

# Essex Walker

Editor: Dave Ainsworth

## IMPORTANT MESSAGE FROM YOUR ESSEX COUNTY AA

Both the indoor and outdoor championships are having severe problems through the lack of officials and volunteers. There is a VERY URGENT need for non-qualified help for the seeders, presentation and displaying results by taking papers between the various officials. It is becoming a question of no help - no championship. WITHOUT ADDITIONAL HELP the situation is likely to get worse with longer delays or reduced events.

Adds Hon Ed: Reading EW/Record/AW you'll see a number of Essex walkers nowadays race infrequently ... and some never. Here's a chance to keep in touch with your sport, and an opportunity to put something back into the sport you've been involved in over the years.

## A WIN AT LAST

After racing Essex 20K Championships since entering our sport in the 1960s, Bob Dobson's finally claimed that individual title by winning when this Championship was held in conjunction with the BMAF 20K at Hillingdon Cycle Circuit. Bob was the only Essex entrant ... how long will it be before our Essex 20K goes down-the-pan, as has the now defunct Essex 50K and 20 Miles? Where were you all? Bob remembers coming second at Chigwell in 1983, clocking 1.42.57, when 21 started. As for his 2014 winning time, Bob modestly says "my 2.18.50 would have disappointed me as an en route time in a 50kms race".

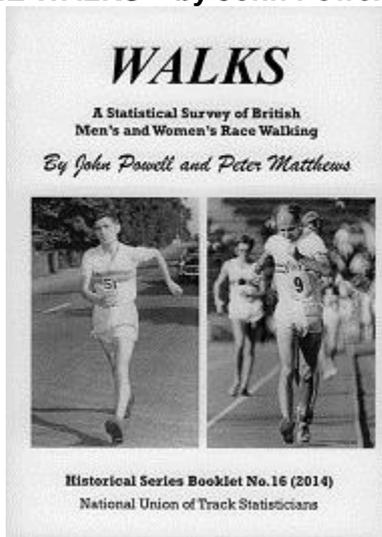
## SEASON'S BLEATINGS

A few remarked that our Dec/Jan issue never wished readers a Happy Christmas etc. True ... as it was intended for issue **after** the festive period. A decision was made to bring it forward as our Gambian Home Appeal had generated little interest, so we wanted to repeat details before Christmas. Also, now every 2 months, means we've less space for anything other than race walking/athletics issues. So, belatedly, we hope you all took the advice given in Ecclesiastes Chapter 8 verse 15.

## WALKERS MISS OUT ON AWARDS

The New Year's Honours list again lacked those involved with race walking ... but some awards were handed out to athletes. Dame Mary Peters becomes a member of the Order of the Companions of Honour, while Olympic silver medallists Steve Cram and Wendy Sly receive a CBE and MBE respectively. No link with race walking? ... well Mr Cram has one - as he's one of our critics!

## THE WALKS – by John Powell and Peter Matthews



The latest in the NUTS series of Event Booklets deals with British race walking honouring the rich history of the deeds of British walkers. All British performances in international championships and games are given, together with British performances in all international matches – senior and junior, men and women – for Britain or England and there is a directory of all these international walkers. Then John Powell has done a huge amount of work in producing the top sixes for all national and inter-counties championships, with winners of Scottish, Welsh, Northern Irish and English area championships and of other major races in Britain. Also shown are progressions of British records plus deep all-time lists. Information has been included up to June 2014 in this 128 page booklet. Appropriately Paul Nihill and Don Thompson are featured on the cover. On sale for £8 including postage in the UK or £10 in Europe, £12 in the rest of the world. Available from Don Turner ([donturner@btinternet.com](mailto:donturner@btinternet.com)), 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH, UK.

Sterling cheques payable to NUTS. See the NUTS web-site at [www.nuts.org.uk/walksbook.htm](http://www.nuts.org.uk/walksbook.htm) for Paypal payments from outside the UK (or contact [sales@nuts.org.uk](mailto:sales@nuts.org.uk)).

## F I X T U R E S

14 Feb	Cambridge Harriers Winter League 5K + YAG	Bexley	2.00 pm
21 Feb	Enfield League 5 Miles	Donkey Lane	1.00 pm
22 Feb	SCVAC 3,000 Metres Indoor Championship	Lee Valley Arena	TBC
1 Mar	England Masters 2,000 Metres/Inter Area	Lee Valley Arena	TBC
4 Mar	Met Police Annual Dinner & Reunion	CS Club SW1	6.15 pm
7 Mar	Cambridge H Winter League 5K + YAG + Presentation	Bexley	2.00 pm
8 Mar	BMAF Indoor Championships 3,000 Metres	Lee Valley Arena	TBC
	Sarnia 50th Anniversary Walk 5 Miles	Lanresse	9.30 am
21 Mar	Enfield League 5 Miles Yacht Handicap	Donkey Lane	1.00 pm
23-28 Mar	European Indoor Veterans	Torun (Pol)	TBC
4 Apr	National & Essex 10 Miles	Lee Valley	TBC
18 Apr	National & Essex 20K Championship	Hillingdon CC	TBC
27 Apr	SCVAC T&F League 2,000 Metres	Lee Valley	7.20 pm
1 May	Ilford AC Annual Dinner & Dance	Met Police Chigwell	TBC
4 May	Herts/Vets/Open 3,000 Metres	Stevenage Track	12.30 pm
	Enfield League/Pednor 5 Miles	Chesham	5.00 pm
24 May	Essex 3,000 Metres Championship	Chelmsford	TBC
6 Jun	Enfield League 5 Miles	Moulton	1.00 pm
13 Jul	SCVAC T&F League 2,000 Metres	Hemel Hempstead	6.30 pm
20 Jun	IOM 85 Miles Manx Telcon Parish Walk	Douglas	8.00 am
27 Jun	National 10K Championship	Hillingdon CC	TBC
1 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	TBC
2 Aug	Mark Byrne Promenade 10K	Redcar	10.30 am
15 Aug	IOM Open/RWA National 100 Miles	Castletown	2.00 pm
29 Aug	Essex 10,000 Metres Championship	TBC	TBC
29 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	TBC
31 Aug	Southend Mile (+ George Woods Trophy)	Garons Park	TBC

### THE GEN

Prior to, and after, the Centurions' well-attended AGM (in Southwark) was a wonderful 20 minutes' Slide Show Presentation on a large screen. It was compiled by archivist Sue Clements, mostly recording the past year.

The Centurions have a new Captain (Kathy Crilley) and new Assistant Secretary (Sue Clements). Other Officers remain in post ... including Essex-based Tony Perkins as Hon Merchandising Officer.

Two new Committee members were elected ... Sandra Brown (who'd just stepped down as Captain) and Essex man Steve Kemp. Steve takes on responsibility for promoting their series of enjoyable Centurions' Social Walks. One's planned for Thursday 3 September (most Centurions are now retired) of around 25 miles starting/finishing at Burford Car Park, taking in Bourton-on-the-Water and parts of Gloucestershire on a 3-sided route. Nearer home one is planned around Colchester - Britain's oldest recorded town. A good choice as leading Centurion, the late John Hedgethorpe, was a Tour Guide in Colchester after retiring from his Police duties.

The AGM voted to accept the 2015 Isle-of-Man 100 Miles as a qualifying event for Centurions' membership. Full AGM details and also IOM 100 Miles entry information is on The Centurions website. Essex Centurion Pauline Wilson did well when selling RWA Centenary Handbooks, sales of which have now passed a break-even point. After business a number enjoyed a post-meeting meal and drink at the nearby Union Jack Club.

### OWN GOALS

Olympic gold medallists in 2008 (Men's 20K & 50K) and 2012 (Women's 20K/Men's 50K) have all sailed into stormy waters since their triumphs, reference drug testing. This does race walking no favours at a time when, again, it's proposed that an Olympic walking race is deleted. So many comments have been received that a Newsletter

can't possibly use all ... but again, writers have also sent their views to the right people!

### ATHLETES' REUNITED

Walkers with Essex connections were present at the annual "Athletes' Reunited" gathering organised by former Woodford Green President Tony Maxwell, as Roger Mills, Paul Nihill and Colin Young attended.

### "IF IT AIN'T BROKE DON'T FIX IT"

So once wrote Chris "The Scribe" Foster when referring to a walking issue. Those same words could be used for our 2015 London Indoor Games at Lee Valley Arena. For each of the past 3 years, so many entered the Senior 3,000 Metres 'B' event that 2 races were needed to get everybody on the track. So this year the format was switched from 'B' to 'A' ... and ... you've guessed - only one race was required!

### "A RIDGE TOO FAR"

When racing resumed in King George's Playing Fields (Donkey Lane) some did warm-ups on the course. One remarked, as he returned to the start line in readiness for the off, "The Arthur Thomson ridge is still there". And so it is ... there's been some minor improvements, but that large ridge which brought down Arthur so heavily early last year, is still as it was. As Sgt Phil Esterhaus ("Hill Street Blues") used to say in every episode, "Hey, let's be careful out there".

### FAREWELLS

Sadly a trio of respected Centurions have passed on. Steyning's Tom Tidy, aged 87, was over many years a benefactor for our sport - including chipping-in to keep "Essex Walker" going - he being a keen reader. Tom became Centurion 298 in the 1959 London-to-Brighton-and-Back and completed 6 hundreds. Also bowing-out was Rob Whittle, who became Centurion No 335 in the 1962 Leicester-to-Skegness and completed one further such race. He was Stourbridge and District Harriers 1st Centurion - this Club later becoming part of Dudley and Stourbridge H. Brian Copp (Weymouth St Paul's Harriers, aged 80) died while suffering pneumonia. His Essex connection was that he often trained with Geoff Hunwicks ... once writing in Weymouth's Club Magazine, "Geoff's an enigma as he trains at a snail's pace, yet on race days goes like a bomb". Brian and Geoff were in the same pub skittles team. In the mid-October cold of 1977 Brian became Centurion 622 at the last ever Bristol 100 Miles on a testing 10 X 10 Miles course with a huge demoralising hill at the end of each circuit. By profession he was a sports reporter.

### WHERE ARE OUR WALKERS?

The Essex County AA Indoor 1 Mile Championship had just 1 starter...our new Champion being Southend's Keith Palmer in 10.28.69. A picture of he alone being presented with a medal by our President should shame those who could have supported this event...but didn't. Racing was held before a large and enthusiastic crowd at Lee Valley Arena. Essex walkers weren't well represented at Hillingdon Cycle Circuit either - the new home of the London Walks. Where were you all?

### CENTENARY OCCASION

Essex resident George Nibre made his name at North Shields Polytechnic, and he travelled north to attend their Centenary Dinner. Among other walkers present were prominent North Eastern dynamic duo Peter and Marion Fawkes. Congratulations to North Shields Poly.

### GOING TO POT

Octogenarian Ken Roost has ended his long run as a competitive, and successful, amateur snooker player ... as Stevenage Snooker League has folded - as the building in which matches were played is now demolished for housing. Ken was a long-serving Chairman of this League and was also Player/Manager of a team ... being active on the green beige to the last days of competition. Back in the 60's Ken managed and played snooker in RAF NAAFI's for RAF Coltishall (Norfolk). Ken hopes to play friendly matches with friends in order to keep his hand in, but sadly other Stevenage buildings with snooker tables are also seemingly destined for demolition! In 1979 (Ewhurst 100 Miles) Ken led home a winning Borough of Enfield Harriers team, clocking 19 hours and 51 minutes - which in those days only got him 10th! Jack Rossiter and the late Peter Worth were Enfield's other scorers. Ken frequently helps at Enfield's events

### FANCY MEETING YOU HERE

Just like waiting for a bus and then two come along together ... two Essex Centurions, Ollie Browne and Alan O'Rawe bump into one another in Tenerife during the recent holiday season!



## MILESTONES

- The one-and-only **Colin Young** has reached 80 years. He was the only new Centurion qualifier (C317) at the 1960 Walton-on-Thames Track 24 Hours (a famous event in ultra-distance race walking history) when speeding past 100 Miles in 17.48.05, (gaining a place on the all-time fastest list) on route to 131 miles and 327 yards at journey's end.
- Centurions' activists for years, the Brothers' Watts (**Bob and Ken**) have retired ... and we wish them a long and contented time ahead. The former Loughton AC 2nd claimers are stalwarts of our 100 Miles scene and were Blackheath Park regulars (both with 100+ appearances in SE3) and are well known in Roubaix, where they enjoy the 28 Hours' classic.
- Reaching 70 years of age before Christmas was good-egg **Chris Flint**, holder of many Offices and still active competitor of note. Chris, now SWC, commenced race walking with London Vidarians and Metropolitan Police in the 1960s. It wasn't until 1989 that he completed his 1st UK 100 Miles (at Hendon Police College) and he's now in his 20s in terms of completions ... and he's twice been UK Champion!
- **Geraldine Legon**, who has worked in Essex for many years with the Royal Mail, and is a stalwart supporter of their events and Championships, has taken an early retirement. We wish the good lady all the best.
- **Eddie Trotter** has reached his 65th birthday and also retired. Eddie hopes retirement will give him more time to attend walking fixtures. He has, for many years, managed the Collier Row Striders drinks station at Canary Wharf on London Marathon days and is one of only 4 Essex athletes known to have completed over 100 Marathons.
- In-form **Malcolm Martin**, who works in Essex, is congratulated on celebrating his 60th birthday. He's made a big impact since making a switch into race-walking.

## JOHN PADDICK ANNOUNCES "THE MARK BYRNE PROMENADE 10K"

Mark Byrne has generously offered to sponsor this race to be hosted by Redcar RWC on Sunday 2 August at 10-30 am 2015. Mark will provide Marks and Spencers vouchers at £30, £20 and £10 to the first 3 men, first 3 women and first three teams of three. The course will cover part of the route for the 100 miles to be promoted in August 2016. Trevor and Linda McDermott have kindly offered to provide novice prizes for the half distance at 5k. There is also a 2.5k option for young walkers as the course is out and back four times along the sea-front.

Please put the date in your diary and come to North Yorkshire for the weekend - We have beautiful countryside and cheap accommodation. Entries are free and can come to me via e-mail ([johnpaddick@rocketmail.com](mailto:johnpaddick@rocketmail.com)) at any time up to a week before the event - Please state name, club and race you wish to enter.

## "PIER WE GO"

Our friends at Southend-on-Sea AC celebrated the 60th anniversary of their annual Boxing Day Pier Race, which drew 46 entrants for a 10am start. Present was John Tyler, who founded the race. Ten years' ago (50th anniversary) as guest of honour he attended to present awards only to slip on ice breaking a bone ... needing an ambulance to Southend General! Several of senior Southend's Officers and Officials attended. Some years' ago a kind-hearted individual offered to donate a trophy for the 1st race walker finishing this 1 mile out and 1 mile back course, but at the time the Club's Walking Section had low numbers ... so this gesture was declined. The "Evening Echo" covered activities with a double-page spread. A yacht handicap is the format along the boards of the world's longest pier ... as it's open to the public, and there's no way a 46 strong bunch could compete ... hence they set off in ones-and-twos. There are 3 awards: 1st handicap, plus fastest man and woman. It's Southend's promotion, but if others show up they're not turned away. Southend Pier's Management kindly allowed competitors free access to their boardwalk, without having to "click" the turnstile like punters do! With Enfield's Boxing Day Walk folding, perhaps readers might like to take in some Estuary air on Boxing Day 2015?

## CHRISTMAS CARD APPEAL

Geoff Hunwicks receiving a cheque for Dalasi 33500.



“Thank you all who took part in the last annual Hart House Christmas Card appeal and congratulations on making the total an extremely useful £500 pounds which takes care of January's wages (no not mine but all the staff!). Those of you are in the Hart House Facebook Group will have read that one of our largest sources of income has been missing due to lack of tourists due to lack of demand/interest (we don't mention the 'e' word!). We are still maintaining 26 children on the register with some new additions recently, 2 not official yet. We always have difficulties, one way or another and to one degree or another, but with help such as yours and the interest shown by the walking fraternity that I still miss (but as it was then, not today, although the recent indoor race bodes well) keeps us going in providing a good standard of care, supervision, teaching etc in a clean, tidy and safe environment. So keep supporting us and race walking and I look forward, as before, to your news and views.”

[Respite Care Home for Children with Disabilities and Learning Difficulties, The Gambia - Hart House](#)

Donations received from: Dave Ainsworth, Jim Ball, Mick Barnbrook, Ollie Browne, Ken Livermore, Hilda Nyman, Tony Perkins, Alan O'Rawe, Dave Stevens and Bill Wright

## BY THE YARD

The long established Metropolitan Police Annual Dinner and Reunion is moving ... from New Scotland Yard-to-Great Scotland Yard. It's to be held on Wednesday 4th March at the Civil Service Club, 13-15 Great Scotland Yard, London SW1 2AJ. It's the venue where you come for our RWA Southern Area AGM. Great Scotland Yard is a short road between Whitehall & Northumberland Avenue (Trafalgar Square end). Nearest Stations are Charing Cross (British Rail & Underground) and Embankment (Underground). Umpteen bus routes serve this area. Doors open 5 pm/6.15 pm sit-down. Top-table guest is to be Paul Morrison who'll speak of his participation in the 2014 Mons March, which was part of WW1 anniversary celebrations. As usual, entertaining toastmaster Andy Bignold will bang his gavel. Maximum seating is 80 persons ... book from Essex-based Haley Mattinson or see any Police walker/pensioner for further details. It's open to all, irrespective of whether you've served in the Police ... or even had your collar felt by them!

## POOR SHOW AT SUTCLIFFE PARK

Hard-working members of your Southern Area Committee wonder what else they can do for you? The annual RWA Southern Area 10K Senior Championship at flat/traffic-free Sutcliffe Park (Eltham) was woefully supported by you ... the very people for whom these events are staged. Bad weather ensured few pedestrians were in Sutcliffe Park, so race walkers more-or-less had the place to themselves. In strong cold winds, but on paths with good racing surfaces, just 16 started the Men's event (15 finished) and 8 in the Women's (none from Essex). Champion by a good margin was Francisco Reis (Ilford) in 50.04 ... only gale force winds prevented a sub-50 minutes timing. 2014 Champion Trevor Jones was 2nd in 53.04 with youngster Jonathan Hobbs completing the frame in 53.14. Our Southern Area President Chris Hobbs came 4th in 53.28 before quickly donning his chain-of-office to present awards. Loughton 2nd claimers John Hall and Sean Pender were 5th and 13th in 56.42 and 68.58 respectively. Ed Shillabeer, 11th in 67.43, rose at 5 am in Plymouth to support this Championship ... and drew much praise from Southern Area Committee members for so doing - which begs the question as to why many others, who reside closer to Eltham, couldn't make an effort? For Ilford AC, Mick Barnbrook and Dave Ainsworth also walked. Ashford won the team stakes followed by Ilford and SWC. What more do you want? A traffic-free course on an excellent surface with good communication links ... and a welcome offered for all 'B' walkers to boot! The Enfield League is the South's No 1 attraction, but surely your own Association deserves similar support when going out of their way to provide similar competition? As race walking declines, those staying away only hasten its demise. A good point was that a good standard was seen in Younger Aged Group races, which bodes well for future days. But will this senior race continue much longer without you ... where were you all?



## Dear Dave ...

### HERE IS MY SERMON!

In the ultra-fast world we live when often there is little time to think I am sure just turn up when it suits them and all the personal contact in the World won't change things I am sure. Our biggest problem is we do not live in a pedestrian era anymore and with so many more attractive sports to choose from race walking 2014 does not hold the appeal of yesteryear except on a health basis by the older generation. I am afraid we just have to accept that as the 'real world' we now live in. Of course the complicated judging system we now have does not help either. Mind you Race Walking is not alone as Athletics in general is just a shadow of what it used to be! On the bright side Scotland through Parkruns and the North through Novice Walks are moving forward. **Bill Sutherland**

### WRITES JOHN HALL

Your coverage of the National 50k ("A Spaniard in the Walks" - very Lennon-esque for those of us who remember one of the main men from the 60's!) mentions that Kay Koeslag didn't trouble the timekeepers. Officially, that is correct. However, the timekeepers were good enough not only to call 49 lap-times for Kay by the time she started her last lap, but also to hang around a few minutes to acknowledge her great effort by giving her an accurate "unofficial" finish time of 6 hours 22 minutes and 25 seconds. Kay had been training at race walking for less than 3 months when she was brave enough to have a go at 50k, which was only her 3rd race. A very fine effort from someone who trains enthusiastically and who has charmed all those who have watched her compete with an ever-present smile.

Someone calculated that Kay must have walked past the marathon distance in about 5 hours 20 - faster than many people "run" big marathons such as the "London". And yet she wasn't officially recorded as a finisher in the 50k. There were some suggestions that it is sex discrimination to have the same cut-off time for women as for men. I heard one official state that if women want equality they "can't have it both ways". Perhaps the London Marathon has got it wrong having different "good for age" time standards for men and women? Other examples of inequality in athletics are hurdle heights and the weights of throwing implements. Surely it must be worth RWA considering extending the cut-off time for women in the 50k and other events where they have them. They might just encourage a few more to take part.

**John Hall**

### TRAVEL TIP

There's a new service - Eurostar have direct trains from St Pancras to Lyons, very useful for those attending the World Vets - so it should appear in the dropdown box when you book Eurostar soon.

**Dave Hoben**

### REPORTS "THE SCRIBE"

I am in the middle of the Panto run. I had all six grandchildren in a row at last Sunday's matinee, Beauty and the Beast, in which I play neither of the title parts. Just for the record, I am the father of "Beauty", quite a large role for me. My two granddaughters, aged 6 and 8, helped me learn my lines. They knew my words far better than me.

**Chris Foster**

Twitter: @CFozzyFoster

Adds Hon Ed: Chris was a stalwart Enfield and Met Police walker for years, as well as a Loughton AC 2nd claimer. Chris Foster still "treads the boards", is a big player on the Quiz circuit and a leading contributor to Arsenal's fanzine - "The Gooner".

### ON YOUR BIKE!

I have slowed down my running, assorted aches and pains, but have now taken up cycling. I have not had a 'head down bum up' bike since I was 15, preferring the 'sit up and beg type' of my previous occupation. We shall see how it goes. Thanks for keeping us all in touch.

**Alex Ross**

### OH NO ... NOT AGAIN!

At a recent meeting of a sub-committee of the IOC the following events may be dropped from the 2020 Tokyo Olympics - 10,000 metres, Triple jump, Shot and the men's 20kms walk. They are suggestions and not proposals.

**Peter Marlow**

### EMAILS EDBANGER

Attack is often the best form of defence: make a counter suggestion of ADDING a women's 50K walk or having women's 10K and 30K and quoting equality the sexes.

**Ed Shillabeer**

### EMAILS DENIS HOLLY

You may be interested in a 50k completed by Alex Wright, who now claims his Irish qualification, on 11 October 2014 in 3hrs 51m 28 seconds in Gleina in Germany. Details on Cork AC website. This is his first 50k and betters Chris Maddock's UK record of 3hrs 51m 37s set on 28 October 1990. Hmm! Details have not appeared in AW and I have written to the editor as I did when Alex wasn't selected for London initially.

My particular interest is that I toyed with a similar change just before Queen Victoria was born but had to choose working not walking (that's my excuse anyway). It seems we GB walkers/

selectors manage to shoot ourselves in the foot without any help. Hope this gives you an item to highlight in your learned magazine.

**Denis Holly**  
Hilly Herefordshire

### **BILL SUTHERLAND'S REPRESENTATION ON YOUR BEHALF**

I thought you would all be interested in a recent email I have sent to AIPS on behalf of British Race Walking. 'I am a former Great Britain International Race Walker 1968-1972 and am greatly concerned at the possibility of the Olympic Athletic Programme being reduced in Tokyo 2020 and specifically the exclusion of the Men's 20 Kms Walk. This is one of the best supported events numerically currently in the Athletic Programme and fascinates the public at large as was shown in the Mall in London in the 2012 Games. Great Britain led the campaign to have the 50 Kms Walk reinstated in the 1980 Moscow Olympics, which illustrated now why we are so concerned that our event has now been suggested for possible exclusion. I would be most grateful if you could please keep me informed of future meeting and discussions on this matter in order that we can present our case for retention in FULL of the Race Walks in the Olympic Athletic Programme.'

**Bill Sutherland**

### **EMAILS PETER MARLOW**

Great news Fowler Dixon was the President of Southend AC for a few years. He was Chief Walking Judge in the 1920/1924 Olympics as well. I have a fabulous silver cup on the mantelpiece presented by Fowler Dixon in 1901 for the 2 mile walk - sadly no longer a competitive race. I retired after the 2012 Olympics but the IAAF didn't agree and I will be a judge at the World Championships in Beijing and the Rio Olympics - I am so lucky.

**Peter Marlow**

### **BY THE RIGHT**

"All our yesterdays" were words uttered by Macbeth in Act 5. They could refer to Mick Barnbrook, one recently featured appeared on our TV screens. TV (all Channels) have screened many documentaries and old clippings about Winston Churchill, on the 50th Anniversary of his 1965 death. Most show his coffin passing through the Palace of Westminster Gates, each side of which were 2 Police Constables. The young PC on the right, just a year into "The Job" and then stationed at nearby - but now closed - Gerald Road Police Station was Mick Barnbrook, member of Ilford AC and Centurion No 661. Noted was his smartness and military precise salute (longest way up and shortest way down) as the coffin passed.

### **I WAS ALSO THERE!**

Very interesting to hear. I too was on duty at the late Sir Winston Churchill's State Funeral wearing Police No 1 Dress on the Embankment and stood to attention as the Royal Party passed. It was my first ceremonial duty and I still have the Official Special Police Order as proof. I had been in the Metropolitan Police for 9 months only. I doubt whether you will see me on TV. It was a bitterly cold day as I remember!

**Bill Sutherland**

I too was there but not at such a prominent location. I was near Waterloo Station, from which the coffin was conveyed to Blenheim by steam train. It was bitterly cold.

**Chris Flint**

### **RUSSIAN DOPING - BOB DOBSON'S VIEW**

It's time that the entire Russian Athletics Team serves a 4 year ban, after all they have been getting away with it for years. Remember Roger Mills experience in the European Championships in Rome in 1974. We all have our stories we could tell. It would be wrong to ban the event rather than the cheats. Race walking has become a multinational event and other nations should not suffer at the expense of the Russians. And why are the bans not affecting the 2012 Olympics results? Let's hope the IAAF wake up to the reason why the Russian 2012 50 kms Olympic champion did not compete in Moscow in the 2013 World Championships.

**Bob Dobson**

### **EMAILS OLYMPIAN CHRIS MADDOCKS**

Unless preventative action through authoritative dialogue continues, I too can foresee race walking's total exclusion from future Olympic Games. I agree this is no time for complacency. However, it's important the present Russian drug scandal should not be used as a convenient tool by those who wish to see our athletics event excluded. This problem appears to be a systematic team issue and not an event one. Of course our event opponents will try!

The drug taking as we know has been around a long time. There is no doubt in the 1980's and 1990's I competed against users. You may feel you did as well? The great shame is that a strong Russian walks team in the 21st century would be an asset to our cause. I did NBC TV commentary on the London Olympic Games walks. Drug issues were discussed during a total of approx 8 hours of live broadcasting. Since then, the greatest shame is to hear the downfall of Olga Kaniskina who could have been remembered as a legend, and heir to her throne, a very young Elena Lashmanova - superb exponent of superfast walking. That, unfortunately now seems academic. I would imagine the Russian team will and should be

sanctioned. Walking is more powerful with a strong Russian presence, but it needs to be clean.

Most readers, if not all, want the same thing ... walking's continued long term involvement in the Olympics, with clean participants who walk as fairly as is humanly possible. **Chris Maddocks**

#### AT THE TABLE

A very enjoyable Lunch for MPAA Life Members was held at New Scotland Yard on Wednesday 3 December, 2014. Pride of place goes to Bert Stevenson, the oldest living Male Life Member over 33 years having been elected in 1981. He was joined by evergreen International Peter Hodgkinson, Olympian twice over Paul Blagg and his wife Lynne, and Kath and myself. We were told it is hoped to have functions there until the end of 2016. Andy Bignold and Doug Fotheringham kindly sent their apologies. **Bill Sutherland**

#### RACE WALKING and SOUTHEND-ON-SEA ATHLETIC CLUB

It hardly needs to be said that at Southend-on-Sea AC we take race walking seriously and were delighted to be offered the opportunity to stage the 2014 Centurions' 100 miler last August [and what a weekend *that was!*] What I hadn't realised was that our connection with serious pedestrianism went back further than I'd been aware.

Recently, having been the recipient of a wonderful collection of memorabilia (including several programmes, a stop-watch which still works and still-wearable running spikes!) from the family of a former member from the 1920s, I thought I'd take a peek at our Minute books for that era to see how involved the athlete in question had been in the Club. When I arrived at the Minutes of the AGM for 1929 I was in for a bit of a surprise. The Minutes included a list of Vice Presidents for the forthcoming year, and one name jumped right out at me: John Edwin Fowler-Dixon. He remained Vice President for at least three years.

You can imagine my delight at discovering that the World's first Centurion [C1] has a place in our Club's history! **June Cork**

#### NOTIFICATION FROM PETER MARLOW

EAA have now decided to award the EAA Race Walking Cup to Murcia in Spain on 17 May.

**Peter Marlow**

#### VIDEO ENTERTAINMENT

Thought some of you might like to view the 1995 Stock Exchange 7 Miles held in late January at Regents Park. A competitor starts late, so nothing has changed in 10 years. The video is 10 minutes' long.

[https://www.youtube.com/watch?v=SA\\_k1PQyCHO&feature=youtu.be](https://www.youtube.com/watch?v=SA_k1PQyCHO&feature=youtu.be)



**Published on 31 Dec 2014**

The London Stock Exchange Race Walking section was, in its day, one of the strongest closed race walking clubs in the UK. Race Walking in the Stock Exchange has a history that went back to the first London to Brighton challenge in 1903 but after Big Bang in 1986 the change nature of the Exchange meant it was no longer a breeding ground to encourage others into the sport. This race was one of the last club championships and all of the competitors had competed at much higher levels than you see them here, nevertheless it's a nice record for those that took part.

**Tony Perkins**

Adds Hon Ed: This video was taken by the father of SE stalwart Andy Tweed, who is featured in the show.

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