

Essex Walker

Editor: Dave Ainsworth

MISSING PERSONS ARE WANTED

History was made at May's Inter-Counties Championship in Coventry. For a first time ever, no Essex race walker even made the start line. When commenced in 1934 at Mitcham - it was held over 10 miles, not 10 kilometres as nowadays - and an Essex man won it (Alf Pope of Woodford Green AC, as then called, clocking 78.04). Alf and so many, many others who've worn our Essex colours in this long established, will be turning in their graves. Indeed only 4 finished the Senior Men's 10K Championship!

Earlier in May just 2 senior men finished your Essex County 3,000 Metres Championship at Chelmsford's Melbourne Park Stadium, one of whom wasn't a regular part of our race walking scene. Our County 10,000 Metres has already been thrown out of an Essex Championship meeting - some years' ago your County 3,000 Metres was ditched and scheduled on a "supplementary day" along with heats and juniors' events. It took 6 years before we could convince the Essex County AA to re-admit us back to their main County programme. Do you readers want that to happen again?

A grim May saw the annual combined Civil Service 10k Championship/British Police 10K Championship/Ryan Cup Representative come onto our territory - at Stratford's Queen Elizabeth Olympic Park. The Ryan Cup used to be a 3-way contest between the British Police, Civil Service and Combined Services over 10 Miles. Nobody made those 3 teams if over 90 minutes for 10 miles! Nowadays it's 10 Kilometres with mainly retired personnel keeping it going - this year was 3-a-side! As so few entered, Organiser kindly opened it up to guests. Bearing in mind many Southern-based race walkers are themselves retired, it was thought a number would like to sample a new venue (QE Olympic Park). Wrong ... as few showed.

Writes Bob Dobson about Coventry:

- *"Sadly NO ESSEX representatives in the National and Inter Counties 10kms championships at Coventry, except Peter Cassidy - timekeeper, Peter Marlow - judge and Bob Dobson - chief judge's recorder."*

Writes Alex Ross about Stratford:

- *"Heartiest congratulations to all competing - but sad reading nevertheless."*

MEDALS AT THE GOLD COAST

After its disgraceful absence in Glasgow (2014), race walking returned to the Commonwealth Games programme in Australia. Pride of place went to Tom Bosworth, who put his IAAF 20K disappointment behind him to challenge for a victory throughout the race, coming a close 2nd, just 4 seconds behind the host nation's winner. Tom with 39.57 at 10K showed he meant business, his time at the end being a **British best**. Afterwards an elated Tom was interviewed and said, "Some people doubt what race walking is all about - well we put on a show. It was entertaining and that is what sport is all about". Tom had the kudos of being appointed England Athletics Men's team Captain. One of a Captain's main duties is to encourage and support fellow team members - one hopes he showed more concern than at the Rio Olympics when failing to show up and give support to our very own Essex star - Dominic King - when he lined-up at 50K. And what more can be said about World Junior No.1 Callum Wilkinson, who so soon after commencing race walking, is now a regular on the "big-time" scene. He was rewarded with another highly-respectable major event finish. The Women's Walk was dramatic as leader Claire Tallent saw red when leading with 2 kilometres to go. Claire became a mother 10 months' ago, and was recently

hit by a car - so it's a tribute to her tenacity that she was giving it her all on the big occasion. Disqualification saw fellow Australian Jemima Montag become race leader and Welsh star Bethan Davies - who had spent most of the race in 4th - move up to the bronze position, which she held with distinction. A word for those who travelled so far to give encouragement to all our British Isles' entrants - what commitment they show, time-and-time again. Ron Wallwork (Jamaica 1966 gold medallist at a then 20 miles) was interviewed as a celebrity on ABC Gold Coast FM radio. If you missed the action, BBC's website has film of both races. A great occasion - which would have been so much better with more race walk competitors - to prove that we truly deserved to be back on the programme, **and definitely worth retaining for 2022.**

MEN'S 20K

1. Dane Bird-Smith	Aus	1:19.34
2. Tom Bosworth	Eng	1:19.38
3. Samuel Ireri-Gathimba	Kenya	1:19.51
4. Benjamin Thorne	Can	1:20.49
5. Quentin Rew	NZ	1:21.47
6. Manish Singh	India	1:22.22
7. Callum Wilkinson	Eng	1:22.35

15 started/finished

WOMEN'S 20K

1. Jemima Montag	Aus	1:32.20
2. Alana Barber	NZ	1:34.18
3. Bethan Davies	Wales	1:36.08
4. Khusbir Kaur	India	1:39.21
5. Gemma Bridge	Eng	1:39.31
6. Beki Smith	Aus	1:40.41
7. Heather Lewis	Wales	1:41.45
8. Grace Wanjiru Njue	Kenya	1:42.23
9. Erika Kelly	IOM	1:47.29

11 finished/2 disqualified

AT THE PALACE

IAAF President Seb Coe has called on the public to fight for the future of Crystal Palace Sports Centre (where he first raced in 1970) as campaigners warned of its potential closure and an end of athletics in this corner of south-east London. This now run-down centre is gloomy, having suffered from a lack of investment, and is thought to cost its owners (Greater London Authority) about £1million a year. A consultation process, initiated by London Mayor Sadiq Khan, is set to begin over the future of the venue, which includes a 16,500 seater stadium. Steve Ovetts warned, "Once it's gone, it's not coming back." John Powell (Chairman/Crystal Palace Sports Partnership) warned of a doomsday scenario for the site which opened in 1964, adding, "If the indoor track goes then athletics is dead at Crystal Palace and in south-east London." Powell said that the state of disrepair had got to a point that pigeons were flying around the indoor track and venue cafeteria, fouling the track and tables. An initial consultation period was carried out by sports consultants Neil Allen Associates on behalf of the GLA to evaluate the need for sports facilities at the site. A fresh consultation period over potential proposals could soon begin. Mayor Khan's spokesperson stated, "He is committed to keeping sports at Crystal Palace but it's clear the venue needs investment". Many EW readers will have sporting memories of better days at Crystal Palace - both their own better days and those of the location itself.

VIRGIN MONEY LONDON MARATHON NEWS

Well done to all who appeared, helped or came to support - on the hottest staging since its inaugural event in 1981. Ilford's Seb Parris has a commitment to this event, as his first marathon run was in a "London". Seb was well supported by his family as he ran 3.37.03 to record his 50th marathon finish (yes folks, his aim is 100). Club colleague, former Scottish International Stuart Bennett, race walked it in 5:26.50, just behind your hard-working RWA General Secretary Colin Vesty (Leicester WC) who clocked 5:25.39. Race walkers Phil Lockwood (Sarnia WC) and Dave Hoben (SWC & Vets AC) were timed at 5:40.28 and 6:26.31 respectively. Fiona Bishop, one talented at both running and race walking modes of progression, ran it in 4.26. Barbara Ralph, who we see at many of our walking races, ran it in around 4 hours 25 minutes. Dr Kitty Hung, who organises our annual Metropolitan Police Walking Club Dinner, ran it in just over 5 hours - despite suffering cramp in her left thigh from 18 miles onwards. Kathy Crilley, as we know, scratched owing to a mishap - but will be in contention next year. Walkers in the London Marathon have dropped in numbers as race walking active participants have also done so - a pity, as it gives us an opportunity to showcase our event before a million spectators and so many more television

viewers. Writes Colin: "Had a torrid time out there in the second half and was expecting to see Stuart come sailing passed me but I'm guessing he struggled a bit too, so slightly relieved to see he was a minute behind."

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.

JUNE	2	Moulton Open/Enfield League 5 miles + support card	Moulton	12.30 pm
	3	BMAF 10,000m Championship	Horspath	12.40 pm
	3	Surrey/Sussex Masters 3,000m Championships	Ewell Court	TBC
	7	Mel Watman's 80 th Birthday Luncheon	Stratford (The Cow)	12.00 noon
	9	Jack Fitzgerald Memorial races 3 and 6 miles	Tilgate Park	12.30 pm
	12	Woodford Tuesday Walk 3,000m	Ashtons Track	8.30 pm
	17	BMAF Road 5K Championship	Horwich	10.45 am
	19	Veterans AC 5 miles Championship (all welcome)	Battersea Park	7.00 pm
	27	SWC/Blackheath Johnson Bowl 4 miles	Norman Park	7.30 pm
	23	Manx Telecom Parish Walk 85 miles	Douglas	8.00 am
	24	Southern 8 Inter-Counties' Match 3,000m	Chelmsford	TBC
	30	LICC/Enfield League 5,000m + 3K + 1K	Allianz Park	11.30 am
	30	Jim Sharlott Open/BMAF 10K Champs/Open 2K	Abbey Park, Leicester	11.00 am
JULY	1	British Athletics 5,000m Championship	Alexander Stadium	TBC
	10	Woodford Tuesday Walk 3,000m	Ashtons Track	8.30 pm
	10	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
	15	BMAF 20K Road Championship	Coventry	TBC
	21	Mueller Games 3,000m	London Stadium (Stratford)	TBC
	23	SCVAC Track & Field League 2,000m	Hemel Hempstead	6.30 pm
	28	LICC/Enfield League 5,000m + 3K + 5K	Alliance Park	11.30 am
AUG	7	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
	11	Eastern Masters 2,000m Championship	Garon Park	1.20 pm
	18	Open 100 Miles/UK 100 Miles	Douglas (IOM)	TBC
	21	Woodford Tuesday Walk 3,000m	Ashtons Track	8.30 pm
	25	BMAF 3,000m Championship	Alexander Stadium	12.40 pm
	26	BMAF 5,000m Championship	Alexander Stadium	1.00 pm
	27	Southend 1 Mile (+ George Woods Trophy)	Garon Park	10.30 am

DUDINCE 50km - England Athletics Selection UK TRIAL BERLIN EUROPEAN CHAMPS

AUGUST – Report by George Nibre

The KINGS were probably the first pair of British walkers in a 50kms event to go under 4 hours 10 minutes in the past 30 years since the Seoul Olympics. I will bow to the experts on this fact.

The word **fail** in the RACE WALKING RECORD is a bit harsh in so much as they actually performed creditably in the early season of racing events. Again, people will have their opinions on the performance, UP TO 35 KMS THEY WERE BOTH ON FOR UNDER 4 HOURS.

Thanks must go to Henry HORNE who has professionally assisted/supported both walkers and myself over the past years with drinks, sponges and patience, guidance on the feeding stations during their 50kms races. Without his help in important selection races, their performances may not have been so successful. His honesty and direct opinions have definitely influenced their mind set and racing philosophy.

With reference to the Dudince 50kms result on Saturday 24 March 2018, race won by Rio 2016 Olympic Champion Matej in 3 hours 42 minutes. Very cold freezing conditions at 8.00am start, for UK trial for European Championships in Berlin in August 2018. Both fit from training in Spain, but last 3 weeks' snow and adverse weather conditions in Essex interrupted any long term efforts and some of the more specific tempo sessions. **The early season race was 4 weeks too early**, but BOTH did sound creditable efforts; Dom KING 4 hours 6 minutes 34 seconds, Dan KING 4 hours 8 minutes 16 seconds. **Both maintained perfect pace judgement until 35kms**, then

struggled in freezing cold conditions for the final 15kms. A lot of walkers DID NOT FINISH, so their efforts were highly competitive in the difficult early season conditions. Their splits were as follows:

	Dom	Dan
5 kms	23.49	23.52
10 kms	47.26	47.38
20 kms	94.45	95.09
25 kms	1.58.31	1.58.54
30 kms	2.22.23	2.22.55
35 kms	2.46.56	2.47.16
40 kms	3.12.09	3.13.09
45 kms	3.39.31	3.39.54

Both athletes can take encouragement from very solid performances with **one red card being given to each walker.**

Dan in particular can take positives out of the race following two years of injury and technical problems, with a sound effort. This can be a stepping stone for 2020 and next year in the World Championships. Dom will be disappointed ALSO, having had an indifferent 2017, and having reached the IAAF/European 50kms standard of 4.08, will not be nominated for selection by UK athletics as the team selection standard is 4 hours 3 minutes. Dom/Dan will

endeavour to improve their techniques and 20kms speed for the forthcoming events ahead on the International calendar. This early season 50kms race came TOO EARLY in the year for both athletes to achieve the required selection time. However, both athletes will continue to develop in the endurance arena over the year, before the 2019 World Championships and the 2020 Olympics.

George Nibre

RWA PRESIDENT'S APPEAL

Race Walking Record – February 2018



RACE WALKING ASSOCIATION
FOUNDED 1907
(www.RaceWalkingAssociation.com)

PRESIDENT – Noel Carmody

HONORARY GENERAL SECRETARY	Colin Vesty (rwasecretary@yahoo.co.uk)
HONORARY TREASURER	Mark Easton (rwatreasurer@yahoo.co.uk)
HONORARY CHAMPS SECRETARY	Petr Marlow (pmarlow@btinternet.com)
CHAIRMAN	Glyn Jones (glyn.jones@blueyonder.co.uk)

President's Appeal 2018

Dear All

I am very honoured to have been elected as your President for 2018.

As your President for 2018 I am launching my President's Appeal. The funds raised will be made available to the Race Walking Association to assist with funding the annual Nihill Shield match versus Ireland.

Hopefully, funds raised through this appeal will reduce the financial contribution that young athletes (*parents of*) have to make towards the cost of travel and accommodation. Especially taking into account that they are selected by the RWA to represent the English Race Walking Association.

I look forward to a very good year and the continuation of the excellent progress the UK has made over recent years.

May I look to you to play your part, by sending a donation to me at the address below, handing to me at a race meeting or by bank transfer, details below.

Thank you once again for your support.

Kind regards
Noel Carmody
President
Race Walking Association

<p><u>Cheques Payable to Race Walking Assoc.</u></p> <p>Noel Carmody 41 Herbert Road Bexleyheath Kent DA7 4QF</p>	<p><u>Bank Transfer Details</u></p> <p>Race Walking Association Account No: 33395057 Sort Code: 20-74-12 Show Ref: Appeal 2018</p>
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GET WELL SOON

We're sorry to hear that popular Centurion Kim Howard broke an arm when slipping as she trained on Hadleigh Downs, which needed placing in plaster. This time last year, the good lady had the distinction of completing her 100th marathon - achieved when completing the Brighton Marathon. Kim had entered this year, but this injury prevented an appearance in a race that would have brought back so many happy memories. However Kim still went to Brighton for the occasion and to encourage the many others who show up for this popular fixture.

ALEXANDER STADIUM

This location is where many important RWA meetings are held, as well as National Athletics' Championships. The Government have pledged £70 million to convert it into a World-class venue, in time for our 2022 Commonwealth Games, as capacity will rise from its current 12,700-to-40,000. At present when National Championships are televised (with so many "big names" missing) viewers see loads of empty seats in the background and little or no atmosphere on "the small screen". When the Commonwealth Games "circus" moves on, how will such meetings with 40,000 seats come over on television if there're not occupied? Answers on a postcard.

RON EATON RIP

In that wonderful tome which was published on the occasion of Woodford Green AC's centenary (written/edited by Tony Maxwell), Ron's recorded as one of Woodford Green AC's esteemed Centurions. The Centurions were never informed that **C655 Ron Eaton** had died aged 86. He lived in Chadwell Heath and was a **Woodford Green AC member**. When the latest Centurions' Handbook was published in 2011 a "chance was taken" on marking him down as a deceased member. This because, some while before this handbook was published, he'd been ill and was moved into a Care Home. He was a better runner than a race walker, having completed all manner of long-ones (including the London-to-Brighton run), and was a member of the 100K Association. His time in the **1979 Ewhurst 100 Miles' Walk** (over 100 starters) was 21:25.00. Others qualifying that day were Mick Barnbrook, Andrew Bainbridge, Chris Hayes, Tony Perkins, Ron Purkis and George Woods.

When a large financial loss was incurred at a 100 Miles in Colchester's Lower Castle Park - due to the antics of entrants (and attendants) from Ukraine (a long story), OAP Ron was one of the first to send a donation - in response to an appeal to meet this loss (which did). Ron lived near Geoff Hunwicks and the late Lawrence Dordoy, while Dave Sharpe often passed near his house when training - always stopping for a chat with Ron if he saw him out-and-about. Now - thanks to Veterans Athletic Club (VAC) - we now know he died in **2011** - so at least we can properly record his sad passing. His wife sadly died before him.

VETS AC 5 MILES

Your 2018 evening series, around 3 circuits of Battersea Park's Queen's Carriageway, got off to an eventful start. At the front Ilford's Seb Parris recorded an emphatic first win at this venue, clocking 43.26, despite easing-off in order to save something for the weekend's Virgin Money London Marathon. Making it an Essex 1-2 was Loughton's Melanie Peddle with 49.59 on the stopwatch. Battersea regular and many times former winner Steve Allen (Barnet version) completed the frame in 51.09. 11 started/10 finished. Alas back-marker, SWC's Kathy Crilley, was knocked onto the hard concrete surface by a speeding cyclist. This required admission to the nearby Chelsea & Westminster Hospital, then 2 days as an in-patient with 2 cracked ribs + injuries to her neck and head. After discharge, the good lady was forced to scratch from the London Marathon - but plucky as ever, promptly claimed her guaranteed entry for the 2019 occasion! Kathy does so much for race walking and this was reflected in the many "Get Well Cards" and good wishes that came her way from concerned friends. We all wish her well.

"PENSIONER INJURED IN CYCLE COLLISION"

A woman in her 70s was taken to hospital after being involved in a collision with a speeding cyclist in Battersea Park on Tuesday evening. The woman, who cannot be named due to the sensitive nature of her employment, was taking part in a racewalking event when the incident occurred, and suffered injuries to her head, neck, and ribs as a result of the collision. She was released from hospital after 48 hours. A spokesman for the hospital commented, "We usually keep older accident victims in for observation to make sure there are no hidden complications. We are very aware of our obligations to the elderly." [Source: The Daily Fitup, El Mojón edition]

Comments:

- We had a similar type of accident at a Finsbury Park run some time ago and now have to produce 8 marshals **with warning signs** every week otherwise Haringey Council will not allow it to be held. Perhaps this is something Veterans AC will have to look at in future? **Bill Sutherland**
- She does a lot of events, a race junkie, and will be very upset at missing some of them. **Dave Hoben**
- Shocking news, very sorry to hear about this. Poor Kathy - what a shock! **Sandra Brown.**
- Very sorry to hear about the accident. There should be a speed limit in the park, for all users. We have given up using the riverside of the park for training because of the very dangerous cyclists. **John Hall**

- This was an occurrence that was waiting to happen, there is a 12mph limit supposedly but many cyclists ignore it. Fortunately Kathy was not too badly injured but it could have been a young child and the result could have been far worse. **Carl Lawton**
- A most regrettable accident. Kathy appears (it's still rather vague as to what exactly happened) to have been hit from behind by one of the many cyclists using the perimeter road. I saw someone on the ground surrounded by quite a number of people and passed on not realising until I finished that it was poor Kathy. Paramedics came and cared for her and dealt with a head wound and, after a while, she was taken to the Chelsea and Westminster Hospital for overnight observation. Fortunately her personal effects were retrieved. It's still uncertain what is the extent of her injuries and hopefully not too bad. There was real shock amongst the athletes and anger at the speed some of these cyclists go round the park. Something does need to be done to curb their speed. **Chris Flint**
- Sadly Battersea Park races have long been a health hazard. With cyclists, skateboarders, roller skaters, joggers and strollers weaving in and out of the competitors, plus children kicking footballs and dogs wandering about on extremely long leashes it's fortunate that there hasn't been a serious accident before. **Steve Uttley**

FROM KATHY

"I was walking a straight line and the road was clear. Recovery is slow and I haven't been able to venture outside yet - thank goodness for Tesco home deliveries ... "

Adds Hon Ed: Battersea Park in good weather always brings out the masses, which makes it difficult for athletes. The worst example many will recall is the 1995 SWC Battersea Park 100 Miles, held over a hot weekend. The park was crowded in daylight hours. A London Commercial radio station sponsored a skateboard festival, there were cyclists, runners, joggers, roller-skaters and so many park users aimlessly ambling across our racing surface. No shouting "Track" to non-athletes! Among joggers was former Yorkshire professional wrestler Brian Glover ("The Red Devil"), who became a National Theatre actor and starred in "Kes" - before dying so young at just 63. However it's their park as well as ours, but it's hard for so many activities to progress together in harmony and safety. Among new Centurions (in order) were the late Boyd Millen, Kathy Crilley herself, Pam Ficken (who got more applause when finishing than did winner Richard Brown), Dave Kates, popular Essex visitor Hans van der Knapp, Southend's Ray Platt, Maureen Cox and recently departed Ken Cardozo. Anybody walking 100 miles among so many park users deserved all the credit they got. In the 1997 Centurions' Handbook (edited by participants Bob and Ken Watts) is written, "Held amid hot and humid conditions, the race had been moved from Ewhurst for safety reasons but with hordes of people in the park taking part in various competitions and the constant threat of being run down by roller skaters, one wonders if even a park circuit can be called safe? *How prophetic!* 65 started/32 finished/1 disqualified. It was Richard's 6th win at the time, equalling Dave Boxall's record and, it goes without saying that Sandra was among those finishers.

COMMONWEALTH GAMES WORDS

<i>Rebecca Adlington</i>	"The thing about Adam Peaty is he's unlike anybody else. You can put him in the same bracket with Michael Phelps".
<i>Adrian Moorhouse</i>	"Like all great swimmers, he knows he's not great yet" - and - "So often swimmers find it difficult performing on Australian soil".
<i>Chris Boardman</i>	"It's like trying to put square holes in round pegs".
<i>Gabby Logan</i>	"There's nothing Hudson-Smith can do about it, but is there anything he can do about it." - and - "Callum Hawkins has spoken, so he is speaking."
<i>Clare Balding</i>	"I've literally run out of words to describe this girl, She's phenomenal."
<i>Shane Williams</i>	"England's defence looking disjointed and tired, but still looking good."
<i>John Jackson</i>	"A gold medal is unobtainable, but that's what they're aiming to get their hands on."
<i>Rob Vickerman</i>	"Three words we often say, get that man the ball."
<i>Christine Still</i>	"When you get a chance like this, you have to jump at it with both hands."
<i>Johnnie Peacock</i>	"If you miss a drug test, you haven't got a leg to stand on."

NEWS FROM HILDA NYMAN

We saw Hilda at January's Enfield League event, but sad to report the good lady still needs crutches (now 4 months) as progress isn't as rapid as hoped for - hopefully things will improve soon. Using crutches didn't stop plucky Hilda getting out-and-about at various points along the London Marathon route on a truly hot day, to cheer on her grandson, who made a marathon distance debut. The lad clocked 4 hours 30 minutes (truly remarkable in such conditions) and also as he'd never gone beyond 16 miles in training - his fitness coming from involvement in local football. Hilda herself has several London Marathon completions on an impressive record.

THE DOUBLE DOUBLE

Race walkers were to the fore at the annual Pednor 5 Miles, which was held in high heat on a testing 5 miles' loop into the Chiltern Hills on May Bank Holiday Monday. There were special prizes for athletes with the lowest added times for this 5pm walk, and for a 7pm run on the same course. Ilford's Seb Parris was 1st man with a combined total of 71 minutes and 20 seconds, being 10 minutes faster than his next rival (walk 39.46/run 31.34). Seb was 35th in the run, among 241 starters. Fiona Bishop won the ladies combined walk/run prize in 102.30 (walk 54.33/run 47.57). In the walk, Ilford were in good form with 4 in the top 7 as 2017 winner Seb (1st by 5 minutes) was backed up Stuart Bennett 4th, Steve Uttley 5th and Dave Kates 7th - clocking respectively 52.40, 52.41 and 54.17. It was good to see Steve back after a long injury lay-off. Loughton AC 2nd claimer John Hall was 3rd in 50.13. Other Loughton members on the result sheet were John Borgars 8th and Sean Pender 16th, recording 54.35 and 61.39 respectively. Colchester & Tendering athlete Stephen Cartwright was 10th walker home in 56.51. Helen Middleton won the ladies race in 49.51 with Loughton's Melanie Peddle 2nd in 53.39 and Fiona 3rd. Well done to all who raced in the heat.

BRUCE TULLOH RIP

Not a race walker, but one readers will be sorry to have seen depart, aged 82. An Olympian (1960 Rome) he's best remembered for winning a 1962 European 5,000 metres gold medal on a Belgrade cinder track while running barefoot as usual - catching out rivals when sprinting home from fully 700 metres out! Tokyo's 1964 Games came at a bad time, as he missed out after catching German measles. "I really had a good chance of winning" he told Roy Plomley on "Desert Island Discs". Only 5ft 7ins tall and 8st 3lbs he described himself as "Like Lester Piggott, but not as wealthy". He was a regular visitor to Kenya where he coached stars Mike Boit and Richard Nerurkar. The Devonian ran at Wellington College, but with no great success - then, like so many, it was while on National Service that his performances stepped up a gear. He showed little interest in the 1968 Olympics, being a strong opponent of staging them at an altitude of 7,500 feet. Instead he did something more challenging by running across the United States (2,876 miles) in under 65 days - so knocking 8 days off the record. His wife Sue and son Clive accompanied him on a successful task sponsored by British Leyland, Schweppes and The Observer (for whom he wrote a weekly column). Aged 58 he ran the 1994 London Marathon, winning his age group in 2hr 47min. At 60 he clocked a 1hr 16min half-marathon and at 75 completed an Athens Marathon held on the original marathon course. He leaves behind his wife Sue and children Clive, Jojo and Katherine.

Thanks for the memories!

MEMORY LANE

I attended a special occasion for ex-RAF personnel at the RAF Museum (Hendon) in May, staged as part of the RAF's Centenary Year. Ken and Margaret Livermore were also "on parade". I always look out of a train window when approaching Colindale Station, and look at that one-mile course the 1989 Arthur Eddlestone 100 Miles Memorial Walk was held on (**brings back memories**). All I saw was a huge building site - mainly blocks of flats. There's hardly anything left of the famous Metropolitan Police Training College. I hope the John Bromley Memorial Clock is somewhere safe! With huge blocks of flats everywhere, it looked like a pre-Cold War suburb of East Berlin. What a disappointing sight. **DA**

ESSEX COUNTRY TRACK CHAMPIONSHIP - 13 MAY 2018, CHELMSFORD

Report by Peter Cassidy

The County Championships were held in fairly pleasant weather and had a fair turnout. In fact, of the Senior Women's events, the only ones to have more competitors than the walk were the 200m and the Hammer, each with seven (while the steeplechase and triple jump had none at all).

The men's race, depleted by the non-appearance of two of the entrants, was a very sharp affair, with Dominic and Daniel King leaving the rest nowhere and actually lapping the senior field in the combined race. Unfortunately, Daniel was disqualified right at the end, leaving Dominic as Champion and Keith Palmer as silver medallist.

The women's race saw the first Championship appearance of three of the new crop of Ilford ladies, who finished within hailing distance of each other, first Sophie Hales and then Melanie Peddle lapping them.

Interestingly, there were two Under-13 Boys in the 1000m race, the Alexandrou brothers from Havering, who had a close race and were never more than a few seconds apart.

Senior Men, 3000m

1	Dominic King	Colchester H	12:40-00
2	Keith Palmer	Southend AC	18:59-05

Daniel King *Colchester H* *DQ*

Senior Women, 3000m

1	Sophie Hales	Unattached	14:42-53
2	Melanie Peddle	Loughton AC	16:59-80
3	Rachel Lawless	Ilford AC	20:48-03
4	Anne Scurfield	Ilford AC	21:17-99
5	Lesley Morris	Ilford AC	21:41-99

Under 13 Boys 1000m

1	Sebastian Alexandrou	Havering AC	6:49-90
2	Dominic Alexandrou	Havering AC	6:54-16

Ray Pearce (Chief), Steven Cartwright, Peter Cassidy and Pauline Wilson judged.

ESSEX ATHLETES IN THE FRAME (At Stratford)

The Civil Service 10K Championship was won by "dark horse" Jason Brewer in 61.41, defending champion Steve Uttley was 2nd in 62.13, and John Hall 3rd in 63.44. Bob Dobson supported this event for the umpteenth time and clocked 75.27. The British Police only had 4 takers at 10K, won by defending champion Martin Slevin (Dyfed-Powys) in 65.03, George Nibre rolled back the years to represent the Metropolitan Police and came 2nd in 66 dead, with RWA Chairman Glyn Jones (West Midlands) 3rd in 66.57. It was good to see popular Dan Maskell back after an absence, and he came 4th in 69.11. The Ryan Cup (now 3-a-side) was won by the defending Civil Service (6 points) who beat the British Police (15 pts). Maureen Noel won the Ladies 5K in 32.08, followed by Michelle O'Neill-Hare 33.33 with fast-finishing Geraldine Legon 3rd in 34.46 and Pamela Abbot 4th in 35.14. Southend-based Val Mountford was 7th in 44.18. The Police race was won by its only finisher Ann Crofts who clocked 41.25. Guests were invited to appear, but hardly any did! Thanks to Organisers for keeping this event going, and to all who turned out to officiate, help and encourage the small field. It was held at the vast Queen Elizabeth Olympic Park, though the area allocated for this race was on an exposed course "in the middle of nowhere" which made it even more dismal on a cold blowy afternoon.

TOP MAN

We praise officials and one worthy of acclaim is Tony Perkins, who recently volunteered in a marshalling capacity at his local parkrun for a 200th consecutive time - **Congratulations!** Indeed of 211 held in Braintree, since they started at the Great Notley country park, Tony's been at 201 of them...so far!

TOP MEN TOGETHER

Genial cabbie Steve Allen recently was hailed by another great marathon man - 56 year old comic Eddie Izzard - who once ran 43 marathons in 51 days, and later ran 27 marathons in 27 days for Sport Relief. Steve himself has run truly fast marathons - good enough to secure guaranteed entries in future London events. And he's speedily race walked a few in his Royal Mail uniform.



Dear Dave ...

PETER GRUMBRIDGE RIP

Just in case you have not already heard, Peter Grumbridge, our former General Secretary, Field Judge L5 and a Life Vice President, passed away recently. He was 94.

June Cork

**Hon General Secretary/Membership
Secretary Southend-on-Sea Athletic Club**

VIEW FROM THE CROWD

Tremendous racing today in tough conditions. You probably saw the races on tele, so don't need me to tell you that Tom put in a great performance. It was also an impressive race for Bethan and a real fillip for Welsh walking. Met up with now 82 years old Bob Gardiner (2nd in Edinburgh 1970) and we had a good chat.

Ron Wallwork

Adds Hon Ed: Ron was 5th in 1970 - in a faster time than when winning his Commonwealth title in 1966!

THE FUTURE OF COMMONWEALTH GAMES RACE WALKS

Looking to the future of the Commonwealth Games race walks 2 major points in our favour for Birmingham 2022 are the overall performances of the UK team members both men & women, which was outstanding, and in fact we would have tied 18 points each on a 2-a-side team race. Most of all though was the fantastic promotion of these race walks by Australia at a superb venue with probably one of the largest supporting and enthusiastic crowds ever seen at a Commonwealth Walks venue. On the downside remember the future will be discussed and voted on by the Commonwealth Games Council representing 71 nations to date. We have to face the facts that the Men's and Women's field of walkers, with 15 and 13 participants, only represented 8 countries, which is only around 10% of the total. This surely has to be addressed urgently by those currently involved. Food for thought!

Bill Sutherland

DOWN MEMORY LANE

Bob is now 82 and we had a good natter recalling the cold wet out and back course in Edinburgh along the coast road. A complete

opposite of the 30c at Currimbin. He asked me to pass on his good wishes to Bill Sutherland.

Ron Wallwork



SO GLAD I WALKED IN YESTERYEAR!

I remember Bob Gardiner very well. Caught up with him around 16 miles and he helped pull me away from Bob Dobson and Ron Wallwork in a North Sea head-on gusting wind through Portobello, not helped by the cobble stones. He was a great 50 Kms Walker finishing 5th in the Olympics. The late Fred Duff BEM always said I should have gone for silver, but knowing I was 10 minutes ahead of the time I did in the British trial, and not knowing how far Bob and Ron were behind me, I thought it best to just hang on for a bronze after an extremely fast race from the start 37.21/37.29/39.31 (fastest third 5 miles of the entire field) and 43.03. I never thought honestly I could win a medal with so many race walking stars in the field, so I know how Beth Davies (Wales) must feel now. Remember I always thought she had a special talent.

Bill Sutherland

Adds Hon Ed: Bill was 3rd in the above mentioned 1970 Commonwealth Games 20 Miles Walk, behind Bob Gardiner. Credit where it's due - over 3 years' ago (in Essex Walker) Bill predicted a bright future for Bethan.

JOHN NORTHCOTT'S CONTRIBUTION

Reference our last issue: The Eschborn date to which John refers was 1970. His donation to the athletics collection at Birmingham University was made when NUTS member, the late John Bromhead, worked there. After he left, the University were uninterested and prompted NUTS to start their own collection and which was recently transferred to Croydon, where it should be more accessible and much remains to be catalogued. The

University has been more co-operative in recent years. **John Powell**

CHARA CHALLENGE

Approaching finish on Dartmoor in 9th after Commando 30 miles' yomp (carrying 20kg less than lads completing their last challenge for their coveted beret, but giving a few years away, not operating as a team, with less than a week's notice of participation and losing a half hour from getting lost!). **Ed Shillabeer**



Adds Hon Ed: This event, to raise funds for SSAFA (Soldiers, Sailors, Airmen & Families Association) commenced in 2009 when 3 Commando Royal Marines suffered 37 killed and 167 seriously injured after a tour in Afghanistan. To date 3 Commando have lost 54 members in action.

The Chara Challenge motto is: "There Is No Such Thing As Insurmountable Odds." Ed's collection is still open for donations. Further details: www.charachallenge.com

A WONDERFUL ESSEX REUNITED FUNCTION AND FEATS!

Thanks to Tony Maxwell for organising another memorable Essex Reunited Function. The interview with Steve Barr together with the speech by Dave Ainsworth on all-time great race walker Paul Nihill MBE and Bob Dobson's memory testing Olympic Quiz, provided an great afternoon that will long be remembered. One thought in this age of 'gender neutral' – Essex have in the past produced many great female athletes and I just wondered whether an invite for a few might be worth a try. I just thought it might be a nice touch for the future. Really well done once again Tony! Much appreciated! **Bill Sutherland**

Adds Hon Ed: Indeed another great function. Bill's point about ladies attending is that they've always been able to - but, thus far, few have. The quiz was won by a team of walkers (Dave Ainsworth/Roger Mills/Bill Sutherland + "guest" Tom Pollak) with a little assistance from Ian Statter. *Ian recently retired and we all wish him many long and happy years to come.* A real bonus at this function was an

appearance by Paul Nihill, who brought along his medals to be passed around, including an Olympic Silver (64), European Gold (69) *plus his MBE.* Bob received a good round of applause for setting an Olympic quiz and Tom Pollak proposed a vote of thanks to organiser Tony Maxwell. It was well-attended, and surely more will come along on future occasions. The only "down" was that "The Cow" - near the entrance to London Stadium (once known as the Olympic Stadium) - now charges over £5-a-pint. It clearly seeks to welcome the *well-heeled* and not real locals!

THANKS TO OUR READERS

I've had loads of cards and best wishes from the race walking community which has really lifted my spirits. **Kathy Crilley**

INVITATION

Just to let you know Southend AC are again hosting the Eastern Masters Athletics Championships at Garon Park on 11 August at 1.20 pm. Of particular interest to Essex Walker readers will be the fact that there is a 2k walk. This Category 'A' event is open to anyone over 35 years who is a member of a BMAF Club or is registered with England Athletics through their 1st claim Club. Walkers might also like to enter for any of the other events being held. For details visit <http://bmaf.org.uk> and look at the Fixtures page.

John Brock Southend AC

Adds Hon Ed: Please enter, in advance, via the stated website (closing date 3 August).

OLLY BROWNE

Dad (Olly) says thank you very much for the write up in the Essex Walker magazine. Big thank you. It's been a great journey with Dad with the race walking. Keep in contact.

Angus Browne

INFO FROM GEOFF HUNWICKS

Due to new data protection regulation Hart House Charitable Fund will not be able to send its newsletter directly to inboxes any more unless permission has been given. If you were on the distribution list and want to keep receiving the newsletter please respond to the email sent to you asking to give your consent. If you have not replied, your email address will have been erased from our records on May 25th, 2018 so I won't be able to contact you any more after that. If you were not on the distribution list and would like to receive the

newsletter to your inbox please email Heike (Secretary) on harthousecharitablefund@gmail.com.
Heike Sheppard and Geoff Hunwicks

CHILDREN'S RACE WALKING LEAGUE

When I used to run the CATs Clacton Satellite (a young children's multi event group) for my club, one of the things I tried to do at one stage was to get a virtual race walking league going for the satellite and CATs athletes at the track in Colchester. At the time this was something that was being encouraged for Quadkids events. As the training was on different evenings the athletes competed at the same events but on different days. I understand though that the emphasis is primarily on getting people to compete where they are less likely to travel. Different groups compete in different places yet are still part of the league. Unfortunately my league petered out after a few events with coaching group changes etc.

I have been wondering if it's something that could be considered for a low key inter-club young children's/children's race walking league(s). Perhaps simply officiated by the coaches or local club officials? A final could be considered. Helping at the Essex Schools Combined Events today I also had a brief discussion with the organiser about race walking. I understand that schools athletes going through to other events are at the discretion of the county, although obviously almost nobody is walking at the moment as far as I know. Funnily enough his job title is 'combined events and race walking' officer or other. Any thoughts welcome.

Steve Cartwright

COMMONWEALTH GAMES COMMENT + NEWS

Glad to know it was included although sadly to a mere 20k instead of the 20 mile. As you know I missed out on the Jamaica Commonwealth Games in 1966 through injury and the following year 1967 won the National 20 mile in Swindon beating medallists of the Games: Ron Wallwork, and Ray Middleton and Don Thompson (4th in Jamaica). 20 miles was my ideal distance combining speed and distance with measured endurance. For your interest please see details below of my next sponsored cycle ride for the Shakespeare Hospice.

Roy Lodge

On Sunday 17 June this year Dr Rev Roy Lodge MBE a former national and Great Britain international athlete in Race Walking will undertake another sponsored cycle ride this year from Stratford upon Avon to Bath to raise funds for the Shakespeare Hospice. He will be supported by his wife Gina to provide maintenance back up and refreshments on route.

This is but one of the many sponsored cycle rides Roy has undertaken for the Hospice including John O'Groats to Lands End, and Lands End to John O' Groats.

His first and second sponsored rides were in 2006/7 when Mayor of Stratford upon Avon and both were for the Shakespeare Hospice. The first was a 100 mile ride in the Cotswolds and the second from Lambeth Palace London to Stratford upon Avon with a family who accompanied Roy in memory of a loved one who had received palliate care from the Hospice. In successive years since 2007 Roy has completed 100 mile cycle rides for the Hospice.

Roy's interest and support for the Shakespeare Hospice goes back to the days when he was a medical student on placement at St Christopher's Hospice in London and the admiration he had for Cecily Saunders the founder of the movement.

Roy writes that his continuing support for the Hospice is based on "a lack of strategy, a lack of impetus, and a lack of sustainable funding for high-quality end-of-life care in England. The debate about how we ensure that people have good end-of-life care drags on interminably, and evidence of progress is depressingly meagre." There is, he says "a need for the adoption and implementation of a strategy that makes high-quality end-of-life care a national priority. It is simply not acceptable to be surprised that people die."

If you would like to sponsor Roy his email address is: lodgeconstantia1@btinternet.com

METROPOLITAN POLICE COMMISSIONER ATTENDS

Cressida Dick, Met Police Commissioner, made a special effort despite illness to attend the MPAA Life Members Dinner and Reunion at the Union Jack Club (Waterloo) on Wednesday 23 May. She was always a keen

supporter of sport as she rose through the ranks being connected with Cricket and Badminton and playing Squash at PAA level. I believe she is the only Commissioner ever to have attended other than the late Sir Peter Imbert. A full house of 40 attended with their guests including Paul Blagg, Peter Hodgkinson, Andy Bignold, myself and Reg Denny BEM as my guest. Our oldest MPRWC Life Member

elected in 1981 is 92 year old Bert Stevenson who is now the second oldest living Life Member. He was unable to attend as was Terry Siggs, OBE, QPM our former MPRWC Chairman and Doug Fotheringham. A wonderful meal was enjoyed by all at an excellent venue.

Bill Sutherland

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