

Essex Walker

Editor: Dave Ainsworth

SOUTH OF ENGLAND AA 5km and 3 km track Walks Championships

Sunday 14 August 2022 at Chelmsford

Senior Men and Women, Under 20 Men and Women 5 km / Under 17 Men and Women, Under 15 Boys and Girls 3 km

Your RWA Southern Area President Chris Flint makes a strong appeal for all walkers to support this major event at **Chelmsford**. It's in Essex - so let's see a good Essex turnout. The RWA (Southern Area) has agreed use this event as its 5000m and 3000m championships and **will make a contribution towards the SEAA entry fee of each individual who participates in the championship**. Online entries on the SEAA website www.seaa.org.uk close on **Tuesday 2 August**.

All athletes must be registered with England Athletics and this applies to all age groups, and they must have a Southern Area qualification. If not members of a Southern club they will be asked to confirm their eligibility. The qualifying standard for the 5 km event is 32 minutes. This is a great opportunity to participate and support an important regional championship and Southern Area medals will be awarded in each age category. Talk to your coach or a club official or contact Chris Hobbs, the RWA Southern Area coaching and development officer at hobbsrom@outlook.com **We hope to see a good field in both events so do please consider entering and by doing so support race walking.** *Chris Flint*

LEN DUQUEMIN – Rest in Peace

An obituary by Rob Elliott

It is with sadness that I have to report that Guernsey race walker Len Duquemin has passed away peacefully at the age of 91 years in Melbourne, Australia. He had spent the last 18 years there after moving from England with his partner Joy.

Len's finest race was in the 1970 Commonwealth Games in Edinburgh, Scotland where he finished in 6th place in the 20 miles race walk. At the age of almost 40 years old he recorded a personal best time of 2.42.48 after a conservative start and fast finish in which only the winner recorded a faster last 5 miles split time.

Local sports reporter Dave Prigent covered the event with these words "Our Len, one of the greatest competitors Guernsey has ever produced won the reward for all his sacrifices he made when he strode proudly into the Meadowbank Stadium. For 2 minutes he had the stadium to himself – Guernsey spectators had lumps in their throats as Len walked head high around the track and crossed the line with arms spread wide"

Wonderful words for a memorable moment ... followed by Len's wife Pearl running onto the track to embrace him after he crossed the line.

Len's walking career started 8 years earlier in the Guernsey 1962 Church to Church walk, where he finished in probably an unnoticed 3 hours 44 minutes. Within a few years the race walking bug had taken hold and by 1966 he had set a Church record time of 2.47.26 as well as setting a new record time in the Jersey 27.5 miles Parishes walk with 4.27.26. This was followed up in 1967 with a record in the Sark 5 miles walk held on the dusty hard roads on this small Channel Island.

Len was a founder member of the Sarnia Walking Club and made rapid improvements in his times locally and in races in England. Len and his wife Pearl, along with fellow islander John Moullin then made a big decision to move to England to race regularly against stronger competition. They joined the Belgrave Harriers club and had much success with them.

He had success with the Sarnia Walking Club in 1967 leading the field home in the prestigious Garnet Cup over 10 miles in which the club gained first place in the team section.

Len found himself on the British shortlist for the 1968 Olympics but the effects of a jab at the doctor's put paid to any real chance. Competing in the 50 kilometres trial he collapsed after 20 miles whilst well up the field. He had an allergic reaction to the jab and had no recollection of even driving home afterwards. A week later he competed in the 20 kilometres trial, walking with his arm in a sling and finishing 9th. As Len later said "and that was that", expressing his disappointment.

A short-lived retirement after the 1970 Games saw Len return to Guernsey a year later to win the 1971 Church walk and resume his racing in England and beyond.

Showing little sign of slowing up he continued to produce quick times and by 1973 had proved himself worthy of a second Commonwealth Games to be held in New Zealand in early 1974. He had a 2 hours 44 minutes 20 miles performance, walked in the Belgrave Championships as a good form indicator, but things turned bad after that. Soon after arriving in New Zealand and carrying the Guernsey flag in the opening ceremony, he was bed bound with the flu and only recovered shortly before the race, ending up with a disappointed Len walking 2.53.37 for 9th place.



Garnet, 1967

Len's impressive list of performances include races at National level in RWA competition, AAA track Championships and club races. He recorded 51.38 and 14.04 for 7 miles and 2 miles on the track, with road times of 74 minutes for 10 miles and 95 minutes for 20 kilometres. At the longer distances he walked 50 kilometres in 4 hours 39. His longest walk was in the London to Brighton 53 miles in which walked in 8 hours 44 minutes. Len told me the story of how he finished and then had to be almost carried to the baths at the changing room such was the effort he found the distance. After retiring from regular race walking he raced in half marathon runs when in his mid 50s with a best of 82 minutes.

On a personal note, I knew of Len Duquemin from early on in my own race walking career started as an 11 year old. I only really knew he was a fast race walker with times meaning very little to me at a young age. I recall taking his photo winning the 1971 Church walk and then actually meeting him properly when I was 17 years old. Strange circumstances of me sitting on the road side knackered after 20 kilometres into a 30 kilometres race. He was standing roadside watching! I still remember his words of wisdom from that moment.

I had the pleasure of racing with him in Guernsey when he was almost 50 years old and he could still walk 10 miles in 80 minutes. I also enjoyed the training sessions with him around the Torteval lanes in later years when we could both reminisce about our race walking and love of the event which he kept to the end of his life. Rest In Peace Len.

Rob Elliott

LEN DUQUEMIN RIP TRIBUTES

- Not only do I remember his great walk in Edinburgh in 1970 - probably the highlight of his career which put Guernsey on the Commonwealth map - but what used to impress me was his immaculate appearance, especially at British Race Walkers Club weekends. When meeting the Queen at the Commonwealth Games garden party he was very shy because he thought she

would not understand his Guernsey accent. But he need not have worried and I'm sure he would have treasured the occasion. Happy memories but very sad news. RIP Len. **Bob Dobson**

- Seems the Dreaded Reaper is catching up with the Bels boys. Just keep taking the tablets!! **Laurie Kelly**
- Very sad news that the GREAT Len Duquemin passed away at Easter in Australia. His wonderful 6th place in the 1970 Commonwealth Games at Edinburgh 20 miles walk in 2.42 will ALWAYS have a SPECIAL place in Games Race Walking history as he was aged 42 at the time! He was the BEST of the BEST from St. Peter Port in Guernsey, Channel Islands and one can never forget those great days of Sarnia Walking Club and our many visits. May he Rest in Peace with his lovely departed wife, Pearl. We compose this with 'tears in our eyes.' Sincere condolences. **Bill and Kath Sutherland**
- Another flippin' one ... Rats. Blessings anyway. **Ed Shillabeer**
- Sad to hear of Len D from Guernsey passing. I didn't know him well but I will always feel a certain bond to the island based on one of my favourite mad race days with Ed Shillabeer back in 1998. **Chris Maddocks**
- Hope you remember to say a short send off to Len DUQUEMIN RIP. On a get together he is now with the best and rightly so. **Ray Middleton**

FIXTURES

JUN	5	Surrey/Sussex Masters/Vets 3,000m	Kingsmeadow	TBA
	11	Moulton Open 5 Miles (<i>Enfield League</i>)	Moulton Village	12.50 pm
		+ YAG & Novices 1 Mile		12.30 pm
	11-12	BMAF Track & Field Championships	Derby	TBA
	20	Southern Vets AC League 2,000m	Stevenage	7.15 pm
	22	EMAC 2,000m	Cambridge	TBA
		EMAC 2,000m	Chelmsford	TBA
		EMAC 2,000m	Corby	TBA
24-26	UK Athletics Championships	Manchester	TBA	
25	LICC/Enfield League 5,000m + 1K & 3K	StoneX Stadium (Copthall)	12.00 noon	
29	SWC club meeting/Open 4 Miles	Norman Park	7.30 pm	
JUL	3	RWA National 10K/YAG Championships	Leicester (New College)	12.30 pm
	12	VAC 5 Miles (non-veterans welcome)	Battersea Park	7.00 pm
	16-17	England Athletics U21/U23 Championships	Bedford	TBA
	20	Cambridge Harriers Open 3,000m (20 minutes' limit)	Sutcliffe Park	6.40 pm
	24	LICC/Enfield League 5,000m + 1K & 3K	StoneX Stadium (Copthall)	12.00 noon
	30-31	England Athletics Senior Championships	Bedford	TBA
	31	Commonwealth Games Friendship Walks (various distances)	Birmingham	TBA
		England Masters Inter-Area Challenge 2,000m	Nuneaton	TBA
AUG	2	VAC 5 Miles (non-veterans welcome)	Battersea Park	7.00 pm
	6	Commonwealth Games Women's 10,000m	Alexander Stadium	10.00 am
	7	Commonwealth Games Men's 10,000m	Alexander Stadium	10.00 am
	14	South of England 5K & 3K track walks (all categories)	Chelmsford	TBA
	17	Open 3K + YAG 1K & 2K	Tonbridge	TBA
	20-21	Centurions 100 Miles + RWA Long Distance Championship	Middlesbrough	12.00 noon

A series of training walks organised by Steve Kemp, to assist race walkers in their build-up to the Middlesbrough 100 Miles, are now held from Belfairs Park, Leigh-on-Sea. Contact Steve Kemp for details on 07860-617899.

LYN ATTERBURY RIP

We're sorry to learn that Lyn, aged 75, has died in Poland, where he'd resided. Sadly Lyn was a cancer sufferer. He joined Blackheath and Bromley Harriers in September 1963 - this Club have posted a tribute on their website. He was also a stalwart Surrey Walking Club member who joined them in 1968.

Tributes:

- He was a nice chap and died too soon". **Chris Flint**
- Very sad news of the passing of Lyn Atterbury, who was always a live wire on Race Walking and wrote a very good obituary in The Guardian on 4 times' Olympian Paul Nihill on his passing in 2021 being a fellow member of Surrey Walking Club over many years. May he rest in peace. Sincere condolence. **Bill and Kath Sutherland**

WHERE'S CHRISTINE?

Sorry to let you know that Suffolk-based Christine Orme (nee Coleman) is now in a Care Home. She was one of our Country's leading lady walkers in her heyday. She belonged to Highgate Harriers - her late father George (he passed on in 2005) competed at 20 kilometres in the 1956 Melbourne Olympic Games. In recent times we once saw her, and husband David, at Moulton - and once at the great Millennium Challenge distance walk at Newmarket's Rowley mile racecourse in the year 2000. She was a landscape gardener by profession. We wish the good lady well.

RACE WALKING DEMOCRACY

Readers are used to receiving our Race Walking Association **Southern Area President's Appeal** - a regular fund raiser to gain funds which can be used for the benefit of our chosen athletics discipline in this region. Before it's launched your President - Chris Flint - would like to hear **your** views on any specific purpose you think the final amount should be spent on? Over to you - so please put your thinking caps on. Please let Chris know your thoughts on this topic - you can see Chris at the meetings as he's at most of them.

CORRECTION

When erring we put it right. In our previous edition's nostalgia account of the 1968 Highgate Harriers One Hour meeting it was stated that the venue was Copthall Stadium (nowadays known as StoneX Stadium). **Wrong**. It was held at Parliament Hill Fields. It's sometimes good to be early with the news, and we were - as it moved to Copthall a year later. These facts were checked on the most informative Race Walking Record Archives [website](#).

PLUM APPOINTMENTS

Commonwealth Games officials for athletics events have been announced by England Athletics. However, to save reading a long list of the 245 [National Technical Officials](#), here (extracted) are those who'll officiate at our two 10,000 metres walking races:



Chief International Race Walking Judge: **Steve Taylor** IOM

International Race Walks Judges: **Kirsten Crocker** AUS, **Khoo Chong Beng** MAS, **Moonkess Jola** MRI, **Subata Kumalo** RSA

Race Walk Judges' Assistant: **Noel Carmody** ENG

BRENTWOOD BEAGLES ATHLETIC CLUB



[Brentwood Beagles Athletics Club](#) is a new name on our Essex County scene - so let's hope they'll soon have a Walking Section with promising newcomers among their ranks. Can anybody with coaching skills offer to assist them in starting up race walking? They already have a most informative website with contact details. We wish them luck - as previous athletics clubs based in Brentwood have folded. Writes your Essex County AA Chairman Andy Catton, "It's a totally new club set up (out of Brentwood School) earlier in the year. They are applying for Essex AA affiliation."

MEMORY LANE

This press cutting (*Romford Observer*, 13 August 1989) will ignite memories of a wonderful occasion (despite testing weather conditions) in 1989. The 3 worthies pictured (all showing good style) are - C860 Peter Addison (he did 101 miles due to a lap recording lapse), C854 Alex Ross (now The Centurions Hon Auditor) and C858 Stuart Bennett (now still most active on our competitive scene). At the time all 3 were Havering-based: Alex and Stuart at Romford Police Station and Peter as a Home Beat Officer at Harold Hill Police Station. They were among 8 Metropolitan Police Officers who qualified as Centurions in that same race - 100 times around The Peel Centre (Hendon Police College) with a wicked short dip from an all-weather track onto tarmac (the only time long-distance walkers ever moaned about going downhill). It had been a decade since any Metropolitan Police walker had become a Centurion (C661 Mick Barnbrook/1979 at Ewhurst). You wait 10 years for another Met Police new Centurion - and 8 come along together! It was won comfortably by C590 Ed Shillabeer in 18:11.08, who still graces start lines today - and in many geographical locations. In 1989 Hendon was a much larger establishment. A memorable presentation buffet was held soon afterwards at New Scotland Yard. 2014 saw a 25th Anniversary reunion held at the annual Metropolitan Police Walking Club Annual Dinner & Reunion in "*Peelers Restaurant*" on the 5th floor of a now demolished New Scotland Yard - at which 6 of those magnificent 8 were present, along with others who were there on the day. This race had another Havering connection as among finishers was recently departed Romford resident C865 Keith Wilson. Keith had recalled one of his favourite awards was a John Hedgethorpe Souvenir mug, presented when finishing the 2001 John Hedgethorpe Memorial Walk at Springfield. Those 8 Metropolitan Police athletes who qualified as Centurions in 1989 (in finishing order) were Messrs Hodkinson, Flint, Ross, Fitzgerald, Smith, Bennett, Addison and Mitchell. Sorry to end on a low note, but Harold Hill Police Station (in Romford) is no more, now being a Lidl Supermarket. Harold Hill wasn't the only Police Station to disappear around these parts!

IN THE PRINCIPALITY

Many may have wondered why Colchester Harrier Dave Wright's name hasn't been seen in local results' lists for ages. Well, some while ago, he relocated to Wales, where we sure he's just as keen on his athletics. Dave was active as both a talented race walker and competitive runner. He put a lot into our Essex sport as a keen office holder and was a most accomplished (if not always politically correct) stadium announcer at his Harriers home meetings. Dave was also in demand as an amusing after-dinner speaker at athletics functions and occasions.

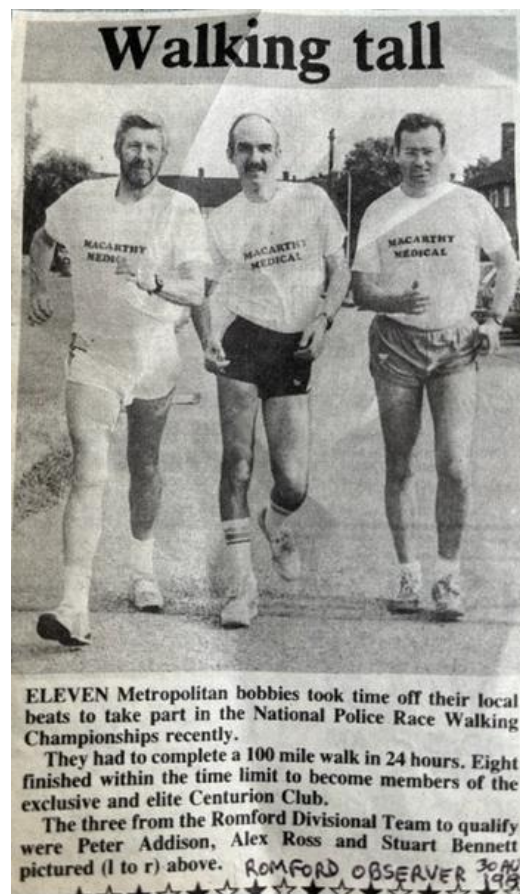
MARY GREEN RIP

So sadly Olympian [Mary Green](#) has died at the age of 78 after a long illness. She ran the 400 metres in the 1968 Mexico Games, in which her brother Mike Tagg also appeared in the 10,000 metres. Mary was a PE teacher at Southend High School where one of her pupils was Ann Wilson who also competed at the 1968 Olympics (and the 1972 Games at Munich). Mary's husband Andy, a highly talented middle-distance runner, had passed-on in April 2020. She was a long serving Past President of Southend on Sea AC (now the City of Southend-on-Sea AC). Our race walkers will have met her on a number of occasions as Mary turned out with regularity to present awards for our County's best supported race walk in recent years - the annual Southend-on-Sea 1 Mile at Garon Park Track, which has attracted up to 23 walkers in recent times.

DA

June Cork wrote: "She was a lovely lady; sadly she had become very unwell - a breakdown of some kind I believe. More recently she developed pneumonia and was hospitalised but that's pretty brutal

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even if you're otherwise fit and well. Very hard on both David and Michael having lost both their parents in a relatively short time-frame. But Andy and Mary were a devoted couple so I like to think of them as 're-united'".

Peter Marlow commented: "Really sorry to hear about the passing of Mary Green. She informed me that I was a life member of Southend AC."

The Green family has confirmed that, "as an alternative to flowers, we have set up a JustGiving page":

[Help raise £1270 to Developing coaches at Southend AC Without qualified and knowledgeable coaches there are no athletes it is where the sporting journey begins.](#)

THOUGHT FOR THE DAY

"If you always do what you've always done, you'll always get what you've always got".

Words from an amateur philosopher

VETERANS AC 5M WALK CHAMPIONSHIPS

Battersea Park, 10 May 2022

				Champ Posn	
1	Melanie Peddle	W50	Loughton AC/EMAC	45:50:61	
2	Stuart Bennett	M60	Ilford AC/Vets AC	51:58.24	1
3	Maureen Noel	W55	Belgrave Harriers/Vets AC	52:21.90	1
4	Fiona Bishop	W60	Woking AC/Vets AC	54:35.68	1
5	Dan Maskell	W70	Surrey WC/Vets AC	57:39.83	1
6	Lesley Morris	W60	Ilford AC/Vets AC	58:22.91	2
7	Christopher Flint	M75	Surrey WC/Vets AC	01:92:42.95	1
8	Artur Olszewski	M40	Vets AC	01:03:22.40	1
9	David Hoben	M65	Surrey WC/Vets AC	01:04:13.86	1
10	Peter Hannell	M75	Surrey WC/Vets AC	01:05:21.40	2
	David Annetts	M55	N Herts Road Runners/Vets AC	DNS	

REPORT: The second of the VAC Battersea Park summer series had again a reasonable field. The weather was fair with some cloud cover, good racing conditions. This was the first 5 mile walk championship for some years. The awards were presented by VAC President Anna Garnier; the course was a new one covering some 3.5 laps of the permitted park circuit. The new overall winner was Melanie Peddle from Loughton AC in a really good time just outside her personal best. Stuart Bennett, Ilford AC, won the VAC championships for the men and overall, Maureen Noel (Belgrave Harriers) was second in the championships and first lady overall, both did their usual respectable times. New VAC signing Artur Olszewski completed his first attempt at the distance in a little over the hour, going inside the hour is now a very real prospect. It was good to see Dan Maskell, SWC back racing after a lay-off with injury.

Dave Hoben

Officials: Race Director: Ben Noad, Clerk of Course: Dennis Williams, UKA Adjudicator & Starter: Malcolm French, Timekeepers: David Harris and Helen Davies, Recorders: Colin Harris, Ian Isherwood, Carl Lawton and Maggie Statham-Berry, Walk Judges: Shaun Lightman and Mark Culshaw, Registration: Maggie Statham-Berry, Helen Davies, Ros Tabor and David Hoben, Marshals: Joe Aspinall, Tony Austin, Martin Berry, Andy Murray, Liam O'Hare, Richard Stansfield, Ros Tabor and Dennis Williams, Lead Bike: Henry Murdoch, Results: Racing Timing Solutions, Photography: Cliff Hide, and First Aid: Bespoke Medics Ltd.

Comment from Bill Sutherland: On 12 September 1963 aged 19 in my first ever walking race over 5 miles on Alperton track in a match Metropolitan Police Walking Club v Metropolitan Police Cadets I finished last in 45 minutes, which was faster than the winner in the Veterans 5 miles walk and illustrates just how slow times have become in nowadays in UK race walking. Well done to all who finished.

Comment from Hon Ed: I echo those words in Bill's last sentence. We've published a list of good people (with more names than who entered) who willingly gave their time to ensure this event went ahead - so please, try your best to support them by attending this evening series of races in Battersea Park - **as they're put on for you!** As for Bill's remark about today's slower times, I'd better not say much - as I became Welsh Senior 3,000 metres champion at Newport in August 2015, clocking 21:57.67. I never got to defend my Welsh National Title as, following my victory (of sorts) they introduced time limits for entrants. Nice to see **Essex** walkers doing well in VAC Championships with Melanie and Stuart as the race's 1-2, Lesley in fine form and let's not forget organiser Dave Hoben as he's Romford born (in the same hospital as Mick Barnbrook). No you can't see a blue plaque to mark this fact - as Oldchurch Hospital is now demolished and replaced by flats. DA

MAJOR ATHLETICS TO LEAVE LONDON?

There's speculation that consideration is now being given to relocating major athletics meetings away from the Capital. The Government have stated they've no plans to become involved in the matter. In 2013 a 50 years' deal was signed for athletics to take place in the London Stadium (home of West Ham United Football Club) over a one-month period every year. However, altering this stadium for athletics and then back to football is a vastly expensive operation. Also, as British athletics appears to have less and less successful big names to pull in crowds, attendance figures have fallen. Should athletics end at the London Stadium, London's other main athletics venue - at Crystal Palace - is in a woeful state of disrepair. It has a capacity of 15,500, but can be upped to 24,000 for special occasions by installing temporary seating. Crystal Palace has hosted so many great occasions, with race walking on that list. With pleasure many readers will recall appearing there - but that stadium is now a dismal sight. Birmingham's revamped Alexander Stadium is being suggested as a prospective new home for British athletics. It's being used for Commonwealth Games athletics, though during a long build-up, local Club - Birchfield Harriers - have been displaced and put to much inconvenience. The London Stadium is sited in the Queen Elizabeth Olympic Park at Stratford. A few years ago the annual Civil Service Road Walking Championship was held in this park - starting/finishing and changing at the famous VeloPark. Organisers invited all race walkers to participate as guests in such a well-known venue, but alas only a handful took advantage. However one sport travelling in the opposite direction - for certain - is Commonwealth Games cycling as it won't be in the host city of Birmingham but at Stratford VeloPark.

ESSEX COUNTY TRACK AND FIELD CHAMPIONSHIPS – report by **Peter Cassidy**

Chelmsford, 15 May 2022

There was, as usual, a fairly modest entry for the walk, with five men and two women starting, in damp weather that seemed ideal for a sprint.

As was to be expected, the Colchester twins went straight into the lead, followed at a distance by Stephen Crane, which was how they finished. John Arthur and Stuart Bennett had a good tussle before Stuart drew away a little in the closing couple of laps. Rachel Lawless held on to them well, finishing only ten seconds down on Stuart and setting a PB, as did Stephen and John.

Shaheda Arthur, after walking an isolated race, received a late third card to remove her from the results sheet, leaving Rachel, with a Personal Best, to take the only women's medal.

Men

1	Dominic King	Colchester H	12:29.04
2	Daniel King	Colchester H	13:01.32
3	Stephen Crane	Surrey WC	14:33.80 PB
4	John Arthur	Iford AC	17:52.82 PB
5	Stuart Bennett	Iford AC	18:04.58

Women

1	Rachel Lawless	Iford AC	18:14.75 PB
	Shaheda Arthur	Iford AC	DQ

SPREADING THE MESSAGE

At an evening 5k event promoted by Harwich Runners on the town's seafront (24 May) local resident Amos Seddon was invited to demonstrate race walking. Also members of Harwich Runners are Martin Clarke and Sally Gilham, both of whom showed talent at pedestrianism when competing around the leafy lanes of Chigwell Row and Lambourne End in Ilford's now defunct pre-Christmas 10K on a testing course which the late Colin Young once described as "no billiard table". We hope the wise words of Amos might ignite a surge of interest in our athletic discipline. *Watch this space!*

7th CECIL GITTINGS MEMORIAL WALKS

Incorporating Enfield Race Walking League, Veterans AC 5k/10k road race

Cyclopark, Gravesend, 21 May 2022

Ilford AC hit the jackpot with 10 on the road on a warm late Saturday afternoon with 2 members, Lesley Morris and John Arthur, having the satisfaction of recording personal best times. The venue is well appointed and traffic free, although the 2.5k circuit has gradients and more twists and turns than a New Year's Eve conga. However, such a quality location deserves more participants, doesn't it? It was nice to welcome back Centurion duo Dave Kates and octogenarian Ed Shillabeer (who travelled from Plymouth to race). Congratulations to Melanie Peddle who yet again had the kudos of beating one-and-all to the finish line. Writes enthusiastic organiser Dave Hoben, "Did you see you had an 11th from Ilford? The starter, Ray, (see below) was Ilford AC at one time, and knows Steve Allen, and Simon Morgan. Ray was a very fast runner, who has had some outright wins". A respectful start line silence was held in memory of Lyn Atterbury RIP.

F	5K			
1	Amalia Cristina Silva	W55	Belgrave Harriers	34:29
2	Shaheda Arthur	W60	Ilford AC	52:56
M	5K			
1	Christopher Hobbs	M65	Ashford AC	32:47
2	Mark Mears	M45	Unattached	34:29
3	Ron Penfold	M80	Steyning AC	35:52
4	David Hoben	M65	Surrey Walking Club	38:10
5	Stephen Cartwright	M60	Gt Bentley Running Club	38:36
6	Edmund Shillabeer	M80	Ilford AC	46:22
7	David Ainsworth	M70	Ilford AC	47:42
F	10K			
1	Melanie Peddle	W50	Loughton AC	58:36
2	Emma Dyos	W45	Ilford AC	1:02:10
3	Fiona Bishop	W60	Enfield & Haringey AC	1:09:58
4	Lesley Morris	W60	Ilford AC	1:10:31
	Rachel Lawless	W60	Ilford AC	33:01 (retired 5K)
M	10K			
1	David Walsh	M60	Enfield & Haringey AC	59:02
2	Trevor Jones	M65	Steyning AC	60:04
3	John Arthur	M60	Ilford AC	1:03:35
4	Stuart Bennett	M60	Ilford AC	1:04:45
5	Simon Morgan	M50	Ilford AC	1:07:48
6	David Kates	M70	Ilford AC	1:09:33
7	Christopher Flint	M75	Surrey Walking Club	1:19:01

Acknowledgements:

Judges: Peter Cassidy (Chief), Pauline Wilson, Elizabeth Benson, Simon Benson, Shaun Lightman, Starter: Ray Dzikowski, Time Keeping: David Harris/Maggie Statham-Berry, Lap recording: Pam Ficken, Hospitality: Cyclopark, Gravesend, First Aid: Medical Despatch.

CENTURIONS' SOCIAL WALK

Held in perfect walking condition (not too hot or cold) it visited rural locations in the beautiful "Constable Country". Starting and finishing at an upmarket Dedham hotel (just off the A12 north of Colchester) it reminded us that a popular race walk was once held along stretches of this trunk road - "The Colchester-to-Ipswich" organised by Barry Ingarfield over 17-and-half miles. In its time many big names were in the frame. The last was in 1969 (same year as a final also well supported Ipswich 10 Miles). Barry, then of Ipswich Harriers, moved away that year and, as nobody stepped forward to keep things going, they folded. Driving on the A12 nowadays one wonders how such a road was ever safely used for foot racing? Some readers will recall those 2 great events. Pre-walk coffees were served in Milsom's Hotel, who kindly allowed us to use their large car park buckshee. A stretch along the picturesque River Stour provided a pleasant start to the day, with time to view Dedham Vale, Flatford Mill (with a refreshment break) and then Willy Lott's cottage - all locations of famous paintings by John Constable RA (1776-1837) - the latter being the scene of "The Haywain", now on display at our National Gallery, and claimed to be our most famous painting by a British artist.



In front of Willy Lott's Cottage (The Haywain scene). Present, but not in the picture, was George Nibre.

The route then visited East Bergholt, birthplace of the famous painter, when a plaque was observed on a wall outside where he'd once resided. Also in this village we visited St Mary's Church, a Grade 1 listed 14th Century building with its still used 1531 bell cage. It's a different world in remote East

Bergholt, as this church was open for visiting, so upholding a long-established tradition that places of worship were open all day for admissions - times have changed in many parts of our country! One social stroller, Brian Boggendoel, found many scenes of particular interest as he's a seriously keen photographer - many recalled his excellent coverage of Enfield's memorable 90th Enfield Open 7 Miles walk and reunion in 2016 at Lee Valley. The walk ended at Milsom's for refreshments on an outdoor paved area. The Centurions Social Walks Hon Secretary is Canvey Island-



Outside St Mary's Church: L-to-R George Nibre, Dave Hoben and Steve Kemp

based Steve Kemp, with this occasion co-ordinated by Benfleet-based Kim Howard, who'd walked the route with 2 of her dogs, as a try-out. Such is the preparation that goes into these events.

- It was an excellent walk and please pass our thanks to Kim and her fellow guides. Brian Boggenpoel will have many more [photos](#) I'm sure. It's amazing that the scene for Constable's Haywain still remains largely the same. Good to know it's protected by the National Trust. Thanks to all for a most enjoyable day. **Chris Flint**
- Well done and good to see The Centurions in action. Walk tall 007. **George Nibre**
- Great photos capturing the social walk. **Sue Clements**
- We're so pleased that a great day was had by all. Thanks to Kim and fellow guides, and to Chris for the report and photos. Sorry we couldn't be with you. Here in Dorset, we also enjoyed the lovely day for the opening events of the Purbeck Arts Festival. Best wishes to all. **Sandra Brown C735**
- It's a lovely area. I am often walking and cycling in the area. It looks like you all had a good time. **Kevin Marshall**

WALK FAST - LIVE LONG

Fast walking could slow ageing say scientists. Upping pace could make people feel 16 years younger by midlife, concludes [a study](#). Data from over 405,000 Brits wearing activity tracing devices found that those who strolled more quickly had more of the DNA that reduces ageing. [University of Leicester researchers](#) previously showed that just 10 minutes brisk walking-a-day can be associated with longer life.

RECOVERY IN PROGRESS

Rainham-based retired City of London Police Officer **Vic Collins** who raced for Woodford Green AC (as then called), has recently been a hospital in-patient for treatment to an ankle and lower leg. He's now well enough to return home but still has a plaster cast. He hopes improvement will continue so as he can get out-and-about for a walk; and his dog also wishes walks will soon be resumed! Vic also made many running appearances for Havering 90 Joggers. Another Rainham-based former race walker of note, John Perkins, also signed for the Joggers. Vic was one of two City of London Police Officers who earned British Police Representative team selection for the annual Ryan Cup, then a triangular match held over 10 Miles against the Civil Service and Combined Services - the other being the late Ken Turner who was also well known in the sport of weightlifting. Vic's name is forever in history books when he became our 1979 Essex County AA 50 kilometres Champion when clocking 5:21.40 in high heat - it being so hot, a number of big names retired on the old 5 x 10K course around a deserted Basildon Industrial Estate. Yes, Vic lined-up against talented and experienced race walkers and as many dropped out, Vic pressed-on. His attendant was Club colleague Ken, who'd qualified as Centurion 581 in 22:53.36 at Ashtons Track where the 1976 Woodford Green AC 24 Hours Walk was held. The host club won the team event! At the Essex 50K Ken broke the news to Vic that he was leading, as others had gone ahead only to then wheel off the road. For good measure Dave Ainsworth (Ilford AC) was the silver medallist and "character" Dave Sharpe (Havering AC) completed the frame. In the "Open race they were 8th and 12th respectively. That race on 14 April was an "Open 50K" as well as our Essex Championship. 35 started with less than half (17) finishing. Ian Richards won the Open race and a year later raced in the Moscow Olympic 50K. Ian was followed home by Adrian James, Shaun Lightman, George Nibre and Vic who was overall 5th. Among those who stuck it out included Arthur Eddlestone 6th, Jack Rossiter 7th, Bill Pilgrim 9th, Ken Roost 10th, Mick Barnbrook 11th, George Beecham 13th, Phil Hastings 14th, Alan O'Rawe 15th, Keith Booth 16th and Woodford's Ron Eaton 17th who closed home the field in 6:19.47. Jack, Ken, Mick and Ron were getting in some distance work prior to a successful Ewhurst 100 Miles 2 months' later. Ann Sayer walked as a sole lady in 5:37.36. Those names will ignite memories and in respect of Enfield Centurion Keith Booth, does anybody know his whereabouts as our race walking world have lost touch with him? It's good news to learn of popular Vic's medical progress, and we all wish him well.

FULL HOUSE WITH MORE TO COME

Congratulations to our reigning Essex County 10,000 metres champion John Arthur who has really made his mark - by recording a fine sequence of personal best performances, over 2,000, 3,000, 5000 and 10,000 metres.

EW ADVERT SUCCESS

Twice we've advertised for the whereabouts of a missing trophy - the Mexico Trophy. It was brought home from that country by a strong Essex representative team which competed there and donated to Essex County AA for use as an award for winning teams in a then annual and popular Essex 20 Miles' Championship. Our ads asked readers to search garages, attics, cubbyholes and car boots to unearth this cup, and enquiries were made to all possible holders of it. We're therefore pleased to notify you that this trophy has recently been located. There's another trophy for our Essex 20 Miles Championship - "The Steve Gower Cup" which is safely stored by Essex County Athletic Association, as this event is currently not on our racing calendar. While this subject is in your minds, that leaves only 1 still missing trophy - the RWA Southern Area Individual 50K Trophy - so can readers please look in the usual places.

EVANGELOS ODYSSEAS PAPATHANASSIOU RIP

Who was he, many will ask? This Greek born composer, arranger and musician has died in Paris aged 79. His stage name was "*Vangelis*" who is best remembered for "*Chariots of Fire*" which won the 1982 Oscar for Best Original Score. His connection for race walking, and across our entire athletics scene, is because so many families choose this film's opening tune for entry music at Crematorium Chapels when athletes sadly pass on. Only recently at Southend Crematorium, for the funeral service of Mary Green (Southend-on-Sea AC President for a quarter-of-a-century) Vangelis provided the entry music. RIP.

COUNTY TRACK AND FIELD CHAMPIONSHIP WOES

Most English counties have dropped race walking from their main County Track & Field Championship meetings, which is a major setback for our event, as it always saw walking being seen by good sized crowds and therefore was an opportunity to generate interest. Indeed twice in recent years Essex ditched our 3,000 metres walk from their main meeting - each time we had to make a case for readmittance. For years Essex Walker reported outcomes at our neighbouring Counties of Middlesex & Suffolk, as many participants are well known to readers. Well here goes : this year's 3,000 metres walk at Suffolk's Championship wasn't held and at the Middlesex County AA Championship, only 1 walker appeared in a combined men's & women's race over the same distance. This saw Maureen Noel break the tape in 18.32. Congratulations to Maureen for showing the flag for race walking - when it was a special occasion, being the **Centenary** Middlesex Track & Field Championship meeting. Not one male walker entered, in a County with such a great race walking history. In Essex, for a first time ever, we've no Walking Secretary on our County Committee to argue a case for retention of our events - so another "*plug*" if somebody can come forward to spare a bit of their time to represent us in the Committee room. Your Race Walking Association Southern Area Committee are currently deep in discussion about ways of promoting more interest in race walking recruitment. One way is to support those events which see our races on general athletic meetings programmes, in order to "*showcase*" them. Therefore it was a crying shame no Middlesex qualified race walker even enter the men's walk on a **Centenary** occasion. As for next year - across the board in all Counties - can race walkers consider doing just 3,000 metres at their County Championship?

LEN TAYLOR BEM RIP

We're sorry to learn of Len's sad demise. The past Cambridge Harriers President was a formidable competitor who represented the British Police at a time when it was hard to gain such a selection. As well as being a participant he put back so much into our sport by officiating and supporting, rising through the system to become a respected Grade 1 Judge who received a number of important appointments. His most famous race was one in which his name failed to grace a result sheet - but nevertheless one which Len often talked about it, as it made an interesting tale. The 1964 Leicester-to-Skegness was remeasured afterwards and found to be 100 miles and 350 yards - not that Len ever got to walk those extra paces. Len was in a terrible state and at 94 miles could walk no further. It was one of the latest retirements recorded in British Centurion events. Before becoming a Police Officer Len served in the Royal Marines and showed his resolve by an eagerness to enter the following year's 100 miles in Essex - in the cold of October on a testing Chigwell 10 x 10 Miles course. *Tough?* Well RAF Parachute Jump Instructor, the late Dave Levy, completed one circuit and retired saying, "I'm certainly not doing that another 9 times" and went home. The 1965 race, which commenced on a Friday, was won by Hew Neilson, who after clocking 19:16.37 got in a car to be driven to Saturday afternoon's Chippenham-to-Calne 6 miler, which he duly completed. *What a*

star. Successful new Centurions included Cambridge Harriers Ken Munroe (a future Centurions' Hon Secretary) and Eddie McNeir, aged 65, who completed another 9 such events, fellow Metropolitan Police stalwart walker Doug Fotheringham, 1968 Mexico 50K Olympian to be John Kelly and Hendrick J Doornekamp who raced in clogs as he did on another 5 occasions. As for Len he clocked 21:08.10 to claim Centurion number 371. Fifty-four started with 30 making the distance, among them 13 new Centurions. As well as joining The Centurions at an Essex venue, Len had another Essex connection as a period of his earlier life was spent in Hornchurch, where football was his main sport. On the pitches he was known as a robust and uncompromising centre back - as one would expect from a future Royal Marine - who played at a good intermediate standard. Len, aged 89, spent the latter period of his life as a care home resident. He was a lovely man who got on with everybody. We extend our profound condolences to his family members. **DA**

Tributes to Len Taylor:

- I don't know if you were aware that C371 Len Taylor, ex-Royal Marine and member of Cambridge Harriers passed away in 2021. Information given to me by Peter Hodgkinson. He was a long serving member of the Metropolitan Police Walking Club. He qualified as a Centurion at the Met Police Chigwell 100 in 1965 in 21.08.10, which just illustrates the standard of club walking in those days. Great gentleman and servant of our great sport who lived in his later life in Lyndhurst in the New Forest. May he Rest in Peace. With sincere condolences. **Bill Sutherland**
- Sad news indeed. As you say he was a lovely man who, when at Scotland Yard, was often the uniformed presence at the entrance and he knew everyone, and was the smartest Officer in the Force as befits a former Royal Marine. **Chris Flint**



Dear Dave ...

GOOD NEWS!

I have entered Middlesbrough and listed as Ilford AC. Training is ongoing, presently little race walking but my week consists of 50 plus miles walking and 100 plus miles cycling with a little running thrown in! I will be completing the LDWA Trans Pennine 100 over the platinum jubilee weekend and in July Sara and I are walking the coast to coast (nearly 200 miles from St Bee's to Robin Hood Bay over 10 days), so fingers crossed I will have the stamina to churn out a 100 miles in August! We've no time to attend any of the Suffolk Festival walks this year as we are too busy leading our own walks! I have led walks for the festival in the past. **Kevin Marshall**

Kevin Marshall Positive Steps - Fitness and Wellbeing Ltd,
Mobile. 07955495016, Email Kevin@positivestepspt.co.uk, Website. [Positive Steps PT - Events, Nordic Walking and Personal Training / Positive Steps PT](#)

Adds Hon Ed: I make no apology for mentioning Kevin's business with full contact details as it was Positive Steps who sponsored our memorable 2017 Bury St Edmunds 100 Miles and where changing and presentations were held.

THAT'S HOW GOOD HE WAS

Splashed all over BBC Athletics recently was the fine achievement of Camille HERRON who set a USA Ultra 100 Mile Record of 12.41.11. [Camille Herron: American ultrarunner breaks own 100-mile women's world record - BBC Sport](#). She is aged 40-44 and did 7.37 average mile clocking 50 miles in 6.20.35. It's amazing to think that the late great **Don THOMPSON** would only have been around 1 hour behind her Race Walking, when he set the magnificent record for the 52 miles London to Brighton of 7 hours 35 mins. Nice to see publicity given to ultra races! Bring on the Centurion 100 Miles in Middlesbrough in 2022. **Bill Sutherland**

CHECK OUT THIS QUOTE

I'm reading this absurdist novel and came across this. Not much hope for any of us really, then, and we thought we were doing ourselves some good!!! " ... walking too far too often too quickly is not safe at all. The continual cracking of your feet on the road makes a certain quantity of road come up into you. When a man dies they say he returns to clay but too much walking fills you up with clay far sooner (or buries bits of you along the road) and brings your death half-way to meet you." (From "The Third Policeman" by Flann O'Brien).

Cath Duhig

IN THE FAMILY

Len Duquemin's cousin (also named Len) was a famous Spurs player who scored a special goal in the 1950/51 season which was recently featured on ITV and is on the web. Worth viewing.

[Remembering Len Duquemin's title winning goal for Tottenham Hotspur 70 years on | ITV News Channel](#)

Bill Sutherland

Adds Hon Ed: Len made 274 Spurs appearances (114 goals) and ended up at Romford (where many stopped off on their way down) in season 1961/62 (8 apps/4 goals) before running the "Haunch of Venison" pub in Cheshunt (demolished 1999). Pro footballer Len died at Buckhurst Hill in 2003 aged 78.

NICE COMMENTS FROM NEWCOMERS

We are both passionate about race walking as the community has been so friendly and welcoming. See you soon at one of the races.

John & Shaheda Arthur



IN OFF THE POST

Just a short note to thank you for your efforts on behalf of race walking - it's great to keep in touch with Race Walking via the Essex Walker and Tony Taylor's news from Lancashire. I rarely walk now being a dedicated orienteer for many years. My best placing was in the M80 sprint class at the 2018 World Masters Champs in Copenhagen, Denmark when I managed 4th place (only 8 secs out of the medals). I've won the British Sprint title twice in my age class (M75/M80) whilst my better half, Judith, has won the British Sprint 4 times and the Long Distance race once. Attached is a photo from our latest race at Easter in the JK international event at Swansea University where Judith was 2nd in W80 class and I finished 3rd in M85.

Guy Goodair (C327)

READER'S COMMENT

Thanks very much for all your efforts with EW, you certainly know how to fill the pages. Unfortunately, at the moment it all seems to be obituaries. Great men and women passing on. I only wish I was further South and able to attend some of the funerals you have been reporting on.

Alex Ross

IMPORTANT NOTICE

The 19th June BMAF 5k championships at Horwich have been **cancelled**. Sponsors have withdrawn and the whole weekend festival is not going ahead.

Ian Richards

APPRECIATION

Keep up with the good work with the Essex Walker which has kept me in touch with the Walking scene,

Andy Bainborough (C670)

FROM THE DAUGHTER OF MUCH-MISSED LEW MOCKETT

I have news ... on 8 June I have my first race walking competition. I have joined Charnwood Athletics and I shall be representing them in the 2000m walk (W40). Eeeeeeeek!! I shall of course let you know how many times I am lapped.

Hilary McDermott

SUE AT THE RIDGEWAY 40

Sue Clements got an award for 20 completions of Ridgeway 40. Although 800 miles on one event sounds much better! There was also a couple on one of the checkpoints who had been marshalling since 1962 and 1964, an amazing achievement, they got an award too.

Dave Hoben

Photo:

Trevor Brown presenting Susan Clements with a shield for her 20 crossings – May 2022



A REAL FEAST FOR MPAA LIFERS!

There was a full turnout of 40 at the Metropolitan Police Athletic Association Life Members Lunch at the plush Union Jack Club in Waterloo on Friday 20 May. Pride of place from the MP Race Walking Club was Peter HODKINSON celebrating his 25th year as a MPAA Life Member accompanied by his lively guest Michael BARNBROOK. Also present was Olympian Paul BLAGG and former Detective Chief Superintendent Chris FLINT so well known in race walking circles as a multi-Centurion, who contributes so much in return to Southern Area Race Walking. Together with Kath and myself six 'heel and toe' walkers were present. The meal was a real feast of many courses washed down by South African red and white wine as banter flowed throughout. It was pleasing to see everyone looking well as we advance in years. The venue is very security aware as we all live in these troubled times. It was heartening also to see Dame Cressida Dick former Commissioner of the Met gracing the special occasion as a guest. Of course, she had worked in the past at the Training School with many of those present. I was encouraged to see this occasion going forward after 2 years of Covid delay.

Bill and Kath Sutherland

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