



Race Walking Record

May 2023

European Race Walking Team Championships Podebrady (CZE) – 21st May 2023



Bethan Davies

14th in 35km in 3:00:13

Heather Warner

26th in 20km in 1:38:13





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.



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

	£25.00	£15.00	£10.00
June. 23	Bill Sutherland	Helen Elleker	Michael George

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



Marathon Race Walk Mixed Relay – The Specifics!

Further to the approval and announcement of the new Marathon Race Walk Mixed Relay, a specific Working Group with representation from athletes, coaches, judges and Member Federations was appointed to discuss the detailed format of the new event and the qualification pathway of the 25 teams to Paris 2024. Council was presented with the following recommendations which were approved:

Qualification pathway to Paris 2024

- The Marathon Race Walk Mixed Relay will replace the 35km at the 2024 World Athletics Race Walking Team Championships in Antalya (TUR).
- The Top 22 finishing teams in Antalya will qualify automatically for Paris.
- Up to 5 of these 22 teams can be from a second team of the same country (NOC).
- 3 additional teams (which cannot be from a country already qualified from Antalya 2024) will qualify through the Marathon Race Walk Mixed Relay top performance lists in the qualification period (31/12/2022 - 30/06/2024).
- To be considered for qualification purposes, these Marathon Race Walk Mixed Relay events must comply with the following:
 - Be held on a World Athletics Certified Course.
 - Minimum three International or Area Race Walking Judges must officiate at the competition.
 - Minimum two international teams, representing at least two countries, must compete in the race.
 - Each athlete must walk a minimum of 20km between their two legs. *For information, in Paris, the 4 legs (M+W+M+W) will be: 11.45km, 10km, 10km, 10.745km.*
 - Be conducted at a competition which is published on the World Athletics Global Calendar.

Member Federations and / or other governing bodies interested in staging a Marathon Race Walk Mixed Relay as a qualification opportunity for Paris 2024 are invited to contact our Competitions Department (competition@worldathletics.org) for more details.

Judging

This is a new event which is based on team participation only. It is also an event over 10km legs which, due to the fast pace, could make proper and consistent judging challenging. The priority is to allow every team to finish while ensuring that no team gets an advantage by walking irregularly and therefore time penalties will replace disqualifications in case of additional red cards for the team.

The judging for this event, which will also be implemented in Antalya 2024 and in Paris 2024, will be according to the following principles:

- Judging will be on a Team / NOC basis rather than on the individual athlete.
- No athlete / team can be disqualified based on poor race-walking technique and therefore red cards will not lead to DQ but, rather, to additional time penalties as follows:
 - 3 red cards for the team = 3 min penalty
 - 4th red card for the team = 4 min cumulative penalty (1 additional minute)
 - 5th red card for the team = 5 min cumulative penalty (1 additional minute)
 - Etc.

To note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

World Athletics reserves the right to review all aspects of this event including judging, after Antalya 2024.

European Race Walking Team Championships, Podedbrady (CZE) (Sun. 21st May)

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

(Reports source = VRWC Newsletter – Heel & Toe)

Sunday 21st May was the biggest day in the 2023 European race-walking calendar, with the European Race Walking Team Championships in Podedbrady (CZE). A huge meeting with 20km 35km and U20 10km and open to all the European countries except for Russia and Belarus.



The day got underway with the men's and women's 35km, combined as one event, and starting at 7:30am.



Senior Women's 35km provided the highlight of the meeting, when Maria Perez broke the women's 35km race walk world record by an impressive 29 seconds, eclipsing the record set by Peru's double world champion Kimberly Garcia in Dudince in March, breaking the tape in 2:37:15. "It is a nice feeling to finish the race and the time is a big reward," said Perez. "I did not think of any time or any special target before the start, I just wanted to finish the best I could. So, the record time was definitely not my goal today. I am happy to do my best and I am glad to see that race walk can be attractive and can attract such

great crowds like in Podedbrady." Perez's gold medal was never in doubt from the first 200m of the race and she strolled home to eclipse second place by more than eight minutes. After a 9:35 split through 2km, she was leading many of the men following a combined race start. By 4km, Perez was lapping some of the back markers in the women's field. Chasing the Spaniard – if you can call it that – were her teammates Raquel Gonzalez and Cristina Montesinos, plus Italy's Federica Curiazzi, who by 6km were 47 seconds down. A lap later it was 59 seconds and growing to widen just about every one of the remaining 28 laps. Everyone else was more than two minutes in arrears. Perez reached 10km in 46:17, 1:31 ahead of her two compatriots, with Curiazzi dropping off the back by seven seconds. By 19km, the leader had lapped fourth-placed Curiazzi. She then went through 20km in 1:30:59 – a time that would have placed her sixth in the women's 20km event in Podedbrady – and another kilometre later she had lapped the entire field. Meanwhile, in the race for second, Gonzalez had opened up an 11-second lead over Montesinos. But Montesinos gave it one spirited last go over the final lap and closed the gap to finish second in 2:45:58 to Gonzalez's 2:45:42. For Montesinos, the performance was a PB of more than four minutes. Curiazzi also set a PB, finishing fourth in 2:49:39, while her fellow Italian Nicole Colombi was fifth in 2:52:13, yet another personal best.

Bethan Davies (GBR) went through 20km in 1:40:54 after consistent 5km splits saw her sit in 11th position. Three athletes would move past the Welsh athlete in the closing stages of the race, but she held her composure to finish in the third fastest time of her career.

Senior Women's 35km

Pos	Athlete	Nation	Perf	Notes
1	María PÉREZ	ESP	2:37:15	WR
2	Raquel GONZÁLEZ	ESP	2:45:42	SB
3	Cristina MONTESINOS	ESP	2:45:58	PB
4	Federica CURIAZZI	ITA	2:49:39	PB
5	Nicole COLOMBI	ITA	2:52:13	PB
6	Inês HENRIQUES	POR	2:53:14	SB
7	Vasylyna SYDORCHUK	UKR	2:54:35	PB
8	Kyriaki FILTISAKOU	GRE	2:55:00	SB
9	Paula JUAREZ	ESP	2:55:14	PB
10	Alina TSVILII	UKR	2:55:39	PB
11	Rita RÉCSEI	HUN	2:57:42	PB
12	Ana Veronica, RODEAN	ROU	2:59:18	NR
13	Valentyna, NAIIVKO	UKR	2:59:45	SB
14	Bethan DAVIES	GBR	3:00:13	SB
15	Bianca Maria DITTRICH	GER	3:00:55	PB
16	Sara VITIELLO	ITA	3:01:18	
17	Mária KATERINKA CZAKOVÁ	SVK	3:02:29	
18	Austėja KAVALIUSKAITĖ	LTU	3:08:03	
19	Sofia ALIKANIOTI	GRE	3:09:21	PB
20	Efstathia KOURKOUTSAKI	GRE	3:10:50	SB
21	Tereza ĎURDIAKOVÁ	CZE	DNF	
22	Lidia BARCELLA	ITA	DNF	
23	Anett TORMA	HUN	DQ (54.7.5)	
24	Anne VAN ANDEL	NED	DQ (54.7.5)	

Senior Men's 35km saw Spaniard Alvaro Martin lead from gun to tape, but he did not have it his own way. Passing the 10km in 41:27 and the 20km in 1:22:56, he had now forged an 18 second lead over French walker Aurelien Quinion, with a further 36 seconds back to the next chasers. By 25km, Quinion has reduced the gap to 12 seconds, and it now looked like a fascinating last 10km. But it was all to unravel a few minutes later for the Frenchman when the judges sent him to the penalty area for the regulation 3:30, effectively ending his quest for the podium. This now meant that Martin was able to storm home unopposed with a Spanish record of 2:25:58. Christopher Linke finished the stronger of the chasers, claiming silver with a German record of 2:27:05, ahead of Spaniard Miguel Ángel Lopez in third with 2:27:33. Quinion still came home in fourth place with 2:29:32, a bittersweet result for him. That meant that five of the first six medals had gone to Spain – just about a complete whitewash.

Senior Men's 35km

Pos	Athlete	Nation	Perf	Notes	
1	Álvaro MARTÍN		ESP	2:25:35	NR
2	Christopher LINKE		GER	2:27:05	NR
3	Miguel Ángel LÓPEZ		ESP	2:27:33	SB
4	Aurélien QUINION		FRA	2:29:32	PZ, SB
5	Andrea AGRUSTI		ITA	2:30:16	PB
6	Riccardo ORSONI		ITA	2:30:38	PB
7	Carl DOHMANN		GER	2:31:16	SB
8	Marc TUR		ESP	2:32:06	
9	Ihor HLAVAN		UKR	2:32:50	SB
10	Jakub JELONEK		POL	2:34:21	PB
11	Artur BRZOZOWSKI		POL	2:34:41	PB
12	Stefano CHIESA		ITA	2:34:46	
13	Ivan BANZERUK		UKR	2:34:52	SB
14	Valeriy LITANYUK		UKR	2:35:46	SB
15	Manuel BERMÚDEZ		ESP	2:35:46	SB
16	Narcis Stefan MIHĂILĂ		ROU	2:37:23	NR
17	Michele ANTONELLI		ITA	2:38:06	SB
18	Ioannis KAFKAS		GRE	2:40:53	PB
19	Bence VENYERCSÁN		HUN	2:40:58	
20	Hugo ANDRIEU		FRA	2:41:33	PB
21	Anton RADKO		UKR	2:42:02	
22	Marius Iulian COCIORAN		ROU	2:42:47	SB
23	Mattéo DUC		FRA	2:43:05	PB
24	Nathaniel SEILER		GER	2:44:06	PZ
25	Rafał SIKORA		POL	2:46:26	SB
26	Tadas ŠUŠKEVIČIUS		LTU	2:48:17	SB
27	Vít HLAVÁČ		CZE	2:49:35	
28	Remi RODRIGUEZ		FRA	2:52:32	
29	Pavel Remus RĂDOI		ROU	2:54:10	
30	Ionuț Vasiliică PLEȘU		ROU	2:56:07	
31	Virgo ADUSOO		EST	3:06:19	SB



Senior Women's 20km started at 11:40am. This was a fascinating race which saw final victory to 39-year-old Greek walker Antigoni Ntrismpioti. The defending double European champion proved that age is no barrier when she made her winning move with a lap to go. In doing so, the Greek athlete got the better of Olympic champion Antonella Palmisano, who herself defied expectations to take silver. In fact, the Italian's last-minute charge still allowed her to grab a national flag and finish just two seconds down, albeit as a result of Ntrismpioti joyously waving to all around her. And finally, Portugal's Ana Cabecinha was able to celebrate a major medal with bronze and a second 2023 sub-1:30:00 in what has become an Indian summer for another 39-year-old. Two Ukrainians, Lyudmila Olyanovska and Olena Sobchuk, were rewarded for their willingness to take on the pace and finished in fourth and fifth, while another early leader, Clemence Beretta from France, finished sixth.

Heather Warner (GBR) finished the race in 26th place overall with a time of 1:38:13.



Senior Women's 20km (Combined ERWC & Podebrady Walks)

Pos	Athlete	Nation	Perf	Notes	
1	Antigoni Ntrismpioti		GRE	1:29:17	
2	Antonella Palmisano		ITA	1:29:19	SB
3	Ana Cabecinha		POR	1:29:35	SB
4	Lyudmila Olyanovska		UKR	1:29:58	SB
5	Olena Sobchuk		UKR	1:30:48	SB
6	Clémence Beretta		FRA	1:31:14	
7	Antia Chamosa		ESP	1:31:24	PB
8	Valentina Trapletti		ITA	1:32:09	SB
9	Pauline Stey		FRA	1:32:21	SB
10	Saskia Feige		GER	1:32:49	PZ
11	Alexandrina Mihai		ITA	1:32:55	PB
12	Eliška Martínková		CZE	1:33:02	SB
13	Mar Juárez		ESP	1:33:29	SB
14	Katarzyna Zdziebło		POL	1:34:18	PZ, SB

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15	Olga Chojecka		POL	1:34:22	SB
16	Hanna Shevchuk		UKR	1:34:25	SB
17	Christina Papadopoulou		GRE	1:34:30	SB
18	Eleonora Anna Giorgi		ITA	1:34:34	SB
19	Vitória Oliveira		POR	1:34:41	
20	Carmen Escariz		ESP	1:35:42	
21	Meryem Bekmez		TUR	1:35:48	PZ
22	Camille Moutard		FRA	1:35:50	PZ
23	Lucia Redondo		ESP	1:35:53	
24	Carolina Costa		POR	1:35:59	SB
25	Ines Mendes		POR	1:37:49	
26	Heather Warner		GBR	1:38:13	
27	Kader Dost		TUR	1:38:41	
28	Vittoria Di Dato		ITA	1:38:54	
29	Olga Fiaska		GRE	1:38:55	
30	Monika Vaiciukevičiūtė		LTU	1:39:41	
31	Ema Hačundová		SVK	1:41:19	
32	Heta Veikkola		FIN	1:41:44	SB
33	Vittoria Giordani		ITA	1:42:20	
34	Hana Burzalová		SVK	1:42:29	PB
35	Agnieszka Ellward		POL	1:42:44	SB
36	Anna Zdziebło		POL	1:42:57	
37	Sara Buglisi		ITA	1:44:44	SB
38	Barbara Oláh		HUN	1:45:03	SB
39	Elizabeth Mcmillen		AUS	1:45:49	
40	Beatrice Foresti		ITA	1:46:12	
41	Anastasia Giullioni		ITA	1:46:56	
42	Klaudia Žárska		SVK	1:46:56	
43	Venla-Nora Nirkkonen		FIN	1:47:07	PB
44	Giulia Miconi		ITA	1:48:29	
45	Tiziana Spiller		HUN	1:50:54	PZ
46	Petra Zahorán		HUN	1:51:45	SB
47	Fride Moller Flatin		NOR	1:51:51	PB
48	Sofiia Krylovetska		UKR	1:52:13	
49	Lea Anika Obenaus		GER	1:52:39	
50	Adelaide Sansoni		ITA	1:53:00	SB
51	Sorana Tutu		ROU	1:56:06	
52	Karin Devaldová		SVK	1:58:07	PZ
53	Nelly Bugárová		CZE	1:58:31	
54	Johana Petříková		CZE	2:07:59	
	Lenka Borovičková		CZE	DQ (54.7.5)	
	Dóra Csörgő		HUN	DNF	
	Simona Bertini		ITA	DNF	
	Eleonora Dominici		ITA	DNF	
	Erika Kelly		GBR	DNF	
	Michaela Bakliková		CZE	DNF	

gaining. In fact, by 12km it was a trio contesting which medal they might win, not least because Karlstrom had just reeled off a 3:53 lap. Mentally and physically, it did it for Stano. He fell off the back almost instantly and by 13km he was eight seconds behind the duelling duo. And duel they did as Fortunato pushed on with a 3:56 lap to forge a six-second lead by 15km (59:09). The Italian's eventual PB winning time of 1:18:59 even allowed him to half stop and gather an Italian flag in the last 50 metres. Karlstrom, after winning the previous two editions of this event, had to be content with second, his time of 1:19:27 still an impressive performance. Stano hung on for third place and a time of 1:20:07, which in other circumstances would have been a success. And special mention to two-time world medallist Joao Vieira of Portugal for 10th place with a time of 1:22:08, barely two minutes shy of a PB he set 19 years ago. At the age of 47, he showed he has plenty yet to offer.



Senior Men's 20km (Combined ERWC & Podebrady Walks)

Pos	Athlete	Nation	Perf	Notes	
1	Francesco Fortunato		ITA	1:18:59	PB
2	Perseus Karlström		SWE	1:19:27	=SB
3	Massimo Stano		ITA	1:20:07	SB
4	Alberto Amezcua		ESP	1:20:24	SB
5	Paul McGrath		ESP	1:21:15	PB
6	Veli-Matti Partanen		FIN	1:21:26	PB
7	Diego García Carrera		ESP	1:21:42	SB
8	Nils Brembach		GER	1:21:54	SB
9	Gabriel Bordier		FRA	1:22:00	
10	Joao Vieira		POR	1:22:08	SB
11	Andrea Cosi		ITA	1:22:48	
12	Salih Korkmaz		TUR	1:23:12	SB
13	Leo Köpp		GER	1:23:59	SB
14	Maryan Zakalnytskyi		UKR	1:24:27	SB
15	Serhii Svitlychnyi		UKR	1:24:28	SB
16	David Kenny		IRL	1:24:31	PB

The walking continued, with the **Senior Men's 20km** getting underway at 2:10pm. The hottest time of the day greeted the 48 athletes but, with trademark cap on backwards, sunglasses and nasal strip in place, Olympic and world champion Massimo Stano set off like he planned to end this early as a competition. He stopped the clock for the first kilometre at 3:54, with fellow Italian Francesco Fortunato a heartbeat behind. Gabriel Bordier from France, defending champion Perseus Karlstrom from Sweden and nine others were already surging ahead of a strung-out field. It was 7:47 next time around and Stano was three seconds ahead of his Italian teammate. Already a stellar cast of athletes were eight seconds in arrears - hardly surprising given the 1:17:30 pace. After a quarter of the race, Stano passed the clock at 19:34 and Fortunato was holding steady three seconds back, but Karlstrom had gone out to a deficit of 17 seconds. By now, the leaders were already lapping back markers. Karlstrom was clear in third, and what remained of the group from a lightning start were another 10 seconds further back. At half the distance (39:27), Fortunato had defiantly drawn abreast of Stano, and the gap to Karlstrom was now only seven seconds. Twenty seconds further back, Bordier, Alberto Amezcua and Paul McGrath were all inside 40 minutes. Karlstrom had no choice but to go wide to pass the lapped athletes, but he was still

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17	Mazlum Demir		TUR	1:24:46	SB	16	Hanna Shevchuk		UKR	1:34:25	SB
18	Joni Hava		FIN	1:24:46	SB	17	Christina Papadopoulou		GRE	1:34:30	SB
19	Alexandros Papamichail		GRE	1:24:52	SB	18	Eleonora Anna Giorgi		ITA	1:34:34	SB
20	Gianluca Picchiottino		ITA	1:25:47		19	Vitória Oliveira		POR	1:34:41	
21	Emiliano Brigante		ITA	1:26:12	PB	20	Carmen Escariz		ESP	1:35:42	
22	Dominik Černý		SVK	1:26:18		21	Meryem Bekmez		TUR	1:35:48	PZ
23	Gabriele Gamba		ITA	1:26:26	SB	22	Camille Moutard		FRA	1:35:50	PZ
24	Oisín Lane		IRL	1:26:26	SB	23	Lucia Redondo		ESP	1:35:53	
25	Jaakko Maattanen		FIN	1:26:30	PB	24	Carolina Costa		POR	1:35:59	SB
26	Adam Zajiček		CZE	1:26:37	PB	25	Ines Mendes		POR	1:37:49	
27	Karl Junghannss		GER	1:26:53		26	Heather Warner		GBR	1:38:13	
28	Arnis Rumbenieks		LAT	1:26:57	SB	27	Kader Dost		TUR	1:38:41	
29	Aleksí Ojala		FIN	1:27:06	PZ, SB	28	Vittoria Di Dato		ITA	1:38:54	
30	Jaromír Morávek		CZE	1:27:33	PB	29	Olga Fiaska		GRE	1:38:55	
31	Jerry Jokinen		FIN	1:27:35	SB	30	Monika Vaiciukevičiūtė		LTU	1:39:41	
32	Brendan Boyce		IRL	1:27:57		31	Ema Hačundová		SVK	1:41:19	
33	Óscar Martínez		ESP	1:27:57		32	Heta Veikkola		FIN	1:41:44	SB
34	Mukola Rushchak		UKR	1:28:52		33	Vittoria Giordani		ITA	1:42:20	
35	Raivo Saulgriezis		LAT	1:28:59		34	Hana Burzalová		SVK	1:42:29	PB
36	Abdülselem Ímuk		TUR	1:29:11		35	Agnieszka Ellward		POL	1:42:44	SB
37	Artur Mastianica		LTU	1:30:15	SB	36	Anna Zdziebło		POL	1:42:57	
38	Johannes Frenzl		GER	1:31:04		37	Sara Buglisi		ITA	1:44:44	SB
39	Ellis Batifol		FRA	1:31:05	PB	38	Barbara Oláh		HUN	1:45:03	SB
40	Viktor Shumik		UKR	1:31:36		39	Elizabeth Mcmillen		AUS	1:45:49	
41	Rui Coelho		POR	1:32:09		40	Beatrice Foresti		ITA	1:46:12	
42	Álvaro López		ESP	1:33:05		41	Anastasia Giulioni		ITA	1:46:56	
43	Pietro Marchetti		ITA	1:35:11	PB	42	Klaudia Žárska		SVK	1:46:56	
44	Andreas Papastergiou		GRE	1:35:22	PB	43	Venla-Nora Nirkkonen		FIN	1:47:07	PB
45	Ignas Dumbliauskas		LTU	1:35:39	PB	44	Giulia Miconi		ITA	1:48:29	
46	Milan Rízek		SVK	1:37:32		45	Tiziana Spiller		HUN	1:50:54	PZ
47	Martin Nedvídek		CZE	1:38:48	SB	46	Petra Zahorán		HUN	1:51:45	SB
48	Norbert Tóth		HUN	1:39:17		47	Fride Moller Flatin		NOR	1:51:51	PB
49	Dávid Józsvai		HUN	1:41:31	SB	48	Sofiia Krylovska		UKR	1:52:13	
50	Rostislav Kolář		CZE	1:41:35		49	Lea Anika Obenaus		GER	1:52:39	
51	Imre Csontos		HUN	1:42:01		50	Adelaide Sansoni		ITA	1:53:00	SB
52	Deividas Balevičius		LTU	1:42:13		51	Sorana Tutu		ROU	1:56:06	
53	Aristotelis Bousdas		GRE	1:46:12	PB	52	Karin Devaldová		SVK	1:58:07	PZ
	Daniel Chamosa		ESP	DQ (54.7.5)		53	Nelly Bugárová		CZE	1:58:31	
	Marius Žiukas		LTU	DQ (54.7.5)		54	Johana Petříková		CZE	2:07:59	
	Rasulbek Dilmurodov		UZB	DQ (54.7.5)			Lenka Borovičková		CZE	DQ (54.7.5)	
	Antonio Farmer		RSA	DNF			Dóra Csörgő		HUN	DNF	
	Aldo Andrei		ITA	DNF			Simona Bertini		ITA	DNF	
	Matthew Glennon		IRL	DNF			Eleonora Dominici		ITA	DNF	
	Martin Madeline-Degy		FRA	DNF			Erika Kelly		GBR	DNF	
	Kevin Champion		FRA	DNF			Michaela Bakliková		CZE	DNF	
	Albert Kukla		CZE	DNF							
	Michal Morvay		SVK	DNF							
	Łukasz Niedziałek		POL	DNF							
	Lukáš Gdula		CZE	DNF							
	Davide Finocchietti		ITA	DNF							

The day finished with the two U20 10km walks, the men at 4:20pm and the women at 5:25pm. It was golds for Italy, compliments of Diego Giampaolo (42:16) and Giulia Gabriele (46:42)

Junior Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Diego GIAMPAOLO		ITA	42:16
2	Hayrettin YILDIZ		TUR	42:24 PB
3	Pablo RODRIGUEZ ROJAS		ESP	42:37 PB
4	Frederick WEIGEL		GER	43:08
5	Pablo POSTIGO GABARRO		ESP	43:16 PB
6	Daniel MORILLA GARCIA		ESP	43:38 PB
7	Filip KRESTIANKO		SVK	44:01
8	Giuseppe DISABATO		ITA	44:02
9	Jassam ABU EL Wafa		GER	44:11 PB
10	Quentin CHENUET		FRA	45:14
11	Andrea DI CARLO		ITA	45:16 PB
12	Harun BILIR		TUR	45:17 PZ
13	Tauras Jokūbas RINCEVIČIUS		LTU	45:37 PB
14	Lukas LASEVIČIUS		LTU	45:53 =PB
15	Guilherme RODRIGUES		POR	45:53
16	Arvid KOCKEL		GER	46:16
17	Eduard MURAVSKYI		UKR	46:19

18	Andrew GLENNON		IRL	46:29	PZ, PB
19	Ozan BAYRAM		TUR	46:40	
20	Hugo ELLUL		FRA	46:41	
21	Tomáš MENCEL		SVK	46:54	
22	Jakub BÁTOVSKÝ		SVK	46:57	
23	Eduard KRAVCHENKO		UKR	47:36	
24	Roman HORBACHOV		UKR	47:54	
25	Jake O'BRIEN		IRL	48:59	SB
26	Benjámín BOR		HUN	50:25	
27	Artur DJATŠUK		EST	50:40	SB
28	Bernát KOCSIS		HUN	52:23	PZ
29	Péter SCHWARCZ		HUN	52:42	

Junior Women's 10km

Pos	Athlete	Nation	Perf	Notes	
1	Giulia GABRIELE		ITA	46:42	PB
2	Aldara MEILÁN		ESP	47:45	
3	Ana DELAHAIE		FRA	48:04	
4	Ema KLIMENTOVÁ		CZE	48:15	PB
5	Griselda SERRET		ESP	48:35	PB
6	Valeriya SHOLOMITSKA		UKR	48:39	SB
7	Giada TRAINA		ITA	48:40	PZ
8	Sofia FIORINI		ITA	48:50	PB
9	Lena SONNTAG		GER	49:02	
10	Anastasia ANTONOPOULOU		GRE	49:16	
11	Justé PERVENECKAITĖ		LTU	49:16	SB
12	Sofia SANTACREU		ESP	49:34	
13	Alexandra KOVÁCS		HUN	50:03	
14	Magdalena ŽELAZNA		POL	50:11	
15	Emine CEYLAN		TUR	50:12	
16	Alžběta FRANKLOVÁ		CZE	51:06	PB
17	Marine MERBITZ		FRA	51:14	
18	Akvilė ORLIUKAITĖ		LTU	51:23	
19	Kylie GARREIS		GER	51:33	
20	Izabela KRZYŻANOWSKA		POL	51:42	SB
21	Tamara INDRÍŠKOVÁ		SVK	51:54	
22	Oksana LUKIANOVYCH		UKR	51:55	
23	Tülin EK		TUR	52:07	
24	Agathe MILLÉ		FRA	52:13	
25	Aliisa KIISKI		FIN	52:28	
26	Tabea KIEFER		GER	53:31	
27	Paulína AVENOVÁ		SVK	53:49	
28	Judit ERDŐS		HUN	54:04	
29	Yuliia LUTSKA		UKR	54:09	

Domestic 'A' Judged Races**Warwickshire Championships, Nuneaton (Sat. 13th May)****Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	15:29.75
2	Paul Hawkins	M65	Stratford-upon-Avon AC	21:20.04

Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Wendy Kane	W55	Nuneaton Harriers	17:34.06 [PB]
2	Ann Wheeler	W65	Nuneaton Harriers	21:01.29
3	Gemma Smith	W50	Stratford-upon-Avon AC	21:56.30 [PB]
4	Karen Williams	W70	Birchfield Harriers	23:55.09

Cambridge Championships, Peterborough (Sun. 14th May)**Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Timothy Clough	M50	Peterborough & Nene	18:16.8

Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Gill Bridger	W45	Cambridge & Coleridge	20:11.7
2	Jane Mansley	W45	Cambridge & Coleridge	20:27.3
3	Pamela Abbott	W60	Cambridge & Coleridge	21:27.9

Kent County Championships, Bromley (Sun. 14th May)

Hannah Hopper (*pictured below*) reduced the senior women's championship best performance, which had stood since 1986, by fifteen seconds with a new personal best of 14:17.17s. There were also personal bests for Ashford duo Jessica Wilton and Ava Chappell.

Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	13:14.29
2	Matthew Crane	U23M	Bexley Athletic Club	14:12.97
3	Matthew Ellerton	M45	Blackheath & Bromley	18:18.88
4	Mark Ashby	M60	Cambridge Harriers	19:06.37

Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23W	Cambridge Harriers	14:17.17 [PB]
2	Grazia Manzotti	W50	Tonbridge Athletic Club	16:26.81

**U20 Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	15:45.36

U20 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	15:25.38 [PB]

U15 Boys 3000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U15B	Blackheath & Bromley	24:15.20

U15 Girls 3000m

Pos	Athlete	AG	Club	Perf.
1	Ava Chappell	U15G	Ashford Athletic Club	16:45.25 [PB]

Cambridge Harriers Open, Eltham (Wed. 24th May)

Personal bests for Abigail Jennings and father & son Matt & Jonny Ellerton. Welcome to Steph Dann who completed her first race.

Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	13:09.5
2	Jonathan Ellerton	U20M	Blackheath & Bromley	15:28.8 [PB]
3	Matthew Ellerton	M45	Blackheath & Bromley	17:53.4 [PB]
4	Mark Culshaw	M55	Cambridge Harriers	17:56.9
5	Mark Ashby	M60	Cambridge Harriers	19:18.5

Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D	14:08.1 [PB]
2	Hannah Hopper	U23W	Cambridge Harriers	14:23.2
3	Melanie Peddle	W50	Loughton Athletic Club	16:03.0 [SB]
4	Grazia Manzotti	W50	Tonbridge Athletic Club	16:19.8
5	Stephanie Dann	W35	Dartford Harriers	23:33.6 (Debut)

Domestic 'B' Judged Races

Dave Compton Memorial 7 mile, Chorley (Sat. 6th May)



Having just attained his 76th birthday Roy Gunnett (pictured above) showed a clean pair of heels to his fellow club rivals on the warmest day of the year so far and on the club's hilliest course. The rail strike prevented at least four regular performers from toeing the starting line and others were side-lined with injuries and other walking events. Right from the gun it was clear what Roy's tactics would be and he passed the timekeeper at 1 mile with a lead of 26 seconds in a comfortable 11:18. From this point the course heads for the sky and after a further mile thankfully levels out before the helter-skelter downhill section now newly resurfaced.

Behind Roy, the tight field was sighted within view of each other and the race was well and truly on. At halfway water and sponges were at the ready with the prospect of the return journey being less arduous than the opening 3 1/2 miles. Roy had established a lead of 44 seconds and as he headed back completing the same journey but in reverse, his rivals were able to assess their chances of making up ground on the leader and fellow walkers.



Joe Hardy leads the chase ahead of Ian Hilditch and Pat Evans

At the turnaround, 3 minutes covered all but one of the competitors, and the focus for all would be on reducing any gaps. The return journey is not all plain sailing with a substantial climb to a "summit" at which point the brakes come off and any inherent speed is released. At the finish, it was closer than expected, a number of aspirants making up big deficits between miles 4 and 7. Steven Wilde proved to be the biggest "improver" and although still recovering from the London Marathon he closed down his deficit to only nine seconds from a peak of 44 seconds. In deference to Roy, he too had completed a recent marathon. At the finish only 4 minutes covered the six completists, all of whom had walked with style in very warm conditions.

Pos	Athlete	AG	Club	Perf.
1	Roy Gunnett		Lancashire Walking Club	84:25
2	Steven Wilde		Lancashire Walking Club	84:34
3	Joe Hardy		Lancashire Walking Club	87:32
4	Sailash Shah		Lancashire Walking Club	87:48
5	Ian Hilditch		Lancashire Walking Club	88:11
6	Pat Evans		Lancashire Walking Club	88:40

Vets AC Summer Series, Battersea Park (Tue. 9th May)

The second of Battersea Park races had an average field this time in cool racing conditions, the predicted rain only coming in towards the closing stages for the later finishing competitors.

The overall winner was Loughton's Melanie Peddle, well clear of the first male finisher Stefano Zennaro.



Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W50	Loughton Athletic Club	45:45
2	Stefano Zennaro	M50	Belgrave Harriers	48:32
3	Penelope Cummings	W45	Herne Hill Harriers	51:16
4	Stuart Bennett	M60	Iford Athletic Club	51:31
5	Maureen Noel	W55	Belgrave Harriers	52:16
6	Glen Keegan	M55	Herne Hill Harriers	57:23
7	Sian Baum	W55	Herne Hill Harriers	58:11
8	Lesley Morris	W60	Iford Athletic Club	58:26
9	Davis Hoben	M70	Surrey Walking Club	61:13
10	Artur Olszewski	M40	Veterans Athletic Club	63:05

3rd South Yorkshire League, Millhouses Park (Mon. 15th May)

For the second time in this series, there was only one starter, **reports Brian Adams**, with the entry not helped with exams taking place. Therefore it was a solo performance by Tony Bell who clocked 34:24 for 5km.

Upcoming Events:

June

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
Sat. 24 th	B	Isle of Man Parish Walk	Isle of Man
Wed. 28 th	A/B	Johnson Bowl 4 Mile	Bromley

July

Sat. 1 st	B	Lancs WC Barnard Trophy	Macclesfield
Sun. 2 nd	B	Sarnia WC 1 Mile Road Walk	Les Amarreurs
Sun. 2 nd	A	Midland Track Championships	Stratford-u-Avon
Sat. 8 th	A/B	Moulton 5	Moulton Village
Mon. 10 th	B	South Yorkshire League	Millhouses Park
Wed. 12 th	A	Manx Summer Walks	N.S.C. Douglas
Sun. 23 rd	A	England Athletics Senior Championships	Chelmsford