVAC Indoor 3,000 Championship/Open	Lee Valley	2 pm	

## EX-WALKER'S VIEWS

Hello Dave,

I read with interest the views of Bill Sutherland in the November issue and it has prompted me to put pen to paper for the first time in 35 years.

I fully agree with Bill's comments in respect of the "pit lane" initiative and likewise feel this would be the beginning of the end for the sport as we know and love it. I also agree with his summing up of the heel/toe demise in modern walking but accept that one has to move with the times and adapt to the current culture if parity on a world scale is to be achieved (however much walking puritans tut-tut the idea). It's just a shame that records and standards set by previous greats are currently being obliterated by walkers using an altogether different style which would not have passed scrutiny in bygone days.

The main reason for writing is to pick up on Bill's request for more communication between walkers and judges. In the past this did not appear to be a problem. On the few occasions I was "pulled" I always got an explanation as to the reason. I may not have liked it but accepted it as I was in no position to watch myself from a detached viewpoint. I accepted the judges were not there to hinder but to ensure fair play and I never questioned a decision. My recollection is that the vast majority of walkers did the same. Unfortunately my recent attendance at walking events has highlighted a growing trend for younger athletes to be downright rude and disrespectful to judges. I have even heard them using four letter expletives and call them a "joke" within earshot of the said judges. This has occasionally been carried over into the dressing room where judges were spoken of in terms of "clowns".

This behaviour, as far as I'm concerned, is unacceptable and disreputable to the sport. Walkers should bear in mind that judges give up a great deal of their time, have served an "apprenticeship" learning the rules and are nearly always in the best position to decide who is walking fair and who isn't. In my opinion the majority of Judges are not inflexible and have adjusted to the new flat footed style of walking in a professional manner. However, if one sees an athlete contravening the contact rule and cards him/her, walkers should take time out to remember that the judge is always in the best position to make the decision. I would strongly recommend that if you are disqualified, by all means seek clarification, but always maintain your dignity and learn from the experience. Who knows, you may be as good as Bill some day.

Regards,  
Peter Fawkes.

## EMAILS CHRIS "The Scribe" FOSTER

Dave,

I have just read through the latest online fanzine, and not only is it up there with the best, this month's issue made me laugh out loud.

The headline "DAVE SHARPE HAS A GOOD SHEET" was an absolute classic.

By the way, I have done some recent writing for another fanzine close to my heart "The Gooner". You can read my latest rant on

<http://onlinegooner.com/exclusive/index.php?id=1884> following a 2-3 defeat to WBA. I have also recently had a nice piece which appeared online following the 40<sup>th</sup> anniversary of my first observation of some silverware, see <http://www.onlinegooner.com/exclusive/index.php?id=1736>

I am obviously making progress because I am down to write the "match view" for the West Ham game on Saturday week.

Regards The Former Scribe

Adds Hon. Ed. It's worth visiting these fanzine sites to see his quality writing.

## READER'S APPRECIATION

Dear Friends

A rivetting and inspiring read from start to finish - many thanks and best wishes

Sandra Brown SWC

## NORTHAMPTON COMMENT

Dave,

I had resolved to refrain from corresponding but I cannot let a slight rest, the course drew praise from almost all competitors including Scott and Franciso. The bottom turn was tight yes, I consulted with several people, I wanted to widen it by adding rubberised material but was assured it was not necessary. The top turn was quite a sweeping turn and enabled the competitors to get a good attack on the downward leg.

It is proposed that it be the 2011 venue with an aim to be an Olympic qualifying event. Sue worked hard in the planning and I played my small part! I found your remark a downer on a successful event.

Mark Wall

Adds Hon. Ed. I wasn't at the Racecourse, so relied solely on correspondents submitting info which was published in good faith. I publish Mark's contrary opinion, also in good faith, so as readers (the majority of whom also weren't there) can form their own opinion.

## DEATH OF CENTURION

Sorry to have to tell you that John Hampshire C325 has died. Apparently John had been suffering from depression for some time but at present I know no further details

Kind regards  
Guy Goodair C327

Adds Hon.Ed. This Wakefield Harrier hadn't Essex connections but we publish his death notice as some will have known him. He qualified in the now defunct Leicester-to-Skegness 100 Miles (1962) in 21.48.32. We read of his depression. John would have been even more depressed if he'd read the 1997 Centurions Handbook in which he was erroneously listed as deceased! Sadly he is now.

## THANKS

Dear Dave,

May I, through your Essex Walker, thank all our friends in the walking fraternity and beyond for the numerous cards, letters and messages we received after Brian's passing away. We have been overwhelmed with the kind thoughts that have been sent. Thank you also to all those who travelled from near and far for Brian's funeral, we were so touched with the vast number. Our sincere thanks also to those who donated to the Myasthenia Gravis Association in particular those that donated anonymously who we have been unable to thank personally. Penny and I are grateful for everyone's kindness and understanding over the past few months. Finally Dave thank you so much for your tribute and the other tributes you took the trouble to print, we appreciate it so much.

With many thanks,  
Pam and Penny

## ONE YEAR ON

A year his comeback at Surrey's Monks Hill 2009 7 Miles race former International FRANCISCO REIS tacked this same event in 2010. He showed what a difference a year makes as he chased home favourite MARK EASTON, who always wins here (and did again in 55.01) with Ilford's man just 8 seconds behind. Inform STEVE UTTLEY claimed 3rd spot making it a 2nd/3rd for Essex Clubs.

## UNDER STARTERS ORDERS

We've had Newmarket's Rowley Mile on 3 occasions and now another racecourse, Lingfield Park in Surrey, will host a 100 Miles event. Surrey Walking Club are the promoters and, in Centurion terms, it represents a Centenary event for those racing and also those attempting to qualify. The dates are Saturday 20th/Sunday 21st August. Lingfield Park is only 10 minutes from the M25 (junction 6) and M23 (junction 10). Gatwick Airport is 20 minutes away and Lingfield Station (frequent service - London Victoria/East Grinstead line) is just 5 minutes walk away. Trust we'll have a "Racecard" instead of a "programme"? Start training now for a bumper turnout!

## :IN THE WARS

Sadly Olly BROWNE's had a work accident when falling off a ladder breaking 2 ribs, sustaining 2 large bumps on the back of his head and with a body that's bruised "black-and-blue". After an A&E visit he got pain killers and still made work the next day! He's been in the wars, as he injured himself in Enfield's Open 7 Miles warm-up before painfully struggling to finish. Olly's wants a big 2011, with appearances at JILL GREEN'S Isle-of-Wight Walking Festival, the Isle-of-Man Parish Walk, SWC's Centenary 100 Miles and a repeat of his epic "Help for Heroes" fund-raising walk at Leigh-on-Sea.

## VISIT DEATH

DAVE HOBEN, who enthusiastically bangs the drum for that annual 100K Death March in Belgium, points out it'll be a week before 2011's Centenary 100 Miles...for those seeking a "warm-up".

## CHRISTMAS CARD APPEAL

We thank the following readers for their generous donations to the Gambian Home for Children With Learning Difficulties at Hart House (run by Geoff & Rohey Hunwicks).

Dave Ainsworth  
Steve Allen (Barnet)  
Jim Rooke  
Alan O,Rawe  
Cath and Pete Duhig  
Mick Barnbrook  
Hilda Nyman  
John Perkins  
Tony Perkins

Total £150



## MILESTONE FOR NOEL

Essex Walker's ever rising readers age profile sees another former talented walker reach septuagenarian status as January sees NOEL MOONEY celebrates his 70th birthday. Collier Row (Romford) resident Noel was 1-of-3 promising walkers based at Ilford Sorting Office and who raced for Ilford AC in earlier times. The other 2 were now Suffolk-based TERRY RILEY (also 70 as featured in November's edition) and BRIAN BARNARD who we've lost touch with. Brian had talent as a top amateur on the oche as he reached a late stage of the "News-of-the-World" Darts Contest (then our Country's top competition in that sport) and appeared on Jim Bowen's "Bullseye" ("Look at what you could have won" & "You can't beat a bit of Bully on a Sunday"). Noel claimed silver at a Postmen's 6 Miles-in-Uniform race behind Terry and was also well inside the hour for 7 miles as he could keep up a fast pace for ages. For instance in 1974's Essex 10,000 metres at Newham he came 15th in 53.53, in the Essex 20K at Chelmsford he was 13th in 109.54 and in the County 20 Miles (on a now defunct Chelmsford-to-Southend course) he was 22nd in 3.17.01. All 3 times could have won County titles if his peak had been in recent years!

In those races the 10,000m (31 starters) saw ROGER MILLS win in 46.04 followed by AMOS SEDDON (46.49) and BRIAN ARMSTRONG (48.01) 2 others, BOB DOBSON & COLIN YOUNG, beat 50 minutes with LEW MOCKETT bang on 50 minutes & LEN RUDDOCK just outside it. 25 beat the hour with GEOFF HUNWICKS just under on 59.27. In those days Geoff was mercurial. That 20K (36 starters) saw AMOS win in 98.06 hotly pursued by LEW in 98.43 with PETER HODKINSON (then Southend) 3rd in 98.58. 9 others beat 110 minutes. 25 bettered 2 hours with KEITH "Mountain" MANN of Essex Police just under in 119.38. Wonder where he got to? As for the 20 Miles (34 starters), ROGER won in 2.40.29 followed by AMOS & BOB in a tight contest clocking 2.42.40 and 2.42.55 respectively. Ten bettered 3 hours with PHIL HUSBAND (Ilf) just under on 2.59.20 and KEN CARTER just over on 3.00.31. 23 bettered 3½ hours with DAVE AINSWORTH the last before that time clocking 3.18.04. Among that time band was a great performance from MICK BARNBROOK, 20th in 3.11.27. Joint last/30th were Southend duo J.SKEGGS & FRANK DRAKE (who now resides near Bury St.Edmunds) in 4.04.20.

After quitting Club walking Noel frequently got up an Ilford Sorting Office team for the annual Postmen's 6 Miles race. Nowadays Noel's main sporting interest is at Stamford Bridge where he and his son attend Chelsea's matches. It'd be nice to see Noel and Terry at that 50th Postman's Walk at Mount Pleasant in September...and who knows...with Brian Barnard as well?

## MORE PEACEFUL REUNION

Before making a name in athletics, Colchester-born PAUL NIHILL was talented at the noble art in amateur capacity. On February 8th 1951 at Streatham Public Baths he ducked between the ropes to enter the ring and contest the ABA Regional Championships final. In the opposite corner was Mike Bullpitt, who won with a 2nd round stoppage. Making a final took some doing for both, and these 2 warriors are meeting again on February 8th 2011. This time it's in Southampton to mull over old times and long ago contests.



## WRITES PAUL NIHILL MBE

Dave,

*Since Tokyo 1964 I have regularly received from abroad requests for my autograph. Most requests include either cards or photos of me in Tokyo to sign. Many of them end up on E-Bay etc. for £12-£15 a time. I am chuffed that some think I am worth something. I assume Ken and Stan receive such requests. I rarely receive any from Britain. I guess I get a dozen or so a year from the Continent and this goes back 42 years! I always respond.*

Paul.

## WORDS FROM OLLY FLYNN

Dear Dave,

May I through your columns, offer my congratulations' to Ollly Browne, his family and team for their marvellous fund raising event for the "Help for Hero's" charity. It is a wonderful charity, so many brave soldiers who so willingly have put themselves in harms way every day to protect the way of life that we all take for granted every day and a credit to Ollly and all his family and friends who helped, supported and sponsored him in his epic 100mile Race Walk. Congratulations to them all.

Sincerely, Oliver

## CENTURIONS CENTENARY YEAR AGM

Saturday 29th January 1 pm



A London venue to be announced

Among agenda items are proposals for 2 walkers, both worthies with a long Essex association, to be voted in as Vice Presidents - Messrs JACK THOMAS & COLIN YOUNG.

## EMAILS MIKE HINTON

Hello Dave,

I trust you are keeping well, thanks for keeping me up to date with the info on the walking scene, and glad the clubs results are going well. As you can imagine am kept pretty busy at the moment still getting straight, so am not doing any exercise at the moment.

This week whilst at a local leisure centre I spotted something that would interest you on one of the information tables. Do you recall the name George Williams an international Belgrave walker from the 50/60s?. It appears he has a book about his life, its only readable on the internet not in a printed book form you can buy. I got it up and its a really good read, further on he goes into great detail about his races and training with the likes of Vickers, Hall, Coleman and Matthews etc. You can get it up by going into--- [www.georgewilliamsbookshop.co.uk](http://www.georgewilliamsbookshop.co.uk)  
All the best, Regards MIKE.

## FAREWELL TO STALWARTS

TED HIPKINS & BERNARD COTTERELL were both Stock Exchange men who joined SWC in 1949 & 55 respectively. Sadly they recently departed and we express condolence to their families. Walkers attended both funerals.

## AIDE MEMOIRE

Redbridge Cycle Circuit is located in Forest Road, Hainault, Essex. IG6 3HP. It's at the eastern end of that very long Forest Road, which runs from Barkinside's Fulwell Cross roundabout, past Fairlop Station and towards Hainault Forest, near the junction of Romford Road. It's directly opposite Forest Road Crematorium, where so many assembled for our much-missed Laurence Dordoy's funeral. Many were also there at our 500th Essex Meeting. It has a large car park and there's parking available in Forest Road should we fill it.

Although Fairlop Station is in the same road, it's a long, long walk away. Best go the Hainault (Central Line) - turn right and cross the road (pelican crossing) where you'll see a bus stop. Bus route 247 (Sundays/every 20 minutes) will get you to the Forest Road stop. Modern buses call out stops and show them on digital display. On alighting (in Romford Road), cross the carriageway and walk into Forest Road where the Circuit is on your left. Bus 247 will also take you (opposite direction) from Romford Station to Forest Road where it'll be the stop after Hainault Golf Complex. On leaving Romford Station turn right and the 247 stop is the first you'll see. Bus route 362 from Chadwell Heath Station-to-Grange Hill Station also runs along Romford Road and stops at Forest Road (every 30 minutes).

Races there are Ilford's Open 5 Miles (final Essex League race) on Sun 19 Dec at 11am, and the RWA National 20K Championship on Sun May 1st. Please note dates.

## TAT FOR SALE

434 items of official London 2012 Olympic souvenir items are on sale...but 90% are made overseas - what a legacy and no wonder UK manufacturers feel "disgusted and betrayed". Just 40 bear a "Made in Britain" hallmark as 2/3rds come from China and 19% from Turkey. Model black cabs (a London symbol) bearing 2012 logos come from China. Even official Olympic and Paralympic mascots - soft toys Wenlock and Mandeville at £20 each - come from China. Keep your money in your pocket!

## FORMER UK 100 MILES CHAMPION KEVIN PERRY'S IDEA

Hi Dave,

I'm trying to get Surrey Walking Club to incorporate a relay into the centenary race, the reason being is that I think more Centurions would be able to take part in such an important landmark in the history of the Brother/Sisterhood of Centurions. There are many mature Centurions who could manage as a team to complete the 100 miles and therefore be part of the occasion. It is a celebration of Centurions and it would be a shame if some were excluded because they have passed their "sell by date". If you support this cause could you lobby anyone you know to make this possible? I have spoken to Cath Duhig, Kathy Crilley, Sue Clements and Alan O'Rawe - all think it's a good idea. It would be good if we could have your support in this.

Best regards Kev

## MORE COACHING SUCCESS

On November 21st Enfield staged their 2nd monthly Coaching Day (sponsored by our RWA Southern Area Committee) and 14 turned-up. It was supervised by qualified coach MICK GRAHAM from 10am-to-12.30pm at the Lee Valley. Mick was assisted by 4 experienced helpers who were willing to pass on their "know how" - MICHAEL CROFT, KEN LIVERMORE, PAUL RAY & RON WALLWORK.

## GOING UP

Enfield announce that 2011 League entry fees are to be £5 (which of course is still great value and includes your RWA levy). Ilford announce the same fee - £5 - for their Christmas 5 Miles at Redbridge Cycle Circuit on Sunday 19th Dec (11am) which will, in keeping with tradition, include seasonal gifts. The real bargain is the Cambridge Harriers Winter League which allocates numbers for just £2. Talking of entries, please note that entry forms are about for our RWA Southern Area 10K Championship at Monks Hill on Sat 8th Jan (2pm) at Monks Hill. Please support all your Area Championships!



## **SYLVIA MARKHAM R.I.P.**

*I have to announce that the death occurred on Thursday, 25th November, of Sylvia Markham, the former International Panel Walking Judge.*

*Our thoughts and sympathies are with her husband Peter, Chairman of the Race Walking Association, their son Paul and all the family.*

*Peter Cassidy, Secretary, R.W.A.*

## **SYLVIA MARKHAM R.I.P.**

Readers will be saddened to hear of Sylvia's death. The good lady gave countless hours, over decades, to assist the progress of race walking. Her service was long, outstanding and indeed meritorious. As an Official Sylvia made the very top becoming an International Panel Judge and...in 1996 at Atlanta...was the first lady appointed Chief Walking Judge for an Olympic Games. Sylvia held many appointments over the years and will be much missed in the Midlands, throughout the UK and, yes, much further afield. To Peter (current RWA Chairman, Centurion 526 and a stalwart member of Leicester WC) and son Paul we extend our sincerest condolences on Sylvia's departure. DA.

## **ACTIVE GEORGE – 80 NOT OUT!**

Canvey Island based Centurion (No. 716) GEORGE BEECHAM of the famous Belgrave Harriers reaches octogenarian status in February. Still active George has become established as a London Marathon regular who raises money for the Royal National Lifeboat Institute. On Canvey he's one of that Island's best known residents and recently was awarded an MBE for service to his community. George relishes the annual Nijmegen Marches around Holland and walks around Canvey on Wednesdays as part of Walk Trail sessions for the British Heart Foundation. A founder member of Canvey Island AC he's used his 'know how' to enthuse decathlete Dean Macey and improve his endurance.

Born in Hackney he was evacuated to Surrey during the Blitz. He moved back to London and settled on Canvey during 1963. Marlene became his wife in 1957 and daughter Catherine was born in 1967. He worked as a Post Office Engineer and he's the local RNLI Chairman. He first race walked in 1948 to help his asthma – and he's been involved ever since!

George excelled over longer distances and was in Belgrave's scoring 4 when that Club won our National 50K Team Championship in 1957 (Leyland), 60 (Chigwell) and 61 (Sheffield). At Chigwell he led home Belgrave's quartet in 5th position, followed by R.C. Hall (8th), G. Checkley (11th) and J. Morris (16th). In 1962 (at Luton) he was in Belgrave's MILAN TROPHEY winning team (awarded to the Club with the highest placed 8th scorer), when coming 9th. The other 7 were: R.C. Middleton, R.C. Hall, K. Bailey, D. Bartliff, J. Keown, J. Morris and B. Eglinton. In 1954 at Birmingham he helped Belgrave win National 20 Miles team gold medals with H. Greecham, C. Checkley and B. Eglinton. Belgrave enjoyed many NIJMEGAN TROPHY victories in this Championship (for having the highest placed 8th scorer) and George was in the winning squads of 1955/56/57/58/59/60/61 and 62.

In the 1953 staging at Woodford Green of the now defunct GARNET 10 MILES he assisted the Bels to team success, with G. Warr, B. Burns and R.S. Kemp. Those earning team 'gold's', were then barred from future Garnet races. 1958 saw a great performance as George won the now defunct Hastings-to-Brighton (38 Miles) in 6.04.11.

George completed a couple of 100 Miles races (Brighton track and Ewhurst road). In 1981 at the 'Endeavour 24 Hours Track Race' he qualified as a Centurion in 22.45.12 on route to a final tally of 104 miles and 557 yards. He was the only new qualifier on that occasion, and had endured persistent rain throughout. 26 entered but only a score turned up of whom 14 finished – 11 covering 100 Miles under 24 hours. Popular GEORGE TRANTER headed the field with an impressive 129 plus miles. We know how much George is appreciated on Canvey Island, and we all wish him well as he approaches his personal milestone!

## **8 MILLION TICKETS**

There will be 8 million tickets available for the 2012 Olympics, plus a further 2 million for the Paralympics – you can register your interest at [www.london2012.com](http://www.london2012.com)

## **HONORARY EFFORTS RECOGNISED**

Congratulations to long serving HOWARD WILLIAMS (Ilford AC) who has been presented with the Sportessex "Services-to-Sport" Award (sponsored by BBC Essex). Howard organised the Metropolitan League X-County for decades and is a former Essex County AAA President. He was at our 500th Essex League Meeting and has been officiating at walking races (and other athletics events) for many, many years. Howard was a talented runner in his long heyday. This presentation was made at Rayleigh Hall on November 10th. Chairman of Sportessex is Chief Executive of Essex County Cricket Club DAVID EAST and he praised all nominees.

## **"ALLO,ALLO,ALLO"**

The Metropolitan Police Walking Club are to hold their Annual Dinner & Reunion in Peelers Restaurant, New Scotland Yard on Wednesday 2nd March. Booking details (price/time/guest speaker) are to be announced soon.

## **CONDOLENCE**

We're sorry to report that former Loughton AC walker DENNIS JONES (Pitsea and LPR) HAS LOST HIS MOTHER. We offer our condolences to Dennis and his family.

## **OUCH!**

Ilford's STEVE ALLEN contested November's big X-Country run in Parliament Hills Fields but, alas, suffered a painful calf injury in the early stages. By coincidence, just as Steve wheeled off the course he was passed by STEVE ALLEN (Barnet version). We wish the injured Steve a swift recovery and we wish both well in their efforts while 'pounding the sod'. For readers who haven't been there, Parliament Hill Fields is – shall we say – challenging!

## **GETTING CLOSE**

The late great DON THOMPSON (Metropolitan Walking Club) won our National 50K Championship on 7 consecutive occasions. Much interest is now, rightly, focussed on SCOTT DAVIS who has 6 successful 50K wins under his belt and needs 1 more to emulate that great Olympian.

Don gave notice of what was to come when gaining silver in 1955 event at Coventry in a race won by Sheffield's Albert Johnson. 1956 at Enfield saw Don's first victory in 4.24.39 with Eric Hall 2nd and George Chaplin 3rd clocking 4.31.41 and 4.35.12 respectively. Don triumphed in 57 (Leyland), 58 (Wimbledon), 59 (Baddesley near Nuneaton), 60 (Chigwell), 61 (Sheffield) and 62 (Luton). Don's 7th at the latter venue came in 4.27.26 with Ray Middleton being his main challenger in 4.30.59. Don's fastest winning time of 4.12.19 was at Baddesley when his team also won (other scorers being T. Misson 2nd, N. Thompson 3rd and Arthur Thomson 16th). A Met 1-2-3! When Don claimed that 7th win at Luton, Surrey Walking Club won the team honours: K. Mason 4, R. E. Green 5, P. Nihill 6 and D. Vale 8. Paul's biggest 50K moment was just 2 years away as his Olympic debut in Tokyo saw him earn individual silver just seconds behind Italy's A. Pamich. Versatile Paul also returned to Luton in 1971 to win a National gold over 20K.

As for Don he had 'bigger fish to fry' when clocking 4.25.30 to secure Olympic 50K gold in the heat of Rom followed by Sweden's J. A. Ljunggren and Italy's A. Pamich who were timed at 4.25.47 and 4.27.55 respectively. Don had plenty going for him as he recorded many wins in classic races such as the London/Brighton, Hastings/Brighton and other non-consecutive 50K Championships. Don became a Centurion (No. 631) in the 1978 Leicester-to-Skegness event clocking 20.46.48 and went on to gain further international selections in the ultra-distance scent. He was awarded an MBE for his services to sport.

**ESSEX WALKER**  
**WOULD LIKE TO WISH ALL**  
**THEIR READERS A VERY**  
**MERRY CHRISTMAS AND A**  
**HAPPY NEW YEAR**

