Issue No: 467 **October/November 2026**

Essex Walker

Editor: Dave Ainsworth

YET AGAIN OUR BEST SUPPORTED ESSEX EVENT

A most successful morning at an all-day well supported athletics meeting on a newly marked-out Garon Park track. For nearly 20 years the Southend Mile has truly established itself. 22 completed the race, so equalling last year's total (record is 23 in 2013). It was nice to see Centurion 791 **Alan O'Rawe** making his first appearance since a June heart attack - he was a most popular attendee, as was son Andy who'd brought him along. Alan came to perform a duty - as most years he presents the "George Woods Trophy" to our best placed Essex Centurion - this donated by a sporting O'Rawe family in honour of the one-and-only George, an esteemed Southend Centurion (No 683) having qualified in 1979 at Ewhurst. Alan, who presented this award, had previously won it on a number of occasions. This year Shoeburyness Centurion No 963 **Chris Cattano** retained the trophy (see photo right). Chris, who qualified in 1999 at Battersea Park, has completed 100 miles' races on **both road and track** - he also appeared in last August's Centurions Centenary relay on Lewes track. Good to see Andy who was a big player on our County's race walking scene, being a former champion of note over different distances, who has represented his Country at both athletics and amateur boxing. As well as Andy giving encouragement was Centurions Social Walks Secretary Steve Kemp - who didn't race walk as he *"kept his power dry"* for an 800 metres shortly after our event finished. Steve qualified as Centurion 1075 at Newmarket's Rowley Mile racecourse in 1999 in a race which, at midnight, saw an arrival of his birthday date - when his helpers and supporters filled plastic cups with champagne and passed them around to all within distance of his feeding table. A couple of passing bemused spectators from The Netherlands suddenly had cups of drink given to them - they didn't know who he was, but still heartly raised a cup to celebrate Steve's birthday as he sped by on route to success. Also appearing in another event on the card was Pat Brightman of Great Yarmouth & District AC. After completing a walking race she lined up for a 100 metres' dash. Such was this meeting's success, many walkers stopped for some time to enjoy the occasion. And what a pleasure to meet-up with one of our race walking greats - as Basildon AC member Olly Flynn gave his support and Janet took pictures (which were widely circulated). 1976 Montreal Olympian Olly was the 1978 Commonwealth Games 30 Kilometres Walk gold medallist when clocking 2:22.03 in Edmonton, Canada (Brian Adams and Amos Seddon were 4th/5th respectively). Olly has often attended this meeting and was present in 2013 when 3 Commonwealth Games gold medallists were present - the meeting was halted as Olly, David Moorcroft and Ron Wallwork were introduced to the crowd (yes, this meeting always pulls crowds) on the home straight where many photographs were taken. Another great friend of race walking present was long serving Enfield & Haringey Official Ray Penton who officiated the long jump. Up front Phil Barnard completed a hat-trick of victories to add to his 2013 success. Leading lady *(and 3rd overall),* as so often, was current track record holder Melanie Peddle with a previous track record holder Emma Dyos close behind for 2nd. Regular participants Val and Linda Mountford extended their long sequence of August Bank Holiday appearances - long may it continue! As ever we benefitted from having 2 stalwart Officials ensuring fair play - Peter Cassidy and Centurion 798 Pauline Wilson. Peter gave an informative Chief Judge's pre-race talk and covered the back straight while Pauline adjudicated the home straight**:** our profound thanks to both worthies. A vote of thanks to one who yet again proved Organisation is his forte - Keith Palmer - whose wife Emma again competed with enthusiasm - and also to Club stalwart June Cork for an always spot-on enthusiastic accurate



commentary. A **full result sheet** is published in this issue. An extended number of trophies was covered in our last edition - it's nice to see an event which keeps growing in interest. This year, like last year, saw 22 finishers - one short of the 2013 record of 23. If you missed out this year, try to get along next time!



Southend Mile start with winner **Phil Barnard** (right) quickly into his stride closely followed by 1st Essex Centurion **Chris Cattano** (behind) and **Emma Dyos**.

*Photo supplied by **Keith Palmer**.*

ORGANISER's THANKS

A really successful day, such a relief after the immense work that goes into it. Glad you enjoyed it, and thanks for your support yet again. ***Keith Palmer***

- Very pleasing entry for the hard work by June Cork and others. Onwards and upwards as always! ***Bill Sutherland***
- Thank June from me for the enormous effort she put in to give Race Walking such a boost on the day. June did us proud. ***Olly Flynn***
  Adds Hon Ed: June's commentary, as always, was brilliant - June's been Essex County's lead Championship commentator/announcer for decades. Keith Palmer organised a meeting with around 400 competitors - and took part (no mean feat).
- Thanks for photographs. June Cork and I looked at them together and agreed it's lovely to have a photographic record of the day. ***Steve Kemp***
- Nice to see a few old faces. Have attached a few photos taken. ***Andy O'Rawe***



Val (waving) and Linda Mountford



Hon Editor gets his 1st M75 medal (only 1 male athlete that old).



A trio of M60 medallists: 179 Steve Allen, 295 Colin Harle and Stuart Bennett



Some of Bank Holiday's Competitors and Officials post-race. Ex-International Olly Flynn is 3rd from the right (back row).

Photo supplied by Janet Flynn.

RESULTS OF CITY OF SOUTHEND AC OPEN 1 MILE, 31 August 2026, Mixed 1 mile

Position	*Athlete*	*AG*	*Club*	*Time*
1	Philip Barnard	M40	Ilford Athletic Club	07:38.78
2	Rio McAndrew	U14B	Newmarket Joggers	08:23.91
3	Melanie Peddle	W55	Loughton Athletic Club	08:42.10
4	Emma Dyos	W50	Brentwood Beagles AC	08:55.20
5	Sophie Blundell	U16G	Newmarket Joggers	09:04.05
6	Chris Cattano	M60	Southend-on-Sea AC	09:09.49
7	Colin Harle	M65	Belgrave Harriers	09:20.04
8	Stuart Bennett	M65	Brentwood Beagles AC	09:53.48
9	Lily-Ann Cooper	U16G	Newmarket Joggers	09:53.56
10	Linda Mountford	W50	Southend-on-Sea AC	10:04.81
11	Steve Allen	M65	Ilford Athletic Club	10:30.77
12	Richard Maskell	M50	Southend-on-Sea AC	10:38.35
13	Keith Palmer	M60	Southend-on-Sea AC	10:48.54
14	Rachel Lawless	W60	Brentwood Beagles AC	10:51.66
15	Emily Brewington	U14G	Brentwood Beagles AC	11:25.21
16	Ita Smith	N/K	Unattached	11:33.51
17	Carol Robinson	W50	Southend-on-Sea AC	12:24.82
18	Emma Palmer	N/K	Southend-on-Sea AC	12:36.01
19	Pat Brightman	W70	Great Yarmouth & District AC	12:52.13
20	Clayton Dickenson	N/K	Unattached	14:30.34
21	David Ainsworth	M75	Ilford Athletic Club	14:47.80
22	Valerie Mountford	W80	Southend-on-Sea AC	14:49.63

APPROVALS

Our previous issue published details of a proposal to celebrate the Centenary of the famous RWV (Holland) Club, who are so prominent in our UK distance events.

- We agree that this is a great idea and a wonderful way to mark RWV's centenary in 2028. We too would be delighted to take part. We hope that this initiative can be shared, at an appropriate time, with all Centurions 1911 with whom we have e-contact, as well as with clubs and event organisers. Dave Ainsworth would help to promote the event, and Centurion/ organisers like Ron Wallwork would I'm sure be interested and supportive. ***Sandra and Richard Brown, C735, C760***
- What a wonderful way to mark the 100th year of the RWV. I will certainly support the initiative and take part. ***Sue Clements C950***

- You may forward my interest in Frans Leijtens's plan for 2028. At the moment I don't know which club I will be starting for in 2028 if at all, but I would like to support the idea. ***Matthias Holtermann*** *matthiasholtermann@gmx.de*

NONAGENARIAN JOHN EDDERSHAW AT THE CHESS TABLE


Eddershaw used to be a champion racewalker and represented Wales and Great Britain

The Sheffield chess veteran still going strong aged 93 - BBC News

Our latest edition mentioned 93 year-old John Eddershaw playing high standard chess - as featured on BBC Regional Television news. Indeed, despite age he's still classed as a *"High Board Player" who* competes in quality tournaments all over the country.

- I think John has the lowest Centurion number of those still alive. Do you know of anyone with a lower number? ***Chris Bolton***
- How cool is that?! ***Cath Duhig***
- That's great to see. Trust the good Lord doesn't visit anytime soon and John has many more playing years ahead. I love John's seemingly no nonsense approach to everything. Once upon a time I saw big John frequently; it's been a privilege to know him. ***Chris Maddocks***
- What an inspiring and uplifting piece! Many thanks. Great to see John in action at the chess board and still going strong. Great article about a remarkable man. ***Sandra Brown C735***
- Brilliant and he was such a stalwart and is a thoroughly nice man, also as hard as nails. ***Paul Blagg***
- A wonderful article. I would like to send him my regards. ***Oliver T Flynn***
- Brilliant. On one of the occasions he walked the Plymouth to Dawlish race, he came to a Plymouth Philharmonic concert the night before because he is musical as well. ***Ed Shillabeer***
- What an incredible human being John is, as a Great Race Walker for Sheffield United as well as his cricket umpiring. He is a real inspiration to us all and long may that be! ***Bill Sutherland***
- Thank you so much for this. When John says never give in, never, never, never, it reminded me of this …"Aye, it takes a hard man to do both," said John Eddershaw of Sheffield United Walking Club, as I pulled out of the 1983 National 50km race walk championships, two weeks after just about completing the Surrey 100-mile event. That comment cut deep – I thought I was hard! That race was my first DNF!!!!!!! ***Steve Till C768***
- Wonderful. What a great bloke. Our views are at variance but no matter. He was always so welcoming. ***Tony Taylor***
- Thank you for forwarding this article, whenever I met John, particularly at races, he always encouraged me. ***Kevin Perry***

F I X T U R E S and D I A R Y D A T E S (October to end December 2026)

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

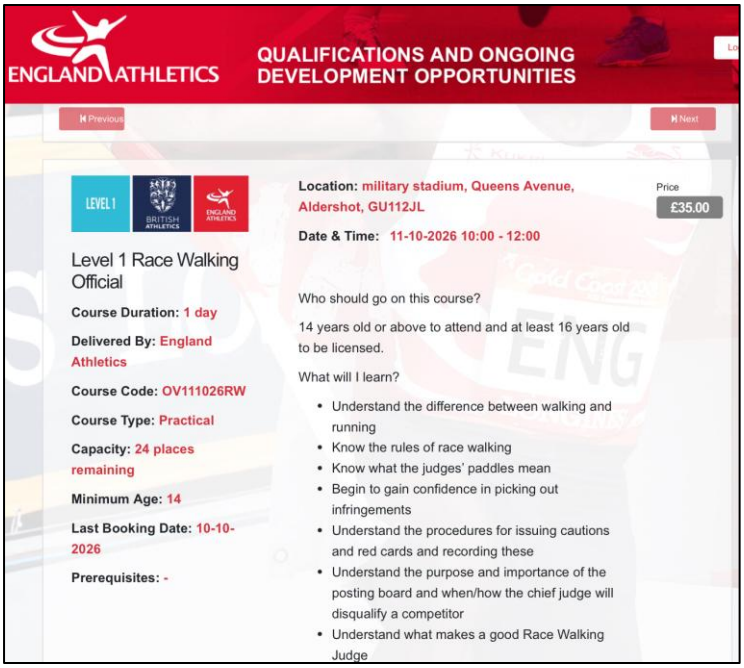
OCTOBER	3	Enfield League 1 hour	Cambridge Uni/Wilberforce Road	1.30pm
	4	Cambridge Town-and-Gown Run (race walking permitted)	Cambridge Midsummer Common	10.00am
	11	Level 1 Race Walking Officials Course (see advert below)	Aldershot	10.00am
	17	Combined Counties (incl Essex) 10,000 Metres Championships	Norman Park (Bromley)	1.15pm
NOVEMBER	7	Lancashire Walking Club **Open** 5K (followed by AGM)	Simister	TBC
	12	Ilford AC Walkers Pub Lunch Get Together	"The Bull", Romford Market Place	1.00pm

	13	RWA Southern Area Committee Meeting	*"Zoom"*	6.30pm
	13	RWA Southern Area AGM	*"Zoom"*	7.15pm
	14	99th Enfield Open 7 Miles/ Enfield League/VAC Championship + 1,2,3 & 5 Miles	Donkey Lane	10.30am
	21	England Athletics "Hall-of-Fame" Induction Evening	Birmingham NEC Hilton/ Metropole Hotel	6.00pm
DECEMBER	20	Dublin Grand Prix of Racing	Dublin	TBC
	26	City-of-Southend AC Pier Race 2 Miles (mile-out-and-back) Yacht Handicap	Southend Seafront	10.00am
	26	*Brighton Boxing Day Walks 4 x 1 mile	Preston Park	10.30am

NOTES

** Awaiting confirmation*

- 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.



Level 1 Race Walking Official Course Information

SAD OUTCOME

Over the years a number of race walkers have competed in annual well-supported Great North Runs. On 13 September two runners - both aged 25 - were taken ill on the course and so sadly passed-on after treatment. Our profound condolences to both men's families.

HAPPY 80th to ADRIAN JAMES

This Enfield & Haringey and Stock Exchange AC former International of note celebrated an **80th** birthday on 23 September. Adrian was a true *"all-rounder"* in race walking appearances - as he always gave a good account of himself from short track sprints to a long distance road walks. Adrian was a serious contender for 1980 Olympic selection. He was our 1982 National 50K Champion at Leicester breaking the tape in 4:14.11 as the host Club took team honours. In respect of 50K events he relished an infamous 5 circuits Basildon course as his remarkable times show. In 1977 Enfield won the National 100 Miles Relay as each member completed 10 miles, held on Chelmsford's Melbourne Park dusty cinder track - Adrian was one of their 10 who set a new 12:52.14 World record. The 10 miles were done in 1 mile legs on rotation. Adrian was fastest in their team with an average 7.05 per mile. At York in '76 Borough of Enfield Harriers *(as then called)* won our National 10 Miles Championship - Adrian was a key team member (4-to-score) alongside Amos Seddon, Graham Scott and Hamish Stewart. Up front Essex star Olly Flynn won in 69.59 so retaining a title gained a year earlier at Southwick. Adrian joined that

exclusive club of athletes to go under 8 hours on a 52.2 Miles London-to-Brighton Walk. He did so on 1 June 1985 when clocking 7:55.27 - that day the previous year's winner, Southend-on-Sea AC (as then called) Vice President Ken Rodrigues (now based in France), was 2nd. Ken made the frame in 7 consecutive L-to-B race (1982-to-88 inclusive). Steve (Sid) Bishop came 3rd. Adrian led them all into Brighton again on 30 May 1987 in 8:28.18. Adrian now an octogenarian - **a true legend**.

REMEMBER SEB?

Seb Parris enjoyed a successful spell with Ilford AC's Walking Squad in the last decade, becoming an Essex County Champion at our athletics discipline. He's doing very well at running and well on his way towards joining an esteemed list of runners who've completed 100 Marathons. Among those with Essex race walking connections having passed that mark include the late Jerry Everett, Kim Howard, Eddie Trotter and Andrew Wilmot. Seb was chosen to lead off Ilford's mixed gender team in the early September *"Essex Way"* covering 82 miles in 10 legs from Epping Underground Station to Harwich's Old Lighthouse. The opening leg was 7.5 miles from Epping Station-to-Chipping Ongar. Ilford's "Great Ten" achieved a high 6th position from 70 teams - and celebrated with a fish and chips meal at journey's end.



Photo: Seb Parris at the start. Supplied by Billy Green.

RYAN CUP RESULT

Glyn Jones PSUK Athletics Section (Race Walking) has attached the results (right) of the fixture held at Evesham Velo Park on 24 September, and thanks those who supported the fixture.

PSUK Race Walk Championships (10km) **Police vs Civil Service (Ryan Cup)** **Civil Service Championships (10km)**	**Evesham Velo Park, Evesham, Worcs** **Thursday 24 September 2026**

Civ/Ser	*PSUK*	*Pos*	*Name*	*Force/Service*	*Time*
1	1	1	Martin Slevin	Dyfed Powys Police/MOJ	62.57
	2	2	Colin Harle	Met Police	64.31
2		3	Manuel Nicolaus	DEFRA	65.34
3		4	Steve Uttley	MOJ	67.03
4		5	Jason Holt	HMRC	71.02
5		6	Mark Culshaw	DWP	73.08
	3	7	David Wilkinson	Lancs Police	76.08
	4	8	Steve Broadbent	Lancs Police	78.13
6		9	John Hall	DEFRA	83.44
	5	10	Dave Watkinson	Lancs Police	84.20
	6	11	Chris Flint	Met Police	91.15

RYAN CUP	**1st**	**Civil Service**	1, 4, 5, 7 = 18pts (1st Team on count back)
	2nd	**PSUK**	2, 3, 6, 8 = 18pts
PSUK	**1st**	**Lancs Police**	12 pts
CIVIL SERVICE	**1st**	**MOJ**	4 pts (2 scoring)
	2nd	**DEFRA**	4 pts (2 scoring)

Note: Martin Slevin (1st) qualifies also for Civil Service (Ministry of Justice) but not scoring for Ryan Cup.

5km Championships (Women)	1	Alexsandra Majewska-Ani	HMRC	30.34
	2	Maureen Noel	MOD	32.54
	3	Celia Cordran	Met Police	35.27
	4	Geraldine Legon	HASSRA	38.35
	5	Jane Hodge	HMRC	38.55
	6	Ann Crofts	Lancs Police	4757

CIVIL SERVICE	**1st**	**DEFRA**	6 pts

RWA 200 CLUB WINNERS

Top prize of £25 went to Surrey Walking Club and Centurion **Nolan Simmons**, 2nd prize of £15 was won by Southcoast stalwart **Ron Penfold** with still racing **Ed Shillabeer** winning £10. Please consider joining as all profits go towards race walking. Its £12 yearly which gets your name into 12 monthly draws. Details from RWA Secretary Colin Vesty**:** see him at the meetings or contact hm on rwasecretary@yahoo.co.uk

BLAST FROM THE PAST

After years - indeed many years - Rainham-based *"Man of many Clubs"* **John Perkins** got in touch. 'Character' John disappeared from the scene around London Olympic time. I was phoned out-of-the-blue. John had little to say but had some good news, in that his long suffering vertigo issues had been cured. Our more established readers will well recall his antics. *We wish him well.*





400 NOT OUT

Congratulations to **Fiona Bishop**, who supports many races throughout the Home Counties with regularity. Fiona's appearance in a September parkrun at Woking was her **400th** completion, in which she came 123rd out of an impressive 419 competitors. Post event celebrations included cakes all round - specially baked ones with "400" on their icing! In reporting Fiona's 400 runs, the Woking parkrun website notes that "whilst Woking is her home she loves to travel and in the process has clocked up 199 different events!" On behalf of all our readers we say **"Well Done"** to Fiona.

TURNING THE PEDALS

On 13 September John Fernandez and Dr Kitty Hung - the latter a hard working Metropolitan Police Walking Club Honorary Secretary and organiser of the Club's Annual Buffet and Reunion in Central London - both completed a long established 55 miles' London-to-Brighton Cycle Ride. Congratulations to both worthies.

A GOOD GUY

Wakefield based tough athlete **Guy Goodair** celebrated a **90th** birthday on 29 September. A still active nonagenarian appears in Masters Orienteering events with success which earns him age-group medals. Guy's a triple Manchester-to-Blackpool winner**:** '65/65/73 with his fastest over a 51 and 3/4trs miles' course in the latter race with 8:09.45 on the stopwatch - in times when big names always graced its start lines. He qualified as Centurion 327 far back in a '62 Leicester-to-Skegness event when clocking 21:07.00 with Wakefield Harriers, who enjoyed many years as a top Club capable of gaining National medals. Guy had the kudos of being the member with the lowest number at a Centurions AGM. Not one with Essex connections, as far as we know, but one much admired by our readers - who congratulate Guy on reaching this *milestone* birthday.

GOLD RUSH AT THE BRITISH MASTERS CHAMPIONSHIPS!

It was almost gold medals all round, in their age groups, for the Southern athletes in the recent 3000m and 5000m races in the British Masters Track & Field Championships in Derby.

Gold medals in both distances for:	Gold medals in the 3000m for:
Grazia Manzotti Tonbridge AC	**Marcin Wojtowicz** Winchester AC
Susan Payne Aldershot, Farnham and District AC	**John Borgars** Hertfordshire Phoenix AC
Colin Harle Belgrave Harriers	Gold medals in the 5000m for:
Steve Allen Barnet and District AC	**David Annetts** Cambridge and Coleridge AC
	Ian Richards Steyning AC

Plus a silver medal for **Melanie Peddle** Loughton AC in the 3000m.
Full results are at: Start Lists / Results | BMAF T&F CHAMPS 2026

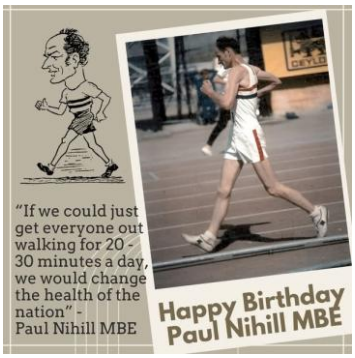
UP NORTH

Former Southend-on-Sea leading light **Chris Bent** appeared in Race 6 of the Yorkshire League on 20 August at Milhouses Park in South Sheffield. Chris (Buxton AC) won the 5k race from Unattached participant Graham Hibbert with well-known Tony Bell 3rd. A result sheet plus race report is published in August's "Race Walking Record" which most of our readers

receive. Congratulations to Chris who, despite leaving Essex now long ago, is still much remembered for his sterling efforts and racing success.

THE GREAT PAUL NIHILL MBE - HIS 87th

Saturday 5th September would have seen Paul Nihill's 87th birthday, had he not sadly bowed out in December 2020. What would have been a birthday occasion was celebrated with a Facebook entry and the raising of glasses at Faversham Hop Festival in Kent by his daughter Clare and her family.



Writes Clare: *"I run dad's Facebook page. I'm having a drink for him today at Faversham Hop Festival. Enjoy your weekend."*

CENTURION 966 JO LEIJTENS

At an advanced age, Centurion 966 **Jo Leijtens** of the famous RWV Club (Holland) passed away in his sleep after suffering a spell of lung cancer. He joined the British Centurions in August 1999 in Surrey Walking Club's Battersea Park promotion when clocking 23:30.26. Son Frans had qualified in August 1996 in a London Vidarians event held at Colchester's Lower Castle Park when clocking 23:36.14 to become Centurion 949 - Frans is currently a most enthusiastic and active Centurions Vice Captain. Jo was late into competitive long distance race walking, having been active ealier in both billiards and football. He was a public spirited man who received awards for his community contributions and commitment. Among his favourite events was the challenge of 4-Day Nijmegen Marches - his range was such he raced a good 3K at Vale Parish on Guernsey at an advanced age. Like many RMV members Jo joined the Continental Centurions in 1995 at Sint Oudenard when finishing in 23:35.28. All readers will send profound and sincere condolence to Frans and his family members. ***DA***

DISTANCE SUCCESS

Two of our readers have covered vast distances while competing in September's EMU 6-Days Ultra Event in Balatonfured, Hungary. Both **Kathy Crilley** and **Dave Hoben** have contributed much to race walking administration by taking on various tasks over many years - both have again proven that they've got what it takes to excel in *"long-uns"*.





Kathy covered 336.765 kilometres - during which a birthday was celebrated during the penultimate day's action.

Dave accounted for 331 kilometres.

Well done to the hardy duo!

WORLD MASTERS CHAMPIONSHIPS

Congratulations to **Steve Allen** of Barnet and District AC – winning gold in his age group in all three of his races (10k road, 20k road and 5000m track) at the recent World Masters T&F Championships in Daegu, South Korea. **Ian Richards** of Steyning AC also won silver in his age group, again in all three of his races. Together with **Ian Torode** of Birchfield Harriers, Ian and Steve also won gold team medals in the two road races. Well done to all of them! Full results here.



Photo: Steve receiving gold medal at 10K World Masters Championships ceremony.



IN SHOT

On Thursday 3 September former Ilford Athletic Club race walkers from as far back as the '60s, 70s and 80s met up for a reunion pub lunch and drinks at "The Bull" in Romford Market Place - a venue outside which well supported "Romford Brewery 3 Kilometres walking races" started and finished in past decades. Organised by Tony Perkins, a common link was that all present had completed epic 52 miles' London-to-Brighton walks. Many tales and yarns from past athletics meetings were brought to life as past years were well recalled. Messrs Ainsworth, Allen, Barber, Neagle and Perkins completed 100 miles races during their active years. Perkins

Picture taken by Deidre Rodrigues. L-to-R Back row Len Ruddock, Tony Perkins, Brian Armstrong. Front row: Dave Neagle, Steve Allen,. Dave Ainsworth, Alan Barber.

AWARD FOR PAUL WARBURTON



Belgrave Harrier and 2nd Claim Southend-on-Sea (as then called) member **Paul Warburton** is a finalist in a *"Sports Show-of-the-Year"* category at the annual Radio National Community Awards to be held on Saturday 24 October at "Gas Street Central" (41 Gas Street, Birmingham) commencing 7pm. Paul presents his "Sportsweek Programme" on Cornwall-based Coast FM, which is one of 5 finalists in the category from 50 nominations. Paul also presents a regular Wednesday evening music show, which you can enjoy online if residing outside of Coast FM's transmission area. He was a leading light in a talented Belgrave racewalking squad when they were *"big time"* on our National athletics scene. He made good as an athletics journalist in National publications as well as frequenting press boxes at West London football grounds. For quite a while Essex Walker gave him a nickname of *"Scoop"*. We congratulate Paul on having his media talents recognised and wish him well on presentation evening.

- Nice to hear the really good news on Paul Warburton. He has really made his mark in local broadcasting and journalism and I really hope he receives the top award he so richly deserves. ***Bill Sutherland***
- Amen to that. I remember how he got cheap digs in Barcelona for the Olympics! Always liked the guy. ***Ed Shillabeer***

ESSEX WALKING HISTORY ON OFFER

Hon Ed has 4 decades of past "Essex Walker" editions (in paper form) available for any local athletics historians - or others - for free. Just contact the Editor (details on back page) to arrange collection or handing over at a meeting or function. First come first served! ***DA***

Dear Dave ...

TRAFFIC WARNING

Saturday 3 October - Enfield Walking League Fixture 8 The Hour Race incorporating 1000m, 2000m and 3000m Walks

This year's fixture will take place on 3 October in Cambridge at the University of Cambridge's track. All walks will start at 1.30pm and all walkers will be stopped after exactly one hour.

Registration is from 12.30pm in the Arthur Marshall Room in the Pavilion. The Cambridge University Track is located at the University Sports Ground, Wilberforce Road, Cambridge, CB3 0EQ.

NOTE: Wilberforce Road is blocked halfway between the main road and the track so it is best to approach via Grange Road and Adams Road. If using satellite navigation use the postcode CB3 9AD or "16 Adams Road, Cambridge". ***Tracey Wilkinson***

KEN ROOST RIP FURTHER TRIBUTES

- I would have made the journey to Ken's send-off, as I am sure you would have. ***Jack Rossiter***
- Thank you for the notes of the service for Ken. Quite emotional. Must have been a lovely service. A lot of his dates and mine closely align. Reminds me that time is passing for us all. ***David Guilfoyle*** (85 and a quarter)
  Adds Hon Ed: David's a former RAF walker who raced with Ken. Ex-Servicemen would been *"On Parade"* in numbers had Ken's funeral service been open to all.
- It is sad indeed but to read the history of Ken is quite inspiring, thank you for your research and helping us to remember what a memorial Centurion he was and how active he was in athletics. ***Kevin Perry***

2030 COMMONWEALTH GAMES STADIUM

Thanks very much for the latest issue of Essex Walker. Wow, it's going to be a very impressive stadium the athletes are competing in, at next time's Commonwealth Game (with a capacity of about 130,000). ***Peter*** (Highgate Harriers Newsletter Editor)

Adds Hon Ed: Referred to is Narendra Modi Stadium in Ahmedabad (India) - the World's largest cricket ground, which will be a 2030 Commonwealth Games focal point.

FROM A REGULAR CONTRIBUTOR

Thank you for all my inclusions and photograph in a giant wonderful Essex Walker covering the GB v West German 35 Kms International in Athletics Weekly, the Bible indeed! I would have done much better if I hadn't won the Colchester to Ipswich 17 and one third miles by 5 minutes from Charlie Fogg in 2nd fastest time ever 2.11.30 2 weeks before, then had to defeat Charlie Fogg on his home course 20 Miles at Enfield a week before in 2.39.20 behind Shaun Lightman to receive selection for the 35 Kms the following week. Much more difficult to earn a GB International Vest in those days. Also in the GB versus USA 20 Kms at Battersea Park in summer of 1969 I was only brought into the team the night before. However it was 3rd time lucky later in August 1969 when I was the surprise winner at 20Kms in 1.31.10 defeating 2 Olympians from Mexico 1968 being the Great John Webb and Bob Hughes who were truly outstanding race walkers for GB in that era. Happy memories indeed!

I trust you enjoyed (Ilford AC walkers) a great meal at "The Bull" in Romford and look forward to your report and photograph in the future. I am finding leg and back massage regularly once a month a must nowadays. The stress and wear on the 5th and 6th vertebrae of the back by multiple years of race walking is immense causing many problems as we age. Another great addition of Essex Walker with many congratulations to all involved in its production. Do you send it through to the Athletics Weekly as you should as it gives a TRUE impression of Race Walking Past and Present? Well done again! ***Bill Sutherland***

NEWS OF WORTHY STALWARTS

- Just as we were packing up (after City of Southend Mile) Mike Jeffery, one of our Starters, phoned to tell me that our longest-serving member, Vice President John Tyler had died early Saturday morning (29 August). He was 95. He was Mr Pier Race, having introduced it to the Club in 1954, just a year after joining the Club.
- I did manage to grab a quick conversation with Alex Allen and told him we expected to see him here again next Bank Holiday Monday. His 100th birthday is 02.02.27.

June Cork

Adds Hon Ed: An out-and-back race along the World's longest pleasure pier is still going - racewalkers are invited to participate. Alex was a most welcome guest at the successful City of Southend Mile.

IN SHOT

Please click on link - you'll see wonderful photographs of Guernsey race walking which are a worthy tribute to stalwart Kevin Le Noury RIP - and pictures of several mainlanders! Guernsey athletics club have a another tribute: Kevin Le Noury tribute | Guernsey Race Walking : Sarnia Walking Club ***Rob Elliott***

- Adds reviewer ***Adrian James*****:** "Great pictures".

VILNIUS HALF-MARATHON RUN – 13 SEPTEMBER



My time was 1:35.09. I was dealing with my rheumatoid arthritis most of the year, had really painful shoulders so barely trained this year hence not impressive result for half marathon. ***Neringa Aidietyte***

- A former Ilford AC President speaks for all when stating**:** A very painful condition. We hope she makes a steady recovery. ***Bill Sutherland***
- Attagirl Neringa. Keep smiling while fighting the demons! Blessings. ***Edbanger C590***

IN THE PAST

Great EW, as always, and thank you for the mention and the Tom Dooley story. Talking of Roger Mills, he and you may be amused by this story … I remember when I was a fledgling race walker back in the 1970s. I'd finished down the field in a 10km race over in Essex. I happened to be leaving the changing room to walk round to the post-race refreshments in the church hall, at the same time as Roger Mills, who's from Ilford. Now, Roger was European bronze medallist in the 20km walk in 1974, and he had just won the race. I had seen him break the world mile walk record (6:08.9) at Crystal Palace that year. I had even asked for his autograph afterwards. He was my hero. I didn't dare talk to him. But he turned to me. "You know, Steve, I've been looking forward to this cup of tea for the last four miles," he said. And at that moment I realised – he was human like me!!!! ***Steve Till C768***

THANKS

Thanks for the nice words your wrote in the Essex Walker! I have so many good memories of visiting Essex! ***Hans van der Knaap***

JULIAN HOPKINS RIP - WORDS OF APPRECIATION

Thank you very much for your words of condolence. You have written an excellent article about Julian. Julian did continue race walking training. Up to a few weeks before his stroke he trained about 3 times a week. His preferred time was late evening. We asked him to carry our details in case of any mishap. Everything is now in place for his funeral.
Tribute to Julian Hopkins, 1944 - 2026 ***Ross and Vivienne Hopkins***



WELCOME CONTRIBUTION FROM JEANETTE



I suddenly thought you may be interested in what one of my sons has been doing.

Graham has started running marathons. He has completed the major 6, with Boston the last one in April. I often think that Mike and Stephen would have been so pleased to see this. I'm so proud of him. ***Jeanette Street***

Photos from Boston supplied by Jeanette.

Adds Hon Ed: Jeanette is the sister of International race walker Steve Gower and widow of top sports photographer Mike Street, whose excellent work was seen in leading publications. Jeanette is 2nd from left in the group photo.

TRUE RACE WALKING FROM YESTERYEAR

As there is a forthcoming Course for prospective New Grade 1 Judges to be held in October I would strongly suggest they tune into You Tube Ken Matthews and Paul Nihill in the 1963 Lugano Cup Qualifiers match held in Pescara in Italy (where GB won the Team Race) where they will witness no less than 12 mins 45 secs of TRUE Superb Race Walking. They will also see John Edgington and All Time Great Officials, Olympic Gold Medallist Harold Whitlock and Timber Woodcock of Surrey Walking Club whose idea it was to have Race Walking start in the 1966 Commonwealth Games. Great days indeed!

Bill Sutherland



STEVE HOLLIDAY RIP REMEMBERED

It's been a while since I have contacted you but just to let you know we completed a 10km charity walk to honour dad's memory. We got his last medal for his collection, we have raised over £730 for Cancer Research. Thank you for all the support and kind words from you and the articles in the newsletter. I've enclosed a few photos for you.



Michael Holliday

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

Please note that you may unsubscribe to the Essex Walker at any time by contacting the Editor.
Past copies of Essex Walker can be viewed online at: Newsletters - Race Walking Association