

# Essex Walker

Editor: Dave Ainsworth

## GEORGE NIBRE RIP

[Ilford AC](#) and all in race walking are mourning a sad loss of former International race walker **George Nibre** who died suddenly aged 67. He was a key figure in Club successes and, on hanging up his racing shoes, became a respected coach and mentor. Hailing from the North East he came to our Capital for enrolment in the Metropolitan Police. After retiring he had a second career as a Senior Investigator with Ford Motor Company.

His best effort in Club racing was when a member of Ilford's 1978 winning team in the National 10 Miles Championship in Crystal Palace, along with Steve Gower, Geoff Hunwicks and Brian Armstrong. He was an established International at 50 kilometres.

### [Athlete Profile \(thepowerof10.info\)](#)

On retirement he settled in Frinton-on-Sea and kept regular contact with our athletics scene. George often signed his correspondence with one of his 3 nicknames, to wit: "Chicken George", "007" and "The Frinton Guru". His chicken association was from a love of pre-cooked chicken portions which he was often seen enjoying. In Essex Walker's April edition ([issue 438](#)) his thoughtful letter was signed *The Frinton Guru*. In it he referred to the "Think Tank" which was a joint initiative between George and the late Jerry Everett. Their inaugural meeting was hosted by Ron Wallwork in Newmarket's New Astley Club, where a key aim was to get a GB walker to the Olympics, after a spell without representation.



George with 3 Ilford AC stalwarts. L-to-R: Stan Hart, George Nibre, Brian Armstrong and Roy Mendham. Photo supplied by Brian Armstrong.

Dedicated coach George assisted the talented King twins to noteworthy performances - they've written their own fine tributes on Facebook. George was always about and was one of those invited to be "*Guest-of-the-Day*" at a popular Moulton Open 5 Miles. He represented the Metropolitan Police in matches and the British Police in the Ryan Cup. Like many in his heyday, he combined international commitments with support for Club races. His active support for Newcastle United, home and away, saw him travel endless miles to cheer them on in person. The departure of a most popular participant on our race walking scene was a great shock which will be hard to come to terms with. To his family we offer our profound condolences on their so sad loss. DA

JustGiving Menu Start Fundraising



## GEORGE NIBRE RIP CROWD FUNDING PAGE

[Crowdfunding to help and support Anya, the 16 year old daughter of former DS George Nibre following his unexpected sudden death on 06/05/2024 on JustGiving](#)

The crowdfunding page will remain open until after George's funeral, with current pledges totalling in excess of £5,000.

**GEORGE NIBRE RIP - FUNERAL DATE**

George's family have confirmed a date of **Monday 24 June** for his funeral. We don't have the specific time or location yet and also yet to confirm if this funeral will be family only or open to wider friends/associates.

**GEORGE NIBRE RIP TRIBUTES**

Amongst those who have expressed their shock and sadness on hearing the news of George Nibre RIP are: **Cath Duhig, Olly Flynn, Hilary McDermott, Hans Rennie, Richard Cole**, and **Chris Flint**.

- Marion and I are devastated with this news. Such a relatively young age, with a family who must be heartbroken. We remember George coming down to North Shields Polytechnic as a gangly young lad and asking Marion if she would teach him how to racewalk and how he could join the Club. He had minor success as a high jumper at school but heard about the thriving race walking group under the wing of Ken Munro. Marion was only too pleased to mentor him. He was always keen to train hard and eventually Marion introduced him to Charlie Fogg as he had passed his entry exam into the Police Force. From there he developed into a very good International Athlete as we all know. In later life his work with the King brothers and the introduction of the "Think Tank" was commendable. "Chicken" George will always be remembered, especially up here in the North. **Peter and Marion Fawkes**
- Younger than me and a good friend. Spent many an hour with him on feeding stations at 50Ks in far flung places across Europe (Dudince comes to mind) several times. **Steve Allen** (Barnet)
- Very sorry to hear this. I remember racing against George when he was not much more than a wee lad. He obviously went to greater heights and then became a good coach, all the while remaining a good, friendly bloke. **John Hall**
- What shocking news about the passing of George Nibre at the age of 67. Far too young to go. Really sad. May he rest in peace. **Kitty Hung**
- So very sad news, George was still young, a great bloke. I had many good races with him. My thoughts are with his family. **Don Cox**
- On joining the Metropolitan Police Corps at Hendon aged 16 I shared accommodation with George for the first year of my training. He was known and respected by everyone as he was School Captain and also an outstanding athlete, excelling as a race walker who competed at a very high level. Our paths did not cross throughout our respective Policing careers, so what a pleasure to meet him 50 years later at an Enfield League meeting last year where we reminisced on times past. I am so sad to hear he has passed away. **Colin Harle**
- A great shock. George was a credit to the sport. Charisma, enthusiasm, dedication, humour and a zest for life. A sad loss. Our thoughts are with his family, friends and his beloved Newcastle United at this most difficult time. **Roger Mills**
- Really sad news - he had a fantastic personality always light-hearted, but a great help he was when we travelled abroad. **Alan O'Rawe**
- It is so hard to believe it's happened. George NIBRE RIP. We have known George since he was 13 and attended Battersea Park with Jacky Lord. He was hooked onto Sport especially Newcastle Utd Football. He was developed under Centurion Ken Munro and proudly joined the Met Police Cadets later becoming an Instructor under John Bromley. He was based at Kentish Town Section House regularly attending the Forum and training on his favourite Hampstead Heath. I felt honoured to have coached and advised him on many occasions. Due to extreme dedication he soon gained GB International status at 50 Kms and became regular top race walker for the Met Police RWC and Ilford AC. He was posted to Holloway Police Station and was known to be a great 'thief catcher.' Pride of place must go to him preventing George Davis and his crew undertaking a daring raid on the Bank of Cyprus in Seven Sisters Road in September 1977, when due to him standing outside the Bank on duty the raid was called off for a week! During his time on 'N' District he was awarded Sports Personality of the Year for Islington. He later rose to the Rank of Detective Sergeant. In short, he never left a stone unturned in bringing success to many others most notably the King Twins

with Dominic gaining double-Olympian Status in 2012 at London and in 2016 at Rio and Daniel a GB International. He spent countless hours training them and always encouraging and helping others. His loss is enormous to so many as he was always bright and breezy and lived life to the full. Rest assured his lasting memory will live on for future generations. With sincere condolences to his close family and friends. **Bill and Kath Sutherland**

- It was such a shock to hear of George's passing, he has left us far, far too early. He was a great Race Walker who represented his country with honour. Like his passing, he retired too early to give most of the rest of his life to the Metropolitan Police with distinction, as he did with everything he did. We also owe a debt of gratitude to all his energy and sheer determination in his efforts as a Coach and flag bearer for our sport. He coached twins Dominic and Daniel King successfully in major International races which included a new British Record at 50km for Dominic, breaking the record long-held by Chris Maddocks.

He single-handedly started a crusade in 2011 to try and get financial support to get as many walkers as Race Walking competitors in the 2012 Olympics. This included meetings with Lord Sugar and Mike Ashley, then owner of Newcastle United Football Club. George asked Paul (Nihill) and me to support him in a training and speaking morning during a PE lesson at King Edward School at Chelmsford. Dominic King was Race Walking's sole male representative at the 2012 Olympics. Personally, I did feel at the time our sport didn't get behind him fully to harness his energy and drive on his mission.

George was a wonderful friend, loyal, generous with such a wonderful sense of humour too, who was always there for me if and when I needed him. Words can never do justice to describe the many virtues George had, he was a rare person who lit up wherever he was. He will sadly be missed by all who knew him. Our lives have all been blessed by knowing him and having in him our lives. He was the best of us. My thoughts and prayers do go out to all his family and friends at this time. George Nibre - Always Rest in Peace. **Oliver T Flynn**

- So sorry to hear about George. I saw him last November just finishing a training walk, he was in fine fettle at that time. Sincere condolences to his family, friends and the Ilford walking section. **Pam Jones**
- I was so sorry to hear about George Nibre ... many memories at home and abroad. A fantastic walker and stylist with a stylish technique. **Adrian James**
- George contributed such a lot. I only really knew him as coach to Dominic and Dan. This loss is a massive blow. A minute's silence was held at Battersea Park, and to Dave Delaney too. Will do something similar at Gravesend. **Dave Hoben**

## FIXTURES

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

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
JUL	6	Moulton Open 5 Miles (+ Enfield League)	Moulton Village	12.30pm
AUG	13 - 15	World Masters Track & Field Championships	Goteborg/Sweden	TBA
	19	Blackheath & Bromley (with SWC) 2k/3k	Norman Park	TBA



24 - 25	Centurions & National 100 Miles + 50K support race	Gloucester Track	100m: 10.00am 50K: midnight
26	Southend City AC 1 Mile	Garon Park Track	10.00am


**NOTES**

\* Allow 5-10 minutes from registration to start line. Non-VAC members eligible for Championship 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> 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](http://www.fabian4.co.uk). Any problems entering refer to 07532-397528.

**CENTURIONS EVENTS 2024** [Gloucester Track Ultras by Severn Valley Events Ltd \(racedirector.co.uk\)](http://Gloucester Track Ultras by Severn Valley Events Ltd (racedirector.co.uk))

10:00 AM 24 AUG		Gloucester Track Ultras 24 Hours - Centurions Walking Severn Valley Events Ltd - Gloucester Athletics Track	12:00 AM 24 AUG		Gloucester Track Ultras 50km - Walking Severn Valley Events Ltd - Gloucester Athletics Track
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Entries for the upcoming Centurions 100 miles and 50K races, in conjunction with Gloucester Track Ultras (Severn Valley Events Ltd), should be made online at [Race Director](http://Race Director).

**MOVING ON**

[Neringa Masilioniene](#) has informed us her family are moving back to Lithuania in **July**. She joined Ilford in 2011, winning a British 20K title in her first year and also achieving an Olympic qualifying time. Appearances in the 2012 & 2016 Olympics followed. While with Ilford she's raced in 2 Olympics, 2 Europeans and 2 IAAF World Championships. She switched to running in 2020 with great success, with a sequence of victories. At a 2023 Southern Vets Track & Field League at Lee Valley Neringa recorded a winning hat trick: 2,000m (walk) plus 400m and 1,500m runs. Neringa's now fit after serious injury. She's entered the "Elvis" run at Stratford Olympic Park and her appearance in the "Newman Hilly Off-Road 5 Miles" at Hainault Forest in July is scheduled to be her last before returning to Lithuania. Neringa will leave us with many memories. We wish the family a stress-free move and all success back in Lithuania.

**GOING DOWN**

After decades with a 4-meetings evening format, of which 2 of 4 included 2,000m walks - the Southern Counties Veterans Track & Field programme has changed. It's now down to one walk in their 4 meetings. Probably a popular decision as most competing Clubs haven't got any recognised racewalkers. Already some readers fear this reduction to one is a move towards possible zero. It's bad news hot-on-the-heels of Woodford Tuesday Walks not being included in a revived 2024 programme. That remaining one fixture at Lee Valley (13 May) was cancelled at short notice due to lack of officials.

**RACE WALK COACHING WITH TOM BOSWORTH MBE**

The RWA is promoting [opportunities](#) for athletics coaches to add race walking to their CV with the help of Tom Bosworth MBE. This is targeted at any coach who is interested in learning the skills to add race walking to their endurance group (as the aerobic work and training is very similar to running work). Tom will work one to one with a coach, along with their athletes, to learn the art of race walking. There is no cost to either the coach or the club. It is hoped that this will help clubs to offer a new event, with support from



England Athletics, developing athletes' potential to reach regional and national level competitions.

### CENTURIONS SOCIAL WALK

Held on May 4th around picturesque Brentwood County Park, starting/finishing at "The Olde Dog Inn" at Herongate village on Brentwood outskirts, it was an enjoyable occasion - our latest in a now long-established programme of Centurions social walks. These walks are open to all, whether or not Centurions, and to families - with dogs made welcome (3 attended). The Centurions Social Walks Secretary Steve Kemp and Walk Organiser Kim Howard - both Essex-based Centurions - were praised and thanked by Centurions Secretary Chris Flint. John and Shaheda Arthur completed Billericay's 9am parkrun before heading to Herongate for our 10.30am social walk. Numbers were in double-figures but would have welcomed more, especially from Essex. There was more interest as it generated "I'll get there if I can" intentions. On arrival back at the public house, a table had been booked for a pleasant lunch - in "olde worlde" surroundings. Anything from bar snacks to full meals, with an option to eat in a large beer garden also available. Sadly, a walker suffered a nasty fall and had to return to the start. She was greatly heartened by the delivery of flowers sent by the Social Walks Secretary plus messages from well-wishers. Comments Chris Flint:

*"It was a most enjoyable walk in good weather and through attractive scenery which Brian Boggenpoel's photograph on Facebook has shown. Sandra Barnes's fall was most unfortunate. We all hope bruising will fade soon. Thank goodness it was not more serious."*

Chris mentions our photographer - Brian - who again captured a Centurions Social Walk. His excellent pictures can be viewed [here](#).



*Brian Boggenpoel's picture showing some participants in Bluebell Woods near the Social Walk end*

**And there's more:** your next Centurions Social Walk is proposed for later this year, with details to be announced. It'll be around Winchelsea in East Sussex, near Romney Marsh. Winchelsea claims it's Britain's smallest town - though this is disputed by residents of Fordwich in Kent!



### CALLUM'S BACK IN BUSINESS

Star British performance at A Coruna on Saturday 18 May was **Callum Wilkinson** of Enfield & Haringey AC's 1:20:27 in the men's 20k, a 5-second personal best and an emphatic return to form. The SRWA notes: *"This should be enough to get him on the start line at the European Championships next month and the Olympics in August."* Abby Hughes of Taunton AC continued her improvement with a 14-second PB of 51:35. Medway and Maidstone AC's Cameron Corbishley recorded a steady 1:26:37.

### [English Race Walkers take on the World Athletics Race Walking Tour - England Athletics](#)

### IN THE SWINGING SIXTIES

Our picture (right) features the Greater London Council (GLC) annual sports 1 mile handicap in 1966 showing its winner **Brian Keegan** who won in 7 minutes 33.8 seconds (off scratch) on Hurlingham track, which was GLC-owned. Brian now resides in Peterborough.



Keegan wins the mile walk

## MEMORY LANE

We're indebted to Ilford AC Life Member and the Club's youngest ever President (in 1977) Brian Armstrong, for digging out a result from Saturday 17 December **1966** of an Inter-Club 5 Miles' walk staged by Ilford at Chigwell Row. A Basildon 1-2 saw John Webb and Malcolm Tolley crossing the line in 37.02 and 37.34 respectively. Both enjoyed considerable successes while wearing international vests, with John achieving Olympian status 2 years' later. Ken Easlea, another who was to be an Ilford AC President (1996 when a 2nd claimer), completed the frame in 38.14, just pipping another future Olympian (1972) Peter Marlow of Southend in 38.16 with club colleague Alec Banyard 5th clocking 39.15. 6th spot was occupied by Essex Beagle Bob Dobson with 39.56 on the stopwatch. Look who was 7th - Ray Pearce, 40.20, who went on the serve athletics in many capacities over decades. Making our top 10 were Enfield's Amos Seddon, Woodford Green's Lew Mockett and information supplier Brian Armstrong respectively timed at 40.31, 41.09 and 41.10. Big names followed from 10th to 15th - in order Ted Ardley (Chelmsford), John Hedgethorpe (Essex Police), 1984 Ilford President and 1980 Olympian Roger Mills (Ilford), and Southend duo Dave Rosser and Bill Wright. Respective times were: 41.20, 41.30, 41.53, 41.55 and 42.33. Another future Olympian (1972), Phil Embleton of the famous Metropolitan Walking Club was 16th on 42.45. Among others finishing after Phil were, in order, John McCormack, John Backerby, Ken Livermore, 1946 European 50k bronze medallist Charlie Megnin, Oly Cavigioli, Phil Everard, Greg Smith, Ted Leach, Dave Cremin (who organised Boys/Youth/Junior races for Essex Beagles at Chigwell Row) and John Powell - another great servant of athletics. They were 18th, 19th, 20th, 21st, 23rd, 25th, 28th, 29th, 30th and 32nd. 34 started/finished with R Andrews of Basildon closing them all home - *any readers know where he got to?* Southend-on-Sea AC (as then known) were team winners, followed by Basildon, Enfield, hosts Ilford, Essex Beagles and Highgate Harriers. **Great days!**

## CECIL GITTINGS MEMORIAL 10K

This was held on late May Bank Holiday Monday at an excellent Gravesend Cyclopark which offers first class facilities, large car park and traffic-free course (which incidentally is no billiard table). 22 entered/18 started and finished what was a 'B' race. Despite some writing them off, Ilford closed-in 4 walkers; the most by any Club, who included octogenarian **Ed Shillabeer** on a 540 miles' round trip from Plymouth. 10k winners were Olympian **Ian Richards** (Steyning) and **Jacqueline Benson** (Ashford). 5k winners were your RWA President **Chris Hobbs** (Ashford) and **Sheila Leavy** (North Herts RRC). Ashford had a trio of winners as **Ellin Wilson** broke the tape on a 2.5k event. **Shaheda Arthur** recorded a 5k PB. Special mention to stalwart **Pauline Wilson** who came to record. It rained before the start then shortly after our last competitor finished, it really rained hard - so during our race, we competed under clear blue sky - what a talented Organiser **Dave Hoben** is! We won't publish full results, as we'll only duplicate what'll be in "Enfield Walker" (this an Enfield League race), "Race Walking Record", [Veterans AC website](#) and "Power-of-10, which most of our readers receive or visit. On our start line Dave Hoben paid tribute to recently deceased race walkers Dave Delaney and George Nibre plus long-established veteran runner Kevin Burnett. Writes Organiser Dave Hoben: *"The last 9 events have been made possible by the generosity of the legacy from Cecil Gittins. This has now come to an end so sadly it is likely that today will be the last Cyclopark race. Thanks for your support"*.



## Dear Dave ...

## BACK IN TIME

Congratulations to Charlotte Purdue on her selection for Great Britain in the Marathon at the Paris 2024 Olympics, after being wrongly excluded from selection in Tokyo last time. Sadly, when I was excluded in 1972, after the BAAB wanted to change one selection but were denied doing so by the RWA, one has had to live with that gross injustice for 52 years. It has been a heavy burden to hold onto as I gave my all to gain that much cherished Olympic Vest with the wonderful support of my dear wife, Kath. Thank




heaven things are so different today! I would be grateful if you could include this in Essex Walker as thankfully times are so different in today's Athletics.

**Bill Sutherland**

## APPRECIATION

- You do a great service by giving heads up on events. **Oliver T Flynn**
- The vast array of news collated and published by you is very much appreciated. **Chris Maddocks**
- Thanks for yet another fantastic Essex Walker full of news and views. It really is a shame that anyone and everyone who is a true race walking addict could not have a copy. Thank you so much for affording me so many articles. You are very unique Dave and your team too and deserve the highest praise! **Bill Sutherland**

Adds Hon Ed: Back copies of Essex Walker are available for 'anyone and everyone' on the Race Walking Association website: [Newsletters - Race Walking Association](#)

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## Newsletters

Archive of all racewalking newsletters produced by various clubs. Please email me a copy of any older or missing newsletters, so that in future everyone will have one convenient access point for information they may have lost.

## COMBINED COUNTIES 3,000m at STEVENAGE

The formatting is flattering: Hertfordshire was the host club so Dave has listed it first, but on the day Suffolk led, followed by Essex, Middlesex and then Herts. It is not an excuse to say that I was totally focussed on my left knee and not on speed, but I couldn't have beaten any of the first four if I had been allowed to race under B rules, so it's irrelevant.

**John Borgars**

## NO WOODFORD TUESDAY WALKS

It's strange how we keep blaming the organisers for dropping race walking when our great sport seems to be completely lacking in ideas and innovations to bring new walkers and coaches in larger numbers etc into competitive races.

**Bill Sutherland**

## GEORGE EASTWOOD's 100th BIRTHDAY

- I have posted a birthday message for him on the Thornwood News website. **Councillor Razia Sharif** (Epping Forest District Council)
- Happy 100th to George Eastwood. **Dr Kitty Hung** (Metropolitan Police Walking Club)
- Great photos and pleased to see George received a congratulatory letter from HM The King and Queen. The Centurions should be proud to have another who has reached this amazing milestone. **Chris Flint**
- What a nice surprise to receive. Usually your notes contain sad news, so this is great. **Trevor Sliwerski**
- Very happy memories indeed. I remember George and also remember Roger Mills who graced us with his presence around 3am in the morning. **Alan Pickering CBE** Centurion 579
- Congratulations George. **Chris Maddocks**

## THANKS FROM GEORGE EASTWOOD's DAUGHTER

Please thank the Centurions and all others who sent George a birthday card and say how much he appreciated their birthday wishes. It was very thoughtful and kind of them to remember him on his 100th birthday. Many thanks to you also for arranging everything.

**Linda Eastwood**

**ADVANCE NOTICE OF A SOCIAL OCCASION**

It is proposed the Surrey Walking Club **125th Anniversary Lunch** will be held at the Union Jack Club on **Saturday 28 September** from 12.30pm. We are finalising arrangements. Invitations will be sent shortly.

*Chris Flint*

**OLLY BROWNE's 70TH BIRTHDAY - THANKS**

Olly had a few people message him and email me, so thanks. Much appreciated. Olly was thankful. Hope you are all well.

*Angus Browne*

**JOHN CANNELL ARTICLE**

What a star! I remember racing him at a Stoke Mandeville event; I think I was fourth behind him. Unbelievable mile and Parish Walk times. Did he get training miles in as a 'Postie?' I regarded him as Mr Manx.

*Edmund Shillabeer*

**NEWS FROM THE TALENTED SPORTING O'RAWE FAMILY**

I thought I would keep you in touch ... my son Ryan is back in management at Maldon and Tiptree FC (see photo). The guy in the middle is Dave Huzzey, the new Manager. On the right is Ryan, his new Assistant Manager. Ryan has previously managed Brentwood Town FC and has played for Isthmian League Maldon and Tiptree in past seasons. Something for me to do now on a Saturday afternoon 😊

*Andy O'Rawe*

**NO ESSEX 3,000m IN OUR COUNTY CHAMPIONSHIP MEETING**

It is difficult enough to get participants in walking events in Club races let alone County Championships. More up to date publicity outside the regular contacts is the answer otherwise you are just regularly continuing to go around in circles as before!

*Bill Sutherland*

**HAPPY NEWS**

So pleased to report I am out of Hospital after a month. Recuperating fine at last (went through a terrible patch where I could not walk at all !!!! Cellulitis). Look after yourself.

*Adrian James*

**MOULTON FILM - PRAISE STILL COMES**

I hope you're well. I just watched this Moulton Walk video and it was excellent viewing. I'm going to enter for July 6th. Thank you for continuing to send me the race walking news.

*Tessa Killingbeck*

Adds Hon Ed: *If you've not seen this film, or want a second viewing, here's your direct link:*

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

**ED SHILLABEER's ACTION PLAN**

My next trip to London I have a week's locum ... Hooray ... and come up alone on Monday 3 June. Leave from Wellington Barracks at 9am for D DAY walk from Arramanches to Pegasus Bridge. Back about 5pm Saturday. Organised by [Combat Stress](#).

*Ed Shillabeer C590*

**COMBATSTRESS**  
FOR VETERANS' MENTAL HEALTH

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