

Essex Walker

Editor: Dave Ainsworth

STOP PRESS

Result of the 2020 August Bank Holiday Southend-on-Sea VIRTUAL 1 mile walk
<http://racewalkingassociation.com/EventDetails.asp?id=6162&race=Southend-on-Sea Virtual Mile>

Mens 1 Mile

- 1 Lancashire WC 270
- 2 Quickstep Fitness 233
- 3 Sarnia WC 222
- 4 Ilford AC 197
- 5 Ashford AC 193
- 6 Redcar RWC 185
- 7 Manx Harriers 178
- 8 Steyning AC 176
- 9 Birchfield Harriers 149

Womens 1 mile

- 1 Northern AC 278
- 2 Ashford AC 290
- 3 Ilford AC 271
- 4 Enfield & Harringay AC 257
- 5 AUSTRALIA 157

Please refer to the RWA website for individual performances.

Team result reflects the performances of **24 women and 41 men.**

40 YEARS NOT OUT

Kettering MP Philip Hollobone, MP since 2005, has racked up 40 years' membership of Surrey Walking Club, having joined in 1980. In his race walking heyday he appeared in Area Championships, open races, Inter-Club meets, Blackheath 9K handicap walks and completed a now defunct Greater London Council 10 Miles Championship around Battersea Park. When the London Postal Region (LPR) series of 9K Yacht Handicaps at a testing Blackheath Park ended, another long standing SWC member - Steve Wynn who'd joined in 1978 - produced a list of those who'd appeared the most and the number of appearances. Six (all Centurions) passed the 100 mark - and lower down, Philip Hollobone had done enough to make this list. Philip belongs to the House of Commons London Marathon Club, open to serving members of Parliament who've completed this event - which he did in 2015 clocking 4:33.35. The fastest MP so far is Matthew Parris (now a writer and broadcaster) who sped around in 2:32.57 (1985 when aged 35). The nearest any MP has got to this time since is 20 minutes' adrift. Philip has a good "Power of 10" entry, with the Great Eastern and Silverstone Half-Marathons both listed as well as 10K events and parkruns. He may be only a "book member" nowadays when it comes to race walking - but he's still a member and one fit enough to show up for a race walk if ever "tapped up". We won't mention his Party as sport and politics don't mix well - although one of the late John Hedgethorpe's sayings was, "There is the politics of the sport and the sport of politics". John was always worth listening to!

FROM THE HOUSE

With 40 years' membership of Surrey Walking Club, for your interest, here's what Philip Hollobone MP writes:

"I enjoyed my brief time as an active younger member of the SWC, to which I was first introduced by the late Keith Read, who was extremely kind in taking me out training once week over a number of years after school. He used to come over on the bus from Croydon and we'd pound the streets of West Wickham and Hayes together. I have felt ever since that it would only be right to continue my annual membership."

Philip Hollobone MP

Member of Parliament for the Kettering Constituency
House of Commons, London SW1A 0AA

BOOST FOR METROPOLITAN POLICE RACE WALKING

Chris Snook is under training for the Metropolitan Police, which should ignite a desire for them to field a good team in the annual PAA 10K Championship. It'll bring more quality to the long-established Ryan Cup, though obviously not this year as both the PAA Championship and Ryan Cup have, like so many events, bitten the dust. It would be nice to hope that the arrival of a high profile Chris might stir up interest in Metropolitan Police race walking circles.

SPOT THE DIFFERENCE

Our last issue had 2 pictures of former Butlin's entertainer and "Carry-On" regular Jack Douglas (aka *Alf Ippitimus* whose antics and "Phwaay" catchphrase amused audiences) presenting prizes to Peter & Marion Fawkes at a 1970s Vauxhall Motors Spectacular 10K meeting in Luton. Within a couple of days" of distribution a couple of readers observed a similarity between Jack and a certain "character" who dramatically disappeared from our walking scene in 2012 and has "gone-to-ground" since. Even this character's often heard "catchphrase" was very similar!

ARTICLES IGNITE MORE MEMORIES

A few mentions in our previous edition prompted readers' questions? In a contribution by Chris Hobbs was mention of Ron Pantling. He was a London Vidarians member who was a National 50K bronze medallist in Essex - in days when individual 50K medals were difficult to obtain. In our **1949** Championship at Chigwell the order was: 1. Tebbs Lloyd Johnson (Leicester Walking Club) 4:51.50, 2. Les Barrett (Enfield AC) 4:53.52 and 3. Ron Pantling (London Vidarians) 4:55.21. Team winners: SWC (5. D H Christie-Murray, 7. W L Burgess, 8. M Y Horton and 15. S E Horton).

In a contribution by the Reverend Roy Lodge was mention of the **1967** National 20 Miles Championship at Swindon. The order was: 1. Roy Lodge (Royal Sutton Coldfield WC) 2:42.43, 2. Don Thompson (Metropolitan WC) 2:43.17 and 3. Ron Wallwork (Lancashire WC) 2:44.28. Team winners: Trowbridge & District AC. *What links the top 3?* They were all awarded an MBE.

Our report of the Vauxhall Motors Spectacular 10K at Luton prompted a reader to ask if it was on the same course as a RWA National 20K Championship and when? It was **1971** and entirely on an undulating multi-lap course around the Sports Ground's perimeter roads, upon which it both started and finished. The Spectacular 10K started and finished on a grass track inside the Sports ground and used perimeter roads for most of the distance. Every year, as we left the track after 4 laps and wheeled out onto Luton's roads, star commentator Tony Read always stirred up the crowd (yes a crowd watching race walking) with the same words, to wit "Give 'em all a big hand - they've a long way to go". The crowd always responded to the commentator's "gee up". 20K result: 1. Paul Nihill SWC 1:32.06, 2. Shaun Lightman (Metropolitan WC) 1:34.14 and 3. Ron Wallwork (Lancashire WC) 1:34.27. Team winners SWC.

HAPPY ANNIVERSARY

We congratulate International distance specialist and twice London-to-Brighton winner Peter Selby on his continuous 60 years of unbroken membership at Surrey Walking Club. We wish this popular competitor and true supporter of race walking many more happy years on our athletics scene.

HIGH PRAISE FOR ESSEX-BASED CENTURION

Centurion 997, Andrew Wilmott of Halstead Road Runners, has reached yet another milestone in a distinguished athletics' career. Halstead resident Andrew has now successfully completed **800 marathons**, placing him 10th in our UK list and 72nd in the World list. Just days after his **76th** birthday, he reached this total in spectacular fashion by finishing 2 "back-to-back"

marathons on Saturday 1st and Sunday 2nd of August at Suffolk Running Centre, based at the Suffolk Academy, just over 6 miles from Mouton Village. Both marathons were organised with perfection to comply with social distancing as runners in groups of 5 set off 20 minutes' apart, and all carrying sanitizer. Refreshment tables didn't have solid food on offer - only drinks. Tables weren't manned, so there was no chance of helpers getting close when handing out drinks. Self-service was the order-of-the-day. Andrew's Saturday and Sunday times were 5.02 and 4.53 respectively.

PRAISE

- "Congratulations to legend and Suffolk Running Centre VIP Andy Wilmott." *Suffolk Academy*
- "Halstead Road Runners are hugely proud of Andy's achievements."
- "Great effort - well done to Andrew." *Cath Duhig*
- "I see him on all sorts of events. An impressive achievement in terms of longevity, hope I can keep going that long." *Sue Clements*
- "Great achievement - congrats to Andrew." *Sandra Brown C735*
- "800 marathons is – well - a marathon achievement! Something that cannot be taken away from you. Also of outstanding interest is being 10th in the UK list and yet still only 72nd on the world list (10 of the top 72 are UK runners or walkers). Congrats to all the other runners and walkers." *Richard Cole*

Andrew qualified as a Centurion on his 2nd Newmarket 100 miles' attempt in 2003 when clocking 23.33.19 on the "Rowley Mile" course in a race which saw Peter Ryan (representing City of Sheffield AC) show all his native Sheffield steel to break the tape in 19.57.35. This after an epic final lap when fast-closing Dutchman Willem Mutze (C927 who'd qualified at the last ever Leicester Hungarton 100 miles in 1994) was less than a minute in arrears. Another notable Newmarket qualifier was Cath Duhig (Ryston Runners) who recorded 21:27.43. This was remarkable as on the previous Sunday morning at Ilford's South Park Cath had dropped out with injury after 1 circuit (of 6) around this park's exterior perimeter roads. If seeking advice on rapid recovery methods ask Cath! At Newmarket 72 started/31 finished with 17 new Centurions joining the ranks. These included Dave Jones of Yorkshire Walking Club, J Bispham of Kendall AC, Dave Evans of Lancashire Walking Club, J Searson of Spartan AC and Wendy Watson (LDWA) who earned the coveted C1000 badge in 23.50.11. The other 8 qualifiers were overseas visitors.

As for Andrew he's not setting another target just yet and is to take each marathon as it comes. He also intends appearing at a few more LDWA events. **We salute Andrew Wilmott on a great achievement.**

NO SHOW

Yorkshire Walking Club President Marion Fawkes - pictured in our previous edition at a Luton prize presentation - was invited to a summer Buckingham Palace Royal Garden Party. Alas it wasn't to be the good lady's day, as "lockdown" restrictions brought about a cancellation of this occasion. We hope the same guest list surfaces after our current situation ends and normality returns.

FAVOURABLE RACE WALKING PUBLICITY

On regional ITV London Television News was a major item about the next "mass participation" Virgin Money London Marathon being in October **2021**. Film of previous London Marathons was shown - in the centre of the screen - was Centurion Ed Shillabeer race walking at pace in his eye-catching "*EDMUND*" top. **More favourable publicity for race walking.** In October 2020 *elite* London Marathon runners are to run around-and-around an enclosed St James Park (with no spectators) finishing by Buckingham Palace.

THE LONG AND WHINING ROAD

Much correspondence, ranging from considered opinion to "heated", was generated by a decision to put aside **road walking** as part of our 2022 Birmingham Commonwealth Games and replace it

with 10,000 metres **track walks**. One couldn't be blamed for thinking this decision was arrived in a "*behind closed doors smoked-filled room*" meeting - although nowadays smoke isn't there, but this description still holds valid. *Why wasn't this decision communicated to us?* It only came to light when reported in "**Heel and Toe**" - an online magazine issued on 3 August by the Victorian Race Walking Club in **Australia** (excellently Edited by Centurion and ex-International race walker Tim Erickson, a Commonwealth Games 30K bronze medallist). Many UK based race walkers enjoy receiving it as, so often, it's first with the news, and often has our domestic results published before anywhere else.

It appears to be a "*done deal*". Many think our only choices about these 10,000 metres walks are: **take it or leave it**. Nobody wants a repeat of the 2014 Glasgow Commonwealth Games which shamefully **lacked** race walking! Road walks could easily have been staged in the nearby "walking Mecca" of Sutton Park or around any number of other open spaces in Britain's second city. Walks' enthusiasts could have enjoyed a free day out in parks by lining-up alongside the roads. Now fans need to pay the going rate for entry into a revamped Alexander Stadium. Look how many showed-up on The Mall to line the **road** for our 2017 IAAF Walks' Day! **Road** walking draws crowds as seen at our London Olympics. Stadium walks don't enjoy the same support. If rows of empty seats form a backdrop, more nails will be hammered into race walking's coffin.

There's nothing like communication - and this is nothing like communication!

NB: This issue generated so many contributions, it'd need a special supplement to accommodate all. Essex Walker is only a newsletter/fanzine, so can't possibly have space for all such written work. *Sorry! DA*

OFF TRACK

Information on the "Birmingham Live" website, reports that Birchfield Harriers have been told they'll not be able to train or compete at their Alexander Stadium base in Perry Barr until after the 2022 Commonwealth Games. Officials are reported to have been stunned by this "bombshell". Their base is "closed" until after the Games. This news was given as a fait accompli without any discussion (such things happen in Birmingham athletics circles). Club trainer Catherine Muth believes it'll be difficult to keep the Club running in the lead-up to the Games.

NEWS OF ESSEX WALKER IN SCOTLAND

Bill and Eila Garrett were Epping residents for many decades. Bill race walked for Ilford AC and earned his 10 kilometres-in-an-hour badge in an evening Essex County 10,000 Metres Championship at Hornchurch Stadium, He won many medals over the years - including a gold team medal when once closing-in Ilford AC on that infamous Basildon 50K course, this event being our RWA Southern Area and Essex 50K Championships (held in conjunction). On that track, in an Essex County 3,000 Metres Championship, Bill was called "out" in error. In that race categories were lumped together in one race. Numbers were issued for both senior and junior entrants - alas they were the same numbers. Bill carried No.8 - so also did one of the juniors. Under "*one shout and you're out*" terms, on the first bend a judge boomed "**Number Eight**" - and was surprised to see two Number 8s trudging towards him. The situation was resolved when Bill was informed it wasn't him - so he re-joined the race, but well down having lost much time. *These things happen*. Bill's low moment came on Clacton-on-Sea promenade in the Garnet 10 Miles. Ilford AC had 3 scorers "in" who waited for Bill to clinch the team trophy. However just 20 yards (if that) from the finish line Bill's number was called and Ilford failed to close-in. Ilford did win a Garnet team title 12 months' later at Battersea Park - with Bill as 3rd scorer (always 4-to-score in such times). Bill twice race walked the London Marathon, raising considerable sums for "Relate" (formerly known as the Marriage Guidance Council). Bill, a British Telecom employee for 40 years, retired to Forfar. On his last appearance, at one of Ilford's Chigwell Row Christmas 10K races, the Club's President presented Bill with a commemorative plaque to acknowledge his contribution over many years - Bill having joined in 1974. Now aged 86 he's still in Forfar and admits to getting a bit forgetful. We all wish Bill and Eila well.

LOWER CASTLE PARK LET OFF

If the Colchester 100 Miles had gone ahead over the August 8th/9th weekend it would have been an **ordeal** for competitors (a high average age), officials (even higher average age), supporters and helpers. Heatstroke could have been a danger as temperatures of 32C-34C prevailed for long spells. This course has little shade - especially on that long out-and-back stretch. We could have seen a really **low** number of successful 100 miles' finishers. **Phew what a scorcher!** DA

Comments:

- "Thank heavens the Centurion 100 was called off at Castle Park as it would have been a nightmare in the intense heat for walkers and officials too. I honestly think that 100s in July and August should be avoided and the months of June and September are preferable." *Bill Sutherland*
- "Yes it would have been an ordeal. I did 10 miles on Friday and again on Saturday in central London and it was around 34 degrees both days. A little cooler on Sunday at 31 degrees. Even the overnight temperature was up in the high 20s." *Kathy Crilley*
- "Amen to that, especially as my one mile time on Sunday was 12:48 and I would have been pushed to do anymore! Mind you I had an excellent 20k in Izmir a few years ago where the temperatures were 40C... I can't remember my time but I was closing on Pelicella near the end!" *Ed Shillabeer*
- "It certainly has been a lovely weekend but not one conducive to a 100 mile racewalk. I should have been in Canada in the World Masters, instead, I am enjoying sunny Canvey Island. It was nice in the evenings walking around the sea wall once all the visitors had gone." *Steve Kemp*
- "You are very perspicacious. The damage to the health of some of the competitors may well have more regrettable." *Oilly Flynn*
- "At the same time it should have been the Tokyo Olympics." *George Nibre*

OFFER-OF-THE-MONTH

Former Irish International walker Pat Furey, who was a leading light in a talented Borough of Enfield Harriers squad for decades, seeks good homes for his large collection of race walking and other athletics memorabilia. There are Race Walking Records, many editions of "Running Magazine", AWs, plenty of old programmes, result sheets, press cuttings and photographs. Recently Pat passed on some Race Walking Records to a most pleased recipient - who made a donation to NHS charities as a gesture of gratitude. This really is an opportunity - 'phone Pat on 07711-472116 - to discuss what you'd like. Be quick as it's "first come-first served".

READER'S FEEDBACK

Our previous edition recalled star names who'd been guest of honour at an annual (but now sadly defunct) *Vauxhall Motors Open Day* - at which one of many sporting events was a heavily sponsored "Vauxhall Motors Spectacular Open 10K". Those names included Wendy Craig, Diana Dors, Reg Varney, Jack Douglas (one pictured in our article) and Ann George (aka *Amy Turtle*, Crosswords Motel's gossipy cleaning lady). Genial Pat Furey has been in touch to recall memories, as he was a regular Luton competitor. Pat remembered the inaugural one - when actor William Roach was the guest who'd declared the occasion "Open". Mr. Roach MBE commenced playing Coronation Street's Ken Barlow in 1960 and still does - so earning a "Guinness Book of Records" entry as the World longest continuous "soap" actor in the same part (60 years). Pat also remembers his race, as he had a great battle with Highgate Harrier Christine Coleman, daughter of double Olympian George. Now known as Christine Orme, the good lady resides in Halesworth (Suffolk) and has been seen giving support from time-to-time at Moulton and on Newmarket's "Rowley Mile" Racecourse when epic 100s were staged. Pat also remembers Luton's Sports Ground as a venue for an annual British Industries' 10K - which Pat organised at various locations.

BUY THE BOOK

Woodford-born authoress **Julie Welch** had another book out on 20 August, published by *Trapeze*: "The Fleet Street Girls: The Women Who Broke Down The Doors of the Gentlemen's Club". It's

an inspiring and evocative story of how women journalists broke down barriers in the '70s and 80s. It's on sale at Amazon (Kindle and hard cover). Still on sale at Amazon is her 2009 book, "Out On Your Feet: The Hallucinatory World of Hundred-Mile Walking". This was inspired by her successful completion of the annual Long Distance Walkers' Association 100 Miles, which commenced in 1973 and must be finished within 48 hours. Julie was guest speaker at a Metropolitan Police Annual Dinner and Reunion when held at New Scotland Yard. The good lady gave us a memorable evening!

While trawling the Amazon and Waterstones websites, a book by former Ryston Runners Chairman **Ian Vaughan-Arbuckle** appeared. "Never a Dull Moment: The Ramblings of a Soldier and Sportsman". It's still available on Kindle and hard cover. Ian, now aged 82 and residing in Swanage, was a big player in East Anglian athletics being Race Director of *The Great Anglia 10K* and also the *Round Norfolk Relay* which commenced in 1987. Ryston Runners are the only Club to have closed home a team every year it's been held and, in 1990 won by a record margin of 1 hour 42 minutes and 12 seconds. Kelly Holmes, Paul Evans, Tony Simmons, Richard Nerukar and Ruth Senior are among many great names to have appeared. Despite a recent knee operation Ian still don's his cricket umpire's white coat and panama hat and regularly officiates during a "jolly" visit to Pakistan! He's crossed paths, literally, with Richard and Sandra Brown when they lived a few villages' away.

NEW BRITISH RECORD

Congratulations to Cork-based **Callum Wilkinson** on his performance in the Irish Life Health Senior and U23 Championships in Dublin, where he set a British 10,000 metres record of **39:52.05** - beating Ian McCombie's long-standing 40.02.65, set on 4th June 1989 at Jarrow. Essex Walker readers have seen Callum come "through the ranks" from his first races as a beginner, to major international selections. This new record was achieved in the vest of his new Club - Togher AC of Cork. Said Callum, "I've waited a long time to represent my new Club, so that was for them. Hopefully the first of many. It was unreal to take the British record on a savage blustery day in Dublin. I can't even describe how great it is to be racing". **Congratulations!**

EILEEN TELFORD RIP

At the age of 87 Luton resident Mrs Eileen Telford died peacefully in her sleep. She was a loving wife of Vauxhall Motors walks' organiser John, who predeceased her. John had race walked for a strong Highgate Harriers squad. Eileen was often around when John organised many events at Luton's Park Street Sports Ground. To sons John and Mark we express condolence.

TRANSPORT OF DELIGHT

In addition to his many race walking feats, Pat Furey has a claim to fame which is recorded in London Transport's history books. Pat was conductor on the last ever trolleybus to run from Edmonton Garage to Stamford Hill in July 1961. After that, the wires came down and conventional buses took over from trolleybuses. Pat vividly recalls that last "run" as his trolleybus was packed with enthusiasts from all over London and even further afield.

JOHN DUNSFORD RIP (Belgrave Harriers and Centurion 734)

Notification from Centurion Carl Lawton

It is regret that I have been informed, by daughter Wendy, that long time Belgrave Member John Dunsford died yesterday after a long illness, aged 87. He had been a member since 1970. He was one of our regular race walking team members throughout the 70's and 80's over all distances, representing both Belgrave and Middlesex. He competed London to Brighton, Hastings to Brighton, Plymouth to Dawlish amongst others and in 1982 became Centurion 734 at his first attempt at the Leicester 100 miles (22:12.40) regularly supported by wife Barbara and the camper van. In later years he travelled the world in the Vets events. He worked for London Transport with Belgrave's other recently deceased member Dennis Jones. He leaves wife Barbara and children Jonathan, Wendy and Barbara Junior.

There will be no funeral but any condolences to: Wendy Dunsford, 2 Hollybank Close, Hythe, Hants SO45 5GE, or email BARBARA.DUNSFORD@sky.com

Adds Hon Ed: John relished the challenge of a good "long-un", such as the London-to-Brighton (he really liked that) on the first Saturday of each September. John built on his 100 miles success by completing two more! He supported all levels of competition from Championships to Inter-Club events and was also a stalwart London Business Houses participant. So many readers will be saddened by this news, and to all John's family members we express our profound condolence on their loss.

John Dunsford 1933 – 2020 ... 50 years a Belgravian

The death of John Dunsford was reported on Monday 17 August. For most of his working life he worked for London Transport at the Acton works along with our other recently deceased Belgravian, Dennis Jones, and they were the organisers of the London Transport District Line Sports day to which Belgrave Walkers were invited.

John joined Belgrave in 1970 as a race walker, but had dabbled at running. Over two decades he competed and scored in many Belgrave teams over all distances. He competed in many of the prestigious long distance events including Hastings and London to Brightons, Plymouth to Dawlish and many National Championships.

The photo (below) showing John wearing number 2 was at the 1985 National 35kms at Leicester where Belgrave Harriers could only finish 2nd team. John became Centurion 734 in 1982 at the Leicester Walking Club 100 miles in 22hrs 12m 40s. In later years he turned to Veterans events competing in other events apart from walking.

With wife Barbara, they would travel the world to Veterans Championships and if on the continent would be in their camper van, used by many Belgrave walkers over the years.

Thanks are due to Carl Lawton and Pat Furey for information supplied. Our appreciation to Carl for captioning a team photograph:

Back row l-to-r: 6 Carl Lawton, 11 Paul Warburton, 2 John Dunsford, 8 John Morris, (behind) John Newnham, 3 Michael Feighan and 5 John Keown

Front row l-to-r: John Hall, 1 Murray Day, 10 Richard Tanner and 7 John Llewelin
(Any idea who background walkers are? ... Over to you readers)



- “That is sad news. I hadn’t seen John or Barbara for a good number of years when I saw them at the Vets races.” *Kathy Crilley*
- “Very sad news. We remember John with admiration and fondness, as a loyal Centurion and Belgrave club member, a family man and a genial and friendly colleague. John was just 6 minutes ahead of me when we both qualified as Centurions in Leicester, 1982 – we became C734 and C735. I remember him well from many subsequent races and Centurion events over the years. Our sincere condolences to Barbara and the family.” *Sandra and Richard Brown C735/C760*
- “A sad passing of another RW stalwart. He was there or thereabouts against me in many races of my era.” *Len Ruddock*
- “That camper van carted us hither and thither back in the day. I almost got the taste for camping ... well, nearly. I liked John. He was encouraging and a real stalwart of the scene.” *Paul Warburton*
- “When he couldn't manage race walking any longer he turned to putting the shot in order to keep competing and only in recent years did his appearances in every World Masters Championship end.” *John Hall*
- “John was evacuated in the war and ended up at the school at which I taught, much later, of course!” *Cath Duhig*
- “John was a great competitor and we had some great battles in the 70’s and 80’s, with him usually getting the better of me. He was always an interested Centurion I was often in contact with when Centurions secretary.” *Chris Flint C849*

Mrs MURIEL DORDOY RIP

With deep regret we inform you that Muriel, mother of the late Laurence Dordoy (who departed in 2009) has now also passed on. Laurence's parents, Ted and Muriel, were familiar figures on our race walking scene as they drove him to numerous meetings as he was making his name in earlier times. Many would have conversed with the good lady at Laurence's well attended funeral at Hainault. Alas Ted departed a while ago, so we express our profound condolence to their daughters Julie and Norma.

CAN YOU PLEASE HELP OUT?

With nothing having happened for seemingly ages, the Race Walking Association has lost a regular income source - its individual race levy. Race walkers themselves haven't had to shell out for entry fees or travel expenses have they? So can you please consider putting some of your saved money (by not having any outlay) into an established RWA fund-raising initiative?

The RWA 200 Club is a monthly prize draw for members. It's been run for the benefit of your RWA for decades and is one of their 3 major funding sources. Up to 200 members are each allocated a unique number that's entered into a monthly draw. Every month sees 3 prizes (£25/£15/£10). Costing £12 per year there's no limit on how many numbers you can purchase. Entry is payable by Standing Order on 1 October each year.

For details please email your Race Walking Association Honorary Treasurer Mark Easton at: rwatreasurer@yahoo.co.uk ***Please support your sport!***



Dear Dave ...

APPRECIATION

Readers comments:

- Just wanted to say thank you and well done on supplying a lengthy Essex Walker at a time when other magazines are struggling to find material. Even if we don't have much "active"

news I still find nostalgia interesting and worth its place. On the down side it's a pity and sad, albeit a sign of our times, that we see too many obituaries. Keep up the good work and keep safe. I appreciate your efforts. **Bob Dobson**

- Thank you for this. Loved having a read. You do so well. I love reading through and coming across names I remember. **Hilary McDermott**
- Another wonderful edition. **John Northcott**
- Essex Walker duly received. This is different to some circulated things, which are *dully* received. **Peter Cassidy**
- "What a wonderful surprise including the post on Phil!" **Geoff Hunwicks**
- "Thanks for this edition of EW, which I've just read having been away in France. It's amazing how much you manage to find in your archives to put together fascinating accounts of events, races and personalities. Well done." **Chris Flint**

Adds Hon Ed: Chris mentions France - alas by just 1 day he copped a mandatory 14 days' isolation period.

INFORMATION FROM OLYMPIAN PETER MARLOW

2022 is a difficult year with 3 major championships. World Cup of Race Walking in April in Minsk, Commonwealth Games in Birmingham and 24 hours' later the World Championship in Oregon. Think the Commonwealth organisers have got it right in staging a 10k Race. After funding of 250 thousand dollars the IAAF realised the electronic shoe was not viable and the research was dropped.

Peter Marlow

OPINIONS OF A FORMER PAA and RYAN CUP VICTOR

Good to hear the news about Chris Snook! It's a pity we can't backtrack 55 years and onwards when the Ryan Cup really meant something. Can't see much point in 10,000 metres track at the Birmingham Commonwealth Games in 2022. It will just create a convenient interlude for tea and sandwiches! What's the problem with the tried and tested 20 or 30 kms walk as in former years?

Bill Sutherland

DOWN MEMORY LANE

Thanks for the info. Your notes on the Southend event sparked a memory. Way back in 1957 I took part in a one mile handicap track walk, part of an athletic event presumably organised by Southend AC. Can't remember my time, I know I didn't win! I was part of a team organised from my old school. We used to take part in Athletic competitions against other old school teams, the visit to Southend was a one off (pot hunting they used to call it). Happy days!

Gerry Grosse (Ex-London Vidarians)

PADDINGTON TRACK PICTURE (Issue 396)

A great picture and I also have a copy. The write-up is interesting! It says I won the race which is definitely not so. The only reason why I am holding the flowers is because nobody else would!

Oh happy days.

Peter Hodgkinson

Adds Hon Ed: So who did win? DA

EMAILS IAN GARMSTON

Thanks for the coverage Dave. The irony about those pix I took (ie getting basic evidence!) of competitors in the Moulton 5 walking in the middle of the lane/road to dodge the camber, is that I did not take them until 2010 ... when I happened to have had an accident on my motorbike and was wheelchair-bound whilst clerking the course of that race ... Previous years I had been in the lead car, so didn't really witness most of the felony (!!) ... but on that occasion I was in a (high) Landrover Disco ... and could see everything ... It is a main(ish) road - and I saw competing race walkers, concentrating on the race (as they should) but actually showing scant regard for passing traffic (which was sometimes heavy - in both directions) and consequently putting themselves at extreme risk. I was so relieved when that race was safely over, which was amazing, given some

of the images I had collected. Ten years on, it is all water under the bridge, but when I got home that day, and took a long cold look of the pictures on my computer screen, I was frightened all over again. It was then that I knew I did not have the courage to take responsibility (as clerk of the Moulton 5 course) any longer, and thankfully, there have been no accidents to date. Ron at the time was very understanding and supportive of my very real concerns. Thanks for everything you do for Race walking and this Mag!

Ian Garmston

THOSE WERE THE DAYS

I do recall competing for the Royal Air Force representative team and remember Dickie Bird. Royal Leamington Spa was one of the highlights of my Mayoral year sitting with Charlie Fogg, meeting Ron Wallwork and others. I was disappointed that Don (*Thompson*) had left the party early and didn't get the opportunity to talk to him. Actually you have reminded me that after the Swindon National 20 mile I did approach Don asking if he would be the celebrity by opening a Garden fete that I had organised in the Vicarage, he immediately declined. Perhaps on reflection it wasn't the right time to ask him!! I was only at a function several weeks ago and the subject of athletics came up and I mentioned how Don had prepared for the heat of Rome by converting his bathroom into a sauna. My year as Mayor actually coincided with the Complete Works of Shakespeare being performed at the Royal Shakespeare Theatre. My wife and I must have seen nearly every performance. Such lovely memories.

Roy Lodge

EMAILS Mrs KATHY CROUCH (daughter of Dave Browning RIP - Trowbridge AC and RAF)

I know my father's race walking provided hours of enjoyment and companionship for him. Looking through magazines it appears to bestow an element of longevity as well. My father talked about the Centurions but obviously never did the London/Brighton round trip in order to achieve this award.

Kathy Crouch

STEVE'S VIEW

I've long been sceptical of the electrical contact detectors. The paradox is if they work you have to make them work less well - else 100% of the field comes out. 10kms (Commonwealth Games) might be less than ideal. The 20kms was brought in basically to slow matters down which it did for a few years. But today 20kms walkers are operating at around 40 secs a kilometre faster than the 10k walkers were in the 50s. Moreover the differential speed between 10 and 20kms is only a few secs a kilo now at top level such is the fitness of the top guys. The other reason to hide walkers away on long road courses no longer applies either now they shuffle up and down a 500m strip passing the judges with almost identical frequency as on a 400m track.

Steve Uttley

COMMONWEALTH GAMES 10k – A CHAMPION'S VIEW

What on earth was our own RWA doing not raising this awareness within our sport? We may have gathered support to change this nonsense. This is a sure way of having our sport removed from all future major games. I did wonder was Seb still trying another angle to remove race walking from the major games?

Oliver T Flynn

PROPOSALS FOR THE COMMONWEALTH GAMES

Like Tom and Oliver I too am so disappointed that the road walks have been eliminated from the Commonwealth Games. If you were to ask me if I was surprised by this decision I would have to say not at all. Whether the reasons for this decision are political, economic or logistical it seems that however much we protest it is now a fait accompli. Neither would it have surprised me if they ruled out the race walk completely. Why? Historically race walking has never been fully integrated or accepted as a legitimate athletic discipline within the world of athletics. It was always a disappointment to me when I first entered the sport that Race Walking was always side lined as a non-scoring event in international meets. It amazes me that the sport has survived as long as it has and is still an Olympic event. Were it not for our past Olympic medallists it may have

disappeared long ago. At least they gave our sport credibility and a profile that the organisers could not fail to note.

Why has our beloved sport been so vulnerable and undervalued and the first to be considered for elimination when it suits the organisers? If it is because they regard it as unnatural, irregular, abnormal or ungainly, then it is not the only event in this category in athletics. What is natural for example in the hop, skip and jump event or the hurdles but no one would ever consider their elimination. Of course it may be because we have let ourselves down by bringing the sport into disrepute with so many disqualifications for lifting and making the sport an object of ridicule.

Whatever the real reason is for the CGF to ditch the road walk I feel we must be thankful that we are still represented in favour of a track 10,000 metres. Perhaps the event may have more TV coverage and inspire onlookers to take it up. My first international was a 20k on the track in France which attracted a large spectator audience. However, how I would have loved to have competed in the 20 miles in the Commonwealth Games, a distance always regarded as the blue ribbon in race walking parlance. Strictly speaking I believe the Commonwealth Games should replicate the Olympics by having both the 20k and 50k road races.

I wish those with influence who sit on committees all the best in their endeavours to reverse this decision.

May the fraternity of race walking live on.

Dr Rev Roy Lodge MBE

ED SHILLABEER'S VIEW

"Half a loaf better than none" comes to mind. Well done Tom Bosworth for batting for us! Presumably there will be heats, etc? Best we can do now is back Tom by writing to the Commonwealth Games Federation. Bring it on!

Ed Shillabeer

FORMER ESSEX BEAGLE WALKER LOOKS BACK

I really enjoyed my race walking days with **Essex Beagles**. We were lucky enough to win many prizes including the Essex Junior title which was raced over a course at Chigwell. I have fond memories of the old Beagles' training hut which is now a housing development. The major memory of those days was always finishing behind the great Laurence Dordoy who I got to know very well when I eventually joined Ilford AC. I stopped race walking when I started to work at Plessey in Ilford (1970) and joined a mate's football team before joining the Royal Navy in 1972.

I was lucky to meet some great people in my race walking days; my coach Bill Fortune, Colin Young and Steve Gower were all encouraging, but one of my fondest memories was attending a service call at Colin Young's flat in Ilford to repair his washing machine. (note: he's a washing machine repair man). I spent 10 minutes repairing his machine and an hour talking about Ilford AC and race walking. Colin was a lovely man, like so many of the Ilford greats that we have lost.

I cannot finish without mentioning Dave Ainsworth and "PAVAROTTI IN THE PARK". What has a former RAF man and veteran race walking stalwart got to do with the world's greatest tenor I hear you ask? Let me explain Dave found out about my successful race walking days and would continually be asking me if I would race again? I eventually relented and agreed to a "one off" race for Ilford around South Park, which was also the night that Pavarotti sang in Hyde Park (30th July 1991). Two things stood out that night. (1) It absolutely poured with rain all night (2) I had forgotten how hard race walking was, never to be fooled into thinking it looks easy, it isn't and my shins hurt for weeks after. Still at least Dave was good to his word and didn't ask again.

Ernie Forsyth

Adds Hon Ed: Ernie's been a successful runner for years, but still fondly remembers earlier race walking days. Ernie was a most active Ilford AC President in London Olympic year. In the Royal

Navy he was a submariner - which obviously hindered running training! When serving at Swindon's Royal Navy Recruiting Office for a spell he was billeted at a nearby RAF Hospital in Wroughton. Ernie played football in the Forces (when not beneath waves) and when playing days ended, became a referee who progressed to officiate in senior football. He's had similar experiences to Dave Ainsworth in that (a) both had wisdom teeth removed under general anaesthetic at Wroughton RAF Hospital (now demolished and a housing development), (b) both won trade competitions with 1st prizes being trips to Football World Cups, Ernie in 1970 (Mexico) and Dave 1982 (Spain) and (c) both were Ilford AC Presidents. As for Pavarotti night, 100,000 crammed into Hyde Park being willing to be soaked as the great man gave a free concert to celebrate 30 years in opera. Despite his girth, those near the back only saw a speck in the distance. For once a watching Prince Charles and Princess Diana found their roles reduced to "extras" as the big man took centre stage. That night the **Mayor of Redbridge** was our starter for an Essex League 10K race around South Park's perimeter roads. The Mayor's driver held a much needed umbrella. A continuous torrential cloudburst and sheets of lightning were ongoing throughout the event - and our Referee must have thought about calling the walkers in when dangerous sheet lightning and loud thunder occurred. "*The Cauliflower*" pub opposite did good post-race business as competitors ordered shorts to revive themselves!

WRITES YOUR ESSEX COUNTY AA CHAIRMAN

Hope you are doing OK. Struggling in this heat like the rest of us I'm sure!! Good to see Stuart and Simon out walking our first 5k handicap event. Great reading the Essex Walker as usual. Despite all the obituaries that keep coming!

I am sure you know this already but read the other day that Bram Stoker (Dracula author of course!) officiated as a judge at the first ever Irish National Road Race walking champs. Supposed to be true but rumour has it he mis-read the notice looking for volunteers when it said umpires wanted.

Andy Catton

SAD NEWS

I am devastated that I am the bearer of more bad news. David Staines who has been very unwell for many months died earlier this morning. David was a lifelong member of Thurrock Harriers, was ex-Chairman of the Essex AA and professionally was a primary school headteacher. He was also an ever-present member of Athletes Reunited (Essex). He will be sorely missed by all his friends and family. A lovely guy. RIP David.

Tony Maxwell

Adds Hon Ed: David was your Essex County Chairman until stepping down, on account of ill-health, at December's AGM - to be replaced "in the Chair" by Ilford's Andy Catton. At the same AGM, which David was too ill to attend, he was voted in as an esteemed Essex County AA Life Member.

- "I'm truly shocked and saddened over this news. It was always a pleasure to meet and catch up with Dave at Athletes Reunited gatherings and inter county matches. He was a real enthusiast for our Sport. Rest in peace my friend. Sincere condolences to his family county and club." **Tom Pollak**
- "Sad news. Essex legend and my predecessor as County Chairman." **Andy Catton**
- "That is sad ... Had huge respect for that man." **Mart Clarke**

I'LL SOON BE "DOWN UNDER"

I might be lucky and pick up some old results etc from the London Business Houses (LBH) days, but as I am trying to pass on much of my own collections I don't really need to add to it. I managed to track down the LBH Treasurer. He used to work in the City with Barclays, but took up a position in Japan and then moved to Singapore, but has now returned to the UK and is involved with the running of the Assembly League. It appears that we are fairly well off for funds as the organisers of the Bridges Relay have always included Business Houses and made a standard fee.

So I am now trying to set up a meeting to see if, after all these years as Secretary, I may be able to finally get someone to take over before I move off down under. **Laurie Kelly**

Adds Hon Ed: Laurie's been Honorary LBH Secretary since 1965 and somebody is now needed to take over the baton. *Can any of our readers consider this position and help out?*

THE ATHLETICS MUSEUM - ENGLISH SCHOOLS AA EXHIBITION

With some trepidation, I'm happy to say that the ESAA online exhibition, the first from **The Athletics Museum**, is now available at <https://theathleticsmuseum.org.uk/>. Future communications will come from the hello@theathleticsmuseum.org.uk so would you be kind enough to add that to your safe senders' list?

We would be very keen to receive feedback from you on the exhibition at that address. The exhibition would have been completely impossible without the work of John Mackie, Nicola Evans and the incredible photographs from Mark Shearman. We're enormously grateful to the incredible people at ESAA for providing us with the chance to start our exploration of athletics' stories.

Now that the website is up and running, we expect to add more content gradually over the coming months. We hope that this exhibition will begin to show the potential for the museum project and that it will attract more people wishing to be involved. Please do forward this e-mail, or circulate details of the website by your preferred media platform, to anyone you think might be interested. This is a learning process for us and the more ideas and people we have involved, the quicker that potential can be realised. **Philip Andrew and Jane Ainsworth**

CARL LAWTON'S CONSIDERED OPINIONS

Reference August's cancelled Colchester 100: Maybe a lucky escape. I certainly would not have fancied it. There was talk of leaving the cancellation to the last minute but I think we decided at the right time. Let's hope it improves for next year.

Reference Commonwealth Games: I was on the circulation list of the Flynn/Bosworth email. I have not responded but think we should be thankful we still have an event. Considering how many competitors we have in total in England we are lucky to get a look in. My only comment is that we should try and get VAR up and "running" or else get the crowd (if they have not gone off to tea) to submit instant photos to a judges' jury. **Carl Lawton**

BILL SUTHERLAND - BOOK REVIEWER

Having recently read the Autobiography by Chris Maddocks, 5 times' Olympian, I would definitely recommend it. It follows in great detail the path from a young athlete with distinct promise to the summit of Everest athletic wise, and a record number of appearances in the Olympic Games over 20 years, a truly remarkable feat. Well done to Chris and others on giving so much time and effort in preparation for its publication. We really need more like him to put Race Walking back in its rightful place as one of the toughest events in Athletics. It is available on Amazon and also www.racewalkUK.com/book at a very reasonable price of £11.79. Don't delay order your copy early today! **Bill Sutherland**

NEWS FROM LAURIE KELLY

I contacted Pat Furey, had a grand old chat and brought him up to date with a couple of his Walking friends, mainly John Dunsford and his family. Pat said that he had some London Business Houses programmes and results, which he will dig out and forward on. I also explained that my final trip down under is quite a long way off at the moment due to the ever present Covid 19 problem. Thanks for all the info in EW - it's good to know that someone is keeping an eye on things. **Laurie Kelly**

LOIS ERICKSON RIP (22 March 1946 - 13 August 2020)

Notification from Centurion Bill Lawrence

I believe you know Tim Erickson of Australian Race Walking fame, and father of Chris Erickson. If so, you will, like me, be grieved to learn that his beloved wife Lois died on Thursday morning (13 August).

The funeral service was held on Wednesday 19 August at 2 pm AEST and for any interested parties I can forward a video link to view the service at a later date. Could you please advise anyone whom you know who would be interested?

Bill Lawrence

Adds Hon Ed: Many will be so saddened to hear this news. Commonwealth Games 30K bronze medallist Tim is a most popular visitor whenever he arrives here; as everybody wants to meet him when he turns up to compete in our races, such as in the Enfield League. To Tim, Chris and to all their other family members, all readers wish to express their profound condolence on their sad loss.

HOW I CELEBRATED

It is really impressive to read of the [developments in the Commonwealth Games movement](#) that are being made worldwide. I have had a celebration with Finsbury Park Runners in London exactly 50 years on from when I achieved my Bronze Medal for the 20 Miles Walk in the 1970 Commonwealth Games in picturesque Edinburgh in Scotland. It was held on Saturday, 18th July, 1970 between 1000 and 1307. It started with a build up to the great day from 1000 then a 1 lap walk around the park starting at 1030 with me leading about 25 at social distancing behind - distance 1.39 miles no less! We all assembled near the cafe the race itself was followed showing many laminated photos at various distances in the race from start to finish. Many questions and discussions took place. Finally at 1307 everyone clapped and cheered including many young athletes training on the track. I was presented with a Commemorative Tie and Presentation Mug from 1970. Drinks and refreshments were had by all. It was a really great gathering and we hope to repeat our walk on a regular basis from now on. Since then I have been given a magnificent brochure commemorating my achievement with no less than 154 photographs in the laminated booklet.



I think that due to the success of the day this type of thing could be done by many past medallists in Commonwealth Countries throughout the World.

Bill Sutherland BEM

MORE ABOUT JOHN DUNSFORD RIP

A little more history regarding John is that he was a member of Wigmore Harriers before joining up with Bells which is where I first met him in the early 1950's. He was also a firm supporter of the London Business Houses (LBH) and was a Vice President of the Athletics Section. He was also a regular timekeeper at the Middlesex Road and X/C meetings. Incidentally I was not aware of Dennis Jones passing on. He too was a firm supporter of the LBH and was still turning out with the London Underground X/C and Road teams until quite recently.

Laurie Kelly

GEOFF HUNWICKS REMEMBERED

Geoff and I socialised quite a lot in the 70's. He even stayed at my flat for a while when he got a job in Bromley. On one occasion I ran 14 miles round a lap on the North Downs while he walked it in the opposite direction. The hills nearly killed both of us. Fond memories of some wild evenings at Chelmsford AC also. Those were the days!

John Bachelor

Essex Walker issue No 398 (September/October 2020)

WORTH WATCHING

The Show must go on. In Manchester on 3/4 September UK are holding their Championship. There are 20 walkers entered to be officiated by 9 RWA officials. The risk is slight but worth it.

Peter Marlow

DAUGHTER'S APPRECIATION

Thank you for including my father's obituary in Essex Walker. It was interesting to hear of his achievements and how he helped further amateur race walking.

Christine Hanson (daughter of Doug Hopkins RIP)

EMAILS SEPTUAGENARIAN GEOFF HUNWICKS FROM THE GAMBIA

I would like to make a few comments regarding your wonderfully surprising and timely biography of me in your excellent Essex Walker of which you have done a great job in keeping the readers well informed and entertained over many years! Firstly the Basildon 50k of which you mention was supposed to be a trial for international election of which the first 4 past the post would be selected. So of course I was elated to finish in 4th position! Sometime after, maybe the same day, I was informed that as Jake Warhurst had done 4.25 on a track in Paris the same day, he would be selected instead of me and that I would be a non-travelling reserve - gutted!

Secondly, I would, as far as I can remember, include among athletic highlights: National Junior team winners: Roger Mills 1, Brian Armstrong 5, me 7! And 4th In Bradford 50k behind winner Shaul Ladany, 14th in Commonwealth trial in 2.34 and an 8.54 Ilford AC club record for the Brighton. Also running 3.07 for the marathon and a 77 mins for Romford half marathon!

Thirdly, you mention table tennis. That may be only because you saw me play at Edgar's(!) and cycling because John Layton persuaded me to do a 10 mile cycle race, after which, getting off my bike, I couldn't stand for 5 mins! Or maybe it's because I cycled from Nazareth and along the river Jordan for 5 days.

Geoff Hunwicks

PETER CASSIDY'S BOOK AT A PREMIUM

I found this on eBay and thought you might like it! Check it out now! **A Hundred Years Afoot: A Celebration of a Century of Race Walking.** Paperback Book <https://ebay.us/9Q8Fin>

Bob Dobson

Adds Hon Ed: If you've not yet purchased this excellent book please be assured it makes riveting reading.

RWA - RETURN TO COMPETITION IN MAINLAND ENGLAND

With the easing of lockdown restrictions, non-track race walking events will be possible in mainland England from 1 September 2020. We are hoping to hold open online discussions (using Microsoft Teams) to help race organisers make applications, share ideas and provide feedback and suggestions to develop best practices. Provisional dates are 27 September and 29 November. Please email rwasecretary@yahoo.co.uk if you would like a meeting invite.

Colin Vesty, Honorary General Secretary Race Walking Association

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