



Dennis Plater – RIP

Dennis Plater r.i.p

Dennis died on Monday afternoon in Broomfield Hospital. He had been ill with mitochondrial myopathy for a few years and developed a chest infection and pneumonia. He hadn't had much quality of life for some time so, hopefully, he is now in a better place.

There is a long wait for the funeral which will be on **Thursday 7th March at 11.30am** at the Bentley Crematorium, Ongar Road, Pelgrims Hatch, Brentwood CM15 9RZ and afterwards at the Bentley Golf Club, Ongar Road. Brentwood CM15 9SS.

Condolence cards can be sent to Jill Plater – 5 Wakelin Chase, Ingatestone, Essex CM4 9HH.

Dennis - One of IlfordAC's Greatest

Dennis joined Ilford AC in 1951 aged 17 and in the coming years gradually made his mark at every level – Club, County, Regional, National and Internationally.

The period 1963/64 is perfect for showing Dennis performing at the very highest levels,

In 1963 he contested the Polytechnic Marathon and improved the club record by over eight minutes with a time of 2h 31min 44sec .

In 1964 Dennis began to post a range of top class performances, first in both the Essex and Southern 20miles championships and a worthy 5th in the Inter-Counties in 1hr 44min 58sec

and a superb run in the Polytechnic Marathon finishing 6th in 2hr 20min 29sec (a time not to be beaten by a Club runner until the marathon boom 20 years later.) The Poly performance gained Dennis international honours later in the summer when he was selected for Great

Britain in the Kosice Marathon in Czechoslovakia where he came 2nd just 23 seconds behind the local hero Pavel Kantorek.

In the years following Dennis continued to perform at a high standard over his favoured distances well into his veteran years.

Gerry



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Dennis Plater, Great Britain Marathon International finishing the Polytechnic Marathon, 1964.

Please leave your tribute to Dennis below and it will appear on this page shortly or if you refresh:-

Name (required)

Your Email (required)

Your Tribute

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Tributes to Dennis received so far

From	Tribute
John Batchelor	<p>Long before I met him Dennis was already a National champion, having been in Ilford's Youths team which won the National Cross-Country title in 1952. He was a tough, resilient runner, always reliable in a team setting. He repeatedly ran, very well, the fifth stage on the London to Brighton Relay. "Stiff climb through Redhill" it said on the programme notes, just the job for Dennis, who relished it.</p> <p>In the early sixties Dennis and I trained together once a week from his home in Upminster. We ran ten to fifteen miles each time, and it was the making of me as a runner, not just from the training but from the wealth of good advice and experience I received en route (not to mention Gill's cake afterwards...and sometimes before). We also competed in teams together and often as friendly and supportive rivals in road and track events.</p> <p>Ultimately my associations with Dennis proved directly in one way and indirectly in another totally life-changing as he introduced Fergus Murray to Ilford following a chance meeting at the Kinlochleven Highland Games. Fergus also found that meeting life-changing as it provided the competition which enabled him to prove himself as an international-class runner in front of the people that count. Fergus went on to persuade me to make major changes to my life direction. That's another story, but I have to thank Dennis for being the catalyst and for so much else – a great Clubman and a great Clubmate.</p> <p>Rest in Peace, Den.</p>
Sharon and Roger Honey	Dennis was a truly inspirational athlete and a lovely man. He will be sorely missed. RIP.
Andy Catton	Dennis was one of my "inspirational" in my early running years at Ilford. Always hung on his every word of advice. When I finally turned to marathon racing it was one of my biggest club aims to break the great mans club record (achieved at the fourth attempt). Dennis was one of the very first to enthusiastically congratulate. Dennis loved his running and was always prepared to turn out to run for the club at every opportunity. I remember once on a Friday night we were one short of a full 12 for the National road relay the next day. Dennis was well into his veteran days by then but had no hesitation in turning out to run with distinction. Unassuming but seriously talented - will be greatly missed .
Anthony Nixon	Dennis was one of the truly great Ilford runners. A quiet, intelligent man who was always supportive to me and all of Alec's youngsters. One very clear memory of him was a Saturday at Chigwell Row when Alec got us youngsters to go out with Dennis. We all chatted and laughed as we ran; Dennis with his distinctive shuffle. The chat ended as the group started to Struggle; and Dennis just shuffled along; the group reduced one by one; and Dennis just shuffled along; I was now racing flat out; and Dennis just shuffled along. We finished and Dennis was hardly puffed while I was out on my feet. I truly learned that day just how fast that shuffle was and why he ran 2.20 for a marathon. A humble man and a special man. Our condolences to Jill and the family. Pat & Tony Nixon
Ernie Barrett	As most of his athletic club mates had of the time; I have many memories of Dennis. He was a modest of his abilities, generous to his team mates and a truly fantastic runner. My condolences and thoughts go to Jill, his wife, and family.
ernie forsyth	Dennis is a true Ilford AC LEGEND and a magnificent athlete, he will be greatly missed, our deepest condolences to Jill and family regards Ernie and family
Michael Herring	I trained with Dennis in Victoria Park.He was a magnificent runner and a magnificent person.They were simple ,uncomplicated happy times.