



Race Walking Record

November 2022



Luc Legon

Winner of the Surrey Walking Club Open Track Walks
at Tonbridge School

NEWS

DATES

FOR YOUR DIARY

UKA National 2023 Fixture Calendar

UKA have published the fixture list for 2023 and listed below are the major events that include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
8 th Jan.	EA Senior & U20 Indoor Walks	E.I.S. Sheffield
18/19 Feb.	UKA Indoor Championships	Birmingham
18/19 Feb.	British Masters Indoor Championships	E.I.S. Sheffield
4 th Mar.	EA Winter Race Walk Championships	Coventry
12 th Mar.	EA Under 17 & Under 15 Indoor Walks	E.I.S. Sheffield
8/9 Jul.	UKA Outdoor Championships	Birmingham
17/18 Jun.	EA Under 23 & Under 20 Championships	T.B.C.
24/25 Jun.	Welsh Athletics Senior & U15 Championships	Cardiff
22/23 Jul.	EA Senior Championships	T.B.C.
26/27 Aug.	EA Under 17 & Under 15 Championships	T.B.C.
26/27 Aug.	British Masters Outdoor Championships	T.B.C.
16 th Sept.	English Schools Championships	T.B.C.

Race Walks removed from UKA Championships

The race walks have been removed from the UKA indoor and outdoor championships.

Cherry Alexander has explained why this. It is that UKA need to streamline the events into short sessions to get the event on BBC 1. It is not related to numbers etc. As walks are not a trial event for major championships, along with combined events, they are being relocated to other events where they can be showcased.



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

	£25.00	£15.00	£10.00
Dec. 22	Noel Blatchford	RWA (Midlands)	Peter Marlow

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

Southern Athletics League A.G.M.

At November's Southern Athletics League AGM a resolution to include a race walking in one of their many summer meetings was defeated by 33 votes to 13.

RWA (South) Chair **Mark Easton** said "I knew the result of the vote, which is not surprising, but had hoped a few more clubs would have supported it. The positive here was that an athletic club raised the item for the SAL AGM, without consulting any race walkers, so there is some desire to have a walk."

Meet the Officials

Ian Richards has been profiled as part of the ongoing UKA 'Meet the Officials' programme, which UKA have been showcasing from January 2022. You may read the article at [Meet the Officials – Ian Richards – UK Athletics](#)

Domestic 'A' Races

Surrey Walking Club Open Track Races/Xmas Cup,
Tonbridge School (Sat. 19th Nov.)



This annual event was the first 'A' judged race for a number of months and attracted a good field including a healthy number of younger athletes. The weather was ideal, cool with very little wind. Luc Legon, as in 2021, was the overall winner of the 5000m, lapping all but second place, training partner Matthew Crane. First woman was Abigail Jennings with a personal best time. Mark Ashby was the first male veteran, in his debut over 5000m.

Ashford's Jessica Wilton removed over three minutes from her previous best for the distance finishing one second behind the first veteran athlete Grazia Manzotti, who also recorded a personal best.

In the 3000m all athletes achieved personal bests with Charlie Perry just staying clear of Matthew Tootell to take the win.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	21:54.8 [SB]
2	Matthew Crane	U23M	Bexley Athletic Club	22:59.5 [SB]
3	Jonathan Hobbs	SENM	Ashford Athletic Club	24:26.5 [SB]
4	Abigail Jennings	U23W	Aldershot Farnham & D.	25:11.3 [PB]
5	Hannah Hopper	U20W	Cambridge Harriers	26:38.9 [SB]
6	Grazia Manzotti	W50	Tonbridge Athletic Club	27:12.1 [PB]
7	Jessica Wilton	U20W	Ashford Athletic Club	27:13.3 [PB]
8	Jonathan Ellerton	U20M	Blackheath & Bromley	27:50.8
9	Emily Ghose	SENW	Tonbridge Athletic Club	28:47.6 [SB]
10	Mark Ashby	M60	Cambridge Harriers	30:34.3 [PB]
11	John Arthur	M60	Iford Athletic Club	31:20.3
12	Colin Harle	M60	Belgrave Harriers	31:25.7
13	Mark Culshaw	M55	Belgrave Harriers	31:33.5 [SB]
14	Penelope Cummings	W45	Herne Hill Harriers	32:09.9 [SB]
15	Matthew Ellerton	M45	Blackheath & Bromley	32:12.4 [PB]
16	Ian Statter	M65	Surrey Walking Club	34:38.7 [SB]
17	Glen Keegan	M55	Herne Hill Harriers	37:57.1 [PB]
18	Sian Baum	W55	Herne Hill Harriers	38:25.0 [PB]
	Shaheda Arthur	W60	Iford Athletic Club	DQ



Matthew Crane – Jonathan Ellerton

3000m

Pos	Athlete	AG	Club	Perf.
1	Charlie Perry	U15B	Lewes Athletic Club	19:55.2 [PB]
2	Matthew Tootell	U13B	Blackheath & Bromley	19:58.6 [PB]
3	Trejan Checheku-B	U15B	Blackheath & Bromley	20:27.0 [PB]



Grazia Manzotti & Mark Ashby – Charlie Perry

2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U13G	Ashford Athletic Club	11:41.6 [PB]
2	Francesca Newman	U15G	Blackheath & Bromley	14:02.6 [PB]

1000m

Pos	Athlete	AG	Club	Perf.
1	Tafara Nyoni	U13G	Aldershot Farnham & D.	7:41.4

Up and Running Winter Walking League – Round 2 – Andreas Village (Sun. 27th Nov.)

Lovely calm weather for this event. 10km handicap winner was Sean Hands and 5km winner was Lorna Gleave. Brother and sister Jay Jay and Lilee Fletcher taking the top spot in the junior events.

Mixed 10km

Pos	Athlete	AG	Club	Watch/Actual
1	Sean Hands	M60	Manx Harriers	72:14/57:51
2	Craig Fletcher	SENM	Unattached	72:56/63:57
3	Mia Dunwell	U20W	Northern (IOM) AC	74:02/55:47
4	Jayne Farquhar	W50	Manx Harriers	74:10/65:35
5	Colin Moore	M60	IOM Veterans	74:21/69:17
6	Amy Sykes	SENW	Unattached	74:31/67:41
7	Steven Parker	M60	Unattached	74:44/74:44
8	Adrian Gell	M55	Unattached	75:03/66:04
9	Dick Callin	M60	Unattached	75:23/75:07
10	Stewart Jones	M50	Manx Harriers	75:26/58:33
11	Tony Edwards	M60	Manx Harriers	75:33/57:24
12	Neil Wade	SENM	Manx Harriers	75:44/55:03
13	Hannah Moore	SENW	Manx Fell Runners	76:16/63:42
14	Maura Kelly	W55	Northern (IOM) AC	76:53/75:43

Mixed 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Lorna Gleave	W35	Unattached	47:40/31:02
2	Diane Brown	W50	Manx Harriers	48:03/36:30
3	Rachael Liver	SENW	Unattached	48:06/33:53
4	Charlotte Barlow	W45	Unattached	48:27/48:27
5	Angie Robinson	W55	Manx Fell Runners	48:38/34:51
6	Chloe Spooner	SENW	Manx Harriers	48:43/32:31
7	Sylvia Kennaugh	W70	IOM Veterans	48:55/40:11
8	Gordon Erskine	M70	Unattached	50:02/38:30
9	Sharon Counsell	W50	IOM Veterans	51:21/35:51

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	11:22
2	Amy Surgeon	U13G	Manx Harriers	12:42

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Jay Jay Fletcher	U11B	Manx Harriers	05:50
2	Flynn Gleave	U11B	Manx Harriers	05:57
3	Noah Sykes	U11B	Manx Harriers	06:03
4	Charlie Coole	U11B	Manx Harriers	07:15
5	Isla Gell	U11G	Unattached	07:27
6	Leo Cleave	U11B	Manx Harriers	10:35

Domestic 'B' Races

The Bernie Hercock & 95th Enfield Open 7 Mile, King George Playing Fields, Enfield (Sat. 13th Nov.)



In near perfect conditions Daniel Saunders (Bernie Hercock's grandson) sent the twenty-six walkers on their way, **reports Ron Wallwork**. George Wilkinson and Dave Annetts sped ahead of the main field pacing the mile marker in 7:43 with two-time Olympian Neringa Masilioneon (nee Aidietyte, RWA Long Distance Champion Jonathan Hobbs, Jaqueline Benson and Matsres Champion Ian Richards a quarter of a minute behind. Wilkinson pulled away over the last mile and a half to join his brother Callum as a winner of this event.



George Wilkinson – Neringa Masilioneon

In the mixed team race only two closed in; Ilford AC through Masilioneon, Emma Dyos, John Arthur and Simon Morgan taking the honours with Enfield second.



First three men & first woman

Mixed 7 Mile

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U23M	Enfield & Haringey AC	54:24
2	David Annetts	M55	North Herts Road Runners	55:10
3	Jonathan Hobbs	SENM	Ashford Athletic Club	57:18
4	Neringa Masilionė	W35	Ilford Athletic Club	58:11
5	Ian Richards	M70	Steyning Athletic Club	63:51
6	Jacqueline Benson	U23W	Ashford Athletic Club	65:46
7	Trevor Jones	M65	Steyning Athletic Club	65:49
8	Melanie Peddle	W50	Loughton Athletic Club	67:14
9	Emma Dyos	W45	Ilford Athletic Club	69:15
10	Maureen Noel	W55	Belgrave Harriers	71:17
11	Richard Emsley	M70	Corby Athletic Club	71:42
12	John Arthur	M60	Ilford Athletic Club	72:11
13	Simon Morgan	M65	Ilford Athletic Club	75:49
14	John Borgars	M75	Loughton Athletic Club	76:24
15	Stuart Bennett	M65	Ilford Athletic Club	76:47
16	Fiona Bishop	W60	Woking Athletic Club	76:49
17	Susan Barnett	W70	Enfield & Haringey AC	77:40
18	Tony Wilkinson	M60	Unattached	79:50
19	Lesley Morris	W60	Ilford Athletic Club	79:58

Mixed 6 Mile

Pos	Athlete	AG	Club	Perf.
1	David Hoben	M70	Surrey Walking Club	74:25
2	Christopher Flint	M75	Surrey Walking Club	75:29

Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Amalia Da Silva	W55	Belgrave Harriers	58:12
2	Brian Balcin	SENM	Unattached	58:24

Mixed 4 Mile

Pos	Athlete	AG	Club	Perf.
1	Tom Casserley	M40	Enfield & Haringey AC	48:30
	Shaheda Arthur	W60	Ilford Athletic Club	56:45

Mixed 3 Mile

Pos	Athlete	AG	Club	Perf.
1	David Ainsworth	M70	Ilford Athletic Club	46:55

Rest in Peace

The Race Walking Association is saddened to report the passing of the following:

- John Albert WEBB (Basildon AC) – Olympian 20k Mexico 1968
- Barry INGARFIELD (Belgrave Harriers) – GB International
- Johnny BIRKS (Brighton & Hove AC)
- Brian Moss (York Postal RWC) – Centurion N° 740

2nd Midland Winter League, New College Cycle Circuit, Leicester (Sun. 20th Nov.)

The second Midland Winter League took place at a new venue at New College, Leicester on the cycle circuit within the grounds of the college, **report Glyn Jones**. Entries were on a par with race one.

The circuit had good tarmac surface and was more or less flat which no doubt resulted in faster times than set at Stourport.

The weather at the start of the fixture was dry with cloud cover but at the latter stages of the 10km race, the walkers endured a heavy downpour.

Jaqueline Benson continued from where she left off from the first race continuing her second place in the 5km with a little over a minute faster finishing time.

In the 10km she continued her winning form with a faster time of over two minutes from Stourport.

Mark Williams, this being his first winter league outing, reversed the finishing positions by finishing ahead of Jacqueline in the 5km and finishing second in the 10km.

In the team competition building up to the third and final race at Coventry on 11th December, at the moment it remains with two teams contesting the 5km being Halesowen A.C. and Birchfield Harriers and now down to two teams contesting the 10km being Nuneaton Harriers and Birchfield Harriers.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	27:57
2	Jacqueline Benson	U23W	Ashford Athletic Club	28:25
3	Steve Uttley	M60	Ilford Athletic Club	29:10
4	Wendy Kane	W50	Nuneaton Harriers	29:14
5	Hardeep Minhas	M60	Leicester Walking Club	31:44
6	Helen Elleker	W65	Derbyshire & S. Yorkshire Hs.	31:47
7	Roger Michell	M70	Surrey Walking Club	32:35
8	Julie Bellfield	W55	Halesowen Athletic Club	32:41
9	Fred Pidgeon	M65	Notts Athletic Club	32:52
10	Colin Vesty	M55	Leicester Walking Club	33:58
11	Lynn Bellfield	W55	Halesowen Athletic Club	34:00
12	Aleksandra Majewska	W35	Charnwood Athletic Club	35:44
13	Isabel Knowles	U17W	Halesowen Athletic Club	35:56
14	Gemma Smith	W50	Stratford-upon-Avon AC	35:58
15	Julian Barnett	M60	Birchfield Harriers	36:08
16	David Fall	M75	Birchfield Harriers	40:20
17	Hilary McDermott	W55	Charnwood Athletic Club	40:59

Mixed U13 2km

Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U13G	Wolv. & Bilston AC	13:44
2	William Everitt	U13B	Nuneaton Harriers	15:55

Mixed U11 1km

Pos	Athlete	AG	Club	Perf.
1	Harry Taylor	U11B	Derbyshire & S. Yorkshire Hs.	6:29
2	Jessica Everitt	U11G	Nuneaton Harriers	9:31

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Jacqueline Benson	U23W	Ashford Athletic Club	58:54
2	Mark Williams	M55	Birchfield Harriers	59:23
3	Carolynn Derbyshire	W45	Nuneaton Harriers	61:14
4	Richard Emsley	M70	Corby Athletic Club	61:37
5	Wendy Kane	W50	Nuneaton Harriers	61:57
6	Peter Boszko	M70	Birchfield Harriers	65:53
7	Peter Everitt	M50	Nuneaton Harriers	67:13
8	Hardeep Minhas	M60	Leicester Walking Club	67:13
9	John Constandinou	M45	Birchfield Harriers	69:34
10	Colin Vesty	M55	Leicester Walking Club	71:34
11	Paul Hawkins	M65	Stratford-upon-Avon AC	73:31
12	John Mould	M60	Unattached	74:14
13	Sandra Campbell	W50	Nuneaton Harriers	84:19

Haldane Fisher Syd Quirk Half Marathon Run / Walk, Malew, Isle of Man (Sun. 20th Nov.)

Tom Partington finished well clear in the walk, with Dean Morgan and Simon Gawne second and third separated by twenty seconds. Junior Mia Dunwell was the first lady in fifth place overall.

Erika Kelly chose to run the race finishing in 91st overall and fifth women with a time of 1:37:40.

Mixed Half-Marathon

Pos	Athlete	AG	Club	Perf.
1	Tom Partington	SENM	Manx Harriers	1:49:34
2	Dean Morgan	M35	Unattached	1:57:15
3	Simon Gawne	SENM	Unattached	1:57:27
4	Neil Wade	SENM	Manx Harriers	2:01:06
5	Mia Dunwell	U20W	Northern (IOM) AC	2:04:23
6	Tony Edwards	M60	Manx Harriers	2:05:10

7	Adam Killip	SENM	Manx Harriers	2:12:02
8	Patrick Bregazzi	M55	Unattached	2:14:02
9	Marie Jackson	W60	Isle of Man Veterans AC	2:18:43
10	Craig Fletcher	SENM	Unattached	2:20:45
11	Chloe Spooner	SENW	Manx Harriers	2:25:44
12	Jayne Farquhar	W50	Isle of Man Veterans AC	2:26:20
13	Amy Sykes	SENW	Unattached	2:26:28
14	Samantha Bowden	W35	Unattached	2:26:48
15	Louise Hollings	W40	Manx Harriers	2:28:13
16	Phill Swales	M55	Northern (IOM) AC	2:28:43
17	Peter Robertson	M55	Unattached	2:28:59
18	Ian Callister	M65	Manx Harriers	2:30:12
19	Marc Bayliss	M45	Unattached	2:33:27
20	May Hooper	W50	Manx Harriers	2:34:04
21	Andrew Crooks	M70+	Unattached	2:36:23
22	Anthony Bolton	M40	Western Athletics Club	2:37:09
23	Colin Moore	M60	Isle of Man Veterans AC	2:37:09
24	Charlotte Hemensley	W45	Unattached	2:37:50
25	Nick Wallinger	M50	Isle of Man Veterans AC	2:39:20
26	Alex Jones	SENW	Unattached	2:39:33
27	Denise Jones	W45	Unattached	2:40:07
28	Helen Newbery	W45	Unattached	2:40:35
29	Philip Morris	M45	Unattached	2:45:11
30	Andrew Brearley	M45	Unattached	2:48:18
31	Bridge Carter	W55	Unattached	2:49:13
32	Rebecca Stride	W45	Unattached	2:49:57
33	Sylvia Kennaugh	W70+	Isle of Man Veterans AC	2:55:53
34	Deborah Tyrer	W40	Unattached	2:57:40
35	Jack Tyrer	SENM	Unattached	2:57:54
36	Gordon Erskine	M70+	Unattached	3:02:32
37	Mark Byrne	M60	Redcar RWC	3:04:55
38	Dawn Quinney	W55	Unattached	3:09:20
39	Barbara Watt	W40	Unattached	3:14:00
40	Leanne Fernando	W40	Unattached	3:14:00

25th Edition ERWL Successfully Completed

The 25th edition of the ERWL managed a full live programme of twelve fixtures and running alongside it, by request a virtual programme which operated independently, *writes Ron Wallwork*. Participation was meagre totalling less than one hundred, which without any disrespect to those who did take part, saw a drop in the overall standard of the competition. Nevertheless, congratulations not only to the award winners, but to everyone who took part and ensured that the ERWL continues.

Melanie Peddle recorded her first League triumph and George Wilkinson completed a hat-trick of victories. Emma “Dynamic” Dyos and the most improved walker of the year Amalia DaSilva made the podium, and so did Dave Annetts who improved on his third in 2021 and Ilford’s relative newcomer and team leader John Arthur.

Ilford AC who in 2021 dropped out of the top three for only the second time since the League started in 1998, bounced right back with a resounding team win, due in part to the 994 points amassed by John and Shaheda Arthur. Enfield sadly missed stalwarts John Ralph with recurring sciatica and Helen Middleton concentrating on a 100 mile attempt. Without the input of the Leagues’ most prolific medallist Fiona Bishop, relative newcomer Dave Walsh and the persistent W70 Sue Barnett, the promoting club could well have languished in third spot. Belgrave finished in third place for the fourth time and with just one more walker turning out regularly could have been a serious challenger to the top two.

The number of Virtual walkers was, as expected down, but the competition still provided incentive and a link with race walking for those unable to travel or still Covid cautious. Six walkers put in ten or more performances.

The Enfield Race Walking League could not function without officials and volunteers who hail from a number of other southern clubs among them *Abingdon AC, Ashford AC, Belgrave H, Ilford AC, Hillingdon AC, Loughton AC, and Surrey WC*. The ERWL is also indebted to the LICC for including fixtures at its meetings and the hospitality extended by Enfield Town FC. **THANK YOU!**



Peter Cassidy, Ron Wallwork, Elizabeth & Simon Benson, Chris Hobbs, Mark Culshaw, Phil Welch, John Hall, and Pam Ficken

December

Sat. 10 th	A	Alf Palmer Memorial Walks	CANCELLED
Sun. 11 th	B	Midland Winter League #3	Coventry
Sun. 11 th	B	Sarnia WC Hill Climb	Le Val des Torres
Sat. 17 th	B	Lewes AC development Walks	Lewes
Sun. 18 th	A	Cardiff Met Christmas Classic (3000m)	Cardiff
Mon. 26 th	B	Southend Pier Race	Southend-on-Sea
Mon. 26 th	B	Brighton & Hove Boxing Day Walks	Preston Park

January

Sun. 8 th	A	England Athletics Indoor Walks	E.I.S. Sheffield
Sun. 8 th	B	Sarnia Handicap 5	Pleinmont
Sat. 14 th	?	Enfield League N° 1 & Presentations 2022	Donkey Lane
Sat. 22 nd	B	Sarnia Handicap 6 – Track (2000m)	Footes Lane



2022 ERWL League Final Tables

Top 3 after 12 fixtures:

Women		Men	
Melanie Peddle (W50)	591/10	George Wilkinson (U23)	630/10
Emma Dyos (W45)	505/08	David Annetts (M55)	620/09
Amalia Da Silva (W55)	478/09	John Arthur (M60)	566/12

Team Positions after 12 fixtures:

2479 Ilford Athletic Club	990 Loughton Athletic Club
2264 Enfield & Haringey AC	820 Ilford Athletic Club 'B'
1429 Belgrave Harriers	622 Ashford Athletic Club