



Race Walking Record

October 2020



Abby Hughes



Christian Hopper



Millie Morris



Luc Legon



Abigail Jennings



Dominic King

Six New Course Records at Cecil Gittins Memorial Walks – Cyclopark, Gravesend

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



Latest lockdown restrictions

2nd November: England Athletics is working with Sport England, the Department for Digital, Culture, Media & Sport and our other key stakeholders to make sure we provide absolute clarity as soon as possible in terms of what the latest lockdown restrictions mean for athletics, running and our sport in general.

EA will provide further detail over the coming days and their existing guidance applies until further notice.

3rd November: EA have joined together with British Cycling and British Triathlon to ask Culture Secretary Oliver Dowden to permit certain sports activities to continue during the new lockdown period starting on Thursday [5 November]. Specific to athletics and running, this is namely small outdoor groups and club-led activity, which have been taking place successfully since June, and coaching sessions for young and disabled people.

Overseas Results

38th Edition Dudinska 50km, Dudince, Slovakia (Sat. 24th Oct.)



Reigning Olympic 50km champion Matej Toth (SVK) won the Dudinska 50km title for the fourth time and in the process bettered the Olympic qualifying time of 3:50:00 with a world leading time of 3:41:15.

Others to better the Olympic standard were Rafal Augustyn (POL), Andres Chocho (ECU) and Karl Junghannß (GER), who had been in second place at 40km.

In the women's event, there was only two participating Polish athletes. Agnieszka Ellward, with a time of 4:38:44, who is the Polish record holder (4:31:19 Alytus 2019), followed by Antonina Lorek, with 4:41:16, a personal record by more than 3 minutes.

Men's 50km (11 started)

Pos	Athlete	Nation	Perf	Notes
1	Matej Toth		SVK 3:41:15	WL
2	Rafal Augustyn		POL 3:47:42	SB
3	Andres Chocho		ECU 3:48:57	SB
4	Karl Junghannß		GER 3:49:45	SB
5	Alex Wright		IRL 3:56:17	SB
6	Rafal Fedaczynski		POL 3:56:31	SB
7	Nathaniel Seiler		GER 3:57:34	SB
8	Jakub Jelonek		POL 4:08:33	SB
	Cameron Corbishley		GBR	DNF
	Carl Dohmann		GER	DNF
	Adrian Klonowski		POL	DQ

Women's 50km (2 started)

Pos	Athlete	Nation	Perf	Notes
1	Agnieszka Ellward		POL 4:38:44	SB
2	Antonina Lorek		POL 4:41:16	PB

European Masters Athletic Championships – Non-Sadia, Madeira (POR) (Thu. 29th Oct. to Sat. 31st Oct.)

Funchal, Madeira was the venue of European Masters Athletics – Non Stadia championships, and for the first time ever full media coverage of all races was available.

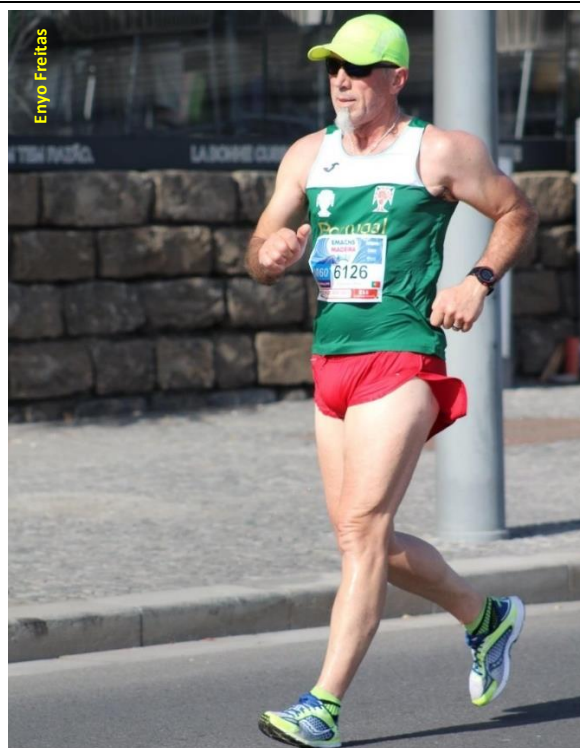
The Championships opened on 29th October with the 10km run and race walks; cross-country relays on Friday 30th, the half marathon over a testing circuit course and 20/30km walks on Saturday (31st), in 26°C with a slight welcome breeze.

Some athletes decided or were unable to travel due to the COVID-19 virus restrictions and getting a full team in some age categories proved challenging.

Men's 10km (29th Oct.)

Fifty-two entries of whom thirty-three started. The combined age group race was won by M45 Steffen Borsch (GER) who was followed across the line by Frenchman David Durand-Pichard (M45) and Portugal's Alexandre Monteiro (M50). UK resident Francisco Reis (*pictured below during the 30km*), representing Portugal, won M60 gold in 7th place overall and Christopher Hobbs took M65 silver.






Pos	Athlete	AG [Pos]	Nation	Perf
1	Steffen Borsch	M45 [1]		GER 51:29
2	David Durand-Pichard	M45 [2]		FRA 52:02
3	Alexandre Monteiro	M50 [1]		POR 52:13
4	Artur Araújo	M45 [3]		POR 54:28
5	Steffen Meyer	M50 [2]		GER 55:07
7	Francisco Reis	M60 [1]		POR 55:22
22	David Kemp	M60 [6]		GBR 63:28
25	Christopher Hobbs	M65 [2]		GBR 64:08



Women's 10km (29th Oct.)

Seventeen athletes across all age groups started from the entry of twenty-six, representing six countries. The first three places in the combined race all went to Portuguese athletes. Julie Bellfield took the W50 gold crossing the line in 6th place overall, with W50 bronze going to Lynn Bellfield who finished in 11th place overall. Britons other ladies medal came from Dash Newington who claimed silver in the W35 category.







Pos	Athlete	AG [Pos]	Nation	Perf
1	Felicidade Rosa	W40 [1]		POR 56:36
2	Andreia Freitas	W35 [1]		POR 57:28
3	Sónia Quelhas	W40 [2]		POR 57:37

4	Alexandra Urminská	W40 [3]		SVK	62:40
5	Fátima Costa	W45 [1]		POR	64:33
6	Julie Bellfield	W50 [1]		GBR	66:54
11	Lynn Bellfield	W50 [3]		GBR	70:48
14	Dash Newington	W35 [2]		GBR	75:32









Men's 30km (31st Oct.)

Whereas the 10km races had been held in the early evening the 30km events were held at 2.30pm in 26°C heat! Twenty-five athletes started with Portugal's Henrique Santos (M55) taking the win in the combined age group race. Germany's Steffen Meyer took M50 gold in 2nd overall and M65 gold went to Miroslav Fliegl (CZE) in 3rd overall. No British interest in this race. Francisco Reis (POR) failed to finish.

Pos	Athlete	AG [Pos]	Nation	Perf
1	Henrique Santos	M55 [1]		POR 3:00:47
2	Steffen Meyer	M50 [1]		GER 3:08:49
3	Miroslav Fliegl	M65 [1]		CZE 3:13:42
4	Jose Fructuoso Calvo	M50 [2]		ESP 3:16:15
5	Joachim Maier	M50 [3]		GER 3:16:45
	Francisco Reis	M60		POR DNF

Women's 20km (31st Oct.)

Just nine starters with Portugal filling the first two positions in the combined race. Dash Newington added W35 gold to the silver she had won over the 10km distance.

Pos	Athlete	AG [Pos]	Nation	Perf
1	Sandra Silva	W45 [1]		POR 1:52:55
2	Felicidade Rosa	W40 [1]		POR 2:04:51
3	Alexandra Urminská	W40 [2]		SVK 2:09:15
4	Fátima Costa	W45 [2]		POR 2:24:46
5	Anna Maria Famea	W50 [1]		ITA 2:29:19
8	Dash Newington	W35 [1]		GBR 2:43:10

Ann Smith R.I.P.

It is with deep sadness that the Race Walking Association reports that our dear and loved friend Ann Smith passed away on the morning of Thursday 22nd October aged 83 years.



Most people will remember Ann for her involvement in race walking but her Life Membership of Coventry Godiva Harriers testifies to the fact that she did far more than that.

Ann had been a member of Westbury Athletic Club before joining Coventry Godiva in October 1966.

She had come to the Midlands because of her husband Ken's job. Ken was also a capable athlete and served as President and Chairman of the Race Walking Association.

Ann in her early her athletic career ran cross country for Westbury Harriers helping the team to win 3rd team in the Midland Women's Cross Country Championships. At Enfield she won the National Junior title just three years after taking up the sport.

She was a regular member of the Godiva's team. She was a Gloucester County medallist and won team gold in the women's National Cross Country Championships in 1971.

Ann gradually became more involved in the official side of the club with Ken being a first class race walker which saw Ann officiating at many Area and National Race Walking Championships. Ann was a key official with Ken at the IAAF World Race Walking Cup held on the Isle of Man in 1985.

When not officiating Ann would play a key part in feeding teams at long distance races and was known to threaten Ken with divorce if he considered dropping out!!

Ann moved to Hertfordshire in 1984 but continued her connection to Godiva with both son Michael and daughter Karen representing club and country in race walking with distinction.

When Ann moved back to the Coventry area in 1999, she quite often volunteered to assist on Sunday morning training sessions at the club with the 'Coventry Kids'

Ann maintained her involvement in Race Walking after Ken's sad death in 2002. She continued to officiate including the at Commonwealth Games in Manchester in 2002 and the European Cup of Race Walking at Leamington Spa in 2007.

A neurological complaint limited her mobility in later life but nonetheless was ever present at Godiva Clubhouse and continued with her commitment to Race Walking to meet and talk with all her friends.

Ann will be very sadly missed but not forgotten.

Glyn Jones

Domestic Results

Blackheath & Bromley London Hurdles & Middle Distance Open, Norman Park, Bromley (Sun. 11th Oct.)

This event was staged in accordance with then England Athletics guidelines and it was no surprise to see the twelve available entry slots filled and a 100 percent turnout on the day.

Mixed 2000m

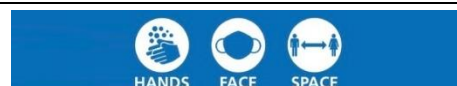
Pos	Athlete	AG	Club	Perf
1	Luc Legon	SENM	Bexley Athletic Club	08:16.44
2	Christian Hopper	U17M	Cambridge Harriers	09:00.71
3	Hannah Hooper	U20W	Cambridge Harriers	10:08.94
4	Katie Stringer	U17W	Medway & Maidstone AC	10:30.64
5	Abigail Smith	U17W	Blackheath & Bromley HAC	10:33.89
6	Grazia Manzotti	W50	Tonbridge Athletic Club	10:52.35
7	Stephen Crane	M40	Surrey Walking Club	10:57.72
8	Jessica Wilton	U15G	Ashford Athletic Club	11:53.40
9	Hannah Atkinson	U17W	Cambridge Harriers	11:59.99
10	Grace Whittingham	U20W	Ashford Athletic Club	12:00.21
11	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	12:24.90
12	Geraldine Legon	W60	Bexley Athletic Club	13:55.97

IOMVAC Autumn Handicap 5km Walk, National Sports Centre, Douglas, Isle of Man (Thu. 15th Oct.)

On a perfect evening, 10 competitors turned out for the IOM Veteran Athletes Club Autumn Handicap 5km Walk, which was won by Louise Holdings with Nicola Raven and Nick Wallinger taking 2nd and 3rd places. Jane Farquhar achieved the quickest time on the night in 30:50.

Mixed Handicap 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Louise Holdings	W40	Manx Harriers	44:38/31:43
2	Nicola Raven	W55	Manx Harriers	44:49/31:45
3	Nick Wallinger	M50	Isle of Man Veterans AC	45:02/35:20
4	Colin Moore	M60	Isle of Man Veterans AC	45:18/32:24
5	Gordon Erskine	M75	Unattached	45:29/36:25
6	Andy Baxendale	M50	Isle of Man Veterans AC	45:56/34:52
7	Carolanne Hanley	SENW	Northern (IOM) A.C.	46:02/46:02
8	Ian Callister	M65	Manx Harriers	46:08/32:04
9	Jayne Farquhar	W50	Manx Harriers	46:10/30:50
10	Maura Kelly	W50	Northern (IOM) A.C.	46:20/33:57



Cecil Gittins Memorial Races, Cyclopark, Gravesend (Sat. 17th Oct.)

Veterans AC were pleased to host the fifth running of this event on a dedicated cycle circuit much like a scaled down version of Brands Hatch course, *reports David Hoben*. This was the first race walking road event on mainland Britain since lockdown was imposed and under the new guidance from the governing body, the RWA.

In all there were 38 entries with 35 on the line, a slight increase on 2019, in good racing conditions on a mild cloudy day with wind speed 4 knots.

5km: The ladies' 5km was won by Abby Hughes who achieved a new personal best of 25:25, and a new course record, previously held by Olympian and Commonwealth Games medal winner Lisa Kehler (Wolverhampton & Bilston) since 2016 (26:26). Christian Hopper also achieved a new lifetime best of 25:06, to win the men's race and established a new course record, formerly held by Marshall Smith (Ashford AC) also since 2016 (27:22).

10km: The winner of the ladies' 10k was Millie Morris who recorded a significant new personal best of 54:33 and took the course record from Emily Ghose (Tonbridge AC) held since 2017 (56:53). Luc Legon took the honours in the men's 10km with a personal best 45:29, taking the course record from Jonathan Hobbs (Ashford AC), which again had stood since 2017 (50:25).

15km: The winner of the ladies' 15km was Abigail Jennings clocking 1:24:36 in her first attempt at the distance, setting a new course record, previously held by Anne Jones (Steyning AC) since 2017 (1:43:16).

VAC was pleased to welcome Daniel and Dominic King, who have been GB internationals for over 20 years, in particular Dominic participating in the Rio 2016 and London 2012 Olympics. Dominic won the men's 15km in 1:06:18, closely followed by his brother, and took a new course record from Luc Legon who recorded 1:15:10 in 2017.



2.5km (B)

Pos	Athlete	AG	Club	Perf
1	Lola-Mae Billingham	U15G	Aldershot Farnham & Dist.	15:36

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U17M	Cambridge Harriers	25:06
2	Abby Hughes	U17W	Taunton Athletic Club	25:25
3	Hannah Hopper	U20W	Cambridge Harriers	28:53
4	Abigail Smith	U17W	Blackheath & Bromley HAC	29:13
5	Grace Whittingham	U20W	Ashford Athletic Club	31:06
6	Christopher Hobbs	M65	Ashford Athletic Club	31:31
7	Peter Watts	M65	Swanley & District AC	31:41
8	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	33:03
9	Christina Bienek	W45	Swanley & District AC	34:01
10	Geraldine Legon	W60	Bexley Athletic Club	35:09
11	David Hoben	M65	Surrey Walking Club	35:14
12	Amalia Silva	W55	Barnet & District AC	36:17
	Peter Hannell	M70	Surrey Walking Club	DNF

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Luc Legon	SENM	Bexley Athletic Club	45:29
2	Millie Morris	U20W	Ashford Athletic Club	54:33
3	Silvana Alves	W45	Barnet & District AC	58:13
4	Grazia Manzotti	W50	Tonbridge Athletic Club	58:21
5	Graham Chapman	M60	Headington Road Runners	61:10
6	Melanie Peddle	W50	Loughton Athletic Club	61:22
7	Roger Michell	M70	Surrey Walking Club	61:52
8	Rachel Harding	U20W	Ashford Athletic Club	70:24
9	Noel Blatchford	W65	Abingdon Athletic Club	71:09

Mixed 15km (B)

Pos	Athlete	AG	Club	Perf
1	Dominic King	M35	Colchester Harriers	1:06:18
2	Daniel King	M35	Colchester Harriers	1:06:19
3	Ian Richards	M70	Steyning Athletic Club	1:22:50
4	Abigail Jennings	U23W	Aldershot Farnham & Dist.	1:24:36
5	Jacqueline Benson	U23W	Ashford Athletic Club	1:30:29
6	David Kemp	M60	Arena 80 Athletic Club	1:30:37
7	Martin Fisher	M55	Redcar Race Walking Club	1:36:34
8	John Borgers	M70	Loughton Athletic Club	1:39:12
9	George Wallace	M65	Aldershot Farnham & Dist.	1:48:35
10	Katherine Smith	W55	Aldershot Farnham & Dist.	1:52:48
11	Christopher Flint	M75	Surrey Walking Club	1:54:06

Sarnia WC Bob Wright Handicap Series Race Two, 1 Mile Track Race, Footes Lane, Guernsey (Sun. 18th Oct.)

Kevin Le Noury strode to a win in the second race of the Bob Wright Handicap Series catching leaders Dave Dorey and Mick Le Sauvage late in the race, *reports Rob Elliott*. Mick Le Sauvage edged ahead of Dave Dorey almost on the line to finish in second place and improved on his Guernsey age best time. Fourth place went to Stuart Le Noury who recorded an actual time of 7:20 to record the fastest time of the day. Rob Elliott finished next with Phil Lockwood holding Donna Allan off by a few seconds in sixth place.

Mixed Handicap 1 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M60	Sarnia Walking Club	11:47/10:17
2	Mick Le Sauvage	M80	Sarnia Walking Club	11:54/11:24
3	Dave Dorey	M70	Sarnia Walking Club	11:54/11:54
4	Stuart Le Noury	SENM	Sarnia Walking Club	12:20/07:20
5	Rob Elliott	M60	Sarnia Walking Club	12:24/10:09
6	Phil Lockwood	M45	Sarnia Walking Club	12:49/10:34
7	Donna Allan	W40	Sarnia Walking Club	12:52/09:52

Up and Running Isle of Man Winter League, National Sports Centre, Douglas (Sun. 25th Oct.)

Held in dry but breezy conditions at the N.S.C. perimeter roadway, Douglas, Isle of Man.

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U17W	Northern (IOM) AC	54:48
2	Adam Killip	SENM	Manx Harriers	54:51
3	Tony Edwards	M55	Manx Harriers	58:46
4	Keira Heavey	U20W	Northern (IOM) AC	59:16
5	Michael Bonney	M55	Unattached	59:36
6	Noel Ash	M45	Unattached	60:05
7	Jayne Farquhar	W50	Manx Harriers	62:21
8	Marie Jackson	W60	Manx Harriers	62:33
9	Dave Mackay	M50	Manx Harriers	64:24
10	Daniel Winrow	SENM	Unattached	65:44
11	Ian Callister	M65	Manx Harriers	65:50
12	Louise Hollings	W40	Manx Harriers	66:04
13	Nicola Raven	W55	Manx Harriers	66:43
14	Colion Moore	M60	Isle of Man Veterans AC	67:31
15	Michael Shipshipes	M50	Unattached	68:36
16	Richard Potts	M40	Unattached	69:11

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17	Jonny Tyrer	M40	Unattached	70:08
18	Angela Robinson	W50	Manx Harriers	70:10
19	Vicky Heavey	W45	Northern (IOM) AC	70:22
20	Andy Baxendale	M50	Isle of Man Veterans AC	70:50
21	David Anderson	M50	Unattached	70:56
22	May Hooper	W50	Manx Harriers	71:25
23	Maura Kelly	W50	Northern (IOM) AC	71:30
24	Nick Wallinger	M50	Isle of Man Veterans AC	72:42
25	Gordon Erskine	M75	Unattached	75:41
26	Sylvia Kennaugh	W70	Isle of Man Veterans AC	79:13
27	John Cannell	M70	Isle of Man Veterans AC	81:19
28	Steve Hall	M50	Unattached	86:43
=29	Cheryl Ringham	SENW	Unattached	89:56
=29	Chelsey Hall	SENW	Unattached	89:56

In the 10km Emily Ghose raced into an early lead which she maintained throughout finishing a good three minutes ahead of second place Peter Boszko closely followed by Paul Hawkins in third place.

It is hoped the 2nd race in the series will take place in November but due to the Govt. restrictions at various locations in the Midlands, the venue and date is yet to be confirmed and subject to availability.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Abby Hughes	U17W	Taunton Athletic Club	26:55
2	Carolyn Derbyshire	W40	Nuneaton Harriers	28:09
3	Ian Torode	M60	South West Veterans AC	29:45
4	Wendy Kane	W50	Notts Athletic Club	30:57
5	Roger Michell	M70	Midland Masters AC	31:32
6	Hardeep Minhas	M60	Leicester Walking Club	31:47
7	Julie Bellfield	W50	Halesowen Athletic Club	32:02
8	Steve Arnold	M60	Nuneaton Harriers	33:04
9	Fred Pidgeon	M65	Notts Athletic Club	33:26
10	Lynn Bellfield	W50	Halesowen Athletic Club	33:42
11	Hilary Mann	W55	Sparkhill Harriers	34:05
12	Lin Farrow	W65	Nuneaton Harriers	34:35
13	David Fall	M75	Birchfield Harriers	38:34
14	Julian Barnett	M55	Birchfield Harriers	42:20

Under 13 2km (B)

Pos	Athlete	AG	Club	Perf
1	Natasha Goldsby	U13G	Dudley & Stourbridge	16:56

Under 15 3km (B)

Pos	Athlete	AG	Club	Perf
1	Isabel Knowles	U15G	Halesowen Athletic Club	22:38
2	April Tonks	U13G	Dudley & Stourbridge	25:06

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Emily Ghose	U23W	Tonbridge Athletic Club	59:40
2	Peter Boszko	M70	Birchfield Harriers	63:32
3	Paul Hawkins	M60	Stratford-upon-Avon AC	63:45
4	Hardeep Minhas	M60	Leicester Walking Club	66:23
5	John Constandinou	M45	Birchfield Harriers	68:58
6	Kate Sergent	W65	Stratford-upon-Avon AC	74:28
7	David Fall	M75	Birchfield Harriers	79:31
	Ian Torode	M60	South West Veterans AC	DNF

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

	£25.00	£15.00	£10.00
Oct. 20	Cath Duhig	Stuart Telling	Julie Drake
Nov. 20	April Chaplin	Peter Cassidy	Helen Middleton

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



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
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 5km

Pos	Athlete	AG	Club	Perf
1	Lorna Gleave	W35	Manx Harriers	32:39
2	Leanne Venables	SENW	Unattached	33:43
3	Amy Sykes	SENW	Unattached	37:06
4	Renee Michalogiannis	W35	Unattached	37:46
5	Diane Brown	W45	Manx Harriers	38:24
6	Angela Corkish	W75	Isle of Man Veterans AC	39:47
7	Mick Holgate	M75	Manx Harriers	39:53
8	Caroline Hussey	W35	Unattached	40:35
9	Henry Da Silva	M85	Isle of Man Veterans AC	48:33
10	Carolanne Hanley	SENW	Northern (IOM) AC	49:18
=11	Cecilie McCallum	W60	Unattached	52:51
=11	Julie Green	W55	Unattached	52:51

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Grayse Fletcher	U13G	Manx Harriers	13:26

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Timothy Perry	U11B	Northern (IOM) AC	06:20
=2	Lilee Fletcher	U11G	Manx Harriers	06:56
=2	Amy Surgeon	U11G	Manx Harriers	06:56
4	Fynn Gleave	U11B	Manx Harriers	06:58
5	Noah Sykes	U11B	Unattached	07:10
6	Katy Hussey	U11G	Unattached	07:32
=7	Bobby Venables	U11B	Unattached	07:33
=7	Harry Swales	U11B	Northern (IOM) AC	07:33
9	Jay Jay Fletcher	U11B	Manx Harriers	07:36
10	Lilee Venables	U11G	Unattached	07:37
11	Faith Teare	U11G	Manx Harriers	07:49
12	Rory Teare	U11B	Manx Harriers	07:59
13	Harrison Sillie	U11B	Unattached	08:47
14	Aalin Heavey	U11G	Northern (IOM) AC	09:01
15	Georgia Venables	U11G	Unattached	09:42

1st Midland Winter League Series 2020, Stourport Sports Centre (Sun. 25th Oct.)

The first of the Midland Winter League Series got underway at Stourport Sports Club, *reports Glyn Jones*. Entries were lower than in previous years but this was anticipated due to these challenging times upon us with the COVID crisis.

Nevertheless, it was encouraging and pleasing that all the athletes, officials and supporters who attended complied with the COVID/Risk Assessment Plans that were in place in and around the cycle circuit course and in the club building itself.

In the 5km, a newcomer to the League, Abby Hughes took the lead from the start, which she maintained throughout the race and was followed home by ever present leaguer, Carolyn Derbyshire in second place and in third position Ian Torode who has previously raced in the Series.

The Younger Age Group distances were again very low this year but not surprisingly with the shutdown of athletic clubs since early this year.