



Race Walking Record

August 2014

In association with the Race Walking Association

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News and reviews

*Sarnia Walking Club; Heritage Group Championships Race 10; 1 Mile track walk
Osmond Priaulx, Footes Lane, Guernsey by R. Elliott*

Champions retain Heritage Titles

Stuart and Jayne Le Noury retained their Heritage Group Sarnia Walking Club Championships when competing in the final race of 10 over one mile. Stuart had the company of brother Jason for the first quarter of a mile, before easing away to finish in 7.21. Jason stayed in second place in 7.44 ahead of Phil Lockwood in third. Women's Champion Jayne Le Noury had to give second best in this race to Marie Macdonald. Marie, in her first season, won in 11.04, ten seconds ahead of Jayne and with continued improvement could well be a contender for next year's Championships. The Jubilee Handicap Tankard held in conjunction with the Championships was easily won by Kevin Le Noury, who had a consistent season and came out on top in the handicap section on three occasions.

The next race is on Friday August 22nd at 6.30 pm. Start and finish is near the Imperial Hotel over a hilly 3 miles course. Details from Jayne Le Noury, lenouryjedburgh@cwgsy.net.

The annual Church to Church 19.4 miles walk is coming up soon. The walk on Sunday September 7th starts and finishes at Havelet Bay and takes in a course passing all the Parish Churches. The walk is open to all over 17 years old, with full details at <http://churchtochurch.wordpress.com/>. The first three walkers home from last year will all be on the start line. In 2013 visiting walker Jonathan Hobbs narrowly beat local Jason Le Noury in just over 3 hours, with another visitor and past winner Jim Ball in third. The walk has a generous time limit of 5 hours 30 minutes. This event is preceded on the Friday evening (Sept 5th) at 6.30 pm with a 3 kilometers road walk at Les Amarreurs, Vale.



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Sarnia Walking Club; 3.8 miles (approx.) road handicap; Rocquaine Regatta Piette Trophy; Rocquaine Bay, Guernsey by R Elliott

Deserved Win for Kay Coulson

Kay Coulson, with a three minutes improvement on her last years walk, led from start to finish to win the Piette Trophy held in conjunction with the Rocquaine Regatta. With the benefit of seeing how close your competitors are on the out and back course she could see what she had in hand on the final turn to the finish. The closest challenger was visiting 1994 Commonwealth Games competitor Karen Ratcliffe, walking smoothly and gradually closing the gap, but falling short of first place, eventually finishing 34 seconds after the winner.

A good walk from newcomer Marie Macdonald gave her third place to give the women a one, two, three in the event. Back markers Stuart and Jason Le Noury were next to finish separated by ten seconds, with Stuart recording the fastest time of the day with his actual time of 31.22.

Past Church to Church Walk winner Dave Ratcliffe, a visitor from England, in his first race for many years walked a steady first lap of two before moving up a gear in the last lap.

Sarnia Walking Club; 3 miles road walk; Rocquaine Bay, Guernsey by R. Elliott

Course best for Jason Le Noury

Jason Le Noury won the Sarnia Walking Clubs 3 miles road walk over the hilly Rocquaine bay circuit from brother Stuart. His winning time of 24.45 was a 25 seconds improvement on his time when the club first used the course last year. From the start near the Imperial Hotel and up Le Valniquet and through to Torteval Church, there was little between the two as they passed the mile point in around nine minutes. Stuart was to lose ground in the next mile as Jason went 50 seconds faster, using the flatter sections to his advantage. A final mile of around 7.30, on the mainly downhill section back to the coast saw him stretch his lead, with Stuart eventually finishing almost a minute behind.

Phil Lockwood finished in third place in 28.56. Quickest of the women was Kay Coulson in 36.46, followed by Jayne Golborne in 39.13.

CHRIS HAYES R.I.P. by D. Ainsworth

Readers will be sorry to hear that Centurion No.686 Cambridge Harrier Chris has passed on aged 75. He qualified at the 1979 SWC Ewhurst 100 Miles, when 107 started with 37 becoming new Centurions. Compare that with our 2014 100 Miles when 26 started with 5 becoming new Centurions. His time of 23.55.15 got him listed among "the slowest" in the Centurions' Handbook...though many say that list contains names of those "with good pace judgement". That 1979 race saw the great Dave Boxall (Brighton & Hove AC) record a 5th UK 100 Miles' victory. Notable qualifiers that day included the late Ron Purkiss, Ron Eaton, Mick Barnbrook, Ken Mason, the late George Woods (his memorial trophy is contested on August 25th at Garon Park) & Centurions' Merchandising Officer Tony Perkins. Enfield won the team race being led home by 10th placed Ken Roost (19.52.53) followed by Jack Rossiter and the late Peter Worth. Chris worked as a House of Commons chef and was well known to those at the popular series of Blackheath 9K Handicaps. Condolence is expressed to his family.



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International news from IAAF

If you want to know what is happening on the international stage then please follow this link:

<http://www.iaaf.org/about-iaaf/documents/iaaf-newsletter>

The Small Nations Competition by P. Ficken

The Small Nations was held in Namura, Belgium. We were looked after very well by our hosts. Our youngsters produced some good results and were a credit to their clubs. We had a full team of seven with Dom and Dan King giving encouragement and help once again. We were just beaten by Ireland. Hopefully with the experience gained and being on our home soil next year we can overturn this year's result. Thanks to the RWA for giving us the opportunity of once more taking part in the competition.

Results

20K

3rd Dom King 1.33.56

4th Dan King 1.38.37

12th Adam Cowin 1.51.52

Visitors

11th Francisco Reis 1.49.50

16th Steve Utley 1.54.31

19th Steve Allen 1.59.40

Ladies 10K

3rd Sophie Lewis Ward 54.02

6th Heather Butcher 55.49

Junior 10K

6th Tom Partington 54.30

7th Timothy Snook 55.46



Race Walking needs YOU! By C. Telling

Do you have an hour or so spare you could donate to Race Walking? Have you got a particular talent or area of interest that you think could help us grow the sport in the UK?

Would you be interested in taking on a role either informally to assist an officer or to become an officer or committee member yourself? You can do as much or as little as you want but all new or returning assistance would be appreciated either locally or nationally.

Examples of the assistance or skills needed include (but not limited to): book keeping, auditing, minutes taking, being an area representative, or sitting on specific sub committees for the area you are interested in. Or you might want to be the/ an editor of this magazine, write articles up on races you attend or just want to organise more races. You might be a qualified first aider and would be willing to act as such at a local race. Do you want to be a coach (or assistant coach), or an official?



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There is so much potential to improve and grow the sport but it needs volunteers and team work. If you are interested please let us know. You are never too old or too young to help.

Remember this is our sport and the more people getting involved the better it will be..... and you will have fun as well. Whatever it is you are interested in let us know and we will do our best to accommodate you.

If you want more information with no expectations or pressure please contact a local or national committee member or Catharine Telling (rwr.editor@btinternet.com)

No salesmen will call and you won't be committing to anything!

RWA Annual General Meeting

The AGM has been announced as **Sunday 14th December 2014** at Alexander Stadium, Perry Park, Birmingham. Anyone with an interest in Race Walking is invited to the AGM. If you have any suggestions or nominations for the committee or the sport in general please put these forward via your club, nominated body or your area committee.

Preliminary notice for the AGM is on the RWR website.

Midlands AGM

The Midland RWA AGM will be held on 13th October 2014 at Fulford Heath Golf Club. For details and the agenda please contact the Honorary Secretary, Ann Perry at ann@theperryfamily.org.uk

Walking History from P Fawkes

We have recently been sent copies of 2 booklets written by Tom Payne who was a musician and a race walker in the early 1900s. These are being held by the Northern Area but a copy has been uploaded to the RWR website if you want to read them.



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A personal insight into the European Championships by T Bosworth

I arrived three days before my race in Zurich, and met my roommate Lawrence Clarke, having met him originally for the first time at the Commonwealth games 2010. Throughout the week in Zurich I met a load of athletes I've never met before and loved hearing their stories, especially Chris O'Hare. The whole team worked together and the support for each other was awesome! One moment I will never forget is when Jo Pavey won Gold in the 10,000m. The whole team was cheering her on at dinner, and went crazy when she won! That really did set the tone for the entire championships.

Wednesday morning came around quickly, I couldn't wait to race 20k. I knew I was in great shape, however, was a little nervous about the race course. A tight top bend and tram lines to work around meant it was going to be an interesting race, and I was right.

The pace started very slowly which threw me a little. All I had in my head was, this is a championships, and it's all about taking positions, not the time. I hit my 5k split perfectly, still just in the lead pack of about 20 athletes. At 8k, I decided to maintain my pace and not go with the leading pack. I knew most of them will not be able to maintain the pace and so in the second half will come back to me.



Again, I judged it correctly, at 9k I was 19th, over the next few kilometres I worked my way back up the field to about 15th. However the tight top turn on played havoc with my right leg and my hip and ankle became tight and stuck, restricting my stride. I could see the chase pack ahead of me but over the next few kilometres to 16k I couldn't close the gap. The streets of Zurich were starting to get very busy now and there was plenty of support, I tried to use this but I couldn't gain speed. So I reminded myself about my aim of just taking back positions, I knew I could sit in this position and just finish in an ok time and an ok position. But I wasn't happy with OK.

So I pushed on, and gave my all for kilometre 17. Let's see what happens, I pulled out a 4:09, 10 seconds faster than my previous few kilometres.

This spurred me on and I soon caught the next place, I moved on to the next one and then another two more. I guessed I was about 14th when I crossed the finish line, but was actually 12th in 1:23:17. I was ecstatic, as I wasn't ranked within the top 20 before the race.

This topped off an awesome season and now cannot wait to challenge a top 20 finish at the World Championships in Beijing next year.

Overall it was one of the most memorable 20k races ever, with 4 leaders going into the last 200m. In the end the Spaniard Miguel Angel Lopez claimed gold in 1:19:44 to take the European title ahead of Russians Aleksandr Ivanov and Denis Strelkov who crossed the line in 1:19:45 and 1:19:46 respectively, both personal best times. Ruslan Dmytrenko of Ukraine followed in fourth with 1:19:46.



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European Championships cont'd

After my race I watched the women's 20k the following morning. Another incredible race again with the 19 year old Czech super athlete Anezka Drahotova one of the favourites. The final kilometre saw the medal positions change with Drahotova finishing in bronze position behind Lyudmyla Olyanovska (UKR) (1:28:07) in silver and Russian Elmira Alembekova becoming European Champion in a winning time of 1:27:56. Drahotova's time of 1:28:08 was also a Czech Junior Record.

My main highlight of the European Championships though was the Men's 50k. I was lucky enough to be asked to commentate on the race for the BBC, live on the Friday morning at the stadium. I was more nervous before going on air than I was before my own race!

When I sat down with Steve Cram and Paula Radcliffe that morning we had no idea what we about to witness. I had seen Yohann Diniz training in Font-Romeu before the championships. He looked incredible, doing a 25k tempo around the track! As the race took shape and as we started to realise Diniz was on for something special we got more and more BBC TV time. A massive step forward for walking in the UK. Even the commentators who had finished their morning shifts were standing around our live feeds as we were watching the 50k world record be smashed! 3:32:33 a massive performance by the now 3 time European Champion. The 36 year Frenchman also has the 50,000m world record on the track! Not to be forgotten is silver medallist Slovakian Matej Toth. He walked 3:36:21 to mark a new National Record for Slovakia. Ivan Noskov finished 3rd in 3:37:41. All three were world class performances and made for one unforgettable race, which I was honoured to make my commentating debut on.



Finally I must thank my coaches in Leeds/Kent, my friends and family and anyone who has sent me good luck messages, for all your support. It meant so much to me.

RWA Younger Age Group Squad Camp Weekend July 2014 By S. Arnold

Just want to start by saying a big thanks to the RWA coaching team for their help and support over the weekend. Mike Fox, Verity Snook, Liz Corran, Noel Carmody and Jill Langford. Then another great big thanks to the athletes for their excellent conduct and application to the weekend activities.

This year I wanted to raise the bar and give everyone (coaches and athletes) exposure to some of the cross training we've been working on. This allows us to load the young athlete body but without lots of stress, strain and impact by just race walking. But most important of all we still had the crucial team building and fun components mixed with the competitiveness.

Friday started with the team selection, 2 team leaders Tim Snook (Tim Tanks) and Luc Legon (Emma's Angels). Armed with reward stickers and food for their teams the games began. Saturday arrived with a 6am wake up and straight down to the Pingles leisure centre pool side for 7:15am. This was not just a leisure swim but 30 mins of drills and intensity exercise



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RWA Younger Age Group Squad Camp Weekend cont'd

Then we quickly opened the club house for a review of the day's activities ahead, but no time for rest 9:15am it was into the spinning class, at the back the coaches wanted experience it, they sure did. Verity had also done the swimming so she was feeling the burn as well.

It was time to refuel so cool down was the 10 min walk to Nuneaton town centre and Leonardo's café for a late breakfast. Back to the track and it was team game time, golf, hoop and throwing.

Onto the race walking specific and we shared Emma Achurch's planning and training for 2013-2014 with a chance for coaches and athletes to ask questions. The main points that were put across was be patient and work with your coach, there is a certain point that the young athlete body changes allowing high performance training volume. This point is different for each athlete, a good coach will see it. Next point was to have goals and some you may think impossible but trust your coach, then likewise the coach should network with the national coach (Andi Drake) so their goals are challenged. Emma would not be where she is today if it wasn't for the national coach showing how overseas athlete had increased their performance and challenging our initial goals (thanks Andi). When it came to the training programme we used a mixture my personal ideas plus some bits shared by the networking. The final point, which Emma reinforced, from the pyramid of success "Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best your capable of becoming" **John Robert Wooden** (October 14, 1910 – June 4, 2010)

Then out onto the track and some video work looking at technique. These will be shared and allow athlete and coach to discuss their progress. We were then privileged to witness the clash of the titans, a coaches' ramble. This was followed by a bit of circuit training. Again set to challenge and still everyone gave 100% in the heat of the afternoon.

It was back to the hotel and only a short rest before evening meal and Sector 7 laser war games, me and Mike dared to enter this arena and we came out dripping with sweat, Luc's team winning this challenge setting the scene for an interesting final day.

Sunday was only a short sleep away and awaiting an early morning endurance session down to the park before breakfast. After Leonardo's breakfast it was back to the track for the team building games. It started with a team tennis ball passing challenge and Tim's Tanks took the points putting only 10 points between the teams and 10 to play for in the last challenge.

The last challenge was bridge building and was this going to be a bridge to far for a team. Luc's Emma's Angles and Tim's Tanks shared the points making Emma's Angles the overall winners, but great team spirit from all. Colin found a new way of keeping his elbows tucked in.

It was time to say goodbye and thank everyone for their contribution for what I would say was a great weekend. I look forward to next year and I'm sure I'll be seeing some excellent achievements from all, coaches and athletes.

Note this is an extract of the original report. The full report including photographs can be found on the RWR website.



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Fixtures Calendar

For more details visit the www.racewalkingassociation.org.uk

If you want to advertise your race here please email the editors at

rwr.editor@btinternet.com

Or

theeditors@racewalkingrecord.co.uk

Please be advised that it is the race organiser's responsibility to obtain all necessary permits and comply with relevant guidelines.

DATE	CAT	DIST	EVENT	VENUE
Sept				
5	B	3M	Road walk (Sarnia W.C.)	Rocquaine Bay
7	A	2k	S.C.V. League Final	Ashford
7	B	19.4M	Church to Church (Sarnia W.C.)	Havelet Bay
13	B	5k	Summer Park Run 6	Edinburgh
13	B	10k	Goodwin Cup (Lancs. W.C.)	Chorley
14	?	2M/1k	Eastern Vets' League Final	Bedford?
16	B	var	South Yorkshire League 8	Millhouses Park, Sheffield
20	A	3k/5k	E.S.A.A. Championships	Boston, Lincolnshire
21	A	10k	B.M.A.F. Championships	Birmingham
24	A	10k/5k	Police Sport U.K. & Civil Service Championships	Birmingham
27	B	1 hour	Badge Walks (Enfield & Haringey A.C.)	?
28	B	4M	Gazette Cup (Surrey W.C.)	Addiscombe H. & C.C.
Oct				
5	A	50k	R.W.A. Championships	Hillingdon
10	B	var	South Yorkshire League 9	Millhouses Park, Sheffield
11	B	10k	Albert Rigby Shield (Lancs. W.C.)	Sutton Macclesfield
11	B	5M	Enfield League Yacht Handicap	
12	B	var	Midland Winter League 1	Stourport
18	A	5k/var	Cambridge Harriers' Winter League 1	Bexley



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Jeff Ford Memorial Open Race Walks

Part of the RWA Young Athletes Grand Prix

Mount St Mary's College
College Road Spinkhill Sheffield S21 3YH
Sunday 14th Sept 2014

Timetable of events

11.30	U/13	Boys and Girls	2km
12.30	U/15	Boys and Girls	3km
13.30	U17 & 20	Men & Women & Sen Open	5km
14.30	Sen	Men & Women	10km

Entry Fees; £6.00

Entries by: 10th Sept to: John Howley 54 Stradbroke Drive Sheffield S13 8SD

Please enter the undermentioned for the _____ event

For which I enclose the fee of £ _____

Name _____

Address _____

Date of Birth _____

Club _____

Signed _____ Parent or Guardian if Under 16

Cheques Payable to City of Sheffield AC

Race numbers to be collected on the day

From North: On M18 or M1 from North keep to lanes marked London/Nottingham. Do not turn off for Sheffield. Proceed to Junction 30(M1), then as below.

From South: Exit M1 at Junction 30.

From Junction 30 (M1) Take A6135, signposted Eckington. Take the Spinkhill turn off (1/2 mile) to right. Ascend the hill, passing Spinkhill village on your left. Take the next signposted entrance to the school, following signs to the car park.



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Result Sheet

Please download the RWR results template from the website for inclusion in future issues.

Race:		Rocquaine Regatta Piette Trophy	Location:	Rocquaine Bay, Guernsey
Distance:		3.8 miles (approx.) road handicap	Date:	August 3 rd 2014
Gender	Position	Athlete	Club	Watch (h.cap) Actual Time
W45	1	Kay Coulson	Sarnia WC	45.08 (0.00) 45.08
W50	2	Karen Ratcliffe	Coventry Godiva	45.42 (5.00) 40.42
W40	3	Marie Macdonald	Sarnia WC	47.03 (3.00) 44.03
M	4	Stuart Le Noury	Sarnia WC	47.22 (16.00) 31.22
M	5	Jason Le Noury	Sarnia WC	47.33 (16.00) 31.33
M75	6	Mick Le Sauvage	Sarnia WC	47.44 (5.00) 42.44
M55	7	Kevin Le Noury	Sarnia WC	47.53 (7.00) 40.53
W50	8	Jayne Le Noury	Sarnia WC	48.04 (2.30) 45.34
M55	9	Rob Elliott	Sarnia WC	48.37 (11.00) 37.37
M55	10	Peter Beckerleg	Sarnia WC	48.40 (6.00) 42.40
M50	11	Dave Ratcliffe	Coventry Godiva	49.40 (11.00) 38.40

Race:		Sarnia Walking Club Heritage Group Championship 10	Location:	Osmond Priaulx, Footes Lane, Guernsey
Distance:		1 mile track	Date:	August 17 th 2014
Gender	Position	Athlete	Club	Time (Minutes: Seconds)
M	1	Stuart Le Noury	Sarnia Walking Club	7.21.0
M	2	Jason Le Noury	Sarnia Walking Club	7.44.0
M40	3	Phil Lockwood	Sarnia Walking Club	8.18.5
M55	4	Rob Elliott	Sarnia Walking Club	8.49.2
M55	5	Kevin Le Noury	Sarnia Walking Club	9.55.3
M55	6	Peter Beckerleg	Sarnia Walking Club	10.23.5
M75	7	Mick Le Sauvage	Sarnia Walking Club	10.38.9
W40	1	Marie Macdonald	Sarnia Walking Club	11.03.4
W50	2	Jayne Le Noury	Sarnia Walking Club	11.14.9



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Race:		Sarnia Walking Club Road Walk	Location:	Rocquaine Bay, Guernsey
Distance:		3 miles	Date:	August 22 nd 2014
Gender	Position	Athlete	Club	Time (Minutes: Seconds)
M	1	Jason Le Noury	Sarnia Walking Club	24.45
M	2	Stuart Le Noury	Sarnia Walking Club	25.36
M40	3	Phil Lockwood	Sarnia Walking Club	28.56
M55	4	Rob Elliott	Sarnia Walking Club	29.10
M55	5	Kevin Le Noury	Sarnia Walking Club	32.15
M55	6	Peter Beckerleg	Sarnia Walking Club	34.05
M65	7	Dave Dorey	Sarnia Walking Club	34.42
M75	8	Mick Le Sauvage	Sarnia Walking Club	35.42
W45	9	Kay Coulson	Sarnia Walking Club	36.46
W45	10	Jayne Golborne	Sarnia Walking Club	39.13

Essex 10,000 Metres Championship - Garon Park Track/Southend-on-Sea 30th August

1	Dominic King	CH	44:29.0
2	Daniel King	CH	47:01.6
3	Chris Cattano	Unat	57:51.8
4	Steve Allen (guest)	Bar	58:02.4

Race:		Woodford Tuesday Walk	Location:	Ashton Playing Fields
Distance:		3000m	Date:	19 th August, 2014
Gender	Position	Athlete	Club	Time (Minutes: Seconds)
M	1	Steve Allen	Barnet & District A.C.	15:58.1
M	2	Stuart Bennett	Ilford A.C.	16:21.0
M	3	Roger Lilley	Enfield & Haringey A.C.	17:43.3
M	4	Gary Smith	Enfield & Haringey A.C.	18:04.0
M	5	John Borgars	Loughton A.C.	18:55.7
M	6	Peter Cassidy	Loughton A.C.	20:46.7
F	7	Pamela Abbott	Enfield & Haringey A.C.	21:12.4
M	8	Mick Barnbrook	Ilford A.C.	22:43.2
M	9	Dave Ainsworth	Ilford A.C.	23:44.0
Teams				
	1	Enfield & Haringey A.C.		79
	2	Ilford A.C.		74
	3	Loughton A.C.		51
	4	Barnet & District A.C.		30



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Race:		Woodford Tuesday Walks: Overall scores	Location:	Ashton Playing Fields
Distance:		3000m	Date:	Summer, 2014
Gender	Position	Athlete	Club	Time (Minutes: Seconds)
M	1	Steve Allen	Barnet & District A.C.	90
M	2	Stuart Bennett	Ilford A.C.	88
M	3	John Borgars	Loughton A.C.	84
F	4=	Pamela Abbott	Enfield & Haringey A.C.	77
M	4+	Pete Cassidy	Loughton A.C.	77
M	6	Mick BArnbrook	Ilford A.C.	74
M	7	Dave Ainsworth	Ilford A.C.	70
M	8	Gary Smith	Enfield & Haringey A.C.	56
M	9	Roger Lilley	Enfield & Haringey A.C.	28
M	10	John Brock	Southend-on-Sea A.C.	27
	11	M Ron Powell	Enfield & Haringey A.C.	26
Teams				
	1	Ilford A.C.		232
	2=	Enfield & Haringey A.C.		161
	2=	Loughton A.C.		161
	4	Barnet & District A.C.		90
	5	Southend-on-Sea A.C.		27

Race:		The Southend Mile {Walk}	Location:	Garon Park, Southend-on-Sea
Distance:		One Mile	Date:	25 th August 2014
Gender/ Age	Position	Athlete	Club	Time (Minutes: Seconds)
M50	1	Christopher Cattano	u/a	08:45.9
M50	2	Martin Fisher	Redcar	08:57.6
M60	3	Shaun Lightman	Surrey Walking Club	09:16.7
M60	4	Peter Binns	Southend-on-Sea AC	10:24.4
M60	5	John Brock	Southend-on-Sea AC	10:24.4
M50	6	Eamonn Shelley	Thurrock H	10:25.1
M60	7	Alan O'Rawe	Ilford AC	10:34.4
M50	8	Charles Abbott	Southend-on-Sea AC	10:45.8
M60	9	Peter Cassidy	Loughton AC	10:47.1
M60	10	David Ainsworth	Ilford AC	11:57.8
F60	11	Valerie Mountford	Unattached	12:22.8



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Race:		The Essex Championships	Location:	Garon Park, Southend-on-Sea	
Distance:		10,000m	Date:	30 th August 2014	
Gender/ Age	Position	Athlete	Club	Time (Minutes: Seconds)	
Sen M	1	Dominic King	Colchester H	44:29.0	
Sen M	2	Daniel King	Colchester H	47:01.6	
M50	3	Christopher Cattano	u/a	58:02.4	

Readers' letters

From Stuart Bennett

I (recently) ran with my wife in the Anniversary 5 miles at Stratford. We completed the course at my wife's pace. This was towards the rear of the field, in a time of about 1 hour and 16 Minutes. What this did for me was confirm my feelings, that in these large scale runs if we could get some entries for walkers to walk in amongst the back of the field, maybe wearing printed advertising 'T' shirts and have some form of stand at the end of the run, we could gain some new recruits. These walkers at the back of the field could give out advice and business cards etc. I saw a number of persons walking in the race walking style who I had never seen in walking races. I was also aware that many of the runners were running slower than even some of our slower walkers.

I feel that this report does not tackle the issue of recruitment of youth into the sport which still needs to be addressed but as I have previously said it is only my ideas and a starting point for others to think about.

Do you have any ideas on ways to improve the sport, bring in new athletes, officials, or supporters? If so let us know either here at the Record or the RWA committee members.

.... And finally

Thank you for taking the time to read this issue.

Rwr.editor@btinternet.com

The Picture House, 134G Southgate Street, Bury St Edmunds, Suffolk. IP33 2AF

Thank you

Peter and Catharine



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On **Saturday 13th September** the Race Walking Association are to stage a Tribute Luncheon in honour of the 61 walkers who have represented England, Scotland, Wales and the Isle of Man at the Commonwealth Games since race walking was introduced in 1966 when the games were held in Jamaica. On that occasion England provided the winner in Ron Wallwork who won the 20miles event and he is still active in our sport today!



(Photo of Ron Wallwork by Express Newspapers/Getty Images)

Double Olympian Joanna Jackson (England) is a reigning Commonwealth Games Champion and she will reign somewhat longer due to our event being edged off the 2014 Commonwealth Games programme, but walking will return in Australia come 2018.

This major function will in some way offset the profound disappointment caused by our 2014 exclusion. A tribute booklet with biographical details of those 61 is being considered, similar to that much sought after (and now sold out) Olympians' Booklet.

The luncheon will be held at The Tower Thistle Hotel, London E1 overlooking the River Thames and the Tower of London. It has a car park and is within sight of 3 railway / tube stations (Fenchurch Street/Tower Hill/Tower Gateway).

It will be a carvery style luncheon in a room that has a capacity to sit 140. The lunch time function provides an opportunity to attend by cheap-day return without the need for an overnight stop. We hope that as many of you will attend for what promises to be a truly memorable occasion.

The cost is only £35.00 and tickets are available from -
Pam Ficken, Owl Cottage, 101 Meldreth Road, Whaddon, Royston, SG8 5RS
Cheques should be made out to the Race Walking Association.

For further information please contact Peter Marlow 01284 754177.
Lunch 12.30.