



ESSEX WALKER

JOINING KAISER BILL & ADOLPH

Our Essex County 3,000 Metres Championship this year is "off" - a situation only previously engineered by Kaiser Bill and Adolph who ended this short-distance sprint Walking Championship during World Wars I & II. Held annually since 1888 (yes 1888) it was over 2 miles until 1968 becoming 3,000 metres in 1969. ROGER MILLS won the last 2 Miles and the first at 3,000 metres. This Olympic Year saw only 2 enter - one scratched owing to International commitments leaving just septuagenarian Peter Cassidy on the programme. He thought walking around by himself near to 20 minutes wouldn't be a great advert for Essex walking on our prestigious Championship final day, so withdrew to prevent embarrassment at our (yes our) failure to compete. In 1888 & 1889 it was won by Chelmsford's A.SEARLE who was presented with a trophy donated by Lord Byron. Then rules stated trophies were won outright after a 3rd consecutive victory - a feat achieved by H.J.CHEVERTON (Walthamstow Harriers) in 1894, E.W.DOVER (Essex Beagles) in 1898, G.A.TAYLOR (Arc Works AC) in 1902, T.O'GORMAN (Essex Beagles) in 1905 & A.POOLEY (Essex Beagles) in 1909. After 1910 rule changes a Perpetual Trophy was donated by Lieutenant Colonel FRANK HILDER DL,JP then Essex County President. Over time it was replaced and our current trophy - the magnificent "Bob Hunwick Shield" - is declared lost...so now there's no trophy - and no race either! Bar World War years, 2012 sees no race for the first time since 1888. Could you have helped prevent this situation? After this fiasco the only way is up! Can we do better in 2013? Over to the readers!

PRAISE DESERVED

It was an unfortunate clash when April's Enfield League meeting went "head-to-head" with a LICC track race at Parliament Hill Fields. The latter includes walks so giving us a showcase in general athletics meetings...the original idea being to enthuse newcomers into trying our pursuit. If nobody had turned up at Parliament Hill Fields we'd have had nowt on display! So congratulations & thanks to Ilford's FRANCISCO REIS & BARNET's STEVE ALLEN who did the track race (billed as 11.45am but "off" at 11.55am) before speeding to Lee Valley. They staged a good display of track racing...for which praise is rightfully due. Thanks also to Enfield supremo RON WALLWORK for delaying his start by 30 minutes to accommodate our intrepid standard bearers!

AROUND AND AROUND

Congratulations to Essex duo STEVE ALLEN & OLLY BROWNE for showing great spirit when racing the Crawley 12 Hours in wet & windy conditions. Both enjoyed this annual event as Steve accounted for 57 miles, consistently recording 3 minutes 10 seconds per lap over hours and...indeed...upping his pace to overtake rivals during the closing stages. Oly suffered a groin strain early on but overcome it as he reached a commendable 53 miles. Both worthies have 2012 targets still to come - the IOM 85 Miles Parish Walk at which Oly's a regular and Steve will make his debut, and 100 Miles at Colchester's Lower Castle Park on September 22nd. Oly qualified as a Centurian in Colchester - but elsewhere in Britain's oldest recorded town as he was successful on the Garrison Track in 1985s British Telecom 24 Hours when passing 100 miles in 23.05.49 on route to covering 100 miles 1,242 yds in total.

SOUTHEND RACE "ON"

As a minimum 5 pledges were received by Southend-on-Sea's JUNE CORK a 1 Mile Walk is included in her Club's annual Open Meeting at Garrons Leisure Centre Track on Bank Holiday Monday 27th August/10.30am. Well done to June and her Club for this initiative as it could provide a showcase in area where race walking was once very strong...indeed Southend-on-Sea AC were "big time" on the early/mid-1970s scene having National/Open/County/Essex League team titles to their credit. Perhaps this event might reignite race walking interest in this bustling seaside town? But don't stop at 5 pledges, we need more! Send them to June at : southendac@hotmail.co.uk Can you make it? Enjoy a day trip to the Estuary...you can stroll along the World's longest pier post race and also stir up the Kursaal! DA

POT HUNTERS WANTED

We have another trophy which has been officially declared as missing. It's that magnificent "Bob Hunwick Shield" which should be awarded to the winner of our County 3,000 Metres Championship. We don't have many entrants in that event...now we don't have a trophy either, as it's not been awarded for some years. Bob Hunwick was a lovely man and history records him as the last ever Chairman of Essex Beagles - before they amalgamated with Newham AC so forming Newham & Essex Beagles. Bob walked in the now defunct Essex League and was prominent at Stock Exchange AC. He was also accomplished on the bowls green. On behalf of his family who donated this large shield, his widow presented it at Melbourne Stadium on the first occasion it was competed for. It's now declared missing...so can all readers scratch their heads to see if they can come up with clues as to its whereabouts?



ON PARADE

We hope many of you will turnout when the Olympic Torch Relay comes along a road near you. Full details in local newspapers/local radio nearer the time. At least we know 1980 Olympic 50K walker IAN RICHARDS will carry the torch...any other walkers? Let us know please. The oldest relay runner is Dinah Gould who'll be aged 100 years when she carries the torch through Barnet.

"COME ON EILEEN"

In 1982 this was Dexys Midnight Runners 2nd UK No.1 hit after "Geno" in 1980. It was composed by their vocalist Kevin Rowland...who became the latest big name hailing STEVE ALLEN's taxi. While aboard our cheerful cabby's banter included mention that his wife is Eileen. So Eileen got a name-check...indeed as readers know it's Eileen who does Essex Walker's typing, layout and distribution! Who's next for his cab?

COACHING TIPS

Hi Dave

In an effort to reach a greater audience I have decided to publish my 'pearls of wisdom' in the Enfield Walker. Being a life member of the club, I thought it only right that I should use that medium. I am told that the circulation is the same as that of the Essex Walker, however if you feel that there are others who don't receive the Enfield Walker I would be very pleased if you were to include any items in your publication.

Thank you very much for all your help. You're a true servant of race walking and long may your enthusiasm continue.

Best wishes

Charlie

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Adds Hon. Ed. We've been happy, and honoured, to publish coaching advice from such a past master. "Iron Man" Charlie Fogg tells you where you may obtain his tips in future. Those on Essex Walker's All list and Essex Walker's + newsletters list get Enfield Walker on a regular basis. If not, then contact Ron Wallwork (Editor of Enfield Walker) to go on his list if you want more of Charlie's gems.

CURTAIN UP

Sometimes Essex Walker gets requests for more info and a review of "Accidental Olympian" by HOWARD TIMMS has received enquiries from readers wanting to know more and see if DVDs of his show are on sale. Here's a review from the "Gloucestershire Echo" penned by theatre critic Avril Hemingfield: "Howard is a born raconteur and kept his audience gripped for nearly an hour with both hilarious and poignant anecdotes. The message is that we should try to see the humour in a situation where possible and hold on to our fighting spirit no matter how adverse the circumstances". This article gives details of Howard's theatrical record: His love of the theatre came at Pate's Grammar School (Cheltenham). He acted in Croydon. After that he lived in Chicago for 10 years and became a playwright. He produced the musical "Good As Gold" (Chicago 2008) and wrote "Let The Lady Sing" (Chicago 2011) & Cheltenham Playhouse (March 2012). The article makes available Howard's phone number for further info: 01452-372726.

WHY ARE THERE NO STYLE PRIZES IN TODAY'S RACE WALKING?

Hello Dave,

A positive thought came to me whilst driving around some of those former tough hilly courses around Enfield via Whiteweb's Lane and Botany Bay (20 and 7 Mile courses) that 'Style Prizes' were frequently awarded in races in years gone by. These Special Awards were often given to those with sound, fair actions to boot. Why therefore is such little importance placed today on style with speed being the only thing that counts! When I began as a Junior I remember well viewing in the Book 'The History of Race Walking' and seeing The Late Great Harold Whitlock, Olympic Gold Medallist in the 50 Kms Walk in 1936 in Berlin displaying an impeccable action. In an endeavour to promote fair Race Walking I believe it is not before time for 'Style Prizes' to be reintroduced. I wonder what other readers of the excellent Essex Walker feel? Over to you....Yours in Sport and Friendship,

Bill and Kath (Sutherland).

ON THE FRINGE

The play "ACCIDENTAL OLYMPIAN" by UK 1972 50 kilometres race walker HOWARD TIMMS (SWC) has a 1 week run at the Edinburgh Festival Fringe opening 3rd August. Howard advises his show's DVD will be on sale before the year's end, and that he's looking forward to attending our Olympians Tribute Luncheon at the Tower Thistle Hotel on July 7th. Howard remembers his race walking involvement well and of times spent helping out at his Club's London-to-Brighton & Ewhurst 100 Miles events...both of which he wished he'd got round to entering in later years.

MILE WALK

I would like to commit myself to entering Southend-on-Sea's 1 Mile walk on Monday, 27th August, 2012 at 10.30 a.m. I am involved with the London Olympics and Paralympics, but feel I can fit it in and it is very worth supporting. I well remember on the 29th August, 1964 being awarded my first Junior International Walk - Southern Counties A.A. versus Lower Rhineland Association at Southchurch Park Track, Southend over 1 Mile. It is amazing but this year will be 48 years later! It would be a fitting way of celebrating my Great Britain International Career. Now I will also try and encourage some other past Internationals to come along and take part too. I am sure we can attract a sizeable field of walkers. I will keep in touch as I know you will.

Yours in Sport and Friendship. Bill Sutherland - Commonwealth Bronze 20 Mls. Walk, Scotland 1970

Adds Hon. Ed. So Bill & Barnet's Steve Allen are committed Plus Hon.Ed. That's 3...any more. Southchurch Park Track (and dingy ancient changing rooms) are no longer used for athletics...the action's now at nearby Garrons Leisure Centre track. You'll enjoy a day-trip to Southend-on-Sea and, afterwards, maybe stroll along the world's longest pier! This pier itself is an athletics venue as Southend-on-sea AC have a long established "out-and-back" along it every New Year's Day.

EMAILS CENTURIONS CAPTAIN SANDRA BROWN

Dear Dave

Many thanks for circulating the information about arrangements for the funeral of Phil Malins C209, and for summarising for all of your readers some of the key achievements and episodes in the extraordinary life of this remarkable man. Reading this, I am again reminded of - and humbled to remember - the great courage and the great sacrifices of those among the Centurions who, like Phil, served our country with such distinction in various theatres of war.

I am sure that many members of the Centurions, in the Midlands in particular, will be present at the funeral to give thanks and to pay tribute and respect on behalf of all Centurions.

I am sorry that I can't be present on Tuesday. I have a long-standing commitment to meet with Dorset County Council, to discuss proposals to hold a 100 miles cross-country walk around the county.

Your reference to Phil Malins' plan to attend the 1960 Rome Olympics in support of our athletes, including Don Thompson, prompts me to share with you that Richard and I walked this weekend with some LDWA friends around the Kent coast between Sandwich and Rye. On the seafront at Hythe, we were moved to see a plaque set into the wall commemorating Don Thompson and his Olympic achievement, and marking one end of a measured mile along the promenade. Don lived in Hythe for many years. We also later passed the school at which he taught for a time.

Kind regards, and thanks again

Sandra C735

Captain

GOOD LORD!

Dave ..

Jack Lord will arrive in UK on the 30th of May, he then goes to Isle of Man TT for one week, then back to Canada on the 10th of June 2012. His 45.39 10kms on the track is still in the UK Junior all time ranking rankings from 1970s. He ran in the Boston Marathon several years ago.

James Bond

WALKER'S FITNESS BLOG

Can you please circulate my new fitness blog on your mail list.<http://alwaysinyourcorner.wordpress.com/>

Best Regards,

Abdi Berleen

FIXTURES

2 Jun	Moulton Open 5 Miles	Moulton Village	1.45 pm
	Welsh Senior 3,000M Championship	Cardiff	
6 Jun	Veterans AC 3,000 Metres	Willesden Track	
9 Jun	SEAC Track Walking Championships	Abingdon	
10 Jun	Downham Est Walks 10K/20K/BMAF	Downham	11 am
13 Jun	EVAC 2,000 Metres	Cambridge	7 pm
	EVAC 2,000 Metres	Chelmsford	7 pm
	EVAC 2,000 Metres	Kettering	7 pm
16 Jun	LICC 5,000m + Enfield League	Copthall Stadium	11.45 am
17 Jun	BMAF 5K Championship	Horwich	
19 Jun	WTW 3,000 Metres	Ashtons Track	8.30 pm
	Veterans AC 5 Miles Championship	Battersea Park	7 pm
23 Jun	Southern Area 20K Championship	Sutcliffe Park/Eltham	
	IOM Manx Telecom Parish Walk	Douglas	8 am
3 Jul	Veterans AC 5 Miles	Battersea Park	7 pm
7 Jul	Olympic Walkers Tribute Luncheon	Tower Thistle Hotel	12.30 pm
	LICC 3,000 Metres	Ashtons Track	11.45 am
8 Jul	Post Office 10K	York	
11 Jul	Veterans AC 3,000 Metres	Willesden Track	
14 Jul	Open & BMAF 30 Kilometres	Coventry	
15 Jul	Queen's Jubilee 60K Stroll Circ Route	Many Locations	
16 Jul	SCVAC T&F League 3,000 Metres	Lee Valley	6.30 pm
17 Jul	WTW 3,000 Metres	Ashtons Track	8.30 pm
	Free Talk by Mike Brace CBE	Romford Library	2 pm
21 Jul	Enfield League Half Marathon	Hillingdon Cyc Track	1 pm
	BMAF Track Championships Day 1	Derby	
	BMAF Track Championships Day 2	Derby	
31 Jul	Enfield AC 5 Miles	Battersea Park	7 pm
4 Aug	Olympic 20 Kilometres (Men)	The Mall	5 pm
5 Aug	BMAF 10,000 Metres Championship	Oxford/Horspath Stadium	
7 Aug	Olympic Friendship 5 Miles	QE2 Stadium, Enfield	1 pm
	Ilford AC Walkers Meal	Halfway House (Enfield)	3 pm
11 Aug	Olympic 50 Kilometres	The Mall	9 am
	Olympic 50 Kilometres (Women)	The Mall	5 pm
18 Aug	Enfield Lge 3K Track (+Paarlauf)	Lee Valley	1 pm
21 Aug	WTW 3,000 Metres	Ashtons Track	8.30 pm
	Veterans AC 5 Miles	Battersea Park	7 pm
25 Aug	Inter-Counties Track Walks	Bedford Stadium	9.30 am
26 Aug	Southend-on-Sea AC 1 Mile	Garons Track	10.30 am
2 Sep	National 10 Kilometres Champs	Hillingdon Cycle Track	
	Guernsey Church-to-Church	St Peter Port	9 am
11 Sep	WTW 3,000 Metres	Ashtons Track	8.30 pm
16 Sep	Jim Sharlott Open 10 Kilometres	Leicester/Abbey Park	
19 Sep	Civil Service/Police 10K & 5K	Birmingham	
22 Sep	National 50 Kms Championship	Colchester Castle Park	Noon
	National & Open 1000 Miles	Colchester Castle Park	Noon
	Post Office 6 Miles & 3 Miles	Mouth Pleasant	2 pm
29 Sep	Enfield League 10 Kilometres	To be Announced	1 pm

ANOTHER LONG WALK IN THE NETHERLANDS by SUE CLEMENTS

I can recommend the 133km Mergellandroute organised by w.s.v. NOAD in South Holland recently. The organisation provided plenty of checkpoints where walkers could access their bags and take refreshments. Everybody walked as a group until the last 3kms when participants walk to the finish at their own pace.

While walking somebody told me that the 2013 Amsterdam to Leewarden walk organised by the Dutch walking organisation KNBLO might have an extra 10K added on to make the total distance nearer to 100 miles. Even if they decided to keep the distance at the usual 150km it will still be suitable training for the Centurion. The support for participants is excellent, the route is entirely on surfaced tracks and roads, and the 18 miles across a dyke at night certainly tests ones resolve to keep going - perfect training! Details of this year's event will be available soon at :

<http://www.slaw.nl/v1/lange-afstandkalender.html>

Sue

COUNTY AAA 3,000 METRES CHAMPIONSHIP WEEKEND

The turnout figures: Hertfordshire 6 walkers, Middlesex 8, Norfolk 5 and Suffolk 9 of which 5 were under twenty. Fifteen year old Callum Wilkinson of Moulton set a new championship U15 record of 19.06. Sadly, there wasn't sufficient support to warrant staging the Essex Championship.

PROVOKING REPORT FROM CHRIS FLINT

Hi Dave,

I was disappointed with the turnout for the VAC, Herts, Middlesex and Surrey 10,000 metres championship, and the results are detailed below.

Wednesday 25th. April 2012 10 km track Championships
at Battersea Park

Name	Club	Age Group	County	Time
Steve Allen	Barnet	55	SCVAC/Herts	55.32
John Hall	Belgrave	60	VAC/Middlesex	55.48
Shaun Lightman	Surrey WC	65	VAC/Middlesex	59.57
Gary Smith	Enfield	55	SCVAC	60.24
Mick Harran	Surrey WC	70	Surrey	61.43
Maureen Noel	Belgrave	45	VAC/Middlesex	62.11
Chris Flint	Surrey WC	65	VAC	62.57
Dave Hoben	Surrey WC	55	VAC/Surrey	73.38
Bernie Hercock	Enfield	75	VAC/Middlesex	77.24

Overview : the weather (which was pretty appalling) and other recent long distance events (Marathon/20 km) and the increasing cost of transport may have contributed to the poor turnout compared to last years 24 participants. Whatever the reasons it puts in jeopardy the future of the event at Battersea Park as the cost of hiring the track is expensive and cannot be sustained if numbers fall. Those who attended are thanked and also the Officials who braved the wet weather and ensured the race was properly recorded and judged. Full results are on the VAC website.
Chris Flint. VAC Walking Secretary.

LOUGHTON ATHLETIC CLUB THE WOODFORD TUESDAY WALKS, 2012

The 2012 series of Woodford Tuesday Walks begins on the 19th June.

All races are held at Ashton Playing Fields over 3000m (with 1000m option for young walkers and novices), Category A, beginning at 8:30 p.m..

Note the later time. (W.G.E.L., the meetings' organisers, have rearranged thie timetables.)

THE DATES ARE:

19th June

17th July

21st August

11th September, including the George Woods Trophy

Enter on the night.

Any problems?

Phone Peter Cassidy or Pauline Wilson on 01277 220687 or e-mail them on:

Peter.Cassidy@btinternet.com or Pauline.Wilson@btinternet.com

CARDIAC SCREENING FOR ATHLETES



England Athletics, UKA and the other home country governing bodies are alert to our responsibilities to all participants in athletics in respect of all aspects of health and safety. One particular area that young athletes and their parents must be aware of is the risk of cardiac problems. There have been instances of young athletes suffering potentially fatal heart conditions without being aware that they are at risk.

England Athletics would like to make you aware of a piece of work that has been undertaken by UKA. UKA has worked with Cardiac Risk in the Young (CRY) for several years, providing a screening service to athletes on the World Class Performance Programme. UKA and CRY are now seeking to encourage more athletes to use CRY's screening service to help to identify any cardiac problems that may be otherwise hidden. CRY is a charity that was established to raise awareness of conditions that can lead to the sudden cardiac death of young people. They operate a screening programme at a number of clinics around the UK and support this with mobile units that travel to other locations. Full information about CRY and their services can be found on their website at www.c-r-y.org.uk. Young people between the age of 14 and 35 who would like to have cardiac testing can go to www.testmyheart.org. You can also see www.uka.org.uk/governance/health-safety/cardiac-screening-for-athletes/ for information on work being done by UKA in this area.

EMAILS DOUBLE OLYMPIAN ERIC HALL

Dave,

The article "New boy in North Yorkshire" reminded me of something more along the lines of "Old man in North Yorkshire".

Way back in the 1970s our son, based in North Norfolk, was helping out with local Scout troop when they received an invitation to take part in the Lyke Wake Walk. Knowing it was on my list of walks to do he put my name forward as a member of the team. I was rejected! It seemed that working in London S. W. 1 was unlikely to provide the level of training required. A space in the team when a Scout dropped out and so, on Midsummer Day, I found my self at Osmotherly waiting for sunrise as the starting signal.

We then found the event was to be paced by a number of local experienced walkers to ensure no one went mad. The weather was kind, the scenery fairly miserable but progress a steady pace with stops for breakfast and several welcome drinks. Eventually we reached Goathland, then Fylingdales. Having obeyed the instruction to follow the pacemakers we were relieved to be released when almost in sight of the finish. Once checked in we were taken to the Scarborough Scout HQ to catch up on sleep (under a piano), before returning to Norfolk where my wife collected me. Even then the Scoutmaster raised his concern with our son as to whether I could reach the local car park.

A few weeks later my wife was invited to a presentation where she received my coffin badge and tie. She was also cross examined as to my walking experience. My thanks to you Dave for the memories!

PRESS REVIEW

I noticed in the Daily Mail in April an article on famous footballers from the Channel Islands. There was a big mention of Len Duquemin, the powerful centre forward for Spurs between 1946 and 1957, who scored 134 goals. Guernsey Commonwealth Games walker Len Duquemin who has emigrated to Melbourne, Australia was in fact his cousin. Of course Len (the race walker) took a remarkable 6th place in Edinburgh (1970) in 2 hrs 42 mins for the 20 Miles Walk.

Very Best Regards, Kath, Bill and the 2 pussies.

MAJOR PHILIP G. MALINS MBE, MC

Not often we're requested for more when it comes to Obits, but many readers were truly interested in this man's remarkable life. In addition to that published last month is an report (from The Times) that during the May 1940 German offensive he was the only survivor in a truck which was directly hit by a bomb, and later that month was evacuated from dunes north of Dunkirk during Operation Dynamo. His **Military Cross** came in the Far East Theatre for leading a convoy of 13 vehicles which were protected only by a scratch force of Battalion HQ staff from the 1st Gurka Rifles and newly-freed Dutch prisoners of war...his object being a Japanese arms dump 12 miles away at Lathieu. His convoy was attacked by 200 Annamite riflemen, but they were beaten off. Although a successful mission a number of his troops were killed in this operation. Arms and ammunition were seized and distributed to French troops who operated in the area and urgently needed them. He was born, and educated, in Birmingham and had been a Territorial before enlisting in the regular Army. Post War he became Midland regional manager of the British Institute of Management. He campaigned with Dame Vera Lynn to improve payouts to surviving prisoners, widows and civilian internees. To bring old adversaries together he was Chairman of the International Friendship and Reconciliation Trust and helped to arrange major services in both Westminster Abbey and Canterbury Cathedrals. To mark the 60th Anniversary of the Battle of Kohima he was present at Sandhurst for a wreath laying ceremony with the Japanese Ambassador and Burma campaign veterans from Britain, India and Japan. Philip made many visits to former Far East battlegrounds with veterans from all sides and was awarded the Order of the Rising Sun in 2011 in recognition of his service to Anglo-Japanese relations. He belonged to the Swiss Alpine Group and was twice second in his age group at European Veterans Championships and regularly undertook treks in many countries. At his funeral service in Sohuhull was the Japanese Ambassador and 10 members from our race walking world, including 7 Centurions (he was member No.209). His service was jointly conducted by a local vicar and an Army Chaplain and also present were standard bearers from military organisations. Like many funerals for former military personnel it concluded with a traditional sounding of the Last Post.

EMAILS SANDRA BROWN

Incidentally, I learned recently something about the history of the Kennedy 50m walks. I have always associated them with Holland. I understand the history is that President JF Kennedy himself introduced the 50m walks in the USA [as he was concerned about fitness, of the general population and of forces personnel]. The concept was then spread to Europe and was taken up [the source said] in the UK and wider Europe. It seems that the Dutch [who have high regard for JFK] are perhaps the only country to have kept these events going, though I am pleased to see that Ireland introduced a Kennedy walk last year. With so many Kennedy 50m walks available in Holland, there are walkers who have walked 100s of these, and their tally is proudly kept. We have done one, with Vicky, and we all treasure the Kennedy medal which is awarded. It is worth considering if we could hold or revive such a walk [which would stand also in the great tradition of the Manchester to Blackpool, London to Brighton etc] eg in the context of our 100, alongside the 50kms, or separately.

Kind regards
Sandra

REPORTS RON WALLWORK

I judged at the EVAC 2km at Kings Lynn. 21 started and finished I issued 2 cautions and the winner was Cath Duhig.
Ron

Adds Hon. Ed. EVAC short distance evening walks (& Southern Veterans T&F League walks) see "new faces" on our tracks...and in numbers! A shame more don't "dip their toes into the water" for

1972 MUNICH 50 KMS WALK CHAMPION by BILL SUTHERLAND

Hello Dave,

Thanks for another great read of the May Essex Newsletter. I recently spoke to a German Official at a Pre-Olympic Event who is a close friend of Bernard KANNENBERG, the 1972 Munich Olympic 50 Kms. Walk Champion. He told me that he is in poor health now with problems with his hip and knee joints. Many will remember that he revolutionised the distance walk clocking one of the first times instead 4 hours. I remember him as a West German International Walker with great leg power and superb style. Peter Marlow, Paul Nihill and Ray Middleton to name but a few will recall in International Walks Match at Bremen v Great Britain when he raced in both 20 and 50 Kms Walk on the same day. The official said he would pass on good wishes for improved health from GB Walking when he next sees him. I further asked him why the West and East German Walkers were so strong in depth in the 60's and 70's and he said 'All German Sportsmen are mentally very strong and highly competitive.' Of course Hans Grobler, former East German Coach and long time Coach of the GB Rowing Squad also recalls Hohne, Selzer, Reimann and Frenkel to name but a few. Say no more eh! Good walking. See you somewhere soon.

Best Wishes, Bill



LIGHTS - CAMERA - ACTION

We've recorded a number of Essex Walker readers who've appeared on TV, or in the National press during recent times. April saw Hon.Ed's turn as he obtained a ticket for BBC Question Time when it came to Romford. And 17 minutes in, Chairman David Dimbleby pointed to Hon Ed. and said, "The man in the front row...what do you think about it? Hmmm!

ED SHILLABEER LOOKS BACK AT HIS LONDON MARATHONS

I think my London score is about 20. Most emotional the first (a tie you remember), my best beating Roger Mills put when he ran past me at about 22 miles, I had slipped ahead by going behind a drinks station at about 18 miles and not slowing to take anything, we having met originally a couple of miles from the start then gradually wound it up and got really competitive! My most significant when part of the Animal Health Trust team which included Kathy Taylor, Colin Moynihan etc, with a meal in a prime Italian restaurant and next day a fund raising reception with the likes of the Duke of Devonshire....I politely declined his offer to visit Chatsworth!! What really cracked me up was Barbara's conversation killer when she was getting irritated by ladies boasting which posh hotel or club they were staying in. Someone asked us and she said "Buck House"!!!! They weren't sure whether to believe or not so shut up! We were actually staying in my cousin's grace and favour flat in the Royal Mews ie above the stables so if stretching a point somewhat it was true!

Happy Birthday Ma'am.

Yours in sport

Edbanger

Adds Hon. Ed. Ed once appeared when Marathon day was also St. George's Day...leaving his horse at Tavistock to race walk it dressed at St. George - even giving an interview to BBC Radio 5 Live while pounding through Canary Wharf at 19 miles!

PLUM APPOINTMENT

Congratulations to PAM FICKEN who was appointed to officiate at the opening meeting in London's Olympic Stadium over the May Bank Holiday weekend.



15 HOUR RACE 'Nacht van Loon op Zand' by SUE CLEMENTS

Last weekend I returned to The Netherlands to participate for the 11th time. This time the weather was extremely unfavourable - rain, rain, hailstones, more hailstones, and just when I thought it could not get any worse, more rain and hailstones. Eventually I had to pause to change out of my cold, wet top clothes but it cost me the precious few meters I needed to make up 100kms; I ended up completing 100.65 kms. The Dutch are very keen that I take a team of 4 along next year, so if anybody is up for it please let me know. It's a great race, well organised, excellent support and perfect for aspiring Centurions. It starts 9:00pm Saturday, finishes 12 noon Sunday so it is possible to travel out there, do the race and travel home all in the space of the weekend.

Sue

HONOUR

Olympian PETER MARLOW has been elected an Honorary Life Member of Southend-on-Sea AC



LONG TREK

Many readers are into long distance walking, which isn't actually race walking but nevertheless builds up endurance for racing ultra distances. Wales is the World's first county with a hiking trail around its entire coastline. The new 870 miles extra-long Wales Coast Path goes from Chepstow-to-Chester.

LONDON MARATHON VIEWS OF KATHY CRILLEY

If anyone who has seen the London Marathon from the roadside will realise that it is impossible to judge - which it why it has been turned down as a race walking competition many times (a decision dating back to the years when only 20,000 runners participated (now double that number).

Kathy

Adds Hon. Ed. A number of readers sent suggestions about how to get London Marathon places. Best bet, it seems, is by "guaranteed entry". Many Clubs/Organisations are annually allocated a fixed number of places...sometimes just 1. Those assisting get more - for instance Ilford get 10 for manning a Water Station (but they need paying for). However those entries seem to allocated in different ways. Some by merit, some by ballot and some go to those who applied on the "Open Market" and got rejected, and some appear to go to "blue-eyed" members. A reader suggested the Welsh Marathon would be a good for race walkers - but not in 2012 as it clashes with the wonderfully titled "Downham Estate Walks".

LONDON MARATHON VIEWS FROM JOHN CONSTANTINOU

Berlin, Los Angeles, and Athens marathons have official walking categories. In Athens the walkers set off two hours before the runners. I don't think any of them are judged properly though, and people do get away with all sorts.

The Birchfield allocated places for London do seem to be decided in a much less formal way than other clubs. If someone misses out on a spot one year, they are more likely to be considered for a spot the following year. It seems to work, and I'm not aware of anyone from Birchfield who wanted to do London missing out. I've not considered it, as the streets look too crowded to get a good stride and walk at my own pace without getting blocked. Can anyone tell me if this is incorrect?

John Constantinou

PETER MARLOW

HOW I'VE GOT FROM OLYMPIC WALKER TO KEY 2012 PLANNER

THOUSANDS of former Olympians across the country will have memories stirred of their own past glories when sitting watching this year's Games on television. A good number of those may even be lucky enough to be beside the action in the Olympic Park but very few will have been as intricately involved in the competition as Peter Marlow. Forty years after he competed himself at the 1972 Games in Munich, the former Southend AC race walker has been tasked with ensuring all the race walk events in London go off without a hitch. Peter is the IAAF's competition director for race walks at this summer's Games. The 71-year-old has worked for athletics' governing body since retiring from the sport himself in the mid-1970s. There were fears that he wouldn't be able to see through all his hard work as he suffered a stroke several months ago. But he is recovering fast and returns to work later this month ahead of what will be the pinnacle of his post-athletics career. But it still won't come close to the thrill of competing himself. "It does feel like I've come full circle," said Marlow, who grew up in Benfleet but now lives in Bury St Edmunds, Suffolk. "Forty years after I competed at the Games myself I will be playing a big role at an Olympics in my own country. It's the icing on the cake, but it's not the same as competing." Marlow's involvement in the Munich Olympics is something of a remarkable story, too. By the end of the summer of 1971, Marlow – a former national junior race walking champion – was considering quitting racing competitively. "I was having a lot of trouble with my shins," he recalled. "I was just club walking at that time then I heard about this new type of operation and decided to go for it." The operation, revolutionary in its day, was what we now call microsurgery and cleared up the problems in his shins. By the following summer, Marlow found himself on the start line for the national championships of the 20km walk. "I didn't have much expectation going into the race," Marlow recalled. "I had not raced against that level of opposition for years." Nevertheless, Marlow came through to secure the final qualifying spot in the Great Britain team. "We were packed off to training camp at altitude in St Mortiz before the race and spent a month up there," Marlow said. "But we were brought down just two days before the race and that affected us all. These days there is much more acclimatisation following a spell at altitude. "I finished 13th in the race in about 97 minutes and I would have expected to have done it in at least 90 minutes. I think I was definitely bitten by the altitude bug. One of the other guys in our team, Paul Nihill was one of the favourites for the race and struggled, too. He only finished in about eighth. "But starting and finishing in Munich's Olympic Stadium in front of 80,000 people was something that I will always remember." Something else you would expect to have left a large impression on Marlow and his Great Britain colleagues during those games was the famous Munich Massacre which saw 11 members of Israeli squad killed by the Palestinian Group Black September. But it turns out, it took a while for the news to filter back to the Great Britain team. "We didn't know about it," Marlow said. "Even though we were in the athletes village, the Israelis were in a separate part. In fact, it was only when my mum rang to check that I was OK that I realised what had happened. "There really was no security back then. Anyone could just come and go in the athlete's village. Munich is what changed everything from a security perspective." After returning from Munich, Marlow made the most of his return to the top level of his sport, winning both the national 10 mile and 20km championships in 1974. But then just as his fortune turned so quickly in his favour, it turned just as speedily the other way. "I was going for the 1976 Games in Montreal, but before the trials I found out I had developed jaundice," said Marlow. "That was the end of my career at the top level. I lost two per cent of my liver which ended me." It may have ended his competitive career but it didn't end his link to the sport and soon he had a job at the IAAF where he has been to every Olympics since, with this summer's Games in his home country set to be the pinnacle.

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By Ryan Goad

GOOD NEWS FROM PETER MARLOW

Hi Dave,

I resume my Olympic duties on May 29th.
Regards, Peter

EVENING ECHO ARTICLE ABOUT PETER MARLOW

The article is a good one - and it's great to see our OIC Walking will be back at the helm by the end of this month. Great news indeed.

June Cork

HAPPY BIRTHDAY

On behalf of Essex Walker readers we send our best birthday wishes to STAN VICKERS who is 80 years old on June 18th. Stan was our 1960 20K Olympic Games bronze medallist in 1.34.56.4 behind V.Golubnichy (USSR) 1st in 1.34.07.2 and N.Freeman (Aust) 2nd in 1.34.16.4. 4th was D.Lindner (Ger) in 1.35.33.8. In that race Essex Walker reader ERIC HALL came 10th and KEN MATTHEWS retired. Ken earned his 20K Olympic Gold Medal 4 years later in Tokyo with D.Lindner 2nd and V.Golubnichy 3rd. Stan won gold at the 1958 European Games 20K in Stockholm clocking 1.33.09 with 2nd placed L.Spirin (USSR) & 3rd placed L.Back (Sweden) 2 minutes behind him. Stan also appeared in the 1956 20K Olympic Games Walk at Melbourne coming 5th. Stan's not so well at present and is unable to attend our Olympian Tribute Luncheon. We hope his health improves and we again wish him a truly Happy Birthday.

BEST WISHES

Recently elected Centurions Vice President SUE CLEMENTS (Enfield & Haringey AC and LDWA)vis to marry Ian at Cambridge Registry Office on Saturday 23th June at a family-only ceremony. We wish the happy couple a great and memorable day and much future luck and success.

ED SHILLABEER EXPRESSES A POPULAR VIEW

I ask why, with the Olympics at home and the fortune spent on everything else, we will be under represented in many events? For example only two women in modern pentathlon when we have five in the world's top 20 or something like that. General principle of not prioritising participation over everything else. Give more "bubbling under" performers the chance to compete and get inspiration and experience.

Enjoy!

Cheers. Ed

TIMES GONE BY by DON COX

Hi every one, just looking back at times gone by, I was the only race walker in Chelmsford AC from 1968-1972, I was very proud to be voted ATHLETE OF THE YEAR in 1971 in a club which was a very good running club, Most of my training was running, USE TO RUN AND WALK 80 TO 100 MILES A WEEK, I remember some of the runners from the club having a go at the one hour track walk at Ilford, I won it in 8 HOURS 48 YARDS, (Steve Gower 2nd, Bob Dobson 3rd) and the runners found out how hard walking is, I still hold 9 Chelmsford club records and I think I still have the CHELMSFORD to SOUTHEND 20 MILE Southend AC record at 2,38 39. remember passing PETER MARLOW at the 15 mile hill at Raleigh, Very well done to Dominic for 4h 6 .34 YOU MUST GET PICKED FOR THAT TIME, COME ON GB TEAM SELECTORS, WE NEED THREE IN EVERY SPORT, IT'S OUR LONDON OLYMPICS, GET THE BIGGEST TEAM YOU CAN. WE NEED THREE WALKERS AT EVERY DISTANCE, RACE WALKING IS AN ENGLISH SPORT, IT GOES BACK A LONG TIME,

ALSO THERE

Rightly we gave prominence to PAM FICKEN at that opening meeting held in our 2012 Olympic Stadium...as the good lady belongs to an Essex Club (Loughton AC) and this fanzine is titled "Essex Walker". Other notables from our race walking world were also working at this fixture : Lynn Carmody, Sue Rey, Ian Statter & Mark Wall. It's good to see so many of our number included on such occasions.

GREETINGS FROM HART HOUSE

Dear Friends,

We are writing to you again, following our Newsletter, to ask you to consider the situation we find ourselves in each summer when we are really struggling for funding to keep going. Most of you are aware of the service we provide to our children and their families and how difficult it is to get the necessary finances to achieve the high standards we strive for. We thank those who have responded to our Newsletter and continue to appeal for the rest of you to consider a donation or child sponsorship and to contact Geoff by e.mail or phone. We eagerly look forward in anticipation to a favourable response.

Yours sincerely
Geoff and Rohey
00220 9926258

WORTH A SHOUT

We know former talented International GEORGE NIBRE, the motivating force behind our "Think Tank", is getting fit for he was seen jogging near Dunmow by motorist ROGER MILLS. The Olympian wound down his car window and shouted encouragement - of sorts - when yelling, "If I were that slow I'd pack it in".

FROM RUSSIA WITH LOVE

The big International meeting - in a remote part of Russia many hundreds of miles from Moscow - didn't appear to go as well as was hoped for reference UK competitors. Three-out-of-4 juniors retired and no seniors (20K or 50K) achieved much sought after Olympic qualifying times. But hey, the temperature was reported as 82F (to use old money) and to arrive required a venturesome spirit and an enquiring mind as it was a long and trying journey. Indeed one 20K walker had a Visa delay and had to travel alone leaving little time to prepare. Our 2 Essex representatives were DOMINIC & DAN KING whose 50K times were 4.13 & 4.20 respectively. Dominic has an Olympic 'B' standard to place before our selectors and we hope they'll reward his efforts with Olympian status. As for our 20K guys well, they've one more roll of the dice to come. Irrespective of outcome we place on record our praise for the King twins on their determination to succeed and for George on the time and effort he put in to support their ambitions. "Back-in-the-USSR" (as was), why chose such a difficult location for spectators/supporters to reach? Surely ease of access must be considered when deciding upon major International venues? Food for thought!

MONEY GOES TO MONEY

Hon.Ed. again won that monthly top £25 prize in our RWA's 200 Club...this time in April's draw (£10 winners being S.TELLING & RWA Southern Area). May's draw saw D.J.Hall win £25 with CYRIL GITTINGS & BOB DOBSON taking those tenners. You can support the work of our Race Walking Association by subscribing to this draw at only £1 per month. It makes sense...Essex Walker has almost 300 takers, the vast majority being no longer active, but still wishing to keep in touch with news & views. Just think how much those readers save by not entering races/travelling to-and-from them! So why not put something back into a sport which you once graced? It costs £12 for a year. Send cheque for £12 (made payable to RWA) to : RWA 200 Club, 212 Weddington Road, NUNEATON, Warwickshire. CV10 0ER. You can also enter online : just "Google" Race Walking Association and you'll find an easy link to the RWA 200 Club. You can make a paperless entry via this route. Let's see more investors signing up to support our sport!

FORMER RACE WALKER TO SPEAK

MIKE BRACE CBE who is on three 2012 Olympic Committees, is to give a talk in Romford Central Library (next to Romford Town Hall) on Tuesday 17th July from 2-3pm. Entry is free, but only by ticket. 60 places are available. Visit any Havering Library and request a ticket and it'll be printed for you. Mike's a truly interesting and inspiring speaker and a great hour is ensured.



SPEEDWALKER TAKES THE BATON AS NEW ROTARY PRESIDENT

The new president of Drake Rotary in Plymouth has vowed to "carry on in the new direction at full speed".

Speedwalker Edmund Shillabeer veterinary surgeon and Olympic Torch bearer nominee, took over as president of the expanding group of Plymouth Rotarians from Alf Gurney.

RABBIT RABBIT RABBIT

So sung Chas & Dave in 1980 and got to No.8 with it and it was the "walk on music" of dart-thrower Eric ("The Crafty Cockney") Bristow MBE. It could refer to Peterborough Track where on May 9th an Eastern Veterans Track & Field League meeting took place. While CATH DUHIG excelled - yet again - in the 2,000 Metres walk, pole vaulters had wasted journeys. Rabbits had gnawed/eaten their landing cushion and all bets were off!

"IN TOWN TONIGHT"

This was a long running BBC show...a sort of early version of a chat show. It could refer to Peterborough-based BRIAN KEEGAN, who walked for the now disbanded London Vidarians on a regular basis in the 60s/70s, recently gave a talk at Havering Museum in Romford's High Street. Hon.Ed. attended and found it interesting. Chatting with Brian he recalled finishing a London-to-Brighton (albeit on his 3rd attempt). Clubmate PAUL MAIDMENT (now an Ulster-based member of North Down AC) once said of Brian, "If there was a Championship only open to race walkers who don't train, Brian would win it". Still bearded Brian attended, and indeed spoke, at the London Vidarians Centenary Dinner in 2003. He made a brief comeback about 8 years ago over 5 Miles at Donkey Lane, did a few Battersea Park evening races and appeared a couple of times for his local Peterborough Club in Eastern Veterans AC evening matches.

VAC 5 MILES - BATTERSEA PARK **15th MAY**

1.Ian Richards 45.36, 2.Peter Ryan 43.07, 3.Steve Allen Bar 45.36, 4.Steve Allen If 48.39,
5.Paul King 51.18, 6.Ron Powell 55.02, 7.Iain Thomson 56.39, 8.Dave Hoben 58.08
9.Bernie Hercock 63.36. One more than last time! Readers : can we improve turnouts as this long established series is now under threat?

MAKE MINE A DOUBLE **PEDNOR CORRESPONDENT**

Hello Dave,
Great report! It certainly doesn't get any easier. Two faces from the past were there the Gutteridge twins of Metropolitan WC, whose Dad Bill was a well known and respected Time Keeper. One held the watch on this occasion whilst the other clocked 57 minutes to boot! Welcome back also to Fiona Bishop who has not been out for some time. She clocked 54 minutes. With regard to Peter Ryan not being about to pass Steve Uttley due to the narrowness of the coned-off finishing straight, I was in the same position but managed to step to the left of the cones to pass a much disgusted fellow walker, and beat him by 2 seconds on the final sprint by changing lane rather abruptly. Not bad considering I must have been 6 stone heavier in weight! He was very unimpressed after the finish. All in all a very good field on a pleasant evening. Roll on 2013!
Yours in Sport and Friendship. Bill Sutherland

Adds Hon. Ed. That report, described by Bill as "great", came from the winner himself.

MAKE MINE A DOUBLE

Ilford AC sent a trio of walkers - all former event winners - to the annual May Bank Holiday Monday Pednor 5 Miles Walk at Chesham. After race walking is a 5 Miles run over the same course, with a prize for the competitor attaining the lowest aggregate time from both events. It proved a proverbial "red letter day" for Ilford as talisman FRANCISCO REIS retained his title in the walking race while all-rounder STEVE UTTLEY won the prize for the lowest aggregate time both!

Ilford's FRANCISCO REIS won the Pednor 5 mile walk for a 3rd successive. Taking the lead from the start in on a testing/hilly 1- lap course through the Chiltern Hills, he was never headed and gradually extended his lead to over 2 minutes, winning in 41.51. Meanwhile behind him STEVE UTTLEY & PETE RYAN battled for 2nd place all the way to the line, with never more than a few yards separating them. Steve opened a few yards on a steep 600 metres climb after 2 miles, but couldn't hold the advantage as the hill flattened and Pete was quickly back in contact, taking the lead again, before Steve regained it on the last climb, in the last mile, before a final descent into the village. Pete tracked Steve down the final hill; but commented on the narrowness of a coned-off 100 metres finishing straight making it almost impossible to pass Steve, who gained the lead at the bottom of the hill. Nevertheless he drew level at the line, missing out on 2nd place by 6 inches-or-less, with both competitors recording 44-19, ensuring Ilford team success. An hour later Steve ran a 5 mile race on the same course, requiring a 2nd climbing of an extended 1-in-8 incline. This formed (with the walk) the Pednor Challenge Event; the winner being the person recording the fastest combined time, although both events could be entered individually. 150+ ran, of whom 13 had previously walked. Starting towards the back to let his legs recover Steve worked his way through to 70th when finishing in 38-35, so giving the fastest overall time and making him 2012 Pednor Challenge Winner.

NICE TO SEE YOU AGAIN MA'AM

Most go a lifetime without entering Buckingham Palace...but in May RON WALLWORK MBE and his good lady JOAN attended their 3rd Royal Garden Party on the lawns of this regal edifice. Ron's been there 4 times as he received a Royal tap on the shoulder to attend an MBE investiture ceremony for services to his Suffolk Community. He also met Her Majesty when she formally called in on The New Astley Club...and a wonderful photograph of this occasion is proudly on display there!

STYLE PRIZES - from PETER MARLOW

Dave,
There are style prizes in UKA Track races.
Peter

HISTORY

I am quite amazed that Highgate Harriers don't have a walking section nowadays. It used to be very large and successful. The St Dunstan's One Hour Walks were a big event at Parliament Hill Fields in the 50s - and, if I remember correctly, I took part in one in the 60s, which was as well supported as the early 50s events. Walkers were graded into a number of hour races that took place on the same day. The events took place around the Parliament Hill track. At, I think, 58 minutes a hooter/bell sounded. When the one hour hooter/bell sounded one stopped and waited for your distance around the track to be recorded. It was great fun - but giddyness was a feature! My reason for wanting contact with Highgate Harriers was that I won the 1950/51 Sparta Cup. And after so many years I have totally forgotten what I did to deserve it!

Best wishes,
Bob Moseling (Ex-Highgate Harriers & RAF)
bob.moseling@yahoo.co.uk

PS Please do Highgate Harriers still stage the St Dunstan's One Hour Walk competition? If so, when does it take place? (I used to take part back in the early 1950s).

MORE HISTORY FROM BOB MOSELING

David,
I notice at least two mentions of ex-RAF walkers. I wonder whether you, and Mike Shannon were members of my old team from RAF Halton. In the early 50s at least, we regularly won the RAF 7 Mile Championships. Most of the members in my days at Halton (49-52) also joined Highgate Harriers. Many Saturdays we obtained passes and rail tickets to travel to Open events as RAF Halton's team, only to actually walk for Highgate. Another thing we regularly did was to accompany/guide war-blinded walkers from St Dunstan's around the Regent's Park Inner Circle. On more than one occasion we were invited to their HQ adjacent to Regent's Park. It was amazing to see them play cards (with braille corners), play darts ('sighting' along a string that was attached to the centre of the bull - and firing on their 22 rifle range (wearing headphones that gave a solid note when aimed at the bull!). Woe betide us if we ever offered to help them with their undressing/dressing and finding a mislaid shoe! It was only OK to help if THEY asked for it!!

After leaving the RAF I joined the Met Police - and carried on road walking alongside my daily eight hours of pavement wandering. Whilst at Hendon Training School there was an inter-training school five mile walk. I was the only one who had ever done it before, won by a very large margin and found that the judges etc thought I had great potential - until one of them recognised me from the Halton team of a couple of years before. It was then revealed that I'd been at it for a number of years and was really quite mediocre!

Perhaps you can help me: Is it due to a number of years slamming my feet down on hard roadways that at the age of 78 I have awful arthritis in feet, ankles and knees? Or was it more due to playing rugby in the second row until I was 40?

Best Wishes

Bob

(ex RAF 585242, Police 137H Division, Warr No 139405)

Adds Hon. Ed. I wasn't in Bob's 1949-52 RAF Halton team, as I entered this world in 1948. I only took the "Queen's Shilling" in 1965 when I started to "Get Some In" as that RAF saying goes. His RAF Number is similar to mine (594881) which indicates he, and I (& KEN ROOST + the late RON PURKISS) were "Brats" (i.e. RAF Administrative Apprentices).
Thanks Dave A.

TOUGH COMPETITION

Ilford's NERINGA AIDIETYE was selected by Lithuania for that trip into deepest Russia for the European Cup of Race Walking 20K...and

in a truly top class field recorded 1.39.34 for 53rd position. We hope we'll see Neringa racing along The Mall in Olympic competition.