

ESSEX WALKER



COUNTY WALKING SECRETARY'S NOTICE

Essex Track Champs are:

| | | | |
|------|-----------|---------------------|-----------------|
| 3km | 9th May | Chelmsford at 13.30 | Closing date |
| | 9th April | | |
| 10km | 15th May | Woodford at 11.25 | May be the same |

Ray P

GOOD-GOLLY – IT'S MOLLY

Spectators in Coventry on Saturday for the CAU Inter Counties Championships & Molly Barnet Open Road Walks were treated to early Spring sunshine but still cold conditions. They were warmed by possibly the hottest domestic 10K walking competition seen in the U.K. for several decades. A string of super fast times were recorded including a World Class 43.52 from Johanna Jackson walking as a guest in the Men's Event. If ratified this will be a massive improvement on the current British Women's Record.

At the outset an Essex and International duo of Dan King (Colchester A.C.) and Scott Davis (Ilford A.C.) were amongst a leading group dominated by athletes from the National Race Walking School based at Leeds Carnegie University. These included the eventual winner in 41.50, namely Ireland's Brendan Boyce, who soon broke clear dragging fellow Carnegie athletes, Alex WRIGHT, Tom Bosworth and Johanna Jackson in his slip stream. The chasing group of King, Davies, Michael Doyle from Ireland and Tommy Taylor (Birchfield) though left in the leader's wake were still travelling at a very fast rate themselves, as evidenced by Davis 22.10 at the half way. Dan King was the first to go after the Carnegie based athletes but his valiant effort to get on terms with Jackson in particular was repulsed by a strong surge from the British female No. 1 from the 6K point also saw attacks from Ilford's SCOTT Davis and Michael Doyle of Ireland. Though Davis was unable to match the acceleration of Doyle he drew well clear of Taylor and was rapidly closing on King at the finish only to 'run out of road'. He was rewarded with 6th in 44.44, his best time as a Senior. The quality of Doyle's surge was spectacular, taking him past Jackson and King and enabling him to mug Bosworth for 3rd almost on the finish line with 43.37 to the latter's 43.39. Indeed at the finish Doyle was only 6 secs adrift of 2nd placed Alex Wright in 43.31. Clearly his recent warm weather and altitude training in South Africa with the Irish National Squad has paid off.

The excellent performance from Scott Davis was supported well by some fine showings from his Ilford Team. The comeback and rapid improvement from Francisco Reis continues and although unable to hold off Steyning's Jim Ball in the final stages he returned a very good 51.10 for 11th place. He is sure to improve still further. A little behind in 14th was the ever consistent Steve Uttley finishing in 53.25. The Ilford trio were however cruelly denied the coveted Club Team Trophy by the narrowest of margins. In equal 1st place with Steyning the Ilford Team lost the trophy on 'countback' by virtue of their last man finishing just one position behind Steyning's last man. Tough luck indeed, but Davis and Uttley were to be compensated, as together with Dan King they formed the Essex Team that successively retained the famous Inter Counties Trophy.

Report by Dave Kates.

A NIGHT OUT IN WILLESDEN

After last year's success, the London Business Houses Athletics Championships and the City Charities Meeting are again joining forces for a joint meeting. If you're eligible for these races please support them. As in previous years GUESTS may also compete – so the door is open to all. The Organiser is LAURIE KELLY, who remains one of race walking's greatest supporters...so let's give him our 100% support. It's at Willesden Track on Wednesday 16 June at 7.15 pm – enter on the night. This track has good facilities, a large car park and is easily reached by London Underground and London Overground services.

OFF THE ROAD

Ilford's MICKY SUTTON who excels at both walking and running, opted for the latter code on March 6th when he tackled the Grantham Ultra over a rarely raced distance of 29.3 miles – all of which was on a testing off road course. Micky came 3rd overall and 2nd male, in an impressive time of 3 hours 46 minutes.

CENTURION VISITS HORNCHURCH

ALAN PICKERING CBE is the Centurion with the next number to our own DAVE SHARPE (who is 578), Alan being 579. On Monday May 24th at 7.30 pm he's speaking at Fairkytes Arts Centre In Billet Lane, Hornchurch in his role as a former No. 10 Downing Street Pensions Adviser. Alan, who appeared on Channel 4's Dispatches Programme 'The Pensions Crisis' is giving a discourse entitled, 'Is It Time to Pension Off Pension Schemes? It's an Open meeting with free admission. There's free parking opposite in Sainsbury's car park (for up to 3 hours) and also at the Queen's Theatre. All are welcome. Fairkytes Arts Centre is opposite the Queen's Theatre's front entrance.

Back in May 1976 Alan (SWC) was at Ashtons Track contesting Woodford Green's 24 Hours reaching 100 Miles in 22.01.35. Dave Sharpe (Newham) had finished by then, reaching his goal in 21.39.26. Alan and Dave,

like, 4 other new Centurions qualifying that day, opted to leave at 100 Miles, The only 2 new Centurions to press-on for a full 24 hours were the host Club's GEORGE EASTWOOD and KEN TURNER who passed 100 Miles in 20.29.39 and 22.53.36 before finally achieving respective distances of 115 miles 1705 yards and 103 miles 1434 yards. This race brought popular JACK ROSSITER (Enf) into 'The Brotherhood' (there were no sisters then), and the late GEORGE HALLIFAX (SWC) and DAN REAVEY (Dawlish) who clocked respectively 21.02.43, 22.49.35 and 23.20.57.

THERE'S A LONG LONG TRAIL A WINDING

Some readers raced the Bourges 24 Hours in France on a most cold March weekend. Cold forced many to retire from the action. Among entrants was KEVIN MARSHALL who completed yet another ultra-distance event, accounting for 174 Kilometres in 24 Hours...and SUE CLEMENTS put 70 miles behind her in 15 hours. Well done to all who raced in such cold conditions.

DRILL TIME

Many good words have flowed-in about the latest Enfield League initiative. This involved a properly conducted warm-up/coaching session supervised by experienced former Essex League Champion MICK GRAHAM from 12.30 pm – 1.30 pm at the Lee Valley Centre. Thanks to Mick for both his efforts and his personal attention to those attending.

TRACK WALKING PERFORMANCES, 1961

TWO MILES

| | | |
|---------|------------------------------|------|
| 13.33.8 | Ken Matthews (R. Sutton) | 2/5 |
| 13.53.0 | Colin Williams (Ilford) | 3/6 |
| 14.07.4 | Arthur Thomas (Met) | 2/8 |
| 14.09.8 | George Williams (Belgrave) | 5/7 |
| 14.18.8 | Ray Middleton (Belgrave) | 2/8 |
| 14.20.2 | John Northcott (Highgate) | 2/8 |
| 14.25.0 | Ken Harding (R. Sutton) | 23/9 |
| 14.29.2 | John Paddick (R. Sutton) | 23/9 |
| 14.33.4 | Bob Clark (Poly) | 10/6 |
| 14.34.0 | John Godbeer (Cambridge H.) | 22/5 |
| 14.45.0 | Jim Stancer (Sheffield) | 3/6 |
| 14.45.6 | Ron Wallwork (Lancs) | 24/6 |
| 14.46.0 | Mick Grayson (Sheffield) | 3/6 |
| 14.47.0 | Bryan Hawkins (Brighton) | 3/6 |
| 14.47.0 | Peter Markham (Leicester) | 3/6 |
| 14.48.0 | Peter Stapleford (Leicester) | 3/6 |
| 14.51.0 | Paul Nihill (Surrey W.C.) | 5/7 |
| 14.52.2 | Ken Easlea (Enfield) | 10/6 |
| 14.538 | Peter Marlow (Southend) | 10/6 |
| 14.55.0 | Eric Hall (Belgrave) | 29/7 |
| 14.58.0 | Ray Ibbotson (Sheffield) | 3/6 |
| 14.58.3 | Stuart Percy (Cambridge H.) | 3/6 |
| 14.58.6 | Peter Selby (Surrey W.C.) | 5/7 |
| 14.59.8 | John Elston (Highgate) | 24/7 |



200 CLUB

of the
RACE WALKING ASSOCIATION
Established 1907

Together we can support this Historic Association at the Heart of British Culture – the organisation linked to Olympic Walking Gold Medals – the gold medals brought home by Tommy Green, Harold Whitlock, Don Thompson, Ken Matthews for Great Britain, and by Norman Read, in his adopted vest of New Zealand.

Let's do our bit for 2012

So.....please renew your 200 Club membership number(s).....which expire(s) on.....

The cost of a number is £13 per annum, paid by cheque made payable to the Race Walking Association, or £12 if you set up a Standing Order at your bank in favour of

Race Walking Association, Alliance and Leicester Commercial Bank, Sort Code 72-00-00, Account number 411362909

Thank you for your support. On renewal your number will last from..... until.....

Good Luck
Bill Wright
Hon Treasurer
RWA

To Bill Wright, 212 Weddington Road, Nuneaton CV10 0ER. Tel: 024 76346744

Membership number(s).....

Name.....

Address.....

Sum enclosed.....

GEORGE HAVELL R.I.P

With great regret we report George's death on Sunday 14th March at the grand old age of 93, while a patient in Whipps Cross Hospital. Many readers possess his excellent 1983 Essex County Centenary Book. A well-attended funeral service was held at the City of London Crematorium on Saturday 27th March. Woodford Green Past President TONY MAXWELL's tribute is published below. We extend out condolence to George's family members.

George HAVELL (1916)

Educated at Leyton CHS and London University George joined Woodford in 1933 when he was a good schoolboy runner. In the thirties he was a successful cross-country runner, winning the London University Championships in 1939 in which year he represented the Universities Athletic Union against the French Universities

He lost many of his best years athletically during the WWII but at the cessation of hostilities he and colleagues like Charlie Banks, Percy Page, Johnny Downes, Ken Bone, Jack Watson and Ron Manley got the club going again

After 1945 George concentrated on road running and, with a number of talented colleagues, was successful up to national events. In the 1950 Polytechnic marathon George placed seventh in 2:43:01. An accident to his foot in 1951 put an end to his active career

George was always prepared to take on administrative roles. He became Cross-Country Captain and Secretary and General Secretary. He set up the systems of governance and pattern of meetings for both Essex County AAA (for whom he was to serve for many years as Treasurer) and Woodford. These systems still operate 60 years on

He was elected to the Essex committee in 1953 and was Treasurer of that organisation from 1963 until 1988. He was a President of Essex and in 1983 wrote the History of that Association. He represented Essex on the Southern committee, was President of the North of the Thames AA and of the Southern England AA. He was a Vice President of the AAA and an international field events referee

He was made a Life Member in 1951 and served as President in 1961/62

HOPE SPRINGS ETERNAL

Readers who were disappointed about the 2010 Isle-of-Man 100 Miles cancellation will be heartened to hear an attempt may be made to stage a 4th Colchester 100 Miles at the centrally located Castle Park. Bearing in mind previous ultra-distance success in Britain's oldest recorded town, interest should soon be generated.

ENTRY FORMS

Please don't forget to submit entry forms for the Enfield League One Hour Races on Saturday 22nd ay at 12 noon (slow/medium) and 1. 30 pm (medium/fast). Prior entries are needed for grading. Entry forms are about for Moulton's 5 Miles on Saturday 12th June at 2 pm – the South's most popular race walk. Entering on the day premium is £2.50. Forms are at Enfield League events.

ANOTHER TITLE FOR TOP WALKER

Frequent Essex visitor SANDRA BROWN merits congratulations for being 1st lady in the French 24 Hours, accounting for 187.503 kilometres. Well done! Incidentally the Browns no longer reside in London's smart Eccleston Square...their Dorset address (previously published) is now the one for both Richard and Sandra.

FIXTURES

| | | | |
|-------------|------------------------------------|----------------------|-------------------------------|
| Fri 2 Apr | Sudbury 5 Miles | Sudbury | 9.17 am |
| Sun 11 Apr | National 20K Championships | Victoria Park | |
| Sat 24 Apr | LICC/Enfield League 3,000m | Copthall Stadium | 11.45 am |
| Sun 25 Apr | National 50K Championship | Stockton-on-Tees | 11 am |
| | Virgin London Marathon | Greenwich/Blackheath | 9 am |
| Mon 3 May | Herts + Open Vets 3,000m | Stevenage | 12.30 pm |
| | Pednor Open 5 Miles | Chesham | 5 pm |
| Sun 9 May | Essex County 3,000m | Chelmsford | 1.30 pm |
| Sat 15 May | Essex County 10,000 m | Ashtons | 11.25 am |
| Sun 22 May | Enfield League One Hour | Lee Valley | 12 noon (slow) 1.30 (fast) |
| Mon 31 May | Inter-Counties Track Walks Bedford | | |
| Tue 8 June | WTW 3,000m | Ashtons | 6.40 pm |
| Sat 12 June | Moulton 5 Miles | Moulton | 2 pm |
| Wed 16 June | LBH/City Charities 3,000m | Willesden | 7.15 pm |
| Sat 19 June | LICC/Enfield League 5,000m | Ashtons | 11.45 am |

SUPPORT CALLED FOR

Hi Friends,

Happy New Year!

Just to say Hi, and let you know that Race walking event is yet again under threat during the forthcoming Commonwealth Games in India in October 2010.

It has been a spirited fight from the lovers of this event that it has survived in these championships. Its survival in future Commonwealth Games will depend on the **Number of participants and the number of participating Countries** in that event in India.

We are therefore **appealing to all Commonwealth member countries to send their Best Race Walkers to participate in these Games.**

It is also high time that **Members of Africa Race walking coaches Association** and lovers of Race Walking Event in our different Countries pulls up their acts together and convince their National Federations to send as many walkers to Nairobi in July/August 2010 for the African Senior Athletics Championships.

LET US ALL STAND TO BE COUNTED ! Notify those who you can reach.

Many thanks,

George Kariuki K.

Chairman – Africa Race Walking Coaches Association

COUNTY STATUS QUESTIONED

Dave

Thank you for the new Essex Walker – everything stops when it arrives until I've had a chance to read it through.

It was interesting to see your note on 'Who would be an Editor' followed by the news of Francisco's 'victory' in the Hertfordshire county championship. My understanding is that Francisco lives in Middlesex (Southgate) and will indeed be turnout out for that county in the Inter Counties at Warwick University tomorrow! I hope that I am wrong as I fancy a Herts team of Reis, Thompson and yours truly might be quite competitive!

See you soon,

STEVE ALLEN (Herts by birth and residence)

JILL GREEN'S LONG DISTANCE NOTIFICATIONS

Jill has been in touch to tempt Essex Walker readers with some activities:

8 May Round the Isle of Wight Non Stop Walk (72 miles in 24 hours)
Start Sandown at 7.30 am. Cost £30.
Details from John Martin Neville on 07510-510163 (mobile after 5 pm)

10-13 May Isle of Wight Walking Festival Week 1 – Leader Jill Green
Start Shanklin (walking 20 Miles to Brook) at 9 am
Brook-to-Yarmouth 13 Miles, Yarmouth-to-Wooton 23 Miles and
Wooton-to-Shanklin 18 Miles. All walks fit in with bus timetables....
so it's a Green Green Walk!
Details: Jill Green on 01983-863763

Jill further advises that there's a 24 Hour event in Schonefeld (near Hamburg) on 5/6 June. It's a good event (Jill Green and Sue Clements are previous event finishers). Contact Hedwig Roper on Fax 040-830-7717 or email hedwigroeper@alice.dsl.de

Finally there are 4 events in Schiedam (Holland) on May 22nd/23rd. On offer are: 24 Hours (100 Miles – 160.934 km – in conjunction), 100 Kilometres, 50 Miles and 50 Kilometres. It'll be the 11th Continental Centurion race, should you wish to become a member of another Centurions organisation. Information from our good friend, and frequent Essex visitor, Hans van der Knapp on 010-4662015 or visit www.RotterdamseWandelsportVerniging.nl

WRITES PAUL NIHILL MBE

Dear Dave,

Sorry you have not seen me for a little while now. I am having a lot of trouble with both my knees. I have been limping now for almost five months. I have attended a couple of local races (Addington and Bexley) but will not venture anywhere that involves too much walking.

Sorry to hear that Phil Collins has died. He was the first judge to disqualify me as an international! It was the 1963 Highgate Open 7 Miles. I was mixing it with Ken Matthews at the time – silly boy,

Best Wishes,
Paul.

QUALIFICATION DEBATE RUMBLES ON

Dear Dave,

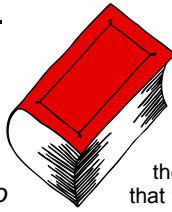
You really shouldn't let Sharpie wind you up like that!

I too, was at the National 10 miles and made a point of checking who was entered for the Hertfordshire 10 miles: just the usual suspects. So Francisco Reis could not have won the Hertfordshire Championship because he did not enter for it (apart from the fact that he is ineligible because he was born in Portugal and lives in Middlesex – you may remember that Mark Easton came first in the race for the Herts Seniors/Vets 3K in 2008 but did not win the Championship because he had not entered although he was eligible).

You should have spotted it was a spoof because no-one can enter a third party for a County Championship – the competitor has to certify his/her right to enter and sign the declaration.

Of course we should warmly welcome Francisco if he chose to relocate to Hertfordshire (and our team would have done a lot better yesterday with his score instead of mine), but until then we must acknowledge Middlesex's claim.

Best regards. John Borgars.



BOOK PREVIEW METHOD IN MY MADNESS – RICHARD DUNWOODY

Richard Dunwoody is a retired jockey. He rode over 1900 winners worldwide including the Grand National twice. He was Champion Jockey three times. He retired from racing at the relatively young age of 35 having suffered several injuries in that tough and dangerous sport. His book 'Obsessed' covers that period of his life. With his background, and still being overall fit, it was obvious he would not be retiring to an easy life during the ten years after horse racing. So, along with 10km marathons, and triathlon races, he took part in a race of about 350 miles to the North Pole. Five years later he walked nearly 700 miles in 44 days to the South Pole. In 2009, he climbed Aconcagua, the highest mountain in South America. He also had a spell racing cars.

Later in 2009, he replicated the 1809 feat of Captain Robert Barclay of walking 1000 Miles in 1000 Hours at Newmarket. Many race walker, and not only from the South, helped him during the 1000 hours. Part of his motivation for doing these adventures/challenges was to raise money for charity. These were not only connected with horse racing, but also included Motor Neurone Disease and Alzheimer's Society.

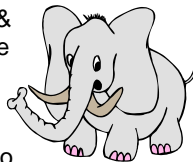
Since retiring from horse racing he has partly earned a living leading horse trekking holidays in South America and Asia, and motivational speaking. After recounting his many successful exploits, the book ends with a very public failure – Strictly Come Dancing. His thoughts and problems adjusting to his new life after horse racing will be of interest not only to sportsmen but to anyone whose career has to come an end.

Amos Seddon

“ALLO, ALLO, ALLO”

The annual Metropolitan Police Walking Club's Dinner & Reunion (also open to those who have never donned Police uniform) saw an Essex lady take over the organisation of this long-established function. Stepping forward was Haley Mattinson...and what a success was made of her first attempt. For the first time in many years there were so many bookings that the 'Full House' sign went up and a waiting list established. What is so very clear is that more and more distance walkers (serving and retired) now attend this function...and less and less former Met. Police race walkers. So come on you ex-Met Police race walkers...snap up your tickets for 2011 as soon as they come onto the market!

A high standard of catering was maintained. The Guest-of-Honour was JULIE WELCH, authoress of '26.2' about the London Marathon (which she has competed in) and 'Out On Your Feet: The Hallucinatory World of One-Hundred Mile Walking', again an event in which this good lady has both competed in and completed the distance. Julie is currently writing a book on the life of Spurs and Scotland legend, the late John White who died early when struck by lightning on a Hertfordshire Golf course. Julie was Fleet Street's first lady soccer reporter. It would appear that wine flowed well on the top table, as when our Guest rose her speech was 'somewhat jovial'. But as they say, a good time was had by all.



WHITE ELEPHANT

Essex Sports promoter BARRY HEARN, who once took part in an Essex County AAA junior mile walk and presented prizes at a 'Romford Brewery' Town Centre walking race, has sounded-off about the new Olympic Stadium at Stratford. Said Barry "It's a massive cock-up by the Government because it's the worst designed stadium I have ever seen". Barry considers that a huge opportunity has been lost to leave a proper lasting legacy. Barry continued, "Within a few years there will be grass growing out of the seats and I will say I told you so. I've been telling them for 3 years and the people making the decisions will be long gone. It's fundamentally flawed, it's an embarrassment which is a great shame. They have made every effort to build a non-sustainable facility so congratulations to them on that, it's a scandal" he declares.

GOOD LUCK

We wish all our readers who will be active on Sunday April 25th well. The real toughies will be giving their all at Stockton-on-Tees at the RWA National 50K. Much closer, a number of readers will be in the Virgin London Marathon, with some raising charity money along the way. Good luck to one and all. Ilford AC man a water station near the 19 miles mark at Canary Wharf, while EDDIE TROTTER's Collier Row Striders will man an energy drink/water station at 14 miles – also at Canary Wharf. The stations are on different sides of the Colonnade...with CCTV positioned to catch any cheats sparks nipping over the narrow divide! In fact Eddie many even be racing...wait and see!



WRITES BILL SUTHERLAND BEM

Well done Dave, on your Essex Walker. Always great to read. Kind regards from myself and Kath.

Bill

EMAILS FORMER INTERNATIONAL PETER HODKINSON

Dave,

On seeing the recent issue of Race Walking Record I was interested to see the picture on the front cover showing Daniel Brot, the Swiss Race Walker with his dog competing in a Cross County Skiing Race. I have just returned from Oberammergau in Germany where I completed my first Cross Country Ski Race, the Konig Ludwig Lauf.

I completed the 45 kms distance in 3 hours 50 minutes which is about twice as long as the winning time in the recent Olympics. Still Rome wasn't built in a day and as this was my first race over the distance, I deliberately controlled my pace in the early part of the race. I have got nine more races to undertake in various countries included one in another continent, before I can be awarded the title of being a World Loppet Master. There is no time limit to achieve this award, but as I am already 65 years young I can't hang around for too long. Most of the races are around the 50kms mark although the Vasaloppet in Sweden is 90kms. Need a bit more training for this one. Just to let you know I will not be at the next Cambridge Race as I will be skiing in Finland. This retirement business is all go.

Best wishes,
Peter H.

70 NOT OUT

Former Essex County AAA President, former Southend-on-Sea Marathon Race Director, one time World 10 Miles record holder and committed Arsenal supporter – the rotund MEL BATTY – recently enjoyed a celebratory 70th birthday lunch. Many notables were present including NEIL ALLEN, JOHN BACHELOR, HOWARD WILLIAMS and COLIN YOUNG to name but a few. Well done to Mel on reaching septuagenarian status!

WRITES PAUL NIHILL MBE

Dear Dave,

I have unearthed some notes of my early race walking career (written in 1960).

25.05.60 DNF London Vidarians Miles Mitcham. Although I couldn't have lost and would have done my fastest ever time, I was not satisfied with my walking and unofficially disqualified myself 300 yards from the finish! This would have been my first ever win in a race walking event. How honest can you be? – footballers please take note.

06.07.60. 13th Belgrave Harriers Inter Club 2 Miles Track Walk 17.42. First was Stan Vickers 13.11.6 (less than a second off the UK record). Terrible track – my slow time was due to concentrating on my style.

Bob Clark (Poly), was one of my great rivals in the 60s always said, "You haven't tried until you've been pulled". These words are so true I can contribute to several of my early DQ's to me trying to beat an opponent and trying too hard to do it. Walkers don't cheat, they try too hard. Well at least the majority of them.

I've had a good work out with my legs – but the improvement is so slow.
Hope all is well.

Best wishes, Paul

PLANE TRAVELLING

Meeting up on a French-bound plane were former International GEORGE NIBRE, our Think Tank supremo, and former UK National 100 Miles Champion KEVIN PERRY. Both are French property owners of note!

APPEAL FROM VANESSA READ

From Vanessa Read dougiepalace@hotmail.co.uk

Subject: Keith Read (My Dad)

Hi

Hope you don't mind me emailing you. I'm Vanessa Read, Keith Read's Daughter saw your tribute on the Essex Walker page made me laugh. You probably don't know that I lost my Mum 4 months after Dad. So have had a rollercoast year.

The reason I'm writing is on May 1st I'm doing a Sky Dive in aid of St. Wilfrid's Hospice in Eastbourne in memory of my Mum and Dad. Perhaps at your next meeting you could mention this if not no worries. Thanks for reading this.

I have a 'just giving' page set up for this event, I don't mind if people contact me via email etc., or home. Address 89 Bradford St. Eastbourne. BN21 1JA

www.justgiving.com/Vanessa-Read-Palace

Thanks, Vanessa Read.

OUT AND ABOUT

Well done to STEVE ALLEN & DENNIS JONES who both managed to get to and from Rome over the weekend of the BA strike...having booked to 'fly the flag'. Sadly, after just 3 miles, Steve suffered a recurrence of his calf strain incurred while running the Roding Valley Half-Marathon in appalling cold, wind and rain. So Steve switched to a slightly more comfortable race walking gait, and along with Dennis completed the course in around 5 hours and 17 minutes. ALEX was there giving his usual support...and all found time for some sightseeing in the Eternal City. Money was raised for 'Children with Leukaemia' – their charity collection sheet is still open should you wish to donate.

Nearer home March's Enfield League 5 Miler saw a storming victory by strongly finishing PHIL BARNARD. Event regular NICK SILVESTER was 2nd with ever-improving FRANCISCO REIS completing the frame. On a weekend when other races were on, an encouraging 41 toed the line with 39 passing the recorders. Full result in Enfield Walker.

EMAILS MT. POLICE ANNUAL DINNER TOASTMASTER ANDY BIGNOLD

Dear Dave

What an evening. I thoroughly enjoyed the whole thing. Hopefully that idiot stripping between speeches didn't put people off

All our feedback is that it was thoroughly enjoyed and a testament to Haley's hard work.

I am looking forward to the Centurions' bash. It will be a great evening. Yes, I have performed at the Palace of Westminster before but each occasion is very significant and memorable.

I have contacted the organisers of the Tanners Marathon and will attend their May meeting to assess the commitment and resources need to continue this event, providing they think This is the right course of action. I have given them the option to lay it to rest if they so wish – but it would be a pity.

Lastly, have a great Easter.

Best Wishes

Andy B

NOTIFICATION FROM DAVE HOBEN

Subject: VAC Walks Summer 2010

Battersea Park (from Millennium Stadium) 5 Miles: 13/4,11/5, 22/6 (Champs), 13/7 and 10/8 all 7 pm, Road, 'B'

Battersea Park, Millennium Stadium VAC, Surrey, Herts and Mddx 10km track: 28/4 6.45 pm Track 'A'

Open to non-VAC members & non-vets as 'guests'