



Race Walking Record

July 2020



NEWS



**English
Schools'
Athletic
Association**

ESAA

13th July: The Officers of the English Schools AA, have reluctantly been forced to cancel the ESAA Race Walk (& Combined Events) Championships which were scheduled to take place in Bedford on Saturday 19th September 2020.

The logistics of arranging the meeting and remaining within government regulations on movement and gatherings have proved quite impossible to arrange, even if they were to be relaxed during the next few weeks. At present, races over 400 metres cannot be held except in lanes and that may still be the case in September. There are also issues about being able to maintain cleaning requirements at an outdoor athletics stadium. There is also the fear that local lockdowns could restrict some counties from being able to participate or, worse still, cause Bedford to be unavailable.

There is also the problem of parents/coaches etc., who would transport athletes to the gate of the Bedford stadium and then being precluded from entering the stadium as spectators. There were other issues relating to the two day meeting at Bedford which caters for 300 athletes and requires approx. 100 officials, including the fact that the hotel booked for accommodation is currently closed and seems unlikely to reopen until the end of September.

Under these circumstances it is felt that there is no way that the event can be hosted at Bedford this year. *Source: Derek Hayward.*



Olympic qualifying system to recommence for road athletes from September 2020

World Athletics will lift the suspension of the Tokyo Olympic qualification system for the marathon and race walk events from 1st September 2020, due to concerns over the lack of qualifying opportunities that may be available for road athletes before the qualification period finishes on 31st May 2021.

The original suspension period, from 6th April to 30th November 2020, was introduced due to the competition and training disruption caused by the global pandemic and remains in place for all other track and field events.

Road athletes will be able to register Olympic qualifying entry standards from 1st September to 30th November, but only in pre-identified, advertised, and authorised races being staged on World Athletics certified courses, with in-competition drug testing on site.

The accrual of points for world rankings and the automatic qualification through Gold Label marathons /Platinum Label marathons remains suspended until 30th November 2020.

World Athletics President Sebastian Coe said it had become apparent that marathon and race walk athletes may have very limited opportunities to register Olympic qualifying times in 2021 due to the uncertainty around staging mass participation events over the next

year which relies heavily on cities around the world agreeing to stage them.

“Most of the major marathons have already been cancelled or postponed for the remainder of this year and the evolution of the pandemic makes it difficult to predict if those scheduled for the first half of next year will be able to go ahead,” Coe said.

“That situation, combined with the fact that endurance athletes in the marathon and race walks can only produce a very limited number of high-quality performances a year, would really narrow their qualifying window without this adjustment.

“We have also been assured by the Athletics Integrity Unit that the anti-doping system is capable of protecting the integrity of road races during this period and will put in place strict testing criteria for all athletes.”

Competition opportunities: The Virgin Money London Marathon, due to take place on Sunday 4th October, is committed to working with World Athletics to promote this opportunity to athletes around the world and to assist with their travel challenges so they can participate in London and achieve their Olympic qualifying time.

World Athletics will also work with the ADNOC Abu Dhabi Marathon to see if they can offer similar opportunities.

In addition, we expect there will be at least two major race walking events staged between 1st September and 30th November 2020.

Both the Athletes' Commission and Competition Commission were consulted prior to this decision and approved the proposal.

The Athletes' Commission noted that this decision does not assist all athletes, given the travel restrictions still imposed by some countries, but will support the majority of road athletes in the particularly difficult circumstances they face to qualify for the Tokyo Olympic Games.

In making the decision, the World Athletics Council also noted that the conditions for making the Olympic standards at the World Athletics Championships Doha 2019 were challenging for road event athletes whereas the conditions for in-stadium events were excellent as the results showed.

World Athletics will also work with its Member Federations and meeting organisers to ensure that there are sufficient pre-Olympic competition opportunities for all track and field disciplines, particularly those that traditionally have fewer meeting opportunities, from 1st December 2020 onwards. *Source: World Athletics.*

New dates set for World Athletics Series events postponed due to the global Covid-19 pandemic

The World Athletics Council has approved new dates for the **World U20 Championships Nairobi 2020** and the **World Athletics Race Walking Team Championships Minsk 2020**.

The World U20 Championships will now be held in Nairobi (KEN) from 17th to 22nd August 2021.

The World Athletics Race Walking Team Championships have been rescheduled for 23rd 24th April 2022 in Minsk (BLR).

World Athletics president Sebastian Coe said: “The disruption caused by the global pandemic has made it more difficult to schedule international events over the next two years but we want to give as much certainty as we can to our athletes, Member Federations, host cities and partners. We have done our best to choose dates that we believe are achievable and offer the best chance for our athletes and event hosts to shine on the international stage.” *Source: World Athletics.*

National Championships Windows 2021-2024

In an effort to assist long-term planning for the athletes and Member Federations and in line with the Global Calendar Hierarchy, the Global Calendar Unit has agreed on the following national championships protected windows from 2021-2024.

2021

Protected national championships window 1 – 5th & 6th June
Protected national championships window 2 – 26th & 27th June

2022

Protected national championships window – 25th & 26th June

2023

Protected national championships window 1 – 8th & 9th July

Protected national championships window 2 – 29th & 30th July

2024

Protected national championships window 1 – 8th & 9th June

Protected national championships window 2 – 29th & 30th June

These protected windows mean that the national federations in Europe, North America & Caribbean and northern Africa, can plan their national championships on these weekends free in the knowledge that there will be no clashes with Wanda Diamond League, or Continental Tour Gold, Silver or Bronze international meetings. A similar arrangement is being worked on for Asia, South America, southern Africa, and Oceania. *Source: World Athletics.*

Race Walk Electronic Detection System

Although not officially announced, it is reported that the proposed electronic shoe has been abandoned by World Athletics due to the development costs!



Whilst unsubstantiated, it is believed the Birmingham Commonwealth Games race walks in 2022 will be contested over 10,000 metres on the track!



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

	£25.00	£15.00	£10.00
Aug.	Stuart Elms	Sharon Herbert	Lancashire WC

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

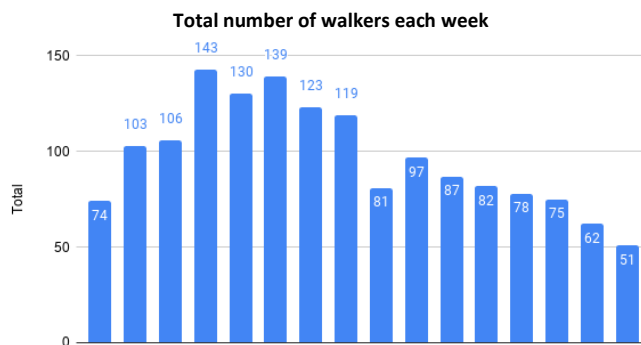
Virtual Race Walking Series

Sixteen weeks of 2km walks completed. How many to go? Who knows? As I write this, I am awaiting the results of week 17. I'm ready with a new spread sheet to record them, and John Constantinou to age grade and publish the results on the RWA website.

Back at the beginning of 'Lockdown' I made a comment that perhaps we could organise a virtual race walking series for masters athletes, along the lines of the Chris Smith Series for YAG athletes. John chipped in, and said it could be done. Then, the virtual series from the Leeds Endurance Centre was publicised, and with Andi Drake's co-operation, we hijacked it for the age graded series, which rapidly changed to all age groups. The series was launched on the 3rd April, with many walkers submitting times to both, and others only to our 2km series.

Results have, and are still accepted via Facebook and by email. The first walk attracted 74 walkers, but the series rapidly grew in popularity, reaching a peak of 143 on week 4. This number included athletes who were only doing Andi's series, but we age-graded everyone, working out split times where necessary. We kept our series to 2km, to make it easier for walkers to find a suitable course near to home under lockdown rules, and for all age groups to be able to complete it. The age range has been from U13 to W90. Walkers have done their 2km on the road, on the treadmill, and even inside their apartment! Steve

Allen completed 103.5 laps inside his home for his 3km submitted to Andi. All times and courses are taken on trust.

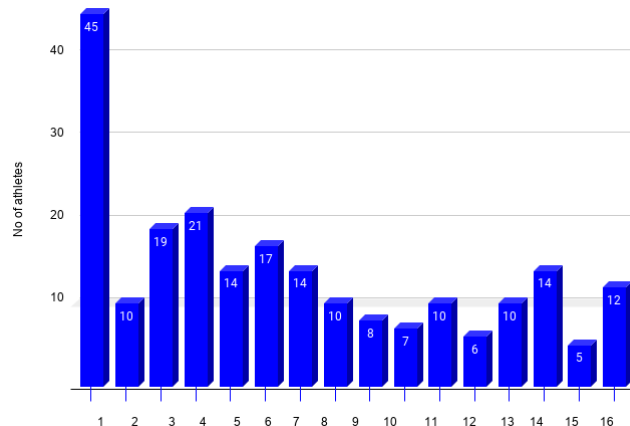


Once the Leeds Series finished, numbers started to drop, but we still received times from a large group. A total of 1550 results have been submitted over the 16 weeks, from the UK and 12 other countries, including Australia, New Zealand, Argentina, USA, South Africa, Germany, Ireland, Kenya, India, Russia, Nigeria, and Belarus. There have been large contingents from the Isle of man, Guernsey, and Scotland. Numbers have dropped recently as some countries have returned to the enviable situation of being able to race normally. three ex-international racewalkers have returned to racewalking for the series and submitted times- Julie Drake. Sarah Sowerby and Steve Taylor. We have several newcomers to racewalking, including some parents having a go.



Many walkers have dipped in and out of the series, and some are now also doing the Lancashire RWC series. However, 12 people have completed all 16 walks, whilst 45 have only done 1 walk- see graph.

Number of race walks completed by athletes (e.g. 12 have done all 16)



The fastest 2km time submitted up until now, which was a split time, is 07:46 by Cameron Corbishley, the slowest being 20 minutes. We have only had two leaders in the men's age graded walk, those being Ian Richards of Steyning (6), and Bob Care of Midland Masters (10). In the women's we have had six leaders, with Heather Carr W70 of Australia having 6, followed by Marie Jackson W55 of Manx Harriers with 3. There have been 7 fastest women walkers, and 9 men over the 16 weeks.

I hope that the Virtual Series has in some small way helped people to cope with Lockdown, keeping them motivated, and fitter than they might have been without it. I have enjoyed receiving walker's times



and messages, and also researching photos, cartoons, and videos to accompany the weekly launch. It's certainly kept me busy. Thanks to John for processing the results whilst continuing to work full time on the 'frontline'.

We will continue with the Series for the foreseeable future, as it seems unlikely that racing in mainland UK will restart in the near

future. **NEW WALKERS ARE WELCOME.** I launch the following week's walk each Saturday, and times can be submitted by 6pm each Wednesday (UK time) on the appropriate post on the Race Walking Group on Facebook, or by email to me at ellekerhelen@yahoo.co.uk. The earlier the better.

Results are posted by Saturday on the RWA website.

I hope to see you on the road soon.

Happy Race Walking.

Helen Elleker

Southend-on-Sea AC Virtual 1 Mile Event

Southend-on-Sea AC normally holds a 1 mile track walk on August Bank Holiday weekend. This year it has been cancelled but you can still compete in a virtual race.

You can do two races the Virtual 2km and Southend 1 mile. Complete the distances between 29th August and 2nd September and submit your time(s) on the Race Walking Group on Facebook or alternatively email Helen Elleker ellekerhelen@yahoo.co.uk.

With thanks to the Virtual Race Walking league organisers for their support.

Tony Perkins

Doug Hopkins C347 R.I.P. – Club Man

The Race Walking Association is saddened to report the death of Doug Hopkins, on 6th July, he was 81.

Douglas Brian Hopkins was born on 14th August 1939 in Gillingham, Kent. Not the best time to be born but he and his family moved to Sheerness and survived the Second World War. Later the family moved



back to the Medway Towns and Doug got an apprenticeship in Chatham Dockyard. He would relate that being a plumber's apprentice in H M Dockyard involved "some BIG pipes". He became a tough, fit, sporty young man. He and a friend knew of an ex-Olympian walker and tried that discipline as part of athletics. Doug was a sprinter at the time. There he met Ron Pantling a local man who

was a well-known long distance walker. Ron invited Doug to join London Vidarians AC, a London club in the late 1950's, and Doug soon became one of their leading young walkers.

Part of his apprenticeship involved study at The Medway Technical College where he met his future wife, Beryl, at a Christmas dance. He swept her off her feet and, ever the romantic, took her to see him walk. Standing on the side of the road with occasional glimpses of her Romeo she was never introduced to anyone but would be "...rewarded with a cup of tea and a bun afterwards". But Beryl did witness one of Doug's greatest achievements when at the age of 23 became one of the youngest Centurions (C347) by walking the 100 miles from Brighton to London and back in 22 hours 24 minutes 10 seconds for The Vids. Suitably recovered they married the following year.

He joined the new Rochester Athletics Club and then Medway A.C. with Ron Pantling and others based in the Medway Towns. Not only was Doug a competent athlete he was also a club committee man, organiser, and coach. Those whom he guided in their early days as athletes included Cameron Corbishley, Gordon Beattie, Rod Parkins, Chris Hobbs, Colin Bradley, Di Pegg (Bullard), Tim Hayes, Rebecca Collins, and Steve Holliday. What this mixed bunch have in common other than resilience and determination is not clear but all considered Doug to be a special friend, such was the nature of this honest, straight

talking man. Doug was also incredibly witty and intelligent at his peak and this endeared him to those he met.

In the 70's he won the Kent 3000m walk championships at Crystal Palace and the 20 miles Championship in the Kent Countryside a few weeks later. Then he was posted to Gibraltar Dockyard for a couple of years. He had a whale of a time and became Gibraltar 3000m champion. He joked that there would have been no room for a 20 miles race on the rock. During that time, he would send letters of advice and encouragement back to his junior athletes in Kent.

Despite his natural strength he was frequently injured and would judge when no racing. One proud moment was when he was Chief Judge to Carol Tyson's world best for 3000m walk in Drachten, Holland in 1976. "My hand shook when I had to sign the record form, I can tell you," he admitted later.

Race walkers living in Kent had the benefit of proximity to the continent and Doug frequently raced in France, Holland and Belgium and was occasionally County Team manager in the annual Magog Trophy.

He organised local races including within Rochester Castle grounds on Boxing days, across the M2 Motorway bridge over The Medway and back (seriously) and in the North Downs. His many years on the committees of his club were significant and appreciated.

He struggled with his health in the last 10 or so years. He found travelling and officiating stressful and retired from formal involvement at the end of last year. He did not, of course, lose interest in his athletes and followed their progress closely.

In 1993 he attempted to complete 100 miles in 24 hours, 30 years after Brighton. This time it was many laps of Battersea Park. Medway had a team and if we all finished, we had a good chance of an elusive National Team Medal. We trained hard for it with several all-night walks but the conditions for the race in London were very tough and Doug called it a day around midnight. He finally stopped with more than 50 miles to go, sat down, had a cup of tea, checked his blisters then mumbled, "Right, where's Gordon?" and stood up and assisted Gordon Beattie to 5th place in his attempt to get close to 200km in 24 hours.

That was Doug Hopkins the perfect club athlete and friend.

Chris Hobbs

Farewell

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

Ray Manning (C415) : died on 3rd July after a short illness (not Covid) aged 88. He qualified as a Centurion in 1968 recording 19:56:20 in the Leicester to Skegness 100.

Brian Ashwell (C926): aged 87 who walked for Leicester Walking Club and became a Centurion in 1994 at the Leicester 100 clocking 20:31:54.

David Browning: who has passed on aged 85. A former RAF race walker who represented the RAF v Metropolitan Police and the Combined Services team in the Ryan Cup (British Police v Civil Service v Combined Services).

Domestic Results

Manx Harriers Summer 5km & Junior Walks, National Sports Centre, Douglas, Isle of Man (Thu. 16th Jul.)

The first walking fixture since everything came to a stop in late March took place around the perimeter roadway at the N.S.C. in Douglas on and it did not disappoint, **reports Bridget Kaneen**. In the 1km walk it was good to see four youngsters taking part in a development race.

Tim Perry from Northern was a clear winner in under 7 minutes, very impressive. Lilee Fletcher is always a pleasure to watch with naturally good technique finishing second. Harri Swales and Jay Jay Fletcher were nip and tuck all the way to the line, with Harri just getting the edge at the finish.

Leading the 5km race from pillar to post was Erika Kelly in her first outing since a recent operation to her knee. Rehabilitation has clearly gone well as she opened her account with a road lifetime best, nearly two minutes clear of her nearest rival.

Mia Dunwell (U17) hung on to her clubmate gamely for the first lap and maintained a good rhythm throughout, also showing that she has been training hard despite the lack of competition, knocking nearly ½ minute off her lifetime best. Keira Heavey (U20) also looked in great shape and was even more impressive in terms of removing 49 seconds from her best, set as recently as February. Adam Cowin has been less active in terms of training for the last six months and it was good to see him back competing again. He spent much of the last few laps encouraging Keira along and I am sure that he will not be long knocking himself back into shape.

Adam Killip was the next to finish, traditionally favouring longer walks, it was good to see him having a go at a shorter, speedier event. It was also a welcome return to racing for Tony Edwards as he has struggled with a foot injury for some time. Paul Sayle and Jayne Farquhar were the final two to break the 30 minutes mark.

Louise Hollings put in a solid performance as did Phil Swales to round off the top 10. I must give special mention to Angie Robinson who must still be feeling the effects of her epic fund-raising cycle around the 85 miles Parish Walk course, for the Hospice charity. She did this in the memory of fellow walker Teri Waddington, who was a great supporter of Manx walking and particularly to her husband Jock, a serial parish walk winner and son Stephen who was also a promising junior athlete. Teri was always on hand to help at our events, she also enjoyed getting out with her Parish WAGS group on many a long walk for many years before she took ill last summer. Her constant cheeriness and positivity will be very much missed by family, her friends and all of us in the walking fraternity.

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Erika Kelly	SENW	Northern (IOM) AC	23:35
2	Mia Dunwell	U17W	Northern (IOM) AC	25:29
3	Keira Heavy	U20W	Northern (IOM) AC	28:11
4	Adam Cowin	SENM	Manx Harriers	28:15
5	Adam Killip	SENM	Unattached	28:52
6	Tony Edwards	M55	Manx Harriers	29:15
7	Paul Sayle	M40	Unattached	29:47
8	Jayne Farquhar	W50	Manx Harriers	29:49
9	Louise Hollings	W40	Manx Harriers	32:15
10	Phillip Swales	M55	Northern (IOM) AC	33:00
11	Angie Robinson	W50	Manx Harriers	35:27
12	Gordon Erskine	M75	Unattached	36:39

Mixed 1km

Pos	Athlete	AG	Club	Perf
1	Timothy Perry	U11B	Northern (IOM) AC	6:51
2	Lilee Fletcher	U11G	Unattached	7:45
3	Harri Swales	U11B	Northern (IOM) AC	8:13
4	Jay Jay Fletcher	U11B	Unattached	8:14

Sarnia Walking Club 3km Road Walk, Amarreurs Road, Vale, Guernsey (Fri. 17th Jul.)

Stuart Le Noury had the company of brother Jason for the early stages of the 3 kilometres race before easing away for an easy win in 14:10.

Consolidating his recent good form, **reports Rob Elliott**, he walked close to his personal best time leaving Jason over a minute behind. Rob Elliott took third place with Peter Beckerleg getting the better of Kevin Le Noury for fourth. Mick Le Sauvage finished in 6th place with a special mention for Dave Dorey finishing in 24:55.

Now in his early 70s, Dave celebrated the 50th anniversary of his Edinburgh Commonwealth Games 20 miles road walk performance where he finished in 16th place in 3:03:41. These were the Games that Guernsey first took part in with leading Guernsey race walker Len Duquemin finishing high up the field in 6th place with 2:42:48, with John Moullin in 10th in 2:48:07.

3km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	14:10
2	Jason Le Noury	SENM	Sarnia Walking Club	15:19
3	Rob Elliott	M60	Sarnia Walking Club	18:43
4	Peter Beckerleg	M60	Sarnia Walking Club	20:26
5	Kevin Le Noury	M60	Sarnia Walking Club	20:42
6	Mick Le Sauvage	M80	Sarnia Walking Club	22:32
7	Dave Dorey	M70	Sarnia Walking Club	24:55

Sarnia Walking Club Piette Cup, Rocquaine Bay, Guernsey (Sun. 26th Jul.)

Stuart Le Noury walked through the field from his back marker position in the handicapped road walk held over two laps on the Rocquaine coast road, **report Rob Elliott**. His sub 30 minutes time was the first time he had broken that time since his best set in 2012 and left second man home Mick Le Sauvage half a minute behind at the finish.

Third place went to Peter Beckerleg closely followed by Kevin Le Noury. Dave Dorey was fifth with Donna Allan with her first race walk for months, virtual or real, passing Rob Elliott close to the end to claim sixth place.

Mixed 3.8 Mile - Approx. (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Stuart Le Noury	SENM	Sarnia Walking Club	47:57/29:57
2	Mick Le Sauvage	M80	Sarnia Walking Club	48:28/45:28
3	Peter Beckerleg	M60	Sarnia Walking Club	49:39/42:39
4	Kevin Le Noury	M60	Sarnia Walking Club	49:58/42:58
5	Dave Dorey	M70	Sarnia Walking Club	51:38/51:38
6	Donna Allan	W40	Sarnia Walking Club	52:36/38:36
7	Rob Elliott	M60	Sarnia Walking Club	52:45/40:45

Northern (I.O.M.) AC - Club Championships, N.S.C. Douglas, Isle of Man (Sat. 1st Aug.)

Northern (IOM) AC staged a 1 mile walk as part of their club championships, **reports Steve Taylor**.

The race was won by GB International Erika Kelly, who is getting back towards her best form after undergoing knee surgery earlier this year but she was disappointed with her time of 7.24 due to the high standards she sets herself.

Second place went to Mia Dunwell who just held off a resurgent Hannah Hunter. Mia smashed the U17 women's record by nearly a minute with a time of 7.47. Hannah was just one second behind.

Keira Heavey has worked hard over the winter and again through lockdown and is reaping the rewards with yet another personal best just dipping under 8 minutes and just outside the junior women's record.

Pos	Athlete	AG	Club	Perf
1	Erika Kelly	SENW	Northern (IOM) AC	07:28.8
2	Mia Dunwell	U17W	Manx Harriers	07:48.6
3	Hannah Hunter	W35	Manx Harriers	07:49.0
4	Keira Heavey	U20W	Northern (IOM) AC	07:58.0
5	Lily Gell	U13G	Northern (IOM) AC	12:04.6
6	Carolanne Hanley	SENW	Northern (IOM) AC	14:46.7

