



# Race Walking Record

September 2021



English Schools Championships  
Senior Girls Podium

## RULE UPDATE

### World Athletics Competition & Technical Rule Amendments for the 35,000m/35km Race Walks

World Athletics has approved some changes to the existing rules, including those relating to the recognition of world records in the new distance of 35,000m/35 km and the stopping time in the Penalty Zone for this distance.

The amendments, approved in March and July of this year by the World Athletics Board, which will be included in the 2022 Technical and Competition Regulations, will come into force on **1 November** this year.

#### Recognised World Records (CR 32):

Track: In addition to the 20,000m, 30,000m and 50,000m races for men, the 35,000m will be added, the same happening with the women, who retain the 10,000m.

Road: (Male and Female), in addition to 20 and 50km, the 35km will be added.

From 1 January 2023 the world records will be recognised, in accordance with CR 31, provided that the marks are equal to or greater than 2:22:00 for men, and 2:38:00 in women. After that, the records of 30,000 m/30 km will be suppressed.

#### Race Walk Distances (TR 54.1)

On indoor track, the standard distances are 3,000 m and 5,000 m, on the outdoor track of 5,000m, 10,000m, 20,000m, 35,000m and 50,000m, and in road races of 10, 20, 35 and 50 km.

#### Penalty Zone (TR 54.7.3)

In addition to the penalty times already outlined in this rule for the various distances, the penalty time of three and a half minutes is added, when an athlete, in the 35,000 m/35 km incurs three red cards.

### Barbara Lawton (nee Inkpen) 1949-2021

The Race Walking Association is saddened to report the death of Barbara Lawton peacefully at home, after a four year battle against cancer.

Whilst not a race walker she was extremely well-known within race walking by her frequent appearances at many races over the years supporting husband Carl.

Barbara Inkpen (later Lawton) represented England at the 1974 British Commonwealth Games in Christchurch, New Zealand – and won a gold medal in the high jump. She also competed at two Olympic Games; at Mexico City 1968 she placed 13<sup>th</sup> at just 18 years old, and at the 1972 Games in Munich where she came 4<sup>th</sup>. That year she was also runner up in the Sports Woman of the Year.

Between those Olympic Games she trained as a member of Aldershot, Farnham & District AC, and switched from the straddle technique to the Fosbury Flop – taking silver at the European championships in 1971 and breaking the British Record seven times, culminating in clearing her lifetime best of 1.87m at Crystal Palace two years later.

She was English Schools' champion in the High Jump in 1965 and 1966, was Surrey High Jump champion from 1967 to 1974, outdoor WAAA champion in 1969 and indoor champion that year and the next. She was also Surrey Pentathlon champion in 1970 and 1975 and mounted the podium many times at domestic meetings for long jump too (PB 6.17m).

We send our condolences to her friends and family; she leaves husband, son, daughter and four grandchildren.

## Overseas

### 62<sup>nd</sup> Challenge Facoetti-Dahm, Montreuil (FRA) (Stade Jean Delbert) (Sun. 19<sup>th</sup> Sept.)

The annual French race walking meeting, Challenge Facoetti was organised for the 62<sup>nd</sup> time. This year's the meeting became part of an EA Race Walking Permit Meeting. A number of foreign athletes participated in the race which was a memorial to father of the head organiser Jean-Pierre Dahm.

The excellent organisation was combined with almost perfect weather conditions (17 Celsius at the start and a light wind). The huge number of the turns caused the biggest problem for the athletes (seven turns on each 1km lap).

The walkers started on the track at 9:30am and after 1km they continued onto the course, a mixture of asphalt and tartan. In the men's race Nazar Kovalenko (UKR) and Michele Antonelli (ITA) went into the front immediately and walked together for a long time. Nazar increased the speed over the last some kilometre and won the race with 1:24:28. Michele finished behind him half a minute later. Jakub Jelonek from Poland was in the 3<sup>rd</sup> position, but he had to go to the penalty zone after 8km. He was later disqualified. The bronze went to Aurelien Quinion with 1:29:41.

In the women's race the Welsh champion, Bethan Davies (GBR) went to the lead directly after the start. Clemence Beretta (FRA) who was coming back after her end-season break, didn't follow her, and walked her own race in the second position. Not far behind them, was the young talented Finnish junior girl, Heta Veikkola who made her debut at this distance. The positions remained the same throughout the race.

In the junior men's 10km George Wilkinson was a clear winner in a time of 46:46.



George Wilkinson & Bethan Davies

#### Mixed 20km

Pos	Athlete	Nation	Perf	Notes
1	Nazar Kovalenko		UKR	1:24:28
2	Michele Antonelli		ITA	1:24:58
3	Aurelien Quinion		FRA	1:29:41
4	Come Martin		FRA	1:32:04
5	Hugo Andrieu		FRA	1:34:22
6	Symon Bazzo Bortot		FRA	1:35:54
7	Jerome Caprice		MRI	1:36:01
8	Killian Lebreton		FRA	1:37:25
9	Roland Landron		FRA	1:37:44
10	Bethan Davies		GBR	1:38:56 1 <sup>st</sup> Lady
11	Ludovic Hadula		FRA	1:39:28
12	Konstan Ntentopoulos		GRE	1:39:33
13	Clemence Beretta		FRA	1:39:41 2 <sup>nd</sup> Lady
14	Maitieu Le Montagner		FRA	1:39:55
15	Vincent De Bontin		FRA	1:40:14
16	Heta Veikkola		FIN	1:40:45 3 <sup>rd</sup> Lady
17	Andy Boutrais		FRA	1:42:51
18	Benoit Berchebru		FRA	1:43:32
19	Arthur Bonnomet		FRA	1:49:43
20	Anett Torma		HUN	1:49:58 4 <sup>th</sup> Lady

49 Started; 45 finished; 1 DNF; 3 DQ

## Junior Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	George Wilkinson	GBR	46:46	
2	Maxime Mazure	FRA	49:50	
3	Thomas Le Louarn	FRA	61:01	

Dutch 50km & 10km Championships including Open 35km, Tilburg (NED) (Sun. 3<sup>rd</sup> Oct.)

Unfortunately, the weather was very bad, with lots of rain and wind. The races were held on a roller skating circuit, which was totally flat with no tight turns.

Paul Jansen (NED) led the 50km from start to finish.

The supporting 35km, was a qualifying event for the 2022 World Championships in Eugene (USA). Karl Junghannß (GER) started quickly going through 10km in 44:07, followed by Dominic King (45:13) and David Kuster (FRA – 46:17). The positions remained the same through 20km. At the 25km point Junghannß (1:54:51) pulled out leaving Dominic (1:59:31) in the lead with Kuster (2:00:26) still third. Kuster was disqualified shortly after this point. Dominic and Daniel King went onto finish 1<sup>st</sup> and 2<sup>nd</sup> despite having visited the penalty zone for three minutes.

The 10km was won by Frederik Weigel, son of the great Ronald Weigel with Kate Veale (IRL) second overall and first lady with a solid 48:16.

## Mixed 50km

Pos	Athlete	Nation	Perf	Notes
1	Paul Jansen	NED	4:59:53	
2	Christer Svensson	SWE	5:04:21	
3	Wilfred van Bremen	NED	5:04:24	
4	Rob Tersteeg	NED	5:04:24	
5	Remco de Bruin	NED	5:10:56	
6	Edwin van Wijngaarden	NED	5:11:17	
7	Peter Van Hove	BEL	5:14:38	
8	Larissa Droogendijk	NED	6:06:17	
	Andre van Slooten	NED	DNF	

## Men's 35km

Pos	Athlete	Nation	Perf	Notes
1	Dominic King	GBR	2:50:06	PZ
2	Daniel King	GBR	3:00:00	PZ
3	Jerome Caprice	MRI	3:00:18	
4	Albert Turlet	DMA	4:03:52	
	Karl Junghannß	GER	DNF	
	Herve Davaux	FRA	DNF	
	David Kuster	FRA	DQ	TR 54.7.3

## Mixed 20km

Pos	Athlete	Nation	Perf	Notes
1	Katrin Schusters	GER	1:52:28	
2	Liesbet De Smet	BEL	2:08:58	
3	Han Holstag	NED	2:16:07	
4	Joachim Bauer	GER	2:26:36	
	Florin Dumitru	NED	DQ	TR 54.7.3

## Mixed 10km

Pos	Athlete	Nation	Perf	Notes
1	Frederik Weigel	GER	43:59	
2	Kate Veale	IRL	48:16	
3	Anne van Andel	BEL	53:33	
4	Ada Junghannß	GER	55:54	
5	Ana Intihar Marulc	SLO	61:05	
6	Tristen Van Hove	BEL	62:27	
7	Jacqueline can Drongeler	NED	64:09	
8	Benjamin Fritsch	GER	65:11	
9	Loes van Bremen	NED	65:59	
10	Theo Koenis	NED	66:07	
11	Sandra Maas	NED	66:55	
12	Jenny van Avendonk Acun	NED	69:27	

19 Started; 18 finished; 1 DNF

## Home International Result

SIAB Schools Home Nations International, Derby (Sat. 25<sup>th</sup> Sept.)

Thanks to the efforts of the SIAB and ESAA organisers the 2021 Schools International for U17's took place at Derby in fine weather, *reports Andrew Clough*. The 3000m race had four male and six female walkers, competing concurrently. Sadly, Scotland was unrepresented, and Wales only had female representation.

The race quickly split into a lead group of three boys, followed by four leading girls, as Ciara Mooney (Ireland), Jonathan Ellerton (England) and Gemma Price (Wales) drifted towards the back of the field. The latter pair also split to be separated by nearly three minutes at the finish but must surely be pleased with the PB's they earned. Ciara Mooney (Ireland) ploughed a somewhat lonely furrow nearly fifty seconds behind the fourth girl, but thirty seconds ahead of Jonathan. However, she exhibited a beautiful style to take fifth place in the girls' race.

Back at the front Christian Hopper (England) led for most of the race with Andrew Glennon and Sam O'Sullivan (both Ireland) shadowing him closely. Christian and Sam received several warnings from the judges, Sam being forced to hold back when two red discs appeared on the posting board. Andrew left it late to take the lead, powering past Christian to finish in 13:48.37. Christian tried to overtake, earning a red card in the process, but had to be satisfied with second place and a PB of 13:51.26. Sam kept his form for the rest of the race also breaking 14 minutes in third.

Meanwhile, a good battle was developing between Gracie Griffiths (Wales), Aisling Lane (Ireland), Abby Hughes and Abigail Smith (both England) who stayed close until the half way mark when Gracie and Aisling moved clear. Whilst the Irish girl kept a clean record, all the others gathered yellow warning paddles. Despite this none of the female walkers earned a red card. Eventually the relentless pace of Gracie earned her a win by around ten seconds, a PB of 14:49.27, maximum points, and the C&M Hughes trophy for the most meritorious Welsh girls' performance of the day. In the all English battle for third place Abby, with another PB, was around 25 seconds adrift of Aisling, whilst Abigail was a further 15 seconds back.



Jonathan Ellerton – Abigail Smith – Abby Hughes – Christian Hopper

## U17 Men's 3000m

Pos	Athlete	Nation	Perf	Notes
1	Andrew Glennon	IRL	13:48.37	
2	Christian Hopper	ENG	13:51.26	PB
3	Sam O'Sullivan	IRL	13:58.41	
4	Jonathan Ellerton	ENG	17:00.55	PB

## U17 Women's 3000m

Pos	Athlete	Nation	Perf	Notes
1	Gracie Griffiths	WAL	14:49.27	NR
2	Aisling Lane	IRL	15:00.87	
3	Abby Hughes	ENG	15:25.65	PB
4	Abigail Smith	ENG	15:41.27	
5	Ciara Mooney	IRL	16:29.78	
6	Gemma Price	WAL	19:57.84	PB

## National Races

### English Schools Championships, Bedford (Sat. 18<sup>th</sup> Sept.)

The walkers were greeted with warm conditions with a gentle breeze. The combined junior boys and girls were first on track. Ellis Simmonds dominated the race removing nearly 40 seconds from his personal best. Loal-Mae Billingham took the girls title. It was disappointing that the organisers did not combine this race with the intermediate girls 3000m, which would have meant a much better experience for the athletes at their first English Schools Championship.

On paper the intermediate girls 3000m was always going to be a close race, and so it proved. Mia Dunwell led the field away tracked closely by Natasha Mitchell and Abby Hughes with Abigail Smith around 15 metres behind. The positions remained the same for a few laps until Mitchell took the lead followed by Hughes. With around one kilometer to go Smith started to close on the leading group passing Dunwell. Going into the last lap Hughes took the lead followed by Smith with Mitchell a few metres back but unable to close on the leading two. Hughes took the title just over a second ahead of Smith.

In the combined age group 5000m the Hooper siblings had planned to walk together, but two early reds for Christian forced him to slow and focus on his technique. Hannah Hopper was untroubled taking the senior girls title nearly two minutes ahead of silver, where there was a race long battle between Keira Heavey and Lois Carty until the final stages, where Heavey powered away to take silver.

#### U15 Girls 3000m

Pos	Athlete	AG	Club	Perf.
1	Lola-Mae Billingham	U15G	Hampshire/Aldershot	17:58.26

#### U15 Boys 3000m

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U15B	S. Yorkshire/2 DASH	16:27.30 (PB)
	Lewis Burr	U15B	Kent/Tonbridge AC	DQ TR54.7.1

#### U17 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Abby Hughes	U17W	Somerset/Taunton AC	15:37.66 (PB)
2	Abigail Smith	U17W	Kent/Blackheath	15:38.30
3	Natasha Mitchell	U17W	Hampshire/Winchester	15:41.52 (PB)
4	Mia Dunwell	U17W	Isle of Man/Manx Hs	16:04.12
5	Katie Stringer	U17W	Kent/Medway & Maid.	17:09.06
6	Jessica Wilton	U17W	Kent/Ashford AC	19:32.68

#### U17 Boys 5000m

Pos	Athlete	AG	Club	Perf.
1	Christian Hopper	U17M	London/Cambridge Hs	28:28.08
2	Jonathan Ellerton	U17M	Kent/Blackheath	30:56.39 (PB)

#### U20 Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U20W	Kent/Cambridge Hs	26:46.27
2	Keira Heavey	U20W	Isle of Man/Northern	28:43.81
3	Lois Carty	U20W	Hampshire/Aldershot	28:47.68 (PB)
4	Lauren Morse	U20W	Kent/Sussex	32:13.89
	Rachel Harding	U20W	Kent/Ashford AC	DQ TR54.7.1

## Domestic 'A' Judged Races

### Isle of Man 20km Championships, National Sports Centre, Douglas (Sun. 5<sup>th</sup> Sept.)

Stewart Jones and Keira Heavey were crowned champions in perfect weather conditions.

#### Mixed 20km

Pos	Athlete	AG	Club	Perf.
1	Stewart Jones	M45	Manx Harriers	1:56:20 (PB)
2	Adam Cowin	SENEM	Manx Harriers	1:57:04
3	Keira Heavey	U20W	Northern (IOM) AC	2:06:19 (Debut)
4	Jayne Farquhar	W50	Manx Harriers	2:14:05
5	Louise Hollings	W40	Manx Harriers	2:16:52
6	Nicola Raven	W55	Manx Harriers	2:19:02
7	Colin Moore	M60	Isle of Man Veterans	2:22:23
	Tom Partington	U23M	Manx Harriers	DNF

#### Mixed Junior 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	09:50
2	Jay-Jay Fletcher	U11B	Manx Harriers	11:23
3	Amy Surgeon	U13G	Manx Harriers	11:27
4	Aalin Heavey	U15B	Northern (IOM) AC	14:08
	Grayse Fletcher	U15G	Manx Harriers	DNF

### Hampshire AA County Championships, Portsmouth (Sun. 5<sup>th</sup> Sept.)

#### U15 2000m

Pos	Athlete	AG	Club	Perf.
1	Lola-Mae Billingham	U15G	Aldershot Farnham & D	12:09.3

#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot Farnham & D	15:04.8
2	Natasha Mitchell	U17W	Winchester & District	15:59.0 (PB)
3	Keith Vallis	M55	Overton Harriers	18:09.6
4	Rebecca Mitchell	U20W	Winchester & District	18:58.2
5	Derek Smith	M65	Winchester & District	22:28.0

### Surrey & Sussex AA County Championships, Carshalton (Sun. 12<sup>th</sup> Sept.)

#### U13 2000m

Pos	Athlete	AG	Club	Perf.
1	Charlie Perry	U13B	Lewes Athletic Club	12:19.48

#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Trevor Jones	M60	Steyning Athletic Club	16:53.74
2	Lauren Morse	U20W	Lewes Athletic Club	17:47.96 (PB)
3	Ian Torode	M65	South West Veterans	18:18.33
4	Penelope Cummings	W45	Herne Hill Harriers	18:37.87
5	Harvey Perry	U15B	Lewes Athletic Club	19:05.73 (PB)
6	Paul Gaston	M70	Surrey Walking Club	19:12.53
7	Ron Penfold	M75	Steyning Athletic Club	21:11.49
8	Judith Carder	W60	Brighton & Hove AC	22:24.12

### Midland Masters 50<sup>th</sup> Anniversary Track & Field Meeting, Nuneaton (Sun. 12<sup>th</sup> Sept.)

#### Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	10:03.3
2	Carolyn Derbyshire	W40	Nuneaton Harriers	10:46.8
3	John Constandinou	M45	Birchfield Harriers	11:51.0
4	Wendy Kane	W50	Nuneaton Harriers	12:01.9
5	Hardeep Minhas	M60	Leicester Walking Club	12:10.3
6	Richard Emsley	M65	Desborough Runners	12:10.6
7	Julie Bellfield	W50	Halesowen Athletic Club	12:13.7
8	Lynn Bellfield	W55	Halesowen Athletic Club	13:18.1
9	Peter Everitt	M45	Nuneaton Harriers	13:32.3
10	Trisha Garner	W60	Rugby & Northampton AC	13:48.8
11	Marthem Varghese	M45	Midland Masters AC	15:25.5

### Rest in Peace

The Race Walking Association is saddened to report the deaths of: Herne Bay-based **Derek Appleton** who passed-on unexpectedly aged 79. He'll be forever remembered as the late Centurion 631 Don Thompson's competent and enthusiastic attendant, as well as becoming Centurion C888 in his own right at Ewhurst in 1991 clocking 23:37.26 in the colours of Folkestone AC.

Earlier this year ex-IAAF International Panel Judge and former Northern Area President **George Towers** passed away after illness. George gave a lifetime of service to race walking and was a loyal Leicester Walking Club member. George was prominent in the organisation of Royal Air Force race walking.

### Welbeck Hotel & Restaurant sponsored One Hour Challenge Walk, N.S.C. Douglas (Sun. 26<sup>th</sup> Sept.)



Adam Cowin

#### Mixed 1 Hour Road

Pos	Athlete	AG	Club	Dist.
1	Adam Cowin	SENM	Manx Harriers	10.911
2	Stewart Jones	M45	Manx Harriers	10.612
3	Tony Edwards	M55	Manx Harriers	10,198
4	Mason Prince	U20M	Manx Harriers	9,686
5	Louise Hollings	W40	Manx Harriers	8,866
6	Colin Moore	M60	Isle of Man Veterans	8,856
7	Leanne Venables	W35	Unattached	8,762
8	Andy Baxendale	M50	Isle of Man Veterans	8,734
9	Angie Robinson	M50	Manx Harriers	8,710
10	Sarah Colley	W45	Manx Fell Runners	8,614
11	Manuel Giordano	SENM	Unattached	8,533
12	Maura Kelly	W50	Northern (IOM) AC	8,514
13	Nick Wallinger	M50	Isle of Man Veterans	8,222
14	Diane Brown	W50	Manx Harriers	8,070
15	Helen Duggan	W40	Unattached	7,927
16	Anne Donnelly	W60	Unattached	7,541
17	Melissa Lines	W40	Unattached	7,236
18	Les Brown	M65	Isle of Man Veterans	6,486
19	Lesley Maddox	W50	Unattached	6,486
20	Carolanne Hanley	SENW	Northern (IOM) AC	6,335
21	Voirrey Earnshaw-Cain	W55	Unattached	6,264
22	Lally Earnshaw-Cain	SENW	Manx Harriers	6,250
23	Diane Short	W45	Unattached	6,172
24	Trish Whyley	W35	Unattached	6,172

#### Junior 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) AC	09.19
2	Lillie Fletcher-Merryweather	U11G	Manx Harriers	09.35
3	Amy Surgeon	U13G	Manx Harriers	11.23
4	Bobby Venables	U11B	Unattached	11.54
5	Lula Kinnish	U13G	Unattached	11.59
6	Mollie Swales	U15G	Northern (IOM) AC	12.10
7	Lilee Venables	U13G	Unattached	12.42
8	Harri Swales	U11B	Northern (IOM) AC	13.33
9	Georgia Venables	U11G	Unattached	16.04

## Domestic 'B' Judged Races

### Sarnia Walking Club 3 kilometres Road Walk, Les Amarreurs, Guernsey (Fri. 3<sup>rd</sup> Sept.)

Only three walkers took part in the last evening race of the year at Les Amarreurs, *reports Rob Elliott*. Stuart Le Noury finished first in 15:47 with Peter Beckerleg in second, closely followed by Kevin Le Noury.

#### 3km Road (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	15:47
2	Peter Beckerleg	M60	Sarnia Walking Club	21:12
3	Kevin Le Noury	M60	Sarnia Walking Club	21:41

### Lancashire WC Lambert Trophy, Bury (Sat. 4<sup>th</sup> Sept.)

A decent day to greet the walkers although the absence of a gate opener at the Bury Track half an hour before the off made us wonder if we would lose the event unless we could straddle the metal fence around the venue, *reports Dave Evans*. After a number of frantic phone calls, we were eventually let into the complex by a young lady who had little or no notice of our impending arrival. The prime key holder was on holiday and his deputy had forgotten to arrive.

Despite this unexpected hiccup the field of 10 walkers eventually hit the tartan fifteen minutes late. We were delighted to welcome back Steve Uttley, a Lancashire Walking club member decades ago, who certainly added to the ambience of the race and some real opposition.



Steve Uttley

The race began at a relatively casual pace with no one prepared to act as the hare but after a couple of laps the charge was underway and Steve set off with a clear objective of lapping the field. Tony Bell made a spirited challenge and Stuart Edgar looked like he meant business. Roy Gunnnett and Glyn Jones we're close rivals throughout most of the race and Ian Hilditch continues to improve.

Joe Hardy and Pat Evans continued their rivalry with neither managing to break away and it was only in the last two or three laps that Joe inched that bit further ahead.

Eric Horwill, Adrian Edwards, Greg Smith, and Irene Pike ensured that we lap scored correctly and Keith Ackroyd, a new judge, made the long journey from Leeds which we appreciate. It was also nice to see Chris Harvey who could be back walking with us in the future.

#### 1 Hour Track (B)

Pos	Athlete	AG	Club	Dist.
1	Steve Uttley	M60	Ilford Athletic Club	9,766
2	Tony Bell	M55	Lancashire Walking Club	9,250
3	Stuart Edgar	M50	Dudley & Stourbridge	8,881
4	Roy Gunnnett	M70	Lancashire Walking Club	8,720
5	Glyn Jones	M75	Coventry Godiva Harriers	8,705
6	Ian Hilditch	M80	Lancashire Walking Club	8,544
7	Sailash Shah	M55	Lancashire Walking Club	8,299
8	Joe Hardy	M75	Lancashire Walking Club	8,177
9	Pat Evans	W70	Lancashire Walking Club	8,155
10	John Crahan	M70	Lancashire Walking Club	7,783



**Moulton Five, Moulton, Suffolk (Sat. 11<sup>th</sup> Sept.)**

Tokyo Olympians spanning six decades made history at the Moulton Five as Callum Wilkinson, fresh from his splendid 20km 10<sup>th</sup> at this year's Games, came under the starting orders of Ray Middleton a GB stalwart of the 1960's, who competed at the 1964 Tokyo Olympics at 50km, **reports Ron Wallwork**. Olympian Wilkinson kept his brother George company for most of the way before easing ahead for the win, with the 2017 runner-up Dave Annetts in third place, some five minutes quicker than he was back then.



Although walking over two minutes faster than her winning time of 2019, Emma Dyos was unable to prevent the recent master's record breaker Melanie Peddle from relieving her of the winner's trophy. Following a two year break and a residual covid concern, numbers were understandably down on previous years, but the 'buzz' warmth and friendliness associated with this event was as overwhelming as ever.

Ray Middleton at 85, remains the likeable character he always was and was joined by peers Bill Sutherland, George Nibre, Tony Taylor, and Ron Wallwork. Overcast, but humid conditions at the start quickly became uncomfortably sunny and hot and added to the test that the undulating out and back course poses.

**Mixed 5 Mile (B)**

Pos	Athlete	AG	Club	Perf.
1	Callum Wilkinson	SENM	Enfield & Haringey AC	37:32
2	George Wilkinson	U20M	Enfield & Haringey AC	38:03
3	David Annetts	M55	North Herts Road Runners	40:39
4	Melanie Peddle	W50	Loughton Athletic Club	45:09
5	Tony Taylor	M70	Lancashire Walking Club	46:16
6	Emma Dyos	W45	Ilford Athletic Club	46:37
7	Steve Uttley	M60	Ilford Athletic Club	48:52
8	Martin Fisher	M55	Redcar Race Walking Club	51:01
9	Helen Middleton	W55	Enfield & Haringey AC	51:43
10	Simon Morgan	M50	Ilford Athletic Club	52:51
11	Steve Allen	M60	Barnet & District AC	53:19
12	John Arthur	M60	Unattached	53:25
13	George Nibre	M60	Ilford Athletic Club	53:45
14	Stuart Edgar	M50	Dudley & Stourbridge	54:03
15	Richard Emsley	M65	Desborough Athletic Club	54:21
16	Steve Allen	M60	Ilford Athletic Club	55:50
17	Joyce Crawford	W50	Enfield & Haringey AC	55:57
18	Noel Blatchford	W70	Abingdon Athletic Club	56:34
19	Brian Armstrong	M70	Ilford Athletic Club	57:08
20	Tony Wilkinson	M55	Unattached	57:41
21	Tom Casserley	M80	Enfield & Haringey AC	58:16
22	Kate James	W40	Unattached	60:15
23	Sue Clements	W65	Cambridge & Coleridge AC	62:37
24	Paul Firmage	M65	Ryston Runners AC	64:16
25	Andrew Wilmot	M75	Halstead Road Runners	64:16

26	Anna Allen	W65	Unattached	64:28
27	Viv Houghton	W70	Unattached	72:02
28	Sue Mills	W50	Unattached	73:11
29	Malcolm Brown	M70	Unattached	75:35
30	David Ainsworth	M70	Ilford Athletic Club	78:44
31	Shaheda Arthur	W60	Unattached	90:57

**Sarnia WC Richmond Trophy 3Km handicap Road Walk, Cambridge Park, Guernsey (Sun. 19<sup>th</sup> Sept.)**

Kevin Le Noury won the 3 kilometres handicap road walk for the Richmond Trophy catching scratch man Mick Le Sauvage in the final lap at Cambridge Park. Son Stuart Le Noury was fastest with his 16:17.

**3km (B)**

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M60	Sarnia Walking Club	23:03/21:03
2	Mick Le Sauvage	M80	Sarnia Walking Club	23:14/23:14
3	Dave Dorey	M70	Sarnia Walking Club	23:50/23:50
4	Rob Elliott	M60	Sarnia Walking Club	24:56/20:56
5	Stuart Le Noury	M35	Sarnia Walking Club	25:17/16:17

**Police Service UK Championships incorporating PSUK v Civil Service (Ryan Cup) – Birmingham (Wed. 29<sup>th</sup> Sept.)****Men's 10km (B)**

Pos	Athlete	AG	Club	Perf.
1	Steve Uttley	M60	Civil Service/Ilford AC	61:47
2	Colin Harle	M60	MET Police/Belgrave Harriers	63:28
3	Martin Slevin	M55	Dwfed-Powys Pol./Coventry Godiva	64:10
4	John Llewellyn	N/K	Civil Service	64:51
5	Ian Wright	N/K	Civil Service	66:33
6	Jason Brewer	M50	Civil Service	66:46
6	Tony Collins	M75	Guest/Birchfield Harriers	66:50
7	Jason Holt	M50	Civil Service	68:27
8	David Wilkinson	M60	Lancashire Pol./Lancs & Morecombe	69:10
9	Glyn Jones	M70	West Mids. Pol./Coventry Godiva	69:54
10	Steve Broadbent	M60	Lancashire Police	73:01
11	John Hall	M70	Civil Service/Belgrave Harriers	73:11
12	Christopher Flint	M75	MET Police/Surrey Walking Club	77:38
13	Steve Hallas	M45	Civil Service/Preston AC	81:11

**Women's 5km (B)**

Pos	Athlete	AG	Club	Perf.
1	Maureen Noel	W60	Civil Service/Belgrave Harriers	31:10
2	Michelle O'Neal	N/K	Civil Service	34:09
3	Sue Harrison	W60	Lancashire Pol./Red Rose R.R.	39:23
4	Ann Crofts	W60	Lancashire Police	42:32

**Cecil Gittins Memorial Race Walks, Gravesend (Sat. 2<sup>nd</sup> Oct.)**

In all there were 26 entries with 19 on the line, a decrease from 2020, **reports David Hoben**, there was inhospitable weather right from the start and throughout, we are always grateful to our officials and judges, even more so on this occasion, and in particular Tracey Wilkinson for stepping in to act as recorder at very short notice when we lost two members of the recording team. Then there was always the fuel crisis to contend with, which accounted for some of the absences.

The winner of the ladies' 10km was Grazia Manzotti in 58:23, who was also 3<sup>rd</sup> overall, just two seconds outside her PB, and 2<sup>nd</sup> placed woman, Melanie Peddle, went under the hour for the first time with a new PB. It was good to see Diane Bradley back again and Kathy Smith did well only a week after her Trail walker 100km endurance event over the South Downs to Brighton Racecourse.

The first place of the men's 10km was Dave Annetts in 50:45, closely followed by second placed George Wilkinson in 51:15, in 3<sup>rd</sup> place was Dave Walsh with a new PB.

The winner of the ladies' 15km was ever-improving Abigail Jennings in 1:20:58, and 2<sup>nd</sup> place was awarded to Jacqueline Benson in 1:26:13. Abigail broke her own course record from 2020, and both ladies

achieved significant PBs. First in the men's 15km was John Arthur coming in 1:41:09.

**Mixed 5km (B)**

Pos	Athlete	AG	Club	Perf.
1	Tony Wilkinson	M55	Unattached	35:05
2	David Hoben	M65	Surrey Walking Club	37:59
3	Shaheda Arthur	W60	Unattached	54:34

**Mixed 10km (B)**

Pos	Athlete	AG	Club	Perf.
1	Dave Annetts	M55	North Herts Road Runners AC	50:45
2	George Wilkinson	U20M	Enfield & Haringey AC	51:15
3	Grazia Manzotti	W50	Tonbridge Athletic Club	58:23
4	David Walsh	M60	Enfield & Haringey AC	58:36
5	Trevor Jones	M65	Steyning Athletic Club	59:18
6	Melanie Peddle	W50	Loughton Athletic Club	59:26
7	Diane Bradley	W60	Tonbridge Athletic Club	63:14
8	Noel Blatchford	W70	Abingdon Athletics Club	70:28
9	Katherine Smith	W55	Aldershot, Farnham & Dist.	75:04
10	Rachel Harding	U20W	Ashford Athletic Club	76:40
11	Christopher Flint	M75	Surrey Walking Club	78:13

**Mixed 15km (B)**

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot, Farnham & Dist.	1:20:58
2	Jacqueline Benson	U23W	Ashford Athletic Club	1:26:13
3	John Arthur	M60	Unattached	1:41:09
4	John Borgars	M70	Loughton Athletic Club	1:45:38
5	George Wallace	M65	Aldershot, Farnham & Dist.	1:51:50

**Albert Rigby 10km, Sutton Macclesfield (Sat. 2<sup>nd</sup> Oct.)**

October sees either an Indian summer or the first footprints of an early winter. On this occasion we drew the short straw, *writes Dave Evans*. From the outset it was drizzly but towards the end of the race it mellowed a little and substituted a fresh wind.

To make the event a bit more unpredictable the handicapper rearranged the start with groups setting off at intervals of scratch, 2, 3 or 4 minutes, with the last wave comprising the likely fastest walkers. The course is an out and back which affords the aspirants the opportunity of repeating this exercise three times. I make the case that it keeps everyone informed of what is happening throughout which is either uplifting or depressing!



The two scratch performers returned the turnaround point sharing the lead with three of the eventual top three but as the race progressed the leading trio broke clear of the field. Adrian Edwards (*pictured above*) secured overall victory with new Irish over 70 masters

champion Tony Malone second and Tony Bell who showed quite a bit of speed across the floor and a good competitive attitude, when the chips are down, Tony digs deep. Stuart Edgar and Martin Payne were closely matched with the latter recovered from his fall at the Fred Pearce relays where he broke his radius and cut his temple quite badly. Martin presented his colleagues with a Thank You cake for their support on the day of the "accident". Phil McCullagh and Joe Hardy performed well while Roy Gunnett completed the course quietly!

**Men's 10km (B)**

Pos	Athlete	AG	Club	Perf.
1	Adrian Edwards	M55	Lancashire Walking Club	63:06
2	Tony Malone	M70	Lancashire Walking Club	64:01
3	Tony Bell	M55	Lancashire Walking Club	64:47
4	Stuart Edgar	M50	Dudley & Stourbridge	66:05
5	Martin Payne	M60	Lancashire Walking Club	66:25
6	Phil McCullagh	M60	Lancashire Walking Club	70:38
7	Sailash Salah	M55	Lancashire Walking Club	72:31
8	Joe Hardy	M75	Lancashire Walking Club	74:45
9	Roy Gunnett	M70	Lancashire Walking Club	79:49

**Enfield Race Walking League**

The **ERWL One Hour Badge race** will be on **Sat. 16<sup>th</sup> October** at QEII Stadium, Donkey Lane, Enfield, EN1 3PL because of track availability will be limited to 25 and places will be allocated on a first come first served basis. **The start time is 11.00**, the fee is £8.00, and entries can be made online at <https://moultonsoffracewalk.weebly.com> or to Ron Wallwork 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com.

**ENTRIES WILL NOT BE TAKEN ON THE DAY**

The ERWL presents Badge awards to walkers who attain **5, 6, and 7 miles in an hour** and plaques for **8 miles** (12872m) covered in that time.



The ERWL record is 12860m and was set in 2014 by Callum Wilkinson

**October**

Sun. 10 <sup>th</sup>	B	Sarnia WC Handicap 5km	Saumarez Park
Sun. 10 <sup>th</sup>	B	Midland Winter League 1	Stourport
Sat. 16 <sup>th</sup>	B	Enfield League 1 Hour	Enfield
Sat. 23 <sup>rd</sup>	B	Steyning Open 10km Road Walk	Steyning
Sat. 23 <sup>rd</sup>	A	British Grand Prix of Race Walking	Leeds
Sat. 30 <sup>th</sup>	A	Surrey, Middlesex, Herts & Sussex 10,000m	Coulsdon
Sat. 30 <sup>th</sup>	B	Vets AC & Open 10,000m	Coulsdon
Sun. 31 <sup>st</sup>	B	Sarnia WC Handicap 3km	Footes Lane

**November**

Sat. 6 <sup>th</sup>	B	Lancashire WC 5km	Simister
Sat. 13 <sup>th</sup>	B	Enfield Open 7 Mile	Enfield
Sun. 14 <sup>th</sup>	B	Sarnia WC Handicap 1 Mile	Footes Lane
Sat. 20 <sup>th</sup>	A	Surrey Walking Club Track Races (5000m/YAG)	Tonbridge
Sun. 21 <sup>st</sup>	B	Midland Winter League 2	T. B. C
Sun. 28 <sup>th</sup>	B	Sarnia WC Handicap 5k	Footes Lane