



Race Walking Record

May 2020



**12 MONTHS AGO HISTORY WAS MADE
WHEN GBR & NI WON THEIR FIRST
EVER MEDAL AT THE EUROPEAN
ATHLETICS RACE WALKING CUP**

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



RACE WALKING ASSOCIATION

FOUNDED 1907

(www.RaceWalkingAssociation.com)

“The Road to Recovery”

A Return to Race Walking ‘Road Map’ – June 2020 and beyond

The last few months have brought about unprecedented restrictions on sporting activity as a result of controlling Covid19 and it was pleasing to see that the race walking community were largely very supportive and compliant throughout this time.

Fortunately, the very nature of race walking has meant that most athletes have been able to keep up with their training to some extent. The virtual ‘race’ series kicked off by the team at Leeds has been very popular and, although there has been some controversy over times, it has allowed athletes to keep focused on their fitness and future aspirations.

As the “lockdown” is eased and people see that things are opening up again, athletes are understandably keen to a return to proper training and a full race calendar. It goes without saying that this must happen in a carefully controlled manner within constraints laid down by government and the national governing body (England Athletics).

The following thoughts are intended to illustrate how this might happen given the current state of affairs and based upon the steps currently being developed and widely put into practice within businesses and infrastructure organisations. As such they are purely indicative and will inevitably evolve as a result of future regulation, guidance, and best practice.

In everything that we do going forward, we must be always be mindful of the fact that the threat of catching the virus is still real. This will impact different people in different ways. It is widely accepted that there are four general groupings to consider:

1. Self-isolating – people with, or living with someone with, COVID-19 symptoms
2. Shielding – those classified as “extremely clinically vulnerable” and so at very high risk
3. Strict social distancing – those classified as “clinically vulnerable” and so at high risk
4. Social distancing – everyone else, but are still at risk

There are guidelines on the government website that detail those who are clinically vulnerable or extremely clinical vulnerable. Of particular note is that those over 70 are considered to be clinically vulnerable and this does cover quite a number of race walking officials and even a small number of active athletes. There are also a number of people with medical conditions or on medications that put them into one of these categories.

Whilst most people will follow the rules and guidance issued by government for their category, we must not forget that this should be a minimum and that many people will voluntarily want to follow a stricter regime.

At the same time, never forget that there are those who forget to, or refuse to, follow the rules. These are a danger not only to themselves but to everyone else as well.

Resumption of Training and Coaching

Until very recently, training outside has been permitted once a day and only as a solo activity or with other members of your household. We are now allowed to go out training as often as we wish but still only as a solo activity or with other members of your household. There is currently no provision for group training.

Fortunately, it is now also possible to meet someone not from your household in a public open space on a one to one basis provided that proper social distancing is maintained (i.e. 2 metres). This does provide the possibility for personal coaching to take place where it is on a one to one basis and where both athlete and coach fall into group 4 (social distancing). Considerations for safeguarding of young and vulnerable athletes, however, may mean this type of coaching is not currently an option.

It has to be remembered at this point that the coach has a strict duty of care and will be legally responsible for any consequences of such coaching sessions and would be expected to undertake a full assessment of the risks to themselves, the athlete and any third parties. These risks will probably be minimal if the location and time are chosen well.

Hopefully in the not too distant future, there will be opportunity for group training in open spaces to recommence within the bounds of social distancing. This will bring with it a new set of concerns for the coach who will be responsible for the collective actions of the group. Not only must proper distancing be kept between the athletes, but it must be ensured that they do not infringe on the space of other groups or individuals. There should also be consideration of the bio-security of athletes’ belongings. Clearly the coach will have a lot more on his plate and it may be prudent to assign an extra observer with the sole responsibility to oversee COVID protection during the session.

Looking further into the future there will come a time where indoor and enclosed facilities become available for use (e.g. gyms and tracks). This will present a whole raft of new concerns and protection measures, but these will largely be regulated and provided by the body that the runs the facility. It must be stressed, however, that coaches and athletes will still be responsible for their own actions and those of others under their care.

The above is an outline only. England Athletics will no doubt be providing full guidance on how and when group training and group coaching recommences. EA is your governing body and main coaching regulator, always follow their advice but be alert and considerate of your actions and those of others around you.

Resumption of Racing

The bit that everyone is waiting for.

May be for some, but for others it could bring a whole raft of new responsibilities and tasks to be undertaken.

There is no indication yet as to when athletic events will be allowed to take place. We do, however, need to plan and prepare so that we are ready to respond in a safe and responsible fashion. It should not be forgotten that race promoters have a legal duty of care to everyone who is in anyway connected to the event, from the athletes and officials to the spectators and general public who just happen to be in the area at the time.

With a whole list of postponed and cancelled events in the first half of 2020, there will be a demand for rescheduling some of these in the second half of the year in a fixture list that is already overcrowded. If the situation is not regulated properly then there will inevitably be occurrences where races are not only under supported by competitors but also will not have enough officials available to make it a viable competition. This may well be compounded by the number of officials being clinically vulnerable and still subject to tighter restrictions.

Being mindful of this, the RWA may need to limit the issuing of permits (race licenses) in an attempt to ensure that races remain viable. If there is a clash of events requesting permits for a specific date then decisions will be made on criteria such as an event’s traditional date, national or area championships, events not being affected by others from outside the target area (e.g. Guernsey races), likely availability of sufficient officials etc. Such consideration will most likely be undertaken by the Honorary General Secretary (as permit coordinator), the Honorary Championship Secretary and the three Area Officials’ Secretaries.

Hopefully, this will not be necessary if race promoters are sensible about wanting to reschedule postponed events. Please consider carefully whether you really want to hold your event this year, perhaps it would be better to direct your efforts into promoting an even better event next year?

When races do eventually start to take place, they must do so in as safe a manner as possible. It is a mandatory requirement for race organisers to undertake a full risk assessment as an integral part of planning an event. COVID-19 now presents a new hazard to be considered in the assessment and will affect all aspects of the organization. An important part of any risk assessment is the consideration of what steps can be taken to mitigate risks and with COVID-19 there is much that can, and should, be done. Some examples that will reduce, but not eliminate' risk:

- Ensure any facilities are being properly cleaned and disinfected. They should already be working to their own COVID-19 action plan (which could be a useful reference)
- Avoiding over-crowded enclosed spaces (e.g. can you do registration and presentations outside?)
- Having a wide as possible start line to ease crowding and encourage athletes to space out
- Ensure there is a sufficiently large recovery area away from the finish line and encourage athletes not to linger around the finish line
- Limiting use of changing facilities (encourage people to arrive ready to race where possible)
- Plentiful provision of hand washing facilities
- Sanitising equipment before and after use and when passing between people
- Going cash less, no entries on the day
- Posting numbers to competitors in advance of race day or self-serve table for number collection
- Provision of hand sanitiser out on the course where washing facilities might not be available
- Provision of face masks and/or other PPE for officials and volunteers, particularly those in close proximity to others (e.g. registration stewards etc.)
- Creating a 'safe zone' for timekeepers, recorders, judges etc. so they can do their job without interference or fear of approach by others
- Use of one way systems to avoid bottle necks in tight spots

There are undoubtedly many more such ideas and the sharing of best practice will be encouraged so that we can all be as safe as possible.

The actual measures required for each event will be a unique set and can only be derived from a diligently performed risk assessment. All that effort is of no value, however, if the necessary measures are not implemented.

To this end it will become a requirement of the permit application process that a COVID-19 action plan will be created before the event and properly implemented. The extent and complexity of the plan will be largely dependent and commensurate with the size and complexity of the event taking place (e.g. a club race with ten competitors will be much simpler than an inter area match with numerous ages and distances involved).

The action plan will not need to be submitted with the permit application but must be available and prominently displayed at the venue. It should clearly indicate the measures to be taken to mitigate risks in terms of when, how and by who the measures are to be carried out by. A single person should be identified as having overall responsibility for the plan and being the first point of contact for any queries regarding implementation of the plan. Communication of this plan will help all athletes, officials, volunteers, and spectators to be compliant and assist where possible/necessary.

Race referees have a duty to ensure that events are properly permitted and are taking place in a safe manner. It will therefore be expected that a copy of the action plan will be given to the referee, ideally before race day.

This might seem very daunting at first, but rest assured, these types of measures will become common place in future. In fact, this very much what most workplaces, entertainment venues, service and facility providers etc. are already working towards.

From a race walking perspective, following this sort of plan will undoubtedly help reduce the risks to all those involved and get us back to some sort of normality by helping people feel safe about returning to the racing scene, particularly those who are or feel more clinically vulnerable.

Please remember, this is an overview of the sort of future that we might expect to see. Things could, and probably will, evolve as the time approaches. But until then, please keep the wider community safe (not just you) by following all the guidance available.



Guidance update for restricted return to activity (for coaches, leaders, athletes, runners, and facilities) – Step 1



15th May: Following the publication of the new government guidelines on exercise we have been working with UKA and other stakeholders to create three guidance documents for our registered athletes, runners, coaches, and athletic venues. These procedures apply to England only and are based on government guidelines detailing the use of public spaces, outdoor activity, and exercise:

1. [Guidance for athletes and runners return to activity](#)
2. [Guidance for coaches and leaders return to activity](#)
3. [Guidance for athletic venues return to activity](#)

Athletic outdoor track and field facilities should only open at the discretion and with the consent of the facility owner, provider or contractor and we advise that everyone abides by the government guidance to stay alert.

Chris Jones, CEO, says: "The safety and wellbeing of all athletes, runners, coaches and the wider community is at the heart of our guidance. We know that everyone in the England Athletics family, including RunTogether are keen to resume running and athletics activity as soon as it is safe and appropriate for them to do so. England Athletics recognises that wish but at the same time wants to ensure that the safety and wellbeing of everyone in the athletics community, facility providers and the wider community is considered as the first priority."

Our guidance provides sport specific advice to help athletes and runners in England only. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is taken into account. It is the responsibility of each athlete, runner, coach, and venue, to make that assessment based on their local environment. Risk assessment must take into account mitigations and plans for when activities do not go as expected. For example, an injury occurring and the need to access help whilst adhering to social distancing.

England Athletics advises that group activity does not take place during this first step due to the requirements for social distancing.

This guidance has been published on the understanding that it is an interpretation of government guidance relevant to the sport of athletics and running. It is likely to change at short notice; in which case we will publish updates through the England Athletic website and our social media channels. *Source: England Athletics.*

Guidance update for restricted return to activity (for coaches, leaders, athletes, runners, and facilities) – Step 2



1st June: Following the new government advice on 28th May 2020 easing lockdown restrictions, groups of up to six people from different households will be able to meet outside in England from Monday 1 June (maintaining social distancing guidelines of 2m apart).

As a result, we have updated our guidance documents:

1. [Guidance for athletes and runners return to activity](#)
2. [Guidance for coaches and leaders return to activity](#)
3. [Guidance for athletic venues return to activity](#)

The summarised changes are below:

What it means for athletics and running:

- Exercise outdoors only in groups of up to 6 people providing athletes/runners maintain social distancing advice i.e. 2m apart if from a different household
- A coach and up to 5 athletes or runners can train together provided they maintain social distancing i.e. 2m apart if from a different household
- Advice for young, masters and disabled runners and athletes is contained in the athlete guidance document.

Where:

- Public outdoor spaces including any outdoor athletics venues that are open plus gardens.

Number of people:

- Up to 6 people

Clubs:

- A Covid-19 co-ordinator identified in each club to take responsibility for club plan and undertake the relevant risk assessments. These risk assessments and club plans must be in place before any activity can take place in order for insurance to be valid.
- In order for a club's insurance to be valid, the club needs to be affiliated to England Athletics.
- Clubs should consider, as an alternative, virtual options for large group training/ coaching and committee meetings.
- Clubs should continue to liaise with venue operators for updates and guidance.
- Club activity can then begin as per each individual club's plan based on government and England Athletics' advice.

Coaches:

- Online coaching can continue.
- Small group coaching outdoors of up to 6 people including the coach providing you maintain social distancing i.e. 2m apart if from a different household
- You must complete a risk assessment before sessions take place.
- Coaches must have an up to date valid coach licence and be coaching within their qualification boundaries – this will ensure that all coached sessions are covered by insurance.

- Familiarise yourself with national and local venue guidance
- Follow the [coach code of conduct](#).

Venues:

- Outdoor venues may open with social distancing measures put into place and Covid-19 secure guidelines followed.
- Operate online booking for the track where at all possible, or alternatively phone bookings. Take online or card payment.
- No changing rooms or social spaces open.
- No Jumps.

We are gathering more insight on jumps. There remain some concerns around the ability to clean these facilities robustly to maintain hygiene standards. We are working with UKA and when we have a solution, we will update the guidance as quickly as possible.

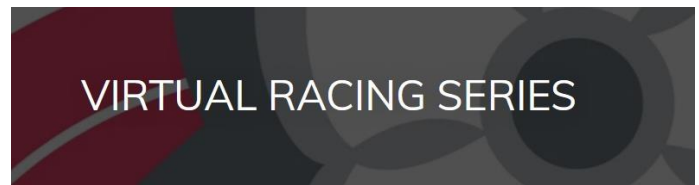
Track and Field Competition:

- No face-to-face competition permitted.
- We will inform competition providers of the process to apply for a licence as soon as possible and in line with government guidance for any return to competition for any non-elite sport.

Road Running:

- Small group training outdoors only in groups of up to 6 people providing runners maintain social distancing advice i.e. 2m apart if from a different household.
- A coach and up to 5 athletes or runners can train together provided they maintain social distancing i.e. 2m apart if from a different household.
- No face-to-face competition permitted.
- Advice for young, masters and disabled runners and athletes is contained in the athlete guidance document.

Source: England Athletics.



Many of you will be aware that Andi Drake has organised a virtual race walking series, which has now been running for 6 weeks. John Constandinou and I hijacked the idea, and with Andi's cooperation have organised a virtual age graded race. For this, walkers submit a 2km time each week, or we adapt their other distance times submitted to Andi. Our 2km race series has been facilitated mainly through the Race Walking Group on Facebook, and it will continue until normal racing resumes. So far, we have had walkers from U13 up to V90 taking part from around the world.

If you would like to join in, but aren't on Facebook, you can send your time to me at ellekerhelen@yahoo.co.uk before midnight on Tuesday each week. Results are available on the RWA website on the Thursday or Friday at <http://racewalkingassociation.com/Results.asp>

Helen Elleker



Lewis (Lew) Mockett R.I.P.

The Race Walking Association is saddened to report the death of Lewis (Lew) Mockett, aged 81.

Lew was born in Harpenden, Hertfordshire but wasn't there long as the family moved to the delightful Forest of Dean hamlet of Gorsley - 6



miles east of Ross-on-Wye. He was a bright pupil and passed a scholarship to attend the prestigious Monmouth Boys School 16 miles' away - so involving a daily round bus journey of 32 miles. With studies over Lew thought about a military career but opted to enlist as a cadet in the Metropolitan Police and trained at their Hendon Training College. Like so many others, Lew came into race walking via his employer. He was interested in

athletics and turned up for a track training session - only to find the track was booked for race walking only. "If you can't beat them, join them" thought Lew so he took part - the rest is history as they say.

Lew's natural talent and fitness came to the fore early and he was to win many medals, cups, plaques, and certificates in Metropolitan Police athletics. In those days, all Areas had their own Sports' Days, and the Met. Police itself held Championships at most distances. Lew featured in these with success! So much so he was often in Metropolitan Police representative teams which competed at a high level against so many opponents. Indeed "Met. Police V whoever" was a regular item on fixture lists when no major National or Open events were on the calendar. This in turn saw Lew selected to represent the British Police at even higher levels and awarded his National sporting colours. Most certainly Lew will have left behind a large collection of athletics sporting awards.

Lew joined Woodford Green AC (as then called) and he appears in their Centenary Book among those in their all-time Club 20km road rankings list with 104:05 clocked on 23rd March 1963 at Enfield. Lew was a competent and diligent administrator and was this Club's Honorary Walking Section Secretary from seasons 1966/67 to 1971/72 taking over from the late Brian Ficken before handing over to Jack Thomas.

Lew made a short move from Woodford Green to nearby Ilford AC, mainly as he wanted more involvement in team competitions. His proverbial "high water mark" came just down the road at Victoria Park on August 3rd, 1974 when among 69 lining-up for a European Games 20km trial. All top race walkers of the day were on the start line, knowing only a top-three finish would get them considered by selectors. Lew was 10th in a personal best 94:11 with many great names in his wake. His time saw him listed highly in our National 1974 rankings - and he's still in GB Athletics' all-time rankings. As for selection, alas, only two made the plane to Rome for the European 20K Championship - they came 3rd & 6th so who knows what a full complement could have achieved?

In team competition Lew was always in the scoring teams of 4 for both Ilford AC and Essex County. Lew's top team moment came in the 1975 Race Walking Association National 10 Miles' Championship at Southwick (West Sussex) when Ilford won this prestigious event for the first time in their history. In his personal tribute, team colleague Len Ruddock described Lew's contribution as the key element of the team's success. The winning scoring 4 that day were : Roger Mills 3rd, Steve Gower 9th, Lew Mockett 16th & Geoff Hunwicks 26th.

Another triumph, among so many, was the 1974 Gloucester Festival Open 7 Miles (organised by enthusiastic Chris Newman) which Lew won in 52:17 just ahead of serious rival Alan Smallwood (Halesowen AC) in 52:36 with promising fellow police athlete George Nibre completing the frame on 57:04. In a successful return to Gloucestershire Lew was called up onto a bandstand in the City's main park to receive his prize from Miss Gloucester. Other Police walkers in that race were John Bromley, Noel Carmody, A. Thomas, M. Lewin, P. Wright, P. Lovell, A. Thompson & P. Cassidy (no, not the Essex one).

When returning to race another Gloucester Festival 7 Miles, which started/finished on grass in the City's main park, with three circuits of an "around the houses" course in-between, things didn't go Lew's way when he suffered a very rare disqualification as he left the grass and ventured out onto the City's roads. Lew competed with excellent style so this was a most unusual end to one of his races. Nevertheless, this day still ended well as Lew invited some of our walkers to make a short drive to Gorsley where his parents laid on a wonderful afternoon tea, and a good time was truly enjoyed by all in delightful rural surroundings.

In 1977 at Chelmsford's dusty Melbourne Park Stadium cinder track the Race Walking Association staged a 100 X 1 Mile walking relay (10 walkers each walked 1 mile in rotation, again-and-again). Ilford's 10, in order of appearance (as said in theatres) was George Nibre, Lew Mockett, Dave Ainsworth, Geoff Hunwicks, Bill Sutherland, Steve King, Lawrence Dordoy, Dave Neagle, Brian Armstrong & Steve Gower. Ilford's time of 13 hours 14 minutes and 52 seconds (inside the previous world record) secured 5th team position. Lew's 10 separate miles had an average time of 8:08.5.

Lew was an individual title winner of our Essex League; over 12 races (within 12 months) of varying distances from 3000m to 50 Kilometres. All 12 (i.e. it wasn't best 9 from 12 or something similar) counted. Organiser John Hedgethorpe stipulated this as he wanted a "tough competition" and wouldn't listen to any doubting his ruling.

Before switching to a calendar year format (i.e. Jan-to-Dec) the Ilford Hour at Cricklefields Stadium in July was its 12th and final event. Lew completed the Basildon 50km, which he hadn't previously appeared in, and led the table with only that 12th race to go - on a midweek evening. But he could still be caught and was on a family holiday in Blackpool that week. Lew agonised and pondered - then decided to break his holiday by driving from the North West to Seven Kings to appear, finished his race (so winning a league title) and immediately drove back north. Lew remarked that this hadn't met with approval from Brenda, his wife. If the good lady had objected, one thinks that she had a very good point!

At another Ilford AC Essex League fixture Lew was in the spotlight. The Ilford Hour became so popular it could no longer be held as a "One Section" track promotion - so became a road 10kmK, 6 times around exterior roads of the town's South Park. One evening a hobbledehoy in South Park Drive, for his amusement, shied eggs at race walkers as they passed, with a number being hit - none more so than Belgrave Harrier & Southend-on-Sea 2nd claimer Paul "Scoop" Warburton who was going well until he got covered in the stuff and left the race to get cleaned up. On finishing, Lew carried on for another lap until reaching the offending yob to halt his activities and give a stern admonishment.

Lew also turned out in police cross county runs and when retiring after 33 years' service, the Metropolitan Police Race Walking Club presented him with a decanter and tray of crystal glasses to show appreciation of his long meritorious contribution - in which he'd been a long-serving Honorary Walking Club Secretary. As for "The Job" his last "patch" was geographically large as it covered all of Chigwell and Barkingside. When saying, "Evening All" for a final time it was in the rank of Chief Inspector. Police Service is truly in the family as both son Philip and daughter Hilary enlisted - as cadets in the Metropolitan and Hertfordshire Forces, respectively. Viewers of Thames Television News may well recall Inspector Philip appearing on screen appealing for witnesses to a fatal Croydon tram and car accident. Hilary once made an Ilford AC appearance. Most UK Clubs signed-up for a National 100 x 1 Mile Running Relay. Several local clubs combined to stage their efforts at Ashton Playing Fields Track. To raise 100 athletes was a task involving members of all sections and former members to boot. Lew volunteered to run a mile and allocated a turn-up time. Shortly before he was called into work on an urgent matter, so rather than let the Club down he handed an Ilford AC vest to Hilary and asked her to run in his place. Hilary made the short journey from Chigwell to Ashtons Track and duly obliged.

After ending race walking Lew kept himself fit as he'd use Chigwell Police Sports Club as changing facilities before heading out for runs or

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race walks - often with other former athletics' colleagues. As a member of that club Lew was helpful in getting us bookings for our walking races and Championships.

Lew was missed and all wished he'd stayed in race walking for longer, but in reality, this involvement in athletics was only a "warm-up act" for more successful times to come - in another pursuit, that of bowls.

Lew and Brenda moved to Rustington, near Littlehampton, in West Sussex. They became members of Norfolk Bowls Club, situated in Norfolk Gardens on Littlehampton sea front. At this Club Lew served as a trustee and became a qualified coach. He really had talents on the green, as he reached County representative standard. His Sussex team played a number of other counties, including Essex home and away. In 2006 Lew was Sussex County Bowls President. Both Lew and Brenda were frequent players and trophy cabinets at home were packed with trophies, plaques, and medals - more than ever achieved in athletics (and that was many). Both Lew and Brenda also held various important positions at Club and County level in the bowls community. Many Sussex Bowls Clubs' websites have published their tributes to Lew. He'd recently made contact with near neighbour and old rival ex-Scottish International Alan Buchanan.

His wife Brenda predeceased him in 2018, and now Lew sadly left us in April aged 81, as a pancreatic cancer sufferer. He'll be so much missed as everybody will remember a true gentleman who always showed courtesy and civility to all he came into contact with. To Philip and Hilary, and all other family members, we express our profound condolence on the loss of a lovely man and a true "good-un".

Dave Ainsworth

The National Centre for Race Walking Summer League

Results reproduced with the kind permission of the National Race Walking Centre.

3rd to 5th May: Gemma Bridge took top honours ahead of Tom Partington.

Men's Virtual 4km

Pos	Athlete	Club	Perf	WA
1	Tom Partington (U23)	Manx Harriers	16:10.0	1028
2	Brundukou Uladzimir (SEN)	Belarus	16:24.0	1005
3	Daniel du Toit (U20)	Wellington Harrier (NZL)	16:46.0	970
4	George Wilkinson (U20)	Enfield & Haringey AC	17:36.0	890
5	Francisco Reis (V55)	Surrey Walking Club	18:13.0	832
6	Stephen Arnold (V55)	Nuneaton Harriers	18:25.0	816
7	Bill McFadden (V55)	Scotia Race Walking Club	18:43.0	788
8	David Crane (V40)	Surrey Walking Club	19:22.0	731
9	Will Bottle (U17)	Tasmanian RWC (AUS)	19:52.0	690
10	Ian Richards (V70)	Steyning Athletic Club	19:59.0	681
11	David Kemp (V60)	Arena 80 Athletic Club	20:02.0	677
12	Stuart Le Noury (SEN)	Sarnia Walking Club	20:03.0	676
13	Owen Toyne (U15)	ACT Race & Fitness (AUS)	20:20.0	653
14	Oliver Hopkins (U23)	Lewes Athletic Club	20:58.0	602
15	Bob Care (V70)	Midland Masters AC	21:07.4	590
16	Ray Robinson (V45)	Redcar Race Walking Club	21:09.9	589
=17	Malcolm Martin (V60)	Surrey Walking Club	21:10.6	587
=17	Daniel Mckerlich (U23)	Cardiff A.A.C.	21:11.0	587
19	Steve Partington (V50)	Manx Harriers	21:16.0	580
20	Derek Smith (V60)	Winchester & District AC	22:05.0	520
21	Dave Talcott (V60)	Shore AC (USA)	22:29.9	492
22	Steve Allen (V60)	Barnet & District AC	22:38.9	481
23	Rupert van Dongen (V45)	TXR Runners (AUS)	23:14.6	441
24	John Constandinou (V45)	Birchfield Harriers	23:20.0	435
25	Martin Slevin (V55)	Coventry Godiva Harriers	23:22.0	432
26	Harry Speers (SEN)	Lagan Valley AC	23:51.4	401
27	Trevor Jones (V60)	Steyning Athletic Club	23:53.0	399
28	David Mitchell (V45)	Winchester & District AC	23:59.7	392
29	Tor-Ivar Guttulsrod (V55)	Hercules Wimbledon AC	24:06.0	386
30	Graham Chapman (V60)	Headington Road Runners	24:10.0	381
31	Graham Jackson (V65)	Quickstep Fitness Club	24:10.0	381
32	Paul Winstanley (V55)	RFA Neath	24:14.0	377

33	George Wallace (V65)	Aldershot Farnham & D	24:23.0	369
=34	Rob Elliott (V60)	Sarnia Walking Club	24:28.0	364
=34	Richard Emsley (V65)	Saints & Sinners RC	24:28.0	364
36	Ian Torode (V60)	South West Veterans AC	24:33.0	359
37	Paul Hawkins (V60)	Stratford upon Avon AC	24:49.0	343
38	Steve Kemp (V55)	Eastern Masters AC	24:58.0	334
=39	Mick Barker (V80)	Northern Masters AC	25:11.4	321
=39	Clive McGovern (V65)	Trentham United Harriers	25:12.2	321
41	Dennis Jackson (V70)	Quickstep Fitness Club	25:48.0	289
42	Brian Adams (V70)	Leicester Walking Club	26:47.0	239
43	Phil Lockwood (V45)	Sarnia Walking Club	26:55.0	232
44	Jonny Ellerton (U15)	Blackheath & Bromley	27:06.0	223
45	Gerard McConnell (V55)	Scotia Race Walking Club	27:24.0	210
46	Marco Bernatzki (V50)	LA Herten (GER)	27:32.0	204
47	Eugene Gerlach (V45)	Tasmanian RWC (AUS)	29:00.0	143
48	Tom Casserley (V80)	Enfield & Haringey AC	29:33.0	123
49	Anthony Perkins (V70)	Ilford Athletic Club	29:54.0	111
50	Wayne Fletcher (V70)	Tasmanian RWC (AUS)	29:56.0	110
51	Tony Wilkinson (V55)	Unattached	31:03.0	77
52	Tony Cotton (V80)	BRJ Run & Tri	31:08.0	74
=53	Ron Foster (V70)	Tasmanian RWC (AUS)	31:27.0	66
=53	Guy Goodair (V80)	Denby Dale AC	31:28.0	66
55	Kenny Farmer (V55)	Scotia Race Walking Club	31:42.0	60
56	Andrew Clough (V65)	Unattached	34:34.0	10
57	Mark Williams (V55)	Birchfield Harriers	37:31.0	0

Women's Virtual 4km

Pos	Athlete	Club	Perf	WA
1	Gemma Bridge (SEN)	City of Oxford AC	17:25.0	1042
2	Bethan Davies (SEN)	Cardiff A.A.C.	18:32.0	947
3	Jasmine Nicholls (SEN)	Leicester Walking Club	19:23.0	878
4	Anna Blackwell (U20)	Tasmanian RWC (AUS)	19:42.0	854
5	Natalie Myers (SEN)	Derbyshire & S. Yorkshire	19:50.0	844
6	Nancy Whiskey (SEN)	Unattached	19:59.0	832
7	Kobi Maslin (U13)	Uni. of Canterbury AC (NZL)	20:27.0	796
8	Mia Dunwell (U17)	Northern (IOM) AC	20:35.0	786
9	Carolyn Derbyshire (W40)	Nuneaton Harriers	20:41.0	780
10	Pagen Spooner (U20)	Hyde Park Harriers	20:52.0	765
11	Kiera Heavy (U20)	Northern (IOM) AC	21:06.0	749
12	Jacqueline Benson (U23)	Ashford Athletic Club	21:12.0	740
13	Katrina Weldo (V55)	Scotia Race Walking Club	21:25.0	725
14	Erika Pontarollo (U23)	Hyde Park Harriers	21:37.0	710
15	Silvana Alves (V45)	Barnet & District AC	22:16.0	665
16	Emily Smith (U15)	Victorian RWC (AUS)	22:26.0	653
17	Julie Drake (V50)	Arena 80 Athletic Club	22:32.4	647
18	Gabriella Hill (U17)	Queensland RWC (AUS)	22:43.0	634
19	Gracie Griffiths (U15)	Pembrokeshire Harriers	23:03.0	612
20	Grazia Manzotti (V50)	Tonbridge Athletic Club	23:13.0	601
21	Natasha Mitchell (U15)	Winchester & District AC	23:18.4	595
22	Rebecca Mitchell (U17)	Winchester & District AC	23:28.5	585
23	Helen Elleker (V60)	Derbyshire & S. Yorkshire	24:04.0	547
24	Lyla Williams (U13)	Queensland RWC (AUS)	24:20.0	530
25	Heather Carr (V70)	Victorian Race Walking	24:52.0	498
26	Jacqueline Wilson (V70)	Trentham United Harriers	25:23.8	467
27	Louise Hollings (V40)	Manx Harriers	26:03.9	429
28	Vicki Heavey (V45)	Northern (IOM) AC	26:18.6	415
29	Mia Berg (U17)	Queensland RWC (AUS)	26:23.2	412
30	Maura Kelly (V50)	Northern (IOM) AC	27:06.0	373
31	Elizabeth Leitch (V65)	Tasmanian RWC (AUS)	27:15.0	366
32	Sarah Sowerby (V55)	Steyning Athletic Club	27:17.0	364
33	Lynette Frame (V60)	Scotia Race Walking Club	27:28.0	355
34	Agnieszka Garves (V45)	TV Biberach Baden (GER)	27:34.5	350
35	Silvia Dell'Anno (V60)	El Bosque (ARG)	28:05.0	324
36	Anne Jones (V65)	Steyning Athletic Club	28:23.0	310
37	Rosemary Hill (V65)	Scotia Race Walking Club	28:50.0	289
38	Angela Martin (V55)	Surrey Walking Club	28:52.0	288
39	Gemma Price (U15)	Bridgend Athletic Club	28:57.9	284
40	Keg Good (V65)	Potomac Valley (USA)	29:01.8	281

Race Walking Record – May 2020

41	Shirley Simpson (V60)	Scotia Race Walking Club	29:13.0	272
42	Clare Mitchell (V45)	Winchester & District AC	29:31.7	258
43	Sarah Du Toit (U15)	Wellington Harrier (NZL)	30:22.7	223
44	Karen Williams (V65)	Birchfield Harriers	30:41.0	212
45	Kathy Crilley (V70)	Surrey Walking Club	32:48.0	137
46	Heather Lee (V90)	NSW Masters (AUS)	33:08.0	127
47	Eleanor Clough (V70)	Unattached	39:53.0	5



10th to 12th May: Brundukou Uladzimir edged Tom Partington by one second! They join Gemma Bridge also 1000+ World Athletics Points. Cameron Corbishley returned from injury.

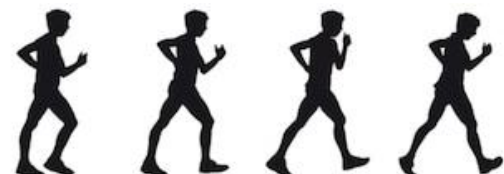
Men's Virtual 4km

Pos	Athlete	Club	Perf	WA
1	Brundukou Uladzimir (SEN)	Belarus	16:19.0	1013
2	Tom Partington (U23)	Manx Harriers	16:20.0	1012
3	Cameron Corbishley (SEN)	Medway & Maidstone AC	16:27.8	998
4	Daniel du Toit (U20)	Wellington Harrier (NZL)	16:42.5	974
5	George Wilkinson (U20)	Enfield & Haringey AC	18:05.0	845
6	Stephen Arnold (V55)	Nuneaton Harriers	18:11.0	836
7	Francisco Reis (V55)	Surrey Walking Club	18:14.0	830
8	David Crane (V40)	Surrey Walking Club	19:21.0	734
9	David Kemp (V60)	Arena 80 Athletic Club	19:24.0	729
10	Ian Richards (V70)	Steyning Athletic Club	19:25.0	728
11	Will Bottle (U15)	Tasmanian RWC (AUS)	19:43.0	703
12	Christian Hopper (U17)	Cambridge Harriers	19:48.0	696
13	Setgei Systerov (V60)	Russia	20:25.4	645
14	Stuart Le Noury (SEN)	Sarnia Walking Club	20:31.0	638
=15	Steve Partington (V50)	Manx Harriers	20:53.0	609
=15	Bob Care (V70)	Midland Masters AC	20:53.6	609
17	Ray Robinson (V45)	Redcar Race Walking Club	21:03.0	597
18	Malcolm Martin (V60)	Surrey Walking Club	21:06.1	592
19	Daniel Mckerlich (U23)	Cardiff A.A.C.	21:11.7	585
20	Kodi Clarkson (U13)	ACT Race and Fitness (AUS)	21:22.0	573
21	Derek Smith (V60)	Winchester & District AC	21:58.0	528
22	Steve Allen (V60)	Barnet & District AC	22:21.9	501
23	Harry Speers (SEN)	Lagan Valley AC	22:54.9	462
24	Bill McFadden (V55)	Scotia Race Walking Club	23:10.0	445
25	Rupert van Dongen (V45)	TXR Runners (AUS)	23:18.0	436
26	Martin Slevin (V55)	Coventry Godiva Harriers	23:34.0	419
27	Paul Winstanley (V55)	RFA Neath	23:38.0	415
28	Tor-Ivar Guttusrod (V55)	Hercules Wimbledon AC	23:44.0	409
=29	David Mitchell (V45)	Winchester & District AC	24:00.0	392
=29	John Constantinou (V45)	Birchfield Harriers	24:00.0	392
31	George Wallace (V60)	Aldershot Farnham and	24:03.0	390
32	Mick Barker (V80)	Northern Masters AC	24:04.2	388
33	Trevor Jones (V60)	Steyning Athletic Club	24:07.0	385
34	Graham Jackson (V50)	Quickstep Fitness Club	24:20.0	372
35	Rob Elliott (V60)	Sarnia Walking Club	24:28.0	364
36	Ian Torode (V60)	South West Veterans AC	24:43.0	349
37	Paul Hawkins (V60)	Stratford-upon-Avon AC	24:44.0	348
38	Richard Emsley (V65)	Saints & Sinners RC	24:57.0	335
39	Steve Kemp (V55)	Eastern Masters AC	25:00.0	333
40	Dennis Jackson (V70)	Quickstep Fitness Club	25:27.0	308
41	Clive McGovern (V65)	Trentham United Harriers	25:55.6	282
42	Ronald Penfold (V75)	Steyning Athletic Club	26:11.8	268
43	Jonny Ellerton (U15)	Blackheath & Bromley	26:30.0	252
44	Gerard McConnell (V55)	Scotia Race Walking Club	27:00.0	228
45	Simon Morgan (V50)	Colchester Harriers	27:04.0	225
46	Marco Bernatzki (V50)	LA Herten (GER)	27:17.3	215
47	Brian Adams (V70)	Leicester Walking Club	27:24.0	210
48	Andrew Fraser (V50)	Scotia Race Walking Club	27:46.0	193

49	Terry Bates (V65)	Sarnia Walking Club	27:55.0	187
50	Tom Casserley (V80)	Enfield & Haringey AC	28:12.0	175
51	Tony Wilkinson (V55)	Unattached	28:47.0	152
52	John Morrison (V70)	Potomac Valley TC (USA)	29:21.4	130
53	Wayne Fletcher (V70)	Tasmanian RWC (AUS)	29:50.0	113
54	Eugene Gerlach (V45)	Tasmanian RWC (AUS)	29:54.0	111
55	Dave Fall (V75)	Birchfield Harriers	30:19.0	98
56	Ron Foster (V70)	Tasmanian RWC (AUS)	30:54.0	81
57	Guy Goodair (V80)	Denby Dale AC	30:57.0	79
58	Tony Cotton (V80)	BRJ Run & Tri	31:05.0	76
59	Kenny Farmer (V55)	Scotia RWC	31:33.0	63
60	Keith Ord (V75)	Potomac Valley TC (USA)	31:56.0	54
61	Andrew Clough (V65)	Unattached	34:28.0	11
62	Mark Williams (V55)	Birchfield Harriers	36:10.0	0
63	Anthony Perkins (V70)	Ilford AC	36:52.0	0

Women's Virtual 4km

Pos	Athlete	Club	Perf	WA
1	Gemma Bridge (SEN)	City of Oxford AC	17:47.0	1009
2	Bethan Davies(SEN)	Cardiff A.A.C.	18:11.0	976
3	Jasmine Nicholls (SEN)	Leicester Walking Club	18:53.0	918
4	Agata Kowalska (U23)	Hyde Park Harriers	19:06.0	900
5	Courtney Ruske (SEN)	Christchurch Avon (NZL)	19:15.0	889
6	Natalie Myers (SEN)	Derbyshire & S. Yorkshire	20:22.0	802
7	Pagen Spooner (U20)	Hyde Park Harriers	20:29.0	793
8	Carolyn Derbyshire (V40)	Nuneaton Harriers	20:30.0	791
9	Erika Pontarollo (U23)	Hyde Park Harriers	20:48.0	770
10	Katrina Weldo (V55)	Scotia Race Walking Club	20:51.0	766
11	Jacqueline Benson (U23)	Ashford Athletic Club	21:11.0	742
12	Kiera Heavy (U20)	Northern (IOM) AC	21:15.0	737
13	Mia Dunwell (U17)	Northern (IOM) AC	21:20.0	731
14	Kobi Maslin (U13)	Uni. of Canterbury AC (NZL)	21:31.0	718
15	Grazia Manzotti (V50)	Tonbridge Athletic Club	21:39.0	708
16	Gabriella Hill (U17)	Queensland RWC (AUS)	22:03.0	680
17	Emily Smith (U15)	Victorian RWC (AUS)	22:11.0	671
18	Julie Drake (V50)	Arena 80 Athletic Club	22:24.4	656
19	Gracie Griffiths (U15)	Pembrokeshire Harriers	22:55.0	621
20	Lyla Williams (U13)	Queensland Racewalking	23:01.0	614
21	Rebecca Mitchell (U17)	Winchester & District AC	23:04.7	609
22	Natasha Mitchell (U15)	Winchester & District AC	23:37.7	575
23	Silvana Alves (V45)	Barnet & District AC	24:10.0	540
24	Heather Carr (V70)	Victorian RWC (AUS)	24:27.0	523
25	Agnieszka Garves (V45)	TV Biberach Baden (GER)	24:49.0	500
26	Louise Hollings (V40)	Manx Harriers	25:23.3	467
27	Vicki Heavey (V45)	Northern (IOM) AC	25:24.0	467
28	Shannon Thomas (U20)	Swansea Harriers	25:58.0	434
29	Jacqueline Wilson (V70)	Trentham United Harriers	26:02.7	430
30	Lynette Frame (V60)	Scotia Race Walking Club	26:50.0	387
31	Elizabeth Leitch (V65)	Tasmanian RWC (AUS)	26:56.0	382
32	Sarah Sowerby (V55)	Unattached	27:00.0	379
33	Maura Kelly (V50)	Northern (IOM) AC	27:04.0	375
34	Fiona Bishop (V60)	Woking Athletic Club	27:39.9	345
35	Silvia Dell'Anno (V60)	El Bosque (ARG)	27:55.0	333
36	Shirley Simpson (V60)	Scotia Race Walking Club	27:57.0	331
37	Rosemary Hill (V70)	Scotia Race Walking Club	28:03.0	326
38	Gemma Price (U15)	Bridgend Athletic Club	28:19.2	313
39	Angela Martin (W55)	Surrey Walking Club	28:52.0	288
40	Keg Good (V65)	Potomac Valley TC (USA)	29:36.2	255
41	Karen Williams (V65)	Birchfield Harriers	30:31.0	218
42	Kathy Crilley (V70)	Surrey Walking Club	32:10.0	158
43	Heather Lee (V90)	NSW Masters AC (AUS)	33:10.0	125
44	Eleanor Clough (V70)	Unattached	39:06.0	10



Race Walking Record – May 2020

17th to 19th May: Cameron Corbishley, Tom Partington, Gemma Bridge, Brundukou Uladzimir and Bethan Davies all 1000+ World Athletics Points. Honourable mention to Daniel du Toit (NZL), scoring 999 points.

Men's Virtual 5km

Pos	Athlete	Club	Perf	WA
1	Cameron Corbishley (SEN)	Medway & Maidstone AC	20:16.8	1038
2	Tom Partington (U23)	Manx Harriers	20:19.0	1035
3	Brundukou Uladzimir (SEN)	Belarus	20:28.0	1023
4	Daniel du Toit (U20)	Wellington Harrier AC (NZL)	20:46.0	999
5	George Wilkinson (U20)	Enfield & Haringey	23:06.0	823
6	Francisco Reis (V55)	Surrey Walking Club	23:24.0	801
7	David Crane (V40)	Surrey Walking Club	24:32.0	723
8	Stephen Arnold (V55)	Nuneaton Harriers	24:58.0	694
9	Stuart Le Noury (SEN)	Sarnia Walking Club	25:19.0	671
10	Owen Toyne (U15)	ACT Race and Fitness (AUS)	25:52.0	636
11	Steve Partington (V50)	Manx Harriers	26:08.0	619
12	Tony Taylor (V70)	Lancashire Walking Club	26:12.2	615
13	Kodi Clarkson (U13)	ACT Race and Fitness (AUS)	26:15.0	612
14	Ray Robinson (V45)	Redcar Race Walking Club	26:28.9	597
16	Daniel Mckerlich (U23)	Cardiff A.A.C.	26:39.0	587
16	Eric Shikuku (SEN)	Kenya	27:00.0	566
17	Derek Smith (V45)	Winchester & District AC	27:08.0	558
18	Steve Allen (V60)	Barnet & District AC	27:46.0	521
19	Bill McFadden (V55)	Scotia Race Walking Club	28:06.0	502
20	Tor-Ivar Guttusrod (V55)	Hercules Wimbledon AC	29:06.0	448
21	Richard Emsley (V65)	Saints & Sinners RC	29:20.0	436
22	George Wallace (V65)	Aldershot Farnham & Dist.	30:10.0	393
23	Martin Slevin (V55)	Coventry Godiva Harriers	30:13.0	391
24	Graham Jackson (V50)	Quickstep Fitness Club	30:25.0	381
25	David Mitchell (V45)	Winchester & District AC	30:33.0	374
=26	Ian Torode (V60)	South West Veterans AC	30:44.0	365
=26	Steve Kemp (V55)	Eastern Masters AC	30:45.0	365
28	Paul Winstanley (V55)	RFA Neath	31:00.0	353
29	Rob Elliott (V60)	Sarnia Walking Club	31:23.0	335
30	Paul Hawkins (V60)	Stratford-upon-Avon AC	31:24.0	334
31	Harry Speers (SEN)	Lagan Valley AC	31:30.7	329
32	David Kemp (V60)	Arena 80 Athletic Club	32:27.0	288
33	Dennis Jackson (V70)	Quickstep Fitness Club	32:37.0	281
34	Christopher Hobbs (V65)	Ashford Athletic Club	32:50.0	272
35	Clive McGovern (V65)	Trentham United Harriers	33:05.0	261
36	Gerard McConnell (V55)	Scotia Race Walking Club	33:26.0	247
37	Ronald Penfold (V75)	Steyning Athletic Club	33:48.6	233
38	Mick Barker (V80)	Northern Masters AC	33:59.0	226
39	Jonny Ellerton (U25)	Blackheath & Bromley	34:12.0	218
40	Brian Adams (V70)	Leicester Walking Club	34:13.0	217
41	Marco Bernatzki (V50)	LA Herten (GER)	34:23.2	211
42	Andrew Fraser (V50)	Scotia Race Walking Club	34:38.0	202
43	Simon Morgan (V50)	Colchester Harriers	34:50.0	195
44	John Morrison (V70)	Potomac Valley TC (USA)	35:24.4	176
45	Dave Fall (V75)	Birchfield Harriers	37:33.0	112
46	Wayne Fletcher (V70)	Tasmanian RWC (AUS)	37:34.0	111
47	John Constantinou (V45)	Birchfield Harriers	37:52.0	103
48	Phill Swales (V55)	Northern (IOM) AC	38:00.0	100
49	Ron Foster (V70)	Tasmanian RWC (AUS)	38:54.0	79
50	Guy Goodair (V80)	Denby Dale AC	39:12.0	72
51	Tony Wilkinson (V55)	Unattached	39:19.0	70
52	Kenny Farmer (V55)	Scotia Race Walking Club	43:00.0	14
53	Andrew Clough (V65)	Unattached	44:54.0	1
54	Mark Williams (V55)	Birchfield Harriers	45:04.0	1
55	Anthony Perkins (V70)	Ilford AC	47:15.0	0

Women's Virtual 5km

Pos	Athlete	Club	Perf	WA
1	Gemma Bridge (SEN)	City of Oxford AC	22:32.0	1037
2	Bethan Davies (SEN)	Cardiff A.A.C.	22:55.0	1011
=3	Jasmine Nicholls (SEN)	Leicester Walking Club	24:14.0	922
=3	Agata Kowalska (U23)	Hyde Park Harriers	24:14.0	922
5	Lisa Kehler (W50)	Wolverhampton & Bilston	25:19.0	852

6	Carolyn Derbyshire (W40)	Nuneaton Harriers	25:43.0	827
7	Kobi Maslin (U13)	Uni of Canterbury AC (NZL)	27:23.4	727
8	Mia Dunwell (U17)	Northern (IOM) AC	27:28.0	722
9	Lyla Williams (U13)	Queensland RWC (AUS)	27:30.0	720
10	Jacqueline Benson (U23)	Ashford Athletic Club	27:31.0	719
11	Kiera Heavy (U20)	Northern (IOM) AC	27:35.0	715
12	Emily Smith (U15)	Victorian RWC (AUS)	27:48.0	703
13	Silvana Alves (V45)	Barnet & District AC	27:53.0	698
14	Gracie Griffiths (U15)	Pembrokeshire Harriers	28:19.0	674
15	Julie Drake (V50)	Arena 80 Athletic Club	28:21.7	671
16	Grazia Manzotti (V50)	Tonbridge Athletic Club	28:30.0	663
17	Erika Pontarollo (U23)	Hyde Park Harriers	28:39.0	655
18	Rebecca Mitchell (U17)	Winchester & District AC	28:46.6	649
19	Natasha Mitchell (U15)	Winchester & District AC	28:53.9	642
20	Keandra Jooste (U15)	South Africa	30:01.0	581
21	Helen Elleker (V60)	Derbyshire & S. Yorkshire	30:49.0	541
22	Nyle Sunderland (V50)	Queensland Masters (AUS)	31:12.0	521
23	Heather Carr (V70)	Victorian RWC (AUS)	31:26.0	510
24	Helen Middleton (V55)	Enfield and Haringey	31:46.0	494
25	Agnieszka Garves (V45)	TV Biberach Baden (GER)	31:47.0	493
26	Jacqueline Wilson (V70)	Trentham United Harriers	32:01.6	481
27	Vicki Heavey (V45)	Northern (IOM) AC	32:15.0	471
28	Lynette Frame (V60)	Scotia Race Walking Club	32:57.0	439
29	Louise Hollings (V40)	Manx Harriers	33:00.2	436
30	Fiona Bishop (V60)	Woking Athletic Club	33:27.5	416
31	Silvia Dell'Anno (V60)	El Bosque (ARG)	33:50.0	399
32	Michelle O'Neil-Hall (V50)	Scotia Race Walking Club	33:51.0	399
33	Elizabeth Leitch (V65)	Tasmanian Race Walking	33:56.0	395
34	Sarah Sowerby (V55)	Unattached	34:22.0	377
35	Maura Kelly (V50)	Northern (IOM) AC	34:25.0	375
36	Shirley Simpson (V60)	Scotia Race Walking Club	35:01.0	350
37	Sarah Du Toit (U15)	Wellington Harrier AC (NZL)	36:00.0	311
38	Rosemary Hill (V70)	Scotia Race Walking Club	36:12.0	304
39	Linda Hinshelwood (V65)	Unattached	36:19.0	299
40	Keg Good (V60)	Potomac Valley (USA)	38:44.2	216
41	Karen Williams (V65)	Birchfield Harriers	38:51.0	212
42	Clare Mitchell (V45)	Winchester & District AC	38:55.0	210
43	Eleanor Clough (V70)	Unattached	50:17.0	4



24th to 26th May: Forget Garmin, it's TomTom week! Tom Bosworth crashes into the series in the final race for top honours, and a sub-20 from Tom Partington! Both well over 1000 World Athletics Points, together with Gemma Bridge, Brundukou Uladzimir, Cameron Corbishley and Daniel du Toit. Great progress from many athletes through the series - well done!

Men's Virtual 5km

Pos	Athlete	Club	Perf	WA
1	Tom Bosworth (SEN)	Tonbridge Athletic Club	19:41.0	1087
2	Tom Partington (U20)	Manx Harriers	19:59.0	1062
3	Brundukou Uladzimir (SEN)	Belarus	20:21.0	1032
4	Cameron Corbishley (SEN)	Medway & Maidstone	20:23.3	1029
5	Daniel du Toit (U20)	Wellington Harrier AC (NZL)	20:29.1	1021
6	Francisco Reis (V55)	Surrey Walking Club	23:18.0	808
7	George Wilkinson (U20)	Enfield & Haringey AC	23:26.0	799
8	David Crane (V40)	Surrey Walking Club	24:15.0	742
9	Stephen Arnold (V55)	Nuneaton Harriers	24:46.0	707
10	Stuart Le Noury (SEN)	Sarnia Walking Club	24:49.0	704
11	David Kemp (V60)	Arena 80 Athletic Club	25:25.0	664
12	Oliver Hopkins (U23)	Lewes Athletic Club	25:45.0	643

Race Walking Record – May 2020

13	Steve Partington (V50)	Manx Harriers	26:16.0	611	Silvia Dell'Anno (V60)	El Bosque (ARG)	33:34.0	411
14	Daniel Mckerlich (U23)	Cardiff A.A.C.	26:26.0	600	28 Lynette Frame (V60)	Scotia Race Walking Club	33:40.0	407
16	Tony Taylor (V70)	Lancashire Walking Club	26:27.5	599	29 Fiona Bishop (V60)	Woking Athletic Club	33:43.0	404
16	Ray Robinson (V45)	Redcar Race Walking Club	27:02.0	564	30 Rosemary Hill (V70)	Scotia Race Walking Club	34:09.0	386
17	Steve Allen (V60)	Barnet & District AC	27:32.4	535	31 Sarah Sowerby (V55)	Unattached	34:25.0	375
18	Bill McFadden (V55)	Scotia Race Walking Club	27:39.0	528	32 Sarah Du Toit (U15)	Wellington Harrier AC (NZL)	34:43.6	362
19	Derek Smith (V60)	Winchester & District AC	27:58.0	510	33 Michelle O'Neil-Hall (V50)	Scotia Race Walking Club	35:07.0	346
20	Richard Emsley (V65)	Saints & Sinners RC	29:26.0	430	34 Linda Hinshelwood (V65)	Scotia Race Walking Club	35:22.0	336
21	Harry Speers (SEN)	Lagan Valley AC	29:30.2	427	35 Keg Good (V60)	Potomac Valley TC (USA)	37:59.7	240
22	Martin Slevin (V55)	Coventry Godiva Harriers	29:44.0	415	36 Karen Williams (V65)	Birchfield Harriers	38:27.0	225
23	George Wallace (V65)	Aldershot Farnham & Dist	29:56.0	405	37 Agnieszka Garves (V45)	TV Biberach Baden (GER)	39:12.0	201
24	Graham Jackson (V55)	Quickstep Fitness Club	30:28.0	378	38 Eleanor Clough (V70)	Unattached	50:33.0	3
25	Ian Torode (V60)	South West Veterans AC	30:37.0	371				
26	David Mitchell (V45)	Winchester & District AC	30:38.5	370				
27	John Constandinou (V45)	Birchfield Harriers	31:08.0	346				
28	Colin Simpson (V60)	Scotia Race Walking Club	31:12.0	343				
29	Clive McGovern (V65)	Trentham United Hs (NZL)	31:34.0	326				
30	Andrew Fraser (V50)	Scotia Race Walking Club	31:37.0	324				
31	Paul Hawkins (V60)	Stratford-upon-Avon AC	31:44.0	319				
32	Rob Elliott (V60)	Sarnia Walking Club	31:45.0	318				
33	Mick Barker (V80)	Northern Masters AC	32:53.5	269				
34	Ronald Penfold (75)	Steyning Athletic Club	33:01.8	264				
35	Dennis Jackson (V70)	Quickstep Fitness Club	33:11.0	257				
36	Marco Bernatzki (V50)	LA Herten (GER)	33:22.7	249				
37	Bernd OckerHölters (V70)	Polizei SV Berlin (GER)	33:47.0	234				
38	Gerard McConnell (V60)	Scotia Race Walking Club	33:54.0	229				
39	Brian Adams (V70)	Leicester Walking Club	34:32.0	206				
40	John Morrison (V70)	Potomac Valley TC (USA)	35:09.2	184				
41	Tom Casserley (V80)	Enfield & Haringey	35:33.0	171				
42	Jonny Ellerton (U15)	Blackheath & Bromley	35:39.0	168				
43	Dave Fall (V70)	Birchfield Harriers	37:31.0	112				
44	Tony Wilkinson (V55)	Unattached	38:24.0	90				
45	Kenny Farmer (V55)	Scotia Race Walking Club	39:17.0	70				
46	Tony Cotton (V80)	BRJ Run & Tri	39:28.0	66				
47	Guy Goodair (V80)	Denby Dale Athletic Club	39:29.0	66				
48	Mark Williams (V55)	Birchfield Harriers	42:35.0	18				
49	Andrew Clough (V65)	Unattached	44:22.0	4				
50	Anthony Perkins (V70)	Ilford Athletic Club	45:56.0	0				

24th to 26th May:

Women's Virtual 5km

Pos	Athlete	Club	Perf	WA
1	Gemma Bridge (SEN)	City of Oxford A.C.	22:21.0	1050
2	Bethan Davies (SEN)	Cardiff A.A.C.	23:30.0	971
3	Jasmine Nicholls (SEN)	Leicester Walking Club	23:45.0	954
4	Agata Kowalska (U23)	Hyde Park Harriers	24:01.0	936
5	Carolyn Derbyshire (V40)	Nuneaton Harriers	25:54.0	816
6	Pagen Spooner (U20)	Hyde Park Harriers	26:15.0	795
7	Mia Dunwell (U17)	Northern (IOM) AC	26:56.0	753
8	Lyla Williams (U13)	Queensland RWC (AUS)	27:02.0	747
9	Jacqueline Benson (U23)	Ashford Athletic Club	27:08.0	742
10	Kiera Heavy (U20)	Northern (IOM) AC	27:21.0	729
11	Silvana Alves (V45)	Barnet & District AC	27:52.0	699
=12	Grazia Manzotti (V50)	Tonbridge Athletic Club	28:11.0	681
=12	Julie Drake (V50)	Arena 80 Athletic Club	28:11.0	681
14	Erika Pontarollo (U23)	Hyde Park Harriers	28:15.0	677
15	Emily Smith (U15)	Victorian RWC (AUS)	28:30.0	663
16	Gracie Griffiths (U15)	Pembrokeshire Harriers	29:06.0	630
17	Gabriella Hill (U17)	Queensland RWC (AUS)	30:07.0	576
18	Helen Elleker (V60)	Derbyshire & South	30:14.6	570
19	Rebecca Mitchell (U17)	Winchester & District AC	30:36.4	551
20	Heather Carr (v70)	Victorian RWC (AUS)	31:10.0	523
21	Helen Middleton (V55)	Enfield and Haringey AC	31:22.0	513
22	Vicki Heavey (V45)	Northern (IOM) AC	31:49.5	491
23	Agnieszka Garves (V45)	MTV Stuttgart (GER)	32:12.0	473
24	Jacqueline Wilson (V70)	Trentham United Hs (NZL)	32:29.2	460
25	Louise Hollings (V40)	Manx Harriers	33:06.6	431
26	Shirley Simpson (V60)	Scotia Race Walking Club	33:11.0	428

Race Walk Weekly Webinars
Hosted by Andi Drake

Friday 5th June @ 11:00am

Planning training periodisation (Part 1)

Friday 12th June @ 11:00am

Planning training periodisation (Part 2)

Friday 19th June @ 11:00am

Physiology (Part 1)

Friday 26th June @ 11:00am

Physiology (Part 2)

Friday 3rd July @ 11:00am

Linking Physiology & Biomechanics

Friday 10th July @ 11:00am

Technical Analysis (Part 1)

Friday 17th July @ 11:00am

Technical Analysis (Part 2)

Friday 24th July @ 11:00am

Nutrition 50km (Part 1)

Friday 31st July @ 11:00am

Nutrition 50km (Part 2)

To register visit: <https://www.englandathletics.org/about-us/athletics-at-home/coaching-webinars/>



UPCOMING EVENTS

June

Fri. 5 th (A)	South Yorkshire League (Sheffield)	On hold
Sat. 6 th (B)	Jack Fitzgerald Memorial Walks (Cawley)	Now 24 Oct.
Sun. 7 th (A)	England Athletics U20/U23 (Bedford)	Postponed
Sun. 7 th (B)	Sarnia WC Championships 5 (Guernsey)	Postponed
Sun. 14 th (B)	Sarnia WC Championships 6 (Guernsey)	Postponed
Fri. 19 th (A)	South Yorkshire League (Sheffield)	On hold
Sat. 20 th (B)	Isle of Man Parish Walk (Isle of Man)	Cancelled
Sun. 21 st (A)	British Athletics Outdoor (Manchester)	Now 9 th Aug.
Sun. 28 th (B)	Sarnia WC 5km Road Wal (Guernsey)	Postponed
Sun. 28 th (A)	Midland/BMAF 20km (Coventry)	Postponed

July

Wed. 1 st (B)	Surrey WC Johnson Bowl (Bromley)	Provisional
Fri. 3 rd (A)	South Yorkshire League (Sheffield)	On hold
Sun. 5 th (B)	Sarnia WC Championships 7 (Guernsey)	Postponed
Tue. 7 th (B)	Veterans Ac 5km (Battersea)	Cancelled