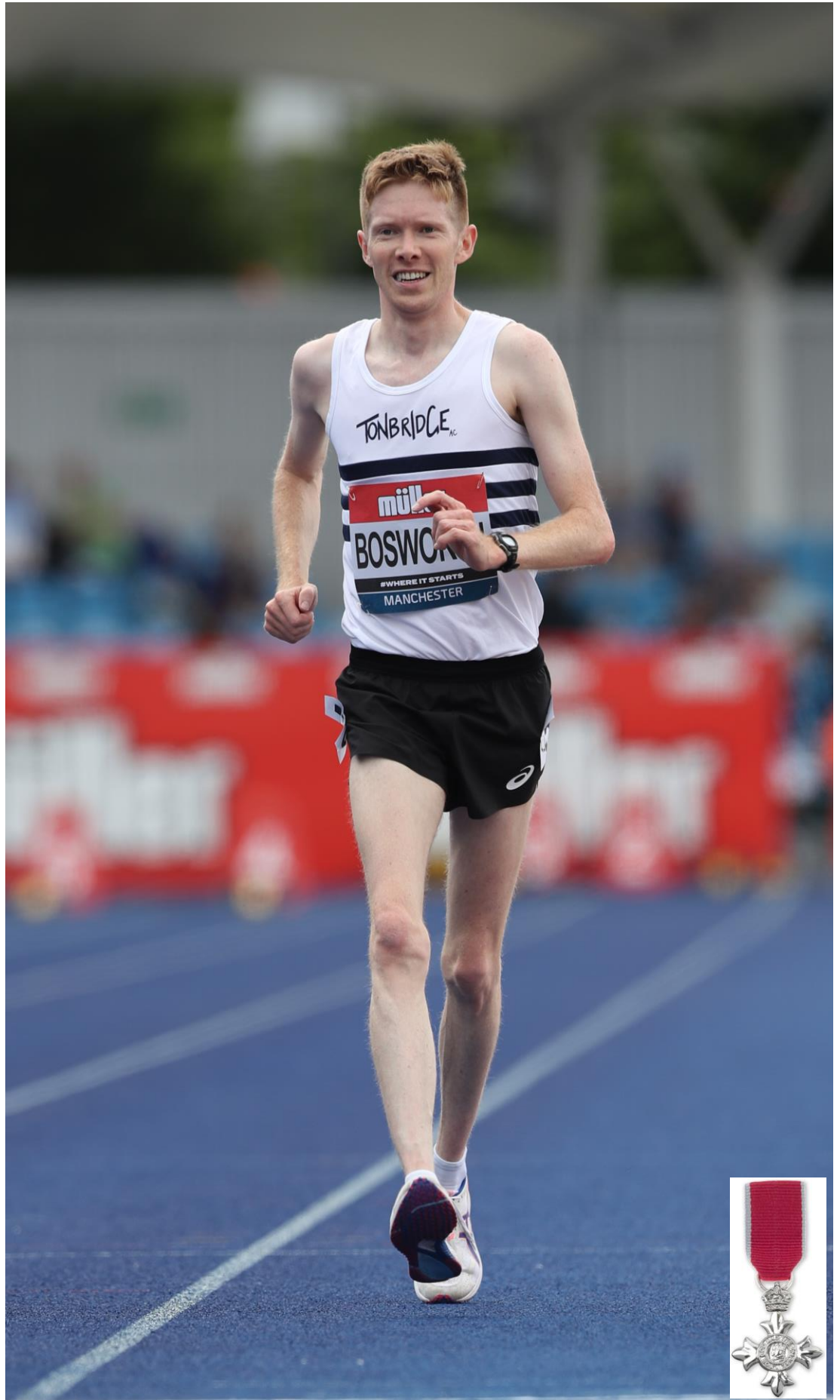




Race Walking Record

December 2023



**Congratulations Tom Bosworth an
M.B.E for Services to Race Walking**

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



Aldershot Farnham & Dist. AC

Presents

The Ray Hall Memorial Winter Track League #4 & Aldershot Farnham & Dist. Open Track Walks

Sunday 28th January 2024

Aldershot Military Stadium, Queen's Avenue, Aldershot, GU11 2JL

Provisional Timetable

10:45am	1500m RW	U13 Boys & Girls
11:00am	2000m RW	U15 Boys & Girls
11:20am	3000m RW	U17 Men & Women
11:45am	5000m RW	U20 Men & Women
11:45am	5000m RW	Senior Men & Women

(may be subject to change depending on entries)

Enter online at (entry fee = £10.00)

data.opentrack.run/en-gb/x/2024/GBR/rayhallwalkafd/

Entries close on Tuesday 23rd January 2024

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 Aldershot event contact Verity Snook (verity.snook23@gmail.com)

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
Sat. 9 th December 2023	Lewes Leisure Centre	BN7 2XG



IN THE NEWS

Tom Bosworth recognised in New Year’s Honours

Two-time Olympian Tom Bosworth awarded an M.B.E for Services to Race Walking.



Thomas Stewart Bosworth MBE (born 17 January 1990) is a British two-time Olympic (Brazil – 2016 & Japan – 2020) race walker who holds three World bests, including the World Best for the 1Mile race walk, 5:31.08.

Tom holds six British records, won 13 British Championships gold medals, a silver Commonwealth Games medal and is a World, European & Olympic Games finalist. Bosworth is currently ranked 1st overall in the UK-all-time list for 20 km. He was also selected to carry the Olympic Torch through Potternewton, Leeds.

He holds British records for walking 3 km, 5 km, 10 km, and 20 km, with his Personal Best for 20 km at 1:19:38.

Tom first set the 20 km British record in Dudince, Slovakia in March 2016 to beat a 20 km race walk mark set by Ian McCombie in 1988, clocking 1:20:41 and taking 81 seconds off McCombie's record.

He is also the British Record Holder for the 10 km race walk, set in 2015, along with the 5000m race walk, set in Birmingham at the 2018 British indoor championships.

Along with the World Record for the 1 mile race walk won at London Diamond League, 2017, Bosworth is World Record holder for the 3000m indoor race walk at IAAF Indoor Grand Prix Glasgow, 2018, and the 3000m outdoor at the Muller Anniversary Games, London, 2018.

He has won six British Outdoor Championships in 2011, 2014, 2015, 2016, 2017 and 2018, along with six British Indoor Championships, his first in 2015 followed by 2016, 2017, 2018, 2019 and 2020.

Records held:

Year	Competition	Event	Time	Notes
2017	Muller Anniversary Games - London	1 Mile RW	5:31.08	WR
2018	IAAF Indoor Grand Prix – Glasgow	3000m	10:30.28	WR (i)
2018	Muller Anniversary Games - London	3000m	10:43.84	WR
2018	Commonwealth Games – Gold Coast	20km	1:19:38	BR
2020	British Indoor Championships	5000m	18:20.97	BR (i)
2020	England Athletics 10k Championships	10km	39:10	BR

Bosworth has made several media appearances, including his appearance on Sky TV’s show “Game Changers”, commentating for the BBC at the 2014 European Athletics Championships, and again for Eurosport at the 2015 World Athletics Championships.

Championing LGBT rights and mental health in sport alongside his athletic career, Bosworth has spoken openly about both.

Bosworth came out as gay on the BBC’s Victoria Derbyshire show on 13 October 2015. In the interview he explained that his family, friends and fellow sports athletes had known that he was gay for a number of years, and the coming out was to a wider audience to answer lingering questions from fans and to be himself. In the interview he told the BBC that he had been in "a really happy relationship" for the last four-and-a-half years.^[9] He proposed to and was accepted by his now-fiancé, Harry Dineley on Copacabana Beach during the Rio Olympics.

In 2018, he said that he was ready to risk prison to defend LGBT rights in Qatar during the 2019 World Athletics Championships.

In publications by the BBC, Sky Sports and the Telegraph among many others, Bosworth speaks about his mental health and how he overcame a period of depression. Alongside media appearances, he now also regularly visits schools and universities, to talk about his experiences as a professional athlete, LGBT equality, the importance of mental health and how sport can be of great benefit.

He has also spoken to the Culture, Media, and Sport parliamentary committee, met with the Chairman of the FA to discuss homophobia in football, written piece for the Times Sport Newspaper on “drugs in sport”, addressed National Governing Bodies on behalf of Sport England and spoken at Wembley for Stonewall F.C.

DATES FOR YOUR DIARY

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 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
16 th Mar	43rd Dudinka	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
20 th Jul	SIAB Schools International	Carmarthen (TBC)
20/21 st Jul	England Athletics Senior/U20 Championships	Birmingham
27/28 th Jul	England Athletics Age Group Championships	Birmingham
17 th Aug	Welsh Under 20 International	T.B.C.
21 st Sept	English Schools Championships	Stoke-on-Trent



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

	£25.00	£15.00	£10.00
Jan. 24	Helen Elleker	Pauline Wilson	Ken Livermore

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



World Race Walking Tour Bronze Irish 35km Walk Championships, Irish Masters 10km Championships, Irish U20 10km Championships & Rob Heffernan RW Academy Winter Series St. Annes Park, Raheny, Dublin (Sun. 17th Dec.)

(Photographs courtesy of James Veale)



World silver medallist Perseus Karlstrom gave early notice of his Olympic ambitions with a stunning 1:18:39 clocking to win the 20km at the opening leg of the **World Athletics Race Walking Tour** at St Anne’s Park in Dublin – a Bronze level meeting.

On a day with pleasant weather more akin to spring or early summer than the week before Christmas in Ireland, just under 250 athletes from 27 countries competed at the event.

Karlstrom had a battle on his hands for almost all of the way as Mexican Olympian Noel-Ali Chama and Finland’s Veli-Matti Partanen – who set a national record to finish sixth in Budapest –were determined not to let the Swede have things his own way.

The pace was red hot from the gun, with Karlstrom part of an early big group clocking 8:07 for the first two kilometres before increasing the pace with a 7:58 split for the next two-kilometre segment. The lead pack reached 5km in 20:01 looking comfortable and ready turn the screw even further.

The next 5km was covered in 19:38, giving the leaders a half-way split of 39:39. Karlstrom then broke away and covered the second half in a negative split (39:00), coming home in 1:18:39 – the second fastest 20km ever recorded on Irish soil behind Nathan Deakes’ 1:18:14 clocking back in 2001.

“It was a crazy day, but I felt good, and with the great conditions I decided to just go for it,” said Karlstrom after clocking the fastest ever 20km performance achieved in the month of December. “Ending up with a sub-1:19 and the third-fastest time of my career was definitely a surprise considering I’m in the base building period of the season.”

Behind Karlstrom, there was an exciting battle between Chama and Partanen before the Mexican found an additional gear over the final laps to take second in a PB and Olympic qualifying time of 1:20:05.

The Finn, too, was satisfied with his 1:20:33 clocking ahead of 2021 European U23 silver medallist David Kenny of Ireland who clocked 1:21:38, the second-fastest time of his career.

There were a number of personal bests throughout the field, showing the true value of the World Race Walking Tour in having races taking places in December. *(Report source: World Athletics)*

UK Race Walkers: Eighteen UK based race walkers made the trip to Dublin, ten of whom were funded by the RWA: Cameron Corbishley (20k), Luc Legon (20k), Pagan Spooner (20k), Erika Kelly (20k), Chris Snook (20k), Hannah Hopper (10k), Ellis Simmonds (10k), Jonathan Ellerton (10k), Mia Dunwell (10k), Tom Partington (10k).

Ellis making his debut over 10k put in a sterling performance with a 52:44 clocking and a PB for Jonathan Ellerton. There were 20k PBs for Pagan Spooner, Abigail Jennings, Neil Wade & Emily Ghose. A 5k PB for Lola-Mae Billingham and season’s bests for Luc Legon (20k) and Hannah Hopper (10k).

As the 20k and 10k started simultaneously, athletes failing to finish the 20k were classified in the 10k, providing they had reached or passed 10k.

Men’s 20km

Pos	Athlete	Nation	Perf	Notes
1	Perseus Karlstrom		SWE 1:18:39	
2	Noel-Ali Chama-Almazan		MEX 1:20:05	
3	Veli-Matti Partanen		FIN 1:20:33	
4	David Kenny		IRL 1:21:38	
5	Aleski Ojala		FIN 1:22:22	
6	Oisin Lane		IRL 1:24:13	
7	Nathaniel Seiler		GER 1:24:20	
8	Norbert Toth		HUN 1:24:22	
9	Osvaldo-Calderon Gomez		MEX 1:24:56	
10	Rui Coelho		POR 1:25:20	
18	Luc Legon		ENG 1:37:14	SB
22	Neil Wade		IOM 1:43:22	PB
	Cameron Corbishley		ENG DQ	TR54.7.5
	Christopher Snook		ENG DNF	
	Callum Wilkinson		ENG DNF	



Women’s 20km

Pos	Athlete	Nation	Perf	Notes
1	Maria-Katerinka Czakova		SVK 1:31:42	
2	Panagiota Tsinopoulou		GRE 1:35:11	
3	Olga Fiasca		GRE 1:37:21	
4	Agnieszka Ellward		POL 1:40:43	
5	Robyn Stevens		USA 1:41:49	
6	Abigail Jennings		ENG 1:43:48	PB
7	Klaudia Zarska		SVK 1:44:04	
8	Joanna Pontes		POR 1:44:42	
9	Enni Nurmi		FIN 1:47:36	
10	Pagan Spooner		ENG 1:48:33	PB
11	Emily Ghose		ENG 1:55:49	PB
12	Jasmine Nicholls		ENG 1:56:38	SB
	Erika Kelly		IOM DNF	



Abigail Jennings



Pagan Spooner – Hannah Hopper – Jasmine Nicholls

Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Callum Wilkinson	 ENG	42:18	
2	Christopher Snook	 ENG	44:06	
3	Panagiotis Saltis	 GRE	52:04	
	Tom Partington	 IOM	DNF	










Ellis Simmonds – Jonathan Ellerton








Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Erika Kelly	 IOM	51:12	
2	Janelle Branch	 USA	51:58	
3	Hannah Hopper	 ENG	51:58	SB
4	Mia Dunwell	 IOM	57:08	
5	Erika Pontarollo	 ITA	60:33	







Under 20 10km

Pos	Athlete	Nation	Perf	Notes
1	Jakub Batovsky	 SVK	46:37	
2	Andrew Glennon	 IRL	47:06	
3	Clayton Stoil	 USA	49:22	
4	Sam O'Sullivan	 IRL	50:55	
5	Aidan Bayon	 IRL	51:26	
6	Ellis Simmonds	 ENG	52:44	Debut
8	Jonathan Ellerton	 ENG	55:56	PB

Male Masters 10km

Pos	Athlete	Nation	Perf	Notes
1	John Egan (M40)	 IRL	54:00	
2	David Kidd (M40)	 IRL	54:16	
3	Colin Walsh (M45)	 IRL	56:07	
4	Thomas Christensen (M55)	 SWE	56:35	
5	Ross Alexander (M40)	 IRL	56:35	
7	John-Joe Lawlor (M55)	 IRL	63:15	
8	Matthew Ellerton (M50)	 ENG	63:38	PB

Under 18 Girls 5km

Pos	Athlete	Nation	Perf	Notes
1	Alessia Pop	 ROU	23:49	
2	Petra Kusa	 SVK	25:13	
3	Savanagh O'Callaghan	 IRL	25:34	
4	Ciara Mooney	 IRL	26:29	
5	Aoife Martin	 IRL	26:41	
13	Lola-Mae Billingham	 ENG	29:39	PB



Luc Legon – Erika Kelly

Domestic 'A' Races**Enfield Race Walking League, QEII Stadium (Sat. 2nd Dec.)**

The final race of the 26th edition of the ERWL took place with the temperature hovering around zero, but thankfully without any arctic wind. It was noted when young Blackheath & Bromley athlete Tregan Checheku-Boamah walked in the opening fixture back in January, that he showed potential, and he continues to do so as he bettered the EAPB level 3 standard.

Melanie Peddle and John Arthur duly confirmed their individual League placings with Ilford romping away with the team title. The last EnfWalker speculated about late changes to the individual podium places and so it turned out, with Simon Morgan and Shaheda Arthur being edged off it.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Philip Barnard	M35	Unattached	26.29.0 [SB]
2	Melanie Peddle	W55	Loughton Athletic Club	28.12.0
3	Jacqueline Benson	SENW	Ashford Athletic Club	28.15.7 [SB]
4	Ian Richards	M75	Steyning Athletic Club	30.31.2
5	Colin Harle	M65	Belgrave Harriers	30.34.7
6	Maureen Noel	W60	Belgrave Harriers	31.48.5 [SB]
7	Stuart Bennett	M65	Ilford Athletic Club	33.44.4 [SB]
8	John Arthur	M60	Ilford Athletic Club	34.24.8 [SB]
9	Fiona Bishop	W60	Enfield & Haringey AC	34.49.2 [SB]
10	Lesley Morris	W60	Ilford Athletic Club	34.54.1 [PB]
11	Sue Barnett	W70	Enfield & Haringey AC	35.08.5 [SB]
12	John Ralph	M65	Enfield & Haringey AC	37.05.1 [SB]

3000m

Pos	Athlete	AG	Club	Perf.
1	Tregan Checkeku-B	U15B	Blackheath & Bromley	18:10.9

2000m

Pos	Athlete	AG	Club	Perf.
1	Florence Watson	U15G	Blackheath & Bromley	14:36.0 [PB]
2	Lily Ann Cooper	U13G	New Market Joggers	14:40.1 [PB]

B Judged Results: 5000m: John Borgars (Herts Pheonix) 33:55.4; Tony Wilkinson (Unattached) 34:20.7; David Hoveb (SWC) 39:11.6; Paul Frimage (Ryston RR) 40:43.7; Jon May (E&H) 41:31.7. **3000m:** Shaheda Arthur (Ilford) 30:57.1.

2023 ERW League Final Tables**Top 3:**

Women		Men	
Melanie Peddle (Loughton)	569/9	John Arthur (Ilford AC)	566/9
Sue Barnett (Enfield & H)	532/9	John Borgars (Loughton)	510/9
Jaqueline Benson (Ashford)	474/7	Stuart Bennett (Ilford AC)	505/8

Team Positions:

Ilford Athletic Club	2024	Ashford Athletic Club	1150
Enfield & Haringey	1556	Surrey Walking Club	978
Loughton Athletic Club	1227	Belgrave Harriers	867

Ray Hall Memorial Winter Track League #3/Lewes AC Open Track Walks, Lewes Leisure Centre (Sat. 9th Dec.)

For the third race in the Ray Hall Winter Track League athletes travelled to Lewes in Sussex with the track nestled on the edge of the South Downs. Again it was pleasing that a high proportion of the field comprised young athletes with many securing personal best performances. The final event in the league takes place in Aldershot on 28th January.

Mixed U13 1500m

Pos	Athlete	AG	Club	Perf.
1	Carrie Ellis	U13G	Lewes Athletic Club	09:27.8 [PB]
2	Seth Muddle	U13B	Lewes Athletic Club	10:01.3 [PB]
3	Luke Eperon	U13B	Blackheath & Bromley	10:37.2 [PB]
4	Rainbow Love	U13B	Lewes Athletic Club	10:39.9 [PB]

Mixed U15 2000m

Pos	Athlete	AG	Club	Perf.
1	Charlie Perry	U15B	Lewes Athletic Club	10:45.6 [PB]
2	Ellin Wilson	U15G	Ashford Athletic Club	10:56.8 [PB]
3	Millicent Steele	U15G	Ashford Athletic Club	12:42.6 [PB]
4	Grace Andrews	U15G	Aldershot Farnham & D.	12:48.6 [PB]
5	Tafara Nyoni	U15G	Aldershot Farnham & D.	15:08.1
6	Thomas Muddle	U15B	Lewes Athletic Club	15:13.1 [PB]

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	23:05.1
2	Jonathan Hobbs	SENM	Ashford Athletic Club	24:31.2
3	Hannah Hopper	U23W	Cambridge Harriers	25:46.4
4	Jessica Wilton	U20W	Ashford Athletic Club	26:01.4 [PB]
5	Grazia Manzotti	W50	Tonbridge Athletic Club	27:32.4
6	Emily Ghose	SENW	Tonbridge Athletic Club	28:45.3
7	Jacqueline Benson	SENW	Ashford Athletic Club	29:02.3
8	Matthew Ellerton	M50	Blackheath & Bromley	31:34.2 [PB]
9	Mark Ashby (M60)	M60	Cambridge Harriers	33:10.3

Domestic 'B' Races

Brighton and Hove AC "Chris Carter" Boxing Day Races, Preston Park, Brighton (Tue. 26th Dec.)

This was the 91st anniversary of a race which started in 1932 as a race walk only, *reports Judith Carder*. A running race was added 20 years later. The two races, newly named after B&H club legend Chris Carter, were started by the man himself. The race walk course was amended this year to be fully within the park, avoiding a stretch of road that has felt increasingly dangerous. This made each lap shorter but more interesting and seemed to be well received. The hope is that this will encourage more youngsters to take part in the future. On the day the weather was mild, which was in contrast to the days before and after, so we were lucky. All profits go to charity, to Amaze on this occasion, a Brighton-based charity that supports families of children and young people with disabilities. We would love to welcome more walkers next year.

Each lap is approximately one mile long, so 4 miles maximum, (*Not accurately measured*).

1 Lap

Pos	Athlete	AG	Club	Perf.
1	Seth Muddle	U13B	Lewes Athletic Club	11:38
2	Beverly Sheridan	W65	Lewes Athletic Club	11:39
3	Val Murdoch	W65	Unattached	21:17
4	Harper Filita	U11	Brighton & Hove AC	21:17

2 Laps

Pos	Athlete	AG	Club	Perf.
1	Thomas Muddle	U15B	Lewes Athletic Club	25:59
2	Andi Knight	M55	Hove Hornets	58:21

3 Laps

Pos	Athlete	AG	Club	Perf.
1	Julia Cave	W35	Unattached	53:01

4 Laps

Pos	Athlete	AG	Club	Perf.
1	Mike George	M55	Hove Hornets	42:25
2	David Kemp	M65	Arena 80	43:35
3	Joan Lennon	W65	Steyning Athletic Club	45:31
4	David Hoben	M70	Surrey Walking Club	52:25

Roundup from Guernsey

Stuart Le Noury recorded a 16th win in the annual Le Val des Terres Hill climb to close the Sarnia Walking Clubs final fixture, *reports Rob Elliott* His 5:11 clocking, against the clock with competitors starting at one minute intervals was 34 seconds quicker than visitor Neil Bates putting in a rare race walking outing. Neil raced the Church to Church walk

twenty years ago in just outside 3 hours as a talented youngster. In third place Donna Allan recorded 6:33 to take the women's trophy.

Past Sarnia Walking Club Champion from Isle of Man was Terry Bates in 4th place recording a new age group record for the climb. Alan Roger made a welcome appearance, whilst Olga Le Noury had the handicap of pushing son George up the hill in a buggy. Last man up the hill was Rob Elliott, losing out by a second to Kevin Le Noury, but holding on to his course record with his 15 wins overtaken by the winner. Dave Dorey completed the line up in 9th place.

A 3 kilometres handicap race was won by Mick Le Sauvage, well ahead of Stuart Le Noury. Third equal went to Kevin Le Noury and Southampton's Jim Ball. Jim, a Great Britain international race walker back in his heyday, was racing for the first time in a couple of years. A regular visitor to Guernsey he holds the 5 kilometres road record of 20:59 set in 1986. Faster than his now 3 kilometres race time of 22:00.

A mile handicap race was won by Kevin Le Noury holding off son Stuart by seven seconds. Third place went to Mick Le Sauvage, now with over 8,200 miles on his racing clock, starting back in 1959.

Le Val des Terres 815 metre Hill Climb, St Peter Port, Guernsey (Sun. 10th Dec.)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	5:11
2	Neil Bates	M35	Chiltern Harriers	5:45
3	Donna Allan	W45	Sarnia Walking Club	6:33
4	Terry Bates	M70	Isle of Man Veterans	6:45
5	Kevin Le Noury	M65	Sarnia Walking Club	7:07
6	Rob Elliott	M60	Sarnia Walking Club	7:08
7	Alan Roger	M65	Sarnia Walking Club	8:20
8	Olga Le Noury	W40	Sarnia Walking Club	8:51
9	Dave Dory	M75	Sarnia Walking Club	10:29

1 Mile Road Handicap, Delancey Park (Sun. 11th Nov.)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M65	Sarnia Walking Club	12:53/11:23
2	Stuart Le Noury	M35	Sarnia Walking Club	13:00/08:30
3	Mick Le Sauvage	M80	Sarnia Walking Club	13:20/13:20
4	Dave Dorey	M75	Sarnia Walking Club	13:32/13:20
5	Rob Elliott	M60	Sarnia Walking Club	13:35/10:50
6	Donna Allan	W45	Sarnia Walking Club	13:57/10:12

3k Road Handicap, Cambridge Park (Sun. 22nd Oct.)

Pos	Athlete	AG	Club	Watch/Actual
1	Mick Le Sauvage	M80	Sarnia Walking Club	25:36/25:36
2	Stuart Le Noury	M35	Sarnia Walking Club	27:39/15:39
=3	Jim Ball	M60	Steyning Athletic Club	28:00/22:00
=3	Kevin LE Noury	M65	Sarnia Walking Club	28:00/22:00
5	Rob Elliott	M60	Sarnia Walking Club	28:23/20:23

UPCOMING
EVENTSUPCOMING
EVENTS**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 Hall Memorial Winter League #4	Aldershot

February

Sun. 11 th	A	EMAC/VAC Indoor Championships	Lee Valley
17 th /18 th	A	UKA Indoor Championships	Birmingham
Sat. 24 th	A	Enfield League	Donkey Lane
Sun. 25 th	A	EMAA Inter-Area Indoor Match	Lee Valley

Happy New Year