

# Essex Walker

Editor: Dave Ainsworth

## A DAY AT KEW GARDENS

Written by Peter Cassidy and reproduced by kind permission of "Loughton Lines"



## LOUGHTON LINES

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Some time ago, British Athletics decided to hold the Olympic Marathon Trials in Kew Gardens on 26 March, starting at 8:00 am, so that they would be over before the Gardens opened to the public.

Subsequently, they realised that it would be good idea to hold the 20 kilometre walk trials on the same day; in order not to interfere with - or be interfered with by - the public, the choice was made to start at 6:00 am.

I had the exhausting honour of being appointed Assistant Chief Judge (or ACJ), with Pauline Wilson being in charge of the Penalty Zone. For those who hadn't noticed, when a judge decides that a walker isn't obeying the definition of walking, he will issue a red card, which will be conveyed to the ACJ, who will check that it is correctly filled in, enter it on a summary sheet and then mark it up on a board, so that it can be seen. When a walker has received three red cards, he or she then has to spend time in the Penalty Zone - two minutes in the case of 20k - before continuing. Upon receipt of a fourth card for a walker, that competitor is disqualified.

Very good; at six in the morning of a dismal, wet, windy day, at a spot with no shelter and a field of nineteen who managed to collect 23 red cards between them in about 110 minutes, it became not the nicest of jobs you could imagine. An extra point in this race was that one of the competitors has a visual impairment and cannot read the board, so has to be told of any red cards that have been posted.

A problem that is a bit less usual is that a Portuguese judge who had been appointed wasn't allowed on the plane in Lisbon! At least we were accommodated on Thursday night at the Hilton Hotel Syon Park, so that on Friday we had to get up at only 4:00 am.

As we were staggering from the Gardens afterwards, shattered, hungry, cold, and wet - while the marathon was in progress - someone, probably a member of BA staff, who was at least being paid for it, said, "We're runners and you're walkers, but it's all the same really; we do it because we love the sport!" She didn't realise how very close ...

## QUI S'EXCUSE S'ACCUSE

This was one of the late John Hedgethorpe's favourite saying - translated it comes out as, "*Who excuses himself accuses himself*". It could apply to the Daily Telegraph, who received a race walker's complaint asking why they covered that much discussed Kew Gardens meeting - but **only** reported the Olympic Marathon trial without mention of an Olympic race walking trial. Their excuse was that they'd written reports on both trials, but needed to cut down owing to space requirements. They tried to wriggle out of criticism by mentioning that something was on their website. Our thanks to **Chris Flint** for making this complaint.

## FAREWELL TO A PAIR OF CENTURIONS

Sadly, two members of the British Centurions, both Netherlands' residents, have recently passed on. In February we said farewell to C808 **Pia Rijploeg-Eisema** of the RWV Club who qualified at the Leicester 100 Miles at Congerstone clocking 22:48.45. March saw a departure of 92 year old **Hans Leendertse**, also of RWV, who joined in 23:40.00. Their membership numbers were 808 and 427 respectively. The latter qualified on the same day as legendary John Hedgethorpe joined the Centurions as No 413 when coming 2nd in the 1968 Leicester-to-Skegness race in 19:01.40. After nearly 100 miles on his feet John sprinted hard with Mark Kastelijns of the Telstar (Holland) Club through the Skegness shops down to finish at the Grade II listed clock tower on the foreshore to claim second place by just 1 second! The race, held in early August had winter conditions throughout with temperatures never even reaching 50F. Top man Karl Abolins (Royal Sutton Coldfield WC) won the 100 miles for a 3rd successive year. Condolences to the family members and friends of both deceased worthies.

## THOUGHT FOR THE DAY

"It'll be all right in the end, so if it isn't all right, it isn't the end." Reverend Kate Botley

## MILESTONE OCCASION

Popular race walking stalwart **Mike Hinton** celebrated his **80<sup>th</sup> birthday** in April. He gave over 3 decades of active service to Ilford AC, and before that was a leading light at the famous Highgate Harriers, who then had a successful Walking Section. While active in Essex circles he resided in Rainham. Some years' ago he re-located to Bournemouth. We all wish Mike well as he reaches octogenarian status.

## IN THE RUNNING

SWC member Stephen Crane, one of talented family of race walkers, recently made his Ilford AC **running debut** in a Chingford League 5 kilometres race at Redbridge Cycle Circuit in Hainault. He was rewarded with a 21 minutes 42 seconds timing. The venue is well known in the race walking world as not so long ago it was a venue for our events. These included National Championships, as well as our memorable 500th Essex League event on Saturday 3 June 2010 (was it really that long ago?). Stephen's 1 father - Peter - was an Ilford 2nd claim member for nearly 3 decades. Peter then resided in Chadwell Heath and taught at Ilford's Caterham High School. He was an enthusiastic 2nd claimer who made many appearances in a now defunct Essex League.

## WINNERS



### [200 Club - Race Walking Association](#)

The latest Race Walking Association 200 Club draw has taken place - 1st prize (£25) went to Ron Wallwork, 2nd (£15) and 3rd (£10) prizes went to Silvana Alves and Stuart Telling. *If you're not in it, please consider joining.* Think of the money you've all saved by not travelling to walking races - so can you **chip-in** with just £12 for a year's participation? That'll get you in 12 monthly draws. If interested please notify your Race Walking Association Honorary Treasurer Mark Easton: [rwatreasurer@yahoo.co.uk](mailto:rwatreasurer@yahoo.co.uk)

## FROM ESSEX WALKER'S SPANISH BRANCH

We hear that Cath Duhig is currently remaining indoors owing to a possible stress fracture of a foot. We hope it doesn't turn out to be so serious and that the good lady's training sessions will soon be a regular occurrence again.

## SO MUCH APPRECIATED

**George Towers**, who celebrated his **90<sup>th</sup> birthday** in April, received so many cards that he was moved by the numbers sent to mark his milestone occasion. The former RAF man, who was on the International Judges' Panel and is a former Northern Area President is now based in Sleaford, where in 1981 he staged our RWA National Championship when 102 started. Sadly, he's now registered as blind and suffers with other ailments, but is still in good spirits - and your cards

certainly bucked him up. Thanks to all who responded to our request to send him a card. If you didn't, well, hopefully you'll be able to get your postage stamps out when George hits his hundred!

## MEMORY LANE - THE CENTURIONS 90<sup>th</sup> ANNIVERSARY

Ron Wallwork hosted the 90<sup>th</sup> Anniversary Dinner at Newmarket's New Astley Club. Earlier that day he'd arranged a guided tour (conducted by a "blue button" guide) around this historic Suffolk town, before an AGM was held in the Club. Numbers swelled in the evening as many who'd



Guests at Saturday's Centurions reunion: Back row, from left: Professor Peter Radford, Paul Nihill, Charles Weston, Piet Jansens and John Eddershaw. Front row: Colin Young, Sue Clements and Hans Sloendesise. Picture by Mark Bullimore

## Race walkers reunited

NEWMARKET'S New Astley Club hosted the 90<sup>th</sup> reunion of a very special group of athletes on Saturday.

Members of The Centurions, an organisation founded in 1911, all have the distinction of having walked 100 miles in 24 hours under race conditions.

Special guest at Saturday's dinner was Professor Peter Radford, a dual Olympic bronze medallist at sprinting in the Rome Games of 1960. He has recently written a book, *The Celebrated Captain Barclay*, which tells of the infamous 19<sup>th</sup> century sportsman who, for a bet, walked 1,000

miles in 1,000 hours. Also present was Paul Nihill, president of the Race Walking Association, Eddie Blakemore, at 81 the oldest member of the Centurions, and Ron Wallwork, warden at the New Astley Club and 1966 Commonwealth gold medallist in the 20-mile walk.

raced in the Enfield League (at Donkey Lane) then made tracks towards Newmarket for the full-house dinner. Olympian sprinter Professor Peter Radford (now aged 81) was a popular guest speaker, having just written a book on the life and times of noted pedestrian Captain Barclay. His book, *The Celebrated Captain Barclay: Sport, Money and Fame in Regency Britain* was published in 2001 and is on sale. So good was the "Prof" he was later booked to give his same after-dinner speech at the Metropolitan Police's Annual Dinner and Reunion at New Scotland Yard.

Ron sent this photograph and report - he adds that this "*may be of interest*". You bet it is! Cheers, Ron.

## THE BIRTHDAY BOY - 80 NOT OUT

Coming up soon is yet another milestone birthday, this time for "good egg" **Ron Wallwork MBE** as he'll celebrate his **80<sup>th</sup>** on Wednesday 26 May. Ron's been an active athletics participant since the 1950s, when becoming a *double-champion* on the same afternoon at the Lancashire County AA Track & Field Championships. First of all, he won his County Junior discus title, then broke the tape in the County junior walk. We're fortunate he decided to stick with race walking as opposed to the discus circle! Back in 1959 Ron was 3rd in the AAA Junior Mile at Watford clocking 7:13.4 in a race won by Southend's Peter Marlow in 7.05.4 with clubmate Alec Banyard 4th in 7:36.8. A year later at Hurlingham Ron won in 6.59.1 with Peter 2nd in 7:03.2. The next 3 positions were filled by Maurice Fullager (Surrey AC), Alec Banyard and Dave Delaney (London Vidarians) who respectively were timed at 7:28.3, 7:32.1 and 7:44.0. The aforementioned medals were won as a Bolton United Harrier. Also in 1960 Ron won our Race Walking Association (RWA) Youths 5 Miles' Championship at Mitcham, so claiming the '*Sidney Schofield Shield*' in 39.02, this time on the programme as a Lancashire Walking Club member.

Of course, Ron's most famous victory was when winning the inaugural 20 Miles' Walk in Jamaica at the 1966 British Empire and Commonwealth Games (note its title in such times) in 2:44.42.8 leading home Ray Middleton, Norman Read and Don Thompson who recorded 2:45.19.0, 2:46.28.2 and 2:46.30.0 respectively in high heat. The following year Ron won an RWA National

Championship *double*, at 10 Miles in his home town of Bolton with 75.06 on the stopwatch and at Ewell in the 20K in 97.21. 1970 saw him back in British Commonwealth Games (now called) action at Edinburgh where he made a determined bid, in poor weather, to retain his title by making a worthy attempt to keep up with pace-making Australian duo Noel Freeman and Bob Gardiner who were to cross the line 2:33.33 and 2:35.55 claiming gold and silver medals respectively. At the 2018 Commonwealth Games (yet another name change) on the Australian Gold Coast Bob met up again with Ron. Three well-known names filled 3rd/4th/5th positions: Bill Sutherland bronze in 2:37.24 - Scotland's first athletics medal of those Games), Bob Dobson in 2:39.55 (who'd led them out of Meadowbank Stadium on his International debut) and Ron, 5th in 2:40.10.

Another of Ron's major moments came on 3 July at Blackburn sodden track in blustery conditions when he set a new UK 2 hours record of 16 miles 315 yards - which was to be a long standing achievement. He beat the previous record of 15 miles 1,556 yards (set by the late Ken Matthews) by a large margin of 519 yards. 2nd/3rd that day were fellow Lancastrians Tony Taylor (Lancs WC 14.755) and Eric Crompton (Leyland Motors 13.765). Acknowledgement is given to Tony for his wonderful and detailed account as published in the Race Walking Record (September '71 edition) which is well worth fishing out of your the attic for a full read.

Ron was an Olympic trialist in 1968 and was one of those under consideration by selectors in the "smoke filled room" come 1972. He was equally content to appear on both roads and tracks and supported all our National Championships and many 'Classic' and open races - such as the Bradford 50K, Leicester Mercury and all the famous London 7s.open during times when so many "big names" were always there on race days. He's on the esteemed list of those who've recorded the fastest times in the very long running, but sadly now defunct, London Postal Region Open 9K yacht handicap races at hilly Blackheath Park - his qualifying performance was in a midweek race in the colours Essex Police (one of his previous Clubs). To list all his successes would indeed take up much space. Needless to say, he's worn International vests on many occasions, and was appointed Team Manager for a long-distance International event at Bar-le-Duc. He's also Suffolk County AA Honorary Walking Secretary. On his list of achievements is staging successful National Championships for seniors and veterans/masters. When the Northern Area held a wonderful Diamond Jubilee Celebration in Bolton - they asked Ron to be their guest-of-honour for that weekend, which proved a wise choice. Ron has also served as a Race Walking Association Vice President.

Ron successfully completed the 1992 Leicester WC 100 Miles on a tough Hungarton course in 22:26.07 becoming Centurion No 893. Fellow Moulton villager and Lancashire Walking Club member Ian Garmston completed the distance, in 23:16.24, to become Centurion No 899 - they'd spent many hours training together in preparation for their arduous task. This was a race that, you could say, took 2 months - as it started in July and finished in August (31 July/1 August). it was also that race which saw Richard and Sandra Brown cross the line together, holding hands, for a 18:50.29 victory. Records gave it to Sandra who'd led all the way. The other lady finisher was London Vidarian Jill Green who qualified as Centurion 898 in 23:13.59. Jill has a major milestone birthday coming up later this year - in October, though we'll mention no more without her permission. In 2017 Ron and Ian, along with their wives, held a *25th Anniversary celebration* of their feat by returning to the Hungarton course to drive around it before enjoying lunch at the public house on which the circuit was based.

Ron became a key organiser, with well supported 10K events at Newmarket's Rowley Mile racecourse (allowed us use of the Jockeys' weighting room for changing) before it moved to nearby Moulton village and later on was reduced to 5 miles. Large fields assembled, including on occasions, overseas touring race walkers of note. As fields began falling in number, Ron's annual Moulton kept its success going to become the South's best supported domestic race for year-after-year. So many wanted to make a journey to the delightful Suffolk countryside for traditional Saturday afternoon race walking on the Queen's highway. A feature was always Ron's desire to

book a personage of note to be our Starter and make presentations. Two great epic distance events stand out : The 2000 'Captain Barclay Millennium Challenge' (4 races in one: 50 miles/100 kilometres/100 miles/1000 furlongs - to those unfamiliar with the turf it's 125 miles). In addition was an allcomers' 10K race plus a mass fun walk for the town's local folk on Sunday morning, in which protagonists of the horse racing game turned out. Before the action had been a memorable evening reception at Newmarket Town Hall attended by the Mayor and Town's MP. In 2009 Ron promoted the 'Captain Barclay Bicentenary Challenge' which saw famous jockey Richard Dunwoody MBE emulate Captain Barclay's feat of 1,000 miles in 1,000 hours. The day after this wonderful achievement, which was attended by so many Essex Walker readers during its 42 days' duration as well as rich Middle East racehorse owners and also Honeysuckle Weeks (the actress who played Private Sam, the driver in 'Foyle's War') a 100 miles race commenced at the Rowley Mile. Among finishers were Canvey Islander Steve Kemp (now Centurions' Social Secretary) who, at the stroke of midnight celebrated his birthday - as supporters put up banners and held a surprise birthday party as he completed another circuit just after midnight. Steve got there in 23:21.20 to claim number C1075. Another notable was Ilford's Micky Sutton who became C1078 in 23:45.18 - for while racing was also on show in London, as a nude model in top photographer Rankin's London exhibition. After Richard Dunwoody's triumph Ron organised an annual social walk and reunion, followed by lunch at the 4\* Bedford Lodge Hotel & Spa, which had been the centre of operations for this successful project. Ron had much involvement with The Centurions, serving on their Committee and producing the "Wallwork Report" which recommended reducing such races to every other year (as opposed to annually). We now have a situation where it'll be 3 successive years without a 100 miles race on the UK mainland, though matters are somewhat beyond our control on that aspect of athletics.

Ron had horse racing industry connections as he managed Newmarket's New Astley Club in the town centre, which is a welfare organisation for those in the racing game. It became a centre for race walking functions and after our races, visits were organised to local "yards" where trainers would give hot tips straight from the proverbial horse's mouth. When Ron retired the horse racing community staged a special race in his honour at a packed evening meeting: "*The Thank You Ron Wallwork Stakes*".

We must praise Ron for taking over from visionary Martin Oliver as Enfield Walking League top man, as it's gone from strength to strength with its friendly 'B' race shorter distance format. Let's face it, race walking in the South would be nearly extinct but for races at Donkey Lane, Lee Valley and Moulton village. Ron is assisted by long serving committed helpers. Twice when Ron submitted RWA AGM resolutions to extend his successful format to most other races, it certainly boosted attendance figures! - yet another feather in Ron's cap. Our athletics discipline is a family affair and wife Joan and their family are among our keenest supporters.

Yes, he's **80** and still contributes to our chosen athletics discipline in many ways, including participating in 'virtual' races (now how the Enfield League keeps going in these uncertain times). If wanting to send birthday greetings, he resides at: "Woodview", 35A Newmarket Road, Moulton, NEWMARKET. Suffolk. CB8 8QP. [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)

#### **PLEASE ALL SUPPORT YOUR ESSEX COUNTY 3,000 METRES CHAMPIONSHIP**

Please find below details of The Essex County Track and Field Championships 2021 from **Paul Merrywest**, Championship Secretary:

"I would confirm that the County Championships 2021 will be on Saturday 31 July 2021 and Sunday 1 August 2021. Based upon current information we should be able to hold the championships in the same format as in 2019. If there are any changes to this they will be communicated nearer the time. Below are details of the championships. Information I received from England Athletics suggest that a significant number of athletes did not register during 2020. To take part in the championships they will need to ensure they are registered for the year 2021.

Indications are that schools will not be entering en-bloc this year as the championships are after the end of the school year. No doubt clubs will encourage their younger athletes who normally compete through schools to do so this year through a club."



# ESSEX COUNTY ATHLETIC ASSOCIATION

Incorporating: Essex CAAA Formed 1883 & Essex CWAAA Formed 1947

WEB: [www.essexroadrunning.org.uk](http://www.essexroadrunning.org.uk)

EMAIL: [essexaa1@btinternet.com](mailto:essexaa1@btinternet.com)

The County Championships are being held on Saturday/Sunday 31 July 2021 and 1 August 2021 at Chelmsford

The 5k and 10k will be separate as last year and there is no 10k walk. There is only one steeplechase event for Senior, U20 and U17 men and women over 2000m. Confirmation will be sent out at least one week before the event. However, you are asked to **check the website prior to the championships for the final timetable.**

Entries can be made on-line and are required to quote your England Athletics registration number or if entering through a school add SCHOOL. The fee is £10 per event and can be made on-line at: <https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=37497&OrgID=13220>  
The CLOSING DATE for on-line entries for the championships is **THURSDAY 8<sup>th</sup> July 2021**. **LATE ENTRIES WILL NOT BE ACCEPTED and this is strictly enforced.**

Entries must be in accordance with IAAF and UKA rules. You MUST now be registered with England Athletics for the year starting 1<sup>st</sup> April 2021 and provide your correct EA licence number to enter unless you enter through a school. Only competitors who were born in Essex, who have lived in Essex for the past 9 months or qualify under UKA Rule 21 S6 are eligible to take part in the championships.

WEB: <http://www.essexcountyaa.org.uk>

EMAIL: [essexaa1@btinternet.com](mailto:essexaa1@btinternet.com)

## TWO GOOD FRIENDS OF RACE WALKING



Essex Walker reported that the Daily Telegraph covered the Kew Gardens Olympic trials, but **only** the Marathon made print. The Telegraph were keen on race walking decades ago, but alas those 2 great athletics journalists who were true friends of ours met with very sad ends. Oh for the days when the late **James Coote** reported on athletics for the Daily Telegraph and **John Moynihan** for the Sunday Telegraph. James died in a plane crash in the Alps aged 42, in 1979. John died in 2013 when run over by a car, aged 79, in Fulham. James had a memorial

service at St Brides Church in Fleet Street (known worldwide as the church of the journalists) at which a number of race walkers were present - all of whom had their names published in the Daily Telegraph as attenders. These days, when it comes to athletics, the Telegraph isn't what it once was!

## WAYSIDE PULPIT

The "Good Book" has teachings for all occasions. Here's one from the Second Epistle of Paul the Apostle to Timothy Chapter 2 verse 5.

***"An athlete is not crowned unless he competes according to the rules"*** (English Standard version).

One for the IAAF Judges' Panel and world ranked race walkers to digest!

Essex Walker issue No 406 (May/June 2021)

## **MAURICE DOOGAN (1939-2021) RIP**

One of the truly big players in Veterans/Masters athletics has passed-on in a Brighton nursing home. Born in Northampton, when moving south he joined Woking AC and then Veterans Athletic Club. Never a race walker - he was active in steeplechasing and cross-country running - he became well known for his contribution on the British Masters Athletic Federation Executive Committee. He was a brilliant organiser of major events and functions. One of his aims was to see all officials and administrators looking smart in Great British Masters clothing at meetings. He got his wish! We say farewell to one who did so much for all athletes. Maurice Doogan RIP.

## **WOODFORD TUESDAY WALKS**

Many readers have enquired about this year's WTW Series? The best we can offer is the following entry taken from the Woodford Green with Essex Ladies website:

*OPEN GRADED MEETINGS 2021 - INFORMATION ABOUT OUR 2021 OPEN GRADED MEETINGS WILL BE PROVIDED [HERE](#) SHORTLY.*

So, for the latest info we suggest you log on to: [Woodford Green AC with Essex Ladies](#)

## **GET WELL SOON**

We're sorry to report that stalwart Mick Barnbrook has spent a fortnight in Margate's Queen Elizabeth The Queen Mother Hospital. He's now been moved to St Thomas' Hospital on Westminster's South Bank, where he remains at the time of this issue's distribution.

Septuagenarian Mick recently announced his race walking retirement after 49 years' active participation, during which he raced for Cambridge Harriers, Metropolitan Police, British Police, Sarnia WC, Ilford AC as well as having a few years' racing "unattached". Mick has been cheered-up by your "get well" cards and text messages. We all wish him well and look forward to his return to much better health.

## **CAN ANY READERS MAKE IT?**

The 2022 IAAF World Championships are to be held from 15<sup>th</sup> to 24<sup>th</sup> July in Oregon, which will finish just 4 days before the Birmingham Commonwealth Games commence. Soon after, on 15<sup>th</sup> August, the European Championships begin in Munich. A timetable for Oregon has been published - alas the 50 Kilometres Walk is gone! On the opening day, Friday 15<sup>th</sup> July from 1pm, there'll be Men's and Women's 20 Kilometres Walks. A week later, on Friday 22<sup>nd</sup> July, is a Women's 35 Kilometres Walk with a Men's walk over the same distance on Saturday 24<sup>th</sup> July.

***It'll be nice to see some of our more talented readers aiming for selection - we wish success to all those seeking to be involved.***

## **POPULARITY CONTEST**

On his **80th** birthday, during April, Essex Olympian Peter Marlow (Southend-on-Sea AC and Mother Goose AC) received 105 greetings on Facebook alone, plus cards and emails. Just shows, yet again, what a true family our race walking truly is.

## **JACK CLIFTON RIP**

Former Woodford Green AC hurdler Trevor Clifton has reported that his father **Jack** passed on 18 months ago, but reached the age of **90** before he took his leave of us. Jack was a stalwart member of the 1970s Metropolitan Police Walking Squad. A real team man who rarely missed races, although it must be said a high percentage ended with a loud call of the number he was wearing. *But that never dented his enthusiasm!* Nowadays his mode of progression would be viewed more favourably. He ended his Metropolitan Police career as a dog handler. He walked for Woodford Green AC (as then called). Before email days, when we used pen and paper, Jack often signed letters to other race walkers as "*Jack the Lifter*" in keeping with his reputation. On retirement he worked at the Grade 1 listed Newby Hall Manor House and Gardens near Ripon. If in the area (which I was once) just saying you're visiting Jack got you in buckshee and avoided paying at the gate. After that he then became a traditional dry stone waller in Yorkshire. Jack, who had been resident in a home, was a great character and so many will have wonderful memories of

a truly popular race walker. Trevor's news was passed on by double Olympian Gladys Bird (better known as Gladys Taylor) who we regularly see at Woodford Tuesday Walks, where Gladys is often an announcer and also undertakes other tasks. We thank Trevor and Gladys for getting this information to the race walking community. We also express our condolence to Jack's family. DA

### TRIBUTES to JACK CLIFTON

- **Bill Sutherland says:** "Great days of Met Police RWC when around 60 used to turn out for Championships and many other races like the Archer Cup. Jack was always there with a smile and encouragement for all. I can see his face in my mind's eye today being a real character."
- **Hilary McDermott says:** "I remember Jack Clifton very well (or at least I think I do). He had a large mop of dark hair according to my recollections. How sad. Coincidentally, I also trained with Gladys Taylor at Essex Ladies AC ... she was a huge star at the Club, as was Sally Gunnell. Happy memories of days gone by. The 26th April marked a year since Dad (Lew Mockett) died."
- **Alex Ross says:** "Your obituary is spot on, capturing his 'character' perfectly. As an aside, I always held dog handlers in great respect. They tended to be 'coppers' coppers' - dedicated and very competent, especially when the dog returned with a mouthful of prisoner!"
- **Mick Barnbrook says** (from his hospital bed!): "Jack was a lovely man. He got so excited before races he couldn't keep his feet on the ground!"
- **Chris Flint says:** "He had a good innings and will be remembered for his particular technique of race walking! He was always a regular member of the Metropolitan Police Race Walking Club squad and kept up everyone's morale."

### NEARING THE TON

Thornwood (near Epping-based) **George Eastwood** celebrated his **97<sup>th</sup> birthday** on St George's Day. A couple of years' ago he suffered a stroke but continues to make progress, though is still a little unsteady on his feet. George became Centurion No 576 in Essex (Ashtons Track) when the first of 8 new qualifiers at the 1976 Woodford Green 24 Hours. He clocked 20:39.39 when passing 100 miles on route to an impressive 24 hours' total distance of 115 miles 1705 yards. Others qualifying then included Jack Rossiter, '*character*' Dave Sharpe, Alan Pickering CBE, George Hallifax and Woodford clubmate Ken Turner. Incidentally Woodford Green won the team race. After quitting our competitive race walking scene, he continued regular training spins with former International of note, Charlie Megnin. *We wish belated birthday greetings to George.*

### THE BRITISH TEAM FOR THE EUROPEAN RACE WALKING TEAM CHAMPIONSHIPS, PODEBRADY, CZECH REPUBLIC

#### MEN'S 20KM RACE WALK

**TOM BOSWORTH** (COACH: ANDI DRAKE; TONBRIDGE)

**CAMERON CORBISHLEY** (COACH: ANDI DRAKE; MEDWAY & MAIDSTONE)

**CALLUM WILKINSON** (COACH: ROB HEFFERNAN; ENFIELD & HARINGEY)

#### WOMEN'S 20KM RACE WALK

**BETHAN DAVIES** (COACH: ANDI DRAKE; CARDIFF)

**HEATHER LEWIS** (COACH: MARTIN BELL; PEMBROKESHIRE)





Dear Dave ...

### WRITES A RESPECTED DUO

Following on from the chain of comments, I have discussed the content from all sides with Marion and looked at the photos taken by Mark Easton. Our conclusion is that the photos are damaging to the sport and it's a good job they aren't widely distributed. It's accepted that walkers of today enjoy vastly improved levels of fitness due to the training facilities, equipment, and professionalism status available to them unlike pre 70s when training alone after a full day's hard work was the norm, so you would expect and accept to see better times being set. However, you would also expect the credibility of the sport to be maintained. However, with the number of disqualifications disproportionately high compared to the past and the photo evidence that many more who are not adhering to the rules but "getting away with it" it is blatantly clear that the sport has taken retrograde steps in selling itself to the public. No wonder that this situation, coupled with that of the adverse "drugs" position now associated with world race walking, has resulted in the Sport losing its position amongst the elite events.

Bill Sutherland is championing the Sport but at the same time he is regarded (by some) as a bit of an outcast for pointing out its current flaws. **Long may he continue to keep Race Walking honest, we say.** It's about time that Race walking took a long look at itself from an administration, coaching, competitor, and judging stance so that we can once again enjoy the respect that the Sport demands.

*Peter and Marion Fawkes*

Adds Hon Ed: In our last edition I informed readers that Essex Walker had received many emails of criticism about the "goings-on" at Kew, and decided not to publish them owing to the words used to condemn named athletes (such as "cheat", "fraud" and "galloping" etc). I published 2 readers' emails about Kew, from Olly Flynn and the Reverend Roy Lodge MBE - both former GB Internationals - who passed constructive comments. The above contribution is in the same category.

### ANN SAYER MBE MEMORIAL SERVICE

I attended the memorial service for Ann at The Wharf, Teddington, suitably held on a pontoon and her ashes were scattered into the River Thames, a nice link with her rowing career. I said a few words on behalf of The Centurions and told a few anecdotes to the small gathering of 15 (the largest number permitted). Gail and John Elrik were also present as representatives of the Long Distance Walkers Association. It was a nice service followed by tea and cakes in the open which was a bit chilly but in a lovely Springtime setting.

Ann's relatives have sorted a lot of Ann's papers and today gave me for safe keeping her Continental Centurions medal and a small trophy as shown in the photo (right). They also have a large collection of Race Walking Records going back to the 1970's. Would anyone be interested in having them? Ann's relatives have stated they would be keen for old editions of Race Walking Record to be handed over to someone interested in race walking.

Thought you would like to know about the service and our thoughts are very much of Ann's extraordinary athletic career and her kindness towards everyone. Her MBE was richly deserved.

*Chris Flint C849*



Adds Hon Ed: Can persons wishing to take possession of Race Walkers Records offered, please respond to this newsletter's email address and we'll forward requests to Chris.

## ENQUIRY?

Thank you for Essex Walker. I wonder after seeing the mention of the late Michael Long, Birmingham Walking Club, as to whether there is a report of his demise etc on file? We were quite close. I'm delighted that there is reference to Alec Banyard, who has now moved northwards. I wondered whether he remembers me? So, Middlesex County AA is 100 years old in 2022 - if any news is available, I would appreciate a note. Thank you.

**John Northcott**

Adds Hon Ed: As for the Middlesex County AA Centenary, we hope that when special events are planned John is notified as he was a protagonist in his heyday. Michael Long held many positions within race walking - including Walking Secretary of the Southern Counties Women's AAA. He achieved fame when calling a number of women's athletics administrators "*dithering grannies*". This remark lives on as author Peter Cassidy included it on page 201 of "**A Hundred Years' Afoot**" which was published to celebrate our Race Walking Association centenary (copies still on sale). Michael was a leading light in the recording team when we staged the 1977 Lugano Cup at Milton Keynes. He passed on decades' ago, but if any reader can recall when, please let us know so we can pass on the news to John Northcott as he requests. *DA*

## FROM A REGULAR CONTRIBUTOR



CHRIS MADDOCKS of the Dawlish and South Devon Club, celebrating his victory in the Picton House four and a quarter mile road race on Monday.

(Photo: Terry Beckett)

It's amazing what you pack into the Essex Walker. So much info, quite incredible. Essex Walker mentioned me winning the oddly distanced Picton House walk at Gloucester in 1981 (see photo left). I think I won that race 6 years in a row; fairly sure I still have the cup after it was discontinued. Prior to that I used to run my local Bampton to Tiverton Easter Monday races, winning the boys race in around 1971 - this photo (below) shows me accepting my boys award (3 miles juniors).



**Chris Maddocks**

## JIM BALL HANGS UP HIS RACING SHOES

It's been a hard decision to make as my family have been active race walkers since the late 1940s when Percy Wright first coached my dad Cliff. Percy then coached me in my early days in the mid 70s. It's a shame, as I had hoped to carry on walking to keep relatively fit for years to come. My major back surgery in 2006 gave me a second chance, for which I was very grateful. It's not impossible that I might do a 'one off' short race in the future should my pain management allow it. Obviously I'm still very interested in the sport and will continue to closely follow what's going on. I always enjoy reading Essex Walker when it arrives. Tony Perkins keeps me up to date with any news.

**Jim Ball**

Adds Hon Ed: It saddened me to read this news. I'm sorry to learn that injury has brought Jim's long period of activity as a talented race walker to a close. He has many cups, medals, plaques, certificates and prizes as a permanent reminder of how successful he was - plus so many memories. He has numerous friends - among both team colleagues and rivals alike - so he'll remain in touch. Jim was one of our most active participants, on roads and tracks, as he

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supported local races, County Championships, Area events and our Nationals plus countless major "Open" races over various distances. One such open event was the classic 19.4 miles Guernsey Church-to-Church held on the delightful holiday island each September. Jim was a frequently in the frame which included first places, such as in 2007 and 2016 when clocking 2:55.46 and 2:48.00 respectively. Many times he scored for Steyning AC during times when they enjoyed an extended heyday period. In Essex where he was always a welcome and popular visitor. *We thank Jim for his contribution and wish him well.*

- **Bill Sutherland** says: "Sorry to see Jim Ball retire after persistent injury as he was always a stalwart leading walker over many years. Good luck to him and his walking family."
- **Jaye LeNoury** says: "This is such a shame. Jim has been over to Guernsey several times over many years."

## FROM OUR ESSEX COUNTY PRESIDENT

I always find your very newsworthy newsletter an interesting read even though I have never 'walked'. You have a great knack of making the reader feel he/she actually knows the person you are writing about!

Two things 'jump' at me from the April/May edition - feeding off the general popularity of social walking during covid, perhaps it's a great opportunity for walking clubs to engage more with new potential race walkers of the future (the same holds true for all athletic and running clubs). And wouldn't it be great if racewalking were given such a boost that it forced Lord Coe and his decision-making men to rethink the future of the 50k Olympic race, if not for 2024 then for 2028!

**Gerry O'Doherty Essex Athletics, President 2021 & 2022**

## APPRECIATION

- Thank you for all your devotion in keeping us together over so many years. **Jack Rossiter**
- Smashing Essex Walker thanks and oh so much to absorb! **Geoff Hunwicks**
- Essex Walker and Enfield Walker are a great read and make us all put on our race walking shoes and go out for another training spin! Much appreciated." **Bill Sutherland**

## RON WALLWORK RECALLS

What I consider was one of my greatest weekends was 30<sup>th</sup>/31<sup>st</sup> May 1971. On the 30<sup>th</sup>, I drove from Bolton to Saffron Lane, Leicester for the CAU 10km championships finishing second in 43.57 to the great Phil Embleton, 42.24, then drove home. On the following day I drove from Bolton to Bradford for a 9.30 start and after a torrid battle with John Warhurst won in 4.29.20, one of the few sub-4.30 performances at that time. John clocked 4.30.03. Oh, and then I drove home again and turned in for work at 07.30 the following day.

**Ron Wallwork**

## TRIBUTE FROM THE REVEREND ROY LODGE

As a Centurion No 893 Ron will no doubt recall that when he reached the 80 mile mark on the 1<sup>st</sup> August 1992 that he may have wondered if he had the courage and stamina to endure the strain and stress of those last 20 miles. To his great credit he made the 100 miles and crossed the line in 22 hours 26 minutes and 7 seconds. Unlike those of us who retired from Race Walking many years ago and took up other interests and sporting pursuits, Ron continued with his passion for our athletic discipline and has put as much, if not more, into the sport as he got out of it, which has been well documented by David. As an Octogenarian on the 26<sup>th</sup> May 2021 he joins those of us in our eighties now wandering how longer we have got in the journey of life. Whilst reaching that 80-year milestone is in itself an achievement we now wish Ron all the very best of health in the remaining years, that will be every bit as demanding and challenging as those last 20 miles on the 1<sup>st</sup> August 1992.

Perhaps we can all learn from the example of the late Capt Tom Moore. There was something extraordinarily touching about this man who had managed to live to 100 years without having his faith in the future knocked out of him, assuring us "that tomorrow will be a good day". It was appropriate that in the final months before his death in February that he was distilling his wisdom

into his last book: "Captain Tom's Life Lessons", a paean to the power of positive thinking. It's a sort of self-help manual on how to will yourself into the state of mind that can get you to your 100th birthday.

Well Ron, it now leaves me to say that I am three years ahead of you which in athletic parlance is a nice thought, although in this race I think I would prefer to be three years behind you! Congratulations and thank you for keeping Race Walking alive in the public imagination.

*Dr Roy Lodge MBE*

### **CONGRATULATIONS**

Many congratulations to Ron and his family on his forthcoming 80<sup>th</sup> Birthday celebration. He has throughout his sporting lifetime been an inspiration to us all in the Race Walking family as a top class competitor, supreme organiser and mentor to so many others. Our hope now is that the up-and-coming generation follow his excellent example and take up the role as leaders for the future with the backing of a reformed and restructured RWA. If that can succeed, we ALL have much to look forward to in the years ahead. Enjoy your day Ron with many years more to come.

*Bill and Kath Sutherland*

### **IAN GARMSTON RECALLS THE 1992 LEICESTER 100 MILES**

... I will never forget that weekend ... When I discovered that walking through the night was an amazing experience ... I was feeling knackered after about 10 hours, and reflecting (darkly!) upon my next half. Then dawn broke, and those singing birds and the sun gave me a magical shot in the legs. True! Of course the ice cream another 8 hours later, kindly obtained by our support team, provided further encouragement. Because we only touched base 20 times, it was not really until we saw the video that Linda and Sue had made, that we really appreciated the team's total commitment to our mission. Yes, we did the 100, but I for one would not have completed without their dedication!

*Ian Garmston*

### **MEMORY LANE**

As you recently reminded Essex news readers of the impending 80th birthday of Peter Marlow, I thought you might be interested in seeing this quite good photo of him, captured at the Barcelona Olympics, taken shortly after Blaggy finished: a smile and a sweaty grimace taken just off the track under the athletics stadium. My 20km was done earlier in the week (16th), during the 50km race, I'd been out on the road helping him and Les Morton with drinks etc before the mad dash back to the stadium finish.



**PS:** Edbanger was also out there supporting with wife, daughter, and my mum.

*Chris Maddocks*

## CONGRATULATIONS

Many congratulations to Ron Wallwork C893 to whom we owe so much, and what a wonderful number of athletic successes achieved. Wishing you a great birthday on May 26th.

**Chris Flint C849**

## ONE MAN AND HIS DOG

Cold wind, 2C, fighting a cold all week, dog bite, Naval funeral in my lunch break yesterday, but dog has to go out before work so I trudged around (virtual 2K) in 17:15!!!

**Ed Shillabeer**

## OUR 1981 LOOKBACK (previous issue) IGNITES MEMORIES

I am familiar with this issue because I was looking through my 1981 issues only a few days ago. The reason I was ... I was looking up some 'gen' on John Eddershaw C299. I had had a letter from him which prompted my interest in his RW career and where our paths had crossed over the years. He had a nasty brush with Covid-19, but was "over it and fighting fit". John completed a dozen Hundreds over a 22-year span including six consecutive races between 1961 and 1966. He qualified as C299 in the 1959 London- Brighton and Back 22.25.55 at the 100. He signed out in the 'Endeavour' 24 hour track race at Brighton in 1981 where he set his PB of 19.03.01 in third place and in the 24 hours, was just 61 yards short of 124 miles. **Ron Wallwork**

Adds Hon Ed: Ron mentions a couple of races which spark Essex memories. In that 1959 London-to-Brighton-and-Back Ilford AC walker, the late Charles "Reg" Bond, clocked 20:43.42 to claim Centurion No 293. The first of 15 new Centurions was legendary Buckhurst Hill resident Charlie Megnin (1946 European Games 50K bronze medallist) who became No 288 in 19:05.28. Also beating 20 hours was Highgate Harrier Sid McSweeney (19:58.01). Further down the result sheet was new Centurion L F MORSE of the Metropolitan Police (22:44.38) - one wonders if he was an Inspector and - also - what happened to him? In that 1981 "Endeavour 100 Miles" at Brighton, the only new Centurion qualifier that day - in hard driving rain throughout - was recently deceased Canvey Islander George Beecham MBE who was timed at 22:45.12.

## APPRECIATION FROM A FORMER INTERNATIONAL

I'm very happy to continue receiving Essex Walker. Am still training one or two days a week, albeit very slowly compared with the old days!

**Arthur Thomson**

Adds Hon Ed: We record a belated "Happy Birthday" to Arthur who celebrated his 85<sup>th</sup> birthday in April.

## AMUSING ENTERTAINMENT

[Jerry Seinfeld - Why you should not come 2nd in any race!](#)

Youtube video (2 mins 08 secs)

I found it very funny. May be worth a mention in Essex Walker.

**Alex Ross**



Jerry Seinfeld - Why you should not come 2nd in any race!

## SAD NOTIFICATION

I hope the Walking fraternity are doing well in these crazy times. Hopefully I will see you all when everything gets back to some sort of normality. I have just spoken to Trevor Clifton and sadly Jack passed away 18 months ago, but made it to 90. Sorry for the bad news.

**Gladys Taylor**

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