



Race Walking Record

December 2022



Chris Snook

Reduced his 20km personal best by six minutes in Dublin

Photograph(s) courtesy of James Veale

NEWS

DATES

FOR YOUR DIARY

UKA National 2023 Fixtures

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
17/18 Jun.	EA Under 23 & Under 20 Championships	Chelmsford
24/25 Jun.	Welsh Athletics Senior & U15 Championships	Cardiff
8/9 Jul.	UKA Outdoor Championships	Birmingham
15 Jul.	SIAB Schools International	Scotland
22/23 Jul.	EA Senior Championships	Chelmsford
26/27 Aug.	EA Under 17 & Under 15 Championships	Birmingham
2/3 Sept.	British Masters Outdoor Championships	Derby
16 th Sept.	English Schools Championships	T.B.C.



BRITISH ATHLETICS

SELECTION POLICIES PUBLISHED FOR THE 2023 EUROPEAN UNDER 23 CHAMPIONSHIPS IN ESPOO (FIN)

British Athletics have announced details of the selection policy for the European Under 23 Championships in Espoo, Finland to be held between 13th to 16th July 2023.

The qualification standards are:

Men	Event	Women
1:29:00	20km Walk	1:43:00

- Race Walk performances achieved in road events must be achieved on World Athletics certified courses,
- There will be no specific trial for the U23 20km walks,
- Athletes will be expected to show form/fitness over the 10,000m race-walk at the U23 T & F championships,
- Team will be selected on 19th June 2023.



Race Walks removed from UKA Championships - Update

Following the announcement that the race walks were to be removed from the British indoor and outdoor championships representations were made to the UK Athletics Major Events and International Relations lead Cherry Alexander OBE by Glyn Jones (RWA Chair) on behalf of the RWA and Andi Drake who sits British Athletics Endurance Advisory Panel headed by Jackie Newton and Chris Jones, and as part of this has been asked to lead on strategy for Marathon and Race Walks.

Reproduced below is the email response from Cherry to Glyn:

Hi Glyn

Thanks for getting in touch, not sure why TV has ended up leading this conversation or discussion externally but the main reason ALL programmes are being looked at is to do with the length of timetables and the duration of the officials officiating.

Not sure if you are aware, but UKA has received lots of negative feedback about the length of days for both the indoor and outdoor championships hence how this discussion began. TV did not stimulate the discussion however of course; it is a key part.

I know the Events group are looking at the various options. Already there are a number of disciplines not within the track and field programme, Night of the 10ks, Combined Events will be covered the World Indoor Tour weekend to help alleviate the duration of the timetables and due to UKA finances take the days back to two rather than three so indeed there is a lot to be thought through.

I believe the 5k Race Walks will be included within the World Athletics Tour event in June and of course any inclusion of a Championship events will include the awarding of the Medal plus the appropriate World Ranking points afforded to Nat Champ events.

You may not be aware, but I am one of the strong advocates of RW in my European role and a believer that RW should receive the highest promotion and relevant creative content that all disciplines deserve. For me it is never about under valuing a discipline but showcasing it thoroughly with content driven promotion and results thereafter. With the 5ks included in the Tour even for instance, this will certainly be the case.

I am in the office tomorrow so would appreciate a further exchange with you if your available. Please give me a call if you can, my number is 07803 671 981. We can talk through all the options to get to the best possible place to elevate and promote the Walks. I have also exchanged emails with Tom.

All the best

Cherry

Following Cherry having a conversation with Andi Drake the following email was received:

Hi Glyn,

Not sure if you seen my other email. Since then, I have had a good conversation with Andi D this morning and may have a plan to keep to the original weekend for the indoors.

There needs to be a much wider conversation with the various stakeholders for the outdoors, however.

All good wishes

Cherry

The following email has subsequently been received:

Hi Andi

I have now had chance to look at the timetable for the Race Walk 3km mixed men and women. We can include this in the programme on Sunday 19th February.

Can you confirm we can send invitation to the athletes.

Many thanks

Cherry

Overseas

Irish 20km & 35km Championships, British 35km Championships, Irish Masters 10km Championships plus supporting Age Group Races (World Athletics Race Walking Tour Event - Bronze), Dublin, Ireland (Sun. 18th Dec.)



More than 100 race walkers descended on St. Anne's Park, Raheny, Dublin for the World Athletics Race Walking Tour Event which doubled as the Irish National Championships and the British 35km National Championships.

The races drew plenty of attention ahead of the World Championships, which will take place in Budapest 2023. With the new qualification system having been introduced over recent years, athletes must either secure a qualification time or accumulate points from various world tour events and secure sufficient points to rank them in the top fifty.

The fields included ten British race walkers. Callum Wilkinson made his debut over 35km claiming fourth place overall in 2:43.42 and won the British 35km title.

In the 20km, a great walk by Chris Snook who reduced his personal best from 1:33:54 to 1:27:56 for the second fastest time by a Brit in 2022 and moved to 28th on the all-time list. There were new personal bests for Luc Legon of 1:34:52 (*previous 1:37:01*) and Abigail Jennings with 1:46:19 (*previous 1:49:29*) to move to 25th on the all-time list. Solid debuts for Matthew Crane (1:38:30) and Emily Ghose (2:00:10).



Luc Legon – Abigail Jennings

Three British juniors contested the 10km. Christian and Hannah Hopper have both had injury problems so were a little below their best. Hannah finished in 2nd place in the junior women's race with 54:06 and younger brother Christian 3rd junior man with 52:28.

Jonathan Ellerton made his debut over 10km with a 57:40 clocking.

Men's 35km

Pos	Athlete	Nation	Perf	Notes
1	Aurélien QUINION	FRA	2:39:05	
2	Nick CHRISTIE	USA	2:41:03	
3	Carl DOHMANN	GER	2:41:31	
4	Callum WILKINSON	GBR	2:43:42	Debut
5	Mattéo DUC	FRA	2:44:55	
6	David KUSTER	FRA	2:46:21	
7	David TOKODI	HUN	2:49:45	
8	Joe MOONEY	IRL	2:52:33	
9	Jerome CAPRICE	MRI	2:58:20	
	Perseus KARLSTRÖM	SWE	DNF	

Women's 35km

Pos	Athlete	Nation	Perf	Notes
1	Mayara VICENTAINER	BRA	3:08:28	
2	Kate VEALE	IRL	3:09:41	
3	Mária CZAKOVÁ	SVK	3:17:55	

Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	Veli-Matti PARTANEN	FIN	1:24:22	
2	Oisín LANE	IRL	1:25:60	
3	Chris SNOOK	GBR	1:27:56	PB
4	David KEENY	IRL	1:28:55	
5	Nick CHRISTIE	USA	1:29:20	*
6	Aurélien QUINION	FRA	1:30:42	*
7	Perseus KARLSTRÖM	SWE	1:30:51	*
8	Carl DOHMANN	GER	1:31:03	*
9	Callum WILKINSON	GBR	1:32:23	*
10	Joe MOONEY	IRL	1:33:42	*
11	Matthew GLENNON	IRL	1:33:58	
12	David KUSTER	FRA	1:34:47	*
13	Luc LEGON	GBR	1:34:52	PB
14	David TOKODI	HUN	1:34:58	*
15	Mattéo DUC	FRA	1:35:14	*
16	Albert TULET	DOM	1:38:12	
17	Matthew CRANE	GBR	1:38:30	Debut
18	Jerome CAPRICE	MRI	1:39:10	*
19	Ryan ROBERTS	IRL	2:17:30	

* on route to 35km

Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Saskia FEIGE	GER	1:33:29	
2	Clémence BERETTA	FRA	1:34:25	
3	Noelia VARGAS	CRC	1:38:33	
4	Abigail JENNINGS	GBR	1:46:19	PB
5	Kate VEALE	IRL	1:48:06	*
6	Mayara VICENTAINER	BRA	1:48:37	*
7	Mária CZAKOVÁ	SVK		*
8	Emily GHOSE	GBR	2:00:10	Debut
9	Eva DELAHUNT	IRL	2:06:07	
10	Ruth MONAGHAN	IRL	2:18:28	

* on route to 35km

Junior Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Jake O'BRIEN	IRL	45:20	
2	Andrew GLENNON	IRL	48:40	
3	Christian HOPPER	GBR	52:28	
4	Jonathan ELLERTON	GBR	57:40	Debut

Junior Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Aisling LANE	IRL	53:51	
2	Hannah HOPPER	GBR	54:06	
3	Maeabh O'CONNOR	IRL	56:13	
4	Ciara WILSON BOWEN	IRL	56:47	
5	Eabha DE FAOITE	IRL	58:55	
6	Siobhan DOHERTY	IRL	59:51	

Domestic 'A' Races

Cardiff Met Christmas Classic, Cardiff Indoor Arena
(Sun. 18th Dec.)



A routine win for GB & NI International Bethan Davies in a season's best of 13:17.48.

Mixed Indoor 3000m

Pos	Athlete	AG	Club	Perf.
1	Bethan Davies	SENW	Cardiff A.A.C.	13:17.48 [SB]
2	Megan Stratton-T	U23W	Swansea Harriers	15:39.91
3	Ian Torode	M65	Birchfield Harriers	19:29.36
	Stevie Noubissi	SENW	Uni. of West of England	DQ TR 54.7.3

Domestic 'B' Races

Brighton & Hove AC Boxing Day Races, Preston Park
(Mon. 26th Dec.)

On a crisp and sunny Monday morning, the revived Boxing Day road races in Preston Park attracted nearly one hundred athletes and fundraised £330 for the Clock Tower Sanctuary in Brighton.

This was not a bad result, as confirmation that the races would go ahead for the first time in three years came just a few weeks before Christmas. This was after the "Lockdown" break, and it will take a few years for the numbers to build up to the usual two hundred competitors.

Originally, in 1932, the races were confined to race walkers, and it was not until 1952 that runners were involved.

The walkers' 5-mile race was first off, and it produced a fine three-way battle for the 4-lap race with penalties, an occupation for race walkers, actually deciding the final positions.



David Kemp – Ian Torode – Trevor Jones

Sixty-five-year-old Trevor Jones from Steyning, who has recently returned to racing after a long period of injury, proved the winner by escaping penalties in 52:56. Birchfield Harriers Ian Torode, was second clocking 53:06, after losing 30 seconds and David Kemp was also deducted half a minute came third in 53:24.

Former British women's 10,000m record holder Julie Drake returned to race walking but only completed three of the four laps. She is now in her fifties, and race walking is a pretty tough discipline that needs constant training. However, she has lost little of her technique and style.

Unfortunately, a heavy cold and chest infection prevented Ron Penfold from Steyning, who had made approx. fifty appearances, from participating in the race this year.

4 Laps (5.5 miles)

Pos	Athlete	AG	Club	Perf.
1	Trevor Jones	M65	Steyning Athletic Club	52:56
2	Ian Torode	M65	Birchfield Harriers	53:06
3	David Kemp	M60	Arena 80	52:54
4	David Hoben	M70	Surrey Walking Club	63:11

3 Laps (4.125 miles)

Pos	Athlete	AG	Club	Perf.
1	Julie Drake	W50	Arena 80	50:03
2	Michael George	M50	Hove Hornets	50:05



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

	£25.00	£15.00	£10.00
Jan.23	Julie Drake	Nolan Simmons	John C May

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



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 – 5 Miles	Donkey Lane
Sun. 22 nd	A	Manx Winter League 4	N.S.C. Douglas
Sun. 22 nd	B	Sarnia Handicap 6 – Track (2000m)	Footes Lane
Sun. 29 th	B	Midland Winter League	Coventry

February

Sat. 4 th	B	Steyning Open 15/10/5km	Steyning
Sat. 4 th	B	Sam Shoebottom Trophy 10km	Simister
Sat. 11 th	?	Enfield League N° 2 – 5 Miles	Donkey Lane
Sun. 12 th	A	SCVAC Indoor Championships – 3000m	Lee Valley
Sun. 12 th	B	Sarnia WC Handicap 7	Cambridge Park
Sat. 18 th	A	BMAF Indoor Championships – 3000m	E.I.S. Sheffield
Sat. 25 th	A	Murray Lambden Open Meeting	N.S.C. Douglas
Sun. 26 th	A	Masters Inter-Area Indoor Match – 2000m	Lee Valley

March

Sat. 4 th	A	EA Winter Race Walk Championships	Coventry
Sat. 4 th	B	Lancs WC – Alison Trophy 15km	Chorley
4 th /5 th	A	Essex & Eastern Indoor Championships	Lee Valley
Sat. 18 th	?	Enfield League N° 3 – 5 Miles	Donkey Lane
27 th – 31 st	A	World Masters Indoor Championships	Torun (POL)

