

Essex Walker

Editor: Dave Ainsworth

"GAME FOR A LAUGH"

We've heard from Dave Levy, a former big name in West Country race walking circles as he appeared for both Trowbridge AC and then Bristol RWC (he transferred at the same time as the late great Chas Shelley made the same move). Dave was a top man in an RAF squad of the '60's/70s that was brimming with talent up to international level. On retiring from Service life he settled in Thrapston (Northamptonshire) and tried hard to get our event going in that County, with races in his home village, Corby and elsewhere. Dave remembers late Centurion and Bristol club-mate Trevor Chorley well and expresses sadness on hearing of his recent death. Dave's eyesight isn't quite what it was, but he can still see and enjoy a top televised athletics meeting from the comfort of his armchair. He tuned-in to BBC2 for the Anniversary Games Mile, held in the London Stadium. Said Dave "my fastest for 1 mile was 6 minutes 35 seconds around pillars on a concrete indoor track in South Wales. What I saw on television was nothing like race walking from my time. In fact it made me laugh - it was **laughable**". Other opinions have been expressed, and this event was covered in our previous edition. To remind readers, Essex Walker thanked the BBC for not being controversial - making no comments about a slow-motion sequence at the end of this race, nor even mentioning that 4 were disqualified after finishing, when BBC cameras had stopped rolling, including those who'd passed the line in 2nd and 3rd places - though one of the other two was subsequently reinstated. BBC pundits stated that they hoped this would see race walking included in future sponsored meetings - and so do most of us, as we need the oxygen of such publicity if we are to spread our message and enthuse newcomers. Within our sport are some who tried very hard to get race walking into The Anniversary Games - **and this entire race was transmitted**. Many decades ago, we were always in sponsored meetings. Of course we'd like to be in more televised/sponsored meets, so let's keep trying for inclusion and then try to give our viewing public "a better product" with no controversy.

EASTERN MASTERS 2,000 METRES CHAMPIONSHIP

Garon Park	1	WV45	Melanie Peddle	Loughton AC	11:14.8
22 July 2017	2	MV55	Eamonn Shelley	Thurrock H	12:22.3
	3	MV50	Keith Palmer	Southend-on-Sea AC	13:25.7
All Age Group	4	MV65	John Brock	Southend-on-Sea AC	14:21.3
Winners! There	5	WV50	Pamela Abbott	Enfield & Haringey AC	14:24.5
were 10 entries	6	WV55	Sharon Crowley	Fairlands Valley Spartans	14:24.5

June Cork, Hon General Secretary/Membership Secretary, Southend-on-Sea Athletic Club

SAD DEATH "ON OUR PATCH"

Abdullah Hayayei, 36, who made a Paralympic debut in Rio and was to appear in his 2nd World Championship, was killed when a discus cage fell on him as he trained at Terence McMillan Stadium - off Prince Regent Lane in Newham. This stadium has staged major race walks, and times set in our Essex 10,000 Metres Championship, and in a now defunct sponsored Golden Wonder 3,000 Metres were world class! This Stadium also hosted Essex County Track & Field Championship weekend meetings. If it could be thrown, Abdullah threw it, and in London's Games he'd been listed to appear in the javelin, discus and shot-put. Said Majid Al Usaimi, Vice President of the United Arab Republics Disabled Sports Federation "We are overcome by grief and are truly shocked by this news, but it is God's will. During afternoon practice for the throwing team, at the official training venue, Abdullah was going through his usual training routines, before the metal discus cage fell on his head". Paramedics rushed to the sports centre but were unable to save the athlete who was pronounced dead at the scene. Tributes from around the world poured in, and a moment of silence was held during the opening ceremony. The entire UAE delegation met and decided to continue their participation with greater motivation in honour, and as a tribute, to Abdullah. A Metropolitan Police spokesman said "It is believed the man was struck by a metal pole which formed part of the training facilities at the centre". We express our condolences.

IN THE BACK

Big names continue hailing London cabbie, Centurion Steve Allen. Recent "fares" have been ubiquitous comic Greg Davies and recently deceased Sir Teddy Taylor, former MP and once a leading light in Southend politics. As for Steve, we've seen little of him in recent times - however he's submitted a 2018 "Virgin Money" London Marathon entry - as he aspires to complete it when a 60 year old!



SMILE PLEASE

Walkers at July's Athletes Reunited 10th Anniversary Lunch at "The Cow" in Stratford, opposite London Stadium (formerly Olympic Stadium).

Left-to-right: Colin Young, Roger Mills, Ian Statter, Paul Nihill MBE, Bill Sutherland BEM and Dave Ainsworth. Photographer: Tom Pollak.

Prior to lunch, selected athletes were asked to give a talk about their major medal - and bring it along for display.

SMALL TURNOUT ON MAJOR OCCASION

The Counties' Athletic Union held their long-established Inter-Counties Track & Field Championships at Bedford on the weekend 29/30 July. Sunday's Men's & Women's 3,000 Metres walks saw 7 and 4 finishers respectively. We thank Daniel King and Seb Parris for representing Essex, and if things didn't quite go their way on this occasion, both are talented athletes who'll be raring to go again at the soonest! However the turnout caused race walking a concern. Readers don't need reminding that twice in recent years walks were ditched from this Championship following low turnouts. Only after walking Officials and enthusiasts gave up much time to campaign for re-instatement, was race walking re-admitted. *Surely we don't want to go through all that again, do we?* So please - let's see many more on the track at your 2018 Championship meeting.

SILVER AWARD

Tuesday 14 November sees the birthday of Prince Charles - but of more importance, it's the 25th wedding anniversary of Ilford-based Michael (Grade 1 Judge and one time race walker of note) and Heather (Essex County AA athletics official). We wish the happy couple well on their big day of celebration and for many more years to come.

TOM MISSON RIP

Sad to report the death of GB **Olympian** race walker Tom Misson (of the now defunct Metropolitan Walking Club), a retired pharmacist aged 87, who was 5th in the 1960 (Rome) 50 Kilometres Walk in 4.33.03 - a race won by the late Don Thompson in 4.25.30. He resided at Widley in Hampshire. That 1960 Olympic race was Tom's final one. A year before the Olympics he'd won our 1959 National 20 Miles at Imber Court in 2:45.19. In his early days in Harrow he belonged to the same Church Lads Brigade group as Centurion 734 John Dunsford (Belgrave Harriers) who now resides in Hythe (Hampshire). Tom attended our memorable 2012 GB Olympic walkers' tribute luncheon At the Tower Hotel. Tom is survived by his widow Mavis. He was a father and grandfather. Tom died peacefully on 31 July. After quitting active athletics he became a coach and once helped out in the Gosport area.

TREVOR CHORLEY RIP

Centurion Trevor, aged 88, was a sound Clubman who backed-up the stars of a truly strong (but now defunct) Bristol Race Walking Club, as so enthusiastically organised by the late Chas Shelley (C356). Trevor qualified as a Centurion in the 1969 Bristol 100 Miles (a tough 10 X 10 miles event/59 started - 30 finished) which was started by His Grace The Duke of Beaufort and won by true Essex star John Hedgethorpe (C413). Indeed another Essex Police athlete, P Cox, finished last in 23:45.11 to become Centurion 446. With first and last, you could say this field had an Essex Police escort! Trevor walked throughout with Bristol team-mate, the late Les Gwinnell - both finishing in 21:35.54, respectively claiming Centurion numbers 435 and 436. Trevor completed the 1970 Leicester-to-Skegness 100 miles, but had failed to declare he was already a Centurion - so was awarded another number, to wit 453. Some while later it was "twigged" he had 2 numbers, so rather than swap badges around, No 453 was withdrawn and appears in The Centurions Handbook as "blank/not allocated". Son Martin asks if readers have memories or anecdotes of Trevor as he seeks to collect memorabilia for his grandchildren? If you can assist Martin, please contact Centurions Captain Kathy Crilley or Archivist Sue Clements. Condolence is expressed.

SOCIAL WALK AROUND CAMBRIDGE

Our June/July edition contained Organiser Sue Clements' views. Among other comments were:

Joyce Crawford: Thanks for a magnificent day.

Kathy Crilley: What a great day in Cambridge! Thanks to Sue and everyone who turned up.

Sandra Barnes: Please thank Sue for a memorable visit to Cambridge.

Chris Flint: Thanks to Ruth for enabling us to get past the Trinity College porters, and see the magnificence of the courtyards. Well done to Sue Clements and to The Centurions Walks' Secretary Steve Kemp.

We promised a picture - so here it is.



On the walk (in good weather) which commenced at Cambridge Station (10.30 am) and ended in Cambridge Market Square around 4 pm, were (in alphabetical order): Dave Ainsworth, John Borgars, Sue Clements, Joyce Crawford, Kathy Crilley, Chris Flint, Dave Hoben, Steve Kemp, Karsten Koehler, Ken Livermore and Ron Wallwork + their family members and guests.

Ruth Borgars, alumnus of the famous **Trinity College**, used her pass to get us admitted for a true highlight of our day (John's an Oxford man!). A lunch break was taken by the impressive Kings College lawn. Who's Karsten Koehler some readers may ask? He's a German national who works/resides in Cambridge and is Centurion 1059, having qualified at Battersea Park (2007 in 23:07.10)

BURY ST EDMUNDS 100 MILES - APPRECIATION

Just "Google" East Anglian Daily Times and Bury St Edmunds 100 Miles' Walk and you'll get their website [article](#) - a great and positive write-up with action photographs plus one of an organiser in close-up. What a quiet traffic-free course! When seeing a housing estate one expects folk about - but it was like a ghost town, with hardly anybody in the streets. More or less traffic free to boot - and well marshalled. Not difficult, despite the odd person moaning about "a hill". It's a pity such complainants hadn't seen some previous courses. Three present were celebrating 25 years since becoming Centurions (Ron Wallwork, Ian Garmston and Jill Green). Back in 1992 at Hungarton (Leicester) they raced on a course with 3 notable hills - one being a long steep gradient. Those appearing in the Bristol 100 Miles faced a huge and long hill at the end of each of 10 laps. Even the Leicester-to-Skegness early stages (before Peterborough) had a few hills in Leicestershire and Rutland. Colchester's Lower Castle Park hill was stiff but short. Colchester had hobbledehoyes to contend with! The London-to-Brighton-and-back had a notorious and seemingly never-ending Dale Hill as its route crossed the South Downs. The 1989 100 miles at Hendon had an infamous short sharp drop from the track to the road: which needed descending 100 times (probably the only time ultra-distance walkers moaned about a hill going downwards!). Colchester and Battersea Park surfaces had pedestrians wandering aimlessly across our courses - especially the latter. Bury had street lighting and was staged just 2 nights before a full moon, making a big difference. A well signed Sports Centre offered great changing facilities with a cavernous free car park. A great effort by the Organisers and their team of helpers. Well done to all. **Dave A.** (More appreciations in the 'Dear Dave' correspondence.)

BURY ST EDMUNDS - SELECTED RESULTS

Full report to be published in our next edition. But here are basic facts: Mr Starter was Mr Mayor, Terry Clements - a long serving Town Councillor who stayed for a few circuits to encourage competitors in heavy rain. He returned for Sunday's prize giving, then invited Organisers and helpers to a reception in his parlour to reward them for their work. Heavy Saturday afternoon rain was followed by sunshine - so strong that roads had dried by the onset of evening. Selected results/chip timing:

1	Guido Vermeir	M55	Belgium	20:39.35.36	23 finished (last at 23:52.38.56), 15 new Centurions (of whom 7 raced 100 miles for a first time). Justin Scholz won the 145 Trophy (for first newcomer). What more can you say about Sandra Brown, Richard Brown and former Essex resident Martin Fisher - who keep adding to their impressive tally of ultra-distance competitions with regularity!
2	Justin Scholz*	M40	Australia	21:04.53.19	
3	Sharon Scholz*	W40	Australia	21:04.53.65	
5	James Bassett*	M40	Manx H	21:24.38.69	
6	Sandra Brown	W65	SWC	21:44.15.24	
10	Hardeep Minhas*	M55	Leicester WC	22:37.59.60	
11	Richard Brown	M70	SWC	22:48.54.45	
17	Martin Fisher	M55	Redcar	23:31.11.65	
19	Joyce Crawford*	W50	EMAC	23:42.22.37	

* Denotes new Centurion

Among non-finishers were:

George Smolinski	M65	Leicester WC	90 miles in 23:27.29.51
Colin Vesty	M55	Leicester WC	84 miles in 19:20.10.76
Chris Flint	M70	SWC	84 miles in 23:50.42.74
Claire Law	W40	Unattached	72 miles in 17:29.33.93
Jon Perry	M55	Unattached	68 miles in 15:22.55.39

The latter 2 were local participants who earned good sums for charities by their sponsorship efforts.

Jon's vowed to return to a 100 miles' start line on a future occasion to get the job done. Jon was bidding to become the Centurions 3rd partially sighted athlete and was assisted by a quartet of public-spirited worthies who'd responded to Essex Walker's appeal for guides: Messrs John Borgars, Daniel King, Kevin Marshall and George Nibre. Thanks lads!

REG WELLS RIP

Sad to report that esteemed Race Walking Association (RWA) Life Member Reg Wells has passed on after some years of poor health. Now West-Country based Reg had held key positions within race walking: RWA Chairman 1988-89, RWA General Secretary 1984-88, RWA Treasurer 1983-84 & Championship Secretary 1976-78. He served as Honorary Secretary of the Essex County Athletic Association 1972-75. Reg was known for coaching abilities and his knowledge of race walking was such that he was appointed GB Walking Team Manager on a number of occasions. He did all this honorary work despite his demanding full-time employment. Walks' attenders can recall Reg turning-up with tray loads of cream cakes, which he always donated for sale after our races - with usually so many left over that walkers took plenty home! Reg also had a spell as Results Editor of our Race Walking Record in those days when it was controlled by 3 (Julian Hopkins and Peter Marlow being the others). In earlier days he walked 100 miles while in Kenya. He continued to take interest in race walking after retiring to a village near the River Severn. His contribution to British race walking, all in honorary capacity, was both immense and meritorious. Condolence is expressed to his family.

REG WELLS - TRIBUTES

- **John Northcott:** Another good friend gone to pastures new.
- **Len Ruddock:** Another great contributor to Essex race walking, like John Hedgethorpe was. I got to know him a bit when I was on the Strasbourg-to-Paris 1972 team with him and Tony Perkins supporting Colin Young. What an experience that was for me as an 18 year-old.
- **Barry Ingarfield:** This is truly a dark and sorrowful day - my sincere condolences to Reg's family and many friends. Reg was a knowledgeable inspiration who willingly offered me and many others his helpful advice. To my knowledge, Reg's greatest race walking achievement was the mentoring and the outstanding success of Phil Embleton who competed in the 20K walk in the Munich Olympic Games 1972.
- **Ed Shillabeer:** Very sorry to hear about Reg. If his initiative to get British walking into mainstream athletics had been backed properly and also not torpedoed by the authorities, we could have had a full team out on The Mall.
- **Kevin Carley:** Very sad news for all who knew him well. RIP.
- **Bob Dobson:** A Master baker by trade and a Master in all other aspects of his life. A tireless worker for the RWA whose efforts will long be remembered. A mentor and motivator who convinced many walkers that they could achieve their ambitions.

REG WELLS RIP

Marion and I travelled down to Chepstow to attend the Memorial Service for Reg Wells. We felt truly honoured that Reg's wife Judith contacted us beforehand and insisted we also attend the Cremation Service as they had always regarded us as an honorary part of the family. The Cremation Service took place in the beautiful Forest of Dean and Reg's daughter Ann conducted the ceremony with great skill. Afterwards we went to Reg and Judith's local Church in Tutshill for the memorial service which was well attended. Bob Dobson and Ian Richards spoke at length whilst giving wonderful and heartfelt tributes to Reg, concentrating on the enormous influence he had on them and UK Walking as a whole. Ann also added her own tribute by talking about Reg's life outside race walking, notably as a master baker, keen gardener, avid fisherman and his friendship with Roger Whittaker whilst in Kenya. Everyone met up afterwards in the old school house nearby to learn more about the great Reg Wells.

The next day was Judith's son Chris's birthday and Judith kindly invited Marion and I to go out as a foursome to a restaurant for a meal. Afterwards we all returned to Judith's home and chatted more, filling

each other's gaps in Reg's life, whilst sitting amongst the hundreds of bereavement cards which adorned the house and looking through the many emails sent from former race walking acquaintances. Judith, Ann and Chris were really overwhelmed at all of the good things people were saying about Reg and I'm certain they were all comforted greatly by this. Reg is now gone but will always be remembered as a person who strove for perfection in whatever he chose to do in life. RIP Reg, you were a one-off!

Peter & Marion Fawkes

REG WELLS RIP - TRIBUTE

Sad to hear that Reg has passed on. I'm behind in the news as I have been without the internet for a few months. Reg was my coach and friend, but sadly lost contact over the last years (my fault).



Alec Banyard's wedding

L-to-R: Olly Flynn, Reg Wells, Don Cox, Ron Wallwork, Alec Banyard, Roger Mills, Peter Marlow, Amos Seddon, Bob Dobson, Ken Carter and Mick Holmes

Without Reg there would have been no ESSEX Newsletter and maybe no ESSEX League. Reg knew how to build a team. I remember going down to his bakery on a Sunday morning where he had been working non-stop since Friday morning, still he came with me and Marion (race walker from Chelmsford) to One Tree Hill (near Basildon) for coaching. He made us a very large wobbly jelly-type cake that was impossible to move; it took up all of the base plate - Spike Milligan type of humour. I remember him at my home one Christmas, playing with the Scalextric car race game. You may not know that he was with special forces fighting under cover against the Mau Mau in Africa. He also swam from Portsmouth to the Isle of Wight. He took part in the Dakar car rally.

Reg, a great man, a one off. I salute you.

Don Cox

SOUTHEND MILE

Monday 28 August - Garon Park Track

1	Melanie Peddle	Loughton AC	8:58.8
2	George Nibre	Iford AC	9:46.1
3	John Borgars	Loughton AC	9:47.4
4	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	9:49.2
5	Keith Palmer	Southend-on-Sea AC	10:32.2
6	Steve Allen	Iford AC	10:35.1
7	Charlie Parker	Southend-on-Sea AC	10:35.6
8	Kim Howard	Southend-on-Sea AC	10:45.
9	Alan O'Rawe	Iford AC	11:03.7
10	Peter Cassidy	Loughton AC	11:18.8
11	Dave Ainsworth	Iford AC	12:23.8
12	June Callaghan	Havering AC	12:57.8
13	Val Mountford	Unattached	13:08.3
14	Gordon Franklin	Unattached	14:59.6
15	Sally Franklin	Unattached	15:47.6

Awards

Men

- 1 George Nibre
- 2 John Borgars
- 3 Keith Palmer

Women

- 1 Melanie Peddle
- 2 Kasia Kostyrka-Allchorne
- 3 Kim Howard

George Woods Trophy

(first Essex-resident Centurion)
Steve Allen

In oppressive heat 15 started/finished - down on last year's 23 - as some event regulars were unavailable. Julie Callaghan, well-known in past years as Julie Robery, had her first race walk for 17 years in memory of her father Derek (Havering AC stalwart) who had recently passed away. Credit to Steve Allen who appeared, despite having had burglars during the night, who'd left smashed glass and a mess. Men's winner George Nibre said it was his first gold medal for nearly 40 years! An experienced field saw a men's winner aged 60 and its second placer aged 71! Awards were presented by the host club's President and 1968 400 metres Olympian Mary Green (nee Tagg) - sister of Mike Tagg who ran the 10,000 metres in those same Mexico Games. For overall victor Melanie Peddle it was yet another PB in what's proving to be a great year for her progress. A large crowd was present, including 1976 Olympian Olly Flynn and Iford's Leigh-on-Sea based Centurion Alan Barber. Crowds were well informed by Essex County Immediate Past President June Cork, a former race walker herself who, after commentating, won her age group in the discus, javelin and shot!

ON THE MALL

We'll not publish much about IAAF World Championship Walks Day on The Mall, as it's already been fully covered on so many websites and publications - and we'd only be duplicating such info, and somewhat late in the day to boot. However, performance of the meet was recorded by Frenchman Yohan Diniz, World recorder holder for the 50K walk. On The Mall (London 2012 Olympic 50K) he was hauled out for a technical infringement - taking a water bottle from a member of the crowd, and also outside of an official/permitted feeding area. This time he clocked 3:33.11 to win by 8 minutes, from 2 Japanese competitors. Wow! If trying to get runners in their 20s and 30s to switch over to walking, then Yohan's a role model and inspiration - for he dominated a world class field despite approaching his **40th birthday** (on New Year's Day). The other race to stand out was the inaugural Women's 50K World Championship, won by Portuguese lady Ines Henriques in 4:05.56, bettering her PB by over 2 minutes and winning \$160,000 for so doing. Behind her were 2 Chinese competitors, Yin Hang and Yang Suqing who respectively recorded 4:08.58 and 4:20.49. The 4th placer - Kathleen Burnett (USA) clocked 4:21.51 (North American record) to pick up \$15,000. Brazilian Nair Da Rosa just failed to reach a 4:17.00 cut off time at "the bell" and therefore had to step off the road. Fate fell on USA's Erin Taylor-Taylor who'd championed the inclusion of a Women's 50K at this Championship meeting, and had won our Friendship Walk at Enfield just 4 days' earlier, for she'd seen a red disc waved under her nose at just 10K. An IAAF report of this race predicts that with the medals and prize money on offer, 5 times the number of entrants can be expected in 2 years' time!

All 3 British male competitors had reasons to express disappointment - and also reasons for optimism. In the 50K Dominic King saw red at halfway, but he'd had his moments and was an early leader. Indeed when leaving the race he was on a PB schedule! A dramatic disqualification of 20K man Tom Bosworth certainly disappointed his huge following, and he was both heartbroken and distraught. In a National newspaper he was quoted as saying, "I was feeling great and walking faster than I ever have done. I put in a burst and was pushing the boundaries, but it was a real shock to get that 3rd red card". However like Dominic in the longer event, Tom also had the kudos of seeing an empty road unwind before him as he led the very best in the World! Essex Walker has received a large volume of correspondence about this one disqualification as even more words were generated than seen after the infamous disqualification of Mel McCann in a Bradford 50K decades ago (words kept flowing for more than a year about that). Comments range from respected coach Barry Ingarfield who stated that Tom had been "*hard done by*" to others who pointed out that Tom actually had 4 cards sent in - so 4 judges operating independently at different positions, and with no means of communicating with each other, all reached an identical conclusion. Space dictates we can't possibly use all, and in any case some are near-libellous, so we've published reasonable and tactfully expressed views of the Reverend Roy Lodge. Callum Wilkinson used a local newspaper to state his disappointment at not achieving his pre-race set target - that being a top-20 finish in around 1:20.00. However his performance drew so many words of praise from most - as this 20 year old was "in with the best" so soon after commencing his interest in race walking. In the newspaper Callum was quoted as saying, "It was an amazing experience for me. I'm 20 and to be out there in a Home Championship in front of one of the biggest crowds we've ever had for a race walk, was great. I struggled through the second half, but it's a massive thank you to everyone out on the course today who really pulled me through". Callum was 41st in 1:23.54.

Both ladies completed their 20K event: congratulations to Bethan Davies 29th in 1:33.10 and Gemma Bridge 40th in 1:36.04. We must also thank those from our ranks who put their names forward to officiate and help on the day - for it was a very long day, with all races on the same programme, commencing at 7.45am! A trio in the commentary box, led by professional broadcaster Bryan Burnett (part of our London 2012 walks coverage team), expert analyst Chris Maddocks (5 times Olympian/should have been 6) and interviewer Laura Winter, kept the many spectators up-to-speed as it happened. Many watching were tourists making the walk from Trafalgar Square-to-Buckingham Palace, and vice versa, and they also appreciated being informed as to what they'd stopped to watch! All 5 of our selected GB representatives had worked very hard just to get places on World Championship start lines. And optimism abounds as all can now concentrate on challenging for selection for next year's Commonwealth Games on Australia's Gold Coast. *Remember an athlete's most important race is always the next one!*

Finally, what can we say about the turnout from race walking folks - a big and genuine thank you, as so many of you came to give support (see Callum's words of thanks above) Many folks are still emailing-in with others spotted - what a great turnout to support our selected race walkers.

This is what we've come up with - so far. Can you think of others? Walkers present included (no particular order) all in some capacity (officiating, helping or spectating):

Julian Hopkins	Alan O'Rawe	Paul Dyble	Malcolm Martin	Michael Croft
Adrian James	Fiona Bishop	Olly Cavillioli	Ed Shillabeer	George Wilkinson
Sue Rey	Diane Bradley	Greg Smith	Peter Selby	Tracy Wilkinson
Mark Wall	Verity Snook	Jill Langford	Elaine Selby	Helen Elleker
Ian McCombie	Sharon Tonks	Estelle Viljoen	Christine Pearce	Simon Curling
Lisa Kehler	Jill Brackpool	Angela Martin	Dave Stevens	Charlie Bean
Chris Maddocks	Rob Elliott	Penny Darton	Vicky Curling	Alan Callow
Jimmy Ball	Tony Wilkinson	Chris Cheeseman	Sean Pender	John Constandinou
Paul DeMeester	Don Dunfee	Steve Partington	Amos Seddon	Geraldine Legon
Helen Middleton	Francoise Fernandez	Tom Partington	Noel Blatchford	Luc Legon
Jeff Salvage	Alana Barber	John Brock	Peter Cassidy	Bob Legon
Steph Rukin	Alex Wright	Marc Mundell	Pauline Wilson	Dave Crompton
Nolan Simmons	Lauren Whelan	Andrew Garner	Bob Dobson	Brian Hanley
John Lees	Shaun Lightman	John Ralph	Olive Dobson	Bridget Kaneen
Carl Lawton	Dave Rosser	Heather Lewis	Adam Colvin	Peter Kaneen
Trevor Jones	Tony Bell	Dave Turner	Daniel King	Ian Richards 1
Ann Jones	Chris Hobbs	George Nibre	Steve King	Ian Richards 2
Steve Taylor	Francisco Reis	Ian Statter	Bridget King	Bob Watts
Paul Warburton	Veronique Warburton	Michael Bateman	Olly Flynn	Ken Watts
Barbara Johnson	Bernie O'Callaghan	Irene Bateman	Karen Davies	Fiona McGorum
Katrina Johnson	Pearce O'Callaghan	Dick Hyland	Peter Marlow	Dave Ainsworth
Noel Carmody	Pam Ficken	Andi Drake	Mark Easton	Ian Spinks
Lyn Carmody	Steve Allen (Barnet)	Glyn Jones	Mick Greasley Jnr	Linda Spinks
Melanie Peddle	Roz McKenzie	Fred Pearce	Ron Wallwork	Alfons Schwartz
Dave Ratcliffe	Graham Chapman,	Kathy Crilley	Joan Wallwork	Denis Sheppard
Karen Smith	Emmanuel Tardi	Mick Harran	John Powell	Heike Sheppard
	Tim Erikson	Mark Easton	Peter Ryan	Roy Sheppard

Plus, of course, those selected:

Gemma Bridge, Tom Bosworth, Bethan Davies, Dominic King and Callum Wilkinson

Could have been more, as we won't see an IAAF World Championship again in London for ages.

SINGLE-FIGURES

Our 2017 London evening scene, which is mainly those 4-race Battersea Park 5 Miles' races and a 4-race Woodford Tuesday Walks' programme, saw "single-figures" result sheets as the norm. We really **need** to keep these going, so it's hoped all who stayed away this year will make an effort to race at least once-or-twice in 2018 - so sparking a revival! Said Battersea protagonist Dave Hoben, "Fewer people now work in London than they did, and if in the leisured classes, may not think it is worth a long trip for an hour's entertainment". At Woodford Melanie Peddle's great year saw a Series overall win by Event No 3 - with a race to spare! Peter Cassidy's end-of-term review will appear in our next issue.

SOCIAL REPORT

An enjoyable annual reunion to celebrate the 2009 Captain Barclay Re-Enactment Challenge at Newmarket was well-attended. It began with a 2 miles' walk, twice covering that same route as taken by Captain Barclay himself (for a 1,000 guineas wager) and then former jockey Richard Dunwoody MBE (fund-raising for 4 charities). Afterwards lunch was taken at the up-market Bedford Lodge Hotel (centre of operations in 2009). It was organised by Ron and Joan Wallwork.

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.

OCT	1	RWA Festival of Walking (various distances/categories)	Hillingdon Cycle Track	10.00 am
	6	Athletes Reunited Luncheon	"The Cow", Stratford	12 noon
	14	Enfield League 5 Miles	Lee Valley	1.00 pm
	21	Steyning Open 10K	Steyning	2.30 pm
NOV	11	Enfield Open/Enfield League/LBH 7 Miles	Lee Valley	1.00 pm
	13	RWA Southern Area AGM	CS Club SWA	7.15 pm

	18	SWC Christmas Cup 5K (+ YAG)	Tonbridge Track	1.00 pm
	26	SWC Addington Cup 7 Miles	Sandilands	2.00 pm
DEC	9	Steyning Open Races 5K + YAG	Broadbridge Heath	11.00 am
	10	Race Walking Association AGM	Alexander Stadium	2.00 pm
	26	Brighton Boxing Day Walks 5.5 Miles	Preston Park	10.30 am
JAN	27	The Centurions AGM	Leeds (Centre)	1.00 pm
FEB	3	Essex & Eastern Counties 1 Mile Indoor Championship	Lee Valley	TBC
	4	London Walks (various distances/categories)	Hillingdon Cycle Track	1.00 pm

ANNUAL GENERAL MEETINGS

The year 2017 saw many race walkers, both past and present, having their say on all manner of issues and making endless comments about what "**they**" should be doing. Anyone can stand on sidelines and shout. Well now's your chance to come along and have your say where it matters - at an AGM and more importantly, stand for Honorary Offices - so as you can become part of the "**they**" to start steering our route ahead in your chosen direction. *Large turnouts are expected!*

- **Monday 13 November 7.15 pm**, RWA Southern Area AGM - Civil Service Club, 13/15 Great Scotland Yard, London. SW1 2HJ
Nearest Station: Charing Cross. Underground + several bus routes are convenient. A SRWA Committee meeting runs from 6.35 pm to 7.15 pm and traditionally those attending this AGM are admitted as observers if arriving early. Subsidised food/drinks in the Civil Service Club for all arriving straight from work.
- **Sunday 10 December 2 pm**, Race Walking Association AGM - Alexander Stadium, Perry Park, Walsall Road, Perry Barr, Birmingham. B42 2LR. Plenty of accessible free car parking. Bus route 51 every 10 minutes from Birmingham Centre.

BRIAN JAMES MA

This gentleman died with heart failure on his 87th birthday. What's he got to do with race walking? Well in 1977 we staged a truly great Lugano Cup Final at Milton Keynes (great, except that GB finished down the order). It was the first time this final had come to the UK and the Daily Mail sent a feature writer to cover it - to wit Brian James. What was published was a "hatchet job" as he described the world's best athletes being put up in a motel tucked away behind the petrol pumps at a Motorway Service Station, and likened our event to a John Cleese Ministry of Silly Walks convention (and more). That same year his write-up of a belated MBE for Ken Matthews didn't go down well with some. The Daily Mail was bombarded with complaints from race walkers about Milton Keynes - and to be fair, quite a few were published in a "letters' special". His MA at Greenwich University was for Marine History. His local connection was that he started with the Walthamstow Guardian and also worked for Reynolds News (anybody remember them?), The Times and Sunday Times. His funeral service was at the City of London Crematorium and "afterwards" at Wanstead Golf Club.

CONGRATULATIONS

September 28th marked the day Bill and Kath Sutherland celebrated their **Golden Wedding Anniversary**. Both are key players (with 1970 Commonwealth Games bronze medal man Bill also being a judge, former Centurions Hon Secretary and a former RWA Publicity Officer) being prominent in our campaign to retain race walking as an Olympic event. Bill tried hard to get race walking into the last Commonwealth Games (in Scotland). As for Kath, this good lady is one of the best supporters any sport could possibly wish for, having been at so many major occasions. We wish both an enjoyable celebration with many more happy years to come their way.



Dear Dave ...

IAAF TRIBUTE LUNCHEON

I met Max on Sunday at junction 27 and heard the lowdown on the function. Chris reckoned his table had the most Championships between them but salutes the young guns without whom British race walking really would be dead! Interesting letter

from Cath Duhig shows the value of Masters and Walkers being integrated in the athletics mainstream.

Ed Shillabeer

CORRECTION - BMAF 20K

Flattered: but I wasn't actually 4th at Coventry, even if you exclude the youngsters. Francisco, the two Marks and Peter Boszko, followed by Maureen, who showed me a clean pair of heels when I tried to catch her up! I was quite pleased - only 5 minutes slower than Shaun's V70 time,

which is *pretty good* by my standards, but Peter Boszko comfortably beat me and Maureen made a (polite) point of doing so. **John Borgars**

BILL SUTHERLAND RECALLS

John Nye was a great walker for Stock Exchange and Surrey Walking Club in the late 60s/70s. He had a good turn of speed too as I can recall seeing him in the 7 Miles Stock Exchange Championships around the inner circle of Regents Park a great course too! He was a key figure too in matches versus the Met Police. A very good all round race walker from short to long distance.

PS Completed my 88th Park Walk at Highbury Fields. Great camaraderie and one lady had done the Hemel Hempstead 2000 Metres Walk improving her time of the previous year by a minute. She was advised by someone from Enfield and Haringey. **Bill Sutherland**

MOMENTS OF REMEMBRANCE

Whilst out driving in East London I had two moments of remembrance for the late great Phil EMBLETON at Hurst Road, Walthamstow where he lived with his family and we often visited, and the late great Ilford walker Laurence DORDOY at Gosfield Close, Dagenham, where he so tragically lost his life in a road accident. They will never be forgotten but fondly remembered. Rest in Peace.

Bill Sutherland

NEWS FROM JOHN NYE

I have very many happy memories of Race Walking during the early '70s, particularly the Stock Exchange Brighton but the only race time I have ever been able to remember is my first effort where I finished 48th out of 49 in 12hr 7 min 29secs. I guess one always remembers ones "firsts" in life! The Brighton Walk was a big event on the Stock Exchange calendar and very well supported en route - however on my rare visits to Brighton, I now find it virtually impossible to locate the original A23 route! I do however remember finishing 3rd behind Carl Lawton and Ray Middleton in the Hastings to Brighton walk but haven't a clue about times or the year. It was fascinating reading the "Essex Walker" - so many names I can recall competing with particularly the ex-SE boys - Tony Perkins - Dave Neagle - Steve King - but sad to read about the death of Chris Lester who was who was another SE stalwart.

I am still involved in walking but not in a racing or competitive capacity. I now lead National Health walks from our doctor's surgery in Lenham, Kent for people recovering from an illness or who simply want some gentle exercise. In addition, I lead short walks in Mote Park Maidstone for those

primarily suffering from various stages of dementia, an illness which is now receiving much publicity.

I spent most of my training days with Fred Baker of Highgate Harriers and we were good friends for many years. I think he was "second" at one time behind Hughie Neilsen (Pam Ficken's father) for completions of the Centurion Walks. He moved to Australia some time ago and sadly we have lost contact so I was wondering if anyone knew his whereabouts, and his contact details' I will be grateful for any information. So I am still alive although not kicking with the same ferocity of earlier years. **John Nye**

Adds Hon Ed: Twice former SE Brighton winner (1973/74) John seeks Fred Baker's contact details. If any reader can supply these, they will be passed on to John.

ATHLETES REUNITED 10TH ANNIVERSARY LUNCHEON

Thanks to everyone who supported our tenth anniversary lunch, especially those who contributed to the "entertainment". As always I thought the food was both tasty and plentiful, having the tables set out in a rectangle seemed to work. I spoke at length to the new manager who knew nothing about the "demand" for a minimum spend of £2,000 so we can carry on at The Cow in the future. She did say she would prefer us to use a day other than a Friday but I can discuss that with her nearer the time. That does not affect our next booking on FRIDAY 6 OCTOBER.

Tony Maxwell

ATHLETES REUNITED

We owe a big vote of thanks to Tony Maxwell for continuing to organise these great gatherings - long may they continue. See you all in October.

Tom Pollak (Essex wartime evacuee!!)

A WONDERFUL REUNION AT THE COW

Thanks so much to Tony Maxwell for all the effort he personally put into organising another really successful reunion. As always, such a remarkable group of truly outstanding athletes. We have all spent countless hours training, competing or following athletics over the 'Great Years' and to be given the chance to relive them so many years later means so much to so many present. We all gave our heart and soul to Athletics whatever was our upbringing and were so fortunate to have had such a rich list of stars to admire and attempt to follow in their footsteps. Long may this last and I thank Tony again for affording me the opportunity to tell my story. **Bill Sutherland**

REACHING OUT TO PARK RUNNERS

Why doesn't the RWA Southern Area make contact with **Park Run News** and include an input on race

walking and what it is all about? It would be a big step forward I feel. It comes out by email every week.
Bill Sutherland

NEWS FROM KEVIN CARLEY

It's been an interesting year to date with little travel, except to very early morning or evening races so unfortunately couldn't make the Moulton walk - sadly. One of these days I will get the walking shoes on just couldn't say when.

Kevin Carley

THE TECHNOLOGY IS HERE ...

Thanks again for the latest issue of Essex Walker. Currently I am in Finland but on my way here I read in the Metro newspaper an advertisement for fitness equipment that measures ground contact time. Sadly I failed to keep the newspaper but I have found a similar device that could be adapted for race-walking purposes

(<http://www.lumobodytech.com/ground-contact-time/>).

I'm sure boffins who create such equipment could programme the device to transmit 'ground-off' statistics to a central database in a font size large enough for the most myopic of judges to make decisions without discrimination and bias. In days when video evidence is used in cricket, rugby, football and tennis, among many others, why is it that UK athletics and race-walking specifically is still deeply rooted in processes from the 20th century.

Finally, I would also like to add my sincere condolences to Lew Lewis and his family for the sad loss of Ann. Ann and I used to correspond infrequently and I will sadly miss her notes of hope and optimism. She was a lovely lady whom I admired for her ever-present positive attitude. Sadly fate has denied many of her presence in and out of athletic circles.

Keith Phillips

NEWS FROM A FORMER RACE WALKER

My Centurion fleece fits perfectly, I certainly will wear it with pride. After I became a Centurion, I joined the Long Distance Walking Association, and completed the following 100 miles' walks: Pilgrim 100, Dartmoor 100, Cumbrian 100, South Downs 100 & North Downs 100. I also completed 23 Nijmegen Marches, the Pennine Way, and the West Highland Way. Walking has kept me extremely fit during my 88 years on this Planet, but with all this walking things did wear out, and I have two replacement hips, so now I have taken up Nordic Walking.

Ron Boxell C504

Adds Hon Ed: Ron, a retired RAF Flight Lieutenant Physical Training Officer, was based at RAF Chivenor (Devon) when completing the 1972 Leicester-to-Skegness in 23:33.25, being one of

two RAF men on the result sheet - the other being recently deceased Suffolk-based Squadron Leader Mike Perkins (Trowbridge AC) who clocked 20:05.32. That 1972 event also saw John Lees (18:15.34), the late Peter Worth (20:36.17) and Steve King (21:29.17) among 18 new Centurions. 65 had started with 41 making it onto Skegness seafront. Ron nowadays is also an active - and successful - golfer.

NEWS FROM PETERBOROUGH

Sorry my walking days are over and I am looking after grandchildren. I do have an excuse as well, as I have just been diagnosed with a hernia in the groin!

Brian Keegan

"HOLA" SAYS A TV VIEWER FROM SPAIN

I watched every step of all 4 races, hopping between Spanish TV sport channel and Eurosport, mainly, with a bit of Beeb for good measure. It looked like a terrific day and had I been in Blighty I'd definitely have been down in the spectating throng. What a showcase, despite the DQs. Sorry to hear about Reg Wells.

Cath Duhig 🌍 aka Mrs Withersea

FIRST HAND VIEWPOINT

As the 4 World Championship Walks took place on our fantastic Mall, it was the ideal chance for punters to witness events in the flesh at first hand. Opinions subsequently formed and written up will carry more validity! Surely a shortcoming of an athlete's technique in any event is down to that athlete's coaching (barring injury or illness factors of course)? Congratulations on fine walking by Bethan Davies and Callum Wilkinson. The best stylists on the day in my opinion were Henriques and Diniz, the 50k winners. A class above. And Yolande has suffered both sickness and DQs in the past.

I had a great day. Awesome display of walking. Pity more British walkers were not competing or watching!

Ed Shillabeer

AS I SAW IT

There were many highlights that gave me great pleasure and pride in watching the World Athletics championships on TV especially the coverage that was given to the Walks in both male and female races. It was also encouraging to see so many spectators on the course many of whom may have never seen a race walk before.

Such TV coverage and spectator involvement is what Race Walking has needed for a long time to raise its profile in the public mind and interest. The powers that be in the Race Walking hierarchy must now take advantage of this legacy and see that our

beloved discipline continues to be recognised not only in the public mind but also in the thinking and strategy of the British Athletic Association and the IAAF.

Although the TV coverage was excellent and the studio analysts did their best to explain the technicalities and policies for disqualification (Steve Cram obviously did some homework on the subject!) it was disappointing that no one from the Race Walking fraternity was there to speak from experience as well as adding some in- depth knowledge and history of our great walkers of the past.

My concluding observation is that although I was disappointed for Tom Bosworth he really has to go back to the drawing board, as they say, and work on his technique. It was so plain for all to see that he was "lifting" and that his disqualification was inevitable. Having said that I was not overly impressed with the style and technique of the eventual winner of the 20k from Columbia compared to the second placed ANA athlete from Russia whose hips and pelvis were working in perfect harmony with his straight legs. My advice for Tom would be to get hold of a book on Race Walking by Harold H Whitlock (Olympic Gold Medallist 1936) first published in 1957. From this book I learnt the art of Race Walking and have recommended to all potential race walkers. I draw his attention to pages 8, and 14 with pictures of Stan Vickers and George Coleman respectively of good study action pictures. Stan Vickers style of walking in particular met with universal approval. If this book is not available to him he needs to find some up to date pictures/tapes or film of walkers such as Ken Matthews, Ron Wallwork, Paul Nihill, Bill Sutherland, and Ray Middleton and to study their exemplary action and styles.

My final advice would be to encourage him to increase his stride pattern and to give more emphasis to his hip and pelvic movement. With these adjustments and patience his podium placement is assured for the future.

Dr Rev Roy Lodge MBE

Former National 20 mile Champion 1967

Great Britain International

Olympic probable squad and triallist 1968

CAN READERS HELP?

I have now nearly recovered from my twisted ankle from the masters steeplechase and a very bad blister from the masters 5K walk six weeks' ago, and I am training again and am keen to be faster (as we all are!). I am still very much a novice with the aggregate of all of my training and all of my races being less than five hours in all. I have decided to go back to absolute basics, and ensure

I am doing the correct technique by trying to work everything out in ultra slow motion, ie about 1/25th of normal pace. Having looked on the Internet I have not found anything that specific. Do any of you know of any appropriate websites with a race walk technique broken down into different sections in ultra slow motion, or an appropriate book, or if any of you advanced walkers would be kind enough to spend 15 minutes with me to go through the very basic technique, especially with the hip action, I will be happy to come and see you.

Simon Lemare

simon.lemare@yahoo.co.uk

BURY ST EDMUNDS 100 MILES - APPRECIATION

I wish to add my deep gratitude to the Organisers, and the many others they recruited locally, in staging a most successful 100 miles and associated races. It certainly proves the point that early preparation makes all the difference, and the idea of adding a 'tester' event in early April is something that future 100 miles event organisers should well consider. Having the Bury St Edmundsbury Mayor along gave the event a real sense of local importance and he and Mrs Mayor were clearly impressed by the whole 24 hours' show. Many congratulations. I trust the virtual filming of the presentations on local Bury St Edmunds Facebook went off OK. Again, what a good idea to show the wider community what has been happening on their doorstep. No doubt we shall have a de-brief and I note some very useful comments already made. In the meantime relax in the knowledge that Organisers have both done the Centurions and race walking proud. **Chris Flint**

Suffolk is flat there are no hills here! The undulation could not have been too much of an issue considering that we had 23 finishers including 15 new Centurions. Personally if I was racing it I would have liked this course - lots of variety, quite a lot of shade, adequate lighting at night, not to mention loos a step away for the course (I don't think I have had that luxury in any of the 100s I have done)! The East Anglian Daily Times article can be found [here](#). Full results of the 100 can be found [here](#).

Kevin Marshall

The Mayor is certainly a "character" and definitely added to the prestige of the race. **Kathy Crilley**

Now we are back in Dorset, we would like to reiterate our thanks for a wonderful 100 miles' event. Kevin and Sue and the whole gang put on a great show. The food was probably the best we have ever had with a suitable range of savoury and a very good final buffet, the lap recording seemed

to go well and we knew how far we had gone and had to go, and the course was (as Dave Ainsworth says) virtually traffic free even at the couple of minor crossings. As for the undulations, I agree that they help us use slightly different muscles and it added interest to be on the cycle path in the woods as well as on paths by roads. The special medal is really something – never before have we had such a glorious piece of stained glass! We hope everyone from such a wide range of countries took away happy memories of Bury. Please pass on our sincere thanks to everyone involved. We should return in the future!!

Richard Brown C760
Sandra Brown C735

BURY ST EDMUNDS 100 MILES - APPRECIATION

Well done to all. Hill? What hill? 1976 seems a long time ago and Leicester-Skegness a hell of a way on a course that I had never seen, not even knowing that we went through Peterborough until the start - fortunately Dad was a commercial traveller (rep to you youngsters!). Yes, the Hendon hill/bank with a right angle turn at the bottom and a 180 degrees' turn just yards later did nothing to help one's flow and momentum! I have often wondered how much quicker I would have done each 1 mile lap without that handicap. Which is why only track times can be records. Once again, well done to organisers. **PS** Best finisher's medal bar none. Even London Marathon example this year was inferior!

Ed Shillabeer

I am pleased you regard the weekend as a successful occasion. Many people worked hard to contribute to its success, and as a result, the Mayor hosted a civic reception in his parlour to thank all the crew who helped over the weekend. We definitely benefited from having the full support of St Edmundsbury Borough Council and Moreton Hall estate residents, and starting publicity early. The local news coverage has raised the profile of race walking and I hope this will tempt some people to try race walking in the future.

Sue Clements

CONGRATULATIONS ON A WONDERFUL PROMOTION OF THE 'FRIENDSHIP WALKS'

Even though the weather was appalling the experience and memories from the 2017 Friendship Walks will be everlasting. Hearty congratulations to Ron and Joan Wallwork and the band of hard working officials. The idea of the

special decorative cake with individual momentos to all involved, together with the presence of Christine Hamilton the Worshipful Mayor of Enfield, gave it a special touch. It was an interesting and challenging course using the track and footpaths for the 1, 3 and 5 miles where the choice was yours. Thank you so much for all your hard work in preparation and your encouragement.

Bill Sutherland

Adds Hon Ed: Bill speaks for so many. We won't write much about this, as we'll only "steal the thunder" of **Enfield Walker**, which most Essex Walker readers also read. Like all Ron's promotions there was a nice friendly atmosphere. The 5 miles was won by USA Centurion No.85 Erin Taylor-Talcott in 40.07 with husband Dave 2nd in 40.13, then prospect George Wilkinson completing the frame in 45.31. Mark Culshaw was 4th in 47.16, soon after his Bury St Edmunds endeavours 4 days' earlier. Erin was specifically applauded on the start line for her long campaign to see a Women' 50K World Championships. It made its entrance 4 days' later on The Mall, but Erin saw red at 10K. Legendary Australian walks activist Tim Erikson (who raced in our 2012 Olympic Friendship Walk - with over 100 participants) was a popular visitor. His website is so topical, it often lists UK results before websites here! Recently retired GP, popular Norma Grimsey won the 3 miles in 35.12, and it was good to see her again. Among 3 miles' finishers was Grade 1 judge Michael Croft who proved he can still give a good account of himself in competition. Our 1 mile victoress was Abigail Smith (u/13) from Blackheath & Bromley Harriers - one for the future. We were started by a truly genial Mayor - Councillor Christine Hamilton - who stayed with us throughout in torrential rain - before joining us in the upstairs cafe to cut a large special iced Friendship Cake, and enjoy in a quality complimentary buffet. A participation award, like in all Ron Wallwork's promotions, was another true collector's item. It was "big time" in the traditional style, for we started and finished on an arena track - with the bulk of our distance covered in an adjacent traffic-free King George V Playing Fields. All deserve praise: competitors, officials, helpers, spectators, dignitaries, etc - indeed all who kept smiling in torrential rain.

Full results in Enfield Walker/RWR and the usual websites.

ESSEX WALKER

Dave Ainsworth
18 Angmering House, Barnstaple
Road, Romford, Essex RM3 7SX

Telephone:



01708-377382



Email

dave_ainsworth@yahoo.co.uk

or

essexwalker@btinternet.com