

Essex Walker



Editor: Dave Ainsworth

CHEERS

On 25 December, The Centurions again held their worldwide "Christmas Day Toast" at 2pm (British time) to nobly uphold a tradition going back in time to the 1920s. Around the world members of The Centurions raised glasses. Long may it continue.



70th ANNIVERSARY SOUTHEND BOXING DAY PIER RACE

All race walkers were warmly invited by host Club - Southend City AC - to race this 70th anniversary event, offering 2 miles out-and-back into the Thames Estuary along planks of the World's longest pleasure pier. It was an opportunity to meet up with former Southend-on-Sea AC (as then called) international and 1970 20 Miles' Walk Commonwealth Games representative octogenarian **Dave Rosser**, nowadays Spanish based. Boxing Day is a busy one for athletics Clubs as so many stage races on this day. Walking often had such races - perhaps the most popular being

organised by Borough of Enfield Harriers (as then called) in the '60 and '70s which started/finished from a spartan town centre mission hall. It was traditional road walking and took in posher parts of the town - such as Bush Hill Park - where it passed athletics journalist and statistician Ross McWhirter's house in Village Road. This a location of his 1975 doorstep assassination (2 assassins served life sentences before a 1999 Good Friday Agreement release). A 3 miles' road walk, attended by walkers from far-and-wide, ended with a well-attended presentation buffet in an upstairs function room at an Enfield Town Centre public house, at which those in running races also were present. Essex Walker gave this front page top billing and especially appealed to walkers to come and meet Dave Rosser, especially ones with past Southend connections. Results aren't yet to hand, so we hope to see a few walkers' names. In past times walkers used to appear - so many that someone offered to put up a cup for us. Recently few, sometimes none, have accepted Southend's kind invitation to join in. Prior to 2024 our last walker in contention was Prittlewell-based Steve Allen, who on that occasion was our only participant. Southend's former racewalker **June Cork** continues showing enthusiasm for getting us involved in this long-established fixture and here's her report:

2 Miles. It was a successful 70th Anniversary yesterday - and from the various comments post-race, everyone seemed to enjoy the race and the atmosphere [a great relief both to Mike and me]. Young Mr Rosser [now an octogenarian of course] ran there and back without any problem, as did his daughter Claire and her partner Daniel. The event was won, unsurprisingly, by Adam Hickey, our former Cross Country International, now back to his awesome running form. So, two former Internationals in one race is pretty good - a pity we failed to get a combo picture of the two of them together. Never mind. Results not to hand at present but I'll let you know as soon as I receive.

June Cork

NO HAPPY CHRISTMAS

For readers who many have looked for Surrey Walking Club's "Christmas Cup" results, there weren't any. Billed to happen on the Saturday before Christmas, a cancellation was announced a week before the event. This race has a long history and often was an occasion when those from our race walking would exchange Christmas cards etc, so we're sorry to see it was "off" this time. Be positive - at least it gave us all an extra day for training!

OVER TO YOU

A walk may be back on our Essex/Eastern Championship Indoor programme subject to securing walking judges **and a minimum number of entries**. The "stayaways" saw race walking removed from this meeting. If an opportunity arises for our reinstatement, it should be grasped by all.

**ESSEX COUNTY AA - YOUR NEW LINE UP**

Your County AGM was held in December. Following the meeting - some Committee roles have changed.

Chair - **Claire Levey** (was Andy Catton), **Vice Chair** - **Malcolm Bailey** (was Gerry O'Doherty), **President** - **Richard Charleston**, **President Elect** - **Sharon Herbert**, **Finance Officer** (previously known as Treasurer) **Gerry O'Doherty** (was Gary Chandler) and **General Secretary** - **Andy Catton** (was Malcolm Bailey).

Changes under various categories of membership: **Vice Presidents/Life members**, only change here is that Ray Pearce has stepped down and replaced by **Gary Chandler**, **Hon Auditor** Rod Silk has stepped down and replaced by **Wesley Clarke**, **Members of the Executive Committee**: Please delete the names of Claire Levey, Michael Wilson from this section and add the name of **Chris Akehurst**, **Road Running Officer** - Please delete the name of Gary Chandler and replace with **Malcolm Bailey**. Ray Pearce was awarded a gift voucher to thank him for his loyal service to the Essex County AA Committee.

WINNERS

Your latest Race Walking Club 200 Club Draw saw wins for **Peter Cassidy** (1st), **Margaret Livermore** (2nd) and **Lancashire Walking Club** (3rd) who've respectively received £25, £15 and a tenner. Congratulations to the lucky trio and thanks to them - and all others - who contribute to this worthy form of fund-raising for our domestic race walking scene.



Our previous edition gave details of how to get involved as investors - and so help out the Race Walking Association - while perhaps making yourself a few bob!

[200 Club - Race Walking Association](#)

UK 20km Race Walking Championship 2025



Manx Harriers invite you to take part in the 2025 UK 20km Race Walking Championship.

The 20km and all supporting races will be held on the famous 800m 'Bowl' lap - flat and fast

Course Records

Rob Heffernan
1:21:54
Gillian O'Sullivan
1:29:57

Programme of Events

Ladies 20km - 9.30am
Mens 20km - 9.32am
Open 10km - 10.15am
10.45am Open 5km
11.00am 3km, 2km, 1km
12.00pm Open 10km run

On a fully certified course, you can be sure of a warm welcome and a unique 'overseas' racing experience on the beautiful Isle of Man.

PROUD TO BE A WORLD ATHLETICS RANKING EVENT

For further information please contact race organiser Steve Taylor on stevetaylor1966@manx.net

SITUATION VACANT

Essex is still without a Walking Secretary - do you know anyone who could be persuaded to be interested? Ray Pearce has now stepped down permanently from the Committee: he is in his late 80s now, so not unreasonable after many years' service. **June Cork**

Adds Hon Ed: Above is an appeal by Essex County AA Past President (and former race walker) June. It's now over 5 years since anybody came forward to fill this vacant post. When first declared vacant it was clearly stated that Essex race walkers needed a voice in our County's Committee Room, and if not so, race walking would suffer. With nobody present to state our case, Race Walking Championships have been dropped from your County programmes - with no voice to contest such actions. What was predicted if walkers decided not to fill this position has now - sadly - come to pass. Neighbouring Counties Kent, Hertfordshire, Middlesex and Surrey all have walkers in their Committee Rooms - so why can't we? It's very few meetings per year, so hardly onerous.



Sunday 2nd March
NSC, Douglas, Isle of Man



Entry details <https://meets.rosterathletics.com/public/competitions/details/about?id=26025>

FIXTURES

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

JAN 25	10	Race Walking Association AGM	Zoom	7.00pm
	11	Enfield League 5,000m + 3,000m, 2,000m and 2024 Presentations	Queen Elizabeth II Stadium	11.00am
	12	Ray Hall Winter League	Aldershot Military Stadium	11.00am
	18	England Athletics Indoor Walks	Sheffield	TBA
	25	Steyning AC Open 15k/10k/5k	Spithandle Lane*	2.00pm
	25	The Centurions AGM	Zoom	11.00am
FEB 25	8	Ray Hall Winter Track League	Eltham	11.00am
	15	Enfield League 10k + opt-out distances	Donkey Lane	11.00am
	22 - 23	British Masters Athletic Federation Indoor Championships	Lee Valley	TBA
	22 - 23	UK Athletics Indoor Championships	Birmingham	TBA
MAR 25	2	UK 20km Championships (Men/Women) + supporting events (<i>see advert above</i>)	Douglas, IOM	9.30am
	5	Metropolitan Police Walking Club Annual Buffet & Reunion	Civil Service Club SW1A 2HJ	5.00pm to 10.00pm
<p>* Allow time - as start line and changing rooms are some distance apart.</p> <ul style="list-style-type: none"> Regular distance training walks are held from Leigh-on-Sea's Belfairs Park – details from Centurion Steve Kemp on 07860 617899. Enfield League races require online pre-entries to: www.fabian4.co.uk. Any problems, call 07532-397528. 				



STILL RECEIVING ACCLAIM

Colchester-born Paul Nihill was inducted into the Medway Hall of Fame in 2016 in recognition of his achievements in terms of making a significant impact within his sport.

[Medway Sport Hall of Fame](#) | [Medway Sports Awards](#) | [Medway Council](#)

Publicity for the bi-annual Medway Sports Awards **this year (2024)** features local sporting heroes past and present - including 4 times' Olympian Paul Nihill MBE.

Still the acclaim comes his way- and rightly so!

HOME IN TIME FOR CHRISTMAS - AND A BIRTHDAY CELEBRATION

Here's a message I received from Tony Roost - son of **Ken Roost** - who has left hospital after another spell as an in-patient. Ex-Royal Air Force Representative walker Ken's **94th birthday** was on Boxing Day. Ken qualified as a Centurion at Ewhurst in 1975 (22:03.26) but really hit the jackpot on the same course in 1979 when 10th, going sub-20 hours (**19:52.53**) closely followed by C577 Jack Rossitter (20:02.43) and the late Peter Worth C491 (20:20.44) - who together formed a winning team (then called Borough of Enfield Harriers), beating 2 top Netherlands teams who were 2nd and 3rd. That 1979 Ewhurst race saw a record 107 starters/78 finishers/37 new Centurions - all records for UK 100 miles races! For many years Ken frequently was an Enfield League pointsman at Donkey Lane and Lee Valley. It's really good that Ken was discharged from hospital in time for Christmas and a 94th birthday celebration.

Writes **Tony Roost**: "He's been in hospital and should be on his way home as I type. He has been pretty tired lately which has led to him getting confused. Hopefully he will get back to normal."

Sandra C735 and **Richard C760 Brown** commented: "Thanks for keeping everyone in touch. Happy birthday to Ken on Boxing Day. Thanks for all you do for our sport."

MARK SHEARMAN

An octogenarian who'd photographed so many race walkers in his time, particularly for Athletics Weekly (AW), has retired. A recipient of many awards, he began in 1962 only putting his camera down in 2023 after the National Cross Country relays in Mansfield. He was behind the lens at 14 Olympics and at all World Championships (bar 2022 in Eugene, Oregon), other major Games plus countless other events. His first Olympics was in Tokyo (1964) - when 4 British athletes struck gold, including our Ken Matthews who dominated the 20 Kilometres Walk. Mark's pictures were featured in AW, and elsewhere, as Ken triumphantly strode around a cinder track (the last Olympics held on one) to finish well ahead of the silver medallist - to be greeted by his wife Sheila who'd leapt from the crowd to embrace him. In his active times he was a 2.48 marathon finisher. Mark declared London's 2012 Olympic Games as his best event. His most treasured possession was an MBE awarded "*for services to sports photography*". He operated mainly at the higher levels of athletics, so our more talented race walkers were those captured on film by Mark. He was well thought of by all athletes including walkers who, it must be said, were sometimes caught "*up*" by the photographer.



athleticsweekly.com/athletics-news/photographer-mark-shearman-hangs-up-his-camera-1039995181/

ESTEEMED LIFE MEMBERS' LUNCH REPORT by **Chris Flint**

On Friday 8 November the pre-Christmas lunch for Metropolitan Police AA Life Members was held at the Union Jack Club, SE1. Around 40 members attended representing most of the sporting disciplines that the Met used to support and encourage, including race walking. Nowadays significant changes in administration and funding have seen the sad demise of representative sport between external clubs. But twice-yearly lunches organised by the MPAA office are well supported, and this one was no exception. President Sir Brian Hayes, former deputy commissioner, was present as was John Purnell who handed over the role of chairman to David Cooper who welcomed guests and gave updates on the health of members. The irrepressible Andy Bignold acted as MC. Race walking members Paul Blagg, Peter Hodgkinson and Chris Flint sat on the same table, and enjoyed an excellent meal and good company. Regular attendees Bill and Kath Sutherland were unable to attend due to illness. Friendships go back many years and it's hoped that these lunches continue for the foreseeable future.

88 IS THE NUMBER

The Saturday before Christmas would have been Essex athlete **John Webb's 88th** birthday. John achieved Olympian status when competing over 20 Kilometres at high altitude in Mexico City (1968). Word has reached us from Bristol, where he'd resided, that a glass or two was raised in his honour to mark the date: 21 December. Basildon AC's John Webb RIP - a true worthy and one never to be forgotten.

Readers write:

- "I remember racing with John ... well, being in the same race is probably the correct way to phrase it. He was in his prime in the early seventies when I was just starting out. I remember that he always had a smile on his face and appeared very relaxed. I'm sure he will be sadly missed by family and friends." **Jack Lord**
- "I will remember John Webb and give thanks for every remembrance I have of his life and legacy. Thank you, John." **Roy Lodge**
- "I remember John in every one of my morning hour-long walks in the Langdon Hills where he and I used to run. We also shared a birthday. So, in 1969 we raced on our birthdays at the end of year Ilford 5 miles at Chigwell Row. We came equal second to Roger Mills." **Oliver Caviglioli**
- "Very well said Dave, a good 'un." **Don Cox**

- "I was thinking of John too, as I made my way round a muddy parkrun this morning - he got me into all this! He really was an inspirational figure." **Greg Smith**
- "A great loss of a superb stylish GB International and rival too!" **Bill Sutherland**
- "That's amazing! What lovely comments. Please send my thanks to those that contributed. Best wishes." **Sarah Webb**

World Athletics changes walks to Half Marathon and Marathon - The Sports Examiner

"The World Athletics Council approved the introduction of new official senior road distances for race walking events, in order to help put the remarkable achievements by athletes into context, make the events more relatable for fans, and encourage mass participation. The standard senior distances for race walking will therefore change from:

- 20 km race walk to half marathon race walk (21.0975km)
- 35 km race walk to marathon race walk (42.195km)



These changes will be implemented starting 1 January 2026 in senior World Athletics Series events."

World Athletics President **Sebastian Coe** (GBR) explained:

"I think we've made the right decision today to make it more relatable to Half Marathon and Marathon. The fact that you've got race walkers that will cover that marathon distance in just under three hours, I think sort of places it into a greater context for people watching the event. Our attempts in all our innovations is to lend a little bit more understanding and context to our fans, and we recognize that at the major games, a large chunk of our fan base that watching probably may well be watching the sport for the first time, so our innovation is - there's a very clear rationale behind it - it is to try and make more understandable, more salient, more relevant these events."

The 20 km walk has been part of the Olympic program since 1956 for men and 2000 for women and the 50 km walk was a men's event from 1932 to Tokyo 2020, but was not held at Paris 2024. World Athletics changed the 50 km event to 35 km for men and women for the 2022 World Championships. Now, all of these events are out and the new half marathon and marathon distances will be installed. As for the status of these new distances in the Olympic Games, Coe noted: "I think that is a question that is best directed at the [IOC] Program Commission and the Sports Department. What we've said is **race walk is secure in our World Championships.**"

AND THERE'S MORE

Ian Richards writes: I think you should also circulate the other major change that effects the under 20 age group. **10km WA championships are being replaced by 5000m with effect from 2026.** This is not getting a mention in many of the posts but will be important both for athletes and their coaches.

MAJOR CHANGES – HON ED'S VIEW

When announced that a new race walking event - a *mixed gender Marathon Relay* - was to make its Olympic debut at the 2024 Paris Games - there was "*A Chorus of Disapproval*" (to borrow a title of an Alan Ayckbourn play). **Many** stated strong objections and Hon Ed agreed - but also added that, as it was going ahead anyway, it was sad GB couldn't raise even a 2-person team. Come the day many had to - and indeed did - admit it'd been a great success. This based on evidence it'd attracted more crowds of spectators than both Olympic 20k walks as well as generating considerably more media attention and resultant publicity. OK, some of that was because it was something new. Nevertheless it proved a hit, even without GB participation. A new idea of altering distances has a potential to do likewise and offers more hope for race walking's future than proverbial "*gambler's last throw*" attempted solutions which have been tried in past decades - and optimistically still are! **DA**

MAJOR CHANGES – READERS' REACTIONS

These changes have been widely circulated and included in many sporting publications - including our Race Walking Association's own "Race Walking Record".

- Good move. About time; I always thought the Race Walking authority's snub to the London Marathon invitation was a short sighted isolationist decision. After all, the first popular running mass marathon event which was started by Fred Lebow in the USA - New York - showed the way again with the inclusion of a Race Walk section with the major prize being a car! Our five time Olympian walker Chris Maddocks was second to a future world champion (Carlos Mercenario of Mexico) in the process beating Russian Andrej Perlov the then current 50km world record holder! I won the race walking section of the Kharkiv Marathon in 1991, the fiftieth anniversary of the tank battle of Kursk.
Ed Shillabeer C590
- I don't share Edmund's enthusiasm for the major championship changes; this is because I prefer the 20km and 50km traditional distances. Accepting those are seemingly consigned to history, the move towards the half and full marathon walk events would at least suggest there is a future for Championship race walks in the short to medium term at least. Not sure about the next 100 years but then again, few sports are likely to escape the grip by 21st century decision-makers intent on spicing things up for the sake of it. Thanks, Ed for remembering my 1989 New York Marathon and reminding us of your Kharkiv walk. For my part it was an exciting time to be very fit, injury free and competitive against some of the fastest men in the world - Mercenario (1st 3.11.55), Perlov, Bo Gustaffson, a trio of top Italians including Maurizio Damilano. All-time greats. Looking ahead, it's a sobering thought to anticipate sub 3 marathon walks. Some things have changed. **Chris Maddocks**
- I completely agree with this. Our existing metric distances are totally meaningless to 99.99% of the general public. Since numeracy is rare these days many people assume that a 3h30min 50kms walk is vastly inferior to a marathon in the same time. It may not save race walking on its own but it will help. Without change our event will disappear in the next few years. **Steve Uttley**
- Good to see they got round to my idea in the end! **Tony Wilkinson**
- As big a news as Grimsby finally winning at home. **Richard Cole**
- Good news for all Race Walkers. **Olly Flynn**
- The change to half and full marathon seems a good call? People can relate to those distances which many walk, eg for charity, as well as run. Let's hope this encourages more participation, and encourages more half and full marathon organisers to make it clear that walkers at all levels are welcome. **Sandra Brown**
- My first reaction is lukewarm. **Tony Taylor**
- With regard to the changes, I simply do not recognise half marathon and marathon as relating to the past memorable history of Race Walking as that was 20 and 50 Kms. It is just a publicity stunt by Seb Coe and World Athletics as they now recognise that race walking has become one of the most popular and largely participated events in the Athletics programme. Can you recall back in the 80's when they said participating levels in the 50 kms was too low and not long ago they didn't want the 50 kms as it took too long and logistics for it was too much! Following that they changed to 35 kms for male and female now they prefer 42 kms. On the plus side it provides a future for the race walks in World Athletics, but at a massive cost to the illustrious history of our sport. On the UK side our so-called race walkers just about reach 10 kms, so without a massive change in our racing programme with a publicity drive to bring in new aspiring champions how are we going to have GB Race Walkers of Major Games level in the future? All food for much thought! **Bill Sutherland**
- Personally, I was neither for nor against the change. Against: because the current records will be 'history'. For: because there is logic behind the change to distances which are relatable to 'the man in the street'. **June Cork**

NATIONAL RECOGNITION

[Hall of Fame - England Athletics](#) (5:05 mins)

At an upmarket presentation Evening held at Leicester's Athena Events Venue, 8 worthies were inducted into the England Athletics Hall-of-Fame. The "Class of 2024" were: Charles Bennett RIP (GB's first Olympic athletic gold medallist in 1900), Lorna Booth MBE (double Commonwealth Games medallist who has given a lifetime of



service to athletics), Robbie Grabarz (Olympic, European and World high jump medallist), Stan Greenberg (nonagenarian Ace statistician who spent decades working alongside BBC commentators), Nicola Sanders (highly rated 400 metres runner), Richard Whitehead (talented paralympic runner), Jenny Meadows and Trevor Painter (both highly respected coaches). Alas no race walkers - this time - so roll on 2025.

Ed Shillabeer C590 writes: "Ref the 2025 Hall-of-Fame inductees - Very interesting! I remember Stan Greenberg's work."



ON THE ROAD

A picture featuring Ilford's first Olympian (Rome/1960 800 metres) [Phyllis Perkins](#) in a race walking road event - with a dismal ending (DQ)! This from a very old Athletics Weekly edition spotted by reader John Batchelor.

Picture as credited, and supplied by John Batchelor.

M. RODGERS (L.O.A.C.) leading from H. VINCENT (L.O.A.C.) and P. PERKINS (Ilford) in the Streatham Ladies' Open Walk. After helping her team to win the Open Relay, Phyllis Perkins turned out in the walk and was "pulled out" when challenging for second place only a few hundred yards from the finish.

H W Neale

PAUL DICKENSON RIP

[Paul Dickenson: Former BBC athletics commentator dies aged 74 - BBC Sport](#)

All athletes, irrespective of their chosen disciplines, will be sorry to learn of double-Olympian (1976/80) Paul's departure aged 74. He was a good friend of race walking, as was so often co-commentator Stuart Storey (happily retired aged 82). Paul was a former Ilford AC Annual Dinner & Dance guest speaker, who went down very well. Paul won 5 consecutive English Schools hammer titles and was UK record holder for this event in 1976. His nearest to major Games awards were at the 1978 and 1982 Commonwealth Games when finishing just outside the medals. After finishing in top class athletics he made a name for himself in commentary boxes for over 20 years. He began by meeting David Coleman at Crystal Palace and stating, "I want your job". A few months' later BBC sought a trackside reporter/interviewer, and legendary Mr Coleman recalled meeting Paul. He excelled and was promoted into the commentary box. Paul once said, "You've got to make it sound easy. I might be commenting to an auntie or an uncle who might not know anything about athletics, so you've got to make it sound very simple". As commentator he'd many strings to his bow: Summer and Winter Olympics, Paralympics, many other major Games, Strongman events, Royal Events and at other public occasions. Paul was on commentary duty when Jonathan Edwards set a world record with an 18.29 leap in the triple jump (or *hop, step and jump* as old timers more accurately call it). His career as a silvery-tongued maestro of the small screen ended after a series of mini-strokes in 2014. Paul hailed from North Shields where he'd married his childhood sweetheart Ann, whom he leaves behind along with 2 daughters and 4 grandchildren - to whom we express our condolences on a passing of one who truly made his mark.

Peter and **Marion Fawkes** write: "So sad to learn of the passing of Paul Dickenson. Paul was a North Shields Poly athlete and was the middle of a trio of prominent hammer throwers to come out of that club: Bruce Fraser, Paul and Ian Chipchase who were all GB Internationals. All 3 were trained by Carl Johnson, who was National Hammer Throws coach. Carl also trained another NSP athlete: Arthur Mackenzie in the discus who also became a GB International. Arthur in later life became a well-respected Playwright and author of a good few books ranging from murder mysteries to TV programmes (the Likely lads being one in which he wrote the scripts for a good few episodes). His autobiography is a

very good read! Bruce was the inspiration for both Paul and Ian, with Paul going on to be GB Team Captain and in later years a much-respected BBC Sports commentator on both Athletic events and the World's Strongest Man programmes. Ian won Commonwealth Gold in Christchurch before promptly retiring. Both Marion and I trained with the Poly at the same time as all of these fine athletes and I can truly say that all of them were truly inspiring. RIP Paul."



SAD DEATH OF A CENTURION WHO QUALIFIED AT BATTERSEA PARK

1993 SWC/Met Police "London 200K/24 Hours" C917 **Aat van't Oor** (RWV Holland) 23:08.40. 105 started/58 finished (53 completed 100 miles).

[Aat van 't Oor C 917 - Centurions 1911](#)

Writes **Kathy Crilley**: *I remember Aat well from his 100 and I'm sure I've seen him since then.*



Dear Dave ...



BACK TO SQUARE ONE

Greetings, I have read in the local paper and other posts online that Bromley Council has carried out a 'U turn' and cancelled its proposal to impose car parking charges at Norman Park. It was a reaction to a local petition and importantly to a clause in a lease/agreement with Blackheath and Bromley AC.

southlondon.co.uk/news/bromley-council-has-dropped-plans-to-add-parking-charges-to-norman-park/

Reg Denny

Dave Hoben writes: This isn't happening. There is a clause in the lease agreement that prohibits car parking charges (Bromley Council own freehold of the sports centre). Not sure how it got as far in the public domain as this.

YOU ARE ALL CORDIALLY INVITED TO THE METROPOLITAN POLICE WALKING CLUB'S ANNUAL DINNER & REUNION

Date: Wednesday, 5th March 2025 Time: 5pm-10pm

Venue: The Trafalgar Room (2nd Floor) Civil Service Club, Great Scotland Yard, London SW1A 2HJ

Indulge in an exquisite all-you-can-eat buffet featuring:



- | | |
|------------------------------|--|
| 1. Potato Wedges GF, V, Ve | 6. Vegetable samosa V |
| 2. Vegan Chicken Bites V, Ve | 7. Mini Steak Pies |
| 3. Chicken wings GF | 8. Margherita pizza V |
| 4. Mini beef burgers GF | 9. Mini Victoria Cake V, Ve |
| 5. Fish Goujons | (GF = gluten free, V = Vegetarian, Ve = Vegan) |

Special Highlights: Exclusive £10 per person (MPWC subsidised)

- Exciting raffle with fantastic prizes
- Card / Cash bar available
- Perfect opportunity to reconnect with colleagues and friends

Bring your loved ones! Family and friends warmly welcomed to this celebration of friendship and camaraderie. **Secure your place by 15 February 2025.** To reserve: Reply to this email and transfer £10 per person to:

Bank: Natwest Account Name: DR KSY HUNG Account Number: 98997564 Sort Code: 602423

Please include surname as reference.

Join us for an unforgettable evening of delicious food, warm fellowship, and cherished memories.

Dr Kitty Hung MPWC Dinner Secretary
Mobile: 07930343205

APPRECIATION

- Thanks for the excellent Essex Walker which is always a great read recalling memorable days in the past Golden Years. Interesting article on Peter Hodgkinson. Where's all that competitive drive in Race Walking events gone nowadays? Stay warm and well. **Bill and Kath Sutherland**
- Thanks, David, for your kind report. It made me feel proud. **Peter Hodgkinson**
- Thanks as always for Essex Walker and wishing you all festive cheer. **Paul Warburton**
- Compliments on yet another excellent edition of the Essex Walker! **Ed Shillabeer C590**

STARS AT COLCHESTER

Please see attached photo of Ed with the Wilkinson Sword taken shortly after he'd won the 1985 100kms track race at Colchester Garrison track. Myself and Richard Pannell were his trackside attendants.



Nice story, Dave, of you getting one of those 100 swords up for grabs to worthy sporting recipients.

Chris Maddocks

STATEMENT (14.12.24) from the FAMILY OF JULIAN HOPKINS

Julian had an episode in the night a week past Monday and was on a drip all that week. Wednesday this week he was quite low, yesterday he was asleep most of our visit and could hardly be roused. At 3am today we had phone call from the hospital to say he'd had massive nose bleed after straining to empty his bowels. We went in then for a while. Think this was part of the problem on Wednesday too (no nose bleed then). This morning they have given him a pint of blood and he's on 2 drips. When we visited this afternoon he was sitting up and chatted away. At this moment we don't know what the future holds as they think there may be internal bleeding and he's not strong enough for an endoscopy. Because of all this he's had little physio. If one of the race walkers wished to visit it would be helpful if they could ring us first as at the moment we're taking one day at a time. Our number is 0151 526 1091.

- Sorry to hear the news of Julian. Hoping for a massive improvement and sending him very best wishes. **Bob Dobson**
- Thanks for the update, doesn't sound good. Would appreciate if you could pass on my best wishes to Julian via Tony Taylor. **David Rosser**
- Very sad news. I well remember him and his book when TRUE race walking was the norm. We have sent him a card. **Bill and Kath Sutherland**
- Hopefully Julian can bounce back. **Ed Shillabeer**
- Sorry to hear about Julian. Always found him interesting, and one of the few coaching voices to try different things. I wish Julian a speedier recovery. **Paul Warburton**

Sending all Essex Walker readers best wishes for the New Year 2025

ESSEX WALKER

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