



Race Walking Rec



Ashford AC walkers dominate Ray Hall Winter League #2

November 2024

Photographs courtesy of Ashford AC



Aldershot Farnham & Dist. AC

Presents

Aldershot Farnham & Dist. Open Track Walks / Ray Hall Winter Track League #3

Sunday 12th January 2025

Aldershot Military Stadium, Queen's Avenue, Aldershot, GU11 2JL

Provisional Timetable

11:00am	1000m RW	U11 (Development)
11:15am	1500m RW	U13 Boys & Girls
11:15am	2000m RW	U15 Boys & Girls
11:35am	3000m RW	U17 Men & Women
11:35am	5000m RW	U20 Men & Women
11:35am	5000m RW	Senior Men & Women

(may be subject to change depending on entries)

Enter online only at (entry fee = £10.00 / £5:00 for U11 race)

[Roster Athletics · Ray Hall Memorial Track League #4 / Aldershot, Farnham and District Open Walks](#)

Entries close at 23:59 on 8th January 2025

There will be no entries taken on the day – the races will be judged as 'A' Races

For more information on the league contact Noel Carmody (noelcarmody@outlook.com)

For more information on the Aldershot event contact Verity Snook (verity.snook23@gmail.com)





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



Competition update – All change!

The World Athletics Council has approved the introduction of new official senior road distances for race walking events, in order to help put the remarkable achievements by athletes into context, make the events more relatable for fans, and encourage mass participation. The standard senior distances for race walking will therefore change from:

- 20km race walk to half marathon race walk (21.0975km)
- 35km race walk to marathon race walk (42.195km)

These changes will be implemented starting 1st January 2026 in senior World Athletics Series events.

World Athletics President **Sebastian Coe** explained: *“I think we’ve made the right decision today to make it more relatable to Half Marathon and Marathon.*

“The fact that you’ve got you’ve got race walkers that will cover that marathon distance in just under three hours, I think sort of places it into a greater context for people watching the event. Our attempts in all our innovations is to lend a little bit more understanding and context to our fans, and we recognize that at the major games, a large chunk of our fan base that watching that are probably may well be watching the sport for the first time, so our innovation is there’s a very clear rationale behind it. It is to try and make more understandable, more salient, more relevant these events.”

As for the status of these new distances in the Olympic Games, Coe noted: *“I think that is a question that is best directed at the [IOC] Program Commission and the Sports Department. What we’ve said is race walk is secure in our World Championships.”*

At U20 level, the men’s and women’s 10,000m race walk at the World Athletics U20 Championships will be replaced by a 5000m race walk event, starting at the 2026 edition of the championships in Eugene.



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

	£25.00	£15.00	£10.00
Dec.	Peter Cassidy	Margaret Livermore	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.



Race Walking Association funds athletes to race in Dublin

The following athletes have received funding from the Race Walking Association up to £400.00 to cover the costs of travelling to Dublin to compete in the Dublin GP of Race Walking a World Athletics Race Walking Tour – Bronze event on Sunday 15th Dec.

Event	Athlete	Club	Lead Coach
U20 10k	Natasha Mitchell	Southampton A.C.	Claire Mitchell
U20 10k	Jessica Wilton	Ashford A.C.	Chris Hobbs
U23 10k	Hannah Hopper	Cambridge Hs.	Noel Carmody
Sen 20k	Abigail Jennings	Aldershot F & D	Verity Snook
Sen 20k	Luc Legon	Bexley A.C.	Noel Carmody

Ray Hall Winter League #1/Surrey Walking Club Open Track Walks, Tonbridge (Sat. 2nd Nov.)

The first of this winters Ray Hall Winter League at Tonbridge School, incorporated the Southern championships, which to say the least was poorly supported. Most of the women beat the men and displayed good technique, showing the benefits of good coaching.

U13 Boys 1500m

Pos	Athlete	AG	Club	Perf.
1	Matthew Tomsett	U13B	Ashford Athletic Club	11:01.2 [PB]

U15 Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Seth Muddle	U15B	Lewes Athletic Club	12:43.3 [PB]
2	Thomas Muddle	U15B	Lewes Athletic Club	DQ TR54.7.1

U15 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	11:01.8 [SB]
2	Millicent Steele	U15G	Ashford Athletic Club	12:17.2
3	Carrie Ellis	U15G	Lewes Athletic Club	13:15.5
4	Marissa Morley	U15G	Aldershot Farnham & Dist.	13:34.5 [PB]
5	Grace Andrews	U15G	Aldershot Farnham & Dist.	14:05.9
6	Tafara Nyoni	U15G	Aldershot Farnham & Dist.	15:19.9

U17 Women’s 3000m

Pos	Athlete	AG	Club	Perf.
1	Florence Watson	U17W	Blackheath & Bromley HAC	19:50.4 [PB]

U20 Women’s 5000m

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	26:36.3

Senior Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Graham Chapman	M65	Headington Road Runners	30:37.0 [SB]
2	Marcin Wojtowicz	M35	Winchester & Dist./POL	30:58.4 [PB]
	Martin Slevin	M60	Headington Road Runners	DQ TR54.7.1
	Steve Uttley	M65	Ilford Athletic Club	DQ TR54.7.1

Senior Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SEW	Aldershot Farnham & Dist.	24:34.7 [SB]
2	Hannah Hopper	U23W	Cambridge Harriers	24:52.5
3	Emily Ghose	SEW	Tonbridge Athletic Club	27:58.7
4	Grazia Manzotti	W55	Tonbridge Athletic Club	28:04.8
5	Susan Payne	W60	Aldershot Farnham & Dist.	30:56.5

Bernie Hercocock 97th Enfield Open 7, Lee Valley (Sat. 9th Nov.)

Changes in the rules pertaining to Enfield Town FC, as a result of their promotion to the Vanarama National League this season, meant that for the first time in the long history of this event the races had to be held on a track, reports Ron Wallwork.

Conditions were overcast and chilly and the turnout was disappointing, with only one man managing the full trip. However, nothing should detract from an excellent walk by Ashford's young talent Jessica Wilton who reeled of the 28 laps + 65m displaying a fine, fluent technique. Grazia Manzotti used the race as part of her preparation for the forthcoming Dublin 20km, Maureen Noel's performance catapulted her into the League's runner-up spot, whilst the improving Chik "Billie" Ha Kwok's effort earned her a League podium finish.

As a result of this race, Stuart Bennett (No 81 in the picture) leapt up four places to second in the men's table and the leading Centurion for the series.

Before the start of the race there was a silent period of reflection to mark the Remembrance Weekend.

Members of the Hercocock family attended the walks, starting the races and presenting prizes to all of the eighteen walkers who took part

Mixed 7 Mile

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	62:32
2	Grazia Manzotti	W55	Tonbridge Athletic Club	65:11
3	Stuart Bennett	M65	Brentwood Beagles AC	70:37
4	Chik Ha Kwok	W45	Metro Running Club	71:10
5	Jaqueline Benson	SEW	Ashford Athletic Club	71:37
6	Helen Middleton	W60	Enfield & Haringey AC	74:37
7	Maureen Noel	W60	Belgrave Harriers	76:10

'B' results: Man Biu Lam (*Metros RC*) 74:17, John Borgars (*Loughton AC*) 80:44, Jane Plump (*Unattached*) 83:42. **Other distances:** 10,865 David Hoben (*SWC*) 75:48, John Arthur (*VAC*) 75:48; **10.400** Jon May (*Enfield*) 75:48; **5000** James Critchley (*U/A*) 35:46, Taro Tyson (*Cambridge & Coleridge*) 40:50, Shaheda Arthur (*VAC*) 56:41; **3000** Sheila Levy (*N. Herts RR*) 24:33.

3000m

Pos	Athlete	AG	Club	Perf.
1	Lily Ann Cooper	U15G	Newmarket Joggers	22:39.9

**Up and Running (Isle of Man) Winter League Walk #2
National Sports Centre, Douglas (Sun. 24th Nov.)****Mixed 10km**

Pos	Athlete	AG	Club	H.Cap	Actual
1	Tony Artz	M60	Unattached	(79:52)	77:50
2	Joe Stowell	SENM	Unattached	(82:56)	79:54
3	Claire Rundle	W40	Unattached	(83:10)	83:10
4	Phill Swales	M55	Northern (IOM) AC	(83:10)	68:20
5	Jane Artz	W55	Unattached	(83:28)	81:26
6	Craig Fletcher	SENM	Unattached	(83:45)	61:37
7	Yanisa Sananueah	W55	Manx Harriers	(84:12)	78:24
8	Louise Hollings	W45	Manx Harriers	(84:20)	70:51
9	Susan Collins	W65	Unattached	(84:44)	82:58
10	Gianni Epifani	M50	Manx Harriers	(85:36)	51:16
11	Helen Davies	W40	Manx Harriers	(85:52)	58:30
12	Chris Addy	SENM	Manx Fell Runners	(85:52)	58:07
13	Maura Kelly	W55	Northern (IOM) AC	(85:53)	75:18
14	Lee Darbyshire	M45	Unattached	(86:00)	67:13
15	Colin Moore	M65	Isle of Man Veterans AC	(86:12)	72:54

16	Chris Cale	M50	Manx Harriers	(87:19)	62:29
17	Sharon Counsell	W55	Isle of Man Veterans AC	(89:33)	74:25
18	Aaron Curphey	M45	Unattached	(99:12)	79:04
	Neil Wade	SENM	Manx Harriers	DNF	DNF

Mixed 5km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Lilee Fletcher	U15G	Manx Harriers	(36:45)	29:09
2	Robbie Lambden	SENM	Unattached	(40:51)	39:17
3	Tia Parkinson	SEW	Unattached	(40:51)	39:17
4	Denise Lilleyman	W35	Unattached	(40:58)	37:52
5	Michelle Turner	W40	Unattached	(41:20)	41:20
6	Laura McCann	W40	Unattached	(41:57)	38:36
7	Michael George	M55	Manx Harriers	(42:29)	30:53
8	Nucharee Burridge	W55	Unattached	(42:36)	42:10
9	Karen Mercer	W45	Unattached	(43:24)	33:48
10	Dale Glover	SENM	Unattached	(43:45)	33:09
11	Amanda Lawler	W45	Unattached	(43:49)	36:13
12	Gordon Erskine	M80	Unattached	(43:58)	40:10
13	Amy Surgeon	U17W	Manx Harriers	(44:05)	33:29
14	Cheryl Curphey	W40	Unattached	(44:36)	43:00

Junior 3km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U15B	Northern (IOM) AC	15:31
2	Jay Jay Fletcher	U13B	Manx Harriers	18:02
3	Honey-Mae Davies	U17G	Manx Harriers	20:01
4	Polly Davies	U15G	Manx Harriers	20:02

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U11B	Manx Harriers	12:56
2	Sienna Curphey	U13G	Northern (IOM) AC	14:53

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Amelia Cain	U9G	Unattached	6:10
2	Joel Crane	U11B	Northern (IOM) AC	7:47
3	Willow Curphey	U9G	Northern (IOM) AC	7:50
4	Esme Bond	U11G	Unattached	7:50
5	Grace Mercer	U13G	Unattached	8:01
6	Kirree Crane	U9G	Northern (IOM) AC	8:22

**Ray Hall Winter League #2/Ashford AC Open Track Walks,
Julie Rose Stadium, Ashford (Sun. 1st Dec.)**

Ashford AC athletes dominated the second Ray Hall Winter League winning four age categories.

U13 Boys 1500m

Pos	Athlete	AG	Club	Perf.
1	Matthew Tomsett	U13B	Ashford Athletic Club	10:08.74 [PB]

U15 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	11:05.53
2	Millicent Steele	U15G	Ashford Athletic Club	11:51.11 [PB]
3	Carrie Ellis	U15G	Lewes Athletic Club	13:47.22
4	Tafara Nyoni	U15G	Aldershot Farnham & Dist.	15:19.9

U17 Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U17M	Blackheath & Bromley HAC	17:00.68

Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	26:16.22
2	Emily Ghose	SEW	Tonbridge Athletic Club	27:46.24 [SB]

Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Jonathan Hobbs	SENM	Ashford Athletic Club	24:32.50 [SB]
	Mark Culshaw	M55	Cambridge Harriers	DNF
	Matthew Ellerton	M50	Blackheath & Bromley HAC	DQ TR54.7.1

'B' Judged Races

Lancashire WC Bill Jackson & AGM 5km, Simister, Greater Manchester (Sat. 2nd Nov.)

If not misty and moisty, a grey and gloomy day awaited the arrival of competitors, officials and supporters for the Bill Jackson 5 kilometres held in conjunction with the Club's Annual General Meeting. Eleven sturdy souls toed the starting line including newcomer Alex Rowe, a marathoner of some repute.

Fortunately, given the enforced absence of stalwarts, Dave and Pat Evans, a healthy number of supporters were available to fulfil the usual practical tasks. Holding affairs together was the indispensable, distinguished figure of Eric Horwill, who had travelled by train from the Midlands, far from an easy journey, to be our timekeeper and recorder. Irene Pike and Christine Pearce kept him company and under manners, whilst Martin Payne and Sailash Shah, both injured, covered the twists and turns of the course. Chris Harvey and I, something of spare parts, shouted encouragement and doled out bits of technical advice.

From the outset of the race a pattern was established. Tony Bell and Ken Connor fled the field and raced neck-to-neck or enjoyed a ding-dong battle, whichever cliché you prefer, through to the finish. By and large the rest followed in something of a procession, enlivened by two prolonged duels between, firstly Ian Hilditch and John Crahan, secondly Greg Smith and Steve Wilde. In the end Tony and Ken dead-heated for the honours, creating great excitement in the village. Such was the commotion that several drivers lost their bearings and proved to be a pain in the buttock for all competitors in the closing, narrow stages of the course – of which dilemmas more later.



Tony Taylor and Ken Connor toe-to-toe

Mixed 5km

Pos	Athlete	AG	Club	Perf.
=1	Tony Bell	M60	Lancashire Walking Club	29:54
=1	Ken Connor	M60	Lancashire Walking Club	29:54
3	Roy Gunnett	M75	Lancashire Walking Club	33:24
4	Greg Smith	M70	Lancashire Walking Club	35:28
5	Steve Wilde	M70	Lancashire Walking Club	35:41
6	Joe Hardy	M80	Lancashire Walking Club	36:22
7	Phil McCullagh	M65	Lancashire Walking Club	37:16
8	Ian Hilditch	M80	Lancashire Walking Club	38:29

9	John Crehan	M75	Lancashire Walking Club	38:33
10	Alex Rowe	M65	Lancashire Walking Club	41:17
11	Andrea Lennon	W80	Lancashire Walking Club	44:30

Steyning AC Open 10km Road Walk & Supporting Races, Spithandle Lane, Sussex (Sat. 23rd Nov.)

Not as good a turn out as 2023 but with 12 starters on a day where Storm Bert was likely to have deterred many from making the journey to Steyning, very encouraging, *reports Ian Richards*.

Our Walk Fit group, which started as a carry on from a Steyning Club organised Couch to 5km group aided by local authority funding, is growing in popularity with around 15 taking part each week. A few "Walk Faster" sessions have been introduced where race walking technique has taught. Several are showing increased interest and have participated in a few races.

The course is a 1.25km up and back lap in a pleasant quiet country lane. The rain during the race was light with the wind not of concern as the course is very sheltered. As the results show, no surprises with most managing to walk even pace.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Ian Richards	M75	Steyning Athletic Club	57:41
2	Trevor Jones	M65	Steyning Athletic Club	62:27
3	Peter Gregoire	M50	Steyning Athletic Club	64:04
4	Brian Kirkdale	M65	Hastings Runners	71:50
5	Paul Gaston	M75	Surrey Walking Club	74:39

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	John Killick	M75	Steyning Athletic Club	35:55
2	Keith Jones	M70	Steyning Athletic Club	39:35
3	Judith Carder	W65	Brighton & Hove AC	40:53
4	Cherry Neate	W60	Steyning Athletic Club	41:26
5	Carol Killick	W80	Steyning Athletic Club	41:36

2.5km

Pos	Athlete	AG	Club	Perf.
1	Seth Muddle	U15B	Lewes Athletic Club	16:24
2	Thomas Muddle	U15B	Lewes Athletic Club	18:59

UPCOMING EVENTS

December

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	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	Warwick University
Sun 19 th	A	England Athletics Indoor Walks	EIS, Sheffield
Sat. 25 th	B	Steyning Open Walks (15k/10k/5k)	Spithandle Lane

February

Sat. 8 th	A	Ray Hall Winter League #4	Eltham
Sat. 15 th	A	Enfield RWL	T.B.C.
Sat. 22 nd	A	British Masters Indoor Championships	Lee Valley
Sun 23 rd	A	UKA Indoor Championships	Birmingham

