

Essex Walker

Editor: Dave Ainsworth

"EDBANGER" RETIRES - BUT NOT FROM ATHLETICS

Octogenarian Plymouth-based **Ed Shillabeer** MRCVS (Member of the Royal College of Veterinary Surgeons) has retired from the profession after 60 years in harness, since qualifying in 1964. At an 80th birthday celebration a short while ago, he said his work was "a vacation not a job". Ed cited an active lifestyle as the reason behind his ability and willingness to stay in his career for such a long time. Ed now race walks for Ilford AC, having in the past turned out for Dawlish & South Devon, Plymouth City Walkers and the London Vidarians. He enjoyed a long spell as a Senior International - appearing in an edition of a world famous "*Guinness Book of World Records*" as the oldest UK athlete to make a full international Senior debut. He won a British 100 Miles walk (Arthur Eddlestone Memorial Race at Hendon) and to this day is **still** our UK 100 kilometres record holder: set in Essex (9:41.54 - 15/09/85) on Colchester's Garrison Track. He's prominent on Plymouth's business scene, having served two terms as Plymouth Mayflower Rotary Club President and is noted for successful charity fund-raising activities, particularly in support of both Animal Welfare and Armed Forces organisations. Ed's frequently supported the famous London marathon, including once dressed as St George when held on our Patron Saint's Day. Ed was active, with his late and enthusiastic father, in promoting major events at Burrator Reservoir and, of course, those wonderful Plymouth-to-Dawlish 42 miles point-to-point races with complementary Devon teas for each finisher and official. We all wish Ed a long, happy, successful and most enjoyable retirement.



50 YEARS' ON

On Friday 2 August 1974 Ilford AC started a team in the Leicester-to-Skegness Walk, and for a first time went on to close-in an Ilford AC team in a 100 Miles' walk. Exactly 50 years to the day the trio met up at "The Harrow" in Hornchurch for a Reunion Luncheon (as they'd previously done to celebrate their 40th and 45th anniversaries). Ilford walkers, past and present, had been invited to join them - and one - Len Ruddock took a photograph to mark this occasion.

L-to-R: **Alan Barber** C535, **Dave Neagle** C527 and **Dave Ainsworth** C540.

Glasses were also raised to toast another 50th Anniversary - that of Ilford Life Member and Past President **Roger Mills** who in Rome had gained a hard-earned 1974 European Championship 20km bronze medal.

Readers' comments:

- Hope you, Dave and Alan are enjoyed your lunch and reminiscing of your qualifying race of 50 years ago. Give my regards to them. A happy trio. Well done. **Chris Flint**
- A good get together. Thanks for the invite. **Len Ruddock**
- Great Photograph. **Steve Kemp**
- Happy days! **Ed Shillabeer**
- Memorable team achievement. Good to see 3 amigos celebrating their 50th anniversary and ... also remembering Roger's excellent bronze medal. **Chris Maddocks**
- A good photo of you and the others. **Val Mountford**

- So still celebrating after 50 years ... any excuse to visit the pub and have a meal! No doubt you all had a good time. **Rosemary Sutherland**
- Thanks for including me in on the update and photo. Great to see Alan Barber and Dave Neagle again, two Stock Exchange stalwarts with proud Brighton histories. Sadly I never attempted the 100, it's a great regret but what an achievement to wear that centurion badge for all those that did. Well done guys, hats off to you from one that knows what went into racing long distances. Happy days. **Andy Tweed**
- A photo to be proud of. Well done to the members. **Mike Sweeney**

ATHLETICS WEEKLY INTERVIEW WITH CALLUM WILKINSON

Callum Wilkinson states the case for race walking in a recent article published in Athletics Weekly.

www.athleticsweekly.com/event-reports/callum-wilkinson-states-the-case-for-race-walking-



OLYMPIC 20K WALKS

We offer our congratulations to **Callum Wilkinson** for his achievement in becoming an esteemed "Double Olympian" and all wish him well as he seeks to put Los Angeles on his record in 4 years' time. The race was on 1 August (bad weather delayed a start for 30 minutes) and Hon Ed saw both 20K Walks "live" on Eurosport 2 (free on Sky Channel 413) and only interrupted by ads. Another "Double Olympian" was in the commentary box: Tom Bosworth MBE. More senior readers will recall when GB vests were white with 2 horizontal stripes - they were so easy to spot, even on small screens and also when competitors were closely bunched in groups. It's a bit harder with today's so-called "improved" designs. Callum was 16th in 1:20.31 (40.23 at 10K). As his race was a month ago, we'll not publish a full result - as it's been fully covered in many publications including [August's Race Walking Record](#). Callum also gave an extended excellent post-race interview to Athletics Weekly which has been widely read.

Readers' Comments:

- With all his injuries of the last few years he did us proud and also a good time too. **Olly Flynn**
- I find it strange that walking has had to fight for its place among a whole range of events which are decided on a judge's matter of opinion, including gymnastics, skateboarding or trampolining - like my neighbour's children. Some of these are more like art forms, like young cinema organists' competitions. **John Powell**

ILFORD AC ON BBC TELEVISION LONDON NEWS

BBC visited Cricklefields Stadium in downtown Ilford to show an extended athletics feature, based on future Olympic prospects. It was aired on Wednesday 7 August. Inspiring interviews were given by 3-times' Olympian (88/92/96) high jumper Dalton Grant and Ilford AC's always hard-working inspirational Chairman Ernie Forsyth, a former race walker with Essex Beagles (as then called) who has raced for Ilford AC in the Essex League. Youngsters were seen being put through their paces under the watchful eye of Coach Ernie. Excellent and constructive viewing on the small screen, with Ilford's home stadium in the background.

Dave A - TV reviewer

Readers' comments:

- I caught it on iPlayer just before it expired. Good publicity for Ilford AC. **John Batchelor**
- Good news. Well done Ilford AC. **Ed Shillabeer**

ESSEX ATHLETICS CLUB'S TRACK UNDER THREAT

An application has gone in for an all-weather football pitch at **Ilford AC's Cricklefields Stadium**. Members and parents in particular of our development squad are asked to respond to fight off this misguided unwanted suggestion which would mean the end of all athletics throwing events (apart from shot put) at our community athletics stadium and possibly lead to even



Ilford Athletic Club

athletics track events being severely affected. Concerned persons are asked to respond to a Consultation document **by 14 September** to support the athletics club, Redbridge schools and all other users that have enjoyed using Cricklefields for a full programme of track and FIELD events for over 80 years. As almost everyone knows Ilford AC now have a thriving young athletes track and field team with at least 60 youngsters under 18 attending for training every Tuesday and Thursday. Continuing this is now in jeopardy. The children benefiting come from a complete cross section within the Borough from disadvantaged families, every ethnic background and with differing special needs. Ilford AC have appealed for action and asked that persons do not leave it to someone else as everyone needs to act. Those objecting can submit the views to:

Development Management Planning & Building Control, London Borough of Redbridge, 5th Floor, Lynton House, 255-259 High Road, Ilford. Essex. IG1 1NY. quoting Planning Reference 2282/24.
Or email: planning.enquiry@redbridge.gov.uk

OLYMPIC WALKER MOVES TO ESSEX

A warm welcome back into Essex for 1980 Olympian Roger Mills, who has moved to upmarket Maldon - from upmarket Bishops Stortford in Hertfordshire. May many happy and enjoyable years be coming his way, back in the County where he made his name.

DOUBLE ESSEX VICTORY IN DERBY MATCH

The annual British Masters Championship in Derby saw double success for Essex, as athletes from our County won both 3,000 metres walks. **Melanie Peddle** (W55) clocked 16:04.95 for her gold medal - **Stuart Bennett** (M65) was timed at 17:42.68 when he broke the tape. Both races had 8 starters. In the Men's race **Ian Richards** was 2nd in 17:55.19 and, in winning a M75 gold medal, was the only Olympian in the entire meeting to strike gold. Well done to all who supported this annual Championship at a well-appointed Derby Stadium. Full result in August's Race Walking Record.

ON THE RECORD

Many of our readers have successfully tackled a long-established Isle-of-Man Parish Walk, which visits all 17 parishes on route to its 85 miles finish line (offering a number of timed opt-out distance points). This year 128 completed the full course. A **record** was set by Australian **Geoff Hain**, who at 77 years 10 months, became its old ever finisher in under 24 hours, doing so in 23:41.01 for 125th position. www.parishwalk.com/news_story. Well done to him. Can any of our readers better that in 2025? Experienced distance race walker Geoff became Australian Centurion C49 in 2004 at Adelaide's Santos Stadium when clocking 23:30.38. A year later he claimed New Zealand Centurion No.14 in 23:37.33. Fast forward to 2008 during which he became Continental Centurion C368. We congratulate much travelled Geoff on his IOM record and wonder if he'll add UK Centurions to his admirable list of achievements?



SERIOUS MEDICAL SETBACK FOR FORMER ESSEX WALKER

News has reached us from the North about Trevor McDermot, who on his way home from a Schools' athletics meeting, suffered a heart attack leading to a full cardiac arrest followed by 3 weeks in hospital. Two Warrant Officers from nearby Catterick Army base were at hand to carry out CPR (Cardiopulmonary Resuscitation) for 30 minutes until an ambulance crew arrived. Writes Linda McDermot: *"If not for their valiant efforts Trevor would not be here today. They are true community heroes and we can never thank them enough. They were WO's Mark Sumner and Shane Wilson."*

Trevor made his name at Belgrave Harriers. Indeed when Bels won our 1979 RWA National 20K in Victoria Park (scorers 1. C.Lawton, 8. D Hall, 16. M Scamell and 17. J Newham) on a truly hot day, Trevor was just behind them should another scorer be required. In local events Essex resident Trevor frequently turned up to give support - indeed many who struggled around an infamous 5 circuits' Basildon 50K course benefited from such enthusiastic encouragement. Trevor and Linda put much effort in attempts to revive Northern race walking. They were welcome visitors at the Moulton 5 where Linda

made a wonderful film of that event. Trevor was an official at a memorable 2017 Bury St Edmunds 100 Miles, being on his feet for almost its entire duration. We all wish Trevor well on his recovery from such a serious medical complaint and look forward to seeing him, with Linda, soon back on our scene.

IN THE MONEY

Prize money now awarded to gold medal winning Olympic athletes has been previously reported, but now thanks to world markets is an additional bonus. 2024 saw gold prices at an all-time high, making this year's Olympic gold medals even more valuable; in fact, worth more than at any other Modern Olympics. This despite these medals are mainly silver with gold coating. At Games time they were officially valued at £817 each, though should rise in value as time flies by.

COME AND GO

Nowadays it's difficult trying to keep track with who fills which position at various Organisations which control British athletics. There's now one space in BBC's well-parked pundits' athletics studio, as Olympic gold medallist Dame Denise Lewis DBE announced her resignation 'live' on air. Her next role is to be President of UK Athletics. [Dame Denise Lewis steps down as BBC Sport pundit](#). Denise praised her Club and its volunteers for helping to pursue her dreams. She stated its time to try and help develop the sport. We wish the good lady well.

LINING THE OLYMPIC ROUTE

There's no doubt much disappointment was rightly expressed about a demise of the traditional Olympic 50 Kilometres' Walk. Its replacement - a mixed gender Marathon Relay - wasn't greeted with enthusiasm by most race walkers and those who following our discipline. However, some who did contribute to the debate wondered if a distance immediately recognisable to most (ie Marathon) and a new format might ignite additional interest. Most of our readers will have followed 3 Paris Olympic walks on television - and a number have already remarked on how many more seemed to be along the course for the mixed relay. Indeed, they were several deep in many places - and appeared even more enthusiastic by their waving and sounds of cheering. It definitely attracted a numerically good audience, all of whom needed an alarm clock to ensure their presence. *Just a pity GB couldn't muster a 2-person team to be part of the action.*

IN DEMAND

Dr Kitty Hung PhD, CITP, FBCS, MIIBA, Honorary Secretary of Metropolitan Police Walking Club and best-selling author, is on the panel at a major meeting (16-18 September) with the title, "**How do we stay relevant in a future transformed by AI?**"

PARIS OLYMPICS WALKS

No not 2024, but when last held in Paris back in **1924** (a year featured in "Chariots of Fire). A century ago Britain won a silver medal in the 10,000 Metres track walk. Winner was Italy's Ugo Frigerio in 47.49 with our Reg Goodwin 2nd with 48.37.9 on the stopwatch. Bronze medallist Cecil McMaster (South Africa) was timed at 49.08. Britain's Ernie Clark was 6th in 49.59.2, while Gordon Watts was disqualified in Semi-Final 2. Judging rows ensued afterwards, so much so, that race walking was dropped for the next Olympics - 1924 in Amsterdam - before reinstatement in 1932 at Los Angeles.

FIXTURES

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

SEPT	1	London Inter Club Challenge (+ Enfield League) + 3,000m + Junior 1,000m	StoneX Stadium NW4	11.00am
	8	National 20K championship (M&W) + Open + full supporting card	Douglas, IOM	9.30am
	14	BMAF 5,000m Track Championship	Birmingham Uni	TBA
	18	Ryan Cup (CS v Police) CS & Met Police Championships 10k/5k	Evesham Velopark	1.30pm
	21	Enfield League 1 Hour/5,000m + Junior 2,000m/3,000m + Essex 10,000m championship	Queen Elizabeth Stadium	11.00am



	28	Surrey Walking Club 125 th Anniversary Lunch	Union Jack Club SE1 8UJ	12.30pm for 1.00pm
	29	Jack Fitzgerald Memorial Races approx. 3 Miles & 6 Miles 'B'	Tilgate Forest	1.00pm
OCT	6	Ray Hall Winter Track League	Aldershot	TBA
	12	Enfield League 'Amos Seddon' 10K + 2/3/5K	Queen Elizabeth Stadium	11.00am
	19	Vets AC/Middx/Herts/Sussex Counties 10,000m + Jnr 2,000m both 'A'	Norman Park	1.00pm
NOV	2	Ray Hall Winter Track League	Tonbridge	TBA
	9	97th "Bernie Hercock" Enfield Open 7 Miles (& League) + 1/2/3/5 Miles + VAC & LBH	Donkey Lane	10.30am
	11	Race Walking Association (Southern Area) AGM	Zoom	7.15pm
DEC	1	Ray Hall Winter Track League	Ashford	TBA
	26	70 th Southend City AC Pier 2 Miles' Yacht Handicap	Southend Seafront	10.00am
	26	Brighton "Boxing Day" Walks (TBC)	Preston Park	TBA

NOTES

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.

GLOUCESTER 24 HOURS and 50k TRACK WALKS 24/25 AUGUST

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
--------------------	---	--	--------------------	--	---

The 24 hours walk saw 18 starters including 3 ladies from whom 10 (including 1 lady) reached 100 miles. Our Home nation weren't that well represented in numbers but were so in quality as of those 10, 2 were established Centurions on our British scene: **Jonathan Hobbs** of Ashford AC and **Andrew Titley** of Isle of Man Veterans AC. The lady reaching 100 miles was Australian star Sharon Scholz, who in 2017 qualified as a Centurion at Bury St Edmunds when many of our readers were present. *Where were our UK based race walkers?* Richard McChesney, an established multiple New Zealand record holder, was the only athlete to account for an entire 24 hours. He's an ultramarathon walker of note. Indeed he has a British record to his credit as in 2020 he walked to all then 270 London Underground stations in under 5 days. Yes, we know there are now 272 as 2 new stations opened in 2021 (Nine Elms and Battersea) so perhaps Richard will attempt visiting on foot a now longer list of stations? Jonathon Hobbs recreated his past 100 miles form as shown when winning emphatically at Middlesbrough Sports Village 2 years' ago. He headed the Gloucester field early on, and was 1st at 100 miles. **Well done Jonathan.** Belgian athlete Detlef Santy was 1st new Centurion gaining No 1221, so presented with the "145 Trophy", containing a badge Hew Neilson gained in 1948 at the Surbiton Town Sports Club 24 Hours race held on Motspur Park track. Who remembers Motspur Park - opened in 1928 as the University of London athletics track? "Mighty Atom" Sydney Wooderson set a World 1 mile record there on 1 August 1928 which stood for 5 years (4:06.4). Racing ended in 1988 and it's now a state-of-the-art sports facility as Fulham Football Club's training ground. The only other new Centurion, claiming No 1222 was Belgian Kurt Tempels. A warm welcome to Detlef and Kurt as they join The Centurions. As for the organising Company, it's speculated they're pulling out of such events after the Gloucester meeting - we await confirmation or denial.

A 50 Kilometres support race commenced at midnight, which saw Barnet's **Steve Allen**, well known to our readers, first finisher in 6:35.00. The frame was filled by James Simpson 2nd in 6:47.12 and 3rd Roy Gunnett of Lancashire Walking Club 6:57.33. Former UK 100 Miles Champion Colin Vesty was 5th in

7:25.59. Chris Flint, despite being heavily involved in promoting/organising the event, managed to fit in 42.39k in 7:41.57. 9 started.

We won't publish full results as we can't possibly equal the standard of an official website, which has full details: miles/kilometres/positions plus times/distances of those who retired etc in all races on the card.

[Timing Monkey :: Gloucester Track Races 2024](#)

It's often said "*There is no future in looking to the past*" - and we've already moved on from Gloucester. 2025 will see our **100th** UK hundred mile race staged - since a first on 21/22 August 1877 at Lille Bridge, Fulham. That a 100 Miles Challenge Track race won by John Edwin Fowler-Dixon (1850-1943) of London AC who reached 100 miles in 20:36.08. He's Centurion No 1 whose grave is in Highgate Cemetery so can be visited - as a previous Centurions Social Walk once did. A wonderful picture of Centurions Sandra Brown, Sue Clements, Ann Sayer and Bill Sutherland was taken.



A memorial plaque credits him with being a founder of the Amateur Athletics Association - Highgate Cemetery admission comes at a modest fee. There's a connection with Essex as Mr Fowler Dixon was a Southend-on-Sea AC Vice President in the late 1920s. He was a long serving Centurions President (1911-to-1943) who was replaced by Centurion No 2 Jack Butler of Polytechnic Harriers who served until 1959. Lille Bridge was a well-known sporting venue. The 2nd FA Cup Final was held there in 1873 when Wanderers (a team without a home ground, but formed in Leytonstone by mostly Public School types) beat Oxford University 2-0 to retain the cup - with goals from The Honourable Arthur Kennaird and Charles Weston. Middlesex Cricket Club played there from 1869-to-1872 before finding a better ground at Lords - indeed visiting Dr W G Grace scored centuries at Lille Bridge. It also staged an annual Oxford/Cambridge Varsity athletics match from 1867-to-1887. In 1876 a World athletics record was set on this ground by Marshall Brooks (Oxford University and an England rugby International full back) who soared over a 6'2.5" high jump bar. It fell into disrepair after cancellation of an athletics meeting on 18th September 1888 at which 6,000-to-7,000 people had paid to watch and place bets. A riot ensued which destroyed both track and grandstand. The ground then became a coal yard before the 1960s when it was a car park for nearby Earls Court Exhibition Centre. Don't go looking for it, as it's now part of Lille Square housing scheme.

Readers' Comments on Gloucester events:

- It was a good event - the organisers were very enthusiastic and delighted to have the walking races in conjunction with their 24 hours running race. My 100 Miles is still on the agenda. **Steve Allen** (Barnet AC)
- It was well organised. **Richard Cole**
- Sandra and I also followed the achievements at Gloucester this last weekend. It was great that the running 24 hour (and other events) took place alongside the Centurions 100 mile challenge. Both events used different lanes with separate judging and hence complemented each other. So this was a successful and mutually inspiring experiment in holding running and walking ultras together, helping the viability of both. A good model to build on for future events, we hope. It is worth remembering that up to 2 years ago the British 24 hour running record was held by Dave Dowdle who also achieved that at a previous Gloucester track. That record of 274.480kms was set back in 1982 and so stood for over 40 years. At the time it was a world record. Sandra, Vicky and I have enjoyed doing various 24 and 48 hour events at Gloucester, but there is talk of this long standing event stopping. We desperately need more, not less, ultra distance events in the UK. So we hope this event will continue. **Richard and Sandra Brown**

SOUTHEND CITY AC MILE SUCCESS

After too much dismal news in recent times, race walking got a much-needed boost at Garon Park Track on August Bank Holiday Monday when a "*curtain raiser*" of a popular



all-day Open Meeting was our annual 1 Mile Walk. It's been around for a long time, with a record turnout set on 29 August 2016 when 23 made the result sheet - headed by double Olympian **Dominic King** who'd just returned from Rio de Janeiro. That day he set a track record at 6:11.06 ("Wow") over 3 minutes ahead of 2nd placed **Simon LeMare** (Southend-on-Sea AC as then called) in 9:23.06 with Ilford's recently departed **George Nibre** RIP completing the frame in 9:31.30.

We also had a wonderful turnout for this year's August Bank Holiday Monday's Mile at Garon Park Track as 19 raced the mile, with last year's winner **Phil Barnard** (Ilford) bettering his 2023 time when leading from gun-to-tape in 7:36.4. The other walker to finish under 9 minutes was Brentwood's **Emma Dyos**, a former Garon Park track record holder, who went close to reclaiming it with 8:44.9. A Brentwood member was also 3rd, as **Stuart Bennett** clocked 9:10.8 and retained the "George Woods Trophy" as the first Essex resident Centurion. This trophy was donated by the talented O'Rawe family in memory of former most popular Southend Centurion George Woods. Another Brentwood Beagle deserving special mention is **John Taylor** (formerly Loughton AC) who made a comeback since leaving race walking in 2013. He was welcomed back to enjoy the occasion as he finished 9th in 10:24.08. There was joy at seeing new names on our start list and we hope they'll all continue to compete in our athletics discipline. Enthusiastic meeting organiser **Keith Palmer**, even with many other duties, managed to fit in a competitive appearance to fill 10th spot in 10:28.1. It was a family occasion as wife Emma was 16th in 12:35.9 and also proudly went home with a medal around her neck. Keith then supervised our presentation ceremony, when local businessman and Southend City AC supporter Clive Shiret handed out medals to many grateful recipients - as all age groups and both genders were recognised - on a podium in front of the grandstand.

Number	Name	Age Group	Club	Time	PB
1/379	Philip Barnard	MV40 - G	Ilford AC	7:36.4	7:36.4
2/384	Emma Dyos	FV45 - G	Brentwood Beagles	8:44.9	8:40.2
3/312	Stuart Bennett **	MV65 - G	Brentwood Beagles	9:10.8	8:45.02
4/383	Colin Harle	MV65 - S	Belgrave Harriers	9:21.9	9:13.18
5/112	Linda Mountford	FV35 - G		9:57.8	9:27.9
6/179	Steve Allen	MV65 - B	Ilford AC	10:06.2	8:53.4
7/210	Richard Maskell	MV45 - S	City of Southend AC	10:13.5	10:13.5
8/45	Rowan McTeer	BU13 - G	Central Park Athletics	10:22.3	10:22.3
9/129	John Taylor	MV65 - 4th	Brentwood Beagles	10:24.8	9:08.9
10/300	Keith Palmer	VM55 - G	City of Southend AC	10:28.1	9:45.8
11/319	John Borgars	MV75 - G	Herts Phoenix AC	10:33.7	9:36.3
12/285	Tilly Heaton	WU17 - G	Castle Point Joggers	10:40.5	10:45.5
13/44	Kirsten McTeer	FV45 - S	Central Park Athletics	10:49.5	10:49.5
14/386	Alan O'Rawe	MV80 - G	Ilford	10:58.3	9:30.51
15/198	Katie Hawkins	GU15 - G	Brentwood Beagles	11:31.7	11:31.7
16/389	Emma Palmer			12:35.9	12:35.9
17/188	David Ainsworth	MV75	Ilford AC	13:48.2	11:25.94
18/388	Selena Fox			13:57.6	13:57.6
19/385	Val Mountford	FV75		14:16.8	12:10.6

****The George Woods Trophy presented by the O'Rawe family [former members of Southend AC] presented to First local Centurion.**

Thanks to ace photographer **Brian Boggenpoel** for again taking action shots of our race and to former race walker **June Cork** for providing an always interesting informative commentary. This major event is so enjoyable with a marvellous atmosphere - indeed several walkers and their families stayed on for some while to enjoy many other events on a varied programme. If you've not appeared at this event before - how about putting August Bank Holiday Monday 25 August 2025 in your advance planners now

- and keeping the day free? It's an early start so gives you the rest of the day to join Bank Holiday day trippers enjoying delights of this popular seaside resort.

This is a group photograph of competitors plus Southend President **Ray Pearce** and Chief Judge **Peter Cassidy** - both octogenarians and still giving their services to enable such events to be held. The photo was taken on the initiative of stalwart June Cork, who took this picture and writes "*Hope this reproduces okay.*" A number of appreciative comments were received from Emma Dyos "*Great photo*", Andy O'Rawe "*Excellent photo*", and Sandra Brown "*Brilliant*".



GOOD JOB WE DIDN'T RACE THAT DAY

Our Colchester-to-Merse Island "point-to-point" 9 miles, which finished on a long stretch through an Island Festival with crowds lining its route, has a place in Essex race walking history. Fame is mainly as, on an occasion in the '80s, pre-race tide tables weren't consulted, as "*The Strood*" - a causeway between Essex mainland and island on the B1025, is covered twice in each 24 hours' period when of necessity traffic stops. The tide rises fast, and our fastest walkers sped along untroubled, but from halfway down, competitors faced wading through rising water - being up to knee-deep for back markers. All saw a humorous side of their experience. So, a good job we didn't race on 20 August this year as there was a freak high Spring Tide of 4.9 metres. This was announced on local radio, social media and newspapers with warnings the causeway would be cut-off for longer than usual due to the sun, moon and earth being in alignment causing an extra strong gravitational force. Race walkers have good form on Mersea Island, as in December 2013 the talented King twins broke the record for walking its 15 miles' perimeter in 1 hours 59 minutes in drizzly rain. This record had stood since Charles Prigg set it on 13 December 1913 when completing his circuit in 2 hours 39 minutes. Colchester-to-Merse Island is another of our much-missed enjoyable races.

A NEXT YEAR TREAT

Centurions' Social Secretary **Steve Kemp** advises "*The proposed social walk at Winchelsea will now take place in the spring of 2025*". Winchelsea in East Sussex isn't far from Romney Marsh and 2 miles from Rye – 7 miles from Hastings. A delightful setting for another of these now long well-established social walks, which are open to all (whether Centurions or not) plus their families and friends. Prior to 1832, then with 12 registered voters, Winchelsea had 2 members of Parliament when such cities as Leeds, Liverpool and Manchester had none. For many years Winchelsea claimed to be Britain's smallest town (population 600) though this claim to fame has now been taken by Fordwich on the River Stour near Canterbury. *So readers, please look forward to a most pleasant day out next spring.*



NEWS OF EDDIE

We've not seen much of **Eddie Trotter** in recent times as he's been unwell. Eddie's appeared for Ilford AC, Collier Row Striders and, of course, London Transport in business events and their Sports Days. Eddie's now based in Clays Hill, not far from Wickford. He's well known for organising a London Marathon water/energy drinks station, which most years was at Canary Wharf - not far from Ilford's drinks station on the same complex. These stations were 40 yards' apart as the crow flies but 3 miles' apart on the course - which goes through Canary Wharf in both directions, with CCTV camera covering this gap to catch any cheating competitors trying to advance positions by "nipping across". Ed's one of an esteemed handful of Essex athletes who've completed 100 marathons - among them with race walking connections, are also Kim Howard, Andrew Wilmot and much missed Jerry Everett. Eddie's attended a few Billericay parkruns but, alas, wasn't ready to compete in August's Southend City's Mile at Garon Track - an event in which he'd

previously built-up a sequence of appearances. He sends regards and hopes to return. Fellow London Transport athletic protagonist **Pat Furey** paid a visit during Eddie's illness and took the picture which we publish. We send genial Eddie our best wishes, and may he soon enjoy better health soon.

IN THE NATIONAL PRESS

A number of readers were "quick off the mark" in drawing attention to an article in the Daily Mail dated 22 August. On page 52 is an article "You Can Walk but Never Run" which constructively explained in lay terms, laws which govern race walking - illustrated with a picture of 2004 Australian Jane Saville proudly holding her 2004 Olympic 20k bronze medal. It's penned by Twickenham resident Emma Simpson.

STILL IN THE RUNNING

At Great Notley's weekly parkrun on 24 August now Spanish-based **Dave Rosser** put in an appearance and covered a 5 kilometres distance in 34 minutes and 30 seconds to fill 120th position from 157 finishers. Now racing in the VM80-84 category Dave's a former Welsh champion and was a Commonwealth Games representative at Edinburgh in 1970. Not far behind, in 127th spot with 35.20 on the stopwatch, was Jo Eldred (VW70-74) of "[Michelle's Running Group](#)", the wife of **Mike Eldred** - who as a Cadet race-walked with distinction in a numerically strong Essex Police squad during John Hedgethorpe's heyday. Among a regular team of officials and helpers needed to stage such events was stalwart **Tony Perkins**.

"ALL OUR YESTERDAYS"

Shakespeare's phrase from "*Macbeth*" easily applies to words from former Southend-on-Sea AC leading light and 1970 Commonwealth Games Representative race walker **Dave Rosser**, who has supplied us with information about the Club's Walking Section. Thoughts are topical as on August Bank Holiday Monday we raced for the "**George Woods Trophy**" at Garon Park. Here's Dave's welcome contribution:

"I note that it was mentioned that George Woods formed the Walking Section in the 1960s. I think that is wrong because I joined in 1960 when the likes of Peter Marlow and Alec Banyard were to the fore off junior national events and the main stay was Johnny Atkinson and I can remember George becoming a member of the club. And the section became very successful from around 1962/3 in the youth and junior events which then led into success in the senior events."

David Rosser

AN ESSEX WALKER RESPECTED IN CANADA

Word has reached us that the Canadian Ironman Triathlon was the last at Penticton, British Columbia. It was its 40th there. [IRONMAN Canada - Anything is Possible](#) A final event didn't go quite to plan as swimming was removed due to 13 degrees' water temperature. Most events have seen Penticton resident **Steve King** (Ilford AC/Stock Exchange AC/Centurions) as the event's long established and much appreciated



commentator, who also called the last one. For his many meritorious media appearances, which included television, radio, National events and major Games, he was inducted into the British Columbia Athletics Hall-of-Fame. A recent Facebook entry saw an appreciative sports follower describe Steve as "*The Voice of Ironman Canada*". A fine tribute to one who was a key figure on our British race walking scene, with sub-8 hours London-to-Brighton finishes in 1973 (8:48.56) and 1976 (8:44.19) when coming 2nd to John Nye and Adrian James respectively. Always a popular visitor when returning to Blighty on visits - especially when bringing his racing shoes! We wish him well.



Dear Dave ...

OLYMPIC 20K WALKS DAY

A very good day for Spain, of course - a bronze and a silver, and 3 women in the top 10. I know Álvaro Martin's mother quite well, and did a couple of technical training sessions with his coach in happier days, so felt a connection there, as well as watching Callum's progress with enthusiasm. **Cath Duhig**

HON ED CHIPS IN

Both on a television channel and in a radio broadcast, viewers/listeners were told on 1 August (20K Walks Day) that "**Athletics starts tomorrow**". *Hmmm!* Reminds us of former "Woodford Wednesday Walks meetings at Ashtons Playing Fields track - which became Woodford Tuesday Walks - then vanished from our programme. For decades the first race on the card was always a 3,000 metres walk at 6.30pm. The announcer always boomed out **that Race No 1 was the 100 metres heats at 7pm**, even though our discipline was first on the track at 6.30pm. From 2012 onwards our 6.30pm start ended and we were shoved back to 8.45pm - the last race on the card. When Olympic broadcasters and Ashtons announcers state an event **after** the walk is "*the first athletics event*" then our profile as an athletic event urgently needs boosting. **DA**

OLYMPIC 20K COMMENT

How does an unknown Ethiopian finish 6th in a World Class field? www.ethiopiaobserver.com/misgana-wakuma-finishes-6th-in-mens-20-kilometre-walk/. The mind boggles. What he did was quite incredible and must open our event in the future in other African countries. Yes, altitude makes much difference if you live your life there but I am not so sure after training at Font Romeo in 1968 so near to his big day. We went there in 1968 and were told not to train hard early after our arrival. That is all except for the Great Don Thompson who promptly did a lengthy spin on the track immediately after arrival. On return on the Friday before the Leicester Mercury 20 Miles on the Saturday we were advised to give it a miss and rest for the weekend. Don Thompson did it. So much for the medical advice! What a great Middlesex Team we had in those days. You had to be well under 80 minutes to achieve the honour of representing the County. Saying that they held a Special Presentation Dinner at the Guildhall when Bob Tanner achieved that great honour. He always gave everyone a Barley Sugar after training as we all had the stamina of a horse or so he thought! Bless him! Great days eh! **Bill Sutherland**

Adds Hon Ed: Misana Wakuma set an Ethiopian record of 1:19.31. He lives and trains at high altitude. I ran a "Great Ethiopian Run" (10K) some years' ago - and Addis Ababa is 7,700 ft above sea level. Ethiopia has a great record in developing distance athletes. That 1968 Leicester Mercury has 202 finishers, led by Bristol's Brian Eley (who achieved Olympian status later in the year) in 2:41.22, followed by 2 established Olympians in John Paddick (Royal Sutton Coldfield) and Don Thompson (Met WC) who clocked 2:43.56 and 2:45.25 respectively. Then Wakefield Harrier Roy Thorpe won the handicap prize with Sheffield's A Etches the leading veteran. Teams 1/2/3: respectively Trowbridge & District/Leicester WC/Wakefield Harriers. Full result in Race Walking Record archives.

racewalkingassociation.com/Archive/1968.asp

AFTER THE BIG WALK

After the men's 20kms walk I was committed to meeting a friend at the gym. I recorded the women's walk and watched it without knowing what happened - exciting race! At 9.30am I parked up my car at the leisure centre. Let my collie jump out for a run while a local football coach called across to me. "Hey, Chris. When did you go to the Olympics?" I shouted back that my last one was Sydney 2000. "Last one? How many did you go to?" Before I walked into the gym I'd agreed to talk to the 50 boys and girls who were warming up for a coaching clinic. The coach had seen me two days earlier and he'd told the kids that day who I was. Apparently, they found it hard to believe someone from Tiverton had been to the Olympics.

Today's group of young kids dutifully sat on the astroturf and gazed up. I told them a little bit about my 5 Olympics while challenging them to tell me where each host city was in the world. They were great fun including a good Q & A. I was late meeting my mate in the gym but made up for it with a reasonable weights session before going home and resuming my Olympic TV watch and note taking.

Chris Maddocks

THANKS

Thank you so much for including mention of our Charity Walk. We have raised over £600 for Pancreatic Cancer UK and that's a fantastic amount for their research.

Hilary McDermott

RACE WALKING PUBLICITY

Just a note to say I've managed to secure some wide-ranging exposure for Racewalking on National Rail. I was interviewed as part of a sporting campaign of people who have had sporting success from local areas and used the train. The [social post](#) went out on 4 August. The audio interview will be on National Rail website for a significant amount of time: [Sporting Routes | National Rail](#) (just scroll down to the Athletics audio).

Phil Barnard

Adds Hon Ed: Phil's interview starts at the 15.18 mark - in it he gives favourable mentions for Alan O'Rawe and Irene Bateman. Also mentioned are a number of Athletics Clubs (throughout the Country) where those interested can get involved in race walking. All for the cause of raising Racewalking's profile amongst the general public!

A transcript of the entire series of Sporting Routes features Kirsty Gallacher's interview with Phil Barnard's on P27-28: [Nothing Beats Sporting Routes - Episode Transcripts \(nationalrail.co.uk\)](#)

Bill Sutherland commented:

- "Great news! But what has the Race Walking Association or Southern RWA got to offer? Phil Barnard would be a great link for the future."

READER'S REFLECTIONS

Just reflecting on your wonderful latest Essex Walker. If the International Olympic Committee (IOC) thought it necessary to abandon the 50 Kms Walk and the 35 Kms Walk for an inaugural Mixed Gender Relay over the Marathon Distance in the Paris Olympics why did they not decide to do that also for the Official Marathon? In the build-up for the 20 Kms Walks they say it involves ENDURANCE, when we all know the TRUTH is that is exactly what the 50 or 35 Kms did in abundance. In one massive step the IOC have changed the History of Olympic Distance Race Walking into a Schools Sports Day Event and urgent ACTION is needed as in 1976 to bring the 50Kms back. Let's hope this can be the starting point!

Bill Sutherland

THANKS

"Essex Walker" received with thanks. Always pleased to read about the latest situation and read about old times in the race walking world.

Arthur Gutteridge C476

NAMES

[Tebbs Lloyd Johnson - Wikipedia](#)

Lloyd Johnson was generally known by his second name Lloyd. Several walkers were known by their second name - Paul Nihill and the 3 Whitlocks, Rex was the 3rd name.

John Powell

OLYMPICS VIEWPOINT

What a moving story written about Rose Harvey's tenacious marathon run in Paris when she subjugated the pain from her injury to her desire to finish. [Team GB runner finished marathon despite breaking leg](#) Devon's own five-time Olympian Chris Maddocks showed equal determination to finish his Sydney 50km race despite the pain of pulling his hamstring just 3km after the start! He had also to continue to satisfy the racewalking judges but to his surprise he was rewarded with a standing ovation as he crossed the line in last place! A third example of what the honour of representing one's country means to an athlete was my own experience, competing in an international ultramarathon 28-hour racewalking event in France. After 50 miles I had a shooting pain in my leg which stopped me in my tracks, but I continued for another 70 miles to the finish because it was my debut in an England vest. You've guessed it - a stress fracture of my tibia!

Edmund Shillabeer**BEST WISHES**

I wish Roger Mills and his family a good move to Maldon. Lovely place. Please pass on my best wishes to him, he may remember me – ha ha. He was a great help and boost to me in my early years of joining Ilford AC. Shame I never got a photo with him.

Mike Sweeney**INVITATION TO ALL IN RACE WALKING**

The Surrey Walking Club celebrates the 125th 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 either:

- **Chris Flint** bettychrisrf@hotmail.com, telephone 01304 368324 or mobile: 07923 174883), or
- **Trevor Sliwerski** trevorsliwerski@hotmail.co.uk, telephone 01252 617480)


Please reply as soon as possible to reserve your places. Please make known dietary requirements (vegetarian etc). Please consider giving this occasion your support. Further details are on an accompanying advertisement.

Chris Flint**STILL GETTING IN THE DISTANCE**

Barbara and I are just recalling some names and memories. Sadly, for the SWC 125th Anniversary Lunch, we are away walking, yes walking, albeit at a more leisurely pace from Siena to Florence. The greatest attraction of which of course will be the wine. I wish you all well on such a momentous occasion. I simply don't understand why race walking is in such decline when, doing punishing events is all the rage. The cardiologists for the London Olympics (and also Spurs) told me the race walkers were the fittest group by far which I can understand. Footballers were the least fit - so no surprise there. I understand and have no reason to doubt the fact that 750,000 people turned out to see E F Broad win the first Stock Exchange London to Brighton in 1903. Times change. As I say, "Happy Days".

Andy Tweed

Adds Hon Ed: Andy has ignited wonderful memories of 1903. In a memorable 2003 Centenary race programme are 4 action photographs showing 1903 crowds plus a group shot of the leading 5 finishers: E F **Broad**, G D **Nicholas**, T E **Hammond**, R **Davie** and W L **Nicholas** all immaculately attired, in their twilight years. Respectively they'd clocked: 9:30.01, 9:33.52, 9:35.07, 9:35.21 and 9:40.40. 87 started/77 finished. Some race! Mr Hammond was to gain victory in 1912 with an improved 8:44.10 on the stopwatch. It's a wonderful programme, so worth asking you to borrow one from the many who possess one - it contains many more pictures. Many were at the Centenary "Brighton" which ended with a well-attended gathering and buffet at Brighton Racecourse's "Long Bar" - not for nothing is it known as "The Long Bar" and it was packed.



Union Jack Club

Surrey Walking Club

125th Anniversary Lunch and Reunion
Saturday 28th 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 Meringue (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, Glenlithorne, 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 Telephone: 07923 174883 (mobile); 01304 368324 (Home)
trevorsliwerski@hotmail.co.uk Telephone: 07778 855972 (mobile); 01252 617480 (Home)

RACE WALKING PUBLICITY

Reference the Daily Telegraph article (*An Olympic Sport that Promises a Washboard Stomach and Anyone can do it*), this brought back memories of when I first took up Race Walking. I attach a paper cutting from Reveille which was quite a "sexy" paper in the 1960's which illustrates the coverage I was getting. I was at first quite self-conscious and embarrassed when training on public roads until I became a familiar sight and won acceptance as a serious athlete. Local media coverage also helped me by publicising all my races and results and educating the public to accept that Race Walking was to be taken seriously. It also helped that Ken Matthews' Gold medal in 1964 and Don Thompson in 1960 enhanced the status of Race Walking in the eyes of the public in the 60's. By the very nature of the Race Walking technique it may always strike some people as unnatural when it's a lot easier to run. Therein lies the challenge to educate and promote this discipline. Callum is our true ambassador in this regard.



Roy Lodge

Adds Hon Ed: "Reveille" was a light-hearted read which ceased in 1979, when merged with similar publication "Tit Bits". That itself ceased in 1984. More established readers may recall these titles, or purchased them? "Tit-Bits" covered sport, with a contributor being Russ Edgar, who gave athletics (including race walking) favourable mentions. Russ Edgar was a pen name for Sunday Times Athletics Correspondent Cliff Temple, a prominent Fleet Street journalist and leading athletics coach. Cliff, one of race walking's greatest friends, so sadly left us aged 46 during 1994 in tragic circumstances. In an article he once wrote, "Race walkers, they're a great bunch, but you really wouldn't want your daughter to bring one home with her".

GLOUCESTER ULTRA-DISTANCE CHALLENGES

I have been following closely the Gloucester Challenges over 24 hours Running and 100 Miles and 24 hours Walking. They started at 10 am on 24 August. Being one of 20 past Highgate Harriers who have walked 100 miles in 24 hours since 1909 one knows what a fantastic achievement this is! The Record Holder for Highgate Walkers is the Late Charlie Weston with a fast time of 18.29.14 set in 1976 in the Leicester to Skegness 100 Miles which he won becoming Centurion 584. It is the most exclusive Club in Sport as you cannot be elected into it or buy your way into it, but ONLY by completing it can one become a member. Our 20 members achieved the fantastic feat in 12 different Challenge Races. Prize of place last weekend without doubt went to Matt FIELD of the Bad Boy Running Club who become the New UK Record Holder over 24 Hours completing 703 laps and reaching a distance of 174.787 Miles or 281.303 km improving the old record by over 3 miles and winning by over 39 miles no less! I well remember back in 1973 when ultra distance running was greatly popular that at the Accolade 24 hours on Walton cinder Running Track the great Ron Bentley of Tipton Harriers set a British Record of 154 miles. A year later in 1974 we organised a 8 hour Walk record attempt at New River Stadium where Olympian Ray Middleton from Belgrave Harriers set an impressive New Record. Great days indeed and wonderful memories too!

Bill Sutherland C890

Adds Hon Ed: There was a *double-bill* of 24 hours' action as both runners and race walkers competed - obviously allocated separate track lanes. For good measure race walkers also had a 50k race on the card. Walkers have complained about an Olympic 50k elimination and a lack of such races in the UK - so it was a pity more didn't show for the 50k, if they didn't fancy 100 miles/24 hours. At Gloucester, "live screening" throughout attracted many viewers - with a camera well placed to capture action coming off the 3rd bend and the length of the home straight. Instant results after every lap were available plus a full result sheet on display immediately the clock stopped on 24 hours dead. Bill rightly draws attention to an outstanding running performance. However there seemed a number of runners who perhaps had bitten off more than they could chew - and some were soon walking. At least 2 who switched to walking tried their luck with a race walking gait - which looked odd when runners changed direction every now-and-again. Walkers simultaneously proceeding in opposite directions in different lanes! Race walking saw 18 starters, of whom 10 stayed on their feet to pass 100 miles, which left long gaps between them. Runners numbered 27 at the "off", of whom 12 stuck it out to reach 100 miles. A screening spectacle

was impressive at the start and for some while - but as more gaps appeared it became less compelling viewing. But still a great way of involving those unable to be in Gloucester. Experienced distance track race walkers who were so used to looking at their own watches and working out 400 metres progress each time, found walking in outer lanes a mathematical challenge - but, hey, it's the same for them all! It was well organised and the Centurions' Committee are to be congratulated in staging this event which was a new venture to combine our discipline with a running promotion. It worked - and deserved more entrants, especially from the host Country!


KINGS OF VERSATILITY

Spent the day with the King twins on Saturday in Colchester. Both our Clubs were competing in the [Southern Athletics League match](#) and I have to say I was very impressed with them – talk about a pair of Action Men! I don't think they stopped all day. And they competed amongst other events, the Triple Jump. All I can say is, watch out Jonathan Edwards: that World Record is, er, well, it's just about safe for the time being!

June Cork

- **Tony Perkins** commented: “That reminds me of when my efforts contributed to an Ilford Recorder article headlined “The Magnificent 7 Juniors Win”. As a 16-year old Ilford AC junior I participated in an inter-club tournament along with 6 other club members. The journey was a ‘first’ for all 7 of us – I recall we travelled on the 101 bus to Becton and onwards, courtesy of our Red Rover bus passes, and then walked through the pedestrian tunnel under the River Thames to reach the venue. We covered every single event between us – I did the shot putt and long jump - and our efforts were rewarded when we won the tournament trophy.”

Isle of Man 20km Race Walking Championship 2024



Manx Harriers invite you to take part in the 2024 Isle of Man 20km Championship.

The 20km and the supporting races will be held on the famous 800m 'Bowl' lap - a purpose-built circuit, renowned as flat and fast.

20km Course Records
Men - Rob Heffernan 1:21:54
Ladies - Gillian O'Sullivan 1:29:57

Programme of Events
9.30am Senior Ladies 20km
9.32am Senior Mens 20km
10.15am U23 & Open 10km
10.45am U17C & U17B 5km
11.15pm U15C & U15B 3km
11.45pm U13 2km & U11 1km

We can't guarantee fast times, but along with a fully certified course, you can be sure of a warm welcome and a memorable 'overseas' racing experience on the beautiful Isle of Man.

For further information or to enter, please contact race organiser Steve Taylor on stevetaylor1966@manx.net

PROUD TO BE A WORLD ATHLETICS RANKING EVENT

Sunday 8th September
National Sports Centre Douglas

For entry details - www.manxharriers.com - Entries close on 01/09/24.

APPEAL FOR SUPPORT - BRITISH 20km RACE WALKING CHAMPIONSHIPS

Would you be so kind as to distribute the attached advert for a 20km event being held on the Isle of Man on 8 September 2024. This event has world athletics ranking status and will incorporate the English, RWA and British 20km championships. Britain and indeed the RWA has not staged a 20km championships for some time so we are delighted to revive the event and hope for support from the race walking community. The event is being held at the National Sports Centre, formally known as the Bowl, where in 1972, Paul Nihill set a world record of 84.50 for 20km. There will be supporting races of 10km, 5km 3km 2km and 1km.

Steve Taylor

Adds Hon Ed: Already there's been widespread distribution of this worthy promotion and we're happy to give it another "plug".

ESSEX WALKER

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

Telephone:



01708-377382



Email:

dave_ainsworth@yahoo.co.uk
essex.walker@btinternet.com

Please note that you may unsubscribe to the Essex Walker at any time by contacting the Editor.

Past copies of Essex Walker can be viewed online at: [Newsletters - Race Walking Association](#)