



Race Walking Record

January 2020



**First Three Men - London Open Walks
10km - Hillingdon Cycle Circuit**

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



Coventry Godiva Harriers

present the

Molly Barnett Open Road Walks

including

England Athletics 10km Championships and RWA Young Age Group Grand Prix

(to be held in accordance with UKA Rules of Competition)

Sunday 1st March 2020

**Coventry Godiva Clubhouse, University of Warwick
Kirby Corner Road, Coventry, CV4 7AL**

Programme

13:00	1km	Under 11 Boys & Girls
13:00	2km	Under 13 Boys & Girls
13:20	3km	Under 15 Boys & Girls
13:45	5km	Under 17 Men & Women
13:45	5km	Under 20 Women & Senior Women
14:25	10km	Under 20 Men & Under 20 Women
14:25	10km	Senior Men & Senior Women

Entry Fees

Seniors/Juniors £10.00; Under 17s £5.00; Teams of 3 £4.00

(Second claim members accepted as per UKA Rules)

Closing Date for Entries: **21st February 2020**

Entries after the closing date: £2 levy and not eligible for prizes

New Payment Procedure: Pay into Coventry Godiva Bank Account

**Sort Code: 53-61-31 Account N° 65052153 and send completed entry form to
Keith Richards at the email address below:**

E-mail: keith28richards@virginmedia.com Tel: 01788 812208

NEWS

Essex County AA Honorary Life Memberships

At the recent Essex County AA Annual General Meeting five athletes were presented with Essex County AA Honorary Life Membership awards, including David Ainsworth (Ilford AC - pictured) and Peter Cassidy (Loughton AC).



Young Athletes Grand Prix Fixtures 2020

London Open Walks	Hillingdon 2 nd Feb.
Molly Barnett Open Walks	Coventry 1 st Mar.
Race Walking Assoc. Inter-Area Match	Sheffield 21 st Mar.
Race Walking Assoc. National Champs.	Coventry 19 th Apr.
England Athletics Under 20 Track Champs.	Bedford 7 th Jun.
England Athletics U13/15 Track Champs.	Bedford 30 th Aug.

(Guests will be permitted to race in the YAG events at the Inter-Area)

There may be an additional event in the North

Under 20, Under 17 & Under 15 four best scores counted

Under 13 three best scores counted

(A minimum of two races must be completed to be eligible for an award)

For further information contact Brian Adams

Email: thebrianadams@hotmail.com

Len Creo R.I.P.

The Race Walking Association is saddened to report that Len Creo passed away on 18th December just shy of his 97th birthday.

Len came to Race walking late in life when he reached his sixtieth birthday, he decided to take up the event and it instantly became something he was passionate about for the rest of his life.

Len became Centurion 871 in 1990 at the age of 67 clocking 22:20:55.

Condolences are expressed to his family.

Edwin Grocock R.I.P.

The Race Walking Association is saddened to report that Edwin Grocock formally of Sheffield United Walking Club has passed away.

Edwin qualified as a Centurion (c695) in 1980 with a time of 20:42:51.

Condolences are expressed to his family.



Race Walking Association Annual General Meeting (11th Jan.)

The AGM was held at the Coventry Godiva Clubhouse. Colin Vesty (Leicester WC) is your new RWA President. Carl Lawton (Belgrave Harriers) was elected Vice-President. Peter Marlow stepped down from the post of Hon. Championship Secretary having held the position for many years. Noel Carmody (Cambridge Harriers) takes over as Hon. Championship Secretary.

The following positions were elected unopposed:

President	Colin Vesty
Vice President	Carl Lawton
Chairman	Glyn Jones
Hon. General Secretary	Colin Vesty
Hon. Treasurer	Mark Easton
Hon. Championship Secretary	Noel Carmody



Colin Vesty presenting Helen Elleker with a plaque commemorating her year of office after she has passed on the "chain" of office.

Colin says "It has taken quite a while to work out why little old me has been given this honour, but I've finally realised the RWA are telling me it is time to hang up my trainers and stop pretending to be an athlete!!!"

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

	£25.00	£15.00	£10.00
Jan. 20	Steve Wynn	Michael George	Stuart Elms

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

National Results

England Athletics Indoor Championships, E.I.S. Sheffield (Sun. 5th Jan.)

Tom Bosworth recorded a resounding win in the men's race. Behind him there was a race long battle between Tom Partington and Luc Legon with the positions changing several times during the race.

In the ladies' race proved to be a very close affair between Pagen Spooner and Natalie Myers with less than a second between them at the finish line.

Men's 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Tom Bosworth	SENM	Tonbridge Athletic Club	11:18.00
2	Tom Partington	U23M	Manx Harriers	13:00.32
3	Luc Legon	U23M	Bexley Athletic Club	13:04.74
4	Matthew Crane	U20M	Bexley Athletic Club	13:36.27
5	Christian Hopper	U17M	Cambridge Harriers	16:12.75
	Trevor Herring	M60	Kettering Town Harriers	DQ R230.7a

Women's 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Pagen Spooner	U20W	Hyde Park Harriers	15:10.67
2	Natalie Myers	SENW	2 DASH	15:11.26
3	Carolyn Derbyshire	W40	Nuneaton Harriers	15:44.95
4	Hannah Hopper	U20W	Cambridge Harriers	16:25.92
5	Erika Pontarollo	U23W	Hyde Park Harriers/ITA	16:37.16
6	Abigail Smith	U17W	Blackheath & Bromley	17:07.53
	Val Nix	W55	Kettering Town Harriers	DQ R230.7a

Domestic Results

Lee Valley New Year Indoor Open Meeting, Lee Valley Athletics Centre (Wed. 1st Jan.)

Francisco Reis was initially headed by new recruit to 'Team Francisco', Silvana Alves. He pulled away to take the win in 14:45.94. Silvana, who has moved from running to walking, is improving quickly and was well clear in second place.

Mixed 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Francisco Reis	M55	Surrey Walking Club/POR	14:45.94
2	Silvana Alves	W45	Barnet & District AC	15:55.38
3	Malcolm Martin	M60	Surrey Walking Club	17:45.65
4	Geraldine Legon	W60	Bexley Athletic Club	21:14.49
5	Angela Martin	W50	Surrey Walking Club	23:23.15

Manx Harriers Winter Walking League (Sponsored by Up & Running), Round 4, Ronaldsway, Castletown (Sun. 12th Jan.)

Result only no report received.

Mixed 10km (Handicap)

Pos	Athlete	AG	Club	Watch/Actual
1	Keira Heavey	U20W	Northern (IOM) AC	74:05/60:37
2	John Robinson	M55	Isle of Man Veterans AC	75:00/62:35
3	Leanne Venables	SENW	Unattached	75:23/69:49
4	Paul Sayle	M40	Isle of Man Veterans AC	77:01/58:52
5	Denise Bridson	W60	Northern (IOM) AC	77:07/72:03
6	James Moore	SENM	Unattached	77:11/69:49
7	Gordon Erskine	M75	Unattached	77:15/74:40
8	Diane Brown	W45	Manx Harriers	77:19/74:17
9	Kerry Palmer	W45	Unattached	77:21/68:48
10	Alan Gault	M60	Isle of Man Veterans	77:21/73:53
11	Adie Corlett	M55	Unattached	77:26/70:09
12	Marie Jackson	W55	Manx Harriers	77:33/60:08
13	Angela Robinson	W50	Manx Harriers	77:39/67:34
14	Mike Readshaw	M60	Unattached	77:43/63:46
15	Lorna Gleave	M35	Unattached	77:53/64:03
16	Dudley Butt	M70	Isle of Man Veterans AC	78:07/70:02
	Ian Callister	M65	Manx Harriers	78:17/62:25
18	Maura Kelly	W50	Unattached	78:22/72:45

19	Louise Hollings	W40	Manx Harriers	78:34/64:15
20	Melissa Lines	W40	Unattached	78:39/78:39
21	Vicki Heavey	W45	Northern (IOM) AC	78:48/71:01
22	Colin Moore	M60	Isle of Man Veterans AC	78:57/69:41
23	Gianni Epifani	M45	Manx Harriers	79:20/49:31

Mixed 10km (Handicap)

Pos	Athlete	AG	Club	Watch/Actual
1	Nick Wallinger	M45	Isle of Man Veterans AC	53:45/35:50
2	Mia Dunwell	U17	Northern (IOM) AC	54:10/27:44
3	Rosie Glenn	SENW	Unattached	54:18/44:19

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Maya Creer	U11G	Unattached	7:34
2	Aalin Heavey	U11B	Unattached	9:04

Sarnia Walking Club, Bob Wright Handicap Series, Race 4, Road 5km, Amarreurs Road, Guernsey (Sun. 12th Jan.)

Race winner Kevin Le Noury stretched his slim lead in the Bob Wright Handicap Series with an easy win in the fourth race over 5km, **reports Rob Elliott**. Walking his best race at the distance for a few years he was odds on to cross the line first with one lap of the three race course still to go. Second across the line was the fastest walker of the day Sturat Le Noury who dipped under 25 minutes, having moved into second place with 50 metres to go. Peter Beckerleg finished in third place ahead of first women Kay Coulson (*pictured below*).



Mixed 5km (Handicap) (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M60	Sarnia Walking Club	38:52/33:52
2	Stuart Le Noury	SENM	Sarnia Walking Club	39:57/24:57
3	Peter Beckerleg	M60	Sarnia Walking Club	40:02/35:02
4	Kay Coulson	W50	Sarnia Walking Club	40:34/37:34
5	Dave Dorey	M70	Sarnia Walking Club	40:49/40:49
6	Mick Le Sauvage	M80	Sarnia Walking Club	40:54/38:54
7	Donna Allan	W40	Sarnia Walking Club	41:05/30:05
8	Phil Lockwood	M45	Sarnia Walking Club	41:44/34:14

Enfield Race Walking League, Race 1, 5 Mile Road, King George Playing Fields, Donkey Lane (Sat. 18th Jan.)



On a bright, sunny but chilly day 43 walkers faced the starter among them three making their debut, **reports Ron Wallwork**. It was the largest opening race turnout since 2014 when 48 toed the start line. Good turnouts invariably result in good racing and this was the case

resulting in at least eight personal bests being set and 38 of the 40 walkers who contested the 5 miles doing so under the hour.

Walking impressively Dave Annetts was a clear winner (as he was in 2019) ahead of George Wilkinson and Maddy Shott who both put in good performances. They were not alone in that respect as Silvana Alves posted a huge personal best ahead of Millie Morris and Jacqueline Benson and in a gender four-a-side match the ladies with four in the top seven would have been clear winners. The debutants demonstrated good basic technique and posted very respectable times and two of them qualified for their “5 in the Hour” badges

The team competition has the potential to be one of the closest ever because five teams have squads large enough to score heavily and consistently. Enfield and Ilford have taken the lead, but Belgrave and Ashford are within easy touching distance despite not fielding six athletes.



Ready to go again; some of the dedicated officials who make the ERWL possible.

Back: Linda Spinks, Tracey Wilkinson, Andrew Garner, Carl Lawton, Peter Cassidy.

Front: Margaret Livermore, John Hall and Pauline Wilson

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Dave Annetts	M55	North Herts Road Runners	38:00
2	George Wilkinson	U20M	Enfield & Haringey AC	39:04
3	Maddy Shott	SENW	Belgrave Harriers	39:11
4	Silvana Alves	W45	Barnet & District AC	44:57
5	Millie Morris	U20W	Ashford Athletic Club	45:37
6	Trevor Jones	M60	Steyning Athletic Club	45:54
7	Jaqueline Benson	U23W	Ashford Athletic Club	46:30
8	Malcolm Martin	M65	Surrey Walking Club	46:43
9	Steve Uttley	M60	Ilford Athletic Club	46:58
10	Graham Chapman	M65	Headington Road Runners	47:23
11	Emma Dyos	W45	Ilford Athletic Club	47:52
12	Christopher Hobbs	M60	Ashford Athletic Club	48:31
13	Steve Allen	M60	Barnet & District AC	48:37
14	Melanie Peddle	W50	Loughton Athletic Club	48:38
15	Colin Harle	M60	Belgrave Harriers	49:50
16	Cath Duhig	W65	CA Millennium Torrevieja	50:02
17	Mark Culshaw	M50	Belgrave Harriers	50:24
18	Helen Middleton	W55	Enfield & Haringey AC	50:37
19	Stuart Bennett	M60	Ilford athletic Club	51:27
20	Rachel Harding	U20W	Ashford Athletic Club	51:28
21	Alilja Drendé	W35	Belgrave Harriers	51:33
22	John Ralph	M60	Enfield & Haringey AC	52:45
23	John Borgars	M70	Loughton Athletic Club	53:04
24	Noel Blatchford	W70	Abingdon Athletic Club	53:18
25	Sue Barnett	W70	Enfield & Haringey AC	53:24
26	Simon Morgan	M50	Ilford Athletic Club	54:40
27	Andrew Cox	M65	Surrey Walking Club	55:02
28	Catherine Davies	W50	Belgrave Harriers	55:13
29	Lesley Morris	W55	Ilford Athletic Club	56:26
30	Diana Braverman	W65	Enfield & Haringey AC	56:44
31	Tom Casserley	M80	Enfield & Haringey AC	56:58
32	Malcolm Blackwood	M70	Trent Park Runners	57:16
33	Tony Wilkinson	M55	Unattached	57:58
34	David Hoben	M65	Surrey Walking Club	58:00
35	Arthur Thomson	M80	Enfield & Haringey AC	58:16

36	Shaun Lightman	M75	Surrey Walking Club	59:14
37	Gary Smith	M65	Enfield & Haringey AC	59:36
38	Christopher Flint	M75	Surrey Walking Club	59:52
39	Bob Dobson	M70	Ilford Athletic Club	60:06
40	Angela Martin	W55	Surrey Walking Club	62:50

Mixed 3 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Peter Hannell	M75	Surrey Walking Club	38:00
2	Elaine Oxley	W45	Unattached	42:48

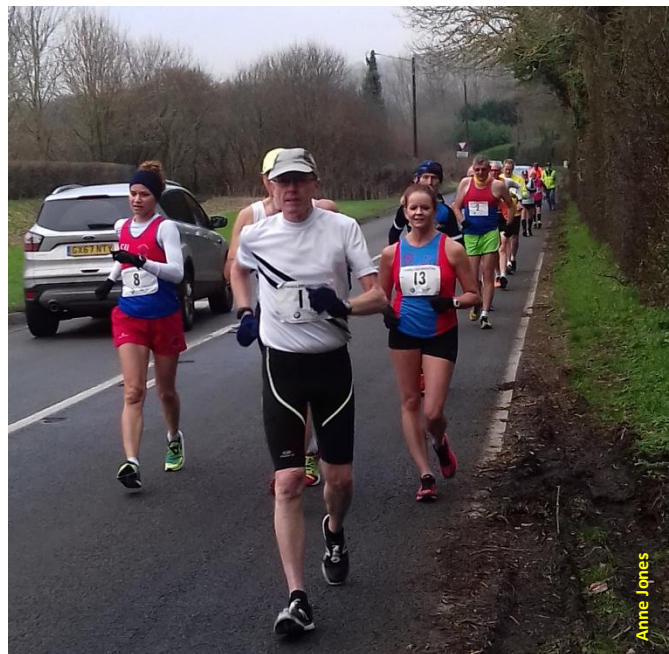
Mixed 1 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Ken Livermore	M85	Enfield & Haringey AC	31:29

Steyning AC Open 15km, Steyning (Sat. 15th Jan.)

An improved number of walkers than last year and nice to see five ladies starting this 15km country road race, **reports Ron Penfold** which due to having to have safe turning points was about 200 metres short this year.

Ian Richards and Francisco Reis were soon off into the lead followed by U23 Abigail Jennings having her first race over this distance. Ian gradually pulled away from Francisco to win the men's race, Abigail finished strongly to win the ladies race in a good time, also good performances by newcomer Silvana Alves in second spot, and making a rare appearance back racing Sophie Hales in third.



Mixed 15km (B)

Pos	Athlete	AG	Club	Perf
1	Ian Richards	M70	Steyning Athletic Club	1:18:07
2	Francisco Reis	M55	Surrey Walking Club	1:20:34
3	Abigail Jennings	U23W	Aldershot Farnham & Dist.	1:21:10
4	Silvana Alves	W45	Barnet & District AC	1:24:23
5	Sophie Hales	SENW	Steyning Athletic Club	1:25:36
6	Trevor Jones	M60	Steyning Athletic Club	1:26:03
7	David Kemp	M60	Arena 80 Athletic Club	1:27:00
8	Richard Emsley	M65	Crawley Saints & Sinners RC	1:31:21
9	Steve Allen	M60	Barnet & District AC	1:35:22
10	Jim Ball	M55	Steyning Athletic Club	1:34:16
11	Julie Drake	W50	Arena 80 Athletic Club	1:35:22
12	Stuart Maidment	M70	Steyning Athletic Club	1:41:16
13	John Killick	M70	Steyning Athletic Club	1:41:24
14	Paul Gaston	M70	Surrey Walking Club	1:50:23
15	June Avery	W60	Clwb Rhedeg Pontardawe RC	1:50:55



City of Sheffield & Dearne AC Run, Throw, Jump Indoor Meeting, E.I.S. Sheffield (Wed. 22nd Jan.)

We are really pleased that the City of Sheffield club continues to put on races in their open meetings, **reports Brian Adams**. A low turnout for these races but at least enough for it to go ahead.

Charlie Pearce of Beeston AC (Nottingham) was at the EIS to compete in the 800m run but decided to give race walking a go for the first time and quite sensibly chose the 1000m option.

Natalie Myers made a fast start in the 3000m race and felt the effects of this in the closing stages but hung on to beat her recent time in the EA Championships by 25 seconds and only 11 seconds outside her personal best.

1000m (i)

Pos	Athlete	AG	Club	Perf
1	Charlie Pearce	M45	Beeston Athletic Club	6:52.2

Mixed 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Natalie Myers	SENW	Derbyshire & S. Yorkshire Hs	14:45.1
2	Ellis Simmonds	U15B	Derbyshire & S. Yorkshire Hs	17:17.0
3	Tony Bell	M55	Lancashire Walking Club	17:58.5

Yorkshire RWC 10km Road, Drighlington (Sun. 26th Jan.)

Natalie Myers was away sharply from the start, **reports Trevor McDermot**, and moving very well in the rain, led the field home by a good margin. Lancashire WC won the team race from the host club.

This was the initial event for a new Northern Race Walking League that will run annually from this year. Next will be the Area 20km Championships in Douglas, Isle of Man, on Feb 22nd (closing date for entries Feb 18th), followed by the Ken Munro Trophy 10 Miles (Scotland v Lancashire v Yorkshire) + 3km races, Guests allowed, at Dalton, North Yorkshire on 29th March.



Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Natalie Myers	SENW	Derbyshire & S. Yorkshire Hs	55:05
2	Adrian Edwards	M55	Lancashire Walking Club	59:42
3	Dave Walsh	M55	Redhill Road Runners	59:54
4	Colin Scott	M60	Yorkshire Race Walking Club	61:01
5	Tony Malone	M65	Lancashire Walking Club	61:01
6	Tony Bell	M55	Lancashire Walking Club	65:54
7	Graham Jackson	M50	Northern Masters AC	66:13
8	Dennis Jackson	M70	Yorkshire Race Walking Club	66:14
9	Neil Armitage	M55	Yorkshire Race Walking Club	71:07
10	Phil McCullagh	M60	Lancashire Walking Club	71:16
11	Mark Byrne	M55	Redcar Race Walking Club	76:06

**CAUTION
WALK DON'T RUN**

Sarnia Walking Club 750 Metre Pace Judgement Challenge Cambridge Park, Guernsey (Sun. 26th Jan.)

In a training challenge event held at Cambridge Park, **reports Rob Elliott**, with walkers competing over six separate laps of 750 metres, it was left to 80 year old Mick Le Sauvage to show the others how to get to even paced laps as he walked all six within three seconds of each other. Last year's winner Stuart Le Noury walked the second closest laps with a time difference of eight seconds.

Pos	Athlete	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Diff
1	Mick Le Sauvage	6:02	6:00	6:01	6:03	6:00	6:01	03sec
2	Stuart Le Noury	4:51	4:49	4:55	4:51	4:51	4:47	08sec
3	Kevin Le Noury	5:11	5:06	5:05	5:07	5:02	4:59	12sec
4	Kay Coulson	6:04	6:02	6:10	6:12	6:09	6:17	15sec
5	Dave Dorey	5:35	5:28	5:40	5:47	5:45	5:42	19sec

London Open Walks (Incorporating Southern Area Championships), Hillingdon Cycle Circuit (Sun. 2nd Feb.)

In bright and breezy conditions, the event saw an increased turn-out, although, sadly, still small among the younger age-groups, **reports Peter Cassidy**.

A close struggle between George Wilkinson of Enfield and Bexley's Matthew Crane in the Junior Men's 10k saw the victory going to the Enfield man who had the edge by a mere nineteen seconds. The Junior Women made it even closer, Millie Morris of Ashford having only four seconds in hand over Hannah Hopper of Cambridge Harriers.

Maddy Shott and Luc Legon (still an Under-23) won by minutes in the senior men's and women's races but an equally noteworthy margin was by newcomer to the meeting Natasha Mitchell – the first-ever appearance by a walker from Winchester & District A.C. – taking the Under 15 Girls' 3k race by a little under two minutes, while sister Rebecca came home third to the experienced Katie Stringer and Lois Carty in the Under 17s.

The technical standard of walking was good; although several walkers did receive cards, only three of them collected three and, in the words of one race report from many years back, were invited to desist in their attempts.

Race walking is clearly for all ages; the third Men's team, Enfield and Haringey, consisted of Under-20 George Wilkinson and Over-80 Arthur Thomson!

Mixed Under 13 2km

Pos	Athlete	AG	Club	Perf
1	Lewis Burr	U13B	Tonbridge Athletic Club	13:24
2	Natasha Goldsby	U13G	Dudley & Stourbridge Hs	16:07

Mixed Under 15 3km

Pos	Athlete	AG	Club	Perf
1	Natasha Mitchell	U15G	Winchester & District AC	16:46
2	Carla Forsyth	U15G	Blackheath & Bromley HAC	18:38
3	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	18:53



Katie Stringer (12) - Millie Morris (14) - Natasha Mitchell (7)

Under 17 Men's 5km

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U17M	Cambridge Harriers	25:41

Under 17 & Under 20 Women's 5km

1	Katie Stringer	U17W	Medway & Maidstone AC	28:07
2	Millie Morris	U20W	Ashford Athletic Club	28:15
3	Hannah Hopper	U20W	Cambridge Harriers	28:19
4	Lois Carty	U17W	Aldershot Farnham & Dist.	28:32
5	Beatrice Fury	U20W	Medway & Maidstone AC	30:10
6	Rebecca Mitchell	U17W	Winchester & District AC	31:40

Senior Women's 10km

Pos	Athlete	AG	Club	Perf
1	Madeline Shott	SENW	Belgrave Harriers	50:12
2	Natalie Myers	SENW	Derbyshire & S. Yorkshire Hs	53:35
3	Abigail Jennings	U23W	Aldershot Farnham & Dist.	53:54
G	Millie Morris	U20W	Ashford Athletic Club	58:01
4	Grazia Manzotti	W50	Tonbridge Athletic Club	59:47
5	Jacqueline Benson	U23W	Ashford Athletic Club	60:41
6	Penelope Cummings	SENW	Aldershot Farnham & Dist.	61:14
7	Melanie Peddle	W50	Loughton Athletic Club	61:25
8	Sandra Brown	W70	Surrey Walking Club	63:25
9	Helen Middleton	W60	Enfield & Haringey AC	65:20
10	Noel Blatchford	W70	Abingdon Athletic Club	67:32
11	Sue Davies	W50	Aldershot Farnham & Dist.	68:06
12	Amalia Cristina Silva	W50	Barnet & District AC	77:23
13	Angela Martin	W55	Surrey Walking Club	79:33
	Silvana Alves	W45	Barnet & District AC	DNF
	Geraldine Legon	W60	Bexley Athletic Club	DQ
	Alison Clements	W60	Abingdon Athletic Club	DQ

Senior Men & U20M 10km

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	47:16
2	Luc Legon	U23M	Bexley Athletic Club	47:28
3	Matthew Crane	U20M	Bexley Athletic Club	47:37
4	Francisco Reis	M55	Surrey Walking Club/POR	52:34
5	Malcolm Martin	M60	Surrey Walking Club	57:52
6	Guglielmo La Torre	SENM	Birchfield Harriers	57:54
7	Nicholas Hart	U20M	Aldershot Farnham & Dist.	58:17
8	Trevor Jones	M60	Steyning Athletic Club	58:21
9	Graham Chapman	M60	Headington Road Runners	58:25
10	Steve Uttley	M60	Ilford Athletic Club	59:26
11	Christopher Hobbs	M60	Ashford Athletic Club	59:39
12	Steve Allen	M60	Barnet & District AC	61:10
13	Colin Harle	M60	Belgrave Harriers	64:02
	John Constandinou	M45	Birchfield Harriers	65:42
	Arthur Thomson	M80	Enfield & Haringey AC	71:58
	Jonathan Hobbs	SENM	Ashford Athletic Club	DNF
	John Borgars	M70	Loughton Athletic Club	DQ

Manx Harriers – Winter Walking League (Sponsored by Up & Running) Round 5, Douglas, Isle of Man (Sun. 2nd Feb.)

Races were held in damp conditions.

Mixed 10km

Pos	Athlete	AG	Club	Watch/Actual
1	Leanne Venables	SENW	Unattached	74:09/69:05
2	Andy Baxendale	M50	Isle of Man Veterans AC	74:49/69:07
=3	Kerry Palmer	W45	Unattached	74:53/68:33
=3	Dick Callin	M60	Unattached	74:53/64:57
5	Colin Moore	M60	Isle of Man Veterans AC	74:58/68:14
6	Amy Sykes	SENW	Unattached	75:01/75:01
7	Jayne Farquhar	W50	Manx Harriers	75:03/61:32
=8	Maura Kelly	W50	Northern (IOM) AC	75:19/72:14
=8	Richard Creer	M40	Unattached	75:19/51:57
10	Alan Gault	W60	Northern (IOM) AC	75:20/74:20
11	Adie Corlett	M55	Unattached	73:33/70:48

12	Hannah Hunter	W35	Manx Harriers	75:36/57:35
13	Gordon Erskine	M75	Unattached	75:41/75:28
14	Mike Readshaw	M60	Unattached	75:44/64:19
15	Angela Robinson	W50	Unattached	75:48/68:15
16	Keira Heavey	U20W	Northern (IOM) AC	76:16/62:00
17	Gianni Epifani	M45	Manx Harriers	76:25/49:08
18	Phil Swales	M50	Northern (IOM) AC	76:51/67:32
19	Louise Hollings	W40	Manx Harriers	77:00/65:13
20	May Hooper	W50	Manx Harriers	77:31/72:38
21	Ian Callister	M65	Manx Harriers	77:42/64:22
	Dudley Butt	M70	Unattached	DNF

Mixed 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Sean Hands	M55	Manx Harriers	43:58/29:36
2	Nick Wallinger	M45	Isle of Man Veterans AC	43:59/35:48
3	Alex Cowie	W50	Unattached	44:50/36:33
4	Rosie Glen	SENW	Unattached	44:52/44:52
5	Mia Dunwell	U17W	Northern (IOM) AC	44:58/28:31
6	Rebecca Greatbatch	SENW	Manx Harriers	45:50/32:49

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Harri Swales	U11B	Unattached	9:23

Results Round-Up**Dec**

28 XXXIV GP de Marcha Atlética Ciudad de Guadix - XV Memorial Manuel Alcalde, Guadix (ESP): M45 5km: 5 Steve Allen (M60 – Barnet & Dist. AC) 30:09; W45 5km: 1 Cath Duhig (W60 - CA Millennium Torrevieja) 30:51.

Jan

12 G.P. Marcha en Ruta "Ciutat de Burjassot", Burjassot (ESP): 10km: 17 Steve Allen (M60 – Barnet & Dist. AC) 60:39; 5km: 16 Cath Duhig (W65 - CA Millennium Torrevieja) 30:03.

26 Winterserie 2 sv De LAT, Amsterdam (NED):

10km: 2 David Annetts (M55 – North Herts Road Runners) 47:16.

Racewalking**UPCOMING EVENTS****February**

Sun. 9 th (A)	Essex/Eastern Indoor Champs	Lee Valley
Sun 9 th (B)	Sarnia WC Handicap Race 6 (5M)	Lancresse
Sun. 16 th (B)	Sarnia WC Philadelphia Team	Vale
Sun. 16 th (A)	SCVAA Indoor Championships (2k)	Lee Valley
Sun.16 th (A)	Midland Championships	Stourport
Sat. 22 nd (B)	Enfield League 5 Mile	Donkey Lane, Enfield
Sat 22 nd (A)	Manx Harriers Open & Nihill	Douglas (IOM)
Sun 23 rd (A)	British Indoor Championships	Glasgow

March

Sun. 1 st (A)	Molly Barnet Open Meeting	Coventry
Sun. 1 st (B)	Sarnia WC Handicap Walk 7 (3km)	St. Peter Port
Sun. 1 st (A)	Vets' Inter-Area Match	Lee Valley
Sun. 9 th (B)	Sarnia WC Eric Waldron Walk	Footes Lane
Sat. 21 st (A)	RWA Inter-Area Match	Sheffield
Fri. 27 th (A)	South Yorkshire League	Millhouses Park
Sat. 28 th (A)	Slater-Bryce Memorial Races	Horsham