

Essex Walker

Editor: Dave Ainsworth



IN THE CHAIR

Replacing Joe Mower, who has retired as Chairman of **Suffolk County Athletics Association** (formed Independently in 1927), is enthusiastic **George Wilkinson** - one already well-known in athletics as our Race Walking Association Chairman. Said George, *"I am excited about what we can achieve together and proud to serve Suffolk Athletics in the role"*. Those with long memories will recall two great Suffolk road walks - an Ipswich 10 Miles (out and back alongside the River Orwell) and a 17 Miles' Colchester-to-Ipswich -

both ceased after their 1969 races. Big names came from far-and-wide for races organised by then Ipswich Harrier and former RAF serviceman Barry Ingarfield. Sadly, when Barry moved to London nobody came forward to keep these two well supported race walks going. In later years John Hedgethorpe staged an exceptionally well attended late night New Year's Eve walk around Ipswich town centre as part of a spectacular athletics meeting. Suffolk has considerable race walking history, going back a long way. We hope to see a revival while George controls the gavel, so please give him your full support.

HAPPY VALLEY (Report from June Cork)

Good news from Lee Valley Arena on St David's Day. Today there was an impressive turnout of 11 in the 1,000m Walk with 10 life-time bests. Most names currently unknown to me. Very impressed with Rio's walking.

The group photo comes from **Miraiker Wallace** from Cambridge & Coleridge, who commented: *"I like that the junior entrants were really looked out for by the seniors. A joint warm up and making sure they got to the call room in time. Though it was definitely gloves off when it came to the actual race!"*

June Cork commented: *"I've always said that the Cinderella event is the friendliest - good to have it confirmed by someone else though."*

Peter Cassidy commented: *"I was Chief Judge at this beano; it was particularly good to note that with four experienced judges in operation on the track, the eleven walkers only collected four red cards between them! The technical standard was very good."*

Back row:

Rio McAndrew, Sophie Blundell

Front row:

Stuart Bennett, Taro Tyson, Miraiker Wallace, Dave Annett (coach), Emma Keeley, Celia Cordran, Colin Harle, George Wilkinson (RWA Chairman)



Results

1	Rio McAndrew	Newmarket Joggers	5:11:40 PB	Eastern Gold BU15
2	Colin Harle	Belgrave Harriers	5:36:21 PB	Eastern + Essex Gold SM
3	Emma Keeley	Cambridge & Coleridge	5:36:21 PB	Eastern Gold SW
4	Sophia Blundell	Newmarket Joggers	5:40:30 PB	Eastern Gold GU15
5	Stuart Bennett	Brentwood Beagles	5:45:22	Eastern + Essex Silver SM
6	Athira Nair	Cambridge & Coleridge	5:49:11 PB	Eastern Silver GU15
7	Miraiker Wallace	Cambridge & Coleridge	5:49:70 PB	Eastern Silver SW
8	Celia Cordran	Brentwood Beagles	6:14:23 PB	Essex Gold, Eastern Bronze SW
9	Lucia Bienzobas	Cambridge & Coleridge	6:21:25 PB	Eastern Bronze GU15
10	Wendy George	Brentwood Beagles	6:22:86 PB	Essex Silver, Eastern Bronze SW
11	Taro Tyson	Cambridge & Coleridge	6:42:70 PB	Eastern Bronze SM

FILM SHOW

There's another film available from Len Ruddock and his team - yes folks, this is a team effort (see captions at the end). It's a profile of **Callum Wilkinson** (Enfield & Harringey AC) charting his impressive rise from beginner to double Olympian (Rio and Tokyo) athlete plus World, European and Commonwealth appearances plus much more in the way of important meetings. A World Premiere was on the "Athletics Weekly You Tube Channel" at 10am on Wednesday 4 March. It's now on general release with an easy [1-click access](#).



The Art of Walking | Callum Wilkinson's Olympic journey

1k views · 3 weeks ago



Against the odds. Through injury. Back to the Olympic stage. This is the story of double Olympian race walker Callum Wilkinson, ...

[The Art of Walking | Callum Wilkinson's Olympic journey](#)

EXECUTIVE FILM PRODUCER'S STATEMENT

I need to emphasise that it was Tom (Ruddock, *Ed*) who drove this production as it was his idea following numerous discussions with me, revolving around reminiscing and thoughts around the future of the sport, hence the film credit that he gave me as Executive Producer. The two days of filming in Cork, were very interesting, me noting the filming methods. My role, beyond just being a bag carrier, did come in useful at times as there were little points that Race Walkers always look out for. For example, emphasising full body shots showing mode of progression rather than just head and shoulders. **View35 Films** is Tom and Shelley's production company and they have been pleased to have the film released via AW's banner and there is an article in this month's publication, out now.

Len Ruddock

CALLUM WILKINSON FILM – READERS' REVIEWS

- Just watched the 17.45 Preview. Very good video illustrating the immense challenge and effort against adversity to become an Olympian. However, he was not working and was a full-time professional race walker with all the backup that is now available. On top of that he rightly received funding. On most occasions he qualified by reaching an unbelievable time standard, which makes race walking into running in our view under the current International judging system. When you consider in past years one had to work plus compete on multiple occasions to gain a much sought after GB vest over countless years and were judged under a strict judging system. Only then does one put into perspective the enormous achievement of mounting the podium. All in all, athletics is a completely different sport from the past. In short Callum Wilkinson deserves enormous praise for his Olympic achievements! **Bill and Kath Sutherland**
- Thank you for this and other emails. I'm much better informed. **Colin Harle**

- Thanks. A really good watch. **Roy Gunnett**
- A great walker and an inspiration to anyone in this sport. A really well-made documentary about this man. The only thing the video lacked was quotes and brief conversations from his family, friends and people in the sport to help develop his personality and character through third party perspectives to describe his passion and the hard work he undertakes in his free time. Great video. **Mike Sweeney**
- Superb! Congratulations to the team for this outstanding race walk documentary. **Ron Wallwork**
- Thanks for the link. It was enjoyable to watch. **Kevin Perry**

STEVE HOLLIDAY RIP

It's my sad but not unexpected duty to inform you that Steve Holliday (RAF, Medway AC, Ashford AC) passed away on 8 March. Following a diagnosis of Pancreatic Cancer in January, tests revealed that the cancer had spread to his lungs and liver. After a week in hospital at the end of February he was let home but suffered a stroke and was taken to a Stroke unit in Canterbury. Frustrated by difficulty in speaking as a result of the stroke he did manage to pass on his appreciation of the cards and wishes he had received from other race walkers. He then spent a week in a care home in Folkestone near his son where he passed away in his sleep. Any messages of condolence can be sent to me and I'll pass them on to his son. **Chris Hobbs**

STEVE HOLLIDAY'S FUNERAL, WAKE and CHARITY DETAILS

From: Michael Holliday

Dad's funeral will be held on 7 April at 11:30 am at Charing crematorium. The wake will be held at 12:30 at the Woolpack Inn. As you're aware we are raising money for pancreatic cancer research with a 10k sponsored walk. [Joshua and Jamie Holliday's Giving Page](#)

Adds Hon Ed: The crematorium is about 3/4 of a mile from Charing Railway Station. Full address: Charing Crematorium, New Court Road, Charing, Nr Ashford, Kent. TN27 0EB. (01233-712443)

Streaming details for the service of **Stephen Holliday** at **11:30 (BST)** on **Tuesday 7 April**, at Charing - Chapel. Watching Live & On Demand: <https://watch.obitus.com>

Username xefa6384 Password 347531

STEVE HOLLIDAY RIP TRIBUTES

- Sad news to hear of Steve Holliday's death in such distressing circumstances finally dying in his sleep. "Per ardua ad astra" may well sum up his final days on earth "through difficulties to the stars". No doubt his final days on earth would have reminded him of the pain he endured in exerting his body to become a Race Walking champion in the RAF. In being first to cross the finishing line with arms outstretched to the heavens reminded me of those few lines from "High Flight" a poem by a Royal Canadian Air Force pilot:

"And while with silent mind I've trod,
The high untrespassed sanctity of space
Put out my hand and touched the face of God."

Having been summoned from this sublunary abode may he now truly rest in peace.

Reverend Dr Squadron Leader Roy Lodge Ret'd

Adds Hon Ed: The Reverend, Hon Ed and the late Steve all served in the Royal Air Force at the same time - in the '70s.

- I'm hugely proud of my dad - he was an inspiration to many younger athletes who went on to compete internationally; he was a man who loved comedy, music and of course athletics. **Michael Holliday**
- Thanks for passing on the sad news, and I recollect Steve as a strong competitor and having strong views on many issues. A likeable man. Condolences to his family. **Chris Flint**
- I did send a card. Pancreatic cancer is deadly. **Richard Cole** (Ex-RAF)

- Very sorry to hear the sad news regarding Steve Holliday. It was always good to see him at fixtures in particular if I recall (correctly) his wife was in a nursing home or similar at the time, (so) life must have been very difficult for him. Please pass on condolences and thoughts to his son. **Dave Hoben**
- Sad that likeable and enthusiastic Steve has passed on. Having commenced race walking in the '60s in the town of his birth with Folkestone AC, he was best known for long membership of Medway AC and Royal Air Force. In the early '70s the RAF contained many "big names" and Steve had his "day-of-days" when becoming RAF 20K Champion as several quality rivals were in contention. He often recalled that Championship; modestly mentioning that judging took out a number and near its end was surprised to be leading. The late Colin Young (a former RAF Champion) once wrote that their Representative team was then nicknamed "The RAF Flying Squad". Steve was a truly fair race walker who never troubled the judges. Steve phoned me a few weeks before his demise to give an account of that great victory. A 3-times' British Rail Champion when so many employers staged Sports Days and - wow - he'd 30 Kent County Championship gold medals in a considerable collection. Much service was at RAF Hullavington - a now closed RAF Station (became an Army Unit in '92) near Chippenham in Wiltshire where he was a parachute packer. Leonard Cheshire VC had trained there. Steve had a sense of humour as when a young pilot collected a parachute he asked, "What happens if it doesn't work?" - Steve replied, "Bring it back and we'll exchange it for another". Sadly, Steve's wife predeceased him and we extend our profound condolence to his son Michael and other family members on the loss of a truly popular athlete. **Hon Ed/Ex-RAF (DA)**

SILENCE OBSERVED FOR STEVE HOLLIDAY RIP

Just to let you know there was a quarterly meeting of the Southern Race Walking Association on 13 March. At the start of the meeting we spent a few moments of silent reflection and memory of Steve.

Chris Hobbs

NEW COACHING INITIATIVE

The "TOM BOSWORTH RACE WALKING ACADEMY 2026" offers individual and group training with expert tuition aiming to develop young race walking talent. There are just 10 places open - applications welcomed from those in the U14/U16/U18 categories but only from the North West and Midlands. Others will have to 'up-sticks' to participate.

Applications stating name/age/club to: thomas.bosworth@olympian.org



MILESTONE BIRTHDAY

March saw Isle of Man resident **Steve Taylor** celebrate his 60th birthday. A race walker in earlier times which included representing the Isle of Man, organiser of note and an athletics official at all levels right to the very top. Yes, he's officiated at 3 Olympic Games. His long list of 'plum' appointments includes being Chief Race Walking Judge at London's 2012 Olympic Games - at which so many of our readers were present. Race walking is a family involvement as all 3 of his children had a go at it. We thank Steve for his long - and continuing - service to athletics and wish him a belated Happy 60th Birthday.

THE GREAT TALENT OF JACK LORD

Our last issue featured a recent athletics appearance by now Canadian-based **Jack Lord**. As many current readers may not have had the pleasure of witnessing Jack in top form, here are a few lines on the exceptional talent as a race walker of Jack Lord. For those around at the time, words penned by Club colleague **Bill Sutherland** will re-ignite happy memories:

"When he came to Highgate Harriers in the early 70's it was so obvious he had fantastic drive and ability to become the top Youth and Junior over around 7 years winning against everyone he faced in an era when Great Britain had so many up and coming talented race walkers. Over 5 miles he clocked around 8 miles per hour and better in winning three National Junior 5 Mile Titles. Although

small in stature his pace, striking rate and smooth action made him a great asset to me in the 1970 Commonwealth Games Year as we trained over many tough courses around Hampstead Heath. Such was his endeavour to reach the top that one hard 10 mile session he drove himself so hard that he passed 'blood' in the toilet afterwards. He was really so tough in mind and body! Before emigrating to Canada he worked in the Post Office under the guidance of the Great Olympian Ray Middleton. Pride of place must go him being selected as 'Post Office UK Athlete of the Year' and at Highgate Harriers with the 'Walter C Jewell Trophy' as the Most Outstanding Junior Athlete on a number of occasions. There is no doubt that he could and should have reached the summit as an International Athlete, as when he finally arrived in Canada he placed very highly in the 1976 Montreal Olympics Canadian Marathon Trial."

FIXTURES and DIARY DATES (April to June 2026)

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

APRIL	6	Tonbridge Easter Monday Open Meeting – 3,000m/2,000m	Tonbridge School Track	TBA
	7	Funeral Service of Steve Holliday RIP	Charing Crematorium, Kent	11.30am
	9	Ilford AC Walkers' meet-up	The Bull, Romford Market Pl	1.00pm
	11	Cambridge Race Walking Meeting 10km	University West Campus CB3 0AS	TBA
	18	Young Athletes' Training Day	Aldershot	TBA
	19	Ray Hall Festival of Walking (1500m/2000m/3000m/5000m)	Aldershot	TBA
	25	British Grand Prix of Race Walking	Brownlee Cycle Circuit	TBA
	25-26	Yeovil Combined Events Meeting (guests welcome)	Bill Whistlecroft Arena, Yeovil	TBA
	26	TCS London Marathon (Greenwich-to-The Mall)	Greenwich	9.30am (mass start)
	26	Ilford AC Post-Marathon Evening Celebration (annual event)	Wetherspoons, Chadwell Heath (Eva Hart pub)	6.30pm
	30	European Masters Non-Stadia 10k & 20k	Catania (Sicily)	TBA
MAY	2	Herts/Middx/Essex/Suffolk/Cambs + Open County Championships + Open	West Suffolk Athletics Arena, Bury St Edmunds**	11.00am 2K 11.25am 3K 12.00 noon 1K
	4	Hampshire County Championships	Winchester	TBA
	5	Veterans AC Road 5 Miles Championship (all welcome)	Battersea Park Bandstand	6.50pm*
	10	Kent County Championships	Gillingham	TBA
	11	SCVAC 2,000 metres (over 35 & over 50 categories)	Lee Valley track	6.30pm
	17	Kent Young Athletes League	Erith	TBA
	20	Biggleswade AC Track Fest 1,000m	Sandy	6.40pm
JUNE	2	Veterans AC Road 5 Kilometres (all welcome)	Battersea Park Bandstand	6.50pm*
	6	Ken Livermore 10,000 Metres Baton Relay	QEII Stadium, Donkey Lane	TBA
	13	Jack Fitzgerald Memorial Walks approx 3 and 6 miles 'B' race	Tilgate Forest Golf Centre	1.00pm
	20-21	UKA Athletics Outdoor Championships	Birmingham	TBA

26	SCVAC (Kent) League	Dartford	TBA
27-28	Welsh Senior & U/18 Championships	Cardiff	TBA

NOTES

- * A walk to start line from changing rooms - allow 10 minutes+.
- ** See pre-published advert for entry details.
- 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.

ALDERSHOT, FARNHAM & DISTRICT AC PRESENTS

TRAINING & RACING WEEKEND

Saturday 23rd May & Sunday 24th May
Aldershot Military Athletics Stadium, Queens Avenue, GU11 2JL

SATURDAY 23rd MAY
TRAINING SESSION
2:00pm – 5:00pm

SUNDAY 24th MAY
RAY HALL RACE WALKING FESTIVAL
10:00am Start

- U12: 800m
- U14: 2000m
- U16/U18: 3000m
- U20/Senior: 5000m

RACE WALKING EVENTS FOR U12 TO SENIOR

FOR MORE INFORMATION CONTACT:
Verity Snook
verity.snook23@gmail.com

MEMORY LANE

August 16th
Ilford AC 2 Miles Track, Cricklefields. 1, W. Holloway (Met WC) 14:44; 2, B. Armstrong (Ilf) 14:45; 3, Mills (Ilf) 15:00; 4, B. Keegan (London Vids) 15:00; 5, R. Pearce (Southend) 15:12; 6, G. Brown (Woodford Green) 15:16.

An interesting cutting from a 1967 edition of Athletics Weekly with a hint for the future - supplied by **John Batchelor**

- Good to see Brian Keegan competing with the best and dead heating with Roger Mills. It just shows what a good walker Brian K was. Thanks for the snippet. **Chris Flint**
- Could be wrong, think it was the last time Brian got the better of me! **Roger Mills**
- Ahh just when I was trying to beat 15 mins for 2 miles and a slow stop watch holder's finger thwarted me, did manage it in a later race! **Brian Keegan**
- Thank John Batchelor for the AW snippet. Yes I remember Wilf Holloway well with the stature of Jack Lord no less. **Bill Sutherland**

"AND THERE'S MORE"

Apologies for using Jimmy Cricket's catchphrase, but our last edition named some London Vidarians Walking Club members active when recently departed Derek Warrilow was in their ranks. Readers have drawn attention to others also on the scene, such as Frank Butler, Wally Garratt, Alan Jenkins, Mick Nolan and Wally Parsons who can be added to that list. Wally G was a Sidcup greengrocer, Frank had made a name for himself at Stock Exchange AC - one year he toiled away for countless hours (with Tony Perkins) on a remote feeding station at the far end of a Colchester Lower Castle Park "out-and-back" stretch by day and night at one of John Hedgethorpe's 100s, Mick and Alan were RAF types, the latter once leading London Vids scoring team to 4th in an Open London-to-Brighton (41st 10:23.03 from 60 finishers) and Wally P a high ranking Met Police Officer. The latter had TV fame whenever Crystal Palace FC were at home as he controlled Police. Police not private stewards in such times. No control box with the top man's nose pressed against a computer screen - Wally always stood by the players' tunnel controlling matters using a walkie-talkie the size of a housebrick. Wally retired to the Isle-of-Wight. All sadly have left us but remain in our memories. We're sure there's others.

ANNUAL METROPOLITAN POLICE WALKING CLUB BUFFET & REUNION

A large room with a private bar for our sole use, with an upgraded hot meal buffet all made for an excellent evening at the Civil Service Club in Great Scotland Yard, off Whitehall. Along with a few speeches and a toast came remembrance for deceased walkers since last year's function. Mentioned with Essex connections were centenarian George Eastwood, City of London Police

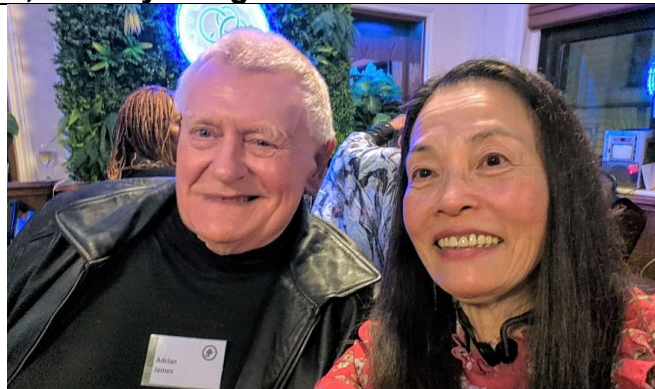
Officer Vic Collins and stalwart Ray Pearce. Retired Met Police Officer Derek Warrilow was rightly mentioned as was also legendary John Powell and Civil Service regular Dave Baxter.

Among notables present were two who'd travelled from Devon in Ed Shillabeer (our reigning UK 100 kilometres' Walk record holder), Chris Maddocks BEM - the only British male athlete to appear in 5 Olympics (1984/1988/1992/1996/2000), Internationals Adrian James and Bill Sutherland BEM who attended with Kath, one of race walking's most enthusiastic supporters. Two well known Cambridge Harriers among guests were Reg Denny and Bill Coleman, aged 94 the oldest guest present. Four prominent Centurions in attendance were Kathy Crilley, Chris Flint, Jill Green and Dave Neagle - Kathy showed her fitness by walking home! A usual famous raffle was held with umpteen prizes - former Club Chairman Chris Flint won a couple, but alas for him at the "wrong end" of it - such raffles taper to "You can win what nobody else wants". But hey, a win is a win! An enjoyable evening ended with "interactive musical entertainment" or Karaoke as it's called. Enjoyed by many but not all (Hon Ed's getting on a bit, as they say). This function is open to **all** race walkers, whether or not you've served in the Met Police or ever had your collar felt by them. Walking has few opportunities for those involved to meet socially so how about giving this most pleasant evening a go next time?

Picture gallery supplied by successful Organiser, Dr Kitty Hung



Ed Shillabeer, Chris Maddocks and Hon Ed



Adrian James and Kitty Hung

Kitty Hung and Chris Maddocks



Kitty Hung and Dave Neagle



Bill Sutherland and Kitty Hung

MET POLICE WALKING CLUB FUNCTION - COMMENTS

What a truly memorable and wonderful evening Dr Kitty Hung gave us all at the 2026 MPRWC Reunion and Buffet. It was great to chat and mingle with so many familiar friends and famous faces from the past. The Elizabethan Room gave us much appreciated extra room for the speeches and remembrances of members passed on in the last year. The Buffet with much variety was much enjoyed and the Raffle with a multitude of prizes was a big hit also! Seeing Ed Shillabeer and 5 times Olympian Chris Maddocks BEM put the icing on the cake! Kitty's overall presentation was exceptional and the Staff at the Civil Service Club were most helpful. All in all a job very well done! Here's to 2027. Meanwhile the photographs were much appreciated too! Thank you.

Kath and Bill Sutherland

- Amen to those sentiments Bill. It was good to hear an account of his bronze medal walk! And Kath seems to defy the passing of years!! Blessings. **Edbanger C590 (Ed Shillabeer)**
- It was great seeing and talking to you at Wednesday's Met Police event. **Adrian James**
- Looks like a good event. You have re-kindled my flame to appear at this event next year. **Chris Foster**
- It was very enjoyable. Kitty, Fidella, family and friends were great and the buffet wonderful. Sorry Edmund and I left the karaoke as it was getting going but we had a long Tube and car drive back to Devon. I got home around 1.30am and Ed will have been a bit later. How good it was to have meaningful conversations with the likes of Dave and Sandra, Bill and Kath, and Adrian and his daughter Naomi. **Chris Maddocks**
- Lovely to see you last night. I hope you enjoy the photos. Thank you Chris and Ed for travelling such a long way to London to attend the Met Police Walking Club annual dinner and thank you for your generous donations of gifts towards raffle prizes. I really appreciate it. **Kitty Hung**
- Two raffle prizes! I wonder what was left for you to select? I missed out going early but trains wait for no-one. Really pleased to see such a great range of race walkers from Chris M, Ed, Adrian, Dave, Jill Green and Reg Denny and many more. A very nice evening. **Chris Flint**

STAMINA OPPORTUNITY [World's longest coastal path opens in England to the public](#)

For those pondering about appearing in our next British 100 Miles in 2027, here's an opportunity to "Get Some In" (to use an RAF phrase) when the world's longest coastal path opens in England to the public. Imagine walking around the entire coast - that's what you call long distance walking!

IRELAND'S LAST OLYMPIC GOLD MEDALLIST

Never a race walker but always interesting to note when an Olympic athletics gold medallist passes on. We've said farewell to Ireland's last Olympic gold medal winner - Ron Delany who triumphed in an 1956 Melbourne Games 1,500 metres with a then Olympic record of 3:41.2. Born in Arklow, where is a statue in his honour, he died in Dublin aged 91. There are streets named in his honour though some name plates needed changing as the athlete's name had been wrongly spelt as "Delaney". We wonder if he was aware of the good race walking scene we've seen in Ireland? Ron lost his Olympic 1,500 metres record as at Rome in 1960 Australian Herb Elliott - now aged 88 - lowered it to 3:35.6. Ron's wife of 64 years died just 2 days after his funeral (ref [Irish Times](#)).

CHRISTINE ORME (nee COLEMAN) RIP

Sorry to be a bearer of bad news. Talented former race walker **Christine Coleman** has passed away in a Saxmundham (Suffolk) Care Home aged 78. Sadly the good lady suffered seriously with arthritis for many years, which had forced her to give up work as a landscape gardener, when residing at Halesworth in Suffolk. Christine was the daughter of 2 times' Olympian George Coleman (21/11/1916-to-27/1/2005) who race walked in '52 (Helsinki) and '56 (Melbourne and who'd won National titles). Christine competed in an era when women's race racing hadn't yet gained acceptance onto Olympic, Commonwealth, European and IAAF World Championship programmes, so must be regarded as one of our pioneers who continued to "knock on the door" to be admitted at such levels. In such times many race promoters insisted women started 10 seconds after the men! Both George and Christine had worked at Vauxhall Motors large Luton car plant and lived in that area before moving to peaceful Halesworth in Suffolk upon George's retirement. Both Vauxhall and Luton had been strong race walking areas with RWA National Championships held in the town and well supported Open Spectacular 10K road races. When a famous Highgate Open 7 Miles ceased it "lived on" at Luton for more years, starting and finishing at Vauxhall Motors Sports and Social Club. There was a strong link between Vauxhall employees who race walked and Highgate Harriers, where both George and Christine were members. Times show Christine could easily beat the hour for 10 kilometres and 7 Miles. Many years ago in the days of Anglia Striders a race walk was included at a festival in Mildenhall, which Christine won. As she approached the finish line a commentator boomed, "Here's Christine Coleman - hey lads she's on the programme as unattached". In London 2012 Olympic year was an Olympic Exhibition in Halesworth - Christine loaned its organiser one of George's Olympic vests for

display. Her death, which has only just come to light, was on 17 October 2025 with a funeral service at Halesworth Crematorium on 13 November. We perhaps saw her, with her husband, when attending a wonderful 2000 Millennium Challenge at Newmarket's Rowley Mile racecourse and at a Moulton Open 5 Miles - I think it was a year we changed in a pub garden as a Village Hall was under construction. I met her more recently when working in Ford's Public Relations Department at a sales promotion at the Ford Main Dealer in Halesworth. She came along and it was sad to see how she was suffering effects of advanced arthritis. A lovely lady and one who many will remember as it was always a pleasure to be in her company. The family's chosen charities for donations are **Arthritis Research UK** and the **RSPB**. May she rest in peace.

DA, Hon Ed



Christine Coleman in winning form, appearing on front cover of Race Walking Record (October 1975). Photo by Sportsview. Supplied by Peter Fawkes.

A cutting from 1970 - supplied by Tony Taylor:

Following in father's footsteps. Nice to see Christine Coleman, daughter of double Olympian George Coleman, competing in the WAAA Junior 5000m Championship at Enfield. Christine, incidentally one of the country's top time-trial cyclists, finished 4th in a promising 34.57.

- I'm sorry to hear that. I had some hard races against her back in the day, especially the Vauxhall Open 10kms. **Pat Furey**
- Whenever Christine appeared at venues for racing or spectating, I always felt that she honoured us with her presence. She always impressed me with her quiet graciousness and also her determined competitiveness. Thank you Christine. **Len Ruddock**
- Very sad to hear this news about Christine. When I was in Verlea Athletic Club, Christine would often come out on training sessions with us. We used to start from Gosling Stadium, Welwyn Garden City and our group would include Trevor Parslow-Williams, Steve Moore, Ken Roost, Ron Purkis, Peter Worth, Bill Pilgrim, Andy Tweed etc. On most occasions Christine would be the fastest in the group. I recall she was an excellent stylist. Christine was always very friendly and cheerful. **Roy Gunnett**
- Thank you for your wonderful tribute to the late Christine Coleman. **Bill and Kath Sutherland**
- It's real shame we as a sport lost touch with a fine racewalker, and as you say Dave, a trail blazer, competitive, modest and a thoroughly nice person. RIP Christine. **Roger Mills**

WERE YOU THERE?

Here's a group photograph of some of many notables present at our Race Walking Association's highly successful 2012 Olympians' Tribute Luncheon at London's Tower Hotel, overlooking the Thames next to Tower Bridge. It was a sell out with a waiting list of hopefuls. All in shot are GB Olympic race walkers.

L-to-R: **Martin Rush, Betty Sorowski, Andy Penn, Helen Elleker, Ian McCombie, Paul Blagg, Chris Maddocks** and **Lisa Kehler**



Picture supplied by Chris Maddocks

2026 TCS LONDON MARATHON

This year's event is on **Sunday 26 April** when over 50,000 will take on a challenge of racing from Greenwich to The Mall. They're lucky as a record 1,133,813 hopefuls applied to be in a ballot. From its start in 1981, race walkers have appeared - they've showcased our discipline before over 1 million lining the route, with many seen on television. Sadly that

number has dwindled as numbers in race walking have also - and with so many walkers ageing and mainly interested in shorter distances, appeal for such long events is no longer evident. Before applications, closed Essex Walker appealed to readers to get applications in. We don't know if any were accepted, but to any race walkers starting, we wish them well. We also thank those who show up to give support, as so often many of our number were *"out-and-about"* on London Marathon days. For years the Watts brothers were in their usual spot near Blackfriars Bridge to cheer us on as we entered the course's closing stages. In the '80s race walkers were offered a "Walking Section" in this event - but turned it down. What a lost opportunity to drum up interest and publicity, as several of our World's big city Marathons proved when staging walking races on the same cards. Next year your chances of getting in for **2027** (24/25 April) might be improved? This as moves are afoot to make it a London Marathon *"Weekend"*. Entries close on **Monday 4 May**. The plan is for Marathons on Saturday and Sunday. Only speculation at present - but *"watch this space"* as they say.

[London Marathon organisers consider staging two-day event in 2027 - BBC Sport](#)

ILFORD AC's NEW PRESIDENT

This was held on Tuesday 24 March at Cricklefields Stadium and saw a new custodian of Club President's Chain of Office. It's loyal and popular established runner **Pauline Tester**.



A presentation was made to most active Joint Presidents **Neil and Dianne Crisp** in appreciation of their service, as their term in office ended at the AGM. Ilford's main officers mainly remain unchanged with no contested elections required. Chairman is Canvey Island resident **Ernie Forsyth**, a former race walker with Essex Beagles (as then called) who has raced walked in our now defunct Essex League. Honorary General Secretary is long serving **Andy Catton** who has been a key figure at our Essex County Athletics Association for many years. Honorary Treasurer remains hammer thrower **Wesley Clarke**, a former *"Mr Universe"*. Always enthusiastic **Billy Green** remains in post as the Club's Media/Press Officer. Well-known **Steve Uttley** was re-elected as both Ilford's Walking Officer and Captain. Among other position holders at Ilford is **John Mackenzie** who has race walked for Essex Police in an annual Ryan Cup representative match - John's one of the two Auditors (**Tim Healey** the other). It's a strong and experienced line-up. The AGM saw a good turnout, which was encouraging.

MARY RAND MBE RIP [Mary Rand: 1964 Olympic gold winner dies at age of 86](#)

Not a race walker, but one with a wonderful link to our event. Mary was one of a *"Golden Quartet"* at the 1964 Tokyo Olympics - incidentally the last held on a cinder track. They were long jumpers **Mary Rand** and **Lynn Davies**, 20K walker **Ken Matthews** and 800 metres runner **Ann Packer**. It was a great Games for Mary as she brought home 3 medals: that gold + silver (Pentathlon) and bronze (4 x 100 metres relay). She was the first British lady athlete to win an Olympic gold medal. In 2029 Mary was inducted into the England Athletes "Hall-of-Fame."

RACE WALKER's AWARD AT 2026 CRUFTS

Pusztai Pandur Wilfred is a 4 ½ year old Hovawart, affectionately known as Wilfred or Wilf. Hovawarts are originally from Germany and were bred to guard livestock. Wilfred was imported from Hungary at the age of 15 weeks by his owners, Mr and Mrs Loxton (Doug and Aileen) from Rustington, Sussex.



Wilfred is a show dog, and he is shown by **Hilary McDermott**, daughter of the late Lew Mockett. Lew and his wife, Brenda, lived next door to Wilfred's owners and were firm friends. The friendship has strengthened and continued through Hilary after Lew and Brenda passed away. Hilary's Bucket List including 'showing a dog at Crufts' and this wish was granted when she and Wilfred qualified for Crufts 2025 and again in 2026! They all travelled to Birmingham for this year's Crufts and Wilf was placed 2nd in his class (KC Good Citizen). This means they have qualified for 2027!!

Hilary says '*Mum and Dad would be so chuffed to see my friendship with Doug and Aileen and how our love of dogs has led to such adventures*'.

Photo: Dou Loxton, Hilary McDermott, Aileen Loxton and Wilfred

BOOK LAUNCH

Our recent edition (Essex Walker 460) mentioned Centurion 768 **Steve Till** (Surrey Walking Club) whose book 'The Run of Life' was launched in July 2023.

Here's a picture of the author (centre) at his book launch.



RACE WALKING TEAMS

England Athletics is looking to support developing athletes and provide international experience towards major Championships. England Athletics will look to select individuals for appropriate international competition given their current performance level.

2026 selection events

31 May 2026: World Athletics Race Walking Challenge – Madrid

[England-Athletics-International-Selection-Policy-Madrid-Race-Walk-v1.pdf](#)

Selection information

The England Athletics development standards are as follows:

- 10km U18 boys 48:00
- 5km U18 girls 25:00
- 10km U20 men 46:00, U20 women 52:30
- 20km men 1:28:00, women 1:40:00



Dear Dave ...

INFORMATION FROM A RACE WALKING AFICIONADO

I've been looking into the, 'Race Walking Chip' and thought it useful, should you want to publish it, to share the information gathered, along with my thoughts to aid the promotion of RW. My notes, as follows:

The sport has four main elements - administration, coaching, judging and athletes. Each have their own responsibility and all should work, with mutual respect, together for the benefit of the sport, being informed by ethos and tradition but not being bound by them. An example of where this all comes together is in the dealing with the, 'elephant in the room', discussed, as follows:

Competitive Race Walking is a technical sport and rules based as we know. Perceived 'lifting', particularly has always been the major controversy, causing consternation and reputation damage amongst all adherents and onlookers.

Judging and judges are always under scrutiny and they are expected to perform their duties honestly and honourably. My personal view is that the standard of judging internationally has improved since the London Olympics. Recently, on our TV screens, we saw a number of the home athletes penalised at the Tokyo World Champs which showed the judges' impartiality. (Shouting at the TV from Yours Truly about some of the other athletes' mode of progression, also went hand-in-hand with this observation ... but that's normal.)

However, UPC Barcelona Tech, has been developing a device which purports to detect any breaking of contact, called, 'Race Walking Electronic Control System (RWECS). This device was trialled at the Madrid Gran Premio Internacional on 1 June, 2025. The race was a Gold event of the World Race Walking Tour. Currently, the conclusions on the effectiveness of this device and how this tallied with the judges' deliberations at this test event, are unknown to me.

This device is potentially a game changer and whilst it is still in development, I would urge that full information be made freely and widely available for scrutiny. I trust that there is a desire to consult with governing bodies, coaches, judges and athletes before committing to its widespread use. The following is a summary of the technology, taken from elsewhere:

Key Features of the Device

- *Design and Size: The device is tiny, about the size of a one-euro coin, and weighs less than 15 grams.*
- *Placement: It is attached directly to the athlete's shoelaces.*
- *Functionality: It detects when an athlete loses contact with the ground, a violation known as "lifting".*
- *Precision: The system can detect losses of contact at a resolution of 0.002 seconds, providing a more precise measurement than human observation.*
- *Technology: It utilizes Bluetooth and Wi-Fi to send data.*

Purpose and Impact

- *"VAR for Race Walking": Like the Video Assistant Referee in football, this system provides objective, reliable data to support or replace the subjective judgment of human judges.*
- *Fairness: The aim is to eliminate human error in judging and ensure fair competition.*
- *Development: Developed by researchers from the Polytechnic University of Catalonia (UPC) and the Royal Spanish Athletics Federation (RFEA).*

Status and Testing

- *Trials: The device has been tested in official competitions, including events in Tarragona and Madrid, operating in parallel with human judges.*
- *Previous Versions: Early attempts involved electronic, pressure-sensitive insoles, but the shoe-mounted device (RWECS) is considered more practical.*
- *Future Adoption: The goal is for this technology to be adopted by World Athletics for official competitions.*

While this technology specifically addresses "lifting" (loss of contact), it does not currently monitor the "bent knee" rule, which is still judged by humans.

Additionally, please see the link for more information, from UPC Barcelona Tech., including the testing programme: <https://cit.upc.edu/en/portfolio-item/race-walk-chip-a-chip-developed-by-the-upc-to-transform-race-walking/>

Len Ruddock

ON SCREEN WITH PAUL WARBURTON

By the way, those 'three extras' in the Chariots of Fire still (Essex Walker 460) included Ben Cross and Nigel Havers, lol! Two of the film's leads ...

Paul Warburton

WORTHY OF SUPPORT

Please can you add to diary: Jack Fitzgerald Memorial Walks approx 3m and 6m Saturday 13 June 2026, start 1:00 pm. Tilgate Forest Golf Centre RH10 5EU. Age Groups: All Category 'B'. **Dave Hoben**

Adds Hon Ed: Tilgate Forest Golf Centre is in Tilgate Drive near Crawley in West Sussex. Please give full support to this event, held in the name of a respected veteran athlete who was a World War II fighter pilot.

WALKER SLOWED DOWN - BY 10 MINUTES

Thanks for my inclusions in the excellent latest Essex walker, however my time for the Middlesex 20 Miles at Enfield in 1969 should read 2.39.20 not 2.29.20, which probably would have been a World Record at the time.

Bill Sutherland

RACE WALKING SHOWCASE

A trio of well-known race walkers were among over 15,000 participants in the annual Cambridge Half-Marathon held on Sunday 8 March. Enfield League regular and an Eastern Indoor Champion **Emma Keeley** clocked 2:27.20 (4,727th female). **Sue Clements** romped round in 2:44.55 (4,962nd female). **Pamela Abbott** completed the course in 3:12.14 (5,985th female). Said Sue, "I also helped fill the 15,000 goody bags". Congratulations to the three finishers who race walked before the crowds, which helped to publicise our discipline.

APPRECIATION

- Hope things are well in your life and many thanks for all the work you continue to do in the race walking world. **Steve King**
- What a lovely surprise to open up Essex Walker today and see not only my bit about Paul and Dave Jarman, but also your very kind insertion of the information about The Run of Life. Very nice of you, mate. I will continue to support EW with any race walking snippets that seem appropriate. **Steve Till**
- Essex Walker received and full of information. Much appreciate your front page on the Centurions. Whether anyone comes forward to take on the Secretary's role remains to be seen. **Chris Flint**
- Many thanks for the newsletter. So many nice tributes to Derek Warrilow. I will send it on to the family. **Mike Walker**
- I received Essex Walker, though it made quite depressing reading, as much as I'm sure it was depressing to compile it, all those deaths and illnesses and lacks of support. An oft-misquoted and equally oft misattributed quotation comes to mind: "Every morning when I wake up, I read the obituaries. If I'm not in them, I get up." **Cath Duhig**

A TRUE OCTOGENARIAN STAR

Not continuous but all in one session I did 20km on Monday (average pace 10:40 per kilometre and average HR 98), then yesterday a downhill dash near home of 9:04 for one km in a biting headwind! Happy days!

Ed Shillabeer

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