

Essex Walker

Editor: Dave Ainsworth

MICK BARNBROOK RIP

Some may wonder why Mick isn't getting a full obituary? This is at Mick's request, as he asked, when his time comes, that no long write-up be published. Reason: he'd been so moved by lengthy articles in Essex Walker (Issue 389 - Aug/Sep 2019) and Sarnia WC's website when he'd announced a retirement from active athletics in 2019, he'd no wish to use up more space - which he asserted would be better filled by articles featuring up-and-coming newcomers - so here's a brief account:

So sad to inform Mick Barnbrook, aged 80, passed away after a long illness. His passing was peaceful, at 9pm on Wednesday 14 February. Mick was born in Romford's Oldchurch Hospital and brought up in Plaistow. His active athletics career spanned **49** years, during which he race walked in first claim capacity for Cambridge Harriers, Ilford AC, Sarnia WC, Ilford AC again as well as The Centurions, Metropolitan Police and British Police Representative teams. He also had a 6 years' *unattached* spell after leaving Cambridge Harriers and joining Ilford AC. He was one of 6 race walkers (all Centurions) to pass 100 completions of the London Post Office 9 kilometres yacht handicap races at Blackheath Park - he did 108. When friends pointed out if he could manage one more race, he'd clock-up **50** years. Mick wanted to do one more short race, but health prevented him reaching 50. Mick had opinions on most things and twice stood unsuccessfully for Parliament. Mick only dropped out of one race - in a Guernsey Church-to-Church halfway up a steep opening hill near the start. He struggled back to his then Sidcup home, was very ill so went to a local hospital to be admitted for a week. While there a Consultant told him that, had he not been such a fit man, he could have died - words Mick never forgot. He achieved Centurion status at 1979's Ewhurst 100 Miles when clocking 21 hours, 59 minutes and 05 seconds to become Member No 661. Mick achieved another sub-24 hours clocking for the 100 miles' distance at The John Hedgethorne Memorial 100 Miles at Colchester's Lower Castle Park in 2001. We will, of course, publish some tributes. For a full remarkable account please go back in time to Essex Walker [issue 389](#) (pages 6 to 9). **DA**



Mick approaching the finish line of a Guernsey Church-to-Church (Photo supplied by Rob Elliott)



Mick and Sharon Barnbrook Photo at a Christmas Market in 2021

Condolence cards can be sent to Mick's widow, Mrs Sharon Barnbrook, at: 23 Cliff View Road, Cliffsend, Ramsgate, Kent CT12 5ED.

TRIBUTES to MICK BARNBROOK

- The passing of Mick Barnbrook is a very sad loss indeed. He was a real character and certainly kept the 'great and the good' on their toes with his very high sense of integrity, fairness and the will to put this troubled world to right. The encouragement he gave others to take up Race Walking in the Met Police and beyond was always exemplary. He didn't care what he said, when he said it and gave us all a thoroughly good laugh, so often missing in the world of today. In Race Walking he performed mainly at longer distances with prowess and was always there whenever and wherever. Thank you for so many memories Dear Mick! He will be massively missed. May he rest in peace. With sincere condolences to Sharon and all his family and friends. **Bill Sutherland**
- Sad news, but probably a blessed relief, as his health took him in and out of hospital for the past 2/3 years. He was certainly a character and some of his views were unorthodox and often questionable but he did promote race walking at every opportunity, especially encouraging people to enter the 100 miles events and also his support of Sarnia AC. **Chris Flint**
- What a week it's been for you Dave. Our generation of walking acquaintances is falling thick and fast. I knew Mick had been struggling with his health of late but it's still a shock to hear of the final trumpet call. **Cath Duhig**
- Lovely photo of Mick, very sorry to hear he's died. You and Mick were both so welcoming and encouraging when I first started walking. **Pamela Abbott**
- So sorry to hear the news of Mick's passing. I've known him ever since I started race walking in the early 90s. From Blackheath to Roubaix where he supported me for hours riding by my side on an old squeaky bike. I think he was more tired than I was and he kept cycling into me - I wasn't best pleased! He will be sorely missed. **Kathy Crilley**
- Very sorry to learn about the passing of yet another Essex/Ilford walking stalwart. Everything I ever heard about Mick was complimentary. Regret to say though our paths never crossed. **Andy Catton**
- More really sad news, though sadly not totally unexpected. Mick was one of race walking's larger than life characters who will be sadly missed by many, including me. All of his friends and colleagues will recall he was never short of a controversial opinion on issues of the day and stood for local election a number of times for a number of 'fringe' parties. He also fought a campaign against corruption in public life and helped expose some self-serving behaviour amongst some of our political masters. Despite his formidable image, in person he was kind, friendly and approachable and great fun to be with, with a wealth of anecdotes on any subject you cared to mention! As a walker Mick was extremely tough and always up for a race at any distance at any part of the season. His presence in the changing room would usually quickly make me forget any pre-race nerves as he regaled all with his amusing pre-race banter. His real forte though was long distance and he was a Centurion, qualifying in 1979. Personally though, I'll always remember the 2001 race in Colchester where Mick was semi-retired with no intention to complete the full distance. Despite severe blisters Mick decided to complete the full distance (successfully inside 24 hours) and those of us who witnessed it will probably never forget the sight of Mick tackling the blister problem by sticking each foot, complete with shoe, into a bucket of cold water at the end of each lap! **Steve Uttley**
- Sad news indeed. **Hans Rennie**
- I remember him well, especially when we raced and met in Guernsey because opportunities to socialise are rarely possible with mainland races because of my domicile location. **Ed Shillabeer**
- Not unexpected I think but still very sad. **Steve Allen (Barnet)**

NICOLA HOPKINSON RIP

Sadly, recent former Ilford AC President, Nicola, has passed away. Nicola served many years as a most diligent Membership/Subscriptions Officer. Despite serious illness, she made a big effort to attend Ilford AC's Centenary 100 x 1 Mile - to see everybody as her final months were coming - and to be in that wonderful picture with so many in the Cricklefields Stadium stand (as published on page 6 of Essex Walker [issue 433](#) - Nicola was near the centre of the front row). Nicola looked very ill and her effort to support that event was so appreciated by all.



THE OPINION OF AMOS

Parkrun protagonist Amos Seddon, holder of many course age group records has had them expunged by organisers - as have all others - which made the main [television news](#) bulletins. As for the *ins-and-out* of this action, Essex Walker won't get involved - but will notify you that Amos described this decision as "gutless".

FIXTURES

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

MAR	6	Metropolitan Police Walking Club Annual Reunion Buffet	Civil Service Club SW1	from 5.00pm
	9	Winter Race Walking Track Championships	Moulton College/ Northampton	1.25pm
	12	Ilford AC Annual General Meeting	Cricklefields Stadium	8.00pm
	16	Tri-Counties (Herts/Kent/Middx) 2,000m *	Lee Valley Arena	TBA
APR	2	Veterans AC 5K 'B' Road Race (all welcome) **	Battersea Park Bandstand	7.00pm**
	6	"Peter Worth" Enfield League 2/3/510K	Donkey Lane	11.00am
	7	SWC Open 5/3/2K	Norman Park	TBA
	17	Civil Service AA160th Anniversary Fun 5K Walk	Battersea Park	2.00pm
	20	RWA 10K & YAG Championships 10/5/3/2K	Leicester Cycle Circuit	11.00am
	23	Centurion 576 George Eastwood (Woodford Green) 100th birthday	Epping (Thornwood)	
MAY	4	Centurions Social Walk 6 miles (all welcome)	Herongate/ Olde Dog Inn	10.30am
	7	Veterans AC 5 miles 'B' Road Race (all welcome)	Battersea Park Bandstand	7.00pm
	27	Cecil Gittins Memorial 5/10K (+ Enfield League)	Gravesend Cyclopark	3.00pm
NOTES	* Organisers have invited Essex walkers to hold their own County Indoor 2,000m Championship in conjunction with Tri-Counties if there's support. This would "save" our event which is discontinued due to lack of support. Please show support to reintroduce an abandoned event. At this stage the race is provisional for Essex walkers.			**Allow 5-10 minutes from registration to start line
<ul style="list-style-type: none"> Regular distance training walks are held from Leigh-on-Sea's Belfairs Park – details from Centurion Steve Kemp on 07860 617899. Reminder: All Enfield League races now require online pre-entries to: www.fabian4.co.uk. Any problems entering refer to 07532-397528. 				

OVER OUR COUNTY BORDER

Try to improve your style with **Dave Annetts**. Race walk training is available with Cambridge & Coleridge AC on Saturdays 10am to 12 noon and Wednesdays 18.30 to 20.30 (if there is interest) at the Wilberforce Road Track.

Details at: www.cambridgeandcoleridge.org.uk/race-walking-at-cc



SAD NOTIFICATION

It was announced on Facebook by C921 Mike Lewis (Trowbridge AC) that Centurion 726 **Basil Gale** had died, aged 92, on Saturday 27 January. He was a prominent figure with Trowbridge Athletic Club in their heyday. Basil became a Centurion in the 1982 Leicester 100 Miles on the Congerstone course, when 77 started/55 finished (including 33 new Centurions) - there was 1 DQ. Basil's time was 21:32.32.

TRIBUTES to BASIL GALE RIP

- Very sorry to hear of the passing of Basil Gale (C726) a true stalwart of Trowbridge AC Race Walking particularly at the famous Chippenham to Calne Walks. Great days indeed! May He Rest in Peace. Sincere condolences. **Bill Sutherland** (C 890)
- Basil qualified in the same 1982 race as I did (and Roger Michell too), the event memorably won by Mick Holmes, as I said at the AGM. I was 33, Basil seems to have been 50, and perhaps this was his way of celebrating that milestone. **Sandra Brown**
- Another one I knew well in my racing days, especially in Wally Emery's guidance of the South West scene. February championships races - Salisbury 10 miles - my favourite course. Hey ho ... **Ed Shillabeer**
- Very sad news about Basil Gale who has been a generous benefactor to The Centurions for many years. **Chris Flint**
- Really nice chap and a friend to many. A fine Club walker. RIP Basil. **Chris Maddocks**

OUR CONGRATULATIONS

- To **Judy Farr**, respected International and 3-times an Enfield Open 7 winner, who is celebrating her [80th birthday](#). Judy belonged to Trowbridge AC during her race walking days. The Club folded and Judy is now a founder member of Avon Valley Runners.
- To IAAF judge **Steve Taylor** from the Isle of Man, on his appointment to officiate at the Paris Olympics. Much respected Steve has received many 'plum appointments' - including being Chief Judge at the 2012 London Olympics.
- To **Dr Kitty Hung**, Metropolitan Police Walking Club Hon Secretary, who is at the top of Amazon's sales chart with her book on Computing.

STEVE ARNOLD RIP

Sadly, much talented ex-International Steve Arnold of Nuneaton Harriers has passed on. Always a strong competitor, particularly in 50k races, Steve put much back into race walking with his commitment as a respected coach. He leaves behind many good memories of his time in athletics. Our condolences to his family members.

TRIBUTES to STEVE ARNOLD:

- Very sad indeed. I sent messages to Jessica who posted about her Dad on Facebook. A measure of his popularity is the huge number of messages. RIP Steve. **Chris Maddocks**
- Very sad news of Steve Arnold. A great guy and a very fair walker. We shall all miss him. RIP Steve. **Bob Dobson**
- I didn't know much about Steve Arnold RIP, but having watched him being victorious in the Bradford 50 Kms Walk YouTube video with commentary by the good and greats Olympians John Paddick and John Warhurst, it made me feel as if I had known him for a lifetime. Really great viewing. May he rest in peace with so many other Race Walking stars in the heavens. With sincere condolences. **Bill Sutherland**
- It is great sadness that I have been informed that Steve Arnold of Nuneaton Harriers passed away on Thursday 8 February. Steve was 59 years of age and an accomplished race walker and a past Coach for the Race Walking Association as well Nuneaton Harriers. A very competitive race walker in both the National and Midlands and several titles. He will be very sadly missed and sincere sympathy and condolences are sent to his family. **Glyn Jones** (RWA Chairman)
- Never expected this kind of news about young Steve, a highly respected competitor. **Ed Shillabeer**
- What a dreadful shock. I didn't know Steve well but on the few occasions our paths crossed I always found him to be a very modest man who encouraged and praised others while being very self-effacing about his own achievements and contribution to our sport. **Cath Duhig**

BOB WATTS RIP

Sad to say that on the morning of Sunday 28 January Bob died in King's College Hospital. Brother Ken was alerted to the seriousness of the patient's condition and rushed to be at Bob's bedside, in order to be with him - but alas arrived just 10 minutes' too late.

For The Centurions he served a period as Archivist and as Editor/Compiler/Printer of their 1997 Handbook. He'd qualified as Centurion 838 at Leicester's Congerstone course in 1988 clocking 21:50.20 in the colours of London Vidarians when 75 started and 47 finished (19 new Centurions). Bob's most famous for completing **25** Roubaix 28 Hours races, for which he received a special presentation from the French Athletics Association. Nearer home he was one of just 6 competitors (all Centurions) to have completed 100 Blackheath 9K yacht handicap races - his final total reaching 110. Before making a name for himself in race walking he was a Long Distance Walkers' Association active member. Bob's a race walker who has competed sub-24 hours 100 miles races on *both* roads and tracks. In our now defunct Essex League he scored points as a Loughton AC 2nd claim member. Bob gave much of his time to The Royal British Legion. He was aged 74 and unfortunately had suffered a lengthy period of poor health, with a number of hospital admissions. Bob enjoyed his pint - always stopping to visit the bar after giving his all around Blackheath Park's switchback course. At a Newmarket 100 miles covered by Anglia Television's local news show, Bob left a holdall containing cigarettes and stout cans so he could immediately celebrate his success after passing a finishing line the following day. Anglia Television spotted him delving into his holdall, pulling a ring can and sitting on grass to enjoy it. Their commentator said, "*Ah - he's earned it*". Our profound condolences to brother Ken and all Bob's family on the sad loss of a true "*good-un*". **DA**

FUNERAL SERVICE OF CENTURION 838 BOB WATTS RIP

The funeral service of Bob Watts RIP (London Vidarians, Loughton AC, The Centurions and Long Distance Walkers Assn) to be held on **Friday 15 March at 1pm** at Honor Oak Crematorium, Brockley Way, SE4 2LJ. 020-7525-5600. There's an on-site car park. *Nearest stations* (both a short walk away) are: **Honor Oak Park** (Southern and London Overground) and **Crofton Park** (Thameslink). *Bus routes* 122, 171 and 172 stop at Crofton Park Station. Bus routes P4 and P12 stop at Honor Oak Park Station. These routes serve a number of areas from Central London and across South East London. **Afterwards** is to be a gathering at East Dulwich Branch of the Royal British Legion at No 97 Barry Road, SE22 0HR (1.8 miles' away - nothing for race walkers). Ken Watts, Centurion No 859, is arranging a post-service function and requests you advise your likely attendance for catering purposes. Ken's on: 020-8693-2997. Please pass around to your Club colleagues and officials.

TRIBUTES TO BOB WATTS:

- Very sad news. Condolences to Ken and the rest of the family. Fond memories of the ubiquitous and never empty teapot at Roubaix, not to mention the inexhaustible memory of facts and anecdotes about walking. **Cath Duhig**
- What very sad news. I'm sure many of us didn't think this wouldn't be the outcome despite many health scares Bob has suffered over the last few years. Bob was certainly a legend in his lifetime. **Kathy Crilley**
- Bless him. What a stalwart! RIP Bob. **Ed Shillabeer**
- Sad news indeed. A stalwart Centurion. Sincere condolences to Ken. **Alex Ross** C854
- A loss to Centurions and as a person. Bob gave me advice when qualifying in 1994. The hilly course at Hungarton. He did the same at Roubaix in 95. 25 Roubaix's is tremendous! The brothers kept records. At Colchester or Newmarket Bob offered to give me my split times as they were very respectable. Another stalwart gone too early. **Richard Cole**
- Very sad news about Bob. Bob's life and Ken's has not been easy for many years since their Kenro printing presses ceased and their health declined. He, Ken and I formed the most successful 100 miles team in the '90s and I owe them a lot. **Chris Flint**
- Very sorry to hear of the passing of Bob (C838). We enjoyed some wonderful times in the late 90's when he attended our home for Centurions Meetings and we went to his printing shop many times when he produced the wonderful 1997 Centurions Handbook and he was a so familiar face at London Postal region Blackheath meets. He was a true Clubman whose long distance record was truly remarkable. Centurions and UK Race Walking owe him a great deal of gratitude for a lifetime of selfless service. Sincere condolences to Ken and his family, in particular his wonderful supportive sister. May he Rest in Peace. **Bill** (C890) and **Kath Sutherland**

BACK IN TIME

Here's an interesting YouTube [film clip](#) (with interviews) of a **Bradford Walk**, of which many have fond memories (despite its difficulty). For those who never lined-up, it's well worth watching and listening to walkers remembering past walks. I did it in the '70s, as a build-up to 100 miles - as there was an opportunity to complete "the double". That was Leicester Mercury 20 Miles on Saturday afternoon/Bradford 50K on Bank Holiday Monday morning. It



commenced early outside Bradford City Hall and was a giant loop taking in Shipley, Ilkley, Otley and Yeadon before returning to Bradford's Peel Park with changing in an old swimming pool. The last couple of miles were lined with spectators; some outside pubs offered thirsty walkers gulps from pint pots. I left Bradford with a time standard medal. The programme had me listed as "*Hainsworth*" - a popular surname in West Yorkshire. I didn't have an attendant, but didn't need one with generous amounts of help arranged by the organisers. I drove back south with the late and much-missed Geoff Hunwicks as a passenger. **DA**

KEN LIVERMORE RIP

Ken established himself as a good runner on the North London athletics scene. During this time he supported some race walking events staged by the London Business Houses Association during which he really took to our athletics discipline. He linked up with Woodford Green AC (as then called) and in their colours became Centurion 386 - when completing the 1966 Leicester-to-Skegness 100 miles' walk, clocking 21:07.41 in a race which saw 84 start/47 finish (27 new Centurions). Ken moved on to The Borough of Enfield Harriers (as then called) before it became Enfield & Harringey AC. Ken was a former long serving Hertfordshire County Athletic Association Walking Secretary. At Centurions AGMs he twice had the kudos of being their most senior member in attendance (one with the lowest number). He was fabled for a versatile ability to give a good account of himself over all distances - short, long and ultra distance. Despite such a wide range, he always enjoyed most the wonderful atmosphere of our well-supported annual winter series of London Open 7s. Such races attracted the best - from Olympians to novices - and in large high quality fields during his extended heyday years, Ken was always near the top of results sheets. His own Enfield Club is now the only one still promoting Open 7s. His message to "stay-aways" was, *"I'll try to support races for as long as I can, to keep them going, in hope that something might turn up"*. He travelled all over the Country, both to race and help at events. He put much back into The Centurions by helping to enable others to have chances at joining - and so often was seen recording in all weathers and during night time cold. At Enfield he was a regular helper at Open races and Enfield League fixtures. His activity extended into the competitive world of Orienteering where he made many appearances at numerous venues. Ken and Margaret supported numerous race walking social functions - indeed Margaret was at so many events with Ken at races and race walking functions. Ken frequently raced in Essex, doing so as an enthusiastic Loughton AC 2nd Claim member. In fact, one of his worst days came in Essex - along Canvey Island's wall in the closing stages of the always popular "Nicola 5 Miles, when he took a heavy fall onto an unforgiving concrete surface. Ken was unable to finish - which in itself was rare - as marshals treated and looked after him until an ambulance arrived. His day ended with him undergoing hospital treatment. In keeping with his reputation, he made light of his misfortune and soon after recovery, returned to start lines with a smile on his face. We sadly have said farewell to one of the most popular athletes to have graced our race walking scene. To Margaret and Ken's other family members we all express our profound and sincere condolence. **DA**

TRIBUTES to KEN LIVERMORE RIP

- It is with great sadness that I write to let you know that I had a phone call from Ken Livermore's daughter Coral, to let me know that her father passed away on Sunday 28 January aged 91. Condolences to Margaret, Coral and his three grandchildren. **Ron Wallwork**
- He was a great chap. **John Eddershaw**
- I was very sad to learn of the passing of Ken Livermore (C386). He was the ultimate clubman and racer (from 3k to 100 miles) ... what an example to the younger generation ... he adored his sport and regularly raced. Thankfully some of what he achieved is recorded. A member of Enfield Harriers he will be missed. **Adrian James**
- A sad loss. **Peter Marlow**
- Very sad news! Ken was a top race walking coach in the early 60's. I vividly remember him at Eton Manor on the first occasion I went on a coaching weekend, with many stars including Olympic Gold Medallist from Rome, Don Thompson, and the likes of GB's late Robbie Brightwell and the late John Cooper being there. He will be so missed by the Race Walking fraternity as he gave so much in so many ways during his lifetime. May he rest in peace. Sincere condolences to Margaret, Coral and his Family. **Bill Sutherland**
- Very sad. Ken was ever-present, part of the racewalking furniture and a proper grafter. **Cath Duhig**
- So sorry to hear this sad news. Ken was such a lovely man and a good racewalker. Condolence to Margaret and all their family. **Kathy Crilley**
- We are very sorry to hear to hear this sad news. We remember Ken as both athlete and a dedicated official over many years of great service. **Sandra and Richard Brown**
- Sad news indeed. Condolences to Margaret and all the family. **Bob Dobson**
- Another one passes away. **Richard Cole**
- Such sad news and it's especially sad we've lost three Centurions in the last few days, Bob Watts C838, Basil Gale and now Ken C386. **Chris Flint**
- That completes the trio ... **Ed Shillabeer**
- Sincere condolences to Ken's family. The Leicester to Skegness was the one I competed in with Ken. I fondly recall a conversation with Ken and admired his quiet determination to become a Centurion. I regret to this day that I never stayed with him to finish the course. May he rest in peace having finished the course of life and rise in glory. **Roy Lodge**

**[Talking with British racewalker Cameron Corbishley. - YouTube](#)**

Length of podcast: 37:20 mins



A conversation with England's Cameron Corbishley - an elite racewalker with Olympic dreams. Listen to him talk about switching from the 50k event to the 20k, training while working full time and much more!

RACE WALKING ASSOCIATION 200 CLUB

Latest winners are Peter Saunders, Jon May and Helen Elleker who've won £25, £15 and £10 respectively. If you can 'chip-in' £1 a month, to put an extra something in our domestic race walking scene, please email Mark Easton (RWA Treasurer) at: rwatreasurer@yahoo.co.uk and you'll be sent details.

**SPANISH CHAMPIONSHIP AT ZARAGOZA**

Spanish resident Cath Duhig recently sent an entry list for a Spanish 20K Championship meeting - it was remarkable and extended to a number of pages. Cath commented that her name would have been on this list in the Masters' Category, under different circumstances.

- Zaragoza is about 4hrs from me so too far for a day trip. Unfortunately puts the UK fields to shame albeit in my younger days 7 milers would get up to 300 entries ie my first ever Highgate. **David Rosser**

- About where we were at the turn of the century in terms of numbers - though the quality is much higher (Government sponsored squad members no doubt). Better than the UK but hardly thriving - the average Bicester parkrun has double or treble the numbers and we're a small market town in the Chilterns. **Steve Uttley**

BARRY EDWARDS RIP

A talented and committed coach at Southend-on-Sea AC (as then called), Barry Edwards has, after illness, passed on. He worked his magic of Southend's race walkers over the years. He steered talented Helen Sharratt to a rapid 54.16 for 10,000 metres achieved on 1 April 1992 on Hornchurch Stadium track - which saw her 21st on a separate ranking list of times achieved in "mixed races" published by "[Power of 10](#)". Barry was an influencing force behind walking squads at his Club. We express condolence to his family members. At Barry's wish, there isn't to be a funeral service. We thank Val Mountford for notification.

TRIBUTES to BARRY EDWARDS:

- Barry actually coached myself and James when we were at the 'height' of our walking careers! He spent most of his time trying to stop us racing against ourselves! He was a happy man who made our training sessions hard but enjoyable ... a great inspirator! **Andy O'Rawe**
- Always sad news - and it seems to be accelerating too - but although I knew Barry, not particularly well, when he was involved with the Club, it's such a long, long time ago - he left the Club 26 years ago - that I can really not make a contribution personally. A Club contact has telephoned to report that the last time he saw Barry - quite some years ago - he was already wheel-chair bound so failing health had been on the cards for some while. **June Cork**

FUN WALK

Civil Service AA are staging a 5k fun walk at Battersea Park on Wednesday 17 April at 2pm as part of their 160th anniversary celebrations. Cost £5 members/£10 non-members. It'll not be judged. At 3pm is a chip-timed 10k run - cost £8 members/£12 non-members - so tell your Club's runners. Commemorative medals will be awarded to all finishers. Details: [CSAA 160th Anniversary Challenge- 5 and 10 K race!](#)



TRIPLE SUCCESS

Three of our readers struck gold in the recent British Masters Indoor Championships at Lee Valley. Pride of place must go to **Melanie Peddle**, W55, who produced the day's fastest 3,000m on the boards - 16.08.71. In the same race **Fiona Bishop** was first W60 finisher in 22.17.99. In the second race, Upminster-based Belgravian **Colin Harle** was first M65 category winner clocking 16.:30:23. **Congratulations** to all who supported this annual event, and thanks to those who officiated/helped.

ON THE DAY

Our 2nd Enfield League race of 2024 was held on 24 February at Donkey Lane. We won't go into detail as we've no wish to steal the thunder of "Enfield Walker". On the start line Ron Wallwork paid tribute to 3 departed Centurion race walkers - all of whom had previously appeared at this venue - Mick Barnbrook, Ken Livermore and Bob Watts - after which he called for a generous round of applause for the much-missed trio. There was an international flavour as 2 Chinese athletes entered - and showed up. Finally, a truly deserved word for John Hall (his house backs onto King George V Playing Fields) as heavy overnight rain left parts of our course deep in puddles - on arrival we saw John 'out there' with brush sweeping off the worst, so we could race in comfort. **Our thanks.** Please be reminded that the March race has been withdrawn from the programme - so your next race at Donkey Lane is on Saturday 6 April (11am), so let's aim for a full turnout.



Dear Dave ...

A CONTRARY OPINION

I know Bill Sutherland is a supporter of park runs, a strong supporter of them, but a strong competitive sport can hardly be built on 9.30am starts.

John Powell

OBSERVATION

I'm not aware that County has a Walking Secretary. What about you?

June Cork

Responds Hon Ed: I'm now 75 and "over the hill" and seek to shed jobs/tasks/positions, not take more on - but thanks for thinking about me. Former Essex County President June raises the point again - race walking needs a County Walking Secretary as our voice at the Committee table. **Have any readers had a second thought?**

APPRECIATION

Cheers for the Essex newsletter and its photos. Really appreciated.

Adrian James

KEEPING IN TOUCH

I am still interested in what is going on even though I am not actually an Essex walker, just a friend of Essex walking. I may even compete this year but more likely in Poland or the Czech Republic in the near future although I am planning to do 50k at the Centurion race at Gloucester in August.

Steve Allen (the Barnet one)

A GOOD HOME WANTED

I have a large number of old copies of the Race Walking Record magazine from the 1960s and 1970s, which I inherited from my dad, John Barraclough, who was proud to be a Centurion. I wondered if you knew of an archive that might be interested in them? I would be happy to donate them.

Claire Spendley

Adds Hon Ed: Please let Essex Walker know of your interest and we'll pass this on to Claire.

CENTURIONS SPRING SOCIAL WALK - Saturday 4 May 2024

Location: Herongate, near Brentwood, Essex. Start time 10:30am. Distance 6 miles (With 5 Miles option). The Centurions wish to invite you to participate in their spring social walk around the country parks of Brentwood, Essex. Non-Centurions, friends and family are welcome. Dogs welcome. Led by Kim Howard, expect a mix of woodland paths and tracks with some tarmac and open fields. Meeting point is The Olde Dog Inn, 129 Billericay Road, Herongate, Near Brentwood CM13 3SD. Free parking available. Alternatively, pick-up from outside Brentwood railway station on the Elizabeth Line, at 10:10am (please inform Steve Kemp on 07860617899 if choosing this option). Toilets are available at The Olde Dog Inn and at country park visitor centres during the walk. For those wishing to reduce the distance, the final section can be omitted, reducing the length of the walk to 5 miles. We have booked tables for post-walk refreshments at the inn, so please stay and join us for a pint, light bite or full blown meal, whichever is your preference.

Steve Kemp

THANKS FOR TURNING UP

I'm glad that Ken Livermore's funeral and wake was pretty well attended and his family seemed very grateful for the presence of race walkers and orienteers.

Chris Flint

SMALL WORLD

I had the nice surprise this afternoon of meeting Trevor Jones and his wife in Corfe as we were all boarding a train on the heritage railway. They're having a few days' holiday in Dorset. They remembered that we also met last time they took a short holiday here in 2019. It was good to see and chat with them, and I'm glad they're enjoying their stay in the area.

Sandra Brown

MOULTON FIVE - GOOD NEWS!

Following fears that the event might not be viable this year, the good news is that it will indeed remain on the calendar. Currently it is pencilled in for 8 June, but there is now the possibility that it may become a feature of The Moulton Village Fete which is being planned for 6 July. Confirmation of this is expected within the next 3 weeks, so please keep both dates free for what promises to be a great event.

Ron Wallwork

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