

Essex Walker

Editor: Dave Ainsworth

EDITORIAL

"The lamps are going out all over Europe, we shall not see them lit again in our life-time". So said Foreign Secretary Sir Edward Grey in Parliament on 3 April 1914 - on the eve of Britain's entry into the First World War. A similar set of words could be used to comment on Essex Walker's fixtures and diary dates column in too many past issues. This publication attempts to list fixtures and events for 3 months' ahead which may be of interest to Home Counties' based race walkers. Looking at issues this year, there's now so little for race walkers. To try avoiding missing any, advance draft copies are sent to several notables asking for additions (if any). Most recipients don't reply, as there seems no more. This month a respected reader did comment - asking what would North-of-the-Thames race walkers have done if Tracey Wilkinson hadn't stepped in to keep the Enfield Race Walking League going? Another "*answers on a postcard*" request. Look at latest Fixtures/Diary Dates column and ask yourself if you can support what's left - to keep it going. More competitors are needed as also are officials and helpers - so come along if you can consider putting something back into your athletics discipline. The late and highly respected Centurion Ken Livermore competed well into veterans' age categories - he said, "I keep turning out to support what's still going, to keep things going in hope something better will turn up". We need more of his sort on start lines while, of course, hoping something good will happen. This nosedive of events is mainly down to disappearing participants - so come "*stayaways*" how about getting your kit out of the wardrobe again and making a return? *Food for thought.*

ALL FINISHERS DESERVED PRAISE

Race walking had kudos of being the opening event in the World Athletics Championships in Tokyo on 13 September. Indeed it began even earlier than billed, as a late decision was made to advance its start by 30 minutes as both temperature and humidity were rapidly rising to unbearable levels. Humidity was over 90% in a 30C temperature.

[World Athletics Championships 2025: Japan celebrate first medal as athletes battle Tokyo heat - BBC Sport](#)

In the 35k men's race, 50 started but only 34 reached journey's end, as 10 retired and 6 saw red discs. Canada's 34 year old Evan Dunfee led them home in 2:28.22 after putting in his best work late on - in a pre-event interview he said, "*It's not over till it's over*". Silver medallist was Brazil's Caio Bonfim in a season's best 2:28.55. In 3rd came another 34 year old, who'd enjoyed home support - Japan's Hayato Katsuki in 2:29.16. Our Cameron Corbishley got through this ordeal to fill 34th spot in 2:52.15 - so well done to him and all who crossed a finish line in such unhelpful conditions. The women's race was won by some distance as Spain's Maria Perez clocked 2:39.01 from 38 starters of whom 7 retired and 1 saw red in a race in which, on this occasion, there were no GB participants. Looking ahead let's all work towards seeing full GB complements in both 35k races come the 2027 World Athletics Championships in Beijing.



OUR STORIES CONTINUE

To mark 2025 as the year of our Hundredth 100 Miles' Walk to be held on the British Isles, Essex Walker committed itself to featuring a series of articles about noted Centurion members. The senior Centurion at Lewes Track in August was No 332 **Chris Bolton** of Lancashire Walking who'd qualified in a July 1962 Leicester-to-Skegness race clocking 22:09.27 as 26 finished (13 were new Centurions) from 45 starters. It was a remarkable race as winner Frank O'Reilly's recorded 16:58.16 - a second time he'd beaten 17 hours for this distance. Later in September Frank gained Olympian status in

Rome over 50K when 20th in 4:54.40 wearing an Irish vest. Don Thompson won gold in 4:25.30. GB's other entrants were Tom Misson 5th in 4:33.03 and a disqualified Albert Johnson, both sadly no longer with us. A medal ceremony commenced as the middle order were ending their endeavours with a lap of the Stadium. A United Kingdom National Anthem was played as the Union Flag was being raised - while Frank was on his lap of the track - when he stopped, stood to attention faced the flag then continued to the finish line. Thanks to Chris for bringing this account to light. Wakefield were strong in the '62 Hundred as the first and third new Centurions were C325 John Hampshire and C327 Guy Goodair. The now octogenarian latter still gives a good account in competitive orienteering at a high level. 2nd new Centurion was D Le Marinel of Jersey AC. The 13th new Centurion 337, Brian Scrivens of Royal Sutton Coldfield WC in 23:45.30, became one of the Brotherhood's (no ladies admitted until a 1977 Bristol 100) most enthusiastic and committed members. Brian's health suffered badly as years rolled by, yet despite serious mobility problems he made a yearly effort (it was indeed a struggle) to attend Centurions AGMs. He was a benefactor and among his offerings was sponsorship of a special award to honour considerable and outstanding efforts in distance walking shown by C735 Sandra Brown, as presented at their 2006 post-AGM dinner in the Piccadilly Royal Air Force Club. At Lewes, Chris was present throughout, from Friday evening's social walk around Lewes town centre led by Peter Selby - who incidentally was guest speaker at that 2006 Centurions Dinner - and throughout Saturday afternoon and Sunday morning racing, as a helper and supporter, and leading up to the event's Sunday afternoon presentations. There's an Essex connection as Chris specially asked for his best wishes to be passed on the Essex leading lights C492 Steve King, Olympian Roger Mills and C685 Tony Perkins. He was able to do this in person with the latter, as Tony was present at Lewes, and like Chris, participated in The Centurions highly successful 100 legs' relay around the track's outer lanes. Have a read of Chris Bolton's interesting story: [Centurions Stories: C332 Chris Bolton](#)

Mr MYSTERY ON TRACK

At our Lewes 100 Miles a smallish bloke in a light-coloured jacket and wearing a brimmed hat spent ages talking to people. Who was he? - well nobody knows: he was a pain in the ****. He just approached folk and began talking as though he'd known them for ages - yet nobody knew who he was? He offered advice to people and told some what they ought to be doing. It ended up with one Organising protagonist "*having words!*" Where do these misfits come from - and why are attracted to race walking?

- Well done Chris "copper" Flint for dealing with Mr Mystery". **Ed Shillabeer**

Adds Hon Ed: Mr Mystery has now been positively identified!

CLASSIC FILM

[1968 Mexico City Olympic Race Walking highlights](#)

Here's 17:52 mins of film of the 1968 Olympic 50 Kilometres Walk, held in rarefied air of over 7,000 feet above sea level in Mexico City. Just click on the link and you'll be on the start line and back in time. It's well worth a watch, even though picture quality isn't great in places and the camera operator seems to have a shaky hand at times. You'll see we had 3 British competitors (mentioned in intro) and see other notable race walkers of the '60s including Shaul Ladney who was a popular visitor to our shores.



- **Clare Denness** (Paul Nihill's daughter) wrote: "I found that clip on YouTube and posted it on dad's Facebook page. Every so often I scan the internet on anything about dad. I noted on dad's [Facebook page](#) the times it showed dad. He had 15 on his shirt. Glad people are taking note of his page and sharing things to others. It was a great find. Another classic video."



Adds Hon Ed:

Highlights of 1972 Munich Olympics Long Distance Race Walk event (50km) part 1

Paul's [Facebook page](#) features another clip of the 50km Race Walk 1972 Munich Olympics. Paul is wearing No 301 and sporting a white bucket hat (not his signature white handkerchief hat).

FIXTURES and DIARY DATES

(October to December)

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

OCT	4	Vets AC/Herts/Middx/Surrey/Sussex 10,000m Championships + Jnr 2,000m	Norman Park	1.15pm
	10	European Masters Women's 60+ & Men's 65+ 5,000 metres	Madeira	TBA
	11	Jack Fitzgerald Memorial Walks 3 miles & 6 miles (both approximately)	Tilgate Forest Golf Centre/Sussex	1.00pm
	11	European Masters Women's U-60 & Men's U-65 5,000 metres	Madeira	TBA
	14	10 Kilometres road walk	Madeira	TBA
	18	20 Kilometres road walk	Madeira	TBA
	18	Enfield League 5 Kilometres handicap + 2K + 3K	King George Fields/Donkey Lane	11.00am
NOV	8	Enfield Open 7 Miles' Walk + Veterans AC 7 Miles Championship	King George Fields/Donkey Lane	10.30am
	10	Race Walking Area (Southern Area) AGM	Zoom	7.00pm
DEC	26	Annual City of Southend Pier Race (out-and-back) 2 Miles	Southend Pierhead	10.00am
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.				

JACK FITZGERALD MEMORIAL WALKS

Competitive race walking returns to Sussex, soon after our memorable Lewes weekend which so many of our readers supported. It's your annual "*Jack Fitzgerald Memorial Walks*", held in honour of a much respected World War II Royal Air Force pilot and race walker who enjoyed a long active span. Dedicated and enthusiastic Organiser Dave Hoben again offers approximate distances of 3 miles and 6 miles. For all your diaries it's on Saturday 11th October, start 1pm from Tilgate Forest Golf Centre RH10 5EU, near Crawley in West Sussex. Age Groups: **All**, Category **B**. Full turnout requested in honour of a great stalwart.

WHEN DON COX JOINED 8 MILES-IN-AN-HOUR CLUB

Wednesday 4 August 1971 on Cricklefields Stadium's cinders in rain and wind saw Don Cox head a 34 strong field to account for an 8 miles and 48 yards victory. Steve Gower led to halfway, when Don took the lead and held it to a finish. Bob Dobson also passed Steve in the closing stages to place 2nd with 7.1675 behind him as Steve claimed 3rd with 7.1480. Next home were 4th Ken Carter 7.1356, 5th Amos Seddon 7.1155 and 6th Lew Mockett 7.526. In those days top walkers supported all races going! In a 3,000 metres ladies race unattached walker Christine Coleman (daughter of double '52/56 Olympian George) won in 17.17 from June Siburn 17.51 with Newham's S Hudson 3rd in 18 minutes' dead. This info taken from Colin Young's informative 'Athletics Weekly' column. A few days later Bob Dobson was in great form when walking in the rarely raced 3,200 metres distance at the London Fire

Brigade meeting at Crystal palace stadium track. Bob starred as scratch man at the back and stormed his way through the field.

ANOTHER 100 CLUB

The Centurions were in the news lately as a hundredth 100 Miles qualifying event on the British Isles, was at Lewes in East Sussex. The late John Arlott in his book, *"The Oxford Companion to Sport and Games"* described The Centurions as the World's most exclusive athletic Club - there's no joining fee or annual subscription, nor is an application form required - just an ability to race walk 100 miles within 24 hours in a recognised race. Runners also have one of the World's most exclusive athletic Clubs - The 100 marathon Club, which now has 657 members (11 times more people have climbed Mount Everest than have run at least the 100 marathons qualifying requirement for admission. Among Essex Walkers readers to have completed over 100 Marathons are C1020 Kim Howard, Eddie Trotter, C997 Andrew Wilmot and the late C951 Jerry Everett. The Club was founded by Roger Biggs with its goal to promote marathon running and celebrate achievements of those who've run 100 or more. Co-Chair Maryanne Aitken described it as a *"virtual"* club without an obvious central meeting point, but which hopes to encourage members to really feel part of the club even though living on opposite sides of the country. Qualifying races must be official ones, published well in advance, open to anyone, results must be publicised and races both licenced and insured. The club has a diligent Vetting Manager to ensure all races fully comply and who scrutinises result sheets in detail.

When new members qualify, a Senior 100 Marathon Club member presents their coveted T-shirts in a short ceremony followed by a long-held tradition of cakes all round. Brian Mills currently holds a record for the most qualifying marathons completed at 1,527. The lady with the most is Collette O'Hagan on 1,020. Oldest member to complete 100 marathons is Robert Donovan who did so when aged 75 years and 8 months. The youngest female member to complete 100 qualifying marathons is Gillian Verdin at 23 years and 274 days. On a related theme, there are now only 6 members in a much admired *"London Marathon Ever Present Club"*, who've done it each time since a 1981 commencement: Jeff Aston, Bill O'Connor, Chris Finill, Mike Pearce, Dr Malcolm Speake and David Walker.

TOPICAL THOUGHTS - WORLD CHAMPIONSHIPS

When push comes to shove there is a lack of GB quality in depth. Of course, if you're an elite athlete, you can just have an off day or injury: Keely Hodgkinson, for example; Josh Kerr, another. But ONE race walker? The Leeds group and Andi Drake have been marvellous, and Tom Bosworth is trying new things. But Andi knows he arrived on the scene later than ideal. After all, there have been training camps elsewhere in the world for as long as I've been in walking and beyond - 50 years, plus, but not here until AD & Co. Have thought that including a walk in track and field meetings throughout the UK might help: even at just a mile or 2km. Coaches etc ready to spot potential might find those like 20km bronze medallist Paul McGrath, who we're told got his start on a visit to Leeds. However, spotting talent and then nurturing it, is still a huge step.

Paul Warburton

[Great Britain fail to win gold amid worst World Championships return for 20 years - BBC Sport](#)

- **Bill Sutherland writes:** Where it all went wrong is that the majority of the Top Stars now train away from Clubs often abroad and neglect the up and coming younger stars of the future. Also they are handsomely rewarded for the minimal times we see from them every year, and lack the hunger we had in yesteryear to reach the top. I well remember when I first started back in 1964 going to a weekend training course at Eton Manor where the top GB athletes in the 1964 Olympics in Tokyo were there and involved in coaching and advising, Incidentally the late Ken Livermore was one of coaching for Race Walking. We held them in our dreams that one day we might be able to wear the Great GB vest with such pride! To date only one or two Park Runners have reached that level yet there is an abundance of talent on display week in week out! British Athletics needs to use the stars of the past to motivate the stars of the future like Freddie Flintoff does for Cricket on National Television. Regular competitiveness is the key to success. Over 12 years from 1964 to 1976 I averaged 44 races per year as an example. Onwards and Upwards!
- **Oliver Flynn comments:** And they receive all that money too?

NATIONAL MEETING CAME TO CHELMSFORD

ESAA English Schools' 51th Race Walk Results
Bedford International Athletics Stadium
Saturday 20th September 2025



The English Schools National Walking Championships came to Essex on Saturday 20 September. Our thanks to any readers who went along to give our youngsters some encouragement - as they're our discipline's future. Cambridge youngsters seem to be most 'present' in Eastern region - Essex just had one girl competing, so thanks to **Tilly Heaton** who was 4th in the Intermediate Girls 5K clocking 19:19.93. Pam Ficken reported it to be a good and well supported meeting. Steve Partington brought over some Isle of Man youngsters. All fixture lists/cards listed this Championship as being at Chelmsford - so please don't be fooled by a result sheet, which its compiler listed as occurring in Bedford (*which it wasn't*). Look at those names on a results list - remember them, and hope they'll be seen as the years roll on.

U13 Mixed			
First	Athira Nair	Cambridge	08:47.39
Second	Matthew Tomsett	Kent	08:48.07
Third	Ethan Hunstone	Surrey	08:48.74
4th	Spencer Gibson	Hampshire	09:07.49
5th	Timmy Johnstone	Cambridge	09:22.86
6th	Owen Tate	Cambridge	09:33.82
7th	Rio McAndrew	Cambridge	09:34.23
8th	Amber Jackson	Kent	10:02.90
9th	Ellis Jones	Wales-Guest	10:51.27
Junior Girls			
First	Ellin Wilson	Kent	11:05.72
Second	Millicent Steele	Kent	11:40.66
Third	Amelia Emmett	Kent	12:01.38
4th	Sophie Blundell	Cambridge	12:09.32
5th	Marissa Morley	Surrey	12:37.30
6th	Aimee Thursfield	Staffordshire	12:38.65
7th	Lily-Ann Cooper	Cambridge	13:44.20
Junior Boys			
First	Timothy Perry	Isle of Man	09:33.03
Second	Seth Muddle	Sussex	11:10.87
Third	Spencer Jones	Wales-Guest	11:17.54
4th	Luke Eperon	Kent	12:06.73
5th	Xavi Cannell	Somerset	12:53.79
6th	Stanley Taylor	Sussex	12:57.81
7th	Thomas Muddle	Sussex	14:16.92

Spencer Jones & Xavi Cannell. 30 Second penalty included. Rule 54.7.4

Inter Girls			
First	Florence Watson	Kent	17:37.93
Second	Sophie Davidson	Merseyside	17:58.38
Third	Amy Surgeon	Isle of Man	18:25.87
4th	Tilly Heaton	Essex	19:19.93
5th	Ema Hurbanova	West Midlands	19:49.55
Senior Girls			
First	Cerys Bithell	Cambridge	17:52.84
Inter Boys			
First	Trejan Checheku-Boama	Kent	16:30.59
Second	Jack Wynn	Somerset	16:53.32
Third	Charlie Perry	Sussex	DQ TR 54.7.5



TEMPUS FUGIT

An interesting [viewing!](#) **Chris Maddocks** received a 25-year anniversary card from the British Olympic Association, to mark his much-publicised 2000 Sydney Olympic 50K Walk finish - an occasion never to be forgotten and clearly wasn't by the BOA.

To mark the occasion, **Shaun Coleman** (Exeter Harriers) posted this video (6:04 mins) of the finish of this race, including reaction and post-race interview with Chris Maddocks.

[Olympic 50 kms 2000 Chris Maddocks](#)

'ALLO 'ALLO!

Your Hon Ed got to rub shoulders with celebrated actress Vicki Michelle, better known as waitress Yvette Carte-Blanche at Cafe Rene in a decade running 'Allo Allo! sitcom (1982-92). This at a Hornchurch theatre when watching Su Pollard's one-woman show "Still Fully Charged", as on a very long run at numerous UK and Channel Island venues. It was hilarious - a view shared by Olympian race walker Peter Marlow who was in the audience at an earlier performance. Dave and friend Sandra were introduced to Vicki by fellow audience member - Romford MP Andrew Rosindell - who took a pre-show photograph.



Earlier in September, on Tuesday 9th, Hon Ed was in the Union Jack Club for a 60th Reunion of those who commenced Royal Air Force training at Hereford on 9 September 1965. A course member, not met since 1966, on leaving the RAF joined Sussex Constabulary and made Inspector. His first words on approach were. "I remember you - you used to do that funny walking". Hmmm! As Oscar Wilde wrote, "There is only one thing in the world worse than being talked about and that is not being talked about".

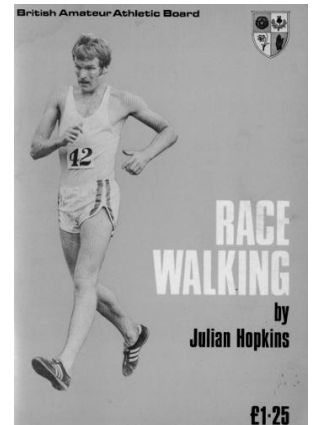
BOSWORTH MILE - HOT OFF THE PRESS RESULTS**Photos of winners and participants:****[A top day in Leeds for the first Bosworth Mile - UK Race Walking News](#)****Results:**

- [Boys U11 800m](#)
- [Mile Race Walk · Mixed - U13/U15](#)
- [Mile Race Walk · U17/Sen Women](#)
- [Mile Race Walk · U17/Sen Men](#)

THE TECHNIQUE OF RACE WALKING

A digital version of this 1976 coaching book has recently been posted on [Facebook](#) with the following information:

Mastery of technique is essential so that the walker (i) is not disqualified for infringing the rules; (ii) does not waste energy by making unnecessary movements. If a sound technique is not developed in the early stages of a walker's career, faults will certainly delay his progress when he starts to walk at high speeds. At this stage, a fine distinction may be drawn between TECHNIQUE and STYLE.

**A REMINDER**

Should any readers experience difficulty in opening email attachments of "Essex Walker" please note that all issues are easily accessible on the Race Walking Association website ([Newsletters - Race Walking Association](#)). A link to this website appears routinely at the end of each Essex Walker. We thank stalwart John Constandinou for posting all issues with regularity. Happy reading!



Dear Dave ...

APPRECIATION

Thanks for the Castle Point Joggers mention in Essex Walker. I showed it as a "cutting" on the private CPJ Facebook page, and it was much appreciated. Feel free to circulate the [Lewes social walk pictures](#) amongst any interested parties, as I only sent it to my recent walking contacts. **Brian Boggenpoel**

**BACK IN TIME**

I was very interested in your short article regarding the famous Monty Python's Flying Circus [sketch](#) featuring 'The Minister for Silly Walks.' As you can see from the photograph, I took part in the 1976 Exmouth Carnival dressed up as John Cleese. It was great fun and attracted a lot of laughs from the thousands of bystanders as I copied John Cleese's funny walk along the streets of Exmouth. I also entered as the said Minister in the Carnivals at Exeter and Dawlish. One year I dressed up as Prince Charles (Royal Ear Force!) and Maggie Thatcher when someone in the crowd threw an apple at me! The other fancy dress entrant beside me is Lawrie

Board who was a member of Exeter Harriers and Dawlish, like me, and completed the first ever Plymouth to Dawlish aged 58! He received a banning order in the late 70s after thumping Race Walking Judge Alf Middleton after he DQ'd him during a track race at Yeovil - happy days!!

Andy Bainborough

ANOTHER 8 MILES IN AN HOUR TALE

My pace now is about a quarter of my heyday when I race walked 8 miles 565 yards in an hour in the A Section of the 1969 Highgate 1 Hour Meeting at the former Copthall Stadium, Hendon, second to the Great Paul Nihill who covered 8 miles 711 yards after winning the Gold at 20 Kms Walk in the European Championships in Athens. I still think to this day, as did Paul, that I could have medalled there after my 91.10 in winning the GB v France 20 Kms Walk at Battersea Park such was my form at the time. Happy Days! CONGRATULATIONS on your wonderful latest ESSEX WALKER. Much sweat and tears by so many in its production and always spot on time!

Bill Sutherland

APPRECIATION

- The EW's coverage of the Lewes 100 has lots of complimentary comments and all appreciative of Peter Selby's work. It was a memorable occasion and the Centurions will now work to securing a location for the 101st 100. Well done for another fulsome edition. **Chris Flint**
- Essex Walker received with thanks and read with interest. **Lizzie Costa and John Lees**

INVITATION TO ALL

Just to let you know that the Enfield Race Walking League Fixture on Saturday 18 October will now be a 5km Handicap Race including 2km and 3km walks on the playing field course.

Tracey Wilkinson

SOUTHEND MILE RECOLLECTIONS

Your article reminded me of my first Junior International for GB versus RHINELAND 61 years ago in the 1 mile Walk at Southchurch Park Southend. Chris Trimming won it in 7.23 with me 2nd in 7.28. Unfortunately, Chris later broke his leg which ended his race walking career early. Unbelievable to think that some 6 years later walking at average of about 7.42 a mile for 20 miles I won my much-cherished Bronze Medal for Scotland at Edinburgh. If there's a will there's a way in life!

Bill Sutherland

Adds Hon Ed: Bill ignites memories of Southchurch Park cinder track, which existed from 1928-to-1996 (when action relocated to Garon Park's all-weather surface). Hon Ed ran the 1st Southend Marathon which ended with a lap of those cinders, as guest commentator Roger Buxton called them home, in an event at which the late, great Mel Batty was Race Director.

FILM OF THE OLYMPICS BRINGS BACK GREAT MEMORIES

Thank you so much for sharing film of the 1964/1968 Olympics. Indeed, it brought back many memories of Race Walkers of that era that I competed against and who became great friends. From '64 I recall Ken Matthews RIP, John Edgington RIP, John Paddick and of course Paul Nihill RIP, Ray Middleton RIP and Don Thompson RIP. From '68 Shaun Lightman, Bryan Eley, Arthur Jones RIP, Bob Hughes and John Webb RIP. I salute them all with affection and for the honour of competing with them. Recalling Mexico '68 also brings back the memory that this was the Olympics I was aiming for in 1967 when I won the National 20 Miles and in my first international at La Baule France competing in the 20k on the track and winning this by a fine margin from Arthur Jones who went on to represent us in Mexico. Unfortunately, ill health and injury prevented me keeping up my form of '67. Ironical that my best form was in '67 that came between the Commonwealth Games Jamaica '66 and Mexico '68. I am sure I would not be the only one to have had this bad luck. I must also add that, whilst watching as a spectator an exhibition Race Walk on the track at Salford stadium in Birmingham in which Matthews, Edgington and Paddick were competing prior to the '64 Olympics, that was my first introduction to Race Walking and I subsequently joined Royal Sutton Coldfield Walking Club of which Matthews and Paddick were members. The rest is history!

Roy Lodge

- **John Paddick writes:** "So good to see that Rev Roy Lodge thinks I deserve a mention with truly great walkers of years gone by."

FROM STILL ACTIVE OCTOGENARIAN ED SHILLABEER

Essex Walker September edition - Great read lying in bed this morning before church (instead of a planned R&R morning). Sadly, I have to go along with your excellent editorial ([Essex Walker 455](#)). Training on the usual cycle path course on Saturday morning 6 September I was a bit later than usual and at my turning point for 5k saw the crowd gathering for a parkrun. Mostly cross country but I was told

of another one closer to home in Central Park near Home Park. Not having been able to purchase a Luton v Plymouth Argyle ticket despite being first at the ticket Monday morning, I decided to do the parkrun yesterday instead.

Going online to register was daunting but once I found the website for the organisation it proved to be the simplest "sign up" I ever had. I now have a unique barcode for free which is clocked by the volunteers at ANY finish line you've participated at globally who send out the results to everyone within an hour or two. Simple. What's preventing our racewalking community from following suit? Our own lack of vision, witness the turning down of London Marathon's offer to hold a walking race within it (in the nineties or before, I think). What a shop window we'd have had. New York managed it, a certain friend of mine called Mad Max beating people like Damilano, Perlov (world 50k champion or record holder, please check!) but being pipped to the post by Carlos Mercenario of Mexico (a future world 20k champion) and thus missing out on a brand new car, Mercedes I think!! We have the EAA registration system that could be updated/simplified. Thoughts folks?

Ed Shillabeer

REQUEST FOR INFORMATION PLEASE

I was talking with a participant at the Eastbourne Park Run who mentioned a John Jones. Apparently he was a 1930s professional race walker. I have googled his name but nothing comes up. I don't know whether you or your contacts have heard of him? I would be grateful for a reply.

Shaun Lightman

Adds Hon Ed: All responses sent to EW will be forwarded to Shaun.

FULL SUPPORT FROM ALL IF IT'S ON

I hope to get an Essex 3,000m installed in 2026.

Peter Marlow Essex County AA Walking Secretary

SOUTHEND MILE - ANOTHER FAVOURABLE COMMENT

Very good photo of Chris Cattano and Alan O'Rawe ([Essex Walker 455](#)) and well done to Chris for bouncing back from his endeavours at the Lewes 100. Looks like the One Mile Southend AC walk has again successfully attracted good numbers.

Chris Flint

NEWS FROM NERINGA

I do think about Ilford AC a lot. I do miss my life in London a lot ... Kids love it in Lithuania - we bought a flat with money left after selling our house and we now live mortgage-free. I work full time, kids are in school and kindergarten so I'm super busy and time left for running is very limited, unfortunately.

Neringa Aidetyte

ESSEX WALKER

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