

# Essex Walker

Editor: Dave Ainsworth

## WHERE TO CATCH TV OLYMPIC ACTION

Writes **Tom Bosworth** MBE:

*"I'm delighted to announce I'm going to Paris 2024! Not as a competitive athlete but in the commentary booth for Eurosport! I've always enjoyed being behind the mic - as seen during one of my first ever commentaries in 2015 at the Beijing World Championships. Every moment of the Olympic Games 2024 live will be on Discovery Plus UK, home of the Olympics Eurosport."*

Adds Hon Ed:

Eurosport is a subscriber service, so non-subscribers have a more limited range of options via the BBC:

[Olympic Games 2024 Paris - How to watch on TV and BBC iPlayer and follow all the Olympics action across Radio, BBC Sounds and BBC Sport Online](#)



## ADVANCE WARNING FOR EARLY RISERS

The last Enfield Walker stated the start time of the 20km walk as 07.30. BST means that the **time in the UK will of course be 06.30.** *"Sorry about that"* says **Ron Wallwork.**

06:30	<b>Athletics</b>
♂	Men's 20km Race Walk
08:20	<b>Athletics</b>
♀	Women's 20km Race Walk

## SOUTHEND CITY MILE - PLEASE SUPPORT

It's on Bank Holiday Monday 26 August at Garon Park Track 10am. Please give this **full support** as it's now **your** main race walking event held in Essex. We provide entry details via the link below:

[Annual Club Events - City of Southend on Sea Athletic Club \(southend-on-sea-athletic-club.co.uk\)](https://southend-on-sea-athletic-club.co.uk)

Writes **Keith Palmer:**

*"We accept entries on the day for the walk only. It does help enormously if this bit of 'on the day' admin could be kept to a minimum, so hopefully most can enter online, but no problem with our usual arrangement."*

Scan for on-line entry



Surrey Walking Club

125<sup>th</sup> Anniversary Lunch and Reunion  
Saturday 28<sup>th</sup> September 2024 at 12.30 pm  
Union Jack Club, Sandell Street, London, SE1 8UJ

### MENU

Starter:	Crayfish & Prawn Cocktail, Avocado Mousse, Requito Peppers (G)
Main Course:	Lamb Noisette, Minced Lamb Jus, Cumin Scented Carrots, Swede Puree, Warm Dauphinoise Potato Terrine
Dessert:	Apple Tart Tatin, Vanilla Cream Chantilly, Crushed Maringue (V)

It will be possible to provide a vegetarian option closer to the time. This is the chefs choice and usually details are known a week before the event. If you have any specific dietary requirements or require allergy information, please see below\*

Cost per person: £38.00 includes table wine and soft drinks. We hope you will bring your partner/guest. A prompt reply would be appreciated to assess numbers attending.

Payable in advance by on line bank transfer to our Nat West Bank account:

Account Name: Surrey Walking Club

Sort Code: 60-17-11

Account No: 81007035

Reference: SWC Lunch/Add your Name (This reference will identify your payment)

Alternatively, cheques made payable to Surrey Walking Club. Please post to Chris Flint, Glenthorne, 65 Liverpool Road, Walmer, Kent, CT14 7NN

\*Food containing allergens are prepared and cooked in the UJC kitchen. Contact Chris Flint or Trevor Sliwerski if you wish to discuss your dietary requirements or require more information Email: [bettychrisrf@hotmail.com](mailto:bettychrisrf@hotmail.com) Telephone: 07923 174883 (mobile); 01304 368324 (Home) [trevorsliwerski@hotmail.co.uk](mailto:trevorsliwerski@hotmail.co.uk) Telephone: 07778 855972 (mobile); 01252 617480 (Home)

## INVITATION TO ALL IN RACE WALKING

The Surrey Walking Club celebrates the 125<sup>th</sup> anniversary of its founding in 1899, and the committee warmly welcomes **all** race walkers and officials and the many who have enjoyed the club's contribution to the development of race walking to join them at a lunch in the Union Jack Club, London, SE1 on **Saturday 28 September 2024 at 12.30pm** for a 1 pm sit down. The cost of a ticket is £38 per person payable on-line or by cheque. If you would like to attend, please contact Chris Flint. His email is [bettychrisrf@hotmail.com](mailto:bettychrisrf@hotmail.com) His telephone number is 01304 368324. Mobile: 07923 174883. Or contact Trevor Sliwerski. His email is [trevorsliwerski@hotmail.co.uk](mailto:trevorsliwerski@hotmail.co.uk) His telephone number is 01252 617480. Please reply as soon as possible to reserve a seat". Please make known dietary requirements (vegetarian etc). Please consider giving this occasion your support.



Further details are on the accompanying advertisement (left).

## FIXTURES

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

AUGUST	1	Olympic Men's 20k walk	Paris	6.30am BST
		Olympic Women's 20k walk	Paris	8.20am BST
	2	Ilford Walkers 50th Anniversary Luncheon	Hornchurch/The Harrow	12.30pm
	7	Olympic Marathon Race Walk Mixed Relay	Paris	6.30pm BST
	11	South of England Athletics Association Track Walks (with £10 subsidy)	Walton-on-Thames	TBA
	13 - 25	World Masters Track & Field Championships (see article in <a href="#">EW issue 441</a> )	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 (Entries close 25 Aug)	Tooting Bec Track	TBA
31	Southern Counties Vets T&F League Final 2,000 metres	Horspath	3.25pm	
SEPTEMBER	1	LICC 5,000m (+ Enfield League) + 3,000m + Junior 1,000m	StoneX Stadium NW4	TBA
	14	BMAF 5,000m Track Championship	Birmingham Uni	TBA
	18	Ryan Cup (CS v Police) CS & Met Police Championships 10k/5k	<a href="#">Evesham Velopark</a>	1.30pm
	21	Enfield League 1 Hour + Junior 2,000m/3,000m + Essex 10,000m	Donkey Lane	11.00am
	28	Surrey Walking Club 125 <sup>th</sup> Anniversary Lunch	Union Jack Club SE1	12.30pm for 1.00pm
	29	Jack Fitzgerald Memorial Races approx. 3 Miles & 6 Miles 'B'	Tilgate Forest	1.00pm
OCTOBER	1	Ray Hall Winter Track League	Aldershot	TBA
	12	Enfield League 'Amos Seddon' 10K + opt out distances	Donkey Lane	11.00am
	19	Vets AC/Middx/Herts/Sussex Counties 10,000m 'A' + Jnr 2,000m 'B'	Norman Park	1.00pm
<b>NOTES</b> Regular distance training walks are held from Leigh-on-Sea's Belfairs Park – details from Centurion Steve Kemp on <b>07860 617899</b> . Reminder: All <b>Enfield League</b> races now require online pre-entries to: <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> . Any problems, call 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).

### A TRULY PROPER "SEND OFF"

The funeral of race walking legend **George Nibre** saw a large turnout at St Mary's Church on a hot day in Frinton-on-Sea. Race walking was well represented with, among our numbers, 4 Olympians: 1976

Olly Flynn, both 1980 walkers Roger Mills and Ian Richards and 2012/2016 double-Olympian Dominic King plus other Internationals, National Champions, National record holders, Club walkers and their families and our Race Walking Association President Chris Hobbs plus Southern Area activists including Chris Flint. Many travelled long distances to this Essex outpost. George's daughter Anya qualifies as a former walker as she, and her friend Gemma (also present) won medals in the 2016 Southend Mile. At this service was Frinton resident Brian Armstrong, now sole living member of Ilford's 1978 National 10 Miles winning scoring 4 - as George, along with Steve Gower and Geoff Hunwicks, has now sadly left us. A family tribute was spoken by daughter Anya, followed by 3 speeches recalling George's past times in the North East, his race walking contribution and role in the Metropolitan Police. Many former Police colleagues were at the service, including ones who'd held high rank and one who'd joined the same day as George at Hendon. Many chose to proudly wear Police ties in recognition of George. Following exit music "*Every Breath You Take*" by The Police, a cremation for family and close friends was held in nearby Weeley Crematorium. After the funeral service a gathering commenced at Frinton-on-Sea Tennis Club, a short walk away, which those who'd been to the Crematorium joined on their return. The walking world are thanked for giving such a much-missed athlete, coach and mentor a truly memorable send-off. **DA**

- It certainly appears that George received a fitting send off. **Colin Harle**
- It still seems unreal to refer to "George Nibre's funeral", as it did all too recently to think of Steve Arnold's, and so many others who have shrugged off this mortal coil unthinkably early. As I know only too brutally, life deals us some very unwelcome hands, and there is only small consolation. **Cath Duhig**
- Thanks for the write-up and your eulogy. It was a great to see the support from the race walking community on what was a perfect send off for George. You will hopefully see Daniel and myself at another race walk in the future. **Dominic King**
- It was a big shock when I got the email. RIP GEORGE NIBRE ... he should have gone on for many more years, so sad. **Don Cox C787**
- I just wanted to say a big thank you for your kind words and tribute to George. As you touched on in your speech at his funeral, he had an enormous impact on the continued success and longevity of Dom's and my Race Walking achievements, for which we'll be immensely grateful. He was a true friend and trusted mentor who continued to remain positive (a true motivator) helping to steer us through many setbacks and challenges in the sport. It will take some adjusting to the fact that he's no longer around, but one thing is certain is that I would like to return in tribute to the great man's belief in my own abilities. Not sure what I will target but will in all likelihood be an Ultra event. Thanks again for your tributes - which I thought you captured perfectly in your summary. **Daniel King**
- A fitting tribute. **Steve Holgate** *European Protection Team Manager Ford Dunton*
- Two of George's 4 internationals were in the Prelims at Hove and the Final in Eschborn 1979 Lugano Trophy. I never met George in competition, because he was of the generation after me, but we got on rather well because he supported so many of the promotions that I've been involved with since the late eighties. He was a regular at Moulton Walks, when not walking as a volunteer and always shied away from the spotlight. Like so many others I held him in great regard and so I was so saddened to hear of his passing. **Ron Wallwork**
- Geordie George Nibre. Another walker passed away. A great guy ... and pal ... from the past. **Dave Sharpe**

## 2024 MOULTON ASSESSMENT

A good day for Centurions, as Dan King was 2nd in a race won by George Wilkinson in a well-supported race (field was well up in numbers from a year ago) and by 1 position nearly joined also present twin brother Dominic (2007/14/15/19) on that esteemed list of former winners, going back to 2002. Our race, part of a well-attended "Moulton Festival", had a celebrity starter as soon to be double-Olympian "*Mr Starter*" was Callum Wilkinson - indeed the Wilkinson family are key players in keeping this event going. Being part of a Festival, with a start/finish in Village Hall grounds, added to our event's profile. This Festival included an appearance by St Mary's Ukulele Group who entertained us with pleasing music - with Centurion Ian Garmston among their players. The Moulton race - yet again - had special prizes as

our top 3 ladies and men were presented with unique personalised door wedges provided by local woodcutter Chris Warner.

Among increased numbers attending were 15 Centurions: C540 Dave Ainsworth, C798 Pauline Wilson, C858 Stuart Bennett, C890 Bill Sutherland, C893 Ron Wallwork, C899 Ian Garmston, C934 Pam Ficken, C950 Sue Clements, C997 Andrew Wilmot, C1064 Ian Richards, C1098 Dominic King, C1100 Daniel King, C1102 Steve Allen, C1176 Hardeep Minhas and C1183 Joyce Crawford. In Bill and Sue we had 2 former Centurions' Honorary Secretaries. Just before our 3pm presentation in the middle of the village field, Joyce suggested a "Centurions' photograph": which was duly taken. Of 15 Centurions present, 9 were in an also wonderful picture taken when 31 Centurions attended our great 90th Enfield Open 7 Miles 2016 Reunion at Lee Valley. Full report/result will be found in Enfield Walker and other publications, so we won't duplicate here. [Moulton Walks 2024 – Results – Suffolk County Athletics Association \(suffolkathletics.org.uk\)](https://www.suffolkathletics.org.uk). If you couldn't make it this year, please get along in 2025 and keep this wonderful event going. Thanks to the Organiser, officials, helpers, supporters and sponsors.

DA



Photo supplied by Joyce Crawford

### IN SHOT

15 Centurions were at the Moulton 5 Miles - 12 are in a photograph taken just before a 3pm prize presentation on Moulton Village Hall field. 3 Centurions were present, but not in the photo: **Bill Sutherland** C890, **Andrew Wilmot** C997 and **Ian Richards** C1064.

Standing (L-to-R) **Pauline Wilson** C798, **Sue Clements** C950, **Pam Ficken** C934, **Dominic King** C1098, **Dan King** C1100, **Steve Allen** C1102, **Hardeep Minhas** C1176, **Stuart Bennett** C858 plus Len Ruddock (talented film maker).

Seated (L-to-R) **Ron Wallwork** C893, **Ian Garmston** C899, **Dave Ainsworth** C540 and **Joyce Crawford** C1183.

### MOULTON OPEN 5 MILES - CORRESPONDENCE

- Very sorry to have missed the Moulton event as I was looking forward to it and also the opportunity to meet with some of the guys from my days in the sport. Janet and I were down and out for 24 hours with food poisoning and couldn't make the drive there. Hopefully in the next year or two we'll be back across and get the opportunity to meet again. Stay well, glad to hear the event was a success. **Jack Lord**
- Great day at Moulton with wonderful atmosphere and country and western music. Congratulations to Ron and Joan Wallwork and their hardworking team. All the best and well done. **Bill and Kath Sutherland**
- Great news. Sorry to have missed it. Roll on 2025. **Ed Shillabeer** C590
- Sounds a great day. Sorry I could not be with you. I'm most impressed by the turnout of Centurions at Moulton. **Chris Flint**
- I have just found out that not everyone received a Moulton Walks memento coaster. Please accept my apologies if you did not receive one. If you email me and let me know I will bring a coaster for you to the next Enfield Race Walking League fixtures. **Tracey Wilkinson** [traceywilkinson17@aol.co.uk](mailto:traceywilkinson17@aol.co.uk)

### AT THE GIG

Not present at July's Moulton Festival were long-established public-spirited popular villagers Ian and Linda Spinks. They were in Manchester for an appearance by "The Saw Doctors". We hope they enjoyed the gig.

**GET WELL SOON**

Chris Flint missed Moulton as his wife sadly suffered a stroke and was a hospital in-patient. All readers wish his good lady well - and a swift recovery from her medical setback.

**NEW CRYSTAL PALACE ATHLETICS TRACK**

A new athletics track at a famous stadium has been officially opened by Liam Conlon, newly elected MP for Beckenham & Penge.

[Crystal Palace development "on track" in bid to bring it back to life - AW \(athleticsweekly.com\)](https://athleticsweekly.com)

Over decades many of our more established readers have competed there, some in important fixtures and even Internationals. But not for a while as this track fell into poor condition and could no longer be used for competitive athletics or even training. Crystal Palace Stadium itself became run down and still needs much work to bring it up to its former condition. Work is in progress.

- Good news of course, but also recognition I suspect that we are unlikely to see much future use at the publicly-funded Olympic/West Ham stadium, particularly once Crystal Palace is up and running as an International venue again. **Steve Uttley**
- Good to see that Crystal Palace has a new track. **Chris Flint**

**TOP MAN**

Our congratulations to our Essex Walker distributor, Centurion 685 **Tony Perkins**, on exceeding 600 appearances as a parkrun official at Great Notley (Essex). All sports benefit from having such Trojans as Tony, who completed 20 consecutive Stock Exchange London-to-Brighton Walks from 1973-to-1992 with a fastest time of 9:41.24 in 1976 when coming 6th (1 position behind Ilford AC colleague Alan Barber C535). Tony's "know how" was used to good effect when also serving as a Great Britain Race Walking team manager. There wasn't an award for 600 appearances, but modest Tony gets his satisfaction from just being there to help out early each Saturday morning.

**BACK IN TIME**

We've spotted this interesting Facebook post by **John Constandinou**, who came across racewalking memorabilia on display when he was working at the recent Taylor Swift concerts at Wembley ... mind you, all his posts are interesting as his job takes him to some amazing events!

[Race Walking Group :\) | Racewalking memorabilia is on public display at Taylor Swift's concerts at Wembley Stadium | Facebook](#)

**SAD LOSS OF AN ILFORD AC FORMER PRESIDENT**

Popular **Tony Nixon** (1947-2024), who was a most popular Ilford President in 2003/4. When President he invited Colchester Harrier Dave Wright as an Ilford AC Annual Dinner & Dance guest speaker, who had all attendees in stitches - what a great choice! Noted for his always cheerfulness, he joined Ilford AC in 1962 and was part of a Club Youth team which won our 1965 Essex Youth's Cross Country Championship. Tony raced "sparingly" on roads - but relished Cross County racing where he was frequently among awards and prizes winners. He moved to Stratford St Mary, his front door being just 100 yards over the Essex/Suffolk border. He loved running along the banks of the River Stour, which was a location of The Centurions' 2022 "Social Walk" organised by Steve Kemp and led by Kim Howard. Tony instigated and organised the "Constable County 5 Miles" run which commenced with a wicked hill! Just like a now defunct Highgate Harriers Open 7 Miles' Walk one supposes? He was our Essex County 1,500 Metres Senior Champion when finishing in 3:53.0. In 2008 son Robert won the Essex 1,500 Metres Championship at Gloucester Park in 3:58.11 and, at that time, they were the first father and son to win a trophy which then had 91 names on it. Tony's win at a 1966 Junior Inter-Counties 2,000 Metres Steeplechase in 5:54.2 still stands as an Ilford AC record. He was a lifelong "Hammers" supporter. A private funeral was held on Friday 12 July followed by a Memorial Service at St Mary's Church in Stratford St Mary which was open to all. We express condolence to his

widow Pat, to whom he'd been married for 51 years and who he'd met at Ilford AC, sons Paul and Robert, his surviving brothers and all other family members. [Tony Nixon RIP](#).

### FAREWELL TO NERINGA MASILIONIENE (nee Aidietyte)

On Monday 15 July, Ilford AC Life Member Neringa left her Collier Row (Romford) home to set sail from Dover for a long drive back to her native Lithuania. Coming to Britain in 2009, Neringa joined Ilford AC in 2011. While at Ilford she won our RWA 20K Championship at nearby Hainault Cycle Circuit as well as other Championships and Open races, such as 2 Enfield Open 7 Miles' victories. When living in Bethnal Green she race walked to-and-from our races at Victoria Park. While with Ilford she was selected for 2 Olympics, 2 Europeans and 2 IAAF World Championships. In recent times running races were won - with a long sequence of 1st lady awards in numerically well supported class fields. While on our scene she suffered 2 long injury spells. When selected for the 2012 London Olympics, Neringa became Ilford's 5th Olympian after Phyllis Perkins RIP (1960/800m), Fergus Murray (1964/10,000m) Wilbert Greaves and Roger Mills (1980/110m hurdles and 20K Walk respectively). At Rio de Janeiro in 2016 Neringa became the Club's only double-Olympian. In the 2023 TCS London Marathon Neringa ran 2:53.10 to place 3rd on Ilford AC's all-time Women's Marathon rankings list. In a Southern Veterans Track & Field League meeting at Lee Valley Neringa did "the hat trick" with convincing victories in a mixed 2,000m Walk, 400 metres and 1,500 metres runs. Essex County AA gold medals came her way as did an Ilford AC top veteran Athlete-of-the-Year award. Her employment for 10-and-half years was at Nike Superstores in Oxford Street, Camden Town and finally at Kings Cross where her last shift was worked on the Saturday before leaving the UK. Neringa was a popular Club member who supported a number of Ilford's social functions, including a 2023 Centenary Celebration at Fairlop Waters Leisure Complex where she spoke from the stage.

Wednesday 10 July saw Neringa's final appearance, again winning a running race, this time in Ilford AC's Newman Hilly 5 Miles on a testing 2 circuits around Hainault Forest. As so often her first lady award was won by a proverbial mile in another numerically large field of class. We wish Neringa and her husband, son Jokubas and daughter Maya (both born at Harlow's Princess Alexandra Hospital) and French bulldog Indrut, the very best back in Lithuania. We thank Neringa for her outstanding contribution and for many positive memories.



At Hainault Forest Neringa was presented with a plaque to honour her time at Ilford AC. Neringa was in tears at the reception she received on the night. Let Ilford AC's General Secretary and your Essex County Athletic Association Chairman, **Andy Catton**, who made the presentation, have the last word:

*"Neringa was shocked and overwhelmed by the plaque we presented to her along with the card signed by lots of Club members. Great that she was injury-free and able to sign off with a win. Very sad to see her go."*



*Photographs supplied by Billy Green*

Ilford AC Hon Sec (also Essex County AA Chairman) Andy Catton (L) and Ilford AC Joint President Neil Crisp (R) each side of Neringa.

### CONGRATULATIONS ON A PLUM APPOINTMENT

Congratulations to **Mark Culshaw** who, for a second year, was Chief Judge at our English Senior, Under 23 and Under 20 Championships. This year's event was held at Birmingham's Alexander Stadium.

## ILFORD AC 50th ANNIVERSARIES COMING UP

In chronological order, **3 August** marks a **50th** anniversary of 3 Ilford AC race walkers joining The Centurions when the Club finished a full team of 3 for a first time in its history. This occurred at the 1974 Leicester-to-Skegness point-to-point classic when - in fishing order - Upminster-based **Dave Neagle** came 4th in excellent an 19.15.11 to become member number 527. This despite going off-course twice, once not far from the finishing line. Now Leigh-on-Sea based **Alan Barber** claimed No 535 with his sub-22 hours finish when passing the finish line in 19th spot at Skegness Foreshore Centre on a popular and bracing sea front esplanade, in 21:59.59. Alan could have arrived earlier, but a level crossing was down on the Boston-to-Skegness line (known locally as "The Poacher" Line) at Wainfleet All Saints 5 miles from the end - forcing a wait for a train, then longer for a 2nd train to pass. He kept in condition by walking around in circles by its closed gate; as a long stop at that stage could have seriously affected his progress and ability to resume action. Closing in Ilford's team in 27th position clocking 22:44.41, was **Dave Ainsworth** - it was a 2nd attempt having fallen short at the 1973 Bristol 100 Miles. Messrs Neagle and Barber had the kudos of succeeding first time! 64 started/40 finished/1 DQ. In a close team race Ilford were 5th: 1. Leicester 'A' 13 pts, 2. LAT Amsterdam 29 pts, 3. Sheffield 29 pts, 4. RWV Rotterdam 30 pts, 5 Ilford AC 33 pts. Leicester 'B' didn't close in. Times change as 64 on a 100 miles' start line with 6 teams. A much-deserved word for hardworking attendant extraordinaire **Tony Perkins**, who was to join The Centurions 5 years' later at Ewhurst as C685. A 2014 luncheon to celebrate 40 years, at "The Harrow" in Hornchurch was supported by 33 attenders. A trio with 50 years' membership of The Centurions - and they'll meet up for another celebration lunch at "The Harrow" on Friday 2 August.

**3 September** marks **50** years since **Roger Mills** was in the bronze medal position at a European Championship 20 Kilometres' race in Rome. This has been subject of a separate article in Essex Walker, looking back on that great day, and this edition also contains an action photograph. Roger a still active sportsman - he missed July's Moulton 5 Miles (he'd often come to give support) as he was kayaking in the Farne Islands, still turns the pedals in competition and can also be seen on the piste. We highlight 2 dates when reflecting on race walking's better days is a rewarding thing to be doing.

## NOEL BLATCHFORD FEATURES IN FILM

[Ageless athletes – new documentary shows power of track and field in later life - AW \(athleticsweekly.com\)](https://www.athleticsweekly.com/ageless-athletes-new-documentary-shows-power-of-track-and-field-in-later-life-aw)

Out on Friday 5 July in a selected cinema release, a new 55-minute film **Younger: Looking Forward To Getting Older** focuses on four female veteran athletes, one being the late Noel Blatchford.



## LONG DISTANCE ATHLETICS HAS IMPROVED

A Paris heatwave will worry long distance athletes. It's announced only 2 of 6 Olympic Village eating establishments will have air conditioning and no Village bedrooms will have it either - this to reduce CO2 impact. Looking back at the 1904 Olympic Marathon in St Louis, set at 24 miles 1,500 yards (40k) as a marathon distance hadn't been standardised then, it was held in 32 degrees heat with only 2 water stations. First over the line was Fred Lorz (US) who received an award from President Roosevelt's daughter - which was quickly taken back when revealed he's travelled 10 miles in a car (Fred was banned for life - but soon reduced to 6 months). Gold medallist Tom Hicks (SA) clocked 3:28.53 and was propelled along with strychnine, raw eggs and brandy - wouldn't be allowed nowadays! He'd wanted to stop for a lie down but not allowed by his handlers. 32 started/14 finished. Fourth placed Cuban Andarin Carvajal had a long lie down when taken ill after eating a couple of rotten apples scrumped from a course-side orchard. After a stadium start the course was mainly on dusty roads, which caused some to quit - the route went down busy streets with traffic and pedestrians crossing it, some with dogs, and across railway tracks. No British starters. The Marathon is one of 12 athletics events included in all Olympic Games since commencement in Greece (1896). *Things have now much improved.*

## NOT HIM

Current Surrey Walking Club member Philip Hollobone failed to be re-elected as Kettering MP, a position held since 2010. He appears in an all-time list of finishers at Blackheath Yacht Handicap 9k races and was most active in our races during the 1970s. Now he's more time on his hands, we hope he'll return to start lines (as an M55 entrant). He's capable, as he recently joined an exclusive Club of Parliamentarians who've completed a London Marathon.

## HAPPY 80th BIRTHDAY TO ANDREW

On 31 July, Centurion 997, the still-active **Andrew Wilmot** (Halstead Road Runners) will have celebrated his 80th birthday. He's entered 4 marathons in short succession which on completion will see him reach a wonderful 850 total. Andrew completed a 2003 100 Miles at Newmarket's Rowley Mile course clocking 23:33.19 in a race memorably won by the late C984 Peter Ryan in 19:57.35. This race also saw Cath Duhig of Ryston Runners join The Centurions as member No 986 in 21:27.43. The next number - 987 - was claimed by The Centurions current President Dave Jones of a recently disbanded Yorkshire Walking Club in 21:39.08. Andrew often returns to race walking to enjoy the atmosphere of an always enjoyable Moulton Open 5 Miles. Alas he's missed a few races as early this year he suffered a broken arm in a bad fall while training. Nobody was about to assist, but fortunately he was close to home, so able to slowly hobble home. Nice to see him back on the road again. Andrew's keen on another sporting pastime, as an enthusiastic angler. We extend our 80th birthday greetings to a true athletics stalwart.

## BACK ON TRACK

The annual Civil Service 3,000 Metres Championship was held at Pringles Stadium (Nuneaton) on 18 July as part of a full Championship meeting. For some reason results weren't posted, so we're all a little in the dark, as they say. A brief report informs us **Jonathon Hobbs** won in around 15.08 with comeback entrant **Steve Uttley** 2nd in approximately 18.48 (timed by his own watch). It was a field with well-known names including **Mark Culshaw** and **Martin Slevin**. The meeting itself was low key as just 53 appeared across the board, so our walking race must have been a good example as competent athletes were able to positively display our discipline. The meeting was boosted by 20 from the Royal Air Force. One wonders if any tried the walk race, an event in which they were so strong in the previous century. Steve Uttley is Civil Service Walking Secretary and it was great to see him able to support his own Championship after a recent serious medical setback, about which he wrote a statement in Essex Walker to inform us. He reported feeling OK afterwards, just a little tired but okay to drive back to Bicester. It was really pleasing to see popular Steve back on the scene. Nuneaton resident Janice Wright had expressed interest in coming to spectate but, on the day, was unavailable - we wish the good lady well. Long may this Championship Walk remain on fixture lists. If you've Civil Service connections and weren't there, please try to support it in 2025 ... and onwards!

## RACE WALKER ON AIR

Former Belgrave Harrier leading light, and Southend-on-Sea AC (as then called) 2nd claimer **Paul Warburton** interviewed double-Olympic gold medallist rower Helen Glover MBE, who was the British team's Paris Games opening ceremony flag bearer, on Cornish radio station Coast FM. Paul, a distinguished athletics and sports journalist of note, interviewed Helen on their "Coast-to-Coast" show. Paul is an established presenter on this radio station.



## BACK IN TIME

In response to requests, the Race Walking Association hosts a page on its website where you can easily access past issues of "Essex Walker" and "Enfield Walker": [Newsletters - Race Walking Association](#). For future reference, this link will appear in the Essex Walker contact details at the end of all future Essex Walker issues.







## Dear Dave ...

### SOCIAL REPORT

Twice a year those Metropolitan Police officers who have received Metropolitan Police Athletic Association Life Membership meet for lunch at the Union Jack Club, and some 48 members and civil staff gathered to enjoy the company of fellow athletes and sportsmen. The race walking group was smaller than usual as Bill and Kath Sutherland had to cancel but Peter Hodgkinson, Paul Blagg, and Chris Flint represented our discipline in the very grand surroundings of the Gascoigne Room. The memorabilia displayed tells of many cases of the highest heroism and the chat and laughter makes each occasion we meet a memorable one and a chance to reflect on what might have been had our forebears not made such sacrifices.

**Chris Flint**

### EUROPEAN 20K CHAMPIONSHIP 50 YEARS AGO

Tim Hutchings TV commentary of this year's race mentioned Roger's medal 50 years ago! Hope you're keeping well.

**Jim & Simone Ball**



Adds Hon Ed Our last edition featured Roger's hard earned bronze medal – now, thanks to Jim & Simone, we've a dramatic picture.

### FAREWELL SARNIA WALKING CLUB

I will get something on the Sarnia Walking Club website sometime. Thanks to everyone who has sent comments to myself on behalf of the club. I have seen those in the Essex newsletter. Personally, I still take an interest in race walking ... it's in the blood!

**Rob Elliott**

### DISBANDMENT OF SARNIA WALKING CLUB

So sorry to hear this news. I would wish to extend my best wishes to Sarnia and Rob Elliott, you have done so much for race walking for so many years. On behalf of Centurions 1911 I wish you and all associated with Sarnia and Guernsey all the very best. **Dave Jones** President Centurions 1911, C987

**Chris Flint** comments: *"It's a great pity that Sarnia WC has found it impossible to continue with falling numbers and many other clubs are in a similar difficulty."*

### REQUEST TIME

I have one more year here before I officially retire. Then need to decide where to live. I am worried about returning back to England as there is so much crime there. It's not safe. A question Dave? I don't have any photos of my Race Walking days. All my possessions were thrown away. Looking at the Race Walking Record Newsletter, do you know if there are any pictures of me in there? Any of the Plymouth to Dawlish walk I did around 1997 to 2000? I think I was living in Leytonstone around that time. No rush. Just a thought.

**Mike Sweeney**

Adds Hon Ed: Mike was a popular key player on the scene. If any readers have photographs of him, please send to Essex Walker for forwarding.

### THANKS

I would just like to thank everyone who contributed to making this year's Moulton Walks a great success and part of a very enjoyable Moulton Fun Day. **Tracey Wilkinson** Moulton Open Walks Co-Ordinator [Moulton Walks 2024 – Results – Suffolk County Athletics Association \(suffolkathletics.org.uk\)](http://suffolkathletics.org.uk)

### SORRY I COULDN'T BE AT MOULTON

I was already booked to compete in an open water Aquathon which is a shame. Another year and another excuse! Could you give me a bit more notice for next year please and I will try very hard to make it ...

**Kevin Carley**

## PRAISE FOR DOUBLE OLYMPIAN CALLUM WILKINSON

### [Athletics Weekly - British 10,000m race walk record for Callum Wilkinson](#)

- Very impressive. Sub-40 minutes is a benchmark for decent runners to complete a 10k in. The fastest I achieved was 37.07 minutes as a runner and Callum race walked in just 2 minutes slower. That's mind blowing. **Colin Harle**
- Terrific! I've watched Callum for 10 years or more and been most impressed by his dedication and consistency. I'm sure he's benefitted, as anyone would, from the coaching wisdom and experience of Ron Wallwork. Olympic selection and a 20kms record would be wonderful and well-deserved. **Sandra Brown C735**
- Impressive times indeed. **Jack Lord**

## PARIS BOUND

I can confirm that Team Wilkinson will be in Paris to support Callum! After not being able to travel to the Tokyo Olympics we weren't going to miss the opportunity to support Callum in Paris.

**Tracey Wilkinson**

## CHARITY WALK

We took part in [The Big Step Forward](#) for Pancreatic Cancer UK. We walked in memory of my late father – Lew Mockett. The team was as follows: Me (Hilary McDermott), Wilf (the naughty terrier), Elaine Beaken



(my friend), Daisy (Wilf's girlfriend), Philip Mockett (Lew's son) and Anya Mockett (Lew's granddaughter). We walked from Ferring along the coast, past a tree we had planted in memory of Mum and Dad in Preston Avenue, past the bowls club in Littlehampton and along to a café called The Look and Sea. We had a coffee and something to eat there and then retraced our steps back to Ferring. The total distance is 16km. I saw Alan Buchanan over this weekend but I didn't do a parkrun, as I saved my legs for the walk on Saturday.

**Hilary Mockett**

Adds Hon Ed: Much-missed Lew Mockett was one of our most popular athletes and remembered with real affection on our race walking scene - at Woodford Green AC (as then called) where he served as Hon Walking Secretary, Ilford AC, Metropolitan Police Race Walking Club (he was its Hon Secretary) and the British Police Representative team.

## BEST WISHES FOR CALLUM WILKINSON

We were with Callum in South Africa in January when he first picked up the calf injury and I was pleased to *call home* his track race in Manchester that clinched selection. I hope he and Jake both go well in Paris.

**Geoff Wightman**

Adds Hon Ed: Geoff was co-commentator for 2 of our 2012 Olympic Walks on the Mall. He coaches his son Jake, current World Championship 1,500 metres Champion, who'll run 800 metres in Paris.

## Mrs BETTY FLINT

Some have kindly enquired about Betty's progress and I'm pleased to say that she is making steady progress to overcome the effects of the stroke which occurred very shortly after a knee replacement operation. It was very sudden and these post-operation complications meant she was in hospital from the end of June until a week ago when she was allowed home. I'm learning that being a carer is hard work!

**Chris Flint**

## GREAT NEWS INDEED - by our Television Correspondent

When did you last see Race Walking on the BBC and Channel 5 on the same day? Answer - on Tuesday 23 July 2024 with the showing of Grace training at Aldershot as a relative newcomer to our great sport and then the great Bronze Medallist in the 50 Kms Walk in the 1948 London Olympic Games being Tebbs Lloyd Johnson (Leicester Walking Club) still I believe the oldest Olympic medallist in Athletics!

**Bill Sutherland**



### Adds Hon Ed:

I watched Channel 5's most informative 90 minutes' long programme looking at London's 1948 Olympics, which briefly showed Leicester's Tebbs Lloyd Johnson (aged 48 years 115 days) finishing in 4:48.31. In 1948, RAF Halton servicemen, who included George Towers RIP (who organised our 1981 RWA 50k at Sleaford when 102 started) manned 50k feeding tables. In 1936 Tebbs finished 17th (4:54.56) when Harold Whitlock won gold at Berlin (Lancashire's Joe Hopkins was our other competitor). A programme worth watching on My5 "catch up" service (available until 2029).

### **MANY HAPPY RETURNS**

Hope you are keeping well. I'm returning to Race Walking after a 12 year gap. I'm hoping to do the Hour walk in September. Hope to see you at an event soon.

**John Taylor**

#### **ESSEX WALKER**

Dave Ainsworth  
18 Angmering House,  
Barnstaple Road, Romford,  
Essex RM3 7SX

#### **Telephone:**



01708-377382



#### **Email:**

[dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)  
[essex.walker@btinternet.com](mailto:essex.walker@btinternet.com)

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