

# Essex Walker

Editor: Dave Ainsworth

## CENTURIONS' SOCIAL WALK

The Centurions staged the latest in their series of social walks around the Cambridgeshire countryside on the last Saturday of March - in wonderful weather! Alas it wasn't well supported, despite being open to all - whether Centurions or not, and to families. This could have been a grand day out for the whole of our Essex walking fraternity. These events are put on **for you!** This walk, devised by Centurions Hon Sec Sue Clements included a lunchtime break in an 'olde worlde' tea room at Grantchester. Centurions Social Walks Hon Sec Steve Kemp is already looking at new possibilities!



L-to-R Steve Kemp, Kim Howard, Pam Ficken, Dave Ainsworth (with Teasel), John Borgars, Sue Clements and Sandra Barnes (with Eccles).



L-to-R Dave Ainsworth, Sandra Barnes, Pam Ficken, Kim Howard, Sue Clements, John Borgars and Steve Kemp at the Orchard Tea Gardens in Grantchester.

*Photographer Ruth Borgars*

### Comments:

- "Looks great - as you all look like you had a great time." **Len Ruddock**
- "A great day – thank you for your good company and conversation." **Sue Clements**

### IN THE VAN

An old Race Walking Record from 1968 shows a result from 28 November which showed Alex Ross winning (by a good margin) a Metropolitan Police Archer Cup Inter-District 7 Miles' race at Chigwell in 56.58. Behind Alex, in a field of 34, were the late Charlie Fogg (2nd/57.28) and Amos Seddon (3rd/57.33). Jack Clifton (10th in 62.19) won the handicap award! Lew Mockett was 9th in 61.45 and John Evans 13th in 62.51. No 3 District won the team event (with a highest placed last scoring man) after tying on 45 points each with No 1 District. Those were the days!

### Comments:

- "Dear Race Walkers, you guys walked faster than me running. My training run for 7 miles this morning took me 75 minutes ☹️☹️☹️." **Kitty Hung**
- "Memories indeed. 'Running Jack' winning the handicap!! and a field of 34, all serving officers. Where was Bill that day? I was usually second in Police events! **Alex Ross**

- **Bill Sutherland** replied: "I was resting at that time after our London Team had won the Airolo-Chiasso Relay for a second time. I now have a stiff back no doubt attributed in some way to my first leg when we dropped 3000 feet in freezing temperatures. Those were the days when it was not unusual to have 60 line up for the Archer Cup no less! Great to see Alex at the MPRWC Dinner and Reunion. Bring on 2020!"

### **Veterans AC, Surrey, Herts & Middlesex 10k Track Championships, Battersea Park/10 Apr** *Report by Dave Hoben*

The annual VAC and Counties championships took place in good racing conditions on a cold and breezy bright evening. Dave Annetts from N Herts RR had an excellent win and also won the Herts champs for the second time. Belgrave's Maddy Shott had another convincing ladies' win to add to her growing list; also going under the hour was Steve Allen of Barnet now resident in Spain, and Malcolm Martin from SWC who was new to this meeting.

#### **Results** [*Championship results in square brackets*]

1 David Annetts (N Herts RR) M50 [1]	48:54.7	Herts
2 Maddy Shott (Belgrave) (G) SW	49:53.9	Surrey
3 Steve Allen (Barnet/EMAC) (G) M60	59:15.2	Herts
4 Malcolm Martin (Surrey WC/SCVAC) G M60	59:27.6	N/A
5 Maureen Noel (Belgrave) W55 [1]	1:05:40.0	Middx
6 David Bowker (Fairlands Valley/EMAC) G M60	1:12:55.6	Herts+60secs
7 Mick Harran (SWC) M80 [1]	1:13:43.1	Surrey
8 Angela Martin (Surrey WC) (G) W50	1:19:13.8	N/A
DNF Peter Hannell (Surrey WC) M75		

#### **County championships:**

Herts Men: D Annetts, S Allen, D Bowker.

Middlesex Women: M Noel.

Surrey Women: M Shott. Surrey Men: M Harran

#### **Acknowledgements:**

*Starter:* Maurice Joyce. *Judges:* Andrew Clough (Chief), John Hall. *Timekeepers:* David Harris, Don Turner. *Recorders:* Ros Tabor, Carl Lawton, Michael Johnson, Cliff Hide, Tom Richards, Dave Hoben, Dennis Williams, Ian Isherwood, Anne Lippitt, Martin Lippitt.

Adds Hon Ed 9 starters/8 finishers. Officials and helpers outnumbered race walkers - and with 4 Championships (both genders) on the card. Where were you all, especially as most Southern active walkers are retired from work? A week later, also at Battersea, VAC held the first of their 2019 evening series of long established 5 miles' walks (over a new course/see reader's letter). It was better - well slightly - as 9 finished. How long can this continue? Come on stayaways, give support to what's put on **for you!**

#### **FRED PEARCE - RIP**

The officers of the RWA are incredibly saddened to receive the news of the passing of past President Fred Pearce. He passed away in the early hours after a brave fight with cancer. Fred is probably best known as being the leading light and stalwart of race walking in Lancashire for a great many years. There will no doubt be many stories and recollections shared about his long and distinguished association with race walking, both locally and nationally. He will be sadly missed by a great many people. Our thoughts and prayers are with his loving family and friends.

#### **Tributes:**

- "Amen to that." **Ed Shillabeer**
- "Very sad. I'd known Fred for over 40 years but hadn't realised he was ill. Steve Uttley
- "Very sorry to hear of the passing of Fred PEARCE RIP. He was a real friend and gentleman and we can remember his encouraging remarks at those great Nationals in the

60's and 70's. Last remember seeing him at Ronnie Wallwork's wonderful Moulton 5 Miles Walk. Once seen never forgotten. Sincere condolences." **Bill and Kath Sutherland**

## 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>JUN</b>	1	Moulton Open 5 Miles + Enfield League	Moulton	12.30 pm	
	2	BMAF 10,000m Championship (+ Open)	Oxford/Horspath	12.40 pm	
	4	Bill Collins Trophy	Tonbridge	TBC	
	11	Veterans AC 5 Miles (all welcome)	Battersea Park	7.00 pm	
	11	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm	
	16	LICC/Enfield League 5,000m	Allianz Park	11.40 am	
	16	BMAF 5K Road Championship	Horwich	11.00 am	
	22	Manx Telecom Parish Walk (85 Miles)	Douglas	8.00 am	
	22	Jack Fitzgerald Memorial Walks 3 & 6 Miles	Tilgate Park	3.00 pm	
	23	England Athletics Championships 10K	Bedford	TBC	
	30	British Doha Trial Races	Leeds	TBC	
	30	Jim Sharlott 10K/BMAF 10K Championships + Open 2K	Abbey Park	11.00 am	
	<b>JUL</b>	6	Open Development Track Walk	Lewes	12.00 noon
		9	Veterans AC 5 Miles (all welcome)	Battersea Park	7.00 pm
9		Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm	
14		BMAF 20K Championship	Coventry	12.30 pm	
14		Veterans AC 3,000m Championship	Kingsmeadow	TBC	
16		Nijmegen Walks (160kms in 4 days)	Nijmegen	TBC	
20		EMAC 2,000m Championship	Garon Park	TBC	
22		SCVAC T&F League 2,000m	Jarman Park	6.30 pm	
27		LICC/Enfield League 5,000m	Allianz Park	11.40 am	
<b>AUG</b>	6	Veterans AC 5 Miles (all welcome)	Battersea Park	7.00 pm	
	13	Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm	
	17	Tower Insurance 100 Miles (+ RWA 100 Miles Champ)	Castletown	2.00 pm	
	18	IOM 20 Miles/BMAF Long Distance Championship	Castletown	8.00 am	
	18	SEAA 5,000m Championships (+ 3,000m for U17/U15)	Ashford	TBC	
	26	Southend-on-Sea AC 1 Mile (+ George Woods Trophy)	Garon Park	10.30 am	
	31	LICC/Enfield League 5,000m	Allianz Park	12.00 noon	

## HON EDITOR, DAVE AINSWORTH, IS PROFILED

Like so many, Dave commenced race walking through his employer, in his case the Royal Air Force which he'd joined in 1965. While training at RAF Hereford (now SAS HQ) 2 were needed for an Inter-Squadron athletics meeting in May 1966. None volunteered, so the Sergeant in charge of the athletics team called out names of the first 2 on his alphabetical roll call, hence 'A' was a selection cert. The Sergeant himself was a celebrity - Irishman Jack Murray - as his sister was the late Ruby "Softly Softly" Murray whose name now lives on in cockney rhyming slang. One of Dave's instructors was then Flight Lieutenant Mike Shannon, a 4-times' senior Welsh champion in times when it was hard to attain such status, and twice AAA Junior 1 Mile Champion when this race featured great names. Come the day, Dave won the mile - on a bumpy grass track - in 8 minutes and 1 second as a 17 year old (a AAA Junior standard ensued). Anybody remember grass track racing? This gained selections for Inter-Station matches where the distance rose to 2 miles (not much metric then). The now late Mike had retired from race walking by then, to take up basketball, making International level. Mike lent a copy of Race Walking by Harold Whitlock - a great book! After one Inter-Station match, then current Welsh Senior Champion Roy Hart - one in the same 1966 Commonwealth Games which saw Ron Wallwork break triumph - invited all to join him on a joint training/warm down session. As a youngster Dave didn't fancy the abuse that race walking training in public places attracted, so dropped out. When posted to RAF Coltishall on the Norfolk Broads, also stationed there was Dave Gulliver (London Vidarians). Dave G's claim to fame when growing up in Northants, was dating Judy Carne, later in Danger Man and The Rag Trade before



finding Hollywood fame as the "Sock-it-to-me-Girl" in Rowan and Martin's Laugh-In. Sadly no longer with us, one wonders if she remembered Dave when marrying Burt Reynolds? Dave G rekindled Dave A's race walking interest and in a 1967 Station Sports Day, again on a grass track, the latter won the 2 miles' walk in a sub-16 minutes' sprint finish between them. With a number of good walkers, which later included future sub-20 hours' 100 miler Ken Roost, RAF Coltishall won the RAF Inter-Station 7 Miles' twice and were 2nd at 20K. While in Norfolk Dave completed the last Colchester-to-Ipswich classic, organised by Barry Ingarfield. RAF races were of high standard and well supported - the 1972 RAF 7 Miles in Rutland (won by Steve Holliday) had 101 on its start line! In the late 60s Dave G introduced Dave A to "Open 7's", his first such race commencing with a mountainous climb at Highgate. He signed for "The Vids" who then contained noted members such as protagonist Paul Maidment, Brian Keegan, Doug Hopkins, Chris Flint, Derek Warrilow, Wally Parsons "character Jim Hurley", one time National 50k bronze medallist Ron Pantling and cantankerous Len Mitchell. In such times "Clubmen" aimed for an RWA 7 Miles-in-an-Hour badge, which was only gained in races with a certified distance and a proper judges' panel appointed. Gaining it was one of Dave's proudest moments. Dave was posted to Innsworth (Gloucester) in 1970, where again was a good race walking team - here he visited nearby Bristol WC (led by inspirational Chas Shelley) and stepped up distances. This saw a first RWA 50K at Ewell (Bob Dobson won), then a London-to-Brighton (10.18.20) when aged 22, seconds behind Squadron Leader Mike Perkins (Trowbridge). The next posting in 1971 was to RAF Henlow (near Hitchin) where the Physical Training Officer was legendary Centurion Dickie Bird and a Corporal physical training instructor was British Lions' wing-three-quarter Billy Steele. This station had good race walkers, as you'd expect with Dickie in charge! Afterwards "the call of the drum" took Dave to Rutland, and Belfast Airport, where the RAF controlled security, which secured a General Service Campaign medal.

Come 1973 and back in Civvy Street, Dave became Vidarians' Captain when Paul Maidment began work at Belfast University, leading them to a "Sparta Trophy" win as the country's most improved Club based on National Championships. September that year saw him complete a Brighton (10.28.06) and 3 weeks' later attempt the Bristol 100 Miles organised by Chas Shelley. Alas only 54 miles were accomplished, probably as it was too soon after the Brighton. Another non-finisher that day was soon to be clubmate Geoff Hunwicks with Len Ruddock as attendant. In 1973 Dave joined local Club Ilford AC (2nd claim) then early in 1974 upped his status to 1st claim. His first claim debut wasn't good, as competing after a night shift at Ford, he was pulled (for a first time) in the opening stages of a Garnet 10 Miles at Haywards Heath, by Brighton-based judge Mr Tilner. Better times were to come at Ilford, where he was to serve as President and be elected a Life Member.

1974 saw him "do the double", ie Leicester Mercury (then 20 miles) on Saturday afternoon and Bradford 50K on Bank Holiday Monday morning, gaining a time standard medal in the latter. This built up mileage for the Leicester-to-Skegness which he competed in 22:44.41. It was the first time Ilford completed a 3-strong team in a 100 miles (no classified finishes then), as Dave Neagle (went off course twice) and Alan Barber (waited ages at a level crossing 5 miles' before the sea front) crossed the line in 19:15.11 and 21:59.59 respectively. This trio enjoyed a reunion luncheon 40 years later! Ilford AC now have a high percentage of members, past and present, who've become Centurions. In the 70s Dave recalls 2 great and enjoyable Essex walking trips: one to a National 20 Miles on the Isle of Man (organiser Tony Perkins) and one to the Rotterdam 20K (organiser the late John Hedgethorpe). He also recalls a wonderful team spirit when Ilford contested the RWA's 100 X 1 Mile relay on a dusty Melbourne Park cinder track (won by Borough of Enfield Harriers, as then called). The mid-1970s saw him take over as RWA Press & Publicity Officer, a position he held until 1985. His time in post saw race walking feature with regularity in National newspapers, radio and television - the icing on the cake being "The Ken Matthews campaign". Only Ken out of 4 GB 1964 Olympic gold medallist athletes wasn't awarded an MBE in the first Honours' List after those Tokyo Games. A campaign made TV, radio and National newspapers and, 13 years' late, came an MBE presented by Queen Elizabeth at a Buckingham Palace 1977 investiture. Dave's other big National publicity achievement was getting BBC2 to screen a half-hour documentary on a sadly now defunct Hastings-to-Brighton Walk in their "Getaways" series.



He's a long serving RWA Southern Area Press & Publicity Officer, only interrupted by a short spell when this post was occupied by Martin Oliver. The highlight here was getting "BBC Breakfast Time" to cover a Battersea Park walk to be screened 4 times on the same day before putting on a website. He's edited "Essex Walker" for 2 periods, the current one commenced in 1992 and still continues. Dave's been a regular announcer at Ilford AC home meetings and on other occasions; such as at the memorable Northern Area Diamond Jubilee Meeting in Bolton, Area meetings, the Olympic Try-out meeting and then our 2012 London Olympics. He's in regular demand as a Toastmaster/MC for dinners and functions. December 2012 saw Dave voted in as an RWA Life Member.

In this Century, 3 great meetings at Leamington Spa stand out - the 2006 event saw him win an RWA raffle for a trip for 2 to the Great Ethiopian Run, 5 nights at the Addis Ababa Hilton and lunch with Haile Gebrselassie. And there was a great 90th Enfield Open 7 Miles reunion - what a shame it's the only Open 7 still going!

In 2003 Dave spent 11 days in hospital with heart trouble and has suffered an irregular heartbeat since, which marked the end as a serious competitor. Dave suggested that as so many walkers are on it, there should be prizes for the first competitor on Warfarin gaining no other award! Dave pressed on, mainly to get points here-and-there for Ilford AC. Dave's saddened that, although slipping down the order due to race walking's numerical decline, he's regularly won undeserved medals and prizes. One such example was winning the 2015 Athletics Association of Wales Senior 3,000m Championship at Newport in 21.57.67, having supported this event since the early 70s. Dave felt guilty as a slow victory saw time limits introduced meaning he couldn't defend his title and others of similar age were also excluded! Sadly another illness last year saw him in hospital for a week, so missing the 2018 Southend Mile, which would have seen him race in every decade, from teens-to-70s, and another hospital admission is imminent. Dave was co-opted onto The Centurions Committee during the approach to their memorable Centenary Dinner, and has enjoyed other great reunions in recent years such as the London Vidarians Centenary, RWA Centenary, Ilford's 75th and so on.

Dave's been a big supporter of the Enfield League since Martin Oliver founded it - and wonders what would have happened to Southern race walking if this initiative hadn't borne fruit? **Long may it continue.**

### "BROWN's 100 MILE RECORD"

This headline taken from the Croydon Advertiser refers to the 2019 Crawley 24 hours track race at the K2 Arena, where it's reported that Sandra Brown set a new Women's Over 70s UK age group record - and speculated it was possibly also a European record. In 23 hours 59 minutes and 10 seconds Sandra accounted for 169.289km, having passed 100 miles in 22:31.06 - this being her **201th** completion of a sub-24 hours 100 miles racing distance. Back in 2006 at The Centurions 95th Dinner, held in the Royal Air Force Club (Piccadilly), a presentation was made to Sandra to honour her outstanding contribution to long distance walking. This award was sponsored by Midlands Centurion No 337, the late Brian Scrivens. The award was collected by her husband, Centurion Richard Brown, on Sandra's behalf. Sandra wasn't present, as in keeping with her reputation she was competing in a 24 hours' event on Tooting track at the time! As for the annual Crawley long distance track race at the K2, 2019 didn't see the sort of turnout from race walkers that we've seen in past years - obviously another sign that our numbers are so much in decline. This event provided an opportunity for those aspiring to complete a 100 miles' race walk to get some distance in ("**Get Some In**" was that old RAF saying) - as we've lost so many distance races over the decades, and now have so few.

### READERS' WIVES

The racewalkers Dom and Dan KING ... their respective wives Jenny KING and Elodie KING ran in the London and Paris marathons in April 2019. Their times were 5.08 for Jenny KING at London and Elodie KING ran 3hrs 28 in Paris. Well done to them both.

### STILL IN THE RUNNING

Amos Seddon has set a course M75 pb in Basildon's parkrun. Well done to this great and talented campaigner!

## VIRGIN MONEY LONDON MARATHON

Former Scottish International athlete **Stuart Bennett**, a London Marathon regular, succeeded in his aim to race walk the event in under 5 hours. He started well passing 10 miles in good heart, before suffering a dip in form between 12 and 14 miles, after which he rallied and progressed well towards the 21 miles' mark. From then on, he "hung on" with determination

to cross the line in 4:55.56. In the closing stages wife Kim was beside the course to give encouragement. On completion he enjoyed a family celebration meal! Stuart looks forward to trying to get an entry for 2020! Ilford AC had over 80 members on their customary 19 Miles Water Station, while club colleague Eddie Trotter organised a feeding station earlier along the route, on behalf of Collier Row Striders. *That's Essex sorted* - others with race walking connection giving it their all were : Emma Achurch (Leicester WC) 4:14.07 (2:03.37 halfway), Donna Allen (SWC) 4:39.34 (2:06.38), George Smolinski (Leicester WC) 5:18.56 (2:37.39), Joyce Crawford 5:25.00 (2:32.35), Kathy Crilley (SWC) 5:45.38 (2:49.48) and Dave Hoban (SWC President) 5:59.49 (2:50.27). It's many years since our RWA shamefully turned down an opportunity for a Race Walking Section within the main event. However, with over a million lining streets and full television coverage, this event still gives wonderful opportunities for us to showcase our chosen event - and over decades (it's been going since 1981) many race walkers have completed the distance with a heel-and-toe gait. Sadly these numbers, once high, are now low in numbers as race walking itself declines. Entries for the 2020 London Marathon are now closed, but we hope more of our number than appeared in April will have tried to get accepted. **Let's see even more race walkers showing our event in a good light on a world stage!**



## AN OLYMPIAN PASSES ON

Never a race walker, but all athletes are interested to read of an Olympian's passing. Peterborough-based **Winnie Jordan**, a Smethwick-born Birchfield Harriers Life Member, has passed-on aged **99**. She won silver in the 4 x 100m relay at the 1938 Sydney Empire Games, which took 6 weeks' boat travel to reach. World War II interrupted her athletics, during which she worked with support staff preparing Mulberry harbours for the Normandy invasion. The 1946 Oslo European Championship saw double silver over 100m (12.1) and 200m (25.6). In those same games British 50k walkers did well as Harry Forbes (silver/4:42.04) and Charlie Megnin (bronze/4.57.04) shone. In our first British Championships after that War, Winnie won at 100m (12.8), 200m (26.7) and 400m (61.8). Indeed that 200m/400m double wasn't again achieved until Donna Fraser won both in 2005. She made Olympian status in 1948 (London) where she was eliminated in the 100m semi-final. Immediately after marrying fellow athlete Roy Jordan, a Navy man in 1943, she competed that same afternoon in an athletics meeting at Redditch. The great Harold Abrahams was godfather to her son Nicholas, who himself became a sprinter. Winnie put much back into athletics and attended the British Olympians' 2012 reception; and was in the stadium on what became known as "Super Saturday". Thanks for the memories!

## MEDALS AT CHELMSFORD (12 May 2019)

As predicted, the talented King twins, Dominic and Dan, were protagonists at the annual Essex County 3,000 Metres Walk Championship at Chelmsford's Melbourne Park Stadium, clocking 12:24.44 and 12:52.44 respectively. Ilford AC's Emma Dyos recorded a personal best 17:01.34 to taste victory in the Essex Women's Championship. So good was her performance that she headed Ilford's former Scottish International Stuart Bennett who was timed at 17:24.73 as he secured bronze medal in the men's race which was held in conjunction. In the women's race Ilford took a clean sweep of medals, as Rachel Lawless and Lesley Morris were 2nd and 3rd in 18:56.20 and 20:11.92 respectively. Event stalwart Keith Palmer was 4th man home in 19:00.95. There was 1 d/q. Presenting their medals was Ilford's Andy Catton, in his role as Essex County Athletics President. If the Kings, who both have many competitive and training commitments, can always find time to support their own County Championships, why others can't do likewise? This event always draws a good crowd, before which we can showcase our event in a hope that others might show interest. While mentioning County matters, how come Essex walkers didn't show for our

National Inter-Counties 10K at Coventry - an event Essex once won year-after-year. Three finishers would have secured team place medals, as the County Championship went down to 2-scoring! Where were most of you all - for both these above-mentioned races?

### **IN THE 90s**

Of 1193 members of The Centurions, only one reached Centenarian status - Essex man Bill Brown of Polytechnic Harriers, Centurion No 12 and one of their founder members. The Ford Dagenham employee had a 100th birthday celebration in 1979 at Balmoral Care Home in Westcliff, at which the late John Hedgethorpe was a tribute speaker. Bill reached 104 miles (London to Brighton-and-back distance) in 20:38.01, at a 1907 event which produced a 100% success (all 6 starters finished). A year later he was an Olympian at the London Games. He lived to reach 103 years of age. Race walk followers hoped popular George Mitchell, Centurion 450, would emulate Bill's achievement, but alas he died in 2013 when aged 99. A Birmingham WC stalwart, he was prominent in organising the famous Birmingham Outer Circle classic for many years, and after traffic forced it off the roads, the subsequent Birmingham Open 35K around Sutton Park. George put a lot back into walking, and even making a competitive appearance in his early 90s. His 100 miles' completion was at the 1970 Leicester-to-Skegness event when clocking 21:10.57 (same time as the wonderful Albert Stokes). Other qualifiers that day included RAF duo Paddy Rice and the late, and aptly named, Larry Miles.

Now aged 96 is the one-and-only Len Creo (Worcester AC) who when completing the 1990 Leicester/Hungerton 100 Miles (22:20.55) became the oldest qualifier at that time - aged 67. This honour has passed to Loughton's determined John Borgars. Len resides in delightful Ross-on-Wye. Now joining them in the 90s is Ron Boxell MBE, BEM. Yes he has both honours - a BEM awarded when in the RAF and an MBE after returning to Civvy Street. A retired Flight Lieutenant, he qualified as Centurion 504 at the 1972 Leicester-to-Skegness 100 miles with 23:33.25 on the stopwatch when representing RAF Chivenor. Both he and his wife, who now reside in North Hykham (Lincoln) are in their 90s - and Ron's still fit enough for 18 holes of golf! His 90th birthday celebration was held at his Sudbrook Moor Golf Club.

### **KEN RODRIGUES**

Now long-time resident of France, Ken Rodrigues, travelled back for the day to attend a Hertfordshire funeral service of fellow Stock Exchange race walker Malcolm Slaughter. Flying to Stansted and hiring a taxi to the service, he reversed travel plans to return home the next day. Ken was a highly popular member of our Essex race walking scene in his heyday, also being a Southend-on-Sea AC Vice-President. From 1967 (11th/10:56.07) to 1996 (5th/10:47.47) he completed 17 Stock Exchange London-to-Brighton Walks, placing him 5th on the all-time list of those completing the most. His best position/time came in 1984 when winning in 9:08.9 with Dave Railton 2nd in 9:14.53. Ken didn't retain his title a year later (coming 2nd) as talented Adrian James dominated the A23 with an emphatic event record 7:55.27 victory. 1984 also saw him win the sealed handicap, and again in 1986 when coming 2nd to Paul Jarman in scratch race. He was also scratch 2nd in 1982 and 88, 3rd in 1983, 87 and 1990. Ken excelled in the Veterans' category, winning this trophy in 1985/86/87/88/90 and 91. Ken returned to the A23 for one last shot in the 2003 final race, occupying 36th position with 11:09.32 on the stopwatch. It was good of him to travel so far to say farewell to Malcolm. Readers will easily recall Ken's many performances for Southend-on-Sea AC.

### **PROGRESS**

Organisers of May's Hackney Half-Marathon (which usually gets a few race walking it) have pledged to remove all single-use plastic in the biggest commitment of its kind yet seen in Britain. 23,000 runners were handed recyclable cups, so removing the usual 190,000 plastic bottles from the 13.1 mile route. A further 35,000 plastic bottles at the finish on Hackney Marshes were replaced with cardboard cartons of water. Virgin Sport supplied reusable cotton bags for belongings at the start of this race, rather than plastic ones. All food/drink suppliers at this 3-day festival, which had the Hackney Half as its centrepiece, were told not to use plastic plates, cups or

cutlery. Last year's Harrow Half became the first race to ditch single-use plastic water bottles. October's Royal Parks Half-Marathon organisers have announced they'll ditch plastic bottles.

### **NEW RECRUIT**

Politics and sport don't really mix, so we'll not name his Party, but now aged 61 "personality" Nigel Farage has ended decades of an unfit life by now taking up power walking. So many folk now do this, so are there readers out there with magic wands who can convert the efforts of power walking into the more demanding race walking? It could be an avenue of recruitment!

### **WHERE ARE THEY NOW?**

Former Newham AC promising walker Nigel Stone sends his regards. Now vicar at St Mark's Church in Mitcham, he was Herne Hill Harriers President from 2013-to-2016 and is still active as a timekeeper. Indeed only recently he was timekeeping at the Terence McMillan Stadium. He's run the London Marathon 5 times (first in 1885) and was on The Mall for the 2012 50K Olympic Walk and also our IAAF Walks Day (afternoon session as he was working in the morning), where he bumped a number of former race walking rivals. He's now on the Herne Hill Harriers' Committee. Nigel well recalls inspirational Gerald Goddard who introduced so many youngsters into race walking via William Morris School and Walthamstow AC, and the coaching skills of former Policeman Tom Kent; who recorded a hat-trick of Barking-to-Southend Walk victories in 1947, 48 and 49 clocking 5:17.47, 5:15.48 and 5:19.49 respectively for a distance of 33 miles, 6 furlongs and 50 yards. He has 2 sons who appeared for the Harriers in steeplechase and cross-country events. Nigel has race walked over 2,000 metres in Southern Veterans Track & Field League meetings. He recalled winning a Junior 10K race in The Netherlands - at the same meeting Julie Robery won a Junior 5K Women's event and Bob Dobson triumphed in the Men's 20K. Nigel remembers working as a temporary postman at Leyton Sorting Office over the Christmas period, then quickly finishing his Saturday morning shift to quickly make progress towards Chigwell Row for a testing Ilford Christmas 10K (on the Saturday before Christmas). At Leyton he went on his round, came back to the Sorting Office for a break, then headed out on a "2nd delivery" (remember that readers) which was "job and finish". Being a race walker he moved at pace, and a Trade Union Rep took him aside and instructed him to slow-up, as he was getting back to the office too soon, so making regular postmen seem slow! Nigel isn't moving fast now as he has a foot in plaster after an operation - and we wish him well. Nigel appeared for Newham AC and also for Havering AC. His time in the Ministry saw him in Nigeria on part of his training, and after a 1985 ordination served at Parishes in Stockwell, Brixton and had a long spell on the staff of the Bishop of Southwark, before heading for Mitcham. Nigel has a photographic memory when recalling a great Essex race walking scene that he was such a talented part of. Such was Essex strength that when selected for Inter-Counties 10 Miles' representative duty, everyone but he in our 8-strong team was an international. *Those were the days!*

### **IN THE SHIRES**

Ilford's Walking Section Secretary Steve Uttley contested the annual Oxfordshire County 3,000 Metres Walking Championship on 25 May at Abingdon's delightfully situated Tilsey Park track. Steve, who moved to Bicester in that County some years' ago and loyally retained membership of Ilford AC, led from start to finish though was hard pressed hard over the opening two laps by Graham Chapman of Headington Road Runners. From then onwards, he opened a gap his main rival couldn't match as the Ilford athlete broke the tape in 17 minutes and 12 seconds, with Chapman 2nd in 17.58. Although pleased with his victory he was disappointed not to have bettered 17 minutes, which he put down to competing in warmth and humidity. This Championship was held in conjunction with the Southern Counties Veterans AC meet.

### **EYE EYE!**

Popular Geoff Hunwicks graced our Essex walking scene for many years, reaching Junior International status as well as winning County Championships and National team medals (when hard to gain such awards). He recently had an eye operation and is now recovering. Many readers fondly remember Geoff, who is now based in The Gambia, and will want to wish him well. Geoff was one of the founder participants of the highly successful Enfield League and one



recalls in its early years, races alternated between 5 and 6 miles. One really cold Saturday afternoon (below freezing) punters turned up for a 6 miles' race. There was a revolt in the dressing room (then in that old Enfield Clubhouse which long ago burnt down) as many called for the shorter distance (ie 5 miles). Organiser Martin Oliver called for a hands-up vote on 5 miles or 6 miles? All hands, bar Geoff's, went up for the shorter distance - Geoff voted for the longer distance. *Martin Oliver honoured the outcome of this Referendum!* A now 5 miles' race went ahead which saw Geoff win - he was a class act on the tarmac! The Ilford Recorder had a headline, "*Hunwicks Loses Vote But Wins Race*". Boom boom!



Dear Dave ...

### READER'S VOICE

Thanks Dave, and all, for another EXCELLENT Essex Walker! Thanks too for publishing my inclusions with personal views. I think I am looking at the bigger picture on the changes the IAAF have made to Race Walking. The sport of Race Walking is dramatically different to the past as we knew it with 'air flight time' and soft knee straightening being readily permitted and the present rules being able to do little to nothing about it. At last of the IAAF Walking Commission have been backed into a corner and have had to do something drastic about it. Those who cast a blind eye over the years have created the position our great sport is now in. The new distances proposed will be a new beginning for a new generation of true race walkers.

**Bill Sutherland**

### GOOD NEWS

Thank you for the Essex Walker newsletter - great to see I made news! My son's name is Jokubas. I've started running a bit but I'm so unfit it's unbelievable! Hopefully I'll regain some fitness and be ready to race low key again.

**Neringa Masilioniene**

### BERT COOPER

The secretary of WGAC has had an enquiry from the grandson of Bert Cooper, one of Woodford's and England's greatest ever walkers. By an amazing coincidence I coached the guy in the early 90s who enquired for information about his granddad as he wishes to put together a record for his mother. We have been able to send him copies of what appeared in my History of Woodford Green Athletic Club 1908-2008 but I now ask if you have anything that might be of interest to him.

If you have contact details of anyone who might be able to assist please let me have them.

**Tony Maxwell**

Adds Hon Ed: Bert Cooper was one of race walking's all-time greats. He won our AAA 2 Miles' Championship at the now demolished White City Stadium every year from 1932-to-1938 (inclusive). His fastest was 13:39.6 in 1933. Bert also had 5 second places in this Championship. If you can assist with this enquiry please send your contributions to Tony at [tonymaxwell27@hotmail.com](mailto:tonymaxwell27@hotmail.com)

### VAC BATTERSEA PARK SERIES

For your next publication, please can you mention: New course, allow extra 10 minutes to reach start (just the road series).

**David Hoban**

### MET POLICE OPEN 7 @ Imber Court 1963

I might be too late with this picture that was taken at the above event. The report in RWR indicated that the temperature was 2 degrees below freezing. 47 broke the hour in that race and there were 149 finishers! Due to the bad weather that winter the Met WC Tuesday evening training sessions at



Alperton would sometimes be switched to the service tunnels running alongside the road tunnel leading to Heathrow airport, as these provided a dry facility for our sprint training. Don Thompson's house provided a convenient changing room.

**Mike Pearson (ex Met WC)**

### IN THE SIXTIES

Wonderful memories from the Pearson Family. 1963 was one of the worst winters, but I can remember vividly competing the Met Police 7 in the late 60's with snow banked up

on the sides of most roads on the flat 2 circuit course. No worry about Health and Safety in those days with probably as many dedicated judges as competitors today circulated around the course. Cars were few and far between with walking an everyday activity by the public at large. Fields of 200 plus race walkers travelling to represent Clubs from all over the UK were a regular feature. Great days indeed!

**Bill Sutherland**

### **MALCOLM SLAUGHTER RIP**

It's with great sadness that Dad, Malcolm Slaughter, sadly passed away suddenly on 29 March after a short illness. He suffered a heart attack on 16 March but sadly didn't recover. He passed peacefully surrounded by his family. Donations to either the British Heart foundation or The Masonic Fishing Charity

[www.mtsfc.org.uk](http://www.mtsfc.org.uk)

**Andy Slaughter**

### **MALCOLM SLAUGHTER - TRIBUTE**

So sorry to hear that Malcolm Slaughter has passed away. When I first joined the Stock Exchange AC committee in the early 1970s his father Tod was chairman. Malcolm was an unassuming fellow and it was a pleasure to know him. Thought that people would like to see this photo of Malcolm taken on the 25 miles in 1991.



**Rod Silk**

### **WHY BATTERSEA PARK'S START MOVED**

Wandsworth Council have decreed that the Peace Pagoda should be viewed in, er – peace. Now nothing on the North Carriage Drive.

Silly when there are many charity walks, with huge numbers, that go right past the pagoda. The track result looked bad, I'm not sure how this can be addressed as the overall numbers are declining year on year.

**Dave Hoben**

### **GOOD NEWS**

Congratulations to Stuart and Olga Le Noury (Sarnia WC) on the birth of George who came into this world on Wednesday 27 March.

**Jayne Le Noury**

### **MARATHON OPINION**

Pity Race Walking Officialdom turned down the offer of a Race Walk Section last century around about the time the wheelchair marathon was added ... Chris Maddocks' recent article in AW on records didn't mention the New York Marathon time he did in beating Perlov who was the fastest 50km man at the time, losing out only to Carlos Mercenario who was the 20km champion; obviously record criteria could not be met but the leading group were accompanied by a (running) Walk Judge!

**Ed Shillabeer**

### **PARKRUN VOLUNTEER HITS 250**

I recently completed my 250th parkrun as a volunteer at Great Notley, commemorating the occasion with a personalised high-vis jacket. I promised (or threatened) to push Chloe around the 5km course, but will need to do a fair bit of training and find a flatter course first!



**Tony Perkins**

## **TONY PERKINS 250 NOT OUT**

Great News. Well done Tony! I'm up to mid-70's as a Volunteer. I'm still wearing my extra, extra large size purchased at the start of volunteering. It's certainly a remarkable achievement by Tony. **Bill Sutherland**

## **PRAISE**

Peter Hannell, our Comms Secretary, submits many reports to the Croydon Advertiser with results from our local races and successes of our members. Well done Peter H!

**Kathy Crilley**

## **WELL DONE CROYDON ADVERTISER**

The CA has been a stalwart of support to race walking. I recall in 1958 when I did my first Croydon Harriers Championship 1 mile track walk, as a skinny pimply 15 year old, I dead heated with Richard Miles (who was a couple of years older than me) in a time of 8 mins 1.8 seconds. The Advertiser plastered a large photo on back page with article I think the dead heating caught their eye. A few weeks later in another 1 mile race the same thing happened our time was 8 mins 0.8 seconds!! and the paper gave similar coverage. Paul Nihill got huge press for years (well deserved). We were helped by the fact that Crystal Palace were only a FOURTH division team (although still got good crowds of 20,000 plus) in the 50s and 60s there was also a Croydon Times which gave coverage but not as prominent as the good old CA. Tom Bosworth gets very good cover in the Kent Courier as do other TAC walkers. Can I just say that I put articles in the local Sussex newspapers and they are also supportive - there seems to be a somewhat bizarre fascination by the press generally in our sport ...they appreciate that it is tough and technically demanding (well that's what I like to think .... why spoil an old man's dream?). Keep travelling.

**Peter Selby**

Adds Hon Ed: We implore all Clubs to let their local media know what's going on!

## **MESSAGE FROM THE SON OF FRED PEARCE**

It is with a heavy heart to let you know that my father passed away in the early hours. I would like to thank you all on behalf of my dad and

family for all the support you have given him and my mum during the last 18 months since first diagnosed with cancer. I would also like to thank you for giving him so much joy and friendship over the years. He loved his race walking and more than anything the friendship and camaraderie you have as a club (as I know my grandad also treasured).

Please continue to fly the red rose flag for our family and make sure Lancashire Walking Club continues to grow from strength to strength as my dad wanted and invested so many years in doing. I am not a race walker but maybe it is time for me to follow in my family's footsteps ... I sadly don't have all of my dad's walking contacts, however, please do let others who knew my dad (but who are not on this distribution) know of his passing.

**James Pearce**

## **MPAA LIFE MEMBERS LUNCHEON/UNION JACK CLUB**

The Life Members' Dinner at the Union Jack Club on Friday, 17 May did go very well. Those in attendance besides myself were Paul Blagg, Peter Hodgkinson, Chris Flint and Andy Bignold with apologies from former Chairman of the MPRWC Terry Siggs CBE and Noel Carmody, who was officiating at the European Walking Event with the GB Team in Lithuania. Plans are in hand for a very special dinner for Life Members and Guests to celebrate the Centenary of the MPAA on Bonfire Night, the 5<sup>th</sup> of November coming. It should be quite an occasion!

**Bill Sutherland**

## **LYNN CARMODY RIP**

English race walking has lost yet another hard working official. The RWA were saddened to hear that Lynn lost her battle against cancer. Lynn has been a very familiar face at races the length and breadth of the country for many years. Come rain or shine, she would be out there officiating with a friendly and helpful disposition - a sad loss to our race walking community. Our sympathies lie with all of Lynn's family and close friends, particularly her husband Noel who has recently finished his term as President of the Association.

**Colin Vesty**

**Hon Gen Sec Race Walking Association**

## FOOTNOTE

In years gone by my favourite shoes were the lightweight EB's and heavier Tokyo Tigers the heavy weight shoe. They replaced the old fashioned but brilliant Whitlock's and

handmade Laws, both leather. All the Best with the much needed revamped RWA Website.

**Bill Sutherland**

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