

Essex Walker

Editor: Dave Ainsworth

STARS ON SATURDAY

Please find time to watch this exceptional film of the **July 2023 Moulton Open 5 Miles** and an undercard youngsters 1 mile. It's better than TV - so take your phone off the hook or switch to silent, pour yourself a cup of tea, settle down and enjoy the show. A number couldn't make Moulton this year, so this is the next best thing. It features interviews with participants, villagers, officials and helpers, action shots plus archive footage of some at Moulton taken from their heydays. Len Ruddock is an accomplished film maker with his own mobile studio, who has made many such films based on a local Football League of which he's Chairman. **This 37 minutes film is a wonderful entertaining watch - so get the family in to enjoy the show.**

States the film maker, **Len Ruddock**: "This one is the Final Edition - or as we say in the business, 'That's the wrap' :-). **Your direct link is:**

[Race Walking Extra - Moulton 5 Race Walk - 8th July; 2023](#)



Race Walking Extra - Moulton 5 Race Walk - 8th July; 2023

I give you permission to start sharing with others, and I look forward to other opportunities to get cracking with my camera. **Len Ruddock**

Adds your Moulton host, **Ron Wallwork**. What a professional job and wonderful record of the event. The village archivist will be delighted to add it to his collection. So many people will enjoy seeing themselves and those that weren't there will be wishing they had been. The film captures the spirit not only of the event but also the ambience of a lovely rural village.

MOULTON 5 VIDEO/Viewers' reviews

- I enjoyed the video, it's a very good job by Len Ruddock. Such a shame that the event is close to its demise. It's held in a great location, so fingers crossed that after such a great job by Ron Wallwork, it can be kept going. I did my first Moulton 5 in 2004, it had 69 finishers. My next one in 2005 had 53 finishers, my third in 2008 had 103 finishers, 2009 saw 40 finish, my final effort in 2010 produced 77 finishers. So a big drop off since then. **Mike Hinton**
- Excellent directing and filming. **Billy Green** Ilford AC Press Officer
- Great film. **Peter Marlow**
- Wow. A big thank you to Len for this wonderful film. Lumps in my throat, seeing old friends and remembering times gone by. Great film, loved it, will watch again, well done Len. **Don Cox** C787
- Fantastic - shame if it might be the last Moulton. **Andy O'Rawe**
- Thanks - brilliant - A link to keep - A memento!! **Ian Garmston**
- Thank you for sharing this race walking event video - it was good to see you and others that I raced with. It's good to see youngsters competing as well as some of the elder racers. All is well here in France, I'm in good health and enjoying life. Please continue to send items of race walking. **Kevin Perry**
- The video was really good and there are a few other people who would like to see it. I look forward to your regular news letters, keep up the good work. **Bob Hughes**

- It was a great time at Moulton, a good result and a good video produced too. I've entered already for the 1 miler. **Philip Barnard**
- Thanks ... loved it. **Joyce Crawford**
- It's a wonderful nostalgic video by Len Ruddock, who deserves the highest commendation for producing it. It portrays a true image of what is perceived as Race Walking today. So, race walking is scientific according to Shaun Lightman. Hum! And athletics is for all sizes says Ron Wallwork MBE and that is what attracted him. I suppose that was because he was a big un! when he did shot putting and discus. I now know the feeling. Great video by Len Ruddock! **Bill Sutherland**

"AND THERE'S MORE"

Comedian Jimmy Cricket's catchphrase could well apply to the 2023 Nijmegen March as other successful participants have been identified - Chris Bolton, Steve Kemp and Kathy Crilley. Whilst Steve Kemp (right) was completing his first Nijmegen March, stalwart Kathy was completing her 23rd - and her activity is soon to be seen again in early September at a 6-day event near Central Europe's largest freshwater lake. That's Lake Balaton in Hungary's Transdanubian Region. We wish her well.



IMPORTANT DATE FOR ESSEX WALKERS

Your Enfield League event on Saturday 23 September is at Queen Elizabeth II Stadium in Donkey Lane, Enfield. EN1 3PL with a large free car park. Here's your timetable: Registration (you can enter on-the-day) is from 10am onwards, with a first race at 10.30am - which is an U/13 2k and 3k. Then at 11am it's the Enfield League One Hour which incorporates 5,000m and 10,000m races. The latter distance is important, as it's your Essex County 10,000m Championship. County AA Chairman Andy Catton has provided medals (new larger sized ones). It's important all Essex qualified walkers support this, as it's another Essex Championship walk close to "death row". We need to show support for our County as we're still not in their good books - as we've still failed to provide an Hon Walking Secretary to represent our discipline in their Committee Room. Please have another think - it's only 4/5 meetings a year, and you don't need to attend all. Entry fees on September 23rd are U/16 free, U/20 £5 and others £10. **So please Essex walkers - support your own County Championship.**

In addition, the England Athletics "PB Scheme" will be in operation, with certificates for those reaching certain standards - with 9 grades to aim for. Your ["Enfield Walker"](#) (ref p4) has given full details of this scheme and its grades. Hope to see you all there.

CHANGE of VENUE

Iford AC celebrates its Centenary this year and in recognition of that club's contribution and support of the Enfield Race Walking League, the fixture scheduled for 14 October will now take place at Hylands Park, Hornchurch, Essex, RM11 1HA, under the title the "Iford Celebration Walks". Iford walkers have figured prominently in the Enfield HAC annals: In the 24 editions of the League they have supplied seven individual winners, been victorious in the Team competition on nine occasions and only once been outside the top three. In the historic Enfield Open Seven no fewer than eight Iford members have triumphed, one of them twice.

ENFIELD LEAGUE RACE: 14 OCTOBER 1pm

This race will now be held at Hylands Park Hornchurch with a 1pm start from near the Cricket Club. It will be a 15-lap course on a flat traffic free route. Limited changing areas and the bar will be open. My group and I will provide some cakes sandwiches etc that can be purchased. All proceeds go to charity.

Stuart Bennett

Adds Hon Ed: Postcode for Harrow Lodge Park is RM11 1HA. Hylands Park is off Osborne Road, at the Romford end of this long road. As well as a small car park there's free parking in local streets. From Romford Station, high-frequency bus routes 165, 193 and 294 depart from bus

stop 'Y' - alight at "Frances Bardsley Academy" which is 5 stops' away. In the other direction bus route 294 stops at Harold Wood Station stop 'B' and Gidea Park Station stop PA - Frances Bardley Academy is also the 5th stop from Gidea Park Station. Also in the other direction, bus route 165 stops at Elm Park Underground Station stop 'C' and bus route 193 stops at Hornchurch Underground Station stop 'L'. Both bus stops at Frances Bardsley Academy are near to Osborne Road - walk along it and Hylands Park is less than 5 minutes on your right. Gidea Park and Harold Wood Stations are on the Elizabeth Line, Hornchurch and Elm Park Stations are on the District Line and Romford is served by the Elizabeth Line, Greater Anglia and London Overground.

REMINDER OF AN INVITATION TO ALL

The Centurions will hold a late summer social walk around the beautiful city of St Albans on **Saturday 9 September**. The St Albans Green Ring offers an opportunity to get away from traffic onto a network of paths encircling the city centre. The Ring is a continuous walking and cycling route covering 6.5 miles of open space, parks, nature reserves, disused railways and heritage sites. Paths are suitable for training shoes unless heavy rain has resulted in mud and puddles. Bring a snack for lunch or purchase along the way. The walk concluded with refreshments back at the Old Town Hall. Non-Centurions, families and dogs are welcome. Pace will be leisurely, with short stops to explore the heritage of St Albans. The walk is to be led by Centurion Steve Kemp. Meet 10:30am at St Albans Old Town Hall (now a museum), St. Peters Street. AL1 3DH. The Old Town Hall is a large whole building. Large shoppers car parking available nearby at Drovers Way Car Park AL3 5EB and Russell Avenue Car Park AL3 5EB. Further parking is at St Albans City railway station but payment here is by phone or app. St. Albans is served by two train stations. If coming into St. Albans City station, a 10-minute walk along Victoria Street will bring you to the Old Town Hall. If coming into St. Albans Abbey station, a 15-minute walk up Hollywell Hill and through the Market Place brings you to the Old Town Hall. If arriving early, the Old Town Hall has a free exhibition on 'Tea time', the nation's favourite brew. Alternatively, have a wander around the adjacent market. Telephone number for questions or if delayed, Steve Kemp 07860 617899

FIXTURES

It is recommended that dates/start times are confirmed directly with organisers for accuracy.

SEP	2-3	British Masters Championships	Derby	TBA
	9	Eastern Masters League Final	Bedford Track	TBA
		Centurions Social Walk 6.5 miles (all welcome)	St Albans Town Hall	10.30am
	16	English Schools' Championships	Bedford Track	TBA
	23	Enfield League Hour (+ Essex AA 10,000m Championship) + YAG	QEII Stadium	10.30am (YAG) 11.00am (Hour)
	27	British Police Champs/Civil Service Champs/Ryan Cup 10K	Cannonhill Park/ Edgbaston	1.30pm
30	VAC/Surrey/Middx/Herts/Sussex 10,000m Championships	Coulsdon Track	1.00pm	
OCT	14	Enfield League 5K/10K	Hylands Park (Hornchurch)	1.00pm
	21	Ray Hall Memorial Track League 1	Sutcliffe Park/Eltham	TBA
	28	Steyning Open 5K/10K	Steyning	2.00pm
NOV	4	Jack Fitzgerald Centenary Races 3 & 6 Miles	Tilgate Forest	1.00pm
	11	96 th Enfield Open 7 Miles (incl opt-out distances)	Donkey Lane	10.30am
	13	RWA Southern Area AGM	TBA	7.15pm
	18	Ray Hall Memorial Track League 2/SWC Open	Tonbridge Track	TBA
DEC	2	Enfield League 3/5/10K	Donkey Lane	11.00am
	9	Ray Hall Memorial Track League 3/Lewes AC Open	Lewes	12.00 noon
	16	Christmas Track Races 5K + YAG	Broadbridge Heath	11.00am
	26	Southend City AC Boxing Day Pier Race 2 Miles Yacht Handicap	Southend Seafront	10.00am

26	Brighton Boxing Day Races 5.5 & 1.8 Miles (provisional)	Preston Park	10.30am
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 .			



CONGRATULATIONS

Congratulations deservingly go to Ed and Barbara Shillabeer who, during August, celebrated their **60th** wedding anniversary. Congratulations are sent on behalf of all our readers.

NEWS FROM BARBARA CHALLIS

We've news from Barbara, widow of Tony Challis, who is now 91 and resides in the pleasant Cambridgeshire village of Cottenham. The good lady has recently been a hospital in-patient but is now back at home. Tony was a sub-80 RWA 10 Miles' Championship walker who was a leading light for both Trowbridge AC and the Royal Air Force, and who also turned the pedals with success - he was also a helper in the early days of our Moulton 5 and on occasions used his camera to catch a few "up" as they say. Barbara sends her regards to all, especially to Cath and Peter Duhig and Ron and Joan Wallwork.

AUTUMN ADVICE

Readers of this, and other publications, need no reminders that many falls have occurred on a course around King George V Playing Fields at Enfield's Donkey Lane with some needing hospital treatment. One cause is conkers on the course, on which ankles have been turned. *So, watch out please.* To quote that "Hill Street Blues" catchphrase of Sergeant Phil Esterhaus (played by the late Michael Conrad), "Let's be careful out there".

WELCOME BACK

After a spell off-the-scene Basildon-based athlete Dennis Jones is on the comeback trail. He scored points in a now defunct Essex League for Loughton AC and participated in Post Office races at Mount Pleasant, York and on the Isle-of-Man as well as appearing in a number of "Big City" Marathons in London and in many top worldwide locations. He also ran for Pitsea Road Runners. He's entered the Southend 10K (along with fellow ex-Postie Steve Allen) on 1 October - a race both have appeared in over the years. We wish Dagenham & Redbridge FC lifelong supporter Dennis well on his return to athletics action and hope he'll find time to be seen on race walking start lines.

2nd MIDDLESBROUGH 100 MILES + OPEN 50K

[2023 Middlesbrough - Centurions 1911](#)

Despite failing to ignite much home nation interest, this event was indeed successful and atmospheric. "Live" chip timings were available on computers and many were interested as log-on figures confirm. "Facebook" also had "live" information plus interviews and news. At 100 Miles only 9 finished (1 GB competitor) from just 20 entries. Few GB entrants came forward, with most on the start line coming from the Netherlands. They came a long way, and it was a pity a larger field of British athletes couldn't have been present to give them a more memorable race - over 166 traffic-free and lit laps of Middlesbrough Sports Village track. Where were you all? One reader commented: "Might as well have just given the Dutch £1,000 to help put the race on in Holland".

Selected results (men): 1. Edwin Van Wyingaaden 19:08.26, 2. Frank Van der Gulik 21:56.53, 3. Boetje Huliselan 23:18.00, 7. Colin Vesty (Leicester) 23:52.08. Colin is again our RWA Long Distance Champion. Among other entrants who didn't make the finish on this occasion were Centurions Vice-Captain Frans Leijtens and some home-based athletes: Colin Moore, Steve Allen (Barnet version), and multiple 100 miles/24 hours finishers Martin Fisher and Chris Flint. Steve's a tough competitor who'll make it one day - he's a former semi-professional goalkeeper in Scotland and was good enough to secure a place in TV's "The Krypton Factor". There was 1 lady finisher: Jacqueline Van Drongelen 23:43.26. The other lady competitor, Susan Grimes accounted for 149 circuits before accepting she was walking out of time - Susan is USA Centurion No 99 (23:58.33 in 2022).

In an Open 50K on the undercard the result was: 1. Graham Jackson 6:08.46, Adrian Edwards 6:19.22, 3. Hardeep Minhas 6:24.32. 7th John Borgars (Loughton) 6:48.13, 8th Susan Clements 7:08.26. Sue wrote, "I was surprised and delighted to complete the distance". 11 started/finished.

Reports Centurions Honorary Secretary **Chris Flint**:

"It all went pretty well except that the GB athletes were no match against the strong Dutch team. But fortunately Colin Vesty saved our blushes and walked a great 100. It was very disappointing for Susan Grimes who walked so well but says she hit a wall and couldn't keep going. Such a nice person who came over specially for the race. There were some good performances and Wilfred van Bremen and two other Dutch walkers became new Centurions. There were no major hiccups except the chip timing went down a couple of times. Thanks for following it. The last hour was very exciting. Who says long distance walking can't be exciting!"

Writes former Centurions Honorary Secretary **Bill Sutherland**:

"Although small in numbers the quality and Centurion Spirit must have been a joy to witness. We followed it throughout and congratulate ALL walkers and officials on your achievements, be it at 100 miles or 50 kms. Must have been amazing to see so many in the 23-24 hour range! Felt so sad for Susan Grimes who was just outside the required pace, but did 149 laps no less. I recall it took me 3 attempts doing 60, 40 and then finally the 100. She will achieve it in the future. Where there is a WILL there is a WAY! I remember the late Len Taylor of the Metropolitan Police RWC doing 90 miles plus with 4 hrs to spare and calling it day and he was an ex-Royal Marine! He later became an esteemed Centurion! May you all recover well."

LOST PROPERTY

A yellow ASICS jacket was left behind after the Middlesbrough 100. Colin Vesty has it and will make arrangements for its return when claimed. If the owner can contact "Essex Walker" we'll forward their message to Colin.

HAPPY BIRTHDAY

Mention of Centurion activities reminds us that Centurion 578, Dave Sharpe, who qualified in the colours of then called Newham AC (one of his many Clubs) in 1976 on Ashtons Track clocking 21:39.26 (saying it was his greatest achievement) is to celebrate a 'milestone' 70th birthday on 13 September. Wherever he is, we wish him a Happy Birthday.

60 NOT OUT

Among many enthusiastic spectators around Garon Park Track on August Bank Holiday Monday was Andy O'Rawe, one well known on our race walking scene. On Friday 8 September Andy is to celebrate a milestone **60th** birthday. A talented sportsman from a prominent sporting family, Andy has represented his Country at 2 sports: athletics and amateur boxing. The latter led to a pro-career as a welterweight from February 1983 to March 1987, much of this time being spent under well-known Frank Warren's management. His pro-career saw 13 wins/1 draw from 21 appearances. Race walking saw him 3rd in our 1994 Race Walking Association 10 Miles Championship (1:18.33) behind Chris Cheesman/1st and Mark Easton/2nd. In 1997 Andy was again bronze medallist (1:17.22) behind Steve Partington/1:15.34 and brother Jamie/1:16.55. Andy and Jamie were both recognised by Scottish International selectors. After reinstatement as an amateur athlete, Andy's former boxing trainer Mick "the Red" turned up at walking races to give encouragement ("The Red" referred to Mick's hair, not his politics!). Andy raced with distinction for both Southend-on-Sea AC and Leicester Roadhogs WC. In Essex athletics history 3 O'Rawe's (Andy, Jamie and Richard) have held County Senior Men's Championship titles. The family are truly talented as many more athletics successes came from Alan, Mags, Elizabeth and much-missed Chelsea, all having been featured in past "Essex Walker" editions.

All came together often when forming an "O'Rawe Support Squad" to motivate and assist those in 100 miles and 24 hours races. However, we're concentrating on Andy in this article as it's his 60th birthday we honour. In one golden season, Andy nearly captured a full set of Essex County race walking gold medals when breaking the tape at 3,000m, 10,000m, 10 Miles and 20 Miles - only missing out on a 50K

title which Bob Dobson won that year. Such titles were hard earned as Essex then contained many quality race walkers. Andy was part of a strong Southend squad which under Val Mountford's keen captaincy, won many open and Championship team events as well as our Essex League. Andy's trained in recent times with fellow Canvey Islander Steve Kemp's squad (details - see Fixtures Column) but alas injury has prevented him donning shorts and vests with numbers and pins on. We hope he gets over such a setback. He follows the local non-League football scene and is making his mark in the Southend Table Tennis League.

On behalf of all readers we wish always popular Andy a **great 60th birthday celebration.**

BACK: ANDY O'RAWE, CHRIS BENT, PAUL WARBURTON, KEVIN PERRY

MIDDLE: RICKY CHAMP, TIM STOUT, JOHN BROCK

FRONT: RUNNER?, RUNNER?, RAY PLATT, ALAN O'RAWE, JAMES O'RAWE



ALEXANDER WILLIAM JAMES BANYARD (1942-2023) RIP

We're all sad to learn that, after a long illness, former International race walker and Southend-on-Sea AC member Alec Banyard, 81, left us on Monday 21 August while a patient in Scarborough Hospital. He'd been a long-time resident of Hockley, before moving north to settle in Filey some years' ago. His name is always mentioned when those great heyday times of a talented Southend-on-Sea AC (as then called) Walking Section are recalled.

Alec was already doing well in the '50s, as he was 4th in our 1959 AAA Junior 1 Mile Championship at Watford, clocking 7:36.8. Ahead were fellow Southender Peter Marlow, Dennis Read (Steyning/brother of 1956 Olympic gold medallist Norman) and Ron Wallwork (Bolton United Harriers) who'd clocked 7:05.4, 7:09.9 and 7:13.4 respectively. In 1960 this event moved to Hurlingham where Alec was again 4th with 7:32.1 on the stopwatch. Ahead of him that day were Ron Wallwork, Peter Marlow and Maurice Fullagher (Surrey AC) who recorder 6:59.1, 7:03.2 and 7:28.3 respectively. A position behind Alec was London Vidarian Dave Delaney in 7:44.0.

Alec was more interested in longer distance races, at which he excelled with enthusiasm. However, he was a capable performer over all distances. Extracts from a 1974 Statistics Annual records his bests, at that stage, as: 3,000m/13:32.2, 10K/48:23.0, 20K/1:36.31 and 50K/4:27.21. The latter was 4th in our 1974 National 50K on roads (10 x 5K) around Hendon's Copthall Stadium (now StoneX Stadium). Top 3 were Bob Dobson, Jake Warhurst and Roy Thorpe, who respectively recorded 4:16.58, 4:18.58 and 4:24.08. Surprisingly, despite 2 in the top 4, Southend failed to register in team competition as Messrs Dobson and Banyard were their only starters. 86 finished with a high number of retirements - 36, as filing past a changing room 9 times meant 9 easy opportunities to quit! Another interesting result from that time was at a York 20K won by Roy Thorpe in 97.13 with Ron Wallwork 2nd in 97.26 and Alec 3rd in 98.24. Alec rarely had an off-day - such consistency brought him to the attention of our International Selection Committee, who rewarded him with International status. Among such races were Lugano Trophy appearances - this was a *big deal* in Alec's days; for those chosen to walk and many supporters who travelled far and wide to be part of these occasions. Alec proudly wore an Essex County AA representative vest but sadly never won an individual Essex County gold medal - only as Essex had many high standard race walkers eligible for local races - for instance Bob Dobson won 5 successive Essex County 50K titles in the early '70s (1971-75). Alec served our Race Walking Association as its most efficient Honorary Treasurer from 1974-to-1979, as you'd expect from a well-qualified accountant.

Alec wasn't often seen after Southend's Walking Squad "exploded" in the mid-70s due to a "*behind the scenes row*". This was covered in "Essex Walker" when the late John Hedgethorpe was Hon Ed and in the local "Evening Echo" by athletics reporter Dick Marshall RIP. Walkers went to other Clubs leaving



few at Southend - with Alec remaining loyal. Over decades Alec has turned up to support important occasions, such as dining at Southend-on-Sea AC's Centenary Dinner, giving support at a couple of his Club's annual Southend 1 Mile on August Bank Holiday Mondays and being there to give encouragement on both days of Southend's 2014 memorable 100 Miles Walk at Garon Park Track. In London Olympic year he supported an "Athletes Reunited" luncheon at "The Mudlark" near London Bridge Station, at which a tribute presentation was made to his great friend Colin Young RIP.

To his widow Dawn and all family members we express our profound condolence on the sad passing of a true "good-un". **DA**

Photo: Alec Banyard (13) and Bob Dobson (44) in Southend AC vests (2nd version) contesting a 1974 Ilford AC Christmas 10K at Chigwell Row. Photo supplied by Bob Dobson

ALEC BANYARD IN ACTION

Thanks to Janice Wright for her wonderful picture (right). Thanks to Bill Sutherland ("*Mr Memory*") for captioning all in it - especially as he wasn't in it himself. From L-to-R: Ray Pearce, Gordon Brown, Bill Wright, Colin Young, Colin Williams, Alec Banyard and John Webb. It's from our 1967 Essex County Championship 10 Miles Walk - won by John Webb in 1:17.24 with Southend-on-Sea AC winning the team race. Eagle-eyed former race walker June Cork even specifies an exact location - in Southend near the start in Liftsen Way, by the railway bridge.



FUNERAL OF ALEC BANYARD RIP

Friday 15 September at 2.30pm at East Riding Crematorium (01377-267604), Octon Cross Road, Langtoft, Driffield, East Yorkshire. YO25 3BL. At family's request, family flowers only please. Donations to Scarborough Hospital (Woodland Drive, Scarborough. YO12 6QL). The family has arranged refreshments after the service.

TRIBUTES TO ALEC BANYARD and readers' comments:

- It is with much sadness I have to report the death of Alec. He died at Scarborough Hospital after a long illness. **Olly Flynn**
- Very sad news. Dad (Lew Mockett) mentioned Alec's name frequently. **Hilary McDermott**
- Sad news indeed. He was RWA Treasurer for many years. **Peter Marlow**
- Oh! Sad news. **June Cork**
- This is very sad news to hear of Alec's passing. A stalwart to the race walking era of days gone by. May he rest in peace and condolences to all Alec's family. **Glyn Jones**
- Sad to read that Alec has died. In less than 18 months, Bill (Wright) and 2 of his close race walking friends, John Webb and Alec Banyard, have died. **Janice Wright**

- Very sad to hear of the passing of Alec Banyard. He was a solid reliable 50K GB walker in the 1970s. He was a stalwart in the Lugano 5 stage relay from Airolo to Chiasso, which we won twice and he was a 5th stage specialist. Great memories of those special days and the major part he played in organising within the British Race Walkers Club. In life he was an accomplished accountant and a very likeable friend too. He will be sadly missed. May he rest in peace. Sincere condolences to his family and many friends within race walking. **Bill Sutherland**
- So sad a classic distance walker like Alec passes. When I started racing the 50km he was a very respected name and was a very good classic walker. **Adrian James**
- I knew little of him but pretty much remember what he looked like. **Ed Shillabeer**
- Very sorry to read of the passing of Alec. I have not seen him for some years but in the 1960/70s (perhaps the best years for our sport) he was a loyal and top class performer for Southend AC and eventually GB. I especially recall the great battles between Southend/Steyping/Metropolitan WC plus others for our top junior honours in the early 60s over the three-and-three-quarters miles series at Chigwell/Southend/South Croydon/Mitcham (London Vids) etc. The Essex Clubs were spearheaded by Peter Marlow and Alec, a competitor difficult to beat with his tall long stride. **Peter Selby**
- Alec was my first Southend AC team mate when I started race walking back in 1968. A gentleman. **Don Cox**
- Terrific fella, great club man and always gave his best. He and Colin Young in the 70s frequently armed with a phrase book enroute to some race in Europe. Sad loss. **Roger Mills**
- I am shocked and saddened to hear the news of Alec. I did not know that he had been ill. I remember him, not only for his race walking achievements, but as a genuine and true friend when I lived in the same Southend locality. On foreign trips he was always a great man to have in one's corner, lending verbal support and with bucket and sponge. **Bob Dobson**
- Sad news about Alec. **Andy O'Rawe**
- Sorry to hear of another great walker of the past passing away. Although not having met for many years, I still had occasional contact. **Carl Lawton**
- I was very sad to learn of the death of Alec Banyard. I first met Alec in April 1967 when we were both members of Southend AC getting race walking training from Johnny Atkinson. Also at that time Peter Marlow was a member and the Club's star performer. It was that year that the 3 of us 16 year olds went to Parliament Hill Fields to take part in the one hour walks to obtain our 6 miles in the hour badges. I gave up race walking after a couple of years, whereas Alec and Peter stayed with the sport and went on to become internationals. I didn't know Alec was living in Yorkshire and had been unwell for some time. Rest in peace Alec, and my condolence to his family. **Mike Hinton**
- I got on well with Alec and stayed over with him a couple of times at his parents' house in Great Wakering - sounds quaint and so it was. His GB international appearance was the 1975 Lugano Cup final at 50km where he clocked 4.30.25. He also raced for the British Race Walkers Club in the Dunkirk 50km and Milan 30km in 1973. He was of course Hon Treasurer of the BRWC. Just how popular and respected he was is reflected at his wedding which was a who's who of the leading walkers of his generation. He was good company and I was of the opinion that he didn't fulfil his potential. May he rest in peace. **Ron Wallwork**

SOUTHEND CITY MILE - GARON PARK TRACK

A now well-established August Bank Holiday Monday meeting was held on a track which hosted our 2014 Southend 100 Miles. It was a day-long meeting which attracted hundreds of competitors in all age categories and featured our 1 mile walk as its "*curtain raiser*" at 10am - when this arena was always pretty full. When discussing initiatives to improve race walking's profile your RWA Southern Area Committee mentioned advantages of showcasing race walking before crowds - so a special thanks to all of you who supported this event in any capacity. **It's important we keep it going.** Thanks to Organiser - City of Southend AC Honorary Treasurer Keith Palmer - who as a track walker achieved success in Essex County Championship events, both indoors and outdoors. Keith was working on this meeting just seconds before making our start line to give another good showing. Thanks to Southend's Hon General Secretary June Cork, a former race

walker who always does much to promote and publicise this walk, before giving her usual interesting and informative commentary. Both Keith and June are esteemed Life Members of the host Club. With only 2 judges, it meant action (under 'B' laws) was scrutinised under an old "one shout and you're out" rule. Those 2 were Peter Cassidy (Chief) whose considerable experience includes being a be-medalled competitor over decades as well as an experienced official and holder of Offices, including being our Race Walking Association's longest ever Honorary General Secretary. Peter, a former "Essex Walker" editor, also edited a now sold-out centenary history of the RWA "A Hundred Years Afoot - A Celebration of a Century of Race Walking" (440 pages compulsive reading). Southend President Ray Pearce, now an active 87 years of age and having recently completed 70 years unbroken commitment to race walking, was our other judge. Ray's a former Essex County AA President and a Champion - gold in our 1965 Essex 7 Miles (57.57.0) in an event which went metric at 10,000m from 1969 (there's a link, as 1968 Olympian John Webb RIP won this title when last 7 miles and its first when metric). Thanks also to experienced photographer Brian Boggenpoel, a former competitor in this event, who yet again came to photograph our race. A special mention to the talented sporting O'Rawe family for their continued support and for donating a "George Woods Trophy" awarded to the 1st Essex Resident Centurion. This trophy is in memory of Club stalwart George Woods RIP who became Centurion 683 at the June 1979 Ewhurst 100 Miles. It was presented by Jan Battison to respected coach and motivator, former Scottish International Stuart Bennett - a regular Southend Mile competitor who, over the years, has now won it thrice. Up front we witnessed a convincing victory by former Canvey Islander Phil Barnard, now a North Essex resident. It was only his 2nd walk since bowing-out of race walking at our memorable Olympic Friendship Walk at Donkey Lane in 2012, on the last occasion a British mainland race walking event saw a field in excess of 100. The leading lady, in overall 2nd place, was Loughton's Melanie Peddle who reclaimed her track record - well done to Phil and Melanie.

Result of Southend City 1 Mile - Garon Park Track - 28 August 2023

17 started/finished

1	Phil Barnard	VM40	Ilford AC	7.44.65
2	Melanie Peddle	VW55	Loughton AC	8.25.95 (track record)
3	Colin Harle	VM65	Belgrave H	9.13.18
4	Stuart Bennett	VM65	Ilford AC	9.30.17
5	John Arthur	VM60	Ilford AC	9.30.53
6	Linda Mountford	VW50	Unattached	9.38.59
7	Keith Palmer	VM55	Southend City	10.32.77
8	Lesley Morris	VW60	Ilford AC	10.46.46
9	Steve Allen	VM65	Ilford AC	10.48.33
10	Alastair McTear	U15B	Central Park	11.30.00
11	Kirsten McTear	VW45	Central Park	11.30.01
12	Lily-Ann Cooper	U13G	Newmarket Joggers	11.34.80
13	Alan O'Rawe	VM80	Unattached	12.13.09
14	Dave Ainsworth	VM75	Ilford AC	13.32.64
15	Isaac Bajela	U15B	Southend City	13.35.67
16	Val Mountford	VW75	Unattached	13.51.02
17	Shaheda Arthur	VW60	Ilford AC	16.29.20

MICK HOLMES RIP

Keen reader Don Cox has unearthed a picture of Mick, taken at fellow International Alec Banyard's wedding. In shot are many notables from a golden era in British race walking. I'll leave readers to spot them all.



IN THE PICTURE

Former Scottish International race walker Stuart Bennett (Ilford AC) - Centurion 858 - with the "George Woods Trophy" as 1st Essex resident Centurion in the annual Southend City AC 1 Mile at Garon Park Track on August Bank Holiday Monday morning. Southend stalwart member George Woods RIP became Centurion No 683 in 1979.

Photographer: Lesley Morris

Comments:

- "Terrific picture - please thank Lesley." *June Cork*
- "Photo will be useful for my future Centurions slideshows." *Sue Clements*

**THE DRILL**

In last month's edition, Alex Ross mentioned Hon Ed's drill sergeant. There's a tale as he was Sergeant Jack Murray, a Belfast man and strict disciplinarian who, before Royal Air Force discharge, made Warrant Officer. However, he'd a much more famous sister - singer Ruby Murray, whose hit song "Softly, Softly" was No 1 for 3 weeks in 1955. Both Jack and Ruby are no longer with us, but the latter's name lives on in cockney rhyming slang when diners "Go for a Ruby".

ANY FOR A TRIP?

There are 8 Centurion organisations on our planet, to wit: Australia, Continental, Germany, Malaysian, New Zealand, South African, United States and United Kingdom. All have British athletes among their membership; some UK race walkers are members of a number. Let's concentrate on New Zealand, as they've a 24 Hours Track race (actually a 6-12-24 Hours race) on 23 September at Auckland's World-Class AUT Millennium Stadium titled the Sri-Chinmoy 24 Hours. It was difficult to enthuse British entrants to contest their own 100 miles race at Middlesbrough last month, so might be near impossible to drum-up entries for an antipodean event. The New Zealand Centurions have 5 British members: No 4 Sandra Brown who qualified in 1999 (19:00.47) and 4 others who qualified in 2001, No 7 Parminder Bhatti, No 8 Jill Green, No 10 Sue Clements and No 11 Geoff Tranter. None since, so can we add to our list? "Google" [2023 Sri Chinmoy 6-12-24 Hour Races](#) and you'll get the gen. There'll be "live" chip timing for those wishing to follow the action. Interesting to know New Zealand Centurion No 1 is Ross Pilkington, who more senior readers will recall from his time racing in Britain.



Dear Dave ...

A READER'S OPINION

Due to ongoing medical issues activities we're restricted to local Park Runs and I am so lucky to have 7 to choose from nowadays. 570 plus turned out at Highbury Fields yesterday. Onwards and upwards! All the rules and regulations in Race Walking puts new participants off. My local Highgate Harriers and Heathside have the right ideas of getting rid of all the red tape. One only had to look at the UK Championships at Manchester to witness how far Athletics has fallen behind. We truly need someone with extraordinary inspiration and plentiful money to put our great sport back on its feet just like the Park Run is doing!

Bill Sutherland

MICK HOLMES

Very sad to hear the news about Mick Holmes. I only met him once when Mick attended the Centurions dinner at the House of Commons - along with Harry. I do remember him as such a nice gentleman and a formidable Centurion.

Kathy Crilley

APPRECIATION

- To **Tony Perkins**: Many thanks Tony and well done for your parkrun achievement! *Ron Wallwork*
- To the **Essex Walker team**:
 - An excellent newsletter as always. *Stuart Phillips*
 - Thank you so much, I look forward to reading the newsletters. *Grazia Manzotti*
 - I would like to thank you for all that you do in producing The Essex Walker. I really do enjoy reading it, though I do not always recognise the names. *Kaye Merrywest*

TURNING THE PEDALS

My bike ride went well - 9 days to get from Land's End to John O'Groats, 950-ish miles with approximately 53,000ft of ascent! At 63 I don't think that is too shabby! My second and last LEJOG!

Kevin Marshall

WELL DONE to KEVIN

Pleased to hear the good news of Kevin Marshall's achievement in completing the Land's End/John O'Groats cycle ride. He would have averaged 100 miles a day which was roughly my average. I did this in my 70's and suffered a thrombosis in my left leg when arriving in Wick with still some distance to cover. My Race Walking days taught me how to live with pain and managed to recognise, accept and ignore the pain. Well done, Kevin. What about doing JOG to LE. They say it's all downhill but that is a myth, believe me.

Roy Lodge

AS I SAW IT

We decided to go to Stan Mantor Enfield League at Enfield despite the heavy rain. We decided to go as we have 3 weeks cancellation of Park Run due to Music Festivals at Finsbury Park. As they say a change is as good as a rest. Thanks for another great read of Essex Walker and for my inclusions. Some say they like reading my opinions which often differ from others. Very enjoyable day as I was asked by Ron Wallwork to be 'Mr Starter' and present the prizes. Great to see Stuart Bennett and his group of very enthusiastic walkers for Ilford. The course seems a good one and I saw the combination of A and B walking in the same race. Really kept the officials busy. Tonbridge brought some good walkers and it was nice to see evergreen Chris Flint on the road and Dave Hoben and Fiona Bishop too. Hope all is OK with you as your presence was greatly missed. *Bill and Kath Sutherland*

IN THE NEWS

I read with interest that the son of Rob Heffernan, Olympic medallist and former World 50kms champion, has signed for Newcastle United following a transfer from Inter Milan under 18s. Class runs in the family.

George Nibre

Adds Hon Ed: [Cathal Heffernan](#) is an Under 19 Republic of Ireland International defender.

MOULTON 5 VIDEO

I can honestly say the Moulton 5 video brought a tear to my eyes and brought back memories of what race walking was about. It reminded me of the Wiltshire village walk, Chippenham to Calne. Although I first tried to tap the reference on my tablet, as it disappeared off my screen, I got nothing. I then put in the reference into my search engine and got nothing but I then tried to reduce sizing (so it fitted my screen) and, hooray, bingo! Seeing some 'old photos' towards end of video brought back many happy memories. Although I am now an "octogenarian" I feel confident I could walk five miles in under an hour but I still suffer balance issues since suffering "lambreditis" (inner ear problem) almost a year ago. A really marvellous video which needs to be archived. My regards to all concerned. It was good to see some very familiar faces, John Hall, Carl, Dave, Shaun and Chris just to name a few. *Bob Picton*

A READER SPEAKS FOR SO MANY

Dreadful that no UK Walkers were at Budapest for the World Athletics Championships. What are the RWA and Area RWAs doing to address this depressing situation? Urgent action is required to bring about change across the board. Over to them.

Bill Sutherland

Adds Hon Ed: Do any readers have promising ideas?

ANNOUNCEMENT: 9 SEPTEMBER/FINSBURY PARK

The Veterans Athletic Club (VAC) meeting is still on, but it won't include a 2000m walk, due to shortage of officials.

Dave Hoben

Adds Hon Ed: You've still got action that day with both the Eastern Masters Final and The Centurions Social Walk.

WRITES OUR TV CRITIC

Once again many thanks for your updates and results in the latest issue of the "ESSEX WALKER". I don't believe that we could know what was happening in the Walking World without it.

I had the misfortune to tune in to BBC coverage of the Diamond League and doubt if there has ever been such a complete and utter waste of time and of course money, to transmit what was supposed to be coverage of the best ATHLETIC meeting to be held in this Country since 2012. The first 3/4 of an hour was devoted to 3 presenters just rabbiting about the past and (in their view) what may or may not happen in the future. FORTUNATELY, the producer did manage to fit some actual events of the Paralympians. But needless to say, no actual times or distances. The actual events that were covered were few and far between, with each event run and re-run followed by the usual analysis. When I say events I mean track events, with just the odd insert of a shot, long/high or pole vault event. Yet again, no actual complete results and one of my favourite moans, total lack of who any of the English competitors' CLUBS were given. The final straw was the last 35 minutes of the programme. This was a complete repeat of what the producer thought were the highlight events, with the same 3 presenters again analysing these events. The final comment on this fixture came in the Monday edition of the Telegraph, where it would seem that there were only a handful of events and these only included the winners and I've since been told that there was an article in the Daily Mail, stating the UKA had paid the BBC for this meeting, in addition to having to hire the stadium. Now we hear that UKA cannot afford to send a complete Team to the World Championships. IS IT ANY WONDER?

Laurie Kelly

STEVE KING WRITES

I just watched the Moulton event that Len posted on YouTube. Nice to see some familiar faces there and to see you still getting out there. I watch as much race-walking as I can on social media. Looks like a lovely village. It was an event that I had never done. Thanks for keeping me in the loop as I love to read the Essex Walker.

Steve King C492

ESSEX WALKER

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

Telephone:

01708-377382

**Email:**

dave_ainsworth@yahoo.co.uk

or

essexwalker@btinternet.com

Please note that you may unsubscribe to the Essex Walker at any time by contacting the Editor or Essex Walker mailbox.