

# Essex Walker

Editor: Dave Ainsworth

## GOLDEN ANNIVERSARY

On Saturday 18 July 2020 at 1.07 pm it will be 50 years - to the minute - that Bill Sutherland crossed an Edinburgh finish line in the bronze medal position at the end of a Commonwealth Games 20 Miles' Walk with 2:37.24 on the large stadium timing clock. In a race held in cool and windy conditions, the front 4 were well spaced by the time they wheeled back into a brand-new Meadowbank Stadium, which had been built for the Commonwealth Games and officially opened on 2 May



by the Duke of Kent. In 1986 Meadowbank became the first Stadium to stage a Commonwealth Games for a second time. The top 4 were Noel Freeman (Aus), Bob Gardiner (Aus), Bill Sutherland and Bob Dobson (an early leader as they left the Stadium, on his International debut). Their times were 2:33.33, 2:35.55, 2:37.24 and 2:39.55 respectively. Defending champion Ron Wallwork was just behind in a very close 2:40.10. Our Home Nations were well represented with England, Guernsey, Isle-of-Man, Northern Ireland, Scotland and Wales all in contention. Nineteen finished, (1 DQ and 1 DNF). Bill's success wasn't as good as it should have been. When on his concluding lap of the Stadium track the BBC's Commentator, the late great David Coleman - appeared to know little about the medallist (something race walkers get used to). Despite being the first Scot to win a medal at the 1970 Games, Bill didn't make their official Scottish team photograph - as he didn't have his uniform, so wasn't permitted to take his place in the line-up. Bill had encountered problems getting his official uniform (see Bill's account below of his big day and events afterwards):

*"It would have helped had David Coleman known who I was. I think he did eventually mention I was a London policeman and I was thrilled to receive my medal from the late Walter Batson OBE, former Chairman of the Met Police Race Walking Club. I sent my personal details up for my official pass and clothes measurements all together but, unfortunately, they mislaid my clothes measurements, although I did get my pass. This meant I could not go on the opening or closing ceremony, but I did get my uniform eventually. I did however have a tracksuit and vest with number 319 thereon, so 13 has been my lucky number from then on. The build-up to the Games were not easy either as I did the MPAA Track and Field Championships at Hendon Copthall Fields in preparation in early July, winning in 12.57.8 inside the AAA Grade 1 Standard. The MPAA Committee decided to award me the Turner Shield for Best Championship Performance only for the Chairman, Commissioner Sir John WALDRON to disagree as he did not consider Race Walking to be an athletic event! However, the Secretary on advice of the Committee decided to call an Emergency General Meeting at the venue and the Commissioner's decision was overturned on a further vote! Perhaps if Inspector Charlie FOGG had won the race in the same time things might have been different as I was only a PC! At the 1971 MP Race Walking Club Dinner and Reunion at the Swan, Stockwell, the Commissioner Sir John WALDRON presented me*

with a plaque for my achievement of winning the Bronze Medal. Men only in those days, much to the approval of Sam Soane of the Metropolitan Walking Club. Quite a tale eh!" **Bill Sutherland**

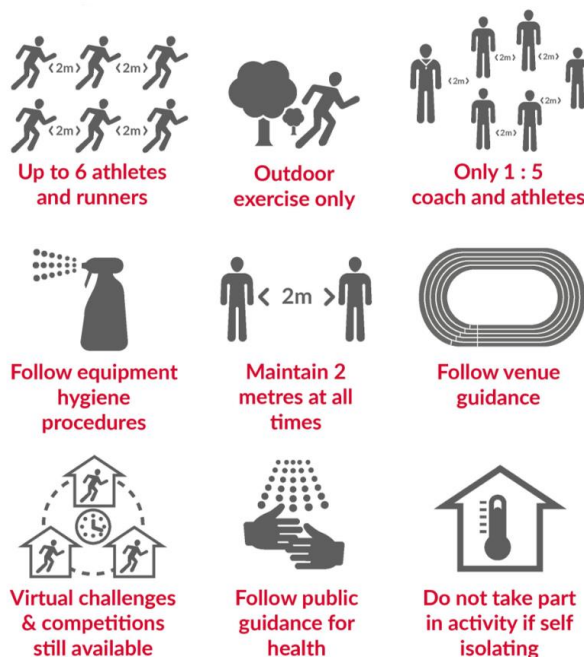
## A RETURN TO RESTRICTED TRAINING

At the time of writing the most current advice for athletes' return to restricted training has been produced by England Athletics (published June 2020). This advice represents Step 2 of the roadmap to return to competitive sport.

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

As the situation changes, further updates will continue to be published on the England Athletics website.

The following 2 guidance documents below - for athletes and coaches – may be of interest to some readers:



[https://d192th1lqal2xm.cloudfront.net/2020/06/EA\\_return-to-activity-guidance-athletes-and-runners\\_Step-2.pdf](https://d192th1lqal2xm.cloudfront.net/2020/06/EA_return-to-activity-guidance-athletes-and-runners_Step-2.pdf)



[https://d192th1lqal2xm.cloudfront.net/2020/06/EA\\_return-to-activity-guidance-coaches-and-leaders\\_Step-2.pdf](https://d192th1lqal2xm.cloudfront.net/2020/06/EA_return-to-activity-guidance-coaches-and-leaders_Step-2.pdf)

## MORE - MORE

Our recent feature article on former Ilford AC and Post Office walker Terry Riley omitted to mention a couple of impressive details. In the '70s Terry was a Civil Service Representative in the Ryan Cup - an annual Representative Match (British Police v Civil Service v Combined Services) over a then 10 Miles. In such times to gain selection in any of these 3 teams, a recent sub-90 minutes' 10 miles time was needed. The late Denis Vale selected the Civil Service team and Post Office walkers were eligible for this team due to historical connections. Also, Terry had a better London-to-Brighton time than in the race we reported on (and that was good). In the 1973 Terry missed a 1st class time standard by seconds as he was 15th (from 60 finishers) in 9:15.45. That race was won by Olympian and 1970 victor Shaul Ladney (Israel) in 7:57.27 with 1972 winner Peter Selby 2nd in 8:10.40 (a year earlier his winning time was 8:13.47, so he sure was a consistent A23 athlete). Seventh was an in-form now Springfield-based Jon May (Metropolitan WC) in 8:57.52. In 27th place came Barry Daymond (Essex Police) who clocked 9:56 dead. Wee George Woods of Southend-on-Sea AC, who always finished - this time in 11:56.58 – was 60<sup>th</sup>. His name lives on with the "George Woods Trophy" which was gifted to us by the talented O'Rawe family and is competed for each August Bank Holiday Monday, going to the first Essex-resident Centurion in the Southend Mile at Garon Park track.

## JOURNALIST'S WORDS

The late Cliff temple, who left us in tragic circumstances when aged just 46 in 1994, was one of race walking's best friends in Fleet Street. His coverage of an Essex star team of race walkers visiting Mexico (during that Country's dominance) was journalistic excellence. In a later favourable article about race walking he wrote, "Race walkers - they're a great bunch, but you really wouldn't want your daughter to bring one home with her".

## **PRAISE BE**

Among readers' contributions in our previous edition was one referring to the late, great Judy Farr. Great - yes, but as we're so pleased to inform you - not late. Praise be indeed!

## **GET FIT SOON**

Race walker and parkrun regular Pamela Abbott has suffered a slipped disc. We commiserate with the good lady and hope her setback will be only a short one.

## **BILL PILGRIM RIP**

Stevenage-based Bill, man of the '70s, has sadly passed-on aged 69 as a cancer sufferer. For many, we last saw of Bill when he was among around 13 former names from past days of the Borough of Enfield Harriers (as then called) who showed up for their 90th Enfield Open 7 Miles and memorable reunion in 2016. On that occasion Bill was driven there-and-back by fellow Stevenage resident and Enfield member Ken Roost, who lived close by. In the '70s, Ken twice completed Ewhurst 100 Miles' races (1975 for Verlea AC/1979 for Enfield)) with a sub-20 hours' time recorded at the latter event. Bill was a regular training companion of Ken, along with a 3rd then Stevenage resident - the late Ron Purkiss who also completed that '79 race in a memorable sub-20 hours. Bill can take credit for encouraging both worthies with his enthusiastic training input. After quitting race walking he continued in athletics by appearing in local 10k runs.

When Bill arrived at Stevenage New Town in 1956 he was a decorator by trade. He moved into youth work and helped vulnerable teenagers and children with additional needs. Bill met Margaret in 1975 and a year later the good lady became his wife. Bill became a pillar of the Community and was Vice Chair of his local Age Concern branch. A spokesperson for Citizens Advice Stevenage Branch called Bill "a wonderful man who will be sorely missed". Stevenage Council Leader Cllr Sharon Taylor described his departure as "a sad loss for our town".

One Race Walking Record result is a combined Bedfordshire and Hertfordshire 10,000 Metres' Championship at Welwyn Garden City Track (4 April 1976). Beds took centre stage with the top 3 positions, led home by Highgate Harrier Ken Eggett in 50.19 with fellow Highgate Harrier man John Telford 2nd in 50.23. There was a strong link in the '70s between Highgate Harriers/Vauxhall Motors and Bedfordshire County AA. Top Hertfordshire man was 4th placed Ron Purkiss (he'd recently left Stevenage & North Herts AC to join Verlea AC) who clocked 50.44, so was Herts County Champion. Bill Pilgrim, representing Verlea AC that day, was 9th overall (4th Herts) in 55.44. Others among 15 racing included, in overall positions: 5th Peter Worth (Verlea) 52.38, 6th Laurie Warwicker (Met WC) 52.40, 7th Trevor Parsloe-Williams 53.15, 10th K Booth (Verlea) 56.32, Ken Roost (Verlea) 57.37 and 14th Hew Neilson (WG) 65.25. The '70s saw a fair bit of "to-and-fro" between the Borough of Enfield Harriers and Verlea AC. As for Verlea their name disappeared in March 2002 when merging with another established Club - Hertford & Ware AC - to form Herts Phoenix AC. To Bill's family we express our profound condolence on the loss of one who was truly both well thought of, and much admired, in his community.

## **SAD CORONAVIRUS LOSS**

With regret we inform you that Laurie Kelly's wife of 54 years, Linda, has died in a Care Home as a coronavirus patient. Despite reaching 86, Laurie has - and still does - hold many appointments within athletics. Laurie is to move to Nelson on New Zealand's South Island to be with his family, when this current medical situation is declared over - as that's where his son and daughter (both in their 50s) have settled.

Laurie is one of race walking's greatest ever supporters, and was to the fore (with others) in successful reinstatement battles when our event was twice thrown out of annual Inter-Counties Championship meetings. He's been Honorary Secretary of the London Business Houses Association continuously since 1965, organising so many events including the City Charities and Annual LBH Championship meetings. Laurie always featured race walking - even when sometimes we didn't give him the support he truly deserved. Laurie's in regular demand as a meeting announcer/commentator and had accepted appointments, such as the Civil Service Track Championships, for this summer (all Summer engagements now cancelled). Laurie, who commenced athletics with Queen's Park Harriers before moving to Thames Valley Harriers, was a

former Middlesex County AA representative in the long jump and short sprints. In later years he became Middlesex County AA President, and also a long-serving Middlesex County AA Team Manager. Laurie's commitment to athletics was shown 6 years' ago when a then Hon Secretary of the North-of-the-Thames Cross County Association just stopped doing the job - this emerged when the season was about to start and no fixtures/meetings had been advised. Laurie called a Special meeting to secure the services of a replacement so as things could be kept doing. Nobody came forward and it looked as this long-established Association would fold. So Laurie's said he'd take it on, until somebody else came forward. Yes, you've guessed - he's still has this job. Laurie's also still in post at the London Business Houses Association - both organisations now need newcomers to step forward. Any takers? Laurie Kelly has been honoured by the South of East England Athletics' Association by a Longstanding Service Award. On behalf of all readers we express our profound condolence to Laurie and his family members now based in New Zealand. And, of course, we all wish Laurie well when as commences his new antipodean life.

### **STEP BACK**

England Athletics have extended their ban on road races to the end of July. Also cancelled is Britain's most popular road race, September's Great North Run, which had 60,000 adult entries on this year's programme, and an event that always sees some race walkers participating.

### **FOR THE RECORD**

The previous issue mentioned our Race Walking Association's 100 x 1 Mile Relay on Chelmsford's Melbourne Park dusty cinder track in May 1977. This article showed a picture of Ilford's squad, management and supporters and reported that they'd finished within the existing World record time. A couple of readers asked who'd won? It was the Borough of Enfield Harriers in a new World record time of 12 hours 37 minutes and 24 seconds. Their victorious 10 were, in order: Adrian James, Geoff Robinson, Tim Mayor, Dave Salter, Colin Fisher, Graham Scott, Peter Worth, Charlie Fogg, Hamish Stewart and Amos Seddon.

### **IAN GARMSTON'S CONTRIBUTION**

Ian Garmston has submitted a couple of articles (below) which he posted on his Facebook page recently... (**'Busking to a Different Beat'** and **'Survived another Week'**). He says "they both take a sideways glance at the impact of Covid-19 ... and may bring you up to speed with how I have reinvented myself (well, Madonna did it many times) since arthritis, over the years, has denied me my race walking and my motorcycling! The music was always there ... but in the background - basically a tool of my trade as a primary schoolteacher. And it is so useful now, because it is something I can do sitting down!"

#### **"BUSKING TO A DIFFERENT BEAT" by Ian Garmston**

"Last year I started busking. It was a good way of raising cash for good causes. Moulton folks kindly encouraged my initial attempts, and after a few gigs around the village I played at the Newmarket Music Festival. Then other work arrived via adverts generously accepted by **CB8 Magazine**, and a website. The year finished well, with a significant wedge being punted towards my chosen charity, Marie Curie."

"I relished the knowledge of engagements confirmed until this August. Then we were T-Boned by Covid-19, and comprehension of the impact slowly dawns. Nobody is excluded from an obligation to do things differently. Circumstances will recover, but it remains to be seen how such a seismic shift in our personal, social, and economic landscape may influence future daily routines."

"Lockdown certainly scuppered any concert opportunities. So, for ten weeks I played an alfresco set, prior to the clapping outside home each Thursday. Hopefully, that has kept me sharp for when things eventually ease, as well as entertaining my kind neighbours, who have supported me."

"It will be splendid to reach the end of this present, horrid, predicament. To finally relax under that iconic rainbow which has become such a symbol of hope. The struggle is certainly worth the prize

of surviving. Even if we discover that the rhythm of current life has altered the cadence of its beat. Perhaps forever. Stay Safe! Ian.” **THE COMMUNITY MINSTREL** [www.iangarmston.me](http://www.iangarmston.me)

### “SURVIVED ANOTHER WEEK!”

by Ian Garmston

“My final athletic outing was the 2002 Great North Run, alongside good friends Ian Spinks and Ron Wallwork. Ian ran the event, whilst Ron and myself racewalked. We three had trained together, in order that we might compete together.”

“Endurance athletes need to develop a specific fitness which is diametrically opposed to the explosive requirements of sprinters. In addition, they need a mindset capable of guiding them through to the end of a very long race. Perhaps when most of a field of runners are equally fit, a race can be won by the athlete with the most determined attitude.”

“I recall a style developed thirty odd years ago. The trick was to take each phase of a race as it came. To forget about an end strategy, and simply concentrate on winding in any clever bozo directly ahead. To chip away at passing them without appearing too breathless. It always took immense focussed control to quieten my breathing as I approached, and thus hopefully psych them out. But it was worth all the effort, because of the prize of a sweet moment if I did overtake. (Not often enough!)”

“It is now quite evident that we all need to recalibrate the rhythm of our daily lives. I am finding that genuinely hard. I wake each morning reflecting on yet another day of lockdown stretching ahead. Maybe I need to go back to my original racing tactic – ie to just take one bozo/week at a time ... or even just one chunk – as did the truck driver in the 1976 “YORKIE BAR” television advert! Catch this link: <https://www.youtube.com/watch?v=D0l5aH7RbVo>. If you are old enough, you will remember! Stay well Sunbeams!”

#### Adds Hon Ed:

Moulton-based Ian became Centurion 899 when completing the 2nd ever undulating Hungarton 100 Miles in 1992 (staged by Leicester WC) in 23:16.24. Fifty-nine started/28 finished, with 10 joining The Centurions, including fellow Moulton resident and training partner Ron Wallwork C893 in 22:26.07. Among newcomers were Belgrave Harrier Pat Duncan C897 in 23:01.11 and 2nd lady finisher Jill Green C898 in 23:13.59. A trend was emerging as the other welcome 6 came from across the Channel. Up front Mr & Mrs Brown crossed the line together - hand-in-hand - clocking 18:50.29. Earlier that year both finished the epic Paris-Colmar. Ian and Ron, plus their good ladies have returned to Hungarton on milestone occasions to celebrate their 100 miles success - by driving around the course before enjoying lunch at that nice public house on the course - the same establishment as chosen for a post-service gathering after we'd said farewell to famous Leicester Centurion Peter Markham C526 in 2011. Leicester used parts of the course for their shorter distance road walks (7 miles/10k etc) so many readers are aware of its severity! Ian's a pillar of the community in Moulton and, with his many contacts, has often been prominent in staging the highly popular Open 5 Miles. Our previous issue recalled how late Moulton helper Tony Challis used his camera to catch some participants "up" as they say. Ian's also used his camera - to identify those who "walk wide" so causing danger and bringing this event into disrepute.



## RACE WALKING ASSOCIATION ARCHIVES

<http://racewalkingassociation.com/Archive/Archives.asp>

For those who have an inclination for reading past issues of the Race Walking Record, the RWA has an online archive which to date has 479 digitised copies, from 1941 to 2020. Currently 44 complete years are online, with a further 415 issues yet to be digitised.



2020  
complete

2019  
complete

2018  
complete

2017  
complete

2016  
complete



1944  
complete

1943  
complete

1942  
complete

1941  
complete

- 1941 to 1970 inclusive (complete)
- 1973, 1974 and 1976 (incomplete)
- 1980 and 1984 (complete)
- 1996, 1998, 2000 and 2002 (incomplete)
- 2009 to 2020 (complete)

## LET'S GO INDOORS

For years when considering indoor athletics, the only venue mentioned was an old hangar (in which was once a large workshop) at RAF Cosford, in the wilds of Shropshire north of Wolverhampton. Our National Championships were held at Wembley Empire Pool from 1935-to-39 and returned there in 1962. In 1965 they moved to Cosford to enjoy a 27 years' run until 1991. Cosford meetings commenced in 1955 on a flat 160 yards' long concrete track, which in 1961 was extended to 250 yards with banked boards added in 1965. This huge hangar could cram in up to 3,000 spectators who'd driven along narrow lanes or travelled to a small adjacent Cosford Station. Cosford track wasn't great, but big names still appeared: Sergey Bubka pole-vaulted there in his early years and Seb Coe twice set world indoor 800 metres' records clocking 1:46.00 and then 1:44.91. One indoor athletics facility was used even before the Empire Pool. In 1877 at Islington's New Agricultural Hall, Daniel O'Leary and Edward Payson Weston competed in a 6 days' walking race for a wager. Mr O'Leary won, having accounted for 519 miles - so beating his own World record. More valuable than a purse, was gate money as 35,000 fans had been present during this contest. Takings were split with each receiving £14,000 (worth over £200,000 in today's terms). Sir John Dugdale Astley MP was a major patron and sponsor of such events. If now seeking this venue, it's still there - in Upper Street N1 as the Islington Business Design Centre.

Just one of many Cosford indoor walks was on 13 March 1976 when 8 amateur athletes turned out over 3,000m with no such remuneration in prospect. Roger Mills won with consummate ease burning-up the track in 12:22 dead, with Junior International Mike Dunion 2nd in 13:09.4 as Olympian Shaun Lightman completed the frame in 13.28. RAF duo Dave Lawson and Centurion Ray Flynn came next, clocking 14.27 and 14:32.2 respectively. Ilford's Mike Gibbons was 7th in 15.12. He was quite a find for Ilford but dropped-out when accepted into Oxford University - then only seen at occasional races out that way, such as those staged by genial Chris Newman in Gloucester, after which Mike disappeared. Eight had started with only Enfield's Hamish Stewart incurring a judges' wrath in those "one shout and you're out" days.

## **PUTTING THE RECORD STRAIGHT**

A recent Essex Walker listed Centurions who are also Olympians. Since then 2 more have come to light:

C2	Jack (aka John) Butler	1908 London 3,500m & 10 Miles
C10	Tommy Hammond	1908 London 10 Miles
C12	Bill Brown	1908 London 3,500m
C175	Rex Whitlock	1948 London 1952/Helsinki 50K
C276	Frank O'Reilly	1960 Rome 50K
C376	John Kelly	1968 Mexico 50K
C631	Don Thompson MBE	1960 Rome 50K
C778	Brian Adams	1976 Montreal 20K
C1064	Ian Richards	1980 Moscow 50K
C1098	Dominic King	2012 London/2016 Rio 50K

The 2 who've been unearthed are Jack Butler and Tommy Hammond. Their Olympian status was discovered by 1978 Commonwealth Games bronze medallist Tim Erickson - athletics' historian, statistician and Editor of the Victorian Race Walking Club's informative "Heel-and-Toe" newsletter. Tim has edited this publication since the year 2000 and its history goes back to 1930. It's read in the UK - which is good, for on many occasions weekend results are in print and available over here - first!

This newly-identified duo who gained Olympic status have been confirmed by checking result lists from the 1908 London Games and both are listed as official Olympians. Jack was fifth in Heat 3 of the 3,500m clocking 16.17, and in Heat 2 of the 10 Miles he recorded a "DNF". Tommy clocked 1:23.44 in Heat 1 of the 10 Miles, just narrowly missing out on qualification for the final.

## **PCs PLOD**

A Chief Superintendent of Hampshire Constabulary has revealed that 67% of her Force's officers are overweight or obese. Annual fitness tests became compulsory for police in 2014 following a review. Perhaps they should introduce race walking to their rank-and-file? Our last issue showed the 1977 Metropolitan Police race walking squad - complete with Stuart Bennett's accurate assessment of the quality of those in that picture. A bit of "heel-and-toe" would do Hampshire bobbies some good. That great picture prompted 3 readers to enquire where the late Lew Mockett was - indeed one spent ages going over it time-and-time again, trying to identify Lew from how might have looked back in 1977. We'll put you out of your misery - Lew isn't in shot!

## **GET WELL SOON**

Ilford's octogenarian stalwart Ed Shillabeer (aka "Edbanger") has spent a week in hospital during which he had an operation. He was discharged, but re-admitted 2 days' later. Centurion 590 Ed's been a key figure on our Club, County, National and International scene over decades, well since the mid-'70s. Ed's much travelled and has so often showed-up at British, European and World Veterans/Masters' Championships. It's a sign of this superstar's determination that he's emailed, from his hospital bed, news of what walking races he's considering entering when racing fit again! That's the spirit! Many have sent "get well" messages to this popular athlete and all will wish him a speedy recovery.

## **BOWZA GOES WORLDWIDE**

Famous Bowza and his also famous owner - Centurion Don Cox - have gone worldwide with a tribute film on Super Master TV, which was filmed at Ipswich Town FC's training ground. This appearance has also been "doing the rounds" on Facebook and YouTube.

<https://www.youtube.com/watch?v=gM40ngF-rDg&feature=share>

Race walking had a good plug as Don appeared before the camera in his eye-catching blue Centurions' top. Incidentally these, and other quality items, can be purchased from The Centurions Merchandising Officer, who is again Chris Flint, to whom this task has returned.

**CARTOON** by Russ Dickenson,  
Victoria Race Walking Club (Australia)



### **GOOD NEWS AT ILFORD AC**

Iford AC's only double Olympian (London 2012/Rio 2016) Neringa Masilioniene (nee Aidietyte) is pleased to announce she's pregnant again and wishes to share her good news with you all. This happy event is expected to occur in December. Last year saw the arrival of her first-born son Jokubas. We wish Neringa and her family well and congratulate them on their good and joyful news.

### **PADDINGTON LEAGUE WALKS (1969)**

This photo (supplied by Chris Maddocks) was taken in 1969 at the Paddington Track in central London and shows the walkers relaxing with a beer after a Wednesday night walking race. What is extraordinary about this photo is that the majority of these walkers were international representatives at one time or another. In other words, a Wednesday night club race saw the cream of England's walkers come together to race each other. On this particular occasion, Peter Hodgkinson was first to finish and he is shown holding the bouquet of flowers awarded to the winner.



Back row (left to right): Alan Callow, Bob Dobson, Julian Hopkins, John Lees, Jackie Lord, Colin Young, Carl Lawton, Roger Mills, Bill Sutherland, Charlie Fogg, Shaun Lightman, Ray Middleton, Peter Marlow, Ken Carter  
Front row: Len Duquemin, Peter Hodgkinson

**Ray Middleton** commented: "They were great races because they are bloody *walkers*."

### **MRS FELICITY BROWNING RIP**

We regret to report that Felicity, wife of another former RAF race walker (like so many RAF types, ex-Trowbridge & District AC) Dereham-based Dave Browning, has passed-on. Condolence is expressed.



## GOOD NEWS

On a good news theme, soon Lincolnshire-based George Towers and his wife Joyce will celebrate 66 years of marriage. George was an IAAF Race International Panel Walking Judge, and appeared for Leicester WC and the Royal Air Force. **The date is 31 July.** George organised our 1981 RWA National 50K Championships at Sleaford when 100 started - those were the days. If you want to note his address for a card nearer the day it's: 3 Stray Green, Ruskington, SLEAFORD. Lincolnshire. NG34 9HY.



## Dear Dave ...

### MESSAGE FROM MRS BARBARA CHALLIS

Will you please thank everyone for their kind condolences - which they sent to me and my family. Thanks for everything you have done for me recently and during the last four-and-half years whilst Tony was in the Nursing Home. Thanks again.

**Barbara Challis**

### NICE TO HEAR FROM HIM

All fit and well this end. I am disappointed that the 100 miles is cancelled as I was going to give it a go, (only joking), those days are long gone, still doing a bit of running that's all I am doing at the moment with the lockdown, I do get the Essex Walker and spot a few names from the past.

**Glen Robertson**

### Adds Hon Ed:

If you've not seen West Bergolt-based Glen of late, he qualified as Centurion 946 (23:10.45) as a Colchester Harrier - CHs jointly promoted a 1996 100 miles' race in conjunction with London Vidarians, based around Lower Castle Park. Richard Brown (18:12.04) won a UK 100 for a 7th time with Sandra Brown (3rd) as first lady. 39 started/26 finished (1 DQ) of whom 11 were new Centurions - among them were "postie" John Fenton, G Paynton (LDWA), Sue Clements (now Centurions' Hon Sec, Hon Archivist, Vice Captain & Vice President) and the late Jerry Everett (who was on the event's Organising Committee) who so sadly left us in December 2008. In keeping with a trend those other 6 newcomers came from abroad. The Mayor of Colchester was "Mr Starter" - Anglia Television and BBC Essex radio covered it.

### THANKS FROM THE DAUGHTER OF TONY CHALLIS RIP

Thank you for your kind messages and all the information about our Dad's athletic prowess. I know my mother is very proud of Dad's athletic achievements. She is comforted by the

kindness of dad's former teammates and will be quoting from them both in the chaplain's address and her eulogy at Dad's funeral.

**Wendy**

### NEWS FROM STEVE KING IN CANADA

Nearly all the races I'd be doing this year have been cancelled up to the beginning of August and we also have a trip to Argentina, Chile and Brazil planned for September but we consider ourselves very fortunate, given all the pain and suffering going on around the world. I am still working as I am considered essential service but the weekends seem strange as I am now home. Taking lots of online courses. I received a couple of surprise race-walking photos from Tony Perkins and one from Brian Armstrong - delighted to get them but could not remember the races themselves. Stay safe and please pass on my best wishes to all. TRI to keep FIT.

**Steve King**

### SUFFOLK WALKING FESTIVAL WAS ALSO CANCELLED

I have received the latest copy of the Essex Walker - thank you. I'm saddened by the loss of the Suffolk Walking Festival as I had managed to engage Bob Champion for our final day and I was looking forward to that. I made sure I walked a high mileage week that week though to test my legs ... 80 miles clocked in glorious weather. My own walking group is asking for 1:1 walks so I've something pencilled in for every day this week. I'm not ready to walk/meet with 6 people yet as I find the bigger the group the easier it is to forget the social distance guidelines. Keep safe.

**Joyce Crawford** (Centurion 1183)

### ANNOUNCEMENT FROM TONY MAXWELL

Keep fit guys, the next Athletes' Reunited lunch is not too far away.

**Tony Maxwell** (The Convenor)

## **MIKE SCAMELL RECALLS**

I am so sorry to hear of the deaths of both Ann Sayer and of Hartwig Gauder. Ann was an amazing person - we used to see each other very often at Ashton Fields track, where we used to meet up for training with the great Tom Richardson. I have not heard anything of George Eastwood for many years - I'd love to have news of him. He and my Dad had a friendly rivalry and were always trying to gain a psychological advantage over each other. On balance, I think Dad just had the edge, although he didn't get it all his own way. Dad convinced George that the secret of his success was "the three Bs", but was extremely vague about what these were! He did let slip that he consumed a lot of bananas, but George was left in the dark about the other two Bs, despite extensive efforts on his part to find out what they were. I can finally reveal that the whole thing was a con - there were no "three Bs"! Happy memories ... **Mike Scamell**

## **NAMES FROM THE PAST**

Here's a blast from the past! Interested to read your magazine with names that I'd long forgotten. However I still have contact with a few from my days with the Vidarians. I spoke to Dick Hylands only last week, he lives in Kent but visited us here in Weston-super-Mare a year ago. I'm also in touch with Paul Maidment and we visited him in Bangor, Northern Ireland, two years back. He's well but given up walking though he competed (walking) in the Belfast Marathon for several years. Laurie Warwicker ex-Metropolitan WC is living in Hitchin, but his health is not good. Until a few years ago I would see Arthur Thomson at my old school annual run, he and I were in the same year. I took up jogging when we moved to High Wycombe joining what is now the Handycross Runners. However I didn't give up walking entirely, my last race was the Bucks track championship in 1990 which I won. I ran a few races when we moved to Weston but gave up about five years ago. I joined our local 50plus sports club, where I'm known as Gerry and his pacemaker, and play racket sports, that is, until lockdown. I now walk every day, not at race pace, at 84 that's long gone. Gillian and I are trying to keep out of trouble. **Gerry Grosse**

## Adds Hon Ed:

We've heard from another former member of a now disbanded London Vidarians WC - **Mike Gleed**, who resides near Tattenham Corner on Epsom Downs. Now also aged 84, Mike's vividly recalls that he relished the challenge of a 52 miles' London-to-Brighton Walk on the first Saturday in September. Mike has happy memories of that event, in which he was a confident sub-10 hours' finisher. Mike's suffered a mild stroke lately which affected his walking - however he resides in a bungalow so doesn't experience the difficulties associated with using a staircase. He's mostly over it - and it didn't affect his speech or ability to enjoy reading. Mike has a large garden to make his "lockdown" easier. He sends his regards to all.

## **BILL PILGRIM TRIBUTE**

I have to admit I don't think I ever knowingly met Bill to speak to but I'm sure we raced against each other. The name is certainly familiar and to have been Ken's and Ron's trainer when they both did sub-20 hour times shows he knew about endurance and speed combined. It's very sad that he has become a victim of cancer. **Chris Flint**

## **DOWN MEMORY LANE**

Belgrave 7 must have been in November - always a pleasure to visit Wimbledon and the Headquarters of Belgrave Harriers but I do not remember much about the inside other than I suppose the changing rooms were unlike the Metropolitan Police WC at Thames Ditton where some of us spent many happy times, after racing, in the bar - with Charlie Fogg and Alex MacFarlane etc - then driving home via another watering hole - Rugby Club near the old headquarters of the Milk Marketing Board at the end of the Kingston bypass. Those were the days - racing and relaxing - no wonder I never made a lot of progress in those difficult times. Enjoy life - it is there for living. **John Northcott**

## **PEDALLING FOR THE SHAKESPEARE HOSPICE**

Faced with the prospect at the beginning of the lockdown of how to enter into a daily rhythm and routine to keep sane and healthy I made the decision to cycle every day for 90 minutes

plus to raise funds for the Shakespeare hospice in Stratford upon Avon. This was not a difficult decision since I was already planning in my mind what major long distance ride I was going to undertake this year for the hospice. Since being Mayor in 2006/07 I have undertaken a major annual ride for the hospice and so riding during lockdown meant that I was simply bringing this forward with a similar challenge of endurance.

I set myself a target of covering approximately 900 miles (the equivalent of cycling from John O'Groats to Lands' End) which I achieved on Sunday 15 June, in 92 hours and 78 days, having raised £3,053. This involved cycling every day (with the occasional rest day) to different parts of the Stratford district embracing Halford, Shipston, Alderminster, Pebworth, Welford on Avon, Bidford on Avon, Wootton Wawen, Snitterfield, Loxley, Wellesbourne, Alcester, and Warwick. At the beginning of the lockdown on Monday 23 March for a number of weeks it was like cycling on Christmas Day with no traffic to speak of on the roads and a cyclist's paradise. I was meeting fellow cyclists from all directions plus numerous joggers and walkers. Cyclists and pedestrians had regained supremacy on the road network.

This was not, however, to last for long as restrictions began to lift as motorists returned to the roads with a vengeance and in many cases using the roads as if they were on a Formula 1 circuit. From experience this is when you have to have your wits about you. The road brigade says, that on major roads you can expect some "near misses". This was my experience especially negotiating with traffic on roundabouts. The cycle lanes on the arterial roads offer some safety and security but one can still feel intimidated by the proximity and speed of traffic which is frightening. In some areas the cycle lanes are not always continuous and often covered with surface grit. I did, however, survive the 78 days without a puncture. For the whole journey I found my mind focused on the traffic, avoiding pot holes, uneven drains and grit, with a constant awareness of how vulnerable you are. Occasionally you could take in the countryside views and on the whole the weather was generally benign. At times every

muscle in my body was straining, sweat stinging in my eyes, breathing more than I ever have, almost needing a ventilator! Drawing on hidden reserves of energy and shovels of grit, you are the engine of your machine that requires finding a rhythm that suits you. There is, however, something about the rolling rhythm of cycling which is irresistible. At 82 years old you have to ask yourself. Why do it? For fun, for a challenge, out of interest, escaping the boredom of lockdown or for a charity. Well having competed in athletics at international level and in the pre-Olympic squad for the 1968 Games I am grateful that, despite having undergone brain surgery in 1974, I still have that competitive strength, determination and grit to put to a cause that is so dear to my heart – the Shakespeare hospice. Why do it?

Firstly, like most charities the hospice is suffering a shortfall in its revenue to support the vital services it provides, such as advice on pain and symptom control, complimentary therapies, counselling, spiritual care and diversional therapies. Secondly, it only receives 11% of its funding from the state and is in urgent need of funding for PPE while Covid-19 government help will not cover 100% of its costs. The third reason is a personal one from having a lifelong interest in palliative care since training as a medical student in London and on a placement at the St Christopher's Hospice.

My support for the hospice movement is therefore based on a lack of strategy, a lack of impetus, and a lack of sustainable funding for high quality end-of-life care in England. There is a need for the adoption and implementation of a strategy that makes high quality end-of-life care a national priority. It is simply not acceptable to be surprised that people die. We are all on the same journey: let us make it together, to the very end.

**Rev Dr Roy Lodge MBE**  
Former Mayor Stratford upon Avon

### **MESSAGE OF HOPE**

In Race Walking we are a better position than most other sports. There is an abundance of would-be walkers who could be encouraged to take part. They just need some enthusiastic coaches and teachers that were around in the

past and when our races do start again we could even surprise ourselves with the size of our field with many new starters. If there's a will there's a way, whatever the challenge!

**Bill Sutherland**

### **GEORGE EASTWOOD UPDATE**

Another great article! I remember him and others well as we were close friends of Ken Turner (Woodford Green AC, Centurions, City of London Police and British Police). I can picture George in my mind's eye.

Just off training to beat the boredom of lockdown.

May Essex Walker's team keep up all your much-appreciated endeavours for Race Walking.

**Bill Sutherland**

### **THANKS**

I would like to thank you for passing on my loss to my many friends in the Walking World. It was so heart-warming to receive so many messages and telephone calls of consolation and sympathy. It is at times like this that one really finds who your friends truly are and I would like to pass on my sincere thanks to all of those who contacted me.

As the end of the current situation does not seem to be in sight for some time to come I cannot see my departure to the southern hemisphere taking place in the immediate future, so I am afraid that I will still be around for the greater part of this year, but as most of this year's fixtures have been either cancelled or postponed, I might be able to meet up again with some of my friends again. In the meantime, please stay safe and alert.

**Laurie Kelly**

### **NEWS ABOUT LAURIE KELLY**

Laurie was greatly hampered with his activities while he was caring for his wife at home. I expect she went into a care home when he made his trip to NZ a couple of years ago. You've provided a good summary of Laurie's activities. As you have said, he was great supporter of race walking. He did a great job of managing Middlesex men's teams over a number of years when I was the usual race walking competitor. Laurie was always very encouraging of my efforts. Any point I

managed to pick up was applauded. He was very pleased when we won the Counties Athletic Union (CAU) title in 1994, with Linford Christie being part of the team, along with several other well-known athletes. I have worked closely with Laurie in recent years with regard to Civil Service departmental sports days. He has helped at MAFF/Defra sports for many years and in recent years has organised for a group of officials to turn up. He will be greatly missed when he leaves for NZ.

**John Hall**

### Adds Hon Ed:

We've had a few similar emails along the same lines as John's Halls appreciated words. All writers say how much octogenarian Laurie will be missed after he's relocated.

### **WORDS TO LAURIE KELLY**

Pauline Wilson and I were very sorry to hear of your sad loss and our thoughts are with you. We both remember the very enjoyable London Business Houses (LBH) competitions, when we were representing the Greater London Council in the track and road walk events, particularly, as I recall, round the roads of Wembley. We see that you are shortly off to New Zealand and we wish you well in your "retirement" there.

Our very best wishes to you and your family and our thanks for all your work in the sport.

**Peter Cassidy**

### **1970 COMMONWEALTH GAMES 50th ANNIVERSARY**

So proud of Bill 👍👍👍

**Kitty Hung**

(Metropolitan Police Walking Club)

### **STOP PRESS - NO AUGUST BANK HOLIDAY MILE (+ GEO WOODS TROPHY)**

To be fair, I don't think anyone had really thought we wouldn't be able to 'do something' in competition terms this season. If it goes off at all it will be an extremely limited programme and probably restricted to Club athletes. Social distancing [and we're still observing 2m] the races would have no more than 3 people in them; no event beyond 400m, no hurdles, very restricted field events if at all. And only then if there's no second spike which the Chief Medics think is highly likely given the

millennials and others of similar persuasion who can't resist the lure of a sun-drenched beach, a cosy rave or even-cosier party: clearly the heat has added their

cerebrums. **So 'no'**. Hope you're all remaining well.

**June Cork** (*Southend-on-Sea AC*)

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