

Essex Walker

Editor: Dave Ainsworth

CENTURIONS' SOCIAL WALK - IN ESSEX

The Centurions took to the canal towpaths of Essex for a social walk on Sunday 30 September. From Springfield Basin in Chelmsford the group followed the Chelmer and Blackwater Navigation east, passing a couple of permanent mooring communities, before reaching Paper Mill lock, 7 miles completed and the mid-way point of the route.

Continuing through the Essex countryside, motor cruisers began to replace canal boats on the approach to Heybridge Basin at the mouth of the Blackwater estuary, marking the completion of our 14 miles' stroll. Cream tea was enjoyed in the Tiptree tea rooms. Then with souvenirs purchased it was time to take to our vehicles for the return to Chelmsford.



Dave Hoben, Martin Fisher (Centurions' Captain), Kim Howard, Sue Clements (Centurions' Archivist) and Steve Kemp (Social Walks' Organiser)



Dave Hoben, Sue Clements, Kim Howard, Chris Flint (Centurions' Hon Sec) and Steve Kemp

PHOTOGRAPHS by **Steve Kemp**: "Lovely walk today. Thank you for your company. I have attached a few unedited photographs - I hope you enjoy them."

EMAILS THE CENTURIONS' HON SECRETARY

"These photos show what a good day it was walking along the canal and ending up with a superb cream tea with jam from the nearby Tiptree factory." **Chris Flint**

Centurions' social walks take place throughout the UK and are open to all. Strolls Secretary Steve Kemp racewalker@sky.com welcomes volunteer walk leaders and suggestions for new venues. Contact Steve if you have an idea for a social walk in your area. Keep an eye on the website www.Centurions1911.org.uk for details of the Spring 2019 walk in Cambridgeshire.

KEN CARTER RIP

Many tributes have - rightly - flowed in following the sad departure of popular Ken Carter at the age of 71, after illness. Ken was an esteemed figure in the athletics world and also among the community as he was a long-serving member of the Education profession, rising to become Headteacher at Canvey Leigh Beck School. In athletics he appeared for Surrey Walking Club, Southend-on-Sea AC, Anglia Striders and Ilford AC. Ken also represented Great Britain and, of course his County. His time at Southend was during a period when they were among our UK's top Clubs. In such times it was hard to do well as standards were high - for instance July 1974's "Race Walking Record" states that 225 men broke the hour for 7 miles during 1973. Times change!

Southend had a great squad. They twice very convincingly won our RWA National 20k Championship: in '74 at Sheffield (scoring P Marlow 2, K Carter 8, R Dobson 16 and A Banyard 17) and 75 at Coventry (scoring R Dobson 5, D Cox 12, K Carter 14 and A Banyard 15 - with Ian Brooks not far behind). In '74 they also won the RWA National 20 Miles at Redditch with a star quartet of R Dobson 2, A Banyard 15, K Carter 17 and D Rosser 18. When Ilford won the '74 National 10 Miles at Southwick (R Mills 3, S Gower 9, L Mockett 16 and G Hunwicks 26) it was Southend (2nd) who pushed them all the way scoring R Dobson 5, D Cox 18, A Banyard 20 and K Carter 22 - with Bill Wright just 3 places behind. In the mid-70s, Southend were capable of winning so many Open races with their all-big name line ups - and Ken was always in scoring teams. Southend had other talented walkers as well as those mentioned above. Mike Holmes Jnr signed on, Amos Seddon appeared in 2nd Claim capacity so adding might in County races, Stock Exchange London-to-Brighton winner Ken Tuson and second placer Jimmy Venn were on the books, as was former Essex County Champion Ray Pearce as well as Clubmen Frank Drake, Phil Husband, Brian Hoyle, John Skeggs and the one-and-only George Woods. Alas for Southend, August and September 1976 saw most big names resign to move on or quit. The local "Evening Echo", in an article written by the late Dick Marshall, described it as being like a Roman Candle shooting its stars in all directions. Ken moved to the newly emerging Anglia Striders - and while with them, won his only Essex County AA senior title, clocking 12.53.3 to claim the 1979 3,000 Metres Championship gold medal. When Ken competed in the Romford Brewery sponsored "Round-the-Town walking races, both his sons would be in a cycling race on the same programme - you had to be good to even get an entry accepted in those bike races. When the Striders began to fade, Ken moved to Ilford AC to continue his competitive career. Ken himself was keen, and talented, as a racing cyclist and also spent much time skiing. To his widow Joy and sons Matthew and Ben, we send our profound condolences on the loss of a wonderful sportsman and true friend.

TRIBUTES TO KEN CARTER

Many have paid tribute to Ken Carter upon hearing the news of his passing.

- "He was one of the great group of dedicated walkers in the 70s and always a pleasure to know." **Carl Lawton**
- "I do remember Ken in Southend colours, helping them to some significant victories. Another "youngster" passing on - 71 isn't a long innings." **John Hall**
- "He was a great guy, great competitor and a true friend. I only have happy memories of Ken and we shared lots of laughter together." **Bob Dobson**
- "We remember him well in our mind's eye as a member of a strong Southend team in the great days of GB Race Walking in the 70's. How fortunate we all are to have those memories." **Bill and Kath Sutherland**
- "Ken and I did two internationals together one in Barcelona with Marian Fawkes and a home countries event in Birmingham. Once we met in the hills near Brentwood when I lived in South Ockendon but he was off to the wilds on Essex. He was a member of that Essex generation, when, in order to be in the team for the Inter-Counties you needed to be at or near international standard." **Denis Holly**
- "Sad to read the loss of Ken Carter RIP at such a young age - a fine walker and good clubman will be sadly missed." **Ray Middleton**
- "Ken was a great guy, team mate and a very talented race walker. In addition, Ken was also best man at my wedding almost 40 years ago." **Alex Banyard**
- "What a shocker - so hard to believe. I was not aware that Ken had been so poorly and am very saddened to hear of his passing. I sure hope there will be a good turnout of walkers and cyclists to pay their respects." **Steve King** (Ilford AC)

Others expressing their sadness and sincere condolences to his family included: Geoff Hunwicks, Peter Matthews (Editor, Athletics International & International Athletics Annual), Bill Green (Press Officer, Ilford AC), Chris Phillips (Sports Editor, Evening Echo)

Editor of Athletics International Peter Matthews has confirmed the inclusion of the following in the obituaries section:

CARTER, Kenneth Reginald John b. 7 Mar 1947. d. 25 Oct 2018. Southend-on-Sea AC, Ilford AC.

20kW Int 1 (1978). 3 AAA 3000mW 1976.

Walks pbs: 1M 6:37.8 '78, 3000m 12:34.6 '84, 5000m 22:21.0 '74, 10000m 45:11.0 '84, 20k 1:32:16 '81, 50k 4:56:05t '72.

KEN CARTER RIP - FUNERAL SERVICE

On 23 November the funeral service took place of former GB International and ex-Essex Champion race walker Ken Carter, aged 71, at Chelmsford Crematorium. The South Chapel was packed with as many outside as inside. Race walkers were well represented by a large turnout of current and former athletes. Also present were many from the academic world as Ken had taught South-of-the-River, and in Romford, before reaching Head Teacher status at Leigh Beck Primary School on Canvey Island. Peter Hodgkinson was among a quartet of speakers who spoke movingly from the lectern. A gathering was held after the service.

“That so many people turned up to say farewell shows how Ken clearly made an impact wherever he went. And what a turn-out of walkers today! I think Ken would have been so pleased - and very disappointed to miss the photo-call!” **June Cork**

RACE WALKERS AT CHELMSFORD CREMATORIUM FOR THE FUNERAL OF KEN CARTER



Left to right:

Kevin Carley, Ron Wallwork, Olly Flynn, June Cork, Joan Wallwork, Carl Lawton, Amos Seddon, Len Ruddock, Alan O'Rawe, Tony Perkins, Bob Dobson, Dave Ainsworth, Stuart Phillips and Pam Ficken.

Present (but not in this photograph) included: Don Cox, Peter Hodgkinson, Peter Marlow and Peter Selby.

Photographer: Claire Rosser

DON COX IN THE NATIONAL PRESS

Many of you may have recently seen accounts in the national press of former International race walker Don Cox.

<https://www.bbc.co.uk/news/av/uk-england-suffolk-46301800/hero-dog-keeps-injured-woman-warm-in-hadleigh>.

In bitter cold 71-year old Don Cox from Hadleigh (Suffolk) was walking his 6-year old dog "Bowsa" (cross labrador-rottweiler-husky) when he came across another OAP - a 79-year old woman lying on a pavement with blood pouring from a head injury. An ambulance was called ... but took hours to arrive. During this time Don ordered Bowsa to lie down and snuggle up to this casualty in a successful bid to try and keep her warm.



An article featured in the Sun newspaper:
<https://www.thesun.co.uk/news/7798970/oap-owes-her-life-to-a-dog/>

Don - and Bowsa - were among many who turned-up for Ken Carter's funeral service. East Anglia Ambulance "Service" apologised saying it was an extremely busy day! We salute public-spirited duo Don and Bowsa.

ALL THE PRESIDENT'S MEN

Being proposed our Essex County AA's AGM for the role of President-Elect is hard-working and well-known Gerry O'Doherty. Meanwhile in the Race Walking Southern Area world, you have a new President. Following in the footsteps of dedicated Chris Hobbs, who performed his duties with distinction, is the always active Chris Flint. At this AGM, 4 persons turned-up who weren't already Officer holder and/or Committee members. That's a record in recent times. Among this quartet was Mark Culshaw, who was voted onto the Committee. Long-serving Peter Selby stepped down from the Committee, but all other Officers and Committee members remain unchanged, which is a strong reflection that you - the walkers of the South - are happy with all they're doing for you.

IN THE RUNNING



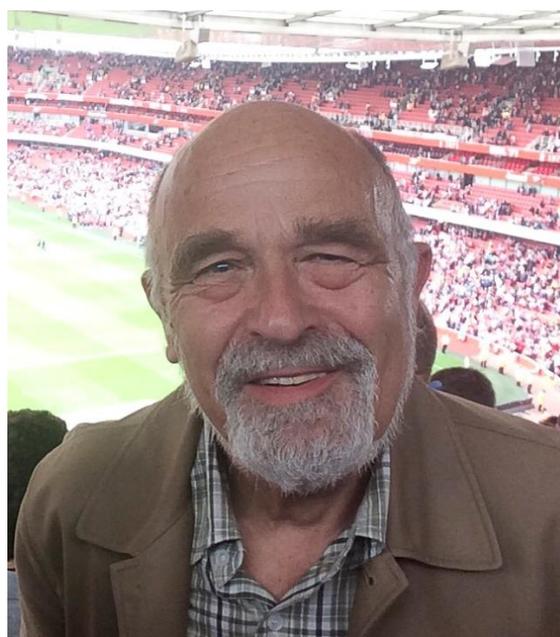
We haven't seen Tony Perkins at walking races for some time but he's still active in athletics - having recently received an award for his enthusiastic meritorious service at parkruns. Recently Tony was a marshal at the Great Notley parkrun, where among the many was Dave Rosser's daughter, Claire. They had a chat afterwards, and she reported that former International Dave is still in Spain. She said Dave had been in the UK last year - well we know that, as he was seen at The Mall on IAAF walks' day. Earlier this year Claire took part in a parkrun at Calgary (Canada). The start-line "MC" asked any overseas visitors to put their hands up, so they could be given a round of applause. Claire rose her hand, and so did another - it was somebody from the very next street to Claire!

Photograph by Mike Eldred

TOM CALLS TIME ON SURREY CHAIRMANSHIP

Tom Pollak, one of HW's longest-serving members and the Club's Press and Publicity Officer, has stepped down after almost 10 years as Chairman of the Surrey County Athletics Association (prior to his Chairmanship he was Surrey President). He hands over to Frances Ratchford of Ranelagh Harriers and St Mary's Richmond, whom many HW will know well as in her role as an official she has been a loyal supporter of events staged at Wimbledon Park.

Former Wimbledon AC athlete Tom was a founder member of Hercules Wimbledon AC when Wimbledon AC and Hercules AC merged in September 1967. He has sat on the Surrey committee since 1997 when he first organised the annual County Road Relay Championships at Wimbledon Park. He continued to organise this event until the management was taken over by the County Association.



Tom Pollack at the London Olympics, 2012.

Tom said "Surrey is one of the top counties for athletics and being President and Chairman gave me a great insight into the enormous effort that is put in by a whole army of people to deliver our sport for the many athletes that are involved in it", he says.' One event which stands out for me is Sportshall. The noise and the enthusiasm of the youngsters taking part is something to experience – ear muffs are recommended! I hope HW soon returns to competing in this competition which is staged in Guildford. It's great fun and the boys and girls taking part clearly enjoy the experience."

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.

DEC	8	Alf Palmer Memorial Track Races 5K + YAG	Broadbridge Heath	11.00 am
	22	Lewis Open Track Races 1/2/3000m	Lewis Track	12.00 noon
	26	Brighton Boxing Day Races 5.5 Miles + 1.8 Miles	Preston Park	10.30 am
	26	Southend Pier 2 Miles Invitation Yacht Handicap	Southend-on-Sea	9.30 am
JAN	1	London Indoor Walks	Lee Valley	TBC
	12	Enfield League 5 Miles + 2017 Series Presentation	Donkey Lane	11.45 am
	13	Race Walking Association AGM	Pingles Stadium	2.00 pm
	19	Steyping Open 15K	Steyping	2.00 pm
	19	RWA Judges' Seminar	CS Club SW1	10.30 am
	26	Centurions' AGM	Bankside Space	12.00 noon
	27	London Walks (various distances/categories)	Hillingdon CC	12.00 noon
FEB	2	Essex County AA/Eastern Counties Indoor 1 Mile Champs	Lee Valley	TBC
	10	SCVAC Indoor Championships	Lee Valley	TBC
	24	Veterans' Inter-Area Indoor Championships	Lee Valley	TBC

CENTURIONS AGM

The Centurions AGM will be held on Saturday 26 January 2019 at 12 noon to 5 pm at Bankside Community Space, 18 Great Guildford Street, Southwark, SE1 0FD.



Note:

Great Guildford Street is a road off Southwark Street SE1 - a few yards' west of the junction with Southwark Bridge Road. For those coming from Essex, bus 344 (every 7/10 mins) goes from Liverpool Street Station-to-Southwark Street, which is under 2 minutes' walk from the venue. At Liverpool Street Station use an escalator by the high-numbered platforms - to take you to Bishopsgate. Cross a pelican crossing, turn right and 30 yards' away is Bus Stop 'K' (outside Tesco) - this stop has an arrivals display screen. On the 344 alight at the 2nd stop after crossing the River Thames on Southwark Bridge. The stop is "Southwark Street" - Bus Stop 'BD'. Cross the road and head west on the main road for 20 yards and you'll reach Great Guildford Street. Bankside Community Space is 20 yards' north along the road on the left. Another useful high-frequency bus route is RV1 which runs from Covent Garden-to-Tower Gateway Station and takes in Waterloo and London Bridge. Stop to alight is on Southwark Street and identified as "Southwark Bridge Road", which is called out automatically and on digital display as buses approach.

AGM

Essex County AA are to stage their annual AGM on Monday 3 December at the Clubhouse, Melbourne Stadium, Salerno Way, Chelmsford. CM1 2EX with the gavel coming down at 7.30 pm to commence business. It'd be nice to see few race walkers there! Being proposed as your next President is to be Ilford AC's long serving Hon Secretary Andy Catton, a former GB & England international. A talented runner on tracks, roads and cross-country, he tops Ilford's all-time rankings list at 3,000m, 5,000m, 10,000m and the marathon. He also made walking appearances in his time, sometimes filling-in to make up numbers in matches. He's a many times Essex County Champion over 1,500m, 5,000m, 10,000m on tracks, 10 miles and the Road relay (team + on 4 occasions ran the fastest lap-of-the-day). We're fortunate as he's a race walking supporter.

BOXING DAY WALK IN ESSEX

For a 65th year, Southend-on-Sea AC are to stage their annual well-supported Boxing Day 2 miles along the planks of the town's famous pier (longest in the world). All competitors must book in by 9.30 am for an "out-and-back" event starting at 10 am. It's a *closed event* for Southend members - except as always, they extend an invitation for race walkers to participate. So please don't tell your Club's running members. It's a yacht handicap, so organisers want to know in advance of your likely intention to appear? Please advise Organiser, former Essex President June Cork, on 01702-472195 or email: southendac@hotmail.co.uk. Entry fee - well, er, very little. Each competitor is asked to bring along a small wrapped gift (chocolates/sweets etc) which goes into a lucky dip. Everybody brings something - and goes home with something. It's a fun event.

REMEMBRANCE DAY SERVICE IN ROMFORD

Hon Ed, Dave Ainsworth, was invited by organisers of the Remembrance Day Service in Romford, serviceman to read the familiar words from the poem "For the Fallen" by Laurence Binyon at the service. Dave was approached as the organisers particularly wanted an ex-Regular Royal Air Force, in acknowledgement of it also being the centenary of the RAF itself this year.



*"They shall not grow old, as we
that are left grow old:*

*Age shall not weary them, nor
the years condemn.*

*At the going down of the sun and
in the morning*

We will remember them."



A WARM WELCOME

Quick of the mark is Southend-on-Sea AC's new race walker Leah Williams. Her debut at the Southend's August Bank Holiday Mile saw her in 6th position (from 20) in an experienced field. Already known as a competitive runner, Leah switched codes to try pedestrianism and backed up her fine display with an individual bronze medal in our Essex County AA 10,000 Metres Championship at Lee Valley track. We look forward to seeing more success, but perhaps not for a while as Leah has gone back to Uni.

SUPERSTARS 1975

The now defunct British Race Walkers Club organised a competition along the lines of the popular BBC television programme "Superstars", and held it on a training weekend. Many big names were among the 21 participants in these sports (individual category winners stated): Football Penalties (**John Moullin**), Swimming (**Ken Carter**), Skittles (**Roger Michell**), Cycling (**Peter Hodkinson**), Shooting (**Barry Ingarfield**), Basketball Penalties (**Ken Carter**), Long Jump (**Brian Adams**), Shot Putt (**Alec Banyard**), Football Dribbling (**Dave Rosser**) and 600 Metres Run (**Brian Adams**). Overall result: 1. Brian Adams, 2. Peter Hodkinson, 3. Dave Rosser, 4. Ken Carter and 5. Tony Taylor and Charlie Fogg (tied). Roger Mills, who'd won a similar contest in 1974, was 16th and Colin Young came 21st.



FIXTURE CLASHING

This has been of concern to race walkers for decades, but is not such a problem nowadays because many established races have folded as participants' numbers have dwindled. Indeed, a major conference was held at Royal Leamington Spa town hall in the middle of the last decade to "sort it out, once and for all". Hmm! What do you think of the latest carry-on? The mighty British League have the opening round of their Summer 2018 programme on what's traditionally Day 2 of a well-established weekend set aside for all Counties to hold their annual track championships, with Day 2 always featuring the major events and finals. Essex has 5 British League clubs, so this will much detract from the importance of that day's sport - it'll be the same through the county.

RING ROAD STARTER DIES

Romford Brewery Romford town centre walks numbered 4. The first (3-and-half miles) used part of the new Inner Ring Road, hours before the then Secretary of State for Transport, the late Paul Channon MP officially declared it open to traffic. The Starter, who lowered a flag to commence the action, was Havering Mayor Councillor Louise Sinclair, 97, who sadly passed-on during November. The next 3 races, over 3,000 metres, went around-and-around on the Market Place cobbles. This event always got celebrity starters, including Barry Hearn himself on one occasion - who turned up with Steve Davis, Tony Meo and the late Gary Mason (Britain's heaviest ever heavyweight champion).

PHOTO GALLERY



Ilford walkers, plus Essex Champion Melanie Peddle, at the 92nd Enfield Open 7 Miles

WELL DONE SEB!

Ilford's Seb Parris knocked 7 minutes of his pb at the Chicago Marathon, finishing in 3.03.39 for 1,627th position from a record 44,571 starters. This despite suffering food poisoning 48 hours before the start - and stopping at halfway for a photo! Seb celebrated after finishing with a pizza. His race photo is in the Ilford Recorder (*can be read online for free*). Well done to Seb, who excels for Ilford AC at both running and race walking.

HAPPY RETIREMENT

International and former National 20 Miles champion Stuart Phillips has retired, in the rank of Chief Inspector, from the City of London Police and relocated to Colchester. We wish the former Havering AC & Ilford AC leading light a long and happy retirement in North Essex.

AMOS TO THE FORE

At the Queen Elizabeth Olympic Park in Stratford - venue for this year's Civil Service Championship and Ryan Cup representative match - was a vast display of shrouded figures. There was one for each of 72,396 British servicemen who died at the Battle of the Somme and have no known grave. Part of this tribute was a reading of every name in alphabetical order. Among volunteers giving up their time to take part in this was former International and many times Ryan Cup participant Amos Seddon.



<https://www.bbc.co.uk/news/uk-england-london-46125068>

DOUG FOTHERINGHAM RIP

Essex Walker has received news via one of Doug Fotheringham's sons, Neal, that his father passed away peacefully recently at home. *"He and my late mum Maureen travelled the world when my dad competed as a veteran. He was 88 years young and I believe also President of the Met Police Race Walking Association back in the 70s. My brother Mark and I are trying deal with the Coroner's Office at the moment. We plan to have dad dressed in full kit at the funeral!"*

Doug was a stalwart Belgrave Harrier, a former Middlesex County AA President, long-serving holder of Honorary Offices at the Metropolitan Police Race Walking Club and an esteemed Life Member of the Metropolitan Police Athletics' Association. He became Centurion No 373 at the 1965 Metropolitan Police Chigwell 100 Miles when, on a difficult course he clocked 21:31.09, in a race won by the late and great Hew Neilson. Others among 13 new Centurion qualifiers on that occasion were Ken Munro, Len Taylor, fellow MPWC member R F Hodges, legendary Eddie McNeir, 1968 Mexico Olympian John Kelly and Hendrick Doornekamp from Holland - who also became a legend for walking a number of 100 miles races in clogs! That race saw 54 start and 30 finish. He had a strong Essex connection as a long-time resident in Clayhall.

DOUG FOTHERINGHAM RIP - TRIBUTES

- Very sad to hear of the passing of Doug Fotheringham, who was very much one of the foundation stones of the Met Police Race Walking Club as a top class competitor, Secretary over countless years and Editor of our Newsletter and latterly as a Super Vet. He will be fondly remembered by so many past and present members. **Bill and Kath Sutherland**
- A gentleman and an inspiration and a star. **Ed Shillabeer**
- Many happy memories of racing with Doug. **Cath Duhig**
- An outstanding man and a great loss. I remember Doug well and it's great he had such an active career. **Sandra Brown C735**
- What a nice chap, Doug was always cheerful in a quiet way ... he had a great camper van. **Peter Selby**
- Veterans Athletic Club are sorry to hear of the passing of Doug Fotheringham at the age of 88. He was a stalwart of Belgrave Harriers, life member of VAC, past chairman of Metropolitan Police Walking Club, past president Middlesex County AA, and on retirement from race walking continued to support events as a spectator despite living in Lincolnshire. He was also a Centurion qualifying in the 1965 Chigwell 100 miles. He is survived by sons Neal and Mark. **Dave Hoben (for Vets AC)**
- Doug was Middlesex County AA race walking sec for a number of years, before I took over. He kept everyone informed via regular circulars and organised the 10 mile championship as a separate event until we joined up with Essex at Chigwell. He used Luton Hoo, Copthall and Donkey Lane as venues over the years. Doug won at least two World Vets/Masters titles, in New Zealand, sometime in the 1990's. **John Hall**
- A true gentleman and loyal supporter of Police race walking events in the past and with whom I have many fond memories. My sincere condolences go to all the family. **Glyn Jones**
- Doug was a great race walker at various distances and he and I had good battles in the Barking to Southend race. He also edited the MPRWC newsletter for many years until Bill Sutherland took over. Both were true stalwarts of the Met's race walking contingent. Doug's passing is very sad. **Chris Flint**

Others who have expressed sadness at Doug's passing include: **Kevin Carley** and **Kitty Hung**.



Dear Dave ...

KEN CARTER RIP

I have just received a call from Matthew Carter, telling me that his father Ken passed

away in the early hours of this morning (25 Oct). He was 71. He had been poorly for seven months diagnosed with tumours and though lately confined to a wheelchair had remained lively. He was taken to hospital where he slipped away. I remember Ken, a key member of a strong Southend team and he walked in GB colours over 20km in a match

at Hove in 1978 against Italy. He leaves wife Joy, sons Matthew and Ben and 4 grandchildren. This message is sent at the behest of the family.

Ron Wallwork

NEWS FROM STEVE KING

Really nice to hear from you and very interesting about the parkruns – I knew Tony Perkins had been volunteering for quite a while but over 200 is stunning. We have a parkrun here now for almost a year and see numbers usually from 20-30 and I sure hope it grows as I enjoy them and Jean just started coming out and has done three now and is keen for this Saturday. I didn't know Dave Rosser had been living in Spain. What a coincidence re his daughter – I do the commentary at the Calgary Marathon and the Calgary 70.3 Ironman but seems like she was there on a vacation – and with a surprise neighbour in the same parkrun! We'll be off to Hawaii for the upcoming Ultraman World Champs. Take good care.

Steve King

NEWS FROM LAURIE LELLY

Thanks for your note in the Essex Walker. I have just returned from a great break down under, visiting my son and daughter. I had a fine time down there, despite experiencing my first earthquake. I am now pretty well recovered from my operation, getting about okay without the aid of any sticks although not sure how I will be able to cope with standing about to do any officiating just yet. So I hope that I will be able to help out working inside doing reception and results for a while. Not sure I am glad to be back after being thoroughly spoilt by the family, but I will soon settle down again. Hope to get back in the old routine and catch up soon.

Laurie Lelly

A READER'S WISH

I joined Ilford AC in 1968! Wow 50 years ago! And many thanks for continuing with EW, but what happened to the nostalgia?

Geoff Hunwicks

“OH YES HE WILL”

I am back for possibly a final last performance in "*Beauty and the Beast*" in January in Winchmore Hill (<http://teo-theatre.org.uk/>). I

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play neither Beauty nor the Beast. I am a rather static candlestick which is fine by me as my ankle has succumbed to arthritis in the past year which has restricted my mobility.

Chris Foster

EMAILS OLYMPIAN CHRIS MADDOCKS

Alan Brooks emailed me a couple of days ago with the 'funny' below. You may or may not like to share it in Essex Walker. After my reply to him, he responded and was happy for the anecdote to be shared. He also says, he is now much better after the removal of the offending stone!

As a further aside, I posted this picture on Facebook (Sunday 28 October). My GB 50km record is now 28 years old. Three years ago, AW did a two-page spread commemorating its 25th anniversary. It's flattering to add that, so far, on Facebook I've had around 160 responses with many generous comments from family and friends home and abroad. No matter what level 'we' competed at, I believe most folk including me, believe that in the right conditions a better PB was possible. In 1991 I'm confident something around 3.48 was possible, but alas, injuries restricted progress that year. I did manage to squeeze in one good international performance ... a 2.36.19 35kms GB record during the 7 Nations comp in Ornskoldvic, Sweden. In 1992 and 1993 my focus was more on the 20kms.

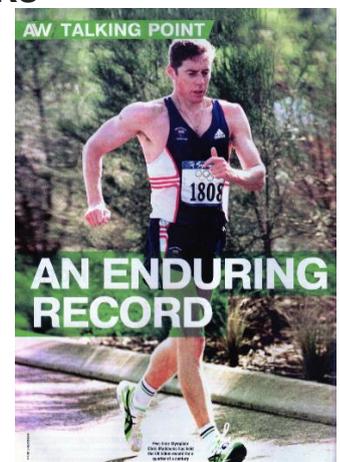
Sorry to hear about Ken Carter, may he RIP.

Chris Maddocks

WRITES ALAN BROOKS

I have just been re-reading Chris Maddocks book, prompted by an incident a few weeks ago. There I was, on a hospital trolley wearing a fetching pair of paper underpants, awaiting the removal of a kidney stone by the most intimate route.

While preparing me for anaesthetic, the nurse commented on my low heart rate, and asked if



I did some fitness training. I told her I was (or had been) a race walker of modest attainment and, yes, I still did a bit. The anaesthetist then said "Oh, that's a tough event. I remember seeing one of our blokes a few Olympics ago who struggled through his race with an injury and finished to a massive ovation."

I just had time to say "Oh, aye, that were Chris Maddocks" before my lights went out.

Thought you might like to know Chris is still remembered!

Alan Brooks (Yorks RWC)

HALL OF FAME INDUCTEE

I was truly amazed and honoured to be so selected.

Peter Matthews

Editor Athletics International &
International Athletics Annual

LONG TIME NO SEE

Small world ... I seem to remember after we got back from England this summer I read an article about the park run at Braintree and a marshal who had done nearly 200 runs. I thought there could not be many Tony Perkins in the Notley area and asked Claire to seek him out the next time she ran. I was very sorry to hear about the passing of Ken Carter, in this day and age still a young man. Claire is going to the funeral on the 23/11 for me.

I still take an interest in the walking scene through the newsletters and RWR. Sad to see such small fields these days. Claire and I went to watch the races at the World championships in 2016 and bumped into Shaun Lightman. As Claire probably mentioned we have lived in Spain since 2003 and thoroughly enjoy the lifestyle. I try and keep myself fit by swimming and walking in the mountains which are on our doorstep, also I enjoy my golf and belong to a local golf society. We normally come over in the summer for approx 8 weeks and stay some of the time at Claire's and also we tend to rent a cottage in the Yorkshire dales.

Hopefully I will still be fit enough to do the park run next year and hopefully meet up with Tony. If you should see anybody who remembers me

please pass on my email:
davidrosser99@gmail.com.

David Rosser

KEN CARTER RIP

Reference your tribute to Ken, I have learned a great deal from this - although I was already aware of the existence of Their Awesomenesses, I certainly did not have the encyclopaedic coverage which you have provided.

June Cork

FROM OUR SOCIAL CORRESPONDENT

Great story about Don Cox. The MPAA LIFE MEMBERS CHRISTMAS LUNCH went very well with a team of 4 walkers attending. They were Andy Bignold, as Master of Ceremonies with one of his guests being Derek Warrilow no less. No doubt you would have liked to have been there too being an ex-London Vidarian! Double Olympian Paul Blagg was there with his wife Lindsay together of course with Kath and myself on table all together. Pride of place went to the Commissioner, Cressida Dick, who attended for the second time this year despite her very busy timetable of engagements. Many guests of note (excuse the pun!) attended including a famous soprano, who had sung in Southwark Cathedral and Westminster Abbey, together with a notable ex-Harlequins Rugby Union player from the playing days of Sir Clive Woodward. Life members were each asked to briefly introduce their guests. Apologies were forthcoming from ever present member Peter Hodgkinson, who was at a funeral, and Terry Siggs CBE, QPM, who was in Portugal celebrating his 80th birthday. Race walkers were short in numbers having recently lost stalwart members Bertram Stevenson and Doug Fotheringham, who were remembered in a minute's silence. A hearty Xmas Dinner and Reunion was greatly enjoyed by all.

Bill Sutherland

IN THE RUNNING

A little bit of Essex Walker interest - at Loughton AC's 5-mile Vets Inter-Club race on 3 November, 6th man home was **Seb Parris** (31:39), occasional walker. An inter-sport tussle for positions 16 and 17 took place between Ronnie O'Sullivan (34:31) and Andy Catton (34:37). Nothing to do with walking, of course, but I thought I'd mention it.

Peter Cassidy

Adds Hon Ed: Seb may not have won this race, but he won Ilford AC's award for "Beard-of-the-Year" (the prize was a bottle of 'Beardo' beer).



SILENCE OBSERVED FOR KEN CARTER

His family will be interested to hear that there was a minute's silence to mark his passing at SWC Christmas Cup, Tonbridge School.

Dave Hoben (SWC President)

SOCIAL WALKING

It was good to see so many at Kenny Carter's funeral last week. It was a sad but at the same time, an uplifting experience, seeing so many

there and hearing a fine eulogy and other tributes to Ken, a fine, well liked and respected man. It was also a chance for me to catch up with a number of old race walking buddies but, as usual, not enough time to share with everyone.

Partly, with a nod in Ken's direction, it prompted me to consider starting a social walking group, which could be termed 'swalking'. I suppose it would be pitched more towards those of us who have a bit more free time during the weekdays and would consist of countryside walking and could be of any suitable length. Starting from a suitable car park/pub/cafe and probably stopping off at a similar venue along the course. It would be enjoyable and interesting to meet up and a chance to sample other people's favourite routes, as I don't get much outside my own local area. So, may I ask you pass on my thoughts via the Essex Walker and I look forward to hearing the responses. My email is: lenrdk@gmail.com.

Len Ruddock

From 6/12/17, please note my new mobile number - 07575 027336

Adds Hon Ed: The Centurions have staged social walks for many years, the last one being in Essex (see reports).

ESSEX WALKER

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