



Race Walking Record

February 2024



Christopher Snook
(Aldershot Farnham & District AC)

Abigail Jennings
(Aldershot Farnham & District AC)



2024 UK Athletics Indoor 3000m
Race Walk Champions

Photographs: Athletics Weekly



The Race Walking Association

presents the

2024 National Senior & U20 10km and Young Age Group Championships

(To be held in accordance with UKA Rules of Competition)

Saturday 20th April 2024

at

**New College Cycle Circuit, New College Sports Village,
Leicester, LE3 6DN**

Programme

12:15	10k	Senior Men & Women
12:15	10k	Under 20 Men & Women
13:40	2k	Under 13 Boys & Girls
13:40	3k	Under 15 Boys & Girls
13:40	5k	Under 17 Men & Women

Entry from non-English athletes will be accepted with separate medals being awarded if finishing in the first three

A time standard of 70 minutes will be applied to the 10k.

Entry Fees

Senior & U20 = £12.00; Under 13/15/17 = £12.00

Online entry only at: [Roster Athletics](https://www.rosterathletics.co.uk/)

Closing Date for Entries: **12th April 2024**

Event contact email: Noel Carmody on rwachampionships@gmail.com



WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
ANTALYA 24

World Athletics Race Walking Team Championships 2024

UK Athletics has published the selection policies for the 2024 World Athletics Team Race Walking Championships in Antalya, Turkey to be held on 21st April.

UK Athletics considers the World Athletics Team Race Walking Championships as a stepping-stone towards success at World and Olympic Championships.

AIMS:

- To support athletes who have the potential to finish in the top 12.
- To support developing athletes who may perform well at future Race Walking Team Championships and have the potential to be selected for future major championships.

TRIALS:

There will be no trial event for the 2024 World Athletics Team Race Walking Championships.

QUALIFICATION STANDARD:

In order to be considered for selection, athletes must achieve the UKA qualification standard, which must have been achieved between 00:00 (GMT) 1st April 2023 and 23:59 (GMT) 30th March 2022.

The qualification standards are:

Men	Event	Women
1:23:30	Senior 20km	1:35:30
44:54	Junior 10km	50:31
41:20 (10km)	Marathon Mx Relay	47:30 (10km)

REQUIREMENT - CURRENT FORM

All athletes must show current form in the period 1 September 2023 – 23:59 (GMT) 30 March 2024 to be eligible for selection. This is to ensure that athletes who have achieved a UKA Qualification Standard are still performing at or near to that level.

The current form standards are:

Men	Event	Women
1:25:30 (20km) 41:20 (10km)	Senior 20km	1:37:30 (20km) 47:30 (10km)
44:54	Junior 10km	50:31
41:20 (10km)	Marathon Mx Relay	47:30 (10km)

EXPRESSION OF INTEREST

Athletes seeking selection should submit an expression of interest by 23:59 (GMT) Saturday 30th March. If no expression of interest is received by that date the selection panel will not consider the individual for selection.

The selection meeting will take place on **Sunday 31st March 2024**.

The full selection policy can be viewed at [2024-World-Athletics-Race-Walking-Team-Championships-Selection-Policy.pdf](https://www.uka.org.uk/2024-World-Athletics-Race-Walking-Team-Championships-Selection-Policy.pdf) ([uka.org.uk](https://www.uka.org.uk)).

DATES FOR YOUR DIARY

UKA National 2024 Fixtures

UKA have published the fixture list for 2024 and listed below are the major events that normally include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
06 th Jan	England Athletics Indoor Walks (U15+)	E.I.S. Sheffield
17/18 th Feb	UK Athletics Indoor Championships	Birmingham
17/18 th Feb	British Masters Indoor Championships	Lee Valley
9 th Mar	EA 10,000m Track Championships	Moulton College
16 th Mar	43rd Dudinska	Dudince (SVK)
6 th Apr	92nd Poděbrady Walking	Podebrady (CZE)
20 th Apr	RWA National 10km & YAG Championships	Leicester
4 th May	3rd Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)
11 th May	Grande Prémio Internacional de Rio Maior	Rio Maior (POR)
11/12 th May	County Championship Weekend	Various
18 th May	Gran Premio Cantones de A Coruna	La Coruna (ESP)
15/16 th Jun	Welsh Senior/U15 Championships	Cardiff
29/30 th Jun	UK Athletics Outdoor Championships	T.B.C.
20 th Jul	SIAB Schools International	Carmarthen (TBC)
20/21 st Jul	England Athletics SEN/U23/U20 Champs	Birmingham
27/28 th Jul	England Athletics Age Group Championships	Birmingham
17 th Aug	Welsh Under 20 International	T.B.C.
21 st Sept	English Schools Championships	Stoke-on-Trent

Rest in Peace

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

- Steve Arnold (Nuneaton Harriers) – Athlete and Coach
- Micheal Barnbrook (Ilford AC) – Centurion 661



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

	£25.00	£15.00	£10.00
Mar. 24	Ann Perry	Lancashire WC	Lancashire WC

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



TONBRIDGE
ATHLETIC CLUB

Tonbridge AC Easter Open Meeting

Monday 1st April 2024 – Walks at 12.45pm

U15+ 3000m & U13 2000m

Tonbridge School Athletics Track, TN10 3AD

Enter at [Tonbridge AC Easter Open Meeting \(opentrack.run\)](https://www.opentrack.run)

Closing date for entries Midnight on 29th March 2024

British Masters Indoor Championships, Lee Valley Athletic Centre (Sat. 17th Feb.)

British indoor W55 record for Melanie Peddle of 16:08.71s, removing seven seconds from the previous record held by Ann Wheeler set in 2011 at the same venue.

W35+ & 70+ 3000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55 [1]	EMAC/Loughton AC	16:08.71 [SB]
2	Grazia Manzotti	W50 [1]	SCVAC/Tonbridge AC	16:22.44 [SB]
3	Carolyn Derbyshire	W45 [1]	MMAC/Nuneaton Hs.	17:00.82 [SB]
4	Peter Boszko	M70 [1]	MMAC/Birchfield Hs.	17:58.66 [SB]
5	Penelope Cummings	W45 [2]	VAC/Herne Hill Hs.	18:38.43 [SB]
6	David Kissane	M70 [2]	Ireland	19:59.72
7	Fiona Bishop	W60 [1]	VAC/Woking AC	22:17.99 [SB]
8	Susan Barnett	W70 [1]	Eastern Masters AC	22:18.43 [SB]
	Lynne Drummond	W70	SCAVC/Crystal Palace FR	DQ TR54.7.1
	Ian Richards	M75	VAC/Steyning AC	DQ TR54.7.1

M35-65 3000m

Pos	Athlete	AG	Club	Perf.
1	Matthew Henney	M50 [1]	MMAC/Bromsgrove	16:30.23
2	Colin Harle	M65 [1]	EMAC/Belgrave Hs.	18:03.76 [PB]
3	Matthew Ellerton	M50 [2]	SCVAC/Blackheath & B	18:31.29 [SB]
4	Mark Ashby	M60 [1]	SCVAC/Cambridge Hs.	19:08.57 [SB]
5	John Laste	M60 [2]	Ireland	19:18.57
6	Hardeep Minhas	M65 [2]	MMAC/Leicester WC	19:39.59 [SB]
	Christopher Poole	M50	Cambridge & Coleridge	DQ TR54.7.1



Microplus UK Athletics Indoor Championships, Birmingham (Sun. 18th Feb.)

In the women's 3000m walk final there were personal bests set led by Abigail Jennings (Verity Snook; Aldershot Farnham & District), who successfully defended her title with an impressive career indoor best time of 14:09.22, writes *Mark Wall*. She was followed by Gracie Griffiths (Peter Freeman; Pembrokeshire) who also went under her indoor best with a 14:12.62 clocking for silver while Abby Hughes' (Steve Shaw; Taunton) 14:19.09 for bronze was an overall personal best for the 3000m distance.

In the men's walk final Christopher Snook (Andi Drake; Aldershot Farnham & District) was another athlete to regain their UK indoor title, powering to a huge personal best. Victorious in 2022 and a silver medallist in 2023, Snook impressively claimed gold with a career best walk of 11:45.68. Tom Partington (Steve Partington; Manx) took silver and Luc Legon (Noel Carmody; Bexley) took bronze.

Senior Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	11:45.68 [PB]
2	Tom Partington	SENM	Manx Harriers	13:04.21 [SB]
3	Luc Legon	SENM	Bexley Athletic Club	13:05.05 [SB]
	Cameron Corbishley	SENM	Medway & Maidstone AC	DQ TR54.7.1

Senior Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	14:09.22 [SB]
2	Gracie Griffiths	U20W	Pembrokeshire Harriers	14:12.62 [SB]
3	Abby Hughes	U20W	Taunton Athletic Club	14:19.09 [PB]
4	Pagen Spooner	SENW	Hyde Park Harriers	14:22.82 [PB]
5	Hannah Hopper	U23W	Cambridge Harriers	14:32.14 [SB]
6	Jessica Wilton	U20W	Ashford Athletic Club	15:33.74 [SB]
	Jasmine Nicholls	SENW	Leicester Walking Club	DQ TR54.7.1



England Masters Athletics Association Inter-Area Indoors Track and Challenge, Lee Valley (Sun. 25th Feb.)

Women's Mixed Age Group 2000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55	EMAC/Loughton AC	10:40.49
2	Carolyn Derbyshire	W45	MMAC/Nuneaton Hs.	10:57.51
3	Penelope Cummings	W45	VAC/Herne Hill Hs.	12:05.57
4	Maureen Noel	W60	VAC/Belgrave Hs.	12:20.00
5	Maggie Skinner	W40	EMAC/Peterborough	12:36.44
6	Michele O'Neill-Hall	W55	North East Veterans	13:50.99
7	Fiona Bishop	W60	VAC/Woking AC	14:04.97
8	Louise Kirby	W55	WMAA/Parc Bryn Bach	17:16.23
9	Wendy Valentine	W55	NMAC/Crewe & Nantwich	17:38.64
10	Rhiannon Jenkins	W40	WMAA/Parc Bryn Bach	18:03.88
	Gemma Smith	W50	MMAC/Stratford upon A	DQ TR54.7.1
	Ann Wheeler	W65	MMAC/Nuneaton Hs.	DQ TR54.7.1

Men's Mixed Age Group 2000m

Pos	Athlete	AG	Club	Perf.
1	Matthew Henney	M50	MMAC/Bromsgrove	10:43.34 [SB]
2	Matthew Ellerton	M50	SCVAC/Blackheath & B.	11:49.73 [SB]
3	Peter Boszko	M70	MMAC/Birchfield Hs.	11:50.38 [SB]
4	Colin Harle	M65	EMAC/Belgrave Hs.	11:54.26 [SB]
5	Adam Hills	M45	EMAC/Bedford Hs.	11:59.94 [SB]
6	Mark Ashby	M60	SCVAC/Cambridge Hs.	12:04.69 [SB]
7	John Borgars	M75	EMAC/Herts Pheonix	14:48.93 [SB]
8	Glen Keegan	M60	VAC/Herne Hill Hs.	14:50.65 [SB]
9	Dan Brown	M35	Northern Masters AC	18:56.91 [PB]
10	Paul Barlow	M50	NMAC/Gloucester AC	19:26.59 [SB]
	Paul Hawkins	M65	MMAC/Stratford upon A.	DQ TR54.7.1

Domestic 'A' Races

Murray Lambden Open Walks, National Sports Centre, Douglas, Isle of Man (Sat. 10th Feb.)



Mixed 20km

Pos	Athlete	AG	Club	Perf.
1	Guy Thomas	SENM	Tonbridge Athletic Club	1:35:30
2	Erika Kelly	SENW	Northern (IOM) AC	1:46:59
3	Christopher Addy	M35	Manx Fell Runners	2:00:26
4	Simon Gwane	SENM	Unattached	2:02:25
5	Jayne Farquhar	W50	Manx Harriers	2:14:35
6	Helen Davies	W40	Unattached	2:16:19
7	Nicola Raven	W60	Manx Harriers	2:19:17
8	Louise Hollings	W40	Manx Harriers	2:29:18
	Phill Swales	M55	Northern (IOM) AC	DQ TR54.7.1

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	SENM	Manx Harriers	49:50
2	Adam Killip	M35	Manx Harriers	57:37
3	Katherine Smith	W60	Aldershot Farnham & D.	73:30
4	Maura Kelly	W55	Northern (IOM) AC	76:42
	Tom Williams	M45	Manx Harriers	DQ TR54.7.1
	George Wallace	M65	Aldershot Farnham & D.	DQ TR54.7.1

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U15B	Northern (IOM) AC	17:17
2	Rio Osborne	U15B	Unattached	21:17

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Fynn Gleave	U13B	Manx Harriers	13:52
2	Polly Davies	U13G	Manx Harriers	15:07

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Lilee Merryweather	U13G	Manx Harriers	5:07
2	Jack Davies	U11B	Manx Harriers	6:25
3	Amelia Cain	U7G	Unattached	8:18
4	Leo Gleave	U17B	Manx Harriers	9:31

Enfield Race Walking League – Ron Powell Walks, Donkey Lane, Enfield (Sat. 24th Feb.)

It was a crisp, dry, and sunny morning for the second race of the year and the turnout of 25 the best for some time, **reports Ron Wallwork**. Some familiar faces were missing, but five newcomers to the League received a warm welcome and seemed to enjoy the experience.

Prior to the start there was warm applause in memory of Ken Livermore, Mick Barnbrook and Bob Watts, who all passed away recently.

For Abigail Jennings, fresh from yet another national title success indoors the previous week, it was more of a time trial than a race, but nevertheless a good workout. It was good to see Carl Lawton back on the roadside and Gary Smith back in action.

**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	51:27
2	Colin Harle	M65	Belgrave Harriers	62:23
3	Maureen Noel	W60	Belgrave Harriers	64:39
4	Mike George	M55	Unattached	66:52
5	John Arthur	M60	Ilford Athletic Club	67:46
6	Susan Payne	W60	Aldershot Farnham & D.	71:53
7	Katherine Smith	W60	Aldershot Farnham & D.	74:03

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Chik Ha Kwok	W45	Metros Running Club	31:53
2	Man Biu Lam	M65	Metros Running Club	32:46
3	Suzanne Bailey	W60	Newmarket Joggers	37:27
4	Sheila Leavy	W70	North Herts RRC	40:10
5	David Ainsworth	M75	Ilford Athletic Club	47:21

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U15B	Blackheath & Bromley HAC	18:17
2	Lily-Ann Cooper	U15G	Newmarket Joggers	22:46

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Grace Andrews	U13G	Aldershot Farnham & D.	13:19
2	Luke Eperon	U13B	Blackheath & Bromley HAC	13:21
3	Tafara Nyoni	U13G	Aldershot Farnham & D.	15:02

B Judged Results: 10km: Trevor Jones (Steyning AC) 60:52; Ian Richards (Steyning AC) 62:00; John Borgars (Herts Pheonix) 71:31; Susan Barnett (Enfield) 72:09; 8km: David Hoben (SWC) 64:16; Christopher Flint (SWC) 65:04; 5km: Gary Smith (Enfield) 41:11; Shaheda Arthur (Ilford) 52:27.

2024 UK Indoor RANKINGS

3000m Men to 17:00

Perf.	Athlete	AG	Club	Venue	Date
11:45.68	Christopher Snook	SEN	Aldershot F & D.	Birmingham	18/02
12:07.51	Cameron Corbishley	SEN	Medway & Maid.	Sheffield	06/01
13:04.21	Tom Partington	SEN	Manx Harriers	Birmingham	18/02
13:05.05	Luc Legon	SEN	Bexley AC	Birmingham	18/02
14:42.62	Ellis Simmonds	U20	2 DASH	Sheffield	06/01
15:49.05	Jonathan Ellerton	U20	Blackheath Hs.	Sheffield	06/01
16:30.23	Matthew Henney	M50	Bromsgrove	Lee Valley	17/02

3000m Women to 20:00

Perf.	Athlete	AG	Club	Venue	Date
14:09.22	Abigail Jennings	SEN	Aldershot F & D.	Birmingham	18/02
14:12.62	Gracie Griffiths	U20	Pembrokeshire Hs.	Birmingham	18/02
14:19.09	Abby Hughes	U20	Taunton AC	Birmingham	18/02
14:22.82	Pagen Spooner	SEN	Hyde Park Hs.	Birmingham	18/02
14:32.14	Hannah Hopper	U23	Cambridge Hs.	Birmingham	18/02
14:57.66	Jasmine Nicholls	SEN	Leicester WC	Sheffield	06/01
15:33.74	Jessica Wilton	U20	Ashford AC	Birmingham	18/02
16:08.71	Melanie Peddle	W55	Loughton AC	Lee Valley	17/02
16:13.04	Lois Carty	U20	Aldershot F & D.	Sheffield	06/01
16:22.55	Grazia Manzotti	W50	Tonbridge AC	Lee Valley	17/02
16:24.97	Erika Pontarollo	SEN	Hyde Park Hs/Italy	Sheffield	06/01
16:50.11	Mia Dunwell	U20	Northern (IOM)	Sheffield	06/01
17:00.82	Carolyn Derbyshire	W45	Nuneaton Hs.	Lee Valley	17/02
18:38.43	Penelope Cummings	W45	Herne Hill Hs.	Lee Valley	17/02

**Mar.**

9 th	A	EA Winter Track Walks, 10,000 + Support races	Moulton College
16 th	A	Tri-Counties (Kent/Middx/Herts) – 2000m	Lee Valley
24 th	A	Midland Championships	Stourport
24 th	A	Manx 10km & YAG Championships	N.S.C. Douglas

Apr.

1 st	A	Tonbridge Easter Monday Open – 1/2/3000m	Tonbridge School
2 nd	B	Veterans AC Summer Series #1 – 5k	Battersea Park
6 th	A	West Cheshire Spring Open 2 – 600/1000m	Ellesmere Port
6 th	A/B	Enfield League (10/8/5/3/2k)	Donkey Lane
7 th	A	Blackheath & Bromley T & F Open (5/3/2k)	Norman Pk, Bromley
20 th	A	RWA 10k & YAG Championships	New College Leic.
27 th	A/B	Enfield League (10/8/5/3/2k)	Donkey Lane