

Essex Walker

Editor: Dave Ainsworth

MESSAGE

We need to encourage walkers to attend the [RWA AGM](#) on **23 January** (7.00pm). It's the only opportunity to nominate themselves or another to one of the committee places now up to be filled. Failure to be involved means no-one can complain if race walking's future is uncertain. **Chris Flint**

TOP ATHLETICS AWARDS COME TO ESSEX

In the "England Athletics Annual National Volunteer Awards 2025", Essex topped the list in 2 categories. Olympian runner and sports broadcaster Hannah England was the function host who interviewed all category winners. City of Southend AC's **Keith Palmer**, a cornerstone of the Club for over 3 decades serving as Chairman, Honorary Treasurer, coach and active athlete throughout, as well as heading their 160+ strong academy, is "**Club Volunteer-of-the-Year**". Essex walkers know him well as a leading light at an annual well-supported August Bank Holiday Meeting at Garon Park Track. It's an all-day event at which for over 15 years, a 1 mile "*curtain-raising*" walking race has been our County's best supported one.

Winning a "**Club-of-the-Year**" award is **Woodford Green with Essex Ladies AC**. For many decades they were a truly big name in race walking, though sadly not presently. They were our hosts for one of our longest staged race walking events: the "*Woodford Wednesday Walks*" and also "*Woodford Tuesday Walks*". The chosen evening changed during its time on our fixture lists. Loughton AC kindly took on responsibility for attracting the fields and securing officials. For decades we were always, again, the "*curtain raiser*" before slipping down the card to be last on during its later years.

All readers are pleased to see Essex recognised this way on our National scene and warmly congratulate these 2 outstanding category winners. For further details here's a direct link: [National Volunteer Awards 2025 - England Athletics](#)

MAXIMUM SUPPORT REQUESTED PLEASE

Thanks to our Essex County General Secretary Andy Catton and your Essex County Walking Secretary Peter Marlow - race walking is back in a major Indoor Championship. This after race walking was removed from the programme. We need full support if we're to remain in these Championship meetings. This at Lee Valley Athletics Centre Indoor Arena before a crowd before which we can showcase our event. Full details as listed below - closing date 10 February. Writes Andy: "Just a quick note to confirm that the Essex and Eastern Indoors are now open for entries. Closing date is 10 February. Enter here - [Roster Athletics](#). Re the reintroduced race walk - it's 1,000m for U13/U15/U17/U20/Senior. Entries are £10 per event and there is now a questionnaire to fill out before you can enter which asks for confirmation of birth or 9-month residence in Essex (or Eastern Region County)." **Andy Catton** General Secretary

ESSEX COUNTY ATHLETIC ASSOCIATION AGM REPORT

This was held on Monday 8 December at Chelmsford Athletic Club's Melbourne Park HQ. Popular Sharon Herbert - one well known in race walking circles - was elected as your County President, with Malcolm Bailey President-Elect and also Vice Chairman. In the Chair is Claire Levey with Andy Catton as General Secretary and Gerry O'Doherty Finance Officer. Hammer thrower Wesley Clarke, a former Mr Universe, is the Auditor. Olympian Peter Marlow was re-elected as your Walking Officer and experienced official June Cork retained her place on the Committee. Those named are some of the office holders - please give them, and all others, your full whole-hearted support. In the General Secretary's report it was stated: "Regrettably, as I am sure we are all

aware, race walking is in terminal decline in Britain. We have persevered with 10k road and 3k track events but I believe currently there are just 6 registered senior race walkers in Essex and only 2 qualified officials. Thanks to Peter Marlow for taking on the invidious job of Walking Officer during 2025."

Adds Hon Ed: This illustrates why we call for maximum support whenever our County stages walking fixtures - in short, we need everybody we can muster to be kept in these meetings. Let's **all** try to increase our numbers, profile and impact on the athletics scene.

ESSEX COUNTY AA LONG SERVICE PIN BADGES

During 2025, 42 Essex County Athletic Association Long Service metal pin badges were presented to recipients, having been approved at a December 2024 AGM, when proposed by Richard Charleston, seconded by Elaine Forrest and carried unanimously. Those known in our race walking world were, alphabetically, **Dave Ainsworth, Peter Cassidy, June Cork, Sharon Herbert, Peter Marlow, Ray Pearce,** and **Pauline Wilson**. Presentations were made at suitable dates during 2025. Hon Ed got his when a marshal at Ilford AC's annual "Newman Hilly 5 Miles" run at Hainault Forest in July - Essex County AA Secretary Andy Catton handed his badge to "*tail-end catch-up runner*" Billy Green, Ilford AC's Press Officer, who on reaching Dave's point stopped to make his presentation with a crisp handshake and words of appreciation - all properly done as one would always expect from always enthusiastic Billy. An appreciated gesture from our County Association.

SAD NOTIFICATION

We're sorry to learn that Paul J Jarman (Surrey Walking Club and Stock Exchange AC) has sadly left us. Paul was one of 2 brothers who nobly upheld a worthy tradition of longer distance race walking by these famous Clubs. Stock Exchange London-to-Brighton results show winners: 1983 David G Jarman 7:59.09 and 1986 Paul J Jarman 9:13.14. Their respective 2nd placed walkers were John B B Nye 8:49.10 (44 finishers) and Ken D Rodrigues 9:27.30 (27 finishers). Condolence is profoundly expressed to his family and friends.

- I've been advised that Paul Jarman Stock Exchange AC and Surrey Walking Club has passed away. Generally it was his brother who was always in the limelight, but I recall one time when he was disqualified whilst leading the London to Brighton race by Charlie Megnin - who gave the reason "you are too far in front of 2nd so you must have been running." **Tony Perkins**
- I remember the Jarmans from the open 7 seasons. Classy and quick; never realised they had won L-Br races. **Ed Shillabeer**

VIC COLLINS RIP

So very sad to say that genial and popular tall long striding Vic Collins has died. He was a member of Woodford Green AC who made appearances for British Police Representative teams in the Ryan Cup (then over 10 miles). In his Club colours he was our 1979 Essex County AA 50 Kilometres' Walk Champion, clocking 5:21.40 around an infamous Basildon 5 circuits' course - on a baking hot day when a number of "*big names*" failed to finish. Vic defied heat and pressed on for victory. After his City-of-London Police service he worked on Security at Buckingham Palace. His 2 always enthusiastic sons, Neill and Tony, are well known as successful athletes - and Vic gave them full support. Vic was both Manager and Coach of the National Athletics Team for those with Leaning Difficulties and devoted much time to this aspect of sport. One year Vic completed a 33 Miles' Police Barking-to-Southend Walk then sped back to Romford Market Place to compete in the mid-afternoon "Romford Brewery 3,000 Metres Walk" (5 times around a Market Place including stretches of cobbles with free beer for all competitors/officials/helpers). Romford-based Stuart Bennett did the same - the organiser (Hon Ed) and Referee (also Hon Ed) permitted them to compete in their morning vests with Barking-Southend numbers on - something else for the commentator (Hon Ed again) to rattle on about. Vic was one of 2 City-of-London Police Officers who made good in our race walking world, the other being fellow Woodford Green AC member Centurion 581 Ken Turner RIP. He was seriously ill and died in a hospital intensive care unit which added to the sadness of his departure. Vic resided in Rainham (Essex). He was a

lovely man, highly popular and will be missed. Condolence is expressed to his now widow Kathy, sons Neill and Tony and all other relations and friends. **DA**

Readers' comments:

- *Notification from Dave Keely of Havering 90 joggers:* I hear Vic Collins died when they turned off his life support. **Dave Keeley**
- I wonder if he knew my cousin Michael who was security (with a grace and favour flat) at Buckingham House also, his duty was on the gate after he finished his time in the Blues and Royals. He did shifts of course, always in tandem with a copper from the Met! RIP Vic. If I was in that Basildon 50k I failed to finish although heat wasn't a factor. **Ed Shillabeer**
- Sad news indeed; my first thought was "lovely bloke" but you summed him up much better - 'genial'. **Alex Ross**
- Thank you for circulating this sad news. I will send a card to Kathy. Dad (Lew Mockett) would have known Vic and raced with him. **Hilary McDermott**
- Very sad news indeed. A formidable race walker for Woodford Green and the City of London Police and a classy basketball player too! Great supporter of the Barking to Southend Walk. We remember Vic very well as we were great friends of Ken and Peggy Turner and I can remember them both in the Ryan Cup Inter Services Annual Match over 10 Miles. As a former winner on 5 occasions, I greatly admired Vic and Ken as the standard was so high making it difficult to be selected in the team. He was a great athlete and policeman and a fine basketball player, as well as encouraging so many others to take up sport. Unfortunately, due to medical problems we will not be able to attend his funeral, but will have him and all very much in our thoughts. With sincere condolences. **Kath and Bill Sutherland**

Adds Hon Ed: Vic's funeral was exceptionally well attended, especially by "Ex-Job" retired Police Officers. His very long coffin certainly took centre stage - as it should have done - for he was 6' 7". It was draped in a City-of-London Police standard upon which was a wreath topped by a pair of Vic's racing shoes. His race walking years were well covered by speakers. The family were so pleased to see Roger Mills among mourners and happy to know others had joined in on "live screening". **DA**

FIXTURES and DIARY DATES

(January to March 2026)

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

JANUARY	17	Enfield League Walks + 2025 Series Presentations	Donkey Lane	11.00am
	18	England Athletics Indoor Championships	Sheffield	TBA
	23	Race Walking Association AGM	Zoom	7.00pm
	24	Steyning Open 5/10/15k 'B' races	Steyning (Spithandle Lane)**	2.00pm
	31	The Centurions' AGM	Zoom	11.00am
FEBRUARY	2	Andi Drake's catch-up meeting for coaches	Zoom	6.00pm
	10	Entries close for re-instated Essex & Eastern Counties Indoor 1,000m		
	11	Level 1 Race Walking Official course	Virtual Classroom (online)	18.00pm
	14 - 15	UK Athletics Indoor Championships	Birmingham	TBA
	21	Enfield League 10K + supporting races	Donkey Lane	11.00am
	21 - 22	British Masters Indoor Championships	Lee Valley Arena	TBA
MARCH	1	Essex & Eastern AA Indoor Championships	Lee Valley Arena*	TBA
	2	Andi Drake's catch-up meeting for coaches	Zoom	6.00pm

4	Metropolitan Police Walking Club Annual Dinner/Reunion	Civil Service Club SW1A 2HJ	5.00pm to 10.00pm
21	Tri-Counties (Herts/Kent/Middlesex) 2,000m and 3,000m	Lee Valley	TBA
27	European Masters Championships 3,000m M65+ and W75+	Torun (Poland)	TBA
28	European Masters 3,000m M35-65 and W35-60	Torun (Poland)	TBA
31	European Masters Road 5K	Torun (Poland)	TBA

NOTES

- * Depends on entries and availability of judges.
- ** Long walk to start line, leave changing rooms by 1.30pm.
- 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.

**JOHN MICHAEL POWELL RIP**

John Powell 10 years ago in a NUTS (National Union of Track Statisticians) meeting at the London Marathon HQ.

Photograph supplied by NUTS Chairman Ian Tempest

Octogenarian Greenford resident John Powell passed away on 24 December 2024 with news only reaching our race walking world almost a year later. He was a long serving Honorary Treasurer of the RWA Southern Area Committee (I think over 35 years, but I'm sure someone will know an exact length), a loyal member of Highgate Harriers, an active member of NUTS (National Union of Track Statisticians) and qualified judge who officiated at major meetings. He was also author of a number of books - including *'The History of Poole Town FC'*. He was a committed supporter of Harrow Borough FC in good times and bad (*more often the latter*), who often wrote letters to that Club stating what they ought to be doing! John was a local political activist in the London Borough of Harrow. He was a strong supporter of upholding the knees rule and much disliked 'B' races. John's style included a wide whirling arm action which meant others in packed fields didn't want to get too close! John had been a regular competitor at all distances from the short to 50K. I once received an email from John complaining that letters had fallen off a plaque he'd been presented with to mark his long and loyal service to the RWA Southern Area. In John's earlier life he was a teacher employed on Canvey Island, during which time he appeared in an Essex County 10 Miles' Walk Championship. Race walking was wonderfully served by 3 truly great and accurate statisticians - Colin Young, Peter Matthews and John Powell - now sadly this gifted trio have all left us. A late notification - John Powell RIP - one of the greatest honorary servants any sport ever had. **DA**

Readers' comments:

- You've done more than your best, and thanks to your persistence John's death is now sadly confirmed. I hope Highgate Harriers AC recognise him in their Christmas newsletter as a stalwart of that club for many years, and he will be remembered at the RWA (Southern Area) committee meeting on 9 January. He served that committee as its treasurer for many years. He had strong views about race walking and his heart was always in the right place. **Chris Flint**

- Sad to hear. And the immediate image in my head is that whirling arm action! His track record as a servant to the sport is second to none. Didn't John - for a long time - compile each year's rankings at the different distances? Have you a photo of John in action? **Tony Taylor**
Adds Hon Ed: John did compile rankings. Can any reader please provide Tony with a photo?
- I have sometimes wondered whether John was still alive. Very sad that some people living alone pass away without friends or colleagues becoming aware until substantial time later. He may have seemed to some people to be a very cautious judge but he was in my view a very fair one. I saw him act decisively when necessary. There was one particular occasion when John was one of two judges at a track 10,000 metres, so either of them could act alone and John did just that in order to remove someone who was clearly taking liberties. He retired from judging soon after turning 80 and a presentation was made to him at the Middlesex track and field championships to mark his contribution to the County over many years. Only once did I watch the old Enfield football club play at the Southbury Road ground and there I bumped into that aficionado of non-league football - John Powell. **John Hall**
- We were all very fond of John at NUTS. **Ian Tempest, NUTS Chairman**
- Good bit of detective work from you. I had many battles with him; found it hard to get past his swinging arms. **Tony Perkins**
- Sad news about John Powell, a great loss to our sport and other sports. I have the greatest admiration for the amazing knowledge and research of the NUTS (National Union of Track Statisticians) community – of whom we have lost some well-liked and highly respected members in recent years, including Colin Young. **Sandra Brown Centurion 735**
- Interesting. I particularly relate to the 'elbows' comment!!! **Ed Shillabeer**
- An amazing article in tribute of the late John Powell. On the amusing side he caused the GB Relay Squad practice at Alperton Track in the late 60's to be suspended when he elbowed Mick HAULT in the midriff with his elbow swinging. The result of which was a suspension of Race Walkers from the 1st and 2nd lanes until the relay training session was over. Great training evenings with London Olympiads stars including the late great Lilian Board under National Coaches Alf and Mabel Cotton. **Bill Sutherland**
- A fine man. **John Eddershaw**
- I just wanted to say thank you for sending in the piece about John Powell. I didn't know him, but I do know we have a number of readers who will have known him. It's great to have pieces like this shared in our newsletter, as it adds to our rich club history and I hope the recognition is a nice thing for the person's friends and family. **Jen Lovell Hickson, President Highgate Harriers**
- Really sorry to hear John Powell has died last year. He was a former member of Southend AC. **Peter Marlow**

PARKRUN PROMOTION

Amicable Chris Foster, well remembered for his time as an Enfield and Metropolitan Police WC racewalker and also as a Loughton AC 2nd claimer, is now a regular helper at Hoddesdon parkruns. His organising and administrative talents were spotted at Hoddesdon as seen by him now officiating when required as "Run Director". It's nice to see such a stalwart putting much back into athletics since hanging up his racing pumps.

Chris writes: *"Started off by cheering on my granddaughter. Then tapped on the shoulder and asked if I would like to volunteer. Progressed to becoming a marshal. Swiftly put onto finish tokens, then a spot of timekeeping, and now take my turn to become run director. All sorts of shapes, sizes and ability take part. Lovely to be part of a system that keeps people of all ages fit and healthy."*

Run Director	6
Timekeeper	4
Marshal	5
Other	1
Barcode Scanning	2
Post-event Close Down	1
Finish Tokens	30
First Timers Welcome	7
Event Day Course Check	1
Total Credits	48

NOT YET THERE

Word has got back to Hon Ed that an ex-race walker in Rainham has been telling folk DA is dead. Not quite yet - but, like all, edging towards that day.

PHILOSOPHER'S ADVICE TO ATHLETES: The past is in your head; the future is in your hands.

ALL CHANGE

After 72 years as our UK's main Commonwealth Games broadcaster, BBC are stepping aside, having been outbid by subscription service provider TNT Sports. The "Beeb" will only have permitted limited "news access" at the big Glasgow meeting. Whoever points their cameras towards the action, let's hope they'll see some good successful race walking from the Home Nations and Crown Dependencies.

[BBC replaced by TNT Sports as Commonwealth Games live broadcaster - BBC News](#)

**KEN HARDING RIP**

Not one with any Essex connection, as far as we know, but much admired by many of our readers. Ken belonged to a famous (*alas now disbanded*) Royal Sutton Coldfield Walking Club, who for decades had a membership list brimming with star athletes up to Olympic standard. Ken's forte was in distance walking which saw him gain GB International selections at both 50 and 100 kilometres' distances. He was among an elite selected few invited to participate in a memorable 1974 "Accolade 8 Hours" at New River Stadium track in Wood Green (Haringey). Our profound condolences to his family and friends.

- I was saddened to read of Ken Harding's death. He was a truly outstanding Race Walker and one of Royal Sutton Coldfields finest walkers alongside Ken Matthews and John Paddick. As a senior member of the Club I looked up to him for advice and guidance which he gladly shared and offered. If I remember rightly he and his brother (also a member) lived quite some distance from Sutton Coldfield and had to travel long distances in order to compete but such was their commitment to the Club that this never deterred them. My deepest sympathies to all his family. May he rest in peace. **Rev Dr Roy Lodge**
- Tremendous at ultras. Didn't know him personally. **EdShillabeer**
- A great athlete who excelled in the Accolade* 8 hours, over 50 years ago (where does the time fly?), and a brilliant stylist. I remember him well. Ken was highly respected by all. I believe he was SECOND with a very impressive last couple of hours. **Peter Selby** (Surrey Walking Club)

Adds Hon Ed: *1. Ray Middleton 53 miles 352 yards (world record), 2. Ken Harding 52 miles 649 yards, 3. John Lees 51 miles 1353, 6th Peter Selby 50 miles 1,482 yards. Weeks' later Ray won a London-to-Brighton with John 3rd and Peter 4th. 2nd that day was Carl Lawton.

BEST FOOT FORWARD

On Tuesday 23 December South Essex Centurions (with accompanying friendly dogs) held an early morning Christmas Social Walk social walk around delightful Belfairs Wood near Leigh-on-Sea. In shot are C1102 Steve Allen (left) and Organisers C1075 Seve Kemp and C1020 Kim Howard on the right.

- We had a very pleasant Christmas Walk concluding with coffee and mince pies. A photo is attached. **Steve Kemp**
- Nice photo. **Chris Maddocks**
- I will make a post of this on our social media channels. **Frans Leijtens**

**OOPS**

We recently ran an article ([Essex Walker issue no 457](#)) about former International athlete and high-ranking Army Officer Glen Grant travelling from his Lithuanian home to attend a Cambridge Harriers enjoyable afternoon tea party reunion at their Bexley Clubhouse (a venue known to race walkers). Glen's well-known in Essex, having spent much time at Colchester Garrison, indeed mentoring and encouraging Essex race walkers. Glen also appears in our media as an expert commenting on Defence matters. Hon Ed, despite having a Geography 'O' Level, was found wanting - it's in Latvia where he now resides. These 2 countries are neighbours, but we published the wrong one! Oops!

BRIGHTON BOXING DAY WALKS

For decades this Public Holiday was a date for good race walking turnouts - latest fixtures saw 1 walker at the Southend Pier out-and-back. As for a long-established Brighton event, I'll let Bill Sutherland comment on turnout (below). But hey, it's still on the calendar for which we're grateful, so here's to next time. Our thanks to Organiser Judith Carder for keeping faith with walkers and sending results - it won't take up much space - and for her account of this race's distinguished history (*which we'll save for next month as this issue's another packed one*).

“Chris Carter” Boxing Day Races 2025 – Race Walk Results

Held in Preston Park, Brighton on 26 December 2025

Time	Race No	Number of Laps	Name	Gender	Club	Age Group
22:34	21	2	Seth Muddle	Male	Lewes AC	U15B
24:02	22	2	Beverly Sheridan	Female	Lewes AC	VW65
35:22	213	3	Jo Hesketh	Female	Steyning AC	VW55
40:25	19	4	Peter Gregoire	Male	Steyning AC	VM50
40:50	23	4	Michael George	Male	Unattached	VM65
44:41	18	4	Dave Kemp	Male	Arena 80	VM65
50:15	20	4	Dan Maskell	Male	Surrey WC	VM75
50:17	17	4	David Hoben	Male	Surrey WC	VM70

Bill's comments: “Dreadful to read with only ONE youngster and 7 between 50 and 80 years old. Well done to them all and evergreen Peter Selby and other Organisers. Race Walking UK is in dire straits and URGENTLY needs to do something drastic to reinvent the fantastic days of years gone by. Happy New Year to all!”



Dear Dave ...

OPTIMISTIC REPORT

The SRWA and SWC Christmas Cup went OK despite the miserable weather, and the number of U15 and U17 competitors were more than half of the total entries. This is encouraging and is a credit to their coaches and families.

Chris Flint

COMMENT ON THE HELSINKI EUROPEAN 20K FILM

Thanks for the memorable viewing. In the build-up I did the 4 RWA Nationals finishing 4th in the 20 kms and 20 miles and 10th in 50 kms. I was surprised at my selection for the European 20 Kms and would not have done the 50 kms if I'd known I was in the frame. No 'also rans' in our walk as it was very competitive and Paul thought the first 2 ran through the tunnel onto the track at the finish! Phil did remarkably well in such a classy field. We were in the warm up area for ages as the 10,000 metres Final was in front of our race. The finish was sensational with the flying Finn taking Dave Bedford to the cleaners for speed. The East Germans and Russians used to practise their victory waves on the training track, as we looked on out of the window of our hotel. They were walking machines and we did incredibly well as true amateurs. Great memories. Thank you.

Bill Sutherland

RYSTON RUNNERS AC - HISTORY

Your trip to RAF Marham did indeed provide food for thought, reminding me of how many miles I put on my car clock when competing. The Ryston story, in as much of a nutshell as I can manage, is as follows:

When Pete started running in the early 1980s, he joined the only local athletics club in the area at the time, West Norfolk AC (WNAC). In due course he, and another couple of Downham runners, began to be coached on the roads around Downham by a maths teacher at the local High school. Bob Hancock had some pedigree; he had lived and worked in Kenya for many years, where he had been involved

with coaching at a very high level and, indeed, went to the Munich Olympics as part of their squad, working with various Kips and Keinos and others of that ilk. For whatever reason, someone at WNAC (or WANC, as we usually type it within club circles) took exception to this splinter group, even though they were still all willing to compete as WANC (sorry, it's a habit!) and there was no intention of forming a breakaway club, it was just for the convenience of being able to meet up after work and train together locally, not having to travel into King's Lynn all the time. It escalated to the point when three of them – Pete, Bob, and Ian (Vaughan Arbuckle, of Round Norfolk Relay fame) – felt pushed into a position of feeling that they should indeed form their own Downham-based club, with a specific focus, at the time, on road running. They had been meeting up to train at the site of the school where Bob was working. This school was located in a part of Downham known as Ryston End and, after playing with a few ideas, they all agreed that the alliterative possibilities of Ryston and Runners could not be ignored, and the club was born. That will be 40 years ago next August. As you indeed noted, Ryston itself is a very small place, just Ryston Hall, a few farmworkers' cottages, and a little church.

I didn't become part of the Ryston Runners scene until the following year, so this is all based on what I've learned from Pete (and which is documented in his autobiography "[The Prince of Pace](#)"). Of those 2 founding fathers, Bob, a very successful multi-eventer in his own right, eventually moved back to Africa, where he died rather too young, in his mid-60s. Ian is in his mid-80s and now resides near Swanage, where his path crossed, literally, on a few occasions with Sandra and Richard Brown when they lived in the same immediate area. Pete - you know about. Another of the original members was Paul Firmage, whom you know now from his participation in occasional Enfield walking events.

So, I hope this information was worth waiting for, and not too tedious a read. I still keep a distant association with the club by writing their weekly press reports, which I must now move onto while I have the laptop switched on and Pete is engrossed in watching football on TV, recuperating from his efforts over the previous few days. It is his 76th birthday tomorrow so I hope he has his energy levels back up by then to enjoy the day, although it won't be very spectacular.

Cath Duhig



Metropolitan Police Walking Club's Annual Dinner & Reunion

~ friends and family are welcome ~
Date: Wednesday, 4th March 2026

Time: 5pm-10pm

Venue: The Queen Elizabeth Main Dining Room (1st Floor Large Room)
Civil Service Club
13-15 Great Scotland Yard, London SW1A 2HJ
Exclusive £20 per person

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

- | | |
|-------------------------------|--|
| 1. Potato Wedges GF, V, Ve, | 7. Vegetable samosa V. |
| 2. Vegan Chicken Bites V, Ve, | 8. Mini Steak Pies. |
| 3. Chicken wings GF. | 9. Margherita pizza V. |
| 4. Mini beef burgers. | 10. Spring rolls V, Ve. |
| 5. Mini chicken burgers. | 11. Mini Victoria Cake V, Ve. |
| 6. Fish Goujons GF. | (GF = gluten free, V = Vegetarian, Ve = Vegan) |

Bring Your Loved Ones! Family and friends warmly welcomed to cherish memories, celebrate friendship and camaraderie
Exciting raffle with fantastic prizes
Card / Cash bar available

Secure your place by 5th February 2026

To reserve: email to: kitty.hung@met.police.uk & kitty.hung@gmail.com

Or WhatsApp: 07930343205

Transfer £20 per person to:

Bank: NatWest | A/C Name: Dr. Kitty SY Hung | A/C No: 98997564 | Sort Code: 602423

Please include surname & initials as reference

With best regards,

Dr. Kitty Hung – Met Police Walking Club Dinner Secretary

READER'S NOTIFICATION

Sounds like you had a great time at your 2 recent functions. Don't forget to put the Metropolitan Police Walking Club Reunion and Buffet in your 2026 Diary on the first Wednesday in March as always. Best value for money too! Raffle prizes always appreciated!

Bill Sutherland

SOCIAL FUNCTION

Dear MPWC members and friends, you are cordially invited to the Metropolitan Police Walking Club's Annual Dinner & Reunion. friends and family are welcome. See flyer (left) for further details.

Date: Wednesday 4 March 2026

Time: 5pm-10pm

Venue: The Queen Elizabeth Main Dining Room (1st Floor Large Room) Civil Service Club 13-15 Great Scotland Yard, London SW1A 2HJ

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

Dr Kitty Hung

Met Police Walking Club Dinner Secretary
Mobile: 07930-343205

EUROPEAN GAMES, BIRMINGHAM 2026, FOR YOUR DIARIES

A further update I have managed to establish is that the half marathon race walk and marathon race walk will take place on the morning of **Saturday 15 August** whilst the road running marathon takes

place on the morning of Sunday 16 August 2026. No details of the course yet but obviously outside the stadium. As the walk has to be a maximum 2km lap the Walsall Road outside the stadium is a dual carriageway but as it's a major route to and from the city I would be surprised if they closed it. Of course for the marathon run they could still use the Commonwealth Games course finishing outside the Council House in the City Centre but I am only speculating. They are leaving it a bit late to announce the courses for both the walks and the run.

Glyn Jones

BRACING RACING

It's always good to read your news. Please keep sending everything through as I am always interested in the stories surrounding racewalkers past and present. I did get to the Southend Pier walk this Boxing Day and thoroughly enjoyed the event as the only walker amongst 30 or so runners from Southend AC. All my clan are here so it's hectic and my son (over from Oz) came to watch his old man in action. We wish you a Happy and Healthy New Year!

Colin Harle

60th ANNIVERSARY OCCASION

John (Webb) still looms large in my memory, all the more so now around the anniversary of his birthday, which was also the day that he and I first met in 1965. I'll be marking the 60th anniversary of my first race, Essex Beagles' 1&7/8ths miles Boys Walk, on 1st January 2026. I marked the occasion by race walking the Ormskirk Parkrun held on New Year's Day. My clubmate Phil McCullagh recommended it - good tarmac for most of the course. At Lancashire Walking Club we're always on the lookout for new courses as our traditional ones get riskier with the increase in road traffic. You're right - the days of racing around Chigwell Row do remind us of simpler times. All the best for 2026.

Greg Smith

Adds Hon Ed: On Christmas Day afternoon I enjoyed a recreational walk around vast Hainault Forest with "Eccles" and "Rusty" (dogs) and a good friend. I intentionally passed the former site of Essex Beagles HQ close to a former "The Retreat public house" where landlords allowed us free use of their large car park. So pleased Greg mentions those Boys' races - so many big fields and many names of walkers who carried on into Junior and then Senior events!

SAD NOTIFICATION OF THE DEATH OF KEITH PHILLIPS

I'm not sure if you're already aware but, I wanted to let you know that dad passed away on the 19th December. He died from prostate cancer. He was originally diagnosed in 2020 and went through various chemo and radiotherapy sessions. Because he was so fit and active I think that helped him cope with the treatments. He's being cremated and his ashes will be scattered in Finland in the spring. If you don't mind, please could you let anyone else know that he knew as I don't have any details. Kevin and I have set up an online book of condolence for anyone that wishes to comment and/or add any photos. The link is: [Keith James Phillips | Online Condolence Book](#). Thank you.

Jacqui Owers (nee Phillips)



Adds Hon Ed: Keith was an Ilford AC race walking stalwart going back to the '60s. He had the ability to compete with some pace. As well as Ilford AC he turned out with regularity for Ford Sports & Social Club in London Business Houses' Association race walks. Keith was a thinker and expressed views about styles being tolerated at many race walks' meetings. His last comment in Essex Walker came in mid-2023 when he wrote that fellow Ilford AC race walker Dave Sharpe should be welcomed back onto our starting lines, having quit in 2012. Keith quoted the Gospel According to St Matthew Ch 6 verses 14-15 in support of his view. Keith's racing appearances were limited owing to work commitments which involved much overseas travel. Keith died at the age of 77 in Finland where he had resided for some time, and his wife Pam Phillips RIP, a sad loss to the women's walking scene, was a former Ilford AC President.

Readers' comments:

- Regarding the sad passing of Keith Phillips I, like many others, recall the days when Fords supported the LBH. Please pass on my condolences to the family. **Laurie Kelly**

- Sad news indeed about Keith. Re: the photo: This photo always brings a smile as it shows an informal line-up of Ilford's race walkers, taken after an event from Ilford AC's winter base at Chigwell Row, circa 1969/70. Well done Tony Perkins for grabbing a towel as he rushed from the shower to be included. Our notable club-mate, Keith Phillips is featured here, standing 4th from left, and we honour the memory of Keith following news of his recent death. My condolences are sent to his family and friends. Thanks for the opportunity in sharing. **Len Ruddock**
- Thank you for passing on the sad news about Keith Phillips. I do remember Keith, although I didn't really know him well. Pam of course was a very well-respected stalwart of the walking section before her untimely passing and it is sad to think that both are no longer with us. **Steve Uttley**
- Arguably a better runner than walker. Equally a really nice club mate. **Roger Mills**
- That is very sad to hear. Yet another one bites the dust. I believe with Keith's passing he was the last of the Ilford quartet that won both Essex and Southern XC team championships. **Andy Catton**
- Keith was also a very talented runner but was injury prone, featuring in many of Ilford AC's records for running. His 5-mile run time (24.34), for example, at the age of 18 (Romford 5, 1966) is still ranked 14th almost 60 years' on. He attributed his enthusiasm and success in the early years to his coach/mentor, the late Alec Tiffin, as being *"the sole motivator and inspiration for me - and no doubt others - as a Youth and Junior and I fully appreciate all the effort he put in to coach and provide me with training schedules when I was unable to visit Cricklefields."* He met his wife-to-be, Pam, at my 21st birthday party held at my home in Hainault, and I was best man at their wedding. We kept in touch over the years. **Tony Perkins**
- I remember he was a really good runner and was part of the junior team which won a number of cross country and road titles. As you know he got knee problems that is why he joined us in the walking squad. He was part of the team with Tony Nixon, Roy Snow, Steve Richardson the team trained by Alec Tiffin. **Brian Armstrong**



Back row L-to-R: Colin Williams, John Kinch, Brian Armstrong, Keith Phillips, Steve King, Geoff Hunwicks, Tony Perkins, Roger Mills

Front row L-to-R: Lawrence Dordoy, Frank Clark (1968 Aussie Olympian), John Stannard, John Perkins, Len Ruddock



Essex youths cc champs 1965. Keith Phillips, Roy Snow, Steve Richardson, Alec Tiffin, Tony Nixon

THANK YOU

Trust you are well and had a good Christmas. Just a short note to wish you a happy and healthy New Year and to thank you for keeping me up to date with all the UK walking news over the year.

David Rosser

GRATITUDE EXPRESSED

Good of you to tell me (of Vic's mention in 'Race Walking Record' issue 963. *Ed*). So pleased to see you at Vic's funeral. I hope you enjoyed it as much as we did. We were so pleased it went as well as it did. Vic would have loved it!! Apparently, there were over 200 at the crematorium and 160 at the wake. We just can't believe it. Our best wishes for a very happy and healthy new year. **Kathy Collins and lads**

ESSEX WALKER

Dave Ainsworth
18 Angmering House, Barnstaple
Road, Romford, Essex RM3 7SX



Telephone:

01708-377382



Email:

dave_ainsworth@yahoo.co.uk
essex.walker@btinternet.com

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