

Essex Walker

Editor: Dave Ainsworth

ALL HAIL THE KING

Just 6 days after our dismal National 50K Championship, the talented King twins appeared in Germany for a quality race over the same distance. Olympian Dominic came 7th clocking 3.59.22 - the 3rd fastest 50K by a UK athlete and well inside our Olympic qualifying standard. Brother Dan, who himself achieved an Olympic Qualifying 'B' standard prior to the 2008 Beijing Games, parted company with the race at 34K ... after having given a good account of himself. There aren't 'A & 'B' standards nowadays ... *just a qualifying standard*. Congratulations to Dominic, commiserations to Dan and our appreciation to their mentor - former international George Nibre.

JOLLY GOOD SHOW

Colchester's talented King twins appeared in the annual and well-supported Ipswich Half-Marathon. Both gave a good account of themselves to finish at the right end of a long result sheet. By so doing they showcased our discipline before many fellow competitors, and countless more spectators along the route. **Well done!**

ESSEX WALKER'S ANNUAL CHRISTMAS APPEAL

For over a decade we've annually promoted an appeal in support of **The Gambian Home for Children with Learning Difficulties** at Hart House in The Gambia and run by former Essex County Champion & Junior International race walker Geoff Hunwicks and his wife Rohey. Hart House is named after the late Essex-based Grade 1 Judge Albert Hart. In view of continued success we again ask for your contributions. It works this way: we ask readers to donate sums equal to what they might spend on Christmas Cards & postage for others within walking. Our first edition after Christmas will acknowledge those who supported our Appeal, so other readers will know why they didn't get Christmas Cards from you! Tony Perkins has again agreed to handle all donations, so please make cheques/postal orders out to A F Perkins, and send to: Deans Farmhouse, Tye Green, Cressing, Essex, CM77 8HU. Cash is also gratefully accepted. *Your continued support is much appreciated by Geoff, Rohey and their staff.*

RACE WALKING ASSOCIATION AGM

This is to be held at Birmingham's Alexander Stadium, Walsall Road, Perry Barr on **Sunday 13 December** with the gavel coming down to commence business at **2 pm**. There's a large car park and buses 51 and 52A serve the venue from Birmingham New Street Station every 10 minutes. A taxi takes 15 minutes. Postcode for direction-finding devices is **B42 2LR**. It's open to all race walkers, and your chance to have a say about how our sport is being administered and what you'd like to see happen. It's where you can vote into Office those you want to take our sport forward over the next 12 months. It's where you can stand for Office yourselves, if you can offer ideas and initiatives. A number of our readers have expressed views on what ought to be done - this is where you can do something positive for the benefit of all.

THE NORTHERN POWERHOUSE

RWA Northern Area Honorary Secretary is now Ken Monro: an experienced and capable administrator, having held many positions throughout his long involvement with race walking. A Centurion who qualified in Essex (1965 Metropolitan Police 100 Miles at Chigwell/20.59.55) he's one well known down-South as a Cambridge Harrier. If "googling" the *Race Walking Association Northern Area*, you'll find a most informative and interesting website.

THE FRAUD OF THE RINGS

The muck has certainly "hit the fan" in the world of athletics drugs testing ... with doubt now cast on some performances during London's 2012 Olympics. Sadly race walking is among events in the dock. EW readers have expressed views on this aspect of our sport, well before it became so public. More will certainly be heard as we see how matters are handled on the approach to Rio's 2016 Games.

MR PRESIDENT

Congratulations to Enfield League stalwart Bernie Hercock on being elected to serve as President of the high-profile Enfield & Harringey AC. Bernie, who is the League's Clerk-of-the-Course as well as a regular competitor, kindly offered to assist with sponsoring November's famous Enfield Open 7 Miles by paying all entry fees himself! Thanks.

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.

5 Dec	SWC Christmas Cup Road 5K	Tonbridge Track	11.00 am
13 Dec	Race Walking Association AGM	Alexander Stadium	2.00 pm
19 Dec	Alf Palmer Memorial Walks (+VAC 5K Championship)	Broadbridge Heath	11.00 am
26 Dec	Brighton Boxing Day Walks	Preston Park	10.30 am
9 Jan	Enfield League 5 Miles + 2015 Presentation	Donkey Lane	1.00 pm
16 Jan	RWA Southern Area 10K Championships + YAG	TBA	TBA
23 Jan	Steyning 15K	Steyning	2.00 pm
24 Jan	London Indoor Games 3,000 metres	Lee Valley	TBA
30 Jan	The Centurions AGM	TBA	TBA
6 Feb	Essex/Eastern Area County AA Indoor 1 Mile Championships	Lee Valley	1.30 pm
7 Feb	London Walks – 10K + full supporting card	Hillingdon CC	12 noon
20 Feb	Enfield League 5 Miles	Donkey Lane	1.00 pm
21 Feb	SCVAC (incorp VAC) Indoor 3,000 metres Championships	Lee Valley	TBA
28 Feb	Masters Inter-Area Indoor Representative 2,000 metres	Lee Valley	TBA
6 Mar	Molly Barnet Open Meeting	Coventry	TBA
13 Mar	BMAF Indoor 3,000 metres Championships	Lee Valley	TBA
31 Mar	European Masters Indoor Championships	Ancona	TBA

"DIRE STRAITS"

Not a British rock band ... but certainly "rocky". Our long-established National 50K Championship, this year at a well-appointed and traffic-free Hillingdon Cycle Circuit (Oct 4) saw 4 finishers with the title being won in **5.39.26** by Lancashire's Adrian Edwards (M50) who was well clear of Leicester stalwart Colin Vesty (M50) who clocked 5.57.19. Lancs' colleagues David Crompton (M50) and Roy Gunnett (M65) were 3rd/4th respectively in 6.04.37 and 6.07.47, so seeing their Club as the only one closing-in a trio ... therefore winning team honours. 5 failed to finish + 3 had red discs waved under their noses. The Ladies' event saw Belgrave's Maureen Noel (W50) win in 5.55 with Leicester Centurion Sarah Lightman the other finisher in 6.09. Before any readers blame Essex Walker for publishing such news (some always do) it must be said that this Fanzine can only report what's happened. As for the honours awarded - again before anybody criticises - those present can only beat whoever races on the day ... and all competitors deserve praise for appearing and trying to keep this event going. Doom is predicted ... and this could well have been our last UK National 50K, unless a revival is seen. *Happy memories!*

On the undercard was a **Festival** which saw a ladies' 20K, won by Olympian Jo Atkinson (Middlesbrough & Cleveland) in 1.33.43 - just a touch outside our Olympic qualifying time. 2nd was talented Bethan Davies (Cardiff) in 1.36.07, these 2 worthies being well clear of 7 other finishers (+ 1 DNF). A men's 20K saw unattached Richard Creer win in 1.51.57 from in-form Malcolm Martin (SWC) in 1.55.46 with 2 DNFs + 1 DQ. The men's 10K had 5 finishers + 1 DQ, a ladies' 10K saw 4 finishers while a mixed 5K had 2 on the result sheet. Where were you all? All thanks to those who organised it, officiated, helped or came to support. *Those there enjoyed it!*

RACE WALKING PAMELA ABBOTT's 100th PARKRUN

An impressive array of race walkers from near and far turned out to walk (and in one case run) at Cambridge parkrun to celebrate Pamela Abbott's 100th parkrun. Callum Wilkinson, home from university in Leeds to receive an award the night before, ran his first parkrun not wishing to risk injury by walking on the rather uneven surface and finished in an impressive second place overall. Richard McChesney just back from setting a new NZ record for race walking 205km in 28 hrs, walked his 273rd parkrun in his 101st different park. John Borgars and John Hall gave a fine demonstration of race walking and finished in the middle of the field of runners. Mark Culshaw alternated between speeding ahead and lying in wait to capture in photos and video the slower gang of walkers keeping Pamela company. Cambridge race walkers Sue Clements, Joyce Crawford, Sheena Almquist, Mike Horscroft and Kay White were joined by around 10 parkrunners trying race walking for the first time. Ron Wallwork cheered everyone on from the sidelines and his Commonwealth medal earned him a shout out from the Run Director in the pre-run briefing. Afterwards much cake was eaten and a fun time had by all.

SOUTHERN WALKERS ARE HAPPY

Southern walkers showed general contentment with how their sport is organised in the South, as just 2 turned-up for our AGM (apart from Committee and Officers). This AGM was open to all Southern walkers. A few apologies arrived, indicating some interest. Those 2 AGM attenders were Martyn Cartwright of

Pednor 5 Miles promoter Chiltern Harriers, and England Athletics Registered Coach and Grade 1 Judge Michael Croft of Ilford.

All Office holders remained in post, with none challenged: President Chris Hobbs, Vice-President Mike Fox, Chairman Noel Carmody, Secretary Chris Flint, Treasurer John Powell (now over 40 years in post), Championship Secretary Noel Carmody, Assistant Secretary Pam Ficken, Press Officer Dave Ainsworth and Auditors Trevor Jones and Ian Richards. The following were re-elected to serve as Chairpersons of Area Sub-Committees: Judges and Officials: Pauline Wilson, Coaching and Development Chris Hobbs. With the above-mentioned, the following were re-elected to serve as Committee members: Peter Cassidy, Mark Easton, Carl Lawton, Maureen Noel, Sean Pender, Ian Richards and Peter Selby. New Committee member Michael Croft was elected. Some remaining in office said they'd give it another year to see how things work out ... so there'll be room in the Committee Room next time, for those seeking to make their mark.

In general it was reported that it hadn't been a good year, and the RWA Southern Area had made a loss. Entries for Championships were low, with our Area 20K cancelled for a 2nd time in recent years owing to insufficient numbers. It was stated that, for a first time ever in a long history, none completed our RWA Southern Area 50K Men's Championship. 2016 entry fees for RWA Southern Area Championships will need increasing.

Our 2016 RWA Southern Area 10K Championship is scheduled for 16 January. However Sutcliffe Park's out-of-use due to building work. Noel Carmody appeals to anybody knowing other venues that might be available for this Championship on 16 January. The past 2 years saw low turnouts - but we'll try again - but where? News for 50K entrants. Despite only 4 men finishing the National 50K at Hillingdon, with no Southern men among them, another attempt is to be made in October 2016. Hillingdon costs ... so numbers are needed. *It can only get better.* Finally, no resolutions/motions/ideas were advanced, again showing contentment among Southern race walkers.

BAREFOOT IN THE PARK

October saw Olympic runner and 1962 European 5,000 metres' champion Bruce Tulloh - who ran many races in bare feet - celebrate his 80th birthday with an epic **80 miles' walk** from Marlborough-to-Big Ben. This was in support of Age UK and also drew attention to his book "*How to Avoid Dying*". Distance is nothing new to Bruce, as in 1969 he became the fastest man to run 2,876 miles from Los Angeles-to-New York (in 64 days). You'll get details of his book on the Tulloh Books Website and Age UK donations can be made on the Just Giving Website. Thanks to Jeremy Hemming, Mike Hinton and Bill Sutherland who've all spread the word about Bruce's walk.

FAREWELL TO A CHAMPION

Frank Bailey of Polytechnic Harriers, the R.W.A. 50k Champion in 1953 in 4:46:10 (4th in 1952, 5th in 1954 & 1955) has died at the age of 87 after a long illness; in the 1953 victory, he led home the winning Poly team. He was the winner of the Birmingham Outer Circle and Leicester Mercury events, among many others, and finished 6th (in 4:46:06.4) in the European Championships of 1954 in Bern. Condolence is expressed.

COLIN HARDING RIP

The RWA Southern Area AGM was informed that Colin Harding, a member of Surrey Walking Club for over 50 years, had passed-on. He didn't have Essex connections, but many from our County benefited from his efforts - for he'll be remembered as a first class London-to-Brighton Walks organiser! We express our condolence.

NEWS FROM NORFOLK

We've not seen Attleborough-based Stuart Halsall of late. That's because he's been unwell ... but he's now training again and hopes to see us soon. He's the guy who turned up in that vintage white Rolls Royce which drew so many admiring looks at Moulton a couple of years' ago. He recently added a classic Alvis to his collection. Stuart spent his first 40 years on the Isle of Man, only taking up athletics when aged 74 years and living in Cape Town. He's now a sprightly 86! We look forward to seeing him soon.

EDBANGER'S HIGHLIGHTS

My race walking career started accidentally when I walked for CPAC for Westward League points in a 1972 track 3km at the age of 33 years and was persuaded to join a race walking club. So at 76 I have been walking 10 more years than not, my competition career's only major interruption in that time being in January 1997 when a near fatal RTA kept me off the road.

I was catapulted through the side window of a campervan onto the M5 north of Michaelwood services and airlifted to Frenchay Hospital for emergency surgery. Wearing daughter's black tights to protect skin grafts, I walked the London Marathon in 4 ½ hours 90 days later and was back at work in 100 days ... achieved by

fitness (aided by Nutrilite vitamin and mineral supplements), a positive mental attitude, and NHS excellence. More recently I was knocked over by a dog which meant intensive treatment on my left leg four days before World Championship 10K race walk in Lyon, where I was 4th M75. Five days later and pressure bandages, Voltarol and freezing sprays helped me get a gold medal in the M70 20K walk team, with individual bronze.

Lacking natural speed it was over the longer distances I really made my mark, walking all the Plymouth marathons (for training) and doing the inaugural one twice in preparation for a 100 mile race. In 1989 I won the National 100 mile championship at a rainy Hendon in 18:11:08, having in 1985 at Colchester set a British track 100km record of 9:41:54 which still stands and put me in the Guinness Book of records. I eventually became the oldest GB athletic debutant, (51yo), registering 23:50:51 for 200km in a France inter-national match and being 2nd Brit home for 6th overall a year later with 23:14:28. My "Dartmoor Discovery" races were tough but enjoyable. To "fly the flag" for race walking I entered Foster's inaugural "Quadrathon" race in 1983, starting my training by swimming around the Hoe prior to walking the Plymouth Marathon then cycling for a couple of hours. 2 months later my 2.4 mile swim off Brighton beach took 59:45:32, a 32 mile walk in 5:14:15, 12 mile cycle 5:46:21 and then the marathon walked in 4:19:10 to arrive in Gravesend 16 hours 53min and 4 seconds after the gun was fired. 3rd out of 87 starters and the oldest finisher proved my point that race walkers deserve respect as athletes!

My PBs: 3K (T) 13:09; 5K (T) 22:43; 10K (T) 46:50; 10miles (R) 1:14:07; 20K (T) 1:35:28, (R) 1:35:12; 30K (R) 2:28:27; 35K (R) 2:58:04; 50K (R) 4:28:06; 100K (T) 9:41:54, (R) 10:01:21; 100miles (T) 18:38:58, (R) 18:11:08; 200K (R) 23:14:28; 24 hrs (T) 202.5km, (R) 208km; 28hrs (R) 239.8km (British best); Plymouth to Dawlish 6:24:53; Parish Walk (IOM) 85miles 17:51:08 for 17th place in 2009, becoming the oldest ever finisher in 2015, for 76th out of 175 in 20:53:54. All achieved on weekly training mileage of under 100km due to work!

Countries visited: America, Australia, Belgium, Brazil, Canada, Cyprus, Czechoslovakia, Czech Republic, Denmark, Eire, Finland, France, Germany, Guernsey, Holland, Hungary, Isle of Man, Italy, Latvia, New Zealand, Norway, Poland, Russia, Scotland, Singapore, Slovenia, Spain, Sweden, Turkey, Ukraine (30)

I supported Maddocks in 3 Olympic cities (Atlanta, Barcelona, Sydney) and 3 Commonwealth Games cities (Edinburgh, Auckland, Victoria). My favourite race is Church to Church 19.4 miles in Guernsey which I have won 3 times, best time 2:40:58 aged 50 y/o (in top ten all comers) with all age group records from 45 to 74 y/o. Total races - estimated on a basis of 2 a month average for 43 years would be in excess of 1,000. Place medals plus team medals must exceed 500! I don't count marathon, half marathon, finishing medals in that total! But I am proud of other medals for finishing a full Ironman in 15 hours 45 mins (2nd M65 in age group) and three from 3 Commandos' Chara challenge Dartmoor races, 6th, 9th and scraped in after a route mistake!

NIHILL SHIELD - BUT NO NIHILL

Medway-based Olympic medalist Paul Nihill received a call on his mobile after October's Nihill Shield event in Sutcliffe Park ... from a Surrey WC Colleague asking where he'd got to? Others wondered why the man whose name is on the shield didn't show. When Paul received his clubmate's call after the meeting, it was the first he knew about it! Nothing changes, as it happened over a decade ago when the Nihill Shield was at Earls Colne Airfield, near Colchester - Paul's birthplace and a town frequently visited by the great man. There's nothing like communication - and this is nothing like communication! Paul himself isn't quite 100% well, so we hope he'll soon return to better health!

Paul wasn't the only "no-show" at Sutcliffe Park ... where were you all? Our guests from Ireland came for the Nihill Shield, and local organisers also staged a Senior Men's/Women's 10K. The men had 7 finishers (2 from the Emerald Isle) while the Ladies mustered 4. As often said, these races are put on for you ... and your officials and helpers were there, some having travelled some distances. As for the Nihill Shield, the youth of the English RWA managed to defeat their Irish guests. Well done. Official Pam Ficken said, "England won it. It was a good event in with the Cambridge Open".

DIG THAT TRACK

Many readers will have raced at Brighton's Withdean Stadium. It has a new £350,000 track, which now needs relaying as lanes are about 3 inches too narrow in places. Said Brighton & Hove AC's Bob Willows, "When we were putting out hurdles, some would fit and some wouldn't". Brighton & Hove AC were once big players in race walking!

ACKNOWLEDGED WITH THANKS

Enfield President Bernie Hercock paid for all your entries at his Club's annual Open 7 Miles, and Sean Pender paid for all prizes awarded at October's League yacht handicap race.

OLYMPIC LEGACY?

Brentwood-based businessman and sports promoter Barry Hearn stated, "The Games were meant to get more people, particularly children, involved in sport. Figures say otherwise. About 500,000 fewer people are actively involved in sport since 2012. Children spend less time on PE and Games and some teachers describe this as an inactivity crisis. Add to this the alarming rise of child obesity and we have a crisis on our hands. Sport England are trying their best but with a budget of just £500m spread over grass roots sport and elite programmes, it simply isn't enough. Compare that to the £10bn the Olympics cost and I wonder if we got value for money. It was a great shop window but when you go inside, the shelves are bare". Back in the late 80s/early 90s Romford Brewery Company (their now demolished brewery is a shopping centre) sponsored 4 Romford Town centre races: 1 around the Ring Road (hours before its official opening), and 3 over the Market Place cobbles. Sponsorship meant a free entry for all, plus a post-race complimentary buffet in the town's Dolphin Leisure Centre (now ASDA and flats) + free beer for all walkers and officials/helpers. The 2nd such race saw Barry Hearn present prizes, along with top snooker stars Steve Davis and Tony Meo + British heavyweight boxing champion, the late Gary Mason.

50 YEARS AND ONWARDS

Great supporter of race walking, former Middlesex County President **Laurie Kelly**, has clocked-up **50 years' unbroken and meritorious service** as Honorary General Secretary of the **London Business Houses Association**. Laurie first attended LBH meetings in 1964 and was asked to join their Committee as Minutes Secretary. The following year, then Hon Gen Sec Les Cohen was looking for a replacement and approached Laurie, saying "You're already doing the minutes, and if you take over as Secretary there's not much more to worry about". Fifty years' on, Laurie still holds this position. *Indeed at the age of 81 Laurie is actually taking on more.* When the Hon Sec of the North-of-the-Thames Cross Country Association recently stopped doing the job, a meeting was called - at which nobody offered to fill the vacant Secretary's post. So rather than see things fold, stalwart Laurie stepped forward and now performs these duties as well as many others ... but is only doing until somebody else volunteers. So readers, if any can assist by filling this role, please let Laurie know. The LBH make-up has changed considerably over its 127 years' existence. In its heyday all major firms/organisations had Sports Clubs ... banks, insurance, investment, utilities, transport, communications, Government Departments, factories etc. Nowadays few do so, hence entering athletics via employers' Sports Clubs and Inter-firm rivalry is at its lowest-ever level. Laurie remains one of race walking's greatest supporters. Indeed he was in the front-line protesting, along with such worthies as Peter Cassidy, Peter Marlow, Roger Mills and others when the Counties Athletic Union twice ditched track walking races from their programmes. Laurie's maintained walking at LBH Athletics events, despite some setbacks when we've not responded well to his efforts ... as we've turned-out in poor numbers. The LBH Centenary Athletics Championships was a great occasion when the 3,000 metres was won by Steve Allen, representing the Post Office. We salute Laurie Kelly on his 50 years' service and recognise his considerable contribution to athletics ... so on behalf of all – THANKS!

We congratulate Chelmsford-based **Jon May** on reaching 50 years in race walking. His first race was in October 1965 and he continues to line-up on our start lines! Now a valued and active member of Enfield & Haringey AC, his heyday was as a member of the famous, but sadly now disbanded, *Metropolitan Walking Club*. That Club had many great names, so gaining a spot in their scoring 4 was a big ask. Jon relished the challenge of distance walks and attained a 3rd in the Manchester-to-Blackpool, which he completed twice. He was a London-to-Brighton and Hastings-to-Brighton regular, always securing good finishing positions. He also completed the testing Isle of Man TT walk. Jon's helped out at many races and is a shrewd and accurate handicapper. He maintains our Enfield League tables and records. To show his dedication you have to look at a Colchester 100 Miles in Lower Castle Park. As a competitor Jon did a considerable distance before retiring ... but did he go home? **No!** He presented himself at the Recorders' table to offer his services ... which were quickly accepted! We salute Jon May.

LONG SEQUENCE ENDS

One of race walking's longest sequences ended at Addiscombe on 1 November when former Essex resident David Crane won his SWC 7 Miles in 57 minutes and 4 seconds. Next home, and the only finisher in the 60 minutes' time band, was defending title holder Mark Easton in 60.11. Former International Mark had won for the previous **33 years!** Coming 3rd and the best of 4 others in the 70 minutes' band, was Brighton-based Dan Maskell in 72.43. Two other men were on the upper side of 80 minutes. A trio of ladies were led home by Fiona Bishop (AFD) in 75.41. This location offers a quiet course, much on-site parking, good public transport and quality facilities. *All were welcome!*

TOP AWARD FOR ESSEX ATHLETICS CLUB

Congratulations to Chelmsford AC on being awarded the title of England Athletics **Club-Of-The-Year**. This Club often hosts Essex County AA Championships and other top meetings. At their Melbourne Park Stadium base they staged the 1977 Race Walking Association 100 X 1 Miles Walks' relay, which saw a World Record set and other teams finishing inside the previous record. In those days it was a cinder track - nowadays it's a quality all-weather surface. The site has plenty of car parking as well as modern changing rooms and indoor training facilities. This location is now shared with Chelmsford City FC. Chelmsford AC used to have race walkers; and then International Don Cox won titles and also qualified as a Centurion while a Chelmsford member. Notable walkers have also included Marilyn Chambers and Shirley Wood.

The Club was formed on 5 October 1934 at the Cock & Bell public house in Writtle, and held their inaugural run on 17 October. They now have over 350 members and hold "outreach" sessions in an impressive 15 senior schools. Many advancing ideas about race walking's future suggest schools' visits. Their award was collected at a Gala Evening (on behalf of all members, Officers and Committee) by Chairman John Weir - a member since 1983.

SAVE MONEY

Writing in *Risk Assessment Journal*, Dr Grace Lordan reported that scientists had found 30 minutes of "high impact" walking to be more effective in fighting flab than the same length of time doing weights and pounding a treadmill. A study found that those taking half-hour strolls had lowest body mass index and smaller waists. Dr Lordan, of the London School of Economics, studied exercise data from the Annual Health Survey for England over 13 years. *So we should get them out of expensive gyms and out there on the streets race walking!*

HOLDERS OF HIGH OFFICE

SWC's AGM at the Union Jack Club (Waterloo) on 16 November, saw former long-time Essex resident and ex-Ilford AC 2nd Claimer Peter Crane voted-in as President. We wish this true stalwart well during his time wearing the chain. Over decades he's raced over many distances, organised major events and edited his Club's magazine. Peter Hannell (Hon Sec) and Pam Ficken (Membership Secretary) retained their posts.

GOOD TURNOUT

In a race switched from Donkey Lane-to-Lee Valley at short notice, over 50 lined-up for the annual Enfield Open 7 Miles - the only surviving such event in the UK. In the South, every year the only events attracting over 50 takers are this event and Moulton's Open 5 Miles. Once Open 7s were the backbone of our sport's Winter season. Winners were our UK's leading Under 20 walkers: host club's Callum Wilkinson (event record of 47.28) and Leicester's Emma Achurch (59.29). The only others under 50 minutes were Colchester's talented King twins: Dan 48.57/Dominic 49.11 - though it must be said their aims are currently far in excess of this distance. Francisco Reis in 4th and clocking 56.21, was top veteran. A word for Bexley's promising junior Luc Legon; beating the hour with 59.29 for his first sub-60 minutes' 7 Miles. In conjunction was the *London Business Houses 7 Miles' Championship*, where the 1-2-3 was Steve Uttley, John Hall and Sean Pender and a Ladies' 1-2 of Maureen Noel and Geraldine Legon. Steve received 2 golds as he won the M55 category in Veterans AC's Championship (also in conjunction). A word for birthday man Brian Boggenpoel who made his debut in the M60 category. 5 teams with 4 scorers closed-in, and where else can you get that nowadays on the UK mainland? Only Essex interest in the team race was Ilford AC (5th). Full results on the usual websites + *Enfield Walker*. Among other prizes the "Lol Dordoy Memorial Prize" (Guinness 4-pack) was presented to Ron Wallwork, one of a number of officials/helpers who toiled in cold, wind and rain to give us all an afternoon's sport. These races only keep going as people support them, so this event remains part of the fixture list - **November 2016 being its 90th**.

OUR HANDICAP

October's Enfield League 5 Miles' Yacht Handicap pulled-in 37 starters, so proving it's a popular race format. Matthew 20:16 tells us, "So the last shall be first" and such was the case here - as Dave Ainsworth (last on actual times with 65.27) won the handicap, having been among those starting first. On actual times Francisco Reis was the only finisher under 40 minutes, his excellent 38.50 seeing him cross the line in 6th spot. The Presentation heard praise for Springfield-based Jon May's accurate ratings, as so many close battles had ensued. Well done!

ON THE MOVE

A dynamic duo of former Metropolitan Police race walking stalwarts have relocated to pastures new. **Mick and Sharon Barnbrook** have left Sidcup to settle into a bungalow at Ramsgate. Genial still-active septuagenarian Mick now faces a 150+ miles round journey to participate in walking events, so won't be seen so often - but as always, he'll be warmly welcomed whenever racing. **Chris and Stephanie Foster** have moved from Southgate to a nice village close to Cheshunt. Popular "Fozzy", author of "the Foster Theories", is a talented "am-drams" player who this Christmas Panto season is "treading the boards" as **Baron Hardup** in Cinderella. We wish them happiness in their new surroundings.



Dear Dave ...

ONE MAN AND HIS BLOG

I have been adding dozens of race results to the website recently. There are lots of results that are never sent to me, which I used to chase up when I had time – I will have to chase these up. The facility for other people to add/edit fixtures and results is active but I have not released it to the public yet, out of fear! I promise to do this soon, and this should make the site almost instantly up-to-date, and not dependent on just me.

There is another facility which I am finalising which allows the results to be processed one line at a time, by anyone. So someone with a few minutes spare could process two or three individual lines or hundreds if they wish to. Anyone logging-in will be given the opportunity to process some, and with this group collaboration things should quickly reach the point where all results are fully processed and ranking lists up to date, and will stay up to date.

John Constantinou

BRITISH POLICE 10K CHAMPIONSHIP

A turnout of 7 ... I'm not surprised; they don't even walk the beat anymore these days. I think it's very sad that they are not even promoting Race Walking in the Police Force, the very epitome of the Constable on the beat. It would do wonders for their fitness levels and save thousands in sickness time off duty!! I didn't know the distance had gone down from 10 miles to 10 kilometres.

Congratulations to Gary for keeping the event going.

Charlie Fogg

AN OUTSTANDING OCCASION

I was so pleased to be invited as a guest of Chris and Betty Flint to his Life Membership Presentation by Assistant Commissioner Ian Lewis, Chairman of the MPAA, at their AGM. It was held at the Empress State Building at West Brompton and a Citation was read by Andy Bignold, fellow Life Member and such a keen supporter of the Metropolitan Police Race Walking Club. Chris has done so much to deserve this outstanding award both in ultra distance race walking and in administration of our great sport. Andy did say that in the 60's and 70's if there had been a team race in the Olympic Walking Race Programme the Metropolitan Police Race Walking Club could well have been the winners with their strength in depth. Thankfully Chris's health is improving slowly and he was able to give an excellent speech of thanks for the Life Membership he was so proud to receive. Afterwards we all went to a local Pub to further celebrate his great achievement.

Bill Sutherland

EMAILS JUNE CORK

Re. County 10,000m: it was extremely disappointing to watch one very talented walker in the shape of Dan King having to tackle the 25 laps of Garon Park solo. How on earth he managed to keep up that pace with the track all to himself I don't know: seriously impressive. However, he did at least break the Garon Park Stadium 5,000m Walk Record [21:54.6] en route - so some small acknowledgement of his one-man effort. It was a great shame that Bob Dobson was not only injured and therefore unable to walk but kept in Wales courtesy of striking Railwaymen. Perhaps we ought to make the Southend Mile a County event - or do you think that might just sign its death warrant? Two of our ladies competed in the 10,000m [after much cajoling about Ground Records] and were much amused to note, despite winning the Women's event, Natasha Lagden's *run-time* was actually rather slower than Dan's *walk-time*. I think she's still coming to terms with that! Maybe I can persuade her to take up race-walking! Kasia Kostyrka-Allchorne 'nicked' the One Mile Walk Ground Record from Linda Mountford by around 4 seconds. [10:24.8].

Thank you for the personal reference. I always thought the position of President was awarded to someone who, among other possible considerations, had arrived in a certain age group - then realised I had. Oh dear!

June Cork

FRANK BAILEY RIP

In the 1954 European 50 kms, he beat a young Abdon Pamich by just under half a minute. Pino Dordoni dropped out. Something to be proud of.

John Constantinou

NEWS FROM CAMBRIDGE & SUFFOLK

I made it to Cambridge in support of Pamela's 100th Parkrun. Callum Wilkinson, along with Pamela's group, enjoyed cakes and goodies afterwards (the latter home from Leeds for the weekend to attend the St Edmundsbury Sports Awards Evening on Friday evening) ran and finished second. Callum took the final award of the evening for the most outstanding performance of the year (41.34 when finishing 7th in the European Junior champs), thus a race walker was top of the bill.

Ron Wallwork

WORTH OLYMPIC SELECTION FOR RIO in 2016

I have recently heard from Trainer George Nibre that Dom King has clocked a very impressive 3.59 for the 50 Kms Walk in Europe. This is well inside the Olympic Qualifying Standard of 4.03 and his personal best of 4.2 set many years ago. He and George deserve full support from the RWA and SRWA as there is no doubt this is a truly outstanding performance, more so considering distance race walking in the UK has fallen behind

in recent times. All the really hard preparation training has brought its just rewards! Many congratulations to them and their supporting families.

Bill Sutherland

Adds Ed Shillabeer: "Brill".

WRITE CHINA-BASED MIKE SWEENEY

Good to see Peter Allen, Peter Cassidy and Bob Dobson all still on the race walking scene. You do some great work also Dave. Very admirable indeed. What happened to Olly Browne my friend from many years ago?

Mike Sweeney

Adds Hon Ed: Olly suffered a very serious injury ... but thankfully he's on-the-mend.

UK MAINLAND 50K RACES TO CONTINUE

Yorkshire RWC will host their Annual Open 50km race on Sunday 29 May 2016 at the village of Kirkby Fleetham. Categories 'A' & 'B'. This being the traditional 'Bradford' Whitsun Bank Holiday weekend of course. There will also be an Open 35km and Northern Area Champs (Cat 'B'), with a supporting programme of Soup and Roll League races up to 20km, children's Athletics and Race Walking on the scenic village green, a free lunch and later an afternoon buffet for all, with further attractions planned. Entry fees £10 Individual and Team for the distance events, and Free for everything else. All are warmly invited to race, officiate or just enjoy a weekend close to the Yorkshire Dales. Advertisement to follow in coming months. Meanwhile any enquiries can be sent to northernracewalking@hotmail.com.

Trevor McDermot

Adds Hon Ed: Please all note this date - as it deserves maximum support!

CHARLIE WESTON

Thank you so much for sending the Essex Walker. It is much appreciated by all of us, and specially for younger members of the family to keep.

Charlie had a very uncomfortable and distressing year, after suffering a stroke in June 2014 which left him paralysed on his left side. He made no recovery from that in spite of rehab. He wasn't able to enjoy any of the entertainment which the Nursing Home organises for their patients. He was very confused and didn't talk to others around him. A complete change of personality, as he was so friendly and sociable. It was very sad to see that. He was moved to hospital by ambulance on 18 July while I was visiting him as he had a chest infection. It turned out to be pneumonia and they told myself and my daughter that he probably wouldn't last the evening, which turned out to be the case. He died just before midnight on 18 July. We were very thankful that it was so peaceful and that we were with him. He really had suffered enough and with no hope of any recovery.

I was listening to the radio in the middle of Thursday night when I heard the name - John Dowling, followed by mention of Sheffield Harriers, Centurion, Roubaix, Paris You may be able to access it on "Search RTE Radio Documentary on One: "My Uncle Jack" written by his niece Madge O'Callaghan ... you might be interested in that. Thank you once again for your kindness in sending the "Essex Walker". Best wishes to all Walkers.

Rosetta Weston

CENTURION MEMORIES

You may remember that we have a project to collect as many 'Centurion Memories' as we can in order to capture them for posterity. Each Centurion is being invited to provide an account or jottings to describe what becoming a Centurion meant to them, where it led etc, and any other anecdotes/press cuttings they would like captured for posterity. A photograph and sample signature would also be welcomed.

The plan is for them to go onto Centurion website initially (www.centurions1911.org.uk). They may eventually be assembled into a low-budget, home-produced publication for eventual sale to generate funds for the Centurions. The first collection of 'Centurion memories' can be found on the website. Centurions who contribute have the option of having their material returned, or retained by the Centurions to be archived at the Surrey History Centre. I look forward to hearing from you,

Sue Clements C950 Archivist

Adds Hon Ed: Please see Sue at the meetings for further details.

COLLECTION FOR REFUGEES

Many thanks to everyone for their overwhelming response to donating shoes and warm clothing for the refugee crisis. We had 10 large sacks which were sent with others to various destinations.

Sharon Honey

Adds Hon Ed: This refers to the Orion Harriers' appeal in our last issue.

SOMETHING'S WRONG WITH THE RECRUITMENT OF NEW ATHLETES

Here are the facts from 4 Park Runs held within 2 miles of where I live on Saturday 14 November (Finsbury Park, Hampstead Heath, Highbury Fields and Alexandra Palace). 592 Runners took part in 0900 hrs Park Runs, but only 70 were members of affiliated Clubs, a mere 12%! Why is that so many Athletes have taken to these Park Runs yet reject mainstream Athletics? Surely that is where the new athletes can be found and encouraged!

Bill Sutherland

**Compliments of the season to you all ...
Merry Christmas and a Happy New Year**