

Essex Walker

Editor: Dave Ainsworth

LACK OF CONTROVERSY

Essex Walker has, over decades and well before its current Hon Editor took over, been a lively forum for contrary opinion and controversy. Often such articles have aroused comment and in some cases, debate has continued in the social media. So when July's edition hit the streets, we were surprised to get comments from readers about 2 issues which we appeared to have omitted. Overlooked maybe - in which case we're at fault. As for race walking's expulsion from the annual Inter-Counties Championship well, we knew of this decision. However, as we went to press an appeal was being launched, backed by committed campaigners Peter Cassidy, Laurie Kelly, Peter Matthews (guest speaker at the RWA's Centenary Dinner) and the Suffolk County AA. So we hoped for good news of a reprieve to lead August's edition with ... but sadly that's not to be. Then there was that decision of the RWA to refuse to consider Veterans for the Small Nations Representative Match, so fielding a reduced team. We were at fault for not mentioning this, and readers have complained these matters weren't aired. So in response to requests we now feature both topics and apologise to regular readers for not including them when we should ... ie last month. It comes to something when readers appeal for Essex Walker to be more controversial!

WALKING GETS THE BOOT

For a second time the Counties Athletic Union (CAU) have ditched race walking from their Annual Inter-Counties Championship. We were reinstated last time, but only after missing for a few seasons. We're out again despite a robust appeal. This year's decision is a done deal as the programme's been promulgated minus race walking. So we've to campaign for reinstatement next year, and ensure (if successful) we've the numbers to secure inclusion for all time. There's the double challenge. Thanks to those who tried so hard to get this daft decision reversed. In Olympic year Inter-Counties Walks saw 2 London Olympians racing ... how many events could boast likewise? It's been a bad spell for race walking as the Commonwealth Games reinstatement Campaign hasn't yet gained success, and the famous Bradford Walk was cancelled ... and we only had 2 starters (1 finisher) in our own Essex 20 Kilometres Championship. Despite what some folk say, sadly too many signs point towards walking's inevitable extinction in the UK.

AGE CONCERN

On a fast course in the Small Nations Representative Match, Steve Uttley, a UK non-selected athlete, beat one official match competitor and was first guest walker. Barnet's Steve Allen was just behind in 1.53.20, a massive PB. Even though there were only 2 women to walk and one to score, the RWA allowed Jasmine Nicholls to walk as a guest and gave her an England vest, even though she could not have scored if the other 2 had not finished. Curious, eh? What happened isn't her fault - she performed outstandingly and, in fact, beat one of our official team. Yet they chose to walk with 2 senior men when every other country save Ireland had 3. Had 1 of the King twins not finished we wouldn't have finished a team. At the reception, those English competitors who'd raced, but not in our team, had to stand aside. This may seem sour grapes, but I struggle to understand the rationale of the RWA's decision, particularly in respect of the award of a vest to a guest who could not have scored in any circumstances.

For many years the National Football League had a compulsory retirement policy of 47 years for Officials. When that was challenged on grounds of age they withdrew it. Last season Mr Mark Mellor of Hemel Hempstead was promoted to the Football League Officials List for the first time at the age of 52 ... as he had the qualification for the task. Yet a firm decision was taken that no Veterans would be considered for the Small Nations Representative Match ... despite the fact that Veterans - in the main - are the group who've kept this athletics discipline alive. In our poorly supported National Road Championships, it's veterans who make up a majority of starters to keep these events going ... without them they'd have folded years ago. Young prospects, in the main, don't support too many domestic National Championships. So why shouldn't our vets have chances of International recognition if doing well in domestic races ... especially as we've just seen us send out a reduced team as we couldn't find enough younger prospects. In Steve Uttley's case he performed well in the National 20K at Coventry, where it'd been widely put around that this race would be one to be considered by our Selectors. In his case one

Representative vest would have been fine rewards for decades of service to our sport at a high level, commencing when competition for such team places was white hot with so many more in contention. But it was still deemed better to send out a reduced team rather than acknowledge the contribution to race walking now made by Veterans, but for whom our sport would all but have disappeared from the sporting calendar.

GEORGE WOODS TROPHY

This trophy, recently declared missing, has been located and returned. It's been repaired and engraving brought up-to-date, so is a fine award in memory of a great Essex, Southend-on-Sea AC and Centurions stalwart. What's now needed is a fine race worthy of such a popular member of our County's race walking scene. In the past 2 years only one eligible entrant has raced. The trophy has, for many years, been included with the last Woodford Evening Walk of the series - and is open to Essex-resident Centurions. So "let's be having you" as Delia once boomed out at Carrow Road after knocking back too much cooking sherry! Holder is Hon Ed, so you've little danger there! It's on Tuesday 27 August at Ashtons Track 8.30 pm. 3,000 metres 'A' race/enter on-the night.

AUGUST BANK HOLIDAY MONDAY OPEN 1 MILE 'B' RACE

Although nothing on it (Championship title etc) the surprise of 2012 was a large turnout for a morning 1 Mile at Southend's Garons Track. It was part of the host Club's long-established Bank Holiday athletics meeting, and former walker JUNE CORK's initiative of restoring race walking to the card caught-on like proverbial wildfire. Let's see last year's entrants back on the start line plus some new faces. It's on Monday 26 August at 10.30 am. Plenty of buckshee parking! It's early enough to make a day-trip out of your visit to the Estuary. There's the "Golden Mile" and the longest-pier-in-the-world for a stroll along plus Leigh-on-Sea Cockle sheds and much, much more.

F I X T U R E S	14 Aug	SWC 5,000 Metres	Norman Park	7.30 pm
	17 Aug	SEAA Track Championships	Ashford	TBA
	20 Aug	Tonbridge Open Races	Tonbridge	7.00 pm
	24 Aug	LICC/Enfield League 5,000 Metres	Allianz Park	12.00 noon
	24 Aug	Coventry Open 3,000 Metres	Coventry	TBA
	25 Aug	VAC 3,000 Metres Championship	Battersea Park	1.45 pm
	26 Aug	Southend-on-Sea AC 1 Mile	Garons Park	10.30 am
	27 Aug	WTW 3K/Geo Woods Cup/Presentation	Ashtons Track	8.30 pm
	30 Aug	Sarnia 3K	Vale	6.30 pm
	1 Sep	Guernsey Church-to-Church 19.4M	St Peter Port	9.00 am
	1 Sep	SCVAC Final	Ashford	TBA
	1 Sep	Open 8K	Hillingdon Track	1.30 pm
	1 Sep	England Athletics Meeting	Bedford	TBA
	7 Sep	7 Sep YDL Final 1K (U13/15) & 2K (U17/20)	Alexander Stadium	TBA
	8 Sep	EVAC Track & Field League Final	Bedford	TBA
	8 Sep	Jim Sharlott/BMAF 10K + YAG	Abbey Park (Leics)	11.00 am
15 Sep	BMAF Outdoor Championship 3,000 Metres	Birmingham	TBA	
15 Sep	BMAF Outdoor Championship 5,000 Metres	Birmingham	TBA	
21 Sep	Jack Fitzgerald Memorial 3 & 6 Miles	Crawley	2.00 pm	
21 Sep	English Schools Championship 3K/5K	Birmingham	TBA	
21 Sep	Enfield League Graded 1 Hour Badge Races	Hemel Hempstead	12.00 noon	

OMITTED RESULT

Owing to pressure of space we omitted telling you that stalwart STEVE KING won Essex Police's 1,500 Metres Championship Walk in 9.09 at Chelmsford. 1,500 metres you ask? This annual event is 3,000 Metres and always attended by official Judges. This year's event was on a day of continuous downpour which saw several events either scrapped or reduced. Weather may have been partially responsible for poor turnouts. 4th was former Ilford AC President JOHN MACKENZIE, who works for the Essex Police Sports and Social Club and has represented the Force in both running and race walking events. The magnificent "John Hedgethorpe Cup" rewards participation as it goes to the Division fielding most athletes. This went to Colchester - fitting as John was well known in that area. Thanks to Steve on his enthusiasm in keeping this race alive.

CAPTAIN BARCLAY/RICHARD DUNWOODY WALK REUNION - NEWMARKET

15 did the reunion and on a very hot day, so we only did 2.5 miles mostly through tree-belts so that we were out of the sun.

Ron Wallwork

WALKER IN THE RUNNING

Iford AC's former Scottish International athlete STUART BENNETT chose race walking as his mode of progression when appearing in the high profile 5 Miles run around Stratford's Olympic Park on a hot Sunday. Bennett was ahead of many runners as he walked to fill 7,721st position in 51 minutes and 31 seconds. Competitors enjoyed the kudos of finishing on the famous Olympic Stadium track!

STOP PRESS

ALEX WRIGHT is selected for the World Championship 20K Walk, albeit after appeal. Essex (Dan King/Dom King/Steve Uttley) win Inter-Counties 10K at Hillingdon. Iford AC (Francisco Reis/Steve Uttley/Steve Allen) win RWA National 10K for a 3rd consecutive season.

1. Tom Bosworth 41.56
2. Dan King 45.35
3. Dom King 46.55

Men: 28 start/2 DQ Women: 17 start/2 DQ/2 DNF

Report will appear in next issue

ALL PRESENT AND CORRECT

CHRIS FLINT reports the Metropolitan Police Team all successfully completed the 4-day Nijmegen March, in excessively hot conditions.

DOWNHILL

After double-figures at the opening WTW walk of 2013 season, which hasn't always happened, it nosedived to 7 for Race No 2. Considering we'd 4 judges, lap-scorers, recorders, timekeepers plus Mr Starter and his Marksman - then Officials far outnumbered race walkers. Barnet's STEVE ALLEN, in his 40th appearance this year, won after facing a stiff early challenge from Iford's STUART BENNETT. Enfield's PAMELA ABBOTT was first lady. Come on readers ... these events are put on for you, and the only way to keep them on the programme is to support them. To rub it in, our race was just over 20 minutes' late starting owing to extra demand in events earlier on the card.

JACK FITZGERALD MEMORIAL WALKS

SCVAC & VAC are jointly organising an event which will be a bit like the come-and-try-it events that orienteering clubs used to do. The venue will be Tilgate Park, Crawley, near the end of M23, around a lake that was once the test bed for the Bluebird speed record, and it will be over 3 or 6 miles. As well as being an open event, it will also incorporate a mob match for those who are existing members of VAC and SCVAC, time 2 pm, date Saturday 21 September 2013, and of course juniors and non-Vets welcome.

Entry form will follow in due course, more details from either Dave Hoben at an upcoming event, or walks@vetsac.org.uk or Walter Hill at an SCVAC meeting. The course is highly scenic, and the grounds of Tilgate Park are vast, eminently suitable for those with young families. There is a pub and a café within the grounds.

WORLD CUP SELECTION

Iford's Olympian 20 kilometres' walker NERINGA AIDIETYTE is selected to represent her native Lithuania at the World Athletics Championship (Moscow) in the 20 Kilometres' Walk. Neringa is attending a high altitude training camp in North Italy with her National Squad. It's her 2nd World Championship selection as she was at Dagu last time. We wish her well on the day!

MOURNER NOW IDENTIFIED

That top name at JACK FITZGERALD's funeral is now identified as BRIAN HEWSON who won 1,500 metres gold at the 1958 European Games Games. He was at 2 Olympics - 1956 (800 & 1,500m) & 1960 (800m). He wasn't the only 1960 Olympian present at Jack's service as also there was 800 metres runner Phyllis Perkins (Iford AC's first Olympic athlete).

GOLDEN WEDDING ANNIVERSARY: 17 August

Congratulations to ED SHILLABEER ("Edbanger") and his wife BARBARA on reaching their 50th wedding anniversary. They'll celebrate at a function, with over 50 guests attending, in Plymouth Royal Yacht Club with panoramic views over Plymouth Sound. Ed's well known locally as he owns 2 Veterinary Surgeries, is a businessman, Rotarian (a former President), has stood for seats on Plymouth City Council and is a leading light at Plymouth Argyle FC, who he supports at home and away matches - he's also a key figure in successful campaigns to save his Club from extinction. Ed's served, with distinction, the London Vidarians, Dawlish and South Devon, Iford AC and The Centurions (becoming No 590 in 21.45.19 in 1976's Leicester-to-Skegness 100 Miles). He won The Arthur Eddleston BEM Memorial 100 Miles Walk in 18.11.08 at Hendon a quarter-of-century ago. He's won many other events, including his home County's now defunct Plymouth-to-Dawlish (a 42 miles' event famous for post-race Devonshire cream teas) and this active septuagenarian still adds to his awards collection. Never mind Triathlons, Ed's completed a Quadrathon. At the RWA Centenary Dinner chief guest (Peter Matthews) singled out Ed in his after-dinner speech when recalling Ed making the famous Guinness Book of Records for our oldest athletic GB Senior representative debut. On behalf of readers we congratulate Ed and Barbara on their anniversary.

AT ALEXANDER STADIUM by JOHN CONSTANDINOU

I did not encounter any anti-racewalking feeling at the weekend. The walks were amazing, and were historical. Decent sized field in the separate men's and ladies events, and ages from 16 to 24 were an incredibly young field. British National record from Alex Wright, and Welsh National Record for Bethan Davies. Lots of cheering from us, and others in the stadium, and a general commentary too over the speakers supporting the walkers - although they mentioned the upcoming walks in the Commonwealth Games, and so were obviously not from the walking community, but very welcome to support us anyway. Incredible walking, very fast, and no lifting at all seen from close up. Alex accelerated away at the end, increasing his speed to about 18km/h!

I thought Alex would have got 5000 for the National Record, like Tom B did a few years ago, but the sponsors have changed from Aviva to Sainsburys, and I get the impression finances are tighter. They instead give 1000 per day for three days for the "Performance of the Day". On Saturday this went to the first 'sub 10 second' 100m by a Brit in 13 years. On Sunday, I don't think the decision makers were in early enough to see the walks, and did not seem to consider them, instead giving it to a 200m runner who got the Moscow 'A' standard. It was disgusting that Alex did not get the Performance of the Day with an 'A' standard and National Record - going faster than Ken Matthews, Don Thompson, Paul Nihill and any of our fifteen British Olympic medals for walking!

John Constandinou

Adds Hon Ed: Congratulations to all for putting on a good show. Colchester's King twins were among those supporting our National Championship and both gave a good account of themselves.

Published BBC2 Schedule that day: "2 pm - Gabby Logan presents live coverage from the final day of the 2013 British Athletics Championships". Hmmm! - the walk commenced 11 am! John speculates as to why Alex didn't get the "Performance of the Day" Award? Essex Walker's former Editor PETER CASSIDY also offers a reason, "He didn't get 'Athlete-of-the-Day' because he's a walker". On TV Steve Cram commentated on the Men's 1,500 Metres suggesting qualifying standards were too high and should be lowered so giving GB athletes more chance of making the World Championships. Why didn't he suggest that for walks?

THE SUN SHINES

Reader PAUL NIHILL MBE sends praise saying: "I only enjoy reading 2 things - Essex Walker and The Sun".

THOUGHT FOR THE DAY: ABOUT ENGRAVING

Winning a trophy is the same as being forced to pay a small fine for success. Far better give out prizes instead. *From one of our readers*

"I DO LIKE TO BE BESIDE THE SEASIDE"

Written in 1907, first recorded 1909, it was the signature tune of organist Reginald Dixon from 1930-to-70 at Blackpool's Tower Ballroom, which he boomed out on his mighty organ (a Wurlitzer). It can now be hummed by former International race walker GEORGE NIBRE, a key motivational figure on our scene at the highest level. George has moved to "The Costa Frinton-on-Sea" as he calls it - God's waiting room! We wish George and his family all happiness in their new coastal location.

ALAIN MIMOUN RIP

Aged 92 Algerian born French International runner ALAIN MIMOUN has died. He won the 1956 Melbourne Olympic Marathon (2 hours 25 minutes) in heat so strong he lost 9 pounds during it. He wore a knotted handkerchief on his head but discarded it at 23 miles as it was heavy with sweat. His victory break came on a mid-point uphill stretch after which he was never overtaken, winning with 1 minute 32 seconds in hand. He also won 3 silver Olympic medals (1st in London 1948). When aged 51 Alain could still finish a Marathon in 2.34.56. His daughter was born just before the 56 Games and was named Olympe. When the great Emil Zatopek finished that 56 Marathon he took off his white cap, saluted and embraced Mimoun. Alain Mimoun came close to having a foot amputated in World War II at Monte Casino, where he fought gallantly with the free French Army. We remember the 1956 Olympics as Steyning AC member NORMAN READ (1931-94) won 50K Walk gold in 4.30.42 with enthusiastic Essex Walker reader ERIC HALL 9th in that event.

FORMER ESSEX CLUB MEMBER ON THE MOVE

With Colchester Harriers LUKE FINCH had many good days and, while on their books, was our best-placed English 20K Walker home in the last Commonwealth Games. He's since parted company with the Harriers and has been racing out of Cardiff. Luke soon takes up residence in Dundee ... perhaps his arrival might re-ignite race walking North of the Border?

NEXT EDITION of ESSEX WALKER

Essex Walker will be switching to **bi-monthly** editions. Further information will be provided in the next issue (October) due for circulation to you at end of September.

"I COULD HAVE BEEN A CONTENDER"

Apologies to Marlon Brando, but this quote from "On the Waterfront" could also be attributed to MICK BARNBROOK. On seeing only 4 veteran UK men finishing our RWA National 50K Championship, which was won in a time bettered by Mick on many previous occasions, he wished he'd headed for Coventry. Mick said, "When supporting Karen Davies on the Paris-to-Colmar route I walked for around 100 miles. In my 43 years athletics career, bar once when taken ill in Guernsey, I've never retired from a race. In high heat I've finished many times, even worse than was at Coventry". In heat on the same day the Enfield League attracted 32 at Allianz Park, despite clashing with 2 National Championships (50K/BMAF 30K) and having the Northern Line suspended for engineering works. One finisher, BILL SUTHERLAND wrote to thank those who turned out and officiated - and highlighted those supplying cold water, which was truly appreciated. All took advantage except PETE RYAN who said, "I'm a Northerner, I don't need water for 5,000 Metres". Pete's tough - I've seen him rise twice from the ground for major success- at the RWA 50K in Sleaford (over 100 started in 1981, won by BARRY GRAHAM in 4.10.56) when needed by Sheffield United Harriers for a full team of 8 to win the Milan Trophy, and at Newmarket when rising to rejoin the race inside the final lap ... going on to win! In Pete's heyday competitors up-to-and-including 20K weren't permitted water or drinks!

"EVENING ALL"

After an extended Metropolitan Police career GARY SMITH has retired. Gary took up race walking while in the Stock Exchange before donning uniform. He's appeared in 100 miles events at Ewhurst and Hendon, where in the 1989 Arthur Eddlestone BEM Memorial Walk he clocked 22.12.51 becoming Centurion No 856 ... one of 8 new Metropolitan Police Centurions qualifying at that event. This year he assisted the British Police to win the coveted Ryan Cup (v Civil Service) and also the Metropolitan Police win the National Police team title. Gary appeared in the last World Police Athletics Games in New York. He plans an active athletics programme during his retirement, which includes the World Masters. Gary belongs to Enfield & Harringey AC and is a former 2nd claim member of Ilford AC. We all wish this popular and enthusiastic competitor a long and happy retirement.

HAPPY OCCASION

We wish Essex-qualified athlete DAVID CRANE and RACHAEL JONES all happiness in their married life ahead, which commences on 9 September with a ceremony in East Sussex.

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RACE WALKING ON THE TELLY

As the late Alan Whicker worked for both BBC and ITV, both broadcasters ran hour-long tribute programmes for the famous traveller. Both featured his visit for "Today" to a mid-50s Enfield Open 7 Miles race when he ran alongside Ken Matthews to get an interview. In the 50s Mr Whicker was younger and fitter as you'd expect from an ex-Army Officer. The clip ended with him cooling down his feet in a bowl of water. BBC's version showed most walking!

By the way, one highlight while Hon Ed worked at Ford's Public Affairs Dept was looking after Mr Whicker for a couple of days, and driving him everywhere (Ritz both nights) as he did a commercial to advertise Ford's Mondeo (2nd version) for a feature in British Airways First and Business Class in-flight magazines.

AT SEA

Woodbridge-based Centurion Squadron Leader MIKE PERKINS (C490/1972 Leicester-to-Skegness) shows no signs of slowing down at the age of 76 years as he's just sailed around Great Britain in his yacht. Mike's been at our last few Colchester events and expressed regret that, when sailing the Irish Sea, passed the Isle-of-Man after the Parish Walk and before the 100 Miles ... or else he'd have come ashore to give support. Mike's undertaken several long voyages in recent years, and is always in demand from his Yacht Club to recount his yarns from the seven seas!

GRUNT'N'GROAN

EDDIE TROTTER reminds folks his son Karl is organising an evening of professional wrestling at the Marconi Club, Beehive Lane, Chelmsford on Saturday 24 August at 7 pm ... all profits going to "Help-for-Heroes". Cost: £30 for a family ticket (2 Adults/2children up to 15 years) and £10 for individuals. See Eddie at meetings or book via him on 01708-375096. Tickets are also available "on-the-door". Those appearing include: Lazerlagden - "The Future of British Wrestling" (top-of-the-bill), The American Marauder, Eddie and Teddy Cornell, The Flying Scotsman, "Honest" Ernest Sterling, Muscles Mansfield, Mountain Stew, "Nemesis" Tony Kemp, and Heartbreaker Brad Beck.

NATIONAL 50K CHAMPIONSHIP

Just one Spaniard, 4 UK men and 2 UK ladies finished the race. BOB DOBSON (6.04.19) won an RWA bronze individual medal 43 years after coming first in this Championship at East Ewell (4.20.22).

Report will appear in next issue



Dear Dave ...

GEOFF IS APPEALING

Thanks to those who responded to our Spring Newsletter and commented favourably about our updated website. As we said before, we now need extra help at this time of year to continue providing this service for up to 25 children. We therefore appeal urgently for donations, preferably through our website donation button, on behalf of the children. I look forward to hearing from you.

geoffharth102@hotmail.com.

PS Due to my inability to completely understand the new Hotmail set up I may have not sent some people the Spring Newsletter. If that happened to be you, then I apologise, and please tell me who you are!

Geoff Hunwicks

CENTURIONS' SOCIAL WALK - CAPTAIN'S REPORT

The Centurions had a very enjoyable social walk on 29 June, from Bristol to Bath, around the sights of Bath, and back into the centre of Bath along a very interesting section of the Kennet and Avon canal. And we were blessed with gorgeous sunshine! It was very appropriate that Ann Sayer joined us for the walk - returning as President of the Centurions to the city of Bristol where she qualified as our first lady Centurion in 1977. Also walking were Centurions Kathy Crilley, Chris Flint, Steve Kemp, Wendy Watson (with husband Ray), and Richard and Sandra Brown. We had the great pleasure of being joined in the sunshine by family and friends, including, in Bath, Steve's wife and daughter, and relations Dave and Pauline. Vicky Brown and Guy Barnes (who helped at Colchester) walked from Bristol with us. Also walking with us was a Bristol LDWA member who is interested in qualifying as a Centurion, so we hope to see him and his wife again.

Thank you so much for putting us in touch with John Webb, GB 20 kms Olympian in the 1968 Mexico Olympics. John lives very near the Bristol - Bath cycleway/walkway, and uses this daily for his walking training (which he still does regularly) and for cycling into Bath and Bristol. John very kindly cycled to Bristol Temple Meads to see us all off, and then met us again at Bitton station on the heritage railway and cycle path (he lives near there), where we had our lunch stop. It was a great joy for us to meet John and have the chance of a good chat with him. I think it meant a lot to him, too, to talk with people who share his passion for walking and who understand what it means to him.

Sandra Brown

RACE WALKERS STILL AROUND IN EARLY MORNING!

Whilst on my early morning travels I spotted 2 elderly race walkers doing their training. One was at Paddington Recreation Ground with a lady running alongside him and other at Hyde Park. Do we have any details on how many new race walkers we have recruited nearly 1 year on from the wonderful Mall Walks? It would be interesting to know.

Bill Sutherland

RACE WALKS

I was helping out at the British Masters Open Outdoor Pentathlon & 10km Track Walk, and was surprised and delighted to see 20 Race Walkers take part in the event; the standard of walking was very good. My husband John was also delighted to meet up with some of his old friends, and we were very pleased to meet up again with Beryl Randle, who was one of the judges.

Barbara Dunsford

EMAILS SUFFOLK COUNTY WALKS SECRETARY RON WALLWORK

It is worrying that the CAU has dropped the walk. Suffolk CAA did protest and asked for the decision to be reconsidered and will support any moves to get it onto next year's programme.

Ron Wallwork

DROPPING OF RACE WALK EVENTS AT CAU INTER COUNTIES

That is a tragedy for everyone, more so all those officials who gave their time willingly to put the event on. Many often forget that, without the sacrifice and energy of all the Officials, there is no sport.

Oliver Flynn

EMAILS TRUE STALWART LAURIE KELLY

As you now know the Walks have been withdrawn from this year's Inter Counties, despite the many complaints and appeals. Peter (Cassidy) was present at the meeting but I am afraid his efforts came to nothing, and he eventually had to concede to Sandra White. Mainly on the reasoning that the Walks had been withdrawn from the Commonwealth games next year and the recent lack of entries at other meetings. However, it was agreed to re-examine the situation for 2014 CAU with the proviso that the walkers can make some sort of assurance that there will be better turn out at the meetings. But don't hold your breath. Sorry about the Inter Counties we can only hope that we can get them back next year.

Laurie Kelly

PRAISE FROM RECORD'S FORMER EDITOR

Overall, the weekend was "the best 100 mile event ever" according to senior RWA officials. It was excellent, and well organised, and very much fun too.

John Constandinou

WRITES JOHN CONSTANDINOU Ref SMALL NATIONS

I am certain it was just a simple oversight. RWR print what is sent to them, so whoever sent the report to them made the mistake. As for Jasmine, she was part of the England selection. Her selection was vetoed by her coach, but she discussed with him and was allowed to do the Small Nations as she wanted to. Great performances by the Steves. I know Steve from Barnet has been trying to beat my PB for a long time and has now done so at Breda!

John Constandinou

PARIS-COLMAR

Well done again to Karen and her crew on their fantastic achievement. Just a couple of points on the history - Karen is the third English lady to complete the ladies' PC (the others being Jill Green and myself). Two English men have completed the full PC - Colin Young and Richard Brown.

Sandra Brown

HAS HE RISEN?

Re Jack Fitzgerald's funeral, in the list of mourners attending was an old friend of mine listed as Michael Rawson. The Mike Rawson winner of the race you noted died late in 2000 and, to my knowledge, was always known as Mike.

Eric Hall

Adds Hon Ed: There was an old boy at the funeral who some thought was Mike Rawson. Yes, he died in 2000 - as checked on Wiki. Unless he'd emulated Lazarus, it clearly wasn't!

ALAN WHICKER RIP

See that Alan Whicker has just died, maybe they will rerun his 60 years in TV programme with the clip of Enfield 7 again.

Dave Hoben

Adds Hon Ed: This refers to coverage on BBC's Tonight programme (Ken Matthews won).

FOR ESSEX WALKER

Thank you for your feedback. Obviously I cannot comment on any Facebook issues as it's nothing to do with the Record. Ideally if individuals could provide constructive feedback we can address it fully. By conversing with the individuals, where necessary, additional clarification can be sought. I will of course take your comments on board for future reference as you have put them forwards. In respect of the two Steve's lack of published results I apologise. I was not aware of the situation but I will include an amendment in the next issue. In general terms results are published as they are sent to the editors. I do not intend to publish DNF or DQ in general as I do not believe the individuals would like that. I do not always know the specific details of a race so will replicate what is received. If you can help spread the word about the template

found on website it would be appreciated. That means the organisers can order the results as appropriate. I would stress that we basically assemble the Record from data provided. Therefore if subscribers wish to see something included please contact us directly with the information or idea. The more information received before 20th of the month the more goes in.

The next issue will be a development on the format based on feedback received. It's an adaptable publication and can only benefit from subscriber input. So thanks again for taking the time to contact us. I hope this helps alleviate some of your concerns and if you could let others know that we welcome constructive feedback that would be great.

Catharine Telling

Adds Hon Ed: To be fair, advance notice was given of the article "AGE CONCERN" and Editorial "EXPUNGED" prior to publication so providing early reading opportunities to Record's Editorial team, and Facebook's information supplier. To Record's credit they re-issued their relevant edition with those omitted results added - so congratulations!

HAVE WE GOT WHAT WE DESERVE? - ASKS A READER

You will remember me suggesting that the RWA, through their President Mark Easton, produce a video taken from the Olympics as part of a campaign to encourage new race walkers to take up our great sport. I would encourage you to take a look at his website and view the Olympic coverage to see just how far we have come in producing a straight leg running race. No wonder so many are now chopping it out of their Athletic Programme. Without contacts on the shoes I really cannot see how it can be controlled by the human eye!

Bill Sutherland

THE 3rd WOODFORD TUESDAY WALK

It was a pity that the meeting ran so late; as the timetable for the August meeting has now been published, nothing can be done about it, but we'll discuss our position in the programme before next season. It's also a pity that the changing rooms were closed before we finished and an even greater pity that the bar was!

Peter Cassidy

MIKE SHANNON LOOKS BACK

I cannot remember if I told you I had another week in February in hospital with a recurrence of the pneumonia. Fortunately it was not as bad this time and I am now well on the road to recovery and getting stronger all the time without putting on any weight! Thank you for sending me the Essex Walker - it brings back memories but the state of British walking is very sad.

Mike Shannon

PRAISE FOR "AN INTERESTING FELLOW" AND A TRUE STALWART

[facebook](#) [John Constandinou](#)

John wrote: "Michael Barnbrook is a star, and did indeed walk possibly over a hundred miles supporting and pushing Karen on through hard times. She could not have done it without him. He is an interesting fellow too. Kathy Crilley also walked, prepared food, and was a vital part of the team. Kathy may target Paris-Colmar herself in future and we wish her the best..."



CENTURIONS SOCIAL WALK 29 JUNE 2013

We had a lovely day out in the sunshine. The C social walk now seems a well-established event - and we are always open to ideas and suggestions for future social walks.

Sandra Brown
Centurions Captain

UK Members Council Elections 2013: Representative for Coaches

The UK Members Council plays a vital role in scrutinising the activities of UKA and its board members, acting on behalf of affiliated clubs and organisations. Members of the Council are elected or nominated – dependent on the sector of the sport they represent. Elected members serve a four year term of office and retire by rotation. The current member for Coaches, Mike Harris, is one of those who will complete his term in 2013 and will be seeking a nomination to stand for re-election. On behalf of the Council, I would like to thank Mike for his valuable contributions to athletics during his term of office to date.

Nominations are invited for the representative member for Coaches and the closing date for receipt of nominations is Friday 6th September at 12:00. A nomination form can be downloaded [here](#) and details of the role downloaded [here](#) Both are also available at <http://www.uka.org.uk/governance/uk-members-council/> where further information on the structure and role of the Council can be found.

If you choose to nominate a representative, please return the nomination form in the enclosed envelope. Please address any queries to either elections@uka.org.uk or 0121 713 8493. If more than one nomination is received then a ballot will be held and the name of the successful candidate will be announced at the Annual General Meeting of the Members' Council on Friday 29th November 2013.

Nomination Conditions

- Nominations must be in writing;
- Candidates must hold a current UKA licence at Level 2 or above (County & Home Country equivalent);
- Only nominations made by Coaches at Level 2 or above (County & Home Country equivalent) will be accepted;
- The nomination may be made by either the candidate or another Coach and supported by at least 5 other Coaches.

Nominations are invited separately in 2013 for three representatives to UK Members' Council for Clubs, including at least one representative for "off track" clubs.

Yours sincerely

Lynn Davies
President

HOT OFF THE PRESS

What a great website ... it was almost as good as being there, as positions/times (from microchips) were updated each circuit, plus action photos. This surely is the benchmark for future communication and merits praiseworthy mention. It was the "Webpage Live As It Happens" from Isle of Man 100 Miles at Douglas. You can view on <http://www.manxtimingsolutions.com/scoreboard/>