



Race Walking Record

December 2021



Heather Lewis pictured in St. Anne's Park, Dublin on route to a Welsh 2022 Commonwealth Games 10km nomination standard



World Race Walking Tour 2022 Dates

Gold			
2 nd Apr.	Poděbrady Walking	Poděbrady	
9 th Apr.	1 st Korzeniowski Warsaw RW Cup	Warsaw	
23 rd Apr.	Dudince 50km	Dudince	
23/24 Apr.	2022 Race Walking Tour	Taichang	
7 th May	Grand Prix International - Rio Maior	Rio Maior	
28 th May	Grand Prix - Cantones La Coruna	La Coruna	
15-17 Oct.	Around Taihu International Meeting	Suzhou	
Silver			
2 nd Oct.	63 rd Challenge Facoetti-Dahm	Montreuil	
Bronze			
16 th Jan.	USA Open 35km Championships	Santee, CA.	
22 nd Jan.	Turkish Open 20km & 35km Ch.	Antalya	
13 th Feb.	Oceania Open 20km Championships	Adelaide	
15 th Apr.	International Race Walking Meeting	Olomouc	
23 rd Apr.	Polish 20km Championships	Sulejówek	
7 th May	Banskobystrický chodecký meeting	Banská Bystrica	
4 th June	Zahoracka dvadsiatka meeting	Borsky Mikuláš	



UKA Publish 2022 Fixture Calendar - Updated

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

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
24-26 Jun.	UK Athletics Outdoor Championships	Manchester
16-17 Jul.	England Athletics U20/U23 Championships	Bedford
30-31 Jul.	England Athletics Senior Championships	T.B.C.
17 Aug.	Manchester International	Manchester
27-28 Aug.	England Athletics U15/U17 Championships	T.B.C.
17 Sept.	English Schools Championships	T.B.C.
23 Oct.	UKA 35km Race Walking Championships	Leeds, Brownlee

Notes:

- (1) BMAF Outdoor T.B.C. as either 10-12 Jun. or 19-21 Aug.



World Athletics Race Walking Team Championship will also have events reserved for Masters

World Masters Athletics (WMA) and World Athletics have worked hard over the last few years to develop a closer relationship. World Athletics have invited Masters Athletes to join the World Athletics Race Walking Team Championships held in Muscat/Oman. WMA President, Margit Jungmann and WMA Vice President Brian Keaveney drafted a competition program to attract Masters race walkers. WMA and World Athletics want to offer this new opportunity for Masters Athletes around the world to come together and celebrate their love of race walking and competition. They will join the best race walkers in the world to test themselves. Oman is a beautiful, peaceful country, and Muscat is a scenic city full of things to be discovered.

The World Athletics Race Walking Team Championships in Muscat will be held on 4-5 March 2022 including a mixed 4 x 2km Masters relay and 10km age group races.

Some tentative details on the Masters races:

1. The relay team consists of two race walkers made of one woman and one man. Each country can enter any number of teams in the following categories: – Age 35-49, 50-59, 60-69, 70+-. Mode: Each athlete will race walk two 2km loops alternating between a man and a woman. A woman or a man can go first or second but must alternate.
2. Individual race 10km with team scoring – All 5-year age groups starting at 35-39 can compete. The top three athletes both male and female can medal. Most likely there will be one mixed-sex 10K race. Team scoring for age groups will be used.

The background dates back to March 2021, when World Athletics and WMA had reached an historic agreement that would see official Masters Championships held for the first time alongside the World Athletics Cross Country Championships in Bathurst, Australia in February 2022. Unfortunately, due to the pandemic, World Athletics had to postpone this event to 2023. (Source: Marcia dal Mondo)



Winners in the recent R.W.A 200 Club draws

	£25.00	£15.00	£10.00
Dec. 21	Sharon Herbert	John Sales	Eric Horwill

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



Race Walking Association Annual General Meeting

The Race Walking Association Annual General Meeting will be held 'virtually' on Sunday 23rd January 2022, commencing at 2pm. The required notices are being circulated. The current Hon. General Secretary is standing down so there is a need for someone to come forward and to be nominated for the position. Additionally the post of Hon. Championship Secretary is vacant and needs to be filled.

Overseas

Open Irish 35km Race Walking Championships & Supporting Races incorporating World Athletics Race Walking Tour (Bronze Level), St. Anne's Park, Dublin (Sun. 19th Dec.)

Sweden's Perseus Karlstrom and Poland's Agnieszka Ellward won the 35km races at the Open Irish Championships held at St. Anne's Park in Dublin, while Brendan Boyce and Kate Veale secured the Irish titles.

Thirteen started the men's race from eight nations. Karlstrom took control of the race after 20km to cross the line in 2:31:54 a new Swedish record, with 5km splits of 22:11, 22:01, 21:54, 21:51, 21:30, 21:12 and 21:15. Brendon Boyce finished second in 2:32:49 with Poland's Jakub Jelonek third in 2:35:42. Karlstrom and Boyce were both inside the qualifying time of 2:33:00 required for the 2022 World Athletic Championships in Eugene (USA).



Jakub Jelonek ~ Brendon Boyce ~ Perseus Karlstrom ~ Stefano Chiesa ~ Callum Wilkinson

There were only two participants in the women's 35km in which Ellward came out victorious with 3:05:10 clocking 10km splits of 50:03, 50:10, 54:34 and final 5km of 30:23. Kate Veale recorded a time of 3:07:03 (10km - 53:51, 52:57, 53:40; 5km 26:35) having reduced the deficit of 6.35 at 20km to 1.53 at the finish.

Callum Wilkinson won the 20km race in 1:27:16 ahead of 19 year old debutant Oisin Lane who recorded 1:29:51.

The men's 10km was won by Irish junior Matthew Glennon in an Irish World Team Championships qualifying time of 43:58. Tom Partington recorded a season's best of 44:47 for second place.

Heather Lewis dominated the women's 10km walking herself to a Welsh 2022 Commonwealth Games nomination standard with a season's best 45:53. In second, Jasmine Nicholls set off at 50 minute pace but faded over the second half. She tested positive for Covid on her return to the UK, which may have impacted on her overall performance. Third spot went to British junior Hannah Hopper (pictured below) who recorded 52:42, reducing her personal best set in Leeds in October by 1 minute 22 seconds.



Men's 35km

Pos	Athlete	Nation	Perf	Notes
1	Perseus Karlstrom	SWE	2:31:54	Debut
2	Brendan Boyce	IRL	2:32:49	Debut
3	Jakub Jelonek	POL	2:35:42	Debut
4	Nick Christie	USA	2:38:16	PB
5	Rafal Sikora	POL	2:44:48	Debut
6	Bruno Erent	CRO	2:46:54	PB
7	Jerome Caprice	MRI	2:56:37	PB
8	Joe Mooney	IRL	3:02:36	Debut
9	Jonathan Hobbs	GBR	3:15:28	PB
	Stefano Chiesa	ITA	DNF	
	Jose Manuel Perez	ESP	DNF	
	Dominic King	GBR	DQ	TR 54.7.5
	Daniel King	GBR	DQ	TR 54.7.5

Women's 35km

Pos	Athlete	Nation	Perf	Notes
1	Agnieszka Ellward	POL	3:05:10	Debut
2	Kate Veale	IRL	3:07:03	Debut

Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	Callum Wilkinson	GBR	1:27:16	
2	Oisin Lane	IRL	1:29:51	Debut

Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Matthew Glennon (JM)	IRL	43:58	PB
2	Tom Partington (U23)	GBR	44:47	SB
3	Jake O'Brien (JM)	IRL	48:39	PB
4	Andrew Glennon (JM)	IRL	48:53	
5	Ross Alexander (M40)	IRL	53:59	

Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Heather Lewis	GBR	45:53	SB
2	Jasmine Nicholls	GBR	52:37	
3	Hannah Hopper (JW)	GBR	52:42	PB
4	Aisling Lane (JW)	IRL	52:59	Debut
5	Maggie Helen O'Connor (W50)	IRL	56:18	
6	Brenda Gannon (W50)	IRL	59:30	

Domestic 'A' Permit Races

Veterans AC & Eastern Masters AC Indoor Track & Field Championships, Lee Valley (Sat. 4th Dec.)

Routine win for David Annetts who had raced early in the day over five miles at the Enfield League event.

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts RR/VAC	09:49.49
2	Colin Harle	M60	Belgrave Harriers/EMAC	11:33.37
3	John Borgars	M70	Loughton AC/EMAC	14:01.24

Alf Palmer Memorial Track Races, Horsham (Sat. 11th Dec.)

A number of personal bests were achieved in damp gloomy conditions, with a number setting new personal bests for 5000m which saw Jonathan Ellerton dip under 30 minutes for the first time.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	25:07.7
2	Hannah Hopper	U20W	Cambridge Harriers	25:08.4 [PB]
3	Katie Stringer	U20W	Medway & Maidstone AC	28:43.6 [PB]
4	Jonathan Ellerton	U17M	Blackheath & Bromley	29:55.4 [PB]
5	Lola-Mae Billingham	U17W	Aldershot Farnham & D.	31:08.8 [Debut]
6	John Arthur	M60	Unattached	32:34.1 [PB]
7	Stuart Maidment	M70	Steyning Athletic Club	33:49.3
8	John Killick	M75	Steyning Athletic Club	34:06.9

9	Paul Gaston	M70	Surrey Walking Club	34:41.5
10	Ron Penfold	M80	Steyping Athletic Club	35:28.5
11	David Hoben	M65	Surrey Walking Club	37:24.5

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Lewis Burr	U15B	Tonbridge Athletic Club	18:47.6
2	Shaheda Arthur	W60	Unattached	33:28.1

Up & Running Winter Walking League, Mooragh Park, Ramsey, Isle of Man (Sun. 12th Dec.)

Held in ideal conditions for racing. Fastest was Adam Cowin with 53:56, followed by Stew Jones in 54:38 who finished just two seconds ahead of Jock Waddington who did 54:40. Simon Gawne impressed again with 55:01. Fastest female walker was Hannah Moore with 65:02.

The winner on handicap was Neil Wade by a substantial margin.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Adam Cowin	SENM	Manx Harriers	53:56
2	Stewart Jones	M50	Manx Harriers	54:38
3	Jock Waddington	M55	Manx Harriers	54:40
4	Simon Gawne	SENM	Manx Harriers	55:01 [PB]
5	Adam Killip	SENM	Manx Harriers	55:33
6	James Quirk	M40	Manx Harriers	57:56
7	Tony Edwards	M55	Manx Harriers	58:20
8	Neil Wade	SENM	Unattached	62:39
9	Hannah Moore	SENW	Unattached	65:02
10	Nikki Raven	W55	Manx Harriers	65:32
11	Colin Moore	M60	Isle of Man Veterans	66:52
12	Chloe Spooner	SW	Unattached	67:57
13	Maura Kelly	W50	Northern (IOM) AC	70:58
14	Diane Brown	W50	Manx Harriers	73:11
15	Gordon Erskine	V75	Unattached	77:22
16	Alan Gault	M65	Isle of Man Veterans	77:32
17	Jayne Farquhar	W50	Manx Harriers	DNF

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Lorna Gleave	W35	Manx Harriers	29:44 [PB]
2	Marie Jackson	W60	Manx Harriers	30:12
3	Leanne Venables	W35	Unattached	31:20
4	Sharon Cain	W50	Manx Harriers	31:41
5	Phil Swales	M50	Northern (IOM) AC	31:59
6	Angie Robinson	W50	Manx Harriers	32:57 [PB]
7	Vicki Heavey	W45	Northern (IOM) AC	33:20
8	Amy Sykes	SENW	Unattached	35:14
9	Louise Cowell	SENW	Manx Harriers	36:46
10	Voirrey Earnshaw-Cain	W55	Unattached	37:54
11	Rosie Glen	SENW	Unattached	45:19

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) AC	11:49 [PB]
2	Molly Swales	U13G	Northern (IOM) AC	13:43 [PB]
3	Amy Surgeon	U13G	Manx Harriers	13:59 [PB]

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	05:46
2	Noah Sykes	U11B	Northern (IOM) AC	06:34
3	Finn Gleave	U11B	Manx Harriers	06:35
4	Charlie Coole	U11B	Manx Harriers	06:37
5	Jay Jay Fletcher	U11B	Manx Harriers	07:10 [PB]
6	Bobby Venables	U11B	Unattached	07:57
7	Georgie Venables	U11G	Unattached	08:13
8	Aalin Heavey	U11B	Unattached	08:18
9	Theo Sykes	U11B	Northern (IOM) AC	08:58
10	Leo Gleave	U11B	Unattached	10:04

Cardiff Met Indoor Christmas Classic, Cardiff (Sun. 19th Dec.)

Bethan Davies walked away from the field to stop the clock at 13:17.38. In second spot, Taunton's Abby Hughes dipped under 15 minutes for the first time for the 3000m walk.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Bethan Davies	SENW	Cardiff A.A.C.	13:17.38
2	Abby Hughes	U20W	Taunton Athletic Club	14:54.70 [PB]
3	Gracie Griffiths	U17W	Pembrokeshire Harriers	14:57.98
4	Daniel Mckerlich	U23M	Cardiff A.A.C.	16:29.17
5	Beatrice Fury	U20W	Medway & Maidstone AC	16:40.66
6	Megan Stratton-Thomas	U23W	Swansea Harriers	16:46.94
7	Ian Torode	M60	South West Veterans AC	18:12.28
8	Gemma Price	U17W	Bridgend Athletic Club	20:31.28

Domestic 'B' Permit Races

Dick Maxwell Memorial 10km, Simister (Sat. 4th Dec.)

The journey to Simister for this memorial race was about the worst we can remember. It lashed down and several competitors faced delays with accidents on the motorway caused by heavy rainfall and high winds, *reports Dave Evans*. A pre-race check by one of our marshalls indicated that our usual out and back course would have to be shortened by about 300 metres unless our walkers were happy to walk that distance in calf-high water.



Despite the heavy drizzle and cool breeze, the field of seven set off into the maelstrom while the officials ran for cover. It was just over half an hour later when the leading walkers came into view clocking reputable times in the conditions. A number had indicated that their day's activity would be limited to half of the full race, and it was no surprise to see Glyn Jones heading the field in fine style despite a niggling knee problem. Glyn and Pat Evans chose the shortened course recording times of 32:24 and 35:13 respectively.

The remaining weather hardened individuals stood to their task with gusto (strong wind in Italian!) and actually walked as well if not better in the second part of their challenge. Defying his years, Ian Hilditch (*pictured below*) claimed the fastest gross time of the day with a very strong 65:29 with new club president Joe Hardy claiming second spot in an excellent 68:47.

Greg Smith, a more regular marshall these days, did a virtual solo out and back and recorded a sound 33:53, the second-fastest time on the short course.



Enfield Race Walking League, 5 Mile, Donkey Lane, Enfield (Sat. 4th Dec.)

As one might have expected, the 'finale five' fixture had an end of the season feel to it and the turnout of eighteen reflected that, **reports Ron Wallwork**. Overnight rain cleared leaving a bright sunny if somewhat chilly morning.

The feature of the race was a dogged battle involving Melanie Peddle and David Walsh. Melanie seemed to be hanging on as she trailed the Enfield man for the first three laps, but just before the bell she drew level and pressed ahead to gain a 25 second advantage by the end of the race.

It was good to see John Hall (our much appreciated contact man at this venue), once again in action after a lengthy period of inactivity because of injury problems. On hand also was Enfield & Haringey AC Hon. General Secretary Barry Cook who presented Jacqueline Benson and George Wilkinson with their ERWL Championship 2021 trophies.



Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	39:06
2	David Annetts	M55	North Herts Road Runners	40:00
3	Jacqueline Benson	U23W	Ashford Athletic Club	44:53
4	Melanie Peddle	W50	Loughton Athletic Club	46:24
5	David Walsh	M60	Enfield & Haringey AC	46:49
6	John Arthur	M60	Unattached	51:09
7	Helen Middleton	W55	Enfield & Haringey AC	51:44
8	Tony Wilkinson	M60	Unattached	56:43
9	Noel Blatchford	W70	Abingdon Athletic Club	57:05
10	John Hall	M70	Belgrave Harriers	57:27
11	Tom Casserley	M80	Enfield & Haringey AC	57:52
12	Malcolm Blackwood	M70	Trent Park Runners	59:25
13	Diana Braverman	W70	Enfield & Haringey AC	61:00
14	David Hoben	M65	Surrey Walking Club	62:04

Mixed 3 Mile

Pos	Athlete	AG	Club	Perf.
1	Elini Panayiotou	W40	Unattached	34:52
2	Terry Braverman	M75	Enfield & Haringey AC	42:52
3	Dave Ainsworth	M70	Ilford Athletic Club	47:07
4	Shaheda Arthur	M60	Unattached	51:12

Enfield Race Walking League 2021 (from Ron Wallwork)

The 24th edition of the ERWL was, like every other aspect of society, over shadowed by the Covid virus restrictions. Nevertheless 124 walkers registered a performance in the competition and although the amalgamation of real and virtual results over the last five months produced somewhat arbitrary final League tables, the aims of including the virtual races were met.

There is little doubt that even without the restrictions Jacqueline Benson and George Wilkinson would have retained the titles they won 2019 and likewise, that Enfield and Ashford would again dominate the

team table. However, anecdotal feedback suggests that it is not prizes, but personal targets, rivalries and camaraderie that provide the main incentive for participation in the League and race walking in general.

The League's only disappointing aspect is the dearth of young walkers taking part. Of the 124 who did take part only eight were aged under 23 and only three seniors. Jacqueline and George the overall winners are two of the country's top juniors and obviously feel that they benefit from competing in the programme so why aren't there more. Is it because the League is staged under the B rule, is it because it is not over metric distances, is it the travel? If indeed these are the reasons that keeps youngsters away, apart from the latter, some accommodation could be made to overcome them.

Top three individual places

Women

- 1 Jacqueline Benson (Ashford)
- 2 Millie Morris (Ashford)
- 3 Diane Bradley (Tonbridge)

Men

- 1 George Wilkinson (Enfield)
- 2 Jonathan Hobbs (Ashford)
- 3 David Annetts (North Herts RR)

Top three teams

Enfield HAC	3737	Wilkinson (720), Walsh (670), Middleton (623), Ralph (608), Bishop (597), & D. Braverman (534).
Ashford AC	3213	J. Jobbs (711), Benson (689), Morris (675), C. Hobbs (640), Harding (388) & Wilton (110).
Surrey WC	2742	Gaston (569), Cox (543), Flint (475), A. Martin (447), M. Martin (403) & D. Crane (305).

41 women – 83 men = 124, representing 43 club's and various other organisations and who registered 724 performances

Thank you time! To the race organisers, time keepers, recorders, judges, marshalls and volunteers without who the ERWL would cease to function. Their commitment to athletics in general and race walking in particular cannot be overstated; they brave the weather, give freely of their time and encounter expense to do it. Some of them are pictured here.



Pam Ficken ~ Tracey Wilkinson ~ Phil Welch ~ Carl Lawton



RW Judges: Stephen Cartwright ~ Andrew Garner ~ Shaun Lightman ~ Pauline Wilson ~ Mark Culshaw ~ Peter Cassidy

ERWL & VERWL - 2022

Hopefully, Covid restrictions in 2022 won't be severe enough to prevent some real competition and with that upbeat approach, the 25th Edition of the ERWL is being scheduled to go ahead in its original format commencing with the first fixture at Donkey Lane on 15th

January with an 11am start. Dates for fixtures 2 & 3 are February 12th and March 12th

Appreciating that there are still many people who are apprehensive about mixing or mingling with others in public and a moderate show of support for it, a Virtual race programme will be included. Although set on the same weekend dates as the Real races, the Virtual League will stand alone, be on an individual basis only and won't be integrated into the Real race tables.

There will be no fee for a walker's first Virtual race. However, to continue racing in the VERWL thereafter a series registration fee of £5 becomes payable. To: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP.

Midland Winter League 3, Coventry (Sun. 12th Dec.)

The 3rd and final Midland Winter League Series for 2021 was again held on the Science Park of Warwick University, Coventry, *writes Glyn Jones*. Considering the recent December weather conditions, race day produced mild weather at the start but a noticeable drop in temperature during the afternoon's racing.

It was pleasing to see another slight increase in the entries for the final series. In the 5km, Ellis Simmonds making his 2nd winter league appearance started off with Jacqueline Benson leading the rest of the field but Ellis who it appears was not feeling too well on the day dropped back after two laps with Jacqueline then taking over the lead. It wasn't until the final lap that she was then overtaken by Mark Williams who finished in first place and maintained being overall scratch winner for the whole series. Jacqueline finished in 2nd place followed in 3rd place by Steve Uttley who was making his 2nd Winter League appearance. Ellis however has then dropped back to finishing fourth place followed by Wendy Kane who maintained her overall placing of scratch winner for the whole series. It was good to see three teams closing in but Birchfield Harriers who had finished a team in all three series were comfortable overall winners.

In the U13 girls Aimee Thursfield completed all three races and therefore took a creditable gold medal award.

In the 10km race, Jacqueline Benson doubling up for both distances took the lead for two laps but then Mark Williams also doubling up both distances took over the lead to the finish with Jacqueline maintaining her 2nd place. Richard Emsley who had to withdraw from the 2nd Series due to family commitments, finished in 3rd place having overtaken Daniel Mckerlich after six laps into the race. Unfortunately, Daniel had to retire due to breathing difficulties. In the team race, Birchfield Harriers were again the only team to close in and thus were overall winning team in the 10km series.

In conclusion whilst this year entries were lower than usual; it was satisfying that the League Series could take place whilst being very mindful of the Covid Risk Assessment for each series and it is with thanks for the support of the officials and athletes for their participation in the series.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	28:13
2	Jacqueline Benson	U23W	Ashford Athletic Club	28:39
3	Steve Uttley	M60	Ilford Athletic Club	29:44
4	Ellis Simmonds	U17M	Derbyshire & S. Yorkshire	30:12
5	Wendy Kane	W50	Nuneaton Harriers	30:54
6	Richard Emsley	M65	Desborough Runners	31:30
7	Hardeep Minhas	M60	Leicester Walking Club	31:52
8	Julie Bellfield	W50	Halesowen Athletic Club	32:09
9	Ian Torode	M60	South West Veterans AC	32:27
10	Roger Michell	M70	Surrey Walking Club	32:58
11	John Constandinou	M45	Birchfield Harriers	33:32
12	Peter Everitt	M50	Nuneaton Harriers	34:24
13	Lynn Bellfield	W50	Halesowen Athletic Club	34:38
14	Carolyn Derbyshire	W40	Nuneaton Harriers	36:26
15	Isabel Knowles	U17W	Halesowen Athletic Club	37:04

16	David Fall	M75	Birchfield Harriers	38:53
17	Karen Williams	W60	Birchfield Harriers	39:18
18	Gemma Smith	W50	Stratford-upon-Avon AC	39:35
	Daniel Mckerlich	U23M	Cardiff A.A.C.	DNF

Under 13 Girls 2km

Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U13G	Wolv. & Bilston AC	15:44

Under 11 Boys 1km

Pos	Athlete	AG	Club	Perf.
1	William Everitt	U11B	Nuneaton Harriers	7:35

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	60:58
2	Jacqueline Benson	U23W	Ashford Athletic Club	63:38
3	Richard Emsley	M65	Desborough Runners	66:23
4	Hardeep Minhas	M60	Leicester Walking Club	67:03
5	Parminder Bhatti	M65	Unattached	71:14
6	Kev Baldry	M60	Nuneaton Harriers	73:33
7	John Constandinou	M45	Birchfield Harriers	77:35
8	David Fall	M75	Birchfield Harriers	81:47
9	Julian Barnett	M55	Birchfield Harriers	88:27
	Daniel Mckerlich	U23M	Cardiff A.A.C.	DNF

Guernsey Round-up

(from Rob Elliott)

Stuart Le Noury continues to dominate the road walking scene in Guernsey finishing the year with two wins over hilly courses. He won the traditional Le Val des Terres hill climb over 815 metres in 5.03 for his 15th win. This equals the number of wins that record holder Rob Elliott achieved many years ago. Donna Allan was the winner of the women's section in 6:55.

The last race of the year, on the Rocquaine Circuit, started at the Imperial and headed uphill to Torteval Church before dropping back to the coast at Rocquaine. He crossed the line in 26:24 for the 3 miles distance.

The fourth race in the Bob Wright Handicap Series raced over 5 kilometres at Les Amarreurs, was won by scratch man Dave Dorey, holding on to win from back marker Stuart Le Noury who recorded fastest time of the day with his 26:41. Mick Le Sauvage opened up his series lead by another point with three races to go.

28th Nov.: Bob Wright Handicap Race 4 – 5km Les Amarreurs (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Dave Dorey	M70	Sarnia Walking Club	41:53/41:53
2	Stuart Le Noury	M35	Sarnia Walking Club	42:11/26:41
3	Donna Allan	W45	Sarnia Walking Club	42:33/32:23
4	Mick Le Sauvage	M80	Sarnia Walking Club	43:06/40:06
5	Rob Elliott	M60	Sarnia Walking Club	46:40/39:10

12th Dec.: Le Val des Terres 815m Hill Climb, St. Peter Port (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	5:03
2	Kevin Le Noury	M60	Sarnia Walking Club	6:39
3	Donna Allan	W45	Sarnia Walking Club	6:55
4	Mick Le Sauvage	M80	Sarnia Walking Club	8:31
5	Dave Dorey	M70	Sarnia Walking Club	9:06

19th Dec.: 3 Mile Road Walk, Rocquaine Circuit (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	26:24
2	Kevin Le Noury	M60	Sarnia Walking Club	35:25
3	Mick Le Sauvage	M80	Sarnia Walking Club	39:38

2022
HAPPY NEW YEAR

Roving Reporter in Spain

Another big walking fixture in Spain took place on the weekend of 11th/12th Dec. on a 1km lap at the Avenida Juan Carlos 2, which saw the staging of several age group championships as well as competitions for the Trofeo Cerro Buenavista, in which Alex Wright (IRL) came 3rd in the men's 10km with 42:19, **reports Cath Duhig**.

The day kicked off just before 10 am with the Spanish Masters 10km Championship, in which there were about 60 finishers across all the genders and categories. Last year I suffered a rare disqualification there so my main objective this year was to finish, which I not only did, but with a completely clean sheet in 65:12, not even the glimmer of a yellow warning paddle. It was much warmer than on the previous two occasions I had participated, with temperatures rocketing up to almost 10°C by the end of the race.

Across the U16/18/20 age groups there were 150 finishers, and a highlight was Paul McGrath (Spanish, but with a Scottish father, hence the name) setting a new Spanish junior 5km record of 19:52, going sub-20 mins for the first time.

A total of about 380 names appear across the various competitions, another great showcase for the event of racewalking.

RANKINGS

(Performances achieved in 'B' Judged Races are not included)

2021 Outdoor Track

Women's 10,000m to 65:00

Perf.	Athlete	AG	Club	Venue	Date
45:21.70	Bethan Davies	SEN [1]	Cardiff AAC	Cardiff	15/08
46:36.10	Heather Lewis	SEN [2]	Pembrokeshire Hs	Cardiff	15/08
51:20.6	Erika Kelly	SEN [3]	Northern (IOM) AC	Douglas	10/05
52:10.83	Abigail Jennings	U23 [1]	Aldershot F & D	Bedford	20/06
52:26.72	Jasmine Nicholls	SEN [4]	Leicester WC	Cardiff	15/08
54:50.8	Mia Dunwell	U17 [1]	Manx Harriers	Douglas	10/05
55:16.54	Millie Morris	U20 [1]	Ashford AC	Bedford	20/06
55:30.03	Pagen Spooner	U23 [2]	Hyde Park Harriers	Newport	06/03
57:35.98	Natalie Myers	SEN [5]	2 DASH	Cardiff	15/08
58:12.0	Keira Heavey	U20 [2]	Northern (IOM) AC	Douglas	10/05
58:56.4	Grazia Manzotti	SEN [6]	Tonbridge AC	Coulsdon	30/10
59:18.4	Melanie Peddle	SEN [7]	Loughton AC	Coulsdon	30/10
64:25.4	Maureen Noel	SEN [9]	Belgrave Harriers	Coulsdon	30/10

Men's 10,000m to 55:00

Perf.	Athlete	AG	Club	Venue	Date
42:05.23	Cameron Corbishley	SEN [1]	Medway & Maid.	Newport	06/03
43:43.22	Tom Partington	U23 [1]	Manx Harriers	Cardiff	15/08
44:05.83	Guy Thomas	SEN [2]	Tonbridge AC	Cardiff	15/08
44:45.98	Christopher Snook	U23 [2]	Aldershot F & D	Bedford	20/06
44:48.78	George Wilkinson	U20 [1]	Enfield & Haringey	Cardiff	15/08
50:53.5	David Annetts	SEN [3]	North Herts RR	Coulsdon	30/10

Resident Non-UK Athletes

53:56.87	Akash Nandwani	U20 [2]	Leeds Uni./ESP	Bedford	20/06
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Women's 5000m to 32:00

Perf.	Athlete	AG	Club	Venue	Date
22:25.27	Bethan Davies	SEN [1]	Cardiff AAC	Manchester	18/07
25:08.4	Hannah Hopper	U20 [1]	Cambridge Hs	Horsham	11/12
25:18.27	Abigail Jennings	U23 [1]	Aldershot F & D	Aldershot	31/05
25:52.26	Jasmine Nicholls	SEN [2]	Leicester WC	Manchester	18/07
26:43.80	Natasha Mitchell	U17 [1]	Winchester & D	Manchester	08/08
26:48.96	Millie Morris	U20 [2]	Ashford AC	Kingston	22/08
27:00.30	Mia Dunwell	U17 [2]	Northern (IOM)	Manchester	08/08
27:27.17	Pagen Spooner	U23 [2]	Hyde Park Hs	Manchester	27/06
27:32.6	Melanie Peddle	SEN [3]	Loughton AC	Tonbridge	20/11
27:43.55	Gracie Griffiths	U17 [3]	Pembrokeshire Hs	Aldershot	31/05
27:52.0	Grazia Manzotti	SEN [4]	Tonbridge AC	Tonbridge	20/11
27:53.6	Abigail Smith	U17 [4]	Blackheath & B	Tonbridge	20/11

27:56.19	Jaqueline Benson	U23 [3]	Ashford AC	Kingston	22/08
27:59.83	Kiera Heavey	U20 [3]	Northern (IOM)	Manchester	27/06
28:31.55	Beatrice Fury	U20 [4]	Medway & Maid.	Kingston	22/08
28:43.6	Katie Stringer	U20 [5]	Medway & Maid.	Horsham	11/12
28:47.68	Lois Carty	U20 [6]	Aldershot F & D	Bedford	18/09
28:49.2	Carolyn Derbyshire	SEN [5]	Nuneaton Hs	Horspath	27/06
29:28.04	Emily Ghose	U23 [4]	Tonbridge AC	Manchester	27/06
31:08.8	Lola-Mae Billingham	U17 [5]	Aldershot F & D	Horsham	11/12
31:08.81	Rebecca Mitchell	U20 [7]	Winchester & D	Ashford	12/06
31:44.24	Rachel Harding	U20 [8]	Ashford AC	Ashford	12/06
31:54.03	Penelope Cummings	SEN [6]	Herne Hill Hs	Kingston	22/08

Resident Non-UK Athletes

25:47.75	Erica Pontarollo	U23	Hyde Park Hs/ITA	Aldershot	31/05
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Men's 5000m to 26:00

Perf.	Athlete	AG	Club	Venue	Date
19:25.62	Tom Bosworth	SEN [1]	Tonbridge AC	Manchester	27/06
20:37.69	Cameron Corbishley	SEN [2]	Medway & Maid.	Manchester	27/06
20:50.76	Guy Thomas	SEN [3]	Tonbridge AC	Manchester	18/08
21:29.21	Christopher Snook	U23 [1]	Aldershot F & D	Aldershot	31/05
21:38.49	Tom Partington	U23 [2]	Manx Harriers	Aldershot	31/05
21:47.20	Luc Legon	SEN [4]	Bexley AC	Manchester	27/06
22:18.54	George Wilkinson	U20 [1]	Enfield & Haringey	Aldershot	31/05
23:44.94	Jonathan Hobbs	SEN [5]	Ashford AC	Kingston	22/08
24:25.46	Christian Hopper	U17 [1]	Cambridge Hs	Manchester	27/06
25:08.9	David Annetts	SEN [6]	North Herts RR	Horspath	27/06

Women's 3000m to 18:00

Perf.	Athlete	AG	Club	Venue	Date
14:07.80	Jasmine Nicholls	SEN [1]	Leicester WC	Leeds	20/05
14:37.99	Abigail Jennings	U23 [1]	Aldershot F & D	Bromley	22/05
14:49.27	Gracie Griffiths	U17 [1]	Pembrokeshire Hs	Derby	25/09
15:10.2	Hannah Hopper	U20 [1]	Cambridge Hs	Woodford	27/07
15:15.04	Millie Morris	U20 [2]	Ashford AC	Bromley	22/05
15:23.64	Pagen Spooner	U23 [2]	Hyde Park Hs	Leeds	20/05
15:25.65	Abby Hughes	U17 [2]	Taunton AC	Derby	25/09
15:28.58	Natalie Myers	SEN [2]	2 DASH	S. Africa	09/03
15:35.51	Abigail Smith	U17 [3]	Blackheath & B	Tonbridge	01/06
15:41.52	Natasha Mitchell	U17 [4]	Winchester & D	Bedford	18/09
15:41.55	Jaqueline Benson	U23 [3]	Ashford AC	Eltham	17/04
15:44.6	Melanie Peddle	SEN [3]	Loughton AC	Woodford	10/08
16:04.12	Mia Dunwell	U17 [5]	Manx Harriers	Bedford	18/09
16:12.66	Carolyn Derbyshire	SEN [4]	Nuneaton Hs	Derby	21/08
16:23.92	Grazia Manzotti	SEN [5]	Tonbridge AC	Eltham	14/07
16:26.80	Emma Dyos	SEN [6]	Ilford AC	Woodford	10/08
16:37.62	Beatrice Fury	U20 [3]	Medway & Maid.	Gillingham	07/08
16:43.26	Katie Stringer	U17 [6]	Medway & Maid.	Gillingham	07/08
17:18.11	Shannon Thomas	U23 [4]	Swansea Hs	Newport	26/06
17:26.04	Silvana Alves	SEN [7]	Barnet & District	Eltham	17/04
17:40.80	Lola-Mae Billingham	U15 [1]	Aldershot F & D	Manchester	08/08
17:41.28	Rachel Harding	U20 [4]	Ashford AC	Gillingham	07/08
17:46.0	Rebecca Mitchell	U20 [5]	Winchester & D	Aldershot	08/05

Resident Non-UK Athletes

14:02.64	Agata Kowalska	SEN	Hyde Park Hs/POL	Leeds	20/05
14:49.34	Erica Pontarollo	SEN	Hyde Park Hs/ITA	Leeds	20/05

Men's 3000m to 15:00

Perf.	Athlete	AG	Club	Venue	Date
12:19.3	Dominic King	SEN [1]	Colchester Hs	Chelmsford	01/08
12:26.91	Christopher Snook	U23 [1]	Aldershot F & D	Leeds	20/05
12:37.39	Tom Partington	U23 [2]	Manx Harriers	Leeds	20/05
12:40.4	Luc Legon	SEN [2]	Bexley AC	Woodford	15/06
12:51.3	Daniel King	SEN [3]	Colchester Hs	Chelmsford	01/08
12:52.32	George Wilkinson	U20 [1]	Enfield & Haringey	Eltham	17/04
13:42.93	Jonathan Hobbs	SEN [4]	Ashford AC	Eltham	17/04
13:51.26	Christian Hopper	U17 [1]	Cambridge Hs	Derby	25/09
14:44.3	David Annetts	SEN [5]	North Herts RR	Woodford	15/06

Resident Non-UK Athletes

14:17.68	Akash Nandwani	U20	Leeds Uni./ESP	Leeds	20/05
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2021 Road Rankings

Women's 10km to 65:00

Perf.	Athlete	AG	Club	Venue	Date
45:53	Heather Lewis	SEN [1]	Pembrokeshire Hs	Dublin	19/12
52:07	Jasmine Nicholls	SEN [2]	Leicester WC	Leeds	23/10
52:08	Millie Morris	U20 [1]	Ashford AC	Kew Gardens	26/03
52:33	Abigail Jennings	U23 [1]	Aldershot F & D	Leeds	23/10
52:42	Hannah Hopper	U20 [2]	Cambridge Hs	Dublin	19/12
54:50	Natalie Myers	SEN [3]	2 DASH	Cape Town	27/02
55:20	Pagen Spooner	U23 [2]	Hyde Park Hs	Kew Gardens	26/03
55:43	Mia Dunwell	U20 [3]	Northern (IOM)	Andreas	28/11
56:13	Keira Heavey	U20 [4]	Northern (IOM)	Douglas	07/02
57:22	Abigail Smith	U20 [5]	Blackheath & B	Leeds	23/10
60:20	Michelle Turner	SEN [4]	Northern (IOM)	Andreas	28/11
60:24	Lorna Cleave	SEN [5]	Manx Harriers	Andreas	28/11
60:36	Beatrice Fury	U20 [6]	Medway & Maid.	Leeds	23/10
61:11	Jayne Farquhar	SEN [6]	Manx Harriers	Douglas	07/02
62:00	Marie Jackson	SEN [7]	Manx Harriers	Douglas	14/07
64:28	Louise Hollings	SEN [8]	Manx Harriers	Douglas	07/02
64:55	Megan S-Thomas	U23 [3]	Swansea Harriers	Leeds	23/10

Resident Non-UK Athletes

50:53	Agata Kowalska	SEN	Hyde Park Hs/POL	Leeds	24/04
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George Wilkinson



Millie Morris

Men's 10km to 55:00

Perf.	Athlete	AG	Club	Venue	Date
40:46	Tom Bosworth	SEN [1]	Tonbridge AC	Leeds	24/04
43:23	Cameron Corbishley	SEN [2]	Medway & Maid.	Leeds	24/04
44:47	Tom Partington	U23 [1]	Manx Harriers	Dublin	19/12
45:50	George Wilkinson	U20 [1]	Enfield & Haringey	Kew Gardens	26/03
49:27	Gianni Epifani	SEN [3]	Manx Harriers	Douglas	07/02
50:41	Christian Hopper	U20 [2]	Cambridge Hs	Leeds	23/10
53:00	Adam Cowin	SEN [4]	Manx Harriers	Andreas	28/11
54:07	Stewart Jones	SEN [5]	Manx Harriers	Andreas	28/11
54:15	Adam Killip	SEN [6]	Manx Harriers	Douglas	07/02
54:50	Jock Waddington	SEN [7]	Manx Harriers	Ramsey	12/12

Women's 20km to 2:30:00

Perf.	Athlete	AG	Club	Venue	Date
1:34:13	Heather Lewis	SEN [1]	Pembrokeshire Hs	Podebrady	16/05
1:37:04	Bethan Davies	SEN [2]	Cardiff AAC	Kew Gardens	26/03
1:46:31	Erika Kelly	SEN [3]	Northern (IOM)	Kew Gardens	26/03
1:49:29	Abigail Jennings	U23 [1]	Aldershot F & D	Kew Gardens	26/03
1:51:09	Natalie Myers	SEN [4]	2 DASH	Olomouc	10/04
2:01:22	Jaqueline Benson	U23 [2]	Ashford AC	Leeds	23/10
2:06:19	Keira Heavey	U20 [1]	Northern (IOM)	Douglas	05/09
2:14:05	Jayne Farquhar	SEN [5]	Manx Harriers	Douglas	05/09
2:16:52	Louise Hollings	SEN [6]	Manx Harriers	Douglas	05/09
2:19:02	Nicola Raven	SEN [7]	Manx Harriers	Douglas	05/09

Young Age Group rankings will appear in the January 2022 edition of the Race Walking Record.



Callum Wilkinson



Heather Lewis

Men's 20km to 2:00:00

Perf.	Athlete	AG	Club	Venue	Date
1:20:32	Callum Wilkinson	SEN [1]	Enfield & Haringey	La Coruna	05/06
1:21:37	Tom Bosworth	SEN [2]	Tonbridge AC	La Coruna	05/06
1:22:50	Cameron Corbishley	SEN [3]	Medway & Maid.	Podebrady	16/05
1:30:19	Guy Thomas	SEN [4]	Tonbridge AC	Kew Gardens	26/03
1:30:29	Daniel King	SEN [5]	Colchester Hs	Kew Gardens	26/03
1:32:42 +	Dominic King	SEN [6]	Colchester Hs	Dudince	20/03
1:33:54	Christopher Snook	U23 [1]	Aldershot F & D	Kew Gardens	26/03
1:37:01	Luc Legon	SEN [7]	Bexley AC	Kew Gardens	26/03
1:56:20	Stewart Jones	SEN [8]	Manx Harriers	Douglas	05/09
1:57:04	Adam Cowin	SEN [9]	Manx Harriers	Douglas	05/09

Women's 35km to 4:00:00

Perf.	Athlete	AG	Club	Venue	Date
3:00:24	Bethan Davies	SEN [1]	Cardiff AAC	Leeds	23/10

Men's 35km to 3:30:00

Perf.	Athlete	AG	Club	Venue	Date
3:15:28	Jonathan Hobbs	SEN [1]	Ashford AC	Dublin	19/12

Men's 50km to 6:00:00

Perf.	Athlete	AG	Club	Venue	Date
3:51:13	Dominic King	SEN [1]	Colchester Hs	Dudince	20/03
3:54:15	Cameron Corbishley	SEN [2]	Medway & Maid.	Dudince	20/03
4:06:09	Daniel King	SEN [3]	Colchester Hs	Dudince	20/03



January

Sun. 9 th	A	England Athletics Indoor Walks (3000m)	E.I.S. Sheffield
Sun. 9 th	B	Sarnia WC Handicap Race 5	Pleinmont
Sat 15 th	B	Enfield League Race 1 - 5 Mile	QEII, Enfield
Sat. 22 nd	B	Steyning AC Open Road Walks (15/10/5k)	Steyning
Sun 23 rd	B	Sarnia WC Handicap Race 6	Footes Lane

February

Sat 5 th	A	EA Winter RW Championships (10,000/5000)	Leeds Beckett
Sun 6 th	B	Sarnia WC Open Races (10k/5k)	Vale
Sat 12 th	B	Enfield League Race 2 - 5 Mile	QEII, Enfield
12 th /13 th	A	Essex County Indoor Championships	Lee Valley
Sun 13 th	B	Sarnia WC Handicap Race 7	St. Peter Port
26 th /27 th	A	British Athletics Indoor Championships	Birmingham

March

5 th /6 th	A	BMAF Indoor Championships	Lee Valley
12 th	B	Enfield League Race 3 - 5 Mile	QEII, Enfield
13 th	A	E.A.M.A. Indoor Championships	Lee Valley