

# Essex Walker



Editor: Dave Ainsworth

## NOTIFICATION OF ESSEX AA ANNUAL GENERAL MEETING at CHELMSFORD AC CLUBHOUSE on MONDAY 4 DECEMBER 2023

Formal Notification notice of the Essex AA AGM which is to be held at Chelmsford AC Clubhouse.

**Malcolm Bailey** Hon Secretary

**Hon Editor's note:** Among Offices to be filled are:

- (a) our **Essex County Walking Secretary** and
- (b) an **Essex County AA Trophies Secretary** (both presently vacant).

Can any readers please assist your County Athletic Association by helping out in either of these 2 important positions (particularly 'a'). Agenda available - just contact Hon Ed and you'll be sent one.

Apologies for absence to Honorary Secretary Malcolm Bailey at: [essexathleticaa@aol.com](mailto:essexathleticaa@aol.com)

Dedicated to the memory of Noel Blatchford

## NOEL BLATCHFORD's FUNERAL

The funeral is to take place at **12:00 (noon)** on **Friday 1 December** at St Catherine's Church, Littleton, Winchester SO22 6QY, and will be followed by the burial in the nearby churchyard and from 13:30 a gathering at the Running Horse pub just across the road. It hasn't been possible to include a live feed of the funeral. There is a tribute page for Noel including an opportunity to donate to one of Noel's favourite charities, the Hampshire & Isle of Wight Air Ambulance.



This site is a tribute to Noel Blatchford. She is much loved and will always be remembered.

Picture courtesy of Alex Rotas

Please find the following link:

<https://noelblatchford.muchloved.com>

## NEWS FROM MOULTON

Moulton's top athlete, Callum Wilkinson, is mentioned in news supplied by Olympian Peter Marlow, who informs us, "I see Callum's in the Olympic third tier of financial money". We congratulate Callum on his status, wish him well as he recovers from serious injury and offer him our best wishes as he makes progress towards a second Olympic selection.

While in Moulton, we're glad our popular Moulton Open 5 - still going since inaugurated in 2002 - wasn't held in late October as the River Kennett rose to 3ft where we cross beside the 15th Century packhorse bridge and further along our racing course by a ford. Still our more experienced walkers have form in racing through such deep water, as they'll recall a now defunct Colchester-to-Mersea Island point-to-point walk back in the '80s when our start time was unwise, as a fast rising tide covered The Strood Causeway meaning the rear third of our field had to wade across.

## ESSEX COUNTY APPOINTMENTS

The Essex County Senior Men's Team Manager and Under 20 Team Manager has stepped down from his posts after a short period in Office. Committed June Cork stepped forward at short notice forward to keep these teams going for us. Who knows what will happen at your County AGM in early December? Hopefully we'll have an Essex County Walking Secretary in place soon, so such a person can select walkers when needed for County representative events - and forward names to County Team Managers for inclusion. Until we have a Walking Representative, can all walkers please promptly co-operate when hard-pressed Honorary Team Managers appeal for walkers to support County matches.

## MEMORY LANE

We've recently supported a 96th Enfield Open 7 Miles Walk - and a great 90th event in 2016 with its much-attended reunion of former walkers of note which will always be fondly remembered - with that photograph of 30 Centurions present at one event. We've received an email from your Race Walking Association President Chris Hobbs about the **50th event**, which ignited a nostalgia article. Your President earned his coveted RWA 7 Miles-in-an-Hour badge that day, so will recall that occasion. Those 7-starred metal badges were eagerly sought by all Clubmen - it was a target to aim for, and badges were proudly worn.

The 50th Annual Enfield Harriers Open 7 Miles' Walk was held on 10 November 1973. Full result on pages 12 and 13 of **Race Walking Record Issue 375 (December 1973)**. 168 started/151 finished. In 34th position came Chris Hobbs (Medway) 57.42, one behind Chris Lester (SWC) 57.23 and one ahead of D Lee (Coventry) 57.44. 1st was Raul Gonzales (Mexico) 50.05.6, last was Bob Blackmore (London Transport Central Road Services) 80.18. The "frame" was completed by Domingo Colin (Mexico) 50.29 and Bob Dobson (Southend-on-Sea AC) 50.43. In order, other top-25 finishers were: Steve Gower (Ilf) 51.18, Brian Adams (Leicester) 51.49, John Webb (Basildon) 52.27, Amos Seddon (Enf) 52.40, Geoff Toone (Leics) 53.08, Carl Lawton (Bels) 53.18, Eric Crompton (Leyland Motors) 53.24, Ray Middleton (Bels) 53.40, Lew Mockett (Woodford Green) 53.44, Charlie Fogg 54.18 (Enf), Brian Armstrong (Ilf) 54.50, Ian Richards (Metropolitan WC) 54.57, Dave Stevens (Steyning) 55.10, Barry Ingarfield (Metropolitan WC) 55.14, Peter Markham (Leics) 55.29, Len Duquemin (Bels) 55.44, John Moullin (Bels) 55.57. Ken Livermore (Enf) 56.16, John Lees (B&H) 56.16, Mike Hinton (HH) 56.27, Rodney Parkins (Medway) 56.28 and George Coleman (HH) 56.40. Sadly, many of those great names are no longer with us, but their worthy performances live on.

Teams: 1st Belgrave Harriers 38pts/2nd Leicester WC 50pts/3rd Borough of Enfield Harriers 53pts. 4th were Highgate Harriers 75 points. There were 6 handicap prizes, in order won by Messrs. Bill Maxwell (Leyland), Glyn Jones (Cov), Wilf Smith (Leics), Bob Gutteridge (Met WC), Jon May (Met WC) and John Sales (Basildon). First Enfield finisher taking no other handicap award was Peter Emery (Enf).

Others finishing around Chris Hobbs included included Ted Holmquist, Pat Furey, Len Ruddock, Bill Wright, Graham Morris, Denis Sheppard (39th in 58.08), Ken Easlea, Peter Worth, Ken Tuson, Dave Maynard, Steve Holliday (47th in 58.26), Jack Clifton, John Dunsford, Brian Laver, Colin Fisher, Ron Penfold, Bill Maxwell, Jon May, Ed Shillabeer, Mike Scamell, Paul Dyble, Ray Pearce, Jack Thomas, Brian Keegan, Doug Hopkins, Phil Husband, Mick Marshall, John Hedgethorpe and Andrew Tweed. 71 beat the hour : 71st was G Stevens/Leics 59.59.53 with John Evans (Ilf) next with 60 dead on the stopwatch. And ... so many more names from the past. Highly popular Open 7s were once the backbone of our race walking scene. Great days - and still this race continues, so please continue supporting it and keep it going (the only Open 7 Miles remaining on our domestic fixture cards).

## FOR DISTANCE WALKERS

Many UK-based race walkers belong to the "**Continental Centurions**". If you wish to join them and claim one of their unique Membership Numbers, they're holding a 100 Miles/24 Hours Walk on the weekend of 18/19 May organised by RWV - Rotterdam Wandelsport Vereniging. It's at Beatrix Park in Schiedam, just north of Rotterdam. There's something for everybody, as an impressive undercard offers races at 50K, 50 Miles and 100K. *Any takers?* Details: [www.rotterdamsewandelsportvereniging.nl](http://www.rotterdamsewandelsportvereniging.nl)



18/05/2024 -

19/05/2024

Wandelweekend

## AND IT'S GOODNIGHT FROM HIM

A couple of years' ago, always active competitor Mick Barnbrook announced his retirement as a race walker after 49 years' participation. Essex Walker published a full account and tribute in honour of his meritorious contribution. Since then, Mick fancied making just one more competitive appearance so he

could claim a more notable 50 years in the sport. It didn't come to pass and now we know he's packed in for all time - as he's given his Club vest to a club colleague. That's all folks!

### TALENTED MUSICIAN

Ace Belgravian Paul Warburton, now a presenter/DJ on commercial Cornish commercial radio station Coast FM, doesn't just play music on his popular weekly show *"Hidden Gold"* he plays it for real - as Paul's recently taken up the drums. One hopes neighbours appreciate his efforts! Most readers reside outside Coast FM's transmission area, but you needn't miss out on this hour of entertainment each



Wednesday at 7pm, as you can get it *"live"* on the station's website [Coast FM - Local Radio for West Cornwall](#). The show features great records that should have charted higher - but didn't. Many recall Paul as a sports journalist of note, and we hope he's keeping his hand in - as much good work was produced over decades.

### LOW TURNOUTS CONTINUE

After a less than expected for a long established Steyning 10K, the trend continued at Tilgate Park on 4 November, when a single figures field started/finished the main race - an accurately measured 9.52Km - with a solitary competitor in the undercard 5.44Km (Nicholas Freeman M65/Winchester 38.47). The event was our annual Jack Fitzgerald Memorial Walks held in honour of a former RAF pilot. Essex participants: up front, Melanie Peddle W55 - yet again - won, ahead of all male competitors, the only finisher under an hour at 59.22. Another Loughton AC member John Borgars M75 was a well-deserved 4th in 66.23. Closing-in the field was Great Bentley RC's Stephen Cartwright M65 in 8th spot/76.24, a position/time shared with stalwart SWC Chris Flint M75. **Where is race walking going? These races are put on for you!** Our thanks to officials/helpers (nearly as many as entrants): Peter Cassidy, Jeremy Carmichael, John Hall, Peter Hannell, Eric Parker, Ron Penfold, Peter Selby and Organiser Dave Hoben - whose initiative saw this event commence and who has kept faith for a number of years. Hosts were Tilgate Forest Golf Centre with profits donated to Blind Veterans UK; being so close to Remembrance Day, it was a good cause to support and in the name of former RAF flier Jack.

### SAD DEATH OF CENTURION WHO QUALIFIED IN ESSEX

The death of **Hugo Prinsen**, Centurion 1007 and Continental Centurion 285, was announced on the Centurions1911 Facebook page on 3 November.

Hugo gained Centurion status in Colchester's Lower Castle Park in August 2004. He clocked 22:58 while racing for OLAT (Holland). Already a trend had set in, as among 13 new Centurions, only 2 were from the UK mainland: C1001 Kevin Marshall (Ilford) in 21:01.27 and C1006 Sharon Gayter (Redcar RWC) in 22:41.08. For the record: 58 entered/48 started/24 finished/1 DQ'd. Condolence is expressed to Hugo's family.



### CENTURIONS DOWN UNDER

A number of British distance walkers have appeared in annual Australian Centurion events and are proud members of their respected Centurion organisation. Word has travelled far to inform us a snag has occurred in staging a 2024 event, and it's now in doubt. We'll keep you posted when news arrives, as our distance experts are always interested in their races.

### GET WELL SOON

Two ladies who've been a big part of our race walking scene for decades have unfortunately needed hospital treatment. Hemel Hempstead based **Margaret Livermore** spent a while in hospital and is now back home resting and recovering. Shenfield based **Pauline Wilson** spent a long time in hospital before being allowed home and, in early November, we were pleased to learn Pauline had gone out for



a first time in 15 months, to enjoy a meal at a local public house. Sadly, a short time later a relapse was suffered, and an emergency ambulance transfer to Chelmsford's Broomfield Hospital was needed where Pauline is now an in-patient. **We all wish both ladies well.**

## TALKING RACEWALKING

'Talking Racewalking' is a podcast, freely available on YouTube or Spotify, which features conversations with successful race walkers.



A recent [podcast episode](#) (No 5) is a conversation with Olympian, racewalker and World Record holder Tom Bosworth. During the podcast Tom can be heard chatting about his career, what he's doing after his retirement and his view on the state of racewalking. *Duration 37 mins.*



## IMPROVING RACE WALKING JUDGING (EDUCATION PROGRAMME)

Jeff Salvage (Teaching Professor, Drexel University, Philadelphia, USA) has been collaborating on an education project to improving race walk judging. Via the Race Walking group Facebook page, he has released a video portion to the general public of a recent Race Walking Judging Exam. He invites interested parties to "Try it for yourself. Train yourself. You can watch it at full speed, half speed or quarter speed. The exam was at full speed, but if you can't see the distinction between legal and illegal technique, then watch it slower and then go back to full speed and see if you can pick it up."



[www.racewalk.com/Officiating/2023SilverExam](http://www.racewalk.com/Officiating/2023SilverExam)

## FIXTURES

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

DEC	2	Enfield League 3/5K	QEII Stadium, Enfield	10.45am
	4	Essex County AA Annual General Meeting	Chelmsford AC HQ	7.30pm
	9	Ray Hall Memorial Track League 3/Lewes AC Open	Lewes	12.00 noon
	16	Christmas Track Races 5K + YAG	Broadbridge Heath	11.00am
	25	Centurions' Worldwide Christmas Day Toast	Universal	2.00pm
	26	Southend City AC Boxing Day Pier Race 2 Miles Yacht Handicap	Southend Seafront	10.00am
	26	Brighton Boxing Day Races 4 miles	Preston Park	10.30am
JAN	13	Enfield League 3/5/10K + 2023 Series Presentation	Donkey Lane	11.00am
	20	Steyning Open Walks 5/10/15K	Steyning	2.00pm
	26	Race Walking Association AGM	'Zoom'	7.00pm
	27	The Centurions' AGM	'Zoom'	1.00pm
	28	Ray Hall Memorial Winter League 4	Aldershot	TBA (am)
FEB	11	EMAC/VAC Indoor Championship 2K	Lee Valley Arena	TBA
	24	Enfield League	Donkey Lane	TBA
	25	Eastern Masters Inter-Area Indoor Match 2K	Lee Valley Arena	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**.

**NOTIFICATION FROM DAVE HOBEN**

Having spoken with Judith (of Brighton & Hove AC) Dave reports the City's Brighton Boxing Day race at Preston Park is now confirmed as **"on"** - having previously been announced as *provisional* - and is to be held over 4 miles on a new course. *Note:* Also that day race walkers are invited to join in, as guests, with City of Southend AC runners on an *"out-and-back"* yacht handicap along the resort's mile-long pier at 10am.

**WHAT HAPPENED?**

A previous edition informed readers that former Post Office and Loughton AC race walker Dennis Jones had announced an athletics comeback at the annual Southend 10K run on 1 October. So, you'll want to know how it went - *he scratched!* We hope he'll enthusiastically enter something else and hopefully show up for walking races in future, where a warm welcome awaits.

**RACE WALKING ASSOCIATION (SOUTHERN AREA) AGM**

This was held on Monday 13 November on *"Zoom"*, meaning nobody had to venture out on a dismal night. As a "warm-up" for your Area AGM, Honorary Secretary spoke after the presentation at a less than expected numerical Enfield Open 7 Miles gathering in the upstairs Clubroom. Chris appealed for a good attendance and explained reasons why this was desired. It didn't bear fruit as only 5 *"zoomed in"* who weren't already Officers and Committee members. His speech may have ignited more apologies for absence as these numbered 16 instead of a usual 2-or-3. Prior to the AGM Chris circulated full documentation to all Club Walking Secretaries and many other individuals, with a request that they be forwarded to all their Club walkers and officials, past and present. This informative package contained reports from your Area Office holders - so there's no need to repeat any of it in this article as it'd only be duplication. All office holders were re-elected unopposed - meaning no new candidates were put forward for consideration. That shows your contentment with the way Southern race walking had been conducted by your Area Committee in the past 12 months. Your Area President Mike Fox said, "There are many challenges ahead and success will come from continued support. Everybody counts. I've done my utmost to get around as much as possible. Thank you for the trust you've placed in me". Hon Secretary Chris Flint reminded your AGM he's been in office for umpteen decades and held positions in other Organisations within race walking. This means, with such commitments, he'll need to delegate many duties to others during his coming year in office. Your line-up remains unchanged, all of which are honorary posts, and includes: President Mike Fox, Chairman Mark Easton, Secretary Chris Flint, Treasurer Mark Easton, Coaching & Development Chris Hobbs, Social Media Graham Chapman, Auditors Trevor Jones and Ian Richards. The latter stepped down from the Committee. A vacant Vice-President's position remained unfilled and you're asked to consider possibles for this post. Committee vacancies (plural) are for worthies to offer their services - all interested please submit names to Chris Flint, who is seen at most meetings. The AGM were reminded the Race Walking Association seek nominations for a National President - this as your current President-Elect, triple Commonwealth Games Representative Alan Callow, has indicated he doesn't wish to step up to President in January. Could readers pass nominations to your Southern Area Secretary so they can be considered and forwarded to the National body.

**HAPPY 80<sup>TH</sup>**

We send our birthday wishes to Iris, wife of race walking stalwart Mike Hinton, who reached her milestone occasion on 17 November. Mike is also an octogenarian and keeps busy as Honorary Secretary of Bournemouth Amateur Boxing Club.

**ENFIELD OPEN 7 MILES RECORDS**

The 96th event of the only Open 7 Miles event still going - events once a backbone of our domestic race walking scene - saw records. For a first time a lady competitor won the overall race as Grazina Manzoti broke the tape in 64.30. Ladies completed the overall frame with Melanie Peddle 66.57 and Jacqui Benson 69.53 next across the finishing line and, for good measure, Penelope Cumming was 4th and Maureen Noel 5th clocking 71.09 and 73.28 respectively. First 3 men were Mark Culshaw, Stuart



Bennett and John Borgars respectively timed at 74.14, 75.26 and 79.27. There were 11 finishers in the 96th Enfield Open 7 Miles 'A' race. 3 were timed-in under 'B' laws, making 14 completing a full distance. Eleven others completed opt-out distances, or were stopped after 6 one-mile circuits and deemed "out-of-time" to complete a 7th. Enfield Open 7s have traditionally staged 4-to-score team races and 2023 saw **no** Club even able to start such a team. So, there was **no** Open Club race. Officials and helpers turned out to give you all a race - so where were so many on what should be a "red letter day" and fully supported. True we had some injured, ill or unavailable. But where were the rest?



In the leading group L-to-R: Stuart Bennett, Grazina Manzoti, Ian Richards, Melanie Peddle, Mark Culshaw, Simon Morgan, Jacqui Benson and Penelope Cumming. *Photographer: Dave Annetts*

A word for younger athletes, as they're our future: 1-mile finishers were Lily Ann Cooper GU13 12.40 and Sophie Blundell GU11 11.58 both members of Newmarket Joggers. For such an important race a splendid presentation buffet was laid for you all, which was most appreciated. Your Officials and helpers were: Dave Annetts, Elizabeth and Simon Benson, Peter Cassidy, Pam Ficken, Mick Graham, John Hall (plus Council workers), Ron Wallwork, Phil Welch, Tracey Wilkinson plus First Aiders. As well as our "Mr Starter" local resident John Hall was an early riser (with Enfield Council workers) to clear the course of slippery leaves and conkers - this to prevent fallers, numerous over decades. We've often seen former Enfield walkers show up to give support - this time only legendary Adrian James came, who again proved a most popular

visitor. Our regular start line M/C Ron Wallwork reminded us we were racing on Remembrance Day and spoke words of tribute in respect of recently departed popular race walker Noel Blatchford - after which impeccable silence was observed.

**To those who stayed away, how about coming back to show your support for our final 2023 Enfield League race?** It's Saturday 2 December at an earlier time of **10.45am**. Our usual 10K road race is cut to a track 5,000 metres around Queen Elizabeth II Stadium in Donkey Lane. Christmas is always a busy time, which seems to come earlier as each year passes - so this means you'll be away much earlier than usual for Christmas shopping or whatever. A thoughtful decision - so please respond by turning up in good numbers.

### NOTIFICATION OF AN OLYMPIAN's SAD DEATH

[Arthur John Jones](#) (Brighton & Hove AC) aged 85. Arthur was 11<sup>th</sup> in the 1968 Olympic 20K Walk clocking 1:37:32, from 34 starters (29 finishers). The race ended in a 3-way sprint finish between Vladimir Golubnichy, Jose Pedraza and Nikolay Smaga, who finished in that order. Rudy Haluza (USA), who belonged to Essex Beagles for 3 years, was 4<sup>th</sup>. Arthur headed our British trio who were, alphabetically: Bob Hughes, Arthur Jones and John Webb. Arthur emigrated to Australia.

*Notification from Don Cox:*

*"Sadly just got the news from Australia. Arthur was in the GREAT BRITAIN team at the 1968 Mexico Olympics. When I lived in Adelaide, Arthur and his wife Carol lived in the same road as me, we sometimes did a long Sunday training walk in the Adelaide hills. Good days. RIP Arthur."*

**Don Cox C787**



## ARTHUR JONES RIP

(Photo supplied by Alan Buchanan)

Arthur Jones leads in the 1968 Langmaid Trophy track meeting 2 miles walk in his usual immaculate style at Withdene Stadium. Behind is Bryan Hawkins with Alan Buchanan (82) inside. Then 2 unidentified Southampton walkers with Ilford's Geoff Hunwicks (58) and Brian Armstrong (57) chasing.

## TRIBUTES TO ARTHUR JONES

- He'll obviously be sorely missed by those in the sport who knew him. **Stu Cooper** Australian C5
- Very sad news about the death of Arthur Jones. I have tried several times over the years to track him down in Australia. Whenever I have been over there I have enquired as to his

whereabouts but alas, always to no avail. I will never forget the day I won the National 10 at Exeter in 1981. I felt extra proud that I had emulated Arthur's feat in winning that particular event. I'm not sure but I think we remain the only male racewalkers from Brighton & Hove AC to win a national title. Except of course for George Lerner all those years earlier, certainly a long time before the emergence of the RWA. So, it has been a sad day, another one of the old Brighton & Hove AC racewalkers gone. Please add my name to any list of condolences for Arthur. Thanks again for keeping me in the loop. **Mike Parker**

- Arthur Jones was a neighbour and good friend in the 60's and we had our families about the same time. He joined Brighton AC from Herne Hill Harriers and was a decent half-miler before taking to walking and gave it a boost in Sussex when he moved here. He first inspired Dave Boxall to have a go then I also tried a 7-miles in November 1966 after having run 4 Marathons that year. His ambition was to make the team for the Mexico Olympics and I remember coming back on the train from the National 20km where he not done well and was very down and determined to up his training as he was basically a good track Walker with a safe technique. When the final trial came he produced the goods to make the team and finish as leading Brit. It was not without some controversy as Peter Fullager, who had spent a month living and training with Arthur in Hove thought he should have been selected. It seemed at the time the RWA selectors had more faith in Arthur's technique. I took over club Secretary duties so he could concentrate on training and he was one of three athletes Brighton and Hove AC had selected for the 6weeks stay in high altitude Mexico City. The following year we said goodbye when he and the family emigrated to Australia on an assisted package. We lost touch in recent years as he had dementia but he was a good friend who led me into my many happy walking years. I will inform the club as we were both life members. **Alan Buchanan**
- Sad news. Nice to read Don's comments about the good training days with Arthur. **Chris Maddocks**
- It was with great sadness that I received news of Arthur's death. So sad that one had to compose oneself to come to terms with such sadness. Arthur and I were selected to represent Gt Britain in an international athletics meeting against France in La Baule 1967 (see programme on right). Ken Bobbett made up the trio in the 20k track walk. We shared a room in a splendid hotel and became great friends although fiercely competitive in racing. I admired Arthur's upright walking style and his training regime. He was intent as I was to go to Mexico. For Arthur that ambition was realised and how proud he was and rightly so. I shall treasure memories of a truly good friend and a race walker of the highest calibre. Rest in peace and rise in glory. **Roy Lodge**





- I remember training with Arthur. He was a bespectacled and very tall walker and he was charming. **Peter Marlow**
- Very sad news indeed to hear of the passing of Arthur Jones. A very stylish race walker who achieved an outstanding performance at the 1968 Mexico Olympics 20 Kms Walk. He was certainly one of the stars in Brighton and Hove AC in the late 60's before emigrating to Australia and enhanced their depth in top race walkers. May he Rest in Peace and always be remembered fondly. With sincere condolences. **Bill Sutherland BEM**
- This photo (right) was from 1968 – a 7 mile in Brighton's Stanmer Park. Arthur is No 71 with the late great Olympian Phil Embleton No 34. This should interest many of your older readers. **Alan Buchanan**
- Sad to hear of the passing of Arthur, yet another Race Walker of my generation. A reminder to us all of our own mortality. I first met Arthur in 1966/7. He must have been 28/9 years old, relatively late coming to the sport, but within 2 years he achieved Olympian status. Along with Roy Lodge, Arthur and I represented GB in a 'B' international in La Baule in July 1967. For me it was a forgettable day but Roy and Arthur battled it out with Roy just taking the honours. **Ken Bobbett**
- Wonderful tributes to him from fellow athletes. Please pass on my condolences to the family. **Jos Hoyte-Smith** (Secretary - The Olympians)



#### ATHLETE's LATEST AWARD

At Ilford AC's presentation evening in Dagenham & Redbridge FC's Clubhouse, Neringa Masilioniene was presented with the 2023 Veteran Female-of-the-year trophy.

#### HE COMES - AND GOES!

An American athlete competed in a November Finsbury Park 5k parkrun - Reginald Dugard (M60) who race walked it in 34.57. It seemed a good idea to invite him along to boost our small Enfield Open 7 Miles field - but, alas, he headed back to the States days before.



## Dear Dave ...



#### EMAILS CANADIAN-BASED STEVE KING

Very many thanks for these pictures and congratulations to you and all members who took part. Very fitting that John Batchelor ran the glory leg. I really appreciate still receiving the Essex Walker – love to see the names and results. I was dismayed at watching the PanAm Games men's 20kms – couldn't believe that 2<sup>nd</sup> and 3<sup>rd</sup> were allowed to step onto the podium. How things have changed. Nothing like Bernd Kannenberg, Ken Matthews, Roger Mills, Abdon Pamich and all the other great stylists! Hope all is going well in your life. Best to all the Ilford, Essex and Stock Exchange crews.

**Steve King**

#### A READER's OPINION - SHARED BY SO MANY

Ah, the greatest women's endurance walker, our amazing Sandra Brown. Be it 50k or ultra, such an impeccable style!

**Ed Shillabeer C590**

#### A READER WRITES

Cheers for the Stock Exchange AC mention!!! I still get annoyed reading about encouragement for participation in Southern Areas events when no one responded to my comments/views on my experience at Chelmsford !!

**Steve Bishop**





### Ref ANDREW FRASER MEMORIAL TROPHY (in Issue 433)

Thanks for the positive comments. Marion and I didn't want any accolades for doing this as it was a personal decision to do so in light of the support both Andrew and the Scotia Club have shown to Race walking in general. Bill McFadden was so grateful to receive the Trophy and has promised to put it to good use in the future, which is all we asked for. Andrew deserves to have his name remembered for being both a friend and thoroughly nice person. His passing was a sad event for all of us.

**Peter and Marion Fawkes**

[lancswalkingclub.com/marion-and-peter-fawkes-honour-andrew-fraser/](http://lancswalkingclub.com/marion-and-peter-fawkes-honour-andrew-fraser/)

### REPEAT PERFORMANCE

Just viewed again this classic film of the Moulton 5. Len Ruddock is a master of the film making genre gathering together so many people and hearing how much they enjoy their Summer trip to Moulton. As you say, it's very entertaining.

**Chris Flint**

Adds Hon Ed: If you want a second viewing, or haven't previously watched (it's 37 minutes) - **your direct link is:** [Race Walking Extra - Moulton 5 Race Walk - 8th July, 2023](#)

### THE WAY FORWARD

If you want to see what Race Walking could develop into with a NEW STRUCTURE, just read the News report on Event 608 of a recent Finsbury Park parkrun ([Event #608: Wet wet wet | Finsbury parkrun](#)). It even mentions our only Race Walker described as a modern day Power Walker! RWA and SRWA take note! I really can't see the point of taking so many photos of so few race walkers in events. Once again, the standard is very disappointing and it will be surely take an eternity for anyone to reach the International Standards of today. Once again, I say we need UP TO DATE NEW literature to inform the general public of what our great sport is and promotions like the Star Walks of yesteryear to bring new blood in. Of course, NEW COACHES and JUDGES are a necessity. Over to you RWA and AREA RWA's ... again!

**Bill Sutherland**



### HIGHGATE HARRIERS NIGHT-OF-THE-STARS (Parliament Hill Fields Track)

8 of the races are over 10K at various time standards, 5 for men with 1 for women from 1,500 onwards culminating with the 2 World Championship trial races at the end of the meeting. They are fast indeed with many under 28 minutes. There are 2 races for U/17 and 2 for U/20 men and women. In between races there are circus performers and music. While I agree it would be fitting in normal times to have a 1 Mile Walk, especially before Tom Bosworth retired, but now we seem to have lost the plot with so few younger walkers. One has to see the outstanding meeting to believe it! Quite unbelievable event and two top class World Championships Trial races all in front of a massive crowd. Reminded me of when we held the Accolade 8 Hrs Walk at New River Stadium in 1974. Today you have got to think of ways of drawing the crowd with entertainment artists and many innovative ideas. All run by volunteers under Ben Pochee, who himself started as a Junior with Highgate. Many others junior races were included too. We could be part of that in 2024 a massive Paris Olympic Year. RWA and SRWA ideas need to change to bring in a glut of younger walkers in the coming year with Star Walks and then and only then will be worthy of our spot on Highgate Harriers Greatest Show in UK Athletics. The ball's in their court! Highgate are being granted 2 million pounds by the Corporation of London to re-lay and upgrade the track to top international standards with top LED Lighting too.

**Bill Sutherland**

Adds Hon Ed: I've suggested our RWA Southern Area Committee consider approaching Highgate Harriers with a view to asking if we can seek an all-star 1 Mile (or 1,500 metres) Walk included in this meeting, which is now well established and has taken our athletics world by storm. In the '70s the RWA

decided not to support such short races, or supply judges (so they ended). On track we'd need younger walkers and juniors as a field of ageing "over the hill" participants would dent our image before a large gathering. The track has excellent public transport with frequent bus routes, nearby Underground station and is on 2 London Overground Lines (North London Line/Gospel Oak-to-Barking Line) which stop at adjacent Gospel Oak Station.

Adds Tony Wilkinson: Well said David, just thinking the same thing.

### NOTIFICATION OF YOUR RWA AGM

The date has been set. It will be a Zoom meeting on Friday 26 January at 7pm. The last few general committee meetings have been held on Friday evenings and have proven both popular and successful as it doesn't impinge on other weekend activity.

**Colin Vesty**

### NEWS FROM CATH DUHIG IN SPAIN

I used to do Cotswold Morris 40 years ago ... this side, The Costa Blanca Morris Dancers, may well be the only English tradition Morris side in Spain, certainly in this part, and does mainly dances in the North West and Border styles. It has been nice to find an activity I can do without leaving Pete for too long. Indeed, he has come to watch a couple of practices and came to this particular dance out. It exhausts him, but everyone makes him very welcome and it is good for him to be in different company. I have recently picked up an old pastime: Morris dancing. It is very different from the sort I did in England and we are all aged around or over 70, so more leisurely, but still enjoyable, and today we did a dance out in support of a local charity craft fair.

**Cath Duhig**



### BETTER LATE THAN NEVER

Following up your report of Abdon Pamich's birthday and when he walked to London to Brighton in 1985, about 12 months ago I received a letter from John Eddershaw which began "God moves in mysterious ways his wonders to perform" and enclosed my certificate for the 1965 race (he apologised for his tardiness being only 57 years late). I'd had to dash off after the race to get back to Kings Cross for my train home and asked John if he'd pick it up! Hope you're keeping well and keep up the good work.

**Guy Goodair**

Adds Hon Ed: A lovely contribution from Centurion 327, a still active sportsman of note. Nowadays the Royal Mail around my area is not that good either!

### APPRECIATION

I just wanted to say thanks to all for your good wishes. I got out of hospital after a 4 and a half hour operation on 31 October. I'm still a bit sore and tired but the good news is that the surgeon said that there was no sign of the cancer having spread beyond the kidney area.

**Steve Uttley**

### ESSEX WALKER APPRECIATION

- A great newsletter. **Adrian James**
- Thank you for your care for us all, for so long. Please keep me posted. Would be good to see yourself and old friends again. **Jack Rossiter**

### ENFIELD OPEN 7 MILES - STILL GOING

It was always one of my favourite races, I'm so pleased it continues. The season of 7's was some of the best, sad they have fallen by the wayside. Such a shame, it's such a great sport.

**Andy Tweed**

Adds Hon Ed: Andy speaks for so many.

**ACE COMPETITORS**

Thanks for mentioning my orienteering - I'm slowing down rapidly. My wife, Judith, can regularly beat me these days. We've done 61 events this year and she's British W80 Sprint Champion. I'm attaching a photo of her receiving her winner's medal from Alice Leake who was this year's Bronze medallist at the World Sprint Championships.

*Guy Goodair* (C327)

**MET POLICE AA LIFE MEMBERS CHRISTMAS LUNCHEON**

Around 45 members and guests were welcomed by John Purnell GM QPM who introduced 2 new Life Members, namely Dan Elderton (long term MPAA administration officer) and J Owens. The ever-ebullient Andy Bignold called upon those present to be upstanding for grace and all present enjoyed a traditional Christmas lunch and great service by the Union Jack club catering staff. Coffee and mince pies followed and much banter and anecdotes were exchanged. Some of the Met's great sportsmen and women representing disciplines as wide as judo, horse riding, cricket, rugby, cycling, wrestling and squash were present. The largest contingent was race walkers represented by Olympian Paul Blagg (hip replacement successfully done), and race walking international Peter Hodgkinson, both with their partners, and Centurion Chris Flint, with multi-Nijmegen Marches participant Andy Bignold who acted as MC. Regulars Bill and Kath Sutherland were unable to come due to his damaged back. Chairman Sir Brian Hayes accompanied by Lady Prescilla headed the top table which was missing the Met's one-time Athletic Association General Secretary Derek Alldridge, now a nonagenarian who finds travel very difficult. Another great reunion and Life Members should try to support these bi-annual lunches.

*Chris Flint*

**A TRIBUTE TO NOEL FROM A 5-TIMES' OLYMPIAN**

Lovely lady. I recall seeing Noel Blatchford about six years ago at Alexander Stadium. I'd gone to support Ed Shillabeer and others during a veterans' track competition. After the racing Noel asked for a signed copy of my book and any coaching advice I might offer on her race walking technique.

Noting Air Ambulance as one of her favourite charities, when I did my post-grad journalism at Leeds Uni in 2002 one of my better film pieces was on Yorkshire Air Ambulance. I met some wonderful people who were only too happy to help me put together a package fit for TV broadcasting. They were even prepared to let me go up with a crew in a helicopter. Alas, my college said "no" because of insurance liability. RIP Noel.

*Chris Maddocks*

**TROPHY TO BE TRACED**

Regarding the unwanted trophies, I presented a Pam Phillips trophy to Ann Lewis shortly after Pam's death (somewhere I have a picture) and I wonder if that is one that is in Ray Pearce's hoardings. If I remember correctly it was donated by Dave Sharpe but to my knowledge was not presented to any athlete in succeeding years. I am sure my daughter would be pleased to have such a memento. Do you have any information about this award?

*Keith Phillips*

Adds Hon Ed: Keith's request was passed to Ray Pearce, and is published for wider involvement. Any positive responses sent to Essex Walker will be forwarded to Keith.

**A READER'S DETERMINATION**

I competed in the Midlands Winter Series last weekend. I still can't break 40 minutes for 5KM. I just can't get any faster 😊. Still, I think of Dad and just get on with it. The female winner was a young 18 years old called Abby Hughes. She was wonderful to watch. Another class.

*Hilary McDermott* (nee Mockett)

**NEWS FROM KEN BOBBETT**

I have just been diagnosed with Atrial Fibrillation which, I understand, is often associated with high fitness levels, particularly amongst former athletes. Whilst in itself the condition is not life threatening, it does, however, cause inconvenience, in that driving is restricted, until the condition is brought under



control. Hopefully I will be given the all clear to drive before the end of the year. That apart I am in reasonable health, I hope you too are fit and well.

**Ken Bobbett**

Adds Hon Ed: Alas, A-F is also my complaint.

### APPRECIATION RE ANDREW WILMOT ARTICLE

Thank you so much – (for copy of Essex Walker 433) - I'll pass this onto the club to read and to Andy Wilmot too.

**Hannah** (Halstead Road Runners)

### SAD NEWS

It is with heartfelt sadness that I have been informed that Beryl Randle has passed away peacefully in her sleep on the morning of Tuesday 28 November. Beryl was Past President and Past Honorary Secretary of the RWA. She was also a life member of Birchfield Harriers and also served as member of the Midland Counties Association and the Midland Race Walking Association. Beryl was a competitive race walker in her day and a race walking judge. Beryl had been in a Care Home in Birmingham where she passed away. It was fitting that together with Ann Perry we went to visit Beryl at the home just over a week ago. I understand that the funeral is more likely to be in January and will pass on the details when known. Our thoughts and deepest condolences are sent to the family.

**Glyn Jones** Race Walking Association Chairman.



*Editor's note:* Beryl was an esteemed Race Walking Association Life Member.

"So sorry to read this. Beryl was a lovely gracious lady, a great servant to British race walking and seemingly ever present during my racing career. RIP Beryl. I have quite a few photographs depicting Beryl amongst my collection. I took this one and thought it was nice. It shows her with Pete and Sylvia Markham at Burrator reservoir during our 1991 May Day Plymouth club promotion."

**Chris Maddocks**

L-to-R: Beryl Randle, Peter and Sylvia Markham

"Beryl was one of the all-time greats who achieved so much for the love of the sport. An honour to have known her and a difficult act to follow. She will be remembered with fondness".

**Bob and Olive Dobson**

The Essex Walker team sends seasonal greetings to all readers with best wishes for the forthcoming year.



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