

Charles William Fogg - 1934/2016



One of English race walking's greats passed on at the end of March 2016 when "Iron Man" Charlie Fogg died, aged 82, after suffering pancreatic cancer. He was an esteemed Life Member of both Enfield and Harringey AC (as now called) and the Metropolitan Police Athletic Association.

The former policeman was born in Congleton, Cheshire in 1934 and was extremely proud to have served in the Royal Marines.

Charlie was one of the leading British race walkers in the late fifties through to the seventies and represented Great Britain in a number of international competitions.

He made his international debut at 50km as member of the winning GBR team that won the inaugural Lugano Trophy in 1961. Charlie was a key part of our 1961 Lugano Cup winning squad. In the Wimbledon Park Semi-Final he was 3rd GB 50km scorer when 5th, behind Don Thompson (1st) and Ray Middleton (3rd). In the final he was 9th behind Don (2nd) and Ray (4th). He helped retain the Trophy in 1963, made the team again in 1965 and again ten years later in 1975.

He was a key figure in the Enfield team which enjoyed so much successful in the 1960's and 1970's and was a member of the club team that in 1977 set a world record for the 100 miles relay, his ten one mile legs averaging 7.31 apiece. Although he never managed to win the national 50km title, he placed third in 1963, 1965 and 1967 and made the top five on at least two other occasions. and he won the gruelling Barking to Southend police race over a dozen times.

But it was the now defunct Barking-to-Southend with which Charlie was synonymous, winning it over a dozen times. The traditional "point-to-point" classic, held over 33 miles, 6 furlongs & 50 yards, commenced in a small cul-de-sac, into which hundreds crammed, opposite a then somewhat run-down Barking Police Station, finishing with a circuit of the football pitch inside Southend United's Roots Hall ground. He first won it in 1958 with a time of 5.12.50. The following year PC Alec MacFarlane won in 5.21.10 Then from 1960 onwards Charlie commenced his sequence of individual successes.

He was equally successful in the Club and County scenes ... indeed in 1961 he was aprt of the winning Middlesex Inter-Counties 10 Miles' Championship team at Loughborough (scoring D Thompson 4, C Fogg 9, J Northcott 12 and A Thomson 19).

He was an inspirational member of staff at the Metropolitan Police's Hendon Training School, encouraging many to try race walking and then progress further. He was a dynamic Chairman of the now defunct British Race Walkers Club and was Team Manager for the English 1985 Isle-of-Man Lugano Cup squad.

He was also an accomplished computer buff, managing various websites including the Sussex County website and the official website for the 2007 European Cup of Race Walking at Royal Leamington Spa.

He was for many years an active walks coach, working with several of the top British walkers. In more recent times he became concerned about the state of British race walking but reacted positively, writing a series of coaching articles giving tips and advice to all, from beginners to established race walkers. These were published in several publications, including Essex Walker.

He also qualified as a Field Events Coach and Official and became a specialist hammer coach, developing several talented hammer throwers and helping train coaches as well as athletes.

Sadly the need for a replacement hip ... then another ... dented his impact as a competitor - but it still didn't stop him completing a London Marathon after his operations. However it was a difficult task and, by his own admission, he'd suffered badly along the route ... but, of course, had crossed the finish line!

Many were the accolades which flowed following his death.