

Essex Walker

Editor: Dave Ainsworth

AFTER 52 YEARS

Not since Britain's greatest ever race walker, Ken Matthews MBE, struck gold at the 1964 Tokyo Olympics 20K has a British athlete won a World title. In July Enfield's Callum Wilkinson won the World Under-20 Championship 10,000 Metres in Poland clocking an excellent 40.41.62. He's rightly been showered with heaps of deserved praise and bombarded by congratulatory messages - and had a surprise celebration in his honour in Moulton Village Hall. Among admirers was Paula Radcliffe MBE, who tweeted "What a morning for the World Junior Champion, leading from 4K and smashing the last 2K".

A STAR QUARTET

We congratulate 4 race walking notables who'll be at the Rio Olympics. Tom Bosworth makes his Olympic debut at 20K, while Dominic King makes a 2nd Olympic 50K appearance. Many readers have seen them develop talents from their early days in our sport, and will be delighted they're on world's main sporting stage. Ilford AC life member, Neringa Aidityte, is to make her second Olympic 20K appearance for Lithuania. Also in Rio is Peter Marlow, a former Olympic 20K walker himself (1972 Munich). Peter's again selected for the Judges' panel, proof of his high standing in International Athletics. In addition to those 4 mentioned, let's also note Chris Maddocks (5 times' Olympian) is again selected for commentary box duties. We wish them the best, and also all who'll be in Rio as supporters.



ANNUAL 8-COUNTIES' REPRESENTATIVE MATCH

We thank those who travelled to Basingstoke as Essex competitors in the annual 8-Counties' Representative Match (Essex/Hampshire/Hertfordshire/Kent/Middlesex/Oxfordshire/Surrey/Sussex). Sadly walks were poorly supported, and one wonders how much longer our event will feature in this well-established event. We've twice recently been chucked out of the main Inter-Counties Meeting on account of poor support, and had to fight our way back in! This 8-Counties' Meeting gives us a chance to showcase walking before a crowd at a general athletics meeting - an opportunity which should have been fastened onto, for the sake of our pursuit. However, as written elsewhere, that weekend saw 3 major meetings held - so what support there might have been, was spread 3 ways (though all 3 events were hardly over-subscribed). Are some readers willing the death of UK race walking?

There were 4 races over 3,000 metres: Men's 'A' and 'B' strings, Women's 'A' and 'B' strings. Total turnouts were (from 8 Counties) respectively 5, 3, 3 and 2. In addition one Kent lady appeared in a non-scoring capacity. Look at those counties listed above ... why could we not enter more walkers? *Answers on a postcard.* Full marks to Kent and Middlesex who had 4 each. Then it was Essex 3, Hampshire and Hertfordshire one each. Grand total 13 (from a possible 32).

Essex relied on Southend-based athletes: In the Men's 'A' race newcomer Simon LeMare was 5th in 19.42.17, the 'B' race saw Essex County AA Indoor Champion Keith Palmer 3rd in 20.32.39. The Ladies 'A' race saw a welcome return by Linda Mountford who was 3rd in 20.04.01. On behalf of all Essex walkers, we thank them.

THREE LINE WHIP

On 29 August at Garon Park Track, Southend-on-Sea AC stage their annual August Bank Holiday Monday meeting. The curtain-raiser is a 1 Mile Walk at 10.30 am ('B' race/enter-on-the-day). It's early enough for you to enjoy the rest of your Bank Holiday somewhere - perhaps on Shoeburyness, Thorpe Bay or Southend seafront - and pier! After a successful revival some years ago, we saw good fields. Alas last year several "regulars" didn't show ... this being partially offset by newcomers from the host town. It's also the *George Woods Trophy* (donated by the talented O'Rawe family) which is long-established, and goes to the 1st Essex-resident Centurion to finish. Current holder is Prittlewell-based resident Steve Allen. The late George was one of the most popular race walkers ever to grace our scene - so let's see a good turnout in

his memory. Last year saw a huge turnout of other athletes and spectators. It's organised by our Essex County AA President, and former race walker of note, June Cork - who'll provide top class commentary!

At the same track on Saturday 27th August at 11am (can be entered on-the-day) is **your** Essex County 10,000 Metres' Championship ('A' race). You'll recall last year - it was embarrassing as just **one** walker lined-up before 5 judges + lap scorers/officials etc. International Dan King won, setting track records in so doing. But one going around - what an image for walking at a County Championship meeting. This can't ever happen again *can it?*

NB: Postcode for Garon Park Track is: **SS2 4FA**. Please all head for this venue on both occasions.

IT COULD BE YOU

Over decades Essex Walker has published views from many readers who've had ideas on how those in Office should do more to improve matters and deal with issues. Despite appeals for such persons to "come on board" at RWA, RWA Southern Area and Essex County AA levels to play a part, it hasn't happened. Now you can really "come on board" as there's a vacancy for an "**England Athletics Board Member**". Nominations close Friday 19 August with a new Board member announced on Friday 9 September (if only one nomination). If elections are needed, these are to commence on Thursday 22 September when ballot papers and candidates' statements will be available. On Saturday 15 October a winner is to be declared. Full details: England Athletics Website. Candidates need support from 10 member Organisations.

VOLUNTEERS

Essex Walker's readers are noted for their enthusiastic willingness to step forward whenever tasks need doing. Hmmm!



Now comes a request for 4,000 volunteers to assist for up to 20 days at the 2017 IAAF World Athletics and ParaAthletics Championships. Selection will be concluded by the end 2016. Duties include transportation, way-finding, "meet and greet" and accreditation. Details: www.london2017athletics.com/volunteer

BATTLE OF THE SOMME



We have a link with this centenary, as an Ilford resident race walker participated - and is mentioned in the book, "Searching for the Lost Boys: The World War One Memorial at St Chad's Church, Chadwell Heath" by Nicky Scowen. In total 1,200 Ilford men were killed during the Great War. **Sergeant Arthur Taylor** was the 2nd of 7 children of Henry and Jannette Taylor who lived in Pembroke Road, Seven Kings. Educated at Downshall School and East London College, Arthur became a clerk with Parr's Bank at Bartholomew Lane in the City and moved to Essex Road, Chadwell Heath. <http://www.bbc.co.uk/remembrance/wall/record/35700>

He was a renowned athlete, mainly competing in walking races. He'd won Banks' races and some thought had potential for selection at the 1916 Berlin Olympics (yes that's where they were to be held before Kaiser Bill got going).

At the War's outbreak Arthur joined the London Regiment (London Scottish), serving in France from June 1916. Sadly 12 days after arriving, on 8 July, aged 24, he was killed by a trench mortar along with Lieutenant Ginger Wilson as others were wounded. He was disembowelled by shrapnel, taking 3 days to die, and buried at Maroeuil British Cemetery in France. The family suffered further loss as his father Henry, although older than a 44 years' upper limit for enlistment, saw active service in India from January 1916 onwards. Having survived the war and about to return home, Henry contracted bronchitis and died in hospital at Sialkot, India. Two other sons survived the war, one of whom was in the then newly-formed Royal Air Force (established 1 April 1918). Much information is at Redbridge Museum, which benefited from a £38,000 Heritage Lottery Grant and supported by volunteers. www.redbridgefirstworldwar.org.uk

SOCIAL REPORT

Eleven people assembled at the Bedford Lodge Hotel, Newmarket, on 14 July for the 2009 Barclay re-enactment re-Union. Olympian Eric Hall, former internationals Amos Seddon and Ron Wallwork, Centurion Ken Livermore, ERWL statistician Jon May and RWA Chairman Glyn Jones were among them. The format was to walk the pre and post noon miles and this they did with the exception of Margaret Livermore, who had had a knee replacement three weeks' before. The walks took 35/40 minutes and the main business of the gathering, which was lunch and reminiscing, proved to be a nostalgic three hours.

Ron Wallwork

ANOTHER MILESTONE

We thank reader Bob Dobson for highlighting that the great Ukranian-based race walker Vladimir Golubnichy has celebrated his 80th birthday since our last edition was published. The talented one was a 4-times' Olympic 20K Walk medallist (1960/64/68/72 winning gold, bronze, gold and silver respectively). In '68 he won by 3 yards, so saving race walking's image when repelling a "spirited challenge" from the late Jose Pedraza - for had this Mexican won in his home Country, his style would have been seen our event in a poor light. On leaving the Olympic stage after the 1976 Montreal Games he was still much in demand - being a most popular competitor at Milton Keynes where the 1977 Lugano Cup Final was staged. Vladimir won European Championship medals in 1962/66/74 - bronze, silver and gold respectively.

QUESTION TIME?

At an Essex Committee meeting, a small cup was produced called the Sharpe cup. Would you happen to know anything about such a cup? There are no clues on the cup: no date, why it was presented and no winners. Adds Hon Ed: Answers to Essex County President June Cork please. Dave Sharpe amassed numerous cups from various junk shops for allocation in all sorts of categories. Dave once produced a medal at an Ilford Summer 10K as a "Prize for the first person not getting a prize".

TOP CLASS

Congratulations to all who appeared for the South in our Annual Inter-Area Representative Match, held in July at Tamworth Track. By all accounts there was a real "team spirit" among our athletes, who won with distinction.

Result: South 83 points, North 49 and Midlands 34 - the South being only one point short of the other teams' combined totals. Thanks to our South's team officials and to all who officiated, helped and supported.

RWA SOUTHERN AREA PRESIDENT'S APPEAL

Just a reminder folks that this appeal is still open. Our Area President Chris Hobbs attends most events and functions, so if you've not yet made your donation, please consider doing so. You can see Chris at the meetings.

THANKS!

July saw Essex-born Olympian Paul Nihill MBE discharged after 2 months in Medway Hospital. Paul's been in touch, saying that he wishes to thank all those who visited him and sent cards and messages. All were very much appreciated and valued. We wish Paul the best.

THE HISTORY MAN

Always busy Peter Cassidy, author of the much-praised Race Walking Association's Centenary Book, has now taken on the role of our Association's National Archivist.

3-0

Over the weekend of 9/10 July, 3 walking meetings attracted the attention of our local readers: The Jack Fitzgerald Memorial Walks, BMAF 20K/30K Championships and the 8-Counties Representative Match. The following weekend 16/17 July there were no such attractions. Re-arrange the following words into a well-known phrase: "brewery, in, a, certain, function, organise, a, Couldn't."

LADY-IN-WAITING

Essex-based Kim Howard, a Centurion (No 1020) who qualified at the 2005 King's Lynn 100 Miles (22.23.39) is close to reaching 100 marathons which the good lady hopes to achieve at the next Brighton Marathon. Kim is set to become the 5th Essex athlete to complete 100 marathons and the first lady. We all wish Kim well.

FAREWELL

Southend-on-Sea based Centurion Martin Fisher is heading back "up North" to settle. Martin became Centurion No 788 when clocking 22.58.45 as he passed 100 Miles on his way to a 24 hours' distance of 100 miles & 467 yards. This in a John Hedgethorpe organised BT 24 Hours at Colchester Garrison Track, as Martin then appeared for Yorkshire WC. He's completed UK 100 Miles races ever since, being well over the score - and still adding to his most impressive total. Martin's also a valuable member of The Centurions' Committee. We all wish him well.

WHO?

At this level, down-to-earth John Hedgethorpe used to call it "the sport of politics". **England Athletics'** Chairman Peter King is to stand down at October's AGM. Replacement is to be Professor Myra Nimmo. In 2014 she became Pro-Vice Chancellor and Head of College of Life & Environment Sciences at Warwick University.

FESTIVAL OF RACE WALKING

Make a date: 13 August 2017, for it's billed as a "Festival of Race Walking". It'll be the IAAF Championships, which will see 3 top-class International Walks along The Mall. Starting at 8.00 pm is to be a 50K followed by 2 x 20K events.

FIXTURES

These event details are published for your information, and to the best of knowledge are accurate at the time of writing – you are advised, however, to check the status of any event directly with the organisers.

AUG	3	EVAC League	Cambridge	TBC
	3	EVAC League	Stevenage	TBC
	6	"The Redcar Blast" 100 miles (+ 20 & 50 miles)	Redcar Seafront	12 noon
	13/14	SEAA Championships	Ashford	TBC
	16	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	16	Veterans AC 5 Miles (guests welcome)	Battersea Park	7.00 pm
	27/28	England Athletics Championships	Bedford	TBC
	27	Essex County 10,000m Champs (guests may enter)	Garon Park	11.00 am
	27	LICC/Enfield League 5,000m + YAG 1k & 3k	Allianz Park	12 noon
	28	Veterans AC/SCVAC Track & Field Championships	Kingsmeadow Stadium	TBC
	29	Southend 1 Mile (+ George Woods Trophy)	Garon Park	10.30 am
	30	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
SEP	3	Jim Sharlott Open 10K/BMAF 10K + 2K	Abbey Park	11.15 am
	3	Youth Development League Final	Alexander Stadium	TBC
	4	Church-to-Chursh 19.4 Miles	St Peter Port	9.00 am
	11	Eastern Veterans' League Final	Bedford	TBC
	11	Surrey & Sussex 3,000m + YAG	Sutton	TBC
	17	English Schools Championships	Exeter	TBC
	17	BMAF Championship 3,000m	Alexander Stadium	1.00 pm
	18	BMAF Championship 5,000m	Alexander Stadium	1.30 pm
	24	Enfield League 1-hour	Lee Valley	12 noon
	28	Police/Civil Service/Ryan Cup 10K	Cannon Hill Park	1.30 pm
OCT	2	RWA/Southern/Essex 50K + 10K/20K	Hillingdon CC	10.00 am
	8	Enfield League Yacht Handicap 5 Miles	Lee Valley	1.00 pm
NOV	6	Alf Potten Memorial 7 Miles	Addiscombe	2.00 pm
	12	90 th Enfield Open 7 + Enfield League + LBH	Lee Valley	1.00 pm
	19	Steyning AC Open 10K	Steyning	2.00 pm
	26	Hillingdon Open 10K + Enfield League	Hillingdon CC	1.00 pm

BARRY WALLMAN (1938-2016) RIP

Barry (Cambridge & Coleridge AC) race walked in the 60s & 70s at Inter-County Road & Track Representative matches between Cambridgeshire, Suffolk and Norfolk, along with Bob Barnes (Bels), Dave Browning (Trowbridge), Dave Gulliver (London Vids), Barry Ingarfield (Ipswich Harriers), Dave Ainsworth (London Vids) and others. He was Hon Sec of the English Cross County Union from 1976-to-1988 and President in 1990/91. He was a leading light at Eastern Athletics, holding many positions, as indeed he did at his County and Club - far too numerous to list! Barry was a regular official at our Eastern Counties/Essex Indoor Championships where, on some years, he presented medals to walkers.

- "Another big loss, he did a lot for the sport". **Cath Duhig**
- "As a fellow county officer he always supported me in trying to get race walking going again in the county and cheered us on in the Eastern AA Indoor Champs every year. We'll miss him." **Pamela Abbott**
- "Barry who was so helpful and friendly when I ran my coaching course at Cambridge and Coleridge. A lovely man". **Sue Clements**

VIEWS: Reference a surfeit of criticism for RWA Officers and Officials of late, here are 2 readers' comments:

- "Need a Russian oligarch takeover lol?!!" **Ed Shillabeer**
- "Good to know that we are going to have a bumper turn out at this year's RWA AGM to put the world to right." **Carl Lawton**

CENTURIONS' SOCIAL WALK by Steve Kemp

London's Bridges definitely not falling down...

11th June (Saturday) about 8 miles.

The programme:

London's Bridges: Tower Bridge to Westminster

A walk along the banks of the River Thames from Tower Bridge crossing eight bridges to finish at Westminster Bridge Taking in the historic Borough Market (London Bridge) for a late breakfast/brunch. The route has frequent stops with Centurion C.716 George Beecham to point out places of interest and provide historical comment.

Start: Fenchurch Street station, Fenchurch Place, London EC3M 4AJ at 10am.

Finish: around 4pm Westminster.

After the walk finish, for those returning to Fenchurch Street (or anyone who is interested), there may be a visit to Covent Garden.

Just six walkers (George, Steve Kemp, John, Dave Hoben, Ken Livermore and Kathy Crilley) turned up for this walk along the historic River Thames. Weatherwise, it wasn't too bad - just a bit of rain early afternoon. But that didn't put us off.

Around the corner from our start point, is St Olaves church. The church is first recorded in the 13th century as St Olave-towards-the-Tower, dedicated to the patron saint of Norway, King Olaf II of Norway, who fought alongside the Anglo-Saxon King Ethelred the Unready against the Danes in the Battle of London Bridge in 1014.

Our next stop was Trinity Square home to Trinity House close to Tower Hill underground station. This area is one of the oldest parts of London and archaeological evidence shows that there was a settlement on the hill in the Bronze Age and much later a Roman village that was burnt down during the Boudica uprising. Through the gardens and a quick stop to read the plaques listing all those "traitors" who lost their heads throughout the 14th, 15th and 16th centuries.

STILL IN THE RUNNING

News of 2 Essex-based Centurions that we don't see so often. In 1996 **Glen Robertson** (former Colchester Harriers member) became Centurion No 946 when clocking 23.10.45 in the London Vidarians 100 Miles at Colchester's Castle Park. Also qualifying that day behind Glen, were popular Postie John Fenton (Birchfield H), prominent Centurion's office-holder Sue Clements (LDWA) and legend Jerry Everett (Colchester Harriers). 39 stated/26 finished (1 dq). Glen's suffered with arthritis so reduces distances nowadays - being keen on running, especially parkruns. Centurion No 997 **Andy Wilmott** (Halstead Road Runners) clocked 22.33.19 in the 2004 Surrey Walking Club 100 Miles at Newmarket's Rowley Mile racecourse. Pete Ryan led home 31 finishers (from 72 starters/1 dq) and we also saw Cath Duhig join the Centurions. Andrew's name is truly inked into history books as he's completed **679** marathons in a long athletics' career - which is still ongoing! We wish the best to both worthies.

OFF ON THE WRONG FOOT

Our long-established series of evening walks at Ashton's track in June saw 7 line-up. This disappointed as 2015 saw a "mini-revival" with all 4 races attracting double-figure fields (for a first time in years). Victor was "Woodford specialist" Steve Allen, who often tops the final league table, in 16.24 followed by Brighton-based Dan Maskell 18.43, John Borgars 18.48, Melanie Peddle 20.39, Sean Pender 20.44, ever-present Peter Cassidy 21.38 and Francoise Fernandez 22.04. Loughton AC got a good early team lead, before others even noticed. Can they be caught? A special welcome to Loughton's Melanie, who entered race walking via the evening EVAC T&F League. Surely if Dan can travel from Brighton on public transport for 3,000m, then others residing nearer could have made efforts? On a warm humid night co-organiser Peter Cassidy described the field as 'modest'. Early heavy rain saw the pole vault cancelled, while a 3,000

metres run only pulled in 10, when this often needs a second heat to give everybody a run (so causing race walking to be put back in the programme). Let's see bumper turnouts by walkers on **16** and **30** August at 8.30 pm.

WALKING FASTER THAN OTHERS CAN RUN



As the media increases its attention on the forthcoming Olympics in Rio, Mike Bushell (BBC Breakfast) took the opportunity to interview Tom Bosworth about race walking. The Olympic 20K walk takes place on the first day of the athletics schedule. The short BBC film also featured cameo appearances from a few other walkers!

The BBC headlined the report with:
"Race walking is certainly one of the more unusual sports you will see next week's Rio Olympics, where the top athletes will reach speeds of around 10 miles an hour."

http://www.bbc.co.uk/news/video_and_audio/headlines/36935233 (2 mins 48 secs)

GAME OF GROANS

As for the National 10K ... well! This event replaced a now defunct RWA National 10 Miles. Despite a distance reduction, only 2 Clubs in the country could even start teams of 3 ... SWC & Ilford AC. No Club finished 3, with awards going to so-called "teams" of just 2. Nobody beat 51 minutes, and the **last** finisher in a National (yes National) Championship - went home with 2 medals. For a major race in the Midlands, no Midlands team could even start 3 walkers (ie Birchfield, Coventry, Leicester WC). And for a National Championship only one senior man wasn't a veteran - one from the IOM. There's no criticism of any participant, as one can only beat those who turn up. Our new RWA National 10K Champion, Mark Williams, is a former winner of the Welsh Athletics' Senior Men's 3,000 Metres' Walk - and could easily have added to his tally at Cardiff on the same day, but chose to support our National 10K Championship. Mark clocked 51.51 with Ian Richards and Dwane Butterly behind him in 53.57 and 55.34 respectively. Teams 1-2-3 were Leicester, SWC & Enfield (all 2 scoring). Just **12** finished a Senior Men's National 10K, with 3 dq'd + 1 retirement. In the Inter-Counties just 2 teams closed in (again both with 2) as Herts beat Middx. Finishers with Essex links were Dave Kates (Ilf) 10th and Sean Pender (Enf & 2nd Claim Loughton) 12th clocking 67.16 and 72.54 respectively. Essex only had Dave finishing - where were all our Essex Walker readers? Are you content to see **your County** lacking numbers in such a fashion ... as our County turnout missed so many?

A ladies' race (no Essex interest) saw 6 start and finish, headed by Leicester's Emma Achurch who led the only team finishing to first spot. In the Counties' stakes only Oxfordshire (2-scorers) closed home for victory. An Open/Mixed 5K saw 7 start and finish, again minus Essex interest.

When such was predicted in Essex Walker, some accused this publication of spreading gloom - and whenever dismal news is published some (usually the same ones) blame its Editor for what's happened ... when Essex Walker can only accurately report what's happened! All readers caring about our sport must be truly saddened to read reports from Coventry and should try doing something to turn things around. Where does race walking go next? The only way fields will increase is to hold National Championships under 'B' rules ... which won't fully address problems - as it'll only "kick the can a bit further down the road". But ... that's been proposed twice and turned down - with many votes cast by folk seldom seen at races, and who voted as told!

With Welsh walkers Mark Williams and Chris Flint racing at Coventry on the same day as the Welsh Senior 3,000 Metres Championship at the Cardiff International Sports Stadium (Stadiwm Chwaraeon Rhyngwladol Caerdydd), and no other male walkers entering - Dave Ainsworth now has a 2nd year as reigning Welsh Athletics (Athletau Cymru) Champion ... which gives him no satisfaction! Will this title be his for years to come?

THE ROYLE FAMILY

June saw a *quartet of stars* in the back of Steve Allen's London cab. First to hail him was Fiona Bruce (BBC News/Antiques Roadshow/Crimewatch), then actress Sue Johnson OBE (Brookside/Royle Family/Coronation Street/Downton Abbey) - followed by Michael Croft and Sean Pender! Its cab driver made a welcome return to action in June's Battersea Park 5 Miles, racing for a first time this year - to answer our call for more participants as BBC television filmed the event. Steve was made most welcome, but it was a shame more didn't also give up their evening for the cameras. After racing Steve continued a fine tradition, as set by ex-London cabbie and fellow Centurion Alec Ross, by driving fellow athletes from meetings buckshee. Michael judged (with John Hall) while recent double National 10K Championship medallist Sean dead-heated in 19th spot (from 22) with the cab driver, clocking 58.27.

MOVING ON - BUT NOT FAR

Metropolitan Police Walking Club activist Dr Kitty Hung is leaving her civilian position as a Senior Project Manager & Business Analyst with the Met. Kitty's been prominent in organising the long-established Metropolitan Police Walking Club Annual Dinner & Reunion each March. However Kitty remains a Special Constabulary member, so is still connected with Police walking. Kitty, who completed the 100th Nijmegen March, is wished well on her new employment

ANOTHER MILESTONE

Royston-based **Pam Ficken** (SWC/Centurions), who holds many positions and serves on many Committees, celebrated a **75th** birthday on 25th July. A sign of this good lady's popularity was shown by the number of cards, messages, texts and phone calls received! And all well deserved!

MILESTONE

Recently out of hospital, though not fully recovered, Paul Nihill completed the Medway Mile. This mass-participation fun event for all (thousands), includes pram pushers and dog walkers. Paul was pleased to have recorded 20.40, but felt a bit rough afterwards. But he's on his way back to fitness!

CONGRATULATIONS

These are fully deserved for Suzanne Beardsmore of Abingdon AC & The Centurions and who also officiates as a judge. Suzanne overcame recent injury to join a most select handful of British ladies who've completed the ultra-distance Paris-to-Alsace clocking 49 hours, 30 minutes & 55 seconds. Wow! Suzanne was 4th of 5 finishers as 3 retired. The men's race saw 10 finish/10 retire. Full results are on The Centurions' website.

IN ACTION

Amos Seddon's struggled with injury this year - and at Moulton retired before leaving the village. But his setback was brief as an Essex Walker 'spy' at Great Notley one week later reported Amos completing their 5K Parkrun, with a 75-79 age group best for the course of 26 mins!

HAPPY BIRTHDAY

We all wish Norfolk-based Olympian Ray Middleton a truly "Happy Birthday" on August 9th when he reaches 80 years of age. Ray also achieved a silver medal in the 1966 Commonwealth Games 20 Miles' Walk, and appeared in the European Games and Lugano Cup meetings. Well known in Belgrave Harriers and Post Office walking circles, Ray has numerous National, Area and County titles on his most impressive CV. We frequently see Ray at Moulton events.

"YOU'VE ALL DONE VERY WELL"

It was "Young" Mr Grace's catchphrase in somewhat dated TV series "Are You Being Served?" which now applies to all our readers who participated in July's memorable 100th Nijmegen March. Many tales and yarns are now heard from this event.

HAPPY OCCASION

On behalf of readers we wish Ilford AC Centurion Steve Allen and Lisa a most joyful wedding day and many happy and successful years to come. The Prittlewell-based residents are tying the knot on 13 August. Steve recently commented on his athletics future when saying, "I will return".

EIGHTY NOT OUT

Congratulations to Walton-on-the Naze based Ken Tuson (Southend-on-Sea AC & Stock Exchange AC) on his 80th birthday. Still active in Veterans running races, Ken was part of a Southend squad which enjoyed a red-hot '70s heyday. Making their scoring-4 was a tough challenge as Southend had great names on their books - until most went their ways after a 1976 bust-up. Ken's name is inked in history books for winning a Stock Exchange London-to-Brighton event, which he did in 1971 when clocking 9.04.32 after a great battle with Southend clubmate Jimmy Venn - 2nd in 9.06.03. On behalf of all readers, we wish popular Ken well on his celebratory occasion.



Dear Dave ...

SNIPPETS OF USELESS FACTS

Today I came across a Swedish statistician's website - Track and Field all-time Performances Homepage. In the men's 50kms walk list it only goes down to sub 3-50-00 performances of which there are 896! The last named being Raul Gonzalez of Mexico. He is listed several times and at 3-48-56 he is ranked 746 - What a difference a minute makes. In the 20kms list 477 beat 80 mins, Tom Bosworth being 855th with his 1-20-41 from Dudince on 19 March 2016. Every second counts!

Bob Dobson

PS: I hate to think where my 4-07-23 would rank me. Hope I make the top 10 THOUSAND?

MY LOST FAITH IN HUMANITY

I never knew my wife could be so devious. Earlier in the week she stated that she needed some cotton for a dress she was making. John Lewis at Westfield was the obvious location for this excuse for a shopping spree. She suggested that we had lunch at a Greek restaurant just opposite The Cow. In my innocence that is was I expected to be doing but when I went to enter the Greek for a few vine leaves (stuffed) Carol called out "No this way" setting off for The Cow where Ted Bailey was standing outside looking like an out of work pimp. While Carol then disappeared for a mammoth shopping expedition Ted led me upstairs to The Parlour where distinguished members of Athletes Reunited (Essex Branch) were seated. I honestly had no idea this was going to happen. Being 75 suddenly became very attractive.

Not only Carol deceived me but also my friend of nearly 60 years, Dennis Jackson, who had coordinated the arrangements of this celebratory lunch.



Members from all over south-east England had descended on The Cow. Ted Bailey had gone to France ten days before to buy me a magnificent Napoleon Bonaparte style hat.

Rod Gilchrist, who was on his fifth world cruise of the year, wrote a special poem for the event.

ODE TO THE HEADMASTER (Madam Chairman)

*So Happy Birthday Tony
We wish you all the best
We've followed you from Love Craft
To this old athletes' rest*

*And doesn't it make you laugh
How with the passing years
Our times keep getting faster
Well, blame it on the beers*

*Athletes re-united
What a brilliant job you've done
We've all re-lived our glory years
So thanks for that, old chum*

*Our knees may be knackered
The joints a little stiffer
The hair not quite so lustrous
But one think I know is this*

*When the bell of life rings out
When the last lap is done
I guarantee you'll hear us cry
"Good on you Tony, well done mate, well done!"*

(With apologies to John Betjeman)

Well guys - I cannot thank you all enough for the surprise, truly a surprise. A great afternoon. May you never drop the baton.

Tony Maxwell

Adds Hon Ed: Former Woodford Green AC President Tony was also author of his Club's Centenary Book and is organiser of a popular and successful series of "Athletes' Reunited" functions. On Friday 3 June a true "surprise" 75th birthday celebration was arranged for Tony, with walkers among those present.

CORRECTION

1969 was the last Colchester to Ipswich Race, but it was not won by Alec Banyard as I won it in the second fastest ever time of 2.11.57, second only to Australian Course Record Holder Peter McCullough. The late Charlie Fogg BEM was exactly 5 minutes behind me. Charlie Fogg then kindly omitted to tell me that there was to be a 20 Miles Trial Race on his home course at Enfield a week later. However I did find out from another source 5 days beforehand. Charlie again tried to destroy me, but I caught him at 14 miles and defeated him by around 5 minutes again clocking 2.39.20. Shaun Lightman was the winner. All this was to qualify for an International Match versus West Germany over 35 Kms the following week at

hilly Bexley on a very warm day. How mad is that as preparation! Race walkers of today have it so easy to qualify for International Vests and Major Games. The 35 Kms Team was Ray Middleton, Shaun Lightman, myself and the Great George Chaplin. I got 6th place and a magnificent GB Plaque to boot. Only problem was they were all engraving for 20 Kms not 35 Kms. Hence we returned them to the then RWA Secretary Frank Jarvis and have never had them returned from that day to this. I wonder if this correction could please be published in the next Essex Walker.

Bill Sutherland

Adds Hon Ed: In that 1969 Colchester-to-Ipswich, Ilford's Brian Armstrong was 3rd in 2.18.27 and Bill led Highgate Harriers to team victory, followed by Enfield and Essex Beagles. 45 finished ... including Hon Ed - 25th in 2.49.44 - who, as a 20 year-old, had his first race in excess of 20K. Alec's win was in 1968 (2.16.24) ahead Don Thompson 2.16.25.

EMAILS A RACE WALKING HISTORIAN

There was indeed a history of the Chippenham-to-Calne, written by Harry Callow; it is undated, but contains results up to 1988. It's about 22 pages of A4 and, if you let me have a postal address, I'll photocopy it and send it. I am building up an archive of Race Walking in this country and this is one of the items that I have so far collated.

Peter Cassidy

KIRBY FLEETHAM - A READER'S REPORT

6hr 9m 5sec – 5th finisher out of 8 for the 50km, but as far as Loughton is concerned I got a medal for 3rd man – Martin Fisher was downgraded to the 'B' race after getting 3 cards for knees so, although he finished 2nd, he didn't count and Maureen Noel got a medal as first lady. Jonathan Hobbs didn't appear so all the men were Vets. About half the guys (most of whom were behind me) opted for the 35km option; Francisco lapped me but stopped after 30k; Bill McFadden of Scotia won and nearly lapped me 'cos I slowed down quite badly after 35k.

John Borgars

ESSEX ATHLETES' REUNITED

Thanks to everyone who was able to come along. We were disappointed that 3 or 4 couldn't make it because of injuries and illness. I hope you all found the buffet OK. I am aware drinks are pricey but I cannot do much about that, other than go somewhere else. Some guys travelled a long way to attend today - we are very grateful to them for making the effort.

Pat Marchant is to be congratulated on his quiz. Woodford's 'A' team has put in an appeal but it was dismissed out of hand. It would be good if we could

attract a few more punters. If you know of any athlete from the 50's, 60's and 70's who might like to join us please let me know, preferably with contact details. Looking forward to seeing you all again at the winter gathering of Athletes' Reunited (Essex) - either just before or just after Christmas.

Tony Maxwell

Adds Hon Ed: This function, at "The Cow" (near our Olympic Stadium) on Friday 1 July, saw a number of walkers among a good turnout. Surrey County President Tom Pollak (great friend of race walking) proposed a **vote of thanks** to Tony. Tom limped to-and-from this gathering as he suffers (like Hon Ed) with achilles tendonitis - we wish him well. Tony asks those interested in future functions to make contact: 27 Forest Edge, Buckhurst Hill, Essex. IG9 5AD. 020-8505-8272.

tonymaxwell27@hotmail.com

ERROR IN ESSEX WALKER

Under Chris Flint's Tribute to the Late Charlie Fogg, BEM – he was never the Chief Physical Training Instructor at the Hendon Cadet School as that was the highly respected Stan Bissell BEM. I have contacted Chris about this and he is in agreement with my correction.

Bill Sutherland

JOHN DISLEY REMEMBERED

Thanks for mentioning John Disley's passing in EW. I met him in person as long ago as 1972, and his book "Orienteering" is still on my bookshelves. As well as giving us (with Chris Brasher) the London Marathon, he gave us orienteering in the UK, and also Sunday Times Fun Runs (believe also with Chris Brasher) and changed tens of thousands of lives forever. A fantastic legacy.

Dave Hoban

NEWS FROM OUR ESSEX PRESIDENT

I don't know if many would remember one of our Starters from yesteryear but Eric Knight has passed away at the impressive age of 90. Were you impressed with Southend support for the County Walk? They may not all yet have lost their 'L' plate shackles as Walkers, but at least they were there. One can only hope it might encourage others to look at walking. Must stay positive....

June Cork

WRITES OUR TELEVISION CORRESPONDENT

There was a large coverage on BBC News Website recently on Multi-Olympian Chris Maddocks as being the only one of 3 to have competed in 5 Olympics with Sir Steve Redgrave and Sir Ben Ainslie no less. Pride of place went to his last place in the 50 Kms Walk in Sydney, where he was injured before the start. It mentioned that he is still very active as a Postman in Devon and

will be commentating for US Television at the 2016 Rio Olympics. Apparently they rang up following his very brave effort in Sydney and his wife took the call for him saying that he would be very interested in working for them even though he was out at the time! Great stuff, eh!

Bill Sutherland

CHIPPENHAM-TO-CALNE INFO

It is very kind of you and your members/readers. Could you please, if possible, include a word of thanks in the next available copy to all your readership who responded. Would you also include an address so I can "refund" some postage/reproduction costs for those who have replied.

Chris Holloway

3 Bradford Road, Winsley, BA15 2HN
tipton.harrier@yahoo.co.uk

DAVE AINSWORTH'S 50 YEARS IN RACE WALKING

"Congratulations and thank you for all your hard work and time you have given race-walking. In particular, I really appreciated all the advice you gave me when I was updating the Centurions' Handbook."

Sue Clements

"Many congratulations on your 50 years in Race Walking. You omitted to mention the immense amount of hard work you have done bringing our great sport to the eyes of the Sporting Public."

Bill Sutherland

REAL RACE WALKING RETURNS TO WEST HILL

For those who remember the first long severe hill of the historic Highgate Open 7 Miles' Walk they will be heartened to hear that for the first time in a very long time I actually saw a real race walker pounding up Highgate West Hill this Sunday morning and keeping pace with a cyclist too! He was bronzed, middle aged, with a small rucksack on his back, but it brought back many memories of the great races of yesteryear headed by Ken Matthews and the late Stan Vickers, our Super Stars of the past, who completed the course in around 49 minutes! Those were without doubt the Golden Years for British Race Walking! Stars of the past motivated many future Internationals through their personal illustrations and career highlights in the excellent Book 'The History of British Race Walking.'

Bill Sutherland

ATHLETES' REUNITED

Thanks to Tony and Pat for organising a very convivial and enjoyable afternoon's get together. Wish it could have lasted a little longer. Constant texts from home kept me informed of the Wales v Belgium spectacular and by the time I arrived back to the centre of Cardiff the place was buzzing. Still can't get over Walkers 'A' team not winning the quiz. We need to watch more television.

Bob Dobson

EMAILS OUR 1967 NATIONAL 20 MILES' CHAMPION

Pleased to hear that Ray Middleton approaches his 80th birthday. I actually christened one of his children. I wonder if he remembers this? Thanks always for the news updates.

Rev Dr Roy Lodge

WTW (19 Jul) MESSAGE OF SUPPORT

Another good hot day! One's got to admire all those who turned out on such an oppressive evening. I've got to say that with the temperature being 37 degrees in the car in that evening it's a wonder they arrived let alone toed the start line! It must have been suffocating! Very well done to all!

Bill Sutherland

APEAL FOR WTW SUPPORT

Don't forget to come next time; we may outnumber the sprinters!

Peter Cassidy

Adds Hon Ed: Like Race 1, alas race 2 also saw single figures (just 7). The final 2 races are on 16 and 30 August (+ Series Presentations by a dignitary), both at Ashtons 8.30 pm. 3,000 Metres 'B' race/enter on-the-night.

FUNNY LINES ...

- "It's hard to make a comeback when you haven't been anywhere." (*RAF Newsletter*)
- "Northern Ireland have already achieved the unachievable." (*Jermaine Jenas*)
- "Low just stood there on the touchline, arms folded and hands in his pockets." (*Liam McLeod, BBC Scotland*)
- "If your back end isn't firing on all cylinders, you're really going to struggle." (*Steve Cram, BBC2*)
- "Prince Edward - there's someone you don't see every day, between snatches." (*Jean Lesson, Eurosport Commonwealth Games Women's Weightlifting*)

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