

# ESSEX WALKER



## TOP MAN FOR A TOP POST

Genial TOM POLLAK is now Surrey County's President! We congratulate this great servant and supporter of race walking on his new found status. Tom has been a regular visitor to Essex events and we look forward to seeing more of him – particularly at the Inter Counties race; which last year was at Kingsmeadow but later this year is to be at Melbourne Stadium in Chelmsford.

## M'HAT M'COAT

40,000 citizens have filed past PAUL NIHILL's cap and blazer. At Rochester Guildhall Museum there's been an exhibition entitled 'Going For Gold'. Colchester born Olympian Paul, now a notable Medway towns resident, was asked to supply exhibits from his Olympic years. So his cap and blazer went on display. Yes folks, 40,000 visitors passed this display. Which cap and which blazer we don't quite know, as Paul went to 4 Olympics (Tokyo, Mexico, Munich and Montreal) spanning the years 1964 – 1976. Indeed he was the first British man to clock up 4 Olympic selections. He raced 5 times for in 1972 Paul doubled-up at 20K and 50K showing true versatility. Nice to see Paul's contribution to UK sport is still recognised in 2009.

## "EURIKA I HAVE FOUND IT"

So said Archimedes, and we'll borrow his words to inform you that the late JERRY EVERETT's written work – which has been issued out for proof reading – has now been safely returned. So thanks folks for looking and asking around. We report a happy ending to this search.



## CHRIS BUCKS THINGS UP

Congratulations to recently elected Vets AC Honorary Walking Secretary CHRIS FLINT for putting some sparkle back into these evening 5 Miles races around the Queens Carriageway (camber and all) at Battersea Park. April's opening race in the 2009 series saw an increased turnout. May it continue throughout the programme.

## ILFORD GIVE 'EM THE OLD ONE-TWO

Two of Ilford's leading lights lined up for the well-established and testing Pednor Open 5 Miles, which takes its entrants around a difficult one lap circuit in the Chiltern Hills. Leader from the 'off' was Leicester's MARK WALL, but racing for the 4th time in a busy long weekend, he soon ran out of steam and 'hit the wall' early on, so allowing PETER RYAN to head the field – a position that he held to the finishing line which he crossed in 44 minutes and 6 seconds. STEVE UTTLEY, a former event winner, passed the fading Wall and got within a few paces of Ryan until the latter's emphatic 8 minutes and 18 seconds last mile ensured victory by 60 metres with his Ilford colleague just 25 seconds in arrears. Ilford have provided a number of past victors at this event, but never before a 1-2. In fact MARK WALL had earlier won at Stevenage over the 3,000 Metres distance in an emphatic 14.40. He was one of a number to have 'doubled up' that afternoon.

## IN SUFFOLK

Essex Walker readers did well in that Country's 3,000 Metres Walk, held in Ipswich on the same day as our own Championship. They got 1 more in the meeting than we got at Chelmsford. PAUL GRAHAM was a clear victor in 13.38. Well known names ALAN ELLAM, DON COX, MICK GRAHAM & RON WALLWORK were in his wake, clocking 16.09, 17.01, 19.37 and 21.27 respectively. Among the ladies, SERENA QUEENIE won gold in 20.55. Full result in the usual places.

## FROM ROVING REPORTER DAVE KATES

On the same day that tens of thousands thronged the streets of London to either spectate or participate in it's annual Marathon event a sterner test of strength and endurance was taking place at the other end of the Country in Stockton-on-Tees. The City's Ropner Park was to host the U.K. National 50K Race Walking Championship, the longest athletic event on the Olympic programme and one renowned for both it's super heroes and the drama that they produce. Scott Davis of Ilford A.C. was there to defend his national title yet again following a sequence of 4 consecutive victories in this event. This year a sterner test was expected in the shape of Christer Svensson of Sweden, who had represented his Country in the World Cup in Russia last year and Redcar's Paul Evenett, lately a much improved athlete. Davis and his coach, Dave Kates prepared a race plan based on notes made on both during Grand Prix Events in Slovakia and Switzerland earlier in the year. Preparations were completed with several test laps of the 1095 metre course the night before during which it was noticed that the heavy tree leaf, blossom and flower pollen would combine with the expected heat to provide an oppressive atmosphere. Those conditions could be combined with a fast pace to inflict serious damage onto the race field.

At the gun Davis waited to see which Paul Evenett would 'turn up to race today'. Would he lead or would he follow. He chose to follow the Ilford man through the opening laps, who in-turn responded by 'supervising' a group including Evenett, Svensson, Steve Arnold of Nuneaton, Trevor Jones of Steyning with Stephen Crane of Surrey and Mark Wall, Leicester a short distance behind. Imperceptibly Davis applied a little more pace on each lap bringing about a gap and pressure to those behind, with Evenett, Svensson and Wall all talking early 'infringement' cards from the judges. Crane and Wall were soon left trailing with the latter eventually suffering disqualification by the judges and Crane ultimately unable to finish. On taking a 2nd 'card' from the judges, the Swede, Svensson sensibly throttled right back and decided with Jones on 'survival'. Only Evenett and Arnold took up the chase. The Ilford man responded by putting in another surge to reach 10k in 52.58 which destroyed Arnold's race and he in turn was unable to finish. Only Evenett now remained some 35 seconds in arrears. Again the Ilford athlete turned up the heat, covering the next 10k in an even faster 52.38. He was now operating at 4hr.22m pace and with the Redcar man now tailed off he intended to cruise at that speed level until the final stages. Suddenly as so often in this event tragedy struck. In one area of the Park the Race Stewards had been having trouble all morning with a few locals displaying an attitude problem toward the Event. Not content with 'name calling' and mild abuse a few people had also deliberately walked across the path of oncoming athletes. One such individual deliberately impeded Davis by suddenly cutting across the front of him which cause the Ilford man to swerve in an awkward movement to avoid contact. He immediately felt a muscle tear in the hip flexor region of his right leg. The ensuing pain increased with every lap and by 35k Davis had complete loss of feeling in his right leg. It was crisis point – big time. In a desperate attempt to save the race he had to slow and try to stabilize the situation. Dropping some 25 seconds or more a lap his race became all about survival. Behind him the Swede Svensson had made up several positions and was now in 2nd and finishing strongly. The Redcar man Paul Evenett was also rallying and holding onto 3rd. If Davis could stabilize things with a drop of 25 seconds per lap, then the chasers would run out of road before the end, but could the Ilford man hold on. Urged on by family and friends and tended with frequent cold water sponges the laps painfully counted down until the Ilford man crossed the line for a victory in 4 hrs 30:38, with Svensson 2nd in 4hrs 47:28 and Evenett 3rd in 4hrs 51:59.

With this victory Scott Davis will surely go into the U.K. Athletics Hall of Fame. Winner of the National 50k title for 5 consecutive years in a row is a feat equalled by only Harold Whitlock, the Olympic Gold Medallist in this event in Berlin 1936. This sequence of wins has also been surpassed by only one other athlete – Don Thompson, Olympic Gold Medallist in this event in Rome 1960. The Ilford Club, truly have a 'racer' of the highest quality.

## CONGRATULATIONS

On behalf of all readers we wish every happiness for many years to come, to International walker KEVIN MARSHALL and FRANCES, who were married at Clare in Suffolk on Saturday April 25th. We thank wedding guest PETER DUHIG for providing Essex Walker with photographs of this most happy occasion.



## 35 YEARS ON

In 1974, Britain's walkers were up in arms over a decision by the Olympic movement to ditch race walking. They truly got their dander up and spearheaded a major campaign for reinstatement, which was to prove successful in the end. Part of the campaign was a March on Parliament to lobby the then Minister for Sport, the late Rt. Hon. Denis Howell PC, MP. The Race Walking Record of the time – then edited by ALAN BUCHANAN – published this account:

There was a heartening turnout for our march from Speakers Corner to meet Minister of Sport Denis Howell – to discuss our fight to keep walking in the Olympics. A car load from Yorkshire and a coach from the Midlands organised by Les Lewis, containing pensioners and teenagers alike augmented the Southern turnout. It will undoubtedly be a day to remember for all especially if we are successful. Good coverage was given in BBC TV's main news bulletins and a few more million people in Britain at least know of our plight. Bill Sutherland, John Lees and other organisers deserve credit for a well organised march but it was a disappointment that our most influential officers (with the BAAB) again failed to give their support when it mattered.

Adds Hon. Ed. In 1974 there seemed little interest in Race Walking by the BAAB, indeed in 1974 only 2 walkers were to be sent to the European Championships in each of the 2 walks (20K and 50K) when 3 each could easily have gone to Rome. A year later an International was staged at Woodford Green again West Germany, and no interest was shown at all by the BAAB. Sad to say the British Race Walkers Club had managed to annoy the 'Old Guard' at the BAAB right throughout the 70s, ending with an 1980 Olympic selection when only 1 went to the Moscow Olympics in each of the 2 walking events – and it was made clear by the BAAB that we were lucky to get 2, as at first they had only chosen 1 at 50K. The 20K selection was only made after a fuss.

## THE BIG ISSUE

Record editor ALAN BUCHANAN penned a stinging editorial stating:

"Our sport is at a cross roads, the possibility of walking being taken out of the Olympics may soon be a reality. The Record exists at its present cost due to the generosity of our printer – John Elston – and even then, we are losing money.

A general state of apathy exists within our sport in this country. You need only to sit at an RWA Committee Meeting to realise this. Innovations, new ideas, forward thinking – they all seem foreign to most of our administrators, who turn out the same dreary reports and facts each meeting instead of getting on with it and perhaps offering something new".

Alan went on to moan that only 28 persons had supported his fund raising initiative of a 200 Club to benefit our sport. Alan complained about a disappointing 1971 Lugano Cup and emphatically stated, "We desperately need a new NIHILL, MATTHEWS, THOMPSON or EMBLETON to give us that extra boost at World level".

Alan went on, "One highly respected senior official has resigned from all RWA Committees because he feels that the BRWC is getting too much power. Is it any wonder that our senior officials fail to support us when the Minister of Sport puts himself out to help our cause when our leading senior officials fail to appear at National Championships – our president has not attended one – that active walkers should wish to make their presence more felt? – they have to!" Alan concluded his hard hitting editorial by criticising apathy.

## ON THE ROAD

The politics of 1974 might have been the subject of a heated editorial but on the road our RWA National 20 Miles Championship in June at Redditch saw 261 enter. 157 start and 126 finish (30 teams entered, 20 started and 17 closed in at 4-to-score). Sheffield United won the Nijmegen Shield for being first to closing their declared team of 8 (72nd position settling the issue). The top 3 were ROY THORPE (2.39.47), BOB DOBSON & JAKE WARHURST. Southend-on-Sea AC (BOB DOBSON, ALEC BANYARD, KEN CARTER AND DAVE ROSSER) won the team title by 2 points from Sheffield. In the Record ALAN BUCHANAN wrote, "I have never seen so many walkers sick and ill looking after a race as this one, no doubt due to the sultry weather".

A month later at Cophthall the same 3 athletes, in a different order, dominated our RWA National 50K Championship, to wit BOB DOBSON (4.16.58), JAKE WARHURST & ROY THORPE. The course (10 x 5K) had been devised by RAY MIDDLETON who came 8th in 4.38.30. Sheffield won the team title and Leicester the Milan Trophy for closing home a full 8, settling the matter by 48th team position. 17 teams had started of which 11 closed in. It was a very hot day (Bob likes such conditions) and many dropped out – leaving 86 to finish. In 57th spot was REG DENNY in 5.32.04 – in 2009 he was in great form walking the London Flora Marathon. DAVE NEAGLE, 30th, was just outside 5 hours at 5.04.42, while KEN ROOST (then representing Stevenage & North Herts) was 58th in 5.33.14 with KEN LIVERMORE 60th in 5.36.45. DOUG FOTHERINGHAM (68 in 5.41.24) and recently departed KEITH READ (69th in 5.42.46) had a good tussle. A trio of stalwarts occupied 76/77/78th spots in RICHARD VLOTMAN, DAVE AINSWORTH and MICK BARNBROOK clocking 5.48.41, 5.49.29 and 5.50.42 respectively, just ahead of the late KEN SMITH (Coventry Godiva) in 5.51.38. Richard now resides in Canada but intends returning to Blighty in 2011 for The Centurions Centenary Dinner. Mick now suffers serious injuries and is unlikely to be seen with regularity for a while. We wish him well. To end our backwards look on a sad note, long distance expert PERCY READING had died. Percy complained that many employers did not co-operate in allowing time for long distance races. Percy believed, "Those who play hard, work hard".

## R.W.A. & U.K.A. 50K CHAMPIONSHIP

Ropner Park, Stockton-on-Tees

26th April 2009

### Men

1	Scott Davis	Ilford	4.20.28
2	Christer Svensson (Guest)	Vaxjo, Sweden	4.47.28
3	Paul Evennett	Redcar	4.51.39
4	Trevor Jones	Steyning	5.03.04
5	John Hall	Belgrave	5.39.22
6	Martin Fisher	Redcar	5.40.22
7	John Paddick	Redcar	5.44.52
8	Paul King	Belgrave	5.54.40
9	John Constandinou	Birchfield	5.58.34
10	Chris Flint	London Vids	6.03.48

### Teams

1	Redcar R.W.A.	287
	(Evennett, Fisher, Paddick)	
2	Belgrave	189
	(Hall, King)	

### Women

1	Maureen Noel	Belgrave	6.07.26
2	Sue Ray	Leicester	6.09.13
	(Classified at 45.7k)		

Essex Championship in conjunction: 1. S. Davis

Essex League in conjunction: 1. S. Davis, 2. J. Hall, 3. M. Fisher and 4. P. King



## PHIL HOWELL EMAILS

I would like to introduce you to [www.eRaceWalk.com](http://www.eRaceWalk.com), a new, comprehensive Web site of about 200 pages that supports race walking, ultra-distance walking and marathon walking world wide.

### It includes:

An extensive discussion of race walking technique at both the beginner and advanced levels – from a one sentence starter to an overview of the physics and biomechanics of race walking; - slow – and stop-motion photo studies of race walkers; - slow and stop motion graphic studies of race walkers – featuring Icabod who has been teaching race walking for over 10 years – the most extensive set of current links to fast / far walking Web sites world wide – including clubs, athletics orgs, and other top sites; - 4 popular calculators; track, road course, age grading, and BMI; - a slide-based tutorial on beginning race walking technique; - a newcomer introduction to race walking and ultra-distance walking; and index and links to well over 300 of the best articles on race walking and ultra-distance walking offered by 18 Web sites world wide; the new home for the North American Racewalking Foundation; and – the new home for the North American Racewalking Institute.

eRacewalk.com brings together a lot of material that already exists on a wide variety of Web sites, presents that material in a variety of ways (both through narrative and visuals), and then helps the viewer link back the existing Web sites that fit his or her own particular needs.

I invite you to take a quick tour of [www.eRaceWalk.com](http://www.eRaceWalk.com). If you like what you find, please come back. There will be more to see in the weeks and months to come. If you don't find it all that useful, I will take that in stride also. As a good Welsh-American, I will just go back to singing.

## AT STRATFORD

Those at the RWA National YAG could see the giant 2012 Olympic Stadium taking shape while walking around our course in Victoria Park. Indeed some went for a walk to see how close they could get to the ever-rising construction site, before coming up against a barrier. It should be finished by 2011. A 100 Miles walking race is to be staged in 2011 which is the Centenary Year of The Centurions. How about this idea of having an important walking race as the first major athletics event to be held in this Olympic Stadium? It has a lot going for it. We could even offer to exclude the inside 3 lanes – if it reduces wear for 2012. Less lap scoring for those doing it! A well known walker's son works for the Olympic Delivery Authority based at Canary Wharf. Perhaps such a contact could be used to get us such a booking? Just an idea!

## ESSEX 3,000 METRES CHAMPIONSHIP (+ESSEX LEAGUE) SUNDAY 10 MAY

1.	P. Barnard	CP	14.57.98
2.	S. Uttley	Ilf	15.34.04
3.	S. Crane	Ilf	15.52.51
4.	L. Dordoy	Ilf	16.53.71
5.	D. Sharpe	Ilf	17.11.05
6.	C. Bent	Pit	17.55.90
7.	D. Ainsworth	Ilf	21.29.09
8.	Val Mountford (L)	Sth	23.51.84

8 started and finished

### GIRLS 1,000 METRES

1.	Maria Delgado	St. Angelas Ursuline School	7.37.37
2.	Jemima Ababio	St. Angelas Ursuline School	8.06.15

In perfect conditions at Chelmsford's impressive and modern Melbourne Stadium our field never quite reached the numbers that had been hoped for. In April's 'Essex Walker', enthusiastic reader DAVE SHARPE had compiled a list of 22 potential entrants who were eligible to compete – and he had set a target of 15 from that 22. Like much in 'Essex Walker' of late, it was probably a waste of time publishing this article. Nobody did more than Dave Sharpe himself to personally hand out entry forms and mail them to others. Many such forms are no doubt still 'behind the clock'. Mind you some of the other Championship events looked to be in need of a few more starters! Back to the walking race, where VAL MOUNTFORD retained the Essex Senior title. As in 2008, Val was the only finisher in this category – surely we can get a couple or more ladies to appear, so as we can get 3 walkers onto the presentation podium?

The Men's race lacked its 3 biggest names. The event's Champion, SCOTT DAVIS, was unable to escape his work commitments – so had to scratch his name from the programme. However, full marks to Scott for arranging for his trophy to be brought along to the meeting. All trophy holders are asked to note Scott's example. DAN and DOMINIC KING were required to attend a National Squad Weekend in Leeds. As for those who supervise this sport at its top level, one wonders what planet they're on, and if they even care about UK race walking at its grass roots level? The 2nd weekend in May is **sacrosanct** for COUNTY CHAMPIONSHIPS. So by running such a session on the dates chosen, they have knowingly removed all the UK's top walkers from their County Championship programmes. So we miss out on chances to show our best walkers racing in front of crowds, and chances to generate interest among the onlookers. As Oliver Hardy used to sigh, "Another fine mess". Our February issue proudly announced that the King twins had been appointed Olympic Ambassadors for Essex, and this was rightly published on the front page. We expected to see more of them as Ambassadors. But, as their father STEVE points out, "As leading athletes they have many commitments and full diaries". Steve's right – they can't be in two places at once.

On race day PHIL BARNARD was untroubled on route to his gold medal. In his wake a close duel ensued between STEVE UTTLEY and STEPHEN CRANE. Steve tried to get away on the penultimate lap and opened up a small gap, which Stephen kept down to just a few strides. It was not until the final circuit that a decisive gap appeared to secure ownership of silver and bronze awards.

We had a Judges Panel of all top-graded officials to ensure fair play, and we thank PETER CASSIDY, MICHAEL CROFT, RAY PEARCE (Chief) and PAULINE WILSON. Our profound thanks also to JUNE CORK, one of the meeting's announcers. June provided commentary which both enthused and informed the crowd while race walking was in progress. During an earlier phase of an eventful athletics career, June was a talented walker in a very successful Southend-on-Sea AC squad. And a word of thanks to Mrs. BARBARA CROFT who came along to give her support and kindly offered to take possession of our car keys, wallets, purses and keep a watchful eye on our kit bags and chattels. Finally the once great county of ESSEX has less participants on the track than neighbouring Suffolk's 3,000m Championship in Ipswich.

## TREADING THE BOARDS

In her latest stage performance, CATH DUHIG was dropped down a 30ft well and electrocuted. This happened on a nightly basis....and the actress lived to tell the tale!





## **BMAF PROPOSALS**

### **BRITISH MASTERS ATHLETICS FEDERATION**

President	Paul Dickenson	<b>Affiliated to World Masters Athletics</b>
Chairman	Winston Thomas	<b>European Veterans Athletic Association</b>
Secretary	Bridget Cushen	
Treasurer	Danny Herman	
Website	bmaf.org.uk	

#### **Proposals from the British Masters Athletic Federation**

1. That Delegates vote in favour of retaining the starting age for Masters at 35 years of age and, where possible instruct their Representative to the IAAF Congress in Berlin to vote against any motion to change the IAAF Rule 141.

**Reason:** Under European Equality Laws, age has to be equal for men and women.

2. We ask WMA to amend the definition of walking to remove the reference to straightening of the knee. We therefore propose that WMA use the following definition of walking:

“Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs”.

Separately, we suggest that the WMA non-Stadia Committee substitute the following for their proposal for a WMA Racewalk Panel.

A Panel of International Judges shall be appointed by WMA which must include IAAF Level 2 and Level 3 Judges, plus others appointed by WMA Council.

Disqualification can only take place using Red Cards from Judges from three different countries and two of these must be from IAAF Judges.

Judges Protocol must be available after the event to Team Managers.

Honorary Secretary: Miss B. Cushen, 156, Mitcham Road, Croydon, Surrey, CR0 3JE  
Telephone/email: 020 8683 2602 / [Bcushen@aol.com](mailto:Bcushen@aol.com)

### **NICE TO SEE YOU**

Walkers signing in for the Open 3,000 metres Walk at Stevenage's Ridlins End Track on May's Bank Holiday Monday were dealt with by a pair of friendly ladies, one being Hertfordshire AAA President herself...Mrs JEAN PICKERING, widow of late Ron, who readers will remember as that silvery tongued maestro of the small screen. Indeed Ron was a leading supporter of our RWA's 'Ken Matthews' Campaign in 1977, which led to Ken's MBE award - 13 years after he'd won his gold medal in Tokyo (and 13 years after our 3 other athletics gold medallists got their MBEs). As for the race, won by guesting MARK WALL with 2nd placed STEVE ALLEN taking the Hertfordshire title, it was good to show walking before a large crowd. Former Loughton walker ADRIAN NEWMAN, who hasn't walked since picking up a nasty injury in the same event last year, was there coaching promising 1,500 metres runners. A number of walkers then drove to the well established Pednor 5 Miles race in the late afternoon. Words of praise also for judges, PETER CASSIDY & PAULINE WILSON, who officiated at both events - a day after doing all manner of tasks while staging a successful RWA National Younger Aged Groups Championship at Victoria Park. That also contained events for seniors (in fact 2) so they could come and give support to our promising youngsters and get in a couple of races to boot. And...Victoria Park is now within sight of that ever rising 2012 Olympic Stadium! Surely that is an aim for aspiring youngsters?

### **THE FEW**

Not so many race walkers were in the 2009 Flora London Marathon, which clashed with another big race – our own RWA National 50K. This can showcase our discipline before millions – so perhaps more race walkers might race the 2010 Virgin London Marathon? This year, those we definitely know were about were REG DENNEY, ARTHUR THOMSON, and big-hearted London Marathon regular 'character' DAVE SHARPE who raised a considerable sum for Cancer Research. Former walkers in the running were ROY LEWIS (ex Ilford) who donned a large fluffy wig, and DENNIS JONES (ex Loughton), who both ran for charity. Loughton's 100 Miles entrant JACKIE COX also successfully completed the course Probably there were others, and if we're told about their efforts we'll mention them in a future edition. Helping issue some of the 750,000 drinks were DAVE AINSWORTH and STEVE ALLEN on Ilford's Water Station at 19 Miles (Canary Wharf). Just 30 yards away on the 14 Miles mark was EDDIE TROTTER at his drinks station offering both Water and Lucozade Sport. Yes that's right, just 30 yards opposite on the other side of a dual carriageway at Canary Wharf – yet 5 miles apart in racing terms. A CCTV camera was rigged-up to ensure that no entrants crossed over the ground between! Some 35,789 started and only around 750 failed to make the trip. Sadly injuries prevented STEVE ALLEN and LAURENCE DORDOY from lining-up, so they returned numbers for a guaranteed shot at the 2010 event. Hopefully more of our readers will be on the line up with them!

### **EMAILS KATHY CRILLEY**

Dave,

*Just got back from 3 weeks France (incorporating 2 races) 1 race Easter Sunday: French 50km National Criterion 50km National Criterion 50km at Bar le Duc which was an international race. I was the only international! 4th (and last) lady in almost record slow time of 6.53.44. My only excuse is that I hadn't done the training and the other 3 ladies were half my age!! As it was an international (and the French men's 100km Champs) the anti-dopage control people were there in force in true French fashion... and trying to understand the technicalities of giving a sample when my French wasn't functioning at all after 7 hours (my body functions definitely weren't). I had to down 3 litres of water in 45 minutes to produce a miniscule amount...no doubt the end result would have only been pure alcohol anyway! I await the results with great anticipation.*

*The 2nd race two weeks later was the Dijon 6 hours where I fared a little better. 2nd lady and 7th out of 10 walkers. My excuse here was that I was totally stressed out, the weather was cold and wet. I had only ducks for company and I had eaten and drunk too much in the preceding couple of weeks. I managed 44km and a bit in just over 6 hours.*

*Regards, Kathy.*

### **STILL IN THE RUNNING**

Former member of Southend-on-Sea AC's successful race walking squad and also a former London-to-Brighton Walk victor KEN TUSON is now starting his 46th year in the sport and has entered the Frinton half marathon for a 27th successive year. Ken can be seen frequently at Battersea Park as he supports Veterans AC runs, which are held simultaneously with walking races.

### **BUCKSHEE WALK**

Just a reminder that entries close on July 31st for that bespoke Scottish Walking Holiday worth £2,500 for 2 people, with a top quality accommodation, magical walks and all kit thrown in. No purchase necessary – just visit [www.visitscotland.com/bovril](http://www.visitscotland.com/bovril). All entrants will receive a free 'Walking in Scotland 2009' guide book.



## FIXTURES

Wed 3 Jun	Eastern Vets T&F Walk	Cambridge Track	7 pm
Sat 6 Jun	BMAF 20K Championship	Northampton Racecourse	11.30 am
Sun 7 Jun	Walk for Scotland (12 Miles)	Holyrood Park	11 am
Tue 9 Jan	Tuesday Walk 3,000	Ashtons Track	6.40 pm
Sun 14 Jun	Mickey Brown Walks	Broadbridge Heath	
	SCVAC 3,000m (+ Open)	Kingsmeadow	
Wed 17 Jun	LBH & City Charities 3,000 (+Open)	Willesden Track	7 pm
Sat 20 Jun	IAAF Race Walk Challenge	La Coruna	
	SEAA Championships	Watford	
	Clerical Medical 85 Miles Parish Walk	Douglas	
Sun 21Jun	BMAF Road Championships	Horwich	
Tue 23 Jun	Vets AC 5 Miles Championship	Battersea Park	7 pm
Wed 1 July	Eastern Vets T&F Walks	Various venues	7 pm
Wed 4/5 July	BMAF T&F Championships	Birmingham	
Sun 5 July	Postal Walk – 10K	York	
Wed 7 July	Woodford Tuesday Walk 3,000m	Ashtons Track	6.40 pm
Sat 11 July	RWA National 100 Miles (+ 50k)	Newmarket (Rowley Mile)	3.37 pm
Sun 12 July	Moulton 5 Miles (new location)	Newmarket (Rowley Mile)	2 pm

**Note:** Throughout June, and up to July 11th, ex-professional jockey and prolific fund raiser RICHARD DUNWOODY is attempting to emulate the 1809 feat of Captain BARCLAY by walking 1,000 miles in 1,000 hours. Any readers who find themselves in the area, or those residing within travelling distance of NEWMARKET are implored to visit the town at any time (day or night) and give both support and encouragement.

### FIDO WELCOME



In past days Essex Walker readers have raced the Scottish Walk in Edinburgh. Dogs can be walked, if leashed.

### INNS AND OUTS

Taking office is much respected MARTIN RUSH who is our new National Mentor for Race Walking. We wish him well in what's a big task, trying to ensure our full representation in 2012. The 'Think Tank' have the same goal, and stepping down is successful coach BARRY INGARFIELD, who along with GEORGE NIBRE and BILL SUTHERLAND was one of the 3 great thinkers whose writings inspired this 'ginger-group' to be founded. In a short time the Think Tank have lost 3 of its founders. DAVE AINSWORTH resigned when a fellow Think Tank member emailed him, telling him to find some other interests, then much loved JERRY EVERETT sadly passed on. Now another founder has quit. Barry will make his reasons known in our next issue. But the determination of this Group's leading light – ex International GEORGE NIBRE – is unaffected. Indeed at their 3rd meeting in Newmarket, AMOS SEDDON joined in to offer his experience to the cause.

### THOUGHT FOR THE DAY

"If you resolve to give up smoking, drinking and loving, you don't live longer. It just seems longer".  
(The late Clement Freud).

### WEB SITE INFO

Visit the RWA web site

<http://www.RaceWalkingAssociation.bt.internet.co.uk> for official information, archives and fixtures. Visit <http://www.RaceWalkUK.com> for results, walkers profiles and much else

### WALKER'S PROFILE

The guy writing about race walking the London Marathon is hardly likely to make an impact in pedestrianism. He's aged 74, lives in Northumberland and comes to London once-a-year to do the Marathon. He took up walking because his 'knees went' 2 years ago.

### YET ANOTHER HAT

Man of many posts RON WALLWORK has taken over from the late JERRY EVERETT as Honorary Suffolk County AAA Walking Secretary. Ron's enthusiasm has already been witnessed by a larger than usual entry for Suffolk County's 3,000 metres Championship. May the ball keep rolling!

### FROM THE BEEB

The BBC again covered the London Marathon and here's a few gems.

From Steve Cram, who's no race walking fan, "The woman's race is developing into a 3 horse race with Mikitenko, Zhou, Yamauchi and Kalovics". Later on he added, "Only 2 people gave themselves a change of winning the woman's race, Mikitenko and Yamauchi and Zhou as well".

And...only Dame Tanni Grey-Thompson could get away with saying, "Heinz Frei and these wheelchair athletes, they won't be sitting around today".

And finally a BBC Radio 5 Live soccer input from opinionated Alan Green. "Ziege hits it high for Hesky, who isn't playing".



## **Jogging's for wimps**

LAST week's *Athletics Weekly* reported that I jogged/walked the London Marathon when in fact I race walked the whole way non-stop.

Jogging for serious athletes, and not just the elite, is only a peripheral activity when warming up or down before or after a race or speed session and would never feature in an actual race.

Race joggers would not usually be readers of *AW* but other publications designed more for fun or social runners who would not normally in their races wish to enjoy pain and hence they simply jog the race as distinct from proper running.

Back to my London, which was continued effort from the off with plenty of "hammer" in the last few miles. If I can no longer run, jogging is a non-alternative therapy. However, race walking provides the opportunity to stress the body and provide pain, although unfortunately, or perhaps fortunately not the extreme pain of "please, God, when will it finish?"

**Dave Fereday – London Marathon  
Ever Present/Barnet & District AC**

## **RACE WALKING RECORD**

It's important that a minority pursuit like ours has its own well supported regular publication. We call on all those who have lapsed subscriptions to reconsider returning to the subscribers list. We need to keep this publication going! The Race Walking Record (Founded 1941) is the magazine for walking events and the sport of walking, and is published on the 1st of each calendar month.

Subscriptions: UK £30, International £40.

Subs please to its new Editor Mr. John Constandinou, 60 Claverdon Drive, Birmingham. B43 5HP. Please post all news, results, announcement, letters, photos and articles to John at that address, or email them to: [info@RaceWalkingRecord.net](mailto:info@RaceWalkingRecord.net)

Incidentally a well known reader with strong Essex connections – RWA Life Member REG WELLS was the first new subscriber to sign up in John's era. John's happy to be addressed as just 'John C'.

## **GET WELL SOON**

We're sorry to hear that ANGELA BENT (wife of Centurion and former Essex League Champion CHRIS) has been unwell and was unable to race the last 'Nicola 5'. Angela's name appeared on that special final event programme among a list of fastest competitors over the 15 years duration of the event. We're sad to report that PAULINE KATES (wife of Centurion DAVE) has suffered a very bad fall in her garden. Pauline needed hospital treatment as a result. We wish both ladies well and a rapid recovery.

## **MEMBERS OF A MEMBERS CLUB**

These is an elite athletics Club comprising of House of Commons MPs who have complete a London Marathon. Before the 2009 race membership was 42 of whom 1 is sadly no longer with us (PATSY CALTON – MP for Cheadle). The Club recently had a members dinner. Among Club members are 2 MPs with walking connections. In date order 2003 saw BOB RUSSELL (MP for Colchester) complete the distance in 6.20.22. Bob has twice been our 'Mr. Starter' at those epic 100 Miles races around Castle Park in his Constituency. At the last race there, Bob walked the first and last laps, and got stuck into his task with enthusiasm! Bob has also been a Metropolitan Police Walking Club Dinner guest speaker at New Scotland Yard. In 2006, PHILLIP HOLLOBONE (MP for Kettering) pounded out a 4.41.20 finish. Phillip appears on the all-time list of Blackheath Park 9K Handicap appearances, and is also featured in the Surrey Walking Club's Centenary Handbook. Phillip had hoped to race our BBC televised race last year, but Parliamentary Divisions thwarted him. Actually Phillip is eligible to appear in the Police Walking Championship, and represent them in their annual match against the Civil Service and the Combined Services for the Ryan Cup, for as seen in the National Press, he's also a serving British Transport Police Officer. Twice a week he does an evening's work as a Special Constable operating out of King's Cross. Perhaps the Met. Police Walking Club might invite him along to their races? The fastest MP is MATTHEW PARRIS (then MP for Derbyshire West) who sped around the course in 2.32.57 in 1985. The only other MP to have beaten 3 hours is DOUG HENDERSON (Newcastle North) who clocked 2.52.24 in 1989.

## **WRITES DAVE SHARPE**

Dear Sir,

*I remember Dave Baxter and his wife very well. He was one who came over from running and made an impact. It is people like him that we need to find now. The Chigwell Row 10K unfortunately is unable to be held due to traffic problems. Even Ilford's running section have, this year, stopped road races at Chigwell Row. The Club still do cross country and training there, but for how long nobody knows as the householder has doubled the price of our Clubhouse lease. Ilford hope to stage a 5 Miles walk around South Park in December.*

*Barry Ingarfield has done very well with young protégé Lucy Kent and he has some very good ideas. I can only wish him future successes. There are walkers out there who could do with help in their coaching and training. But sometimes they are not prepared to listen.*

*Yours D.W. Sharpe.*

## **ANNOUNCEMENT**

Peter Marlow and Ron Wallwork have announced that a 50K Open race is to be held at Newmarket on Saturday July 11th in conjunction with the RWA 100 Miles (as was the case in 2007 in Battersea Park). Peter explained that with the Bradford 50K folding, there is now only 1 50K walk on in the country, and there needs to be more. Hence there is to be another one at Newmarket on July 11th. Please give your support to keep this great Olympic event going in the UK.

## **VIEWS PLEASE**

RAY PEARCE still wants views, both for and against, reference keeping the Essex League going after our 500th race. Remember its your Competition. What do you want? Have your say now!

## OLYMPIC SUPREMO'S WISE SAYINGS

London 2012 leading light SEB COE has recently issued a list of wise sayings and 'Thoughts For the Day'. Here are some of them for you to digest:

1. "Leaders can be made". I believe that almost anything can be achieved by anyone, provided they have the motivation and drive and can visualise the end goal clearly enough.
2. "I cannot overstate the importance of having a vision". A vision is not the same as a mission statement.
3. "You can't inspire people unless you understand them first". Unless you can inspire others to buy into your vision you won't succeed.
4. "How" and "Why" are questions that need to be asked in the right order. It's impossible to decide how to do something effectively unless you can get to the heart of why you're doing it.
5. "Set realistic goals". Throughout my athletics career the overall goal was always to be a better athlete than I was at that moment – whether next week, next month or next year. The object was always to improve in achievable stages. The medal was simply the reward for achieving that goal.
6. "Strong leaders are not afraid to hire people brighter than themselves". I trust my 2012 team to be far more expert than me in their respective disciplines, as I did with my background athletics team.
7. "Listen not only to what is being said, but also what is not being said". A good leader doesn't only listen to what is being said – they are intuitively tuned in to the subtext as well.
8. "Pick your battles". Pick ones that are small enough to win and big enough to matter.
9. "You are not indispensable". The organisation should already know who the next generation of leaders are likely to be.
10. "Hold fewer meetings". Where every decision has to be approved by someone higher up the chain, the whole organisation can become paralysed.
11. "Expect the unexpected". In every scenario it is wise to assume that the worst could happen. Human error tends to be the norm. Mistakes are very rarely down to a failure in technology. Part of a leader's job is to anticipate crises in advance of them occurring.
12. "Encourage risk taking". Allow people to take calculated risks – within their own area of responsibility – even if it means the risk of failure.
13. "Losing is not the same as failing". Losing once does not mean that you haven't enough talent to succeed in future – it is simply an opportunity to learn, to expand understanding of the task and develop. Losing did not make me want to quit – it just increased my hunger to win. I couldn't wait to get back on to the track, and I couldn't wait to start making the changes needed to improve my chances of winning next time around.
14. "Never say never". There is never a good enough reason not to try. I use other people's disbelief as a motivating factor when faced with tough challenges.
15. "Stick to your own gameplan". Your needs are different to your competitors and if something needs to be changed, it should be done strategically over time, not in reaction to someone else's aims. Short-termism should never replace the long term view.
16. "Respect your rivals". People tend to have long memories, so it is always as well to appreciate your friends and respect your enemies, because you never know who you might be collaborating with at a later date. Never doubt that in business, as in politics, most relationships are dispensable.
17. "Always listen to the market". Track and field has been sliding off the radar for my children's generation.
18. "Live a balanced life". Focusing on one thing at the expense of all others will result in a loss of balance. It is possible to over-prepare or become so absorbed in a task that the overall life-balance is forfeited.
19. "Don't be afraid to switch off". The brain needs periods of rest to allow new information to bed down and fresh ideas and perspectives to come to the surface. There are numerous examples of people making new discoveries while they were relaxing or taking a break from the very thing that they had been focusing on. In athletics, performance will often be enhanced by a period of relaxation and calm.
20. "Yes you can". Success is not some kind of exclusive club where you can simply pay your membership dues, sit back and let life's rewards come to you. The nature of success is entirely determined by the individual. Success for some is getting up in the morning. For others it's about overcoming a fear. Success is whatever you want it to be. Once you've decided what you want to achieve, commit yourself fully. There are no half measures. Then and only then, will you find out what you are really made of.

These gems (and much more) is available in 'The Winning Mind' by Sebastian Coe (Headline) which is available for £12.99 plus £1.25 p&p from Telegraph Books. Order on 0844 871 1516 or visit [www.books.telegraph.co.uk](http://www.books.telegraph.co.uk)

## PETER GETS A MOVE ON

What great servants of race walking are PETER CASSIDY and PAULINE WILSON. A week earlier they had supervised a National Championship on Saturday and officiated at 2 different venues on Bank Holiday Monday. On County Championship weekend they judged at Hampshire County AAA's meeting (Saturday) and at Chelmsford (Sunday). Hampshire is far away, and their car broke down after passing the Dartford Crossing. After repairs Peter put his foot down and made the track start line with 2 minutes to spare. Pauline had to get a move on again as a fussy marksman ushered Pauline off the track before she could finish her Chief Judge's briefing – as he wanted the race to commence bang on time! We have a serious shortage of officials and had the Shenfield-based duo not been in Hampshire, their Championship would have been un-judged. A local official who offered to get there if he could, failed to put in an appearance. While on about Hampshire, we've heard from RON PURKISS, who was once based in Stevenage and became a Centurion at Ewhurst in 1979. Waterloo-ville-based Ron coached numerous youngsters in the Portsmouth and Southampton areas over many years. He's well known to readers, but as a cancer sufferer is not actively racing – but we're pleased to hear that Ron reports his chemotherapy treatment is going well!

## GET SHANGHAIED

For those readers aspiring to great things, the 2012 IAAF World Cup for Race Walking is to be staged in Shanghai.

Nearer home 2 bids are on the table for 2011's EAA Cup, Ibiza and Lisbon.



## A WIGHT GOOD WALK

The inaugural DAVE GREEN MEMORIAL WALK was held around the Isle of Wight in May. Overnight 72 miles was the target. Essex Walker readers CHRIST FLINT and SUE CLEMENTS were among those attending, as were top class Dutch Centurions. All assembled in honour of the wonderful Dave Green.

## ESSEX 10,000 METRES CHAMPIONSHIPS

15TH MAY 2009

VENUE: ASHTONS TRACK, WOODFORD BRIDGE

1	Stephen Crane	Ilf	52.10.80
2	Phil Barnard	CP	52.57.55
3	John Hall	Ltn	54.23.62
4	Steve Uttley	Ilf	56.48.10
5	Laurence Dordoy	Ilf	61.05.91
6	Mark Culshaw	Bel	61.41.83
7	Chris Bent	Pit	62.02.21
8	Maureen Noel	Bel	64.04.48

8 started and finished. Conditions sunny but blustery.

Essex County Championship: 1. S. Crane, 2. P. Barnard, 3. S. Uttley

Defending champion Phil Barnard changed as the marksman assembled the field, then strode into an immediate and impressive lead, despite commencing his efforts with no warm up whatsoever. He was eventually overtaken by Stephen Crane who clawed back the advantage with determination before powering on to victory. The Castle Point man was indisposed during the closing states and even came to a standstill at one point. But made of sterner stuff, he got going again to claim a silver medal. Steve Uttley, lapped by Loughton 2nd Claimer John Hall near the end, never really got going but still struck bronze. LAURENCE DORDOY showed that his injury is behind him as he only just missed out on a 2nd successive sub-60 minutes 10,000 Metres track finishing time.

Essex County's Walking Secretary Ray Pearce sighed that, with only 5 Essex qualified athletes racing, it was the worst supported Essex County AAA 10,000 Metres of all time – even going back to the event's 7 Miles days (when Ray once won it) before metric distances appeared.

We had a very experienced Judges Panel with IAAF top man PETER MARLOW as Chief. Among the judges was PETER CASSIDY, RAY PEARCE and PAULINE WILSON. Half the field ended up on the board with 3 living dangerously on the 2 crosses. A word for RON WALLWORK who came all the way from Newmarket to act as Judges runner. DAVE AINSWORTH acted as commentator. TONY PERKINS, BRIAN & PAM FICKEN were on hand to give support and encouragement. DAVE SHARPE, who rarely misses any Essex League race, had to scratch owing to his wife's illness. We wish the good lady a swift recovery.

## CHRIS BENT'S VIEW

"To be a race walker you need the finesse of a ballet dancer coupled with the strength of a weightlifter". Very true! Chris is a former Essex League individual champion, and has completed a number of 100 Miles races.

## GETTING BETTER

Regular Enfield League supporter GEORGE WOOD, who has homes home's in both North London and Shoeburyness, hasn't been at the races for sometime. The retired Post Office walker suffered a bad ankle injury – sustained while out walking briskly. While off the scent George bumped into MARTIN OLIVER who kindly gave him some advice about treating his injury. George will be back supporting us very soon.

## WALKING'S GREAT FRIEND – PRESIDENT TOM

Tom Pollak (left) is seen receiving the Surrey County's Chain of Office from the previous holder.



## NEXT!

Brian Armstrong and George Nibre, who hadn't seen each other for many years, lined up behind each other in Brentwood Sainsburys. It took some while before each recognised the other, after which they had a natter after they'd paid for their goods. Both were protagonists on the Essex and National race walking scenes in past decades.

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