

Essex Walker

Editor: Dave Ainsworth

SOUTHEND-on-SEA 100 MILES IS CANCELLED

It's been announced that the race, scheduled for 7/8 August 2021 on Garon Park Track, is now cancelled. A date in 2022 is to be considered. Watch this space!

STOP PRESS

Announced on 1 April was Tom Bosworth's selection for a delayed Tokyo Olympic Games, for which he's congratulated on what will be his second such appearance in the 20 Kilometres Walk, having given it his best shot in Rio (2016) www.bbc.co.uk/sport/athletics/56601757. This announcement named the first 7 GB athletes chosen - so readers now hope for additions: Dominic King (for a 3rd 50K Olympic selection if chosen) and Callum Wilkinson who has put in a strong bid to achieve Olympian status.

OLYMPIC UK 50KMS TRIAL AND UK RECORD BY DOM KING

... Dudince 50kms Saturday 20 March 2021 race commenced 8.00am in freezing conditions. Both Dom and Dan arrived at the race one week before. Over 50 walkers from all over the world toed the line. A 1km lap. Dom walked at metronomic pace reaching 25kms in 1.55.37, then the amazing second half faster by one second to achieve the UK record of 3.51.13 for 10th place, held for over 30 years by Chris Maddocks. This marvellous achievement by Dom in a world-class field and in fully recognised judged race was sensational to say the least. His smart, clever and committed winter training regime paid off with this super effort.

Dan King raced excellently for 4.06.09, but had a 5 minutes pit stop around half way, again his pace was superb, for 29th position. Cameron CORBISHLEY was leading the field at around 40kms but suffered badly in the final 10kms for a great time of 3.54.15, for 15th position. Cameron up to 40kms was on record and Olympic pace of well under 3.50.

Dom will now have to wait and see about Olympic selection, but a very strong case as ranked in the top 50 in the world. The race was won by BARONDO from Guatemala in 3.47.01, second MASTIANICA 3.48.24 Lithuania, third SANCHEZ Guatemala 3.48.56. **George Nibre**



Dominic and Daniel King - 2 Centurions and their coach George Nibre, with "Job Serve Community Stadium" (home of Colchester United - the U's - in the background).

The hand gesture of the 3 Amigos represents 'save the 50kms from the Olympic Games expulsion' (ie crossed arms, with one hand showing 5 fingers and the other zero ... X50).

[King of the 50km walk prays for Olympic selection - AW \(athleticsweekly.com\)](http://athleticsweekly.com)

NO GUTS NO GLORY ... NEW BRITISH 50KM RECORD HOLDER 3:51:13! by Dominic King

"I have taken a few days to let the dust settle and reflect on my recent Olympic Trials race in Dudince, Slovakia. It may be a surprise for some to hear that it wasn't my initial intention to try and break the long-standing British record (held by 5-time Olympian Chris Maddocks) in this race but it's funny how things turn out! I was confident that I had prepared fully for this race and completed my biggest block of training in the lead up to it. The lockdown had caused some issues but also created new opportunities to explore new methods of training. I am fortunate to be able to train with my twin brother Dan and we push each other on when the going gets tough. We have trained in all-weather including some long sessions in the snow! I was very uneasy in racing abroad during a pandemic but had little choice with the race being named as the official British qualifying trial for Tokyo 2020. The Men's 50km race walk was the only British Athletics trial event to be held abroad, partly due to the high standard of competition in Dudince but also the lack of 50km races in Britain. I was told it was impossible to stage a UK 50km (for just a few athletes) and that Dudince was the only option. In normal circumstances I would head out to Slovakia a few days before my race but due to the pandemic there was only 1 direct flight A WEEK in/out Slovakia from London airports!

I have raced in Dudince many times and always enjoyed great experiences in the tiny spa town. Dudince has a great history of hosting exceptional 50km races and I was pleased to support their 40th edition of the race. I would like to thank the Slovakian Athletic organisers for their exceptional work in hosting a Covid-safe event and accommodating the hundreds of athletes from around the world in what can be described as very challenging circumstances. This was my most consistent race with a first-time negative split. If not for the last few kms I could perhaps have been looking at a sub 3hr 50min walk. For those that are interested my 5km splits were as follows: 23:32/23:06 /22:58/23:06/22:55/22:36/22:28/22:33/23:18/ 24:41.

I am sad that the 50km race walk event will not be continuing as an Olympic event after this summer (changing to 35km) and hope that this won't be my last race. If it is, a new British Record, Olympic Trial win and substantial PB is not a bad way to end a 50km career ..."

Dominic King

DUDINCE PRAISE

- "It is good news that the GB 50km record is back in Essex's domain." ***Olly Flynn***
- "What a brilliant result for the twins. I remember having them at the English Schools Champs when they were 11 years old and I was in charge of the Essex team. I occasionally see Les Morton. My oldest daughter lives in Sheffield and her husband sometimes goes cycling with Les." ***Chris Bent***
- "It's good to hear that there are young men still interested in Race Walking! We can only hope that it continues to be included in major games." ***Jeanette Street***
- "Great result for Dom King just breaking British record." ***Bill Sutherland***
- "Fantastic. Great Centurions!" ***Sandra Brown***
- "Have we ever had two GB walkers under 4 hours in the same 50K? Terrific by Dom, Cameron and Dan. Better conditions than when I raced there and froze, Sylvia Markham administering the 'coup de grace' at about 36km! The only time I have been glad to be DQ'd 😊! The Mexican lady 20K winner was impressively fluent." ***Ed Shillabeer***
- Dom's record breaking 50 km is a tremendous achievement, and we all hope he will get the nod for Tokyo selection. He deserves it. It will be the icing on the cake if he gets to join the elite at Tokyo. Many congratulations to George (coach), Dom and Dan, and also to Cameron who did so well. ***Chris Flint***

CALLUM BREAKS HIS OWN UK RECORD

Congratulations to Callum Wilkinson who in Newport on 7 March broke his own **UK record** for a track 10,000 metres. It was 39:52.05 – it's now **39:05.85**. Others in the race: 2. Cameron Corbishley 42:05.23, 3. Heather Lewis 46:44.77 PB, 4. Abigail Jennings 52:24.40 PB and 5. Pagen Spooner 55:30.03. 1 DQ (Bethan Davies). Commonwealth Games women's qualifying time

is 46.00, so Heather's time (with a 1 minute penalty) was close. Further details on the influential "Power of 10" website.

athleticsweekly.com/event-reports/callum-wilkinson-storms-to-olympic-trials-race-walks-victory-1039942787/

TURNING BACK TIME

David Worth, eldest son of the Worth family, has been in touch to point out information he supplied about Mary erroneously contained one incorrect fact. It was typed that Mary was born in 1921. It should have read 1928. This makes Mary, at the time of her demise, **92** and not **99** as he'd stated.

JOHN POWELL - A MAN MUCH APPRECIATED

John is one of our sport's longest ever serving officials and Essex Walker pays tribute to him after he's decided to finally stand down. As well as his valuable input in the world of athletics, John's a respected statistician in the keenly followed world of Non-League Football - indeed he wrote the informative book, "*The History of Poole Town FC*" - which is still on sale. A man of many interests he's also one of our County's leading amateur players of traditional cinema organs. We are indebted to your Southern Area Race Walking Association President and Honorary Secretary **Chris Flint** for the following article which is written as a tribute to a true worthy.

JOHN POWELL

"John has decided to stand down as Treasurer of the RWA (Southern Area) committee, and at the Association's AGM in November he presented his last set of immaculate accounts. Unfortunately, because it was held as a Zoom meeting, it was not possible to express our appreciation of his selfless 40 years in the post in the manner we would wish but many race walkers and his NUTS friends have sent their messages, and some are shown below. He brought to that job the meticulous approach that he brought to everything he did."

"John has been a member of the NUTS (National Union of Track Statisticians) for an even longer time and a compiler of walks lists since the late 1970s, initially the women's lists while the late Colin Young looked after the men's and for many years now for all. Sadly, of course, those lists are all too thin nowadays."

"**Peter Matthews**, NUTS Chairman, worked with John on the Walks booklet in their Historical Series that was published in 2014. Peter says "*I well remember announcing a tribute to John at the Middlesex Championships a year or two back commemorating his 50 years as an official. He was a most conscientious walks judge*". **Bill Sutherland BEM** says "*I tender my sincere congratulations to fellow Highgate Harrier John Powell on completing 40 years of commendable service to the RWA(S)*". **Olly Flynn**, 1976 Olympian and 1978 Commonwealth Games gold medallist at 30 km, says "*I am mindful that our sport does not exist without good people like John and my thanks to him for the tremendous and unstinting service he has given us*". To complete his background John was elected RWA (Southern Area) President in November 1984 as well as his re-election as treasurer. He succeeded Carl Lawton C750 as Area President."

"We all thank John for taking on the role for so many years and he has tackled difficulties using his experience and determination, and we wish him all good fortune in the years ahead."

Chris Flint, Hon Secretary, RWA(S)

BACK IN 1981

We recently read Issue 469 (October 1981) to revisit one of the late Bill Garrett's appearances - at the August Bank Holiday Monday Colchester-to-Mersea Island 8 Miles (yes, when a rising tide covered the Causeway upon which we raced). We won't dwell on that, as that occasion's been recalled many times over decades. This edition was dominated by a sad death of Belgrave Harrier Dave King on the A23 London-to-Brighton road, as a road accident many feared would occur owing to rising traffic levels, happened. Dave concentrated on distant events, holding a record of being in 8 winning teams from 17 London-to-Brighton finishes (only "dnf" was 1966). In 1981 he was on course for a 9th, being his Club's 4th scoring man when tragedy struck. His Club,

led home by Carl Lawton (1st/8:20.51) won with promoters Surrey Walking Club (2nd) and Sheffield United Harriers (3rd) in close order. In this edition, as well as tributes to Dave, was a long, most thoughtful and constructive assessment of the situation from fellow competitor Mick Barnbrook, a serving Policeman with road traffic experience and one who'd been in the race (28th/10:29.22).

The edition reported a successful Lugano Trophy semi-final victory in Helsinki against Norway, West Germany and Finland respectively 2nd/3rd/4th. Our team was at 20K Steve Barry, Ian McCombie, Roger Mills and Amos Seddon - reserve Dave Jarman. At 50K we'd selected Bob Dobson, Barry Graham, Denis Jackson and Ian Richards - reserve Adrian James. Both 1980 Olympians (Roger and Ian) were included. On an International theme John Powell's International notes reviewed recent result sheets from Soviet Union and concluded these provided further evidence of the development of women's walking in that Country. Our RWA 200 Club saw a Belgrave 1-2 as Bob Barnes and Barbara Dunsford won the money with 3rd prize going to Michael Long. The Isle of Man TT race, over a single lap 37 miles, saw Murray Lambden (5:28.43) just pip his coach Graham Young (5:28.53) to the tape. Mike Angove of Greyfriars WC completed the frame in 8:08.52. 21 finished. Stalwart John Cannell made an appeal for more mainland walkers to cross the water and support this established classic event.

Another sad article was a report of Cambridge Harrier Eddie McNeir's sad death aged 81. He'd only began race walking when aged 63 and had his last competitive walk at the age of 78 when finishing a few minutes outside a permitted closing time on a London-to-Brighton. He continued training until aged 80. His daughter Brenda reported that Eddie had died walking - visiting a local shop for a newspaper. Brenda thanked the Lord that Eddie was on his feet when passing-on, though wished he'd been on a training walk when this sad ending had occurred. Eddie McNeir became Centurion 375 when completing the Metropolitan Police Chigwell 100 Miles in 22:32.10 aged 65, when 54 started/30 finished with 13 being "first-timers". Eddie completed 10 such races under 24 hours. His family put up the "Eddie McNeir Trophy" for the first 100 miles' finisher aged 65 or over. A sign of the times is that more competitors are becoming eligible for this trophy, and more are nearing its qualification age.

At the other end of the distance range a result from an Invitation Coca-Cola 1 Mile at a packed Crystal Palace Stadium showed victory for Roger Mills (who else? - he was the mile king) in 6:17.56. All bar last finisher E Crossingham (Bels) 7:08.83 got under 7 minutes. Essex walkers were 5th Amos Seddon 6:36.35, 6th Dave Hay (Havering) 6:39.60, 9th Steve Uttley (Ilf) 6:46.88 **pb**, 10th John Hall (Loughton 2nd claim) 6:47.46 and 11th Roy Sheppard (Anglia Striders) 6:49.75. These evening races, over 1 mile or 1,500 metres, were before full house 17,500 crowds and "live" BBC television. Alas they reached an end when the RWA decided to no longer appoint judges for these races - so much publicity for race walking was lost. Another short distance race was an evening 3,000 metres at Ashtons as part of a Woodford Wednesday Walk Series (it's Tuesdays nowadays) which again saw Roger break the tape - in 12.41, the other 2 under 13 minutes were Amos Seddon 12.47 and George Nibre 12.53. The next 3 home were Brian Armstrong, Stuart Phillips and Stuart Bennett clocking 13.21, 13.35 and 14 minutes' dead respectively. 25 finished.

Way out west at Briantspuddle in Dorset, Chris Maddocks (Dawlish) was a comfortable South Western 20 Kilometres' Championship winner in 95.10 followed by Belgravians Carl Lawton 98.04 and John Newnham (who resided in Hornchurch) 100.23. Among 24 finishers were Geoff Hunwicks (Weymouth) 5th in 102.27, John Powell (Weymouth) 135.32 and Centurion Brian Copp (Weymouth) 24th 141.58. Weymouth walkers were guaranteed good write-ups in the Dorset Echo as Brian was its Sports Editor! In this edition was a wonderful picture of a mass 10 Kilometres' start at the annual London Postal Region Festival of Race Walking at Blackheath Park as 51 finishers were led home by Ian McCombie in 44.08. Many events filled a long afternoon, and when added up saw 166 finishers in total. A novelty event was a "Parent and Child Paarlauf" won by D and F Stevens of Steyning AC - who beat 17 other pairs. *What turnouts!* Carl and John were again in close order when well ahead for a 1-2 in the London Vidarians 3,000 metres at Carshalton

(Carl's home town) with 13.56 and 13.59 in the stopwatch as host Club stalwart Mike Glead filled the frame in 15.31. Another 3,000 metres race was the Greater London Championship at West London Stadium as Adrian James sped home first in 12.52.6, followed by Richard Dorman Bels/13.19.6 and Peter Marlow of Mother Goose AC/13.37.5. Again out west Chris Maddocks showed his sprinting class with victory in the odd-distance Picton House 4-and-a-quarter miles near Gloucester City Centre with Coventry's Mike Smith taking 2nd in 33.37. Mother Goose AC made a result sheet here as former Southend-on-Sea AC star Ian Brooks walked in their colours for 4th position in 34.01.

There was a picture of Alan and Andy O'Rawe - this article mentioned Alan's 25th position (10:24.26) in the Brighton and Andy's International selection to represent Young England v Hungary in Budapest - in the boxing ring. Andy progressed to turn professional under Frank Warren's managership. Andy returned to race walking - with success - after hanging up his gloves. Alan, who'll be celebrating his **80th** birthday on Saturday 21 August, still competes and always gives a good account of himself in June Cork's Southend Mile. As for Andy, Hon Ed is trying (unsuccessfully) to get him to appear in this annual popular race. The talented sporting O'Rawe family donated the "George Woods Trophy" in honour of that great stalwart, which is awarded to the first Essex-resident Centurion in this event.

Issue 469 reported incoming Presidents. Nationally, Essex man Ron Davies (Woodford Green AC, Post Office & Civil Service) accepted our Race Walking Association's chain of office. He'd been a Southern Area Committee member since 1957, served a long spell as Secretary of their Coaching Committee and raced for his Club during a heyday period. Ron wasted no time in launching his President's Appeal. There was drama in electing a new RWA Southern Area President. 1946 European Games 50K bronze medallist Charlie Megnin had been nominated - but days before the AGM wrote to withdraw his name saying, "*I don't think I have the support of the Southern Area*". Charlie had strong views about judging, which he maintained to his dying day, those being at odds with how race walking was progressing. The Southern Area turned to Dave Stevens who'd been a driving force at both Steyning AC and Stock Exchange AC to be President with Peter Worth his vice. The Northern Area presented their chain to George Towers - a loyal one club Leicester WC man and the Royal Air Force. George, who made the International Panel as a judge, had just staged a National 50K Championship in Sleaford, where he resided. It was the first National Road walk championship staged in Lincolnshire, and despite being off the beaten track, **102** started (**14** teams). Compare that with modern day National 50K Championships when not even one team closes-in and finishers are in low single figures. When attending a funeral of the late Olympian George Coleman, George spoke from the pew to interrupt the vicar's eulogy when correcting an incorrect fact! That's what you call "audience participation". George, not currently in the best of health, is to celebrate his 90th birthday on Friday 16 April.

Looking at adverts, there was one from Fred Popplewell who sold individual London-to-Brighton photographs. Punters provided a racing number and sent £1 for an 8 x 6 photo and 75p for a 5 x 4 version + 10p postage. The Enfield Open 7 was advertised at 50p per head + £2 per team. Entries to be posted to Irish International Pat Furey. There was a half-page advert for a heavily sponsored Big 'D' meeting at Corby (Women's 5K/Men's 10K) - 40p per individual and 50p per team. It took half a page to list all the prizes as every category was covered, with scratch and handicap prizes plus team and handicap team awards to boot. Entries were to Centurion 761 Kevin Emsley of Corby AC.

We'll close by looking at a well-supported Bromsgrove & Redditch AC annual Track meeting at Abbey Stadium (Redditch). There were so many finishers in all categories it took a page-and-a-half to list them. Younger-aged races had long entry lists. A Boys Under 15 3,000 metres (22 finishers) saw Nathan Kavanagh of Roath win in 14.33. A couple of years later he made our UK 5,000 metres U/17 rankings. One wonders what happened to him? An Under 15 3,000 metres (also 22 finishers) was won by Lisa Langford of Wolverhampton & Bilston AC in 16.33. One wonders what happened to her? [Lisa Kehler - Wikipedia](#)

NO RSVP

Essex Walker achieved successes when imploring readers to take action, such as sending cards to those suffering illness, celebrating special birthdays or lobbying for various causes. Our well-supported request for folks to let Glasgow's 2014 Commonwealth Games organisers know our views about ditching walking races saw many readers out pens-to-paper (or fingers-to-keyboards). Alas it bore no fruit - but at least writers received acknowledgements and replies. Alas our call (from Peter Marlow) for readers to complain about a loss of a 50 Kilometres' Walk in the 2024 Paris Olympic Games appears to have fallen on stony ground, to use a line from "The Parable of The Sower". *Many expressed opinions*, but nobody seems to have received either acknowledgement or reply from the office of Lord Sebastian Coe - aka Baron Coe of Ranmore, CH, KBE, Hon FRIBA and Chancellor of Loughborough University. Not even Peter, who ignited our call-to-arms and who served with the Noble Lord on various influential Committees, had a response. Should any readers receive a reply, perhaps it can be sent in for publication. A 50K Walk Olympic future looks bleak - and we must prepare for the worst, but optimistically hope for the best.

APRIL SEES TWO MILESTONE BIRTHDAYS

Milestone occasions are approaching for a pair of great race walking stalwarts who've served our sport well for many decades. In date order of celebration they are:

George Towers is 90 on 16 April. George, a lifelong and loyal Leicester Walking Club member, has worked for the benefit of race walking throughout the Country. He had long service as a technician in the Royal Air Force during which time race walking was always well promoted - indeed George had a spell as Manager of their race walking team. As a judge he rose through the grades, officiating at many important events, to be appointed on the International Panel. A former Lowestoft resident, he now resides in Sleaford with his wife Joyce. In 1981 George promoted the National 50K in Sleaford, and despite being in the proverbial "*middle of nowhere*", **102** (yes 102) toed the start line including many big names. The 1-2-3 that day were Barry Jackson, Bob Dobson and 1980 Olympian Ian Richards clocking 4:10.46, 4:14.01 and 4:15.45 respectively. George, a former Northern Area President, isn't on email - If wishing to send an **90th** birthday card his address is: 3 Stray Green, Ruskington, SLEAFORD, Lincolnshire. NG34 9HY.

Peter Marlow is 80 on 20 April. An esteemed life member of Southend-on-Sea AC and former member of Mother Goose AC, Peter won our 1974 National 10,000m Track Championship in 44:58.4 and National 10 Miles Road Championship in 72.58. To highlight the span of his involvement he won our AAA Junior Mile at Watford in 1959 clocking 7:05.4 and a year later was 2nd in 7:03.2 behind Ron Wallwork 6.59.1 who had been 3rd in '59 with 7:13.4. Peter has Essex County titles in the Junior Mile of 1959 and 60 clocking 7:19.5 and 7:02.7 respectively, the Senior 2 Miles in 1967 with 14.27 on the stopwatch and 3,000m in 1973 recording 12.26. He's a worthy recipient of many style prizes. Peter achieved Olympian status when competing at 20 Kilometres in the 1972 Munich Games and returned to the Olympics many times as a Judge, being Chief Judge in 2000, 2004 and 2008. He's served on several high-powered International Committees and was presented with awards by IAAF in recognition of meritorious service. He also received an award from the Race Walking Association when reaching 40 years' continuous General Committee service. He's served the Race Walking Association as its President, Honorary General Secretary and Honorary Championships Secretary - currently he's Chairman of our Coaching & Development Committee. If wishing to send **80th** birthday greetings to Peter his address is: The Picture House, 134G Southgate Street, BURY ST EDMUNDS. Suffolk. IP33 2AF.
pmarlow@btinternet.com

STILL VERY MUCH ON THE SCENE

Long-serving Hayes (Middlesex) based athletics official and stalwart **Laurie Kelly** is known as one of race walking greatest friends and supporters. When his good lady recently sadly passed-on, Laurie announced he'd settle in New Zealand to be near his family. That plan is now on hold as NZ isn't admitting newcomers until coronavirus is finally and successfully dealt with - so Laurie

could be around for another 18 months or so. Laurie, now aged **87**, is still active in athletics. He's the London Business Association's Honorary Secretary, a position held since the mid-60s, and under his direction, this organisation has always strongly supported and promoted race walking. He's also the leading light in our annual City Charities Contest - which always features walking races. Twice when the Counties Athletic Union ditched walking races from their annual Inter-Counties Track Championship (because of our small turnouts) Laurie was among those (including Messrs Peter Cassidy, Peter Marlow, Roger Mills, etc) who campaigned hard - and successfully - to see us reinstated on the programme. Seven years' ago, it looked like the North of the Thames Cross Country Association would fold as their Hon Sec disappeared, then nobody came forward at a Special AGM to run it. To keep it going Laurie said he'd fill the post until somebody else came along. Yes, you've guessed, nobody yet has! For years former Middlesex County President Laurie also Managed their County team. He's also in constant demand as a meetings' announcer. He's helped to keep the annual Sir Sefton Brancker Trophy meeting going - another featuring race walking. Laurie's a respected National Union of Track Statisticians (NUTS) member. By remaining in Hayes a bit longer than expected, he'll have opportunities to celebrate Middlesex County Athletic Association's Centenary Year in 2022. If anything special is put on, we certainly hope Middlesex County qualified race walkers, both past and present, will give 100% support to show the flag for our athletic discipline. Essex walkers have strong links with our neighbouring Association, as for years - when fields began declining - Essex, Middlesex and Hertfordshire joined forces to stage their annual 10 Miles Championships at a combined event. *We salute Laurie for all his meritorious service over decades - and for what he continues to do, so as you can all enjoy your chosen sport.*

TOKYO 2020: NO INTERNATIONAL FANS AT OLYMPICS AND PARALYMPICS

So, no trip to the delayed Olympics this year for any of us: [No international fans at Tokyo Olympics & Paralympics](#)

COMMENT: "I guess it was inevitable but for such a huge International event it is so disappointing. It was always an integral part of the games seeing little pockets of international fans all enjoying the event together. I remember going to the first day of the games in London and just soaking up that atmosphere of all the nationalities of the world dressed in their countries' colours, carrying flags and all coming together."



Billy Green

ANN SAYER MBE REMEMBERED WITH AFFECTION - 1 YEAR ON

Ann sadly departed on 15 April last year. To mark the occasion a year on, Centurion 577 Jack Rossiter, who qualified in Essex (Ashtons Track) in the 1976 Woodford Green 24 Hours event when clocking 21:02.43 at 100 Miles, has supplied us with a wonderfully written tribute to the great athlete who is truly a name never to be forgotten.

ANN SAYER 16.10.1936 - 15.4.2020

"To lose Ann, for me, is like losing a close relation. It's one of the spin-offs we get from an association like our LDWA – contacts can become valued ties. Ann was my children's godmother, she lived in my Mum's house for a while; we were friends with each other's relatives."

"Our association began in 1976. Though stronger LDWA walkers had found Centurion qualification beyond them, I succeeded in a track race, so the message was out: *"If Jack can do it, I can do it."* LDWA members did at the next opportunity, and have been doing so ever since."

"To my surprise it was the friendly, mild-mannered Ann, a fellow Essex-Herts committee member, who showed the greatest interest at the time. My friend George Eastwood, twenty years older than me, had beaten me by over half an hour in the race. He had been coached, so I put Ann on to his trainer. Tom Richardson was President of the Centurions; his "100", in the year of Ann's birth, was

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completed immaculately in 17 hours 34 minutes, and held in such esteem that though he was the 99th qualifier, they discarded the number to acclaim him Centurion 100.”

“Tom taught Ann to approach long-distance racing scientifically. I didn’t train with her, but soon became her roadside assistant, and had to learn her preparation. Blisters? You expected them, didn’t you? You did not. Ann learned to be cross with her inefficiency if she got a single one. Her shoes were to be insulated with cross-layered lamb’s wool; she had cotton socks next to the feet, wool socks over them, and a snipped-off sock over the top of the shoe to stop stones getting in. The worst of Ann was intolerance of inefficiency. I gave her a coffee one afternoon, only to have it chucked in the gutter. Coffee was for the early hours of the morning, when she needed to stay awake. These – very rare – flashes of anger were justified: there’s no place for sloppiness if you want to be the best in the world. And that was a realistic target. The woman to beat was Annie Van der Meer, who was marginally slower than 8 kph over 24 hours. Ann felt she could do better.”

“But this was when women were restricted in many countries in the distances they were allowed to race. They were threatened with bans for taking part in the marathons organised by LDWA’s founder, Alan Blatchford. Ann was barred from entering long walking races, and the organisers had their hands tied.”

“But they were sympathetic. We started with Manchester-Blackpool (53 miles), and were greeted with a response we got used to. *“We can’t recognise you as a competitor, but we can’t stop you using the roads while our race is on.”* With me on George Eastwood’s bike carrying all provisions, Ann duly completed the walk in a very respectable position, and was warmly received at the awards ceremony. There was a genuine feeling she’d brought something special and historical to their event.”

“In a few months we’d moved up to the 24 hours race, in France. This again was a men-only race where she was unofficially made welcome. It was on a 7 kilometres circuit, so I should see her at least once an hour. The kindly locals lent me a bike so I could keep her company, riding behind her. It didn’t matter to her that she was in last place for several hours: she kept her pace metronomically, and gradually overhauled all but the first five men.”

“A provision of this race is that once the leader has completed the last full circuit he can achieve within 24 hours, all other competitors will stop when their current circuit is completed. A mayoral party with beaming smiles and bouquets were ready for Ann’s special moment. But she was having none of that: she was after the 24-hour record, and wasn’t going to be stopped. With a small entourage she’d gathered by then (not including me – punctured), she brushed past the ceremonious officials, leaving shockwaves and mutterings of “Madame Thatcher”. Her distance at 24 hours wasn’t measured, let alone recognised – the world record wasn’t to be had that day. Not that it was a wasted exercise, in view of its leading up to England’s 1977 Centurion race. This was held in October, and by now, with much wrangling, women were to be recognised officially, though still in a predominantly men’s event.”

“Late in the year, the race started late in the day, in damp, cold weather, and so misty that the person standing next to me was my shadow in a wall of fog, cast by a car’s headlights. Provisions that walkers were to wear shorts throughout had been waived because of the cold, and almost everyone was pleased to be allowed long trousers. Not Ann: Tom Richardson had got her used to coating her legs with olive oil and a thick blobby layer of Vaseline. It made an unusual appearance with her little flowery shorts, but that’s how she stayed throughout, and she reckoned she kept at least as warm as anyone else.”

“This was a 10-miles circuit; I had a car parked up and a bike to accompany Ann on route. She unfailingly gave it her all, and made history. Tom appropriately took the bike to support her on her tenth circuit. He was a fine speaker: you felt at the awards ceremony this was his proudest moment as a president and a coach.”

“LDWA members were now qualifying: I knew at least six others, including the phenomenal Martyn Greaves (by now with over 40 LDWA 100’S to his name.) Without a change in rules, he must always be the youngest qualifier, as the race was held on his 21st birthday.”

“Following this, Ann went on to record-breaking over longer distances, needing groups of helpers. I was a team-player from now on; her achievements have been well documented.”

“Though she became famous in the walking world, she never neglected our connection. We’ve walked thousands of miles together, by ourselves or with other people. In our heyday we completed the Pennine Way, Offa’s Dyke Path, and Wainwright’s Coast-to-Coast. In our later years we strolled from our homes, hers being a fine house in Teddington within easy reach of the Thames towpath. Every year she gave me Christmas presents of fine books – this year it’s Bill Bryson’s “The Body”.”

“People ask me on occasion if we had any romantic connections. We were happily free from even considering them. Ann was so sane, and I enjoyed the holiday from entanglements. On her side, she had a complete world beyond mine. She was a geologist for BP, when they had one of London’s tallest buildings, near Liverpool Street. In the lift you pressed for the 23rd floor, your stomach jumped through your head and in seconds you were outside a door with her name on it. Inside, a map of the Pacific Ocean sea-bed. She travelled the world extensively, often with groups, and must have had tens, maybe hundreds of friends like me.”

“Goodbye, Ann. I’m overwhelmed with gratitude for how you’ve enriched my life, with our expeditions, the books you’ve given me, and for enabling me to win my best achievement in sport – my little contribution towards bringing about equal opportunities for women.”

Jack Rossiter

CONGRATULATIONS



To ... Olive Dobson on winning top prize in your Race Walking Association 200 Club monthly draw. How about a few more readers signing up - £12 yearly gets you into 12 monthly draws for cash prizes. It all helps race walking.

[200 Club - Race Walking Association](#)

ON THE MOVE

Alec and Dawn Banyard have upped sticks after decades of residence in Hawkwell and moved to Filey in North Yorkshire. Former International Alec was part of a Southend-on-Sea AC team which had talented members who could dominate domestic race walking during the mid-70s, before dramatically and suddenly splitting up - like a Roman Candle shooting its stars in all directions. Alec was also active in that period when Essex County were at the very top of British race walking. Alec put much back into race walking and served as our Race Walking Association Honorary Treasurer from 1974-to-1979 before handing over the books to the late Peter Worth. Over the years he kept in touch with our local athletics scene, and could be seen at major events and functions, such as those during Southend's memorable Centenary season, at an Athletics Reunited luncheon which paid tribute to the late Colin Young and at the 2014 100 Miles race around Garon Park track. We wish Alec and Dawn every happiness as they breathe the fresh sea air in their new surroundings for many years to come.

NOTIFICATION:

“Please be advised that Dawn and myself now reside at: 68 Wharfedale, Filey, North Yorkshire, YO14 ODP. Telephone - 01723 317043.”

Alec Banyard

"YOU CAN'T BEAT A BIT OF BULLY"

One of the late Jim Bowen's catchphrases could well apply to next year's Commonwealth Games in Birmingham, scheduled to be held from 28 July to 8 August. The mascot has been announced as "**Perry the Bull**" which has a medal hung around its neck. Perry is covered in multi-coloured hexagons to symbolise a coming together of the Commonwealth. Sadly, there'll be no coming together of **road** walkers - as those turning-up to compete in our discipline will find themselves doing so on a track, probably at an off-peak time.

[Perry the Bull: Mascot revealed for Birmingham 2022 Commonwealth Games | Athletics News | Sky Sports](#)



Noted Birmingham-based Olympian star Denise Lewis said, "I love it" and added that Perry is "a beacon of light". The mascot was designed by 10-year old Emma Lou from Bolton who won a national competition. Despite widespread dissatisfaction with an end to road walks in favour of 10,000 metres on a track, it's hoped **all** our Home countries will have maximum representation on the start lines, to show our event as a well-supported and popular one.

WANTED MAN

Our last edition asked if readers knew the whereabouts of former GB International "*livewire*" Barry Ingarfield, or how he's doing? The trail remains cold, however, Barry's son Milt has made contact to say the family - like our race walking world - haven't heard from Barry for approaching two years. Is anybody out there any the wiser?

NOT OUR FINEST HOUR

The late Charlie Megnin RIP predicted - so accurately - that race walking was heading in the wrong direction. Many comments received by "Essex Walker" in the wake of the Kew Gardens "goings-on" are near libellous - and also name those (by name and some by race numbers) who clearly progressed without regard to contact laws. One mentioned a walker who was photographed "*3 inches up*" and allowed to continue. One leading light stated he's now embarrassed to tell folk he was ever a race walker. As stated, some things **need to change**. Sadly, words in Essex Walker won't be enough to commence this change. Why? Because those who've controlled our sport have let it drift downhill for far too long. **It's beyond saving**. That's why it has **no credibility** at International level - and its future looks gloomy.

We have to accept that, in the UK, we've now **two types** of race walking. There's the sort of traditional "*heel-and-toe*" contact events as, for instance, seen at venues like Donkey Lane of a Saturday afternoon. And there's what "*passes for walking*" as seen in events of more importance. If walking were seen as "*unbroken contact with the terra firma*" it'd regain credibility and be easily accepted by the "man in the street" or "viewer in the armchair" as an honest sport. Essex Walker will pass comment on Kew - but not by naming those culprits so accused. *By publishing similar readers' comments in the past Hon Ed received some truly nasty (very nasty) correspondence from some who haven't liked such opinions!* So, we'll not publish contributions using such words as "cheat" and "fraud" etc - we'll settle for a summary. *There's anger out there!* Today's race walkers have a high average age and those forming a majority of current activists were brought up when our discipline was conducted differently (ie stricter). At the top level you can't blame our top officials - they only follow laws as handed down from International lawmakers on high, which must be complied with.

Hon Ed began race walking in 1966. In such times nearly all judges were "*old boys*" who'd competed in the upright "heel-and-toe" era, and all knew their sport backwards. A majority wore drab "flashers' macs", donned battered trilby hats and used spectacles. They stood in shop doorways, behind parked vans and trees before "pouncing". Some even knelt down to view approaching competitors at ground level to assist in making a call (or not). They were strict and all had to walk to the **entire satisfaction** of each judge. *One shout and you were out*. Nowadays you

can break laws, then enter a "sin bin" before being permitted resume racing in an event from which you had already been deemed a bad enough transgressor to be removed from - albeit for a while. We should record our appreciation for all competitors, coaches, mentors, officials and helpers for setting alarm clocks so early, as the bus for Kew left a Premier Inn at **4.30am!**

Who agrees with 6.00am starts? - but at least few witnessed the *goings-on* at Kew Gardens, as so clearly captured by photography. Today's top UK race walkers face a major obstacle - the only way to succeed Internationally is to compete like most of the rest of the World does, or be left behind. *I don't envy their situation.* There's nothing wrong with Kew Gardens as it's a quality venue - but alas we were reduced to "curtain raiser" status for a top-billed event (Marathon). On Friday evening ITV local London Television News spent time on the marathon - then showed just 5 seconds of Callum Wilkinson crossing the finishing line in 1st place. The 6pm Main BBC National News also spent ages on the Marathon, then showed 5 seconds of Tom Bosworth (stating he was the only walker guaranteed Tokyo selection) but never mentioned our winning triallist! Both TV stations omitted our Lady walkers entirely.

In recent times Athletics Weekly twice published serious articles questioning the wisdom of exerting one's body so soon after rising. Indeed, most heart attacks occur in the mornings, many soon after rising. Looking back at previous GB 20K Olympic trials many well recall the 1968 trial in Wales, the 1976 one at Thorpe Bay and that dramatic 1980 evening trial in a Victoria Park cloudburst. One doubts if Kew Gardens 2021 will live long in anybody's memory! Top journalists used to cover our trials - for instance in Thorpe Bay we had such worthies as Neil Allen, James Coote, John Rodda, Cliff Temple and Neil Wilson on the pavement watching, as 156 started (21 teams of 4 scorers). By putting it in with our National 20K (Olly Flynn won for a 3rd consecutive occasion) we proved to all that we were a popular discipline. Our 1980 evening trial was graced by a then Shadow Minister for Sport - the Rt Hon Denis Howell PC, MP. However, **we must accept** that in March 2021 we had coronavirus to cope with. We had late withdrawals, but a few more would have shown us in better light. "Live" coverage seemed to be "low budget" as only 2 cameras were used - one always on the Men's leader and one always on the Ladies leader. That saw little coverage for others, except when they were being lapped! "Essex Walker" readers noted a commentator's error, in that Ian Richards (seen officiating) wasn't the same one who appeared in the 1980 Olympic 50K! A drone shot aerial views of the magnificent Kew Gardens - which opened to the public at 11am, meaning all had to leave promptly. With "live" coverage via *youtube* comes a figure in the screen's bottom left corner to show how many are tuned-in, altering as viewers come and go. We could have done with many more - if only to prove we've a case for showing such programmes featuring top-class race walking. **So, a profound thanks for all who set their alarm clocks to tune-in.**

DA

EASTERN MASTERS' ATHLETIC CLUB AGM



EMAC

Eastern Masters Athletics Club

This Club has considerable influence in our Essex Walker circulation area as many readers have supported their meetings and activities over decades and have held some of their top Offices. Officers/Committee elected at the recent 27 February AGM were: Chair Carey Hollick, new Hon General Secretary Stephen Cartwright, John Borgars offered to continue as Hon Treasurer if nobody else came forward - nobody did! Membership Secretary Robert Hands, Communications Editor Amr Ziko, Track & Field Secretary Graeme Packman, Road Running Secretary Ty Farrer, Cross-Country Secretary Dr Shane Lawrence. Two Committee members: Angie Underdown and Courtney Gunn. [New EMAC Committee Voted In Today at the AGM – EMAC](#) Their AGM, on Zoom, attracted a record attendance of **30**. *This AGM, it is reported, voted to adopt Category 'A' Laws for race walking events when active competition is resumed.* Good news for us walkers is that 3 of the above are respected figures in the race walking world.

Essex Walker issue No 405 (April/May 2021)

An early reader's comment (*one suspects others are deliberating on this decision*) from **Sue Clements**: "*Re. 'A' rules ... no point in me joining.*"

BRITISH ATHLETICS' OFFICIAL SPORTS NUTRITION SUPPLIER



Our newest partner: British Athletics

We are very proud & excited to announce that in February 2021, Healthspan Elite became British Athletics' Official Sports Nutrition Supplier. Through the partnership, high-performance athletes on the Olympic and Paralympic World Class Programme (WCP) will be able to access high-quality, batch-tested and Informed Sport-accredited vitamins and supplements to support their nutrition needs.

Adds Hon Ed: For many years Guernsey-based Healthspan provided prizes for the Church-to-Church Walk – Hon Ed once got a free packet of Glucosamine!

OVER THE AIRWAVES

Having been asked by a number of readers how the **BBC Radio 4** programme "**Last Word**", which featured **Paul Nihill MBE RIP**, was put together, these few lines are penned.



This was aired on Friday 22 January at 4.00pm, repeated on Sunday 24 January at 8.30pm. The main person featured was legendary record producer (and criminal) Phil Spector, who obviously had a lion's share of available airtime. It was an important programme to get Paul's major impact on British athletics recorded. Four BBC radio stations dominate UK broadcasting: Radio 2 leads the way with 14 million listeners, Radio 4 comes next on 9 million, Radio 1 gets 8 million and Radio 5 Live pulls in 5 million.

Hon Ed spoke. I was approached on Monday 4 January by BBC Researcher Lucy Wei who conducted an extended interview. She was aware I'd done some Olympic commentating and therefore was a 'possible'? Later that afternoon Producer Neil George rang saying I'd come over well and he'd like to use my voice for his show. *Hmmm!* We fixed up a time (Tuesday 5 January) when I was interviewed by programme presenter Matthew Bannister. I don't get worked up about matters outside my control - a Researcher chose the questions, the Presenter conducted an interview and the Producer "*made the cut*" to fit in with other contributions. My interview was completed in "*One Take*". The programme runs for half-an-hour - less time needed for 4.00pm news headlines. This programme features 4 worthies who've recently passed-on, so there isn't much time available. I didn't choose matters which the producer wanted covered - I just answered questions as put (some were edited out, as 4 interviews are squeezed into this show's time period). **Hey - at least we were "on"**. I suppose it would have been easier if I'd supplied questions I'd have wanted to have faced - but it wouldn't have sounded spontaneous.

I was heartened by 24 emails of approval received from listeners, who included Paul's daughter Clare, professional radio broadcasters such as Tom Pollak (BBC Radio London) and Roger Buxton (Essex Radio) - both of whom were at our 2012 Olympic Walkers Tribute Luncheon, an Evening Standard journalist who had previously spoken on "Last Word", former colleagues in Ford Motor Company's Public Relations Department (where I'd once worked) and from race walkers. *All*

are thanked. Only one person made critical comments - made a fortnight before transmission. *You couldn't make it up!* Some readers enquired what was omitted? I'd mentioned Paul's European success, his MBE and a long spell as a presenter of a 1950s evening rock-and-roll music show (Paul was an expert) on BBC Radio Medway (Now part of BBC Kent).

Paul's programme was mentioned on BBC's "Last Word" website's home page for a week prior to its broadcast. The podcast ([www.bbc.co.uk/programmes/Paul Nihill](http://www.bbc.co.uk/programmes/Paul_Nihill)) will be available for years to come - all previous 618 programmes are there. Incidentally a Friday 8 May 2020 show, featuring Fleet Street journalist Julie Welch (author of "*Out On Your Feet: The Hallucinatory World of 100 Miles' Walking*") talking about race walker **Ann Sayer** MBE RIP is also available on BBC's "Last Word" website ([www.bbc.co.uk/programmes/Ann Sayer](http://www.bbc.co.uk/programmes/Ann_Sayer)). With or without race walkers, "Last Word" is a quality programme which is always worth a listen. Podcasts are available by logging onto this website and clicking on "*all available episodes*": (www.bbc.co.uk/programmes/episodes). DA

A BIG NAME RETIRES

The winner of London's 2012 **50 Kilometres Walk** on The Mall - Australian **Jarred Tallent** - has announced his retirement at the age of 36. His Olympic gold medal in 2012 came long after the race in which he'd finished 2nd. This happened when **all 3** Russians (or Russian Federation as known) had their names *expunged* from the result sheet for drugs transgressions. Jarred moved up 1 place from silver to gold. The only British competitor (Dominic King/Colchester Harriers) rose 3 places as a result of this unwelcome publicity which came the way of athletics. Jarred won 4 Olympic medals in a wonderful career (2 in 2008/1 in 2012/1 in 2018). He'd been training for a delayed Tokyo Olympics but had suffered a series of injuries which forced his decision.

All these 2 years "going-and-coming back" suspensions should end in favour of permanent exclusions. Athletics should be about who has the best coach - not the best pharmacist! Many of our readers witnessed Jarred racing with distinction. We wish him well as he steps away from making competitive appearances and thank him for all the pleasure he gave so many spectators around the World.

A Brazilian mosquito meets a Russian athlete

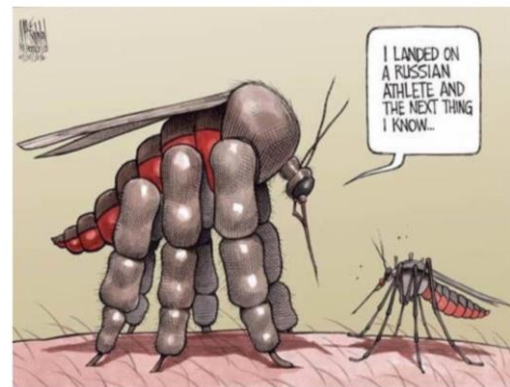
Posted on August 23, 2016 by odeboyz

A SIGN OF OUR TIMES?

The 2016 Olympics were marred by Russian athletes being drugged up. This is a Golden Oldie recycled cartoon from then.

Source:

[A Brazilian mosquito meets a Russian athlete | Odeboyz's Blog \(odeboyz.com\)](#)



Dear Dave ...

PAUL NIHILL MBE

Just like to thank you for everything keeping dad's memory alive after his passing. I would like to thank you for all the Essex Walker newsletters which were posted regularly to him. I have now started a Facebook page for him as a sportsman: [Paul Nihill MBE | Facebook](#). Then anything interesting I find I can post to the page. I can add to this slowly and I'm sure dad would approve. Stuff did get lost over the years but will try and save what I do have. Hopefully once we are allowed a Memorial Day for all to come.

Clare Denness

FROM A VALUED READER

Thanks again for another great read. I am motivated each month reading the publication and I can see that you have included my email about my race walking. Looks like I shall be beholden to that blog now that it's public!! Len Ruddock is asking for readers to identify walkers from his photographs in 1971 of the Chelmsford to Southend Walk. My dad (Lewis Mockett) is the one wearing number 50 and is featured in two of Len's pictures. I was pleased to see them. When Dad died, I asked you if you remembered two people, Iain Cole and Steven Daultrey. Both were race walkers and were friends of Dad. Ian was only a few years older than me and raced for Waltham Forest and Steven raced for Woodford Green and spent a lot of time with our family as I was growing up. You will be pleased to hear that I have tracked Steven down and informed him that Dad had died. His is now working as a solicitor in London. He was very sad to hear my news but has asked if he can be invited to the Memorial gathering we will have once Covid restrictions are lifted. He stopped race walking due to the pressures of his Bar exams. I am still searching for Iain.

Hilary McDermott

Adds Hon Ed: It's good to hear news of Steve Daultrey - can any readers provide information about Iain Cole?

WRITES A FORMER CHAMPION OF NOTE

Hope you are well ... (The Essex Walker is) always a good read when I stop for a coffee break! Sometimes it makes me feel like getting my trainers on again.

Andy O'Rawe

OUR LAST ISSUE FEATURED THE 1973 MET POLICE OPEN 7

1973 was 48 years ago when we were in much more of a pedestrian era. The 'powers that be' talk about walking today let alone Race Walking as if it was invented last week. Our forefathers, many of whom were great champions of their day gave much back in organising, coaching and judging etc. Where are the champions from the 1980s onwards today? Very few do anything without considerable monetary reward. Look how much a former International wanted in a monetary way to set up a new RWA website, yet George Nibre continues to coach the GB International King twins through good and bad times. He is to be applauded and should be recognised as a great example to follow. We have got to widen our public interest otherwise we will continue to mark time for years to come.

Bill Sutherland

FROM A LEADING LIGHT

I always look forward to reading the Essex newsletter. Thanks for putting the picture and my comments in the newsletter. I suppose not many people still remember me after all these years, but it is a pleasure to hear updates on old friends, some of whom still regularly pace the streets. A comeback is not out of the question, by the way! For a man of 66, I'm not in bad shape. The pandemic has had the unexpected consequence of getting me much fitter, as I am training harder now than I have for many years.

Mike Scamell

IS RACE WALKING STILL AN ATHLETIC EVENT AT THE BBC?

When viewing the current European Indoor Championships I notice that the BBC have listed athletic disciplines to attract much needed new aspiring athletics. [Get Inspired: How to get into athletics - BBC Sport](#). No mention of Race Walking just as if we have never existed. Surely it's about time the RWA and Area RWA started confronting them again about this. How sad that we have now **only** got a 10,000 Metres Track Walk for Male and Female in the 2022 Commonwealth Games in Birmingham.

Bill Sutherland

Adds Hon Ed: Perhaps the BBC didn't mention race walking as they were covering a European Indoor meeting, in which race walking wasn't a featured event. Maybe - or maybe not? You, the readers, can decide.

THOUGHT FOR THE DAY

Too many race walkers going this last year ... going to be a great race up there ...

Rob Elliott

APPRECIATION

- Thanks for keeping the Race Walking fraternity (past and present) together and informed. **Dr Roy Lodge MBE**
- As ever wonderful - thank you. **John Northcott**
- Thanks Dave, interesting as usual. **Guy Goodair**
- Good write up about Dave Jones C458. **Sue Clements**
- Thank you Dave - and continued congratulations on all the work that you do promoting race walking. **Peter Matthews**

SUFFOLK WALKING FESTIVAL

The Suffolk Walking Festival has been cancelled for its May weeks but a 'virtual' one is in the making apparently. I held a very successful Mini Autumn walking Festival with my own walking group. We offered 11 days of walks in groups of 6. Sometimes we had 2 groups with staggered start times. My friend, John blogged about it here. [Reinterred: Joyce's Mini Walking Festival](#)

Joyce's Mini Walking Festival



The walkers on 14th September - Ipswich to Woodbridge at the highpoint of the walk

With the success of the Autumn Walking Festival, I am busy sorting one for the Spring with a rather ambitious 14 days of walks in groups of 6 again. It's a lovely time of year to walk so many of the walks will be themed around Spring flowers: bluebells, daffodils, rhododendrons etc.

Joyce Crawford

ENFIELD VIRTUAL 10K - ONE COMPETITOR'S REPORT

Sunday morning 14 March cool, some wind, one late shower. 1km slight down gradient, 180 turn, 1km slight up gradient. Cycle track along old railway line, tarmac but getting a bit rough now. Mostly tree lined, 200m open to the elements. 5km 40:19, then 41:43, total for 10km in 82:02. Fairly even pace because first half is 3 down, 2 up, then 2 down and 3 up; about 15 seconds longer per uphill km. A slow time in the cold light of day but I felt good about it. Onwards and upwards!!

Ed Shillabeer C590

PRAISE FOR THE SUCCESSFUL

Well done to the first 3 Men and Women in all the Kew Olympic trials (albeit the start time being so early, I feel, worked against any hope of getting qualifications for the Race Walkers).

Olly Flynn

KEW GARDENS REACTION - OPTIMISM FROM THE REVEREND LODGE

For the first time in years I was able to study each individual athlete's style and technique and wondered how many of them got warnings for lifting and how many got disqualified? On the whole I found that both feet were on the ground but this was not always the case. There were several with exceptionally high standard and near perfect technique while others were blatantly off the ground. Having said that they all looked extremely motivated and I was impressed with their fitness and the obvious training they had put into competing in this trial. I congratulate those selected and if I have any advice it would be, to never lose your concentration and feel for both your feet on the ground.

Looking to the future of Race Walking it has occurred to me during the past year in lockdown just how many people have taken to walking as an exercise either as individuals or as a family. What

an opportunity this is for Race Walking clubs up and down the country to proactively promote Race Walking in their communities. This is an opportune time to recruit and get young people interested in athletics generally but particularly in Race Walking and to build on the walking they have been doing for the last 12 months. For the future of our beloved event this is an opportunity that cannot be missed if we want to see Race Walking remain on the athletic calendar.

Dr Roy Lodge MBE

Former International and National 20 Miles Champion and Olympic Triallist

JENNY HORWILL RIP

It is with great sadness that we hear of the death of Jenny, the eldest daughter of Eric and Pam Horwill, those stalwarts of our sport and such great friends of our club. Jenny had been battling cancer over the last couple of years, Dave Evans has sent a message of condolence on behalf of the Lancashire Walking Club. We can but repeat that sincere sentiment. Eric, Pam and Kath Horwill, race walking coursing through their veins, are uppermost in our thoughts.

Tony Taylor

Readers commented:

- "That is very sad news indeed, and we add our sincere and deep condolences." **Sandra and Richard Brown**

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