

Essex Walker

Editor: Dave Ainsworth

HAVING A GOOD TIME

Here's a picture taken at the Metropolitan Police Walking Club Annual Reunion at the Civil Service Club, London SW1, as held on St David's Day. Among race walkers both past and present, a standing back row includes Peter Addison, Alex Ross, Reg Denny, Chris Flint, Kathy Crilley and Bill Sutherland. Seated in the middle is nonagenarian Bill Coleman. Kneeling front right is Met Police Walking Secretary Dr Kitty Hung.



Readers are reminded that this function is open to **all** race walkers, past and present, and their guests - irrespective of whether you've past Police connections or indeed have ever had your collar felt by any of them!

NEW MAN AT THE HELM

After a long spell in office, Ken Livermore has handed the task of Hertfordshire County Walking Secretary to in-form **David Annetts**. David has plans to increase support in the County, which we'll hear about as time passes. We thank Ken for his long service in this position and wish the best to newcomer David. We urge walkers to support David in his new role.

90 NOT OUT

Here's a lovely picture (right) of Race Walking Association and Centurions Past President **Eric Horwill**, with Pam, cutting his cake at a 90th birthday party held to celebrate a milestone occasion, at which many from race walking were present to honour one of our greatest ever servants.

Photograph supplied by Sue Clements



ILFORD AC AGM

Ilford AC elected Joint Presidents for their Centenary year:

John Batchelor and **Pam Jones** who are both keen to see race walking prosper. **Andy Catton** (who is Essex County AA Chairman) remains in post as Hon Secretary, former Essex Beagles junior walker **Ernie Forsyth**, who has walked in the now defunct Essex League for Ilford, continues as Chairman. Hon Treasurer is hammer-thrower Wesley Clarke, a former Mr Universe at his peak.

SUSPICIOUS ACTIVITY

Thanks to readers who've advised they've received odd emails from me. Well, it was from a ne'er-do-well who sent emails purporting to come from me. If such correspondence from a hacker heads your way, please ignore it and don't open suspicious attachments.

DA (Hon Ed)

RICHARD DOUGLAS FOSBURY RIP

Not a race walker - indeed one whose feet were far off the ground in competition - Dick Fosbury has passed on aged 76. Readers will recall him revolutionising high jumping, being a convincing winner in his only Olympic appearance (1968 Mexico). Four years' later in Munich his "Fosbury Flop" technique had really caught on as 28 of 40 competitors used it. You couldn't make it up - the gold medallist (Estonian Juri Turmak, who passed on last year aged 75) remained faithful to the traditional straddle. All athletes will be saddened at the passing of a true "one-and-only".

FIXTURES

*10 min+ walk to start

APR	4	Veterans AC 5K (non-veterans/non-VAC members welcome)	Battersea Park	7.00pm*
	16	National 10K Championship + YAG	Coventry	12.30pm
	23	TCS London Marathon	Blackheath/Greenwich	9.30am
	29	Enfield League 'Pat Furey' 10K (3K/5K opt-out distances)	Donkey Lane	11.00am
MAY	1	Hertfordshire and Open 3,000m	Stevenage	TBA
	9	Veterans AC 5 Miles (non-vets/non-VAC members welcome)	Battersea Park	7.00pm*
	14	Essex County AA 3,000m Championship (<i>Ringfence this!</i>)	Melbourne Stadium	TBA
	21	European Cup Team Competition	Podebrady	TBA
	24	Cambridge Harriers Open 3,000m	Sutcliffe Park	6.40pm
JUNE	4	"Cecil Gittins Memorial Walks" (incl Enfield League) 5K/10K	Gravesend Cyclopark	2.30pm
	6	Veterans AC 5K (non-veterans/non-VAC members welcome)	Battersea Park	7.00pm*
	12	National 20K Championship	Leeds	TBA
	17-18	England U/20 & U/23 Championships	Melbourne Stadium	TBA
	18	BMAF veterans 5K Championship	Horwich	TBA
	24	Manx Telecom Parish Walk 85 Miles	Douglas, IOM	8.00am
	28	SWC/Blackheath Harriers Open 4 Miles	Norman Park	7.00pm
JULY	8	Moulton Open 5 miles (incl Enfield League)	Moulton Village	12.30pm
		Ilford AC Centenary Celebration Party & Buffet	Fairlop Waters	7.00pm
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 .				

ILFORD AC CENTENARY

As part of Ilford AC's centenary celebrations, Hon Ed was asked by Ernie Forsyth (Ilford AC Chairman) to compile a history of Ilford AC's walkers during the 100 years of the club's existence (founded in 1923). Essex Walker is serialising the report for readers' information, with part 1 featured below:

**ILFORD AC WALKING SECTION - 100 Years' Report**

Walking was strong around Ilford before our Club's 1923 formation as interest had been generated by Valentines Sporting Club. In 1945 that Club's Walking Section joined Ilford AC so bringing Bill Cockle into our Club. He'd become a Centurion in 1937 (having completed a 100 miles walking race under 24 hours) and was to become Essex County President in 1980, Ilford Hon Secretary in 1945, Ilford President in 1953 and Chairman in 1965. After a few quiet years Walking Section fortunes were reignited in the 1950s by future International Colin Williams, one of a talented family of Ilford AC members. In 1957 Colin won the Southern Area "Garnet Cup 10 Miles at Wimbledon clocking 79.10 and in 1962 was 3rd in our National 10 Miles beaten only by all-time major games greats Ken Matthews

and Bob Clarke. The 1959 Southern Area "Garnet Cup" saw an Ilford AC team victory with Messrs R Betts, N Alderman, P Harrison and P Williams scoring. In this revival period other squad members included Micky Lloyd, Harold Randall, Ray Pearce who later represented Southend-on-Sea AC with distinction, Colin Young who became a legend after joining local rivals Essex Beagles, Reg Bond, Alec Tiffin and much-loved Roy Mendham. Roy, blinded in a D-Day mortar attack, still managed to coach - he detected which walkers approached by listening to individual footstep patterns - and competed into the 1970s at distances up to the 52 miles London-to-Brighton classic. Roy rarely missed social functions, where he was famed for a vast collection of yarns and jokes. The Walking Section declined in the early 60s as some packed in athletics, others went to running and some quit for personal reasons - talisman Colin himself resigned in 1964 to join Surrey Walking Club.

Another revival was sparked in 1965 when Brian Armstrong became Walking Secretary (a position unfilled since vacated by Colin Williams in 1964). Brian joined Ilford as a 14 year old junior runner in 1962 before switching to race walking when advised by Alex Tiffin, who by then was a runner. Alec converted Brian to race walking when chatting during an evening training run. Brian's enthusiasm saw a 5 miles walking race staged at Chigwell Row in December 1966 where he linked-up with Roger Mills and John Blackeby - a runner who joined-in to make a team. Early in 1967 they were joined by Colin Williams (now 2nd claim and eligible for County events) to finish 3rd team in the Essex County 10 miles. That year Brian became a Junior International, and in Junior rankings Roger and Brian were 1 & 2. Brian's inaugurated popular Chigwell Row race was upped to 10K and continued annually into the 21st Century until rising traffic levels saw it fail risk assessment. The same fate ended the Club's Summer 10K around South Park's perimeter roads. Brian came within a whisker of full GB international status after a great walk in a 1970 National 50 Kilometres' event at Ewell - but things didn't go his way in a Selection Committee room, as Colin Young's experience was favoured over Brian's emerging talent. This setback was put aside as Brian continued giving a good account of himself and in 1977 became Ilford youngest President. In 1970 Brian won the last 33 miles Romford-to-Southend in 4:19.22. The star moment in the '60s was a great team victory in the 1968 National 5 Miles Junior Championship - scorers were Brian Armstrong, Lawrence Dordoy, Geoff Hunwicks (now a Junior International) and Roger Mills (winner in 37.14). It was a curtain raiser of what was to come as they soon progressed to senior status races. Also in the late '60s, Roger Mills won his first Senior National title, this over 3,000 metres in 12.57. He more or less made this title his personal property with more victories in 70/72/73/74/76/77/78/79/81 and 82, his best was 11:44.48 in '81. Lawrence Dordoy finished 2nd in the 1969 National Schools 3,000 metres title and won in 1970 clocking 14.22. It's often asked why Roger didn't gain a Junior International vest - it was as, although eligible, he went straight in as a full international and on his debut against France at Cwmbran at 20K he won. This commenced an International career with 56 selections from 1969-to-1983. Roger's name was known worldwide and was our first UK athlete to win a United States AAU title, when doing so in New Jersey. The '60s revival was well supported by a number of willing members and, in addition to those mentioned, backing came such worthies as Keith Phillips, John Kinch, Stan Hart, Gerry Pells, Alec Tiffin, Dave Kates and Dennis Snow.

Tony Perkins became Walking Section Secretary and earned a "Mr Reliable" nickname. He was a formidable long distance competitor completing 20 successive London-to-Brighton 52 miles races (1973-to-92 with a 9:41.24 best in 1976). Ilford members excelled in this classic race as 7 sub-9 hours' finishes were recorded: Brian Armstrong, Bob Dobson (our fastest, 8:35.35, in 1979), Steve King (twice), Peter Hepworth, Geoff Hunwicks and Dave Neagle. Another notable London/Brighton performer was Alan Barber whose 4 completions were all sub 9-and-half hours. Messrs Barber, Dobson, Neagle and Perkins all joined the exclusive Centurions Club. Tony Perkins also served 2 spells as Ilford's Honorary Treasurer (1970-82 & 1987-88). He excelled at organising overseas trips under the banner of "*Perkins Tours*" including one such trip in 1975 when a National 20 Miles was staged on the Isle of Man and won by Bob Dobson in pre-Ilford days. It was, as they say,

memorable! His ability to master foreign travel demands plus an in-depth knowledge of race walking saw him appointed GB Team Manager on a number of occasions.

The '70s outstanding achievement was by Roger Mills with a hard-earned bronze medal at the 1974 European Championships in the heat of Rome as he recorded 1:32.33.8 beaten by 2 Olympic gold medallists over 20 Kilometres. Also in 1974 Ilford closed-in a full team of 3 in 100 Miles race for a first time in a Leicester-to-Skegness event, led by a Dave Neagle whose 19:15.11 time (despite twice going off-course) saw him in 4th position, backed-up by Alan Barber and Dave Ainsworth - the trio becoming Centurions. In August 2014 Ilford's walkers held a luncheon in Hornchurch on the 40th anniversary of these achievements, which attracted a 32-strong turnout.

The 70s saw Ilford well placed in National competitions, with 2 team victories in our National 10 Miles in 1975 (Southwick) and 1978 (Crystal Palace). So strong were Ilford in '75, Tony Perkins organised a coach to pick up walkers, their families and supporters from Gants Hill. Our '75 scoring quartet were Roger Mills, Steve Gower, Lew Mockett and Geoff Hunwicks/3rd, 9th, 16th and 26th respectively. In 1978 a "changing-of-the-guard" saw team victory again as scorers were Steve Gower, George Nibre, Geoff Hunwicks and Brian Armstrong/9th, 12th, 22nd and 27th respectively. Roger won National individual Championships at 10 Miles in 1977 (72.36) and 1980 (68.45/short course), 20 Kilometres Championship in 1973 (91.13), 10,000m track in 1973 (44:38.6) and 1980 (43:21.2) and over 20 Miles in 1976 (2:23.13) and at 35 Kilometres in 1979 (2:52.08). The '76 race held around Stevenage cycle paths and subways in bad weather was on a course with more twists and turns than a New Year's Eve conga and was rated by many as one of Roger's finest victories. The 35 Kilometres Championship saw another Ilford winner in 1981 when Bob Dobson broke the tape in 2:48.30. In 2001 he was the British Long Distance Champion when completing 100 Miles in 19:46.11. In 1979 Bob Dobson broke his own GB 50K record when timed in at 4:07.22.4 in Austria. Ilford's ladies were represented in a list of National winners when Pam Phillips won our 10,000 Metres track Championship in 64:08.9. Pam was another who became an Ilford President. Neringa Aidityte (now Masilioniene) won 4 UK national titles: at 10 Miles in 2011 (76.19) and 2013 (79.43) and at 20K in 2011 (94.24) and 2012 (98.21). A key '70s figure, enthusiastic Len Ruddock, so often made our scoring 4 and retained his links long after hanging up his racing shoes. Also, in the '70s we had the services of Tom Lee, a Junior International with genuine prospects, but who so tragically died in the mid-70s. He'd shown class with 3,000m and 10,000m pbs of 13.33.2 and 48:14 respectively. In the '70s Ilford had a good trio of Ilford Sorting Office postmen who competed for the Club; now octogenarians Noel Mooney and Terry Riley plus Brian Barnard. Alas, for us, the latter was big in darts and even appeared on "Bullseye" which took him away from race walking. Terry was involved in a Becontree Road accident on his moped, leaving him with one leg shorter than the other. His attempted comeback after surgery was unsuccessful so sadly his racing shoes were hung up. Other postmen doing well in Ilford's ranks were Mick Sweeney and Steve Allen. Terry and Mick were both London Postmen's 6 miles winners 5 times and Steve 20 times. The latter also ran for Ilford AC. A key event was the 1977 National 100 x 1 miles relay on a Chelmsford cinder track. Each of 10 members walked a mile, then the order was repeated another 9 times. Ilford came 5th in 13 hours 16 minutes and 51 seconds, which was inside a previous World record set in 1973 on Colorado Track. Walking were Dave Ainsworth, Brian Armstrong, Lawrence Dordoy, Steve Gower, Geoff Hunwicks, Steve King, Lew Mockett, Dave Neagle, George Nibre and Bill Sutherland. Team Manager Tony Perkins was assisted by Karen Embleton, Christine Perkins and Jeanette Gower. The Club were grateful for professional sports photographer Mike Street who was present on so many important occasions to take pictures for posterity.

Ilford staged 2 major events in the '70s. In 1976 the Southern Area 10 Miles Championship, for the Garnet Club, was staged around Chigwell Row on a course which Colin Young described "as *no billiard table*". In 1979 a "European Friendship Walk", was jointly organised by Essex Police and Ilford AC. Two meetings were held: a Saturday afternoon 20K at Chelmer Village starting/finishing outside an ASDA store, and a track meeting at Cricklefields Stadium on Sunday

morning. Between races was an evening function and meal at a central Chelmsford banqueting establishment. Eight teams competed, as the two joint hosts were joined by teams from mainland Europe and one from the Isle of Man. All visiting athletes, officials and supporters were driven about by members and put up in their residences. Interesting to note that Cricklefields races were the first in the UK to trial time-penalties instead of disqualifications.

Issued by Ilford AC - with more to come - see future editions.

APPRECIATION

Romford born now Ramsgate-based Mick Barnbrook, a most active race walker for 49 continuous years (representing Cambridge Harriers, Sarnia WC, Ilford AC, Metropolitan Police, British Police, a spell unattached and who is Centurion 663) celebrated his **80th** birthday on Saturday 25 March. Mick sends profound **thanks** to all the many from our race walking and athletics worlds who sent birthday cards, messages, emails and Facebook greetings. Mick truly appreciates them all.

NOSTALGIA - RAF TRAINING COMMAND 2 MILES CHAMPIONSHIP 1953

1. Junior Technician George Towers 16.19, 2. Aircraftman Colin Young 16.19, 3. Warrant Officer Dickie Bird 16.44. Held at RAF Cranwell. Those were the days! Earlier in the year, the RAF 7 Miles Championship was held at RAF Halton where the same 3 worthies finished: 3rd Colin, 4th George and 15th Dickie clocking 57.22, 58.25 and 64.15 respectively. Seven broke the hour, which was a record in this event. 63 had started/53 finished. Fast forward to 1972 at RAF Cottesmore in Rutland as 101 were on a start line, with parachute packer Steve Holliday breaking the tape.

DUDINCE

Pierce O'Callaghan (Head of Competition Management, World Athletics) celebrated his family's achievements at Dudince via social media.

ATHLETICS WORLD RACE WALKING TOUR

O'Callaghan achieves European Youth Olympics standard

THERE was a momentous weekend for athletics in Tuam when Savanagh O'Callaghan achieved the qualification standard for this summer's European Youth Olympics and the Boys U-14 relay team won All-Ireland silver in Athlone.

Competing three years out of her age group, the 15-year-old O'Callaghan took over a minute off her previous personal best of 26.28 to record a time of 25.26 for the U-18 5km Race Walk at the World Race Walking Tour meeting in Dudince, Slovakia on Saturday.

The qualification standard for the European Youth Olympics was set at 25.35 by Athletics Ireland and the Olympic Federation of Ireland. The race was won by Slovakian Tamara Indrskova with a Polish athlete Paulina Tomaszewska second and a Romanian fourth in a truly world class field.

Elsewhere, there were PBs all round for all the other Tuam representatives in Slo-

vakia. Caoimhe Phelan from Clonberne finished fourth in the U-16 3km event with a PB of 16.21, improving from her previous best of 16.47. Mercy Tuam first year student Taillte O'Callaghan improved her best from 18.00 to 17.35 to finish 14th while Chloe Flynn improved from her previous best of 21.00 to place 16th in 19.45.

In the U-14 1km, Cuisle O'Callaghan made a huge improvement over her previous best of 5.25 to record a time of 5.05 to place fourth and just missed out on the medal podium by one second. Emma Madden from Castlegar Athletics Club placed eighth in the same race in 5.30, her first-time sub six minutes for the distance while her brother Dylan finished fourth in the Boys' U-12 in 6.25.

All the Galway athletes were delighted to record personal bests and benefitted greatly from the international experience with over 350 athletes from 30 countries.

Meanwhile, closer to home, there was joy for the Tuam U-14 relay team when they won silver medals at the All-Ireland Relay Championships in Athlone.

After winning their heat with the fastest time of 1.47.87, the Tuam lads lined up for the final as the hottest of hot favourites and led most of the way before they were overhauled by a strong team from Newbridge only missing gold by 6/100th of a second.

The fact that they were a full two seconds ahead of the third placed team from Cork showed their class and the team of Cian O'Driscoll, Oliwier Lewandowski, Jakub Kostrubiec, Eanna McGrath, Odhran Kelly and Cian McGinn will be hoping for revenge when the outdoor season arrives over the summer months.

The girls U-17 relay team exceeded all expectations to finish a magnificent fourth place only missing out bronze by a narrow margin.

Following an impressive run



THE Tuam squad who competed in the World Race Walking Tour Gold Meeting in Dudince, Slovakia on Saturday. Pictured, from left: Cuisle O'Callaghan, Chloe Flynn, Caoimhe Phelan, Savanagh O'Callaghan and Taillte O'Callaghan.

in the qualification rounds where they placed a surprising third behind Ennis and Dublin club Brothers Pearse, they lined up in the final a few hours later and hoped for the best.

The team of Danielle Moynihan, Aine Maguire, Lauren Morrow, Aoibhinn Redington and Abbi McGrath put together an outstanding run to finish a magnificent fourth place in a new club record

and just outside the medals won by Ratoath, Kilkenny and Ennis.

The All-Ireland Indoor Championships continue this weekend with almost 50 athletes from the club in action.

THE CENTURION'S SPRING 2023 WHITE CLIFFS SOCIAL WALK – report by Steve Kemp

The Centurions held their Spring Social Walk along the White Cliffs (Dover) on Saturday 25 March. Starting at the RAF Battle of Britain Memorial Museum at Capel-le-Ferne on the Kent coast, the group, led by walk leader Chris Flint, traversed the cliff tops towards Dover before changing direction, descending to the shore line, and making their way into Folkestone.

Passing the small fleet of fishing boats in the harbour and stalls selling their freshly caught produce, cobbled streets led to a lunch stop at the British Lion public house c1460, the oldest pub in Folkestone.

Refreshed, the walkers departed the town, passing Martello towers built as coastal forts around 1806 to defend against Napoleon's navy, returning to the museum and the completion of the seven-mile route.

There were a couple of showers during the day, but on the whole weather was good with clear sky, sunny spells and little breeze.

L to R:

Chris Flint C849 Hendon 1989, Steve Kemp C1075 Newmarket 2009, John Borgars C1170 Redcar 2016, Kim Howard C1020 Norfolk 2005 and Danny Long C877 Hungarton 1990



Not in picture, Ruth Borgars and Brian Boggenpoel. Thanks to Brian for the photograph.



Dear Dave ...

LOOKING BACK

I have a long history being mentioned in the same junior races as Lawrence Dordoy, usually about 10 places behind him. I only ever saw his face at presentation ceremonies. I was used to looking at his back. Lol!!!

Ernie Forsyth

Adds Hon Ed: Past Ilford AC President Ernie, who walked for Ilford in a now defunct Summer 10K, refers to his time as a promising junior walker at Essex Beagles. When asked on BBC Radio 4 what other walkers learned from Paul Nihill - I made a similar comment to Ernie's, when saying that what they did learn, they did so by watching his backside disappear into the distance.

KEN MASON RIP

Ken, a most popular member of the SWC passed away. As you may know his race walking career stopped some years ago but he continued his exhausting rowing efforts until fairly recently. He was almost 86 and had been a SWC member for a magnificent 63 years having also been a Stock Exchange athlete.

Peter Hannell

- Very sorry to hear this sad news about Ken. A magnificent record of club membership, and of an active sporting life. ***Sandra C735 and Richard C760 Brown***
- I am very sorry to learn of the passing of Ken Mason. I was totally impressed with Ken's times ... truly several great performances. ***Adrian James***
- Three-times winner of the Stock Exchange London-to-Brighton, Ken Mason's winning times were: 8:16.41 (1963), 8:26.04 (1964) and 8:21.22 (1965) though his fastest time was in 1962 in second place: 1: R Hall 7:58.33, 2: K Mason 8:08.54, 3: R Green 8:18.06. ***Tony Perkins***
- Ken overtook me right near the end of that Ewhurst 100 miles, said a few words of encouragement and beat me by just a minute! ***Andy Bainborough C670***

- Sad to hear Ken has passed away and he was a really nice person. Built like a body builder and my memory of him was in the London to Brighton walk eating half a chicken. RIP. **Peter Marlow**

MEMORY LANE

I feel very proud to have known and raced with Ray. 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, when 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 a 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.



DOES ANYONE REMEMBER HIM?

We had 5 walkers at the Finsbury Park Run on Saturday 18 March. The fastest of these was a Reggie DUGARD who apparently competed in the UK in the early 80's although he is now around 61 years old having formerly being a runner converted by injury to race walking. He now does around 35 mins for 5 Kms with a very good style. I did manage to have a short chat with him but he never mentioned any Club. He intends being around in the UK to November and then returning to the USA from whence he came. Does anyone know or remember him?

Bill Sutherland

WRITES A FIVE-TIMES' OLYMPIAN

A memory popped up on my Facebook page and included an exchange of dialogue between Chris Smith and myself which I thought you might enjoy ... it referred to a memory from 2014 where I had posted a photo of me and my young daughter at the local leisure centre. I was there to do a weight-training session, she to do her Saturday morning ballet '...

Chris Smith: "Get on the treadmill in the gym and let's see you back racewalking."

Me: "If I got on a treadmill now, I have a notion folk would get their popcorn and coke, pull up a chair and have a laugh. Thanks all the same for the sentiment!"

Chris Smith: "I once spent £1900 on a treadmill it. was useful for a few years but I sold it for £500 to buy a car for my job"

Me: "Not sure what to say Chris! Hope the car served you well and the job was worth it."

Chris Smith: "Can't do supply teaching without a car but can do racewalking. without a treadmill."

**SOCIAL OCCASIONS**

Thanks for the information about this interesting excursion (Isle of Wight social walk). Reminds me of the Walkers trip to Rotterdam and Isle of Man on adjacent weekends.

Len Ruddock

The Suffolk Walking Festival**BACK ON THE PROGRAMME**

The Suffolk Walking Festival is back with a challenge walk over 4 days and an abundance of other walks on offer. I am leading 4 walks this year.

Joyce Crawford C1183

[Suffolk Walking Festival - Over 70 walks.](#)

[13th-28th May 2023](#)

**MET POLICE ANNUAL DINNER and REUNION ORGANISER WRITES**

Really look forward to seeing you next year. I have received 100% positive feedback from our guests. The £10 ticket magic has really done the trick. Since we have raised quite handsome income from the raffle ticket sales, our club has not gone out of pocket. Overall, our club only needs to top up £66 in total towards the cost of catering and venue hiring. Our treasurer said we can still stick to £10 a ticket next year due to the generosity of our guests towards the purchase of the raffle tickets plus the generosity of some of our active club members (especially Paddy) for their donation of gifts towards the raffle prizes.

Kitty Hung

FROM OUR SOCIAL CORRESPONDENT

What a fantastic Metropolitan Police Walking Club Reunion and Buffet! Super company and amazing food and slide show too was great. Dr Kitty Hung and her team did a fantastic job not leaving a stone unturned along with one of the best raffles we have been part of with many attractive prizes. In attendance were Chris Flint, Alex Ross, Reg Denny, Peter Addison, Kathy Crilley, Peter Hannell and pride of place 91 year old Bill Coleman from Cambridge Harriers, who ordered a taxi to and from the venue. Plenty of company besides our goodselves and short but sweet speeches. Drinks at reduced rate too and use of the scenic Trafalgar Room. There was a very informative programme too. Many familiar faces were missing, but it was their loss not

ours. Apparently, all the famous cups are polished, stored and engraved at Imber Court, so they are safe and sound. Really looking forward to the next gathering in 2024, because the new format from our viewpoint was a really big hit! Good luck to the Met Police Long Distance Walking Club with its many activities in 2023!

Bill and Kath Sutherland

FOR A GOOD CAUSE

A couple of announcements. I've been asked by a couple of people to circulate their fundraising profiles for this year's London Marathon. Both worthy causes, so if you can please consider donating.

Billy Green (Ilford AC)

- **Stuart Bennett:** I am walking the London Marathon with my daughter (running). We are doing it for Great Ormond Street Hospital, as she was in their cancer ward when she was 3 and is now 35 years in long term remission for Leukaemia. Our Just Giving page for donations is: www.justgiving.com/fundraising/louisesmarathonchallenge
- **Edmund Shillabeer:** Hello! I am taking on the TCS London Marathon in 2023 for SSAFA, the Armed Forces charity. I completed the first London Marathon in 1981 and at least 25 others since. 2023tcslondonmarathon.enthuse.com/pf/edmund-shillabeer Edmund is 83 years young.

APPRECIATION

Received the Essex Walker with thanks. Excellent reading.

Arthur Gutteridge BEM C476

OLYMPIC WALKS FUTURE?

Interestingly, Darlington Harriers have held a similar scenario running race for the last two years - Organised by Trevor McDermot. It entailed a team of two athletes running alternatively around a 1-mile circuit until each one completed 13 miles. Then both team runners met up to run the last .2 of a mile together so that they crossed the finishing line as one team having completed the full marathon distance. There were prizes for men's, women's and mixed teams. It was a good spectacle and well supported. Having said that, walking the same format would prove to be problematic due to possible disqualifications (unless the pit lane scenario was to be enforced). Still doesn't help endurance walkers, which is a disgrace! It makes you feel like telling the IOC to stick their meddling, pull walking out of Olympics altogether and start a movement for a separate Walking Olympics.

Peter Fawkes.

THE SCOTTISH SPORTS AWARDS 2022

Just letting you know that my nearest and dearest did nominate me for inclusion in the Scottish Hall of Fame as I was the first Medal Winner for Scotland in Athletics at the 1970 Commonwealth Games at Edinburgh's Meadowbank, but I got no reply or invitation either. Such is life!

Bill Sutherland

Adds Hon Ed: I nominated Verona Elder MBE and Paul Nihill MBE for England Athletics Hall-of-Fame induction. Both were rejected. I successfully re-nominated both for a 2nd time 2 years' ago. So, try again Bill.

EDBANGER'S VIEWS ON THE 2023 TCS LONDON MARATHON

Cheers lads and lasses! I hope to be in good shape at mile 9!! If practical my assistant Maksym will be there to help me, and hopefully that won't be the only time he can cheer me on as I will be a back marker this year. I will be happy to finish and even happier to beat my forecast of 6:59 ...

Ed Shillabeer C590 South West Veterans AC F009, Ilford AC

Adds Hon Ed: Edbanger refers to Mile 9 - that's where you'll spot Ilford AC members manning a drinks station.

COMMUNICATION FROM CHINA

I have great respect for you in how you work so hard to keep the Racewalking scene alive and active. When you can no longer do it - I fear it will sadly fade away into oblivion. Maybe. Olly Browne was a good friend in those days, especially when we did the Plymouth to Dawlish walk with Bob Dobson too. That was an experience never to forget. Do you come across any photos of me in racewalking mode? Love to see any. I have no idea what life is like living in England as a Pensioner. I have been living here in China for over 9 years. I wonder?

Mike Sweeney



Adds Hon Ed: If any readers have photographs of Mike, please send them to EW for forwarding to Mike.

VERA MORRIS RIP

Vera Morris, wife of the vociferous late Johnny Morris, a race walker from Belgrave Harriers, passed away peacefully on Monday 6 March after illness at the age of 90. She leaves two daughters and a son and grandchildren. A funeral was held at South London Crematorium.

Carl Lawton

Adds Hon Ed: Centurion 474 John died in 2016 aged 83. He raced frequently and relished Barking-to-Southend Walks, being eligible as a Port of London Policeman. After retiring as a competitor, he helped at athletics events often as a genial pointsman. We're sorry to hear sad news about his widow Vera.

UNIFICATION COUNTY CHAMPIONSHIPS' ENDORSEMENT

Makes good sense in terms of athlete numbers and provision of Race Walking judges, which is problematic in some areas, especially when county championships are held on the same weekend. Apart from the Kent Championships where we get good athlete participation and already have a full complement of judges committed to the 2023, championships, I'm struggling to find sufficient judges for Essex, Middlesex, Hertfordshire, and Hampshire. At the tri-counties (Herts/Kent/Middx) indoor championships, of an entry of 12, 10 were from Kent none from Middlesex!

Noel Carmody

PARIS OLYMPIC GAMES "MIXED" GENDER WALKING RACE

I am writing to tell you that the rumour we heard is that World Athletics have voted in favour of a relay walk over the marathon distance.

One man and one woman: Woman walks 10km, Man walks 10km, Woman walks 10km, Man walks 12km. They walk the last 195m together. The vote was something like 13 to 7 in favour. Major race-walking nations allegedly voted against this proposal. Official announcement by the end of the week. I hope the rumour is just that.

(Name and address supplied)

IF PARIS RUMOURS COME TO PASS

- I think that in principle a mixed event could be a tonic for racewalking and greatly increase public and media interest. We were surprised how enjoyable and interesting the mixed triathlon was – good stuff and a great initiative. Better adapt the walking event in this way than lose all walking events and see the sport sink without trace.
- I despair. The 50km event had so much. THAT proposal offers so little other than comedy value ... just like the uneducated athletics' clowns responsible. No intentions to shoot the messenger.

Sandra Brown C735

Chris Maddocks

- What the powers-that-be seem to have disregarded is that Race Walking is a serious competitive event involving style, speed, endurance and crucially discipline, and this proposed new event is a very poor substitute for what has come before. Let's hope they acknowledge that fact.
Bill Sutherland
- Jeez what a travesty. Imagine the fuss if they tried to marginalise and meddle with the marathon like this.
Cath Duhig
- I must say, this seems an extremely strange proposal. It will not be good for our sport and it will be seen as a Mickey Mouse event! There should be separate men's and women's races over the traditional 20 and 50km.
Mike Scamell

RAY HALL BELGRAVE HARRIERS RIP

It is with sadness that I have the news to pass on of yet another Belgravian who has left us. Ray Hall, a member since 1956 and in his 90th year, passed away last night after a long illness. Ray was a Life Member and Past President of Belgrave and served as Secretary for a few years. He was better known for his Race Walking, competing in the 1962 European Games and being one of the few to beat 8 hours on the London to Brighton (Stock Exchange). I do not have any email addresses but any correspondence should be sent to: Tim Hall, 9 Drayton Close, Fetcham, Leatherhead, Surrey. KT22 9EZ.
Carl Lawton

Adds Hon Ed: Tributes are to be published in our next edition.

WRITES A NEW OFFICE HOLDER

I've taken on the Herts Walking Sec position vacant after Ken Livermore stood down. I'm floating the idea of a combined Home Counties outdoor Race Walk Championship for 2024 to be hosted within the Herts Championship. This would be primarily for Counties who wouldn't normally be able to support their own event. If there was sufficient interest then it could be more than one race. All TBC. This year we're having a 3k Race Walk as part of our **1st May** County 1500m, masters, relays and disability Championships at Ridlins End, Stevenage, which will also be an Open event to encourage participation. An event like this could be the template. I've read in your newsletter that Essex have struggled with numbers at Championships and this is the case with Herts and Middx too who have poorly attended Walks which are then endangered within the programme. If through your newsletter I can stimulate interest for this it would be a great help. A combined race for interested Counties would make for a better race and help to concentrate Officials into a single event. I also believe it would be a great showcase for Race Walking within my own County. Yesterday's Indoor Tri-Counties and Dave Hoben's Autumn Track 10k are great examples where combined County events have made sense. I'm happy to share my email (david.annetts1@outlook.com) if any interested Counties wish to make contact and help shape the thinking for 2024 and share any advice on helping to make this happen.
Dave Annetts

Writes Essex County AA Chairman **Andy Catton**: "*Sounds like Dave Annetts has a good idea about combining resources. If only there was an Essex walking officer able to respond!*"

STOP PRESS - ESSEX COUNTY T&F CHAMPIONSHIP WALKS

In case you had not already spotted there are no race walks currently on the programme (first time in 140 years?). At present our County Officials Officer has failed to recruit the requisite number (four) of walk judges. Think we just have the one. In the unlikely event that he finds the other three in the next couple of weeks the 3k senior walks will be reinstated.

Andy Catton (Essex County AA Chairman)

ESSEX WALKER

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