

## Senior Men

The standard distances for Race Walking have changed over the years and some of the older performances over imperial distances have been eclipsed by the nearest equivalent metric distance. Nevertheless, we currently retain the imperial marks for posterity.

### Track

1 mile	6:16.4	Murray Day	3 Inaugural Meeting, McMillan Stadium	26 Jun 1985
3,000m	10:58.47	Alex Wright	3 Cork, IRL	
2 miles	13:02.4	Stanley Vickers	1 AAA Champs., White City	16 Jul 1960
5,000m	19:27.39	Alex Wright	1 UK Champs., Birmingham	24 Jun 2012
10,000m	42:09.79	Alex Wright	1 Dublin, IRL	
7 miles	50:09.0	Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
8 miles	57:13.6	Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
1 hour	13,517m	<sup>1</sup> Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
20,000m	1:23:28.09	Alex Wright	1 Nordic Race Walking Champs., Glostrup, DEN	13 Sep 2014
40 miles	5:56:29	Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
50 miles	7:31:06	Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
6 hours	64,905m	<sup>2</sup> Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
7 hours	75,185m	<sup>2</sup> Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
8 hours	85,617m	<sup>2</sup> Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
24 hours	197,630m	<sup>3</sup> Jack Stirling-Wakeley	Surbiton Town SC 24hr race, Motspur Park	13/14 Aug 1948

### Indoors

3,000m	11:19.33	Alex Wright	1 Athlone, IRL	1 Feb 2015
5,000m	19:25.48	Alex Wright	1 All-Ireland Champs., Athlone, IRL	15 Feb 2014

### Road

5 kms	21:39	Carl Lawton	2 City Festival	30 Jul 1978
5 miles	35:34	Carl Lawton	1 London Vidarians '5', Carshalton	5 May 1976
6 miles	42:56	Richard Dorman	2 Chippenham to Calne	11 Oct 1980
10 kms	42:59	Graham Seatter	1 Belgrave & Surrey Champs., Battersea Park	2 May 1984
11 kms	48:57	Paul Blagg	3 Met. Police Open, Imber Court	11 Jan 1981
7 miles	49:36	Stanley Vickers	1 Leicester WC Open '7', Leicester	4 Oct 1958
15 kms	1:07:21	Paul Blagg	2 Metropolitan WC, Battersea Park	29 Nov 1980
10 miles	1:10:19	Carl Lawton	7 RWA Champs., Crystal Palace	18 Mar 1978
20 kms	1:23:05	Alex Wright	16 Memorial Mario Albisetti, Lugano, SUI	17 Mar 2013
30 kms	2:23:55	Paul Blagg	2 Commonwealth Games Trial, Victoria Park	31 Jul 1982
20 miles	2:26:56	Graham Seatter	1 Leicester Mercury '20'	26 May 1984
35 kms	2:43:35	Murray Day	3 National Champs., Leicester	15 Jun 1985
25 miles	3:25:43	Vaughan Thomas	1 Birmingham '25'	13 Jul 1963
50 kms	3:51:28	Alex Wright	1 German Nat. Race Walking Champs., Gleina, GER	11 Oct 2014
100 kms	10:20:56	Pat Duncan	2 Lugano International, SUI	3 Nov 1968
100 miles	16:55:44	John Moullin	1 Surrey WC, Ewhurst	25/26 Jun 1971

<sup>1</sup> Performance originally recorded in miles and yards. Stan Vicker's 1 hour mark was 8 miles 702 yards,

<sup>2</sup> Ray Middleton's 6, 7 and 8 hour marks were 40 mile 581 yards, 46 miles 1,264 yards and 53 miles 352 yards,

<sup>3</sup> Jack Stirling-Wakeley's 24 hours mark was 122 miles 1,411 yards.

**Under 20 Men****Track**

1 mile	7:08.9	John Knifton	<i>No other details known</i>	Jul 1958
2,000m	9:36.4	Michael Nicholls	5 Inter-County Youth Match, Motspur Park	2 Jul 1978
3,000m	12:24.5	Richard Dorman	2 Senior AAA Champs., Crystal Palace	5 Sep 1980
5,000m	21:54.98	Alex Wright	1 SEAA U20 Champs., Watford	20 Jun 2009
10,000m	45:26.0	Alex Wright	Horsham	28 Mar 2009
3 kms	14:26.30	Andrew Goudie	6 AAA U20 Champs., Birmingham NIA	18 Feb 1996

**Road**

5 kms	22:15	Alex Wright	1 Bexley	14 Feb 2009
5 miles	37:13	Richard Dorman	1 Belgrave Champs., Wimbledon	19 Jan 1980
10 kms	43:18	Richard Dorman	1 National Junior Champs., Coventry	18 Oct 1980
11 kms	63:48	Nigel Whorlow	24 Enfield Open, Enfield	11 Nov 1995
10 miles	1:14:07	Richard Dorman	1 GLC Champs., Battersea Park	19 Jan 1980
20 kms	1:38:19	Richard Dorman	7 Southern RWA, Victoria Park	16 Aug 1980

**Under 17 Men****Track**

2,000m	9:06.8	Shaun Maxwell	1 National Youths, Kirkby Liverpool	26 Jul 1975
3,000m	14:26	Michael Nicholls	7 Junior/Youth Champs, West London	25 Mar 1978
5,000m	25:23	Nigel Whorlow	2 Cambridge H. Winter Lg., Bexley	11 Dec 1995
10,000m	50:49.6	Michael Nicholls	11 Southern Counties AAA Champs., Crystal Palace	14 Mar 1979

**Indoors**

3,000m	14:50.03	Nigel Whorlow	7 AAA U20 Champs., Birmingham NIA	18 Feb 1996
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**Road**

2.5 kms	12:15	Nigel Whorlow	1 Blackheath Festival of Walking, Blackheath	10 Sep 1995
5 kms	23:15	Michael Nicholls	4 Southern RWA Champs., Croydon	20 Oct 1979
9 kms	51:02	Nigel Whorlow	LPR Handicap, Blackheath	19 Nov 1995
10 kms	53:08	Jonathon Dunsford	<i>No other details known</i>	1974
10 kms	52:18	Martyn Bennett	<i>No other details known</i>	1974
11 kms	63:48	Nigel Whorlow	24 Enfield Open, Enfield	11 Nov 1995

**Under 15 Boys****Track**

1,600m	8:45.6	Nigel Whorlow	1 Thameside Lg., Battersea Pk.	27 May 1995
2,000m	9:34	Jonathon Dunsford	2 Southern Track Team Champs., East London	27 Jul 1974
3,000m	15:04.34	Nigel Whorlow	2 English Schools Champs., Stoke on Trent	16 Sep 1995

**Road**

2 kms	10:30	Nigel Whorlow	2 Alan Flear Trophy Grand Prix, Leamington Spa	12 Aug 1995
2.5 kms	12:15	Nigel Whorlow	1 Blackheath Festival of Walking, Blackheath	10 Sep 1995
3 kms	14:38	Jonathon Dunsford	3 English Schools Champs., Bebington Cheshire	1973

**Under 13 Boys****Track**

1,200m	8:39.8	Stephen Whorlow	n/s Thameside Lg., Battersea Park	27 May 1995
2,000m	13:38.5	Stephen Whorlow	5 Clare Powell Walks Grand Prix, Brierly Hill	15 Oct 1995

**Road**

1.2 kms	8:59	Stephen Whorlow	3 Cambridge H. Winter Lg., Bexley	27 May 1995
1.5 kms	8:36	Jonathon Dunsford	3 Southern Area RWA Champs., Victoria Park	22 Jul 1972
2 kms	15:31	Stephen Whorlow	3 Belgrave H. Open, Wimbledon	27 Nov 1995
2.5 kms	17:25	Stephen Whorlow	4 Cambridge H. Winter Lg., Bexley	1 Jan 1996