

Essex Walker

Editor: Dave Ainsworth

GREAT NEWS FROM PETER MARLOW: "Olympic place for Callum"

CALLUM WILKINSON CRUSHES THE BRITISH RECORD!!! Having suffered an injury earlier this year, Callum clocks a stunning 38:43.91 in the 10km walk. No British man has ever gone under 39 minutes 🤔 and this is what it means... [Video](#) | [Facebook](#)



WHEN IN ROME

Well done **Callum Wilkinson** who lined up with our Continent's best to contest the European Athletics 20k Championship - 35 started/27 finished/6 DNF/2 DQ. Callum was an excellent 9th in 1.21.31 just 2 minutes and 21 seconds behind the gold medallist.

1km	2km	3km	4km	5km	6km	7km	8km	9km	10km
11km	12km	13km	14km	15km	16km	17km	18km	19km	20km
9	22	WILKINSON Callum		GBR	14 MAR 1997	1:21:34	2:21		
4:39 (18)	8:48 (14)	12:45 (9)	16:48 (13)	20:49 (15)	24:46 (13)	28:45 (7)	32:48 (7)	36:49 (7)	40:48 (7)
4:09	4:09	3:57	4:03	4:01	3:57	3:59	4:03	4:01	3:59
44:48 (7)	48:54 (10)	52:59 (13)	57:04 (12)	1:01:11 (12)	1:05:22 (12)	1:09:38 (11)	1:13:50 (11)	1:17:53 (10)	1:21:34 (9)
4:00	4:06	4:05	4:05	4:07	4:11	4:16	4:12	4:03	3:41

On behalf of our readers we congratulate Callum on his achievement. Writes **Roger Mills**, who was presented with a hard-earned 20k bronze medal **50 years' ago**: "The boy did himself justice, booked his berth for Paris. Possibly saved the sport in the UK. Yes, Bobby reminded me of his comments on the roadside at the time. 'You're 6th', a bit of a surprise. A number had flaked out en route! That's where prep - living in Switzerland and training with the Italian boys - paid off! Prep is everything in life when the opportunity is afforded us. Ciao."

The Women's 20k in which Britain weren't represented, attracted considerably more worldwide publicity - due to an astonishing few strides in a battle to secure that bronze medal. When Race Walking Association Press & Publicity Officer, the late John Hedgethorpe, often used to say "All publicity is good publicity". Best [see it for yourself](#) as most will have already done so. Cath Duhig commented favourably on the course: "Brilliant course location and a stadium finish gave the event the significance it deserved." **Note**: Full results of both races are everywhere!

Worth recalling the European 20K Championship 1974 version, also held in Rome. In *sweltering heat* Roger's time of 1:32.33.8 earned him a coveted bronze medal - he was only headed by 2 Olympic Gold medallists in Vladimir Golubnichiy (Soviet Union) and Bernhard Kannenberg (West Germany) who'd clocked 1:29.30 and 1:29.38.2 respectively. Chasing Roger was Italian Armando Zambaido, 4th in 1:33.04.8. Not far behind Roger the Stadium on a finishing circuit of the track was 6th placed Amos Seddon in 1:34.17.6 - Amos was near enough to personally witness Roger's dramatic finish. Between Armando and Amos was 5th placed Jan Ornock in 1:33.19.6. A sad fact was that Great Britain only selected **2** walkers in this event, when they could have selected a trio (it was the same at 50K where only Bob Dobson and Jake Warhurst were chosen). Indeed our 1974 National 20K Champion didn't make the team. 2-in-the-top-6 and we'd one walker absent from the 20k start line. **A shameful omission.**

We not only sincerely congratulate Callum, we also wish Roger well as he remembers his treasured bronze medal success from 50 years' ago.

IN PRINT

Mike Bushell's book - "Bushell's Best Bits - Everything You Needed to Know About The World's Craziest Sports" mentions his appearance in a Battersea Park evening 5 miles' walking race on Tuesday 24 June 2008. Here's an extract in which he recalls the occasion.

I had seen the benefits of walking when I tried race walking in Battersea Park. It was an organised five-kilometre race which I did in 50 minutes, alongside dozens of others doing the famous waddle. I saw how with the right technique, enhancing heel-to-toe speed, some of the top athletes can walk quicker than some of us can run, and there were a surprising number of young entries too. 'People ask me "why don't you just run?";' said one teenager who had just joined a club. 'I say, "this is harder so why don't you just walk?'".



BBC reporter Mike sells himself slightly short, as he mentions 5k when he'd completed 5 miles, having been trained by former International Carl Lawton. Chief Judge was Olympian Peter Marlow. 49 started/finished, though we could have passed a half-century mark as 3 missed the start. Nick Silvester won in 38.59 with Phil Barnard 39.12 and Tom Bosworth 39.51 completing the frame. Next three home were John Hall, Ian Richards (who was interviewed by the BBC as they wanted an Olympian) and Estle Vijoen (first lady). After finishing in 15th spot Chelsea O'Rawe-Hobbs (46.38) was interviewed by Mike Bushell - she'd finished in 39th position with 56.56 on the stopwatch. The field were closed in by junior athlete Catherine Cotterill from Tonbridge in 63.19. What a wonderful turnout for an evening race in central London - as many came to show race walking in a good light. The BBC filmed our race - their extended showing being screened on Saturday 28 June four times during a long morning Breakfast programme. It was retained on a BBC website for years afterwards. Race Walking Record Issue 785 has a full result - it's worth digging out a copy from your collection to see all those names who competed. (Vets AC have [2008 results](#) on their website.) A report is in Essex Walker No 298 August 2008. Continuing a walking theme, in Mike's book is a chapter about "Walking Football" which was then just catching on - and nowadays certainly has!

FIXTURES

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

JULY	6	Moulton Open 5 Miles (+ Enfield League) + Novices/Juniors 2k or 3k	Moulton Village	12.30pm
	16	Veterans AC 5k (all welcome)	Battersea Park Bandstand	6.55pm *
	18	Civil Service 3,000m Championship	Pringles Stadium	TBA
	27	BMAF 3,000m Championship Men/Women	Derby	1.00pm/1.30pm**
AUGUST	1	Olympic Men's 20k walk	Paris	7.30am
		Olympic Women's 20k walk	Paris	9.20am
	7	Olympic Marathon Race Walk Mixed Relay	Paris	7.30pm
	11	South of England Athletics Association Track Walks (<i>with £10 subsidy</i>)	Walton-on-Thames	TBA
	13 - 15	World Masters Track & Field Championships (<i>see article in this edition</i>)	Gothenburg Sweden	TBA
	19	Blackheath & Bromley (with SWC) 2k/3k	Tonbridge	TBA (evening)
	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
31	Vets AC & London Masters 3,000m 'A' race (<i>Entries close 25 Aug</i>)	Tooting Bec Track	TBA	

SEPTEMBER	1	LICC 5,000m (+ Enfield League)	StoneX Stadium NW4	TBA
	14	Enfield League 1 Hour (+ Essex 10,000m Championship)	QE11 Stadium Enfield	TBA
		BMAF 5,000m Track Championship	Birmingham Uni	TBA
	18	Ryan Cup (CS v Police) CS & Met Police Championships 10k/5k	Evesham Velopark	1.30pm
	28	Surrey Walking Club 125 th Anniversary Lunch	Union Jack Club SE1	12.30pm


NOTES

- * Allow 5-10 minutes from registration to start line.
- ** Check [BMAF website](#) for exact times nearer the day.

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, call 07532-397528.

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

10:00 AM 24 AUG		Gloucester Track Ultras 24 Hours - Centurions Walking <small>Severn Valley Events Ltd - Gloucester Athletics Track</small>	12:00 AM 24 AUG		Gloucester Track Ultras 50km - Walking <small>Severn Valley Events Ltd - Gloucester Athletics Track</small>
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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](#).

A BELATED HAPPY 80th

Since our last edition was distributed Dave Rosser celebrated his **80th** birthday. Dave was a key figure in a heyday of both Essex race walking and at Southend-on-Sea AC (as then called) who had a most talented and successful squad of notables. He was among 21 who lined up for the 1970 Commonwealth Games, finishing 11th in 2:49.41 as he represented Wales. Dave was Welsh Senior 3,000m Champion in 1970 and 10,000m Champion in both 1973 and 74. He served as our Race Walking Association Honorary Championships Secretary in 1985/86. Now based in Spain he's kept fit and gives a good account of himself whenever visiting Essex and participating in parkruns. Many of our established readers will recall his considerable contribution - and we all wish him well.

SAD NEWS FROM GUERNSEY

Rob Elliott, Press Officer Sarnia Walking Club, has made the following statement:

"The Sarnia Walking Club in Guernsey have sadly disbanded after affiliations for 2023/24 ended after a history stretching back to 1964. An ageing membership and very low numbers of competitors and officials over the last few years have led to this decision. Some of the remaining members have over 50 years of service to the club so it was understandably a hard decision to make. I would like to, on behalf of the club, thank all the locals and overseas competitors, officials and supporters for their support over the years, particularly in the case of overseas competitors for our once annual Church to Church walk. We end with happy memories. Thank you all."

Adds Hon Ed: Many of our readers will have happy memories of racing on Guernsey and of the wonderful hospitality given to visiting competitors and their families, many of whom extended stays to enjoy the wonders of this delightful holiday Channel island. The Church-to-Church 19.4 miles race passed every Parish Church on the island. Part of the weekend was a Friday night dash at Vale Parish - the highlight was a memorable evening Presentation and social function at an upmarket St Peter Port hotel. Many mainlanders were winners - including Ed Shillabeer 4 times. We remember the late Mick Barnbrook drumming-up more entrants when appointing himself "*The Minister for Mainland Development*" and Ron Wallwork's block-booking trip which certainly boosted start line numbers. All

[results](#) from an inaugural Church-to-Church race in 1936 to its 2018 end, plus statistics aplenty are on a most information Guernsey Church-to-Church website. [Guernsey Church to Church Walk | Guernsey 19.4 miles walk](#)

COMMENTS ON SAD DEMISE OF SARNIA WC

- Very sad 😞. 24 years ago we (Plymouth City Walkers) made the same decision, not least because our talisman, Mad Max, retired after Sidney and the prime mover, my dad Eric, had died earlier. As I say to owners when I euthanise their beloved pet, remember and focus on the good times! Looking forward to retirement! But not from leisure activities especially race walking! I hope I'll soon be able to make a social/holiday trip soon with my extended family and see my Guernsey friends in a relaxed environment/atmosphere! Watch this space! **Ed Shillabeer** C590
- Oh, that is sad news. Rob always posted me the race results and I noticed how fewer and fewer walkers took part in each race. I greatly enjoyed the one race I did over there. **Kathy Crilley**
- Sad news. So many walkers enjoyed annual visits to the Churches walks. **Sandra Brown**

REKINDLE LUGANO MEMORIES

For decades visits to Lugano were a key feature of our pursuit. As well as top class international events, there were competitions for Clubs and organisations. Most saw many enthusiastic supporters heading to this up-market Swiss resort. This city is still a well worth place to visit - if only to reignite many fond memories of great occasions. A National newspaper recently published a favourable [article](#) in which this Swiss city was described as having all the romance of the Italian lakes with sweeping mountain views, waterfront restaurants and offering a wallet-friendly experience. It stated that unlike the 'A-list Lake Como, Lugano won't break the bank. We're informed Swissair flies from Heathrow-to-Zurich for £76 one-way, while a true bargain is Ryanair from Stansted-to-Milan Malpensa for £12.99 then a train from the airport-to-Lugano for just £11. Somewhere for an enjoyable visit to remember race walking's heyday in Lugano.

FROM AN AMATEUR PHILOSOPHER

- Everyone wants to be the sun to lighten up someone's life, but why not be the moon, to shine in someone's darkest hour?
- Modern movies seem to be getting worse. Today a film hero is anyone who can sit through one!

GEORGE BARRAS RIP

Not one with Essex connections as far as we know, but well known by our more senior readers. George Barras joined the Centurions after completing a "point-to-point" distance between Leicester and Skegness - a great event with so many happy memories from a 1958 commencement to its 1978 end. In 1964 George became Centurion 361 in a time of 22:28.18 - walking with fellow Wakefield Harrier Martyn Cartwright for 85 miles, before Martyn felt a bit "wobbly" so could no longer match George's pace. Martyn became Centurion 363 in 22:36.15. Martyn came south to Amersham and joined Chiltern Harriers. An octogenarian, he retired from race walking at the start of Covid, but nowadays assists as a marshal. Martyn organised - and raced in - an annual Pednor 5 Miles, held near Chesham. Like many sporting events, this race vanished from fixtures' lists at "lockdown" and hasn't returned. Alas it probably won't. Wakefield Harriers had a strong and successful Walking Section, with members who relished challenges at longer distances. George did the "big ones" and broke the tape in the 1966 Isle of Man TT (37 and 3/4trs miles) in 6:01.03. Together with 3rd placed Guy Goodair and Ken Bingley in 8th, clocking 6:09.15 and 6:52.13 respectively - Wakefield Harriers were team winners. Interesting to note recent RWA President Eric Horwill earned the 2nd handicap prize. George led the field home in the 1969 Manchester-to-Blackpool event - a race in excess of 50 miles - with 8:13.35 on the stopwatch. Club colleague Guy Goodair recorded 3 wins ('64/65/73) in this event, held from 1908-to-2008 (with 2 intervals). George had a brief spell with Yorkshire Walking Club before making his name with Wakefield. In earlier times he played table tennis for Yorkshire and Non-League football at a high level with Guiseley FC.

After a 1969 race walking retirement he was active with the Long Distance Walking Association. In 1984 he completed the "Bob Graham Round" (66 miles' circuit of the 42 highest Lake District peak within 24 hours) which saw him become a member of an exclusive Bob Graham Round 24 Hour Club. George was 1 of 3 Centurions to achieve entry, along with Kendal AC duo C907 Lillian and C930 Boyd Millen. Their Bob Graham Club membership numbers are 315, 169 and 14 respectively. Why stop there as one of his last races was the annual Everest Marathon (World's highest marathon) from an Everest base camp through Khumbu glacier down to a finish at Namche bazaar. George was 92 when he bowed out - and we extend our condolences to his family. **DA**

NOTE: Much information was sent by C327 Guy Goodair, who described George as his greatest ever teammate. Guy's contribution is acknowledged and also praised by Centurions' Secretary Chris Flint.

- I did not know him but know of him. Another great character gone. **Richard Cole** (Centurions Hon Treasurer)
- I remember his great performances from the early 60s. Wonderful tribute from the great Guy Goodair, one of the Foundation Stones of Northern Area Race Walking in yesteryear. May George Rest in Peace. With sincere condolences. **Bill Sutherland**
- A splendid tribute to an impressive career. Thanks for sharing. **Sandra Brown**
- A wonderful insight to an amazing race walker and athlete who completed so many classic races and LDWA routes. Lesser mortals like me flinch at the sheer effort involved. His generation was a tough one, and on behalf of Centurions we send condolences on the passing of George. **Chris Flint**
- Sorry to hear the bad news. **Angela Wilson** (Secretary Bob Graham 24 Hour Club)
- An amazing endurance athlete. **Chris Maddocks**
- A great eulogy to a terrific athlete and I am very sorry to hear of his passing. My best wishes and condolences. **Dave Jones** C987 Centurions' President



BACK IN THE NEWS

During June Channel 5 screened a one-and-a-half hour documentary on a Summer 1976 drought, when Britain had its lowest rainfall for over 200 years. In an extended scene was film of a dispute at Ford's Dagenham Works, where by the Company's main gate in Chequers Lane, Dagenham was a long held close-up shot of Ted Dordoy. Ted was well known in our race walking world as drove his talented son Laurence to most of his meetings. Laurence bowed out of race walking for quite some time, and when returning, again it was Ted at the wheel driving him to venues. Ted was a most welcome visitor to our now defunct Essex League's memorable 300th race. Sadly, popular Laurence lost his life in a Dagenham road accident on his way home from work in 2009 when aged 53.

This documentary had another connection as The Rt Hon Denis Howell PC, MP was well featured, for he was appointed Minister for Drought in 1976, a position he filled alongside his spell (1974-79) as Minister for Sport - during which he also was British Race Walkers Club President, a post he continued to fill when he'd left high office after our 1979 General Election. Mr Howell made points on race walking's behalf when no 20k race walker was selected for the 1980 Moscow Olympics, supporting a call for a last-ditch trial to give athletes one more attempt at GB selection. This trial came to be - and was held at Victoria Park on a cold night in torrential rain - at which Mr Howell showed up in a chauffeur driven car, to see Roger Mills grab his opportunity to achieve Olympian status.

STILL GIVING IT HIS ALL

Former blind race walker **Mike Brace** CBE, DL, who was a front cover featured walker on Race Walking Record Issue 561 (July 1989) appeared - aged 74 - at Mile End Stadium on 29 June where he threw the discus and shot putt in an annual meeting for athletes with disabilities. For years this long established event had a walk for blind persons, but it was withdrawn from the programme when race walking declined at [St Dunstan's](#), where most competitors came from. Mike Brace is soon to end his term of office as Havering's Deputy Lieutenant (the King's Representative) as this position comes with a

compulsory retirement age of 75. Many of our readers will have raced at Mile End Stadium in decades' past.



Dear Dave ...

WRITES A FILM MAKER

It was an honour to be asked by Ron when he first asked me to be involved commemorating with him the '63 Lugano success. It just went on from there. The filming was the relatively easy bit and the stitching together of the editing process was more challenging but we got there in the end.

Len Ruddock



TWO GREATS ON DARTMOOR

I drove south to Plymouth recently. Met up with Edbanger Shillabeer. I handed over some sports memorabilia plus extra items for auction in his forthcoming (14 June) and latest charity fundraising event in Plymouth. On that occasion he hopes to raise monies for a suitably camouflaged caravan loaded with urgently needed medical supplies in war-torn Ukraine. It will be driven by his 'adopted son' Macksym Litvinov.

[SEND CARAVANS WITH MEDICAL AND FOOD AID TO UKRAINE](#)

A passerby took the photo on the moors where we have covered thousands of miles of training in days gone by.

Chris Maddocks

FAREWELL

I'm sorry to read Neringa is leaving the UK. She's a very talented athlete. I ran against her in the Essex 5000m championships last summer.

Mary Knapman (Loughton AC)

SURREY WALKING CLUB 125TH ANNIVERSARY

It's my 50 years dinner as well. I was hoping to invite some friends along. Just letting you know it's on and will get back to you and others if, as I hope, it's open to friends of Surrey Walking Club.

Ian Statter

Adds Hon Ed: This event, at the Union Jack Club, Saturday 28 September, has already been mentioned - and will again.

APPRECIATION

- Thanks very much for the nice write-up you did for the Cecil Gittins Memorial Walk in the present Essex Walker – when listing the Ilford AC, Ray who came to spectate this time, is back with Ilford again, so that's another one.

Dave Hoben

Adds Hon Ed: Ray Dzikowski, one of Ilford's best ever runners, lives near the Cyclopark and came to give encouragement.

- Great photo of Tom Bosworth (right) - what a proud moment for Tom and his family (I assume his parents are just in the background on the right?).

June Cork

- Thank you for the latest Essex Walker - a wonderful tribute to the late George Nibre. Thanks for my inclusions too. *Bill Sutherland*
- Another well compiled Essex Walker just received. Thanks again for all your fulsome efforts in putting it all together. *Len Ruddock*



LOOKING BACK TO 1970

At the 1970 Edinburgh Commonwealth Games I had no uniform due to loss of measurements although I did have a Pass with my photograph on, which was in the same return envelope. I was not included in the Opening or Closing Ceremony or Garden Party at Holyrood in which Dave Smythe of Northern Ireland attended. No team photos either. That's why my **BRONZE MEDAL** means so much to me and Kath as it makes all the effort over many years worthwhile. You and others, as fellow Race Walkers during my career, are very much part of my achievement. Don't ever forget that!

Bill and Kath Sutherland

WORLD MASTERS INFO

[2024 World Masters Athletics Stadia Championships - World Masters Athletics \(world-masters-athletics.org\)](http://world-masters-athletics.org)

The dates for the World Masters in Gothenburg have been confirmed as follows and not as may have been suggested:

Saturday	17 August	10km Men & Women	All age groups
Monday	19 August	5000m track Men & Women	35 – 50
Tuesday	20 August	5000m track Men & Women	55 – 90+
Sunday	25 August	20km Men & Women	All age groups

There are just 10 Britons (7 women and 3 men) competing with just 3 women (**Melanie Peddle**, **Maureen Noel**, **Fiona Bishop**) and 1 man (**Ian Richards**) from the South.

Other Masters dates:

7 – 28 July 2024	BMAF track championships 3000m	Derby
14 September 2024	BMAF track championships 5000m	Birmingham University track
22 – 23 February 2025	BMAF Indoor championships 3000m	Lea Valley
23 – 30 March 2025	World Masters Indoor championships 3000m track, 5km road	Florida
2 – 12 October 2025	European Masters track championships 5000m track, 10km road, 20km road	Madeira
1 July – 1 August 2026	World Masters Outdoor track championships 5000m track, 10km road, 20km road	Daegu, South Korea

Ian Richards

ADVERTISER'S ANNOUNCEMENT

An elderly gentleman [meaning somewhat older than even I] has a collection of AWs going back to August 1954. They're all stored in **AW binders** and, according to his tape-measure, take up approximately 12 feet of shelf space - so not a small collection. Is this something you could include in a corner of in your excellent publication? I know it's not race walking but it did make page one on the August '54 edition - opposite the article about Jim Peters and his sad Marathon 80 years ago. Hope all's well Ilford-way.

June Cork

Adds Hon Ed: If those interested could let Essex Walker know - we'll forward their emails to June.

SAD DEATH OF AN ESSEX COUNTY ATHLETIC ASSOCIATION PAST PRESIDENT

My Nan, Dorothy Ferguson, was the President of the Essex County Amateur Athletics Association. I thought I would contact you to let you know she has sadly passed away. Dorothy (Dot) was a Life Member and dedicated much of her life to the Association. We have lots of information including newspaper articles or when she was given this title along with other interesting articles relating to her time there. I myself used to run for Chelmsford whilst she was an official before being promoted to President. There may still be some members that remember Dorothy hence me sending you this message to note her passing.

Claire May Sankey

Adds Hon Ed: Dagenham-based Dot was a member of Newham & Essex Beagles AC and our Essex County President in 2001. She modestly described her contribution to athletics as being "a general dogsboddy".

- So sorry to learn that Dot has passed away. I hope she passed peacefully and did not suffer in her later years. I remember Dot well with affection and respect. When I used to organise track meetings and league matches at Ilford she never failed to respond to my pleas for help with officiating. Condolences to the family. **Andy Catton** (Essex County AA Chairman)
- I was formerly a Beagle and knew Dot and Don very well (I team managed in the 1980s) so I'm sorry to hear of her loss. **Tony Benton** (Havering AC)

AN INVITATION FROM JACK LORD

My original date (for my UK visit) was July 10th but I have just changed it to July 4th so I will head to Moulton to watch the event on **July 6th**. As you're still in touch with a lot of the race walking fraternity and guys that raced back in the 70's it would be great to know if they are planning to be at the Moulton Open 5 Miles event. It would be tremendous to meet with some of these guys.

Jack Lord

Adds Hon Ed: Jack emigrated to Canada in the '70s and we hope his rare appearance in England will see some of his former friends - and rivals - making their way to Moulton to meet up with him again.

JACKY LORD'S TRIBUTE TO GEORGE NIBRE RIP

I'm sorry I couldn't attend George's funeral in person, however I was there in thought. George and I had known each other since we were both 15 or so years old. We met at Battersea Park walking event and became good friends from that point on. George would often take the train from Newcastle on his own and come South to stay for the weekend at my parents' house in Hendon. We trained and raced together for quite a few years. A few years later George would be back in Hendon attending the Hendon Police College where he began his policing career. My wife and I were back in the UK in 2012 and we had the pleasure of staying with George, Dawn and Anya at their home in Frinton for the weekend. It was no surprise to learn that Anya was heavily involved in many sporting activities, and George and I were still competitive with each other when we went out for a "training" run along the Frinton sea front. I'll miss our email exchanges and updates on the Kings' progress, as he always loved to share how proud he was of their accomplishments.

I wanted to share his final email to me earlier this year as a tribute to my friend and a lasting memory of the Newcastle Lad.

January 2024

Hendon lad, good to hear (from you). Yes, meet up in July hopefully. My girl is now 16 ... ready for summer exams etc. Just walked another 20 thousand steps. Glad you are all OK. Newcastle man. All the best.

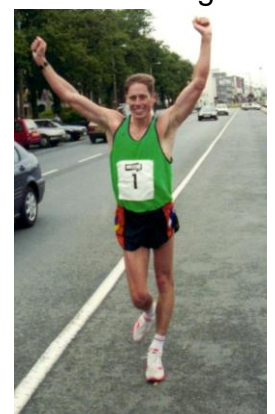
Jack Lord



SARNIA RECOLLECTIONS BY A 5-TIMES OLYMPIAN

I coached these two wags (Andy Penn and Steve Hollier). It did make me smile when they emailed this photo to me following their Guernsey Church to Church success in 2006. Laughs aside, really sorry to hear about the disbanding of the Sarnia Walking Club. My friend Ed Shillabeer raced there quite a few times and triumphant on at least one occasion. He loved going there, finally persuading me to join him in 1998. It turned out to be one of my fondest memories. On

the comeback trail after a period of time away from racing, I saw the race as a sharpener for the Commonwealth Games 30kms in Kuala Lumpur. I now realise, by delaying my departure for Malaysia, I missed out on travelling with England team mates and valuable acclimatisation. Hindsight is a wonderful thing but, the action-packed day with Edbanger driving from Plymouth and flying to the Channel Island from Exeter, arriving on the promenade with minutes to spare was



exhilarating. Going on to win the Church 19.4 miles in a course record 2 hours 22 mins was even more tiring fun. Met some lovely people too. Thanks for the memories.

Chris Maddocks



South of England
Athletic Association

A SUBSIDY FOR ALL ENTRANTS

The RWA (Southern Area) committee has agreed that entrants to the SEAA Track Race Walk Championships on 11 August at Walton-on-Thames, Surrey, will receive a £10 subsidy to help offset the entry fee and/or travel costs. See the [SEAA website](http://www.seaa.org.uk) for details of entry.

Chris Flint

GEORGE NIBRE RIP - ANOTHER TRIBUTE

When I first read of George Nibre's death my heart went out to his family in love and sympathy. I last met up with George in a cafe prior to attending Charlie Fogg's funeral in Leicestershire. We shared such great memories and I had great respect for his views on our beloved discipline of race walking. A truly genuine gentleman who will be greatly missed. We can all say this of George: "He was my friend, faithful and just to me". May he rest in peace and rise in glory.

Roy Lodge

FROM OUR SPANISH CORRESPONDENT

I've just plonked myself in front of the TV to watch the Spanish men's 10000m track champs on the national mainstream sports channel. 20 competitors. Similar for women's race yesterday. Interest and support breed success.

Cath Duhig

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