

ESSEX WALKER

AT THE INTER-COUNTIES (BEDFORD) ON MAY 29TH

Since we got back onto the programme, thanks mainly to ROGER MILLS and LAURIE KELLY, the walking world have really rallied around to put on a good show. This year, 24 provided a good spectacle. NICK BALL (Hants) out-sprinted DOMINIC KING to win the title. Respective times were 11.50.55 and 11.51.44. Non-scoring DAN KING came 3rd in 12.11.91. In the ladies race, victory went to JOANNA JACKSON (NE) in 13.39.83. Local interest was well served by Kent's SARAH FOSTER (4th) and CHELSEA O'RAWE-HOBBS (5th) who clocked 15.00.40 and 15.11.56. Well done to all competitors, officials and supporters for supporting the big Bedford meet.

VIEWS OF OLLY BROWNE – ABOUT MOULTON

"Out of all the walks I've done over the years, this was the one that I've really enjoyed the most. Walking can only get better if we have more meetings like this one. It was a fantastic day among fantastic people. In fact everything was just perfect. This one will be in my diary for 2007". As well as Olly, DAVE SHARPE also phoned-in his views, and he enjoyed it also.

Adds Hon. Ed. On the hottest day of 2006 so far, IAN GARMSTON (Rotary Club President), RON & JOAN WALLWORK, IAN & LINDA SPINKS and a willing team of helpers (marshals, caterers, Red Cross personnel, feeding station hands etc.) put on a splendid afternoon's sport. It is no wonder that, for 5 years, the Moulton 5 Miles has been the best supported race in the South. The post race barbecue and buffet staged by Ian and Linda in their back garden was a wonderful social occasion – at which many race attenders were present. And.. 3 television sets were plugged-in (lounge, kitchen and conservatory) to accommodate those wanting to view England v Paraguay. As in previous years, we won't steal the thunder of Enfield Walker (as most readers read both publications) by stating too much – as it was an Enfield League race offering

double points. See Enfield Walker/AW/Record for full result/report. Top IAAF official PETER MARLOW, while pointing out that he only saw one male walker under the age of 40 years in the field, was nevertheless full of praise for a truly magnificent turnout which saw in excess of 70 pounding through the rural and near traffic-free countryside. Among those racing was the Moulton Village sub-Postmaster MIKE DILLON, who appeared 24 times for Spurs 1st team in the late 60s/early 70s. Details of him can be found on a 'Where are they now? Spurs website. Many people came long distances to Moulton for they know what a great event it is – and they'll be back next year without doubt!

VERY MUCH IN THE RUNNING

We all remember IAN McCOMBIE who once made the National 10 Miles title his own property, and who struck bronze in the 1986 Commonwealth Games 30K Walk.

Well the now 45 year old ran in the Flora London Marathon and finished with 2.51.08 to his credit.



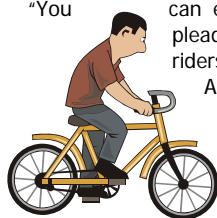
GRANDDAD'S TON

With 2 Blackheath 9K's cancelled ALAN O'RAWE is now set to complete his 100th race on Sunday 20th August, commencing at 11.30 am. Venue is The Old Addeyan's Club in Blackheath Park SE3. See you all there!

ESSEX WALKER BANNED FROM THE ROAD

Whatever ROGER MILLS does, he throws himself into totally. Having parted company with active athletics he now turns the pedals with determination. So much determination during a recent time trial, that he's been **banned for 4 months for dangerous riding**. Indeed the standard ban for this transgression is 6 months, but as Roger explains, "You

can expect 6 months for this, but I was contrite and pleaded guilty – so they only gave me 4 months". Other riders beware, for he'll be 'back on the road again' in August when his sentence is served.



£23 MILLION

That's how much the Playtex charity walk has raised for good causes since its inception. Essex

Walker readers have supported the event, which involves ladies walking around London overnight in their bras!

DOUBLE-FIGURES AT ASHTONS

The 2006 WWW Series got off on the right foot on June 7th as the field hit double-figures, despite an Eastern Vets walk at Ware being staged on the same evening. STEVE UTTLEY was well clear of former internationals CARL LAWTON and SHAUN LIGHTMAN. Full result in AW/RECORD. Thanks to PAM FICKEN and MARGARET LIVERMORE for complimentary pre-and-post race catering.

CONGRATULATIONS TO MR. & MRS. BARNBROOK

While the hardy few were flogging around the near-deserted Industrial Estate at Basildon on Saturday June 3rd, MICK and SHARON were tying the knot in South London. They will spend their honeymoon in Southern Spain.

When MICK AND SHARON turned up at their wedding night hotel, there was no record of their booking. Fortunately Mick had a confirmation slip with him. The hotel atoned for their error by upgrading the newly wedded couple to an executive suite. And...during the ceremony the ring was placed on the 3rd finger OF THE WRONG HAND! All readers wish them both a long and happy time ahead with many, many years of total happiness



THE DATAPOST DASH

When May's Blackheath 9K had to be cancelled at short notice (for reasons beyond the organiser's control) STEVE WYNN had to personally address over 80 envelopes (by hand) to advise all potential punters. He did a good job for which we thank him.

NEW SIGNING

Top Midlands prospect LUKE FINCH has signed forms for Colchester Harriers. We welcome him to Essex walking, and hope that we'll soon be making him welcome at our meetings. He could be what's needed to 'kick-start' the North Essex Walking scene!

GETTING AROUND EAST ANGLIA

Moulton attendees KEVIN MARSHALL and SUE CLEMENTS were both in action on the following day in Norfolk. Kevin ran a half-marathon while Sue undertook a long-distance walk. They are truly committed!

VENI, VIDI, VICI

So said Julius Caesar, which when subtitled comes out as, "I came, I saw, I conquered". That could well have been uttered by victorious ARTHUR THOMSON of Herts Phoenix AC at Basildon as he put Essex walking to shame. He's been drawing an old-aged pension for 5 years – yet still won the Essex 20 Miles Road Walking Championships by a mile (in fact by more than a mile), despite taking a heavy tumble on the poorly neglected cycle track in Gardiner's Lane; which saw him hit the ground at pace resulting in a badly bloodied face and damaged spectacles. This cost time as he halted progress to receive treatment, and also as he looked unsteady on his feet when rejoicing the race. **Many lesser men would have retired after such a heavy fall.** Arthur's not the only one to falter on this footpath, for others over the years have also hit the deck. But what can we do? The race only gets a go ahead because we wisely use cycle paths. If we raced on busy roads, risk assessment requirements would not be met. Complaints to the local Council some years ago brought a reply stating that their financial state prevented money being spent on upgrading cycle paths.

It was one of Essex walking's darkest days as only 2 men completed the Essex County Championship. Two Essex ladies made the County result sheet (1 of whom was classified). Indeed the grand (sic) total of starters just touched double-figures, comprising of 4 Essex men (2 of whom finished), 2 Essex ladies, 2 guests and 2 Essex League 2nd claimers. Is it worth the effort of staging events for so few? We had 4 male dressing rooms allocated – for 8 male attenders! We had excellent facilities, a course that's light on traffic and a comfortable post-race environment for our presentation. Worryingly, yet again, we had nobody from north Essex. We just need one motivator to pick up the phone and tell people what's on and arrange a few pick-up points, and we could be back in business. Old timers can remember in the late 70s when the Southern Area decided to combine all the various County 20 Miles races into a single Area Championship – with each County then extracting its own result from the result sheet. The late JOHN HEDGETHORNE boomed "Essex will not hold its 20 Miles Championship elsewhere". So he organised our Championship on the same day at the Southern Area's combined event.

Barry Ingarfield's half-brother ERROL provided expert complimentary massages before during and after the race. We thank him for his contribution – he was much appreciated, especially by those needing revival. Thanks also to KEITH READ who travelled from Sussex to officiate. JIMMY ROOKE turned the pedals, acting as cycle pilot and judges runner. County Walking Secretary RAY PEARCE complimented the field on their standard of progression – indeed the judge's board remained blank all afternoon (a rarity). BRIAN FICKEN and ALAN O'RAWE performed wonders on the feeding station. Brian is a true expert on feeding techniques and co-wrote (with Pam) an advice sheet on a couple of years ago (which was published in Essex Walker). ALAN is 'all-action' and on one occasion asked Arthur Thomson, "What do you want son?" before realising that Arthur was some years older than himself. Alan also acted as 'Bookies runner' placing Derby bets. All bar BOB DOBSON (who backed Sir Percy) lost their stakes. Former Essex champion walker MONSIEUR KEVIN PERRY came to give encouragement and help out with sponging duties. With KEN RODRIGUES also moving to France, perhaps Southend-on-Sea AC can establish a 'French Section'.

JON MAY, yet again, accurately recorded the 17 and-a-bit laps. We had no timekeeper, so we welcomed BOB DOBSON's offer to hold the stopwatch. Bob was indisposed and therefore unable to race. So he came along and offered his services – oh, how the sport could do with more of his sort. Had Bob been fit to race, he would have done well as racing under the searing sun has often been right up his street.

Talking of streets, unfortunately both JEANETTE and MIKE were also indisposed and unable to attend, but nevertheless sent along their apologies – which were read out at the presentation ceremony. Jeanette had hoped to present the GOWER SHIELD. We had a dignitary present – RWA President BRIAN FICKEN – and he did the honours for both Essex and Hertfordshire. We mentioned Keith earlier, but thanks are also due to RAY PEARCE and PAULINE WILSON for making up the judges panel. We missed MICHAEL CROFT, who of course has Basildon connections, as he was on holiday.

Getting people to officiate is becoming harder and on a number of occasions we are literally 'hoping that someone comes along'. It was just the case at Basildon. Had Bob not stepped-in somebody would have had to be taken off either feeding or judging (and both tasks needed more people). A number of readers had been 'phoned or emailed but, unfortunately all had prior commitments. And 2 who stated, "I'll get there if I can". Yes.. you've guessed!

As for the race, all credit to defending champion PETER RYAN who attacked the race with gusto and was clearly the only starter capable of bettering 3 hours. Having walked well, he retired after 10 circuits. He will still be in the sport but added worryingly "maybe not for much longer". We hope that Peter will rediscover all his enthusiasm, for with a hard core of only around 30 supporting Southern events, to lose just one is proportionally a matter of concern. Anyone leaving the sport now, is just hastening the day of extinction. We'll be seeing less of Peter in coming times as during his gap year (see article 'Mind the Gap') he'll be travelling the world. The other retiree PETER CASSIDY had positive words after he'd left the race. "**I'll be back**" he emphatically vowed. Peter just had 'one of those days'. Indeed he started to change and realised he'd forgotten to pack his shorts. So he appeared in Hon. Ed's shorts but sadly failed to wear them for the full distance.

KIM HOWARD is the true Queen of the Essex League as her 20 Miles title was retained with consummate ease. FRANCOISE FERNANDEZ and PAM FICKEN recorded classified finishes.

STEVE UTTLEY, though 2nd overall, was the top Essex man. His steady pace saw him regain a title that he last held way back in 1990. Colleague LAURENCE DORDOY gave it his all and was well pleased with this individual silver County medal. We thank Loughton 2nd claimer PAUL KING for yet again supporting Essex events, and we also welcomed Surrey's DAVE HOBEN to the delights of Basildon. Dave is a genuine supporter of UK race walking as his name appears on race programmes and result sheets all over the place. May the sport find more of his sort! **But finally....where were you all?**

RESULT – ESSEX 20 MILES CHAMPIONSHIP – BASILDON 3RD JUNE

1	A. Thomson	HP	3.13.40
2	S. Uttley	Ilf	3.26.59
3	P. King	BH/Ltn	3.27.15
4	L. Dordoy	Ilf	3.49.54
5	K. Howard (L)	Sth	3.51.12
6	D. Hoben	SWC	4.08.53
7	F. Fernandez (L)	Ltn	4.00.26 (-1 lap)*
8	P. Ficken (L)	SWC/Ltn	4.06.30 (-2 laps)*

* classified

Retired: P. Ryan Ilf and P. Cassidy Ltn

Essex Men: 1st S. Uttley 2nd L. Dordoy

Essex Ladies: 1st K. Howard 2nd F. Fernandez

Team Race: No teams closed-in

Conditions: Very hot with little or no breeze.

ANOTHER SUCCESSFUL AND ENJOYABLE REUNION

The STOCK EXCHANGE walkers reunion at a Sussex public house beside the London-to-Brighton road is proving to be a 'must attend' event. A Motorway snarl up, some 2 hours long, delayed the arrival of some attenders – but the latecomers reported that it was still well worth the journey. Really, if you are one of the few that haven't yet been, then you don't know what you're missing!

**INTERNATIONAL LONG DISTANCE WALK
AND EUROPEAN CHAMPIONSHIP
BAR LE DUC, FRANCE. 29/30TH APRIL 2006
24 HOURS OR 200KM (MEN) 170KM (LADIES)**

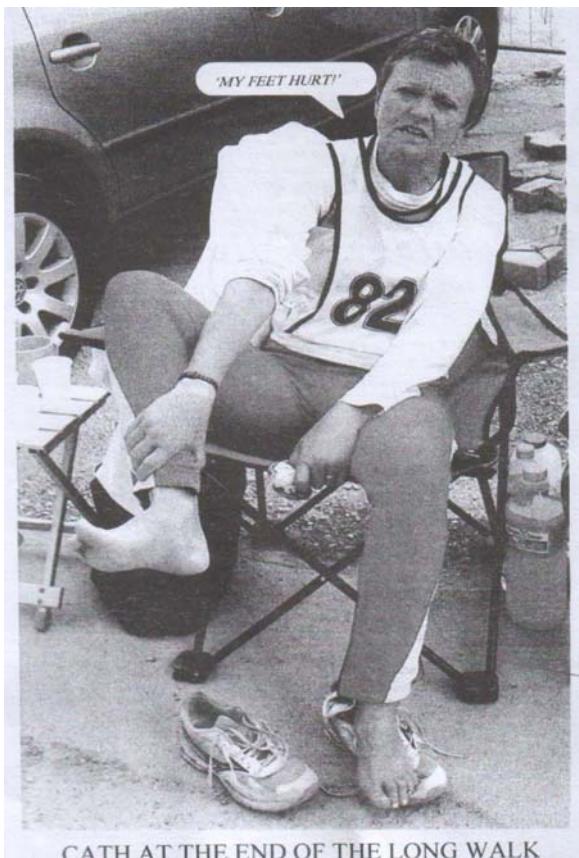
For the second time Cath Duhig was called upon to represent England, this time in the above event. The long drive through France was worthwhile but the unexpected winter weather could have put paid to the English team. A 24Hr walking race is no place for the faint of heart but, when the temperature dropped from a cool May day to sub zero for 10 hours, everyone was tested to the full. For the uninitiated, 170 Km (105 miles), is like completing 4 (four) marathons back to back with no rest at 5hr 48 minutes for each marathon!

An experienced long distance walker Cath used this experience and started at a sensible pace, lapping the 2.5Km with team mate Roey Crellion from the Isle of Man, in fact it was 60Km before Cath appeared on the large leader board, never to be off it for the remaining distance. As night fell the cold wind dropped which was good news but then the temperature then fell to such an extent that some 40% of the entrants were forced to drop out. Ice formed on car windows and the grass verges; it was more like December than a May day. Athletes donned long tops then hats and gloves and finally long coats. The dawn brought little respite and it was midday before heavy clothing could be discarded.

Throughout the cold night Cath stuck at her task, she was representing her country after all, and slowly crept up the leader board. Of course there were low points, in an endurance walk of this nature there always is but the MP3 player was put to good use and by noon, with 3 hours still to walk, it was clear that Cath was going to complete the distance. Picking up the pace Cath started passing other competitors. With just a few laps still to go the body was screaming out for some end to the punishment but, pushing herself to the end, the finishing line was reached in 23Hrs 31minutes 12 seconds for the 170Km and in 8th place. The England team, led in first place by Sandra Brown, gained victory by one point over the French team thus making them the European Champions.

Report by Peter Duhig (sleep deprived, bagman and proud husband)

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CATH AT THE END OF THE LONG WALK

"FOR HE IS RISEN" (St. Matt. Ch 28.v6)

Just 10 miles' from Royal Leamington Spa is the historic town of Stratford-upon-Avon, and last week their new Mayor was announced as former National 20 Miles Champion and senior GB race walking international. His Worshipful The Mayor of Stratford-upon-Avon is the Reverend Dr. Roy Lodge MBE. Roy (Royal Sutton Coldfield) won the RWA National 20 Miles' Championship at Swindon in 1967, clocking 2.42.43. He represented GB and the Royal Air Force – in which he was a Padre. He became a Prison Chaplin and in 1997, was awarded the MBE for his work in HM Prison Service. He's Councillor (Conservative Party) for Alverston Ward, and in 2004 became the first serving Councillor in Stratford-upon-Avon to be appointed Mayor's Chaplain. Also a clinical psychologist he's Chaplin of Stratford-upon-Avon Sea Scouts. His chosen charities are Shakespeare Hospital and The Friends of Shakespeare Church.

One hopes that as No. 1 Citizen of such a famous place as Stratford-upon-Avon (only 10 miles' away from Leamington) and a former National Champion, he'll be invited along to the 2007 European meeting. To be slightly morbid, the Reverend Lodge was thought to have passed-on following a serious brain tumour suffered some years' ago. However, since 1997 no less than 6 members of the walking world have been declared dead and then 'risen' to prove that they are not! On being elected Mayor he said, "The challenge is how to restore in our democracy the conviction that what one says is of genuine consequence. I think this demands not that each individual learn to speak more loudly to get heard, but that each of us listen more carefully, and listen to everyone". It was Centurion Chris Berwick of Leicester Walking Club who unearthed the joyous news of Roy Lodge.

Writing off walkers is now common. When The Centurions published their wonderful 1997 Handbook, 4 names were listed among the stiff - who were subsequently found to be alive. These included such well-known walkers as Mal Blyth and Roy Thorpe, and also north-Essex walker Mike Powell-Davies of the LDWA (Centurion 709) who qualified at Congerstone in 1980. He reported that he was still alive, but sadly has since (officially) returned to the deceased status afforded to him in 1997. Then of course we had the recent letter from Chris Clegg telling us that he was not well, but also not yet gone. Chris was racing in the 1974 Leicester-to-Skegness race (which saw Hon. Ed. Become a Centurion) and in our last edition we joyfully reported his wellbeing.

Are there any more out there? It just goes to show that it's always worth keeping in touch with folk.

**EMAILS TONY CHALLIS –
REF THE REV LODGE**

Dave, what great, and unexpected news. Like many I thought that he had gone to the great event in the sky.
Tony

**EMAILS CHARLIE FOGG
(REF. THE REV LODGE)**

I was also told that he had passed away, great news that he is alive and kicking.
Charlie.

Adds. Hon. Ed. Reader JACK THOMAS, when hearing that Roy Lodge was still with us, recollects, "I remember those great battles between Roy Lodge and Charlie Fogg. It was The Church versus The Law!. Roy could not attend the Leamington Spa Meeting as he was already booked to open a garden party and attend a regatta.

THOUGHT FOR THE DAY

"The biggest pressure is to have no pressure". This gem from Arsene Wenger.

OTHER TALENTS

Regular supporter of Essex events and fierce critic of those who attempt to run in walking races, CARL LAWTON has recorded some useful running times (in running races of course) over the years. He's pounded the sod for the Bels in Surrey X-Country League races and has a best track mile time of 4 minutes and 50 seconds.

LOCAL FIXTURES

Sat Jul 1	Enfield League 5 Miles	Donkey Lane	2.30 pm
Mon Jul 3	Sthn. Vets T & F League 2,000 metres	Coppall Stadium	6.30 pm
Sun Jul 16	LPR OPEN 9k Yacht Handicap	Blackheath Park	11.30 am
Tue Jul 18	Vets AC 5 Miles	Battersea Park	7 pm
Wed Jul 19	WWW Open 3,000 metres	Ashtons Track	6.40 pm
Sat Aug 5	Enfield League 5 Miles Yacht H'Cap	Donkey Lane	2.30 pm
Sat Aug 12	LICC 3,000 metres	Battersea Park	1 pm
Sun Aug 13	Counties Representative Match	Crawley	
" "	SEAA Walks	Bedford	
Tue Aug 15	Vets AC 5 Miles	Battersea Park	7 pm
Wed Aug 16	WWW Open 3,000 metres	Ashtons Track	6.40 pm
Sun Aug 20	LPR Open 9K Yacht Handicap	Blackheath Park	11.30 am
Sat Aug 26	Enfield League 20K (triple points)	Donkey Lane	noon
Sun Sep 10	RWA/SRWA/ESSEX/ESSEX LEAGUE 50K+ RWA 10k Championship	Earls Colne	
Wed Sep 13	WWW/Essex League 5,000 metres	Ashtons Track	6.30 pm
Sat Sep 16	Enfield League (5 miles or BMAF 10K)	Donkey Lane	2.30 pm
Sat Sep 23	Essex 10,000 metres Championships (+ League)	Blackshots Arena (Thurrock)	noon
Sun Sep 24	LPR Open 9K Yacht Handicap	Blackheath Park	11.30 am
Sat Sep 30	Post Office-in-Uniform races	Mount Pleasant	2 pm
Sun Oct 1	Ilford All-comers 5 miles (+ League)	South Park	10.30 am
Sat Oct 7	Enfield League 5 miles	Donkey Lane	2.30 pm
NOT SO LOCAL FIXTURE		St. Peter Port	9 am
Sun Sep 3	Church-to-Church Walk (19½ miles) See MICK BARNBROOK for further details		

ON THE LANES

You might be interested to know that both of Redbridge Borough's athletics tracks are in for renewal this year. Ashtons (Woodford Green With Essex Ladies AC) is getting a brand new 8 lane track, while Cricklefields Stadium (Ilford AC) is getting its 6 lane track resurfaced (it was laid down in 1989).

EMAILS ED SHILLABEER

Hi Dave,

Trawling through EW latest edition as usual bags of interest. Having widened your subject matter to include politics, you might – or might not – be interested in my own recent experience. Standing in an inner city ward (which includes my old primary school!) where Labour in 2003 had nearly 1500 votes to the Tory 486 (and behind L.D.s) I brought the Conservative vote to within 281 of the Socialist and claimed 2nd place. Perhaps I might have done even better if I had added not spent time I could have been canvassing, in training to raise money for Shelterbox via the London Marathon! Incidentally Sharpie stormed ahead of me before 6 miles, walking with a very focussed Belgravian, and until your newsletter I assumed finished ahead. I recorded 4.54.03 in 24,495 place. At one point I said to a khaki-clad 'gnome' pr 'bushman' scurrying along "you look like you should be in the Marathon des sables". To which the Iranian replied "I did it last week, and 30% failed to finish it was so hot!" Talk about being put in one's place!

To give you all a laugh, I was grinding up a steep hill at the end of a 2 hr bike session last Wed, in a storm, head down battling the elements, when 'bang' – I rode into the back of a parked car! OK now thank the Lord.

Yours in Sport, Edbanger

EMAILS MIKE HINTON

It's good to see that the well established 'Nicola 5 miles road run' at Canvey Island, now incorporates a separate race walk.

I have fond memories of the 'Nicola 5' watching my son run it 1998 and daughter in 2003.

I never did get to take part in the run, so hopefully next year I can do the walk.

With the run getting near 500 entrants, let's hope the walk can build on the 21 starters this year.

Regards, Mike

REPORTS SUE CLEMENTS

Hi Dave,

I've just got back from walking the 292km Paris to Tubize and have some impressive news. 70 year old Shaul Ladany was there and on the 18th/19th May he walked 100 miles in 21.45.34 in Ashtabula, Ohio. He is hoping this is a new world record for a 70 year old. He showed me the City Proclamation he was presented with – it's very impressive and includes a précis of his experiences in the war, his notable athletic achievements as well as his recent success.

I would be grateful if you would include this in the Essex Walker.

Sue

CHAMPION STATUS FOR SHARPE

Ilford AC members gave the rest of the field the old 1-2 at the Millennium Arena in Battersea Park on a hot Sunday morning as they came good in the annual Southern Veterans Track

Championship 3,000 Metres' walking race. Leading from start-to-finish was sprightly in-form DAVE SHARPE who clocked 16 minutes and 42 seconds, while long behind in his wake was 2nd claimer RON POWELL who struck silver in 18.21. Sharpe was not done with the meeting for as soon as he'd collected his medal from the podium, he spent the rest of the meeting in his role as a field judge.

MIND THE GAP

Taking a 'gap year', which appears to be the current trend, is former National Champion walker PETER RYAN. We remember just how fit Peter got when taking a work break on completing his Essex Police career – culminating in a Championship winning performance on Newmarket Heath. So his athletics rivals had better be wary when seeing Peter on the start lines!

THOUGHTS OF BARRY INGARFIELD

At the recent World Cup of Race Walking, La Coruna, Spain, our young inexperienced walkers, performed well; sadly, one girl was obviously suffering from nervous-tension, while another tried just that bit too hard, and paid the penalty.

More importantly, the Championship clearly demonstrated that our sport has moved on, and a more scientific approach has been adopted, gone the 'blood, sweat, toll and tears' of yesteryear. Some of our die-hard 'old school' walkers have said, "I think our sport's been high jacked". Through my trained eyes, I think that generally the standard of walking was excellent, (well-done to all judges).

Phil Barnard of Castle Point, is certainly helping to put the heart back into our sport, over 3k and 5-miles, etc., and is well worth a mention in the pages of your publication. And at the other end of the age spectrum, Arthur Thomsom can only be described as a modern-day phenomena, a glowing example to senior-citizens everywhere.

At the risk of repeating myself, the over pronation of the good, can lead to the inversion of the foot and is a common biomechanical dysfunction among many of our athletes, this can cause several problems with the knees, hips, thigh muscles, and the lower back.

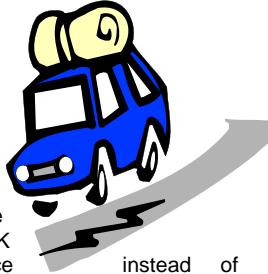
I strongly recommend: you **do not** place one foot in front of the other it shortens your stride and robs your performance, it can also cause 'bent-knees' resulting in disqualification. If you see me at an event I can analyse your mode of progression.

Barry Ingarfield (ex-GB walking international, marathon and triathlon coach).

FROM OUR TRAVEL CORRESPONDENT TONY PERKINS

PERKINS TRAVEL

Perkins Travel, the specialist travel agent that gets to the venue in the twilight zone, took DK and AOR to La Coruna to see the IAAF World team walking championship. DK obviously thought he was going to a race instead of an airport for he failed to arrive at the agreed time of 1600 at Perkins HQ but met the party at Stansted airport instead. On previous trips we had done the Sun and Daily Star crosswords on the plane. This was the plan this time until AOR opened his carrier bag with the papers in only to find that he had picked two Suns and no Daily Star – so no sports quiz. We picked up our hired vehicle at Porto and set off on our 300km drive to La Coruna. AOR was acting as the rear gunner and was muttering something about not wanting to see any deer again before falling asleep for most of the journey. On entering the town of La Coruna we struggled to find the hotel. Could the reason have been that Roy Sheppard wasn't with us? In Turin he had been in and out of the car asking the locals for direction, whilst this time DK simply leaned out of the window and asked in a foreign accent for the Hotel Plaza. The next problem was the car park. We went down the wrong lane. The races didn't start till 1600 on Saturday so there was plenty of time to check out the course and do a bit of sightseeing whilst having a coffee on the course. Along came the enthusiastic Dave Turner who brought with him free handouts of the race. Dave showed us the beach and AOR was quick to strip off for some sun bathing. Whilst we were walking back to our hotel we came across Bob Dobson doing a bit of training in his new 35 euro shoes freshly bought from a local shop which he had found by accident when he got lost sightseeing in the town. Whilst making our way back to our hotel AOR spotted several topless sun bathers. Strange he spotted them when last year he couldn't read the map due to the print being too small! During the races John Powell noticed us on the course and spoke to AOR about boxing matches from days gone by. Pam Ficken kept us up to date with the Cup Final score and Bob spoke to Robert Korzenowski who said he was coming to the dinner at Leamington in June. On the Sunday we were warned that Mike Smith was about – selling the Leamington 2007 t-shirts. We thought we had missed him but he found us. Whilst selling us the t-shirts, the Polli sisters from Sal Lugano walked past. Mike sold them a t-shirt but telephone numbers appeared to be exchanging hands. During the 50km there was a Steve Uttley look-alike walking. We kept joking "will he get to Chelmsford in time for the Essex 3km?" After a spot of lunch we set off for Porto giving ourselves about 5 hours to do the journey. DK remarked that that was more than enough time and perhaps we should try to find the cheap sports shop Bob had found. He was out voted so off we set, although 45 minutes later we arrived back at the centre of the town. The expected had happened again to Perkins travel – perhaps it's time a professional travel agent like Centersport took it over. An hour down the motorway AOR's mobile went off for the first time on the trip. Now that is a personal best! It was the result of the Essex 3km with a mention of Steve Uttley. We all laughed.



KEN RODRIGUES HAS LEFT (FLED) THE COUNTRY

New Address

31 Route d'Anche
"Tringalet"
86160 Champange St
Hilaire
Vienna
France

New Telephone No.

033 (0)5 49 5536 59
Dial 0845 2 443 443 first and listen to the prompt then dial the house landline 0033 5 49 55 36 59#. It would then be directed through budget com and be charged at local rates.

New E-Mail – To Be Confirmed

The new house is about 35K south of Poitiers; please call in if you are near.

EDITORIAL – STARTING LATE

These days, with unreliable public transport and a crumbling much over-used road network, planning journeys is becoming an increasingly difficult task. Uncertainty prevails. When turning up close to, or even at, start time it requires the starter and/or marksman to make a decision. "HOLD THE FIELD OR SET THEM OFF ON TIME". Any late entrants will probably have spent a lot of time and money in order to be present – and a dilatory arrival may be due to circumstances beyond their control. So it is common for the start to be delayed – and often it is with the sympathy of those who have to wait (as they know it could be them another day).

But... having agreed to delay, how long should that be? A large field were on the start line at the 300th Blackheath event when JULIE DRAKE arrived (from Sussex). A delay was called, during which time Julie flipped up her car tailgate, behind which Julie got ready in less than 2 minutes while true gentlemen averted their eyes. The last ever Southend Open 5 Miles at Thorpe Bay saw BRIAN ARMSTRONG arrive as the field were on the line and listening to Chief Judge KEITH READ's pre-race comprehensive speech. Brian changed at the back of his car and lined-up as the speech was drawing to a conclusion. At the 1991 Ilford summer 10K around South Park, at which I had been there for a hour issuing numbers, I decided to race just as the field were getting ready to start. We were short of officials and I was holding the stopwatch when the then Essex AAA Honorary Secretary HOWARD WILLIAMS appeared and offered to take hold of the stopwatch. My car was at the start line, so I changed behind a raised tailgate in under 2 minutes (and went on to record 58 minutes in a thunderstorm). The then Record Editor JOHN HEDGETHORNE got a topical headline out of it, to wit 'RAIN CAME DOWN – AND AINSWORTH'S TROUSERS'. Indeed I had to change 'at-the-double' as the Mayor and Mayoress of Redbridge stood under an umbrella (held by the Borough's mace bearer) waiting to shout "Go". By the way, the Mayoress averted her eyes!

Get the point. If a late start is granted – then you have 3 minutes to get changed. That way nobody gets upset. Nobody expects walkers to be on a par with Victorian Music Hall quick-change artiste, but 3 minutes is a reasonable time – and one which most late arrivals have managed to comply with in the past.

Is starting after the rest of the field that bad in any case? A delayed start means that one is continually chasing slower walkers in a battle to rise through the order. It's better than 3 training sessions! Indeed some of the fastest walking ever seen has been performed by athletes who have started after everybody else. And...most race organisers will kindly annotate the result to indicate how much time was lost by late starters. What has prompted this editorial is a few letters/comments on the issue.

Here's 3 quotes from my old RAF Squadron Leader

1. "The only excuse you have in life for being late is because you're dead". He said this after every briefing – but this was well before the M25 had even been designed, let alone completed.
2. As regards to a journey, "Piss poor planning means a piss poor performance".
3. "The one sure way to be late is to have plenty of time".

But seriously folks – can we agree that delayed starts be limited to 3 minutes?



WHAT'S THE DAFTEST JOB IN SPORT?

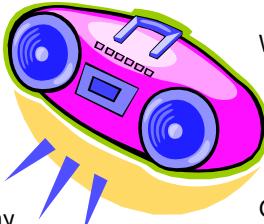
I just have to laugh at the person who rings the 'one lap to go bell' during the 800m. (taken from The Observer).

MORE VANDALISM

A short while ago arsonists set light to the old and much loved wooden Beagles hut at Chigwell Row. Now, over the late Spring Bank Holiday weekend, vandals went on the rampage inside Newham & Essex Beagles main headquarters at The Terence McMillan Stadium in Plaistow. Much damage was done to the Club's equipment and catering facilities (i.e. their microwave etc). Nothing was stolen but the place was trashed.

OVER THE AIRWAVES

Hon. Ed had a short spot on Sunday lunchtime's show on TIME FM, the community radio station for Havering, Redbridge and Barking & Dagenham. The time offered enabled Britain's fine Olympic gold medal tally from race walking to be aired, and also that walking is on its way back into vogue with plenty of speed and power walking now catching on. One hopes listeners were enthused – both of them!



EDITORIAL – DO YOU WANT IT?

When just 2 men and 2 women (1 classified) finish an Essex 20 Miles Championship, it's time to ask if you want these races to be staged for you? There's a shortage of officials, and some come a long way. Surely they should be rewarded with more competitors. Where were you all? Great facilities, a near traffic-free course and no clashing fixtures. If there's something you don't like about our County programme, then don't stay at home and say nothing – tell your County Walking Secretary what you do want!

Within 5 years, Essex walking will be all but extinct except perhaps for the 3,000 metres, 10,000 metres and maybe the 10 Miles (padded out by combining with other Counties). Even the 10,000 metres has had some deplorable turnouts in recent years (a 5 and a 6). But we're working on that. The 20K can limp on by combining it with the Southern 20K. Is that the future for the 20 Miles? Try and find a long distance race somewhere else? Or can we be optimistic and try again in 2007 to stage an ESSEX 20 MILES CHAMPIONSHIP? If so we need YOUR support. We can't put these races on for finishers that can be counted on one hand. Of course, the Essex 50K has already hit the buffers, now going in with the National. But that's not so bad as the National 50K has found a home in recent years at the expensive Earl's Colne venue (which of course is on our patch).

As Dr. Beeching said in 1963 – Use it or lose it!

ROAD WITHOUT END

M25 users will be fully aware of the major road works around Junction 25 (Enfield turn-off). These are a long term project lasting until 2007; so Enfield League regulars should consider allowing extra travelling time and/or seeking other routes. For those approaching Enfield from Essex, the Chigwell/Woodford/Chingford/Southbury 'back-route' provides a good alternative.



A MONKEY

To use sporting slang, Southend's VAL MOUNTFORD has raised a monkey. That's what Val earned in sponsorship money for The Children's Trust by completing this year's Flora London Marathon. Well done...and thanks to those who chipped-in.

TRACK AND FIELD

A number of our walkers are regulars when it comes to officiating at their Club's home athletics meeting. Putting their shoulders to the wheel are alphabetically PETER CASSIDY, JERRY EVERETT, CARL LAWTON, DAVE SHARPE and PAULINE WILSON.

IT'S FOR YOU

Hon. Ed. Put his feet up to watch the World Cup footie. Surely no Wally from the walking world's going to ring while 'ENG-GER-LAND' are playing Trinidad and Tobago? W-R-O-N-G!

PARLIAMENT HILL FIELDS TRACK

We recently held a walk at this track, and for many it was years since they last raced there. For others it was a first, so here's a travel tip for users of public transport. The track is right next to GOSPEL OAK station, which is served by 2 lines from Essex. The infamous North London Line (North Woolwich-to-Richmond via Stratford) is the best service. Gospel Oak is also the terminus of the Barking-to-Gospel Oak line. Both services are run by Silverlink.

POLICE FIVE

Thieves have stolen £1 million worth of Nike sports gear in a raid on a Laindon Warehouse, taking an estimated 6 hours to load thousands of T-shirts and trainers onto their getaway lorry. Essex Police have appealed for help from anyone who is offered cheap gear.



"YOU CAN NEVER FIND A POLICEMAN"

How many times have you heard that one? Well in this year's British Police (PAA) 10K Championship just a solitary Essex Policeman appeared (and he was a retiree). A record low. But every cloud has a silver lining and our man won it. We congratulate, and thank international walker PETER RYAN for flying the Essex flag.



FOLLOW THAT "CAB"

Sounds like a line from a 'B' movie doesn't it? Well when leaving Canvey Island after the recent highly successful 5 Miles, CARL & BARBARA LAWTON (both strangers to Canvey) decided to follow STEVE ALLEN's taxi cab in the belief that he'd know the best and quickest way off the Island. A bad move, as Steve, Alex and Dennis Jones were driving around and about looking for a pub – with the latter performing duties of navigator!

ON THE BOOKSHELVES

The Race Walking Association are going to commemorate their centenary in 2007 by publishing a book which will chronicle the entire 100 years. A triumvirate has been formed to bring the publication into reality – Messrs. PETER CASSIDY, PETER MARKHAM and PETER MARLOW. So if you've got any input, please pass your copy onto any of the 3 Peters.

If it's even half as good as the RWA's last major book, 'The Sport of Race Walking' which was published in 1962 and sold for 5 shillings, it'll be a truly great read. Now one wonders which book will be out next – the RWA Centenary Handbook, Southend-on-Sea's Centenary Handbook or Jerry Everett's long overdue tome on the history of athletics in Colchester?



A STROLL IN THE PARK

Unavailable for the County 20 Miles, DAVE SHARPE nevertheless had an active weekend, for he raced the Eastbrook 5 Miles (2 laps) on the Sunday morning. It was a fun run, but intrepid Dave showcased race walking and achieved 80th position (beating many runners) and clocking 48.41. Speaking afterwards Dave pointed out that he could have gone faster if he had not been boxed-in at the start and had he not been required to race walk on a rough surface.

VIEWS OF DAVE SHARPE

Dave normally gets hold of the news pretty quickly and he phoned a couple of times over the weekend to discuss the ill-fated Essex 20 Miles Championship. He went away and had a deep thought. He rang for a 3rd time, by coincidence when I was actually penning an Editorial to ask if readers still wanted the event and – if so – were they prepared to support it?

What does Dave say? He says, "When only 2 men and 2 women finish an Essex Championship and no team medals are awarded, it's time to take the big decision and end the race. We could re-allocate the trophies/awards and Essex League status to the Nicola 5 Miles on Canvey Island. That race gets a good turnout of over 20 and it's an event which is growing".

Adds Hon. Ed. His views will be considered by many in the wake of the recent Basildon debacle. As regards to ceasing the race because Essex-qualified walkers don't want to support it, he has a point. It was only 5 years ago that one Essex club (Ilford) actually closed home 'A' 'B' and 'C' teams in the race. But everybody is getting older – and the average age of those who do race this 20 Miles event does not suggest that better times lie ahead. After all, if a business catered for a demand that no longer existed, it would soon be in Queer Street. Dave Sharpe's views should be considered along with any others. D.A.

GET WELL SOON

MARTIN OLIVER reports that GEORGE BROWN is now out of hospital after his operation and is O.K., but not mobile enough to get along to the meetings. We wish him well and look forward to seeing him officiating soon. Meanwhile reigning National 50K champion SCOTT DAVIS is going to need an operation to address his groin injury. Scott keeps in touch and we also look forward to seeing him again in the near future.

STOOL PIGEONS?

At the Moulton 5 Miles, we had 2 top judges appearing as competitors – namely MIKE CROFT and MICK GRAHAM. And... if you didn't know, both were pretty rapid athletes during their more competitive days!

CONGRATULATIONS

Essex Walker sends its profound congratulations to the organisers, past and present, of the Bradford & County Open 50 Kilometres Walk. With 104 races, it is now the longest established continuous annual walking race in the world. Many Essex Walker readers will have tackled this testing one-lap circular route, and many yarns can be heard from those who accepted the challenge. For many, it was a 'double'. Doing the popular Leicester Mercury Open 20 Miles on a Saturday afternoon and then rising for the morning start on the Bank Holiday Monday in Bradford City centre. Long may this tradition continue!

DAVE SMYTH R.I.P

Former Bristol R.W.C. member Dave died in June at the age of 70. I got to know him well when I was stationed outside Gloucester in 1970/71 while in the Royal Air Force. In 1970 he gained Northern Ireland's highest-ever position in a Commonwealth Games walking race when coming 14th in 2.53.49 at Edinburgh over 20 miles. Bristol-based, 1968 Olympian JOHN WEBB, and Penhow-based JACK THOMAS were among the walkers who attended his funeral service at St. John's Parish Church in Weston-Super-Mare. D.A.

FAREWELL

After decades of residence at 35 Wilberforce Road in Hendon, former International RAY MIDDLETON has engaged a removal van and is heading for East Anglia. We wish this great athlete well in his new surroundings.

GOOD GOLLY – IT'S OLLY

Another who was in action on the morning after the Moulton event was OLLY BROWN, who completed the testing JIM PETERS ½ MARATHON around Southend.

AN APPEAL FROM 'EDBANGER'

Hello,

We're talking part in the IronmanUK Triathlon 2006 on 20/08/2006 to raise money for Rotary-IronmanUK Charities and would really welcome your support.

Please take a moment to sponsor us. It's really easy – you can donate online by credit or debit card at the following address:

<http://www.justgiving.com/edmundshillabeer>

All donations are secure and sent electronically to Rotary-IronmanUK Charities. If you are a UK taxpayer, Justgiving will automatically reclaim 28% Gift Aid on your behalf, so your donation is worth even more. Please join us in supporting Rotary-IronmanUK Triathlon Charities and a fabulous cause.

Thanks and best wishes,
Edmund and the team.

NOT TODAY

OUR FRIENDS AT Hillingdon AC have been in touch to advise that the proposed Enfield League 5 Miles, on Saturday October 14th at Ruislip Lido, is now not on. Enfield League 5 Miles activity in October is now on Saturday 7th at the usual place (i.e. Donkey Lane). That frees up October 14th for the Central London Centurions AGM (afternoon) + their 95th Anniversary Dinner (evening) at the upmarket Royal Air Force Club in Piccadilly.

LONDON BUSINESS HOUSES 3,000 METRES CHAMPIONSHIP BATTERSEA PARK 14TH JUNE

1	Steve Uttley	Civil Service	15.07.7
2	Steve Allen	Post Office	15.52.9
3	Mark Culshaw	Tamworth AC (Guest)	16.30.6
4	John Hall	Civil Service	16.52.5
5	Maureen Noel	Civil Service	17.51.1
6	Francis Thomason	London Underground	18.29.7
7	Dave Ainsworth	Ford	19.59.5
8	Geraldine Legon	Post Office	20.21.5
9	Micky Sutton	Post Office	20.23.5
10	Dave Hoban	SWC (Guest)	20.30.3
1 disqualified			

For the first time in several seasons, the field for this long-established event went into double figures. The official starter, donned in a traditional red jacket, was BARBARA DUNSFORD, while JOHN DUNSFORD and CECIL GITTINS both kept the times and enforced the laws. Ilford walker MICKY SUTTON had an extremely busy night appearing in the 100 metres sprint (also ran), the 800 metres (2nd in 2.39.00), the 1,500 metres (2nd in 5.30.7) as well as taking leg 3 for the winning Post Office team in the 4 X 100 Metres relay. Thanks to meeting organiser LAURIE KELLY for persisting with this event – and for doubling up as the stadium announcer/commentator.

CBE AWARDS FOR ATHLETES

In the Queen's 80th Birthday Honours List there were awards for LYNN ('the leap') DAVIES and ANDY HAYMAN. Our 1964 Olympic long jump gold medallist Lynn was at the Leamington Spa Grand Prix of Walking to present the medals. As for Andy, the recipient of a somewhat controversial award for his services as head of the Met's Anti-Terrorist Squad, he was a keen and useful cross-country runner at **Southend-on-Sea AC** in earlier times.

THE TOWN HALL DINNER

The organisers obviously consulted the weather forecast and made a wise decision to order an all-cold meal for a hot evening. Sadly, as in 2005, advertised speakers failed to appear. Top billing in the adverts had gone to London Olympic Supremo Lord SEBASTIAN COE. He blew out, as did race walking legend ROBERT KORZENIOWSKI yet again. A full-house of 180 tickets had been sold, and there's little doubt that billing top names generates demand. The noble Lord's apology was not read out. RK is now Head of Sport for Polish TV and was heavily committed at a certain soccer tournament in Germany. However, he intended to make the briefest visit (arrive late, leave early). This time air traffic difficulties were reported as his obstacle. He did not disappoint many as **most** never expected to see him, despite being advertised to appear. In the British Isles, RK is as evident as Lord Lucan and Shergar! We published in 2005 just how disappointed junior walkers were when their hero failed to show. We should write him off! Also billed was 2004 Olympic 20K Champion ATHANIA TSOUMELESKA, but she couldn't appear as she's 'Up the Duff'. PAUL NIHILL appeared on the programme as the second after-dinner speaker, but he wasn't among the diners! RWA General Secretary PETER CASSIDY had ½ hour's notice that he would be standing-in, so was writing his speech during the dessert course. Peter spoke well and gave us an interesting insight into how the RWA will celebrate its Centenary in 2007, after opening his contribution with "If Paul Nihill enters while I'm speaking, I'll immediately yield to him". No danger as Paul was not coming as he explained on the Sunday, "Last year I was in receipt of a written invitation and accommodation booked for Pauline and I at the nearby Abbey Hotel. This year I was verbally asked, When I'd heard nothing about a hotel booking by Thursday I found out that nothing had been arranged, so I rang around and everywhere was full. We were not prepared to drive to-and-from Kent in a day". KEN MATTHEWS did come on a day trip, but was also thwarted when trying to get an overnight stay booked. DON THOMPSON appeared but such is his dedication, he left early as he wanted to rise early on Sunday for a training session. Other great major medal winners present included MARION FAWKES (nice to see her again) OLLY FLYNN, BILL SUTHERLAND, ROY THORPE, RON WALLWORK and JAKE WARHURST. Ron was the only great champion to have raced during the Grand Prix (though Paul had also been on the programme). Champion Walker ROGER MILLS recorded his apology for absence as he was on holiday in Split. Clearly there was a communication failure, for PETER MARLOW explained, "A £70 hotel room had been booked for PAUL, which was never occupied, plus 2 places at the Dinner". The wires were further crossed as Paul pointed out that he'd never been approached to speak at the function, despite appearing in the programme as the 2nd speaker!

One thing you can guarantee at Leamington functions are speeches. In 2005 8 after-dinner speakers were booked (+ 1 unbilled speaker). This year we had 7 (+ 1 unbilled speaker). Not the best idea when so many foreigners are in the hall, and when discomfort levels are rising through oppressive heat. People like to chat to old friends and, as the speeches continued on, folk were getting up and holding their own conversations at various tables.

However among the speeches were important news items. The District Council Chairman advised that the Town Hall was being refurbished and air-conditioning would be in place by 2007. Dr. IAN RICHARDS and MIKE SMITH gave valuable information about 2007 fund-raising, including merchandise and a wonderful raffle (to be held on Oct 15th) offering a top prize. For just £1 you can win a trip for 2 to The Great Ethiopian Run including return flights from London, 4 nights in Addis Ababa and dinner with the great HAILE GEBRSELASSIE. **Please support these initiatives!**

The unbilled speaker was BILL SUTHERLAND who reminded us all how the RWA and Minister of Sport DENIS HOWELL took the lead against Olympic expulsion in the 70s. He advised the youngsters who had raced earlier, "Don't worry about those who are on the start line. Go out and be determined to win those medals...like the great walkers who are in the room tonight did in earlier days". Well said Bill. Bill also spoke about such social functions, "They're marvellous. We didn't have many functions in the 60s and 70s".

Yes it was a good 'do'. Who needs Lord Coe and RK? And also gracing the top-table was the Reverend Dr. ROY LODGE MBE our 1967 National Champion and the original 'Iron Man' CHARLIE FOGG, the 2007 Webmaster. Roy, also Mayor of Stratford-upon-Avon, couldn't make the 'walk in the park' but enjoyed the dinner. Again, thanks to everybody who did anything to make it a great day. And finally...what about RWA President BRIAN FICKEN and his good lady PAM. Brian staged another of his highly-popular nostalgia exhibitions in the ante-room, while diplomatic expert Pam devised the table-seating plan.

EMAILS KATHY CRILLEY (C933)

Hi Dave,

I write to Essex Walker with details of the **Centurions 95th Anniversary Dinner**. Could you please put something in the next newsletter?

Date: 14th October 2006
Venue: RAF Club, Piccadilly, London (nearest tube station Hyde Park Corner, Piccadilly Line).
Tickets: £27.50 (includes complimentary drink)
Cheques payable to 'Centurions' and send to Kathy Crilley, Assistant Secretary, Flat 11, 10 Bramham Gardens, London SW5 0JQ. Tel: 020 7373 6200. email: Kathy.crilley@virgin.net.

Closing date for tickets 23rd September 2006.

The timetable for the day

2pm – 5pm Centurions AGM (Drawing Room)

6pm Pre dinner drinks in the bar

7pm Dinner

11pm Carriage

Dress: Lounge Suits

Menus: Carnivore plus vegetarian option available (please state when buying tickets – please let me know if you are vegan or have any other dietary requirements).

Limited accommodation is available Friday/Saturday nights at the RAF club – please book direct or contact Paul Sargent (our liaison officer).

If anyone needs help on local hotels, travel, what to do (with none AGM attendees etc,) please get in touch as I live locally and am happy to help wherever possible.

THE 7TH LEAMINGTON GRAND PRIX OF WALKING – SATURDAY 17TH JUNE

In searing heat, all deserved full credit for supporting this well-established top sporting event – especially officials, who were under the sun from breakfast time until mid-afternoon. The 50K boys suffered most with only one Englishman finishing – he being the 3rd (and last) one home. STEVE ARNOLD was wisely allowed to exceed the 5 hours limit recording 5.11.24, with the crowd willing him on. Sadly in the Men's 20K, both DAN & DOMINIC KING saw red disks – but they took it in their stride and were both highly positive when speaking later at the dinner about better times to come. "We're only aged 23 and by 2012 we'll be 29, when walkers reach their peak", stated Dan. It's good to hear such positivity. New Colchester signing LUKE FINCH was the only 20K 'no-show'.

In the Open Women's 5K, LISA KEHLER's emphatic victory in 24.03 was remarkable – as the talented Doctor came straight off night shift at Wolverhampton General. In a quality field, CHELSEA O'RAWE-HOBBS (now aged 15) went in at the deep end and came 3rd in 27 minutes.

In the men's Open 5K many Essex Walker Readers appeared. However, again we don't want to 'steal the thunder' of another publication, for TIM WATT took hundreds of photographs and made copious notes. So it'll all be in your RACE WALKING RECORD.

And what about 'EDBANGER', for he had 3 hours worth of the 50K before parting company with the race – then he completed the 5K and the following morning headed for the Cheltenham 10K. Leamington Spa had another attraction on the same weekend, as the 2 days 'Leamington Peace Festival' was less than ½ mile away from Victoria Park. That really made overnight accommodation hard to obtain, and some had booked rooms as far away as Coventry. Royal Leamington Spa and Earls Colne are now seem as the main venues for major walking meetings. The Essex venue is in the middle of nowhere, but Leamington has plenty to offer the weekend visitor. With a long gap between the last race and the evening Dinner, many took the opportunity 'to do' nearby Warwick or Stratford-upon-Avon.

TO VIEW LEAMINGTON SPA PHOTOGRAPHS

Log onto
http://www.pbase.com/shelleylauren/leamington_grand_prix_2006