



ESSEX WALKER

OSCAR WINNING PERFORMANCE

There was a post-race surprise for October's Enfield League field at Lee Valley as also present was internationally-known South African athlete OSCAR PISTORIUS, "The Blade Runner" and "The Fastest Man On No Legs" as Wiki calls him. He enjoyed a successful World Athletic Championships in South Korea, reaching the 400 metres semi-final and receiving a silver medal in the 4 X 400 metres in which his Country came 2nd with Oscar appearing in an earlier round. Oscar was recording a television feature with a camera crew, and as a filming break coincided with presentations, he was invited to make our awards and say a few words. He proved himself highly popular as he signed autographs was photographed with many race walkers and their families.

ONE FOR ALL



A race for all readers. Can everybody (yes everybody) please, please enter this date/time/place in your diary : Saturday 12th November 2pm at Lee Valley Athletics Centre, and then ringfence it...and if you've other commitments please try to re-arrange

them if at all possible. It's the 85th Anniversary of the Enfield Open 7 Miles - the only UK's only remaining Open 7. Double League points & good prizes are on offer (with extra Centurions awards to commemorate their Centenary Year). Particular welcome is always given at Enfield to former winners and a number of our readers are in this category. And if no longer racing, come along in any case for a reunion. It's a real spectators course as you'll see them plenty of times. If fancying a lesser effort there's 2 opt-outs which still gets you a recorded time and Enfield League points. Let's see a huge turnout : racing, officiating, helping and spectating.

NATIONAL 50K CHAMPIONSHIP - A FUTURE?

There was talk during and after the Northampton 50K Championship about the future of this long established event - first staged in 1930 and held annually since, except for a break during WW2. Peter Marlow's gone on record to Essex Walker advising that this Championship's future will have to be considered. This year saw very few names on the result sheet and a high average age of entrants. Peter points out that putting on this event, for so few, cost £900. It seems unlikely that, in today's financial climate, such expenditure can be justified for so few...that's why it's being considered. Stating such news so early gives plenty of time for comments/opinions to be advanced.

IT AIN'T HALF GOOD MUM

Much travelled PETE RYAN & ROY SHEPPARD were in Copenhagen cheering on

Mark Cavendish as he became World road race champion. And in the grandstand sitting next to our Pete was...Mark's mum!



STOCKING FILLER 1

Each Centurion attending their memorable Centenary Dinner at the House of Commons was presented with a special Centurions Centenary Badge. The badge has a traditional clasp on its reverse side, so can be worn without requiring a buttonhole. A surplus was purchased for Centurions not attending this Dinner and are available for £3 (+ 50p postage). Only members of The Centurions may purchase anniversary badges. Please send cheque for £3.50 payable to "The Centurions", stating your Centurion Number to : Kathy Crilley, Flat 11, Bramham Gardens, London. SW5 0JQ.

STOCKING FILLER 2

The 11th Centurions Handbook is on sale offering 100 pages for just £10. All qualifying performances from 1877-to-2010 are listed plus accounts of all races and interesting facts/figures/news. Many great names are featured. Whether or not a Centurion it's a great addition for your bookshelf. These can be purchased from Pam Ficken at meetings and also by mail order from Ann Sayer, 29 Twickenham Road, Teddington, Middlesex. TW11 8AQ enclosing a cheque for £10 payable to "The Centurions".



MEMORY LANE

On September 9th 1979 LEW MOCKETT of Ilford AC came 6th in our European Friendship 20K Walk at Chelmer Village, clocking 100.01. At a function that night he received a certificate signed by the Mayor of Chelmsford recording this feat. In September Olympian RAY MIDDLETON, now retired and living in Norfolk, was sorting out papers and came across this document. How it got there, he knows not...but he's mailed it to Lew - also now retired and residing in West Sussex. So 31 years later Lew's got his certificate.

3-LINE WHIP



The Race Walking Association Southern Area AGM is to be held on Monday 14th November at 7.15pm in the Union Jack Club, Sandell Street, LONDON SE1 8UJ. It's an opportunity to show support for your hard-working Officers & Committee, have your say on walking issues in our region and to elect those you want to carry our sport forward into Olympic Year. Sandell Street is off Waterloo Road (leave Waterloo Station via the back exit near the Jubilee Line Underground entrance/exit). **Let's see a good turnout!**

CHRISTMAS CHARITY APPEAL

Following success of 4 previous years we'll again hold a Christmas Card Appeal for The Gambian Home For Children With Learning Difficulties, based at Hart House in Serrekunda and run by former Essex champion walker Geoff Hunwicks and his wife Rohey. Instead of sending Christmas cards to those within our race walking fraternity you might like to donate a sum in lieu, roughly in line of what you might have spent on this gesture, for this cause. Essex Walker will publish a list of these supporting this appeal so readers will know why they haven't received a card from you! Tony Perkins has again offered to co-ordinate this appeal and has a Charity Account, so his cheque adds value to whatever sum we raise. Please make cheques payable to "A.F.Perkins" or hand him cash at the meetings. Tony's address is : Deans Farmhouse, Tye Green, CRESSING, Essex. CM77 8HU.

GREAT SCOTT EQUALS LONG STANDING RECORD

Ifford's Scott Davis retained his National 50kms Walk title while leading Ifford to team victory on a scorchingly hot day at Northampton Racecourse on Sunday. In doing so he equalled the record of 7 National 50kms titles (1956-62) set by the legendary Don Thompson MBE, 50K gold medalist in the 1960 Olympics. Owing largely to injury problems, Scott has raced sparingly this year and has competed in only a 3kms and a 30kms event prior to Sunday.

As a consequence the pre-race favourite was Paul Evenett from Redcar who had beaten Scott the previous month over 30kms. Evenett took an early lead on the 1km shuttle circuit and by halfway he had built up a lead of over 3 minutes, just over half a lap. He said after the race that his intention had been to establish a 1 lap cushion over Scott and then settle down to cruise the second half as comfortably as possible. However, he had failed to take account of the conditions and his own lack of experience. As the second half unfolded the gap ceased to grow and Scott, walking with metronomic efficiency began to reduce it. As the race entered the final 15kms Scott caught Evenett and went into the lead to cross the line in 4 hours 45 minutes 22 seconds. Evenett dropped out before the finish exhausted, leaving fellow Yorkshireman Richard Spencely from Yorkshire Race Walking Club to take the silver a long way behind Scott.

Fellow Ifford walker Ed Shillabeer used all his experience to finish strongly in 5th place in 5-53-21, with team mate Bob Dobson one place behind in 5-55-59. Both are former individual winners of this Championship and their efforts saw Ifford AC retain their National Team Trophy. Mickey Sutton walked well on minimal training but fell outside the time standard of 6-15, and therefore was not permitted to start his next lap, having to be satisfied with a classified 47 Kilometres recording. Ifford's overall success of the afternoon was added to when Francisco Reis won the supporting 10kms race in 51-06, with Steve Uttley second in 54-20. Stalwart John Hall completed the frame.

Report by Steve Uttley.

A PRE-NORTHAMPTON SCOTT DAVIS EMAIL

Hi Dave,

Thank you for your continued support Dave, I didn't dream for one moment standing on the 2005 50km start-line that I would win that race, let alone be attempting to equal Don Thompson's 7-in-a-row six years later. But, here I am, and rest assured that I'll give my all to try to bring the title home again!

Best wishes. Scott.

Adds. Hon. Ed. The above was before the big day and...yes...he did bring home this title again so equalling those 7 consecutive victories by the late Olympic gold medalist Don Thompson MBE who recorded his from 1956-to-62 inclusive. It was a triple triumph as with the National, RWA Southern Area & Essex 50K Championships were held in conjunction (latter 2 awards yet to be presented). Macbeth said, "Who dares no more is done". Well Scott still dares and already talks about trying for an 8th title in 2012. Who'd bet against him? Scott's taken on all who've made the start lines and in weather not conducive to long-distance performances (not just at Northampton) in which his metronome tactics have worn down challengers. On behalf of all readers...congratulations, not only to Scott, but to all who've helped and encouraged him over these 7 years. Scott's proved not only a winner - but a popular one!

SEASON ENOUGH

Northampton's National 50K was staged in temperatures exceeding those recorded Athens and Madrid on that day. All who raced, officiated, organised, helped/attended or came to spectate/encourage in such conditions deserve high praise. For an October day in autumn the weather wasn't conducive to distance racing. Racing through open park spaces often brings difficulties for athletes as members of the general public stray across courses...but such weather had one positive effect in that it was so hot, far less strolling pedestrians than expected came to the Racecourse Ground, so making it easier for entrants. A few footballers strayed in front of race walkers when finishing nearby games...but hey...it's their park as well - and we always get ignorant public park footballers don't we (remember stereotype Tel & Wayne from Donkey Lane a few years back?)

Over 7 past years we should thank SCOTT DAVIS for always winning with times beginning with '4'. There have been occasions when, had Scott not been present to secure victory, this great Championship would have gone to title holders in the 5 hours category. Keeping it in a 4 hour bracket retains credibility...so thanks Scott!

National 50 km result Northampton 2nd October

Men

1 st	Scott Davis	Ifford AC	4.45.22
2 nd	Richard Spenceley	Yorkshire RWC	5.32.53
3 rd	Adrian Edwards	Lancashire WC	5.37.27
4 th	Martin Fisher	Redcar RWC	5.50.52
5 th	Ed Shillabeer	Ifford AC	5.53.21
6 th	Bob Dobson	Ifford AC	5.55.59
7 th	Roger Michell	Surrey WC	6.10.08
8 th	Chris Flint	Surry WC	49kms
	classified 6.13.42		
9 th	Mick Sutton	Ifford AC	47kms
	classified 6.09.43		

Ian Richards	D/Q
Sean Pender	DNF
Paul Evemett	DNF
Ian Statter	DNF
Steve Allen	DNF
Steve Arnold	DNF
John Borgars	DNF

Team

1 st	Ifford AC	299pts	Davis, Shillabeer, Dobson
2 nd	Surrey WC	185 pts	Michell, Flint

Women

1 st	Maureen Noel	Belgrave Harriers	5.55.31
	Angie Alsrachan	DNF	
	Karen Weirs	DNF	
	Helen Starling	DNF	
	Erin Grey	D/Q	

Open 10kms

1 st	Francisco Reis	Ifford AC	51.06
2 nd	Steve Uttley	Ifford AC	54.20
3 rd	John Hall	Belgrave Harriers	56.23
4 th	Helen Middleton	Enfield & H.	60.13
5 th	Arthur Thomson	Enfield & H	61.46
6 th	Mark Culshaw	Belgrave Harriers	62.43
7 th	John Constantinou	Birchfield Harriers	64.16
8 th	Carl Baldwin	Milton Keynes AC	68.30
9 th	Diane Baldwin	Milton Keynes	70.26

EMAILS BOB DOBSON - A 50K GREAT

A piece of trivia for you Dave. Before the start of the race Ron Wallwork asked me how many 50 kms this would be? I promised to check my stats and accordingly have let him know that last Sunday I completed my 125th 50kms(or longer) race, albeit in my slowest ever time, but it was also my 29th National 50 kms finish all of which have placed me in the first 9. Regardless of the fact that numbers have declined by 100 since the 1970s you can only beat those who are there on the day.

Bob

Adds Hon.Ed. In 1981 at Sleaford (not the easiest of places to arrive at) 101 stated our National 50K (Bob was 2nd behind Barry Graham). The decline of an Olympic-recognised event is sad. But it's happening everywhere...Dudense saw 9 countries holding their own National 50K Championship in conjunction with that event. Denmark/Norway/Sweden now combine their 50K Championships in an attempt to keep it going. The giant USA had only 4 finishing their National 50K. So it goes on. Amalgamation elsewhere may be the only solution to retaining this...so it might be extra business for Ryanair/Easyjet etc. Who knows? What we know is Bob's 50K record is truly great...readers remember Bob celebrating completing his 100th sub-5 hours 50K race, and we'll never see that feat achieved again in the UK will we? As Max Miller quipped, "There'll never be another". Incidentally Ron Wallwork agrees that any medal winner can only beat those there on the day!

FIXTURES

5 Nov	Addington Vase 7 Miles	Monks Hill	2.30 pm
12 Nov	85th Enf Open/LBH/SCVAC 7 Miles	Lee Valley	2 pm
3 Dec	Winter League 5K	Bexley	2 pm
10 Dec	Christmas Cup 5K /SCVAC 5K	Monks Hill	2 .30pm
17 Dec	Ilford AC Allcomers 5 Miles	Redbridge Cycle Track	1 pm
26 Dec	Enfield Boxing Day 5K	Lee Valley	10.30 am
7 Jan	Southern Area 10K Championship	Monks Hill	2 pm
14 Jan	Steyning 15K	Steyning	2 pm
21 Jan	Enfield League 5 Miles	Lee Valley	2 pm
28 Jan	The Centurions AGM	venue/time	TBA
5 Feb	London Walks	Victoria Park	1 pm
11 Feb	Winter League 5K	Bexley	2 pm
18 Feb	Enfield League 10 Miles	Lee Valley	1 pm
10 Mar	Winter League 5K	Bexley	2 pm
10 Mar	National 10 Miles Championship	Coventry	TBA
24 Mar	Enfield League 5 Miles	Lee Valley	2 pm
14 Apr	Pat Furey Trophy Meeting/5 Miles	Lee Valley	2 pm
15 Apr	National 20K Championship		TBA
27 May	UKA 20K	The Mall	TBA
2 Jun	Moulton Open 5 Miles	Moulton	2 pm

Track record	
Britain finished with seven medals and one gold at the World Athletics Championships last week, raising hopes for the London Olympics. How much have our athletes contributed to the medal tally at the Olympics in recent years?	
GOLD MEDALS PER SUMMER GAMES	
In athletics events	In other events
4 Moscow, 1980	1
3 Los Angeles, 1984	2
0 Seoul, 1988	5
2 Barcelona, 1992	3
0 Atlanta, 1996	1
2 Sydney, 2000	9
3 Athens, 2004	6
1 Beijing, 2008	18

RYAN CUP REPORT FROM STEVE UTTLEY

The annual Ryan Cup 10 Kilometres walking match between the Police and Civil Service, saw Ilford athletes well to the fore, with Steve Uttley winning his first Civil Service road title after many 2nd and 3rd place finishes in preceding years. As well as the match, the event also hosts in conjunction the annual British Police and Civil Service competitions, so there was a lot to play for.

The race was held round 6 and a half laps of Birmingham's Cannon Hill Park in unseasonably hot conditions. Ilford's Peter Ryan racing for Essex Police took the lead from the off setting a brisk pace which saw the other contenders Steve Uttley and John Hall of Belgrave Harriers, racing for the Civil Service, content to settle in his wake. Reigning Champion Dave Turner of the Post Office lay just off the pace just a few yards behind. At halfway John Hall moved up to take the lead but the leading group remained intact, with no-one prepared to risk sudden acceleration in the hot and sticky atmosphere.

On the fifth lap Dave Turner moved to join the leading group as ex-Champion Hall began to drop back a little. With a lap-and-a-half to go Turner made his move turning the screw on the hilly back part of the course. This manoeuvre dropped Hall and Ryan, leaving just Steve Uttley hanging on in second place as Turner wound up the pace. He had made his move a little too early however and as the two came off the hump backed bridge into the straight to start the final lap of just under a mile Turner himself began to wilt slightly, forced to slacken his tempo by the uncomfortable conditions.

Uttley seized his opportunity, even though he was also struggling slightly, and accelerated to open a small gap, with Turner giving chase and holding him to just a few yards until they hit the hilly stretch halfway round the lap for the final time. At this point Turner's legs began to give way as he paid the price for making his break for home too early and Uttley was able to pull away over the final half lap to cross the line in 55 minutes 14 seconds, 39 seconds clear of an exhausted Turner, who just managed to stagger across the line 8 seconds clear of a rapidly closing Peter Ryan in third place. Ryan did however have the consolation of an emphatic win in the Police Championship, crossing the line in 56-25 over 3 minutes clear of his nearest rival Martin Slevin of West Midlands Police.

A number of other Ilford walkers also appeared, including former Ilford AC member John Llewellyn making a rare appearance in 7th place, Bob Dobson, 11 times past winner in 15th and Gary Smith in 17th. Lesley Richardson, making a rare appearance, finished 8th in the Women's competition over 5kms.

Adds Hon. Ed. Often EW has difficulty getting readers to send in accounts so as we can report what's happened. We've received 2 quality reports on this occasion from Steve (above) and also from "Our Special Correspondent" And...both Championships (British Police & Civil Service) were won by walkers with Essex affiliations. Great stuff!

RYAN CUP REPORT by OUR SPECIAL CORRESPONDENT

The Annual Police v Civil Service race was held at Tally Ho Birmingham on Wednesday 28th September - the venue which is next to Egbaston Cricket Ground. In the Civil Service race Steve Uttley won in 55-14 in hot conditions beating Dave Turner 55-53, then came Peter Ryan of Essex Police winning the Police race in 56-01. Times were on the slow side but to have started off fast in conditions, that was more like the middle of a hot July summer day, would have been suicidal. John Hall came in next to fill the Civil Service frame in 56-25 and Amos Seddon was 3rd in the Police race. Stalwart Bob Dobson, who was appearing in the Ryan Cup for the 41st time, finished 15th in the race. For the Police, race organiser Glyn Jones couldn't get into the counting team of 3 for West Midlands who won by a point from the Met Police with Essex a distant third. Steve King, Dom and Daniel's dad, finished 19th in the event and Lancashire were 4th. It was nice to see 4 teams finishing with full teams of 3 counters. 34 men took place in the event and 12 women finishers in the 5k event won by Lyn Bradley in 29-30, Maureen Noel 2nd in 30-32 and Pat Evans third in 33-15. Elizabeth Man-Rey won the Police event in 35-52

HAPPY LOOKING ESSEX ENTRANTS AT THE 50TH POST-OFFICE WALK



EMAIL BILL SUTHERLAND

Hi Dave,

Great September Essex Newsletter. Thoroughly good read as always! Postman's 6 Miles 50th Anniversary displayed everything that is great about Race Walking. Large field of walkers past and present, tradition, good competition and free drinks, refreshments and prizes at their best! Nice to see Ray Middleton and family again and many congratulations to Race Organiser, Steve WYNN and his great bunch of helpers in the LPR.

Cheers for now. Bill

POSTMEN'S WALK

Nice write-up in The British Postal Museum & Archive

<http://postalheritage.wordpress.com/2011/09/26/50th-annual-postman%E2%80%99s-walk/>

Sue

TO SEE YOU – NICE

Encouraging those many Canvey Islanders and Estuary-based walkers (and indeed everybody else) at the highly enjoyable Post Office Walk was popular MAGS...a successful race walker herself in past days - who has many plaques/medals/certificates/prizes to prove it. In recent times her speciality has been to turnout and race on special occasions, such as anniversary walks, where such good times were achieved that we hope to see more of her racing talents at events to come.

HAPPY ANNIVERSARY

The 50th Anniversary Postmen's-in-Uniform 6 Miles was held on a hot September Saturday over 6 circuits of an "around the houses" course near Mount Pleasant Sorting Office with a 3 Miles race for ladies. Past days saw entrants in full uniforms with heavy serge trousers and carrying mailsacks! There were links with race No.1 as the guest of honour was Olympian and Commonwealth Games silver medallist RAY MIDDLETON; while the 2nd placed walker from that event - Canvey Island Centurion and octogenarian GEORGE BEECHAM was an enthusiastic competitor. Indeed Canvey Island/Estuary-based entrants made up an impressive number! On the officials side RWA Honorary General Secretary PETER CASSIDY held the stopwatch while MICHAEL CROFT was Chief Judge. Other officials with Essex connections included GEOFF BANTHORPE, SUE CLEMENTS, BILL SUTHERLAND, former Loughton 2nd claimers BOB & KEN WATTS (back from the Roubaix 28 Hours) & Hon. Ed. Overall Organiser STEVE WYNN resided in Collier Row (Romford) for many years.

6 Miles Results - Leading Positions + Essex finishers

1. D.Turner	Brighthouse	51.58
2. S.Allen	MP	54.12
3. D.Jackson	York	54.17
7. M.Winski	MP	56.40
8. D.Sharpe	MP	56.42
9. M.Sutton	MP	56.53
12. R.Lewis	MP	61.17
13. S.Morgan	MP	62.13
25. T.Kelly	MP	68.57
33. P.Nihill	Rochester	74.06
35. A.Allen	Upminster	74.19
44. G.Beecham	MP	84.05
47 finished	- 2 d/q.	

The top 3 teams were (Nationally) Mount Pleasant, York & Edinburgh. Mount Pleasant were also top London team. The above competitors are all employees or former employees of the Royal Mail. The following Essex finishers donned uniforms to compete as guests : P.Barnard (overall victor) 48.43, O.Browne 58.22, S.Kemp 60.20 & A.O'Rawe 61.07. Including guests 53 finished with 2 disqualified.

Ladies 3 Miles Result - Leading Positions + Essex finishers

1. C.Partington	IOM	25.04 (Event record)
2. K.Howard	Benfleet	30.45
3. M.Quayle	IOM	31.22
4. L.Richardson	MP	34.20
7. G.Legon	ELPDC	35.31 (started late)
11. A.Mitchell	Benfleet	37.27
12. D.Barclay	Benfleet	37.27
22 finished		

The top 3 teams were (Nationally) Isle of Man, Mount Pleasant & Benfleet. Mount Pleasant, led home by Lesley Richardson, were top London team. Liz Stocker appeared as a guest and clocked 31.29. Including guests 24 finished. The Ellen Wright Trophy (awarded to commemorate a popular former competitor who sadly passed-on at an early age) is annually presented to a lady adjudicated to have shown exceptional style and effort. It was won by former race winner Kim Howard. Kim has the 2nd fastest time on record and on this occasion was only headed by Commonwealth Games Representative Cal Partington, who broke her own event record.

All competitors, officials & helpers received quality mementos of this 50th Anniversary occasion. With a combined total of 79 racing, from a programme entry of over 90, the atmosphere created was like the old days of British UK race walking. With various National & London team presentations + veterans plaques, some needed large bags/holdalls to carry off all their awards. Like a magician pulling a rabbit from a hat, Steve Wynn announced the race would continue into Olympic Year with Saturday 22nd September now set-in-stone. A truly enjoyable gathering!

EMAILS ED SHILLABEER

Just saw on ticker tape last night that the £1 m extra from Sport England to Athletics. This should go to support grass roots events especially Championships liked 50k RW, not to line individuals pockets.

No criticism of the hard working organisers (and I did swing around onto the grass at the cone turn sometimes) but I estimate that compared to a course like Tilburg when there are no artificial slowing factors, loss of momentum accounts for up to 20 seconds per km. Even at 10s/k it's 8.20 on a finishing time...qualifying standard times need to reflect this.

Ed

WRITES STATISTICIAN COLIN YOUNG

Dear Dave,

With reference to the 2 Miles held at Mayesbrook Park in the 1951 Festival year, it was the official opening of the track (although the Clubs had a meeting previously). The date was 1st September. The walk was won by Bob Goodall (14.47.2) and 2 men still around - Eddie Staker (aged 97) was 3rd (15.12) and yours truly 10th (16.12). Reg Bond 13th (16.45) was followed home by 3 other Ilford men, the last of whom was Colin Williams 16th (16.58). When I was in Ilford AC I trained with Reg from late 1946 to Spring 1948 when I joined the Beagles. Ilford then had around a DOZEN active walkers including a couple who competed notably pre-war - Bill Treacher & Bill Sandy.

Keep up the good work.

Colin - Centurion C317

GET WELL SOON

We extend our best wishes to Betty Trotter, wife of Eddie, who was admitted to the Romford's Queen's Hospital in early October. We also wish former Ilford AC President Brian Armstrong well as he's been laid low, also in early October, and had to take time off work.

"BRING ON THE WALL"

Among those with Essex connections doing November's Hadrian's Wall LDWA event are STEVE ALLEN, OLLY BROWNE & MICKY SUTTON. They'll aim to complete the 70 miles distance in one go. HYLDA NYMAN recommends this walk, which the good lady did herself a few years back with her rambling Club at a more sedate pace, stopping overnight in hostels along the way.

EMAILS BILL SUTHERLAND

So finally the God's have remembered the RWA National 50 Kms Walk was always in July on a very hot day. Northampton promises to be a real hot one too! Only 2 things now missing being a start time often between 12 noon and 3 p.m. and the courses were generally long laps and hilly and testing. Good luck to all competitors and officials.

Yours in Sport. Bill.

MAN OF LOGIC

Some years ago The Centurions AGM discussed the low number of new UK-based members joining their ranks. After much talk the late PETER MARKHAM produced his master stroke of logic which virtually ended this debate. Referring to a poorly supported National 50K at Earls Colne he asked, "How can you expect people to walk 100 Miles when you can't get them to walk 50 Kilometres?" Q.E.D. One wonders what this stalwart of our sport would have made of this year's National 50K? Answers on a postcard!

COMMONWEALTH GAMES UP AND RUNNING

Construction work has commenced for the 2014 Commonwealth Games Village which is located in Dalmarnock, 3 miles east of Glasgow City Centre on a 35-hectare site. It'll be turned into a residential community after the closing ceremony, resulting in 1,400 new dwellings. This development is energy efficient, creating just 60% of the carbon emissions normally expected from a site of this size. Let's hope race walking is included (we don't want another scare on that score) and all British Isles Countries & Islands will send full squads.

2012 OLYMPIC DATES/TIMES at THE MALL

Men 20k 4th Aug at 5pm. 50k 11th Aug at 9am. Women 20k 11th Aug at 5pm.

DOOM

The busy track at Norman Park, home of Blackheath & Bromley Harriers, has a problematic future as it's threatened by Bromley Council's cuts. There are similar worries about Hackney Council's support for London Heathside's track at rundown Finsbury Park.

WRITES MARTIN OLIVER

Dear Dave,

Thank you for 'Essex Walker' - for those of us "out of the loop", it's a life-saver these days :- what with Race Walking Record's arrival being (how can I put it?) a little erratic. It's the only real way that I can know what's going on! I notice though, that you are 'casting nasturtiums' on my musical knowledge, so I enclose photocopies of my 'Source Material' - The Top Twenty Book by Tony Juniper, where you can see quite clearly that "Here Comes The Judge" by Pigmeat Markham was in the BRITISH charts at No.19, and indeed there is no mention anywhere of the Shorty Long version. Actually this confirms my own memories (which is why I checked it in the first place). Back in the late 60's I used to edit & produce a Pop Music paper and sold it in the School Playground for tuppence a copy (around One New Pee in foreign money) and, as I sold between 50 and 100 copies a month, it used to supplement my pocket money. As it was printed on bright yellow paper I could easily spot who in the School Playground had bought a copy and who hadn't. You ought to try it with Essex Walker! I also did a bit a local "Deejaying" at the time as well and still have some old 'demo discs' (which are probably worth a few bob now!) Are you sure you're not using an "American" source somewhere (eg) via Google as you mention Billboard Charts?

On a completely different subject I notice that Ron Wallwork is no longer 'on the glucosamine'. As he was the one who got me 'on it' I have to say that I still am. Having suffered from crippling backache and an arthritic knee for some time now, the glucosamine is starting to work as both ailments are better than they were!

Keep up the good work mate Mate and I hope to see you soon.

Kind regards & Best Wishes. Martin

Adds Hon. Ed. So now we know where Martin first developed his first Editorial talents...which were also seen when he launched "Enfield Walker". Martin correctly guessed my source, i.e. Google, which in turn led me to "Wiki" - a site which those logging-on write themselves (so you can get anything from great factual articles to total crap). What we both agree is we're sorry Enfield's Chris Foster - an acknowledged expert of 60s pop music, never made his ruling. As for printing Essex Walker on bright paper to see buys it...well we don't charge for it (except postage/stationery for those not taking email copies, and receiving it via post). Essex Walker keeps going by donations only i.e. never costing. But Martin's idea looks good. We're pleased Martin's back & knee are responding to Ron's recommended supplement and hope to see him back on start lines soon.

VIEWS OF PAUL NIHILL

Paul's been in touch to say how much he enjoyed the wonderful 50th Anniversary of the Postmen's Walk, in which he appeared. Paul modestly admits that he didn't do as well as he'd hoped to, but he's really pleased this long-established race is to continue with a 2012 date set (Saturday 22nd September). "It keeps the tradition going" he says. Paul added, "I was so pleased to see RAY MIDDLETON as guest of honour for we were great rivals over many years. He truly deserved that honour". Paul's hinted about when his final competitive race may take place? Said Paul, I've a result sheet, with my name as a finisher, in a running race prior to the 1948 London Olympics opening ceremony. I'll seek to complete a race after the closing ceremony of the 2012 London Olympics, so my active athletics involvement will have spanned 2 London Olympiads". When it comes to Paul announcing his last race many readers will think they've heard it all before! Is it now to finally happen?

WE WISH YOU WELL

Sadly we'll see less of LIZ STOCKER over the next 12 months as Liz embarks on a study course to acquire more professional qualifications which are needed for her employment. Needless to say we wish Liz well during this period of study.

OSCAR WINNING PERFORMANCE

An impressive 45 walkers contested October's Enfield League 5 Miles Enfield League event at Lee Valley over 2 delightful laps of an "out-and-back" circuit which went by a canal bank but had a slight drawback alongside a Sewage Works as breeze wafted our way! However this longer course drew mostly favourable comments as punters seem to want more races on it.

Inform FRANCISCO REIS produced another masterclass as he again had the kudos of leading from gun-to-tape; easily winning in 38 minutes and 55 seconds so meeting his own pre-race target of bettering the 39 minutes barrier. It was a case of "horses for courses" as he continued his fine record at this venue. The race for frame positions was keenly fought as a "dark horse" was involved. Unknown/unattached Hillingdon-based Polish walker DEUTER FABIAN, aged 31, appeared for the first time and proved to be a formidable opponent in a 3-strong group behind Francisco. Former event winner TREVOR JONES (Steyning AC) just got the better of the Pole over the closing stages to finish 2nd in 40.44 with FABIAN 3rd in 40.56 so edging another former winner, Ilford's STEVE UTTLEY, into 4th position with 41.51 on the stopwatch. The ladies race winner was Hillingdon's ever improving SUE MILES.

There was a post-race surprise for at Lee Valley as also present was internationally known South African athlete OSCAR PISTORIUS, "The Blade Runner" - also nicknamed "The Fastest Man On No Legs" by Wiki - who'd enjoyed a successful World Athletic Championships in Daegu. Oscar made the 400 metres semi & gained 4 X 400 metres silver as he'd appeared in a heat. Oscar was recording a television feature with a camera crew, and as a filming break coincided with presentations, he was invited to make our awards and say a few words. He proved highly popular as he signed autographs was photographed with race walkers and their families.



Oscar Pistorius & winners Francisco Reis/Sue Miles, with Centurions Bill Sutherland/Angie Alstrachen in shot.

THREE'S A CROWD

Sky Sport are doing a feature looking at our 1964 Tokyo Olympic Games Golden Quartet. They're being reunited for a "Where Are They Now?" programme as part of Sky's pre-Olympic build-up. The quartet of Lynn Davies, RWA Vice President Ken Matthews, Ann Packer & Mary Rand won't be quite make a full complement as Mary lives in the USA and can't make it.

DUDLEY HARRIS M.B.E - R.I.P.

Sadly Dudley has passed on having lived a long and active life. He founded the New Zealand Centurions in November 1998 and ran it for some years. He was a retired Army Major. He also founded the Federation of World Centurions, an elite Organisation open to a select few who had gained Centurion status in many Countries and who had amassed many ultra-distance finishes. We mention him as he visited the UK from time-to-time and, not so long ago, visited Essex to carry out an induction ceremony for a worthy FWC candidate (Sue Clements).

APPRECIATION

I'm sorry for the delay but I really wanted to thank you for your nice messages about Jim. The family are still shocked by his death because although he had been ill he wasn't expected to die yet. He was very proud of his Centurion badge and never missed the Christmas toast to the brotherhood, a tradition my family will continue for him. He had a great many friends here and on the continent who were members.

Thank you again on behalf of my family.
Dorothy Hurley

EMAILS BILL SUTHERLAND

Hello Dave,

Good Day. Just a few lines to tell you Paul King of Belgrave Harriers stole the show when he appeared on the Antique Auction Show 'Flog It.' He had bought a tall multi-coloured Royal Doulton Vase for £6 at a Car Boot Sale. It was valued by the expert Kate at between £80 to £120. Coming to an agreement on a Reserve Price Kate mentioned £70, but shrewd Paul opted for £80 eventually finding a buyer for £85 before Commission.

Well done Paul!
Best Wishes, Bill.

WRITES MIKE GLEED

Dear Dave,

Thank you for the anecdotes in tribute to Jim Hurley. It is so sad that he is no longer with us. I have many happy memories of races with him around the Country. Whatever his activity at any one time he set about it with enthusiasm and cheerful determination, enjoying well-deserved success. Jim was a good chap!

I am grateful to you for keeping many of us in touch with race walking by way of the www
All the best. Mike.

ADVICE FROM BARRY INGARFIELD

Hi Dave,

I've received emails from P Markham and others too ... I think the accounts that are being hacked are mainly @hotmail addresses. The way that I dealt with it was to block any further emails from these accounts.

Barry

PRAISE - AND A CORRECTION - FROM PETER MARLOW

Dave,

Great edition as always. Just one typing error - UKA agreed Steve Taylor would be my successor.
Regards,
Peter

TONY PERKINS - TRUE STALWART

Tony joined Ilford AC in July 1967 as runner but soon realised "I was useless so I became an official under the guidance of Ilford AC stalwart Alec Tiffin" to quote Tony's own words. At this time Ilford had a junior walking team of Roger 'Miles of Guildford', Brian 'Flapper' Armstrong and Geoff 'the Cough' Hunwicks. They asked me Tony if he'd become their Team Manager - mainly because he had a car. For the next 3 decades he held an official position at the Club. For over a decade he was Ilford AC Treasurer (1970/82 & 1987/88) and along with Alec Tiffin (himself an ex-race walker of good Club standard) as General Secretary, they ran the club between them. They also used to get the track ready for trophy meetings spending much time putting out the hurdles around the then 440 yard track at Cricklefields for only one athlete to turn up.

Tony was encouraged at the walking races to have a go. He remembers Bob Dobson saying, "Instead of holding their tracksuits why don't you have a go?" So Tony did...and on June 9th 1970 he raced the Lambeth 5 at Brockwell Park in 51.34 and for the next three years did mainly Essex League races and generally just helped others. In 1973 he took up a clerical position with a firm called Akroyd and Smithers, a member of the London Stock Exchange and for the next 20 consecutive years he spent a Saturday in May walking from London-to-Brighton.

As an athlete who often finished at the back of the field Tony liked helping others reach their goal in any way, whether it be an International or club athlete and he didn't mind doing it.

Tony's CV would read :

Completed 20 consecutive Stock Exchange London to Brightons, one of only 3 club members to do this, despite on the 1st race going off-course at Crawley and doing an extra 2 miles whilst his attendants (Alec Tiffin and Doctor John Batchelor) tucked into a 5 star buffet provided by his mum. In fact Tony was later told by his regular attendants, Brian and Alec, that they only did it for the buffet. Tony's span of Brightons goes from 1973-to-1992 inclusive. He broke 10 hours more than once with his best being 9.41.24 in 1976 when coming 6th (a place behind Ilford AC Clubmate and Centurion C535 Alan Barber). In 1975 Tony won the sealed handicap and in 2003 - at the last ever Brighton - was an honoured guest and made one of the presentations.

He became Centurion 685 on 22/23 June 1979 at the SWC/Ewhurst 100 Miles in 23-45-47. The idea was to assist Gary Smith (later to become Centurion 856) but he got lost in the mist, went of course, and retired. Tony was also beaten by C683 George Woods! He completed 95 consecutive Stock Exchange club races failing to beat Ken Tuson's record of 97 due to a tube strike.

He's been associated with most Essex Walker issues in some way since No.1.

He attended Colin Young (C317) on three Strasbourg-to-Paris races when his team comprised just 1 car with Reg Wells, Amos Seddon and himself - how times have changed. Along with Len Ruddock and Steve King he assisted Colin on many 24 hour races in France. He attended both Steve King (C492) and David Neagle (C527) on their 100's. He's been organiser of Stock Exchange Athletic Club trips to Switzerland for over 30 years. He worked in the same building as John Lees (C488) and ended up as his personal attendant on many of his long distance races including a marathon at Harlow. He co-organised the European Friendship walks with Denis Sheppard and Mike Scamell in 1979. He organised the Ilford Xmas Walks for over 30 years and in recent years brought a bit of spirit to it (hic!)

Tony was GB Team Manager for some years in the era of Les Morton/Adrian James and was given a nickname by Ken Smith of '*the scrounger*' as he said Tony could always get what the walkers wanted. Tony got a GB track suit but a junior's track suit hadn't been ordered so he gave it away to him - he still waits for his own!

He's been involved in meeting International athletes at airports for 40 years and being the 'dogsbody' at many meetings. This often meant going to airports at 0300, giving athletes breakfasts at 0400 as they like to eat 4 hours before they race, or returning to the hotel at the end of the day to find his room or meal had been given away - but as compensation there are all those perks going at International meets, although he seems to have missed those as well! Along with Dave Kates (C936) Tony was responsible for all the transport at the European Cup at Leamington in 2007

In recent years he operated '*Perkins Tours*' to various overseas walking races earning the reputation of being low-cost, get there in the middle-of-the-night but guaranteed a laugh as Alan O'Rawe (C791) is on them. He conned Dave Ainsworth (C540) into being Essex Walker Editor back in both 1983 & then 1991. Tony's also one of a growing army of keen "*Eddie Stobart*" spotters!

If Tony had to recall one memory in his athletic life it would be being driven to Dublin Airport with Jane Saville in the car ... not because she was in it but for Pierce (33) O'Callaghan's driving.

Said Tony, "Without the help Alec Tiffin, Brian Armstrong and the late Roger Le Moine (C802) I would never have achieved 20 consecutive walks to Brighton - how I enjoyed seeing that 9 mile sign though some years I did wonder who was looking after who? Most of the credit for what I do for athletics should really go to Christine".

Note : This article was first published in *Enfield Walker* but is reproduced as it features a true stalwart of our County's race walking scene. May many more yarns come our way!



NOTIFICATION FROM HALEY

Can you please mention in the Essex Walker that the Met Police Annual Reunion Dinner will be on March 7th next year. Details will be sent out around about Christmas time when price and time will be set.

Thanks
Haley

ONE FOR THE POT

The early stages of the Stevenage

Snooker League have seen a team run by Player/Manager KEN ROOST top the table.

Centurion Ken's in charge of team called "British Aerospace Codgers" - and he's been on good form himself when at the table. We saw octogenarian Ken marshalling October's Enfield League 5 Miles.



STOCK EXCHANGE AC RETURNS TO LUGANO AGAIN

Since the 50's Sal Lugano has promoted walking races in Switzerland. For nearly 5 decades Sal Lugano held the Airolo to Chiasso 5-man relay over a distance of 112km. The Stock Exchange Athletic Club competed in the first race and have been supporting the October race every year since. In recent years other walkers have travelled to the October meet.

Alan O'Rawe travelled again this year. Alan was a man on a mission. He wanted some tea towels, so we went into Lugano where the annual wine festival was being held. Afterwards we went up the mountain, Monte Tamaro, which is nearly 2000m high. After a spot of lunch Alan decided it was time to take his top off, take in the rays in 30 degrees C and have a nap after doing 10km whilst shopping. It wasn't long though before we were awoken by a horse trying to eat Alan's shoe with a donkey looking on and then a dog buzzing us. When we got back to the hotel AOR advised that he had lost his wallet (not much left after his shopping). It was found on the pavement under our room's balcony. It most likely fell out of his pocket whilst he was answering his mobile.

Sunday was race day in the high street of Chiasso on the Italian border. Dave Stevens didn't race due to a touch of food poisoning so he watched Alan O'Rawe (as he is called in Lugano) give his all from a seat outside a cafe on the course. He was joined by club members who had done 10 London to Brighton's or more - Pat Browning, who could have been DQ in his last Brighton on the start line as he went before the starter Big Ben chimed; Dave Railton, best remembered, not for winning the Brighton in the slowest time, but for being 20 metres behind Bill Sutherland and last in the race as they went past the church in Cadempino and won a prize of 500SF; and Ken Tuson, whose Brighton times got faster and faster until he won it and then got slower and slower. O'Rawe was greeted twice a lap on the 1km circuit and was rewarded with a season's best of 63.56 on the testing course in temperatures in the high 20's. After the race there was a pasta lunch outside the church in Chiasso which was the finish when the race was the 112km Airolo to Chiasso classic, where some had more wine than others. As usual in the duty free shop O'Rawe continued his shopping mission but this year it wasn't for chocolate.

The organisers of the race advised that the Grand Prix (to be held on the lake of Lugano in March) may not include a masters race. If you want to be kept in touch about the Grand Prix, please contact me on CPER188186@BTINTERNET.COM

Tony Lugano, organiser for 40 years, aka PERKINS TRAVEL.
Tony Perkins

WRITES RWA VICE PRESIDENT

Re the Birmingham Outer Circle Walk. I lived about 400 yards away from Six Ways in Erdington. My father completed several times during the 30s and 40s and after the 2nd World War. Also my Uncle Bill Hewitt. My Aunt used to follow in a car. She once went to a house as they passed through Acocks Green, to get some water for my Uncle, and got bitten by a dog. I remember seeing Lloyd Johnson competing. My father also did the Nottingham-to-Birmingham 55 miles six times.

Yours etc. Ken Matthews.

ON THE DOG-AND-BONE

When Hon.Ed. was away for a fortnight in September his Voicemail took calls - limited to 10 messages. On return it was full with messages declined. Of these 10 calls, 5 were about walking...and from the same person!

DOUBLE HIT

Amazing how a small trivia piece ignites debate! Latest commenting on "Here Comes The Judge" is DAVE HOBEN who remembers the 60's music scene well. Dave says, "Both Shorty Long & Pigmeat Markham had hits with this. Shorty's was a Motown version while Pigmeat's came with added humour".

Cambridge Half Marathon – Sunday 11th March 2012

After a break of 17 years Cambridge will once again host a Half Marathon. The course will consist of 2 loops and pass some of Cambridge's most famous locations including The Backs, the front of King's College, the Market Square and the Round Church before finishing on Midsummer Common by the River Cam.

The event will have all the elements you would expect from a high profile City Centre Running event, including online registration, chip timing, UKA certified distance, on course entertainment, professional event medical cover, high quality medals and goodie bags! The publicity states that it's aimed at everyone so it would be great to have a number of racewalkers taking part to raise the profile of our sport.

Places cost £25 for UKA members and £27 for non-UKA members. There is also the option of entering a relay team, £60.00 per team. The event is being co-ordinated by One Step Beyond Promotions. Initially they will limit the number of entries to 3,000, so if you are interested get your entry in asap! Entries can be made either online at <http://running.cancerresearchuk.org/> or download an entry form.

Sue Clements

SIMILARITY

A while ago we remarked on similarities between Channel Swimming and Centurionism. The 1st Channel swim was in 1875 (by Captain Matthew Webb), while the 1st recorded 100 miles completion was in 1877 (by J.E.Fowler-Dixon). The Channel swimmers keep a register which now has 1,185 individuals listed, while the Centurions have 1,095 names on theirs. The Channel between Dover and Cap Gris Nez is seen as the ultimate aquatic challenge, while 100 miles walks are staged at many venues. Channel swimmers have a much greater success rate, as those entering the water are better trained/prepared for their task. They also don't commence if weather is against them! Our walks start at an agreed time and continue through whatever comes. Indeed they boast a 70% success rate...something race walking can't match. Perhaps that's because entry fees are sky high - costing up to £2,300 to hire an accompanying boat...as every stroke is watched by a paid scrutineer. We pay around £30 to have a go! We get pedestrians straying across courses and unwelcome attention from hobbledoys, but they contend with 21 miles of choppy water brimming with ferries, fishing boats and weekend sailors. Unlike our ultra-distance events they've had fatalities, the last being in 2001 when a swimmer was swept away just 1 mile from reaching the shore. In walking's ranks we've a reader (Ilford's Steve Allen) who seeks to join the Centurions, and has experience of Channel swimming. Steve was part of a successful relay attempt some years back...and our genial London cabbie was once hailed by noted Channel swimmer David Walliams!

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