



Race Walking Record

February 2021



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

NEWS



Return of athletics and running following UK Government roadmap

We are pleased to confirm that clubs, groups, coaching and competition can return outdoors from 29 March for both adults and children, in line with the UK Government’s roadmap for easing lockdown restrictions announced on 22 February.

We have outlined in the below ‘athletics and running roadmap’ infographic what this means at each stage. More detailed guidance will be provided once we have received further information from Sport England and the Department for Digital, Culture, Media and Sport. Please note, all these dates are subject to the UK Government’s four-step roadmap to ease restrictions across England and the conditions which must be met before the country is able to move from one step to the next.

We are working with our partners, facility operators, competition providers, competition licencing bodies and event providers to aid the return to the activity safely and progressively.

COVID-19 Roadmap 2021
ATHLETICS & RUNNING

Published 26th Feb 2021

Step 1	Step 2	Step 3	Step 4
8th March • Athletics & running in schools and as part of wraparound care (i.e. afterschool clubs, childcare clubs) can resume. • Athletics & running in colleges and universities for educational purposes can resume. 29th March • Outdoor sport facilities can open. • Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults. • Outdoor unorganised activity (non-coached) can take place in groups of 6. • Outdoor intra club competition can take place (without a license). • Outdoor competition can take place (with a license and subject to confirmation from DCMS). • No indoor training. • Spectating not allowed. • Parent/carer supervision permitted (one per athlete/runner). • Minimise travel.	No earlier than 12th April (At least 5 weeks after Step 1) • Outdoor sport facilities can open. • Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults. • Outdoor unorganised activity (non-coached) can take place in groups of 6. • Outdoor intra club competition (without a license). • Outdoor competition can take place (with a license and subject to confirmation from DCMS). • Indoor leisure facilities open for use individually or within household groups. • Indoor group training for u18s and disabled people. • Parent/carer supervision permitted (one per athlete/runner). • Minimise travel.	No earlier than 17th May (At least 5 weeks after Step 2) • Outdoor sport facilities can open. • Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults. • Outdoor competition can take place (with a license and subject to confirmation from DCMS). • Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators. • Indoor leisure facilities open for use individually or within household groups. • Indoor organised group training for children and adults. • No restrictions on travel.	No earlier than 21st June (At least 5 weeks after Step 3) • No legal limits on social contact. • Club and competition can return to normal. • Individual activity can return to normal.

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with the latest UK Athletics guidance visit [ukathletics.org.uk](#). To stay up to date with the latest UK Government guidelines visit [https://www.gov.uk/government/coronavirus">https://www.gov.uk/government/coronavirus](#)

ENGLAND ATHLETICS

Track and field competition in line with the UK Government’s roadmap We are pleased to announce that the original calendar released by UK Athletics (UKA) and the other Home Country Athletics Federations (HCAFs) is, to a large degree, intact, within the recent roadmap announced by the UK Government.

We will be working closely with all competition providers over the next few days to confirm dates and events and will provide a more detailed calendar as soon as we can.

The roadmap timelines for competition activity we can release at this moment are detailed in the above table, with the additional following date.

15 March – Licensing opens for track and field competitions. Details on process to follow.

We are also working with British Athletics and the other HCAFs to check officials are available and facilities are open. We will work with

officials’ groups to ensure the safe return to competition is in place and with facility providers to encourage them to open in line with UK Government guidance. One key consideration is recognising that tracks will open at different times and that athletes will need training time prior to competing. Coaches and clubs must put the preparation and welfare of athletes at the centre of their thinking when returning to competition. We, and other competition organisers, will aim to balance event planning with this return. Should this timetable change we will let people know as soon as we can.

We strongly recommend a period of training and preparation for all athletes and clubs prior to any competition being undertaken. Only when athletes, coaches, parents, and clubs are confident that the training preparation is in place should athletes undertake competition.

Based on the UK Government roadmap, National Championships should be able to go ahead through the summer as well as most fixtures. We will release a more detailed calendar as quickly as we can. All fixtures will be dependent upon officials and facilities and no future change to the UK Government roadmap.

Road running competition.

England Athletics, runbritain and the larger road race organisers are in conversation with Sport England and the Department for Digital, Culture, Media and Sport (DCMS) about a return to road racing. Until we have confirmation from DCMS we are still not able to give definite dates as to what type of races will be permitted at each stage.

Trail, walks, fell and mountain competition.

We are also working with the Trail, Fell and Walks Associations with regards to mapping restrictions that may apply as we go through spring. We are seeking clarity on the definition of ‘formally organised events’ and any travel restrictions that may apply and will update the community as soon as we have this information.



National 10km & Young Age Group Championships 2021

As England Athletics are still seeking clarification in relation to the staging of road competitions the Race Walking Association has decided that the 25 April is no longer a feasible date to hold the National 10km and YAG championships. A new date will be notified once the new guidance is issued.

Noel Carmody (Hon. RWA Championship Secretary)



Welsh Athletics
Commonwealth Games
Birmingham 2022
Athlete Nomination Policy



The nomination policy has been agreed by Welsh Athletics and Commonwealth Games Wales (CGCW). It provides detail on the process by which Welsh Athletics will arrive at its nominations to CGCW for the selection of athletes within the Welsh Team in Birmingham 2022 which will be submitted for consideration.

A team of athletes capable of competing at the 2022 Commonwealth Games, with the clear consideration that individuals have indicated that they have the ability to achieve a top six placing in the anticipated field as per the nomination guidelines.

To be considered for nomination, athletes must have achieved a standard. A performance will be considered as a valid Welsh Athletics nomination standard if it:

- (i) meets or exceeds the level shown,
- (ii) is achieved during the qualification period,
- (iii) is achieved in an Eligible Competition, and
- (iv) meets the additional criteria.

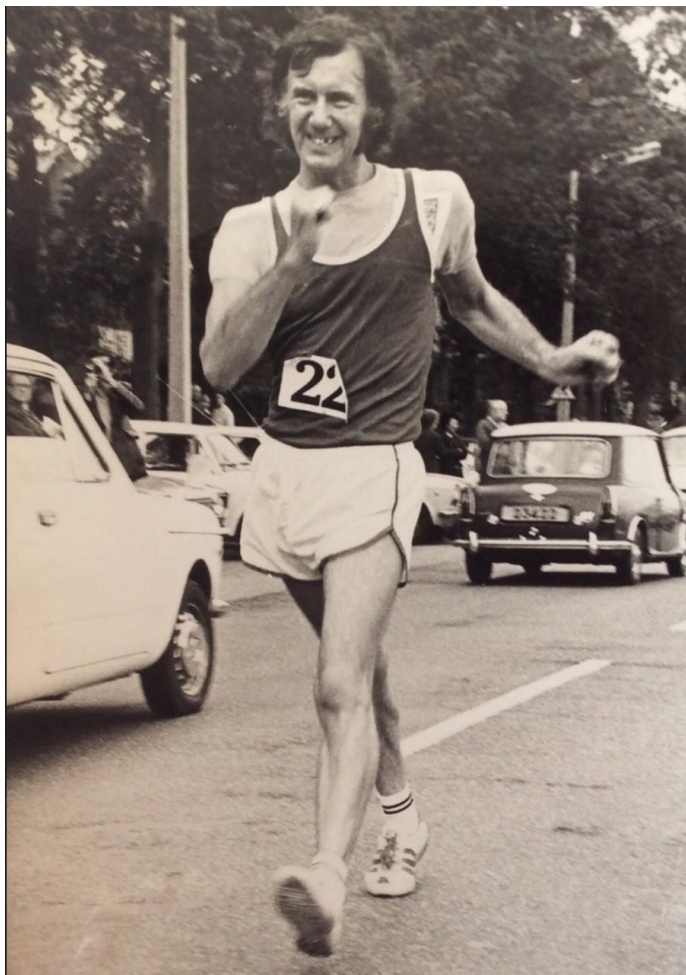
Welsh Athletics Walks Standard

Female	10,000m Walk	Male
46:00.00		41:30.00

Mick Elliott 1937 – 2021 R.I.P.

The Race Walking Association is saddened to report the passing of **Mick Elliott**, Sarnia Walking Club, Guernsey. The following tribute has been penned by his son and active race walker Rob Elliott.

The Elliott surname has long been associated with race walking in Guernsey and the Sarnia Walking Club and I am saddened to report that Mick Elliott, who started it all off in 1969 has passed away peacefully after a short illness in York at the age of 83 years old.



Mick's first race was in the 1969 Church to Church walk over 19.4 miles when he finished the course in over 4 hours. He was a late starter to the sport at the age of 32 years when he progressed to Sarnia Walking Club novice events and the Inter Firms 3 miles walk where he finished second.

Within a few years he achieved 7 miles per hour with a 57 minute clocking and reduced his Church time to 3 hours 1 minute when finishing 3rd in 1972.

With hard work improvement came quickly and within another two years was Sarnia number one, taking the Club Championship in 1974 and leading the club to victory at the popular Chippenham to Calne 6 miles road walk in 7th place overall in a high quality race. A further two years as Club Champion followed.

Happier at distances up to 20 kilometres and Mick was hard to beat for those years but came unstuck at anything longer and although able to hold the leader to halfway faltered over the final stages in anything longer, such as the Church and West Show 20 miles walk.

He achieved personal best times of 1 mile 7.00, 2 miles 14.24, 3 miles 22.16, 6 miles 45.26, 7 miles 53.30, 10 miles 76.57, 20 kms 101.10, 19.4 miles Church to Church 2.56.25, 20 miles 3.03.08.

Despite a personal best time of 2.56.25 for the Church Walk he never won it and had to settle for a best position of 2nd.

In 1976 the Sarnia Walking Club went back to England for the "Garnet" 10 miles walk. The team finished 4th with Mick Elliott finishing third individually in a time of just over 80 minutes.

Racing until his early 50s he walked on and off over the following years, helping his son Rob and taking up the judging of local walks.

Son Rob continues in the sport this present day. Youngest son Mark also raced for many years. His other children Ian and Kate have also raced at times in their younger days as well as some of his grandchildren.

Mary Worth R.I.P.

The Race Walking Association is saddened to report the passing of **Mary Worth**, aged 99, Steyning Athletic Club.

In a prominent racing career, she represented London Olympiads,



Steyning AC and Loughton AC second claim. Her span was long, as athletics master statistician John Powell (a member of National Union of Track Statisticians) has records showing Mary appearing for her first Club in the National Track 1 Miles Walk in 1954/55/56/57 finishing 5th, 4th, 6th, and 6th respectively. In the Southern 1 Mile Championship of 1955 and 1957 she was 2nd on both occasions. In 1955 Mary was 2nd in the Southern Road Championship. The 1984 Enfield Open 7 Miles saw Mary, now representing Steyning AC, 3rd lady in 66:56 in a race won by Helen Elleker (58:40). 1993 saw Mary 2nd lady in an Enfield Open 7 Miles with a clocking of 71:26 a year later was 4th lady in the RWA 10 Miles.

Mary was a regular on the World, European Veterans/Masters scene. Among medals won were in the W55 European 5,000m (28:18.1) and 10K (57:28.2) in Verona (1988) and at the World W60 5,000m 28:29 (1989) in Eugene, USA.

Mary was the widow of International walker Peter Worth, who served as Race Walking Association President, as both RWA Treasurer and RWA Southern Area Treasurer, as Centurions Captain and a Vice President.

Source: Essex Walker

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

	£25.00	£15.00	£10.00
Mar. 21	Olive Dobson	Maurice Jones	Julian Hopkins

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

Up and Running IOM Winter Walking League Round 4, National Sports Centre, Douglas (Sun. 7th Feb.)**Mixed Handicap 10km**

Pos	Athlete	AG	Club	Watch/Actual
1	Gianni Epifani	M45	Manx Harriers	77:40/49:21
2	Phil Swales	M55	Northern (IOM) AC	77:47/65:10
3	May Hooper	W50	Manx Harriers	78:06/69:37
4	Tony Edwards	M55	Manx Harriers	78:07/57:10
5	Patrick Bregazzi	M55	Unattached	78:11/62:58
6	Angela Robinson	W50	Manx Harriers	78:13/69:10
7	Keira Heavey	U20W	Northern (IOM) AC	78:22/56:13
8	Andy Baxendale	M50	Isle of Man Veterans	78:25/68:24
9	Adam Killip	SM	Manx Harriers	78:39/54:15
10	Jayne Farquhar	W50	Manx Harriers	78:44/61:11
11	Sylvia Kennaugh	W70	Isle of Man Veterans	79:03/79:03
12	Colin Moore	M60	Isle of Man Veterans	79:09/67:27
13	Louise Hollings	W40	Manx Harriers	79:10/64:28
14	Amy Sykes	SENV	Unattached	79:12/73:15
15	Maura Kelly	W50	Northern (IOM) AC	80:10/69:41
16	Gordon Erskine	M75	Unattached	80:50/77:02
17	Tom Partington	SENM	Manx Harriers	83:00/47:47

Mixed Handicap 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Marie Jackson	W60	Manx Harriers	46:31/29:32
2	Diane Brown	W45	Manx Harriers	47:31/36:36

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3	Melissa Lines	W40	Unattached	47:42/39:11	6	David Kemp	M60	Arena 80 Athletic Club	44:30
4	Henry Da Silva	M85	Isle of Man Veterans	48:25/48:25	7	Mark Williams	M55	Birchfield Harriers	44:38
5	Mia Dunwell	U17W	Northern (IOM) AC	48:36/26:52	8	Jacqueline Benson	U23W	Ashford Athletic Club	46:00
6	Sharon Cain	W50	Manx Harriers	48:44/32:01	9	Anthony Perkins ©	M70	Ilford Athletic Club	46:48
7	Mick Holgate	M75	Manx Harriers	50:03/41:28	10	Grazia Manzotti	W50	Tonbridge Athletic Club	46:54
8	John Cannell	M75	Isle of Man Veterans	51:32/44:03	11	Diane Bradley	W55	Tonbridge Athletic Club	48:35
Junior 1km					12	Cath Duhig ©	W65	CA Mill/Torrevieja (ESP)	51:24
Pos	Athlete	AG	Club	Perf.	13	Christopher Hobbs	M65	Ashford Athletic Club	51:29
1	Timothy Perry	U11B	Northern (IOM) AC	05:43	14	Dave Kates ©	M70	Ilford Athletic Club	52:01
2	Lilee Fletcher	U11G	Manx Harriers	06:48	15	Graham Chapman	M65	Headington Road Runners	52:41
=3	Amy Surgeon	U11G	Manx Harriers	07:05	16	John Ralph	M60	Enfield & Haringey AC	52:59
=3	Harrie Swales	U11B	Northern (IOM) AC	07:05	17	Fiona Bishop	W60	Enfield & Haringey AC	53:15
5	Bobby Venables	U11B	Unattached	07:12	18	Andrew Cox	M65	Surrey Walking Club	53:57
6	Matthew Hooper	U13B	Unattached	07:17	19	John Borgars ©	M70	Loughton Athletic Club	53:58
7	Luis Richardson	U11B	Northern (IOM) AC	07:18	20	Stuart Bennett ©	M60	Ilford Athletic Club	54:29
8	Noah Sykes	U11B	Unattached	07:43	21	Richard Emsley	M65	Crawley Saints & Sinners	55:57
9	Jay Jay Fletcher	U11B	Manx Harriers	07:57	22	Tom Casserley	M80	Enfield & Haringey AC	57:15
10	Lilee Venables	U11G	Unattached	08:14	23	Ron Penfold	M75	Steyning Athletic Club	57:15
11	Aalin Heavey	U11B	Northern (IOM) AC	08:56	24	Paul Gaston	M70	Surrey Walking Club	57:16
12	Georgia Venables	U11G	Unattached	09:12	25	June Avery	W60	Rhedeg Portardawe RC	57:50
Virtual Enfield Race Walking League (Sat. 20th/Sun. 21st Feb.)					26	Brian Adams ©	M70	Leicester Walking Club	58:57
What a wonderful response to the opening two races, reports Ron Wallwork . Whether it was better conditions or the results of training, several performances showed an improvement in the second fixture.					27	Malcolm Blackwood	M70	Trent Park Runners	59:37
Mixed Virtual 5km (©=Centurion)					28	Dave Fall	M75	Birchfield Harriers	62:10
Pos	Athlete	AG	Club	Perf.	29	Diana Braverman	W65	Enfield & Haringey AC	62:53
1	David Crane	M40	Surrey Walking Club	24:46	30	Karen Williams	W65	Birchfield Harriers	64:14
2	Tony Taylor	M70	Lancashire Walking Club	27:29	31	Brian Milsom	M75	Unattached	64:20
3	Ian Torode	M60	South West Vets AC	28:15	32	Steve Kemp ©	M60	Eastern Masters AC	66:28
4	Steve Taylor	M50	Manx Harriers	29:11	33	Kathy Crilley ©	W70	Surrey Walking Club	66:30
5	Silvana Alves	W45	Barnet & District AC	30:01	34	Ed Shillabeer ©	M80	Ilford Athletic Club	68:53
6	David Walsh	M60	Enfield & Haringey AC	30:05	35	Chris Flint ©	M75	Surrey Walking Club	73:10
7	Dave Waterman	M75	Maidenhead Athletic Club	30:34	36	Terry Braverman	M75	Enfield & Haringey AC	76:59
8	Malcolm Martin	M65	Surrey Walking Club	31:42	John Powell				
9	Marco Bernatzki	M50	LA Herten (GER)	31:43	John decided to stand down as Treasurer of the RWA (Southern Area), and at the Association's AGM in November presented his last set of immaculate accounts. Unfortunately, because it was held as a Zoom meeting it was not possible to express our appreciation of his selfless 40 years in the post in the manner we would wish, but many race walkers and his NUTS friends have sent their messages, and some are shown below. He brought to that job the meticulous approach that he brought to everything he did.				
10	Jonathan Ellerton	U17M	Blackheath & Bromley HAC	32:29	John has been a member of NUTS (National Union of Track Statisticians) for an even longer time and a compiler of walks lists since the late 1970s, initially the women's lists while the late Colin Young looked after the men's and for many years now for all. Sadly, of course, those lists are all too thin nowadays.				
11	Sarah Sowerby	W55	Unattached	32:29	John is a respected statistician in the world of Non-League football, and he co-authored with Peter Matthews, NUTS Chairman, a statistical survey of men's and women's race walking in their Historical Series that was published in 2014 titled Walks. Peter says "I well remember announcing a tribute to John at the Middlesex Championships a year or two back commemorating his 50 years as an official. He was a most conscientious walks judge". Bill Sutherland BEM says, "I tender my sincere congratulations to fellow Highgate Harrier John Powell on completing 40 years of commendable service to the RWA(S)". Olly Flynn, 1976 Olympian and 1978 Commonwealth Games gold medallist at 30km, says "I am mindful that our sport does not exist without good people like John and my thanks to him for the tremendous and unstinting service he has given us".				
12	Helen Middleton	W55	Enfield & Haringey AC	32:36	To complete his background John was elected RWA (Southern Area) President in November 1984 whilst maintaining his treasurer role. He succeeded Carl Lawton C750 as Area President.				
13	Stephen Evans	M55	Johannesburg CC (RSA)	32:54	We all thank John for taking on the role for so many years and he has tackled difficulties using his experience and determination, and we wish him all good fortune in the years ahead.				
14	Tony Bell	M55	Lancashire Walking Club	33:16	<i>Chris Flint</i> <i>Hon. Secretary RWA(S)</i>				
15	Suzanne Beardsmore ©	W45	Aldershot & Farnham & Dist.	33:20					
16	Keith Vallis	M55	Overton Harriers	33:31					
17	Simon Morgan	M50	Ilford Athletic Club	33:54					
18	Glyn Jones	M75	Coventry Godiva Harriers	34:06					
19	Jürgen Spencer	M80	Maidenhead Athletic Club	34:52					
20	Rob Elliott	M60	Sarnia Walking Club	35:07					
21	Noel Blatchford	W70	Abingdon Athletic Club	35:10					
22	Amalia da Silva	W55	Barnet & District AC	35:22					
23	Ken Bobbett	M75	Hillingdon Athletic Club	35:25					
24	Angela Martin	W55	Surrey Walking Club	36:43					
25	Judy Howard	W60	Abingdon Athletic Club	37:37					
26	Stephen Cartwright	M60	Colchester & Tendring AC	38:39					
27	Alison Clements	W60	Abingdon Athletic Club	39:07					
28	Gary Smith ©	M60	Enfield & Haringey AC	40:10					
29	Tony Wilkinson	M55	Unattached	40:34					
30	Tracey Wilkinson	W55	Unattached	40:34					
31	Bill Sutherland ©	M75	Highgate Harriers	44:42					
32	Ron Wallwork ©	M75	Enfield & Haringey AC	51:39					
Mixed Virtual 8km (©=Centurion)									
Pos	Athlete	AG	Club	Perf.					
1	George Wilkinson	U20M	Enfield & Haringey AC	38:45					
2	Jonathan Hobbs	SENM	Ashford Athletic Club	40:10					
3	Millie Morris	U20W	Ashford Athletic Club	41:35					
4	David Annetts	M55	North Herts RR	43:06					
5	Ian Tolchard	M50	South West Vets AC	43:17					