

Essex Walker

Editor: Dave Ainsworth

AREA CHAMPIONSHIP COMES TO ESSEX

Full support please as this event is coming to Essex. Your South of England Athletic Association Championship offers something for everyone: Seniors/Under 20/Masters 5,000 metres and Under 18/16/14 3,000 metres. Enter at: seaa.org.uk - [Online Entry](#). Entries close 16 June at 23.59 hours. The RWA Southern Area are generously offering £10 per walker to subsidise entry fees and encourage participation. It's at Melbourne Park Stadium, Salerno Way, Chelmsford. CM1 2EH. As star TV chef Delia Smith once boomed out at a football stadium, "Let's be 'avin' you".

LATEST RWA 200 CLUB WINNERS



Well known athletes **Chris Flint**, **Cath Duhig** and **Arthur Thompson** are now better off by £25, £15 and a tenner following the latest draw. Can you support this fund-raising promotion - it only costs £12 yearly, which gets you an entry into 12 monthly draws. Colin Vesty now controls our 200 Club which generates profits; which go to support race walking. See Colin at meetings or contact him on rwasecretary@yahoo.co.uk.

EUROPEAN SELECTION

At a big International meeting in the Czech Republic spa town of Podebrady on Friday 8 May **Cameron Corbishley** (Medway & Maidstone AC) came 44th with a personal best 1:35.34. 61 finished/6 disqualified/9 retired/5 failed to start in a good turnout - for races and medal presentations shown 'live' on computer screens, which many were tuned into. You can give your support for Cameron in person on Saturday 15 August (7.30am start) as he's been selected for the European Championships Marathon Walk. It's on the streets of Birmingham, our "2nd City", so it'll be traditional road walking with free access to spectate. One for your diaries!

APPEAL FINDS SUCCESS

Two editions ago we asked for names of race walkers who'd been in the 2026 London Marathon - answers came there none! Our previous edition, asked if any had completed the event? Thanks to Tony Taylor (Hon Ed of Lancashire Walking Club's newsletter) we've been notified that **Steven Wilde** of that Club "did the business" as he carried his Club's allocated race number around the course in 6:02.15 (2:42.43 at halfway). Steven occupied position number 31,294 from 53,123 finishers. In his M70-74 he was 176th. We thank Steve for representing our discipline in this major event. Well done!



ODDS AGAINST SUCCESS

It's hoped many readers have entered the 2027 London Marathon as it's another occasion offering opportunities to showcase our athletics discipline - before crowds over a million lining the route and also in front of television cameras. However acceptance chances are slim. If entered you're part of a record 1,338,544 hopefuls. That's 23,187-to-1 or a 1-in-67 (1.49%) chance of making a start line. As for entering, "you have to be in it to win it". And ... you've an unexpected better chance for a start as talks are ongoing between the Race Director and London's Mayor to see if next year's Marathon can be a weekend event with races on Saturday 24 and Sunday 25 April. Watch this space! [TCS London Marathon | London Marathon Events](#)



The start of the 5 Mile race walk featuring the race winner Philip Barnard (98)

Photography: Cliff Hide

COMFORTABLE WIN FOR PHIL

Iford AC's current leading race walker **Phil Barnard** (M40) made a rare appearance on the evening of 5 May over 5 miles around the perimeter road of Battersea Park. Seldom seen nowadays as he resides in Harwich, he was at a London business meeting so brought along his racing kit for the evening meeting. He led from gun-to-tape to win by a good distance in 43 minutes and 11 seconds without serious challenges. It's a lucky course for Barnard, who last raced an evening 5 miles on it back in June 2008, when 2nd. However, he left empty handed - or at least for a while - as he then bolted to catch a train back for North Essex. Second was **Peter Gregoire** (M50) of Steyning AC in 48.04 with Upminster-based Belgravian **Colin Harle** (M65)

completing the frame in 49.50. 10 started and finished. The Judges Panel was formed by Messrs Mark Culshaw, John Hall and Shaun Lightman. The event was staged by Veterans AC - the Club's Dave Hoben was involved in registration as well as participating in the action.

Veterans AC 5 Miles' Road Walk Championships - Battersea Park, 5 May 2026

Pos	Name				Cat Pos
1	Philip Barnard	43:11	M40	Iford AC	1
2	Peter Gregoire	48:04	M50	Veterans AC/Steyning AC	2
3	Colin Harle	49:50	M65	EMAC/Belgrave Harriers	3
4	Man Biu Lam (#7)	50:11	M65	Veterans AC/Belgrave Harriers	4
5	Chik Ha Kwok (#6)	51:04	W50	Veterans AC/Belgrave Harriers	1
6	Andy Millbank (#8)	51:48	M65	Herne Hill Harriers	5
7	Mark Selby (#10)	52:57	M50	Surrey Walking Club	6
8	Susan Payne (#9)	53:13	W65	Veterans AC/AFD	2
9	Fiona Bishop (#2)	00:10	W65	Veterans AC/Woking AC	3
10	David Hoben (#5)	02:09	M70	Veterans AC/Surrey WC	7



MAKING A CONTRIBUTION

We're sorry to learn that **Hilary McDermott** unfortunately parted company with her mountain bike resulting in 3 cracked ribs. We wish the good lady a swift return to full fitness. However, this didn't stop her contribution to athletics - as she then volunteered help out by officiating at a meeting. That's the spirit as race walking and, athletics in general, really needs such enterprise. A photograph of Hilary, along with Nuneaton Harrier Ann Wheeler and others, on the frame by a track finish line, has appeared on Facebook.

Photo: Hilary (left) and Ann (top) at Nuneaton Track.

Photo credit: Steve Lawrence of SML Sports Photography

[1964 TOKIO : Abdon Pamich Oro nella marcia 50 Km](#)

A short video clip (0:52 secs) featuring **Paul Nihill** closing on Abdon Pamich at the finish of the 1964 Tokyo Olympics was posted on Facebook recently.

FIXTURES and DIARY DATES**(June to end August 2026)***It is recommended that dates/start times of fixtures are verified directly with organisers.*

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	11.00am
	13	Jack Fitzgerald Memorial Walks approx 3 and 6 miles 'B' race	Tilgate Forest Golf Centre	1.00pm
	16	Entries close 23.59 hrs for South of England Championships	<i>Aide memoire</i>	
	20-21	UKA Athletics Outdoor Championships	Birmingham	TBA
	26	SCVAC (Kent) League	Dartford	TBA
	27-28	Welsh Senior & U/18 Championships	Cardiff	TBA
	28	South of England Championships 5,000m and 3,000m	Melbourne Park, Chelmsford	TBA
JULY	1	Johnson Bowl 4 Miles-in-an-Hour Challenge	Norman Park, Bromley	TBA
	2	Ilford AC Walkers meet-up	The Bull, Romford Market Place	1.00pm
	3-5	England Athletics U20 & Senior Outdoor Championships	Bedford	TBA
	4	Moulton Open 5 Miles + 2000m/3000m/5000m undercard + Enfield League	Moulton Village (Suffolk)	1.00pm
	6	SCVAC 2,000 Metres Men & Women/Over 35 & Over 50 categories	Lea Valley Track	6.40pm
	25-26	England Athletics U16 & U18 Championship	Bedford	TBA
	31	Commonwealth Games Men's 10,000m	Scotstoun Stadium, Glasgow	TBA
AUGUST	1	Commonwealth Games Women's 10,000m	Scotstoun Stadium, Glasgow	TBA
	15	European Championships Marathon & Half-Marathon Walks (M/F)	Birmingham (road course)	7.30am
	31	City of Southend AC Open 1 Mile	Garon Park Track	10.00am

NOTES

* A walk to start line from changing rooms - allow 10 minutes+.

- 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.

SPORTS MEDIA APPOINTMENT

For many Greater London and Home Counties based race walkers, the Enfield League is the big game in town. They get their information by visiting a much-read "Enfield Race Walking League Website" which contains all you need to know: fixtures, results, news and easy access to past newsletters for those wishing to look up former deeds. **Tony Wilkinson** has taken over management of this website The Official Website of The Enfield Race Walking League - Home Page of the Enfield Race Walking League. We wish Tony well on his recent appointment.

ANDREW'S HALSTEAD MARATHON

The hills of the 30th Halstead Marathon provided a tough test for runners on Sunday 10 May. Another Halstead finish was added to the tally for **Andy Wilmot**, who finished in 5:35:37. Andy has now run the race almost every year for the past 30 years and has completed 871 marathons in total. A true club legend.

Halstead resident Andrew Wilmot (Halstead Road Runners) is **Centurion 997** having qualified in a Surrey Walking Club/London Vidarians 100 Miles at Newmarket's Rowley Mile Racecourse in July 2003 when clocking 23:33.19. This race saw Peter Ryan's narrow victory in 19:57.35 - less than a minute ahead of C927 Willem Mutze's 19:58.30. Sadly true worthies Peter and Willem are no longer with us. That epic race saw 72 start/1 DQ/31 finishers of whom 17 were new Centurions including then East Anglian resident C986 Cath Duhig 21:27.43 of Ryston Runners AC. and current Centurions C987 President Dave Jones in 21:39.08. Andrew appears in Moulton Open 5 Miles races on occasions, where he's a popular and welcome competitor.



- **Cath Duhig** writes: "Amazing to see Andrew is still churning out the miles. All power to his elbow - or possibly to his hips, knees and feet. I also remember 2003!"
- **Sandra Brown** writes: "An awesome number of marathons completed by Andy Wilmot C997, a legend indeed!"
- **Chris Maddocks** writes: "So many interesting facts and figures in the Halstead marathon article. [Halstead & Essex Marathon 2026 – Halstead Road Runners](#). Well done Andy Wilmot. 871 completed marathons. Amazing! It also must have been exciting watching Peter Ryan edge Willem Mutze by a mere 55 seconds at the 100 miles in Newmarket, 2003."

SCOTLAND AGAIN IN THE BIG TIME

Nothing to do with race walking, but of general athletics interest - the 2027 European Cross-Country Championships (*sponsored by "Spar"*) are to be held in Glasgow's Bellahouston Park. [Glasgow to host the 2027 European Cross Country Championships - Scottish Athletics](#)

HE BECAME A CENTURION AT COLCHESTER

We sadly said farewell to Centurion 980 **Robert de Wolf** who, on 3 May died aged 79 at Sint Niklaas (West Flanders) in Belgium. Robert enjoyed many UK visits as he completed 12 British 100 miles races all under 24 hours; fastest being 20:44.50 in the 2005 Norfolk Challenge at King's Lynn. His qualifying performance of 22:43.10 was in the 2001 "Hedgethorpe Hundred" at Colchester's Lower Castle Park. In that race 47 started/2 DQ'd/15 finishers of whom 3 were Centurions newcomers. He certainly liked the East of England as he won an award at the 2014 Southend track 100 Miles at Garon Park, as its first over 65 finisher - so earning the coveted Eddie McNeir Trophy. This a trophy in memory of a formidable Cambridge Harrier (C375) who completed 10 sub-24 hours 100s - all when aged over 65, from 1965-to-75, the last when aged 75. This trophy was donated by Eddie's family. Another feather in Robert's cap was joining those select race walkers who'd completed this distance on both road and track. This trophy was presented to Eddie by the one-and-only C599 Ann Sayer. Robert, a Belgian, was a member of RWV (Rotterdamse Wandelsport Vereniging). [Centurions1911 Facebook](#) site has more details plus an opportunity to record tributes to a popular frequent UK visitor - some are already published. Thanks to Centurions Vice-Captain C949 Frans Leijtens (another Essex

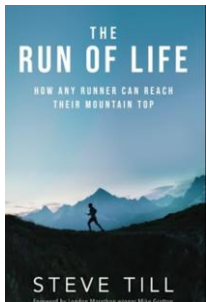


Robert de Wolf receives the Eddie McNeir trophy from Ann Sayer at Southend (August 2014)

Centurion qualifier in 1996) for notification and much information. Profound condolence is expressed to the family of Robert de Wolf RIP.

TRIBUTES to ROBERT DE WOLF RIP

- Bit more than half sorry that he's died, a bit less-than-half thankful that he had a good run and a little bit that he isn't withering away. One of the guys that I recognised were *simply better* than me (as distinct from some who were faster just because they were younger). He won the Eddie McNeir trophy at Southend - that was a *major* achievement (I dropped out because I feared that when (not if) I fell over I should trip up some of those still in the race). Thanks for telling me. **John Borgars**
- My daughter was very pleased to see the picture as Ann was her godmother. **Jack Rossiter**
- Although I don't specifically recall meeting Robert, I do remember the name and his presence at various races. How nice to think that his best time was achieved at the race that Pete organised in Lynn. **Cath Duhig**
- Many thanks for this warm and well-deserved tribute to Robert de Wolf. RIP. **Sandra Brown**
- Thanks Dave for an excellent eulogy of Robert who was a tough competitor and always did his best in the 12 or so 100 miles races he competed in with his RWV comrades. It's sad news of his passing and all sympathy to his family and friends. **Chris Flint C849**



COMPETITION WINNERS

This Competition has now closed and we can hereby declare our 3 winning entrants as: **Tom Dooley** from San Carlos, California, USA, **Chris Foster**, from Cheshunt, Hertfordshire and **Tony Perkins** from Cressing, Essex. Each wins an autographed copy - by the author of "The Run of Life" - Surrey Walking Club Centurion 768 Steve Till, who kindly donated these prizes. If unlucky, you can still purchase at a competitive price on the Amazon UK website. Congratulations to our winners and thanks to Steve for his kind gesture.

GOING DOWN

Enfield Town FC, with whom we share the Queen Elizabeth II Stadium in Donkey Lane - and share social facilities such as an upstairs Club Room - have been relegated from the National League South and will play next season, under the services of a new Manager, in the Isthmian League Premier Division. This means the area will be slightly less busy as lower league football is where the action now is. We wish the Club well in their new surroundings.



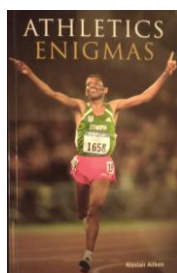
Dear Dave ...

Mrs LENA O'RAWE - TRIBUTES

- Mum used to love those 100 mile events ... always cheering on all with her broad Scottish accent! She was the main supporter for the O'Rawe clan in all of their activities ... I could always hear her shouting at me when I was in the boxing ring 😊. She will be missed. Unfortunately her request was for no funeral or wake ... only a small gathering for family. Thanks again and take care. **Andy O'Rawe**
- I'm very sorry to hear the sad news of your Mum's passing. She was a wonderful lady whose support for the ultra-distance walkers was always so welcome, and helped me in my numerous attempts at the 100 miles. Deep condolences. **Chris Flint C849**
- Thanks for posting that. Such a lovely lady. **Steve Kemp**

WALKERS IN PRINT

For your interest, Roger Mills, Steve Allen and myself are mentioned (see photo right) in Alastair Aitken's book Athletic Enigmas published in 2002.



[Athletic Enigmas: Amazon.co.uk: Aitken, Alastair: 9781857766035: Books](https://www.amazon.co.uk/Aitken-Alastair-9781857766035-Books)

Steve Kemp

Runners who walk

Steve Kemp is one who has changed his event from running to walking and then back again to running, as a veteran. At Birmingham University he was on the table tennis team, then he became a sub-1:57 800m man, ran 2:29 in the London, became a good club walker for Southend AC and at 40, took up road running again in 2000. He came second in the Insurance 10 miles Championship at Battersea followed by second veteran in an Italian marathon.

In 1999 Steve Allen, won the Essex League and Veterans AC road walk at Eastway and a short time after, on the same day, was placed third overall in the Vets AC 5k road race championship, behind Richard Holland of Woodford Green and Stuart Littlewood of Hercules, who was first over 45. Shortly after that event Steve Allen ran 2:41 in the New York Marathon. Postman Allen, who works for the GPO, does his training around the roads near Mount Pleasant, at 2 o'clock in the morning. He sees the last people spilling out of the night clubs. He also has been learning the routes for a future additional job as a black cab taxi driver.

Roger Mills, the European bronze medallist of 1974, over the 20k walk, managed to blend being a 54 minute 10 miler on the road in the spring with international race walking in the

ONE MAN'S SATURDAY MORNINGS

Very interested to read your piece about parkwalk. For some reason they don't put a capital letter on parkrun or parkwalk. As you are aware, I officiate at Barclay parkrun in Hoddesdon every Saturday morning where walking is encouraged. This event has been going for 10 years and this coming Saturday we will be celebrating our 500th event, and we are expecting a good attendance. I have been working with a local journalist to get this piece in: inyourarea.co.uk/news/popular-parkrun-set-to-celebrate-milestone-500th-staging

Chris Foster

Adds Hon Ed: Middlesex County individual medallist Chris race walked for the Borough of Enfield Harriers (as called in his time with them), Loughton AC (2nd Claim) and Metropolitan Police Walking Club. He's twice been an after-dinner speaker/entertainer at annual MPWC Dinners & Reunions.

DIARY DATE - ANY WALKERS BEING NOMINATED

Just to let you know that the Hall of Fame will be on the 21 November at Hilton Metropole NEC, Birmingham. Tickets will be available to purchase from 1 September through Eventbrite.

Alison Potts, Events Manager and Executive Support
www.englandathletics.org

WRITES AN ESTABLISHED READER

Many thanks for another bumper edition and for including the photos around the Brighton Road and the request for any information from readers. Sad news about Iain Lindsay who joined the club about the same time as we did. I was "unattached" (in athletics terms at least) when I qualified as a Centurion at the very enjoyable Leicester 100 in August 1982. We then joined SWC and Richard was a SWC member for his qualifying race, the 1983 Ewhurst 100. Sandra was firmly told this was a men's race, but the committee did allow me and other ladies to walk in the 1987 Ewhurst race.

Sandra Brown

**POSER?**

Do you think we are likely to have any UK representatives in the soon Summer coming Commonwealth Games in Glasgow 2026 in the 10 Kms Race Walk Men and Women? Opposition likely to come from from Australia, New Zealand, South Africa, Ethiopia, India, Malaysia and many other possible Commonwealth entrants. What is the UK qualification times for Race walking in the forthcoming Commonwealth Games?

Bill Sutherland

Adds Hon Ed: [England-Athletics-Commonwealth-Games-2026-Selection-Policy 120525b.pdf](https://www.englandathletics.org/selection-panel-will-confirm-athletes-on-15-june)

Selection panel will confirm athletes on 15 June. Qualifying standards for the 10km walk are: 47.15.00 for women and 41.30.00 for men.

SOUTHERN COUNTIES VAC TRACK & FIELD LEAGUE 2,000M

Good result, a 1 and 2 for Ilford. I was first in 11-53.8 and Steve Crane second in 12.00. These are not official result times, they are taken from the stadium clock so may not be the same as the result (which I haven't yet seen). It was a very chilly evening with an unpleasant cold wind.

The lead was taken by a new walker from Barnet, who I've not seen before, but Steve Crane took over after about 300m and built a lead of about 30-40m which he held pretty consistently until the last lap. Steve Uttley might have closed slightly before then but it was still a safe gap. However, in the chilly conditions Steve Crane's legs and shins began to tighten up badly and he slowed in the last 250m or so and was overtaken by Steve Uttley at the start of the finishing straight. Nevertheless a successful night for Ilford in the walk with maximum points. A nightmare journey by the way and my navigation app directed me through multiple back streets because the industrial estate seemed totally gridlocked and stationery. It also took me around 20 mins to get off the motorway and around the roundabout at the top of the A10 which was also almost totally gridlocked. It took me 2 hours 15 minutes to get there, which is about 45 mins more than normal.

Steve Uttley

Adds Hon Ed: This account refers to a Lee Valley Track meeting on Monday 11 May. Of four meetings comprising an initial League phase, two feature 2,000 metres' walks (M/F O35 and U50) both at Lee Valley (meetings 1 and 3). It's important all Clubs with race walkers support this League, as it puts our athletics discipline on during general meetings - so we can display what we can offer. Over many years we've had race walking recruits who've first tried our event on such occasions. Steve Uttley showed commitment by an extended journey from North Oxfordshire to race just 5 laps of the track - much appreciated! Good to see Steve Crane leading the way for much of the race - readers will vividly recall his many impressive past performances - well done!

WHO REMEMBERS MOTSPUR PARK?

At an athletics cinder track no longer with us - let picture provider (Brian Keegan) take up the story: Picture for your collection I think it was the Surrey 2 miles or 3,000m walk championship and Paul is probably lapping me!! No beard so 1966-ish! One is Paul Nihill overtaking, don't know the other and of course the beardless Keegan at the back. I think probably Motspur Park Surrey Championships 1965 or 66. The other - I suggest readers write in - he was from Surrey Walking Club judging by the vest.

Brian Keegan

Adds Hon Ed: Thanks to a number of readers who identified **Malcolm Wishart**. Brian mentions 2 possible years: '65 and 66. On an informative Surrey County Athletics historical website, medallists at Motspur Park were: 21 May 1965 **Paul Nihill** SWC 13:26.6, **Gerry Grosse** London Vidarians 15:19.6, **Keith Read** SWC 15:23.4 and 29 May 1966 **Paul Nihill** 13:19.6 SWC (Surrey Championship record), **John Knifton** Bels 14:35.6 and **Peter Selby** SWC 15:12.4.



OSCAR WINNING "CHARIOTS OF FIRE" EXTRA RECALLS

Yeah, one of the likes of me who probably read the two tiny lines at the foot of an AW page, asking for extras ... At the time it sounded like 'extras needed for the 1924 pogo-hopping contest.' Have dined out on answering that nondescript request, lol! Two days work: £60, and all the beer I could load into the back of an Austin 1100. They were moving locations and needed to jettison the leftovers!

Paul Warburton

COUNTY CHAMPIONSHIPS

Thank you for making the race walks at the Bury Steeplechase Festival your county championships again this year. Results are now on Power of 10 and Open Track [Start Lists / Results | Steeplechase Festival](#). This is the 3rd year that we have provided a combined counties championship. We had 22 entries (up from 10 in year 1) although 4 did not start. It was notable that we had 8 Juniors taking part - 5 from the Newmarket and C&C clubs reflecting coaching activity in the region. Medals were awarded to athletes from Cambs, Suffolk and Essex. Middx medals will be awarded at a future ERWL fixture. It was great to be part of a

bigger athletics event especially for juniors and their parents and we hope to continue collaborations in future.

David Annetts, Cambridge & Coleridge AC, Hertfordshire County AAA

Bill Sutherland writes: "Well done to all who took part and the Officials. Let's hope that this develops into seasonal Area Youth and Junior Championships and National Junior 1 to 5 Mile Race Walks or the metric equivalent as we have today and beyond. As I remember it from way back in 1963 that is where we started with many developing into GB International Status. From small acorns mighty oak trees may grow as the saying goes!"

GREAT RACE WALKERS MEET

Waiting to fly out of Bristol early Monday morning I had several catch up chats as I kept bumping into Steve Johnson ex-Splott Conservative RWC after he first recognised me and came over! Great trip down memory lane! His best 20k was 89:something, mine 93:45 as South West champ (Max had fallen foul very early on!). Steve's best 50k was 4:23 something whereas mine was 4:28:14. The only time I ever finished in front of him was in Plymouth when I had a blinder in the National 30km. Happy memories!

Ed Shillabeer

Adds Hon Ed: Readers will remember when Ed and Mike Holmes met up beside a Devon road, when the latter had broken down - and Ed stopped to assist. Two greats who'd both won British 100 Miles races. Neither recognised the other until Mike asked for Ed's name as he wanted to write a letter of thanks. Ed give him a business card with Edmund Shillabeer Veterinary Surgeon on it. "You're not **the** Ed Shillabeer are you?" asked Mike. Very much so - but what a tale to tell.



NEW EMAIL NOTIFICATION

Fellow Walkers, you can now let us have updates, etc by:

- email to Peter.Cassidy2811@gmail.com
- SMS to 07745 371742
- speaking to 01277 220687
- post at Hufflers, Heards Lane, Shenfield, BRENTWOOD, CM15 0SF.

Thanks for your patience and our apologies for any bother that this business may have caused you.

Peter Cassidy and Pauline Wilson

ON DISPLAY

Dad's trophies and medals have now been put into a forever home at my house in a glass cabinet.

Michael Holliday



ESSEX WALKER

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