

Essex Walker

Editor: Dave Ainsworth

TAKING ONE'S TURN



Our previous edition mentioned 3 walkers of note (Paul Hawkins Chris Hobbs, Roy Lodge) who'd carried the 2022 Queen's Commonwealth Games baton on its tour around England. News is in of another walker who carried the baton - double Olympian and 2010 Commonwealth Games champion Johanna Atkinson (nee Jackson), who took charge of the baton as it went through Redcar.

ON THE DOG AND BONE

The proverbial gremlins got into a previous edition's announcement of Peter Marlow's new telephone number. It should have read **01284-755432**.

IN THE MONEY

A trio of readers are our latest winners in your Race Walking Association 200 Club draw, as Helen Middleton, Arthur Thomson and John Constandinou are now, respectively £25, £15 and a tenner better off. The organiser of the 200 Club is Race Walking Association National & Southern Area Treasurer Mark Easton who makes the following request:



REQUEST FROM YOUR RWA NATIONAL TREASURER

Could you mention the RWA 200 club in the next Essex Walker? It is £12 per number per year payable by standing order on the 1st October. If people need more details, they can contact me by email at rwatreasurer@yahoo.co.uk

Mark Easton

"GET WELL SOON"

We're so sorry to learn that Centurion 798, stalwart Pauline Wilson of Loughton AC - the lady who compiles and publicises all your race walking fixtures - has been admitted to Basildon Hospital. On behalf of all readers we wish her well and hope treatment brings a swift recovery.



PEARL ANNIVERSARY

Moulton-based Centurions Ron Wallwork C893 and Ian Garmston C899, together with their respective wives Joan and Anne, dined at the upmarket 4* Bedford Lodge & Spa in Newmarket town centre to celebrate 30 years since the dynamic duo completed the Leicester 100 Miles' Walk at Hungarton Village on August 1st 1992 in the Lancashire Walking Club's famous colours. Respectively they crossed the finish line in 22:26.07 and 23:16.24. For a 2017 Silver Anniversary, 25 years on from the event, all 4 travelled to the course - drove around it, and then dined in a public house that was passed on each lap.

We've a picture (courtesy of Lancashire Walking Club's website: lancswalkingclub.com/2022/07/05/thirty-years-ago-this-month-ron-and-ian-became-proud-centurions/) showing the hardy duo on a "warm down" the morning after their feat.

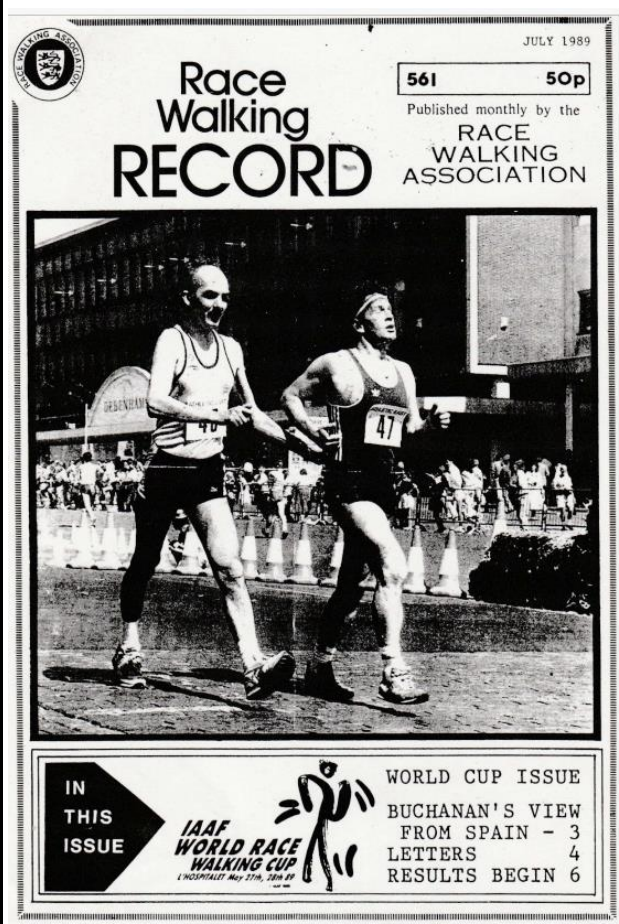


Photograph:

Ian Garmston C899 and Ron Wallwork C893 with wives Anne and Joan, enjoying luncheon at Newmarket's Bedford Lodge Hotel & Spa. This to celebrate a 30th anniversary of Centurions qualification in Leicester's 100 Miles at Hungarton on 31 July/1 August 1992. Both families reside in Moulton Village near Newmarket and both raced as members of Lancashire Walking Club.

BACK IN TIME

A recent edition showed former blind walker Mike Brace CBE, DL, in uniform as Deputy Lieutenant of Havering (the Queen's Representative) on a dais taking a salute at the Borough's annual Armed Forces' Day Parade. It mentioned Mike had race walked in our Essex League, indeed at Romford, making Race



Walking Record's front cover as he sped over the Market Place cobbles with Scottish International Alex Ross (Highgate Harriers/Cambridge Harriers/Metropolitan Police/Centurions) as a guide. At that time Alex was a Chief Inspector based in Romford, and had been involved in arrangements for a town centre joint cycling/athletics meeting to take place on public roads. There were 4 Romford town centre races, the first being 3-and-a-half miles - twice around the town (while a town band played marching tunes in a shopping centre though which we passed) - which included using part of an empty Inner Ring Road hours before a then Secretary of State for Transport Sir Paul Channon PC, MP cut a ribbon to declare it open. The next 3 races were 3000 metres, 5 times around the Market Place. The last race has one of our best race walking pictures ever taken - on page 330 of the Race Walking Association's Centenary Handbook "A Hundred years Afoot" - of competitors in a downpour (also on front cover of Record Issue 584/Jun/91). Other pictures are in Surrey Walking Club's Centenary Handbook "Unbroken Contact" opposite page 100 of Internationals Shaun Lightman and Mark Easton with their cans of free beer - as given to all competitors/officials by sponsoring Romford Brewery Company (whose Brewery is now a shopping centre). One year a conscientious Policeman at the finishing line rightly stepped in to ensure nobody under 18

picked up a can! The brewery provided packs of 24 Castlemaine XXXX (UK brewed) to the men's and women's winners, medals for others and a spot prize Sony Walkman (if you remember that item). Record issue 581 (Mar/91) back cover shows the late Les Barrett C123 racing and Record issue 582 (Apr/91) shows a front cover Mark Easton on route to victory. Record issue 551 (Aug/88) covers the first event, with inside pictures of Francisco breaking the tape and winners Francisco Reis and Mary Worth receiving medals from the sponsor's Head Brewer Martin Smith, who also acted as "Mr Starter" for 3 of our 4 races (a Mayor started the other). Sadly, the Brewery was demolished and is now a Shopping Centre. All 4 races had free entries and saw post event complimentary buffets for competitors/officials, hosted by a Deputy Mayor, in the town's Dolphin Leisure Centre - now also demolished to become an ASDA. Looking back,

two stars deserving high praise are Havering residents Stuart Bennett and Vic Collins as one year they completed a 33 miles Police Barking-to-Southend race in the morning before rushing to Romford in time to line up in our afternoon Market Place event - to highlight their efforts they raced in Barking/Southend numbers! All others raced in numbers provided by "Athletic East". On another occasion John Hedgethorpe got Essex County AA to alter their timetable, so bringing forward our County 3,000 Metres Championship from pm-to-am, so walkers could appear in both. Fields were good and one year, over 50 pounded the Market Place - more than in that year's National 20K! Entrants showed up from all places, the furthest away being Coventry. What a great event - and all buckshee! Races were part of a town centre festival, which local sports protagonist Barry Hearn was prominent in promoting. In 1989 Barry + snooker stars Steve Davis and Tony Meo and Britain's heaviest ever heavyweight boxing champion Gary Mason (who departed in 2011 when his bicycle and a van collided in Wallington) mingled with crowds. The Record front cover shows walkers racing in front of crowds outside Debenham (now a large Asian Superstore).

A DULL SUMMER

Britain's race walking showcase is vanishing. Having had **no** GB walkers in a World Championship meeting where 4 walking races were staged, we then had a low take up of places (4) in the Commonwealth Games Walks from our Home Nations and Crown Dependencies for both walks. In the European Championships at Munich we had 4 selections to fill a possible 12 places. Athletics at the highest levels is our shop window - and, numerically, not much is on show. Selectors omitted a possible 5th race walker in the Men's 35K, as **Dominic King** of Colchester Harriers never received the call - despite being our only British male walker with a qualifying time - which at least meant he had to be considered. Dominic appealed against his non-inclusion, but after a hearing, this was rejected. One hopes Dominic will take some comfort from the fact that a petition "*did-the-rounds*" among supporters and well-wishers, calling for his non-selection to favourably reconsidered.

Commented former International **Ed Shillabeer**, "*Not the first time a race walking star has been snubbed*". Added 5 times Olympian (should have been 6) **Chris Maddocks** BEM, "*Dom deserved better*".

Our "*shop window*" has little in it - and a walker who attracts most publicity for our sport has announced his athletics exit. The London Marathon which sees 1 million route lining spectators + millions of TV viewers, now sees hardly any race walkers showing what we're about (we once had so many competing). One of race walking biggest mistakes was turning down that offer of a Race Walking Section. The RWA Southern Area is looking at ways to re-ignite interest in race walking; once such idea being to showcase our event at general athletics meetings before crowds. This summer Essex County AA had to issue a desperate 11th hour plea for race walkers of any standard to represent their County, when days before a meeting it was realised none had been asked to appear. If we'd had an Essex County Race Walking Representative to take control of such matters, this wouldn't happened - but for a first time in over 50 years, nobody holds this position (it's still open for a volunteer to assist our sport in Essex). South of England Athletic Association (SEAA) came to Essex (Chelmsford) for their annual Championship with walks for Seniors and younger aged groups and both genders. Days before closing date, a combined total of 3 entries had been received from all categories - so another desperate last ditch plea for more names was widely circulated, to try and prevent more walking races being dropped from an athletics programme. Your RWA Southern Area Committee tried hard to publicise this meeting, even offering financial support with entry fees to encourage participation. Across the County what few 3,000 Metres walks remaining in County Championship meetings struggled to reach double-figures, even when all categories were combined. One County - holding its Centenary meeting - saw 1 solitary race walker going around unopposed (again a combined race of all categories) while another County dropped its walking race for a first time - something most other Counties have already done! Our athletics discipline is heading towards a total demise with the main reason currently hastening this downward spiral being the numbers of those "*staying away*". So **please, please, please** all try to support what is still being put on for **you!**

RACE WALKER ON TELEVISION

Channel 5 (8 August 2022) screened "Casualty 24/7: Every Second Counts" which was [Episode 8 in Season 5](#). It was a "fly-on-the-wall" programme looking at a sudden rise in attendances at Barnsley Hospital. Among unfortunates being wheeled-in was Micky, a race walker still in his Nike racing pumps, who suffered a heart attack at 16-and-half-miles while on a training walk. He looked to be a veteran, but there again most in race walking nowadays do. We saw him being given tests, which indeed confirmed he'd suffered a heart attack. His course of treatment included having 2 stents inserted which promoted his recovery. On leaving hospital he was keen to resume race walking. This programme is available on Channel 5 "catch up" until 2024. If any reader saw this programme, did they recognise Micky or know who he is?



Episode 8

As winter hits, the cold weather causes a spike in admissions at Barnsley Hospital.



AVAILABLE UNTIL: 04 OCTOBER 2024

WALKER IN A TOP POSITION

The newly appointed Chair of Hertfordshire County Council is Councillor **Annie Brewster** JP - the same as mentioned in an index and on page 98 of the Race Walking Association's Centenary Handbook "A Hundred Years Afoot".



Cllr Annie Brewster JP
Chairman
Hertfordshire County Council
 County Hall, Pegs Lane, Hertford,
 SG13 8DE

In the 1997 World Masters Championships at Durban Annie clocked 29:17.27 for a bronze medal in the W35-39 category. It was a successful Championships for British athletes as Jill Langford was awarded 3 medals (gold/silver/bronze), silvers were claimed by Doug Fotheringham and Terry Simons with another bronze medal also going to Dave Stevens. Annie came 2nd, at the age of 17, at our UK Championships over 1,500 metres. The good lady belonged to Shaftsbury Barnet Harriers and is recorded on their Club records website as holding age group bests of 10:48.9 for 2,000 metres at Hemel Hempstead track and 17.45 for 3,000 metres at Exeter - this in addition to her 1997 Durban 5,000 metres time. Annie's a long serving Hertfordshire County Councillor representing Harpenden Rural Division. She's a former Mayor of St Albans City and also serves on Luton Airport's Consultative Committee. Husband Paul appears for Harpenden Arrows Running Club and has featured in Run Britain rankings. We thank eagle-eyed former Essex resident and now Hertfordshire based former walker of note Martin Oliver for spotting this connection.

Comments **Cath Duhig**:

"Annie and I kept in touch pretty much until I moved to Spain, at Christmas card level anyway. She was very artistic and her cards were always memorable, as was her very individual handwriting and signature. How fab to have news of her again."

SOUTH OF ENGLAND TRACK CHAMPIONSHIPS/CHELMSFORD

Readers are thanked for their response, which was needed to save an event. This meeting offered 4 Championship races to both genders and different age groups - yet 5 days before its 2 August closing date, only 3 had entered - from the whole of the South of England! This resulted in a major communications exercise to try and contact as many race walkers as possible, with an appeal to submit entries and therefore save the race. It worked, as entries rose to double-figures (10), of whom 9 faced the starter.

Writes your Race Walking Association Southern Area President and Honorary Secretary **Chris Flint**.

"It was a combined event by clubs and coaches, and the SRWA committee, and Essex Walker's front page spread publicising it. It was a reasonable turnout. 9 of the 10 toed the line at Chelmsford and George Wilkinson and Chris Snook quickly moved away from the pack, with Chris walking very smoothly to finish in 21.44 (not confirmed). There were a couple of DQs. Grazia was unable to appear due to her father's illness in Italy. All participants were very grateful for the SRWA's financial contributions to offset some of the entry expense."

FRANK HEANEY RIP

Message from **Ernie Forsyth**:

Former member, Ilford AC President, athlete and auditor Frank Heaney sadly passed away on 15 August. Frank was a great Ilford AC stalwart and had a lasting influence on anybody who ever knew him. He was a great friend and supporter of Ilford AC as well as being a larger than life personality. Our deepest condolences go to his wife Doreen and their family. Frank will be missed by us all.

Adds Hon Ed: Loughton resident Frank was 1978/79 Ilford AC President, following Brian Armstrong and succeeded by Roy Gill. He served as Club Chairman from 1988-to-1996 and served as a diligent auditor. He was an enthusiastic supporter of the Club's Walking section. He could often be seen at Ilford's main promotions, a Christmas 10K at Chigwell Row and a Summer 10K around the perimeter of the town's South Park. He was a truly genial man. **DA**

STUART ELMS RIP

I have just heard that Stuart Elms has passed away with Dementia and Cancer. I recruited him to Brighton after seeing him in the annual Southdown Ditchling to Brighton walk and he did very well gaining international honours. We did not see eye to eye on certain matters and he 'defected' to Steyning where we always enjoyed a good inter club relationship. **Alan Buchanan**

STUART ELMS - OFFICIAL RECORD

Stuart George ELMS (born 30 April 1946 Worthing) has died at the age of 76. With one international for Britain, in 1976 at 35k walk, he had walk PBs of: 1M 6:33:35 (1978), 3000m 12:46.2 (1976), 5000m 22:15.0 (1976), 10000m 45:35.0 (1976), 20k 1:32:48 (1977), 50k 4:17:52 (1976). He competed for Brighton & Hove and later Steyning.

Provided by Peter Matthews: Editor of Athletics International & International Athletics Annual.

Tributes to Stuart Elms RIP

- Very sorry to hear (about Stuart). Yes ... had many a battle with Stuart in 70s and 80s especially over the popular but testing Brighton to Steyning 20k race (they do not make courses to match that one now!). He produced some fine performances sorry to learn he had been so ill. Condolences to his family. **Peter Selby**
- Really sad, he was a good race walker and an International. **Peter Marlow**
- Very sad news indeed! I remember him well in his proud GB vest and think it may well have been at Hove Park, Brighton as well as at many Steyning walks. May he rest in peace. Sincere condolence. **Bill Sutherland**
- I am very sad to hear about the death of Stuart, he was one of the first walkers I met when I came to the UK in 1977. In my early days there we did a lot of Sunday long walks together, usually accompanied by Shaun Lightman and sometimes Dennis Holly. I remember travelling up from Brighton and hooking up with those guys in Croydon, usually at Shaun's place. Although I haven't talked to Stuart for so many years now, I am nevertheless saddened to hear of a very tough little racewalker's death, a club mate, and a training partner from all those years ago. Please would you pass my condolences on to his partner. I will not send a card as I know it will take ages to get there. **Mike Parker** (from Down Under.)
- Back In the 70's I used to help by judging the annual Southdown Bus Company's walking race from Ditchling to Brighton and used it to recruit and coach for Brighton and Hove AC. Stuart was a natural with a fairly aggressive technique and all he needed was more training. He quickly

overtook me and became top Sussex Walker until the arrival of Mike Parker from New Zealand. Help from Charlie Fogg and an increased work rate saw him progress to the highest domestic level with a 35k international selection and an impressive list of personal bests at a time when we had a very strong team in Brighton with Mike Parker, John Lees, Dave Boxall and Denis Holly. Stuart finished his walking days with our friends and rivals Steyning AC where Tony Geal was a good training partner and enjoyed a better social time than we provided at Brighton. He was a leading member of CAMRA in Worthing and ran a boys' football club when son Nick was young. He will be missed by partner Pat Lee and his family, as well as his friends in the walking world. **Alan Buchanan**

FIXTURES

SEPT	4	Eastern Masters League Final 2,000m	Bedford	TBA
	17	English Schools AA Championships	Bedford	TBA
	17	Enfield League 5 Miles incl "opt-out" distances	Donkey Lane	11.00 am
	28	Ryan Cup 10K Representative Match (+ Police/Civil Championships)	Birmingham (Cannon Hill Park)	1.30 pm
OCT	1	VAC/Sy/Middx/Herts/Sx/SWC 10,000m Championships	Coulsdon Track	1.00 pm
	1	One Mile Development Walk	Coulsdon Track	12.30 pm
	8	Jack Fitzgerald Memorial Races 3 & 6 Miles	Tilgate Park	TBA
	15	Enfield League 5 Miles incl "opt-out" distances	Donkey Lane	11.00 am
NOV	12	95 th Enfield Open 7 Miles (free entry) incl "opt-out" distances + VAC 7 Champs	Donkey Lane	11.00 am
	19	SWC Open Xmas Cup: 1, 2, 3 & 5K (incl YAG) 'A' race	Tonbridge	11.00 am

A series of training walks organised by Steve Kemp, to assist in building up to the Middlesborough 100 Miles, were held from Belfairs Park, Leigh-on-Sea. As these proved popular, they'll be continued. Contact Steve Kemp for details on: 07860 617899.

COMMONWEALTH GAMES 10,000 Metres RESULTS/BIRMINGHAM

As with World and European Championships, we'll not give full/detailed results, as they've already been made widely available.

Men's: 1. **Evan Dunfee** Canada 38.36, 4. **Callum Wilkinson** Eng 39.06, 7. **Tom Bosworth** Eng 40.58. 10 started/9 finished/1 DQ (Quentin Rew NZ)

Note: Evan Dunfee was the Tokyo Olympic 50K bronze medallist in 3:50.59.

Women's: 1. **Jemima Montag** Australia 42.34, 5. **Heather Lewis** Wales 45.09. 6. **Bethan Davies** Wales 45.45. 8 started and finished.

We've only published the main items of interest. Callum excelled by finishing just one second down on his personal best, having led at one stage. Tom had a standing ovation as he raced down the Alexander Stadium home straight for a final time, and shortly afterwards had his contribution of British walking fully discussed by a presenter and all 3 "pundits" in a BBC studio. Also, soon afterwards Tom scratched his name from the European Championship 20K entry list, so making his 3,000 metres race on Tonbridge track (August Bank Holiday Monday) the last of an eventful career.

COMMENTATOR'S WISDOM

"Essex Walker" had quite a few comments of deserved praise for Geoff Wightman, who *called* the Commonwealth Games 10,000m. However not so the case for European walks, which were called on

BBC iPlayer by Olympian runners Tom Hutchings and Hannah England. However, the latter deserves praise, for when commentating on the Women's 35K in Munich, she explained the *ins-and-outs* of a decision to cease racing 50 kilometres and replace it by a lesser 35K distance. She told viewers this new 35K distance was so close to our established 20K distance, it had already caused "issues", and explained what they were. Come the Women's 20K a few days' later Hannah referred to a debate she'd opened-up during her previous commentary and briefly this time, added a couple of more comments. In the 20K she passed comment before the leading pack had reached halfway - but was proved right when the same 38 years' old Greek lady who'd convincingly won over 35K, repeated her feat in the lesser distance race. Of course, in the World Championships in Eugene, Oregon, a Peruvian lady triumphed at both these now accepted 'different' major Games' distances. As Hannah stated, there are "issues". The double European victoress works full-time in her family's restaurant business, and was back at work on the Monday after her racing - most in contention were "full-timers".

RESULTS of the KEN MUNRO MIDDLESBROUGH 100 MILES 20/21 August, Middlesbrough Sports Village

The race was exceptionally well covered as continuous chip timings/position were available all competitors following each circuit completed. For those wishing to analyse the event, they can still be read at: arrowliveresults.com/TheMiddlesbrough100milechallenge. We also had "live" pictures throughout, transmitted on the Centurions 1911 Facebook page. These are still available to watch as are many "still" pictures from a great event. Just visit the "[Centurions 1911" Facebook page](#)". Congratulations to all who competed the course, and also to those who gave it their best shot, but weren't successful on this occasion. Thanks to all officials, helpers and supporters. From the moment the local Mayor set the file on their way to breaking the tape, we witnessed a truly brilliant performance from Ashford AC's Jonathan Hobbs - son of our Race Walking Association President. Well done, Jonathan!

The Middlesbrough 100 mile Challenge

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JONATHAN HOBBS (ASHFORD AC)		M: 1	WALKER	221	18:44:32	06:59	8.6kph	Overall Male Runner: 1
2	PETER ASSELMAN (LEBBEKE)		M: 2	WALKER	212	19:57:43	07:26	8.1kph	Overall Male Runner: 2
3	DIEDERIK VAN NIEUWENHOVE (EVERB)		M: 3	WALKER	246	20:18:47	07:34	7.9kph	Overall Male Runner: 3
4	KIM JANSSENS (POMP)		M: 4	WALKER	224	21:45:14	08:06	7.4kph	Overall Male Runner: 4
5	ANDREW TITLEY (I.O.M.V.A.C.)		M: 5	WALKER	242	21:45:14	08:06	7.4kph	Overall Male Runner: 5
6	FRANK VAN DER GULIK (RWV)		M: 6	WALKER	244	22:16:30	08:18	7.2kph	Overall Male Runner: 6
7	SHARON SCHOLZ (UNA)		F: 1	WALKER	237	22:42:43	08:28	7.1kph	Overall Female Runner: 1
8	JUSTIN SCHOLZ (UK CENT)		M: 7	WALKER	236	22:42:43	08:28	7.1kph	Overall Male Runner: 7
9	GUNTER LUYPAERTS (DE STROB)		M: 8	WALKER	228	22:44:33	08:28	7.1kph	Overall Male Runner: 8
10	HAZEL FAIRHURST (UNA)		F: 2	WALKER	217	22:50:28	08:30	7.0kph	Overall Female Runner: 2
11	JOHAN STESMANS (UNA)		M: 9	WALKER	240	22:54:55	08:32	7.0kph	Overall Male Runner: 9
12	JANTINUS MEINTS (RWV)		M: 10	WALKER	231	23:19:38	08:41	6.9kph	Overall Male Runner: 10
13	FRANS LEIJTENS (RWV)		M: 11	WALKER	226	23:22:45	08:42	6.9kph	Overall Male Runner: 11
14	ADRIAN EDWARDS (LWC)		M: 12	WALKER	216	23:29:28	08:45	6.9kph	Overall Male Runner: 12
15	BOETJE HULISELAN (OLAT)		M: 13	WALKER	222	23:34:39	08:47	6.8kph	Overall Male Runner: 13
16	JACQUELINE VAN DRONGELEN (RWV)		F: 3	WALKER	245	23:35:38	08:47	6.8kph	Overall Female Runner: 3
17	RICHARD MCCHESENEY (UNA)		M: 14	WALKER	230	23:45:21	08:51	6.8kph	Overall Male Runner: 14

SOUTHEND CITY MILE: Garon Park Track - 29 August 2022 - 'B' Race

1	Dan King	7:01.4	10	Keith Palmer	10:27.3
2	Emma Dyos	8:48.7 PB (***)	11	Steve Allen	10:58.2
3	Colin Harle	9:15.4 PB	12	Floriane King	11:28.0
4	John Arthur	9:17.0 PB	13	Maxime King	11:48.4
5	Linda Mountford	9:27.9 PB	14	Alan O'Rawe	12:01.9
6	Rachel Lawless	9:32.6 PB	15	Dave Ainsworth	13:29.4
7	Simon Morgan	9:39.6 SB	16	Val Mountford	13:50.7
8	John Borgars	10:15.1	17	Shaheda Arthur	16:15.8
9	Lesley Morris	10:18.0	*** Women's Track record		

17 walkers started in perfect conditions. George Woods Memorial Trophy (*1st Essex resident Centurion*): **Dan King**. Garon Park has a track record board in its Club Room, and **Emma Dyos** replaced Melanie Peddle (Loughton AC) from that board.

- Judges: Mark Culshaw (Chief), Peter Cassidy and Southend President Ray Pearce
- Commentator: June Cork
- Main photographer: Brian Boggenpoel

Photograph of some Ilford AC members after racing: L-to-R: Lesley Morris, John Arthur, Emma Dyos, Rachel Lawless, Dave Ainsworth and Shaheda Arthur.

In background: Brian Boggenpoel (between Lesley and John) and Peter Cassidy (right of Shaheda).



Again, a well-supported race (best since this event first appeared on our calendar was 23). Thanks to host Club's June Cork and Keith Palmer for their enthusiastic input. This saw race walking before a large crowd, as this all-day event attracted nearly 400 entries, with many parents and guardians trackside. International Dan King's class saw him lead from gun-to-tape and also drew applause from a crowd, who knew how to show appreciation for such an emphatic winner. Dan King's children made race walking debuts - so their names may be ones to look out for in future times. With both genders and various age groups, all competitors' efforts were rewarded by medals - which reflected the host Club's change of name to "**City of Southend AC**".

Note: Also starting at 10.30am was the annual Barking Park 5K run, with a large field - and for a third successive time, our double-Olympian race walker **Neringa Masilioniene** was a clear winner in 18 minutes and 28 seconds.

SOUTHEND CITY MILE - PRAISE

- Nice to see you and a few other faces today. **Andy O'Rawe**
- Great to see you in shorts again after Gravesend. **Ed Shillabeer**
- I was delighted to see a good turnout at Garon Park. **Ron Wallwork**
- Always a pleasure to see you, June and the others. Race walkers are a friendly bunch. I was very impressed by the kids' performances, especially Maxime who is 2.5 years younger than his sister. I think Maxime enjoyed the race, he's still wearing his numbers and doesn't want to take them off 😊. Thanks again for all you do in promoting the sport. **Daniel King**

- I hope a good time was had by all. **Olly Flynn**

LICC/ENFIELD LEAGUE at STONEX STADIUM 28 AUGUST 2022

1	Steve Uttley V65	Ilford	30:32.57
2	John Arthur V60	Ilford	30:58.60
3	Colin Harle V60	BH/Eastern Masters	31:04.32
4	John Borgars V75	Herts Phoenix/Loughton/Eastern Masters	32:46.74
5	Amalia Cristina Silva V55	BH	33:20.77 PB
6	Fiona Bishop V60	Woking/AFD	33:31.28 SB
7	Paul Firmage V65	Ryston Runners	40:41.65 PB
8	Sonia Campbell V50	Veterans AC	43:42.27 SB

Result of 3,000m track walk:

1	Shaheda Arthur 60	Ilford	30:08.32 PB
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ILFORD GIVE 'EM THE OLD 1-2

Ilford walkers achieved a 1-2 finish in Sunday afternoon's London Inter-Club Challenge meeting at the StoneX Stadium, home of Saracens Rugby Club, where the Club's John Arthur and Belgrave Harrier Colin Harle, the reigning British Police champion, strode to the front from the "off" being trailed by Steve Uttley some 15 metres in arrears. Steve Uttley gradually closed the gap and hit the front shortly before halfway in the 5,000 metres race. He extended his lead to 30 metres by the finish line which he crossed in 30 minutes and 32 seconds. Most interest was shown in a tight battle for remaining frame positions, as John Arthur edged ahead of Colin Harle to claim 2nd and 3rd positions respectively, clocking 30:58 and 31:04. In a concurrently held 3,000 metres walk, Shaheda Arthur clocked 30:08, so gaining valuable team points for Ilford AC.

Picture: Action approaching halfway as eventual winner Steve Uttley (162) trails race leaders John Arthur (159) and Colin Harle (157). Photograph courtesy of Ron Wallwork.

AT THE DOUBLE

After Ilford's in-form John Arthur's fine Mile Walk performance, he extended his Garon Park morning activity by entering a Masters' 800 metres run - and earned a bronze medal. Later he gained silver in the V60 400 metres. *Well done Sir.*



Dear Dave ...

KEEP ON WALKING

Congratulations to Centurion 332 Chris Bolton on his exploits at Nijmegen this year, and all congratulations to him on his 19th completion.

[Chris Bolton's 19th Nijmegen – he was only there for the beer! | Lancashire Walking Club : Health The First Wealth \(lancswalkingclub.com\)](https://www.lancswalkingclub.com)

My 25th completion didn't get quite the same international coverage but my team were very generous in their gifts and presented me with a green sash worn on the last day with 25 completions plastered

over it. I did the 50 km each day without any adverse problem. I had no idea one could walk a lesser distance! My first Nijmegen was in 1967. Just for info, and comparison.

Chris Flint

WRITES CENTURION 476 ARTHUR GUTTERIDGE BEM

I have lived in Cornwall for over 32 years and although I no longer do any sport due to 'Anno Domini' I frequently talk with my two brothers about old times. Now 81 years of age and can still remember the 1971 '100' at Ewhurst as if it was yesterday. So many old compatriots have gone to new pastures but memories of Don Thompson, Harold Whitlock, and of course Laurie Warricker and Tom Misson at Met WC still remain. Saddest moment of all was when Dave King lost his life on the Brighton Road, a great guy from Belgrave Harriers if memory serves me correct. In fact, that day I was running in the SLH 30. From time to time I look at the Centurions website.

Arthur Gutteridge

KATHY CRILLEY's NIJMEGEN COMMENTS

As a participant for many years (22nd this year - despite a few absent years) I am fascinated to learn that the RWA actually fielded a team for Nijmegen many years ago. That is news to me! Both Chris Flint and myself (Centurions) have participated as members of the Met Police team and indeed it was the 25th participation for Chris this year. Dave Hoben of Surrey Walking Club is also a regular participant. Pete Addison (Centurion) still participates although sadly he dropped out this due to injury year (but went on to do support with the team!). And there are so many more - English, Dutch, Australian ... all race walkers who rise to the challenge. Maybe we should have a "roll of honour" of race walkers who actually do this event. There are many of us.

Kathy Crilley C933 (Surrey Walking Club)

CHRIS BOLTON REMEMBERED

I remember Chris very well as Jean and I visited him, and he and I did the Flers 5hrs race one time. Very pleasing to see he did his 19th Nijmegen March – especially as he was obviously suffering and just happy to get through – but then states he will be doing his 20th! Hope life is being very good to you and sincere thanks for all the work you continue to do for the sport.

Steve King

Adds Hon Ed: It's always nice to hear from Steve again.

WRITES AN ALL-TIME GREAT

I wish Pauline Wilson a speedy recovery and all very best to Pauline and Peter. Richard and I will be sorry to miss Middlesbrough and have sent best wishes to all. We've done a couple of long ones the past 2 weekends, a walk-through of the new St James Way from Reading to Southampton, and then [last weekend] Vicky and I did the Gloucester track 24h in tropical conditions. Distances were down but we both stayed on the track and finished the race, well-pleased with what we'd done and with our "girls' weekend" together. In early September Richard and I are off to Hungary for a 6-day race there.



Sandra Brown C735

MEMORIES

The arrival of our long-distance scene into Middlesbrough has ignited memories for 1989 100 Miles victor Ed Shillabeer who recalls: "Married a 'Boro lass. Ran Redcar "10" (tarmac was melting in about 1961/2) in 59 something while at Bristol University and up there courting!! Gave walking "a go" in 1972 and never looked back!"

Ed Shillabeer

ALEXANDER STADIUM APPRECIATION

Kay and I were fortunate to have tickets for the Commonwealth 10K racewalk and saw Callum Wilkinson in action. A very commendable performance so close to a medal.

Steve Kemp

COMMONWEALTH WALKS' COMMENTATOR GEOFF WIGHTMAN PRAISED

The commentator was a lovely man, full of stories, and very professional. But passing himself off as a parent that got roped in at school sports day for his small child, and has been repeatedly asked to commentate for years since, not really knowing why they keep asking him!

John Constandinou

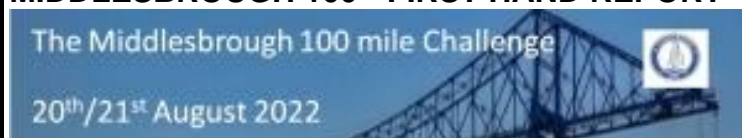
Adds Hon Ed: Geoff commented (on reading the Essex Walker) "that's a good read" 😊.

WRITES A FORMER CENTURIONS SECRETARY

Very disappointed for those who failed to succeed in the Ken Munro Centurion Event as we read the finishing results. Not really surprised in a way as the UK racing calendar at distance has fallen apart in recent years greatly reducing the past number of build-up preparation races. Saying that against the odds Jonathan HOBBS produced a brilliant even paced performance that needs to be the benchmark for others to follow. I hope you will give him and his main supporter his father, Chris Hobbs, front page publicity in the next Essex Walker as in these difficult times they certainly deserve it. As the Centurions look towards the future each and every participant and organiser present ought to be completing a questionnaire as a debrief on Middlesbrough 2022 and ideas for the future. Finally, many congratulations to Sue Clements and Chris Flint and many others in organising the first Centurion event in the UK since the pandemic. It must have been a very difficult task with countless months of preparation and patience when waiting for the great race day to arrive! All the Best to everyone involved!

Bill Sutherland

Adds Hon Ed: The race was named in honour of another former Centurions' Honorary Secretary **Ken Munro** of Cambridge Harriers, who also served as their Merchandising Officer. Ken, who'd resided at nearby Cramlington, was a giant in race walking administration and "behind the scenes" work for our benefit. Ken was an esteemed Race Walking Association Life Member. He joined The Centurions as member 370 in the Metropolitan Police 100 Miles' Walk at Chigwell in 1965 when clocking 20:59.55 over 10 testing circuits.

MIDDLESBROUGH 100 - FIRST HAND REPORT

The entry list was pleasing (39) and on the face of it 17 finishers achieving the 100 within 24hrs may seem a little low. However, having witnessed the weather first hand I think 17 successful finishers

was outstanding. The race started in very heavy winds which persisted throughout and the "Monsoon" which hit during the dark hours had to be seen to be believed. Feeding tables being upturned, tents almost impossible to erect (in fact several attempts to put one up for Chris Flint failed miserably in spite of several helpers trying for almost an hour). The walkers tackled the wind admirably but then the torrential rain came in wave after wave making it almost impossible to even see the walkers. It was like watching through a shower curtain! I think it was during this spell that a lot of the walkers suffered too much both from the soaking and blisters. Hence the gradual retirement of competitors during the night. In spite of the horrendous conditions, I think all walkers (finishers and retirees alike) deserve the utmost praise for their resilience. Having said this, the officials and support helpers also deserve praise. A special mention must be given to 90-year-old Eric Horwill and 80+ old (I think) Glyn Jones who attended throughout the whole 24 hours. A monumental effort indeed.

Marion and I were honoured to also witness one of the bravest efforts we have ever seen in Adrian Edwards. He was obviously in great pain with a terrible blister as well as being utterly exhausted with upward of 15 miles still to go. I still don't know how he lasted the distance but he did and achieved his Centurion Badge. I can't remember what the shield he won for his effort was called but he received it with pride even though he could hardly stand. My hat off to a Lancashire Walker from two Yorkshire members.

Peter Fawkes

WRITES THE CENTURIONS HON SECRETARY

The wind must have been 25-35 knots and buffeted all walkers and took the stuffing out of many, and then followed the torrential rain you rightly say was so heavy it became difficult to see the roadway covered in places with deep puddles. I called it a day after getting drenched and very cold. Peter Fawkes referred to the difficulty trying to get my tent up. You won't believe it but on my return home this evening I checked the support poles which were all the bag and had it up in five minutes! Just shows that the minimum time we had to prepare was not enough. Many thanks to you and Marion, Roy, Dave and Pat, and Phil for all their efforts. As it happens it would have probably blown away.

What a wonderful walk by Jonathan Hobbs and, as Bill Sutherland says, it is a benchmark for solid ultra-distance walking, and Adrian, Hazel and Martin of Lancashire WC were truly exceptional and deserve the accolade of heroic. For his performance Adrian was awarded the Ken Smith Memorial Trophy. It's awarded on the unanimous agreement of the judges and referee for the most meritorious performance. Adrian is a most deserving recipient. Well done to Lancashire WC. I have nothing but admiration for Jonathan's determination who took control of the race from the start, and his time of 18.44.32 stands up well against previous strong winners. Many congratulations on becoming Centurion 1212.

Chris Flint C949

DISTANCE DEBATE

As I understand it, the 10km walk on the track was well received at the Commonwealth Games, there also being some concern that the 20km and 35km distances are too close to reveal a distinct physiological difference among the athletes where they choose to compete in both. Looking to the future I wonder if 10km and 35km should become the norm for major competitions. Having said that, with pressure on track and TV time, and to make the physiological requirements even more varied, perhaps 5km would be even better, ie 5km and 35km?

Stephen Cartwright

WRITES A PROUD RWA PRESIDENT

I've judged at several Centurion events and have enormous respect for those who qualified. I can see why Jonathan had qualifying as one of his lifetime goals. Checking Met records show there was 50mm of rain last Saturday/Sunday in Middlesbrough which is approximately an average rainfall for one month there. And the wind didn't help. Checking the Garmin monitor of Jonathan C1212 reveals his pulse rose by 20-25 beats per min over his average for the whole race during those three hours of wind and rain before going back to racing pace. Yes, it was tough. But then it's tough to become a Centurion ... apparently.

Chris Hobbs

TOM BOSWORTH BOWS OUT

I was going to thank you for the heads up about this afternoon's 75th Anniversary meet at Tonbridge and John and I duly attended [in fact we are sitting under the trees just above Tom's head in the photo]. Thoroughly enjoyable afternoon and we also met up with Peter Selby who of course was involved in Tom's early career.

John Lees and Liz Costa

Adds Hon Ed: Readers can view Tom's retirement as it made it to the online BBC News website. [Tom Bosworth: British racewalker completes final event in Tonbridge](#)

BELFAIRS TRAINING WALKS

We are continuing, so a plug would be welcomed. These training walks can be used as a stepping stone towards a 12-hour event, the Isle of Man Parish walk, or my target for next year, Nijmegen.

Steve Kemp

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