



Race Walking Record

December 2020

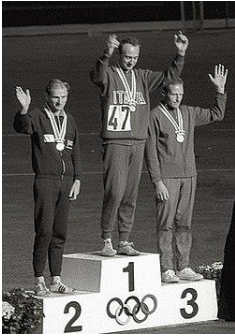


Paul Nihill MBE
1939 – 2020

Paul Nihill MBE – R.I.P.

The Race Walking Association is saddened to report that Paul Nihill MBE passed away on 15th December, aged 81, having contracted coronavirus.

Paul won silver in the 50km walk at the 1964 Tokyo Olympics on his games debut. He went on to represent Great Britain at a further three



Olympics, Mexico (1968), Munich (1972) and aged 37, Montreal (1976), making him the first British male track & field athlete to be selected for four Olympics.

In 1969 he won European Championship gold over 20kms in Athens.

Paul enjoyed an outstanding record-breaking career. Between 1967 and 1970 he won 85 of his 86 races, the only defeat coming in the Olympic 50km in 1968, when collapsed with four miles of the finish having pushed himself to the limit at high altitude.

Four years earlier, it had taken a world record to beat Paul in Tokyo, where he finished just 19 seconds behind the gold medallist, Italy's Abdon Parmich. Nihill, also recorded a finishing time quicker than the previous record, after he had set an unrelenting pace to within five miles of the finish in the Olympic Stadium.

At 20km, as well as his European title, he won European bronze in 1971 in Helsinki and set a world record of his own in Munich in 1972, of 1:24:50.

Paul was left unable to run having sustained a knee injury which required the patella to be removed. So, he started race walking. Aged 18, he answered an athletics club advert in a newspaper which asked, "Can you walk five miles in an hour?"

Paul did the race, finished second – his race walking career had begun!

As well as having a Croydon street named after him, Paul was also awarded the MBE for services to athletics.



The following statistics based obituary has been penned by **Peter Matthews** (*Editor Athletics International & International Athletics Annual*).

Vincent **Paul NIHILL** (GBR) (b. 5 Sep 1939 Colchester) died on December 15 at Medway Hospital, Gillingham, Kent, aged 81.

He won a record 27 UK national walking titles between 1963 and 1975: on the track, he was AAA champion at 2 miles 1965, 3000m 1970-1 and 1975, 7 miles 1965-6 and 1968, 10,000m 1969; and on the roads he won RWA 10 miles 1965, 1968-9, 1972; 20km 1965-6, 1968-9, 1971-2;

20 miles 1963-5, 1968-9, 1971; 50k 1964, 1968, 1971; not only was he the only man to win at all the four road distances, he won them all in one year, 1968. He also won the Irish 1M title in 1962 and 1964 (in an Irish record 6:31.4).

A member of Surrey Walking Club, he won the 50km silver medal at his first Olympics in 1964 and he won 35 successive walks races from December 1967 to his failure to finish the Olympic 50km in 1968 in the heat and high altitude of Mexico City, but then won a further 51 consecutive races to June 1970, including the European 20km in 1969. He took the European 20km bronze medal in 1971 and was 6th at 20km and 9th at 50km at the 1972 Olympics and was 30th in the 1976 20k. 2nd Lugano Cup 20k 1963. 15 GB internationals 1963-76. In his career 1960-77 he won 355 races. He was awarded MBE in 1976.

He set world track bests for 3000m 11:51.1 (1971) and 5000m 20:14.2 (1972), and road 20k 1:24:50 (1972).

His numerous other British records and bests included track: 1M 6:17.0 (1970), 30k 2:28:44.0 (1972), 20 miles 2:40:42.6 (1972), and road: 10M 1:08:18 (1972), 20k 1:24:50 (1972), 20 miles 2:30:35 (1971), 50k 4:11:31.2 (1964). Other pbs: track 2M 13:16.0 (1969), 5M 34:25.0 (1969), 7M 49:03.0 (1969), 10,000m 42:34.6 (1972), 1 hour 13.671m (1969); road 10k 42:17 (1972), 30k/35k 2:23:54/2:49:53 (1972).

NEWS

International Olympic Committee reject requests for additional disciplines for Paris 2024 but 50km walk cut

The International Olympic Committee (IOC) has turned down all requests for additional disciplines (including cross country) for the 2024 Olympic Games in Paris, with the organisation instead confirming a reduction of events in weightlifting and the removal of the 50km race walk.

The IOC said it considered the race walking programme at the Games, which in Tokyo 2020 will comprise the men's and women's 20km, as well as the men's 50km.

With additions to the programme not considered and the IOC stressing the need for gender equality, the IOC said the decision was made to cut the men's 50km walk with a view to a mixed gender competition.

"With a view to not increasing the overall size of the Olympic Games, the Executive Board determined to maintain the same number of athletic events as the Tokyo 2020 Olympic programme (48), while offering the opportunity to World Athletics to replace the men's 50km race walk event with a mixed-gender event" the IOC said.

"This replacement mixed-gender event could either be a race walk or track event, as long as the event and competition format fit within the existing venue/courses."

World Athletics have to confirm the event by 31st May.

Source: Inside the Games

World Athletics statement on IOC announcement about the Paris 2024 Olympic Games

"Cross country is an exciting and fast growing sport around the world so we are clearly disappointed it will not feature at the Paris 2024 Olympic Games, even more so given the heritage of cross country in France at the Paris 1924 Olympic Games. However, we have developed what we believe is a really exciting mixed relay product and have been encouraged by the commitment from the IOC that they will continue to work with us to realise our vision of seeing cross country in a future Olympic Games.

Regarding the long race walk, we will consult with our athletes and Competition Commission to develop an event that is able to feature both men and women. The IOC has suggested this could be any mixed gender event using any current venue, however we are only considering a mixed gender race walk event."

Qualifying systems approved for World Athletics Championships Oregon22 and World Athletics U20 Championships Nairobi 21

12th Dec: The World Athletics Council has approved the qualification systems for the World Athletics Championships Oregon22 and the World Athletics U20 Championships Nairobi 2021.

As was the case in 2019, athletes will be able to qualify for the World Championships by achieving an entry standard or through their placing on the world rankings.

In line with the recommendation from the Race Walking Committee, approved by the Council last year and confirmed again last week, the World Championships will feature 20km and 35km race walking events for men and women in Oregon.

The qualification period for the marathon and 35km race walk opened on 30 November 2020 and ends on 29 May 2022. For the 10,000m, 20km race walk, relays and combined events, the window runs from 27 December 2020 until 26 June 2022. For all other disciplines, the qualification period is 27 June 2021 to 26 June 2022.

Defending world champions will be offered a wild card entry, as will the winners of the 2021 Diamond League, Race Walk Challenge, Combined Events Challenge, and the leading hammer performers on the Continental Tour. Area champions in selected disciplines and top-10 finishers at Platinum Label marathons during the qualification period shall also be considered as having achieved the entry standard.

The target number of athletes for each discipline is the same as in 2019, with one exception: there will be 60 places available in both the men's and women's 35km race walks; an increase on the 50 places for men and 30 places for women in the 50km race walk in 2019.

With the World U20 Championships in Nairobi having been postponed from its original dates in 2020, the qualification period has been updated. The new qualification windows are 1 October 2019 to 5 April 2020 and 1 December 2020 to 8 August 2021.

World Athletics Championships Oregon22
Oregon, USA - 15 – 24 July 2022



Entry Standards

Men	Event	Women
10.05	100m	11.15
20.24	200m	22.80
44.90	400m	51.35
1:45.20	800m	1:59.50
3:35.00	1500m	4:04.20
13:13.50	5000m	15:10.00
27:28.00	10,000m	31:25.00
2:11:30	Marathon	2:29:30
8:22.00	3000m SC	9:30.00
13.32	110m H / 100m H	12.84
48.90	400m H	55.40
2.33	High Jump	1.96
5.80	Pole Vault	4.70
8.22	Long Jump	6.82
17.14	Triple Jump	14.32
21.10	Shot Put	18.50
66.00	Discus Throw	63.50
77.50	Hammer Throw	72.50
85.00	Javelin Throw	64.00
	Heptathlon	6420
8350	Decathlon	
1:21:00	20km Race Walk	1:31:00
2:33:00 (3:50:00)	35km Race Walk (50km)	2:54:00 (4:25:00)
Top 10 at IWR + 6 from Top Lists	4x100m	Top 10 at IWR + 6 from Top Lists
Top 10 at IWR + 6 from Top Lists	4x400m	Top 10 at IWR + 6 from Top Lists
Top 12 at IWR + 4 from Top Lists	4x400m Mixed	Top 12 at IWR + 4 from Top Lists

Conditions for the validity of performances

- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations or its National Federations and conducted in conformity with World Athletics Rules.
- For Marathons and Race Walks, World Athletics publishes on its website a list of courses and competitions that comply with the below.
 - Marathons
 - Performances for qualifying purposes may only be achieved on a course measured by a World Athletics/AIMS Grade "A" or "B" International Road Race Course Measurer with the measurement certificate established no more than 5 years before the date of the race.
 - For Entry Standards the overall decrease in elevation between the start and the finish will not exceed 1:1000, i.e. 1m per km.

World Athletics U20 Championships
Nairobi, KEN – 17-22 August 2021



Qualification System and Entry Standards (amended on 2 December 2020)

Target number	Men	Event	Women	Target number
64	10.58	100m	11.85	64
64	21.38	200m	24.35	64
56	47.35	400m	54.85	56
48	1:50.80	800m	2:08.70	48
45	3:48.00	1500m	4:28.00	45
20	8:14.00	3000m	9:25.00	20
18	14:12.00	5000m	16:35.00	18
30	9:07.00	3000m SC	10:35.00	30
56	14.15 (0.991m)	110m H / 100m H	14.15	56
56	53.10	400m H	1:00.75	56
34	43:40.00	10,000m Race Walk	50:30.00	34
28	2.16	High Jump	1.82	28
28	5.10	Pole Vault	4.07	28
28	7.58	Long Jump	6.15	28
28	15.60	Triple Jump	12.90	28
28	18.30 (6kg)	Shot Put	14.60	28
28	57.00 (1.75kg)	Discus Throw	49.00	28
28	68.50 (6kg)	Hammer Throw	58.00	28
28	69.50	Javelin Throw	50.50	28
		Heptathlon	5350	24
24	7100	Decathlon		
24	No standard	4x100m Relay	No standard	24
24	No standard	4x400m Relay	No standard	24
24	No standard	4x400m Relay Mixed		

Entry Rules

- Only athletes aged 16, 17, 18 or 19 on 31 December 2021 (born in 2005, 2004, 2003 or 2002 may compete. The maximum number of events in which a Youth athlete (born in 2004 or 2005) can compete is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m.
- A maximum of two athletes from any one Member can compete in each event (with the exception of the Relays).



World Athletics Challenge – Race Walking

World Athletics has announced the competitions that will feature in the 2021 series of the World Athletic Race Walking Challenge.

As has been the norm in recent years, the inaugural event will take place in the Chinese city of Taicang in March, followed by the traditional Rio Maior (POR) events in April and La Coruña (ESP) in May, which have been part of the Challenge since its creation in 2003.

The series will conclude with the inclusion of two new events, both in Mexico in October, one in the capital, and the other in Coatzacoalcos, a city in the State of Veracruz.

27 th Mar.	2021 Race Walking Challenge	Taicang (CHN)
10 th Apr.	Grande Prémio Internacional Rio Maior	Rio Maior (POR)
29 th May	Gran Premio Cantones de La Coruña	La Coruna (ESP)
30 Jul. to 8 th Aug.	Olympic Games	Tokyo (JPN)
9 th Oct.	Race Walking Permit Meeting	Mexico City (MEX)
16 th Oct.	Invitational Race Walking Meeting	Coatzacoalcos (MEX)



England Athletics have confirmed that due to the COVID-19 pandemic they will not be promoting the England Athletics indoor race walking championships in 2021.



Annual General Meeting

The Annual General Meeting of the Race Walking Association will be held as a virtual (online) event due to COVID-19 restrictions on **Saturday 30th January 2021**. Preliminary notice has been circulated.

The RWA acknowledge that online meetings are difficult for a number of people so a method of advance participation is being implemented to help achieve inclusion as far as is reasonably possible.

The main feature is that all reports will be circulated prior to the meeting (but will not be read out in the meeting).

Any comments on reports received before the AGM will be read out at followed by debate or discussion of the report if appropriate.

Votes may be submitted in writing or electronically prior to the meeting and will be anonymous to the meeting.

The Honorary General Secretary (HGS) will receive and validate advance votes. As current president, the HGS will chair the meeting and, as per the rules of the association, will only vote where a casting vote is required.

Advance votes must be in writing and will be available for scrutiny by the other officers of the RWA after the meeting. Voting in the meeting will be open (i.e., not-anonymous), advance votes will be then be added after the live vote to obtain the result.

Votes for affiliated bodies will only be accepted (**both in advance and on the day**) from delegates who have been formally authorised by the secretary of the body (or other official duly acting on behalf of the secretary). Letters of authority may be sent either electronically or by post but must be received the HGS by the specified date.

Colin Vesty
RWA Hon. Secretary

Overseas Results

Portuguese National 20km Championships, Olhão, Algarve (Sun. 20th Dec.)

The national Portuguese 20km titles went to Ana Cabecinha and João Vieira. Cabecinha stopped the clock at 1:30:18, a time that guarantees her automatic qualification for the Tokyo Olympic Games. Former women's 50km world record holder Inês Henriques took silver in 1:35:15. Although João Vieira won the national title the race was dominated by Briton Tom Bosworth, who led from the gun and settled into a pace around 4.10 per kilometre and by mid race had built up a lead of one minute 30 seconds a gap that he then maintained until the finish, crossing the line in 1:23:56. Bosworth said "It's so good to be back! After so much training, to win was even better! Today wasn't about times, it was just great to get back racing and it felt so good to be on the start line."



Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth		GBR	1:23:56
2	João Vieira (V40)		POR	1:25:37
3	Rui Coelho		POR	1:29:58
4	Jose Manuel Perez (U23)		ESP	1:30:16
5	Ruben Santos (U23)		POR	1:36:05

6	Manuel Marques (V40)		POR	1:37:16
7	Amaro Teixeira		POR	1:39:00
8	Ricardo Santos (V45)		POR	1:50:20
9	Joao Pedro Vieira (U23)		POR	1:54:26
10	Luis Bidarra (V45)		POR	1:59:11
11	Andre Miranda		POR	1:59:52
12	Afonso Roll		POR	2:01:27
	Jose Leonidas Romero (V35)		HON	DNF
	Luis Alberto Amezcua		ESP	DNF
	Dionisio Ventura (M40)		POR	DNF
	David Kuster (U23)		FRA	DQ
	Helder Santos		POR	DQ

Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Ana Cabecinha (V35)		POR	1:30:18
2	Inês Henriques (V40)		POR	1:36:15
3	Carolina Costa (U23)		POR	1:37:42
4	Ainhua Pinedo (V35)		ESP	1:40:53
5	Maria Bernardo (U23)		POR	1:41:38
6	Sandra Silva (V45)		POR	1:48:25
7	Fátima Pereira		POR	2:01:52
8	Mariana Patrão		POR	2:06:05
	Vera Portela		POR	DNF
	Edna Barros		POR	DNF
	Vitória Oliveira		POR	DNF
	Júlia Takacs		ESP	DNF
	Vera Santos (V35)		POR	DNF

Domestic Results

Sarnia Walking Club "Skipton International" Le Val des Terres Hill Climb, Le Val des Terres, St Peter Port (Sun. 13th Dec.)

Stuart Le Noury edged closer to the fifteen wins credited to Rob Elliott with his 14th victory in the Skipton International Le Val des Terres Hill Climb event. This year the race was walked on a damp and overcast morning, **reports Rob Elliott**.

Traditionally held in December since its inception in 1966, the race is walked at intervals, giving a time trial up the 815 metres course. Stuart (**pictured below**) strode up the hill in five minutes dead to take home the Rob Waterman Shield. Donna Allan took second place overall, equalling her personal best time of 6:13 set last year and taking home the SWC Ladies Hill Climb Shield.

Third place went to Kevin Le Noury, ahead of Rob Elliott by five seconds with Peter Beckerleg another twelve seconds down. Mick Le Sauvage recorded sub 8 minutes and at the age of 81 has probably walked in most of the hill climbs held. Dave Dorey was the last to finish in 8:05.



Mixed 815m Hill Climb (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	5:00
2	Donna Allan	W50	Sarnia Walking Club	6:13
3	Kevin Le Noury	M60	Sarnia Walking Club	6:27
4	Rob Elliott	M60	Sarnia Walking Club	6:32
5	Peter Beckerleg	M65	Sarnia Walking Club	6:48
6	Mick Le Sauvage	M80	Sarnia Walking Club	7:48
7	Dave Dorey	M70	Sarnia Walking Club	8:15

Up and Running IOM Winter Walking League Round 3
National Sports Centre, Douglas, IOM (Sun. 13th Dec.)

Held in very wet and windy conditions at the N.S.C. Douglas.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Gianni Epifani	M45	Manx Harriers	51:00
2	Mia Dunwell	U17W	Northern (IOM) AC	55:01
3	Adam Killip	SENM	Manx Harriers	55:55
4	Tony Edwards	M55	Manx Harriers	58:49
5	Noel Ash	M45	Unattached	58:57
6	Jayne Farquhar	W50	Manx Harriers	63:32
7	Patrick Bregazzi	M55	Unattached	64:00
8	Louise Hollings	W40	Manx Harriers	66:03
9	Mike Readshaw	M60	Unattached	67:05
10	Nicola Raven	W55	Manx Harriers	67:24
11	Maura Kelly	W50	Unattached	68:44
12	Colin Moore	M60	Isle of Man Veterans	69:26
13	Amy Sykes	SENM	Unattached	73:53
14	Gordon Erskine	M75	Unattached	77:46

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Lorna Gleave	W35	Manx Harriers	31:00
2	Sharon Cain	W50	Manx Harriers	31:16
3	Vikki Heavey	W45	Unattached	34:36
4	Diane Brown	W45	Manx Harriers	37:36
5	Melissa Lines	W40	Unattached	39:28
6	Mick Holgate	M75	Manx Harriers	40:09
7	Henry Da Silva	M85	Unattached	48:22

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Grayse Fletcher	U13G	Manx Harriers	13:09

Mixed Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U13B	Northern (IOM) AC	5:47
2	Lilee Fletcher	U11G	Manx Harriers	6:22
3	Luis Richardson	U11B	Northern (IOM) AC	6:27
4	Amy Surgeon	U13G	Manx Harriers	7:17
5	Fynn Gleave	U11B	Manx Harriers	7:22
6	Noah Sykes	U11B	Unattached	7:28
7	Jay Jay Fletcher	U11B	Manx Harriers	8:16
8	Aalin Heavey	U11B	Northern (IOM) AC	8:49

Sarnia Walking Club "Skipton International" 3km Road Walk,
Cambridge Park, St Peter Port (Sun. 27th Dec.)

Stuart Le Noury brought the Sarnia Walking Clubs racing year to a close with another easy win in the Skipton International 3 kilometres, **reports Rob Elliott.** Walkers had to contend with the debris thrown around from the previous night's winds, with twigs and puddles around the park course. Stuart crossed the line in 15:17 well ahead of second placed Rob Elliott. Phil Lockwood held off Kevin Le Noury for third with Mick Le Sauvage bringing the walkers home in 22:40.

Mixed 3km (B)

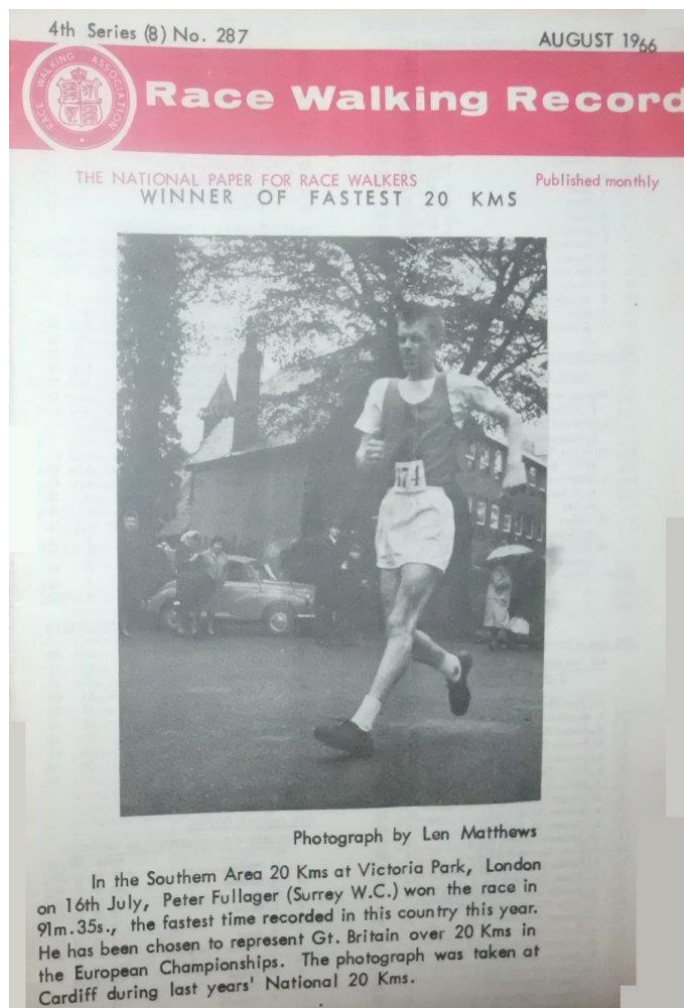
Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	15:17
2	Rob Elliott	M60	Sarnia Walking Club	18:56
3	Phil Lockwood	M45	Sarnia Walking Club	20:54
4	Kevin Le Noury	M60	Sarnia Walking Club	21:25
5	Mick Le Sauvage	M80	Sarnia Walking Club	22:40

Vale Peter Fullager (1943-2020) RIP

The Race Walking Association is saddened to report that Peter Fullager passed away on 23rd December after battling cancer for some time.

Peter represented both Surrey Walking Club and Basildon AAC. He took up race walking while in the Royal Air Force (1959-1964), being one of a talented trio of race walking brothers.

In August 1966 he was a Race Walking Record (Issue 287) front cover man.



In August 1970 he relocated to Adelaide.

In the 1974 Commonwealth Games 20 Miles' Walk (Christchurch) Englishmen Jake Warhurst and Roy Thorpe were 1st and 2nd as "ex-Pom" Peter completed the frame.

An established GB International in the '60s, his 1968 Olympic dream died when he was one of those who went off-course as a marshal arrived late on his post. Peter strived to make up lost ground and reached 4th, which was just short of a Mexico selection. His GB International high spots were two x Lugano Cups and two x European Championships.

His international vests make for impressive reading:

1965	GBR	Britain vs East Germany	East Berlin (GDR)	20km 4 th
1965	GBR	Lugano Cup	Pescara (ITA)	20km 4 th 1:31:51
1966	GBR	European Championship	Budapest (HUN)	20km 7 th 1:33:02
1967	GBR	Lugano Cup	Bad Saarow (GDR)	20km 6 th 1:31:16
1969	GBR	European Championship	Athens (GRE)	20km 13 th 1:38:24
1974	AUS	Commonwealth Games	Christchurch (NZL)	20 Mile 3 rd 2:42:06
1981	AUS	Lugano Cup	Valencia (ESP)	DQ

A comprehensive review of Peter's race walking career by Tim Erickson (AUS) can be found at blueandtoe-2021-num12A.pdf (vrwc.org.au)

Source: *Essex Walker & Heel and Toe.*