



Race Walking Record

March 2021



Dominic King Breaks British 50km Race Walk Record in Dudince

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

NEWS

Bosworth selected for Tokyo Olympic Games

British Athletics have confirmed the first seven members (six marathon & one race walk) of the athletics squad who have been nominated to the British Olympic Association to represent Team GB in Tokyo.

Having finished second at the British Athletics 20km race walk trials in Kew, **Tom Bosworth** (Andi Drake; Tonbridge AC), secured his qualification for Tokyo having already achieved the qualifying standard at the European Race Walking Cup in 2019 when he recorded a time of 1:20:53. Tokyo will be Bosworth's second Olympic Games having finished sixth in Rio in 2016.



Mark Easton

Bosworth pictured here at the Molly Barnett Walks in 2020



Centurions 100 Mile Walk 2021

Centurions are sorry to notify everyone that this year's proposed Centurion 100-mile qualifier (as reported in RWR – January 2021) has been cancelled. It was a difficult to decision to make and it is understood that it will disappoint many people. Rest assured that Centurions are committed to holding a 100-mile race in 2022.

Source: Sue Clements (Hon. Secretary)

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

	£25.00	£15.00	£10.00
Apr. 21	Ron Wallwork	Silvana Alves	Stuart Telling

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



BRITISH ATHLETICS

British Athletics Guidance Notes – Age Group Championships

British Athletics have published guidance notes for athletes targeting the various International Age Group Championships in 2021. Due to the ongoing COVID-19 pandemic and the challenges around certainty of training and competition, British Athletics have published provisional qualification standards.

All selection policies will be finalised once there is a clearer picture of the 2021 outdoor season and competition opportunities available to U23, U20 and U18 athletes.

All the information in the four guidance documents is **provisional** and will be continually re-assessed over the coming weeks. The qualifying standards are the maximum standards and may be re-assessed prior to the publication of the final selection policy.

The provisional British Athletics qualification standards are:

European U23 Championships – 8 th to 11 th July – Bergen (NOR)		
Men	Event	Women
1:26:00	20km	1:36:00

European U20 Championships – 15 th to 18 th July – Tallin (EST)		
Men	Event	Women
44:00	10,000m	49:00

World U20 Championships – 17 th to 22 nd Aug. – Nairobi (KEN)		
Men	Event	Women
42:00	10,000m	47:00

European U18 Championships – 26 th to 29 th Aug. – Reiti (ITA)		
Men	Event	Women
46:30	10,000m/5000m	24:30

The full guidance documents can be viewed at:

<https://www.uka.org.uk/performance/2021-selection-policies/>



Birmingham 2022 selection policy confirmed

England Athletics (EA), in conjunction with Commonwealth Games England, have confirmed the England Athletics Selection Policy and Para-Athletics Selection Policy for the Birmingham 2022 Commonwealth Games.

EA intend to nominate the maximum team size within the quota given by Commonwealth Games England. The team size is yet to be confirmed, the policy will be updated as soon as the information is available.

EA will consider athletes for nomination on the basis of performances achieved during the qualification period which shall commence Friday 1st January 2021 and expire at midnight (BST) on Sunday 12th June 2022.

The qualification standard for the 10,000m race walks are:

Men	Event	Women
41:30.00	10,000m	47:15.00

The full guidance documents can be viewed at:

[Commonwealth Games - Athletics & Running \(englandathletics.org\)](https://www.uka.org.uk/performance/2021-selection-policies/)

Overseas Results



Dominic King broke Chris Maddocks' 31-year-old British 50km record of 3:51:37 reducing the mark by 24 seconds in Dudince.

For a significant part of the race, it appeared that Cameron Corbishley would be the one to better the record as he led the field at 40km and looked well on target to finish well inside the Olympic qualifying standard of 3:50:00. But it was not to be as at 43km he had slipped back to third and with 5km left he had dropped to fifth. He continued to slow significantly and was overtaken by Dominic, who had maintained a steady pace, and finished 10th clocking 3:51:13, one minute thirteen seconds shy of automatic Olympic qualification.

Cameron finished in 15th position with a time of 3:54:15 while Daniel King recorded 4:06:09 his quickest time for 13 years, which included a visit to the penalty zone for five minutes.

The race was won by Bernardo Barrondo (GUA) ahead of Artur Mastianca (LTU) in second fellow Guatemalan Luis Angel Sanchez.

Men's 50km

Pos	Athlete	Nation	Perf	Notes
1	Bernardo Uriel Barrondo		GUA 3:47:01	PB
2	Artur Mastianca		LTU 3:48:24	NR
3	Luis Angel Sanchez		GUA 3:48:56	PB
4	Horacio Nava		MEX 3:49:20	
5	Dawid Tomala		POL 3:49:23	
6	Diego Pinzon		COL 3:49:46	PB
7	Jorge Ruiz		COL 3:49:48	PB
8	Luis Bustamante		MEX 3:50:47	
9	Alexandros Papamichail		GRE 3:51:03	
10	Dominic King		GBR 3:51:13	NR
11	Bence Venyericsan		HUN 3:52:03	PB
12	Vit Hlaváč		CZE 3:52:54	PB
13	Marc Mundell		RSA 3:53:09	AR
14	Olivares Palma		MEX 3:53:30	PB
15	Cameron Corbishley		GBR 3:54:15	
16	Arnis Rumbenieks		LAT 3:54:53	PB
17	Hagen Pohle		GER 3:54:48	
18	Lukáš Gdula		CZE 3:56:06	
19	Manuel Angel Lopez		MEX 3:57:31	
20	Miklós Srp		HUN 3:57:57	
21	Michal Morvay		SVK 3:57:59	PB
22	Jose Leyver		MEX 3:58:51	
23	Marius Cocioran		ROU 3:59:26	
24	Jose Montana		COL 3:59:35	
25	Tadas Suskevicius		LTU 4:00:05	
26	Jarkko Kinnunen		FIN 4:01:49	
27	Kenny Martin Perez		COL 4:03:19	
28	David Tokodi		HUN 4:05:57	
29	Daniel King		GBR 4:06:09	PZ
30	Rafal Sikora		POL 4:07:56	
31	Jose Romero Irias		HON 4:09:48	PB
32	Bruno Ernst		CRO 4:13:15	
33	Jerome Caprice		MRI 4:14:07	
34	Deiby Jose Zuniga		CRC 4:16:25	
35	Pavel Remus Radoi		ROU 4:18:30	
36	Martin Come		FRA 4:20:52	
37	Ronal Rey Quispe Misme		BOL 4:28:45	
38	Martin Nedvídek		CZE 4:35:59	
39	Christian David Berdeja		MEX 4:38:59	
40	Robert Gołowski		POL 4:40:48	
	Isaac Palma		MEX DNF	

Andras Kovacs		HUN	DNF
Damien Blocki		POL	DNF
Tomas Hlavenka		CZE	DNF
Aleksi Ojala		FIN	DNF
Quinion Aurelien		FRA	DNF
Narcis Stefan Mihaila		ROU	DNF
Karl Junghannss		GER	DNF
Rafal Fedaczynski		POL	DNF
Miroslav Uradnik		SVK	DNF
Karel Ketner		CZE	DNF
Dominik Cerny		SVK	DNF
Zdenko Medera		SVK	DNF
Tomislav Mikic		CRO	DNF
Milan Kotur		CRO	DNF
Vincent de Bontin		FRA	DQ TR54.7.5

All UK Sub-4 Hour 50km Performances

Time	Athlete	Venue	Date
3:51:13	Dominic King	Dudince (SVK)	20-03-2021
3:51:37	Chris Maddocks	Burrator (Devon)	28-10-1990
3:53:14	Chris Maddocks	Constanta (ITA)	25-11-1995
3:53:20	Cameron Corbishley	Dudince (SVK)	23-03-2019
3:54:15	Cameron Corbishley	Dudince (SVK)	20-03-2021
3:55:48	Dominic King	Andernach (GER)	08-10-2016
3:56:35	Dominic King	Dudince (SVK)	23-03-2019
3:57:10	Chris Maddocks	Sint-Oedenrode (NED)	12-03-2000
3:57:48	Les Morton	Burrator (Devon)	30-09-1989
3:58:25	Les Morton	Puerto de Pollensa (ESP)	20-03-1988
3:58:36	Les Morton	Leicester	11-10-1992
3:59:30	Les Morton	Seoul (KOR)	30-09-1988
3:59:55	Paul Blagg	Rome (ITA)	05-09-1987

No Guts No Glory – New British 50km Record Holder 3:51:13!

By Dominic King

I have taken a few days to let the dust settle and reflect on my recent Olympic Trials race in Dudince, Slovakia. It may be a surprise for some to hear that it wasn't my initial intention to try and break the long-standing British record (held by 5-time Olympian Chris Maddocks) in this race but it's funny how things turn out! I was confident that I had prepared fully for this race and completed my biggest block of training in the lead up to it. The lockdown had caused some issues but also created new opportunities to explore new methods of training. I am fortunate to be able to train with my twin brother Dan and push each other on when the going gets tough. We have trained in all-weather including some long sessions in the snow! I was very uneasy in racing abroad during a pandemic but had little choice with the race being named as the official British qualifying trial for Tokyo 2020. The men's 50km race walk was the only British Athletics trial event to be held abroad, partly due to the high standard of competition in Dudince but also the lack of 50km races in Britain. I was told it was impossible to stage a UK 50km (for just a few athletes) and that Dudince was the only option. In normal circumstances I would head out to Slovakia a few days before my race but due to the pandemic there was only 1 direct flight a week in/out Slovakia from London airports!

I have raced in Dudince many times and always enjoyed great experiences in the tiny Spa town. Dudince has a great history of hosting exceptional 50km races and I was pleased to support their 40th edition of the race. I would like to thank the Slovakian Athletic organisers for their exceptional work in hosting a COVID safe event and accommodating the hundreds of athletes from around the world in what can be described as particularly challenging circumstances. This was my most consistent race with a first-time negative split. If not for the last few kms I could perhaps have been looking at a sub 3hr 50min walk. For those that are interested my 5km splits were as follows: 23:32/23:06/22:58/23:06/22:55/22:36/22:28/22:33/23:18/24:41.

I am sad that the 50km race walk event will not be continuing as an Olympic event after this summer (changing to 35km) and hope that this won't be my last race. If it is, a new British Record, Olympic Trial win and substantial PB is not a bad way to end a 50km career.

National Results

British Athletics Olympic Games 20km Race Walk Trials, Royal Botanic Gardens, Kew, London (Fri. 26th Mar.)

Fresh from his British record over 10,000m on 6th March, Callum Wilkinson powered to an emphatic win at the British Olympic 20km trials at the picturesque Royal Botanic Gardens, Kew, clocking 1:22:47, beating Tom Bosworth by over three minutes, but missed the Olympic qualifying standard of 1:21:00. Callum said "I'm really disappointed, gutted and embarrassed. It's not at all what I'm capable of and I'll have to reflect on that. I got the win, though, which is a small comfort." He still has more opportunities in the coming weeks to achieve the qualifying mark and believes it is a case of when rather than if.

Second place was sufficient for Tom Bosworth to secure Olympic qualification for Tokyo having already achieved the qualifying standard at the European Race Walking Cup in 2019 where he recorded a time of 1:20:53. Bosworth was not in the best of shape due to injury.

Third place went to Guy Thomas in 1:30:19 and there were satisfactory debuts over 20km for Chris Snook and Luc Legon.

Heather Lewis won the women's race with 1:35:44 and lead the race in the early stages. Gemma Bridge passed her mid-race but was disqualified shortly afterwards. Heather was outside her personal best of 1:34:49 but was very happy at the finish and said "Generally I feel like I'm fitter than the time suggests" and believes she can achieve the Olympic standard of 1:31:00. "I found it tough out there being by myself and the atmosphere was slightly lonely at times."

Bethan Davies, whose training had been inconsistent due to shingles and other problems finished as runner-up clocking 1:37:04 and hopes top start working back towards her her personal best (1:31:53).



Callum Wilkinson



Heather Lewis

Men's 20km

Pos	Athlete	AG	Club	Perf.
1	Callum Wilkinson	SENM	Enfield & Haringey AC	1:22:54
2	Tom Bosworth	SENM	Tonbridge Athletic Club	1:26:24
3	Guy Thomas	SENM	Tonbridge Athletic Club	1:30:19
4	Daniel King	M35	Colchester Harriers	1:30:29 (PZ)
5	Christopher Snook	U23M	Aldershot Farnham & D	1:33:54 (PB)
6	Luc Legon	SENM	Bexley Athletic Club	1:37:01 (PB)
	Tom Partington	U23M	Manx Harriers	DNF
	Dominic King	M35	Colchester Harriers	DQ (TR54.7.5)

Women's 20km

Pos	Athlete	AG	Club	Perf.
1	Heather Lewis	SENW	Pembrokeshire Harriers	1:35:44
2	Bethan Davies	SENW	Cardiff A.A.C.	1:37:04
3	Erika Kelly	SENW	Northern (IOM) AC	1:46:31 (PZ)
4	Abigail Jennings	U23W	Aldershot Farnham & D	1:49:29 (PB)
	Gemma Bridge	SENW	Oxford City AC	DQ (TR54.7.5)

In the supporting 10km there were personal best performances for U20's George Wilkinson and Millie Morris.



George Wilkinson



Millie Morris

Men's 10km

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	45:50 (PB)

Women's 10km

Pos	Athlete	AG	Club	Perf.
1	Millie Morris	U20W	Ashford Athletic Club	52:08 (PB)
2	Pagen Spooner	U23W	Hyde Park Harriers	55:20

Domestic Results

Welsh Athletics Elite Athlete 10,000m Track Walk, Newport Stadium, Newport, Wales (Sat. 6th Mar.)

Callum Wilkinson revealed that he is in great shape in Olympic year as he removed over 40 seconds from his own British record for the 10,000m track walk clocking 39:05.85. His previous record was 39:52.05 and he has a road best of 39:31.

Heather Lewis won the women's event in a personal best 46:44.02, which included a 60 second stop in the penalty zone. Her time moves her to sixth on the UK all-time-list.

Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Callum Wilkinson	SEN	Enfield & Haringey AC	39:05.85 (NR)
2	Cameron Corbishley	SEN	Medway & Maidstone	42:05.23 (PZ)

Women's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Heather Lewis	SEN	Pembrokeshire Harriers	46:44.77 (PZ/PB)
2	Abigail Jennings	U23	Aldershot Farnham & D.	52:24.40 (PB)
3	Pagen Spooner	U23	Hyde Park Harriers	55:30.03
	Bethan Davies	SEN	Cardiff A.A.C.	DQ (TR54.7.5)



Cambridge Harriers Open Graded 3000m Track Races

Saturday 17th April (1pm-4pm)

Sutcliffe Park Sports Centre Track, SE9 5LW

Maximum of Four 3000m Track Races

To be held in accordance with EA & DCMS guidance

Photo Finish – Timetable to confirmed when entries known

Enter at <https://entry4sports.co.uk/#/>

Entries close at 12 Noon on Wed. 14th April

Event organiser = Noel Carmody
(noel.carmody@bopenworld.com)

TOKYO 2.0

1964-2020

National Centre for Race Walking
FOUNDATION

Leeds 2021 Open 10km

(including Open 5km & 3km)

Saturday 24th April at 3pm

Brownlee Centre, Bodington Playing Fields Bodington
Avenue, Adel, Leeds, LS16 8NA

Enter at [National Endurance Centre Ltd](#)

Entries close on Thursday 22nd April

Virtual Race Result

Virtual Enfield Race Walking League (Sat. 13th/Sun. 14th Mar.)

Given the conditions, it was another good turn-out (60) and I am sure that there were a few, that like myself, without the challenge of the league would not have bothered turning out this weekend, **reports Ron Wallwork**.

Several comments, which are welcome, accompanied the register of performances this week: - Keith Vallis, did his last week, realised he had got it wrong, so repeated his walk again this week, and even with the conditions went half a minute faster - well done Keith, but there are no extra points for doing it twice. One humorously wrote that he had got no cards and no cautions. Well, I hope that remains the case when normal service resumes.

A thought for the loyal band of officials who through COVID have also missed out on our monthly gatherings. With the gales and squalls whipping across the King George Playing Fields, this is one fixture they will not have missed. I am sure the good wishes that I send to them all will be echoed by all the active participants in the League.

Mixed Virtual 10km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	Jonathan Hobbs	SENM	Ashford Athletic Club	53:38
2	David Kemp	M60	Arena 80 Athletic Club	57:07
3	Jacqueline Benson	U23W	Ashford Athletic Club	57:24
4	Mark Williams	M55	Birchfield Harriers	57:48
5	David Walsh	M60	Enfield & Haringey AC	61:25
6	Diane Bradley	W55	Tonbridge Athletic Club	63:40
7	Christopher Hobbs	M65	Ashford Athletic Club	63:52
8	David Kates ©	M70	Ilford Athletic Club	65:02
9	John Ralph	M60	Enfield & Haringey AC	66:04
10	Keith Vallis	M55	Overton Harriers	66:19
11	Helen Middleton	W55	Enfield & Haringey AC	67:33
12	Richard Emsley	M65	Crawley Saints & Sinners RC	68:03
13	Paul Gaston	M70	Surrey Walking Club	69:20
14	June Avery	W60	Clwb Rhedeg Pontardawe	69:46
15	John Borgars ©	M70	Loughton Athletic Club	70:55
16	Fiona Bishop	W60	Enfield & Haringey AC	73:48
17	David Fall	M75	Birchfield Harriers	76:28
18	Brian Adams ©	M70	Leicester Walking Club	77:37
19	Ed Shillabeer ©	M80	Ilford Athletic Club	82:02
20	Karen Williams	W65	Birchfield Harriers	82:18

Mixed Virtual 8km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	Millie Morris	U20W	Ashford Athletic Club	40:34
2	David Crane	M40	Surrey Walking Club	41:16
3	Emma Dyos	W45	Ilford Athletic Club	46:39
4	Grazia Manzotti	W50	Tonbridge Athletic Club	47:15
5	David Annetts	M55	North Herts Road Runners	49:28
6	Cath Duhig ©	W65	CA Millennium Torrevieja	51:26
7	Andrew Cox	M65	Surrey Waking Club	55:08

8	Marco Bernatzki	M50	LA Herten (GER)	56:44
9	Tom Casserley	M80	Enfield & Haringey AC	57:23
10	Malcolm Blackwood	M70	Trent Park Running Club	58:56
11	Ron Penfold	M75	Steyning Athletic Club	59:03
12	Brian Milsom	M75	Unattached	61:07
13	Diana Braverman	W65	Enfield & Haringey AC	62:34
14	Steve Kemp ©	M60	Eastern Masters AC	65:24
15	Christopher Flint ©	M75	Surrey Walking Club	66:48
16	Terry Braverman	M75	Enfield & Haringey AC	74:52

Also timed at 8km

Richard Emsley	M65	Crawley Saints & Sinners RC	54:32
Keith Vallis	M55	Overton Harriers	55:42

Mixed Virtual 5km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	23:58
2	Ian Tolchard	M55	South West Vets AC	26:54
3	Ian Torode	M60	South West Vets AC	28:34
4	Silvana Alves	W45	Barnet & District AC	28:54
5	Malcolm Martin	M65	Surrey Walking Club	30:48
6	Stephen Evans	M55	Jo'burg Canoe Club (RSA)	30:57
7	Jonathan Ellerton	U17B	Blackheath & Bromley	32:10
8	Sarah Sowerby	W55	Unattached	32:37
9	Simon Morgan	M50	Ilford Athletic Club	32:48
10	Rob Elliott	M60	Sarnia Walking Club	33:05
11	Glyn Jones	M75	Coventry Godiva Harriers	33:57
12	Jürgen Spencer	M80	Maidenhead Athletic Club	34:25
13	Amalia Cristina da Silva	W55	Barnet & District AC	35:40
14	Angela Martin	W55	Surrey Walking Club	35:49
15	Tony Wilkinson	M55	Unattached	38:32
16	Stephen Cartwright	M60	Colchester & Tendring	39:06
17	Gary Smith ©	M60	Enfield & Haringey AC	39:10
18	Alison Clements	W60	Abingdon Athletic Club	39:21
19	Sue Clements ©	W65	Cambridge & Coleridge AC	40:39
20	Tracey Wilkinson	W55	Unattached	42:15
21	Tony Bell	M55	Lancashire Walking Club	43:18
22	Bill Sutherland ©	M75	Highgate Harriers	45:10
23	Mick Graham	M70	Belgrave Harriers	47:11
24	Tony Perkins ©	M70	Ilford Athletic Club	47:30
25	Ron Wallwork ©	M75	Enfield & Haringey AC	52:23

Also timed at 5km

Cath Duhig ©	W65	CA Millennium Torrevieja	31:50
Marco Bernatzki	M50	LA Herten (GER)	34:10
Keith Vallis	M55	Overton Harriers	34:13
John Borgars ©	M70	Loughton Athletic Club	34:23
Ed Shillabeer ©	M80	Ilford Athletic Club	40:19

UPCOMING EVENTS

April

Sat. 3 rd	B	Macclesfield Shield 10 Mile	Macclesfield
Sat. 17 th	A	Cambridge Harriers Open Graded 3000m Walks	Sutcliffe Park
Sat. 24 th	A	Open 10km/5km/3km	Leeds

May

Tue. 4 th	B	Veterans AC Summer Series	Battersea Park
Sat. 8 th	B	Dave Compton Memorial Walks (7 Mile)	Chorley
Sat. 22 nd	A	Blackheath & Bromley Open 3000m Walk	Norman Park

June

Tue. 8 th	B	Veterans AC Summer Series	Battersea Park
19 th /20 th	A	England Athletics U20/U23 10,000m Walks	Bedford
26 th /27 th	A	British Athletics Championships	Manchester