



Race Walking Record

August 2021



Bethan Davies

2021 Welsh 10,000m Track Race Walks Champion
and New Welsh Record Holder

(Photograph from Bethan Davies – Facebook)

Olympic Games 2020**Tokyo Olympic Games 2020 (2021)**

Reports taken from that of Bob Ramsak, for World Athletics

Men's 20km (Thurs. 5th Aug.)

Propelled by a relentless final kilometre charge, Massimo Stano held off Japanese favourites Koki Ikeda and Toshikazu Yamanishi to take the 20km race walk title in Sapporo, the third Olympic crown for Italy in this event and the third gold medal for his nation at these Olympic Games.

While Stano has been a regular on the race walk circuit for the better part of the last decade, the 29-year-old didn't have a single senior regional, continental, or global medal to his name until he crossed the finish line this afternoon in this city's central Odori Park, nine seconds clear of Ikeda.

"Every day in my mind, I repeated: 'I am the strongest, I am the strongest', and I was," said Stano, who crossed the finish line sucking his right thumb, a motion to dedicate his victory to his four-month-old daughter, Sophie. "My only strategy was to stay in the front."

That strategy became apparent in the latter stages of the race, but he kept it close to his chest in the early going, preferring to watch from a significant distance as Wang Kaihua of China and India's Sandeep Kumar made the first big break of the race, the pair moving away from the 30-odd man pack just four kilometres into the contest.

Wang, who was eighth at the 2019 World Championships, arrived in Sapporo as the third-fastest man in history after a 1:16:54 performance in March, so his ambitions to try to steal the race early weren't a surprise. But those of the unheralded Kumar were.

The two passed eight kilometres together in 32:56, 11 seconds clear of a chase pack of 12 that included Stano, Ikeda and Yamanishi. But just two minutes later Kumar began drifting back and out of contention, swallowed by the chase pack in the ninth kilometre.

Wang forged on alone, hitting the nine-kilometre mark in 36:55 and the midway point in 40:55, 10 seconds clear of his nearest pursuers.

Yang reached 12 kilometres (49:03) alone, but visibly beginning to strain, he too was gobbled up by the chase pack about two minutes later, with Spaniards Alvaro Martin and Diego Garcia, Japan's Yamanishi and Ikeda and Stano in the front pack.

By this time sizeable crowds began gathering along pockets of the one kilometre loop course, giving the Japanese duo something virtually all athletes at these Olympic Games were missing: fan and spectator support.

After swapping the lead a few times with Yamanishi, Stano lead the group of seven through 15 kilometres in 1:01:27 and after that, never relinquished the lead.

Just beyond the 17 kilometre point, three men remained in the hunt: Stano and Yamanishi and Ikeda, who were trying to apply the pressure as a two-flank attack.

With just over 1:15 on the clock, Stano and Ikeda were the last men standing, carrying a six-second lead on Yamanishi when the bell sounded the last lap. Stano looked unstoppable and ultimately was, pulling away gradually over the final stretch before crossing the finish in 1:21:05.

The time was well off his 1:17:45 lifetime best from 2019 but was the second-fastest performance of his career. Those stats were likely the furthest thing from his mind as he was trying to process what he had just accomplished.

"For now, this is like a dream - and I don't want to wake up."

Ikeda clocked 1:21:14 and Yamanishi 1:21:28 to secure Japan's first two athletics medals of these Olympic Games.

"He was very tough and strong, but I didn't want to lose," Ikeda said. "I kept behind him, but he pulled away from me. I then focused on the next goal which was silver."

The International Olympic Committee made the decision to move the race walks and marathons to Sapporo in October 2019 to avoid the significantly warmer temperatures expected in Tokyo, located more

than 800 kilometres south. Conditions in Sapporo were warmer than expected, with the mercury reaching 31 degrees Celsius at the start but cooling as the race progressed.

"The first half (of the race) it was hot, especially the first 10 minutes, but then it was getting cooler and cooler," Ikeda said.

Christopher Linke of Germany, who equalled his fifth place finish from the Rio Games five years ago, concurred.

"It was hot, but it wasn't so bad," he said. "I was training in warmer and more humid conditions, so I was well prepared."

Pos	Athlete	Nation	Perf	Notes
1	Massimo Stano	ITA	1:21:05	
2	Koki Ikeda	JPN	1:21:14	
3	Toshikazu Yamanishi	JPN	1:21:28	
4	Alvaro Martin	ESP	1:21:46	
5	Christopher Linke	GER	1:21:50	
6	Diego Garcia	ESP	1:21:57	
7	Kaihua Wang	CHN	1:22:03	
8	Jun Zhang	CHN	1:22:16	
9	Perseus Karlstrom	SWE	1:22:29	
10	Callum Wilkinson	GBR	1:22:38	
11	Andres Olivas Nunez	MEX	1:22:46	
12	Brian Daniel Pintado	ECU	1:22:54	
13	Caio Bonfim	BRA	1:23:21	
14	Manuel Esteban Soto	COL	1:23:32	
15	Francesco Fortunato	ITA	1:23:43	
16	Kevin Champion	FRA	1:23:53	SB
17	Declan Tingay	AUS	1:24:00	PB
18	Eider Arevalo	COL	1:24:10	
19	David Hurtado	ECU	1:24:31	
20	Wayne Snyman	RSA	1:24:33	
21	Caesar Rodriguez	PER	1:24:40	
22	Leo Kopp	GER	1:24:46	
23	Sandeep Kumar	IND	1:25:07	
24	Gabriel Bordier	FRA	1:25:23	
25	Tom Bosworth	GBR	1:25:57	
26	Zelin Cai	CHN	1:26:39	
27	Jhon Alexander Castaneda	COL	1:26:41	
28	Nils Brembach	GER	1:26:45	
29	David Kenny	IRL	1:26:54	
30	Jose Oswaldo Calel	GUA	1:26:55	
31	Miguel Angel Lopez	ESP	1:27:12	
32	Eiki Takahashi	JPN	1:27:29	
33	Marius Ziukas	LTU	1:27:35	PZ
34	Sahin Senoduncu	TUR	1:27:39	
35	Jordy Jimenez Arrobo	ECU	1:27:52	
36	Kyle Swan	AUS	1:27:55	
37	Byeongkwang Choe	KOR	1:28:12	
38	Noel Chama	MEX	1:28:23	SB
39	Georgly Sheiko	KAZ	1:28:38	
40	Jose Ortiz	GUA	1:28:57	
41	Miroslav Uradnik	SVK	1:29:25	
42	Jesus Tadeo Vega	MEX	1:30:37	
43	Luis Henry Campos	PER	1:30:58	
44	Federico Tontodonati	ITA	1:31:19	
45	Aliaksandr Liakhovich	BLR	1:31:28	
46	Matheus Correa	BRA	1:31:37	PZ
47	Rahul Rahilla	IND	1:32:06	
48	Abdulselam Imuk	TUR	1:32:27	
49	Ivan Losev	UKR	1:33:26	
50	Nick Christie	USA	1:34:37	
51	Irfan Kolothum Thodi	IND	1:34:41	SB
52	Eduard Zabuzhenko	UKR	1:39:38	
	Lucas Mazzo	BRA	DNF	
	Lukasz Neidzialek	POL	DNF	
	Salih Korkmaz	TUR	DNF	
	Jose Alejandro Barrondo	GUA	DQ	TR 54.7.5
	Vasily Mizinov	ROC	DQ	TR 54.7.5

Excellent Olympic Debut for Callum Wilkinson

Congratulations to Callum Wilkinson on his 10th place Olympic debut, **writes Ron Wallwork**. A large screen in the village hall enabled the Moulton community to support him as one. There was a terrific atmosphere. People who knew nothing about the discipline had their eyes riveted to the screen and spontaneous cheering and clapping broke out whenever a glimpse of him was caught or when his name appeared in the race positions, getting louder and louder as he moved up places from the 42nd he was in at 2km.



I chatted with Callum the day after his return from Japan and he told me that prior to the race, he had a dilemma in respect of his warm-up routine. In normal circumstances, it is of necessity a lengthy process to ensure that he is technically sound from the report of the starter's gun. But, in the oppressive heat he decided that a sacrifice in warmup energy would pay dividends in respect of energy levels in the latter stages of the race. As a result, he wasn't quite a fluid as he would like to have been in the early stages, but nevertheless he remained cardless, and it proved a wise strategy, as he worked his way through the field (57 starters) to finished only 70 seconds from the bronze medal position.

Tom Bosworth who finished 6th at the last Olympics finished 25th this time in 1:25:57.

Men's 50km (Fri. 6th Aug.)

Beating the heat, a loaded field, and his own inexperience, Dawid Tomala battled his way to a surprise victory in the 50km race walk to secure the fourth athletics gold medal for Poland at these Olympic Games.

Tomala, who was contesting the distance for just the third time, made his decisive break from the field as he approached the 30th kilometre and was never threatened en route to his victory in 3:50:08.

It was the slowest winning time since 1972 but given the conditions – 25.7°C at the start at 5:30am, with relative humidity at 79%, to 33°C and 55% humidity by 8:30am and 35°C by 9:00am – a fast time was never in the cards. That stat certainly didn't matter to Tomala.

"It was an amazing day for me. I can't believe it," said the 31-year-old, whose only recorded performance over the distance came in Dudince, Slovakia, in March when he clocked 3:49:23. He made his 50km debut in the Dudince race in 2017 but did not finish.

"The first 30 kilometres was so easy for me," he continued. "It was easy, like (a) slow training (session). Everything was amazing, too perfect. So, I was thinking maybe we can do something."

Luo Yadong of China, the fifth-place finisher at the 2019 World Championships, took control with a surge of his own early on, covering the opening 10 kilometres in 47:57, 35 seconds ahead of a 12-man chase pack that included Tomala and teammate Artur Brzozowski, Japan's Satoshi Maruo and Masatora Kawano and defending champion Matej Toth.

The Chinese national champion forged on but began running out of steam in the 19th kilometre, saw his lead reduced to one second at 20km (1:35:04) and finally drifted back behind the leaders at 22 kilometres.

Germany's Jonathan Hilbert was walking at the front, along with Toth and Tomala who were leading a 17-man lead pack that was strung out over about 15 metres.

About 1:50 into the race, Tomala took his first turn at the front, upping the tempo to build a three-second lead but soon drifted back. He wasn't yet quite ready for what was to come.

Finn Veli-Matti Partanen led through the midway point in 1:58:16, surging into a brief lead ahead of Tomala, Havard Haukenes of Norway, Maruo and Kawano, Hilbert, Toth and China's Wang Qin. Rhydian Cowley of Australia led another chase group of seven who were racing a further two seconds back.

Then Tomala made what would be his decisive move. "The 50km is so boring, I (had) to do something," he would later explain with a laugh.

After taking turns with the lead a few more times, he surged ahead to build a nine second lead at 30 kilometres (2:21:21), ahead of some 15 challengers that now made up the chase pack.

He then was transformed into the proverbial man on a mission.

He stretched the nine-second lead he had at 30km to a whopping 1:46 five kilometres later, crossing the 35km mark in 2:42:34 while a dozen men vied to remain in contention in the chase pack.

He kept padding his lead with every passing two-kilometre lap, extending it to 2:27 at 38 kilometres, 2:50 at 40 (3:03:45), to three minutes at 42 and 3:11 at 44.

His surge, pace and the rising temperatures began to take their toll and his lead began to unravel. But in the end, it wouldn't break him.

With two kilometres remaining he was 2:03 ahead of Hilbert and Spaniard Marc Tur who were seemingly locked into a stride-for-stride battle for silver. And by the time he reached the finish, he was still a comfortable 36 seconds ahead of Hilbert, who shook off Tur in the final kilometre to finish runner-up.

Canada's Evan Dunfee, who was fourth in Rio five years ago, passed Tur in the waning metres to take the bronze in 3:50:59.



"My body gave me everything today. It is more than I could ever ask for," he said. "I'm proud of what I accomplished today, but I have been dreaming of this moment and winning this medal for 21 years. I am over the moon."

Tur held on to finish fourth nine seconds later, with 45-year-old Joao Vieira of Portugal, the silver medallist at the 2019 World Championships, next in 3:51:28.

Kawano (3:51:56) and Bian Tongda (3:52:01) were next, the first Japanese and Chinese athletes across the line. Australia's Cowley finished eighth in 3:52:01, the only walker to achieve a personal best in the race.

Jesus Angel Garcia of Spain clocked 4:10:03 to finish 35th at age 51 to cap his eighth Olympic appearance, a record for athletics.

Forty-seven of the 59 starts finished - 10 did not finish and two others were disqualified. Among the DNFs was world record-holder Yohann Diniz who struggled with hip, thigh, and back pain before finally stepping off the course in the 27th kilometre.

Pos	Athlete	Nation	Perf	Notes
1	Dawid Tomala	 POL	3:50:08	
2	Jonathan Hilbert	 GER	3:50:44	
3	Evan Dunfee	 CAN	3:50:59	SB
4	Marc Tur	 ESP	3:51:08	
5	Joao Vieira	 POR	3:51:28	SB
6	Masatora Kawano	 JPN	3:51:56	SB
7	Tongda Bian	 CHN	3:52:01	
8	Rhydian Cowley	 AUS	3:52:01	PB
9	Veli-Matti Partanen	 FIN	3:52:39	SB
10	Brendan Boyce	 IRL	3:53:40	
11	Jose Montana	 COL	3:53:50	SB
12	Artur Brzozowski	 POL	3:54:08	SB
13	Jorge Ruiz	 COL	3:55:30	
14	Matej Toth	 SVK	3:56:23	SB
15	Jose Leyver	 MEX	3:56:53	SB
16	Quintin Rew	 NZL	3:57:33	
17	Mate Helebrandt	 HUN	3:57:53	SB
18	Diego Pinzon	 COL	3:57:54	
19	Andres Chocho	 ECU	3:59:03	PZ SB
20	Bence Venyercsan	 HUN	3:59:05	
21	Qin Wang	 CHN	3:59:35	
22	Dzmitry Dziubin	 BLR	4:00:25	SB

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23	Andrea Agrusti		ITA	4:01:10	
24	Marius Lulian Cocioran		ROU	4:01:43	
25	Maryan Zakalnytsky		UKR	4:02:53	
26	Jarkko Kinnunen		FIN	4:04:28	
27	Jhonatan Amores Carua		ECU	4:05:47	
28	Yadong Luo		CHN	4:06:17	
29	Alex Wright		IRL	4:06:20	SB
30	Hayato Katsuki		JPN	4:06:32	
31	Artur Mastianica		LTU	4:06:43	
32	Satoshi Maruo		JPN	4:06:44	
33	Carl Dohmann		GER	4:07:18	
34	Bernardo Barrondo		GUA	4:08:34	PZ
35	Jesus Angel Garcia		ESP	4:10:03	
36	Alexandros Papamichail		GRE	4:12:49	
37	Arnis Rumbenieks		LAT	4:13:33	
38	Aleski Ojala		FIN	4:14:02	
39	Valeriy Litaniuk		UKR	4:14:05	
40	Marc Mundell		RSA	4:14:37	
41	Michal Morvay		SVK	4:15:22	
42	Nathaniel Seiler		GER	4:15:37	
43	Vit Hlavac		CZE	4:15:40	
44	Horacio Nava		MEX	4:19:00	
45	Mathieu Bilodeau		CAN	4:20:36	
46	Lukas Gdula		CZE	4:33:06	PZ
47	Claudio Villanueva Flores		ECU	4:53:09	
	Teodorico Caporaso		ITA	DNF	
	Rafal Augustyn		POL	DNF	
	Havard Haukenes		NOR	DNF	
	Luis Manuel Corchete		ESP	DNF	
	Gurpreet Singh		IND	DNF	
	Luis Angel Sanchez		GUA	DNF	PZ
	Ivan Banzeruk		UKR	DNF	
	Isaac Palma		MEX	DNF	
	Yohann DIniz		FRA	DNF	
	Marco de Luca		ITA	DNF	
	Erick Barrondo		GUA	DQ	TR 54.7.5
	Rusians Smolonskis		LAT	DQ	TR 54.7.5

Women's 20km (Fri. 6th Aug.)

For the second time in as many days in Sapporo, the Olympic 20km race walk title was claimed by Italy, this time courtesy of Antonella Palmisano, whose dominating racing in the second half secured the nation's fourth gold medal at the Tokyo 2020 Olympic Games.

Palmisano, who finished fourth in Rio, was a presence from the start, but it wasn't until she approached the 17 kilometre mark that she made her intentions clear. After making her decisive move, she was alone by the time she reached the bell and completed much of the final lap with an occasional smile before reaching the finish line in 1:29:12 – a most appropriate present for her 30th birthday.

"Today is my day – a perfect way to celebrate my birthday," said Palmisano, a regular fixture on Italian race walk squads for the better part of the last decade, but until this morning, without a major title to her name.

It was a similar situation in yesterday's men's 20km race when Massimo Stano, Palmisano's training partner, won his first major title. "Massimo's gold medal gave me a lot of extra power," she said. "In the countdown to the Olympics we both believed very much we could do it. We (both) come from very small towns in the south of Italy. We wanted to do something big."

With the start time temperature hovering at a balmy 34C, the field got off to a cautious start, with Brazil's Erica de Sena bringing the tight massive pack through the first kilometre in 4:50 and the second in 9:25. Palmisano led the field through the third kilometre in 14:00, a tempo that didn't do much to string out the pack.

By six kilometres (27:37) a distinct lead group of 16 emerged, with the Chinese trio of Yang Jiayu, Qieyang Shijie and defending champion Liu Hong looming large, making their ambitions fairly clear: the first medal

sweep in the event at an Olympic Games. But Palmisano was also racing comfortably, along with Colombian Sandra Arenas and de Sena. The situation was similar at eight kilometres (36:49), but with the pack reduced to 11, and another group of six following another second behind.

Palmisano was at the head of the race at the midway point, reaching 10 kilometres in 45:57, and maintained a front row spot at 12 kilometres (55:01) and again at 14 (1:04:04).

Two kilometres later the lead pack was reduced to seven, with Qieyang the first of the Chinese athletes to drift back. Her teammate Yang remained even with Palmisano - but not for long.

The Italian decided to make her move as she approached the 17th kilometre, quickly forging a four-second lead on Yang, de Sena and Arenas.

But Yang's sails were soon deflated by a visit to the penalty box. Meanwhile, Arenas made a late race charge, moving into second, six seconds behind Palmisano at 18km (1:21:00).

But there would be no catching the Italian. She was alone at the bell (1:25:05), with the final one-kilometre loop serving as a victory lap, half of which she covered draped in an Italian flag.

"I think that it will take me a few days to realise that I'm the Olympic champion," she said.

Arenas held on to take silver in 1:29:37, the first Olympic race walk medal for Colombia, and, after de Sena was pulled into the penalty box in the waning stages, Liu found the energy to move up and secure bronze in 1:29:57.

"I always thought that I could achieve this," said Arenas, the 2019 Pan-American champion. "I worked very hard. And today I did."

"This is my fourth Olympic Games and I'm very happy to win another medal," said Liu, who also took bronze in 2012 and finished fourth in 2008. "I'm very proud of what I achieved here today."

Further back, Spain's Maria Perez was fourth in 1:30:05, ahead of Mexico's Alegna Gonzalez (1:30:33) and Jemima Montag (1:30:39), who finished fifth and sixth. Qieyang was seventh in 1:31:04.

Pos	Athlete	Nation	Perf	Notes	
1	Antonella Palmisano		ITA	1:29:12	
2	Sandra Lorena Arenas		COL	1:29:37	
3	Hong Liu		CHN	1:29:57	
4	Maria Perez		ESP	1:30:05	
5	Alegna Gonzalez		MEX	1:30:33	
6	Jemima Montag		AUS	1:30:39	
7	Shijie Qieyang		CHN	1:31:04	
8	Antigoni Ntrismpioti		GRE	1:31:24	SB
9	Paola Perez		ECU	1:31:26	
10	Katarzyna Zdziebło		POL	1:31:29	
11	Erica Sena		BRA	1:31:39	PZ
12	Jiayu Yang		CHN	1:31:54	PZ
13	Nanako Fujii		JPN	1:31:55	
14	Raquel Gonzalez		ESP	1:31:57	
15	Kumiko Okada		JPN	1:31:57	
16	Elvira Khasanova		ROC	1:31:58	
17	Priyanka Goswami		IND	1:32:36	
18	Valentina Trapletti		ITA	1:33:12	
19	Mariia Sakharuk		UKR	1:34:04	
20	Ana Cabecinha		POR	1:34:08	SB
21	Noella Vargas		CRC	1:35:07	
22	Meryem Bekmez		TUR	1:35:08	
23	Anastasiya Rarovskaya		BLR	1:35:09	
24	Mary Luz Andia		PER	1:35:25	
25	Sandra Viviana Galvis		COL	1:35:36	
26	Brigita Virbalyte		LTU	1:35:56	
27	Hanna Shevchuk		UKR	1:36:27	
28	Karla Jaramillo		ECU	1:36:32	
29	Kiriaki Filtisakou		GRE	1:36:51	
30	Tereza Durdiakova		CZE	1:36:58	

31	Anna Terlukevich		BLR	1:37:22	
32	Bhawna Jat		IND	1:37:38	
33	Robyn Stevens		USA	1:37:42	
34	Laura Garcia-Caro		ESP	1:37:48	PZ
35	Siu Nga Ching		HKG	1:37:53	
36	Leydi Guerra		PER	1:38:10	
37	Katie Hayward		AUS	1:38:11	
38	Rebecca Henderson		AUS	1:38:21	
39	Ayse Tekdal		TUR	1:38:40	
40	Kaori Kawazoe		JPN	1:39:31	
41	Evin Demir		TUR	1:39:55	
42	Aiman Ratova		KAZ	1:40:02	
43	Lyudmila Olyanovska		UKR	1:40:20	
44	Mirna Ortiz		GUA	1:40:23	
45	Maria Katerinka Czakova		SVK	1:41:29	
46	Barbara Kovacs		HUN	1:41:29	
47	Valeria Ortuno		MEX	1:41:50	
48	Angela Castro		BOL	1:42:25	
49	Viktoryia Rashchupkina		BLR	1:43:33	
50	Mayra Perez		GUA	1:44:30	PZ
51	Ilse Geurrero		MEX	1:45:47	
52	Eleonora Anna Giorgi		ITA	1:46:36	
53	Panagiota Tsinopoulou		GRE	1:47:19	
	Kimberly Garcia Leon		PER	DNF	
	Viktoria Madarasz		HUN	DNF	
	Saskia Feige		GER	DNF	
	Glenda Morejon		ECU	DNF	
	Yehualeye Beletew		ETH	DNF	

International Results

Manchester International, Sportcity, Manchester
(Wed. 18th Aug.)

Guy Thomas, and Bethan Davies were both intent on chasing times as they did the double for Wales in the 5000m walk, Guy winning in 20:50.64. "It was a good race and a great opportunity for some speed," said Guy. And speedy it was as his winning time was a cool 40 seconds faster than he's ever walked before. Bethan was equally happy with her 22:25.27 and loved walking in front of a crowd as her usual competition venue involves an industrial estate, she said, with a smile.

Under 20's Hannah Hooper and Millie Morris both improved on their previous bests by over 30 seconds.



Mixed 5000m

Pos	Athlete	Nation	Perf	Notes
1 (1)	Guy Thomas		WAL (SEN)	20:50.76 PB
2 (2)	Christopher Snook		ENG (SEN)	21:48.14
3 (1)	Bethan Davies		WAL (SEN)	22:25.27
4 (G)	Kate Veale		IRL (Guest)	24:49.33
5 (2)	Jasmine Nicholls		ENG (SEN)	25:52.26 PZ
6 (3)	Hannah Hopper		GBR (U20)	25:56.06 PB
7 (4)	Millie Morris		ENG (U20)	26:53.28 PB
8 (3)	Manuel Da Silva		GBR (NAL)	33:52.53 PZ
	Tasha Mundell		GBR (NAL)	DQ TR 54.7.5



National Results

England Athletics U17/U15 Track & Field Championships,
Sportcity, Manchester (Sun. 8th Aug.)

Just three entrants, but all came away from Manchester with personal bests.

Under 15 Girls 3000m

Pos	Athlete	AG	Club	Perf.
1	Lola-Mae Billingham	U15G	Aldershot Farnham & D.	17:40.90 (PB)



Lola-Mae Billingham

Under 17 Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Natasha Mitchell	U17W	Winchester & District AC	26:43.80 (PB)
2	Mia Dunwell	U17W	Northern (IOM) AC	27:00.30 (PB)



Natasha Mitchell

Welsh Senior & U15 Track & Field Championships, Cardiff
International Sports Campus (Sun. 15th Aug.)



Under cloudy but dry conditions, day two of the Welsh Senior & U15 Track & Field Championships started with a high quality race walking field taking on 10,000m. Bethan Davies, who was on a mission to get

the 2022 Commonwealth Games nomination standard, didn't disappoint taking the Welsh title in a time of 45:21.71 ahead of Heather Lewis in silver medal position with 46:36.10 and the Isle of Man's, Erika Kelly third in 51:56.10 In the men's race Tom Partington of Manx Harriers took the win in 43:43.22 with Guy Thomas first Welshman home in 44:05.83 after a visit to the penalty zone.

Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Tom Partington	U23M	Manx Harriers	43:43.22 (PB)
2	Guy Thomas	SENM	Tonbridge Athletic Club	44:05.83 (PZ)
3	George Wilkinson	U20M	Enfield & Haringey AC	44:48.78 (PB)
4	Daniel Mckerlich	U23M	Cardiff A.A.C.	62:58.62

Women's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Bethan Davies	SENW	Cardiff A.A.C.	45:21.70 (PB)
2	Heather Lewis	SENW	Pembrokeshire Harriers	46:36.10 (PB)
3	Erika Kelly	SENW	Northern (IOM) A.C.	51:56.10
4	Jasmine Nicholls	SENW	Leicester Walking Club	52:26.72 (PB)
5	Kate Veale	SENW	West Waterford (IRL)	53:47.08
6	Natalie Myers	SENW	Derbyshire & S. Yorkshire	57:35.98
7	Ruth Monaghan	U20W	Sligo A.C. (IRL)	58:04.87

**British Masters Outdoor Track & Field Championships,
Moorways Stadium, Derby (Sat. 21st Aug.)**

British W50 record for Melanie Peddle.

Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W50	Loughton A.C.	15:47.82 (NR)
2	Carolyn Derbyshire	W40	Nuneaton Harriers	16:12.66
3	Ann Wheeler	W65	Nuneaton Harriers	19:29.33
4	Noel Blatchford	W70	Abingdon A.C.	20:12.83
5	Michele O'Neill-Hall	W55	North East Veterans	20:39.36
	Catherine Begley	W50	Ireland	DQ TR 54.7.1

Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	15:25.40
2	Ian Richards	M70	Steyning A.C.	16:36.56
3	John Laste	M55	Ireland	17:49.42
4	Peter Boszko	M70	Birchfield Harriers	18:05.64
5	Ian Torode	M65	South West Veterans	18:15.98
6	Colin Harle	M60	Belgrave Harriers	18:16.92
7	Hardeep Minhas	M60	Leicester W.C.	19:07.70
8	Raymond Robinson	M45	Redcar R.W.C.	19:49.47
9	John Borgars	M75	Loughton A.C.	21:45.31
	Roger Michell	M70	Blackheath & Bromley	DQ TR 54.7.1

Domestic 'A' Judged Races

**Aldershot Farnham & District T & F Open Meeting, Military
Stadium, Aldershot (Wed. 4th Aug.)**

Result only, no report received.

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot Farnham & D.	07:28.16
2	Nicholas Hart	U20M	Aldershot Farnham & D.	07:36.79
3	Natasha Mitchell	U17W	Winchester & District AC	07:54.16
4	Rebecca Mitchell	U20W	Winchester & District AC	08:47.55
5	Lola-Mae Billingham	U15G	Aldershot Farnham & D.	09:08.99
6	Ashley Spencer	M50	Bracknell Athletic Club	13:17.09

**Medway & Maidstone Open Track & Field Meeting, Medway
Park, Gillingham (Sat. 7th Aug.)**

Torrential rain, which continued for the duration of the race, delayed the start whilst attempts were made to clear some of the standing water, which proved to be a losing battle. The conditions were not ideal with a lot of standing water in lane one down the back straight

and a significant accumulation of water on the racing line coming off the bend into the home straight.

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	13:48.05
2	Natalie Myers	SENW	Derbyshire & S. Yorkshire	16:07.33
3	Hannah Hopper	U20W	Cambridge Harriers	16:24.88
4	Beatrice Fury	U20W	Medway & Maidstone	16:37.72 (PB)
5	Katie Stringer	U17W	Medway & Maidstone	16:43.26 (SB)
6	Grazia Manzotti	W50	Tonbridge Athletic Club	16:50.31
7	Rachel Harding	U20W	Ashford Athletic Club	17:41.26 (PB)
8	Jonathan Ellerton	U17M	Blackheath & Bromley	18:06.16
9	Jessica Wilton	U17W	Ashford Athletic Club	20:14.30

**Woodford Tuesday Walks, Ashton Playing Fields, Woodford
Bridge (Tue. 10th Aug.)**

The weather for the last match of the 2021 season was warm and mild, unfortunately bringing out many small flying insects with healthy appetites, *reports Peter Cassidy*. Hannah Hopper, Abigail Smith and Emma Dyos set the pace early on but were gradually pulled back by Melanie Peddle, leading home a ladies' 1-2-3-4, a first for this event, and producing two personal bests.

As the season was one race short of its normal length, individual results were taken on the best two performances; Luc Legon, having won the June and July events, became Champion without being present, while the top three women had only 2¹/₂ points between them.

The team competition was a comfortable enough victory for Ilford, A.C. retaining the trophy from Cambridge Harriers.

Given the recent uncertainties about competition brought on by the pandemic, the total start list of thirty-seven over the summer was an encouraging outcome and gives hope for next year; it seems that the walkers were straining at the leash as the restrictions lifted, as they managed seven personal bests between them.

An ever, as well as thanking all those who turned up to support the events, we are grateful to the officials and to Woodford Green A.C. with Essex Ladies, who host the walks within their Open Graded Meetings.

We hope that in 2022 everything will be back to normal, and we look forward to more successful meetings.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W50	Loughton Athletic Club	15:44.6 (PB)
2	Hannah Hopper	U20W	Cambridge Harriers	15:53.7
3	Abigail Smith	U17W	Blackheath & Bromley	16:01.8
4	Emma Dyos	W45	Ilford Athletic Club	16:26.8 (PB)
5	Stuart Bennett	M60	Ilford Athletic Club	18:11.0
6	John Borgars	M75	Loughton Athletic Club	19:19.1
7	John Arthur	M60	Unattached	19:19.5
8	Lesley Morris	W60	Ilford Athletic Club	19:48.3

**South of England Track & Field Championships, Kingston
(Sun. 22nd Aug.)**

A good turnout for the South of England track championships with a number of personal bests in the 5000m.

Mixed U17 & U15 3000m

Pos	Athlete	AG	Club	Perf.
1	Abby Hughes	U17W (1)	Taunton Athletic Club	16:07.55
2	Abigail Smith	U17W (2)	Blackheath & Bromley	16:34.84
3	Katie Stringer	U17W (3)	Medway & Maidstone	16:59.37
4	Jonathan Ellerton	U17M (1)	Blackheath & Bromley	17:47.11
5	Lewis Burr	U15B (1)	Tonbridge Athletic Club	18:29.12 (PB)

Mixed Senior & U20 5000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM (1)	Aldershot Farnham & D.	22:12.39
2	Jonathan Hobbs	SENM (2)	Ashford Athletic Club	23:44.94 (PB)
3	Abigail Jennings	SENW (1)	Aldershot Farnham & D.	26:01.53
4	Millie Morris	U20W (1)	Ashford Athletic Club	26:48.94 (PB)

5	Hannah Hopper	U20W (2)	Cambridge Harriers	26:54.64
6	Jacqueline Benson	SENW (2)	Ashford Athletic Club	27:56.19 (PB)
7	Grazia Manzotti	SENW (3)	Tonbridge Athletic Club	28:29.66
8	Beatrice Fury	U20W (3)	Medway & Maidstone	28:31.55 (PB)
9	Penelope Cummings	SENW (4)	Herne Hill Harriers	31:54.03



Veterans Athletic Club

present

The Cecil Gittins Memorial Race Walks

3.30pm on Saturday 2nd October at Gravesend Cyclopark,
DA11 7NP

Distances 2.5km, 5km, 10km & 15km

Enter online at www.fabian4.co.uk

Closing date for entries Friday 1st October

Further information from David Hoben
walks@vetsac.org.uk

RWA Permit applied for

Domestic 'B' Judged Races

London Inter-Club Challenge, inc. Enfield League, StoneX
Stadium, Hendon (Sat. 31st Jul.)



Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	22:12.31
2	Jacqueline Benson	U23W	Ashford Athletic Club	28:03.70
3	Francisco Reis	M60	Surrey Walking Club	28:22.23
4	Grazia Manzotti	W50	Tonbridge Athletic Club	29:04.23
5	David Walsh	M50	Enfield & Haringey AC	29:31.67
6	Steve Uttley	M60	Ilford Athletic Club	29:52.45
7	Colin Harle	M60	Belgrave Harriers	30:33.84
8	Christopher Hobbs	M65	Ashford Athletic Club	30:48.10
9	John Borgars	M75	Loughton Athletic Club	32:37.36
10	John Ralph	M60	Enfield & Haringey AC	32:38.03
11	Susan Barnett	W70	Eastern Masters AC	33:26.13
12	Tom Casserley	M80	Enfield & Haringey AC	34:17.28
13	Tony Wilkinson	M55	Unattached	34:49.05
14	Adrian Moore	M60	Unattached	37:14.62
15	David Hoben	M65	Surrey Walking Club	37:54.96
	Madeline Shott	SENW	Belgrave Harriers	DNF

Sarnia WC Piette Trophy Handicap Walk, Rocquaine Bay, Guernsey (Sun. 1st Aug.)

It's been a long wait for Kevin Le Noury to win the Piette Trophy for the third time after handicap wins in 1976 and 1985 but the stalwart strode to victory in the latest edition, *reports Rob Elliott*. After overtaking scratch man Mick Le Sauvage, he easily kept the others in the small field at bay. Mick Le Sauvage held on for second place from Peter Beckerleg with fastest walker on the day Stuart Le Noury finishing in fourth place.

Approx. 1.9 Miles (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M60	Sarnia Walking Club	22:23/20:53
2	Mick Le Sauvage	M80	Sarnia Walking Club	22:58/22:58
3	Peter Beckerleg	M60	Sarnia Walking Club	23:31/21:01
4	Stuart le Noury	M35	Sarnia Walking Club	24:33/16:03

Veterans Athletic Club Open 5km Road Walk, Battersea Park (Tue. 3rd Aug.)

The last of this year's Battersea Park races had a reasonable field with fair weather, with little breeze, providing ideal racing conditions. The men's winner was a guest walker, Jonny Ellerton after a battle with Stuart Bennett. The lady's winner was Penelope Cummings, good to see her back racing again.



Jonny Ellerton – Stuart Bennett (N° 2) – Penelope Cummings

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U17M	Blackheath & Bromley	31:16
2	Stuart Bennett	M60	Ilford Athletic Club	31:23
3	Penelope Cummings	W45	Herne Hill Harriers	31:46
4	Maureen Noel	W55	Belgrave Harriers	32:05
5	Rachel Lawless	W55	Ilford Athletic Club	32:29
6	Fiona Bishop	W60	Woking Athletic Club	33:10
7	Dan Maskell	M70	Surrey Walking Club	33:13
8	Lesley Morris	W60	Ilford Athletic Club	33:19
9	David Hoben	M65	Surrey Walking Club	36:56
10	Christopher Flint	M70	Surrey Walking Club	37:13
11	Peter Hannell	M75	Surrey Walking Club	39:45

Sarnia WC Skipton International & Sarnia WC Championship Race 6, Osmond Priaulx, Guernsey (Fri. 6th Aug.)

Another easy win for Stuart Le Noury as he heads towards the last race in the 2021 Skipton Club Championships.

1 Mile Track Race (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	7:49
2	Peter Beckerleg	M60	Sarnia Walking Club	10:52
3	Kevin Le Noury	M60	Sarnia Walking Club	11:22
4	Dave Dorey	M70	Sarnia Walking Club	12:05
5	Mick Le Sauvage	M80	Sarnia Walking Club	12:13

Surrey Walking Club 3000m Championships, Tonbridge School (Wed. 11th Aug.)

Due to COVID difficulties the usual joint event with Blackheath & Bromley Harriers AC was not held however our we were able to put on the Surrey Walking Club Championship & Open 3000m at Tonbridge School, which was well supported with 18 starters, **reports Peter Hannell**. The race was marked, apart from any racing elements, by the family presence of the Cranes of seven in number. The eldest, long-term SWC member Peter was joined by his two sons, David & Steven, three grandchildren and daughter-in-law with five of them on the track. After a calm first lap David steadily pulled away from brother, Steve, to record a competitive time while the latter was well ahead of his pre-COVID performances. David Hoben had been severely affected by the pandemic but came back here strongly to take the handicap. Chris Flint finished more or less dead on expectation as he and Samuel Crane strode along together at either end of the age-range. Pleasant weather added to what was a very enjoyable get together after the separation brought about by COVID.

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf.
1	David Crane	M40	Surrey Walking Club	14:58.2
2	Steven Crane	M40	Surrey Walking Club	15:18.6
3	Jonathan Ellerton	U17M	Blackheath & Bromley AC	17:25.8
4	Lauren Morse	U20W	Lewes Athletic Club	17:54.1
5	Lewis Burr	U15B	Tonbridge Athletic Club	18:24.6
6	Roger Michell	M70	Surrey Walking Club	18:35.5
7	John Arthur	M60	Unattached	19:42.7
8	Paul Gaston	M70	Surrey Walking Club	20:00.8
9	Graeme Heaton	M60	Heathfield Road Runners	20:21.6
10	David Hoben	M65	Surrey Walking Club	21:50.3
11	Christopher Flint	M70	Surrey Walking Club	22:01.8
12	Samuel Crane	U13B	Unattached	22:01.8
13	Angela Martin	W55	Surrey Walking Club	22:31.0
14	Peter Crane	M75	Surrey Walking Club	22:35.5
15	Peter Hannell	M75	Surrey Walking Club	23:12.7
16	Kevin Burnett	M80	Surrey Walking Club	29:37.1

2000m (B)

Pos	Athlete	AG	Club	Perf.
1	Shaheda Arthur	W55	Unattached	21:59.2

1000m (B)

Pos	Athlete	AG	Club	Perf.
1	Sophia Crane	U11G	Unattached	9:59.2



Spanning six decades join two Tokyo Olympians at the

2021 Moulton Walks

5-mile Challenge + Junior/Novice mile

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP

Saturday 11th September 12.30pm

The Moulton walks are special this year. Not just because the race is on again after the pandemic lockdown, but because it will be a unique situation as Tokyo Olympians from different centuries will meet. Ray Middleton 50km in 1964 and Moulton villager Callum Wilkinson 20km 2020 will meet up. Ray has kindly agreed start the race and Callum intends to race it.

Ironically, another Moulton special moment with a connection to the 1964 Olympic Games occurred in 2013 when the 50km silver medallist Paul Nihill chose the Moulton 5 as his last race.

Enter online at <https://moultonsuffolkracewalk.weebly.com/>

RWA Permit applied for and Incorporates Suffolk County AA Championships

London Inter-Club Challenge, inc. Enfield League, StoneX Stadium, Hendon (Sat. 21st Aug.)



Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	23:48.08
2	David Annetts	M55	North Herts Road Runners	24:14.34
3	Maureen Noel	W55	Belgrave Harriers	31:34.30
4	John Ralph	M60	Enfield & Haringey AC	32:52.25
5	Susan Barnett	W70	Eastern Masters AC	33:01.35
6	Tony Wilkinson	M55	Unattached	34:02.42
7	Tom Casserley	M80	Enfield & Haringey AC	34:49.05
8	Adrian Moore	M60	Unattached	36:24.23
9	David Hoben	M65	Surrey Walking Club	36:50.24



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

£25.00

£15.00

£10.00

Sept. 21

Ann Wheeler

Pam Ficken

Greg Smith

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



September

Sun. 5 th	A	Isle of Man 20km Championships	NSC, Douglas
Sun. 5 th	A	Hampshire T & F Championships & Open	Portsmouth
Sat. 11 th	B	Moulton Open Walks – 5 Mile	Moulton
Sun. 12 th	A	Surrey T & F Championships & Open	Carshalton
Sat. 18 th	A	English Schools Championships	Bedford
Sun. 19 th	B	Sarnia WC Richmond Trophy Handicap 3km	St. Peter Port
Sat. 25 th	A	SIAB Schools Inetrnational	Derby
Sun. 26 th	A	Manx Harriers 1 Hour Challenge	NSC, Douglas
Wed. 29 th	B	Police/Cvil Service Championships	Birmingham

October

Sat. 2 nd	B	Albert Rigby Shield 10km (Lancashire WC)	Sutton
Sat. 2 nd	B	Cecil Gittins Memorial Walks	Gravesend
Sun. 3 rd	B	Sarnia WC Open 10km/5km	St. Sampsons
Sun. 10 th	B	Sarnia WC Handicap 5km	Saumarez Park
Sun 10 th	B	Midland Winter League 1	Stourport
Sat. 16 th	B	Enfield League 1 Hour	T.B.C.
Sat. 23 rd	B	Steyning Open 10km Road Walk	Steyning
Sat. 23 rd	A	British Grand Prix of Race Walking	Leeds
Sat. 30 th	A	Surrey, Middlesex, Herts & Sussex 10,000m	Coulsdon
Sat. 30 th	B	Vets AC & Open 10,000m	Coulsdon