

# Essex Walker



## Jerry Everett (1961 - 2008) Tribute Edition

The walking world was truly united in communal grief and sorrow upon hearing the sad news of Jerry's demise on 15 December. The last 18 months had not been kind for Jerry's health as he'd had a couple of spells as a hospital in-patient, numerous medical appointments and consultations, and he was taking an ever-increasing amount of medication. Such was the seriousness that he was admitted to the world-famous Papworth Hospital for a major heart operation on 6 December. Alas, following the operation complications materialised and things didn't go Jerry's way.

Without any doubt all those who heard the news were shocked and then very quickly depressed as they came to terms with such sad details. Going back to 2007 when Jerry's health began to ail, one had to wonder how such an athlete could suffer so. You see Jerry was a one-man all-action person who never slowed down. He was active in all manner of areas.

Jerry loved participating and he ran with enthusiasm on tracks, road and across fields. He was one of 4 Essex athletes to have completed over 100 marathons. Of that star quartet, 3 have walking connections (Jerry, Eddie Trotter and Andrew Wilmot) Jerry raced the first 21 London marathons and most others since. As a race walker he came to prominence in a most enthusiastic and numerically-strong Colchester Joggers squad. Jerry didn't really have a favourite walking distance as he'd be equally content lining-up for a one-mile dash around the Garrison of an evening as he would toeing the line for an arduous 24 hours' race. Jerry formed a genuine friendship with many walkers, notably with fellow motivational guru John Hedgethorpe. On 3/4 August 1996, now on the programme as a member of Colchester Harriers, Jerry attempted the London Vidarians' "Colchester 100" around that historic town's Castle Park. Two of the Harriers successfully completed the distance so joining the Centurions. GLEN ROBERTSON clocked 23.10.45 and JERRY was timed at 23.47.37 to claim Nos 946 and 951 respectively. Jerry's finish was in considerable doubt as approaching 80 miles he really looked a beaten man. Many wonder how he completed that final 20 miles. It's easy to write that as, when Jerry got his breath back after finishing, he also stated, "*I don't know how I did that!*" He did it by sheer determination and digging very deep into his reserves. Essex Walker can take some credit for Jerry's performance! Before the big day we'd published some tips for first-time 100 miles aspirants,

### JERRY EVERETT RIP



by the Editor

the final one being, "*if you get to, say, 80 miles and think about retiring think again, for you'll want another go ... and you'll have to get to 80 miles again. So make it count this time.*" Jerry acknowledged that this advice helped him on several occasions. Jerry was a credit to the Centurions and recently attended their 95<sup>th</sup> anniversary dinner at the RAF Club. In 1997 at Ware, Jerry attempted to join that special club of athletes who have completed 100 miles on both road and track. His attempt didn't quite reach 100 miles – but he was still on his feet and racing when the watch stopped at 24 hours.

Jerry was a respected coach and gave encouragement to one and all. He encouraged the King twins from their races as beginners to their status as major Games' participants. Jerry was also encouraging others, both at the Joggers (as was) and the Harriers as they're now known. He was particularly known as one who would go out of his way to make new members truly welcome. In November he'd taken on Vice Chairmanship duties at Orwell Panthers, a club offering sports opportunities for those with disabilities. He had been connected with them for some years. The more one looks at his life, the more you wonder how he ever managed to fit it all in!

Jerry had good organising skills and was behind many promotions in and around Colchester, notably those great 100 miles events at Castle Park in 1996, 2001 (John Hedgethorpe Memorial Race) and 2004. He helped to put on many races at the Garrison Track and around the Abbey Field near the Arena Club. He also offered his services to the "Think Tank". At their inaugural meeting at the New Astley Club on 16 November I sat opposite him and listened as he talked with optimism about Race Walking's way forward. I certainly had no inkling that, as we parted, it would be for the final time. However, while Jerry put on a brave face, he did confide to some of his closest colleagues at the Harriers about how serious his appointment with the Heart Surgeon would be.

Jerry was an author of some note. Indeed the previous issue of Essex Walker contains a whole page article on the history of ultra-distance walking feats around Colchester, penned by him. And mighty interesting it is! He was a frequent contributor to EW and many other publications, and there was still plenty more to come. He'd written the history of the North Essex

Cross Country League's first 25 years. Added to that there were 3 volumes recording the entire athletics history in the Colchester area. We're informed that all his material is almost ready for publication so we hope that it will all eventually hit our bookshelves. Indeed Jerry asked me to proofread a section he'd researched and written about the Army's contribution to local athletics. He asked me during the 2001 Hedgethorne Hundred in the small hours. A seat in a caravan was provided and pages put before me. What I can remember is that the task took longer than it should have – as I got so engrossed!

We continue, for Jerry was a respected Essex County AAA Field Judge. Fellow Centurion Dave Sharpe recalls, "I can remember Jerry officiating at the County Championships. Just before the 3,000 metres walk he got out of his blazer and flannels and into his racing kit. He beat me and then just as quickly got changed again and resumed field judging." I also remember that occasion. Again we ask, how did he fit it all in? Don't forget he was making his way through the grades as a judge of race walking.

Then we have Jerry the Team Manager who assembled well motivated teams and got them to various venues, ensuring that all those selected performed to their best levels. And, of course, we had a Team Manager who would try his best at any event should any team sheet gaps occur.

Jerry respected all present and former Internationals and had a detailed scrapbook to chronicle their efforts. Internationals were grateful for Jerry's efforts as (with Dave Kates and Tony Perkins) he formed part of an efficient trio of transportation specialists who weaved their way through ports, stations and airports to get them to and from major meetings. They were prominent at the big European meeting in Leamington Spa which was the showpiece of the RWA's 2007 Centenary Year celebrations.

Apart from athletics he was a season ticket holder at Colchester United and one who had supported "The U's" through thick and thin over decades. When they reached the Championship a couple of seasons ago, Jerry predicted (wrongly) that they'd only last a season in that Division. So he went to almost every game, home and away, to savour the occasions. Relegation occurred after 2 seasons!

So we're talking about an activist who was a competitor, coach, motivator, organiser, manager, official and author. His CV reads like the late John Hedgethorne's, as both were all-action men of top quality.

All walkers will be welcome at the funeral of JERRY EVERETT at 11.00 am on 7 January 2009 at Colchester Crematorium and afterwards at the Colchester Arena Sports & Leisure Centre. No flowers please. Donations to Orwell Panthers c/o Hunnaball Funeral Services, 41 Mersea Road, Colchester, CO2 7QT, or directly to Steve King or Lance Williams.

To partner Michelle, Jason and Hannah we extend our profound condolence on the passing of a wonderful man who'll be forever much missed.

Dave Ainsworth

## IN MEMORIAM

### TRIBUTE FROM PETER SELBY

Sorry to hear about Jerry. He was a lovely chap and whenever I had a chance we always had an interesting chat. Sadly, like many people, there was never enough time to get to know him better.

Peter Selby

### SO VERY SAD TO HEAR ABOUT JERRY

Just half an hour ago I phoned Michelle to see how Jerry was as she put a note through my door (he only lived 800 mts from me) to say that he had his op. Never knew what to say. He was a good friend, always working for the sport. He was a very important motivator and coach at the local ORWELL ATHLETIC CLUB for handicapped people and at the COLCHESTER CLUB. He told me he would help at next year's Newmarket 100 mile race even if he was in a wheelchair. Sadly not to be. May I suggest maybe a trophy in Jerry's name.

Don Cox

### TRIBUTE FROM BOB DOBSON

Race-walking has lost one of its keenest and most dedicated supporters. What a BRAVE guy, continuing to officiate despite his serious heart problems and prepared to undergo such a risky operation. I am devastated.

Through The Essex Walker I would like to suggest to any current or ex internationals that, if the funeral is open to non family, they wear their international blazers for the occasion, and if there were to be a book of condolences to sign it together with their most notable performance. Jerry looked up to anyone who achieved more than himself and we are all in his albums of walking memorabilia. Photos, press cuttings, autographs, etc, he had them all. If others agree I think it would be a fitting farewell for us to say our final farewells in international colours.

Bob Dobson

### ESSEX WALKER MOVES ON

Clacton-on-Sea based Centurion MAL BLYTH, and his wife Carole, have moved back to Leicester – where of course he made his name. We'll miss them popping-in from time-to-time at our races as both are truly enthusiastic about UK race walking. Their new address is: 13 Dulverton Close, Wigston, LEICESTER, LE18 2QY. Telephone: 0116-2888171. We wish them many happy years at the latest new abode and hope that they enjoyed their years on the bracing Essex coast.

### "I SHALL RETURN"

So vowed General Douglas MacArthur. In his first correspondence since leaving Essex, MAL BLYTH has vowed likewise stating, "I shall still be at some races". We look forward to seeing his return.

## BOOK OF PROVERBS

In Chapter 9 verse 9 it is written "Give instructions to a wise man and he will be yet wiser". Well folks, you may be an experienced walker but there's still more knowledge to impart so improving performances. In an initiative – worthy of full support – the Enfield League (Britain's most popular walking competition by far) is reducing races and using dates to stage coaching/training sessions. There's something for everybody from beginners to veterans! Full details in the Enfield Walker.

## "AYE AYE THAT'S YOUR LOT"

That catchphrase of late comedian Jimmy Wheeler could apply to Essex-born superstar **PAUL NIHILL** as he's got his lot – paying £6 at auction for that great book 'The Sport of Race Walking'. That auction was at Surrey Walking Club's well-attended and successful 'Gazette Night' – held in Blackheath's Clubhouse in late November. This wonderful book was published in 1962 for 5 shillings. Paul lent his copy to somebody, forgot who, and never had it returned. But now, thanks to his bidding prowess he's got one. Wonder if it's the same copy?

## OUT OF THE LOOP

Some while ago (when RWA President) nobody told **PAUL NIHILL** that a large party of Irish walkers were coming over to Earls Colne (near Paul's Colchester birthplace) to compete for the Nihill Shield. Paul was upset and rightly so. Paul's been missed out of the info loop again. Nobody told Paul about the funeral service of club colleague and Centurion **GERRY RHODES** until a fortnight afterwards. Not much good being notified then, was it? Gerry's widow was a welcome attendee at SWC's recent Gazette Night social.

## FAIR WEATHER WALKERS

Walking's image of the "Iron Men of the Highway" took a dent on Saturday afternoon at South Croydon where Surrey Walking Club staged their long established and annual Christmas Cup Walk over 5 kilometres around circuits of an undulating "around the houses" course. In torrential rain and in biting cold conditions a field of half those expected turned out, leaving the organisers none too impressed - especially as many opted to stay indoors in the warm and dry! Latecomers caused the field to be held on the start line in adverse conditions for almost 15 minutes before a bedraggled group of athletes finally wiggled into action. The scratch man **MARK EASTON** won both the race and the handicap - he is truly the leading light in South Croydon. Essex did well in the handicap stakes as **TONY KELLY**'s recent fine form rewarded with 2nd handicap prize - his first award in Ilford's colours. For good measure ex-SWC member **DAVE SHARPE** got the 3rd handicap prize, both prizes being W H Smith vouchers. A well-known Essex-based information supplier had told folk that there would be free mulled wine and mince pies after the race, but neither buckshee items appeared. He said, "Well that's what I was led to believe". Perhaps such a lure might get folk to desert Saturday afternoon TV sport and turn out in such rotten weather?

## BARRY INGARFIELD SUGGESTS

To protect and ensure the healthy future of our sport, it is time to harden our resolve, and start doing things in a much more professional way. To this end, below I have a number of suggestions. Sadly, we no longer have the luxury of plenty of time.

1. The RWA need to nominate their own National Coach, we are an Independent body. The elected coach must be able to demonstrate excellent communication and project management skills, and preferable be an ex-international race walker. If our intentions are truly serious, this position would need to be funded by UK SPORT and or the 2012 Olympic organisers.

2. The RWA must be able to scrutinise any applicant applying for a position, which by definition will have a significant impact on British race-walking. I include lecturers and professors employed by any university, academy, college, etc. A reminder R-W is not rocket science, but we do need to motivate/cajole/persuade and nurture our young walkers.

The few coaches who are currently looking after our 'top walkers' need to be independently audited, this will ensure that the athlete is getting the best advice. Any coach who is not athlete-centred, is, in my opinion, not helping our sport.

*Barry Ingarfield*

## LESS IN THE POT



The National Grant for athletics has been reduced to £25.11 million, down 5.2%. So there's less, meaning less for race walking. So our 50p-per-head levy is important, proving a successful fund-raising initiative.

## POUND FOR A POUND

**DAVE SHARPE** thinks that our RWA levy (50p) should be £1 per entrant. What do readers think?

## POUNDING THE SOD

In appalling conditions **STEVE ALLEN** tackled the Long Distance Walkers' Association off-road 50K walk around a giant North Downs loop starting and finishing in Edenbridge. In heavy drizzle throughout and over tough terrain, hardy walkers faced mud and frequent hills. Despite falling over he trudged home in 7 hours and 19 minutes. He was aiming to emulate his previous sub-7 hours' performance on this course, but went astray in the closing stages losing half-an-hour in so doing. With competitors setting off at intervals he left the event without knowing his final position as some were still competing! Also at Edenbridge from the race walking world were **JILL GREEN**, **STEVE ALLEN** (Barnet) and **DAVE HOBEN** who had raced well at Enfield a day earlier.

## SEASONS GREETINGS

**GEORGE TOWERS** wishes you all a Happy New Year via EW and joins those acknowledged in December's issue who have made a donation to Hart House in Gambia instead of sending Christmas cards.

## NEWS FROM FORMER ESSEX CHAMPION WALKER

Seasons greetings from the Smiling Coast of West Africa and hoping this finds you well and not too cold! Our summer was successful due to not closing at all (except for the Muslim feast of Koriteh week) and we have amongst others Alderwood Living and Learning with Autism in England, Mountfield Lodge Youth Centre Loughborough and a Dutch beach volleyball competition as well as those who responded to our summer appeal to thank for that



Geoff is still playing friendly chess whenever he can and involved in the (resurrected) Gambia Chess Federation. Along with Rohey and Hoyan (committee member) he was invited to the U.S. Ambassadors residence for their July 4th Independence celebration. He was also part of the Gambia's Special Needs Education Policy validation workshop as well as attending with Alagie (our youngest serving staff member), a psychodrama production at The Gambia's school of Midwifery and Nursing. It's Alagie who runs our craft table at the Sunset Beach Hotel and sells the tickets at Churchills Bar and Restaurant each Saturday during the tourist season, when along with Geoff and Rohey we have a fundraising raffle and Geoff tries to sing some 'golden oldies' karaoke style.

In October we had 2 notices over the weekend of the local TV with picture commemorating Hart House's 6th anniversary. Lack of power has been one of our headaches, but thanks to a surprise visit by the Desert Lions team from the Antwerp to Banjul rally we expect to be up to 10 solar panels soon, which was helped on its way by workers of a Dutch Care Home who donated 2. The Desert Lions also bought the children a new TV and DVD player (we have no discs though - contributions welcome) and wish to pay for us to build a local kitchen out the back.

This rally has been a Godsend to us this year as we were also assisted greatly by the Mari Safari team who gave us a large donation in addition to a vehicle that has been auctioned by the Jammeh (as of the president) Foundation for Peace. Geoff is expecting his invitation to State House to join other beneficiaries for the presentation. Due to this we have already started taking children on outings for the first time for at least 2 years. Employees of Barclaycard England donated from fundraising events as did Market Harborough Methodist Church (coffee mornings). We also thank those who have sponsored children this year and encourage others to do so. Thomas Cook Northern Europe are providing us with more visitors this year from Denmark, Finland, Sweden and Norway. We still need help with electricity, vehicle, signboards, painting, plumbing, furniture and plastering around the outside floor of the house and hope that some if not all of these things will come sooner rather than later.

On behalf of the children, committee, parents and staff, thanks again for your help, news, visits and interest. Without you what we provide would not be possible. A

joyous Christmas to you and a safe, healthy and happy 2009.

*Geoff and Rohey Hunwicks*

## ON YOUR BIKE

**EDDIE TROTTER**, who recently resurfaced after a long break, has suffered a hamstring injury – sustained while pedalling his bicycle.



Eddie, one of only 4 Essex athletes to have completed over 100 marathons, hasn't added to his tally for some years – but plans to at the 2010 'Virgin' London Marathon. Among that star quartet with 100 marathon finishes are Essex Centurions **ANDREW WILMOTT** and the late **JERRY EVERETT**.

## NEAR MISS

**JILL GREEN** was one of a number of race walkers who appeared in November's LDWA North Downs 50K at Edenbridge. Jill booked a night's B&B in a local Kent pub on the night before and was sitting in the bar having a quiet drink when this place was gunned in a drive-by random shooting. Glass shattered everywhere with fragments landing in Jill's drink! As the man once said, "Tough on crime, tough on the causes of crime".

## DEAL

While hardy walkers are pounding the Stockton-on-Tees tarmac for 50K medals, the streets of London will be paved with gold (for some) on that same day. National newspapers have revealed details of tax exile **PAULA RADCLIFFE'S** contract for the Flora London Marathon. Paula gets a £150,000 start fee – which could be doubled if she wins or breaks her own world record. Further back down the field big-hearted Essex Walker readers will be aiming to generate amounts for good causes!

## KEEP ON RUNNING

The BBC deal with UK Athletics is to continue as a new long-term extension worth several million pounds has been signed. The BBC remains as host broadcaster for all major indoor and outdoor events until the end of 2014. Said UKA Chief **NIELS DE VOS**, "The Major Events Series is the shop window and it's vital we have a terrestrial platform to take athletics to as wide an audience as possible. The extension of our deal with the BBC is a massive boost". 2009's live programme starts with the Aviva International in Glasgow (Jan 31) and ends with the Grand Prix in Gateshead (Aug 31). Wouldn't it be nice if race walking were to be included in televised meets – as once was the case!

## THE FLIGHT FANTASTIC

Essex Walker readers have frequently appeared on the Isle of Man, where walking is enjoying good times. Indeed 2 of our best long distance walkers – Centurions **OLLY BROWNE** and **CHRIS CATTANO** – are up for a tilt at the 2009 85 Miles Clerical Medical Parish Walk. Top class events also grace the IOM fixture list. A new air route opened in January from London City to the IOM. It's operated by Aer Arann.

**2008 ESSEX LEAGUE**

Total Scorers = 39

Position	Walker	Points	Races
1	D Sharpe	282	8
2	S Crane	269	7
3	S Davis	238	6
4	P Barnard	236	6
5	J Hall	187	5
6	S Uttley	183	5
7	D Kates	178	5
8	P King	168	5
9	C Duhig (L)	162	5
10	S Allen	146	4
11	O Browne	137	4
12	D Ainsworth	136	4
13	L Dordoy	132	4
14	K Livermore	99	4
15	P Cassidy	95	3
16	M Barnbrook	90	3
17	J Borgars	84	3
18	A O'Rawe	72	2
19	C O'Rawe-Hobbs (L)	69	2
20	K Howard (L)	65	2
21	R Dobson	59	2
22	R Powell	56	2
23	F Fernandez (L)	51	2
24	P Ficken (L)	44	2
25	Dan King	40	1
26	Dom King	39	1
27	C Cattano	38	1
28	A Kelly	37	1
29	C Bent	35	1
30	S Kemp	34	1
31	V Mountford (L)	34	1
32	M Sweeney	33	1
33	S Pender	31	1
34	M Hinton	30	1
35	L Hislop	27	1
36	E Saxby	26	1
=37	M Sutton	24	1
=37	E Horwill	24	1
=37	P Prashner	24	1
<b>Teams</b>	1	Ilford	1453
	2	Loughton	755
	3	Ilford 'B'	568
	4	Castle Point	305
	5	Loughton 'B'	14
	6	Southend	171
	7	Ilford 'C'	110
	8	Colchester	79
	9	Pitsea	35
	10	Ilford 'D'	24
<b>Ladies' Teams</b>	1	Loughton	171
	2	Southend	59
	3	Castle Point	40

1st Junior:**CHELSEA O'RAWE-HOBBS**Most Improved by Average:**STEPHEN CRANE** (+1.317 points per race).Best Beginner:**TONY KELLY**Hard Luck Trophy:

(most races without winning an award)

**PHIL BARNARD**

**Comment:** Thanks again to long-serving Essex County AAA Honorary Walking Secretary **RAY PEARCE** for providing the League's administration and for keeping our scores. Yet again nobody did all the races and of those 39 scorers, many made few appearances. This Essex League is dying! Let everybody vow to try and finish more League races in 2009 and also to try and encourage newcomers along to our meetings. It's either that or our demise!

**... AND THEY GET PAID FOR SAYING IT!**

"Give Cahill one chance and he'll score. He missed that last one but he's so dangerous"

*Jamie Redknapp*

"You can count on one hand how often Fabregas gets caught in possession. It just doesn't happen".

*Tony Jacklin*

"Tom Weiskopf pinned a note to my locker door with just these 4 letters – T-E-M-P-O"

**THOMPSON'S TIP**

All-time great DALEY THOMPSON believes Britain's athletes should target at least 10 medals in London 2012. Daley states that ATHLETICS is the showcase sport of the Olympics.

**RING FENCE THIS DATE**

RWA Championship Secretary PETER MARLOW announced that Saturday 11th April is National 20K day at Shrewsbury on a multi-lap course. Said Peter,

"We've moved it so it's not close to our National 50K, found a new venue and sponsor, and got the local Mayor to start the race. So the last thing we need is just 20 or so lining-up. So let's see a big field".

Folks are sweating blood to keep this sport alive ... so please give them full support!



Dear Dave ... 

## LETTERS to the EDITOR's INBOX

### **THANKS FROM MRS W A RHODES**

Thank you for the Essex Walker. I'll tell Sally and Andrew about the article on page 5. It's so nice for me to see that Gerry is remembered. We also enjoyed the Gazette Night very much. A successful walking season to you all.

*Miep Rhodes*

### **WRITES MRS JOHN HEDGETHORNE**

Thank you for telling me about the death of Jerry Everett. From reading Essex Walker there seems to have been a lot of deaths in Race Walking lately. Thank you very much for continuing to send me Essex Walker.

*Elizabeth Hedgethorne*

### **EMAILS RESOLUTION PROPOSER RON WALLWORK**

I wasn't aware at the time that I had a majority and felt that even if it got through by a single vote it would be divisive and easily reversible. The proposal lives to fight another day and before that day much effort will be put into "educating" people about the thinking and aims behind it. Experience has taught me that change is easier to implement and more successful, if you are able take people with you. Sadly, I felt yesterday that there weren't enough. I have had time to mull it over and still feel it was the appropriate decision.

*Ron Wallwork*

### **EMAILS JAMIE O'RAWE**

Thanks for the latest issue and the mention about little Alex. We're all well and will have to try and visit a race sometime. Have to confess I'm lucky if I strap on the trainers once a week at the mo! Happy Christmas to all.

*James, Becky, Daisy and Alexander*

### **THANKS FROM MIKE HINTON**

Well done to Eileen on the crossword. Nice One!!  
Regards ..

*Mike Hinton*

### **A CHALLENGE FROM EX-RACEWALKER**

Would you please forward this to all on your mailing list, including, John Paddick, Peter Markham etc. It is extremely important and should generate some controversy and ACTION. I wonder how many will respond? Very few I suspect, reflecting the apathy of our/your sport.

Many thanks and may I congratulate you on your regular Newsletter and wish you a very happy Christmas and a great New Year.

*Charles/Charlie/Chas/Bill Fogg (now Throws coach)*

### **ACTION**

With an agenda of such massive importance to Race walking, namely "to discuss ways forward and new innovation to achieving a full complement of racewalkers at the London Olympics 2012" I was to say the least, disappointed at the absence of the National Coach. He should have been there to update the meeting with what he was planning/implementing with a view to the purpose of the meeting. I also note the dreaded words "to **discuss** ways forward" were used yet again!

Unfortunately, it is yet another case of well meaning people paying 'lip service' to what could become a 'terminal' state of affairs for Race Walking in Britain. Actions speak far louder than words. 2012 is only a few short weeks away; there is no time to talk. All publications

[www.racewalkingassociation.btinternet.co.uk](http://www.racewalkingassociation.btinternet.co.uk),  
[www.athletics-leics.com/race\\_walking](http://www.athletics-leics.com/race_walking),  
[www.racewalkingrecord.com](http://www.racewalkingrecord.com) etc

and the various newsletters should all be full of stories of actions that have taken place, success stories and challenges responded to. Wherever you look it's News, results or reminiscences. Nothing about ACTION to regenerate UK Race Walking.

### **My ACTION proposals**

All Race Walking coaches:

- Compile a list of Education Authority Schools, Public Schools, Colleges, Universities, together with that School/Organisation's email address and a contact, such as the head of PE, Head Teacher, Senior person.
- Send me your name, address or email, phone no, UKA Level reached 1-4, and I will send you a prepared email that you can add/alter/delete as you think fit to send to the individual you have chosen. If no reply is received, it will need to be followed up within a month with a further email or phone call. Again I will compose a specimen letter for you to add/alter/delete and send.

### **In the meantime ... more ACTION**

Far too many of our Race Walkers are not physically strong enough to maintain contact at speed, evidenced by the innumerable, cards and disqualifications, particularly in major competitions. Now is the time to take advantage of this 'off period' to prepare them for next year's competition.

- Get your athlete to do 2 circuit training sessions a week to build up strength. *Contact me if you want details.*
- Test them by getting them to do the Race Walking Quadrathlon. Send me the results and I will 'score' them for you, return the score, then you can re-test in March/April and you will have a measure to gauge their improvement.

*Charlie Fogg*



**ILFORD ATHLETIC CLUB**  
**10 km Mendham Walk**  
**Chigwell Row, 21 December 2009**

**THE NAME ON THE CUP**

The Roy Mendham Cup goes to the 1st home in Ilford's Christmas 10K. It was donated in memory of the late Roy Mendham who passed on during 1979. Roy was blinded by a WW2 mortar attack in Italy, but continued to race walk, using guides. He went from sprints up to the London/Brighton classic. DAVE KATES remembers Roy:



"Roy Mendham was particularly close to me and as with Roger he was my first Coach. To my knowledge, he was the last winner of The St Dunstan's Cup, awarded to the 1st Blind Walker, in the Stock Exchange London to Brighton. On that occasion, his eyes were Roger Mills, Len Ruddock and Dave Kates. Roy suffered greatly in that race and remained with injury for some time afterwards. His finishing rally along Brighton Sea Front remains to this day as one of the, if not the, most emotional moments I have experienced in our sport, and I have won a World Championship."

**ILFORD XMAS 10K – MENDHAM TROPHY**

This long-established Christmas Allcomers' 10K was held on a mild morning. Ilford AC President JOHN MACKENZIE acted as Mr Starter and sent the field onto on a hard 3 laps' circuit. He'd intended to race but, having given his all while pounding the sod around Hainault Forest a day before, he wisely elected to support others. An enthralling encounter unfolded as STEPHEN CRANE and wily JOHN HALL battled for the lead, with neither giving an inch. Past winner John had to settle for second best as Stephen opened up a small gap on lap 2. Try as the leader did, he couldn't extend his lead into a decisive one. Another close battle ensued for the honour of completing the frame as another former winner STEVE UTTLEY and DAVE KATES raced hard with the issue in doubt until their final strides. Counting OLLY BROWNE, returning after a lay-off, Ilford were comfortable team winners. A mention for flu sufferer LAURENCE DORDOY (flu kept some potential competitors away) who nevertheless made a last minute decision to give it a go and struggled to a finish. KEVIN MARSHALL fell foul of the judges but lives to fight another day in his specialist ultra-distance field. The Ladies' race was won by course debutante Helen Middleton of Enfield. After the race John Mackenzie presented prizes. 'Twas nice to see former walkers Stuart Phillips (City-of-London Police Inspector) and Noel Mooney (Post Office retiree) giving us support. Thanks to all who helped/officiated in any capacity. Ilford's 2008 awards were:

Long Distance Trophy: (4th place in UK 100 Miles Championship)

**OLLY BROWNE**

Hunwicks Trophy: (Clubman-of-the-Year)  
**MIKE HINTON**

50K trophy: (best 50K walk of 2008)  
**SCOTT DAVIS**

A number attended The Maypole afterwards and praised an enjoyable promotion ... so thanks to Tony Perkins who has returned to the Organiser's role with aplomb. His "touch" meant that everybody went home with something! However we'll have to look at the future of Chigwell Row racing as concerns were again raised about traffic issues. It's better to stop an event before the accident rather than after it. It's getting worse!

**APPRECIATION FROM JOHN HALL**

Well done to Ilford on another good promotion. Pity more people didn't take the trouble to turn out. Best wishes ...

*John Hall*

**THANKS TO TONY PERKINS**

Well done today. It was a nice well organised event, which I think everyone enjoyed, with just the right amount of post-race ceremony. On the course I thought the marshals, timekeepers, recorders, etc all did their job well and the judging was 'spot on'. The festive prizes are going down a treat and where did all that food come from? - I've had to order a new club vest. Looks like Perkins Travel now has an 'off-shoot' ie Perkins Promotions.

*Dave and Pauline Kates*

**ILFORD ATHLETIC CLUB**  
**10 km Mendham Walk**  
**Chigwell Row, 21 December 2009**

1	S Crane	SWC/Ilford	54.36
2	J Hall	Belgrave/Loughton	54.43
3	S Uttley	Ilford	57.36
4	D Kates	Ilford	57.41
5	M Culshaw	Belgrave	58.26
6	H Middleton (L)	Enfield	58.28
7	S Allen	Barnet	58.58
8	A Ellam	Enfield	59.37
9	O Browne	Ilford	60.06
10	D Sharpe	Ilford	61.19
11	M Hinton	Ilford	61.23
12	M Harran	SWC	62.23
13	M Noel (L)	Belgrave	62.31
14	C Duhig (L)	Loughton	64.49
15	L Dordoy	Ilford	66.48
16	P Howard	Enfield	70.15
17	B Hercock	Enfield	71.53
18	T Braverman	Enfield	71.58
19	D Hoben	SWC	71.59
20	D Braverman (L)	Enfield	74.33
21	K Livermore	Enfield	80.11

**Team: ILFORD AC** 16 points

## **RWA AGM REPORT**

Essex was well represented at the RWA AGM, held in Birmingham.



Cecil Gittings stepped down from his role as Chairman of the RWA Rules Revision Committee, on reaching the age of 80. He'll still be around but not in that capacity. A vote took place for a new Chairman of this Committee, which

saw Olympian Peter Marlow and Mark Wall JP tied on 14 votes each. The Chairman (Peter Markham) cast his deciding vote in favour of Mr. Marlow, so leaving Mr Wall to mutter, "the old guard get in again".

Essex-based Officials Pater Cassidy and Pauline Wilson were elected unanimously as RWA Life members in recognition of their many years of Honorary service to the Organisation. RWA President Glyn Jones (re-elected for a 2nd term) presented them with their Life Membership Certificates. Both recipients made witty speeches in response to their awards.

The RWA 200 Club draw was made and among winners was John Sales of Basildon, who we've not seen since the 1970s. Sadly the numbers in this Club are down, and the Organiser is packing-in running the Club come January due to other pressures. RWA Hon Treasurer Bill Wright will take it over (he previously ran it). It needs more new members as it makes a contribution to RWA finances.

The big vote on the future judging system for RWA domestic competition, proposed by Ron Wallwork and seconded by Sylvia Markham - called for all domestic races (except those organised by UKA) to be held under the 'B' code. Almost an hour-and-half of debate proved that the meeting was about as divided as they were about the new Chairman of the Rules Revision Committee. In a dramatic ending, the proposer Ron Wallwork withdrew his resolution (so late that the meeting Chairman had already uttered his summing-up and given instructions as to the voting procedure). So it all ended up as things were before the Agenda had been published.

One Essex-based information supplier is telling folk that the meeting lasted 7 hours. Hmmm! It started at 2 pm and ended just before the 5 pm chucking-out time. It was chaired to perfection by experienced Peter Markham who kept things moving along while ensuring that all sides got a fair hearing on every issue. The last word went to the Alexander Stadium Caretaker who appeared just before 5 pm and boomed, "Come on you lot ... carry on your talking outside please". Thanks as always to Pam Ficken for her catering aplomb.

**WORDS OF THE WISE ...**

## **BEST WISHES TO EILEEN**

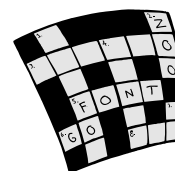
Our regular layout lady Mrs **EILEEN ALLEN** suffered a heavy fall before Christmas, requiring hospital admission and an operation. We wish the good lady well ... indeed a number of readers have sent their own "Get well" messages.



We advertised for somebody to take over on a temporary basis while Eileen recovers and the first stepping forward was Mrs **CHRISTINE PERKINS**. While thanking Christine for her time and effort we would like to acknowledge the following who kindly offered their services: KEVIN MARSHALL, KEVIN PERRY, ANDY O'RAWE and JAMIE O'RAWE

## **CHRISTMAS CROSSWORD ANSWERS**

**Across:** 6 Essex Walker, 8 Battersea Park, 13 Nibre, 14 Ingarfield, 17 Ego, 19 Trainers, 21 Wood, 22 League, 24 RWA, 25 Hat, 26 Bent Knee, 27 Happy New Year



**Down:** 1 Club, 2 Sharpie, 3 Perkins Tours, 4 Centurion, 5 Kit, 7 Leg, 9 Cricklefields, 10 Boxing Day, 11 Judge, 12 Veteran, 15 Donkey Lane, 16 Sutherland, 18 Newmarket, 19 Trophy, 20 King twins, 23 Bexley, 24 Roost

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"If I am **walking** with two other men, each of them I will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself."

*Confucious*