



Race Walking Record

November 2023



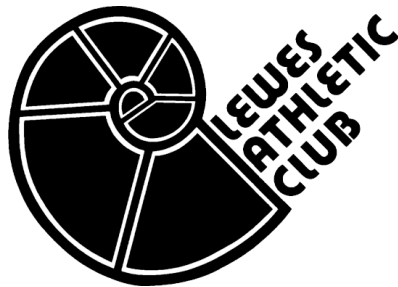
Neil Wade
Manx Harriers

Erika Kelly
Northern (IOM) AC



Winners of the Manx Harriers Up and Running Sponsored Walks, Ramsay Rugby Club, Ramsey, Isle of Man

Photograph(s) courtesy of Steve Partington



Lewes Athletic Club

Presents

The Ray Hall Memorial Winter Track League #3/Lewes Athletic Club Open Track Walks

Saturday 9th December 2023

Lewes Leisure Centre, Mountfield Rd, Lewes, BN7 2XG

Provisional Timetable

12:30pm	1500m RW	U13 Boys & Girls
12:30pm	2000m RW	U15 Boys & Girls
12:30pm	3000m RW	U17 Men & Women
1:00pm	5000m RW	U20 Men & Women
1:00pm	5000m RW	Senior Men & Women

(may be subject to change depending on entries)

Enter online at (entry fee = £10.00; £5.00 for U13/U15)

[Roster Athletics · Ray Hall Memorial Winter Track League #3/Lewes AC Open Track Walks](#)

Entries close at 10pm on Wednesday 6th December 2023

There will be no entries taken on the day – The races will be judged as ‘A’ Races

For more information on the league contact Noel Carmody (noelcarmody@outlook.com)

For more information on the Lewes AC event contact Peter Selby (pwselby@hotmail.co.uk)

Other Events in the League

Dates	Venue	Post Code
Sun. 22 nd October 2023	Sutcliffe Park, Eltham	SE9 5LW
Sat 18 th November 2023	Tonbridge School	TN10 3AD
Sun. 28 th January 2024	Aldershot Military Stadium	GU11 2JL





UKA National 2024 Fixtures

UKA have published the fixture list for 2024 and listed below are the major events that normally include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
06/07 th Jan	England Athletics Indoor Walks (U15+)	E.I.S. Sheffield
17/18 th Feb	UK Athletics Indoor Championships	Birmingham
17/18 th Feb	British Masters Indoor Championships	Lee Valley
9 th Mar	EA 10,000m Track Championships	Kettering (TBC)
16 th Mar	43rd Dudinska	Dudince (SVK)
6 th Apr	92nd Poděbrady Walking	Podebrady (CZE)
20 th Apr	RWA National 10km & YAG Championships	Leicester
4 th May	3rd Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)
11 th May	Grande Prémio Internacional de Rio Maior	Rio Maior (POR)
11/12 th May	County Championship Weekend	Various
18 th May	Gran Premio Cantones de A Coruna	La Coruna (ESP)
15/16 th Jun	Welsh Senior/U15 Championships	Cardiff
29/30 th Jun	UK Athletics Outdoor Championships	Birmingham (T.B.C)
20 th Jul	SIAB Schools International	Carmarthen (TBC)
20/21 st Jul	England Athletics Senior/U20 Championships	Birmingham (TBC)
27/28 th Jul	England Athletics Age Group Championships	Birmingham (TBC)
17 th Aug	Welsh Under 20 International	T.B.C.
21 st Sept	English Schools Championships	T.B.C.

Rest in Peace

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

- Arthur John Jones (Brighton & Hove AC) – Olympian (Mexico 1968)
- Beryl Randle (Birchfield Harriers) – Life Member of R.W.A.

200 club

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

	£25.00	£15.00	£10.00
Dec. 23	Lancashire WC	Stuart Telling	Tony Taylor

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



Domestic 'A' Races

Enfield Open 7 Miles, Enfield Playing Fields (Sat. 11th Nov.)

Blue skies and sunshine, although on the chilly side made excellent conditions for racing, but not for standing about, so a special thanks to the officials for their contribution to the event's success, *writes Ron Wallwork*. Being Armistice Day there was a start line quiet time of reflection for the fallen in the service of their country and of course the passing of the much respected Leaguer Noel Blatchford.

It turned out to be a historic edition of the race. Grazia Manzotti became the first woman in the long history of the event to win the overall race, which she did in convincing fashion. Perhaps not too surprising bearing in mind her recent medal haul in the European Masters Championships. However, four more ladies crossed the finishing line before Mark Culshaw did to take the men's title.

Thanks to John Hall (Belgrave Hs.) a local resident, the Council had swept the course a couple of days previously and John was out sweeping the course of any conkers that had fallen since.

Past winner Adrian James was on hand and joined the friendly atmosphere at the presentation buffet where the prizes were handed out by Centurion Pam Ficken.



Mixed 7 Mile

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	64.30
2	Melanie Peddle	W55	Loughton Athletic Club	66.57
3	Jacqueline Benson	SENW	Ashford Athletic Club	69.53
4	Penelope Cummings	W45	Herne Hill Harriers	71.09
5	Maureen Noel	W60	Belgrave Harriers	73.28
6	Mark Culshaw	M55	Cambridge Harriers	74.14
7	Stuart Bennett	M65	Ilford Athletic Club	75.26
8	John Borgars	M75	Loughton Athletic Club	79.27
9	Fiona Bishop	W60	Enfield & Haringey AC	81.14
10	Sue Barnett	W70	Enfield & Haringey AC	81.26
11	John Arthur	M60	Ilford Athletic Club	83.24

Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Sian Baum	W55	Herne Hill Harriers	59.37
2	Lesley Hall	W65	Ashford Athletic Club	61.06
3	Sheila Leavy	W70	Ilford Athletic Club	67.38

Mixed 3 Mile

Pos	Athlete	AG	Club	Perf.
1	David Ainsworth	M75	Ilford Athletic Club	47:08

Under 13 Girls 2km

Pos	Athlete	AG	Club	Perf.
1	Sophie Blundell	U13G	Newmarket Joggers	12.07
2	Lily-Ann Cooper	U13G	Newmarket Joggers	12.07

B Judged Results: 7 Mile: Ian Richards (Steyning) 70:08, Simon Morgan (Ilford) 76:07; Tony Wilkinson (Unattached) 80:55; **6 Mile:** David Hoben (SWC) 74:52; Christopher Flint (SWC) 75:06; Steve Cartwright (Gt Bentley RC) 77:46; **5 Miles:** Jon May (EAC) 71:15; Shaheda Arthur (Ilford) 88:34.

**Ray Hall Memorial Winter League #2/Surrey Walking Club
Open Track Walks (Christmas Cup), Tonbridge (Sat. 18th Nov.)
(Incorporating the Race Walking Assoc. – South Championships)**

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

The second of the Ray Hall Memorial Winter League races were held in damp blustery conditions on the exposed Tonbridge School track. The event incorporated the Southern Area Championships. Whilst the overall entry was identical to that of the first race in October, there was increased participation by younger athletes with a good showing from Lewes AC who are coached by Peter Selby.

Guy Thomas and Hannah Hopper took the Area senior title, well ahead silver. Both Under 20 champions, Jonny Ellerton and Jess Wilton set new personal bests. In the U15 2000m Ellin Wilson and Charlie Perry were convincing winners of their respective races.

Under 13 1500m

Pos	Athlete	AG	Club	Perf.
1	Seth Muddle	U13B	Lewes Athletic Club	10:31.2 [PB]
2	Luke Eperon	U13B	Blackheath & Bromley	10:40.5 [PB]
3	Rainbow Love	U13B	Lewes Athletic Club	11:06.2 [PB]
4	Seren Dampney-Jay	U13G	Lewes Athletic Club	11:06.2 [PB]



Jonny Ellerton – Jess Wilton



Guy Thomas – Hannah Hopper

**Manx Harriers Up and Running Sponsored Walks, Ramsay
Rugby Club, Ramsey, Isle of Man (Sun. 26th Nov.)**

Held in damp and windy conditions.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	SENM	Manx Harriers	24:27 [PB]
2	Erika Kelly	SENW	Northern (IOM) AC	24:46
3	Stuart Osborne	M35	Manx Fell Runners	27:12 [PB]
4	Chris Addy	M35	Manx Fell Runners	30:46
5	Michael George	M55	Manx Harriers	31:59 [SB]
6	Jordan Cain	SENM	Manx Fell Runners	32:03 [PB]
7	Rachael Greham	w40	Unattached	32:05
8	Nicola Raven	W60	Manx Harriers	32:41
9	Andy Baxendale	M50	Isle of Man Veterans AC	33:47 [PB]
10	Bryony Skora	SENW	Unattached	33:49
11	Karen Mercer	W40	Unattached	33:57
12	Colin Moore	M60	Isle of Man Veterans AC	34:02 [SB]
13	Stephen Oates	M40	Northern (IOM) AC	34:07 [PB]
14	Victoria Gore	W35	Unattached	34:54
15	Angie Robinson	W55	Manx Fell Runners	35:24
16	Maura Kelly	W55	Northern (IOM) AC	36:27
17	Amanda Lawler	W40	Unattached	36:48
18	Gordon Erskine	M80	Unattached	39:57
19	Sylvia Kennaugh	V70	Isle of Man Veterans AC	41:06 [SB]

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U15B	Northern (IOM) AC	18:03
2	Amy Surgeon	U15G	Manx Harriers	20:01
3	Samual Mercer	U15B	Unattached	20:48

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U13G	Manx Harriers	10:17
2	Jay Jay Fletcher	U15B	Manx Harriers	11:44
3	Polly Davies	U13G	Manx Harriers	14:15



Ellin Wilson - Charlie Perry

Under 15 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	11:20.8
2	Charlie Perry	U15B	Lewes Athletic Club	11:48.7 [SB]
3	Millicent Steele	U15G	Ashford Athletic Club	13:09.8 [PB]
4	Grace Andrews	U15G	Aldershot Farnham & D.	14:15.4
5	Florence Watson	U15G	Blackheath & Bromley	15:14.5 [PB]
6	Tafara Nyoni	U15G	Aldershot Farnham & D.	15:22.1
7	Thomas Muddle	U15B	Lewes Athletic Club	15:34.3 [PB]

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Guy Thomas	SENM	Tonbridge Athletic Club	21:17.8 [SB]
2	Luc Legon	SENM	Bexley Athletic Club	23:40.3
3	Jonathan Hobbs	SENM	Ashford Athletic Club	24:27.6
4	Matthew Crane	U23M	Bexley Athletic Club	25:30.6
5	Hannah Hopper	U23W	Cambridge Harriers	25:49.9
6	David Crane	M45	Surrey Walking Club	25:52.5 [SB]
7	Jessica Wilton	U20W	Ashford Athletic Club	26:08.0 [PB]
8	Jonathan Ellerton	U20M	Blackheath & Bromley	26:22.0 [PB]
9	Grazia Manzotti	W50	Tonbridge Athletic Club	27:44.8
10	Melanie Peddle	W55	Loughton Athletic Club	28:16.4
11	Emily Ghose	SENW	Tonbridge Athletic Club	28:45.2
12	Jacqueline Benson	SENW	Ashford Athletic Club	29:03.1 [SB]
13	Penelope Cummings	W45	Herne Hill Harriers	30:04.4 [SB]
14	Mark Ellerton	M50	Blackheath & Bromley	32:04.2 [PB]
15	Mark Ashby	M60	Cambridge Harriers	32:33.5 [SB]
16	Ian Statter (M65)	M65	Surrey Walking Club	36:07.9 [SB]
	Graeme Heaton	M60	Heathfield Road Runners	DQ TR54.7.1
	Christopher Flint	M75	Surrey Walking Club	DQ TR54.7.1

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U11B	Manx Harriers	6:40
2	Amelia Cain	Age 6	Unattached	7:37
3	Faye Robertson	Age 9	Manx Harriers	7:37
4	Grace Mercer	Age 10	Unattached	7:58
5	Jenson Gore	Age 5	Unattached	10:37
6	Imogen Gore	Age 3	Unattached	No Time

Domestic 'B' Races**Jack Fitzgerald Memorial Walks, Crawley (Sat. 4th Nov.)**

Veterans AC were pleased to host the eighth staging of this event on a lakeside course once used as the test bed for Britain's water speed record round popular beauty spot Campbell's lake, now in Jack Fitzgerald's centenary year, *writes Dave Hoben*. The rain which endured until the event had just finished could only be described as heavy and persistent or just persistent.

Mixed 9:52km

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55	Loughton Athletic Club	59:22
2	Trevor Jones	M65	Steyning Athletic Club	61:01
3	Brian Kirkdale	M65	Hastings Runners	63:57
4	John Borgars	M75	Loughton Athletic Club	66:23
5	Fiona Bishop	W60	Woking Athletic Club	67:54
6	Paul Gaston	M75	Surrey Walking Club	70:31
7	Judith Carder	W65	Brighton & Hove AC	75:59
=8	Christopher Flint	M75	Surrey Walking Club	76:24
=8	Stephen Cartwright	M65	Great Bentley RC	76:24

5:44km

Pos	Athlete	AG	Club	Perf.
1	Nicholas Fleeman	M65	Winchester and Dist. AC	38:47

Lancashire Walking Club Open 5km, Simister (Sat. 4th Nov.)

As if delivering an early Christmas present, we managed to field 17 walkers in the AGM 5k bringing together not only the usual nucleus but some friends from afar, *reports Dave Evans*. Tony Taylor made the long trip from Crete, Dan Maskell risked the train lottery on the Brighton line, whilst Tony Bell and Martin Payne crossed the Pennines.

With so many walkers on the road there were few spare bodies to tackle the officiating, however, step-forward volunteer Chris Harvey who manned the turnaround point in Heaton Park in commanding style dressed all in orange but confusing those who thought Halloween was yesterday. Eric Horwill is an inspiration to us all and despite having to journey from the wilds of Dudley and Stourbridge he arrived in good time to register the finishing times of all participants.

Ken Connor is still learning the ropes and, on this occasion, didn't manage to exhibit the correct walking technique so had to be excluded from the final handicap results. Another newcomer, who has no sporting background, came to Simister to see how it's done. Nigel Shaw, a young 61, walked with some style and will surprise a few people in the next year or so once he has more racing experience. His final time was excellent given he has no racewalking credentials.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Ken Connor	M55	Widen Running Club	27:28
2	Tony Taylor	M75	Lancashire Walking Club	29:05
3	Adrian Edwards	M60	Lancashire Walking Club	30:40
4	Tony Bell	M60	Lancashire Walking Club	31:54
5	Martin Payne	N/K	Lancashire Walking Club	32:05
6	Nigel Shaw	M60	Unattached	32:06
7	Roy Gunnett	M75	Lancashire Walking Club	33:02
8	John Crehan	M70	Lancashire Walking Club	34:47
9	Greg Smith	M70	Lancashire Walking Club	35:32
10	Sailash Shah	M55	Lancashire Walking Club	36:15
11	Joe Hardy	M80	Lancashire Walking Club	36:33
12	Dan Maskell	M75	Surrey Walking Club	37:14
13	Pat Evans	W70	Lancashire Walking Club	37:17

14	Phil McCullagh	M65	Lancashire Walking Club	38:16
15	Ian Hilditch	M80	Lancashire Walking Club	38:32
16	Steven Wilde	M65	Chorley ATC	39:31
17	Andrea Lennon	W80	Lancashire Walking Club	43:12

2nd Midland Area Winter League Series 2023 – New College Cycle Circuit, Leicester (Sun. 19th Nov.)

The second Midland Winter League got underway at the New College Cycle Circuit, Leicester, *writes Glyn Jones*. It was a dull and overcast day with intermittent drizzle and a chilly breeze.

In the 5km, the women took command for the first four places with Abby Hughes leading from the start until the finish: Abby was making a welcome appearance as she is now studying at Birmingham University: The 10km race was sadly the lowest ever field that I can remember with only five on the start line which included three walkers who were doubling up from the 5km race: Matthew Henney who is now becoming a regular walker in the Midland Area led right from the start and held his position throughout the ten laps followed in second place not far behind by Wendy Kane.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Abby Hughes	U20W	Taunton Athletic Club	25:11
2	Carolyn Derbyshire	W45	Nuneaton Harriers	28:58
3	Wendy Kane	W55	Nuneaton Harriers	29:41
4	Julie Bellfield	W55	Halesowen Athletic Club	32:01
5	John Constandinou	M50	Birchfield Harriers	32:43
6	Helen Elleker	W65	South Yorks & Derbyshire	33:01
7	Jan McClure	W45	Stratford-upon-Avon AC	33:26
8	Richard Emsley	M70	Corby Athletic Club	34:06
9	Lynn Bellfield	W55	Halesowen Athletic Club	34:26
10	Hilary Mann	W60	Sparkhill Harriers	34:28
11	Julien Barnett	M60	Birchfield Harriers	37:26
12	Gemma Smith	W50	Stratford-upon-Avon AC	37:54
13	David Fall	M75	Birchfield Harriers	42:41
14	Hilary McDermott	W55	Charnwood Athletic Club	43:08

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Matthew Henney	M50	Bromsgrove & Redditch	61:48
2	Wendy Kane	W55	Nuneaton Harriers	62:31
3	Colin Vesty	M55	Leicester Walking Club	69:03
4	Paul Hawkins	M65	Stratford-upon-Avon AC	76:07
5	Richard Emsley	M70	Corby Athletic Club	DNF

Under 13 2km

Pos	Athlete	AG	Club	Perf.
1	Harry Taylor	U13B	Dudley & Stourbridge	15:09

Under 15 3km

Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U15G	Wolv: & Bilston AC	20:34
G	Megan Grove	U17W	Wolv: & Bilston AC	20:43

UPCOMING
EVENTSUPCOMING
EVENTS**December**

Sat 2 nd	B	Dick Maxwell Memorial 10km	Simister
Sat 2 nd	A	Enfield League	Donkey Lane
Sat 9 th	A	Ray Hall Memorial Track League #3	Lewes
Sun 10 th	B	Sarnia WC Hill Climb	Val des Terres
Sat 16 th	B	Steyning Open Track Races	Horsham
Sun 17 th	A	Dublin GP of Race Walking	Dublin
Tue 26 th	B	Brighton Boxing Day Walks	Preston Park
Tue 26 th	B	Southend Boxing Day Pier Walk	Southend

January

Sat 6 th	A	England Athletics Indoor Walks	EIS. Sheffield
Sat 13 th	A	Enfield League 3/5/10k	Donkey Lane
Sun. 14 th	B	Midland Winter League	Coventry
Sat. 20 th	B	Steyning Open Walks 15/10/5k	Steyning
Sun. 28 th	A	Ray Hamm Memorial Winter League	Aldershot