

Essex Walker

Editor: Dave Ainsworth

FORMER TOP WALKER NOW A RADIO PRESENTER

Paul Warburton raced for Belgrave Harriers and was an enthusiastic 2nd claimer at Southend-on-Sea AC (as then called). He writes: I would be grateful if you would forward to all and sundry: the more listeners the better!

Hidden Gold with Paul Warburton

Wednesdays at 7pm



[Hidden Gold with Paul Warburton | Coast FM](#)

Hidden Gold goes out between 7-8pm each Wednesday, and as you can listen online it would be great if you would click on for a few minutes (www.coastfm.co.uk/player) I play great songs from any era that weren't (but should have been) UK top 40 hits. I also do a sports show on a Friday morning, but as that's for round here, I doubt Essex Walker world will be interested! If you email me at paulwarburton@coastfm.co.uk - I'll play any suggestion, you may have!

Paul Warburton

HOW DO ULTRA-LONG DISTANCE WALKERS PREPARE?

Writes Middlesbrough 100 miles' competitor, Birchfield Harrier **John Constandinou**, your Race Walking Association Press & Publicity Officer: *"I walked 8 miles along the River Thames at Henley at lunchtime in a heatwave, wearing two layers. Hot but not troublesome to me. I'm working at Henley Festival, and had to clean up before and after Sir Tom Jones's amazing performance last night. On my feet walking 10 hours a day."* Another hardy Middlesbrough 100 competitor, Ilford AC's **Kevin Marshall**, walked the scenic "Coast-to-Coast" route from St Bees (Cumbria) to Robin Hood Bay (North Yorkshire). It's 197 miles/318km and was instituted by legendary Alfred Wainwright. It's customary to dip one's walking boots in the water at each end of this walk - which is to become a National Trail with £5.6 million to be spent on upgrade work by a 2025 completion. A decade or so ago The Centurions promoted a social walk along the length of nearby Hadrian's Wall, to get distance work in, before a 100 miles' event.

TELEVISION WALKER IDENTIFIED

Our previous edition gave details of a one-hour Channel 5 *"fly-on-the-wall"* documentary about an overworked A&E Department at Barnsley Hospital which featured an octogenarian race walker - Mick - who was brought in after suffering a heart attack while training. We saw Mick being treated - he needed 2 stents and it was stated he hoped to return to race walking. Essex Walker gave a direct link to the show's availability on Channel 5's *"catch-up"* service. This programme was "Casualty 24/7 Every Second Counts" - [Episode 8 in Season 5](#). Sheffield-based Olympian **Brian Adams**, of Leicester Walking Club fame, has identified the patient for us and writes, *"Mick octogenarian walker from Barnsley is Mick Barker who won the Sheffield Star Walk in 1964 and joined Sheffield United Harriers. He joined us for a short time in January 2019. In 2018 he won the British Masters M75 10,000m and 5km Champs and finished 4th in the World 5,000m champs ... with a broken arm!"*

A VISIT MAYBE ON THE CARDS?

Writes Liz, daughter of recently departed respected Highgate Harrier John Northcott MBE: *"One day when we are back in England I think we should go and visit the Highgate Harriers Athletic Club."*

RONNIE RUNS OUT OF PUFF

Ace snooker player Ronnie ("The Rocket") Sullivan, now 46, runs on road and cross-country with regularity for Woodford Green with Essex Ladies AC (as now called). He often trains around Hainault Forest and has used Ilford's Winter HQ training room. In a recent interview he said running was so good, it ticked every box. He added, *"If I was to stop running I'd be smoking 15, 20 a day. When I run I don't smoke and I eat healthier"*. Pity he didn't take up race walking!

WORDS OF WISDOM - from Brigitte Nielsen

- "If you don't like what you look at, look the other way."
- "If you are searching for the one person that would change your life, take a look in the mirror."

HOW ABOUT "ZOOMING"

Your RWA Southern Area Committee have decided to hold future AGMs and Committee meetings on "Zoom". This means Officers and Committee members now won't need night time journeys into central London for "face-to-face" meetings. Perhaps this might encourage more readers to possibly offer their services to keep our sport going, and increase its profile, in the South of England? The Committee are always looking for "new blood" so how about giving it some thought? Their AGM is on "Zoom" on Monday 14 November at 7.15pm. At 6.30pm a Committee meeting precedes your AGM, at which AGM attenders are invited to observe, as has been the case for decades. Nearer the date, "Zoom" access details will be made known. All your Clubs are to be sent an agenda plus access details, for circulation to **all** members.

FIXTURES

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 1 Hour (+ Essex 10,000m Championships)	Donkey Lane	11.00 am
	29	Steyping 10K Road ('B' race on quiet roads)	Steyping	2.30 pm
NOV	12	95 th Enfield Open 7 Miles + "opt-outs" (free entry) + VAC 7 Champs	Donkey Lane	10.30 am
	14	Race Walking Association (Southern Area) AGM	"Zoom"	7.15 pm
	19	SWC Open Xmas Cup: 1, 2, 3 & 5K (incl YAG) 'A' race	Tonbridge	11.00 am
	23	Ilford AC Annual Curry Night	Romford (<i>Bekash Tandoori</i>)	7.45 pm
DEC	10	Steyping 5,000m Track ('A' & 'B') - provisional	Broadbridge Heath	TBA
	17	Lewes AC 1K & 2K (development), 3K/5K. Enter on day (all welcome).	Lewes Track	1.00 pm
	26	Southend Pier 2 Miles (out and back)	Southend Seafront	10.00 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.

GET WELL SOON

Peter - eldest of the East Dulwich-based Watts' brothers' trio - has suffered a bad stroke. We all wish him well. He never got involved in race walking though has been occasionally seen at ultra-distance races cheering on legends Bob and Ken. As for Bob and Ken, they've been off the scene for a while now, as both are suffering prolonged ill health. We wish all three a return to better health.

TIM THOROGOOD RIP

Notification from **Carl Lawton**: (Tim Thorogood) came from the John Bromley stable at Hendon as did many others and was quite a good junior, I do not know whether he progressed into the Met Police and have no further information apart from the fact that his wife resides in Claygate.

Adds Hon Ed: Tim belonged to Belgrave Harriers, having entered race walking with a Metropolitan Police Cadets' squad, who under John's ever enthusiastic leadership, appeared at many races - particularly midweek ones - such as at hilly Blackheath Park 9K yacht handicaps. Condolence is expressed to his wife and family.

- **George Nibre** noted: "Sad news. I knew Tim from the cadets."

LET'S BE HAVING YOU

Ever since its 1981 arrival on our sporting scene London Marathons have provided many opportunities for race walkers to showcase our chosen athletics discipline before over a million spectators who line the route from Blackheath/Greenwich Park - and millions of television viewers. Our numbers in this event have been considerable, but over the years have dwindled as numbers of race walking activists have sadly nosedived. But even among those we have, in recent times, a proportion of our walkers even applying has dropped alarmingly. **So please consider giving it a go if you're up for a 26.2 miles/42 kms challenge.** The 2023 TCS London Marathon is scheduled for Sunday 23 April. A ballot for places opens on 1 October. For a first time organisers are offering a "non-binary" gender option. Entrants are offered 3 gender options: male, female and non-binary. Race boss High Brasher said, *"This is a significant step forward for the TCS London Marathon as we continue our journey to make our event truly inclusive."*

You'll notice a new sponsor for this year's race on Sunday 2 October - Indian based consultancy Company Tata Consultancy Services (TCS). They're the latest, following in the footsteps of (in order): Gillette, Mars, ADT, Nutra-Sweet, Flora and Virgin Money. Come on walkers, "Roll Up, Roll Up".



CLASS OF 2022



Those to be inducted into the "**England Athletics Hall-of-Fame**" this year are, in alphabetical order: **Keith Connor** (triple jump), **Sophie Hitchon** (hammer), **Percy Hodge** (1920 Olympic steeplechase gold medallist), **John Isaacs** (leading sprint coach), **Dean Macey** (Canvey Island decathlete), **Howard Payne** (hammer) and **Steve Smith** (high jump). Among other awards are: Club-of-the-Year (Wirral AC), Officiating newcomer (Luke Finch/Woodford Green), and Services to Athletics (Les Barrett/Leamington).

Presentations are to be held at the upmarket Birmingham Hilton Metropole Hotel on Saturday 15 October. Tickets are on sale until 9 October costing £60 + £4.32 booking fee individual/tables of 10 for £540 + £34.22 booking fee. Dress code is lounge suits and evening wear. Booking details are on the [England Athletics website](#). Let's see walkers in the "Class of 2023".

NB: Guernsey-born Mr Hodge is to be inducted posthumously, as he parted company with us at Bexhill-on-sea in 1967, aged 77. In those 1920 Olympics he won the 3,000m steeplechase in 10:00:40, way ahead of the 2nd placer.

HONOURS AT RYAN CUP MEETING (28 September 2022)

Iford's Steve Uttley finished 2nd in the Civil Service Walking Championships held in Birmingham's Cannon Hill Park Birmingham on Wednesday over 10 kilometres while Stuart Bennett finished 3rd in the British Police Championship which was held in conjunction. On an undulating 6 laps' road circuit within the park Steve completed the 1st lap in 7th spot while watching the leading group. As the leading group began to move away led by Welsh-based walker Martin Slevin, Steve moved into 3rd place to cover the break. Towards the end of the second lap Steve moved past 3rd placed Jonathan Moon to give chase to a leader who was beginning to break away. While holding the leader to a 30-or-40 metres gap Steve realised, with his current fitness, that he wouldn't be able to catch the leader unless he faded. Martin actually got stronger over the last couple of miles to win by a clear margin in 57 minutes and 56 seconds with Steve over 3-and-a-half minutes down in 61.46. Former Iford 2nd claim member John Llewellyn finished 7th (66.08) in the Civil Service Championship - it being his first appearance in a long time. Meanwhile in the Police event Iford's Stuart Bennett finished a commendable 3rd in 67.40 despite being able to accomplish little training in the last few months owing to a persistent back injury. Stuart, with Belgrave's Colin Harle and SWC's Chris Flint, ensured the Metropolitan Police won the British Police Team Championship as the only Police Force (or is it a Police Service nowadays?) to close home 3 walkers. Civil Service retained the Ryan Cup with a 16-to-26 victory over the British Police. We thank local organiser - RWA Chairman Glyn Jones - for keeping this long-established representative fixture going.

*Report from **Steve Uttley***

FAREWELL TO STUART

I answered a request to speak about International race walker Stuart Elms - at a service in Worthing on 28 September 2022. He was the guy who, on Easter Saturday 1976, took 4 minutes off Ron Wallwork's Basildon 50K course record time. Worthing is a fair way to go. As my train shot through Croydon, Purley, Gatwick Airport, Hassocks, Burgess Hill and then Preston Park (when it veered off the Brighton line towards Hove & Worthing), I wondered however we all did that long walk every year (in my case 3 times).

Only 2 walkers turned up - myself and Ron Penfold. Ron attended with his wife. The only other person with a race walking connection was Rose, the widow of Dave Stevens RIP. So many were there, from Stuart's Cycling Club, Worthing Branch of CAMRA (Campaign for Real Ale), from a football team he'd both played for and managed - and from his community activities. A hall had to be hired for the service, to get them all in. But only 2 walkers. Alan Buchanan, who was stuck in Croatia sent his message to be read out by the celebrant. I only spoke as Alan was marooned in Croatia. Mourners met at a micropub in Worthing and were driven to the service in nearby Sompting in a vintage Southdown bus. Stuart was a former Southdown bus conductor, before going into admin and finishing as the firm's Pensions' Manager. The bus, a green 1966 Leyland diesel double-decker, was filled to its 69 capacity.

After the service a retired Detective Inspector approached me to report he'd been lured into walking by Charlie Fogg and had tried it - but it left him with severe shin soreness and nearly ruined what interest he had in athletics. He said he'd been a 400 metres runner and represented the Metropolitan Police in British Police Athletics Championships. He introduced himself as Michael (no more was said) and had competed a cadetship at Hendon. He left the Met after 17 years' service. So I suppose you could say we had one more walker at the funeral - but that's stretching it a bit. The family placed Stuart's Great Britain & Northern Ireland representative vest on the coffin, with a framed photograph of him wearing it. Being from 1976, it was that great traditional GB vest we recall so well - unlike today's design, which merges in with all other nations' vests. Stuart deserved a "*right good send off*" - he truly got one!

DA



Dear Dave ...

PUTTING READERS IN THE PICTURE

I read your comments on the Commonwealth Games what seems to be consistently missed by so many in the discipline when speaking of this is that there are many different factors at play:

- ALL teams are size limited. Only England and Australia have leeway to select larger teams. This is due to past success. If I recall correctly Scotland could have a maximum of 15 athletes, a fifth of the England allocation. Athletes were ranked in the selection process in England according to qualifying and then medal prospect. Relays are also included in the process. Many fields were small.
- These team sizes are applicable to ALL sports. There is a maximum total team size per nation, so those with chances in team sport success must balance this against individual sports.
- This led all home nations to set appropriate standards. Outside the two Welsh women, the pool in the women was insufficient to merit selection. In England the fastest woman was 4 minutes slower than the relatively moderate standard of 47:15. To magnify on this, the 10th ranked female in the Commonwealth (46:41:03) was a 49 year old Australian and she was 6th in Australia. Each walk had a maximum time limit.
- The men, a little rosier picture with two Englishmen (Cameron and Chris), Tom on the IoM, and Guy in Wales but all with qualifying standards in the UK were selected.
- The field in each event was suitable. No-one would want to see an athlete lapped repeatedly.
- The only obvious absentees were at the World Junior Championships held at the same time.

Women's list: worldathletics.org/records/toplists/race-walks/10000-metres-race-walk/women

Men's List: worldathletics.org/records/toplists/race-walks/10000-metres-race-walk/men

I saw Steve's suggestion on 10,000m/5000m as the shorter distance. The best in the world at 20km are the quickest types on the track. I think we will see the 20km restored at Ballarat in 2026.

Mark Wall

INSIDE-OUT LOGIC

Good to see you active in Ilford AC colours again! I noticed that as a seasoned, well experienced athlete you wore your vest inside out to prevent the seams causing nipple burn!

John Bachelor

HAPPY MEMORIES OF ILFORD'S CHRISTMAS WALK

Always loved the Christmas handicap, great course, cold winter days, and great atmosphere in the club room afterwards. Never mind the history of a 'winter headquarters', presumably a throwback to the days (in the 30's?) when good minded people were happy to provide accommodation in a back garden.

Alex Ross

ANNIE BREWSTER JP (HERTFORDSHIRE CHAIR) NOT REMEMBERED BY ALL

I had not been aware, strange though it may seem, as I do not recall ever meeting her: as a 5,000m track specialist, she presumably wasn't interested in the 10-mile road race that was my first Hertfordshire championship and she possibly retired before I entered the 3,000m track championship a couple of years later (if she had competed I should certainly have noticed her in front of me).

John Borgars

IN THE PICTURE

I came upon the Commonwealth Games 10 Kms Men only by accident as the race was at a time much earlier than Commonwealth Games Athletics publicity said it would be. I don't think Callum Wilkinson taking the lead early on was a good move as the opposition had recent times up to a minute and more better than him. As Steve Ovetts said of Tom Bosworth once when he went for the lead at 16 kms in a 20 kms race it was not necessary, just have patience and walk near the leaders

and keep the best for your final effort. I think the problem with Callum Wilkinson and Tom Bosworth is that they are not used to competing regularly in high quality races and much of that is due to little or no meaningful races in the UK and treating races like time trials. I remember averaging 44 races a year for 14 years and when I was at my best often had 3 races a week. There is no substitute for racing as one never reaches those heights in training. I appreciate our top 2 have not had the best of years in preparation and injury, but everyone faces their own problems and one must prepare mentally and physically for the most important days of top line racing and have inner belief and luck on your side! Saying that I still don't believe one can walk legally at the speeds we are witnessing being sub 6.10 to 6.15 miling and that is caused by short strides and very soft leg knee locking, where the judges are unable to detect lack of contact by the human eye hence the times just get faster and faster! It is amazing that the powers that be have not been forced into technology in some form on International Race Walking.

Bill Sutherland

Adds Hon Ed: In Bill's heyday almost all top walkers competed in races - of all standards - with regularity.

PRAISE FROM YOUR 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 on 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

SEPTEMBER ISLE OF MAN 40 MILES' WIN FOR DOMINIC KING

Dom won in 6 hrs 11 m 24 seconds, second place Simon Gawne 6 hrs 23 m 36 seconds third Dean Morgan 6 hrs 25 m 11 seconds. Dom struggled last 10 miles on hills with hamstring problems.

Overall **course record** for the 40 mile race.

George Nibre

A READER'S RECOLLECTIONS of meeting the Queen - CHRIS MADDOCKS BEM

During my time as a British international athlete, I was in a privileged position of meeting and chatting with the Queen on a number of occasions. At this particularly poignant time, I thought it might be nice to share a few memories. In 1986 I competed for England at the Commonwealth Games in Edinburgh. A couple of days before my 30km road race athletes from the home nations were invited to a garden party with most of the senior Royal family including Charles and Diana, Prince Philip, the Princess Royal et al. Although clear directives were given to all guests about protocol in particular, 'only speak if you're spoken to ...' this young(ish) lad from Tiverton was forward enough to bend the rules a little to ensure he capitalised on what might be a once in a lifetime opportunity. If any Royal came close by, I offered a cheeky smile and said, 'Hello.' sometimes even reaching out and inviting a friendly handshake. It worked most times! I spoke to most Royals including the Queen. My closest friend was embarrassed by my audacity but stuck close as he too got to meet her Majesty and more. I had the audacious nerve to ask the Queen if she might be able to present the race walk medals in a few days' time. Alas, she had other plans. I wasn't done. 'Any chance she could change those plans?' Shocking, I know. She apologised but still wished me luck anyway. Alas, I would go onto finish 4th in my race so would have tantalisingly missed out on a potential podium meeting. Four years on, our paths would cross again in Auckland, New Zealand. It was in the dining hall during the 1990 Commonwealth Games. After she and Prince Phillip had eaten, they did a cafeteria walkabout. Seated just a few tables away they came by. I duly waited more appropriately this time, see photo. Note, as with the Olympics, the Commonwealth Games are held every four years. In addition to five Olympics, I also competed at four Commonwealths. In 1994 the Games were held in Victoria, Canada. There my meeting with the Queen and Prince Phillip was shorter than our previous meetings. Nevertheless, my England teammate, Darrell Stone still laughs when sharing the memory of what the Prince said to me when he and her Majesty sidled up to us during an athletes' village

walkabout: "Oh, it's YOU again!" I was mildly flattered that he remembered me. Undoubtedly, the greatest honour occurred in 2000 shortly after the Sydney Olympic Games. Along with about 300 British athletes I was invited to a royal reception at Buckingham Palace. There were drinks and nibbles whilst we waited for the Queen to circulate with her entourage. Prior to this occasion I had enjoyed some acclaim for competing at a fifth Games - the first and still the only man in British athletics to have done so; furthermore, though I hadn't won a medal I did receive a lot of publicity for finishing an injury affected 50km race. Even with this taken into consideration, I did not expect to be picked out as one of a number of 'team captains' to introduce a group of 12 to the Queen. When I was awarded a BEM in the 2019 New Years' honours, I might have anticipated being reacquainted but covid19 and subsequent event cancellations saved me from possibly outstaying my welcome?



It is with the greatest affection I say, may she rest in peace. Long live the King.

Chris Maddocks

HOMAGE - By "Our Man In The Queue"

Time spent in walking, climbing stairs carrying knapsack and small case, shuffling around the "snake", going through the security checks was 11.5 hours. At least until the bag drop at Tate Britain I had the case to sit on! Fell off once when it rolled as I got up but I learned how to use my self-made thumbstick after that. A lady near me fainted so I opened my case and put a warm fleece over her while awaiting medical help which swiftly came. Never knew what happened to her after St John Ambulance whisked her away (minus my coat fortunately!). Once I was in the Hall of Westminster and at the top of the steps there was a single loud bang - but not to worry, it was a kilted Officer tapping his rod to signal a change of the guard, carried out with typically smooth silent efficiency to the timing of each tap. At the foot of the steps I was stopped again as the Police Officers had their shift change. My moment. People before me had paid their brief homage in different ways. On impulse, I quickly crossed myself, changing in turn to give a split second tearful salute as I was level with the coffin on the catafalque. As I more speedily exited the gates I experienced emotion new to me - feeling glad and sad simultaneously! Then the reality of Nature hit - a frantic weaving through the tourist crowds to get to the nearby pub for relief at the top of a steep staircase! More walking to retrieve my bags and get the tube north-westward. Then had meal with "Blues and Royals" cousin Michael before heading from Baker Street to Paddington rather than bunk up in his place and do Ingatestone 5 Miles because my legs had had enough! By the time I had walked from Plymouth station up to Home Park where I left my car, a sleep on the train had refreshed me enough to think I needed an antidote to my sadness height. After two nightclubs in two hours I had cheered up and was chatting with a couple also preparing to leave ... so gave them a lift to their B&B in Stoke (a parish

near Devonport) on my way home! The lad was going to Plymouth University to do marine environment studies and his girlfriend was a neuroscientist, both with impeccable English and barely any trace of an accent! No surprise I slept until 8 am having hit the sack at 3:30 am. Shed a tear again in our local church's special requiem morning service, I am not ashamed to admit. By contrast I was more laid back watching proceedings on TV.

Edmund Shillabeer

Adds Hon Ed: If the queue had been shorter, plucky Ed (who had his kit) intended doing Sunday morning's Ingatestone 5 miles!

A QUEUE FOR THE QUEUE

Despite hearing reports that the Queue had been suspended, myself and Catherine set off at 7:30pm on Friday night. We headed to Southwark Park for 8:30pm where we joined 'a queue' - it wasn't 'THE Queue' - It was a queue to join the queue!! At around midnight we left the park, were handed our official wristbands and the epic vigil began. Winding through the streets of central London very slowly in the dark and cold, we arrived at Westminster Gardens at 7:00am on Saturday morning thinking 'We are there!' How wrong we were, there was another 3-hour zig zag queuing system in place. Eventually, just before 10:00am, 13.5 hours after joining the queue, or as many people have since called it 'The Elizabeth Line', we reached security. After an airport style check we were led through a door and WOW, there we were, tired and emotional and looking down on the coffin. Something I will never forget. We were at Hyde Park with thousands of others watching the funeral on one of seven big screens. We will never see another Monarch like Elizabeth II.



Billy Green

Picture: Billy (who is Ilford AC's press officer) is the one in blue, with Catherine his wife next to him.

WHO'S UP FOR IT?

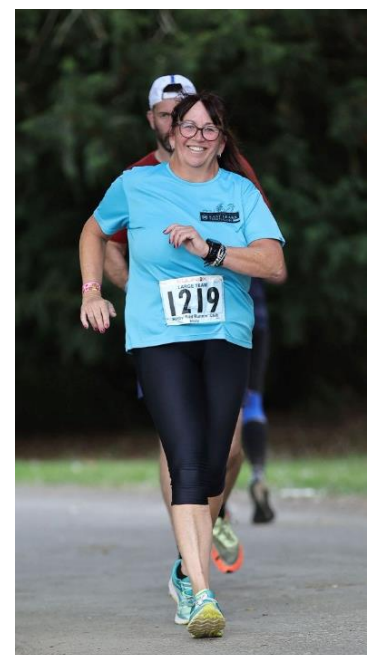
EQUINOX 24X

[Entry 2023 - Equinox24](#)

My daughter (Ellie McDermott) and I took part in the Equinox 24-hour event at Belvoir Castle, Leicestershire. This is a 24-hour event where people can run/walk solo or as part of a team in an attempt to complete as many 10km laps in 24 hours. It was a fantastic event, so well organised and such a festival atmosphere. We were part of an 8-person team aiming for 19 laps in 24 hours.

I race walked one lap and my daughter managed to run a total of 5 laps (that's 50km!!) throughout the 24 hours and our team actually managed 22 laps. This has got me thinking ... are there any racewalkers out there who would like to form a racewalking team next year? It would be fabulous to see racewalking represented at an event like this. What are your thoughts? If you think I can get a team together, I am happy to organise it.

Hilary McDermott (nee Mockett)



Adds Hon Ed: Could any takers please respond to Essex Walker and we'll pass names on to Hilary.

THE WAY FORWARD

Should we not be encouraging new participants in short distance race walking as in yesteryear? Presently we are creating a commendable group of aged long-distance strollers. Does the general public really know what Race Walking is as it's changed dramatically in the last 30 years? Watching the Royal Family bravely walking in the Funeral Procession of our Great Queen Elizabeth II reminded us of our champion race walking forefathers. It reminded me of the late great Don Thompson who struggled from Leicester to Skegness on the week of his Mother's passing to become a Centurion. His attendants were Harry Dorras (Met WC) and Bill Symes (Queen's Park Harriers) - a multi-centurion still in the Top 20 of All Time who commented afterwards, "At times they did not think Don would make it, but his fortitude won the day as he reached the summit of Mount Everest in distance race walking terms." Remarkable indeed!

Bill Sutherland

ENQUIRY FROM YOUR RWA CHAIRMAN

From your knowledge have you any idea who the walker No 151 is? It is a race at The Butts, Coventry (I don't have the year).

Being a Godiva member I don't know who he is. Look forward to your thoughts.

Glyn Jones

Adds Hon Ed: Any answers will be forwarded to Glyn.



SAD NEWS

I have received the very sad news from Helen Elleker of Sheffield that John Howley passed away on Saturday 24 September. John was past Honorary Championships Secretary of the Race Walking Association from 1997 until 2005. A true gentleman who will be sadly missed. We send our sincere condolences to John's family at this very sad time.

Glyn Jones (Race Walking Association Chairman)

- **Mark Williams** writes: "It is very sad news indeed."
- **Sandra Brown** writes: "Very sorry to hear about John – a dedicated and lovely man."

APPRECIATION

- "Thank you for yet another superb document. Brings back such great memories of all our top class walkers." **Arthur Gutteridge**
- "Much appreciated. As ever." **Ian Garmston**

ESSEX WALKER

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