



Race Walking Record

September 2020



Gemma Bridge

BRITISH CHAMPION

5000m Race Walk - 22:51.15



Callum Wilkinson

BRITISH CHAMPION

5000m Race Walk - 19:25.94

George Beecham MBE, C716, 1931-2020

The Race Walking Association is saddened to report the death of George Beecham MBE, aged 89 after a long illness.



George (No 1) competing in the London to Brighton leading Hughie Nielsen 24 hour record holder through Croydon

As a youngster George suffered from asthma. When he was eighteen, he decided to take up race walking to help improve his health. He had continued doing that and similar activities in a profoundly serious way ever since. As a young man he represented his county of Surrey as well as Great Britain in race walking. In 1957, aged 28, he came third in a Belgian race won by Don Thompson, the only British man to win a gold medal in the 1960 Olympics. The following year he came first in the tough Hastings to Brighton race which is 38.5 miles over the rolling Seven Sisters hills. When he took part in the London to Brighton race in 1951, he came fourth.

George scored three times for the winning Belgrave Harriers National 50kms team- in 1957 (2nd scorer), 1960 (1st scorer - in 5th place) & 1961 (3rd scorer). He was also in Belgrave's winning team in the 1954 RWA National 20 Miles (4th scorer).

He walked many marathons and in 1981 he took part a 24 hour track race walk at Brighton in very wet conditions, passing the 100 mile point to become Centurion 716 in 22 hours 45 minutes 12 seconds and continued to complete 104 miles 557 yards.

In later years he was an athletics coach who helped train Commonwealth decathlon gold medal winner Dean Macey.

George, who lived on Canvey Island for many years, worked tirelessly to raise money for charity and promote sport among young islanders.

He was one of the founders of the Canvey Athletics Club, and ran in many London Marathons.

George was born in Hackney in 1931 but moved to Surrey during the Blitz. He married his wife, Marlene, in 1957 and the couple moved back to London before settling on Canvey Island in 1963, daughter Catherine was born in 1967.

George continued to work as a Post Office engineer and became involved in the fundraising branch of the Royal National Lifeboat Institute on Canvey and had been chairman.

As well as the marathons George took part in many of the annual Nijmegen Marches in Holland, raising funds for Canvey charities, while his marathons raised thousands for asthma charities and the RNLI.

Despite ill health for many years George fought through it with great courage and determination. Although Canvey Island was his home Belgrave Harriers was always in his heart.

Thanks to Canvey Island.org for some of the information.

Carl Lawton

Overseas Results**46th International Race Walking Festival, Alytus (LTU)
(Fri. 18th Sept.)**

World bronze medallist Perseus Karlstrom returned to the roads for the first time in seven months at the International Race Walking Festival in Alytus, winning the men's 20km event in 1:20:58.

And, with the Olympic qualifying window now open for road performances, the Swede's winning mark counts as a qualifying performance for the Tokyo Olympics next year. Lithuania's Brigita Virbalyte-Dimsiene, winner of the women's race in 1:30:54, also finished just inside the Olympic qualifying standard.

Karlstrom set off at a steady pace with Britain's 2016 world U20 champion Callum Wilkinson close behind, passing through five kilometres in 20:38 a couple of seconds ahead of Ukrainian duo Nazar Kovalenko and Ivan Losev.

After reaching halfway in 40:32, the leading duo began to increase the pace and they passed through 12 kilometres in 48:31. Unable to maintain that pace, Wilkinson drifted back slightly while Karlstrom powered on ahead. By the time he reached 17 kilometres (1:08:40), he had a 20-second lead over Wilkinson.

Karlstrom slowed slightly in the final kilometre, but he crossed the line in 1:20:58 to finish two seconds inside the Olympic qualifying standard. With a strong final circuit, Losev and Kovalenko came through to take second (1:21:10) and third (1:21:12) respectively, while Wilkinson was fourth in a PB of 1:21:21.

"My goal was to have a good race and go for the victory," said Karlstrom. "I didn't have a specific time in mind. It's been a really strange year and it's good to have at least one race before winter training."

In the women's race, Virbalyte-Dimsiene had Hungary's Viktoria Madarasz for company during the early stages, passing through eight kilometres together in 36:08. But the Lithuanian, cheered on by the home supporters, gradually began to pull away and by 14 kilometres her lead over Madarasz was almost one minute.

Virbalyte-Dimsiene, the fourth-place finisher at the 2018 European Championships, maintained her pace to the end and finished in a season's best of 1:30:54. Madarasz was second in 1:33:41, comfortably ahead of Spain's Ainhua Pinedo (1:37:50).

Report source: www.worldathletics.org/news



Men's 20km (20 started).

Pos	Athlete	Nation	Perf	Notes
1	Perseus Karlstrom	SWE	1:20:58	
2	Ivan Losev	UKR	1:21:10	SB
3	Nazar Kovalenko	UKR	1:21:12	SB
4	Callum Wilkinson	GBR	1:21:21	PB
5	Aliaksandr Liakhovich	BLR	1:22:06	SB
6	Artur Mastianica	LTU	1:22:55	PB
7	Marius Ziukas	LTU	1:23:27	
8	Teodorico Caporaso	ITA	1:23:47	SB
9	David Kenny	IRL	1:25:37	SB
10	Brendan Boyce	IRL	1:25:51	
11	Stefano Chiesa	ITA	1:26:10	SB
12	Ruslans Smolonskis	LAT	1:31:26	SB
13	Pavel Olkhovik	BLR	1:31:41	PB
14	Jakub Jelonek	POL	1:31:50	SB
15	Normunds Ivzans	LAT	1:37:47	SB
16	Deimantas Kukis	LTU	1:45:01	
17	Deividas Baleevicius	LTU	1:47:05	SB
18	Edgars Gjacs	LAT	1:50:20	SB
	Tadas Suskevicius	LTU	DNF	
	Manuel Giodano	ITA	DQ	R54.7.5

Women's 20km (11 started).

Pos	Athlete	Nation	Perf	Notes
1	Brigita Virbalyte-Dimsiene	LTU	1:30:54	SB
2	Viktoria Madarasz	HUN	1:33:41	SB
3	Ainhoa Pinedo	ESP	1:37:50	SB
4	Anastasiya Rarouskaya	BLR	1:40:10	SB
5	Austeja Kavaliauskaite	LTU	1:41:41	PB
6	Adrija Meskauskaite	LTU	1:42:51	PB
7	Modra Ignate	LAT	1:46:55	SB
8	Elina Lace	LAT	2:01:08	PB
9	Vita Ormane	LAT	2:10:47	PB
10	Ligija Cirule	LAT	2:13:17	PB
	Sigute Broennecke	GER	DNF	

National Results**Muller British Championships, Manchester (Sat. 5th Sept.)**

Like so many sporting events at this time, this was held behind closed doors, with coaches not even able to access the indoor warm up facility *writes Mark Wall*. It was a 'brave new world'.

This was the first serious race since lockdown in March. First off was the women's event. It was a good field, with three of the four 2018 Commonwealth Games walkers toeing the line. Only Erika Kelly was missing (due I guess to the fact that the Isle of Man having restricted travel conditions etc for protective reasons).

Heather Lewis led from the off and attacked the race. She was eventually called into the penalty zone on the receipt of her third 'red card' (around the 20 minute mark). She impatiently awaited the elapse of the 30 seconds but subsequently the final card arrived shortly after to end her race in the final lap. This left Gemma Bridge to win. Bethan Davies returning after period of illness, injury or both walked her own race to take a deserved second. She will be better for the race and looked happy. Jasmine Nicholls improved one place from 2019 but she too spent 30 seconds in the Penalty Zone. She was able to make up the distance after she slipped down to 4th temporarily. It was a younger field so this is pleasing.

The men's race followed immediately. It was a much smaller field of five, with Tom Bosworth withdrawing during the week, feeling he had not adequately recovered from a bout of Covid-19. Guy Thomas and Tom Partington (from the IoM) being nonstarters were the other significant absentees. Callum Wilkinson, fresh from his record-breaking win in Ireland, took command from the start and was unchallenged. He looked strong and fluid as he ticked off the laps to defend his 2019 championship (his winning time last year was 18:41.23). Cameron Corbishley was making inroads towards the end but as he chased a sub 20 clocking, he fell foul of the Chief Judge using

his power to act unilaterally and disqualify. This left Luc Legon the only other athlete on the track. His finishing time was a PB. Again, a young field, so again promising.

As an odd aside neither winner has a British coach, Gemma an Australian in me (*Mark Wall*), Callum, former world champion Irishman Rob Heffernan, Callum now being based there. This must be a first!

Report source: www.vrwc.org.au/vrwcnewsletters.shtml

Women's 5000m

Pos	Athlete	Club	Perf	Notes
1	Gemma Bridge	City of Oxford AC	22:51.15	PB
2	Bethan Davies	Cardiff A.A.C.	23:46.03	SB
3	Jasmine Nicholls	Leicester WC	24:52.89	PB
4	Ana Garcia (U20)	Sheffield & Dearne	25:27.61	SB
5	Abigail Jennings (U23)	Aldershot Farnham & D	25:54.92	
6	Pagen Spooner (U20)	Hyde Park Harriers	26:00.38	SB
7	Abby Hughes (U17)	Taunton Athletic Club	27:16.91	Debut
	Heather Lewis	Pembrokeshire Hs	DQ	R54.7.5

Men's 5000m

Pos	Athlete	Club	Perf	Notes
1	Callum Wilkinson	Enfield & Haringey AC	19:25.94	SB
2	Luc Legon	Bexley Athletic Club	22:20.12	PB
	Cameron Corbishley	Medway & Maidstone	DQ	R54.4.1
	George Wilkinson	Enfield & Haringey AC	DQ	R54.7.5
	Daniel Mckerlich	Cardiff A.A.C	DQ	R54.7.5

Domestic Results**Isle of Man 20km Championships & Supporting Races, National Sports Centre, Douglas (Sun. 6th Sept.)**

A very small entry for a meeting that has in very different circumstances to what we are experiencing this year been regularly attracting international athletes in recent times and not helped by an excess of fixtures since local competition restarted in June, a baffling sixteen athletic fixtures in August alone, *reports Bridget Kaneen*.



However, the quality of performances from those who did race was as you would hope. Tom Partington (*pictured above*) retained his title from last year, in a time that was three minutes quicker than that win but was three minutes down on his personal best set in the British Championship in Leeds last year. Tom seemed disappointed, as training has been going well, but it is never easy having to use a race effectively as a time trial and his finish time was a very respectable performance. Runner-up Adam Cowin did well to finish as he had originally only planned to go to halfway. He has only recently returned to training and all credit to him for finishing the race and having recorded a baseline to work on in the coming months.

Jayne Farquhar took the ladies title in a time just 3 minutes down on her lifetime best and considering she had run a marathon just a few weeks ago, she can be very pleased to have recovered well enough to put in a sterling performance. Angie Robinson walked with metronomic pace and was clearly delighted with a three minute personal best, all walkers finishing well inside the 2½ hour cut off.

In the supporting races Mia Dunwell recorded a stunning debut performance in the 10km. She has just moved up an age group and for a first effort a 55 minute time is outstanding, showing she should have

no trouble tackling this distance as a championship event and should be extremely competitive in the U.K.

The day did not go quite so well for training partner Keira Heavey, she recorded a solid ½ way split of 28:24 but had to call it a day with around three laps left to complete the 10km. On her day, she is much better than this, as shown recently at the track championships and she will have better racing days ahead.

Keira's younger sister Aalin was the only younger junior walking and her technique was top notch throughout her lap and ¼ of the track.

Mixed 20km

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	1:35:29
2	Adam Cowin	SENM	Manx Harriers	2:05:12
3	Jayne Farquhar	W50	Manx Harriers	2:10:28
4	Angie Robinson	W50	Manx Harriers	2:22:24

Supporting 10km

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U17W	Northern (IOM) AC	55:47

Supporting 5km

Pos	Athlete	AG	Club	Perf
1	Keira Heavy	U20W	Northern (IOM) AC	28:24

Supporting 1km

Pos	Athlete	AG	Club	Perf
1	Aalin Heavy	U11G	Northern (IOM) AC	9:00

Isle of Man Track & Field Championships, National Sports Centre, Douglas (Sun. 13th Sept.)

Mia Dunwell (*pictured below*) continued her record breaking form this time taking four seconds off the U17 Women's Isle of Man 3000m race walking record with a time of 15:14.0 breaking a record that stood since 1989 to former British junior international Carolyn Brown.



Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	12:48.5
2	Erika Kelly	SENM	Northern (IOM) AC	14:32.9
3	Mia Dunwell	U17W	Northern (IOM) AC	15:14.0
4	Keira Heavy	U20W	Northern (IOM) AC	16:30.6
5	Jayne Farquhar	W50	Manx Harriers	18:10.8
6	Maura Kelly	W50	Northern (IOM) AC	20:40.4
7	Carolanne Hanley	SENM	Northern (IOM) AC	28:05.1

Mixed 1000m

Pos	Athlete	AG	Club	Perf
1	Timothy Perry	U11B	Northern (IOM) AC	6:53.8
2	Faith Tarre	U11G	Manx Harriers	7:02.5
3	Poppy Gerrard	U13G	Manx Harriers	7:06.6
4	Amy Surgeon	U13G	Manx Harriers	7:15.4
5	Rory Turner	U13B	Western Athletic Club	7:51.3
6	Frankie Kennedy	U13B	Manx Harriers	8:49.8
7	Troy Turner	U11B	Western Athletic Club	10:18.8

Welsh Athletics Endurance Open Meeting Swansea (Sun. 20th Sept.)

There were mixed results from the second Welsh Athletics Endurance meet's 3000m race walk, *reports Martin Bell*. Daniel Mckerlich led the athletes out but he pulled out of the race with about 600m to go, leaving Gracie Griffiths to take the win, taking 13 seconds of her recent personal best, clocking 15:40. Behind Gracie, Meg Stratton-Thomas returned to competition and was reasonably pleased with her 17:46 clocking, ahead of her Swansea Harriers team mate Jemima Osborn, 18:26. Hannah Carpenter was not too far from her best with a 19:19 clocking, and Gemma Price, with 21:20 bring the field home.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Gracie Griffiths	U15G	Pembrokeshire Harriers	15:40.60
2	Megan Stratton-Thomas	U23W	Swansea Harriers	17:46.10
3	Jemima Osborn	SENM	Swansea Harriers	18:26.85
4	Hannah Carpenter	U15G	Llanelli Athletic Club	19:19.84
5	Gemma Price	U15G	Bridgend Athletic Club	21:20.37
	Daniel Mckerlich	U23M	Cardiff A.A.C.	DNF

Sarnia WC Richmond Trophy 3km Handicap Walk, Cambridge Park, Guernsey (Sun. 20th Sept.)

Scratch man Dave Dorey led from start to finish to win the Richmond Trophy in a race held over 3 kilometres, *reports Rob Elliott*. He had a 21 seconds advantage over second placed Mick Le Sauvage, with a fast finishing Donna Allan back in third. A close middle of the field race was won by Kevin Le Noury from Peter Beckerleg and Phil Lockwood. Fastest time of the day was recorded by 7th placed Stuart Le Noury with 15:16. Back in 8th place and well outside his normal time was Rob Elliott. Thanks to Richmond Fiduciary Group and Owen Le Vallee for race sponsorship.

Mixed 3km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Dave Dorey	M70	Sarnia Walking Club	23:19/23:19
2	Mick Le Sauvage	M80	Sarnia Walking Club	23:40/21:55
3	Donna Allan	W40	Sarnia Walking Club	23:54/17:54
4	Kevin Le Noury	M60	Sarnia Walking Club	24:02/20:32
5	Peter Beckerleg	M60	Sarnia Walking Club	24:13/20:28
6	Phil Lockwood	M45	Sarnia Walking Club	24:16/19:46
7	Stuart Le Noury	SENM	Sarnia Walking Club	25:16/15:16
8	Rob Elliott	M60	Sarnia Walking Club	26:57/21:27

The Welbeck Hotel and Restaurant – One Hour Challenge Walk – National Sports Centre, Douglas (Sun. 27th Sept.)



Mixed One Hour (B)

Pos	Athlete	AG	Club	Distance
1	Erika Kelly	SENM	Northern (IOM) A.C.	12,014m
2	Adam Cowin	SENM	Manx Harriers	10,983m
3	Tony Edwards	M55	Manx Harriers	10,157m
4	Keira Heavey	U20W	Northern (IOM) A.C.	9,678m
5	Louise Hollings	W40	Manx Harriers	8,996m

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6	Jim Davidson		Unattached	8,922m
7	Colin Moore	M60	IOM Veterans A.C.	8,871m
8	Simon Cox		Unattached	8,786m
9	Andy Baxendale	M40	IOM Veterans A.C.	8,691m
10	Maura Kelly	W50	Northern (IOM) A.C.	8,642m
11	Michael Shipsides		Unattached	8,563m
12	May Hooper	W50	Manx Harriers	8,498m
13	Sylvia Kennaugh	W70	IOM Veterans A.C.	8,483m
14	Nick Wallinger	M50	IOM Veterans A.C.	8,343m
15	Emma Rothwell-Caley	U20W	Western Athletic Club	8,306m
16	Louise Cowell	SENW	Manx Harriers	8,189m
17	Abbie Edwards		Unattached	8,050m
18	Gordon Erskine		Unattached	8,035m
19	Mark Kaneen		Unattached	7,932m
=20	Renee Michalogiannis		Unattached	7,484m
=20	Mick Holgate	M75	Manx Harriers	7,484m
22	Richard Potts		Unattached	7,442m
23	Chrissy Ely		Unattached	7,382m
24	Melissa Lines		Unattached	7,237m
25	Norma Walls		Unattached	7,034m
26	Henry De Silva	M85	IOM Veterans A.C.	6,818m

September (which would have been the finals day of the Championships in Bedford).

All athletes received a certificate to show that they participated in the event.

Junior Girls 3000m

Pos	Athlete	AG	County	Perf
1	Natasha Mitchell	U15G	Hampshire	16:30.33
2	Loa-Mae Billingham	U15G	Hampshire	18:00.0
3	Megan Packett	U15G	Hampshire	18:21.0

Junior Boys 3000m

Pos	Athlete	AG	County	Perf
1	Ellis Simmonds	U15G	South Yorkshire	16:51.0
2	Ben Heley	U15G	South Yorkshire	18:15.0
3	Jonathan Ellerton	U15B	Kent	18:50.8

Intermediate Girls 3000m

Pos	Athlete	AG	County	Perf
1	Mia Dunwell	U17W	Isle of Man	15:14.00
2	Lois Carty	U17W	Hampshire	17:21.5
3	Rebecca Mitchell	U17W	Hampshire	17:21.99
4	Grace Whittingham	U17W	Kent	17:58.01
5	Jessica Wilton	U17W	Kent	18:05.19
6	Lara MacColl	U17W	South Yorkshire	18:24.0
7	Charlotte Wallis	U17W	Hampshire	18:28.0
8	Hannah Atkinson	U17W	London	18:59.2

Intermediate Boys 5000m

Pos	Athlete	AG	County	Perf
1	Christian Hopper	U17M	London	24:35.04

Senior Girls 5000m

Pos	Athlete	AG	County	Perf
1	Millie Morris	U20W	Kent	27:27.8
2	Keira Heavey	U20W	Isle of Man	28:34.0
3	Anna Hinchliff	U20W	Surrey	30:32.0
4	Rachel Harding	U20W	Kent	31:12.22

Senior Boys 5000m

Pos	Athlete	AG	County	Perf
1	George Wilkinson	U20M	Suffolk	22:38.0
2	Nicholas Hart	U20M	Hampshire	26:05.0



The following is a list of RWA permitted events plus track and field meetings where it is known a licence has been issued:

Date	RWA Permit	Event	Venue
11 th Oct.	Track & Field	Blackheath & Bromley Open	Norman Park
15 th Oct.	RWA20052-1	IOMVAC Handicap 5km	Douglas
17 th Oct.	RWA20055-1	Cecil Gittins Memorial Walks	Gravesend
25 th Oct.	RWA20025-1	IOM Winter League #1	Douglas
25 th Oct.	RWA20054-1	Midland Winter League	Stourport
1 st Nov.	RWA20059-1	Sarnia Bob Wright Handicap #3	Guernsey
15 th Nov.	RWA20060-1	Sarnia "Skipton International" RW	Guernsey
29 th Nov.	RWA20026-1	IOM Winter League #2	Andreas
29 th Nov.	RWA20061-1	Sarnia Bob Wright Handicap #4	Guernsey
13 th Dec.	RWA20027-1	IOM Winter League #3	Ramsey
13 th Dec.	RWA20062-1	Sarnia Le Val des Terres Hill Climb	Guernsey

Mixed 30 Minutes (B)

Pos	Athlete	AG	Club	Distance
1	Dave Capelin		Unattached	3339
2	Carolanne Hanley	SENW	Northern (IOM) A.C.	3173

Mixed Junior 1 Mile (B)

Pos	Athlete	AG	Club	Time
1	Grayse Fletcher-Merryweather	U13G	Manx Harriers	10:55
2	Lilee Fletcher-Merryweather	U11G	Unattached	11:09
3	Flynn Gleave	U11B	Unattached	11:53
4	Noah Sykes	U11B	Unattached	12:11
5	Corrie Brogan	U11B	Unattached	12:33
6	Harri Swales	U11B	Northern (IOM) AC	13:58
7	Jay-Jay Fletcher-Merryweather	U11B	Unattached	14:02

**Sarnia WC Bob Wright Handicap Series Race One, 5km
Saumarez Park, Guernsey (Sun. 4th Oct.)**

Mick Le Sauvage opened up the Bob Wright handicap series with a close win over Dave Dorey, **reports Rob Elliott**. Scratch man Dorey was overhauled in the latter stages of the race as Le Sauvage crossed the line 24 seconds ahead with an actual time of 36:59. This time was an improvement of 15 seconds on his old Guernsey age best time.

Fast finishing Donna Allan recorded the fastest time of the day to take third place in 29:32. Peter Beckerleg took fourth place ahead of Kevin Le Noury, with Rob Elliott a distant sixth. Consolation for Elliott was recording the fastest actual men's time.

Mixed 3km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Mick Le Sauvage	M80	Sarnia Walking Club	38:59/36:59
2	Dave Dorey	M70	Sarnia Walking Club	39:24/29:24
3	Donna Allan	W40	Sarnia Walking Club	29:32/29:32
4	Peter Beckerleg	M60	Sarnia Walking Club	40:02/35:02
5	Kevin Le Noury	M60	Sarnia Walking Club	40:15/35:15
6	Rob Elliott	M60	Sarnia Walking Club	42:52/34:52

English Schools Virtual Races 20th August to 20th September

Following the enthusiasm shown for the English Schools' AA Virtual Track & Field Championships a similar opportunity was offered to Race Walkers.

With the loss of the Championships that so many young athletes had hoped would be able to take place in September, the decision was made to offer an opportunity for athletes to compete with and against others across the country, between Thursday 20 August and Sunday 20