

# Essex Walker

Editor: Dave Ainsworth

## **RWA SOUTHERN AREA AGM**

The AGM is confirmed as 12 November 2018 at 7.15 pm at the Civil Service Club, 13/15 Great Scotland Yard, Westminster. London. SW1A 2HJ.

Adds Hon Ed: UK race walking has many challenges and this is **your** AGM offering a chance to (a) have your say on topical matters, (b) make your comments/suggestions from the floor and (c) vote into office those you'd like to see take our sport forward. **This is your meeting.** The Civil Service Club is in Great Scotland Yard, a short road running from Whitehall (Trafalgar Square end) to Northumberland Avenue. Nearest Tube stations are Embankment and Charing Cross. Nearest main line station is Charing Cross - all just 5 minutes' walk away. Umpteen bus routes serve both Northumberland Avenue and Whitehall. This Club serves meals, snacks and drinks at reasonable prices - for any coming straight from work. The AGM commences when Chairman Noel Carmody brings down his gavel at **7.15 pm**. However, traditionally early arrivals are made welcome at a Committee meeting which commences beforehand at 6.30 pm, where they're able to observe business being conducted. Apologies for absence to Honorary Secretary Chris Flint [flinctc@scr-ltd.co.uk](mailto:flinctc@scr-ltd.co.uk). Let's go for a good turnout to support your Area Committee and show appreciation for all they do to keep our sport progressing in the South!

## **WHY NOT?**

A number of Essex Walker readers were in Berlin to cheer on European Championship athletes. One not present was double-Olympian **Dominic King** (Colchester Harriers) despite him having achieved a European qualifying standard time. Alas, our GB qualifying time is stricter than that set for Europeans. Pity really, as it could, have been one more major event for him to have gained valuable experience in. Two back markers in the Men's 50K (Dominic's forte) clocked 4:24.20 and 4:24.59 - both times well below his current form. The Women's 50K was held simultaneously with their back marker in at 4:52.38, so stopwatches were running for nearly 5 hours. It'll soon be harder to work out qualifying times, for as well as standards there'll also be a points-based system which will probably need a calculator, slide-rule, set of logarithm tables and a copy of Glasses Guide to work out what's what?

## **FANZINE WRITER**

Talented writer Chris "the Scribe" Foster, who's submitted many Essex Walker articles over decades, is on "The Retained List" at Arsenal FC. No, not as a player, but as a contributor to "The Gooner" - that Club supporters' much sought after fanzine.

## **IN THE RUNNING**

**Val Mountford**, a Captain of Southend-on-Sea AC's walking squad in past times - including their Essex League winning year - is now involved in the parkrun scene, having recently appeared a number of times at Shoeburyness. The good lady is fit, having also appeared in a Civil Service swimming gala this summer, the Enfield Walking League and still on her "things-to-do list is another tilt at the London Marathon. That's the spirit.

## **SEAA Southern Walks Championships** Lee Valley - 12 August 2018

**Mark Culshaw** represented Ilford AC in the Senior Men's 5k race walk at Lee Valley. Continuing his fine form of late, Mark picked up another gold medal to add to his collection, finishing in a time of 30:53.

## SCVAC Match 4 Hemel Hempstead 23 July 2018

The final match of the SCVAC season was held at the Dacorum and Tring track in Hemel Hempstead on Monday 23 July. The evening started with **Seb Parris** (V35) and **Mark Culshaw** (V50) winning their age categories in 9.53.6 and 10.54.9 with Seb achieving a PB and Mark setting a season's best. Three ladies also competed as guests with **Emma Dyos**, **Rachel Lawless** and **Lesley Morris** all setting PBs with times of 11.41.5, 13.20.9 and 13.49.9 respectively. On the evening Ilford finished 3rd with 115 points behind Heathside and Enfield & Haringey with 122 and 126.5 respectively. The end of season tally has not been sent through yet to confirm placings but Ilford should be placed 3rd which is the best result for some seasons.

## IN PRINT

They say politics and sport don't mix. Hmmm! There was plenty of both (+ pictures) in The Times and Daily Telegraph (plus other newspapers) as 1972 Olympian and London-to-Brighton winner **Shaul Ladany** let fly with opinions of Jeremy Corbyn, calling on him to disappear. At the 1972 Munich Olympics this Israeli 50K walker filled 19th spot in 4:24.38.6 (29 finishers/6 dnf/2 d/q). Two-time Olympian Shaul is both a holocaust survivor and Munich massacre survivor. He wore the Star-of-David on his 1972 warm-up jersey. In the UK he famously recorded a hat-trick of London-to-Brighton wins (1970/71/73 all in excellent times). He made further appearances in this classic event, notably visiting to participate in the 2003 Centenary race, where in the men's race he was 15th (from 45) in 10:15.24.

## FIXTURES

*These event details are published for your information, and to the best of knowledge are accurate at the time of writing – you are advised, however, to check the status of any event directly with the organisers.*

<b>OCT</b>	13	Enfield League 5 Miles	Lee Valley	1.00 pm
	20	Steyning Open 10K	Steyning	2.30 pm
<b>NOV</b>	10	Enfield Open 7 Miles (+ LBH & VAC Champs)	Lee Valley	1.00 pm
	12	RWA Southern Area AGM	CS Club SW1	7.15 pm
	18	SWC Christmas Cup 5K	Tonbridge Sch	1.30 pm
	21	Ilford AC Pre-Christmas Annual Curry Evening	Romford Bekash	7.45 pm
<b>DEC</b>	8	Alf Palmer Memorial Track Races 5K + YAG	Broadbridge Heath	11.00 am
	26	Brighton Boxing Day Races 5.5 Miles + 1.8 Miles	Preston Park	10.30 am
<b>JAN</b>	13	Race Walking Association AGM	Pingles Stadium	2.00 pm
	19	Steyning Open 15K	Steyning	2.00 pm

**Note: October's RWA Festival of Walking is cancelled. Essex Walker publishes Home Counties events + any of national interest.**

## "OWZAT"

At a grand age of 85, keen Essex Walker reader and former International **John Eddershaw** is hanging up his umpire's white coat and panama hat, having passed the retirement age for such a position in Sheffield parks cricket. John's truly fit and alert, and one still playing competitive chess on a high board and also officiating at race walking events. Indeed, in a recent Isle of Man track 100 Miles/24 hours he judged through the night! Perhaps this shows why the future of UK 100 miles looks bleak. Much is already in place to stage a 2019 event on the IOM, but after that what have we got on the UK mainland? There are few UK-based race walkers capable of completing a sub-24 hours' 100 miles, and certainly hardly any potential newcomers who are vital to join The Centurions to provide that new blood needed to keep this Organisation going. As for officials at 100 Miles/24 Hours' events, they're mainly in their 70s and 80s - as we saw by John's worthy contribution at the recent IOM event.

## ON THE ISLAND

Ilford's evergreen veteran race walker **Ed Shillabeer** travelled to Guernsey to line up in the long established "Church-to-Church" race, held over the odd distance of 19.4 miles. So called as it passes every parish church on this holiday island, Shillabeer is a 4-times' former winner (1988/89 and 2004/5). Over a long circuit, starting and finishing in the Island's capital St Peter Port,

Shillabeer settled into a steady pace, arriving at the finish line in 4 hours 6 minutes and 6 seconds to claim a commendable 8th place. Essex competitor Stephen Cartwright (Colchester & Tendring) made his event debut, clocking 3:55.23 for 6th spot - narrowly missing out on a 1st newcomer trophy. Regular Sean Pender, a Loughton AC 2nd claimer, was 7th in 3:57.27. Your RWA Chairman Glyn Jones was 3rd overall in 3:48.46, also winning a 70+ veterans trophy. Local favourite Stuart LeNoury won for a 3rd time in 3:11.24 in conditions which became hotter as the day progressed.

## MILESTONES

Since our last issue, **Barry Ingarfield** has celebrated his **80th** birthday. He started out in the 1960s with Ipswich Harriers and used to organise both the Ipswich Open 10 Miles and classic Colchester-to-Ipswich 17 miles. Barry moved on after those 1969 races (of both) and sadly nobody came forward to take on organising duties - so these 2 great races folded. Barry went on to make a name for himself at both Belgrave Harriers and then a now defunct Metropolitan Walking Club as well as gaining a full senior GB international vest (at distance) after a great trial race around Basildon Industrial Estate. In later years Barry put much back into the sport by becoming a coach and judge. A talented crooner, he has sung professionally in clubs and pubs, and had an audition for "Britain's Got Talent". As an author he's had one book published: "*Web of Destiny*" Minerva Press 363 pages. Available from Amazon (hardback/£14.99) - also in some public libraries (such as in Havering).

Coming soon is a **70th** birthday for Ilford AC stalwart **Dave Kates**. Dave has represented this Club for decades, who in return elected him one of their esteemed Life Members. Over the years he's been both Walking Captain, Team Manager and Section Secretary; once stepping-in at short notice when "character" Dave Sharpe threw all his toys out of his pram! Dave also has his Coaching Badge. Dave amassed many individual and team medals over the years, including National, Area and Essex awards. He's a well-known name at World and European Masters/Veterans' events, and again has many awards - both individual (yes, including group golds) and team medals. In 1995 he successfully completed the SWC 100 Miles around 40 circuits of Battersea Park in hot weather and with many distractions (skate boarders, roller skaters, runners, joggers, park strollers, cyclists, etc). Among joggers was former Yorkshire professional wrestler Brian Glover (who went on to become a National Theatre actor). Dave was timed-in at 23:20.39 to become Centurion C936. His good form saw him earn a number of "1st Centurion" prizes in Open races. When not at the walks, Dave can be seen at Vicarage Road where he's a loyal Watford FC season ticket holder.

**Raise a glass to Dave on 7 November!**

## SOUTHEND MILE - AUGUST BANK HOLIDAY MONDAY/GARON PARK

### *Report by June Cork*

Twenty finished, the second best total after 2012 when 23 were recorded in, and that line-up didn't include our Ilford-based Essex Walker Editor, Dave Ainsworth who was hospitalised towards the end of the previous week – but it included both an Under 13 Boy (Sebastian) and a M80 (Gordon).

Inaugural race times are marked as Personal Bests – timed electronically by the way.

Pos	Name	Age Group	Affiliation	Time	Personal best
1	Mark Culshaw	M50	Ilford AC	<b>8:56.18</b>	<b>8:56.18</b>
2	Emma Dyas	F40	u/a	<b>9:32.16</b>	<b>9:32.16</b>
3	Linda Mountford	F50	u/a	<b>9:56.16</b>	<b>9:56.16</b>
4	Rachel Lawless	F55	Ilford AC	<b>10:07.69</b>	<b>10:07.69</b>
5	Keith Palmer	M50	Southend-on-Sea AC	10:23.34	9:56.20
6	Leah Williams	Snr	Loughborough	<b>10:28.35</b>	<b>10:28.35</b>
7	Alistair Thornton	Snr	Macclesfield H	<b>10:28.71</b>	<b>10:28.71</b>

8	Peter Binns	M70	Southend-on-Sea AC	10:50.20	9:45.1
9	<b>Steve Allen</b>	<b>M60</b>	<b>Ilford AC</b>	<b>10:50.58</b>	8:53.40
10	Lesley Morris	F55	Ilford AC	<b>10:53.61</b>	<b>10:53.61</b>
11	Kim Howard	F60	u/a	10:54.22	10:45.50
12	Sebastian Alexandru	BU13	Havering	<b>11:13.07</b>	<b>Pb from</b> 12:29.97i
13	Alan O'Rawe	M75	Ilford	11:13.17	9:30.51
14	David Hobden	M65	Surrey Walking Club	11:17.83	?
15	Adrian Alexandru	M45	u/a	<b>11:20.52</b>	<b>11:20.52</b>
16	John Brock	M65	Southend-on-Sea AC	11:31.36	10:05.81
17	Julie Callaghan	F55	u/a	<b>11:34.75</b>	<b>11:34.75</b>
18	Samantha Newland	F40	u/a	<b>12:30.01</b>	<b>12:30.01</b>
19	Val Mountford	F75	u/a	12:49.00	12:10.60
20	Gordon Franklin	M80	Southend-on-Sea AC	<b>14:33.12</b>	<b>14:33.12</b>

Winner of the George Woods' Trophy for first Essex Centurion to cross the line: **Steve Allen** (also last year's winner)

PS: Rumour has it that Dave-The-Walking-Encyclopaedia on anything involving Pedestrianism has left hospital. I do hope his unwanted incarceration was not a result of living it up too much while celebrating his 70<sup>th</sup> Birthday! Hope you're now fightin' fit Dave. So sorry we didn't see you in Southend. You were missed.

**June Cork**

#### GEORGE CHAPLIN RIP

Many of our readers will have known genial Midlander George (Coventry Godiva Harriers) and competed against him over many decades. They'll all be so sad to hear he's passed on at the age of 87. In 1956 (an Olympic year) he finished 3rd in our National 50K Championship held at Enfield, clocking 4:35.12, behind winner Don Thompson and Eric Hall (2nd). A year later at Leyland, he was 2nd in this Championship with 4:48.10 on the stopwatch - again behind Don Thompson. In our 1957 National 20 Miles at Hendon, he was 2nd - again following Eric Hall across the finish line! For decades after George continued giving a good account of himself, often at the expense of rivals half his age as the advance of years failed to dent his impact as a competitor. It goes without saying that he achieved full GB International status. Not one with Essex connections, as far as we know, but one truly admired in Essex - and everywhere else! DA

#### TRIBUTES TO GEORGE CHAPLIN

- When I was improving and George was past his best, we had a fair few tussles, including some up the final hill in the park at Sutton Coldfield; I've not known anyone as ready as George to congratulate an opponent who had just beaten him in a hammer-and-tongs finish. He was a great example of sportsmanship. **Peter Cassidy**
- We will never forget the good and the great!!! **Barry Ingarfield**
- So sad to hear the news of the passing of George Chaplin. He was one of the many greats in his era ever present as a Club stalwart for Coventry Godiva Harriers. A real competitor internationally too. I will always remember him fondly as my teammate on that 'baking hot' day at Bexley in GB v West Germany Match in 1969 over 35 Kms Walk. May he Rest in Peace. With sincere condolences. **Bill Sutherland**
- We will miss "Mr Elegance" with his words of encouragement and warm smile when on "point duty". Accomplished race walker before that of course. **Ed Shillabeer**

#### MAJOR SUCCESS FOR CENTURION'S DAUGHTER

**Zola Flynn** (Calry AC) won the women's section of the Cork Marathon in 2:58.54, having lead all the way and enjoying a 3-and-half minutes' advantage over second-placed Rachael Davies (Swansea Harriers). Among those encouraging entrants was Olympic bronze medallist Rob Heffernan who stated that warm weather had made conditions *challenging*. In all, over 8,500 were involved in the many events: a men's and women's marathon, a men's and women's half-

marathon, a relay challenge and a number of youths' races. Zola is the daughter of **Centurion 512 Ray Flynn** who clocked 21:40:13 in the 1973 Bristol 100 miles, when racing in the colours of the now defunct **London Vidarians**. Ray came over from Ireland to attend our memorable Centurions Centenary Dinner at the House of Commons.

**Ed Shillabeer** comments: "Wonderful news. Ray was in RAF Chivenor when racing London Open sevens with the Vids."

### ISLE OF MAN 100 MILES - DOUGLAS

Generously sponsored by Centurion 870 Mark Byrne it was organised by fellow Centurion 383 Graham Young who is based on the island - Graham said he was indebted to all who assisted in any way. Mayor of Douglas Cllr John Joughin came to the Manxlands National Sports Centre to start this event by dropping a 3-legged IOM flag. Rain was plentiful as 8mm fell in 5 hours - 7mm in just 1 hour of that. Average wind speed was 28 mph. One retiree, Erin Talcott who has long campaigned for female equality in race walking, stated that she should have donned waterproof gear earlier. 22 started/13 finished. Selected results:

1.	Dave Talcott	M55	Shore AC USA	18:55.41
2.	Karen Chiarello	W50	Manx H	20:07.56
3.	Paul Jansen	M45	RWV	20:52.45
7.	Sandra Brown	W65	SWC	22:05.01
13.	Martin Fisher	M55	Redcar RWC	23:43.52

Full results in the usual places: AW, Race Walking Record, and Power-of-10 etc, plus there are other articles in this newsletter. Both Sandra and former Essex resident Martin spoke highly of this event. It's back to the Isle-of-Man in 2019 for a road 100 miles. It was a pity more mainlanders didn't make the start line. Dot Tilbury MBE provided early commentary before 5-times' Olympian Chris Maddocks settled into the commentary box after a most testing journey from Cornwall. Indeed it was to his credit that he arrived at all! DA.

**Chris Maddocks** writes: "We arrived at the NSC around 2.45 pm. I gazed around the track whilst chatting to a few supporters and officials. Made some sense of what was happening in the race. A local celebrity broadcaster called Dot Tilbury had in my absence stepped into the breach. Spotting me approaching, she said on the mic, "I can see Chris Maddocks. Apparently he used to be famous; for all I know, he still is. He's going to take over now." She spotted my file tucked under my arm, and added, "Oh God ... looks like he's got notes". With a wry smile, I took possession of the mic. The race was amazing. So proud to witness the efforts of everyone there that day. The hours of darkness were surreal, particularly between midnight and break of dawn. Monsoon-like conditions are not a descriptive exaggeration. Congrats to Dave Talcott first finisher in the 100, and KC Chiarello first woman to cross the line. And special congratulations to Graham Young and his team for pulling it all together.

### READERS' PARTICIPATION

A consultation period about the future of Crystal Palace National Sports Centre is soon to end - before London's Mayor will have a decision to make. You can have your say on [On Your Marks! - A future plan for Crystal Palace National Sports Centre](#) In addition you can join the 15,500+ persons who've signed a petition calling for a reprieve of this Centre. Log onto: [Sign the Petition](#) Do it now!



## STALWART BACK ON HIS FEET

Octogenarian **Laurie Kelly** (London Business Houses & Middlesex County AA) recently had a hip replacement operation and is now back on his feet after 6 weeks' rest. We look forward to seeing Laurie, one of race walking's greatest supporters, at our meetings again soon.

## THE WOODFORD TUESDAY WALKS, 2018

Final scores after four races – Individuals (best three scores to count)

Pos	Name	Score	Races				
1	Luc Legon	90	3	15	David Annetts	28	1
2	Melanie Peddle	84	3	16	Katie Stringer	25	1
3	Stuart Bennett	78	3		Angie Underdown	25	1
4	Dan Maskell	77	3	18	Hannah Atkinson	23	1
5	Sean Pender	60	3		Mick Barnbrook	23	1
6	Maddy Shott	57	2	20	Dave Ainsworth	22	1
7	Mark Culshaw	52	*2		John Borgars	22	1
8	John Brock	44	2		Simon Le Mare	22	1
9	Rachel Lawless	43	2	23	Mary Knapman	21	1
10	Steve Cartwright	42	2	24	Lesley Morris	20	1
11	Geraldine Legon	38	2	25	Françoise Fernandez	18	1
12	Matthew Crane	29	1	26	Peter Cassidy	16	1
	Francisco Reis	29	1				
	George Wilkinson	29	1				

\* Mark Culshaw missed Race 1 by kindly standing in for the organisers, who were delayed by a car breakdown.

## Final team scores after four races – Teams

1	Iford AC	218	9	Colchester & Tendring AC	42
2	Loughton AC	168	10	Thames Valley H	29
3	Bexley AC	128	11	North Herts RR	28
4	Enfield & Haringey AC	89	12	St Edmunds P	25
5	Surrey WC	77	13	Medway & Maidstone AC	20
6	Southend-on-Sea AC	66	14	Iford AC "B"	20
7	Belgrave H	57	15	Loughton AC "B"	16
8	Cambridge H	51			

The 2018 Season finished quietly, but the walkers' field still beat the runners' 7-6. Luc Legon, having passed on the first of the series, won the other three for a perfect overall score, while Melanie Peddle retained the Ladies' trophy, while yielding the outright trophy to the Bexley Under-23. Iford nonchalantly missed the fourth race but still won the team trophy, distantly followed by the hosts and the Legon Family (aka Bexley AC). The trophy will be passed to Iford AC when the opportunity arises.

The Chief Judge must present his apologies to the two walkers concerned for entering the wrong number on the Disqualification Warning Board; he has no excuse for his error!

With 29 walkers making 45 appearances and 15 team scores, figures were up on the last couple of years: 2016: 22/27/7 and 2017: 16/32/10. After a previous period in the doldrums, we seem to be picking up! The standard at the front has improved as well; over 2016 to 2018, the average men's winning times were 17:24, 16:33 and 14:36 and the women's were 19:20, 17:15 and 16:07.

We thank Woodford Green AC with Essex Ladies for accommodation us during the season and we hope to see all competitors – and their team-mates – in 2019.

*Pauline Wilson and Peter Cassidy*

## RWA NATIONAL 50K - DOUGLAS 2 September 2018

Held for a second successive year on the Isle of Man, as in 2017 only 2 mainlanders made the start line. The men's event saw **Jonathan Hobbs** on his own from the start, while in the women's race the first 3 set PBs. **Dale Farquar** won his silver medal soon after becoming Centurion 1191. Venue was The National Sports Centre. Result:

Men					Women				
1	Jonathon Hobbs	SM	Ashford	4:43.35	1	Jayne Farquar	W45	Manx H	5:48.34
2	Dale Farquar	M35	Manx H	5:37.46	2	Louise Hollins	W35	Manx H	6:06.02
3	Adrian Edwards	M55	Lancs WC	5:39.38	3	Nicola Raven	W55	Manx H	6:29.27
DNF: James Bassett		M40	Manx H		4	Rebecca Greatbach	U23W	Manx H	6:39.50
					DNF: Sharon Cain		Western AC		

## COLLECTORS CORNER

Tony Perkins is one of several in race walking who collect items from our sport. As well as his own Centurions badge (C685) he now also has 3 others. The 3rd has just been obtained on Ebay - it's C55 as earned by J E Burwash of SWC in the October 1913 London-to-Brighton-and-Back (104 Miles) race. In 1913 there were 2 such races, the other one being earlier in the year (July). Mr Burwash reached the end in 23:45.02 having passed 100 miles in 22:31.51. His name is engraved on his Centurions badge. By the way how many readers know what the 'E' stands for in Ebay? It's "Echo" as the full title is the Echo Bay Trading Company. Now not a lot of people know that!

## SPECIAL 'K'

**Dom KING**, winner of 3 World Masters over 35 years titles at 5/10/20kms in Malaga Spain - overall a class effort by Dom KING. The **20kms** multi-laps on Friday 14<sup>th</sup> early evening, high temperature/humidity Dom led all the way, beating an International field. The time was unimportant in difficult conditions. Dom showed his experience and pace judgement in final part of race. The time of 95 minutes and 4 seconds bodes reasonably well for his next 50kms challenge in Italy next month. Overall a satisfactory performance - all under pressure.

**Dan KING**, following a very heavy cold all week, finished 4<sup>th</sup> in 1 hour 42 minutes and 14 seconds, this was a struggle for Dan, but again soldiered on. Again he showed good resilience in tough conditions. Dan will also race 50kms next month.

The **5kms track** race mid-evening on 6 September saw Dom win in 21.36, showing his pace judgement and strong mentality in high temperatures. The **10kms** on Monday 10 September 2018 on the road was another sterling effort by Dom, won in 44.40. The time was respectable in difficult conditions. Dan King struggled in the second half of the race finished 4<sup>th</sup> in 46.40, his race hampered by having cold/flu like symptoms. Both walkers will now rest for a few days before 4 weeks of heavy endurance for their 50kms race.

**Report by George Nibre**

## ESSEX AA 10,000 METRES CHAMPIONSHIP

Held on 22 September at Lee Valley track in cold and rain, it was a second successive year it was staged in conjunction with Enfield League's 1 Hour event under 'B' laws. While numbers were better than in 2017, again no Essex competitor reached 10,000 metres, so all medals were awarded on classified finishes. Pride of place went to the women, who excelled as Loughton's **Melanie Peddle** retained her title when covering 9,833 metres, with Ilford's **Emma Dyos** 2nd on 9,475 and Southender **Leah Williams** taking bronze having reached 9,275 metres. The men's race saw **Dave Kates**, recently back after racing in the heat of Spain, adding to his tally of previous Essex County senior titles with 9,017 metres accomplished, followed by **Steve Cartwright** (Colchester & Tendring) recording 8,781 and **Bob Dobson**, who'd travelled from Cardiff to line-up, adding to his vast collection of individual Essex County medals with a bronze in 8,271. Others in our Essex Championship included Rachael Lawless (8,790), Lesley Morris (8,540), 2017 defending champion Amos Seddon (8,236) and Sue Clements (7,877). Essex Club 2nd claimers walkers Sean Pender and John Borgars recorded 8,656 and 8,522 respectively. Let's end on a high note as one walker with Essex Club membership had the kudos of bettering 10K - as Mark Culshaw notched 10,000m! And ... Ilford's ladies all had the kudos of setting PBs at 3,000m, 5,000m and 5 miles during this event! Well done to all who supported this event and to those who braved conditions to officiate and assist in any way.

## CONDOLENCE EXPRESSED

We're so sorry to learn that Bicester-based Steve Uttley's father has passed on. We express our condolence at this sad and trying time to Steve, and all his other family members.

## WORLD MASTERS CHAMPIONSHIPS - SPAIN

Congratulations to all who appeared, officiated or supported/spectated. Essex Walker readers were well represented - full results in the usual places. We've an interesting article from George Nibre on how the King twins got on at their World Masters debut. Going back years, those attending European and World Masters Championships seem reluctant to submit such accounts. Perhaps they're modest about their achievements. Efforts to secure articles have - again - failed to see them written.



Dear Dave ...

### SAN SEBASTIAN SURPRISE

Thanks for another excellent issue of Essex Newsletter. I enclose an Essex titbit picked up in July in Spain. At a bar in San Sebastian overlooking the harbour, Janice and I discovered that we were next to a recently retired Met policeman. The Met policeman, Hopkins, son of Doug Hopkins, also of the Met Police had completed a race walk. It turned out that both Hopkins, Met Police Cadet, and Bill Wright, rare long-distance walker had each on a single occasion completed the Barking to Southend Walk. On 30 July 2018 were we the only two individuals in Spain to have done the Barking to Southend and then, amazingly, sit next to other?

*Bill Wright*

### EMAILS JIM BALL

Reading the latest edition of Essex Walker, I see that former Anglia Strider Julian Robinson now lives in Canada. It seems to be a popular place to live for former UK walkers including Phil Vesty, Tim Berrett and Denys Jones. I'm sure there are others I have missed? I remember Julian from a 1978 'Guinness School of Sport' summer training camp at Crystal Palace where we spent a week with Shaun Lightman as our head coach. I think other attendees included Richard Dorman and Gordon Vale ... 40 years ago! That week was my first 'squad' camp and it made me realise how hard others worked in training! Glad to see Julian still takes an interest in our sport. Perhaps EW could have an editorial 'Where are They Now' for former active walkers? The older I get, the faster I was.

*Jim Ball*

### RECORD BREAKERS

A little bit of Race Walking history was made at Blackshots Lane, Thurrock when Essex walking stars Dominic and Daniel King, having

recently celebrated their 35th birthdays, made their debut in the Eastern Masters AC League, competing in the 1,500 metres walk for their home club Colchester Harriers.

Not surprisingly the existing league record of 7:56.3 was eclipsed by Dominic's time of 6 minutes exactly with Daniel just three seconds behind. The rest of the field trailed in some three minutes later being encouraged by the sporting lads who also competed in further events: 200 metres, 800 metres, javelin, long jump pole vault and 4x400 relay.

*John Brock*

### ANNOUNCEMENT

I have a massive announcement to make - I'm pregnant! And I don't think I'll be racing any time soon ☺. I'm due in February so for a while you won't see me on the start list.

*Neringa Masilioniene* (my new surname)

*Adds Hon Ed:* On behalf of all readers - **congratulations** on this good news!

### APPRECIATION EXPRESSED

Trust all is well with you. I did see in the recent Essex Walker the notification of Brenda's passing - I am grateful for that. I received sympathy cards from many walkers. I don't have contact details for any of them and so would you kindly mention my appreciation in the next publication of the Essex Walker. Very many thanks.

*Lew Mockett*

### ISLE OF MAN 100 MILES VIEWS

G'day all. Now that the dust has settled after an amazing event I would like to add my halfpenny worth!

I first came to IOM because Derek Harrison came to the Plymouth-to-Dawlish (42mils) late 70s and we did a house swap for the week before the TT walk, setting the standard for the islanders' unstinting hospitality. I was badgered to do the Parish but my hobby was focussed on shorter less onerous stuff until I



finally did the 2009 (?) version because the locals found me a lady, Jane, whom I first met at Ronaldsway and what an incredible job she did attending me, and the next time (2015), and this time. I think this is visit #10 at least.

This is my opportunity to mention - forgive me anyone not mentioned who has been one of my encouragers - Marie and Murray Lambden, Robbie Lambie, Graham Young, John Cannell, Michael George, Marie Jackson, Peter and Bridget Kaneen, and many others who ran the events and still cheered on this "foreigner". That welcoming attitude is also why most of the 9 new Centurions were not English, only one Manx, with winner C1188 from USA and Belgium and Netherlands making up the rest. If ever an event epitomised why Centurions are truly an international athletic Brotherhood rather than just a club it was this one.

The massive cost of staging a 24 hours track race was personally paid for by Mark Byrne. The massive commitment and responsibility was overseen by Graham Young, my conqueror in the Stoke Mandeville 100km many years ago! Steve and Tom Partington, international walkers, not only made a professional video of the race but had copies for all by the Sunday evening reception! That high level of class was also reflected in the quality of time recording with up to date stats screens visible trackside and by the commentary box. After a local lady's opening stint, (apologies for not remembering her name), 2012 London Olympic walks commentator Chris Maddocks kept us all informed and played music people had requested with Martin Young doing those honours. Who better than a 5 times' Olympic competitor and multi-games commentator to tell me to get my chin up? Unfortunately the encouragement wasn't enough to prevent my "torso collapse" causing my retirement just short of 50 miles in 11:23ish! I learned later that I had just missed the deluge which caused John Constandinou to walk carrying a brolly! Swings and roundabouts!!

Hats off to all involved, especially the finishers and new Centurions. I had an autograph book as a kid, not used much but one signatory

wrote "if at first you don't succeed, try, try, try again- *so Castletown 2019 here I come.*

**Ed Shillabeer**

I kept in touch with progress of the race, and it was good to see 13 walkers make it to the finish within 24 hours and I'm sorry that the wet conditions made it difficult for the others to complete the course. It's the first 100 I have had to miss for 27 years and although I wouldn't have competed it would have been good to be there to see some excellent performances. Well done to Chris for his commentary, informative and encouraging. I think we have 9 new Centurions and the organisers must be very pleased.

**Chris Flint (C849)**

### **GEORGE CHAPLIN RIP**

It is with great sadness that I have to announce that George Chaplin of Coventry Godiva Harriers has passed away. George was suffering from a brain tumour and was receiving palliative care at MHA Allesley Nursing Care Home, Coventry until his passing. We were informed of this very sad news by George's daughter. **Glyn Jones**

### **GEORGE CHAPLIN RIP**

It was with great sadness that I received news of George Chaplin's death from a brain tumour. George and I first met when he and I were competing in Race Walking events in the Midlands and nationally representing Godiva Harriers and Royal Sutton Coldfield respectively. As a novice in Race Walking at the time George was someone I looked up to as a true and genuine sportsman who was willing to share his experiences and give sound advice in the technique of Race Walking.

It is quite ironic that in 1974 when I was in the early stages of recovering from a brain tumour operation myself that George wrote me a note giving me encouragement and hope. Although fiercely competitive himself, and we fought many races together, he was above all a genuinely true gentleman.

If there is one word that frames George it is kindness. Kindness doesn't preclude discipline, pushing yourself ... and others;

doesn't preclude challenging others be they competitors, or friends. An archetypal people person – he lived life with and for others, not for self. He lived with integrity and intent; with humility and humour; with passion and purpose underpinned by resolute discipline; he lived it with a smile; he lived it consistently. As Mark Twain wrote "Kindness is the language the deaf can hear and the blind can see." George was consistently kind; consistently faithful and true.

Sadly one loses contact over the years and only wish I had known of George's illness, if only to visit him and say thank you for the strength, determination and courage he gave me all those years ago. I now give thanks for his life and cherish his memory.

May he rest in peace and rise in glory.

**Rev Dr Roy Lodge MBE**

### HALL OF FAME

England Athletics have decided after 86 years to add Tommy Green to the Athletics Hall of Fame. Presentation is to be at the Ricoh Stadium Coventry on Saturday 13 October. I assume it will be in some back room as opposed to the 30,000 seater stadium. Unfortunately Tommy cannot make it but they have located a granddaughter who plans to attend.

**Carl Lawton**

### IOM 100 MILES COMMENTS

Thank you so much for the last Essex Walker always a really great read. I have been watching the IOM 100 Miles progress throughout the night and have marvelled at the performances especially from the leading man and woman. As I've said many times before Sandra Brown is a true legend and her consistency at 69 years of age is breathtaking. She thoroughly deserves an honour for her remarkable achievements. Martin Fisher has

been great too. Really sad to see that John C and Edbanger had retired, although in Ed's case it was a really big ask but good on him for giving it his best shot as always. In John's case 70 Miles completed is very long way, but I am sure he can do it on another day on the road! As I know from my experiences it is a long ask to have to do it all over again, but isn't that makes being a Centurion the very best achievement. If at first you don't succeed try, try again!

**Bill Sutherland**

Adds Hon Ed: So good was chip timing, that this event's website had the latest times/positions of all competitors as it actually happened. In Bill's case he could follow the action during the night - as he mentions.

### 2018 WTW SERIES

It was a good season and if the first and last races had been as large as the other two, it would have been very good; but, there, people *will* go on holiday and back to school, so what can the poor race organiser do? We look forward to seeing you all again in 2019.

**Peter Cassidy & Pauline Wilson**

### EMAILS AN ESSEX GREAT

Thank you for Essex Walker newsletter, always a welcome. I tried to email Wilf Holloway for a copy of his book, also to say Hi Jim McCormack. Good times with Basildon club members, I was with Chelmsford/Southend, Olly Flynn, Olly Cav, John Webb, Chelmsford, Ilford and Basildon AC - had a very good social life, parties at Chelmsford AC clubhouse and after good parties at members' homes, good races, do you remember going to stock car races on a Sunday after training? Looking back at all the parties maybe that's why I did not make it to the top, but it was fun.

**Don Cox**

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