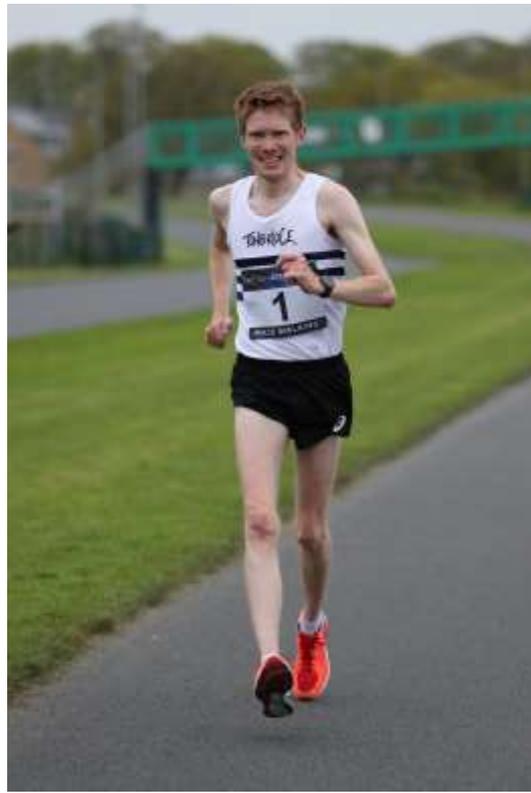


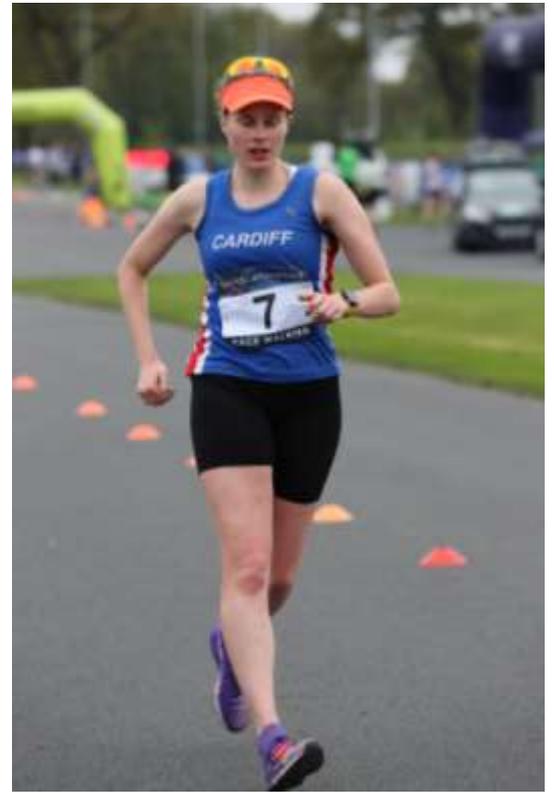


# Race Walking Record

April 2022



Tom Bosworth – 20km



Bethan Davies – 20km



Hannah Hopper – JW 10km



Christian Hopper – JM 10km

**British Champions from the British Grand Prix  
of Race Walking, in Leeds on 30<sup>th</sup> April**

Photograph(s) courtesy of Mark Easton (<http://markeaston.zenfolio.com>)

# NEWS

## DATES

### FOR YOUR DIARY

#### UKA 2022 Fixture Calendar

UKA have published the fixture list for 2022 and listed below are the events that include a race walk, which has been further updated with additional information.

| Date                 | Event                                      | Venue              |
|----------------------|--|--------------------|
| 8-9 Jan.             | England Athletics Indoor Walks             | E.I.S. Sheffield   |
| 5 Feb.               | England Athletics Winter RW Championships  | Leeds Beckett Uni. |
| 25-27 Feb.           | British Athletics Indoor Championships     | N.I.A. Birmingham  |
| 5-6 Mar.             | British Masters Indoor Championships       | Lee Valley         |
| 19 Mar.              | Molly Barnett including EA U20/Sen 10,000m | Coventry           |
| 30 Apr.              | BA 20km World Championship trial           | Leeds, Brownlee    |
| 24-26 Jun.           | UK Athletics Outdoor Championships         | Manchester         |
| 3 <sup>rd</sup> Jul. | RWA 10km & YAG Championships               | Leicester          |
| 16-17 Jul.           | England Athletics U20/U23 Championships    | Bedford            |
| 30-31 Jul.           | England Athletics Senior Championships     | Bedford            |
| 17 Aug.              | Manchester International                   | Manchester         |
| 27-28 Aug.           | England Athletics U15/U17 Championships    | Bedford            |
| 17 Sept.             | English Schools Championships              | Bedford            |
| 23 Oct.              | UKA 35km Race Walking Championships        | Leeds, Brownlee    |

## 200 Club

### Winners in the recent R.W.A 200 Club draw

|         | £25.00         | £15.00      | £10.00        |
|---------|----------------|-------------|---------------|
| May. 22 | Stuart Telling | George Hall | April Chaplin |

It is £12 per number per year, so if you wish to join, please contact Mark Easton ([rwatreasurer@yahoo.co.uk](mailto:rwatreasurer@yahoo.co.uk)) for further details.

## Overseas



China's Qieyang Shijie and Italy's Massimo Stano led a series of World Athletics Championships Oregon22 qualifying time performances to win on their 35km race walk debuts in Dudince.

Multiple global medallist Qieyang clocked 2:43:06 and Olympic 20km race walk champion Stano recorded 2:29:09 at the Dudinska 50, a **World Athletics Race Walking Tour Gold** event, where a number of area and national records were set.

Always in control in the women's 35km race, Qieyang broke away from Peru's Kimberly Garcia after the pair passed the 16km mark together in 1:14:31.

Qieyang, who claimed 2012 Olympic silver in the 20km race walk but is expected to be awarded gold following the disqualification of Yelena Lashmanova, built a five-second lead over the next kilometre and maintained it as she passed 20km in 1:32:51.

Garcia, who finished third in the 20km event at last month's World Athletics Race Walking Team Championships in Muscat, was clear in second and reached the 20km point in 1:32:56.

Qieyang had extended her lead to 13 seconds by the finish, the two-time world medallist winning in an Asian record of 2:43:06 to Garcia's South American record of 2:43:19.

China's Li Maocuo followed her second-place finish in Muscat with third place this time, clocking a PB of 2:45:46. Brazil's Viviane Lyra was fourth in a PB of 2:49:12, while USA's Robyn Stevens achieved an area record of 2:49:29 in fifth. In total, 11 women were under the entry standard of 2:54:00 for the World Championships in July.

In the men's 35km race, Stano – who had clocked 2:35:03 as a 35km split during a 50km event in 2019 but was contesting his first race over the distance – was in third and 39 seconds behind Mexico's race leader Jose Luis Doctor at 30km, which they passed in 2:08:12 and 2:08:51 respectively.

But Stano continued to focus on his own race and had overtaken second-placed He Xianghong of China by 33km. Stano then took the lead with a kilometre to go and crossed the finish line in 2:29:09 to win by 15 seconds ahead of Doctor with an area record of 2:29:24. In third, He set a national record of 2:29:35.

Aurelien Quinon of France was fourth in a PB of 2:30:01 and Colombia's Jose Montana fifth in a South American record of 2:30:46 as a total of 15 athletes achieved the standard for Oregon.

The 20km races were won by Guatemala's Jose Alejandro Barrondo in 1:20:56 and Mexico's Sofia Ramos Rodriguez in 1:34:04.

The event was the 41st edition of the Dudinska 50, which returned with the same name but new distances as it featured 35km races for the first time due to changes in the international championships schedule.

Source: World Athletics Website

**UK perspective:** Bethan Davies came away with PB and National Record at the distance in 18<sup>th</sup> place with 2:58:48 (1:39:43 at 20km). She beat a number of highly credentialed women and left a number by the roadside unable to finish.



### May

|                                    |   |                                  |             |
|------------------------------------|---|----------------------------------|-------------|
| 7 <sup>th</sup>                    | B | Dave Compton Memorial 7 Miles    | Chorley     |
| 8 <sup>th</sup>                    | A | BMAF 10,000m Track Championships | Horspath    |
| 10 <sup>th</sup>                   | B | Veterans AC Summer Series 2      | Battersea   |
| 14 <sup>th</sup> /15 <sup>th</sup> | A | County 3000m Championships       | Various     |
| 15 <sup>th</sup>                   | B | Sean Pender 2000m Track Handicap | Footes Lane |
| 17 <sup>th</sup>                   | A | South Yorkshire League           | Sheffield   |
| 21 <sup>st</sup>                   | B | Cecil Gittins Memorial Walks     | Gravesend   |
| 19 <sup>th</sup>                   | B | Sarnia Championships #5          | Footes Lane |

## Race Walking Record – April 2022

Dominic King was 40<sup>th</sup> in a deep field in 2:45:49 (20km: 1:32:45). Dominic stuck to the task and bettered a number of bigger names. Daniel King unfortunately was one of a number of DNFs in the field (around 13km). As was former UK walker Alex Wright.

## Men's 35km

| Pos | Athlete                  | Nation | Perf    | Notes |
|-----|--------------------------|--------|---------|-------|
| 1   | Massimo STANO            | ITA    | 2:29:09 | MR    |
| 2   | José Luis DOCTOR         | MEX    | 2:29:24 | NR    |
| 3   | Xianghong HE             | CHN    | 2:29:35 | NR    |
| 4   | Aurelien QUINION         | FRA    | 2:30:01 | PB    |
| 5   | José MONTANA             | COL    | 2:30:46 | SA    |
| 6   | Julio César SALAZAR      | MEX    | 2:30:50 | PB    |
| 7   | Ever Jair PALMA OLIVARES | MEX    | 2:31:10 | PB    |
| 8   | Yangben ZHAXI            | CHN    | 2:31:22 | PB    |
| 9   | Andrés CHOCHO            | ECU    | 2:31:25 | NR    |
| 10  | Érick Bernabé BARRONDO   | GUA    | 2:31:26 | NR    |
| 11  | José LEYVER              | MEX    | 2:31:28 | PB    |
| 12  | Eider ARÉVALO            | COL    | 2:32:08 | PB    |
| 13  | Isaac PALMA              | MEX    | 2:32:16 | PB    |
| 14  | Teodorico CAPORASO       | ITA    | 2:32:19 | PB    |
| 15  | Daniel CHAMOSA           | ESP    | 2:32:43 | PB    |
| 16  | Kaihua WANG              | CHN    | 2:33:22 | PB    |
| 17  | João VIEIRA              | POR    | 2:33:23 | NR    |
| 18  | Miroslav ÚRADNÍK         | SVK    | 2:33:49 | PB    |
| 19  | Michele ANTONELLI        | ITA    | 2:33:59 | PB    |
| 20  | Jorge RUIZ               | COL    | 2:34:04 | PB    |
| 21  | Luis Manuel CORCHETE     | ESP    | 2:34:28 | PB    |
| 22  | Lihong CUI               | CHN    | 2:34:30 | PB    |
| 23  | Michal MORVAY            | SVK    | 2:34:56 | PB    |
| 24  | Veli-Matti PARTANEN      | FIN    | 2:35:28 | PB    |
| 25  | Máté HELEBRANDT          | HUN    | 2:36:14 | PB    |
| 26  | Georgiy SHEIKO           | KAZ    | 2:36:37 | PB    |
| 27  | Oscar PATÍN              | ECU    | 2:36:53 | PB    |
| 28  | César Augusto RODRÍGUEZ  | PER    | 2:37:10 | NR    |
| 29  | Stefano CHIESA           | ITA    | 2:38:17 | PB    |
| 30  | Arnis RUMBENIEKS         | LAT    | 2:38:56 | PB    |
| 31  | Yassir CABRERA           | PAN    | 2:39:22 | NR    |
| 32  | Narcis Stefan MIHĂILĂ    | ROU    | 2:40:25 | PB    |
| 33  | Diego PINZON             | COL    | 2:40:57 | PB    |
| 34  | Vít HLAVÁČ               | CZE    | 2:41:14 | NR    |
| 35  | Sergio SACUL             | GUA    | 2:41:24 | PB    |
| 36  | Kenny Martin PEREZ       | COL    | 2:42:33 | PB    |
| 37  | Marius Iulian COCIORAN   | ROU    | 2:43:33 | PB    |
| 38  | Jefferson SEGURA         | MEX    | 2:44:03 | PB    |
| 39  | Horació NAVA             | MEX    | 2:44:23 | PB    |
| 40  | Dominic KING             | GBR    | 2:45:49 | PB    |
| 41  | Jun ZHANG                | CHN    | 2:45:54 | PB    |
| 42  | Wenchao NIU              | CHN    | 2:45:55 | PB    |
| 43  | Dominik ČERNÝ            | SVK    | 2:47:23 | PB    |
| 44  | Hélder SANTOS            | POR    | 2:47:32 | SB    |
| 45  | Joe MOONEY               | IRL    | 2:48:04 | PB    |
| 46  | Lukáš GDULA              | CZE    | 2:48:25 | PB    |
| 47  | Ionuț Vasiliică PLEȘU    | ROU    | 2:49:02 | PB    |
| 48  | Deiby Cordero ZÚNIGA     | CRC    | 2:50:21 | PB    |
| 49  | Jaromír MORÁVEK          | CZE    | 2:51:13 | PB    |
| 50  | Manuel MARQUES           | POR    | 2:52:01 | PB    |
| 51  | Jerome CAPRICE           | MRI    | 2:53:47 | PB    |
| 52  | Aldo ANDREI              | ITA    | 2:55:33 | SB    |
| 53  | Bruno ERENT              | CRO    | 2:56:13 | PB    |
| 54  | Norbert TÓTH             | HUN    | 2:56:34 | PB    |
| 55  | Martin NEDVÍDEK          | CZE    | 2:56:54 | PB    |
| 56  | Luis Angel SANCHEZ       | GUA    | 2:57:52 | PB    |
| 57  | Diego PEREIRA LIMA       | BRA    | 3:04:40 | SB    |
| 58  | Ferenc PAPP              | HUN    | 3:17:43 | PB    |
| 59  | André MIRANDA            | POR    | 3:27:54 | PB    |
|     | Lucas MAZZO              | BRA    | DNF     |       |
|     | Max GONCALVES DOS SANTOS | BRA    | DNF     |       |

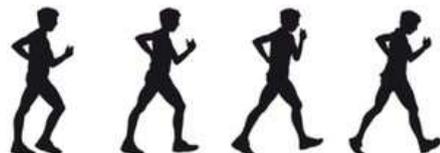
|                 |     |     |
|-----------------|-----|-----|
| Karl JUNGHANNB  | GER | DNF |
| Alex WRIGHT     | IRL | DNF |
| Iván PAJUELO    | ESP | DNF |
| Imre CSONTOS    | HUN | DNF |
| Tomasz BAGDÁNY  | HUN | DNF |
| Dávid TOKODI    | HUN | DNF |
| Berislav DEVČIĆ | CRO | DNF |
| Tomislav MIKIĆ  | CRO | DNF |
| Milan KOTUR     | CRO | DNF |
| Daniel KING     | GBR | DNF |
| Milan RÍZEK     | SVK | DNF |
| Ryan GOGNIES    | FRA | DNF |

The men's automatic selection standards for the World Championships, Oregon22 = 2:33:00 & European Championships, Munich = 2:35:30.

## Women's 35km

| Pos | Athlete                   | Nation | Perf    | Notes |
|-----|---------------------------|--------|---------|-------|
| 1   | Shijie QIEYANG            | CHN    | 2:43:06 | MR    |
| 2   | Kimberly GARCÍA LEÓN      | PER    | 2:43:19 | SA    |
| 3   | Maocuo LI                 | CHN    | 2:45:46 | PB    |
| 4   | Viviane LYRA              | BRA    | 2:49:12 | NR    |
| 5   | Robyn STEVENS             | USA    | 2:49:29 | NA    |
| 6   | Viktória MADARÁSZ         | HUN    | 2:50:29 | NR    |
| 7   | Sandra Viviana GALVIS     | COL    | 2:51:53 | NR    |
| 8   | Alejandra ORTEGA          | MEX    | 2:53:01 | NR    |
| 9   | Anabelly ORJUELA          | COL    | 2:53:15 | PB    |
| 10  | Antia CHAMOSA             | ESP    | 2:53:18 | PB    |
| 11  | Maria JUÁREZ              | ESP    | 2:53:51 | PB    |
| 12  | Nadia Lizeth GONZALEZ     | MEX    | 2:54:08 | PB    |
| 13  | Magaly BONILLA            | ECU    | 2:54:17 | PB    |
| 14  | Mirna ORTÍZ               | GUA    | 2:55:17 | PB    |
| 15  | Vitória OLIVEIRA          | POR    | 2:56:55 | PB    |
| 16  | Barbara OLÁH              | HUN    | 2:57:48 | PB    |
| 17  | Tiia KUIKKA               | FIN    | 2:58:30 | NR    |
| 18  | Bethan DAVIES             | GBR    | 2:58:48 | NR    |
| 19  | María Guadalupe SÁNCHEZ   | MEX    | 3:00:47 | PB    |
| 20  | Tereza ĎURDIAKOVÁ         | CZE    | 3:01:51 | PB    |
| 21  | Ana Veronica RODEAN       | ROU    | 3:01:56 | PB    |
| 22  | Marina PEÑA ALONSO        | ESP    | 3:01:58 | PB    |
| 23  | Rita RÉCSEI               | HUN    | 3:02:11 | PB    |
| 24  | Aura Libertad MORALES     | MEX    | 3:02:51 | PB    |
| 25  | Galina YAKUSHEVA          | KAZ    | 3:03:45 | PB    |
| 26  | Sara VITIELLO             | ITA    | 3:04:50 | PB    |
| 27  | Hana BURZALOVÁ            | SVK    | 3:04:58 | PB    |
| 28  | Haiying JI                | CHN    | 3:05:50 | PB    |
| 29  | Polina REPINA             | KAZ    | 3:07:56 | NR    |
| 30  | Mihaela ACATRINEI         | ROU    | 3:08:36 | PB    |
| 31  | Yasury PALACIOS           | GUA    | 3:09:19 | PB    |
| 32  | Alicia LUMBRERAS          | ESP    | 3:16:29 | PB    |
| 33  | Sandra SILVA              | POR    | 3:21:14 | PB    |
| 34  | Mihaela Valentina PUȘCAȘU | ROU    | 3:27:46 | PB    |
| 35  | Štěpánka POHLOVÁ          | CZE    | 3:27:52 | PB    |
| 36  | Ilena OCAMPO              | CRC    | 3:30:08 | PB    |
| 37  | Anett TORMA               | HUN    | 3:32:05 | PB    |
| 38  | Jana ZIKMUNDOVÁ           | CZE    | 3:33:53 | PB    |
| 39  | Lenka BOROVIČKOVÁ         | CZE    | 3:46:22 | PB    |
|     | Lidia BARCELLA            | ITA    | DNF     |       |
|     | Eliška MARTÍNKOVÁ         | CZE    | DNF     |       |
|     | Ema HAČUNDOVÁ             | SVK    | DNF     |       |
|     | Nicole COLOMBI            | ITA    | DNF     |       |
|     | Klaudia ŽÁRSKA            | SVK    | DNF     |       |

The women's automatic selection standards for the World Championships, Oregon22 = 2:54:00 & European Championships, Munich = 2:55:00.



## National Championships

### British GP of Race Walking, inc. BA, EA & RWA 20km & BA & RWA Junior 10km Championships, Leeds (Sat. 30<sup>th</sup> Apr.)

Tom Bosworth and Bethan Davies took the British 20km titles at the Brownlee Centre in Leeds, *reports Ian Richards.*

Bosworth moved to the top of the UK rankings for 2022 clocking 1:25:27, as he regained the title, he last won in 2018, while Davies showed remarkable powers of recovery having set the British 35km record of 2:58:48 the previous weekend to clock 1:38:49 over 20km.

Bosworth had the added bonus of clocking 40:53 at the 10km mark, well inside the England Commonwealth Games standard of 41:30.

Bosworth set the early pace alongside, Guy Thomas and Leeds-based Chris Snook, who were also chasing the Welsh and English standard of 41:30 over 10km. Bosworth put in 3:59 third kilometre to drop Snook and Thomas and passed 5km in 20:21.

Snook paid for a brave effort of trying to go with Bosworth and dropped out just after the 5km point, whereas Thomas was disqualified at the 7km point.

Bosworth forged ahead to pass 10km in 40:53. He backed off the pace in the second half with a 22:02 split between 10km and 15km and a final 5km split of 22:31 to bring him home in 1:25:27.

He said: "My main aim was to get the England Commonwealth time at 10km and then use the second half to see where my fitness is at. I am racing over 10km in Madrid in two weeks' time and will then chase the 20km qualifying time for the World and European Championship in La Coruna at the end of May."

Cameron Corbishley improved his season's best of 1:28:12 that he set in Podebrady to clock 1:28:02 to move to No.2 on the UK rankings for 2022. Tom Partington took the bronze medal in the British Championships in 1:36:09.

In the women's race, Davies clocked a fine 1:38:49 just seven days after her British record efforts over 35km. She passed the halfway in 48:43 before slowing slightly in the last 5km to clock 1:38:49 – a time that puts her No.2 on the UK rankings for 2022.

Davies said: "I am keen to double up at major championships in the future and wanted to see how my body would react racing 20km so soon after the 35km."

Abigail Jennings took silver in a personal best of 1:48:57, improving on her debut performance of 1:49:29 set at Kew Gardens last year. She also took England and RWA titles.



Abigail Jennings & Jacqueline Benson

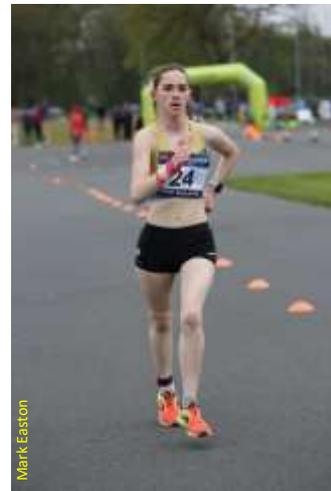
Jacqueline Benson took bronze in the British Championship and silver in the England and RWA Championship in a personal best of 1:57:14.

In the supporting 10km event Heather Lewis set a Welsh record and the second fastest ever performance by a British woman over 10km with 44:56. This is also well inside the Welsh Commonwealth Games standard of 46:00.

She walked the first half of the race at consistent 1km laps of between 4.23 and 4.28 to go through halfway in 22:15. In the second half she slowed slightly, but a last lap of 4.28 saw her break Bethan Davies' Welsh record by three seconds.



Christian Hopper took the British under-20 10km title in 50:12. It was a golden double for the Hopper family, as his sister Hannah Hopper took the British under-20 women's 10km title in 52:34. In the 5km event under-17 Gracie Griffiths set a personal best of 25:36.



Gracie Griffiths & Ellis Simmonds

#### Mixed 5km

| Pos | Athlete          | AG   | Club                      | Perf.      |
|-----|------------------|------|---------------------------|------------|
| 1   | Gracie Griffiths | U17W | Pembrokeshire Harriers    | 25:38 [PB] |
| 2   | Ellis Simmonds   | U17M | Derbyshire & S. Yorkshire | 26:26 [PB] |
| 3   | Mia Dunwell      | U20W | Northern (IOM) AC         | 26:51 [SB] |
| 4   | Lois Carty       | U20W | Aldershot Farnham & Dist. | 27:36 [SB] |
| 5   | Megan Stratton-T | U23W | Swansea Harriers          | 27:37 [PB] |
|     | Erika Pontarollo | SENW | Hyde Park Harriers/ITA    | DNF        |

#### Mixed 10km

| Pos | Athlete           | AG   | Club                      | Perf.          |
|-----|-------------------|------|---------------------------|----------------|
| 1   | Heather Lewis     | SENW | Pembrokeshire Harriers    | 44:56 [NR]     |
| 2   | Christian Hopper  | U20M | Cambridge Harriers        | 50:12 [PB]     |
| 3   | Akash Nandwani    | U23M | Hyde Park Harriers/ESP    | 51:33 [PB]     |
| 4   | Hannah Hopper     | U20W | Cambridge Harriers        | 52:34          |
| 5   | Pagen Spooner     | U23W | Hyde Park Harriers        | 56:47 [SB]     |
|     | Guy Thomas        | SENM | Tonbridge Athletic Club   | DQ [TR 54.7.5] |
|     | Christopher Snook | U23M | Aldershot Farnham & Dist. | DNF            |

#### Mixed 20km

| Pos | Athlete            | AG   | Club                      | Perf.          |
|-----|--------------------|------|---------------------------|----------------|
| 1   | Tom Bosworth       | SENM | Tonbridge Athletic Club   | 1:25:27        |
| 2   | Cameron Corbishley | SENM | Medway & Maidstone AC     | 1:28:02        |
| 3   | Tom Partington     | U23M | Manx Harriers             | 1:36:09        |
| 4   | Bethan Davies      | SENW | Cardiff A.A.C.            | 1:38:49        |
| 5   | Abigail Jennings   | U23W | Aldershot Farnham & Dist. | 1:48:57 [PB]   |
| 6   | Jacqueline Benson  | U23W | Ashford Athletic Club     | 1:57:14 [PB]   |
|     | Jonathan Hobbs     | SENM | Ashford Athletic Club     | DQ [TR 54.7.5] |

## Ray Flynn R.I.P



It is with great sadness that Athletics Ireland mourns the passing of Sligo native Raymond Flynn who passed away in the early hours of this morning.

Raymond was a member of the Athletics Ireland High Performance Committee as well as a dedicated coach and official who was ever present at events across the country.

“Ray” was passionate about race walking and started with his local Calry AC in the late 1960s, inspired by the likes of walkers such as Jackie McGowan and Tommy Casey, which would in turn lead him to become a European Race Walking Judge.

Raymond was an esteemed coach, working with athletes from club, right up to international level including Robert Heffernan, Olive Loughnane, Colin Griffin, and James Costin.

Our thoughts are with all of his friends and family at this difficult time.

### Domestic ‘A’ Permit Races

#### Southern Counties Veterans AC Indoor Championships, Lee Valley Athletics Centre (Sat. 2<sup>nd</sup> Apr.)

##### Mixed 3,000m

| Pos | Athlete         | AG  | Club                     | Perf.         |
|-----|-----------------|-----|--------------------------|---------------|
| 1   | David Annetts   | M55 | North Herts Road Runners | 14:03.79 [SB] |
| 2   | Grazia Manzotti | W50 | Tonbridge Athletic Club  | 15:50.42 [PB] |
| 3   | Melanie Peddle  | W50 | Loughton Athletic Club   | 16:36.71      |

#### Midland Championships, Stourport (Sun. 3<sup>rd</sup> Apr.)

The Midland Championships were held on a re-arranged date from March to April due to an initial lack of entries, *reports Glyn Jones*. Although there was a very slight increase in entries on the new date it has to be said that they were still low. The men’s 10km and women’s 5km started together on a measured 1km lap on the established cycle circuit at Stourport Sports Club. The weather was dry with sunny intervals but there was a chilly breeze throughout the fixture.

Carolyn Derbyshire took a commanding lead in the 5km right up until the finish securing the individual title and only one team of two closed in at the finish in the men’s 10km, Mark Williams likewise took the lead from the start and which he maintained throughout. In similar fashion only one team closed in at the finish to gain the team award. Sadly, the younger race distances continued with lack of entries with the exception of one girl in the 2km.

##### Mixed 5km

| Pos | Athlete            | AG   | Club                    | Perf.      |
|-----|--------------------|------|-------------------------|------------|
| 1   | Carolyn Derbyshire | W40  | Nuneaton Harriers       | 29:21 [SB] |
| G   | Daniel Mckerlich   | U23M | Cardiff A.A.C.          | 30:08 [SB] |
| 2   | Julie Bellfield    | W50  | Halesowen Athletic Club | 32:03 [SB] |
| 3   | Lynn Bellfield     | W55  | Halesowen Athletic Club | 34:38 [SB] |
| 4   | Gemma Smith        | W50  | Stratford-upon-Avon AC  | 38:30 [PB] |

##### Under 13 2km

| Pos | Athlete          | AG   | Club               | Perf. |
|-----|------------------|------|--------------------|-------|
| 1   | Amiee Thursfield | U13G | Wolv. & Bilston AC | 15:23 |

##### Men’s 10km

| Pos | Athlete           | AG  | Club                | Perf.          |
|-----|-------------------|-----|---------------------|----------------|
| 1   | Mark Williams     | M55 | Birchfield Harriers | 59:19 [SB]     |
| 2   | Peter Boszko      | M70 | Birchfield Harriers | 66:56 [SB]     |
| 3   | Ian Torode        | M60 | Birchfield Harriers | 67:13 [SB]     |
| 4   | Martin Slevin     | M55 | Coventry Godiva Hs. | 69:53 [SB]     |
| 5   | John Constandinou | M45 | Birchfield Harriers | 72:09 [SB]     |
|     | David Fall        | M75 | Birchfield Harriers | DQ [TR 54.7.1] |

#### Isle of Man 10km Championships, Perimeter Road, N.S.C. Douglas (Sun. 10<sup>th</sup> Apr.)

Good weather for the 10km Road Championships and Younger Age Group Championships. Outright winner was Erika Kelly (*pictured below*) with another sub-50 minute performance, followed by a personal best performance from Neil Wade to take the men’s title. Junior 5km winner was Mia Dunwell and Junior 2km winners were Timothy Perry and Amy Surgeon. Fynn Gleave took the 1km title.



##### Mixed 10km

| Pos | Athlete        | AG   | Club                 | Perf.      |
|-----|----------------|------|----------------------|------------|
| 1   | Erika Kelly    | SENW | Northern (IOM) AC    | 49:23 [SB] |
| 2   | Neil Wade      | SENM | Manx Harriers        | 54:07 [PB] |
| 3   | Tony Edwards   | M55  | Manx Harriers        | 56:18 [PB] |
| 4   | Marie Jackson  | W60  | Manx Harriers        | 61:04 [SB] |
| 5   | Jayne Farquhar | W50  | Manx Harriers        | 62:54 [SB] |
| 6   | Chloe Spooner  | SENW | Manx Harriers        | 63:34 [PB] |
| 7   | Ian Callister  | M65  | Manx Harriers        | 66:40 [SB] |
| 8   | Colin Moore    | M60  | Isle of Man Veterans | 67:31      |
| 9   | Les Brown      | M65  | Manx Harriers        | 72:03 [SB] |
|     | Adam Cowin     | SENM | Manx Harriers        | DNF        |

##### Mixed 5km

| Pos | Athlete        | AG   | Club              | Perf.      |
|-----|----------------|------|-------------------|------------|
| 1   | Mia Dunwell    | U20W | Northern (IOM) AC | 27:25 [SB] |
| 2   | Lorna Gleave   | W35  | Manx Harriers     | 33:58      |
| 3   | Gordon Erskine | M75  | Manx Harriers     | 38:33 [SB] |

# RANKINGS

## Commonwealth Ranking Lists

Update following British Grand Prix of Race Walking on 30<sup>th</sup> April.

### Women's 10,000m from August 1<sup>st</sup>, 2021 (to 48:00)

| Perf.    | Athlete           | Born | Country | Date       | Note |
|----------|-------------------|------|---------|------------|------|
| 42:39.2h | Jemima Montag     | 1998 | AUS     | 22/01/2022 | (a)  |
| 44:27.8  | Katie Hayward     | 2000 | AUS     | 30/03/2022 | (b)  |
| 44:40.1  | Rebecca Henderson | 2001 | AUS     | 30/03/2022 |      |
| 44:56.0  | Heather Lewis     | 1993 | WAL     | 30/04/2022 | (d)  |
| 45:21.7  | Bethan Davies     | 1990 | WAL     | 15/08/2021 | (d)  |
| 45:24.1h | Olivia Sandery    | 2003 | AUS     | 15/01/2022 | (c)  |
| 45:36.1h | Clara Smith       | 1998 | AUS     | 22/01/2022 |      |
| 46:41.0  | Kelly Ruddock     | 1973 | AUS     | 30/03/2022 |      |

(a) Automatic selection having met the national standard (44:30.00) and won the trial.

(b) Likely selection on the basis of 2<sup>nd</sup> in the trial and met the national standard.

(c) Commonwealth Games clashes with World Junior Championships in Cali, Columbia.

(d) Met the national Standard

### Men's 10,000m from August 1<sup>st</sup>, 2021 (to 43:00)

| Perf.    | Athlete            | Born | Country | Date       | Notes |
|----------|--------------------|------|---------|------------|-------|
| 39:01.3h | Declan Tingay      | 1999 | AUS     | 22/01/2022 | (a)   |
| 39:22.0h | Kyle Swan          | 1999 | AUS     | 22/01/2022 | (b)   |
| 40:12.0  | Wayne Snyman       | 1985 | RSA     | 02/04/2022 | (d)   |
| 40:28.1h | Rhydian Cowley     | 1991 | AUS     | 22/01/2022 |       |
| 40:35.2h | Quentin Rew        | 1984 | NZL     | 16/01/2022 |       |
| 40:53.0  | Tom Bosworth       | 1990 | ENG     | 30/04/2022 | (e)   |
| 41:00.3h | Will Thompson      | 2002 | AUS     | 22/01/2022 |       |
| 41:30.8h | Mitchell Baker     | 2001 | AUS     | 22/01/2022 |       |
| 41:38.0  | Evan Dunfee        | 1990 | CAN     | 17/10/2021 | (c)   |
| 41:39.0h | Tyler Jones        | 1998 | AUS     | 22/02/2011 |       |
| 42:26.2h | Carl Gibbons       | 1996 | AUS     | 15/01/2022 |       |
| 42:05.2  | Cameron Corbishley | 1997 | ENG     | 06/03/2021 |       |
| 42:58.6  | Tim Fraser         | 2000 | AUS     | 22/02/200  |       |

(a) Likely selection on the basis of met the national standard.

(b) Automatic selection having met the national standard (39:30.00) and won the trial.

(c) Commonwealth lead in 2021

(d) Enroute to 20km in Podebrady.

(e) Enroute to 20km in Leeds.

### Men's 10,000m Top 2 performances in 2021

| Perf.   | Athlete          | Born | Country | Date       | Notes |
|---------|------------------|------|---------|------------|-------|
| 38:39.7 | Evan Dunfee      | 1990 | CAN     | 12/06/2021 | 1186  |
| 39:05.8 | Callum Wilkinson | 1997 | ENG     | 06/03/2021 | 1167  |

## Domestic 'B' Permit Races

### Veterans AC 5km Road Race, Battersea Park (Tue. 5<sup>th</sup> Apr.)

The first of the regular Battersea Park races had a reasonable field with fair weather, and with little breeze good racing conditions, *reports David Hoben*.

The men's winner was regular, VAC member Dave Annetts, only a few seconds slower than his personal best.

The lady's winner was Melanie Peddle in another good time, both Dave and Melanie had raced at the SCVAC indoor champs just three days before.

### Mixed 2km

| Pos | Athlete       | AG   | Club              | Perf.      |
|-----|---------------|------|-------------------|------------|
| 1   | Timothy Perry | U13B | Northern (IOM) AC | 11:28      |
| 2   | Amy Sturgeon  | U13G | Manx Harriers     | 13:39 [PB] |

### Mixed 1km

| Pos | Athlete     | AG   | Club          | Perf. |
|-----|-------------|------|---------------|-------|
| 1   | Fynn Gleave | U11B | Manx Harriers | 6:20  |
| 2   | Noah Sykes  | U11B | Manx Harriers | 6:21  |
| 3   | Theo Sykes  | U11B | Manx Harriers | 8:01  |

### Tonbridge AC Easter Monday Track & Field Open, Tonbridge School (Mon. 18<sup>th</sup> Apr.)

Hannah Hopper powered away from the rest of the field, but a stop be sick with just under a lap to go, cost her a faster time.

### Mixed 3000m

| Pos | Athlete           | AG   | Club                     | Perf.          |
|-----|-------------------|------|--------------------------|----------------|
| 1   | Hannah Hopper     | U20W | Cambridge Harriers       | 14:57.20 [PB]  |
| 2   | Jacqueline Benson | U23W | Ashford Athletic Club    | 16:07.86       |
| 3   | Katie Stringer    | U20W | Medway & Maidstone AC    | 16:17.49       |
| 4   | Grazia Manzotti   | W50  | Tonbridge Athletic Club  | 16:22.17       |
| 5   | Emily Ghose       | SEW  | Tonbridge Athletic Club  | 16:22.47       |
| 6   | Beatrice Fury     | U23W | Medway & Maidstone AC    | 16:34.32 [PB]  |
| 7   | Jonathan Ellerton | U17M | Blackheath & Bromley HAC | 16:43.32 [PB]  |
| 8   | Lewis Burr        | U15B | Tonbridge Athletic Club  | 17:54.40 [PB]  |
| 9   | John Arthur       | M60  | Ilford Athletic Club     | 18:08.53 [PB]  |
| 10  | Jessica Wilton    | U20W | Ashford Athletic Club    | 18:42.01       |
| 11  | Christopher Stone | U15B | Blackheath & Bromley HAC | 20:33.92       |
|     | Shaheda Arthur    | W60  | Ilford Athletic Club     | DQ [TR 54.3.1] |

### Birchfield Harriers Young Athletes Open Meeting , Pringles Stadium, Nuneaton (Sat. 23<sup>rd</sup> Apr.)

### Mixed Age Group 2000m

| Pos | Athlete          | AG   | Club                    | Perf.         |
|-----|------------------|------|-------------------------|---------------|
| 1   | Isabel Knowles   | U17W | Halesowen Athletic Club | 13:36.88 [PB] |
| 2   | Megan Grove      | U15G | Wolv. & Bilston A.C.    | 14:01.12 [PB] |
| 3   | Aimee Thursfield | U13G | Wolv. & Bilston A.C.    | 14:06.36 [PB] |

### Somerset Schools Combined Events & Race Walk Championships, Yeovil (Sun. 1<sup>st</sup> May)

A big personal best for Abby Hughes as she chases the qualifying standard of 24:45 for the European Youth Championships in Israel.

### 3000m

| Pos | Athlete       | AG   | Club            | Perf.    |
|-----|---------------|------|-----------------|----------|
| 1   | Seth Hamilton | U15B | Brymore Academy | 19:49.85 |

### Mixed 5000m

| Pos | Athlete                 | AG   | Club                  | Perf.         |
|-----|-------------------------|------|-----------------------|---------------|
| 1   | Abby Hughes             | U20W | Taunton Athletic Club | 25:00.31 [PB] |
| 2   | Cameron Howe            | U17M | Wellington School     | 31:57.96      |
| 3   | Aidan Granfield         | U17M | Brymore Academy       | 32:12.52      |
| 4   | Aidan Crispin           | U17M | Brymore Academy       | 32:32.62      |
| 5   | Vincent Montacute       | U17M | Westfield Academy     | 36:03.06      |
|     | Dylan Carreras -Bennett | U17M | Brymore Academy       | DQ TR 54.7.1  |

### Hampshire Athletics Track & Field Championships, Portsmouth (Mon. 2<sup>nd</sup> May)

Abigail Jennings and Lois Carty were out supporting their county championships, two days after competing at the British GP of Race Walking in Leeds.

### Mixed 3000m

| Pos | Athlete             | AG   | Club                    | Perf.        |
|-----|---------------------|------|-------------------------|--------------|
| 1   | Abigail Jennings    | U23W | Aldershot Farnham & D.  | 15:45.4      |
| 2   | Lois Carty          | U20W | Aldershot Farnham & D.  | 16:00.4      |
| 3   | Lola-Mae Billingham | U17W | Aldershot Farnham & Dt. | 16:51.6      |
| 4   | David Mitchell      | M50  | Southampton AC          | 18:16.0      |
| 5   | Natasha Mitchell    | U17W | Southampton AC          | 19:02.1      |
|     | Keith Vallis        | M55  | Overton Harriers        | DQ TR 54.7.1 |

Ever present Maureen Noel and Fiona Bishop represented the rest of the ladies and produced their usual respectable times.

VAC were pleased to have two complete newcomers to the event and to race walking, in particular Artur Olszewski had not come from a walking or running background and was only just outside 12 minute miles and with no technique problems.

**Mixed 5km**

| Pos | Athlete           | AG  | Club                     | Perf. |
|-----|-------------------|-----|--------------------------|-------|
| 1   | David Annetts     | M55 | North Herts Road Runners | 24:17 |
| 2   | Melanie Peddle    | W50 | Loughton Athletic Club   | 28:10 |
| 3   | Stuart Bennett    | M60 | Ilford Athletic Club     | 31:08 |
| 4   | Maureen Noel      | W55 | Belgrave Harriers        | 33:08 |
| 5   | Fiona Bishop      | W60 | Woking Athletic Club     | 33:59 |
| 6   | David Hoben       | M65 | Surrey Walking Club      | 38:03 |
| 7   | Christopher Flint | M75 | Surrey Walking Club      | 38:14 |
| 8   | Artur Olszewski   | M40 | Unattached               | 38:16 |
| 9   | Peter Hannell     | M75 | Surrey Walking Club      | 40:11 |
|     | David Hinds       | M70 | Serpentine Runners       | DQ    |

**London Inter Club Challenge inc. Enfield League, Lee Valley Athletics Centre (Sat. 16<sup>th</sup> Apr.)**

Sunny, warm conditions and a busy athletic stadium created an atmosphere for some keen racing, *reports Ron Wallwork*. Messrs. Arthur, Bennett and Harle separated by a mere seven seconds and the first three women not substantiating their placings until the latter end of the race. There was also a warm welcome for Abby Hughes making the long journey from Taunton to gain racing experience.

**Mixed 5000m**

| Pos | Athlete           | AG   | Club                     | Perf.    |
|-----|-------------------|------|--------------------------|----------|
| 1   | George Wilkinson  | U23M | Enfield & Haringey AC    | 22:19.37 |
| 2   | David Annetts     | M55  | North Herts Road Runners | 23:39.96 |
| 3   | Jacqueline Benson | U23W | Ashford Athletic Club    | 27:13.02 |
| 4   | Melanie Peddle    | W50  | Loughton Athletic Club   | 27:23.35 |
| 5   | Grazia Manzotti   | W50  | Tonbridge Athletic Club  | 27:42.03 |
| 6   | Emma Dyos         | W45  | Ilford Athletic Club     | 28:10.64 |
| 7   | David Walsh       | M60  | Enfield & Haringey AC    | 29:00.67 |
| 8   | John Arthur       | M60  | Ilford Athletic Club     | 30:39.21 |
| 9   | Stuart Bennett    | M60  | Ilford Athletic Club     | 30:44.54 |
| 10  | Colin Harle       | M60  | Belgrave Harriers        | 30:46.94 |
| 11  | Rachel Lawless    | W55  | Ilford Athletic Club     | 31:38.72 |
| 12  | Steve Allen       | M65  | Barnet & District AC     | 31:56.17 |
| 13  | Maureen Noel      | W55  | Belgrave Harriers        | 32:30.85 |
| 14  | Simon Morgan      | M50  | Ilford Athletic Club     | 33:06.99 |
| 15  | Sue Barnett       | W70  | Enfield & Haringey AC    | 33:32.96 |
| 16  | Tony Wilkinson    | M60  | Unattached               | 34:10.64 |
| 17  | Amalia Da Silva   | W55  | Belgrave Harriers        | 34:19.10 |
| 18  | Fiona Bishop      | W60  | Woking Athletic Club     | 34:54.47 |
|     | Penelope Cummings | W45  | Herne Hill Harriers      | DNF      |

**U18 5000m**

| Pos | Athlete     | AG   | Club                  | Perf.    |
|-----|-------------|------|-----------------------|----------|
| 1   | Abby Hughes | U20W | Taunton Athletic Club | 25:47.33 |

**3000m**

| Pos | Athlete        | AG  | Club                 | Perf.    |
|-----|----------------|-----|----------------------|----------|
| 1   | Shaheda Arthur | W60 | Ilford Athletic Club | 30:52.65 |

**ERWL - The move towards A category status**

Along with other athletic disciplines race walking has experienced a huge decline in participation. Some of the decline can be put down to rapid changes in society. Coupled to that so far as race walking is concerned, a period of rule changes didn't help.

When the current rule was adopted in 1996 it was controversial and caused a major split in race walking circles and to accommodate the many who found difficulty in meeting the demands set by the rule, a B category was introduced for a transitional period to allow time for the assimilation of the said new demands. No other country has such a rule. Since its inception, the ERWL has preserved the old concept of race walking, but with numbers continuing to fall it's imperative that if

it is to survive it must adapt to the requirements of the discipline as they exist today. So, with this in mind the first move towards bringing the League into A category recognition in 2023 has begun. In the last race (16<sup>th</sup> April), although a B race, the judges were asked to judge the race as an A race with all infringements being displayed on the DQ board, but disqualifications only coming into play for loss of contact. The plan is to operate this way throughout the year, raising awareness and giving opportunity for athletes to work on technique.

However, the League is proud of its 'welcome to all' record and so to remain fully inclusive, when the A rule is adopted, there will be an opt out for those who really can't comply, however they would be shown on a separate result and forfeit the right to any award.



**Fifth ERWL 2022 Fixture**



**Cecil Gittins Memorial Meeting**

**Saturday 21<sup>st</sup> May starting at 3.30pm**

Cyclopark, Gravesend, Kent, DA11 7NP

**2.5km / 5km / 10km**

Entries in advance online by 20<sup>th</sup> May

<https://www.fabian4.co.uk/default.aspx?EventID=3131>

Enquiries: Dave Hoben, [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk) or 07507 158605

**Results Round-up from Guernsey**

Stuart Le Noury took home the Eric Waldron trophy for the 11th time.

Keeping to the old imperial distance of 2 miles he crossed the line in 17.01, ahead of father Kevin and Mick Le Sauvage.

In the two championship races there were wins for Stuart Le Noury over 5 kilometres and Kevin Le Noury over 3 kilometres.

**20<sup>th</sup> Mar.: Eric Waldron 2 Mile Track Race, Footes Lane (B)**

| Pos | Athlete         | AG  | Club                | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1   | Stuart Le Noury | M35 | Sarnia Walking Club | 17:01 |
| 2   | Kevin Le Noury  | M60 | Sarnia Walking Club | 22:39 |
| 3   | Mick Le Sauvage | M80 | Sarnia Walking Club | 24:47 |

**10<sup>th</sup> Apr.: Sarnia WC Championship #2 5km Road Walk, Delancey Park (B)**

| Pos | Athlete         | AG  | Club                | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1   | Stuart Le Noury | M35 | Sarnia Walking Club | 28:37 |
| 2   | Donna Allan     | W45 | Sarnia Walking Club | 32:51 |
| 3   | Kevin Le Noury  | M60 | Sarnia Walking Club | 36:01 |
| 4   | Mick Le Sauvage | M80 | Sarnia Walking Club | 39:37 |



**24<sup>th</sup> Apr.: Sarnia WC Championship #3 3km Road Walk, Cambridge Park (B)**

| Pos | Athlete         | AG  | Club                | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1   | Kevin Le Noury  | M60 | Sarnia Walking Club | 20:43 |
| 2   | Mick Le Sauvage | M80 | Sarnia Walking Club | 24:03 |

**Len Duquemin – Rest in Peace**

It is with sadness that I have to report that Guernsey race walker Len Duquemin has passed away peacefully at the age of 91 years in Melbourne, Australia, **writes Rob Elliott**. He had spent the last 18 years there after moving from England with his partner Joy.

Len's finest race was in the 1970 Commonwealth Games in Edinburgh, Scotland where he finished in 6<sup>th</sup> place in the 20 miles race walk. At the age of almost 40 years old he recorded a personal best time of 2:42:48 after a conservative start and fast finish in which only the winner recorded a faster last 5 miles split time.

Local sports reporter Dave Prigent covered the event with these words " Our Len, one of the greatest competitors Guernsey has ever produced won the reward for all his sacrifices he made when he strode proudly into the Meadowbank Stadium. For two minutes he had the stadium to himself – Guernsey spectators had lumps in their throats as Len walked head high around the track and crossed the line with arms spread wide"

Wonderful words for a memorable moment....followed by Lens wife Pearl running onto the track to embrace him after he crossed the line.

Len's walking career started 8 years earlier in the Guernsey 1962 Church to Church walk, where he finished in probably an unnoticed 3 hours 44 minutes. Within a few years the race walking bug had taken hold and by 1966 he had set a Church record time of 2:47:26 as well as setting a new record time in the Jersey 27.5 miles Parishes walk with 4:27:26. This was followed up in 1967 with a record in the Sark 5 miles walk held on the dusty hard roads on this small Channel Island.

Len was a founder member of the Sarnia Walking Club and made rapid improvements in his times locally and in races in England. Len and his wife Pearl, along with fellow islander John Moullin then made a big

decision to move to England to race regularly against stronger competition. They joined Belgrave Harriers and had much success with them.

He had success with the Sarnia Walking Club in 1967 leading the field home in the prestigious Garnet Cup over 10 miles in which the club gained first place in the team section.

Len found himself on the British shortlist for the 1968 Olympics but the effects of a jab at the doctors put paid to any real chance. Competing in the 50 kilometres trial he collapsed after 20 miles whilst well up the field. He had an allergic reaction to the jab and had no recollection of even driving home afterwards. A week later he competed in the 20 kilometres trial, walking with his arm in a sling and finishing 9<sup>th</sup>. As Len later said, "and that was that", expressing his disappointment.

A short lived retirement after the 1970 Games saw Len return to Guernsey a year later to win the 1971 Church walk and resume his racing in England and beyond.

Showing little sign of slowing up he continued to produce quick times and by 1973 had proved himself worthy of a second Commonwealth Games to be held in New Zealand in early 1974. He had a 2 hours 44 minutes 20 miles performance, walked in the Belgrave Championships as a good form indicator, but things turned bad after that. Soon after arriving in New Zealand and carrying the Guernsey flag in the opening ceremony, he was bed bound with the flu and only recovered shortly before the race, ending up with a disappointed Len walking 2:53:37 for 9<sup>th</sup> place.

Len's impressive list of performances include races at National level in RWA competition, AAA track Championships and club races. He recorded 51.38 and 14.04 for 7 miles and 2 miles on the track, with road times of 74 minutes for 10 miles and 95 minutes for 20 kilometres. At the longer distances he walked 50 kilometres in 4 hours 39. His longest walk was in the London to Brighton 53 miles in which walked in 8 hours 44 minutes. Len told me the story of how he finished and then had to be almost carried to the baths at the changing room such was the effort he found the distance. After retiring from regular race walking, he raced in half marathon runs when in his mid-50s with a best of 82 minutes.

On a personal note, I knew of Len Duquemin from early on in my own race walking career started as an 11 year old. I only really knew he was a fast race walker with times meaning very little to me at a young age. I recall taking his photo winning the 1971 Church walk and then actually meeting him properly when I was 17 years old. Strange circumstances of me sitting on the road side knackered after 20 kilometres into a 30 kilometres race. He was standing roadside watching! I still remember his words of wisdom from that moment.

I had the pleasure of racing with him in Guernsey when he was almost 50 years old, and he could still walk 10 miles in 80 minutes. I also enjoyed the training sessions with him around the Torteval lanes in later years when we could both reminisce about our race walking and love of the event which he kept to the end of his life.

