CONTENTS

Foreword by Her Royal Highness The Princess Royal A Greeting from Paul Nihill, M.B.E., Centenary President Preface Acknowledgements Editorial Notes Introduction

PART I HISTORICAL SURVEY

- 1 The Background: The Development of Athletics
- 2 Order from Chaos
- 3 Birth and the First Steps
- 4 Adolescence: Rules, Regulations and Confusion
- 5 Going National: Theory into Practice
- 6 Consolidation and Growth: Walking between the Wars
- 7 Maturity: War, Concern and Success
- 8 Over the Hill
- 9 Stabilisation or Stagnation?
- 10 A Level is Reached
- 11 The Century is Attained

PART II ASPECTS OF RACE WALKING

- 12 Walking in the Midlands
- 13 Walking in the North
- 14 Walking in the South
- 15 Walking in Wales
- 16 Walking in the Isle of Man
- 17 Walking in the Channel Islands
- 18 Veterans' Walking
- 19 Women's Walking
- 20 Schools' Walking
- 21 Lasting the Distance: The Centurions
- 22 Coaching
- 23 Race Walking Record 1: The War Baby
- 24 Race Walking Record 2: The Established Magazine
- 25 Race Walking Record 3: Life after McSweeney
- 26 Race Walking Record 4: Colour and Conflict
- 27 100 Years of Performance Development
- 28 How the R.W.A. Works
- 29 The Literature of Race Walking
- 30 Characters, Eccentrics and Rum Goings-on

PART III THE PEOPLE OF RACE .WALKING

- 31 The Pioneers of Modernism
- 32 International Medal Winners
- 33 Trojans of the Road
- 34 Officers and Officials
- 35 A Walking Miscellany

PART IV IMAGES OF WALKING

The Images

PART V NOTES, REFERENCES AND APPENDICES

Notes and References Bibliography Appendices Index



A HUNDRED YEARS AFOOT A Celebration of a Century of Race Walking

The R.W.A. Centenary book will be available shortly at the price of $\pounds 15.00$ plus $\pounds 3.00$ postage and packing. The Editor will be taking copies to all the events he attends, or the book may be ordered by post from:

Peter Cassidy, Hufflers, Heard's Lane, Shenfield, BRENTWOOD, CM15 0SF

ORDER FORM

Name..... Address....

Please enclose: For a posted copy £18.00 For a copy to be handed over £15.00 [It will be helpful if you e-mail Peter.Cassidy@btinternet.com or phone 01277 220687 with news of where you will be.]

Orders for *multiple copies* will be invoiced on dispatch and will include postage and packing charge.

Please make cheques payable to P.J.Cassidy.

ALL PROFITS WILL GO TO THE ASSOCIATION

DO YOU KNOW?

Who walked fifty miles in a prison exercise yard?
Who walked 1000 miles in a music hall, occasionally breaking off to play the piano?
Who walked 3000 miles on a greyhound track, dodging the races?
Did a judge once issue a disqualification from the platform of a bus?
What was the winning time in the A.A.A. 7 miles in 1881?
Who set a world 20 mile record (ratified 51 years later) in a race in which his only opponent retired at 7 miles and the judge went home?
Who advocated dosing an athlete with opium and sulphuric acid?
Why was a national championship *deliberately* made 35 yards short?
Which woman wore men's clothes, smoked a pipe and carried a pistol while repeating Captain Barclay's achievement?
How did licensing laws stimulate race walking?
Which pioneer of the sport might have ended up by being hanged?
Where did three walkers go along three different roads from a common starting point,

The answers are all in The Book's 460 pages, together with 200 illustrations!

two of them finishing in a building site?

A HUNDRED YEARS AFOOT

A Celebration of a Century of Race Walking



Editor P.J.Cassidy

The Race Walking Association