

Essex Walker

Editor: Dave Ainsworth

WELCOME TO OUR NEW ESSEX COUNTY CHAIRPERSON

Congratulations to **Allison Gillan**, a runner with Springfield Striders and also Chair of that successful Club, who now wears our coveted chain of office. The good lady takes over from popular Gerry O'Doherty of Billericay Striders, who has been honoured with Essex County AA Life Membership in recognition of his decades of meritorious service to our sport. I normally announce who is your new President soon after the County's December AGM, but such information has been late coming. I'm still trying to find out who the Vice-Chair is? We'll let readers know when that "gen" is sent. We all wish Allison an enjoyable time in this key role.

FROM YOUR ESSEX COUNTY AA HON SECRETARY

In a previous edition we appealed - *even pleaded* - for your Essex County AA Indoor Championship Walk entries. This puts us on before a good-sized crowd in a general athletics meeting. One aim of the RWA Southern Area's plan to revive walking is to showcase our event at general athletics meetings by putting ourselves in "*shop windows*" to generate interest in what we do. We also pointed out that appallingly low turnouts in recent years had left our event on the proverbial cliff edge of being booted out of this Championship programme. So, with sadness we received this communication from your Essex County Hon Secretary **Andy Catton** who circulated this desperate appeal as closing date approached:

"Currently there is just one entry in the walk (men and women) so organisers are contemplating pulling the event. You may wish to circulate something very quickly to drum up support. If it gets cancelled this year it may never return. Believe they are struggling for walk officials as well! We were not aware of a clash with the "Molly Barnett" – shows a need for a Walking Officer."

Adds Hon Ed: This year, and last, saw a first time, going back to earlier than the '60s, that we've not had a Walking Officer representing our event on the Essex County Athletic Association Committee. We saw last year how it went wrong when nobody took charge of selecting walkers for a County Representative fixture – as nobody was in post. Now we've this setback! **We appeal for a volunteer to represent us in the Committee room – it's only 5 meetings a year, but vital our voice is heard and views expressed.** Since the original email, Andy Catton has updated us on the situation:

"As you may already have heard, despite your best endeavours and a few late entries (3 men 2 ladies) due to lack of officials the event has sadly had to be cancelled. Entrants have received an explanation and apology and had their entry fees refunded. It was suggested by Mark Culshaw that it could be possible to switch the event into a tri county indoor meeting on 18 March. No idea how feasible that would be with organisers (especially as the event does not include Essex) but Essex AA would probably be amenable if it could be arranged at short notice. Would have to be sufficient entries to award medals."

Adds Hon Ed: This Indoor Championship Walk was on *death row* for some years due to poor support. It's now vital to get more walkers on track for May's Essex County 3,000 metres Championship - so you've nearly 3 months' notice to keep that weekend free (see Fixtures Column). Twice in past decades we've been thrown out of our main Essex Championship after walkers stayed away - each time saw re-admittance after efforts - but then we had Walking Representatives inside the Essex County Committee Room (John Hedgethorpe, then Ray Pearce). **Now we've an empty seat - so any takers out there?**

2023 BATTERSEA PARK EVENING SERIES

Can we see a boost in support for this long established of road walks around the Queen's carriageway at this famous public park, which is synonymous with race walking for as long as any

of us have been involved with it? For your diaries (*all Tuesdays*): 4 Apr/6 Jun/1 Aug races at 5k at 7.00pm. On 9 May there's a 5 Miles walk at 7.00pm. Races are organised by Veterans' Athletic Club, however non-veterans may compete as guests. **All are welcome**. Let's see some really good turnouts. Further details from always enthusiastic Dave Hoben. While on the subject of Tuesday evening walking races, we've yet to hear what might happen at Ashtons Track, where also long-established Woodford Tuesday Walks have been held - but didn't occur last year. *We'll let you know as soon as news reaches us.*

ACCLAIM

A welcome appearance by Adrian James at Donkey Lane (on the same date as Roger Mills celebrated his 75th birthday) certainly ignited memories of times when race walking was in better shape than nowadays, as past events and notables were recalled. Here are Adrian's views on former rival Roger Mills: "All the time, from pre-beginner to British (50K) champion, Roger was my "IDOL" not only did he look the part ... such a pleasure to watch ... and fantastic form and technique!! ... When I just started I saw his photo in a Race Walking Book ... WOW I KEPT THINKING ... a true inspiration." Roger responded "No fee was involved - honest!"



STOCK EXCHANGE STARS AT ENFIELD

For those who missed February's Enfield League race at Donkey Lane, here's a picture of the day's *Guest-of-Honour*, Mr Starter and prize presenter - the one-and-only **Adrian James**, former International of note and key member of so many Borough of Enfield Harriers (*as then called*) successful teams. A most popular visitor! With him is Surrey Walking Club Past President Trevor Sliwerski, a loyal member since 1973. Another popular former Stock Exchange AC walker present to support Adrian's return to Donkey Lane was Centurion C859 Gary Smith. Picture, taken near the start line in King George V Playing Fields, kindly supplied by C685 Tony Perkins - another Stock Exchange stalwart who completed 20 of their London-to-Brighton Walks from 1973-to-1992 (inclusive) with a 9:41.24 best time in 1976 which secured him 6th position, one behind fellow Ilford AC Centurion 535 Alan Barber.

ULTRA 7 HOUR RACES AT WOODFORD GREEN

Ilford AC walker **John Arthur** (who has twice completed the 90 kilometres "Comrades Marathon" in South Africa) has found us some distance walking opportunities. John writes:

"Here are links for the 2 ultra events arranged by Sikhs in the City. These are not judged for race walking but are excellent for those who enjoy a long session. There is an event in December close to the shortest day, about 7 hours. Due to its success Harmander Singh also arranges a summer event called the Samoosa. It is also 7 hours. My wife and I have already entered. At the moment, the date is to be advised. I will try to update you when any further information arrives." Contact info@sikhsinthecity.org. Visit www.sikhsinthecity.org/

STILL IN ACTION

Facebook reports that 1964 Tokyo Olympian **John Paddick** has been walking since the first January 2023 and has now walked 240 miles and reached Loch Lomond no less! Well worth a mention, but we don't know anymore.

FILM STARS

A recent edition recalled an appearance, as an athlete, by Belgrave Harrier **Paul Warburton** in a multi-Oscar winning film "*Chariots of Fire*" which topped the poll in a list of the greatest athletics films ever screened. We published a couple of the film's "stills" which showed Paul. Sadly, the award-winning Director of that film (and several others) Hugh Hudson had died aged 86. He leaves behind an actress

wife Maryam D'Abo who was the *Bond Girl* in "The Living Daylights". Wonder what Hugh thought of Paul's acting? - he must have been impressed as it made the film.

BLAST FROM THE PAST

[England National 30kms race walk champs 1978 at Sheffield](#) – YouTube video (5:42 mins)

[Full results](#)



England National 30kms race walk champs 1978

The race included the 1978 Commonwealth Games English trial. Olly Flynn (who went on to win Commonwealth Games later in the year) wins from Brian Adams and Amos Seddon. Future Commonwealth Champion (1982) Steve Barry is seen as well as Rob Elliott and Dave Dorey (Sarnia), Peter Ryan, Barry Graham, Denis Jackson, Ian Richards, Rob Lambie, Graham Morris, Roger Mills, Shaun Lightman, Jake Warhurst. John Eddershaw, D Howie, John Sullivan. No particular order! SWC cine film.

FIXTURES

Advance notice: We normally run a 3 months' fixture column, but these are **important** occasions, so please enter dates into your diaries to keep them free.

- **Sunday 4 June** sees the annual "*Cecil Gittins Memorial Walks*" (Enfield League in conjunction) at Gravesend Cyclopark traffic free circuit. Lifelong race walking supporter Cecil gave our Race Walking Association £15,000 in his will! Racing over 5K and 10K distances commences at 2.30pm. However, if sufficient interest, Veterans AC (Organisers) are prepared to add 2.5k and 15K to their programme.
- **Saturday 8 July** - two events:
 - It's proposed to stage the annual and popular Moulton Open 5 miles (Incl Enfield League) along a rural Suffolk countryside course commencing at 12.30pm. A traditional "*1st Saturday in June*" date wasn't available this year owing to a Village Hall function.
 - At Fairlop Waters Country Park near Barkingside is to be Ilford AC's **Centenary** Celebration Party, with buffet and DJ, from 7.00pm onwards. Just as at their 75th such occasion, tickets (limit 120) are selling fast.

FIXTURES

MAR	1	Met Police Walking Club Annual Dinner & Reunion	Civil Service Club/SW1	6.00pm
	4	Molly Barnett Track Walks including 10K	Coventry	TBA
	4	Essex County/Eastern Counties 3,000 metres Indoor Championships	Lee Valley	1.30pm
	18	Tri-Counties (Kent/Herts/Middx) Indoor 2,000 metres	Lee Valley	TBA pm
	18	Enfield League 'Les Barrett' 10K (3K/5K opt-out distances)	Donkey Lane	11.00am
	25	Centurions Social Walk – Folkestone White Cliffs – circa 7 miles	B-of-B Memorial/Capel-le-Ferne	11.00am
	27 - 31	World Masters' Meeting	Torum (Poland)	TBA
	30	Christine Gray's 70 th Birthday Social Walk/Isle of Wight – 10 miles	Lake Station (IOW)	10.30am

APR	4	Veterans AC 5K (non-veterans/non-VAC members welcome)	Battersea Park	7.00pm 10 min+ walk to start
	15	Enfield League 'Pat Furey' 10K (3K/5K opt-out distances)	Donkey Lane	11.00am
	23	TCS London Marathon	Blackheath/Greenwich	9.30am
MAY	9	Veterans AC 5 Miles (non-vets/non-VAC members welcome)	Battersea Park	7.00pm
	13 - 14	Essex County AA Championships (incl 3,000m Walk) ... RINGFENCE this!	Melbourne Park	TBA
	21	European Cup Team Competition	Podebrady	TBA

Regular distance training walks are held from Leigh-on-Sea's Belfairs Park. Owing to popularity these continue – details from Centurion Steve Kemp on **07860 617899**.

NO SHOW

If planning your May Public Holiday Monday, Pednor won't be held this year. Last year, only a run was held as Chiltern Harriers didn't want to stage 2 races on their re-introduction to events after coming out of "lockdown". That's what was said, and Walk Organiser (octogenarian Martin Cartwright) fumed. A walk was "off" so Martin entered the 5 miles' run and was its 196th and penultimate finisher (having race walked it). This year, Chiltern Harriers have some issues so won't have both a run and walk on the same afternoon. You can guess - it's our walk that's "off". Martin Cartwright is again fuming. However he'd said 2023 would be a final time he'd organise this walk (he's in his 80s and has done so much over decades). What, if anything, is to happen next? Sadly, when most races fail to happen, they often never come back.

THANKS TO RACE WALKERS

Here's a result of an indoor meeting at Lee Valley on 12 February, a day after an Enfield League event. Thanks for those who showed up, as walkers, officials, helpers and supporters - it's important we're seen in general athletics meetings so we can "plug" our product. A special thanks to those who appeared on both Saturday and Sunday. Dave Hoben reminds us it was 2 overall wins in 8 days from Grazia. It was the Southern Counties Veterans Athletic Club Indoor Championships.

3000W X35

Pos	Perf	Name	AG	Year	Coach	Club
1	16:08.59	i Grazia Manzotti	SB V50	W	19	Tonbridge/Southern Counties Vets
2	17:41.44	i Mark Ashby	PB V60	M	26	Cambridge H/Southern Counties Vets
3	18:16.32	i Matthew Ellerton	PB V45	M	15	Noel Carmody Blackheath & Bromley

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3000W X35

Pos	Perf	Name	AG	Year	Coach	Club
4	18:21.11	i John Arthur	SB V60	M	27	Ilford
5	20:37.42	i Nicholas Fleeman	PB V60	M	30	Southern Counties Vets/Winchester
6	21:25.39	i Glen Keegan	SB V55	M	25	Steve Knight Herne Hill/Veterans
7	22:14.25	i Sian Baum	PB V55	W	22	Herne Hill
-	DQ	i David Annetts	V55	M	24	North Herts/Veterans

VICTORIA PARK RE-VISITED

We don't race at Victoria Park any longer - since this park demanded large fees for each athlete using their tarmac. However, we were there 20 years ago, on Sunday 2 February 2003, for a London walks meeting. The following day (Monday 3rd) a 27-year-old American student, Margaret Muller, was murdered, having been stabbed while jogging in the park. Detectives suspect it may have been a failed mugging and several TV appeals were made. On the 20th anniversary of this crime, Police have made a

fresh call for information as a killer was never caught. [Appeal to solve 2003 Margaret Muller murder in London - BBC News](#). Heading this new initiative is Detective Inspector Amanda Greig of the Metropolitan Police Unsolved Murders Team. Many readers are/were regular users of Victoria Park - can you assist by providing new information?

DOWN AT DONKEY LANE

Alas February's Enfield League 5 miles' race saw 2 more fallers. Both ladies were injured, one finished in discomfort - the other retired, needing a hospital visit where a fractured humerus required treatment. Readers need no reminding this course is ahead of the rest for fallers, of which there's a long list - also "a list within a list" of those who've left Donkey Lane for hospital attention. One reason is obvious - because more races are held at King George V Playing Fields in Donkey Lane than anywhere else! We all wish both fallers a swift recovery from their injuries and look forward to seeing them soon racing again. **Steve Uttley** has constructive thoughts and reasons: *"There have been quite a few fallers on that course over the years unfortunately. There are some dangerously uneven slabs of concrete where they join at different heights and people trip on them. Also, the surface can be very slippery when damp and that, combined with the sharp turns, mean that walkers also slip. I've directly witnessed quite a few accidents. Arthur Thomson had a bad fall a few years back."*

FAREWELL TO IZZY - ALL HAIL THE KING!

Last year we featured Hornchurch-based blind walker **Mike Brace** CBE, DL, who race walked in the late '80s/early 90s and ran 2 London Marathons - with guides. We reproduced a "Race Walking Record" front cover (*Issue 561 July 1989*) which showed him speeding over the Market Place cobbles in a Romford Brewery 3K with Alex Ross (a Chief Inspector in the town) guiding, with a then "open" Debenhams in the background. It was 5 times around the Market Place. Sadly, his long serving guide dog "Izzy" has passed on. An unfortunate name, as it sounds like "Busy", which in dog terms means something different. Izzy retired a few years' ago and remained with Mike as a pet dog - being replaced by King, who took over the duties of getting Mike out-and-about.

A WORRYING PROSPECT

In our previous "Essex Walker" was a worrying word of caution from Havering AC. They pointed out that 5 officials at a recent meeting stated that, **from August onwards**, they'd add to their expenses £12.50 - a cost of driving in an expanded ULEZ area. That applies if driving if your vehicle is over a certain age. It's down to just 6 years if you've a diesel car (longer for petrol ones). This will not only affect officials/helpers - but also competitors. It's like having an additional £12.50 entry fee - just for turning up. How many will see this as the proverbial "last straw" and stay at home? This issue needs looking at - just a thought.

MARCH MILESTONES

The month sees a **trio** of Centurions reach *milestone* birthdays. Centurions and Race Walking Association Past President **Eric Horwill** for many years appeared in our now defunct Essex League as a 2nd claim Loughton AC member. Midlands-based Eric is to celebrate his **90th** birthday on **9 March**. He qualified as Centurion 390 in England's World Cup winning year when completing a Leicester-to-Skegness event - he waited until 1997 to complete his second successful 100 miles, on a track at Ware (Hertfordshire). Both successes were in Dudley & Stourbridge Harriers colours. This 31 years' interval is a Centurions' record for a time between such completions. The Ware race saw Eric selected, aged 64, for a Great Britain team to contest the Roubaix 28 Hours classic. Romford-born, now Ramsgate-based **Mick Barnbrook** is to celebrate his **80th** birthday on **25 March**. As a Cambridge Harrier he competed the 1979 Ewhurst 100 Miles on an occasion which saw a record 107 starters/78 finishers/37 new Centurions. Centurion C661 Mick is also a Metropolitan Police Walking Club member - it'd be a decade before the next Met race walker emulated the feat. Like Eric he also chalked-up a lengthy spell before his next 100 miles completion; in an Ilford AC vest at Colchester's Lower Castle Park in 2001 in a race named in honour of Centurions Vice President and Past Essex County President John Hedgethorpe RIP. Mick's interval between successful 100 miles races was a lengthy 21 years. Their

qualifying times were similar - respectively 21:51.09 and 21:59.05. On **29 March** SWC's **Christine Gray** is to enjoy her milestone birthday. The Portsmouth-based good lady, who consents to us mentioning her **70th** birthday, qualified as Centurion C923 at Battersea Park in a 1993 200K event jointly organised by her own Club & Metropolitan Police WC, reaching 100 miles in 23:36.34. Unlike Eric and Mick, Christine soon completed her 2nd 100 miles just two years later - on the same course. Christine is better known as a distance road runner with several fine performances on her list of appearances, including London-to-Brighton runs. Christine is to celebrate her special occasion by participating in a *70th Birthday Celebration Walk* around the Isle of Wight on Thursday 30 March - led by the wonderful Jill Green C898. Christine invites all race walkers to join her on this social walk, details from Christine and/or Jill. We wish all 3 worthies a truly "*Happy Birthday*" when these milestones occasions occur.

"HOW RACE WALKING HAS CHANGED"

This was a title of an International seminar held on Monday 20 February. It was projected to deal with that in an allotted 60 minutes, and so it proved. Hosted by race walking author Jeff Savage, a distinguished panel of experts was assembled. They were 5 times (should be 6) Olympic 50K walker **Chris Maddocks**, top judge **Maryanne Daniel**, former IAAF Walking Committee member, coach, former world record holder and former holder of 5 USA

records, **Dave McGovern** who has participated in a record 9 USA Olympic trials, and a Paul Washburn, media expert, international commentator and ex-race walker of note. The latter was introduced as Paul Washburn, then Paul Waterburn before he properly introduced himself as **Paul Warburton**. This session was for a Panel with almost no opportunity for "*Zoom*" audience involvement. However, be that as it may, it was of interest and an hour flew by - a sign it was enjoyable and relevant. It was announced the session was being recorded - so those who missed (most) may get opportunities to listen and be told "How race walking has changed". If recording details and how to access it come to light, we'll pass it on. Few British walkers tapped into this session, despite it being well publicised, and bearing in mind many connected with race walking are of retirement age. A widely circulated notice billed a 9.30 start - so many tuned-in at this time (including Hon Ed) only to find nothing going on. However most missed the *small print* "EST" - which, when looked up, meant Eastern Standard Time - a wide area far away. Working it out, this converted to 2.30pm in Blighty. You'll be pleased to note both GB panellists came over very well - and also there may be a second session. *So, watch this space.*



ENJOY A GRAY DAY ON THE ISLE of WIGHT

To celebrate her milestone 70th birthday Portsmouth-based Surrey Walking Club Centurion 923 Christine Gray is staging a 10 miles "*birthday walk*" on the Isle-of-Wight. This to be held on Thursday 30 March, commencing 10.30am from **Lake Station** (on the Island Line, which runs from Ryde Pier-to-Sandown using ex-London Underground trains). Leading our walk will be Christine's special friend C898 Jill Green, one with extensive Isle-of-Wight knowledge. The location of Lake Station is in Araluen Way, Sandown. PO36 8PJ. This walk isn't a race walk - it's a **social walk!** The walk will pass a Donkey Sanctuary where complimentary teas and coffees are promised. It'll make its way to an end at **Shanklin Chine** - a geological feature and tourist attraction. A meal can be taken at the nearby "Fisherman's Cottage" - a highly rated dining pub, situated at 1 The Esplanade, Shanklin. PO37 6BN. The "Fisherman's Cottage" is well patronised so advance booking is required - hence those wishing to dine are requested to book in advance by giving Christine a call on 02392-698725 (or text 07931-90354). A **Portsmouth-to-Ryde** fast catamaran service (operated by Wightlink) takes 21 minutes. Christine's invitation is extended to all walkers - whether or not Centurions, - so let's see walkers, especially Southern-based ones - having a pleasant day trip to the Isle of Wight.

ESSEX ATHLETICS DEATH

Sadly, at the age of 89, Ilford AC's first Olympian has died. She was born Phyllis Green at Horfield in Bristol on 22 February 1934. She competed at the highest level as Phyllis Perkins and was known as Phyllis Winger in her later years ([Phyllis Perkins - Wikipedia](#)). For many years Phyllis resided in Hornchurch before moving to Kent. She was Ilford President (1974/75), a former Hon General Secretary 1997/98 and was a Life Member. As Phyllis Perkins she became the Club's first Olympian when competing in the 800 metres at the 1960 Rome Olympics. In an event which been restored to the Olympic programme for a first time since the 1928 Amsterdam Games, Phyllis was eliminated in a heat when clocking 2:15.41. Further major events came her way as in the 1962 European Championships in Belgrade, over the same distance, she failed to make the final by just 1/10th of a second when clocking 2:08.4. In the same year over 880 yards at the British Empire and Commonwealth Games in Perth she was 4th in 2:09.4. For many years Phyllis headed the Club's 800 metres rankings with 2:07.3 set on February 29th 1956 in a GB v Hungary Representative Match. In later years she was well known as an athletics official at many meetings throughout the Southern Area. The good lady was always fully supportive of race walking and race walkers. A funeral service is to be held in Hornchurch on Friday 17 March. **DA**

Presidents' Tributes:

- Past Ilford AC President (1994/95) **Bill Sutherland** BEM writes: "Sad news indeed! May she Rest in Peace after a very memorable athletic life."
- **Ernie Forsyth**, another Ilford Past AC President writes: "More sad news on the passing of another Ilford AC legend."
- **June Cork** (City of Southend AC & Past Essex County AA President) writes: "Another sad loss of our athletic elite. I am very sorry to learn of the death of Phyllis Winger. My condolences to her family."

HISTORY LESSON

Did you know that Onya, the sister of Karl Marx, invented the starting pistol? *Boom! Boom!*



Dear Dave ...

JOHN ALBERT WEBB

Belatedly I am writing to add my condolences to the long list of worthies who wrote their own tributes to John Webb. In addition to all the many worthy tributes given to John he was also instrumental for doing so much to develop probably the finest group of youth and junior group of Race Walkers the country had seen at that time. This included his charges winning many youth and Junior County and National Championships and English Schools Championships, French National Championships including the extremely rare honour for Oliver Caviglioli being named the winner of Track and Field's Youth World Athlete of the Year in the 60's. Among some of this very talented band of brothers were Andy Grant, John Hills, Tony Martin, Greg Smith, Oliver Caviglioli etc. As a 16-year-old, after trying Race Walking at school I gave up. Having left school, a bearded man, who I did not know, knocked on my parents' door. John introduced himself and asked would I like to start Race Walking again. He was also training Oliver at this time. This innocuous meeting on a dark autumn night led onto so many incredible and wonderful memories for me, meeting so many amazing people and formed some life-long friendship which have truly enriched my life. John, I humbly thank you for changing my life so profoundly, immeasurably and beyond even my wildest dreams. RIP John. **Olly Flynn**

WRITES A FORMER ESSEX STALWART

Thanks for the back-issues of Essex Walker. Took a while to read ... you certainly are a resourceful person, proud and dedicated to the racewalking fraternity. As an individual I found myself saying farewell to racewalking quite early on finding more fulfilment in cross country (always on my doorstep) and middle distance running, competing into my late 40's. I do however remember many of those mentioned in your articles leaving me to wonder 'where have the years gone?'

Barry Daymond**READER's COMMENT**

I am stunned as to why the Southern Committee are beating themselves into a lather when there has NEVER been a walk in this championship in all its previous editions. A simple search (2-3 minutes) would have shown this to be the case in the 6 iterations since 2000. England Athletics has continued to provide opportunities for Under 18 walkers each year if they are internationally competitive, as we have seen several young women win or place in Podebrady.

Mark Wall**ADVICE CORNER**

Do you know anywhere where I can buy good walking shoes? I just can't find anywhere here (in China where I live) that sells them.

Mike Sweeney

Adds Hon Ed: If any readers can suggest a good mail order sports company, please respond and we'll pass your tips on to Mike.

CHARITY APPEAL

Please circulate this [link](#) as widely as possible because feedback from potential donors is that they haven't known how to give online.

2023tcslondonmarathon.enthuse.com/pf/edmind-shillabeer

All publicity gratefully received!

Ed Shillabeer C590
The marathon vet!

LONDON MARATHON SNIPPET

Did you know that in 2015 the Great David Hemery (400m Hurdles Gold Medallist in Mexico City 1968 Olympics in a World Record 48.12) power walked the London Marathon aiming for around 6 hrs 15mins (4 mph) having an achilles tendon injury preventing him from running it! Interview on [YouTube](#) no less!

Bill Sutherland

Adds Hon Ed: David Hemery did indeed walk the course in 6:29:17, not far off his 4-minute mile goal.

Place overall	Place gender	Place category	Name	Club	Runner no	Category	HALF	FINISH
36551	22844	126	» Hemery, David (GBR)		25132	70+	03:08:38	06:29:17


Mention of this event prompts a question, "**Are any race walkers known to be in this year's race?**" Please let us know.

RACE WALKING NOT IN THE LONDON MARATHON

I remember the dismay I felt when I belatedly heard it was OUR fault we failed to showcase racewalking both in London Marathon and the Southern League. In the first case, short sighted officialdom and in the second case, walkers' short sightedness! Now we are paying the penalty - as another wag put it, "you reap what you sow" ... Sigh.

Ed Shillabeer (Edbanger C 590)**A STAR WALKER LOOKS BACK**

From aged 15 I became a "Modern and Latin American" dancer, won some good competitions ... loved it ... from the basic end to dancing. I took up walking as a complete novice but determined! I



Edmund Shillabeer
My Story

Hello! I am taking on the TCS London Marathon in 2023 for SSFAA, the Armed Forces charity. I completed the first London Marathon in 1981 and at least 25 others since. My profile picture was taken at the finish of my last London Marathon.

I realised that the 2023 London Marathon is on St. George's Day so I decided to enter. As a long term SSFAA supporter I chose to raise money for this worthy organisation. At 83 years young and still a full time Vet, I am blessed to be able to take part, not least because I have had to overcome several serious health challenges in the last three years including cancer. So please help me achieve my goal by giving as much as you can!

SSFAA, the Armed Forces charity is a trusted source of practical, emotional, and financial support for serving personnel, veterans and their families in their time of need. In 2021 our trained teams of volunteers and employees helped more than 66,000 people, from Second World War veterans to those who have served in more recent conflicts, or currently serving (both regulars and reserves), and their families.

SSFAA understands that behind every uniform is a person. And we are here for that person and their family, any time they need us and in any way they need us.

started via the Stock Exchange (Dickie Green). First race was Stock Exchange 25 miles Championship in Hayes, Kent - you had to finish to walk in the later-in-the-year Stock Exchange "London to Brighton", which I did and finished (in later years I won several of these races) to eventually hold the record (under 8 hours). My two most rewarding races were winning the UK Track Champs at Crystal Palace 1980 in a PB of 43 mins 26.8 secs (the race was on BBC TV). The other race was winning the British 50K at Leicester by over a quarter of an hour - my time was around 4 hrs 16 mins (my PB for 50K is 4hrs 8 mins 41 secs) set at Basildon in 1980. Later that year (ranked No 1) I completed two 4hrs 9 mins 50 kms walking for Great Britain (at Hove Park and Eschborn in Germany).

Adrian James

INTERESTING CONTRIBUTION

I'm not usually so sharp with figures, but I use our Centurion numbers to teach my grandchildren Maths, in particular prime numbers and factors. Prime numbers are lonely souls, with no guests (factors) at their parties except dear old number 1, who goes to everybody's. Even my high number, 577, is prime, and I guess that's fair as I was never allowed a birthday party after the year when Jim Harmer came with a water pistol. (My loved ones have made up for it lately though.) But George Eastwood next door is a noisy neighbour - 576, what a number! That's 24 squared, and there have to be 20 or more guests at such a party. Which is true of George, a dazzlingly generous host, a Great Gatsby of Epping Forest, who threw big parties even if he himself couldn't turn up. Hope Rishi Sunak approves of my lessons.

Jack Rossiter

PRAISE FOR PARKRUN REGULAR

Well done, Amos! I wonder how many times he has been a volunteer – of course, without the free service of volunteers, the Park Runs would not take place!

Bill Sutherland

Adds Hon Ed: Sporting events of all types and at all levels – local, regional, national, international – are highly dependent on the contribution of volunteers and the Park Run Volunteer Hub has published a set of [volunteering principles and roles](#). At the time of writing, Amos had volunteered 34 times in a range of roles.

Volunteer Summary

Role ▼	Occasions ▼
Marshal	15
Finish Tokens	1
Funnel Manager	2
Tail Walker	15
Event Day Course Check	1
Total Credits	34

WRITES THE NEW CENTURIONS PRESIDENT

Thank you for Essex Walker, I have been reading it with interest. One small item of correction is that I am not a member of Yorkshire RWC but administer and run Redcar racewalking club. We only have 5 club members now, one of whom is Martin Fisher and the club was set up by John Paddick and myself in 2004. We had at one time around 26 members which included Johanna Jackson, Ben Wears and Sharon Gayter.

Dave Jones

£12.50 TO DRIVE TO A LONDON WALK IF YOU'VE THE "WRONG" CAR

Readers' comments:

- I'm sending this information, and a Transport for London information page, to our Essex County Athletic Association Secretary for our next meeting. **June Cork**
- This certainly is a concern when you consider that it is basically a money-making measure rather than an anti-pollution measure because if it were the latter they would ban all polluting cars entirely instead of charging them to come into the zone. As the chargeable cars become rarer they'll extend to more modern vehicles and then to all vehicles. **Steve Uttley**
- As someone who takes seriously the climate and ecological emergencies, I've felt for a while that race venues should, whenever possible, be accessible by public transport, and this should always be the case for longer events when participants and even helpers should avoid having to drive. Public transport for urban venues is often good, and I've used trains and buses to get to races in Sheffield, Coventry, Leicester and areas in London, for example. **Sandra Brown**

Info from Hon Ed: [Ultra Low Emission Zone - Transport for London \(tfl.gov.uk\)](https://tfl.gov.uk)

Ultra Low Emission Zone (ULEZ) commences in August and affects diesel cars registered prior to 2015 and petrol ones before 2005.

ON THE DAY

Good to see Chris Flint, Carl Lawton and Reg Denny at Dave Boxall's funeral along with our old running friends from the 60's and local walkers John Lees, Derek Johnson and Ron Penfold. He had a good send off with Chris and I doing the tributes.

Alan Buchanan

CENTURIONS HONORARY TREASURER'S TRIBUTE

Dave Boxall was consistently very fast and a winner over 100 hours. I knew many years ago that he had won at least 3 100-mile races. All in under 18 hours. I did not see evidence of anyone else doing this. 10-15 years I went out on a rare early Sunday morning race walk training in York. Coming to a 90 degree high brick corner, I literally collided with Dave Boxall. We exchanged pleasantries. I said I knew that he had impressively won 3 hundreds in under 18 hours. He was amazed to see a fellow walker, and so early, and a Centurion and someone who knew of him.

Richard Cole

APPRECIATION

- Essex Walker newsletter is such a good read ...cheers ... *Adrian James*
- Thank you for all my inclusions and congratulations to all on yet another memorable Essex Walker! *Bill Sutherland*
- Thanks to all who've sent "Get Well" cards after my recent stroke. As regards a recovery, I'm not there yet - but am making progress. I had many cards from walkers (including one from Steve King in Canada) and nearby resident Don Cox visited me in person. I'm very touched by all these cards. I remember so well the enjoyment I had during my time in race walking. My profound thanks.
Terry Riley
- I still get the Essex Walker. Always a good read. *Tim Erickson*

PROFOUND VIEW FROM A LEADING LIGHT

Sadly I am not on the RWA general committee but they have to spend the £22,000 they have in reserve. For example, I suggested they have free entry fee for National Championship but it was turned down. They have to be imaginary but I am afraid it's too late now.

Peter Marlow

A CALL FOR TOM BOSWORTH (Ret'd)

I note that on the publicity for the UK Indoor Athletics Championships Day 2 which took place they mentioned the opportunity to Run, Jump or Throw, but no mention whatsoever of WALKING. How are we supposed to encourage New Participants if we are NOT recognised as an event discipline within Athletics? Hoping you can follow this up maybe with the backing of recently retired Tom Bosworth. Having looked at the Australian Weekly Newsletter our current lack of proper Race Walking in the UK is very depressing to see. We urgently need someone with real DRIVE and VISION and a sizeable sum of money and commitment from a well-known sponsor such as Cricket's Sir Ian Botham, well known for his walking exploits, to promote our great sport would greatly help. Over again to the RWA and SRWA.

Bill Sutherland

PRAISE FOR ADRIAN JAMES

I would have liked to have raced and said "hi" to Adrian with whom I had a number of battles, including one going down to the wire in our Ilford AC Summer Open 10kms where he beat me in the last 100 metres to win the race in 1987 in about 46:30-ish. I never did win either of our opens though I think I was 2nd in both at least once. I actually raced in his first ever National 10 in 1976 (I was well back) but he led the race for a mile or so I recall. That field contained Nihill, Mills, Flynn, Seddon and many other big names so he was swallowed up after that early blitz start. I also witnessed a number of his 50kms successes and raced in at least one of his UK 10kms track victories.

Steve Uttley

Adds Hon Ed: We were pleased Adrian re-appeared at one of our fixtures. To readers who've entered our sport recently and won't have seen Adrian in his extended heyday - then be assured - *you've really missed something!*

MEMORY LANE

I feel very proud to have known and raced with Ray (Middleton). For interest, from my Race Walking scrapbook is a picture of Ron and myself with Ray in the National 20 miles at Swindon in 1967.

Roy Lodge

Adds Hon Ed: Here's a picture of Roy who for years has been an Essex Walker contributor. We saw him at a fund-raising dinner in Royal Leamington Spa town Hall a while back, as a top table guest wearing a chain of office as Mayor of nearby Stratford-upon-Avon Town Council. Afterwards he congratulated Peter Cassidy (one of 8 after-dinner speakers) as the only one properly commencing such a speech. Until recently Roy served that Council as its Mayor's Chaplain. Our picture shows L-to-R: Ron Wallwork, Roy and Ray Middleton RIP. Roy won in 2:42.43 - 34 seconds ahead of Olympic gold medallist Don Thompson with Ron Wallwork completing the frame just over a minute later. The rest of the top 12 (in order) were Ray Middleton, Charlie Fogg, Bill Sutherland, Phil Thorn, Dave Smythe, Len Duquemin, Peter Markham, Alec Banyard and Colin Young. Last was M Pugh of Worcester AC in 3:53 - *what happened to him?* Trowbridge tied with Lancashire WC on points in a team race: the local Club won by having the highest scoring 4th finisher as RAF man "Smudger" Smith was just ahead of Julian Hopkins.



Leicester WC were 3rd. 112 started/106 finished. 13 teams (of 4) started/12 closed in. Nijmegen Shield winners Surrey WC were first closing-in a full declared team of 8, while the South won a Hammond Inter-Area Cup. Full results in "Race Walking Record" 298 ([July 67](#)) - Issue 299 ([August 67](#)) shows Roy approaching the tape on its front cover - these editions can be read on the popular Race Walking Record Archives website. A great year for Roy saw victory in the Midland 20 Miles (2:52.29) and Leicester Mercury 20 Miles (2:52.39) well ahead of host Club's Peter Markham (2:56.22) and Alec Banyard (2:56.57). Roy was 2nd in a 25 Miles Birmingham Outer Circle behind Charlie Fogg with Don Thompson 3rd. Also in 1967 he won a 20k 'B' International (GB v France) in 98:39.4. Interesting to note Record issue 298 shows Ray Middleton 1st in a testing Bradford 50K with 4:40.30, 9 minutes' ahead of a 2nd placer (34 finished) and "novice" future Olympian Jake Warhurst won (by 21 minutes) a Sheffield Star 12 Miles Walk in 1:40.02. In this, 205 started/107 finished as local Police Cadets won the team race by a mile! At Chigwell Row Basildon's Olly Caviglioli won an Essex Boys 2 Miles Road Championship in 16.10 at Chigwell Row, ahead of 2 competitors from William Morris School R Cardy 2nd and Steve Daultry 3rd as 15 had started. Over the same distance Ray Pearce won the Stock Exchange in 15.45 with legendary Dickie Green 2nd, Ken Bobbett (later to make an impact in Greater London and the South) won the Glamorgan in 14:49.9 while across the border Jack Thomas, who became a long-serving Woodford Green AC stalwart, won in 15.37.2. The latter 2 are both respected former Welsh champions.

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