

Essex Walker

Editor: Dave Ainsworth

OLD TROPHIES

Long serving Essex County AA Walking Secretary Ray Pearce (now City of Southend President) has a number of old trophies from long ago days of our now defunct Essex League. They're in his Rochford home and have been since your Essex League folded. Ray Pearce seeks good homes for them, so they're offered (buckshee) - could those interested please let Hon Ed know, and your claims will be passed to Ray. *Worth a reminder* – no-one offered to take on Ray's Essex County AA role as our Walking Secretary - have any readers had second thoughts, as our event still isn't represented in the Committee room? It's not a very time-consuming task. Please let Hon Ed know and we'll pass on names to your County Athletic Association.

WHERE ARE WE GOING?

A while ago your RWA Southern Area Committee looked at ways of reigniting race walking interest. One worthy suggestion was to support walking races at general athletics meetings, so "*showcasing*" our event to generate interest. County 3,000 Metres Championships were rightly seen as obvious examples. Sadly, most Counties have long since dropped race walking from main County Championship meetings. Since our Southern Committee's desire was publicised in Essex Walker, in a bid to boost support, what's happened locally? Last year we reported that Suffolk County AA removed our Walk from their programme - and a reason given. Essex Walker also reported that a 3,000m walk didn't re-appear this year. In Essex, 2023 saw a first time (bar War years) that a 3,000 Metres walk (formerly 2 Miles) wasn't held since 1888 - due to lack of walking judges. Last year our Middlesex AA neighbours held their big promotion *Centenary* County Championship - one competitor walked alone in the 3,000 metres - no men, just one lady by herself. No surprise when come 2023 a walk wasn't in their programme. Essex Walker has repeatedly appealed to race walkers to support 3,000 metres walks when part of main Championship programmes. "*Use it or lose it*". Your Committee have tried hard on this issue - as witnessed by generously subsidising (for a 2nd year) those entering the annual SEAA (South of England Athletic Association) Track Championship walks.

- Views of athletics commentator **Bill Sutherland**: "We are all getting older with vastly insufficient young ones to replace us. The SRWA plans for the future, commendable as they are, do not in any way address the crisis we face with the urgency it requires NOW!. The Parkrun movement have just issued their 4th Edition full of news and enthusiasm but little on Race Walking. Is it too much to ask the RWA and SRWA to attempt to sell our great sport to the multitudes who turn out every Saturday?"

AGM THREE-LINE WHIP

Please all make a note in your diaries: Our Race Walking Association Southern Area **Annual General Meeting** is to be held on **Monday 13 November** with the Chairman's gavel coming down to commence business at 7.15pm. You won't need to travel as it's on "*Zoom*". A Southern Area Committee Meeting is held (from 6.30pm) before our AGM commences at 7.15pm - and traditionally anyone tuning-in early may observe your Committee at work. It's your opportunity to comment on issues as they arise, make suggestions and also your chance to vote into office those you'd like to see taking our sport forward and making progress. All Southern Area Walking Club Honorary Secretaries are to be sent access details plus admission password - which we earnestly request are forwarded to all race walkers and officials.

NEW EMAIL ADDRESS

Canadian-based Centurion Steve King (Ilford AC and Stock Exchange AC) has a new email address, which he advises as: trifitsteve@outlook.com

SAD NEWS FROM LINCOLNSHIRE

Sad news from former Irish international walker Pat Furey (Enfield/Anglia Striders/Middlesex County/Post Office/London Buses), who's well known as a former competitor, official, organiser and event sponsor:

"It's with great sadness that I have to notify you about the death of my wife on the 5th October in Peterborough City Hospital after a short illness. May her gentle soul RIP."

Adds Hon Ed: On behalf of all readers, our profound condolence is sent to Pat on his so sad loss.

AWARD FOR ESSEX CENTURION

We congratulate Halstead-based Andrew Wilmot on being awarded Honorary Lifetime Membership of Halstead Road Runners. Andrew, in his Club's colours, completed the 2003 London Vidarians 100 Miles' race at Newmarket's Rowley Mile course in 23:33.19 to become Centurion No 997. We've also seen Andrew racing in the Moulton 5 Miles from time-to-time. The much-deserved presentation was made at his Club's AGM on Wednesday 4 October at the town's Courtaulds Sports Ground.

Here's a report from his Club: Halstead Road Runners legend Andy Wilmot was presented with his honorary lifetime membership at our AGM. Andy is well known in the marathon racing world having run 836 of them (and counting!). Andy shares his experience and passion for marathon running with newer members of the club, inspiring many to tackle the distance for the first time. Thank you Andy for your fantastic representation of Halstead Road Runners.



FIXTURES

It is recommended that dates/start times are confirmed directly with organisers for accuracy.

NOV	4	Jack Fitzgerald Centenary Races 3 & 6 Miles	Tilgate Forest	1.00pm
	11	Enfield Open 7 Miles (incl opt-outs) + LBH & VAC Champs	Donkey Lane	10.30am
	13	RWA Southern Area AGM	'Zoom'	7.15pm
	18	Ray Hall Memorial Track League 2/SWC Open	Tonbridge Track	TBA
DEC	2	Enfield League 3/5/10K	Donkey Lane	11.00am
	9	Ray Hall Memorial Track League 3/Lewes AC Open	Lewes	12.00 noon
	16	Christmas Track Races 5K + YAG	Broadbridge Heath	11.00am
	26	Southend City AC Boxing Day Pier Race 2 Miles Yacht Handicap	Southend Seafront	10.00am
	26	Brighton Boxing Day Races 5.5 & 1.8 Miles (provisional)	Preston Park	10.30am
JAN	13	Enfield League 3/5/10K + 2023 Series Presentation	Donkey Lane	10.30am
	20	Steyning Open Walks	Steyning	2.00pm
	27	The Centurions AGM	'Zoom'	1.00pm
	28	Ray Hall Memorial Winter League 4	Aldershot	TBA (am)
Regular distance training walks are held from Leigh-on-Sea's Belfairs Park. Owing to popularity these continue – details from Centurion Steve Kemp on 07860 617899 .				

THANKS

We've seen a final fixture of the Veterans AC 2023 Series of Battersea Park evening races. On readers behalf we thank organiser **Dave Hoben** and all his band of regular officials and helpers -

and, of course, you the enthusiastic competitors who turned-up in sufficient numbers to keep these now very long established races going. Our *Congratulations* to Series winners **Dave Annetts** and **Melanie Peddle**. Thanks again to all.

WHO'LL BE NEXT?

Alan Callow, thrice Commonwealth Games Representative (1970 Edinburgh/1974 Christchurch NZ/1978 Edmonton Alberta) and one who held Isle-of-Man records in his distinguished athletics career, is your Race Walking Association President Elect. Alan's indicated he doesn't wish to step up a position to wear our RWA President's chain-of-office. Therefore when popular and active President Chris Hobbs soon reaches the end of his term in office, a new name will need to be put forward at our RWA AGM. Can readers consider who they'd like to see in post - and perhaps propose those names to "*the powers that be*". Time to put your thinking caps on!

THE GREAT ABDON PAMICH REACHES 90

Triple Olympian 50K race walker **Abdon** (1956 4th/1960 3rd/1964 1st) has celebrated his **90th** birthday. The talented Italian athlete won the Tokyo '64 race in 4:11.12 with Colchester-born Paul Nihill claiming silver a few strides in arrears when finishing in 4:11.31. Our other GB walkers were Don Thompson 10th in 4:22.39 (a time faster than his Olympic record winning performance at Rome 4 years' earlier) and Ray Middleton 13th in 4:25.49. *We all wish Abdon an enjoyable celebration.*

- So proud to be associated and to have shared the same sport, however modestly, with Abdon Pamich. Congratulations on his 90th. **Roy Lodge**
- If my memory serves me right he also did 1965 Open Brighton in attempt to beat Don Thompson's record but did not, only missed by few minutes. Don competed as did Norman Read ... 3 Gold medal winners from 50k at the Olympics of 1956 1960 and 1964. I assisted with the race. Some event. **Peter Selby**

Adds Hon Ed: 1972 London-to-Brighton winner Peter's memory is spot on. In 1965 Olympic 50K champions **Abdon Pamich** and **Don Thompson** were 1st/2nd respectively clocking 7:37.42 and 7:45.04. 91 started/69 finished - Norman Read wasn't among the latter total, but brother Dennis was an excellent 6th in 8:40.28. For the record **George Hazle** (South Africa) came 3rd in 8:03.58. Other top 10 finishers were: 4 **Charlie Fogg** 8:15.56, 5 **Guy Goodair** 8:33.53, 7 **Colin Young** 8:41.18, 8 **Ray Hall** 8:46.50, 9 **Phil Thorn** 8:50.57 and 10 **Mick Holliman** (Highgate) 8:52.57. 12 walkers beat 9 hours.

A YEAR'S DELAY

This year's England Athletics Hall-of-Fame induction ceremony is cancelled. England Athletics are in a spot of financial difficulty at present - as seen in National newspapers and athletics publications. They hope to stage an Induction Presentation Dinner in Autumn 2024.

CONDOLENCE

We sorry to learn that 1980 Olympian Ian Richards has recently lost his wife. On behalf of all readers condolence is expressed to Ian, and his other family members, at this sad and trying time. Our thoughts are with them.

INVITATION TO WALK THE PLANKS

Southend-on-Sea have staged their annual **Boxing Day** 2 Miles' Pier Walk since 1954, apart from 2020 when Covid-19 restrictions halted racing. It commences at **10am** when slower entrants stir themselves into action. It's a *yacht handicap* as the World's longest pier is open to ambling members of our general public, who might be at risk if a large group of runners went flat out from the start - so they set off in ones-and-twos. *It's also more fun.* Yes, you read correctly, it's a **run** - which is well supported and is for Southend Club members only. *So where do we come in?* For decades race walkers have been invited and made welcome - and have often showed-up to compete. In recent times few appeared in this event - which is a mile out-and-back along the pier's planks. Come ready changed. Your entry fee, by tradition, is a small wrapped gift (confectionery/toiletries/drinks, etc) which is placed on a table. As each competitor finishes, they pass this gifts' table and pick up something - so everybody gets a mystery prize - which is all part of the enjoyment. Afterwards several places are open for a warming coffee or

something stronger. All entrants have to do is advise Southend-on-Sea Secretary (and former Essex County President) June Cork - an ex-race walker - of your intention to appear and give an anticipated 2 miles' time, so your yacht handicap mark can be assessed. June's contact details are as follows: email june.urry.parris@gmail.com or telephone 01702-472195. Let's see a few walkers on the pier burning off those Christmas calories. Please put the date in your diaries.

IN AND OUT

After just over 15 months in the job, UK Athletics Technical Director Stephen Maguire has left, with no explanation given. He'd taken over from Olympian sprinter Christian Malcolm, who himself had only commenced this job in 2020. Mr Maguire drew criticism for overseeing a selection strategy which left a number of eligible British athletes at home for the recent World Championship in Budapest. As usual when the frequently revolving door turns, we all hope the next one will be keen on race walking.

[BBC – Paula Dunn named interim UK Athletics Head Coach after Stephen Maguire exit](#)

Office holders at or near the top of athletics are too often seen to be changing in these times. Readers remember when most holding positions were able to offer continuity and commitment - such as Dame Marea Hartman DBE and Sir Arthur Gold CBE - who were there for decades.

MEN OF ACTION

We recently published a feature article to mark a 60th birthday of talented **Andy O'Rawe**. We've since learned he celebrated his 'milestone' birthday by climbing Britain's highest mountain - Ben Nevis - along with brother Richard, also a former Essex Champion race walker, and two other friends. To borrow comedian Jimmy Cricket's catchphrase "And there's more", Andy's sporting success has been recognised in the "Evening Echo". Both Andy and Canvey Island Centurion walker Steve Kemp are doing well on the table tennis scene. They're members of Canvey Island Table Tennis Club, and their unbeaten run in a local League made the sports pages. *Well done.*



2024 TCS LONDON MARATHON

Essex Walker appealed to race walkers to enter, so if accepted, we can display our athletics discipline before over a million spectators lining the route, and watching on TV. Can those accepted please let us know, so we can give namechecks, and also mention any good causes you may be supporting. It won't affect UK based entrants, but overseas ones need to pay a £26 "climate change levy" which will be spent on removing carbon from the atmosphere.

[Home - TCS London Marathon - TCS London Marathon](#)

WANT ESSEX WALKER BACK ISSUES?

Here is a quick link to the newsletter back issues page on the RWA website: [Newsletters - Race Walking Association](#). Happy reading.

BREAKING NEW GROUND

On Saturday afternoon 14 October, Ilford AC staged a 10 Kilometres' walking race around 15 flat circuits of a smooth perimeter path at Hornchurch's Hylands Park on a course newly devised by respected coach Stuart Bennett. Local walkers were to the fore as in-form Melanie Peddle from near neighbours Loughton AC won the women's race in a commendable 58 minutes and 12 seconds while also heading all the men. Leading man was Belgrave Harrier Colin Harle, an Upminster resident, who clocked 61.52. Local organiser Stuart Bennett was a busy man, but still found time to claim 2nd prize with 65.42 on the stopwatch. Dave Kates was warmly welcomed back to action after a year out with injury. Host Club Ilford currently have a longish injury list and others who'd have walked, were tied-up on promotional tasks. Mr Starter was Race Walking Association President Chris Hobbs; awards were presented in Hornchurch Athletic Cricket Club's pavilion by Ilford's 1980 Olympian race walker Roger Mills, who proved a popular attender. At a post-race buffet, catered for by Stuart Bennett, all praised the local

Organiser, said they'd enjoyed the course and hoped to participate in future races at the venue. Racing was clockwise, which many said made a pleasant change. The only setback, for which no blame was attributed to the organiser, was a short torrential 10 minutes' cloudburst which soon gave way to a welcome return of sunshine. As with other Enfield League events, we'll not duplicate results as the worthy publication "*Enfield Walker*" has already (see link below). Ron Wallwork compiled a souvenir programme to mark this promotion, which was part of Ilford's Centenary year celebrations. It was good to see spectators at Hylands Park giving support. They included injured Dave Annetts, star of the Enfield League, VAC evening series and other events. We saw successful runner and competitive race walker, Centurion Steve Allen, with wife Lisa and dad Alex - now aged 96 and remembered well as an enthusiastic competitor in the Essex League, Enfield League, Post Office races and at major worldwide meetings. Steve's recovering from an operation and may soon return to our start lines. It was great to see Upminster-based Dave Neagle, Ilford's fastest Centurion from 1974 (19:15.11, despite twice going off course).

[Ilford AC Celebratory Walks - results](#)



Photo (left) - Olympian Roger Mills presents awards to ladies' and men's winners Melanie Peddle and Colin Harle. Local organiser former Scottish international Stuart Bennett is on the extreme left - Race Organiser Ron Wallwork MBE, 1966 Commonwealth Games 20 Miles' Champion, is on the right (with clipboard).

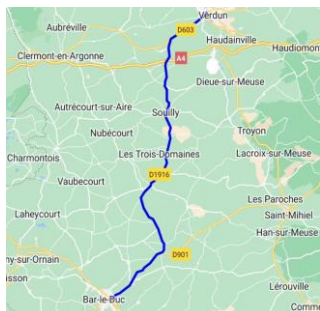
Photo 2 (right) - In the opening strides, winner Melanie Peddle (left) and 2nd finisher Jacqui Benson (60) are already to the fore.



Photographs by Dave Annetts

WALKERS COMMEMORATE 105th ANNIVERSARY

November 11th marks a 105th anniversary of the **Great War Armistice** signing. Our more established readers will recall that 1978 saw walkers mark a 60th anniversary of that signing with an 85km race from Compiègne-to-Paris which had full international status, with teams of 4 from both GB and Ireland among those competing. The 105th anniversary is being marked by a 56.4km race starting at 9am from Verdun Train Station to Stade Jean Bernard at Bar-de-Luc (see left). It's based on the D1916 known as [La Voie Sacree](#) - *The Sacred Road* - a vital supply route during the Battle of Verdun. The undercard is a 21.5km race at 1pm from Erize-la-Petite to Bar-de-Luc.



Sunday November 26th sees an 8 hours walk on a 2.5km course at the village of Etampes-sur-Marne starting at 8am. Supporting races include a 10km and lesser distances for YAG competitors. The hilly course is in the Champagne region. Organisers of these events are well known for their ability to stage major race walks. More information (and entry forms) can be found on the Centurions1911 Facebook page. ***Any of our distance athletes going?***

ILFORD'S CENTENARY NEARS ITS END

WELCOME TO ILFORD

A photo taken at Ilford's Centenary relay on Sunday 15 October, when 100 members, past and present, carried a baton around one lap of Cricklefields Stadium track.



The relay paused at 11am for a picture of all those present at that time - in the Grandstand. It was an inconvenient date for most walkers as we had walkers "away", some with other commitments plus we currently have an injured list. The one walker (Hon Ed) who completed a lap (the 53rd) did so in race walking style and the affection Ilford AC members have for our Walking Section brought loud applause when the baton was passed on to the next. Ilford Secretary Andy Catton wrote, "Shame no other walkers in attendance". However, a number sent apologies for absence, which was appreciated, among them walkers Ed, Neringa, Roger and Stuart. Club favourites from yesteryear were present for Ilford's Centenary Celebration, and those too old to run/race walk a lap were allowed to pin on a number and walk around at their normal pace.

Photo (right) - Dave Ainsworth on lap 53. Photos supplied by Billy Green.



NEW TROPHY

At the initiative of Peter and Marion Fawkes a magnificent glass trophy has been presented to Scotia Race Walking Club in memory of Andrew Fraser RIP who, not so long ago, tragically left us far too early. Andrew's mission was to revive race walking north of the border. He became well known as Scotia Walking Club made several long journeys to compete in England, where they were both welcome and successful visitors. When Andrew sadly left us, Scotia 2nd Claim member Bill Sutherland's tribute was published in [Essex Walker \(issue 410\)](#). The trophy has no conditions attached - this being left to Scotia's Committee to decide. This trophy was presented at Rutherglen Town Hall by Marion to Bill McFadden, who took on tasks when Andrew departed. *A truly much appreciated gesture - thanks!*

- Very well done to Marion and Peter for arranging the memorial. I met Andrew and his Scotia pals a few years ago. It must have been the Horwich 5K walk, which was the BMAF Championship. Terribly sorry to hear of his passing. A great loss - Andrew was a really nice guy and so keen to promote race walking in Scotland. **John Hall**
- What a lovely and honourable thing to do on behalf of Andrew. **Chris Maddocks**

- A magnificent and unique glass trophy. He was a great inspiration to all during his time in Scottish Race Walking. He afforded me wonderful hospitality during my stay after I worked on the 2014 Commonwealth Games Shooting at Carnoustie. He introduced me to a parkrun at Crammond on the outskirts of Edinburgh where I met Bill McFadden and John Softley and many others. Here we are 9 years later and 181 runs on. Time passes so quickly. **Bill Sutherland**

STOCK EXCHANGE AC ANNUAL SUPPER

This long-established function is still going and was held in October in the City at "The Old Doctor Butler's Head" public house. Well-known names from this Club's race walking heyday were there to view wonderful pictures and recall past races and occasions, such as Adrian James and Ken Rodrigues who need no introduction to Essex Walker's readers plus former Stock Exchange 7 Miles Champion Steve Bishop and London-to-Brighton man Jim Clayton. Long may this meal and reunion continue to be enjoyed.

Adrian James wrote: "It was a super evening with marvellous people (men plus one lady), tons of talk about races (Race Walks) ... programmes, photos, etc. The SEAC London to Brighton race walk history was well to the fore.



Photo (L-to-R): Jim Clayton, Adrian James, Andrew Coltman and Ken Rodrigues



Dear Dave ...

FOOTNOTE

Sad to hear about Alec Banyard in the Essex Walker. In 1976 I arrived at the National 10 miles in York via a RWA Charter Train only to find I left my racing shoes back home in Exeter! Alec lent me his spare pair and he was amazed when I told him after the race that I knocked 3 minutes off my PB. When he moved to Yorkshire a short while ago his new address appeared in Essex Walker and I wrote to him reminding him of the day. Although he forgot about all that he wrote a lovely letter thanking me for getting in touch.

Andy Bainborough

APPRECIATION

- Always excellent reading and brings back great memories of when I was a member of Metropolitan Walking Club. **Arthur Gutteridge C476**
- A good read. **Grazia Manzotti**
- Peter Matthews inspired me with his annual 'merit' ranking list which kept me going at 50kms and I achieved greatest number of rankings ahead of Dave Travis (javelin). Hope you will continue to keep the flag flying. **Bob Dobson**
- Another interesting and varied read. **Chris Maddocks**
- Thank you for my mention in Essex Walker. Race walking was a massive, very enjoyable part of my life, which I loved every bit and hopefully will get back for one last swan song!
Andy O'Rawe
- Loved reading of all this. **Ed Shillabeer**

AUTHOR

Andrew Bainborough has just sent me a copy of his book - "If I were you I'd take up Bowls"- a reference to a specialist's advice after a heart murmur had been found! We are fellow Centurions and close friends of course but I hadn't realised how good his PBs were! The last of a few pictures in the centrefolds depicts him on a village bowling green.

Ed Shillabeer C590

CENTURIONS SOCIAL WALK

We had a lovely walk around the St Albans Green Ring. In the photograph (L to R) are Chris Flint C849, Steve Kemp C1075 and Brian Boggenpoel. Brian will have further photographs to share.

Steve Kemp

Hon Centurions Social Walk Organiser

**HAPPY TO PUBLISH A CORRECTION**

Sorry I had not come back to you sooner on this and a previous email from Janice. When I saw that Bill Sutherland had captioned all the walkers in the photo I did not at that time wish to throw doubt on his naming, although Olive did think that the far left person (no 36) was ME. Having now found my results in Race Walking Record from that era I can confirm that it was in fact me and not Ray Pearce. I was in fact 4th and Ray Pearce was 12th as confirmed in Race Walking Record April 1967. Unfortunately, the photo has now been circulated far and wide with the error. I should have listened to my then fiancée Olive. Sorry this has taken so long but seeing that Tony Taylor has now put it on a wider circulation I thought you needed to know.

Bob Dobson

Adds Hon Ed: This refers to an excellent action shot, supplied by Janice Wright, from near the start of our 1967 Essex 10 Miles, held in Southend - as featured in Essex Walker issue 431.

WORCESTER CITY CENTRE RUN - SPREADING OUR WORD

Karen and I do this event every year. We stand on the start/finish line, and of course we talk constantly about race walking with Steve Cram, Louise Minchin and the Mayor of Worcester.

John Constandinou

WRITES WELL-KNOWN OLIVER CAVIGLIOLI

As you may know, my son (now 37) has Down syndrome. This summer he went on a special needs holiday and today I saw some photographs from that week that the organisers sent. One of them, attached, is of him race walking on a northern rail station platform. For some reason, he started to race walk up and down the platform during which one of the organisers took this snap. He was intrigued because he was a former policeman himself and had completed his training at Hendon. Part of his PT training had been under Charlie Fogg and included race walking. This led to Pascal, my son, recounting my teenage international career which, in turn, led to more questions. I thought this might interest you.

Oliver Caviglioli

**NICE TO HEAR FROM A MANY TIMES WELSH CHAMPION**

I always find Essex Walker an interesting read. I wish you success with your forthcoming event (at Hornchurch). If I were in any physical condition I would of course be there. I was never a very dedicated trainer, relying on others for support and encouragement. Andy Cox provided me with that support in later life, hence we were always in close proximity during races. COVID has been a defining point for me personally when social contact was so heavily restricted and training limited. At our advanced years you quickly lose condition and have to work extremely hard to get back into some sort of shape. Now that Andy has left the area as well, he now lives near the coast in sunny South Devon, that support has gone. Anyway, enough of my sob story, I still like to know what's going on in our sport so please keep me in the loop. Perhaps one day I will turn up at an Enfield event to watch and, if necessary, assist.

Ken Bobbett

NOEL BLATCHFORD RIP

I'm so sorry to let you know that after a number of strokes whilst in Italy, last night (Friday 20 October) Noel passed away. We are all devastated. During the European Masters Athletics Championships, Noel achieved the silver medal in the W75 3000m race walk. We are so proud of her and winning the medal was a great testament to her ability, enthusiasm, and dedication to the sport of race walking. I would be grateful if you could circulate this to anyone who knew her. She will be greatly missed.

Andrew Garner

[Noel Blatchford, Obituary — Abingdon Athletics Club \(abingdonac.org.uk\)](http://abingdonac.org.uk)

Tributes and Condolences:

- Terribly sad. Noel was always such an enthusiastic, upbeat, positive lady who radiated enjoyment for everything in life, and racewalking in particular. What a finale, winning that medal, and she would just have been cross, I'm sure, not to have been in the 10K too. I hope Andrew gets some consolation in knowing how highly we all thought of her and that we will miss her radiant presence at events. **Cath Duhig**
- Condolence once again. **Ed Shillabeer**
- What dreadful news. I haven't seen Noel for a couple of years but she was always a credit to the Masters Athletic scene and a great racewalker and competitor. **Kathy Crilley**
- Really sorry to hear Noel has passed away. She will be sadly missed. **Peter Marlow**
- What terrible news. Noel was such a lovely person I'm sure I'm not alone in feeling very sad to hear what has happened. I can only send my sympathy to her family and friends. **Peter Hannell, Surrey Walking Club**
- Very sad news about Noel Blatchford. **Chris Flint**
- Sorry to hear the news of Noel. Please pass on our condolences. **Roger Mitchell**

PERSONAL STATEMENT by STEVE UTTLEY

A quick update for those who I haven't been in touch with recently. I have been unwell recently and was formally diagnosed with cancer on 20 September, though CT scans taken several weeks earlier gave a fairly good indication of what was wrong. The tumour is just under the right kidney and is too big to zap with lasers so it will need major surgery involving removal of the right kidney and ureter etc. I'm scheduled for the operation on 31 October. The doctors are fairly confident that this will probably treat the problem but of course further biopsies will be done post operation to check for spread to lymph nodes etc. At the moment I don't know if I will need chemo but will have a better idea post op. I'll update Facebook once I know.

Steve Uttley

MESSAGE

I have been tied up sorting out so many things prior to my trip to New Zealand and for the stay, as the family have insisted that I stay on for my 90th birthday. Unfortunately, I will again miss the Enfield Open 7 race as I leave before it. Hope it goes well and please pass on my best wishes to all for the Festive season.

Laurie Kelly

ESSEX WALKER

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

Telephone:

01708-377382

**Email:**

dave_ainsworth@yahoo.co.uk
essex.walker@btinternet.com

Please note that you may unsubscribe to the Essex Walker at any time by contacting the Editor.