

# Essex Walker

Editor: Dave Ainsworth

## TRUE WORTHY PETER CASSIDY MAKES A SHORTLIST

I'm delighted to inform you that a nomination in the **East Regional Volunteer Awards** has led to **Peter Cassidy** being shortlisted in the **Services to Athletics & Running** category.

<https://www.englandathletics.org/about-us/volunteer-awards/regional-volunteer-awards-2024/>

**Peter** has been invited to the **East Regional Volunteer Awards** on the **6<sup>th</sup> October**. During the evening, we would like to highlight the achievements of those who have been shortlisted. On the evening, we want to tell the story about **Peter** and what makes him so special.



Finally, I wanted to let you know that this year we are livestreaming our awards events via the England Athletics YouTube channel. We would encourage you to follow the action on the evening.

**Megan Weir**, Club Support Officer England Athletics

This link [EAST - REGIONAL VOLUNTEER AWARDS 2024](#) will show the livestream at 17.30 on 6 October.

Adds Hon Ed: The Awards Presentation evening is in Bury St Edmunds. Our next edition will bring you the outcome and we'll publish an impressive nomination submission.

## OUT WEST

On the last day of August the Southern Veterans Track and Field held their Grand Final at Oxfordshire's Horspath track. A 2000 metres walk was well supported, and filling the frame were 3 well-known respected names. Winning in 11.16 was **Stephen Crane** who race walked for Ilford AC - a Club on whose books he is a successful and enthusiastic participant in running events. Second in 11.35 was Oxfordshire athletics protagonist **Graham Chapman** who was favourably mentioned in a recent constructive National newspaper article on our discipline. Completing the frame in 12.08 was **Steve Uttley** who, in his second race back after serious illness, is confidently easing himself back onto our scene. Ilford's 3rd walker, 3rd in the M60 category, was Club Chairman **Ernie Forsyth** in around 15 minutes. Ernie was a race walker for Essex Beagles in long ago years before they merged with Newham AC. He joined Ilford AC as a runner - and still is. His last race walk was on 30 July 1991 at Ilford's South Park when turning out for an Essex League 10k around the park's perimeter roads. It was held in a **torrential** downpour with thunder and lightning when The Mayor of Redbridge turned out to be *our "Mr Starter"* performing his civic duty under an umbrella held by a Council Official. The Referee thought about abandoning the race owing to lightning - it was that same evening as Pavarotti's Hyde Park open air concert which gave his followers a similar soaking. Ernie and Stephen both chipped in to assist Ilford, who are currently somewhat short of race walkers. *"That's not all folks"* - the pair also spent hours officiating on both pole vault and javelin events. Afterwards Ernie wrote, "I forgot how tough race walking can be. Big field of walkers and I was probably the oldest at 69 years 1 month, but was fairly happy after analysing my first performance since Pavarotti sung in the park".

## IN DOWNTOWN TOOTING

Also on the last day of August was held the Veterans AC & London Masters Open Track 3,000 metres 'A' race on Tooting Bec track. Pride of place from Essex came Brentwood Beagle **Stuart Bennett** in 3rd, who won an M65 age category gold medal with 18:02.57 on the stopwatch.

## A WARM WELCOME at STONEX STADIUM

Three recently appointed judges were **Dave Annetts**, **Phil Blundell** and **George Wilkinson**.

**NO WAY**

For decades athletics heading for Copthall Stadium (as still known by most, despite its changing of names) have walked along an abandoned railway line from Mill Hill East-to-Edgware, which passes near the back of stadium. Tracks were lifted in 1964. Many were introduced to this short cut by Enfield legend Ron Powell, a then Mill Hill resident now based in Norfolk. Persons trying this disused track on 1st September for a joint LICC/Enfield League track race at what's now known as StoneX Stadium (previously Allianz Stadium) found it's been blocked - so causing them to turn back and walk another longer way. Not to worry about the time taken, as our walking race start was put back by half-an-hour from 11am to 11.30am. But worth noting for future reference.

As for the Stadium, it's unrecognisable from those days when we changed under a run-down old stand. Nowadays it's a Premiership Ground used by the famous Harlequins Rugby Union Club. Two magnificent tall grandstands dominate this site, which is also home to Shaftesbury Barnet Harriers. We had the luxury of changing in facilities used by premiership rugby players - magnificent. We've enjoyed quality dressing rooms when racing at Newmarket's famous "Rowley Mile" racecourse, when using the jockeys' facilities. Copthall has everything, including a spacious free on-site car park. If you've not appeared there for a while, it's well worth a return - you'll be truly impressed.

No mention of Shaftesbury Barnet Harriers could pass with a word for one of their most famous members David Bedford, who was a guest speaker at our Race Walking Association's 2012 Olympic Tribute Luncheon at the Tower Hotel, next to the famous Thames bridge. This function was so popular, numbers filled a large function room with a waiting list of hopefuls still seeking tickets. David, now aged 74, was at our meeting on 1 September - just helping out on tasks with Club members. Isn't it great to see such a worthy "putting something back" into athletics.

**FIXTURES**

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

OCT	6	East Regional Volunteer Awards Presentation Function	Bury St Edmunds Guildhall	5.30pm
	12	Enfield League 'Amos Seddon' 10K + u13 2,000m/u15 3,000m/u17 5,000m	Queen Elizabeth Stadium	11.00am
	19	Vets AC/Middx/Herts/Sussex Counties 10,000m A/B* + Jnr 2,000m 'A'	Norman Park	1.00pm
NOV	2	Ray Hall Winter Track League + RWA Southern Championship	Tonbridge	TBA
	2	England Athletics Hall-of-Fame Induction Evening	Leicester Athena	Doors open 6pm
	9	97th "Bernie Hercock" Enfield Open 7 Miles (& League) + opt outs + VAC & LBH	Lee Valley	10.30am
	11	Race Walking Association (Southern Area) AGM	Zoom	7.15pm
DEC	1	Ray Hall Winter Track League	Ashford	TBA
	26	70 <sup>th</sup> 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**.
- All **Enfield League** races now require online pre-entries to: [www.fabian4.co.uk](http://www.fabian4.co.uk). Any problems, call 07532-397528.
- \*Category 'B' entries are outside VAC & County Championships and do not qualify for placings or awards.

**WOW!**

Congratulations to Centurion **Sandra Brown** for a new 48 hours women's over 75 world record of 247 kilometres plus. Great achievement. This was achieved in Balatonfured-Furdo, Veszprem in Hungary.

**NATIONAL 20K CHAMPIONSHIP****UK 20km Race Walking Championships**

Incorporating the England, RWA and IOM championships.



Held on the famous "Bowl" circuit in Douglas, Isle of Man, on 8 September it attracted a low turnout despite favourable pre-publicity. Racing did provide highlights as the 1-2 in a Men's 20K was close when Callum Wilkinson and Cameron Corbishley sped over the finish line in 1:23.55 and 1:24.28 respectively. 3rd was Guy Thomas in 1:33.37. Abigail Jennings headed the Women's field in 1:45.29. First in the W55 category, Grazia Manzotti, clocked 1:59.20 which is being checked to see if it's a British W55 record.

[Full results](#)

1st	Callum Wilkinson (186)	Enfield and Haringey	SM	25	1h23m55s
2nd	Cameron Corbishley (184)	Medway & Maidstone	SM	25	1h24m28s
3rd	Guy Thomas (185)	Tongbridge	SM	25	1h33m37s

There was just a handful of 2024 competitors on the Isle of Man for a National 20k - compared to when our June 1975 RWA National 20 Miles Championship was held there (Castletown) when 166 started/140 finished which included 21 teams (4-to-score) with most being mainlanders. The Islanders made the visitors so welcome. Bob Dobson won in 2:36.26 with Sheffield star duo Roy Thorpe and Jake Warhurst completing the frame in 2:37.06 and 2:38.21 respectively with the late Alec Banyard 4th in 2:39.31. Top 3 teams were, in order, Sheffield United Harriers/Southend-on-Sea AC/Brighton & Hove AC. A classy presentation was held in nearby Castle Rushden. At a presentation hard working Bob sat at a table endlessly signing special edition Commemorative 1st Day Covers to record the occasion. We thank the Isle of Man officials and helpers for staging our National 20K Championships.

**HERE WE GO AGAIN**

It's been announced on National TV News that, with Australia's Victorian State dramatically pulling out of hosting the 2026 Commonwealth Games, Glasgow has stepped in to stage the gig. They've offered to organised a "scaled down" event with fewer events. Any offer is better than forfeiting an entire Games, and their gesture should be applauded. However, a scaled down Games could mean a threat to race walking. Glasgow stated the 2014 Commonwealth Games and ditched our discipline completely - this despite considerable campaigning to seek a change of heart, much being orchestrated by 1970 Edinburgh Commonwealth Games 20 Miles bronze medallist Bill Sutherland BEM. The decision firmly stood. We also suffered a Birmingham's 2022 Commonwealth Games setback when traditional road walking was shown the proverbial door - replaced by a couple of 10,000 metres track walks at Alexander Stadium. A "scaled down" Games with reduced events, would again see walking in the firing line for exclusion - so get ready to pick up pens if the call comes.

**DA**

- **Steve Uttley** writes: It's looking increasingly likely the next Commonwealth Games will be in Glasgow. That probably means no walk again. It might be possible to persuade the organisers to include a 10km track walk again since that requires little extra organisation or infrastructure. However, if the 'ultras' spend all campaigning energy insisting that anything less than a full 20kms and 50kms for both men and women is a betrayal of race walking then that prospect will evaporate. It will be interesting to see what happens.

- **Ron Wallwork** writes: I lean towards Steve's view that any energy be directed to another track race, reasoning that there might be an outside chance of at least having a walk in the programme.

### BRIAN KIBBLE RIP

News has reached us from the East Midlands, via Facebook, that long serving loyal stalwart member of Leicester Walking Club, **Brian Kibble** has passed on. A reliable and active frequent competitor for decades he served as his Club's Honorary Treasurer. After hanging up his racing shoes he continued serving as a Committeeman and Trustee - right to the end!

- Sad to receive this news of Brian Kibble's passing. He was indeed a true stalwart of Leicester Walking Club. A loyal club member as a competitor and administrator. Will remember him as a true gentleman who extended his friendship and encouragement to all in the walking fraternity. **Roy Lodge**
- Very sad news about Brian Kibble. We seem to have much more bad news these days than the other kind. **Steve Uttley**

### GET WELL SOON - KEN WATTS

Ken's had a bad fall. He fell down the stairs when trying to remove a mattress from his East Dulwich home, by himself, when clearing out a lot of items following brother Bob's recent sad departure. Ken broke his heel and needed hospital treatment. He's now in a plaster cast and hardly mobile, so he's been taken to North Essex, near Colchester, to reside with other family members until fit to return home. This is likely to be up to 6 weeks. *Just letting you know the news.* Centurion 859 Ken walked for the London Vidarians, Loughton AC (2nd claim), Centurions and the Long Distance Walkers Association. We all wish Ken well.

- Sorry to hear this: Our best wishes to Ken. **Sandra Brown**
- That's very bad luck. Ken has had a tough year with Bob's death and his brother Peter suffers from dementia. Not sure how he manages and it's good to know he has gone to stay with Joyce, his sister, near Colchester. **Chris Flint**
- Sorry to hear about Ken Watts. We wish him a successful and steady recovery. **Bill Sutherland**
- Please forward by best wishes for a speedy recovery! **Ed Shillabeer** C590

Adds Hon Ed: If readers wish to send Get Well cards, Ken's address is: 10 Dunstons Grove, East Dulwich, London. SE222 0HJ



### THE ROLE OF RACE WALKING OFFICIALS

England Athletics published an interesting article featuring **Steve Taylor**, just prior to Paris 2024, his third-time attendance at an Olympics, which highlights the role of the race walking official.

[www.englandathletics.org/news/steve-taylor-taking-a-third-olympics-in-his-stride/](http://www.englandathletics.org/news/steve-taylor-taking-a-third-olympics-in-his-stride/)

### TRIBUTE TO AN ESTABLISHED ESSEX WALKER

Tony Taylor, based in Greece, is editor of Lancashire Walking Club's most informative newsletter, which is always an enjoyable read. It comes out more frequently than Essex Walker. Many of us had the pleasure of meeting Tony a few years back when he came over to compete in an annual Moulton Open 5 miles, and gave a really good account of himself on those delightful roads of Suffolk. He's published a tribute edition to mark a return to racing by **Steve Uttley**, going right back to his race walking debut on 22 July 1975 when appearing for "Oldham & Royton AC" in a Stretford League 5,000 metres race, in which a number of leading names were in action. *Here's your direct link to a right good read:*

[lancswalkingclub.com/2024/09/18/great-to-see-steve-uttley-back-on-the-road/](http://lancswalkingclub.com/2024/09/18/great-to-see-steve-uttley-back-on-the-road/)

### CHAMPIONSHIP TITLE FOR ESSEX-BASED WALKER

Congratulations to Upminster-based Belgrave Harrier **Colin Harle**, who for a 2nd time in his race walking career, has become British Police 10 Kilometres' Champion. The annual race, held for a first time at Evesham Velo Park, saw Colin in overall 3rd place (65.10) - the 2 ahead of him were both Civil

Servants - in what a joint British Police/Civil Service event. First across the finish line was in-form Jonathan Hobbs in 54.39, who is again Civil Service Champion. Others with Essex connections were Ilford's **Steve Uttley** 6th in 70.43 and Loughton 2nd claimer **John Hall**, 10th in 74.00. The Ryan Cup, between the 2 organisations saw a Civil Service victory over the British Police. HM Revenue & Customs won the Civil Service team race and Lancashire Police were top Police team. A number of competitors spoke well of the course, one being Centurions' Honorary Secretary **Chris Flint** who thought it might make a future 100 miles' venue. Full result in the usual places, including your "Race Walking Record".

### A LEAGUE OF THEIR OWN (TV Series - comedy)

"The Olympics is here, and I know which event I'm most looking forward to ... Race Walking" says Jack Whitehall. Cast members of the TV series (Jamie Redknapp, Freddie Flintoff, Jack Whitehall and Micah Richards) participate in what they describe as 'the fastest sport with two feet always on the ground' – race walking! To get them in shape Olympic race walker Tom Bosworth puts them through their paces.

From Road Trip: Loch Ness To London, Episode 4

[www.comedy.co.uk/tv/a\\_league\\_of\\_their\\_own/videos/22393/fast-walking/](http://www.comedy.co.uk/tv/a_league_of_their_own/videos/22393/fast-walking/)

#### Fast Walking

The boys show off their fast-walking skills.



### ANOTHER SPORTING TALENT IN THE FAMILY



It's been wonderful for us to give a warm welcome back to our races by popular Helen Middleton (Enfield & Harringey AC). Her daughter Alice is a talented rugby union player, having appeared for Bristol Bears: currently 2nd in the Gallagher Premiership, who play home games at Ashton Gate, also home of Championship football club Bristol City. In 2015 Alice represented a winning Cambridge University side against Oxford University in a first Women's Varsity Match to be played at Twickenham - home of British Rugby. Alice will fondly remember that occasion as she ran in a hat-trick of tries and scored 12 points with the boot. Earlier this year, when the Varsity match switched to StoneX Stadium (better known by walkers as Cophall Stadium) where Helen raced with distinction in September, Alice was in a winning Cambridge team. Alice also passes on her know-how to Cambridge students as a coach of repute. Professionally Alice is both a qualified dentist and medical doctor. We wish both mother and daughter in their sporting pursuits.

### ALL CHANGE AT ENFIELD

After decades at Queen Elizabeth II Stadium in Donkey Lane there's been a major alteration. The men's changing room is now the ladies' changing room - and vice versa - they're directly opposite each other on the ground floor. Two race walkers who shall remain nameless - er - walked into the wrong room by force of habit. However, no harm was done, as when mistakenly entering, nobody was disrobed.

We won't publish a full result sheet, as it'd *steal the thunder* of "Enfield Walker" and "Race Walking Record". None passed 10,000 metres, but in brief, 21 raced at the meeting. On Saturday 21st September, 1st in the Enfield League Hour 'A' Section was Chik Ha Kwok with 9,593 metres achieved, top of the 'B' Section was Olympian Ian Richards who recorded 9,514 metres. A 3,000 metres undercard race was won by Brentwood Beagle Celia Cordon who clocked 22:29.5. Barnet's Steve Allen (one of two competing with that name, as Ilford's version was also in the 'A' race) walked to-and-from the venue and is soon to return to his Polish residence. It was good to see him on his brief return to Blighty - we wish him a safe journey, and also look forward to welcoming him on his next UK visit.

### SURREY WALKING CLUB'S 125th ANNIVERSARY CELEBRATION LUNCH

Held in Central London (Waterloo), it filled a function room at the Union Jack Club, a Club for ex-Service personnel. Excellently organised jointly by the Club's President Chris Flint and Social supremo Trevor Sliwerski, it got a good start as each arrival was offered a complimentary drink at the bar, the location for a pre-lunch gathering. Many had travelled long distances, some from overseas, and was occasion to

meet up with old colleagues and - indeed - old rivals, as Surrey Walking Club had invited members of other Clubs to share in their day's celebration. Many past races and social functions (such as Gazette Nights) were recounted, proving that so many have retained great memories to recall such activities and experiences. Our M/C, Club President Chris Flint, kept the function moving along at the right pace. Ex-serviceman, Dave Ainsworth, was called upon to say grace, after which a fine 3-course repast was served. Speeches during this occasion reminded folk of many good - and successful - times in the Club's history, and of notable members both past and present. One gloomy note was mention of the number of purely "Walking Clubs" which had been part of our athletics scene - and of how few now existed - of which Surrey Walking Club were proudly one of them. A special tribute was spoken by Peter Selby to honour those who'd been on the books for 50 years or more, some of whom were present. As was fitting in an ex-Service Club, mention was made of 29 members who'd fallen in The Great War and of a memorial to them - and of 4 members known to have died in World War II. A specific reference was made to the high number of Centurions with SWC connections. Special presentations were made to a Past President Roger Michell and to current wearer of the Chain, Chris Flint. A guest of honour was your current Race Walking Association President Chris Hobbs who gave the final speech - before all stood for a loyal toast to our King. While the function was in progress a menu/programme was circulated around tables for signing - to be sent to double Israeli 50 Kilometres' Olympian [Shaul Ladany](#), a Concentration Camp and Munich Massacre survivor, who was thought about in these troubling Middle East times. Shaul showed great form in Surrey's flagship London-to-Brighton races, returning to participate in their final one. Too many notables present to list all - but before dispersing - many to the bar to reignite old memories and catch up with old friends and acquaintances, group photographs of attenders were taken - which will grace the Club's history books.

- It was great to see so many friends we had not seen for ages with such a good turnout. Kind regards as always. **Richard and Sandra Brown**

### SMALL WORLD

When Surrey Walking Club's enjoyable and successful 125th Anniversary Celebration Lunch at the Union Jack Club (by Waterloo Station) concluded a number entered the bar to continue chatting and reminiscing over past decades. By coincidence there was a former Brighton & Hove AC walker in the Club, who was unaware of this function taking place. It was Mike George, now of Veterans AC, who'd competed in July's Moulton Open 5 Miles. This Club is for ex-Services' personnel and Mike's is a former Royal Navy member. He approached the walkers and joined in our chatting. Mike told us that, when at Brighton, Alan Buchanan coached him. What a pleasant surprise.

*Comments Alan Buchanan:* "I coached Mike as a teenager and am in contact with him he walked the Brighton half marathon and runs Hove Parkrun most Saturdays. He comes from a nice family and his dad was in Sussex Police. My knee is too bad for parkrun now and I stopped playing golf but play bowls regularly as well as walking Hilary's (McDermott - Ed) dog while she does Littlehampton parkrun, most recently with her brother and niece."

### ON THE MEND

We've learnt that "character" **John Perkins** - man of many Clubs and different sports - who is now retired from athletics, has just been discharged from Romford's Queen's Hospital. We're sorry to hear he suffered a bad fall in Elm Park (part of Hornchurch) and sustained serious injuries to his back and side, requiring 6 weeks as an inpatient. We wish him well in his rest and recovery period.



## Dear Dave ...

### COMMENT ON RECENT DAILY MAIL ARTICLE by Bill Sutherland

I read with great interest your reply article entitled 'You can walk but never run.' I started as a Race Walker in 1963 greatly motivated by Don Thompson (1960 Gold Medallist Rome Olympics 50 Kms

Walk) and thereafter by Ken Matthews (1964 Gold Medallist Tokyo Olympics 20 Kms Walk) and Paul Nihill (1964 Silver Medallist in the 50Kms Walk). They were true fast race walkers and fair too reaching speeds well in excess of 8 miles per hour. With persistent hard training and racing I represented Great Britain on 8 occasions and won a Bronze Medal for Scotland in Edinburgh over 20 Miles in the Commonwealth Games. I was taught how to race walk with style and speed by Highgate Harriers and Met. Police Race Walking Club, where on each stride you would flow from heel to toe under constant supervision of experienced Judges. If one fast-forwards to the present day where we have professional race walkers compared to amateurs of yesteryear (I worked as a Beat Policeman in Metropolitan Police throughout my International career) speeds now reached are around 9 to 10 miles per hour faster than a good class runner can run! It has sadly become impossible to judge by the human eye and technology is well overdue, but resisted as it would heavily expose the many breaking contact. I would be most grateful if you could print my views and forward them to Emma Simpson who wrote in the [Answer to Correspondents Column](#). Thanks again so much for highlighting my favourite athletic event.

**Bill Sutherland**

*Adds Hon Ed:* Like Bill, as also stated in our previous edition, I'm unaware who Emma (from Twickenham) is, so can't forward it. *Can any readers assist?*

### CONTRIBUTION FROM SPAIN

A quick response to a quick skim of the latest edition: Sorry to read about Trevor McDermot but totally understandable Linda's gratitude to those who were on hand to administer CPR, having been in that situation with Pete 7 years ago. Love your shirt in that reunion picture.

**Cath Duhig**

### WRITES A TRUE STALWART

Thanks for the latest issue of the Essex Walker magazine, I don't know what I would do without all the information you manage to find. Particularly that regarding former London Business Houses competitors. It was good to see Eddie Trotter is still with us and likewise that Roger is hanging on. Regarding the "Games" from Paris, to have the coverage of the Walks was great. As you know I joined the 90's club this year and have really cut back on my activities, especially the travelling. Except for popping down under to see the family for the festive season. So, regretfully I will not be joining you for the Enfield 7 again. Plus, due to another unforeseen event I will also have to miss out on the 125th Surrey Walking Club celebration up in town. Please pass on my apologies.

**Laurie Kelly**

### TIDYING UP THE LOOSE ENDS

Thank you for Essex Walker. I very much enjoyed reading the report on the Southend City mile, and thrilled that my wife Emma got a mention too, thank you. Emma and our announcer Selina agreed a pact to attempt the walk together for their first time, which was nice to see new faces like you say. Both were delighted with their medals, Emma's silver as you mentioned in the FV50 and Selina gold in the FV35. June's picture is fantastic and a great record of the event. The picture has revealed a slight faux pas though. The picture shows 20 walkers, whereas the reports states 19 competitors. My detective instincts went to work and noticed that in the table of results which has been so proficiently and meticulously constructed by the editorial team from our official results, Alan O'Rawe is listed as 386, when in fact in the front of the picture Sarah Brown from Colchester & Tendering is wearing 386. Alan was in fact 387. The time of 10:58.3 against Alan's name was in fact Sarah's, and she was awarded the bronze medal for the FV45 age group. Alan achieved 12.26.8. I'm not sure if the PB listed is Sarah's or Alan's. A little bit of info is omitted from the last few competitors which (just so this is complete) should read: Emma Palmer FV50 G, Selina Fox FV35 G, Val Mountford F75 G.

I've copied in June in case she hasn't seen the report and her picture which really does make a good read. Hope you don't mind me bringing those little bits to your attention so it's tidied up but a great article all the same, and thank you for the promotion of the event in the previous edition too.

**Keith Palmer**

### ON DISPLAY - SOUTHEND CITY MILE

I've put the pictures here: [Southend City Mile \(August 2024\) Photos](#). I won't need the space for a fair while, (probably a few months), but I may have to take them down eventually.

**Brian Boggenol**

## ON TRACK



These are some pictures from the Brentwood Beagles Club Championships. Only a 600m but a start. Over 30 completed the race. I wasn't too bothered with the times but the leading girl went through in 3:35 for 600m. I don't think it was on



the power of 10 as we only had one judge (Peter Cassidy). It was an introduction to most of them. We were very lenient with regards to the judging, and it was over a 600m distance. My view is" it is a start". Over the last few months I have taken about six sessions on walking for the younger groups, averaging about 15 walkers per session. As a club we are looking at events that they can participate in near our location.

**Stuart Bennett**

- **Tony Perkins** commented: Well done Stuart, you should be very proud of what you have achieved in a short space of time. A girl who is at the Great Notley Parkrun left Braintree AC to join Brentwood Beagles and she tells me that she now sees young walkers regularly race walking around the track there. I think Mr Bond (aka George Nibre) would have been impressed! With so much doom and gloom being expressed about the future of race walking and calls for action, it is so refreshing to hear about your efforts at grass roots level. A really 'good start'.
- **Dan King** commented: It was an excellent event which was well organised by Brentwood Beagles and Stuart Bennett who should be congratulated on their efforts. Dom and I joined Stuart and a few other locally based race walkers to offer some support and assist 'judging' alongside the experienced Peter Cassidy. All good fun and such a delight to see so many enthusiastic young walkers giving it go. I believe there were 32 athletes in total, so much so they had to be split in to Girls (17) and Boys (15). They all competed 600m, as in introduction to race walking, with some showing excellent potential to attempt further distances in the future. Dom and I presented medals to various age groupers that competed in the club championships, ranging from U11 up to Senior.



It would be great to see more of these types of events, where local athletics clubs actively encourage athletes to give different events a go. Keep up the great work Stuart!

## NIJMEGEN UPDATE

The number of race walkers at Nijmegen was diminished this year. It included from UK Centurions Jill Green, Peter Addison and Kathy Crilley. I assume Hans Rennie was there, he never misses. Jill deserves a special mention as she came hotfoot to the event from the Seven Days of Denmark event (300k) the week before. I wouldn't expect anything less!

**Dave Hoben**

## OLYMPIC MEMORIES

I recently dug out my programme for the 1948 Olympics (mid Saturday) which I went to with my brother and father. I knew nothing of race walking at that time, but we saw the 50K walk start and finish on the Wembley track. The programme gives the names of all the competitors, time keepers, judges and officials. It also has a map of the course out via Mill Hill out to Radlett and back via Elstree. My brother and I also had a paper stall at the college on Wimbledon Common where several of the ladies' teams were based. Happy days.

**Gerry Grosse**





### BRYNTEIFI 10k WALK 4/8/24 - A READER REPORTS

I have a [result](#) of a walk that was organised by Sarn Helen club along with a 10k run. Brynteifi is in north Carmarthenshire. The course was a brutal one, very hilly. 11 walkers started. I led from start to finish with a time of 74-36 with the second and third walkers 85-16. It was a very well organised event and the spectators very supportive.

**Paul Gaston** Surrey Walking Club v75 (77now)

Brynteifi 10k awards were presented by Organiser Dylan Wyn Davies to winner SWC's Paul Gaston (1:14.36), 2nd placed Harvey Reeman (JM Running Club) and 3rd Melanie Phillips - both in 1:25.46.

### RESPECTED STATISTICIAN RECALLS

I remember Motspur Park where I was at the Southern Championships in 1959 when Stan Vickers won the 2 miles walk in 14:02.1.

**John Powell**

Adds Hon Ed: I recall Motspur Park Cinder track from my only Civil Service appearance in 1970. When at Gloucester in the RAF I was sent on detachment to the Air Ministry Records Department at Adastral House in Theobalds Road, Holborn. While there an Air Ministry Sports Day was being held for those working in London locations. Adastral House entered and asked for volunteers. I offered my services for a 1 mile walk and my eligibility was approved as I was working with the Civil Service albeit briefly. I was then bettering 8 minutes for a mile so thought I'd do well - I came 2nd and received a nice plaque. The winner was a runner who'd tried the walk - he was fit, but "iffy".

Paul Nihill at Motspur Park



### WORD FROM CANADIAN-BASED CENTURION 492

We have had so much company over the past few weeks, plus having Ironman Canada and, not sure if you knew, but last September I went into private practice with the clinical counselling that I do and that has kept me very busy. As you mentioned, this year was the final Ironman here in Penticton and it will be moving to Ottawa next year. We have held it since 1983 but it went to Whistler for 7 years from 2013 to 2019. With COVID for 2 yrs and one year where we had to cancel it due to fires. It was a bittersweet parting, especially as the day before the race the weather turned nasty and turned the lake over, so the

water temperature plunged and the swim got cancelled – yet it turned out to be an ideal, sunny day for the bike and run – such a shame. I do keep busy with announcing though – you can check them out via [www.backingevents.com](http://www.backingevents.com). I also stay busy with the non-profit company I formed to help others with PTSD [www.detachmentechnique.com](http://www.detachmentechnique.com).



27 Aug 2016: [www.youtube.com/watch?v=LhFjGC9jQ4A](https://www.youtube.com/watch?v=LhFjGC9jQ4A)

*Breakfast with Bob Challenge Penticton Edition, filmed on location at the Hooded Merganser Bar and Grill on Okanagan Lake. Steve King is an amazing announcer and a true legend of endurance. He lives in Penticton and was instrumental in the growth of triathlon and endurance events in the region. No one knows or cares more about the sport of triathlon than Steve King.*

I did enjoy the walks in the Olympics and obviously was pleased to see Evan Dunfee and Callum Wilkinson do so well – likewise the calibre in the Under 20 Champs recently. Hope life is being very good to you in all respects and I really enjoy reading the Essex Walker – you and Tony P have done an amazing amount of work for the sport over the years and it is truly appreciated.

**Steve King**

## THE WAY FORWARD

Always difficult when you have no race programme from youth and junior races up to Nationals. We need publicity on a regional scale, as so many of the general public do not even know that race walking exists. Tap in "what is fast walking?" and it comes up as 5 miles per hour! No wonder we are where we are! Should we not be seeking ways to add new race walkers to our family, not relying on the older members keeping turning out to wave the flag?

Reference a National 20k on the IOM. We need urgently for something to happen on the mainland. Isle of Man is out of most people's compass for travel.

**Bill Sutherland**

## AN APPRECIATIVE READER REMEMBERS

I get the Essex Walker - it's very informative and I enjoy reading it. It's a shame Race walking has declined like it has. When I joined Brighton AC in 1961 they had a good walking section; after a few years Alan Buchanan, Dave Boxall and Johnny Birks, who I used to run with, all transferred to walking so Brighton had quite a strong team. When we had the County 20 miles champs the walk and run were held together and there were more walkers than runners! I fear that the Steyning walks may not happen because Ron Penfold is stepping down from organising them. It's a mystery to me where all the Steyning walkers disappeared to, there were lots of them! I used to meet Johnny Henderson over the South Downs when I was doing my long training runs and we would have a good chat. My big regret was that I never got to do the London to Brighton walk (it always clashed with the Ben Nevis race which I got hooked on) but I did the running race 7 times.

**Paul Gaston**

## APPRECIATION

- I've still got my Ilford vest!! Thanks for the piece in the Essex Walker, very flattering but succinct! Also very encouraging, appreciated. **Ed Shillabeer** C590
- The Southend Mile: It's a tribute, and congratulations, to you, Keith, June and the whole team for putting on such a well-supported event. Alas I was under the weather and wasn't able to make it. **Oliver Flynn**
- Dave, I do admire your enthusiasm for keeping us informed. **Brian Keegan**

## SAD NOTIFICATION - MICHAEL HARRAN ("Micky") 1938-2024 RIP

Sad news I am afraid - I heard from Tony, Mick's son, that Mick died in hospital on Monday after a short illness. He was born in 1938 and was 86. He was a frequent competitor for Surrey Walking Club for some years following a successful racing career with Herne Hill Harriers, and last attended the SWC/Blackheath & Bromley Harriers Johnson Bowl event at Norman Park in June, where he did a few practice laps but did not participate in the race itself. Sorry to be the bearer of this.

**Dave Hoben**

Adds Hon Ed: Indeed, Micky gave many years of service to the Harriers before switching to SWC. He was a keen follower of the turf where his deep knowledge saw him back many winners. A lovely man who enjoyed a long period as an active athlete. A true stalwart. Our sincere condolences to his family.

## READER'S REQUEST - ACCEPTED WITH PLEASURE

I wonder perhaps if we could perhaps put a footnote in a future newsletter to reference my father has now completed sixty years of race walking and road running. At 88 he is still out pounding the streets of Frinton and I'm very proud of him.

**Will Tuson**

Writes Hon Ed: Will refers to a much talented **Ken Tuson**, who was part of Southend-on-Sea AC's walking squad who were our Country's best during the early-to-mid 70s, with a host of big names on their books, backed up by Club regulars. Ken was a victim of "the star system" in that most team races were 4-to-score, which made it difficult for him to be in such 4-strong teams. But he forced his way on a number of occasions. Popular Ken was a legend at Stock Exchange AC, where he had a forte for distance races. Indeed, he relished the challenge of a London-to-Brighton Walk in excess of 50 miles - turning out in 12 consecutive events from 1964-to-1975 (inclusive). This saw him at 14th in the all-time list of finishers, with a best time of 9 hours 4 minutes and 32 seconds when winning in 1971. This after

an epic contest against his Southend club colleague Jimmy Venn who came 2nd in 9:06.03 as stalwart Dave Stevens completed the frame in 9:16.27. It was a close race throughout which all hinged on who had the most left in them after they'd reached the top of an infamous Dale Hill on the A23, before a 7-and-half miles descent towards the Brighton seafront finish.



Ken Tuson, on the right, enjoying his win in the 1971 race, with runner up Jimmy Venn.  
Tod Slaughter is again on hand, accompanying the Mayor of Brighton.

Photograph by J.R. Coomber

#### Photo:

The 79th London-to-Brighton programme (2003) features a wonderful photograph (taken by J R Coomber) of Ken and Jimmy being congratulated by the Mayor of Brighton with future Stock Exchange AC President Tod Slaughter looking on as a crowd gathered around.

[stockexchangeac.org/wp-content/uploads/2015/10/2003-79th-Walk-Final-Results-Edition.pdf](http://stockexchangeac.org/wp-content/uploads/2015/10/2003-79th-Walk-Final-Results-Edition.pdf) You can enjoy a large collection of pictures from many years of this classic race. In that race 212 started/57 finished. Ken's impressive trophy collection also has a London/Brighton silver medal (1972) and 3 bronzes from 1968-to-70 in succession.

### COLLECTION CORNER



I've just bought B H (Brian) Saunders Centurion 468 medal on eBay. It brought back memories of how he travelled to Rouen with his family when he took his BBQ, 48 eggs, kettle, bacon, chicken pieces and various other cookable goodies whilst Colin Young just had his jelly and rice and his attendants just took what was on offer. This was no difference to how Colin ate when he did the Strasbourg. I think Amos lost weight due to lack of food. In future races Team Young set up camp next to team Saunders who I believe changed the way UK walkers ate and drunk on long distance races abroad.

**Tony Perkins**

- Writes **Alan Buchanan**: Brian didn't have the happiest of endings but if it's possible, he would be pleased that his much-treasured Centurions' medal is now in the hands of someone he knew and got on well with.

### BACK ON TRACK

I managed to win the BMAF Over 65 title in 31-26, which is okay considering I've just taken a year off! I was 4th overall in the combined race won by Carolyn Derbyshire in 28-47. I beat Hardeep Minhas and Trevor Dixon. A few people missing in my age group though, including Stuart Bennett. I beat the over 60, Martin Slevin as well. The Over 75 Peter Boszko beat me though by a couple of seconds. Not sure if I'll get round 10k at the moment as I was pretty tired. I think I'll have to avoid warming up to save energy.

**Steve Uttley**

Adds Hon Ed: It's truly good news to see Steve back on track after a long absence after serious illness, a lengthy operation and still undergoing treatment. He's given a good account of himself in the Civil Service 3,000m Championship, the Southern Veterans T&F Final 2,000m and now our BMAF Championships at Birmingham University athletics track. Then he finished the Ryan Cup 10K in 6th (overall) and 4th in the Civil Service Championship (held in conjunction) helping them to victory against a depleted Police Service UK team. Steve clocked 70.43, which he modestly revealed to be a personal worst. A warm welcome back for Steve.

#### Readers' comments:

- Not a bad return to action after all he has been through! **Andy Catton** (Essex County AA Chairman)
- We are so pleased to hear the wonderful news from Steve. He is a true champion and deserves the highest praise for his comeback following such serious illness, which is a miracle too! Take care and recover and rest well Steve. **Bill and Kath Sutherland**
- Wow! **Ed Shillabeer**
- Good to see an old Lancashire Walking club member back on the road. **Tony Taylor**

**A MOST UNFORTUNATE MISHAP** writes Australian Centurion No13 Tim Erickson:

I had a big bike crash on a Saturday morning and came down super heavy on my left-hand chest side. Basically, the front wheel caught in a rut and did not want to follow my lead as I was turning left. So I went left but the bike did not and down I came on a cement path. I knew I had hurt the ribs but soldiered on for a few days until the pain got so bad that I had to go to the doctor. From there I was directed to the emergency department of our major Melbourne hospital. Scans showed fractures in 10 of the 12 left ribs and I was immediately put into hospital. The doctors were pretty impressed that I could carry on at home for 4 days after such a severe fall. I think we old walkers must have a pretty high pain threshold! I have been home now 3 days but not able to do much apart from sitting around reading or sleeping or watching TV. With such a big fall I suspect it will be a couple of months to recover. But it could have been worse - I did not hit my head or fall on my replacement hip. So, all ok overall but feeling very sore and discomforted.

I well remember that 1980 London to Brighton (which I did not finish) and the slightly shorter Hastings to Brighton (which I won). The brine baths were still extant that year and I remember spending quite some time luxuriating in them.

**Tim Erickson**

Adds Hon Ed: One race from his 1980 British visit was in **Essex** - Basildon - which hosted our RWA National 50K Championship on a Saturday afternoon around a near deserted Industrial Estate, with local organisers being a late much missed Arthur Croft and a still just going Dave Ainsworth. "*Race Walking Record's*" account describes Tim as being "*in a class of his own*". Indeed Tim was when winning in 4:10.33 well ahead of Denis Jackson 4:16.25 with Brian Adams completing the frame in 4:23.01. 168 entered and, perhaps put off by Basildon's reputation, many scratched leaving 97 starters, from whom 71 finished. 13 teams lined up - 9 finished with a top 3 order being Leicester/Sheffield/York Postal. In those days most industrial factories didn't work Saturdays so we, more or less, had this course to ourselves with few people (or cars) about. Much was on a cycle path, which saw little bicycle action. It passed a Ford Radiator Plant (now closed) where the late John Webb once worked and a large Carreras factory which churned out Craven 'A' and Black Cat cigarettes. Outside was a huge black cat statue - and 50K walkers must have got fed up seeing it. This factory closed in 1984 with a loss of 1,200 jobs. A tractor factory, now under new ownership, continues - but with a manufacturing industry decline, most factories closed over the years and there's now a large Retail Park. This attracts so many cars, no walking races would ever be held in this vicinity. The 50K race experienced all the elements - from torrential downpour which saw water running over walkers' racing shoes, followed by hot sunshine - so strong that roads dried completely as we raced. These conditions alternated as the afternoon wore on. A presentation was held in the Ford Sports & Social Club's taproom, where changing facilities and car parking was provided. Indeed, happy memories for Tim, for whom we all wish a speedy recovery from his setback. Australian Centurion No 13 Tim's their Secretary and the previous Editor of "Heel-and-Toe" (now it's Australian Centurion No 5 Stu Cooper) which although an Australian newsletter, is widely read with enthusiasm in Blighty. Why? - as Tim has many "*connections in high places*" so often publishing "*breaking news*" before we hear it from British sources. Just 2 instances were rumblings that Olympic 50K Walks were heading for the buffers - and - road walking would be ditched from Birmingham's Commonwealth Games card in favour of two 10,000 metres track races. Nobody who was in a "*behind closed doors smoke-filled room*" notified those in our British race walking scene - we had to read it in an Australian Newsletter. There's nothing like communication - and in that room - there was nothing like communication. We thank Tim for his many "*scoops*". Finally, when Basildon's Olly Flynn won a 1978 Commonwealth Games 30K gold medal in Edmonton, it was Tim who stepped up to the podium to be presented with a bronze medal - as Brian Adams and Amos Seddon were 4th and 5th respectively.

- **Ed Shillabeer** writes: I heard from Dave Ainsworth about your fall; get well soon! Us racewalkers are tough cookies! I remember racing you from London to Brighton (somewhat far behind, haha!); the brine baths were still extant that year? Rodders, aka Steve Hollier (4th in Kuala Lumpur CG 50km) does a lot of biking - and some swimming - in Akrotiri. We follow each other on Strava. Keep up the good work with Heel and Toe.

- **Sandra Brown** writes: Poor Tim. I missed this news while going around in circles in the recent 6 days world championships in Hungary along with Richard (Brown - Ed), Kathy Crilley and Dave Hoben.

### 2026 GLASGOW GAMES - A DETAILED EXAMINATION

We really have to give this some deep thought and the earlier the better. It was Tom Bosworth who suggested a 10 kms walk would suit to England Athletics pre-Birmingham and of course it all became common knowledge too late as we do not have anyone representing us on the main committees. Our main opponent in Scotland (*you will remember the name I am sure*) I believe is now a big name in Commonwealth Athletics. Our problem is that we do not have the many top walkers in the UK as we did in yesteryear. However outside us there is much interest in Africa and Asia as well as India, adding to known interest in Australia, Canada and New Zealand who would support a race walk at a meaningful distance 20 kms or 35 kms perhaps. Scotland are anticipating a trimmed down Commonwealth Games within cost limitations and although now very strong in Athletics they have very little interest in Race Walking. It would be very fitting however to have a Race Walk in the memory of the late Andrew Fraser through Bill McFadden and their stalwart race walking efforts North of the Border. Team Scotland would be a good place to address our views too! Onwards and upwards! **Bill Sutherland**

Adds Hon Ed: Will I remember his name? No. I wrote to him (as asked to) and, like others, never even received an acknowledgement, let alone response.

### DIARY NOTIFICATION

As you are mostly aware it was proposed to hold the 2024 Southern Race Walking Association Championships in conjunction with the Ray Hall Winter League #1 in Aldershot at the beginning of October. Due to a booking foul-up, the track at Aldershot has been booked by another organisation - and there are no alternatives available. I would like to propose that the championships are now held with the Ray Hall Winter League scheduled to take place at Tonbridge on 2 November.

**Noel Carmody**, Ray Hall Winter League Secretary

#### 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)

**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](#)