

Essex Walker

Editor: Dave Ainsworth

CHRIS MADDOCKS BEM

In the Queen's New Year's Honours' List is the name of 5-times' Olympian Chris Maddocks, as recipient of a British Empire Medal. In 2000 he became our first British male athlete to earn selection at 5 Olympic Games (1984-to-2000 inclusive) - just think what he might have got for the 6 he really deserved (in 1980, things didn't go his way in the selection room, during a year he was voted "British Walker-of-the-Year"). We should have sent a trio of 50K walkers to Moscow in 1980 - that year 3 male Olympic marathon runners started, but didn't finish. After those 2000 Sydney Olympics, Chris remained a key figure on our athletics scene, attending most major events, Internationals and, of course, Olympics. He's particularly in demand as an Olympic walks' commentator by American television sports programme producers, and was "on the mike" at The Mall on IAAF Walks' Day, and at last year's big Isle-of-Man 100 miles' classic. Chris was an after-dinner speaker at the 2012 Race Walking Association's Olympians' Tribute Luncheon at London's Tower Hotel and is always in demand at similar functions. He's also a regular contributor to Essex Walker and other athletics publications. We congratulate this true worthy on being so publicly recognised.

THREE FOR AWARDS

Congratulations to **Tommy Green** and **Peter Matthews** on their induction into the England Athletics Hall-of-Fame, during a ceremony held at Coventry's Rioch Arena and hosted by Katharine Merry. Belgrave Harrier Tommy, then aged 38, won the 50K walk in Los Angeles (1932). He'd only taken up race walking when aged 32 in 1926 after a spell as a runner. He'd switched to race walking after guiding a St Dunstan's blind athlete. Tommy kept going until he was aged 54. As a First World War soldier he was wounded 3 times and suffered badly when caught in a gas attack. Peter Matthews is an outstanding commentator and a member of **NUTS** (National Union of Track Statisticians). He was a leading commentator (with Alan Parry) when ITV had a contract for UK domestic athletics some decades ago. He was guest speaker at our Race Walking Association's Centenary Dinner at the Royal Air Force Club (Piccadilly). He's been guest speaker at a Metropolitan Police Race Walking Club Dinner at New Scotland Yard. His support for the Enfield Club has been outstanding - being a very long serving President. Peter is one of race walking's best supporters. Others inducted at this ceremony were: Geoff Capes, Dame Jessica Ennis-Hill DBE, Katharine Merry, Aston Moore and John Regis MBE. An award for Services to Athletics was presented to **John Howley**, a legendary name in our race walking community. After illness he's back on the scene in a big way - helping to promote race walking activities in Yorkshire and Humberside.

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.

| | | | | |
|------------|-------|---|---------------------|----------|
| FEB | 2 | Essex County AA/Eastern Counties Indoor 1M Champs | Lee Valley | TBC |
| | 9 | Steyning 15K | Steyning | 2.00 pm |
| | 9 | British Athletics Indoor Championships Day 1 | Birmingham | TBC |
| | 10 | British Athletics Indoor Championships Day 2 | Birmingham | TBC |
| | 10 | SCVAC Indoor Championships | Lee Valley | TBC |
| | 16 | Enfield League 5 Miles | Donkey Lane | 11.45 am |
| | 24 | Masters' Inter-Area Indoor Championships | Lee Valley | TBC |
| MAR | 3 | Molly Barnet Meeting + Eng Athletics 10K Champs | Coventry | TBC |
| | 6 | Met Police WC Annual Dinner & Reunion | CS Club SW1 | 6.30 pm |
| | 9 | Cecil Gittings Memorial Walks 5/10/15K + Enfield League | Gravesend Cyclopark | 1.00 pm |
| | 16 | Slater Bryce Memorial Meeting + Sussex 10K Champs | Broadbridge Heath | 11.00 am |
| | 16-17 | Kent/Herts/Middx Indoor 1,000m Championships | Lee Valley | TBC |
| | 23 | RWA Inter-Area Representative Match | Sutcliffe Park | 1.00 pm |
| | 30 | Centurions' Social Walk (6 Miles)/All welcome | Cambridge Station | 10.30 am |
| APR | 10 | VAC/Surrey/Middx/Herts/ 10,000m Championships | Battersea Park | 6.45 pm |

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|----|--|----------------|----------|
| 16 | VAC Summer Series 5 Miles (all welcome) | Battersea Park | 7.00 pm |
| 20 | LICC/Enfield League 5,000m | Lee Valley | 11.30 am |
| 28 | RWA & Inter-Counties 10K Championships + YAG | Coventry | TBC |

SAD DEATHS

We're sorry to report the death of Belgrave Harriers stalwart **Tom Cook**, 89, who retired to Devon after working as a London taxi driver. He joined the Bels in 1954 and race walked for them until the mid/late 70s. Also sadly departed is **Eric Lee**, 88, of Wakefield Harriers, who won the 1970 Isle-of-Man TT 37.73 miles classic in 6:25.20. His Club's walking squad was strong in past times, and he scored when they won the Northern Area 50K Championship in 1968/69, and came 2nd in our 1969 RWA 50K Championship. A British Rail employee, who on retirement moved to Fort William, where he ran a B-and-B and cycle hire business. He became Centurion 429 when passing 100 miles at the 1969 Leicester 24 Hours' Track Race in 21:10.37 on route to a 105 miles 986 yards completion.

We've also said a sad farewell to an Olympian, the one-and-only **Lol Allen**, who passed away in a Sheffield Care Home. Lol, along with great rival and clubmate the late Roland Hardy, attended our memorable 2012 Race Walking Association Olympic Tribute Luncheon at the Tower Hotel. Recent England Athletics Hall-of-Fame inductee and member of the National Union of Track Statisticians, Peter Matthews has compiled the following information about this true worthy:

Lawrence 'Lol' ALLEN (GBR) (b. 25 Apr 1921 Sheffield) died on December 16 in Sheffield at the age of 97. A member of Sheffield United Harriers, he had a great race walk rivalry with Roland Hardy in the early 1950s. Unfortunately he was disqualified in his two 10,000m internationals – at the 1952 Olympic Games and at the 1950 Europeans (after finishing in 2nd place). He was RWA champion at both 10 miles and 20 miles 1949-51 and 1958, while at the AAAs he was 2nd at 7 miles each year 1950-52 and 3rd at 2 and 7 miles in 1949. Walks pbs: 2M 13:43.4 (1950), 5M 35:40.8 (1950), 10000m 44:32.8 (1950), 7M 50:22.6 (1950), 10M 1:11:35 (1954), 20M 2:48:48/2:41:40 short (1954). He also won various Northern and CAU titles between 1949 and 1961.

RACE WALKING ASSOCIATION AGM

This was held at Pingles Stadium (Nuneaton). Eight attended from outside of the Officers & Committee. Sheffield's popular former International Helen Elleker is your new RWA President. RWA Honorary Secretary Colin Vesty was elected Vice President. All other officers were re-elected unopposed: except for a post of Coaching & Development Officer being unfilled, at a time when numbers in our sport aren't high. Long-serving RWA Southern Area President and Centurions' Honorary Secretary Chris Flint was voted-in as an esteemed Race Walking Association Life Member. A high spot was news that your RWA website is to be updated.

GET READY

Entries are now "open" for the 2019 Tower Insurance 100 Miles' race on the Isle of Man. It's over a scenic 1 mile circuit at Castletown (once venue for a great 1975 RWA 20 Miles Championship won by Bob Dobson) which takes in the historic harbour area. Full details + aerial map on The Centurions 1911 website (<http://www.centurions1911.org.uk/castletown-uk-centurions-2019.html>). Start 2.00 pm, Saturday 17 August. Let's see many of our readers facing the starter!



ENFIELD LEAGUE OPENER

The opening fixture in the 2019 Enfield League was a 5 miles' race held over 5 flat circuits inside the town's King George V Playing Fields. In the Women's event, Ilford ladies had much to be pleased about, as all 3 of the Club's competitors returned personal best performances. In a class field Emma Dyas was always in touch with the best until a slight fade over the closing stages, as she claimed 5th position in 48 minutes and 13 seconds. In close order came Rachael Lawless 8th and Lesley Morris 13th, clocking 53.29 and 56.09 respectively. The Race Walking Association present a time standard badge for those bettering the hour. Melanie Peddle came 7th in 49.53 (but see below). Maddy Shott won in 40.54.

In the men's race, Ilford were led home by former Scottish International Stuart Bennett who claimed 9th spot in 48 minutes and 26 seconds. Stuart had a great scrap with Yorkshire athlete Martin Fisher, a former Essex resident, and appeared to have got the better of it, before the long-distance traveller produced a great burst just 30 paces from the line to deprive Stuart of 8th position. A place behind Stuart came Mark Culshaw in 49.54. He'd lost much time when stopping to assist Essex Champion Melanie Peddle (Loughton AC) who had fallen over. Melanie adds her name to a now very long list of fallers at this unlucky

location! Gallant Mark saw that she had recovered and walked with her to help get her going again. Colchester & Tending AC's Steve Cartwright was 14th in 57.19 while Bob Dobson pounded out 59.18 to occupy 16th place. Overall turnout was the lowest opening Enfield League race for some years - but there were a number of apologies for absence. David Annets won in 38.54.

After racing, the 2018 Series presentations were made in Enfield Town FC's club room, with Ilford taking the 2nd team award behind hosts Enfield & Harringey AC. Stuart was presented with the "1st Centurion" award, being open only to those who'd completed a 100 miles' walk in under 24 hours. The dignitary making presentations was long-serving Hertfordshire County Walking Secretary Ken Livermore.

COLCHESTER & TENDING FUN CHRISTMAS RELAYS

Reports from Steve Cartwright

CATs Fun Christmas Relays – 17.12.18

People certainly seemed to enjoy them. The events were: 1 lap (100m) Sportshall type relays on the track, running and mixed running/race walking - Teams of 4 to 7 people; 4x100m run; 4x100m race walk; then a 50m/50m/200m/100m medley relay run. Unfortunately it wasn't possible to note names and give times this year - there were over 50 participants - but it was great to see everyone taking part. I think lots will have noticed some good wiggly walking not to mention some good running.

CATs Training Evening with George Nibre – 14.1.19

It was good to welcome George to the track on a Monday evening to lead a group in some race walking training. Unfortunately due to illness and other commitments the group was very small, but it was useful to learn his basic drill and training recommendations, and his recommendations in terms of exercise nutrition.

AWARD FOR ESSEX-BORN WALKER

Sue Clements is proud to be one of the 800 British Red Cross volunteers who were honoured by receiving the Dunant Award for voluntary work carried out during the 2017 emergencies. Sue was "Dead chuffed actually".

MEMORY LANE (1969)

A reader sent in a long since published Race Walking Record in which is a result of the Cambridgeshire 10 Miles, held on a rural out-and-back course from the then Cambridge & Coleridge HQ (a wooden hut on the City outskirts) on **22 February 1969**.

1. Bob Barnes (C&C) 88.42
2. Dave Ainsworth L Vids 89.02
3. Barry Ingarfield (Ipswich H) 89.14

Second Cambridgeshire man Barry Wallman (98.44) went on to become President of his County, and recently passed-on after a lifetime of meritorious service to amateur athletics. Winner Bob, who at the time resided at nearby Cherry Hinton, had earlier made his name at Belgrave Harriers. Barry went on to organise successful races in East Anglia (Ipswich 10 Miles and the Colchester-to-Ipswich classic) before making full GB international status. On the same page is the Kent County 10 Miles' result with medals going to:

1. Peter Fullager (Basildon) 80.47
2. Dave Gulliver (MedwayAC) 84.11
3. Doug Hopkins (Medway AC) 86.02

Paul Nihill (44.24) was a clear winner of the Southern Counties 10,000M Championship at Battersea Park with Shaun Lightman (46.31) and Roger Mills (46.49) completing the frame. On the undercard Basildon's Olly Caviglioli won a Youths 3 Miles in 22.28 and Ilford's Lawrence Dordoy won the Boys 2 Miles in 16.16. It's now nearly 10 years since Lawrence so sadly left us. Also on that same page is recorded a Dave Watts (Met Police) victory in 14 miles-and-a-bit Keston Cup (2.01.43) followed by Denis Vale 2.02.03 and Dickie Green 2.07.17.

PRISONERS ON-THE-RUN

There are now parkruns at 586 locations across the UK. Among these venues can be found 9 parkruns in HM Prisons, and another in the grounds of Wetherby Young Offenders' Institute in Yorkshire. The first prison organising a parkrun was HMP Haverigg in Cumbria in late 2017 - since then over 200 different names have appeared there. Magilligan Prison in Northern Ireland followed suit in early 2018. Perhaps we could recruit some of these lags to take up race walking?



TOP POST FOR ESSEX WALKER SUPPORTER

Congratulations to Pierce O'Callaghan, International race walking judge and 16 times an Irish champion. Pierce is a great supporter and reader of Essex Walker and one who has had many top appointments as an official at major games and meetings. He's been appointed *Director of Readiness* for the 2019 IAAF World Championships in Doha - the first to be held in the Middle East - which are expected to attract over 2,000 competitors from 200 countries. Congratulations to popular Pierce on his plum appointment.

<https://www.insidethegames.biz/articles/1074123/ocallaghan-appointed-director-of-readiness-for-2019-iaaf-world-championships-in-doha>



"Director of Readiness"... good man, lousy job title! Sounds like a title from that BBC2 satirical show "Twenty Twelve" is one reader's view!

NO END-OF-THE-PIER SHOW

The 65th Southend-on-Sea AC Boxing Day morning out-and-back "Pier Race" was held and drew a good field as always. But, no walkers! A year earlier Prittlewell resident, Ilford AC Centurion Steve Allen, was its sole race walker. This year only Shoebury resident Val Mountford showed to give enthusiastic support. Steve had said he'd race if any other race walkers entered - but none did - not even host Club members. This is a nice gesture for it's a closed race only - with race walkers the only non-Southend members invited to participate. So where were you all, for an annual event that enjoys good local publicity and a high profile? Look at athletics results in AW and "Power-of-10" etc, and you'll find there were so many traditional Boxing Day fixtures (Ilford staged a short/fun cross-country run in Hainault Forest followed by a pub gathering afterwards). But we had only 1 Southern walks' meeting (in Brighton's Preston Park), when we used to have more. *Let's have some walkers on the pier's planks come Boxing Day 2019.*

OLYMPIC RACE WALKING UNDER MORE THREAT

There have been far too many emails and letters sent to even consider publishing them, so you'll find plenty of content on social media and elsewhere. We must thank Tim Erickson, as so many first found out about such proposals by reading his excellent and always highly topical newsletter - which so often is first with the news.

CENTURIONS SOCIAL WALK

The last such walk held in Cambridge was well-attended and one of their best ever. So another's planned, for **Saturday 30 March** commencing from Cambridge Railway Station (Station Road, Cambridge. CB1 2JW) forecourt at **10.30 am**. There's plenty of parking at the station with a competitive all-day rate. "Park-and-Ride" services also get you into Cambridge - or shall we now say "Park-and-Stride". Centurions' Social Strolls Secretary Steve Kemp, and our knowledgeable local guide and Organiser Sue Clements send a warm invitation to all Centurions, friends and families. You don't need to be a Centurion to participate and enjoy this day - so we hope **all** readers will attend for an enjoyable Essex Walker day out. Indeed in our previous issue, Len Ruddock wrote about us **all** supporting the idea of social walks.

A leisurely 6 miles walk commences by a stroll through some of the sights of this wonderful City on route to Grantchester, a place beloved by the 1900s Bloomsbury Group of early 20th Century writers, intellectuals, philosophers and artists, and former village resident, World War 1 poet Rupert Brooke. Other greats who loved Grantchester included Messrs Darwin, Newton, Cromwell, Wordsworth. At Grantchester is a break at the famous traditional Orchard Tea Rooms. Grantchester has a bus service to Cambridge for any wishing a halfway opt-out (so bring passes if of a certain age). After lashings of tea and cake, our walk back to Cambridge passes Byron's pool, where the noble Lord of that name swam, then across Trumpington Meadows and back to the railway station along a guided bus way. One hopes for warmer weather! See you all there.

CENTURIONS AGM

A reasonable turnout made an AGM in downtown Southwark. There were complimentary teas/coffees/biscuits before business commenced with Centurions President Eric Horwill in the Chair. By tradition, going back to their 1911 formation, the Centurion present with the lowest number is invited to occupy the Chair. Eric's number (390) is low, being obtained by walking from Leicester-to-Skegness in 1966 clocking 21:51.09. During this meeting a Centurion with an even lower number arrived, but declined to take the Chair; so continuity was maintained as Eric saw it through to the end being rightly thanked for

doing this task so well. Eric ended this AGM with one less position, as his 3 years' Presidential term came to an end when he presented his Chain of Office to Pam Ficken C934, daughter of all-time great World 24 hours' record holder and 3-times UK 100 miles walk winner, the late Hew Neilson C145. Pam made an acceptance speech, then produced wonderful photographs (for passing around) of Hew being supported by her in past races. Pam, who presented her predecessor with a plaque, became The Centurions second lady President after Ann Sayer C599 - who was also present.

Also changing hands was the Honorary Secretary's office. After 20 years as Committee man and 15 as Hon Sec Chris Flint C849 stepped down after meritorious service. This was reflected by a presentation of an engraved tankard, flowers for his good lady and a bottle of Midlands wine. His replacement, Sue Clements C950 also serves as Archivist. No nomination was received for the post of Hon Assistant Secretary - so there's an opening for any reader who might wish to help out and make his/her mark on the administrative scene. There's a new Merchandise Officer - Leicester Centurion Andrew Thacker C805 - who has ideas and initiatives to further boost sales of a popular range of products. The meeting showed their satisfaction by re-electing all to their posts, the line-up (in addition to those previously mentioned) being Hon Treasurer Richard Cole C928, Web Master Kathy Crilley C933, Social Strolls Secretary Steve Kemp C1075 and Hon Auditor Alex Ross C854. An experienced Committee including Carl Lawton C750 and Ann Sayer C599 were joined by David Jones C987 and Sean Pender C1067. The day ended with a number of attenders visiting the nearby Union Jack Club for dinner and drinks.

JOHN WISH RIP

Readers will be sad to hear that former International race walking judge John Wish has passed on aged 88. Midlands-based John was a former Royal Air Force test pilot. We sadly said farewell to his wife Jill, also an official, last year. John's funeral service at Coventry Crematorium was conducted by another former RAF Officer, Padre Dr Roy Lodge MBE - our 1967 RWA National 20 Miles Champion. We extend profound condolence to the family, who include former successful GB international Sally Ann.



Dear Dave ...

THANKS

I would like to convey my thanks via the Essex Walker to everyone who came to Ken's funeral. It was overwhelming to see so many people. It became impossible to speak to everyone, so if I didn't get to you please accept my apologies. I would so much have liked to catch up with walkers that were such an important part of our lives when Ken was competing. Many thanks too for all the cards and letters I received.

I enjoyed seeing the photo and just about managed to recognise everyone - with a little help from the names underneath! Thanks also to Surrey Walking Club for the minute's silence they held in memory of Ken. It was very kind of them.

Although Ken had been "off the scene" for some time doing other things he often reminisced about his walking days and all the familiar names would be mentioned. They were good days that he absolutely loved. Thank you all.

We were able to donate £1,681.11 to Macmillan Cancer Research so thanks to all who contributed.

Joy Carter
carterj.47@btinternet.com

KEN CARTER – FURTHER TRIBUTES

- Sorry I could not stay for that great photo of the Nation's top race walkers (hence why a good thing I was not featured). A moving service - what an inspiration Ken had been to many pupils, teachers and work colleagues. I will remember racing Ken in the 70s at SWC events or nationals/opens. He was a real battler.
Peter Selby
- I remember him being a very strong competitor when I was coming through from the junior ranks at Southern and National champs. Have I seen some old cine film YouTube footage of the Romford Brewery races back in the eighties with Ken competing?
Jim Ball

Adds Hon Ed: Below is a direct link to this short (7 mins) film of one of our Romford Brewery town centre walking races. With so many readers featured, including our two recently departed friends Doug and Ken - watch carefully and you might even see Barry Hearn (who presented the prizes) with Steve Davis. https://m.youtube.com/watch?v=ScyDqRI_AyQ

WRITES YOUR ESSEX COUNTY PRESIDENT

Thanks for the Presidential plug and career resume - but never done a race walk in my life! 🙄
Supporter of all you do but never been remotely tempted myself. And yes having spent all race chasing him down I did get outkicked by "The Rocket" over last 100m of the Loughton Vets cross country.
Andy Catton

MOUNTAIN CHALLENGE IN MY 70TH YEAR

I hope you don't mind me asking for your support for a charity. When I turned 40 I walked 40 miles on a very cold January day (my birthday is the 18th) in aid of Save the Children. That went brilliantly and I managed to raise over £700 - not bad for 1989. I'm not even thinking of trying 70 miles or 70k for my 70th birthday BUT a more realistic aim is to manage 70,000 feet of mountain ascent in the 12 months from my 69th birthday. So my deadline to finish was 17 January.

The JustGiving link below shows the progress of my challenge - really very well up to the end of the Pyrenees trip at the end of September.

<https://www.justgiving.com/fundraising/johnmountainchallenge>
From there it should have been just a matter of managing to fit in a good trip to the Lakes or Scotland to hit the target. However, a big fly has got into the ointment - I started having pain in leg muscles in early October and have now been diagnosed with a rheumatic condition which is painful and debilitating. Medication is improving things but I have some way to go before I can realistically think of planning another mountain trip. The onset of winter won't make things any easier but I am determined to try to complete the 70,000 feet on schedule.

The charity I'm supporting is BlueSkyeThinking (<http://www.blueskyethinking.org/>) which is funding research into childhood brain tumours and giving support to those children suffering from brain tumours. Skye Hall, who died aged 5 in 2014, was a great-nephew of mine. Any support you can give to the charity, directly or through my mountain challenge would be mostly gratefully received. Please don't be confused by the "David" bit on JustGiving - I'm registered with them in my passport name but day to day use my second given name.

John Hall

VIEWS OF A READER

Thanks for another wonderful read of the Essex Walker. It's like fine wine - it gets better every time you read it! My personal outspoken views do not appear to be appreciated by the present day walking fraternity maybe because I speak the truth as the numbers participating reduce year by the year, and as you have shown so vividly, the overall standard would have gained no higher than the 'C' Section in past 1 hour track races. I still greatly cherish my place in the top 10 All Time over 1 hour track in Great Britain in 1969 with 8 miles 565 yards in the hour with a time of 50.17 for 7 miles on route. What great standards and styles our best race walkers had in my era.

Bill Sutherland

IMBER COURT RACE WALKING

The Metropolitan were looking for images of race walks which were hosted at Imber Court. I remember several races which were hosted there, and many of them had plenty of snappers along the way. There was even some interest when I pinned a rather tongue-in-cheek sign to my back saying "**Caution, Race Walk Ahead**".

I remember seeing images of Imber Court hosted events in Bill Sutherland's monthly MPRWC newsletters. This was well before things like desktop publishing was invented, and Bill's method of communicating the newsletter was to use a Pritt stick to stick various items on to A4 sheets of paper, run the pages through the police station photocopier (when it was actually working), staple the pages together and post them off through the internal dispatch system. I may still have a few old copies in the loft, but you want clear images, then you are not going to be in luck because the black and white photos made it tough to even identify yourself. Perhaps Bill Sutherland still may have the originals. The other source of photos which I remember were from Race Walking Record, but I got thoroughly bored with that magazine after they produced results from faraway places like the Outer Mongolian 10km race, and these mags ended up in the bin.

Chris Foster

Adds Hon Ed: An exhibition was held at the Metropolitan Police Sports & Social Club at Imber Court, featuring all the many activities and sports that are (and were) held there over the years. A wide appeal went to race walkers to provide action shots of race walks at this well-frequented venue - of which many were held at Imber Court - including International Trials. Hmmm! With so many race walkers appearing there, on so many occasions - and with so many photographs taken, it was expected that plenty would be submitted. *Perhaps most just left it for others to supply what was requested!*

REALITY CHECK

It crossed my mind the other day watching the BBC who are programming a way of getting people involved in sport and have set up a website to that effect: <https://www.bbc.co.uk/sport/get-inspired> called bbc.com. They put up a short clip of the particular sport showing what is done etc. This may be something the RWA should consider and having as models people like Tom, Callum, Dominic or Daniel participating to give a younger image for our sport. Set it up with a program of events to go with it, alas it's too late for the Moulton 5 to be included but such family events like this will

encourage a wider pool of participants. It may be worth passing on to any other interested party.

Olly Flynn

COMMENT

Sound advice from Olly. We should be taking advantage of every opportunity to showcase our sport and this is merely one - albeit an important one as it would go Nationwide. Trevor and Linda McDermot have, over the past few years been showcasing race walking in the North through their excellent "Village Walks" which entail holding events at local villages throughout Yorkshire, Cumbria and Northumberland and inviting local residents to take part. They also helped set up the Catterick Park Run and promoted walking at those events to the extent that a number of the runners decided to try out race walking for themselves. Some of them have even joined Race walking Clubs. One thing to keep in mind is not to forget to include current British women walkers as well as Tom, Callum, Dom and Daniel as women's participation is just as important as men's for the future of our sport.

Peter Fawkes

EMAILS OUR FORMER RW RECORD EDITOR

Thanks for EW. It was indeed interesting to see the picture at Ken Carter's funeral. Bob Dobson and Ron Wallwork were easiest to recognise not having changed a lot. Amos Seddon on the other hand looks very dapper compared to the hairy bearded walker we knew in the 70's. Sorry to hear of the passing of Ken and Doug Fotheringham. The race at Wolverhampton mentioned by Denis Holly was a three country home international in which Ken, Denis and myself, walking for Scotland, had a great tussle till the last lap. Ken was a fine young man who died too young. Doug was a gentleman in the true meaning of the word. I once had to DQ him in our annual Brighton v Met Police v RAF match and he took it very well in his usual quiet dignified manner. Keep up the good work and best wishes to your readers who remember me.

Alan Buchanan

DOUG FOTHERINGHAM'S FUNERAL

It will be a very sad departure especially as my brother and I have been brought up in life surrounded by race walking. We may not have followed in our dad's footsteps but it was always a family 'way of life' which is certainly reflected in all of the tributes we've read so far. We've received lots of cards paying tribute to dad, not just for walking but his exemplary service as a police officer. Once again, thank you very much.

Neal Fotheringham

DOUG FOTHERINGHAM – FURTHER TRIBUTES

- I have fond memories of battling it out with Doug in races in our latter years! I have put a notice on the Centurions website.

Kathy Crilley

- I was greatly saddened with the news of his departure. We were good friends of the road and the annual MPWC annual dinner. I shall remember him well. I am now 84 myself and it is becoming ever a sad day with good friends passing on.

John Northcott

"GOING TO THE MATCH"

That's the title of LS Lowry's most famous 1928 painting, now at Salford's Lowry centre and valued at £10 million. This title can be used to describe an off-chance meeting of 2 former great International walkers, Ed Shillabeer and Mike Holmes Jnr. Ed's a prominent supporter of Plymouth Argyle ("The Pilgrims") while Mike follows Bradford City ("The Bantams") once voted their "Supporter-of-the-Year". Ed was making his way to the match, on a route not previously used, when he saw a broken down minibus with Bradford City fans beside it. Public-spirited Ed stopped to offer assistance by taking some of them towards Plymouth in his car. Among passengers was one who asked Ed for his name and address - Ed gave his business card. The name was well known, so the car driver was asked if he was a race walker? Yes! Neither had recognised each other up to that point. So, met by chance, were 2 Centurions - and not only that, but 2 in an exclusive Club of those who've won a UK 100 Miles walk: Mick (Centurion 717) in 1982 at Leicester and Ed (Centurion 590) in 1989 at Hendon. Both have Essex connections, as Ed now walks for Ilford AC, while Mike was once on the books of Southend-on-Sea AC. Their match ended even, at 3-3.

EMAILS ED SHILLABEER

Here's the story: I finished work early (soon after 10 am) and drove to Exeter. Coming up Haldon Hill I passed a broken down minibus and spotted a Bantam scarf on one of the passengers on the roadside. I had to continue to the bottom of the other side of the hill before I could get back to a slip road entering just beyond the breakdown by when a PC was in attendance. I told her to tell the group I could take 4 to Argyle and a lady, a young lad, and two chaps took up my offer. In the event I took them to their Premier Inn hotel and the front seat passenger asked for my email and luckily I had my business card - he said was I the walker and when I said yes he said he was Mick Holmes!! The ways of the Lord are strange!!!! The game was not a dour goalless relegation battle because our defensive errors kept presenting City

with goals. However we showed great character by coming from behind three times to earn a 3-3 draw. One point closer to a safety spot and still off the bottom. Fans' black humour - at 2-3 down we're singing "We're Plymouth Argyle, we're falling apart!" Generally though we sang up for the lads very well.

Barbara and I went to a light-hearted Christmas concert, just been watching MOTD in bed on B's iPlayer to round off a great day which started with a one hour 38 minute pre-breakfast training session. No rest tomorrow, marshalling the Plymouth Santa Run ... Shuteye calls. **Ed Shillabeer**

ED MILLIBAND INTERVIEWS ME ON FINSBURY PARKRUN

Ed Milliband attended a Finsbury Park Run and interviewed me for his New Year Podcast with Geoff Lloyd and his team. I was in charge of the 8 Volunteer Stewards. He asked me why it is so popular with a great social scene afterwards? We spoke about my race walking career and how difficult it is as an athletic discipline under the 'eagle eye' of judges and also touched on Brexit. I found him very interesting to chat too. He is not the first politician I have spoken to as I was honoured previously to have met Tessa Jowell at Winchester Services on the M3 when she was Minister for Media, Sport and Culture before the 2012 London Olympics and Paralympics.

Bill Sutherland

Adds Hon Ed: When a leading light in the walking publicity world, Bill also updated a then Minister for Sport, the Rt Hon Denis Howell PC, MP on our campaign to keep race walking in the Olympic Games!

FROM OUR CORRESPONDENT IN SPAIN

I was there at Guadix in the race that has been reported on in VRWC Heel and Toe Online, and won the W60 category in 30:43. It is always a fabulous event with well over 20 walkers competing in various categories. It starts about 4.30 pm in the setting sun, and then, by the time the older age groups are racing, it is by street lights, so very atmospheric, even though this year the Xmas lights were up across the street but not illuminated, unfortunately. They have a big stage, loud and knowledgeable commentary, a live band, live streaming of the races on a big screen beside the finish line – a real party! This year every category winner received a huge local speciality bread cake, filled with cabelle de ángel and topped with chocolate, as well as a trophy for 1st, 2nd, and 3rd. I missed, by a whisker, getting my photo taken with one of my RW heroes, Jesús Ángel García Bragado who, less than a year short of his 50th

birthday, walked the course in just over 21 mins despite having spent most of his warm up time being photographed with people and generally being really lovely and friendly. (I only missed the photo opportunity myself because I didn't have my phone/camera handy when I was with him).

I am due to be racing again over 5K – it's hard to get any races over 10K - as a guest in the Spanish Masters championships in Getafe, a large suburb of Madrid. You certainly have to cover a lot of miles to get to races here; I have been to Nerja, Toledo, Guadix, and will have been to Getafe, since the middle of September, Guadix was the nearest at 3 hours of driving away. Nerja and Toledo both involved 6 hours each way on a bus and an overnight stay (paid for by the club I belong to over here!). Getafe will be about a 5 hour drive, but Pete and I are then going to stay on for a few more nights in the area and have a look at a few more places we haven't visited yet, to make it worth the journey. I use a Spanish hotel booking website which awards points towards free nights for bookings made and if you submit a specially requested review, so I have been able to offset some of the cost of the accommodation for this weekend. I hope to have enough points to cash in by February when the Spanish Masters 10K championships are up near Tarragona.

Onwards and upwards.

Cath Duhig

VIEWS OF A 5-TIMES' OLYMPIAN

The list of Centurions who are Olympians makes for fascinating reading. Much of the info I used as part of my IOM 24 hour commentary last August. May the four walkers mentioned all RIP. Of Doug, Eric, Tom, Lol, it was Mr Fotheringham whom I knew best, at least in terms of conversation and meeting at races. A fine walker and gentleman. Your notes also reminded us how good a supporter Peter Matthews was to the walks' fraternity. Always thought he was a top commentator too, the kind of which the BBC often fail to use now.

I recall a time back in 1995 when I had a couple of late season 50km walks in Holland and Romania, recording 4.02 and 3.53 respectively. Belatedly Peter Matthews ranked me GB No 1 for the year. Think I was ranked No 2 over 20kms or at least top 4. Either way, I was not deemed good enough for an 8-man GB team at that year's World Cup in China - just one of 3 World Cup teams I was left (arguably) controversially out of, 1981 and '85 the others. One of the selectors who clearly didn't like me told me to my face that I was finished. The price paid for being opinionated, or, a pain in a***, when all I wanted and hoped for was an improved set-up for GB walkers. I did compete at 8 World

Cups between 1979-99 so shouldn't be too greedy. All part of the memories in our respective sporting careers.

Chris Maddocks

Adds Hon Ed: For interest here's a full list of Olympians who are also Centurions:

- C12 Bill Brown (Polytechnic Harriers) - 1908 London Olympics 10 Miles' Walk. Bill became the first (so far only) UK Centurion to reach 100 years of age - in December 1979. He had a 100th birthday "do" in Essex and lived to 103. He'd worked for Fords at Dagenham, becoming this Company's first pensioner to reach 100 years - the Pension Fund certainly made a loss on that one!
- C175 Rex Whitlock (Metropolitan WC). Brother of Harold Whitlock MBE 1936 Olympic 50K gold medallist. 1952 Helsinki Olympic 50K - Rex came 4th.
- C276 Frank O'Reilly (Lozells Harriers). Competed in the 1960 Rome Olympic 50K for Ireland.
- C376 John Kelly (Millrose AA). Competed in the 1968 Mexico Olympic 50K for Ireland.
- C631 Don Thompson MBE (Metropolitan WC). Competed in the 1956 and 1960 Games - 50K gold medallist in the latter
- C778 Brian Adams (Leicester WC). Competed in the 1976 Montreal Olympic 20K.
- C1064 Ian Richards (Steyning AC, formerly Metropolitan WC). Competed in the 1980 Moscow Olympic 50K.
- C1098 Dominic King (Colchester Harriers). Competed in the 2012 London Olympic 50K and 2016 Rio Olympic 50K.

Who next?

MY DOG BOWZA

My dog Bowza (and I) are going to lead out the teams at an Ipswich town match game soon. The East Anglia Times website features an interview:

<https://www.eadt.co.uk/news/suffolk-dog-receives-award-for-helping-woman-in-hadleigh-1-5861633>

Just to think I went out with Christine, Sir Alf Ramsey's niece, the only connection I have with football. HAPPY NEW YEAR TO ALL.



Don Cox

DAVE SHARPE

Greeting, all the best for the New Year! I look at the Essex Walker from time to time when I come across a copy on-line. I follow with interest news of walkers both active, such as yourself, and those retired, many of whom write articles etc. However I do not see any recent mention of Dave Sharpe, have I missed something, is he still around?

Dave Hay

Adds Hon Ed: Dave suddenly vanished from our race walking scene in early 2012, stating he was finished with it and he'd only bother keeping in touch with his 3 big mates, to wit Bob Dobson, Barry Ingarfield and Bill Sutherland. Apart from an occasional letter and card, Dave remains off the scene.

WRITES CHRIS MADDOCKS BEM

Over the days since the honours announcements, whether emails, phone calls, and particularly online, I estimate I've had upwards of 400 kind acknowledgements to my award. I learnt very quickly to graciously accept the generous comments rather than respond with any kind of negativity.

As nice as it was, I did wonder when I received my Cabinet Office letter in November how I came to be awarded a BEM. The letter invited recipients who had questions, to ring; so I did. Firstly, I was congratulated and then they confirmed I had been recognised for my athletics related community work. Now, I know I have been doing such voluntary/invited things for over 40 years, since and before I became an International in 1978 - visiting schools, clubs, community groups, often with charity links to the present day. But, I put it to the good folk at the CO that I have done that on the back of a greater amount of national and international athletics activity.

Further telephone calls and emails over a period of a few weeks into December confirmed that the deciding committee had made the award based on a brief summary of community work rather than my national and International career 1978 -2018, including Olympics, coaching, journalism, and broadcasting.

Ed Shillabeer rang to congratulate me. During that conversation he said he, you and others had lobbied my name many years ago. Others have also come forward and said similar things. I know that more than 10 years ago, a nomination was made with supporting letters from not only athletes I coached, community people I'd supported, but also from the likes of Dave Moorcroft, Lynn Davies,

David Hemery when they all held the top jobs in British athletics. Until 20 years ago, a Queen's honour was not on my radar - never thought about it until others started talking. Then in 2000 it was in the press, AW, and spoken about frequently.

Publicly, I am saying, 'thank you' to all the lovely folk who are offering their congrats; it is appreciated. I also believe there are other deserving people within our walking ranks.

Chris Maddocks

NEW YEAR'S HONOUR BEM - Many Congratulations!

To Chris Maddocks and family, many congratulations on your so well deserved Award of the British Empire Medal. You are a true inspiration to so many Sports participants and others aspiring to reach the heights in Sport. Enjoy your day when it comes!

Bill Sutherland (fellow BEM in 1983)

MEMORY LANE

Cold weather reminded me of my first of 7 wins in the PAA 10 Miles Championship held at Keele University, Staffordshire in a snow blizzard for 6

miles before it thawed off. The late Charlie Fogg BEM led early on from Dave WATTS after competitors only found out where the start was as Wally BATSON OBE, internationally renowned Judge, rang a bell. No Health and Safety restrictions in those days eh! Remember the fogs on the Ilford Christmas Walks days?

Bill Sutherland

CHRIS FLINT - RWA LIFE MEMBER

Dr Kitty Hung writes:

 Congratulations to Chris 

LONDON JUDGES' SEMINAR

Thanks for Saturday. I really enjoyed it.

Steve Cartwright

IOM 1985 LUGANO ESCHBORN RACE WALKS

Readers may be interested in this video footage, uploaded recently by Rob Elliott to YouTube, of the IAAF Lugano Eschborn race walks held in the Isle of Man in 1985.

<https://www.youtube.com/watch?v=sjJkZHF94I&feature=share>

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