

Essex Walker

Editor: Dave Ainsworth

HEADLINE LETTER from BOB DOBSON

THE DEMISE OF ESSEX RACE WALKING

Incorporated with the RWA National 10 kms championship was the CAU Inter Counties Championship. It was sad to see that Essex could easily have won the Inter Counties Team title, as we regularly did years ago, if only we had finished a third scorer. Alas Essex started and finished with just two and was always going to lose out to teams of three. With Dom and Dan King finishing 3rd and 4th it was a consolation bronze whilst 5 of the last 6 finishers walked away with gold and silver. Hopefully we must support our two top walkers in the future. Regrets ...

Bob Dobson

ESSEX 3,000 METRES CHAMPIONSHIPS 14 May/MELBOURNE PARK (Chelmsford)

1. Dom King	Colchester Harriers	12:00.91
2. Dan King	Colchester Harriers	12:31.76
3. Simon le Mare	Southend-on-Sea AC	17:23.29
4. Keith Palmer	Southend-on-Sea AC	19:38.34

Adds Hon Ed Despite numerous commitments the International twins continue supporting their County Championships, which sees our event showcased before a decent sized crowd, while Southend walkers continue their yearly support. Thanks our officials, who again outnumbered competitors. But surely many readers should ask why they continue to stay away from their County Championships? One reader states that walkers won't travel considerable distances for an 'A' race, whereas a 'B' race could well pull in a few more. Over to you - for 2018 and beyond!

40 YEARS' ANNIVERSARY



On 30 April /1 May 1977 the Race Walking Association staged a 100 X 1 Mile relay on Melbourne Park's dusty cinder track. Six teams entered, with 10 members walking 1 mile each in rotation. It was a highly successful meeting as all teams were inside the previous World Record. Borough of Enfield Harriers won in 12 hours 37 minutes 24 seconds (order: A James, G Robinson, T Major, D Salter, C Fisher, G Scott, P Worth, C Fogg, H Stewart and A Seddon). Other teams were: 2nd Sheffield United 12:52.14, 3rd Belgrave Harriers 12:53.02, 4th Brighton & Hove AC 13:01.48, 5th Ilford AC 13.14.52 and 6th Dawlish & South Devon AC 13:46.33. Staged in Essex, an Essex team of Ilford AC saw (in order): George Nibre, Lew Mockett, Dave Ainsworth, Geoff Hunwicks, Bill Sutherland, Steve King, Laurence Dordoy, Dave Neagle, Brian Armstrong and Steve Gower. Team Manager was Tony Perkins. Right: Ilford Team (with supporters) – Dave Ainsworth 'missing in action' on the track!

Two judges, Alf Palmer and Barbara Dunsford, judged throughout the cold and damp. Reg Wells masterminded a huge recording feat while Mrs Ann Pacifico (mother of Brighton's Colin, who raced) supplied hot drinks and food all night. Hosts Chelmsford AC allowed the use of their Clubhouse and cooked hot breakfasts in the morning. A memorable occasion well worth recalling.

RINGFENCE THIS DATE

In August 2012 Ron Wallwork staged "Olympic Friendship Walks" at Donkey Lane while the Olympic Games were on. He repeated a traditional Olympic format - starting on a track before wheeling out onto paved surfaces in the adjacent King George's Playing Fields, then returning to the stadium to finish with a lap of the track. Despite being on Wednesday it was the only time, for over 3 decades, that a field in **excess of 100** had assembled for a walking meeting on the UK mainland. All finishers received Olympic mementos. The field was boosted by supporters, reserves, Managers etc of overseas athletics squads in London for the Olympics, while so many Club walkers came from all over the Country. **This same format is to be repeated on Wednesday 9 August at Donkey Lane at 12 noon.** This date is 4 days' before the "London Walks Festival" along The Mall on Sunday 13 August when all three IAAF Walks will be staged (50K + Mens and Women's 20K). In view of the great success of those Olympic Friendship Walks, please all try to keep this date free for our **IAAF Friendship Walks**. There will, again, be 3 distances: 1, 3 & 5 Miles. The entry form is [here](#).

Enfield Race Walking League
In celebration of the 2017 World Track & Field Championships being staged in London
the League plans to stage a special fixture:

Twenty-Seventeen Friendship Walks (RWA Permit No 00000000)

Noon on Wednesday 9th August

An invitation is extended to overseas athletes who may be visiting London to watch the World Championships and to any UK walkers interested in being part of this athletic celebration. It is a chance to walk in London in 2017 and a special opportunity for 'Ordinary' Athletes!



Venue: **QEII Stadium, Donkey Lane, Enfield, EN1 3PL**
Distances: **One mile, Three miles and Five Miles**
Entries: **Limited to 100 - Closing Date 28th June 2012**
Or earlier if limit is reached
Fee: **£5 - u 17's and Overseas competitors free**

Memento for all entries made before 28th June

Ron Wallwork, "Woodview" 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or ronc893moulton@gmail.com

Cheques should be made payable to: "Enfield Race Walking League"

100 NOT OUT

Congratulations to Centurion 1020, Benfleet-based **Kim Howard**, on completing her 100th Marathon. On Sunday over 12,000 runners contested the ever-popular Brighton Marathon in what was probably the hottest conditions it'd ever been staged. Kim clocked 5:42.59.2. Kim was given full support by another Centurion Alan O'Rawe. Kim becomes our 5th Essex athlete to complete 100 marathons, of whom 3 others are also race walkers: Eddie Trotter and Centurions Andy Wilmot and the late Jerry Everett, who all achieved their full total while resident in the County. Kim became a Centurion when completing the 2005 Norfolk 100 Miles' Challenge at King's Lynn in 22.23.39. Kim might well have been a Centurion 5 years' earlier at the Millennium Challenge (Newmarket) but for a serious injury sustained days' beforehand as the good lady was helping out her Southend-on-Sea AC Club in an Eastern Veterans AC evening League match, when coming to grief over the hurdles. It took a while to be passed fit again. Kim is forever in our "Hall-of-Fame" for being the *only* lady to win the now defunct Essex League individual title outright! More news if received (an account was promised).

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.

JUN	3	Moulton Open 5 Miles/Enfield League + Undercard	Moulton	1.00 pm
	4	Welsh Masters 2,000 Metres Championship	Brecon	12 noon
	4	Surrey/Sussex Vets 3,000 Metres Championship	Ewell	TBA
	7	EMAC League 1,500 Metres	Garon Park	7.00 pm
	9	Rodney Parkins Memorial Service	Ryarsh/St Martins Ch	2.00 pm
	10	Jack Fitzgerald Memorial Races 3 and 6 Miles	Tilgate Park	12.30 pm
	10	Welsh Athletics/Athletau Cymru 3,000 Metres Champ	Cardiff	TBA
	13	Veterans AC 5 Miles Championship	Battersea Park	7.00 pm
	13	Woodford Tuesday Walk 3,000 metres (+ YAG)	Ashtons Track	8.30 pm
	17	Isle of Man Telecom 85 Miles' Parish Walk	Douglas	8.00 am
	18	BMAF 5 Kilometres Road Championship	Horwich	10.35 am
	19	Southern Counties Vets League 2,000 metres	Battersea Park	7.20 pm
	24	BMAF 3,000 Metres Championships	Alexander Stadium	1.00 pm
	25	BMAF 5,000 Metres Championships	Alexander Stadium	1.25 pm
	25	RWA 20K Championship	Leeds	TBA
JUL	2	Southern Inter-Counties match	Kingsmeadow	TBA
	2	EMAF Inter-Area Walks	Solihull	TBA
	4	Woodford Tuesday Walk 3,000 Metres + YAG	Ashtons Track	8.30 pm
	5	EMAC League 1 Mile	Various venues	7.00 pm
	8	RWA IAAF World Championship Tribute Luncheon	Tower Hotel E1	12 noon
	9	BMAF/Midlands 20K Championship	Coventry	12.30 pm
	10	Southern Counties VAC T&F League 2,000 Metres	Hemel Hempstead	6.30 pm
	11	Veterans AC Road 5 Miles (all welcome)	Battersea Park	7.00 pm
	19	Tonbridge Open 5,000 Metres Track race	Tonbridge Track	7.30 pm
	22	EMAC Championship 2,000 Metres	Garon Park	TBA
	26	EMAC League South 2,000 Metres	Ipswich	7.30 pm
	28	Athletes' Reunited Buffet Luncheon	Stratford/"The Cow"	12 noon
	30	England Athletics Senior & UK Counties 3,000 Metres	Bedford	TBA
	31	EMAC North Division 2,000 Metres	Peterborough	7.00 pm
AUG	2	EMAC Central Division 2,000 Metres	Stevenage	7.00 pm
	5	100 Miles + Supporting Races	Bury St Edmunds	12 noon
	9	IAAF Friendship Walks + Enfield League 1, 3 & 5 Miles	Donkey Lane	12 noon
	13	IAAF World Championships – 50K, 20K Men & Women	The Mall	from 7.45 am
	19	SEAA Track Championships	Crystal Palace	TBA
	22	Veterans AC Road 5 Miles (all welcome)	Battersea Park	7.00 pm
	27	Southern Counties VAC Championships	Kingsmeadow	TBA
	28	England Athletics Championships	Bedford	TBA
	28	Southend-on-Sea AC 1 Mile Track + G Woods Trophy	Garon Park	10.30 am

RODNEY PARKINS RIP

It's with sadness that I report the passing of Rodney (Rod) Parkins at the end of February. He was 76 and for two or so years suffered from advanced Alzheimer's. Rod was an active race walker for Medway AC in the 60's to the early 80's. Readers may recall this tall, bespectacled chap used to train like the clappers. So fast that internationals of the time couldn't keep pace. Always friendly (when not training), willing to give advice and highly principled. He became Kent Walking Secretary in the 1980's when he thought he previous incumbent wasn't doing a good job and organized many events including the Magog Trophy Match and the legendary Kent 20km in 1984 when Ian McCombie and Tim Berrett achieved phenomenal times. Hip problems put paid to his racing career and after trying golf for a couple of years took up highly competitive croquet. He also became County Secretary in that sport but records don't reveal what he thought of his predecessor. His wife tragically died in 1976 and he is survived by his daughter, Helen. Should anyone want to offer condolences, please pass them to me or Doug Hopkins and we will forward them to Helen.

Chris Hobbs

MURRAY LAMBDEN RIP

We're sorry to hear that Commonwealth Games representative Murray has passed on at only 60 years of age, after collapsing while walking his dog along Marine Drive, south of Douglas. In Brisbane he came 8th in the 1982 Commonwealth Games 30K Walk clocking 2:22.18. He's a former IOM 85 Miles' Parish Walk winner (1978/16:19.37) and at one time held all IOM records up to 50K (+ their TT Walk and End-to-End classics). He made 4 GB senior appearances. A back injury saw him reduce walking commitments, but even then he recorded some excellent times in running races. Murray was a Website Administrator for both Manx Harriers and the Parish Walk. A Manx Harriers' spokesman said, "He was not only a fabulous athlete but a true ambassador for athletics".

SAD DEATH

Germaine Mason, aged 34, wasn't a race walker, but a recent British Olympic silver medallist coming second in Beijing (2008) when rising to 2.34 in the high jump, beaten only by Russian Andrey Silnov (2.36). That contest was a good for Team GB, as all 3 men's high jumpers made its final stages. Born in Jamaica he switched nationality to represent Great Britain, being able to as his father was London-born. He lost control of his motorcycle in Jamaica when swerving to avoid an oncoming vehicle. British Olympic Association Chief Executive Bill Sweeney said, "The whole of the BOA is incredibly sad to hear of the passing of Germaine Mason".

CHRIS LESTER RIP

Sorry to report that Hertfordshire-based stalwart Chris Lester of Stock Exchange AC has passed on. He was best known for appearances in their version of the London-to-Brighton Walk. Indeed consistency was to the fore as his last 2 such appearances saw him hit the seafront in 10:05.05 and 10:05.44. Condolence is expressed to his family.

WHERE ARE THEY NOW?

We've not seen stalwart **Tony Perkins** at meetings since 2015, but rest assured he's still very much part of our athletics' scene - being a regular helper at weekly Great Notley parkruns, near Braintree. Indeed a couple of years' ago he was voted their "Official-of-the-Year". In this recent photo he's wearing a commemorative 500th Essex League race T-shirt, as issued at that well-remembered meeting held around Redbridge Cycle Circuit, organised by Tony. The photo triggered a few enquiries from parkrun officials, to which Tony responded: "The Essex Walking league was a race walking competition over 12 monthly races. The distances varied from 1 mile to 50km and took place all over Essex. I took part in over 300 races and I organised the 500th race." He also pointed out that the Great Notley parkrun photographer, Mike Eldred, who posted this photo on Facebook, also competed in the league. Mike Eldred, like Tony, is one of several walkers who enjoys participating in this local sporting fraternity.



In response to the comment by Geoff Hunwicks, the T-shirt does still fit (but only just!).



2017 VIRGIN MONEY LONDON MARATHON

In hot conditions, Ilford's former Scottish International Stuart Bennett race walked the course with determination, recording a chip timed 4:52.01 (2:22.05 at halfway). Ilford's former GB International Ed Shillabeer, belied his 75 years of age to pound out the distance in 6:05.53.

It wasn't his day, as he ground to a halt at a St John First Aid Post after just 10K kilometres with painful toenail. They worked wonders and after they'd smothered the toe in heaps of Vaseline, he replaced his racing shoe full of the stuff, and walked sockless for the rest of the course. Said the veteran superstar, "It's the first time I've ever competed sockless". A noted fundraiser for decades, he raised a considerable sum for the Countryside Alliance Foundation. This charity teaches adults and children alike of the benefits of being involved in the natural environment, so inspiring them to protect nature - Ed's collection sheet is still open for donations. As readers know, personal stopwatch timings are always slightly faster than what chip

times allocate, and such was the case here as Stuart recorded a sub 4.52 timing and Ed's was 5.58.22. Now in the "100 Marathons Club" Benfleet-based Kim Howard clocked 5 hours 42 minutes. Romford-born Dave Hoben clocked 5:54.03, Leicester's George Smolinski 5:24.01, Midlands leading light Steve Arnold 5:56.05 and Nigel Bongers of Holland Sports was timed at 6:10.37. Two race walkers opted to run, as Guernsey's Stuart Le Noury recorded 3:23.01 (1:36.46 at the half) and Seb Parris 3:38.16 (1:37.13 at halfway). This event used to attract **many** race walkers, who showcased our event before up to a million spectators lining the route from Greenwich/Blackheath-to-the-Mall. Sadly as race walking numbers have fallen, so have our number in the London Marathon. It's a good opportunity to advertise what we do, so hopefully more of our readers will apply for places in next year's big event. As always, Ilford AC members ran a Water Station at 19 Miles (Canary Wharf).

ESSEX WALKERS ON TOUR - 1

Congratulations to Essex International duo from Colchester Harriers, Dominic and Dan King, who flew our County's flag at the annual RWA National 10K Championship, which incorporated our long-established Inter-Counties' Championship. Alas no other Essex-qualified athlete finished 10K, and despite having 2 "good-uns", no third person closed-in your Essex County team. Someone coming last would have still got Essex the trophy. Surely as you read this, some sadness will be experienced. See *Bob Dobson's letter on Page 1*, and hopefully matters will be put right next year! Bob was an official at this meeting. Callum Wilkinson won in 41.03, followed by Cameron Corbishly 41.55 and the King twins - Dom and Dan - in 43.08 and 44.57 respectively. Loughton's Melanie Peddle (ladies race 8th/62.22) continues to do well. By the way, Inter-Counties' medals turned up on time for 29 April!

ESSEX WALKERS ON TOUR - 2

May's early Bank Holiday Monday saw the annual Pednor 5 Miles' Walk followed by a run on the same course - which is no billiard table. Seb Parris won in 44.39 with fellow Ilford AC duo Stuart Bennett and Mark Culshaw following closely in 48.31 and 48.41 respectively. In what was also an Enfield League race, Loughton trio John Borgars was 9th, Sean Pender (2nd claim Loughton) 12th and Peter Cassidy (former event winner) 18th clocking 53.53, 57.34 and 62.04 respectively. Then came a run - making 10 miles in total of really hard toil for those plucky takers. Seb won "the double" adding 31.28 to his walk time. Stuart, Mark and John went round for a second time, as did Fiona Bishop in the Ladies' event (2nd in 50.16 walking and clocked 42.39 running) to win the distaff "double". Helen Middleton won the ladies' walk.

BRIGHTON FALLS SHORT

Not all's well in the City of Brighton & Hove, for their also popular **half**-marathon has run into problems as it's been revealed to have been 146 metres (159 yards) short for some years. Thousands of runners' personal bests during these years have been disqualified by UK Athletics, and several athletes have fallen out of National rankings. Times quoted by athletes from the Brighton half-marathon to gain guaranteed entries into other events can now be rejected. A turning point was altered in 2013; since when it's been short of the stipulated 13.1 miles.

ESSEX WALKER 375 (April/May 2017) CORRECTION

Ref the 50K walk - the lady walker did it in another race 3 weeks' before ... not DUDINCE. **George Nibre**

ATHLETES REUNITED DIARY DATE

A number of AR members have got in touch recently to remind me it was 10 years ago in July that AW published Rod Gilchrist's account of the first AR meeting in May 2007.

They, quite rightly, suggested we should celebrate the anniversary properly. I have therefore booked The Cow from noon until 5 pm on Friday 28 July. All I ask you to do at the moment is to put this date in your diary. Further details will be circulated at the beginning of July.

Tony Maxwell

PS An AR meeting scheduled for Friday 6 October still stands BUT it'll be the last at The Cow. From then on, they're demanding a £2,000 minimum spend, with a least £600 on food. Not even the Walthamstow boys drink that much!

BETTER LATE THAN NEVER

Lord Seb Coe has proposed that GB athletes who've been cheated out of medals by those who've failed doping tests, should receive their overdue medals at proper ceremonies during August's London IAAF World Championships.



OLYMPIAN JOHN WEBB – GUESS THE YEAR?



Here's a picture of the athlete who won our first Essex League race, raced in the 1968 Mexico Olympic 20K Walk and won the 1973 RWA National 10 Miles at Leyland.

RECOGNISING EFFORT

Recently many readers have been staying away from races, for whatever reasons. So we salute those who've really supported what's been laid on for them. John Borgars in successive days was at Coventry for our National 10K (which wasn't his day, as it went), the Centurions' Social walk around Cambridge, the Pednor walk and then the Pednor run.

He'd intended to race Woodford's Tuesday Walk the next day, but unfortunately picked up an injury when giving it his all on a steep downhill towards Pednor run's finish line. Along with Stuart Bennett, Fiona Bishop, Mark Culshaw and Seb Parris, John was one of a star quintet completing both Pednor races. Stuart Bennett (Pednor) and Dave Ainsworth (Cambridge) both made Ashtons. Stalwart Peter Cassidy officiated at Coventry and raced at both Pednor and then Ashtons Track, all within 4 days. So come on all you stay-aways, walking really needs you back at our meetings! Without competitors there is no race!

ROLL-UP, ROLL-UP

Joint Organiser Pam Ficken advises that numbers for the RWA IAAF Tribute Luncheon, to be held on Saturday 8 July at 12 noon for 12.30pm sit down, have reached 91 (max 100). It's down to single-figures, before going "wait list only" (as previous 2 such functions did, for the Olympics/2012 and Commonwealth Games/2014). Location is the upmarket Tower Hotel, E1, near Tower Bridge (as used to put up London Marathon overseas stars). This Hotel has an car park and within a short walk of 3 stations: Fenchurch Street (C2C Line), Tower Hill (District & Circle Underground) and Tower Gateway (DLR). A £30 per head cost is reasonable for a Central London hotel. You can book by seeing Pam at meetings, phoning 01223-207411 or emailing: ficken@talk21.com

28 OF 30 CENTURIONS AT THE 90TH ENFIELD OPEN 7 MILES

12 November 2016 at the Lea Valley



Two Centurions had to leave early and are not in the photograph: Mick Barnbrook C661 and Stuart Bennett C858

Photo Brian Boggenpoel/Captions Sue Clements

4th row (at the back): Carl Lawton C750, John Eddershaw C299, Mark Byrne C870, Ken Livermore C386, Ron Wallwork C893, Bob Dobson C786 & Ed Shillabeer C590.

3rd row: Sean Pender C1067, John Borgars C1170, Dave Kates C936, Dominic King C1098, Pam Ficken C934, Dave Ainsworth C540, Steve Allen C 1102, & Colin Young C317.

2nd row: Chris Flint C849, Dave Neagle C527, Paul King C972, Dan King C1100, Steve Kemp C1075, Sue Clements C950, George Beecham C716 & Mal Blyth C384.

1st row (in the front): Kathy Crilley C933, Alan O'Rawe C791, Ken Roost C557, Jack Rossiter C577 & Kim Howard C1020.



Dear Dave ...

Ref: OUR APRIL/MAY ISSUE

I believe this edition contains 2 oxymorons.

Geoff Hunwicks

BURY ST EDMUNDS WALKS

It was a real pleasure to welcome you all to Bury St Edmunds and to our 'test' event. We are looking forward to seeing some of you back in August for the Centurion Race. We do hope you enjoyed your afternoon walking in Bury St Edmunds. We saw some cracking performances with Callum out in front on the 6-mile race crossing the line in 43 minutes and Daniel finishing the 8-mile race in 59 minutes. This was a test event and as such we would welcome any feedback on the course, facilities or the organisation of the race so this can be taken on board for the main event.

Kevin Marshall

BURY ST EDMUNDS THANKS

I thank Kevin for putting on a really well organised event in such a lovely venue. The marshals who we first encountered directing traffic who then went on to marshal the course were brilliant and thank you to them, to the chap on the bike and of course the judges and anyone else involved in making today what it was.

Helen Middleton

I enjoyed the event and think the chip timing, marshalling, positioning of the feeding station just after the end of the lap all worked well.

Steve Kemp

I thank Kevin. It was a pleasant day. I enjoyed it as I think everyone else did too.

Ron Wallwork

To Kevin and all others who were there in all capacities, thank you very much for a wonderful race. It was an excellent day, and it was great to see everyone.

Tessa Killingbeck

To Kevin, Daniel, Sue and all those who participated, marshalled, judged, and generally helped to make this a most enjoyable event held in superb conditions over an excellent course which bodes very well for the big event in August. On the basis of this 'tester' you should be able to attract people to enter not just the 100 but the 50 miles and 20 miles, and hopefully the relay. The chip timing was good and the result sheet layout very clear. Thanks again for a most enjoyable day.

Chris Flint

Agree with comments, an enjoyable w/e! The path alongside the yew hedge will be well learned by nightfall and no 180 degree turns!! And not only our continental cousins need succouring spots of course. Just after the first sharp left turn was a

compound which was suitable? Thanks again to Kevin, and for the unique mementos which were unexpected!

Edbanger (aka Ed Shillabeer)

I'd just like to add my thanks to Kevin and everyone else involved in helping organise the test event. It was nice to be able to join others in walking the planned course (for 100miles) in fine weather. I thought the loop was quite varied offering some shade in places (should weather be hot in August). There were some slight inclines, but nothing I would have thought would bother the hardy souls who are taking on 100 miles. Personally, I'd much prefer to walk the course we did, rather than an out-and-back (it breaks it up). Only challenge (with the course) might be those who are disorientated (towards end of 100) and might need some directing on some of the turns - although I thought it was a great job with course signage. Once again a big thank you to all the volunteers, without which the event would not be possible. All the best with final preparations in the lead up to the main event!

Daniel King

SERVICE FOR RODNEY PARKINS

Rod's brother told me there will be a service to celebrate his life at St Martin's Church, Church Road, Ryarsh, Kent. ME19 5LB at 2 pm on 9 June. This is the church where his father was Vicar. Let me know if you intend to attend and I'll let them know the numbers.

Chris Hobbs hobbsrom@outlook.com

KIM HOWARD APPRECIATION

Congratulations to Kim. I wonder what percentage run/walked? Maybe one day I'll have time to add up mine - should one count ultras as one two three etc, lol? Be a long way off 100 I expect!

Edbanger (aka Ed Shillabeer)

Warmest congrats indeed to Kim. It's great that Centurions have a strong presence in the 100 Marathon community. Jill Green and I are also among that number - and I hope there are many others who will take inspiration from Kim's achievement.

Sandra Brown

THANKS FROM A NEW READER

Thank you very much for this excellent newsletter. I love it! I appreciate you sending it to me. Look forward to more walking and thank you for keeping me informed of the action!

Tessa Killingbeck
[British Athletics Profile](#)

NUTS WALKS BOOKLET

I would be most grateful - and I trust some of your readers and colleagues may be interested - if you can include this notice in your newsletter and to spread the word amongst the race walking community. The NUTS 128-A5 page Statistical

Survey of British Race walking published in 2014 was sold out but is now back in stock.

Authors John Powell and Peter Matthews have taken the opportunity to correct errors in the original booklet and to add results from 2014, 2015 and 2016 as well as some older ones, such as Indoor Championships 1-2-3 and AAC 7 miles walk 1866-79. This 6-page supplement of updates and amendments to the end of 2016 is available free of charge on the NUTS website (with details of how to purchase the original book) – see www.nuts.org.uk

Peter Matthews (NUTS Chairman)

CHANCE MEETINGS

Always love an alternative view of the London Marathon proving that it is indeed such a great event embracing so many wondrous and personal accounts of the day. My story of proceedings does of course pale into insignificance compared to Ed Shillabeer's. Setting out for Harwich, severely pressed for time with a mountain of tasks to accomplish and also with the aim of completing my first run in a month I had the dubious pleasure to encounter one Amos Seddon on no less than 2 occasions within the space of 1 hour. Did he delay me with his idle ramblings and banter especially on the second meet ..? I'll let the reader be the judge of that. I do of course jest ... he's a lovely man and I could and really should have listened to his life story all day had I not been scantily attired in my flimsy running regalia with a cold coastal north easterly blowing up my jacksy. I must say though he did look dapper ... he said he had been visiting friends and was going to meet some more mates for lunch. Happy days here in the land time forgot.

Martin Clarke

(who walked for Ilford in the Essex League)

CENTURION 100 MILES - BURY ST EDMUNDS – 5/6 AUGUST

A couple of cries for help if I may!

Firstly, we have a blind guy locally called Jon who is training hard and has a good chance of achieving the 100 miles. Our problem is that he requires guides to ensure he doesn't bump into other competitors. John Borgars has volunteered to do part of the walk. I am also happy to do a stint when not busy with the organising of the race. But I feel that leaves us short. If any walkers would like to be part of Jon's Centurion attempt that would be really appreciated.

Secondly, we will need loads of volunteers from time recorders, to course marshals and feed stations operatives! If anyone would like to do a stint (and help me sleep at night) again that would be really appreciated.

Kevin Marshall

Tel 01284 716483 / Mob 07955495016

Adds Hon Ed Come on readers: let's have those **many** volunteers needed to stage such a long event.

ESSEX COUNTY CHAMPIONSHIPS

I'm afraid we seem to have painted ourselves into corner now on the rules issue. For years the Commission has been relying on the straight leg rule as the difference in definition between walking and running. Contact has been steadily made less important and the human eye stipulation effectively does away with it all together.

Now when the Commission turns to people like Dr Brian Hanley to confirm the definition as relying on straight legs and the difference between a lever and a spring he replies it isn't really that simple. The difference in flexion of the knee between walking and running is a matter of degree rather than absolutes it seems. And so we're left with nothing and the whole concept of race-walking begins slowly to crumble away. What a fine mess we've got ourselves into.

Steve Uttley

BENDING THE RULES

I'm always interested in Essex Championship results and wish I could compete more often. Alas strict enforcement of the 'A' rules deter me, and no doubt many others. I'm sure if you look back over time, and in the years when we had big fields, many of those competitors would not have fulfilled the modern day 'A' rules. In many cases it seems that it is now more important to have a straight leg (contrary to the body's natural functioning) than keeping one foot on the ground at ALL times.

Bob Dobson

CENTURIONS' SOCIAL WALK AROUND CAMBRIDGE

Thank you for joining me. I thoroughly enjoyed showing you some of the sights of Cambridge and I hope you did too. It was great that Ruth was able to take us into Trinity College. Those of you who stayed until the end also visited Pembroke College and saw the chapel, the first building Christopher Wren built. Look forward to seeing you at either Moulton, Bury St Edmunds or both.

Sue Clements

Adds Hon Ed Report and photo in next edition.

ESSEX WALKER

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