

# Essex Walker

Editor: Dave Ainsworth

## **RWA AGM NEWS - ALEXANDER STADIUM DECEMBER 9TH**

Only 26 attended your 2012 AGM, which if nothing else shows most to be content with matters and with those who've been conducting British race walking. All Officers & Committee Chairpersons were re-elected unopposed. However both our long serving Honorary General Secretary (Peter Cassidy) and Honorary Treasurer (Bill Wright) stated a wish to see future new blood showing interest in their roles. So there could be opportunities to make a mark in Sports Administration. On the business side income from National Championships was down and as was membership of the long-established RWA 200 Club, which benefits our sport greatly. In respect of National Championships you're assured there'll be a 2013 National 50K at Coventry - so start training now. As for the RWA 200 Club we appeal for those not subscribing to consider joining ... if you're among many readers no longer attending meetings, it's a way of putting something back into our sport and maybe making a few bob to boot. A dynamic new President was announced: Top sports photographer and still active MARK EASTON, a former International athlete of note and London-to-Brighton victor! Vice President is Dudley's ERIC HORWILL, who has represented England at Roubaix and holds the record for the longest interval between successful UK 100 miles completions (1966 and 1997). Essex Walker's Hon Ed and Olympic commentator Dave Ainsworth was elected an RWA Life Member, being proposed by Pam Ficken and seconded by Northern Area stalwart John Eddershaw. RWA Immediate Past President and athletics legend Ken Matthews MBE presented his certificate.

## **Championship and Officials report to RWA General Committee, by Peter Marlow**

To improve the standard of performance and increase the participation in National Championships may I propose the following: National 10 miles/20km and 10km to form a league competition and the winner of each race receives 100 points, the second 98 and so on. The overall winner of the three races receives £150, second place £100 and third place £50.

### **2013 National Championships**

National 10 miles	10 March	Victoria Park
National 20km and YAG Championships	28 April	Coventry
Inter Area Championship	18 May	Tamworth
Small Nations International	15 June	Rotterdam
England Athletics T/F Championships u/20/23	16 June	Bedford
UKA T/F Championship 5km	14 July	Birmingham
National 10km Championship	20 July	Hillingdon
National 50km Championship	18 July	Coventry
England Athletics T/F Championship	1 September	Bedford

### **IAAF/EAA Judging appointments 2013/2014**

#### **Steve Taylor**

Chief Judge 2013 World Championships Moscow  
 Judge 2013 European Athletics u23 Championships Finland  
 T/D EAA 2013 Permit Dublin  
 Chief Judge 2014 World Cup Taicang, China

#### **Catherine Telling**

Judge 2014 IAAF Junior Championships Eugene USA

#### **Peter Marlow**

(2013 last year as IAAF Judge)

Judge 2013 IAAF Challenge Taicang, China  
 Judge 2013 EAA permit Lugano  
 Judge 2013 EAA permit Dudince  
 Judge 2013 EAA permit Podebrady  
 Chief Judge EAA Race Walking Cup Dudince  
 Chief Judge Mediterranean Games Turkey  
 Chief Judge EAA Permit Dublin  
 Assistant Chief Judge IAAF World Championships Moscow

## ESSEX ATHLETE HONOURED



Steve King (C492), who represented Ilford AC and Stock Exchange AC before emigrating to Canada, has been inducted into the British Columbia Athletics Hall of Fame. Steve is well known in Canada as a successful competitor in ultra-distance races, an Organiser of major events and as commentator at many meetings, indeed he's been in the commentary box for Canadian Television. When in the UK during 2011 he raced in our National 10K Championship at Victoria Park. On previous visits back to Blightly he's turned out in the Enfield League where he was also asked to present their prizes. Writes Steve: "Hope all is well for you. Just wanted to let you know that I was recently honoured to be inducted into this year's BC Athletics Hall of Fame. It was a wonderful evening and I got a chance to speak of my time as a member of Ilford AC." A report appears in [www.runninginthezone.ca/blog/](http://www.runninginthezone.ca/blog/).

## BRIAN SCRIVENS RIP

Brian, aged 78 years, has passed on after a very long period of ill health, during which he remained enthusiastic about race walking and life in general. He willingly donated to our sport, including sponsorship of an award to recognise Sandra Brown's meritorious contribution to long distance walking. Representing the now defunct Royal Sutton Coldfield Walking Club, he became Centurion 337 in the 1962 Leicester-to-Skegness event clocking 23.45.30 in a race which still talked about as its winner - 1960 Rome Olympic 50K walker, the late Frank O'Reilly, became the first walker bettering 17 hours for 100 miles when clocking 16.58.16. For many years the BMAF 20K was held at Sutton Park and it was usually Brian at the numbers table warmly greeting walkers from all around the Country. Despite great difficulty in getting about, Brian made considerable effort to attend Centurions AGMs. Centurions Captain Sandra Brown wrote: "Very sad news. Brian was a lovely gentleman, his great kindness and generosity combining with an indomitable spirit. Brian bore his health problems, which would have beaten a lesser man, with a good spirit and was always positive and optimistic. A very special Centurion whom we remember with great affection, and great respect."

## ESSEX TRIO HONOURED

UK Athletics held a Gala Dinner at Birmingham in December to honour those Officials who had helped stage a successful London Olympics. Those present represented the Officials and among them were 3 with Essex links: Olympian PETER MARLOW and Loughton AC leading lights PETER CASSIDY and PAULINE WILSON. Guest speaker was Olympic hammer thrower (1976/1980) PAUL DICKENSON, well known BBC commentator and President of British Masters Athletic Federation.

## HART HOUSE APPEAL



Late donations have been received from:

Dave Stevens  
Alec Tiffin  
Steve Uttley  
Bill Wright

## ESSEX COUNTY AA AGM



Principal officers of the Essex County AA for the year are:

**President:** Claire Levey  
**President-Elect:** John Hylan  
**Treasurer:** Gary Chandler  
**Chairman:** David Staines  
**Secretary:** *Vacant*

Life Membership: Dot Ferguson

**Comment:** We congratulate Ilford AC member Claire on being elected County President and look forward to seeing her at our well-supported Race Walking Championships. Dot Ferguson (a Past President from Becontree who has assisted at many local events) is rewarded by Life Membership. A Secretary's position is vacant for anybody seeking to make their mark in local Athletics Admin.

## "EVENING ALL"

The long-established Met Police Walking Club Annual Dinner and Reunion may be its last at New Scotland Yard as a "For Sale" board will soon be outside. Date is Wed 6 Mar (6 pm for 6.15 pm) with a 3 course meal. Guest speaker is recently retired Police Sergeant ANDY BIGNOLD (MPWC Chairman and raconteur). Two years ago a limit of 90 was reached and a wait list commenced. Book early at £36 per head (2012 price retained). See Police walkers/retirees for booking details or Hon Ed.

## GET WELL SOON

Suffolk-based 2011 Centurion ANGIE ALSTRACHEN (Enfield & Harringey AC) was taken ill after a 5 miles league cross country race in Norfolk and spent a week in hospital with a heart complaint. Now out and recovering, we all wish the lady well and a swift return to good health.



## LEN RUDDOCK INTERVIEWS OLYMPIAN NERINGA AIDIETYTE

The interview took place in a coffee shop just over the road from the sports store where Neringa works in central London. After waiting a few minutes the tall girl with the winning smile appeared out of the gloom and so it was latte and cappuccino all round!

Hailing from Vilnius in Lithuania, Neringa came to Britain just 3 years ago, as good as retired from Race Walking following a disappointing 2009 season. Up until then she had competed internationally at a number of Lugano Cup - World Team Championships, European Team Championships and Universiades. Her best result for the 20Km Walk was at the 2007 Universiade in Bangkok finishing 5th and her personal best time in the same year stood at 1 hour, 33 mins and 54 secs (1:33:54).

She didn't remain, 'retired' for long as, following a holiday to her homeland, she competed in the 5Km indoor Championships for 'old times' sake'. She came 6th but more importantly, found that she had 'the Buzz' again which propelled her onto the latest and most remarkable stage of her athletics career. The 3 years following her arrival in the UK, Neringa's dedication to the tough sport of Race Walking has seen her compete in the top 3 events of all. 2010 saw her at the European Champs in Barcelona followed in 2011 by the World Champs in Daegu, South Korea. These two were trumped by her appearance in this year's Olympic Games. Next door to Stratford, Bethnal Green resident Neringa moved into the Athletes' village only the night before her event. She preferred to be based at home close to her Victoria Park training ground and even carried on working up until a week before her event 'to keep busy'. On the day of the Olympic 20km Walk, Neringa admits to being disappointed, finishing 39th in 1:34:0 behind her compatriots, Kristina Saltanovic (21st in 1:31:04) and Brigita Virbalyte (26th in 1:31:58). After the race, her disappointment was revealed to Lithuanian TV viewers, bursting into tears whilst being interviewed - *don't worry about that Neringa - it can happen to the best of 'em!* She had set a 1:33:05 PB earlier in the season, which secured Olympic selection. Following selection, she had been in such great shape at a training camp, particularly indicated by excellent speed training. She then attended altitude training at St Moritz.

She felt the time gap to her event on 11th August was too long. Together with a return to work, which she admits was probably not the best idea as it added to the pressure having to fend questions all the time, this left her feeling 'heavy legged' on the day. Having said that, her early 2Km splits were in the 9:12 - 9:19 range bringing her 46:24 at half way and she only slowed in the last quarter of the race. Apart from that, the support from the crowd was 'amazing', not able to hear anything including her own breathing for the first lap at least. She was encouraged to hear her name being called out by friends and team-mates throughout the race.

Neringa talks with excitement and pride about her Olympic experience. All the athletes' needs were catered for and she was thrilled to be part of the opening and closing ceremonies and, yes, she does have the duvet - along with everyone else!

What about Rio 2016? Too early to say, just post these Olympics. She'll be 33 then and although some say that you improve with age, it has to be noted that the Olympic Champion, Elena Lashmanova is just 19. Neringa's boyfriend, Muzaffer, is keen on her continuing but Neringa knows that the high qualifying standard needs to be met year-on-year for her to continue competing at the main championships. 2013 may be a quiet year as she admits not being too keen on Russia, with Moscow being the venue for the World Champs.

Neringa was chuffed at being recently invested as a Life-Member of Ilford AC, as recognition of her achievement, joining a select band of 4 other Ilford AC Olympians, including fellow 20km walker Roger Mills who competed in the 1980 Moscow Games. UK race walking aficionados have applauded Neringa on her elegant, classic and fair race walking style. Also, she is to be commended in not being persuaded by others in adopting more of the 'flying' style which has brought the sport so much controversy over the years. Long may she continue to do so!

Neringa acknowledges the support for her early international career from the Lithuanian athletic federation. However, all this naturally stopped in 2009 when she came to London. Following the later flourishing of her career which has seen her become an Olympian, Neringa feels very strongly to emphasise that she has shown that it's still possible, with dedication, to reach a high standard whilst holding down a full-time job. 'Legacy' is one of the Buzz words from these Olympics and so Neringa hopes that setting this example will prove to be part of her own legacy.

My thanks to Neringa for an interesting conversation, and the coffee wasn't bad either!

**Len Ruddock**

### **MILESTONE FOR POPULAR KEN LIVERMORE**

Race walk official, helper and still active participant Ken has celebrated his 80th birthday and we wish him well and hope many more years will come his way! He merits mention in **Essex Walker** as many of his finest performances come in the colours of an Essex Club - Woodford Green AC (as then called). A tough opponent at all distances he was particularly difficult to get the better of in those much loved "Open 7's". In Woodford's colours Ken became Centurion No.386 in England's World Cup winning year (1966) when finishing the now defunct Leicester-to-Skegness in just a touch over 21 hours.

### **VETERANS NEWS for Athletes and Supporters from JOHN HALL**

A very brief message as I need to let you know about a potential problem with the "Non-stadia" championships scheduled for Upice in May.

1. The EUROPEAN INDOOR CHAMPIONSHIPS - SAN SEBASTIAN, MARCH. I haven't entered yet, but I expect most of those intending to go have done so. It would be helpful to me to know who intends going, so that I can send specific emails to that select group. Women's 3k indoors is 20th March, men's next day; all the 5k races on the road will be Saturday 23rd March. Let me know if you require any information that doesn't show up on the following link: <https://www.sansebastian2013.com/pruebas.php>
2. EUROPEAN "NON-STADIA" (ie road) CHAMPIONSHIPS - UPICE, Czech Republic, 24-26 May 2013. EVAA and BMAF are not getting any information out of the local organisers at present and there is, as a result, a fear that these championships will have to be scrapped! Obviously every endeavour is being made to sort this out, otherwise the Czech Masters association and EVAA are going to be very embarrassed. Apparently, if it does go ahead, entries will not close until 15th April, so there is no rush to enter! Keep an eye on the BMAF website for latest information but I will let you know any developments just as soon as they come to my attention - which should be ahead of the website.

Please let me know if you wish to discuss either of the above items, or any other relating to British Masters walking. I will try to get out an email soon rounding up news from events held this year, as well as looking forward to 2013 BMAF events.

**John Hall, 020 8292 3627**

### **COMMONWEALTH GAMES 2014**

### **IMPORTANT APPEAL FROM PETER MARLOW**

If we have 100 signed letters from the UK I hope the Commonwealth Games Association will reconsider their decision to exclude walks from the Commonwealth Games, 2014, to be held at Glasgow.

Please write to the Commonwealth Games Chief Executive 2014, David Grevenberg at

[David.Grevenberg@Glasgow2014.com](mailto:David.Grevenberg@Glasgow2014.com) with a copy to the Technical Delegate of Athletics Bill Bailey at [wfbaily@bigpond.com](mailto:wfbaily@bigpond.com) indicating your status as appropriate, for example:

Commonwealth Games medallist - competitor - athlete - coach - Association - Club

Please contact me if you require any further information.

**Peter Marlow, 01284 754177**

### **SUCCESSFUL DAY'S SPORT**

Essex walkers didn't have to wait long into 2013 for an important race as a mild Saturday afternoon saw the Southern Area 10 Kilometres Championship staged over 7 undulating circuits of an "around-the-houses" course in South Croydon. Essex walkers dominated the frame with 1st/2nd going to Colchester's King twins - DOMINIC and DANIEL - who were streets ahead clocking 45.34/45.45 respectively. They were urged on by mentor GEORGE NIBRE, who had one ear on his radio checking his beloved Newcastle United's FA Cup progress at Brighton ... the Kings did better than the Magpies". The frame was completed by IAN RICHARDS in 52 dead. The day didn't start well for Ilford AC as 2012 Champion FRANCISCO REIS withdrew on account of illness. With some members unavailable it provided opportunities for others to make team scoring positions. Much praise was heaped on Captain STEVE UTTLEY for his excellent 4th place in 53.42, all the more commendable as 2 of those ahead of him were Olympians! Next Ilford man home was former Scottish International STUART BENNETT in 10th position closing 59.44, who, by helping Ilford AC into 2nd team position, earned his first award since returning to race walking after a spell working in the Middle East. Stuart was particularly prominent in the earlier stages as he maintained rapid pace in good company. Closing home Ilford's team was STEVE ALLEN, 12th in 61.34. In 2012 Steve concentrated on ultra-distances and has now settled back well into shorter events. Teamwise, Ilford were just prevented from retaining their team title by only 2 points from Sussex-based Steyning AC. The pick of Ilford's other entrants was Plymouth-based ED SHILLABEER who belied both his veteran status and 4 am start to make this event, by filling 18th spot in a lively 64.59. Stalwart MICK BARNBROOK enjoyed his afternoon so much he recounted his experiences on Facebook. Mick started out cautiously at the rear of the field, then found an extra gear to pound out 76.41 for 27th spot. And what a day for Loughton AC closing home a 3-strong team, led home by JOHN TAYLOR 20th in 68.05, a place and 32 seconds ahead of JOHN BORGARS with dependable PETER CASSIDY 25th in 72.51. Loughton 2nd claimers JOHN HALL and PAUL KING helped Bels to 3rd team spot, while another of their finishers - Area President SEAN PENDER - presented awards. Men's numbers rose 66% above 2012 so this experiment may be tried for our Southern Area 20K.



## REPORT from MARTIN RUSH

*National Coach Mentor – Endurance*

**ENGLAND ATHLETICS**



My role is National Coach Mentor for England Athletics, long endurance and walks. In short this means I work with volunteer coaches, generally higher qualified coaches of events from 5000m through to marathon and walks. The mentoring relationship is driven by the volunteer coach and my role is to support/facilitate their own personal programmes and development. The scheme was launched nearly 4 years ago and I work alongside David Sunderland (middle distances, steeplechase and 5000m), Bud Baldaro (long distance and marathon) and Jenny Harris (coaches of young athletes). Because very few coaches can be pigeon-holed in one particular area there is of course cross over between us. The National Coach Development Programme is the name given to this project and coaches can apply through the England website. Alongside of this I pick up a line management role for 10 contracted Area Coach Mentors who work in their local area. Again full details are on the EA website at [www.englandathletics.org/acm](http://www.englandathletics.org/acm). These mentees are tasked with mentoring between 6 and 10 coaches, generally at an early stage of their career, but again flexibility exists, as well as organising coaching workshops, working with local clubs, networks and EA Club and Coach Support Officers. All are steeped in endurance experience and knowledge. In addition to these roles, EA support the position of Head Coach at the National Race Walk Centre at Leeds Metropolitan University, a role filled by Andi Drake. Andi and I provide race-walk specific support and knowledge to the endurance team within EA and UKA regarding international teams. We also work closely together on workshops and conferences that impact on coaches on the Development Programmes and the wider community, an example being the recent hosting of the European Athletics Association Race Walking Conference at Leeds.

### **DEVELOPMENT - NUMBERS**

Readers may be aware of a project set up by EA called Athletics 365 that is aimed at ensuring young athletes are given a broad based learning experience of all athletic events. Full details can be accessed through the England website at [www.englandathletics.org/athletics365](http://www.englandathletics.org/athletics365) with teaching videos and resources available on the UKA coaching website. All athletics clubs that have adopted the scheme will deliver race walking as an athletics event alongside all of the other track and field events. This integration of race walking within athletics I personally see as vital to the development of walking numbers going forwards. Alongside this coaching resource and young athlete training scheme, there has been a prolonged attempt to get race walking introduced into the national track and field leagues, initially through the NYAL and lately through the YDL (Youth Development League). This hasn't been successful at this stage although the door isn't completely closed and we are working towards the final of this competition hosting an open event at U13/U15 and U17/U20 age groups. The longer term aim of course is to get walking as an integral part of the full league.

Recognising that the above wasn't going to produce the sea-change in competitive participation that we need in the short term I have instigated a radical new idea called a 'Postal League!' The idea obviously isn't new and George Smolinsky and Chris Smith should be thanked for inspiration and advice. I have updated the original postal concept for the internet age and after one month and pushing it through a small number of coaches to see if it would work, we had 157 children complete a 1Km walk in October. The concept has been publicised on the walks Facebook site and also sent out to approximately 50 of the larger track and field clubs running Athletics 365. If anyone is interested in promoting in their area simply send me an email and I will send you details.

Coaching resources are available through the UKA Coaching website for this and individuals on the National Coach Development Programme are primed to host 'Learn to Coach Walks' courses. We trialled one in Coventry in the summer.

### **DEVELOPMENT - STANDARDS**

The National Race Walking Centre at Leeds Met University was established as a partnership between the Governing Bodies of the sport, EA and UKA and Leeds Metropolitan University through the hard work of individuals like Dr Ian Richards. The aim of the centre is to provide a site where athletes can combine high level training with study under the direction of a coach with World Class support. This is individual coaching with performance in mind. Obviously the greatest success to come out of this was Johanne Jackson's Gold medal at the Commonwealth Games in 2012. Realistically though, producing high level performance is not a short term project and is dependent on many factors, one of which is increasing our

selection base (see previous paragraphs). The Centre has also hosted a number of residential events for young athletes who have achieved some level with the event. This can obviously provide motivation for training in a tough event. But we are all realistic enough to know that the real progression of performance is achieved by the athlete working with their coach on a day to day basis, hence EA's focus and support for coaches through the National and Local Coach Development Programmes.

### WHERE FROM HERE?

- If people want to engage with the coaching programmes, there are events organised for coaches who are not part of the programmes (we have limited space). Simply watch out for details on the EA or UKA Coaching websites or send me an email and I will endeavour to get information out to you at the appropriate time.
- If you want to help in developing the numbers of young athletes participating in race walking, encourage your club to adopt Athletics 365, get involved as a young athlete coach and enter your athletes into the postal (virtual) league.
- If you want to become a coach, the full details of how you do this are on the EA website.
- If you want to develop as a coach, please do apply to come onto the Local or National Coach Development Programme but please be aware these are very popular and we have limited spaces available so you may have to wait a while.
- If you are a coach and want to extend your qualifications, then the UKA Learn website is for you. This is a developing site with material for the new coaching qualifications being uploaded regularly. Event specific content is expanding.
- If you have a good practical idea to develop the event, then please share it or give me a call if you think I can be of help. But please be aware I am not National Event Coach for Race Walking – nor is Andi Drake. Our roles are clearly defined above and event development is part of what I do because, like all of us reading this, we care a lot about what happens to this event of ours!

<b>REFERENCES:</b>	England Athletics	<a href="http://www.englandathletics.org/">http://www.englandathletics.org/</a>
	England Athletics coaching	<a href="http://www.englandathletics.org/%20Coaching">http://www.englandathletics.org/%20Coaching</a>
	UKA Coaching	<a href="http://coaching.uka.org.uk/">http://coaching.uka.org.uk/</a>
	UKA Share	<a href="http://coaching.uka.org.uk/share">http://coaching.uka.org.uk/share</a>
	UKA Learn	<a href="http://coaching.uka.org.uk/site/learning">http://coaching.uka.org.uk/site/learning</a>
	Race Walking Group on Facebook	<a href="https://www.facebook.com/groups/139423539480219/">https://www.facebook.com/groups/139423539480219/</a>
	Canadian Coaching	<a href="http://www.athleticscoaching.ca/">http://www.athleticscoaching.ca/</a>
	IAAF	<a href="http://www.iaaf.org/">http://www.iaaf.org/</a>
	IAAF 'New Studies in Athletics'	<a href="http://www.iaaf.org/development/new-studies-in-athletics">http://www.iaaf.org/development/new-studies-in-athletics</a>
	Martin Rush	<a href="mailto:mrush@englandathletics.org">mrush@englandathletics.org</a>

**Martin Rush**

<b>F I X T U R E S</b>	26 Jan	The Centurions AGM	Union Jack Club SE1	1.00 pm
	27 Jan	London Games 3,000 metres	Lee Valley (Indoor)	TBC
	3 Feb	London Walks Meeting	Victoria Park	1.00 pm
	9 Feb	Cambridge H Winter League 5K	Bexley	2.00 pm
	10 Feb	Essex County/Eastern/Open 1M	Lee Valley (Indoor)	TBC
	17 Feb	SCVAC/VAC 3,000M Championship	Lee Valley (Indoor)	TBC
	23 Feb	Enfield League 10K	Donkey Lane	1.00 pm
	2 Mar	Cambridge H Winter League 5K	Bexley	2.00 pm
	6 Mar	MPWC Annual Dinner & Reunion	New Scotland Yard	6.15 pm
	9 Mar	BMAF National Championship Day 1	Lee Valley (Indoor)	TBC
	10 Mar	BMAF National Championship Day 2	Lee Valley (Indoor)	TBC
	10 Mar	RWA National 10 Miles	Victoria Park (prov)	TBC
	16 Mar	Enfield League Half Marathon	Hillingdon Cycle Track	1.00 pm

### A HAPPY BOXING DAY

The usual average dozen walkers turned out at Lee Valley in perfect weather for Enfield's long established Boxing Day 5K Walk, though no ladies graced the start line on this occasion. Essex members did well as FRANCISCO REIS and STEVE UTTLEY came 1st and 2nd respectively in an "experienced field", on a longer out-and-back course than usually raced at the Valley. Organisers provided fruit juice, biscuits and heaps of mince pies for the occasion. However the day's bad news was a collapse in entries for the 5K run on the same card, which saw food left over with attenders implored to take home as much as they could. Thanks to Ron and Joan and a team of helpers/officials for keeping this long tradition going.



## Dear Dave ...

### CONGRATULATION FROM CHRIS FLINT

The main thing is to congratulate you, Dave, on becoming an RWA Life Member. It's a well-deserved honour and you've done more than enough to merit it through your many years of involvement in race walking, and Phil Fisher and Len Mitchell would be very happy to see a London Vidarian honoured in this way. Well done.

**Chris Flint**

### BILL SUTHERLAND's OPINIONS

My views on the SRWA 10 Kms Walk in January? A commendable idea, but it avoids the main problem of why young athletes avoid taking up Race Walking in the UK when that is not typical in other parts of the World. What are the SRWA doing to bring new younger walkers into our great sport? Otherwise what future has it? What do you think about a Film or Slide show being produced based on the 2012 London Olympics Walks and taken into Schools and youth clubs?

**Bill Sutherland**

### KEN LIVERMORE - OCTOGENARIAN

Many thanks for this happy news. Warm congratulations to Ken on his 80th birthday.

**Sandra Brown**

### LEN RUDDOCK's COMMENTS ON UKA's REGISTRATION PRICE HIKE

More like a tax then. I thought one of the legacies from the Olympics was to encourage sport participation.

**Len Ruddock**

### JOHN KELLY 1968 IRISH OLYMPIAN

Thanks for sending me the sad news of John Kelly. I didn't know him personally although I do know of him, an amazing character, to say the least.

**Bob Hughes (1968 GB Olympic 20K walker)**

### TWO OLYMPIC BOOKS FEATURING RACE WALKING

The Chapter *Walk Don't Run* begins "Race walking is arguably the most unnatural act that remains legal. To see a male Olympic walker in full cry is to be reminded of Barbara Windsor in a *Carry On* film, wiggling down the road in a tight skirt hoping to catch Sid James's eye." After that, it deteriorates. There are twenty-nine other books in the "Strangest" series; I may spare myself the strain of reading them. "An official London 2012 Olympic Games publication" called *Olympic and World Records* refers to walking in two brief sections, *Men's Race Walks* and *Women's Road Events*. They are sketchy but at least they are serious!

**Peter Cassidy**

### BILL SUTHERLAND's READING LIST

I have now looked at the chapter of *The Olympics' Strangest Moments* dealing with Sydney, 2000; the chapter is called *We Have Lift-Off*, which sets the tone, and ends: When a TV reporter ... asked Saville what she wanted, she answered simply: 'I'd like a gun, so I can shoot myself.' That's how many people feel at the thought of having to watch an hour and a half of race walking. After reading this bloke's monumental guff, I'd like a gin, so I can take away the pain.

**Peter Cassidy**

### CHRIS MADDOCKS's BOOK - LATEST REPORT FROM JOHN C

Two editions sold out, and a third edition just arrived yesterday but is selling out quite quickly too. A new fourth edition is on order for delivery next week, as Chris is doing book signings and is now booked as a public speaker a couple of times. The new edition is only four words different to the original edition, but has corrected several spelling and grammar mistakes. But mainly it is a slightly larger font size. It makes it 40 or 60 pages bigger though, which increases both printing and postal costs. Reorders are not a problem, so the book will never run out. I had the book converted to digital format, and it is now available on seven international Amazon sites for the Kindle and other electronic readers. Chris was amused to see it listed in Japanese. Here is the link ...

<http://www.amazon.co.jp/Money-Walks-ebook/dp/B00AAE1T56>

**John Constantinou**

### RWA SOUTHERN AREA 10K - JOHN HALL'S VIEW

I thought 'A' & 'B' judging at the 10k on Saturday worked well. It gave an opportunity for the nervous to be judged as if doing an 'A' and I'm aware that several individuals were encouraged as a result. I also found the programme with list of entrants very useful. Well done to Noel and his support team and all officials.

**John Hall**

### RWA SOUTHERN AREA 10K - AN OLYMPIAN'S OPINION

May I express my opinion? Reality might have been the duck syndrome - smooth on top but paddling like mad underneath - but my perspective, as a competitor and an advocate of the experiment, was that it went perfectly. Noel and his team are to be congratulated. From the point of collecting your number to the issue of the results you would not have known that this race was being run in a whole new way. Excellent. The only disappointment was the number of cards for bent knees that were picked up by 'A' walkers, but that's another story! On the basis of this success, I would be very keen to see it repeated at least for

the 20km. The value of this approach would really be tested at that particular race and would hopefully make it an economic viability.

*Ian Richards*

#### **EUROPEAN CUP of RACE WALKING - Dudince**

Graham Botley phoned me today to advise he is prepared to consider organising a trip to Dudince, via Budapest, for 2013 European Race Walking Cup (19 May). No details as yet, he is merely exploring possible interest. Perhaps you can spread the word and advise any interested parties to register an interest with Graham at [centresport@aol.com](mailto:centresport@aol.com) or 07801 479001.

*Bob Dobson*

#### **RE: OUR UK NATIONAL 50K WINNING TIME**

I am not surprised about the 50k winning time - this is because the UK long distance programme has disappeared. There is no point in training just for one 50k race when you can do 10k all over the place.

*John Paddick*

Adds Hon Ed: John Paddick is a respected UK Olympian, an Organiser of activities in the North East, a still active competitor and Hon Ed of Redcar Walker. His initiative to encourage Midlanders/Southerners to the Saltburn Winter League Walk (Jan 6) was to offer such travellers a pint of Samuel Smith's Draught Stout. Good job he didn't offer John Smiths!

#### **WRITES MRS ELIZABETH HEDGETHORNE**

Thanks you very much for sending me Essex Walker for nearly 13 years. I see that there are many of John's old walking mates still going strong. My sight is not so good now so I don't read very much. So you needn't send the EW to me any more. I hope Essex Walker and Essex walkers keep going for many more years and you get more young ones getting the walking bug!

Best wishes for 2013. *Elizabeth Hedgethorne*

#### **THINGS I SHOULD KNOW**

I was recently asked to list as many Olympic Race Walking Champions as I could. Well, I was surprised then embarrassed that I could only name about half of these special people. Somehow I could name more from times past than in the last 20 years but that might be as some champion's names are harder to spell. The answers are all in the RWA website, of course, but if any readers want to test their knowledge here are some fun links to try.

<http://www.sporcle.com/games/mrboneman/racewalkking-champions>

<http://www.sporcle.com/games/mrboneman/racewalkking-champions-female>

As the new Coaching and Development bloke on the SRWA Committee I am interested on how we get on and how much our younger athletes know!

*Chris Hobbs*

#### **RWA SOUTHERN AREA AGM**

Sorry I could not be at Southern Area AGM but have been busy with work. I was glad to see in Chris FLINT's Secretary's Report that he gave a balanced view on the current state of British Race Walking. It will indeed be interesting to hear what came out of the Meeting. I wonder when we think of the Olympic Legacy whether any new interest has been shown in our great Sport? I did send a few suggestions through to Chris together with my apology of course.

*Bill Sutherland*

#### **RWA AGM**

Great to hear the news on the RWA AGM. It appears like the same old faces appeared. What our Sport urgently needs if it is going to survive is new faces and a new vibrant approach not looking backwards all the time. I personally think The Enfield League and other local races should be supported first as a priority as 'from small acorns mighty oak trees grow!' If and when our numbers grow only then will National Championships hold the prominence of former years. I live in hope!

*Bill Sutherland*

#### **SWAN AND SUGAR LOAF (ref Essex Walker 338 April 2012)**

It is now a Tesco Express as of November - but the building is preserved, it had been a derelict pub for two years. Note in previous article both Surrey Walking Club and South London Harriers started their lives there in 19th century (SLH the earlier club). Maybe we should be pleased it has survived - Tesco have also done a good job in restoring the Hoover factory on the A40 with its art deco features and the magnificent Victorian Tunbridge Wells West station.

*Dave Hoben*

Adds Hon Ed: Kathy Crilley adds a positive comment about this race walking landmark and London-to-Brighton legendary timing point: "At least the building is preserved".

#### **SUE CLEMENTS ENTERS THE LEADING LEG DEBATE**

I am pleased that I am not the only person troubled by how many walkers put down their leading leg. In my opinion, I see a number of walkers at Enfield and the Lee Valley walking in a similar fashion. It is when I see these walkers passing the scrutiny of the judges and I get warnings that I wonder what it's all about.

*Sue Clements*