

Essex Walker

Editor: Dave Ainsworth

EDITORIAL - "LET'S GET READY TO GRUMBLE"

It's some years since an official Athletes Registration Scheme was introduced, and it's obvious few event organisers have insisted on such numbers being produced before allowing entrants a start ... and rightly so, for it's an unwanted layer of completely unnecessary red-tape! Up-and-down the country, Athletic Clubs have difficulty getting folks to stand as Honorary Secretary, a reason being the sheer amount of extra administrative work this scheme has dumped on such willing souls. Essex Walker reflects readers' opinions, many of whom believe it's merely a money-making scheme to fund an ever increasing number of well-remunerated full-timers. This opinion is indeed shared by many in the wider athletics community. The shameful recent failed attempt to jack up annual costs, by way above inflation rate, was rightly discredited by so many - including some Clubs who threatened a break away to start up their own Organisation.

Is Registration necessary for athletics, which seems to have done well without it for over a century? Race walking's going downhill fast ... at March's National 10 Miles just 25 men finished, most being over-the-hill. One football match on a grassed area near the finishing straight had (with subs) had more participants than race walking could raise from our entire country! Football's our National game and cricket's our National Summer game. They don't require each player to register on a National list before they can be picked ... they merely get involved with a local Club.

The Foreign Athletes Registration Scheme is another money-spinner, which few bother with, as a numbers are seldom asked for. Surely those from EU member states should be treated as domestic athletes, as all citizens from such Countries have rights to settle and work here without let or hindrance. Within race walking some voices demand full compliance with all this red-tape. That's more work for Honorary Race Secretaries who have to check each entry, be it at National or Area level. Entrants had to be checked out before our National 10 Miles (which had few starters in any case) and from 1 April the RWA Southern Area (again from pressure within walking) now checks each entry for a valid in-force number. All more work! The RWA Southern Area has suffered declining fields for some years and a number of races have just about gone on ... last year (Olympic year) their 20K Championship was cancelled owing to lack of numbers. Yet we have a clamour for more vetting and a wish to see even less entries accepted. Another for our "You Couldn't Make It Up" file. Even National races, such as our 50K, have come close to being dropped from the programme. "So let's deter some more if we can" appears to be the tactic of some. Those in favour of Registration should look hard at the current big success in domestic athletics ... the "Park Run" Series. In Havering a regular "Park Run" sees over 50 unattached runners each month. No questions are asked/nobody is under obligation to join anything afterwards. They go home happy and come again. Of course the hope is a prospect of finding a new Coe/Ovett/Cram/Martin/Farrow/Radcliffe/Holmes etc.

Walking should take note of informality at such popular events, all of which attract more punters than race walking now does. The Enfield League is based on informality with "turn-up-and-race" and only question being asked - "Who are you?" Enfield host the mainland's best supported walking events and folk love them. Indeed many only appear at Enfield fixtures. What do well remunerated full-timers do for the Enfield League (answers on a postcard). We don't need them or their potty Registration Scheme (be it Domestic or Foreign). If more get turned away, less levy money drops into our RWA's coffers - Think on!

INTO EUROPE

Congratulations to Olympian Neringa Aidietyte for finishing 5th in a top class 20K at Olomouc (Czech Republic) clocking 1.35.34. Well done!

TEMPUS FUGIT

"Edbanger" (aka Ed Shillabeer) points out that Neringa Aidietyte's recent 1.35.34 (20K race in the Czech Republic) exactly equals his 20K road PB, which was set in a South West Counties' Championship many years ago.

GET 'EM BEET

Professor Andy Jones of Exeter University has shown beetroot juice helps to boost athletes' performances. Experts say that nitrates in the vegetable aid chemical processes which get muscles working at their most efficient during intermittent bursts of activity.

ON TRACK

FRANCISCO REIS brought another National title to Ilford AC on a bitterly cold Sunday afternoon; not that conditions troubled competitors disputing the British Masters Athletics Federation National 3,000 Metres Walk, for it was at Lee Valley's centrally-heated indoor arena in North London. Francisco was an emphatic winner, with a most impressive blast from gun-to-tape which none could match, seeing him finish in 13 minutes and 54 seconds which was well clear of 2nd placed former Olympic representative IAN RICHARDS (Steyning AC). The Ilford athlete's performance drew praise from both from colleagues and rivals alike.

Of course the story here was of two National Championships being staged on the same afternoon in North-East London, and that's been fully covered in a previous edition and also by umpteen emails/other correspondence/phone calls and many words at meetings. Some tried to do both, and credit to National 10 Miles Organisers for holding their start back by over a quarter-of-an-hour, so affording opportunity for plucky competitors to race both indoors and outdoors! Due to serious North London traffic chaos (see National 10 Miles article) it took IAN RICHARDS 2 hours to complete his journey from London N9-to-E9. Barnet's STEVE ALLEN, with his North London "Jack-the-Lad" nous and knowledge of local roads, made it in time as did another more locally-based athlete MAUREEN NOEL. Among those successfully completing this journey were RON and JOAN WALLWORK. Let's hope such enterprise won't be needed in 2014!

F I X T U R E S	1 May	Police/Civil Service Ryan Cup 10K	Tally Ho	1.30 pm
	6 May	Hertfordshire 3,000m Champs	Stevenage	12.30 pm
	6 May	Pednor 5 Miles (+ Enfield League)	Chesham	5.00 pm
	7 May	Veterans AC 5 Miles	Battersea Park	7.00 pm
	11 May	RWA Southern Area One Hour	Sutcliffe Park, SE9 5LW	1.00 pm
	12 May	Essex/Open 10,000 Metres	Ashtons Track	TBA
	18 May	Dutch 50/100K& 50/100 MIs/24 hours	Weert	TBA
	18 May	Inter-Area Representative Match	Tamworth Track	12.00 noon
	26 May	Essex County 3,000m Champs	Melbourne Park Stadium	TBA
	27 May	Bradford 35K/15K	Baildon	11.00 am
	28 May	Essex Police Championship	Chelmsford	TBA
	1 Jun	Moulton 5 Miles (+ Enfield League)	Moulton	1.00 pm
	2 Jun	SCVAT T&F Championships	Ashford	TBA
	4 Jun	Woodford Tues Walk 3,000m + YAG	Ashtons Track	8.30 pm
	8 Jun	RWA Southern Area 20K Champ	Donkey Lane	TBA
	16 Jun	England Athletics Championship	Bedford	TBA
	18 Jun	VAC 5 Miles Championship	Battersea Park	7.00 pm
	23 Jun	BMAF 10,000 Metres Championship	Horspath (Oxford)	TBA
	29 Jun	LICC/Enfield League 5,000m	Allianz Park	11.45 am
29 Jun	Bristol-to-Bath Social Walk	Temple Meads Stn	9.45 am	

SHADOW MINISTER OF SPORT TO SPEAK IN ESSEX

The Shadow Minister of Sport, Clive Efford (MP for Eltham) is speaking at an "Open Meeting" (free admission) of Havering Fabian Society on Thursday 16 May at 7.30 pm in the Upstairs Meeting Room of Hornchurch Public Library, North Street, Hornchurch. RM11 1TB. His discourse is entitled "Olympic Legacy" followed by questions and comments from the floor. Meeting Chairman is Keith Darvill (ex-Upminster MP). Mr Efford, a committed Millwall supporter, has been to the fore in opening Community Sports Centres in his area. Free parking, up to 3 hours, in Sainsburys car park and also after 7.00 pm in the Queen's Theatre car park (both opposite). Nearest station (5 minutes' walk) is Emerson Park (Greater Anglia). If coming, frame your relevant question now!

ISLE OF MAN NATIONAL 100 MILES

Don't miss the boat to Douglas! There's a limit of 100 entrants for this great event, to be staged in the Island's capital on August 3rd/4th. Already over 60 have applied, so don't get left behind!

<http://www.isleofman100milewalk.co.uk/index.html>



CALL FOR COACHES

Respected Coach MICK GRAHAM, who supervises popular Lee Valley Olympic Legacy Training Sessions, has told Essex Walker that he calls for more coaches to attend races so they can use such occasions to give valuable advice to competitors ... there and then and on-the-spot, so standards of domestic race walking can be improved.

NATIONAL 10 MILES CHAMPIONSHIP WOES

A number scratched, which was probably wise with the high average age of entrants nowadays, when considering sub-zero temperatures. Also there was traffic chaos throughout North London (causing some to turn back) as vehicles needed other routes to offset a 6 hours Dartford Bridge closure while an unfortunate man sat on its highest point ... sadly he's no longer with us. Our last issue brought recollections from Terry McDermot, as he recalled the 1979 National 20K in that same park (on a longer circuit). Terry was a highly successful finisher that day on an occasion when 22 men retired and 15 were disqualified. Almost as many retired in 1979, over 20K, as finished over 10 miles in 2013! The 2013 men's statistics: 25 finished/2 were out of time.

Had National Coaching Representatives attended they'd have learned little as the King twins had reasons for not being on top form (see Essex County article) while others wisely "kept their powder dry" for Lugano, including spectator Alex Wright. Winner, Folkstone-based Irish athlete MICHAEL DOYLE, led Ashford AC (290 points) to team glory, followed by 2012 team victors Ilford AC (270) who tried their best to overcome unavailability coming 2nd with Surrey Walking Club (259) 3rd. Other Essex teams were 5th Colchester (195) and 8th Ilford 'B' (156). On such a day we profoundly thank all officials, helpers and supporters. Among those giving encouragement were great medallists of past decades including Olly Flynn, George Nibre and Ron Wallwork - the latter having come straight from officiating at the day's other National Championship at Lee Valley's indoor arena.

Selected results:

1	Michael Doyle	Ash	71.31
2	Daniel King	Col	72.54
3	Dominic King	Col	75.05
5	Steve Uttley	Ilf	89.11
9	David Crane	SWC	95.26
12	Steve Allen	Ilf	100.19
13	Ed Shillabeer	Ilf	103.32
14	Paul King	Bel/Ltn	104.24
19	Dave Kates	Ilf	107.46
23	Sean Pender	EH/Ltn	109.00
25	Mick Barnbrook	Ilf	119.02

THREE COUNTIES SPONSORED WALK FOR RED CROSS

Essex-born Centurion LDWA member Sue Clements is going to do a multi-day sponsored walk during Red Cross Week. As a long-term First Aid Volunteer, Sue is using the walk to raise the profile of the work the Red Cross does in local communities and raise funds for this worldwide humanitarian society. Sue's route will link up Red Cross centres and shops, leaving Norwich on Saturday 4 May and arriving at Cambridge on Saturday 11 May. Donations may be made at <http://uk.virginmoneygiving.com/SusanClements1>.

The itinerary is as follows:

Monday	6 May 2013	Norwich to Tasburgh (via Wymondham)
Tuesday	7 May 2013	Tasburgh to Diss
Wednesday	8 May 2013	Diss to Knettishall Heath
Thursday	9 May 2013	Knettishall Heath to Bury St Edmunds
Friday	10 May 2013	Bury St Edmunds to Newmarket (Moulton)
Saturday	11 May 2013	Newmarket (Moulton) to Cambridge



Sue would welcome walkers to walk with her, offers of accommodation en route and assistance with luggage transportation. For further information, contact Sue at susanclements950@btopenworld.com.

THE ART OF WALKING

Running till 5 May at the PM Gallery in Ealing (Walpole Park, Mattock Lane, London W5 5EQ 020-8567-1227) is an exhibition of artworks, films, photographs and drawings called "Walk On - 40 years of Art Walking" - Open 1.00 pm to 5.00 pm Tuesday to Friday, and 11.00 am to 5.00 pm Saturday.

GRUNT'N'GROAN 1

Eddie Trotter's son KARL is a noted fund raiser for Muscular Dystrophy as is Eddie himself. Karl's now branching out to raise funds for "HELP for HEROES" by helping stage a charity wrestling tournament at Chelmsford's Marconi Social Club on Saturday August 24th. Romford-based Karl, a big WWF fan, has relations in the Army and as well as helping the Armed Forces Charity, also wants to give wrestling a rebirth in the area. For further details see Eddie at the meetings.

GRUNT'N'GROAN 2

Like race walking in the 70s, wrestling is now being ditched by Olympic organisers (last bell tolls at Rio). The reason given by IOC is "This is not about what's wrong with wrestling but about what is good for the Games". Grapplers are taking a leaf out of the walkers' book by starting a campaign against exclusion. Walking's wonderful campaign of the 70s was one of our most successful achievements and folk speculate if wrestlers can emulate our victory. Wrestling's been included since the 1st Modern Olympics (1896), but found itself competing with 7 other sports, including squash and washu for a place. What's washu you ask? It's a sort of Kung Fu!



Dear Dave . . .

EDBANGER'S SUCCESS ABROAD

Faceotti Challenge 20k (biggest trophy I've ever seen) won by 3 Italian young speedsters in Montreuil, Paris. Ilford AC's ambassador, Edbanger Shillabeer, 35th from 62 starters in 2:08:33 on a very cold, very potholed 14 lap course. Job done! Pics on Facebook (Roger Quemenier).

Ed Shillabeer

BILL and KATH REMEMBER THE 1979 NATIONAL 20K IN VICTORIA PARK

Kath and I remember that race vividly. I kept shouting out the FA Cup score as I was spectating and the late Bill Symes moaned at me about supporting the Arsenal as he lived in Peabody Flats near QPR Loftus Road with his Icelandic wife Loa. She made mouth-watering sausage rolls too! Great days they were too!

Bill Sutherland

MARTIN OLIVER HAS THE ANSWER

Thank you for the latest copy of 'Essex Walker' - a 'riveting read' as always! In answer to the question:- which year did George Meadows win the Met Police Open 7 in the snow, I won't steal Eric Hall's thunder if he replies (but he's usually in the warmth 'Down Under' this time of year - lucky so-and-so whilst we're all shivering!). I quote from February 1955's Race Walking Record where you'll see that the race he won was on 15 January 1955.

As someone who was of similar build to George (in my prime!) ie short and solidly built (not fat in those days!), I used to enjoy training in the snow and ice. I could easily plant my heels firmly into the snow and, having a low centre of gravity, could quickly and easily correct any tendency to slip and slide. Tall slender walkers like Bill Sutherland would have had a really hard time of it though. I'm not surprised George won that race. Good on 'im!

I can remember at least one race at Battersea Park in the early 80s being cancelled due to snow and ice on the circuit, with John Keown waving his arms about as we arrived at the track. I can also recall a 1 mile race in January 1979 at the Essex Police Cadet School in Chelmsford, put on by the late and much lamented John Hedgethorpe. This race only went ahead because John 'press-ganged' all the cadets into getting out early in the morning with spades and brooms and clearing snow and ice from a 5-or-6 laps to the mile circuit around the local housing estate! Only 5 walkers turned up; 3 "speed merchants" plus Alan O'Rawe and myself left to battle it out at the back doing our 1 mile stint in 7-and-half minutes - a minute or

more behind the rest of the field. Oh to be able to do 7-and-half minutes now (in any conditions). Eh Alan?

Martin Oliver

Adds Hon Ed: Martin has a wonderful collection of past results/race accounts and can always be relied upon to turn up something relevant. The 1955 Met Police Open 7 Miles saw the local Council co-operate by helping to clear snow from the course. Referee Walter Batson held a show of hands beforehand to see who wanted to race - 100% voted "for" so "the Ayes had it". Even so, frozen snow ruts made for hazardous going and were probably worth over 2 minutes in time. Alec Macfarlane had a lead with 600 yards to go before suffering disqualification. George just dipped ahead of A Johnson (Sheffield) to win, both clocking 55.07. G Howell of Highgate Harriers completed the frame in 55.17. Those 2 Highgate lads with L Evans 6th in 56.08 and G Brown 19th in 59.57 won the team race. Woodford Green AC were close 2nd scoring R Goodhall 4th in 55.32, J Goodhall 7th in 56.08, A Cotton 9th in 57.08 and A Mash 10th in 57.08). Essex stalwarts Hew Neilson (WG) and Colin Young (Esx Beagles) were 23rd and 24th clocking 60.27 and 60.33 respectively. First Met man gaining no other award was A Bennett (SWC) 22nd in 60.27 with 1st Met Novice being C Yescombe 77th in 68.03. Others racing included Bels trio Eric Hall 11th in 57.43, Doug Fotheringham 58th in 64.57 and George Beecham 69th in 67.21. Belgrave, led by 5th placed S James in 56.01, were 3rd team scratch/2nd team handicap with Eric scoring in both squads. It was Highgate's day as they won the Handicap team race as well, with Messrs Howell, Brown and Meadows being joined by 29th placed E O'Hara 60.58. Respected officials K Best (SWC) and C Gittings (QPH) were 48th/69th clocking 63.22 and 67.06. Organisers expected 200+ as that was the going rate in such times, but weather kept down participation to 110 of whom exactly 100 finished (last man A Pink in 78.22 of the now defunct London Vidarians). 14 teams closed in.

ALLIANZ PARK FORMERLY HENDON COPTHALL FIELDS

I went to Allianz Park now the home of Premiership Rugby Club Saracens for a match recently and dreamt of the wonderful Highgate Harriers 'A' Section of the One Hour Walks on 27 September, 1969 where five walkers beat 8 miles in the hour! The Stadium holds 10,000 seating capacity with excellent facilities which augurs well for the 3 LICC Walks this summer. Wouldn't it be wonderful if we could hold an Athletic Meeting with a full house today as a Legacy from the wonderful 2012 London Olympics and Paralympics? Any thoughts?

Bill Sutherland

LONG DISTANCE WALKERS ASSOCIATION HUNDRED 2012

I have a few copies of the report booklet and accompanying DVD covering the LDWA's 2012 Hundred – the Games Hundred – which took place over the Jubilee weekend. It was unusual in that it included quite a lot of urban walking at the start. The route went from the back entrance of the Olympic Park, south passing Olympic venues to reach the North Downs Way, through the Surrey countryside and finally north to finish in Windsor. If you would like a copy please will you let me know and I will post it to you.

Ann Sayer

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WRITES ELDER STATESMAN CARL LAWTON

May I thank the efforts of all of those who have put so much effort into trying to get walking reinstated in the 2014 CG. Should we get a complete turn around and get reinstated even at this late stage could it still end up with us getting a good kick in the teeth? Just how many walkers would we get out from all the eligible "countries" which come under UK for everything else? I am not going to try and work it out or even guess. Regretfully the RWA does not do the final selection, but done by a behind closed doors bodies. How many of you can name adequate names to provide Scotland with a FULL squad in ALL events with times that would match a rigid qualifying time that maybe/will be required?

Unfortunately, we have, despite attempts not to, become out on a limb from general athletics in many cases. So, while there may not be many participating in, say, a Pole Vault event in an open meeting, it is covered by all the other events, whereas walking has become esoteric, due to our own fault in many cases, that a few participating is soon noted. We do not/will not/cannot support walks at meetings put on by organisers above ourselves, County Championships/Area Championships to name but a few, so can we expect their support when we need it?

Most of us know the problem - lack of walkers in their 20s and 30s, and unfortunately pages of bumph on specific training routines, technical advice which might as well be written in another language, specialised diets etc, do not fill that space and never will. What we need is an influx of youth from somewhere who are looked after by "advisors" who advise them to first of all "walk properly". Our present stock of knowledgeable advisors regretfully are not in their prime and so newcomers have reluctantly got to train on their own who get instruction from the wrong people who teach them to run before they can walk and then it takes a long time to get it corrected if the persistent DQs have not left it too late..

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Finally, I will end on that thorny topic of judging. A Judge should be given the authority and the courage to clearly indicate to the walker that he/she is giving in a DQ card, not just a warning which means absolutely nothing. We still hear complaints that people getting DQ'd still complain that they were not warned and the judges stating that you did not need to be told. Then the Judges are NOT getting the principle of the rules across. Unless you specifically can see the board on each lap, poor positioning, blocked view or, may I say it, poor eyesight, then the walker may well not see it. As many of you know I have never been a full supporter of the rules as they are at the present time. To be given a "warning" should mean only one thing: that is "I am NOT following the rules", NOT that I am possibly "just about to be NOT following the rules". A perfect walker should be given warnings by every judge.

Carl Lawton

VIEWS OF BILL SUTHERLAND

Sorry to hear of poor turnout in National 10 Miles Walk on bitterly cold day. Our biggest problem is the lack of numbers in major races ie the Nationals and the Commonwealth Games from the UK. That seems to be the main reason why we have been excluded from Glasgow. Sad to hear about Helen Middleton quitting the Sport as she was doing so well for Enfield and will be greatly missed by Ron. I do know she has many other interests.

Bill Sutherland

BOOK REVIEW: The Hero no one wanted and there is much more.....

I would like to recommend to your readers the Olympic and World Records Book I recently purchased from Foyle's Book Shop with an excellent 2 page section on the Men's Race Walks but sadly nothing on the Women's. Did you know that at Melbourne in 1956 Norman Read won the Men's 50 Kms Walk Gold for New Zealand, having fought a battle to be recognised by 'the land of the long white cloud'. Born in Portsmouth, Read emigrated to New Zealand in 1954, but still tried to compete in a British Vest at the 1956 Games. The AAA rejected his request, and so did their New Zealand counterparts – until he won the Australian Championships over the Olympic Games course in Melbourne after which he was hurriedly accepted by the Kiwis! A really great read at £19.99.

Bill Sutherland

REGISTRATION COMPLIANCE from Edbanger
What's his problem? If it wasn't a volunteer sport I'd say "jobsworth".

Ed Shillabeer

REGISTRATION - STEVE UTTLEY'S VIEW

I completely agree with you - we need to be trying to encourage competitors, not trying to cut the field.

Steve Uttley

NEW WEBSITE

Readers of Essex Walker may be interested to take a look at my new website www.chrismaddocks.co.uk. Familiar faces in the various galleries are guaranteed. A glance at "Money Walks" book reviews also offers an indication of how well it's being received.

Chris Maddocks

BRITISH EMPIRE MEDAL AWARD TO RICHARD HINTON

I thought you would like to know that Richard Hinton, son of former Ilford A.C. race walker Mike Hinton was awarded the British Empire Medal in the New Year's Honours List for his outstanding contribution towards the London 2012 Olympics and Paralympics. Richard was one of the original 80 plus staff, who laid the foundations under Lord Sebastian Coe, before the bid was won in 2005. He spent some considerable time in Beijing (China) learning from their Olympic experience. Specifically he was a Manager over 500 others, working very long hours on IT and Communications over 8 years in preparation for what has been described by many 'as the best ever Games.' He received the prestigious Award from the Lord Lt of London, Sir David Brewer CMG, JP, at the Tower of London on 27 March 2013 and has been invited to an Olympic Garden Party in late May. A really great achievement!

Bill Sutherland

WRITES THE RWA SOUTHERN AREA HONORARY JUDGES SECRETARY

There seems to be some confusion about judging rules: this may clarify matters.

First: whether a walk is judged under International rules or Domestic rules is purely a matter of the number of judges present. International rules need at least 3 judges and each walker is only DQ'd if 3 red cards are received, all from different judges. Domestic rules are applied if there are only 1 or 2 judges, either of whom can DQ on the spot: "one shout and you're out" is the graphic phrase.

Second: whether a walk is category 'A' (judging contact and knees) or category 'B' (judging contact only) is partly determined by the nature of the walk. National and Area Championships must be A, anything over 50k must be 'B'. For other walks, for distances up to and including 50k, the organiser decides if they are to be 'A' or 'B'.

There is a variant of the International system to be tried out for the U17s where time penalties are applied during the walk: it remains to be seen how easy this is in practice.

Pauline Wilson

RACE WALKING AT SOUTHEND AC

My name is John Brock, some of you might know me already. I have recently been elected to the post of Race Walking Secretary for Southend-on-Sea Athletic Club. I should be grateful if you would send any relevant information regarding race walking that needs to come to our club to me. We do not currently have many Race Walkers at Southend (unlike the great squad that we had many years ago!). However we do have an event that we are staging. It is on Bank Holiday Monday, 26 August. Please could any of you who are responsible for the various Race Walking newsletters or web-sites include some mention of this event.

John Brock

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Adds Hon Ed: Many remember the powerhouse Southend-on-Sea AC Walking Squad of the 70s, who were serious contenders for National Championships, their all-conquering Ladies Squad of the 80s onwards ... and their Essex League Champion Squad of the 90s which were so enthusiastically motivated by Val Mountford. We've already given a good "plug" to their August Bank Holiday Walk, which attracted so many in Olympic year! We'll mention it again nearer the day. We wish John all success in his revival bid.

GREAT ARTICLE IN THE DAILY MAIL

There was an outstanding article by Laura Williamson, Athletics Correspondent for the Daily Mail on the very sad passing of the Great Stan Vickers, of Belgrave Harriers. The text went as follows: OLYMPIC BRONZE MEDAL WINNER VICKERS DIES – STAN VICKERS, who won the Bronze Medal for Great Britain in the 20 Kms Walk at the 1960 Rome Olympics, has died at the age of 80. After the race Vickers sat down to rest and was carried off by ambulance crew who thought he was sick. The crew didn't speak English and several hours passed before officials discovered what had happened. Lewisham born Vickers was a member of the London Stock Exchange and was carried shoulder high around the trading floor on his return. The highlight of his career was winning the European Championships in 1958 in Stockholm, when he beat the 1956 Olympic Gold Medallist Leonid Spirin by almost 2 minutes. I recall him with great admiration for he was probably the most stylish and fairest Race Walker Great Britain has ever produced. For anyone who has the chance to view it his AAA 2 Miles Walk victory over Ken Matthews at the White City on a cinder track was probably the best short distance Championship Walk of all time! He was one of my many personal heroes from that era. May he Rest in Peace. God Bless.

Bill Sutherland

CG Bronze Scotland 1970

ON THE BOARDS

Iford's FRANCISCO REIS was a convincing winner of the representative 2,000 metres walk at Lee Valley's Indoor Arena on April 7th. It's been an excellent indoor season for Francisco who sped away from rivals as soon as the gun sounded, pressing on to achieve a race feat of lapping an entire field in such a short race. He clocked 9 minutes and 13 seconds, overtaking/lapping 2nd placed Steve Allen (Barnet) as they rounded the final bend with 30 metres to go. Some Essex Walker readers were keen to boost the field and enquired if guest walkers could appear ... but "No" - as it was strictly for those selected.

ERWL 2013 Fixtures			
6 May <i>Bank Holiday</i>	5.00 pm	5 miles 2 miles	Pednor Open at Chesham LT & S Club, Pednor Road Under 15s Details: http://www.chiltern-harriers.org.uk/pednor5.html
1 June	1.00 pm	5 miles	Moulton Open from Moulton Village Hall, Suffolk, CB8 Bonus points
29 June	11.30 am	5 km 1/3 km	LICC Track event at Allianz Park (<i>formerly Cophall Stadium</i>) Map: http://www.allianzpark.com/getting-to-allianz-park/ Younger age groups and Newcomers
27 July	11.30 am	5 km 1/3 km	LICC Track event (<i>formerly Cophall Stadium</i>) Younger age groups and Newcomers
24 August	11.30 am	5 km 1/3 km	LICC Track event (<i>formerly Cophall Stadium</i>) Younger age groups and Newcomers
28 September	1.00 pm	Hour walks	Badge awards for first timers at 5, 6 and 7 miles – Plaques for 8 miles (<i>Probably at Hemel Hempstead</i>)
12 October	1.00 pm	5 miles	Yacht Handicap (<i>Probably at LVAC</i>)
9 November	1.00 pm	7 miles	87th Enfield Open Seven – Club Championships Bonus points
30 November	1.00 pm	10 km + various others	Inaugural Hillingdon Open Walks at Hillingdon Cycle Circuit, including Middlesex 20km Championship, Minet Park, UB4 0LP Younger age groups, Newcomers and Seniors

ONE MORE TIME?

This year's Annual Metropolitan Police Dinner and Reunion was billed as perhaps the last to be held inside New Scotland Yard, which is due to be sold. With luck they might get one more in (March 2014) which will be definitely their final time in this famous building. It'll be a last time for many former Met Officers to enter "The Yard". 2014 also sees **the 25th Anniversary** of one of the Metropolitan Police Walking Club's finest moments ... that never-to-be-forgotten 1989 Arthur Eddlestone BEM Memorial 100 Miles Walk at Hendon Training Centre. That day 8 (yes 8) serving Metropolitan Police Officers became Centurions: Messrs P Hodkinson (848), C Flint (849), A Ross (854), G Fitzgerald (855), G Smith (856), S Bennett (858), P Addison (860) and C Mitchell (863). Peter Addison achieved fame by inadvertently doing an additional 1 mile circuit, making 101 miles. Many are still active. In addition many of those who also walked or helped/assisted are still "on the scene" in various capacities. Perhaps those who can be traced from that wonderful 1989 event can dine at "Reunion-within-a-Reunion"? One remembers others who qualified for The Centurions that day and we so easily recollect a great performance by winner Ed Shillabeer who showed top form throughout in ever-changing weather on a tight 1 mile circuit. Do readers know

of the whereabouts of former, but now seldom seen, Met Police walkers who might appear for one last function inside "The Yard"?

OUT OF HOSPITAL

Romford-based, Centurion 865 KEITH WILSON (1989 Arthur Eddlestone 100 Miles at Hendon) of Essex LDWA, is now out of hospital, where he'd spent 6 weeks following a stroke. Now home in Gidea Park, Keith needs out-patients' treatment/home visits as his speech has suffered. In hospital Keith received many cards/get well messages from those in the walking game.

DOUBLE ACT

STUART BENNETT and daughter LOUISE both completed the Brentwood Half-Marathon as part of their Virgin London Marathon build-up. Father race walked, daughter ran - both finishing in step at 2 hours 14 minutes. A grumpy runner who clocked 2.20 wasn't too impressed at being beaten by somebody who'd walked, and said so!

CONDOLENCE EXPRESSED

We're sorry to hear that John Taylor (Loughton AC/Met.Police Walking Club) has lost his Mother. Already an established athlete, John recently added race walking to his list of events entered ... and soon made good! On behalf of all readers we express to John, and his family, our profound condolence on such a sad loss.

"YOU MIGHT GET KNOCKED DOWN"

That was a well-known punch line from an oft told joke by that great Northern comedian Al Read. It could refer to this year's annual and always popular Brentwood Half-Marathon as, alas, a man in his 30s was hit by a car on the Ongar Road while competing. The matter made the Brentwood Gazette's front page. You can never be too careful so risk assessments need to be carefully worked through. Many running/race walking events are no longer held on public highways, and those surviving have to see competitors strictly complying with advice given by marshals and officials to ensure everyone's safety. One of the late John Hedgethorpe's many wise sayings was, "It's better to end an event the year before an accident than in the year after an accident". John made his comment when folk were complaining about his decision to end our County's highly popular Chelmsford-to-Southend 20 Miles Walk, which was all on 'A' class roads. On this occasion, like as usual, John had the last word ... and he was again correct as he so often was!

FAMOUS FIVE

Although we concentrate mainly on Essex news, we still send hearty congratulations to five **Surrey Walking Club** members who are to be honoured at a Blackheath Harriers HQ evening social function on Saturday 1 June for completing 50 years' unbroken membership of their Club. Among them is an athlete who was based in Essex (Chadwell Heath) for decades - all round good egg PETER CRANE. With him at this presentation evening will be STAN SAUNDERS (a strolls member), KEITH FRASER, PAT BROWNING and MALCOLM WISHART (the latter pair are also respected Stock Exchange AC members). We know a number of our readers will be in attendance. *Enjoy the evening!*

LOST AND FOUND DEPARTMENT

We thank Essex Walker readers for unearthing another trophy which had been declared lost. The "George Woods Trophy" has been handed in ... so thanks to you all for looking. Essex Walker has a good record in these appeals, so now we ask you to again search coal-holes, attics, cupboards and car boots. We still seek our RWA Southern Area Individual 50 Kilometres Championship Trophy, which has been declared lost since the 80s, and the "Roy Mendham Cup" which was annually awarded at Ilford AC's now defunct pre-Christmas race.

IN THE PIT LANE

Many have noted that certain events will be judged using a "pit lane". Can one the judges, among our readership, please submit a brief article detailing exactly what are the laws governing this, and how

it applies to our readers ... or at least still-active ones?

RECORD HOLDER

North Essex resident AMOS SEDDON's glittering career has seen yet another record added to his impressive list, for he's now gained the Over 70s 5 Kilometres road running record at Harwich Joggers, for whom he competes with both enthusiasm and distinction.

BACK ON THE BEAT

Recently retired New Scotland Yard-based Police Sergeant ANDY BIGNOLD, Chairman of the Metropolitan Police Walking Section, who we saw officiating at last year's Colchester 100 Miles, is in demand by his former employer. He's answered the call to return for important ceremonies, such as Long Service and Good Conduct Medal Presentations, where he'll bring his unrivalled expertise as compere of such prestigious events.

END-OF-THE-PIER SHOW

Well done to Estuary-based members Olly Browne and Steve Allen who, together with local unattached walker Sheila Fitzpatrick, set a new distance record for the annual Southend-on-Sea Pier charity walk on Easter Sunday. The previous record of 18 miles (held by Olly) was smashed as the hardy trio completed 23-and-a-half miles in conditions which saw biting cold winds along the exposed structure. Well done, and it's all good mileage for their future 2013 distance endeavours and all for a good cause to boot!

ONE FOR THE FAR DISTANCE

Our annual race for the George Woods Memorial Trophy is set for Tuesday 27 August at Ashtons Track ... a track 3,000 metres in the Woodford Tuesday Walk Series (final race of their 2013 Ashtons programme). This trophy goes to the first Essex-resident Centurion. All 2013 WTW races commence at 8.30 pm.

ESSEX COUNTY 20K CHAMPIONSHIP

Please note the County 20K race is in conjunction with the RWA Southern Area 20K, so please enter when forms come your way.

INDOORS AT SAN SEBASTIAN

We congratulate all readers who travelled to Northern Spain for the European Veterans Indoor Championships. Results show a wide range of outcomes, from success to disappointment. We'll not steal the thunder of our newly re-launched "Race Walking Record" so you can digest results from that source.



RACE WALKING ASSOCIATION

FOUNDED 1907

Web Site <http://www.RaceWalkingAssociation.org.uk>
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18th March 2013

Dear Friends of Race Walking

I feel very honoured to be elected President of the R.W.A. To follow such an illustrious past president as Ken Matthews will be a hard act to follow.

I am optimistic that British walking can build on improving standards at all levels. There are signs this is happening with having two walkers completing in London 2012, double the number who competed in Beijing and of course better than none in Athens in 2004.

We have a unique event within Athletics, which we all want to be more successful. With that in mind I am appealing to you to make a contribution to the President's Appeal. All of the proceeds will, through the R.W.A., be devoted to helping our current international walkers to further improve their performances and to help younger walkers to become international walkers.

I will welcome any donations in person or by post, with cheques made payable to the Race Walking Association, to my address at 26 Colney Heath Lane St Albans Herts AL4 0TU.

I will acknowledge all donations in Race Walking Record, unless you wish to remain anonymous

Finally, I (and my camera) hope to attend many races during my time as President

Yours in Sport

Mark Easton

ESSEX COUNTY FORTUNES IMPROVE

After 2012 Olympic year saw a lowest ever number contesting our long established Essex County 10 Miles Championship - just 5 - improvement came this year in a freezing Victoria Park as 7 Essex-qualified athletes raced. So thanks to them all: Daniel King, Dominic King, Steve Uttley, David Crane, Steve Allen, Dave Kates and Mick Barnbrook. Daniel, Dominic and Steve Uttley filled individual places while Ilford AC retained their team trophy (scoring Steve Uttley/Steve Allen/Dave Kates). Daniel King had suffered those expected sleepless nights which follow a new arrival while twin brother Dominic deserved a medal just for starting ... as he'd suffered influenza all week. Steve Allen pressed-on despite picking up a hip injury and a painful hamstring, Dave Kates raced just a day after returning to Blighty from a hot climate while also re-appearing after a lengthy injury lay-off, while plucky Mick Barnbrook battled hard to successfully beat a 2 hours cut-off. Thanks also to CLAIRE LEVY (Ilford AC) who attended in her role as our Essex County AA President in order to present awards.

ESSEX CLUB MEMBER'S NATIONAL SUCCESS

Congratulations to Ilford AC's Olympian NERINGA AIDIETYTE on winning our National Ladies 10 Miles Championship by a distance (as they record "on the turf"). Neringa lives nearby at Bethnal Green and also walked to-and-from the venue (a newly smartened-up Victoria Park). Neringa clocked 79.43 so adding a 10 Miles title to her 20K one. Well done! Sadly just 6 finished, 1 was disqualified and 1 didn't finish.

ESSEX CLUB MEMBER IS NATIONAL CHAMPION

Sincerest congratulations to FRANCISCO REIS for winning the Portuguese 10K Championship in just over 50 minutes. Francisco's done wonders to overcome injuries and display his talents at such high standards.

CHANGES AT THE TOP

Iford's STEVE UTTLEY is the new Honorary Walking Secretary of Civil Service Sports Association while Loughton 2nd claimer SEAN PENDER takes over as Honorary Walking Secretary of Middlesex AA. Both follow diligent JOHN HALL who'll be a hard act to follow, as they say. John also asks if there are any volunteers to take over his BMAF Honorary Walking Secretary's role? Any takers?

THE WOODFORD TUESDAY WALKS

The Woodford Tuesday Walks are back for another season. All races are Category A and take place at Ashton Playing Fields, in association with the W.G.E.L. Open Graded Meetings, with entry on the day.

Distances are 1k and 3k and the start time is 8:30 pm. The dates are:

4th June 2013
2nd July 2013
30th July 2013
27th August 2013, to include the George Woods Trophy

The best three events from four will count towards the individual series trophies.

For more information, contact Pauline Wilson or Peter Cassidy at 01277 220687 or e-mail Pauline.Wilson@btinternet.com

MAKE MINE A HALF

A special mention for Bob Dobson who celebrated 50 years of continuous active race walking when appearing in our RWA National 20K Championship at Coventry. On this corresponding weekend back in 1963 Bob made his race walking debut. Half-a-century on he's still racing in earnest! What a fine example!

STAN VICKERS R.I.P.

Essex Walker readers will be sad to hear of the passing of Sussex-based Stan (Belgrave Harriers and Stock Exchange AC) who was a double Olympian. In Melbourne (1956) he was the highest placed GB finisher when coming 5th in the 20K clocking 1.32.34.2 and in Rome 4 years' later he struck bronze in 1.34.56.4 less than a minute behind the winner (the great Vladimir Golubnichiy with Australia's Noel Freeman between them). Stan had a magnificent victory in the 1958 European 20K Championship at Stockholm when his time of 1.33.09 was far ahead of the silver medallist. He also won National titles over 2 Miles (once holding the UK record at 13.02.4), 7 Miles, 10 Miles and 20 Miles. He was awarded the "International Trophy" for the most outstanding UK International walking performance in both 1958 and 59. In those same years he also won the "Edgar Horton Trophy" for the best individual performance in the year. We say farewell to a British Olympic medallist and express condolence to his family.

TRIBUTE FROM OLYMPIC SILVER MEDALLIST PAUL NIHILL MBE

I never got to know him properly as he was at the end of his athletics career just as mine was starting. He was underrated in my opinion and never got the proper praise he deserved. Stan was a great walker, a great Champion and was a nice fellow.



ESSEX QUARTET OF CENTURIONS

A quartet of Essex-based race walkers, all Centurions, completed this year's Virgin London Marathon: Steve Allen, Stuart Bennett, Kim Howard and Alan O'Rawe. Well done to them and to all other walkers who appeared in the big race. One such walker was Louise Bennett who appeared in February's London Walks Meeting, and also completed the 2012 Marathon.

An Essex competitor who didn't go the distance was Eddie Trotter, one of 4 Essex athletes to have completed over 100 marathons. Eddie had a long day as he also runs a Water Station on the Isle of Dogs - he drove helpers there in the early hours, then after parking his car, shot over to Greenwich to face the starter. Injury forced him to pull up at 16 miles. He reached the finish line on the Underground (competitors dropping out get free travel to the finish line on production of their race numbers) to collect his bag of personal belongings. True athletics supporter Eddie then got back to his Water Station in time to hand drinks to stragglers.