



Race Walking Record

December 2019



British leading Race Walkers 2019
pictured at The European Cup of Race
Walking in Lithuania in May

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



Loughton Athletic Club & Race Walking Assoc. (Southern Area)

The London Open Walks & R.W.A. (Southern) Championships

Sunday 2nd February 2020

Hillingdon Cycle Circuit, Springfield Road, Hayes, Middlesex, UB4 0LP

2.00pm Under 11 Boys & Girls 1km

2.00pm Under 13 Boys & Girls 2km

2.00pm Under 15 Boys & Girls 3km

2.40pm Under 17 Men's 5km

2.40pm Under 17 Women & Under 20 Women 5km

2.40pm Senior Men, Senior Women & Under 20 Men 10km

(With prior notice (on the day) U20 Women 5km competitors may continue to complete the 10km)

Awards

All events: first three individuals, first teams of three
Senior Men & Senior Women: First Centurion (N.O.I.A), First Veteran (N.O.I.A)
One second-claim walker may score in each **open** team.

Entry Fees (Southern Qualified Athletes – Open & Area Championship)

10km = £15.00

5km, 3km, 2km = £12.00

Entry Fees (Non-Southern Qualified Athletes – Open Only)

10km = £7.00

5km, 3km & 2km = £6.00

No entry fee for Under 11's 1km

Entries online at <https://uk.entry4sports.com/#/>
Closing Date for Entries = Monday 27th January 2020

Entries on the Day will not be accepted

Colin Young (1935-2019) R.I.P.**An appreciation by one of his oldest friends - Mel Watman**

With the death on December 17 of Colin Young I have lost one of my oldest and dearest friends, and our sport has bade farewell to one of its most memorable characters. What a contribution he made to athletics: as a redoubtable long distance race walker, as a founder member of the NUTS and as the inspirational coach of world record breaker Mel Batty.



I first got to know Colin when I was a teenager and we were both founder members of the National Union of Track Statisticians (NUTS) in 1958. Born in Barking (Essex) on 20 January 1935, Colin took up race walking in 1947, aged 12, and by his early twenties was already a well-regarded figure, having won the National Junior 5 miles title in 1953 and clocked under 4 hr 50 min for 50km. Competing for Essex Beagles, he would go on to post such times as 1:39:27 for 20km in 1962 and 4:35:20 for 50km in 1963, but it was in the ultra-distance events that he proved such a formidable and gutsy competitor. He achieved the coveted Centurion status in 1960 by covering over 131 miles in 24 hours; two years later he walked from London to Brighton in 8 hr 7 min 42 sec and in 1966 he won an international 100km race in Lugano.

As I recounted in my book *My Life In Athletics*, the great Paul Nihill paid tribute to him in AW in April 1970 and wrote that Colin was preparing to attempt a fantastic endurance double: a 24 hour walk in Rouen followed less than a month later by the 512km (318 miles) Strasbourg to Paris classic. Colin didn't win either race but walked with his customary grit to finish second in Rouen and fifth in the Strasbourg to Paris – becoming the first Briton to complete that gruelling event. The latter was tough going indeed as daytime temperatures hit 90°F in the shade (only there was none), the road surface included long stretches of cobbles, and there were at least four climbs of 8-10km in length. For good measure, the heels on both pairs of his shoes collapsed, resulting in a severely wrenched calf muscle over the last 50 hours, necessitating frequent short stops for massage. The experience didn't deter him, for next year he followed up victory in the Rouen race, covering a record 215.835km, with a close third place in the Strasbourg to Paris in 73 hr 37 min.

It was at another celebrated ultra-distance event, the Prague to Podebrady 50km in what was then Czechoslovakia in 1968, that Colin met his future wife Eva, an orienteer, through a mutual friend, Ivo Domansky. She moved to the UK as an *au pair* the following year and, as Eva puts it, "the rest is history".

Colin continued to compete for several more decades, winning numerous international medals as a veteran. As he stated in AW in 1969 what he liked most about athletics was "the satisfaction of pushing one's body to the limit, the wonderful friendships made, the feeling of bodily fitness and the delight of winning or setting a personal best."

As well as his own exploits, Colin was THE expert on reporting the UK and world walking scene and from 1967 to 1986 was the highly respected and ever enthusiastic walking correspondent of AW. For over 60 years he remained a stalwart member of the NUTS committee, delighting in challenging myself in particular to remember some arcane result or other. He himself had an astonishing memory, not only for athletics trivia but also for his other passions which notably included cycling and traditional jazz.

Colin's greatest hero was Emil Zátopek and how appropriate it was that as a coach his major success was guiding Mel Batty to a world 10 miles record of 47:26.8 in 1964 – a distance at which Zátopek was a former record holder with 48:12.0 in 1951. Batty, whose time was bettered the following year by Ron Clarke no less, in turn learned from Colin's methods to coach Eamonn Martin to his 10,000m and marathon triumphs.

In recent years Colin suffered from poor eyesight and a number of physical problems, but he remained an avid fan to the last, lapping up all the latest results worldwide. No one who knew Colin will ever forget him and I offer Eva heartfelt condolences on her and our loss.

Jill Langford R.I.P.

The Race Walking Association is saddened to report that Jill Langford passed away on the 27th December 2019.

Jill was a member of Wolverhampton & Bilston A.C, a qualified coach and a long time contributor in the past to the RWA Coaching and Development Committee.

Jill was the mother of double Olympian and Commonwealth Games medalist Lisa Kehler.

Our thoughts are with Lisa and the rest of Jill's family at this difficult time.

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

	October 2019	November 2019	December 2019
£25.00	Carl Lawton	Lancashire WC	Greg Smith
£15.00	Ron Wallwork	Olive Dobson	Stuart Telling
£10.00	Peter Cassidy	Pam Horwill	Southern RWA

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

IN THE NEWS

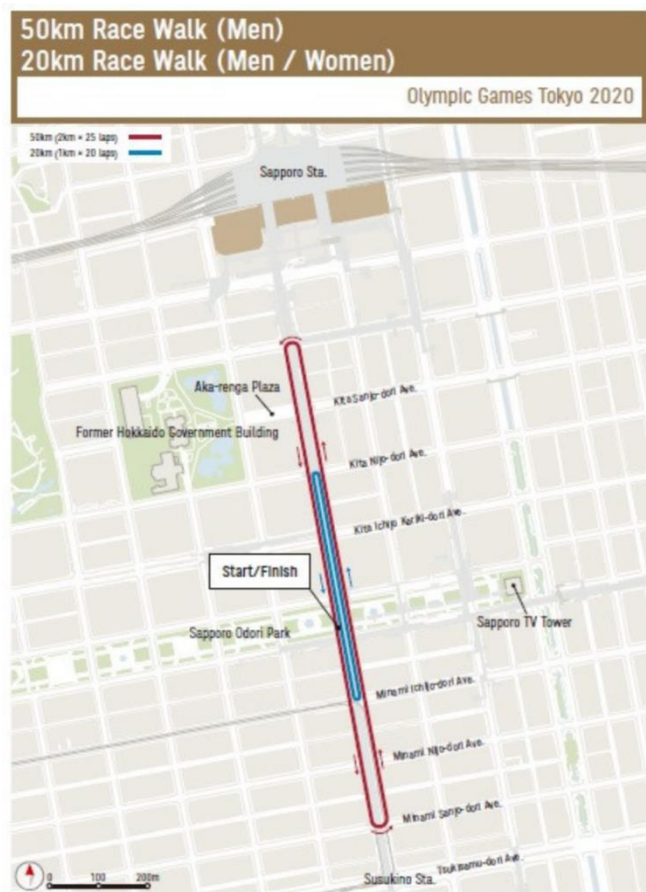
New Dates Set for 2020 Olympic Walks

The race walks at next year's Olympic Games have been re-scheduled after the International Olympic Committee moved the events from the Japanese capital to Sapporo.

The venue for the walks has been confirmed as Odori Park and they will be held across two days.

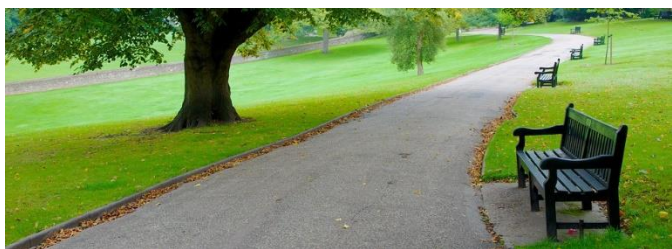
The men's 20km will take place on 6th August instead of 31st July and will start at 4.30pm (local time), while the men's 50km has been brought forward a day to 7th August from the 8th and will start at 5.30am (local time).

The women's 20km will be staged on 7th August as planned but the start time has been changed to 4.30pm (local time) rather than 6am.



Colchester 100 Miles in 24 Hours

Walkers are warmly invited to the 2020 Centurion 100 Mile Race Walk which will be held over the weekend of Saturday 8th – Sunday 9th August 2020 on the paths around Lower Castle Park, Colchester, CO1 1UG, plus a short stretch of pavement outside the park. The lap will be approximately two miles long.



The race will be held under Category 'B' race walking rules. All entries are to be made online at Entry Central (www.entrycentral.com).

Details and updates will be posted on the 'Colchester 100 Miles in 24 Hours' Facebook page.

Overseas Results

Irish National Women's 20km & Men's 30km Championships, St Anne's Park, Dublin (Sat. 7th Dec.)

Men's 30km: Callum Wilkinson dominated the race to win in 2:15:35. He however did not win the Irish title because although he has relocated to Cork (as reported in the Nov. RWR) he did not satisfy the residential qualification.



Women's 20km: Kate Veale (former World Youth Champion) took the ladies race in 1:37:52 ahead of Belgrave's Maddy Shott who clocked 1:48:27 on a debut over the distance.

Men's 30km

Posn	Athlete	Nation	Perf	Notes
G	Callum Wilkinson	GBR	2:15:35	Debut
1	Brendan Boyce	IRL	2:21:24	
2	Jerome Caprice	MRI	2:26:28	
G	Jose Leonidas Romero	ESP	2:36:40	
G	Pablo Rodriguez	ESP	2:36:41	
3	Brian O'Domhnaill	IRL	2:50:52	
G	Dave Talcott	USA	2:57:46	
	David Kenny	IRL	DNF	
	Cian McManamon	IRL	DNF	
	Adam McInerney	IRL	DNF	
	Jakub Jelonek	POL	DQ	

Women's 30km

Posn	Athlete	Nation	Perf	Notes
1	Erin Talcott	USA	2:47:58	

Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Andreas Gustafsson	USA	1:37:55	
2	Remo Karlstrom	SWE	1:39:41	
3	Sean McMullin	IRL	2:16:20	

Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Kate Veale	IRL	1:37:52	
G	Maddy Shott	GBR	1:48:27	Debut
G	Annett Torma	HUN	1:53:41	
2	Orlaith Delahun	IRL	1:57:20	
3	Rachel Glennon	IRL	2:08:13	

Domestic Results

Sarnia Walking Club, Bob Wright Handicap Series Race 4 2 Kilometres Road Walk, Pleinmont (Sun. 1st Dec.)

Race winner Peter Beckerleg easily held off the faster finishing Stuart Le Noury in the 2 kilometres out and back course held at Pleinmont, reports **Rob Elliott**. The windy conditions added to the hilly course made for a harder than usual race. Kevin Le Noury, losing out on second place in the closing stages to son Stuart, heads the series with a one point advantage over Stuart moving into 2020 when the series resumes.

Fourth place went to Kay Coulson, ahead of Rob Elliott. Jayne Le Noury, still troubled by injury, held off Donna Allan for sixth. Stuart Le Noury had the fastest time of the day with 9:41, followed by Donna Allan and Rob Elliott with 12:13 and 12:16 respectively, both well down on what can normally be expected of them.

Mixed 2km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Peter Beckerleg	M60	Sarnia Walking Club	16:10/13:25
2	Stuart Le Noury	SENM	Sarnia Walking Club	16:26/09:41
3	Kevin Le Noury	M60	Sarnia Walking Club	16:29/13:29
4	Kay Coulson	W50	Sarnia Walking Club	16:45/14:45
5	Rob Elliott	M60	Sarnia Walking Club	17:01/12:16
6	Jayne Le Noury	W55	Sarnia Walking Club	17:04/17:04
7	Donna Allan	W40	Sarnia Walking Club	17:28/12:13

Cardiff Met Christmas Classic, Welsh National Indoor Centre, Cardiff (Sun. 8th Dec.)

There was some good walking at Cardiff Met Indoor meet, with a great race between Britain's two best senior women race walkers battling out at the head of the field, *reports Martin Bell*. Bethan Davies edged out Heather Lewis as both went below thirteen minutes. Both were also battling as coaches with Heather taking the honours with Gracie Griffiths in 4th ahead of a rapidly closing Jemima Osborn. Dan McKerlich was third, and leading male. Ian Torode and Hannah Carpenter completed the finishing order with Hannah just failing to break nineteen minutes.



Heather Lewis (329) & Bethan Davies (327)

Mixed 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SENW	Cardiff A.A.C.	12:49.33
2	Heather Lewis	SENW	Pembrokeshire Hs	12:55.36
3	Daniel McKerlich (T20)	U20M	Cardiff A.A.C.	17:20.71
4	Gracie Griffiths	U15G	Pembrokeshire Hs	18:12.32
5	Jemima Osborn	SENW	Swansea Harriers	18:24.69
6	Ian Torode	M60	South West Vets AC	18:44.93
7	Hannah Carpenter	U15G	Llanelli Athletic Club	19:00.86

Sarnia Walking Club, 5 Kilometres Road Walk, Delancey Park, Guernsey (Sun. 8th Dec.)

Stuart Le Noury was first across the line in a windswept 5 kilometres walk at Delancey Park, *reports Rob Elliott*. Donna Allan was a distant second ahead of Rob Elliott. Not too far behind was Kevin Le Noury with second woman Kay Coulson finishing in 40:45.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	26:24
2	Donna Allen	W40	Sarnia Walking Club	31:08
3	Rob Elliott	M60	Sarnia Walking Club	34:27
4	Kevin Le Noury	M60	Sarnia Walking Club	35:16
5	Kay Coulson	W50	Sarnia Walking Club	40:45



Dick Maxwell Trophy and Handicap, Simister (Sat. 7th Dec.)

Weather wise a good day for racing with the threat of rain impending but not released until much later in the evening, *reports Dave Evans*.

Several regulars were missing through transport difficulties, injury and other calls on their time, however, those who did toe the starting line were keen to contest the last race of the calendar year. Martin Fisher, one of our regular visitors from Yorkshire, set the standard for the competition and quickly established a minute plus lead as the field rounded the halfway point with 5k to go. Posting a midway time of 29:47 Martin was set for sub 60 time with Tony Bell some 82 seconds adrift. Sailash Shah, as keen as ever, tracked Tony and set off for the second half hard on his heels. Further down the field Joe Hardy was slip streaming Pat Evans with both arriving at the turnaround at about 35 minutes. Phil McCullagh cruised through the same point over a minute later with Roy Gunnnett carrying a thigh strain and clearly walking in a very controlled manner.

Martin picked up some time on the second section of the course and pulled even further away from Tony, but both walked well technically. Sailash was unable to maintain his very fast early pace and left Tony to gain second place ahead of him. Joe walked consistently whilst Phil McCullagh did a negative split. Roy was told by his physio to go easy on his injured thigh, so his time reflects his deference rather than his true fitness.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Martin Fisher	M55	Redcar Race Walking Club	59:30
2	Tony Bell	M55	Lancashire Walking Club	61:44
3	Sailash Shah	M55	Lancashire Walking Club	62:01
4	Joe Hardy	M75	Lancashire Walking Club	70:48
5	Phil McCullagh	M60	Lancashire Walking Club	71:40
6	Roy Gunnnett	M70	Lancashire Walking Club	77:27

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Pat Evans		Lancashire Walking Club	35:03
2	Andrea Lennon		Lancashire Walking Club	42:28
3	John Payn		Lancashire Walking Club	48:08

Yorkshire RWC Xmas Walks, Kirkby Fleetham, North Yorkshire (Sun. 8th Dec.)

Pictured below are Denis Jackson, RWA Hon. Secretary Colin Vesty and RWA President Helen Elleker as they approach halfway during the Xmas Walks at Kirkby Fleetham, *reports Trevor McDermot*. There were many puddles around the country lanes.



Dennis Jackson – Colin Vesty – Helen Elleker

On behalf of Linda and myself, sincere thanks to everyone who travelled so far to attend on a blustery, wet, sunny day (with the odd rainbow thrown in), to Alan Brooks for arranging the awards, and to our officials and helpers who made sure that the event proceeded nicely.

Very well done to Kim Forbes who travelled all the way from Edinburgh for her first ever race walk. I was chatting to her husband and, to my delight, suddenly realised that it was ex-800m international Paul Forbes.

Our best wishes go to departing Yorkshire RWC President and stalwart walking official Russ Jackson and wife Jean who leave our shores for good shortly.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Natalie Myers	SENW	2 DASH	60:14
2	Graham Jackson	M50	Northern Masters AC	61:32
3	Helen Elleker	W60	2 DASH	64:55
4	Colin Vesty	M55	Leicester Walking Club	65:08
5	Dennis Jackson	M70	Yorkshire Race Walking Club	65:34
6	Neil Armstrong	M50	Yorkshire Race Walking Club	68:27
7	Phil McCullagh	M60	Lancashire Walking Club	70:54
8	Mark Byrne	M55	Redcar Race Walking Club	80:27

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Colin Scott	M60	Yorkshire Race Walking Club	31:43
2	Kim Forbes	W60	Scottish Vets Harriers	36:00
3	Alan Brooks	M70	Yorkshire Race Walking Club	37:40

Steyning AC, Alf Palmer Memorial Track Races, Broadbridge Heath, Horsham (Sat. 14th Dec.)

Pleasing for the Alf Palmer races, *reports Ron Penfold*, and we were lucky with the weather, a stiff breeze and only a couple of light showers, it still seems to be popular as a Christmas event,

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Abigail Jennings	U20W	Aldershot Farnham & Dist.	25:21.5
2	Ian Richards	M70	Steyning Athletic Club	26:39.7
3	Silvana Alves	W45	Barnet & District AC	27:52.6
4	Trevor Jones	M60	Steyning Athletic Club	28:08.6
5	Millie Morris	U20W	Ashford Athletic Club	28:28.8
6	Malcolm Martin	M60	Surrey Walking Club	28:52.7
7	Lois Carty	U17W	Aldershot Farnham & Dist.	29:01.3
8	Penelope Cummings	W45	Aldershot Farnham & Dist.	29:02.0
9	Charlotte Wallis	U17W	Aldershot Farnham & Dist.	29:37.2
10	Christopher Hobbs	M60	Ashford Athletic Club	29:51.1
11	David Mitchell	M45	Winchester & District AC	30:26.1
12	Anne Jones	W60	Steyning Athletic Club	30:48.6
13	Alicia Drenda	W35	Belgrave Harriers	32:08.5
14	Rebecca Mitchell	U17W	Winchester & District AC	32:34.8
15	Stuart Maidment	M70	Steyning Athletic Club	32:45.8
16	Brian Kirkdale	M70	Hastings Road Runners	34:01.1
17	Geraldine Legon	W60	Bexley Athletic Club	34:05.8
18	Fiona Bishop	W60	Woking Athletic Club	34:15.9
19	David Hoben	M65	Surrey Walking Club	35:34.7
20	Shaun Lightman	M75	Surrey Walking Club	36:01.6
21	Arthur Thomson	M80	Enfield & Haringey AC	36:16.4
22	Kathy Smith	W50	Aldershot Farnham & Dist.	36:22.9
23	Michael Harran	M80	Surrey Walking Club	36:40.4
24	Christopher Flint	M75	Surrey Walking Club	36:43.9
25	Angela Martin	W55	Surrey Walking Club	37:34.9
26	Peter Hannell	M75	Surrey Walking Club	37:45.5

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Natasha Mitchell	U15G	Winchester & District AC	17:28.7
2	Lola-Mae Billingham	U15G	Aldershot Farnham & Dist.	18:27.8
3	Jonathan Ellerton	U15B	Blackheath & Bromley AC	18:33.3
4	Carla Forsyth	U15G	Blackheath & Bromley AC	18:34.5
5	Megan Packett	U15G	Aldershot Farnham & Dist.	19:02.7
6	Harvey Perry	U15B	Lewes Athletic Club	20:51.5
7	Rosie Gaughan	U15G	Lewes Athletic Club	21:02.7

Mixed 2000m (B)

Pos	Athlete	AG	Club	Perf
1	Eve Cooper	U15G	Ashford Athletic Club	15:54.9

Mixed 1000m (B)

Pos	Athlete	AG	Club	Perf
1	Charlie Perry	U11B	Lewes Athletic Club	5:59.1
2	Oskar Cooper	U13B	Ashford Athletic Club	7:10.9

Manx Harriers – Winter Walking League (Sponsored by Up & Running) Round 3, Ramsey, Isle of Man (Sun. 15th Dec.)

Races were held in cold but fine conditions with a handicap start.

**Mixed 10km**

Pos	Athlete	AG	Club	Watch/Actual
1	Paul Sayle	M40	Isle of Man Veterans AC	80:16/59:16
2	Amy Sykes	SENW	Unattached	81:59/74:53
3	Melissa Lines	W40	Unattached	82:01/77:25
4	James Moore	SENM	Unattached	82:10/70:03
5	Adie Corlett	M55	Unattached	82:30/70:08
6	Louise Hollings	W40	Manx Harriers	83:02/63:06
7	Ian Callister	M65	Manx Harriers	83:04/61:33
8	Lorna Gleave	W35	Unattached	83:11/63:35
9	Alan Gault	M60	Isle of Man Veterans AC	83:20/73:57
10	Erika Kelly	SENW	Northern (IOM) AC	83:22/47:52
11	Stew Jones	M45	Manx Harriers	83:25/60:25
12	Andy Baxendale	M50	Isle of Man Veterans AC	83:37/69:11
13	Mick Holgate	M75	Manx Harriers	83:47/83:47
14	Denise Bridson	W60	Unattached	83:48/72:21
15	Diane Brown	W45	Northern (IOM) AC	84:07/74:23
16	Gianni Epifani	M45	Manx Harriers	84:13/47:36
17	Andy Green	M65	Manx Harriers	84:23/59:21
18	Angela Robinson	W50	Unattached	84:26/67:20
18	Richard Creer	M40	Unattached	84:31/51:31
20	Nicola Raven	W55	Manx Harriers	84:35/64:07
21	Phil Swales	M50	Unattached	84:46/65:34
22	Colin Moore	M60	Isle of Man Veterans AC	85:08/68:17
23	Vicki Heavey	W45	Northern (IOM) AC	85:34/70:12
24	Kerry Palmer	W45	Unattached	86:16/70:08
25	Keira Heavey	U20W	Northern (IOM) AC	87:04/66:01
26	Jayne Farquhar	W50	Manx Harriers	87:09/63:31
	Adam Cowin	SENM	Manx Harriers	DNF

Mixed 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Henry DeSilva	M85	Unattached	47:44/47:44
2	Kate Jones	W35	Unattached	50:55/39:56
3	Mia Dunwell	U17W	Northern (IOM) AC	54:10/27:34
4	Sean Hands	W55	Manx Harriers	54:39/29:39
5	Alex Cowie	W50	Unattached	54:45/35:44
6	Marie Jackson	W55	Manx Harriers	54:46/29:16
7	Hannah Hunter	W35	Manx Harriers	55:07/26:37
8	Sharon Cain	W50	Manx Harriers	56:33/32:33

U11 1km

Pos	Athlete	AG	Club	Perf
1	Harri Swales	U11B	Unattached	8:28
2	Aalin Heavey	U11B	Unattached	8:43

Sarnia Walking Club, Le Val des Terres Hill Climb, St Peter Port, Guernsey (Sun. 15th Dec.)

Stuart Le Noury, with no serious challengers, secured his thirteenth win in the annual Le Val des Terres Hill Climb over 815 metres for the Rob Waterman Shield, **reports Rob Elliott**. He again dipped under the five minute barriers with a 4:55 walk held on a fresh almost wind free morning. Competitors were set off at one minute intervals, giving the walkers an individual time trial. Kevin Le Noury with 6:13 took second with a rare win over third placed Rob Elliott.

Kay Coulson, eleven seconds faster than in 2018, took home the Ladies Shield.

Mixed 815 Metre Hill Climb (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	4:55
2	Kevin Le Noury	M60	Sarnia Walking Club	6:13
3	Rob Elliott	M60	Sarnia Walking Club	6:37
4	Kay Coulson	W50	Sarnia Walking Club	7:25
5	Dave Dorey	M70	Sarnia Walking Club	8:04

Steyning AC Boxing Day Walks, Preston Park, Brighton (Thur. 26th Dec.)

Mixed 5.5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Trevor Jones	M60	Steyning Athletic Club	53:24
=2	Julie Drake	W50	Arena 80	56:08
=2	David Kemp	M60	Arena 80	56:08
4	Ron Penfold	M75	Steyning Athletic Club	59:38
5	David Hoben	M65	Surrey Walking Club	64:34
6	Judith Carder	W55	Brighton & Hove AC	64:38
7	Shaun Lightman	M75	Surrey Walking Club	67:39

Sarnia WC 3 Mile Road Walk, Rocquaine (Tue. 30th Dec.)

A small field competed in the final walk of the year in Guernsey over the three mile hilly course at Rocquaine, **reports Rob Elliott**. Stuart Le Noury took the win with Donna Allan in second removing a minute from her age best time set on this tough course in April. Third place went to Kevin Le Noury ahead of Mick Le Sauvage.

Mixed 3 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	25:34
2	Donna Allan	W40	Sarnia Walking Club	29:09
3	Kevin Le Noury	M60	Sarnia Walking Club	33:23
4	Mick Le Sauvage	M80	Sarnia Walking Club	39:14

Enfield Race Walking League Update

New Leaguers: Congratulations on achieving Leaguer status in 2019 to; David Annetts, Jacqueline Benson, Malcolm Blackmore, Lesley Hall, Chris Hobbs, Simon Morgan, Millie Morris and Maddy Shott.

(To qualify for Leaguer status an athlete must participate in a minimum of SIX ERWL fixtures in a single series)

Changes to the Donkey Lane Start time

The dearth of courses financially viable and available to stage events like the ERWL are increasingly difficult to find and exacerbating the difficulties is the decreasing numbers of people willing to take on marshalling duties.

The King George Playing Fields popularly known as Donkey Lane is currently the option for a sizeable portion of the ERWL's 2020 programme. Hitherto the ERWL have been welcomed there by Enfield Town FC when their fixtures have clashed with the first teams away fixtures. However, another club now also plays at the ground on those weekends, so it has been necessary to **re-timetable the ERWL races which will now start at 11am**. This applies to the Donkey Lane only and times may vary at other venues.

Opening Fixture of 2020 Series

The opening fixture of the 23rd edition of the ERWL will be over 5 miles and has been arranged to take place at The King George Playing Fields, Donkey Lane, Enfield, EN1 3PL, on **Saturday 18th January at 11am**. Followed by Presentation of the 2019 awards.

The course is a mile circuit, so walkers wishing to race shorter distances in multiples of a mile may do so

Rankings 2019

These rankings only include performances achieved in 'A' Category races.

Men's 20km 2019 (to 2:00:00)



Time	Athlete	Club	Venue	Date
1:20:53	Tom Bosworth	Tonbridge A.C.	Alytus (LTU)	19/05
1:21:34	Callum Wilkinson (U23)	Enfield & Haringey	Podebrady (CZE)	06/04
1:24:42	Cameron Corbishley (U23)	Medway & Maidstone	Leeds	30/06
1:32:27	Tom Partington (U23)	Manx Harriers	Leeds	30/06
1:32:47 +	Dominic King (V35)	Colchester Harriers	Dudince (SVK)	23/03
1:34:20 +	Daniel King (V35)	Colchester Harriers	Dudince (SVK)	23/03
1:40:51	Jonathan Hobbs	Ashford A.C.	Douglas (IOM)	23/02
1:43:34	David Annetts (V50)	North Herts R.R.	Tilburg (NED)	06/10
1:44:07	David Mapp	Manx Harriers	Douglas (IOM)	23/02
1:47:27	Adam Cowin	Manx Harriers	Douglas (IOM)	23/02
1:55:37	Ian Richards (V70)	Steyning A.C.	Eraclea (ITA)	14/09
1:57:36	Tony Edwards (V55)	Manx Harriers	Douglas (IOM)	23/02

Men's 50km 2019 (to 6:00:00)



Time	Athlete	Club	Venue	Date
3:53:20	Cameron Corbishley (U23)	Medway & Maidstone	Dudince (SVK)	23/03
3:56:35	Dominic King (V35)	Colchester Harriers	Dudince (SVK)	23/03

Men's 10km 2019 (to 55:00)

Time	Athlete	Club	Venue	Date
41:26	Tom Bosworth	Tonbridge A.C.	Coventry	03/03
42:51	Cameron Corbishley (U23)	Medway & Maidstone	Coventry	03/03
43:37	Christopher Snook (U20)	Aldershot F & D A.C.	Podebrady (CZE)	06/04
45:21	Tom Partington (U23)	Manx Harriers	Coventry	28/04
46:42	Adam Cowin	Manx Harriers	Douglas (IOM)	17/03
46:58	Luc Legon (U23)	Bexley A.C.	Coventry	03/30
47:24	Gianni Epifani (V45)	Manx Harriers	Douglas (IOM)	17/03
47:40	David Annetts (V55)	North Herts R.R.	Amsterdam (NED)	15/12
47:48	George Wilkinson (U20)	Enfield & Haringey	Leicester	30/06
48:14	Matthew Crane (U20)	Bexley A.C.	Leicester	30/06
52:14	Ollie Hopkins (U20)	Lewes A.C.	Coventry	03/03
52:46	Francisco Reis (V55)	Surrey W.C./POR	Coventry	03/03
53:52	Ian Richards (V70)	Steyning A.C.	Leicester	30/06

Race Walking Record – December 2019

Men's 5000m 2019 (to 26:00)



Time	Athlete	Club	Venue	Date
18:41.23	Callum Wilkinson (U23)	Enfield & Haringey	Birmingham	25/08
19:22.56 i	Tom Bosworth	Tonbridge A.C.	Birmingham	10/02
19:49.53 i	Cameron Corbishley (U23)	Medway & Maidstone	Bratislava (SVK)	27/01
21:02.7	Christopher Snook (U20)	Aldershot F & D A.C.	Eltham	23/03
21:09.5	Tom Partington (U23)	Manx Harriers	Eltham	23/03
22:49.82	Luc Legon (U23)	Bexley A.C.	Ashford	18/08
22:57.52	Matthew Crane (U20)	Bexley A.C.	Birmingham	25/08
22:57.93	George Wilkinson (U20)	Enfield & Haringey	Exeter	21/09
24:46.71	David Annetts (V50)	North Herts R.R.	Birmingham	11/08
25:21.39 i	Francisco Reis (V55)	Surrey W.C./POR	Birmingham	10/02

Men's 3000m Overall 2019 (to 15:00)

Time	Athlete	Club	Venue	Date
10:59.00	Callum Wilkinson (U23)	Enfield & Haringey	Cork (IRL)	14/08
11:29.41 i+	Tom Bosworth	Tonbridge A.C.	Birmingham	10/02
11:44.98	Cameron Corbishley (U23)	Medway & Maidstone	Manchester	14/08
12:02.92	Dominic King (V35)	Colchester Harriers	Ashford	14/07
12:19.5	Tom Partington (U23)	Manx Harriers	Douglas (IOM)	03/08
12:41.34 i	Christopher Snook (U20)	Aldershot F & D A.C.	Sheffield	06/01
12:49.1	Luc Legon (U23)	Bexley A.C.	Eltham	03/09
12:51.21	Daniel King (V35)	Colchester Harriers	Ashford	14/07
12:56.5	Matthew Crane (U20)	Bexley A.C.	Woodford	03/09
13:01.0	George Wilkinson (U20)	Enfield & Haringey	Woodford	13/01
13:36.25	David Annetts (V50)	North Herts R.R.	Stevenage	06/05
14:05.18	Alex Macheath (U17)	Cambridge Harriers	Gillingham	27/07
14:15.38 i	Jonathan Hobbs	Ashford A.C.	Lee Valley	01/01
14:43.67	Nicholas Hart (U17)	Aldershot F & D A.C.	Dublin (IRL)	03/08
14:52.5	Francisco Reis (V55)	Surrey W.C./POR	Woodford	13/08

Women's 20km 2019 (to 2:30:00)



Time	Athlete	Club	Venue	Date
1:34:49	Heather Lewis	Pembrokeshire Hs	Leeds	30/06
1:36:58	Bethan Davies	Cardiff A.A.C.	Leeds	11/03
1:39:45	Erika Kelly	Northern (IOM) AC	Lugano (SUI)	17/03
1:42:08	Gemma Bridge	Oxford City A.C.	Lugano (SUI)	17/03
1:48:15	Jasmine Nichols	Leicester W.C.	Douglas (IOM)	01/09
1:48:27	Madeline Shott	Belgrave Harriers	Dublin (IRL)	07/12
1:54:19	Lisa Kehler (V50)	Wolv. & Bilston A.C.	Coventry	14/07
1:54:53	Hannah Hunter	Manx Harriers	Douglas (IOM)	01/09
2:05:27	Penelope Cummings (V40)	Herne Hill Harriers	Eraclea (ITA)	14/09
2:07:00	Jayne Farquhar (V45)	Manx Harriers	Douglas (IOM)	23/02

2:07:26	Carolyn Derbyshire (V40)	Nuneaton Harriers	Coventry	14/07
2:09:02	Melanie Peddle (V50)	Loughton A.C.	Coventry	14/07
2:11:28	Cath Duhig (V60)	Ryston Runners AC	Eraclea (ITA)	14/09
2:13:23	Louise Hollings (V35)	Manx Harriers	Douglas (IOM)	23/02
2:16:12	Nicola Raven (V55)	Manx Harriers	Douglas (IOM)	23/02
2:25:58	Noel Blatchford (V70)	Abingdon A.C.	Eraclea (ITA)	14/09
2:29:16	Ann Wheeler (V60)	Nuneaton Harriers	Eraclea (ITA)	14/09

Women's 50km 2019 (to 7:00:00)

Time	Athlete	Club	Venue	Date
6:09:48	Sandra Brown (V70)	Surrey Walking Club	Tilbury (NED)	06/10

Women's 10km 2019 (to 65:00)

Time	Athlete	Club	Venue	Date
46:25	Heather Lewis	Pembrokeshire Hs	Coventry	03/03
46:59	Bethan Davies	Cardiff A.A.C.	Coventry	03/03
47:19	Erika Kelly	Northern (IOM) AC	Coventry	03/03
49:04	Gemma Bridge	Oxford City AC	Coventry	03/03
52:25	Madeline Shott	Belgrave Harriers	Coventry	28/04
52:33	Ana Garcia (U20)	C of Sheffield & Dearne	Coventry	03/03
52:36	Jasmine Nicholls	Leicester W.C.	Coventry	28/04
52:52	Abigail Jennings (U20)	Aldershot F & D A.C.	Podebrady (CZE)	06/04
53:26	Lisa Kehler (V50)	Wolv. & Bilston AC	Torun (POL)	29/03
53:54	Pagen Spooner (U20)	Hyde Park Harriers	Podebrady (CZE)	06/04
54:37	Hannah Hunter (V35)	Manx Harriers	Douglas (IOM)	17/03
56:16	Carolyn Derbyshire (V40)	Nuneaton Harriers	Torun (POL)	29/03
56:47	Natalie Myers	2 DASH	Leeds	30/06
58:35	Megan Stratton-Thomas (U20)	Swansea Harriers	Lugano (SUI)	17/03
59:17	Penelope Cummings (V40)	Herne Hill Harriers	Coventry	03/03
60:19	Marie Jackson (V55)	Manx Harriers	Coventry	03/03
61:04	Melanie Peddle (V50)	Loughton AC	Leicester	30/06
61:22	Jayne Farquhar (V50)	Manx Harriers	Andreas (IOM)	24/11
61:44	Julie Bellfield (V50)	Halesowen AC	Coventry	28/04
62:16	Jaqueline Benson (U20)	Ashford AC	Coventry	28/04
62:59	Rebecca Greatbatch (U23)	Manx Harriers	Ramsey (IOM)	15/12
63:01	Wendy Kane (V50)	Notts AC	Coventry	28/04
63:06	Louise Hollings (V35)	Manx Harriers	Ramsey (IOM)	15/12
63:20	Cath Duhig (V60)	Ryston Runners	El Vendrell (ESP)	10/02
63:60	Helen Middleton (V55)	Enfield & Haringey	Coventry	28/04
63:51	Sharon Cain (V45)	Manx Harriers	Douglas (IOM)	17/03
63:57	Kiera Heavey (U20)	Northern (IOM) AC	Douglas (IOM)	27/10
64:07	Nicola Raven (V55)	Manx Harriers	Ramsey (IOM)	15/12
64:19	Kathryn Clough (V45)	Isle of Man Vets	Ronaldsway (IOM)	06/01

Women's 5000m 2019 (to 32:00)

Time	Athlete	Club	Venue	Date
21:41.34	Heather Lewis	Pembrokeshire Hs	Cardiff	14/07
21:58.45	Bethan Davies	Cardiff A.A.C.	Birmingham	25/08
24:20.24	Madeline Shott	Belgrave Harriers	Cardiff	14/07
24:39.08	Erika Kelly	Northern (IOM) AC	Birmingham	25/08
25:28.2	Pagen Spooner (U20)	Hyde Park Harriers	Eltham	23/03
25:32.2	Abigail Jennings (U20)	Aldershot F & D A.C.	Eltham	23/03
25:37.80	Jasmine Nicholls	Leicester W.C.	Birmingham	25/08
27:17.3	Carolyn Derbyshire (V40)	Nuneaton Harriers	Nuneaton	14/04
27:18.4	Emily Ghose (U23)	Tonbridge A.C.	Eltham	23/03
27:18.9	Megan Stratton-Thomas (U20)	Swansea Harriers	Eltham	23/03
27:44.4	Lois Carty (U17)	Aldershot F & D A.C.	Eltham	23/03
28:06.4	Penelope Cummings (V40)	Herne Hill Harriers	Eraclea (ITA)	06/09
28:07.28	Natalie Myers	2 DASH	Birmingham	25/08
28:36.5	Millie Morris (U17)	Ashford AC	Eltham	23/03
28:34.24	Harriet Hyde (V45)	Winchester & Dist.	Birmingham	11/08
28:45.7	Jacqueline Benson (U20)	Ashford A.C.	Tonbridge	23/11
28:52.1	Grazina Manzotti (V50)	Tonbridge AC	Tonbridge	23/11
29:32.72	Silvana Whittes (W45)	Barnet & Dist. AC	Birmingham	11/08
29:36.7	Grace Whittingham (U17)	Ashford AC	Eltham	23/03
29:42.7	Laura Achurch (U20)	Leicester WC	Nuneaton	14/04
29:44.5	Wendy Kane (V50)	Notts AC	Nuneaton	14/04
29:54.58	Melanie Peddle (W50)	Loughton AC	Ashford	27/07
30:08.9	Julie Bellfield (W50)	Halesowen AC	Nuneaton	14/04

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30:11.52	Hannah Hopper (U17)	Cambridge Hs	Bedford	01/09
30:12.2	Cath Duhig (V65)	Ryston Runners AC	Alzira (ESP)	23/11
30:24.9	Beatrice Fury (U20)	Medway & Maidstone	Eltham	23/03
31:39.2	Keira Heavey (U17)	Northern (IOM) AC	Douglas	01/04
31:42.7	Georgia Parkinson (U17)	Menai Track & Field	Eltham	23/03

Women's 3000m 2019 (to 18:00)

Time	Athlete	Club	Venue	Date
12:49.33	Bethan Davies	Cardiff A.A.C.	Cardiff	08/12
12:55.35	Heather Lewis	Pembrokeshire Hs	Cardiff	08/12
13:25.4	Erika Kelly	Northern (IOM) AC	Douglas (IOM)	03/08
14:09.5	Madeline Shott	Belgrave Harriers	Woodford	09/07
14:15.19	Jasmine Nicholls	Leicester W.C.	York	06/05
14:46.77	Pagen Spooner (U20)	Hyde Park Harriers	Manchester	14/08
14:51.1	Hannah Hunter (V35)	Manx Harriers	Douglas (IOM)	03/08
15:07.1	Abigail Jennings (U20)	Aldershot F & D A.C.	Eltham	17/07
15:22.72	Natalie Myers	2 DASH	Manchester	14/08
15:39.90	Emily Ghose (U23)	Tonbridge AC	Ashford	14/07
15:44.70	Caroline Derbyshire (V40)	Nuneaton Harriers	York	06/05
15:45.71	Lois Carty (U17)	Aldershot F & D A.C.	Swansea	20/07
15:49.2	Katie Stringer (U15)	Medway & Maidstone	Eltham	23/03
15:53.0	Harriet Hyde (V45)	Winchester & Dist.	Portsmouth	06/05
16:20.15	Megan Stratton-Thomas (U20)	Swansea Harriers	Wrexham	16/06
16:22.30	Jacqueline Benson (U20)	Ashford A.C.	Ashford	14/07
16:26.2	Mia Dunwell (U15)	Northern (IOM) AC	Douglas (IOM)	01/04
16:26.85	Abby Hughes (U15)	Taunton AC	Exeter	21/09
15:33.24	Penelope Cummings (V40)	Herne Hill Harriers	Birmingham	10/08
16:33.35	Millie Morris (U17)	Ashford AC	Swansea	20/07
16:35.4	Abigail Smith (U15)	Blackheath & Bromley	Eltham	23/03
16:43.54	Erika Pontarollo	Hyde Park Harriers/ITA	York	06/05
16:44.2	Melanie Peddle (V50)	Loughton AC	Woodford	09/07
16:49.38	Emma Dyos (V40)	Ilford Athletic Club	Lee Valley	10/03
16:50.8	Beatrice Fury (U20)	Medway & Maidstone	Woodford	03/09
16:51.09	Hannah Hopper (U17)	Cambridge Harriers	Basingstoke	22/06
17:05.5	Silvana Alves (V45)	Barnet & District	Woodford	13/08
17:15.9	Grazia Manzotti (V50)	Tonbridge AC	Eltham	17/07
17:22.79	Gracie Griffiths (U15)	Pembrokeshire Hs	Bedford	01/09
17:31.26	Grace Whittingham (U17)	Ashford AC	Ashford	12/05
17:36.18	Wendy Kane (V50)	Notts AC	Nuneaton	12/05
17:38.46	Georgia Parkinson (U17)	Menai Track & Field	Swansea	20/07
17:51.18	Keira Heavey (U17)	Northern (IOM) AC	Exeter	21/09
17:53.29	Charlotte Wallis (U15)	Aldershot F & D A.C.	Exeter	21/09
17:58.19	Julie Bellfield (V50)	Halesowen AC	Birmingham	10/08
17:59.6	Jayne Farquhar (V50)	Manx Harriers	Douglas (IOM)	03/08

U20 Men's 5000m 2019

Time	Athlete	Club	Venue	Date
21:02.7	Christopher Snook	Aldershot F & D A.C.	Eltham	23/03
22:57.52	Matthew Crane	Bexley A.C.	Birmingham	25/08
22:57.93	George Wilkinson	Enfield & Haringey	Exeter	21/09
27:39.2	Benjamin Allen	Leicester W.C.	Nuneaton	14/04
27:58.2	Daniel Mckerlich (T20)	Cardiff A.A.C.	Eltham	23/03

U20 Women's 5000m 2019

Time	Athlete	Club	Venue	Date
25:28.2	Pagen Spooner (U20)	Hyde Park Harriers	Eltham	23/03
25:32.2	Abigail Jennings (U20)	Aldershot F & D A.C.	Eltham	23/03
27:18.9	Megan Stratton-Thomas (U20)	Swansea Harriers	Eltham	23/03
28:45.7	Jacqueline Benson (U20)	Ashford A.C.	Tonbridge	23/11
29:42.7	Laura Achurch (U20)	Leicester WC	Nuneaton	14/04
30:24.9	Beatrice Fury (U20)	Medway & Maidstone	Eltham	23/03

U17 Men's 3000m 2019

Time	Athlete	Club	Venue	Date
14:05.18	Alex Macheath	Cambridge Harriers	Gillingham	27/07
14:43.67	Nicholas Hart	Aldershot F & D A.C.	Dublin (IRL)	03/08
16:06.48	Dan Gilbert	Brecon A.C.	Swansea	20/07

U17 Women's 3000m 2019

Time	Athlete	Club	Venue	Date
15:45.71	Lois Carty	Aldershot F & D A.C.	Swansea	20/07
16:33.35	Millie Morris	Ashford AC	Swansea	20/07
16:51.09	Hannah Hopper	Cambridge Harriers	Basingstoke	22/06
17:31.26	Grace Whittingham	Ashford AC	Ashford	12/05
17:38.46	Georgia Parkinson	Menai Track & Field	Swansea	20/07
17:51.18	Keira Heavey	Northern (IOM) AC	Exeter	21/09
18:08.85	Kasia Cook	Pembrokeshire Hs	Wrexham	16/06
18:12.99	Rebecca Mitchell	Winchester & Dis.	Ashford	18/08
18:41.01	Rachel Harding	Ashford AC	Ashford	08/06

U15 Boy's 3000m 2019

Time	Athlete	Club	Venue	Date
15:07.31	Christian Hopper	Cambridge Hs	Bedford	01/09
17:18.48	Joe Stephenson	Somerset Schools	Exeter	23/06
17:21.47	Eddy Purser	City of Portsmouth	Basingstoke	22/06

U15 Girl's 3000m 2019

Time	Athlete	Club	Venue	Date
15:49.2	Katie Stringer (U15)	Medway & Maidstone	Eltham	23/03
16:26.2	Mia Dunwell (U15)	Northern (IOM) AC	Douglas (IOM)	01/04
16:26.85	Abby Hughes (U15)	Taunton AC	Exeter	21/09
16:35.4	Abigail Smith (U15)	Blackheath & Bromley	Eltham	23/03
17:22.79	Gracie Griffiths (U15)	Pembrokeshire Hs	Bedford	01/09
17:53.29	Charlotte Wallis (U15)	Aldershot F & D A.C.	Exeter	21/09
18:37.9	Hannah Atkinson	Cambridge Hs	Woodford	09/07
18:41.14	Megan Packett	Aldershot F & D A.C.	Basingstoke	22/06
19:00.86	Hannah Carpenter	Llanelli A.C.	Cardiff	08/12

Editor's Note

Power of 10 do not have any walks rankings compiled for U13's

UPCOMING EVENTS

January

Sun. 12 th (B)	Sarnia WC Handicap 5km	Vale, Guernsey
Sat. 18 th (B)	Enfield League 5 Mile	Donkey Lane, Enfield
Sat. 25 th (B)	Steyning AC Open 15km	Steyning
Sun. 26 th (B)	Sarnia WC Pace Judgement	Rocquaine Circuit
Sun. 26 th (B)	Yorkshire RWC Inter-Club 3M/6M	Drighlington

February

Sun. 02 (A)	London Open/SRWA Champs	Hillingdon Cycle Cir.
Sun. 9 th (A)	Essex/Eastern Indoor Champs	Lee Valley
Sun 9 th (B)	Sarnia WC Handicap Race 6 (5M)	Lanresse
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



— HAPPY NEW YEAR —

