

ESSEX WALKER



IS THIS WHAT IT'S COME TO?

The annual inter-counties representative match took place on Sunday 10th August at Kings Meadow Track on the Kingston/Norbiton border in Surrey. It's a full Track & Field meeting with 8 Southern Counties completing in earnest. A week before the event the Essex Team Manager contacted DAVE SHARPE and asked him to find 3 men and women for our ESSEX team. Dave was wrongly informed that there were 'barring clauses' to prevent the top walkers appearing. Fortunately PETER CASSIDY was on hand to correct that info and advise that Essex needed their best trio of walkers for the men's and women's 3,000 metres walks. Dave spent most of the week making scores of phone calls to muster our County representative. Peter Cassidy also used his valuable time to seek those wishing to walk for Essex.

The date and time yielded umpteen coincidences:- work, injuries, fear of 'A' rules, other commitments, illness, relations visiting/being visited, distant Grannies (real or imaginary) taken ill etc. etc. etc. and a couple of point blank refusals. What's it coming to when walkers don't want to represent ESSEX? – the county which the late Cliff Temple once wrote in The Sunday Times as being "the seed bed of British walking". Decades ago walkers would have fought tooth and nail for the honour of wearing the red vest of Essex.

The men's team, on the day was CHRIS CATTANO, DAVE SHARPE (who had recently announced that he would be cutting back on his race appearances) and DAVE AINSWORTH who is certainly not of Essex representative standard. The men's race was won by DARRYL STONE of SUSSEX who was racing for only the 2nd time this year. Second was CHRIS who really excelled despite having no warm up, overtaking RICHARD EMSLEY on the home straight for the last time.

In the ladies race County Champion VAL MOUNTFORD was our only available representative. Daughter LINDA came along and seeing that we were short-handed agreed to be kitted out. Readers will remember Linda racing some years ago, and Linda secured a 3rd spot – so thanks to both Val and Linda.

Surely we can get that old Essex Spirit re-ignited when County representatives are next sought? The times: Men's – 2. Chris Cattano 14.55.71, 10, Dave Sharpe 17.31.53 and 12. Dave Ainsworth 22.09.82. Ladies – 3. Linda Mountford 19.47.43 and 9. Val Mountford 23.20.82. Essex were not the worst in terms of appearances for the host County – SURREY – only managed to muster 1 walker from the combined Surrey might of the Bels/SWC/Vids. He was a fit 60 year old man with a bobble hat – a true gentleman who always answers the call! By the way, those representatives were paid £15 travel expenses and an Essex AAA vest.

ONE HORSE RACE – IS IT WORTH IT?

This year's London Inter-Club Challenge (LICC) finished as it had started – in gloom. At Parliament Hill Fields Track on August 9th just 1 started, and finished in 22.58.28. 'Twas Hon. Ed. who had a rare win. Another walker spectated – keeping her powder dry the Inter County 3,000 metres the following day. The 2008 LICC 3,000 Series saw 2 at the opening race, 1 at the final race and an 11 and a 10 at the middle 2 events. 3 of 4 races were un-judged. After 3 full seasons is it worth continuing? The object was to showcase walking at a general athletics meeting and enthuse newcomers. Apart from a lady and gent from Highgate Harriers – both Vets – who raced in 2007 at the New River Stadium (and got an £80 fixed penalty ticket as they failed to observe the 'Pay and Display' signs, so probably went home most unhappy, even though its £40 if paid within 14 days) it's mostly been the same old faces 'bailing out' these walks.

Is it defeatism to 'call it a day' or should we give it one more go on the off chance that something might turn up? Perhaps you could let Carl Lawton know as it was he who tried so hard to get us included. The YAG 1K race at each LICC meeting has, on most occasions, seen no takers. Seeing that August 9th race clashed with the Enfield League 20K, D.A. phoned around to try and get a few potential entrants to prevent the LICC race becoming a farce. People were asked who were not near the top of the Enfield League and therefore would not have hampered their chances of success in that competition, might not have wanted to race 20K and lived within reasonable travelling distance of Parliament Hill Fields. The object was to try and get 4-to-6 racing, so as we didn't have the embarrassment of just 2 on the start line as we did earlier in the season at Copthall. Five walkers were asked if they could support the meeting, literally to bail it out. One was so firm in his decline that the phone shook – and at least we knew what he thought of the LICC! The other 4 all said that they would get there if they could. That would see perhaps 4, plus D.A. plus anybody else who might show. A respectable field. Sadly all 4 who offered to get there if they could failed to show at the LICC (or Enfield either). So we had a proper 'Mr Starter' a bank of recorders and timekeepers, a digital time clock, lap bell ringer and photo timing down to 1/100ths of a second. All for 1 entrant. Walking is truly heading for the precipice! But seriously readers – do you want the LICC in 2009 and onwards, and if so, are you prepared to support it?

GET WELL SOON

While shopping in South London early on August 9th, MICKY SUTTON suffered terrible pains in his body. "It was worse than toothache" he said. Micky, like all hardy athletes, tried to shrug it off. But pain literally drove him into the Casualty Department of St. Thomas Hospital where he was diagnosed as having Kidney Stones and admitted. He did not want to be in hospital as he intended going to Enfield for a 20K walk. Now out, but in need of further hospital appointments, Micky scratched for August's MK100 Miles event – an event that he had fully prepared for. We wish Micky well as he recovers and, he's so full of optimism, that he's looking forward to the 100 Miles on Newmarket Heath in July 2009. **That's the spirit!**

LIFE MEMBERSHIP HONOURS

The Metropolitan Police Athletics Association (MPAA) have honoured race walker BILL SUTHERLAND BEM and ex-race walker PAUL BLAGG by making them LIFE MEMBERS. Both are former National Champions. Paul is an Olympian, while Bill has a Commonwealth Games Bronze Medal in his possession. It is an honour which brings both status and privileges. Deceased Essex walkers WALTER BATSON and REG YOULDON were MPAA Life members. Essex Walker is hardly speaking out of turn when it questions why CHARLIE FOGG and DOUG FORTHERINGHAM have not been so honoured – yet?

'SPIKES'

Those who signed up for this new athletics magazine must have been really pleased with what was mailed to them. Yes it's buckshee and there's no catch. Walking was mentioned in the inaugural issue, Get it by logging on to www.spikesmag.com By the way the answer to the competition on page 62 is 2/Tyson Gay. Prize is a trip to Monaco for dinner at the Monte Carlo Sporting Club and a meeting with the IAAF Athlete-of-the-Year. Enter on www.spikesmag.com/win

SUCCESS IN THE OPINION OF MOST

The much awaited BBC1 transmission of our Battersea Park 5 Miles Walk has been shown. It represented nearly a year of effort to get it on, with much persistence as – at times – it seemed as though they didn't want to go through with it. I have never had so many 'phone calls in one day, as from right across the country, viewers enjoyed what they saw. I was totally surprised by how many watched all 4 transmissions (after the 6.35, 7.35, 8.35, and 9.35 sports bulletins). Who would have thought that race walking would get so much publicity on the main BBC1 channel? Dave Sharpe, who meets many members of the public in his work, phoned me on the Monday to say how many folk had commented that they saw him on TV. Other readers comments are published. Over 90% liked the end liked the end result. There were a couple of negatives; 1 stated that it would be a waste of time (a view was expressed 2 weeks before the show was even screened) and another didn't like it for a variety of reasons. Another liked the film but not the other general studio presenters' banter afterwards. But overall it got a great 'thumbs-up' reception from the vast majority of the walking world.

But that's not the end! The whole film is now on the BBC news website. To 'Google it' just tap in: BBC News + Mike Bushell + race walking, (or copy and paste the following into your browser, <http://news.bbc.co.uk/1/hi/uk/7370993.stm>) and you'll get the lot, plus commentary from the Bushell's best collection. This also contains a link to the Race Walking Association website, so viewers can follow up their interest and hopefully soon be able to join in such events. We have to try something – we can't just give up! Give the site a hit, as they'll keep it on while it still generates interest. Just a thought: If any wish to thank Mike he can be contacted at: Mike Bushell, BBC Television Centre, Wood Lane, London. W12 7RJ or emailed on mike.bushell@bbc.co.uk. I think we'll dedicate that successful film to those 11 walkers said, "I'll get there if I can" but didn't. D.A.

ON THE BENCH

Visitors to Parliament Hill Fields will be impressed by the state of the 'McSweeney Memorial Bench' which overlooks the track. It was, like others at this venue, deplorable as many bottoms and backs had rubbed against it plus many decades of exposure to sun, wind, rain, sleet and snow. But BILL SUTHERLAND, a local resident, has been there with brush and lacquer to renovate this bench. Thanks Bill. The memorial engraving in the wood is now barely readable, so Hon. Ed. has approached a leading Highgate Harrier to ask if that Club could cough-up for a small brass plate to remind users that this bench was sited in memory of a great walker and Centurion. After all you can hardly have a memorial bench if you can't read who it's in memory of!

VETERANS AC – AGM

This is to be held at 7 pm on Thursday 11th September at the Union Jack Club, Sandell Street, London SE1 It's handily placed being between Waterloo and Waterloo East stations. Agenda Item 8 is 'Election to vacant posts'. We hope that many walkers will attend to 'show the flag' and hopefully end this long running situation where they expect other Club Officers to look after walking matters for them. Hopefully walkers will elect, from among their number, a new Honorary Walking Secretary (a position vacant since MICHAEL CROFT stepped down).

MANY THANKS

Thanks to all who supported July's Woodford Tuesday Walk at Ashtons, which was attended by the Daily Telegraph. They were doing features on 4 minority pursuits which enjoy Olympic status, and these were to be published during the first week of August.

The feature was fixed up at short notice – so it only gave 2 opportunities for a visit from the Daily Telegraph. Both were a 'high risk strategy' as those races were the July WTW (which only drew single figures in the corresponding race of 2007) and the LICC race at Copthall Stadium (which only pulled in 2 competitors when last staged there). So the WTW was chosen with an appeal for extra competitors to attend and boost the image of UK walking. Such 'National' opportunities are so rare that we really have to take them when they crop up! So a double 'thank you' to everybody who came along last night.

Like BBC's Mike Bushell, the Telegraph's feature Writer – Iain Hollinghead – wanted to take part to sample the thrill of race walking. As with Mike it was Carl Lawton who did the hard work in getting this guy up to standard and Carl (advisor to the media) who trained with him around Battersea Park in preparation for his appearance. The previous evening Iain had been grappling on a mat with amateur wrestlers as part of his feature series. A runner, footballer and rugby player, he had the basic fitness.

Iain's first novel 'Twenty Something' was published in 2006 and his 2nd is due out this year. He is also co-author of the play 'Blair on Broadway' which made the West End in January 2008, and is one of the writers on the BBC TV series 'Spooks'. Iain can often be heard on BBC Radio 4 where he broadcasts on both the 'Today' and 'You and Yours' programmes.

Thanks to Pam Ficken and Margaret Livermore we had that much appreciated post race tea/coffee and cakes, so we could mingle with Iain who interviewed quite a number of those present about their race walking. Iain did observe for himself the high average age of those who were racing, though fortunately we had Phil Barnard and Chelsea O'Rawe-Hobbs kindly offering themselves for interview, which helped to balance things out nicely.

We did get 21 on the start line, we gave Iain a good welcome and also applauded him in at the finish as he closed home the field in 23.21.63. And, like Mike Bushell, he entered into the spirit of it. Of course we could have done with a few more and on returning home my 1571 service contained quite a few "Apologies for Absence" from those who wanted to come...but! Sadly one message was from a former International of note who told me that I was wasting my time with features such as this, as walking was finished in this country. Listening to him I actually went to bed quite depressed, despite what we had tried to achieve.

"Read all about it" is all we can say now as we see what Iain Hollinghead made of it all. Thanks again particularly to Carl who was again our lead man, and to all the officials and walkers for making Iain's visit to us such an enjoyable one.

BOOK OF NUMBERS

With the BBC present June's Battersea Park 5 Miles pulled in 49 starters + 3 who missed the start. For July's race it was 'business as usual' and 17 toed the line. Down yes..but..it was still more than the runners who mustered 15. Best Essex finisher was STEVE UTTLEY who completed the frame in 3rd spot.

PARIS TO COLMAR

The Paris Colmar is not for the faint hearted, it is a hugely demanding race on at least three fronts, emotionally, physically and financially! I am disappointed not to have completed the journey to Colmar this time around; however, I would not have missed the experience. It was fantastic to be there and share the road with some great athletes; it is truly an awesome race. A race of the highest standard (winners average pace was 8.4km/hr) over a very long distance (451km (281 miles), I was proud to be able to hold my own in the race for so long and determined to return and complete the race. From the high of receiving the invitation to take part, being both apprehensive and excited as I lined up on the start line, to the low of having to call it a day at 355km, I went through every possible emotion in between, a real roller coaster! The journey across France was a fantastic experience so much to see (if only I had the time), and so much support from the local communities we passed through. Imagine starting to walk on Wednesday evening and finishing in the early hours of Saturday, this is both emotionally and physically demanding. The real high for me was working as a team to achieve the 355m km (221.8 miles) I covered, it was truly a humbling experience to see everyone pulling together to get me 'there'. It was no holiday for the crew they all worked very hard with little or no sleep (not to mention no showers!), they are the unsung heroes of my race who gave selflessly of their time. Everyone was totally dedicated to meeting all my needs, feeding and watering me up to four times an hour, driving a motorhome at slow speeds and walking many miles with me was all part of the work they undertook. Not to mention the constant encouragement (and abuse) to ensure that I was focused and still putting one foot in front of the other.



Financially the race is demanding too, the cost of participating in race was nearly £2.5k. This was considerably under the original budget as we decided against a second motorhome, (in hindsight this was not entirely a satisfactory decision). The cost was offset by the generous sponsorship received from Winning Ways, which included supplying the second vehicle. In addition I was truly grateful to receive nearly £900 in individual donations, thank you all very much. The breakdown of the costs and details of donations received is as follows:

Income	£	Donations	£
Donations received	871.75	Hodkinson	50.00
Money Received from Race	362.90	Hodgkinson	100.00
		Barnbrook	100.00
		Short	91.75
Total Income	1,234.65	Brown	120.00
Expenditure		Cullingworth	100.00
Motorhome Hire	972.00	Another	75.00
2nd Vehicle	Winning Ways	O'Rawe	10.00
Ferry Crossings	115.00	Ainsworth	10.00
Fuel	479.83	Anonymous	25.00
Road Tolls	85.64	Various	40.00
Food	240.48	Flint	50.00
Hotels	253.20	Hoban	100.00
Meals	239.65		871.75
Misc			
Race Entry Fee	16.00		
Web Site domain	45.00		
Total expenditure	2,446.80		
Income/less expenditure	1,212.14		

TELLING IT AS IT IS

In 2006 'Fidge' (aka Editor of the Yellow Advertiser free local newspaper) took part in the Nicola 5 Mile Walk along Canvey Island sea front. This month he's been looking back at some high spots and referred to his participation stating "Probably the hardest thing I had to do was the 5-mile racewalk around Canvey Island, which I was challenged to complete in under 1 hour. In training, I pulled muscles I didn't know I had and on the day of the race I forgot my stopwatch so had to go full-pelt the whole way just to make sure I got there in time". Fidge appeared as part of a charity raising drive for The Little Haven Children's Hospice, and mighty successful he's been at boosting their funds. Hopefully we'll see Fidge back on a start line soon.

I have learnt a lot from the experience and my resolve to re qualify and be back on the start line is growing by the day, I know I can do it and I know I will. A two year strategy is emerging. Essentially I will be working on my improving my all round strength and a particular focus on core strength. I will also be focusing on putting more quality work in my training and not just churning out the miles. I have set myself two interim goals the first is a sub 20hr/100 miles and the 2nd is a 200km/24 hr!

I can't wait to be there again soon!

Kevin

FIXTURES

Wed 3 Sep	Open 5K Walk	RAF Honnington	12.30 pm
Sat 6 Sep	RWA National 10K Championship (+YAG)	Lea Valley Stadium	1.30 pm
Sun 7 Sep	Church-to-Church 19½ Miles	St. Peter Port	9 am
Wed 10 Sep	Civil Service Championship	Birmingham	7 am
Thur 11 Sep	Veterans AC AGM	Union Jack Club, SE1	7 pm
Sat 13 Sep	Enfield League 1 Hour Badge Races	Lea Valley Stadium	1.30 pm
Tue 16 Sep	WTW 5,000 Metres (+ Essex League)	Ashtons Track	6.20 pm
Sat 20 Sep	Sainsbury's English Schools Champs	Birmingham	12.15 pm
	Essex County 10,000 Metres (+Open Essex League)	Garons Track	12 Noon
	Postman in Uniform Races 6 miles/3 miles	Mount Pleasant	2 pm
Wed 24 Sep	Ryan Cup 10K, Mens/ 5K Women (British Pol V CS)	Tally Ho (Birmingham)	1.30 pm
Sat 27 Sep	Area Representative Meeting	Worcester	
Sun 28 Sep	Charity Walk	Valentines Park	11 am

FROM OUR READERS

MESSAGE FROM MIKE BUSHELL

Hi Dave – Thanks for all that and thanks for your help on this..it got the other presenters and others here very interested – a big response... hope to see you again Dave – keep in touch – kind regards Mike... I hope John Inverdale was watching...cheers

OPTIMISM FROM JUNE CORK

Glad it was a success last night: nowadays it's always worth cheering when there's a healthy turnout – and 21 strikes me a being just that.

As for your doom-merchant: well, athletics across the board appears to be in a bit of a doldrum, witness some of the events in the Under 17 league matches where there was absolutely no competitors at all – and Walking's in the same boat.

If you think something's dead and you ignore it accordingly, well yeh! It will succumb. Don't you just love pessimists? June.

POSITIVE ACTION FROM KATHY CRILLEY

Dear Essex Walker aka Dave,

I've put the details of both Mike Bushell's report and The Daily Telegraph report from Essex Walker on the Surrey WC website – many thanks as always.

Kathy

Adds Hon. Ed. Kathy maintains both SWC and Centurions websites, which are always worth visiting to find out what's going on.

OPTIMISM FROM RON WALLWORK

Thanks for you too! David.

As for the former international's comments – is he/she doing anything to further the discipline which provided him/her with the privilege of representing his/her country.

Regards, Ron.

REQUEST FROM SHAUN LIGHTMAN

Dear Dave,

I have had an e-mail from Tom Dooley former USA international. He is putting together a scrap book of the Lugano Trophy race in Bad Saarow in 1967 and is looking for any memorabilia. Could anyone help?

Yours, Shaun

RON WALLWORK COMMENTS ON JULY'S WTW

Dave,

Enjoyed last night immensely! – Friends getting together on a lovely summer evening to challenge themselves and each other, but not seriously enough to spoil the occasion. Ron.

JOHN HALL AND JULY'S LICC

This afternoon's race – 1 p.m. start in hot, humid conditions. For those of you who heard me say I was thinking of walking home afterwards, I did, doing the 10 miles or so in just under 1 hours 44, with a very light ruc-sac and having some difficulty finding my way in the second mile through a very run-down housing estate. Got some good rhythm later and positively steaming along towards the end.

Best Wishes John

Adds Hon Ed. The race pulled in 10 seniors and 1 YAG. Much better than seeing 2 racing the previous LICC to be held at Copthall. Thanks to all who supported it.

OPTIMISM FROM HELEN MIDDLETON

Hi Dave,

Thank you for the Woodford Tuesday walk. As always it was great to meet up with what must be the friendliest and most supportive group of athletes. At the end of the Bedford inter-counties event, one of the officials who observed the camaraderie and the way we all stuck around and the photo opportunity did comment that he was impressed by the 'togetherness' of all the participants.

Shame about the comments of the 'international of note' – as a fairly new recruit and not having experienced the good old days when hundreds turned out for races (although I have been told of past race entries) I don't get the impression that walking is finished in this country – certainly I see the enthusiasm and determination from all involved from week to week. We just need to get youngsters recruited by raising the profile. My daughter (who can't be persuaded to give up 400m and 400mH, triple jump – YET!!!) suggested that walks should be included in the leagues eg, Southern women's/men's because athletes would have a go just for the points! That would possible get some recruits?

I'm sure you have discussed many ideas – just thought would put pen to paper – well – fingers to keyboard because I didn't like the idea of you going to bed depressed. Your achievements the other night were fab – 21 turned up mid week! That is fab! I have been to mainstream athletics events where clubs have not been able to field more than a couple of athletes and these have been midweek/Saturdays/Sundays – this is both veterans events and league events! It is not just racewalking!

Take care and see you soon, Helen.

EMAILS IAIN HOLLINGHEAD OF THE DAILY TELEGRAPH TO PETER CASSIDY

Dear Peter,

I should be honest and say I didn't enjoy race walking much, I really did enjoy meeting you all.

Best Wishes, Iain.

APPRECIATION FROM JUNE CORK

Always a good read – thank you for all the work you put into it. June.

RWA PROGRESS REPORT

Dave,

Does anyone take any notice of these things on the telly? Apparently my average rate of enquiries out of the blue is about 1.5/week; I have had 12 since Saturday, so it may have made a difference

Best wishes, Peter Cassidy

TV COVERAGE

Dear Dave,

Well done again to you and colleagues for all the background effort and on the day work that produced coverage for race-walking that has not been seen for a long time.

Sandra and I were race walking around the Somerset hills this last Sunday when a group of cyclists came up behind and shouted that they had enjoyed the good coverage on race walking on Saturday and encouraged us on our way. So the TV profile of our sport has reached even the depths of rural Somerset!

Kind Regards, Richard and Sandra Brown.

GOOD NEWS FROM JOHN CONSTANDINOU

That BBC report has definitely had some positive effect. Here is an email I have received at racewalkuk

Hi There,

I saw the BBC report on Breakfast and was and was wondering if you had any clubs or contacts in the Leeds area. Myself and my girlfriend are looking to take up a fun sport and yours seem interesting

Could you let me know?



RECORD

Editor: Alan Buchanan, 200 Braeside Avenue, Patcham, Brighton, Sussex.



MIKE STREET

Britain's leading athletics photographer, Mike Street, in front of the camera for a change as he awaits the Lugano 20 Kms start. Mike's pictures are on the back page.

Photo by Andrew Huxtable

MIKE STREET R.I.P

It is with great sadness that we report the sad death of one of race walking's biggest ever supporters – top athletics photographer Mike Street, who died on Friday 25th July at the age of 60 after a long illness.

Mike, a Vice President of Havering/Mayesbrook AC, was prominent in the 70s/80s and took photographs of all walkers from that period. Indeed one of his biggest fans was the then Editor of Race Walking Record Alan Buchanan – who put Mike's photograph on its front cover (Issue No. 422 November 1977). Look it up and see this tribute! Mike was big time and covered much else as well as athletics. His lens was at the Cooper-Ali fight and the 1966 World Cup. However athletics was his true forte. Mike was a multi-events coach at Havering AC as it was then called, and was much, much appreciated and admired at that Club. Mike was employed in the competitive world of media photography on a full time basis, working for a picture agency and then as Darkroom Manager of the Basildon-based Echo Newspaper Group. A 1990 redundancy ended such employment and in recent years he'd been Car Park Manager at the busy but now demolished Oldchurch Hospital in Romford (where Essex Walker readers Mick Barnbrook and David Hoben were born) and a local mini-cab driver before illness took its toll. The last couple of years has not been kind ones for Mike's health, and the care shown by Mike's family was publicly acknowledged in the Vicar's eulogy.

Mike, an only child who was born in East Ham, leaves behind his widow Jeanette and 3 sons – Alan, Graham and Paul. Jeanette is well known to the race walking fraternity, being sister of the late GB International Steve Gower who sadly passed on at the age of just 51 in August 2002. Mike was married for 27 years and the Vicar stated that, most of all, Mike will be remembered as a family man. The Vicar also reminded her congregation that Mike had a sense of humour that not all understood and that this had got him into trouble at times – on one occasion leading to him being hosed down by a siphon in a pub!

A funeral service was held on Friday August 1st at Upminster Crematorium. In the larger of the 2 chapels every single seat was taken. Surprisingly only 4 walkers attended, including 1970s greats Olly Flynn and Roger Mills who had come from Cambridge. Roger expressed surprise at walking's low representation but added that it

was probably because people were away. Actually more had stated that they were hoping to get there if they could. However to be positive those not there really made up for it with condolence cards. Back at the house in Hornchurch there were cards on almost every available space, with many tributes sent by those connected with the 70s/80s walking scene. And Havering/Mayesbrook AC (as it's now called) were well represented at the Service.

For many we last saw Mike 3 years' ago when he came along to Ilford's pre-Christmas 10K race at Chigwell Row. He remained interested in race walking to the end. Indeed Mike gave the speech at Steve Gower's funeral service – and he remembered the names of all the many walkers who attended that, some of whom he hadn't seen for many years! We thank Mike for all he's done for our chosen pursuit and express our sincere condolence to his family. D.A.

MIKE STREET RIP – CONDOLENCE FROM GEOFF HUNWICKS

Please pass on my condolences to Jeanette.

TRIBUTE FROM LEN RUDDOCK

Dear Dave,

I was sorry to hear about the sad passing of one of UK Race Walking's friends, Mike Street. Many of us, no doubt, have one of Mike's professional standard photos showing us in action as pride of place in our own personal collection. He honoured the race walking fraternity by bringing action, excitement and dignity to our sport as his photos were always amongst the top bracket, elevating Race Walking to take its rightful place amongst all other athletics disciplines. Thanks Mike!

Len Ruddock.

ALL THE FIVES

In the Welsh Masters 3,000 Metres Championship at sunny Newport Stadium, (home of Newport County Football Club) 5 started and finished. All came from different age groups so all earned gold medals.

1	Mark Williams	Tamworth AC	13.10.7	M40 Gold
2	Phil Williams	Enfield & H	14.42.0	M45 Gold
3	John Collins	Swansea H	20.41.8	M70 Gold
4	Colin Bradley	Liswerry AC	21.06.5	M50 Gold
5	Dave Ainsworth	Ilford AC	21.15.8	M55 Gold

Booked in, warmed-up, but did not start: Alan Mann (Les Croupiers AC).

Also entered but did not start: Ann Wheeler (Nuneaton Harriers) and Cath McGrath (West Cheshire AC). Colin (ex Loughton 2nd claimer) ran a 5,000 metres shortly before the walk, clocking 24.11 (best for 5 seasons). Two of Wales finest were unavailable: Cardiff born Arthur Thomson and Haverfordwest born Chris Flint who, at the time, was making his way back home after the Nijmegen match. Bob Dobson gave the Chief Judge's speech, with Olive and AAW Walking Secretary Jack Thomas also officiating.

Another 5 finishers graced Hillingdon Track for the Annual British Police 3,000 Metres Championship. Among those was RWA President Glyn Jones (3rd). Essex were represented by Steve King who struck silver and Amos Seddon who sadly saw a red disk. Amos had raced the evening before at Ashtons and spent the night tucked-up in his mobile shop before stepping out at Hillingdon. Yes folks – Hillingdon, so why were so few Policemen/ex Policemen present for an event which welcomes Police pensioners at a track which is on both Piccadilly and Metropolitan Underground lines? It appears the means of giving out details are somewhat amiss, for most knew nothing of it until after its closing date. Surely this race can attract better in 2009 – especially if it happens to be in Greater London, where many notable ex-Met walkers and Essex Police walkers may be found? "It would never have happened had BILL SUTHERLAND still be editing the Met. Police Walking Newsletter" muttered one!

1	Gary Witton	15.49.4
2	Steve King	17.27.7
3	Glyn Jones	17.43.6
4	Martin Slevin	18.01.7
5	Steve Broadbent	18.01.7

BILL POSTERS

In comparison terms the guy who designed the London 2012 logo cost £400,000.
1908 logo got £49 for his efforts. The much maligned

EUROPEAN MASTERS REPORT BY DAVE KATES

Apologies in advance if I miss anyone because the road walk was, due to the high entry level, very much a story in chapters which spanned the whole day. I'm not sure of the exact numbers but it would be safe to say that the total male/female entry was in excess of 250. Due to the nature of the course and the nature of the weather it was decided for both recording and safety purposes to split the Mens 20k into 3 races and the Womens 10k into two. The temperature earlier in the week during the 5000m track walks was I think 31°C with high humidity. Some walkers were also uncomfortable with the minor element of altitude i.e. Ljubljana is not at a threshold level of altitude but is certainly higher than we are used to. There had been casualties at the track walks which included Jill Langford who collapsed immediately after crossing the finish line for a Silver Medal. Jill spent some time in hospital on a saline drip and although recovered well was advised by the British Team Doctor that she should not attempt to start the 10k road event. I myself also witnessed Montse Sirolla of Spain in the Womens 45 category collapse in a dreadful manner, whilst in 3rd place and about 3 laps from the finish. She took a terrible fall and had to be given oxygen before being stretchered to hospital by ambulance. On a better note I mention that in that same race Helen Middleton, who we know from the Enfield League, had a superb race and eventually took bronze behind Carmen Garcia of Spain and Veronique Cochereau of France, while Fiona Bishop also walked well for 7th. Earlier Arthur Thompson had once again stamped his class over the Men 70 category with a Gold Medal winning performance. Similarly there was a Gold too for Harvey Jaquest in Men 80. So we moved forward a few days to the roadwalks where competitors were to find the air temperature peaking at around 32°C and humidity being reported as peaking at 98%. Just in case anyone is wondering about the propensity of slow times, I'll repeat that – 98% humidity. It turns the art of breathing into a privilege and not something to take for granted. The course itself followed the seemingly increasing trend of the shorter 1K loop, but had one or two twist and turns to make it interesting. It was also on a road running parallel and within 5 metres of railway line. That's the first time I've been 'Colonel Bogeyed' mid race by a high speed train. Perhaps more sinister, there was no shade from the sun, not one iota's worth. Fortunately the organisers had scheduled an 8.00 am start for all those over 65 in the Mens 20k and they at least enjoyed relatively cooler, but probably no less humid conditions. Arthur Thompson had an absolutely brilliant race and finished as a 'double' gold winner with an emphatic victory in 1hr 56m. My Ilford team mate Ed Shillabeer (aka Edbanger) was also in that race, contesting the M65 category. Ed claimed 4th in a time of 2hrs 03m and in the final stages was closing on the 'bronze' with each lap but in the end simply ran out of road. Ed feels that this was his best race for some time and he was deservedly forwarded by being part of the Gold Medal winning British Team in M65/70 together with Arthur and Glyn Jones. Further back in that race was one of the bravest efforts of the day from Harvey Jaquest who despite two early DQ cards held out in difficult conditions to win Gold in M80 category. Success to for G.B. Walk Team Manager and frequent Essex and Enfield visitor Eric Horwill. Together with John May and John Payn, Eric formed the Gold Medal winning G.B. 75+ Team.

The toughest conditions were undoubtedly felt by those contesting the M55 and M60 category 20k event which came under starters orders in the full glare of sun, heat and humidity at 3.00 pm. Going through 1k in 5.43 and the 2nd kilometre in similar time, Dave Kates was concerned at how he was struggling to maintain a conservative pace. Then he looked around and saw that he was surrounded by athletes whose recent P.B.'s had eclipsed anything that he had achieved since his younger days. What he saw in their faces is best described as desperation. Realising quickly that the conditions were likely to make this a very 'different' kind of race he gambled on the tactic of 'slip-streaming' the main group and building his effort through the latter part of the race. Dogged by Johan Siegle of Austria who sat a metre or so behind him for 15kms and refused to share the work, the Ilford captain, blew the Austrian out the back at 16k and moved through the field rapidly to gain a completely surprising 5th place in 2.03.04. As with 'Edbanger' Dave was closing on 4th place at the end but ran out of road. The winner Ignacio Melo of Spain 1.50.17, 2nd Fabio Ruzzier of Slovenia 1.51.51 and 3rd Josef Berzl of Germany 1.52.11 whilst clear would normally be nearly 10 minutes quicker than those times. Ruzzier for example finished a 20k in 98 minutes earlier this year so the Ilford man was ecstatic at a top 5 position, particularly with so many 'big names' behind him. Also walking an excellent race was Leicester's Rod Dunn. Adopting similar tactics to Dave Kates and urged on by the tremendous British support. Rod came through to finish 9th in 2.07.21 ahead of Rostislav Kovar of Czech Republic and many notable others. The two were further elated when a terrific late race effort from Essex man Chris Bent, closed in their G.B. M55/M60 Team to a Bronze Medal Team Award. Talking of Leicester, the club were well represented here with both Mark Wall and Sue Rey having excellent races in both the 5k track event and the road events. Mark found himself having to wait around all day until late evening before his M50 category race got under way, but was rewarded with a 1hr 56m top ten finish to go with his 7th place on the track. The keys of Leicester however will surely go to Helen Middleton. The shock D.Q. of the race leader, Germany's Adelheid Robohen by the Chief Judge, a few metres from the 10k finish elevated Helen to bronze medal position. Trained and coached by the amazing Arthur Thompson and schooled in the Enfield League Helen has emerged with less than a year in race walking as a European double bronze winner. What a fabulous start in our sport. Finally it would be remiss of me not to mention the absolutely fantastic vocal support all around the crowded road course from the British contingent of runners, field eventers and walkers alike. At time such as this I am reminded that race walking is but one discipline in the sport of athletics and we must take the opportunity to embrace our 'wider' family whenever we can. A vote of thanks should also go to Eric Horwill who as Team Manager carried the burden of Team selection and planning and the daily grind of technical meetings etc. Finally I know that I could not have got around that course without Jill Langford and Pauline Kates who with several others spent the whole day out in the merciless heat and sun to man our G.B. feed station. Well done girls.

should be hanging their heads in shame every time that they attend a VAC walking meeting!

EMAILS JEREMY HEMMING OF VETERANS AC

Dave,

The VAC Newsletter of August has a page devoted to 24 June plus the usual 'walk page' plus more so I hope we've done it properly.

Now what we need, as you know and have kindly mentions, is a Walking Secretary. I may be wrong but I'm beginning to feel the walking community is so well looked after inside its own world that it feels little need to bother.

Best wishes, Jeremy hemming@dircon.co.uk

Adds Hon. Ed It's now a disgrace that walking members of VAC continue to expect everything to be done for them by other hard working Officers of that Club as from among their number – not one will offer to undertake the duties of Walking Secretary. Sadly most seem to be sitting tight hoping that somebody else (probably already over committed with tasks) will try to juggle one more. There must be a number of VAC's walking members who have no office or position within the sport, who could easily give up a bit of the spare time to help out. This dire situation has been going on for over a year now and does race walking no credit whatsoever. VAC members

ON THE MOVE

Dear friend,

We are pleased to let you know that we have now moved to Worthing with effect from Monday 14th July. Our new address and contact details are as follows:-

Trevor Jones & Anne Belchambers
43 Pembroke Avenue,
West Worthing,
West Sussex,
BN11 5QS
Telephone (home) 01903 532995

Can you update your records (mobile phone, blackberry, telephone book, diaries, personal-organisers, e-mail contact).

We will be pleased to receive visitors, so if you are planning to be in the area then contact us to confirm that we are around for you to drop in.

Please note that we have not (yet) been able to reinstate our main e-mail address (trevor.anne@blueyoner.co.uk) so will you please use this address (trevor.anne@virgin.net) until we inform you otherwise. If

you have had a bounce back on any messages you have already sent then please present to this latter address.

Kind regards, Trevor & Anne

MANY THANKS

Many thanks to the Race Walkers who took time to attend Mike Street's funeral and for all the expressions of sympathy that we have received since his death. We have all had a difficult time, particularly over the past two years, and it was good to see that people remembered Mike with fondness.

Love from,

Jeanette, Alan, Graham and Paul Street.

PB FOR PB

PHIL BARNARD was the best placed Essex Walker in the recent Enfield League 20K which was held in bad weather at Donkey Lane. Phil was 3rd behind Guernsey visitor CARL THOMPSON and now Sussex-based TREVOR JONES. Phil gave it his all for a p.b. 1 hour 50 minutes and 40 seconds. Well done and to all who supported the meeting. Full result in Enfield Walker/Record/AW/www.racewalkuk.com

KATHY CRILLEY'S VIEW

Dave,

Just to let you know I put the link to the film on Surrey Walking Club website on Friday!

Kathy

Ps and yes I did watch all 4 transmissions as well!

THAT'S ALL FOLKS

Roger Buxton's broadcasting career ended at the end of July, and he was touched that some of our number sent farewell messages. Roger was particularly impressed by JOHN WEBB (Basildon AAC's 1st Olympian and winner of the 1st Essex League – walking race) who phoned the studio in person from his Bristol home to wish Roger well in retirement. Thanks to those who took a few moments in thanking Roger for his lifetime's interest in our pursuit.

BOOK SALE



There are still some copies of 'The History of Woodford Green Athletics Club 1908 – 2008' available. Send £25 cheque (payable to Woodford Green) to Tony Maxwell, 27 Forest Edge, Buckhurst Hill, Essex. IG9 5AD.

HUSH HUSH – THERE'S BEEN A WALK

After no recognised walkers appeared in the 2007 Essex Police 3,000 metres Championship Walk, Essex Walker appealed for a full turn out of such persons in 2008 – to put on a really top class display of competent race walking. Well, via a roundabout route, we've heard patchy details of that 2008 event. We're not sure where it was, we think it was in May, one of the international King twins stared – we don't know which one – and was a convincing victor. Second was Essex detective STEVE KING. Third was somebody else not known in the walking world. Fourth was JOHN MacKENZIE, a runner with Ilford AC (who actually came 3rd as the winner was a guest). As for the times.... well?

FIRST COME FIRST SERVED

The buckshee Olympic 'knees-up' in The Mall on Sunday August 24th was on the London 2012 website, but details were removed when all complimentary tickets were claimed. We hope some of our readers got some.

DAVE SHARPE WRITES SENSE

'Character' JOHN PERKINS who has walked (and ran) for many Essex clubs in his time, and who is now running for Havering Joggers, has been in touch to say, "In my opinion Dave Sharpe's recent letter in Essex Walker, about Paul Nihill, is most sensible".

AND THEY GET PAID FOR IT

Paul Robinson: "When a goalie makes a mistake it always ends up in the goal, 9 times out of 10".



QUERY

Dear Dave,

Sue Clements has a query in your last edition regarding a Centurion called Wayne Evans. I wonder if it could be W. Morton Evans C445 who qualified at Bristol in 1969. He was Chairman of the Bristol Club when I was a member and I knew him. But he never used his first name and I never knew what the 'W' stood for.

Best Wishes, Jack Thomas

ESSEX WALKER READERS IN BEIJING

Bob Dobson went for what was his second Olympic visit while Peter Ryan headed to Beijing for his first Olympic Games. We hope both had many enjoyable moments while in the thick of the action and we can't wait to hear their yarns.

EMAILS A TELEGRAPH ARTICLE MEDIA REVIEWER

Hi Dave,

If we ever needed it; this appalling article is yet more confirmation that media buffs (gutter-press) will do, and say, just about anything to sell newspapers.

In my opinion: it was an unnecessary criticism/attack, written for comedy, and with a spelling mistake. Sadly, I do not have any definite answers on how we can begin to tackle this sporting elitism and discriminatory attitude, but strongly advise that we all rise above it, and let this unfortunate incident be consigned to the dustbin.

Best regards, Barry Ingarfield.

EMAILS STEVE UTTLEY

Dear Dave.

I understand that the current rules restrict appointment of judges over the age of 50 to the International Panel (though those appointed may continue to serve after this age). As I understand it there is no particular justification for 50 - it seems to be an arbitrary number plucked from thin air. If I understand correctly the test is not related to health, competence, eyesight etc, but simply to age. In the 21st century this is simply unacceptable.

I presume that the Governing Bodies concerned would not support such blatant and arbitrary discrimination on the basis of race, gender, sexuality, disability etc, so why do they promote it on the basis of age? Incidentally such discrimination is currently illegal in the field of employment and may soon become so in other areas. It is to be hoped that the Governing bodies will take action to remove this outrageous and immoral provision before they are forced to do so by law.

Regards, Steve.

WRITES SQUADRON LEADER PERKINS

Dear Dave,

I was delighted to read your news about Dave Levy – especially as he was the one who lured me off the track and onto the road (and into Trowbridge AC and Club walking). Thanks too for details of the TV programme. Mike P.

GEORGE BROWN R.I.P

Respected judge and true gentleman GEORGE BROWN has sadly passed-on after a long illness – an illness which never stopped him from coming along to races and officiating, right up to the end of his life. Further details and tributes will appear in our next edition.

RACE OFF – CHARITY WALK STILL ON

Arrangement for the Ilford/Essex League/ Southern Veterans League 5K on Sunday September 28th did not pan out as anticipated. A 10 am start meant that the Southern Veterans withdrew; and you can understand their point as asking their members to come from all over the South for a 10 am start, at a venue where most have never previously appeared, did not prove feasible. Then prior entries (£5) with on-the-day entries at £7 made it unattractive as an Essex League meeting. So, in the final analysis it's 'off'. An event is to be deemed as an Essex League race in its place – and County Secretary RAY PEARCE will announce this in due course. But...there's still an 'as far as you can go' Charity Walk at 11 am, so if any of you fancy a longer than usual training session, then please join OLLY BROWNE and his fellow walkers for an event put together by Moulton finisher JOE BROWNE – a true top-class organiser!

APPOINTMENT

Illness forced DANIEL MICHAUD to withdraw from the Olympic Games judges list at short notice. His replacement was the elite International Panel's youngest judge – and great fan of Essex Walker – PIERCE O'CALLAGHAN of Ireland. We congratulate Pierce and wish Daniel a swift return to full health.

BACK IN THE BIG TIME

Former Essex 10,000 Metres title holder RICHARD O'RAWE and a friend STEVE HALLETT have completed the 43 Miles 'Devil of the Highlands' foot race from Tyndrum to Fort William in appealing weather. Their time of 10 hours and 55 minutes was just over an hour inside the cut-off time. Both were assisted by ALAN O'RAWE. Perhaps Richard can demonstrate his fitness at one of our walking races, and bring Steve along with him?

CONDOLENCE

We express our sympathy to Olympian, former National Champion and now top IAAF Official PETER MARLOW on the sad loss of his nonagenarian Mother who in recent years has resided in Clacton-on-Sea old folks home.

WELL DONE TO ALL

Essex athletes were present in the MK100 Miles event over the weekend of 16th/17th August and several of our readers popped in to support them. Leigh-on-Sea based OLLY BROWNE finished another 100 Miles (22.45.21) as did Southend resident MARTIN FISHER (22.54.09). Loughton 2nd claimer SEAN PENDER gained Centurions membership, while in 3rd spot (19.37.11) new UK champion – Olympian IAN RICHARDS – joined the list of International walkers to have added 'Centurion' on their CV. Thanks to SUE REY and MARK WALL (both competitors) for putting it on and all their helpers. Needless to say heavy rain fell on yet another such

event. Full result and report in our next issue. But well done to all who finished the race..and to all those who also gave it their best effort. Next time the 100 Miles will be road-based at Newmarket (July 11-12th 2009)

READER'S MOAN – FROM MARK WALL

Dave,
Grumpy of Northampton writes – you could have mentioned the 3rd place getter from Blackpool, after all he was only 100 metres behind Martin. It was the only PB I've had since August 1987 and 43 minutes quicker than last year! I was one of said leaders...The article mentions only one half of the Northants travelling circus...the ignominy.... Said grumpy athlete (just kidding but it was my 100 mile prep too!!!)

Adds Hon. Ed. Essex Walker didn't mention the victor either. Essex Walker contains mostly info about Essex residents and members of Essex clubs. Hence there were prominent mentions for Martin, Cath and Ollly. If Essex Walker contained endless results from here, there and everywhere it would be easier to edit but less of an enjoyable read. Who knows, perhaps the complainant might take up Essex residence one day? Full results can always be obtained from the usual sources: Record/AW and www.racewalkuk.com D.A.

EMAILS A TELEGRAPH JOURNALIST TO PETER CASSIDY

Hi Peter,
Alas it never made it to the printed page – cut for space reasons and too much Olympic stuff.
But here it is online:

<http://www.telegraph.co.uk/portal/main.jhtml?view=DETAILS&grid=&xml=/portal/2008/08/08/ftolympicsholl108.xml>
<<http://www.telegraph.co.uk/portal/main.jhtml?view=DETAILS&grid=&xml=/portal/2008/08/08/ftolympicsholl108.xml>>

Thanks again for having me along. I'm sorry I wasn't politer about the sport but I really did enjoy meeting you all.

Best wishes, Ian

Adds Hon. Ed. Peter's reaction was "Good grief"

MICK'S YOUR MAN

MICK GRAHAM a former Essex League Champion walker, judged for 4 hours at a time at the MK100 event, before getting changed and going out for a long walk, before returning for more judging. When he'd caught up on lost sleep, he walked for 9 hours and 10 minutes covering 42 miles. Suffolk resident Mick fancies the 2009 100 Miles – which is in Suffolk! Mick was a gutsy performer at 50K so who would bet against him to complete a ton?

EMAILS MARK WALL

<http://mcs.open.ac.uk/mkac/O8centurions.htm>

NICE WORK IF YOU CAN GET IT

Officials in charge of 2012 building projects claimed more than £100,000 expenses on top of taxpayer-funded salaries. The Olympic Delivery Authority has seen its budget grow from £2.4 billion (bid estimate) to £9.3 billion (latest estimate). Board members have used their expenses to throw lavish parties and pay for meals at top London restaurants according to documents seen under the Freedom of Information Act. No ODA members have to justify their expenses claims, which for the past 2 years amounted to £109,307,97p. The Head of the Government Olympic Executive, American

businessman JEREMY BEETON earns £220,000 a year but can almost double his salary with an annual bonus of £200,000. And race walking limps by with a £1 per head race levy! There was also a recent £675 million raid on the National Lottery to boost our Olympic fund.