

# Essex Walker

## YOUR ESSEX COUNTY CHAIRMAN'S APPEAL

Good to hear walkers are still active. We need to find an **Essex AA Walking Officer** again. Could you pop something in the next Essex Walker? **Andy Catton** (Chairman)

**Adds Hon Ed:** We thank current holder, in-form Melanie Peddle for taking on this role after Southend's Ray Pearce had stepped down. We now again need a volunteer - as filling this position is vital for our event's profile at Essex County level. It's only a few meetings a year, but vital we're represented. Can those interested please submit their names to our Essex Walker address (see back page) and we'll forward them all to Andy for consideration.

## RWA SOUTHERN AREA AGM

It's hoped many will attend your Southern Area AGM on **Monday 8 November** with the gavel coming down to commence business at 7.15pm. For over 2 decades attenders have been invited to view the Committee meeting (from 6.30pm) which is held beforehand. This is again the case. It's on "Zoom" and access details will be distributed to your Clubs' Walking Secretaries, who'll be asked to forward such information to **all** members. Your 2020 AGM, when held on "Zoom", saw an appreciated attendance increase. There are important issues facing Southern walking and vital positions are to be filled. So please attend and vote on such matters and elect those you believe are best to take our athletics discipline forward. Your President and Hon Secretary Chris Flint writes, "Let's hope we can encourage some outsiders to join the Committee".

## NEW ESSEX COUNTY AA OFFICER

We thank **Susan Edwards** (East London Runners and Ilford AC) for volunteering to serve as your County's Trophies' Officer. This important post had been occupied by your Essex County Chairman Andy Catton in temporary capacity, until a volunteer came forward. It can be a demanding task, so as far as walkers are concerned let's co-operate with Susan by looking after trophies and always returning them in good time, cleaned and engraved.

## MIXED TEAM RACE WALKING TO DEBUT AT PARIS 2024 OLYMPICS

A proposal has been made to occupy to gap in the programme caused by the removal of the long-established 50K Walk. Decisions will soon be made.

Some opinions have already surfaced:

- To say I'm not impressed is an understatement. **Tim Erickson**
- I despair. From the classic 50kms to a Micky Mouse event which I will be amazed stands the test of time...two Olympics, tops. **Chris Maddocks**
- OMG why play around with things, keep it simple as it should be! **Geoff Hunwicks**
- The concept of a relay involving male and female athletes for the race walk in Paris sounds good. The inaugural triathlon has set a precedent we should accept for race walking. **Roy Lodge**
- The IOC's possible inclusion of a Mixed Gender Race Walking Relay into the Olympic Games in Paris in 2024 is a complete and utter non-starter. It will reduce our serious Athletic discipline to a laughable 'It's a Knockout' type of event and further reduce our great sport's credibility, which a complete lack of technology into Judging is already presently doing. **Bill Sutherland**

## SAD DEATH OF A MOST NOTABLE ESSEX VISITOR

We're sorry to hear that, at the age of 86, all-time great distance walker **Derek Harrison** (Boundary Harriers/IOM) has passed on. He qualified as Centurion 466 at Ewhurst in 1971 completing 100 miles in 19:34:35, and in a successful racing career, recorded 4 more UK sub-24 hours' 100 miles finishes. His first sporting love was football where he played for 2 of the Isle of Man's top teams and also the IOM

representative side. He came into race walking when his football team entered a squad to contest an IOM TT course relay race. He was bitten-by-the-bug as they say so then concentrated on race walking with great success. He took Essex *by storm* when winning the 1976 Woodford Green 24 Hours' race at Ashtons Track - covering a most impressive 131 miles and 336 yards. Colin Young RIP of Essex Beagles was around 2 miles behind in 2nd spot. It was some race - the hosts won the team race as 23 started as 15 reached or bettered 100 miles. Among 8 new Centurions were Woodford duo George Eastwood - still living locally now aged 96 - and City of London Police Inspector Ken Turner RIP. The other 6 new Centurions were Enfield's Jack Rossiter, "character" Dave Sharpe (then of a lively Newham AC squad), Surrey WC duo Alan Pickering CBE and George Hallifax, Yorkshire WC member R Thew and Dan Reavey of Dawlish & South Devon. We've lost contact with some of them. As for Derek, later that year he won the 100 Miles' Leicester-to-Skegness in a rapid 17:15.50 and notched a hat-trick of successes at the 1977 Bristol 100 Miles with 17:43 on the stopwatch. Derek was a member of that exclusive Club who've won UK ultra-distance races on both road and track. At Rouen in 1978 he made one of many entries into the record books when covering 219.500kms in a 24 hours' event. His wife Sylvia had sadly pre-deceased him. Derek leaves behind a daughter Susanne and sons Steven and Michael. May the great athlete rest in peace. **DA**

- "Sorry to hear this news. Derek gave me encouraging words all through, on the many times he lapped me. He went on to achieve World's Best, if not World Record times in his heyday, and continued his racing till well in on his life." **Jack Rossiter**
- Sad news to learn that we have lost another Centurion. **Sue Clements**
- Sad news. Thank you for telling me. **Alan Pickering CBE**
- Very sad. I had followed Derek's achievements. He put in very high weekly mileage. **Richard Cole**

## A DAY OUT FOR COLCHESTER AND ILFORD

### Essex AA Track and Field Championships, Chelmsford, 1 August 2021

The County 3000m championship was all about Colchester Harriers and Ilford AC, with supporting appearances from Surrey WC and Thurrock.

The King twins led the Senior Men's race from the gun with Steve Crane taking the bronze, while the Senior Women's was a clear victory for Emma Dyos over Lesley Morris. Ilford's third lady, Rachel Lawless, was unfortunately not fully recovered from illness and had to retire early on.

Unless readers think that the entry was pitifully thin, we should mention that the Senior Women's 3000m *run* had only two entries and their Steeplechase none at all!

Last year's Under 13 Girls' Champion, Daniella Oladele from Thurrock moved up to become Under 15 Champion, while her younger sister Dasia kept the younger title in the family.

Ray Pearce (Chief), Pauline Wilson and Peter Cassidy, judged, and June Cork, as ever, called the "crowd's" attention to the finer points of race walking; County President Gerry O'Docherty did the presentations in the current safety-first manner of offering up the medals on a tray and inviting the competitors to help themselves.

#### Senior Men 3000m Walk

1	Dominic King, Colchester H	12:19.2
2	Daniel King, Colchester H	12:51.3
3	Steve Crane, Surrey WC	15:23.0

#### Senior Women 3000m Walk

1	Emma Dyos, Ilford AC	16:35.0
2	Lesley Morris Ilford AC	19:44.2
	Rachel Lawless Ilford AC	DNF

#### Under 15 Girls 1000m Walk

1	Daniella Oladele Thurrock H.	9:43.20
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#### Under 13 Girls 1000mWalk

1	Dasia Oladele Thurrock H.	9:43.34
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**Peter Cassidy**

## ILFORD DUO ON THE ESSEX COUNTY AA PODIUM

Photo shows Emma Dyos (l) & Lesley Morris (r)

Photo sourced from: [Ilford AC press report 03.08..21](#)



## ALONG THE COAST

Here are details and pictures of a doughty trio who braved blustery and testing sea front conditions at Littlehampton Prom's parkrun on 7 August. They were in town for a memorial occasion in the name of the late and much missed Lew Mockett RIP. In shot are Amos Seddon, Hilary McDermott (nee Mockett) and Alan Buchanan. Amos (Harwich Runners) ran it in 29.44 (125th), Hilary (4Life Tri) and Alan (Portslade Hedgehoppers) race walked 5k in 41.54 and 41.55 for 184th and 185th positions respectively. It was well supported as 197 made a result sheet, their average finish being 168 - parkruns have caught on big time! Alan's name appears on their website as a frequent volunteer. It was their **50th** parkrun, during which 3,016 different names have been listed, clocking up 8,429 finishes from 322 different Clubs, with a 28.28 average time. 215 different persons have volunteered. Founder runner Alan's name appears on a select list of those who've volunteered most. Writes Hilary: "PARK RUN/WALK REPORT - Amos ran really well - so well and finished in under 30 minutes. Alan and I race walked. It was a very enjoyable morning and so lovely to see them both. Hope you enjoy the photos."



## 2021 WOODFORD TUESDAY WALKS

### Individual Scores Overall, best two results to count

Luc Legon	60	John Arthur	44
Christian Hopper	58	John Borgars	44
Hannah Hopper	57	Lesley Morris	44
Melanie Peddle	56 <sup>1/2</sup>	Geraldine Legon	31
Abigail Smith	54 <sup>1/2</sup>	David Annetts	28
Steve Crane	51	Colin Harle	23
Emily Dyos	51	Steve Uttley	23
Stuart Bennett	48	Mark Ashby	21

### Team Scores overall, all races counting

Ilford AC	187	Surrey WC	51
Cambridge Harriers	163	North Herts RR	28
Loughton AC	125 <sup>1/2</sup>	Belgrave H	23
Bexley AC	96	Ilford AC "B"	21
Blackheath & Bromley AC	80 <sup>1/2</sup>	Unattached	73

## Ladies' Night at Woodford

The weather for the last match of the 2021 season was warm and mild, unfortunately bringing out many small flying insects with healthy appetites. Hannah Hopper, Abigail Smith and Emma

Dyos set the pace early on but were gradually pulled back by Melanie Peddle, leading home a ladies' 1-2-3-4, a first for this event, and producing two personal bests.

As the season was one race short of its normal length, individual results were taken on the best two performances; Luc Legon, having won the June and July events, became Champion without being present, while the top three women had only 2<sup>1</sup>/<sub>2</sub> points between them.

The team competition was a comfortable enough victory for Ilford AC retaining the Trophy from Cambridge Harriers.

Given the recent uncertainties about competition brought on by the pandemic, the total start list of thirty-seven over the Summer was an encouraging outcome and gives hope for next year; it seems that the walkers were straining at the leash as the restrictions lifted, as they managed seven Personal Bests between them.

An ever, as well as thanking all those who turned up to support the events, we are grateful to the Officials and to Woodford Green AC with Essex Ladies, who host the walks within their Open Graded Meetings.

We hope that in 2022 everything will be back to normal and we look forward to more successful meetings.

**Peter Cassidy & Pauline Wilson**  
Loughton AC, August 2021

### **NATIONAL TITLE WON**

Ilford's Steve Uttley won the Civil Service 3,000 Metres' Championship at the University of Warwick athletics track on a warm but blowy afternoon. Talented Midlander Jason Brewer strode to the head of the field from the off and led well into the 2nd lap, whereupon Steve made his move to take charge, leading all the way to the tape which he broke in 17 minutes and 18 seconds, winning by a minute from Jason.

### **READERS' QUESTIONS ANSWERED**

In our previous edition, now octogenarian Pat Furey asked who knew the 2nd team members in our 1934 RWA National 50 Kilometres Championship at Croydon. Pat had a 2nd placed team medal and was looking to reunite it with the family of its original owner. It was some race as the 1-2 were both future Olympic 50K medallists - as Tebbs Lloyd Johnson won in 4:36.30 and went on to be our 1948 London Olympic bronze medallist in 4:48.31 while Harold Whitlock MBE was 2nd in 4:38.0 and soon afterwards was our 1936 Berlin gold medallist in 4:30.41.4. In 1934 Birmingham Walking Club were 2nd team, their 3-to-score members being James Medicott, Harry Forbes and Sid Smith. Another reader, Peter Saunders, asked for information about his 1960's races. Supplying answers was respected statistician John Powell, a member of the National Union of Track Statisticians (NUTS). *Thanks to John.*

### **WALKERS - GO FOR IT!**

Funding approved by the Prime Minister and Culture Secretary, to prepare Team GB (an 'in' term most now uses) and Paralympics GB for the 2024 Paris Olympics has risen to £232 million - and increase of £54 over that made available on the run-up to a delayed Tokyo Games. Let's hope our race walkers get into this finance/sponsorship package! In addition our Government pumped £778 million into Birmingham to ensure a great 2022 Commonwealth Games. This represents the largest sum invested in sport since the 2012 London Olympics. This time we've track walks but at least, unlike Glasgow, we're included - so it'd be nice to see **all** 4 UK countries represented plus the Channel Islands and Isle of Man.

### **ON THE BENCH**

In this edition are articles recording the weekend in Littlehampton where a memorial bench to Lew and Brenda Mockett was unveiled, close to where they'd resided in retirement. Others with race walking connections known to have benches named in their honour are **Bill King** RIP and **Sid McSweeney** RIP. Bill was a Surrey Walking Club and London Postal Region stalwart. His family donated "The Bill King Cup" which is competed for at 100 Miles events. Bill enjoyed the challenge of a good "long-un" and though trying

a few times to join The Centurions it wasn't to be. Towards the back end of his active race walking time he decided to try 100 miles' walking, though sadly by then an illness that was to take his life had commenced - so he was never at his best for the challenge. Had Bill decided to compete in such races earlier, he'd have "walked it" as they say. The Royal Mail Sports & Social Club provided a memorial bench in Bill's name. An evening race was designated as an occasion to unveil this bench - a 9 kilometres yacht handicap race around hilly Blackheath Park, where the Post Office had a Regional Sports & Social Club. More than usual turned up for the arrival of this bench. In a turn of events worthy of Brian Rix, an engraved metal plate and 4 screws duly arrived - *but Bill's bench didn't!* During the afternoon a Post Office van went to the workshop of a carpenter who'd made this bench, along with a Royal Mail cheque for full payment. The carpenter refused to release the bench until this cheque had cleared. As if a Royal Mail cheque would *bounce*? So our evening fizzled-out in disappointment. A later date was arranged but this time fewer folk showed up. The bench was in position outside the Social Club overlooking football pitches for many years before Mammon took centre stage as the Post Office decided to sell their Clubhouse and sports ground for private housing development. The austere next door Old Addeyans Club offered a temporary home which enabled walking races around Blackheath to continue. This Club had a celebrity groundsman in Tony Kay, who played and scored for England, once holding the British transfer fee record of £60,000 on his 1962 move from Sheffield Wednesday-to-Everton. Tony, now aged 84 lives in the North-West. Good job Bill King's memorial bench never made a short journey next door, as after a while, the Old Addeyans Club was also sold for housing. Post Office walks organiser Steve Wynn reports that this bench was then presented to the King family and now is in their garden.

A memorial bench, dedicated to Alf McSweeney (Highgate Harriers) was placed in a wonderful viewing position overlooking Parliament Hill Fields Track. In November 1941 Alf commenced publishing Race Walking Record (still going as an online publication). He was Hon Editor from that time until September 1948, producing 81 editions. The initial object was to produce a booklet which could be mailed to servicemen overseas, so keeping them in touch with our chosen athletics discipline. Limited race walking continued in World War II as servicemen home on leave and persons in reserved occupations turned out to keep things going. Alf was 1953/54 Race Walking Association President. So well used was this bench it suffered, becoming faded and showing signs of "fair-wear-and-tear". Highgate Harriers protagonist Bill Sutherland stepped forward to put his hand in his pocket buying paint and wood preservative. Bill then set about restoring and refurbishing this aged bench. Have a look at it - even sit on it - when next giving a good account of yourself at this popular track.

***Are there other race walkers with memorial benches in their honour? Please let us know.***

## **IN THE PICTURE**

When respected Belgravian John Dunsford passed-on, in tribute a Bels team photograph was published - obviously with John in it plus other team members. It was captioned as their team before a major National. That same picture was used to show recently departed Belgravian and former Met Police walker John Feighan, though this time was captioned as being prior to a Leicester Mercury 20 Miles (which has also passed-on as they say). That same picture promoted a number of geographical different locations suggested by Essex Walker's readers. All we can say is "These Belgrave Harriers' walker get about a bit". Here's the latest on the subject from another respect Belgravian, ***John Hall***:

*"Every time that photo gets a mention someone changes the race that it came from. I won't bother double-checking my diary - I have stopped there and checked!! I have a detailed account of the day - Saturday 15 June 1985 and it was the National 35k at Leicester. A rumoured oil spill delayed the start while the course was being checked - there had been some work on the road and we had to go wide until loose chippings had been swept away. I will quote some more of my account for EW if you would find it useful. But not now as I'm packing to head west for a family wedding!"*

## **GET WELL SOON**

News has reached us from The Gambia that former Junior International and Essex County Champion race walker Geoff Hunwicks has been unwell. We all hope his health setback will be a short one and he'll soon be back in fine fettle.

## TIM ERICKSON - OUR THANKS

Many of our readers also keenly read "**Heel and Toe Online**" the Victorian Race Walking Club of Australia's newsletter. Despite written from afar it has much UK news. On Monday morning it's often the place to look up weekend UK results. It's also - so often - the first publication revealing important news of interests to all. Many examples can be quoted, one such being when the "*lid was lifted*" when we were "stitched-up" at a behind closed doors meeting to ditch road walking (in favour of shorter track walks) at next year's Birmingham Commonwealth Games. Feature and historical articles are wonderfully penned. A main front page article states its Editor, **Tim Erickson**, is stepping down from his many race walking positions. He's done it all since a 1966 walking debut, including a 1978 Commonwealth Games 30K bronze medal behind Olly Flynn (gold) and fellow Australian Willie Sawall (silver), with English duo Brian Adams and Amos Seddon 4th and 5th respectively with Manxmen Graham Young, John Callow and Robbie Lambie also racing in Edmonton. Australian Centurion No.13 Tim, has fond memories of Essex as he led home our 1980 National 50K field in 4:10.33, winning by 6 minutes, around 5 circuits of an infamous Basildon Industrial Estate. He's participated in many UK events, including our memorable midweek 2012 Olympic Friendship race at Donkey Lane - the last time we saw a 3-figure turnout at a UK mainland walking meeting. Tim hopes someone will step forward to continue editing Heel and Toe. *It'll be a hard act to follow!* Cath Duhig wrote "I'd just read my copy of Heel and Toe and was still reeling from the shock. That's not a hole to be easily filled". We all wish Tim well as he steps down and profoundly thank him for 55 years' continuous **meritorious** service to race walking - throughout the world.

Tim writes:

*"Racewalking has been a major part of my life for so long now, especially following the career of my son Chris, of whom I am so proud. But all things come to an end and I feel that the time is right for me to now move on to other challenges and do a few other projects that have been on the backburner for many a day. After all, none of us are not getting any younger! I intend to keep competing with Coburg Harriers in our local T&F competition but, apart from that, am looking forward to having additional time overall for my family and friends and doing a bit more travelling. It's a lovely sunny day outside and I am soon heading out for a walk, to enjoy the colours of spring. Life is too short to waste. But keep me on the distribution list for Essex Walker. I really enjoy reading about the English walking scene which I remember with great fondness from my time there. With kind regards ... **Tim**"*

## VIRGIN MONEY LONDON MARATHON

We wish all success and enjoyment to those race walkers who will give their all on Sunday 3 October. Also thanks to those who are raising money for good causes. Over decades (but not recently) several race walkers have appeared to showcase our chosen athletics discipline to an estimated million spectators who line the route plus television cameras. Despite "lockdown" ending it's a bold decision to go ahead with around 40,000 participants plus the crowds. One suspects numbers will be down somewhat as many will show caution in our current Covid-19 situation. So many walkers used to start that ex-organisers Chris Brasher RIP and David Bedford offered a "Walking Section" which our walking administrators declined, as they thought it couldn't be properly judged among so many runners. Worldwide that didn't stop other great marathons staging Walking Sections! Those on the road and in the crowd - take advice from "Hill Street Blues", as in all episodes Sgt Phil Esterhaus (acted by Michael Conrad RIP) always said, **Let's be careful out there**". Please maintain social distance if and whenever possible.

## DEREK APPLETON RIP

Sad to say Herne Bay-based Derek has unexpectedly passed-on aged 79. He'll be forever remembered as the late Centurion 631 Don Thompson's competent and enthusiastic attendant, as well as becoming Centurion C888 in his own right at Ewhurst in 1991 clocking 23:37.26 in the colours of Folkestone AC. It was the last such race at this Surrey village and was emphatically won by local favourite Richard Brown in 17:52.47. That race saw 45 start/31 finish/10 completing 100 miles for a first time. First newcomer was the Reverend David Watson RIP of the host cub (SWC) - another worthy finisher was Bill Sutherland who 4 years' later became Centurions Honorary Secretary. Star of this race was Kath Sutherland who cheered up walkers by lifting their spirits in the middle of the night by singing an old Flanagan & Allen classic "Maybe It's Because I'm A Londoner". Derek was co-founder of The Herne Bay Boccia Club (a disability sports

club) and was a talented violinist. He was a beloved husband of Sheila and a cherished dad and grandad. A funeral service was for family only and a memorial Concert was staged in September. We offer sincere condolence to all family members. Should you wish to mark Derek's passing with donations, please make cheques payable to: The Pilgrim's Hospice, Canterbury and mail to Funeral Directors – A Welch & Sons Ltd, 94 Station Road, HERNE BAY, Kent CT 5QB.

### TRIBUTES TO DEREK APPLETON

- I remember Derek for both supporting Don (mostly on a bike where possible!) and for his own achievements. I shared many a walk with Derek and this is just another sad loss. **Kathy Crilley**
- We recall Derek very fondly as a kind and delightful man, an excellent assistant, friend and supporter to Don Thompson and an accomplished athlete, as a Centurion and a runner. Derek supported Richard on his record-setting 1995 Land's End-to-John O'Groats along with Don, Amos and others. **Sandra Brown**
- Sandra and I were sorry to read of the death of Derek Appleton. As you say, he was a wonderful, kind and sympathetic attendant to Don Thompson. He and Don were part of my team with Amos Seddon for the LEJOG run in 1995 and his calm approach was much appreciated. **Richard Brown**
- Very sad news indeed of Derek Appleton C888, such a wonderful gentleman. Thanks for mentioning dear Kath. Without her and my companion Belgravian Pat Duncan for the last 30 Miles I don't think I would have made it. As I went up to the finish at Ewhurst the late John Hedgethorpe shouted out 'Why did it take you so long?' I replied 'If you've got 24 hours to do it why not use it all up!' In fact if I had been 1 minute 3 seconds slower on each of the 10 x 10 miles circuits I would not have made it clocking 23.49.36, as I only had 10 minutes 24 seconds to spare. I'll never forget that wonderful feeling of achievement over something I never ever thought I would do on my 3rd attempt to boot! **Bill Sutherland**, Centurion 890

### MEMORIAL CONCERT FOR C888 DEREK APPLETON RIP

Centurion 888 Derek's Appleton (Folkstone AC) was a featured athlete on the front cover of Race Walking Record issue 686 (December 1999). This because he'd just won the "Cyril Evans Cup" - an annual award made by the Race Walking Association. This went to the top distance walker of the year - taking into account all UK races of 50 Kilometres and above. Races counting were the RWA 50K, Basildon 50K, Parish Walk, the 100 Miles, Bradford 50K, London-to-Brighton, Manchester-to-Blackpool and IOM "End-to-End". Derek won having covered 268 miles in total. 2nd and 3rd were Mark Byrne (114 miles) and Kevin Perry (107 miles). In a table compiled for this trophy were 83 men and 11 women. Sadly most such qualifying races have now bitten the dust. Page 10 of this Record issue contains all facts.

On Saturday 18 September a Memorial Concert was held in Herne Bay, at which a talented string quartet played for an hour. Musicians were members of the Folkestone & Hythe Orchestra, in which Derek had been a talented violinist. Then followed a wonderful slide-show which covered Derek's full and eventful life, and also featured his athletics involvement - with pictures of Don Thompson RIP, who had often benefited from Derek's role as his attendant. The afternoon ended with a quality buffet.

The walking world were invited. Picture shows Derek's widow Sheila with Centurions Mick Barnbrook, Sue Clements and Dave Ainsworth.



### FIXTURES

Essex Walker isn't running a fixtures column due to uncertainty at the current time, although some readers have contributed information in the 'Dear Dave' column. 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](http://racewalkingassociation.com/Fixtures).

## IN THE CHAIR

England Athletics have a new Chairman - GARY SHAUGHNESSY - a registered active athlete with Tadley Runners and also one with a wide interest in business. We wish him well.

## PROFOUND THANKS

Word is very much out that long-serving NOEL CARMODY has stepped down from a number of his important race walking appointments. We sincerely thank him for his commitment, dedication and so many countless hours spent, always giving of his very best, to keep our chosen discipline moving forward. We wish Noel well.

## ON YER BIKE

Now Cornwall-based former Southend-on-Sea AC 2nd claimer Paul Warburton had a perfect view of the "Tour of Britain" as 107 racing cyclists sped past his front door on the opening hilly South West stage. So inspired was he, that less than an hour after they'd passed, he got out his bicycle and pedalled up the same nearby hill - but at a somewhat slower rate!

## AGM NOTIFICATION

The **AGM** of ENGLAND ATHLETICS is to be held on Saturday 23 October with the gavel coming down to commence business at 11am. Last year's AGM was "closed" - this one is open to all members. It's at the Hilton Metropole Hotel, National Exhibition Centre, SOLIHULL, B40 1PP. It'll also be broadcast on live streaming via "Zoom" - though pre-registration is needed to access this service. For those who can't wait, there's a pre-AGM **webinar** on Wednesday 6 October from 6pm to 7pm where you can hear from the Board of Directors. Full details of both are on the [England Athletics website](#).

## GEORGE TOWERS RIP

Earlier this year ex-IAAF International Panel Judge and former Northern Area President George was the subject of a major Essex Walker feature article, which also implored readers to send him 90th birthday cards for the occasion on 15 April - many did! Sadly, after illness, cancer sufferer George has passed away at home (see email notification below from his daughter). George gave a lifetime of service to race walking and was a loyal Leicester WC member. Sleaford-based George once resided in Lowestoft. While in the latter area he attended a funeral service of double Olympian George Coleman RIP, where from the pew he rose to interrupt the vicar who was giving a eulogy, to correct a wrong fact - that's what you call audience participation. George was prominent in the organisation of Royal Air Force race walking. He organised the 1981 National 50K in Sleaford when **102** started - those were the days! We extend our condolences to his widow Joyce and all other family members.

DA

## No 3

Recently a major special event parkrun was held at Bushy Park (Teddington) - site of a first ever parkrun on 2 October 2004 at which 13 intrepid runners participated. This special event pulled in over 1,200 runners. Included was a special Over 80s category in which Amos Seddon's 28.43 run got him 3rd place, only after being edged out of 2nd spot in an octogenarians' sprint finish. Well done Amos!

<https://blog.parkrun.com/uk/2021/09/29/it-doesnt-matter-how-old-you-are/>



## NEW EDITOR

"Heel and Toe", a newsletter which enjoys good readership figures in the UK, has a new Editor to replace Tim Erickson. It's Victorian Race Walking Club President Stuart Cooper, whom we welcome into the Editor's chair. We wish him well - please submit contributions to: [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

## NEW APPOINTMENT

Congratulations to **Pierce O'Callaghan** on his appointment by World Athletics as their Head of Competition Management. Pierce is well known by so many of our readers.



## WALKERS' MILESTONES

There are 3 milestone birthdays in **October**. On Sunday 16 October **Basil Gale** C726 (Trowbridge & District AC) is **90** and on 10 October **Jill Green** (London Vidarians) C898 is, well ... etiquette dictates we don't mention ladies' ages without their prior permission. Jill's an ultra-distance star having completed 9 UK sub-24 hours 100 miles events, and others elsewhere on the globe. We've been unable to contact Jill for permission to circulate her address, so as you can send cards - resourceful readers might find this out and then mail their cards and messages. A week later on the 17th **Roger Osgood** C811 of Havant AC is **80**. Roger recently featured in a well-researched article about Sussex-based race walkers who'd completed London-to-Brighton walks.

## SAD PASSING OF AN OLYMPIC WALKER

Readers will be sorry to learn that popular American Todd Scully passed away in September, aged 72. He finished one ahead of our late Paul Nihill in the 1976 Montreal 20K before earning 1980 Moscow Olympic selection, an event in which he didn't compete due to a USA boycott.

## PAULINE'S MILESTONE

Before mentioning ladies' ages and addresses we seek permission prior to publication. On 7 November, two days after fireworks' night, prominent race walking competitor, official, judge and office holder **Pauline Wilson** of Loughton AC is to celebrate her **80th** birthday. As done for decades, Pauline still gives so much to our chosen athletics discipline, which is extremely helpful to us all at a time when the numbers of those willing to officiate and help are dwindling.

As a walker fairly new to our scene in 1982 Pauline was so frustrated when unable to find info about races until adverts appeared in Race Walking Record she undertook to produce and distribute fixture lists for the RWA Southern Area. These lists were distributed for free and so popular they were, the range of locations soon spread to around the UK and over to Ireland. Everybody knew what was going on - and - in recent times we were told what wouldn't be going-on as Covid-19 took centre stage. Such detailed mentions enabled race walking to try and avoid a major concern - fixtures clashing, which had become a serious problem. Her diligence was recognised by the creation of an official Fixtures Co-ordination position within our administration. Fixtures were deemed so important that permits could be refused if clashes were possible, and a major Fixtures Conference was held in Royal Leamington Spa's Town Hall chamber. Pauline was a key figure in Loughton AC's memorable centenary season and (together with Peter Cassidy) keeping our now very long-established Woodford Wednesday Walks (now Woodford Tuesday Walks) going.

When employed in the municipal world, Pauline as competitor was prominent in supporting events between firms and organisations, such as on the London Business Houses scene. Pauline was an active competitor at all distances before hanging up her racing shoes. The good lady was often seen giving a good account of herself over longer distances, such as our Essex 20 Miles and relished the challenge of a London Marathon walk. Her love of a challenge saw her complete the 1986 "Hew Neilson Memorial 100 Miles" at Ashtons Track showing excellent pace judgement with a finishing time of 23 hours, 39 minutes 55 seconds to become Centurion No 798. Worthy of favourable mention is her experienced attendant - Peter Cassidy. 27 had started/18 finished with 5 becoming new Centurions. Pauline's success never tempted Peter to try his luck over 100 miles! Pauline has assisted in various capacities at several 100 miles, so enabling others to have that opportunity of becoming Centurions. Pauline's a talented singer who is a member of a respected choir and is an activist with the Cats Protection League. Whatever Pauline does for athletics (and not just race walking) is always done with a smile. By her coaching sessions Pauline has assisted with the development of race walking newcomers and has both encouraged and enthused younger participants - including organising trips to Inter-Area matches, events in Ireland and further afield. The time Pauline has given in the service of athletics over decades is immeasurable and has been recognised with esteemed Life Membership by the Race Walking Association. Pauline is part of our history for, in what was for many early decades a male-dominated event, there came a first time when all 3 Race Walking Association Area Honorary Secretaries were ladies, to wit Lillian Burns (Northern), Gill Wish (Midlands) and Pauline Wilson (South). We thank Pauline profoundly!

If you'd like to send cards/messages to Pauline for her 80th on 7 November, her address is: "Hufflers", Heard's Lane, Shenfield. BRENTWOOD, Essex CM15 0SF.

### **BARBARA LAWTON (nee Inkpen) RIP**

It is with regret that I have to inform friends of the passing of Barbara, double Olympian, and Commonwealth Gold medallist, aged 71, on Friday 3 September, peacefully at home, after a four-year battle against cancer. She leaves husband, son, daughter and four grandchildren. **Carl Lawton**

Adds Hon Ed: So sadly we received Carl's notification of Barbara's passing. Not a race walker but one extremely well-known in our walking world by her frequent appearances at so many races (from important occasions to club and league events) - usually with a well behaved and friendly dog - where she gave encouragement to husband Carl, the Bels and, let's face, one-and all. Barbara was a popular and regular attendee at our race walking social functions and occasions. Born in Farnham she joined a prominent Aldershot, Farnham & District Athletic Club, becoming their first Olympian in 1968 and in 1973 setting a Club record of 1.87m for the high jump - which is unbroken to this day! The Club honoured Barbara with Life Membership status. She was an early convert to the merits of using a 'Fosbury Flop' technique - indeed becoming our first British jumper to clear 6ft using this method in 1972. At the 1972 Munich Olympics Barbara came 4th recording 1.84m, narrowly missing out on bronze, as 16 year old West German schoolgirl Ulrike Meyfarth became the youngest ever Olympic athletic gold medallist with 1.92m on the board (at 1984's Olympics she was the oldest women's high jump winner at 2.02m). A gold was earned at the 1974 Commonwealth Games in Christchurch when 1.84m was cleared. Barbara also competed in the 1971 European Championships in Helsinki. In 1973 Barbara married Carl Lawton, an athlete with National titles, wins in such races as the London-to-Brighton and over 100 miles as well as in many Open and County events. Former Centurions' President Carl has international experience with appearances in European, Commonwealth and IAAF Championships on his record and would have been a 1976 Olympian had 50K not been dropped from the programme. Our annual Moulton Open 5 Miles (South's best supported event) has a tradition on inviting a notable person to be "*guest-of-the-day*" to start the race and present prizes. This VIP isn't always a race walker - for instance villager Mike Dillon, a Spurs player in the 1974 UEFA Cup Final, once did the honours. One year a wise decision was made to invite Barbara for this task - the good lady accepted and was a most appreciated "*guest-of-the-day*". On behalf of all readers, profound condolence is sincerely expressed on the passing of a lovely lady who'll always be remembered as a talented and successful athlete - and also a true friend to all those in race walking who had the real pleasure of knowing her. **DA**



Message from the Lawton family:

We would like to encourage a donation in Mum's memory to St Raphael's Hospice, who provided wonderful support to Mum in her last few months. We have setup a JustGiving page for her at:

[Remembering Barbara Lawton](#)

Sincere thanks  
Carl, Colin and Amy

### **BARBARA LAWTON TRIBUTES**

Amongst those writing to express their sadness are **Tony Taylor, Hilary McDermott, Sandra Brown, Dr Kitty and John Hung,**

- Very sad news indeed. Barbara will be greatly missed within race walking and the larger athletics family. A really great high jumper in the '70's for Great Britain and always a pleasure to meet and greet. So proud to have been part of an outstanding GB Team at the European Athletic Championships in Helsinki, Finland in 1971, where she won her much cherished Silver Medal after midnight. A really special memory. With sincere condolences to Carl and her family. **Kath and Bill Sutherland**
- What a shock, Carl must be devastated, my heart goes out to him. **Sue Clements**

- Terrible news. I remember Barbara as a great personality who achieved more than most of us can dream about. RIP. **Paul Warburton**
- So sorry to hear the sad news of Barbara's passing, a wonderful person and gifted athlete. Betty and I send our deepest condolences. In sadness. **Chris Flint C849**
- Really sorry to hear that. I remember Barbara well as Ms Inkpen in my young pentathlon days. **Gladys Bird** (nee Taylor, ex Clifton)
- It is very sad news about Barbara, could you please pass on my condolence to her family. **Verona Elder MBE**
- My sincere condolences. **Jos Hoyte-Smith**, Chair GB Olympians Association

## ON THE MOVE

Part of the London Marathon scene since its 1981 inaugural race is Ilford AC's water station on the 18 miles' mark at Canary Wharf, where members have always given a welcome. Not so on October 3rd as for an unexplained reason the Club has been re-sited from high-profile Canary Wharf to lesser surroundings at Mile 9 near Surrey Docks. However, look out for Ilford members who'll give you the same encouraging cheer. Eddie Trotter's also connected with Collier Row Striders who for almost as many years organised (with Eddie as Team Leader) a joint water/energy drink station just a mile from Ilford AC. For some reason they've not been included this time - so don't look out for Eddie.

## MEL WATMAN RIP

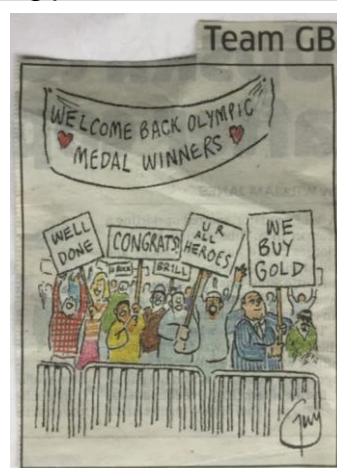
Cancer sufferer Mel has so sadly passed on at the age of 83. He was one of our greatest athletics journalists ever to sit in a press box - and one of the best friends race walking ever had. As a youngster he wanted to either be a bus conductor or an Arsenal wing-half. Fortunately for us all, he then wanted to be a journalist. He first wrote for Athletics Weekly as early as 1953, rising to edit the publication from 1968-to-1984. In those days it was a small booklet nicknamed "*The Bible*" and you couldn't wait for it to come through your letter box - perhaps to see if your name was in it? Among so many honours was his induction into the England Athletics Hall of Fame. His over 60 years of reporting also saw him pen many athletics books. For the past 17 years he's co-edited (with leading statistician Peter Matthews) the highly respected Athletics International. Mel had 3 years co-editing Athletics Today. Mel winced when he saw how the modern day Athletics Weekly had become. Essex paid its tribute to Mel when Tony Maxwell organised a well-attended 80th birthday luncheon at "The Cow" in Stratford - in sight of our Olympic Stadium. The recent Tokyo Olympics in August was where Mel worked for a final time. A couple of days after returning home he collapsed at home; his health then worsened until 17 September when he sadly departed. We express our condolences as we say farewell to a doyen of the writing profession. **DA**

## BE LAZY

A lovely little analysis for those people who hate exercise.  
[Exercising is disastrous | Odeboyz's Blog \(oedboyz.com\)](https://www.oedboyz.com/)

## RELEVANT SAYINGS

- If you missed it, a gem from "Mock The Week" comedienne Angela Barnes was, "A regular *Test-and-Trace* programme at the Tokyo Olympics will put the fear of God into top cyclists".
- From another BBC lady Kate Silverton, "I try not to have regrets, because everything is a learning experience". Worth remembering when disappointed.



Acknowledgement: Metro

## VLADIMIR GOLUBNICHY RIP

Race walkers, past and present, and throughout the world are saddened to learn that this all-time great athlete died, aged 85, on 16 August in the Ukrainian city of Sumy where he was born and lived all his life. He wanted to make good at cross-country skiing and used race walking as a means of improving his fitness for that pursuit. However race walking took over - and how! At 19 he set a World 20K record. In Rome 1960 he commenced his Olympic 20K walks' journey with a gold medal, which saw him compete on

5 occasions until 1976 at Montreal where he bowed out in a commendable 7th position. In between he was a bronze medallist at Tokyo in 1964, which he achieved despite an early headache before suffering a fall, in a race Britain's Ken Matthews RIP won by a distance. In 1968 in Mexico City he again won gold, by just 3 strides as he held off a strong finish by home favourite Jose Pedraza RIP who had a questionable style. In 1972 in Munich he was a silver medallist. His record in European 20K Championships saw him collect a full set of gold, silver and bronze. He was active at so many meetings and was the crowd's favourite at Milton Keynes when Great Britain staged the Lugano Cup on home ground for a first time. He was the one everybody wanted to shake hands with, collect an autograph and be photographed alongside. *Vladimir so kindly obliged one-and-all.* Our Milton Keynes commentator, International distance walker John Lees, boomed "**Good golly - let's hear it for Golly**" as he came past where most of the many supporters were gathered. Leading official Arthur Gold, one not noted for humour, was heard by many to loudly say, "*get him off*". John remained on his mike as Vladimir continued to enthuse crowds of admirers every time he came round. His best recorded time was 1:23.55 set in 1976. This great man leaves behind a tome of listed achievements and so many wonderful memories. **DA**



Photo courtesy of Alan Buchanan:  
*L-to-R Vladimir Golubnichy, Peter Marlow and Alan Buchanan, at a 5,000 metres' track walk in Paris in 1975.*

## "GOLLY" REMEMBERED

Essex Walker, which is only a newsletter, has received so many tributes to recently departed Vladimir Golubnichy there's no way we could publish all. Our title is **Essex Walker**, so we've selected one tribute from **Mike Scamell** - as it recalls this great man's only visit to **Essex**.

"Vladimir was in a special class of athlete - I remember watching him on the track at Woodford Bridge, probably in the late 1970s, and being amazed by his strength, style and determination. I think he impressed me more than any other walker I ever saw (and I've seen some of the true greats). As you say, he was friendly to all. I know that my dad and grandfather shared my opinion of "Golly". RIP."

## IMPROVEMENTS

Redbridge Council Leader Councillor Jas Athwal announced, "New facilities at Ashton Playing Fields will enable Woodford Green with Essex Ladies to host British Athletics League Division One meetings.

## ANOTHER CHIEF

The Commonwealth Games Federation have a new Chief Executive in **Katie Sadler**. Scottish born and brought up in Canada, she's now a New Zealander. Her previous position was at World Rugby, as General Manager of Women's Rugby. In sporting terms she represented NZ at the 1984 Olympics synchronised swimming and at the 1986 Commonwealth Games earned bronze in solo synchronised swimming. Having experience in minority events, one hopes the good lady will show sympathy towards the promotion of race walking at Commonwealth Games level. A previous holder of that office didn't when we were ditched from the 2014 Glasgow Games while traditional road walking was dropped from next year's Birmingham Games in a behind-closed-doors meeting in which those who were supposed to represent our views didn't - and then kept information from rank-and-file race walkers, until we only found out when an Australian newsletter spilled the beans. There was no doubt about the views of most walkers on either issue - as despite being fewer in number than in past decades, much correspondence was generated on the matter - yet nobody got a reply, let alone response. We were ignored, so hope in future, the new Chief Executive will become a true friend of Commonwealth Games race walking.

[Katie Sadler appointed new CGF Chief Executive Officer | Commonwealth Games Federation \(thecgf.com\)](http://thecgf.com)

## MARTYN GREAVES RIP

We're sorry to hear that Martyn has passed-on aged 65. He was an active Long Distance Walkers' Association member who also enjoyed ultra-distance running and parkruns. He became Centurion 614 at the tough 1977 Bristol 100 Miles, at which His Grace the Duke of Beaufort was "Mr Starter" and then serving MP Dick Crawshaw (later Baron Crawshaw of Aintree) was an unsuccessful competitor. Recently departed Derek Harrison won in 17 hours 43 minutes. 84 started/56 finished (28 becoming new Centurions). Among newcomers were The Centurions' first lady members, Ann Sayer and Dianne Pegg. Graham Peddie, Jack Thomas, Brian Copp and Peter Emery were also first time 100 miles finishers. His funeral service was at Worthing Crematorium. Persons wishing to donate in his name can make cheques payable to "*Friends of South Downs*" and mail to: H D Tribe, 19 West Street, STORRINGTON, West Sussex RH20 4DZ or visit [www.hdtribe.co.uk](http://www.hdtribe.co.uk)

## TRIBUTES TO MARTYN GREAVES

- Very sad news. We generally saw Martyn at LDWA 100s – from 1982 (our first and also my Centurion qualifying year) onwards. He was one of the several Surrey LDWA (and some also SWC) Centurions. **Sandra and Richard Brown**
- I've known Martyn since the early 1980s when I joined LDWA and walked/run with him on many occasions. He was a very likeable man. **Kathy Crilley**
- Very sorry to hear this sad piece of news, which I can't quite take in. Martyn must have been the most prolific runner in his appearances at LDWA events, marathons, half marathons and 10ks, one week you might see him at a small LDWA fixture then you would see him the following week at Malta Marathon or similar! I didn't know he was a Centurion until this news arrived but that doesn't surprise me, he was exceptional, and also never talked about himself. This loss is seismic, RIP Martyn. **Dave Hoben**
- So sorry to hear about this sad news - our thoughts go out to his friends and family at this time. From all the **Littlehampton Prom parkrun team**



Dear Dave ...

## AN ESSEX 20 MILES' WALK?

You asked us to comment about the Essex 20 in Essex Walker. I have been a timekeeper at the Essex 20 run around the lanes in the Langham area near Colchester. I tend to think most runners would prefer a safe country lane route rather than laps on a track. Obviously I can be wrong though. **Stephen Cartwright**

## WORDS FROM A STALWART

Thank you for such a superb write-up in your latest fanzine. I read stuff about me that even I never knew! And it was all accurate. I am currently getting my money's worth out of the NHS. Fifty years of Type 1 diabetes is now having a bit of an effect on my body. Cataracts have been appearing over the past few years. I was in my local Moorfields Outreach Centre in Potters Bar a month ago to get my right eye sorted out. This coming Friday it is the turn for my left eye to receive the same treatment. When that is all sorted, the Royal National Orthopaedic Hospital in Stanmore is going to have me in for an ankle replacement and when I am back on my feet again, I hope to be walking without use of a stick.

I will continue to be a tour guide with Camden Tour Guides Association. This is my profile page on their website: [Chris Foster - Camden Guides](#). They invited me to do a recent blog on the subject of medicine, and my tenuous link about coppers and nurses from back in the day got published. It is here: [Ooooh, Matron: a story about nurses and policemen - Camden Guides](#)

**Chris Foster**

## A STAR'S VIEW

Great article as always from the Reverend Roy Lodge. I remember well when Roy won so well the RWA National 20 Miles in 1967 at Swindon and the many famous walkers he beat in doing so. 20 Miles or 35 Kms, is really an ideal distance to test the speed, strength and endurance of a Race Walker and that's why

I tend to prefer that distance to the established 50 Kms at Olympic, World and European standard. Much food for thought!

**Bill Sutherland**

## WRITES OUR SPANISH CORRESPONDENT



As you are generally put in the position of bearing bad tidings, here is a little good. Every 4 years usually, 5 this time, Torrevieja (where my Spanish athletics club is based) holds a gala night to present mementos to anyone who has achieved at national level, or higher, since the previous Olympics. They had a special thing to celebrate this time as local athlete Luis Manuel Corchete had been selected for the 50k walk. I was chuffed to be called in to receive an award, as the rather dodgy photos shows - sharing the stage with Corchete's name at least - he wasn't there himself as off with the squad training.

The ceremony took place on a court at the tennis centre to enable it to be outdoors, socially distanced, etc, hence the photo is of rather dubious quality. Three racewalkers honoured on the night, so not bad at all.

**Cath Duhig**

## ESTABLISHED ATHLETE RECALLS THE LONDON/BRIGHTON

My three finishes were all disappointing apart from the first when a poor performance was rewarded with that wonderful hot brine bath!! Other memories were "navigating" for Chris's (Maddocks) record attempt and a planned retirement at Crawley (he was sick soon after and also withdrew), losing an end of race sprint with Parminder Bhatti in the last race, and meeting Tim Erickson. Happy days!!

**Ed Shillabeer**

## SAD NOTIFICATION

My father, **George Aubrey Towers**, passed away on 13 September at the age of 90 after a long fight with cancer. His son, Paul, wife, Joyce, and I (Cathy, his daughter) were with him to the end as he died at home, with grandkids and great grandkids all visiting in his last week. Dad asked that I inform the club as he was still in contact with two or three fellow walkers who still receive info from the club. He was very proud of his achievements with the club in the forties as a teenager, and progressed to represent the Royal Air Force, winning many races and awards. He was a couple of years older than Don Thompson, and used to tell me how he had beaten him a number of times in early years, but wasn't able to commit the time he would have liked to walking while in the RAF. He secretly felt he could have made the level that Don did with the right backing/support. I hope you don't mind me sending this email. That he wanted you to know of his death, even share it with elders, goes to show that what you do for young people stays with them for life.

**Cathy Towers**

## MULTI-OPINIONS

Thank you for the latest Essex Walker and my inclusion regarding the Woodford Walks. My views on the future Olympics in Paris 2024 having now watched Tokyo 2020/21 is that what we knew to be the Olympics has now changed into an 'It's a Knockout' type of event. With so many obscure sports now included recently and no doubt many more to come the Race Walks hold little significance and I am sure that if the IOC could they would like to terminate them as they attempted to do for the 50 Kms in 1976. Sports like Swimming and Triathlon now have relays and are starting to encourage mixed gender events. Is it any wonder then that they are now proposing a mixed gender 35 kms walk for Paris. We will have the chance to oppose this, but I feel the proposition is already at an advanced stage with the IOC and to stop it might just see us thrown out particularly as we have many judging problems, as well as doping issues from yesteryear already proven. Can you remember when synchronised swimming was first introduced many said it would not last long, well now we have synchronised sailing too! I think it is dreadful that we only have a 10 Kms Track Walk at the Birmingham Commonwealth Games in 2022 without England Athletics linking with the RWA International Committee to discuss this in detail and the other Commonwealth Nations following suit and linking with the CG Organisers too. At the very least it should have remained at 20 Kms

for Men and Women too. Times they certainly are a changing and not for the better it would seem! Everything is driven by money and the most powerful Sporting Countries too. Just look at the Medal Table for Tokyo! Keep up the good work!

**Bill Sutherland**

### **WORLD RACE WALKING TEAM CHAMPIONSHIPS**

World Athletics have decided to relocate the 2022 Championships from Belarus to Muscat Oman in March. Interesting choice! [www.insidethegames.biz/articles/1108921/race-walking-sailing-paris-2024](http://www.insidethegames.biz/articles/1108921/race-walking-sailing-paris-2024)

**Bob Dobson**

### **CECIL GITTINGS MEMORIAL WALKS/Category 'B'**

For your diary please. **Saturday 2 October 12.30 pm** (incorporating Enfield League) at Cyclopark, The Tollgate, Watling Street, GRAVESEND, Kent DA11 7NP. 2.k/5k/10k/15k (road). Ages:all. Organisation: Veterans AC - Contact: [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk)

**David Hoben**

### **VETERANS AC & COUNTIES 10,000 METRES**

For your diary please. **Saturday 30 October 1 pm.** Veterans AC and Surrey, Middx, Herts & Sussex County 10k track championships. [Track Coulson](http://TrackCoulson.com) Veterans AC Contact: [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk)  
Categories A & B.

**Dave Hoben**

### **OLYMPIC VIEWPOINT**

Disappointed to read that Callum and Tom at 10th and 25th respectively were not able to fulfil their dreams. I can only imagine that the heat must have been a factor in their positions or were over cautious having had warnings for lifting. I would like the opportunity if it were possible to see a video of the race to assess style/technique and general performance of the competitors. Fortunately it is only three years to Paris and for our guys to prove themselves on the world stage.

**Roy Lodge**

### **THANKS FROM ALAN O'RAWE**

I would like to thank everyone who kindly sent me birthday wishes by card and emails for my 80th birthday, they were all greatly appreciated. I am still out almost every morning for a 2/3 km walk around the track getting ready for when we are back in action 😊. Thanks again and keep well.

**Alan O'Rawe**

### **READER'S RESPONSE**

Thank you for another excellent Essex Walker. Thank you Martin Pearson for your reference to me. Sorry as you say I always addressed you incorrectly but I was never one for names and provided I had a friend with a similar name - then his name was probably used as a sign of recognition. I am still doing it. If you cannot remember a name then you say something similar - sorry - if it is taken unhappily these days but today it is impossible to say anything without it being taken as a problem. We are all so over sensitive. But even so Essex Walker does a good job. Well done.

**John Northcott**

### **WRITES 1980 OLYMPIAN IAN RICHARDS**

The 50k has gone but my bet is that it could be back. It went out in 1976 but was back in 1980. Los Angeles 2028? Apparently over 100million Americans practise power walking. As a 50k Olympian I am very disappointed at its loss and have been very fearful for the future of race walking. However, having listened into the World Athletics seminar "The Power of Walking" just after the 20k, I am much more optimistic and can see the possibility of a real resurgence of interest and participation around the world that could be so big that the 50k will be back. I have a much better understanding behind the WA strategy and the logic behind the new World Race Walking Team Championships. This link takes you to a recording of the seminar <https://youtu.be/H8PpLBMwM8> which is well worth listening to. Jane Saville and Robert Korzeniowski both took part. In essence as part of WA's strategy of "World Athletics for a better world" the walking tag is "Walking saves lives and the planet". The aim is to realign ordinary walking, which everyone does, with race walking. Just as jogging is to marathon running, fitness/power/speed walking needs to be to race walking. Race walking is at the pinnacle. The wind is in our favour - for ecological reasons, governments and cities have a new mantra to get people out of cars and make places more walkable. London and many other cities around the world now have a Walks Commissioners. The impact of Covid has accelerated this trend as well as the

new drive for health and fitness, both physical and mental. Fast walking beats running on this score. Mass participation walks are exploding around the world, some already attracting more participants than the biggest marathons. Race walking needs to come alongside such events as a show case of the very best, not within but as competitions in their own right. There is a good chance that many power walkers will want to move onto race walking once the event becomes better known outside the major games. It does not need expensive stadiums with limited legacy use, and when combined with mass participation events can bring big tourist benefits - everyone walks. That is the idea behind the new World Race Walking Team championships which is intended to be a celebration of walking and physical activity. In Oman on day 1 there will be a male and female 20k, under 20 male and female 10k, masters' categories (discussions taking place with WMA). Day 2 will be the 35k combined race to demonstrate the inclusivity of walking (you can argue it should have been 50k but it's a start). Either side of those 2 days there will 1k and 2k kids runs and a Parkrun festival. The event will take place around the Oman Convention and Exhibition Hall. A new 5km walking track is being built around the whole site. There will be a spectator village and it is planned to establish training camp facilities to allow competitors to acclimatise before the event. The bidding has started for 2024 and 2026. All is not lost. Maybe we just need to embrace the possibilities rather than fighting for reinstatement which requires those responsible for the exclusion to change their minds, always a hard thing to do.

*Ian Richards*

### **INFO FROM DAVE HOBEN**

Reading about Tooting Bec track in Essex Walker just now, your readers may be interested to hear that this year's Sri Chinmoy 24hr race will be at Battersea Park track instead, it had been Tooting Bec track for some years. [Self Transcendence 24 Hour Track Race London - Sri Chinmoy Marathon Team \(srichinmoyraces.org\)](http://srichinmoyraces.org)  
PS: If ever your readers do any training on the miles of Southend promenade, they would have seen these oversize hares, which were being exhibited from July for 10 weeks [Hares About Town | Southend 2021](#)

*Dave Hoben*

### **ON TRACK**

Sad to read about Tooting Bec Track. Where I live in Pila, Poland, we have two tracks both recently refurbished and in top condition. The one managed by the County Council is available for training free of charge. We have a weekly Parkrun, and several road events are held without entry fees and are hosted thanks to the support and generosity of local authorities and local sponsorship. However, you will have to pay if you want to run in the International Pila Half-Marathon. It is so sad to read of the poor state of affairs in the UK, which, ironically, is supposed to be a wealthy country.

*Lyn Atterbury*

### **WORDS FROM A FORMER STALWART ESSEX WALKER**

Well done Amos ... good that parkrun gets people out at any age! Funnily enough I did the South Woodham Ferrers Parkrun with the smell of salty air going up one's nose this morning, it is held along the River Crouch. I see no 50k walk at the next Olympic Games - a bit sad.

*Kevin Carley*

### **READER'S RECOLLECTION**

It was interesting to see Harold Whitlock's name, I remember winning a school's race in 1970 (but it might have been 71) and being presented by Harold with a medal. Such a long time ago, indeed I had black hair which, during the passing 50 years is now grey/white.

*Steven Daultrey*

### **ADDED INFO**

A great read, as always. In the tribute to John Brock, a photograph was included with a couple of unnamed walkers in the front row. From left to right, the two are Rob Peachy and Chris Leeman. Chris was a member of the Southend silver medal winning team in the Essex 20m at Basildon (11 June 2005) finishing 13th in 4:14:35. In the team that day were Kevin Perry and myself. As a team we finished behind a strong Ilford AC. This has been a rotten year for losing characters from our sport and John is one of them. He gave his club such excellent service as a competitor and walking secretary until illness forced him to stop. I always enjoyed our chats and was very saddened to hear of his passing.

*Steve Kemp*



## APPRECIATION

A huge thank you to the race walkers who travelled some distances to share the afternoon with us at the Lew Mockett memorial bowls event. It was a lovely occasion and a very fitting tribute to our father who I'm sure was there in spirit with our Mum. Dad certainly touched the lives of many people and his legacy will certainly live on.

**Philip Mockett**

## LEW MOCKETT RIP MEMORIAL OCCASION: SUNDAY 8 AUGUST

Thank you all for making the effort to attend dad's memorial bowls match – it was so lovely to see you all and the years were rolled back (it must have been 40 years since we last saw each other). Thank you also to those who have since messaged... I sent the group photo to Steven Daultrey and he wrote back with the quote *'An interesting rogues gallery of photographs; as is said of another group of men, "age shall not wither them"*. If anyone is ever in Loughborough, please call in and say Hello. . You were all a large part of my growing up and Dad was so lucky to have such a fine group of friends.

**Hilary McDermott (nee Mockett)**



Pictured at **Norfolk Bowls Club (Littlehampton)** are L-to-R: seated at table Alan Buchanan, Amos Seddon, Peter Hodgkinson, Bill & Kath Sutherland, Roger Mills. Standing Dave Ainsworth, Hilary McDermott, Philip Mockett, Chris Flint, Liz Costa and John Lees.

## LEW MOCKETT MEMORIAL OCCASION - APPRECIATION

It was a wonderful day and all congratulations for organizing such a well-attended memorial bowls match and reception. Lew would have been so proud and it was great so see so many of his bowls club friends taking part in the match. It was great to meet many of the family as well as all the walkers from days gone by but all looking so well. Lew was always an impressive man and he was a great ambassador for the police service and the Race Walking Association. The photos collected showed him at his prime, and especially when representing his country in the Lugano relays with style and determination. I got fed up always seeing him in the far distance ahead of me in races, but I was never a short distance walker more inclined towards distance events. Thanks so much for your generosity and hospitality. Truly a great day.

**Chris Flint**

## REMEMBERING LEW

What a nice guy Lew was! I used to go over to Chigwell with my dad and meet up with Lew for long training sessions. Happy days...

**Mike Scamell**

## JON MAY SPEAKS FOR US ALL

I think we should congratulate Callum Wilkinson on his time of 83 mins 28 seconds in Japan at his first Olympics. Only 93 seconds off bronze medal performance, in humidity of 60+ and temperature of over 30 degrees Centigrade.

**Jon May**

Adds Hon Ed: Our other representative, Tom Bosworth, filled 25th spot in 1:25.57. 52 finished/3 DNF/2 DQ. We won't report 2 other Olympic races as our nation was conspicuous only by its absence. In any case details were widely available in newspapers, television, athletics publications and on numerous websites. After racing, Callum was among randomly selected competitors required to give a sample for testing - it was so hot and humid he took a while to produce his best. Back in Moulton, where Callum's journey from beginner to Olympian had started, the Village Hall was packed as residents rose early for breakfast in that hall and watch a large TV screen to view the race "live" on the Discovery+ channel. Before coverage started, villager Ron Wallwork gave this audience a talk about what to expect and what race walking was all about.

## WELL SPOTTED

I had bumped into Steve Allen in Waitrose and he said he had done the Shoebury Park run several times. Good it's going again and very good Steve's up to taking part. He looks pretty fit at present and it was nice to see him.

**Val Mountford**

Adds Hon Ed: This refers to the Ilford version. Let's hope his parkrun enthusiasm ignites a return to pedestrianism.

## WRITES MIKE PARKER

I have found myself looking forward to your newsletter as it makes me feel quite nostalgic. Very sad news about the passing of Vladimir.

**Mike Parker**

## THOUGHT FOR THE DAY

If Christianity has anything to teach us about the nature of humankind then it must be the uniqueness - the unique value of every man and woman. And yet one must admit that in defiance of theology and good usage, there are some human beings who strike one as being very much more unique than others. **Vladimir Golubnichy** was pre-eminently such a one as a true gentleman and an outstanding athlete in the world of Race Walking. Although not having met Vladimir I have always noted his performances and achievements over the years and thought what a great athlete to have in our sport. Had I have gone to Mexico in 1968 I may have had the opportunity to shake his hand but that was not to be. I can understand why everyone in Milton Keynes wanted to shake his hand. Such was the respect and admiration in which he was held. I did, however, meet Jose Pedraza RIP and raced against him on one of his visits to England, I think it was a track race in the Midlands?

As a member of the Russian or Greek Orthodox church there is a special prayer that is said at the funeral of the deceased to which we now ascribe to Vladimir.

*May the Angels lead thee into paradise*

*May the Martyrs receive thee at thy coming and take thee to the holy city*

*May the Choirs of the Angels receive thee and mayest thou have rest everlasting.*

In the traditional Orthodox family, expressions of sympathy include "*May his memory be eternal.*"

We give thanks for one of the most unique persons that the Race Walking fraternity throughout the world has known and admired with great esteem.

**Dr Roy Lodge MBE**

## THANKS

Through your magazine I would like to take the opportunity to thank all who sent cards and messages on my 80th birthday and here's wishing we can get back to the strength of race walking we had in the past when you had to be of international standard to score for your club in national and open races. Again, thank you all for your kind messages.

**Pat Furey**

## EMAILS PAUL NIHILL'S DAUGHTER

I have a few things to add to dad's Facebook page but I've been so busy lately. My brother and I are taking part in our local Medway Mile soon in memory of dad, an event that kept dad focused when he was in the home. I hope to soon organise a Memorial Day for dad. But I feel next year should be clear from everything and people I hope will be more confident.

**Clare Denness**

## THANK YOU ALL FOR A REALLY WONDERFUL DAY!

I say "thank you" to Ron Wallwork and all his wonderful helpers. Returning to Moulton yesterday after such a difficult 18-month period for all gave us just the lift we all needed! Thank you ALL SO MUCH. It was great to again meet Great Britain's Race Walking Olympian Ray Middleton with daughter Deborah and our current Tokyo Olympic star Callum Wilkinson with his family too. Chats like we had are rare today, but showed that 2022 and beyond is really something we can all look forward to. One can learn so much by just being there. Well done to one and all! Stay safe and well and let's look forward to a bright future.

**Bill and Kath Sutherland**

Adds Hon Ed: As nearly all Essex Walker readers receive Enfield Walker (which covers Moulton in detail), we usually don't "steal their thunder" by reporting in detail as it'd be duplication. However, Bill's comments are spot-on. Ray Middleton wore an official 1964 Tokyo Olympic blazer - which still fitted. Callum supplied over half our prizes, which mostly had a 2021 Tokyo theme. 1970's great Tony Taylor (now a Crete resident) appeared and was high on our result sheet. Halstead's noted marathon runner Andrew Wilmot (Centurion 997) competed, as did both Steve Allens (Ilford and Barnet), who we don't see that often. Ilford's Steve showed up with wife Lisa and a lovely pet dog. Another welcome visitor was former Moulton 5 miles competitor Alec Allen, now 94 and looking well - he truly loves his athletics. Local hero Callum won (37.32) followed by brother George and David Annetts. Ladies were led him by your Essex County Walking Rep Melanie Peddle (45.09) followed by former winners Emma Dyos and Helen Middleton with Joyce Crawford 4th - who won the Suffolk Championship. The only drawback was a lower than expected turnout - perhaps due to rightful worries about safety when travelling and competing. Having attended Moulton for years, many learnt for a first time of a railway station (Kennet on the Cambridge-Ipswich line) just a 2 miles' easy walk from Moulton - thanks to Barnet's Steve for that gem. *Full result in [Enfield Walker](#) & [Race Walking Record](#).*



Tokyo Olympics United: Ray Middleton (1964/50K) and Callum Wilkinson (2021/20K)



Leading Ladies: Emma Dyos (2nd), Melanie Peddle (winner) and Helen Middleton (3rd)

### **MOULTON THANKS FROM RON WALLWORK**

Thank you for supporting the Moulton 5 at the weekend whether as competitor, official, volunteer or supporter. As usual there was a splendid atmosphere and it was so good to meet up with so many friends once again. A special mention to the officials, marshals, caterers and judges who make it all possible and to Callum for donating so many of the prizes. I'm grateful to those who let me know that, because of changing circumstances, they weren't able to make it. The next League race is the 'Cecil Gittins' memorial walks on 3 October and details are available on the [VETS AC website](#). A good selection of photographs is viewable on [markeaston.zenfolio.com/f917663688](#). Stay Active - Stay Healthy.

**Ron Wallwork**

### **WRITES A FORMER LOUGHTON 2nd CLAIMER**

For info, I am having an op on my right ankle. I am going into the Royal National Orthopaedic Hospital at Stanmore for ankle replacement surgery. I will be out of action for a while, and hope to be up and about as soon as I am able.

**Chris Foster**

Adds Hon Ed: We all wish popular Chris well.

### **ANDREW FRASER RIP**

I have just heard of the untimely death of Andrew Fraser, a much respected and well-liked member of Scotia RWC, who was a leading figure in the revival of race walking in Scotland. Sad news indeed.

**Tony Taylor**

Adds Hon Ed: Andrew is rightly mentioned as many readers will have raced against him and his Club colleagues, as they've often ventured far south to get good competition. Condolence is expressed to his family.

**ESSEX WALKER**

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