

## **LEN CREO – 10/1/1923 to 18/12/2019**

The following is from his daughter Annie Creo...

Its with sad news to announce former BMAF Race Walker Leonard Creo has passed away peacefully just before Christmas on the 18<sup>th</sup> December 2019, shy of his 97th birthday!

Creo came to Race walking late in life when he reached his sixtieth birthday he suddenly decided to take up the sport and it instantly became something he was passionate about for the rest of his life.

He competed in five veteran Athletics world championships in Malmo, Buffalo, Gateshead, Brugge and Oregon and won gold medals in his age group for each of these events.

Creo was incredibly proud to become a Centurion in 1990 at the age of 67. To qualify he had to walk 100 miles within the 24 hour time limit in accordance with racewalking rules. He achieved this in the time of 22 hours and 20 minutes and 55 seconds, His Centurion Number is 871.

Roubaix was another event that Creo was very passionate about. It is a 28 hour race walking event held in France. Creo completed the event 6 times and he was the oldest person to have competed in the event.

Creo has competed in numerous marathons and was very proud and to represent Great Britain in International walking events wearing a GB vest and win gold.

One marathon that sums up Creos fighting spirit was in the Cardiff Marathon in October 2005. After a gruelling fight with bowel cancer he developed a good relationship with his surgeon Mr Harper and set about winning his next gold medal for him. Approximately four months after his last surgery he won gold in the over 80's age group at the age of 82.

Creo was a constant inspiration and encouragement for friends and family through his race-walking. Whilst on a family weekend away in Seaton Dorset he race walked their 5km Parkrun event with the whole family, winning the over 95's age group record.

This documentary captures him as a person and his passion for race walking <https://vimeo.com/59849515>

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The following is from David Ainsworth, a fellow Centurion...

I'd like to assure your Club, Worcester AC, that so many members of "The Centurions" were sad to be told that your Len Creo had passed-on just days before his 97th birthday. Len was a highly respected ultra long-distance race walker and a member of The Centurions (a Club open only to athletes who've completed a 100 miles' walking race in under 24 hours). Len did so in 1990 at Hungerton, near Leicester, in a time of 22 hours 20 minutes and 55 seconds when well into his 60s. Len often gave a good account of himself at the experience of rival athletes half-his-age. He was Centurion member No.871.

I inform your Club of my sad sadness when learning of his departure.