

Essex Walker

Editor: Dave Ainsworth

REGAL PERFORMANCE BY DOMINIC KING (*reported by George Nibre*)

Dominic King: 4th position German 50K Championship, Ardenach Germany, 8 October 2016, in 3 hours 55 minutes 48 secs - World Cup LONDON qualifier under 3:57:30 standard. 2nd All time GB Rankings, quickest ever by UK Walker on IAAF Ratified course with judges present, no cards. The KING returns.

CHRISTMAS APPEAL

For a 14th year, Essex Walker is to hold an appeal for **The Gambian Home for Children with Learning Difficulties**. This is run by former Junior International and Essex County Champion race walker Geoff Hunwicks with his wife Rohey and based in The Gambia at Hart House (named after former Essex Grade 1 Judge Albert Hart). Last year a grand sum of £500 was raised. The aim is to donate what you'd normally spend on Christmas Cards to others within race walking, plus anything extra you may wish to add - our first edition post-Christmas edition will publish a subscribers' list, so readers get to know why they never got a Christmas Card from you! Tony Perkins has again kindly agreed to receive and forward your donations. Please either see him at our meetings or send your donations to him at: Deans Farmhouse, Tye Green, CRESSING, Essex CM77 8HU. Please make cheques/postal orders payable to **Hart House Charitable Fund**. As a registered charity, Gift Aid of 25% can be claimed on your donations.



HART HOUSE

AT THE HEART OF THE MIDLANDS

Essex Walker readers, past and present, were prominent in the annual British Police/Civil Service/Ryan Cup Representative Match (Police v CS) event in Birmingham. A fast finishing Stuart Bennett, 3rd in the British Police Championship, led his Metropolitan Police team home to regain the National Police team title. In the Civil Service Championship former Ilford AC 2nd Claim member John Llewellyn (who'd won an individual Essex League title in the '80s) made his yearly one-off appearance to gain a silver medal. In the British Police v CS Match, a winning Police squad were well served by Stuart, Pete Ryan and former Ilford 2nd Claimer Gary Smith who all scored well. The Civil Service were managed by Steve Uttley, 3rd in the Civil Service stakes, and among their representatives were John Hall and Bob Dobson - in his 45th appearance in this race. Ilford AC newcomer Seb Parris walked in guest capacity to clock 59.11 - and qualified for a Race Walking Association 10 Kilometres-in-an-hour badge in only his 2nd race - so well done to him. *Full result in the usual places.*

ALL HAIL THE KING!

Chris Foster, stalwart of Enfield and Met Police race walking in past decades, has again landed a top pantomime role in amateur theatre - as he's The King (Snow White's father). The show is at The Intimate Theatre in Green Lanes, Palmers Green N13 4DH. It runs from 8-15 December (no show on the 10th) with matinees on 8/9 and 15 December. It's staged by Southgate & Haringey District Scouts.

NEWS FROM AFAR

Once ubiquitous Dave Sharpe, now aged 63, has been in touch to tell us he's attended a first athletics event since his dramatic and sudden disappearance in 2011. Now in Leeds (where many other top walkers are based) Dave saw that helpers were needed for a triathlon. Big-hearted Dave volunteered, and from the start was taken by minibus to a pointsman's position on the 10K run section of the event - and brought back afterwards. In his message Dave reaffirmed he won't ever be seen at another race walking meeting again - in any capacity!

COMMONWEALTH GAMES VENUES?

Birmingham and Liverpool have submitted bids to stage the 2026 Commonwealth Games. At least if either is successful, with England as hosts we won't need a row about including walking races - as surely they'll be staged ... won't they? Other contenders are Auckland and Edmonton. A decision as to which UK city will be put forward is to be made in 2018, with a final choice made at the 2019 Commonwealth Games General Assembly. The 2018 Commonwealth Games is to take place at Queensland's Gold Coast in 2018. The 2022 Commonwealth Games is to be staged in Durban. Let's hope walks are featured in both programmes and we have a full UK representation.

PRE-RACE PREPARATION

Following a study, scientists now believe that rather than hamper performance, sex at least 2 hours before sport can lead to better results. For years, many coaches have banned players from making love the night before an event, claiming it saps the body of testosterone and energy. This long-held view has been challenged by Dr Laura Stefani, Assistant Professor of Sports Medicine at the University of Florence who stated, "We show no robust scientific evidence to indicate that sexual activity has a negative effect upon athletic results". In the journal *Frontiers in Physiology*, she wrote, "Unless it takes place less than 2 hours before, the evidence actually suggests sexual activity may have a beneficial effect on sports performance". So there you are; though with race walking's average age at the higher end, perhaps Viagra might be needed by some - unless that's on an IAAF banned list!

SCHOOL'S OUT

So sang Alice Cooper in a single which topped the charts for 3 weeks in 1972. It could apply to Essex, for none of our number made the English Schools' Championship at Exeter. Gone are those days when the Essex Schools Race Walking Championship unearthed talent, from which selections could be made for our English Schools Championships. We recall how Headmaster Chris Bent used to stage these Essex Schools Championship around quiet backstreets near his Thundersley school. A line from Alice Cooper's hit was "*School's Out Forever*" - so let's ensure that's not the case in Essex. In our last issue Bill Sutherland suggested RWA and Area RWA members go into the schools!

WHERE IS ESSEX?

This publication originated to report on Essex race walking. **Where is it?** On October your RWA staged a "Festival of Race Walking at Hillingdon Cycle Circuit for you all. Included was our RWA National 50K Championship (result below). Only 1 team closed in (that with a reduced **2**) - you can only beat those who

1. Matthew Haddock/Manx H 5.32.33
2. Adrian Edwards/Lancs WC 5.46.36
3. Martin Fisher/Redcar RWC 6.07.48
4. John Borgars/Ltn AC 6.08.17
5. Roy Gunnett Lancs WC 6.12.44

turn out! It was **your** Essex County 50K Championship in conjunction - so no County Champion this time! Only Southern finisher, Hertfordshire qualified John Borgars, is now reigning RWA Southern Area Champion (nobody received silver or bronze medals). Another 8 either didn't finish or reach the recorders before a 6.15 time standard. Included in this group were

Loughton 2nd claimer Sean Pender and Ilford's evergreen Ed Shillabeer, who was just 3K short when time elapsed.

- The RWA Women's 50K Championship saw 2 start but none finish. This RWA event was held under 'B' Laws.
- There was also an International 50K on the card under 'A' Laws that saw 4 men start and 3 finish - and 1 woman who started and finished.
- The Men's 20K saw 2 start/finish, the Women's 20K saw 9 start/finish, a Men's Open 10K saw 9 start/8 finish and a Women's Open 10K saw 5 start/3 finish - with former Loughton star Cath Duhig (Ryston) just seconds short winning when coming 2nd in 62.34.

No Essex walkers in these events, nor in the Nihill Trophy, which saw an Irish victory. But this junior event showed reasons for optimism.

MISTER STARTER

All round good-egg, Loughton AC 2nd claimer Sean Pender, now has yet another string to his bow - for he's a qualified starter. Sean fired his personal weapon to commence October's Enfield League race - before quickly disrobing his tracksuit and entering this race himself.

OLYMPIAN'S DEATH

Not a walker, but Melbourne's reunion prompts us to mention the passing-on of Skegness-born Anne Pashley aged 81. She was an asthmatic girl who overcame that to earn 1956 Olympic selection at 100 metres. Anne was eliminated in the heats, mainly as she ran in lane 1, where cinders were so badly torn-up when compared to other lanes. In the 4 x 100m relay she achieved silver (hosts Australia won) when running first - the others, Jean Scrivens, June Foulds and Heather Armitage are still with us. Running gave way to opera where Anne sung professionally at Glyndebourne and Covent Garden.

ANNIVERSARY ATHLETE

Much-travelled octogenarian and double Olympian ERIC HALL, a Past President of the famous Belgrave Harriers, travelled to Melbourne for a 60th anniversary of the 1956 Olympic Games in that Queensland city. Eric gets about, having been on similar trips (as Essex Walker previously reported). In '56 Eric came 9th in the 50K (5.03.09). Other GB walkers were Albert Johnson, a fraction in front, and Don Thompson who retired when dehydrated in 5th position at 45K ... he had better days to come! Eric was versatile as in 1960 (Rome) he was selected for the shorter and faster 20K event, in which he was 10th in 1.38.54.

Other GB walkers were bronze medallist Stan Vickers, while a fast-starting Ken Matthews retired ... he also had better days to come!

TOP MEN STILL ABOUT

Two of our best Essex walkers, Scott Davis and Phil Barnard, haven't been at races for some while. But, they've recently been seen by walkers with Essex connections. Loughton 2nd claimer Sean Pender has bumped into Scott while Essex-born Dave Hoben has done likewise with Phil. So both worthies have been brought up to speed with what's happening - and, of course, we'll all love to see both back on our start lines.

"WALK THIS WAY"

Punters at Enfield League's Yacht Handicap 5 miles expected to walk out-and-back along a scenic stretch beside a canal. No! A Council-built wall is now by the gate which we passed through so gaining access to that rural stretch alongside the Sewage works and beyond. This wall prevents both vehicles and pedestrians from progressing onwards. It's in place to deal with travellers, so we had 5 x 1 miles laps instead.

LONG-TERM DIARY DATE

The 2017 100 Miles is likely to be near "our patch" at Bury St Edmunds over the weekend of 5/6 August. Please keep these days free, for as well as participation, many helpers are always needed to stage such a major fixture.

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.

DEC	3	SWC Christmas Cup 5K + YAG (all welcome)	Tonbridge Track	11.30 am
	4	Centurions' Social Walk 6/7 Miles (all welcome)	Green Park Tube	11.00 am
	9	Ilford AC Christmas Meal	Chadwell Heath	7.30 pm
	10	Alf Palmer Memorial Walks	Broadbridge Heath	11.00 am
	11	Race Walking Association AGM	Alexander Stadium	2.00 pm
	26	Boxing Day Walks	Preston Park	10.30 am
JAN	14	Enfield League 5 Miles + YAG + 2016 Presentation	Donkey Lane/QE2	1.00 pm
	21	Steyning Open 15K	Steyning	2.00 pm
	22	London Indoor Games	Lee Valley	TBA
	28	Centurions' AGM	Bankside Community	1.00 pm
FEB	4	Essex/Eastern Counties AA Indoor 1 Mile Champs	Lee Valley	TBA
	5	London Walks/RWA Southern Area 10K Champs + YAG	Hillingdon CC	12 noon
	18	Enfield League 5 Miles + YAG	Donkey Lane/QE2	1.00 pm
	19	SCVAC/VAC Indoor 3,000m Championship	Lee Valley	TBA
	25	Lewes Open Track Meeting 5,000m + YAG	Lewes	12.30 pm
	26	Inter-Area Indoor 2,000m Challenge	Lee Valley	TBA
MAR	1	Metropolitan Police Walking Annual Dinner & Reunion	C S Club SW1	6.15 pm
	4	Molly Barnett Meeting	Coventry	TBA
	11	Enfield League 5 Miles + YAG	Donkey Lane/QE2	1.00 pm
	12	BMAF Indoor 3,000m Championship	Lee Valley	TBA

Long term:

- Your Southern Area (+ Essex) **20K** Championship is to be held with the National at Leeds on 25 June. Attempts to stage a separate Southern 20K in the South in recent times have failed owing to a lack of entrants. So north we'll go!
- Your Southern Area (+ Essex) **50K** Championship is to be held with the National at Hillingdon Cycle Circuit on 1 October. An attempt to attract more entrants in recent years by conducting this event under 'B' laws **didn't** pull in more punters, so this race is to revert back to 'A' status. Again - you had your chance - but didn't respond!

A WALKER IN THE HOUSE

Olympian Tom Bosworth has given evidence to a Parliamentary Culture, Media & Sport Committee hearing on homophobia in sport.

A-A

Latest celeb in the back of Steve Allen's taxi was Anthony Andrews, aka Lord Sebastian Flyte of early '80s *Brideshead Revisited* fame.

HOME TIME

RWA Life member Reg Wells, now 85 and once a leading light in Essex walking and also on our National and International scene, is now in a Care Home. For address books, it's: Castleford Care House Care Home, Castleford Gardens, Tutshill, CHEPSTOW, Monmouthshire. NP16 7LF.

SOCIAL WALK

Next in a series of popular **Centurions' Social Walks** is to be held on Sunday 4 December commencing 11 am from Green Park Underground Station (Jubilee/Piccadilly/Victoria lines). It's easy-paced and of 6-to-7 miles' duration, taking in 3 London Parks and a rose garden, led by Enfield and Loughton stalwart Ken Livermore - who has successfully led previous London-based Centurions Walks, and around London is one who certainly knows his onions. It's timed to end about 3.30 pm at Marble Arch. As always these walks are open to all, Centurions, families and non-Centurions alike. Enthusiastic Social Walks Co-ordinator Steve Kemp welcomes your ideas on future walks at racewalker@sky.com.

ESSEX CENTURION REACHES 700 MARATHONS

Andrew Wilmott, a member of Halstead Road Runners, is better known as a runner - and in November's A20 Paths & Downs Marathon at Maidstone in 4.12.28.4 (chip time) recorded his **700th** marathon finish. Halstead resident Andrew, aged 72, only took up running in his 40s, and at one time used to stop for a cigarette at halfway! His record is now 18,340 miles covered - averaging 40 marathons a year! Andrew celebrated his milestone by buying drinks for all his Clubmates - costing him in excess of £150! Andrew qualified as Centurion 997 in 23.33.19 at the jointly organised 2003 Surrey Walking Club/London Vidarians 100 Miles around Newmarket's Rowley Mile. Andrew has no immediate target now, but intends to keep competing - and has 3 marathons planned over the Christmas break, including the Great Barrow Challenge which passes through Moulton Village (Mecca of East Anglian race walking). Note: More details of Andrew, plus his current picture in athletics kit, can be found at: <http://www.halsteadroadrunners.org.uk/>. As for that 2003 100 Miles, it was some event and saw Pete Ryan (19.57.35) win by a close margin after a truly exciting race. Also becoming Centurions were Cath Duhig (21.27.42) and Wendy Watson who claimed coveted badge No **1000** in 23.50.11.

RWA SOUTHERN AREA AGM

Southern walkers showed their *total satisfaction* with those managing our sport in the south as only 1 (outside of Officers/Committee) showed up for their AGM to have a say. Sole attender was Martyn Cartwright of Chiltern Harriers. Eight others had the courtesy to submit apologies for their absences. **No positions were contested**, again proving how satisfied you all were by the performances of our Officers and Committee members. Your line-up until the 2017 AGM is:



President - Chris Hobbs, **Vice President** - Mike Fox, **Chairman** - Noel Carmody, **Hon Sec** - Chris Flint, **Hon Treasurer** - John Powell, **Hon Championships Sec** - Noel Carmody, **Hon Asst Sec** - Pam Ficken, **Press & Publicity Officer** - Dave Ainsworth, **Hon Auditors** - Trevor Jones & Ian Richards. Chairpersons of Area Sub-Committees are again: **Judges & Officials** - Pauline Wilson, **Coaching & Development** - Chris Hobbs, **Rules, Records & Standards** - Pauline Wilson. Re-elected Committee members (7) are: Peter Cassidy, Mark Easton, Carl Lawton, Maureen Noel, Sean Pender, Ian Richards and Peter Selby. There is provision for 10 to be elected. A motion was submitted to reduce 6 Committee meetings a year to 4. This was amended to hold "at least 4 meetings per year" - amendment carried.

ATHLETES' DEATHS

At November's RWA Southern Area meeting, Chairman Noel Carmody drew attention to sad deaths of Aldershot, Farnham & District athletes who had been struck down while on a warm-up run outside their stadium. Stacey Burrows (16) and Lucy Pygott (17) were on a pedestrian crossing when hit by a speeding car. Lucy had represented Great Britain in July's European Athletics Youth Championships at Tblisi, winning an U18 3,000m bronze medal. All readers will be deeply saddened. A 24 year old serving soldier has been arrested. Safety on roads is to be discussed at January's RWA Southern Area Committee meeting, as walking races do take place on public roads, and some walkers train on highways.

REG RUFFELL RIP

Havering AC, a club once brimming with race walking talent, have suffered the loss of Honorary Vice President, Reg Ruffell, a former General Secretary and Membership Secretary who had given many years of valued service to both his Club and the Essex County AA.

90 NOT OUT

We applaud the wonderful efforts of Enfield & Haringey AC on making their 90th Enfield Open 7 Miles' such a successful and enjoyable occasion, with a post-race Reunion Buffet open to all who'd ever appeared in one of these races. True it rained slightly - but heavy morning rain had moved east, as correctly predicted by forecasters. Local dignitary Councillor Joanne Leban was our starter, and set a numerically good field

away to compete over 7 x 1 mile circuits. It was a good day for Essex as double Olympian Dominic King showed the entire field a proverbial clean pair of heels, winning in 49.48. Commonwealth Games Champion Olly Flynn, one of many big names present, said it was fitting to see such an important race won so well and in an impressive fast time. Next home was twin brother Daniel in 53.51, himself a Commonwealth Games representative. The women's race was won, as in 2015, by true prospect Emma Achurch (Leicester) in 56.14, with another double Olympian Neringa Aidietyte 2nd in 57.39 on her return to action after suffering injury in Rio. Ever-talented Lisa Kehler (nee Langford) was 3rd in 61.05. Essex resident Sophie Hales came 4th in 61.36. Newcomer Seb Parris continued his promising start in race walking (6th) while Stuart Bennett was another Essex award winner when finishing as 1st Centurion taking no other individual prize. Emma, Lisa, the King twins and Neringa are all former Enfield Open 7 Miles' winners. Other former winners completing this race were Don Bearman, Chris Cheeseman, Grazina Narviliene and Ilford AC duo Bob Dobson and Steve Allen. Ken Livermore won the "Lol Dordoy" Memorial Prize. Teamwise Steyning AC were tops with Ilford 2nd - indeed Ilford had 11 on the road - it's amazing what special event occasions can do for turnouts. Yes Ilford had 11 in shorts, 1 officiating and 5 supporting (including Ed Shillabeer who frustratingly missed the start and Ilford's President Robin Davis). Essex official Mike Croft was Chief Judge. Other former Enfield Open 7 Miles' winners included: Mark Easton, Helen Ellecker, Carl Lawton, Roger Mills and Paul Nihill. Past winners Eric Hall, Bryan Hawkins, Allan King and Ken Matthews were among many who sent messages. **30** Centurions were present in various capacities, and a "team photo" of them was taken afterwards at the Indoor Arena. Many others were present including long-distance travellers Mark Byrne, John Eddershaw and Barry Graham. All present received a large special *90th event medal*, tea towel (with all winning individuals and teams printed on it) and a souvenir 24 pages' fact-packed programme with many action photographs - a collector's item! Photographers Brian Boggenpoel and Mark Easton (among others) recorded this occasion for posterity.

Great Enfield names from past decades supported this occasion, such as: Bill Fenlon (who raced), Chris Foster (Judges' runner), Ken Roost, Bill Pilgrim, Geoff Robinson, Paul Ray, Graham Scott, Roy and Beryl Stratton etc. Alas genial Pat Furey went down with flu and was unable to travel. Our presentation had 2 guest speakers, each with Essex connections: Ilford resident Colin Young and Colchester-born Paul Nihill. A complimentary buffet was laid on - those wishing to make donations towards it had their money passed to "Children in Need" - with £90 raised. If missing this occasion, then you truly missed something very special. As for missing out, the only drawback was that around 20 attenders cried off late-on, some the night before, most on the Saturday morning for a variety of reasons. Organisers had asked for possible attenders to give notice, for planning purposes (buffet, celebration souvenir bags etc). Of around a dozen who said, "I'll get there if I can" just one of their number showed: Ilford Centurion Dave Neagle! We won't steal the thunder of *Enfield Walker* as that publication will contain all you need to know - and most of our readers get this newsletter as well.

ALEC TIFFIN RIP

Ilford Athletic Club is mourning the death of one of their true stalwarts, Life member Alec Tiffin (87), a member for over 60 years. Mr Tiffin was active throughout the Club, being responsible with the late Reg Bond (Centurion No 293) in reigniting Ilford's Walking Section during 1950. Alec was a classy race walker, who received his 7 miles-in-an-hour award, but his real effort throughout the '50s and beyond was running in road and cross-country events, including appearing in the London-to-Brighton Relay. He was a tireless official, serving as a most efficient Honorary Secretary from 1969-to-75. Alec enjoyed running and could be seen around Hainault Forest into his 80s. Hornchurch resident Mr Tiffin was also a talented artist who regularly attended the town's Fairkytes Arts Centre, and in an exhibition at the Queen's Theatre in 2014 featuring the best local amateurs' works, had 2 paintings on display. One of his paintings was of the late Fred Plumm. He was popular and supported the Club's many functions and was highly liked and regarded by all he met. A true supporter of race walking!

ALEC TIFFIN - TRIBUTES

Keith Phillips: "The news does not come as a surprise, but it is a sad moment for me. Alec was the sole motivator and inspiration for me - and no doubt others - as a Youth and Junior and I fully appreciate all the effort he put in to coach and provide me with training schedules when I was unable to visit Cricklefields. I am well aware that his overall health has been deteriorating with the notes he has written to me in recent years, but as always when the time comes it is very sad." **Dave Sharpe:** "He was a true gentleman." **Colin Young:** "I was saddened to hear of the passing of Alec Tiffin. Alex was a shy, kind generous man who I have known for nearly 70 years. The vast majority will not realise that Alec started as a race walker and I still believe he would have reached greater heights at 'heel-and-toe' than he did as a consistent, wholehearted club runner. Between 1949 and 1952 I trained (twice per week) and raced with

Alex. He was a stylish performer who never troubled the judges. In the annual 7 Miles' match between Essex Beagles and Ilford we raced in the 1949/1950 competitions: 1949 5th Alec 61.58, 12th Colin 72.13. 1950 3rd Alec 60.44, 11th Colin 65.28. The course was the demanding circuit via Lambourne End, Abridge and Chigwell Row finishing outside the Ilford clubhouse. Our last race together was at Cricklefields track over 2 miles (19/6/51) when Colin was 3rd (16.27) and Alec 7th (17.07). With his clubmates Centurion 293 Reg Bond (retiring), Len Williams (emigrating), Jim Foster (turning to running) and Norman Alderman (retiring) Alec concentrated on running in a competitive squad led by the indomitable Alan Perkins."

Brian Armstrong: "During the '60s Alec was a very successful coach to the junior and youth running squad, devoting so much time to their success. It was during one of his training sessions around South Park that he encouraged me to take up race walking which led to the reforming of the Walking Section in the sixties. Ilford were blessed with the very loyal support that Alec gave to all sections of the Club."

ON TOP FORM

We congratulate **all** who travelled "Down Under" for the World Masters' Athletics Championships in Perth, particularly Ilford's Ed Shillabeer who travelled back to Blighty with 3 individual medals. Well done. Full results in Race Walking Record/AW and your usual websites.

HAPPY OCCASION

We congratulate Ilford's Len Ruddock on his marriage to Anita, which took place on 12 November. We wish both many happy years to come.

FINANCIAL STATEMENT

Your RWA Southern Area has suffered financial loss for a 2nd successive year - this mainly due to a collapse in entries for its own Championship races, which were a major source of income. The Area no longer stages its **own** Championships over 20K/20 Miles/50K/1 Hour, all due to the fact that Southern walkers weren't entering them. Such races have either ceased or now "in with a National". It was decided to repeat last year's appeal for race walking activists and officials to remember the RWA Southern Area in their wills. It's in every walker's interest to keep your Area Association going!

SAD DEPARTURE

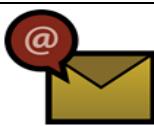
Not a race walker, but nevertheless an Essex athlete, 31 year old Romford resident William Man fell on the grass at mile 11 in Kensington Gardens when participating in October's Royal Parks Foundation half-marathon. The young father was treated firstly by other runners, then paramedics before being transferred to hospital - but he didn't survive. He leaves behind a wife and young family. He was running for Bone Cancer Research Trust and since his death £8,500 has been raised on his Just Giving page.

HALL OF FAME

At the 9th England Athletics' Hall-of-Fame Awards night (sponsored by Track & Field Tours and Sweatshop - in partnership with the AAA), the following were inducted: Kriss Akabusi, Bud Baldaru, Judy Oaks, Peter Radford, Ron Roddan and Joyce Smith and the 1991 IAAF World Champion 400m Relay Squad (Kriss Akabusi/Roger Black/Ade Mafe/Derek Redmond/John Regis/Mark Richardson). About time for another race walker or two?

"WE WUZ ROBBED"

Rio Olympic gold medallists didn't get too much gold. These games saw 2,488 medals produced (812 gold/812 silver/864 bronze). Each gold medal is plated with 6 grams of gold (minimum International Olympic Committee requirement) with 99.9% purity. The remaining 494 grams is made of sterling silver. The last time all-gold medals were awarded at an Olympics was in 1912. Each silver medal contains 500 grams of sterling silver. It's been calculated that if medals were melted down, each gold medal would be worth about £426 and silver ones £230. Bronze medals are mostly copper with metal in them worth very little. 2012 Olympic cyclist Victoria Pendleton states that her gold medal has already lost its lustre. "The gold is wearing off. They are actually silver but are gold-plated". Her gold medal has been handled a lot as many youngsters have put their hands on it - as the owner explained, "It would seem wrong to put it in a plastic box for them to hold. You want them to wear it, feel it and touch it".



Dear Dave ...

AN OLDER QUALIFIER - BUT OVERSEAS

Just discovered that Deryck Skinner aged 72 became Australian Centurion 51 in 2005 in a time of 22:39:55.
Kathy Crillye

ADMIN NOTE

Unfortunately my rwallwork4@sky.com email has been hacked and no one appears able to fix it. Please circulate my new Gmail address ronc893moulton@gmail.com to all your race walking contacts.

Ron Wallwork

WRITES RWA CHAIRMAN GLYN JONES

At the presentation, mention was made of renowned colleague and long serving member of race walking, Bob Dobson, that this was his 45th attendance as to competing in the Ryan Cup. Bob thanked everyone for this acknowledgment and that he had been first racing in this annual fixture in 1966 and still competing. This was warmly received by all.

Glyn Jones

MORE WHO BOTH OFFICIATE and RACE WALK

I see Emma ACHURCH had a busy weekend as she volunteered for officiating at the Hampstead Heath Park Run, where she is a familiar face and walked at Hillingdon for Leicester Walking Club. I also volunteered for the Finsbury Park Park Run and gained my 200 points to boot placing me 69th in the overall points run table with 28 appearances in the last year. It's a great event and lovely to line up with such large fields of runners and be a part of and socialise with new faces. Yesterday there were nearly 900 runners at 0900 at 4 Park Runs within 2 miles of where I live!

Bill Sutherland

FROM OUR TV REVIEWER

While watching a programme on Keith Richard's playlist, it included an episode of Hancock's Half Hour from 1956. I think Tony Hancock and Sid James had run out of clothes when the domestic had taken them to the dry cleaners and were then seen in what they had left dressed as race walkers with race numbers so they didn't stand out too much! Not in 1956 anyway.

Dave Hoben

NOW IS THE HOUR

Ref article about Amos thinking UK father/son 8 miles per hour pace, Nick and I both did these performances and better. Nick did a 68.37 for 15km (and many sub-44 10kms) so well inside and I did many faster too. Not sure if he means an hour track race? Or just average speed? I raced both Buchanan's back in the day.

Jimmy Ball

PARENT/OFFSPRING TRIVIA

Searching through old results books, I found the following PBs for 3/5/10/15/20km for myself and son Nick. Mine are: 1.58/21.05/42.53/65.37/88.46. Nick's are: 11.50/21.26/43.36/68.37/94.22. Nick's 15 and 20 km times were done whilst still 17 years old! There have been many high quality parent/offspring combos but I think these stats stand up well. My dad Cliff set his best times back in the 1950s and although he got down to some very reasonable times for that era, he started walking relatively late so didn't manage to reach his full potential.

Jimmy Ball

THE WAY FORWARD

If you had been at Hillingdon for the Festival of Race Walking you would have seen many young

walkers amongst the 70 entrants. RWA had new banners on display, and LightLoad towels had given a free gift for all competitors. Also, lots of talented youngsters are coming through, and are finally putting us back on the world stage. Here are the current young walkers up in Leeds - 2016-2017 roster on whom we are pinning our future:

1. Tom Bosworth
2. Cameron Corbishley
3. Callum Wilkinson
4. Bethan Davies
5. Ellie Dooley
6. Jasmine Nicholls
7. Pagen Spooner
8. Tom Partington NEW!
9. Tim Snook NEW!
10. Eilidh Brailey NEW!
11. Morgan Price NEW!
12. Brenda Gannon (IRL)
13. Ana Marulc (SLO) NEW!
14. Ester Montaner (ESP)



PS

The RWA has a new arch which will make its debut soon.

John Constantinou

THOUGHT FOR THE DAY AS WALKING IS MENTIONED

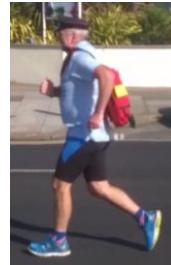
Our Bronze Medal Winner in the women's hammer throw (Rio Olympics) mentioned that her event was unique in the Athletics Programme being the only event, with race walking, where one has to have one foot on the ground. Perhaps she ought to tell the IAAF Race Walking Judges Panel!

Bill Sutherland

MAN FOR THE PHOTOGRAPHS

It certainly looks like Dominic KING knew how to position himself for the best photographs, being in the Times (front page) behind legend Jessica Ennis-Hill in Manchester's Olympic Parade and the following day behind another legend Swimmer Adam Peate in the Trafalgar Square Olympic Parade. Is he taking a leaf out of the book of the late Dave Smyth (1970 Irish Commonwealth Games Walker), when he had his picture taken shaking hands with the Queen at Holyrood Palace at the Games Reception in Edinburgh?

Bill Sutherland



BESIDE THE SEA

Steve Allen competed in our Southend 10k road race and walked the course dressed as a Postman in 1.12.42.

John Brock

COMMEMORATIVE BENCH FOR BARRY WALLMAN RIP

I've just circulated the information below and thought you may be interested to know and even to join us for the event. It will be very short but I hope

give us an opportunity to celebrate Barry's life. Pat, Barry's widow, will be joining us and we hope his children, Teresa and Andrew, will be able to come. If you know of other people who may wish to know, please feel free to tell them.

Many members will remember Barry Wallman who died suddenly earlier this year. Barry was a great servant of the club and the sport and we remember him fondly. The club has decided to commemorate his life by placing a bench at the track close to the 200m start, overlooking the shot circle and javelin, and the water jump. The bench had been made by Curtis Wood (one of the club's young athletes). We plan to inaugurate the bench on **Saturday 3 December at 11.00** in the pavilion. If you would like to come along to celebrate Barry's life, you will be most welcome. **Please could you let me know if you are planning to come** so that we can work out the scale of the refreshments.

Neil Costello, Chair Cambridge & Coleridge AC
neilcostello@gmail.com

EMAILS A TRUE STALWART

I am afraid that I will not be able to make the 90th Enfield Open 7 Miles as I have not been able to get a Carer for my wife to be with her for the day. Please give my apologies to the many "Old" Boys that are supporting the event. I was really looking forward to meeting up again with the likes of Pat Furey and other ex-LBH walkers. I cannot remember when I first officiated at the event but it was probably around the late 1960s when the likes of Len Mitchell and Charlie Harrison were around. In fact it was Len who got me to take up Race Walk judging. I am sure that Roger Mills will be among those attending and if you do manage to chat with him perhaps you could remind him of the days when he and I managed the North of the Thames teams that competed against the South of England for the early season matches and how upset their managers were when we won. As I will now not be able to come could you pass on my regrets to Ron and his team and to John Hall for not being able to present the LBH medals and of course to the Walkers, particularly as the weather forecast does not look too good. I hope the day goes well for you and the walkers and look forward to reading the report in the next issue of the Essex Walker. Best wishes for a successful day. **Laurie Kelly**

SOMETHING FOR YOUR NEXT FANZINE

I thoroughly enjoyed myself at the much heralded 90th Enfield Open and it was lovely to see such a good turnout, despite poor weather conditions. Coming home with a large event tea towel and giant chocolate penny added to the occasion (although I am still having problems trying to get the gold wrapping off). It was lovely to meet up with so many old friends again. After being

away from the sport for the past 15 years, how ironic it was for me to have landed the job on the day as Michael Croft's runner. He was always the very person who I tried to avoid when I used to be a moderate walker. I bow to all the walkers yesterday who had to endure that grim one mile course, not only once, but 7 times. I still maintain that the race could easily stop after one lap because the positions never change from then onwards. Congratulations to the event organisers, who have done the sport proud. **Chris Foster**

ANNUAL MET POLICE WALKING DINNER and REUNION/1 MARCH 2017

Kitty HUNG, the hard working organiser, tells me the date will be as above. She tells me that a special section of the bar area will be for us from 1400-to-1800 hrs to give members and their friends a real opportunity to enjoy the Reunion side. We will definitely be attending. The MPAA was always the cornerstone for me of my success in race walking. In fact when Sir John WALDRON was Commissioner in 1970 and as Chairman of the MPAA would not support my being given the Turner Shield for the Best Performance that year in the MPAA Track and Field Championships at Hendon Copthall Fields Track. I was the only one to beat the AAA Grade 1 Standard, but he did not consider Race Walking to be an athletic event. His view was overturned at an extraordinary meeting held at trackside being chaired by Ron Jeffrey who was always a great supporter of Race Walking. The Commissioner's viewpoint made me want to prove him wrong in Edinburgh at the Commonwealth Games. That I did and Sir John WALDRON had to eat his words and presented me with a Special Plaque at the MPRWC Annual Dinner at Stockwell in 1971. Only men were able to attend then!

Bill Sutherland

Adds Hon Ed: Venue is the Civil Service Club, 13/15 Great Scotland Yard, London SW1A 2HJ.

MESSAGE FROM LEN RUDDOCK

Really sad to hear about Alec Tiffin, a true gent and it's with regret that I'll be missing his funeral. In my main racing days, I felt that I was at my best at 20 miles' plus, although I never made the Centurion grade. (My admiration to all Cents!). On behalf of Anita and myself thank you for your kind wedding congratulations card and we also received cards from others in the walking fraternity.

Len Ruddock

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