



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 people. R.I.P. ” Steve Uttley