

# Essex Walker

Editor: Dave Ainsworth

## MESSAGE FROM FRED PEARCE

As you know Dad passed away on 21 February. It was a shock as, although he had been ill, all options were still open to him for a successful recovery. Two days later after an assessment a complication arose which saw him rushed into hospital. The funeral has been set for **3 April** with a service at [Emmanuel Church, Hawkwell SS5 4NR](#) at **12 o'clock**, if people would like to attend. Refreshments will be served afterwards whilst the family attend a short committal at the crematorium before returning. If anyone would like further details, please feel free to reach out

**Fred Pearce**

[Pearce.bb@btinternet.com](mailto:Pearce.bb@btinternet.com)

## TRIBUTES TO RAY PEARCE RIP

- Sorry to hear about Ray. From a personal point of view; I always found him to be a really nice man. He was reliable and fulfilled his officiating duties in a quiet, efficient and unassuming way. His presence at races over the last few years has been sorely missed. I note from my records that we both raced in the 1960 and 61 national 10's at Hendon and Loughborough but I didn't really get to know him until I moved to Newmarket in the mid-70's. Condolences to Wilma who often accompanied Ray at ERWL events, particularly Moulton and to all his family. RIP. **Ron Wallwork**
- Very, very sad. A colossus of our event. **Ed Shillabeer**
- How very sad! The last time we saw him and his lovely wife was at Moulton 2 years ago when Ray Middleton attended. A great servant of Race Walking over so many years. May he rest in peace. With sincere condolences. **Bill and Kath Sutherland**
- A very kind and gentle man. RIP Ray. **Ernie Barrett**
- Oh no, that is such sad news as Ray has been around for many years. **Linda Mountford**
- Very sorry to hear that. Ray was a great worker for race walking and at op judge and administrator. Always friendly and helpful. **John Hall**
- Sad news about Ray. They were/are some officials born to be officious. Thankfully, Ray wasn't one of them. In the memory, he was a friendly, smiley, helpful and more-then-efficient man - certainly when it came to Southend and Essex athletics. Sorry to see such a genial man go. RIP Ray. **Paul Warburton**
- I am so sorry to hear about Ray. He was a fine man. I met Ray through competing at race walks but really got to know him when Chris Flint and myself from the Centurions held our 100 miles 24-hour race at Garon Park in 2014. Ray was Chairman of Southend AC and along with yourself, Pam Dawson and John Brock we organised a very successful 100 mile walk. My sincere condolences to all Ray's family and friends and to Southend AC. **Kathy Crilley C933**
- Very sad news. We have very happy memories of Ray at the Southend 100 and other events. He was a pillar of the sport. **Sandra Brown**
- I'm sorry to hear the sad news about Ray Pearce. I know he was a stalwart and popular member of the Race Walking sport. I want you to please pass on my condolences to his family. He will be missed in this sport. **Mike Sweeney**
- This is sad news. I got to know Ray quite well when he was Chair of the Race Walking Association (Southern Area) and I was Secretary (still am) and he ran the meetings very professionally, and didn't allow too much time being centered on a topic unless it really deserved in depth discussion. He was ever present at meetings as a track/road race walking judge and was fair and offered advice to those whose technique was a bit 'ropey'. Always friendly and he will be missed as a one-time very good athlete and later as an administrator. Condolences to his family and to his Club colleagues. **Chris Flint**
- Great age but very sorry to hear that he has passed away. Lovely guy. **Andy Catton**

- Such a shock. Can't quite believe it. I have Ray to thank for encouraging me all those years ago to pursue Race Walking and to discover the 'Cinderella' event was about the friendliest of athletic events. Even though we hadn't seen much of him recently - his last visit to Garon Park was on August Bank Holiday Monday for the Southend Mile - it will seem very strange him not being around. RIP Ray. **June Cork**
- I was so sorry to hear of Ray's passing - such a lovely chap. I have happy memories of race walking training with him many years ago. Having been out of touch for some time, I did not know he had been ill. Sadly, my husband Kevin died last August after a long and brave battle with advanced prostate cancer - he was only 66. I am hoping that Ray had a better innings. May he rest in peace. **Annette Gentleman** (nee Forkin)
- Very sad news about Ray Pearce. He was a true champion of our sport and a source of much encouragement to many walkers over the years. **Steve Allen** (Barnet AC)

Expressions of sadness were also received from **Peter Marlow**, **David Rosser**, **Mike Jeffery**, **Oliver Flynn**, **Andy O'Rawe**, **Trevor Sliwerski** and **Chris Cattano**.

### APPRECIATION

My brother and I have been overwhelmed and moved by the tributes and condolences that are coming in for my Dad. So much so, that we have decided to display a PowerPoint presentation of all the messages to honour him and to respect those that have sent them, on arrival at the church. Please pass this on to everyone and send our heartfelt thanks. **Loretta Cottis** (nee Pearce)

### ESSEX & EASTERN COUNTIES 1,000 METRES CHAMPIONSHIP

At Lee Valley Indoor Arena on Sunday 2 March

1	Dan King	M40	Colchester Harriers	4:20.26 E
2	Melanie Peddle	W55	Loughton AC	5:24.79 E
3	Emma Dyos	W50	Brentwood Beagles	5:34.61 E
4	Stuart Bennett	M65	Brentwood Beagles	5:47.40 E
5	Sophie Blundell	U15G	Newmarket Joggers	5:58:35 EC
6	Emma Keeley	SenW	Cambridge & Coleridge AC	6:12.93 EC
7	Miraiker Wallace	W60	Cambridge & Coleridge AC	6:19.29 EC
8	Athira Nair	U13G	Cambridge & Coleridge AC	6:23.67 EC
9	Floriane King	U13G	Colchester Harriers	6:41.34 E
10	Celia Cordon	W45	Brentwood Beagles	6:55.60 E
11	Suzanne Bailey	W60	Newmarket Joggers	7:00.58 EC
12	Maxime King	U13B	Colchester Harriers	7:11.40 E
13	Lilly-Ann Cooper	U15G	Newmarket Joggers	7:19.43 EC
14	Tyro Tyson	M50	Cambridge & Coleridge AC	7:20.78 EC
15	Emila Marron-Quevedo	U15G	Brentwood Beagles	7:54.42 EC

+ One disqualification

E = Essex, EC = Eastern Counties

A much-appreciated turnout as race walking returned to your Indoor Championship scene after ejection a few years' back, owing to lack of entries. We need to build on this for next year. **Hon Ed**

*Please see separate comments from your Essex County Secretary ('Dear Dave ...' page 10)*

### ESSEX FAREWELL TO A CENTENARIAN and CENTURION

A funeral service for Centurion 576 George Mark Eastwood, who died aged 100, was held at Green Acres Cemetery in North Weald, not far from the World War II airfield, close to Epping Underground Station and easily accessed by frequent buses or minicabs. The Centurions were prominent, as a large sign "**Centurion 576**" was affixed to his coffin, an "Order of Service" had a full-page picture of George race walking. In tributes shown on a large screen during a period of reflection during the a very well attended service, were pictures of George the athlete - also George a downhill skier and an opening batsman. Entry music was "*Fanfare for The Common Man*", music during a reflection period was a Spanish classical piece (George owned a Spanish villa), with exit music "*The Trap*" (known as BBC TV's "*London Marathon theme*"). George completed 5 London Marathons. A chosen reading

was "If" by Rudyard Kipling which commences, "If you can keep your head when all about you are losing theirs" etc, etc. Afterwards saw a truly upmarket gathering at "The Green Man" - a traditional old Essex public house with oak beams in "Toot Hill", a remote village near Ongar. A magnificent spread with complimentary drinks, plus a photo display of George's life (many athletics pictures) with his medals on display.

Alas few race walkers - when one would have expected more for both a centenarian and Centurion. We had 2, both Centurions: one being Jack Rossiter (Enfield) - who as Centurion No 577 has the number next to late George's, which certainly impressed the family. Jack resides at Waltham Cross, not far from Enfield stalwart Martin Oliver. Jack used his knowledge of buses to reach this service, and presented the family with his written account of George's impressive race walking contribution. Details of George's funeral were widely circulated and drew a number of responses - which unfortunately advised that a chosen date (Tuesday 4 March/1pm) was inconvenient for most and also a couple were unwell to travel. However, you'll be pleased to note athletics was well represented by a good turnout of office holders and members from Woodford Green with Essex Ladies AC (as now called) including 97 year old Jack Hayward (V95 category) who now takes over from dear departed George as that Club's esteemed oldest living member.

## FIXTURES and DIARY DATES

(April to June)

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

APR	3	Funeral of Keith Tonks RIP	Redditch Crematorium	11.45am
	3	Funeral of Ray Pearce RIP	<a href="#">Emmanuel Church</a> , Hawkwell	12.00 noon
	5	Enfield League Walk 10k + 5k/3k/2k	Uni of Cambridge <a href="#">West Campus</a>	2.00pm
	6	Bill Sutherland BEM – 80 <sup>th</sup> birthday	Islington	
	8	Veterans AC 5k (all welcome)	Battersea Park Bandstand	6.50pm*
	10	Funeral of Don Turner RIP	Awaiting final details	
	12	England Athletics 10,000m Championship (3.10pm) + 7 other races	Moulton College, NN3 7QL	From
	26	Herts/Essex/Suffolk/Cambs Champs 3,000m + 2k/1.5k development race **	Bury St Edmunds	from 11.00am
MAY	27	TCS London Marathon	Greenwich/Blackheath	10.00am (mass start)
	3	Sean Pender 10K + 5k/3k/2k (Enfield League)	Donkey Lane, Enfield	11.00am
	13	Veterans AC 5 miles (all welcome)	Battersea Park Bandstand	6.50pm*
	18	European Team Championships	Dudince	TBA
JUNE	31	Ken Livermore Relay (track)	QEII Stadium, Enfield	11.00am
	3	Veterans AC 5k (all welcome)	Battersea Park Bandstand	6.50pm*
	8	The Centurions' Social Walk (all welcome + families/friends) approx 6.5 miles	Winchelsea, East Sussex	TBA
	21 - 22	Manx Telecom Parish Walk (85 miles)	Douglas, IOM	8.00am
	28 - 29	Welsh Senior & U15 Championships	Cardiff	TBA

\* Make time - as registration and start line are a distance apart.

\*\* Entries link Herts/Essex/Suffolk/Cambs & Middx Championships [Steeplechase Festival 26/04/2025](#)

- 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](http://www.fabian4.co.uk). Any problems, call 07532-397528.



## BILL'S MILESTONE

Regular Essex Walker contributor **Bill Sutherland** is to celebrate his 80th birthday on Sunday 6 April. Bill was an established name from the mid-60s onwards soon coming to the attention of International Selectors, and included among International appearances were major events such as European Championships and Commonwealth Games plus National Championship titles. Bill's name was synonymous with the famous Highgate Harriers, who in such earlier times could put out 'A', 'B', 'C' and 'D' teams in 4-to-score Open races, County, Area and National Championships. Bill's name was often first on Middlesex County team sheets. He was a loyal member of the Metropolitan Police and British Police Representative teams and turned out for both with regularity. Those were times when top race walkers were active most weeks and for the Met he'd be there for Inter Club races, as indeed he was for Highgate events. He was always prominent on much missed "Highgate 1 Hour races which saw packed tracks (at both Parliament Hill Fields and Copthall Stadium) over 4 graded races - to wit 'A'-to-'D' Sections with Bill a leading light as an 'A' competitor. He was the first Scottish athlete to gain a medal in the 1970 Edinburgh Commonwealth Games - bronze in the 20 Miles Walk clocking 2:37.24. He didn't get quite the kudos merited; as when entering Meadowbank Stadium for a lap of the track towards the finish line, legendary BBC athletics commentator David Coleman didn't know who he was - apart from him being a tall Policeman. Bill had some luck as "smart money" was on an Australian 1-2-3 but for some unexplained reason they only selected 2, who came 1st and 2nd, leaving out 1968 Olympian Frank Clark, who a couple of years earlier had a brief spell with Ilford AC.



Bill Sutherland on an Edinburgh Meadowbank Stadium rostrum for a 20 Miles' Walk presentation ceremony.

L-to-R: **Bill Sutherland** (Scotland/bronze), **Noel Freeman** (Australia/gold) and **Bob Gardiner** (Australia/silver).



Bill Sutherland/Scotland (319) on an opening circuit at Edinburgh's Meadowbank Stadium in the 1970 Commonwealth Games 20 Miles' Walk.

Bill failed to appear in Scotland's official Commonwealth Games team photograph - as when sent his blazer it didn't fit so needed alteration. It wasn't returned in time for the photograph and an official prevented him taking a place before the lens as he wasn't attired like the others. Come 1972 Bill's name was *"on the radar"* for Munich Olympic selection. Paul Nihill and Phil Embleton, both sadly no longer with us, were 20k *"certs"* so a 3rd spot was up for grabs. Things didn't go Bill's way in the Selection Committee room - though when names were announced the *one-and-only* Arthur Gold told Bill he should have been selected. Despite Arthur being *"all powerful"* he couldn't overturn a Race Walking Association recommendation. Upset as Bill was - and still is - he put profound disappointment aside to campaign hard, with others, against a decision to cease race walking as an Olympic event. Bill spent much time visiting places here-and-there, often using his own leave to do so in a bid to drum up support for retention of our discipline on Olympic programmes.

Bill had a spell away from Highgate Harriers to join Ilford AC and was so active he was elected as a most popular President in 1994/95. When at the top table for Ilford's Annual Dinner & Dance at Chigwell's Police Sports & Social Club his chosen after-dinner guest speaker was another *"one-and-only"* person - the late Mel Batty. It was a memorable occasion. Bill's a proud BEM (British Empire

Medal) recipient - when at Buckingham Palace to receive it from a now late Queen Elizabeth II he acquired a top hat and put it under his chair in the presentation hall. A Palace *flunkey* tapped a shoulder to inform him guests are required to place such items in cloakrooms!

He was an Organising Committee member of a 1989 "Arthur Eddlestone BEM Memorial 100 Miles Walk at Hendon Police Training School (100 x 1 mile around its perimeter in atrocious weather) which was a major successful promotion. Bill was determined to complete a 100 Miles' Walk, for membership of an exclusive Centurions' organisation, open only athletes completing this distance in under 24 hours. He did so at the 1991 Ewhurst 100 Miles in Surrey around a 10 x 10 miles course, clocking 23:49.36 to become member 890. As the task got tougher during cold of the night Bill's wife and greatest supporter for decades, Kath, cheered up spirits by singing "*Maybe it's because I'm a Londoner*". When interviewed by a reporter from his local newspaper (Islington Gazette) about this feat he was asked where he'd put up for the night? Bill told her 100 miles start one day/finish the next, with competitors competing through the night - not sleeping! The journalist was most impressed. Bill contributed to The Centurions by serving as their Honorary Secretary from 1994-to-1999.



Bill's own account of his 100 miles achievement is documented on the Centurions 1911 website: [Centurions Stories - C890 Bill Sutherland](#)

Bill has returned to Highgate Harriers and nowadays is prominent as an ideas and suggestions man, following in footsteps of great Highgate Harrier Charlie Megnin RIP, a 1946 European Championship 50K Walk bronze medallist. He main love in recent times is parkruns where he's compiled a long list of both appearances as a participant and as an official/helper, having received service awards for so doing. **We wish Bill well on his 80th birthday.**

#### INSPIRATIONAL QUOTE OF THE DAY

"You can't go back and change the beginning, but you can start where you are and change the ending". C S Lewis

#### PUBLICITY

All items you have of interest for promotion on our RWA's Southern Area's Social Media Accounts, please pass them on to Graham Chapman.

#### TOM ON TOUR

Tom Bosworth's been touring around to various locations, including on the Isle of Man, to enthuse youngsters into taking up race walking. Much of this has been covered on our social media (recent examples: [March of the Warriors with Tom Bosworth](#) and [Road trip to the Isle of Man](#)).

It'll take such evangelical fervour to attract newcomers and we wish Tom's worthy efforts will achieve their aim.



The latest Talking Racewalking Podcast features Tom Bosworth for a second time of asking ...

[Talking Racewalking Season 3, Episode 2. Talking again with World Record holder Tom Bosworth.](#)  
[youtu.be](#)

#### MADAM PRESIDENT

Congratulations to former race walker **June Cork** on her election as Southend City AC's President, taking possession of the Chain of Office from dear departed Ray Pearce RIP. Also at the Club's AGM, held on Friday 14 March, June stepped down after over 3 decades as Hon Secretary and as Hon Membership Secretary. June was presented with a bouquet of flowers and a Marks and Spencers gift voucher. What a star!



## MEETING OF MINDS

British race walking numbers and successes have nose-dived over recent decades, with a much reduced number of participants, shortage of officials, few newcomers, a high average age, a non-existent activity in many areas, many discontinued events and few triumphs on our International stage. Over decades one thing has remained constant - the number of meetings, be they held by the Race Walking Association, its Areas, Counties and at Clubs. An interesting whole page article in *"The Times"* on 21 February, penned by brilliant journalist Harry Wallop, looked at the state of British meetings. It opened by suggesting the first item on any agenda should be *"Is this meeting a waste of time?"*. A key decision must be to cut the duration of meetings and insist of them being more focussed. Anyone who waffles or goes off topic is *"ELMOed"* (Enough, let's Move On). One study suggested the average business person spends 213 hours a year in meetings. He writes, *"At least we got through the agenda"* is sometimes the most one can hope for at 4pm on a rainy Wednesday, after 90 minutes stuck in a room without even the benefit of some Hobnobs. Recently, a Havering Councillor stated many meeting attenders only come for the coffee and biscuits. An expert described an agenda as reductive, *"It's a list which doesn't tell us what we're trying to do, what role we're playing, and doesn't help people to contribute"*. An agenda is often just a way to avoid conflict: *"Let's just get through this list"*. When Ford took over Volvo cars in 1999 (sold on in 2010) its first act was to impound their newly acquired Company's meeting room keys - only to be used if a Head Manager thought them vital. Harry Wallop concluded his article on meetings with, *"We just need to make those gatherings less frequent and more useful"*. Race Walking needs meetings and your Southern Area have streamlined their Committee (as reported in last month's edition) to achieve noticeable improvements. It needs more of you supporting what's put on for you by those on these Committees are keen to promote, and for too many *"stayaways"* to return to our start lines. A final comment which applies to some Committees, but by no means all, *"A committee is something that takes minutes and wastes hours"*. Surely not in our branch of athletics?

## GOING UP

Your compulsory England Athletics Competition Licence Fee for seniors in 2025/26 is upped to £20 from £19 pa.

## RACE WALKER STEPS UP

Frequent Essex Walker contributor, 5-times Olympian **Chris Maddocks** BEM, has been invited to become a **Devon County Athletic Association Vice President**. Our congratulations to Chris, who is well known and has many contacts in Essex County race walking circles.

Photograph: Devon County AA Secretary Janet Phillips (L) and Chairman Mike Hindle (R) presenting a Vice President's badge of office to Chris Maddocks - at Exeter Arena, a venue at which Chris was present for its 1992 official opening.



**Andy Bainborough C670** writes: "Janet Phillips used to teach at the school where my Dad was caretaker and she used to encourage me to join the Exeter Harriers in the early 70s. As Club Secretary I used to pop around on the Monday after a race to give her my race results etc and she would put a report in the paper! We used to have a Track Meeting at the track called the Phillips Trophy where local Clubs would compete - it was named after her late Dad."

## SAD DEATH OF A GREAT FRIEND OF RACE WALKING

**Don Turner** (Epson & Ewell Harriers) has passed on aged 88. Not a race walker, but one who called our times on so many occasions, especially when competing south of the Thames. A long distance runner of note, he was London-to-Brighton runner-up in '59 and 3rd in '61 and '63. In '62 he was 3rd in a gruelling South African "Comrades Marathon" clocking 6 hours 7 minutes. His marathon best of 2:32.42 came in 1968, and on Surrey's Walton cinder track in 1960 he set a world record for 6 hours when covering 52 miles 1,100 yards. October 1980 at Walton rings a bell, as that month on the same track Hew Neilson set a number of race walking World Records on route to clocking 133 miles 21 yards at 24



hours. A long-serving timekeeper he was Chief Timekeeper for an inaugural 1981 London Marathon and a pioneer of photo finish equipment at Crystal Palace. Don officiated as Chief Timekeeper at highly popular "Night of the 10,000 metres PB's" meetings on Parliament Hill Fields track. He regularly contributed to *Athletics Weekly* and *Athletics Today*. Don Turner RIP.

- Very sad news about Don Turner and a nice [obituary](#) in AW. We remember him very fondly as an official at all kinds of events, including racewalks, and a regular official at the Sri Chinmoy 24h, reflecting his deep interest in ultra-distance events. Don was an early member and a lifetime supporter of the RRC, the Road Runners Club, founded by Centurion Ernest Neville to promote the famous London to Brighton run. The run became almost as famous as the much older London to Brighton walk, whose origins dated back to the late C19th, the era of the birth of our oldest walking club, Surrey Walking Club in 1899. Back in the 1980s I had the pleasure of both walking and running the open Brighton races before the sad demise of both events. Don was for many years the Treasurer of National Union of Track Statisticians and well-known in that capacity, and as a highly respected athlete and official, to our own Colin Young and others. **Sandra Brown**
- Very sorry to hear the news of Don Turner's passing. **Bill Sutherland**  
Condolences were also received from **Paul Warburton**.



### IN THE MONEY

Latest winners in your Race Walking Club 200 Club draw are **Lancashire Walking Club**, **Glyn Jones** and **Julian Hopkins**. Let's hope this news brings a smile to Julian in his hospital bed, from which we all hope he'll improve enough to soon return home.  
[200 Club - Race Walking Association](#)

### DAVE ROSSER IN ACTION AT SOUTHEND

The 70th Anniversary Southend Boxing Day Pier Handicap Race saw a star from their race walking heyday. Dave's a former Welsh Senior Championship gold medallist on multiple occasions and a 1970 Commonwealth Games representative. He now graces the parkrun scene.

Photograph submitted by **June Cork**: Bill Lee [43] and David Rosser [52].

"Bill is relatively new to the Club whilst David was, of course, a Race Walking Star in the 60s and 70s. The two most senior competitors on this special occasion."



### ROGER BUXTON's 'LIVE' INTERVIEW WITH BILL

An Essex Radio Saturday afternoon Sports Show interview was interrupted by a dish smashing in another room. Writes **Bill Sutherland**: "Correct. We remember it well. Great memories."

### "AS YOU WERE"

A businesslike AGM (over in around 30 minutes) was held in Ilford Sports Club at Cricklefields Stadium on 18 March at which Officers and Committee remained unchanged. Leading Office holders are **Dianne** and **Neil Crisp** (joint Presidents), Chairman former Essex Beagles race walker **Ernie Forsyth**, Secretary **Andy Catton**, Treasurer former "Mr Universe", hammer-thrower **Wesley Clarke**, Media/Publicity Officer Billy **Green** and Social Secretary **Anna Crawley**. President Elect is **Pauline Tester**. Respected coach **Ian Gains** was elected as an esteemed Life Member.

Commented **Ed Shillabeer**, who sent an apology for absence: "

*"Now we need to revitalise the Walking participation. Help from the current initiatives of either, or both, Tom Bosworth and Callum Wilkinson for example? Food for thought, eh?"*

### 'NO GO' FOR COE

London 2012 Olympic supremo, Baron **Sebastian Coe**, failed to become International Olympic Committee (IOC) President when attracting just 8 of 97 possible votes. Elected with 49 votes was Kirsty Coventry, who becomes the first woman - and first African - to hold this important position for an 8 years'

term. We're fortunate as the new Office holder has strong connections with our sport, having served on the IOC Athletics Commission from 2013-to-2021. Nowadays, more than even, Race Walking at all levels depends on having *"friends in high places"* so we hope Kirsty is enthusiastic about our chosen discipline.

### Coventry elected first female IOC president as Coe beaten



#### OUT-AND-ABOUT

Here's news from former Centurions' Captain and an ex-Southend resident **Martin Fisher**:

*"Another one in at Malta Valletta, this time hilly and not enough drink stations. If anyone wants some info on the two marathons with a view to competing, happy to pass info on. Blackpool marathon next."*

<https://lavalettemarathon.com/event-info/>



#### SPORTS JOURNALIST IN THE NEWS

"Ilford Recorder" Sports Editor **Lee Power** is to run the London Marathon. He'll run to raise money for a hospice which looked after his mum in her final days. Lee's aim is to finish in one piece - and if sub 4:30 all the better. One to look out for as he speeds through Ilford AC's water station and elsewhere along the route. He's mentioned as he's written many favourable race walking accounts in his local newspaper over decades.



#### AWARDS KEEP COMING IN

The always highly impressive **Sandra Brown**, now aged 76 and capable of bettering athletes half her age - and younger - set a new Over 75 world record when winning the UltraBujassot 48 Hours' race in Spain, covering 246.8 kilometres in so doing. What next you ask? - as these wonderful reports just keep on coming. Our congratulations to Sandra (Surrey Walking Club and Centurions).

Please see [film clip](#) of her positive strides towards the finish ... in a word "AMAZING" (**Len Ruddock**).

#### GREAT NOTLEY PARKRUN ... Wow! What a write up

A news report for the 500<sup>th</sup> Great Notley parkrun (22 March 2025) featured a contribution by a guest writer (parkrun tourist) where she described her experience of the milestone event. [Event #500 \(22nd Mar 2025\) | Great Notley parkrun](#). As readers may be aware, Tony Perkins is a keen supporter of his local parkrun – a fact not lost upon the guest writer, as illustrated by the extract below:

*"I have started to include the "volunteeriest volunteer" in my run reports as an alternative to "runniest runner". A high number of runs is impressive; however, it would not be possible without our volunteers who ensure week in week out, in all conditions, that we can enjoy our parkruns.*

*There were many contenders, with many volunteers having done 200/ 300+ volunteers. There was one clear stand out winner in the form of Great Notley regular Anthony Perkins, with a staggering 678 volunteer credits (with 1179 total times volunteered). You don't see that many run credits that high, let alone volunteering credits. In addition to Great Notley, Anthony has also volunteered at Markshall Estate, Mersea Island and Great Notley Juniors. Anthony regularly volunteers at parkrun on Saturdays and then again on Sundays with Junior parkruns – what a star!*



*Anthony began his volunteer journey at Great Notley parkrun (event number 10) as a marshal on the 30th August 2013. He has fulfilled 6 distinct volunteering roles; Marshal, Pre-event Setup, Event Day Course Check, Post-event Close Down, Token Sorting and "other".*

*Thank you, Anthony and all the other volunteers, for ensuring we can enjoy our parkruns."*



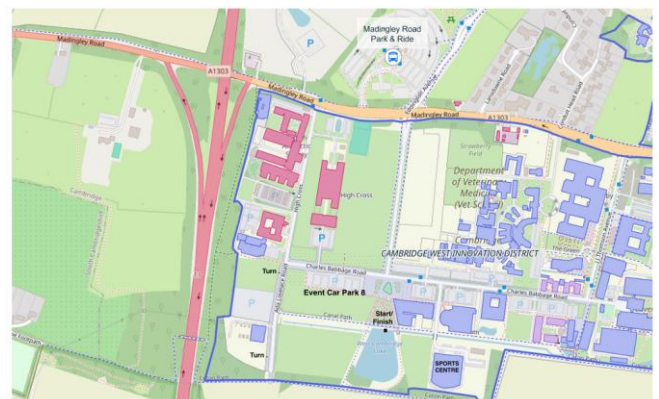
**"ALL ABOARD"**

Double Olympian Tom Bosworth MBE has set sail on a P&O Cruise liner where he's given 2 talks as a celebrity guest speaker. There's applause for Tom as he's taken information about our chosen athletics discipline to new audiences on the high seas. Many years ago, both Ron Wallwork and Eric Hall booked on a cruise ship bound for the Norwegian Fjords - and *"bumped into each other"* at a Day 1 induction meeting. They arranged a race around the ship's deck which they called *"Arctic Circle 3,000 metres walk"*. By coincidence they accidentally bumped into each other years' later when on the same New Zealand North Island beach. Nearer home, a 3rd coincidental meeting came on a 24 miles' walk in Norfolk when Ron was building up mileage for his 1992 successful Centurions attempt. At a quiet village near Grimes Graves, 8 miles from Thetford, as Ron crossed a hump-backed bridge by chance Eric Hall was making progress on a towpath beneath it. Just 30 seconds' difference by either athlete and that meeting wouldn't have occurred. Hon Ed knows Grimes Graves well as beside it is a large military training area, where Hon Ed did RAF leadership and initiative training - and where *"Dad's Army"* external scenes were filmed.

**STOP PRESS - GOOD NEWS**

As of Friday 28 March, already **24** entries have been received for your next Enfield League race – on a 1km loop course at a new venue in Cambridge - on 5 April. Let's see even more late entries coming in to support this new race walking location. Entries close noon Thursday 3 April - to be submitted at <http://www.fabian4.co.uk>

Refer to [Participants Information sheet.pdf](#) for details of location, travel options, parking facilities and registration.



## Dear Dave ...

**WALKING IN GLASGOW's COMMONWEALTH GAMES**

- What wonderful news, let's hope it not a false dawn. **Oliver Flynn**
- Geddon. **Ed Shillabeer**
- Good news indeed. **Len Ruddock**

**JOHN LEES 80th BIRTHDAY ARTICLE**

- John Lees' ultra exploits were amazing and an inspiration during my formative racing years. His American Coast to Coast record walk got a worthy mention in a newspaper write-up, taken from my scrapbooks. All your joint efforts to keep race walking in the Olympics is much appreciated and always will be ... "Happy Birthday John!" **Chris Maddocks**
- I would like to send him best wishes for his birthday. **Mike Parker**

**NERINGA INTERVIEW****[Race Walking Extra: Neringa Aidityté - 2024 & Farewell to the UK](#)**

- Thanks - very interesting for those of us who did not know Neringa. **Dave Annetts**
- Brilliant. Such a genuine and humble person. **Ian Statter**

**ARTICLE ON JUNIOR RACE WALKERS**

- The clips I see on this Facebook site are very encouraging to all who have an interest in developing and promoting race walking. Abundant tips everywhere. **Len Ruddock**

- This is what happens in Spain. Creating enthusiasm and competition in the younger athletes is the way to go, and making it part of the whole mainstream athletics journey. **Cath Duhig**
- Have to say, it looked pretty good. Really encouraging to see so many kids having a go and, quite a few impressive examples of solid technique. Over the decades I have been invited into schools and taken large groups through similar paces, especially during my racing days. That said, I've done it quite a few times since becoming a dad and inevitably extra requests emerge around any Olympics. My frustration is not having an abundance of options to direct any naturally gifted or enthusiastic kids to nearby clubs to take them on further. Most recently, I've been back to my old university. Alumni staff asked if I'd make some memorabilia donation to an upcoming fundraising week. Last week, I delivered some things and offered a strolling tour of the sports part of the campus. 40 years ago, there were about 6,000 students at Exeter; today, it's developed to around 23,000 with facilities to match. A few days ago, I was emailed and asked to go back in March and take undergraduates through their paces/short walk during their 'Challenge' week. At best, it will only be at the Spanish/Irish novices' pace!



Nice to be a guest at my old University during their fundraising, Sports Challenge week. Today, students were clocking up the miles on static bikes, rowing machines, walking parts of the campus plus scoring points on a giant football dartboard. I'm pictured with Guy and Vic, two of the organisers. Swimathon tomorrow 🏊



WALK ON BY: Chris Maddocks, far right, with taking part in the Star Track athletics week youngsters at Brickfields yesterday

In pre-historic times, when I was an 'A' level student at college the Head had me taking walks' classes on a Wednesday afternoon; later in the mid 1980's the St Luke's PE master had me training the trainee teachers in race walking. Back then my demonstrations had a mix of footballers, rugby, hockey players et al running alongside me in order to show the difference between the techniques and possible walking speeds. All good fun! **Chris Maddocks**

Photo: Newspaper report (Evening Herald [www.thisisplymouth.co.uk](http://www.thisisplymouth.co.uk) Wednesday 16 August 2000)

## SAD NEWS

It is with sincere and deep sadness that I have been informed that **Keith Tonks** (Bromsgrove and Redditch AC) passed away on Sunday 2 March. The sad news was relayed by his daughter Sharon Tonks on Monday 3 March. Keith was well known especially in the Midlands having been a coach at Bromsgrove & Redditch AC but also together with his wife Pauline had arranged many fixtures including National fixtures in the Redditch District in the past. May he Rest in Peace. **Glyn Jones**

**Ed Shillabeer** writes: "Very sad. The name Tonks was to me synonymous with Midlands walking."

## WRITES YOUR ESSEX COUNTY AA SECRETARY

The indoor "development" race walk at the indoor champs was pretty well supported, so hopeful that a full championships event (over a longer distance) can be reintroduced next year. Will need support from Eastern AA though as currently there is now only one qualified suitably graded track race walk official in Essex. **Andy Catton**

## JOHN POUNCY RIP

This is a simple and profoundly sad message. John Pouncy died at home last week. He was a lovely man, and he and Jane have been sorely missed in recent years. For now, our thoughts are with Jane at this difficult time. Dave Evans will be sending our official condolences. For those who knew John more intimately and might want to contact Jane on a more personal basis, her address is:  
4 Mossom Lane, Thornton - Cleveleys, FY5 1RL. **Tony Taylor**

## RACE WALKING RECORD ARCHIVES PRAISED

I am grateful to you for drawing my attention to the [Race Walking Record Archives](http://Race Walking Record Archives) which I never knew existed. I found it a deeply moving experience to recall to memory Race Walkers who were not only my rivals but also became one's friends. It was particularly poignant to recall those who have passed on and whose legacy will never be forgotten. **Roy Lodge**



## WELCOME TO A NEWCOMER

My name is Daniel and I'm 47 years old, based in Grays. I'd like help to me get started with race walking. Up until about a year ago, I was regularly running 5K and 10K distances, but due to recurring injuries, I've been looking for a lower-impact sport that still offers a good challenge. Race walking seems like a perfect fit, and I'd love to learn the proper technique and begin training on an amateur level. I was wondering if you might know of any opportunities to train or walk with someone experienced in race walking, or if there's a group of race walkers in the Essex area that you could recommend.

**Daniel Lochowski**

Adds Hon Ed: Daniel has been replied to with contacts to approach. We look forward to welcoming him as he makes progress at our events.



## RACE WALKER GAINS ANOTHER AWARD

I had a whole lot of friends watching Crufts on TV but apparently, I was not on television. I had a fantastic day though. I was showing Pusztai Pandur Wilfred. He is 3-year-old Hovawart belonging to Doug and Aileen Loxton. They lived next door to Dad (Lew Mockett - Ed) in Rustington. Wilf can pull his owner over and so when he qualified for Crufts, it was 'touch and go' whether he would be shown. So, I offered ... and that's how we ended up there today. I came 4<sup>th</sup> (Reserve) in one class and 2<sup>nd</sup> in the other. Photo attached. I had a fantastic day.

**Hilary McDermott**

## WRITES OUR SOCIAL CORRESPONDENT

Trafalgar Room at Central London's Civil Service Club was buzzing with banter at a sizeable turnout at the Annual Metropolitan Police Walking Club Buffet on 5 March. Many had come from a considerable distance away and were greatly enjoying the slide show, lavish buffet and drink and the pride of place Raffle to top the bill!

John Fernandez, Kath and Bill Sutherland with Met Police Walking Club Secretary Dr Kitty Hung in foreground.



Photos supplied by Dr Kitty Hung

### General view:

Dave Neagle in the foreground, Cambridge Harriers nonagenarian Bill Coleman (wearing hat) with Alex Ross and Chris Flint in the doorway.



Hearty congratulations must go to Kitty Hung and her team of organisers who did so much behind the scenes to make the evening so successful again! Nice to see so many familiar faces in Bill Coleman, the most elderly attendee, Hans and Derry Rennie from Yeovil, Alex Ross all the way from Forres near Aberdeen in Scotland, Kathy Crilley, Adrian James and his family, Ian Statter and partner, evergreen Southern RWA Secretary Chris Flint, Peter Addison, Dave Neagle and others. Dave Ainsworth and Sandra (his partner) really had a day to remember at the Raffle, winning no less than 4 prizes and



returning a winning ticket too!! All in all, a great evening and real value for money (only £10) at a prime London venue and easily accessible. Here's to March 2026!  
**Bill and Kath Sutherland**

**IN SHOT ...** photographs of Met Police Walking Club Annual Buffet, supplied by Adrian James



Chris Flint and Kathy Crilley in centre with Hans Rennie behind Chris.



C527 Dave Neagle and C540 Dave Ainsworth (both Ilford AC).

Two 1974 Leicester-to-Skegness 100 Miles' Walk Centurions at the Metropolitan Police Annual Reunion at the Civil Service Club London SW1.

### ENFIELD PROGRAMME ANNOUNCED

- The next fixture on 5 April is the Cambridge Race Walking meeting incorporating Enfield Race Walking League at University of Cambridge West Campus - start time 2pm. 10km plus 5km, 3km, 2km. Entry live on [www.fabian4.co.uk](http://www.fabian4.co.uk)
- The 4th fixture of the League is Sean Pender 10km on Saturday 3 May at Donkey Lane on the 1km course on the playing fields. Start time 11am. 10km plus 5km, 3km, 2km.
- Entry live on [www.fabian4.co.uk](http://www.fabian4.co.uk)
- The Ken Livermore Relay will now be held on Saturday 31 May on the track at the QE11 Stadium - start time 11am. This a separate event to Enfield Race Walking League but will carry bonus points for the participants.
- Moulton Open Walks to be held on Saturday 5 July Start time 1pm

**Tracey Wilkinson**

### THANKS ...

#### Met Police Function

- It was lovely to see the fellow walkers mingling with each other and reminiscing old times. I look forward to seeing you all again next year. **Kitty Hung**
- Lovely photograph - Dad (Lew Mockett - Ed) may have been there if he were still alive. I hope you had a lovely evening. **Hilary McDermott**
- Well done guys. **Len Ruddock**
- Looks like it was a nice time amongst friends with lots of reminiscing. **Chris Maddocks**

#### For walkers at George Eastwood's funeral

- Thank you for coming. It was very nice to meet you. **Linda Eastwood**
- An upbeat report. Very pleased it was well attended by his club colleagues but sad few other race walkers didn't turn up. I was committed to chair a lecture held by The Arts Society locally. **Chris Flint**

#### Essex Walker issues 448 and 449

A wealth of reading! Thank you so much. **Jack Rossiter**

#### Chris Maddocks

Thank you for sharing news that Chris Maddocks has been invited to become a Devon County Athletic Association Vice President. You are fortunate to have such a committed GB Olympian assisting Devon

County Athletic Association. We wish you continued progress with your activities, developing and serving athletics and sharing the enjoyment of sport.

***Sarah Lewis OBE Chair The Olympians***

### QUESTION TIME

Does Category 'B' mean the "bent knee rule" is irrelevant. Is it part of athletics accepted by UK Athletics? I guess Centurion qualifiers are always B-races as it is improbable to keep the knee correctly for 24 hours, is it?

***Matthias Holtermann***

### PLEASE COUNT ME IN

Really enjoyed your latest edition of Essex Walker and would like to be added to the mailing list if possible.

***Martin Yates***

*(one-time member of Birmingham WC,  
Belgrave H, Surrey WC, Brighton & Hove AC,  
albeit not at a noteworthy level!)*

#### ESSEX WALKER

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