

Essex Walker

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RWA SOUTHERN AREA AGM

This is to be held on Monday 10th November at The Civil Service Club, 13-15 Great Scotland Yard, London SW1A 2HJ. Great Scotland Yard is a short road connecting Whitehall and Northumberland Avenue (being at the Trafalgar Square end of both roads). Your AGM commences at 7.15 pm though, for years, persons arriving early have been welcomed to observe the RWA Southern Area Committee Meeting which is held prior to 7.15 pm. This Club offers meals/drinks at subsidised prices, for those coming straight from work. It's a short walk from Charing X Station (BR and Underground) and not far from Embankment Tube Station. Umpteen buses serve Both Whitehall and Northumberland Avenue. It's your chance to stand for Office or submit names of those who you wish to carry our sport forward and to vote into Office such persons. It's an opportunity for you all to make comments on RWA Southern Area issues and to offer ideas. If you don't have your say, then don't moan if things don't go as you would wish! Welcome to all.



HART HOUSE

ANNUAL CHRISTMAS CARD APPEAL

Due to past success, for a 9th year we're running a "Christmas Card Appeal" in support of The Gambian Home for Children with Learning Disabilities located at Hart House (named in memory of late Essex-based Grade 1 Judge Albert Hart) in the Gambia and run by former Junior International and Essex Champion race walker Geoff Hunwicks and his wife Rohey. Like in past years we invite readers to donate in lieu of sending Christmas Cards to others within race walking. Essex Walker will publish a list of appeal supporters so others will know why they never got a card from you! Tony Perkins has again agreed to

co-ordinate, and as Tony has a Charity Account, passing money to him means our final sum can be enhanced in value. See Tony at the meetings or mail your cheques/postal orders (made payable to A F Perkins) to: Dean's Farmhouse, Tye Green, CRESSING, Essex CM77 8HU. Your support will be much appreciated by Geoff and Rohey's team.

ESSEX 10,000 METRES CHAMPIONSHIP/GARON PARK - SOUTHEND- 30/08/14

1	Dominic King	CH	44:29.0	Our internationals supported their County Championship, plus a local walker and 1 guest. Where were our "rank-and-file?" How much longer can Essex County AA continue promoting Championship walks when our County's walkers stay away? An Enfield League clash didn't help. Profound appreciation for those who did turnout.
2	Daniel King	CH	47:01.6	
3	Chris Cattano	Unat	57:51.8	
4	Steve Allen (guest)	Bar	58:02.4	

WHO ARE THEY?



The Long Distance Walkers' Association (LDWA) are increasingly providing members of The Centurions. Indeed as race walking popularity nosedives, those seeking to appear in ultra-distance races have little chance of making appearances in lesser long-distance races as so few over 10K are now held. So to get in long-distance work, the LDWA are probably the only option for getting such distances into your legs. The LDWA promote Long-Distance Group Walks and 'Challenge Events' (usually at least 20 miles) in rural, mountainous and moorland areas. They're particularly strong in England, Wales and Southern Scotland. Yearly cost is £13 (individuals) or £19.50 for families. You don't have to be an LDWA member to take part in a 'challenge

event', although being a member often secures a discount. You can try a few 'social walks' for free before joining. Contact 01937-586364 or www.ldwa.org.uk.

ERRORS CORRECTED

In our last issue, small errors crept in.



- Paul Nihill, who advised that Highgate Harrier Eddie Staker celebrated his 100th birthday in August has recently conversed with the Centenarian himself. It now appears Eddie was born in August 1912, making him 102.
- Respected statistician John Powell advises that Eddie doesn't reside in Kent, but near Bognor Regis ... which he rightly states is in West Sussex.
- Bill Sutherland points out that his good lady, Kath, wasn't at the Glasgow Commonwealth Games.
- Also, Birchfield Harriers won the BMAF 30K team race with a team of 3 (one-third of male finishers).

ALL OUR YESTERDAYS

As eagle-eyed antiques' expert Pam Ficken browsed in a St Ives (Hunts) shop her attention was grabbed by 2 Stock Exchange London-to-Brighton medals engraved M Carter 1971. They were for success as an individual novice and as a team member. Any readers remember him? They were offered at £10 for the pair. That year saw M Carter come 19th in 10.53.56 from 121 starters (57 finished). It was a good year for Essex as Ken Tuson won in 9.04.32 from fellow Southender Jimmy Venn 9.06.03 after a tight contest. Stalwart Dave Stevens was 3rd in 9.16.27. Ilford members Dave Neagle (7th), Steve King (8th) and Peter Hepworth (14th) clocked 9.47.19, 9.49.59 and 10.53.03 respectively. All 3 would have even better performances to come! Southend's Phil Husband (15th) clocked 10.58.22. Great times.

AS A RULE

Be warned entries for Cambridge Harriers Winter League 5K races (+ U/11s 1.25k - U/15s 2.5k) close at 1.40pm on race day. Enter at the Club's HQ alongside No 60 Glenhurst Avenue, Bexley, DA5 3QW (10 minutes' walk to start line - so allow time). Dates are: 18 Oct, 6 Dec (+ VAC 5K M/W Championships), 14 Feb (+ Kent YAG Championships) and 7 Mar (+ Series Presentation). Essex motorists should note that Pay Booths are being removed from the Dartford Crossing. Users are encouraged to pay in advance ('phone/text/online/at retail outlets) - payments can be made up to midnight on the day afterwards. Failure to comply brings a £70 fine (£35 if paid within 14 days) which increases to £105 if unpaid after 28 days. Could be an expensive 5K if you don't cough-up promptly!

COMMONWEALTH GAMES TRIBUTE LUNCHEON

On 13 September at London's Tower Hotel, the Race Walking Association held a Commonwealth Games Tribute Luncheon honouring athletes who'd represented England, Guernsey, Isle-of-Man, Northern Ireland, Scotland and Wales. 135 attended (sell-out) honouring the 39 Representatives present, who included 4 gold medallists: Ron Wallwork MBE/1966, Jake Warhurst/1974, Olly Flynn/1978 and Joanna Jackson/2010. RWA President Eric Horwill of Dudley and Stourbridge Harriers presided. Guest speakers were Ron Wallwork MBE, Ian McCombie, Paul Blagg and Bill Sutherland BEM. MC was Dave Ainsworth. Organisers were Pam Ficken and Peter Marlow. All spoke well of past times and also made constructive comments about a brighter future. As after our 2012 Olympians' Tribute Luncheon, many favourable comments flooded-in by email, letter and phone with several asking for another such function, some suggesting a tribute to those who'd appeared in World Championships and Lugano/Eschborn Trophy meetings.



AT THE TABLE

On 9/11 at "The Harrow" in Hornchurch Ilford AC's walkers held a well-supported and enjoyable luncheon. In attendance were 4 athletes who'd placed 2nd in the famous London-to-Brighton, 3 who'd won a British 100 Miles, a former GB Walking Team Manager, Ilford AC's President, a Commonwealth Games medallist and an Olympian and European Games medallist as well as 12 Centurions. It was also a 40th Anniversary of the 1974 Leicester-to-Skegness 100 Miles, when Ilford AC closed-in a team in such an event for a first time (scorers C527 Dave Neagle/C535 Alan Barber/C540 Dave Ainsworth were all there to recollect that occasion). Also taking lunch were Canadian-based

popular Centurion 492 Steve King and his wife Jean who were on the penultimate day of a UK visit. Club President Gerry Pells (soon to be 80 years and still running) presented Steve with a special edition programme of the last London-to-Brighton Walk (2003) listing every result since commencement in 1903.

A HUNDRED YEARS' AFOOT

This is a title of a newly-published book which celebrates a century of British race walking. It has everything with all profits going to the Race Walking Association. There's a foreword by an Olympian - HRH Princess Royal - and a greeting by 4-times' Olympian Paul Nihill MBE. Cost is £15 if bought from Peter Cassidy directly, or £18 (including postage & packing). For personal sales 'phone Peter on 01277-220687, or email: Peter.Cassidy@btinternet.com and advise what meetings you're likely to attend ... and Peter will get your book to you. Or send cheque (payable to P J Cassidy) for £18 mail order - address is: Hufflers, Heard's Lane, Shenfield, Brentwood, Essex CM15 0SF.

WALKERS AT THE GLASGOW COMMONWEALTH GAMES

No walking races ... but some walkers got involved. Ron Wallwork completed a leg of the CG Baton Relay, Bill Sutherland was a guest at the final day of the athletics, Dave Neagle was in the crowd that same day and Olympian Chris Maddocks received a late call up to be the Festival on-site announcer at Glasgow Green for the morning of men's and women's Marathon where he was also employed as race commentator for five and half hours of live broadcasting.



WTW (Where's the Walkers?)

The 2014 WTW (Woodford Tuesday Walks) series ended on a dismal note as, for a first time, none of 4 events attracted double-figures as fields respectively were 7, 6, 7 and 9. No juniors or youths appeared and 1 lady only challenged for the lady's award (Enfield's Pamela Abbot). Barnet's Steve Allen was Series Champion just ahead of Ilford's Team Manager Stuart Bennett.

Overall series finishers

(best 3 from 4 races)

1	Steve Allen	90
2	Stuart Bennett	88
3	John Borgars	84
4=	Pamela Abbot	77
4=	Peter Cassidy	77
6	Mick Barnbrook	74
7	Dave Ainsworth	70
8	Gary Smith	56
9	Roger Lilley	28
10	John Brock	27
11	Ron Powell	26

Team result

1	Ilford	232
	<i>(retaining the Reg Youldon Rose Bowl)</i>	
2=	Enfield & Harringey	161
2=	Loughton	161
4	Barnet	90
5	Southend-On-Sea	27

Walkers themselves requested our move from an opening 6.30 pm slot; so this is our 3rd season of 8.30 pm starts and still they don't attend. These races are put-on for you ... however it must be mentioned Races 1 and 2 clashed with VAC 5 Miles' events and Race 3 with a Kent fixture. With only 11 showing throughout, Peter and Pauline haven't got much bargaining power if seeking to get walking into a 2015 prime time slot!

Organising duo Peter Cassidy and Pauline Wilson write: "Thanks to all the walkers who turned out, to the officials who helped us during the year and to Woodford Green with Essex Ladies for hosting the series. See you all (and some others) in 2015."

ANOTHER WELL-KNOWN RACE WALKER MOVES TO LEEDS

"Character" Dave Sharpe, Centurion No 578 and ex-member of many Clubs, who has been missing from our race walking scene since late 2011, has surfaced - briefly - to announce that he and his wife are well and have moved to Leeds, where they are both contented. Dave has no intention of revealing his new address or 'phone number and doesn't want any of his former colleagues and rivals alike, to try making contact. Like many top race walkers, he's making a new start in Leeds, though in Dave's case, has no desire to return to athletics. A man now of memories!

MASTER CLASS

In Hornchurch's Queen's Theatre was an exhibition of work by talented local amateur artists. Former Ilford AC walker Alec Tiffin had 2 pictures on show, both portraits - one being of well-known Ilford AC Club stalwart and running coach, the late Freddie Plumm.

GOING DOWN A BOMB

Some helpers/supporters of Southend 100 Miles participants who spent Friday night in Southend, found out about - and entered - the town's Saturday morning 5K Parkrun. Alas this event, around 3 circuits of aptly-named Gunners Park, came to a standstill when stopped by Police after 1 lap as unexploded ordnance had been washed-up on East Beach. It was made safe when the tide went out. In April, unexploded mortar and artillery shells were washed-up on the same beach.

F	5 Oct	UKA/RWA 50K Champs + Undercard	Hillingdon Cycle Tr	10.00 am
I	11 Oct	Enfield League Yacht Handicap 5 Miles	Lee Valley	1.00 pm
X	18 Oct	Cambridge Harriers Winter League 5K (+ YAG)	Bexley	2.00 pm
T	25 Oct	Steyning 10K	Steyning	2.30 pm
U	8 Nov	88 th Enfield Open 7 Miles (+ SCVAC Champ)	Lee Valley	1.00 pm
R	11 Nov	RWA Southern Area AGM	CS Club SW1	7.15 pm
E	29 Nov	BMAF/Essex 20 Champs/Enfield League 10K	Hillingdon CC	1.00 pm
S	6 Dec	Cambridge H Winter League/VAC Champs 5K (+ YAG)	Bexley	2.00 pm
	13 Dec	Alf Palmer 5K + Undercard	Broadbridge Heath	11.00 am
	14 Dec	Race Walking Association AGM	Alexander Stadium	1.00 pm
	26 Dec	Boxing Day 5.5 and 1.8 Miles races	Preston Park	10.30 am
	10 Jan	SRWA 10K Championships ('A' and 'B' race)	TBA	TBA
	24 Jan	Steyning 15K	Steyning	2.00 pm

ANOTHER NATIONAL TEAM TITLE FOR ILFORD AC

Iford AC contested the annual BMAF 10K Championship on a hot Sunday morning around 14 fast/flat circuits of Abbey Park Oval cricket ground close to Leicester city centre. Pride-of-place went to protagonist Francisco Reis who led early on as he and 1980 Olympian Ian Richards (Steyning AC) quickly opened up a sizable gap at the head of the field. With 1/3rd distance completed Ian made his move, securing a gap which proved a winning one as he pressed on to break the tape in 50.19 with Francisco 2nd in 51.04. Iford's captain Steve Uttley had the kudos of completing the frame when timed-in at 55.45. Team Manager Stuart Bennett overcame a back injury and recent swollen knee to battle on for an excellent 6th position in 58.34, with his best work being seen in the early stages. With 3 Iford members in the top-6 it was a formality for them to win the team award by a wide margin, so adding to their collection of titles. In individual age groups Francisco and Steve won gold medals in the M50 and M55 categories respectively with Stuart claiming bronze in the latter. Also in the medals was former Iford 2nd claimer Gary Smith who struck bronze in the M55s.

The Championship was held in conjunction with the long established "Tom Sharlott Open 10K" which saw Iford AC repeat their 2013 victory in a contest

requiring 4 scorers, as a downfield Dave Ainsworth added his contribution to the aforementioned trio. A bonus came when Stuart collected a prize as 1st Centurion gaining no other individual award. Only drawback on a hot day was that men's showers were kaput (Leicester City Council's fault - not Leicester WC) ... all that was going in the changing room was a wash handbasin, some Vim and a rag!

All credit to Leicester WC for keeping this Open race going for so many years. More could have raced but this year it clashed with Guernsey's Church-to-Church, which attracted some Leicester/BMAF regulars to compete in Sarnia's 50th Anniversary year. Among Guernsey finishers was former winner Ed Shillabeer (8th) and RWA Southern Area President Sean Pender (9th) in 3.35.03 and 3.35.51 respectively. Edbanger was only a fraction outside the event's Age Group best. Malcolm Martin (who works in Essex) was 10th in 3.47.12 and with wife Angela (1st lady) the width of a vest behind him ... they won the "Husband-and-Wife" prize as the first couple to finish. They were also 1st man and 1st lady in the traditional "curtain-raiser" - Friday evening's 2-laps' 3,000 metres dash at Vale Parish. A word for RWA Chairman Glyn Jones, who won the "Iford AC Trophy" as 1st Over 70 and to another finisher - respected octogenarian RWA President Eric Horwill.

HAPPY RETIREMENT DUO

Here's news of 2 worthies electing to retire: Sarah Webb, wife of 1968 Basildon AAC Olympian and 1973 National 10 Miles Champion John, had made her decision ... as has ex-Essex resident Martin Oliver, former RWA Southern Area Hon Treasurer and a founder of both the Enfield League and Enfield Walker. We wish them many years enjoying happy and contented retirements

IN PRINT

In retirement a former Metropolitan Police Officer wrote a book entitled "Against All Odds - The Remarkable Adventures of PC Jim Beard" - a diary of his service. In it, the now late Jim mentioned the joys of participating in a famous and much loved - but sadly now defunct - Barking-to-Southend 33 Miles' Walk, and refers to fellow competitors at the now-closed Gerald Road Police Station in Belgravia, including Mick Burnbrook (the author's spelling). But ... we know who he meant! You can get this book at Amazon and other places. ISBN 9781873674505

CHRIS HAYES RIP

Readers will be sorry to hear that Centurion No 686 Cambridge Harrier Chris has passed on aged 75. He qualified at the 1979 SWC Ewhurst 100 Miles, when 107 started with 37 becoming new Centurions. Compare that with our 2014 100 Miles when 26 started with 5 becoming new Centurions. His time of 23.55.15 got him listed among "the slowest" in the Centurions' Handbook ... though many say that list contains names of those "with good pace judgement". That 1979 race saw the great Dave Boxall (Brighton and Hove AC) record a 5th UK 100 Miles' victory. Notable qualifiers that day included the late Ron Purkiss, Ron Eaton, Mick Barnbrook, Ken Mason, the late George Woods (his memorial trophy is contested every August Bank Holiday Monday at Garon Park) and Centurions' Merchandising Officer Tony Perkins. Enfield won the team race being led home by 10th placed Ken Roost (19.52.53) followed by Jack Rossiter and the late Peter Worth. Chris was a House of Commons chef and well known to those at the popular Blackheath 9K Handicap Series. Condolence is expressed to his family.

MINE'S A DOUBLE

Iford's Francisco Reis did the double in the BMAF Track Championships at Alexander Stadium winning the 3,000m and 5,000m in 13.57 and 24.15 respectively. Didn't he do well!



SOUTHEND 1 MILE Monday 25th August - Garon Park Track

1	C Cattano	Unat	8.45.9
2	M Fisher	Red	8.59.6
3	S Lightman	SWC	9.16.7
4	P Binns	Sth	10.24.4
5	J Brock	Sth	10.24.4
6	E Shelley	TH	10.25.1
7	A O'Rawe	Ilf	10.34.4
8	C Abbot	Sth	10.45.6
9	P Cassidy	Ltn	10.47.1
10	D Ainsworth	Ilf	11.57.8
11	V Mountford (L)	Unat	12.22.5
12 started - 1 D/Q			

Comment: Another good field with several close battles enthusing spectators on a rainy morning. Short distance races generate interest and Southend resident Martin Fisher recalled those wonderful 1 mile events at sponsored Crystal Palace meetings where Roger Mills so excelled. It's a pity UK National Track Championships, once held over 2 Miles and then 3,000 metres, are now upped to 5,000 metres as it's so difficult to maintain interest from the non-committed when distances are extended. One mile certainly does the trick! Alan O'Rawe, whose family donated "The George Woods Trophy" in memory of the popular diminutive Southend-on-Sea AC Centurion, personally presented it to Shoeburyness-based Chris Cattano

as he was 1st Essex-resident Centurion to finish ... Alan himself had won this trophy when first contested! Chris and Martin, 1st and 2nd, had completed 402 laps (+ a bit) just 3 weeks' earlier ... and it's a very rare sight to see the latter lining-up for such short races. A word for 3rd placed Olympian Shaun, who 3 weeks' earlier had attended to daughter Sarah when breaking her own Midlands ladies' 100 miles' record on this same track (bit worrying as Sarah was the only Midlands competitor at that 100 Miles event ... where were they all?) At that race attendant Shaun used the same folding garden chair as he'd won by coming 2nd in the 1969 Leicester Mercury 20 Miles - so that prize was certainly a durable one worth winning. It's on again next August Bank Holiday Monday ... see June Cork's comments: "Please thank everyone for supporting our event as ever - same time, next year!! I was delighted that Olly Flynn made it along to the meeting again. Thank you for your input, as ever. Best wishes June."

SOUTHEND-ON-SEA 100 MILES 2nd/3rd August

1	R Gerrard 42C	IOM Vets	19.36.32
2	S Brown 65LC	SWC	20.40.32
3	F Van der Gulik 36C	de Lat Ams	21.27.00
4	S Lightman 44LC	Leicester	22.18.46
5	C Cattano 51C	Unattached	22.28.30
6	A Hunting 42*	RMV	22.38.13
7	R McChesney 46*	Stragglers NZ	22.39.00
8	F Leitjens 38C	RMV	23.31.51
9	J Farquahar 45L*	IOM Vets	23.37.46
10	T Hill 64*	Tring RC	23.40.57
11	R de Wolf 66C	RWV	23.43.57
12	M Fisher 51C	Redcar WC	23.44.31
13	M Hayes 40*	Leighton Buzz	23.46.34

29 entered/26 started/13 finished within 24 hours. Age indicated after name, L denotes ladies, C denotes Centurions and * identifies new Centurions.

Out-of-time finishers

J Crawford 47L	Red Lodge RC	23.59.21	98.44 ml
K Reed 50L	Tring RC	23.58.46	98.19 ml
M Payne 54	Dark Peak	24.00.14	96.95 ml
C Flint 69C	SWC	23.59.59	93.22 ml

Abandonments

R Brown 67C	SWC	18.50.23	84.27 ml
J Borgars 68	Loughton	19.12.08	84.02 ml
V Lynch 53C	IOM Vets	14.08.28	70.10 ml
J Visser 77C	RWV	17.47.00	65.38 ml
P King 63C	Belgrave H	13.03.34	59.94 ml
O Browne 60C	Ilford AC	11.27.43	46.88 ml
S Allen 58	Barnet AC	8.38.00	40.77 ml
R Cole 59C	York RWC	5.40.00	28.85 ml
S Beardsmore 43LC	Abingdon AC	3.43.00	18.14 ml

Report was in our last edition and a fuller account is available on [The Centurions 1911](#) website.

Comment was that Joyce Crawford could have achieved Centurion status had trackside toilets been available ... 3 visits with "a-bit-of-a-walk" to use facilities inside the complex added time. But cheerful Joyce, who has appeared in Enfield League events, will probably succeed on a future occasion.

"Mr Starter" Elwyn Edwards, who'd recently returned to athletics after a health setback, said he'd never seen anything like it. When firing his starting pistol, nobody moved for almost 5 seconds before the field ambled into their opening strides! The only person immediately reacting to a "bang" was a latecomer, who quickly disrobed his tracksuit and rushed onto the start line - starting about a lap after all others.

True stars ... that was our lap recording team who had to count for up to 402 laps (+ a bit). Very often over 10,000 metres laps get miscounted or missed ... sometimes even over 5,000 m and 3,000m. On the same track just 3 weeks' later was the Southend 1 Mile (4 laps + a bit). As Val Mountford, ex Southend-on-Sea AC and now walking unattached, approached the end of her 3rd lap (of 4) the good lady expected to hear "the bell". But there was no bell - just a call of "2-to-go". Val did her 4th lap and finished, by which time it was obvious a full distance had been covered! Yes, our 100 Miles' lap scorers dealt with a huge task - so another "well done" to all involved.

USE IT OR LOSE IT

The long established Enfield Boxing Day race doesn't appear in the 2014 fixtures - last year only 4 appeared. "Use it or lose it" enough said!



Dear Dave ...

CENTURIONS' CAPTAIN SANDRA BROWN

We're very sorry to hear about the death of Chris Hayes C685.

We both echo your warm thanks to Southend AC for a very successful and memorable event. It's some years since I've done a track 100, and I was reminded at the weekend that a track race has all the ingredients for an exciting and first class event. The Garon Park venue is excellent, and it was a real pleasure to walk there. But what really makes the difference - as always - is the wonderful people who put in all the hard work in advance of the event, and then work their socks off to deliver an amazing event throughout the weekend. "Going the extra mile" doesn't begin to describe all that the organising team and helpers did for us walkers, and I am pleased that we gave them our all in return. There will be so many memories - not only of gutsy performances, but of the many people who came to the event to be part of the experience and share its amazing atmosphere. This included Centurions and other athletes. Your excellent commentary helped create the great atmosphere and sustain the interest: thank you.

One of the biggest thrills is seeing the happiness, pride [and relief!] of the new Centurions. Tony Hill said that he finished the 100 with tears in his eyes. Each 100 reminds us what it means to people to become a Centurion! Thank you again to Southend AC and the Centurions for this very special weekend.

Sandra Brown

WTW's ONLY 2014 LADY COMPETITOR

Thanks Peter and Pauline for putting on these excellent evening races and always being so welcoming and encouraging. It was really nice to see everyone last night, and for me I just need to stop the decline of 5 season's and personal worsts in a row and reset in time for next year's walks ... just in case there's competition for the women's trophy!

Pamela Abbot

SCOTIA RACE WALKING CLUB IS BORN

Great news for everyone - Scotia Race Walking club = the new kid on the (Scottish) block! Things can now really get rolling. Watch this space! There will be a new e-mail address (ScotiaRWC@outlook.com), a website, new vest and lots of other exciting things happening. Well done to everyone who has made this dream and vision a reality. There's a lot of hard work to put us on the 'athletics map' now. Please support us, especially if Gill Donald, Bill McFadden, Ian Donaldson and John Softley ask for assistance. So exciting.

Andrew Fraser

Adds Hon Ed: A number of Essex-connected walkers, past and present, have Scottish affiliations and all readers will unite in wishing this new initiative every success

ON OFFER

My father, Centurion 188 Cyril Turbayne (1910-1998) of Polytechnic Harriers, was a very active member of The Road Walking Association for many years from, I believe, the 1930s, and competed in many races, becoming a Centurion in 1952, but competing in shorter races for some years thereafter. After my mother's death last year, I have been involved in going through my father's papers and have found an almost complete set of Race Walking Records starting with the August 1951 (no 34) issue and finishing with November 1953 (No 97) Nos 60, 61, 84, and 87 - 95 are missing. I also have August 1956 (No172). The journals are in good condition, and I wonder whether you would like to have them for your archives. If you already have copies of the above, please let me know anyway and I will dispose of them through re-cycling. I look forward to hearing from you.

Naomi Arundel

naomi@hungrycat.co.uk

Adds Hon Ed: That 1952 race was the now defunct Bath-to-London, which ended at Chiswick with Rex Whitlock breaking the tape in 17.44.40. Essex finishers included Woodford Green duo J F Holding and T B Kent in 19.07.41 and 19.11.33 respectively, and J H Jansen of Essex Beagles in 22.10.32. 48 started/38 finished (27 new Centurions).

EVAA 20K WALKS CHAMPS - IZMIR/TURKEY

A big field of combined age groups faced the starter under a cloudless sky still close to 40°C but with a welcome breeze. A well organised and well-judged event included two shower station sprays per 2km lap as well as usual sponges, water and personal drinks tables. The "naughty boards" were well filled by the end and many fell foul of the conditions, some retiring and all posting slower times than their norm.

For example Olympian Ian Richards still ended up with 20k gold M65 by 15 minutes (to add to his 5k track win) despite 10k splits of 53mins followed by 62 mins! Other Olympians included Fabio Ruzzier, Walter Arena, Christophe Hoehne, maybe others unknown to me. My own unofficial time of 2:21:22 was quite pleasing in the circumstances, good feeding (two Barbaras) helped me stay strong in the second half but I was too short on speed to really trouble the M75 winner, Romolo Pellicia (Italy). He led me by 2:18 in the 5k track and by about 3 mins at halfway today but although I pegged him back to around a minute he kept his

form if not his earlier speed and I had to settle for silver again. We both lapped the other M75 competitors including the same Swiss bronze medallist as in the 5k, Alexis de Bonnet.

One judge (she nearly always does) gave me a card so unlike the 5k I did make the "naughty board", but for the rest - and Piergiorgio Andreotti who did not start because of the heat for example - my walking was complimented so I went back to hotel stiff but happy.
Ed Shillabeer

AGM APPEAL FROM CHRIS FLINT

The RWA Southern Area AGM is on 10 November at 7.15 pm and early arrivals are welcome to see how the committee works and the issues we discuss. I'm pleased you are giving it a 'plug' in EW and if you could emphasise that: " apart from its responsibility to arrange Area championships, the purpose of the Area committee is to act as a link with affiliated clubs in the South and ensure that clubs are represented at RWA committee meetings, to ensure future development through support of the YAGs, to consider applications for financial funding of individuals and teams, to host the Inter Area Match with other Areas on a 3 year rotation, and to liaise with other sports authorities to ensure race walks are included in general athletics meetings. The AGM is an opportunity for clubs to put forward nominations for positions on the committee and to be represented on the committee. Don't lose this opportunity through lack of interest. It's your sport so give it the support it needs and deserves."
Chris Flint

"NEAR-MISS" LADY - A CLEAR RESPONSE

Joyce (Crawford) was more than 2 laps short. I don't know where this myth originated from. Re toilets - everyone was in the same position. I have done loads of 24 hours (along with hundreds of others) where the toilet was not situated by the side of the course. Indeed, last weekend, Sandra and I were doing a 24 hr race where we had to walk into the village hall to the toilet. You can stretch this analogy to include the weather and all manner of things that get in the way. If we had not had a thunderstorm I would not have had to stop and get changed out of soaking wet clothes - neither would Sandra and she might have gone over 190km, etc, etc.

It is fruitless saying what if ...? As you know, The Centurions is funded by donations and our finances are not infinite. Portaloo's do cost money and they need maintaining throughout the race. To cover this sort of cost the entry fee would have to be in the region of £80+. A track race has its limitations re entries and income. I am sure you would agree that we all did what we could within our financial limitations.
Kathy Crilley

EUROPEAN CHAMPIONSHIP RESULTS

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The results which were very commendable certainly put them in the mix for the future Major Championships. Tom Bosworth – 83.17 in 12th place and Neringa 90.47 in 11th Place. Once again, disgusting coverage by the BBC who didn't even mention it in events for the day or in their coverage. I think it needs a number of us to complain bitterly as we have done on so many occasions previously. What makes the Shot Put with no British interest so appealing yet no mention of very promising Tom Bosworth in the 20 Kms Race Walk? Do they know he is in the team even? All very frustrating eh!
Bill Sutherland

NOTIFICATION FROM ROB ELLIOTT

From the old minute books: Sarnia Walking Club's (SWC) first committee/formation meeting was in mid-December 1964 and first race was in March 1965. Can't think of exact dates offhand, but working on our new fixture list at the moment and we have marked our Hill Climb event on December 14th 2014 as our "birthday", which is closest weekend to actual date. We will be doing a 5 mile walk on 8 March 2015 as "50 years after first race", again closest Sunday to original date. The first walk was a 5 miler. Church walk is therefore older than SWC and has had a few organisers pre-SWC.

Rob Elliott

Adds Hon Ed: Most Essex Walker readers will have competed at some time on Guernsey, most in the famous Parish Walk which has seen a number of our readers break the tape. Many headed for Guernsey after being implored to by enthusiastic "Minister for Mainland Development" Mick Barnbrook, who once was a member of Sarnia WC. This 19.4 miles' race passes all 10 Parish Churches on this beautiful holiday island and commenced in 1936. That first race saw B J Bison win in 3.18.00 with H G Taylor just 1 second behind as 38 finished, the last of whom was Miss A Bailey in 4.35. All readers wish Sarnia Walking Club members the very best on celebrating their 50th anniversary.

CBE FOR PARKRUN FOUNDER

Okay I will rise to the bait, in this case on behalf of England Athletics, in particular as a member of the board sub-group dealing with Membership and Participation, on which I sit. This group, chaired by Board member and Ex-Olympian Wendy Sly, has spent many hours looking at the registration fee you malign, (which it is in fact not) and other issues. We have met 6 times this last 12 months at least. The group is not constituted with 'yes men'! Several athletics identities are very prickly customers.

The fee goes to fund grassroots items including areas as coaching and development. Walkers have benefited via England teams (Lugano, Dudince and

York amongst others), none goes to UKA (who fund athletes via the Lottery). We contribute to the maintenance of the only valid statistics website, 'Power of 10'. We operate championships and other events. Opportunities provided to walkers such as the open race attached to the U/23 and U/20 10,000m title is poorly supported outside belittled the Leeds set-up.

It has been reported that the shares, held by the founder of the Parkrun company, have recently been sold to a commercial enterprise. It has several high profile financial backers and sponsors. Cost minimisation is achieved if you just provide a venue and not facilities. The red-tape you refer to such as carried out by Race Adjudicators is there for a reason. It is to minimise risk, better caution than injury"

Do not fall for the poison logic of ABAC and its acolytes. In the words of Mandy Rice-Davies, "well he would say that wouldn't he", but walkers do themselves a disservice by not attending the round of consultation meetings or voicing their opinions via the survey we initiated. You can only change things by being inside the tent. Walking is being pushed but it needs to show support not just take via funds provided for medals etc.

On another topic the ubiquitous Viktor Chegin was indeed in Zurich, pulling the strings with his athletes, no ban there for our boy then!

Mark Wall

BRAVO TO THE SWISS - LONG COURSE CHAMPIONS!

Thanks again Dave and all for a brilliant Essex Walker full of News and Views. What great viewing of the GB successes in Zurich at the European Athletic Championships. The Swiss showed that you don't have to have only short circuits for distance races. In the Men's and Women's Marathon the course wound all over scenic Zurich, which was a joy to see. This should not be a thing of the past where many classic walks were from Point to Point. Whilst at the Commonwealth Games in Dundee a road race was taking place with local Police and volunteers manning junctions. Whilst I appreciate the volume of traffic makes it difficult in some busy areas the possibility should NOT be discounted. This is one of the features which makes Ron Wallwork's Moulton 5 Miles Walk such an attractive course.

Bill Sutherland

EMAILS ANNETTE GENTLEMAN

Just to say a rather tardy thank-you for letting me know about the 100-mile walk. I had a fantastic time watching all the goings on and catching up with dear Ray - the whole thing was really exciting and quite inspiring. I took some photos and will gladly send you a selection if you are interested.

Annette Gentleman

Adds Hon Ed As Annette Forkin (of Southend-on-Sea AC), the good lady completed London-to-Brighton walks and became an Essex League ladies champion.

SOUTHEND 100 MILES: THANKS

Just want to send personal thanks for the huge input you all made towards the success of the 100 miles at Southend. I am being selective as I'm not sure that you all received the thanks which you so richly deserve. I know the food served was very well received, that the lap recording was done efficiently and very neatly, that the press and media coverage was the best we could have hoped for (did you see BBC East?), and the commentary really brought the event to life with brief profiles of participants, history, and anecdotes. To each of you and to all of your respective helpers you have my thanks, as does the indefatigable Kathy who produced a huge amount of documentation which was well received by everyone. Well done and thanks.

Chris Flint Co-organiser

TRIBUTE FROM CENTURION ALEX ROSS

Arthur Eddlestone brought 'Ironman' into my vocabulary. I had not heard of them till he competed. A bit like the early days of marathon running, the competitors were considered to be a bit eccentric and 'different' from the rest of us. How wrong we were, with the success of marathons, triathlons and cycling in general. I always wear a Timex Ironman watch (because at one time I needed 'lap' splits stored - it was great for laps of the Chigwell 10k course) and so Arthur is never far from me.

Alex Ross

LEST WE FORGET

It was 30 years' ago that the Late Arthur EDDLESTONE BEM was so tragically killed in an avalanche in the Alps. It was a Sunday morning when we heard the terrible news and we will always remember him as one who lived life to the full and often 'on the edge.' He was an ultra-distance specialist and along with myself was the only other PC on the Metropolitan Police Walking Club Committee at the time in its Golden era of success. Being a Centurion and having completed the Ironman Race it was always with eager anticipation that we heard of his many successes. It was indeed a very proud weekend when the Centurion 100 Miles Walk in his memory was staged at Hendon Police Training College in 1989 producing a record number of Police Centurions in one race. One of his closest friends was Reg Denny BEM a member of the same Club Cambridge Harriers. I write this story now in his memory as one of the bravest and outstanding race walkers to wear a Metropolitan Police Vest. May he continue to Rest in Peace!

Bill Sutherland BEM