

ESSEX WALKER



I HEREBY DECLARE

Our last edition promulgated an election statement, issued by Olympian PETER MARLOW, in support of a re-election attempt to the IAAF Walking Commission...and mighty impressive it was! This election saw a record number of candidates standing and Peter was yet again successful - in 5th place. So for him it's business as usual! Congratulations from our readers.

ALL MY OWN WORK

September's issue contained an account of RON WALLWORK's dramatic late "quick change act" to make the start of the LICC/Enfield league 5,000m at Ashtons. Can we point out that Ron's worthy efforts were not "Glucosamine assisted". Years ago Ron penned a short note recommending this popular supplement...but nowadays he's no longer "on it" - as they say. At Ashtons it was a case of "All my own work".



STAR TURN

Having been on his feet for over 22 hours in difficult weather conditions in this year's Centenary 100 Miles at Lingfield Park Racecourse, sprightly septuagenarian ALAN

O'RAWE completed another 71 miles at an Essex overnight Charity Walk in September. Some think the course used for this event could be a possible future 100 Miles venue...watch this space! But in the meantime we again say, "Well done Grandad".

9/11 ANIVERSAY

Yes folks September 11th commemorates not only a World event but also the wedding anniversary of LEN & MAUREEN RUDDOCK...and in 2011 it's a 35th. We congratulate the happy couple and hope many more anniversaries will come their way. Len was a prominent and successful participant on our UK walking scene in the 70s and remains one of our sport's positive thinkers. He keeps in touch with race walking issues and news...and we can always expect to see Len on big occasions. Indeed some of us saw Len at the last 2011 Series WTW event (Ashtons)...Len was coaching his football team on the grassed area near the track, and afterwards Len chatted to some of the walkers. Like his late Father (who trained the original Ilford FC), Len has coaching talents when it comes to our National game, and he runs a side which plays home matches at Wanstead Flats on Saturday mornings.

DEDICATED TO THE CAUSE

All round "good egg" PETER CASSIDY yet again completed all 4 2011 WTW events. In the past 19 years he's only missed 2 races...once owing to holiday and once as he had a hospital Op the same day (we'll excuse him that one). Indeed Peter plans holidays around Ashtons dates and even struggled to get around when poorly a few years back, albeit pressing on with a grimace. Along with Pauline he's joint Organiser of this long established series which probably would have hit the buffers long ago but for their desire to enthusiastically take up the cause and boost its promotion. That sort of commitment truly deserves your support!

ESSEX TO THE FORE

Our National 10K attracted top class entrants from Canada & Ireland and such visitors claimed 4 out of 5 top places. TOM BOSWORTH was 4th in 42.44 & DOMINIC KING 6th in 43.57. Sadly it was not to be DANIEL's day on this occasion. In 14th spot we welcomed back PHIL BARNARD who clocked 54.21 after a spell out through injury.

SUCCESS JUST DOWN THE ROAD

Ilford AC fired on all cylinders to secure both 1st and 2nd teams in the RWA National 10K Championship around 6 circuits of Hackney's Victoria Park on a pleasant afternoon...on only the 2nd time a Club had taken both gold & silver team medals in a National Championship...and Ilford were the last team accomplishing this feat when doing so in our 10K Championship at Lee Valley 3 years ago. Ilford's winning trio were new signing CARLO ALBERTO de CASA (7th/44.52), FRANCISCO REIS (10th/50.06) & STEVE UTTLEY (13th/53.49). It was Carlo's 2nd appearance for Ilford - his first set a track record in this season's final WTW 3,000m race. Carlo's an Italian National Squad member who works in the City. Full results in AW/Race Walking Record/www.racewalkuk.com For good measure Ilford AC also had a 3rd team on the road

WALKING TO THE RACE

Bethnal Green-based NERINA AIDIETYTE walked from her home to Victoria Park to earn an individual National 10K silver medal, headed only by reigning Commonwealth Games gold medallist JO JACKSON of Middlesbrough. The winner clocked 44.59 with Neringa next in 46.29, so banishing memories of South Korean disappointment. Neringa was so far ahead of the bronze medallist that over 12 minutes elapsed before the frame was completed.

THE PLAY WHAT I WROTE

With apologies to the late Ernie Wise, this comment could refer to playwright CATH DUHIG, who has just penned her own version of ALADDIN for performance by Downham Amateur Dramatic Society this Christmas. Aladdin's in the news as CHRIS FOSTER has a plum part in a London-based production while in Norfolk Cath writes a script. Perhaps one day Cath will write for the performing talents of Chris?



TREADING THE BOARDS

Breaking news - I have just landed the plum part of the Emperor of Peking in this year's London Scout Pantomime, Aladdin, playing at the Intimate Theatre in Palmers Green for 10 performances from 9th-17th December
Regards. Chris

Adds Hon.Ed. Enfield & Met.Police Walking Club stalwart Chris is also a former Loughton AC 2nd Claimer. Book your seats now!

DR.NO

The 2011 WTW Series ended with much increased attendance figures, despite having 1 race in single figures. The first & last races were exceptionally well supported. However for the first time in many seasons we didn't see Loughton AC's PHIL PRASHNER. A local GP whose surgery was at Loughton Health Centre, we hope he'll be with us when our Olympic Year Series gets going. Whatever he's doing, we wish him well.

WTW SEASON RESULT

1	Steve Allen	Barnet	101
2	Helen Middleton	Enfield	96
3	Seán Pender	Enfield	95
4	Peter Cassidy	Loughton	87
5	Françoise Fernandez	Loughton	86
6	Michael Barnbrook	Ilford	85
7	Dave Ainsworth	Ilford	78
8	Bernie Hercock	Enfield	77
9	Francisco Reis	Ilford	69
10	Mikk Bradley	Enfield	66
11	Steve Allen	Ilford	63
12	Abdi Berleen	Ilford	49
13	Carlo Alberto de Caso	Ilford	35
14	Mick Harran	Surrey	33
	Steve Uttley	Ilford	33
16	Cath Duhig	Ryston	32
	Gary Smith	Enfield	32
18	John Brock	Southend	31
	Costa Michael	Enfield	31
20	Stuart Bennett	Ilford	29
21	Bertie Powell	Woodford Green	27
	Dave Sharpe	Ilford	27
23	Jane Clark	Loughton	24
24	Liz Man Rey	Enfield	23
25	Ken Livermore	Enfield	22

Season Team Result

1	Enfield & Haringey "A"	340
2	Ilford "A"	336
3	Loughton	222
4	Enfield & Haringey "B"	120
5	Ilford "B"	112
6	Barnet & District	101
7	Ilford "C"	67
8	Surrey	33
9	Ryston	32
10	Southend	31
11	Woodford Green	27

Finishing with the season's largest field, the total number of entrants for the series was the highest for several years at 54, against 2001's 32. With only two previous scores, Barnet's Steve Allen put in an appearance to clinch the individual title, and Helen Middleton did the same on the women's side. Despite taking first three individual places in the last race, Ilford just failed to overhaul Enfield, who added a third name to the team trophy, which has previously been won by Ilford in every year except one, when it went to hosts Loughton. As always, Loughton A.C. is grateful to Woodford Green A.C. with Essex Ladies, who make track time available in their Open Graded Meetings and to all the walkers who turned out to make a successful competition.

Peter Cassidy
31st August, 2011

FROM OUR MAN IN SOUTH KOREA

HI DAVE

Korea's a country which I believe is the safest country in the world. I saw someone drop their credit card on the floor and people ran after him to hand it backno graffiti whatsoever and the hospitality was superb with tourism in it's infancy, and in Daegu hardly anyone spoke English. It was wonderful to be there to see Korean culture. They shipped school children into the stadium each morning. The stadium will be interesting what effect it has on all the Koreans athletics in the future...the stadium was generally almost full each evening. The biggest disappointment was when all the Koreans had travelled to see Usain Bolt get a DQ. I believe they are now looking at the rules as I'm sure the sponsors would not be happy, as Bolt being the star, not completing the 100 metres. The stadium went from being excited to being flat. The walks were affected by the humidity but the Russians took control The women's 20k had the hardest conditions with a sun factor. It was a great championship and I had the pleasure of travelling back on the same flight as the British Team and even Usain Bolt was signing autographs in the departure lounge. Next stop Olympics where I won't get into the stadium but will definitely see the Worlds in Moscow in 2013. Pete Ryan.

SILVER ANNIVERSARY

Ryston Runners, one of our affiliated Clubs, celebrated their 25th anniversary on August 25th (25 years to the date formed). They staged a formal function/hog roast attended by the Mayor of the Borough of King's Lynn and also by the Mayor of Downham Market. Leading lights include Pete Duhig (founder member) and Centurion Cath Duhig (Vice Chair). They were represented in this year's 100 Miles race and support many National, Southern Area and Open events. We wish this Club well in many years to come and hope they'll introduce even more race walkers onto the scene!

HAPPY BIRTHDAY

Congratulations from the Race Walking Association to Ryston Runners on reaching its first quarter-century. May there be many more!

With best wishes

Peter Cassidy

Honorary General Secretary,

Race Walking Association,

RaceWalkingAssociation@btinternet.com

Web Site: <http://www.RaceWalkingAssociation.btinternet.co.uk>

RWA SOUTHERN AREA'S CONGRATULATIONS – RYSTON RUNNERS 25TH

Can I say that we on the Committee extend our heartiest congratulations to Ryston Runners on reaching a significant milestone, and to express our admiration to you both on all the hard work involved in ensuring the club continues to prosper at a time when it seems increasingly difficult to attract new athletes and retain members. Well done to you both and the Committee of the club.

With best wishes,

Chris (Flint)

Hon. Secretary, SRWA

Vets AC. Lester Cup. 5mile walks series Battersea Park 2011

A regrettable reduction in numbers took part in this years series from last years 35 down to 26 this year.

Last year we had a joint win, this year we had a clear winner in Chris Flint.

1st	C. Flint	86	(5)
2nd	S.Pender	68	(5)
3rd	M.Harran	67	(4)
	B.Hercock	67	(5)
5th	D.Hoben	60	(5)
6th	S.Allen (If)	47	(3)
7th	P.King	46	(4)
8th	J.May	45	(3)
9th	I.Thompson	40	(3)
10th	P.Hannell	38	(3)
11th	K.Crilly	36	(2)
12th	B.Edlin	35	(2)
	P.Crane	35	(3)
14th	R.Powell	33	(3)
15th	M.Easton	32	(2)
16th	G.Keegan	30	(2)
17th	P.Ryan	28	(2)
18th	K.Burnett	18	(1)
19th	M.Noel	16	(1)
20th	I.Richards	14	(1)
21st	K.Livermore	13	(1)
	D.Delaney	13	(1)
23rd	S.Uttley	12	(1)
24th	A.Thomson	10	(1)
25th	S.Allen (Barn)	9	(1)
	P.Ficken	9	(1)

FORFEITED MEETING

The combined 2011 London Business Houses/City Charities 3,000 metres walk has been forfeited. It was billed for June but postponed owing to unforeseen circumstances. It's not been possible arrange a new date...but enthusiastic Organiser LAURIE KELLY states it'll be business as usual in Olympic year!

SLEEPWALKING

Let's face it: there's not much on the 'box' these days that demands a re-arrangement of one's social life; there's even less that requires a rescheduling of one's sleep patterns, and less still that would render one a fan of a television channel - especially one with interminable adverts. However, there it was that one evening I decided to go for an early night, but only after I'd watched the News - on '4'. What followed the news I don't recall: the adverts - that ultimate cure for insomnia - beganwhen I woke it wasn't the ads; semi-comatosed I wondered what film I was seeing - half-clad people rushing about along a road. Then as the fog lifted it dawned on me that I was actually watching the Men's Marathon, but no: they weren't running (?), it was actually the World Championships Men's 50K Walk. Jolted awake, it occurred to me that I'd better look sharp since this would last only around 5 nanosecs before (a) a post-event interview with an athlete, (b) a change of event to say 5-a-side stamp collecting, or (c) the ads, broke in. Rapt attention was called for!



ANOTHER TV CRITIC ASSESSES THE SHOW

Dave,

The coverage was certainly fair, except for the commentators, who kept referring to the requirement for the leg to be straight for at least one moment and particularly in the upright position that is, a previous version of the definition. They also thought that warnings (by which they seemed to mean the showing of yellow batons) had to be verified before they became "official". The repeated describing of the judges as "marshals" was also irritating as was the statement that a walker could receive 18 warnings. On the other hand, it did make a change to be able to see the whole thing and the commentators, during the slow-motion replays, did at least know enough to stress that the actual judging was down to the naked eye and that trick photography did not count.

I suppose that we were lucky that so few people would be watching in the middle of the night that no one wanted to advertise shampoo and car insurance every ten minutes.

Overall, I'd give 8 out of 10 for the South Korean television pictures and 5 out of 10 for the Channel 4 commentary. With best wishes.

Peter

Peter.Cassidy@btinternet.com

HIGH PRAISE FROM MICK BARNBOOK

Channel 4 TV viewer joined insomniacs to watch coverage of the IAAF World Championship 50K Walk from South Korea and was full of praise for this transmission. Mick said coverage was so good he stayed up as Channel 4 screened the whole event. Mick also pointed out that TV showed walkers "in the air" and he was heartened to see a really effective Judges Panel positively both rightly warning and disqualifying transgressors. Indeed Mick said 12 were hauled out and others hit 2 cards. The DQ board was featured in transmission so armchair viewers were fully informed. Mick added, "Their commentators were excellent and I'd request all connected with walking to express appreciation to Channel 4 for constructively showing this amount of walking.

HIGH PRAISE FROM OLYMPIAN JOHN WEBB

From his Bristol home JOHN WEBB has been in touch to say how wonderful the Channel 4 TV coverage was of the IAAF 50K walk in the small hours. Said John, "It was fantastic and they put BBC to shame". John pointed out that the event brought in viewers who rarely watched athletics and one "Twittered" that it was so compelling he was forced to stay awake watching it, well past his bedtime. John also spoke highly of the knowledgeable commentators and their decision to involve viewers in the unfolding drama by showing "the board"

That running thing - oo! the footfall of the leaders was very clearly picked up by the cameras and I was not surprised by the number who were eventually pulled (just 25 of the 45 starters made it across the finishing line). The leaders early on must have tested the eyesight of the judges to the limit - it would be interesting to see a slo-mo. Anyway by the time I woke 20km was fast approaching and Diniz and Deakes were up the front - in the middle of my deliberations about lifting or not, Diniz suddenly wasn't there any more - not that he was alone - he joined several others who'd been pulled earlier; Deakes retired injured leaving the road clear for the Russian brace of Bakulin and Nizhegorodov to collect Gold and Silver while the Australian Tallent had to content himself with Bronze.

Well done Daegu: the coverage couldn't have been better (well, it could have: a Brit in the line-up would have been handy; Dominic King must have been very disappointed to have missed the B standard by a mere 5 minutes). But four uninterrupted hours of Race Walking! Lord Coe, will we be seeing coverage of equal standard next year?

Must go - got some sleep to catch up on.....June Cork.

ACCIDENTAL VIEWER'S PRAISE

Former Championship medal winning race walker JUNE CORK watched late evening Channel 4 TV and nodded off during an ad break. The good lady awoke much later to find athletics on in the early hours of the morning...and it was race walking. June also stayed glued to the set and like other watchers, spoke highly of what was shown

THANKS

If readers wish to make favourable comments to Channel 4, here's how you set about it :

Viewers Correspondence,
Channel 4 Television,
124 Horseferry Road,
London. SW1P 2TX.

Or log onto www.channel4.com then scroll to the bottom line and hit "contact us" where there's an easy-to-use email comments form.

SUPERB DISPLAY OF WOMEN'S WALKING IN WORKLD CHAMPIONSHIPS

Hello Dave,

With Wednesday being a Rest Day at the World Championships in Korea we were treated from 1 a.m. on ITV 4 to a feast of stylish highly competitive Championship Women's Race Walking over 20 Kms held in 34 degree heat and 88% humidity. The commentary by John RAWLING, notable also for Boxing commentary, was one of the best I have ever heard describing a race walk. He brought in all the emotions and feelings of pain that walkers endure. The winner from Russia was smooth and polished in her mode of progression as was the Chinese walker in second place. So highly is Race Walking thought of in Russia that in 2009 the Winner was voted Russian Athlete of the Year selected from All Sports! Well done to Joanna JACKSON, our GB Representative on a commendable 23rd placing. At the finish the camaraderie was so visibly evident with every walker congratulating one another. Special mention of this was made in the commentary and it always has been a special feature of our great Sport. I wonder how many other Essex Walkers managed to watch it? Being a Rest Day the crowds watching were vast all the way over the 2 Kms course. Bring on the Olympic Walks London 2012! Trust you are well. Great September Essex Walker!

Yours in Sport. Cheers. Bill (Sutherland)

MEL BATTY R.I.P.

Hello Dave,

So sorry to hear the news of the passing of the Great GB Athlete Mel Batty. I can remember in the 60's reading so much about his achievements in Mel WATMAN's Athletics Weekly. He was a great star for GB and Essex on both the Cross Country and Road. I know Colin Young will be shattered by the news being his former Coach and Mentor. How fortunate we were Dave to be around in the best days of UK Athletics. May he Rest in Peace.

Yours in Sport and Friendship.
Kath and Bill Sutherland

MEL BATTY R.I.P.

The sport of athletics will be much the worse for his passing. I've never known a guy with so much "joie de vivre" and who was such good company.

With great sadness. Tony Maxwell

MEL BATTY R.I.P.

Mel is indeed very special. How many times did we read in AW: Batty wins xyz on Saturday.....and then another on Sunday. A great athlete, passionate about running and loyal to his mates, an optimist, a bit of Delboy..." this time next year Rodney we will be millionaires" a lifelong friend to us all....only down side a Gooner but I could even forgive Mel that! Love him.

David Bedford

EMAILS JUNE CORK

Dave

Reference the piece about Mel's funeral - he'd have been tickled pink with the turnout I reckon, not to mention the 'eulogies'.

June

FIRST RATE SERVICE

MEL BATTY's funeral at Basildon Crematorium saw over 400 attending, as more stood than sat with many outside following the service by loudspeaker. It was like a "Who's Who" of sports stars : Brendan Foster, Ron Hill, Eamon Martin, former Arsenal Manager Terry Neil etc & etc. It was like entertainment as 3 fantastic speakers were constantly interrupted by loud laughter and applause. They were brother Ron, TV commentator Alan Parry and David Bedford. All 3 worked Mel's famous "Invisible Man" act into their routines, and a picture of Mel performing this routine was on the Order of Service. The parson taking this service entered into the spirit. Although not present (on holiday) Colin Young was favourably mentioned as being his coach when Mel set his World Record. David Bedford said, "Only somebody like Mel Batty could engage a race walker as his coach". Walkers present included Ken Carter, Olly Caviglioli, June Cork, Olly Flynn, Kim Howard, Roger Mills, Paul Nihill, Amos Seddon, Ian Statter, etc. Recently retired Tom Pollak was there as was Reunion Supremo Tony Maxwell so many Athletics Officials. Mel's coffin entered to "Tubthumping" by Ararco Punk band Chumbawamba and later we listened to Morecambe & Wise singing "Bring me Sunshine". Most said they'd never been to a funeral service like it...it was pure entertainment...indeed tickets could have been sold for it! A "do" was held afterwards at The Bell in Horndon-on-the-Hill which was an almighty crush. This pub only expected 100 mourners and over 200 hundred (half those 400 at the service) tried to cramin, giving this sleepy village it's first traffic jam in living memory. He truly had a great "send-off", as so many yarns about Mel Batty were recounted - about a man who was a legend!

MEL BATTY R.I.P.

I have just returned from my holiday to the sad news of Mel's death - the circumstances appear to be very tragic indeed. I met Mel a few times when I was a runner way back in the late 1980's/early 90's and he appeared to me as a great advocate of all things running and I enjoyed our conversations on the state of running as it was in those days.

Please pass on my sincerest condolences to Ron.
Kathy Crilley
Serpentine RC/Surrey Walking Club

MEL BATTY R.I.P.

I never had the pleasure of seeing Mel in his heyday but had the next best thing...I heard first hand vivid accounts from those who did - and believe you me they were worth listening to! I also went into "The Essex Arms" public house by Brentwood Station when Mel was it's proprietor and wonderful pictures of his best moments were on display. In later years I admired Mel's natural gift to report the efforts of others, as he was an enthusiastic athletics reporter on Essex Radio and for years penned an informative column in the Evening Echo. His natural humour would lighten up any room he entered and he had that rare gift of being so accurate in remembering names and faces! At one time he was a world record holder, such was his ability. Mel was a Past President of the Essex County Athletics Association and although not a race walker, he was one of greatest friends and supporters us "peds" ever had! The world is a much poorer place when his sort take their leave of us. I extend condolence to his family. D.A.

MEL BATTY RIP

My first hero. I started into athletics in 1967. To race in the same race and to meet Mel BATTY was so special to me. A x/c race at Hylands Park, Chelmsford. A world record breaker. I met Mel many times later, like me he was a bit of a DELBOY (he done it so much better than me). Mel coached Eamon Martin to winning the London Marathon. Somehow got Zola Budd into the GB Team, something to do with Brooks. Mel Batty, a very special person, a delboy. Always trying and never gave up. Miss you Mate.

Don Cox.

MEL BATTY R.I.P.

Very sorry to hear that Mel has passed on. It was a real pleasure to see him at the Reunion (Colin Young Tribute Lunch) a few months back.

Best wishes.
Chris (Flint)

MEL BATTY - CHARITY DONATIONS

This is Mel's family's chosen charity :

Appeals and Administration, Havens Hospices, Stuart House, 47 Second Avenue, Westcliff-on-Sea. Essex. SS0 8HX.

ON THE LINE - ANOTHER MEL YARN

When Estuary residents STEVE ALLEN & OLLY BROWNE race walked a recent Southend Half Marathon in eye-catching Union Jack shorts, they were observed by the late MEL BATTY when speeding towards the finishing line. Mel quipped, "Well done lads...Colin Young would be proud of you".

WRITES AN OLYMPIC SILVER MEDALLIST

Dear Dave,

I was impressed with Peter Marlow's list of achievements as a World wide athletics official. He has given much to the sport of race walking as both an international representative and administrator. Peter and I were race rivals 50 years ago; Peter winning the early duels. Over the years we have trained together in many places including The Mall long before it was thought of as a suitable Olympic venue! Those of you who never saw Peter in action; let me tell you he was a superb safe stylist who made race walking look easy.

I was sad to learn of Jim Hurley's death. I first knew of Jim back in 1957 when we were both very young members of Surrey Walking Club. We competed against each other in the fifties 5 times with Jim winning three. We both boxed, but not against each other. R.I.P. Jim.

Paul

TIM STOUT R.I.P.

A somewhat lengthy memorial service was held for former Southend-on-Sea AC walker Tim Stout, who died in June, on Saturday 3rd September at Earls Hall Baptist Church, Hobbeythick Lane, Westcliff-on-Sea. Southend-on-Sea AC, The Centurions and the race walking world in general were well represented in a well-attended gathering which included great friend of walking Roger Buxton and other media persons

FIXTURES

2 Oct	RWA National 50K Championship	Northampton Racecourse	10 am
8 Oct	Enfield League 5 Miles	Lee Valley	2 pm
15 Oct	Gazette Cup 4 Miles	Monks Hill	2.30 pm
22 Oct	Winter League 5K	Bexley	2 pm
29 Oct	Steyning Open 10K	Steyning	2.30 pm
5 Nov	Addington Vase 7 Miles	Monks Hill	2.30 pm
12 Nov	85th Enfield Open/LBH/SCVAC 7 Miles	Lee Valley	2 pm
19 Nov	Skills Technique & Training Session	Lee Valley	10 am
3 Dec	Winter League 5K	Bexley	2 pm
10 Dec	Christmas Cup 5K	Monks Hill	2 pm
17 Dec	Ilford AC Allcomers 5 Miles	Redbridge Cycle Track	2 pm
26 Dec	Enfield Boxing Day 5K	Lee Valley	10.30 am
7 Jan	Southern Area 10K Championship	Monks Hill	2 pm
14 Jan	Steyning 15K	Steyning	2 pm
21 Jan	Enfield League 5 Miles	Lee Valley	2 pm
5 Feb	London Walks	Victoria Park	1 pm
11 Feb	Winter League 5K	Bexley	2 pm
18 Feb	Enfield League 10 Miles	Lee Valley	1 pm
10 Mar	Winter League 5K	Bexley	2 pm
10 Mar	National 10 Miles Championship	Coventry	TBA
24 Mar	Enfield League 5 Miles	Lee Valley	2 pm
14 Apr	Pat Furey Trophy Meeting/5 Miles	Lee Valley	2 pm
15 Apr	National 20K Championship		TBA
27 May	UKA 20K	The Mall	TBA
2 Jun	Moulton Open 5 Miles	Moulton	2 pm

THE TWERLIES

When over 60s first got buckshee travel passes they were valid from 9.30am on weekdays. London Transport bus drivers were faced with crowds of wrinklies approaching 9.30am, and so often was the question "Are we too early?" put, they were nicknamed "The Twerlies". It could apply to a walker (not named) who arrived at Ashtons a bit too early for this season's final 2011 WTW race...on August 23rd for an August 30th scheduled event! He got changed and waited for other arrivals before realising something might be amiss? When calling a colleague he got told of his error. In typical good humour he quipped, "I thought I was going to get maximum points when I couldn't see any others about". These buckshee travel passes, which an ever-increasing number of race walkers possess, no longer have a 9.30am weekday start time. In Greater London they can now be used on buses/tubes/trams throughout the 24 hours. Yippee

DOUBLE TEAM VICTORY

by Steve Uttley

In spite of the fact that many leading team members were competing in the London Inter Club Challenge event at Ashtons Track, Ilford team members nevertheless gave a good account of themselves, winning both team titles at the British Masters 20 Kilometres and 30 Kilometres Road Walking Championship events, held in conjunction at Coventry around the University of Warwick Science Park course, which was also the venue for the National 10 miles Championships earlier in the year. In respect of the lesser 20K distance Ilford retained the team title they'd won at Northampton in 2010.

Starting on Saturday morning in mixed conditions, providing at times warm sunshine, followed by rain and a strong breeze Scott Davis led the team home in 2nd place overall, winning the men's over 35 category in a time of 2.37.14 for 30kms, a time that bodes well for the defence of his National 50kms title in October at Northampton, especially given that this was only his 2nd racing appearance of the season after a period of injury. Scott also won his category at 20Ks (1.45.21) en-route to the 30Kms finish. Bob Dobson, also appearing for only the 2nd time this season gave a solid account of himself, also winning both his events in the over 65 category in 3.27.30, while Ed Shillabeer triumphed in the Men's over 70 category - 3.21.25. Steve Uttley competed only in the 20kms event owing to the fact that his training has been restricted by a back injury, but nevertheless finished 1st in the over 50 category in 1.56.12.

Adds Hon. Ed. Thanks to Steve for a first-hand account. At 20K other finishers with Essex connections were Loughton duo Sean Pender, 9th in 2.13.50 & John Borgars 15th in 2.23.40. Cath Duhig was 3rd lady with 2.08.45 on the stopwatch. The 30K was won by guesting Dan King in 2.24.50 with Sean 9th in 3.36.20 & John 13th in 3.47.03. Sadly Dominic was forced to retire owing to illness. Two ladies who won events didn't have Essex connections: Diane Bradley in 1.57.25 (20K) & Maureen Noel the 30K race's only finisher in 3.15.45.

MAN OF RESERVE

A recent issue informed you that public-spirited MICK BARNBROOK helps out in a 2nd hand charity bookshop to raise funds for a Nature Reserve. Some readers enquired which one? It's Monkton Nature Reserve (owned/managed by Thanet Countryside Trust). It costs £3 for adults to enter, kids for a quid and family tickets are £6. Concessions for £2 (wrinklies/unemployed etc). Monkton is near Ramsgate & their website is www.monkton-reserve.org And you might see Mick toiling away in their 2nd hand bookshop!

WRITES MARTIN OLIVER

Dear David,

I've just received 'Essex Walker' (Thank you - much appreciated) and before I've had a chance to read it, I notice on the front page that you mention that "Here Comes The Judge" was a 1968 hit for Shorty Long - I know it's Chris Foster who normally writes in to correct your 'musical errors' - but I thought I'd get in quick! "Here Comes The Judge" or "Here Come de Judge" (as it sounds on the record) was a hit in this Country for PIGMEAT MARKHAM (nothing to do with dear old Peter Markham I'm sure - bless him!). It reached No.19 in the charts on 10 August 1968!

Thanks for keeping me "posted" - I seem to recall that Mel Batty used to run "The Essex Arms" Public House near Brentwood Station, along with the late Andy Norman (Fatima Whitbread's other half). I can well recall sitting in there near to Andy Norman with Mel Batty behind the bar, while a boxing match was being shown on the widescreen TVs. As most of us were supporters of either Chris Eubank or whoever it was he was fighting, the whole pub very nearly became a boxing match in itself!

Happy Days!
Best wishes. Martin

Adds. Hon. Ed. Mel was "Mine Host" at a number of pubs including the one Martin mentions. I also entered it's taproom which had pictures of it's proprietor hung on walls...showing action from his wonderful heyday. Mel also owned "The Invisible Man" opposite Southend-on-Sea AC's new track at Garrons Leisure Centre. It got boarded-up and remained so for ages...it's now been reinvented as a McDonalds drive thru' (as they spell it).

As for music, Shorty Long's "Here Comes The Judge" was No.4 in UK charts and No.8 on the US Billboard Hot 100. Pigmeat Markham was, as stated, No.19 in the charts - but on Billboard. Both are no longer with us. The latter died in the Bronx aged 77 with a stroke in 1981. Shorty's fame was indeed short as a year after his 1968 hit he drowned when a boat capsized on the Detroit River. He was aged 29 - Stevie Wonder played a harmonica at his funeral and then placed it on the casket. But as Martin writes, Chris Foster is the authority on past popular music.

NO SHOW MAN

One athlete not on our National 10K start line was Essex-born MICK BARNBROOK, who didn't cross the Thames to appear. Said Mick, "On principle I won't pay £10 for 10K. It's too much of a price, plus there's my petrol to-and-from Kent and 2 lots of Dartford Crossing tolls". Mick's made his stand!

GREETINGS FROM THE GAMBIA

Dear Friends,

Summer is with us again and we hope you have not had to experience abnormal weather conditions, uprisings, terrorists etc! We are fortunate here to have had none of these and the country is developing. We hope you are at peace and well.

The first rain started on June 2nd but now more frequent including thunderstorms which at least bring the temperature down a little from an average of 22 at night and 33 in the afternoon.

So less than 5 months since the last newsletter, must be a record! So what has been happening since then? In May Rohey's daughter Fatoumatta got married, not too long after the British Royal Wedding. In April Geoff and Rohey attended the farewell reception of the British High Commissioner, we were visited by our good friend the leader of the Antwerp to Banjul challenges and some of his teams and we also welcomed staff from one of the special schools in England that we are linked with including the W.H.I.M.girls (answers on a postcard etc!). Also for why HART house (except for Essex Walker readers!). We also had some concreting done including the back and front of the house to allow the water to flow. After covering the cooking our care worker returned to her original role and a cook was employed. A teacher, watchmen and 2 domestic staff left for various reasons with the last 3 being replaced almost immediately. Geoff attended the U.S. 4th July reception.

As mentioned in a previous newsletter, between 4 and 5pm the children go outside for activities before their shower and supper. During this time they take part in SPORTS cricket, football, tennis, handball, volleyball, basketball, tug of war, rounders and 3 legged races), GAMES (including skittles, spoon and cup of water races, hide and seek, tag, musical chairs etc) and SPECIAL OLYMPICS (sprinting, high jump, standing and running long jump, soft and tennis ball throw, race walking, assisted walk, hurdles with string, wheelchair race and relays). We were pleased to see old and new friends including a large group from a church in the U.S. and thank those who responded to our recent appeals to help us through the summer. Unfortunately the response was not as expected and yet again we have had to rely on the understanding of the staff who still have not been fully paid for June! We have been using the minibus for outings including the hospital (check ups and walking aids etc), playground etc and as a reminder it is available for hire at reasonable rates if you are coming or are here!

We look forward to your donations, child sponsorship etc and are still in need of indoor painting, window capping, playground and extra signboard so please think of doing a fundraising event before the summer ends! We are closing for 2 weeks from August 22nd which marks the end of Ramadan and the feast of Koriteh. We send you best wishes and hope to hear from you again soon (especially those for which it has been a long time!)

Geoff and Rohey Hunwicks

HART HOUSE

Home for Children with Learning Difficulties

P.O.Box 2713

Serrekunda

The Gambia

West Africa

geoffharth102@hotmail.com

00220 9926258 or 9939860

www.harthouse.gm and www.harthouse/henkjonker.nl

Adds Hon. ED. In view of success in recent years we again plan an Essex Walker Christmas Card Appeal for Hart House. If you'd like to donate a sum in line with what you might spend on Christmas Cards to others in the walking world, then please let us have your money and we'll pass it on. As before we'll publish a contributors' list so as folk know why they haven't got a card from you! Tony Perkins has kindly agreed to again co-ordinate this fund raising effort. Tony's got a charity account, so sums given by him increase in value...so please make cheques payable to A.F.Perkins. Please mail or see Tony at meetings. His address is : Deans Farmhouse, Tye Green, CRESSING, Essex. CM77 8HU.

2012 OLYMPIC DATES/TIMES at THE MALL

Men 20k 4th Aug at 5pm. 50k 11th Aug at 9am.

Women 20k 11th Aug at 5pm.

ROUND AND ROUND

Many readers have slogged around the now defunct Birmingham Outer Circle event which was roughly the distance of a Marathon, starting/finishing in North Birmingham and following the route of the City's Outer Circle road, hence it's title. Many of our UK's top walkers completed this course and numerous famous names grace the winners list. A recent National newspaper article looked at the Outer Circle route. If you want to visit Memory Lane you can board the 11A bus, which claims to be the longest urban bus ride in Europe. Travel magazine "Hidden Europe" has named this two-and-a-half hour/27 miles bus journey as one of Europe's "secret wonders". The newspaper article described it as "the trip of a lifetime"...and many of us have raced it on foot. A £3.60 adult supersaver gets you on board. Hold tight! Nowadays this route takes you past 266 bus stops, 233 schools/colleges/universities, 69 leisure/community centres, 40 pubs, 6 hospitals, Winston Green Prison and Cadbury's Bournville factory - among it's many sights. Also seen is Perry Barr Greyhound Stadium, The Hawthorns & Villa Park (homes of Premiership Clubs) and on view are locations recently hit by riots. When racing flat-out one supposes none too many race walkers got to enjoy these views...so now you can go around on the top deck to see it all at "stop/start" pace. One remembers in the closing stages we had to negotiate a busy "Erdington Six Ways" road junction, which made Essex's infamous "Gallows Corner" look like a village cross roads! This bus route is featured in "Bus-Pass Britain : 50 Of The Nation's Favourite Bus Journeys" to be published by Bradt Travel Guides in October. In 2009 Brummie Kevin Beresford created a calendar of Outer Circle views. Said journalist Oliver Harvey, "I can't help but think it is remarkable value for the trip of a lifetime". Let's face we all enjoyed that event and when ended it was replaced by a similar long distance Open 35K event in Sutton Park, north of the City. Happy days!

EMAILS JOHN C

The Outer Circle can still be walked in an event, although non-competitive and having to stop for traffic. The Birmingham BRMB Walkathon every June follows this entire route. Entry is free, and everyone is given a free bus ticket so that if they decide to stop, they simply hop on any bus to get back round (in either direction) to reach their start point. I walked it last year. It is indeed Europe's longest urban bus route. I live near Erdington's Six Ways junction, and pass through it daily. I have the "Outer Circle Shield," no longer awarded, and in my care for now.

John C.

EMAILS ED SHILLABEER

My usual training session with dogs at this time is just a stroll on wrecked legs! I completed the 3rd Chara Challenge just after 4pm yesterday in driving rain and wind....try Googling it. One lad told me it was harder than what he had done to get his green beret! Contributions to my appeal would be most welcome. It's for Royal Marines Charitable Trust Fund including BLESMA. Edbanger/Sent from my iPhone.

Adds Hon.Ed : The Chara Challenge is a 32 mile cross-country event across Dartmoor carrying 32 lbs in weight. Edbanger has previous form here! If wishing to donate to this worthy cause, see Ed at meetings or send cheques (payable to Royal Marines Charitable Trust Fund) to him at : 10 Peverell Park Road, PLYMOUTH, Devon. PL3 4NA.

WRITES AN OLYMPIC GOLD MEDALLIST

Dear Dave,

Four weeks ago I came off my 'bike'. A sudden deflation of my front tyre dumped me on the road. Result - a damaged elbow which is now plated and screwed together. At present I'm receiving physio treatment which is painful, but I have to persevere.

Yours in sport. Ken Matthews

EMAILS ILFORD's STEVE KING

Hi Dave,

So good to see you there and very many thanks for the kind words before and during the walk. Really appreciated you guys being there and actually enjoyed having a race number on again and participating – enjoyed seeing the guys and gals up front hammering past as well. Hopefully I'll be back next year and we can really make some social time. Take good care.

Best Wishes, Steve.

"A RUBY MURRAY"

Cattedown Social Club in Plymouth put on a curry night to raise money for the Royal Marines Charitable Fund Trust...and also celebrate Ed Shillabeer's 20K gold medal! A Ruby Murray indeed! Hon.Ed's Drill Sergeant for basic RAF training was a certain Sgt Jack Murray whose claim to fame was that his sister was Ruby Murray herself, who sadly passed away in 1996. Some readers may remember her wonderful voice. It's nice to see Ed's efforts are appreciated locally and they celebrate his successes in a curry house...may many more such nights come Edbangers way

PIERCE O'CALLAGHAN'S RECOMMENDATION

New RW book....May be of interest.

<http://www.amazon.com/dp/B005LSSYMW>



NOTIFICATION FROM RON WALLWORK

Dave,

Because of the significance of the year, the 85th Enfield 7, now the oldest surviving open race in the country, will be including three Centurion prizes.

Ron.

Adds Hon. Ed. It's on Saturday November 12th at Lee Valley 2pm

RETURN FROM THE BIG APPLE

Due to a nasty chick called 'Irene' my stay in Manhattan ended up being extended by a further 3 days due to my flight cancellation!!!! Hurricane 'Irene' caused havoc with the World Police and Fire Games' (WPFG) - with the start of the games being suspended for two days - with 14,000 athletes in attendance - incredible number. With the loss of 2 days - some events were cancelled altogether - i.e triathlon, decathlon, dragon boat racing - must have been heartbreaking for those who had travelled so far. I was fearing the worse for the track and field events - but in the end it was only the 5,000 metre race walks that were affected (typical) - they reduced the distance to 1,500 metres 4 races - open, senior men, vets (over 50) and womens. Having prepared for 5k this was quite alarming - especially as I thought there would be ineffective judging - however I was completely wrong as an international judge turned up and the walks were held under IAAF rules. How do you walk 1500metres - never done it before? Just decided to go flat out and hang on. Shame it was not 5k but at least I had a race. In my race I came 3rd out of 19 and won my age group 50-54 taking the Gold - after all the problems of 'Irene' this was a great result for me. My time was 8.20 (winner a German in 7.57) - could not compete with his leg speed. What was especially pleasing was that my times was equivalent to a sub-9 minute mile which I was beginning to think I would never achieve again. But if I can do 'one' - with training I am sure that within the year I can get down to 45min for 5 mile. Will concentrate on 5k for now. I met young Liz on the day - I think she may have won something, I do not know her time.

I see there is a World Indoor Masters Event (April 2012) in Finland - I have the website - is it one that many others from the UK will attend? In the future I will be looking for overseas races to aim for.

Gary Smith



UNAVAILABILITY COSTS ILFORD TEAM SUCCESS AS REIS SHINES

Ilford's Francisco Reis scored an outstanding 2nd place in the Jim Sharlottt Open 10kms race walk held at Leicester's Abbey Park on Saturday morning. Conditions were almost ideal, save for a slight breeze and after less than half a lap on the 14 laps road circuit, Reis sped into the lead. However, Birchfield's Tommy Taylor was soon on his shoulder and Reis, suffering from sore hamstrings, didn't feel able to push hard enough to stay in contact. Nevertheless, he beat the high standard 50 minute barrier to record 49 minutes 56, just over a minute behind Taylor who recorded 48-44. Steve Allen, returning to fitness following injury was a solid 12th in 60-48. Ilford were in a strong position to win the team race but unfortunately Steve Uttley was disqualified while lying in 4th place just after halfway. With only the basic three scorers on the road in this event Ilford were unable to close-in for what would almost certainly have been a win. Nevertheless, both Francisco and Steve Allen had the consolation of winning gold and silver medals in the over 50 category of the British Masters Championship, which was held in conjunction with the Open race.

Report by Steve Uttley.

COMPUTER WARNING

Somebody's hacked into the late Peter Markham's email and now sends out correspondence from it. If you receive any please delete straightway!



GET WELL SOON

Sadly Suffolk-based former Royal Mail walker TERRY RILEY has had a foot operation at a hospital in Bury, which has left him using crutches for the time being. So this popular 5 times winner of the Post Office-in-Uniform 6 Miles was rendered unavailable for its 50th Anniversary. Ilford AC member Terry walked well at distances from 3,000 Metres to London/Brighton. Terry won the Post Office event 5 times, from 1972-75 (inclusive) and again in 1977. His best was 53.11 in 1973. He was unwell in 1976, when Dave Sharpe (then a "Postie") won in 54.56. Before Terry dominated the race Ray Middleton was top man; and after Terry bowed out (following a road accident) current Organiser Steve Wynn took centre stage with 5 consecutive victories. We all wish Terry well and we know how much he wanted to celebrate this 50th anniversary event at Mount Pleasant.

NOT A POT TO "YOU KNOW WHAT" IN

Our National 10K winning mens/ladies teams (respectively Ilford AC & Enfield & Harringey AC) went home empty-handed as previous winning Clubs hadn't returned them. Is it worth repeating previous comments?...probably not!



A STROLL IN THE PARK

Veterans AC staged their annual 3,000 metres Championship at Battersea Park's Millennium Stadium in late August. With clear favourite, former Commonwealth Games representative MARK EASTON (Surrey Walking Club) assured of victory (won in 14.11) a race was on for the honour of being 2nd. This saw an intriguing battle between Ilford's STEVE ALLEN and another former major Games representative - Olympian SHAUN LIGHTMAN also from the Surrey Club. With 2 circuits remaining Steve played his trump card...an ability to always produce fast finishes...as he pulled away over the closing stages to come 2nd 16.56 Shaun filling 3rd spot 15 seconds in arrears. Loughton 2nd claimer SEAN PENDER's efforts were rewarded with an age group bronze in 18.57 as he finished 5th overall.

50 NOT OUT

The 50th anniversary Postmen-in-Uniform walk was a great success...and it'll continue into Olympic Year! Full report in next issue.

BONFIRE NIGHT CELEBRATION

Race Walking Association life member REG WELLS celebrates his 80th birthday on November 5th. Reg is synonymous with Essex and GB walking, as he's held important and influential positions at County & National levels including team management. Reg also coached & mentored some of our best-known names. He helped organise events and for years, catering at such promotions included trays of cakes provided by Reg. Now living near the English/Welsh border Reg still takes an active interest in athletics and holds opinions on all our current issues. His contribution to the success of our Essex League in its heyday was immense. We wish Reg a happy birthday with many more to come!

ONLY HERE FOR THE YEAR

DAVE SHARPE attended Dagenham's Valence Park where the local Council staged a celebration of the 1951 Festival of Britain. Archive films from 1951 were shown and among clips was one from an athletics meeting in Mayesbrook Park, where Ilford AC Centurion No.293 the late REG BOND was among those featured in a walking race. Reg qualified in the 1959 London-to-Brighton-&-Back clocking 20.43.42 at 100 miles - no he didn't do those remaining 6 miles! A soccer clip of Briggs Sports FC was screened (before a name change to Ford United FC) in which the late ARTHUR CROFT, who became an enthusiastic event organiser and respected Grade 1 Judge, was seen in a crowd shot.

STILL IN THE RUNNING

Harwich-based AMOS SEDDON has signed on for Harwich Runners and in August entered his first running race in 3 years - a 5 miles yacht handicap. The handicapper knew little of his running prowess and asked Amos to state an anticipated finish time. Amos offered 38 minutes. From 60 starters Amos was 45th over the line in 38.01. Amos could hardly plan his effort as it was so dark on the night he couldn't even see his watch! But honesty had its reward as his accuracy and honesty merited a mention at presentation time!

STILL IN THE FRAME

AMOS SEDDON, former European/Commonwealth Games representative is now aged 70 and, just like in his heyday is still a regular visitor to the frame! Two successive races saw him lay claim to 3rd spots...in a large field of over 30 at Ashtons (5K) and around Redbridge Cycle Track (5 Miles). Said Amos, "There's something wrong with our sport when I can come 3rd in such events at the age of 70. At the cycle circuit I was also the first UK walker". Amos certainly wasn't boasting, he was making a valid point which makes us all ask...where is walking going?

A LONG LONG TRAIL A-WINDING

September's Roubaix 28 Hours again saw the Watts brothers (bearded Bob/clean-shaven Ken) lining-up. In fact they're seldom seen racing anywhere else nowadays! These former Loughton AC 2nd claimers have built up an impressive consecutive sequence of Roubaix appearances : Bob 23 times and Ken 22. This race nowadays is "off-road" and sadly the large number of UK men who used to appear (up to 20, with International Representative status awarded to our best entrants) is past history. But the Watts brothers keep on going!

A TESSA ACCOUNT

Olympic gold medallist TESSA SANDERSON fronted a publicity feature about athletics for TALKSPORT, and although hastily arranged at short notice, she requested the inclusion of a race walker. The location was Ilford AC's Cricklefields Stadium and a member of host Club - FRANCISCO REIS - duly appeared and gave a good account of himself and our sport. Indeed Tessa was very complimentary about Francisco's contribution to the success of this feature.

PETER MARLOW'S IMPORTANT NEWS

Hi Dave,

have agreed that Steve Taylor will be my successor when I step down in 2015.

Peter

COACHING FOR ALLCOMERS

Dear David,

Skills, Technique and Training Session - Saturday 19th November at Lee Valley, starting at 10am and finishing around 1pm. The session's cost is £5, but for athletes under 18 there will be no charge.

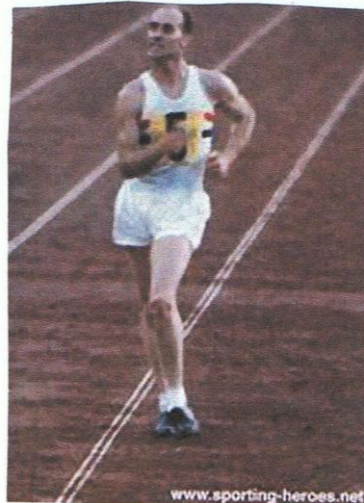
Regards - Ron Wallwork.

BRING ON THE WALL

As part of Centenary Year The Centurions are raising a squad to contest the LDWA 70 Miles Hadrian's Wall End-to-End Walk on November 19th. Progress will be from east to west, i.e. towards Carlisle. Potential walkers & helpers/support staff are asked to get in touch with Chris Flint for details.

HALL OF FAME

Latest to be voted into the Athletics Hall-of-Fame is Wrexham-based Race Walking Association Vice President KEN MATTHEWS MBE, our most recent UK Olympic walking gold medalist (Tokyo/1964 at 20K). We thank all readers who voted for Ken, as we urged...and for MICK BARNBROOK who spelled out "tactics" of not using your 2nd votes - which would have aided rivals campaigns.



Ken Matthews 1964 Olympic 20km Gold Medalist

3-LINE WHIP

The Race Walking Association Southern Area AGM is to be held on Monday 14th November at 7.15pm in the *Union Jack Club*, Sandell Street, LONDON SE1 8UJ. It's an opportunity to show support for your hard-working Officers & Committee, have your say on walking issues in our region and to elect those you want to carry our sport forward into Olympic Year. Sandell Street is off Waterloo Road (leave Waterloo Station via the back exit near the Jubilee Line Underground entrance/exit). **Let's see a good turnout!**

TAKE THE MONEY AND RUN

"The Wail-on-Sunday" revealed Paula Radcliffe got £175,000 to start the Berlin Marathon. It's the same sport that saw race walking stage a European Cup by raking up sponsors, holding draws and "cloakroom raffle ticket" promotions at races. There's money in Athletics!