

Essex Walker

Editor: Dave Ainsworth

RACE WALKING ASSOCIATION MEETINGS

There will be an EGM of the RWA on Zoom with a motion to **update the rules of the association** on **Friday 7 November at 7pm**. It is a fairly substantial change to the rules/constitution, so an open online presentation and discussion was hosted on Thursday 30 October at 7pm to enable people understand the rationale behind the changes and ask any questions. The idea of this being to save time at the EGM and hopefully make that a quick streamlined meeting for our hardworking officers and committee members. The next AGM has been provisionally scheduled for Friday 23 January 2026.

Colin Vesty



TERRY RILEY DENIS JACKSON JOHN JAMESON
POSTMEN'S IN UNIFORM 6 MILES WALK

TERRY RILEY RIP

Iford AC are mourning the death of Terry Riley, aged 85, a talented athlete in the Club's race walking heyday during the '70s who also enjoyed success in Post Office races. Known as "*The Big Man*" he was tall with a long stride and one capable of always giving a good account of himself from short ones (down to 55 minutes for 7 miles) up to a 52 miles London-to-Brighton Walk (1975: 35th 9:46.30 from 73 finishers - big fields in the '70s). During the '70s he won a highly competitive London Postmen's 6 miles-in-Uniform race 5 times in 1972/3/4/5/7 - Dave Sharpe interrupted his sequence in '76. His athletics career ended after a moped road accident in Becontree which left him with one foot shorter than his other. Following an operation, he had the pluck to attempt a comeback but it didn't work out so he hung up his racing pumps. With compensation he bought a newsagents/confectioners shop in Barking, later selling and buying a wool shop next door. On retirement he moved to Hadleigh in Suffolk. Widower Terry was well remembered at Iford AC due to his popularity and was one of a trio of talented postal walkers of that era employed at Iford's Main Sorting Office - other 2 were now octogenarian Collier

Row resident Noel Mooney who suffers with his mobility and Brian Barnard who quit athletics to concentrate on darts, at which he excelled and had appeared on "*Bull's Eye*" - Here's what you could have won! Terry attributed much of his success to being driven hard up Tomswood Hill in training by Iford's Olympian protagonist Roger Mills!

He was proud of his Race Walking Association 7 miles-in-an-Hour badge and when lost, he appealed in Essex Walker asking if a walker could spare him theirs. Fellow Suffolk resident Don Cox obliged - by coincidence our previous edition recounted when Don gained his 8 miles-in-an-hour plaque. Sadly, Terry suffered a stroke a few years' back. A funeral service and reception were held at Ipswich's Seven Hills Crematorium on Wednesday 29 October at which a wearing of West Ham shirts was welcomed. **DA**



Terry Riley proudly holding his RWA 7 Miles-in-an-Hour badge

TRIBUTES to TERRY RILEY RIP:

- Sad news. Terry was indeed a very popular and useful member of the Iford AC race walking team back in the day. **Andy Catton Iford AC Hon Gen Sec**
- Sorry to hear about the death of Terry Riley. I don't recall ever meeting him, but I've heard a lot about his success in the London Postman's Annual Walk. I learned he was a great, committed, and

dedicated race walker with five wins. That takes a lot of training, hard work, dedication and commitment. His name was forever etched in the sport's history. As a former Postman and winner of the Annual Postman's walk, please extend my sadness and condolences to Terry's family in this time of grief. He will be remembered, talked about and missed. **Mike Sweeney**

- It was sad to hear of Terry's passing. He was such a cheery and happy person who always had a happy broad smile on his face whenever you met him. Another of our band of brothers who has gone ahead. **Oliver Flynn**
- I have just sent a message of condolence to Terry Riley's son from both myself and Carmel. We had a sports shop in Barking at the same time he had his wool shop, just up the road from us. I knew Terry quite well through Ilford AC and walking, and used to sometimes visit him in his shop at lunch time, getting to know him ever better. Also met his wife in the process. A very nice man who, I am sure, will be sadly missed. **David Neagle**
- Sad news. **Roy Gunnett**
- He will certainly be missed as a real character! May he Rest in peace. Sincere condolences. **Bill and Kath Sutherland**
- Terry only lived half-a-mile from me. Used to see him a lot at the shops. **Don Cox**
- I remember Big Terry Riley. **Denis Sheppard**

THANKS

Thanks for your kind words and your help spreading the news and getting tributes for us. Much appreciated. **Geoff Riley** (Terry's son)

IN THE PEW

We thank **Don Cox** for representing our race walking world at the funeral of dear Terry Riley RIP. *Writes Don:* "Where were you all? I was hoping to meet up with old friends." The service got off on the wrong foot as the opening speech by an excellent celebrant was brought to an early halt by unwanted activity in the rear pews. Let Don explain: "The interruption was a bit funny, two people sitting just in front of me kept looking round at me, when the service started the lady said to me in a loud voice, 'is this the funeral for ****?' I said 'no'. The lady taking the service asked 'is there a problem?', the lady and man in front of me said, 'Sorry, we are at the wrong funeral'. The service was held up a bit while the lady taking it had to stop laughing; she then said Terry would have liked that. Someone said "good job it was not a wedding."



Adds Hon Ed: This carry-on at the back was just off camera shot for those following on "live screening". Don's spot-on when writing that race walkers' funerals have become meeting opportunities for old friends - though with only 1 such athlete present, obviously not on this occasion. The celebrant gave Terry's race walking highlights good mentions, which were also featured in a video display. The coffin entry and mourners' exit were accompanied by Pavarotti's singing as Terry loved classical music - he could read music and played instruments. Terry adored West Ham United (some wore their shirts) and was also in good form on the ballroom floor! Hon Ed didn't attend as it was available for all to join-in via computer screens. In contact with the family I assured them many walkers were "at the service" so to speak, via that method of access - this said as several had stated intentions to. Terry's family were also grateful for those of our readers who sent condolences.

FIXTURES and DIARY DATES

(November to January)

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

NOV	7	Race Walking Association Extraordinary General Meeting	Zoom	7.00pm
	8	Enfield Open 7 Miles' Walk + Veterans AC 7 Miles Championship + 2/3/5k walks	King George Fields/ Donkey Lane	10.30am
	14	Race Walking Area (Southern Area) AGM	Zoom	7.00pm
	15 - 16	Juniors Training Weekend (by Tom Bosworth MBE)	Douglas (National Sports Centre)	TBA

	17	Funeral of Eric Horwill RIP	Stourbridge Crematorium DY8 3RQ	12.20pm
	27	Ilford AC Walkers' Lunch	The Bull Pub, Romford	1.00pm
	29	RWA Southern Area 5K + Open + SWC Annual Christmas Cup + YAG	Tonbridge School Athletics Track	10.00am
DEC	5	Ilford AC Annual Christmas Curry Night	Collier Row (Darjeeling Tandoori)	7.30pm
	26	Annual City of Southend Pier Race (out- and-back) 2 Miles	Southend Pierhead	10.00am
	26	Brighton Boxing Day Walks (1-to-4 Miles)	Preston Park	10.30am
JAN	23	Race Walking Association Annual General Meeting	Zoom	TBA
	31	The Centurions Annual General Meeting	Zoom	1.00pm
NOTES <ul style="list-style-type: none"> Regular distance training walks are held from Leigh-on-Sea's Belfairs Park – details from Centurion Steve Kemp on 07860 617899. Enfield League races require online pre-entries to: www.fabian4.co.uk. Any problems, call 07532-397528. 				

IMPORTANT AGM AFFECTS YOU ALL

Your Race Walking Association (Southern Area) are to hold their Annual General Meeting (AGM) on Friday 14 November with the gavel coming down to commence business at 7pm on *Zoom* - so you'll all be able to attend in numbers without having to travel. Nearer the date your Club Walking Secretaries will be sent access codes for entry to this meeting, with a request such information is forwarded to all race walking activists and officials. Your AGM is vital as, after listening to Officers' reports of our Area's activities during a year since the previous AGM, it'll be your chance to vote into Office those who you wish to see taking race walking forward in the South. All organisations seek new blood offering new ideas, and all those names submitted will be voted on at this AGM. As well as Officers, there are also Committee positions to be filled. This could be an ideal way in for those seeking to make their mark in athletics administration. Let's see full backing for your Area Officers and Committee with a good turnout.

Prior to this AGM, a Committee meeting commences at 6.30pm. For over 2 decades those AGM attenders who aren't Committee members have been invited to view RWA Southern Area Committee in progress. The same access codes will enable you to view this meeting, but without voting rights.

- [SRWA minutes 5 September 2025](#)

'My ambulance job puts world athletics into perspective' - BBC News



Cameron Corbishley described the Tokyo World Athletics Championships as "the hardest race that I've done"

JUAN STEP BEYOND

The average Brit walks 5,444 steps a day - the 6th highest in Europe, with Spain top on 5,936. This from a data analysis survey.

DIARY DATE FOR 2026

Dr Kitty Hung, Honorary Secretary of the Metropolitan Police Walking Club, advises that their annual Club Reunion social is to be held on Wednesday 4 March 2026 at the Civil service Club Metropolitan Police Walking, 13-15 Great Scotland Yard. London SW1A 2HJ.

GEOFF TRANTER RIP

Sad news has been received about Centurion 507 Geoff Tranter of Royal Sutton Coldfield Walking Club, who qualified as a Centurion at the tough 1973 Bristol 100 Miles in 19:15.00. Geoff 12 times completed UK sub-24 hours' 100 Miles distances - and was the victor in a 1981 "Endeavour Motor Company" 24 Hours at Brighton's Withdean Stadium track in continuous rain throughout. Geoff covered

129 miles! He raced, with distinction, at all distances up to the Roubaix 28 hours. Warley (West Midlands) based popular Geoff was a great supporter of our race walking events and functions. Geoff, aged 77, was a firefighter by profession. **DA**

GEOFF TRANTER RIP TRIBUTES

- Oh dear. I remember him well. He was a stalwart of the Roubaix expeditionary force as well. I got a Christmas card from him every year ... not in 2025 unfortunately. I remember Withdean for the judges sweeping water off the track. If you'd asked me I would have said John Eddershaw was the winner but the memory plays tricks sometimes! Without checking I think I did 202k for 4th? Dad was my attendant. That track saw my European Vets debut and Colin Young RIP took the trouble to give me advice. Dave Stevens RIP was in his prime then. **Edbanger**
- Oh no. Geoff was such a lovely man and a good Centurion friend to many of us. Geoff was a good solid walker in ultra races over many years and will be sorely missed. **Kathy Crilley**
- Oh, what terribly sad news! Geoff was a gutsy athlete who gave everything in all his races. I competed in the same 24hr Track Walk losing count of how many times he lapped me. Geoff was no extrovert but I considered him as one of the most friendly athletes I came up against, a true gentleman! **Andy Bainborough**
- Athletics Weekly articles show him winning a 24 hour race edging out Edbanger. When assisting Ed during some ultras I recall doing likewise for Geoff on occasions shouting encouragement, which he was always quick to say thanks for no matter how bullish I might've been at the time. **Chris Maddocks**
- Sad news indeed. **Tony Malone**
- This is indeed sad news. Geoff was an excellent ultra-distance race-walker and we enjoyed going to a number of continental 200kms/24h races with him and other Birchfield Harriers walkers. He was also a very pleasant and caring person in his career and to his friends. I recall on one occasion, on our way back from a race in France, the car the British squad were in broke down on the autoroute. Geoff immediately took calm, professional, caring control of the situation, taking steps to ensure everyone's safety and helping to resolve the problem [the van was low on petrol and fortunately we were not far from a petrol station]. We shall remember Geoff's achievements and his friendship with respect and affection. **Sandra Brown C735**
- Sad. 19.15 is very impressive as is 12 completions. From memory many years ago, when looking at historical race times, Geoff might have raced the second 50 miles in a negative split time. Or even times. If so, this is rare. **Richard Cole**

FILM CRITICS

Talented film maker **Len Ruddock** recently circulated his work in respect of European walks in Podebrady, as featured in EW. Len invited comments. You've had time to give consideration:

- That was an enjoyable watch, especially when looking at the sheer speed of the competitors. On closer inspection, some of the walkers' styles looked a bit iffy, but they were moving so fast that it was impossible to see if they were lifting. However, in the second bit of the video there were a whole sequence of still photos of the competitors that I timed from 3:33 to 13:15. This made it easier to spot if the walkers had both feet off the ground at the same time. I counted that competitors were lifting in a total of sixteen photos. I would be interested to know if you come to the same conclusion. **Chris Foster**
- Thank you for the viewing. Times have become faster and faster and should no longer be known as RACE WALKING. In contrast the ladies' race is much better as the times are so much slower displaying style and locked knees throughout in the majority of competitors. Well done to them on waving the flag still on TRUE RACE WALKING. It's up to the IAAF Walking Commission to introduce technology. **Bill Sutherland**

The film maker himself adds: "Keen person of influence, Chris Maddocks, in a video podcast a couple of years ago, did affirm the difficulty of detecting the lifting phenomenon with the human eye, once the athlete is going at 4 minutes/km pace. My view is that we can't lay this at the athletes' door but to the

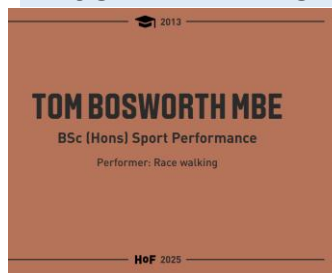
rules governing Race Walking. In a nutshell, I would propose a wide ranging discussion leading to a revision of the rules." **Len Ruddock**



We offer another chance to view Len's excellent film: The 2025 European Athletics Race Walking Team Championship at Podebrady.

[Race Walking Extra - RWXEP04 - ERWT Championships 18th May, 2025](#)

MAJOR AWARD FOR TOM BOSWORTH MBE



Double Olympian **Tom Bosworth** is an inductee to Carnegie School of Sport (Leeds Beckett University) Hall of Fame. A statement reads: "We are proud to reveal the first inductees to our Sport Hall of Fame. All are alumni who have made an exceptional impact on sport and society, as world-class performers, innovative practitioners and inspirational leaders." *Congratulations to Tom.*

[Leeds Beckett Sport Hall of Fame... - Leeds Beckett University | Facebook](#)

THE RACE WALK CHIP

The Race Walk Chip is described as 'an innovative technology designed to measure loss of contact in real time during race walking'. It can be seen during [Testing at Leeds Beckett](#).

More information and updates are available on the [RWEBC Facebook page](#).

- They have trialed it at a few events already in Spain. Still can't detect dodgy knees though ... **Cath Duhig**
- This technology will greatly help judging race walking at the highest levels where it is so difficult to detect lifting offences. The main area of offending that I encounter is that in relation to the bent knee on landing which will no doubt continue to be a thorny issue with competitors particularly as they age. **Colin Harle**
- Personally I think if we use this new tech it will be the final death knell of our sport as an Olympic sport. **Oliver Flynn**
- All power to their elbows! Work in progress, significant that money was found for it, and a real step forward. **Ed Shillabeer**



IN THE RACE

On Sunday 5 October the annual City of Southend 10k race was held. Prittlewell-based Steve Allen lined up to race - clocking a commendable 70 minutes and 24 seconds. Well done to Steve as he showed the flag for our athletics discipline and finished ahead of many runners.

- Nice to meet up with Steve Allen at the Southend 10k this morning. Maybe not seen him in over 10 years. When I was running in the City there were several occasions when he stuck his head out of his taxi cab window to shout encouragement. Due to injury he was race walking the event this morning. **Andy Catton**

RESULTS OF BIGGLESWADE ONE MILE OPEN

[Roster Athletics · Biggleswade One Mile Open 2025 \(run, walk and 1500m wheelchair\)](#)

PILING ON THE MILES

Piling on the miles. A regular contributor to Essex Walker's columns is 5-times Olympian (1984-2000 inclusive) **Chris Maddocks**. Having checked his impressive training diary, the great man reveals "The 120-130,000 miles I estimated were done up to the Millennium - a Times journalist asked me the question during a 2000 interview". W O W !



A trio of Centurion notables who've made great contributions of race walking - taken at an Isle of Man 24 Hours race presentation. L-to-R Eric Horwill RIP C390, Ed Shillabeer C590 and John Eddershaw C299. Photo: Chris Maddocks



Eric and Pam cutting his 90th birthday cake.
Photo supplied by Sue Clements,

SAD NEWS NOTIFIED BY OUR RWA CHAIRMAN

It is with heartfelt sadness that I have to announce that **Eric Horwill** after long illness passed away peacefully at his home in the early hours of Saturday morning 11 October 2025. Eric was Past President of the RWA, a member and coach to Dudley and Stourbridge Harriers, Past member of the Midland Race Walking Association Committee and a distinguished member of the Centurions. In the past, Eric was ever present at race walking fixtures in an official capacity or present to support the youngsters he was coaching at his club. Eric was also a member of Lancashire Walking Club and with whom he supported in an official capacity over the past years in many of their fixtures. I have spoken with Eric's wife Pam today and I am sure you all join with me in sending our sincere condolences to Pam and his daughter Catherine at this very sad time. Eric Horwill RIP.

Glyn Jones

In the Service of our Sport there are few peers: Eric Horwill RIP | Lancashire Walking Club : Health The First Wealth

Adds Hon Ed: Eric qualified as Centurion 390 in the 1966 Leicester-to-Skegness point-to-point race clocking 21:51.09 for 16th position from 47 finishers, as 84 had started. Hosts Leicester triumphed in the team stakes from 6 teams who closed in. His outstanding 2nd completion was at the 1997 Ware Track 24 Hours in Hertfordshire when he covered 165.8 kilometres to finish 7th (from 14 finishers/23 starters) passing 100 miles in 23:17.07 in an event Sandra Brown triumphed over all. It was our longest span between successful UK 100 miles attempts - and earned him an GB International appearance in the Roubaix 28 Hours, becoming the oldest UK athlete to make an international debut. Eric's low Centurion badge number saw him Chair a number of Centurions AGMs, at which he excelled, this being a tradition that the most senior Centurion performs this AGM task. Eric was aged 92.

DA

ERIC HORWILL's FUNERAL

The funeral service for Eric Horwill will be held on Monday 17 November next (2025) at Stourbridge Crematorium at 12.20pm. The address is Stourbridge Crematorium, South Road, Stourbridge, West Midlands DY8 3RQ. Following the service, there will be a social gathering at Dudley Kingswinford RFC, Swindon Road, Wall Heath, Kingswinford, West Midlands DY6 0AW.

Glyn Jones

A personal message from RON WALLWORK to ERIC's widow, Pam Horwill

Joan and I were saddened to learn of Eric's passing and you and Catherine have been in our thoughts.

My first meeting with you and Eric was 65 years ago when you kindly accommodated my sister Dorothy and I so that she could compete in the WCC & RWA's junior 5km championship being staged by Harborne & Stourbridge.

In the decades since, our paths have crossed many times and rarely have they been occasions that Eric if not competing, didn't have a significant role in their organisation or promotion. And always there in support your good self.

Dedicated, diligent, hardworking, reliable, determined, supportive and respect are among some of the words that are synonymous with the tremendous input he had in the race walking world.

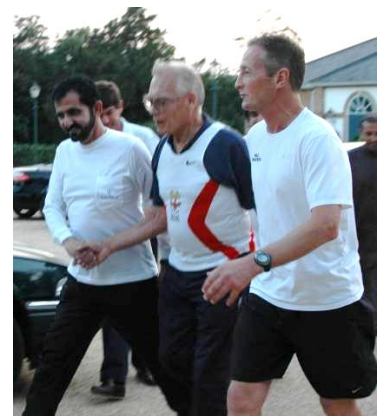


Photo (July 2009): Retiring BMAF race walking secretary Eric Horwill with Richard Dunwoody and His Highness Sheikh Mohammed bin Rashid Al Maktoum, during the Barclay re-enactment at Newmarket

TRIBUTES to ERIC HORWILL RIP

- This is very sad news. Eric was a stalwart supporter of the Centurions, a great past president with a wealth of knowledge of the history of our brotherhood and the rules of our society. He will be sadly missed. I would like to send my condolences and deepest sympathy to Eric's family and friends at this sad time. I have many fond memories of Eric, and am honoured to have known him. **Dave Jones Centurions President C987**
- Sad news indeed. I had a lot to do with Eric back when writing for Athletics Weekly 30 years ago. You might say he was almost my Midlands correspondent. Cheerfully, he would take my call on a Sunday and read out results from the area as well as offer an overview of whatever happened. Being a teacher he was meticulously accurate, which I appreciated. You'd be surprised how many weren't! We shared a lot of criticisms of the state of race walking, and what should be done. Most of which didn't, I might add, but Eric knew the way to go in an always frank, but well-reasoned manner. I marvelled at his competing well into his 70s, he was a true stalwart of the sport. Condolences to Pam and Catherine. I'm glad to have known Mr H. **Paul Warburton**
- There will be much sadness amongst the race walking community, and, also, amongst his chess playing colleagues for which he was a regular and county standard competitor. We will miss an official who had a remarkable understanding of rules and their interpretation. A kind and always courteous man. **Chris Flint**
- Sad news indeed. My condolences to Pam and family. **Guy Goodair**
- I have used your text for the Centurions 1911 social media accounts (Facebook and Instagram). Sad news. **Frans Leijtens**
- Such sad news. There are no words to adequately express either how huge was Eric's contribution to racewalking in Britain, nor what a kind, generous, and genuinely lovely person Eric was. **Cath Duhig**
- An unsung hero, a legend of our sport. I think I met him first in 1965 when I did the IOM TT Walk. I'll let Lancashire Walking Club folk know. **Tony Taylor**
- Funnily we drove past the house today for the first time in a while and we only said about Eric. As you will be aware Eric took a major role in me being a race walker. Great gentleman. **Julie Bellfield**
- Really sad news about Eric's passing. Always found him to be a lovely chap to chat with ... as indeed it was when we met again on the Isle of Man in 2018. **Chris Maddocks**
- Great photo. **Bill and Kath Sutherland**
- Very sad news indeed about the passing of Eric Horwill. Steadfastly dedicated to and hard working for our sport and the Centurions. Eric was a wise mind and steadying influence who also recognised the need for sensibly appropriate and timely change. We shall miss him greatly. **Sandra and Richard Brown C735/C760**
- We were so sad when I heard of the passing of Eric. A lovely man who had time for everyone and who turned out in all weathers even during times when he was obviously not well. He will be sadly missed by everyone who came into contact with him. Please send our heartfelt condolences to Pam and Catherine. RIP. **Peter and Marion Fawkes**
- So sorry to hear this sad news. Known Eric for too many years to remember. My sincere condolences. My sincere condolences go to Pam and Catherine. RIP. **Tony Malone**
- I'm very saddened to hear this bad news. Amongst many of his other claims to greatness, he completed more Open TT Walks than anyone! RIP, and sincere condolences to his family and friends. **Graham Young**
- Sorry to hear. Eric will be much missed, he was totally involved with our branch of athletics, especially ultra distance, and led by example, still turning up to do recording and timekeeping until almost the end. **David Hoben**

BUCKSHEE TOURS

As part of "London Local Guiding Day" on Saturday 4 October, qualified tour Guide Chris Foster's contribution was to offer free guided tours around the Camden area. Chris is a former Borough of Enfield Harriers (as then called) and Metropolitan Police Walking Club stalwart and an individual Middlesex County AA 10 Miles Walk medallist. Chris also amassed points in a now defunct Essex League for Loughton AC as a 2nd claimer. He also had talents as a quiz team player!

BRITISH CENTURIONS MEMBER's DEATH

Centurion 637 **Annie Meyers-Frenken** of **Kimbria Club (Holland)** clocked 22:47.58 in the last ever Leicester-to-Skegness 100 Miles Walk in 1978. It was a race which saw the great Don Thompson MBE to come out of retirement to become a Centurion in 20:46.48. Host Club (Leicester) provided the winner: John Heywood in 18:19.00. 64 started/41 finished/24 new Centurions (most were welcome overseas competitors). The hosts also provided a winner at the 1st Leicester-to-Skegness in 1958 (Wilf Smith 18.02.37). News of Annie's sad death was announced on Facebook.

ADMITTED

Centurion 947 **John Fenton** of Birchfield Harriers has been admitted to hospital with a foot complaint. He qualified in 23:20.42 at the 1996 London Vidarians 100 Miles in Colchester's Lower Castle Park when 39 started/26 finished. It was a race in which The Centurions welcomed into membership C946 Glen Robertson 23:10.45 and the late Jerry Everett C951 who clocked 23:47.37 (both Colchester Harriers) and C950 Sue Clements who walked for the Long Distance Walkers Association in 23:42.37. Sue was to join a number of Worldwide Centurion organisations and also hold a number of race walking Offices. *We all wish popular 'ex-Postie' John well.*

SAD LOSS OF A CENTURION

Facebook has reported a sad death of Centurion 692 **Piet van Leur** (OLAT Holland) who qualified at the 1st 1980 Leicester (Congerstone) 100 Miles clocking 19:52.32 when from 98 started/64 finished. Legendary Dave Boxall, won his 6th UK 100 Miles race with another star turn - Holloway Polytechnic's Tony Collins 2nd just 20 minutes behind despite going off-course. A Leicester WC finisher who was to make a big contribution in Essex race walking circles when moving south and joining Southend-on-Sea AC (as then called) was C694 Chris Bent in 20:37.17. Piet also completed Leicester's 1982 race and in 1983 recorded his fastest 100 Miles at Ewhurst in 19:08.16. He was also a Continental Centurion. Piet completed 4 Roubaix 28 Hours event with his best being a 4th with 217.9k completed. *Condolence is expressed.*

AND THEY GET PAID FOR IT

Commentators' wisdom:

- "We've seen it before when we weren't looking". **Rich Beem** (Sky Sports Golf)
- "Salah has so many attributes, there's nothing he can do." **Jamie Redknapp**

ON THE HOLIDAY ISLAND OF MADEIRA

The European Masters Championship was held in a most pleasant location. We congratulate all who travelled to support this major meeting; especially those bemedalled. Full results: European Masters' Championship [website](#) and in Race Walking Record.

2026 COMMONWEALTH GAMES NEWS

Bill Sutherland, one with Glasgow contacts, informs us the Men's 10,000 metres track walk is to be on Friday 31 July - a Women's 10,000 metres is to be held on Saturday 1 August. Start times to be advised. Peter Marlow, another with contacts, reports that Judges' Panel members have been chosen - names yet to be notified. Of course, most would prefer traditional road walks - but hey, at least race walking is on the Games programme. Now let's see if we can see plenty of walkers obtaining qualifying times for inclusion, from our 4 Home Nations and Crown Dependencies.

LEWES TRACK 100 MILES - A RUNNER's SUCCESS

Those race walking in our main event (and also popular 100 leg relays on outer lanes), officiating, supporting and spectating at August's meeting will recall an athlete - also using outside lanes - running for 6 hours in preparation for a major challenge ahead. We've a report of her successful big occasion:

"You and fellow Centurions will remember that Sarah Webster ran a 6 hour training spell at the Lewes Centurion event earlier this year. She has just set a new World 24 hour Running Record with over 278kms at the world championships at Albi in France. This beats the previous record by over 8kms. A magnificent performance. The GB women's team won the team event with over 767kms (all distances subject to official ratification.) We have sent Sarah and the team our congratulations.

Richard and Sandra Brown"

SARAH WEBSTER BREAKS 24-HOUR WORLD RECORD | British Athletics

Peter Selby writes: "Great news. I heard direct via her father. He is on the Management Committee at Lewes AC, very helpful chap, keen on the walking too. Great performance by Sarah. Excellent record, (will) take some beating."

LOW TURNOUT

In Essex Walker's previous edition an editorial expressed concern about very thin Fixture Lists now appearing in Greater London and Home Counties racing areas; one important reason being a number of events no longer being staged owing to poor support. This decline is continuing and indeed worrying for our race walking future. Here we'd a race staged in honour and memory of a great stalwart and a former World War II fighter pilot with good prizes and profits for a worthy charity. Also, a quality venue: an upmarket Golf Club with good communications, ample on-site parking, a safe course for your athletic endeavours plus the commitment of a most enthusiastic Organiser. What more do "stayaways" want? Could you have supported this event? From Greater London and the Home Counties this event deserved much better support - we need to keep it going as we can't afford to lose many more such fixtures - can we? **Hon Ed**

10th Jack Fitzgerald Memorial Walks, Tilgate Park, Crawley, 11 October 2025 Veterans AC approx 3 miles and 6 miles road race. Permit No: RWA25054-B Category 'B'

Writes Organiser **Dave Hoben**: Veterans AC were pleased to host the tenth running of this event on a lakeside course once used as the test bed for Britain's water speed record round popular beauty spot Campbell's lake, formerly a mediaeval hammer pond. The weather was dry and mild, with cloud cover almost throughout. In a smaller than average field of mainly Steyning AC walkers, it was good to see Anne Jones back in the results as leader of the pack in the 3 miles; the leaders of the 6 miles, Trevor Jones and Peter Gregoire posted times only about 2 minutes slower than the previous week's track race, a good result given that it was 325 metres longer and in shared space with other park users. The race was held to raise funds for the RAF Benevolent Fund, as a tribute to RAF fighter pilot Jack Fitzgerald. **Results:**

	5.9km mixed				Acknowledgements: <i>Judge:</i> Peter Cassidy <i>Starter:</i> Eric Parker <i>Time keeping/lap recording:</i> Ron Penfold, David Hoben <i>Marshal/lead cyclist:</i> Eric Parker <i>Signage:</i> Ron Penfold <i>Hospitality:</i> Tilgate Forest Golf Centre From an original idea by Walter Hill, SCVAC
1	Anne Jones	W70	Steyning AC	46:27	
2	Judith Carder	W65	Portslade Hedgehoppers	49:38	
3=	John Killick	M75	Steyning AC	50:30	
3=	Carol Killick	W80	Steyning AC	50:30	
	10.325km mixed				
1	Trevor Jones	M65	Steyning AC	1:02:37	
2	Peter Gregoire	M50	Steyning AC	1:03:41	
3	Michael George	M55	Unattached	1:09:41	
4	Graeme Heaton	M65	Heathfield Rd Runners	1:20:25	

PETER HANNELL - UPDATE STATEMENT

You know **Peter Hannell** well and should be aware he has been involved in a car accident involving an out of control driver causing injuries to him and the loss of a personal friend who was a passenger in his car. Peter is receiving visits from his neighbours in the community village he lives in at Cranleigh. It was an horrific incident and the other driver has appeared in court charged with causing death by dangerous driving and a number of related offences. Peter was initially in hospital and is now back at home nursing a broken right arm, knee injuries, and feeling black and blue from bruising. He is in good

hands and time will allow a full recovery. I am sure he would like to receive cards or expressions of support. His address is: **9 Furniss Court, Cranleigh, Surrey, GU6 8TN**. Please get writing to one of our sport's greatest stalwarts and loyal supporters.

- What tragic news to hear about Peter Hannell and his close friend. A real ambassador for Race Walking and his beloved Surrey Walking Club. We hope and pray he makes a steady recovery. **Bill and Kath Sutherland**
- What an awful thing to happen. And don't I recall Peter being involved in some previous mishap a few (or several) years ago? Please pass on my best wishes. **Cath Duhig**

ESSEX BIG NAME RETURNS

Former International athlete **Glen Grant** (now M70), who was very much a big part of our Essex athletics scene when serving at Colchester's vast Army Garrison, was recently back in Blighty - he attended a gathering of former Cambridge Harriers greats at their Bexley Clubhouse, once a regular location for race walking. This included the popular Bexley Winter League, Championship races; including a now defunct "Garnet 10 Miles", Area Championships, Kent Championships and their Cambridge Harriers Open 7 Miles. The Clubhouse had a bar, a large carpark and only a short walk from Bexley Station. At some races *'the skirl of the bagpipes'* was heard when played by Centurion 556 Matt Davitt of the host Club - who'd been our late Queen's personal bagpiper when in a Scottish Army Regiment. Now Lithuania-based Glen travelled to attend the function. He's seen on television as a Military Commentator and Defence expert who provides analysis on military and security issues. In Essex he was prominent in many aspects of athletics, which included advising promising race walkers. In a picture, taken on 25 October (supplied by Liz Barnes), Glen is stood in front of an impressive Clubhouse honours board which lists Internationals and esteemed Life Members.



AT THE TABLE

Iford AC walkers recently held a lunchtime gathering of former race walkers from their '70s heyday at "The Bull" public house in Romford Market Place - outside which athletes sped 5 times around cobbles in "Romford Brewery 3K Walks". L-to-R Dave Ainsworth, Dave Neagle, Brian Armstrong, Alan Barber, Tony Perkins, Len Ruddock and Southend/Stock Exchange guest Ken Rodrigues. All had completed London-to-Brighton Walks.

Photographer: Deidre Rodrigues



Dear Dave ...

AN INTERESTING CONTRIBUTION

Many thanks for Essex Walker. I don't know if this is newsworthy, but ... Last weekend (21 September) I was in Berlin to watch my daughter, Gabriella, run the marathon. I had run it in 1984, and, being serious about setting a PB on the Sunday, I had not participated in the Breakfast Run on the Saturday, which finished in the Olympic stadium. It was the right decision, but I always regretted not seeing where Jesse Owens had won his four gold medals, where the British 4x400 team had triumphed (Godfrey Rampling, father of actress Charlotte, among them) and of course where Harold Whitlock had won the 50km walk. Last Monday, I ended my 41-year lament and we went there, and it was rather strange to

think how long ago 1936 was, but also that I had actually competed against Harold in a 1970s Highgate Hour (I think!) - linking together so many decades.

Steve Till

NICE WORDS FROM NORWICH

I was sad to miss Moulton as I thought this year would be the one I would make it, and yet I had a lamentable clash. I love to read your newsletters and I thank you very much for keeping me abreast of the amazing race walking world, and people's achievements. I have seen Mel Peddle a couple of times when there has been a race walk, such as when I did a steeplechase at Nuneaton in August. I am desperate to race walk again, honestly! And yeah to be a Centurion is a definite goal. I did a marathon again recently (Norfolk Coastal Trail on 20 September but I can't imagine quadrupling it!) I don't train; I just Deliveroo on my bike but I love to race! Hopefully I can get to a race soon; I certainly scour the lists! Glad to know of a local lady taking on a Southend mile walk. Great distance!! Thanks for saying I would get a warm welcome. All the best with everything and thank you for your high-quality publications! It is really valuable and your time and expertise are highly appreciated!

Tessa Killingbeck

Ed Shillabeer writes: "Well said, Tessa. I wonder if she would consider racing at Coventry?"

RYAN CUP REPORT

It was an enjoyable race on a warm and sunny day at the Evesham Velopark with Jonathan Hobbs (Civil Service) the clear overall winner as expected in the men's 10k event. Behind him was Steve Allen (who was guesting), Martin Slevin and myself who stayed together for over 6k before I dropped back leaving the two of them to battle it out for 2nd place. Martin pushed the last stretch home to come in 2nd overall and 1st in the British Police 10k Championship. Aleksandra Majewska-Ani (Civil Service) was the clear winner in the women's 5k race walk with Celia Cordran retaining the trophy in the British Police Championship race which ran simultaneously as the men's race. It was sad once again to see such a small number of competitors taking part but thanks to Glyn Jones (Police) and Steve Uttley (Civil Service) who worked hard to keep this historic event going for another year.

Colin Harle

RYAN CUP DECLINE

Forwarding to you the results of the Ryan Cup. Entries seem to decrease each year for this historic trophy so we will have to review it regarding 2026.

Glyn Jones

- As you will have seen I guested once again - my fastest 10k for quite a while. **Steve Allen** (Barnet)
- No one in that field of 11 would have made the starting line up in the Ryan Cup in the '60s and '70s. Well done to them all, but truly a sad reflection of the former glory days of fierce competition. **Bill Sutherland**

Adds Hon Ed: Glyn deserves praise for keeping this long-established competition going - we can only hope more will stir themselves in 2026 to maintain its entry on our fixture lists. Bill, a former winner, refers to past decades - in such times it was over 10 miles and a triangular representative match between the British Police, Civil Service and Combined Services. The latter was managed by legendary Centurion 225 Flight Lieutenant 'Dickie' Bird of Sheffield United Harriers and usually then consisted of 9 RAF personnel plus Lance Corporal Phil Thorne RIP of the Hussars - who so sadly died young in a motor cycle accident. Phil walked for Trowbridge & District AC (alas now disbanded). When Hon Ed walked for the Services they, and the other teams, fielded walkers who'd all bettered 90 minutes for 10 miles - it was 10-to-walk/6-to-score.

PSUK Race Walk Championships (10km) Police vs Civil Service (Ryan Cup)
Civil Service Championships (10km)
Evesham Velo Park, Evesham, Worcs – Wednesday 24 September 2025

C/Service	PSUK	Pos	Name	Force/Service	Time
1		1	Jonathan Hobbs	HMRC	54.25
2	1	2	Martin Slevin	Dyfed Powys Police/MOJ	61.38
		3	Steve Allen	GUEST	61.44
	2	4	Colin Harle	Met Police	62.31
3		5	Mark Culshaw	HASSRA	68.58
4		6	Jason Holt	HMRC	71.41
	3	7	Steve Broadbent	Lancashire Police	75.09
5		8	Jason Brewer	HMRC	77.31
	4	9	David Watkinson	Lancashire Police	79.31
6		10	Martin Brasher	DEFRA	85.22
7		11	John Hall	DEFRA	90.06

RYAN CUP: 1st Civil Service (1, 4, 5, 7 = 17 points), 2nd PSUK (2, 3, 6, 8 = 19 points)
PSUK: No teams closed in. **Civil Service:** 1st team HMRC, 2nd team (2 scoring) DEFRA 13pts
Martin Slevin (2nd) qualifies also for Civil Service (Ministry of Justice) but not scoring for Ryan Cup.

5km Championship (Women)				Civil Service Teams 1 st DEFRA 7 points
1	Aleksandra Majewska-Ani	HMRC	29.51	
2	Maureen Noel	MOD	31.57	
3	Amy Marsh	DEFRA	37.05	
4	Celia Cordran	Met Police	37.26	
5	Pamela Abbott	DEFRA	38.16	
6	Sue Harrison	Lancashire Police	41.03	
7	Geraldine Legon	HASSRA	42.13	
8	Ann Crofts	Lancashire Police	46.06	

BACK IN THE RACE

Lovely photographs of you, Sandra and Vicki Michelle at a great local gathering. Glad you and Sandra had a really good time. Did my first Park Run at Finsbury Park last Saturday setting a personal worst of 1 Hour 2 Mins 59 secs for my 182nd completion with 158 as a Volunteer Marshal. I was first in the 80-84 age group being the oldest on view from 766 participants. In need of a lot of WD40 Oil! By the way my recent parkrun, accompanied by a very good Club Runner, was my first in 3 years hence my slow time. Lots to play for as I noticed that in the Ally Pally Park Run there was an 80-84 year old clocking a wonderful 33 minutes no less! Good opposition for Super Vet Amos Seddon. **Bill Sutherland**

Adds Hon Ed The writer is one many EW readers who've amassed many appearances as competitors, officials and helpers.

MESSAGE FROM ILFORD AC's CHAIRMAN

Glad to hear that our Olympian is doing so well. Thanks for letting us know. Please pass on my best wishes to Neringa and her family. **Ernie Forsyth**

PRAISE FROM A REGULAR CORRESPONDENT

I totally agree with your comments and well done to Cameron Corbishley in such tough conditions. However I cannot see any way forward for prospective new GB Internationals with the state of Race Walking presently in the UK. **Bill Sutherland**

APPRECIATIONS

- I do wish you long continuance in all the good you do. Bless you! You're a great man keeping us all together. **Jack Rossiter**
- Thank you. Always look forward to reading the Essex Walker - you do, as always, a great job. **Don Cox**
- I look forward to reading Essex Walker. **Roy Gunnett**
- Congratulations again to all involved in the production of another super read Essex Walker. Lovely letter from the lady in Norfolk. Hope we see her soon in the Enfield League. Still suffering the aftermath from last Saturday at Finsbury Park. No pain no gain! **Bill Sutherland**

PROFOUND THOUGHTS FROM ROY LODGE

How age takes its toll in declining years. For myself I get about with a walking stick and now have to struggle to keep up with my wife Gina. Years ago it was the other way round! John Paddick will recall that the Royal Sutton Coldfield Race Walking Club HQ was in a grotty pub in the town somewhere! Our secretary was the late Arthur Wilkins from whose house in Northfield B'ham we used to meet and do some training. This club although small in membership produced outstanding athletes that I recall: Ken Matthews. John Paddick. Karl Abolins, Ken Harding and possibly others. When I started race walking I was reading theology in Bristol and to help me afford to get to Race venues members used to have a collection for me and never forgot that generosity. Happy memories. **Roy Lodge**

**SOCIAL REPORT**

The Stock Exchange AC Meeting (Annual Supper) was great ... very relaxed ... and great seeing former Stock Exchange London to Brighton colleagues ... the meal was good quality. The SEAC means a lot to me as basically they got me into and encouraged me in my Race Walking. Hoping you are fine. Thanks for all you do in Race Walking (INFORMATION +!!) **Adrian James**

Essex Walker readers Adrian James (L) and Trevor Sliwerski (R) at a Stock Exchange AC Supper in the "Old Dr Butler's Head" in The City. *Photo supplied by Adrian James*

FORMER RACE WALKER RELOCATES

I had to resign from my Teaching Job in China because I was over 68 years old. I did well to work all those years. In China, it's extremely difficult for English teachers to work after they reach 60, let alone at 65. I am now retired in Jomtien, near Pattaya, Thailand. **Mike Sweeney**

LIFE IN THE OLD DOG YET!

European Masters Athletics Championship in Madeira. Track 5,000 metre races. Two of Essex Walkers' readers face the camera. Steve Allen just finished. My race was an earlier one. No cards for us, but five were DQ'd in mine. I was last as I expected. Happy bunnies! Roll on the road 20km race tomorrow week. Meanwhile back into the holiday mode! **Ed Shillabeer**

In shot: Steve Allen (Barnet AC) and Ed Shillabeer (Ilford AC)



ONE MAN'S BRIEF ACCOUNT

20k race, 1:45 cut off time, I did 1:43:25 and retired a happy bunny! First to settle on the island of Madeira was an English couple who had eloped from Bristol in 1419. A year later Portuguese settlers were credited with the establishment of the country. **Edbanger C590**

Adds Hon Ed: Full results: Race Walking Record" and European Masters Championship website.

ESTUARY WOES

Angus Browne, one of popular Hadleigh (Essex) based Centurion 789 Olly Browne's sons, was interviewed on BBC's London News (Monday 13 October) talking about setbacks in Leigh-on-Sea's cockle-fishing industry. We've seen Angus on support duties at Olly's 6 successful sub-24 hours races, and his two 100 miles charity walks in support of "Help for Heroes" in 2010 which raised over £6,000 and in 2014 for "Essex Air Ambulance" which saw £3,500 put into their coffers. Angus appeared on TV answering questions due to his extensive Estuary knowledge - he provides interesting [boat tours](#) of the Thames Estuary if you're looking for a good trip out. Writes Angus: "Glad you saw it mate! Yes, it was a bit of a setback but hopefully, it will bring more awareness. It's been a nightmare. Absolutely."



ROLL-UP ROLL-UP

The Southern Race Walking Association race on 29 November has YAG races and also an open event: Enter via:

[roster Athletics · Surrey WC Open Track Walks inc. Southern Area Championships & SWC Xmas Cup](#)

Mark Easton - SRWA Chairman

FROM A FORMER LONDON VIDARIAN AND ANGLIA STRIDER

To think I'm still around at 86 trying to keep fit albeit not Road Walking but carpet bowls, would you believe it. In fact, I thoroughly enjoy it, the lay back of enjoyment, and relaxation one experiences. Here's hoping you are keeping well and busy too!!!

Dave Gulliver

Adds Hon Ed: Dave's on Race Walking Record's front cover ([Issue 318/March '69](#)) in a picture showing the leading 3 in a Garnet 10 Miles' Championship at Chelmsford. 1st Wilf Wesch (Bels) 77.25, 2nd Dave Watson (Southampton) 78.11, 3rd Dave Gulliver 79.17. In close order then came Alex Ross, Tony Challis, Amos Seddon, Geoff Hunwicks and Geoff Robinson. 81 started/67 finished. 10 teams of 4 closed-in: winners were Highgate Harriers 'A' team: Alex Ross 4th, Les Dick 12th, Charlie Weston 14th and Mike Hinton 15th. A decade ago Dave Gulliver achieved a golfer's dream - a hole in one!

FROM YOUR ESSEX COUNTY AA WALKING SECRETARY

Do you know: are there any Essex walking Championships now? The new Race Walking Association rule proposals are good but where are the walkers?

Peter Marlow

ESSEX WALKER

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