



HAROLD WHITLOCK (*Metropolitan W.C.*)

1st 1936 Olympic Games (50 kilometres)
 1st 1938 European Games (50 kilometres)
 1st R.W.A. 20 miles Championship 1939
 1st R.W.A. 50 kilometres Championship 1935, 1936, 1937, 1938, 1939
 1st London-Brighton 1934-1937
 Record Holder: 40 and 50 miles, 6, 7 and 8 hours

THE BRADFORD WALK

The Bradford Walk, organised every Whit Monday, is probably the oldest road event regularly held. Although distances have varied, it has been promoted every year since 1903 and even two World Wars have failed to stop walkers coming under the starter's orders and racing over the Yorkshire moors. The list of winners of the event contains most of the famous names in British Long Distance Walking.

BRADFORD TO YORK, 39½ miles

| | | h. | m. | s. |
|------|--------------------------|----|----|----|
| 1903 | L. Atkinson (Bradford) | 7 | 7 | 50 |
| 1904 | J. M. Mawson (Sheffield) | 6 | 29 | 45 |
| 1905 | S. A. Holmes (Bradford) | 6 | 28 | 0 |

CIRCULAR ROUTE, 40½ miles

| | | | | |
|------|-----------------------------|---|----|----|
| 1906 | T. E. Hammond (Surrey W.C.) | 6 | 45 | 8 |
| 1907 | T. E. Hammond (Surrey W.C.) | 6 | 37 | 47 |
| 1908 | T. E. Hammond (Surrey W.C.) | 6 | 45 | 43 |
| 1909 | T. E. Hammond (Surrey W.C.) | 6 | 49 | 40 |
| 1910 | A. R. Edwards (Manchester) | 6 | 53 | 8 |
| 1911 | T. Payne (Morpeth) | 6 | 56 | 27 |
| 1912 | F. E. Roberts (London) | 6 | 44 | 37 |
| 1913 | T. E. Hammond (Surrey W.C.) | 6 | 46 | 15 |
| 1914 | F. E. Roberts (London) | 6 | 43 | 0 |

CIRCULAR ROUTE, 32½ miles

| | | | | |
|------|---|---|----|----|
| 1915 | E. C. Horton (Surrey W.C.) | 5 | 19 | 12 |
| 1916 | Pte. T. P. Fox (Bradford and York W.C.) | 5 | 23 | 2 |
| 1917 | T. Payne (Morpeth) | 5 | 24 | 17 |
| 1918 | T. Payne (Morpeth) | 5 | 22 | 5 |
| 1919 | T. Payne (Morpeth) | 5 | 9 | 45 |
| 1920 | T. Payne (Morpeth) | 5 | 30 | 11 |
| 1921 | T. Payne (Morpeth) | 5 | 14 | 11 |
| 1922 | E. C. Horton (Surrey W.C.) | 5 | 14 | 49 |
| 1923 | F. Holt (Yorkshire W.C.) | 5 | 7 | 3 |
| 1924 | F. Holt (Yorkshire W.C.) | 5 | 12 | 1 |
| 1925 | F. Poynton (Derby W.C.) | 5 | 1 | 9 |
| 1926 | F. Holt (Yorkshire W.C.) | 5 | 20 | 35 |
| 1927 | F. Holt (Yorkshire W.C.) | 5 | 7 | 34 |
| 1928 | C. Kirkland (Derby W.C.) | 5 | 13 | 34 |
| 1929 | F. Holt (Yorkshire W.C.) | 4 | 58 | 37 |
| 1930 | T. W. Green (Belgrave Harriers) | 5 | 4 | 14 |
| 1931 | T. Lloyd Johnson (Leicester W.C.) | 5 | 2 | 27 |
| 1932 | T. W. Green (Belgrave Harriers) | 4 | 49 | 1 |
| 1933 | T. W. Green (Belgrave Harriers) | 4 | 59 | 20 |
| 1934 | T. Lloyd Johnson (Leicester W.C.) | 4 | 55 | 41 |
| 1935 | H. H. Whitlock (Metropolitan W.C.) | 4 | 45 | 22 |
| 1936 | H. H. Whitlock (Metropolitan W.C.) | 4 | 45 | 35 |
| 1937 | H. H. Whitlock (Metropolitan W.C.) | 4 | 50 | 44 |
| 1938 | H. H. Whitlock (Metropolitan W.C.) | 4 | 43 | 1 |
| 1939 | J. Hopkins (Lancs. W.C.) | 4 | 51 | 19 |
| 1940 | H. H. Whitlock (Metropolitan W.C.) | 5 | 2 | 41 |

FEBRUARY 1986



Race Walking
RECORD

522

50p

IN THIS ISSUE

OBITUARY

HAROLD WHITLOCK

HEW NEILSON



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Race Walking Record

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by the
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On the Cover

HEW NEILSON.

HAROLD WHITLOCK, MBE.

85 rankings

NEXT MONTH.

FIXTURES fixtures

| | |
|----------|--|
| Feb 22nd | COUNTY 10mile CHAMPIONSHIPS |
| Mar 1st | NAEWA 10 mile CHAMPIONSHIP LEICESTER WC 15m Haynes Road SAEWA 10mile and GARNET CHAMP plus Supporting Races |
| Mar 4th | RAF v MET POLICE |
| Mar 8th | CAMBRIDGE H. League Bexley 2pm BOURNEMOUTH Piers Open 6mile |
| Mar 15th | MIDLAND Counties 10km Saffron Lane TROWBRIDGE TRADERS Open |
| Mar 22nd | NATIONAL 10mile Redditch 2pm |
| Mar 25th | 2nd HENITT Cup Y.A.G Saffron Lane |
| Mar 29th | LEICESTER WC Club 10km |
| Apr 2nd | ESSEX Track 10km Hornchurch 6.30 |
| Apr 5th | NAEWA 20km & LADIES 5km Sheffield |
| Apr 12th | BASILDON 50km & ESSEX Champ 9.30 WELSH Indoor Champ RAF St Athan |
| Apr 27th | COMMONWEALTH GAMES Trial Edinburgh |
| May 3rd | ENGLISH Schools Champs Redditch |
| May 4th | DATA POST Open Races Bournemouth |

RWA 200 Club

Made by the RWA President at the
Northern Area Committee meeting
on 11th January.

| | | |
|--------|----------------|----|
| £25:00 | L.H.W.GOULDING | 63 |
| £ 5:00 | G.A.EMBELTON | 41 |
| £ 5:00 | C.LAWTON | 10 |

101 MEMBERS in the draw

SURREY COUNTY WAAA CHAMPS 1986

The above championships will incorporate open
walks to be held on Sunday 27th April 1986
at Tooting Bec (all-weather track).

| | | |
|----------------------|-------|---------------|
| Age Groups - Girls) | 2500m | Entry Fee 50p |
| JL) | | |
| IL) | 3000m | Entry Fee 55p |
| SL) | | Entry Fee 65p |

Entries to: Mrs G Cowlard, 53 Waterer Gardens,
Burgh Heath, Tadworth Surrey KT20 5PD

Closing date: 5th April 1986



IT WAS GOOD TO SEE
LEN MITCHELL AGAIN
AT THE MET 11kms
ON JANUARY 6th.
LEN HAS NOT BEEN
WELL FOR THE LAST 3
MONTHS AND WE ALL
WISH HIM A SPEEDY
RECOVERY.

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Race Walking Record

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OBITUARY

HAROLD WHITLOCK, MBE

The world of race walking lost one of its 'greats' on December 27th with the passing of the 1936 Olympic champion, Harold Whitlock, at the age of 82. Harold will go down in the annals of the sport as a 'father' figure, whether it be as an administrator, judge, coach, author or, particularly, a competitor.

Awarded the MBE for his services to the sport, Harold was elected as a life member of the Race Walking Association in 1964, having previously served as honorary secretary from 1948 to 1953 and been president in 1955/56. Following his competitive career he followed in Ernie Neville's footsteps in guiding the sport worldwide by his writings on judging, training and how the sport should be conducted generally, and was chairman of the IAAF Walk Commission for many years and chief judge at various major championships around the world, notably the 1960 Rome Olympics.

It was on one of his many overseas visits, when he was asked to give his expertise and guidance, that in 1963 as the Japanese prepared for the Tokyo Olympics Harold suffered a severe breakdown in health. It typifies his strength, determination and fitness that though his speech remained slightly affected, his mental sharpness and fine physical bearing returned as before. Surpassing all his other achievements in the sport later in life were Harold's competitive efforts. His copybook, upright is clearly depicted on any photograph or postcard you see of the man, and I never tire of seeing the newsreel of the moustachioed, tall figure in white, wearing number 279, sweeping into the Berlin Olympic Stadium. His win there in 4:30:31.4 was just outside his best clocking at the distance (4:30:38), set a month previously at Derby in the RWA event after a titanic battle with Lloyd Johnson. HAROLD TRIUMPHED IN 'ALL THE English distance 'classics' - Hastings to Brighton, Manchester to Liverpool, Bradford '50K', etc - but it was in the 'Brighton' and the RWA 50km in which he truly excelled. He won the former event on four occasions, and his 7:53:50, set in 1935, was years before its time. It took 21 years before it was surpassed by Don Thompson, who in fact was one of the non-stop stream of outstanding walkers who emerged from Harold's club. Metropolitan Walking Club, which itself was perhaps Harold's most outstanding feat. Harold dominated the RWA 50km in the '30s, with wins in 1933 and then five years running, from 1935 to 1939. He was no mean competitor at the 'shorter' distances either, winning the RWA 20M in 1939 and clocking 1:33:31 in a 'short' 20km in Stockholm in 1937 as well as 1:36:02 in Hamburg a year later, pushing Sweden's John Mikaelsson hard on both occasions. Although he attempted the ultra long distances in the track a couple of times without success, he did achieve a world record for 30M (4:29:31.8) at the White City just four weeks after his record breaking 'Brighton' in 1935.

Though the Second World War robbed Harold of possibly his peak years following his comfortable victory in the 1938 European Games 50km (4:41:51) held in Paris, he did make a remarkable 'comeback' in the early fifties. After dead heating for first place in the 'Bradford' and finishing third in the 'National', Harold made the 1952 Olympic squad and became Britain's oldest international (48 years 218 days): a record that still stands in Helsinki he finished a very honourable 11th, while his brother, Rex, captured fourth spot.

During his long career Harold had many outstanding rivals, particularly Tommy Green, Fred Richards, George Bentley, Joe Hopkins and Tom Richardson, but the man whose career is mainly associated with 'HH' is Tebbs Lloyd Johnson. What a sight they made - two upright, tall, fullstriding figures, both resolute and determined rivals when racing, but firm friends otherwise. It is no coincidence that both men later in life combined to lay down the basics of the present coaching system, besides doing yeoman service in the administrative duties within the RWA.

From a personal viewpoint, I was fortunate enough to see Harold competing in the 'Brighton' past his prime, though he was still good enough to win the Vets prize.

I told him that I was hoping to train twice a day whenever possible, based on my heroes, clubmate Jim Peters and Gordon Pirie. He wrote back indicating that while I may never have the natural ability to achieve my Olympic gold medal ambition, my stubbornness, guts and determination might enable me to

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do well at the long distances... of course, he proved correct. It was a great sight to see Harold' in such fine physical shape at the 1984 European Vets Championships in Brighton, and see him chat with many of his former rivals such as 1948 Olympic 50km champion Ejunggren, as well as former charges Bryan Hawkins, Rod Hutchinson and George Chaplin. Involved in the sport right to the end, Harold still looked hale and hearty the last time I saw him, judging at the Belgrave '7' in late November. I know I speak for all walkers, young and old, around the world, who knew or had heard of H.E. Whitlock, when I say, 'Thank you for all you did for our great sport. You truly were 'The Man'- your like will never pass this way again'.

COLIN YOUNG.

Out of curiosity as a 15-year-old bystander, my first contact with race walking was in the ERWA 20M Championship at Coventry in 1946, where I was immediately impressed by Harold Whitlock, by the sheer majesty and dignity of the man. Little did I think that I would be a committed race walker the following year with Coventry Godiva Harriers. I would have loved to have seen his gold medal wins in the 50km walks at the 1936 Berlin Olympics and the 1938 Europeans. In 1955 I got to know Harold well when as the National Coach he took me. 'This six foot odd of immature body', under his wing. By his guidance and inspiration he instilled in me the will to do well, respect others, and not be subdued by other athletes' performances or personalities. I remember it well him telling me that 'Those who get most help, help themselves'. It was indeed an honour and pleasure to have walked down the same road as Harold Whitlock.

GEORGE CHAPLIN.

HEW NEILSON

Shortly after attending the funeral of Harold Whitlock at Eastbourne on Wednesday January 8th, Hew Neilson, past President of Woodford Gr.A.C. died in the early hours of Thursday morning. Hew experienced a Dickensian childhood, coming from a broken home, and was at 14 years of age in lodging accommodation. While still in his early teens, and after a football match, then accepted a challenge from his fellow team 'mates' that he would walk from Cambridge to London and back, they first ascertaining that he had no money for fares. Space does not permit me to do justice to this adventure, sufficient to say that its successful completion resulted in him joining the Polytechnic Harriers and at 17 years of age represented them in their team for Surrey Walking club's London to Brighton walk, a competitive association with this event that was to last for half a century. Many will be surprised to know that Hew was placed third in the A.A.A. 2mils Championship in 1939, although of course he made his name in the longer distances. In 1960 he broke the World record for 24hrs, completing 133mils 21yds at Walton-On Thames, and setting new times for 80 to 130mils. To the day of his death Hew made a point of competing in every walking race of importance, and maintained this unquenchable enthusiasm for over fifty years, surely athletics has never had a greater ambassador. As the dedicated Secretary of the Centurians Walking Club he spared no effort in the promotion of Long Distance events, and extended its comradeship throughout the World. He was a devoted family man, and we his friends join them in suffering the loss of this, great sporting character. Race walking will never be the same without him.

CHARLIE MEGNIN.

DAVE WILKINSON.

It is only seven months since I wrote to you about the death of a club member and it is my sad duty, once again, to inform you of the passing away on 5th January of another Leicester Man. He is Dave Wilkinson, aged 44, who became a Centurian after the 1980 Leicester 100. Our deepest sympathy to his wife Anne and children Joanne, Amanda, and Mathew.

Cliff Rushton,
Leicester Walking Club.

WALK TALL BY ALAN BUCHANAN.

We held an all day Coaching course at Brighton on 11th January with good support from walkers and Coaches. The star of the day, as it turned out, has never competed in a walking race or even officiated at one. Steve King is a B.A.A.B. Senior Coach, which easily outranked the other coaches present, a school teacher, coaching to one of our leading U.K. long jumpers and a sub 3hrs Marathon runner. He spoke on Food and Nutrition for the Endurance athlete, ie the walker. This is not his specialist subject, indeed he stated to me beforehand that he would take it right from the coaching manual. Being a school teacher he knew how to talk to his audience and his witty informative talk was enjoyed by all. This was not however his total contribution to the day as he sat at the end of the meeting on the Question time panel alongside Peter Marlow, Mike Parker, Shaun Lightman, Graham Morris, Amos Seddon and Ray Hall and put forward some very worthwhile views on the various subjects discussed, including pre race meals, Adapting running Schedules to Walking, Specific training for the shorter distances, Judging, why there are Plodders and Floaters as well as the values of Running, Weight training and Mobility training. The lesson of the day was that in walking we can be too insular, We are an Athletic event. Coaching should not just involve advising on technique. As Steve said "We have gone about as far as we can with normal coaching methods. The new horizons are Nutrition and Psychology." This is why I believe that walking coaches should qualify through the BAAB and not with a 'Mickey Mouse' RWA qualification. Sorry if I offend but I prefer the attitude of Steynings Charlie Bean. He could already be described as a successful coach having guided our outstanding young female Lisa Langford to the Euro Junior Championships and the Eschborn Cup team last year. Not content, he has attended BAAB Club Coach Lectures and now jokingly refers to his knowledge of javelin throwing and looks forward to his official appointment as a BAAB Club Coach. When I qualified it was much easier, although in my defence I have experience of 25 years in all round club athletics. Now the coach is expected to know more than just how a walker should walk. He should know about physiology, psychology, anatomy, nutrition, strength training, mobility training, relaxation etc. Julian Hopkins, in my opinion, put down on paper the best coaching articles I have read on walking, which were published regularly when I edited the Record. What we have lacked is coaches putting the theories into practice with young walkers. Walking is like a field event where technique is so important yet Coaching in this country for walking seems almost non-existent. At Brighton we had two walkers travel all the way from Bolton for the rare opportunity of a Coaching course for Walkers! With people like Ray Hall and Ray Pearce in the South, there is hope that the administration side is at last clicking into gear and I am confident that National Coach Peter Markham will be doing something in the Midlands. But what about the North? Let us know what's happening about Coaching in your area. Finally, be warned, I have dragged out the old typewriter and have threatened to contribute regular articles. I intend looking at difference angles on the domestic scene. People like Colin Young and your Record staff know more about the International scene than I do so watch out for my Walk Talk. Drop me a line or ring me on any interesting stories I might take up. My address is. 108 Old London Road, Patcham, Brighton BN1 8YA. Tel 0273 508717.

Alan Buchanan.

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