

Essex Walker

Editor: Dave Ainsworth

AWARD FOR ESSEX OFFICIAL

For a second time, Loughton's hard working Pauline Wilson (Centurion 798) received the trophy as "**Enfield League Official-of-the-Year**" having helped out at 9 of their 2017 events. An honour truly deserved. The presentation was made by former Centurions' President Carl Lawton (C750) after the opening race of the League's 2018 series, held at Enfield's Queen Elizabeth II Stadium on a cold Saturday afternoon (20 January).

RACE WALKING ASSOCIATION AGM



This was held for a first time in the Clubhouse at Pingles Stadium - home of Nuneaton Harriers Athletic Club, which has a floodlit 8-lane 400 metres' all-weather track. Attendance at this delayed AGM was 22 and, during a business-like meeting, they elected a new President - International Judge Noel Carmody of Cambridge Harriers and an esteemed Metropolitan Police AA Life Member. The Vice President's post remained blank, so is to be looked at by the General Committee - any suggestions? If so, please speak up. The following positions were unopposed:

Chairman: Glyn Jones

Hon General Secretary: Colin Vesty

Hon Treasurer: Mark Easton

International Chair: Pam Ficken

Hon Championships Secretary: Peter Marlow

Coaching & Development: Mark Wall

Press & Publicity Officer: John Constandinou

Hon Auditor: John Elrick

A position of Minutes Secretary wasn't filled when Chris Flint stepped down after many years of diligent service - Colin Vesty has taken on this duty along with his General Secretary's role. Ron Wallwork MBE, active in race walking since 1958, the inaugural Commonwealth Games gold medallist in 1966 (Jamaica) and now a successful Enfield League Organiser was elected an RWA Life Member - *most deserved!*

ALBERT DAVID LEVY RIP - Notification from Mrs Gill Levy

I am so sad to have to tell you that David passed away - much sooner than we anticipated. He passed peacefully in his sleep. Gill

TRIBUTE TO DAVE LEVY, who has passed on at the age of 86: Dave was a true cockney, being born within the sound of Bow bells. In the World War II years he was an evacuee in Wales. In a long Royal Air Force career he was a Parachute Jumping Instructor and a Physical Training Instructor, before turning his talents to catering - where he once served Queen Elizabeth II at a major function before rising to become a Mess Manager with the rank of Warrant Officer. Dave was a big name in West Country race walking, having turned out for both Trowbridge AC & Bristol RWC (one of a number who transferred between these 2 then prominent walking Clubs). Dave was also a protagonist in Royal Air Force race walking, being a regular in their all-star Representative Team of the 60s and 70s, under the team management of legendary Flight Lieutenant Dickie Bird (Centurion No 225). Dave won a number of Command Titles and was a truly fast sprint walker. Indeed in recent issue 378 of Essex Walker his views on the Anniversary Walk 1 Mile at the London Stadium made our front page - when he recalled his own fastest mile of 6 mins 35 secs around a South Wales indoor concrete track. He was RAF Champion at the 2 Miles' Walk in 1964 clocking 14.32.2 (beating future Commonwealth Games Representative late Roy Hart into 2nd position). Throughout the 60s he was the RAF's 2nd best walker, having had to

compete against such greats as Vaughan Thomas and then Roy Hart. In the RAF days he was known as Dave, but used the name David when back in Civvy Street - never once choosing to be known as Albert.

A posting to RAF Saxa-Vord put a spanner in the works of his athletics career. This station, a key one in the Cold War, was on the northernmost Shetland Island of Unst, being nearer to Norway than the UK mainland, further north than Leningrad and on the same latitude as Anchorage! It took him 3 days to get anywhere! Saxa-Vord still holds a record for the UK's highest recorded wind speed - 197mph (317 km/h) in 1992 - or at least that's what was recorded until the measuring equipment blew away! On demob he so loved the Shetland Isles, he lived there for a while - once working as a shepherd. He then settled in Northamptonshire (Thrapston) where he was employed by Weetabix (at nearby Burton Latimer) in their Export Department for 17 years. He staged well-sponsored Open Races in that county, which drew top names and Clubmen alike. He signed for Corby AC, his last Club. Give him credit, he tried so hard to get race walking established in Northamptonshire, with races at Thrapston, Corby and elsewhere - assisting the support of fellow Corby AC member Kevin Emsley (Centurion 761), then Northants' residents Dave Ainsworth and Martin Oliver (respectively living in Weedon and Daventry at the time) and Rugby-resident, former Junior International, Mike Angove, who worked in Daventry.

Dave held an unusual record (which he frequently joked about) in that he was disqualified in 3 consecutive Southern Area "Garnet Cup" 10 Miles' races - each time while leading! He also had one go at becoming a Centurion - 1965 at Chigwell (Essex) - when he was the first to retire, having completed one 10 miles' circuit (of the 10 on offer). Dave said, "I'm certainly not doing that another 9 times". Many said his opinion was a sensible one, and again Dave joked about it for years to come. Dave was truly a great and likeable character, and the scene was always lively when Dave was about. In recent years eyesight began to fail, but from an armchair he could spot (and complain about) dodgy walking when televised on the small screen! Until last year he still enjoyed a daily walk. He was a talented artist and met his wife Gill at art classes - as their canvasses dried, loved blossomed! To widow Gill and the family, we express our sincere condolence on the passing of a man who was "one of the best".

Dave Ainsworth

- **Chris Flint:** "Sad news. He was a strong speedy walker. I didn't know about his attempt to become a Centurion. Chigwell was probably the most difficult course to attempt to qualify."
- **Bill Sutherland:** "What sad news as I remember him well in my mind's eye as one of the ever-present members of an RAF Team in those great midweek matches RAF v Civil Service v PAA over 10 miles."

BRODIE CASTLE 10K



Pete Ryan and Alex Ross

CORRECTIONS FROM PREVIOUS EDITION

- **Bill Sutherland:** "My time for the first leg of the Relay was 2 hrs 12 mins 43.4 secs with the course record time being 9 hrs 15 mins 37.2 secs. Sorry for the error, but thanks for drawing it to my attention."
- **Pete Ryan** was "in the running" as they say, when completing his 10K race in Scotland - not race walking it. Peter has talents in both modes of progression!

JILL WISH RIP

We've been advised that Midlands-based prominent judge Jill Wish has sadly passed on. Many Essex readers will have raced in major meetings at which Jill has officiated. Condolence is expressed.

WALKING THE PLANK

"There's only one Steve Allen" - the only race walker turning out to display pedestrianism skills on Boxing Day on Southend pier. It was the annual Southend-on-Sea Boxing Day 2 miles' walk "out-and-back" along the World's longest pier. It's been held continuously since 1954, and is open to runners and race walkers. Two of the host Club's race walkers, Peter Binns and Keith Palmer competed as runners. Most progressed slower than their projected handicap marks - why? Here's June Cork's explanation: "It was *c-o-l-d*, made colder by the feisty westerly cross-wind". Some years ago an offer was made to donate a trophy specifically for walkers, but alas not too many have supported this event - so put Boxing Day 2018, 10.00 am in your diaries now, if you're free for a race on the planks of this pier's famous boardwalk.

TROPHIES DECLARED MISSING

Your Essex County Hon Walking Secretary Ray Pearce has declared the following 2 Essex County AA trophies *missing*. Current holders do not have possession of their trophies, as they're not now in circulation, so couldn't be presented on the day. They are the Essex County 3,000 Metres (Womens) and 10,000 Metres (Mens) trophies. If anything is known could you please contact Ray soonest.

GET WELL SOON

A quartet of those well-known in our athletics' world have suffered recent medical setbacks. Olympic silver medallist Paul Nihill was admitted to Gillingham's Medway Maritime Hospital before Christmas and has since been transferred to an Isle of Sheppey Community Hospital. Barbara Lawton (nee Inkpen), wife of Belgrave Harriers President Carl, spent time in 2 hospitals and thankfully is now back at home. Mick Barnbrook suffered a heart attack and was admitted to a Chronic Care Unit at Margate's Queen Elizabeth the Queen Mother Hospital before being transferred to a specialist unit at a hospital in Ashford. He also is now recovering at home. Enfield & Haringey President Bernie Hercocock hasn't been able to get along to races of late owing to his illness. All have been cheered-up by the care and concern shown by those from our race walking scene - as so many have sent much appreciated "Get Well" cards and messages. From Mick, "I much appreciate all the many cards, kind words and messages that have come my way since I suffered from heart trouble. The response, from Club colleagues and rivals alike, has been truly touching. It shows what a close sport we are and how we all care for each other. I express my profound thanks".

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.

FEB	3	Essex & Eastern Counties 1 Mile Indoor Champs	Lee Valley	1.30 pm
	4	Southern Area 10K Championship/London Walks	Donkey Lane	from 12.00 noon
	4	London Walks (various distances/categories)	TBC	1.00 pm
	17	Enfield League 5 Miles	Donkey Lane	11.45 am
	17	British Athletics Indoor Championships	Birmingham	TBC
	18	SCVAC/VAC Indoor 3,000m Championships	Lee Valley	TBC
MAR	3	Enfield League 5 Miles	Donkey Lane	11.45 am
	4	EAMA Inter-Area Indoor Challenge 3,000m	Lee Valley	TBC
	7	Police Walking Club Annual Dinner/Reunion	CS Club, SW1	6.00 pm
	11	BMAF Indoor Championships 3,000m (men/women)	Lee Valley	12.15 pm <i>prov</i>
	11	England Athletics 10K Champs/Molly Barnett meeting	Coventry	TBC
	13	Ilford AC AGM	Ilford Sports Club	8.00 pm
	17	Slater Bryce Memorial meeting/Sussex 10K Champs	Broadbridge Heath	11.00 am
APR	2	Tonbridge 5K	Tonbridge	TBC
	8	Commonwealth Games 20K (men/women)	Gold Coast	TBC
	14	Cecil Gittins Memorial 5/10/15K (+ Enfield League)	Gravesend Cyclopark	1.00 pm
	17	VAC 5 Miles (all welcome)	Battersea Park	7.00 pm
	22	Virgin Money London Marathon	Greenwich	9.30 am
	25	VAC/Surrey/Middx/Herts 10,000m Championships	Battersea Park	6.45 pm
	26	Athletes Reunited Luncheon	Stratford 'The Cow'	12.00 noon
	29	RWA Annual Inter-Area Representative Match	Nuneaton	TBC

SPORTS THAT TIME FORGOT

Race walking has often been threatened with Olympic exclusion, and in the 1970s its death knell was sounded. Our reaction was emphatic as a campaign secured its retention. However, threats are never far away and some events haven't been so fortunate:

CROQUET

Included in Paris (1900), it was the first time women took part in the Games and only attracted 10 competitors (all French). In 1904 (St Louis) Americans staged their own version - called Roque. Only 4 took part, all Americans. Interest in Roque soon fizzled out, and it failed to be included again.

HOT AIR BALLOONING

The 1900 Olympics (Paris) were held over 5 months at the World Fair. Hot air ballooning saw various distances travelled before weights were dropped on a target. The French swept the board. Those Olympics also saw fire-fighting and kite-flying contests. All disappeared.

EQUESTRIAN LONG JUMP

1900 also saw an official equestrian long jump won by Belgium's Constant van Langendonck with a 20ft leap on his horse "Extra Dry". The event was a damp squib and was dropped when observed that those taking part in the human version could jump further.

CRICKET

Paris 1900 saw the only cricket match ever played - well, so far. Great Britain best France by 158 runs in a match not covered by any National newspapers in either country.

SOLO SYNCHRONISED SWIMMING

This featured between 1984 and 1992 and proved to be a contradiction in terms!

UNDERWATER SWIMMING

As a spectator sport it was underwhelming, but 14 competitors took part in 1900. Swimmers got 1 point for each second spent underwater and 2 for every metre swam while submerged. Frenchman Charles de Vendeville won, notching up 60m in 1.08 mins. He was sadly killed in World War I aged 32. Denmark's Peter Lykkeberg had actually remained submerged for 22 secs longer but lost out as he'd only covered 28.5m after mistakenly swimming in a circle. He only collected bronze.

TUG-OF-WAR

Some might think this as nothing more than a bit of fun at a village sports day but it once featured in 5 Olympics from 1900-1920. It was dropped, apparently because it lacked an International Governing Body. Great Britain won the last contest in 1920, so therefore are reigning champions.

PIGEON SHOOTING

The 1900 Paris Olympics were the only occasion when live creatures were intentionally killed as part of an event, being won with a total of 21 birds shot. Shooting was forgotten in the subsequent Olympics, reappearing in 1908 without 'live' targets. It still features.

ROPE CLIMBING

This appeared from 1896-to-1932. In 1896 competitors were judged on speed and style. From 1900 onwards success came simply to those who could climb the quickest. The most famous winner, George Eyser (Gold St Louis 1904), climbed a 25 metres' rope in just 7 seconds and triumphed despite having a wooden leg, having had an amputation after being run over by a train.

POLO

On horses, this featured 5 times with Britain leading the world gaining 3 gold, 2 silver & 1 bronze. Indeed 45,000 turned out to see Great Britain v Argentina in Berlin games, the last time it featured.

BICYCLE POLO

This sport was invented in 1891 by Irish cycling champion Richard Mecredy and made its Olympic debut in London (1908) as a demonstration sport. Ireland were unusually allowed to compete as a separate nation in this sport, which saw Great Britain beat Germany 3-1 in the final at the White City Stadium. Never again would Bicycle Polo grace the Olympics, though it remained popular until the 1930s.

RACE WALKING? Let's all make sure we never join this list!

ENFIELD RACE WALKING LEAGUE

Saturday 20 January 2018



Ilford AC team photo at Race No 1 of the 2018 Enfield League

SUCCESSFUL MORNING IN THE COLD

On 20 January Ilford AC sent a strong team to contest the opening race of the 12-events 2018 Enfield Walking League held around that town's King George V Playing Fields. It was a red-letter occasion for Ilford's contingent as 5 newcomers to pedestrianism made their competitive debuts, having been coached by former International Stuart Bennett, who himself competed. On a cold morning, around 5 one-mile circuits of a large public park, Ilford were led home by Seb Parris, one better known as a long distance runner (with, so far, 49 marathons completed) but also talented as a race walker. Still under treatment for injury, he'd intended taking it easy. However the thrill of competition spurred him as he completed **5 miles** in 42 minutes and 14 seconds for a high 5th place in the men's race. Next home was consistent Mark Culshaw in 8th position with 48.17 on the stopwatch. Stuart himself was 10th in 50 minutes exactly, with stalwart Dave Kates 11th in 52.13. Special mention is merited for Keith Shurlock who on his debut recorded 56.57 for 18th spot. The Race Walking Association award 5 Miles-in-an-Hour badges for competitors completing this distance in under 60 minutes, Keith earning his at a first attempt! Mick Barnbrook surprised many by lining-up so soon after being discharged from hospital - while Eddie Trotter made his return to action just 2 days before his 69th birthday. Dave Ainsworth "also walked" and Len Ruddock came to give his always welcome support.

The Ladies race saw 7th place secured by Jan Bently-Pearson in 56.15 who also earned her time standard award on a first try. Debutante Rachel Lawless was 7th in 60.04 with newcomers Anne Scurfield and Lesley Morris 10th and 11th both recording 63.35. Experienced Organiser Ron Wallwork MBE, the 1966 Commonwealth Games gold medallist, predicted that those Ilford ladies who hadn't bettered 60 minutes soon would on another occasion when racing in warmer conditions.

After racing the 2017 Enfield League prizes were presented (by former International of note Carl Lawton) in Enfield Town FC's Clubroom with pride of place going to Mark, who was the League's top male points scorer with Ilford AC receiving 2nd team awards. Full result and details of all others in your **Enfield Walker**.

I LIVE HERE

True race walking stalwart **Pam Ficken** has moved, and wishes to advise readers of her new address:

*Pam Ficken
Owl Cottage
109 The Causeway
Bassingbourn
Hertfordshire SG8 5JB*

MRS MARGARET FILMER RIP

Readers will be sorry to hear that Margaret, widow of John Filmer, has sadly passed away. The good lady was a true stalwart at Ilford AC and also on the wider Essex athletics scene. So many times Margaret was a recorder at Ilford's popular Chigwell Row and South Park walking races. To daughter Claire and the rest of the family, we extend our condolence.

HART HOUSE, THE GAMBIA



The Essex Walker Christmas Card appeal 2017 was successful in raising £175 for the benefit of Hart House, the Gambia.

With thanks to the following donors: Dave Ainsworth, Anonymous, Mick Barnbrook, Hilda Nyman, Alan O'Rawe and Bill Wright.

Hart House is a home for children with learning difficulties and disabilities, set up and run by Geoff Hunwicks. Hart House relies solely on donations to keep operating, and any contribution is hugely appreciated. Please click follow this link to see how you can donate: <http://www.harthouse.gm/donate>



Dear Dave ...

BETTY TROTTER RIP

Thank you for your message of condolences for my late wife Bettý, although it is tough going at the moment. I appreciate the thoughts of all the walking fraternity and of course my special children that have been by my side, but I have to get past one more event when my daughter is getting married soon, without her Mum and my special lady Bettý. I hope that everyone had a Happy Christmas and will have a Happy New Year. Will definitely try to see you all soon.

Eddie Trotter

HOLA

I have recently felt able to get back into a bit of training, and have thrown my hat into the ring of a club about half an hour away where a small group of walkers trains, sometimes even sort of together! I went with them to my first official race as a Spanish registered athlete. It was one of the Blue Riband events on the Spanish race walking calendar, and there were some 350 treading the tarmac, from U10s to 2 over 60 women, and a few over 60 men. I don't think I've ever seen such big fields, even at the Masters internationals, or, possibly the Olympics/World Champs. They tell me here that it is the same story as in the UK, in that the sport attracts juniors and Masters but not much in between, but there were certainly some impressive walkers who fell into neither of those categories. I still get news from "home", via the wondrous Essex Walker and

also Ron sends me the Enfield publication, and I am still doing press reports, newsletters, and some stats work for Ryston so I keep my hand in, and keep in touch.

Cath Duhig

SUPERMARKETS AND COPPERS

I was amused by Paul Warburton's tale of Tesco car park. Great to know that he is still putting on his racewalking shoes! The bottom of my garden is divided by huge trees from Morrisons and I once enlisted Richard Pannell's help for a similar "laps around the car park" but overnight session in training for an ultra! More recently (2012) his son was attending me walking up the A30 but was ahead of me in the night in his van when I was "accosted" by Cornwall Police who took some convincing that I was being looked after, wanting me to stop, but I politely told them I was within my rights! Oh the joys of being a racewalker!

Ed Shillabeer

ASKS ED SHILLABEER?

Why don't judges use the same percentage of tolerance for knee locking as they do for loss of contact? Whatever the reason, give us old fogies as much "benefit of the doubt" as is given to the elite in 'A' races.

Ed Shillabeer

AWARENESS AND DONATIONS

Thanks for your latest newsletter, full of great fostering tales and an unbelievable number of fundraising events. Some years' ago Cinnamon Trust was the recipient of the money that I raised with my annual charity-dedicated sporting competition, and thanks to

Michael Kingdon I have again chosen to raise funds for CT in 2018. I will need help with getting pledges of support. I am gathering the infrastructure I need to take part in the Isle of Man 100 mile track walking race August 2018. All costs relating to my participation are covered personally. If a social function soon before or after was organised in conjunction (but not by me, although I will have ideas!) I would expect that to make as much if not more than I will with my walk! I look forward to hearing from you soon so that planning (and training!) can start asap.

Ed Shillabeer
edmundshillabeer@icloud.com

MEMORIES OF THE LAMBETH WALK

I was down Tulse Hill Way SE24 this week and it brought back vivid memories of Surrey Walking Club's Phil Collins great promotion of the Lambeth 5 Miles' Walk in June each year, always on a warm evening in the 60's and 70's and beyond. Many great races took place on the hilly 2 laps' course with a long section of hill steps up Tulse Hill and the long downhill section on the west side of Brockwell Park. Many famous names were amongst the winners, including Mexicans, with the presentations in the Lido. Great to hear news of a new publication by Mel Watman, the past great Editor of the weekly Athletics Bible! Much credit must also be given to race walking expert and race walker supreme, Essex Beagles Colin Young whose column was so appreciated by so many walkers. In those times one was only as good as your last race and that was why the competition was so intense, and the stars were household names in British Athletics and on the billboards outside stations throughout London and beyond. Walking was permitted on most public roads when traffic was not a problem and health and safety was merely a minor interruption! How times have changed!

Bill Sutherland

Adds Hon Ed: The popular Lambeth Walk was indeed a victim of traffic, which Bill refers to. When traffic levels grew, a traditional 2 laps' course outside the park was ended. Organiser Phil kept it going by staging it over a 3 laps' course wholly within the park's fences, before it finally disappeared from the sporting calendar. Bill mentions Mel Watman's athletics'

book. Colin Young has a signed copy and thoroughly recommends it, saying that Mel's the world's 2nd-best athletics writer (an Italian gets Colin's nod as best).

EMAILS CHRIS FOSTER

Thank you for the mentions in the latest fanzine. I had totally forgotten about the story on the front page, and it made me laugh out loud. (I know that you should not laugh at your own jokes). By the way, I have had a minor operation on my dodgy ankle plus a steroid injection, and it seems to have done the trick for a while. However, I was told that if they give me another injection, I would need to carry a card around with me as no doubt I would fail a drugs test if the powers that be should ever want to test a turning bollard for a banned substance.

Chris Foster

AN OFFER FROM MRS IRIS WEBB

I have a large bookcase full of books on quite a few sports, and biographies of sportsmen. They are books Syd owned and was proud of. I wondered if an athletics club would like them to sell to the athletes to put the money into Club funds? They are all in good new condition. They are all of well-known sportsmen. You are welcome to come and see them. I don't want money for them. I think Syd would have liked some young athletes to own them. If interested please phone me on 020 8590 9060.

Iris Webb

BRYAN HAWKINS RIP

Bryan Hawkins, the well-known walker from the distant past, has passed away at the age of 89. He was a very good stylist and fair walker. One of his best walks was in the 1954 European Athletic Championships, where he was 5th in the 10,000 Metres Track Walk in 46-52.8.

Ron Penfold

Adds Hon Ed: Worthing-based Bryan had a sense of humour - indeed he signed many letters "Lord Hawkins of Worthing". An international who achieved place positions in National Championships, he was also the oldest surviving former Enfield Open 7 Miles' winner at the time of that event's memorable 90th occasion (November 2016) and had been invited as a guest. Sadly he couldn't attend,

but sent a nice message to the organisers. By profession he was a leading comedy scriptwriter, and worked for many famous names such as Tommy Cooper and Max Miller. Not one with Essex connections, as far as we know, but one who was a member of a famous and now sadly defunct Metropolitan Walking Club.

Hackney born, he moved to North Wembley when aged 4 - being a ball boy at 3 Wembley Stadium Internationals. He was keen on football and went around London's grounds collecting autographs. He first took interest in race walking when seeing Olympic gold medallist Harold Whitlock out training. Bryan remembered many visits to the old White City Stadium where he recalled Eddie Staker winning many walks. He joined the Royal Air Force and at RAF Halton was part of a strong station team - with future International Judge George Towers as their coach. He was introduced to the Metropolitan Walking Club, who he went on to serve as both Captain and Vice President. When Bryan moved to the South Coast he became a 2nd claim member of Brighton & Hove AC and spoke highly of that Club and particularly of Alan Buchanan.

Looking back on his racing years, he always enjoyed the great rivalry he had with Olympian George Coleman. He enjoyed the London opens, which he recalls were held along roads that - in such times - weren't clogged with traffic! As for judging he mentioned that he never got 2 warnings before facing disqualification, as in his day, walkers had to progress correctly all the time. Bryan once wrote, "Not too many walkers would go past a strict judge like Harry Evans - known by all as 'The Dentist' because he was good at pulling them out. Today's sport needs him". Bryan regards Paul Nihill as the Britain's greatest all-round walker. We extend sincere condolences to his widow Ena, son John and other family members.

Adds Carl Lawton: I, like many others, have not seen Bryan for many years, but to me he was a stylist and a gentleman.

AIROLO LUGANO RELAY

Essex Walker as ever wonderful. I wonder whether you or someone might know when British, not necessary an official team of

walkers, went to the Airolo Lugano relay? Did it develop out of the Nijmegen Marches - perhaps?

John Northcott
northjohn299@gmail.com

MIKE NICHOLSON RIP

The Race Walking Association were sad to hear of the death of Northern Area secretary Mike Nicholson. Apparently Mike died quite suddenly after attending a church service at Beverly Minster. Mike gave tirelessly and selflessly to athletics, particularly to schools' athletics and to race walking ... his effort and enthusiasm will be sadly missed.

Colin Vesty
Honorary General Secretary, RWA

NEW YEAR'S DAY RACE WALK AT RICKMANSWORTH

I have heard through the grapevine that there was a New Year's Day Race Walk at Rickmansworth in addition to the Park Run. I have not heard of this before and wonder whether it might be sign of things to come?

Bill Sutherland

COLCHESTER & TENDING AC NEWS

Colchester and Tending AC have been proud to host 2 low key race walking events recently for club members. In August, to celebrate the London World Champs, the club held a 400m Walk/Run event, with the 24 participants choosing whether to enter the walk or the walk/run. The walk/run results were compiled by the simple addition of finishing positions. Just prior to Christmas, 25 young athletes competed in a 4x100m relay walk and a 4x100m run, the events being scored independently. Small prizes were awarded on both occasions.

Stephen Cartwright (Organiser)

KEN CARDOZO RIP

We were sad to hear of the passing of Ken Cardozo, who we had not seen for a long time. He was a good club walker and must have become a Centurion not long after I did to add his name to long list of outstanding long distance walkers. May he Rest in Peace. With sincere condolences.

Bill Sutherland

FIXTURES - SHOOTING OURSELVES IN THE FOOT

Just filling in my diary for next year and seen the disastrous fixture clash on 20 January. Two events four miles apart and one hour apart. We should have seen and sorted this out or did we hide our heads in the sand?

Carl Lawton

Adds Hon Ed: Many have gone into print about this, all reaching the same conclusion.

BRYAN HAWKINS RIP

I've really enjoyed reading Bryan's life history. I knew he was a great after dinner speaker although I never had the opportunity to hear his oratory. A great walker, a great character and now sadly a great loss. RIP Bryan.

Bob Dobson

How very sad to hear the news of the passing of Bryan Hawkins. A truly great walker and stylist of his day and such a lovely man to chat to, as I gave him a call from time to time. His life story is wonderful reading and we greatly appreciate it being so detailed. A wonderful life indeed! May he Rest in Peace. With sincere condolences.

Bill Sutherland

Bryan always looked very young for his age and walked with impeccable style and impressive speed for a vet. He also had a great store of jokes and anecdotes. My dad (Alan) is now living near Worthing and runs most days with a parkrun 5k on Saturdays.

David Buchanon

DONALD ERNEST (Jimmy) JAMES RIP

Not a southerner, but a well-known Midlands' walker, was Jimmy James of the now defunct Royal Sutton Coldfield WC (who later joined Birchfield Harriers). He sadly died in August 2015 aged 87, but only recently did his family notify us. An active sportsman (athletics/boxing/ cricket/football), he became Centurion C421 in the 1968 Leicester-to-Skegness race clocking 22:19.12 in a race was won by Clubmate C233 Karl Abolins (his 3rd successive UK victory at this distance). That

race brought a certain John Hedgethorpe (C413) into the Centurions, clocking 19:01.40 for 2nd place. Typical of John was that, after nearly 100 miles on his feet, he got 2nd after an almighty 100 yards' dash sprint finish to the seafront with Dutch competitor (C387) Mart Kastelijus - who he pipped by 1 second. That 1968 race was cold throughout, with temperatures never exceeding 50 degrees. As for Jimmy, he did another 100 miles' race 20 years later - at the age of 60 - finishing 7 minutes quicker! Sadly arthritis ended Jimmy's racing career. To his widow, son and daughter we extend condolence.

Tribute from our 1967 RWA National 20 Miles' Champion and fellow Royal Sutton Coldfield WC member:

Although rather belated news I was saddened to hear of Jimmy James death. He was a great character and a real pleasure to know. I remember the year 1968 when he and I took part in the Leicester to Skegness. Jimmy gained his Centurion status and I withdrew after 20 miles wondering what on earth I was doing walking in darkness! Nothing to do with theology, simply lost interest!! He was a great team member along with another Centurion by the name of Karl Abolins. Both remembered with admiration and affection. May he rest in peace and rise in glory.

Dr Rev Roy Lodge MBE

EMAILS CENTURION STEVE KING FROM CANADA

Really do appreciate you keeping me in the loop and I love getting the newsletters to see how things are faring in Essex and in the UK. We won't be making any trips to the UK this year as I will be doing quite a few announcing gigs that require travel and take up all my vacation time. We did have a wonderful time in Greece though in September and loved the islands we went to. Please extend my best wishes to anyone who remembers me. Have a wonderful 2018.

Steve King

ESSEX WALKER

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