

Essex Walker

Editor: Dave Ainsworth

BARCLAY/DUNWOODY REUNION - INVITATION

Jon May and I have arranged to meet up at [The Bedford Lodge](#), Newmarket on **Thursday 14 July** to mark the 13th anniversary of the Barclay re-enactment. A little walk, lunch and lots of chat is the order of the day starting at 10.30am. A warm Invitation extended to anyone (whether involved or not in the event) who would like to join us. Notification of intention to attend would be helpful. Sorry it's short notice.

Ron Wallwork

IMPORTANT ANNOUNCEMENT

Just wanted to confirm with you that we are restarting the Southend City Open this August Bank Holiday Monday 29 August, and so the **Southend Mile Walk** is back on. Would you be able to alert the necessary interested parties please, if this is not known already.

Keith Palmer

BACK ON TRACK

Over the past dozen or so years, our most popular Essex walking races have been Estuary-based: the Nicola 5 Miles on Canvey Island seafront and annual Southend August Bank Holiday 1 Miles on Garon Park track, both attracting the attention of our race walkers. No longer held, the Nicola 5 generated many memories, particularly of those sums of money for good causes, that were yearly entered into the ledger. The Southend 1 Mile always saw a good field with a 23 peak. That sort of numbers racing before a general athletics crowd does "*showcase*" our athletics discipline - especially with former race walker June Cork's informative and enthusiastic commentary. One year 3 Commonwealth Games gold medallists were present and were presented to the crowd as cameras clicked: Olly Flynn, Ron Wallwork MBE and David Moorcroft OBE, with the latter presenting walking race awards. At Garon Park track (it replaced Southchurch Park cinder track) is an impressive board of track records - showing mile record holders as Dominic King and Melanie Peddle. Covid-19 put paid to 2 previous year's August Bank Holiday meetings so "*virtual*" races were held, in which your Race Walking Association National Press & Publicity Officer John Constandinou organised and declared results. In normal times, hundreds appeared in long all-day meetings and, with parents and other spectators present, there were always large crowds. Last year's "*virtual*" race saw 24 on its result sheet - the 2020 race "*virtual*" race really hit the jackpot with 65 competitors, some from overseas. The 2021 winner was many times' Welsh Champion Mark Williams in 7.43. Ladies victoress Cath Duhig was in 11th spot with a 10.42 timing. The "*George Woods Trophy*" goes to a 1st Essex resident Centurion - that being Prittlewell-based Steve Allen in 9.33. This trophy was donated by the talented sporting O'Rawe family in memory of one of Essex race walking's most popular competitors, Southender wee Georgie Woods. *At any distance he'd just keep going.* The infamous testing Basildon 50K course never defeated George Woods! George also completed London-to-Brightons and at the 1979 Ewhurst 100 Miles became Centurion 683 in 23:43.42. It was some race as a record 107 started a UK 100 Miles event which saw 78 finish within 24 hours, among them 37 new Centurions - that's how strong UK distance walking was in the '70s. It's thought he was a bank manager in his business days. His name is remembered yearly by an award of that trophy bearing his name. The race is on August Bank Holiday Monday (29 August) at 10.30am. You can stop on and watch a full athletics meeting or make it a day out in Southend - it's now a City but is beginning to appear a bit "*rundown*". How about a stroll up-and-down the World's longest pleasure pier? If thinking of visiting "*The Kursaal*" it's long been closed - the only sign of life now being a "*Tesco Express*" housed in what was once a front reception area. It's a 10.30am start (first event on the packed programme) and is again to have 'B' status. One big change - it's **online entries in advance**, ie no more rocking up "*on-the-day*" for a walk. So please, no excuses, no "ifs and buts" let's see a right good turnout as this event returns. Entry details below - please all get them in early. *We don't want to leave anybody out, do we?*

SOUTHEND CITY 1 MILE WALK/GARON PARK TRACK/10.30am 29 AUGUST

An Inspired Facility

Celebrating the return of this popular event and Our New Grandstand



Scan for on-line entry

- On-Line Entries Only via City of Southend AC Website
- To enter please go to southend-on-sea-athletic-club.co.uk/annual-club-events or Scan QR code
- Open to All and incorporating the City of Southend AC Club Champs.
- Medals for 1st three in each event.
- Entry Fee £4 per event/ £10 per 3 events/ £13 per 4 events/ £15 per 5 events
- Athletes U13-U17 may compete in a max of 3 events. U20's - 5 events. Seniors - no limit.
- The Southend AC Club Champion will be the highest placed paid up member per event.
- Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer400m@gmail.com
- Veterans will receive medals V35-39, V40-49, V50-59, V60+.
- Fun Races for Toddlers, Pre School and Reception. Free of charge. Turn up on the day.
- This event has been kindly supported by The Rotary Club of Leigh-on-Sea

BARKING MAD

Hon Ed writes: I was recently in Barking Town Centre for a first time in decades, and found the place somewhat run down. For old times' sake I wandered to the old Barking Police Station in Ripple Road in the heart of the town to ignite memories of when I saw always over 200 police personnel in shorts and vests lined-up and ready to go on their annual Barking-to-Southend Walk over 33 miles 6 furlongs and 50 yards. The field were crammed - yes crammed - into a short cul-de-sac directly opposite the Police Station ready for the "off". With established internationals, experienced clubmen, dare takers, those who agreed to make up the numbers for Divisional teams and also many who'd had their arms twisted to make the start line, the atmosphere was electric. On offer was a walk to the coast, based mainly on the old A13 and ending with a circuit of Roots Hall Football Ground (home of former Football League side Southend United). It's all changed as that short cul-de-sac is now part of Vicarage Fields Shopping Centre and the old Barking Police Station is now converted into 24 flats. However, the word "POLICE" is still engraved in brickwork and a small blue lamp left in position to indicate the building's former use. Happy memories but like so many past great walks - never to return. Indeed nowadays, how many Police personnel could even walk 33 miles, let alone those extra odd few furlongs and yards? **DA**

Writes Bill Sutherland: Thanks for the memories. It makes us feel so sad and the Barking to Southend was such a great and memorable long distance championship race. The late Charlie Fogg's 13 wins was a fantastic achievement against tough opposition indeed. I shall never forget his win over Dave Watts (Met W.C) in the late 60's, who was rightly recognised as being the 'best of the best' and out of the top draw as a Met Police Cadet representing England amongst many other honours. He led Charlie to the last mile when he suddenly had a bad patch and Charlie chased after him along the Sea Front to pass him and record a fantastic victory. The presentation took place at Southend Police Station in those days. Later on I was honoured indeed to organise 3 Barking walks on behalf of the Metropolitan Police Race Walking Club with over 300 lining up on the final one with pouring rain throughout from morning to night no less! The picture you paint today is fairly typical throughout London sadly. Your memories are much appreciated!

Mrs ELAINE SELBY RIP

Readers will be sad to learn that Elaine, wife of Surrey Walking Club's Peter, has passed on. To Peter and his other family members we express profound condolence, at this trying testing time, on their sad loss.

EARLY DAYS

Here's an early picture of London Transport's Central Road Services race walking team. In the centre are 2 internationals, in Pat Furey (Ireland) and Nolan Simmons (Trinidad & Tobago) who raced in the 1970 Commonwealth Games at Edinburgh. Pat held a number of positions at Enfield and in London Transport circles, and also belonged to Anglia Striders for a while. He was Entries Secretary of the famous Enfield Open 7 in times when 200+ would be racing. Pat generously sponsored Enfield League races for a number of years. Nolan joined Surrey Walking Club in

1968 and served as President in 1985 and Captain in 1995. In 1987 Nolan completed his Club's Ewhurst 100 Miles in 20:14.34 to become Centurion 817. It was a notable race, being the first 100 to be designated as an official Race Walking Association Long Distance Championship and the first that SWC allowed ladies to enter - and those 3 who did all finished. One, Ann Mansveld (RWV Holland) became the senior lady Centurion aged 61, after completing the distance with her husband Willem who'd qualified 20 years' earlier in the last London-to-Brighton-and-Back. Sadly both are no longer with us. In a tight race up front (5 leaders packed into half-and-hour) was won by a Manxman, the one-and-only John Cannell, in 17:55.10 despite going off-course in the middle of the night. John inadvertently sped past a dogleg in pitch darkness. This was rectified when the Referee permitted him to walk this dogleg twice on his next circuit, so making up the distance. Bill Fenlon is one of the fittest on the scene. Our last edition mentioned the now defunct Colchester-to-Ipswich 17 miles - Bill completed the last one in 1969. He's appeared on many results sheets which included a memorable 90th Enfield Open 7 Miles & Reunion meeting. Bill was well known on the Non-League football scene, having served long spells as trainer for both the Dagenham and Enfield sides. Thanks to Pat for supplying this picture from his vast collection.

Contribution from fellow 1970 Edinburgh competitor Bill Sutherland: We remember Nolan well from the Commonwealth Games in 1970. He was also a key organiser of the Notting Hill Carnival over many years too! A great guy.



The central road services team which won the London Transport road walk. Left to right: P. Druce, P. Furey, N. Simmons, and W. Fenlon. Report on page 23

TIME FLIES

Our report of an Essex 50K victory by Vic Collins on a most hot Saturday 14 April 1979 prompted a reader with good memory to recall that the following day (Sunday 15 April) our annual City of London New Year's Day walks were held. Sub-zero temperatures and snow had caused the event's postponement, and with so many races on our crowded calendars in those times, it took until mid-April before a delayed fixture could be held. Much delayed medallists in the men's 5K were Roger Mills 21.16, Mike Parker 21.41 and Carl Lawton 21.59 representing Ilford, Brighton & Bels respectively. Women's medallists were Judy Farr 14.23, H Klaus 14.33 and Sue Till 15.10 representing Trowbridge, Hamburg and Brighton respectively.

IT'S NOT ON

Sarnia Walking Club have stated they've no plans to hold their Guernsey 19.4 Miles Church-to-Church race this year. Ed Shillabeer, 4-times winner in 1988/9 and 2004/5 (with a 2:40.58 best in '89), commented: *"Initial response - sad. My inspiration for my morning training is aspiring to be in Guernsey on the traditional date. A moment's thought - get walking sections in events like the running section of the Guernsey triathlon, the Guernsey half marathon etc."*

Adds Hon Ed: Walkers with Essex connections have been winners, some on more than one occasion. Among worthies springing to mind are Colin Bradley, Paul Nihill, Cath Reader (now Duhig), Peter Ryan and Ed Shillabeer plus more with Essex County connections have made the frame. One year Ilford AC closed home 'A' & 'B' teams. Ilford's enthusiastic Mick Barnbrook appointed himself *"Minister for Mainland Development"* - then spent much time drumming-up support among mainlanders to visit the

beautiful holiday island and line-up in this classic event. Mick joined Sarnia 1st Claim for a while and travelled to their races - and even just to attend an AGM.

IN THE PICTURE

Some readers asked if there's picture to remind them of the late and much respected Len Taylor. We have unearthed one showing him ready to commence action. Len, a former Hornchurch resident before enlisting as a Royal Marine, is prominent in this 1970s British Police Representative squad who'd assembled to race against the Civil Service and Combined Services in an annual Ryan Cup match over 10 miles. Throughout the '70s it was 10-to-race over 10 Miles (*nowadays 10K*) with a number "to score" usually subjected to pre-race horse trading and bargaining between 3 team Managers as to what might suit each best (RAF's legendary Dickie Bird was a great negotiator on that aspect of the day's sport). 11 in the picture were selected from various Police Forces - not in a British Police Representative vest on that day was travelling reserve Jack Clifton - but who during his long race walking career did make this team on other occasions.



L-to-R: C371 Len Taylor (No 17), Jack Clifton, C848 Peter Hodgkinson (No 14), Lew Mockett, Tim O'Brien, Charlie Fogg (No 12), Ray Blount, Amos Seddon (No 19) C890 Bill Sutherland, Hugh Hazlehurst (No 13) and C581 Ken Turner (with partially obscured number).

RON ATTON RIP

Sad to say Ron Atton has passed away. Not quite sure of his age as readers have indicated both 79 and 80 - but we're near enough to fact on that detail. He was a Leicester Roadhogs stalwart, who were a Club with strong Essex connections as they recruited top walkers from our County - who assisted them to perform with excellence at national level.

Tributes to Ron Atton:

- Karen and I are sad to hear the news that Ron Atton passed away on Thursday 2 June 2022. Ron was a great supporter for many years as a competitor, volunteer and supporter. One of life's great characters who put a smile on many a face. **John Constandinou**
- Yes, I knew Ronnie very well. He was our team manager on my 3 Italian trips with the Leicester Roadhogs. A sad loss. I have been speaking to his son, Karl, who was also team member in Italy. **Andy O'Rawe**

- I remember Ron particularly from the Skegness to Horncastle event in the early 1990s (probably) when Karl and I set new course records for male and female walkers respectively. **Cath Duhig**

FANZINE

Race walkers who also follow football will be interested in seeing that Len Ruddock, who for decades race walked for Ilford AC, has used his camper van as a studio to make a regular filmed "fanzine" for a local football league in which he manages a team and is also the League Chairman. His weekly fanzine is about 10 minutes' long and has built up a following around Ilford's local football scene. Len's the programme's anchor man. There's a direct link to his show. If overpaid Gary Lineker moves on, then "Match-of-the-Day" can send for Len!

My name is Len Ruddock and it was my pleasure to purchase my Nissan NV200 Campercar in February 2020. Early thoughts of touring, at my leisure, many highways and byways was thwarted by Covid but as my only vehicle it was still regularly used. Some nights away have since been enjoyed. I soon christened my van, "The Eagle" (as in "The Eagle has landed" - a tag I use when I send a text to my son following arrival at my journeys' end. An unforeseen use for The Eagle arose in 2021, when I took on the role of Chairman of a small local football league called the Ilford & District Churches Football League (IDCFL). I had been involved with the League for many years running my own team. All matches are played at Wanstead Flats and draw teams/individuals from the locality but also from various parts of the compass. A fair cross-section of society and of course, many cultural influences which all adds to the fun. During the season, to help promote the League, I produced a weekly post-match **fanzine**, called, 'Mullet & Chips', posted on YouTube and Facebook. The weekly



Mullet and Chips - 26th February; 2022

results service and interview with a different guest each week touched on the commitment in trying to build the relationships between the teams and a sense of community. I've been told that I've been influenced by 'Saint & Greavsie', David Baddiel and Frank Skinner, which may be true but you will see a cosy arrangement within the now 'Eagle Studio', decked out in a suitable way but with some of the interior recognisable by Sussex Campervans users. Have a look at Mullet & Chips if you get a chance. I did around 20 episodes last season.

An example is [Mullet and Chips - 26th February; 2022](#)

CONGRATULATIONS

We congratulate Angus Browne on a happy announcement of his engagement to Charlotte. We wish both well and many great times to come. Angus, a prominent business owner, is well known in Essex Walking circles for helping on his father Olly's many successful distance races - indeed Olly's on an elite list of Centurions who've gone sub-24 hours for 100 miles on both road and track - as well as two wonderful 100 miles well-sponsored walks along the Westcliff-on-Sea esplanade in aid of "Help for Heroes". **Our Congratulations to Angus and Charlotte!**

GET YOURSELF ON THE BOX

The BBC have had exclusive "live" televised London Marathon coverage since this event's 1981 beginning. The BBC has signed a deal with Marathon organisers to extend this contract to 2026. We used to have plenty of race walkers on show - so when applications are next being asked for, let's see more of our number submitting entries.

WALKING PERSONALITY's BIG GIG

Former well known long-serving Chairman of the Metropolitan Walking Club Andrew (Andy) Bignold is an esteemed Member of the London Guild of Toastmasters, and also their Training Officer. With his skill and experience in this role it's obvious why he's our been first choice for so many race walking functions - such as The Centurions Centenary Dinner at the House of Commons and a long sequence of Metropolitan Police dinners and functions. Recently he received a "*plum appointment*" at The Savoy Hotel in The Strand when in charge of the gavel for a glittering awards night of the Boxing Writers' Club, at which a host of big sporting names were among many diners. *Congratulations to Andy*. If you need to book Andy for your function, just "*Google*" his name and position and you'll get what you require. [Andrew Bignold \(madhus.co.uk\)](mailto:andrew@madhus.co.uk) On a less happy note, if requiring a funeral celebrant (we all might need one at some point - hopefully far in the distant) those left behind can book Andy's services to engage one with strong walking links.

MIKE GLEED RIP

With deep regret it's been confirmed that former London Vidarians Captain Mike Gleed passed away last year aged 85. A teacher in his working days, he was a long time Epsom Downs resident. He'd turn out for all distances from short sprints to a London-to-Brighton. In the latter event his best time was in 1975 when 48th from 73 finishers (yes - 73 over a finishing line at 52 miles) clocking 9:55.21, just 4 seconds behind Mick Barnbrook in a race won by Ray Middleton in 8:10.27. Mike completed 2 more London-to-Brightons in 1976 and 1980. For many the last time we saw of always enthusiastic Mike was at a London Vidarians memorable well-attended Centenary Dinner in the Piccadilly Royal Air Force Club.

Tributes to Mike Gleed:

- He was a good London Vidarians Captain and a very competitive athlete. He stopped racing when he was DQ'd which he felt was a poor decision. **Chris Flint**, London Vidarians President
- So sorry to hear the sad news of Mike Gleed. He was in the same year as me at Latymer Upper School and sometime later I encouraged him to join the Vidarians. We met again after I moved out of London when the school old boys held their annual run, however Mike always walked!! I also learned recently of the death at 92 of another walker, who I trained with at Hurlingham track, **Laurie Warwicker**, who walked for Metropolitan WC during the time of the Thompson brothers. He had the distinction, I believe, of being the last winner of the Army 7 mile championships. **Gerry Grosse**

STILL IN THE RUNNING

Chiltern Harriers took a decision not to stage their Open Pednor 5 Miles walking race over a scenic one circuit course into the testing Chiltern Hills, mainly as they wanted to ease back into racing coming out of 'lockdown' situations, by having lesser athletes turning up. This didn't please long-serving walks organiser **Martyn Cartwright** who also appears in these races. With determination he wanted to make his point by maintaining a race walking presence - so he entered the run and *race walked* it! Good on Martyn. This year's run saw 197 finish, led home by Sam Laing (Hillingdon AC) in 26.12 with Maddie Hughes (Chiltern Harriers) 1st woman in 20th overall - Maddie's a junior woman, so clearly one with athletics talent. It was a "*red letter day*" for the host club as they won both men's and women's team races. Martyn (M80) race walked to finish 196th in 61.43. Martyn's given a lifetime of service to race walking - indeed way back in 1964 he became Centurion 363 when completing the Leicester-to-Skegness 100 miles in 22:36.15, finishing just 5 minutes behind C362 Reg Youldon, who needs no introduction to Essex Walker's readers. That race was won by International C233 Karl Abolins (Royal Sutton Coldfield WC) in 17:32.16 who was 15 minutes ahead of that great Olympian and record breaker C276 Frank O'Reilly (Lozells Harriers). Afterwards Frank announced his retirement from race walking. Over 100 miles Frank's record showed 8 finishes, with 5 wins/2 seconds - with 2 wins sub-17 hours (the only walker to twice achieve that feat). His 1960 Olympic 50K saw him 20th with 4:54.21.6 on the stopwatch, just a position behind Ron Laird who clocked 4:53.21. That race, with 39 had starters, was won by Don Thompson in 4:25.30. Martyn joined The Centurions as a member of Wakefield Harriers, who had a strong distance squad in their heyday - and he so often made efforts to attend our RWA Southern Area AGMs when a majority haven't. Before the Pednor race Martyn said this year's would be his last as a competitor, so well done to him for race walking it in the running race, when his Club decided not to hold a walk. Hopefully next year this delightful - but

testing - event will return to our race walking fixture list and many of you will head to Chesham on its traditional early May Bank Holiday Monday. We thank Martyn for "flying the flag" for race walking.

LAURIE WARWICKER RIP

In his tribute to Mike Glead, former stalwart London Vidarian race walker Gerry Grosse (now Weston-Super-Mare based) notifies us of Laurie's sad demise. Laurie belonged to a famous Metropolitan Walking Club when they were brimming with talented athletes. He was a loyal Clubman who easily broke the 7 miles-in-an-hour barrier and so often was a reliable "back-up" walker behind the good and the great. He was noted for his enthusiasm. Hitchin-based Laurie had a good innings, leaving us when aged 92. We express our condolence to his widow Maureen and the rest of the family.

FIXTURES

JULY	12	VAC 5 Miles (non-veterans welcome)	Battersea Park	7.00 pm
	14	Barclay/Dunwoody Reunion	Newmarket/Bedford Lodge	10.30 am
	16-17	England Athletics U21/U23 Championships	Bedford	TBA
	20	Cambridge Harriers Open 3,000 metres (20 mins limit)	Sutcliffe Park	6.40 pm
	23	LICC/Enfield League 5,000 + 1K & 3K NOTE NEW DATE	StoneX Stadium (Cophall)	12.00 noon
	30-31	England Athletics Senior Championships	Bedford	TBA
	31	Commonwealth Games Friendship Walks (various distances)	Birmingham	TBA
AUGUST		England Masters Inter-Area Challenge 2,000 metres	Nuneaton/Pringles Stadium	TBA
	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	7.35 pm
	20-21	Centurions 100 Miles + RWA Long Distance Championship	Middlesbrough	12.00 noon
	28	LICC/Enfield League 5,000m + 1K & 3K	StoneX Stadium	12.00 noon
	29	Southend City 1 Mile (+ George Woods Trophy)	Garon Park Track	10.30 am
SEPTEMBER	4	Eastern Masters League Final 2,000m	Bedford	TBA
	24	*Enfield League 1 Hour Race (Essex 10,000m Championship)	TBA	11.00 am
	28	Ryan Cup 10K Representative Match (+ Police/Civil Champs)	Birmingham (Cannon Hill Park)	1.30 pm

** Enfield League 1 Hour may be brought forward 1 week (check nearer the date)*

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

SITUATIONS VACANT 1

Go to any High Street and you'll see shops' signs seeking workers. Even this close to its opening ceremony, so are Birmingham's Commonwealth Games organisers. If you've not been selected for the Games, you can still be there and earn as well as getting time to watch events. Dates are 28 July to 8 August (although some opportunities offer up to 3 months' employment) with temporary positions in security, stewarding, catering, retail, cleaning, logistics and more. Applications from sports fans are particularly welcome. Go to birmingham2022.com/jobs and register interest.

SITUATIONS VACANT 2

Just a reminder from a previous edition that your Race Walking Association AGM ended with 4 unfilled vacancies, to wit Honorary Secretary, Hon Assistant Secretary, Hon Championships Secretary and Hon Minutes Secretary. Can any readers consider offering a bit of their spare time to help out, and if so, please step forward for consideration?

SITUATIONS VACANT 3

Your Essex County Athletic Association still lacks a Race Walking representative to speak up for your interests and show the flag for our athletics discipline. Can readers have second thoughts - it's not an onerous task, but an important one.

"AS YOU WERE"

This well-known Forces drill command could apply to Hon Ed, whose 78.44 time saw him fill 15th spot in the 2022 men's Moulton 5 Miles. On a positive note, age had failed to dent his impact as a competitor as 78.44 was also his 2021 Moulton time - but that only got 20th position. So, it was an improvement of 5 places - but no boasting, as it was only due to a low turnout this time around. Chris Foster's 2nd theory is that all walkers who keep going will eventually win a race, as fields dwindle. QED.

THOUGHT FOR THE DAY

You know what austerity is when you're waiting for a sale at the pound shop.

An amateur philosopher

WITH OUR BEST WISHES

Congratulations to a quartet of talented race walkers who've been selected to represent their Home Nations in the 2022 Commonwealth Games at Birmingham on a redeveloped Alexander Stadium track over 10,000 metres. They are: **England** - Tom Bosworth and Callum Wilkinson, **Wales**: Bethan Davies and Heather Lewis. Tom and Bethan already have Commonwealth Games medallist status. We also wish all readers who are going to the Games, or working at them in any capacity, a most enjoyable and rewarding time.

"EYES RIGHT"

Hon Ed marched with a Veterans contingent on Armed Forces Day Parade in Romford town centre. On approach to the saluting dais outside Marks and Sparks, the Parade Marshal boomed out a loud "Eyes Right" command, which was obeyed with perfection. What a surprise to see Mike Brace CBE, DL in his Deputy Lieutenant's uniform, taking the salute with the Mayor. Indeed, Mike took precedence on the dais as the Queen's Representative. The march went through a crowded Market Place and ended up at the Town Hall for a buffet and refreshments, where VIPs mingled with the rank-and-file. Speaking to Hornchurch-based Mike, he remembered his Essex League race walking performance with Alex Ross as his guide - for Mike is registered blind. Mike recalled the Market Place race with its cobbles, a 3K distance and noises of cheering several deep crowds. Alex also booked Mike as an after-dinner guest speaker at a Metropolitan Police Walking Club Annual Dinner and Reunion at a now demolished New Scotland Yard - and mighty entertaining he was. Mike's speaking engagements also included addressing Havering Sports Council and an Ilford AC Annual Dinner & Dance. It was good to see him in his ceremonial role. Mike's Romford Brewery 3K walk saw him and Alex Ross on a Race Walking Record front cover (Issue 561/July '81) - speeding over those Market Place cobbles.



Photo: thehaveringdaily.co.uk/2022/06/27/armed-forces-day-parade-returns-to-romford/

THE VEST OF BRITISH

Those at the World Athletics Championships in Eugene (Oregon) from July 15th-to-24th will wear our new GB athletics kit - we'll not show a picture as you'll see enough of it when the action starts. Commented respected 5-times' Olympian and author **Chris Maddocks**: "As for the new GB championship kit - It's got the Union flag on the front. Hurrah! The kit itself...?#?*# enough said."

NO SHOW 1

Congratulations to **Callum Wilkinson** on being our **only** GB walker making the World Championship team for Oregon. However just as we go to press, news is that he's withdrawn. Let's face it 2022 is a most demanding year for those at the top.

NO SHOW 2

After reporting a field of just 4 finishers at our big National 20K event in Leeds, we're now reporting a cancellation of your Race Walking Association (RWA) National 10 kilometres Championship, scheduled to be held at Leicester on 3 July. This after only 10 entries were received and for 2 undercard younger aged group races, 3 and 2 respectively. Race walking needs athletes turning out in order to make progress.

THAT'S WHY I'M HERE

At June's poorly supported joint London Inter Club Challenge/Enfield League 5,000 metres at the StoneX Stadium (6 men/6 women) one meeting helper was the great Olympian and record breaker Dave Bedford OBE, also prominent for years with the organisation of the London Marathon. Dave was also a guest speaker at an Athletics Reunited Luncheon at "The Mudlark" and also at our memorable 2012 Olympic Tribute Luncheon at the Tower Thistle Hotel, which was so popular we had a wait list for tickets. Dave was asked why he was there as a helper - he replied, "When I was doing well people at meetings were helping me - so I'm now helping others in the same way". So many of our number are now "*ex-race walkers*" so let's see more of them having the same desire as Dave.

DERBY AND MOAN

The 21st Anniversary Moulton Open 5 Miles, held as usual in delightful quiet Suffolk countryside, again offered "traditional" Saturday afternoon race walking on public highways - just like old times! There was a major Veterans/Masters (use whatever term you prefer) Representative fixture at **Derby** which might have attracted a few potential Moulton entrants - mind you one-or-two Moulton starters had considered Derby before heading towards Newmarket. There was a Lancashire WC fixture in the north west, but their catchment area wouldn't have affected Moulton. For several decades race walking fixtures held on "*set in stone*" dates - for instance Moulton was always the first Saturday in June. However, due to circumstances beyond the Organiser's control, both 2021 and 2022 races weren't held on that set date - in the latest case being moved to the second Saturday in June, which may have proved inconvenient for some. Sorry to say some walkers were indisposed or injured and sent apologies to wish the event well. Others said, "*I'll get there if I can*" - none did! A comprehensive 21st Anniversary programme named many officials: Organiser, Judges, Mr Starter, timekeeper, recorders, marshals, refreshment counter helpers, First-Aid attendants totalling 27 - one less than 28 who raced. In addition, others on the programme were listed as "*Friends of Moulton Walks*", so, in effect, more helped stage this race than those donning racing kit. Racing were just 28 (15 men/12 women/1 in the mile race). There was post-race walk speculation how much longer this great event can continue? For years it's been our South's best supported race.

Nevertheless, it was a most pleasant occasion as always. It was a time of celebration as it was a **21st Anniversary** occasion with all present receiving special mementos of the day. Over many years Ron Wallwork and his team earned a great reputation for top quality special awards - this was yet another. The event always books a special person to be race starter - this year it was Level 5 Endurance Coach Mick Graham, a talented race walker over all distances in his heyday. For most it was a first time we'd seen Mick since having 2 heart operations at the world-famous Royal Papworth Hospital. After separately setting off 2 groups (slower and faster ones) he spent our event's duration judging in hot weather, proving he's making progress after treatment. The Women's race thrilled spectators - as the first 3 were ahead of

the second male! We had pleasure in the company of cheerful Moulton resident Centurion C899 Ian Garmston, a co-founder of this event. It was a hot afternoon but an unexpected welcome light breeze eased matters for all.

We'll not publish full results, as we don't want to steal the thunder of "Enfield Walker" and "Race Walking Record" as most of our subscribers read one or other (often both) of these informative publications. Full results are also posted on Enfield Race Walking League's website. On a subject of races declining - the best way to keep them going is by support - none of this "I'll get there if I can" nonsense. A reader has submitted thought provoking views: *Even more worrying are the entire leagues we've lost in the last decade or so because that's 4 to 12 races lost from the calendar in one go. We've lost the Essex, Blackheath, southern track, the Woodford, the Surrey WC, Bexley and probably others I can't think of. That's around 40 to 50 races. What will be left then? And who would officiate them? Given that the officials tend to be a decade or so older than the admittedly elderly walkers.*

Adds Hon Ed: It's a grim situation of continuous decline as more races cease and more walkers exit our scene. So, all credit to your Race Walking Southern Area Committee who are spending much time discussing initiatives and action plans to revive race walking and boost recruitment by newcomers.



Dear Dave ...

LEN DUQUEMIN RIP - FURTHER TRIBUTE

In addition to the obituary for Len Duquemin, he won the Highgate 7mils in 1968, beating me into 2nd place after a great battle in the absence of the top 6 UK walkers, in Mexico preparing for the Olympics. Len and John Moulin were a great addition to Belgrave Harriers and I remember the following year on holiday with family, sheltering from the rain on the Isle of Wight and hearing the dulcet tones of Ray Middleton and family there with Len and his wife. A lovely man and stylish walker.

Alan Buchanan

Adds Hon Ed: The 1-2 times were 54.03 and 54.11. An Essex walker was 3rd in 54.14 - Brian Armstrong, who still race walks today. Len led a Bels team to team glory scoring (in order) Len, John Moulin, Ray Middleton and Carl Lawton. Alan was 2nd in the handicap event, behind L Dick with 3rd prize going to an emerging Steve Gower. 116 finished. Back in 65th place as a 20 year old in his debut Open 7 miles was Hon Ed 65.37, though he knocked 5 minutes off that in both his next Open 7s that season - at Enfield and Imber Court. Highgate's course was difficult with a long steep opening climb. A full result is in Race Walking Record issue No 315 (Dec 1968) which can be found on the Race Walking Record Archives website.

ON THE DOG AND BONE

Please publish my new phone number: 01268-755432.

Peter Marlow

VIEWPOINT OF A RESPECTED INTERNATIONAL

Personally, I find the term "Walking Section" old fashioned and out of date. I cannot see an athletic club having a Triple Jump section for example.

Mark Easton

CHARNWOOD MASTERS RACE REPORT

Well, the evening of Wednesday 8 June was my debut appearance for Charnwood Athletics, doing the W50 2km race walk. Dad was probably having a good old giggle to himself as I made my way to the start line. In the Masters race walking events, everyone starts together and so there were quite a few of us (males and females, many, a lot older than me) on the start line. I haven't raced off a gun for over 40 years - the last time being at Ashton Playing Fields wearing Essex Ladies colours aged 16. Five laps of the track at a much faster race walking pace than I am used to. However, I managed to hold my own and finished in 15.19. Not first but also not last - I had a tussle with an M70 on the final straight, and by the grace of God, my legs helped me stay one meter ahead of him. He said 'you got me' as we crossed the line!! If there

was another lap, he may have got me!!! There were some dubious techniques and a few warnings given (not to me!), but a great introduction and now I am committed to training every Monday evening and another meet in July. Watch this space. If only I could tell Dad all about it!

Hilary McDermott (nee Mockett)

PS No aches this morning and no stiffness ... But now a time to beat. I did lap three or four walkers which was remarkable given that it was only a 5 lap race. As I say ... the techniques of some were entertaining.

WALKER BACK ON THE ROAD

I am back doing my guided walks up in town, and have been grabbed by the forthcoming London Square Open Weekend and the London Festival of Architecture (throughout June) to put on walks for them. Hope all is good with you.

Chris Foster

READERS' NEWS

The Essex Walker - we find it an enjoyable read as well as letting us keep abreast of walking news in the South. You may well know that Marion is currently President of Yorkshire Walking Club as well as being a life member of that Club and North Shields Poly. Marion's name was put forward by The Department for Digital, Culture Media & Sport (for outstanding services and performances to women's race walking) to attend a Queens' Garden Party event just before Covid hit and of course it was

cancelled. We thought that was the end of it but in May, she received another invite and we attended a Garden Party on 25 May 2022. It's taken over 40 years to be recognised but good all the same.



This year is turning out to be a good one as we celebrate our Golden Wedding Anniversary on 9 September as well as attending the Garden Party. We will probably attend the 100-mile Centurion Event in Middlesbrough at some point but another 24hr unbroken stint at the water/sponge station (like we did at Redcar) may be a little too much. We will help out if required, but doing something less exhausting. Hope to see you there.

Peter & Marion Fawkes

SKEGNESS TO HORNCastle

It was big locally for a few years, I think, organised by a bloke who was caretaker at a local school, mainly as a charity and social thing in pre-Moonwalk times but on those lines. It retired when he did. I think the year Karl Atton and I did it was a bit of a one off, not a racewalking fixture in any strict sense.



Cath Duhig

1967 RWA CHAMPION STILL IN THE ACTION

Pleased to inform you that I have been nominated as a Baton Bearer for the Commonwealth Games as it passes through Stratford upon Avon on route to Birmingham. You only run or walk with it for 200 metres so think I can manage that! I am naturally pleased with this honour in recognition of civic and community engagement. A small consolation for not competing in the Games those years ago! Recently completed a 70 mile Platinum Jubilee sponsored cycle ride for our local hospice in the Cotswolds. A demanding challenge in the heat and hilly terrain. One of those hills reminded me of that hill at the beginning of the Highgate 7 mile!

Roy Lodge

Adds Hon Ed: The Reverend Roy Lodge MBE, a former Mayor of Stratford-upon-Avon, is a regular Essex Walker contributor. When racing for a now defunct Royal Sutton Coldfield Walking Club, he won our 1967 RWA National 20 Miles at Swindon -112 started/13 teams with 106 finishing/12

teams. Top 6 were Roy 2:42.43, Don Thompson 2:43.17, Ron Wallwork 2:44.28, Charlie Fogg 2:45.23, Ray Middleton 2:45.52 and Bill Sutherland 2:48.53. Trowbridge AC and Lancashire WC tied for the Team Trophy so it went to the highest positioned 4th scorer - the West Country team's RAF man Bernard "Smudger" Smith was just 8 seconds ahead of northerner Julian Hopkins. Surrey Walking Club had the best placed 8th scorer to win a coveted Nijmegen Shield.

HOT NEWS OF ESSEX SUCCESS

5kms result Finland track World Masters: Dom King 22.10, Dan 23.26, first and second. **George Nibre**

ESSEX WALKER

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

Telephone:



01708-377382



Email

dave_ainsworth@yahoo.co.uk or
essexwalker@btinternet.com

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