



Race Walking Record

July 2018



2018 Müller Anniversary Games

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



GB & NI Team for European Championships – Berlin

24 July: British Athletics have named 102 athletes for the European Championships in Berlin from August 6-12. This is the biggest team sent to a major championship in the modern era. The team includes five race walkers.

Congratulations to:

Men's 20km

Athlete	Club	Lead Coach
Tom Bosworth	Tonbridge Athletic Club	Andi Drake
Callum Wilkinson	Enfield & Haringey AC	Andi Drake

Women's 20km

Athlete	Club	Lead Coach
Gemma Bridge	City of Oxford AC	Mark Wall
Bethan Davies	Cardiff A.A.C.	Andi Drake
Heather Lewis	Pembrokeshire Harriers	Martin Bell

GB & NI U20 Team selected for Manchester International

31 July: British Athletics have named the British U20 team for the Manchester International on 15th August, including two walkers.

Congratulations to:

Men's 3000m

Athlete	Club	Lead Coach
Chris Snook	Aldershot Farnham & Dist.	Verity Snook

Women's 3000m

Athlete	Club	Lead Coach
Ana Garcia	C of Sheffield & Dearne AC	Mark Wall

England Athletics Race Walk Regional Coach and Athlete Activities 2018-2019

England Athletics will run a series of coach and athlete training and development camps at the National Race Walking centre in Leeds. In addition, they will run a series of 'taster sessions' and regional coach and athlete activities.

27 th Sept.	Race Walk Come and Try Day Leeds Beckett University Athletics Track, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF. 10:30-2:30
29 th Sept.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. Coventry Athletics Track, Kirby Corner Road, Coventry, CV4 7AL. 10:30-2:30
30 th Sept.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. Sutcliffe Park Sports Centre, Eltham Rd, London, SE12 8DB. 10:30-2:30
6 th Oct.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. The Brownlee Centre, Bodington, Leeds, LS16 8NA. 10:30-2:30
28 th Oct.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. Aldershot Military Stadium, Queens Ave, Aldershot, GU11 2JL. 10:30-2:30 Come & Try Open to all athletes 10:30-2:30
24 th Nov.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. Coventry Athletics Track, Kirby Corner Road, Coventry, CV4 7AL. 10:30-2:30 Come & Try Open to all athletes 10:30-2:30
25 th Nov.	Race Walk Event Training Day and Come & Try Invited Athletes/Coaches for Training Day. Sutcliffe Park Sports Centre, Eltham Rd, London, SE12 8DB. 10:30-2:30 Come & Try Open to all athletes 10:30-2:30
11 th to 13 th Feb	Race Walk Training Camp 1 Invited Athletes/Coaches Leeds Beckett University Athletics Track, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF.
18 th to 20 th Feb.	Race Walk Training Camp 2 Invited Athletes/Coaches Leeds Beckett University Athletics Track, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF.

New I.A.A.F Ranking System

The IAAF are adopting a new system of ranking athletes in all events and allocating places at major championships such as the Olympic Games and IAAF World Athletic Championships.

The full methodology can be viewed at:

<https://worldrankings-staging.aws.iaaf.org/world-ranking-rules/race-walking>

To summarise each of the four international racewalking events will have its own separate ranking system, based on points allocated in the main event, as well as in similar events - outlined below:

Event Group	Main Event	Similar Events
Men's 20km	20km	10km & 15km
Men's 50km	50km	20km, 30km & 35km
Women's 20km	20km	5km, 10km, 20km & 50km
Women's 50km	50km	20km, 30km & 35km

In order to be ranked, athletes must collect sufficient Performance Scores and some of them must come from Main Events. The minimum number of Performance Scores are as follows:

In Men's and Women's 20km, the minimum number of Performance Scores are three. In Men's and Women's 50km, the minimum number of Performance Scores are two.

For the 2019 IAAF World Championships, places will be allocated, based on the walker's IAAF Ranking, with a maximum of three walkers per country per event. Gone are the A and B qualification standards and someone doing a big one off time in a selection trial to gain a spot in an international team.

Below are the current top five plus the British placings in each of the four racewalking events, with their current IAAF points, correct as of 31st July as per: <https://worldrankingsstaging.aws.iaaf.org/world-rankings/>.

Men's 20km

Posn	Athlete	Date of Birth	Nation	Points
1	Eider Arevalo	09 Mar 1993	COL	1356
2	Christopher Linke	24 Oct 1988	GER	1305
3	Caio De Sena Bonfim	19 Mar 1991	BRA	1298
4	Alvaro Martin	18 Jun 1994	ESP	1292
5	Dane Bird-Smith	15 Jul 1992	AUS	1287
13	Tom Bosworth	17 Jan 1990	GBR	1240
46	Callum Wilkinson	14 Mar 1997	GBR	1147
114	Cameron Corbishley	31 Mar 1997	GBR	1003

Men's 50km

Posn	Athlete	Date of Birth	Nation	Points
1	Hiroki Arai	18 May 1988	JPN	1400
2	Satoshi Maruo	28 Nov 1991	JPN	1333
3	Ihor Hlavan	29 Sep 1990	UKR	1309
4	Yohann Diniz	01 Jan 1978	FRA	1304
5	Kai Kobayashi	28 Feb 1993	JPN	1290
73	Dominic King	30 May 1983	GBR	1062
84	Daniel King	30 May 1983	GBR	1028

Women's 20km

Posn	Athlete	Date of Birth	Nation	Points
1	Maria Guadalupe Gonzalez	09 Jan 1989	MEX	1355
2	Jiayu Yang	18 Feb 1996	CHN	1323
3	Antonella Palmisano	06 Aug 1991	ITA	1305
4	Erica Rocha De Sena	03 May 1985	BRA	1301
5	Shenjie Qieyang	11 Nov 1990	CHN	1300
36	Bethan Davies	07 Nov 1990	GBR	1096
60	Gemma Bridge	17 May 1993	GBR	1044
90	Heather Lewis	25 Oct 1993	GBR	969

Women's 50km

Posn	Athlete	Date of Birth	Nation	Points
1	Hang Yin	07 Feb 1997	CHN	1400
2	Ines Henriques	01 May 1980	POR	1361
3	Claire Tallent	06 Jul 1981	AUS	1230
4	Paola Viviana Perez	21 Dec 1989	ECU	1226
5	Johanna Ordonez	12 Dec 1987	ECU	1220
37	Molly Jade Davey	03 Sep 1998	GBR	855

Qualification System Published for 2020 Olympics

The IAAF Council, at their meeting in Buenos Aires, have approved the qualification system for the Olympic Games Tokyo 2020 and includes details of the entry numbers (*Men's 20km – 60, Women's 20km – 60 & Men's 50km – 60*) for each discipline and the qualification timeline.

For the 10,000m, marathon, race walks, combined events and relays, the qualification period runs from 1 January 2019 to 29 June 2020. For all other events, the qualification period runs from 1 July 2019 to 29 June 2020.

Athletes can qualify in one of two ways:

- By virtue of their IAAF world ranking position at the end of the qualification period.
- Achieving the entry standard within the qualification period.

Entry standards will be approved and published later this year but will be set for the sole purpose of qualifying athletes with exceptional performances unable to qualify through the IAAF world rankings pathway.

International Results

Müller Anniversary Games, London Stadium (Sat. 21st Jul.)

The Müller Anniversary Games got off to a record-breaking start on as Tom Bosworth raced to victory in the 3000m walk.

Going through halfway in 5:22, Bosworth was on target to make history and keeping his composure crossed the finish line in a time of 10:43.84. Bosworth was pushed all the way by South Africa's Lebogang Shange who finished a few seconds behind him.

Shange was also inside the previous world record with his time of 10:47.08. Callum Wilkinson was third in 11:13.77.



The previous best time of 10:47.11 for the 3000m walk had stood for 28 years having been set by Italian Giovanni De Benedictis on 19th May 1990 in San Giovanni Valdarno (ITA).

Bosworth said "It was a shock to do that. I've just come back from altitude training, but I still wanted to see what I could do, and this is all heading in the right direction for the Europeans. Coming to the London Stadium changes everything for me. Usually I'm on the road and race walking isn't included in the Diamond League very often.

I thought there was going to be trouble if I got beaten, but I knew the crowd would push me home in that world class field. He (Shange) was fourth in London last year and I knew it was going to take a PB to win. I use the shorter races to prepare for the 20km races."

Men's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth		GBR 10.43.84	WB
2	Lebogang Shange		RSA 10:47.08	PB
3	Callum Wilkinson (U23)		GBR 11:13.77	SB
4	Nick Christie		USA 11:33.42	PB
5	Benjamin Thorne		CAN 11:48.38	
6	Eder Sanchez		MEX 12:11.47	
7	Christopher Snook (U20)		GBR 12:22.38	PB
	Cameron Corbishley (U23)		GBR DQ 230.7a	
	Guy Thomas (U23)		GBR DQ 230.7a	

SIAB International Track & Field Meeting, Grangemouth Stadium, Scotland (Sat. 21st Jul.)

While our leading UK walkers were competing at the Diamond League event at the London Stadium, the next generation were representing their countries at the annual Schools International at Grangemouth, Scotland.

George Wilkinson finished second to Irish International Oisín Lane recording a personal best in the process. There was also a personal best for Daniel Gilbert for Wales in fifth.

The Irish dominated the girls race taking gold and silver. Isabelle Bridge took bronze in a personal best. Both Welsh athletes recorded personal bests.

U17 Men's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Oisín Lane		IRL 13:36.63	
2	George Wilkinson		ENG 14:02.33	PB
3	Matthew Glennon		IRL 14:24.52	
4	Matthew Crane		ENG 15:31.06	
5	Daniel Gilbert (U15)		WAL 17:51.03	PB



U17 Women's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Emily MacHugh		IRL 14:55.11	
2	Jennifer Fidgeon		IRL 15:34.64	
3	Isabelle Bridge		ENG 16:20.04	PB
4	Lucy Lewis Ward		ENG 16:35.49	
5	Mollie Dainton		WAL 17:31.90	PB
6	Kasia Cook (U15)		WAL 18:08.03	PB

National Results

101st Welsh Senior Track & Field Championships, Cardiff (Sat. 14th Jul.)

Race walking took centre stage at the Welsh Athletics Championships, **reports Martin Bell**, with Commonwealth Games Bronze medallist, Bethan Davies, retaining her Welsh title from Comm' Games team mate Heather Lewis, who broke 13 minutes for the first time to go 5th on the British all-time list. Megan Stratton-Thomas took third in a seasons best.

Mark Williams won the men's race from Daniel Mckerlich, who improved his British T20 record for the third time in four weeks.

Men's 3000m

Pos	Athlete	AG	Club	Perf
1	Mark Williams	M50	Birchfield Harriers	15:46.26
2	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	17:21.30

Women's 3000m

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SW	Cardiff A.A.C.	12:42.46
2	Heather Lewis	SW	Pembrokeshire Harriers	12:54.71
3	Megan Stratton-Thomas	U20W	Swansea Harriers	15:51.32

UKCAU Inter Counties & England Athletics Senior Track & Field Championships, Manchester (Sun. 29th Jul.)

Walkers and officials got a good soaking at a wet and blustery Manchester Sports Arena. Daniel King and Erika Kelly took the England and Inter County titles.



Women's 3000m

Pos	Athlete	AG	Club	Perf
1	Erika Kelly	SW	Northern (IOM) Athletic Club	14:37.76
2	Jasmine Nicholls	SW	Leicester Walking Club	15:03.26
3	Madeline Shott	SW	Belgrave Harriers	15:05.79
4	Natalie Myers	SW	C of Sheffield & Dearne AC	15:55.46

Men's 3000m

Pos	Athlete	AG	Club	Perf
1	Daniel King	M35	Colchester Harriers	12:56.14
2	Tom Partington	U20M	Manx Harriers	13:12.53
3	Mark Williams	M50	Birchfield Harriers	15:58.30
4	Harry Speers	SM	Annadale Striders	18:59.76

Domestic Results

England Masters Inter-Area Challenge, Solihull (Sun. 8th Jul.)

Mark Williams and Carolyn Derbyshire were the fastest man and woman respectively on the day.

Men's 2000m

Pos	Athlete	AG	Club	Perf
1	Mark Williams	M50	Birchfield Hs/Midland Masters	10:11.95
2	Malcolm Martin	M60	Surrey Walking Club/SCVAC	10:44.78
3	Christopher Hobbs	M60	Ashford Athletic Club/SCVAC	10:53.66
4	Peter Boszko	M65	Birchfield Hs/Midland Masters	11:01.86
5	Roger Michell	M70	Surrey WC/Midland Masters	11:41.45
6	David Bowker (T12)	M55	Fairlands Valley/Eastern Masters	11:49.21
7	Paul Flynn	M50	Swansea Hs/Welsh Masters	12:00.71
8	Ian Torode	M60	South West Veterans	12:01.87
9	Steve Allen	M60	Barnet & Dist. AC/SCVAC	12:15.92
10	Sean McCarthy	M50	Northern Masters	13:38.21

Women's 2000m

Pos	Athlete	AG	Club	Perf
1	Carolyn Derbyshire	W40	Nuneaton Hs/Midland Masters	10:51.25
2	Melanie Peddle	W50	Loughton AC/Eastern Masters	11:11.18
3	Ann Wheeler	W65	Nuneaton Hs/Midland Masters	12:16.61
4	Angela Martin	W50	Surrey Walking Club/SCVAC	13:38.21
5	Angie Underdown	W50	Enfield & H/Eastern Masters	14:12.21
6	Michelle O'Neill-Hall	W50	North East Veterans	14:13.15
7	Alison Smith	W50	Radley Athletic Club	15:33.81
8	Gillian Williams	W60	Liswerry Runners	16:37.08

The Woodford Tuesday Walks, Ashton Playing Fields, Woodford (Tue. 10th Jul.)

The turnout for the second race of this year's series was boosted by Noel Carmody's squad from south of the Thames, who swept up the places between them, with Luc Legon leading from the gun, **reports Peter Cassidy**. Maddy Shott, Melanie Peddle and Under-15 Hannah Atkinson were the women's stars, with newcomer to the series Mary

Knapman showing well. An unusual list of eight scoring clubs (albeit some of them singletons) even had Loughton managing a sole B-team contestant. The 3000m run, the previous event on the programme, had only ten starters – another victory for the walkers!

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	13:21.6
2	Matthew Crane	U17M	Bexley Athletic Club	14:34.7
3	Alex Macheath	U15B	Cambridge Harriers	14:51.3
4	Madeline Shott	SM	Belgrave Harriers	15:14.1
5	Melanie Peddle	W50	Loughton Athletic Club	16:37.0
6	Mark Culshaw	M50	Ilford Athletic Club	16:50.2
7	Stuart Bennett	M55	Ilford Athletic Club	18:40.2
8	Hannah Atkinson	U15G	Cambridge Harriers	19:33.0
9	John Borgars	M75	Loughton Athletic Club	19:35.3
10	Mary Knapman	W35	Loughton Athletic Club	19:49.3
11	Rachel Lawless	W55	Ilford Athletic Club	20:08.7
12	Geraldine Legon	W55	Bexley Athletic Club	20:34.2
13	John Brock	M65	Southend-on-Sea AC	21:35.1
14	Stephen Cartwright	M60	Colchester & Tendring	21:42.7
15	Peter Cassidy	M75	Loughton Athletic Club	21:49.4
16	Sean Pender	M60	Enfield & Haringey AC	22:43.5

Veterans AC 5 Mile Road, Battersea Park (Tue. 10th Jul.)

Not surprisingly the fourth fixture of the season, held on a sunny evening in more typical summer weather, was won by Ian Richards in 43:09, **reports Dave Hoben**.

Penelope Cummings achieved a good time to win for the ladies and second place overall in 49:01, but the most newsworthy item was the arrival of new Belgrave signing Stefano Zennaro in 3rd place overall in an excellent 49:46.

The remainder of the field achieved times slightly better than recent events maybe the more temperate conditions assisted.



Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Ian Richards	M70	Steyning Athletic Club	43:09
2	Penelope Cummings	W40	Aldershot Farnham & Dist.	49:01
3	Stefano Zennaro	M45	Belgrave Harriers	49:46
4	John Hall	M65	Belgrave Harriers	50:13
5	Maureen Noel	W50	Belgrave Harriers	52:40
6	Dan Maskell	M70	Surrey Walking Club	54:48
7	Fiona Bishop	W55	Woking Athletic Club	55:12
8	Michael Harran	M80	Surrey Walking Club	58:09
9	David Hoben	M65	Surrey Walking Club	58:17
10	Peter Hannell	M75	Surrey Walking Club	59:42

Manx Harriers Summer 10km, NSC Roadway (Thur. 12th Jul.)

A special mention to Alice Bellando completing her first ever 10km in 64:55, **reports Steve Taylor**, and that man Tom Partington has done it again setting another record this time over 5km recording 21:59, pipping the existing record by 1 second which has been held since 1989 by Martin Young.

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Adam Cowin	SM	Manx Harriers	53:13
2	Tony Edwards	SM	Manx Harriers	58:54
3	Jayne Farquhar	W45	Manx Harriers	61:58
4	Alice Bellando	U17G	Manx Harriers	64:55
5	Sharon Cain	W45	Western Athletic Club	64:55
6	Nikki Raven	W55	Manx Harriers	65:10
7	Louise Hollings	W35	Manx Harriers	65:12
8	Les Brown	M60	Manx Harriers	69:01

Open 5km

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U20M	Manx Harriers	21:59

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	20:12

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Alex Nicol	U13G	Manx Harriers	14:11

Junior 1km

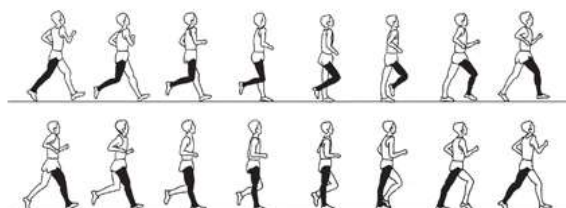
Pos	Athlete	AG	Club	Perf
1	Harry Merryweather	7 yrs	Unattached	10:34

Northern Area RWA 10km Championship, Dunnington, Nr York (Sat. 14th Jul.)



Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
G	Bill McFadden	M55	Scotia Race Walking Club	58:47
1	Martin Fisher	M55	Redcar Race Walking Club	61:39
2	Ray Robinson	M40	Redcar Race Walking Club	62:18
3	Graham Jackson	M45	Yorkshire Race Walking Club	62:22
4	Colin Scott	M55	Yorkshire Race Walking Club	62:50
5	Dennis Jackson	M70	Yorkshire Race Walking Club	63:22
6	Tony Bell	M55	Lancashire Walking Club	65:56
7	Neil Armitage	M55	Yorkshire Race Walking Club	67:48
8	Sailash Shah	M50	Lancashire Walking Club	70:54
9	Atmaram Dahal	M55	Yorkshire Race Walking Club	72:47
G	Gerard McConnell	M55	Scotia Race Walking Club	73:01
10	Dave Jones	M65	Redcar Race Walking Club	76:01
11	Mark Byrne	M55	Redcar Race Walking Club	78:20
12	Mary Thompson	W40	Fitmums & Friends	83:00



Midland & British Masters 20km Championships, Warwick University, Coventry (Sun. 15th Jul.)

On the established 1km lap course on the Science Park, Warwick University, nineteen walkers were on the start line for the Midland and BMAF 20km Championships, **reports Glyn Jones**. The weather as predicted was very warm and seemed to increase in temperature as the afternoon wore on. A drinks station and separate sponging station were provided on the course and which were continually and sensibly used by the athletes in view of the conditions. Even so the hot weather did not relent. After leading the field for five laps, Francisco Reis pulled up with a recurring hamstring injury. Some athletes unfortunately as the race progressed suffered disqualifications, thus leaving only seven men and four women to finish the race, some looking very weary.

David Annetts was overall winner of the race by a clear margin and was followed home in overall second place by Lisa Kehler who won the women's Midland Championship. Mark Williams came home in third place to retain his Midland title and was part of the winning team in both the Midland and BMAF Championships.

Mixed 20km

Pos	Athlete	AG (BMAF)	Club	Perf
1	David Annetts	M50 (1)	North Herts Road Runners	1:52:27
2	Lisa Kehler	W50 (1)	Wolverhampton & Bilston	2:00:57
3	Mark Williams	M50 (2)	Birchfield Harriers	2:09:01
4	Peter Boszko	M65 (1)	Birchfield Harriers	2:10:11
5	Marie Jackson	W55 (1)	Manx Harriers	2:10:25
6	Melanie Peddle	W50 (2)	Loughton Athletic Club	2:13:08
7	Chris Hobbs	M60 (1)	Ashford Athletic Club	2:13:56
8	David Walsh	M55 (1)	Redhill Road Runners	2:15:35
9	John Constandinou	M45 (1)	Birchfield Harriers	2:19:52
10	Ian Torode	M60 (2)	South West Veterans	2:27:47
11	Ann Wheeler	W60 (1)	Nuneaton Harriers	2:31:43
	Stephen Cartwright	M60	Colchester & Tendring AC	DQ (230.7a)
	Ian Richards	M70	Steyning Athletic Club	DQ (230.7a)
	Sean Pender	M60	Enfield & Haringey AC	DQ (230.7a)
	Hardeep Minhas	M60	Leicester Walking Club	DQ (230.7a)
	Paul Hawkins	M60	Stratford-upon-Avon AC	DQ (230.7a)
	Maureen Noel	W55	Belgrave Harriers	DQ (230.7a)
	Francisco Reis	M55	Thames Valley Harriers	DNF
	Julie Bellfield	W45	Halesowen Athletic Club	DNF

Sarnia WC Heritage Group Championship Race Eight 10 Mile Road Walk, Pleinmont to Lanresse (Sun. 15th Jul.)

A hot summers morning greeted the walkers for their 10 miles race along the west coast of Guernsey from Pleinmont to Lanresse, **reports Rob Elliott**. Windless for much of the route and avoiding the temptation of the tempting clear high water just metres away, Donna Allan scored a win for the woman with a lonely race at the front of the field to take the honours in 1:41:29. The conditions ruled out any attempt to get close to the Guernsey women's 10-mile best time as she settled for a new personal best instead, only feeling the effects of the conditions late in the race.

In the absence of Championship leader Stuart Le Noury, it was a race between Rob Elliott and Phil Lockwood to bring the men home. Elliott secured a gap of 75 metres early on and held it virtually throughout the race. A glance in a convenient shop window with a mile to go showed Elliott the gap which he increased in the final mile.

Mixed 10 Mile (b)

Pos	Athlete	AG	Club	Perf
1	Donna Allan	W40	Sarnia Walking Club	1:41:29
2	Rob Elliott	M55	Sarnia Walking Club	1:49:14
3	Phil Lockwood	M45	Sarnia Walking Club	1:49:46
4	Peter Beckerleg	M55	Sarnia Walking Club	2:03:27
5	Mick Le Sauvage	M75	Sarnia Walking Club	2:07:48
6	Jayne Le Noury	M55	Sarnia Walking Club	2:11:21
7	Kay Coulson	W50	Sarnia Walking Club	2:16:21

British Milers Club Regional Races/Cambridge Harriers Open Meeting, Sutcliffe Park, Eltham (Wed. 18th Jul.)

After a years' absence due to track refurbishment, Cambridge Harriers were again able to promote a race walk in conjunction with the BMC Regional Races/Cambridge Harriers Open.

Luc Legon led from the gun to take the win. Maddy Shott closed up on young Alex Macheath mid-race with Alex then powering away in the latter stages. A welcome return to racing for Beatrice Fury.

Mixed 2000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	8:26.72
2	Alex Macheath	U15B	Cambridge Harriers	9:47.67
3	Madeline Shott	SW	Belgrave Harriers	9:56.34
4	Christian Hopper	U15B	Cambridge Harriers	10:17.39
5	Abigail Smith	U15G	Blackheath & Bromley HAC	10:59.23
6	Katie Stringer	U15G	Medway & Maidstone AC	11:03.72
7	Beatrice Fury	U17W	Medway & Maidstone AC	11:57.63
8	Hannah Hopper	U17W	Cambridge Harriers	12:05.13

5th South Yorkshire League, Millhouses Park (Wed. 18th Jul.)

Our race started in the usual way with Simon Pugh and Tony Bell on the road first as they were tackling 5km, but Tony was unable to eat into Simon's lead. Lucy Walker started her 3km just after Simon had completed his first 2km, with Lara MacColl (3km) a further 13 secs back. As Simon and Lucy had a great battle Lara was dropping back and looked to be struggling, but she was actually walking at her normal pace or perhaps a little faster, just overshadowed by Lucy's pace, who moved a further 13 secs clear of Lara.

Lucy was able to raise her pace more easily than Simon and eased away for victory in a big personal best. Simon was exactly a minute faster than last time. Ellis Simmonds entered the fray with 1km to go and walked well to pass three walkers to take third place for a great personal best.

Posn	Athlete	AG	Club	Perf. (Dist.)
1	Lucy Walker	U15G	2 DASH	18:35 (3km)
2	Simon Pugh	M55	Rotherham Harriers	31:21 (5km)
3	Ellis Simmonds	U13B	Dobcroft School	5:50 (1km)
4	Lara MacColl	U15G	C of Sheffield & Dearne	18:48 (3km)
5	Ethan Morgan	U13B	Silverdale School	12:57 (2km)
6	Alex Wellings	U13G	Meadowhead School	7:21 (1km)
7	Tony Bell	M55	Lancashire Walking Club	31:10 (5km)

Sarnia WC Heritage Group Championships Race Nine, 3000 Metres Track Walk, Footes Lane (Fri. 20th Jul.)

Rob Elliott led from early on to win the ninth race in the Heritage Group Championships over 3000 metres on a hot and breezy evening. Phil Lockwood, who had finished close to Elliott days earlier over 10 miles, finished a clear second over a minute behind. Close races in the middle of the field saw Peter Beckerleg hold off Kevin Le Noury by two seconds.

Dave Dorey set off quick and just held on to fifth place from a faster finishing Mick Le Sauvage, who in turn held off Kay Coulson the fastest woman on the day. She finished ahead of Jayne Le Noury and Rose Druckes, who was racing for the first time in three years.

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliott	M55	Sarnia Walking Club	16:55
2	Phil Lockwood	M45	Sarnia Walking Club	18:09
3	Peter Beckerleg	M55	Sarnia Walking Club	20:09
4	Kevin Le Noury	M60	Sarnia Walking Club	20:11
5	Dave Dorey	M70	Sarnia Walking Club	21:26
6	Mick Le Sauvage	M75	Sarnia Walking Club	21:29
7	Kay Coulson	W50	Sarnia Walking Club	21:32
8	Jayne Le Noury	W55	Sarnia Walking Club	23:05
9	Rose Druckes	W70	Sarnia Walking Club	24:39

London Inter-Club Challenge, Allianz Park (Sat. 28th Jul.)



The 31 competitors appreciated the overnight drop in temperature from 34° to 21° and slightly faster times than recorded at the previous meeting for many of them was the result, **reports Ron Wallwork**. The race was "bossed" by U23 Luc Legon who lapped the field with the exception of U17 George Wilkinson. Current League leader David Crane got the better of past international Mark Easton in a last lap sprint, whilst W40 Penelope Cummings had little trouble in the ladies' section of the race.

Men's 5000m (B)

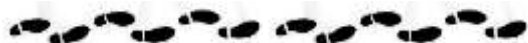
Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	22:49.22
2	George Wilkinson	U17M	Enfield & Haringey AC	24:33.59
3	Francisco Reis	M55	Thames Valley Harriers/POR	25:00.42
4	David Crane	M40	Surrey Walking Club	26:01.53
5	Mark Easton	M55	Surrey Walking Club	26:10.61
6	Stefano Zennaro	M45	Belgrave Harriers	28:41.85
7	Mark Culshaw	M50	Iford Athletic Club	28:46.28
8	John Hall	M65	Belgrave Harriers	29:28.00
9	Stuart Bennett	M55	Iford Athletic Club	29:46.98
10	John Ralph	M60	Enfield & Haringey AC	31:19.20
11	John Borgars	M70	Loughton Athletic Club	32:28.61
12	David Kates	M65	Iford Athletic Club	32:40.77
13	Stephen Cartwright	M60	Colchester & Tendering	34:19.92
14	Sean Pender	M65	Enfield & Haringey AC	34:41.02
15	Tom Casserley	M75	Enfield & Haringey AC	34:42.25
16	Michael Harran	M80	Surrey Walking Club	34:48.89
17	Arthur Thomson	M80	Enfield & Haringey AC	35:00.33
18	David Hoben	M65	Surrey Walking Club	35:52.92
19	Anthony Wilkinson	M55	Unattached	37:04.93



David Crane ~ Mark Easton ~ Francisco Reis ~ George Wilkinson ~ Luc Legon

Women's 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Penelope Cummings	W40	Herne Hill Harriers	28:27.12
2	Helen Middleton	W55	Enfield & Haringey AC	29:47.98
3	Emma Dyos	W40	Iford Athletic Club	30:08.88
4	Maureen Noel	W50	Belgrave Harriers	31:35.84
5	Noel Blatchford	W70	Abingdon Athletic Club	32:58.29
6	Monica Harrington	W45	Highgate Harriers	33:05.99
7	Fiona Bishop	W55	Woking Athletic Club	33:33.20
8	Susan Barnett	W65	Eastern Masters AC	33:35.91
9	Geraldine Legon	W55	Bexley Athletic Club	35:37.25
	Rachel Lawless	W55	Iford Athletic Club	DNF



Mixed 1000m (B)

Pos	Athlete	AG	Club	Perf
1	Abigail Smith	U15G	Blackheath & Bromley HAC	5:06.3
2	Sebastian Alexandru	U13B	Havering Athletic Club	7:34.8

**Fred Pearce Senior Memorial Relay 2 x 5km, Simister
(Sat. 28th Jul.)**

It was the 23rd anniversary of this unique and popular event, *reports Roy Gunnett*. The race was held on the usual 'out & back' course from Lady Wilton Hall, Simister to Heaton Park.

The weather was squally - the competitors had to contend with strong winds and heavy downpours of rain, particularly on the second leg.

It was good to welcome three guests from other clubs to this race.

The battle for the team prize was closely contested - good handicapping resulted in the first five teams coming in within just over a minute of each other.

Tony Bell put in a powerful final leg to secure the team win for himself and Ian Hilditch.

Martin Fisher won the scratch race.

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Martin Fisher	M55	Redcar Race Walking Club	28:41
2	Tony Malone	M65	Lancashire Walking Club	28:48
3	Adrian Edwards	M55	Lancashire Walking Club	28:52
4	Tony Bell	M55	Lancashire Walking Club	29:17
5	Greg Smith	M65	Lancashire Walking Club	31:31
6	John Crahan	M65	Lancashire Walking Club	33:19
7	Steve Sargent	M70	Lancashire Walking Club	33:30
8	Sailash Shah	M50	Lancashire Walking Club	33:45
9	Joe Hardy	M70	Lancashire Walking Club	33:48
10	Dan Maskell	M70	Surrey Walking Club	33:57
11	Russ Jackson	M70	Yorkshire Race Walking Club	34:37
12	Ian Hilditch	M75	Lancashire Walking Club	35:45
13	Pat Evans	W65	Lancashire Walking Club	36:07
14	Ian Vaughan	M65	Lancashire Walking Club	36:17
15	Roy Gunnett	M70	Lancashire Walking Club	36:17
16	John Payn	M85	Lancashire Walking Club	40:05

Team Result

Pos	Athletes	Handicap	Total
1	Ian Hilditch & Tony Bell	1:30	66:32
2	Ian Vaughan & Tony Malone	1:30	66:35
3	Steve Sargent & Greg Smith	1:45	66:46
4	Joe Hardy & John Crahan	Scratch	67:07
5	Pat Evans & Martin Fisher	3:00	67:48
6	Sailash Shah & Russ Jackson	1:30	69:52
7	John Payn & Adrian Edwards	2:30	71:27
8	Roy Gunnett & Dan Maskell	1:45	71:59

Schools Results

**Welsh Schools Championships, Cardiff International Sports
Campus, Cardiff (Sat. 7th Jul.)**

There was good performances at the Welsh Schools Championships, in a very hot Cardiff, *reports Martin Bell*.

Megan Stratton-Thomas won the combined 3000m from Jordan Price and Daniel Mckerlich. Behind these three Mollie Dainton walked a lonely race to take the middle girls title and win a trip to Grangemouth for the Schools International in two weeks' time.

Behind Mollie, Emily Rowe tried hard to break away from Shannon Thomas, but Shannon had enough to move away over the final lap to finish her first 3000m in a sub-20 min clocking. Emily was rewarded for her efforts with an 80 second personal best.

The junior 1000m was a very competitive race with Daniel Gilbert challenged for most of the race by Cardiff's Davis Hedgecoe, before Daniel eased away over the final 200m for the win in a new personal

best of 5:11. Davies hung on for second, coming under pressure for the leading girl Kasia Cook, who improved her personal best to 5:18. Cardiff's Luke Hall rounded the boys' medallists with a 5:24 clocking.

There was a great battle for the silver in the girls' race, which eventually was won by Georgia Paterson from Amy White (5:48 to 5:50) with East Wales Sapphire Samuel, not quite matching her Welsh U15 girls' performance taking 4th in 5:55.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Megan Stratton-Thomas	SG	Swansea Harriers	16:01.11
2	Jordan Price	SB	Brecon Athletic Club	16:11.15
3	Daniel Mckerlich (T20)	SB	Cardiff A.A.C.	17:23.24
4	Mollie Dainton	IG	Llanelli Athletic Club	18:40.04
5	Shannon Thomas	IG	Swansea Harriers	19:46.88
6	Emily Rowe	IG	Blaenau Gwent AC	20:17.09
7	Carys Jones	SG	Llanelli Athletic Club	21:59.59
	Luke Jones	IB	Llanelli Athletic Club	DQ (R125.5)

Mixed 1000m

Pos	Athlete	AG	Club	Perf
1	Daniel Gilbert	JB	Brecon Athletic Club	5:11.40
2	Davis Hedgecoe	JB	Cardiff & Vale Schools	5:16.15
3	Kasia Cook	JG	Pembrokeshire Harriers	5:18.36
4	Luke Hall	JB	Cardiff & Vale Schools	5:27.96
5	Henry White	JB	Pembrokeshire Harriers	5:44.73
6	Georgia Parkinson	JG	Menai Track and Field	5:48.55
7	Amy White	JG	Pembrokeshire Harriers	5:50.66
8	Sapphire Samuel	JG	Newport Harriers	5:55.96
9	Sam Godfrey	JB	Cardiff & Vale Schools	6:12.59
10	Mille Campden	JG	Cardiff & Vale Schools	6:13.11
11	Catrin Powell	JG	Cardiff & Vale Schools	6:15.79
12	Poppy Stowell Evans	JG	South East Wales	6:21.73
13	Lottie Jones	JG	Cardiff & Vale Schools	6:30.30
14	Freya Gemine	JG	Swansea Harriers	6:31.70

UPCOMING EVENTS

August

Tue. 07	Veterans AC 5 mile	Battersea
Sat. 10	10 th Gay Games	Paris (FRA)
Sat. 11	Eastern Masters Championships	Southend
Wed. 15	Manchester International	Manchester
Thu. 16	Foxdale 6 Mile	Foxdale IOM
Fri. 17	Sarnia WC Championship 10 1 mile	Footes Lane
Sat. 18	Open 24 Hour Track/National Champs.	Douglas, IOM
	Goodwin Cup 10km	Chorley
Tue. 21	Woodford Tuesday Walks (3000m)	Woodford
Sat. 25	British Masters Championships (3000m)	Birmingham
Sun. 26	England Athletics U15/U17 Championships	Bedford
	British Masters Championships (5000m)	Birmingham
Mon. 27	Southend Open 1 Mile Track Race	Southend
Fri. 31	Sarnia WC 3km Road Walk	Vale

September

Sat. 02	National 50km & Manx 20km	Douglas, IOM
Sun. 03	Guernsey Church to Church	Havelet Bay
Tue. 04	Woodford Tuesday Walks (3000m)	Woodford
	World Masters Championships – Begin	Malaga (ESP)
Sat. 08	Lancashire WC 1 Hour	Simister
Sun. 09	Jeff Ford Memorial Walks	Sheffield
	Sussex & Surrey Track Championships	Sutton
Sat. 15	English Schools Championships	Bedford
	World Masters Championships – End	Malaga (ESP)
Sat. 22	Enfield League 1 Hour Track Walk	Lee Valley