

Essex Walker

Editor: Dave Ainsworth

MAJOR AWARD

Congratulations to Southend-on-Sea AC life member and 1972 Olympian Peter Marlow on being presented with the "European Athletics Plaque of Merit" at the 24th European Athletics Congress in Bled (Slovenia). The citation read, "For special achievement and assistance which you have rendered over a long period to the development of European Athletics and to the successful realisation of European Athletics and projects". Olly Flynn endorsed Peter Marlow's award as: "A very well deserved award for an enormous length of unbroken service to our sport."



FIXTURES

These event details are published for your information, and to the best of knowledge are accurate at the time of writing – you are advised, however, to check the status of any event directly with the organisers.

2 Jun	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
6 Jun	Enfield League 5 Miles	Moulton	1.00 pm
9 Jun	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.00 pm
13 Jun	Jack Fitzgerald Memorial Races	Tilgate Park	12.30 pm
13 Jun	Centurions 20K Social Walk	Langport	9.30 am
20 Jun	IOM 85 Miles Manx Telcon Parish Walk	Douglas	8.00 am
21 Jun	Small Nations' Representative Match	Bedford	TBC
21 Jun	BMAF 5K Road Championship	Horwich	10.30 am
28 Jun	RWA 10K Championship	Hillingdon CC	1.30 pm
1 Jul	EVAC League 2,000 Metres	Chelmsford	TBC
7 Jul	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.00 pm
11 Jul	Inter-Area Representative Match	Tamworth	TBC
13 Jul	SCVAC T&F League 2,000 Metres	Hemel Hempstead	6.30 pm
14 Jul	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
22 Jul	Cambridge Harriers Open 1K Walk	Sutcliffe Park	TBC
25 Jul	BMAF Track Championships Day 1	Alexander Stadium	TBC
26 Jul	BMAF Track Championships Day 1	Alexander Stadium	TBC
29 Jul	EVAC T&F League Walk	Corby	TBC
1 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	TBC
2 Aug	Mark Byrne Promenade 10K	Redcar	10.30 am
4 Aug	Woodford Tuesday Walk 3,000m +YAG	Ashtons Track	8.00 pm
15 Aug	IOM Open/RWA National 100 Miles	Castletown	2.00 pm
15 Aug	SEAA Track & Field Championships	Ashford	TBC
18 Aug	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
29 Aug	Essex 10,000 Metres Championship	Thurrock	TBC
29 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	TBC
31 Aug	Southend Mile (+ George Woods Trophy)	Garons Park	10.30 am
1 Sep	Woodford Tuesday Walk 3,000m + YAG + Series Presentation	Ashtons Track	8.00 pm
3 Sep	Centurions 25 Miles Social Walk	Burford	9.00 am
6 Sep	Guernsey Church-to-Church 19.4 Miles	St Peter Port	9.00 am
6 Sep	SCVAC T&F League Final 2,000 Metres	Ashford	TBC
10 Sep	Ilford Walkers' Luncheon	Hornchurch	12 noon

THOUGHTS FOR THE DAY

Writes Jeremy Clarkson, "I've never understood the appeal of going for a good walk - because you always end up back where you started". He obviously never had the enjoyment of walking great "point-to-point" classics, like so many of our more established readers will remember. And a recent Government Report stated, "The number of journeys made on foot has fallen by a third since 1995. Today, just 1-in-5 are made by pedestrians compared to two-thirds by car".

DAVE SHARPE RESURFACES

After ages away from the scene, "Sharpie" aka "Linford Christie" has penned a message which he requests be passed to old walking contacts. The envelope missed the franking machine ... so it's unknown where it was posted ... but at least a stamp can be steamed off (albeit 2nd class) and regarded as a 1st repayment of money given for his charity collections! Although Dave Sharpe's name fails to appear in his letter, such appalling handwriting is clearly his, and he spelled the name of D Ainsworth incorrectly in a way that only he ever did: D Antsworth (540). It took ages to decipher, indeed one could have taken it down the Chemists and got it made up!

Dear Sire, I am still alive but not well. But that does not matter as I am past history. I made my big mistake. Remember me for that. There's more to life and other things. I have done right but that's now forgotten. Use the little grey cells to remember me flogging my guts out at races, coaching and helping out at hundreds of races and track and field events. Yours "A Nobody"

75th BIRTHDAY SETBACK

While writing we've news of another former Post Office walker - Terry Riley, who walked for Ilford in the 70s, frequently beating 7 miles-in-an-hour. He raced a good London-to-Brighton as well as winning the Postmen-in-Uniform's 6 Miles on 5 occasions - before a moped accident in Becontree ended his athletics. Terry, now a widower, was also active in ballrooms. Recently he and his partner enjoyed a weekend 75th birthday treat ballroom dancing in Bournemouth. On returning to Hadleigh (Suffolk) where he now resides, he stopped off at Upminster to visit his son. Terry was taken ill, was sick, couldn't get out of his car and then lost his balance. An ambulance was called and he was admitted to Romford's Queen's Hospital as in-patient ... on his 75th birthday! We all wish Terry well.

Terry "The Big Man" is now back home. Terry came to a few "milestone races" at Colchester, Earls Colne etc, and said he found it sad to see those he knew in the 70s now looking much older - he mentioned names ... including DA! He often sees former International Don Cox, another Hadleigh resident who's a leading member of "Hadleigh Hares". Terry says Don now puts much back into our sport as a qualified Running Coach. Another Hadleigh resident (and Hadleigh Hare) is former Scottish international David Buchanan, who made his name at Brighton & Hove AC and until recently had a Romford dental surgery.

Also seen recently was Terry's genial workmate Noel Mooney, who lives in Collier Row and turned up at a few of our last Chigwell Row races. Now in his 70s Noel sadly walks with a noticeable limp nowadays, but still enjoys life and an odd pint of Guinness! In the mid-70s Ilford AC had a trio of postmen from Ilford Sorting Office ... Noel, Terry and Brian Barnard - the latter being a quality darts player who once appeared on "Bulls Eye" with Jim Bowen. "Let's see what you could have won".

MIKE SEAMAN RIP

Sadly one of our sport's true stalwarts has passed on. Mike Seaman had been both Honorary Track Secretary and Equipment Officer at Southend-on-sea AC since 1960 (yes folks, 1960) and was still occupying these posts when he recently passed away aged 86. Indeed he'd been at his Club's AGM only 3 weeks prior to his demise. Mike had been "in-and-out" of hospital since Christmas. We all extend our condolences.

DAVE JONES RIP

A marathon runner of note in his heyday, Dave put much back into athletics by officiating - mainly as timekeeper. Dave was at the finish line of many walking races. Sadly he's passed on after a lengthy illness. To his widow Pam, who was also listed among Ilford's 5 greatest members and is still active as a talented veteran runner, we express our condolence.

80 AND ONWARDS

Gwent-based Jack Thomas has celebrated his 80th birthday and is still going strong. He's a long serving Judge who still accepts appointments all over the County. Jack's often been Joint Chief Judge at 100 Miles/24 Hours events where his start line speeches have become legendary! Jack commenced race walking in 1954 on a bumpy South Wales grass track marked out on a rugby field, where he excelled in a short sprint event. When the teaching profession took him to Essex he linked up with Woodford Green AC (as then called) and in his first event at this Club won a handicap prize (a voucher for a local shop). Also winning a voucher that night was legendary WG stalwart Hew Neilson ... who encouraged this

newcomer by giving him his voucher, so Jack could get a better item to remember his Club debut by! Readers will remember Hew as one who often made such gestures for the sport. Jack truly made his name at Woodford Green where he was noted for his fast pace. His efforts caught the eye of Welsh selectors and he represented Wales and won Championships. Moving back to Wales he became Centurion No 606 at the last ever Bristol 100 Miles in 1977, clocking 21.57.19 in the host Club's colours. Jack had never race walked beyond 20 miles in his life, so this was some achievement on a course that was no billiard table! Later years saw Jack as a driving force at Penhow Striders and also gain selections for Welsh Veterans' teams. More recently he was voted-in as a Centurions' Vice President. We all wish Jack, who always does so much for our sport, all the very best on reaching his milestone.



125 NOT OUT

Essex Walker's readers send congratulations to Cambridge Harriers, a Club based in Eltham (Sutcliffe Park) & Bexley. This Club is strongly linked to race walking; their now defunct annual early December Open 7 Miles being part of the famous "Open 7's" which were once at the heart of our fixture lists. May saw Cambridge Harriers hold a Gala 125th Anniversary Dinner at an upmarket golf club, being so well supported a waiting list was needed for applicants' names.

Cambridge Harriers have provided many candidates for Centurions' membership and one of their more prominent members, Ken Munro, came from the North East to support a "walkers' table". Ken, No 370, qualified in Essex when clocking 20.59.55 at the 1960 Met Police Chigwell 100. Another respected Centurion dining was No 848 Peter Hodgkinson who clocked 19.48 dead when completing the 1989 Arthur Eddlestone Memorial 100 Miles at Hendon. Arthur himself was a popular Cambridge Harrier and Met Police walker. Other walkers at this function included John Godbeer and Dave Maynard. A smart commemorative 125th Anniversary pen has been issued (Hon Ed knows as he was kindly sent one). We all wish Cambridge Harriers well as they positively progress towards many more such milestones

A STROLL IN THE CHILTERN HILLS



May Bank Holiday Monday afternoon saw the 29th annual Pednor Open 5 Miles' Walk, which was held over 1 testing loop into the scenic Chiltern Hills, starting and ending on the outskirts of Chesham. Not that competitors had time to enjoy the delights for, with a mid-point steep climb to dishearten most, this course was no billiard table.

After recent difficulties getting walkers to start lines, Ilford AC had 6 finishers this time. Ilford's best was 2007 winner Steve Uttley, who came 5th in good class company despite only appearing in his 2nd race after an injury lay-off. In 8th came Ilford's Team Manager Stuart Bennett with 50.23 on the stopwatch while stalwart Dave Kates filled 13th spot in commendable 52.58.

Making his course debut was recent signing Brian Boggenpoel who finished 17th in 56.24 and probably wondered what he'd let himself in for? Mick Barnbrook, 24th in 62.50, made a course debut and said afterwards he'd considered dropping-out for the first time ever in his long athletics career. Dave Ainsworth "also walked" in 70.09.

For info, top 3 male walkers were Fabian Deuter (42.44), Barnet's Steve Allen (44.54) and John Hall (45.59). Helen Middleton was leading lady in 51.26. It was good to see Colchester & Tendering AC listed, as in 25th position Stephen Cartwright carried their colours when clocking 63.26. A trio, Steve Allen, Arthur Thomson and John Borgars were among 7 racing the Herts Open 3,000 Metres at Stevenage earlier on. Enfield's John Ralph lined for both walk and run (held later in rain), coming 3rd based on aggregate times. Officials included Sean Pender, Pauline Wilson and Peter Cassidy (winner in 1992). Officials had also appeared at 2 events that afternoon ... how we appreciate them! 28 men/7 women finished - the run 117 men/54 women.

The programme listed those 28 winners in both Men's and Women's races since 1987. As well as those mentioned above, other winners with Essex Club connections were Mick Sweeney (1988), Pete Ryan (2009) and Francisco Reis (2010/11/12/14). Inaugural winners were Tim Berrett and Gillian Brackpool. The longest span of success goes to Carl Lawton (winner in 1988/95/97/2001). The ladies race saw Mary Wallen enjoy 7 consecutive victories (1991/1997), with 5 consecutive wins by Estle Viljoen (2001/05) and Helen Middleton (2008/12).

SOUND PROPOSAL

Iford Walking Section's Team Manager Stuart Bennett travelled west to line-up in the Taunton Half-Marathon, where he went well and completed the distance in 2.15.27 in race walking mode.

On the same day, after a long absence from the action, Steve Allen lined up for the annual Brighton Marathon. Using a race walker's gait, he passed halfway in 2.53.53 arriving at the finishing line in 6.29.48. But that's not all, for at the 14 miles' mark, Steve halted his progress and knelt on one knee to make a traditional proposal to a spectating Lisa ... who accepted. Channel 4 Television filmed the event. Club colleague Pete Ryan was on the course giving his encouragement.

SPEED, STRENGTH and POWER TRAINING for the DISTANCE or TRACK RACE WALKER (C Fogg)

An area that is not well understood in distance race walking circles is the benefit of speed, strength and power training to aid in endurance performance. Typically race walkers will develop a plan based around doing as many miles per week as time or body will allow to try and improve performance (we know this as LSD - "*Long Steady Distance*" or as I call it "*Losing Speed Repeatedly!*"). As someone once said there is an equation that determines the results from such training - it is: LSD = long steady distance = long steady racing!

Once you are capable of completing a specific distance (eg 20 or 50K or even a 10k), the next goal becomes improving your time (this means **Speeding Up** your performance). What basic factors give you the ability to go faster? It is a combination of increased stride rate and/or stride length. To increase your stride rate requires an increase in **POWER**, whereas to increase stride length you need an increase in **STRENGTH**.

Regular distance race walking initially aids in the development of these two facts but the improvement is usually minor resulting in similar times for races which can stretch over years, with little or no improvement for all your hard work.

Let's deal with the most important first: 'Speed' ... what exactly is it? Speed is - The ability to quickly move a particular limb, or the whole body, from one point to another. Both of these relate to distance/track race walking because the one thing the distance/track race walker needs to be able to do is to develop and improve his/her times in what I call a **speed reserve**. Speed reserve is where the athlete develops a high race walking speed so that when he/she is doing, say a 10, 20 or 50k where your speed is less than your maximum, you are able to use less energy travelling at that speed. Once the body knows how to race walk fast, than at slower speeds, there is less effort required meaning that you require less energy, which helps in saving energy for the later stages of a race.

Think of yourself as a car, if your top speed is 100mph you can cruise easily at 80 mph, whereas if your top speed is 80 mph your cruising speed will be corresponding lower say 60 mph.

DRILLS include:

- Jog to start line then sprint race walk for 40m-50m
- Walk back to start repeat the and sprint race walk for 40-50m
- Try doing a standing start sprint for 40-50m
- Try starting the sprint from different body positions (press ups, lying on ground, feet facing the wrong way at the start etc)

Maximum speed drills (main neural training - specifically aimed at improving the nerve's output to the legs) include:

- Having the race walker run to a line or a cone (about 95% of top speed) then between a couple of marks on the track. They have to race walk criss-crossing their legs over as quickly as they can. With these drills the race walker needs to be able to feel the difference and as a coach you should be able to see the difference also.

IMPORTANT: Short speed intervals are not 'fitness training' you must take plenty of time (slow interval walk recovery) between sprints to make sure that each effort is at 100%. It is the regular stimulation of the nervous system (improving the 'fast twitch' muscles @ 100%) that leads to increased speed.

Speed training in endurance sessions

This can be achieved by performing varied speed activities during an endurance session. For example you can have the race walker perform a dozen 5 speed sprints in any one session. These can be at set time intervals or for more flexibility the sprints are done when the race walker feels ready (as long as they get all sprints in during the session). A typical mistake is that the race walker tries to go too far each sprint, leading to a less than a 100% effort which can result in increased lactic tolerance (not really a bad thing) however it doesn't do much for speed improvement.

Once you have developed your speed capacity, you will then have "car speed gears" which will allow you to change pace quickly if required (great in a race to break from a pack, keep up with them, put in a burst, etc.) in short a responsive set of 'fast twitch' muscles.

Increased speed capacity creates two opportunities:

1. To race walk at your current race pace using less energy (leaving more energy for the end of the race - for bursts, fast finishes)
2. To race walk at a faster race pace – improving your overall time

I will not deal with **Strength** and **Power** on this occasion as, unless UK Race Walkers commit to coming into the 21st Century and adjusting their training accordingly, it will be wasted and referred to as 'a load of b*!!***s' (as on previous occasions when I have tried to instil the need for a modern approach). "What price progress?"

I look forward to receiving some feedback particularly from the younger race walkers and/or their coaches.

Charles Fogg (November 2014) Charles@ashdalebwl.co.uk Mob: 07919884736

"AYE AYE THAT'S YOUR LOT"

So said the late comedian Jimmy Wheeler at the end of his act ... the same applies for the 2015 Essex County AA 10 Miles Championship. It was billed as being in conjunction with the National 10 Miles ... but that was cancelled owing to lack of entries. With the National unable to attract a field it's unlikely our County 10 Miles would get sufficient entries. So it's now declared a forfeited race, which is sad for an annual event (except when halted by Adolph) since 1922, which was won by A F Greening of Southend Harriers in 1.23.36. Multi-consecutive winners have been Bob Goodall (WG) 8 times 1950/57 and Olly Flynn (Bas) 6 times 1973/78.

MICK'S SHOES NOT "MADE FOR WALKING"

Enfield League regular Mick Barnbrook spotted a good looking pair of training shoes in Lidl for a bargain price. They were duly snapped up and worn for a first time at the recent Yacht Handicap 5 Miles from Donkey Lane, where Mick aimed for "a good one". But it wasn't to be, as by halfway Mick's feet were killing him ... when he finished (in pain) he'd blisters to show for his efforts. Mick makes his tale public knowledge in a bid to prevent other readers making a similar misjudgement!

DONATION NOTED WITH APPRECIATION

The late Cecil Gittins (Queens Park Harriers), long-serving timekeeper, former race walker and holder of many Offices over decades, left the Race Walking Association £15,000 in his will.

ALL ACTION

The long-established Southern Counties Veterans T&F evening matches returned in late April. At Lee Valley Steve Uttley made a welcome return to action, linking up with Ilford's other walker Stuart Bennett. The latter had more to offer as he also ran 100m 400m, 1,500m and 4 X 100m relay!

ESSEX CHAMPION IS UNREWARDED

For a second successive year only one Essex athlete made the result sheet of our Essex County AA 20K Championship (held, as in 2014, at Hillingdon Cycle Circuit). Last year's champion Bob Dobson wasn't able to defend his title but was still present (with Olive) to give encouragement at the National (and Essex) 20K race on 18 April. It was sunny day, but along the circuit's longest straight stretch was a truly testing wind which must have affected times. It was poorly supported with team stakes reduced to 2-a-side scoring. Tom Bosworth was a convincing victor in 1.29.16 with Dominic King 2nd in 1.39.26 (despite losing 3 minutes+ due to "the call of nature"). Veteran Manxman Richard Gerrard completed the frame in 1.47.31. No Essex teams even started Men's or Women's races. Loughton 2nd claimer John Hall was 9th in 2.04.42 while Ilford's Ed Shillabeer retired with a painful leg injury ... when he'd completed most of the distance and had stepped up a gear for a big finish. The ladies race saw Cath Duhig, one well-known in Essex, 8th in 2.16.57. 17 men finished (4 DNF/3 DQ'd). 9 women finished (1 DQ). 3 teams finished - Men: 1st Manx/2nd Enfield/3rd SWC. Ladies: 1 team (Leicester WC). Indeed the leading 3 ladies (Heather Lewis/Pembroke 1.43.36, Emma Alchurch/Leics 1.45.29 and Bethan Davis/Cardiff 1.47.29) were all faster than the Men's bronze medal time! Where were you all?

There wasn't a trophy for Essex Champion Dominic King to take home as the Essex 20K Individual Trophy is missing ... so like a number before him, he was unrewarded in terms of a trophy. This cup was presented in 1975 by Newham AC in memory of 1972 Olympian Phil Embleton who'd died a year earlier. (Note: not to be confused with another trophy in Phil's memory as, also in 1975, the Embleton family donated one for Essex 10,000 Metres individual victors). So it's our usual request, asking all readers to look towards wall units/trophy cabinets/car boots/attics/spare rooms etc. As always Essex Walker offers anonymity for

anybody returning a missing trophy. While on this subject, does any reader the whereabouts of our RWA Southern Area Individual 50K Championship pot? It's race walking's longest missing piece of silverware.



ESSEX COUNTY ATHLETICS 3000 METRES CHAMPIONSHIP

Men/Women

Chelmsford 24 May 2015

1	Dan King	Colchester Harriers	12.28.46
2	Sophie Hales	Steyning	14.33.06
3	Keith Palmer	Southend	20.13.08
4	Peter Cassidy	Loughton	21.14.08
5	Francoise Fernandez	Loughton	21.47.01

SWITCHING CODES

Iford walkers did well when running May's evening ELVIS 5 Miles (ELVIS = East London 5 Miles) staged at Romford's picturesque Raphael Park by Havering 90 Joggers, as part of their 25th Anniversary Season. Pride of place went to Pete Ryan, 59th in 35.06, as he was 1st in a highly competitive M60 category. Iford's Team manager Stuart Bennett clocked 43.07. In 25th spot with 32.06 on the stopwatch was Iain Knight who'd appeared in Jan 2014 for Iford at an Enfield League event. Among Havering 90 Joggers members helping stage this event were Les and Margaret Adler; who were both prominent in organising 4 memorable Romford Town Centre races (1989/92) ... and who regularly attend Met Police Walking Dinners and other race walking functions. Also working hard were Joggers' members Vic Collins (1979 Essex 50K Champion) and his wife Kathleen. Over 250 raced ... numbers walking once had, but can now only dream about!

WELCOME TO ILFORD

Metropolitan Police Walking Club Chair, Inspector Haley Mattinson, has been posted to serve at Iford Police Station ... welcome to "our patch".

SITUATIONS VACANT COLUMN – CATHERINE TELLING'S MESSAGE

Anyone looking for a new challenge or just want to really support race walking in the UK? I am standing down as Honorary General Secretary to the RWA and we are looking for a replacement. If you are vaguely interested, message me, and I can explain the role. It is now a fairly straightforward job. In terms of time commitment it's about 3 hours split over a month. You then have up to 4 meetings a year where it would be a good idea to get to most. Please consider volunteering as the sport needs new blood and thinking.

Catherine Telling



EXIT FROM PUBLIC LIFE

Athletics and The Centurions' good friend over many years (and former Met Police After-Dinner Guest Speaker), **Sir Bob Russell**, failed to retain his Colchester seat in the General Election.

Chris Flint paid tribute to Sir Bob Russell: "He has been a good constituency MP. The tide was against him but he can look back on a job well done. No more rushing off from a dinner to vote on mechanised perambulators, or whatever it was!" Chris refers to Bob "rushing off"... in 2005 when, as Met Police Walking Club's after-dinner guest speaker, he twice had to rush "up the road" to the Commons to speak about pavement deaths caused on by motorised wheelchairs. 2004 saw 8 deaths and 1,134 injuries from such wheelchairs, so Bob had secured a Commons Debate.

ALL-TIME GREAT

At Iford's Club Dinner, held at the Metropolitan Police Sports & Social Club in Chigwell, President Gerry Pells gave a speech in which he praised the 5 greatest members in the history of Iford AC. He concluded that "**The Greatest Of Them All**" was a race walker: **Roger Mills**. He counted his gold medals at County, Area and National level ... and his course and event records ... plus his 30+ full GB Senior appearances between 1972 and 1983, and reminded his audience that Roger had a "full set" of majors (Olympics, World Championships European Games, Commonwealth Games and Lugano Cup). On display at the Annual Dinner was a poster designed by Gerry Pells (an accomplished photographer and amateur graphic artist) showing Iford's greatest ever 50K performances!

WELCOME

A warm welcome to Steyning's accomplished Sophie Hales who appeared in our County 3,000 Metres' Championship at Melbourne Park. Sophie is doing a PhD at Essex University and resides in Chelmsford. We look forward to seeing her, and sister Amy, at many of our local walking races.



Dear Dave ...

FIXTURES - FORMER INTERNATIONAL STATES WHAT'S WRONG

Very commendable that we have these Fixtures, but the RWA badly need some 20 to 40 year olds to take part in them! Did you know that there is no RWA Website until at the earliest possibly May? Not very good thinking with possible recruitment from the London Marathon just taken place in April! Plus the weekly Park Runs.

Bill Sutherland

Adds Hon Ed: **London Marathon** day used to be a race walking showcase; as several of our number participated - with some always seen on TV. Nowadays you can count on one hand, the number of known race walkers appearing.

THE GREAT DAVID HEMERY RACE WALKS THE 2015 LONDON MARATHON

What a great advert for Race Walking with David Hemery, 400 Metres Hurdles gold medallist in the Mexico Olympics in 1968, due to injury now race walking the London Marathon. In his interview he says he hopes to do it in 6 and a half hours for his Special Charity, and Gabby Yorath renowned commentator described it as 'Power Walking'. He said he aims to walk at 4 mph to complete his feat. Wouldn't it be great if an interview could be arranged after the event so he could give his thoughts on his experience of Race Walking? Good Luck David you were my No 1 Olympic Star being the slowest qualifier for the Olympic 400m final, in the outside lane at altitude and won by an extraordinary distance in a world record time in a perfect race! What a feat!

Bill's update: At 70 years+ he finished the London Marathon walking in 6.29.17 after reaching halfway in 3.08.38. Not a bad day's work after he said he was aiming for 6.30! A Centurion in the making?

Bill Sutherland

Adds Hon Ed: David's special charity is "21st Century Legacy" (<http://www.21stcenturylegacy.com/>). David is truly an all-time great being one of a select few possessing gold, silver and bronze Olympic medals!

A VIEW FROM BILL SUTHERLAND BEM

What a shame the RWA National 10 Miles Walk was cancelled. Gone are the days in the 60's and 70's when we used to have 200 plus entry just like today's Park Runs!

Bill Sutherland

Adds Hon Ed: Bill is very much "an ideas man" who has suggested several initiatives for our Office holders to pursue ... and many readers will remember, with affection, those days Bill recalls. Bill was an European and Commonwealth Games representative (with a bronze medal at the latter). Still-active athlete Bill celebrated his 70th birthday on Easter Monday ... may many more birthdays and athletics appearances come his way!

NEWS FROM CHRIS FOSTER

My dodgy right Achilles has developed osteoarthritis around the ankle joint, which has put an end to all sport for me, apart from the odd game of darts. I have loads of very good memories of race walking and mixing with all the different characters that the sport has thrown up. I will always enjoy busting a gut to finish in last place, only to be hoiked out near the end by some over-zealous judge! Kind Regards, The Former Scribe.

Chris Foster

MIKE HOLMES C717 (Ex-Southend)

Very sorry to hear about Mike Holmes (Yorkshire WC and Southend AC) a top Race Walker in the 1970's & 80's and always flying the flag up North was so unwell. My Records show him as 92 mins for 20 Kms and 4.19 for 50 Kms as well as his tremendous performance over 100 miles. We wish him all the best in his recovery from illness and have him in our thoughts.

Bill Sutherland

Adds Hon Ed: Mike won 1982's 100 Miles (Leicester WC/Congerstone) in 17.21.52 becoming the 2nd fastest Centurion qualifier (quickest being the late John Moulin: 1971 Ewhurst/16.55.44). The late 1960 Olympian Frank O'Reilly went faster in 1960 (16.54.15 but not when qualifying: 18.22.14 in 1958's inaugural Leicester-to-Skegness) Mike's the son of Centurion No 303 Harry Holmes Jnr (1960 Leicester/Skegness 19.31.08). Mike has Essex connections, being formerly a 1st Claim Southend-on-Sea AC member. Mike's poor health was such that April saw two spells in Intensive Care and also time in a High Dependency Unit ... he's now back home. Mike's a true Bradford City supporter - once voted "Supporter-of-the-Year. When in intensive care his Club's promotion charge faded when suffering a 0-6 home defeat ... being present that day would have done his health no good! "Get Well Soon" we all say!

WRITES ALAN PICKERING CBE

I am still in the land of the living and enjoying my work. I am trying to keep fit by means of an allotment, running once a week and, when staying in hotels for work or pleasure, using the gym

facilities. Hopefully, I will be doing a couple of track walking races during the summer.

Alan Pickering

Adds Hon Ed: Alan (SWC) qualified as Centurion 579 (1 number behind Dave Sharpe) in Essex ... around Ashtons Track - at the Woodford Green AC 24 Hours when clocking 22.01.35.

EMAILS OUR SOCIAL CORRESPONDENT BILL SUTHERLAND

A good feast was had by 4 former Met Police Race Walking Club Members at the Life Members' Evening Dinner (at New Scotland Yard). They were Terry Siggs, Former Chairman, Peter Hodgkinson, Paul Blagg and myself with my Guest Reg Denny of Cambridge Harriers. Sadly missing this year for the first time since 1981 was former Superintendent and Treasurer of the Race Walking Section Bert Stevenson, one of the longest standing Life Members. He was in hospital on this occasion. A great evening was had by all.

Bill Sutherland

EMAILS TONY PERKINS

Well done to Dave Kates in the Masters 30km in hot weather. He beat C Hohne by 5 minutes, and no cards!

http://www.swisswalking.org/data/pdf/resultats/2015/20150517_European_Masters_Championships_30km20km_Grosseto.pdf.

Also well done to Neringa Aidietyte, 12th in 90.20 at the European Cup - also in hot conditions.

http://www.rfea.es/competi/2015_ECRW_Murcia/resultados/Final%20con%20splits_20k%20women.pdf

Tony Perkins

A FIRST HAND ACCOUNT FROM THE BIG EUROPEAN MEETING

I had not realised until after the race that Hohne was the walker behind me. Conditions were pretty torrid. I think the temperature out on the road at one time hit 35 degrees and we have not seen that in the UK this year. At least 4 walkers were taken

to hospital by ambulance and I believe out of a total field of just over 100 for the men only about 72 finished. Most athletes were well down on their expected times and even some of the top guys were down about 15 to 20 minutes. For the older guys it simply became a challenge just to finish. Great praise is due to Ed Shillabeer who finished 4th individual in the M75 10k and was also part of the GB Team to claim M75 Team Silver Medal along with Arthur Thomson and Norbert Will. I was 15th individual in the 10k but had a much better result in the 30k which was my target race. In the 30k M65 event I finished 10th individual which just met my goal of a top 10 finish. The bonus was in collecting a Team Gold Medal as part of the winning GB Team along with Ian Richards and John Hall. Ed Shillabeer excelled again with a magnificent 2nd place in the M75 event claiming Silver behind the fantastic Arthur Thomson. The only disappointment for Ed was that without a third finisher GB were unable to close in a Team in that category. Nevertheless a good weekend for the two Ilford athletes but I have to say that there are easier ways of picking up a sun tan.

I send this from Florence. A really good dose of Leonardo Da Vinci, Michelangelo and the dynasty of the Medici family is fair reward.

Dave Kates

WE ALL NEED TO DO SOMETHING TO PULL THINGS AROUND

I've been saying it for years ... you stirred me up, so here I go again. Back in the day we had loads of people with masses of personality ... fun characters who knew how to train ... and the Fun-run had not been invented ... also if you wanted to give to good causes ... you just sent a cheque. Nowadays, the rank-and-file of these wannabe runners would rather be seen on TV wearing the sillier the better fancy-dress.

Next point: In my opinion ... what we need is a dynamic, democratically elected National Coach. I would advise you that there are a few in race-walking ... who do want change ... hey know who they are.

Barry Ingarfield

ESSEX WALKER'S EDITORIAL ADDRESS

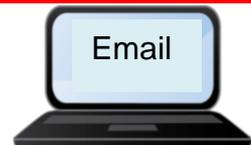
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