

# Essex Walker

Editor: Dave Ainsworth

## I HEREBY DECLARE

Peter Marlow, Olympian and Southend-on-Sea AC Life Member, has been re-elected to serve on the IAAF International Race Walking Commission until 2019, voting having taken place at the recent IAAF World Championships in Beijing (at which he officiated). Congratulations!

## ROLL-UP

This year's Essex County AA Indoor 1 Mile Walk Championship had just one entry ... what an image for Essex County race walking? Our Honorary County Walking Secretary Ray Pearce entered the Committee Room to argue for its retention, also getting Organisers to bring forward this race to a Saturday (so not clashing with the London Walks, which are traditionally held on the Sunday of that same weekend). Please readers, you have to support such initiatives ... and reward Ray's efforts, made on your behalf.

## THE ONLY FAIL IS ESSEX

Here's the result of your Essex County 10,000 Metres Championship, held at Southend's Garon Park Track on Saturday morning, 29th August: **1. Dan King (Colchester) 44 min 57.2 sec.** One scratched with good reason, from just 2 entries. These races are put on for you, and present were judges, timekeepers and recorders ... not to mention allocated track time for such an event ... to see just one competitor going around for what was - in reality - a time trial only. However, *all credit and profound thanks* to International Dan for keeping Essex walking alive at this County Championship meeting, and giving such a good account of both himself and our event. Essex Walking *failed*; apart from Dan and also another plucky entrant who couldn't be there. **Where were you all?**

## ESSEX TRIUMPH

Congratulations to Dominic King on clocking 12.07.14 at Bedford to win the Inter-Counties 3,000 Metres. Prospect Callum Wilkinson (Suffolk) was 2nd in 12.35.22 with Dan King completing the frame with 12.49.56 recorded. A quality race saw Ilford's Steve Uttley (Oxon) 10th/15.29.75. 10 finished/1 DNF/2 DQs. Alas no Essex ladies raced.

<b>GET</b>	We haven't seen Hilda Nyman much of late. The good lady had a foot operation, after which she needed 2 walking sticks, so mobility was reduced. However good progress means we can all hope to see her soon.
<b>WELL</b>	We're sorry to hear that former Woodford Green AC (as then known) star Ron Davis, now 85 and Bristol-based, has been in hospital for a knee operation. We wish Ron well and a quick return to full mobility. Ron served as RWA President (1981/82) and Chairman (1981/83). Until recently he raced in the Welsh Vets Championships!
<b>SOON</b>	We're sorry to hear that 4 of our readers have been unwell of late ... former International Andi Drake, Enfield League founder Martin Oliver, Lynn Carmody and great supporter Kath Sutherland. We wish this quartet all the best.

## ME OLD CHINA

A previous edition mentioned past Pednor Open 5 Miles' winners, one being Mick Sweeney. Mick was a successful competitor winning the Civil Service 7 Miles and many consecutive Post Office-in-Uniform races. Mick surfaced a few years' back (after years away from race walking) was seen at Woodford Tuesday Walks and a Mount Pleasant "In-Uniform" event. Now aged 59, he now teaches English Language to students in China! We wish him well.

## NEWS OF BRITAIN'S GREATEST EVER WALKER

Ken Matthews says he was most disappointed to read of Russian race walkers falling foul of drugs regulations. Ken also reported he had arthritis and a painful hip, for which he's on a waiting list for surgery. He now needs a walking stick to get about, and can no longer cycle. We all wish the great one well.

## ATHLETAU CYMRU/WELSH ATHLETICS

The Welsh Senior Men's 3,000 Metres' Championship was held at Newport's Spytty Stadium on a warm afternoon. Wrexham/2014 saw no entries, and 2015 fared little better as one name made the programme - to wit Dave Ainsworth, who duly won this title in 21.57.67. A combined event (Senior men and women/Under 17s men and women), saw 8 finishers headed by talented Bethan Davies of Cardiff AAC (tipped by Bill Sutherland for success in our previous edition). Bethan clocked 13.18.20 with Heather Lewis/Pembrokeshire Harriers 2nd in 14.05.64, having raced with an ankle injury, appearing only to "support the event" - an act appreciated by all.



An interesting Judges' Panel as 3-of-4 present were former Welsh Senior Men's 3,000 Metres Title holders - Martin Bell, Bob Dobson and Colin Bradley with best winning times of 12.11.4, 12.59.4 and 15.17.99 respectively. Colin was noted for walking then, after brief rests, racing at 5,000 Metres or 10,000 Metres or whatever else was on offer - and doing well! Had Jack Thomas officiated ... he usually does but was away from the Principality that weekend ... then 4 previous winners would have officiated (Jack's best Championship time being 13.59.2). What an example these worthies set ... as we often appeal for race walkers to take up officiating. Our 2015 victor acknowledged his title was a freak, as 2012/13 Champion Ken Bobbett was in Lyon and talented long distance man Chris Flint was at the Isle-of-man 100 Miles. Indeed in the 1960s, when this Championship was over 2 Miles, Ken won in 1967/68 with a best of 14.50.2. The meeting programme saw DA listed as "David Ainsworth of Guildford".

EW readers like history. Welsh Senior Men's 3,000 Metres Championships commenced in 1969. Before it was over 2 Miles and goes back a long, long way. Looking just at 60's, 2 Miles winners were eccentric Mel Pope in 1960, Mike Shannon (who still writes letters to EW) in 61/62 - best time 14.58.0. Other 60s winners were Roy Hart and Les Haines. And so to the 3,000 metres' era which saw Commonwealth Games Representative Roy Hart still the man to beat (best was 13.33). Southend's Dave Rosser won in 1970 with 13.54.2. As well as previous winners mentioned in the above paragraph, other gold medal winners include Aneurin (Nye) Tanner, John Eddershaw, Olympian Steve Barry whose best at Cymbran was 12.11.56, Gareth Holloway, Steve Johnson - in 1987 he set the Championship record at 11.45.77, Mark Williams, Cameron Smith and Reg Gardner. Many of our more established readers will recall them all!

### 2014/15 GREAT NOTLEY PARKRUN People's Volunteer Award goes to TONY PERKINS



<http://www.parkrun.org.uk/greatnotley/news/>

Tony has clocked up 50 volunteer sessions for his local parkrun and was recently the recipient of the people's volunteer award. Organisers reported on the award: "we received a lot of votes for this one, most knew his name, some didn't but we knew exactly whom they were describing. He's been supporting your Great Notley parkrun for quite a while and despite many efforts to get him to carry out a role closer to the finish funnel and be part of the action; he always prefers the marshal positions at the far end of the course. He's donated to the event on several occasions and pretty much financed our Easter Special event back in March."

Voters' comment included:

*"All the volunteers are great but Tony paid special attention to my 6 year old this morning with a high five both times we passed."*

*"Tony is a fantastic marshal - he always has a few kind words of encouragement as I stagger past."*

### ESSEX IN THE MEDALS

Veteran athletes were 1st and 3rd at our annual National 10K Championship as former Ilford star Francisco Reis (SCVAC & Middx) broke the tape in 50 minutes, with local favourite Fabian Deuter 2nd and Olympian Ian Richards completing the frame. After 3 consecutive team victories, Ilford failed to make the top 3 this time. Essex County also failed to retain their 2014 title ... coming **3rd** as Dave Kates led our walkers home in 21st position clocking 68.04 being backed up by Brian Boggenpoel and Bob Dobson who were 23rd and 24th recording 69.26 and 69.50 respectively. *Well done to our scoring trio for bringing medals back to Essex!* Uttley's Steve Uttley (now Oxon) was 10th in 56.45 while Loughton 2nd claimer Sean Pender filled 22nd spot in 68.23. Thanks to all who raced/officiated/supported.

## HONOUR FOR CHRIS FLINT

Chris returned from the Isle-of-Man to learn he'd been elected an esteemed Metropolitan Police AA Honorary Life Member having been proposed by former Met Police Walking Club Chairman Andy Bignold. Congratulations, as it's so much deserved. Endorses fellow Met retiree Chris Foster: "That's brilliant news. Couldn't have happened to a nicer fellow. Love from Fozzy."

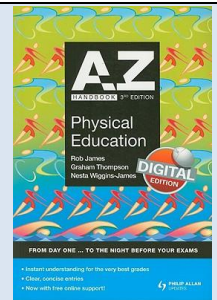
## FIXTURES

These event details are published for your information, and to the best of knowledge are accurate at the time of writing – you are advised, however, to check the status of any event directly with the organisers.

3 Oct	Cambridge 5K Parkrun (+ Walk)	Cambridge	9.00 am
4 Oct	RWA National/Sth Area/Essex 50K Championships + Festival	Hillingdon CC	10.00 am
10 Oct	Enfield League 5 Miles	Donkey Lane	1.00 pm
17 Oct	Cambridge Harriers Open 10K + full programme	Sutcliffe Park	1.00 pm
24 Oct	Steyning Open 10K	Steyning	2.30 pm
1 Nov	Alec Potton 7 Miles	Addiscombe	2.00 pm
14 Nov	Enfield Open 7 Miles (+ League)	Donkey Lane	1.00 pm
28 Nov	Hillingdon Open/Enfield League 10K	Hillingdon CC	1.00 pm
5 Dec	SWC Christmas Cup 5K	Tonbridge Track	12 noon
19 Dec	Alf Palmer Memorial Walks	Broadbridge Heath	11.00 am
26 Dec	Brighton Boxing Day Walks	Preston Park	10.30 am
9 Jan	Enfield 5 Miles + 2015 Presentation	Donkey Lane	1.00 pm
16 Jan	RWA Southern Area 10K Championships + YAG	TBA	
6 Feb	Essex County AA Indoor 1 Mile Championships	Lee Valley	1.30 pm
7 Feb	London Walks – full programme	Hillingdon CC	12 noon
20 Feb	Enfield League 5 Miles	Donkey Lane	1.00 pm

## HISTORY LESSON

Extract from "The A-Z Physical Education Handbook" (Hodder & Stoughton):  
Race Walking or *pedestrianism* developed in Stuart and Georgian times when young men were sent ahead of the gentry carriage to warn the innkeeper of their imminent arrival. Wages were placed and the gentry acted as patrons. Athletics was originally professional and became a commercial activity, but it was tainted with corruption and bribery was rife to 'fix' races. This was to be its downfall, and it was later that the *amateur* ethos from the *public schools* took over with administrative organisations such as the Amateur Athletics Association.



## FAREWELL TO CHARLIE WESTON – No 1 IN ESSEX!

Sadly Ireland-based former Centurions' Captain Charlie Weston has passed on aged 81. The genial Highgate Harrier, with a great sense of humour, had no direct Essex connection (as far as known) but in Essex he became our top UK 100 Miles competitor when winning over that distance on Colchester Garrison Track at a very cold September 1985 event when clocking 19.21.40, being 66 minutes' ahead of the 2nd finisher. Sponsored by BT, it was a curious race with 3 events combined: 100K/100 Miles/24 Hours. Oddly the 100 Miles race seemed lost as most interest was shown on a truly fast 100K and an epic 24 hours.

Ed Shillabeer's blistering pace saw new 9.41.54 UK record with Bob Dobson just 15 minutes' behind & Charlie 3rd. Ed then left a very pleased man! Also finishing well and looking strong was Martin Oliver who excelled in 10th spot clocking 12.38.10. To this day many thought he'd press on for the next distance, and long afterwards sage John Hedgethorpe continually said he should have done so! The focus turned to 24 Hours, with Peter Worth triumphing in 186.742 km, John Hedgethorpe 2nd with 179.279 and Lancastrian Bill Maxwell 3rd having covered 168.820 km - sadly all 3 worthies are no longer with us. Then came Bob Dobson/Ilford, Don Cox/Chelmsford AC and Charlie with respectively 168.137, 167.732 and 166.058. Bob was also a happy man having re-wrote the record book at 11, 12 and 13 hours by covering 109.357, 118.752 and 126.759. York Postal's 24 Hours' winning team was closed-in by recently deceased John Errington.

In between was a 100 miles race which didn't get the attention it merited as confusion reigned. Looking back at records, it was proved Charlie had led at 100 Miles ... but not until The Centurions' 1997 Dinner at the Royal Air Force Club in Piccadilly did he receive an award to recognise this! Confusion and doubt saw a long discussion at The Centurions 1985 AGM about accepting new Centurions ... but after debate, all were

admitted. Essex did well as among new Centurions half were Essex-affiliated: Bob Dobson 4th, Don Cox 6th, Olly Browne 9th and Alan O'Rawe 11th - the latter 2 have Centurion numbers tattooed on an arm! Also joining was now-Southend resident Martin Fisher (Yorkshire RWC) 8th. Existing Centurion John Hedgethorpe was 5th.

Confusion was caused by a lack of rules about this 24 hours' event, as some competitors seemed to come-and-go as they wished ... some actually getting dressed before changing their minds and returning. In Race Walking Record Reg Wells described these antics as "farcical" and added "The mass re-appearance of competitors with about a lap or so to go at 24 hrs must have looked like the Houses of Parliament at a night division with the whips in full cry. The Referee was virtually powerless to do anything about the situation". Reg's report also stated "On an unhappier note, during the night, I regret that pickpockets had a happy and active time!"

Charlie completed 4 sub-24 hours UK 100 miles races having qualified as Centurion 584 in the 1976 Leicester-to-Skegness when clocking 18.29.14, on the same day as Ed Shillabeer. He twice won a testing Isle of Man 85 Miles Parish Walk, breaking the tape in 1989 and 91 recording 18.17.55 and 17.46.58 (Gordon Vale, 17.55.10, won the race in between). Charlie was an Isle of Man regular, often being interviewed on race days for television coverage. The small screen brought him, and race walking, to the attention of millions. When Bachelors introduced instant packet soup, their ITV advert featured an athlete race walking through torrential rain ... then when indoors enjoying a cup of instant soup as a voice-over slogan boomed, "Bachelors Soup ... So Good To Come Home To". It was Charlie ... however in strictly amateur days, he waived an appearance fee, with it being donated to an Athletics organisation. In 2006 Charlie was elected as a Centurions Vice President. We all have fond memories of a great athlete and a great character. DA.

### **IN HOSPITAL - BUT NOW OUT**

We regret to report 3 of our readers have been hospital in-patients. Esteemed Centurions' Past President and former International **John Eddershaw**, needed an operation. Despite octogenarian status he's a cricket umpire, standing at the wicket every weekend in summer. He was struck hard on the head by a ball, which damaged his right eye. John was stretchered-off and admitted to hospital at about 5pm, before having an operation at 1am in the morning ... then detained for some days. About the same time hard-working Centurions & RWA Southern Area Honorary Secretary **Chris Flint** suffered a serious leg injury after accounting for 96 miles of the IOM 100 Miles at Castletown. On his return south he was he was admitted to Margate Hospital and, upon discharge, needed crutches to get about. In Lyon, after winning an age group 20K bronze medal, Hillingdon AC's ever-present **Andy Cox** needed to be admitted to a local hospital. We wish all 3 worthies a speedy return to full health and fitness.

### **"DIDN'T THEY DO WELL"**

Well done to all who raced and helped at the Birmingham Ryan Cup/British Police/Civil Service meeting. Civil Service Champions are John Hall and Maureen Noel. Gary Smith won the National Police title. Steve Uttley, 2nd in the Civil Service, organised a squad capable of regaining the Ryan Cup.

### **THE FINAL CURTAIN**

Another Woodford Walks' Series ended on 1 September at Ashtons as our 4th race saw another emphatic win by Sophie Hales in 14.16, followed by Steve Allen/Barnet version (16.18) with Gary Smith (18.05) completing the frame. For a first time in years, all 4 events attracted double-figures! 2015 Series Awards were presented by Co-Organiser Pauline Wilson with cakes/drinks again provided post-race by Pam Ficken. Men's and Women's Individual Titles were retained by Steve Allen and Pamela Abbot. A close men's final table saw a 1-2-3: Steve Allen 89 points, Gary Smith 87 and Dan Maskell 83. Dan travels from Brighton to support these races, so truly earned his mention. Ladies 1-2-3: Pamela Abbott 68, Sophie Hales 60 and Lynn Jones 51. Nine teams made the League Table, with Ilford's grip being loosened as Engfield & Harringey took possession of the Reg Youldon Rosebowl. Hosts Loughton AC were 2nd team followed by Ilford AC. Deep into the night as backmarkers completed their efforts, the stadium announcer thanked all walkers for their continued support.

**WRITES CO-ORGANISER PETER CASSIDY:** "Ladies and Gentlemen: Many thanks to everyone for making it the best series for a few years; let's hope that it will be even better next year. With best wishes, Peter"

## OUR PRESIDENT-ELECT

We congratulate former race walker of note, JUNE CORK, for now serving as our Essex County President-Elect. June was part of a most successful Southend-on-Sea AC ladies walks' team in past times. It's a busy time for June, as the good lady recently took over as Southend's Honorary Secretary to boot.

## THE LAST POST

Following received from organiser **Graham Young** regarding the October event - It pains me to inform everyone that this year's event is cancelled, and is unlikely to be rescheduled. There is no single reason, but a catalogue of circumstances too long and tedious to list. I know I will not be alone in my bitter disappointment. Up until this year, I have enjoyed the challenges. I will forever be grateful for the tremendous amount of support everyone has so generously given me which contributed to the success of previous races. I thought it was fun whilst it lasted. I hope you did too!

*Adds Hon Ed* This popular event hits the buffers, as have "In-Uniform" events at both Mount Pleasant and York. In Essex Walker both Bob Dobson and Len Ruddock have reminded us how many new recruits to race walking came from "Employers' events", which now are sadly so very few. We thank IOM organisers for past events.

## TALE OF A DOG

A competitor deserving mention is Ilford AC Superstar Ed Shillabeer who earned Team Gold and Individual bronze (75-79 20K). Before travelling he injured a leg when upended by his grand-daughter's dog during his training walk. There was no question of him pulling out of the Meeting, though he needed to be patched-up by team physios prior to his races. In January 1997 Ed survived being thrown out of camper van (he was a passenger) in a road accident on the M5. He was airlifted to a Bristol Hospital for a two-and-half hours' operation and still bears scars on his right arm, which needed replacement skin grafted from a thigh. He recovered quickly enough to complete that year's London Marathon! Ed said, "I did it, though I borrowed my daughter's tights to cover the skin grafts and I walked it ... of course". Originally a runner with Plymouth Athletics Club, when aged 33, Ed volunteered to walk 3,000 metres to earn some points in a Western League meeting. That same meeting saw him in the high jump and 110 metres' hurdles. The rest is history as he's set walks' records, won ultra-distance races and completed a Quadrathon to boot!

He says, "When am I going to stop? When God tells me to I suppose, and I don't enjoy it any more. I thought God was telling me when I tripped over the dog before the World Masters in France. There's no upper limit in racing. It keeps going up-and-up until there's nobody's left. If I could do it when I am 95 - as long as I am capable and I can afford it - then I will be doing it".

## FAREWELL TO STALWARTS

We're sorry to report the deaths of **Graham Botley**, **Ken Best** and **Steve Warlow**. Graham, aged 71, joined Blackheath Harriers (as then called) in 1966 and was a Past President (1991/2) who attained his RWA 10K-in-a-hour badge. This 6'6" giant was better known as an organiser of overseas athletics trips for numbers from 4-to-200 travellers. Ken, aged 91 and a Past President (1965) of Surrey Walking Club, judged into his late 80s. Both funerals were attended by race walkers and held in Royal Sutton Coldfield and Crawley respectively. Steve coached youngsters in the Folkstone area and drove them to many meetings. Condolence is expressed.

## FAREWELL TO ESSEX ATHLETICS STALWART

Sad to report that Charlie Mustoo (1923-2015) has passed on. He gave 43 years' active honorary service to Havering AC serving as President, Chairman and Coach. To sons Charles and Terrence we express condolence.

## SO MANY TALES

The World Masters' Championships in the Lyon heat had it all, both good and not-so-good. A meeting of high overall standard saw GB competitors successfully gain both both individual and team medals. We saw great performances, disappointing performances, elation, illness, injury and also much enjoyment and camaraderie. This bulletin (especially since going bi-monthly) hasn't space to do it justice ... so all results/reports are in the usual places. We congratulate all our readers who supported this major event. Writes John Hall, "Well done to all those walkers who competed in the World Masters in Lyon. Some GB medals but also some that might have been, but weren't. The conditions were very tough and Andy Cox was hospitalised. I'm sure you will all join me in wishing Andy a speedy and full recovery".

## ROLL-UP, ROLL-UP!

Our last issue thanked many Essex Walker readers for supporting the Bedford *Small Nations' Meeting*. We've received 2 adverse comments regarding an entry fee. One really summed it up by saying, "It cost me £40 petrol money, then I had to pay £5 to park and another £5 to get in ... only for me to end up helping on a water station". What a far cry from that wonderful 1977 Lugano Cup Final at Milton Keynes where supporters stood on pavements buckshee. When an Enfield League race was last held at New River Stadium (a great 3,000m event - great as, by freak, all finished on the same lap) punters found this track's car park had "Pay and Display" charges. Indeed 2 Highgate Harriers' veterans made debuts, didn't see "Pay" signs ... and ended up with a steep fixed penalty fine - they've never been seen again!

## NOT THIS TIME

At the Beijing World Championships, Ilford AC Life Member Neringa Aidietyte, representing her native Lithuania, was one of 6 athletes to be disqualified in the Women's 20 Kilometres' Walk. From 49 starters another failed to finish. Only 1 listed starter failed to show.

The former Bethnal Green-based Ilford AC member spent 4 years with Ilford, becoming their 5th Olympian in the 2012 London Games. Despite this setback, Neringa aims to become Ilford's first "Double Olympian" by seeking selection at next year's Rio de Janeiro Games.



## SUCCESS - WITH A CHANGING CAST

Southend-on-Sea AC's annual 1 Mile, held on a rainy August Bank Holiday Monday, surprisingly saw a break in the downpour for about 15 minutes' each side of our walking race ... and during it!

Perhaps heavy rain deterred some, as a number of event regulars didn't attend ... but still a double-figures' field showed at this popular general athletics meeting ... boosted by members, and former members, of the host Club. *A meeting record saw 375 athletes appear.*

Result of The George Woods' Southend Mile ('B' race/13 started and finished):

1	Steve Allen	Barnet	V55	8:24.8
2	Peter Binns	Southend	V65	10:13.2
3	Keith Palmer	Southend	V50	10:18.0
4	John Brock	Southend	V65	10:23.0
5	Linda Mountford	Unattached	V40	10:24.2
6	Charles Abbott	Southend	V50	10:24.2
7	Kasia Kostyrka-Allchorne	Southend	V35	10:24.8
8	Steve Allen*	Ilford	V55	10:44.4
9	Peter Cassidy	Loughton	V70	10:57.5
10	Stephen Cartwright	Col & Ten		11:07.8
11	Dave Ainsworth	Ilford	V65	12:04.9
12	Val Mountford	Unattached	V70	12:10.6
13	Eddie Trotter	Ilford	V65	13:59.4

### \*Steve Allen (Ilford) was winner of the George Woods Trophy/1st Essex Centurion

Awards were presented by the host Club's 1968 Mexico 400 Metres' Olympian **Mary Green**. As Mary Tagg she clocked 53.6 in a semi-final. Had today's "fastest losers" rule been in place, Mary would have made a final as she was 5th fastest from both 2 semi-finals. In that final the late Lillian Board gained silver. In the same Games brother Mike was 13th in the 10,000 Metres, while Ann Wilson (then 18 & now Ann Sargent) - who Mary taught as a PE teacher at Southend High, was 16th in the Pentathlon...appearing just 1 month after leaving that school. Another Olympian, Olly Flynn, came to give his support for all...and was asked by some for his autograph!

**Writes commentator June Cork:** Double figures! Two days' earlier, on the other hand, the County 10,000m Walk attracted a huge field of 2, and half of that line-up was unable to attend. Nonetheless, Dan did create a new Ground Record at 5,000m which is now reflected in the listings, 21:54.6 - and he was, at last, able to add his name to the Phil Embleton Trophy to join Dom. Natasha Lagden, one of our Road Coaches, was staggered when I told her that Dan had walked his 10,000m faster than she had run hers. For the records it was 44:57.2. What a chasm in the walking world!

**June Cork**



## Dear Dave ...

### **PRAISE FOR GARY SMITH**

Well done Gary. You are a credit to the police service, the Centurions, and race walking in that order. Thanks for letting us know of Gary's exploits and travels. Amazing.

*Chris Flint*

### **EMAILS BOB DOBSON**

Congratulations on your Community Service Award, one step nearer an MBE?

*Bob Dobson*

### **VIEWS ON THE NEWS**

I was pleased indeed to hear you had heard from Ken Matthews MBE, as without your efforts he would probably have been forgotten in the Honours List as many past great champions have too. The good news is that Russian Race Walkers will not be at Beijing or on any other major international venue until the result of the large drugs enquiry is completed. Thankfully their Coach has resigned already. What a wonderful performance from Callum Wilkinson in the European Junior Championships in Sweden to take 7<sup>th</sup> place in a New British National Record time in a field of 28 starters. In fact he was merely 20 seconds behind the Bronze Medallist. I listened to a lengthy interview with the Spanish winner and gold medallist who stepped up from winning the bronze and silver Medal in the last two European Junior Championships and will be in Beijing. Definitely one to watch with nothing to lose.

*Bill Sutherland*

### **KEN WATTS WRITES**

"It is with deep regret that I pass on the sad news of the death of my dear friend Charlie Weston, Centurion No 584. This afternoon I received a message from his family that he passed away peacefully in his sleep at 11.00 p.m. on Saturday 18th July. Charlie had a unique claim to fame, in that he was the first man in 10,000 years to walk from France to England. I have somewhere a video showing him emerging in his union jack shorts from the channel tunnel at the end of "Le Walk 91" until he was pulled back to allow the so called "celebrities" to come through. RIP Charlie".

*Ken Watts*

### **TRIBUTE TO CHARLIE WESTON**

We are very sorry indeed to hear about the passing of Charlie Weston, C584. Race-walking and English sport have lost a respected, admired and much-loved athlete, and we have all lost a warm and dear friend. Charlie served the Centurions as Captain with dedication and enthusiasm for several years, and was a great ambassador for our sport

wherever he went. Our thoughts are with Rosetta and the family.

*Sandra and Richard Brown C735 & C760*

### **TRIBUTE TO CHARLIE WESTON**

My recollections of Charlie were that he was a Clubman through and through for Highgate Harriers and flew the flag for Centurions as many members before and since had achieved this remarkable feat. Regular Club Meetings were warmly held in Stanhope Road, Hornsey and later on he welcomed many race walkers to his home in Eldon Avenue, Wood Green. To me what was really remarkable was that he really trained for his outstanding successes as a Centurion. In former days one could rely on races held weekly and increasing in distance month by month to prepare one to attempt to become a 'Centurion.' That was not Charlie's way as one Summer evening he set out with the Great Belgravian distance walker Ray Middleton and myself for a 9 hour overnight stroll from Hendon Cophall Fields in preparation for the yearly Centurion 100 Miles Walk and was walking as strongly at the finish as he was at the start. Great memories indeed as he now 'Rests in Peace' in the company of so many outstanding Past Centurion Brothers and Sisters. Always fondly remembered.

*Bill Sutherland*

### **CHARLIE WESTON C584**

Bummer. What an inspiration to me and so many other walkers, especially those of the ultra type! He epitomised the friendly rivalry between clubs and competitors which was one of the factors in my switch from running in 1972. RIP Charlie. Condolences to his family.

*Ed Shillabeer (Edbanger-C590)*

### **MIKE PERKINS**

Good to read the Obit for Mike Perkins, also the remarks from so many other walkers. Mike was not an ever present at Trowbridge but was in the RAF team. I recall my first walk after coming back from a Tour of Masirah, it was the RAF 20K. Mike caught me around 10 miles and said "Who owns this brown body, I have never passed him before!" Great chap Mike, never a Squadron Leader, just one of the boys, unlike some others in the RAF Team.

*Tony Challis RAF & Trowbridge AC*

### **MIKE PERKINS RIP - THANKS EXPRESSED**

Thank you so much for sending the Essex Walker. It was very kind and thoughtful of you. I have been touched by the number of people who have sent messages of condolence. Please pass on my thanks to everyone.

*Barbara Perkins*

### **THE FOSTER THEORIES - QED**

I am delighted to read about your success and I doff my cap to the new Welsh Senior Men's 3,000

Metres Champion. I can well remember the fact that I was ridiculed when coming up with my two "Foster Theories" several years ago. I was so looking forward to winning The Garnet by default when I was getting close to being the last man standing. However, when it was coming up to my turn, the event was disbanded. And as a bonus bonanza, my theory that all races should be no more than a mile long has stood the test of time. Obviously, anybody wanting to go over the distance and carry on walking shall be allowed to do so, on the grounds of keeping fit and healthy. However, if you are considering carrying on walking, be aware that there may be an over-zealous judge indulging in a bit of casual surveillance in the bushes who will take great delight in providing you with a red card, especially if you have done really well to come last.

**Chris Foster - the Former Scribe**

Adds Hon Ed To remind readers of his 2 theories:

1. Keep doing a race for long enough and you'll eventually win, as others die, become ill, retire or vanish.
2. All walking races should be over 1 mile, as where you are at 1 mile is the position you'll probably finish in.

#### **WRITES FORMER ESSEX RESIDENT MARTIN OLIVER**

Thanks for Essex Walker which is always much appreciated. I'm sorry to hear that Charlie Weston has taken his leave of us, although undoubtedly had a 'good innings'. I first met Charlie when I started race walking in the late 1960s - he was one of the 'fast boys', though clearly even then had a talent for the 'long one's' - 12th in the 1970 London to Brighton (a certain Dave Ainsworth was 38th) and he was 4th in the Hastings to Brighton. I can also remember having a few beers with him at Woodford Green 4 days after the '100' at Colchester in 1985. He was always good company.

I was very interested to read that you have been presented with a 'Community Service Award' by Havering Council. May I offer my sincerest and heartiest Congratulations - it couldn't happen to a more deserving guy! It always astonishes me when you get idiots write to Essex Walker assuming that 'Race Walking' is your life. I've known for as long as I've known you that you do many things for your local community. I genuinely hope that someone nominates you for an OBE or MBE someday - you deserve it!

I've noticed from "Enfield Walker" that you're still racing and still got people behind you as well! So Chris Foster and I won't be able to award you with the "Broom" for sweeping up the course as you go round, for a while yet!! I'm hoping that I may be

able to get along to a few races in future (probably at Enfield or Pickets Lock), so I look forward to having a 'chinwag' with you soon.

**Martin Oliver**

Adds Hon Ed: Martin (a great athletics historian) mentions the 1970 London-to-Brighton - won by fast starting Israeli Shaul Ladany in 7.46.37 with Ray Middleton 4 minutes' behind - the only 2 under 8 hours. Then came Don Thompson, Colin Young, John Moullin and Pat Duncan. Charlie Weston was 12th (9.15.12) not far behind Dave Boxall (his great moments would soon come). 14th spot was occupied by Belgravian Dave King who so sadly lost his life on the A23 in a subsequent year. Brighton man Alan Buchanan, whose son David still competes locally, was 21st (9.35.43). Just beating 10 hours by a couple of minutes were the late distance men Larry Miles (28th) and Charlie Megnin (29th). Hon Ed. was, as Martin's provided record stated, 38th (10.18.20) just 1 minute and 1 position behind recently departed Mike Perkins. Popular Arthur Eddlestone came 43rd in 10.33.45. Hew Neilson and Bob Porter were 45th and 46th clocking 10.48.07/10.51.55 respectively. Last finisher (61st) was London Vidarian Derek Hill - at 11.47.39 well inside a 12 hours' deadline. 85 started as "Big Ben" chimed 7am. Soon afterwards alarm clocks were set even earlier as 6am starts were needed to offset ever-increasing traffic concerns. Martin also mentions the 1970, Hastings-to-Brighton 38 Miles, won by Ray Middleton in 5.41.57 with Olympian Don Thompson the only other under 6 hours (by 2 minutes). Colin Young was 3rd and Charlie 4th clocking 6.07.12/6.12.07 respectively. Here 32 finished, the last clocking 7.59.57. Didn't Ray Middleton do well ... but to show his range in the same period he clocked 13.17.4 (5th) in the Sir Sefton Branker Trophy 3,000 Metres, won by Shaun Lightman in 12.50.2, at now closed RAF Uxbridge. Others racing were Roy Hart who set a 13.05.4 RAF record, 3rd placed Ken Easlea 13.12.6, 1970 National 50K Champion Bob Dobson 4th 13.13 while now Cambridge-based Tony Challis closed them in with 15.19.8 on the stopwatch.

#### **WRITES OUR TV REVIEWER**

I don't have Sky, Eurosport or any of these other fancy channels so was delighted when BBC 1 announced at around 01.25 that they were going over to the RED BUTTON where the Men's 20kms was shown in its entirety. Coverage was good with commentary by Steve Overt, Peter Matthews and one other. After the Red Button coverage, transmission on BBC 1 included a post-race interview with Tom Bosworth who spoke very well about his performance and hopes for the future. So for my part, and just for a change, I have no axe to grind with the BBC.

*(a very sleepy)* **Bob Dobson**



Adds Hon Ed 61 started the Men's 20K World Championship, which was good. Winner was Miguel Angel Lopez in a PB 1.19.14 - the first World 20K Championship victory by a Spaniard since 1993. 2nd came China's Wang Zhen in a fast-closing 1.19.29 as surprise package Ben Thorne set a Canadian National record to claim bronze in 1.19.57. 4th was Igor Glavan (Ukraine) in 1.20.42 with the host Country's Cai Zelin 5th in 1.21.39 - China being the only Nation finishing 3 in the top 10. Japanese world record-holder Yusuke Suzuki withdrew at halfway. Our Tom Bosworth finished 25th in 1.23.58 then upgraded to 24th as it was discovered an Indian athlete in 13th spot was a lap short. Alex Wright was one of 5 DQ'd when seeing red around 50 minutes into his race. Many have spoken highly of Tom's co-operation with the BBC, which saw our event screened in a favourable light. Well done to him.

### **A REALLY SUPERB 100 MILES**

We have to state what a wonderful promotion/RWA Long Distance Championship/Centurions' race that was. So many stories and memories. Superb organisation and a very high benchmark have been set! Congratulations Steve, Jock, Adrian, Chris, Robbie and those who provided such top class help ... Rose, Liz, Irene, Kellie, Gordon, Annie, Michael, Steve P. Steve W, Teri ... all the marshals etc ... and the fantastic Manx participation and support from the Castletown community.

<https://www.youtube.com/watch?v=0DRSZlvKF3Y>  
<http://www.northernracewalking.com/products/inc-rwa-centurions-100-miles-champs-also-20-mile-open/>

Once again, well done everybody. It was a real pleasure to be there.

**Trevor McDermot**

**Hon Secretary Northern Area RWA**

Adds Hon Ed Alas many observers pointed out how few mainlanders appeared!

### **HARRY HOLMES JNR - C303 - RIP**

It is with deep regret that I report that at the age of 86 Harry Holmes Jnr C303 crossed life's finishing line. He died in the evening of Tuesday 18 August and the next morning was found by his son Michael (as he always called him) when paying his daily morning visit to his home where he lived alone. For many months he had suffered thyroid cancer which was spreading to other parts of his body. He was attended by MacMillan nurses and the due diligence of Mick and his daughter in law Ann. Although offered care in a hospice his wish was to stay in his own surroundings at home. He became a Centurion in 1960 in the Leicester to Skegness in the colours of Yorkshire Walking Club and encouraged his son to follow with Mick C717 becoming a Centurion in 1982. Harry was an ever present supporter of the Bradford 50 kms as the

race passed his house and with Mick he attended me in my efforts to win this prestigious race. He was a reliable club man and took great pride in the team successes he had, none more so than his National 100kms team gold with Boundary Harriers in 1981.

To his family, especially his son Mick and daughter Heather, we send our sincere condolences.

**Bob Dobson C786**

### **NIJMEGEN NEWS**

I saw Hans out there and congratulated him in person. Also out there were Chris Flint, Peter Hodgkinson, Peter Addison and Kathy Crilley. A really successful year. Next year will be the 100th.

**Haley Mattinson**

Adds Hon Ed Haley works out of Ilford Police Station and is Chair of the Metropolitan Police Walking Club. Also reaching a milestone was Centurions' Vice Captain Piet Jansens ... his 50th!

### **A TRIPLE FIRST**

I am still going strong in Somerset and have joined the ACF as an adult instructor. My main role is getting the kids up to speed for the 2 Day RAFWARMA March at RAF Cosford as a qualifier for Nijmegen, which is why I am writing. This year was my 40th time, having started in 1974 with Stewart Bennett of London Vids fame, missed 1976 due to a hit and run driver whilst on a police solo. As well as the infamous year of 2006, when it was too hot? So I am the first member of the MPWC, as well as the first British Centurion and member of the cadet services to gain this honour. Not a bad little trio to have.

**Hans Rennie**

### **PAMELA ABBOTT'S INVITATION FOR ALL**

It'd be great if you could invite anyone who'd like to race walk with me on my 100th Parkrun to come along to Cambridge Parkrun on Sat 3 October at 9 am (in time for the first-timers briefing at 8.50). I've set up a public event on Facebook with details:

<https://www.facebook.com/events/145573895779874/>

It would be great to have some more race walkers join me and my small group of new race walkers on this special day. It will just be as part of the regular Cambridge parkrun so no judges and not an official event but I'll be making cake and it'll be very sociable. The park has a nice cafe and we can stay on for lunch - no showers though for those who like to change afterwards. If people are coming by car they need to bring £2 for the car park.

**Pamela Abbott**

Adds Hon Ed: It's in Milton Park, a few miles' north of Cambridge - close to the A10/A14 roundabout. SatNav CB24 6AZ

### **THANKS**

I wonder if I could take advantage of the Essex Walker to express my thanks to all those who sent

cards, letters, and messages, and made visits to the hospital and my home, which helped me immensely to get through the early days of the diagnosis and my two weeks' hospitalisation. I am so very grateful. The race walking community is truly a unique body which ensures its members are looked after and thought about when things are difficult. Thank you all for your kindness.

*Chris Flint*

### **GREAT TO HEAR FROM ALEX ROSS**

Congratulations Champion, it all comes to those who wait! 50 years' ago I left our (then) house, just down the road from where we are now, to join the Metropolitan Police Cadets. The rest, as they say, is history. It has been a very enjoyable 50 years, despite the odd up and down, mostly the latter, and I am very grateful that I have been able to, and still doing, some sport. I gave up running last winter to save my knee, which is/was showing signs of playing up. Added to which, Kathleen had an infection - out of the blue - in her artificial hip. This necessitated 9 months of antibiotics and a replacement. So the moral is, artificial joints are best avoided if possible. As a result I have got a road bike and am enjoying the exercise and experience very much. My motor cycling skills are transferable.

*Alex Ross*

### **EMAILS TREVOR MCDERMOT**

Planning for next year's Redcar 100 with the local authorities is also progressing well under the leadership of Dave Jones. You can view the seafront course on the website as well (see photos/video of recent Mark Byrne event). You might want to mention in the next EW that John Paddick is stepping down as Redcar Club Sec after many years of really sterling work in a previously unknown race walking area. Producing two internationals like Jo Atkinson and Ben Wears from mere novices in one small town is no mean feat, whatever happened subsequently. Besides the National wins and 50km Champs hosted too of course. I have the greatest of respect for him.

Ron Wallwork's Moulton event was a great day. I do love to catch up with Bill and Kath, Ray M and many others. It's also good to see folk at places like Hillingdon and Bedford too but we tend to be kept busy by official duties. These mainly involving paper cups, sponges and fetching water and the

good ol' attitude of someone will lend a hand on the day! It'd be nice to socialise a bit more but this is what happens when you accept invitations to committees.

We now organise an annual 50km in Yorkshire at the Whitsun end of May. It is the only such promotion on the UK mainland outside of the UK Champs and honours the great Bradford tradition. And it's a real honour to contribute to the fantastic British Athletics Olympian heritage that includes Tommy Green, Harold Whitlock, Don Thompson and a certain native Sussex walker by the name of Norman Read. Historically, this is one of our most successful ever Olympian events and I for one get the chance to organise it! Next year's event will incorporate a Category 'A' Race on a scenic country 5km lap, with all manner of other events thrown in. We are looking at IAAF course certification as well but need financial help, sponsorship, or even better a modicum of help from UK Athletics.

Sean Pender travelled up this year immediately after his Middlesex County Track Champs, was Referee besides many other duties, and then conducted race walking education for the Under 11's followed by Judging over 600m that involved further race walk instruction and the kids LOVED IT. He then oversaw shot putting, relay-running and long jumping for which all received medals on a podium while parents took photos and Race Walking was central to it all. A superb job done while the 50km was finishing. And we had Andi Drake, Ian Richards, Sam Dooley, Rhydian Cowley and George Nibre all there to give their support because these guys know we support them.

*Trevor McDermot*  
**Hon Secretary Northern Area RWA**

### **COLLECTING OLD TRAINERS**

Orion Harriers are collecting old trainers and warm clothing for Syrian refugees and some have shown an interest in helping too. Plastic sacks are in the tea huts at Ilford and Chigwell for their deposit. I'll pick them up regularly, as it is all being taken over to the camps in October.

*Sharon Honey*

### **ESSEX 10,000 METRES' CHAMPIONSHIP**

So sad about the Essex champs.

*Ron Wallwork*

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### **ESSEX WALKER'S EDITORIAL ADDRESS**

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

Telephone:



01708-377382



[dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)  
[essexwalker@btinternet.com](mailto:essexwalker@btinternet.com)

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