

# ESSEX WALKER



## HAPPY CHRISTMAS

An early offering of this seasonal greeting. During the run-up to Christmas past (2006) RON WALLWORK announced that he would not be sending any Christmas Cards to members of the race walking fraternity. The money saved in purchasing cards and the resultant saving in his postal outlay was gifted to THE GAMBIAN HOME FOR CHILDREN WITH LEARNING DIFFICULTIES at HART HOUSE in Serrekunda. This establishment is run by GEOFF & ROHEY HUNWICKS. Geoff is a former Junior International and Essex County Champion Walker, and HART HOUSE is named after the late Essex County Grade 1 walking judge ALBERT HART (Essex Beagles) who was employed in that line of work – indeed giving a newly qualified Geoff his first appointment.

Following Ron's gesture MICK BARNBROOK (who gives support to Hart House by sponsoring one child's place) suggested that if everybody connected with Essex walking were to replicate Ron's gesture, a considerable sum could be raised for this worthy project. Essex Walker is endorsing Mick's suggestion. TONY PERKINS has submitted an article telling you all how to get involved (see below). If you would like to advise Essex Walker's Editor that you are supporting this initiative then let him know (email, phone or see him at the meetings) and we'll publish a list of names in our next issue – then folk will know why they haven't received any Christmas Cards from you!

### From Tony

It was suggested last Christmas by Mick Barnbrook and Ron Wallwork that instead of people sending cards to other walkers perhaps they make a donation to a charity and have their name appear in the Essex Walker wishing people "Seasons and New Year greetings".

It has been suggested that any funds raised could go the Hart House for Children with Learning Difficulties in the Gambia ([www.harthouse.gm](http://www.harthouse.gm)), named after Albert Hart, the former walking judge, and run by Geoff Hunwicks from Ilford who about 7 years ago sold his house in the UK to finance the Hart House project.

It costs about £125 to support a child for a year at Hart House, so maybe Essex Walker readers could raise enough to sponsor a child. Who knows.....the sponsored child may be a competitor in the Special Olympics in the future?

If you wish to send your Seasons Greetings in this way, please send your donation/cheque payable to A.F. Perkins, Deans Farmhouse, Tye Green, Cressing, Essex. CM77 8HU, and I will ensure that it is forwarded to Geoff Hunwicks.

## NEWS FROM HART HOUSE

GEOFF HUNWICKS now has the title of Chief Executive Officer. He and wife ROHEY have had their work recognised by being invited to the American Ambassador's residence in Gambia's capital Banjul. They've also attended the British High Commissioner's Palace twice. Sadly Hart House still has generator problems but they are hoping to be connected to the local village's electricity supply. Rohey's 2nd eldest daughter is now a student based in London. Full news is on Hart House's website.

## VERY EXCLUSIVE

In his book 'The Oxford Companion to Sport and Games' the late JOHN ARLOTT described THE CENTURIONS as "the Worlds most exclusive athletic Club". Well looking at the last 2 Battersea Park 100 Mile races it appears to be getting even more exclusive. In 1999 only 1 UK finisher qualified for membership – Southend's CHRIS CATTANO in 22.44.19. Come 2007 at the same location we got the same outcome – only 1 UK qualifier. He was DAVID FINDEL-HAWKINS of Milton Keynes AC in 21.57.13, one barely known to the race walking world. The impetus of any Club is 'new blood' and new UK-based Centurions are few.

## ALL HAIL THE KING

Colchester Harrier DAN KING has set the ranking tables on fire with a wonderful 50K debut in Sweden where he finished in 4 hours and 13 minutes. On behalf of all readers we extend our profound congratulations. Thanks to Record Editor TIM WATT for the 'hot-off-the-press' news.

## "ALL OUR YESTERDAYS"

So stated Macbeth, and it could apply to the final WWW race of 2007. DAVE SHARPE phoned up to discuss the race and pointed out a few facts. For instance 13 finishers had, in earlier days, qualified for The Centurions (i.e. completing a 100 Miles Walk in under 24 hours). That figure includes Dave himself – way back in 1976 at that very same Ashtons Stadium. Dave also pointed out that CHRIS CATTANO is the first Centurion to win the GEORGE WOODS TROPHY (for the 1st Essex resident Centurion in a designated race) while actually winning the race itself. That's in 12 years. While digesting Dave's statistics it's also worth noting that we had 3 competitors from the 1970 Commonwealth Games 20 Miles Walk on the result sheet, to wit NOLAN SIMMONS, BILL SUTHERLAND (a bronze medallist for Scotland) and RON WALLWORK. We take our hats off to these 3 for still giving so much support for the sport they so love.



## RWA SOUTHERN AREA AGM – HAVE YOUR SAY!

The annual General Meeting of the Southern Area is to be held on Monday 12th November at the Civil Service Recreation Centre in Chadwick Street, LONDON SW1, with the gavel coming down to commence business at 7.15 pm. The location is very close to Channel 4's impressive headquarters in nearby Horseferry Road. Nearest Underground Station is St. James Park (Circle & District Lines). It's a chance for rank-and-file walkers to support your officers and Committee; and also question/comment on Southern race walking matters. You seem pleased by the way things are going as, last year, not a single person showed up (bar Officers & Committee)! So come along and have your say!

## NEW ILFORD AC OFFICE HOLDERS

Ilford's new PRESIDENT is JOHN MACKENZIE who hails from Kelvedon Hatch near Brentwood. John's the Finance Officer of the Essex Police Sports & Social Club and has represented Essex Police in the Police Athletics Association 10K Walking Championship. In this year's Essex Police 3,000 metres walking championship, John gained the silver medal.

## ESSEX ATHLETICS AWARD

JEAN PICKERING (widow of the late RON) has been awarded an Honorary Directorate in Sports Science by Leeds Metropolitan University. Jean administers the RON PICKERING MEMORIAL FUND, set up in memory of the much respected coach and silvery-tongued maestro of the small screen. A life member of Essex Ladies AC, Jean still remains the only GB athlete to have won an European Gold medal both on the track and the field.

## DUMBBELLS

A pair of 4kg dumbbells have been 'lifted' from the weight training room at Ashtons Track. If you see them, please carry them back. You'll be doing Woodford Green a favour, while doing yourself a bit of good at the same time.



## FROM PETER CASSIDY

Ladies & Gentlemen

I attach the results from last night and for the series

Thanks to all for their support. Woodford Green are doubtful about next season's Open Graded Meetings, although our contribution of over one third of the takings last night may be some encouragement IF WE CAN KEEP IT UP!

Best Wishes

Peter Cassidy, [RaceWalkingAssociation@btinternet.com](mailto:RaceWalkingAssociation@btinternet.com)

### WOODFORD WEDNESDAY WALKS -12th September, 2007

#### INCORPORATING ESSEX LEAGUE, 5000 metres walk

1	Chris Cattano	Castle Point	24.28.2
2	Phil Barnard	Castle Point	24.38.5
3	Stephen Crane	Surrey	25.47.8
4	Steve Allen	Ilford	26.21.6
5	Dave Sharpe	Ilford	28.43.6
6	Laurence Dordoy	Ilford	29.06.0
7	Olly Browne	Ilford	29.35.9
8	Peter Hodgkinson	Cambridge	29.55.7
9	Cath Duhig(L)	Loughton	31.42.3
10	Alan O'Rawe	Ilford	32.00.3
11	Nolan Simmons	Surrey	32.13.7
12	Peter Cassidy	Loughton	32.25.2
13	Mick Barnbrook	Sarnia	32.49.2
14	Kim Howard (L)	Southend	33.14.3
15	Ron Wallwork	Enfield	34.13.9
16	Jackie Cox (L)	Loughton	34.50.7
17	F. Fernandez (L)	Loughton	35.21.7
18	Dave Ainsworth	Ilford	35.29.4
19	Bill Sutherland	Ilford	36.46.1
20	Pam Ficken (L)	Surrey	38.44.0

**George Woods Memorial Trophy** (First Centurion) Chris Cattano

#### **Teams**

1	Ilford A	48
2	Castle Point	39
3	Surrey	29
4	Ilford B	28
5	Loughton	26
6	Cambridge	13
7	Sarnia	8
8	Southend	7
9	Enfield	6
10	Loughton B	4
11	Ilford C	2

A good turn-out to celebrate the R.W.A's centenary the previous day, the birthday cake and bubbly may have helped! Turn-out would have been even better, but for chaos on the London Underground, which waylaid a number of would-be competitors, including R.W.A. President Paul Nihill, M.B.E.

#### **Series Result**

1	Philip Barnard	59
2	Stephen Crane	57
3	Laurence Dordoy	50
4	Peter Cassidy	44
5	Dave Ainsworth	40
	Mick Barnbrook	40
7	Peter Hannell	35
8	Alan O'Rawe	27
9	Ken Livermore	24
10	Rod Dunn	18
11	Michelle Hurley (L) 17	
	Steve Allen	17
13	Dave Sharpe	16
14	John Brock	15
15	John Borgars	14
	Ollie Browne	14
17	Philip Prashner	13
	Peter Hodgkinson	13
19	Cath Duhig (L)	12
20	Nolan Simmons	10
21	Kim Howard (L)	7
22	Ron Wallwork	6
23	Jackie Cox (L)	5
24	F. Fernandez (L)	4
25	Bill Sutherland	2
26	Pam Ficken (L)	1

#### **Teams**

1	Ilford A	159
2	Surrey	121
3	Loughton A	114
4	Castle Point	79
5	Sarnia	40
6	Enfield	30
7	Ilford B	28
8	Southend	24
9	Leicester	18
10	Cambridge	13
11	Loughton B	4
12	Ilford C	2

P.J. Cassidy

13th September 2007

### ESSEX COUNTY A.A.A. 10,000 METRE WALK CHAMPIONSHIPS

**Colchester, 22nd September 2007-09-24**

1	Philip Barnard	Castle Point	52.39.1
2	Stephen Crane	Ilford	53.52.3
3	Steve Uttley	Ilford	54.41.9
4	Chris Cattano	Castle Point	55.31.3
5	Steve Allen	Ilford	57.13.5
6	Dave Sharpe	Ilford	57.49.8
7	Laurence Dordoy	Ilford	60.20.4
8	Bob Dobson	Ilford	62.29.2
9	Alan O'Rawe	Ilford	68.18.8
10	Kim Howard(L)	Southend	69.01.8
	Amos Seddon	Ilford	DNF
	Peter Cassidy	Loughton	DNF

P.J.C. 23/9/2007

### JIM McNAMEE RIP

Probably not too well known outside of Ilford AC circles, Jim was one who had race walked in the south during recent years. On an infrequent basis he'd step in to cover the 2,000 metres Walk at Veterans Track & Field League meets if team sheet gaps occurred, acquitting himself well on occasions. Jim, 67, was a cancer sufferer. He was an inspirational team manager for Ilford's Veteran's team as well as being a former Essex County AAA 100 and 400 Metres Veterans Champion.

### ANDY NORMAN RIP

The rotund ex-Metropolitan Police Sergeant Andy was best man at Steve Ovet's wedding, though they had a televised major public falling out on television (over appearance money at sponsored meets). Well the controversial race agent and Promotions Supremo has died at the age of 64 in Birmingham just after returning from a major meeting in Stuttgart. He was implicated in the Cliff Temple's suicide, when race walking lost one of its greatest supporters among sport journalists. He had resided in Essex when married to former javelin ace Fatima Whitbread, with whom he parted some 2 years ago. Andy had also been connected with the Chafford Hundred Super-Club. The Times obituary stated, "Few men did more to change athletics in Britain from being an amateur sport to a professional full-time business".

### FIXTURES

Sat Nov 3	Addington Vase 7 Miles	Monks Hill	2.30 pm
Sat Nov 10	Enfield Open 7 Miles (+LBH)	Enfield	<b>2 pm</b>
Sat Nov 17	Enfield One Hour Badge Race	Pickets Lock	2 pm
Sat Nov 18	LPR Open 9 K Yacht H'cap (+presentation)	Blackheath Park	11.30 am
Sat Nov 24	Belgrave Harriers Open 7 Miles (+VAC)	Wimbledon	2 pm
Sat Dec 8	Cambridge Harriers 5K (+ Esx Lge)	Bexley	2 pm
Sun Dec 16	Ilford Open 10K (+Enf/Esx Leagues)	Chigwell Row	10.30 am
Wed Dec 26	Enfield Boxing Day 5K	Donkey Lane	11 am
Sat Jan 5	Enfield League 5 Miles (+presentation)	Donkey Lane	2.30 pm

## **ALWAYS PICK ON SOMETHING YOUR OWN SIZE**

I recently saw a lady power walking down the bus lane in Holloway. It reminded me of Sergeant TIM MAYOR, formerly Met. Police Walking Club 'N' Division and I believe ENFIELD HARRIERS. His walking career came to an abrupt end when he had an accident with a double-decker bus, which ran over his foot breaking an ankle. Ouch! Maybe in those days no bus lanes existed? Another yarn from BILL SUTHERLAND's repertoire. |



## **DODGY WALKING YET AGAIN**

Dear Dave,

Did you see Page 4 of September's Race Walking Record? Walkers clearly breaking contact and other dubious actions. How are we meant to compete Internationally if we can't walk legally in our own National Championships? I believe that current day walkers do not have proper coaching and go for speed at all costs. Medium paced walking and strolling is the best way to achieve a good acceptable style. At race level I can remember L.E.T. Photos who provided those walkers who wanted it with 2 race photos at Open 7 Mile races on request. Seeing is believing!

Yours in sport & friendship, Bill Sutherland B.E.M.

## **EMAILS DAVE KATES**

Hi Dave, I will mention that in the 10K, myself and John Hall were moved by GB Management for team purposes into the M50 age group category to combine with Ron Dunn of Leicester. It turned out to be an unexpected bonus as we claimed team Bronze Medals' behind Italy and Germany. Our race started at 11.30 am and being the hottest part of the day (30 Celsius at least) on a course within a single bit of shade, conditions are best described as torrid. The women had 'gone off' at 8.30 am to avoid the worst of the heat and the men 65 and over at 10.00 am which probably helped them a little. The organisers used a similar format in the 20k - i.e. all age groups of Women plus Men over 60 were off at 8.00 am but Men from 35 up to 60 had their start at 5.00 pm when again for the first hour or so it was still extremely hot. The size of the fields were massive and they had to widen the start area - but it still took some seconds to cross the start line and your chip sensor to pick up on the mat. In my age group category M55 in the 20k there were 37 starters and something like 200 walkers were in my section of M35 to M55 inclusive. The total field of both male and female must have been well over 500 and included walkers for all of East and West Europe plus Scandinavia, Australia, N.Z., India, China, Japan, USA, Canada, Mexico, Columbia, Brazil and Venezuela. It was the usual 2k loop course with strict IAAF judging - I'm told that there were 22 DQ's in the morning session of the 20k, which unfortunately included Ed. Shillabeer. There were also a large number of DQ's in my session in the afternoon and I also gather that something similar had happened in the 10k event also. Niobe Menendez now walking for Spain (not GB as indicated by John Constantinou on his website) was a DQ victim in the 10k. As an aside here I gather that the local Organisers were a little incensed at the harshness of the strict IAAF judging being applied, particularly to the older age groups. Worried about the reputation of their competition I gather that many of the DQ's have for 'result' purposes been recorded as either DNS or DNF's to hide the massacre. The overall standard of performance was very high - a number of the M35 and even a few M40 walkers are still competing for their countries at senior level. One or two of them competed in the European Cup at Leamington and it's safe to say that our present GB Squad, especially in those conditions, would have struggled to make a mark at the top end of this field. A number of walkers in the M35 / M40 category for example have recorded 10k times of 42 minutes this year. My age group of M55 was won by Graziano Morrotti (Italy) in 99.22 which is some 6 minutes off of his best over the last year, so that gives you an idea of the conditions and the competition. It also makes John Hall's performances of 7th in the 5k, 4th in the 10k and 5th in the 20k in 1.52.20 very valid. In the 20k I myself placed 14th in 1..59.54. In that event we placed as 6th Team with Mick Graham coming in for Rod Dunn and finishing in 2hrs.21 minutes. I need also to mention that the amazing Arthur Thompson set a World Record in winning the M70 Age Group in the 20k in 1.53.26 ahead of Castellanos from Columbia and the great Gerd Weidner of Germany. Another Ilford man Eric Saxby, walking for New Zealand was also 4th in that race.

Best Regards  
Dave.

## **WE SHOULD ALL BE WALKING MORE**

Sports fans are getting fatter - that's official, as almost everybody is putting on weight. We recently reported that London Irish Rugby Club season ticket holder BILL SUTHERLAND had to be allocated an end-of-row position at Reading's Madejski Stadium - or else he couldn't get his arse into the seat! Well all 20,000 seats at the £75 million London 2012 Aquatic Centre in Stratford will now be 4cm wider and 5cm deeper than originally planned. Normal sized seats would not have coped with a bulkier 2012 population. Olympics project consultant JEFF BURKE said, "Most seats are 46 to 47cm wide, but people are getting bigger". The Olympic Delivery Authority is specifying 50cm seats.

## **'ALL CHANGE'**

The Race Walking Association have tried hard to put on some special events to mark its Centenary, having been formed on September 11th 1907. A huge amount of effort and time went into staging a major event in our Centenary Year - the European Cup of Race Walking at Leamington Spa in May. Considerably fewer people than expected came to support the occasion.

With a race being staged at Ashtons on September 12th, the date nearest to foundation day, it was decided to lay on a buckshee champagne buffet after 5,000 metres WWW/Essex League event. All credit to Woodford Green with Essex Ladies AC, who allowed us to use their Clubhouse (previous end-of-season presentations have taken place in the car park). True 20 turned up, whereas 3 previous 2007 WWW races had seen only single figures in contention. PAM FICKEN baked a large 100th birthday cake and arranged eats. In the end there was both bubbly and cake left over - attenders were offered 'seconds' and extra cake portions were even sliced-up for folk to take home. Said Organiser PETER CASSIDY, "If just half the people who said they'd get there if they could, were to have turned-up, we'd have needed heats in the walking race". In addition some sent apologies, some were otherwise engaged at another Essex athletics meeting (AMOS SEDDON and others were helping out on Essex University Campus at the National Police 10 Miles run), and others were upfront enough to state that England were playing Russia at 8 pm on the telly. People put a lot of effort in organising events for folk TO ATTEND - not stay away. These were 'one-off' events.

However the function was bedevilled as the Central Line ground to a standstill followed by a total suspension. MICK SWEENEY, PAUL NIHILL and STEVE UTTLEY all had their kit, but got no further than the Underground stations at WHITE CITY, OXFORD CIRCUS and MILE END respectively. We know that others were also affected and forced to abandon journeys towards WOODFORD (nearest station to Ashtons). Others tried making the early 6.30 pm start, but arrived too late to grace the start line. Indeed Steve Uttley commented on the 6.30 pm time, stating "This time is ideally suited for the retired".

## **METRONOME MAN**

That's ultra-consistent SCOTT DAVIS on route to his hat-trick of National 50K titles. Lap recorder JON MAY has revealed that all 15 of his Battersea Park 2 Mile circuits were completed within a 30 seconds time frame. Now that is pace judgement. By completing a 3rd successive victory Scott joins an exclusive National 50K hat-trick club - the other members being MIKE SMITH, LES MORTON and the late DON THOMPSON.



## **EMAILS JONATHAN EDWARDS**

Thanks Dave,  
I appreciate you remembering to email ESSEX WALKER.  
Hope all's well.  
Jonathan.

# FROM OUR READERS

## EMAILS OUR ROVING REPORTER CHRIS FLINT

Hi Dave,

Just back this morning from Roubaiz 28 hours. Usual excruciating event, poisonous car fumes, dirty streets, kids on those oh-so-loud 2 stroke motor bike things cutting you up, the long night, etc. You get the picture. The usual suspects did well but not extremely so as the weather on Sat pm was very hot and by then the damage had been done for the rest of the event.

Dave Jones headed up the GB contingent with Ken Watts and myself 2nd and 3rd, and then came Martin Fisher, Tony Collins, Bob Watts, David Fall, John Constandinou and Karen Davies from Birchfield who despite coming last won the 3rd Women's individual prize. At least she finished it which is more than can be said for quite a number of other participants.

Regards, Chris C.849

## OLLY FLYNN ADDS TO HIS PREVIOUS EMAIL

I may have missed 'Avery Brundage's' name as the former President of the Olympic Association out of my e-mail regarding Barry Ingarfield's comments, could you add it in the next edition?  
Sincerely, Oliver T

## REPORTS STEVE UTTLEY

As the competitors lined up at noon at the Colchester Garrison track for the Essex 10,000m track walking championships the sun burst through the cloud cover turning a hitherto cool and overcast early autumn morning into a warm and humid afternoon. Playing little heed to the unseasonably warm conditions the Castle Point AC pair of Phil Barnard and Chris Cattano shot into an early lead. By the time the 3kms point was reached they were nearly half a lap clear of the pursuing Ilford AC pair of Steve Uttley and Stephen Crane, both of whom took care to take water regularly at the refreshment station. Behind them were fellow members Steve Allen and Dave Sharpe. By the halfway point the leading positions had begun to change as Stephen Crane moved into a clear third place ahead of Steve Uttley who was beginning to go through a bad patch. Meanwhile the leading pair began to slow after going through halfway in under 25 minutes. By 7kms Stephen Crane had moved into 2nd place ahead of Chris Cattano who was beginning to suffer from his early pace and was slowly closing on the leader. Phil Barnard had however built a significant lead and was going strongly enough to hold on to win at a slightly reduced pace in a time of 52 minutes 39 seconds, leaving Stephen Crane to finish a clear second in 53-52. In the last few laps Chris Cattano found that the wheels came off completely and with 5 laps to go a rejuvenated Steve Uttley moved into third place which he held to the finish in a time of 54-41. Steve Allen and Dave Sharpe were a solid 5th and 6th in 57-13 and 57-49 with Laurence Dordoy, Bob Dobson and Alan O'Rawe filling 7th, 8th and 9th places, to ensure Ilford maximum points from this race for the Essex League.

## EMAILS JOHN BACHELOR

Hi Dave,

I took a fair bit of rather amateur footage of the 10K and later stages of the 20K walks in Riccione and will be editing most shots which are not of the sky and pavement into a DVD. If you are interested, I'll send you a copy as soon as it's finished.

Of the three 'dinners out' Miki and I had in Riccione all were with race walkers, Harvey Jacquest and his wife Audrey (now firm friends),.

Arthur Thompson and Bon (two nights before his world best), and Arvid Rolle and Gunta (my nephew's in-laws from USA/Latvia). What fine company!

Regards,  
John B

## EMAILS DON COX

Hi folks,

Sorry I never made the hundred to help but this bloody ME that I have kicks you about a bit sometimes, anyway I had an email from ARTHUR JONES (of MEXICO OLYMPIC FAME) in AUSTRALIA. It would be nice if you could email him ESSEX WALKER, and any one who would like to email ARTHUR, he is 70 next year, his email address is, [ajons@iimetro.com.au](mailto:ajons@iimetro.com.au)

Cheers and good wishes to every one. I hope to get rid of this ME thing and do another hundred, on another point, I think I must be in the top 10 Brits who have done over 8 miles in the hours. I won the hour race at ILFORD in 8 miles and 48 years, back in 1970 or thereabouts.

Cheers, DON COX

## EMAILS ARTHUR JONES

Hi,

Please put me on your mailing list for the Essex Walker. We have web site over here in Adelaide for the local Masters Athletics club it is [www.samastersathletics.org.au/](http://www.samastersathletics.org.au/) on it you will find a link to our newsletter. You may find it of interest.

Look forward to hearing from you.

Cheers, Arthur.

Adds Hon. Ed. Many readers will remember Arthur (Brighton & Hove AC) AS ONE OF OUR TRIO OF Olympic 20K walkers at Mexico along with BOB HUGHES (Royal Sutton Coldfield) and JOHN WEBB (Basildon)

## EMAILS NICK SILVESTER

### UK JUNIOR MEETING AT SHEFFIELD

Alan O'Rawe was quite right to be disgruntled, but it was not Athletics Weekly fault because all the walkers (3 & 5k) started at the same time and English Athletics published the results as one under a 3k heading, therefore AW read the 5k times as poor 3k results and quite rightly did not publish them. English Athletics corrected the error a few days later but too late for AW's publication. However starting all the youngsters at the same time was brilliant because there were 20 starters and a proper race with a group of 8 walkers contesting the lead for quite a few laps. English Schools did the same thing with the 5K and again we got a race as the different age groups went for the lead. Therefore I would like to see all races for the youngsters being combined so that we get a proper race and the kids do not have the ignominy of a race with about 4 competitors in the U/13's.

Picking up on another moan regarding the attendance at representative matches, one reason for the small attendance was the log jam of races during the summer period whereby each weekend had either a RWA, YAG, National or Regional competition on, which is too much and because of this our best U/15 boy picked up an injury and was unable to attend English Schools. Therefore I would propose that the representative matches are given priority with time for the athletes to rest and if that means the likes of Earls Colne has to move its date or not have a youngsters race so be it, we must keep walking in the general athletics matches!

Finally I would like to throw another pebble in the pond, as I recall Peter Marlow announced at Earls Colne that future championships were being staged in London on the Saturday before the London Marathon in order to raise the profile of walking, now having been involved with the London Finish since 1990 I know that one mile from the Mall you would not know the marathon is even on let alone an event in Battersea Park the previous day. However there is potentially a gap between the finish of the kids race and the chairs for a 5k/10k to be held along Birdcage Walk turning in front of Buck Palace and surely with the prestige and finances of London we could attract some foreign interested?

Regards, Nick Silvester

## ANOTHER ONE BITES THE DUST

The man appointed by Ken Livingstone to oversee the regeneration of London from the 2012 Olympics has announced his surprise resignation from the London Development Agency and will leave in December after little more than a year in the post. TED KYZER, 61, and his wife wish to return to America in order to be nearer their daughters. Some suspect that bureaucracy and internal battles may have prompted his decision. Last year Olympic Delivery Authority Chairman JACK LEMLEY left and then criticised preparations.

## WALKERS ON THE MOVE

Essex resident International ultra-distance star MARTIN FISHER has left Chafford Hundred and now resides in Southend-on-Sea; where he'll benefit from the inhalation of fresh Estuary air in his nostrils as he rattles off those training miles. Also upping sticks is former Collier Row resident STEVE WYNN who is moving from his flat near Mount Pleasant in order to take up residence at The Elephant & Castle. Said Steve, "I'll be nearer to Millwall now".

## NEW ADDRESS

Centurion No. 513, JIM HURLEY (London Vidarians) has left Lincolnshire and joined the ever-growing band of race walkers who are based in-and-around PETERBOROUGH. Jim's had more addresses than a man-on-the-run, his latest being: 131, Wainwright, Werrington, PETERBOROUGH, PE4 5AH. 01733-752143 Jim is still doing well as a veteran sprinter (his first love) and as a leading amateur snooker player. And who else does well on the green beige? – fellow Centurion KEN ROOST (Enfield).



## "NOTHING GREAT IS EASY"

That motivational phrase is inscribed on Captain Matthew Webb's memorial stone in Shropshire. 132 years ago he was first to swim the English Channel. Since then 900 have emulated his feat, from over 7,000 attempts.

## A NEED

Walking is going unrepresented at Committee level within the ranks of VETERANS AC, a Club which many, many of our readers belong to. DAVE SHARPE served for years as their Honorary Walking Secretary, only resigning when he gave up all his positions after a personal attack on him in another publication. That was in 2004, and MIKE CROFT took on the job. He's done a lot for VAC including serving 2 years as their President. He's now stepped down – but despite much pleading NOBODY has come forward. This is an important task and RACE WALKING MUST BE REPRESENTED! Surely some walker out there, past or present, can devote a few hours a month to support this great sport? As RWA Southern Area Secretary (Honorary) CHRIS FLINT so accurately put it when nobody turned up at their AGM, "There is a marked reluctance of people to get involved with the running of our sport, which surprisingly does not run itself".

## SHOCKING TALE

Micky Sutton completed the epic 175 Mile Marathon of Britain 6 day stage ultra marathon in August. This was from Great Malvern to Nottingham. During the race Micky got an electric shock in his privates (his undercarriage) as he cleared an electrified style.



## SLIP INTO ENFIELD

Professional driver STEVE ALLEN informs us that the M25 Eastbound slip road to the A10 at Junction 25 is now reopened making it easier to get from Essex into Enfield!

## PUT YOUR HEART INTO WALKING

The British Heart Foundation have published a booklet extolling the virtues of walking. Endorsing this view – and pictured in said booklet – is 'MAD MAX' himself.



## AN IDEA

I don't wish to offend race organisers but I am pleased to see that Enfield have reverted to giving vouchers and spot prizes which are more practical rather than trying to find a prize for a couple of quid. It reminds me of the days at Ilford's Xmas walk when they had prizes that were suitable for the time of year. Perhaps Ilford this year will follow Enfield and give vouchers although it would probably mean cutting down the number of prize winners as it seems everyone gets one....also with a spot prize it gives the 'also walked' a chance.

Name and Address Supplied.

## HIT THE ROAD

At 8 am on September 30th at Southend Pier Head, Ilford AC Life member and Olympian ROGER MILLS appeared to flag off former Ilford AC Walking Captain OLLY BROWNE on his 38 miles walk to Valentine's Park in support of 10 charities. He arrived just after 3 pm and was welcomed by Redbridge's Deputy Mayor Chris Cummings and his Deputy Mayoress, who both walked the final few paces with him in support of his efforts. Some walkers assisted by keeping Olly company for stretches of the route – including STEVE ALLEN who walked the entire distance – just a day after giving it his all in the Postman's race. Among the finish line crowd was fellow Centurion DAVE SHARPE and HEATHER and HELEN CROFT. Steve came in some 10 minutes in arrears after suffering hamstring injury in the closing stages. A message of support for Olly and his back-up team had been received from veteran fundraiser Sir Jimmy Saville. A previous Essex Walker edition had published the route and timings – and a number of walkers had stated their intention to 'get there if they could', in order to assist Olly by walking sections with him. Sadly most, it appears, were not able to make it on the day. As well as Steve those who did complete stretches with Olly were KIM HOWARD, STEVE KEMP, CHELSEA O'RAWE-HOBBS & ALAN O'RAWE. It was Olly's 3rd ultra-distance charity walk success and while getting his breath back and receiving the attention of well-wishers and back-slappers, his brother Joe grabbed the microphone and called for this to be an annual event! Olly has plans to stage an all-star 5 Miles/10K race around Valentines Park at around the same time next year. **Thanks to all readers who agreed to sponsor his efforts.** The collection sheet is still open for contributions, so see Olly at the meetings or mail in to the address published in September's Essex Walker.

## VOICE OF ST. PETER

Stated PETER MARLOW, "We've now got almost as many trophies as we have active walkers, and few people seem to want them. They're not being looked after properly as holders return them dirty, un-engraved and dented. If I had my way I'd melt the lot down" n.b. Peter was referring to the pots, not the walkers!



## ON PARADE

One of OLLY BROWNE's sons, JACK is in The Royal Dragoons where he's a Challenger 2 tank driver and gunner. He's just finished a tour of duty in Germany and now moves to Iraq for 6 months detachment. Some of Olly's undoubted athletics talent has rubbed off on Jack, for he's the Army's No. 2 junior cross-country runner in Germany. Perhaps he might have a go at the 'heel-and-toe' one day? We wish Jack well in his theatre of operation.

## RUNNING AWAY WITH STEVE OVETT

The 2003 final London-to-Brighton Walk finished short of the town's seafront, ending up in Preston Park, where a bronze statue stood of STEVE OVETT. Well somebody has sawn off the statue and its legs and stolen it!

## 2008 DIARY DATE

The South's best supported race – the Moulton/Enfield League 5 Miles – is set for Saturday 14th June. Keep that date free!

## “HAVE I GOT NEWTS FOR YOU”

Essex Walker has previously reported a demolition of The Eastway Cycle Circuit in East London to make way for Olympic development. It's a course upon which many walkers have puffed-and-groaned! A new 2 kilometres track is to be opened at Hog Hill in Hainault as a replacement. We hope it will be conducive for walkers and that we will be made as welcome here as we were at The Eastway. But...it's being delayed as it may disturb the home of around 100 newts. The site design is being re-jigged by The London Development Agency to include a pond in the centre of this new track – for said newts! 2008 is the revised year for it's Grand Opening – who knows the inaugural meet might include a walking race?



## A UNIFORM PERFORMANCE

Ilford's STEVE ALLEN lined up for the annual National Postmen's 6 Miles Walk, open to all past and present Royal Mail staff, on a pleasant Saturday afternoon to face a 6 laps 'around the houses' course in Clerkenwell. From the off clear favourite DAVE TURNER (Brighouse) proved why he had won this event 11 times out of the previous 13 stagings and was never to be headed, so leaving a tight contest for the frame placings. A battle-royal developed Ilford's STEVE ALLEN and York's former GB international walker DENNIS JACKSON – both former winners of this coveted National title, with no quarter being asked or given. Both had the upper hand at times, before the Yorkshireman strained hamstring causing him to drop off the pace. To his credit he stayed within striking distance though clearly in agony. Steve moved ahead, in an event where entrants have to don Postman's uniforms. Indeed Steve donned his father's old traditional peaked cap, making quite a sight as he dashed through the streets. On bystander quipped, "If they walked that fast on their rounds I'd get my mail a lot quicker". With Dave an easy victor in 50 minutes and 49 seconds, it was Steve who placed 2nd in 53.20 with Edinburgh's COLIN SCOTT closing fast to claim bronze in 50.41.

In conjunction was the Annual London Postman's race, which saw Steve 1st having won 13 from the last 14 London Championships. In addition he led his team – Mount Pleasant – to both National and team victories. Also in contention was MICKY SUTTON who was racing for the first time since suffering his testicles being electrocuted as he climbed over an electrified fence while on a long-distance cross-country walking event. Micky, who specialises in London distance events, gave a good account of himself over the shorter distance to fill 9th spot in 60.37 also making the victorious Mount Pleasant team. Both Steve and Micky are talented at both walking and running, and will appear in October's Amsterdam Marathon. Former Ilford member ROY LEWIS stirred himself for the first time in a year to fill 15th spot in 64.57 and speculate about a possible comeback! MICK WINSKY who lives at Barkingside was in great form to place 6th in 57.59. If he can do that in a uniform – just think what he could achieve in vest and shorts at other meetings. Let's hope we'll be seeing him at our races. Stalwart DENNIS JONES (Pitsea) gave his usual sound effort to fill 12th spot in 62.41. Respectful silence was observed for the late HARRY JEFFORD at the presentation.

## THOUGHT FOR THE DAY

“Those of us who complain and moan too frequently about trivialities in our lives should consider the example set by Jane Tomlinson (1964 – 2007)” This was the last line of her obituary, as published in The Times (5/9/07).

## WHAT LINKS THESE NAMES?

Lord Coe, Lord Moynihan, Jonathan Edwards, Peter Matthews, The Mayor of Stratford-upon-Avon, Paul Dickenson and MPs Philip Hollobone and Bob Russell. Well, they all had letters/articles published in Essex Walker. Essex Walker is where you can read what the 'big names' have to say, as well as views from our valued regular contributors.

## THINK TANK

### OLYMPICS LONDON 2012 RACEWALKING

The London Olympics 2012 gives the UK racewalking fraternity the opportunity to seriously provide 9 racewalkers to compete on home soil. The **intention** of this letter is to create an **action plan** which will promote, develop, and enhance this once great sport. In the United Kingdom we have numerous walking legends/ambassadors/motivators and coaches who properly directed/advised could certainly enhance/promote the staleness of this sport.

The Race Walking developmental plan/strategy will take time, in order that progression is gradual for the future Olympic Games and other domestic fixtures. This will not occur overnight and patience will be required. The sport of racewalking **domestically**, and the elite International Race Walking sport are currently miles apart.

In order to bring this once great British Sport back on a possible level footing both domestically and Internationally as in the glory days of the 1960/1970s, a major review of the entire walking arena needs addressing **urgently**.

It is my intention, having discussed possible ways forward with several other passionate interested parties to arrange a future **seminar/debate** with an **Agenda** to discuss my above proposals. Contact has been made initially with some of the varying Heads of UK Athletics, Race Walking Association members, Coaches and walkers in order that they can air their views to promote, develop and finance this once great sport.

Changes in the Race Walking fraternity are **urgently** required in order that progression be made. Unpopular robust decisions are likely to take place which can in turn sometimes cause some 'personal problems' and difficulties. However, in the words of the 'Great One'.... You can never please everybody all the time.

Concluding this agenda/recommendation, I would ask that all interested parties contact me to air their views/wisdom in order that a suitable date in the near future be made for a **Debate/Seminar/Meeting be held at a suitable venue to discuss ways forward to redevelop and promote our once great sport of Race walking.**

**I look forward to hearing from you all....”young or old”.**  
**Respectfully submitted for your information.**

**George NIBRE**  
**Essex Based**  
**Mobile 07840980736**  
**Email [nisby007@tiscali.co.uk](mailto:nisby007@tiscali.co.uk)**

## “ON GUARD”



Man of many Clubs and many sports, including his own version of race walking, JOHN PERKINS is once again going to 'live by the sword'. In the 80s he wielded both foil and sabre before hanging up his visor. Well after a long absence he's returned to fencing.

## **RACE WALKING ASSOCIATION – CENTENARY DINNER**

One hundred years of organised race walking was celebrated in the West End on Saturday October 13th. General Secretary PETER CASSIDY defied a touch of illness to make the speech of welcome and give details of the Centenary Handbook project. RON WALLWORK MBE paid tribute to those great personages who had died during those 100 years. Chairman PETER MARKHAM spoke of the Association's highlights and mentioned with pride how Britain had led the way against Olympic exclusion in the 70s. Guest speaker PETER MATTHEWS – well known broadcaster, respected statistician and President of Enfield & Harringey AC – gave both a wonderful and witty speech which was so relevant to the occasion. President PAUL NIHILL MBE had the last word and was set us on towards the next 100 years in good heart. Many diners had taken advantage of the accommodation rates in the Royal Air Force Club (Piccadilly), so were able to chat and remissness long into the night. Those attending thought it a truly memorable occasion, and some had travelled long distances; from France, Isle of Man, West Country, Midlands and the North. BRIAN & PAM FICKEN staged an exhibition of pictures and literature from those great past days. Two apologies were received and read out – from Olympian STAN VICKERS and one of walking's best ever friends, TOM POLLAK.

### **FROM PETER MARKHAM**

Dear All,

This is coming as a personal message but I would hope that it comes with the full approval and blessing of all the R.W.A. I along with many others who attended the Dinner thought that it was a great evening. Everyone seemed to enjoy themselves and the whole evening, as far as I could tell, went off without a hitch. This was due mainly to a number of people who I would like to thank. First of all there was Peter Marlow who agreed to set up the project, take the bookings and agree the menu. Then there was, and most importantly to my mind, Pam Ficken who not only answered queries beforehand but arranged the seating plan as well as the beautiful flower arrangements and menus. I would also like to thank Chris Flint who was the link with the R.A.F. Club and Paul Sargeant who managed to book a number of rooms at the Club for those who wanted to stay overnight. Finally a big thank you to Dave Ainsworth, the MC for the evening who kept things moving and linked everything together.

I have sent this to the RWA Officers as well as some of those 'Thanked' but if anyone wishes to forward this message to the wider world of Race Walking, then please feel free to do so.

Peter Markham.

### **EMAILS BILL AND JANICE WRIGHT**

Dear All,

We fully endorse sundry Peters' comments and particularly would add our appreciation of all the speeches and the contribution of the Toastmaster.

The Dinner was a fitting testament to the Centenary Celebrations.

All our Best regards

Bill and Janice Wright.

### **FROM PETER CASSIDY**

I second Peter Markham's remarks.

Everyone involved did well and the evening was an excellent occasion.

Best wishes to all concerned.

Peter Cassidy

### **EMAILS CHRIS FLINT**

Dear All,

I thought it was a splendid evening and I thoroughly enjoyed all the proceedings. The speeches were great, and the MC got it absolutely right, Everyone I spoke to said how much they had enjoyed the evening which celebrated 100 years of the RWA and all that it has done.

Thanks and well done

Chris

### **EMAILS BOB DOBSON**

CONGRATULATIONS to Dan King on a fantastic 50 kms debut. It bodes well for the future.

THANKS to the hard work of the RWA Centenary Dinner Committee, a good time was had by all on 13th October. We now await the Centurions Centenary in 2011, so anyone who has yet to qualify get training now.

Bob Dobson C786

### **EMAILS CATH DUHIG**

RWA DINNER – OR JERUSALEM

And did those feet.....?

How many miles, if added together, had the diners at the 100th birthday dinner covered between them? Ironic, then, isn't it, that at least two could not walk a step the following day after an event that technically only involved sitting, eating, and making convivial conversation.

Pam Ficken was suffering after dropping the Milan Trophy (no little trinket) on her foot while moving it into or out of the display area, and Cath Duhig was nursing sore balls – of her feet – after contracting unbelievably painful blood blisters on both due to walking from where she and Pete had left the car – somewhere the other side of Berkeley Square – to the RAF Club, venue for the Dinner.

This, coupled with a sore throat and week performing in 'Blithe Spirit', put paid to Cath's goal of covering 2000 miles this year before her 53rd birthday – the 30 miles she was short having to be covered on a recovery holiday in Spain the following week!

Hey, Dave, what a ba b\*\*\*\*rd, eh?

But a great night nonetheless.

What a top MC we had!

Cath.

### **WE TRIED**

The RWA General Committee must now be thinking what more they could have done to make our Centenary year one to truly celebrate. Three great ideas and all poorly supported. May's European Cup of Race Walking at Leamington Spa was planned as the big UK event for our Centenary year. The prospect of seeing the best in Europe on home ground – and only a couple of hours drive/rail journey away – failed to pull in anything like the numbers anticipated. A special Centenary Birthday Cake/Bufferet/Champagne function staged in the Woodford Green Clubhouse after the last WWW race of the season only drew 20 competitors plus a few bystanders – all of whom were made welcome. Mind you 20 was better than 3 previous WWW 2007 races where only single figures had raced. But the catering had all been planned on canvassing and so many had stated that they would 'get there if they could'. PETER CASSIDY commented that if only half of those who had promised to get there if they could, had actually turned-up, **heats** would have been needed for the walking race. Sadly the Central Line ground to a halt on the afternoon of the race and never got going again – many abandoned their journey to Ashtons Track – so that's where most of the non-attenders probably got to. For the RWA Centenary Dinner, a once-in-100 years function just 52 applications were received. Sadly the date chosen was inconvenient for so many stated that they would liked to have attended but had other engagements on that particular night. Your Officers and Committee tried their best to celebrate 2007, but in reality these events are put on for attenders, not for apologies for absence purposes. Some Committee members must be wondering if their efforts are really appreciated. But of course...they are...for those who did support the events will remember them for many, many years to come. So thanks for all the hard work that went in to all that was planned.

## **TONY CHALLIS INTERVIEWS HIMSELF!**

### **IN CONVERSATION WITH TONY CHALLIS – THE EDITOR OF 'THE EASTERN VET'**



**T.C.** You have been the Editor of the Easter Vet for a good many years now yet I feel we hardly know anything of your background.

**ED** Well, I was born in 1930 in a little village called Barrington, 5 miles from Cambridge, which has a large village green. The green is called Challis Green as, apparently, at one time there were a huge number of families that name living in the village. My father came from Tottenham and Mum was from Hackney and moved to Barrington as a teenager when she was orphaned. Dad was a Master Printer and worked at the local firm in Foxton for 52 years. Apart from the war years, when she did some work for the printing firm, Mum was a housewife looking after myself and my brother who is six years older than myself, and also went to work at the printing firm in Foxton for 52 years. When I was 2 years old Dad had a bungalow and it cost £700, it is on the market at the moment for £360,000! I attended the local school in Foxton, failed the 11 plus but passed the 13 plus and went to the Technical School in Cambridge to study engineering. Following that I had an apprenticeship at Listers of Cambridge and, the day that finished, I was called up for National Service in the RAF. All that was in 1950, quite a busy year as I also got married to Barbara. When the Government raised the National Service two years we decided that it would be better, financially, to sign on as a regular for an extra year, which I did. That extra year lasted to 1985 as I found the service to my liking and served for 35 years. Barbara and I had six children and they travelled round with us to all the many RAF Stations that I was posted to, Cyprus, Germany and many in England. All our children are now married and we have 11 grandchildren and 5 great grandchildren, with more on the way.

After leaving the RAF we moved to Shelford near Cambridge and I went to work at Addenbrooks Hospital in the operating theatres where I serviced the instruments after surgery. I am often asked if I missed being in the Service and my answer is no. To me the RAF was a job, which I enjoyed, travelling to different places and meeting many people but I was never one to spend time socialising in the Sergeants Mess, after work it was sport that kept me busy.

**T.C.** Let us talk about your sporting life, did it start in the Service or were you involved before that?

**ED** At school I always looked forward to Friday, the mornings were gardening and the afternoon sports, football or cricket according to the season. I also played football for the village team and most evenings we lads would have a kick about on the recreation ground. When I went to Tech School things were more serious but I played for the School at weekends, sometimes on the Saturday mornings and for the village in the afternoon! I used to cycle to Cambridge, 7 miles, and met up with some other lads who were into cycling and I drifted into that sport. When I started work I would finish at 5pm, go to the local public bath then go our training with the club. I got into cycling in a big way and rode in the Brighton to Glasgow five-day race. Completely unprepared, no spares, no food, only one set of racing clothing etc. I made it as far as the 3rd day, Wolverhampton, but then had to drop out. When I joined the RAF sport was the first thing on the agenda. I rode in many races, won a couple and enjoyed the life. Cross-country running came as a shock but it was compulsory at some places. Later in my career I found myself as secretary of three of the X/C Leagues, Wilts and Borders, Lincoln Services and finally The East Anglian Services. When I was in Germany I would compete in the Athletics League and on one occasion I was 'talked' into the 3000m Walk, thus I became a race walker. I joined Trowbridge AC who, at the time, were a top club in the country with a few International walkers. The RAF also had a strong walking tradition and as many as 100 walkers would compete in their Championships. I managed a few placings over the years from 3000m to 20Km. These days the service has, sadly, very few walkers but that is also true in 'open' events.

**TC** How did you get into the Veterans movement?

**ED** I think it was by word of mouth at events or maybe I saw an item in Athletics Weekly but I ran in the EVAC's first event, a cross-country race at Huntingdon. After that I joined and raced in many events from Walking, road-running and track events. I think it was at Birmingham that I won the 3000m-track walk. As an M50 I won the whole race but was told that my medal had been claimed by a walker from Ireland who said he had travelled all the way from Ireland and was going to take a medal home! The medal was sent to me later!

When I left the RAF and moved to Cambridge I joined the EVAC Committee to try and repay the sport some of the enjoyment I had had over the years. In 1995 the club was looking for an Editor for the magazine and, foolishly, I volunteered. Over the years I have tried to inject some interest within the pages, not just a list of fixtures and results. I realise that many members read very little of the articles. Some years ago I used to put fixtures on the inside pages but, after being asked about some race I thought that some members don't even open the pages, so now the fixtures are on the back and there is no need to open the mag at all.

**TC** After four years in Vets have you any views on the organisation?

**ED** We are Veterans not Masters and a postal vote proved that point a few years ago. This is my opinion and not all members or committee will agree but I feel the National Committee rushed through the change to BMAF without full vote. Why did we have to change? I also think that adding M35 to the age grouping was a mistake, rather raise the Ladies to start at W40.

I fear for the EVAC when some of the older Committee members retire, Peter Chaplin is a prime example. All of our road events, Grand Prix and Championships, are organised by Peter. I see no younger members coming forward to take his place. The T&F seems to be in good hand now with the emergence of the young ladies who are at the helm. When Peter Duhig announced that he wanted to stand down as Chairman it was a couple of years before Mark Chaplin came forward.

There are new organisations being formed to run the athletics in England. Doubtless there were problems with some of the old systems but are the new ones any better, we shall see? It would seem that it will cost the athlete more money.

**TC** I have a feeling that there will be some comments following this conversation. Thanks anyway.

## **A PEARL**

Congratulations to TONY and CHRISTINE PERKINS on the recent celebration of a pearl (30 years) wedding anniversary. Both are great followers and supporters of the race walking scene.

## **READ ALL ABOUT IT**

Many have wondered why envelopes containing August's 'Race Walking Record' had Essex postmarks. Well TONY PERKINS stepped-in to do the distribution as Record supreme TIM was on vacation.

## **2008 DIARY DATES**

Two popular race dates have been set: Saturday 15th March will see the PAT FUREY TROPHIES MEETING at Donkey Lane (2.30 pm) while Saturday 14th June is when the MOULTON 5 MILES is to be held (2 pm).

## **STEVE UTTLEY – PROFILE**

First joined Ilford AC 1980.

Rejoined 1984 after leaving in 1982 on a temporary return to North of England

Offices held: Served for several years as walking captain and also as walking secretary and member of Ilford AC Committee. Held both positions simultaneously for a number of years. Also responsible for press reports during that period. Currently acts as Deputy to walking press officer Dave Ainsworth, wiring and submitting press reports when Dave is unavailable.

Has represented Ilford on hundred of occasions, taking part in many successful teams, winning medals in county, area and national Championships. Part of winning Ilford team in this year's RWA 10kms champs. Has also represented Ilford in running on a number of occasions, taking part in Met X country league races and road races. Has also occasionally run for Ilford on the track in vets competition.

Individually has won numerous county champs on road and track including 5 Essex 20kms Champs between 1986 and 2007 4 Essex 10km champs, 3 x 10 mile champs and 2 x 20 mile champs. Has also placed 2nd at both 3kms and 50kms. In addition has placed 3rd in the Southern 20 miles Champs and the inter counties 10kms. Has also taken part in several international veterans/masters champs, including finishing 6th in 1997 European Vets 30k at the Hague. Steve is a former winner of the Redbridge Sports Council's Sports Personality-of-the-Year competition and he's always been a leading light at Civil Service and London Business Houses promotions. Steve's a regular Essex League supporter, winning the overall title on 3 occasions. And now....he's an esteemed life member of Ilford AC.