

# Essex Walker

Editor: Dave Ainsworth

## FAREWELL TO AN ESSEX WALKER CONTRIBUTOR

One of race walking's greats passed on at the end of March when the "Iron Man" himself, **Charlie Fogg**, took his leave of us aged 82 after suffering pancreatic cancer. He was an esteemed Life Member of both Enfield and Harringey AC (as now called) and the Metropolitan Police Athletic Association. Charlie moved about a bit, and at the time of passing, resided near Gatwick Airport. Charlie was much respected in Essex as his name was synonymous with the now defunct Barking-to-Southend - a traditional "point-to-point" classic held over 33 miles, 6 furlongs & 50 yards. It commenced in a small cul-de-sac, into which hundreds crammed, opposite a then somewhat run-down Barking Police Station, finishing with a circuit of the football pitch inside Southend United's Roots Hall ground. You don't realise just how long Charlie's been at the top, for as early as 1958 this ex-Royal Marine was its winner: as PC Fogg of 'Y' Division in 5.12.50 (with 'K' Div. winning team honours). The following year PC Alec MacFarlane of 'E' Division won in 5.21.10; then from 1960 onwards Charlie commenced his sequence of individual successes. He was hot stuff on the Club & County scenes ... indeed in 1961 was in a winning Middlesex Inter-Counties 10 Miles' Championship team at Loughborough (scoring D Thompson 4, C Fogg 9, J Northcott 12 and A Thomson 19). Charlie was a key part of our 1961 Lugano Cup winning squad. In the Wimbledon Park Semi-Final he was 3rd GB 50K scorer when 5th, behind Don Thompson (1st) and Ray Middleton (3rd). In the final he was 9th behind Don (2nd) and Ray (4th). He was an inspirational member of staff at the Metropolitan Police's Hendon Training School when encouraging many to try race walking and then progress further. He was a dynamic Chairman of the now defunct British Race Walkers Club, who enjoyed prominence in their time, and was Team Manager for our 1985/Isle-of-Man Lugano Cup squad. It was Charlie, an accomplished computer boffin, who managed our Official Website for the 2007 European Cup of Race Walking at Royal Leamington Spa.

Sadly the need for a replacement hip ... then another ... dented his impact as a competitor - but it still didn't stop him completing a London Marathon after his operations. However it was a difficult task and, by his own admission, he'd suffered badly along the route ... but, of course, had crossed the finish line! Over 2 decades' ago he gave athletics a lot when qualifying as both a Field Events Coach and Official, and in such roles was both respected and much in demand. In more recent times he became concerned about the state of British race walking did something positive about it - writing a series of coaching articles giving tips and advice to all, from beginners to established race walkers. These were published in several publications, including Essex Walker. Condolence is expressed to his family.

*Hon Ed: Dave Ainsworth*

Below is a tribute from **Roy Lodge**, our 1967 National 20 Miles Champion (his victory was sandwiched between those of Olympians Norman Read 66 and Paul Nihill 68). As a Royal Air Force Chaplain, Roy - of Royal Sutton Coldfield WC - was a regular member of late 60s/early '70s RAF Representative race walking teams. Roy was Mayor of Stratford-upon-Avon about the time of our European Cup of Race Walking event in nearby Royal Leamington Spa and was a top table guest at a Leamington Town Hall dinner during the build-up to this big meeting.

It was with great sadness to hear of Charlie Fogg's death. His death has brought back so many happy memories of our friendship and competitive days. What a pleasure it was to be with Charlie and Ron Wallwork in Font Romeu in the Pyrenees as part of the Olympic Possibles training squad in preparation for the Mexico Games. In the end none of us went to Mexico for various reasons. But what camaraderie we shared. Charlie had a great sense of humour and wit interspersed with expletives that formed part of his amusing vocabulary!

He was fiercely competitive and yet most generous in defeat. He was the first to congratulate me after I won the National 20 in 1967. Then on 8 July 1967 he got his own back passing me in the last two miles of the Birmingham 25 miles "Outer Circle" and winning in a time of 3 hours 35 minutes and 07 seconds. I came second and the great Don Thompson was third.

Some years after retiring from Race Walking following a major operation, Charlie tracked me down. At the time I was working in the Prison Service and it was a phone call from him enquiring if I was still alive! This call meant so much to me at a time when I needed encouragement and support. It was a call from a concerned and caring man which was a hallmark of his generous spirit. Although he projected that "iron man" image he had that bounty of heart which men call kindness. He was so energetic, full of vitality and exuberance and enthusiasm for Race Walking which carried on into his coaching role. He will be remembered by so many in the Race Walking fraternity who owe so much to his encouragement and interest.

Charlie was a larger than life person, prodigal in his gifts, lavish in his generosity, wide in his interests, abundant in his energy and holy in his dedication. Charlie found joy in this world in all its parts and to know him was to share in that vision and to experience that joy.

I doubt whether Charlie would have been that interested in Shakespeare but since I live in his town of birth I cannot think of more fitting words than those spoken of Brutus by Mark Antony as an epitaph to Charlie's life ... May he rest in peace, and rise in glory.

**Rev Dr Roy Lodge MBE**

"His life was noble  
And the elements so mixed in him  
That all nature might stand up  
And say to all the world  
This was a man."

### TRIBUTES TO CHARLIE FOGG

Hearing of Charlie's passing comes as a shock. He was Chief Physical Training Instructor at Hendon Cadet Centre when I was a raw cadet in 1962-63. He was tough and didn't suffer fools easily. He was inspirational and his race walking exploits speak for themselves. He gave advice in his no nonsense way and expected you to follow it, and although not a natural athlete, he gave his all in races. A remarkable man.

**Chris Flint**

It was a sad day for Marion and I when we received a mail from George Nibre informing us of Charlie's passing. George knew of our close connection to Charlie and wanted us to be amongst the first to know. The news was especially sad as it came less than a year after the death of Ken Munro. In these two giants of our sport we have now lost the person who introduced Marion and I to Race Walking (Ken) and the person who advanced our progress in the sport later on (Charlie). Even after all of these years we kept in touch with Charlie and Marion was proud to know that he always kept a picture of her on his desk as he regarded her as the pinnacle of his many successes in coaching.

The coaching association between us was unique because of the distance situation. Charlie used to send a weekly letter detailing what we had to do for that week and the reasons why we had to do it. We had absolutely full confidence in his methods and whilst I acted as the eyes for Charlie when Marion was undertaking his gruelling schedule, she did the same for me and this information was fed back to him so that he could monitor our progress. It was very successful. We looked forward to receiving these letters and were both determined not to let Charlie down but to make him proud through sheer effort and application and to make certain that he shared in our successes (mainly Marions!).

We are aware that Charlie also had success in coaching athletes in throwing events and had National school champions and a world disabled champion in the hammer on his portfolio. However, his heart always remained with race walking.

In Charlie, we have lost a person who was as close to being a member of our family as possible without actually being so. Our heartfelt sympathies go to Linda and family.

**Peter and Marion Fawkes**

### COUNTY CHAMPIONSHIP WALKS - YOUR COMMENTS

Your Essex County AA Hon Walking Secretary, Ray Pearce, requests all walkers make their views known

**From:** [wstnann@aol.com](mailto:wstnann@aol.com)

**Subject:** Walks County Champs

At the last track and field meeting it was decided to put the 10k walks on a weekday night, probably June or July, together with the 10k running championships. At the moment Colchester Harriers and Braintree have shown an interest in staging the event. Probably combining it with one or two open events. Have you any comments on this, eg dates to avoid, preferable day of the week, preferable venue etc?

**Dave Staines** County Chair

## MILESTONE IN A METRIC RACE

When 1968 Olympian Shaun Lightman came 3rd in the Middlesex County 3,000 Championship, it was his **2,000th** race - with more to come! Congratulations. This race saw Francisco Reis break the tape with Mark Culshaw 2nd - Maureen Noel was the leading lady followed by Enfield newcomer Lynn Jones

## WHAT'S IN A NAME?

West Ham United are at the Olympic Stadium at Stratford and have renamed it "The Ann Summers Stadium".

## ESSEX WALKERS ON TOUR

Two Essex-resident walkers supported the Ken Munro Memorial Walks at Thornton-le-Clay near York. In a 10 miles' Inter-Area Representative Match, Scotsman Bill McFadden (Scotia RWC) won in 1.35.55. Joint 2nd were Martin Fisher and Lancastrian Tony Bell (1.39.50). In 4th, and with some good scalps behind him, was Pete Ryan with 1.41.39 on the stopwatch. Both Martin and Pete were in a winning Yorkshire 'A' team, who were closed-in by former International Dennis Jackson, 5th in 1.42.08.



## CENTURIONS SOCIAL WALK

On Saturday 2 April, The Centurions held their first social walk of 2016 around the boundary of Camulodunum, the Roman city which we know today as Colchester. Jim Catchpole, a supporter of the Centurions, led a group of Centurions, friends and would-be Centurions, around a 25 mile route devised by a local man, Derek Keeble, back in 1974. On a warm spring day, conditions were ideal to enjoy the mix of off-road riverside and woodland walking. Sights passed included the Roman River, fine examples of Essex pargetting on various buildings, the new football stadium - home to Colchester FC, and an abundance of lovely countryside. The next social walk, around 'London's historic bridges', is planned for 11 June. Details on page 4.

## DEATH OF GREAT WALKS SUPPORTER

Sadly at a grand old age of 98, Care Home resident, Ron Hopcroft - Chairman of London Business Houses' Association for 52 years - has passed on. Thames Valley Harrier Ron held his Club's record for both 50 Miles and 100 Miles running - clocking 5.23.30 and 12.18.16 respectively. He won the now defunct London-to-Bath run, and twice won the London-to-Brighton run. Ron entered athletics via the North Thames Gas Board team in London Business Houses' events, and took up officiating - becoming an International Official. The London Business Houses Ass, for many decades, was run by "The Big Three": President Benny Benson, Chairman Ron Hopcroft and Hon Sec Laurie Kelly. The latter is still a leading official and great friend of race walking, indeed Laurie paid Ron a visit shortly before his death. Ron was a great supporter of race walking, as many who've supported LBH walking races will testify.

## "A BRIDGE TOO FAR"

A Memorial Walk was held in honour of former Race Walking Association President, and also Chairman, Cecil Gittings (Queens Park Harriers), who was active as competitor and official since the early 60s - if not earlier - and one who donated £15,000 to race walking in his will. Few crossed the Dartford Bridge as, despite being at a new venue for nearly all, with a traffic-free and enclosed 2.5K undulating circuit at Gravesend Cyclopark - right beside the A2 and close to the M2, only **2** Essex resident walkers raced (Steve Kemp/Jon May). Fortunately others chose to support Cecil and 42 toed the start lines of 4 Category 'B' races on offer over 2.5K, 5K, 10K and 15K. With prior entries requested, Organiser *Dave Hoben* sent out a late appeal "for Essex and Canvey Island entries" on the Friday before as Essex seemed none too keen to be involved. Ilford had one entrant - Essex born and now Kent resident Mick Barnbrook; while both Pete Ryan and Essex born Paul Nihill were there giving support. It was probably a case of many having other commitments that afternoon, which we accept - but again the image of Essex walking is dented by poor support. Against this, Olympian Lisa Kehler and her mother came from Wolverhampton just to support Cecil Gittings - both completed 5K. But seriously folks - where were you all? Many officials/helpers, including those from Essex, were in the veteran category - and were worthy of praise for sticking it out on a cold windy afternoon. They were frozen stiff when the last competitor in the 15K was timed-in. Full results (of 4 races) in Enfield Walker/Race Walking Record etc. **Thanks to all at Gravesend.**

## Cecil Gittins Memorial Walks, Cyclopark, Gravesend, 9 April 2016

### Veterans AC 2.5k/5k/10k/15k road race incorporating Enfield League Fixture III

Veterans AC were pleased to host the inaugural running of this event on a dedicated cycle circuit which has now already been used for major running races

The event was dedicated to the memory of Cecil Gittins, the football loving character who was almost never seen without his trademark QPR scarf, in honour of his lifetime in athletics and race walking and his many years of untiring service as an official. The 5k was won by Commonwealth Games medallist and Olympian Lisa Kehler, after a break from the racing scene, who finished strongly on the testing roller coaster course. The 10k was won by Portuguese international Francisco Reis, only a week after his age group win at the Euro Indoor Vets competition in Ancona, Italy, after a determined battle with Surrey Walking Club's David Crane who still achieved a PB. The ladies 10k was won by Andrea Ingram from Lewes AC, who achieved a fast time for her first ever attempt at this distance. Andrea was not the only Lewes athlete to have a good performance that day as Ollie Hopkins continued his upwards trajectory and was just one of a number of young athletes to have a PB that day coming 5th in only his second 10k on a course that was far from personal best territory, under 1 hour for 1st time. Although the event was designed to fit into the 10k in the long running Enfield league, quite a number took up the option of continuing to the 15k where Surrey Walking Club's Malcolm Martin who was also in the Euro Indoor Vets had a win from Southern president Chris Hobbs after a neck and neck battle. VAC are grateful to Ron Wallwork and his Enfield team for allowing this race to be incorporated in their series.

### Mrs MAUREEN FOTHERINGHAM RIP

After a heart attack, Doug Fotheringham's wife Maureen has passed on. For decades Lincolnshire-based octogenarian Doug (Centurion/Belgrave Harrier/Metropolitan Police Athletic Association life member/former Middlesex County AA President) was an Essex resident (in Clayhall). Maureen will be well known to readers as the good lady attended many race walking events at which Doug was competing or officiating. Heartfelt condolence is expressed to Doug and all members of his family at this sad time.

### FOR YOUR DIARIES

Next in the popular series of *Centurions Social Walks* is on Saturday 11 June from Fenchurch Street Station at 10 am. It's an 8 miles' walk around London Bridges led by Canvey Island octogenarian George Beecham and organised by Steve Kemp. It's open to all, whether or not Centurions + families/friends. This route includes lunch at the historic Borough Market near London Bridge. Full details: The Centurions website. *All are welcome!*

### THEM INDOORS

Congratulations to Essex/Ilford athlete Dave Kates on his team **gold** at the European Indoor Championships in Ancona, where he linked up with Olympian Ian Richards and Malcolm Martin (who works in Essex) to secure GB triumph. Others who support our local races also enjoyed success in Francisco Reis, Barnet's Steve Allen and SWC's Angela Martin. *Enfield Walker* has already published times/positions which are also available in the usual places. Well done to all who travelled to Ancona to race, officiate and give their enthusiastic support

### INVITATION

The summer gathering of the Essex Branch of Athletes Reunited will take place at The Cow on the Westfield Stratford City site Friday 1 July. **NOTE DATE CHANGE.** I have been given sole use of the large room on the top floor from midday until 4 pm. If anyone is still standing at 4 pm they can of course go to the main bar on the ground floor. The winter function was attended by 40 guys which included a number for whom this was their first taste of such a reunion. I hope as many, if not more, will attend in July. This time Pat Marchant (of Woodford Green AC and London City Runners) has kindly agreed to organise a quiz. The one in January seemed to go down pretty well. The finger buffet will offer Scotch quail eggs, Crayfish cocktail, Mini sausage rolls, Fish & Chips, Mini beef burger, Cherry tomato, mozzarella, and basil skewers, Pulled port cheesy sliders, Smoked salmon tartare, Chicken Caesar salad cups and Red pepper and goats cheese tarts. **If you would like to join us please send me a cheque for £16. It will be a case of first come, first served.** If you are aware of any other Essex athlete from the 50s, 60s or 70s who might like to join us please let me have their contact details.

**Tony Maxwell** Chairman Athletes Reunited

27 Forest Edge, Buckhurst Hill, Essex. IG9 5AD. 020 8505 8272 [tonymaxwell27@hotmail.com](mailto:tonymaxwell27@hotmail.com)

### MIKE SHANNON RIP

Following a long illness, this former National and Welsh AA Champion has passed on aged 78 after a cardiac arrest. He contributed to Essex Walker with a number of articles over the years. He won the AAA Junior 1 Mile Walk in both 1956 at Bebbington (7.07.4) and 1957 at Hurlingham (6.55.3) - both by some

distance! He was 4 times' Welsh Senior Champion winning the 2 Miles' Walk in 1961 and 1962, clocking 15.20.8 and 14.58.0 respectively - and the 7 Miles' Track Walk in those same years, clocking 56.00.6 and 54.43.6 respectively. In 1962, when then a Highgate Harrier, he was that Club's first finisher (9th) when his Club won the team race in the 1962 National 10 Miles' Championship at New Southgate. After a last walking race in 1966 (a win on grass), he concentrated on basketball; making GB status, narrowly missing out on Olympic selection. He resided at Dyserth, just outside Rhyl. He leaves behind a widow Monica, son Alisdair and daughter Kirstie, to whom condolence is expressed. He was a retired RAF Squadron Leader. His 13 year old granddaughter Helena Shannon is a promising sprinter with Cheltenham and County Harriers and, is currently rated a true prospect at distances from 100-to-300 metres.

### ESSEX COUNTY 3,000 METRES CHAMPIONSHIP

Melbourne Stadium/15 May 2016

Conditions: mild and sunny with a slight breeze

1	Dominic King	Colchester H	11:58-31
2	Daniel King	Colchester H	12:09-98
3	Sophie Hales (record)	Steining AC	14:02-15
4	Simon Le Mare	Southend AC	18:51-47
5	Keith Palmer	Southend AC	20:19-53
6	John Brock	Southend AC	20:53-61
7	Peter Cassidy	Loughton AC	20:58-66
8	Kasia Kostyrka-Allchorne	Southend AC	21:35-26

As might have been expected, the twins and Sophie Hales set off at a brisk pace while the others watched them going, Southend's squad forming a tight and tidy block for a lap or two until Simon Le Mare, in his first walking race, got tired of waiting for his team mates and went away. Cassidy and the rest of Southend huddled together for warmth for a couple more laps and then, as the times will suggest, gently spread out (although it didn't feel gentle at the time!



Sophie's time removed from the record books the Championship Best Performance of 14:16-6, set by Irene Bateman of Havering AC in 1989. Dominic missed his own CBP (from 2005) by 2-59 seconds. This was a reasonably satisfactory turnout, given that, for example, the Senior Men's 1500m had only five entrants, the Senior Women's 200m only three and the Senior Women's 400m hurdles (in the county of Sally Gunnell and Verona Elder, whose CBP from 1981 still stands), a mere two!

**Report by Peter Cassidy**

*Photo of Southend-on-Sea AC's quartet at our County Championships*

*L-to-R John Brock, Simon Le Mare, Kasia Kostyrka-Allchorne and Keith Palmer*

### THE BIG ONE

This year's Virgin Money London Marathon saw walkers showcasing our event before over a million spectators, other competitors and TV viewers. Star turn was hardworking Race Walking Association Honorary Secretary, Leicester's Colin Vesty, who clocked 4.49.02, a day after being 10th in our National 20 Kilometres' Walk (2.09.52). John Ralph completed the course in 5.05 (his good lady Barbara ran it in 4.01), Centurions' Captain Kathy Crilley got in extra mileage in preparation for the Dutch 24 Hours by clocking 5.38.23, Sarnia's Phil Lockwood came from Guernsey to cross-the-line in 5.54.13 and Vets AC stalwart Dave Hoben got there in 6.01. Past years saw many race walkers displaying our event, but nowadays it's a hardy few ... whom we thank for putting on a good show for the crowds - hopefully having ignited interest in what we do. RWA Southern Area Committee stalwart Maureen Noel ran it in 3.38.

### ESSEX COUNTY 20k CHAMPION

Well done to Ilford's **Dave Kates** on becoming our 2016 Essex **Champion** at this Olympic distance. Dave's previously been placed in this Championship and now he's No 1! He clocked 2.20.11 on an exposed 20 times' out-and-back course at West London's Hillingdon Cycle Track. **Well done!**

### RWA NATIONAL 20K CHAMPIONSHIP MEETING

The men's event saw only one Essex athlete, Ilford AC's Dave Kates (14th/2.20.11) + 2 Loughton AC 2nd claimers John Borgars (16th/2.23.11) and Sean Pender (18th/2.25.28). 21 started/2 pulled/1 retired. Only one team - Manx Harriers - managed to close home 3 scorers while 2nd team went to the Bels - the only Club with a so-called "team" of 2. Where were you all? **It's your Championship!** A Ladies 20K saw 7 finishers, but alas no Essex interest. An undercard saw 5 races over lesser distances for younger competitors, which attracted 25 in total.

## 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.

<b>JUN</b>	1 Eastern Veterans League	Melbourne Park	TBC
	1 Eastern Veterans League	Cambridge	TBC
	1 Blackheath & Bromley 3,000 metres track	Norman Park	7.50 pm
	4 Moulton Open 5 Miles/Enfield League + YAG	Moulton/Suffolk	12.30 pm
	5 British Grand Prix including Olympic 20K Trials	Leeds	TBC
	7 Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	11 RWA National & Inter Counties 10K Championships	Coventry	2.00 pm
	11 Centurions Social Walk for All (8 miles London Bridges)	Fenchurch St Station	10.00 am
	11 Welsh Seniors 3,000m Championship	Cardiff	TBC
	14 Veterans AC Road 5 Miles (guests welcome)	Battersea Park	7.00 pm
	19 England Athletics Championships U20 & U23	Bedford	TBC
	19 BMAF 5K Road Championship	Horwich	10.35 am
	29 Johnson Bowl Road 4 miles	Norman Park	7.30 pm
<b>JUL</b>	1 Essex Athletes Reunited Function	Stratford (The Cow)	12 noon
	2 Inter-Area Representative Match	Tamworth	TBC
	3 Welsh Masters 3,000m Championship	Brecon	TBC
	9 Jack Fitzgerald Memorial Races (3 & 6 Miles)	Tilgate Park	12.30 pm
	10 BMAF 20/30k Championship (combined)	Coventry	TBC
	11 SCVAC Track & Field League 2,000m	Hemel Hempstead	6.30 pm
	12 Bill Collins Memorial Race – Road 3k	Tonbridge Track	7.30 pm
	12 Veterans AC 5 miles (guests welcome)	Battersea Park	7.00 pm
	16 Redcar Blast Tryout Event (2, 4 & 6 miles)	Redcar Seafront	12 noon
	19 Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	27 SWC 5,000m	Tonbridge Track	7.30 pm
	30 LICC/Enfield League 5,000m + YAG 1k & 3k	Allianz Park	12 noon
	30/31 Inter-Counties Track 3,000m	Bedford	TBC
	31 BMAF 10,000m Track Championship	Alexander Stadium	TBC
<b>AUG</b>	6 "The Redcar Blast" 100 miles (incorp 20 & 50 miles)	Redcard Seafront	12 noon
	16 Woodford Tuesday Walk 3,000m + YAG	Ashtons Track	8.30 pm
	16 Veterans AC 5 Miles (guests welcome) + Presentation	Battersea Park	7.00 pm
	27 Essex County 10,000m Champs (guests may enter)	Garon Park	11.00 am
	27 LICC/Enfield League 5,000m + YAG 1k & 3k	Allianz Park	12 noon
	28 Veterans AC Track & Field Championships	Kingsmeadow Stadium	TBC
	29 Southend 1 Mile (+ George Woods Trophy)	Garon Park	10.30 am



John Powell (left) is thanked for his long service as a Walking Judge by Middlesex County AA President and fellow Highgate Harrier Richard Priestley.

### THAT'S ALL FOLKS

When May's Middlesex County Track Championship walk concluded John Powell (now into an 80th year) removed his Judge's badge from a lapel for a final time - after 45 years' honorary service, having worn it since 1971. A Highgate Harriers' race walker, John had brief spells as a 2nd claim member of both Woodford Green AC (as then called) and Southend-on-Sea AC when residing in Canvey Island (1958/59) and guested in our County 10 Miles' Championship in the early 70s. He taught at that Island's Secondary School. John, a member of the National Union of Track Statisticians (NUTS), still faithfully records race walking results and publishes them with authority. He's a long-serving Honorary Treasurer of the Race Walking Association's Southern Area Committee. We all thank John for all his many, many appearances as an official.



President: Eric Horwill C.390

### Redcar 100 Miles in 24 Hour - Centurions President's Appeal

As announced at the AGM in January, plans are well advanced for a unique 100 miles event at Redcar on 6<sup>th</sup>/7<sup>th</sup> August this year. The event will be along the sea front and should attract a lot of public attention, helping to raise the profile of our sport. It will incorporate other races in a community celebration of race walking. There has already been much media interest – including radio – and more is promised.

The Centurions have been asked to provide some financial support to enable the project to proceed smoothly and we shall respond positively with a donation of at least £500. After all, we exist to promote 100 miles race walking events such as this! Of course, we hope more walkers will qualify to join our select band as a result of this promotion.

Both Richard Brown, our treasurer, and myself will be very pleased to receive donations of whatever amount in cash when we meet at athletics events or by post (our respective addresses are below). Donations may also be sent by bank electronic transfer, as shown below.

I do hope you will be able to assist and I thank you in anticipation.

Eric C.390

Lloyds Bank plc,  
Sort Code 77 91 48  
Account No. 67731668  
Reference: Redcar 100

Richard Brown C.760  
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## AN ESSEX TALE

Former Woodford Green AC star Jack Thomas, now Gwent-based, was a good friend of the late Charlie Fogg, and remembers travelling with him to the now defunct Colchester-to-Ipswich 17-and-half miles classic "point-to-point" race in the early '60s. This well-established race saw many big names appear. It commenced outside a then somewhat run-down Bell Vue Social Club near Colchester Station and ended outside a Dickensian looking Ranelagh Road County Primary School in Paul's Road - a side road off the main route into Ipswich Town Centre. This race went through delightful Constable villages close to the A12 (then with much less traffic). Jack recalls stopping at a roadside cafe on the inner Chelmsford Ring Road for a bite to eat. Jack ate sparingly ordering a buttered roll and coffee. Charlie ordered eggs, beans, mushrooms and anything else going. While walking back to their transport Jack asked why so much had been eaten? Charlie explained, "If I don't have anything in my stomach I can't fight". Jack's comment was "If I'd had all that, I couldn't walk for 5 minutes". The final Colchester-to-Ipswich was organised in 1969 by Barry Ingarfield, then an Ipswich resident and Suffolk County Champion, and won by Southend International Alec Banyard. A great event!

## MILESTONES

**80**

In May we congratulated former Ilford AC 2nd claim member Ron Powell on reaching 80 years of age and Enfield League organiser Ron Wallwork MBE on hitting 75. Coming later this year, two esteemed Olympians are set to become octogenarians: Norfolk-based Ray Middleton (August) and inaugural ex-Essex League champion John Webb (December).

## KEVIN WHITAKER 1931-2016 RIP

Kevin was an early pioneer of the veterans' athletic movement, having served as British Veterans Athletic Federation Hon Treasurer for 14 years and President for 5. At his local Bradford Club he was both a President and Chairman and well-known in the North for decades as a timekeeper and "Mr Starter". In his heyday, while on National Service, he became Army 440 yards' Champion and over 400 metres claimed a World Age Group best of 51.1 in 1971 at San Diego. In 2009 his wife Maureen pre-deceased him. He leaves a daughter Lynne and sons Michael and Ian. RIP



## Dear Dave ...

### MEDALS AT LAST

So glad to hear Jared Tallant and Rob Hefferman are now to receive the medals that should have been awarded to them at the 2012 Olympics.

**Bill Sutherland**

### YOUR ESSEX COUNTY AA CHAMPIONSHIPS

Please all give support to keep these events in our Essex County AA Championship programme:  
10,000m: 27 August Southend/Garon Park Track  
50 km: 2 Oct with RWA at Hillingdon Cycle Circuit  
(if any one enters the National).

**Ray Pearce**

### CECIL GITTINGS MEMORIAL WALK

Really enjoyed the afternoon's race walk; so glad I received an email prompt. I understand you are unwell at the moment; my best wishes for a speedy recovery.

**Steve Kemp**

### NEWS FOR LADY DISTANCE WALKERS

I've read in this week's AW, and confirmed on IAAF website, that there will be a WOMENS 50KMS in Rome. They will walk with the men and count in the overall team result.

**Bob Dobson**

### ANNOUNCEMENT

RacewalkUK.com was launched 12 years ago. The Internet has changed a lot since then, with new technologies being introduced, and more than 50% of website visits now being made via smartphones and mobile devices. Race walking itself has also changed, from what many considered to be an old fashioned dying sport, back into a growing, dynamic, and exciting form of athletics.

The website is about to be re-launched as a responsive and self-adaptive website, designed to be easily viewed and accessed via any device. Alongside this it will also be a community led site, with a collaborative ability to keep it updated. Members of the public will be able to register their interest, and after being approved they will be able to log on to the website from anywhere and instantly add fixtures, results, and other useful information from anywhere at any time. This means it will no longer depend on one person to keep it updated - a job which continuously got bigger over the last decade. This is a website where results can be easily uploaded directly from the venue, and immediately seen on people's mobile phones. I have already successfully implemented this feature on another athletics website I previously created. Many editors also contributing a little from time to time will get everything up to date within days and produce new and useful content. Further features will be added as we see it all developing.

This has been in development for a long time, and I have been cautious so far. If things go well quickly, all stages of the new website will be released in quick succession. I hope everyone will be supportive and encouraging - I promise to consider all feedback and adapt to it.

The new email address is now

[contact@racewalkuk.com](mailto:contact@racewalkuk.com) - the old email address ([rwr@racewalkuk.com](mailto:rwr@racewalkuk.com)) is no longer in use, with over 100 spam messages per day having wasted precious time. Thank you for your recent patience and I hope the new site will grow our incredible sport faster.

**John Constantinou**

### MIKE SHANNON RIP

Yet another sad death in our Race Walking ranks. Mike and Jackie Shannon were in fact our next door neighbours in Berengaria Cyprus. Mike was the Education Officer and I was the Chaplain. We used to baby sit for their children Kirstie and Alisdair who used to play with our son aged five. Although I was still competing for the RAF in Race Walking Mike by this time had given the sport up and had taken to tennis. He did tell me about his Race Walking achievements but I could not persuade him to take it up again and train with me. Sadly he and his wife Jackie parted and he remarried happily. We lost contact when I came out of the RAF following my brain tumour operation and rehabilitation.

**Roy Lodge**

### PEDAL 4 POUNDS

G'morning all ... things I learned!

1. I'm full of admiration for Plymouth Argyle's CEO Martyn Starnes and his team led by Josh Grant for not only organising but participating in **Pedal 4 Pounds**.
2. I'm full of admiration for the Green Taverners led by Gary Maguire who kept 40 odd cyclists fed and moving from Swansea to Plymouth via Cardiff City, Newport County, Bristol Rovers, Bristol City, Yeovil Town, Exeter City and Torquay United - 260 miles.
3. Having joined in at Newport (blame the need to work), fallen off three times, broken the derailleur and a pedal on my loaned bike (thanks Mark, fellow Fans Trust rider) I am full of admiration for "Big Kev" as mister fixit!
4. The money, raised for Chestnut Appeal for Prostate Cancer/Plymouth Argyle Community Trust/Green Taverners, could be well increased by more of our fan base giving generously! Please do.

**Edbanger - aka Edmund Shillabeer  
Argyle Fans' Trust Board**

Adds Hon Ed: The **Pedal 4 Pounds** sponsored bike ride challenge took in 9 South West professional football club grounds, finishing at

Plymouth Argyle - where the home team were entertaining an already doomed Essex-based Dagenham and Redbridge side (who surprisingly won 3-2). Ed's collection sheet is still open for donations. Edbanger's previously raced competitively on a bicycle in a Quadrathon (swimming/cycling/marathon run/50K walk) - now that was a huge challenge, which saw Ed truly excel! Over many decades Ed's taken part in numerous charity events for good causes ... and shows no signs of easing-up!

### HIGHGATE HARRIERS' NEWS

I've received a parcel addressed to the Secretary "for the Highgate Harriers Hall of Fame" containing medals (AAA medals, international ones I think) and trophies belonging to Eddie Staker. There is also a Technical Official's medal for 1970s Commonwealth Games no less! I'll be delivering the various items to our Archive collection in Holborn in due course. **Kate Jenrick**

### STATE OF THE NATION

With regards to regular criticism of RWA in Essex Walker, private conversation and e-mails, may I suggest that our Officers are hardly getting any younger while not being replaced to any greater degree than we are finding new walkers. The national body comes under consistent fire. But if you stop to think about what that implies, only means criticism of the same band of hardy servants who are out there standing in all weathers every year, purely for the benefit of Race Walking. Do I need to name them? Criticism of the RWA website is valid. In this day and age it's quite shocking that such a crucial issue has not been addressed.

We squeeze in at Hillingdon when the cyclists allow, to have our most important National on a very slow circuit, hidden away from the general public. No atmosphere. No public address. Hardly any Midlands or Northern walkers apart from the Manx who were brilliant. Big mistake not to arrange this with the Olympic Trials in advance of Rome, on London Marathon weekend with Olympic selections tomorrow. Tom gives us another training session while our promising youngsters - the ones who really matter most - win National medals to little acclaim as most are still on duty or racing the 20km. That's so wrong!

I'm sure RWA Officers would be delighted to have new people contributing, and to cut down on days given up for Committee meetings, or - perish the actual thought - be able to have the odd weekend off for their own benefit. We really should applaud or at the very least recognise what we have. It does seem unfair that a body gets continually slated without any consideration of the individuals

who are the ones keeping it all going. It would be far more pertinent to question the actual governance of Race Walking in this country. UK Athletics control official development including grading of Judges and have their own Championships.

Do we even need the RWA? Why should the UK 2016 Olympic Trials not be mentioned in certain circles, we are also booked for Moulton committee and the popular event that weekend? Why do we have two National 10km championships, one well supported, and one that will not be?

I see very committed people on both sides and only hope for cohesive communication with positive action for the advantage of all. Together, against many odds, we can be so much stronger. Continually divided like this, we haven't a chance. **Trevor McDermot**

Adds Hon Ed: Where are new people? The RWA Southern Area Committee is virtually unchanged in over a decade-and-a-half, despite yearly appeals for newcomers to put their names forward. Nowadays many of our critics don't serve on Committees and rarely (some never) attend races. National League Club (Havering AC - once brimming with walking talent of all ages) couldn't get a volunteer to stand as Honorary Secretary at their recent AGM, when long-serving Jean Tierney finally stood down. On a similar theme we recently published details of a woefully supported Eastern Vets AGM. Many Office holders/Committee members/officials/helpers perform their roles as nobody else wants to - with many advancing in years, and not replaced by new blood. Where will it all end? **We appeal to all readers to consider what they can contribute.**

### NATIONAL HON CHAMPIONSHIP SECRETARY

Glyn Jones and I met Andi Drake at Birmingham last year to sort out fixtures. We said we would be delighted to stage the YAG/20kms with the Olympic Trial on any date apart from 4 June which is Moulton. I read somewhere later he had decided the date would be 5 June.

National courses - Can you suggest an alternative course apart from Hillingdon or Coventry. We haven't found anything suitable. Victoria Park costs £600 to hire and the Olympic Park over £1000. We are not funded by UKA/England. Finance is a problem and we lose money on the Championships each year. Last year we staged the Olympic trial/Small Nations match at Bedford which cost the RWA £8000. Coventry is the venue for the 10kms on 11 June and we are awarding prize money for the first time. Did the English Athletics 10km in March have a podium to present the awards? I hope the Olympic Trial at

Leeds will not be like York ... extremely well organised but with a hilly course and only a handful of finishers.

We are doing our best to promote Race Walking in England but 80% of walkers in England are in the South and are mainly veterans. Hopefully the crop of youngsters will bear fruit in the senior ranks next year. PS: We have funded walkers to the tune of £1000 over the past two years. **Peter Marlow**

### **WONDERFUL TIME at NEW SCOTLAND YARD**

The Final Life Members' Dinner at New Scotland Yard was a special occasion with a full-house of around 40 members and guests. Pride of place must go to the former MPAA Race Walking Club Treasurer Bert Stevenson who was the longest Life Member (appointed 1981). Others attending were former Chairman of the our Club Terry Siggs, OBE, QPM; Peter Hodgkinson, a Great Britain International of distance fame; Olympian Race Walker Paul Blagg; Bill Sutherland, BEM and 1970 Commonwealth Games Bronze Medallist and Master of Ceremonies Andy Bignold. Amos Seddon and Doug Fotheringham were unable to attend tendering their apologies. Highlight of this wonderful evening was a number of photographs taken of Life Members and their Guests in the Briefing Room. Lord Peter Imbert, former Metropolitan Police Commissioner took centre stage, accompanied by Lady Imbert. The main address giving the History of the MPAA was given most ably by Derek Alldridge, MBE former MPAA Secretary. A new venue must now be found as New Scotland Yard has sadly been sold.

**Bill Sutherland**

### **CHRIS FOSTER RETIRES**

I am now retired from my staff role working as Media Relations Officer for The Scout Association. I celebrated my 65th birthday at Ashburton Grove. I stood all match behind the north bank goal and cheered as the 2nd, 3rd and 4th Arsenal goals went in. I cheered just as loud when Newcastle banged in five goals, which allowed us to celebrate St Totteringham's Day, which fell somewhat later this year. I had always planned to retire around my 65th birthday, especially as work colleagues said that the only way I would leave my media job for the Scouts would be in a wooden box. I will still carry on with my volunteer Scouting. I had the usual works leaving do and in the evening I invited a load of different "characters" who I worked with at some point during the past 15 years and we

enjoyed an alcohol fuelled evening. In fact, my feet have not touched the ground in the past two weeks.

**The Former Scribe**

Adds Hon Ed: Working full-time for the Scouts was a second career after his Metropolitan Police service. Chris race-walked for the Metropolitan Police, Borough of Enfield Harriers (as then called) and Loughton AC (2nd claim). He has many awards, including individual Middlesex County AA Championship medals. He's **twice** been guest turn at the annual Met Police Dinner, is an accomplished am-drams performer and a former Met Police Champion - albeit as 50% of a darts winning pair. A keen Arsenal follower, Chris regularly contributes to "The Gooner" fanzine. We wish him well and hope to see him again at our meetings.

### **SHAUL LADNEY's 80th BIRTHDAY**

Shaul Ladany, the Israeli Olympian racewalker, recently celebrated his 80th birthday by walking 80km in 16 loops of 5kms. The event, attended by more than 500 people, was covered by The Israeli Press, some Radio Channels, a Sports TV Channel and BBC Radio. The programme went out on 16 April and you should be able to listen to it via this link: <http://www.bbc.co.uk/programmes/p00j2pn5>

**Sue Clements**

### **ARCHIVIST's REQUEST**

Whilst not a race walker I was wondering if anyone has ever written up a race history of the Chippenham to Calne race that began (I believe) in 1950 and went through to around 1990. I would love to see a list of winners, the course route, the number of entrants etc.

**Chris Holloway:** [tipton.harrier@yahoo.co.uk](mailto:tipton.harrier@yahoo.co.uk)  
**Tipton Harriers Archivist/Historian**

### **EUROPEAN MASTERS NON-STADIA CHAMPIONSHIPS**

Our victorious M75 team (10 km Walk) proudly belting out the National Anthem in Portugal, May 20th were Norbert Will, Arthur Thompson and Edmund Shillabeer. Next day Edmund joined Steve Allen and Malcolm Martin to win M60 team gold medals in 30 km Walk, in the process beating Olympian Christoph Hohne to become M75 Champion. A good 2 days' work! Thanks go to Jan of Knight Scientific, Jason (trainer), Fiona (physio) at the Life Centre and my Practice staff and family for their support.

**Ed Shillabeer**

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