

Essex Walker

Editor: Dave Ainsworth

ARRIVAL OF A NEW KING

On 17 June 2015 Elodie KING, wife of Daniel KING, gave birth to a baby boy, Maxime, weighing in at 7 lbs in Colchester. Both are now home and fine. Congratulations to all. News from George Nibre.

FOUND

Thanks to readers who looked for our Essex 20K Individual Championship Trophy (Phil Embleton Cup). It was found in an attic and returned - so another pot is found! May many compete for this in 2016!

ON THE DOG-AND-BONE

Barry Ingarfield has a new 'phone number and asks for it to be promulgated. Former International walker, and now coach (also a talented crooner) now answers on 020-8998-1901

FIRST NIGHT PERFORMANCE

The 2015 Woodford Tuesday walk got off to a good start as a double-figures' field assembled in earnest for the "off". This was slightly delayed as so many entered a 3,000m run beforehand, that 2 such races were needed to accommodate them. All walks in this year's series are now billed for 8.30pm. It was so cold some wore 3 vests ... and winner, Barnet's Steve Allen in 15.50, wore gloves ... stating it was the only time he'd ever done so in the month of June. A word for the good sportsmanship of Steve; as a timekeeper recorded him at 15.07.9 ... the winner said it was erroneous and offered his wrist-watch timing as stated. 2nd was in-form Gary Smith 17.01.1 with Dan Maskell completing the frame in 19.07.5. Loughton's John Borgars really shook 'em up in the early stages with his trademark fast start, which gave rivals something to think about ... albeit somewhat briefly! John faded to 4th in 19.20.4 with 1st lady - Pamela Abbott - 5th in 20.11.4. Twelve started/finished and we were able to warmly welcome 2 newcomers; unattached walkers Mike Horscraft and Jenny Payne - respectively 7th/20.35.5 and 12th/24.52.7. We hope to see more of them. One not to be seen striding around Ashtons track again is Loughton AC's Dr Phil Phrashner, a retired local GP, who has announced he's hung up his racing shoes. We all wish him well.

PRESENTATION FOR JACK THOMAS

On 4 July at Cardiff International Sports Stadium a dignitary presented Jack with a Welsh Athletics' **Meritorious Award** for services to athletics in the Principality. Welsh Athletics introduced an "Award of Honour" in 1952 and, in 1954, a higher meritorious award ... which Jack received. The citation states it is awarded "*for meritorious service for Welsh Athletics*". His racing span as an active race walker in Welsh athletics was long; his time spent as a Senior Judge is also long, and still ongoing. Jack's served for decades as Honorary Welsh Walking Secretary and, as a sports' historian, penned an informative and well-researched Chapter on Welsh race walking for both the Athletics Association of Wales Millennium Handbook and our RWA's Centenary Handbook.

TOP MAN

Congratulations to Southend-based Centurions' Committeeman Martin Fisher on becoming a "Continental Centurion" after his successful qualifying completion of the Dutch 100 Miles/24 Hours at Weert, organized by Club OLAT.

VICTORY

Congratulations to our RWA England team on winning the annual Small Nations' Representative Match, this year held at Bedford on 21 June. They won with 33 points, followed by Netherlands 22, Ireland 22, Denmark 17, Belgium 14 and Switzerland 8. Well done to all who achieved selection, those who officiated and to all who toiled to stage this event ... and, of course, our EW readers among many on-the-day supporters. Full result in RW Record etc.

THE NUMBERS GAME

Essex Walker has nearly 300 readers, with - sadly - a small percentage now considered active participants. We don't want to bombard recipients with unwanted material so if you get Essex Walker by email, and no longer wish to receive it ... on receipt of this issue, can you please respond to advise us that you "want out" if this is your decision? It'll help trim our email distribution list so only those wanting EW receive it - and it'll cut down on the time-consuming task of issuing it.

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.

1 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	12 noon
2 Aug	Mark Byrne Promenade 10K	Redcar	10.30 am
2 Aug	Inter-Counties + Summer Challenge 3,000 metres	Bedford	10.30 am
4 Aug	Woodford Tuesday Walk 3,000m +YAG	Ashtons Track	8.30 pm
5 Aug	Surrey Walking Club 5K	Tonbridge Track	7.30 pm
14 Aug	46 th "Death March" 100K	Bornem (Belgium)	TBC
15 Aug	IOM Open/RWA National 100 Miles	Castletown	2.00 pm
16 Aug	Welsh Athletics 3,000 metres Championship	Newport	TBC
18 Aug	Veterans AC 5 Miles (guests welcome) + Presentation	Battersea Park	7.00 pm
29 Aug	Essex 10,000 Metres Championship + Guests	Garon Park	11.00 am
29 Aug	Enfield League/LICC 5,000 Metres	Allianz Park	12 noon
29 Aug	VAC Track & Field Championships	Ewell Court Track	TBC
30 Aug	England U13/U17 3K & 5K Championships	Bedford	TBC
31 Aug	Southend Mile (+ George Woods Trophy)	Garon Park	10.30 am
1 Sep	Woodford Tuesday Walk 3,000m + YAG + Series Presentation	Ashtons Track	8.30 pm
4 Sep	Sarnia Road 3K	Vale	6.30 pm
6 Sep	Jim Sharlott Open 10K/BMAF 10K	Abbey Field	11.00 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
13 Sep	Eastern Veterans AC Track Final	Bedford	TBC
19 Sep	English Schools Championship	Bedford	TBC
20 Sep	British Masters Track 10,000 Metres	Alexander Stadium	3.30 pm
26 Sep	Enfield League One Hour Races	TBA	1.00 pm
27 Sep	Gazette Cup 4 Miles	Addiscombe	2.00 pm
4 Oct	RWA National/Sth Area/Essex 50K Championships	Hillingdon CC	10.00 am
10 Oct	Enfield League 5 Miles	TBA	1.00 pm
17 Oct	Cambridge Harriers Open Walks	Sutcliffe Park	TBC
24 Oct	Steyning Open 10K	Steyning	2.30 pm
1 Nov	Alec Potton 7 Miles	Addiscombe	2.00 pm
14 Nov	Enfield Open 7 Miles (+ League)	Lee Valley	1.00 pm
28 Nov	Hillingdon Open/Enfield League 10K	Hillingdon CC	1.00 pm
5 Dec	SWC Christmas Cup 5K	Tonbridge Track	12 noon

EXPERTISE IN DEMAND

Ilford Centurion Mick Barnbrook is a wanted man by those seeking to use his knowledge and experience of ultra-distance racing. Having twice already served in Paris-to-Colmar back-up teams, Mick was on duty in France again for June's Paris Alsace A La Marche (427.2 KM/men and 309.5K/women) - which meant Mick missed Moulton! Isle of Man entrants were Centurion 1103 Karen Lawrie and Tony Mackintosh, who hopes to soon become one. Results are on the Centurions' Website, which is managed by Centurion Kathy Crilley who also gave support along with fellow Centurions Suzanne Beardsmore and Sarah Lightman. Others helping were Ron Atton, Karen Davies and John Constantinou.

STILL IN THE RUNNING

Former International, National and County Champion race walker Amos Seddon switched codes to gain a **silver** medal in the M70 Category at the annual *Essex County AA Marathon Championship* (held in conjunction with the 21st Halstead Marathon) when clocking 4.46.34. **Gold** medallist in this category was another with race walking connections ... Andrew Wilmott (Halstead Road Runners) in 4.07.02 (225th overall). Andrew became Centurion 997 at Newmarket in 2003 when recording 23.33.19 in a race won by Pete Ryan (Centurion 984) in 19.57.35. Also joining The Centurions that day was Cath Duhig (No 986) in 21.27.43 Over shorter distance, Amos ran the Valentines Park (Ilford) Parkrun and, as he sped over the finish line, was handed an Ilford AC application form by an enthusiastic well-meaning Club volunteer! Among officials was Grade 1 Judge Michael Croft.

NO-GO: For a third successive year a combined London Business Houses/City Charities 3,000 Metres' Walk is unlikely - but plenty else is on!

MOULTON 5 MILES - ANOTHER GREAT ONE

Nowadays where else do you get 70 racing/69 finishing on our UK mainland ... like at this year's annual out-and-back along the highways of rural Suffolk? Guest "Mr Starter" was former GB International George Nibre (10K/42.44, 20K/89.24 and 50K/4.16.47 at his peak). Victor was 2012 Olympian Dominic King in a course record 33.58, with local hot prospect Callum Wilkinson 2nd in 35.42 followed by our only other sub-40 minutes' finisher Francisco Reis, who clocked 39.43. Leading lady was Chelmsford-based Sophie Hales, 7th in 42.45. A new feature this year was that prizes were individual ones for all finishers ... presented by random selection. Other celebrity internationals present included Olly Flynn, Eric Hall, Shaun Lightman, Ray Middleton, Bill Sutherland, Arthur Thomson and Ron Wallwork. It was an opportunity to make welcome members of Guernsey-based Sarnia WC who were "on tour" in East Anglia. Sarnia recently celebrated their 50 years' anniversary, and many our EW's readers will know what a genuine welcome they offer us when we visit and race in Guernsey. We all thank Ron and Joan and their large team for a truly enjoyable day out in Suffolk's countryside. We won't steal the thunder of "Enfield Walker" as they'll publish a full result sheet.

REPORT FROM OUR NEIGHBOURING COUNTIES

Five walkers took to the track for the Cambridgeshire 3km championship at the University track on 23 May and 6 of whom 3 were YAG's for the Suffolk championship at Northgate stadium, Ipswich the day after. Three club members were involved and all won. Pamela Abbott (EHAC) 19.52, won at Cambridge, whilst at Ipswich George Wilkinson won the u15's 1km in 5.49 and brother Callum the u20's 3km in 12.03 for a championship best by any age group.

Full Cambridge 3km result		Full Suffolk 3 km result		YAG 1km result	
Pamela Abbott	19.52	Callum Wilkinson	12.03	u15 George Wilkinson	5.49
Mike Horsford	21.13	Val Nutley	20.51	Bailey Elvin	7.27
Joanne Outtrim	21.32	Phil Nutley	21.57	u13 Solomon	7.42
Katherine Wright	24.22				
Jennifer Payne	24.46				

Report provided by Ron Wallwork

GREETINGS FROM THE GAMBIA

Hoping this finds you and your family well. Am attempting to get back to email Newsletters as the rainy season has just begun and we are nearing the end of Ramadan! We now have 28 children on the register, most of whom sleep Monday-to-Friday, and more recently we have been taking in more severe to moderate learning difficulties, and it is still that about half of our children are without a father (died, divorced, sometimes because of the child, or disappeared, say they're going to Guinea Conakry or somewhere and never return!). Some of the newer children have required visits to the Edward Francis Small Teaching Hospital (formerly Royal Victoria Teaching Hospital) and therefore we attempt to do the physiotherapy and special exercises they need on a regular basis. We have also had about a 75% change of staff over the last couple of years including watchmen and domestics.

The children are still developing, some faster than others, through our individual full programme of activities such as Cognitive, Self Help, Socialisation, Motor, Comprehension and Sign Language as well as bubble-blowing, sand and water play, jigsaws, table games, singing, dancing, paper aeroplanes, sports, Special Olympics etc! We recently attended the Reception of the US Embassy to mark their 4th July, and were pleased to see a former ambassador, who is here for a few months.

I hope to follow this up with a proper Newsletter soon, but for the moment would like you to consider helping us to get through the rest of the summer as things have been particularly difficult for us. For the Spring we had very useful donations from Finland, The Netherlands, England as well as a first for us which was the organising of a charity concert (HARTBEAT!), which you can still see on our Facebook page (please join our Group if you are not already a member). As I am sure you are aware, things were made more difficult for us due to almost no tourists (we didn't have any of the groups that used to visit us twice and sometimes 3 times a week). So please consider sponsoring a child, making a donation, donating by monthly direct debit, sponsoring things we need or work to be done etc, and to remind you of who we are and what we do, please visit our website [Respite Care Home for Children with Disabilities and Learning Difficulties, The Gambia - Hart House](#)

NO END TO ED'S PROGRESS

Ed Shillbeer, aged 75 and making his 2nd appearance in the gruelling Isle-of-Man 85 Miles' Parish Walk (so called as it passes the Island's 17 Parish Churches), became the oldest ever finisher in the history of this long-established event when claiming 76th position (from 175 finishers) in 20 hr 54 mins 34 secs. His only previous appearance in 2009 was timed at 17.51.08. Ed's a legend who belies his age; and is listed in

the Guinness Book of Records - as the oldest athlete to make a Senior GB debut! This when aged 51 years 260 days on 20 April 1991 as he represented Great Britain in a 200K walking race at Brazencourt (France).

The race is scheduled on a weekend nearest the Summer Solstice, so giving maximum light overnight. Former 90s Ilford AC walks star and now IOM resident, Winston Liu, was Chief Marshall. A loop course starts/ends at Douglas Promenade and takes its hardy competitors around the Island. Starting early Saturday morning in rain Ed was one of many commencing efforts clad in a bin-liner to keep dry. Drizzle affected the race and entrants experienced fog when ascending "The Sloc", a 1,200ft hill climb, which considerably tested the Ilford athlete's stamina. The continuous up-and-down nature of the course brought on muscle stiffness and, 10 minutes from the finish, he was interviewed by local television! See Ed's own report - also in this edition.

This course was first walked by the Island's Coroner John Cannel in 1853 (in the last Century similarly named John Cannell won 6 times). It was revived in 1913 after which Kaiser Bill put paid to 1914s event and onwards ... until another revival in 1923 when 2 walkers got round. It was re-started in 1960, but not staged in 1965 or 1966 - a seamen's strike prevented the latter). This year many Centurions appeared, including their Captain - the much travelled Kathy Crilley. IOM Veteran Richard Gerrard retained his title in a record-breaking 14.40.08. Readers will remember his 2014 Southend 100 Miles victory!

SQUADRON LEADER MIKE PERKINS RIP

We're sorry to report the death on May 24th, in Ipswich's St Elizabeth Hospice after a long illness, of Squadron Leader Mike Perkins, aged 78 and Centurion No.490. Mike was regularly selected by legendary RAF Team Manager Dickie Bird (Centurion 225) as a Royal Air Force Representative athlete in the 1960/70s and often raced the 7 Miles match v Metropolitan Police and also the Ryan Cup (then over 10 Miles). Like many Armed Forces walkers of that era, he belonged to Trowbridge AC - a feared name at the time. He had a deal with another Trowbridge RAF walker, the late and aptly-named Larry Miles. They'd agreed to enter the 100 Miles' Leicester-to-Skegness Walk with one attending and the other walking. Larry hit the road first, becoming Centurion 454 in 1970 clocking 21.51.30 as Mike attended; while 2 years' later it was Mike who finished in 20.05.32 to become Centurion 490 with Larry doing the driving. What a sight they made, as both sported fine traditional RAF handlebar moustaches! Mike always acknowledged how hard it was to drive for such a long period while attending and admired those who do this task time-and-time-again! There was another link between Larry and Mike ... as both were recruited into race walking by inspirational Dave Levy, a retired RAF Warrant Officer and octogenarian living in Thrapston. Mike enjoyed the challenge of a London-to-Brighton Walk on the traditional first Saturday of September. When The Centurions issued a questionnaire and "floated" an idea that those not returning it would be removed from mailing lists, Mike blew a fuse and sent a stinging letter of criticism to be read at an AGM in the austere Holloway Community Centre. "What's the use of having a Brotherhood if you're cast aside for not replying to a questionnaire" he wrote ... obviously not realising Centurions had esteemed lady members by then! The AGM accepted his views, so all remained on their mailing list.

On leaving the RAF, like so many Logistics experts, he was head-hunted by British Aerospace and worked for 6 years at Riyadh on their major Saudi Arabian contract. Mike was a talented ocean-going yachtsman ... one of his favourite voyages was around the British Isles, which he completed well into his 70s ... indeed he always enjoyed coming ashore in the Emerald Isle for his beloved Guinness. He'd served his Yacht Club as its Commodore; and was in demand to give informative talks about his many long distance voyages. Mike was a Churchwarden and pillar of his Parish Church.

Mike was often seen at our walking occasions, attending all the Colchester 100s in Lower Castle Park plus both the 300th and 400th Essex League races (the latter being the 2001 John Hedgethorpe Memorial race at Springfield). Like all, Mike admired the efforts of both John Hedgethorpe and Jerry Everett, and attended both funeral services.

Mike resided in Ufford village, just off the A12 north of Woodbridge. Mike was touched by the number of former race walking rivals who sent messages as his health declined, particularly from old RAF colleagues. Less than a year before his death from prostate cancer, Mike and his wife Barbara travelled to Australia to visit their son Grant. Mike's other son Craig resides in Cambridge. To Barbara, Craig and Grant plus all other family members, we express our condolence on the loss of a true worthy.

*"We are sorry to hear the sad news and send our condolences. Sandra and Richard Brown, C735 & C760
"Sad news indeed, although not too unexpected. He was a great character." Chris Flint*

JOHN ERRINGTON RIP

The death, after a long illness, is reported of Centurion 693 - popular John Errington, 76, of York Postal Walking Club. His Club were once big players in distance walking, and in their colours he completed the 1980 Leicester Walking Club/Congerstone 100 Miles in 20.20.58. Another new Centurion that day was late Essex-based LDWA stalwart Mike Powell-Davis. For Leicester WC it was a new road course as this Club ceased their famous Leicester-to-Skegness classic after its 1978 staging. John was one of The Centurions' keenest members, rarely missing functions or AGMs. Wherever held, he'd always arrive immaculately dressed with collar and tie and shining badge in a lapel button hole. He enjoyed the atmosphere and camaraderie of Post Office-in-Uniform races, which were then held in various parts of the British Isles. On start lines his smartly pressed uniform, collar, tie and cap stood out! John attended the House of Commons for our memorable Centenary Dinner. Our 2013 AGM in the Union Jack Club saw him rise to tell the gathering he had terminal cancer and firmly predict he wouldn't be around by the time of our next AGM. Fortune proved John's prediction erroneous; as he was still with us (though not fit enough to travel) when our AGMs were held in 2014 (Birmingham) and 2015 (Southwark). A sad loss of a truly popular and active member who'll be much missed by The Centurions, York Postal WC and the Post Office.

NON-WALKING ATHLETIC DEATHS

All readers will be sorry to hear that great Australian **Ron Clarke** AO, MBE has passed-on aged 78 after a short illness. He'd set 17 world records in his time, including 12 in an amazing 44 days during 1965 ... but he never won Olympic or Commonwealth Games gold medals! Two world records were set in the UK: 3 miles/12.52.4 (1965) and 2 miles/8.19.6 (1968). He lit the flame at the 1956 Melbourne Olympics opening ceremony and was Mayor of the Gold Coast from 2004-2012. Ron was awarded the Order of Australia and an MBE.

Also leaving us was ultra-distance regular **Charlie Norton** at just 39 after falling from a Moroccan cliff. He'd completed the testing Marathon des Sables, Yukon Ultra and 54 Miles Thames Meander among others. He leaves a wife, young son and daughter.

THOUGHT FOR THE DAY: "Only those who will risk going too far can possibly find out how far one can go". T S Elliot (Preface to "Transit of Venus")

AWARD

A short while back RWA Southern Area Past President Sean Pender was presented with a Community Service Award by his local Council. Now Hon Ed has received one, presented by Havering Council's Deputy Mayor Cllr Philippa Crowder in the Borough's Queens Theatre

WAY OUT WEST

Congratulations to Oxfordshire resident Steve Uttley on his winning County debut in their Senior Men's 3,000m Championship held on Oxford's famous (home of Roger Bannister's 1954 3.54.4 mile) Iffley Road Track. Overall winner Steve Allen (Barnet/guesting) clocked 15.05 ... just 1 day after a gruelling fell run ... with new Oxfordshire Champion Steve in 15.54 while well-known Graham Chapman completed the frame in 17.10.

MILESTONE BIRTHDAY

"Character" Geoff Hunwicks, Ilford AC stalwart of past decades, former Junior International and Essex County Champion, has reached his 65th birthday. We all wish this popular and genial athlete the very best as he celebrates in The Gambia where now based, and where he runs The Gambian Home for Children With Learning Disabilities at Hart House, with his wife Rohey.

AN ELDER STATESMAN'S COMMENT

Much respected and experienced John Hall has commented on our latest Fixture List stating "Only prob is there are too many races for too few competitors and judges". True ... and 3 years' ago Essex Walker published 127 walking races which had disappeared from our sporting calendar since the 60s/70s. Fact is that in the South "The Only Game in Town" is the Enfield League, which punters flock to!

INTER-COUNTIES' MEDALS

Counties Athletic Union medals weren't presented at our 2014 or 2015 National 10K Championship, with Essex athletes due such awards both times. Counties' stalwart Laurie Kelly is looking into this and it's hoped they'll be available for Peter Cassidy to collect at August's Bedford Inter-Counties' meeting in August.

SOCIAL COLUMN

Thanks to Ron and Joan Wallwork for again organising another now well established annual Captain Barclay Reunion Luncheon at Newmarket's upmarket 4* Bedford Lodge Hotel. This celebrates that wonderful time from 29 May to 10 July 2009 when Cold Cup and twice Grand National winning jockey Richard Dunwoody MBE emulated Captain Barclay's 1,000 miles in 1,000 hours feat - raising a vast sum for sharing among 4 charities. The well-attended function was again open to all ... also in town it was "Ladies Day" at the races. Before taking luncheon diners completed 2 legs (2 miles) of Captain Barclay's course.



Dear Dave ...

REFERENCE CHARLIE FOGG's COACHING ARTICLE (Issue 364)

Thank you for including the article, I wait with bated breath for the hundreds of people asking for advice!!!! Surprisingly, I have not had any yet. I keep on hammering on that this is 2015 NOT 1985 - things have changed in the world except for the attitude of the majority of race walkers in the UK. "If you do what you are doing, you will get what you're getting" the only way to improve is to change what you are doing to change what you are getting.

There are quite a few younger athletes out there now who need guidance, not 'go out and do 10k on the road or a few criss-crosses on the track'. Enthusiasm and a willingness to try out different strategies, go for the long haul, get strong, flexible and powerful. Don't expect miracles. Thanks again I will not stop trying till they take notice or put me in a box.

Charlie Fogg

EMAILS INTERNATIONAL JUDGE PIERCE O'CALLAGHAN

I have been based in Baku, Azerbaijan for the past 21 months but love getting the newsletter when it pops into my mail. Glad you put the photo of Peter on the front page. He has been a Trojan of a servant to the sport. Now that Lamine Diack has stepped down, Peter is the undisputed longest serving member of IAAF.

Pierce O'Callaghan

CONGRATULATIONS TO YOU AND ALL YOUR HELPERS!

Received your June/July Essex Walker and as always it fills one with pride on what a great Sport Race Walking is! Yourself and your support team are to be congratulated on the time and effort you have put into its production. Race Walking may be one of the most Amateur Sports today, but when one looks at Football, Cricket and Rugby Union and League and so many others one can see the damage that can be done by the big backers moneywise. I will never forget when the great Shaun Lightman, then in Metropolitan Walking Club, took part in one of the top meetings at Crystal Palace in yesteryear and was declined any travel expenses even though he was bringing up a young family, when an American runner was granted expenses for a return air fare to the States when it was well known he had been running on the European Circuit for weeks beforehand. Onwards and upwards.

Bill Sutherland

REFERENCE POOR TURNOUT IN BRITISH POLICE 3,000 METRES

Sad state of affairs ... Seems like a good'un for me to hobble around in pursuit of silverware. I seem to remember a similar situation with the annual Garnet when I worked out that if I kept on taking part each year, one day I would win it because all previous winners would be ineligible and I would be the only one left! And then, when I almost had one hand on the trophy they abandoned the event!

At least The Arsenal won some silverware. I still have a stupid smile on my face!

Chris Foster (aka The Former Scribe)

READER's NICE WORDS

I have vivid memories of Squadron Leader Mike Perkins leading the way for the RAF at many Inter-Services Matches in the late 60's and 70's. May he Rest in Peace. Praise indeed to Amos Seddon on his over 70's Marathon success. Where does he find the energy? You may also perhaps remember a former colleague of mine at Holloway, PC Fred Titchener, BEM who was a former Suffolk 10 Miles Walking Champion and regularly walked for our Division.

Bill Sutherland

EMAILS CENTURION 492 STEVE KING

Very sorry to hear about Mike Perkins and am very glad that you are able to be at his funeral. So sad to hear of so many people leaving us. This has been a particularly heavy time in that respect but it makes one all the more want to re-connect with old friends. Look forward to seeing you all in Sept. Take good care and hope you will watch the Pan Am Games. TRI to keep FIT ...

Steve King

Adds Hon Ed: Sub-9 hours' London-to-Brighton finisher Steve King (Centurion 492) qualified in the same 1972 race as Mike, and was a prominent race walker for both Ilford AC and Stock Exchange AC. Now Canada based, he'll visit the UK in Sept.

FORMER CHAMPION WALKER LIKES Essex Walker COACHING ARTICLE

Please give my regards to Charlie Fogg. His training and coaching tips are most interesting. I always thought of him walking on his shoulders and arms - his upper body strength was enormous!

Roy Lodge

AMOS SUPPORTS TRADITIONAL ESSEX EVENT

I introduced myself to Amos (Seddon) as we both lined up for the annual Harwich "Across the Bay" race. Basically this race has to be held on a night when the tide is out across Hamford Water which I'm sure you know is the stretch of Water running from Walton-on-the-Naze across to Dovercourt/

Harwich. The Harwich Chairman sets off about 45 mins before the start and makes his way across the mud flats to some old wrecks about 2-3 miles out into the bay. At the appointed hour about 50 or so Harwich members attired in fancy dress (non-obligatory) make their way out to run round him, and back, taking whatever route they decide to choose ... either directly across the precarious mud and slippery seaweed or the safer sandier, but longer, excursion nearer the shoreline.

This year, and much to the astonishment of the local residents, competitors included sword-wielding Vikings, Cops-and-Robbers, Dr Livingstone and a mad semi-naked doughnut vendor sporting a brown mac, a la Sharpie, with an item of his confection strategically placed, the ingenuity of some of the Harwich members being limitless. A prize is given for the first male and female and the best fancy dress. You will have worked out that this is a completely mad and iconic race and, as the Harwich Chairman remarked to me afterwards, "Bet you don't get anything like that at Ilford, Martin". Images of similarly attired mad runners cavorting down Ilford Lane, as it is now, immediately flooded into my mind - to cause a hint of a smirk to appear. As far as I could make out Amos did not partake of the fancy dress as indeed neither did myself, nor Sally Gillam, feeling it was hard enough to run the 5-6 miles over that terrain without adding to the difficulty. Maybe next year when we are fitter.

Martin Clarke

Adds Hon Ed: This report is by Martin Clarke, who with Sally Gillam, completed a few Chigwell Row walking races during the latter years of our now-defunct Essex League.

SHARPY

Dave Sharp is a character with a big heart and big personality. He did not always say what people wanted to hear but he said it anyway. With his grey white vest and towel that had been in his bag for a few months, that was Sharpy. I think it very rude of you, Dave - what you said about his letter. Sharpy, you are NOT a nobody, chin up, all of us who have raced with you wish you well.

Don Cox

MIKE HINTON's COMEBACK

I don't know if you knew that former Ilford Walking Club team stalwart Mike Hinton, now aged 73, did the Veterans AC 5 Miles' Walk Championship at Battersea Park. He is to be greatly applauded for his enthusiasm as he now lives with his lovely wife Iris at Northbourne on the outskirts of Bournemouth, Dorset and near to his family. He is still very active doing gardening and race walking training regularly. He has always had a passion for boxing and is a regular member of a retired Boxing Group which supports younger boxers. He has

been race walking since the late 50's and was previously a long standing member of Highgate Harriers.

Bill Sutherland

Adds Hon Ed: Mike was 13th (of 15 finishers) in 54.42. Top 3 were Barnet's Steve Allen, Ilford's Pete Ryan and Belgrave's John Hall who clocked 43.55, 44.55 and 46.24 respectively. Former Ilford 2nd claimer Ron Powell was 15th in 58.02. Although not Essex qualified, a word for RWA Southern Area Secretary Chris Flint (12th in 54.02) who raced just days after appearing in the Dutch Centurions' 24 Hours' event. Essex official Mike Croft was present to see fair play.

WRITES OUR 1967 NATIONAL 20 MILES' CHAMPION

Many thanks for this sad news which I had already known of from a former RAF officer who was serving at RAF Stafford at the same time as Mike (Perkins) and myself. Whilst at RAF Stafford Mike was i/c athletics and enjoyed racing together for several years as Race Walkers representing the RAF.

Dr Rev Roy Lodge MBE

POLICE AA SENIOR MEN's 3,000m CHAMPIONSHIP

So far as the 3km walk results go, I haven't got the official times but I can tell you that the winning time (Martin Slevin) was 18.04 and mine was 18.11. Nothing to shout home about when I think of times in the past and certainly Paul Blagg's time of 12+ mins which record stands to this day. However if Martin and I didn't walk on the day the event would have been taken out of the Championships. I'm glad the Ryan Cup attracts police (serving and retired officers) to keep that well established event going. The track somehow doesn't seem to attract, except for the few diehards!!!

Glyn Jones

Adds Hon Ed This Championship was in Cardiff. Among 4 judges (double the competitors) was Centurion and former RAF and Loughton AC star Colin Bradley. Surely more can stir to support this annual event?

WRITES THE OLDEST EVER PARISH WALK FINISHER

Amazing chip technology, a peg carried on a wristband is inserted into a box on church gate so splits are straight onto Facebook, also beamed to a mobile phone of your choice. At finish you get a printout like a shop's tally of your purchases. Rain at breakfast so got a bin bag but dry at start! Gave TV interview with 10 mins to go.

Drizzle came in until "The Sloc". Fog added to discomfiture as if the climb wasn't bad enough but sun came out just before reaching Peel. Had a good spell then, less hilly and quite hot, but effort

on hills affected me more than in 2009. I expected that so my target was 20hrs and to avoid frustration at being slower I didn't know any times until about 6 miles out. More changes of clothing, and stone chips requiring stop for removal caused serious loss of momentum too as my attendant was on her own. However the frequent very steep gradients up-and-down were the biggest factor in slowing me through grunting knees. Usual muscle stiffness included intercostals but core training really helped and no real injuries, voltarol emulgel and a paracetamol helped! A satisfying day's work after all was said and done.

Ed Shillabeer

Note: Kathy Crilley's account ended, "I never want to see another hill again".

COMMONWEALTH CHAMPION IN THE MAKING?

I would just like to add my praise to Bethan DAVIES, of Wales who walked superbly in the Bedford Small Nations' Match as a guest to clock 1.36.39. I feel she has the talent to follow in the footsteps of Steve BARRY who was Commonwealth Champion for Wales over 30 Kms in 1982. She has a very good sound action with developing speed & could well shock a few come the big day! Roll on Brisbane, Australia 2018!

Bill Sutherland

Adds Hon Ed: Tipping Welsh race walkers for stardom, as Bill Sutherland's done, can be risky. Many years' ago, after our annual, but now sadly defunct Basildon 50K, Bob Dobson (a noted name in both Essex and Wales) was interviewed *live* by Roger Buxton (who attended our Olympians Tribute Luncheon) on *Essex Radio*. *Bob tipped Spott's Brian Dowrick for the top ...* and based on what he'd achieved at Basildon (and elsewhere) it seemed a sound prediction. Sadly soon after such words Mr Dowrick faded from the scene - never to be seen again! At least his unexplained disappearance made for more "Room at the Top", to quote a famous book/film title.

2015 WORLD POLICE & FIRE GAMES

Men's - 55/59 - 5000 Metres Walk Final Washington, 1st 30.18 - I was in the Grandmaster race (over 50s) - about 13 in the race (2 dq). Temp 35c on the track with high humidity - hence slow time.

Gary Smith

SIMPLE RULE CHANGE

"Maintaining contact as judged by the human eye". Should have been brought in decades ago. As for technology, how can you design a system to judge every walker's every step in a field of 50 doing a 50k? Or even a field of 30 in a 20k at Hillingdon? Who would pay for it? Presumptive Olympians would need to race at home under the same conditions. Think on guys and gals. Remember the cost and difficulty at present of getting hold of shoes suitable for race walking at any level of competition let alone "wired up" ones!

Ed Shillabeer

WALKING's IMAGE

I wonder what progress has been made by the IAAF Walking Commission on 'contacts on shoes and technology for judging of International Race Walking.' What we have seen recently at Bedford & Birmingham fills one with despair for the future and there is no doubt something needs to be done urgently. You will remember Guy Goodair from Northern Area Race Walking, and he has said recently that the race walking at the UK Championships at Birmingham was discussed on the Runners' Forum, and there was a majority opinion that whilst they admire race walkers as athletes they are of the opinion that what they are seeing is NOT race walking. It is no good keeping one's head in the sand and thinking that has always been the case, because where we are now is many, many times worse than in our era. I look forward to hearing your views.

Bill Sutherland

SHOES COMMENTS

The prototype is out costing 100 thousand pounds. The makers of the electronic shoe are requesting a further 100 thousand pounds to test it and that will take at least two years to determine its reliability.

Peter Marlow

GARY SMITH's WORLD POLICE GOLD MEDAL

An excellent result for Gary. There really are some great races around the World and for him to take advantage of them is an achievement in itself and an excellent advert for GB race walking. Well done and congratulations.

Charlie Fogg

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