

Race Walking Record 906 March 2021


Race Walking Record
August 2021



Bethan Davies
2021 Welsh 10,000m Track Race Walks Champion
and New Welsh Record Holder

(Photograph from Bethan Davies – Facebook)

On a sunny day in March 2021, history was made in the world of race walking as the incredible record of 906 was achieved. This remarkable feat has revolutionized the sport, inspiring athletes and enthusiasts alike to push their limits further than ever before.

The Athletes



I'm going to the
Olympics!



Race Walking Record 906 - March 2021

by Karen Darke (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 1308 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 25 pages
Lending : Enabled



The record-breaking walkers were a group of highly dedicated and trained athletes, considered the best in their field. Each participant exemplified the true essence of perseverance and discipline, inspiring others in their pursuit of excellence.

The Record-Breaking Walk



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(Photograph from Bethan Davies - Facebook)

The record-breaking walk took place on a specially designed track, meticulously adjusted according to international standards. Spanning a distance of 906 meters, the athletes embarked on an intense battle against time, pushing themselves to maintain a consistent pace throughout the daunting challenge.

The Strategy



Race Walking Record

January 2021



George Wilkinson



Missie Morris



Jacqueline Benson



Jonathan Hobbs

Leading Walkers from the first Virtual Enfield Race Walking League


Photography courtesy of Mark Eaton (<http://thefirstenfieldleague.com>)

Race walking is a highly technical sport that demands a unique strategy. Athletes must maintain contact with the ground at all times while avoiding knee bends and losing contact with the ground. Precise hip rotation and rapid leg movement are crucial for success in this demanding discipline.


The record-breaking walkers executed their strategy flawlessly, showcasing exceptional balance, rhythm, and control. They developed a synchronized pattern

of movement, which minimized energy expenditure and enhanced their speed while conforming to the rules and regulations of race walking.

Training and Preparation




The banner features the IAAF logo at the top, followed by the text "Race Walking Record" in a large, bold, sans-serif font. At the bottom of the banner, it says "January 2019".




A male athlete in an orange singlet and black shorts is captured in profile, walking on a blue track.

Luc Légen




Two female athletes in red singlets and black shorts are walking on a blue track. The athlete in the foreground has bib number 288.

Penelope Cummings & Ben Fury



A male athlete in a white singlet and blue shorts is walking on a blue track, passing yellow cones. He has bib number 58.

Christian Heppeler



A female athlete in a red singlet and black shorts is walking on a blue track, passing yellow cones. She has bib number 199.

Katie Stringer

Lee Valley New Year's Day
Indoor Open Meeting 2019

Photographs courtesy of Mark Cantor (<http://markcantor.org/ibm/>)

Months of rigorous training and preparation preceded the record-breaking walk. Athletes focused on developing their endurance, strength, and mental resilience. Intense physical workouts, including long-distance walks, strength training, and

flexibility exercises, ensured that their bodies were finely tuned for the upcoming challenge.

Furthermore, mental preparation played a crucial role in the athletes' success. They engaged in visualization techniques, meditation, and goal-setting exercises to enhance their mental focus, allowing them to push through any perceived limitations.

The Impact



Race Walking Record

January 2021



George Wilkinson



Missie Morris



Jacqueline Benson



Jonathan Hobbs

Leading Walkers from the first Virtual Enfield Race Walking League

Photographs courtesy of Mark Eaton (<http://thefirstleague.org.uk/>)

The record-breaking effort of 906 in March 2021 has had a profound impact on the world of race walking. Athletes and enthusiasts are now more motivated than ever to aim higher, break barriers, and redefine what is possible in this sport.

The achievement serves as a reminder of the potential within each individual to surpass their limits, both physically and mentally. It has ignited a global

conversation on race walking, attracting a wider audience and generating new interest among aspiring athletes.



The race walking record of 906 set in March 2021 will forever be remembered as a monumental achievement in the history of this sport. The athletes' dedication, discipline, and unwavering determination have inspired countless individuals worldwide to reach for greatness.

As race walking continues to evolve, it is certain that new records will be set, pushing the boundaries of human potential. The legacy of the record-breaking walkers will live on, motivating generations to come as they strive to make their mark in the exhilarating world of race walking.



Race Walking Record 906 - March 2021

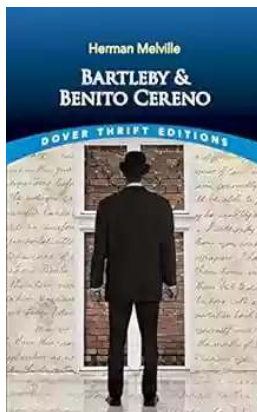
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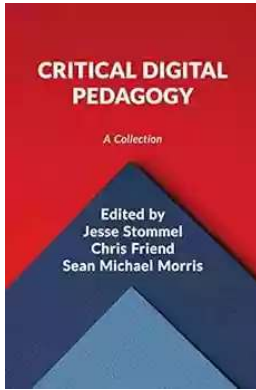


Race Walking Record is a nonprofit magazine about the sport of race walking, and walking events, primarily aimed at a UK audience. The magazine was founded in London in 1941. Race Walking is an endurance sport that is part of athletics, and has been in the Olympic Games since 1904.



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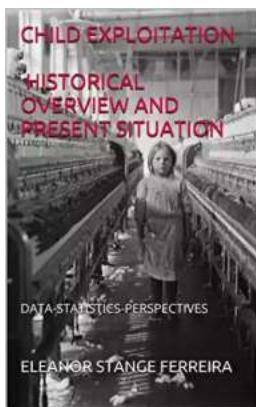
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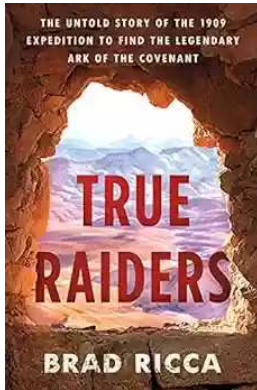
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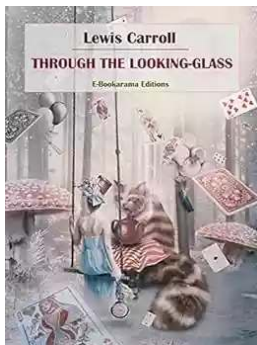
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