



## Centurion 661 Mick Barnbrook R.I.P.



So sad to inform Mick Barnbrook, aged 80, passed away after a long illness. His passing was peaceful, at 9pm on Wednesday 14th February. Mick was born in Romford's Oldchurch Hospital and brought up in Plaistow.

His active athletics career spanned 49 years, during which he race walked in 1st claim capacity for Cambridge Harriers, Ilford AC, Sarnia WC, Ilford AC again as well as The Centurions, Metropolitan Police and the British Police Representative teams. He also had a 6 years' *unattached* spell after leaving Cambridge Harriers and joining Ilford AC. He was one of 6 race walkers (all Centurions) to pass 100 completions of the London Post Office 9 kilometres yacht handicap races at Blackheath Park – he finished 108.

His achieved Centurion status at the 1979 Ewhurst 100 Miles when clocking 21 hours, 59 minutes and 05 seconds to become Member No. 661. Mick achieved another sub-24 hours clocking for the 100 miles' distance at The John Hedgethorpe Memorial 100 Miles at Colchester's Lower Castle Park in 2001.

*Condolence cards to :*

Mrs. Sharon Barnbrook,  
23 Cliffsend Road,  
Cliffsend,  
Ramsgate.  
Kent. CT12 5ED

Ilford AC's Walking Section were sorry to hear of Mick Barnbrook's death, after long illness, aged 80. He was born in Romford's new demolished Oldchurch Hospital and brought up in Plaistow. Early talents were seen at table tennis venues, where he once played the late Chester Barnes in a league match, losing narrowly. He was a solid Clubman in athletics, who



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enjoyed participating in both running and race walking, before concentrating on the latter. In 2 spells with Ilford AC, as a true all-rounder, he clocked up many appearances over all distances. In 49 years of continuous athletics he only dropped out of one event! He was a “rank-and-file” competitor who was always there, his best medal being a silver team medal in Ilford’s team in the 2001 National 100 Miles Championship at Colchester’s Lower Castle Park. A retired Metropolitan Police Inspector he gained representative honours for the British Police race walking team. On retirement he relocated to Ramsgate.

Picture supplied by rival Club member, Commonwealth Games walker Rob Elliott, who added : Rest in Peace Mick. A valued competitor who did so much. Rob Elliott.