



John Platt 1953 - 2013



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Donations can be made to the sports aid trust www.sportsaid.org.uk via the undertakers, Gildersons.

MESSAGE FROM CHRIS HANCOCK

“May I, on behalf of Johns family, thank all those who attended his funeral and remembrance celebration afterwards. We also appreciate the kind comments left on this website and the words spoken about him on Tuesday. The music we chose for the cremation was Game of Thrones, Chariots of Fire and Golden Brown by the Stranglers. We hope John was watching and approved. We hope to arrange for a commemorative cup to be presented to the club, in Johns memory, and which may be awarded to the athletic who most approaches Johns ideals each year. Thank you all.

Chris”



TRIBUTES

If you would like to leave a tribute to John please do so here and it will appear shortly:-

[easy_contact_forms fid=15]

- [Tribute from Gary Smallman](#)

"I joined Ilford AC when I was 15 years old. I first met John and he instantly gave me advice on my running. He never stopped giving me advice since I left in 2007. I won't forget the amount of times he gave me physio on my bad hamstring and always saw the positive in people. See you another time John. " Gary Smallman

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- [Tribute from Sam Malekout](#)

"A real ambassador for Ilford A.C. Friendly, intelligent, kind-hearted and loyal to all those around him. Thank you for all the nights we went for dinner, for your physio and all your training advice. RIP John, will always remember you. " Sam Malekout

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- [Tribute from Iain Campbell](#)

"Disbelief. Played crucial role in maintaining my athletic longevity. Font of wisdom for anything athletic and humorous. A helping hand, literally. John epitomised what athletics is all about. Will miss the chats accompanying those healing hands." Iain Campbell

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- [Tribute from Lee Malcolm](#)

"Sorry to hear about John's sad passing. He was a person who always had time for a chat and pass on his experience to fellow athletes. RIP John you will be sadly missed by so many." Lee Malcolm.

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- [Tribute from Richard Long](#)

"Sorry and shocked to hear that John had passed away. Saw news in AW. John was a friendly person to me, always good to chat with, knowledgeable and experienced about athletics, he is always someone I associate with Ilford A.C, good memories. "Richard Long.

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- [Tribute from Alan Cearns](#)

"I will never forget the first time I saw John striding out along the back straight at Cricklefield."Class" was the word that came to mind. A great athlete and ambassador for the sport. As a freshman at Borough Road College, John was the perfect mentor, taking time out to show me around the campus and tell me where not to go and who



not to hang out with. If only I'd listened to his words ...

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- [Tribute from James O'Brien](#)

"I spoke to John on his 60th birthday on October 7th. He was greatly looking forward to enjoying his retirement. I told him that he would be spending all his days training, the thing he loved most. We spoke of running the Essex Vets CC together at the end of November. I somehow think John will still be there. He will be enormously missed and never forgotten. A true gentle man. RIP." James O'Brien

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- [Tribute from Gordon Crouch](#)

Dear John, Did we(you,me and Alan Cearns) really dismantle Brian Meadow's car as he drove along the M.3.(or was it the A.3.?) at speed. My only excuse is that we were young and foolish. I would like to point out that I was the only one who attempted to restore order, by stopping the rear seat from being thrown out the window.....I did once catch sight of the famous John Cleese walk ...

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- [Tribute from Gary Floate](#)

"John was a top guy, who I first met at schools meets back in the 1980's. Even when I left Ilford he was always interested and asking how things were going. Going to miss having pain inflicted on my hamstring and hearing about the Stranglers. RIP John "

Gary Floate

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- [Tribute form Ben Jones](#)

"What a man, bright, and full of knowledge, really down to earth. I had the privilege of Johns professional side and also got to see him socially - only wish I knew him better. God bless you John, you will serve them well in this new life. Cheers, Ben "

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- [Tribute from Neil, Dianne and Family](#)

"John was a great club man, good athlete and much respected member of Ilford Athletic Club. He will be very greatly missed by us all" Neil, Dianne and Family

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- [Tribute from Brian Meadows](#)

"Big John, has always been a very special person for me. From our first meeting in 1971, through those special college days, Ilford AC sporting 'hey days', after training football matches, gym sessions and much much more! John has never been found wanting; one could not find or wish for a more true and loyal friend. Like so many others, I will miss those magic hands, special chats, mum's cups of tea and a very ...

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- [Tribute from Henry Ricketts](#)

“John, the man who always had time at the track to chat and offer advice. It’s a shame I didn’t get to see you in your prime. I suppose you can continue your many discussions with Jim about who was the better sprinter. My thoughts go out to the family. RIP John.”

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- [Tribute from Stuart Bennett](#)

“My memory of John is he was a good man, a gentleman. As an athlete I looked up to him and as a person I did the same. I see him as a person who has a kind word for everyone. I stopped my warm-down on the track the other week as I saw John at the side of the track. I stopped just to have a chat! That is because he was such a ...

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- [Tribute from Michael O’Callaghan](#)

“Just thought I’d have a look at my old clubs website and came across this truly shocking news. In disbelief. John was a great guy who always had advice for me being a young athlete and helped me out with my several injury problems (Ian will back me up on that!!!). RIP to a great man. PS hope everyone else is keeping well at the club. Mike

“

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- [Tribute from Jon Pocock](#)

“I first met John through my brother Gary (that must be 30 years ago) and a couple of years later he suddenly appeared at my school as my PE Teacher. It was strange to be friends with a Teacher. My training group at the club had a healthy rivalry with his sprinters and I can still hear the banter as we set off from the hut in the forest to do our bunny hops up the ...

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- [Tribute from Karl Hick](#)

“John we have known each other for so many years and have had so many great times . You were my best friend and godfather to my son George and myself and my family miss you deeply. I will always think about our good times together and you will never be forgotten so rest in peace . Karl Helen and family”

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- [Tribute from Steve Uttley](#)

“Shocked when I heard the news. I knew John for well over 30 years. Although we met infrequently of late I always enjoyed our chats when we did. It is terrible that he has been taken from us at such a comparatively young age. John was such a great character, a nice person and someone who gave such a lot to Ilford and to athletics generally. He will be sadly missed by a lot of ...

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- [Tribute from Andy Catton](#)

“Still in disbelief. Spoke to him night before he jetted off to Portugal. Just checking I had him down for the Essex Vets cc. Big John, Big heart, Big friend, Big coach, Big ‘nice guy’, will leave a big gap in all our lives. Andy Catton “

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- [Tribute from Gary Pocock](#)

“I met John in the summer of 1978. We were both working the holidays for the Parks Department. We cut miles of hedges while John taught me the entire lyrics of ‘New Boots and Panties’ by Ian Dury and the Blockheads. RIP old friend.” Gary Pocock

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- [Tribute from Paul Wheatley](#)

“John, you’re my best mate and I shall miss you terribly. I shall always remember the great times you, Karl and I enjoyed together. Between the two of you, you had a hugely positive effect on my life. Far more than either of you know. Take care, John. I’ll be seeing you one of these days.” Paul Wheatley

[Read more](#)

- [Tribute from Keelie and Duncan Turner](#)

“Just heard the sad news. I’m shocked. Such a lovely, kind man. He will be missed by all that knew him. Our thoughts are with John’s family. Keelie & Duncan.”

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- [Tribute from Steve Parker](#)

“Gentle Giant describes John perfectly. He always gave me good encouragement & advice. We often had a chat after training, which made me late or I would miss the warm down & get told off. I will miss our chats very much, even the ones where we were comparing injuries. I expect I will still be looking for you after each training session for a long time to come. R.I.P. Steve Parker”

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- [Tribute from Chris Hancock](#)

“the last text on johns phone reads ” 27 degrees today. swam in the sea and had a sleep on the beach. Bliss. John” say no more....” Chris Hancock

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- [Tribute from Martin Clarke](#)

“John...Still struggling to believe you’re gone and expecting a text to say either my garden needs doing or my computer is playing up.....can pay you with either free physio session or abundant supply of jaffa cakes provided the cleaner hasn’t munched them first. We were due a beer as well...To quote one of your favourite phrases “Relax at Speed” dear friend, we will all miss you.” Martin

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- [Tribute from Simon Kane](#)

“Just from a slightly different perspective, John was my best friend from school when he joined Beal in the 6th form and was best man at my wedding 30 years ago. I always thought he would marry before me but he never did. Married to athletics, I think, but a good guy. We knew John well as a great friend, his Mum - still going at 95 - and sisters. Went to the Olympics with ...

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- [Tribute from Geoff Hunwicks](#)

“What terrible and tragic news ,i was dumbfounded.He was a very close friend to me for many years.Please convey my condolences to his mum and Sister.” Geoff Hunwicks

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- [Tribute from Debbie Church](#)

“A genuine good guy & someone I could always rely upon for sound advice and interesting chat. He will be sadly missed by me personally and his passing is a massive loss for Ilford AC and all who knew him. Taken far too early, R.I.P John. Debbie Church “

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- [Tribute from Claire Levey](#)

“A sad loss for his family, friends and Ilford AC. So shocked to hear the news last week of his passing. He will be missed so much. RIP John ” Claire Levey

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- [Tribute from Kevin Newell](#)

“shocked to hear of his death last week, he’d only retired recently, always gave me advice if i had an injury problems, always very friendly & approachable, you’ll be missed by everyone who knew you at the club” Kevin Newell

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- [Tribute from Suki Jandu](#)

“I didn’t really know John that well but I do remember seeking advice from him many years ago. Never the less it’s still sad to hear of the circumstances in which he passed away. My condolences to his family and John may you RIP. Suki”

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- [Tribute from Rob Nixon](#)

“So shocked to hear of the passing of John. From when I joined the club, John always made me feel welcome passing on his considerable athletic knowledge and advice. He will be sorely missed. A true gentleman.” Rob Nixon

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- [Tribute from Dave Bull](#)

“When I heard this week of John’s passing I was so shocked. To leave the planet at only 60 years of age is very sad. Big John Platt as I remember him was a gentle giant of a



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man and great athlete. My 2 memories of John are these. Firstly when he beat me (just) in the club champs 400 hurdles and second when we went to Caister holiday camp for a winter weekend and John got drunk ...

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- [Tribute from Ernie Forsyth](#)

“a sad loss for the Ilford A.C. family one whose presence we always took for granted i will miss our conversations and some impromptu training runs at Newbury Park. a true gent who will be greatly missed. Condolences to all in the Ilford family, Johns family and his friends” Ernie Forsyth

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- [Tribute from Gerry Pells](#)

“So many cherished memories of his company and conversations come flooding back from over the years - am now so sad that we have all lost such a kind and considerate companion as well as a great athlete and competitor. Look again at the photograph of our Southern League Team 1979 (75th Year book) - everyone smiling broadly and none more so than dear John and nobody standing taller! R.I.P dear friend. ” Gerry Pells

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- [Tribute from Dave Ainsworth](#)

“Ever since its formation Ilford AC have been blessed with so many dedicated members who’ve given so much to our Club...and the name of John Platt is indeed one of them! A lovely man who’ll be truly missed.” Dave Ainsworth

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- [Tribute from Paul Cheal](#)

“When I heard the news on Sunday at Hainault it was truly a GREAT SHOCK. To me John was a very down to earth man, so easy to talk to and have a chat. Working in the education industry for a just a few years, I could always rely on John to have a general discussion and see what his point of view was, especially the length of time he had been doing the same ...

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- [Tribute from Paul Emery](#)

“John was a true gentleman and always had time to chat whenever I bumped into him. Unfortunately we seemed to share similar injuries and so that was usually the main topic of the conversation and John, of course, was very knowledgeable on this subject. A sad loss for Ilford Athletics Club.” Paul Emery

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- [Tribute from Alun Jones](#)

“Big John. An athlete, coach and friend. I was only talking to him a few weeks ago and now he is gone. He will be missed by everyone who knew him. Alun Jones “



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- [Tribute from Mike Hinton](#)

“although a former member of the club now,i remember john well.the last time we met i used his physio talents some six years ago.how sad to lose him at such a young age these days,he will be sorely missed by the club. regards mike”

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- [John Platt - Tribute from Pete Clinch](#)

“John would have loved that picture - it makes him look like he’s running a quick 5k. We have all lost a great friend, I will miss him sorely. ” Pete Clinch

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- [John Platt - Tribute from John Mackenzie](#)

“A giant, gentle man who will be greatly missed as a friend and training partner. R.I.P. Big John” John Mackenzie

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