



Race Walking Record

April 2023



Christopher Snook – Erika Kelly



Ellin Wilson – Timothy Perry – Ellis Simmonds



Mia Dunwell – Jonathan Ellerton

RWA National 10km & Young Age Group Champions 2023

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

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 th Feb.	British Masters Indoor Championships	E.I.S. Sheffield
19 th Feb.	UKA Indoor Championships	Birmingham
4 th Mar.	EA Winter Race Walk Championships	Coventry
12 th Mar.	EA Under 17 & Under 15 Indoor Walks	Cancelled
16 th Apr.	RWA Senior/U20 10k & YAG Championships	Coventry
10 th Jun.	British Grand Prix of Race Walking	Leeds Beckett
17/18 Jun.	EA Under 23 & Under 20 Championships	Chelmsford
24/25 Jun.	Welsh Athletics Senior & U15 Championships	Cardiff
9 Jul.	UKA Outdoor Championships	Manchester
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	Bedford.

New Olympic race walking event revealed

World Athletics and the International Olympic Committee have agreed on the format for the new race walking team event that will make its debut at the Paris 2024 Olympic Games.

The Marathon Race Walk Mixed Relay will feature 25 teams, each comprising one male and one female athlete, who will complete the marathon distance (42.195km) in four legs of approximately equal distance.

Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

The marathon distance was selected because of its existing popularity in athletics and link to the traditions of the Olympic Games.

The event will be held on the same course as the individual race walking events, at the foot of the Eiffel Tower in central Paris, and will be completed in about three hours. The requirement of each athlete to complete two legs, will add an endurance component to the race.

The team qualification pathway for this new event will be published shortly.

World Athletics CEO Jon Ridgeon said: "We're excited to have another mixed relay on the Olympic programme to showcase the skills of both our female and male athletes in one event. This format is designed to be innovative, dynamic, and unpredictable. We believe it will be easily understood by fans, will feature exciting competition and, importantly, it will ensure full gender equality across the Olympic track and field programme for the first time."

The Marathon Race Walk Mixed Relay will be held on Wednesday 7 August 2024 at 7.30am, six days after the individual 20km race walking events launch the Paris Olympic athletics programme on Thursday 1 August.



The British Grand Prix of Race Walking including the England Athletics Senior & Under 23 20,000m Championships and Under 20 10,000m Championships will be held at the Leeds Beckett University Athletics Centre at 4:00 PM on Saturday 10th June 2023. Please note, these are **TRACK** races. Entry via: [Roster Athletics](#) by 4pm on 6th June.

International

2nd Korzeniowski Warsaw Race Walking Cup (Sun. 23rd Apr.)



Senior Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	Caio BONFIM		BRA	1:19:42
2	Brian Daniel PINTADO		ECU	1:19:57
3	Isaac PALMA		MEX	1:22:47
4	Ever Jair PALMA OLIVARES		MEX	1:22:48
5	Kevin CAMPION		FRA	1:23:12
6	César Augusto RODRÍGUEZ		PER	1:24:33

7	Tukasz NIEDZIAŁEK		POL	1:24:53
8	Maher BEN HLIMA		TUN	1:25:01
9	Georgiy SHEIKO		KAZ	1:26:48
10	Artur BRZOZOWSKI		POL	1:28:47
	Christopher SNOOK		ENG	DNF

33 started; 7 DNF; 3 DQ

Senior Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Kimberly GARCÍA LEÓN		PER	1:30:16
2	Erica SENA		BRA	1:30:19
3	Saskia FEIGE		GER	1:31:25
4	Johana ORDÓÑEZ		ECU	1:34:09
5	Magaly BONILLA		ECU	1:34:19
6	Mar JUÁREZ		ESP	1:34:37
7	Gabriela DE SOUSA		BRA	1:35:37
8	Olga CHOJECKA		POL	1:36:02
9	Heather WARNER		WAL	1:36:04
10	Monika VAICIUKEVIČIŪTĖ		LTU	1:39:23
11	Bethan DAVIES		WAL	1:39:38
15	Abigail JENNINGS		ENG	1:48:09

24 started; 5 DNF

Under 20 Women's 10km

Pos	Athlete	Nation	Perf	Notes	
1	Viktorii DIZHAK		UKR	51:54	
2	Izabela KRZYŻANOWSKA		POL	52:24	
3	Emilia WIŚNIEWSKA		POL	53:27	
4	Gracie GRIFFITHS		WAL	53:30	PZ
5	Aisling LANE		IRL	54:44	
6	Marta ZASADA		POL	54:51	
7	Kinga TOMASIK		POL	55:09	
8	Meabh O'CONNOR		IRL	55:51	
9	Ewelina CYMBALIŃSKA		POL	56:27	
10	Paulina WOJTCZAK		POL	58:40	

13 started

National ChampionshipsRace Walking Association 10k & Young Age Group Championships, University of Warwick (Sun. 16th Apr.)**Senior Men's 10k**

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	43:07 [PB]
2	Guy Thomas	SENM	Tonbridge Athletic Club	44:27
3	Cameron Corbishley	SENM	Medway & Maidstone AC	46:05
4	Tom Partington	SENM	Manx Harriers	47:08
5	Neil Wade	SENM	Manx Harriers	52:50 [PB]
6	Steve Uttley	M65	Ilford Athletic Club	60:50

Senior Women's 10k

Pos	Athlete	AG	Club	Perf.
1	Erika Kelly	SENW	Northern (IOM) AC	51:56
2	Abigail Jennings	SENW	Aldershot Farnham & D.	53:04
3	Pagen Spooner	U23W	Hyde Park Harriers	53:31 [PB]
4	Jasmine Nicholls	SENW	Leicester Walking Club	56:42 [PZ]
5	Grazia Manzotti	W50	Tonbridge Athletic Club	56:57
6	Carolyn Derbyshire	W45	Nuneaton Harriers	63:52
	Penelope Cummings	W45	Herne Hill Harriers	DNF
	Emily Ghose	SENW	Tonbridge Athletic Club	DNF
	Susan Davies	W55	Aldershot Farnham & D.	DNF

U20 Men's 10k

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	56:17 [PB]

U20 Women's 10k

Pos	Athlete	AG	Club	Perf.
1	Mia Dunwell	U20W	Northern (IOM) AC	55:45
2	Jessica Wilton	U20W	Ashford Athletic Club	57:59

U17 Men's 5km

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U17M	Derbyshire & S. York. Hs	26:34

U13 Boys 2k

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U13B	Northern (IOM) AC	10:48

U13 Girls 2k

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U13G	Ashford Athletic Club	11:24
2	Aimee Thursfield	U13G	Wolv. & Bilston AC	14:04
3	Tafara Nyoni	U13G	Aldershot Farnham & D.	15:20 [PB]

Isle of Man 10,000m Track Championships and Supporting Junior 2000m, N.S.C. Douglas (Mon. 26th Apr.)**10,000m**

Pos	Athlete	AG	Club	Perf.
1	Erika Kelly	SENW	Northern (IOM) A.C.	49:41.9 [SB]
2	Neil Wade	SENM	Manx Harriers	52:11.4 [PB]
3	Mia Dunwell	U20W	Northern (IOM) A.C.	54:31.3 [PB]

2000m

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U13B	Northern (IOM) A.C.	10:27.0
2	Lilee Fletcher	U13G	Manx Harriers	10:50.9
3	Jay Jay Fletcher	U11B	Manx Harriers	12:26.0

Domestic 'A' Judged Races**Tonbridge AC Easter Open, Tonbridge Sch. (Mon. 10th Apr.)**

Tonbridge Athletic Club hosted their traditional Norman Fowler Memorial Easter Open Meeting, which attracted around four hundred entries, from across the range of track and field events on offer, including thirteen for the combined 3000m and 2000m walks. After fine weather over the Easter weekend, heavy rain and strong crosswinds descended on Tonbridge School track for much of the day, although there were still some good early season performances.



Emily Ghose - Jessica Wilton - Jonny Ellerton - Hannah Hopper

Hannah Hopper won the 3000 meter race walk, how she pleased, clocking 15:07.78s and significant improvements in their personal bests were recorded by Jonny Ellerton (15:29.57s) and Jess Wilton (15:32.10s).

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23W	Cambridge Harriers	15:07.78
2	Jonathan Ellerton	U20M	Blackheath & Bromley	15:29.57 [PB]
3	Jessica Wilton	U20W	Ashford Athletic Club	15:32.10 [PB]
4	Emily Ghose	SENW	Tonbridge Athletic Club	16:11:33

5	Grazia Manzotti	W50	Tonbridge Athletic Club	16:24.28
6	Melanie Peddle	W50	Loughton Athletic Club	16:27.86
7	Penelope Cummings	W45	Herne Hill Harriers	17:47.80
8	Mark Ashby	M60	Cambridge Harriers	18:09.45
9	Matthew Ellerton	M45	Blackheath & Bromley	18:10.72 [PB]
10	Colin Harle	M60	Belgrave Harriers	18:13.43

Under 13 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U13G	Ashford Athletic Club	11:35.87 [PB]
2	Tafara Nyoni	U13G	Aldershot Farnham & D.	16:01.53 [PB]
3	Grace Andrews	U13G	Aldershot Farnham & D.	18:08.91

Somerset Schools Championships, Yeovil (Sun. 30th Apr.)

Sunday 30th April turned out to be a wet afternoon in Yeovil for the Somerset Schools 3000m and 5000m race walking championships, **reports Andrew Clough**. There were six entries, mostly from Brymore Academy, with one each from Wellington and Taunton. Sadly only three of these toed the line.

Ben Sawyer in his first judged event literally walked over in the shorter race with a time of 26:18.42. Aidan Crispin and Cameron Howe both competed at Bedford in the ESAA Championships and renewed acquaintance here in the longer race. Aidan immediately hit the front and was an easy winner in 33:54.47 with a clean sheet from the judges. Cameron suffered with bent knees as he tired in the middle section of the race, being cautioned and receiving a single card. He recovered his form and came home with a time of 35:31.19.

The SW Schools Championships, also at Yeovil, beckon on Sunday 25th June. It is hoped that more students will enter to join these three. From there it is possible that they may proceed to the ESAA Championships at Bedford in September.

Junior Boys 3000m

Pos	Athlete	AG	Club	Perf.
1	Ben Sawyer	U15B	Somerset Schools	26:18.42

Intermediate Boys 5000m

Pos	Athlete	AG	Club	Perf.
1	Aidan Crispin	U17M	Somerset Schools	33:54.47

Senior Boys 5000m

Pos	Athlete	AG	Club	Perf.
1	Cameron Howe	U20M	Somerset Schools	35:31.19

**2023 Sutcliffe Park Track & Field Night, inc. BMC & Walk**

3000m Race Walk (U15+) - Wednesday 24th May 2023 @ 6.30pm

Sutcliffe Park Sports Centre, Eltham Road, SE9 5LW

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

Closing date for entries Midnight on 20th May 2023

For more information contact Noel Carmody (noel.carmody@outlook.com)

200 club

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

	£25.00	£15.00	£10.00
May. 23	Steve Wynn	Ann Perry	Peter Cassidy

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

**Enfield Race Walking League, Donkey Lane (Sat. 29th Apr.)****Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts R.R.	49:27
2	Stephen Crane	M40	Surrey Walking Club	51:31
3	Jessica Wilton	U20W	Ashford Athletic Club	55:48 [PB]
4	Grazia Manzotti	W50	Tonbridge Athletic Club	56:45 [PB]
5	Melanie Peddle	W50	Loughton Athletic Club	58:17
6	Stefano Zennaro	M50	Belgrave Harriers	62:12
7	Mark Culshaw	M55	Cambridge Harriers	65:07
8	Stuart Bennett	M65	Iford Athletic Club	65:47
9	Sue Barnett	W70	Enfield & Haringey AC	71:14
10	John Arthur	M60	Iford Athletic Club	71:16
11	Fiona Bishop	W60	Woking Athletic Club	77:45

6km

Pos	Athlete	AG	Club	Perf.
1	Noel Blatchford	W70	Abingdon Athletic Club	43:45

5km

Pos	Athlete	AG	Club	Perf.
1	Shaheda Arthur	W60	Iford Athletic Club	56:34

Hampshire Championships, Portsmouth (Mon. 1st May)

Fourteen entrants at the Hampshire Championships held at the Mountbatten Stadium, Portsmouth. Chris Snook broke the 36 year old championship best performance held by Jimmy Ball since 1987 with a time of 12:03.8.

Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENW	Aldershot Farnham & D.	12:03.8 [CBP]
2	Wai Tak Cheung	M45	Stubbington Green R.R.	14:45.3
3	David Mitchell	M50	Southampton A.C.	18:08.1
4	Keith Vallis	M55	Overton Harriers	19:20.1
5	Nicholas Fleeman	M60	Winchester & District AC	19:49.8
6	Ian Jennings	M50	Aldershot Farnham & D.	19:52.7
7	Mark Pocock	M45	Southampton A.C.	21:23.6
8	Derek Smith	M65	Winchester & District AC	21:59.2

Women's 3000m

Pos	Athlete	AG	Club	Perf.
G	Abigail Jennings	SENW	Aldershot Farnham & D.	14:43.1
1	Sue Davies	W55	Aldershot Farnham & D.	20:47.3
2	Katherine Smith	W55	Aldershot Farnham & D.	20:51.1

U20 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Natasha Mitchell	U20W	Southampton A.C.	18:18.3

U17 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Lola-Mae Billingham	U17W	Aldershot Farnham & D.	17:43.6

U13 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Grace Andrews	U13G	Aldershot Farnham & D.	15:18.8 [PB]



Carolyn Derbyshire and Dash Newington tackled the younger women's race, recording 63:18 and 65:10 respectively, seeing them finish just minutes apart. Derbyshire ninth in a highly competitive W45 field, as Newington's efforts saw her take the W35 bronze, improving by one position on her result from 3000m track walk.

Ian Richards was disqualified in the M70 walk that followed, picking up three red paddles for a bent knee, a fate also suffered by M65 Paul Hawkins in the M55-65 race.

David Annetts and Ian Torode made it to the finish, however, the latter placing 12th in the M65s with a time of 68:22.

The M55 podium from the indoor 3000 metre walk repeated itself, the British champion's 48:22 placing him second behind Miguel Angel Carvajal Ortega of Spain.

W35 – W50 10km (31st March)

Pos	Athlete	Nation	Perf	Notes
1	Grace Wanjiru Njue	KEN	51:37	W40-1 SB
2	Maria Marcos Valero	ESP	51:50	W40-2 SB
3	Valeria Molner Birone	HUN	52:29	W45-1 SB
4	Bianca Schenker	GER	52:45	W45-2 SB
5	Anna Savarese	ITA	55:25	W50-1 SB
6	Sinead McConnell	IRL	56:08	W50-2 SB
7	Valerie Boban	FRA	56:38	W50-3 SB
8	Brit Schroter	GER	56:44	W45-3 SB
9	Laurence Sina	FRA	56:52	W50-4 SB
10	Isabel Perez Belloch	ESP	57:08	W40-3 SB
11	Eva Cuga	SVK	57:33	W45-4 SB
12	Elodie Varoquier	FRA	58:26	W35-1 SB
26	Carolyn Derbyshire	GBR	63:18	W45-9 SB
29	Dash Newington	GBR	65:10	W35-3 SB

64 started: 1 DQ

M70+ 10km (31st March)

Pos	Athlete	Nation	Perf	Notes
1	Jose Lopez Camarena	MEX	57:31	M70-1 SB
2	Patrice Brochot	FRA	59:22	M70-2 SB
3	Jurgen Albrecht	GER	61:51	M70-3 SB
4	Eltorino Formentin	ITA	63:51	M75-1 SB
5	Jiri Janousek	CZE	64:47	M70-4 SB
6	Sean McMullen	IRL	66:12	M75-2 SB
7	Edward Golebiewski	POL	66:15	M70-5 SB
8	Reinhard Langhammer	GER	66:15	M70-6 SB
9	Luigi Giannuzzi	ITA	66:48	M70-7 SB
10	David Essenberg	USA	67:02	M70-8 SB
11	Stefan Lehmann	GER	67:12	M70-9 SB
12	Norman Frable	USA	67:16	M75-3 SB
	Ian Richards (M70)	GBR	DQ	TR54.7.1

46 started: 9 DQ

M55-M65 10km (31st March)

Pos	Athlete	Nation	Perf	Notes
1	Miguel Carvajal Ortega	ESP	47:58	M55-1 SB
2	David Annetts	GBR	48:22	M55-2 SB
3	Phillipe Bonneau	FRA	48:52	M55-3 SB
4	Miguel Perianez Garcia	ESP	49:56	M60-1 SB
5	Rodrigo Moreno Munar	COL	51:35	M55-4 SB
6	Remco De Bruin	NED	52:32	M55-5 SB
7	David Swarts	USA	52:48	M55-6 SB
8	Jean-Marie Greaupe	FRA	52:56	M60-2 SB
9	Edoardo Alfieri	ITA	54:18	M65-1 SB
10	Uwe Schroter	GER	54:36	M60-3 SB
11	Francis Gauze	FRA	54:58	M60-4 SB
12	Leszek Behounek	POL	55:22	M60-4 SB
50	Ian Torode	GBR	68:22	M65-12 SB
	Paul Hawkins (M65)	GBR	DQ	TR54.7.1

64 started: 5 DQ: 1 DNF

Domestic 'B' Judged Races

Vets AC Summer Series, Battersea Park (4th Apr.)

The first of the regular Battersea Park races had an average field in perfect weather, the number of paid entries was the highest for some time. There was plenty of sunshine and little wind.

The men's winner was Dave Annetts with a new personal best, who had achieved two silver medals for his age group at the World Masters in Torun Poland only a few days earlier.

VAC were pleased to welcome back Mark Culshaw and Stefano Zennaro back to the start line after a long absence and look forward to many more appearances from both.

In particular Fiona Bishop gave a good account of herself only two days after her performance in a very cold Paris, and Lesley Morris achieved a good time considering her fractured arm sustained at an Enfield meeting a few weeks earlier.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	N Herts Road Runners	22:58
2	Stefano Zennaro	M50	Belgrave Harriers	30:04
3	David Walsh	M60	Enfield & Haringey AC	30:12
4	Maureen Noel	W55	Belgrave Harriers	31:12
5	Mark Culshaw	M55	Unattached	31:23
6	Stuart Bennett	M60	Ilford Athletic Club	31:51
7	Fiona Bishop	W60	Woking Athletic Club	33:20
8	Lesley Morris	W60	Ilford Athletic Club	37:04
9	David Hoben	M70	Surrey Walking Club	39:11
10	Christopher Flint	M75	Surrey Walking Club	39:37

2nd South Yorkshire League, Millhouses Park (Thur. 20th Apr.)

Ben Heley returned to this series of handicap races for the first time since lockdown, *reports Brian Adams*, a lot taller now and with some regular training behind him, he soon showed that he was in good form, finishing well ahead of Ellis Simmonds. This was not a close race, around a minute between each of the four finishers. Ellis, the newly crowned RWA U17 Champion was by far the fastest in the race, 14 seconds faster than his PB from last month, but was unable to close in on Ellis. Meghan Walmsley tackled 2km for the first time, finishing 3rd.

Pos	Athlete	AG	Club	Watch/Actual
1	Ben Heley	U17M	2DASH	29:42/17:05 (3k)
2	Ellis Simmonds	U17M	2DASH	30:54/15:03 (3k)
3	Meghan Walmsley	U13G	Westways School	31:38/15:17 (2k)
4	Tony Bell	M60	Lancashire WC	34:04/34:04 (5k)

UP COMING EVENTS

May

Sat. 6 th	B	Lancs WC Dave Compton Memorial 7m	Corley
Sun. 7 th	B	Sarnia Road Walk – 3km	Vale
Tue. 9 th	B	Veterans AC Summer Series	Battersea Park
Sun. 14 th	A	Kent County Championships	Bromley
Sun. 21 st	B	Sarnia WC Sean Pender Handicap	Footes Lane
Wed. 24 th	A	Cambridge Harriers Open 3000m	Eltham
Tue. 29 th	B	South Yorkshire League #3	Sheffield

June

Sun. 4 th	B	Cecil Gittens Memorial Walk	Gravesend
Tue. 6 th	B	Veterans AC Summer Series	Battersea Park
Sat. 10 th	A	British Grand Prix of Race Walking	Leeds Beckett
Sat. 10 th	B	Lancs W.C. R. & Z. Smith Trophy	Bury Track
Sun. 11 th	B	Sarnia Road Walk 10k/5k	Delancey Park
Thu. 15 th	B	South Yorkshire League #4	Sheffield
Sun 18 th	A	England Athletics Championships	Chelmsford
Sun 18 th	A	Horwich Festival/BMAF Championships	Bolton Arena