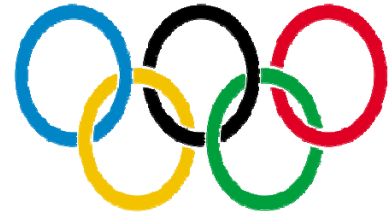


ESSEX WALKER



ON TRACK

Thanks to readers pledges, Southend-on-Sea AC are to stage a 1 Mile Walk ('B' Laws) in their annual August Bank Holiday Meeting on Garons Track, Garon Park, Eastern Avenue, Southend-on-Sea, SS2 4FA. It's at 10.30am on Monday 27th August...enter for £3 on the day. It's early enough to then enjoy a Bank Holiday day out at this famous seaside resort. So Open race walking returns to Southend after a long break. Thanks to those who've pledged to appear and we hope to see many others for a grand dash. Who knows, it could re-ignite race walking at Southend-on-Sea AC, which was once the UK's top race walking outfit! Any more pledges to JUNE CORK at southendac@hotmail.co.uk It helps to know who'll be coming for the programme and for meeting arrangements.

"I COULD HAVE BEEN A CONTENDER"

Those so memorable words spoken by Terry Malloy (played by Marlon Brando) in the 1954 epic film "On the Waterfront" could have been uttered by stalwart MICK BARNBROOK, who said similar when learning of our Olympic year Essex 3,000 Metres Championship cancellation due to lack of entrants. Romford-born Mick said that, had he known the situation was so dire, he'd have entered. Mick's often supported this race and is a former individual bronze medallist in it! Essex Walker expected to receive several comments about this fiasco...but it's been mostly silence from our active readers! You might think "*Too little too late*" but Mick's comment shows that **he cared!**

ESSEX 50 KILOMETRES CHAMPIONSHIP

Since folding as a separate event this long established Championship's been combined with our RWA National 50K, and trophies/medals presented accordingly. Last year, despite prominence in Essex Walker, nobody entered...although failed entry attempts were made afterwards! Please be informed : The 2012 Olympic Year Essex 50 Kilometres Championship is to be held in our County - at Colchester's Lower Castle Park at 12 noon on Saturday 22nd September. Our long-serving Honorary County Walking Secretary RAY PEARCE can't make this date, so if wanting to enter please see Ray at meetings (he's at most) and record your entry. Obviously this notice is for bona-fide Essex qualified athletes only.

OFF TO SWITZERLAND

From early to mid-July Ilford's NERINGA AIDIETYTE will be with the Lithuanian Olympic squad for final training/preparations in Switzerland. We wish Neringa well as time passes quickly towards our Olympic 20K on The Mall, when we hope many readers will be there as interested and committed spectators.

TASK ACHIEVED

Well done to LINDA SPINKS, who brushed aside earlier injury woes to complete the overnight MOONWALK MARATHON in Central London...so raising £2,000 (with friends) in support of Breast Cancer Research. Linda's collection sheet is still "open" for any late amounts!

HELP FOR HEROES

Congratulations to both ALAN O'RAWE and ED SHILLABEER on raising money for this charity. Alan, a Dartford Hour regular, missed this year's event as that day he ran in Essex for H-for-H, while "Edbanger" walked overnight from Land's End-to-Plymouth for the same cause...to be met by the Mayor and Mayoress of Plymouth at Home Park (Plymouth Argyle's ground). Both can still accept your donations!

DIAMOND JUBILEE SUCCESS AT MOULTON

As in previous years we'll not steal the thunder of "Enfield Walker", as they'll publish full details, and most of our readers also read that fine publication. The RWA General Committee met prior to race time, so personages could then see how race walking should be staged...a big field with traditional Saturday afternoon racing along the Queen's Highway! FRANCISCO REIS completed a hat trick of victories, recording his fastest time to date on this tricky course - 39.25 - after a tight battle with Hillingdon's FABIAN DEUTER who recorded 39.32, in which Ilford's man got the better of his rival inside the final mile. Third place was secured with an impressive comeback appearance from PHIL BARNARD in 41.21. Essex teams did well in the team stakes; amended to a 4-scoring format including both genders. Previously it'd

been 3 men's teams of 3 + 1 ladies team of 3. Now it's 4 teams of 4 being rewarded by visits to the presentation table. Ilford's PETE RYAN & STEVE UTTLEY made up the winning team while a Club quartet of STEVE ALLEN, OLLY BROWNE, ALAN O'RAWE & PHIL GOODWIN secured 4th team awards. And those awards, along with the participants mementos, were yet again well worth having. It was good to see a number of former men's & women's race winners supporting this race and also many who'd travelled long distances. Thanks also for the back-up team...as catering for such a large gathering was a task in its own right! We yet again thank RON & JOAN WALLWORK and all their many helpers for a great day's sport...long may it continue!

SITTING IN A STAND

At least a quartet of walkers will be in the stands along The Mall on race walk days : DOUG HOPKINS (Medway & Maidstone), BRIAN KEEGAN (ex-London Vidarians), PETE RYAN (Ilford) & JOHN WEBB (Basildon) who raced the 1968 Mexico Olympic 20K. Those in the streets can look up and give them a wave. Predicted crowd figures are high, so those buying tickets have been proved wise!

REDUCTION

The RWA National 50K Championship has been on "death row" after a few years of low turnouts and, after last year at Northampton Racecourse, came within an inch of closing down for good...was reprieved! It was decided a minimum 15 would be needed for it to go ahead. That's now reduced further with just 10 entrants needed for this Championship to be staged. Perhaps looking at a cancellation of the famous Bradford Walk (for a first time in 110 years) concentrated minds to order this reduction. It's on Saturday 22nd September at Cochester's Lower Castle Park. If we can get 10 entered it'll give Essex athlete SCOTT DAVIS an opportunity to gain the outright record of sequence victories (currently shared with the late DON THOMPSON MBE). Please support this event, which also doubles-up as your Essex County 50K Championship.

WORDS OF THE NOBLE LORD COE

"Our great moment is about to arrive. I hope you will join me in celebrating the Games and welcoming our visitors so that they can enjoy the wonderful experience we are offering. We will never have another chance in our lifetime to spread the values of Olympism and inspire more young people to choose sport."



MEMORY LANE

At the Centurion Centenary Dinner in May 2011 Centurions were invited to provide an account describing what becoming a Centurion meant to them. The idea was to capture memories special to them plus any other anecdotes, press cuttings etc. they would like captured for posterity. The 'Centurion memories' were assembled into a home-produced publication and each contributor received a copy. It can be viewed on the Centurion website at [http://www.centurions1911.org.uk/Centurion/About us/History/Archive](http://www.centurions1911.org.uk/Centurion/About%20us/History/Archive).

Sue Clements C950

REFERENCE HISTORY

Hello Dave,

Bob MOSELING was well before my time, but I do recall much of what he so vividly describes from the Good Old Days! The Late Fred DUFF was very involved with St. Dunstan's and we used to go to the Priesthill Playing Fields at Ewell to accompany blind walkers when racing. We well remember Kath being hauled across the fields by Mike TETLEY's dog who sensed his owner approaching! Marvellous days eh! I wonder whether Ron POWELL now Enfield Harriers would perhaps remember him also?

Yours in Sport and Friendship, Bill Sutherland

SUNDAY AFTERNOON IN THE PARK

What more do you want?...I know some dislike Victoria Park but since last year £12 million has been spent there (including £4.85 million National Lotto money) making it great for our Olympics (the Stadium's in sight). You might not be so interested in the new Burdett-Coutts Fountain, new Community Cafe, Chinese Pagoda and better play areas. But you'll like the fact that our course is no longer covered with loose grit & gravel, all potholes have been filled-in/smoothed over and that damn camber's been engineered out. All credit to Loughton AC duo PETER CASSIDY & PAULINE WILSON who, when snow forced February 5th's LONDON WALKS off the fixture card, decided to find another date so as you could all have your meeting after all. Was it worth their efforts? Despite not clashing with anything, 4 supported the YAG, 4 the Senior Women's 5K (+ a male guest) and 14 the Men's 10K, of whom 13 finished. From an Essex viewpoint, the main race was won by FRANCISCO REIS with another convincing gun-to-tape victory (well we had a very loud gun if not tape), with his Ilford Club taking team honours : 3rd place STEVE UTTLEY & stalwart MICK BARNBROOK being their other scorers. Successful athletes liked their M&S vouchers (you can't spend medals).

Looking at the wider pattern, a similar New Year's Day Meeting was abandoned when fields got to just below these levels..though we should publish the "Party Line" in that difficulty obtaining Officials brought about that final decision. So come on readers, all these events are put on for YOU! Another LONDON WALKS meeting, with something for everybody, comes in February 2013. A word about parking : 90% of us park in Cadogan Terrace E9 alongside Victoria Park. Recently a controlled zone's been introduced along this road for the benefit of locals...but only operates all-day Monday/Saturday incl. So it looks as though this venue should now only be considered for Sunday meetings when parking's unrestricted.

ON THE ISLAND

Among participants in May's Annual Isle of Wight Walking Festival were Essex trio STEVE ALLEN, OLLY BROWNE & KIM HOWARD. It's walking...but not race walking as we know it! On offer are several events/distances around this delightful and scenic island with 72 miles (overnight) being the "big game in town". All acquitted themselves well and enjoyed the occasion...being good stamina training for long distance races to come. Centurion JILL GREEN, LDWA & ex-London Vidarians, used to organise it, but that task is now undertaken by the Council with Jill as a Consultant. With Jill's experience there's no better person for that role! Several Essex Walker readers supported this Festival in past years and long may it continue.

THOUGHTS FOR THE DAY –

From the late JOHN HEDGETHORNE

"There is the administration of the sport..and there's the sport of administration".

"It's better to end a race the year before the accident than the year afterwards".

OLYMPIC & PARALYMPIC WALKING NEWS

Hello Dave,

Good afternoon. I have noticed recently on the advertisements on the London Overground Line between Richmond and Stratford advice that 'the best way to get around during Games time is walking'. The walkers shown, both young and elderly, display an excellent Race Walking Style that many will remember as the norm in former years. Also in the Official Guide for Team GB at the Olympics and Paralympics it shows pictures of 735 Gold Medallists over 116 years. They include the Late George LARNER (3500m and 10 Miles Walk); The Late Tommy GREEN (50 Kms. Walk); The Late Harold WHITLOCK (50 Kms Walk); The Late Don THOMPSON (50 Kms Walk) and our current RWA President Ken MATTHEWS (20 Kms Walk). It is a very good purchase for all Multi-Sports enthusiasts at £5.95p. Hope you didn't get too burnt up at the SRWA Track Walks at Dartford, which reminded me of the former Highgate Harriers 1 Hour Walks Section A to D with the wonderful St. Dunstan's 1 Mile Walk too. Great days eh! I trust you are well. Thanks again for another great read in the June Essex Walker.

Very Best Wishes, Bill and Kath (Sutherland).

CUTTING IT by MICKY SUTTON

Dave,

For info I did the 145 mile Grand Union Canal Race starting at 06:00 Sat morning (2 Jun) from Birmingham to London. I did a run/walk. Finished in 34h 36m in 16th place out of 97 starters. Saw Sue Clements at start. It was terrible weather, rain/wind/cold.

Hope to see u soon.

WORLD OF APPRECIATION FROM A PAST MASTER

Dave.

Thank you very much. Much to catch up on.

Thanks John (J.F.S.Northcott)

Nhire

64 Brookmans Avenue

Hatfield

Herts AL9 7QQ

Telephone: 01707-659063 Fax: 01707-644037 Email:

nhire@nildram.co.uk

Philip Barnard, Francisco Reis e Fabian

Deuter.

Foto: Pedro Reis.



FIXTURES

3 Jul	Veterans AC 5 Miles	Battersea Park	7 pm
7 Jul	Olympic Walkers Tribute Luncheon	Tower Hotel	12.30 pm
	LICC 3,000 Meters (+ Enfield Lge)	Ashtons Track	11.45 am
8 Jul	Post Office 10K	York	
11 Jul	Veterans AC 3,000 Metres	Willesden Track	7 pm
14 Jul	Open & BMAF 30 Kilometres	Coventry	11.30 am
15 Jul	Queen's Diamond Jubilee 60K	Westminster Station	9.30 am
16 Jul	SCVAC T&F League 3,000 Metres	Lee Valley	6.30pm
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 Cycle Track	1 pm
31 Jul	Veterans 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
11 Aug	Olympic 50 Kilometres	The Mall	9 am
	Olympic 20 Kilometres (Women)	The Mall	5 pm
	Iford AC Walkers Meal	Halfway House(Enf)	3pm
18 Aug	Enfield Lge Track (+ Paalauf)	Lee Valley	1 pm
21 Aug	WTW 3,000 Metres	Ashtons Track	8.30 pm
	Veterans AC 5 Miles	Battersea Park	7 pm
22 Aug	Open Track 5,000 Metres	Norman Park/Bromley	7.30 pm
25 Aug	Inter Counties Track Walks	Bedford Stadium	9.30 am
26 Aug	Veterans AC T&F Championships	Battersea Park Track	
27 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 Meters	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 100 Miles	Colchester Castle Park	Noon
29 Sep	Enfield League 10 Kilometres	To Be Announced	1 pm

END OF BARNET COPTHALL STADIUM

Barnet Copthall Stadium's Official website declares the Stadium's now closed for good, as it's sold to Saracens Rugby Union Club for Premiership Rugby. This famous venue has seen many great performances by race walkers and many successful and enjoyable meetings. As well as the track, paths through the vast playing fields and roads surrounding this complex were also used for races, including major National Championships (such as our 1974 RWA National 50K). All readers will have their special memories. Hon. Ed's favourite recollection was, while giving his all in the 1969 Highgate Hour 'C' Section, hearing the Stadium announcer boom, "PAUL NIHILL, the new European Games 20 Kilometres Walk Champion has just entered the Stadium". Paul had arrived for the 'A' Section later on the card...and what a reception he got! The place stopped...except for those souls pounding away in the 'C' Section! And who'll forget popular TONY PERKINS hitting the front in the 'D' Section. With athletics ceasing at Hendon, another North London athletics track bites the dust! What's your favourite memory?

THE BIG HOME PARK WALK FOR H4H

MET BY THE MAYOR & MAYORESS AFTER LAND'S
END-to-PLYMOUTH (Home Park) OVERNIGHT "HELP
FOR HEROES" CHARITY WALK

FROM OUR SCOTLAND CORRESPONDENT

Dave, fresh off the track, results for the Police Sport UK (better known to most as the PAA) T&F Championships which were staged in Inverness on 30th May, and there was Essex interest!

3,000m Walk:

1. Martin Slevin, West Mids. 16.59
2. Steve Broadbent, Lancs. 17.26
3. Glyn Jones, West Mids. 17.40
4. Steve King, Essex 18.06
5. Richard Mallinson West Mids. 18.39
6. Mike Bowron, Jersey 18.47
7. Bill Murray, Lancs. 18.58

Fair walking throughout and no D/Q's, but poor standard overall.

On this evidence, Paul Blagg's 1991 record time of 12.23 looks safe for the foreseeable future.

Other PAA records still standing, which may stir some memories for some of my former colleagues, are: Dave Balderson's 100 and 200 sprint times of 10.7 and 21.5 from 1969 and 1970. The great Chris Carter's 800m in 1.50 from 1971, Bill McKim's 3.51, 1500m in 1969 and Ernie Pomfret's 1966 steeplechase time of 8.56.

Happy days!
Regards to all,
Alex. Ross



STYLE AWARDS

Picking up on comments made by both Peter Marlow and Bill Sutherland in Essex Walker June 2012 I have to agree with Bill that the absence of style awards is a loss. Style awards have been presented for some time at the Younger Age Groups Championships and this is still the case. I notice that Australia include them in their programme. We also do this in the Isle of Man and it is used to encourage everyone to learn how to race walk. Athletes are often put off by being beaten by the not so technical finishing ahead of them all the time but the style award acts as an incentive and retains and encourages these athletes.

Steve Taylor who is our 2012 Olympic Games Chief Judge

WALKER'S GATE

Mention of RON & JOAN WALLWORK's 3rd Buckingham Palace Royal Garden Party prompted stalwart MICK BARNBROOK to point out that he's also been there...but on less glamorous occasions. Part of his duty; at a time during his distinguished Metropolitan Police Service, was to man the back gate on nights! Mick never got near any Royals at this out-of-way location. One of Shakespeare's most humorous passages is "The Gatekeeper's Scene" from Macbeth where a "character" whiles away boring night-times by mostly talking to himself and coming up with gems like, "Drink provokes a desire but it takes away the performance". In walking, as well as Mick's brief appearance as a gatekeeper, we've had a famous one over many years...retired ex-walker, "character" DAVE SHARPE, was gatekeeper at Thames Water Authority's vast Sewage Works in Rainham. By the way historian Mick advises that a ghost is said to appear from time-to-time around Buckingham Palace's rear gate...of a Policeman who was killed there during a WWII bombing raid!

THE WAY FORWARD

Dave

With regard to the debate about getting a race walking section in the London Marathon (or another major road race). The objections regarding it being difficult to judge miss the whole point. What we need is a shop window to advertise the sport and get more participation. The sport is not in a good state. As a newcomer to race walking I can see that the level of participation is perilously low. More seasoned competitors have probably not noticed the decline. It is like only noticing that you need a haircut when it has got out of control. You only notice it when it is too late. If people see race walkers doing rather well in a major road race then they might feel inclined to have a go themselves.

The running boom of the 1980's brought many people into running (myself included). Most of them pretty poor at running, some of them pretty good. The race fields grew and with a wider base the top end should improve also.

Race walking needs an equivalent of the running boom. We will never get the fields seen in running races but we might get big enough fields to ensure the survival of race walking.

To hell with proper judging on a race like the London Marathon. We all get beaten by people contravening the rules, even on judged events. Events like this should be seen as sacrificial as far as correct judging is concerned. Use them to entice people into proper race walking events.

John Ralph

GREAT JOB WITH WALKER AGAIN

Thanks for including our recent appeal in the June edition.

Regards

Geoff

ILFORD GIVE 'EM THE OLD 1-2

Ilford AC members came home 1st & 2nd in Saturday afternoon's South of England Athletic Association's 5 Kilometres Championships on Oxfordshire's Abingdon Track. From the "off" FRANCISCO REIS showed determination to add to his impressive sequence of recent victories with only colleague STEVE UTTLEY remaining in striking distance during the early stages. As racing progressed Francisco powered on to break the tape in 24 minutes and 18 seconds and, in the closing stages, had the kudos of "lapping-the-field" when overtaking second placed athlete Steve who claimed a silver medal in 26.25, well ahead of 3rd placed RWA Southern Area President SEAN PENDER (Enfield & Harringey AC).

Sadly only 3 men were in the field, in a Championship which has seen this walking race on "death row" for a few seasons...and this last effort can't have helped. Indeed walks were the only events where Organisers permitted an extension to their closing date as only 1 had entered by the original deadline. Sadly "locals" never appeared; as there's a race walking scene in Oxfordshire. Perhaps a high cost and the rigmarole required to make entries deterred possibles? Our thanks go to PAULINE WILSON who moved heaven-and-earth to try and get this event re-ignited with a bang. Thanks Pauline!

WRITES PAUL NIHILL MBE

Dear Dave,

Reference June's Essex Walker, congrats to Ron Wallwork - 4 times at Buckingham Palace. Any race walkers bettered this?

PAUL NIHILL (8)

1.Olympic Reception 1964, 2.Olympic Reception 1968, 3.UK Athlete-of-the-Year 1969, 4.Olympic Reception 1972, 5.Awarded MBE 1976, 6.Olympic Ceremony 1988, 7.Royal Garden Party 1992, 8.Centenary of the British Olympic Association.

OLYMPIC GROANS

I am against Beckham being considered for team GB. You should earn your Olympic call-up not just be available. He will no doubt be picked for who he is.

Banned athletes such as Chambers should not be allowed to go against the decision of the BOA. They are, after all, our Governing Body.

Kick Women's boxing out of the Games. It ain't ladylike for women to bash each other up!

I object to "Will i am" of Black Eyed Peas, who's recently been on "The Voice, running a leg in our Olympic Torch Relay. What's he got to do with sport?

Best wishes Paul.

PS So glad Peter Marlow is on the mend.

MEDIA OBSERVATION

One's indebted to the "Daily Wail" for an interesting article entitled, "If anyone can find a future for athletics, please do tell me" penned by Martin Samuel. He refers to "Athletics Weekly" whose circulation is down by a massive 80% since 1981. It's the World's only magazine covering the sport with 7-day regularity. Commentator Alan Parry once said, "If it isn't in AW, it hasn't happened". AW figures show 67% of its readers are still athletics competitors and coaches, meaning that outside of the sport (working off figures of 5,000) the world's only specialist athletics magazine commands the attention of 1,650 people not directly engaged in track & field. Martin points out that athletics is now so poorly supported that when Usain Bolt recently ran the fastest 100m (9.73) in the history of the famous Bislett Meeting he did so on BBC3...a channel where comedy goes to die and news comes in 60 second soundbites; and whose target audience is in the 16-34 range (but the article writer's unsure if it means age or IQ). The Bislett Games and the fastest man that ever lived now jostle for airtime on a television station which is more comfortable showing "Britain Unzipped". Martin Samuel invites readers to pass comment at www.dailymail.co.uk/martin_samuel The old joke for years was "Athletics Weekly was once called the Bible...now it's so bad that once you put it down you can't pick it up." Boom Boom!

SMILE...YOU'RE ON CANDID CAMERA



Before racing commenced, start line MC RON WALLWORK issued a stern warning about "walking wide" and clearly stated that poor safety discipline could see an end to this popular event...one of very few remaining on a public roads! Moulton based Centurion IAN GARMSTON (like Ron, one who qualified as a Centurion in Lancashire Walking Club's colours) was on course with his camera. Ian captured a number of transgressors, who can confidently expect "a tap on the shoulder" from Ron at forthcoming meetings (with the proof). Please don't jeopardise the future of this meeting or any others by walking wide! Back roads around Moulton aren't busy...but what few vehicles share the road with us often do so at speed. Just 1 accident and walking loses yet another course! Aside from that it was good to see the photographer on his feet and looking well...last year he sat beside the road looking on while recovering from an accident 2 years ago. Nice to see you in good health Ian!

INSPIRING LAST WORDS

Sports journalist NEIL ALLEN has, at the age of 80 years, decided to hang up his pen. Formerly of The Times & London Evening Standard, he's been one of race walking's best ever friends, and was a great help during our successful 1977 campaign to secure a long overdue MBE for 1964 Olympic Games gold medallist KEN MATTHEWS. Since leaving "Fleet Street" he's penned numerous quality articles for The Olympian...indeed he's an "Honorary Olympian" in recognition of his worthy efforts. His final article ended thus, "Right now, I would like to invoke the spirit of Coroebus, a Greek athlete who won the stadion race in the first recorded Ancient Olympic Games of 776 BC, to plead with Zeus over a glass of eternal wine, to ensure that London's 2012 Games will be as successful and as peaceful as they were in 1948 when I was a 15 year-old spectator". Wonderful words from a truly top athletics journalist, sadly now retired!

REPORT FROM ED SHILLABEER

Well done Francisco, well done indeed Micky. Makes my mere 100ml Lands End to Plymouth Argyle via Plymouth Hoe look trivial! I did have a very strong headwind 90% of the hilly way which kept me back to 23hrs. Dead chuffed actually as my non-walking down very steep bits only amounted to about a mile or so, even then it couldn't be described as running, more a sort of rambling shuffle or wombling!! Also spent time chatting in latter part and on Hoe with Lord Mayor, Lady Mayoress and Sgt Gary Stott of Haslers Rehab Unit for seriously wounded of all three services.

Walk tall!

Edbanger

PS up to over £750 so far.



THE BIG 8-0

Another East Anglian former race walker of note has hit octogenarian status - Dereham resident DAVID ANTHONY VALENTINE BROWNING (Dave). A member of Trowbridge AC & the RAF, he's a former RAF Champion and winner of the Combined Services Medal...awarded annually in better days to the 1st Serviceman finishing the annual Metropolitan Police Open 7 Miles each January. That medal was won with regularity by Trowbridge AC colleague Lance Corporal PHIL THORNE of the Hussars. When he so sadly departed after a motor cycle accident others came into the picture. Dave won Norfolk County's AAA 3,000 Metres Walk Championship on the old Lakenham cinder track beside Norwich's Ring Road in 1969. In retirement Dave was a long serving Honorary Treasurer of Dereham Philatelic Society until it disbanded. Before KEVIN MARSHALL moved from Dereham he was a resident of the same street as Dave. Although now suffering from arthritis, Dave remains as bright as a button, enjoys life in his 80s and has many happy memories of his race walking days.

APPRECIATION FROM CHRIS FLINT

Just want to say how much I enjoyed the Moulton 5, and to thank Ron and fellow organisers for the excellent paperweight, and for the Diamond Jubilee dish given to award winners. Having had a 3 hour RWA Committee meeting it was good to feel the Suffolk fresh air and to enjoy being part of a happy group of athletes and their supporters, and to see Ray Middleton, Doug Fotheringham, Eric Hall and many others present. Many thanks to Ron and Joan and their team of helpers.

*Best wishes,
Chris.*

NO SHOW

For the first time in 110 years there was no Bradford Walk...cancelled owing to lack of entries. This race was even held in World War years; being kept going by servicemen on leave and men in reserved occupations turning out. A sign of the times!

SOUTHEND-ON-SEA AC HALF MARATHON

By contrast athletes & fun runners in droves turned out for the annual Southend Half on the same weekend, in which Ilford duo STEVE ALLEN & ALAN O'RAWE race walked it in 2.18.26 and 2.28.37 filling positions 1,241 and 1,358 respectively. Thanks lads for showing the flag!



Alan and Steve on the day

OUTLOOK TO ENCOURAGE NEW YOUNG WALKERS NEEDS TO CHANGE

Hello Dave,

I was watching on TV a new Sport called Walking Football which made me think back to the Southern RWA Garnet 10 Miles Championship Walk at Battersea Park in the 1970's when the Sarnia Walking Club Team Winners from Guernsey were using Football as their warm up activity much to the interest of RWA Officials on site. With the innovation of Race Walking in the Young Athletics Championships in 2013 we earnestly need to make our Sporting Day more exciting and appealing. Including a Walking Football Competition for youngsters as part of a Race Walk to follow may just cultivate a way of bringing a few new young walkers. Race Walking today is predominately based on the same calendar of races year in year out with the attraction of Handicap and Novice Races long forgotten. All food for thought Dave and I look forward greatly to the opinion of others in the Race Walking Fraternity.

Yours in Sport and Friendship, Bill and Kath

HOW DID WE FIT THEM ALL IN?

It's amazing we still have fixture clashes as so many races have disappeared...I've a "little list" of those which have vanished since I entered this sport. It's a true wonder how so many races were covered by judges, recorders, timekeepers, marshals etc. Obviously some races, such as the replacement walk that entered the fixture cards when the famous Bradford 50K ended its days, and our own Essex 3,000 metres Championship are - we hope - only missing for this 1 season. Some races got replaced by other races...for instance the Winter League 10K saw another 5K race take its place on the programme. But our list is also worse as it doesn't include all those many races that have only been kept going by amalgamations. For instance the City Charities 3,000 Metres and the London Business Houses 3,000 Metres were separate events. Now they're combined as one, and many, many more examples could be quoted, such as County 10 Miles events which are now combined. It's food for thought as the demise of race walking events shows no sign of slowing, and many parts of the UK now have no races at all. Some races have ended owing to traffic and risk assessment (rightly so on safety grounds). Others have folded as organisers have died, aged or moved on, leaving no willing replacements to keep such events going. For instance when Chris Newman died so did 3 Gloucester City events, including the Carnival Open 7 Miles which saw Essex teams do well and our readers were individual winners - such as Lew Mockett and the late Steve Gower. Down the road in Bristol many races folded soon after Chas Shelley's death...including the local Club to boot! An example of an Organiser moving on can be recalled in Suffolk where the well established Ipswich Open 10 Miles & the Colchester-to-Ipswich 17 Miles were well supported by top names & clubmen. Ray Middleton won the last Ipswich 10 Miles with Dave Gulliver 2nd (both now reside in Norfolk). It was held on a delightful "out-and-back" road alongside the River Orwell from the Town toward HMS Ganges. The 17 Miles point-to-point event took competitors through delightful Constable country and it's last race winner was Alec Banyard. Don Thompson was a regular at this event. That local organiser who moved was Ipswich resident Barry Ingarfield, whose efforts were truly excellent. Sadly too many fixtures have been lost as entry numbers have nosedived. Here's some, and many readers will recall others :

Bradford Open 50 Kilometres
Bradford 50K Replacement Walk
Essex 3,000 Metres Championship
SWC Open London-to-Brighton
Stock Exchange London-to-Brighton
Stock Exchange 25 Miles
Stock Exchange 7 Miles
Highgate Harriers Open 7 Miles
Vauxhall Motors Open 7 Miles
Vauxhall Motors 10K Spectacular
Belgrave Harriers Open 7 Miles
Cambridge Harriers Open 7 Miles
Metropolitan Police Open 7 Miles
Metropolitan Police Open 11 Kilometres
Metropolitan Police Open 10 Kilometres
Leicester Open 7 Miles
Basildon 50 Kilometres
Essex 50 Kilometres (as a separate race)
Essex 20 Miles
Chelmsford-to-Southend
Chippenham-to-Calne Open 6 Miles
Manchester-to-Blackpool
Blackpool 50 Miles
Hastings-to-Brighton Open 37 Miles
Hove Park 50 Kilometres
Basingstoke Open 10 Miles
Bournemouth Piers Races
Weymouth Promenade 10 Kilometres
Trowbridge Traders Open
Birmingham Outer Circle
Birmingham 35 Kilometres
Southend-on-Sea AC Open 5 Miles
Ilford AC Christmas Walk
Ilford AC Summer Allcomers Walk
Woodford Green 5-and-a-quarter Miles
Wood Green AC Inter Club 7 Miles
Ewhurst Open 100 Miles
Bristol Open 100 Miles
Leicester-to-Skegness Open 100 Miles

Leicester Congerton Open 100 Miles
Leicester Hungerstone 100 Miles
RWA Southern Area Garnet Cup 10 Miles
Phil Embleton Memorial 15 Kilometres
Metropolitan WC Open 20 Kilometres
Basildon Festival of Race Walking
RWA National 20 Miles
RWA National 35 Kilometres
Lambeth Open 5 Miles
Ipswich Open 10 Miles
Colchester-to-Ipswich 17 Miles
Nicola 5 Miles Walk
Eastbourne 7 Miles
Brighton-to-Steyning 20 Kilometres
Gosport Open Walks
RAF 7 Miles Championship
RAF 20 Kilometres Championship
RAF v Metropolitan Police 7 Miles
RAF v Sussex Clubs 15 Miles
RAF v Sheffield United Harriers 10 Miles
RAF v Trowbridge V Bristol 7 Miles
RAF Strike Command 6 Miles
RAF Air Support Command 10 Kilometres
RAF Training Command 10 Kilometres
RAF 3,000 Metres Championship
Leicester Mercury 20 Miles
Leicester Mercury Novices 20 Miles
Sheffield Star Novices Walk
Dunkeley Cup 10 Miles
Ryan Cup (as a 10 Miles event)
Picton House 4-and-a-quarter Miles
Tredworth Open 3 and a half Miles
Gloucester Carnival Open 7 Miles
Bournemouth Datapost Dash 20 Kilometres
Biggin Hill 7 Miles
Basildon Inter-Club 10 Miles
The Essex League
Colchester-to-Mersey Island 9 Miles
London Vidarians George Ramsay 4 Miles

London Vidarians Pededentum Cup 5 Miles (4 races per year)
London Vidarians Inter Club 15 Miles
London Vidarians Open Boys/Youths/Juniors
London Vidarians 7 Miles
Essex Beagles Open Boys/Youths/Juniors
Highgate Hour (4 Sections)
London Postal Region 9 Kilometres (9 races per year)
Blackheath Festival of Race Walking
Sir Sefton Brancker 3,000 Metres
Metropolitan WC Slough 35 Kilometres
New Year's Day Walks
Havering Good Friday Open Walk
Gloucestershire County 10 Miles
Gloucestershire 20 Miles
Benfleet Road 3 Kilometres
Cambridge Harriers Bexley League 10K
Woodford Green AC Hour
Woodford Green Open 24 Hours
Chigwell 100 Miles
Met.Police v North London Clubs 7-and-a-quarter Miles
Essex Police 10 Miles
Essex Police 15 Kilometres
Essex Police 5 Miles
Benfleet Road 3K
Essex Schools
Plymouth-to-Dawlish
Salisbury 10 Miles
Bromsgrove & Redditch Open Walks
Reading Graded Meeting
Sheffield 7 Miles
Barking-to-Southend
Brighton & Hove AC Relays
RWA Southern Area Clubs Track Comp
Birmingham Open 20 Kilometres
RWA Southern 20K Championship

DOWNHAM WALK 10th JUNE

Dear All,

Firstly, many many thanks to all my helpers that made today possible. Timekeepers, marshals, judges, water & catering people, First Aid and others that just turned up and offered. It pretty much went like clockwork and I have had no complaints whatsoever. **So, well done everyone and thank you so much.** Events don't happen without volunteers and these days it gets harder and harder to find good people like yourselves that are willing to put themselves out to help make something happen.

Secondly, Thank you the Walkers for turning up and making the event. Two trips to East Anglia in two weeks is no mean feat. Ron & I are trying work something out for next year to keep things apart a little more. 18 entries in the 10k & 22 in the 20k made 40 entries. An increase of 17 entries on last year 80%+ increase! Some didn't make it to the start line but I am sure they will regret it when you tell them about the excellent weather we have here in Norfolk and apparently a well liked course. Again thanks for being so complimentary.

We look forward to welcoming you again next if we can. We just need to find a date we can stick to to make it a regular for the diary..

Best wishes & well done everyone.

Peter Duhig

MOULTON - VIEWS OF BILL & KATH SUTHERLAND

Thanks to Ron & Joan and all the helpers for another really memorable Moulton Walking Festival. As always it was a real pleasure to be part of an afternoon's sport that mirrored so much of past great Race Walking Festivals. Pride of place for us went to local lad Callum WILKINSON, who aged under 17 years clocked 51.49 on a tough course and the remarkable Stuart HALSALL aged 80 who beat the hour convincingly with a time of 58.44. His personally maintained white 1920's Rolls Royce in the Village Hall Car Park was a pleasure to see! The field of male and female Walkers numbered around 70; the best for many a year which speaks volumes for the enormous amount of work put in by Ron & Joan and so many others. Role on the Friendship Walks 2012 and Moulton again in 2013!

Best Regards, Bill and Kath

DOWNHAM ESTATE WALKS

Hi Dave

Shame we didn't get a bigger turnout, but there was a bit of a fixture pile up that week. A later start time at Downham would also help those of us travelling a long way - my own trip is 100 miles cross country with not a yard of motorway involved. 11 am means a 7am start to be reasonably sure of making it by 10 am. Of course there may be reasons why it is not possible to have a later start, e.g traffic/course considerations, availability of the venue etc., but a later start would certainly make things easier for those of us not based on the eastern side of the country.

Kind regards, Steve Uttley

"DREAM WALKER"



It's a racehorse which carried "Man of the Turf" ALAN O'RAWE's money, obliging at 25-to-1 and brought winnings just short of £100. Did any other readers spot this name on the card?

GB OLYMPIANS TRIBUTE LUNCHEON - SATURDAY 7th JULY 12 noon

A truly historic occasion is to be staged with so many GB Olympic walkers of past glory days assembling for an afternoon of wonderful nostalgia, when our race walking world can pay tribute to those who've both appeared in, and officiated at, past Olympic Games. It'll probably be the last such reunion ever staged, and it's no small wonder that 140 tickets were snapped up, leaving a waiting list. Sadly many waiting list applicants won't get tickets. But hey, if you've not got a ticket and you still want to meet up with such worthies again then Tower Hotel's a large place; where you can always pop into this Establishment for a pre-or-post event drink (having visited your Bank/Building Society first I recommend) and you'll be able to mingle, even if you won't get into the function (by ticket only). Very few Olympians can't make it, including a 80 year old STAN VICKERS (1960 20K bronze medal at Rome) who is unwell. Two Olympians have emigrated : ARTHUR JONES (1968 20K Mexico) & PHIL VESTY (1984 20K Los Angeles). Olympian and London Marathon supremo DAVID BEDFORD, one of race walking's greatest ever friends is to be guest speaker. We can't wait! Thanks again for all those readers who've supported this function by purchasing tickets. Attending Olympians are :

1952 Lol Allen & Roland Hardy
1956 Eric Hall & Roland Hardy
1960 Tom Misson, Eric Hall & Ken Matthews
1964 Paul Nihill, Ray Middleton & Ken Matthews
1968 Paul Nihill, Brian Eley, Shaun Lightman, John Webb & Bob Hughes
1972 Paul Nihill, Peter Marlow, Howard Timms & Jake Warhurst
1976 Brian Adams, Olly Flynn & Paul Nihill
1980 Roger Mills & Ian Richards
1984 Ian McCombie, Steve Barry & Chris Maddocks
1988 Chris Maddocks
1992 Betty Sworowski, Lisa Kehler, Vicky Lupton, Chris Maddocks, Andy Penn, Martin Rush, Les Morton, Paul Blagg & Chris Maddocks
1996 Vicky Lupton & Chris Maddocks
2000 Lisa Kehler & Chris Maddocks
2008 Jo Jackson

KING OF THE CASTLE

Man of opinions PAUL NIHILL MBE, who's appeared in 5 Olympic walking races (in 4 Games - he did both 20K & 50K in 1972) has received an invitation to Leeds Castle near Maidstone on Thursday 19th July. The Olympic Torch ends that day's journey at Leeds Castle where a major celebration is to be held. Paul's an official guest and will be called on stage to be introduced to the crowd and interviewed. We salute this great ambassador for UK race walking, who still receives many such invitations.



THE BOSS

Congratulations to RWA International Secretary PAM FICKEN, a 100% enthusiastic supporter of UK race walking, on being chosen as Team Manager for our RWA Team at the "Small Nations Match" in Geneva.

OLYMPIC COURSE VIEWPOINT WITH A PAST FOND MEMORY

Hello Dave,

Shame there are no pubs on route, because that is how we wheeled in a 300 plus entry in the final Barking to Southend Walk many years ago!

Yours in Sport and Friendship. Bill Sutherland



RACE WALKING AT IT'S BEST - BY BILL & KATH SUTHERLAND

Hello Dave,

I trust you are well and recovering from a really great day of Race Walking at the Moulton 5 Miles. Mark Easton's photographs show why GREAT BRITAIN is the Mother Country of true fair Race Walking. Congratulations to Ron, Joan and all the hard working organisers, and all who competed should feel really proud of their achievements. Roll on 2013!

Best Regards, Bill and Kath.

PATRIOTIC ATTIRE

Donning eye-catching Union Flag kit at Moulton on Queen's Diamond Jubilee weekend were ALEX ALLEN, STEVE ALLEN (Ilford) and OLLY BROWNE. This trio truly entered into the spirit!



AND THEY GET PAID FOR IT

Brendan Rodgers ; "Maybe the finish line is something the players are subconsciously conscious of."

Graeme Souness : " You shouldn't be surprised by the surprises in football."

Alan Pardew : "Sometimes a play-off result is in the lap of the Gods, other times it's down to fate."

Nasser Hussein : "The one word you would use is calm and reliable."

CELEBRITY "MR STARTER" AT MOULTON

Setting us on our way was former Tottenham Hotspur, Swindon Town and Millwall player MIKE DILLON, a village resident. In 1974 he played for Spurs in the UEFA Cup Final against Feyernoord, and in past years he's completed the Moulton Open 5 Miles. He's the local Village Sub-Postmaster.



GOOD NEWS

On a brighter note, the rather low-level Schools' Inter-Counties Development Event at Milton Keynes has 32 entries from the following education authorities: Beds & Luton 1, Bucks 7, Derbyshire 2, Hampshire 1, Leics & Rutland 7, S.Yorks. 4, Suffolk 1, Surrey 6 & W.Mids 3.

With best wishes

Peter

RaceWalkingAssociation@btinternet.com

ELSEWHERE

On that same day as our Olympians Tribute Luncheon is an LICC 3,000 Metres Walk at Ashtons Track, commencing 11.45am. If not at the luncheon, please support this race so giving race walking another showcase.

FLAMING LIBERTY

PAUL NIHILL MBE voiced his disapproval of American rapper "Will i am" being given a leg on our Olympic Torch relay. Paul's not alone for many Twitter users have blasted this decision along the lines of "What's he done for England?" According to a Freedom of Information Request answer, debated in the Commons, of 8,000 torch bearers 485 are foreigners and - on some legs - 20% of runners are from overseas. On May 20th in Devon 18 of the 93 torchbearers were from France. On a North East stretch 17 of the 88 torchbearers were foreign. MP Tom Brake hit out that only 3 of 23 runners who carried the torch through his Sutton Constituency were from his Borough, of whom 4 were foreigners. For the 70 day relay, carriers have been flown in from Europe as well as the US, China, South Korea, Australia, Kenya, Nigeria & Brazil. Many argued that UK taxpayers have footed the bill (£billions) for these Olympic Games and therefore should have all the places. Hmmm! Organisers point out that some foreign runners have filled spaces allocated to Sponsors. And we all agree we need sponsors! An Olympic Spokesman said, "It's an International event. Some were chosen from public nominations, others by our sponsors." However you look at it, race walkers didn't do well in the selection process!



DELIVERY CANCELLED

Due to major refurbishment work scheduled at Mount Pleasant Sorting Office either side of September 22nd, the annual Post Office 6 Miles/3 Miles Walks is now cancelled. However 2012 sees Royal Mail Uniform Walking races both in York (8th July) and Douglas IOM (21st October).



SHIELD RETURNED

Following Essex Walker's appeal for the BOB HUNWICK SHIELD, which hasn't been presented for a few years as it was declared missing, said trophy's been handed in. As with past successful appeals for missing silverware, the person returning this long overdue award will retain anonymity.

OLYMPIC SELECTION

Bethnal Green-based Ilford AC member NERINGA AIDIETYTE has been selected to represent Lithuania in the Olympic Games Women's 20 Kilometres walk. Neringa becomes Ilford's 5th athlete to achieve Olympian status after Phyllis Perkins (1960 Rome 800 Metres), Fergus Murray (1964 Tokyo 10,000 metres), Wilbert Greaves (1980 Moscow 100 Metres Hurdles) and Roger Mills (1980 Moscow 20 Kilometres Walk). We'll all be on The Mall giving both NERINGA and JO JACKSON as much vocal support as we can muster!

MERITED AWARD

Congratulations to SWC's MICK HARRAN, a frequent Essex visitor, on receiving a coveted "Jack Petchy Award" in recognition of his outstanding involvement and contribution to youth sport. Well done Sir!

ARSENAL

A wag on the Moulton start line, shouted "ARSENAL" when Ex-Spurs player MIKE DILLON was introduced. The "ARSENAL" shout was a wonderful mimic of that famous "Mr.Memory" sketch as performed by the late Morcambe & Wise.

ON THE RAILS

Centurion STUART BENNETT (Ilford AC), now back in the UK after working in the Middle East, has been appointed to a position on the Docklands Light Railway for the duration of the Olympic and Paralympic Games. The DLR serves Olympic venues at Greenwich, ExCEL Centre and, of course, the Olympic Park at Stratford.

OFF THE RAILS

Hard luck to Barnet's STEVE ALLEN, another frequent Essex visitor, who bought non-refundable advantage purchase rail tickets for our RWA National 50K Championship at Stockton-on-Tees a couple of years ago...when it got postponed owing to low entries. Now the same misfortune's hit him over a decision to cancel 2012s Bradford Open Walk for the same reason. Two other walkers secured non-refundable hotel bargains for the Bradford event...so they went anyway to enjoy a couple of nights in the region, as they'd forked out for accommodation. With race walking in meltdown, advance non-refundable purchases of accommodation & travel may not be so wise!

NEAREST STATIONS - AIDE MEMOIRE

Nearest stations for the Tower Hotel Luncheon (July 7th) are FENCHURCH STREET (C2C Line), TOWER GATEWAY (DLR) & TOWER HILL (District/Circle Lines) all a few minutes walk away.

LOST LIST AND THERE'S MORE!

Romford Brewery Walks, LPR Sports Day 3,000m
Bert Angel London Buses 7 Miles
Big 'D' Open 7 Miles
Thrapston Series
Bert Angel London Buses 7 Miles

STOP PRESS

After a few poorly supported years our RWA Southern Area 20K Championship was cancelled. Thanks for NOEL CARMODY who found you a new venue to appear at and thanks to those few who entered.



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