

# Essex Walker

Editor: Dave Ainsworth

## HEADING FOR JAPAN

Two of our best known 20K race walkers will represent us in the delayed Olympic Games. We take our hats off to **Tom Bosworth** (Tonbridge) who'll attend a 2nd Olympics and **Callum Wilkinson** (Enfield & Harringey) who is to make an Olympic debut. We wish them safe travels and all hope they'll give a good account of themselves on their big day. Walking won't be centre stage as it'll not be wrapped-up in Tokyo's Olympic atmosphere - it's been shifted a long way north to the Sapporo Odori Park. This, however, will benefit participants as it'll be slightly cooler.



While we're all behind our chosen duo, who'll be giving their best on our behalf, we must look at the bigger picture. Three races and only 2 names on the programme! Our commiserations are expressed to all who worked hard to be included, and to their coaches and supporters. For them more major Championships lie ahead, so providing targets to aim for. And we always hope new names will come through the system to challenge for future selections. We'll see more Men's and Woman's 20 Kilometres Olympic events, but sadly the 50 Kilometres Walk has - again - hit the buffers. First included in 1932 at Los Angeles, it was removed from the Olympic programme after the 1972 Munich Games, so wasn't in the 1976 Montreal Games. In those days race walkers were considerably stronger in numbers and a Worldwide movement sprang up to protest about a demise of this Olympic event, with British race walkers spearheading actions. It was successful and after a break, this distance was restored at the 1980 Moscow Olympics. Now we've the same situation but, sadly International race walking doesn't have such a high profile as it battles for credibility with the general public, the media, officials, administrators and with athletes who compete in other events - hence protests were merely less letters and emails sent to those in authority. Objections were brushed aside as those writing opinions never received acknowledgements - let alone replies.

As this is final Olympic 50K walk, we **should** have seen GB athletes' names on the programme, as both Cameron Corbishley and Dominic King are listed on a World rankings list at this distance. The latter is the **fastest** UK 50K race walker ever - yet like Cameron, he remains at home. **Both should have gone.** Since 1932 Great Britain won 3 gold medals in this event, as Tommy Green (1932), Harold Whitlock MBE (1936) and Don Thompson MBE (1960) led them all home. All three worthies were posthumously inducted into The England Athletics Hall-of-Fame in 2010, 2011 and 2013 respectively. For our outstanding contribution to this epic event we **should** have had GB representation of the final programme.

Those purporting to represent British race walking interests inside proverbial smoke-filled rooms, behind closed doors, should hang their heads in shame if they failed to support the nominations of Cameron and Dominic for seats on that Tokyo plane. **Yes - hang their heads in shame!** *But let's end on a positive note by again stressing our selected duo the very best!*

## SOUTHEND-ON-SEA AC VIRTUAL 1 MILE

For a second successive year our best supported Essex walking race isn't going to be held - for obvious reasons. As for being the best supported - well - the 2020 August Bank Holiday Monday Southend-on-Sea Virtual Mile saw **65** competitors. Yes, you read it correctly - **65**. *We even had overseas entries!* Can we emulate that wonderful figure or even exceed it? *Over to you.* This race also includes "**The George Woods Trophy**" which was donated by the talented sporting O'Rawe family, to commemorate the name of a late great Southend race walker and Centurion 683 who completed the 1979 Ewhurst 100 Miles in 23:43.42. At that event 107 started 78 finished of whom 37

completed that distance for a first time. In such wonderful days race walking was a booming athletics discipline. *This trophy goes to the first Essex resident Centurion* (holder Alan O'Rawe). To enter please submit your one-mile time, from a performance any time between 21 August to 31 August. Entries close 2359 hours on the final date. As well as your time please state your name, Club, Centurion Number (if applicable) and age/category. This year John Constandinou has offered to "*do the business*" so will accept your entries and then declare a result - enter at: [jconstandinou@hotmail.com](mailto:jconstandinou@hotmail.com)

### ROAD WALKING ASSOCIATION 1934 50K TEAM MEDAL ON EBAY



This medal, for second team in the 1934 national championship, was noted recently on eBay.

Pat Furey asks if readers know who its original owner was? Any idea? Please let Essex Walker know and we'll pass Pat the information.

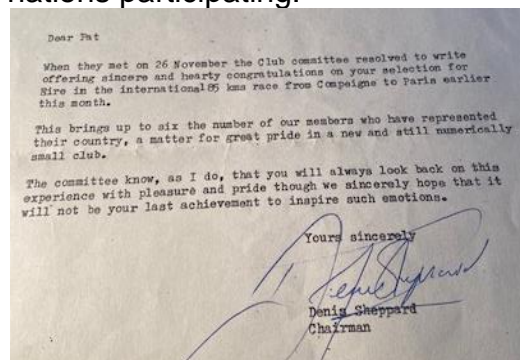


### GENIAL PAT FUREY APPROACHES A MILESTONE

One of race walking's best known and liked personalities, the one-and-only **Pat Furey**, is to celebrate an **80th** birthday on **Sunday 15 August**. Pat started out as a runner with Camden AC before switching to the Borough of Enfield Harriers. During those early days Pat was persuaded to try race walking by Club colleague Bill Fenlon and Highgate Harrier Charlie Weston - both legendary in their own right. Bill's been a trainer to senior non-league football Clubs, was prominent in busmen's athletics and raced in Enfield's memorable 90th Open 7 Miles. The late Charlie was a most enthusiastic Centurions' Captain. Pat's first major road walk was over 7 miles at Woodford Green where he just pipped "character" Mel Pope. Newport Harrier Mel had a near clean sweep of 1960 Welsh Senior Championship titles: 2 Miles, 7 Miles track, 7 Miles road, 10 Miles and 20K - he also won the latter 3 distances in 1961. Mel was still going strong when 3rd in the 1970 Picton House 4-and-quarter Miles at Gloucester, beaten only by winner and 1968 Olympian Brian Eley and Alan Smallwood of a now defunct Harborne Harriers. Mel dressed like a tramp and turned up with his vest and shorts in a carrier bag, before walking in hush puppies. Pat was a key figure in London Transport Central Road Service athletics, and is still record holder at 2 Miles (at Osterley) and 3,000 metres (Langley Park) - the latter at 13.23 and with both records set on grass (who recalls grass track racing?). Pat was a cross country runner for Enfield and ran 5 London Marathons (fastest 3 hours 5 minutes). In walking he recalls 2 great scalps: beating late great clubmate Charlie Fogg into 2nd place when winning a Middlesex County AA 20 Miles Championship Walk at Enfield and beating Ron Wallwork into 2nd spot in the Corby 7 Miles. Mainly to appear in a then booming Essex League, Pat had a spell with Anglia Striders who were high profile in the late 70s/early 80s. While there Pat became a full Irish international when in November 1978 an 85 kms race was staged between Compiègne and Paris to commemorate a 60th Anniversary of the 1918 Armistice, which was agreed in Compiègne. This race had full International status with many nations participating.

Our GB team was based mainly on form walkers who'd appeared in September's London-to-Brighton. Ireland's selection policy was less structured as in midweek Pat was phoned "*out of the blue*" and asked if he'd race at the weekend - despite never having walked beyond 20 miles! He accepted - and received a congratulatory letter from Striders' Chairman Denis Sheppard. It wasn't Pat's only letter as an abrupt one came from the wife of a non-chosen Irish walker (we'll not name him) objecting to Pat's surprise selection. Things didn't go well for the Irish team, who

travelled late, then English Channel fog much delayed their ferry crossing. They pulled up in a taxi alongside the walkers as *Monsieur Starter* was ready to fire his pistol. Their quartet rapidly changed



behind the cab, then commenced without warm-up or preparation. Pat reached 70 kms before deemed "out-of-time" having tried hard on his sole International appearance.

An anecdote from earlier times was at the first Enfield Open 7 after Carterhatch Lane was removed from the course for safety reasons. Pat was warned by a judge during his *warm-up*. *You couldn't make it up!* That race didn't end well as his number was called after action had commenced. Pat has generously sponsored our "**Pat Furey Trophies Meeting**" (part of the Enfield League programme) for many years. He pops in to visit from time-to-time, having done so at a now ended Boxing Day race and also at Moulton. As a competitor he was easily capable of going under an hour for 7 miles and lined-up at several different distances. His proud record shows him winning 5 Irish senior titles.

Pat is synonymous with London Business Houses Association with many medals proving it. He organised annual races for the British Industries Association. At Enfield he was a long serving Walking Section Secretary, where duties included receiving Open 7 entries - always then in **3** figures. One of his proudest honours was when elected a Borough of Enfield Harriers (as then named) **Life Member**. His work saw him mentioned in London Transport history as conductor on the last trolleybus to depart from Edmonton Garage. While "*on the buses*" he became an Inspector in Central London then Cricklewood. He always motivated strong London Transport Bus teams for business races and enthusiastically drummed-up support on London Transport sports days - in times when many entered race walking via their employers' events. In later life he worked at Potters Bar Royal Mail Sorting office and – yes, you've guessed - he walked in Post Office-in-Uniform events. Pat was there 3 years - until badly mauled by a resident's unruly Alsatian. Popular Pat now resides in Lincolnshire - his last employment before a well-earned retirement was as a landscape gardener. If wishing to send birthday greetings his address is: Meadow View, 46 Chapel Street, HACONBY, Lincolnshire PE10 0JL Email: [patrickfurey@btinternet.com](mailto:patrickfurey@btinternet.com)

### **SOUTHEND-ON-SEA AC NEWS**

Your Essex County Honorary Race Walking Secretary **Melanie Peddle** has signed as a Southend-on-Sea AC 2nd claimer in order to represent them in evening Eastern Masters Track and Field League Meetings, and has already made her mark on a successful debut appearance. The 100 miles date is set and is to be staged at Garon Park Track on Saturday/Sunday 6/7 August 2022. *Start training now.*



### **Birmingham 2022 – volunteering opportunities**

The search for 13,000 volunteers to support next year's Commonwealth Games has begun! Applications are open - offering a fantastic opportunity for individuals to become the public faces of Birmingham 2022 and to represent the heart and soul of the Games.

[Read more and apply online](#)

### **A BELATED 70th BIRTHDAY WISH**

**Chris Foster**, stalwart of the Borough of Enfield Harriers (their former name), Metropolitan Police Walking Club, Loughton AC (2nd Claim) and Middlesex County Athletic Association was **70** in May - and we missed mentioning it. Chris, nicknamed "*The Scribe*" owing to his prolific output was author of "*The Foster Theories*". These were (a) in time we'll all win a major race - this statement made when numbers were dramatically falling and newcomers taking their places were few. Originally he asserted that, one day, we'd all win a Garnet 10 Miles. *Hmmm!* His prediction was near coming to pass when this event was stopped as fields were becoming so small. And (b) was that all races should be held over 1 mile, as with falling fields and long gaps right from the start - in most races the order at 1 mile was usually the same at the finish (however long). Chris had strong evidence to prove his point.



Chris, an individual placed medallist in a Middlesex 10 Miles Championship is a Metropolitan Police sports champion - once being 50% of the pair which won a Metropolitan Police Darts Doubles title. He's a formidable team member in quiz matches, a talented amateur dramatic exponent and an amusing light entertainer. In respect of the latter, one year at the Metropolitan Police Annual Dinner and Reunion at New Scotland Yard, instead of engaging an "after dinner" guest speaker, Chris teamed up with then Met Police WC Chairman (and toastmaster) Andy Bignold - to perform a revue which had them "*rolling in the aisles*". A few years' later he was guest speaker in his own right. His drama forte is pantomime, in which he's been earned several meaty roles to get stuck into. On those occasions when not cast, he's been a vital backstage helper. On retiring from the Met Police Chris then worked for The Scout Association in their high profile Press and Publicity Department. Chris was a key figure in the organisation of the 2007 21st World Scout Jamboree, held in Chelmsford (Hylands Park) and that same year, his talents were also put to good use during The Scout Association's Centenary celebrations.

A lifelong Arsenal supporter, he uses writing skills as a regular contributor to their fanzine "*The Gooner*" and has many by-lines proving it. Chris once wrote that he could tie a broom around his backside and sweep the roads after us all, as he made progress in last position! He was appointed to an important position at the memorable Enfield Open 7 Miles - as our sole Judges' Runner. He was once "pulled" when in last position and of no threat to anybody - that ignited an amusing article in Essex Walker as Chris managed to see a funny side of his experience. We wish Cheshunt-based Chris a belated "**Happy Birthday**" as he commences life as a septuagenarian.

#### LOUGHTON ATHLETIC CLUB: Woodford Tuesday Walk, 15 June 2021

1 Luc Legon (SM)	Bexley AC	12:40.4
2 Christian Hopper (U17M)	Cambridge H	14:15.7
3 David Annetts (M55)	North Herts RR	14:44.3
4 Hannah Hopper (U20W)	Cambridge H	15:58.0
=5 Melanie Peddle (W50)	Loughton AC	16:02.2
=5 Abigail Smith (U17W)	Blackheath & Bromley AC	16:02.2
7 Steve Crane (M40)	Surrey WC	16:17.6
8 Colin Harle (M60)	Belgrave H	18:39.4
9 Stuart Bennett (M60)	Ilford AC	19:25.9
10 Mark Ashby (M55)	Cambridge H	19:50.0
11 Lesley Morris (W60)	Ilford AC	19:51.2
12 John Arthur (MV)	Unattached	20:31.5
13 Geraldine Legon (W60)	Bexley AC	21:45.3
John Borgars (M75)	Loughton AC	DQ (Rule 54.7.1)
Shaheda Arthur (WV)	Unattached	DQ (Rule 54.7.1)

#### Team Scores

Cambridge H	77
Bexley AC	48
Ilford AC	42
North Herts RR	28
Blackheath & Bromley AC	26 <sup>1</sup> / <sub>2</sub>
Loughton AC	26 <sup>1</sup> / <sub>2</sub>
Surrey WC	24
Belgrave H	23
Unattached	19

*Peter Cassidy* and *Pauline Wilson* write: "A good start to the Woodford Tuesday Walks as they emerge from their Covid-imposed absence, with a total of eighteen entrants, three of whom were unable to compete. The reward for turning out was a warm evening and some good close racing, including a rare dead-heat. Thanks to the walkers and officials for helping to make our reappearance a success. See you next time!"

#### ALAN O'RAWE HITS A MILESTONE

On **Saturday 21 August**, still active athlete **Alan O'Rawe** is to celebrate his **80th** birthday. Alan is part of a truly talented family of sports participants, who've made good headlines in running, race walking, boxing (amateur and professional), swimming, football and football management. Alan's

athletics career began at Southend-on-Sea AC, who were a force to be reckoned with in race walking's earlier times. Whereas most walkers concentrate of their favourite distances, Alan was an all-rounder, as he'd line up for whatever was going - from 1 mile to 100 miles/24 hours. Currently the Southend 1 Mile at Garon Park is our best supported Essex race, and there's a trophy for the first Essex resident Centurion finisher. This trophy was donated by the O'Rawe family and was first won by Alan, who also won it a number of times since, and is its current holder. It's "*The George Woods Trophy*" named in memory of a legendary Southend-on-Sea AC Centurion race walker. Alan never moaned about courses or conditions as "It's the same for them all" was always his opinion. He recently ran a mud race with great success in Brentwood. He relished the challenge of a good long one and enjoyed getting stuck into a now defunct arduous Basildon 50k on a testing 5 X 10K course around a then deserted Industrial Estate. Today it's mostly a retail and leisure park and you certainly wouldn't walk there now. The London-to-Brighton was another now defunct epic race which attracted Alan's attention. In September 1985 on Colchester's Garrison Track, in Southend's colours Alan became a Centurion passing 100 miles in 23:26.12 on route to completing 100 miles and 1,250 yards at 24 hours. So proud of his achievement that he's one of 2 Centurions with membership numbers - in Alan's case 791 - tattooed on arms. The other is Ilford's now Hadleigh-based Olly Browne who qualified in that same event and has No 789 tattooed on his arm. At that race 31 started, 18 finished of whom 15 reached 100 miles - 8 for a first time. That race has been reported many times in pages of previous Essex Walker editions - as so much happened! It took weeks to get an accurate result sheet declared and when ratified, among other new Centurions announced with Essex connections were Bob Dobson, Don Cox and Martin Fisher (he became a Southend resident later in a notable distance career and is now Centurions' Captain). For good measure Bob and Ed Shillabeer claimed British records at intermediate distances. *All well reported in past issues.* The late Peter Worth won the 24 hours race, but only when the Watts brothers did research for a 1997 Centurions' Handbook was it discovered Charlie Weston led at 100 miles - so he finally got his 100 miles trophy at a 1997 Centurions Dinner in the Piccadilly Royal Air Force Club. *Such was confusion at that 1985 event!* Alan's record shows him as an active race walker, as shown by his inclusion in a select group of 6 (incidentally all Centurions) who've completed over **100** London Postal Region Open 9 Kilometres yacht handicap 9K walks at hilly Blackheath Park - for which he received a special award.

Alan's keen on sport and regularly supports whatever team Ryan O'Rawe plays in or manages. Alan's a long-term President of Canvey Island Amateur Boxing Club. He puts a lot back into our sport as "*The O'Rawe Support Team*" are legends at ultra distance events. Alan is always in the thick of support team action. These enthusiastic supporters have been at many 100 Miles/24 Hours venues such as: the Garrison Track, Colchester's Lower Castle Park, Garon Park, Battersea Park, Milton Keynes, Ware, Hendon, Newmarket and Kings Lynn - some locations more than once. Such interest saw a number of Canvey/South Essex based race walkers become Centurions, among whom were Chris Cattano, Kevin Perry (who progressed to National Champion status), Ray Platt, Kim Howard and Steve Kemp. The real popularity of Alan and this team was their willingness to help, encourage and cheer on **everybody** at the races. At The Centurions 2011 Centenary Dinner in the House of Commons, Alan and his many Canvey Island family and friends were present, they occupied a "*Canvey Island Table*". We all salute stalwart Alan, who has put so much into our race walking scene.

If you wish to send Alan 80th birthday greetings, the address is: 20 Gainsborough Avenue, CANVEY ISLAND. Essex. SS8 7LT.

### RACE WALKER ON TELEVISION

A new television programme titled "**Terror : Munich 1972**" was aired recently, which documented the 1972 Munich Olympic Games massacre. One of its main speakers was Olympic race walker **Shaul Ladney**, who was in great form in that time - indeed winning our 1970 and 1971 London-to-Brighton races in 7:46.37 and 7:57.17 respectively.



n 85-year-old man in a turquoise T-shirt with the logo "Jerusalem Marathon 2011" sits in his front room beside an enormous cabinet full of sporting trophies. An ex-Israeli athlete, he is hunched at the table over a fading black and white photo of his former team-mates. Slowly, but surely, he points to the faces on the picture, reciting their names as he goes: "Weinberg, Friedman, Springer, Amitzur Shapira, Yossef Romano, Ze'ev Halfin."

These are the opening scenes of a new documentary called *Terror*, and the man is Shaul Ladany. He is one of the **survivors** of the **Munich massacre**, the appalling terrorist atrocity that took place at the 1972 **Olympic Games**. With a bitter irony, before that terrible moment, they had been dubbed "The Happy Olympics".

[Terror: Munich 1972 - video clip of opening scene](#)



A masked terrorist on top of the balcony during the Munich massacre of 1972.

The programme ignited memories in one of our readers, **Kathy Crilley**, who writes: "I was aware of this programme in advance and not sure when this programme was recorded but I do wonder why Shaul didn't comment in English. I met Shaul in 1992 when I competed in the Sea of Galilee marathon. We were the only two race walkers. He met up with me afterwards and we chatted and sadly at the time I was unaware of him being the "last man out of the window." Since 1992 I have met up with him at the SWC London to Brighton race walk and in several Nijmegen Walks."

## GREAT COVERAGE ON BBC "LOOK EAST" REGIONAL TV NEWS

TV coverage of East Anglian resident CALLUM WILKINSON was excellent - as it lasted for so long, it can clearly be rightly marked down as an "*in-depth*" feature. Nice

**21/06/2021**

**Evening News**

The latest news, sport and weather for the East of England.

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to see Moulton village as a background and mention of an annual 5 miles' walking race based in that delightful area of Suffolk. Also nice to see "*talent spotter*" Ron Wallwork interviewed wearing a Centurions' top with prominent badge. Great confidence to predict that Callum can "medal". That must have given him a boost. Those who've helped Callum to reach Olympian status were mentioned and family members were also interviewed. The interviewer closed by reminding his TV audience that Don Thompson won a gold medal in this event. Actually Don came first at another distance. It was an unmentioned Ken Matthews who won a 20 Kilometres' gold - but we'll all excuse his slight slip, as this interviewer was fully committed to producing a good and interesting feature. As said, much more time than we usually get on regional news programmes - and all constructive. **DA**

## PARKRUNS BACK IN BUSINESS

During the period when parkruns were suspended due to pandemic restrictions, event organisers maintained the interest and motivation of runners/walkers through virtual races – or (not)parkruns. Although Ilford AC's Tony Perkins is now resuming his weekly volunteering duties at his local Great Notley Parkrun (adding to his already impressive record of over 300 events), his equally impressive efforts during the enforced suspension were acknowledged by the team on their website ... almost one (non)parkrun every day!

So here's a HUGE well done to the legend that is **Tony Perkins** for submitting 350 (not)parkruns - during this pandemic Tony, normally seen stationary stood on a corner of the same name, has covered 1,750km that's 1,087.4mi in old money.



## CONGRATULATIONS

Metropolitan Police Life Member, National Championships Hon Secretary, RWA Southern Area Chairman and Honorary Race Walking Record Editor Noel Carmody has been selected as an Official for the Tokyo Olympic Games. *We congratulate Noel on his plum appointment.*

## AT THE TOP

Our British Championship 5,000 metres Walks in Birmingham were better supported than a year ago. A men's event saw 7 finishers/1 DQ. A women's race saw 10 finishers/2 DQ. **Tom Bosworth** won in 19:25.6 (included a 30 seconds penalty) as he was ahead by over a minute from **Cameron**

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**Corbishley** 20:37.7. The women's race saw **Bethan Davies** win by nearly 3 minutes in 22:47.9 from **Abigail Jennings** 25:39.7. Even back in White City days, walking races were always seen as a time to get cups of tea and stretch legs. Winning margins such as these, fast as they were, hardly make our races "edge of your seat" watching for any remaining in grandstands! It was good to see younger names competing.

Our British Under 20 and Under 23 Championships at Bedford saw low numbers turn out. It doesn't bode well for our future as young talent coming through is what race walking needs to make progress and even survive. The star was **Bethan Davies** (Cardiff) who claimed 7th spot on an *all-time* list when clocking 47:07.97 to win the U/23 10,000 metres. U/20 winner was **Millie Morris** of Ashford who was timed at 55:16.54. Talented Chris Snook was an impressive U/23 victor in 44:45.98 while **Akash Nandvani Kyiylani** of Hyde Park Harriers was the U/20 winner in 53:56.87.

Full results in:

[Results - Power of 10](#), [Results - Race Walking Association](#), and other athletics websites.

## JOHN BROCK RIP

After an illness, sadly **John Brock** a former long-serving Honorary Walking Secretary at **Southend-on-Sea AC**, died on 17 June aged 71. He leaves a widow Linda, and 2 daughters. Southend-on-Sea Honorary Secretary and ex-race walker June Cork reminds us that John was "*the workhorse*" when Southend-on-Sea AC staged the August 2014 100 miles' race at Garon Park Track. John joined Southend-on-Sea AC in **1964** and in earlier days was a promising sprinter up to 400m. In Veterans/Masters' track competitions he'd do any events, with enthusiasm, to score points when needed. He'd been an ever present since his Club commenced their annual Southend 1 Mile, which has established itself as Essex County's now best supported race. John was a lovely man who'd do anything for anybody - and always with a smile!

DA

## Tributes to John Brock RIP:

- **Cathy Crilley C933** writes: "Whilst many knew that John had been very ill for some time, it is always so very difficult to accept the finality of any illness. The Centurions held their qualifying race at the track in Southend in 2014 and John was part of the organisational committee along June Cork, Chris Flint and myself. John along with Southend AC was instrumental in making it the race as successful as it was. John ensured that I had the IT - laptop and printer to get regular results out to everyone - a first for our races. He didn't hold back in ensuring the race and venue were walker friendly. It is difficult to write of someone who, personally, wasn't well known to many Centurions but to a few of us - well we knew how committed he was to Southend AC and race walking. A very sad loss to us all."
- **June Cork** writes: "All I've heard from folks is "what a nice man", "decent" - all very positive and complimentary."
- **Keith Palmer** writes: "Tragically sad news. John joined the club in the year I was born, then was first to give me advice on my debut with the Men's team when I was still a youth back in 1980, and again when I entered the Vets team in 2005, and again when I went onto take up walking like he did and we then walked together in the team many times in recent years. He was instrumental in bringing the Southend Mile Walk into the Southend Open Bank Holiday Champs which went on to be a very popular walking event on the walking calendar. A lovely man who will be sorely missed, and who has left us far too soon."
- **David Rosser** writes: "Always sad to see people leave us but I think it's because we are all getting older we notice it more."
- **Andy O'Rawe** writes: "Sad news. John was part of our race walking team."
- **Chris Flint** writes: "I'm very sad to hear of John's passing. Such a nice, helpful and thoughtful person and athlete."
- **Steve Allen** (Barnet AC) writes: "What sad news about John Brock. It was always a pleasure to meet up with him at events. I will miss his cheery greeting at those in the future."
- **Ed Shillabeer C590** writes: "Sorry to hear the news. Another stalwart gone."

- **Dr Kitty Hung** writes: "Really sorry to hear the passing of John Brock. Our condolences to Linda and her daughters."
- **Sandra Brown** writes: "We're very sorry to hear this sad news of a Southend and race walking stalwart who will be rightly honoured and greatly missed."

Others remembering John Brock included Paul Warburton and Kim Howard.

## MEMORY LANE

Here's a picture of Southend-on-Sea AC Walkers of past years, as kindly supplied by Andy O'Rawe - which included recently departed John Brock.

**Tim Stout**

**Walking tall**

THE hard men of Southend Athletic's race-walking squad stepped out to great effect in an Essex league meeting at their Southchurch Park track.

As the five-mile road race round Thorpe Bay began, Southend were 22 points behind their league rivals, Colchester Joggers A.

By the time it was over, they were 20 points ahead.

"A fairly convincing result," commented veteran Southend walker Alan O'Rawe.

His sons Andy, 31, and Jamie, 21, were respectively first and second, setting new personal bests of 35mins 53secs and 36mins 41secs.

Andy gradually imposed his authority after a blasting start in which he and Jamie shot off at near-running speed.

Father Alan, powering in their rear, came in ninth on 42mins 41secs.

What put a special grin on the faces of the O'Rawe trio was the fact that the core of the team all got home ahead of the Joggers, and finished in consecutive positions.

Chris Bent, Ray Platt, Kevin Perry and Chris were 14th, 15th, 16th and 17th.

Just ahead of them was second-string Southend walker Paul Warbottom, 11th, with John Brock coming in 24th.

Two Southend distance runners, anxious to remain anonymous, turned out to help their walking pals and tied down their normal throttle to bring the race in from behind with a time just over the hour.

Impressive young Ricky Champ, a newcomer to the Southend walking scene, was a clear first in a one-mile track event race contested by five athletes.

Ricky, 14, from Thorpe Bay, was home in 10mins 44.6secs, a quarter of a minute ahead of the field.

He said: "I kept looking round to see where the others were, and over the last stretch I pushed it."

"I am very grateful to Alan O'Rawe and his sons for encouraging me when I started, and to Southend's walk coach Barry Edwards for helping me with technique."

Behind him were: 2, James Taylor, 11mins 00.7secs; 3, Ruth Taylor, 11mins 00.8secs; 4th, Michelle Williams, 11mins 27.5secs; 5, Zoe Storrar, 12mins 48.2secs.



**JUST CHAMPION:** Southend's triumphant race walking squad

This article was written by a Southend walker, the late Tim Stout, who was a full-time reporter on Evening Echo (their Crime Correspondent).

### **Back row:**

Andy O'Rawe, Chris Bent, Paul Warburton and Kevin Perry

### **Middle row:**

Ricky Champ, Tim Stout RIP and John Brock RIP

### **Front row:**

A N Other, A N Other, Ray Platt, Alan O'Rawe and Jamie O'Rawe

## LONDON'S OLYMPIC LEGACY?

After inspection one of London's oldest tracks was condemned as unfit for competition, though can still be used for training only. It's Tooting Bec Track, opened over 84 years' ago and home of Herne Hill for 4 decades. There are near permanent track surface puddles and rust in many places of the ground and seating areas. Wandsworth Council say that if athletes are unhappy they can use Battersea Park Track - but that's a bit on the pricey side! Herne Hill Harriers are running a petition to try and save their track.

[Petition launched to save Tooting Bec Athletics Track \(swlondoner.co.uk\)](http://swlondoner.co.uk)

Over decades many of us have competed there. There have been memorable 24 hours' track races, London Business Houses' events, Post Office Championships and numerous League and Veterans/Masters meetings. Many recall performances in Tooting. Certainly Ilford's Steve Allen will, for as he race walked some ne'er-do-well stole his moped, which was reunited with its owner a few



days' later as a burnt-out wreck on nearby Clapham Common! This track's state was featured as a major item on ITV's Regional London News. We wish Herne Hill Harriers and other track users success as they battle to get this facility returned to competition standard. A leading light at Herne Hill Harriers is the Reverend Nigel Stone, who is remembered as a talented race walker during his time in a promising Newham AC squad.

### SERVICE FOR MARY WORTH RIP

A service to bury ashes of the late Mary Worth was held at noon on Saturday 3 July at St Nicholas in the centre of the Hertfordshire commuter town of Harpenden. It was conducted in the Church Garden of Remembrance by Lay Reader Heather Richards, who spoke movingly and read Psalm 121 before inviting all to join in the Lord's Prayer. Family friend Robert Knight, who attended with his wife Chris, emptied ashes from their container as a church bell rang. The service closed with a relevant poem chosen by the celebrant. A plate in honour of Mary is on a Garden of Remembrance wall just yards from where our open-air service was held. A weather forecast wasn't promising, hence the celebrant's telescopic umbrella beside her in readiness - but experts had it wrong as it was perfect for an outdoor gathering.

At this Service were links with Mary's athletic past - which saw her compete for London Olympiads, Steyning AC and Loughton AC - also having a Centurion connection as husband Peter who pre-deceased her, had served that organisation as both Captain and Vice President. Margaret Livermore, who competed with Mary was a London Olympiad member. Ken Livermore and Pam Ficken have been on Loughton AC's books while Pam, Ken and Dave Ainsworth are Centurions.

St Nicholas Church has history for on 4 June 1984 a funeral service of Eric Bartholomew (better known as Eric Morecambe) was held there, and after cremation at nearby Garston, ashes were placed in the same Garden of Remembrance. A plate in his honour is on the Church wall yards from where Mary's service was conducted.

Mary's son David had kindly invited all race walkers to make Hertfordshire for this service, as published in Essex and Enfield Walkers. Sadly France-based David was prevented from travelling owing to restrictions and quarantines. All seven present, which included our Lay Reader, would have travelled home knowing they'd attended a moving service. DA

Adds David Worth: It was very kind of you to write this account of today's service for Mary. I'm glad you were able to attend, and to say farewell. I'm sure you represented many more who would have liked to be there, but could not attend. David Worth

### MICHAEL FEIGHAN RIP

We're sorry to be told, by Sharon Wells, that Mike Feighan has passed on. He was a former **Belgrave Harrier** walker, who recently had run in the V55 category for Bideford AC. He was a helper at Exeter Riverside parkruns where he was a timekeeper. Sharon tells us he always had an infectious smile. Mike sadly died in an open-water swimming accident. To Anna and his family we express condolence.

- *Writes Paul Warburton:* "As well as our group, I trained with Mike quite a lot on Sunday mornings circa 84-87. Originally he was a copper who became disillusioned with 'banging people up', as he put it. Mike became a decent runner after walking, and a really nice guy."
- *Writes Carl Lawton:* "I think Mike was from the John Bromley school of 'you are doing walking' and was a good club man. His police activities did not last long and he did odd jobs for a while. He then, as is usual with walkers, disappeared and went west and was quite a good runner. After his departure, apart from seeing him, but not speaking, at Tooting some years back I have not seen him, just saw occasional results. But he was well respected in the south west."

Adds Hon Ed: When Belgravian John Dunsford sadly died recently we published a picture of the 1985 Leicester Mercury 20 Miles Bels team, in which Murray Day was third (Issue 398 September/October 2020). Mike Feighan was in the back row wearing No 3.

## FIXTURES

Essex Walker isn't running a fixtures column due to uncertainty at the current time, but readers may wish to refer to the Race Walking Association's website for information (with the usual advice to check directly with organisers): [racewalkingassociation.com/Fixtures](https://racewalkingassociation.com/Fixtures)

## GOOD WORKS

John Constandinou, a most keen and supportive EW reader - and also a leading light on our virtual racing scene - has been a "Keep Britain Tidy Ambassador" for 2 years. He started a volunteer group that now has over 300 volunteer litter pickers. *We salute John for being a public-spirited citizen.*

**#LITTER  
HEROES  
AMBASSADORS**



## JOHN BARRACLOUGH RIP

Sad to report John passed away on 6 July. He became Centurion **382** at the 1966 Leicester-to-Skegness event, clocking 20:22.22. John was aged 79 and resided in Rochdale. Bill Sutherland remembered him as a strong team walker for Yorkshire Walking Club. To Janet and his family we express our condolences.

## Mrs ELIZABETH HEDGETHORNE RIP (1932-2021)

We're sorry to notify you that the good lady, widow of the legendary John who had departed in 2000, passed on during lockdown. This meant her funeral service was held with a restricted attendance. A later service to bury her ashes was held on 20 July at All Saints Church in East Hanningfield, where she had resided. This was followed by a gathering for afternoon tea. The race walking world, who had been invited, were represented. We express our condolences to daughter Karen, her husband Michael and all other family members on their sad loss.

## QUESTION TIME

A *proposal* has been floated that we revive a once popular Essex 20 Miles Championship. This folded after a fiasco as - despite successfully twice holding it in Essex over 20 miles during longer races - wise members of the RWA Southern Area Committee killed off that arrangement when proposed for a third time. An ensuing row saw various members of that Committee all claiming "*not me*" and blaming others present. Once "*lost*", races rarely return - which was the case for our much-loved Essex 20 Miles' Walk. The winner received "*The Steve Gower Trophy*", named after a much-loved International but sadly deceased athlete, who'd won it in 1975 and 78 respectively clocking 2:49.28 and 2:36.50, leading Ilford to team success both times. The proposal suggests staging a walk in conjunction with our Essex County 20 Miles' run on a new cycle circuit in Colchester. Alas over recent years a number of Essex qualified walkers have stayed away from their County Championships, causing some to be lost. Would those prepared to support this initiative let '*Essex Walker*' know - our contact details are on the last page - and we'll see if there's enough interested to proceed.

## PB's FOR LADIES

Ilford AC sent a quartet of race walkers to Tuesday evening's Woodford Tuesday Walk held over 3,000 metres at Ashtons Track in pleasant conditions. The race itself was something of a family affair as talented Bexley AC star Luc Legon lapped most of the field on route to a hard-fought victory in 13 minutes and 57.1 seconds, while his mother Geraldine, of the same Club, was the race's last finisher in 24:08.1. Just between them were a number of middle order tussles, none more so that a tight scrap between Essex County Champion Melanie Peddle (Loughton AC) and Ilford's in-form Emma Dyos, before the Loughton athlete advanced in the closing stages as they respectively clocked 16:00.5 and 16:33.5 to fill 6th and 7th positions. After Ilford AC duo Steve Uttley, 8th in 17:07.6, and Stuart Bennett, 9th in 18:36.9, came Ilford's Lesley Morris, 10th in 19:36.5. Mesdames Peddle, Dyos and Morris all had the satisfaction of recording personal best times. Loughton stalwart John Borgars was 12th in 20:26.6. Also worthy of mention was 4th placed Stephen Crane, representing Surrey Walking Club, for a fine 4th spot finish in 15:40.9. Multi-talented local resident Stephen Crane walks for Surrey WC but as they aren't a running Club, successfully appears in that mode of progression for Ilford AC. On the night Ilford AC won the team race, ahead of Cambridge

Harriers and go into the final 2021 Series race on **10 August** behind Cambridge Harriers with ground to try and make up.

**Adds Hon Ed: Let's see a bumper turnout: Tuesday 10 August - 8.30pm start.**

## NEWS ABOUT HILDA NYMAN

Hilda isn't so well - she's 84 now and experiences some difficulty with mobility. For the last 2 years, owing to a serious foot condition (botched surgery failed to cure it) she gets about with crutches and/or a walking pole. More recently Hilda suffered a spine condition - but we're pleased to hear the medical profession did much better dealing with that. Still Chigwell Row based, Hilda gave many years active service to race walking in Ilford AC's colours at several distances and was one who relished the challenge of a long distance event. Always cheerful Hilda was a great helper who served behind tea counters at Donkey Lane, Lee Valley and in Ilford's Chigwell Row winter HQ. When our NHS Covid 19 commitment abates, Hilda hopes to have her foot condition seen to again - so let's hope the good lady will soon have a spring in her step!



## Dear Dave ...

### PATHFINDER 100 MILES

This year the annual LDWA 100 miles was cancelled and members were invited to take part in a virtual challenge instead. They could walk any route of their choosing provided they could produce evidence of completing 100 miles non-stop. Claire Bass and I walked the LDWA Virtual 100 miles by walking a route based on the Pathfinder March, a challenge walk RAF Wyton have organised in the past. We walked two laps of the Pathfinder plus extra to complete a final distance of 100.11 miles in 34h 52m. Joyce Crawford provided invaluable support and encouragement by walking some of the route with us each day. Claire and Joyce's husbands met us at various locations around the course with a dazzling array of refreshments. A weekend of many lovely memories.

[The Pathfinder March](#)

**Sue Clements**



*Sue, Claire and Joyce*

### NAMES FROM THE PAST

I enjoy seeing in Essex Walker some of the old names appearing like Gerry Grosse (London Vids). I still have a picture of Gerry, Brian Ficken and myself battling it out during an hour race in the early 1960's; then there is John Northcott who somehow or other cadged a lift on one of the judge's floats during the Rome Olympic 50 kms; John always called me Martin and I am not sure if he really thought that was my name or he was trying to wind me up! I still keep in contact with Arthur Thomson via his wife Bon and was interested to listen to an interview with Shaun Lightman which recently was streamed on the Racewalking Facebook page. Meanwhile it is something of a shock to see that people who were juniors during the early times that I was racing are now celebrating their 80th birthdays. Oh well as the late George Beacham said "They were the GOOD times".

**Mike Pearson** (ex Metropolitan Walking Club)

### PRAISE FOR ESSEX WALKING FIXTURE

Well done to Peter and Pauline on encouraging such a surprisingly large entry for the first Woodford Walks. It is rare to see many names of new race walkers being young or older. Great time by the winner, Luc Legon with other very promising performances by the Top 6 and the stalwarts further down the field. A 'pat on the back' to all the Officials too. All looks good for the future!

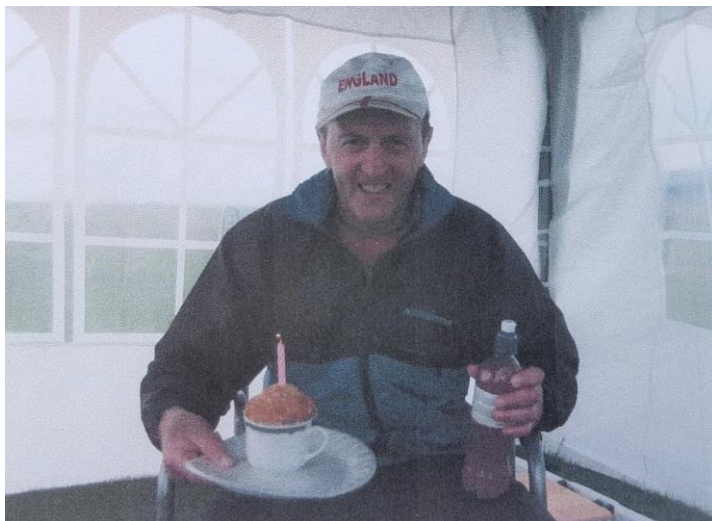
**Bill Sutherland**



## STEVE KEMP RECALLS A GREAT MOMENT

I did read the bit about my surprise birthday celebration that was weaved into your birthday tribute to Ron Wallwork. It was a total surprise to me, along with the t-shirts supporting my name that the O'Rawe's all wore, and a photo of me with Richard Dunwoody which they had asked him to sign. As if achieving your first 100 isn't enough, their efforts to make it a special birthday ensures it will be a weekend that I never forget. The photo of me sitting there at midnight holding a cup-cake with a candle alight is one of my favourite mementoes of the occasion. I am so grateful to the O'Rawe family, but also to Ron and his team, it was a great 100 miler.

**Steve Kemp**



Steve Kemp celebrates his birthday **during** the 2009 Newmarket 100 Miles.

*Photo kindly supplied by Andy O'Rawe*

## ALL OUR YESTERDAYS

Essex Walker gets longer and longer with an amazing mixture of content, interesting facts, memories, and obscurities. I have just read the latest edition and it's now only 05.15 am. Having been awake at 04.15 and unable to sleep due to unseasonal hot weather. The article on unusual race distances leads me to recall the Market Bosworth 7¾ miles which took place midweek in Leicestershire. It started and finished in a field. The changing facilities were a large van containing fresh bales of straw and after race "showers" were shared by using a standpipe principally installed to provide drinking water for the donkeys. That was 7 August 1969 and I finished 4<sup>th</sup> (a frequent position in my lengthy career) of 20 starters. Does anyone else remember this "classic"?

**Bob Dobson**

Adds Hon Ed: If that great radio show "Have A Go" was still on the "Light Programme" with Wilfred and Mabel Pickles, Bob's yarn would have got him *top whack*. Audience members went on stage to tell a tale, after which "Mabel at the table" paid out one of 4 cash amounts, depending how good the tale was, ranging from 2s 6d to one guinea.

## LONG DISTANCE WALKERS ASSOCIATION 100 MILES

I did a 100 miles at the weekend but not on the Pathfinder route. I know Sue chose to do that route. The LDWA annual 100 mile challenge was a virtual event this year and we were left to choose our own route. We walked the Millennium Way which runs from Pershore to Meriden and then back down to Middleton Cheney near Banbury. What I have loved about the LDWA 100's is they visit parts of the country I may not know so decided to do the same for our virtual walk. It was a great choice the trail is just over 100 miles long and therefore fitted perfectly. It is supported by a small enthusiastic group of volunteers who are working tirelessly to develop and promote the trail. They gave us so much support and popped up at times to check we were OK and walked the last 10 miles in with us. We had a GPS tracker with us so they knew where we were and when we were likely to turn up. They even had a welcoming party at the finish to greet us. It was such an amazing experience. That was my 23<sup>rd</sup> LDWA annual 100 completion (makes me feel old!!).

**Kevin Marshall**



Kevin accompanied by 100 miles' debutante Sara.

Adds Hon Ed: Always active Kevin plans to complete at least one 100 miles race in each decade of his life. Of course Kevin will do more than his target.

## WEDDING CONGRATULATIONS TO KEITH and EMMA PALMER

I did indeed get married more or less on the eve of the pandemic, on 26 October 2019. It was the last wedding around here that was able to be normal and was without doubt the best day of our lives. Our only daughter Ella was 6 at the time and chief bridesmaid. She was in on the proposal on the beach at Sandbanks 6 months earlier and presented me with the ring when I got down on one knee. A truly lovely moment. Emma is a local GP and I am a Physiotherapist, we'd been together for 12 years. We left it late but we got there in the end - it is our only marriage and our only child. How lovely for Ella to have played such a role as she walked her mummy up the aisle holding her dress for her Mummy and Daddy's wedding.



Regarding the walking, I love it and find it so much less stressful than doing the 100/400m. The people are lovely and always so friendly and welcoming. It is a family. I think I enter into it at the level I've kept it at to keep it what it is, fun to do without any stress. I

was speaking to one or two walkers a year or so ago about the Woodford opens though. This may appeal if time and commitments allow. I stepped down from many roles to spend more time with family and take up my new hobby of golf at Thorpe Hall which is 3 minutes from my front door.

I also now focus my coaching on an U11's group of athlete's children who all happen to be at primary school, including my now 8 year old daughter, on a Sunday morning which I love. I've been injured all winter with a torn meniscus and bursitis in my knee, and have only recently returned to action. I competed in the walk at Chelmsford on Wednesday and did better than I thought I'd do all things considered, clocking 10:19.8 for the mile. Not my best which is sub-10 but not bad.

**Keith Palmer**

Adds Hon Ed: Although a little late, on behalf of all readers we send our congratulations to the happy couple. Keith has a now long sequence of medals won at Essex County AA Championships - gold, silver and bronze - from outdoor and indoor races.

## NEWS FROM LAURIE

Many thanks for your very informative write up on the "*Old Wrinklie*". I will certainly be sending off my wishes as Pat Furey reaches the Big 80. Unfortunately, I have just spent a couple of weeks in the local Hospital and only got released last Tuesday having had the fright of my life spending the first week in the Cardiac ward and the second with an inflamed colon. Both of which I had no idea had any problems. The cardiac problem was due to a blood clot on the lung which was putting pressure on the heart. However, things have been sorted out and I am thankful to the great attention that I received in the hospital and to the Staff. Just need to take things a little easier for a while and hope to eventually get back into the swing of things again. That is when we are able to. At the moment it's a six weeks respite.

Thanks for keeping me up to date with the Essex Walker. It seems to be the only place that gives any information on Athletics, the Media and press are only interested in giving results on anything but, and now of course we have the European Soccer!!

**Laurie Kelly**

## NEWS FROM STEVE ALLEN (Barnet AC)

I had hoped to compete at Woodford but my knee refused to co-operate in preceding days and with supporters/spectators currently not encouraged or even permitted had to give it a miss completely. Perhaps next time.

**Steve Allen** (Barnet AC)



## PROGRESS REPORT

I am delighted to report that I successfully finished the Outlaw Half Ironman Distance Triathlon in Nottingham. Poignantly, it was Father's Day and I race walked the run in Dad's name (Lew Mockett RIP). So in total, it was 1.2 mile swim, 56 mile bike and 13.1 race walk (Total 70.3). As you know, I started race walking training last July and that training paid off. I enjoyed every single step (well, nearly every single step ... some steps hurt a bit) of the walk and finished in a total time of 7 hours, 53 minutes and 51 seconds. I raised £510 for Pancreatic Cancer.

**Hilary McDermott (nee Mockett)**

Adds Hon Ed: Note the race walking - perhaps we'll see Loughborough-based Hilary in action at Leicester events?



## Ref: 50K SELECTION : OLYMPICS - IT USED TO BE ABOUT TAKING PART!

It's a total travesty. Compare with the attitude of Spain, filling every possible place, including with a 51 year old, whose times this year have been well shy of Dom's.

**Cath Duhig**

[www.worldathletics.org/competitions/olympic-games/news/spanish-team-tokyo-olympics](http://www.worldathletics.org/competitions/olympic-games/news/spanish-team-tokyo-olympics)

## TOOTING TRACK COMMENT

I had heard they had closed for renovation but obviously not. It was a well-used track by individuals and schools but money talks and with two and a half tracks in Wandsworth, Battersea, Tooting and half of Wimbledon Park it is cost-cutting by the council. As training nights are Tuesday and Thursday Battersea is already overcrowded and at least one club has been told to stop training on a Tuesday.

**Carl Lawton**

## APPEAL - CAN ANY READER ASSIST?

I walked at Nijmegen in 1966. Do you know if any person in UK retains records of Brits who participate? I recall a lot of the group I joined were Surrey WC. I'm trying to check who the other scoring club walkers were in an Essex County 10 Championship team in the mid-1960s. WGAC 3rd place. Where am I likely to find the answer please?

**Peter Saunders**

[maroma2068@gmail.com](mailto:maroma2068@gmail.com)

## FORMER INTERNATIONAL's OLYMPIC COMMENT

We come to great films and plays and novels not just because they entertain but, at their best, because they stir deep emotions within us. They make us laugh, cry or gaze in wonder. They capture all of human life. You could say much the same of the Olympics. The opening ceremony inside an almost empty stadium had to reflect the wider world that included a pause for a moments recognition of those who have lost their lives to Covid-19. I enjoyed looking at the profiles of Tom and Callum and hope they can achieve a podium place and bring back memories of Ken Matthews Gold in the Tokyo 1964 Games. I still have vivid memories of the TV coverage and watching Ken Matthews come into the stadium and David Coleman describing him as having "iron legs" and then that emotional moment when his wife broke through the cordon and embraced him on the track! In fact, 1964 was significant for me as it was the year I took up Race Walking and competed in my first race in the Midlands Senior Winter League and gained a 1st Handicap plaque. Let's hope Tom and Callum can inspire a nation of race walkers to take up the discipline as Ken did for me.

**Roy Lodge**

## A WALKER's WISE WORDS

I can't assist re the Essex unfortunately. I hope all walkers will support the Essex Championships because otherwise they will just be gone next year, like in other Counties, and that will be the end of it. That is how race walking is going to disappear. Event by event, so it's use it or lose it.

**Steve Uttley**

Adds Hon Ed: Steve's now Oxfordshire-based. Essex Walker has for years urged all Essex-qualified readers to support their County Championships albeit without the success such calls merited. We thank all who entered our County 3,000 Metres Championship as it's vital to be seen before a large gathering. However twice we've been chucked out of their main day and dumped in with heats and



junior events owing to poor turnouts as Essex qualified race walkers stayed away. Twice we've campaigned hard to get back into the main meeting. If we lose our main day status a 3rd time would that be it? Please all support **your** excellent Essex County Honorary Walking Representative Melanie Peddle!

**ESSEX WALKER**

Dave Ainsworth  
18 Angmering House, Barnstaple  
Road, Romford, Essex RM3 7SX

Telephone:



01708-377382



Email

[dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)

or

[essexwalker@btinternet.com](mailto:essexwalker@btinternet.com)

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