



Race Walking Record

August 2022

Bethan Davies (11th in 35km)
&
Heather Lewis (13th in 20km)



European Athletics
Championships
Munich



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

NEWS

TOM BOSWORTH RETIRES FROM COMPETITIVE ATHLETICS

(Photographs - courtesy of Mark Hookway (Tonbridge AC))



Two-time Olympian, Tom Bosworth (coach: Andi Drake) retired from competitive athletics on August Bank Holiday Monday as he competed in one final race at his home club in Tonbridge as a show of appreciation to those people who supported him when he entered the sport.

Bosworth has enjoyed a remarkable career in the race walks and will go down in the record books as one of the country's most successful athletes in the discipline.

The 2018 Commonwealth Games silver medallist in the 20km race walk, retires from the sport holding the British record with a time of 1:19:38 which he set on his way to the podium on the Gold Coast. He also co-captained the English team in Australia four years ago.

He competed at the Olympic Games in Rio and Tokyo, his best performance was his sixth-place finish on the Copacabana in Brazil in 2016, and he achieved seventh place finishes at the World Championships (2019) and European Championships (2018) during his illustrious career.

Bosworth has won 21 national titles during his career and has set world bests in the race walks over the mile and 3000m outdoors and indoors, both set at UK meetings in front of a vociferous home crowd.

Away from the sport, Bosworth has been an ambassador for LGBT+ rights, and was a steering force behind the launch of the Athletics Pride Network in April 2020. He has also acted as a Stonewall Sport champion.

Upon his retirement, Bosworth said, "It's been truly special having the opportunity to end on my terms, at a home Championships in Birmingham followed by the opportunity to race one last time back at my home track in Tonbridge, 21 years later from when I first joined the club. I never dreamed any of this was possible, I followed by sister into the club, for purely fun and fitness. I never put a limit on what I could achieve but I never thought I'd achieve what I have. Hopefully along the way I've given race walking a little more coverage it might not have got in the past and shown a few people that some can walk as fast as people run."

Source: British Athletics

Tonbridge AC 75th Anniversary Open Track & Field Meeting inc. Tom Bosworth Farewell Walk (Mon. 29th Aug.)

August Bank Holiday Monday saw the staging on the Tonbridge AC 75th Anniversary Open including the Tom Bosworth Farewell Walk. Tom and the club decided to put on the race as a way of saying thank you to those who first supported him at the beginning of his career, like his first coach Peter Selby. With many former athletes, friends and family turning out to watch.

The race was held over 3000m, as Tom holds the world record for the distance outdoors (10:43.84) set in the Olympic Stadium in London in 2018.

Nineteen athletes competed on a warm afternoon, with a large crowd gathered to see Tom complete his final race, which he duly won in 11:41.18.



Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Tom Bosworth	SENM	Tonbridge Athletic Club	11:41.18 [SB]
2	Guy Thomas	SENM	Tonbridge Athletic Club	12:28.92 [SB]
3	Luc Legon	SENM	Bexley Athletic Club	12:34.84 [PB]
4	Matthew Crane	U23M	Bexley Athletic Club	13:37.55
5	Christian Hopper	U20M	Cambridge Harriers	14:15.07
6	David Crane	M40	Surrey Walking Club	14:52.77
7	Megan Stratton-T	U23W	Swansea Harriers	15:29.80
8	Hannah Hopper	U20W	Cambridge Harriers	15:56.31
9	Melanie Peddle	W50	Loughton Athletic Club	15:59.59
10	Grazia Manzotti	W50	Tonbridge Athletic Club	16:06.08
11	Jonathan Ellerton	U17M	Blackheath & Bromley	16:17.94
12	Abigail Smith	U20W	Blackheath & Bromley	16:21.63
13	Katie Stringer	U20W	Medway & Maidstone	16:29.60
14	Emily Ghose	U23W	Tonbridge Athletic Club	16:36.44
15	Beatrice Fury	U23W	Medway & Maidstone	17:45.93
16	Lewis Burr	U15B	Tonbridge Athletic Club	17:46.88
17	Charlie Perry	U13B	Lewes Athletic Club	18:30.24
18	Matthew Tootell	U13B	Blackheath & Bromley	20:53.39
19	Geraldine Legon	W60	Bexley Athletic Club	21:46.72

Tom's personal bests outdoor

Event	Performance	Venue	Date
One Mile RW	5:31.08	Olympic Stadium, London	09/07/17
3000m RW	10:43.84	Olympic Stadium, London	21/07/18
5000m RW	18:43.28	Birmingham	02/07/17
10,000m RW	40:45.38	Espoo (FIN)	08/06/22
10km RW	39:10	Coventry	01/03/20
20,000m RW	1:25:28.36	Bedford	21/06/15
20km RW	1:19:38	Cold Coast (AUS)	08/04/18

Personal bests indoor

Event	Performance	Venue	Date
3000m RW	10:30.28	Emirates Stadium, Glasgow	25/02/18
5000m RW	18:20.97	Emirates Stadium, Glasgow	23/02/20

Commonwealth Games

Women's 10,000m – Sat. 6th August

Australia's Jemima Montag won the gold with a Games record time of 42:34.20 ahead of Priyanka Goswami (IND) who set a national record of 43:38.83 with Emily Wamusyi Ngii (KEN) clinching bronze with an new African record of 43:50.86.

The eventual medallists formed an early pack with Montag sitting at the back. At around halfway the Australian made her move, and once she did, she created a huge lead which she built on for the remainder of the race, leaving a two way race for the minor medals between Ngii and Goswami. They exchanged positions multiple times. Goswami finally broke away around the 9,000m mark.

For Wales Heather Lewis (*pictured*) finished in 5th with a new PB and British record of 45:09.19. Bethan Davies was close behind in a season's best of 45:45.59 for 6th place.



Pos	Athlete	Nation	Perf	Notes
1	Jemima Montag	AUS	42:34.30	CR PB
2	Priyanka Goswami	IND	43:38.83	PB
3	Emily Wamusyi Ngii	KEN	43:50.86	AR PB
4	Rebecca Henderson	AUS	44:44.58	
5	Heather Lewis	WAL	45:09.19	NR PB
6	Bethan Davies	WAL	45:45.58	SB
7	Katie Hayward	AUS	46:09.51	PZ 60
8	Bhawana Jat	IND	47:14.13	PB

Men's 10,000m – Sun. 7th August

Canada's Evan Dunfee won the men's 10,000m walk with a record-setting performance of 38:36.37. It was Dunfee's first Commonwealth Games medal in his third appearance.

Australia's Declan Tingay won silver with a personal best time of 38:42.33, while India's Sandeep Kumar also set a personal best for the bronze medal (38:49.21).

England's Callum Wilkinson just missed out on the medals finishing less than a second outside his personal best.

Tom Bosworth finished in 7th place, in what proved to be his last international competition having earlier announced his intention to retire at the end of the season and then subsequently withdrawing from the European Championships.

Pos	Athlete	Nation	Perf	Notes
1	Evan Dunfee	CAN	38:36.37	CR PB
2	Declan Tingay	AUS	38:42.33	PB
3	Sandeep Kumar	IND	38:49.21	PB
4	Callum Wilkinson	ENG	39:06.28	SB
5	Samuel Gathimba	KEN	39:23.14	PB
6	Kyle Swan	AUS	40:49.79	PZ 60
7	Tom Bosworth	ENG	40:58.64	
8	Rhydian Cowley	AUS	41:28.05	
9	Amit Khatri	IND	43:04.97	SB
	Quinten Rew	NZL	DQ	TR 54.7.5

European Championships

(Reproduced from European Athletics & British Athletics websites)

Ntrismpioti clinches breakthrough 35km race walk gold at the age of 38

For Antigoni Ntrismpioti, the Greek race walker who fits in her training around working as a waitress in her family's restaurant, a waiting game paid off with a breakthrough gold medal at the tender age of 38 in the women's 35km race walk at the Munich 2022 European Athletics Championships, part of the multi-sport European Championships.

For Spain's Miguel Angel Lopez, a long bid for home paid off with gold in the men's race as the former 20km world and European champion broke the challenge of favourite Perseus Karlstrom of Sweden, whose bronze medal exertions at 35km and 20km at the World Championships took an obvious toll as his brave challenge ground to a halt in gruelling heat as he bowed out with 10km to go.

In their contrasting ways, both victories were brilliantly executed victories in front of a sun-bathed crowd on the 17-and-a-half lap course in the heart of Munich old town, starting and finishing in Odeonsplatz.

It took Ntrismpioti until the 24km checkpoint - and almost two hours of toil - to pull decisively ahead of Spain's Raquel Gonzalez after the pair worked in tandem to catch and pass long-time leader Viktoria Madarasz of Hungary, who hung on for a richly deserved bronze medal.

In the men's race, Lopez broke clear from the five kilometre mark, pouring the pressure on Karlstrom, who commendably battled on before exhaustion caught up with him after passing 25km.

To the delight of the home crowd, Germany's Christopher Linke worked his way through the field to take silver, his first international medal at the age of 33 - with just two weeks of training in the tank after being hit by coronavirus at the World Championships in Eugene. Matteo Giupponi of Italy claimed the bronze.

At 38, Ntrismpioti nailed her first major championship medal - and a first for her country in race walking - three weeks after missing the podium by one place with fourth place in the 35km event in Eugene.

She had to bide her time after Madarasz - just a year younger, at 37 - tried to break the field from the off. The Hungarian reached the three kilometre mark in 14:37 with a lead of 16 seconds and still held an advantage of eleven seconds at 15km, with Ntrismpioti and Gonzalez plugging away in pursuit.

At 18 kilometres, the persistence of the chasing pair paid off as they drew level and overtook the tiring Madarasz.

Ntrismpioti was one cool customer in the heat, appearing to chat to a television cameraman getting a close up shot as she tried to break Gonzalez, who finished one place behind her, in fifth, at the World Championships.

"I was actually talking to my husband, who was following the race on a scooter," she said later. I told him I was confident. I said, 'Don't worry. I have it.'"

The confidence was fully justified as Ntrismpioti pulled clear with 11 kilometres to go. She crossed the line, with bouzouki music ringing round Odeonsplatz, in 2:47:00.

Gonzalez finished 2:10 in arrears in 2:49:10, with Madarasz taking bronze in 2:49:58, a lifetime best - ahead of Italy's Federica Curiazzi in fourth.

"I'm very happy to get my first major medal at 38," said Ntrismpioti. "I worked really hard for it. I thought from the start of the race that I was going to win but I had to be patient with the pace."

"The game was more with the Spanish girl than with the Hungarian who went out fast, but it came good for me in the end."

Bethan Davies achieved a career best 11th.

After an eight year wait, Lopez is crowned European champion again

In the men's race, it looked destined to come good for Lopez from a long way out.

The 34-year-old, the European champion at 20km in Zurich in 2015 and world champion in Beijing a year later, kept his powder dry in the opening stages as Miroslav Uradnik of the Slovak Republic blazed through the first kilometres in 14:07, opening a gap of seven seconds.

By the five kilometre mark, however, his advantage had disappeared as he settled back into the main group, with Lopez in the vanguard.

At that stage, with 23:05 on the clock, there were 15 men together, but the Spaniard decided to make a kick, opening an eight seconds lead within two kilometres, with Karlstrom clear of the pack in attempted pursuit.

Lopez, however, kept his foot on the gas. Reaching 10km in 43:31, he had a 17-second gap on Karlstrom.

He kicked in again, trying to draw the sting out of Karlstrom, stretching his lead to 50 seconds and 1:32 at the 15km and 20km checkpoints respectively.

It was clear in the next two kilometres that the Swede was in distress. He slowed to everyday walking pace, stretched, and tried to kick-start but dropped back to fifth before finally stepping off the course with some assistance from the medics.

By the finish, Lopez had a comfort zone of 2:41. He could afford to slow, collect a Spanish flag in the home straight, and blow kisses to the crowd before crossing the line in 2:26:47.

Linke claimed silver in 2:29:30 and Giupponi bronze in 2:32:31 – both personal bests – with Lopez's Spanish team-mate Manuel Bermudez in fourth.

"Leading from the front on my own made it hard to keep the pace," said Lopez. "It was a bit of a risk, but it paid off. I felt strong and managed to maintain the pace throughout the race."

For Linke, having missed a 20km medal by one place in Zurich in 2014, the silver was a sweet consolation in his home country.

"To get my first medal here in Germany is so special," said the Berliner. "I can't believe I have done it after Covid and just two weeks of training."

"I didn't finish in the 20km in Eugene and tested positive before the 35km race. I had ten days with no training - and then this! It's crazy. But sometimes when you are free in your head, you can walk easier."

Men's 35km – Tues. 16th August

Pos	Athlete	Nation	Perf	Notes
1	Miguel Ángel LÓPEZ	Spain	2:26:49	
2	Christopher LINKE	Germany	2:29:30	PB
3	Matteo GIUPPONI	Italy	2:30:34	PB
4	Manuel BERMÚDEZ	Spain	2:32:31	
5	Jonathan HILBERT	Germany	2:32:44	PB
6	Miroslav ÚRADNÍK	Slovakia	2:35:44	
7	Michal MORVAY	Slovakia	2:36:04	
8	Carl DOHMANN	Germany	2:36:52	
9	Vít HLAVÁČ	Czech Republic	2:37:32	
10	Brendan BOYCE	Ireland	2:38:03	
11	Maryan ZAKALNYTSKY	Ukraine	2:39:06	SB
12	Aleksi OJALA	Finland	2:39:06	
13	Ivan BANZERUK	Ukraine	2:39:34	SB
14	Bence VENYERCSÁN	Hungary	2:41:07	SB
15	Anton RADKO	Ukraine	2:43:10	SB
16	Narcis Stefan MIHĂILĂ	Romania	2:45:03	
17	Artur MASTIANICA	Lithuania	2:46:09	
	Alexandros PAPAMICHAIL	Greece	DNF	
	Marius Iulian COCIORAN	Romania	DNF	
	Perseus KARLSTRÖM	Sweden	DNF	
	Artur BRZOZOWSKI	Poland	DNF	

Michele ANTONELLI	Italy	DQ	TR 54.7.5
Lukáš GDULA	Czech Republic	DQ	TR 54.7.5
Máté HELEBRANDT	Hungary	DQ	TR 54.7.5
Aurélien QUINION	France	DQ	TR 54.7.5
Marc TUR	Spain	DQ	TR 54.7.5

Women's 35km – Tues. 16th August

Pos	Athlete	Nation	Perf	Notes
1	Antigoni NTRISMPIOTI	Greece	2:47:00	
2	Raquel GONZÁLEZ	Spain	2:49:10	
3	Viktória MADARÁSZ	Hungary	2:49:58	PB
4	Federica CURIAZZI	Italy	2:52:06	PB
5	Olga NIEDZIAŁEK	Poland	2:53:12	
6	Lidia BARCELLA	Italy	2:55:04	SB
7	Mar JUÁREZ	Spain	2:55:27	
8	Inna LOSEVA	Ukraine	2:57:55	SB
9	Inês HENRIQUES	Portugal	2:58:34	
10	Elisa NEUVONEN	Finland	2:59:00	
11	Bethan DAVIES	Great Britain & NI	2:59:38	
12	Tereza ĎURDIAKOVÁ	Czech Republic	3:01:19	SB
13	Rita RÉCSEI	Hungary	3:04:49	
14	Erna HAČUNDOVÁ	Slovakia	3:06:13	PB
15	Antia CHAMOSA	Spain	3:06:37	
16	Efstathia KOURKOUTSAKI	Greece	3:07:42	
17	Katrin SCHUSTERS	Germany	3:18:38	
18	Tamara HAVRYLYUK	Ukraine	3:21:01	SB
	Mihaela ACATRINEI	Romania	DNF	
	Kiriaki FILTISAKOU	Greece	DNF	
	Vitória OLIVEIRA	Portugal	DNF	
	Ana Veronica RODEAN	Romania	DNF	

Greek lightning strikes twice as Ntrismpioti wins double gold in the race walk in Munich

After waiting 19 years for her first major championship medal - a gold in the 35km race walk on Tuesday (16), Antigoni Ntrismpioti made it two titles in the space of five days as she battled her way to a stunning double in the 20km in the Saturday morning rain in the heart of Munich's Old Town at the Munich 2022 European Athletics Championships.

The 38-year-old Greek, who fits in her training around waitressing duty at her family's restaurant, often pounding the streets of Karditsa after midnight, confirmed her belated graduation to world class as she judged her tactics to perfection, as she had in the 35km race.

On three occasions Ntrismpioti had to dig deep after being dropped – slipping back to 12th at one point - but if her rivals thought her winning effort from Tuesday was taking a decisive toll, they were to be sadly mistaken.

As the race progressed, Ntrismpioti - who was the only race walker to contest both events in Munich - grew in strength, pulling clear of Poland's double world silver medallist Katarzyna Zdziebło with three kilometres remaining to win by 17 seconds in 1:29:03, a personal best. Germany's Saskia Feige took the bronze in 1:29:25, a personal best to ensure that the hosts maintain their record of winning a medal in every session.

Having started her international career way back in 2003, placing a lowly 16th in the European U20 Race Walking Cup, the diminutive Ntrismpioti has finally emerged as a big global force - with eighth place in the 20km race at last year's Olympic Games and fourth place over 35km at the World Athens Championships in Eugene last month - and now as a double European champion.

Four years ago in Berlin, she suffered a painful double loss rather than gain, falling in the rain and breaking two teeth en route to 13th place in the 20km race. "It's unbelievable," said Ntrismpioti. "It was only in the last quarter of the race that I thought I could be in the medals, but not definitely winning."

“Before that, I was just trying to assess the form of the other girls, trying to work out in what place I might finish. I didn’t think this would happen.”

Heather Lewis secured the best finish in over a decade for a British women’s 20km race walker at the European Championships as she took 13th spot.

Lewis said afterwards: “To be honest I am pretty disappointed. I felt great at halfway but then after halfway I had nothing really to give, so I’m a bit disappointed in the way I felt, but you know the end result wasn’t as terrible as I thought so it’s fine. It’s been great to be out here and representing Great Britain – it’s a privilege, I’m just a little bit disappointed.

“I’ve worked really hard on my technique and know when I get any cards how to deal with it, so that’s come a long way and I’m really pleased, I need to now try get a little bit fitter to be able to be stronger physically through the second half and to be able to push on and do a quicker second part.”

After seeing Wilkinson be disqualified in the men’s final earlier in the morning, she reflected: “I really sympathise for him. At the last European Championships, I was also DQ’d and so I know how it feels and you never want to get DQ’d, but it is all part of the sport. I really feel for him, I’m really gutted as he’s in great shape and it was so sad, he was DQ’d.”

Silver lining for Karlstrom as Martin defends his 20km race walk title

In the men’s 20km race walk, Sweden’s Perseus Karlstrom produced a remarkable comeback, finishing with the silver medal behind defending champion Alvaro Martin of Spain - four days after exiting the 35km race walk in a wheelchair.

As he entered the finishing straight in Odeonsplatz, the indefatigable Karlstrom – a bronze medallist in the 20km and 35km at the World Championships in Eugene a month ago - collected a yellow and blue Swedish Viking hat and smiled his way to the line, a happy contrast to the distraught figure who was reduced to a vomiting state of collapse 10km from the finish of the 35km race.

It was an outstanding achievement by the 32-year-old - son of 1986 European 10km bronze medallist Siv Gustavsson and two-time world 50km silver medallist Enrique Vera of Mexico - even if it was not quite enough to stop Martin from retaining the title, he won in Berlin four years ago.

Karlstrom made the first major move of the ten-lap race, turning the screw with a 3:54 split in the 13th kilometre and whittling the ten man lead pack down to just three, with Martin and his Spanish teammate Diego Garcia still managing to keep in touch.

It looked like it might be a decisive break but when the Swede slowed slightly at the 14km drinks station, Martin seized his chance to strike, injecting two successive kilometres of 3:47.

Despite collecting two yellow warning paddles, the 2018 champion kept his technique sufficiently in check to finish twelve seconds clear in 1:19:11, a personal best.

Karlstrom took the silver in 1:19:23 and Garcia-Carrera the bronze in 1:19:45 with Alberto Amezcua making it a Spanish 1-3-4, placing fourth in 1:20:00. Italy’s Olympic 20km champion and world 35km gold medallist Massimo Stano finished eighth in 1:21:18.

“This is very beautiful, a second gold for me,” said Martin. “I had to work hard for it. I have to pay tribute to my rivals, especially ‘Percy,’ after what happened to him on Tuesday.”

Karlstrom could not stop smiling. “I am exhausted but delighted to have won a medal,” he said. “This means a lot to me. I was sick before I stopped in the 35km race. I also had an asthma attack. I thought I might have Covid, but the doctor checked me out and that wasn’t the case.

“I wasn’t sure whether to race today but a good friend of mine told me to take the chance that was there, to go for the gold medal. I’m so happy to get a medal.”

Callum Wilkinson went out strongly, heading straight to the front of the field and trying to make the pace an honest one on the 2km loop on the road.

As the athletes exchanged the lead in the early stages, Wilkinson continued to hold his position on edge of the leading group, flanking Sweden’s Perseus Karlstrom who led the group through 5km in 16:20.

However, the Commonwealth Games fourth placer’s competition came to a premature end just as the race entered its halfway point as Wilkinson picked up his fourth warning card in quick succession, meaning he was disqualified.



Men’s 20km – Sat. 20th August

Pos	Athlete	Nation	Perf	Notes
1	Álvaro MARTÍN	Spain	1:19:11	PB
2	Perseus KARLSTRÖM	Sweden	1:19:23	
3	Diego CARRERA GARCÍA	Spain	1:19:45	SB
4	Alberto AMEZCUA	Spain	1:20:00	
5	Francesco FORTUNATO	Italy	1:20:06	SB
6	Kevin CAMPION	France	1:20:47	SB
7	Salih KORKMAZ	Turkey	1:20:50	SB
8	Massimo STANO	Italy	1:21:18	SB
9	Leo KÖPP	Germany	1:21:36	SB
10	Andrea COSI	Italy	1:22:18	
11	Iván LÓPEZ	Spain	1:22:55	
12	Marius ŽIŪKAS	Lithuania	1:24:58	SB
13	Joni HAVA	Finland	1:25:32	PZ
14	Dominik ČERNÝ	Slovakia	1:25:38	
15	Viktor SHUMIK	Ukraine	1:25:51	SB
16	Artur MASTIANICA	Lithuania	1:25:54	SB
17	Jerry JOKINEN	Finland	1:26:11	PB
18	Ivan LOSEV	Ukraine	1:27:10	SB
19	Gabriel BORDIER	France	1:28:11	PZ
20	Karl JUNGHANNß	Germany	1:28:21	PZ
21	Hélder SANTOS	Portugal	1:28:43	
22	Serhiy SVITLYCHNIY	Ukraine	1:28:51	SB
23	Raivo SAULGRIEZIS	Latvia	1:29:24	
24	Jaakko MÄÄTTÄNEN	Finland	1:29:38	PZ
25	Paulo MARTINS	Portugal	1:31:09	
	Abdülislam IMUK	Turkey	DNF	
	Nils BREMBACH	Germany	DQ	TR 54.7.5
	Şahin ŞENODUNCU	Turkey	DQ	TR 54.7.5
	Callum WILKINSON	Great Britain & NI	DQ	TR 54.7.5

Women’s 20km – Sat. 20th August

Pos	Athlete	Nation	Perf	Notes
1	Antigoni NTRISPIOTI	Greece	1:29:03	PB
2	Katarzyna ZDZIEBŁO	Poland	1:29:20	
3	Saskia FEIGE	Germany	1:29:25	PB
4	Lyudmila OLYANOVSKA	Ukraine	1:29:46	SB
5	Valentina TRAPLETTI	Italy	1:29:56	
6	Clémence BERETTA	France	1:30:37	NR
7	Eliška MARTÍNKOVÁ	Czech Republic	1:31:44	
8	Ana CABECINHA	Portugal	1:31:56	PZ

9	Olena SOBCHUK	Ukraine	1:32:07	
10	Camille MOUTARD	France	1:33:16	
11	Eloise TERREC	France	1:34:04	
12	Christina PAPADOPOULOU	Greece	1:35:19	SB
13	Heather LEWIS	Great Britain & NI	1:35:36	
14	Carolina COSTA	Portugal	1:35:36	PB
15	Enni NURMI	Finland	1:36:56	
16	Barbara OLÁH	Hungary	1:38:31	
17	Meryem BEKMEZ	Turkey	1:39:30	
18	Hana BURZALOVÁ	Slovakia	1:40:31	SB
19	Kader DOST	Turkey	1:42:26	
20	Venla LAIHO	Finland	1:43:47	
	Ayşe TEKDAL	Turkey	DNF	
	María PÉREZ	Spain	DQ	TR 54.7.5
	Joana PONTES	Portugal	DQ	TR 54.7.5
	Hanna SHEVCHUK	Ukraine	DQ	TR 54.7.5



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

	£25.00	£15.00	£10.00
Sept. 22	Karen Ratcliffe	Peter Saunders	Ann Perry

It is £12 per number per year, payable by standing order on 1st October. So, if you wish to join up, please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.

National Championships

Welsh Age Group Championships, Swansea (Sun. 14th Aug.)

U13 Girls 1000m

Pos	Athlete	AG	Club	Perf.
1	Megan Chantrell	U13G	Aberdare Valley AAC	6:08.20 [PB]

U17 & U20 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Gemma Price	U17W	Bridgend Athletic Club	20:44.44
	Abby Hughes	U20W	Taunton Athletic Club	DNF

England Athletics U15/U17 Championships, Bedford International Stadium (Sun. 28th Aug.)

The England Athletics U15 and U17 Championships were held at Bedford, *writes Andrew Clough*. Of the eleven entries six were from an Ireland. They dominated the U17 Men's race but did not have everything their own way in the women's races.

The Irish trio of Seamus Clarke, Sean Kelleher and Luke Fitzmaurice quickly moved away from Blackheath and Bromley's Jonathan Ellerton. Seamus and Sean had a spell when they changed places, but it was Seamus who eventually broke clear to win by a minute and a half to win in 24:32.90. Sean may have taken things a bit easier when two red discs appeared on the posting board. Unfortunately, Luke did have to spend a spell in the penalty zone but may not have been able to close the gap on his Leitrim club mate in any case. Jonathan kept going steadily to finish about four minutes behind the winner in 28:53.61, but still earned the gold medal as top placed English entrant.

In the U17 Women's race Pembrokeshire Harrier Gracie Griffiths, who is EA qualified, was totally dominant to come home in 25:47.32 for the gold medal. Behind her the other five athletes formed a group which stayed together for about ten minutes when Sinead Maher and Siobhan O'Reilly pulled clear eventually finishing within seconds of each other, but three minutes behind Gracie. A minute further back Southampton's Natasha Mitchell was second in the EA Championship having ploughed a lonely furrow in the latter part of the race. Aldershot Farnham & District's Lola-Mae Billingham was unable to catch Natasha, but she did stay far enough ahead of Jessica Wilton to keep hold of the bronze medal.

There was only one entry in the U15 Girls' race, Karen Mulvaney-Kelly (N Leitrim) who started at the same time as the U17's and kept up with Gracie for nearly eight minutes. Thereafter she was on her own finishing strongly in 15:39.73.

Under 15 Girls – 3000m

Pos	Athlete	AG	Club	Perf.
1	Karen Mulvaney-Kelly	U15	North Leitrim AC (IRE)	15:39.73 [SB]

Under 17 Men's – 5000m

Pos	Athlete	AG	Club	Perf.
1	Seamus Clarke	U17	Moy Valley AC (IRE)	24:32.90 [PB]
2	Sean Kelleher	U17	South Galway AC (IRE)	26:01.79
3	Luke Fitzmaurice	U17	North Leitrim AC (IRE)	27:40.94
4	Jonathan Ellerton	U17	Blackheath & Bromley	28:53.61

Under 17 Women's – 5000m

Pos	Athlete	AG	Club	Perf.
1	Gracie Griffiths	U17	Pembrokeshire Hs.	25:47.32
2	Sinead Maher	U17	South Galway AC (IRE)	28:39.38
3	Natasha Mitchell	U17	Southampton AC	29:50.34
4	Lola-Mae Billingham	U17	Aldershot Farnham & D.	30:30.16
5	Jessica Wilton	U17	Ashford Athletic Club	30:56.69

Domestic 'A' Races

Isle of Man Track & Field Championships, National Sports Centre, Douglas (Sun. 24th Jul.)

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Erika Kelly	SENW	Northern (IOM) A.C.	13:55.8 [SB]
2	Mia Dunwell	U20W	Northern (IOM) A.C.	15:46.5 [SB]
3	Marie Jackson	W60	Manx Harriers	17:31.9 [SB]
4	Jayne Farquhar	W50	Manx Harriers	18:35.0 [SB]
5	Nicola Raven	W60	Manx Harriers	19:10.2 [SB]
6	Maura Kelly	W50	Northern (IOM) A.C.	20:19.5 [SB]
7	Louise Hollings	W40	Manx Harriers	20:44.7 [SB]
8	Carolanne Hanley	SENW	Northern (IOM) A.C.	27:53.4 [SB]
9	Rory Turner	U15B	Western Athletic Club	29:36.4 [PB]

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Timothy Parry	U13B	Northern (IOM) A.C.	5:05.4 [PB]
2	Lilee Fletcher	U11G	Manx Harriers	5:15.8
3	Amy Sturgeon	U13G	Manx Harriers	5:51.9
4	Fynn Gleave	U11B	Manx Harriers	5:52.4
5	Faith Teare	U13G	Manx Harriers	5:57.1 [PB]
6	Jay Fletcher	U11B	Manx Harriers	6:24.8
7	Noah Sykes	U11B	Manx Harriers	6:36.2
8	Deena Barker	U13G	Manx Harriers	6:39.5 {PB}
9	Issy Kennaugh	U13G	Northern (IOM) A.C.	6:49.6 [PB]
10	Bronte Morrison	U13G	Western Athletic Club	6:50.8
11	Zane Quinn	U11B	Manx Harriers	7:52.0
12	Sophie Halligan	U11G	Manx Harriers	8:14.7
13	Troy Turner	U13B	Western Athletic Club	8:54.0 [PB]

South of England Track Race Walk Championships, Melbourne Park, Chelmsford (Sun. 14th Aug.)

Mixed U17 & U15 3000m

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U17M	Blackheath & Bromley	16:25.10
2	Natasha Mitchell	U17W	Southampton A.C.	17:01.68 [SB]
3	Lewis Burr	U15B	Tonbridge Athletic Club	17:19.39 [PB]
4	Lola-Mae Billingham	U17W	Aldershot Farnham & D.	17:30.65

Mixed U20 & Senior 5000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	U23M	Aldershot Farnham & D.	21:45.06
2	George Wilkinson	U23M	Enfield & Haringey AC	22:28.88
3	Abigail Jennings	U23W	Aldershot Farnham & D.	26:08.28
	Steve Bishop	M60	Veterans Athletic Club	DQ TR 54.4.1
	Trevor Jones	M65	Steyning Athletic Club	DQ TR 54.7.5

Aldershot Farnham & District T & F Open, Military Stadium, Aldershot (Thu. 18th Aug.)

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot Farnham & D.	4:34.66 [PB]
2	Katherine Smith	W55	Aldershot Farnham & D.	6:23.22 [PB]
3	Nicholas Fleeman	M60	Southern Counties Vets	6:25.16 [PB]
4	Sue Davies	W55	Aldershot Farnham & D.	6:38.61 [PB]
5	Tafara Nyoni	U13G	Aldershot Farnham & D.	7:28.12 [PB]
6	Ian Jennings	M50	Aldershot Farnham & D.	7:28.58 [PB]

6th South Yorkshire League, Millhouses Park (Tue. 23rd Aug.)

Chris Bent made a return to the South Yorkshire League after a long break, but was comfortably faster than expected, to remain in the lead for the whole race for a 37 second victory, *writes Brian Adams*. There was little change in the order throughout the race, the only close finish was Jacqueline Benson passing Tony Bell for third place and clocking up her fastest 5k time.

Pos	Athlete	AG	Club	Watch/Actual
1	Chris Bent	M75	Buxton A.C.	37:38/37:38 (5km)
2	Meghan Walmsley	U11G	Westways Sch.	38:13/07:20 (1km)
3	Jaqueline Benson	U23W	Ashford A.C.	38:40/28:25 (5km)
4	Tony Bell	M55	Lancashire WC.	38:43/32:19 (5km)
5	Ellis Simmonds	U17B	2DASH	39:00/16:03 (3km)

Domestic 'B' Races

Veterans AC 5 Mile Road Walk, Battersea Park (Tue. 2nd Aug.)



The fourth and last of the regular Battersea Park races had a reasonable field in the continuing hot weather, with some breeze and less humid than the previous race in the series, *reports David Hoben*.

The men's winner was Jonny Ellerton (*pictured*), with Maureen Noel in third overall and first woman. It was good to see Stuart Bennett back after a layoff due to injury.

Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U17M	Blackheath & Bromley	47:08
2	Steve Bishop	M60	Veterans Athletic Club	50:08
3	Maureen Noel	W55	Belgrave Harriers	52:50
4	Stuart Bennett	M60	Ilford Athletic Club	53:06

5	Fiona Bishop	W60	Woking Athletic Club	54:06
6	Matthew Ellerton	M45	Blackheath & Bromley	55:35
7	Lesley Morris	W60	Ilford Athletic Club	57:04
8	David Hoben	M65	Surrey Walking Club	62:29
9	Christopher Flint	M75	Surrey Walking Club	62:52
10	Peter Hannell	M75	Surrey Walking Club	66:03

Goodwin Cup 10km, Chorley (Sat. 13th Aug.)

Although the current heatwave is due to dissolve in the next couple of days it was still in place as seven club members set out on their 10km on one of the country's hilliest courses, *writes Dave Evans*. While the group negotiated the first of the hills three separate teams of helpers drove off to the marshalling points on the route with buckets of water and sponges. At the 1 mile point, Roy Gunnett headed the field passing this marker in 11:32 with Steven Wilde and Glyn Jones just eight seconds adrift. The remaining walkers were fairly close at hand but obviously wary of walking too quickly under the mid-afternoon sun. The course followed the same route as the Dave Crompton event but being a bit shorter at 10km meant an earlier turnaround.

As the walkers emerged from the leafy lanes, high above Chorley, Steven had closed on Roy, both passing the halfway marker in 35:22. Glyn Jones was the next to show at 35:53 and it was another minute and a half before the "really careful" trio arrived for their well-earned water station refreshments. The first 5km involves rather more ups than downs so as athletes headed back to the finish thoughts may well have turned to a less arduous second half. This might have been a logical conclusion except the thermometer was registering around 29 degrees and shade was at a premium.

As the officials were topping up water for the finishers the first walker came in sight, and it was Steven who was recording his first ever win in the club outside of the handicap. His 70:59 was excellent in the circumstances. Roy Gunnett had raised his game in the hot sunshine and was only 28 seconds adrift. In third place and almost out on his feet was Glyn Jones, proving that octogenarians are still capable of posting great results. Glyn ducked under 72 minutes but suffered quite badly with the extremely warm temperatures. He gradually recovered after quite a few dunking's of cold water and sponges but might initially have given a lobster a run for its money. Everyone else arrived safely and after some refreshments were able to behave normally!



Steven Wilde – Roy Gunnett – Glyn Jones

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Steven Wilde	M65	Lancashire Walking Club	70:59
2	Roy Gunnett	M75	Lancashire Walking Club	71:27
3	Glyn Jones	M80	Coventry Godiva Harriers	71:51
4	Joe Hardy	M75	Lancashire Walking Club	74:12
5	Ian Hilditch	M80	Lancashire Walking Club	74:39
6	Pat Evans	W70	Lancashire Walking Club	75:13
7	Greg Smith	M70	Lancashire Walking Club	78:23

London Inter-Club Challenge inc. Enfield League, StoneX Stadium, Hendon (Sun. 28th Aug.)

Perhaps it was unwise to promote this fixture on a bank holiday Sunday with three other walks being contested over the Bank Holiday weekend, *writes Ron Wallwork*. It therefore isn't surprising that the turnout was low. But, well done to those who did compete and thank you to the officials for their input.



Steve Uttley bides his time behind John Arthur and Colin Harle

3000m

Pos	Athlete	AG	Club	Perf.
1	Shaheda Arthur	W60	Ilford Athletic Club	30:08.32

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Steve Uttley	M65	Ilford Athletic Club	30:32.57
2	John Arthur	M60	Ilford Athletic Club	30:58.60
3	Colin Harle	M60	Belgrave Harriers	31:04.32
4	John Borgars	M75	Loughton Athletic Club	32:46.74
5	Amalia Silva	W55	Belgrave Harriers	33:20.77
6	Fiona Bishop	W60	Woking Athletic Club	33:31.28
7	Paul Frimage	M65	Ryston Runners AC	40:41.65
8	Sandra Campbell	W50	Nuneaton Harriers	43:42.27

Southend City Mile, Garon Park Track (Mon. 29th Aug.)

This event was well supported with a field of seventeen, the best since the event first appeared on the calendar when twenty-three turned out. The race was held in front of a large crowd at this well attended track & field open meeting. International Daniel King's class saw him lead from gun-to-tape and draw applause from the crowd, who knew how to show their appreciation for such an empathetic winner. Dan's son and daughter made their race walking debuts – so they may be ones to look out for in the future.

Garon Park has a track record board in its club room. Emma Dyos clocked 8:48.7 for a new track record, replacing Melanie Peddle on the board.

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Daniel King	M35	Colchester Harriers	07:01.4
2	Emma Dyos	W45	Ilford Athletic Club	08:48.7
3	Colin Harle		Belgrave Harriers	09:15.4
4	John Arthur	M60	Ilford Athletic Club	09:17.0
5	Linda Mountford		Castle Point Joggers	09:27.9
6	Rachel Lawless		Ilford Athletic Club	09:32.6
7	Simon Morgan		Colchester Harriers	09:39.6
8	John Borgars		Loughton Athletic Club	10:15.1
9	Lesley Morris		Ilford Athletic Club	10:18.0

10	Keith Palmer		City of Southend AC	10:27.3
11	Steve Allen		Ilford Athletic Club	10:58.2
12	Floriane King		Unattached	11:28.0
13	Maxime King		Unattached	11:48.4
14	Alan O'Rawe		Ilford Athletic Club	12:01.9
15	David Ainsworth	M70	Ilford Athletic Club	13:29.4
16	Val Mountford		Eastern Masters AC	13:50.7
17	Shaheda Arthur	W50	Ilford Athletic Club	16:15.8

Rest in Peace

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

- John Northcott MBE (Highgate Harriers)
- Stuart Elms (Steyning Athletic Club)

The Middlesbrough 100 mile Challenge, inc. Centurions Qualifier & RWA Long Distance Championships, Cycle Circuit, Middlesbrough Sports Village (Sat. 20th – Sun. 21st Aug.)



And they're off. Only a hundred miles to go!

An entry of 39 saw 34 start the Centurions qualifying walk at the Middlesbrough cycle circuit on a 166 lap course of 976.45 metres per lap, *writes Chris Flint*. Despite strong winds and torrential rain Jonathan Hobbs (Ashford) dominated the race from the start finishing in 18.44.33 at an average speed of 8.6 kph and lap time of 6.59. His preparation and analytical approach enabled him at his first attempt to qualify as Centurion No.1212 much to the delight of his father, Chris Hobbs, our RWA President.



Jonathan Hobbs

Of the six new Centurions the other UK qualifier is Adrian Edwards (Lancashire WC - pictured below) who overcame much physical discomfort finishing in 14th position in 23:29:28 as Centurion No.1216. Adrian's performance won him the Ken Smith Memorial Trophy awarded for the most meritorious performance as agreed by the judges and referee. Very well deserved.



Adrian Edwards

The four Continental walkers who qualified as Centurions are Diederik van Nieuwenhove, Gunter Luybaerts, and Johan Stesmans (all from Belgium) and Jacqueline van Drongelen (Netherlands). In fact, of the 17 finishers within 24 hours 13 are from overseas including Justin and Sharon Scholtz from Australia. The support we receive from overseas is greatly welcomed. The other UK Centurions who finished in 24 hours are Andrew Titley C1038 (Isle of Man), Hazel Fairhurst C983, and Richard McChesney C1131 who is a New Zealander but resident in the UK. All are congratulated. The Centurions are keen to see more UK qualifiers in the future.

The judges and referees, especially Eric Horwill C390 who is 90 shortly, monitored the race throughout in damp clothes, as did the feeding station team, and the supporters and helpers, who are all heroes of the event. No untoward incidents were recorded.

The Centurion President, Pam Ficken C934, and the RWA President, Chris Hobbs, presented trophies and awards and congratulated everyone on a memorable 100 miles event and expressed hope that another will be held next year, and beyond.

Mixed 100 Mile

Pos	Athlete	AG	Club	Perf. (New Cent.)
1	Jonathan Hobbs	SEN	Ashford A.C.	18:44:32 (C1212)
2	Peter Asselman	M40	Belgium	19:57:43
3	Diederik Van Nieuwenhove	M50	Belgium	20:18:47 (C1213)
4	Kim Janssens	M45	Holland	21:45:14
5	Andrew Titley	M55	IOM Veterans	21:45:15
6	Frank van der Gulik	M40	Holland	22:16:30
7	Sharon Scholtz	W45	Unattached	22:42:43
8	Justin Scholtz	M45	Unattached	22:42:43
9	Gunter Luybaerts	M45	Holland	22:44:33 (C1214)
10	Hazel Fairhurst	W55	Unattached	22:50:28
11	Johan Stesmans	M40	Unattached	22:54:55 (C1215)
12	Jantinus Meints	M40	Holland	22:54:55
13	Frans Leijters	M45	Holland	23:22:45
14	Adrian Edwards	M60	Lancashire WC	23:29:28 (C1216)
15	Boetje Huliselan	M65	Holland	23:34:39

16	Jacqueline Van Drongelen	W50	Holland	23:35:38 (C1217)
17	Richard McChesney	M50	Unattached	23:45:21
18	Martin Payne	M60	Lancashire WC	23:51:40 (95 miles)
19	Phillip Wilson	M70	Unattached	23:45:34 (93.3)
20	Kevin Marshall	M60	Ilford A.C.	19:15:16 (84)
21	Arjan Bogerd	M50	Holland	22:07:21 (83)
22	Bob Thomas	M70	Unattached	23:45:33 (70.27)
23	Ray Sharp	M60	Unattached	14:28:14 (67.84)
24	Helen Middleton	W55	Enfield & Haringey	14:42:47 (66)
25	Mika Vankerkhove	M35	Holland	11:50:21 (53.28)
26	Graham Jackson	M50	Northern Masters	10:43:16 (51.46)
27	Martin Fisher	M55	Redcar R.W.C.	11:59:21 (50.85)
28	John Borgars	M75	Herts Phoenix	10:00:19 (47.21)
29	John Constantinou	M45	Birchfield Hs.	12:12:14 (46.61)
30	Colin Moore	M60	IOM Veterans AC	10:19:47 (41.76)
31	Arjan Lukken	M55	Holland	08:21:29 (35.08)
32	Christopher Flint	M75	Surrey W.C.	09:14:36 (34.47)
33	Sailash Shah	M50	Lancashire W.C.	08:51:34 (33.86)
34	Haydn Kenna	M60	Unattached	09:58:59 (30.83)

Results Round-up from Guernsey

Stuart Le Noury and Donna Allan win 2022 Club Championships

2022 men's club champion Stuart Le Noury ended the 10 race series with another two wins over 1 mile and 2,000 metres. On the track over 2,000 metres, he recorded 10:36 and in a road mile at Delancey Park he recorded 8 minutes dead.

Women's club champion for the year is Donna Allan who finished the mile race in just under 9 minutes and removed a second off her four year old personal best time. Walkers were joined by Sparkhill Harrier race walker Hilary Mann who finished third overall in 10:35.

Kevin Le Noury, ahead of Mick Le Sauvage in second and Stuart Le Noury in third won the Jubilee Tankard for the handicap section of the series.

Sunday 17th June: Sarnia WC Championship 2000m, Footes Lane (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	10:36
2	Kevin Le Noury	M60	Sarnia Walking Club	13:59
3	Mick Le Sauvage	M80	Sarnia Walking Club	15:38

Sunday 14th August: Sarnia Club Championship 1 Mile Road, Delancey Park (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	08:00
2	Donna Allan	W45	Sarnia Walking Club	08:57
3	Hilary Mann	W55	Sparkhill Harriers	10:35
4	Rob Elliott	M60	Sarnia Walking Club	10:50
5	Kevin Le Noury	M60	Sarnia Walking Club	11:10
6	Kevin Allan	M40	Sarnia Walking Club	11:28
7	Mick Le Sauvage	M80	Sarnia Walking Club	12:25



September

Tue 06/09	A	South Yorkshire League 7	Millhouses Park
Sat 17/09	A	English Schools Championships	Bedford
Sat 17/09	B	Enfield League 5 Miles	QEII Stadium
Tue 27/09	A	South Yorkshire League 8	Millhouses Park
Wed 28/09	B	Ryan Cup (PSUK v Civil Service)	Cannonhill Park

October

Sat 01/10	A	Vets AC & County 10,000m Champs.	Coulsdon
Sat 08/10	B	Albert Rigby Shield 10km	Macclesfield
Sat 08/10	B	Jack Fitzgerald Memorial Race	Crawley
Sun 09/10	B	Midland Winter League	Stourport