



Race Walking Record

July 2026



UNDER 20s RACE WALKING SQUAD WEEKEND

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fun environment



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Insulated, with heating,
in bunk beds.

**YOU WILL NEED TO BRING
YOUR OWN BEDDING.**



EXPERT COACHING

Coaching provided by
EA qualified coaches



DATES:

ARRIVE FRIDAY 9TH
OCTOBER
AFTER 6PM



PICK UP SUNDAY 12TH
OCTOBER
MID DAY



RACE TOGETHER. GO FURTHER.

TRAIN HARD | SUPPORT EACH OTHER | ACHIEVE TOGETHER





DATES FOR YOUR DIARY

UK National/International 2026 Fixtures

Listed are the known major domestic and international events. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
18 th Jan.	England Athletics Indoor Championships	Sheffield
25 th Jan.	Guadix City Race Walking Grand Prix	Guadix (ESP)
14 – 15 Feb.	UKA Indoor Championships	Birmingham
21 – 22 Feb.	British Masters Indoor Championships	Lee Valley
7 th Mar.	45 th Dudínska 50	Dudince (SVK)
12 th Apr.	WA Race Walking Team Championships	Brasília (BRA)
25 th Apr.	Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)
7 th May	94 th Poděbrady Walking	Poděbrady (CZE)
9 – 10 May	County Championship Weekend	Various
16 th May	33 rd International Grand Prix of Racewalking	Rio Maior (POR)
31 st May	V GPI Madrid Marcha Silbo Telecom	Madrid (ESP)
21 st June	UKA Outdoor Championships	Birmingham
28 th June	S.E.A.A. Race Walk Track Championships	Chelmsford
27–28 June	Welsh Senior & U18 Championships	Cardiff
3–5 July	EA U20 and Senior Outdoor Championships	Bedford
16 – 19 July	European Athletics U18 Championships	Rieti (ITA)
25 – 26 July	EA U16 & U18 Championships	Bedford
27 Jul – 1 Aug.	XXIII Commonwealth Games	Scotland
15 th Aug	European Athletic Championships – Walks	Birmingham
11 – 13 Sept	British Masters Outdoor Championships	Derby
19 th Sept.	English Schools Race Walk Championships	Bedford
24 th Oct.	Lusatian Race Walking/WA - Silver	Zittau (GER)
13 th Dec.	Dublin GP of Race Walking/WA Bronze	Dublin (IRL)



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

£25.00

£15.00

£10.00

July

The RWA 200 club has recently seen membership decline.

As the profit from the RWA 200 club is used to help our younger walkers get more opportunities to compete in top level competitions, We would particularly welcome membership from former International Walkers and Masters Athletes.

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



commonwealth
games

GLASGOW 2026

(Mon. 27th July – Sat. 1st Aug.)

Men's 10,000m (Fri. 31st July)

Australia's Isaac Beacroft claimed gold in the men's 10,000m race walk at the Commonwealth Games in Glasgow, clocking 38:45.51 to secure victory in a closely contested race.

Kenya's Stephen Kihu finished second in 38:46.57, setting a personal best, while Canada's Evan Dunfee took the bronze medal in 40:03.39.



With only five competitors in the field, including three Australians, the race began with Australia's Declan Tingay setting the early pace over the opening two kilometres. Shortly after the 3,000m mark, Kihu moved to the front, while Dunfee and fellow Australian Tim Fraser briefly lost contact with the leaders. Although they initially regained ground, they were dropped for good midway through the fifth kilometre.

At the halfway point, Beacroft and Kihu had established themselves at the front, passing 5,000m in 19:14.54. The pair maintained a consistent pace of approximately 3:53 per kilometre before Beacroft edged clear in the closing stages to claim the Commonwealth title.

Pos	Athlete	Nation	Perf	Notes
1	Isaac Beacroft	AUS	38:45.51	SB
2	Stephen Ndangiri Kihu	KEN	38:46.57	PB
3	Evan Dunfee	CAN	40:03.39	
4	Declan Tingay	AUS	41:06.05	PZ
	Tim Fraser	AUS	DQ	TR54.7.5

Women's 10,000m (Sat. 1st Aug.)

Australia completed a dominant clean sweep in the women's 10,000m race walk, claiming all three medals in an impressive display.



Jemima Montag won gold in 42:13.40, further cementing her reputation as one of the world's leading race walkers. The victory marked her third consecutive Commonwealth Games title, following her triumph in the 20km race walk at Gold Coast 2018 and the 10,000m event at Birmingham 2022.

Elizabeth McMillan secured the silver medal in 42:39.87, while Rebecca Henderson rounded out the Australian podium sweep with bronze in 43:27.46, crossing the line in 43:27.46.

The result underlined Australia's depth and continued dominance in women's race walking on the Commonwealth stage.

Pos	Athlete	Nation	Perf	Notes
1	Jemima Montag	 AUS	42:13.40	PB
2	Elizabeth McMillan	 AUS	42:39.87	SB
3	Rebecca Henderson	 AUS	43:27.46	
4	Priyanka	 IND	45:53.93	SB
5	Silvia Jerono Kemboi	 KEN	51:30.80	
	Ravina	 IND	DQ	TR54.7.5

International

SIAB Schools International Athletic Championships, Mary Peters Stadium, Belfast (Sat. 18th July)

On a glorious Saturday, the Mary Peters Track hosted the Schools International Athletics Four Nations Meeting, welcoming Under-17 athletes from England, Ireland, Scotland, and Wales.

All members of the England race walking squad recorded personal bests, with Tim Perry dominating the race and recording his second sub-14-minute performance.



U17 Men's 3000m

Pos	Athlete	Nation	Perf	Notes
1	Timothy Perry	 ENG	13:49.22	PB
2	Conor Brennan	 IRL	15:04.96	
3	Sean Walsh	 IRL	15:13.64	
4	Trejan Checheku-Boamah	 ENG	15:18.61	PB

U17 Women's 3000m

Pos	Athlete	Nation	Perf	Notes
1	Pearl Sands	 IRL	15:06.52	
2	Faye Carroll	 IRL	15:38.90	
3	Ellin Wilson	 ENG	16:10.18	PB
4	Florence Watson	 ENG	16:26.27	PB
5	Megan Chantrell	 WAL	19:17.93	
	Cerys Fitzpatrick	 WAL	DQ TR54.7.1	

Overseas

36th Polish Masters Track and Field Championships, Bydgoszcz (POL) (Fri. 31st July to Sun. 2nd Aug.)

M70 3000m

Pos	Athlete	Nation	Perf	Notes
1	Steve Allen	 GBR	18:48.01	
2	Krzysztof Borowski	 POL	20:45.13	
3	Ryszard Harasiński	 POL	22:28.83	

M70 5000m

Pos	Athlete	Nation	Perf	Notes
1	Steve Allen	 GBR	32:12.59	
2	Krzysztof Borowski	 POL	35:31.56	

National

England Athletics Senior/U20 Championships, Bedford (Sun. 5th July)

Mixed 3000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Cumali Arslan	SENM	Leeds City Athletic Club	12:04	1
2	Abigal Jennings	SENM	Aldershot Farnham & D	14:41	1
3	Natasha Mitchell	U23W	Southampton AC	15:08	2
4	Emily Ghose	SENM	Tonbridge Athletic Club	16:31	3
	Marcin Wojtowicz	M35	Winchester & District AC	DNF	
	Cameron Corbishley	SENM	Medway & Maidstone AC	DQ TR54.7.5	

England Athletics U16/U18 Championships, Bedford (Sun. 26th July)

The competitors faced difficult conditions due to a strong headwind on the back straight.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Timothy Perry	U16B	Northern (IOM) AC	14:25.31	1
2	Ellin Wilson	U16G	Ashford Athletic Club	17:23.84	1
3	Cerys Fitzpatrick	U16G	Carmarthen & Dist. Hs.	17:39.83	G
4	Amelia Emmett	U16G	Bexley Athletic Club	18:07.57	2
5	Millicent Steele	U16G	Ashford Athletic Club	18:42.67	3

'A' Judged Races

Welsh Schools' Championships, Aberdare (Sat. 4th July)

There were nine entries in five new age groups for a single 2000m race, **reports Andrew Clough**. Timetable clashes reduced this to five girls and a single boy at start time. Cerys Fitzpatrick powered away to win the U16 title in 11:04.05, nearly a lap ahead of nearest rival Nia Vale. In between them, Megan Chantrell took the U18 title in 12:15.71. Gwen Fitzpatrick crossed the line in fourth place to take U14 gold. As the lone boy, Kevin Feng took the U16B title.

Mixed 2000m

Pos	Athlete	AG	School Area	Perf.	Rank
1	Cerys Fitzpatrick	U16G	Dyfed	11:04.05	1
2	Megan Chantrell	U18W	Glamorgan Vale	12:15.71	1
3	Nia Vale	U16G	Glamorgan Vale	12:57.53	2
4	Gwen Fitzpatrick	U14G	Dyfed	13:35.04	1
5	Gwyneth Griffiths	U16G	Cardiff & Vale	13:58.77	3
6	Kevin Feng	U16B	Cardiff & Vale	14:47.09	1

Ashford Open Summer Series, Ashford (Thur. 16th July)

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U16G	Ashford Athletic Club	08:56.30
2	Millicent Steele	U16G	Ashford Athletic Club	09:08.03 [PB]
3	Matthew Tomsett	U14B	Ashford Athletic Club	09:08.24 [PB]
4	Amber Jackson	U14G	Thanet Athletic Club	10:27.69 [PB]

Leeds Beckett Open Series, Leeds (Mon. 20th July)

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone	5:59.69 [PB]
2	Cumali Arslan	SENM	Leeds City Athletic Club	6:03.68 [PB]
3	Spencer Jones	U14B	Wrexham A.A.C	8:03.41 [PB]
4	Irene Iosi	SENM	Manchester Met Uni	8:23.73 [PB]
5	Harry Richards	U14B	Valley Striders AC	8:54.53 [PB]
6	Ellis Jones	U12B	Wrexham A.A.C	9:56.95 [PB]

800m

Pos	Athlete	AG	Club	Perf.
1	Finlay Thornhill	U12B	Rothwell Harriers & AC	4:55.29 [PB]
2	Alex Burbidge	U12B	Valley Striders AC	5:13.19 [PB]

Midland Area Track Championships, Stratford-upon-Avon (Sat. 12th July)

The men and women started together to contest their individual 5000m Championships, *reports Glyn Jones*, with the temperature rising steadily during the late morning. The water station was very productive and with first aid cover keeping a watchful eye as the walkers contested their race distance in very hot conditions.

In the women's race Carolyn Derbyshire and Aleksandra Majewska-Ani took a commanding lead from the start and raced together side by side for several laps before Carolyn surged ahead to finish well clear to claim the individual trophy.

In the men's race Ashley Wright a fairly newcomer to the Midland race walking scene also finished well clear to take the men's individual honours.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Carolyn Derbyshire	SENW	Nuneaton Harriers	29:42.0	1
2	Aleksandra Majewska-Ani	SENW	Charnwood A.C.	30:47.5	2
3	Ashley Wright	SENM	Harborough A.C.	31:39.2	1
4	Wendy Kane	SENW	Nuneaton Harriers	31:44.4	3
5	Diane Brian	SENW	Worcester A.C.	31:49.8	4
6	Peter Boszko	SENM	Birchfield Harriers	32:26.1	2
7	Julie Bellfield	SENW	Halesowen A.C.	34:24.8	5
8	Ian Torode	SENM	Birchfield Harriers	36:01.8	3
	Paul Hawkins	SENM	Stratford-upon-Avon	DQ TR54.7.1	

Manx Harriers Summer Walks, N.S.C, Douglas (Thur. 16th July)

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	M35	Manx Harriers	24:59
2	Holly Salter	U18G	Northern (IOM) AC	27:02
3	Honey-Mar Davies	U18G	Manx Harriers	29:24
4	Jane Farquhar	W55	Manx Harriers	31:02
5	Dale Farquhar	M45	Isle of Nam Veterans	32:00
6	Jim Caley	M55	Manx Fell Runners	32:44
7	Carolanne Hanley	W35	Northern (IOM) AC	51:46

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U14B	Manx Harriers	16:59
2	Polly Davies	U16G	Manx Harriers	17:49

Aldershot, Farnham & District Summer Open Graded Meeting, Military Stadium, Aldershot (Thur. 29th July)

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot, Farnham & D.	7:27.08 [PB]
2	Spencer Jones	U14B	Wrexham A.A.C.	7:43.19 [PB]
3	Susan Payne	W65	Aldershot, Farnham & D.	9:16.66 [PB]

Mixed 1200m

Pos	Athlete	AG	Club	Perf.
1	Ellis Jones	U12B	Wrexham A.A.C.	7:19.85 [PB]
2	Elvis Armstrong-Chandler	U12B	Aldershot, Farnham & D.	7:58.35 [PB]
3	Marcy Power	U12G	Fleet & Cookham AC	8:08.66 [PB]

England Masters AA Outdoors Inter-Area Track & Field Challenge, Yate Athletics Track (Sun. 2nd Aug.)

Twenty-six walkers, including some World and European Masters champions, represented their regional masters' clubs on a hot day at the Yate track, *writes Andrew Clough*. Four broad age groups, V35, V50, V60 and V70, were involved in each 2000m race. Twelve women took part in the first contest. Grazia Manzotti (W55) stormed away from the start and was never headed, finishing in 10:23.94 to win the V35 group. Melanie Peddle (W55) was always close and reached the line less than a second back but did win the V50 race. Susan Payne was fifth home, winning the V60 group in 11:45.67. Diane Brian was seventh in 12:05.22, winning the V70 race nearly four minutes ahead of her closest rival.



Fourteen started the men's race. Marcin Wojtowicz and David Annetts led from the start, both coming home in under eleven minutes to win the V35 and V50 groups respectively, Marcin in 10:23.94, David twelve seconds after. David Mitchell was third, winning the V50 group and Ian Richards fourth to claim the full V70 points.

Women's 2000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Grazia Manzotti	W55	Southern Counties	10:38.49	W35 1
2	Melanie Peddle	W55	Eastern Masters AC	10:39.12	W50 1
3	Carolyn Derbyshire	W45	Midland Masters AC	10:45.92	W35 2
4	Aleksandra Majewska-Ani	W35	Eastern Masters AC	10:59.30	W35 3
5	Susan Payne	W65	Veterans AC	11:45.67	W60 1
6	Wendy Kane	W55	Midland Masters AC	11:58.79	W50 2
7	Diane Brian	W70	Midland Masters AC	12:02.00	W70 1
8	Anna Garner	W70	Veterans AC	16:02.00	W70 2
9	Louise Kirby	W55	Welsh Masters AC	16:57.91	W50 3
10	Ruth Bird	W65	Midland Masters AC	17:02.99	W60 2
11	Rose Webb	W80	Southern Counties	17:21.72	W70 3
	Karen Jones	W65	South West Vets	DQ	TR54.7.1

Men's 2000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Marcin Wojtowicz	M40	Veterans AC	10:23.94	M35 1
2	David Annetts	M60	Eastern Masters AC	10:35.73	M60 1
3	David Mitchell	M55	Southern Counties	11:03.84	M50 1
4	Ian Richards	M75	Veterans AC	11:42.90	M70 1
5	Colin Harle	M65	Eastern Masters AC	11:48.43	M50 2
6	Graham Chapman	M70	Southern Counties	11:57.22	M70 2
7	Steve Uttley	M65	Southern Counties	11:58.08	M60 2
8	Peter Boszko	M75	Midland Masters AC	11:59.40	M70 3
9	John Constandinou	M50	Midland Masters AC	12:51.89	M35 2
10	Trevor Dixon	M65	Southern Counties	13:29.98	M35 3
11	Neil Jaggard	M65	Midland Masters AC	14:14.77	M60 3
12	Paul Hawkins	M70	Midland Masters AC	15:59.08	M50 3
	David Murrie	M65	Northern Masters	DQ	TR54.7.1
	John Borgars	M80	Eastern Masters AC	DQ	TR54.7.1

'B' Judged Races

Enfield Race Walking League 2026 - Moulton Jubilee Walks, Moulton Village, Suffolk (Sat. 4th July)

This year marked the Silver Jubilee of the Moulton 5 mile walks. Race starter was David Almond Chair of Moulton Parish Council.

The hot conditions made the course more of a challenge for 23 walkers competing.

Fiona Bishop and Sue Clements who took part in the inaugural race were among the field and Fiona has the distinction of competing in 20 editions of the Moulton Walks.

Philip Barnard (Ilford AC) finished in 43:07 to retain his title as the overall race winner and men's champion. Grazia Manzotti (Tonbridge AC) finished in 45:53 taking second place and winning the women's race for the 4th consecutive time

The 3km walk winner was Elijah Barnard (Harwich Runners) in 19:06 and Rio McAndrew (Newmarket Joggers) took the 1.5km title in 7:37.

Newcomers to the event Emma Keeley, Taro Tyson and Susan Payne and Alison Wilson all completed the challenge of walking 5 miles in under the hour.

Alison was also awarded the Kingston Cup as the first Moulton resident to finish.

Presentations were made by two former winners of the event; George Wilkinson Chair of the RWA and Suffolk County Athletic Association and double Olympian Callum Wilkinson.

Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Philip Barnard	M40	Harwich Runners	43:07
2	Grazia Manzotti	W55	Tonbridge Athletic Club	45:53
3	Melanie Peddle	W55	Loughton Athletic Club	47:23
4	Aleksandra Majewska-Ani	W35	Charnwood Athletic Club	50:41
5	Colin Harle	M65	Belgrave Harriers	51:06
6	Susan Payne	W65	Aldershot Farnham & D	51:41
7	Hardip Minhas	M65	Leicester Walking Club	52:54
8	Miraiker Wallace	W60	Cambridge & Coleridge AC	53:26
9	Alison Wilson	N/K	Unattached	53:35
10	John Arthur	M60	Unattached	56:17
11	Mark Culshaw	M60	Central Park Athletics	57:09
12	Emma Keeley	SENW	Cambridge & Coleridge AC	57:11
13	Malcolm Smith	N/K	Unattached	58:15
14	Taro Tyson	M55	Cambridge & Coleridge AC	58:58
15	Fiona Bishop	W65	Woking Athletic Club	60:49
16	Sue Clements	W70	Cambridge & Coleridge AC	62:25
17	Sheila Leavy	W70	North Herts Road Runners	63:27
18	David Hoben	M75	Surrey Walking Club	64:38
19	Diana Braverman	W70	Enfield & Haringey AC	64:49
20	Colin Vesty	M60	Leicester Walking Club	66:10
21	Paul Forshaw	M70	Moulton Wanderers	67:07
22	Paul Firmage	M70	Ryston Runners	68:39
23	Pamela Abbott	W60	Cambridge & Coleridge AC	73:05

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Elijah Barnard	N/K	Harwich Runners	19:06
2	Sophie Blundell	U16G	Newmarket Joggers	19:20
3	Lily-Ann Cooper	U16G	Newmarket Joggers	20:15
4	Caroline McIntosh	W70	Newmarket Joggers	23:12
5	David Ainsworth	M75	Ilford Athletic Club	31:18

Mixed 1.5km

Pos	Athlete	AG	Club	Perf.
1	Rio McAndrew	U14B	Newmarket Joggers	07:37
2	Joel Barnard	N/K	Unattached	11:13
3	Clayton Dickinson	U12B	Unattached	13:43
4	Lydia Barnard	N/K	Unattached	14:27

5th South Yorkshire League, Millhouses Park (Mon. 13th July)

A fallen tree close to one end of the out & back lap required us to mark out an additional 36 strides further out to make up for the shortened turn at the tree, **reports Brian Adams.**

Tony Bell tackled 5km with the others doing 3km. As Chris Bent set off, he found himself around a lap (500m) ahead of Tony; Graham Hibbert slotted in between the two of them. Helen Elleker started seconds after Tony went through 2km, looking smoother and sharper than Tony it seemed that she must be moving quicker than him, but looked deceived and over the next 3km she lost about 30 seconds to him.

Tony and Helen worked their way to the first two places. Tony's victory moves him to within 1 point of Graham at the head of the series.

Pos	Athlete	AG	Club	Clock/Actual
1	Ton Bell	M60	Lancashire WC	33:46 / 33:46
2	Helen Elleker	W70	Totley AC	34:22 / 20:29
3	Chris Bent	M75	Buxton AC	34:53 / 24:53
4	Graham Hibbert	M75	Unattached	35:04 / 23:14

Fred Pearce Relays, Simister (Sat. 24th July)

It was decided to alter the more usual format of the relay by placing three walkers in a team, **reports Dave Eavns**, not tell them who they were paired with but give each team a time handicap based on the expected 5k walking time of each. On this occasion there were a number of curved balls thrown at the handicapper with several competitors new to walking or no current 5k times available. Foregoing all three walking independently, the whole field of 12 aspirants set off together which meant less time taken to do the "relay" and offering all competitors a more intensive environment.



Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Tony Bell	M60	Lancashire Walking Club	31:19
2	Steve Uttley	M65	Lancashire Walking Club	31:31
3	Adrian Edwards	M60	Lancashire Walking Club	31:35
4	Sean Goldsith	M25	Lancashire Walking Club	32:32
5	Helen Elleker	W70	Totley Athletic Club	32:53
6	Greg Smith	M70	Lancashire Walking Club	33:48
7	Tony Taylor	M75	Lancashire Walking Club	33:48
8	Steve Wilde	M70	Lancashire Walking Club	36:28
9	Sailash Shah	M60	Lancashire Walking Club	36:03
10	Joe Hardy	M80	Lancashire Walking Club	37:03
11	Glyn Jones	M80	Coventry Godiva Harriers	37:25
12	Pat Evans	W70	Lancashire Walking Club	38:10

Team Results

1. Greg Smith. 33:48; Tony Taylor. 33:48; Sean Goldsmith 32:32.
2. Helen Elleker 32:53; Sailash Shah 36:30; Steve Uttley 31:31.
3. Adrian Edwards 31:35; Joe Hardy 37:03; Steven Wilde 36:28.
4. Tony Bell 31:19; Pat Evans 38:10; Glyn Jones 37:25.

Upcoming Races

August

Sat. 15 th	A	European Championship Walks	Birmingham
Thur. 20 th	B	South Yorkshire League #6	Sheffield
Sat. 22 nd	B	Lancashire WC Goodwin Cup 10k	Chorley

Sept.

Sat. 5 th	A	Northern Area Championships	Bury
Sat. 5 th	A	Enfield RW League – 5km Handicap	Enfield
Mon. 7 th	B	South Yorkshire League #7	Sheffield
Tue. 8 th	B	Veterans AC Summer Series	Battersea Park
Wed. 9 th	A	Biggleswade AC 1 Mile Challenge	Sandy
Sat. 19 th	A	English Schools Championships	Bedford
Thur. 24 th	B	South Yorkshire League #8	Sheffield
Sat. 26 th	A	Biggleswade Open 1500m	Sandy
Sun. 27 th	A	Manx Harriers 1 Hour Challenge Walk	Douglas

