

Essex Walker

Editor: Dave Ainsworth

ANNOUNCEMENT

At long last Essex AA has a Walking Officer on the committee - **Peter Marlow** - unanimously elected at our meeting. **Andy Catton Essex AA Sec**

After 4 years of advertising a vacant post, it's been filled. This being a Walking Officer's position on your Essex County Athletic Association Committee. Ever since Melanie Peddle stepped down as our representative in the Committee Room, we've been unrepresented, despite many appeals for someone to take on the task. During our time with no representation walking's been ditched from major meetings and lost out on other opportunities. Olympian Peter Marlow, an 84-year-old City of Southend-on-Sea AC Life Member now resident in Suffolk, has offered his services. He's been voted in. Peter has vast experience for, as well as his Olympic appearance, he's a former National Champion, Race Walking Association General Secretary and also a Championships' Secretary. He's an esteemed RWA Life member. On the International scene he's a top judge with experience as an Olympic Chief Judge, as well as being Walks Director for London's 2012 Games. Peter, was a key figure in organising the RWA's Olympic, Commonwealth Games and IAAF World Championship tribute luncheons at London's Tower Hotel in 2012, 2014 and 2017 respectively - in conjunction with Pam Ficken - which were so popular that the first two functions had waiting lists. It remains a pity no currently active race walkers considered putting themselves forward for this important role, which isn't that time consuming. Yes, Essex race walking suffered by having an empty chair at County Committee meetings, but moving forward we must now support Peter as he settles into yet another administrative role.



IN OUR THOUGHTS

As readers know, respected former National race walking coach **Julian Hopkins** is currently taking time to make a recovery following his stroke. As we keep him in our thoughts, here's a picture from "Memory Lane", taken at a pre-1984 Olympic training camp on Lanzarote. L-to-R: Chris Maddocks, Barry Graham, Paul Blagg, Julian Hopkins and Ian McCombie.

UK RECORD STILL STANDING AND REMEMBERED

In September 1985 at Colchester Garrison track **Ed Shillabeer** sped to 100 Kilometres in a British record of 9 hours 41 minutes and 54 seconds. In June 2025 Ed still has that record. Many recall it, one of whom - Centurions Treasurer Richard Cole - recently prompted our memories with this observation:

"Still remember very vividly Ed's 100 km sprint, lap after lap, on the track at Colchester in 1985.

Chatted to Ed at a walk in North Yorks only a few years ago about Plymouth Argyle".

Recalls the man himself:

"👍 ... I wonder what distance I actually covered; I think a GPS tracker would have saved me a couple of circuits, the amount of time I spent in lanes 2 and 3!"



LACHIE STEWART RIP

Bill Sutherland's been in touch to inform that Scottish Olympian (1972 Munich) 10,000 metres runner **Lachie Stewart** had died aged 81. Days apart, both were medallists at the 1970 Edinburgh Commonwealth Games - Bill on 18 July (bronze) and Lachie on 20 July (gold).



CHRIS MADDOCKS OUT-AND-ABOUT DOING HIS THING

Throughout the West Country 5-times' Olympian athlete Chris is always eager to make personal appearances, which reflect well on athletics and, in particular, our chosen discipline. Here he's seen supporting a local hospice's fundraising drive (Hospiscare - Caring in the Heart of Devon). Over 3,000 took part in the Great West Run around Exeter, Devon's capital, on a course which on which all roads were closed. During this half-marathon Chris met up with Exeter-based Centurion 670 **Andy Bainborough**, who was handing out drinks to runners and supporters outside his Church. It was the same church Andy was married at in 1989, when Chris and Ed Shillabeer were present - making a wedding ceremony top priority over a nearby Chippenham-to-Calne 6 miles! Andy qualified as a Centurion in the

1979 Ewhurst 100 Miles when a record 107 lined up (78 finishers/37 new Centurions among them Essex Walker's distributor Tony Perkins C685). Andy, who completed 2 hundreds, raced for Dawlish & South Devon. Both Chris and Andy share a common fact - both are authors. Chris penned "Money Walks" - still on sale at Amazon and other sellers. Andy wrote "If I were You I'd Take Up Bowls", which despite its title, has many favourable mentions from Andy's race walking days. Andy and EW's editor share near common facts as both qualified as Centurions in the '70s with times one second apart. Devon was once a hotbed of race walking action. As well as Dawlish & South Devon, the County also had Plymouth City Walkers and an Exeter Harriers Walking Section. The County provided many Centurions - including Ed Shillabeer and Gareth Davies (Dawlish) who both competed this distance many times, a 5-times' Olympian (Chris), UK record holders, National, County and Area Champions. Garnet winner (Tony Dainty of Dawlish won at Chigwell Row) and enjoyed success at 'Open' races. Wonder where Gareth and Tony got to - any readers know? All events outside their locality involved long round trips. The County promoted many events with an annual 42 Miles Plymouth-to-Dawlish a top fixture attracting our Country's best to head west - all enjoyed traditional complimentary Devon cream teas at journey's end. Don't forget Devon staged National Championships. In the photo with Chris are volunteer Caroline (L) and Event Co-ordinator Sharon Collins (R).

CRYSTAL PALACE UPDATE

Work re-commences in the second half of 2025 with a completion date of 2028. London Mayor Sadiq Khan states, "We look forward to working closely with partners to create an outstanding sports venue". Main contractors are Morgan Sindall Construction. Situated between a Grade II listed main building and the athletics stadium will be a 200 metres outdoor track and a state-of-the-art 100 metres indoor sprinting facility.

[Crystal Palace redevelopment gathers pace - Athletics Weekly](#)



- I was going to Crystal Palace in the mid-1970s. I was in London. David Bedford set a new WR for the 10,000 metres. I did not go in the end ... too much travel and walking. (Terrible, I know). I did go to Super Saturday though in 2012. **Richard Cole**
- It's a worthy hope, alas it should have never been allowed to deteriorate. The support CP had over Birmingham has always been so superior with every meet sold out too. **Oliver Flynn**
- It'll be good to get back to watch decent athletics at the PALACE. **Len Ruddock**
- Hope it finally comes to fruition this time. **Andy Catton**

SCAM WARNING FROM JEM LOVELL

We have been made aware of a scam from SEAA (South of England Athletics Association) offering a lifetime of entries for £50. SEAA was apparently hacked last year, and one of our members has received such a scam email. If you receive an email from SEAA that you didn't expect, it could well be this. Do check the sender carefully - it is often clear from the address when it is not genuine.

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DOING THE DISHES

W O W ! - what an original gift for all at an event! This tea towel was given as a memento to all who raced, officiated or helped at the **90th Enfield Open 7 Miles' race walk** - held at Lee Valley Athletics Centre in November 2016. It drew a big field including 3 double Olympians, 7 former Internationals and 16 past winners. Present were 30 Centurions, 28 of whom sat for a group photograph (below) on Lee Valley Indoor Arena's seating (2 had to leave before a picture was taken: Mick Barnbrook RIP and Stuart Bennett).



Sometimes mementos are useful (more than medals destined for attics and spare rooms). At this 90th Enfield Open 7 Miles and Reunion, all got a really useful tea towel - with names and years of winners from Race 1 to Race 89. Many more attended for a post-race Reunion including some who hadn't been seen in years.

JOHN BORGARS - MAN OF ACTION

In the latest in a popular series featuring well known Centurions, in celebration of staging our UK's hundredth 100 Miles race (on Lewes Track - 16/17 August) we publish an article written about Loughton AC's **John Borgars**. John has a wide range as he relishes races from a short 2,000 metres evening track races in the Veterans League up to a London/Brighton and, of course 100 miles. John cemented his place in athletics history at the 2016 Redcar 100 Miles, when aged **70** and becoming our oldest new qualifier of The Centurions. This achieved in 22 hours 31 minutes and 52 seconds, gaining membership number 1170. John was 7th of 10 finishers in a race where the weather took its toll as 20 starters failed to trouble finish line recorders. John's an active race walker with many appearances and one often featuring in bids to become the Enfield League's top Centurion. He'd had a couple of goes at joining the Centurions: one ended with him suffering a considerable '*lean*', which despite that handicap he showed his fitness by still pressing on for mile-after-mile before calling it a day. In 2011 at Lingfield Park racecourse in The Centurions centenary year, he reached around 90 miles, looked in good form and was well within time to complete a full journey in under 24 hours - before retiring as he'd an important family occasion to attend. *We salute John Borgars - enjoy the read.*

C 1170 John Borgars

Redcar 2016 22.31.52

Club: Loughton A.C.

Becoming Centurion



C1170 JOHN BORGARS 'Becoming Centurion'

There is still time to enter this year's Centenary Centurion race.

Places are available and entries close 31 July.

Enter at <https://www.fabian4.co.uk/default.aspx?EventID=3939>.

Accommodation is available in the East Sussex College Halls of Residence at £25 per night (single room with en-suite and use of kitchen) from Thursday 14 August to the morning of Tuesday 19 August. Full details available at www.centurions1911.org.uk/next-events/100-miles/. Direct all enquiries and bookings to Peter Selby: selbypw@outlook.com or text 07721747999.



FIXTURES and DIARY DATES

(July to September)

It is recommended that dates/start times of fixtures are verified directly with organisers.

2	Johnson Bowl 4 miles (+ Can you walk 4 miles in 40 minutes challenge?)	Norman Park	7.00pm
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JULY	5	Moulton Open 5 Miles (Enfield League) + supporting events	Moulton Village	12.30pm
	8	Veterans AC 5 Miles (all welcome)	Battersea Park Bandstand	6.50pm*
	12	Centenary English Schools Championships + Grand Parade of Former Champions	Alexander Stadium	TBA
	16	Winchester & District AC 2,000m	Winchester Bar End Track	8.15pm
	19	SIAB Schools International	Derby	TBA
AUGUST	2 - 3	UK Athletics Outdoor Championships	Birmingham	TBA
	8 - 10	England Athletics Age Group Championships	Birmingham	TBA
	16 - 17	SWC 125th Anniversary/The Hundredth UK 100 Miles/National Championship	Lewes Track	12 noon
	25	City of Southend-on-Sea AC Open 1 Track Mile	Garon Park	10.00am
SEPTEMBER	12 - 14	British Masters Athletic Federation Championships	Derby	TBA
	20 - 21	English Schools Race Walking Championships	Melbourne Stadium, Chelmsford	TBA
	24	Police/Civil Service Championships + Ryan Cup	Evesham (Vale Park)	1.30pm
	27	The Bosworth Mile Championship	Leeds Beckett Headingley Campus	TBA
	28	Morning Group Training	Leeds Brownlee Centre	TBA

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

NOTES

- 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.

BOSWORTH MILE RACE WALK CHAMPIONSHIPS
27TH SEPTEMBER 2025
 LEEDS BECKETT UNIVERSITY
 HEADINGLEY CAMPUS
 ATHLETICS TRACK
 LEEDS
 GIRLS AND BOYS RACE WALK MILE RACES
 FOR U13, U15 U17 AND U20 & SENIORS
28TH SEPTEMBER
 MORNING GROUP TRAINING
 AT BROWNLEE CENTRE



Upcoming Fixtures – 2025

- Sat 28th & Sun 29th June 2025 | Combined Events Regional Finals
- Sat 20th & 21st Sept 2025 | Combined Events and Race-Walking Championships, Chelmsford Sport & Athletics Centre 84-64 Salerno Way, Chelmsford CM1 2EH .
- Date to be Confirmed | Indoor Combined Events International

Download the Venues for the Regional Finals here.

[ESAA Regional Venues 2025](#)

Download the full Combined Events and Racewalking Timetable Here.

Download the Combined Events Score Tables

[ESAA Score Tables](#).

Combined Events – English Schools' Athletic Association

FEATURE ARTICLES – No 1

Journalist, commentator and athletics ambassador, 5 times' Olympian (1984-2000) **Chris Maddocks**, has commenced a series of interviews with those known in our race walking world. Hon Ed is flattered to be chosen as the first in print. One is sure more notable subjects will emerge as time passes. Thanks to our guest contributor, Chris. *Happy reading.*

Dave Ainsworth has edited Essex Walker for over 30 years. I like his forthright, often witty style and always appreciated his sporting knowledge. Words have been written about him in the past

but, as a journalist myself, I was eager to ask my own questions. Before his obliging answers, a summary of his life:

At 16 he joined the Royal Air Force. During the next seven years he befriended other walkers also serving in the RAF and got hooked by reading a copy of 'Race Walking' by Harold Whitlock 1936 Olympic 50km Champion. By 1973 Dave was back in Civvy street and would try several jobs before settling into a long career with the Ford Motor company. Aged 25, he completed the 1974 Leicester to Skegness 100miles in 22.44.41 to proudly become UK Centurion No 540. A good talker he has been a popular MC at many functions including luncheons in London celebrating the Olympics, Commonwealth Games and World Championships. He successfully championed several causes including helping Ken Matthews get a belated MBE Queens' honour and by helping British walking get extra television exposure. With the latter, and just as a tease, think Hastings to Brighton, Dads' Army TV star, Clive Dunn walking in an episode of *Grandad*, or BBC Breakfast sport presenter Mike Bushell special walks' feature. Dave has been voted a life member of the Race-Walking Association.

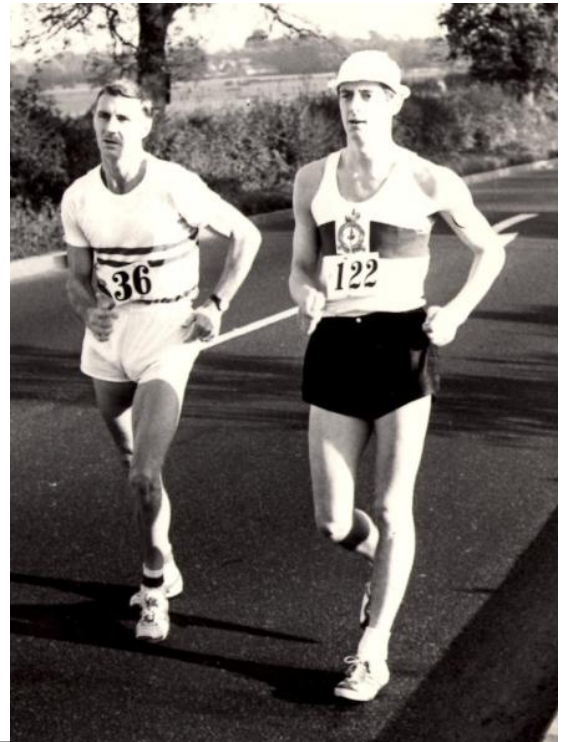


Photo (courtesy of DA): No 122 Dave Ainsworth (London Vidarians) in the 1968 Enfield Open 7 Miles as a 20-year-old junior, racing alongside 36 Dave Levy (Bristol WC), both then in the RAF. It was Dave's 2nd "Open 7" after a Highgate 7 (with its infamous opening hill) a month earlier. Dave A 64th 60.45/Dave L 66th 61.07 as 134 finished on "*The Ridgeway out-and-back*" course.

My Q&A ...

1. Significant others: One, Sandra Barnes, who I first met in February 1974. Now a retired teacher. Sandra's sister Liz is a Cambridge Harriers Life Member and Olympian who appeared at the '76 Montreal Olympics in the 800 metres and a member of a 4 x 400 metres relay team which made the Final (with Gladys Taylor, Verona Barnard and legendary Donna Hartley RIP). Liz also earned a 1980 European Indoor Championships 800 metres bronze medal. Sandra keenly follows athletics and over decades has attended many events and functions.

2. Favourite race result: 22nd January 1969 RAF 7 Miles Championship at RAF Henlow, Bedfordshire. I finished 9th (from 56 finishers) in 59.56 in an RAF Coltishall team which won the team race. My first sub-hour 7 miles to gain a coveted "RWA 7 miles-in-an-hour" badge, which all middle order *clubmen* aspired to obtain. Badges were only awarded at races with sufficient qualified judges, recorders and timekeepers present on certified distance courses. I bettered the hour several times since. The 7 miles distance was a highly popular backbone of British race walking in the 60s, 70s and 80s.

3. Favourite memory: 5th September 1970 - must be crossing the finish line on Brighton seafront in a London-to-Brighton *classic* event when aged 23. I finished 38th position in 10:18.20, just behind fellow RAF walker, Squadron Leader, Mike Perkins RIP (Trowbridge), who clocked 10:17.01. 85 started/61 finished. Finishers recovered in salt baths at a building beside the finish line. A "Brighton" had more atmosphere than the two 100 miles races I appeared in (one retirement/one finish).

4. How do you view Race Walking's future? Sadly, I despair at how many wonderful courses we've lost, albeit many for sound reasons like traffic/participants' safety. Also, how few junior/youth walkers are active and *coming through*. Even more worrying is that vast areas of Britain have no active race walkers and lack clubs with walking sections. Alas our athletics discipline now has a high average age. It's hard, if near impossible, to ignite race walking interest

at places where absolutely nothing is happening. Our showcase is lacking, as for decades we've rarely been able to provide full permitted complements of race walkers at Major Games - sometimes nil! We may have passed a proverbial *tipping point* in Britain - so we need to pull a rabbit out of the hat - and soon.

5. Favourite Group/solo performer/top 3 tracks: Group: Kinks. Solo singer: Billy Bragg, Top 3 tracks: 1. *Whiter Shade of Pale* by Procol Harum, 2. *Days* by either the Kinks or Kirsty MacColl. 3. *Eye Level* by the Simon Park Orchestra - the original Van der Valk TV theme.

6. Favourite decade: The 1960s as so many still look back at that wonderful time. It was great for walking with Open 7s getting over 200 starters on occasions, famous Clubs fielding 'A', 'B', 'C' and even 'D' teams in such races - all 4-to-score and, British walkers winning gold medals: Olympics 1960 Don Thompson and 1964 Ken Matthews; 1966 Commonwealth Games Ron Wallwork; 1969 European Championships, Paul Nihill. In addition, silver and bronze medals in important races.

7. Favourite 3 walkers: I mention those only in my time: No 1 spot: dead heat between **Ken Matthews** and **Paul Nihill**. Ken was so dominant in races - at County, Area, National and International level, as well as top 'Open' events. He was a truly great winner. His winning margin in the 64' Olympic 20kms remains the largest to-date, as he approached the tape the 2nd placed athlete was just entering the stadium - incidentally it was the last occasion an Olympics was held on a cinder track. Ken retired soon after but raced a couple of 1970 Midlands events. Whereas Ken competed up to 20 miles, Paul's range went from 3kms to 50kms, all with success and for a very long period (decades). Paul holds a record (27) number of National athletics titles and our first British male athlete to appear in 4 Olympics (64/68/72/76). Third is another tie, **Bob Dobson** and **Roger Mills**. Bob had a great international debut at a Major Games in 1970 Edinburgh. He led the field out of Meadowbank Stadium to finish 4th. Plenty more was to come as he achieved a never-to-be-repeated feat of completing over 100 sub-5 hours 50 kilometres walks. *Wow!* His range was from 3kms to 24 hours. Away from competing he's many times officiated, judged and recorded. Things didn't always go Bob's way in selection committee rooms and he was most unfortunate not to have achieved deserved Olympian status. Roger Mills walked short one-mile sprints to 50kms and was a most feared competitor at anything up to 20 miles. This world record holder suffered selection setbacks but pressed on to make Olympian status in 1980 at Moscow. He's competed in all four major championships: Olympics, European including a 1974 bronze in Rome's oppressive heat, Commonwealth Games and IAAF World Championships. He's put much into our sport by passing on his *know-how* to many others and filling posts at Essex County AA.

**A disclaimer:* Dave didn't consider myself, as I'm the author of this article, which may have made it appear as, in his own inimitable words, *an old pal's act!* He added, I'd have put you on as No 3 behind Joint No 1's Ken Matthews and Paul Nihil. After all - you're the 5 (should have been 6) man.

8. You had a heart scare in February 2003! I spent 11 days in hospital and was touched by many cards and visits from our race-walking family. Was discharged still with Atrial Fibrillation, which has since seen me being an *also walked* attempting to make up our ever-diminishing numbers. Looking around we should have a new prize category: 1st walker on Warfarin gaining no other award!

9. Tell us about your race commentating: Before the Olympics I'd commentated at an Olympic *Try-Out Event* on The Mall, having been recommended by Olympian, Peter Marlow - doing so with ex-international marathon runner, Geoff Wightman. We certainly hit it off with perfection. A month later I received a phone call from an Olympic official who liked what he'd heard at the *Try-Out* and asked me to sign a contract for 3 Olympic walking races. For 2 of 3 walks I was again paired with co-commentator Geoff with great success. Geoff was unavailable for the women's 20km event so I co-commentated with a guy I'd never met before. Indeed, I'd started commentary by introducing selected athletes on the start line when he entered the commentary box and sat alongside me. Hence there was little rapport - which showed. It didn't help when our only GB walker was disqualified early on. More friction ensued when the newcomer hailed Olga Kaniskina as a winner from over two circuits out, as she'd such a mammoth lead. I continued predicting distant 2nd placer Elena Lashmanova who was still in it as she was fabled for rapid finishes from a long way out, and leader's lap times were slowing. Lashmanova's near unbelievable burst saw victory by 7

seconds. There was a 3rd member of our commentary team in Scottish broadcaster Bryan Burnett, who was a real team player. He came to complement presentation by interviewing notables and asked me to identify such prospects. One chosen, Roger Mills, when asked *"What is the top quality required to be a successful 50k walker?"* provided a brilliant answer, *"You must be blissfully content in your own company"*. The 50kms was our peak as we commented from before the start then, after over four-and-a-quarter hours of action, onto a presentation ceremony. The only breaks were when Bryan interviewed notables' mid-race and when we'd 10 minutes comfort rest when a couple of records were played. As for lull periods, yes, I did make-up a few things to fill time. The late John Hedgethorpe once advised me, "Whenever you make-up something about an athlete which makes them sound better than they really are, you'll never get complaints". True! On a sour note, disappointment came long after those Olympics as two out of the three walks' gold medallists (50km and Women's 20km) handed their medals back and served bans, as did others. Return medallists serve two-year bans - *Hmm!* I'd dish out lifetime bans as athletics can do without such cheats. I felt cheated as I'd given medallists favourable mentions not knowing they'd been assisted by pharmacists. I was asked if I was interested in doing walks' commentaries at the 2017 IAAF World Championships, also on The Mall. By then I was nearly 70 with a lesser retentive memory to recall facts and figures instantly and not so quick-witted. I went to the meeting and thoroughly enjoyed listening to wise words from Chris Maddocks and Bryan Burnett.

10. Please tell us one more thing about you that isn't widely known: After Royal Air Force regular service, I'd had a brief spell working at Butlins Bognor Regis Holiday Camp before spending 31 years with Ford Motor Company until my heart complaint kicked in. I finished in their Public Affairs Department, and looking back, wished I'd gone into media and press work much earlier on. With hindsight, seeing the poor state of local/regional newspapers and media companies, it might not have been the best move.

Finally, Dave's favourite media comment of all time came in the late '70s when then Sunday Times athletics correspondent, Cliff Temple RIP - a great friend of race walking wrote: *"Race walkers, they're a great bunch - but you really wouldn't want your daughter to bring one home with her!"*

Thanks for that, Dave.

Chris Maddocks

THE 405

As readers know from previous Essex Walker editions, Centurion 685 Tony Perkins now has a good collection of Centurion members' personally numbered badges - many obtained from eBay. He's just acquired another: **Centurion 405 Frederick Gerrish** of Kingsthorpe, a suburb of Northampton, who qualified in the 1966 Leicester-to-Skegness 100 miles clocking 23.26.26 walking for Metropolitan Police Athletic Association. The latest Centurions Handbook shows him completing 6 UK 100s - fortunately he has no mark beside his name to indicate demise - and subsequently walking for Highgate Harriers.

1966	Leicester - Skegness	Fred	Gerrish	405	Metropolitan Police	GBR	M		23:21:56
1968	Leicester - Skegness	Fred	Gerrish	405	Highgate Harriers	GBR	M		22:27:03
1969	Leicester	Fred	Gerrish	405	Highgate Harriers	GBR	M	R	22:10:50
1969	Bristol	Fred	Gerrish	405	Highgate Harriers	GBR	M		23:30:07
1973	Bristol	Fred	Gerrish	405	Highgate Harriers	GBR	M		23:26:42
1975	Ewhurst	Fred	Gerrish	405	Highgate Harriers	GBR	M		23:31:26

A number from that '66 race are well known to be still on our race walking scene. One wonders why this 405 medal was put up for sale? Do any readers know anything about Mr Gerrish - if so, please let us know?

SAND AND DELIVER

Our readers are aware that many race walkers have involved themselves, to various degrees, in both parkruns and parkwalks. The latter category is catching on in a big way as recent participation figures testify. Fact as it is, sadly they're not turning to competitive race walking. Many parkrun enthusiasts relish the challenge of appearing in many different venues. For instance, former Race Walking International Amos Seddon has set age group categories at several locations. The respected magazine *"Runners' World"* evaluated venues and came up with our UK's hardest three. Toughest is **Great Yarmouth**. A number of parkruns feature stretches of sand, but this is unique as it's wholly on sand - hence after 185 editions only 3 participants have made the funnel in under 20 minutes. 2nd is

Whinlatter Forest in the Lake District. The course is well frequented by mountain bikers hence progress can be testing. 3rd is **Duriston Country Park** (Swanage) the hilliest UK parkrun with 200m elevation.

Many Organisers offer 2k Junior Parkruns. In the Essex area Havering has 3 regular events: Harrow Lodge Park (Hornchurch) Raphael Park (Gidea Park) and Ingrebourne Hill (Rainham). A [19-minute film](#) was made of a recent event at the latter location, in which former Essex Champion walker and former Southend Mile record holder, featuring **Emma Dyos** (first appearing in the [video](#) from 8 mins). Emma is



seen race walking and overtaking runners while able to give an interview "on the move" and a further one after passing through the funnel. It's hoped a promotion of parkwalks alongside parkruns may tempt those who do well to then try competitive race walking. What this film shows is a wonderful atmosphere and great enjoyment by all participants and their supporters. We even see some winding-down over teas/coffees in nearby Rainham Village shops. **Watch and see if you can think of any positives which might make race walking more attractive for newcomers?**

Ingrebourne Hill parkrun and the Fastest Walker at parkrun?

- Did this one a few weeks ago. Tough course but really fun course. **Andy Catton**
- Very interesting. It's good to see that there's another Len out there with a camera and being in their activity asking conversational questions to which people are pleased to respond. Hmm ... ParkRun and ParkWalk, an interesting concept. Some tips for the RW community. **Len Ruddock**

OUR BEST WISHES

Ipswich-based Suffolk College changed its name to Suffolk New College - so what's new? Well, they've a newcomer in their Staff Room - International race walker **Daniel King** has commenced employment Director of Adults and Apprenticeships. Previously he'd spent 8-and-half incredible years working "down the A12" on the Essex University campus. The latter location was, for a long while, a race walking venue which saw National and County Championships held there - which made "Race Walking Record" front covers. Daniel's new working location appears in our archives, with an Ipswich Open 10 Miles and a truly great "Colchester-to-Ipswich 17 miles' point-to-point. Both hit the buffers in 1969. We wish Daniel every success and professional satisfaction in his new employment.



IN THE MONEY

Latest prize winners in your Race Walking Association 200 Club's monthly draw are **Cath Duhig**, **Lancashire Walking Club** and **Peter Cassidy** who are now better off by £25, £15 and a tenner respectively. If not in it, how about joining? Profits benefit the Race Walking Association. See organiser Mark Easton at meetings or contact him at: rwatreasurer@yahoo.co.uk

IN THE PUBLIC EYE

Media personality **Tom Bosworth MBE** recently linked up with Nat West bankers for a memorial fund raising walk which paid respect to a colleague who'd passed away last year. In his full diary was also a booking to host the inaugural [Team England Legends Reunion](#) - and much else. He's certainly putting race walking "out there" for the public to fasten onto.

700 NOT OUT

Congratulations to stalwart **Tony Perkins**, Centurion and Ilford AC Life Member, who has amassed an impressive 700 appearances as a parkrun volunteer at popular Great Notley meetings. Parkrun statistics confirm that, in terms of completed volunteer activities, Tony is currently ranked **38 from a total of 973,653 volunteers**. His regular attendance as a marshal at the same spot has seen it named by locals as "Tony's Corner". His 700th milestone has been both recognised and rewarded - and rightly so.

- "Well done that man!" says **Richard Cole** (Centurions Treasurer).

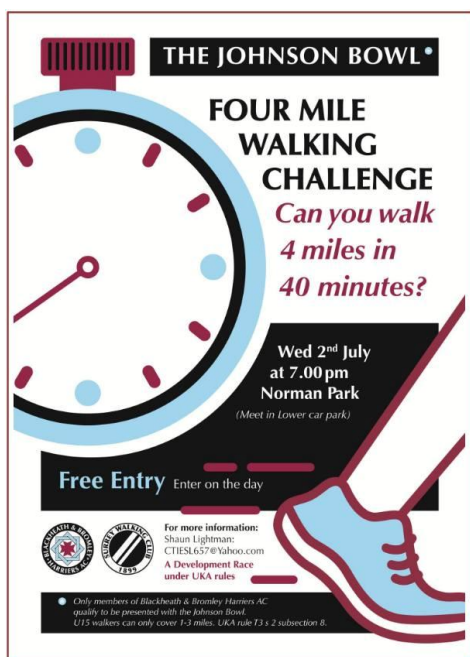




THE ANNUAL CITY OF SOUTHEND AC MILE

For over a decade-and-a-half the Annual August Bank Holiday Monday Mile has seen each year's best attended Essex walking race. A large venue has free parking and being at a City resort, enables you to sample its attractions after racing. The walk is the curtain raiser of a major meeting, so we can showcase our event before a large crowd – yes, a crowd. Please try - yet again - to support this popular occasion. It's an all-day meeting with plenty of quality action to watch. In addition to prizes and age group category awards, there's the "George Woods Trophy" (donated by the talented O'Rawe sporting family) which goes to our first Essex resident Centurion. The late and popular George himself was Centurion 683 having clocked 23:43.42 at the 1979 SWC Ewhurst 100 Miles when a record 107 had started. Your diary date is **Monday 25 August at Garon Park Track, SS2 4FA** (10am). All age groups are welcome. Electronic timing for all events. Full meeting details/entries at: [Home - City of Southend on Sea Athletic Club](https://www.cityofsouthendathleticsclub.co.uk/)

Entries close Monday 18 August. Message from the host Club's **Keith Palmer**: *"Also, as before, I will be taking entries on the day only for the walk, but equally I would prefer online entries please to reduce my admin and taking money on the day. Many thanks."*



RACE WALKERS STOPPED BY OASIS

From our friends in the north comes news their annual Fred Pearce Relay in Heaton Park, scheduled and announced for Saturday 19 July, has been stopped in its tracks by "Oasis". No batons will change hands that afternoon as the popular Group are staging a Reunion Concert in the park. Don't get excited as it's already sold out, despite a high combined entry fee and handling charge. Lancashire Walking Club competitors and their guests will now assemble before a smaller audience on Saturday 20 September (1pm) - but attendees won't get "ripped off". Said the host Club's **Roy Gunnett**, "The whole thing is annoying - just one of those things I suppose". **Tony Taylor** added, "For my part, I'm sure the Gallaghers had no desire to bugger us about, so we hope their reunion gig goes well. Not least because our children and grandchildren are likely to be fans and might well be there". If playing their 2005 No 1 hit *"The Importance of Being Idle"* at their gig, it won't apply to our north west walking friends - as they'll now get an additional afternoon to get some extra training in.

ENQUIRY - TREVOR PARSLOW-WILLIAMS

A reader enquired if contact details for Trevor were available? Hon Ed was unaware, so asked around a few readers who are often *"in the know"*. Those asked didn't know anything except that he hadn't been seen around for some while. Trevor walked for the famous Metropolitan Walking Club being active for decades, particularly in the '70s. A now disbanded Metropolitan WC had, over many decades, membership lists containing names of Olympians (including gold medallists), European Championship, Commonwealth Games and Lugano Cup representatives, National Champions, Centurions, stalwart Clubmen and top officials. Hon Ed cast a net wider and obtained details of Trevor - which isn't what we wanted to hear. A reader (Roy Gunnett) informs us *"I can certainly tell you about Trevor Parslow-Williams. He lived next door to me in Wembley and I was his best man at his wedding. Unfortunately, Trevor contracted oesophageal cancer and after a long fight for a couple of years died at the age of only 60. I keep in touch with his wife Sue and spoke to her on the phone only this evening."*

- I didn't know Trevor, but even so it's sad to read your note. My commiserations to his family.

Len Ruddock

- Certainly a notable name in Metropolitan WC in the past but very sad to hear of his passing. I often think of the many notable names in Met WC, Tom Misson, Don Thompson, Bryan Hawkins, Arthur Thomson, Nigel Thorpe, Bob Porter, Dave Watts and so many more. Great memories indeed.

Bill Sutherland



ESAA Parade of Champions 1925 - 2025

"ON PARADE"

That military command could well apply to our Centenary [English Schools Athletics Association](#) Championships at Birmingham's Alexander Stadium on 12/13 July. To celebrate this 'milestone' occasion is to be a "Grand Parade of Champions" on Saturday (12 July) to which all former English Schools gold medallists were invited to attend. Organisers hope some '*big names*' will be present. Former champions are offered free admission to the meeting and complimentary refreshments. Participation was available by application - which closed on 20 June. Such major occasions are important for race walkers to be seen at, along with athletes from a wide range of other events, so we hope former race walking English Schools champions will have applied for places on the big parade and be seen representing our chosen discipline. Enjoy the centenary occasion.

INTERNATIONAL OLYMPIC DAY, 23 June 2025

This year, the theme of International Olympic Day - the ongoing initiative of the International Olympic Committee (in collaboration with the World Health Organization) - was "**Let's Move?**" with an aim of highlighting the benefits of playing sport and working out together, celebrating all the inspiration, connection and enjoyment this brings. <https://www.olympics.com/ioc/news/olympic-day-2025-let-s-move-together-for-more-motivation-community-and-joy>

Writes 5-times Olympian **Chris Maddocks** who contributed locally to the many events held world-wide:

"Today is Olympic Day, nationally and around the World. Helping to celebrate this special day I was invited to Two Moors in Tiverton to encourage their primary aged children to exercise and understand the benefits of healthy body, healthy mind. During hall assembly I showed a Power Point presentation about the Olympics. Lots of questions during Q&A and noisy fun outside with a special Daily Mile. Great enthusiastic kids."



[Olympic Day](#) is a global celebration of sport and getting active. It takes place on 23 June each year to commemorate the day the International Olympic Committee was founded in 1894 - the birth of the modern Olympic Games.

ENFIELD LEAGUE VISITOR IN THE NEWS

Oscar Pistorius, had his first race since release from prison on parole 18 months' ago. He participated at Durban in an Ironman 70 event. He was jailed in 2013 for murder, then allowed parole after serving half his sentence. In athletics history 10 Paralympians have appeared in major Games - only 1 (Pistorius) has a medal - silver won in the 4 x 400 metres relay at the 2011 IAAF World Championship in Seoul. There was an Enfield League representative in those 2011 IAAF World Championships - Neringa Aidietyte (as then named) in a 20K Walk. Sadly, in those 2011 IAAF Championships no British race walkers qualified for any Walks (50K + Men's & Women's 20k). On a Saturday afternoon at Lee valley Athletics Centre, where a 5 miles' road walk (out-and-back alongside a canal past the sewage works) started and finished outside the indoor arena, Mr Pistorius was on its track filming an advert. Our race commenced during a break in filming. After racing there was another break and this talented

athlete was invited into the function room where our presentations were taking place. He was highly popular as he signed autographs and posed for pictures with walkers, their families and friends. Hon Ed spotted him being filmed and suggested he be invited in - with hindsight perhaps not a wise initiative. Since then, Oscar's popularity has waned.



YET ANOTHER HUGE TURNOUT

Of interest to long distance walkers. The annual Manx Telecom 85 Miles Parish Walk on the Isle-of-Man saw 1,065 finishers at its various permitted stopping points, of whom 105 completed a full distance. Mainlanders weren't seen in numbers as in many previous years. Former Centurions Chairperson C1202 Claire Bass (Ely Runners AC) was an excellent 18th in 19:25.45 - her confident approach to a finish on Douglas seafront was well captured on YouTube. Another Centurion on a lengthy result sheet was former 5 times' winner C1108 Robbie Callister in 278th position at a permitted timed stopping point. This race is difficult, to say the least, but a good intermediate event for those seeking to walk 100 miles in under 24 hours in order to join The Centurions. *Roll on 2026.*

[RESULTS|Result Overall \(Official\)](#)

Readers' comments:

- Relives memories of the Great Late Charlie Weston when he won it twice! (1989 and 1991). It would appear that we now have an abundance of possible competitors for the forthcoming Centurion 100 Miles Track Walk at Lewes. Let's see, eh! **Bill Sutherland**
- What a wonderful turnout. **Ron Wallwork**



AWARD FOR TREVOR DIACK

In past times Trevor, of Trowbridge & District AC (now disbanded) served as a Sergeant at RAF Marham near King's Lynn. An aircraft engineer by profession, he took early release from the Royal Air Force, then was employed by British Aerospace. BAe sent him to work at RAF Marham as a civilian employee. That was back in 2012 when Trevor stated his intention to appear in East Anglian race walks but never got around to it. In 1989 Trevor clocked 15.43 in the RAF 3,000 Metres Championship at RAF Cosford. Trevor's listed at No 60 in an all-time list of fastest Guernsey 19.4 miles Church-to-Church times with 3:12.55 to his credit. He's an author, having written "*In Peace We Train for War*" reflecting on his service in the Falklands. Trevor's now in the news having received an award; a "*Going the Extra Mile*" award at the Heacham Office of the Extra Hands Care Home Company. Two years' ago he was awarded their "*Rising Star*" award.

[King's Lynn carer receives an Extra Hands GEM award | Eastern Daily Press](#)

We congratulate Kings Lynn resident Trevor on his awards.

Photo (supplied by Rob Elliott): Trevor in a Guernsey 10 kms run.

**IN PEACE WE
TRAIN FOR WAR**
Memoirs From The Falklands
War Zone 1983

NO SHOW

As in 2023, there isn't to be an [England Athletics Hall-of-Fame](#) induction ceremony in 2025 - so you'll have to wait until 2026 for submitting nominations on behalf of worthy race walkers. This gives a bit more time for promising athletics to enhance their achievement lists.

LAST CALL

Please support the annual **Moulton Open 5 Miles** (with opt-out distances) at this delightful village near Newmarket on Saturday 5 July 12.30pm. It's a most enjoyable day out, whether racing, officiating or spectating. Entries close noon Thursday 3 July: <https://www.fabian4.co.uk>



Dear Dave ...

FROM OUR MAN AT THE BIG PODEBRADY MEET

These are my personal impressions of the event. This was the first major RW event that I had been to since the 50km at the London Olympics. It was a good opportunity to view closely the current state of play, healthy or otherwise, of our sport of Race Walking. The venue was the beautifully laid out Collonade city park of this long-established Bohemian spa town. The 1km circuit had all the modern gizmos of current major set-ups: big screen, start/finish gantry, Czech and English commentary, good marshalling with barriers plus lots of sponsors. I learnt that the venue was used for a number of events the previous day (Saturday 17th) for running and a masters walk. A good bit of integration and PR there.

Two years ago, Chris Maddocks with Paul Warburton (World Athletics Commentator) and three American RW notables were on a panel discussing the subject heading, 'How Race Walking Has Changed Through the Decades' ([available on YouTube](#)). Chris made an observation that the perception of 'Joe Public' was that they could not detect if a walker was lifting at speeds of 4mins/km as the movement was too fast. However, Chris maintained that the well-trained eye, particularly judges (whom he generally praised), would be able to detect poor walking, even at that pace. With Chris's quote rattling in my brain, I was genuinely pleasantly surprised of the overall standard of RW and the intervention of the judges where necessary. The only exception, I felt, was the Snr Men's 20km and especially over the latter stages of the race. I obtained the official printed results of all the races, bar the men's 20km (I had to dash for my train) and included are all the red cards given out per competitor. It makes interesting reading, as it shows that the judges didn't hold back issuing cards even for the big names. I also noticed that the soles of the predominantly worn footwear, were a lot thicker than I can remember and some brands appeared 'spongy', not providing a solid rigid base to execute the next stride properly. For what it's worth, I thought as a group, the women in the 35km gave the best demonstration of solid race walking.

To wrap up, my own conclusion, is that RW is thriving outside of these shores. For example, Ireland had 4 men and 2 women starting across the events. Italy, Spain and France dominated results-wise but even Ukraine had the winner in the women's 20km, Lyudmila Olyanovskaya in 1:27:56, 9 seconds ahead of Clémence Beretta of France. It was an enjoyable, engaging race day, an event for everyone to enjoy and I hope to get along to some of these World Athletics' organised events in future and my message to those who sit on the fence or have written off RW is, why not get along to one of these and see for yourself?

Len Ruddock

CONTRIBUTION FROM MIKE SWEENEY

Wow! That was a great read, and I was left with a strong feeling of admiration for Bob Dobson. When I was walking for Ilford AC along with Olly Browne in those days no one told me about Bob's history. He trained so hard. But he was always an inspirational figure to me when I met him in some of the races. I walked with him as part of the Ilford 4-member team in a 40-mile race from Plymouth to Dawlish. And looking at him then, his stamina and strength were remarkable; he never seemed to tire. A great article there about Bob. Everyone in the race walking sport will appreciate that. Great work. Well done.

I have difficulty walking and running, especially over long distances, these days. About 4 years ago, I was about to climb into a car full of people, and before I got in, the car started driving away with the door still open and ran over my left foot. It was only a few years later that I began to notice a pain in the ball of the foot. I tried some physiotherapy and stun gun treatment on my foot here, but it never fixed the problem. However, I still go out walking, but I can't racewalk like I used to; the racewalking shoes are too flat for that. That Chinese idiot of a car driver ruined my health and passion for walking and running. I'm always angry about it.

All the best to you. I'm retired now and looking to move to Thailand this July. Let Bob know how much I loved and enjoyed reading the biography article about him. An excellent read.

Mike Sweeney

ON THE RECORD

The list of races of mine according to Race Walking Record starts in 1970. My records show my first race was Inter Club 1 mile race at Ilford on 21 May 1963 (1 of 13 races). 1964 - 37 races. 1965 - 28 races. 1966 - 28 races. 1967 - 21 races. 1968 - 9 races (broken toe). 1969 - 25 races. 1970 - 34 races.

Bob Dobson

Adds Hon Ed : Bob's specific 50K record is outstanding. He completed 108 races under 5 hours, never to be repeated - ten under 4:16.16, (fastest 4:07.22.4). Despite this Bob never gained Olympian status which he clearly merited. His international debut was at an important meeting - the 1970 Commonwealth 20 Miles' Walk at Edinburgh, when he led a 21-strong field out of Meadowbank Stadium onto the roads. Bob returned to a Stadium finish in 4th position, one behind bronze medallist Bill Sutherland, just ahead of defending champion Ron Wallwork.

THREE-LINE WHIP

The next Enfield Race Walking League fixture will be the Moulton Walks on Saturday 5 July from 12.30pm. Venue: Moulton Village Hall, Bridge Street, Moulton, Suffolk. CB8 8SP. A Badge is awarded to walkers who complete the course (5 miles) in less than one hour for the first time. The scenic, undulating route is from Moulton Village Hall to the outskirts of Dalham and back along the B1085. Please note participants must be 16. Junior and Novice Challenges of 1.5 and 3km. Mementoes to all participants. Refreshments available. Entertainment by The Strumsters Ukulele band. Entries are now live on <http://www.fabian4.co.uk> **Closing date 3 July at 12 noon.** If you require further information or help with entering the walk please contact me.

Tracey Wilkinson

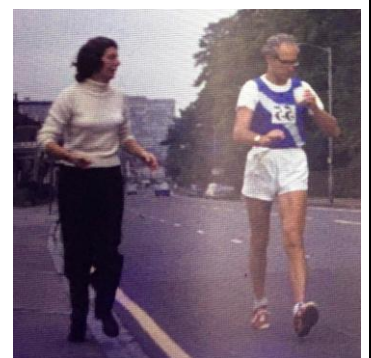
Email: traceywilkinson17@aol.co.uk Tel: 07532 397 528

WRITES A FORMER ENFIELD MEMBER

Ron Wallwork started with Lancs Walking Club and moved to Enfield and I have done the reverse ... starting with Enfield and finishing with Lancs Walking Club. That's where the similarities between our walking careers begin and end - he with his fantastic record of achievements and mine an average Joe's career at best. I have lived up in the north since 1997. I was relocated to Royal and Sun Alliance offices in Liverpool and we bought a house in Formby nearby. I had intended when I retired to move back south but I have made such good friends up here I decided to stay. I have had great support here since my wife died 11 years ago.



Whilst we are going down memory lane I have attached a photo I took at Milton Keynes in the 1977 Lugano. I converted it from colour slides I have. I have also included one of Peter Worth and his wife Mary. Peter and I did a large amount of training together. I thought you might like to see them.



Lastly, I think you do a fantastic job producing the Essex Walker. I look forward to reading it each month. Thanks again.

Roy Gunnett

DAVE BAXTER RIP - FURTHER TRIBUTES (ref pages 5-6 [Essex Walker 452](#))

- Amazing story and such an atmospheric photo! **Sandra Brown**
- Great technique action photo. **Adrian James**

GOOD NEWS FROM A RWA LONG-DISTANCE CHAMPION

It seems that you always seem to be the bearer of sad news so I thought I'd let you have something more positive. I've not long started a 'get fit' regime and joined a 'couch to 5k' programme of 9 weeks

with Wood Green runners in Worcester. I completed the 9 weeks and did my first park run. I noticed that even after a 9-week programme some people were not able to keep up so I suggested a power walking group. This is helping those with leg and knee joint problems and the group is going well and the technique is improving. I wanted to give them a goal at the end of the 9 weeks so I entered the park run with a view to race walk it. The course is undulating through woods with some proper paths but mainly dirt track. My time was 39 minutes exact. Realistically I'm going to encourage them to get under the hour and we will progress from there. I'm hoping that this will encourage more to join the group.

Kevin O Perry C912

ONE GREAT REMEMBERS ANOTHER – Dr Rev ROY LODGE MBE

I have fond memories of "The Rev". We had some great laughs in Font Romeu with the likes of Charlie Megnin, Ray Middleton, Paul Nihil, Jim Hogan and John Whetton. Jim had won the 1966 European marathon and in the same year John, a prolific joke teller, had won the European indoor 1500m and would do so again in 1967 and 1969. Jim ran in the Olympics for Ireland and Britain and was a controversial figure. He was plain talking and was forever apologising to Roy for expletives that crept into conversations. It got to the point where at the end of any Hogan conversation we chorused "Sorry Rev". I will always be grateful to Roy, because at the time I was unemployed he was very supportive and tried to find me work in his diocese which didn't work out.

Ron Wallwork

GEOFF WIGHTMAN WAS CO-COMMENTATOR FOR 2 OLYMPIC WALKS (2012)

I remember flying out to Australia pre-1990 Commonwealth Auckland Games sitting next to Geoff Wightman, who I didn't know up to that point. We had lots of time to get acquainted. It was so gratifying meeting another athlete who shared my love of most sports; always found it incredible how other athletes knew so little about sports including the history of their own event. Geoff and I roomed together and during the Games ended up introducing him to the Tooby twins one of whom would become his future wife. I went to his and Susan's wedding in 1991.

Chris Maddocks

ON THE STREET

I've been meaning to get a photo next to this road sign for a few years. Tommy Green worked and lived in Eastleigh. I believe he passed away the same year as I joined Southampton and Eastleigh AC in 1975. When they demolished a large Pirelli cable works factory and built a new housing estate they chose his name as a local historic figure.

Jim Ball

Adds Hon Ed: Indeed, Jim's correct about Tommy's year of death, when just one day short of his 81st birthday. He suffered rickets as a child. Tommy was thrice injured in The Great War when serving in 3rd King's Own Hussars (third time he was badly gassed). On demob (invalided out) he worked in a railway depot. Belgrave Harrier Tommy won our inaugural RWA National 50 Kilometres Championship at South Croydon in 1932 as a clear 4:35.36 winner. This clinched 1932 Olympic selection for another inaugural 50K - at Los Angeles, which he won in 4:50.10 when 10 finished (last Estonian Alfred Maasik 6:19.00) from 15 starters. His age, 38 years 126 days, makes him the oldest Olympic winner of this event. In our National 50K he made Belgrave Harriers scoring 3s to a hat trick of team victories in 1934/35/36, being 2nd in '35 at Bradford. Tommy loved inaugural races - first in the 1930 Hastings-to-Brighton and again in 31 and 33. He also loved hat-tricks with Bradford 50K success in 1930, 32 and 33. Up north his sequence of 6 Manchester-to-Blackpool victories stretched from 1929-to-1934 (inclusive). In the RWA 20 Miles his hat-trick of placed finishes in 1930/32/33 saw him respectively 3rd, 2nd and 2nd again. Tommy's luck ran out at the 1936 RWA 50K at Derby which was a selection race for an Olympics when coming 4th, hence wasn't able to defend his Olympic title - but his consolation was being part of a Bels winning team. In our 1935 National 50K he'd been 2nd just 29 seconds behind an athlete who was to take his Olympic title at Berlin in 1936 - Harold Whitlock. Again that year, he led Bels to team triumph, as he'd also done in 1934. On leaving railway employment he became a publican. His last competitive walking race was in 1946. In 2018 he was posthumously inducted into the [England Athletics Hall-of-Fame](#).



SMALL WORLD 1 - CENTURIONS MEET IN WORCESTER

I did a little research on Bertie Yates and found out he lives very close to me. I've seen a guy with a prosthetic leg who used to get on the same bus to town as myself and I've spoken to him. Today I went out for a run and just as I finished I saw this guy walking towards me. I took a shot in the dark and he was very surprised when I asked him if his name was Bertie Yates and was he C935? I think I could have knocked him down with a feather. He wasn't a racewalker but he walked a 50-mile event in Worcester so he thought to try the hundred. He remembers coming in behind Pam Ficken. Not long after, he lost his foot to cancer and then he lost part of the leg through complications. He is now actively walking around and seems to be in good health and spirits. It was good to talk with him and I'm sure we will talk more another day.

Kevin Perry C912

Adds Hon Ed: Bernie qualified as a Centurion in 1995 at Battersea Park, in the colours of Worcester AC.

CENTURIONS SOCIAL WALK (Winchelsea 8 June 2025)

Winchelsea, an historic Cinque Port and one of the best preserved medieval planned towns in the country was the location for the Centurion's early summer social walk. Situated on the south coast between Hastings and Rye, the town was founded in the late thirteenth century as a port by King Edward 1, replacing Old Winchelsea which was swept away by storms and the rising sea.

Starting at the Queens Head Public House on the edge of town, the early part of the walk followed well marked paths through fields, railway crossings and lanes through the countryside into Winchelsea. An ancient stone cherub was spotted dumped in a skip. It would be a crime for this to end up in landfill, but it was too heavy for the boot of a car. Kim was to resolve this dilemma later by speaking to a local church warden who was going to retrieve said cherub with the help of a friend. Good deed done it was time for coffee, and a visit to the church of St Thomas. Famed as the final resting place of comic Spike Milligan. The church in one of the finest in Sussex, planned to cathedral proportions, the ravages of the Hundred Year War has left part of the outer building in ruins but the present church has remarkable stained glass windows design in the early twentieth century by Douglas Strachan.



Steve, Kim and Chris enjoy a well earned break.

Photo: Brian Boggenpoel

Our walk continued, leaving the town and passing 'New Gate', at one time, the only way in to Winchelsea by land, providing a defence against invading forces, finally arriving at the Charles Palmer Winery, where samples were enthusiastically consumed and further bottles purchased. The adjacent Wickham Manor dating from the sixteenth century was used as the film set of Mr Holmes (2015), and as Lord Snowdon's family home on the Crown (Netflix, 2019). A short walk led back to the pub, where good food and ale was served as a pleasant conclusion to our day.

Steve Kemp

- Thanks for a great walk and company. It was most enjoyable, and visiting the magnificent Winchelsea church and its stained glass windows was a real bonus as was our stop at the Charles Palmer vineyard. Thanks to Kim for leading the walk, to Steve for organising it, Brian's photos and to Dave for publicising it. **Chris Flint**
- So glad you enjoyed it. Lovely to see you. **Kim Howard**

SMALL WORLD 2

I accidentally bumped into Dave Boxall in York. He lived in Brighton. When I say bumped into him, I mean it literally. Early one Sunday morning I was race-walking in York, came to a blind corner and bumped into Dave Boxall who was also training. I did not recognise him, but I know of his unique record, winning 4 Centurion races all in under 18 hours. Small world. Dave's 100 time at over 70 years old is proportionately slower than his fantastic times when younger. I note this for me. **Richard Cole**

A READER'S MEMORY OF A 'CLASSIC' WALK

Looking forward to taking my grandson to see Barnet playing in League 2 next season. Sadly, Southend United couldn't join them. Never watched Southend, but have memories of doing the Barking

to Southend walk and finishing up the race by doing a full lap of the pitch. Then being allowed to use the changing room huge bath, which, unless you got in quickly, had a layer of oil floating on top of the water, which had been rubbed on bodies at the start of the race.

Chris Foster

APPRECIATION

Thanks for the latest Essex Walker and what another mammoth edition. Thanks to all who are involved in the production of the mag.

Len Ruddock

CENTURIONS WEBSITE

I've just been having a look at the [Centurions website](#). It's a good read. I browsed through the different tabs and was surprised how much information was on there. A lot of work has gone into it.

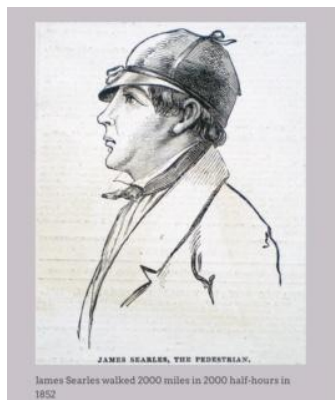
Tony Perkins

THE WAY FORWARD

Commendable as they are to at last promote a walk, I can't see how 4 miles (SL) and 1 Mile (TB) are going to produce international walkers for future years. We need meaningful series of Nationals at 5m, 10m, 20kms and 35 kms with massive publicity and recruitment of competitive walkers plus many, many more local races, coaches, officials with sponsorship and volunteers as per parkrun. Are the present RWA and Area RWAs capable of promoting such a massive change? For publication please as this is the true picture we face if there is to be a future!

Bill Sutherland

Adds Hon Ed: Reminds me of a hymn sung at school "There Is a Happy Land" - second line was "far, far away". Commendable efforts have been made, by the RWA and Area RWAs, to promote 10, 20 and 35k races. Sadly, on too many occasions, entries were insufficient for such events to go ahead. RWAs (National and Area) are willing, but stayaways have scuppered such promotions. Your RWA gamely persisted with National 50K Championships (began in 1930) until entries were down to single figures. Nowadays at some races "opt-out" distances are as favoured as full distances on offer. Sky-high average age of senior race walkers ensures few will want to appear over longer distances.



THE REPAIR SHOP FEATURES PAST PEDESTRIANISM

Recently Pedestrianism featured in the Repair Shop, a most popular TV Programme on Quest. The very distant relative of **James Searles** a famous Speed Walker, as he was referred to, brought in a velvet Champions Belt which he had won in the Sheffield Handicap races no doubt for a sizeable wager some 170 years ago! He lived from 1819 to 1866 and was a real Champion in his day together with many others. The Belt was fully repaired to its original condition with his head and face in full view and reminded me of the Agricultural Hall races in Islington that were frequently held in the past. Great viewing! Hope you find space to feature this in your excellent Essex Walker next edition.

Bill and Kath Sutherland

Adds Hon Ed: I was phoned while it was on. By the time I'd found "Quest" I only saw a speed walker's great, great, great granddaughter gratefully taking possession of this immaculately repaired belt. Race walking has previously featured on this show. Any readers got awards needing repairs? it's all publicity for competitive walking.



NOTE: This particular episode of Repair Shop (Series 5 episode 40) is available on BBC iPlayer: [The Repair Shop - Series 5: Episode 40 - BBC iPlayer](#)

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