



Race Walking Record



**Cameron Corbishley
sets British 35km Record
in Zittau, Germany**

Photograph courtesy of Lauren Malin

October 2024



DATES FOR YOUR DIARY

UKA National 2025 Fixtures

UKA have started to publish fixtures for 2025 and listed below are the currently known 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
19 th Jan.	England Athletics Indoor Walks (U15+)	E.I.S. Sheffield
23 rd Feb.	UK Athletics Indoor Championships	Birmingham
22/23 rd Feb.	British Masters Indoor Championships	Lee Valley
2 nd Mar.	British Race Walking Meeting	Douglas (IOM)
22 nd Mar.	44 th Dudinska 50	Dudince (SVK)
12 th Apr.	Rio Maior Grand Prix of Race Walking	Rio Maior (POR)
4 th May	4 th Korzeniowski Warsaw RW Cup	Warsaw (POL)
18 th May	European RW Team Championships	Poděbrady (CZE)
7 th June	La Coruña GP of Race Walking	La Coruña (ESP)
28/29 th June	Welsh Senior/U15 Championships	Cardiff
19 th July	SIAB Schools International	T.B.C. (ENG)
25-27 th July	EA Senior/U23/U20 Championships	Birmingham
2-3 rd Aug.	UKA Outdoor Championships	Birmingham
8-10 th Aug.	EA Age Group Championships	Birmingham
12-14 th Sept.	British Masters Outdoor Championships	Derby
20 th Sept.	English Schools RW Championships	T.B.C

England Athletics Volunteer Awards Evening 2024 - East

Peter Cassidy Honoured for Services to Athletics and Running

Peter has been a member of Loughton AC and at the forefront of British race walking for 45+ years - as an athlete, coach, and official.



His knowledge, skills and commitment are second to none, but he is also a thoroughly lovely man. He founded the London Walks, which he still promotes - his coaching guidance led to progress among young athletes at the club. As an official he's , working at the highest level: Chief Recorder for the walks at the 2002 Commonwealth Games in and a Walks Judge at the 2012 Olympics and 2017 World Championships.

He was the longest-ever Secretary of the Race Walking Association until he was elected RWA President. He's been Essex County AA President and President of Veterans AC. Now 84, he still spends many hours judging at local to national races.



Overseas

Dutch & Belgium Championships (WA Permit Event), Tilburg Netherlands (Sun. 6th Oct.)

Luc Legon and Hannah Hopper returned to Tilburg in the Netherlands to walk as guests in the Dutch/Belgium championships (the event held a World Athletics permit), having raced there in 2023, both producing excellent performances over 10km.

Legon walked an isolated race reaching 5km in 21:50. Although he slowed slightly in the second half, he crossed the line in 43:57, removing 1 minute 34 from his previous best.

Going into the race Hopper was aware that a Hungarian entrant Dora Csörgő had a season's best nearly a minute faster than her personal best. From the gun Hannah tracked Csörgő with them going through halfway in 25:05. Mid-race Csörgő attempted to breakaway, but Hannah closed her down with the pair then walking side-by-side until Csörgő pulled out a four second advantage on the final lap to take the ladies win. Hopper was rewarded with a new personal best of 50:11 removing over a minute from her previous best.



Mixed 10km

Pos	Athlete	AG	Nation	Perf	Notes	Rank
1	Jassan Abu El Wafa	U23M	GER	42:52	PB	1
2	Luc Legon	SENM	GBR	43:57	PB	2
3	Dora Csörgő	SENW	HUN	50:07	SB	1
4	Hannah Hopper	U23W	GBR	50:11	PB	2
5	Bernd Ocker Holters	M75	GER	71:16		3

Lusatian International Race Walking Meeting (WA Silver), Zittau (GER) (Sat. 26th Oct.)



The 3rd Lusatian International Race Walking Meeting (World Athletics Race Walking Tour – Silver) attracted over 200 athletes to the southeastern German city of Zittau. The headline event was the 35km with at least two countries (GBR & CZE) using the event as their national championships. Polish athletes secured wins in the men's and

women's competition ahead of Cameron Corbishley, who set a new UK 35km record of 2:31:34, and Sandra Lorena Arenas (COL) respectively.

Mixed 35km

Pos	Athlete	Nation	Perf	Notes
1	Maher BEN HLIMA		POL 02:28:44	
2	Cameron CORBISHLEY		GBR 02:31:34	NR
3	Raivo SAULGRIEZIS		LAT 02:33:31	
4	Michal MORVAY		SVK 02:33:54	
5	Arnis RUMBENIEKS		LAT 02:34:49	
6	Nick CHRISTIE		USA 02:36:47	NR
7	Jassam ABU EL WAFA		GER 02:39:50	
8	Hugo ANDRIEU		FRA 02:43:19	
9	Katarzyna ZDZIEBŁO		POL 02:45:55	
10	Sandra Lorena ARENAS		COL 02:46:44	
11	Nicole COLOMBI		ITA 02:47:29	
12	Mária KATERINKA CZAKOVÁ		SVK 02:49:50	
13	Dávid TOKODI		HUN 02:53:26	
14	Andreas PAPASTERGIOU		GRE 02:54:34	
15	Viktória MADARÁSZ		HUN 02:55:30	

40 started; 28 finished; 11 DNF; 1 DQ

Masters 30km

Pos	Athlete	Nation	Perf	Notes
1	Maher BEN HLIMA (M35)		POL 02:06:46	
2	Arnis RUMBENIEKS (M35)		LAT 02:12:16	
3	Dmitry BABENKO (M50)		CAN 02:34:27	
4	Martin NEDVÍDEK (M45)		CZE 02:36:11	
5	Steffen BORSCH (M50)		GER 02:50:35	
9	Steve Allen (M65)		GBR 03:26:15	

10 started; 10 finished

Mixed 10km

Pos	Athlete	Nation	Perf	Notes
1	Nick Joel RICHARDT (U20M)		GER 42:35	PZ
2	Norbert TÓTH (SEN M)		HUN 42:57	
3	Albert KUKLA (U20M)		CZE 43:07	
4	Lukáš ROSENBAUM (U20M)		SVK 43:16	
5	Michal DUDA (SEN M)		SVK 44:53	
14	Maria-Lena CARNIEL (U20W)		GER 51:43	
20	Erika PONTAROLLO		ITA 59:35	

40 started; 38 finished; 1 DNF; 1 DQ

'A' Judged Races

Enfield Race Walking League – Amos Seddon 10,000m, Queen Elizabeth II Stadium, Enfield (Sat. 12th Oct.)

In overcast but dry conditions Centurion and former international Daniel King had things all his own way when winning this race and it was good to see him in action again after an absence from competition, other than local Master's track league events, *writes Ron Wallwork*.

Coming to the end of a long season Melanie Peddle, was happy to duck under the hour in her late season charge to overhaul Jacqui Benson in the ladies individual league.

Six Centurions turned out and two of them; the winner and Stuart Bennett finished first and second in the Essex championship which was held in conjunction with the event. Third in the championship was John Taylor.

The downside to an otherwise successful meeting was the absence of Amos Seddon who had entered the race but was unable to get along to Enfield to participate.

Mixed 10,000m

Pos	Athlete	AG	Club	Perf.
1	Daniel King	M40	Colchester Harriers	52:56.4 [SB]
2	Melanie Peddle	W55	Loughton Athletic Club	59:34.5
3	Stuart Bennett	M65	Brentwood Beagles AC	61:59.5
4	Chik Ha Kwok	W45	Metros Running Club	62:30.6
5	Man Biu Lam	W65	Metros Running Club	63:53.3
6	Jacqueline Benson	SENW	Ashford Athletic Club	64:49.6
7	Helen Middleton	W60	Enfield & Haringey AC	65:59.6

8 John Taylor M65 Brentwood Beagles AC 73:22.6

'B' Judged: Simon Morgan (Ilford) 66:15.9; Steve Kemp (EMAC) 67:47.1; Steve Allen (Ilford) 68:28.0; John Borgars (Loughton) 71:20.7; John Arthur (VAC) 75:48.3; Jon May (Enfield) 79:57.0.

**Mixed 5000m**

Pos	Athlete	AG	Club	Perf.
1	Emma Keeley	SENW	Cambridge & Coleridge AC	37:22.6
2	Taro Tyson	M50	Cambridge & Coleridge AC	40:43.6

'B' Judged: David Hoben (SWC) 42:34.4; Shaheda Arthur 62:38.9.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Lily-Ann Cooper	U15G	Newmarket Joggers	22:18.9
2	David Ainsworth	M75	Ilford Athletic Club	27:18.1

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Catherine Reid	W60	Oh Ladies Running Club	8:33.7
2	Sarah Scotland	W55	Unattached	10:31.1

VAC and Surrey, Middlesex, Herts & Sussex 10,000m Open Track Walk Championships + YAG 2000m, Norman Park, Bromley (Sat. 19th Oct.)

The annual VAC and Counties championships took place in good racing conditions on a warm sunny afternoon, a real contrast to the persistent drizzle of the morning, *reports David Hoben*.



Numbers were similar to the previous year, in addition there was a 2000m race held for the juniors with two Blackheath & Bromley walkers, coached by VAC's own Shaun Lightman. Both achieved personal bests, in the case of Florence Watson by over a minute.

The ladies' race was won by Grazia Manzotti in a time just inside the hour, with runner up Chik Ha Kwok "Billie" from VAC third place overall in a time a little less than posted at the Enfield League meeting the previous week.

Flying the flag for Sussex, Trevor Jones took the County honours with two Sussex awards, presented by Ron Penfold. Trevor also won the men's race. Peter Gregoire, a new signing for Steyning AC, did well also in fourth place.

There were two new Middlesex County medallists, presented by John Hall, Billie as mentioned above and her husband Man Biu Lam also from VAC.

Mixed 10,000m

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W55	Tonbridge Athletic Club	58:04.6
2	Trevor Jones	M65	Steyning Athletic Club	61:10.8
3	Chik Ha Kwok	W45	Metros Running Club	62:10.9
4	Peter Gregoire	M50	Steyning Athletic Club	62:35.7
5	Melanie Peddle	W55	Loughton Athletic Club	63:26.1
6	Man Biu Lam	W65	Metros Running Club	64:31.0
7	John Taylor	M65	Brentwood Beagles AC	71:39.7
	John Borgars	M75	Loughton Athletic Club	DQ TR54.7.1
	Stuart Bennett	M65	Brentwood Beagles AC	DQ TR54.7.1

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Florence Watson	U17W	Blackheath & Bromley HAC	12:31.3 [PB]
2	Luke Eperon	U15B	Blackheath & Bromley HAC	13:05.2 [PB]

**Up and Running (Isle of Man) Winter League Walk #1
National Sports Centre, Douglas (Sun. 27th Oct.)**



There was a great turnout for the opening round of the Winter Walk League at the NSC. Neil Wade won the 10k in a sub-50 minute time followed by Callum Gawne, Gianni Epifani and Tom Partington. Helen Davies was the women's winner in an impressive sub-58 clocking.



Neil Wade

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	SENM	Manx Harriers	49:55
2	Callum Gawne	SENM	Unattached	50:39
3	Gianni Epifani	M50	Manx Harriers	50:48
4	Tom Partington	SENM	Manx Harriers	52:22
5	Chris Addy	SENM	Manx Fell Runners	57:23
6	Helen Davies	W40	Manx Harriers	57:46

7	Chris Cale	M50	Manx Harriers	60:18
8	Jayne Farquhar	W55	Manx Harriers	64:24
9	Iveta Kamenova	SENW	Unattached	65:35
10	Lee Darbyshire	M45	Unattached	66:21
11	Andy Baxendale	M55	Isle of Man Veterans	70:12
12	Louise Hollings	W45	Manx Harriers	71:39
13	Phill Swales	M55	Northern (IOM) AC	71:39
14	Colin Moore	M65	Isle of Man Veterans	71:50
15	Maura Kelly	W55	Northern (IOM) AC	74:33
16	Yanisa Sananueah	W55	Unattached	79:20
17	Denise Lilleyman	W35	Unattached	81:42
18	Joe Stowell	SENM	Unattached	82:06
19	Tony Artz	M60	Unattached	83:06
20	Jane Artz	W55	Unattached	83:06
21	Susan Collins	W65	Unattached	83:22
22	Maxine Lace	W50	Unattached	83:29
23	Claire Rundle	W40	Unattached	85:08
24	Carolanne Hanley	W35	Northern (IOM) AC	98:39



Helen Davies

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U15B	Northern (IOM) AC	27:25 [PB]
2	Jock Waddington	M60	Manx Harriers	28:07
3	Lorna Gleave	W40	Manx Harriers	28:37
4	Laura Warren	W40	Unattached	34:48
5	Angie Robinson	W55	Manx Fell Runners	35:35
6	Jim Caley	M55	Unattached	36:43
7	Jason McKee	M45	Unattached	38:15
8	Gordon Erskine	M80	Unattached	39:48
9	Edera Asefa	W35	Unattached	40:02
10	Laura McCann	W40	Unattached	40:15
11	Robbie Lambden	SENM	Manx Harriers	42:02
12	Tia Parkinson	SENW	Unattached	42:02
13	Nucharee Burr ridge	W55	Unattached	43:10
14	Mark Byrne	M60	Unattached	43:18
15	Michelle Turner	W40	Manx Harriers	43:36
=16	Emeliah Kaseke	W60	Unattached	51:00
=16	Kea Mmekwa	W35	Unattached	51:00

Junior 3km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U15G	Manx Harriers	16:22
2	Amy Surgeon	U17W	Manx Harriers	18:41 [PB]
3	Polly Davies	U15G	Manx Harriers	19:56 [PB]
4	Honey-Mae Davies	U15G	Unattached	19:56

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U13B	Manx Harriers	11:20 [PB]
2	Mia McKee	U13G	Manx Harriers	15:03 [PB]
3	Nate McKee	U11B	Unattached	16:57

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Jay Jay Fletcher	U13B	Manx Harriers	05:15
2	Ameilia Mercer	U11G	Unattached	08:00
3	Annie Warren	U11G	Unattached	08:22
4	Grace Mercer	U13G	Unattached	08:39
5	Jack Warren	U11B	Unattached	09:28
6	Aalin Perry	U11B	Unattached	09:31
7	Rory McCan	U11B	Unattached	11:55



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

	£25.00	£15.00	£10.00
Oct.	Stuart Telling	Sharon Herbert	Pam Ficken
Nov.	Geoff Trantor	Neale Smith	Peter Marlow

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

Ray Hall Winter League #2

Organised by Ashford Athletic Club

11am Julie Rose Stadium, Ashford, TN24 9QX

Sunday 1st December 2024

U13 1500m/U15 2000m/U17 3000m/ U20 & SEN 5000m

Enter and information at: Entry4Sports by 23:59 on 29th Nov.

'B' Judged Races

Midland Winter League # 1, Science Park, Warwick University, Coventry (Sun. 6th Oct.)

An overcast, cloudy with occasional drizzle greeted the walkers for the 1st Midland Winter League on the established 1km lap at Warwick University Science Park, Coventry, *writes Glyn Jones*.

The 5km distance being the most popular in the programme was encouraging to have slightly more entries than last year. Mark Williams who dropped down his distance for this fixture for personal reasons, led from the very start and which he maintained throughout and to finish a good two minutes ahead of the second place and first female Carolyn Derbyshire who is ever present for the Winter League Series.

This fixture also included the Midland Masters President's 5km. Wendy Kane who is Midland Masters President doubled up to race both the 5km and 10km and to finish 3rd overall in the 5km and second overall in the 10km. Martin Slevin maintained his pace with Steve Allen until two laps to go before moving up into second place and then forging ahead of Wendy Kane on the last lap and to finish first overall.

The YAG distances sadly continue to provide very small entries which is disappointing for league.



Mixed 5km (MMP = Midland Masters Presidents Cup positions)

Pos	Athlete	AG	Club	Perf	MMP
1	Mark Williams	M60	Birchfield Harriers	27:40	1
2	Carolyn Derbyshire	W45	Nuneaton Harriers	29:51	1
3	Wendy Kane	W55	Nuneaton Harriers	30:43	1
4	Steve Allen	M65	Barnet & District AC	31:05	
5	Steve Uttley	M65	Ilford Athletic Club	31:47	
6	Martin Graham	M45	Badgers Athletic Club	32:41	
7	John Constantinou	M50	Birchfield Harriers	33:32	1
8	Trevor Dixon	M65	Oxford City Athletic	33:39	
9	Ian Torode	M65	Birchfield Harriers	35:15	1
10	Hilary Mann	W60	Sparkhill Harriers	35:32	1
11	Ann Wheeler	W65	Nuneaton Harriers	38:09	1
12	Gemma Smith	W50	Stratford-upon-Avon	39:27	1
13	Judy Kelsall	W70	Burton Athletic Club	39:45	
14	Paul Hawkins	M65	Stratford-upon-Avon	42:19	2
15	Hilary McDermott	W55	Charnwood Athletic	43:30	2

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Martin Slevin	M60	Headington Road Runners	63:29
2	Wendy Kane	W55	Nuneaton Harriers	63:43
3	Steve Allen	M65	Barnet & District AC	63:58
4	Peter Boszko	M70	Birchfield Harriers	68:04
5	John Constantinou	M50	Birchfield Harriers	76:38
6	Ian Torode	M65	Birchfield Harriers	77:18
	Carolyn Derbyshire	W45	Nuneaton Harriers	DNF
	Paul Hawkins	M65	Stratford-upon-Avon AC	DNF

Under 13 2km

Pos	Athlete	AG	Club	Perf.
1	Leon Dalloway	U13B	Dudley & Stourbridge	14:09
2	Harry Taylor	U13B	Dudley & Stourbridge	14:09

UPCOMING EVENTS

November

Sat. 9 th	A	Enfield RWL 97th Open 7 Mile	QE II, Enfield
Sun. 17 th	B	Midland Winter League #2	Stourport
Sat. 23 rd	B	Steyning AC Open Walks	Spithandle Lane
Sun. 24 th	A	Manx Winter Walks Series	NSC, Douglas

December

Sun. 1 st	A	Ray Hall Winter League #2	Julie Rose, Ashford
Sat. 7 th	B	Lancashire WC Dick Maxwell Mem. 10k	Simister
Sun. 8 th	A	Manx Winter Walks Series	Ramsay Promenade
Sun. 15 th	A	Dublin GP of Race Walking	Dublin
Thu. 26 th	B	Brighton Boxing Day Races (Provisional)	Preston Park
Thu. 26 th	B	Southend Pier Boxing Day Race – 2 Miles	Southend Pier

January

Sat. 11 th	A	Enfield RWL & Presentations	T.B.C.
Sun. 12 th	A	Ray Hall Winter League #3	Aldershot
Sun. 12 th	B	Midland Winter League #3	T.B.C.
Sun. 19 th	A	England Athletics Indoor Walks	EIS, Sheffield
Sat. 25 th	B	Steyning Open Walks (15k/10k/5k)	Spithandle Lane

