

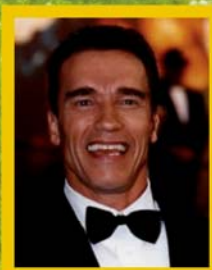
RACE WALKING RECORD

Issue 792
May 2009
£2.50

ALSO IN THIS
MONTHS
ISSUE



PRINCESS ANNE



ARNOLD
SCHWARZENEGGER

Plus all the latest
news and results

**EUROPE HERE
WE COME!**



FRONT COVER: *Luke Finch and Ben Wears both walk sub 42 minutes for 10k at the Inter Counties on April 10th to claim their places on Team GB for the European Cup.* **PHOTO:** Shelley Walsh **COVER DESIGN:** Adam Stuart Designs

Editorial

Welcome to the new look Race Walking Record with me, your new editor John Constandinou.

What an exciting time to be taking over. Within the period of a few short years Great Britain has hosted the European Cup and will also host both the Olympic Games and Commonwealth Games. Records have been broken many times in the past twelve months at both British and Masters levels. New developments are being made in various areas (reported in this issue) which should see our sport take great leaps forward. Participation numbers are still on the increase, and new enquiries are continuing to come in from people who would like to get into race walking. The UK is still highly respected as a race walking nation by many countries around the world. Finally, young talent is beginning to shine again. As you can see, reports of the death of the sport have been greatly exaggerated!

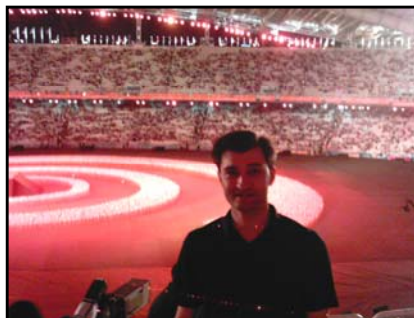
This magazine will continue to bring you results from races, along with photos and reports where available. News and detailed announcements will be found and brought to your attention. Articles and features will also appear, which I hope you will find both informative and interesting.

This is your magazine, so feel free to criticise or contribute in any way. Please be kind in my first couple of months though, as there has been a mountain of work involved for me to get the first issue written, designed, published and distributed. (Especially as I have not yet received a single penny from the previous editor for the thousands of pre-paid issues I am obliged to distribute..!)

The first thing you may notice is that colour photos are shown throughout the magazine. This is the first major change, and the magazine will continue to improve over the coming months. Regular contributors are being sought, and I am happy to announce the first one later in this issue.

Enjoy!

About me: I started race walking after first seeing it at the Athens Olympics (see photo, right) in 2004. Previously I had been a downhill and giant slalom ski racer. Work on computers and developing websites, some of which have over 100,000 readers per month. Founded RaceWalkUK.com which everyone seems to love!



Magazine info

Race Walking Record (founded 1941) is the international magazine for walking events and the sport of walking, published on the 1st of each and every month.

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Advertisements: Full page £40, Half page £20. **Club advertisements:** Full page £20, Half page £20. **Editor:** John Constandinou, 60 Claverdon Drive, Birmingham B43 5HP. **Website:** RaceWalkingRecord.net **Contributors:** John Constandinou, Pat Reeves, Dave Kates, Ian Richards, Andi Drake, Dave Ainsworth, Shelley Walsh, Adam Stuart, Rob Elliott, Mark Easton.

Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net

Special thanks: Reg Wells (RWA life member) was the first subscriber to the new magazine. His encouragement helped me to begin. Michael George, Catherine McGrath and Cecil Gettins also subscribed in advance, without which this first magazine would have been totally unfunded.

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News

World Cup 2012 decision

The IAAF has announced that the 2012 IAAF World Cup for Race Walking will be held in Shanghai, China following the successful staging of the Olympic Games walks.



There are currently two bidders for the 2011 EAA Cup. These are Ibiza, Spain and Lisbon, Portugal

Official selection for Team GB

Announcement for the European Cup Race Walks team selection, made 17th April 2009.



In-form Olympian Johanna Jackson (Redcar RWC) will lead the Aviva Great Britain & Northern Ireland Team at the European Cup – Race Walking in France next month. The 24 year-old wintered well in Australia, where she twice set British 5000m records.

On returning home, she then put in a career-best performance as she defeated a strong international field to win the 20k at the Gran Premio Citta di Lugano in Switzerland in a new British record of 1:31:16, just one second shy of the A qualifying standard for August's IAAF World Championships in Berlin.

She forms part of a seven-strong party of athletes in the GB & NI Team that will take part at the event on May 24th.

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

SENIOR MEN – 50K

Daniel King (Colchester Harriers);
Dominic King (Colchester Harriers)

SENIOR MEN – 20K

Luke Finch (Colchester Harriers)

SENIOR WOMEN – 20K

Johanna Jackson (Redcar RWC)

JUNIOR MEN – 10K

Tom Bosworth (Tonbridge);
Mark O'Kane (Coventry Godiva);
Ben Wears (Redcar)

UK All-time lists rewritten

Luke Finch and Ben Wears move to numbers 11 and 12 on the UK All-Time lists with their sub 42:00 clockings (*photo on front cover*) great work gentlemen! These are the fastest times by a British male since 2000. Ben's performance also goes to number 2 on the UK All-Time lists and is the fastest since Darrell Stone in 1987.

Andi
(Dr Andrew Drake)

Princess Anne supports Race Walking

The long anticipated book celebrating the history of Race Walking is nearing completion.

After being approached, Princess Anne agreed to write the foreword to the book. This has now been completed and the book will soon be ready for publication.

More news on the book will be announced in a future issue of this magazine.

Tsoumeleka ban confirmed

It has been reported (April 29th) that the doping ban of the 2004 Olympic women's 20k walk winner Athanasia Tsoumeleka has been confirmed.

Traces of CERA, the new version of EPO doping were found in her sample from January this year.

She still denies any knowledge of this but has again confirmed her retirement from athletics.

CERA is a relatively new and sometimes thought undetectable drug that is proving the downfall of many people in various sports.

New writer and column for RWR

In an attempt to increase the content and interest of this magazine, Pat Reeves has been appointed as the Food and Nutrition writer for Race Walking Record.



*Pat Reeves DN. DthD. BSY.Kin.
BSY.Irid. BSYAlex.. BSY.Mag.
Advanced Biochemic Medicine*

Pat is an accomplished marathon runner, personal trainer, BWLA coach and fitness consultant, who has retained her British Masters

Power lifting title for fourteen consecutive years and holds many Divisional, Commonwealth and European records.

You can read her first article later in this magazine. If you have any questions about food and nutrition, or suggestions for future articles, please contact me.

New fund raising scheme for RWA

A new scheme is being trialled which could be a new source of income for the Race Walking Association.

On the back page of this issue you will find an advertisement for a discount retailer, who has agreed to pay 5% commission on all sales to the RWA.

The five per cent will be allocated when the code "**RWA**" is typed in when ordering from their website.

If this trial proves successful, other retailers and companies can be approached to join this scheme.

You are not asked to make purchases from this retailer, but they offer an unusual range of heavily discounted electrical and home products, and are worth a look.

Funding of the RWA has suffered in recent years due to the re-organisation of athletics bodies within the UK. The association has taken on new initiatives to get back on track in order to be able to bring race walking back to previous levels of success.

Announcements

European Vets Championships (Non-Stadia) Aarhus, DENMARK

Between 29th and 31st May the European Vets (Non-Stadia) Championships will be staged in Aarhus, Denmark. The following walkers are entered and will be representing Great Britain:

W35 Estle Viljoen 10k/20k
W45 Fiona Bishop 10k/20k/half mile
W45 Diane Bradley 10k/20k
W45 Maureen Noel 10k/20k
W50 Cath Duhig 10k/20k
W50 Sue Rey 10k/20k

M50 Mark Wall 10k/30k
M60 John Hall 10k/30k
M60 Dave Kates 10k/30k
M65 Ron Penfold 10k/30k
M70 Arthur Thomson 10k/30k
M75 Eric Horwill 10k/30k
M75 John May 10k/30k
M75 James Munn 10k/30k
M75 John Payn 30k

Walkers form a major part of every British Masters team, and we wish them all the best.

UKA McCain Race Walking Challenge

The UKA Race Walking Challenge for 2009 involves a total of 7 events including a Final during the course of the season and is created through a number of existing competitions. Existing competition providers have chosen to be part of this increasingly

prestigious series to form links across a number of events.



The following prize money will be paid to the best Male and Female over the series:

1st Place - £250
2nd Place - £150
3rd Place - £100

The dates of the seven chosen events are as follows:

4th April – Coventry
CAU Inter County Championships

12th April – Shrewsbury
National 20km Championships

26th April – Stockton-on-Tees
National 50km Championships

24th-25th May – Bedford
CAU Inter Counties 3km

28th June – Dublin
EAA Grand Prix

10th -12th July – Birmingham
AVIVA National T&F Championships

3rd September – Leeds (Final)
McCain UK Race Walking Challenge

107th Bradford Whit Walk

The Bradford Whit Walk now WILL take place this year. The annual Bradford Whit Walk is the oldest regular walking event in the world, but increasing traffic over recent

years meant the event would probably have to come to an end. A new course has been found, and the event saved.

Monday 25th May - 35k Men, and 15k Ladies starting at 11:00am on a 7.1km loop. Changing facilities and presentation at Baildon RUFC.

Full details from Julian Barker on 07710 326 836, or on racewalkuk.com

Inspire... Endure... Win!

An Irish Seminar at Sligo Southern Hotel on Saturday May 9th at 8pm.

Speakers:

-Jim Davis: National endurance director Athletics Ireland, IAAF Elite Middle Distance Academy Coach, Coach to Irish Athletics Team Olympics 2004, Coach to Irish Athletics Team in forthcoming World Championships Berlin 2009.

-Robert Heffernan: 6th World Championships Osaka 2007, 8th Olympic Games 2008 20k Race Walk.

-Jerry Kiernan: 9th Olympic Marathon Los Angeles 1984, Former record holder Dublin City Marathon, RTE athletics analyst.

This is an event not to be missed by all athletes of all abilities and ages, coaches and mentors.

Admission: Juveniles €5, Adults €10
Further details from Ray Flynn:
+353 876 566 215

Editors' note: Ireland has developed to become one of the top race walking countries in the world, and any advice they are willing to share should be taken!

Essex County T&F Champs

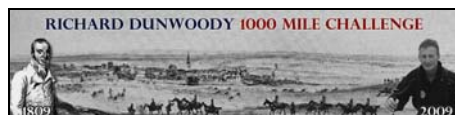
Saturday 16th May at 12:00 noon - Ashton Playing Fields. It has been agreed that guests will be accepted, but they must enter in advance like anyone else. The information has been posted on the County web site <http://www.essexathletics.org.uk>

Captain Barclay Challenge 2009

On 29th May 2009 at 11.30pm, Richard Dunwoody will start a 1000 Mile Challenge and walk the same mile 1000 consecutive times for 1000 consecutive hours with the last mile up the home straight of Newmarket racecourse just before the Darley July Cup on 10th July 2009.

In 1809 Captain Robert Barclay Allardice walked 1000 miles in 1000 hours for a bet of 1000 Guineas. The challenge took 42 days. He completed the challenge on 12th July 1809, losing three stone in the process.

More details will be published in the next issue.



Features

Hall of Fame - Vote for Ken!



Vote for Ken Matthews to be inducted into the England Athletics Hall of Fame. You know it makes sense!

The Hall of Fame was launched in 2008 with a panel of experts selecting a list of potential inductees for athletics fans and members of the public to vote on, and is designed to honour those people who have made an outstanding contribution to the sport of athletics in England.

There are 11 athletes who have been put forward for public voting by the Hall of Fame panel this year. They have been selected from a list of the most successful English Athletes of the last 100 years based on performance, success (medals, titles and records) and their contribution to athletics. From this list of 11 athletes you are able to vote for your top three athletes. The three with the most votes being inducted into the 2009 England Athletics Hall of Fame.

The 11 short-listed athletes chosen by the panel are: **Ken Matthews**, Ann Packer, Alf Shrubbs, Brendan Foster, Denise Lewis, Fatima Whitbread, Gordon Pirie, Jonathan Edwards, Kathy Cook, Steve Backley, and Steve Cram. There is also a 'twelfth athlete' space which allows the public to vote for one other athlete not short-listed by the panel. The public are not restricted by any of the criteria as set out by the panel.

Public voting runs from Friday 3rd April until Sunday 30th August. Each member of the public will be entitled to vote for their top three athletes and can only vote once (duplication votes will not be counted). You can choose to either vote online or via post.

The 2009 inductees into the Hall of Fame will be announced this year's England Athletics Awards & Hall of Fame Night held at Aston Villa Football Club, Villa Park on Saturday 10 October 2009. Tickets for the occasion will be available to the public.

It takes less than a minute to vote. To register your vote, please visit the website:

<http://www.englandathletics.org/page.asp?section=61>

The new UK Race Walking Centre

In April, UK Athletics announced the designation of Leeds Metropolitan University as the new UK Athletics Race Walk Centre with the appointment of Dr Andi Drake as the Carnegie Director of Race Walking.

Here I (*Andi Drake*) will briefly outline how the Centre and its Director plan to impact on the event. My previous work as both a coach and an academic has been strongly linked to developing talent using an evidence based process that seeks to develop athletes into expert performers. This can be broadly broken down into three stages: first establish a clear strategy/objective for the programme; second create an environment in which talent can thrive; and third identify the talent that will form the athlete base for the programme.

Establishing strategies/objectives:

Our strategies and objectives are driven by a passion for developing talent towards championship level competition, i.e. we will work towards qualifying athletes for championship teams and helping them to fulfil their potential. The pinnacle of such a strategy is competitive athlete in (a GB vest!) an Olympic Games Team.

Creating the environment:

The environment in which athletes can thrive is key to the success of any programme. There is already a team in place at Carnegie who have experience of working with National Race Walk Squads/Teams and who are expert in their own fields, e.g. including biomechanics, exercise physiology, nutrition, sport psychology, strength & conditioning, physiotherapy and coach education. Moreover Carnegie engages with overseas race walk squads and coaches who share their expertise with UK athletes and coaches: In this way we look forward and focus on the developing demands of the race walking events rather than looking back, for example I am currently working on collaborative research with Ivano Brugnetti's coach Antonio la Torre from the University of Milan; and I spent January 2009 at the Australian Institute of Sport in order to work with Brent Vallance and further examine the workings of a highly successful squad programme that like Carnegie places athletics as one of a number of high performance sport programmes. In his review of Common Characteristics of Successful Endurance Programmes, Gibbons (2004) identified high quality coaching as the primary factor during the developmental ages of 16-24. Moreover common principles highlighted were: training structured using sport science knowledge; daily communication between athlete and coach regarding their health/fitness/weakness status; and daily analysis of training and performance to prevent overtraining.

The accommodation set up will be something of a mix of the "athlete resses" at AIS i.e. an opportunity to live in for athletes on Carnegie programmes holding sports scholarships similar to the AIS; or to come in for short stays for athletes and coaches not based at Carnegie on a full time basis, which is similar to the set up overseen by Sandro Damilano at the Italian Race Walking Training Centre in Saluzzo, Piedmont, - again I have taken the opportunity to examine this programme having taken athletes to Saluzzo for a number of training camps.

Furthermore the UK Race Walk centre will also develop coaches and there will be a mentoring programme for two or three performance coaches who will be supported by the Director of Race Walking.

Talent identification phase:

The final phase of establishing the programmes will be to work with the athletes. This is often seen as the starting point of a programme launch; however it is typically without the crucial first two stages being fully developed/implemented. Gulbin (2008) highlights this as a common factor in ill conceived talent development programmes.

Athlete's who will be supported by the establishment of a "UK Athletics Futures Training Group" at the Centre will be carefully selected and all aspects of the performance process will be considered. For example an athlete who will be part of the programme at Carnegie will demonstrate a professional attitude; be committed to the programme, to training and to the sport of athletics; they will be well conditioned in order to avoid injury and be ready to tolerate increasing training workloads; they will demonstrate mental toughness in pressure situations, such as key competitions; and they will show commitment to an appropriate lifestyle for an elite athlete, i.e. they will be role models for other performers.

The UK Race Walk Centre will not only work with existing talent but will actively seek new talent, either through talent selection from young athletes who demonstrate characteristics of high level performers; or through transferring in athletes who have demonstrated their aptitude for the race walk events via their performances in other endurance events/sports.

What will this bring?

The UK Race Walk Centre is empowering and will enable athletes to receive dedicated full time coaching. In time the Centre will drive UK race walking performance and also strongly influence the culture of the event in the UK and increasingly internationally. UK Athletics will see athlete's from Carnegie dominating Team GB selections for the race walk events.

In summary the UK Race Walk Centre will provide both athlete and coach opportunities; research & support opportunities for other practitioners; and can be a template for other (technical) events. In short as the programme gathers momentum it will begin to make a difference.

References/further reading:

Gibbons, T. (2004) "Common Characteristics of Successful Endurance Programmes. Track Coach. 169, 5393-5408

Gulbin, J. Identifying and developing sporting experts. In Farrow, D., Baker, J., MacMahon, C. (2008) Developing Sport Expertise. Routledge.

Dr Andrew Drake
Carnegie Director of Race Walking

Carnegie Faculty of Sport and Education
Leeds Metropolitan University, Leeds, LS6 3QS



Eating for Endurance – Part 1

By Pat Reeves

In this, my first article for Race Walking Record, I am focusing on the required nutrition for events between thirty and two-hundred kilometres - likely taking the average race-walker up to three hours to complete.

Whilst success in any endurance activity is a result of a multitude of physiological and genetic factors, some of these are directly outside of our control. However, a major player in ultimate success is nutrient and fluid intake, both in a general sense and definitely during training and competition. Everyone has total control over this.

Here are my strategies for eating and drinking for that upcoming race.

How the body utilises its fuel

Glycogen, glucose, triglycerides and free fatty acids from adipose tissue are all used during extended activity. Free fatty acids provide the adenosine triphosphate (ATP) to fuel performance. The relative ratio of utilised substances is dependent upon duration, intensity and the availability of them. As exercise intensity increases during endurance exertion, more carbohydrates are used. However, as carbohydrates are limited in supply as exercise continues - with the body's carbohydrate stores diminishing - more of the stored fats are used. Unfortunately, the metabolism of fat is less metabolically efficient and, therefore, when carbohydrates

become limited, exercise intensity - that last sprint for the line - diminishes. The body has almost unlimited fat stores - likely for several marathons! - Hence the focus of eating for endurance needs to be carbohydrate-dense.



Eating before the event

Eating a relatively calorie dense meal two to four hours before a race - or several smaller meals between two and five hours before your race is absolutely essential for improving muscle glycogen levels as well as providing blood glucose for the intense activity which lies ahead. By eating this meal(s), the activity will be optimally fuelled by the nutrients provided during the meal(s) and you will, therefore, be able to exercise for a considerable time before the body is forced to rely on its stored energy. This should delay fatigue in closing stages and improve performance. If you fail to eat in this recommended manner, your body will have used up earlier provided nutrients and potentially also dipped into its store energy even before you get to grips with the racecourse! Obviously this is likely to lead to early fatigue and poor race/training performance. If the pre-race meal is consumed within half to one and a half hours

prior to race, one of two problems are likely to occur. The first is gastrointestinal distress. You are likely to feel too full/sick upon commencing activity. The second is known as rebound hypoglycaemia. What happens is immediately after eating carbohydrates insulin is released. This hormone's function is to clear the blood of the ingested carbohydrates and to deliver them to storage sites - such as liver, muscle and the adipose tissues. Eating causes hyperglycaemia and the body's response is to induce hypoglycaemia. Insulin is a 'storage' hormone; it opposes nutrient mobilisation, locking up the carbohydrates into cells for as long as it is performing its work. The focus of eating appropriately before a race is to ensure the body can clear the blood of carbohydrates, store the nutrients, and get rid of insulin well before the time to compete occurs. Practice makes perfect!

As an example of a pre-race meal should contain:

Around one litre of water

5 grams of carbohydrate - allow around 300 grams for a 70kg individual

Around 20-40 grams of protein

Around 10-20 grams of essential fatty acids.

My next article will explain more fully how to easily achieve the above.

Pat Reeves,
Practitioner of Nutritional and
Functional Medicine

The Arnold Sports Festival 2009

With an estimated 17,000 athletes in 37 different events being watched by crowds of up to 170,000 this year, the Arnold Sports Festival has over twenty years become a great showcase for various sports.



Founded and promoted by movie-star-turned-governor Arnold Schwarzenegger, this year for the first time the Inaugural Arnold 5k Racewalk was held on March 8th.

Chip timed and held on a USATF certified course in Greater Columbus, Ohio in the USA, the number of finishers in this event was exactly 200. Winning times were 28:05 by Susan Randall, and 29:44 by John Randall. Prizes for the top three men and women in each age group were offered.

The presentation rules stated "no strollers" but this is the American word for pushchairs, and not an attempt to exclude slow walkers...



Results and Reports

Full results, reports and photos of many more races will be included in the next issue. In getting my first issue published I have included just a selection of results, to release this magazine on the 1st of each month.

UKA/RWA

National 20km Championships

National Junior 10km Champs

Sunday 12th April 2009

Shrewsbury Sports Village

20km Women

- 1 Johanna Jackson Redcar 1:35:57
- 2 Lisa Kehler W&B 1:44:18
- 3 Diane Bradley Ton 1:53:39
- 4 Helen Middleton E&H 2:05:31
- 5 Anne Belchambers Steyn 2:11:49
- 6 Fiona Bishop AFD 2:16:07
- 7 Sue Rey Leic WC 2:24:40
- 8 Sarah Lightman Leic WC 2:26:28
- 9 Jo Miles Hillingdon 2:26:34

20km Men

- 1 Luke Finch Col H 1:28:31
 - 2 Carl Thomson Sarnia 1:39:51
 - 3 Paul Evenett Redcar 1:40:57
 - 4 Trevor Jones Steyn 1:45:39
 - 5 Stephen Crane Sy WC 1:50:47
 - 6 Steve Arnold Nun 1:56:08
 - 7 Chris Berwick Leic WC 1:57:14
 - 8 Roger Michell Sy WC 1:58:24
 - 9 Dave Kates Ilford 2:00:00
 - 10 John Constandinou Bir 2:01:42
 - 11 Steve Uttley Ilf 2:01:56
 - 12 David Manning Bir 2:02:09
 - 13 Arthur Thomson E&H 2:02:24
 - 14 Tony Bell Lancs WC 2:04:39
 - 15 Laurence Dordoy Ilf 2:04:57
 - 16 Mark Byrne Redcar 2:06:36
 - 17 Ed Shillabeer Lon V 2:06:48
 - 18 Sean Pender E&H 2:08:13
 - 19 Dave Sharpe Ilf 2:09:13
 - 20 Tony Collins Bir 2:10:47
 - 21 Bernie Hercock E&H 2:27:14
- G Scott Davis Ilford 01:37:10
DQ Ben Wears Redcar

DQ James Munn Lancs WC

DQ Mark Wall Leicester WC

Ladies Team: 1 Leicester WC

Mens Team

- 1 Ilford AC
- 2 Birchfield
- 3 Enfield
- 4 Surrey WC
- 5 Redcar RWC

10km Boys

- 1 Mark O Kane Cov 47:46
 - 2 Tom Bosworth Ton 49:18
 - 3 Liam Baldwin Ton 52:18
 - 4 Antonio Cirillo Swan 52:19
 - 5 Ben Casey Yeov T 60:34
 - 6 Sam Joseph 69:36
- DQ Alex Wright Belg

10km Girls

- 1 Holly Smith Bir 56:16
- 2 Lauren Whelan Manx 59:52
- 3 Rebecca Collins M&M 61:02:47

Girls Team: 1 Tonbridge AC



Holly Smith finishes injured, watched by Ken Matthews

Luke Finch (Colchester Harriers) stormed to his first national senior title in

the UKA/RWA 20km Championships staged at Shrewsbury Sports Village on Easter Sunday.

Held on a 1km cycle circuit, each lap consisted of a 250 metre climb, which athletes had endured on twenty occasions. Despite this Finch took 7 seconds off his previous best of 1.28.38 set last month in Lugano, Switzerland in clocking 1.28.31.

Finch set the early pace with Junior Ben Wears (Redcar RWC) stepping up in distance in close proximity. He went through 5km in 21.45, with Wears passing the same mark in 22.00, but the youngster was soon withdrawn by the judges.

Finch passed the halfway point in 43.30. The tough course began to take its toll in the second half as he passed 15km in 65.45 but hung on well over the last 5km to record a new personal best of 1.28.31. This puts him at the head of the Power of 10 rankings for 2009 and moved him up to 27th on the UK All Time list.

Finch backed up his performance over 10km of 41.51 in the previous week's McCain UKA Race Walking Challenge opener in Coventry. Carl Thompson (Sarnia) took 2nd in 1.39.51 ahead of Paul Evenett (Redcar RWC) 1.40.57.

In the Women's 20km British Record Holder Jo Jackson (Redcar RWC) put behind a disappointing performance the previous weekend in the IAAF Challenge in Rio Major, Portugal. Recovered from the hamstring injury – she took the title in 1.35.37.

Jackson passed halfway in 46.00, but as she had two cards on the board throttled back to cruise round the last 10km to secure the national title. In second place was triple Commonwealth medallist and former national record holder Lisa Kehler (Wolverhampton & Bilston) who clocked the second fastest time by a British

athlete this year in clocking 1.44.18, ahead of Dianne Bradley (Tonbridge) 1.53.39.

In the Junior Men's 10km, Ben Wears stepping up to the 20km race led to a showdown between Mark O'Kane (Coventry Godiva Harriers), Alex Wright (Belgrave Harriers) and Tom Bosworth (Tonbridge) for the two remaining places in the Aviva Great Britain and NI team for the forthcoming European Cup in Metz, France.

Bosworth set the early pace and Wright moved ahead of O'Kane. However, by the halfway point O'Kane had moved ahead of both of his rivals. Wright was soon to be removed by the judges, leaving the way clear for O'Kane to take his first national title in 47.46. Bosworth hung on for second place (49.18) ahead of his team mate Liam Baldwin (Tonbridge) in 3rd (49.18). The Junior Women's 10km saw Birchfield's Holly Smith rack up a comfortable victory in 56.16.

Scott Davis missed the start of the 20k race but was allowed to walk unofficially, recording a time that would have seen him win a national medal. Without him, his team still won gold. Holly Smith picked up a hamstring injury, and collapsed after finishing.

R.W.A. & U.K.A. 50k Champs

Ropner Park, Stockton-on-Tees
26th April, 2009

Men

- 1 Scott Davis Ilford 4:30:28
- 2 Christer Svensson (Guest) Växjö, Sweden 4:47:28
- 3 Paul Evenett Redcar 4:51:39
- 4 Trevor Jones Steyning 5:03:04
- 5 John Hall Belgrave 5:39:22
- 6 Martin Fisher Redcar 5:40:22
- 7 John Paddick Redcar 5:44:52
- 8 Paul King Belgrave 5:54:40
- 9 J Constandinou Birchfield 5:58:34

10 Chris Flint L.Vidarians 6:03:48
 DQ Mark Wall Leicester W.C.
 DQ Dave Jones Redcar R.W.C.
 DQ Mark Byrne Redcar R.W.C.
 DNF Mark Culshaw Belgrave H.
 DNF Steve Arnold Nuneaton H.
 DNF Neale Smith Nuneaton H.
 DNF Andy Cox Hillingdon A.C.
 DNF Stephen Crane Surrey W.C.
 DNF Peter Jacklin Redcar R.W.C.

Teams

1 Redcar R.W.C. 287
 (Evenett, Fisher, Paddick)
 2 Belgrave 189 (Hall, King)

Women

1 Maureen Noel Belgrave 6:07:26
 2 Sue Rey Leicester 6:09:13
 (Classified at 45.7k)



Scott Davis Photo: Rob Elliott

A Report by Dave Kates:

On the same day that tens of thousands thronged the streets of London to either spectate or participate in its annual Marathon, a sterner test of strength and endurance was taking place at the other end of the Country in Stockton. The City's Ropner Park was to host the U.K. National 50k Race Walking

Championship, longest athletic event on the Olympic programme and one renowned for both its super heroes and the drama that they produce.

Scott Davis of Ilford A.C. was there to defend his National title yet again following a sequence of 4 consecutive victories in this event. This year a sterner test was expected in the shape of Christer Svensson of Sweden, who had represented his Country in the World Cup in Russia last year and Redcar's Paul Evennett, lately much improved.

Davis and his coach, Dave Kates prepared a race plan based on notes made on both during Grand Prix Events in Slovakia and Switzerland earlier in the year. Preparations were completed with several test laps of the 1095m course the night before during which it was noticed that the heavy tree leaf, blossom and flower pollen would combine with the expected heat to provide an oppressive atmosphere. Those conditions could be combined with a fast pace to inflict serious damage onto the race field.

At the gun Davis waited to see which Paul Evennett would 'turn up to race today'. Would he lead or would he follow. He chose to follow the Ilford man through the opening laps, who in turn responded by 'supervising' a group including, Evennett, Svensson, Steve Arnold of Nuneaton, Trevor Jones of Steyning with Stephen Crane of Surrey and Mark Wall, Leicester a short distance behind. Imperceptibly Davis applied a little more pace on each lap bringing about a gap and pressure to those behind, with Evennett, Svensson and Wall all taking early 'infringement' cards from the judges. Crane and Wall were soon left trailing with the latter eventually suffering disqualification by the judges and Crane ultimately unable to finish.

On taking a 2nd 'card' from the judges, the Swede, Svensson sensibly throttled right back and decided with Jones on '

survival '. Only Evenett and Arnold took up the chase. The Ilford man responded by putting in another surge to reach 10k in 52:58 which destroyed Arnold's race and he in turn was unable to finish. Only Evenett now remained some 35 seconds in arrears. Again the Ilford athlete turned up the heat, covering the next 10k in an even faster 52:38. He was now operating at 4hr.22m pace and with the Redcar man now tailed off he intended to cruise at that speed level until the final stages.

Suddenly as so often in this event tragedy struck. In one area of the Park the Race Stewards had been having trouble all morning with a few locals displaying an attitude problem toward the Event. Not content with ' name calling ' and mild abuse a few people had also deliberately walked across the path of oncoming athletes. One such individual deliberately impeded Davis by suddenly cutting across the front of him which caused the Ilford man to swerve in an awkward movement to avoid contact. He immediately felt a muscle tear in the hip flexor region of his right leg. The ensuing pain increased with every lap and by 35k Davis had complete loss of feeling in his right leg. It was crisis point - big time. In a desperate attempt to save the race he had to slow and try to stabilize the situation. Dropping some 25 seconds or more a lap his race became all about survival.

Behind him the Swede Svensson had made up several positions and was now in 2nd and finishing strongly. The Redcar man Paul Evenett was also rallying and holding onto 3rd. If Davis could stabilize things with a drop of 25 seconds per lap, then the chasers would run out of road before the end, but could the Ilford man hold on. Urged on by family and friends and tended with frequent cold water sponges the laps painfully counted down until the Ilford man crossed the line for a victory in 4:30:38, with Svensson 2nd in 4:47:28 and Evenett 3rd in 4:51:59.

With this victory Scott Davis will surely go into the U.K. Athletics Hall of Fame. Winner of the National 50k Title for 5 consecutive years in a row is a feat equalled by only Harold Whitlock, the Olympic Gold Medallist in this event in Berlin 1936. This sequence of wins has also been surpassed by only one other athlete - Don Thompson, Olympic Gold Medallist in this event in Rome 1960. The Ilford Club, truly have a ' racer ' of the highest quality.

Report by Dave Kates, Ilford AC

200 Club

Recent winners:

March, 2009

£25 - No.106 - Barbara Croft;

£10 - No.17 - John Gordon

£10 - No.46 - Steve Wynn.

Details:

The 200 Club is a monthly prize draw run solely for the benefit of the RWA. There are up to 200 members each with a unique number that is entered into a monthly prize draw.

Every month 3 numbers are drawn at random to win prizes of £25 - 1st prize, £10 - 2nd prize and £10 - 3rd prize. In June and December there is a bonus prize fund with four prizes up to £50 each, depending on the number of members at the time.

The cost is £13 per number, or £12 if you agree to pay your subscription by standing order or to receive your renewal notifications by email.

The club is run by Bill Wright. Please send a cheque for £13 per number requested payable to RWA to the

following address, including your name, address, how many numbers you require, and whether you wish to be paperless, along with your signature and the date:

Bill Wright (200 Club),
212 Weddington Road,
Nuneaton,
CV10 0ER.

Letters

Dear John,

Many congratulations on being appointed Editor of the Race Walking Record. I look forward to your first edition.

Kind regards,

Peter Marlow

Hi John,

It was great to see you over on the Isle of Man competing again in the Manx Harriers Open. It was a shame that we didn't have more English walkers as it would have been great to have given the Irish walkers some competition.

Good luck with the RWR but I hope it will allow you enough time to get back to your best and beyond.

Michael George
Welbeck Hotel
Douglas, Isle of Man

John.

I would like to wish you all the best as the new editor of the Record, not an easy task I feel, as you have

demonstrated in the production of your website you can show results and information in a well laid out and easily read form.

A magazine like ours is only as good as the results and information that is sent in or obtained, so everyone needs to continue with this.

Best Wishes,
Ron Penfold

Hi John,

Congratulations on becoming Editor of the RWR.

Best wishes,

Andi Drake

Dear John,

Please find enclosed my cheque, being my subscription to Race Walking Record, commencing with your first issue.

Yours in anticipation,
Reg Wells
(R.W.A. Life Member)

Hi John.

Best of luck with the magazine from all the girls at Birchfield.

Mo Graham

Hello Mr Editor

Could you ask the national squad members what I need to do to get my 20km time down from 2h04 to sub 1h30 :-)

Looking forward to seeing the new RWR
next week.

Bye
Tony Bell

Dear John,

May I take this opportunity in wishing you
well in your new role.

Sincerely,
Oliver T

Dear John,

Congratulations on taking over the
Editorship of RWR.

I look forward to every edition arriving
and always retreat straight to "Ty Bach"
in Welsh, or the "Dunny" in Australian, or
the "Loo" to the rest of us for a feast of
reading, only emerging when I have read
the latest copy from cover to cover! So,
now you know where my copies of RWR
are stored and it is a pleasure to lose
myself in each and every one of them as
often as I can!

You will be an asset to the walking
fraternity with your computing skills and I
know you have the support of many
other readers in wishing you every
success. You have the opportunity to
create your own style of presentation
and to try other means of spreading the
walking gospel to a wider audience.

Being a regular competitor at a wide
range of distances, both in the UK and
abroad, you are in contact with walkers
of all standards, and have your finger
very much on the pulse of this wonderful
sport. A new era for British race walking
begins, and long may you continue,
John.

Best wishes & good luck with the
magazine!

Yours in sport,
Cath McGrath

Hi,

My name is Chris Harvey. Some will
know me but a lot won't. I won the
National Junior Championships in '77 &
the Senior 10 miles in '79, and finished
29th in the World Championships in '79
in 88.26 (PB).

I currently support Lancs walking club,
but having had a knee replacement I
don't compete anymore, but would like to
help out anyone willing to listen
regarding coaching!

Walking seems to be at an all time low
except for the ladies, and we can be
better - a lot better. I used to go to work
and still do 75 to 100 miles a week.
Anything is possible.

Cheers
Chris

Hi,

I am really interested in joining a race
walking club and taking part in races but
I am not sure where I can get this
information. I think I can race walk fast
and would like to race competitively. I
have previously been a long distance
runner which I think would help. I live in
East London so would look for a club
near where I live.

On the Race Walk UK website I saw
information for events but I couldn't work
out how I can enter. I would be very
grateful if you could send me some
information.

Thanks in advance,
Georgie Manly

Fixtures

May 2009

8th-10th TEAM GB TRAINING CAMP UK National Race Walking Centre, Leeds
9th 20k Macclesfield Shield Macclesfield, Lancashire (B)
9th-10th County Track & Field Championships
10th 20k/var Manx Championships/Open Andreas, Isle of Man
13th 2000m Midland Veterans League (South) - Birmingham (B)
15th var South Yorkshire League Millhouses Park, Sheffield
16th Marathon/Half Playtex Moonwalk London
16th 10k Essex County T&F Championships Woodford Green, Essex
17th 1 mile Philadelphia Team Vale, Guernsey (B)
17th Midland Track Championships/BMAF 10k Championships Tamworth
19th 2k Hewitt Cup Humberstone Park, Leicester (B)
20th 3000m Essex Police Sports Day Colchester Garrison Track
21st 5k Manx Harriers Open Walk TT Access Road, Isle Man
23rd 3000m London Inter-Club Challenge/Enfield League Lee Valley (B)
23rd - 24th 50k/100 mile/24 hour Continental Centurions Weert, HOLLAND (B)
24th 10k/20k/50k 8th European Cup Race Walking Metz, FRANCE
25th 15k/35k Bradford Whit Walk (11am. 15k-F, 35k-M) Baildon, Bradford (B)
25th 3000m CAU Inter-Counties T&F Championships Bedford
26th 5 mile VAC Summer Series Battersea Park, London (B)
29th-10th July 1000 mile Captain Barclays Challenge Newmarket, Suffolk
29th-31st European Vets Non-Stadia Championships Aarhus, DENMARK
30th 20k/50k IAAF Race Walking Challenge/Na Rynek marsz Krakow, POLAND
31st 15k Sarnia WC Championship 4 Pleinmont-Amarreurs, Guernsey

June 2009

1st 2000m Midland Veterans League (East) - Meeting 2 Tamworth (B)
2nd 1k/3k Steyning Summer Handicap League 3 Steyning, Sussex (B)
3rd 10,000m/var Manx Track Championships NSC, Isle of Man
3rd 1 mile/2k EVAC League Cambridge/var
6th 20k BMAF Championships (or 7th TBC) Northampton
7th 1M/6M/12 mile Walk For Scotland Edinburgh (B)
7th 3000m SCVAC 3000m Championship + Open Norbiton
9th 1k/2k/3k Steyning AC Club Championships Broadbridge Heath (B)
9th 3000m Woodford Tuesday Walks (6:40pm) Woodford Green, London
11th 2000m Midland Veterans League (South) - Meeting 2 Redditch (B)
12th 3k Sarnia WC Championships 5 Osmond Priaux, Guernsey (B)
12th 20k European Athletics EAA Permit Meeting Altyus, LITHUANIA

In the next issue...

Special report from the Team GB training weekend – Another writer joins the RWR team - Reports from the European Cup in Metz and European Vets Championships in Denmark - Interview with an Olympian ...And anything I have missed out of this issue. **DON'T MISS IT! OUT 1st JUNE**

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