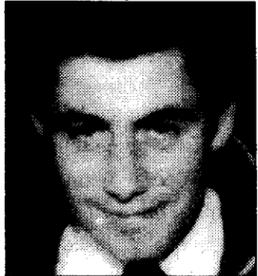




Constable on standby to donate bone marrow to Finnish woman

The gift of life



● Martin Broom.

New appeal to find killer

A TELEVISION reconstruction last month spear-headed a renewed appeal to solve a five-year-old murder inquiry.

And Essex detectives are pleased with the response prompted by the Crime Monthly show.

Fitness fanatic Martin Broom (29) was bludgeoned to death with a hammer while he slept at his home in Boreham, near Chelmsford, in July 1989.

Suspect

On June 21, a crew from London Weekend Television retraced Martin's last known steps, beginning at the Riverside Ice and Leisure Centre.

Despite the length of time since the killing, officers still believe they can catch the killer. They believe someone must know or suspect the identity of the murderer, and that perhaps misplaced loyalties have previously prevented these vital witnesses from coming forward.

Identity

Police have yet to trace the owner or driver of a Mini van seen driving from Sussex Close, Martin's home address, or the identity of a young woman who visited the house.

Dc Ernie Carr, said: "We are very pleased with the number of calls we received. Some of these calls have given us more leads to follow up.

"We would, however, like more information, and if any officers receive any calls connected with the Broom case, they should immediately refer them to me."

One 'L' of a dog



ROOKIE sniffer dog Yenna proved she was no dope when she hit the jackpot on her first assignment.

The year-old Springer Spaniel bitch sprung a few surprises when she sniffed out three separate parcels of cannabis resin, worth a total of £3,500, hidden in a house in Braintree.

And it was a first for Ockendon-based handler Pc. Tony Spong, better known for his tracking exploits with his

German Shepherd dog Bodie. Yenna is his first drugs search dog.

Impish Yenna was offered to the police by the Hertfordshire-based Springer Spaniel Welfare, after proving too much of a handful for a Little Baddow couple.

A one-week assessment confirmed her promise, and after flying high through her subsequent four-week training course, Yenna was quickly on the scent

A CARING police officer from Harwich could be just days away from saving the life of a woman in Finland by donating his bone marrow.

Pc Paul Rowlen (28) recently learned that he was the most compatible match for the 35-year-old woman who is suffering from Leukaemia. It is unlikely that she will live without having the operation.

Paul has been a supporter of the Anthony Nolan Bone Marrow Trust for three years since his local Round Table group decided to back the appeal. He has now been told that he could be called to Harley Street to donate his bone marrow at any moment. The woman, who is married and has children, is currently too weak to go through with the operation.

Last month the trust also benefited from the actions of Pc Tom Tomkins from Harlow Traffic - he organised donor sessions which resulted in 115 Essex Police officers and support staff now being potential bone marrow donors.

Few people get as far as Paul and actually donate bone marrow, which is why more people are needed to increase the likelihood of finding compatible donors. Paul said: "It's a great feeling that you can actually do something to save someone's life. I can't see how anyone could be so selfish to say I won't do it."

When the go-ahead for the operation is given Paul will go to Harley Street in London to donate his bone marrow. He will be put under a general anaesthetic and bone marrow will be taken out of his thigh or breast bone. The marrow will then be flown immediately to Finland, it has to reach the patient within 33 hours.

For now though it's a waiting game. He knows he could receive a call at any moment: "The longer I wait the more frustrating it gets, as time goes by I wonder if it will ever happen."

● She may be an amateur but Yenna has certainly proved to be a top dog when it comes to finding drugs. She is pictured here with her handler Pc Tony Spong from South Ockendon.

of more success.

Searching a car in Basildon, she found drugs in three different places, and a week ago in Great Baddow her dogged determination uncovered another haul, eleven ounces of amphetamines hidden in a speaker, and five packets of cannabis resin concealed in a bed frame.

She quickly proved to be top dog, Who nose what future successes lie ahead?

By Ian Deal



● Finland and England unite as Paul Rowlen waits for the life-saving call.

But Paul hopes that he will be able to help he said, "It isn't just about saving this woman's life, it means the children will still have a mother and their father will still have a wife. I hope that someone would do the same for me if I ever needed it."

If you would like to consider becoming a donor please phone The Anthony Nolan Bone Marrow Trust on 071 284 1234.

You can also donate to the fund by sponsoring Pc's Tom Tomkins and Paul

Hills from Harlow Traffic, who are taking part in the Great North Run half marathon in South Shields on September 18.

INSIDE

Violence in the home - P3

New health column - P8

Go shopping in New York - P11

FEDERATION NOTES . . . FEDERATION NOTES . . .

Assurance over start times

THE Essex Police Federation open meeting was held at the Marconi Athletic and Social Club, Chelmsford on the evening of Monday, June 20.

Once again this year the format was the new style with no closed session and the Chief Constable and the Chairman of the Police Authority remaining throughout the evening to answer any questions from the Force.

Perception

As in the past, this proved successful, and although the turnout on the evening was down on previous years and from the Joint Branch Board perception was disappointing considering the calls that we have been receiving with regard to the working day, tenure of post policy and the new payment agreement nationally.

Can I thank those that did attend and for the many and varied questions that were put to the Chief Constable and the National members of the Police Federation.

For the information of members that did not attend, the areas covered in the questions were equal opportunities issues, pensions, tenure of post policy and, of course, the proposed changes to the variable shift patterns and the Force working day.

The Chief Constable gave an assurance to the meeting that as soon as the results of the Force ballot on the working day were known, he would implement them as soon as possible.

With regard to the tenure of post policy within the Force, he indicated that the Force's flexible policy on tenure would remain and that there were no plans to bring Traffic and C.I.D. within the tenure policy at this stage.

The National Chairman, Fred Broughton, announced to the meet-

ing that the Home Secretary had agreed that the side-handled expandable baton could be issued to police forces following full evaluation by the Home Office Research Department and trials in six forces.

Your Joint Branch Board has already set up a presentation on all types of baton to be given to the Joint Branch Board on Monday, July 4 and we will reach a decision as to which type of baton we perceive to be the best for officers in Essex.

We will then be pressing the Chief Constable to introduce either the side-handled baton or any other appropriate baton that we think may be of benefit to our members as soon as possible.

Next month we will print a full report of the meeting by the Secretary.



By Brian Pallant

Take out a loan and win a Suzuki

SPECIAL terms on unsecured personal loans from the Halifax for Essex Police staff were further enhanced last month.

Additional 2% APR discount - Essex Police staff currently receive a 2% APR discount on unsecured personal loans and as of June 20 and member taking out Payment Protection Plan Insurance (PPPI) with their loan will receive a total discount of 4% making the APR 13.9%.

PPPI offers the peace of mind and knowledge that monthly payments will be covered if you are off work due to accident, sickness or involuntary unemployment.

Halifax Drivers Club - If the loan is used for the purchase of a new or used motor vehicle Essex Police staff will automatically qualify for a year's free membership of the Halifax Drivers Club - a comprehensive vehicle breakdown and recovery service provided exclusively for Halifax customers by National Breakdown Recovery Club and offering.

If you're already a member of another motoring organisation then you can defer the start of your membership of Halifax Drivers Club for up to six months and reduce the possibility of any wasted annual premium.

Competition - You have the opportunity to win one of three Suzuki Vitara vehicles when you apply for a loan for the purchase of a motor vehicle. The closing date for entries is September 30.

Competition entry forms will be despatched by Halifax on receipt of your application form. For further details on any of the above offers call 0345 626807 or contact the Federation Office at Headquarters on 0245 491491, Ednet 2215 for an information pack.

Healthy figures for Essex

ESSEX Police officers are the second healthiest in the country according to new figures just released by the Home Office.

An average 8.4 days were lost per officer in 1993 as a result of sickness compared with 12.9 days in 1990. The figures include the long-term sick and officers who have been injured on duty.

West Midlands Police came tops in the fitness table with an average of just 6.2 days lost per officer last year - while Leicestershire came bottom with a score of 15.8 days.

Assistant Chief Constable Jim Conlan said Essex Police Officers should be proud of the achievement: "The workloads, productivity and demands on officers have all increased and assaults have risen, but despite this our sickness figures have decreased."

Treatment

Sickness monitoring was introduced in 1992 and Mr Conlan feels that it may have contributed to the drop in figures. Also more officers are returning to work on light duties and many officers are taking advantage of the Occupational Health treatment that is available.

However the sickness picture for Civilian Staff is not so rosy, sickness levels are nearly double that of police officers - an average of 14.8 days were lost per person in 1993. Mr Conlan said he hoped to see an improvement in the figures next year, and believed a percentage could be attributed to inaccuracies on sickness reports - this is currently being investigated.

Working on light duties is also an option open to civilian staff to aid their journey back to work: "If somebody can do four hours a day it's better for them than sitting at home doing nothing. The more time they spend at home, the less incentive there is for them to return to work." Mr Conlan added.

Top of the class



Tony Crabb transforms another new vehicle.

MECHANIC Tony Crabb proved to be a top student when he was awarded a trophy for his work at the Colchester Institute.

During a four year apprenticeship with Essex Police he attended the college one day each week and was twice top of the class.

For the 22-year-old's latest endeavours - top student in his final year - he was awarded the Rene Bennett Trophy.

Tony, who has since been taken on full-time by the Headquarters garage as a New Vehicle Preparation Technician, was surprised by the award.

He said: "I didn't think I had done very well throughout the last year. I guess I must have stayed awake a bit more than the other college students."

Grievance Resolved or Withdrawn

IF A resolution is achieved or the aggrieved withdraws the grievance the officer handling the grievance must ensure that the person concerned confirms this in writing.

Before doing this they should discuss their decision with a colleague or friend and/or a representative of a Staff Association. (Federation Representative).

In every case at least 3 days should be allowed to elapse to enable persons to do so.

Retention of Records

At the conclusion of the grievance procedure all records and relevant papers should be forwarded to the Equal Opportunities Office(r) for retention.

Grievance versus Discipline

Remember discipline produces a result, grievance has to be resolved to the satisfaction of both parties. Grievance should NOT be regarded be as an adjunct to discipline.

Grievance should be dealt with as such BUT recognising that in some circumstances grievance MAY indicate the need for disciplinary investigation.

It is impossible to give definite examples, but probably it will be clear-cut. However in doubtful cases and in particular where the aggrieved person is unwilling to

Life insurance

A GROUP insurance scheme is run on our behalf by George Burrows and continues to work well.

I would advise any officer who is not a member of the scheme, or who does not have his wife insured, to contact the office.

From renewal there is the facility for officers retiring to continue their cover, albeit at a reduced rate.

Details are available from

Irene Black in the Federation office on Ednet 2798.

The current rates are £77,750 for life insurance payable on death from any cause; £10,000 accident insurance; £20,000 permanent total disablement and £24,500 for spouse insurance.

Serving officers married to officers within the group scheme must be full members and cannot apply to be included in the spouse benefit.

support disciplinary proceedings, there is the need to ensure that:-

The decision to institute disciplinary investigation or revert to guidance is taken as quickly as possible.

The Grievance should not be suspended and integrity and confidentiality of procedure should not be compromised.

Remember the decision to initiate a discipline enquiry will always remain with the Deputy Chief Constable (the recognised discipline authority for the force), to whom matters will be referred in the event of it becoming apparent that such action is required.

It remains open to the Deputy Chief Constable, however, having regard to all the circumstances, to decide that a matter should remain within the grievance procedure, in which case it will continue to be dealt with at the appropriate stage of the procedure.

If the aggrieved person does not wish to make any disciplinary allegations against the officer concerned, then it would not be appropriate for the supervisor / line manager to make a report to the officer

in charge of complaints and discipline.

Examples of this are :-

1. Where the allegation is very serious, or there are compelling issues of public or organisational interest.

2. The matter has worsened since the original report was made, such as if the officer concerned persists with the alleged misconduct.

3. The matter is only one of a series of incidents.

Where it is so decided to refer a matter against the wishes of the aggrieved person, then the reasons for doing so must be explained to the aggrieved as soon as possible. In such cases the person referring the matter MUST record the reason for the action, bearing in mind that there may be a need to explain the decision at some later date before an Industrial Tribunal.

Remember attempts to find a resolution to the original grievance should be deferred pending the outcome of the discipline enquiry.

The grievance should be run concurrently with, though separate from, the discipline enquiry.

Off beat

EASY MONEY

MANY Essex Police staff were considering a transfer to the Suffolk Constabulary after a vacancy for a part-time driver/cleaner appeared in a local paper.

The starting salary for the 19 hour a week job was advertised as £3,956 PER HOUR which works out at a payment of £75,164 a week.

MOPED POWER

TRAFFIC patrol officers finally met their match on the M25 after the Metropolitan Police asked colleagues in Essex to watch out for an old moped with L plates, which had been seen travelling illegally on the road.

The Essex officers patrolling in their powerful traffic car spotted the moped at junction 28 but two wheels were better than four - the moped left the traffic car standing and was last seen heading towards London.

DOGGY DOINGS

POLICE in Harlow were in a flap when they were called to house in 'The Fennels'. A dog had been howling all morning and concerned neighbours, fearing a case of animal cruelty, called the police to investigate.

On arrival officers were faced with a howling dog with its head stuck in a cat flap.

Meanwhile complaints of a car alarm sounding for several hours in Clarence Road, Southend, was traced to the occupant of the driver's seat of a Ford Granada. A clever dog was sounding the horn. Police arrived and cautioned the dog who then curled up and went to sleep.

HORROR STORY
A STARTLED woman motorist narrowly escaped injury after running into the back of a car in Ongar High Street.

The accident happened at the same time that a coach load of men and women in fancy dress were leaving the town to see the Rocky Horror Show in Southend.

The woman said the mishap occurred when she was suddenly confronted by the sight of Count Dracula.

ARRESTING SIGHT

PLIERS were the answer to a dilemma for two Southend officers who made a mercy dash to a home in Southend in the middle of the night recently.

A woman had put handcuffs on her partner too tightly and couldn't get them off, out of desperation she rang police to come to the rescue.

The handcuff chain was cut and the couple were released without charge.

CROSSED WIRES

POLICE called to deal with a chemical leak in Grays were slightly confused with the details of the incident shown on the police computer.

Details showed that the chemical leaking at the scene was Pneumonia the mistake was realised and was corrected to an ammonia leak.

Brush with death

TWO TRAFFIC policemen could have died after a lorry careered into their patrol car in a freak accident on the M11 earlier this month.

Pc's Martin Faulker and Geoffrey Poyser were on patrol at Stansted when they stopped to clear tyre debris.

With blue lights flashing to warn other motorists, the traffic car was placed in a fend off position in lane one and the two officers got out of the car to remove the debris.

It was then that Pc Poyser saw a meat lorry heading straight and the

duo threw dived out of danger.

The lorry ploughed into the patrol car catapulting it off the carriageway and onto a grass embankment.

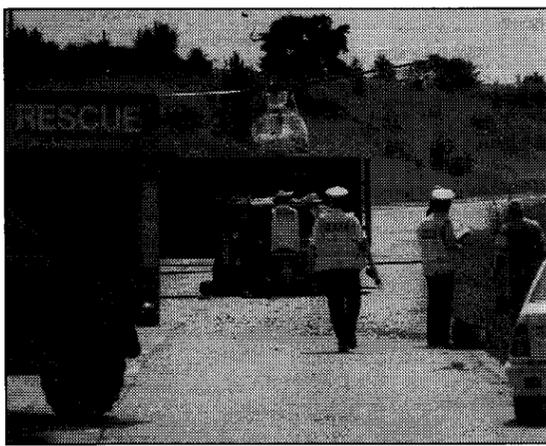
Two other vehicles were hit by the lorry including one car which had four adults and two children onboard. All amazingly escaped unhurt.

As the lorry tipped over the driver was trapped for 45 minutes with leg injuries.

Pc Faulker was treated for a leg injury and Pc Poyser for severe shock.

The fire brigade dealt with grass fires started by sparks from the accident, also called to the scene were ambulance crews and the police and paramedic helicopters.

There was traffic chaos for motorists with the south-bound carriageway closed for nearly three hours.



● Rescue services clean-up after the M11 freak accident.

Being positive about violence

DOMESTIC assaults deserve the same serious attention as any form of violence. And yet Essex Police admits that in the past it has not taken enough positive steps to combat this common problem.

The appointment of DI Steve Currell as county Domestic Violence Co-ordinator in April this year earmarks the new stance the force is taking, while the instigation of a full-time liaison officer in Rayleigh is definitely a positive move.

Pc Maureen Chaplin, better known as Mo, has taken up the post at Rayleigh as part of a pilot scheme.

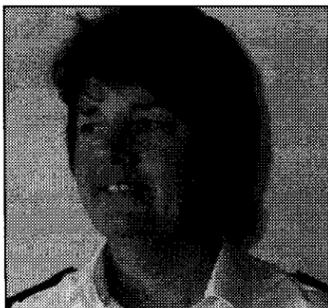
As an experienced officer with over 20 years in the job, she intends to educate other officers dealing with domestics and work with the victims of such attacks.

Each time there is a notable domestic incident there is a form which should be filled out.

Research has shown that in April seven forms were completed and one arrest made.

Since the launch of the scheme at the start of June, 33 forms have been submitted and 16 offenders arrested.

Said DI Currell: "Figures show that there has been a shortfall



● Pc Maureen Chaplin.

between calls from members of the public and reports submitted.

"However, the shortfall gap has reduced."

Included in Mo's work will be a profile system based on the suspect.

Each time Mo receives a report she will start a history file enabling the system to recognise persistent offenders.

Said DI Currell: "Offenders could easily change partners and start up the violence again. The files will help us keep track of

these situations, something we've not been able to do in the past."

But educating officers to be more positive in their actions is the key to the scheme's success.

A training video has already been produced.

"We have been heavily criticised in the past, nationally, for taking a step back with the view that it's a civil matter," said DI Currell.

"All of the organisations which support women are in agreement with a positive arrest policy.

"Whereas before we would have asked the victim if they want to make a complaint, we are now saying we will make that decision for them if there is evidence of an offence."

It could be seen that this line does not take into account the victim's feelings. Although they often make the initial call to the police, when it comes to the crunch most don't want to see their partners of loved ones arrested.

DI Currell said: "We are victim sensitive but not victim orientated.

"The positive arrest policy sim-

By Kim White

ply builds some time into the system whereby the victim has a chance to think and seek advice without the offender being around."

It is in this area that Mo also has her work cut out.

It will be her job to visit those victims of a serious offence who then retract their statements.

She will attempt to ascertain the reasons for the retraction and provide them with the much needed support.

Already, as a result of media coverage on the scheme, Mo has had visits from a handful of women who feel they may become victims and want some general advice.

The joint initiative by Rayleigh Division and HQ CSB (Community Relations) is one of a number forming a force-wide strategy to improve the service to victims of domestic violence.

Other ideas being looked at are the use of mobile phones and alarms for victims.

Maureen Chaplin can be contacted at Rayleigh CID.



● New chairman Cllr Richard Boyd.

However Mr Boyd felt they have a very important role in the 90's. He added, "They are the half-way house between Joe Public and the police service. They are the public who have actually got off their backsides, put on a uniform and gone into the community to support the police - you can't fault that desire to help. More importantly they go back into the community and tell the public what really goes on in the police service."

Cllr Boyd has strong views on how to promote Essex Police and warns that we should remember to listen to the public.

"Often when professionals issue public consultation documents they would be wise to talk to politicians, they are streetwise otherwise they wouldn't be where they are today. Often the police thinks that it's case is so self evident that it forgets that it has to keep explaining. The public is never static, there are new people coming into the community all the time," he added.

Richard Boyd who was born in India and came to the UK when he was four, he still lives in Rayleigh. His business background is in the aviation industry but he suffers terribly from motion sickness and so is likely to decline an offer of a trip in the Essex Police helicopter.

He will continue as chairman until the setting up of the new police authority, which is likely to take place at the beginning of next year.

Over the edge



● Face of fear - Sgt Andy Beckett.

VERTIGO sufferer, Sergeant Andy Beckett, was as high as a kite after successfully abseiling down the Essex Police Training Centre in Chelmsford last month.

Andy took the plunge down the 70ft tower when fellow officers on his Sergeants Development Course sponsored him to go for the challenge.

The exercise was an end of course activity designed to encourage team building, but officers are given the opportunity not to take part if they wish.

The language was colourful as Andy made the first step over the edge but admitted to enjoying the rest of the journey down. "I'm glad I did it, but I'll never do it again" he said.

A total of £68 was raised for the Imperial Cancer Research fund as a result of the sergeants' bravery.



Ballot over shift times

EVERY regular police and civilian officer was given a chance recently to have their say about the start time of the working day.

Staff were sent ballot papers asking their views on the new start time which changed in January from 0600 to 0700.

Earlier the findings of a Federation survey showed that the new start time proved unpopular with the majority of workers. Nearly three out of four officers said they would like to see a return to the 6am start.

Results of the ballot which closed on July 11 will be published in September and coordinators at Grays say that the findings will determine any changes.

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Letters

Amusing stories of police life with D-Day veteran

HOW nice it was to see Ex Sgt Jack Faulkner featured in your article on the D-Day Landings in the June edition of *The Law*.

It brought back many happy memories of the time, when as a young constable, I served under Jack at Hadleigh Police Station.

I am sure that Jack won't mind sharing with the readers an incident in which he nearly met his 'Normandy' at my hands.

It was back in the distant days when we used to race around in white 'Mini' vans. I had just returned to my station from an Elementary Driving Course, clutching a 4th Class Driving Permit.

The passenger seat in the Hadleigh 'mini' van was broken and had gone away for repair. To enable us to remain

fully operational the seat had been substituted with an upturned milk crate on which the observer sat. I got behind the wheel and Jack perched himself precariously on the milk crate.

With much revving of the engine and grating of the gears I managed to engage the 1st gear. Having not yet fully mastered the art of clutch control, the van lurched forward suddenly, pitching Jack backwards off the milk crate. Jack ended up lying on his back in the back of the van with his feet sticking up in the air. (I had better not repeat what he then said).

All the very best Jack and to all those Hadleigh Officers of that era whether still serving or retired.

Ex PC Stuart Nunn.

In the good old days

CONGRATULATIONS to Fred Feather who organised a successful reunion of the old Southend Borough Police officers and civilians in May.

There were former senior officers down to new cadets present who went on to serve with Essex Police.

I spoke to many of them and all remarked on the enormous changes there had been in the police service since those days.

We hear so much these days of court appeals with police misdeeds highlighted and fabricated evidence. We see small children perched on police motor cycles. Is this the sort of publicity lowering the police image?

Phil Pewsey,
Southend.

Living in the past?

I NOTE from several photographs in numerous publications, including *The Law*, that Chief Constable John Burrow wears a whistle chain. He is obviously unaware that the wearing of such was abolished, by Force orders, many years ago.

To add insult, I also notice that he wears his in the Metropolitan fashion (ie. chain from pocket round outside edge of jacket and onto button) and not the old provincial and Essex way (ie. chain from pocket into top left button hole, leaving approx one inch exposed).

Ex DS Burden.

Preparing to deal with death

I HAVE little doubt that when I retire from the police, I will look back and reminisce on the "Good Old Days", as Ex PC Dave Ward has every right to do.

However, all too soon those who have moved on, lose touch with changes and advancements in working practises.

I am specifically referring to his comments on the attendance of probationers at post mortem examinations.

Being a serving Coroners Officer and one of the county's network of Critical Incident Debriefers, I can look at the situation from all aspects.

Sadly, in today's police service, we expect our officers to attend and deal with all manner of traumatic incidents, irrespective of their length of service or indeed, their experience of life. Thankfully, it has now been recognised that these men and women need support and training in how to deal, not only with the practicalities of the incidents they attend, but their own emotional reaction following on.

The police service is still a 'team' occupation; with groups of officers working closely with one another and needing the reassurance in each others abilities.

Far better that officers realise a problem under these conditions, than have it thrust upon them out "on the streets", when, if working as part of a team, they become a liability rather than an asset; but worse still, if working alone but with the public in attendance. It is every officers nightmare to fail in public.

Supt McGarr makes warranted mention in the same issue of *The Law* as Dave Ward's letter, of the need for training. This training does not solely relate to practical skills but emotional conditioning as well.

It can never be a bad thing to pre-empt and deal with a potential problem.

Having explained the reasoning behind a probationer's attendance

at a post mortem may I now dispel the image painted by Dave Ward, of a group of "frivolous" police-man standing around whilst a post mortem is being carried out.

Nothing could be further from the truth. A probationer attached to our office will spend about two hours having the legal requirements of the Coroner's Act explained to him. He will also be given an approved "guide" to dealing with sudden deaths, with special mention being made of the traumatic effect that the loss of a relative can have on a family.

I have been escorting probationers to post mortems for two years, and only one occasion has the officer felt ill. In fact, all have expressed their admiration for the true professionalism displayed by the hospital staff, and the dignity shown to the deceased whilst complying with the law.

David Knight,
Coroners Office,
Harlow.

It's simply "unreasoned drivel"

IF THE feelings apparent in Harlow Police Station since the publication of the June edition of *The Law* are anything to go by, I am not alone in feeling the need to reply to David Ward's unreasoned sanctimonious drivel.

Very few police recruits, be they school leavers, graduates or mature entrants have any first hand experience of death.

Even those who have had the misfortune to suffer the loss of a loved one will not have had to deal with the death in the detached and professional manner required of a police officer.

Officers DO care

AS THE "interminable" contributor to *The Law* my first reaction was to ignore the personal attack via your lead letter in the June edition which concerns post mortem examinations. On reflection it does require a response.

Your correspondent would be more than "appalled" if he knew of the training requirements of medical students, but like him I digress, for in my experience the vast majority of officers in my estimation are caring family men who regard the sanctity of life as paramount.

The Chief Constable in those "historic" times had the interest of his officers in mind when this practice was introduced (as explained in my letter of the April issue) to prepare them from being overcome and unwell when coming upon human remains.

Attendance at a post mortem allows a recruit to see a dead body, perhaps for the first time, to experience the sight and smell and the emotions unique to death.

Far better that this should take place in the safe environment of a post mortem room with experienced and supportive colleagues and staff present than at the roadside or in a house with distressed relatives present.

I have never attended the scene of a death or a post mortem where there has been any suggestion of "the sanctity of someone's dear departed" being intruded upon. I

There was also in the training a provision that if the officer was unable to face such procedure he need not participate, as occurred with a man with whom I trained.

Whilst every one of us have personal opinions of certain police work and activities, it is sad that the tone of our paper was reduced to such level, but I shall continue my trips down memory lane (and other up-to-date controversial topics such as police firearms) as long as you - Editor - will publish them.

They are for the enjoyment of your readers, young and old, stirred on by the comment I had from a serving officer recently who told me he always looks for the letters page when *The Law* arrives to see what I have written.

Phil Pewsey,
Hamstel Road,
Southend.

I am sure this is because, despite all the cynicism, police officers of all ages and experience are highly professional and caring.

I can suggest some areas into which Mr. Ward might like to dive headlong, nostalgia not being one of them.

I am sure that we could all be spared his anecdotal description of a distant training course and treat his strange suggestion that there are those who would go out of their way to attend the death of an attractive young female with the contempt that it deserves.

Sgt Chris Booth.

Help is available

I AM writing to express my sincere thanks to the Welfare Department of Essex Police, for their support, understanding and confidentiality which they have recently demonstrated.

As a retired senior officer in the Essex Police, I have, for some years suffered from stress and anxiety and as a result had resorted to heavy drinking, in order to cope with life.

In despair, I contacted the Welfare Office to seek help for this condition and was treated with compassion, care and confidentiality.

As a direct result of the Welfare Department referral, I now fully understand and have come to terms with my problem.

Looking back over my own career, I realised I had a drinking problem but because of pride, naivety did nothing about it.

If there are any serving, retired or civilian members of the force, experiencing a similar situation, I would be very pleased to visit and share my own experiences and would underline again the total confidentiality.

The Welfare Office are in possession of my telephone number, which will be given to anyone who is interested. There is no need to disclose your identity or position.

Name and address supplied.

Sunshine on a rainy day

WHEN Valerie Boatright rang Laindon police in tears after her sunbeds were stolen in a burglary, her Detached Beat Officer leapt to the rescue.

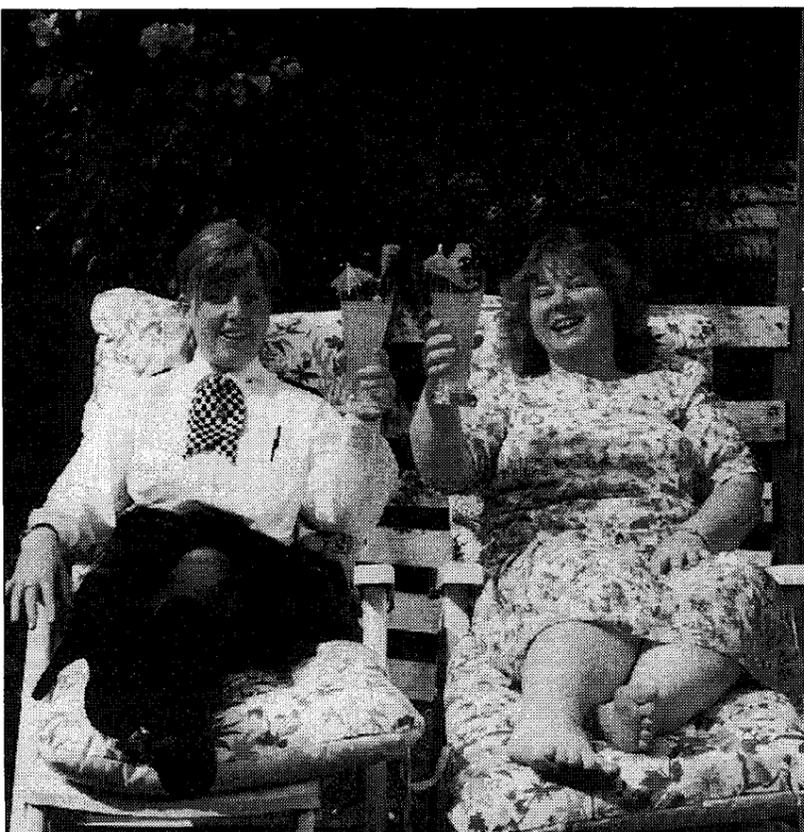
Distraught Valerie had been saving hard for the reclining sunbeds and had packed them in her caravan ready for a holiday at Great Yarmouth.

"They totally cleared out the caravan and took everything from the teapot to the fire extinguisher", said Valerie.

Saddened by her plight, local officer Pc. Diane Capon picked up the phone and rang Damar Leisure in Wickford to ask if they could help. The generous company jumped at the chance and offered Valerie two replacement sunbeds worth a total of £90 for free.

Director, David Brightman said, "We were pleased to spread some goodwill in the community and help Valerie out, we knew that she couldn't afford to replace the sunbeds and we were in a position to help."

Thieves broke into the caravan through a tiny window and stole the sunbeds and other items, some of which have subsequently been recovered. Meanwhile Valerie says she is thrilled with the help from Laindon Police, "They have been very kind and have stayed in touch throughout, I'm full of praise for them," she said.



● Pc Diane Capon soaks up the sun with Valerie Boatwright after she helped get her stolen loungers replaced.

Step
back
in
time

Sergeant Goose dies, aged 92

AMERICAN ex-airman Ferdinand Wright returned to Boreham airfield on a nostalgic visit this week where he was stationed 50 years ago with the USAAF 394th Bomb Group.

"Ferd" was a gunner radio operator for the squadron known as TB's BBs - Col. Thomas B Hall's Bridge Busters - which was responsible for bombing bridges in Northern France to prevent German forces moving up reinforcements to oppose the D-Day landings during the Second World War.

"I was 21-years-old when I came over here in 1944, and flew 65 missions, most of them from Boreham," said Texan born Ferd who came over from his home in Pasadena, California.

Ferd, who was accompanied by his wife Betty, was invited back to his old base by Boreham airfield historian Bryan Jones.

They were taken on a tour of the airfield which is now a Ford Motor Sport testing track, and were taken up to the control tower which now operates the Essex Police helicopter base.

Photos of the American Marauder bombers which operated out of Boreham and other historic pictures are pinned on the walls and Ferd chatted to police helicopter crews with fond affection of the Marauder he flew in named Hannibal.

"We used to be overloaded with flak suits and the pilot had to use full power and to pull the stick back as hard as he could to get the ship to mush off the ground and clear the trees," said Ferd. "We never once hit the trees. I guess they're different trees, but they look the same."

He added: "It's been very nostalgic to come back to England again after all these years, although I don't recognise much - all this grass where there was once concrete."

We really appreciate the kindness we have received from complete strangers while we have been here."



● War veteran Ferd Wright pictured with former Queen's Head publican Roger Smith and historian Bryan Jones.

POLICE officers of all eras will no doubt be sad to hear of the death of the legendary Sgt Harold Goose at the grand age of 92.

Harold was a renowned character from the time he joined the Essex Constabulary in 1925.

Serving at Harwich, Braintree, Coggeshall, Grays and Headquarters, he was awarded the Merit star in 1934.

The award was for: "his action in endeavouring to secure, single handed, the arrest of three men at Feering, and his diligence in subsequently arresting one of them, who were convicted of warehouse

By Fred Feather

breaking at the London sessions and sentenced to 15 months hard labour."

In 1940 Harold was promoted to sergeant and was stationed in Romford for five years before retiring in 1950.

Questioned

When questioned about his merit award, a couple of years ago at his Cambridge home, recounted the tale.

It was as Constable 222 that he saw a Hillman Straight Eight parked near Ward's Lock Up Store in Feering Road.

Seeing a man approach at about 4.15am he questioned him. Two other men joined in and a struggle developed.

When a passing lorry driver heard him calling for assistance the men ran off.

Goose managed to set off in pursuit having started the Hillman, and flushed two of the men out into the hands of his colleagues.

He was far from pleased when his sergeant suggested he might be prosecuted for taking the Hillman without the owner's consent and spoiling any fingerprints.

It was the next morning



● The late Harold Goose.

that he was out on his cycle when he spotted the third man in a field and arrested him.

He then held up his hand to a passing car shouting "in the King's name stop".

After a debate the driver agreed to help if his petrol was paid for.

Posted

The ways of Goose were simple. When he was first posted to Coggeshall the local jobs would sing Goosey, Goosey Gander as they cycled home from the pub at Earls Colne.

One Saturday night there was a glint in the hedge, which might have been the numbers on his helmet, or his eyes.

There was thud as something the size and weight of a police oiled cape hit one of the cyclists who fell into the road.

Subsequent enquiries failed to establish what had hit them but the nursery rhyme wasn't so popular after that.

High technology

CREW members of the Essex Police helicopter say they are thrilled with a new piece of equipment that has been installed on it.

An on-board thermal imaging camera, similar to that used by the fire service to detect people in smoke filled rooms, will help the crew locate missing people, prisoners and suspects that have made off.

The camera picks out items that are warmer than others, for example in a scenario of a body in a field, the body will stand out more than the field as it is warmer. Another example would be an abandoned car used in a robbery, the stationary car would be hot and again would stand out to the camera.

The thermal imaging camera works particularly well at night when the ground temperature is significantly lower.

Built into the housing of the camera is also a

normal camera, both cameras can be monitored by crew members on personal mini tv monitors. There is also the capability of video recording any of the camera footage, which can be used in court if necessary.

Air Support Unit boss, Inspector Mike Walker said "This camera is a tremendous piece of kit, we are now on par with other police helicopter units in the country."

Lunch date is altered

A CLASH of several Force functions means the date for the Essex Police Comrades Association annual luncheon has changed.

The new date has been fixed for Friday, October 28, 12 noon for 1pm.

When sending your booking form with your remittance please ensure that you have altered the form to show the new date.

Please also be advised to book as early as possible to avoid disappointment.

Benevolent Fund update

CHANGES to the divisional layout of the county has meant a modernised network of representatives for the Support Staff Benevolent fund.

The scheme which is a registered charity, was previously known as the Civilian Staff Welfare Fund and is financed by subscriptions from over 1,000 civilian staff. Payments are made to serving civilian employees and also ex-staff who find themselves in financial difficulties.

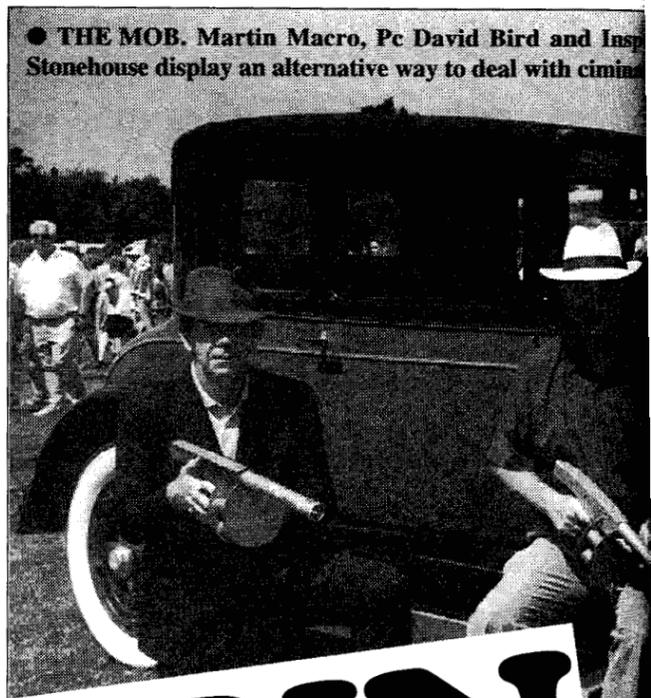
Funds have been made available in the past for people who had to find money for travelling to receive medical treatment and with debts arising from mortgage and council rent payments.

The list of local representatives shown remains in force until November when the election of new officers for the posts will take place. Any officers interested in applying should consult with their divisional/department manager.

SUPPORT STAFF BENEVOLENT FUND DIVISIONAL REPRESENTATIVES		
Headquarters		
Administrative Support		
Brenda Wilmot	Financial Services	Ext 2657
D.C.C.'s Department		
Lynda Barkway	Management Sup't	Ext 2602
IT/Operations Divisions/Traffic/Information Room		
James Hibbert	Information Room	Ext 2222
Personnel/CID Operations/Training/HQ Crime Support/Force Command/Seconded Staff		
Kathy Flegg	Career Developm't	Ext 2329
Braintree and Stansted Airport		
Sue Barley	Divisional Admin	Ext 3927
Basildon		
Sheila Hicks	Traffic Warden	Ext 3143
Chelmsford		
Doreen Smith	CID Admin	Ext 3612
Tendring		
Margaret Lomasney	Divisional Admin	Ext 4611
Colchester		
To be appointed		
Thurrock		
Lynn Plunkett	TW Corringham	Ext 5143
Harlow		
Kathy Hibberd	Prosecutions	Ext 5531
Southend		
Michael Lines	TW Controller	Ext 6243
Rayleigh		
Bet McAughtrie	TW S.Benfleet	Ext 3348



● SPECTACULAR! The three emergency services put their skills to the test as they stage a major rescue in front of Fun Day crowds.



● THE MOB. Martin Macro, Pc David Bird and Insp Stonehouse display an alternative way to deal with criminals.

FUN

THE ICE-CREAM sold out at this year's Essex Police Fun Day after record numbers of people attended the popular charity event held at Police Headquarters in Chelmsford.

With scorching temperatures reaching 80 farenhite there were queues for ice-cream and soft drinks and also plenty of people suffering from sunburn thanks to the never-ending sunshine.

Hundreds of people took advantage of the park and ride scheme and journeyed by bus to the event which had a rousing start at 11am courtesy of the Essex Police Band which delighted crowds throughout the day.

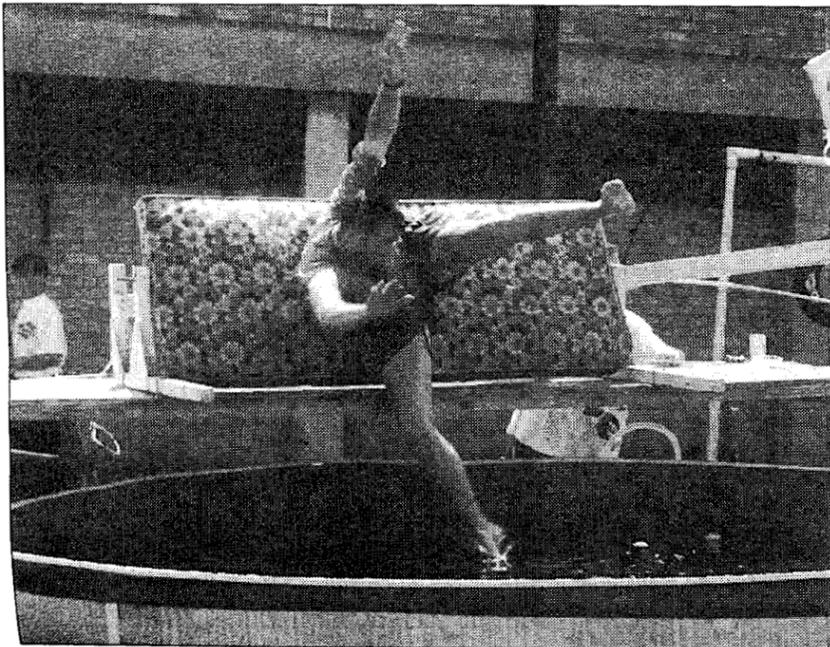
Arena events included the Culpepper Wild West Show, the Essex Fire and Rescue Pipe Band and the "999 Spectacular" featuring members of all three emergency services.

**Photos by
Ian Deal and
Les Brand**



● TRAVELLING IN STYLE. Baby Aaron Watson spent his first Fun Day in comfort as he dozes in the warm sun. And it wasn't far to go home for the five-month-old Springfield tot.

● ICE COOL. Yvonne Lyman from Great Baddow discovers the best way to beat the heat. She was one of the lucky visitors who was able to buy an ice cream before they sold out.



● GOING, GOING GONE. A Southend officer gets wet wet wet as he is successfully tipped into a tub of ice cold water by a sure shot visitor.

● SPECIAL ASSIGNMENT. English check that the merchandise...



MIXING WITH THE STARS. Graham Cole, known as Tony Stamp in *The Bill* gives his autograph to Chelmsford's Stuart Collett. Meanwhile (right) Danielle Haupt (8), from Leigh-on-Sea goes up the pole.

IN

surprises were store for tors including ly-past by a F Nimrod ch circled the for nearly 15 minutes.

The show also took on a more rural feel year with organisers introducing more animals to the show including shire horses, sheep and cows.

Chief Constable, John Burrow added his support to the event by calling it "a first class". He said that the highlight for him had been successfully tipping Southend commander Chf Supt Mick Benning into a pool of freezing water on one of the side-shows. "It gave me great pleasure," he added.

Thousands of pounds are expected to have been raised by the event and the organisers wish to thank everyone who took part and supported the event in any way.

Autograph hunters were out in force too, eager to meet *The Bill*'s Tony Stamp, alias Graham Cole, who spent several hours at the event.

Fun Day chairman David Bright said the

event had gone very well and that the increase in numbers had showed that they had got the combination right. "When people come along to this event they know that they'll have a good day, everything including the admission is reasonably priced and there's plenty of variety for everyone," he said.

Many charity stall holders were full of praise for the Fun Day, Caroline Jacob from the Chelmsford Playbus, to which many cakes were donated and sold, said, "It's been a great day, we had lots of people asking for information about the playbus and we've made the most amount of money than ever before, I can't wait till next year."

Winners of the Essex Police Hi-Tech Football Challenge were RA Butler School, from Harlow, for the seniors and Great Wakering School for the



● **THIRSTY WORK.** One young girl accepts a drink from a police constable.

THE SUN



Charlotte Humphreys and John... is up to scratch.



● **OH WHAT A LOVELY BUNCH.** Toddler Louis Taylor is a winner.



● **ANIMAL TALK.** Anna Ackroyd, from Chelmsford, makes friends with a Highland cow, one of the many animal attractions at the show.

Health Check by Carol Anness

Who's exposing themselves?

IT'S that time of the year again when we peel off the layers of winter warmers and throw ourselves under those well-coming, comforting rays of sunshine.

But what exactly are we doing? While the sun is tanning the surface of your skin brown, it may well be damaging the skin below the surface.

Find out for yourself by having a go at this health quiz.

- How long does it take light from the sun to reach the earth?
a) 2 weeks b) 24 hours c) 8 minutes d) 16 seconds.
 - What is the name of the skin pigment causing a tanned appearance?
a) Melamine b) Melomania c) Melanin d) Melonaemia.
 - A rare form of blood disorder causes scarring and growth of body hair on exposure to sunlight - with which creature is this condition linked?
a) Count Dracula b) King Kong c) near extinct C/Supts d) Werewolf.
 - Which of the following are good ways to protect against burning?
a) Applying olive oil b) Wearing a big hat c) Avoid the midday sun d) Fitting blinds to the area car e) Using the right factor sunscreen.
 - What is the name of the radiation in sunshine which can cause damage?
a) Ultra-blue b) Ultra-violet c) Ultra-bright d) Ultra-violet.
 - Which is the odd one out?
a) Moonlight b) Rainbow c) Starlight d) Northern lights.
 - Which are the major causes of wrinkles?
a) Going out in windy weather b) The new shift pattern c) Sunshine d) Smoking.
 - Which sunscreen would cut your exposure to UVB by 90 per cent?
a) SPF 10 b) SPF 20 c) SPF 9 d) SPF 12.
 - Which of these processes fluctuate with activity on the surface of the sun?
a) Radio and TV reception b) Speed of light c) Weather patterns d) Intensity of northern lights.
 - Which of the following have a greater than average risk of skin damage from the sun?
a) People who don't tan b) People with lots of moles c) People who tell lies d) People who were badly burned as a child e) Albinos.
 - Who is thought to have popularised a tan in the 1930s?
a) Coco Chanel b) Walt Disney c) Eva Braun d) Marlene Deitrich.
 - Which of these treatments can increase the risk of sun damage?
a) Sunbeds b) Blushers c) Some ingredients in perfumes d) tanning products containing psoralens.
- For further advice on skin protection contact the Occupational Health Department on ext 2848.
- Answers are upside down and across the page.

Ringing the changes

A DETACHED Beat Officer has turned yuppie after being presented with a mobile phone so villagers can contact him wherever he may be.

But it is unlikely that Pc Dave Manders will get a flash car to go with the phone - he's more likely to be seen on his push bike patrolling the Great Waltham area.

Pleshey Parish Councillors thought up the idea to buy the phone and Ridleys, the Essex brewer has chipped in to pay the monthly air-time bill. The initiative is believed to be the first of its kind in the country. Now when Dave is on patrol covering



Pictured (l-r) are Richard Morris of Pleshey Parish Council, Nicholas Ridley, Pc Dave Manders and Insp Dick Madden.

the 25 square miles of his beat, villagers can still have a direct line to him. Technology can now transfer any calls received at his office in Gt. Waltham to his mobile phone. Pc Manders said, "We are providing

a far higher quality of service to the public by always being contactable. The scheme has had a very good response from the people in the area, it's much more convenient than continually leaving messages for me."

Injured animals take up all SOA's time and money

FOR most of us £1,000 is about a month's wages. For SOA Sue Schwar it's a monthly vet's bill.

For about 10 years now, Sue has been unable to turn away an injured animal and being registered on the police computer as the local cat rescuer she takes in about four or five feline friends each week.

At her Badger's Dean home in Grays she currently houses about 30 cats, two dogs and a hedgehog - at the last count!

Her most recent rescue attempt was in fact the hedgehog.

When a local gardener speared the prickly prowler by accident five babies were temporarily orphaned and it was Sue to the rescue.

As she nursed 'mum' back to health,

Sue's zoo

she painstakingly fed the babies every two hours - even throughout the night - with goat's milk through syringe.

Unfortunately the babies were too young and didn't survive, but mum's doing fine.

Said Sue: "Since I was a kid I have always liked animals but I don't do it because I really want to, I just feel that I have a moral obligation."

But her kindness costs, and although she homes about the same number of

cats each week that she takes in, vets bills still need paying and between £500 and £1,000 a month is no surprise.

She explained: "The cost is the one real problem. The Force can't help me and although I could go to the RSPCA it's against my values to scrounge from another charity.

So the hard graft continues and while most people have holidays Sue rescues animals.

If anyone needs Sue's help or would like to home one of her cats she can be contacted at Grays 'C' Shift on 0375 391212 or at home on 0375 378516.

Further rescue attempts this month came from Headquarters and Stansted Airport.

A racing pigeon was reunited with its owner after Joanne Atkins of Accident Information found him injured in a gutter in Witham.

She brought it into work in a box and tracked the owner to East Grinstead via the Pigeon Society.

Meanwhile officers at Stansted were in for a shock when they checked over the Major Incident Vehicle at the airport.

Happily tucked up in the mains box were four new born wagtails and their parents.

A meticulous operation transferred the nest from the mains to a locker and it was business as always.

Sue Schwar and three of her strays keep an eye on the injured hedgehog.



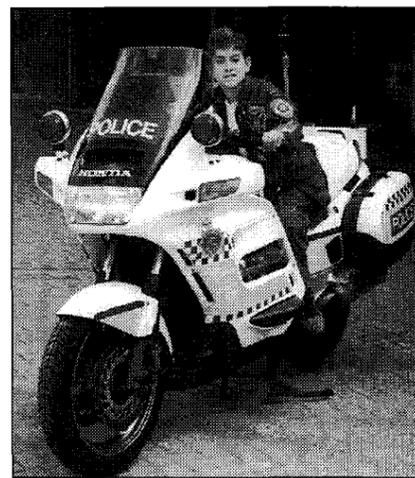
Brad's swell day

A TEN year old American boy had the surprise of his life when his parents visited the UK on a business trip recently.

Police enthusiast, Brad Bosley, was treated to an afternoon out with officers from the Laindon Traffic Unit. Brad has a severe spinal handicap which affects his legs but with a little help he was able to sit on one of the new Essex Police Honda motorcycles.

Pc. Clive Swan said that Brad had an almost obsessive interest in the police service back home and he was keen to meet a British police officer.

The youngster was also given a spin in a new Granada Cosworth up to the national speed limit which Brad described as "Just Flying".



Brad sizes up the Honda ST1100 motorcycle

Are you at risk?

IF YOU'RE over 40 you are at risk of contracting an eye disease known as Glaucoma, which can cause blindness if not treated.

That's why last month Frog Week was staged (For relief of Glaucoma) to help make people aware of the risks and the treatment available.

To find out how to arrange for a test, send a 9 x 6 inch envelope to International Glaucoma Association, King's College Hospital, Denmark Hill, London SE5 9RS and they will send you a free information booklet.

ANSWERS

1. C over a distance of about 93 miles. 2. C. 3. D (sadly C is just folklore). 4. C, E, & F are all ways of protecting against burning. D is an excuse worth trying if caught. 5. D. 6. C - all the others are due to radiation from our own star, the sun. 7. C & D. Unfortunately there is not a strong enough case against B. 8. A, 9. A, C & D. 10. A, B, D & E. You could try C on juvenile offenders. 11. A, 12. A, C & D. D, UK tanning products no longer contain psoralens, beware when buying abroad.

Dog tales by Alex Jennings

ON ARRIVAL at The Essex Police Training Centre, Sandon, I was met by PC Allan Gilfillan, one of two full time training instructors.

To begin with PC Gilfillan brought out and showed me a variety of illegal drugs, that had been seized and held by HM Customs and Excise. This ranged from Cocaine (97% proof), Amphetamine or Speed, Cannabis or Grass and heroin.

We next were introduced to Caspar, a very agile springer spaniel trained to sniff out drugs. Allan Gilfillan took a small quantity of cocaine which he

wrapped up in a plastic container, and placed behind the rear brake drum of a police vehicle.

Some cannabis was adequately concealed at the back of a wall cupboard located in a garage. It would take on average half an hour apiece for the dog to find the drugs. The case containing the assortment of drugs was left outside the premises, and I was told that the dog was trained not to go to them as they had not been hidden.

In under 20 seconds Caspar was gleefully tearing away at the police vehicle's rear wheel hub. The wall cupboard drugs followed in a matter of seconds - a most impressive display of

detection, that is a credit to the dog trainers.

We were then introduced to Pc Kieran Dale, an officer stationed at Chelmsford, along with his German Shepherd Buster, Pc Phillip Passfield from Colchester, with Mabbs and Sgt Pat Kirby from Southend, with Ike.

All three are General Purpose Police Dogs with 13 weeks the standard time allowed for them to be trained - but often completed in 8 weeks.

For explosive and drug detection the springer spaniel and Labrador retriever is favoured and for firearms the German Shepherd.

The dogs are given 2 rest days each

week, and are submitted to a fortnight's refresher course each year.

I was next shown the ways in which the police use their German Shepherd. The handlers commanded their dogs to find and retrieve items hidden in a field.

In one case a knife was hidden up a tree some 50 yards from us. One of the German Shepherds easily picked up the scent, and within a minute was circling the tree.

Up against such determined and finely tuned animals, it would seem there is no secure spot for the law breaker as I understand that at least 75% of detection work can be attributed to dogs with their exceptional powers of smell. I

believe also that the armed units of the police, as well as the SAS will not go into a situation, unless circumstances demanded it; until such trained dogs have first sized up the conditions.

Finally, we were given a demonstration of catching a suspect on the run. A clear warning for the suspect to stop is given and repeated. If not heeded the 'cavalry' is sent in to bring the suspect to a halt by going for the sleeve.

I was allowed to participate using the armoured training sleeve to the reassuring shouts of: "Try not to get blood on the equipment, will you Sir?"

This concluded a most interesting visit.

Right on cue

Chorus
lines

JUNE provided us with a breathing space following a hectic series of May concerts which culminated in our visit to Croissy Sur Seine.

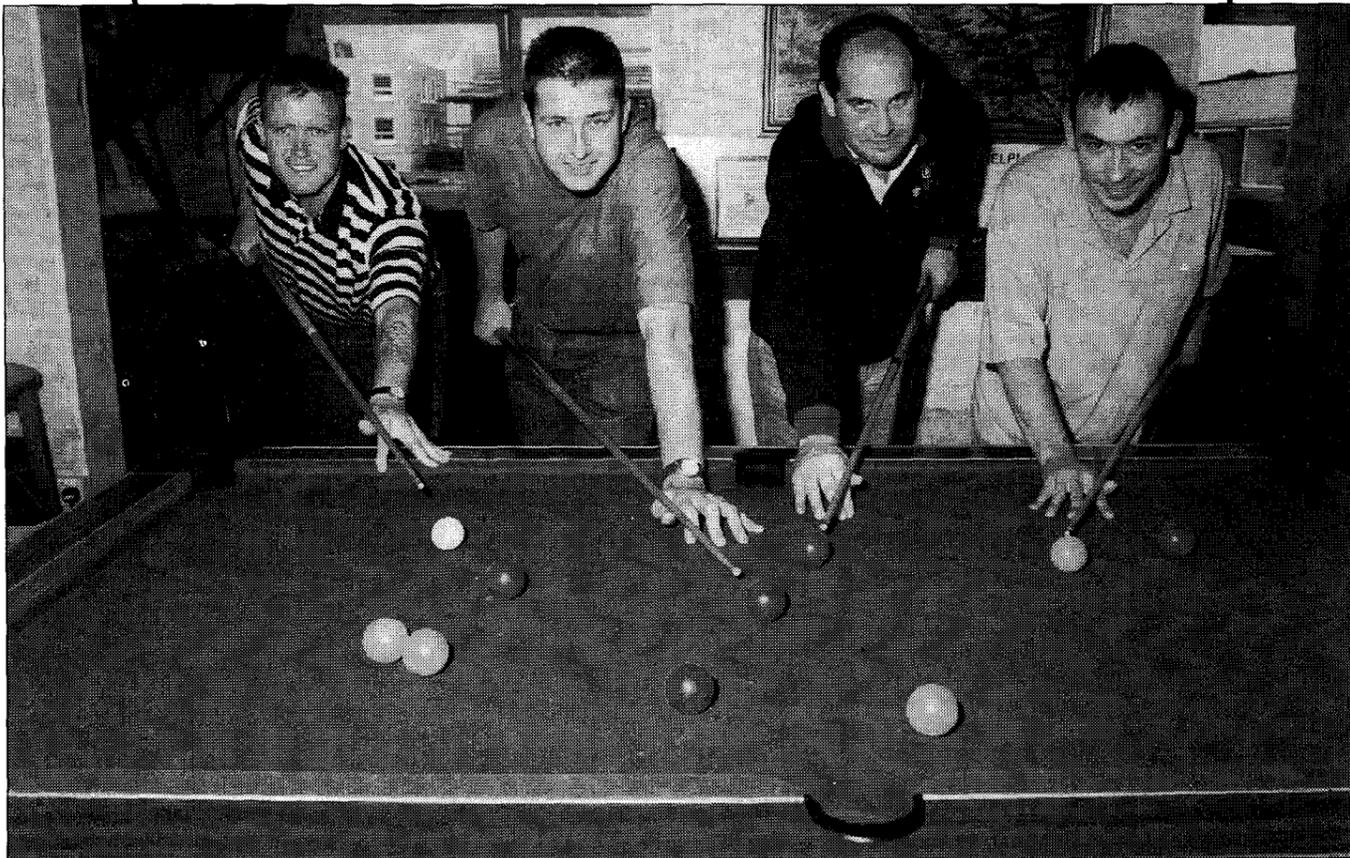
Reports of the activities of some of the choir members which appeared in our 'in house' journal Paris News have brought threats of legal action against the editor. She is prepared to fight these vigorously on the grounds that every word is a totally true and accurate record of their conduct.

We have now had the opportunity to look at some new music and our membership of the National Association of Choirs has provided us with a source for copies of *Perhaps Love* by John Denver.

These have come from the USA via Norwich and are the four part harmony versions sung by the Royal Hong Kong Police Choir in Canada last year, and which proved so popular with our members.

Finally our best wishes go to Fred Dyson who has not been with us for a few weeks following a severe angina attack but who, we are happy to learn, is making a good recovery.

Roger Grimwade.



● Raising pots of money are Detective Constables Mick Clark, Paul Baker, Nigel Perry and Tony Martinez.

DETECTIVES in Harlow have been hard at work on the charity trail raising cash for a variety of organisations.

In the early part of June officers took

part in a 24 hour non-stop Poolathon collecting £800 towards their charity funds.

Just two days prior to this they donated £500 to the Special Baby Care Unit at the

town's hospital - the Princess Alexandra.

This money was raised through a series of activities including a barbecue and a dance.

Animal magic at Essex Show

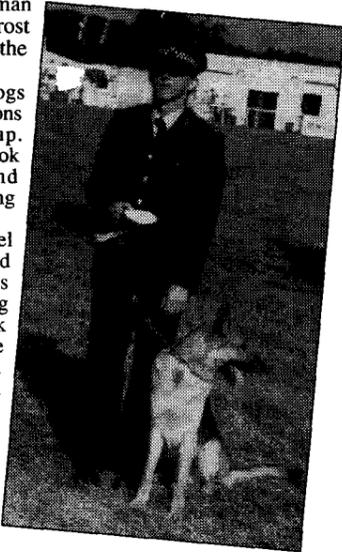


IT COULD have been a scene from one man and his dog last month when Pc. Dave Frost and his dog 'Max' delighted crowds at the annual Essex Show in Great Leighs.

The twosome competed with other dogs and handlers from the other five dog sections around the county for the Burrow Cup. Dave and Max from South Ockendon took part in the National Obedience and Criminal Work Test and passed with flying colours, scooping up the cup.

Meanwhile on horseback, Pc. Michael Caunce galloped towards success and won the Essex Challenge Shield with his horse Colossus. Other forces including the City Of London and Norfolk took part in the competition in which the horse and rider had to complete a course whilst dealing with noise and disruptions, horses were also judged on dressage.

Crowds also flocked to see the Essex Police stand which had been devised by Public Relations Officer Fred Feather.



ABOVE LEFT: Pc Michael Caunce, winner of the Essex Challenge Shield receives his award from Deputy Chief Constable Jim Dickinson. Colossus is his faithful companion.

ABOVE: Burrow Cup winner - South Ockendon's Pc Dave Frost with Max.

LEFT: Having a lolly good time - a visitor to the show meets an Essex Police diver.

May changes

ANYONE thinking about booking next year's May Bank Holiday should be aware that it will fall on the second Monday in the month and not the first as is usual practice.

Cutting paper costs

ESSEX Police has joined forces with Essex County Council to bring about a fall of 10% in its use of paper products.

The year long campaign, spearheaded by Chief Administration Officer Peter Crook, relies on staff adopting a 'common sense approach' to saving paper.

Hints to aid reduction of paperwork include, photocopy both sides, reduce margins, reduce copies and use notice-boards. The overall message is only write reports if they are really necessary, quite often a telephone call will suffice.

The June edition of the 'Focus' video shows examples of bad and wasteful practices and shows ways that staff can cut paper-work costs.

Comparative figures showing trends in paper purchasing will be analysed by HQ Purchasing Management during the year.

THREE NINES FAYRE

Sunday, August 21, 1994
11am to 5pm
Bata Recreation Field - East Tilbury

Static displays
Arena events
Staged rescue by all
three emergency services

Admission £1.50 or by programme
Children and OAP's £1 - under 5 free
Free parking
Programmes available from Corringham, Tilbury and
Grays police stations
Sponsored by National Power (Tilbury)

Brian runs out of time



CRIME Support boss Brian Hindley may have made it to fourth post but he ran out of time as he retired from Essex Police after 31 years' service.

Detective Superintendent Hindley is pictured during a rounders match held last month to bring all members of the recently formed Headquarters Crime Support division together.

Members of staff from fingerprints, photographic, criminal records, technical support, scenes of crime, crime prevention, CID admin. and the Force Intelligence Bureau, plus their families, warmed to the occasion, which was followed by a barbecue.

Meanwhile Mr. Hindley, 54, who was appointed head of Crime Support when the division was formed in April as part of the Force restructuring project, retired at the end of the month.

After his early police service in Harwich and Clacton, Mr. Hindley had served in many HQ departments including fraud, drugs, major investigations, computer development, and communications.

He served as Chief Inspector in charge of the Information Room from 1989 to 1993, when he was promoted to head of the CID central services department.

IPA News by Fred Dyson

ON a warm, sunny afternoon in May, a number of members with their wives took to the streets of Colchester on a historical walk around the outskirts of the town.

According to our official guide, Garry Eggerton, a serving officer in Essex, Colchester, is said to be the oldest Roman town in Britain and was known even before London.

In AD43 the Emperor Claudius himself made a formal entry to the town during his brief visit to Britain.

During our walk many places of interest were pointed out to us, including an area off Church Street where the Quakers had settled. This was identified by some of the names on the buildings.

Then there was the Roman wall overlooking Balke Hill with its two arches, one for the people and the other for carts

to pass through. Close to this was the remains of the Roman Guard room.

Further in our walk through St Peters Church yard we came to West Stockwell Street, where it is said Dutch settlers once lived.

Our thanks to Garry for a most educational tour of the past. From there we went by coach to the village of Dedham where a room had been set aside in a cafe for us to enjoy a cream tea.

Thanks to our social secretary Dick Giggins for arranging this event which proved to be very successful.

On Friday June 17 many members and wives enjoyed an evening's barbecue at the Sandon Dog Section organised by vice chairman Martin Garwood and his wife Madeline.

Unfortunately I was unable to attend but I understand it was a mouth-watering experience.

During the evening a talk was given by Martin on the training and workings of the dogs.

I would like to thank Martin and Madeline for making this an enjoyable evening.

Forthcoming events:

Friday, August 12 - Mystery tour by coach leaves training centre at 5.30pm. Costs £3.50 plus meal.

Sunday, September 4 - Last Night at the Proms concert, Audley End. Coach leaves training centre at 3pm. Costs £10. Deposit £5 per person needed by the Social Secretary now.

Oct/Nov - Visit to TV show (date to be advised).

Friday, November 11 - Talk by a member of RNLI HQ bar at 8pm.

Friday, December 16 - Christmas Social. HQ bar at 8pm.

Retirements

ESSEX Police wishes the following officers and support staff success on their retirement:

C/Supt William Pirie, HQ Personnel, 30 yrs (31.8.94).

Supt Brian Tyrrell, Stansted Airport, 35 yrs (31.7.94).

Pc David Sheldon, Basildon/Laindon, 11 yrs (17.7.94).

Pc Colin Davison, Crown Court Liaison, 30 yrs (30.6.94).

Mrs Ann Howlett, Harlow switchboard, 30 yrs (30.6.94).

N.A.R.P.O. NOTES . . .

Annual Conference

THE annual conference in September has six motions to debate.

The one that will take up most of the time, in my view, will be a motion from the NEC that conference agrees to an increase in the annual subscription from £7.20 to £10.80 as from January 1, 1995.

The main reason for the proposed increase is to cover the cost and distribution of the new style magazine.

The General Secretary has prepared figures that indicate that should there be no change in either subscription rates or format of bulletin in 1995 the association would be in credit at the end of the financial year.

The proposal also suggests that there be no increase in the rate from branches to the NEC for precept so that the increase in subscriptions would also benefit local funds as well as central ones.

Our conference delegates will know the views of the committee and will monitor and vote accordingly.

The remainder of the

motions cover items relating to conference costs, allowances, exemptions from precept and member services.

New Year

Celebration Trip

WE are planning a New Year trip to the Hotel Norwich from Saturday, December 31 to Monday, January 2.

We depart from Police HQ by coach on the 31st for the hotel where there will be a buffet lunch with a free afternoon and a Gala dinner/dance in our own private room for New Year's Eve.

On Sunday following breakfast we will take a trip out with a stop for lunch (cost not included) and return to the hotel for evening dinner.

Monday after breakfast there will be time for shopping in Norwich before the return trip to Chelmsford.

Cost of the trip which includes coach, accommodation in twin or double rooms on half board basis is £130 per person.

If you would like to come please ring me on 0245 353541 and I will send you full details and booking form.

Life Membership awards.

AWARDS went to Joe Baker, Fred Dyson and Ron Waller in recognition of their long and outstanding contributions not only as committee members but to Joe as auditor and vice chairman and Fred as Branch Treasurer.

Obituaries

THE Force extends its sympathies to the families of the following officers and support staff:

Ex-Sgt Harold Goose, who died 19.6.94.

Ex-Pc Matthew O'Brien, Basildon, who died 22.6.94.

Senior Traffic Warden Henry Garwood, Colchester, who died in service 6.7.94.

Transfer

HARLOW constable Mark Pannone is to transfer to Cumbria Constabulary after two years of service with Essex Police.

Market Place . . . Market Place . . .

B&B Devon. Large comfortable accommodation, panoramic views to Dartmoor, village location, ample parking, reduced rates for police. Contact Mr and Mrs Wade on 040923 1298.

CITREON BXGTi, 1.9, 1986, 'D' reg, alloy wheels, central locking, electric windows and sunroof. Some history, taxed and MOT, £1,500. Contact Pc Golding on 0268 757628.

COLLECTORS. Limited edition, 1,000 only with certificate, authentic pre-war model bus. Ran East London/Southend

1930s and 1940s. Proceeds to Maplin District Scouts. Contact Anita Parsons on 0702 431212, Ednet 6182 or 0702 293229 after 7pm.

CORNWALL, Polzeath, static home, six berths with all mod cons. Sandy beach nearby. Some dates still available. Contact Derek Turner on 0375 846704.

FOR rent. Three bedroom house, Hatfield Peverel, electric central heating, garage, furnished/unfurnished, available August. Newly decorated, carpeted, £395 pcm. Contact Diane on 071

916 5334 (home) or 071 483 1933 (eves).

FOR sale. German Linguaphone course. Comprises three books and six cassette tapes, £35. Contact Sgt Bessent on 0245 491212 Ednet 3629.

FORD Granada 2.8 Ghia, recon engine, genuine 20,000 miles. MOT August. Very good mechanics, body tatty, £400 ono. Telephone 0621 784348.

KAWASAKI jet-ski 550, 1989 with trailer. Wide handlebars, pole spring, finger throttle and new battery, vgc, £1,575 ono. Contact Chris Cardozo on 0245 262850 or 0245 491491, Ednet 2213.

MONTEGO 1.6L, 1989, MOT January 1995, red, electric windows, sunroof and wing mirrors, power steering, central locking, new Clarion stereo, immobiliser alarm, excellent condition, £2,195. Contact Amanda on 0245 491491 Ednet 2726 or 0245 461191.

NISSAN Bluebird saloon 1600, 'F' reg, central locking, electric windows and sunroof, radio cassette, tax and

MOT, vgc, lady owner, £3,200. Contact Basil West on 0245 460031.

PEUGEOT, 10 speed gents cycle, £50. Contact Pc Charles on 0279 725857 or Hatfield Heath.

TO RENT. Three bedroom semi, unfurnished, Rochford, £350 per month. Contact Sgt Hegarty on 0702 431212 Ednet 6230 or 0702 531092. Available from July 9.

TOYOTA Carina GL, J Reg, 1600cc, 14,000 miles, showroom condition under manufacturer's warranty. Electric sunroof, windows and mirrors, central locking, stereo etc. Full service history, one owner, Nimbus grey metallic, £7,300. Contact Mrs Rainey on 0268 726687.

WANTED. Violin, any condition, reasonable price paid. Contact Sgt Franklin on 0245 320333.

WINDSURFER sails, 5m square and 6.5m square Tushingham Slalom Lite, both vgc, fully battened, £65 each. Pc Batchelor at Southminster on 0621 773663.

BLOCK LETTERS PLEASE - ONE WORD PER BOX

Name and Rank
 Station Home Tel
 Date Signed

Where there's a will there's a way



Sergeant Gordon Muir bids farewell to Keith Southgate and wife Kathleen.

OVER 160 friends, colleagues and guests attended the retirement party of popular Keith Southgate at Warley Park Golf Club last month.

Glowing tributes were bestowed upon him for the professional dedication and innovation he consistently displayed throughout his 30 years service with Essex Police.

Apart from looking forward to

devoting more time to his family and wife Kathleen, Keith will be working hard improving his golf handicap.

He is not intending to vegetate in retirement, however, and he will shortly be setting up his own Will Writing service - so if you haven't written yours yet, Keith is the person to speak to.

C/Insp Bob Hayes

Winning walkers

A TEAM of four Essex officers took part in the Police National Long Distance Walking Challenge "25 in 5" last month at the Metropolitan Police Training Centre in Hendon.

Denis Sheppard, Steve King, John McCabe and Dave Gillies were competitors in the 25 mile race in which all finished under six hours, 15 minutes receive a commemorative t-shirt.

Denis and Steve started quickly while John and Dave set out steadily with a target time of just under five hours.

It was a hot day and of the 53 starters only 42 completed the course. Denis hit a bad patch about three miles from home, but stuck at it to become the first Essex finisher.

Steve waded a steady, consistent race in the Essex No2 slot. John and Dave kept together and on schedule until about two miles from home when Dave hit 'The Wall' and was forced to slow down, with his normal determination he carried on to finish about 30 minutes behind John.

Essex took the medals for third team of four and Steve King won the cup for first novice. All in all a successful day.

Denis Sheppard - 4.36.37 (11th)

Steve King - 4.41.2 (13th)

John McCabe - 4.55.24 (21st)

Dave Gillies - 5.1.10 (25th)

Shopping in the Big Apple

Exclusive trip for members of the Sports Association

FANCY doing your Christmas shopping in style this year. If so how about a trip to New York.

If you're a member of the Essex Police Sports Association you could enjoy four days and three nights in the Big Apple for an exclusive price of just £299.

This bargain weekend has been laid on by

Angling competition

THE Kingfisher Individual Freshwater Angling Championships will be held on Wednesday, July 20 on the River Chelmer at Utling.

The draw is at 8am with fishing between 9am and 3pm.

There are no baits banned but there will be two sections - one fishing with bloodworm and the other a bloodworm ban.

Force Sports Association

Swimming selection

PC Michelle Picot Chelmsford has been selected to represent the British Police at swimming on August 5, in Portsmouth, against the Civil Service and Combined Services.

Trip to Amsterdam

A TRIP to Amsterdam is being arranged for November 24.

The coach will leave Headquarters at 8.30pm with a ferry crossing from Felixstowe to Belgium arriving at the hotel just after lunch.

The remainder of the weekend is free for you to explore the City. Leave Amsterdam about midday on November 27 and travel by coach to Calais for the short crossing to Dover and arriving back at Chelmsford at about 11pm.

Price is £95 per person which includes all travel and ferry costs, bed and breakfast in a good quality City hotel.

Anyone interested please contact Pc Kenneth Banbury at Chelmsford Police Station.

Croker Cup update

DARTS: Colchester beat Thurrock.

Golf: Will be held at Ballards Gore Golf Club, Canedown, starting at 2pm Thursday, September 22. Further information can be obtained from Ds John Kreyling, Canvey or the Force Sports Secretary.

Billiards: Southend obtained a walkover against Headquarters. No Croker Cup points to Headquarters.

The following Croker Cup matches should have been played by 1st June 1994. As the results have not yet been given to the Force Secretary, it will be assumed that they have not been played and the matches will be awarded to the away Division.

Billiards: Rayleigh w/o Basildon - no Croker Cup points to Basildon.

Bowls: Headquarters w/o Thurrock - no Croker Cup points to Thurrock.

Cricket: Rayleigh w/o Southend - no Croker Cup points to Southend.

Squash: Thurrock w/o Chelmsford - no Croker Cup points; Harlow w/o Southend - no Croker Cup points to Southend.

Table Tennis: Tendring w/o Harlow - no Croker Cup points to Harlow; Southend w/o Headquarters - no Croker Cup points to Headquarters.

Proposed rule change

TO BE discussed at the next Executive meeting of the Essex Police Sports Association is

Appendix 4, Croker Cup Competition, paragraph 3, replace existing point scoring with : to the winning club in each sport - 12 points; to the second club in each sport - 10 points; to the losing semi finalist in each sport - 8 points; to the losing quarter finalist in each sport - 4 points; all other teams - 1 point.

Or where the sport is not run on a knockout basis: to the winning club - 12 points; to the second club - 10 points; to third club - 8 points; with all the other clubs scoring 7,6,5,4,3,2,1, points depending on their position.

If this rule is adopted, then it will start on the April 1, 1995, with the new Croker Cup.

Pistol competition

THE Croker Cup Pistol Competition was held at Basildon on June 15, with the following results:

- 1 Harlow - 6 Croker Cup points
- 2 Southend - 4 Croker Cup points
- 3 Tendring - 2 Croker Cup points
- 4 Rayleigh - 1 Croker Cup point
- 5 Chelmsford - 1 Croker Cup point
- 6 Basildon - 1 Croker Cup point

There were no competitors from Headquarters, Braintree, Colchester and Thurrock. Several of the other Divisions put in other teams, but these have not counted towards Croker Cup points.

Ferries discount

MEMBERS of the Force Sports Association, Police Officers, civilian staff and Special Constables can now obtain a 15% discount on all 1994 Sally ferry bookings (excluding Jetfoil and Commodore Class bookings) to France and Belgium.

Bookings must be made through any branch of Going Places (formerly Hogg Robinson and Pickfords Travel). You must show your warrant card or compliment slip to the travel clerk at the time of the booking.

You do not have to have their insurance, you can either use the police one available through the Sports Association or one of your own choice. Compliment slips for civilian staff and retired officers are available from the Force Sports Association.

County cricket invite

MEMBERS of the Essex Police Sports Association are welcome to attend the Southend Police Sports Club hospitality marquee at Southchurch Park, Southend, between July 14 and 18 for the Essex County Cricket Festival. Essex will be playing Glamorgan in a 4 day match and also a 1 day Sunday match.

Carefree Travel and will give you the chance to savour all the sights of the magnificent city as well as buying a variety of branded goods at discount prices.

The trip will begin on Thursday, December 8, when you will fly Virgin Atlantic from Heathrow at 4pm landing in New York at 6.40pm their time.

From the airport you will taken to the centre of Manhattan to the city's superb Pennsylvania Hotel where after a short reception the rest of the evening is yours.

Guided tour

On Friday there is an optional morning guided tour to take in the Empire State Building, China Town, Wall Street, 5th Avenue and The Statue of Liberty, to name but a few, with the opportunity for a little shopping.

In the evening there is a very special night out to see the lights of New York starting with a visit to the Observation Deck of the World Trade Centre, followed by a walking tour and dinner near Times Square. And it's the subway home.

Saturday, you can take in Broadway among other attractions, take a coffee stop in Harlem and barter in the colourful markets.

Then see New York again, but this time by air in a fabulous helicopter trip to remember.

Brooklyn Heights is on the agenda for Saturday night with a trip to the top of the Empire State Building and dinner in Chinatown.

On Sunday start the day with brunch and then take a cruise. See the Statue of Liberty, Ellis Island and the rest of New York from the sea.

After checking out of the hotel, you will leave New

York at 9.30pm arriving back at Heathrow at 9.05am Monday, English time.

The special price of £299 includes return flights and transfers from the airport to the hotel, three nights accommodation and expert guidance of the tour manager.

Entrance fees

It also includes a Big Apple VIP Pass for big savings on meals, shopping, entrance fees and more.

What is doesn't include is insurance, taxes and air passenger duty.

With regard to insurance travellers do have the option of taking the Carefree Event Management Insurance, but an accepted alternative is the Essex Police Insurance which stands at £22.

But you must hurry because the offer is only open to anyone making bookings by July 28 which will include a £50 deposit per person.

Booking forms are available from Association Secretary Chris Jacob on 0245 491491, Ednet 2718.

Beds put to rest

MAY saw Essex Police Football Club represent the county in the No5 Region Cup Final against Bedfordshire at Imber Court.

After the last two meetings ended in unlucky defeat, the lads, knowing this would be the manager's last game, decided to send him out on a sweet goodbye coupled with the sweet taste of revenge.

With the first 10 minutes seeing neither team gain any great advantage, Essex then began to show the spirit and the determination which had got them to the final and took a grip on the game, narrowly missing out on some great early chances.

As Essex made good headway opening up the Bedfordshire defences, Phil Smith popped up from his dominant midfield role to get the Essex account up and running with a scorching 30-

yard drive which left the keeper no chance, but only a few minutes later saw Phil.

After a short but inspiring half-time team talk by Dave Murthwaite the lads came out raring to finish the job off. Only a few minutes had gone in the second half when Clive Day raced through to deliver what was to be the killer blow.

As one goal led to another Bedfordshire found some of their players walking off in hopelessness. Essex came away with what can only be described as a proud, gutsy, record final win of 9-2.

Scorers were Heffer (2), Day, Smith, Hammond, Cockrell, Brooking, Henderson and Beacher. Every player gave 110% and thanks to all those who have given their support.

Training starts for new football season



● New chairman - ACC Charlie Clark.

THE new football season beckons and with it a new team, new management and new training sessions for which they want new players.

Assistant Chief Constable Charlie Clark has taken over chairmanship of the club while Chief Superintendent John Rhymes continues as vice-chairman.

DI Mick Allen will be first team player/manager assisted by Chris Dicks and Dave Murthwaite.

The second team will be managed by Martin Oakley assisted by John Carpenter and the veteran's by Doug Adams.

Excellent

With John Watts, Sue Bishop, Steve Smith and Paul Tomms also playing key roles, the support provided to all three teams this forthcoming season promises to be excellent.

The long term future also looks brighter with negotiations continuing over the building of a comprehensive sports and social complex at Headquarters.

Training sessions

The club would like it stressed that it is not a closed shop and anyone, who considers they have the ability to play, is welcome to attend any or all of the pre-season training sessions on Tuesday, July 26, August 2 and August 9, all at 6pm.

There are also two all-day 10am to 4pm training sessions on August 16 and 17.

For more information contact DI Mick Allen at Braintree on 3952, Pc Chris Dicks at Brentwood Traffic on 5343 or Ds Martin Oakley, Basildon CID on 2960.

HAVING suffered at the hands of a very good Southend Division team last year, Police Headquarters were determined to put out as strong a team as possible in 1994.

Our players were ready to take on the mighty Chelmsford Division (Croker Cup cricket winners in 1993) at Great Waltham Cricket Club on June 30. The Headquarters team was boosted by the presence of some good players and our hopes were high for a win.

However, Chelmsford were simply too good for us on the day, run-

Croker Cup cricket

Headquarters v Chelmsford by Alan Golding

ning out winners by six wickets.

Their victory was a team performance but a special mention must go to Lorrie Austin whose batting was impeccable and who bowled well. For Headquarters the very reliable Matt Clark batted with great panache until he holed out to a boundary catch by Austin. Jed Stopher must be congratulated for one of the most unusual catches ever seen in the Croker Cup.

Charlie Clarks' return to Croker Cup competition went well except for his disappearance over the boundary fence as he attempted to stop a fierce drive from Laurie Austin. He returned unhurt to field well.

I thank all those who supported our cause and hope that they enjoyed their outing. Thanks to my wife for the tea and to Great Waltham for their warm hospitality. Better luck next year, and perhaps Ian Douglas can remember to stay on the field when taking catches.

Golfers retain the trophy

A NUMBER of players travelled to Holland on June 12 to play in the third European Police Golf Championships. The team was to defend the Nuclear Electric Cup which it had won in France during 1993 and the inaugural Championship in 1992. The Championships were to be held between June 15 and 17 at three different championship courses, the concluding day's golf being played at the Golf Club de Kennemer, which is used as a venue for the Dutch Open.

This year our opposition were teams from France, Holland, Denmark and for the first time, a very strong team from Finland.

Having arrived in Holland, the team was met by Dick Van der Pluym the Dutch captain and members of his team, at the Detective Training School in Zutphen which was to be our base for two days.

After practice rounds on Monday and Tuesday, the teams travelled to the Town Hall at Amstelveen where we were met by the Mayor. A buffet dinner followed the welcoming speeches, after which the teams travelled to the tour Hotel Mercure in Amsterdam.

Consistent

Wednesday morning arrived, a meeting of the tour Committee, consisting of Tony Kitching, Paul Stanley, Keith Southgate and John Kreyling reflected on the two previous days play for the team selection. There had been consistent play from a number of players, in particular, John Woods, Martin Orley, Roger Culham and Martin Mayhurst.

The golf club Almeerderhout was our first venue, with good weather, the team was confident of retrieving a sufficient number of Stapleford points.

Although each team's total points score was not divulged during the evening's dinner, it transpired later that the Essex team had a small lead over our Dutch hosts. There were good performances from Bob Hayes, Roger Culham and John Woods. Keith Gurney was showing good form approaching the second day.

We travelled to the Golf Club Batouwe on Thursday. Consistency was always going to be important during the championships. At the end of the second day's play, good scores had been returned by the team, in particular, Graham Anslow and Keith Gurney. Keith had confirmed his selection in the team, which was to go into the last day's play with a small lead of 25 points. The Dutch team were still lying in second place.

Nightmare

During the second day's play, individual prizes were won by Brian Hindley for "nearest the pin" with a distance of three feet and John Kreyling, with the longest drive, measured at 320 yards.

There was an opportunity on Friday morning for the team to walk the course at the Golf club Kennemer. A number of players returned with long faces, it was an amateur golfer's nightmare!

Consistent scoring from the team proved vital, in particular from Peter Donoven and Bob Hayes, it was not too long before being confirmed that Essex had won and retained the championship.

An enjoyable dinner was held at the Golf club after which there were speeches and the prize giving ceremony. The Danish captain Villy Boegelund invited each team to Denmark next year to contest the European Police Golf Championships.

Graham braves the elements to win again

Three in a row

25 mile Championship

1 Graham Snellin - 55 mins 54 secs

10 mile Championship

2 Graham Snellin - 22 mins 39 secs

5 Mike Kliskey - 23 mins 39 secs

6 Mick St Leger - 24 mins 3 secs



THE month of June was an important time for the racing cyclists of Essex Police, with both the P.A.A. National Championships Time Trials taking place and only two weeks between them.

The Metropolitan Police hosted the 25 mile event but chose a course at Sawston in Cambridgeshire. A good class entry came from all over the country which included all the potential winners amongst which was our Graham Snellin (Saffron Walden) winner in both 1992 and 1993, so it looked like being a close contest.

On the day the weather couldn't have been a lot worse. Torrential rain and wind made the exposed course very unpleasant indeed. First of the top seeds to ride was Steve Wigglesworth (West Yorkshire) who finished with a very good time of 56 mins 43 secs to go to the top of the leader board.

His top spot was to be short lived as Graham Snellin knocked off five minutes after Wigglesworth was gaining on him and apparently revelling in the poor conditions. He went on to finish in 55mins 54secs and looked set for a third consecutive championships win.

Doug Howes (Cleveland) was third last year and was destined for the same colour medal this year with another good performance to record 58mins 34secs. The expected challenge from Nick Yarworth (Gloucester) failed to materialise and with our own Mick St Leger sidelined with Bronchitis, Snellin picked up his third win in as many years.

Mike Kliskey was disappointed to be outside the top ten but like many, confessed to a dislike of the poor conditions. It was also good to see Tim Turner (Ongar) back in action again after his very serious road accident a couple of years ago. The team prize

for the force with the best aggregate of the three riders went for the first time to West Yorkshire.

The weather for the 10 mile championships was again to play a big part but for this event it was hot, humid and very windy. Essex were the hosts of the ten mile championships and chose a tough testing course at Aythorpe Roding.

As before all the likely medalists were riding including Mick St Leger (Stansted Airport) who had recovered from his illness but was well behind with his training.

Many riders confessed to having problems with the very high humidity including some of the top contenders. Steve Wigglesworth (W.Yorks) was the first to post a potential winning time. His 22 mins 41 secs was nearly a minute faster than any before him.

Out on the course a half way check showed Graham Snellin (Saffron Walden) to be dead level with Wigglesworth and over the closing miles he pulled back to edge him out by just two seconds, finishing in 22 mins 39 secs.

All eyes were now on Nick Yarworth (Gloucester) who admits to being better at the ten mile discipline. He was a handful of seconds up on Snellin at halfway and continued the trend to finish with 22 mins 22 secs for his first win in the 10. Mike Kliskey (Air Support) found some good form and claimed fifth place with 23 mins 39 secs and backed up by St Leger's 24 mins 3 secs.

Essex won the team prize for the second year. After the event competitors and their families and friends enjoyed a buffet and prize presentation by Mr Markham (Essex A.C.C.) at a nearby Public House where much orange juice and lemonade was consumed!!

Weekend winner

THE lucky winner of a weekend break at the luxurious Selsdon Park country house hotel in Surrey, is Julie-Ann Dabbs, of Burdett Avenue, Westcliff.

Julie-Ann was picked from over 100 entries, and will now be able to enjoy the excellent leisure facilities including an 18-hole championship golf course and tennis courts in beautiful surroundings.

For those not lucky enough to win the competition don't forget that Selsdon Park is still offering special weekend rates to police officers and civilians. See your June Law for details.

The answers to the competition were 1. Boule 2. Landscaped 3. Jogging track 4. Solarium 5. Wooded parkland 6. Putting.

Torrential rain didn't stop Graham Snellin sailing through the finish line to win the PAA 25 mile Championships for the third time in as many years.

THE LAW

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