

Essex Walker

Editor: Dave Ainsworth

MURCIAN ATHLETICS (FAMU) AWARDS

Pictured are Cath at the Award Presentation and with Pete in a group after the Valencia 10K. Essex Walker readers certainly get about!



HONOUR

Many readers are participants and they'll know that parkrun founder, Paul Sinton-Hewitt CBE, has been honoured with the Royal Society of the Arts' prestigious **Albert Medal** - which is awarded each year for innovation in the fields of creativity, commerce and social improvement. Paul received his incredible accolade for creating parkrun and building a global participation movement.

ESSEX COUNTY AA - AGM

Essex County AA held their AGM at Chelmsford's Melbourne Park on a Monday evening (2 December). A large crowd turned up and there was difficulty parking - however that's because Chelmsford City FC were "at home" and they share this location. Not many were at the athletics AGM!

Highlights included tributes to Ilford's Andy Catton for being a most active County President during his year in high office. The Chain of Office passed to Gerry O'Doherty (Billericay Striders), with Brigid Wallen (Witham Running Club) as President-Elect. Andy's still a key part of our Essex County AA as he was voted in as Chairman, replacing long-serving David Staines who stood down on account of ill health. There will be less Committee meetings to attend as the AGM voted overwhelmingly to cut them down from a minimum of 8 per year to a minimum of 5 per year. Claire Levey is again our County Hon Secretary while Ray Pearce stepped down as Honorary County Race Walking Secretary after 36 years (since taking over from the late John Hedgethorpe) - but remains a Trustee. However, the only important office **not covered** was that of **Hon County Walking Secretary**. Our last issue (top item) was a communication from Ray Pearce stating how important it is to have one of our number inside the Committee Room when walking matters are discussed. Having no voice at the top table can only see Essex race walking going further

downhill if nobody can put our case for remaining in Championship meetings. Better still, if those who stay away time-after-time could support what it put on, our exclusion wouldn't continually be placed on agendas! Another appeal - is there somebody out there who hasn't got any jobs/positions/offices within race walking, so could spare a bit of time to take on this role - which isn't that arduous or time-consuming? **It's your sport.** How about somebody new to administrative work, instead of turning to the same faces time-and-time again? Can interested readers please forward your names to our Essex County Hon Secretary?

Five athletes were presented with Essex County AA Honorary Life Membership awards - Dave Ainsworth, Peter Cassidy, Ron Dawson, Paul Merrywest and David Staines. The AGM concluded with a complimentary buffet.

Mrs MOIRA HANNELL RIP

We're so sorry to report that Moira, wife of established race walking stalwart Peter Hannell (SWC), passed on during the build up to Christmas. A considerable number were at her funeral service, at which our walking world were well represented. On behalf of all readers, to Peter and his other family members, we express our sincere condolences.

REVIEW

BBC's annual Sports Review-of-the-Year was held in Aberdeen on the run-up to Christmas and, as always, pulled in good audience figures. At the end of each year's show, tributes are paid to those from our sporting world who had departed during the year. Ken Matthews MBE was one of those remembered. Looking forward, Ken's son Ian started a new job during the week before Christmas, in a care home. We wish him well in his new line of work.

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.*

FEB	2	SRWA 10K Championship + London Walks 10K + YAG	Hillingdon CC	2.00 pm
	9	Essex & Eastern Counties Indoor 1 Mile Championship	Lee Valley	TBC
	16	SCVAA + VAC Indoor Championship	Lee Valley	TBC
	22	Enfield League 5 Miles	Donkey Lane	11.00 am
	22/23	UK Indoor Championships	Glasgow	TBC
MAR	1	Molly Barnett Walks/England Athletics 10K Championship	Coventry	TBC
	1	Veterans Indoor Inter-Area Representative Match 2,000m	Lee Valley	TBC
	4	Met Police Walking Club Annual Dinner & Reunion	Civil Service Club SW1	6.00 pm
	21	RWA Inter-Area Representative Match	Sheffield	TBA
	28	Slater-Bryce Memorial Races 10K + various	Broadbridge Heath	11.00 am
APR	4	Cecil Gittins Memorial Races/Enfield League	Gravesend/Cyclopark	1.00 pm
	7	Veterans AC 5 Miles	Battersea Park	7.00 pm
	13	Tonbridge AC Open Track 3K/2K/1K	Tonbridge School	11.00 am
	19	RWA National 10K + YAG Championships	Coventry	TBC
	26	Virgin Money London Marathon	Greenwich/Blackheath	10.10 am
	28	Veterans AC 5 Miles	Battersea Park	7.00 pm

CUTTING DOWN

To make 2020 Diamond League athletics' meetings more attractive to TV viewers - who want instant action all the time - some events are now dropped from their programmes, to wit 200 metres, steeplechase, triple jump and discus. This enables action to be neatly packaged into 90-minuters' broadcast slots. One wonders what 200 metres' star Dina Asher-Smith thinks of such plans? With meeting promoters aiming to provide more instant action, perhaps our race walking protagonists could again try to get 1 mile/1500 metres' walks included more often, as a showcase of our event?

GREAT ACHIEVEMENT

Essex resident Amos Seddon, a selected representative for European, Commonwealth and Lugano Trophy meetings plus many other international occasions, has passed 60 years as a loyal one-club man at Enfield & Harringey AC. However, it was Enfield AC (founded 1920) when Amos joined in September 1959. They merged with Ponders End (founded 1922) in 1965 to become The Borough of Enfield Harriers. From 1999 onwards they've had their current name. Amos also appeared in 40 of their famous Open 7 Miles' races - nowadays the South's only Open 7 event still going! Well done Amos, who over the years has also graced the membership of Essex Clubs in 2nd claim capacity - such as Southend-on-Sea AC and Colchester & Tendring AC, as well as being one of the most loyal and supportive members ever of the Metropolitan Police Walking Club. He was a key figure in staging the 2009 Captain Barclay Re-enactment challenge at Newmarket - devoting weeks to this project. At present he's in a rich vein of form at parkruns, where (at many venues) he's set course M70 records and is now doing likewise in the M75 category. On behalf of all readers we salute one of Essex County's most enthusiastic and best ever representatives.

COLIN YOUNG RIP

Readers will be saddened at the passing of Ilford resident Colin Young, who was a major part of Essex athletics for a long period. From 1958-to-1966 (inclusive) he won our Essex Long Distance Championship - then held over an approximate 33 miles, his fastest being in 1963 when clocking 4:21.46. On 7 of those 9 occasions he led his Essex Beagles squad to team successes. In 1963 he won our Essex 10 Miles Championship in 1:17.56. Colin was a respected Centurion, being Captain from 1998-to-2004 and was elected Vice President in 2011. Colin joined The Centurions, claiming No 317, in 1960 on the Walton cinder track - passing through 100 miles in 17:48.05 on route to completing 131 miles and 327 yards when the clock stopped after 24 hours. That event saw 15 start with 9 passing 100 miles in under 24 hours - all of whom pressed-on the complete 24 hours of effort. Colin was the only new Centurion on that occasion. The field were led home by Woodford Green's Hew Neilson (C145) who was clocked at 17:18.51 for 100 miles and reached 133 miles and 31 yards when "time" was called. Colin often reminded folk that, although a Centurion, he'd never finished a 100 miles race - all his 100 miles' times being recorded while on route to greater distances. It was Colin's wish that his body be donated for medical research. A detailed obituary has been submitted by former Athletics Weekly Editor Mel Watman, and a number of readers' tributes are also published. **DA**

*Colin Young at The Centurions
2011 AGM*



Photographer: Sue Clements

DEATH OF COLIN YOUNG (1935-2019)

An appreciation by one of his oldest friends, Mel Watman

With the death on 17 December of Colin Young I have lost one of my oldest and dearest friends, and our sport has bade farewell to one of its most memorable characters. What a contribution he made to athletics: as a redoubtable long distance race walker, as a founder member of the NUTS and as the inspirational coach of world record breaker Mel Batty.

I first got to know Colin when I was a teenager and we were both founder members of the National Union of Track Statisticians (NUTS) in 1958. Born in Barking (Essex) on 20 January 1935, Colin took up race walking in 1947, aged 12, and by his early twenties was already a well-regarded

figure, having won the National Junior 5 miles title in 1953 and clocked under 4 hr 50 min for 50km. Competing for Essex Beagles, he would go on to post such times as 1:39:27 for 20km in 1962 and 4:35:20 for 50km in 1963, but it was in the ultra distance events that he proved such a formidable and gutsy competitor. He achieved the coveted Centurion status in 1960 by covering over 131 miles in 24 hours; two years later he walked from London to Brighton in 8 hr 7 min 42 sec and in 1966 he won an international 100km race in Lugano.

As I recounted in my book *My Life In Athletics*, the great Paul Nihill paid tribute to him in AW in April 1970 and wrote that Colin was preparing to attempt a fantastic endurance double: a 24 hour walk in Rouen followed less than a month later by the 512km (318 miles) Strasbourg to Paris classic. Colin didn't win either race but walked with his customary grit to finish second in Rouen and fifth in the Strasbourg to Paris – becoming the first Briton to complete that gruelling event. The latter was tough going indeed as daytime temperatures hit 90°F in the shade (only there was none), the road surface included long stretches of cobbles, and there were at least four climbs of 8-10km in length. For good measure, the heels on both pairs of his shoes collapsed, resulting in a severely wrenched calf muscle over the last 50 hours, necessitating frequent short stops for massage. The experience didn't deter him, for next year he followed up victory in the Rouen race, covering a record 215.835km, with a close third place in the Strasbourg to Paris in 73 hr 37 min.

It was at another celebrated ultra-distance event, the Prague to Podebrady 50km in what was then Czechoslovakia in 1968, that Colin met his future wife Eva, an orienteer, through a mutual friend, Ivo Domansky. She moved to the UK as an *au pair* the following year and, as Eva puts it, "the rest is history".

Colin continued to compete for several more decades, winning numerous international medals as a veteran. As he stated in AW in 1969 what he liked most about athletics was "the satisfaction of pushing one's body to the limit, the wonderful friendships made, the feeling of bodily fitness and the delight of winning or setting a personal best."

As well as his own exploits, Colin was THE expert on reporting the UK and world walking scene and from 1967 to 1986 was the highly respected and ever enthusiastic walking correspondent of AW. For over 60 years he remained a stalwart member of the NUTS committee, delighting in challenging myself in particular to remember some arcane result or other. He himself had an astonishing memory, not only for athletics trivia but also for his other passions which notably included cycling and traditional jazz.

Colin's greatest hero was Emil Zátopek and how appropriate it was that as a coach his major success was guiding Mel Batty to a world 10 miles record of 47:26.8 in 1964 – a distance at which Zátopek was a former record holder with 48:12.0 in 1951. Batty, whose time was bettered the following year by Ron Clarke no less, in turn learned from Colin's methods to coach Eamonn Martin to his 10,000m and marathon triumphs.

In recent years Colin suffered from poor eyesight and a number of physical problems, but he remained an avid fan to the last, lapping up all the latest results worldwide. No one who knew Colin will ever forget him and I offer Eva heartfelt condolences on her and our loss.

TRIBUTES TO COLIN YOUNG RIP

Bill Sutherland: "How very sad to hear of the passing of one of the true 'greats' of Race Walking. A great competitor and the motivator of many outstanding names on the Essex and National Walking scene. I felt truly privileged to join him and others in the London Team at the Airolo to Chiasso Relays in Switzerland in the late 60's. His Athletics Weekly reports were second to none on race walking and wonderful to read. He will be long remembered by so many friends in Sport. May he Rest in Peace. With sincere condolences."

Chris Flint (RWA Southern Area President): “Colin was an extraordinary walker especially at the longer distances and his battles with Hewie Neilson are legendary. His statistical knowledge was second to none. He was remembered at the Southern Area committee meeting on 13 January and at the Centurions AGM on 25 January.”

Carl Lawton (a past Centurions' President): “I knew Colin from the late 60's when I fell into the walking circle. Two events come to mind, one was the GLC 10 at Battersea, in the snow, when he managed to get round without any problem and I slid and slithered to a disastrous race, promising never to race in snow again. The other was at Brockwell Park, the Lambeth 5, I think Colin had just finished the Strasbourg suffering from sunburn and Pat Duncan slapped him on the back. That did not go down too well. We always had the connection that we shared the same birthday along with Golubnichy. He was a man I would make an effort to cross a room to talk to and he would talk to anyone.”

Cath Duhig: “Very sorry to receive this, of course, but inevitable, I fear. Pete and I had the privilege of Colin's company on a few Masters trips, "being his eyes" until he had his bearings and had hooked up with some of the many friends he had made over years of competition. I still have, and treasure, a letter he wrote me when I made my first forays into the world of ultras. His incredible memory and encyclopaedic knowledge rendered stats books, and Google, somewhat redundant. Another legend gone.”

Ed Shillabeer: “RIP Colin. He mentored me at Brighton's Euro Masters, Tour du Var etc. AW (Athletics Weekly) was his greatest contribution long term closely followed by seeing him at so many races in the metropolis and beyond. He always wanted me to do the Paris-Colmar which took decades before another Brit finished it. I would have loved to have had a crack at it in the eighties but to my eternal regret the year I qualified for the race I couldn't get the time off work or organise a support crew. Rest in peace Mr Racewalking.”

Chris Maddocks BEM (5 times' Olympian and author): “Utmost respect for the inspirational legend that was, Colin Young. Grabbing me by the shoulders as was his wont whenever we met, if he talked, I listened. Believe it was at the 2012 Olympic luncheon when, in his opinion he said I ranked 5th all-time of British race walkers; Paul Nihill was his No 1. I nodded an appreciative smile; what more could I do? Another fond memory was his words during and after the 1983 World Cup 50kms. During the race his tough shouting inspired me to finish 9th with a new GB record of 4.02.37. Afterwards he said I should've gone sub 4. He was right of course. RIP Colin. Proud to have been a friend.”

Ray Middleton (Belgrave Harriers Olympian)

“Race walking has lost one of its favourite sons who gave everything he had whenever he put his race walking shoes on. R I P old friend, we will miss you.”

Bob Dobson: “Colin Young - The man who inspired me, mentored me, encouraged me, and with whom I shared many hours and days of training and overseas racing from day one when I joined Essex Beagles. I owe a lot to Colin, a great friend, companion and almost a brother. He will be greatly missed in many circles. Thanks Colin RIP.”

Kathy Crilley: “Colin always had a vast knowledge of all aspects of athletics - not just race walking. When Colin was on the Committee, he used to regale us all with his memories of races - which for me, was fascinating as much as before “my time” in race walking. I learnt a lot from Colin.”

Don Cox: “Super super ultra-distance man. When talking with Colin, he remembered more about my races than I did. When I first started race walking in 1968, every week I would look forward to

getting my Athletics Weekly and reading Colin's race walking reports. That little blue book was our bible. I remember Colin beating me in a 3k at Crystal Palace by dipping like a sprinter at the tape - years later he still reminded me about that race. A great gentleman. RIP. Colin."

David Neagle: "So very sorry to hear the sad news - not only an outstanding and determined athlete but, also, a kind and considerate human being. May he rest in peace."

Sue Clements (Centurions' Honorary Secretary and Archivist): "I am sad to read that the legendary race walker and Centurion 317 Colin has died. As well as his race walking achievements I was always impressed by his extraordinary memory for figures. I shall remember Colin with respect."

John Bachelor "Sad indeed, and with Colin goes an immense amount of knowledge and experience on so many different subjects. Another of life's great gentlemen and a great achiever."

Ernie Forsyth: "Such sad news about Colin Young. He really was a true legend and reminds me so much of my walking days at Beagles a true gentleman."

Roy Lodge: "Although I didn't know Colin terribly well I do remember competing with him and enjoying his affable and courteous manner. He was I recall a great team member and competed with vigour and passion. Another great Race Walking stalwart who will be remembered with affection. May he rest in peace and rise in glory."

John Hall: "Colin always had time to have a word. He mentioned Zatopek quite often. A few days ago, in trying to clear out some of my mass of (mainly athletics) clutter, I came across a draft letter I had sketched out many, many years ago. In it I said that I supported Colin's letter to AW in which he disagreed with some controversial view expounded by Julian Hopkins. Whether I will be able to track down Colin's letter and the Julian letter or article, I don't know, but it would be very interesting to find them. Naturally, in going through old AWs, I keep on finding Colin's excellent reports on race walking. From my conversations with Colin I always found him to have very sound views regarding race walking. A true gent and a very accomplished one."

ALLEZ JUNG! – MY TRIBUTE TO COLIN YOUNG (by Len Ruddock)

I joined Ilford AC in 1969 as an aspiring mile runner and soon switched to race walking due to the enthusiasm and encouragement of this particular select band of athletes in the club and this opened up the wider vibrant world of Race Walking.

I didn't know Colin in these early days as my main competition was in the Youth and Junior ranks but I always enjoyed the open races for all-comers and that's where I would've seen Colin in action. I became aware of his reputation and incredible distance credentials through the pages of, Athletics Weekly' and 'The Essex Walker' and listening to others in the sport. Competing abroad was to me something that others did but here was Colin not only doing so but also winning, amongst others, 100km and 24 hour races. Then came the staggering feats of the Strasbourg to Paris 512km (or thereabouts) race.

In 1971, my club-mate, coach and mentor, Roger Mills, organised a trip to Nantes in Normandy. En route, we were able to catch the early stages of the Rouen 28 Hours with Colin at the head of the bunch, which included Brighton & Hove's Dave Boxall and our club-mate, Steve King. That first racing trip to France for me revealed the greater enthusiastic support that there is in their sporting culture. The appreciation that 'Les Marcheurs' were athletes above all. It was the first time that I heard the shout "Allez Jung!"

In 1972, I was honoured to be invited to join the support team for Colin for the Strasbourg-Paris. My co-'seigneurs', Reg Wells and team-mate, Tony Perkins, had been with Colin for the previous year's event when he finished a close 3rd to the great Josy Simon of Luxembourg. It had come

with a physical cost in the blazing heat but had enhanced his reputation as a gutsy competitor particularly in France which I was about to discover in '72. It was an amazing week and the 3.5 days of the race, left an indelible impression on this 19 year old. 'Fandom' is a modern definition of what I experienced. As the race progressed, we were joined by increasing numbers who just wanted to be part of Colin's entourage, even during those long nights.

Colin liked his jazz music and was a great cycling fan which rubbed off on me and those intricacies of 'Le Tour' were explained. He had the knack of 'reading the runes.' Give him a race result and even better with time-splits, he would paint a verbal picture of the event putting flesh onto the bones. He was an avid reader, so maybe from NUTS colleagues and possibly L'equipe and La Gazzetta dello Sport provided the leads. With this information, he would always be popping up with some interesting result or tracking the form of certain athletes or cyclist. I remember that he picked out the rise of a certain Said Aouita way before he became a great middle distance champion. An inspirational motivator was Colin. On a British Race Walkers' Club weekend, he had an ongoing audience by reading snippets during the weekend from Ron Hill's memoir about the day of his Olympic marathon.

To train with Colin was great. He knew how to push you and when to encourage. Occasionally, on those tiring longer distance sessions, his 'race commentary' would run like ... 'The lights of the Olympic stadium are on ... only a few kilometres to go... as he looks behind' ... 'can see Pamich/Hoehne/Golubnichy (take your pick) trying to close the gap'... etc, etc.

Colin was a long-term contributor to the well-respected 'Athletics Weekly' and this period was of course, well before the digital age. He was always dedicated in getting his reports in by the copy deadline. This often resulted in late Sunday trips to central London to catch the last post. During his era, I believe Race Walking owed a debt of gratitude to his journalistic skills which raised RW's profile and respect from amongst the wider athletic community.

Apart from once beating Roger Mills in a game of squash, my next best feat of my modest sporting career, was passing Colin at 43km in the 1975 National 50Km Championships, which we both acknowledged with a nod. He often would refer to Paul Nihill as 'The Guv'nor' but to me this slight man with a big heart was often entitled to be called 'The Master.' RIP Colin. 1935 - 2019.

CENTURIONS OFFICIAL NOTIFICATION – Colchester 100 miles in 24 hours

You are invited to help spread the word about the annual Centurion race at Colchester, to encourage as many people as possible to support the event. Your support and active involvement will be much appreciated. We hope to see you there.

Walkers are warmly invited to the 2020 Centurion race walk which will be held over the weekend of Saturday 8 – Sunday 9 August 2020 on paths around Lower Castle Park (Colchester CO1 1UG) plus a short stretch along pavement outside the park. The lap will be approximately 2 miles' long. The race will be held under Category 'B' race walking rules. All entries to be made online at Entry Central (www.entrycentral.com/). Details and updates will be posted on the "Colchester 100 miles in 24 hours" Facebook page.

Sue Clements C950 (Hon Secretary - Centurions1911)

Tel: 01223 292155

Mobile: 07940 524716

Website: Centurions1911

GET WELL SOON

We're sorry to hear one of greatest long distance athletes, Centurion 331 John "Paddy" Dowling. has been a hospital inpatient in Sheffield. He'd been falling over a few times, which led to his admission. Paddy took up athletics while in the RAF and completed 9 UK sub-24 hours' 100 miles distances - 3 in the 18 hours' time bracket and another 3 in the 19 hours' time frame. Needless to

say, his outstanding performances were rewarded with richly deserved international appearances. We all wish this all-time great the best for a quick return to good health.

SOCIAL COLUMN

Metropolitan Police Walking Club stage their annual Dinner and Reunion on Wednesday 4 March at the Civil Service Club, 13-15 Great Scotland Yard, London. SW1A 2HJ. Dining commences at 6 pm, and is preceded by a reunion in the bar from 2 pm onwards. For further details just ask any Met Police walkers.

EDWIN GROCOCK RIP

We're sorry to hear that Centurion 695 Edwin Grocock, who in the colours of Sheffield, United WC clocked 20:42.51 when completing the 1980 Leicester 100 Miles at Congerstone, has passed on owing to a bout of influenza. Word is out that the deceased gentleman never believed in flu jabs. In his qualifying race 98 started of whom 64 finished - 28 for a first time. Of those new qualifiers 2 were from the Sheffield Club as a short distance behind Edwin was C696 Dave Staniforth - who, as we know, went on to greater things! Also qualifying that day were C694 Chris Bent who went on to win our now defunct Essex League and used to promote walking races in Benfleet from the Cedar Hall Special School (where he was head teacher). Another qualifier that day with an Essex connection was the late Mike Powell-Davies of the Long Distance Walking Association. Condolences are expressed to Edwin's family.

Tribute: "Sad news. I think he was 94. He was said to be race walking training last year, 2 or 3 times a week. He was therefore extremely physically fit for his age."

Richard Cole (Hon Treasurer, The Centurions)

PHOTO CALL

Colin Young with an Ilford AC team photo in the old Chigwell Row hut after a Christmas 10K.



Back row (l-to-r): Geoff Hunwicks, Stan Hart, Steve Gower, Frank Heaney, Arthur Croft and Dave Ainsworth

Around table: Roger LeMoine, Brian Armstrong, Michael Croft, Roger Mills, Roy Sheppard, Bob Dobson, Bill Sutherland, **Colin Young**, Don Cox, Florrie and Gilbert Embleton.

In front of table: Mike Scamell

Any idea which year?

RWA AGM REPORT - FROM "OUR SPECIAL CORRESPONDENT"

The RWA AGM, held in Coventry on 11 January 2020, was attended by 22 "stalwarts", all of whom attended last year at Nuneaton. In the absence of any contentious motions the agenda progressed with little dissent.

The following Officers were elected unopposed:

President - Colin Vesty

Chairman - Glyn Jones

Hon Treasurer - Mark Easton

Vice President - Carl Lawton

Hon Gen Sec - Colin Vesty

Hon Champs Sec - Noel Carmody

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Coaching & Development - Peter Marlow
Press & Publicity - John Constandinou
Hon Auditor - John Eldrick

International (RWA) Chair - Pam Ficken
Minutes Sec - Colin Vesty

The Gen Sec and new President stressed the need for race organisers to ensure early application for race permits and the appointment of race referees in order to comply with insurance and risk factors and "Power of 10" race results. An interesting point was made that "unattached" walkers who compete in road races are insured against risk factors for which the race organisers are responsible but not for risks caused by the individual competitor. Racing "unattached" is limited to 12 months if racing on the track but is not limited for road only competition.

RWA finances were generally healthy, supported by legacies and Presidents' appeals. But National Championships were not cost effective. There is a need to increase entry fees and competing numbers. The National 20kms was cited as an example, that by including it with the International Trial races at Leeds walkers were deterred by the early morning start, the venue, and the qualifying time standard of 2hrs 10 mins. A separate RWA 20kms would have a time standard of 2hrs 30 mins and it was proposed that an approach should be made to the Leeds organisers to lower their standard to 2hrd 30mins. Watch this space?

The "Presidents Cup", awarded to the area achieving most points in all RWA National Championships, was awarded to the North who pipped the South 20 to 17 by virtue of their IOM 50kms walkers. Next year's AGM will be held in the 2nd weekend of January. **Book your place now!**

TERRY's MILESTONE

In the 70s, among Ilford AC's ranks were a talented trio of race walking postmen working at Ilford Sorting Office. They were Brian Barnard, Noel Mooney and Terry Riley who was known as "The Big Man" owing to his tall build. Brian was more talented at darts - once appearing on ITV's Bullseye ("Here's what you could have won"). We've lost touch with Brian, but not Noel and Terry. Noel now resides in Collier Row (Romford) and is seen from time-to-time. Terry, a widower, resides in Hadleigh (Suffolk). We saw Terry at our 300th Essex League race and also on occasions when racing around Earl's Colne Airfield's perimeter track.

Terry was an asset to Ilford's walking squad as he'd undertake any distance from a track mile up to a London-to-Brighton. He'd travel to all venues, and loved the Leicester Open 7 Miles. He gained an RWA 7 Miles-in-an-Hour badge (much sought after by Clubmen) getting down to mid-50s timings for that distance. He won the London Postmen's 6 Miles-in-Uniform event on 5 occasions, to wit 1972-to-75 and then '77, his times being 54.24, 53.11, 54.35, 55.26 and 53.32 respectively. Breaking his sequence, in 1976, was "character" Dave Sharpe of Mount Pleasant Sorting Office in 54.46. During the '70s this race was well supported - for instance 86 turned-out in '74. Terry's best London-to-Brighton was in '75 when clocking 9:46.30 to nick 35th spot in a dip-finish with Bristol's T Moore (36th) from 73 finishers. Others behind Terry that day - *but still beating 10 hours*, were Johnny Morris, John Keown, P Dicks, Bernard Imber, T Blogg, ubiquitous Dave Sharpe, Fred Baker, Ken Roost, Peter Emery, Mick Barnbrook and Mike Gleed. Sadly Terry's racing days ended after a road accident on his moped in Becontree, which after surgery, saw him having to cope with one leg tendon shorter than his other. He made a brief, but unsuccessful attempt at a comeback - so sadly it wasn't to be. After the Royal Mail, Terry ran a newsagents/confectionery shop in Barking's Longbridge Road - then a wool shop in the same road - before moving to Suffolk.

Terry's a lovely man who'd do anything for anybody and who'll reach his **80th birthday** on Sunday 22 March 22. If you remember Terry and want to send cards, his son Geoffrey requests they be sent to: **Terry Riley c/o Geoffrey Riley, 45 Aster Road, IPSWICH. Suffolk. IP5 0NH.** The reason

is because Geoffrey wants to hand over all birthday cards at a special surprise 80th birthday celebration - and suspects any amount of extra greetings cards suddenly appearing might "tip him off" that "something's happening". Geoffrey has a request. He tells how much Terry treasures his RWA 7 Miles-in-Hour badge. Alas it's been mislaid over the years, and his son would love to represent Terry with a replacement on his 80th birthday. Are there readers with a spare one, or who've had one in their attics for years and never intend to wear or display it again? If you'd have a rummage and unearth one, please get it to Geoffrey at the above address.

LEN CREO RIP

Days before his 97th birthday, sadly, Len Creo (Worcester AC/Centurion 871) passed-on. He was very well known among Essex Walker's readers. However, there's already too much "doom-and-gloom" in this edition, so we'll give Len a tribute article in our next edition, plus we'll publish some of those tributes we've received. Condolence is expressed to his family.

ANOTHER CENTURIONS' WEBSITE

Readers will have noted nothing new being added to a much-visited **Centurions 1911** website of late; this as its Website Manager (Kathy Crilley) has been relieved of her role. However Kathy now contributes to a new similar website: www.centurionsworldwide.org.uk

PHILOSOPHY

Help a friend in need and he's sure to remember you - the next time he's in need!



Dear Dave ...

FROM A 5-TIMES' OLYMPIAN'S SCRAPBOOK

Attaching a photo for no particular reason other than it includes an illustrious group of men plus me! So much detail in the last Essex Walker, mostly good of course, some disappointing. May those sadly departed RIP.

Chris Maddocks



Photograph:

L-to-R: Ken Matthews, Chris Maddocks, Brian Adams, David Bedford, Roger Mills, Ray Middleton, Olly Flynn, Paul Nihill, Shaun Lightman and Howard Timms

WHAT'S HAPPENED TO RACE WALKING IN THE SOUTH?

Over the Christmas week over 650 park runners and numerous volunteers have attended Finsbury Park 5 Kms Run (400 on Christmas Day/250 on 28 Dec). Facilities were reduced as expected - no dressing rooms or showers, no cafeteria and toilets all closed, no entry fees, no entry forms, no closing dates for entry YET THEY CAME IN RECORD NUMBERS. So you ask where are the Christmas Race Walks in the South? *Perhaps someone could enlighten me!* **Bill Sutherland**

Adds Hon Ed: Bill has a good point. For instance, Boxing Day is a traditional day for athletics with many runs (for instance Ilford AC at Hainault Forest/Havering AC at Bedfords Park, and so on). Walkers used to have a number of Boxing Day events - and for many years Ron Wallwork staged a walking race in conjunction with Enfield's well-supported Boxing Day meeting - after he'd

revived it - it had previously been more popular in earlier decades when starting/finishing in Enfield town centre, with presentations in a large public house. That walk folded a few years' ago after 4 showed up. In Essex Southend-on-Sea AC celebrated their **66th** Anniversary Boxing Day morning pier race of 2 miles (out-and-back on planks of the world's longest pier). It's a closed event for their Club's runners - but the race walk (in conjunction) is open to guests. All guests need do is advise the Organiser of an intention to appear, as it's a yacht handicap which needs advance working out. Boxing Day 2019 was no exception in that it attracted a large turnout, as is traditional. Despite being open to race walkers how many appeared? Organiser June Cork answers that, "Nope. Not a single pedestrian in sight. Plenty of pre-Boxing Day lunch walkers, but that's all." Some years' ago a well-meaning person offered to out up a trophy to generate interest among walkers, but it was decided that not enough were attending to justify such a gesture. We thank June for continuing to invite walkers to participate, year-after-year. A very few race walkers have joined in over the years, but very few indeed! There's still a Boxing Day race walk (offering 2 distances) in Brighton's Preston Park. As for Essex - how about some "walking the planks" come Boxing Day 2020? Bill ends his email with a question - any takers?

MILESTONE ACHIEVED

Congratulations Bill for completing 150 parkruns. It is a big achievement - 150 weekends x 5kms = 750kms. Look forward to seeing you and Kath in March in the Met Police Walking Club annual dinner. I need a minimum of 34 paid guests. Andre Dique will be the toast master. Please spread the word.

Kitty Hung

Adds Bill Sutherland:

"Read the Highbury Fields Parkrun News [report](http://www.parkrun.org.uk/highburyfields/news/) for parkrun event number 432 (www.parkrun.org.uk/highburyfields/news/) and you will see 'Living Proof' of my 150th parkrun on New Year's Day. Onwards and upwards."



WRITES YOUR NEW COUNTY PRESIDENT

Please let me know where and when your Essex County champs are in 2020 so I can note the dates in my 'President's diary'.

Gerry O'Doherty

THANKS ON BEHALF OF OLLY BROWNE

Just wanted to say a big thank you to all the walkers who sent Dad a get well soon card. He really appreciated this. Big thank you. Hope to catch up soon. (Please could you send this out to the group please 👍 as dad asked me to say this).

Angus Browne

WRITES BOB DOBSON

Hearty congratulations, DA, on your Life Membership of Essex County AA. Well deserved.

Bob Dobson

SAD NEWS - JILL LANGFORD RIP

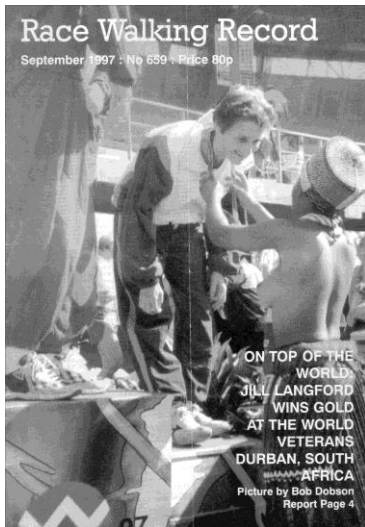
It is with deep regret that I have to inform you that I have received sad news that Jill Langford passed away on 27 December. Jill was a Qualified Coach and member of Wolverhampton & Bilston AC and part of the past RWA Coaching and Development Committee. She will be sadly missed.

Glyn Jones

PADDY DOWLING - GET WELL SOON!

I'm sorry to hear about Paddy's recent illness, a great walker with whom we've often shared the road, especially Richard as they walked together in 24h at Mons [Belgium] and at Vallorbe [Switzerland] while I was on maternity duties! We wish him a speedy recovery.

Sandra Brown



- Women's W55 World Masters Champion at 5000m 1997. Sad news indeed, lovely lady. An enthusiastic coach to many youngsters. Condolences to all her family. **Bob & Olive Dobson**
- I am very shocked and saddened to read this news. Jill was such a lovely, kind, unassuming lady who gave me great encouragement, both when I first took tentative steps into the world of race walking and ever after. Please pass on our condolences, when possible, to Lisa and the rest of the family. **Cath Duhig**
- So sorry to hear of Jill Langford's passing. She was indeed a special lady, someone I've known since meeting daughter Lisa in 1985. Jill welcomed me into her home from the time I started coaching Lisa during the remainder of the 80's; we remained good friends ever since. Lisa sent me a Christmas card and regrettably only then did I know how seriously ill her dear mum was. Kind and helpful to so many. RIP Jill. **Chris Maddocks**

ALF STOKES RIP

Alf was very fond of being a Centurion, his association with the Centurion club, and in judging at the events. Alf moved from Birmingham Walking Club to become a founder member of Tamworth Athletics Club in 1974, he then set up a very successful Bolehall Swifts Walking Club, before returning to officiate at Tamworth Athletic Club.

Mark Williams

MY FATHER TERRY RILEY WAS A FORMER RACE WALKER

My father Terry Riley back in the day was a useful race walker with many stories of races and training sessions with Roger Mills and other race walkers. Some of his stories involve trying and failing to keep up with him. On 22 March he turns 80 and a while back he mentioned that many years ago he had lost his 7 mile walked in one hour medal. I wondered if there was a way that either a replica or similar medal could be purchased which could be given to him for his 80th as it was something he was very proud to have achieved. Thank you for any help you can provide or point me in the right direction?

I was wondering if anyone you know would have any funny anecdotes, stories or messages for him? We are having a family get together for his **80th** and, if there are any, I would like to read them out for his birthday. Geoffrey Riley. Please submit to : slicksoftware@gmail.com or mail to: 45 Aster Road, Ipswich. Suffolk. IP5 0NH.

SPORTS PERSONALITY-OF-THE-YEAR 2019

Race Walking had excellent coverage on BBC South TV when Olympian Ian Richards, now aged 71, was awarded the Sports Personality for 2019 for BBC South for his outstanding victories in the Veterans Masters Worldwide and beyond. He had a lengthy interview displaying many of his Gold Medal achievements. He finished 11th in the 50 Kms Olympic Walk in Moscow in 4 hrs 22 mins and then retired for 25 years before returning to the Veteran scene when he was 60. Well done to him and so heartening to see much needed publicity for race walking.

Bill Sutherland (Essex Walker's TV Critic)

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