

Essex Walker

Editor: Dave Ainsworth



Social Walk

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 **07860-617899** 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

ANOTHER MILESTONE OCCASION

Reaching **70** years on **5 May** is Centurion No 789 popular **Olly Browne**, who qualified in the 1985 BT 24 Hours race on Colchester Garrison Track when passing 100 miles in 23:05.49 in Ilford AC colours. It was an infamous race as wind blew away all our lap scoring charts. So proud was Olly, that he has **789** tattooed on an arm. Olly competed in more 100s, and joined a much-admired group of athletes who've bettered 24 hours on both roads and tracks. He also completed 2 individual 100 miles walks along Westcliff-on-Sea seafront raising considerable sums for "Help for Heroes" - with many Essex Walker readers showing up both times to join crowds cheering him on. In the 2009 Barclay Bi-Centenary 100 Miles at Newmarket's Rowley Mile Racecourse, Olly broke a bone in a foot at around 20 miles - but pressed on in increasing pain to close home Ilford's winning RWA Long Distance Championship team trio behind Kevin Marshall and Micky Sutton. To send Olly a card, his address is: [93 The Avenue, Hadleigh, Benfleet. Essex. SS7 2HG](#). To popular Olly, we all send our birthday congratulations.

FILM NIGHT

A recent edition (page 6 [Essex Walker 437](#)) gave details of an informative and interesting Bradford 50K film. Readers quickly followed our provided direct link. A couple of comments:

- "That brought back memories. Another race I could never win. 5 attempts, 1983, 1985, 1987, 1988, 1990 and 2nd on each occasion." **Bob Dobson**

Adds Hon Ed: On one occasion Bob race walked for about 5 hours – for a 2nd prize vacuum flask. What other sport would offer such a "reward"? Race walkers are true amateurs.

- "I did the Dick Hudson's at least once and that covered part of the Bradford course I believe. That was a couple of decades ago and the course felt far from safe then. We were also probably a bit more impervious to danger back then." **Steve Uttley**



PARIS 2024



BASH FOR CASH

For a first time cash will accompany athletics gold medals at our forthcoming Paris Olympic Games, as each gold medallist is to be rewarded with \$50,000. [Paris 2024: World Athletics to become first federation to award prize money at Olympic Games - BBC Sport](#). So come on readers - get your extra training in!

THEY HAVE NINE LIVES

A sad Facebook entry informs us that respected Centurion **John Cannell** (C388) has handed over his 2 beloved cats - Geronimo and Kojak - to Manx Society for the Prevention of Cruelty to Animals to be rehomed, as John's now too old to care for them. We hope they'll find good future owners and also John's health improves. In 1966 John, aged 20, qualified as a Centurion in the 1966 Leicester-to-Skegness Walk and completed a total of 5 UK 100 miles' walks, the last being the Arthur Eddlestone BEM Memorial Walk at a rainy Hendon Police College in 1989. Three of those 5 walks were in the 17 hours' time bracket, his fastest on Leicester's Congerstone course in 1988, clocking 17:10.15 when 2nd to Surrey's Richard Brown - who'd failed by a mere 35 seconds to join an exclusive club of race walkers to better 17 hours. At the '87 Ewhurst 100 Miles John broke the tape in 17:55.10. John was 15th in the 1970 Commonwealth Games 20 Miles in Edinburgh with 2:56.19 on the stopwatch. Isle of Man resident John who won six 85 Miles' Parish Walks, made many mainland appearances - including an Enfield League race at Donkey Lane. In September 2007 at our Race Walking Association's Centenary Dinner in the Piccadilly Royal Air Force Club, John had the kudos of being seated on the top table. We wish John, and his lovely pets, well in all that'll come their way.

FIXTURES

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

MAY	2	Ashford Open 1,500 metres	Ashford Track	6.30pm
	4	Centurions Social Walk 6 miles (all welcome)	Herongate/ Olde Dog Inn	10.30am
	5	Eastern Masters Track & Field Championships	Corby	6.50pm
		Centurion 789 Olly Browne's 70 th birthday	Hadleigh (Essex)	
	6	Combined Counties' 3,000m Championships	Ridlins End Track	12.35pm
	7	Veterans AC 5 miles 'B' Road Championship (all welcome)*	Battersea Park Bandstand	7.00pm
	10 - 12	European Masters Non-Stadia Championships	Porto Santo	TBA
	11	Sussex County Championships 2,000m/3,000m	Crawley	TBA
	12	Kent County Championships 3,000m	Ashford	TBA
	13	Southern Veterans Track & Field League 2,000m	Lee Valley	6.30pm
RWA Southern Area Committee Meeting		Zoom	6.30pm	
27	Cecil Gittins Memorial 2.5/5/10K (+ Enfield League)	Gravesend Cyclopark	3.00pm	
JUNE	4	Veterans AC 5 Miles Road Championship*	Battersea Park Bandstand	7.00pm
	8	Ken Livermore 10K Olympic Year Relay	QE2 Stadium/ Donkey Lane	11.00am
	19 - 21	England Athletics Track & Field Championships	Birmingham	TBA
	26	Blackheath & Bromley (with SWC) Johnson Bowl/ Challenge Development Walk 1-to-4 Miles	Norman Park	7.30pm
	26 - 28	England Athletics Age Group Track & Field Championships	Birmingham	TBA
JULY	6	Moulton Open 5 Miles (+ Enfield League)	Moulton Village	12.30pm
	NOTES * Allow 5-10 minutes from registration to start line. Non-VAC members eligible for Championship 1 st /2 nd /3 rd awards.			

- 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.

ON SHOW OR NO SHOW?

After a few years off fixtures lists, Woodford Green with Essex Ladies AC are re-introducing their evening series of Graded Track & Field meetings at Ashtons Playing Fields. All on Tuesdays: 28 May/25 June/23 July with their first event at 7pm. A [list of events](#) is on the Club website, but without mention of walking races. If visiting this website, there's an interesting [article](#) about Life Member George Eastwood's times with the Club and his 100th birthday.

HOT OFF THE PRESS NEWS ... WOODFORD TUESDAY WALKS

Apparently, there won't be a walk at any of the meetings this year, but thanks for tipping me off about it.

Peter Cassidy

NICOLA HOPKINSON RIP TRIBUTES

- A lovely lady who I had the pleasure of running with many times as well as sharing many social events. She was a real hard worker for the club. *Billy Green*
- So sad. Nicola was a lovely lady and a truly committed long-serving servant of Ilford AC. *Dave Ainsworth* (Past President)
- She passed away after her 5-year battle with breast cancer (which spread rapidly a few months ago). A long serving hugely dependable servant of Ilford AC and, of course, a former President. *Andy Catton*
- I communicated with Nicola many times and she was extremely diligent in all she did. I'm extremely sorry to hear that she has died. *Steve Uttley*

[Nicola Hopkinson Tribute – Ilford Athletic Club](#)

**MEMORY LANE (Leading Positions)**

Result of **1960** AAA 1Junior 1 Mile Championship at Hurlingham: Top 5 were

- 1st Ron Wallwork (Bolton United H) 6:59.1
- 2nd Peter Marlow (Southend AC) 7:03.2
- 3rd Maurice Fullagher (SWC) 7:28.3
- 4th Alec Banyard (Southend AC) 7:32.1
- 5th Dave Delaney (London Vidarians) 7:44.0

A year later in **1961** at Enfield: Top 6 were

- 1st Shaun Lightman (Hounslow College) 6:54.5
- 2nd John Paddick (Royal Sutton Coldfield) 7:03.0
- 3rd Peter Selby (SWC) 7:14.4
- 4th M E Grayson (Sheffield Utd H) 7:17.2
- 5th M E Higgins (Metropolitan WC) 7:21.6
- 6th Dave Delaney (London Vidarians) 7:37.5

NOTE: Messrs Lightman, Paddick and Higgins were a respective 1-2-3 at Welwyn Garden City another year on in **1962**.

Look how many of these promising junior walkers progressed to great things, becoming Internationals with some appearing in Olympics and Commonwealth Games, also becoming National Champions and winning major Open races.

RACE WALKING ON TV

Little-watched channel "London Live" recently screened a programme - "London's Screen Archives Presents" - Series 4 Episode 3 titled "Sport" showed race walking action from an early 20th century works sports day, held on a grass track. As John Hedgethorpe often said, "All publicity is good publicity".



[Annual Sports Day Organised by Platt's Stores, Electric Empire, Hounslow – London's Screen Archives – Title \(londonsscreenarchives.org.uk\)](#)

The race walk features 1:20 mins into the short film clip.

**IN SHOT**

Photograph (supplied by Dr Kitty Hung) taken at Met Police Walking Club's annual reunion.

In the front row, organiser **Dr Kitty Hung** (Club Secretary) is central next to Upminster-based Centurion **Peter Addison**. By the wall on the left another Upminster-based Centurion, **Dave Neagle**, is seen chatting with **Kath Sutherland**. **Bill Sutherland** is at the back. A tallish man standing on the right is octogenarian Cambridge Harrier **Bill Coleman**.

Comments **Ed Shillabeer (C590)**: I like the clear name badges and I'm sure I would also have enjoyed the occasion! Bill looks good for 91!!

1963 - A Pivotal Year

Ron Wallwork - A Conversation

Race Walking Extra



[Ron Wallwork – A Conversation](#)

Premiered on 24 April 2024
The 31 chapters, over 90 minutes, illustrate by way of an informal conversation between presenter Len Ruddock and Ron Wallwork MBE, Ron's early ventures into athletics, leading to an extensive and celebrated National and International career as a Race Walker.

00:00 Intro 01:21 Diary Room 04:09 Early Life 07:39 Race Walking Debut 09:28 Roger Mills 12:14 Junior Races 12:43 Nijmegen Marches 13:22 A Memorable Day 14:09 Off to Nijmegen 15:43 Ambition and Disappointments 18:52 Winter of 1962/63 19:46 Progression and Rewards in 1963 23:43 Training Mileage 27:35 Diet 28:32 Social Life 29:08 Joan and the No 10 Bus 31:03 Extended Family 32:44 Lugano Trophy 35:24 And the Magyars 36:27 Ron's Lugano Race 41:20 Airolo to Chiasso Relay 48:17 Career CV 50:34 Stats and PBs 52:56 2 Hour Record 53:55 Kingston Games 1966 60:37 3 Favourite Races 61:56 Becoming a Centurion 72:57 Capt Barclay Challenge Recreation 80:56 Medals & Awards 84:57 Outro 87:59 Outtakes

- Congratulations to Ron and Len - it was a great listen and a wonderful advert for our sport. They were such good times for our sport too. **Oliver T Flynn**
- Thanks. I'll enjoy watching this. **Colin Harle**
- Many thanks for this - I have just finished watching it - great interview and really enjoyed the stories, photos and seeing some of Colin's columns on the various race reports. A truly historical piece for GB's race-walking archives. Good on Len for doing such a great job. **Steve King**
- Very interesting. **Peter Crane**
- Please pass on my thanks to Len and Ron for sharing. The video is doing the rounds at Lancashire walking club. **Chris Bolton**
- Thank you, Len and Ron. I greatly appreciated every minute of that. Some wonderful memories were triggered. **Oliver Caviglioli**
- Well worth watching. **Tony Taylor**

STEVE KEMP's LONG WALK



He travelled to RAF Cosford (near Wolverhampton) to take part in the RAF Walking and Road Marching Association 2-day event over the weekend 27/28 April. The association aims to promote the sport of walking (of all types) within the RAF and its sister services (armed forces, cadet services), with civilians also welcome to attend events. **Steve Kemp** completed over 30 years' service as a Civilian Instructor with the Air Training Corps.

[RAF 2-Day March 2024 — RAF Walking and Road Marching Association \(rafwarma.org.uk\)](https://rafwarma.org.uk)

PHOTO GALLERY

Centurion 576 George Eastwood (Woodford Green AC) taken at his 1976 100 miles' Centurion qualifying race at Ashtons Track in Woodford plus a picture of his **100th** Birthday message from King Charles III and Queen Camilla. Eagle-eyed reader Bill Sutherland states, probably, the trackside man in a raincoat is late and great Centurion 254 Fred Duff BEM, whose last job was as night telephonist at recently burnt down Forest Gate Police Station.

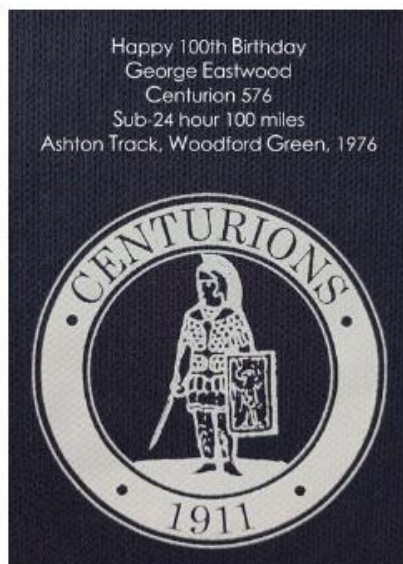


Photos supplied by Linda Eastwood



THANKS TO OUR READERS

We asked readers to send 100th birthday cards to former Woodford Green AC (as then called) race walker George Eastwood who celebrated centenarian status on St George's Day at his Thornwood home, near Epping. Daughter Linda got in touch to report over 50 cards were received. These included one from his former workplace - Construction Company Higgins Group of Loughton where George had been a founder Director. Most cards came from our race walking world including many with Centurion numbers written. **Linda truly thanks all the many senders.**



We can't mention all, but the family noted three: both **Hilary McDermott** and **Bill Sutherland** mentioned **Woodford Green AC** in their messages. Hilary referred to her late father's time with Woodford Green - Lew Mockett had served as Walking Section Hon Secretary before making a short move to Ilford AC. Bill recalled a winning 1976 100 miles Woodford team which included City of London Police Inspector Ken Turner.

Centurions' Social Walks Hon Secretary **Steve Kemp** sent a large 100th card which stood out. Steve wrote:

"It was a privilege. Here is the front design. I put sub-24 hour. I photo-edited one of our technical t-shirts to get the badge design, and added white lettering to the already dark blue background. I had it printed to A4 size. A big birthday deserves a big card!"

2024 WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS

Cameron Corbishley, the only UK walker to achieve the qualifying time for selection for the 2024 World Athletics race walking team championships, completed the 20 km race in Antalya, Turkey, in 45th place.

britishathletics.org.uk/news-and-features/corbishley-45th-at-2024-world-athletics-race-walking-team-champs/



WALKERS AT THE TCS LONDON MARATHON

Benfleet-based Centurion **Kim Howard** clocked 5:44.13 in what was her 114th marathon completion - a wonderful achievement. One of her sons also excelled with a rapid 2:57 on the stopwatch. **Verity Snook of** Aldershot, Farnham & District AC crossed the line in 4:58.27. **Hilary McDermott's** daughter Ellie was a competitor - Hilary writes:

"What a day ... it's much harder for the supporters than the runners 😊 I walked far more than 26 miles tracking her 😊 Ellie did so well, her time was 6 hours 35 minutes. I have attached a photo of her. Interestingly, Dad (Lew Mockett - Ed) and I ran it 41 years ago together – when it was the Mars London Marathon."



NOTE: 2025 TCS London Marathon entries have now closed with a record number of [over 840,000 applications](#) received; applicants are to learn of their success (or otherwise) in a ballot during July.

If more finishers are known, please let Essex Walker know so we can give you a namecheck. We used to have many race walkers appearing in this event, but a much-reduced number reflects our discipline's numerical decline, and draws attention to a reduction of race walkers now keen on 26 miles.

BERT BAZZONI RIP

We've heard of Essex-based Bert's recent death. Nonagenarian Bert was a Royal Mail employee who for years supported annual Postmen-in-Uniform 6 Miles Walks around the streets starting and finishing near a then huge Mount Pleasant Sorting Office. The Post Office scene was thriving in past decades, which saw Bert appearing in such races at York on a regular basis. In our memorable

Essex League 300th race at Colchester on Bank Holiday Monday 31 August 1992, which saw 91 toe the line to be started by Chief Superintendent Mike Blackwall (Numero Uno in the town's Police) who'd competed in our first Essex League race. A Colchester High Street start in a then town centre (it's now a City), Bert was 86th in 51.46 and one of 4 Bazzonis on our result sheet. 90 finished/1 retired over an odd distance of 5,828 metres - that retiree was Reg Walton, ex-RAF man of the Joggers, who quit in protest at seeing some walkers "getting away with it" and he was never seen again. This race was of

unknown distance with a prize awarded to the competitor who'd guessed closest to the true distance completed - this won by Cath Duhig who'd finished 16th in 30.44. Up front it was headed by **Stuart Phillips** in 20.08 followed by **Jamie O'Rawe, Roger Mills, Scott Davis, Carl Lawton, Geoff Hunwicks, Steve Uttley, John Llewelin, Roy Sheppard** and **Amos Seddon** who respectively completed our top ten. Essex Radio Sports Reporter Roger Buxton covered this event with his opening words being, *"44 year-old knock-kneed Sports Shop proprietor from Wanstead, Roger Mills, made yet another successful comeback"*. Injury put Roger's appearance in doubt as it had limited him to just 3 pre-race training sessions. But once the "off" was called he shot down Colchester High Street as though the Devil was after him and was a circuit-one leader. He came 3rd but reported by Tuesday he'd suffered as a result. Afterwards Colchester Joggers (as then called) made all welcome in their impressive HQ near the town's barracks. Jamie O'Rawe spent half-an-hour trying to find it before giving up and going home, while Michael Croft and Dave Sharpe pulled up outside an institutional looking building into which Sharpie ventured - to find it was an OAP home - on the day he was 1 year short of veteran status, so was let out. **What a wonderful enjoyable day - the sort we used to so much enjoy.** And many still own garments from that day as 300th commemorative t-shirts given to all, as supplied by *"Athletic East"* (prop Roger Mills), were of such quality many still have and train in them. They're still in shape and have hardly faded after decades of wear. We say farewell to participant Bert Bazzoni and express condolences to his family.

A MILESTONE OCCASION

Dorset-based much talented long distance superstar Sandra Brown celebrated a milestone birthday on Easter Monday - her 75th, so has now moved up to another athletics age group category. Said Sandra (C735), *"Yes, a new age group! We've had a lovely day walking [what else] in the sunshine. I hope all's well, and all best wishes"*.

DAVID DELANEY RIP

It is sad to report the passing of David Delaney on 23 March. He was a member of London Vidarians and Surrey Walking Club and qualified as an Enfield Leaguer in the Surrey team that finished fourth in the 2013 Enfield Race Walking League series.

I first met David in 1960 at the AAA Junior championships at Hurlingham where he finished fifth in 7.44. It was a brief meeting because I was a northerner in those days and had to dash away to catch my train home. He was unfortunate in some ways to be around when the standard of the juniors of his time was extremely high with the likes of Peter Marlow, Shaun Lightman and John Paddick, who all went on to become Olympians.

Our trails didn't cross much over the years, but in his late 60's early 70's he became an Enfield regular between 2010 and 2013 completing at least two EO7's, a Moulton 5 and the "Friendship Walk" that celebrated the Olympic Games held in London. I found him a quiet, unassuming man and very supportive when he found out that I had been diagnosed with Atrial Fibrillation, a condition he also had. Most of David's performances at the time, with the exception of the 19.4 miles Guernsey Church's Walk, were up to 10km and averaging 7 min kms (11 min miles) which aptly demonstrated the reason why I should not be too downbeat about my situation.

Ron Wallwork

DAVE DELANEY RIP

I was in the London Vidarians from 1968-to-1973 before moving to Ilford AC. Dave Delaney was a respected and prominent member of the Club. When I did a 38 miles' Hastings-to-Brighton classic (that year BBC2 did a half-hour documentary on the event), Dave ran a bed and breakfast establishment in Hastings. He put me up before the race and refused to accept any payment for so doing. I was in Guernsey for an annual Church-to-Church Walk when Dave was taken ill and needed hospital treatment. On completion he waved his EHIC form to settle the matter - only to be informed Guernsey wasn't in the EU. Among his memories of lovely Guernsey was also one of paying a hefty medical bill. One year a now defunct New Year's Day 10K at Victoria Park was cancelled owing to heavy snow. Somehow news never reached Dave, who was the only racewalker to show up. He declared he was

the New Year's Day Walk winner. After the late Paul Nihill moved to Kent he returned to Croydon from time-to-time for a reunion of old friends - and Dave always turned up.

His athletics talent was seen early as in 1960 at Hurlingham when 5th in the AAA Junior 1 Mile Championship clocking 7 minutes 44 seconds. The 4 in front of him all were future big-names: 1st Ron Wallwork (1966 Commonwealth Games Champion), 2nd Peter Marlow (1972 Olympian), 3rd/4th were future internationals Maurice Fullagher and Alex Banyard respectively. I last met Dave at the London Vidarians Centenary Dinner in the Piccadilly Royal Air Force Club. **DA**

Dave Delaney in the 2013 Guernsey Church-to-Church Walk. Photo supplied by Rob Elliott (Sarnia WC).

- David was around in my time, so sorry to learn of his passing. **Brian Keegan**
- Very sorry to hear of the sad passing of David Delaney. He was very good company on Church to Church in Guernsey, and at many Surrey, Sussex and Enfield events. He had been very fast in his time I understand, training with Paul Nihill and similar. He was an accomplished runner too, having taken part in the tough South Downs 80 miles race. Thoughts are with his family. **Dave Hoben**
- David competed in Guernsey in 2012 and 2013. Both years he walked in the pre-Church 3 kms road walk on the Friday evening, then competing in the 19.4 miles race two days later. He finished the 2012 Church event but retired the following year. **Rob Elliott**
- Sad news indeed. I can remember him at countless London Vids races at Carshalton. Always a stalwart familiar face. Chris Flint and the Browns would remember him well. Really miss the hostile banter between Phil Fisher and Len Mitchell. Now the Race Walking Archives is listed as a rogue website much of our history is out of sight. With sincere condolences. **Bill Sutherland**
- It's sad to hear that Dave had been in pain and suffered from dementia, and this is probably a blessed relief from further discomfort for him and his family of carers. He was a very competitive race walker and loyal supporter of the London Vidarians WC. Bill Sutherland has reminded us of the banter between Len Mitchell and Phil Fisher. Yes, they were good days at our Vids meetings. In remembrance of Dave. **Chris Flint**



NEWS OF STEVE WYNN

Now aged 77, long time former Romford (Collier Row) resident Steve, who now resides in Walworth, has retired from a job he'd done after retirement from Mount Pleasant Sorting Office. Steve was in our Essex League's 300th race finishing 36th in 34.23, one behind "character" John Perkins and one ahead of Centurion C946-to-be Glen Robertson in a close finish separated by seconds. Steve was a fast sprint walker with a number of Post Office-in-Uniform walk victories to his credit and a sub-10 hours London-to-Brighton finish on his record. Steve lives close to former London Vidarian and Post Office walker Bill Muntzer. Steve's home is only 5 bus stops away from "The New Den", where he's a lifelong Millwall season ticket holder. Sadly he's an arthritis sufferer who is still recovering from a recent fall which resulted in a broken collar bone. Steve did so much for race walking, including being organiser of many events in a long-established series of 9 Kilometres yacht handicap walks (Sundays and Wednesdays), and an annual wonderful "Festival of Walking" all at hilly Blackheath Park in SE3 - plus of course many Post Office events which brought so many newcomers into race walking. He was an official when over 50 raced 5 miles in an evening event filmed by BBC Breakfast Time television which featured an appearance by presenter Mike Bushell, who'd been well trained by former International Carl Lawton - Steve was a marshal on that corner of Battersea Park where there's a pub, so enabling him to do his duty with pint in hand. We all recall Steve's meritorious contribution and wish him well as he recovers from his recent fall.



Dear Dave ...

APPRECIATION

I have been reading with great interest your latest edition of the Essex Walker. It is remarkable that you possess so much information on the sport from the current day and going back many decades. Thank you for all your work and keep it going please!

Colin Harle

EVENT IS QUESTIONED

I can't see any point in a Challenge Development Walk encouraging participants to do up to 4 mph as that would not even qualify them to become a Centurion where a 24-hour average has to be 4.17 mph. We are a competitive athletic event not like walking down to do shopping! Perhaps someone could enlighten me?

Bill Sutherland

Adds Hon Ed: All athletes start somewhere. An example is Howard Timms whose rise from beginner to 50k Olympian (his only International selection) was phenomenal. He described himself as "An Accidental Olympian". We hope Development Walks unearth talent, as UK race walking now needs "Gambler's Last Throw" initiatives.

MICK BARNBROOK RIP: FURTHER TRIBUTE

Rest in Peace Mick. A valued competitor who did so much for Guernsey in the early 2000s. Competing with a small number of walkers in his first Church to Church walk in Guernsey in 2001 he set out to promote the event in the UK which resulted in larger number of competing walkers and spectators for that event and the Guernsey 3 kms road walk a few days earlier. He even competed for a few years as a member of Sarnia Walking Club.

Rob Elliott

MEMORY LANE

I thought you would be interested to hear fully of my experience whilst out training in Winnington Road, Highgate in November, 1971. It was a crisp cold day when a Rolls Royce glided past me and then suddenly stopped. Out of the back stepped a very familiar sportsman, World Heavyweight Boxing Champion Muhammad Ali. He came straight across to me, shook my hand and asked me if I recognised him? Of course I did, being a Boxing fan, but could I believe what I was seeing? He was very interested in what I was training for. I told him my aim was the 1972 Olympic Games in Munich in the 20 Kms Walk. We chatted for some minutes before he proceeded to follow me in his luxury car through the familiar back streets of the Highgate extension. On Boxing Day 1971 he fought and beat Jurgen Blin but, prior to the start of the fight, Harry Carpenter (the famous Boxing commentator) mentioned he was not around as he was out warming up doing an unusual way of road walking. From then on I became a real fan of his, attending and watching many of his fights on the Big Screen particularly when he fought George Foreman and Joe Frazier. I would often see his Fan Manager Paddy Monaghan at Leicester Square Theatre when he was fighting Joe Frazier and went with Mike Hinton, also Highgate, to the Rainbow Theatre, Finsbury Park for the epic fight against George Foreman. On one occasion the Fan Manager told me he had recently returned from Ottawa, Canada where he had been on a promotional tour with Ali. He said on a quiet afternoon in his hotel room they were chatting about his experiences in Highgate London and particularly mentioned "the occasion he met Bill Sutherland out Race Walking training". As a result, I wrote to World Sports Magazine and was awarded a Special Tie for my article entitled 'The Professional with the Amateur touch.' To this day it was such an unforgettable and a memorable experience.

Bill Sutherland

DROPPING IN FOR A CHAT

I had a surprise teatime visitor - Richard Brown! Great to catch up; Sandra was 75 in April! New records to go for he said! We hadn't long, but reminisced about races in common, records, etc. He told me why they joined in the Race walking fraternity which was news to me - he gathered a team of fellow Long Distance Walkers Association members to compete in a Plymouth to Dawlish (can't remember the

year!). They finished third team. After the Devon cream tea, Dad did the presentations, and one of the bigwigs said "they can't take the prizes, they're not affiliated ". Dad said "this is my race, they came third, they go home with the prizes"!! Richard was impressed enough to subsequently racewalk and joined SWC. The rest is history as the saying goes! Learn something every day! Apparently for the Gloucester 100 in August it was his idea to have runners in lanes 1 and 2, walkers in lanes 3 and 4! If that had been the case at Colchester (1985 24 hr race, 100mls, 100k track races at same time) I reckon my record would have been a bit quicker - for the amount of time I spent overtaking in the second and third lanes! Another shared experience was the Tour du Var, a great stage race where we got invited courtesy of Colin Young. Fantastic!!

Ed Shillabeer



RUBBING SHOULDERS

Before dinner.

Edmund Shillabeer



Adds Hon Ed: Ed Shillabeer with the Home Secretary, Braintree Member of Parliament James Cleverly, MP (*correct at time of writing*). We'll write no more as Essex Walker isn't a political newsletter!

PHOTOGRAPH APPRECIATION

Reference a picture of Bob Watts and Hazel Fairhurst (page 7 Essex Walker 438) in the 2002 Roubaix 28 hours - great memories indeed!

Bill Sutherland

NOT PASSING THE BATON

We applaud your endeavours. We can't support the Walk Relay coming up in the Paris Olympics. It is an out and out farce put forward by Jon Ridgeon and his mates! We are a serious event in Athletics and a Relay will take us back to the comic days of Charlie Chaplin! Nothing more and nothing less! We don't feel the idea is worth supporting in any way whatsoever.

Bill and Kath Sutherland

WRITES CENTURION 983

Many thanks for Essex Walker. I seem to have become quite famous thanks to Bob Watts! I loved participating in the Roubaix events and I am still happy to be involved in sport although slower. On Good Friday I participated in the [Manchester to Liverpool 50 miles ultra](#). I've sent Tony Taylor some photos of it.

MY RACE RESULT		Select your language: English				
PL.	Bib	Name	Nat.	Club	Time	Gap
13.	162	Fairhurst, Hazel		Trail and Ale	9:02:04	+1:46:34

My next event should be the [100km Brighton to London trail ultra](#) at the end of April, finishing at Kingston upon Thames. Hopefully the weather will be kind.

Hazel Fairhurst

CHANGES AT ILFORD AC

What an incredibly upsetting piece of news to hear that Stuart (Bennett) and possibly others are leaving the Club. Even more distressing if the walking section folds



Ilford Athletic Club

... the walking arm of Ilford AC has a magnificent history and has always been something special to me that sets us apart from other Athletic Clubs. I remember my own short career in heel and toe ambulation and the warmth of post-race gatherings amongst the fraternity at Chigwell Row with so much fondness. I'm sure Sally Gillam will be upset too. I do hope somehow the walking section can be saved.

Martin Clarke

- Our walking section has been a fantastic part of Ilford AC's 100 years history and it is sad that our major walkers are choosing to change clubs. **We can only thank them for all their past contributions and wish them well.**

Ernie Forsyth

Adds Hon Ed: Ernie is Ilford AC Chairman and a former Essex Beagles race walker.

- Found myself saddened to see the Ilford Walking Section getting really reduced in numbers recently. **Steve King C492**
- Sad to see so many leave Ilford AC. Hopefully they remain in the sport though. Interesting developments. **Phil Barnard**
- Who remember Essex Beagles? New Club emerging apparently is [Brentwood Beagles](#). Young pups, no slightly older. I hear [Newmarket Joggers](#) could be growing bigger. **Jon May**
- What has happened to Ilford walking section must have come as a great shock. I hope things improve in the passage of time, although Race Walking in the UK is in a very sad state presently. I'm surprised more have not left earlier as Race Walking has little to offer nowadays domestically or Internationally and that is why Park Run is so successful and what the athletic public currently adore! 8,700 have done the 11 Park Runs after Christmas at Finsbury Park with an average of 780 per week. No entry fees, closing dates or endless rules and regulations. Do you need any other further proof? **Bill Sutherland**
- Very regrettable. The state of race walking, as we all know, is parlous in Essex and the UK and the few remaining are mostly over 60. I think the demise is terminal. **Andy Catton**

JOHN'S HEYDAY IS RECALLED

The [news](#) is full of the exploits of the Sussex runner 'hardest geezer' Russ Cook, running the length of Africa. (I recall) the amazing feat by John LEES in the early 70s of walking across the United States, another Sussex athlete. I wonder if John will meet up with the geezer, talking about their endeavours. John was formerly sports radio presenter for BBC Sussex. Who knows? Publicity would be good for race walking if presented on a TV show.

George Nibre

A MEANINGFUL WALK

Towards the end of the 13km city route I was with a group of four lads whose idea it was to take this photo! The back of the T shirt said "I'm doing this for ... " with a space to write the name of a loved one who may have died in one of their hospices. I decided to pin the picture of my Dad there instead - you knew Eric I'm sure - and took it off for pic. I did it for fun not performance! They bought me a drink as we ate our pasties and watch Albion playing Rams. Nice break from routine and responsibilities although I had an hour at "The Coalface" first 😊.

Ed Shillabeer



Adds Hon Ed: The walk raised sums for a local hospice. Many readers will fondly remember Ed's dad, who was prominent in organising many Devon walks including the famous "Plymouth-to-Dawlish" which attracted top names and club walkers alike.

NOTIFICATION OF NEW VENUE

The date of the Ryan Cup/CSAA/Police championship has now been fixed for 18 September and I would be grateful if you would consider publishing the following advance notification in Essex Walker.

Advance Notification: Ryan Cup and combined Police and Civil Service Women's 5kms and Men's 10kms Road Walking Championships: The above championships will take place this year on 18 September at the brand new venue of Evesham VeloPark (WR11 2LZ) in the Midlands at the usual time of 1.30pm. The course is completely traffic free and is just under a kilometre in length. The lap is twisty but the curves are gentle. The surface is excellent and very smooth and slightly undulating in a couple of places. There is plenty of free parking on 2 very large car parks within the ground and on either side of the course. There are on site changing rooms, toilets and refreshment facilities and a buffet will be included in the entry fee. The venue is accessible by both road from the A46 and rail (Evesham has a railway station) and we very much hope that as many people as possible will support this event and the excellent new venue.

Steve Uttley

WALKING MAPS AND BOOKS ON OFFER

George Eastwood RIP had a lot of walking books and maps that I am taking to the charity shop, unless you know someone who would like them?

Linda Eastwood

Adds Hon Ed: Books are at Thornwood, near Epping. Apply to: linda@ljeastwood.plus.com

FUNERAL NOTIFICATION - Dave Delaney

I have the details for David's funeral: Friday 3 May 12:15pm. Hastings Cemetery and Crematorium, The Ridge, Hastings.TN34 2AE. We haven't planned a "do" yet, but were thinking of meeting at the Red Lion in Brede village (Cackle Street, Brede. TN31 6EJ - 5 miles away) afterwards as we're not sure how many people will be attending.

Tracy Houghton

NOTE: Condolence cards to Tracy at: 3 Kelmscote Road, Coventry. CV6 2DZ

OUT ON HIS OWN

I dearly wanted to be at Enfield (6 April). Alas a combination of both the trains and the roads being closed for scheduled maintenance prevented my journey from happening. These scheduled closures became apparent on Thursday which is why I did not enter online. It dawned on me last night that perhaps I could still enter for Ilford AC virtually, given my desire to be there. Therefore I went out and did 10k under race conditions this morning on my local 10k route along Dovercourt Seafront. Indeed, I met Enfield legend Amos Seddon on my route who endorsed me to enter virtually. My time was 56:17. A picture of me having just finished it in my Ilford AC vest is attached.



Philip Barnard

Best regards and I hope the day went well.

Adds Hon Ed: Hopefully this article will give publicity to Virtual Enfield races, which could do with a few more names. Our hard-working email distributor, Tony Perkins, is a regular.

GOOD NEWS

I was informed that I have been promoted to Professor and as from 1st May I am a professor of Psychology Education. Bittersweet, as my parents are not here to see it and I know Dad would have been incredibly proud. Mum would have dined out on the news for months!!

Hilary McDermott

Adds Hon Ed: Hilary's parents were much missed Lew and Brenda Mockett RIP. **Congratulations** to Hilary on her professional advancement.

WRITES A 5-TIMES' OLYMPIAN (should have been 6) and AUTHOR

I listened to the pre-competition press conference in Antalya. There were a lot of positive comments including those said by World Athletics CEO, Jon Ridgeon on race walking's future, particularly on the global stage. However, when the marathon relay was discussed by officials and selected athletes I sensed a lack of conviction in beliefs. The demise of the 50kms in favour of the mixed relay has we all know been met with conflicting emotions. One argument in favour of the relay is how the wider public can more easily relate to the marathon distance and recognise the amazing times likely to be achieved by the walkers. The fact is, the walkers are not walking the 26.2 mile distance. No one says, the runners in a 4 x 400m relay are running a mile. No one says, the sprinters in a 4 x 100m relay are completing a full lap of the track. [Robert Korzenoiski](#) was asked if an Olympic relay gold medal would be valued as much as an individual 50km gold. His answer was a firm "Yes". Who am I to argue with the great man but, I'm not so sure the majority would agree with him. Whatever our opinions, I do hope the World Team Championships are a success.

Chris Maddocks

ESSEX WALKER

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