

Essex Walker

Editor: Dave Ainsworth

CENTURIONS' SOCIAL WALK, EPPING FOREST, SATURDAY 19 OCTOBER

We will meet at Loughton rail station at 10.00 am for a 6 miles' stroll around Epping Forest. The walk will be led by local resident Richard Howard and conclude with a visit to a tea room, back near Loughton High Street. Toilets are available at the station (Central Line), which has an NCP car park - cost for Saturday is £3. Any questions, phone Steve Kemp on 07860-617899.

Adds Hon Ed: It's open to all, not just Centurions, plus family members and friends. It's an enjoyable social walk - not a race! It's also an opportunity for our local Essex/Home Counties' race walking scene to come together for an enjoyable social day out. Let's see a good turnout - as all are welcome!

Loughton Rail Station post code is IG10 4PD. Bus routes to Loughton Station: 20 (Walthamstow Central-to-Debden taking in Leyton/Whipps Cross/Woodford Green), 167 (Ilford-to-Loughton Station taking in Gants Hill/Barkingside/Grange Hill/Chigwell/Buckhurst Hill) and 397 (Debden-to-Crooked Billet taking in Buckhurst Hill/Woodford Wells/Chingford).

INTER-COUNTIES DOOM AND GLOOM

Twice race walking has been thrown out of your annual CAU Inter-Counties' Championship meeting, owing to dismal turnouts. Pity, as our walks are part of a major track and field meeting before a crowd. Each time, we were then off the programme for some time, only being re-admitted after vigorous campaigning by Peter Cassidy, Laurie Kelly, Peter Marlow, Roger Mills and others. For many years its home was Bedford. This year it moved to Manchester and, how many race walkers showed up? Just 4 women and 2 men made the start line. Are there readers out there with a death wish for race walking? If we're chucked out for a 3rd time, who can complain?

FAREWELL TO A DISTANCE GREAT

Never a race walker, but readers will be sorry to hear 1964 Olympic Games Marathon runner medallist Basil Heatley has passed-on aged 85. He won silver by outsprinting Japanese competitor Kokichi Tsubura on the final lap of the track, after the Japanese runner had entered the stadium in 2nd spot. Their times were 2:16.19.2 and 2:16.22.8 respectively. Way ahead was barefoot Ethiopian runner and defending Olympic Champion Abebe Bikila in a world record 2:12.11.2. That broken world record has been set by Basil 4 months' earlier (2:13.55) at the Polytechnic Marathon. Basil belonged to Coventry Goviva Harriers, as did 4th finisher Brian Kilby in 2:17.02.4. In that memorable race the great Ron Clarke was 9th, Ron Hill 19th. The 1st and 3rd finishers were ill-fated as Abebe was killed, aged 41, when losing control of his VW Beetle in Addis Ababa (1973). Kokichi thought he'd brought shame to himself when outsprinted within sight of the finish line. He said, "I committed an inexcusable blunder in front of the Japanese people". Sadly he committed suicide, aged 27. Basil was a World Champion Cross Country Champion at Nantes in 1961 and in 1960 had set an AAA 10 Miles record at 48:18.4.

UNWANTED RECORD

When Uzbek wrestling gold medallist Artur Taymazov was recently disqualified from the 2012 London Olympics for drug cheating, it broke a record - as with 132 disqualifications those London Games now hold a record as the "dirtiest" ever!



CHANGE AT THE TOP

Former International distance runner Zara Hyde is the new Chief Executive of UK Athletics. She saw off strong competition from acting CEO Nigel Holl and Olympian hurdler Nigel Walker. Mr Holl is now moving on to British Curling. Zara has been CEO of British Triathlon as well as once holding a senior position in our NHS. In previous times she was Head of World Class Endurance at UKA. When at British Triathlon they were voted "Governing Body-of-the-Year". But the big question you all ask is: is she keen on race walking?

HAPPY BIRTHDAY ANN

The readers of Essex Walker wish Ann Sayer a very **happy birthday** on Wednesday 16 October.

We also hope she is continuing to make good progress and recovery following her recent surgery.



ALBERT DAVID ALF STOKES RIP

We're all sorry to learn that on 21 July Albert (Alf) Stokes, aged 92, died peacefully in his sleep. For the past couple of years he'd been resident in a Tamworth care home. A stalwart member of Birmingham Walking Club in his heyday, he became Centurion 451 when completing the 1970 Leicester-to-Skegness 100 Miles' event in 21:10.57, crossing the finish line on Skegness seafront in the same time as Club colleague George Mitchell (C450) who sadly died in 2013 at the age of 99. Albert put much back into our sport as he was active as both a respected Coach and as a top Judge. In the latter capacity he'd had many leading appointments, often being Joint Chief Judge at 100 Miles/24 Hours races. A funeral service at Sutton Coldfield Crematorium was followed by a gathering in Tamworth AC's Clubhouse. Condolence is expressed on behalf of all readers, many of who would have known Albert well.

Tributes to Alf Stokes

- "Sad loss of this great man, gave a lifetime to sport, first cycling then race walking. Firstly as an athlete, then through coaching and officiating over many years. Alf, may you rest in peace."
Mark Williams
- "Deeply saddened at loss of a very likeable guy, who supported Civil Service Championships from Tally Ho." **Dave Turner**

RESULT - EASTERN MASTERS AC 2,000 Metres/Garon Park Track - Saturday 20 July

1	11.15.0	Adam Hills	Bedford H
2	11.15.6	Emma Dyos	Ilford/Veterans
3	12.16.2	Simon Morgan	Colchester H/Eastern Masters
4	12.21.1	Rachel Lawless	Ilford/Eastern Masters
5	12.59.4	Keith Palmer	Southend/Eastern Masters
6	13.16.3	John Borgars	Herts Phoenix/Loughton/Eastern Masters
7	13.41.3	Lesley Morris	Ilford/Veterans
8	14.34.7	Peter Binns	Southend/Castle Point Joggers
9	14.59.6	Dash Newington	Gateshead/Australia

WHERE IS ESSEX MAN?

Five of the top seven finishers were ladies, so where were all you men?

SOUTHEND-ON-SEA AC 1 MILE/Garon Park - Monday 26 August

1	Melanie Peddle	Loughton AC	8.52.8 (track record)
2	Stuart Bennett	Ilford AC	9.45.9
3	Linda Mountford	Castle Point Joggers	9.46.0

4	Rachel Lawless	Ilford AC	9.50.0
5	Keith Palmer	Southend-on-Sea AC	10.41.9
6	Lesley Morris	Ilford AC	10.45.1
7	Ruby Muffett (U15)	Southend-on-Sea AC	11.08.8
8	Alan O'Rawe	Ilford AC	11.18.2
9	Anne Scurfield	Ilford AC	11.29.0
10	John Brock	Southend-on-Sea AC	11.49.1
11	Val Mountford	Unattached	12.55.1
12	Dave Ainsworth	Ilford AC	13.35.6
13	Eddie Trotter	Ilford AC	14.43.7
14	Gordon Franklin	Southend-on-Sea AC	14.59.6

George Woods Trophy (1st Essex resident Centurion): Stuart Bennett (14 started/finished)

Held in mid-morning on the hottest August Bank Holiday since records began, the field was down on previous years when usually around 20 appear. Ilford AC provided half the finishers. Melanie Peddle repeated her feat of 2017 by leading home the entire field in a ladies' track record time (beating her 8.58.8 of 2017). Linda Mountford provided us all with probably the fastest dash down the home straight of the day – wonderful stuff! Much applause was given by a large crowd to young Ruby Muffett on her race walking debut and to last finisher Gordon Franklin who is aged 84! Dave Ainsworth, recently out of hospital and out of athletics since June 2018, returned to extend his competitive span into another decade (his 70s). Informed commentary was provided by former Southend-on-Sea AC race walker June Cork. This meeting is one of the county's best supported with 343 entries taken in total. So folks, can we get more back onto the 2020 start line? **Please put August Bank Holiday Monday in your new diaries when you get them.** Awards were presented by international cross-country runner Adam Hickey. Also present was Ilford AC's Brian Boggendoel, with camera, and pictures will be made available.

LEAVING US WITH MEMORIES

Many times London Post Office-in-Uniform Champion, as well as winning the National in that category, talented Prittlewell-based Steve Allen has decided to retire from athletics at the age of 61. Yet another who came into race walking via his employer - the Royal Mail, he was equally talented at both running and race walking codes. His fastest London Marathon run in Ilford AC colours was 2:41.14. In that major event he's raised considerable sums for charities. Steve's often race walked it - in Postman's uniform and peaked cap. That once saw him gain prominent TV coverage, when he neared the finish line, on BBC2 as they covered the event. He's a former Essex 10 Miles Champion in those days when gaining that title took some doing, and also a former Enfield Open 7 Miles' winner. He once had a very long sequence of races without ever dropping out. Steve joined The Centurions in London Olympic year, and in Essex - at Colchester's Lower Castle Park clocking 22:08.57. Officials allowed his father Alex (also a Post Office athlete who has both ran and race walked) to ring the bell as Steve approached at speed for his final circuit of the Park. Yes - at speed - as his last couple of laps were impressively fast! Don't forget folks, our 2020 100 Miles is at Lower Castle Park! Steve's also been part of a Post Office relay squad which swam the English Channel for charity. No longer with the Royal Mail, he's now a London cabbie - and (like most) has many big names "in the back" - personality Len Goodman being his latest. Steve's been to most of our big races and important occasions, such as anniversary races and last races etc. He completed our Centenary London-to-Brighton event in 1999, going sub 10.30 and just pipping the legendary Shaun Ladney! We all thank Steve for his outstanding service to athletics over a long period. Thanks for the memories!

STILL IN THE RUNNING, or is he?

Versatile athlete Eddie Trotter had his entry accepted for the English Half Marathon at Warrington in September. We wanted to wish him good luck, but unfortunately this race was cancelled at short notice due to lack of marshals – leaving Eddie with non-refundable advance train ticket! Oh dear ... looks like his luck ran out before he reached the start line!

GET WELL SOON

Word is out that Leigh-on-Sea based Centurion **Olly Brown** is suffering with a hip complaint, and our 1979 Essex 50K Champion **Vic Collins** (Woodford Green AC in his heyday/now Havering 90 Joggers) has been in hospital for a leg operation. Rainham-based Vic's a retired City of London Police Officer who has represented the British Police in representative matches. We wish both worthies well as they overcome their setbacks.

SIT IN THE STAND

Those at Garon Park on August Bank Holiday Monday will have noticed a new stand (roped off) at the end of the home straight. It was hoped to have it ready for Southend's always popular August Bank Holiday meeting, but work wasn't quite completed in time. But soon, you'll be able to get out of the sun or rain (as appropriate).

NATIONAL RECORD SET

The Muller British Athletics Champions, held at Alexander Stadium over the weekend 24th/25th August, saw 5,000m men's winner Callum Wilkinson set a new UK record of 18:41.23 - bettering Tom Bosworth's mark. Cameron Corbishley was 2nd in 20:41.23 and Tom Partington 3rd in 22:07.03. 6 finished, 1 d/q. In the ladies' race Bethan Davies won in 21:56.45, Erika Kelly was 2nd in 24:39.08 and Madeline Scott 3rd in 25:33.67. Nine finished. Both races made use of a sin-bin! For statisticians, UK event records (top 3) are: **Men:** 1. Callum Wilkinson 18:41.23 (2019), 2. Tom Bosworth 18:43.28 (2017) 3. Alex Wright 19:27.39 (2013). **Ladies:** Johanna Atkinson 20:46.5, 2. Bethan Davies 21:21.5 (2018) 3. Heather Lewis 21:41.34 (2019).

Mrs DOREEN SPARROW RIP

Ilford AC are mourning the loss of a Club stalwart and former President Doreen Sparrow at the age of 83. Chingford-based Mrs Sparrow was Ilford AC President in 1993/94. She gave an enormous amount of time to assist with our Club's activities, both at Cricklefields Stadium and at the Club's Chigwell Row base. She would make teas, do some scoring, and was always available to be a results' runner at our meetings. She was a bright lady who loved TV quiz shows, and had appeared as a contestant on both Countdown and Fifteen-to-One.

Bill Sutherland BEM, 1970 Commonwealth Games bronze medallist, was Ilford AC President the year after Doreen Sparrow. He writes: "We will always remember her fondly. With sincere condolences."

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. Times marked * are provisional times.*

OCT 5/7	RWA U17 Training Weekend	Aldershot	TBC
12	Enfield League 5 Miles	Donkey Lane	TBC
19	Steyning Open 10K	Steyning	2.30 pm
19	Centurions' Social Walk/Epping Forest 6 Miles (all welcome)	Loughton Station	10.00 am
29	Talk by Mike Brace CBE DL	Harold Hill Library	11.00 am
NOV 9	Centurions' Committee Meeting	Donkey Lane	TBC
9	Enfield Open 7 Miles/LBH 7 Miles/VAC 7 Miles	Donkey Lane	TBC
23	SWC Christmas Cup 1/2/3/5K	Tonbridge School	2.00 pm
DEC 2	Essex County AA AGM	Melbourne Park	7.30 pm
14	Alf Palmer Memorial Meeting	Broadbridge Heath	11.00 am
21	Open Track Races 1/2/5K	Lewes Track	12.00 noon
26	Brighton Boxing Day Meeting: 5.5 Miles and 1.8 Miles	Preston Park	10.30 am

Rev L A D WATSON RIP

The Reverend David Watson has sadly passed-on aged 82, after some years of poor health. He was, for many years, Vicar of St Bartholomew's Church in Horne (a district of Horley), in Surrey. He was an established member of Surrey Walking Club, who made his 100 Miles' debut at the 1991 Ewhurst 100 Miles, becoming Centurion 881 in 21:17.26. He relished a challenge of 100 miles, and completed another 4 UK 100 Miles races in under 24 hours - joining that group of race

walkers who've completed such distances within the time allowed, on both road and track. When he qualified 45 started/31 finished of whom 10 became new Centurions - David being the first of them. That race was won by Richard Brown C760) in 17:52.47 (his 4th UK win). The brothers Watts (Bob C838 and Ken C859) walked together and looked set for a joint 3rd place - until experiencing difficulty getting through traffic in the closing stages so allowing a fast-finishing Per Pederson (C800) to overtake them in the last 100 yards to claim 3rd spot by 13 seconds. Among new qualifiers were Derek Appleton (C888) who'd often been an attendant for the late great Don Thompson (C631) and Bill Sutherland (C890) who would one day serve as The Centurions' Honorary Secretary. The best memory of that event was Bill's wife, Kath, cheering-up the walkers' spirits with her singing of "Maybe It's Because I'm A Londoner" in the middle of the night. In total David finished 5 of these ultra-distance events, each time giving it his all - so much so that after 2 of his completions he was quite the worse for wear and had clearly suffered. His well-attended funeral service was held in Leatherhead. We extend our profound condolences to his family members.

Tributes to Rev David Watson

- "So sad to hear the news. Reverend David WATSON was such an inspiration to me in 1991 at Ewhurst and such a lovely human being. The news has brought tears to our eyes, as life is so precious as one grows older. With sincere condolences. May he Rest in Peace."

Bill (C890) and Singing Kath, my dear wife.

- "I knew him primarily as a clergy colleague in Southwark Diocese, although I was aware of his exploits as a Race Walker. In addition to his main role at Horne, he was also responsible for a small church (only about a dozen regulars) in Outwood a nearby Village to Horne. Part of my diocesan work at that time was to support and encourage small churches and in that capacity I visited David at his Vicarage. I recall him telling me about the Village Harvest Supper at Outwood which was attended by about 200 people. When I asked him, what is the population of Outwood village, his reply was around 220. I commented most clergy would be pleased if 90% of the population of the parish attended the Harvest Supper! He agreed and mentioned those who did attend the Harvest Supper included local resident, Judi Dench."

Rev Nigel Stone

- "It is always sad to read of someone's passing and David was yet another nice man."

Cath Duhig

- "Many thanks for your excellent tribute to the Reverend David Watson C881. David was always so proud of having been a member of the winning Surrey Walking Club team in the national 100 mile walking championships and, when we last saw him, he showed us the photograph he kept of this. Alongside another David - the Reverend David [D. H. A.] Christie-Murray, also of Surrey Walking Club - David Watson was one of the Centurions' ministers of the church."

Sandra Brown

SARNIA WC GUERNSEY CHURCH-TO-CHURCH WALK - Sunday 1 September

Only a small field contested this year's annual traditional Church to Church walk over a distance of 19.4 miles, held on a hot morning with a welcome breeze, with the high spot of the day being Donna Allan's 3.25.18 2nd place overall, only bettered by men's winner Stuart Le Noury. This time was only 8 seconds down on the Island best set by Jenny Elliott back (1984) and would surely have been a lot closer if she had not been hampered by a sea front Sunday road closure in the final mile and dodging the big crowds there, with only a tight exit before the final few hundred yards to the finish at Havelet Bay. Donna's time was a huge improvement on her first walk back in 2016 when she recorded 4.04.35 and made up for her missing last year's walk on doctor's instructions. As anticipated the men's winner for a 4th time was Stuart Le Noury in 3.20.14, perhaps down on what he expected to do. At the 5 miles point after tackling the hard first few uphill miles he found himself with a minute's lead over Jim Ball passing in just under 50 minutes. Donna, taking it a little easier at the start, went through in around 53 minutes. At the half way point by the Little Chapel Stuart's 1.42 clocking showed he had extended his lead to around 3 minutes. Jim Ball was still in the frame but slowing. Moving up the climb at the Monnaie at 11 miles and then the long downhill section to the Friquet and on to the Vale Church 15 miles point Stuart continued to extend his lead going through in 2 hours 30 minutes with plenty of breathing space should he

slow down over the final miles. Slow down he did, dropping down to over 11 minute miles with Donna Allan chasing hard. It would have taken a major falling apart for Stuart not to take the overall win, with Donna closing the gap to five minutes come the final reckoning ... with that agonising few seconds short of the island best. Third place went to past winner Jim Ball from Southampton who on little race walking the past year suffered in the final third of the walk, slowing down to pedestrian pace, before crossing the line in just under 3.43. Fourth place went to another past winner, local walker Rob Elliott. Another one short on training going in to the race, starting steadily and keeping to a fairly even pace throughout to finish in 3.49. Visitor for the second year Stephen Cartwright finished just outside the 4 hours' barrier and around 5 minutes slower than last year. Regular SWC visitor, Dave Hoben finished a further 9 minutes' behind, but well ahead off his 2018 walk.

Last man to finish was 80 year-old Ed Shillabeer. There's no stopping this man. Ed has won this event 4 times (best of 2.40.58) but continues to return to walk on one of his favourite courses. His time this year was over 2 hours slower and was a struggle and comes only weeks after walking 68 miles in 20 hours in the Isle of Man. Then he was straight to the airport to return home to be at work tomorrow morning. A race walking legend. Local Phil Lockwood pulled out of the race around Torteval Church with sickness, whilst Colin Bradley, another past winner and sub 2.45 man for the course walked the first 4 miles in 75 minutes, aided by walking sticks.

Men and Women:

1	Stuart Le Noury	Sarnia WC	M	3.20.14
2	Donna Allan	Sarnia WC	W40	3.25.18
3	Jim Ball	Steyning AC	M55	3.42.58
4	Rob Elliott	Sarnia WC	M60	3.49.04
5	Stephen Cartwright	Colchester/Tendring AC	M60	4.00.55
6	David Hoben	Surrey WC	M65	4.10.08
7	Ed Shillabeer	Iford AC	M80	4.45.42
DNF	Phil Lockwood	Sarnia WC	M45	
	Colin Bradley	Unattached	M60	

- Victory Cup First Channel Islander Men: Stuart Le Noury
- Star Trophy First Channel Islander Women: Donna Allan
- Jenny Elliott Salver: Donna Allan
- CJ Robins Veterans Tankard, first 40-49 years: Donna Allan
- Healthspan Supervets Tankard, first 50- 59 years: Jim Ball
- Winning Ways Trophy, first 60-69 years: Rob Elliott
- Iford AC Vets trophy, first over 70 years: Ed Shillabeer
- Fletchersports Team Shield: Sarnia WC

Thanks to the sponsors, officials and helpers: Trust Corporation International, Network Insurance, Guernsey Sports Commission, Healthspan, Fletchersports, Kemp Le Tissier, Jenny Elliott, Taj Indian Restaurant & Relate

Adds Hon Ed: This report comes from Rob Elliott with thanks. We don't often report such races in full, but it's one which once enjoyed good Essex support. This year just 7 troubled the finish line recorders/timekeepers. It deserves better - as this island offers great hospitality with a wonderful post-race evening social when prizes are presented, along with those from Friday evening's Vale 3K dash. 19.4 miles is measured as the course passes every Parish Church on this holiday island. Colin Bradley is also a regular, and readers will remember him once as a Loughton AC leading light. Next year? - perhaps a few can use this race as a joint holiday/short break/racing visit? This event needs another "Messiah" like Mick Barnbrook, who as the Minister for Mainland development, worked hard to drum-up entries.

PLENTY GOING ON

As well as the Church-to-Church classic, September 1st also saw the final of the Southern

Counties Veterans Track & Field league at Ashford and the England Athletics U/15 and U/17 Championships at Bedford. In the latter, which is always a good pointer to identify those who are coming forward to make their marks in our event. The 5,000m u/17 Girls race saw 3 finishers (1 d/q), the u/17 5,000m Boys race 1 finisher, u/15 Girls 3,000m 6 finishers and u/15 boys 3,000m 2 finishers. Respective winners: Ava Ross Glaslogh Harriers (Ireland) 27:56.51, Nicholas Hart Aldershot, Farnham & District 27:41.40, Mia Dunwell Northern AC (IOM) 16:29.68 and Christian Hopper Cambridge Harriers 15:07.31. From an Essex Walker angle, sadly no entries were received from our County. Ashford's Julie Rose Stadium saw the Grand Final of our Southern Veterans Track & Field League, where the best teams from Regional Leagues battled it out. Ilford AC were 3rd men's team, assisted by Seb Parris and Stuart Bennett in the 2,000m walk. Seb powered his way to a 10.44.61 timing in the M35 event, gaining 7 points. Stuart, making his 2nd competitive appearance of a busy weekend, clocked 11:52.16 in the M50 category bringing-in 5 points. Seb was on the start line again for the M35 1,500m run, where his 4:50.68 secured another 3 points. Well done to both!

USA 100 MILES

Held in Milwaukee Dome on a 3-lane track around a giant ice rink, it was a consistent 55 degrees throughout. A number of our readers have appeared in USA Centurion events, but none this time. Of 5 who commenced, 3 made it: Anthony Culpepper 22:11.56 (new US Centurion 93), Ivo Majetic 22:57.01 (US Centurion 48) and Yolanda Holder 23:51.32 (new US Centurion 94). Anthony trains in the Colorado Rocky Mountains, Ivo kept going despite stomach problems while Yolanda's race was an emotional roller-coaster, in that it saw both good and disappointing spells alternating - but she made it! Those 5 lining-up for the Centurion 100 miles race were part of a 66 strong field competing in a 6 days' event. The 100 miles was Day One. All five 100 miles' entrants (3 who made it within 24 hours plus 2 who didn't) carried on successfully for the next 5 days. That's worth taking your hat off for!

PARISH WALK ON ITV

I hope you saw the final episode (Series 1) of "The Best Little Prison in Britain" which was shown on a Wednesday (peak time - between 2 episodes of Coronation Street) then repeated late on Sunday. The first half of this programme showed 2 Prison Officers (1 male/1 female) training for the Isle of Man 85 miles' Parish Walk - by walking around Jurby Prison during a lunch break. The second part of this programme (after an ad break) told of the event's history with some daytime action shots. Then followed night coverage with one Prison Officer interviewed at about 78/79 miles looking fatigued at 4am. We saw him finish in front of an enthusiastic crowd on Douglas Promenade. Both Prison Officers finished in 22 hours' something. There's a Law & Order connection, as a former Senior Police Officer won in 1997 and 99 (Chris Flint 17:36.40 and 17:07.46 respectively) and another former winner (also a Centurion) spent time in that prison as an inmate! Many UK mainlanders have completed this classic race, a number of Essex Walker readers among them. Ilford AC's Ed Shillabeer is this event's most senior finisher.

LOUGHTON ATHLETIC CLUB: THE WOODFORD TUESDAY WALKS No 4 (3.09.19)

Overall results – INDIVIDUALS *(Best three out of four to count)*

1	Luc Legon	Bexley AC	105	With 25 walkers making a total of 54 appearances over the season, it was a good year for the League and, for once, there was no rain at any of the events. The organisers thank all the walkers and officials for supporting this enterprise and gratitude also goes to
2	David Annetts	North Herts RR	100	
3	Maddy Shott	Belgrave H	99	
4	Melanie Peddle	Loughton AC	94	
5	Silvana Alves	Barnet & Dist AC	88	
6	Stuart Bennett	Ilford AC	79	
7	Lesley Morris	Ilford AC	72	
8	Geraldine Legon	Bexley AC	71	
9	Matthew Crane	Bexley AC	68	
10	Francisco Reis	Surrey WC	63	
11	Emma Dyos	Ilford AC	61	
12	Hanna Hopper	Cambridge H	56	
13	Steve Allen	Barnet & Dist AC	52	

14	John Borgars	Loughton AC	50	Woodford Green AC with Essex Ladies for accommodating the walks in their programme – and for recognition in their announcements! Peter Cassidy Pauline Wilson <i>Loughton AC</i>
15	Rachel Lawless	Ilford AC	49	
16	John Brock	Southend-on-Sea AC	43	
17	George Wilkinson	Enfield & Haringey AC	35	
18	Sebastian Parris	Ilford A	32	
19	Christian Hopper	Cambridge H	31	
20	Beatrice Fury Steve Uttley	Medway & Maidstone AC Ilford AC	30	
22	Simon Morgan	Ilford AC	29	
23	Hanna Atkins Liam Sheils	Cambridge H Bishops Stortford RC	24	
25	Simon Le Mare	Southend-on-Sea AC	19	

OVERALL RESULTS – TEAMS *(Three Members to score – all races count)*

1	Ilford AC 'A'	310
2	Bexley AC	209
3	Barnet & District AC	167
4	Cambridge H	146
5	Loughton AC	144
6	North Herts RR	100

7	Belgrave H	99
8	Surrey WC	63
9	Southend-on-Sea AC	62
10	Ilford AC 'B'	48
11	Enfield & Haringey AC	35
12	Bishops Stortford RC	24

STILL GOING

Alas race walking fields are declining as so many are reaching a point where ageing, illness and even mortality are kicking-in. They're not being replaced in any great numbers by newcomers entering the scene! However an example to keep supporting athletics was recently shown by that great fell-runner Jos Naylor MBE. Some 57 years' ago he dropped out of the gruelling Lake District Mountain Trail (Kirkstone Pass-to-Patterdale) in 1962 when aged just 26. In severe weather, few finished that race. But Joss of Wasdale (Cumbria) has now finally covered the 18 miles route in 6 hours and 10 minutes at the age of 83. While celebrating with a pint of Guinness Jos said, "I'm not as fast as I used to be, I take it a lot steadier now, but I'll always keep going". So walkers - try to keep going until we can recruit more newcomers to keep our great sport going. Celebrating with Guinness - we know a couple of stalwart Centurions who used to do that don't we?

WORTH KEEPING YOUR MEDALS!

You may have read in the National press that Olympic hurdler and Battle-of-Britain Spitfire pilot Don Finlay's medals have been sold for £1,000 at a sale in Aylesbury. When a Squadron Leader he flew from RAF Hornchurch in 1940 with 41 Squadron. During the Battle of Britain he was injured when shot down over Ramsgate. He was awarded the DFC & AFC, and retired from the Royal Air Force in 1959 in the rank of Group Captain. He was a talented athlete who specialised in the 100 metres' hurdles, winning a bronze medal at the 1932 Olympics (Los Angeles) and silver in 1936 (Berlin). He also appeared in the 1948 London Olympics, being Men's Athletics team captain. In those games he fell at the final hurdle in his heat, and didn't finish. He was our 1934 Empire Games champion. He suffered in a serious road accident in 1966 which contributed towards his death in 1970 at the age of 60. In 1932 and 36 Don was also part of our GB 4 x 100 metres relay team - who were 6th in 1932.



OIL PAINTING

Amos Seddon is the subject of an oil painting which hangs in the Metropolitan Police No 4 Area Sports & Social Club foyer at Hayes, near Bromley (a venue which once hosted race walks). Amos is a Life member of the Metropolitan Police Athletic Association which this year celebrates

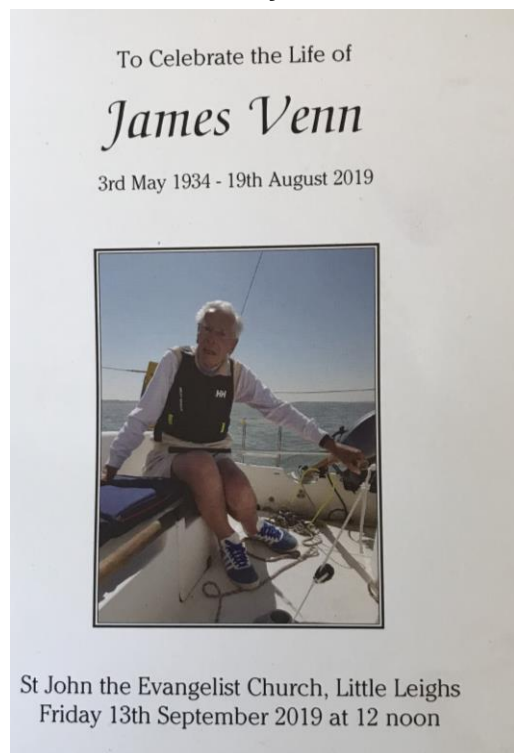
its 100th anniversary - indeed their Life Members' Dinner at the Union Jack Club on 5 November is a function that'll have a centenary theme to it.

JAMES "JIMMY" VENN

We're sad to report that a Southend-on-Sea AC stalwart from past decades, Jimmy Venn, has passed on. Jimmy was another who belonged to this Club when it was a team of all-stars, and making a scoring 4 was always difficult. Jimmy excelled in Stock Exchange London-to-Brighton Walks where he was known as a tough competitor. Jimmy gave it a go in 1969 coming 11th in a most respectable 10:08.22. Much better was to come, as in 1970 he was 2nd in 9:08.43, beaten only by legendary A23 expert Dickie Green who clocked 8:54.22. 1971 saw one of the hardest fought contests ever, as Southend-on-Sea AC clubmates Ken Tuson and Jimmy battled it out from Westminster right to within smelling distance of the sea air, as this race was decided going up a truly testing and seemingly never-ending Dale Hill. Here Ken made his decisive move and, on reaching the summit, had opened up a small gap - which he held to Brighton seafront finish line. Ken clocked 9:04.32 and Jimmy 9:06.03. Event stalwart Dave Stevens (10 finishes in a prominent career) completed the frame in 9:16.27. 121 started/57 finished. 1972 saw Jimmy 4th in 9:17.01, edged out of 3rd spot by Ilford's Steve King who recorded 9:11.02. Ken Tuson was 2nd in 9:07.57 with Dickie Green breaking the tape in 9:05.17. A much-remembered event of past decades was the Lugano relay in Switzerland, where many teams paraded top athletes. Stock Exchange AC, who were regular participants, selected Jimmy in their squads. Great times indeed!

For many, we last saw Jimmy when Essex Police staged their popular 5 Miles' Championship, in conjunction with an Essex League event, around 2 circuits of the Earl's Colne Airfield perimeter track. Jimmy was playing at an upmarket golf club at this venue, and was there that morning as several renewed contact with him. As well as golf he was talented on the squash court, and rugby where he represented the Eastern Counties. Sadly his wife predeceased him. To all family members we extend our profound condolence on their sad loss.

Tributes to Jimmy Venn:



- Ilford AC's **Alan Barber** a fellow Stock Exchange London-to-Brighton competitor (4 finishes all under 9:30) remembers great rivalry in team events along the A23, which he and Jimmy were very much part of. Alan said, "Jimmy was such a friendly man that he was friends with everybody. I always enjoyed his company".
- "It is with some sadness that I heard of the passing of Jimmy Venn. He was in fact a work colleague of mine and was instrumental in getting me a job at stockbrokers Cazenove where for some years we were unbeatable in Stock Exchange team championships. Jim's forte was in longer distance races and best performances were probably his two second places in the SE London to Brighton. He was always a strong presence when we were doing the Airolo Chiasso relay and always great company. We will miss you Jim." **Dave Stevens**
- "I am very saddened to hear about Jimmy Venn's passing - I had a great deal of respect for him as a person and as a walker - he too used to use some GT Law's custom-made shoes. I remember his wife well too and had not heard that she had passed some while ago." **Steve King**

SUE SPEAKS FOR US ALL

Roubaix 28 hours is an annual event which has always enjoyed good British support - indeed International vests have been gained by some of those racing, including Essex Walker's readers. This September's result made glum reading about the state of UK race walking - and here's a relevant comment from our Essex-born Centurions' Honorary Secretary, Vice Captain and

Archivist Sue Clements: "Disappointing that there were no Brits listed as completing Roubaix". May 2020 bring better fortune!

DEATH OF A GREAT FRIEND OF RACE WALKING

Tom Pollak informs us that award-winning athletics' journalist Neil Allen has passed-on. He was noted for reporting on The Times, before switching to the Evening Standard. He was a great supporter of 2 Race Walking Association campaigns, to wit "Keep Walking in the Olympics" (1972-76) and the "Ken Matthews Campaign" (1976/7). For both causes he wrote powerful articles backing-up our efforts. Over the years, after retirement, he kept in touch with athletics with contributions to "The Olympian" magazine, and by frequent attendances at Tony Maxwell's "Athletics Reunited" luncheons. Said Olympian Peter Marlow, "I have met him many times". Our profound condolences are expressed to his family.

On a more positive note, Tom also informs that Sydney Hulls, now aged 93, still lives in South London. He was athletics correspondent for the Daily Express - and a great supporter of race walking, who also supported both campaigns mentioned above.

STILL IN THE RUNNING

Amos Seddon, completed a recent "Roding Valley" parkrun, near Loughton. He clocked 26.52, coming 60th out of 143. However, his pace was matched by Loughton AC's Melanie Peddle who was "pulled along" to a parkrun pb of 26.54.

WHO WON?

Dave Hoben advises that Battersea Park Veterans AC Series award cup holders for 2019 are Maureen Noel (5 Miles Championship Cup) and Paul King (Lester Cup). Well done to a worthy Belgrave Harriers' duo. Thanks also to Dave for his enthusiastic work in staging, for you, these long-established events.

ALL OUR YESTERDAYS ... World Cup 1979, Eschborn ... 40 years ago

Do you recognise anyone??



"AND THEY GET PAID FOR IT" - BIT OF LIGHT READING

- Ross Berkeley (BBC1): "Without my Mum I probably wouldn't be where I am today".
- Eurosport Commentator: "85 mph bowling seems slower than 93 mph".
- Jimmy White (Eurosport): "He was unlucky there when he got a kick in the balls".
- David Pleat (TNT Sport): "There may only be one Belgian on the field, but he's the best one".
- Tim Paine (cricketer): "We've done something that hasn't been done before and isn't often done".

TIME FLIES

September 25th saw a small Ilford AC reunion, as it was the 45th anniversary of the first time they finished a full team of 3 in a 100 miles walk. Their finishing 3 (of 40) were Dave Neagle 4th/19:15.11, Alan Barber 19th/21:59.59 and Dave Ainsworth 27th/22:44.41. Ilford AC were 5th team (33pts) behind Leicester 'A' team (13pts), LAT Amsterdam (29pts), Sheffield United Harriers (29pts) and RWV Rotterdam (30pts). The trio were joined at the reunion by Club stalwarts Tony Perkins (an attendant on that occasion) and Brian Armstrong. The venue was "The Harrow" in Hornchurch.

HEAR THE CALL

A reminder that Ray Pearce is to stand down as your Essex County AA Honorary Walking Secretary on December 2nd at our County AGM, after decades of service on your behalf. Our last edition asked for names to be considered for election to this post. Perhaps potential candidates are keeping their powder dry, but it's now time for you to advance your names, so as our AGM can consider all applicants? **This post needs filling!**

BELATED BEST WISHES

Since our previous edition was issued, Colchester-born Paul Nihill MBE - our 1964 Olympic 50K silver medallist - has celebrated his 80th birthday. We all, wish this all-time great athlete the very best.

MORE INFO

Earlier this year we published Len Ruddock's suggestion that some Social Walks be organised. Len now adds a bit more info for readers to digest: "My idea was, for those who were able, to meet up in the week at a venue which someone could suggest. It'll be a way to explore forest paths or footpaths outside your normal area and have a good chat with everyone. Just a thought coming from seeing a good number of old pals at Kenny Carter's funeral last year."



Dear Dave ...

THANKS

Thank you also for bringing me up to date via the Essex Walker Newsletter. There are of course lots of people that I recognise from the 1970's. My rehab from foot surgery continues, but more slowly that I would like. The leg is now out of plaster, and the protective boot is largely redundant, but crutches are still in regular use. Occasional swimming sessions have been very therapeutic.

Rev Nigel Stone

EMAILS A FORMER TOP STAR

Just read the current Essex Walker and saw the report for Ryan must have been you! ... thanks for that ... getting ready for the new season.

Andy O'Rawe

THANKS

What a great newsletter. I have missed all the Walking news since retiring from the sport in 1999 - but going to Ed Shillabeer's party on Sunday!

Andy Bainborough C670

THANK YOU FOR THE PLUG

The latest issues of Race Walking's greatest fanzine has just come thundering through my virtual letter box. As ever, there is some brilliant reading to be had mixed in with ever increasing sad news as we get that bit older. Thank you for the plug telling the story about my latest idea to become a walking tour guide. How ironic that with advancing years, I have gone from running marathons, to walking the

Barking to Southend, to become a moderate race walker, to become a happy hiker, and now finally moving at a gentle pace around the streets of London telling punters "You will never guess what happened on this street corner ..."

Chris Flint

FROM SARNIA

I have added your report to the Sarnia WC website and have included few extra pieces relevant to Guernsey as well as some photos. <https://wordpress.com/post/sarnia.wordpress.com/5749>

Dave ... thanks for the report. Mick ... thanks for your welcome contribution over the years in bringing competitors over for the Church to Church walk.

Rob Elliott

THANKS

Thank you so much for the latest Essex Walker a really top class edition. It must have been an enormous amount of work for you and your Team of helpers. Many congratulations to you all! Many thanks for including my contribution as always.

Bill Sutherland

READER'S WRITE

Alan Pickering has certainly kept his training up, he also has an alternative walking buddy. Dennis Jones who you mentioned came one year, he and Steve Allen forsook their own agenda and ensured that one of the newbies had a successful completion.

Dave Hoben

Adds Hon Ed: Alan Pickering CBE is Centurion 579 (one number higher than "character" Dave Sharpe) having qualified in SWC colours at Ashtons Track in 1976. He

resides close to the race walking action at Norman Park, and turns out from time-to-time.

A READER RECALLS

Thanks for keeping us to date. I always thought that the Guernsey Churches walk was a little under 20 miles. I walked it once and came second in 2 hrs 57 mins or so which was the fastest I ever did for 20 miles so was a bit suspicious of the measurement! Also remember being invited and joining Guernsey WC for a training walk from a pub on a Sunday in the days when Guernsey was dry, and when we returned we were able to purchase refreshments!

Brian Keegan

NEWS FROM ED SHILLABEER

I got a plaudit from Andy Bainborough (C670) in Exeter for your excellent magazine. My birthday party was great. Over 100 sat down for a 2-course meal and coffee in the Duke of Cornwall Hotel's ballroom - where eldest daughter Diane had her wedding breakfast 30 years earlier! My best investment that day was employing a Toastmaster! Sunday I had the



Plenty of racewalking memorabilia on display and Mad Max Talking about my racewalking career. He mentioned my dislike of the cold and dilatory warming up routine, even producing a picture of me warming up in a red telephone box! What with that and stories of my powers of recovery (including after my RTA when I walked the London Marathon in my other daughter's black tights to protect skin grafts) I think folks were well entertained!

Ed Shillabeer

NEWS FROM A SOUTHEND STAR

The news about Dave Rosser was interesting, particularly because I did some research into my mother's Welsh ancestry. I found my great-grandfather's sister Margaret Pritchard married Thomas Rosser. Rosser, not just a fellow club member, but a distant relative? Thanks for all your work on the Essex newsletter.

Bill Wright

EMAILS AN ALL-TIME GREAT

Ed Shillabeer - this is a wonderful report! All respect and affection to Alf Stokes, and congratulations to Doug Hopkins on his 80th. Is our 20kms Olympian friend John Webb,

Essex Walker issue No 390 (October/November 2019)

near Bristol, still going strong and training along the former railway track [he cycles and walks, an inspiration to all]? It was great to meet up with him on our Bristol to Bath Centurion social walk.

Sandra Brown

MANX WELCOME!

This charming Castletown native (Mrs Tyrer as I discovered on the Monday) pressed a good luck coin into 100 mile competitors' palms on the start line on Saturday.



Looking at this Monday morning's picture I reckon it worked for me, having battled the strong winds for 68 tortuous one mile laps of the Castletown harbour area!

Only by chance did I find out that it was her amazing little shop that I was able to get the local postcards! And my daughter is also called ... Diane ... ! Heartfelt thanks to everyone else who contributed to a memorable weekend, especially ace attendant Greg without whom it would not have happened.

Ed Shillabeer

EMAILS THE CENTURIONS CAPTAIN

Centurions have been the topic of much discussion and at Lancashire walking club's Fred Pearce relay event it was thought that Lancashire have the most qualified Centurions with 40+, perhaps another club has more? Please take a look at Lancashire Walking Club's site for a full list, also Sharon Gayter's Lands End achievement, which has had National coverage. Centurions have much to be proud of, but as one supporter who attended at Lancashire recently and assisted on the Manchester to Blackpool race the

friendship and sportsmanship of Race Walking cannot be beaten.

Martin Fisher

THANKS

I was recently a hospital in-patient for an operation under general anaesthetic. I truly thank so many readers for their get well cards, texts and messages. Race walking really is a family isn't it? My best wishes to you all.

Dave Ainsworth

UPDATE - SOUTHEND MILE

Hope you've recovered from the blistering heat at the Southend mile. Just to update you: Melanie's winning time, 8:52.8 is, in fact, a Garon Park Ground Record by exactly 6 seconds off her 2017 starring performance of 8:58.8. This, in turn, makes it an unofficial [given I haven't actually started a list yet!] Championship Record. Linda Mountford was in impressive form with her 3rd [9:46.0] behind Melanie and Stuart Bennett. "Newbie", Ruby Muffett who's a Middle Distance/XC Runner in the Under 15s, impressed me enormously with her style and speed, finishing 7th overall in her first ever Race Walk. She picked up invaluable tips from Stuart astonishingly quickly. In fact I was stunned how well she performed. I'm keeping my fingers crossed, though not holding my breath - we've been down this road before. It IS a jolly difficult event to master [anyone can walk but not all can master the technique]. Young Mr Franklin [V80] clocked exactly the same time as he did in 2017 [14:59.6] so no pb this time round.

June Cork

BARBARA STODDARD

Just a short note reporting the death of Barbara Stoddard who passed away yesterday, a good friend to the Centurions on the feeding station in many 100 mile races. I am sure she will be remembered by many in the South.

Martin Fisher, Centurions Captain

TRIBUTES TO BARBARA STODDARD

Barbara was a stalwart of Roubaix expeditions of the past, and always so cheerful and positive.

Sandra and Richard Brown

Barbara was certainly life of the party at many a race in Roubaix and many other 24 hour races.

Kathy Crilley

FROM OUR TV REVIEWER

There was an excellent interview on BBC TV by Welsh Commonwealth Games bronze medallist from Brisbane, Bethan Davies, on why she chose race walking as her athletic discipline. She was an accomplished runner but found the technical side of being a race walker most appealing. At Birmingham she was the outstanding victor in the Women's National 5 Kms Track clocking 21.56. I feel sure she will have encouraged others to have a try at becoming a race walker in the future.

Bill Sutherland

2020 COLCHESTER 100 MILES

The proposed date for the Colchester 100 miles is 8/9 August 2020 on the old 2 mile lap. We are hoping to promote through Colchester Harriers again also with Help for Heroes being involved.

Martin Fisher

WOODFORD TUESDAY WALK SERIES PRESENTATIONS - AS SUCH!

Participants were told presentations would be held afterwards, but most had disappeared in the 10 minutes it took me to bring the interim results up to date. Stuart Bennett received the team cup, but individual winners didn't get theirs. Of the individuals only Melanie and Silvana received their medals. We did it in the Club house; there wasn't a dignitary - I made the presentations, such as they were!

Peter Cassidy

QUESTION TIME

I noticed Nordic Walking took centre place in Saturday's BBC TV coverage of Sport with your friend Mike Bushell. My question, not for the first time, is 'What are the RWA doing to publicise race walking nowadays through their National Press Officer?' They have the momentum to do it through the massive number of weekly Park Runs and the London Marathon and the Great North Run and countless other events and periodicals with the circulation of information leaflets etc! It would be interesting to know what the circulation numbers are for the Race Walking Record? I'm watching this space hopefully in Essex Walker and await their response.

Bill Sutherland

ANOTHER AWARD FOR BOWZA

Just thought I'd bore you with an update on my

dog Bowza. He's been on TV with Eammon Holmes and Ruth Langsford, walked out at Ipswich Town FC, been awarded a PDSA Commendation. Now he has been awarded "Shining World Hero" award from the Supreme Master TV and will be shown in over 200 countries worldwide. They came to Hadleigh to make the film and I was wearing my CENTURIONS' badge and top



Also can I just say to Chele from the Suffolk LDWA, well done and good luck in walking 50 marathons in 1 year to celebrate your 50th birthday, you are up to 40. **Don Cox**

"Great that Don is wearing his Centurion shirt"
Sue Clements (Hon Secretary, Centurions)

NOTIFICATION

It is with great sadness that I need to let you know that my father passed away. He had a heart failure and whilst he battled hard after having emergency treatment he was unable to recover. **Graham Venn**

DAVE at DUXFORD

Thought you would be interested that I found myself flying in a Spitfire as an early 80th birthday present. Not only a flight but two sessions, because we experienced a comm's blackout during the first take off. It was an awesome flight doing aerobatics and myself taking on the controls. Have decided not to go ahead with the London marathon owing to a

niggling pain in my left knee, not worth the risk at my age. **Dave Gulliver**

Adds Hon Ed: Retired Royal Air Force Warrant Officer Dave (London Vidarians & Anglia Striders) recently announced in Essex Walker that he wanted to run for the Royal British Legion, an organisation close to his heart. Sadly, this time, it is not to be. We wish Swaffham-based Dave well.

CATH IN FORM, YET AGAIN....

A fabulous haul of medals was gathered by Race Walker Cath Duhig in the recent European Masters Championships in Jesolo near Venice. Cath being just 5 weeks off the next age group of W65, wasn't expecting such success. A team medal or two maybe, but she excelled individually as well.

She started well with a Silver medal in the 5000m Track walk. A few days later she claimed a Bronze medal in the 10k Road Walk, leading her team of Ann Wheeler and Judy Howard to the Silver medal position. Delighted with that success she prepared for the 20k Road Walk thinking it couldn't get any better. How wrong she was!

After an early lead had been taken from her by the French, she rallied well and walked into a leading position at 10k of approx 60 seconds. Not content to just win she ground out the next seven laps and increased her lead to over two mins before crossing the line for a terrific Individual Gold Medal, making her W60 European 20k Walks Champion 2019, also leading the same team members to a Team Gold.

Five medals in her last competition in the W60 category was beyond her expectations, but shows how much she has improved her style and speed since living in Spain.

Peter Duhig
BMAF Walks Team Manager

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Essex Walker issue No 390 (October/November 2019)