

Essex Walker

Editor: Dave Ainsworth

NOT AT SOUTHEND - BUT STILL ON

The proposed 2002 100 Miles' track race at Garon Park is now "off". However, those readers who intend building-up for the big occasion can still do so, as such an event is now to be held at what'll be a new venue for most. Here's a statement from Centurions' Honorary Secretary Sue Clements:

"We are pleased to announce that the next Centurion-qualifying race will be held on the Middlesbrough Sports Village Cycle Circuit, TS4 3AE. Further details will follow shortly. We very much look forward to seeing everybody again next year".



More news in due course: [100 mile race 2022 - Centurions 1911.](#)

RACE WALKER HONOURED BY ENGLAND ATHLETICS HALL-OF-FAME INDUCTION

At a ceremony on Saturday 23 October in our National Exhibition Centre, Essex-born **Paul Nihill MBE** was posthumously inducted into the England Athletics Hall-of-Fame. Paul has now been rightly inducted - however his honour was well overdue. Here's an appreciative email from Paul's daughter, Clare Denness:

"Last night, after my son had been in contact with England Athletics since 2018, Dad had his final wish to gain England Athletics Hall of Fame. The family attended the event last night which I invited Ian Statter too as he always supported dad. My family had a fabulous time in celebrating Dad's final honour. Dad will rest in peace now as he had longed so much for this. I unfortunately didn't attend which is a very big disappointment to myself. My household have COVID. I have been well but I'm with two others ill with COVID and I'm not a person to put anyone at risk. Not after dad passing away with covid."

ENGLAND ATHLETICS HALL OF FAME



This commenced in 2008 when 10 inaugural worthies were inducted: Daley Thompson, Sally Gunnell, Lord Coe, Steve Ovett, David Hemery, Sir Roger Bannister, wheelchair athlete David Holding, David Coleman, coach Geoff Dyson and Chris Brasher. Over time 5 race walkers (some posthumously) been so honoured: Ken Matthews and Harold Whitlock (both in 2011), Don Thompson (2013), Tommy Green (2018) and Paul Nihill (2021).

At this year's ceremony, as well as Paul, also inducted were: Greg Rutherford, Cherry Alexander, Tony Jarrett, Sheila Sherwood, Lloyd Cowan, Jason Gardener and Verona Elder who was Romford-based for many years, living directly opposite Stuart Bennett. Among VIPs at this ceremony was Olympic walker Martin Rush (Head of Coaching & Development).

Have we missed any walkers? What other walkers should be nominated? What about double-Olympic gold medallist George Lamer? What about lady walkers - including pioneer Judy Farr who raced for a now defunct Trowbridge & District AC and is currently an Avon Valley Runners member? Who else? It's now over to our governing bodies to submit nominations of worthies!

PICTURE GALLERY

Paul Nihill's award at the England Athletics Hall-of-Fame induction ceremony was accepted by his grandson Rob Denness, who himself is a talented sportsman having played Non-League football at a high level for a number of Clubs including Chatham Town, Greenwich Borough and Sheppey United. Rob, for a second year running, is raising money whilst competing over 50km. Last year he raised £2,385 for Amherst Court Care Home where Paul resided. This year he will run a 50km course in memory of his grandad and give donations to The Laurence Plummer Foundation. Rob was inspired by his grandad Paul and Laurence Plummer, Honorary President of Hollands and Blair Football Club (another Club Rob played for), who both passed away from COVID. 'The Laurence Plummer Foundation' was launched this year and will support disadvantaged young people get into sport, to offer resources, support and opportunities to the underprivileged youth in the Medway community.

Paul was a big supporter in getting youngsters into sport, so this year is a worthy cause. Rob will take the challenge on Saturday 11 December. If you would like to donate to Paul's grandson Rob's challenge to help youngsters in sport. Please go to his JustGiving page. [Help raise £2000 to support 'The Laurence Plummer Foundation' A charity who aims to help disadvantaged children get into sport \(in Medway\).](#)



READER'S PRAISE for PAUL NIHILL'S HONOUR

- "Great news. For my own part, I have added a brief addendum to my article on Paul at www.vrwc.org.au/tim-archive/articles/wo-paul-nihill.pdf. What a shame it was posthumous!" **Tim Erickson**
- "Well done. I was always a fan of Paul and have a treasured letter from him when I supported him in Race Walking Record when Charlie Fogg and others were campaigning against him for taking up the spare Olympic 50K spot at the time." **Alan Buchanan**
- "This is a long overdue award. I am sure there are a few others in with Paul's breadth of achievements in that Hall-of-Fame." **Olly Flynn**
- "Well done for getting England Athletics to again champion the obvious, which led to the belated honouring of truly a great of our sport of Race Walking and British Athletics to boot! Here's to the 'Guv'nor!'" **Len Ruddock**
- "Very well deserved, even though it took so many years and shoving the powers-that-be in athletics. Well done." **Bill Sutherland**
- "Huge respect, and a wonderful outcome. What great news. Walk with Jesus." **Brian Adams**
- "A great honour and well deserved, very happy for his family." **Stu Jones**
- "So pleased and delighted for Paul and also for his family that his outstanding achievements have at last been recognised and inducted into the England Athletics Hall of Fame. Also perhaps a recognition of the art of Race Walking as an athletic discipline is so under appreciated. Just a shame that his daughter Clare was unable to be in Birmingham although is still thinking of a memorial service in honour of her father next year." **Dr Roy Lodge MBE (Retired)**
- "This is indeed such wonderful news that one of race walking's icons has richly deserved being entered into the England Athletics Hall of Fame. Paul was rightly inducted with this overdue honour. He would have been proud." **Glyn Jones**
- "Good, I can name others that deserve adding to the list, they just got on with ploughing their furrow." **Roger Mills**
- "Fabulous for the greatest news you have ever given our sport." **Raymond Middleton**

Congratulations were also noted from Cath Duhig, George Nibre, Ed Shillabeer and Denis Holly.

Administrative Note: We've had many - too many - athletes' deaths in recent years, which have inspired readers to send tributes. A couple of readers have enquired why some readers' words appear before others. If nothing else, Essex Walker is democratic - as they always appear in the order received.

VIRTUAL RACING

We thank **John Constandinou** for accepting entries and declaring a result. The "George Woods Trophy" (donated by the talented sporting O'Rawe family) for the first Essex resident Centurion, was won by Canvey Islander **Steve Kemp**. Here's John's message to the readers:

"Thank you all for participating in this annual seaside race that has been taking place for many years. This year had to be a virtual race to keep it going, but I still hope you all had a paddle, built a sandcastle, and ate fish and chips afterwards. Apologies if there is anything missing or incorrect, just let me know."

Southend-on-Sea AC Virtual Mile 31 August 1 Mile

1 Mark Williams M55 7:43, 2 Ian Tolchard M50 8:11, 3 Ian Torode M65 8:51, 4 Dave Kates M70 8:53 C936, 5 Andy O'Rawe 9:22, 6 Steve Allen M60 9:33 C1102, 7 John Constandinou M45 9:49, 8 Keith Vallis M55 9:54, 9 Richard Emsley M65 9:59, 10 Steve Kemp M60 10:20 C1075, 11 Cath Duhig W65 10:42 C986, 12 Ron Penfold M75 11:16, 13=Karen Williams W65 11:24, 13=Greg Smith M65 11:24, 15 Brian Adams M70 11:27 C778, 16=Kim Howard W60 11:34 C1020, 16=Alan O'Rawe M80 11:34 C791, 18 Dave Fall M75 11:55, 19 Eddie Trotter M70 12:35, 20 Bill Sutherland M75 13:15 C890, 21 Ed Shillabeer M80 13:23 C590, 22 Dave Ainsworth M70 13:42 C540, 23 Tony Perkins M70 14:10 C685, 24 Ron Wallwork M80 16:23 C893. **C**-denotes Centurion

Mixed Team: 1st (21) Birchfield Harriers (M Williams, Constandinou, K Williams), 2nd=(26) Ilford AC (Kates, Allen, Alan O'Rawe) and 2nd=(26) South West Veterans AC (Tolchard, Torode, Shillabeer) and (61) Ilford AC 'B'.

Men's Team: 1st=(23) South West Veterans AC, 1st=(23) Birchfield Harriers, 3rd (24) Ilford AC and 4th (52) Ilford AC 'B'.

ALL OUR YESTERDAYS - AN ESSEX 10 MILES

Photo (right) ... location was Basildon. I finished 17th just in front of Syd. I was 18 at the time. How old was Syd Webb? John Webb won 77mins 23secs.

Peter Saunders

- Thanks to Peter Saunders (Woodford Green AC) – featured on the right in the photo - for submitting this photo showing him and Syd Webb (Essex Beagles).



NATIONAL 50K ORGANISER GEORGE TOWERS REMEMBERED

Thank you for that - Mum did swear "never again" after that race! We all did our share and Mum especially, and it reminds me that he was keen that we got that mention! I feel very grateful for all your stories and respect for my dad.

Cathy Towers (George's daughter)

Adds Hon Ed: Yet again Essex Walkers are to be thanked for sending cards/messages when one of our number departs.

George Aubrey Towers

16 April 1931 to 13 September 2021
90 years



CHARITY DONATION

The family of the late George Towers RIP requested charity donations in lieu of flowers for his funeral service at Grantham Crematorium. Both George and his now widow Joyce were registered blind persons who received support from the Royal National Institute for Blind People (RNIB), which is the family's chosen charity. Donations can be made via the Just Giving facility: www.justgiving.com/fundraising/rnib3

Bill Sutherland writes: "Great send off at a very sad funeral and I remember him so well too at the Inter-Services great matches of the past. One of the hardest jobs of my days as a Beat Bobby at Holloway from 1964 to 1979 was informing 'nearest and dearest' that their partner or husband had tragically passed on."



VIRGIN LONDON MARATHON

Enfield Leaguer Pamela Abbot (Cambridge & Coleridge AC and of parkrun fame) was 35,540th in 6:33.20 (2:58.42 at halfway). In the women's category she was 13,556th and in her age group W55-59 category was 825th.

Are you aware of any others connected with race walking who finished the Marathon?

Those at Moulton Village Hall in September will have seen a large poster plus photograph of the area's MP - Matthew Hancock - informing constituents how to contact him. He also finished this event, in 9,306th position, clocking 3:47.09 (1:54.33 at halfway). Matt was in the M40-44 age category.

Numbers failed to reach 40,000 as many returned race numbers in time to secure guaranteed appearances in October 2022. At least 2 known to our race walking world were **rightly** concerned about an expected 40,000 heading to start lines on crowded trains and buses, then running along the same road space, mingling at the finish before travelling home on public transport - at a time when Covid-19 figures were again rising alarmingly. Entries for next year have already closed so it's hoped race walkers will be among applicants - as this event gives opportunities for our athletics discipline to be showcased before up to a million on the route and many more on television. We used to have many walkers racing.

MEMORIAL BENCHES

In our previous edition were accounts of respected and sadly deceased persons known to the race walking world, who'd been honoured by the siting of memorial benches in their names. Mentioned were Sid McSweeney, Bill King and Lew & Brenda Mockett. The photo featuring those who attended the dedication of Lew and Brenda Mockett's memorial bench drew the following comments from readers:

- "Lovely to see familiar faces from the past. I have drawn inspiration from all of them." **Ed Shillabeer C590**
- "Love this photo. Lucky to have known most at sometime during my racing career. Hopefully it was a joyous occasion." **Chris Maddocks**

We have since learned that there's also a memorial bench for the late Chelsea O'Rawe-Hobbs at Labworth Memorial Gardens on Canvey Island's Western Esplanade. A Facebook page - [Remembering Chelsea O'Rawe-Hobbs](#) - celebrates the life of Chelsea, and this bench (pictured right) is mentioned. In September there was a bikers' ride stopping at the bench on the anniversary of her untimely death.



RYAN CUP REPORT

An annual 10 Kilometres' Ryan Cup Representative Match (British Police v Civil Service) plus Championships for both the Police & Civil Service also over 10K plus a Women's 5K Civil Service Championship was staged in Birmingham on 29 September. Four started/finished a Women's 5K with Maureen Noel leading them home in 31 minutes and 10 seconds to record a comfortable victory. Thirteen (including a guest) competed over 10K, with Civil Servant Uttley breaking the tape in 61.47 as Metropolitan Police athlete Colin Harle came 2nd in 63.28 so winning the British Police title. 3rd (and 2nd Police) was Martin Sleven of the Dwfed-Powys Force who was timed at 64.10. 4th (and 2nd Civil servant) was John Lewellin in 64.51. Once a long-term Essex resident he did well as an Ilford 2nd claimer, winning our

County 20K title and also topped the Essex League's final table on one occasion. 11th and 12th saw stalwarts John Hall (Civil Service), who appeared despite suffering discomfort in a leg, and Chris Flint of the Met clocking 73.11 and 78.38 respectively. The Ryan Cup was won by the Civil Service who defeated the British Police by 16 points to 22. John's efforts helped his DEFRA Department come 2nd team in the Civil Service race. The field was well down - again - and one must worry about the future of this long-established fixture. However, this time there was a testing petrol situation and also Covid-19 certainly isn't over with travelling by public transport still carrying risks.

The victor writes:

"Cool but sunny, a small field owing to Covid and the petrol crisis. 6 and a half laps in Canon Hill Pk. Colin Harle of the Met Police led on the first lap followed by Jason Brewer, Marin Slevin and John Llewellyn. Steve Uttley started slowly moving through to second by the end of the first full lap, taking the lead at the start of lap 3 to gradually pull away during the rest of the race to win in 61-47, from Colin Harle in 63-28. Martin Slevin in 64.10 was 3rd with ex-Ilford walker John Llewellyn making his first appearance in the event for several years 4th in 64-51. Civil Service won the Ryan Cup with 16 points to 22 for the Police."

Writes John Hall:

"Yes, real worry about the future of this. Police lost their recruiting system when Johnny Bromley died. Civil Service continue to struggle. I get the occasional new one out. We lost two people this time to London Marathon proximity and work requirements. It was a good day out but train travel must have risks re the virus. Felt pretty comfortable but must wait and see ..."

TRIBUTES TO MEL WATMAN RIP

- "What a great loss to Athletics Mel is. With his encyclopaedic knowledge and incisive journalism he was one of athletics finest servants in the wider sense of the word. He was a great supporter of Race Walking and we owe him a great debt for that support to. Condolences to his family and friends. RIP Mel Watman." **Olly Flynn**
- "Memories are of Mel Watman and particularly remembering when we met him and his dear wife at The Cow in Stratford." **Bill and Kath Sutherland**
- "Tears in my eyes. I remember long ago when my copy of AW came via the local newsagent. Would it have arrived on the Friday evening or did I have to wait until the following day to devour its contents, especially Colin Young's column? In those years it congratulated the great but at heart, it documented athletic endeavour at the grassroots. Mel Watman RIP. **Tony Taylor**

A PICTURE OF SUCCESS

Continuing her good form since becoming a Spanish resident, here's much-missed **Cath Duhig** with some of her awards.

On reading obituaries, Cath commented: *"Those leaving us were quite a special breed."*



NOT MANY ESSEX WALKERS ON TOUR

Few walkers with Essex links crossed the Thames to support our annual Cecil Gittins Memorial Walk in September. Cecil gave a lifetime of service to race walking as a competitor (all distances up to London/Brighton) and leading official at Club, County and Race Walking Association levels. Cecil's support continues beyond his demise, as he left £15,000 to race walking in his will. The field saw 26 entries with 19 making it to the start line - which was down on 2020. However there were possible reasons for a reduced turnout: appalling weather, a fuel crisis, Covid-19 figures were rising alarmingly, a very late switch of start time bringing it forward by 3 hours and it was a day before the Virgin London Marathon. It was disappointing that walkers with Essex links were so few and unable to race on a totally traffic free cycle circuit with excellent facilities, a vast car park and so easy to

reach - being 10 minutes' drive along the A2 from the Dartford crossing and then only 2 minutes' drive from the A2 itself. In addition it gave you all an opportunity to score points in the closing stages of our 2021 Enfield League. Organiser Dave Hoben offered 4 different race distances (something for everybody): 2.5K/5K/10K/15K. It's an annual event, so this early, let's see if we can pledge better support in 2022.

Walkers with Essex connections did well. Loughton's enduring John Borgars was 2nd at 15k (1:45.38) behind unattached M60 walker John Arthur (1:41.09). In a Women's 10K, Loughton AC colleague Melanie Peddle was 2nd in 59.26, not far behind Grazia Manzotti with Dianne Bradley welcomed back into 3rd place. The 5K race saw Romford-born Dave Hoben 2nd in 37.59 close to winner Tony Wilkinson. Officials with Essex connections were Peter Cassidy, Pam Ficken and Pauline Wilson. Full results in [Enfield Walker](#) and [Veterans AC website](#).

INTRODUCTION

Our previous edition informed you that "*Heel-and-Toe*" (a newsletter read by many Essex Walker readers) have a new Editor - Stuart Jones - and we implored readers to send him contributions. Ron Wallwork got in touch and here's Stuart's reply, plus picture, so as we can properly introduce him:

The photo is from when I walked in the Simister Nightmare 20km in 2009. You presented me with a Richard Dunwoody memento afterwards. It was a very special day for me, as I'd been effectively out of the sport for many years and had finally put together a full road season in Melbourne for the first time since 1981. I hadn't ever expected to race in England again, though. I very much appreciated your friendship that day.

Stu Cooper



THANKS TO OUR LONG-SUFFERING OFFICIALS/HELPERS

Here follow views from a most appreciative attendee at October's Enfield League 1 Hour in the Queen Elizabeth II Stadium at Donkey Lane: "*It teemed down with rain throughout (and indeed conditions on the M25 were poor prior to the race). That meant that most of the recorders hid in the bus shelters at the side of the track to keep themselves and their paperwork dry so they were trying to pick out numbers through perspex spotted with rain in poor light and with the spray thrown up by 25 pairs of feet. To make matters worse the disparity in ability meant that a walker was lapped before completing one lap! What could possibly go wrong! I knew as soon as I saw them in the shelters that we would have problems with the results. Not that I blame them - I would have done the same. Recording is an impossible job in those circumstances and they did well to eventually produce fairly accurate results*". This race was limited to the first 25 applicants - first come, first served. These views, expressed so vividly, show how much we appreciate those who come along to our races to officiate and help. We won't steal the thunder of [Enfield Walker](#) which promulgates full results.

SINCERE APPRECIATION

For interest we publish an email from **Cathy Towers**, daughter of George, sent (via Essex Walker) to Pat Furey. The "*interruption*" Cathy refers to was at a 2005 funeral service of double-Olympian (1952/1956) George Coleman, held in Halesworth, Suffolk, when George Towers rose from his seat in the pew to interrupt the vicar's eulogy - to correct a wrong fact he'd uttered. You couldn't make it up - but this tale is still well remembered. Pat was our only one from race walking world to attend George's funeral. Pat was a speaker at the Grantham Crematorium service. We thank Pat - on behalf of our race walking world - and well done! Cathy's letter so vividly shows how much families of deceased race walkers always

appreciate it when walkers and former walkers come to pay respects at funeral services. *Here are her words:*

"It went really lovely. I think everyone was touched by someone turning up from racing days and Pat got a laugh when he told about dad correcting the priest. Our priest said he was fully expecting to be interrupted by a family with such a reputation, and he was, by the youngest one there having a cry! Although mum's memory is so bad now, she remembered all the words to the hymn and song they'd chosen together. Yes, although few, I felt satisfied that we gave dad a fitting send off. Thank you so much for your contribution, and arranging for Pat to come and speak. It's that sort of thing that really makes the difference at an end of life, and is much appreciated."

GERHARD WEIDNER RIP

Sadly Gerhard, who made 62 appearances for West Germany before leaving the international stage to concentrate on lesser events, has passed-on aged 88. His best shot in the Olympics was to fill 6th position at Munich in 1972 when clocking 4:06.26 in a 50K race won by fellow countryman, recently departed Bernd Kannenberg. Gerhard raced in Britain a number of times and was on the 50K programme when we staged a Lugano Cup Final for a first time (1977/Milton Keynes). Alas he recorded a "DNF". Things went better in the 1979 Lugano Cup Final in Eschborn when 21st in 4:01.01. Our GB 50K quartet that day were, in alphabetical order, Adrian James, Chris Maddocks, George Nibre and Olympian Ian Richards. Our overall British men's team's final placing was disappointing. However, British ladies stole the show in Eschborn with a clear 5K team victory, led home by Marion Fawkes in 22.51 with the late Carol Tyson 2nd in 22.59. Essex lady Irene Bateman was 6th in 23.35 and Midlander Elaine Cox 13th with 24.18 on the stopwatch. Our GB team was streets ahead of 2nd placed Sweden with Norway 3rd. In 1999 Gerhard shook things up in the M65 5,000m track walk, winning in 25.05.02 - which is still in the record books. We say farewell to a great athlete who many of our readers will have enjoyed meeting and also seen racing. In the words of **Roger Mills**: "Another terrific athlete leaves us."

MUSICAL CHAIRS

UK Athletics has been rocked by shock resignations, after months of turmoil, of 2 senior figures - Chief Executive Jo Coates and Performance Director Sara Symington. Both took up their positions as recently as 2020.

Do any of our readers fancy applying, to show them how it should be done?



SOUTHEND-ON-SEA AC NEWLY ELECTED OFFICERS

At a delayed AGM, the Club have turned to stalwarts by voting in experienced judge and former Stock Exchange AC walker Ray Pearce as their new President and another well-established official, Ron Dawson as Chairman. Alas an Honorary Walking Secretary's position continues to be vacant.

INVITATION TO WALK THE PLANKS

Southend-on-Sea have staged their annual Boxing Day 2 Miles' Pier Walk since 1954, apart from 2020 when Covid-19 restricted halted racing. It commences at 10am when slower entrants stir themselves into action. It's a yacht handicap as the World's longest pier is open to ambling members of our general public, who might be at risk if a large group of runners went flat out from the start - so they set off in ones-and-twos. *It's also more fun.* Yes, you read correctly, it's a **run** - which is well supported and is for Southend Club members only. *So where do we come in?* For decades race walkers have been invited and made welcome - and have often showed-up to compete. Sadly in 2019 not one appeared. In recent times few have appeared with Prittlewell-based Centurion Steve Allen being the last to complete this event - which is a mile out-and-back along the pier's planks. Come ready changed. Your entry fee, by tradition, is a small wrapped gift (confectionery/toiletries/drinks etc) which is placed on a table. As each competitor finishes

they pass this gifts' table and pick up something - so everybody gets a mystery prize - which is all part of the enjoyment. Afterwards there are several places open for a warming coffee or something stronger. All entrants have to do is advise Southend-on-Sea Secretary (and former Essex County President) June Cork - a former race walker - of your intention to appear and give an anticipated 2 miles' time, so your yacht handicap mark can be assessed. June's contact details are: southendac@hotmail.co.uk or call 01702-472195. Let's see a few walkers on the pier burning off those Christmas calories.

Caution: if Covid-19 cases rise alarmingly it could be 'off' but you'll get plenty of notice of that - so assume it'll be 'on', be optimistic and put the date in your diaries.

THREE-LINE WHIP

Let's see everybody supporting the **94th Enfield Open 7 Miles in a traffic-free King George V Playing Fields, Donkey Lane, ENFIELD. Middlesex. EN1 3PL on Saturday 13 November at 11am.** It's your only remaining Open 7 Miles race still going. It commenced in 1920. All racing/officiating/helping are to receive a wonderful detailed booklet about the great centenary history of this event.

REMINDER – VACANCY FOR ESSEX AA WALKING OFFICER

In the last issue of Essex Walker (No 409 October/November) Andy Catton requested a volunteer to take on the role of Essex AA Walking Officer from which Melanie Peddle has recently stepped down. This position is vital for our event's profile at Essex County level and only requires attendance at a few meetings during the year. Please let Essex Walker know if you are interested.

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*".

FIXTURES

With ongoing uncertainty regarding fixtures, readers are recommended to check the [Race Walking Record](#), website for forthcoming races.



Dear Dave ...

APPRECIATION - DEREK APPLETON's MEMORIAL CONCERT

Thank you so much for coming to Derek's Memorial Concert, it was lovely to see you, Sue Clements and Mick Barnbrook to take the time. Derek would have been so pleased to see you, and just over the moon. I like to think he would have enjoyed the day too, I hope so. Take care, and if you ever find yourself in Herne Bay again it would be nice to have a proper catch up and hear your news and stories about Derek, I may well have heard some of them as he talked about you all so much - but I'm not likely to tire of hearing about it all.

Sheila Appleton

Adds Hon Ed: Readers commented on the DEREK APPLETON MEMORIAL CONCERT article in the last issue of Essex Walker (No 409 October/November 2021) as follows:

- **Tony Taylor** wrote: "I would rather like a string quartet playing at my funeral."
- **Bill Sutherland** wrote: "Nice photograph of the trio of Centurions."

GEORGE TOWERS RIP

George Towers (I could never remember his name) was known to me for the Sleaford National 50k where teammate Ray Flynn was DQ'd in the first 50 yards by Peter Marlow! I can't remember my performance but I did finish!! George was also officiating at the Altrincham 24 hour cinder track race. 32 starters of which there were 4 invited (I think through the good offices of Colin Young) walkers - Ann Sayer, Geoff Tranter, (?), and myself. Runners duly finished 1-2-3 but we filled the next 4 places! I think 24 finished altogether. Ann wore spats! Two recorders each competitor saw fair play plus the walking judges of course. Happy days!!

Ed Shillabeer

MOULTON 5 APPRECIATION BY AN ATTENDEE

The photograph taken by the local press of Commonwealth Games Gold, Silver and Bronze Medallists and Great Britain International race walkers will be a unique memory from the past races of the early beginnings in 1966 and 1970 in Jamaica and Edinburgh. It is quite remarkable that 50 years has passed by with many more medals being won by top UK walkers. All this was achieved through the foresight of the late Timber Woodcock, Walter Batson and many other distinguished RWA gentlemen who originally recommended that Race Walking be included in the athletics programme. We should always remember them with much gratitude!



Bill Sutherland

PAUL NIHILL'S INDUCTION IGNITES A MEMORY

Further to my thoughts about Paul ... I loved this anecdote taken from an obituary in Athletics Weekly.
[Race walking legend Paul Nihill dies - AW \(athleticsweekly.com\)](http://athleticsweekly.com)

“At the Tokyo Olympics for example there were bicycles you could borrow to ride around the village. You'd simply jump on a bike if you saw one as they were lying around everywhere and on one occasion I got on a bike and Joe Frazier, the boxer, suddenly appeared. He shouted 'hey, that's mine!' And I probably cycled off at 100mph. They were great days!”

Like me, he loved boxing and this will have been a special memory just as it was when I met Muhammad Ali at the Atlanta Olympics.

Chris Maddocks

ALL OUR YESTERDAYS

Many thanks for sharing news of the Moulton 5. Particularly pleased to hear of Ray Middleton. Yes, I christened his daughter Deborah at RAF Halton in 1969/70. A lovely occasion - fond memories. I then moved on to RAF Stafford where I linked up with Squadron Leader Mike Perkins. He was in charge of Athletics. All such a long time ago.

Roy Lodge

Adds Hon Ed: The late Mike Perkins (Centurion 490) resided at Woodbridge and was at all our Colchester 100 miles races and also the 2001 John Hedgethorpe memorial event in Springfield.

ARTICLE IGNITES A MEMORY

Mention of Murray Day brings back memories! I was in Auckland staying with friends for the Commonwealth Games. I set out training in a vest with "New Plymouth" emblazoned on the front because it was a very hot morning. Five minutes later I realised I had left my stopwatch; in the time it took to get back on course a lady jogger had gone by and was some way down the road. Competitive and other instincts kicked in and I caught her up for a chat. Noticing my vest, she asked if I was a member so I explained that it had been given me by Murray Day. "Oh, she exclaimed, he was once engaged to my daughter!" How amazing is that? Before she turned back she pointed out John Walker's house on the hill nearby. The ways of the Lord are strange ...

Ed Shillabeer

READER'S OPINION

What can one say about the demise of the 50KM OG? - also mixed relay walks? Nothing other than derision. BUT so much changes for no reason other than lack of thought. The new? bosses did not have Playstations etc, the very old do not either, and the idea that the sport needs modernisation to attract the not interested will fall on their faces in time. I only hope that I will see it. Sport in its widest ways is not part of school today and as a direct result the young of today are not interested BUT everyone panders to them. Joke.

John Northcott

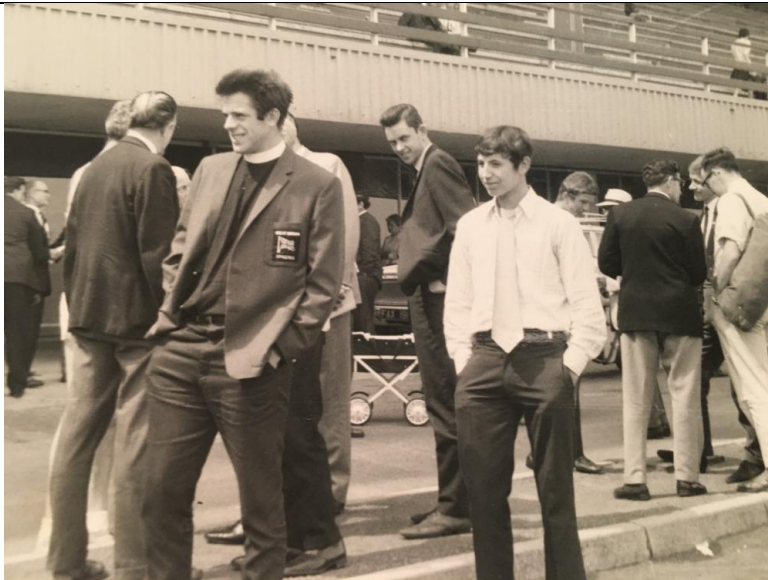
IN THE PICTURE

I came across this photo today. I think it was taken at Cwmbran in 1968. The guy behind Roy in the jacket is Mal Tolley and the one to the right I think is Lloyd Johnson.

Ron Wallwork

Roy Lodge wrote:

Ron Wallwork sent me this picture of myself with Mal Tolley in the background. I was at Cwmbran as a spectator unable to compete because of a serious groin injury. Now I do recall Mal Tolley. I remember him as an outstanding race walker particularly in the Ken Matthews era but have not read or heard his name mentioned in recent times.



You will recall that I mentioned the name of Jose Pedraza recently. I have found the paper cutting in which he competed in a 10,000 metres race at the Leicester Sports Centre. He won this race in 44min 5.4 secs second was Bob Hughes in 44:48.2 and third was myself in 46:33.2. Other competitors included G Chaplin (Coventry), E Campos (Mexico) and B Adams (Leicester). In the paper report there is a comment that "Leicester's Olympic medallist National Coach T Lloyd Johnson attended, and remarked how wonderful it would be for British walkers if they received the same kind of encouragement that the Mexicans are getting."

Roy Lodge

A LIFE ON THE OCEAN WAVES

I have enjoyed a 7 day cruise on the Iona (P&O's new ship). Low and behold, Alan Buchannan is on the same cruise this week. He will have a lovely time as I thoroughly enjoyed the break. Strange that whilst I was race walking each morning on the running track rather than runs around the top of the ship, I got chatting to a man who is also race walking (78 years old, name Paul Clarke). Obviously an athlete in his time, we get chatting and are in healthy competition with each other race walking round and round. He used to train with Amos at Hendon and it was so, so lovely to chat away each day. He lives in Harpenden and has promised me he will look at competitive race walking.

Hilary McDermott (nee Mockett)

ANDREW FRASER - BY ONE WHO KNEW HIM WELL

What a terrible shock to hear of the passing of Andrew Fraser (Scotia RWC). I stayed with him near Meadowbank Stadium, Edinburgh for a few days after the 2014 Commonwealth Games in Glasgow and he accompanied me to one Finals evening of Athletics. I was officiating at the Shooting event at Carnoustie near Dundee. He was a wonderful host and did so much to revive Scottish Race Walking. He took me out to Craiglockhart where I lived as a child and over the 1970 Commonwealth Games course itself. In fact, it was him who started me taking part in the Park Runs taking me to the scenic Crammond Park Run where him and other Scotia RWC members often took part. Bill McFadden and John Softley will feel great sadness with me in his passing. One can't say much more at present as the news is a great shock and profoundly saddening too. With sincere condolences.

Bill Sutherland

Adds Hon Ed: On hearing of Andrew Fraser's death, **Cath Duhig** wrote: "Crikey. What a shock to read this, I had no idea."

APPRECIATION

I have woken up with Fresher's Flu! How have I caught that already? The students have only been back a few days! So I am being kind to myself and not going to Park Run. I have read the Essex Walker over breakfast, and as usual, it is a treat. I always recognise some names and really enjoy reading the information. The write-up on Dad's memorial match was lovely and also interesting to read about others that have memorial benches. Thank you again for the Essex Walker, please keep them coming.

Hilary McDermott (nee Mockett)



CHRISTMAS COMMENT ABOUT ESSEX WALKER PHOTO

Nice picture ... I hope Amos is auditioning for Father Christmas as he could make a few bob in retirement. 😊

Bill Sutherland

PRAISE FOR GLYN JONES Ref RYAN CUP

Many thanks for organising this at such a difficult time and well done for keeping the weather at bay. Considering the petrol crisis I think the turnout was good and hopefully numbers will be back up next year.

Ian Statter

APPRECIATION

Spent over an hour soaking in the bath and reading the Essex Walker. Great stuff and I was particularly cheered by Ian Richards' piece which points a possible positive way forward for our great event. I was always critical of the negative thinking shown by our rejection of the offer to have a racewalk in the London Marathon. If the Masters gets a slot or two in Oman it would be a great showcase for attracting new recruits. I could be tempted to make it a goal!

Ed Shillabeer

TILBURG DUTCH 35kms CHAMPIONSHIPS

Dom KING 1st position 2 hrs 50.06 secs, Dan KING 2nd 3 hrs exact, 3rd position Jerome CAPRICE 3hrs 00.18 secs. Karl JUGHANNNS Germany was the leader for 25kms in 1.54 but dropped out. Rainy and windy, tough conditions, the lap course was approximately 1 mile per lap. Submitted for your information.

George Nibre

APPRECIATION FROM A HOSPITAL WARD

Thank you for the mentions in your latest Race Walking Fanzine. A whole 20-page special too. Really good timing as I spent the afternoon reading every word whilst stuck in a hospital bed recovering from ankle surgery.

Chris Foster

Adds Hon Ed: On behalf of all readers we wish the patient well.

KIND WORDS FROM OUR NEW BRITISH POLICE CHAMPION

The Essex Walker makes for a thoroughly interesting read. I am fairly new to the sport (at a tender 63 years!) but very impressed at the effort that is made to keep everyone connected in a sport that I hope continues to thrive.

Colin Harle (Belgrave Harriers)

Adds Hon Ed: Thanks Colin - all readers promise you a truly warm welcome when you get along to some of our local walking races.

OFFICIALLY NOW A COACH

I qualified as a coach this week, and am now legally able to coach without another level 2 in the area. Covered by UKA insurance etc. I know Christina is planning to train on Sunday at Enfield track (Donkey Lane) and John Hall kindly makes the track available from 930 am until 12 (or 1230 Sunday?) I have checked and trains seem to be running well Sunday from Liverpool Street, Seven Sisters up to Enfield Town station. Let me know if anyone else plans to join us. (Think we still need to let John Hall know attendance before Sunday).

Mark Culshaw, Belgrave Harriers
RW Coach Tel: 07445515955

- "Congratulations!" writes Amalia Cristina G da Silva

PAUL NIHILL MBE RIP REMEMBERED

Letting you know I am still slowly adding to dad's Facebook page with photos and memories of his: www.facebook.com/PaulNihillMBE. There is so much of it. He certainly kept a lot and thankfully I didn't get rid of it. Some stuff went missing obviously or not given back to me for my family like dad's wishes. That happens and you have to accept you don't get precious items back. I do hope you get a chance to see some of it. I haven't followed an organised way, as there are so many different things, so I'm trying to keep it interesting in what I post. I managed to get permission of some people to use the photos because of copyright. Mark Shearman MBE was very kind.

Clare Denness

HARRY CALLOW, Life Member of Weymouth St Pauls Race Walking Club in the 1970's
News from Finsbury Park Run - 9 October ... I had the pleasure to meet up with tourist Norman White, 79 year old runner from Weymouth St Paul's Athletic Club who, when I mentioned Race Walking, immediately mentioned Harry Callow and his great race walkers in the 1970's particularly Kevin Baker. He lives in Chippenham, Wiltshire and remembers well the great Classic Chippenham to Calne Walk and still does around 33-34 minutes for 5 Kms Run despite a heart attack in 2012 and a recent hernia operation. As he says *'If you don't keep going it's a rapid downhill slide that follows!'*

Bill Sutherland

Adds Hon Ed: Harry's well known to our more senior Essex Walkers. He became Centurion No 172 at the 1951 London-to-Brighton-and-back. Harry and Kevin were once leading lights at Weymouth. We wonder what happened to talented Kevin and also if Norman recalled Essex stalwart Geoff Hunwicks - another big player at Weymouth in past decades and who served as their Honorary Treasurer and Editor of their Club's magazine?

SAD NOTIFICATION

It is with deep sadness that I have to announce the sad passing of Derek Hayward who suffered a stroke on Thursday 7 October 2021. Derek was English Schools' Race Walking Secretary and attended many RWA General Committee Meetings and AGMs as a Co-opted Member of the Officers and Management of the RWA. He was committed to and ever present at ESAA Race Walking Championships and always liaised with the RWA re the appointment of Judging Officials for 'Schools Walks'. He will be sadly missed and our condolences are sent out to his wife and family.

Glyn Jones, Chairman RWA

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