



Race Walking Record

November 2019



Callum Wilkinson
&
Maddy Shott



Winners of the 93rd
Enfield Open 7 Mile



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 www.uk.entry4sports.com

Closing Date for Entries = Monday 27th January 2020

Entries on the Day will not be accepted

This is a National Y.A.G. Grand Prix Event

Further information available from
Peter Cassidy (Loughton AC) peter.cassidy@btinternet.com
or Noel Carmody (SRWA Championship Sec.) noel.carmody@btopenworld.com

IN THE NEWS



Annual General Meeting

The Annual General Meeting of the Race Walking Association will take place on Saturday 11th January 2020 from 2pm at the Coventry Godiva Clubhouse, Coventry Athletics Track, Kirby Corner Road, Canley, Coventry, CV4 7AL.

KEY DATES

5 th Jan.	England Athletics Indoor Walks	E.I.S. Sheffield
22 nd Feb.	Nihill Shield Match	Douglas (IOM)
22 nd Feb.	British Athletics Indoor until 23 rd	Glasgow
1 st Mar.	England Athletics 10km/Molly Barnett	Coventry
7 th Mar.	BMAF Indoor Championships (until 8 th)	Lee Valley
21 st Mar.	EAA Permit Meeting/BA 50km Trial	Dudince (SVK)
21 st Mar.	RWA Inter-Area Match	Sheffield
4 th Apr.	EAA Permit Meeting	Podebrady (CZE)
19 th Apr.	BA/RWA 10km & RWA YAG + CAU	Coventry
24 th May	British Grand Prix of RW & Olympic Trial	Leeds
7 th Jun.	England Athletics U20/U23 Championships	Bedford
7 th Jun.	BMAF 10,000m Track Championships	Oxford
21 st Jun.	British Athletics Outdoor Championships	Manchester
21 st Jun.	BMAF 5km Championships	Horwich
19 th Jul.	England Athletic Senior & CAU	Bedford
8 th Aug.	RWA 100 Mile Championships (until 9 th)	Colchester
12 th Aug.	Manchester International	Manchester
16 th Aug.	BMAF T & F Championships (until 16 th)	Bedford
30 th Aug.	England Athletics U15/U17 Championships	Bedford
19 th Sep.	English Schools Championships	Bedford

Callum Wilkinson relocates to Cork

Callum Wilkinson has circulated the following via social media:



"I have relocated to Cork, Ireland and I am excited to now be coached by Rob Heffernan and join #TeamHeff. With a massive season ahead in 2020, I can't wait to continue the hard work and dedication in training. Thank you to my Leeds team mates for 4 years of hard training, laughs and memories. Now it's time to focus on getting the best result at next year's Olympic Games."

See article in the Newmarket Journal (21st Nov.):

<https://www.newmarketjournal.co.uk/sport/next-stage-takes-callum-to-ireland-9090818/>

Coventry Godiva Honorary Life Members

Glyn Jones and Keith Richards were elected Honorary Life Members of Coventry Godiva Harriers at the club's 140th Anniversary Dinner for services to the club and race walking.



Glyn Jones & Keith Richards

Spanish Award for Cath Duhig

Cath Duhig (Ryston Runners AC/Millennium Torrevieja), who is now resident in Spain, has been awarded **Female-Master-of-the-Year** for the Murcia Region.

British Athletics World Class Programme 2020

British Athletics has announced that 68 athletes have been offered membership to the Olympic World Class Programme (WCP) for 2020. Tom Bosworth (Andi Drake; Tonbridge AC), who finished seventh in the 20km race walk at this year's World Championships in Doha, has been recognised for his performance by being moved from Olympic Podium Potential to Olympic Podium level.

Callum Wilkinson (Robert Heffernan; Enfield & Haringey AC) is one of twenty-nine athletes named on the Olympic Podium Potential tier.

2020 Olympic Walks set to be located at Odori Park, Sapporo

The race walks and marathons at next year's Olympic Games, moved from Tokyo to Sapporo, are set to start and finish at Odori Park, Sapporo following a proposal put forward by the organisers.



Tokyo 2020 met city officials to discuss plans for the events following the International Olympic Committee (IOC) decision to move them 800 kilometres from the Japanese capital to Sapporo because of fears over extreme heat.

Organisers are aiming to make a detailed proposal on the arrangements for the race walks and marathon, including the course and other logistical issues, to the IOC Executive Board at its December 3rd to 5th meeting.

A spokesperson for Tokyo 2020 confirmed they had proposed Odori Park, the start and finish point for the annual Hokkaido Marathon, as the main location for the events.

Overseas Results

Australian National 50km Championships and Invitational Races, Fawkner Park, Melbourne (Sun. 1st Dec.)







50km: The early pace was dictated by Perseus Karlstrom (SWE) who led the race up until the 40km but started to struggle with a hip problem and dropped out at 41km. Victory went to Rhydian Cowley (AUS) in a debut time of 3:52:58.

Only one woman started the race – Tracy Feiner who clocked 4:59:32.

20km: Tom Bosworth (GBR) and Kyle Swan (AUS) walked together for the early part of the race before Bosworth surged clear in the second half to take the win. Bosworth said “Best I’ve felt all year! Strength work and consistent training coming along nicely. Started off as a training walk but a quality field and good conditions meant I felt great and walked 1:22:50 for 20km, not bad for December. Feels like I’ve finally got things together.”

In the women’s 20km less than a minute covered the first three.





Men’s 50km

Posn	Athlete	Nation	Perf	Notes
1	Rhydian Cowley	 AUS (VIC)	3:52:58	Debut
2	Dylan Richardson	 AUS (NSW)	4:22:44	Debut
3	Brendon Reading	 AUS (ACT)	4:28:42	
4	Jason Kozica	 AUS (VIC)	4:38:07	Debut
5	Carl Gibbons	 AUS (NSW)	4:44:19	Debut
6	Colin Heywood	 AUS (NT)	5:05:34	
	Perseus Karlstrom	 SWE	DNF	
	Christopher Linke	 GER	DNF	
	Jared Tallent	 AUS (SA)	DNF	

Women’s 50km








Posn	Athlete	Nation	Perf	Notes
1	Tracy Feiner	 AUS (VIC)	4:59:32	Debut

Men’s 20km

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth	 GBR	1:22:50	
2	Kyle Swan	 AUS (Vic)	1:23:53	
3	Tyler Jones	 AUS (Nsw)	1:25:42	
4	Quentin Rew	 NZL	1:28:27	
5	Adam Garganis	 AUS (SA)	1:35:40	
6	Kim Mottrom	 AUS (Vic)	1:38:01	



Women’s 20km

Posn	Athlete	Nation	Perf	Notes
1	Beki Smith	 AUS (Nsw)	1:37:07	
2	Jemima Montag	 AUS (Vic)	1:37:22	
3	Rachael Tallent	 AUS (SA)	1:37:44	
4	Rozie Robinson	 NZL	1:56:41	
5	Emily Hamilton	 AUS (Vic)	2:00:17	
	Heather Carr	 AUS (Vic)	DNF	
	Christina Papadopoulous	 AUS (QL)	DNF	

Domestic Competition

Sarnia Walking Club Peter Kendal Pairs Trophy Les Amarreurs, Vale, Guernsey (Sun. 27th Oct.)

Phil Lockwood and Mick Le Sauvage teamed up to take the honours in the Kendal Cup by one second from Peter Beckerleg and Kay Coulson, *reports Rob Elliott*.

Team members walk together for half the distance before the faster walker can break away to walk the latter half at their own pace. Handicaps are added on to the faster walkers’ times with the slower walkers set off on their handicap mark.

Third place went to Stuart Le Noury and Dave Dorey, whilst Kevin Le Noury with no teammate walked a solo 3 kilometres.

Mixed 3km (B)

Pos	Athlete	AG	Club	Perf
1	Kevin Le Noury	M60	Sarnia Walking Club	20:26
2	Kay Coulson	W50	Sarnia Walking Club	21:03
3	Mick Le Sauvage	M80	Sarnia Walking Club	21:07
4	Dave Dorey	M70	Sarnia Walking Club	23:34

Mixed 1.5km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	7:24
2	Phil Lockwood	M45	Sarnia Walking Club	9:27
3	Peter Beckerleg	M60	Sarnia Walking Club	10:13

Team Result (After handicap times added in)

Posn	Athlete	Athlete	Perf
1	Phil Lockwood	Mick Le Sauvage	44:37
2	Peter Beckerleg	Kay Coulson	44:38
3	Stuart Le Noury	Dave Dorey	46:11

Sarnia WC Bob Wright Handicap Series Race 3 – 1 Mile Track Walk, Osmond Prialux, Footes Lane (Sun. 1st Nov.)

Ellis Lockwood, the youngest in the field, made light work of those set off in front of him in the third race of the Bob Wright Handicap Series to cross the line first in the one mile race, *reports Rob Elliott*.

Masters walker Kevin Le Noury held off his fast finishing son Stuart Le Noury to take second place eight seconds behind Ellis.

Mick Le Sauvage set an inaugural Guernsey age best for the M80 age group, with Rob Elliott clipping less than a second from Terry Bates age group best track time.

Stuart Le Noury set the fastest time of the day with his 7:32, with Donna Allan the fastest woman with 9:18.

Mixed 1 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Ellis Lockwood	U15B	Sarnia Walking Club	11:38/10:23
2	Kevin Le Noury	M60	Sarnia Walking Club	11:46/10:31
3	Stuart Le Noury	SENM	Sarnia Walking Club	11:47/07:32
4	Kay Coulson	W50	Sarnia Walking Club	12:09/11:24
=5	Dave Dorey	M70	Sarnia Walking Club	12:17/12:17
=5	Mick Le Sauvage	M80	Sarnia Walking Club	12:17/11:32
7	Phil Lockwood	M45	Sarnia Walking Club	12:18/10:03
8	Rob Elliott	M60	Sarnia Walking Club	12:20/09:20
9	Donna Allan	W40	Sarnia Walking Club	12:33/09:18
10	Jayne Le Noury	W55	Sarnia Walking Club	13:40/13:40

Bill Jackson Trophy 5km, Simister (Sat. 1st Nov.)

As usual the Bill Jackson Trophy 5km race at Simister was a yacht handicap, *reports Roy Gunnett*. Ten Walkers participated on the out and back course to Heaton Park.

Excellent handicapping by Dave Evans ensured there was some close racing in the closing kilometres. Tony Taylor put in a superb performance to win both the scratch and handicap races. The weather was mild with light rain.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Tony Taylor	M70	Lancashire Walking Club	25:51

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2	Tony Bell	M55	Lancashire Walking Club	31:46
3	Phil McCullagh	M60	Lancashire Walking Club	33:22
4	Joe Hardy	M75	Lancashire Walking Club	33:38
5	Sailash Shah	M50	Lancashire Walking Club	33:57
6	Patricia Evans	W65	Lancashire Walking Club	34:35
7	John Crahan	M70	Lancashire Walking Club	34:41
8	Roy Gunnnett	M70	Lancashire Walking Club	35:20
9	Ian Hilditch	M75	Lancashire Walking Club	35:34
10	Andrea Lennon	W75	Lancashire Walking Club	44:13

25	John Borgars	M75	Loughton Athletic Club	76:13
26	Amos Seddon	M75	Enfield & Haringey AC	76:56
27	Ron Penfold	M75	Steyning Athletic Club	77:19
28	Glyn Jones	M75	Coventry Godiva Harriers	78:14
29	David Hoben	M65	Surrey Walking Club	80:08
30	Malcolm Blackwood	M65	Trent Park Runners	80:13
31	Steve Cartwright	M60	Colchester & Tendring AC	81:21
32	Arthur Thomson	M85	Enfield & Haringey AC	81:31
33	Christopher Flint	M75	Surrey Walking Club	83:29
34	Geraldine Legon	W60	Bexley Athletic Club	84:58

93rd Enfield Open 7, Donkey Lane, Enfield (9th Nov.)



The 93rd edition of this event which was first staged in 1920 was dominated by Callum and George Wilkinson who finished well ahead of the main field, **reports Ron Wallwork**. Their times were modest, but given the cold, damp conditions and an 'end of season' atmosphere they compared with many leading times of the past.

Luc Legon and last year's lady winner Maddy Shott were comfortably under the hour, and Silvana Alves continued her rapid improvement to take the women's runner-up spot ahead of Penelope Cummings. Amos Seddon made his 40th appearance in the event.

Enfield & Haringey with John Ralph and Sue Barnett backing up the Wilkinson brothers easily triumphed in the mixed team race from Ilford AC who were led by Steve Uttley and Surrey Walking Club led by David Crane.

The 'Bob Clark' Award went to George Wilkinson, the Centurion award to Martin Fisher C788 and the novice award to Dave Walsh.

Mixed 7 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Callum Wilkinson	U23M	Enfield & Haringey AC	53:30
2	George Wilkinson	U20M	Enfield & Haringey AC	54:14
3	Luc Legon	U23M	Bexley Athletic Club	57:04
4	Maddy Shott	SENW	Belgrave Harriers	57:06
5	David Crane	M45	Surrey Walking Club	59:39
6	Trevor Jones	M60	Steyning Athletic Club	64:37
7	Silvana Alves	W45	Barnet & District AC	64:58
8	David Walsh	M55	Redhill Road Runners	66:00
9	Steve Uttley	M60	Ilford Athletic Club	66:21
10	Malcolm Martin	M60	Surrey Walking Club	67:27
11	Penelope Cummings	W45	Aldershot Farnham & Dist.	67:34
12	Emma Dyos	W45	Ilford Athletic Club	68:03
13	Graham Chapman	M60	Headington Road Runners	68:47
14	Melanie Peddle	W50	Loughton Athletic Club	68:57
15	Richard Emsley	M65	Saints & Sinners Crawley RC	69:05
16	Martin Fisher	M60	Redcar Race Walking Club	69:44
17	Sturat Bennett	M60	Ilford Athletic Club	71:52
18	Colin Harle	M60	Belgrave Harriers	72:50
19	John Ralph	M60	Enfield & Haringey AC	74:01
20	Steve Kemp	M55	Eastern Masters AC	74:14
21	Aiticia Drenda	W35	Belgrave Harriers	74:36
22	Noel Blatchford	W70	Abingdon Athletic Club	74:42
23	Sue Barnett	W65	Enfield & Haringey AC	75:28
24	David Kates	M70	Ilford Athletic Club	75:52

Team

Team Result

1	Enfield & Haringey AC	45	Callum Wilkinson, George Wilkinson, John Ralph & Sue Barnett
2	Ilford Athletic Club	63	Steve Uttley, Emma Dyos, Stuart Bennett, & David Kates
3	Surrey Walking Club	77	David Crane, Malcolm Martin, David Hoben & Christopher Flint

Mixed 6 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Beatrice Ubaka	W50	Unattached	85:45

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Millie Morris	U20W	Ashford Athletic Club	45:17
2	Diana Braverman	W65	Enfield & Haringey AC	58:42
3	Peter Hannell	M80	Surrey Walking Club	62:43
4	Angela Martin	W50	Surrey Walking Club	65:07
5	Terry Braverman	M75	Enfield & Haringey AC	67:59

Mixed 3 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Gary Smith	M60	Enfield & Haringey AC	36:58

Mixed 2 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Jonathan Ellerton	U15B	Blackheath & Bromley AC	21:32

Enfield Race Walking League

2019 was another year of milestone's for the League; For the first time the rankings were topped by athletes aged under 20; George Wilkinson and Jacqueline Benson, the former being the youngest ever to win the Overall competition and Jacqueline the youngest lady champion. In addition Jaqueline's club Ashford AC became the seventh club to qualify to have its name on the honours board.

The top six walkers was made up of an equal number of men and women. Helen Middleton finished in the women's top three for the 10th time, whilst Steve Uttley by virtue of a late string of performances finished second man, increasing his total of podium finishes to six, thus equalling the number set by Dave Sharpe prior to 2007.

Stuart Bennett C858 kept a firm grip on the leading Centurion award ahead of David Kates C936 and John Borgars (c1070)..

The promoting Club notched it's twelfth team victory from old rivals Ilford AC, but Surrey WC who won the League in 2016 and been placed every year since 2015 dropped out of the first three and were pressed by Belgave Harriers as the season ended.

The number of participants in the League was 108, four down on 2018, but a welcoming trend was the appearance of several newcomers and the coaches who encouraged them to do so should be congratulated, not just for introducing them to race walking, but in most cases sending them to compete with good techniques.

Although named the Enfield League, it only continues to prosper because of input by way of officials and volunteers who hale from other clubs and organisations, so to them a huge thank you!



Individual Winners

1	George Wilkinson (U20)	Enfield & H AC	627/9	Men's Champion
2	Jacqueline Benson (U20)	Ashford AC	588/9	Ladies Champion
3	Steve Uttley (M60)	Ilford AC	577/9	Second Man
4	Melanie Peddle (W50)	Loughton AC	569/9	Second Lady
5	Stuart Bennett (M60)	Ilford AC	560/9	Third Man
6	Helen Middleton (W55)	Enfield & H AC	548/8	Third Lady

Team Result

1	Enfield & Haringey AC	2886	George Wilkinson, Helen Middleton, Sue Barnett, Tom Casserley, John Ralph & Arthur Thomson.
2	Ilford Athletic Club	2653	Steve Uttley, Stuart Bennett, Simon Morgan, Emma Dyos, David Kates & Rachel Lawless.
3	Ashford Athletic Club	2118	Jacqueline Benson, Chris Hobbs, Millie Morris, Lesley Hall, Grace Whittingham & Jonathan Hobbs.
4	Surrey Walking Club	1783	Francisco Reis, David Hoben, Malcolm Martin, Chris Flint, David Crane & Peter Hannell.
5	Belgrave Harriers	1655	Maddy Shott, Maureen Noel, Mark Culshaw, Stefano Zennaro, Aliticia Drenda & John Hall.

1km Hill Climb Challenge, Whirlowdale Road, Sheffield (Sun. 10th Nov.)

The recent 'month of rain in 24 hours' in the South Yorkshire area saw small streams running out of the woods bordering the course, **reports Brian Adams**, but the race was able to go ahead. As last year Bene Heley was the first walker away in the handicap competition, last year he was passed in the final 50 metres, this year he held on for an 18 second victory. Natalie Myers walked just one second quicker than last year, taking her up into second place.

Mixed 1km Hill Climb

Pos	Athlete	AG	Club	Watch/Actual
1	Ben Heley	U15B	Derbyshire & S. Yorkshire Hs	6:54/6:54
2	Natalie Myers	SEW	Derbyshire & S. Yorkshire Hs	7:12/5:52
3	Lara MacColl	U17W	Derbyshire & S. Yorkshire Hs	7:22/6:32
4	Lucy Walker	U17W	Derbyshire & S. Yorkshire Hs	7:27/6:47
5	Tony Bell	M55	Lancashire Walking Club	7:45/7:10

Jubilee Trophy, English Institute of Sport, Sheffield (Mon. 11th Nov.)

The wet, cold windy weather forced us indoors for this event, **reports Brian Adams**. Each walker declares a target time for the distance of their choice. No watches, no lap times, the winner is the one who gets closest to their target time.

Maya Marshall competing over 1000m was the first to complete her race with a reasonable 22 seconds off target. The next three to finish were all further off their but still in the 20 second range. Then Lara MacColl crossed the line at 'plus' 16 seconds over 3000m.

Simon Pugh was the final athlete on the track, having decided to race over 5000m and finished just three seconds off target with 32:30 to take the trophy for the second time.

Pos	Athlete	AG	Club	Dist./Perf
1	Simon Pugh	M50	Rotherham Harriers	5000m/32:30 +03s
2	Lara MacColl	U17W	Derbyshire & S. Yorkshire	3000m/18:51 +16s
3	Maya Marshall	U13G	High Storrs School	1000m/06:30 +22s
4	Lucy Walker	U17W	Derbyshire & S. Yorkshire	2000m/12:13 +23s
5	Ellis Simmonds	U15B	Derbyshire & S. Yorkshire	2000m/12:13 +25s
6	Ben Heley	U15B	Derbyshire & S. Yorkshire	2000m/12:33 +28s
7	Tony Bell	M55	Lancashire Walking Club	5000m/31:10 -50s

Sarnia Walking Club 10km & 5km Road Walks, North Side, Vale, Guernsey (Sun. 17th Nov.)

Stuart Le Noury dominated the 10 kilometres walk as he cruised to a satisfying win in 52:30 on the four lap North Side circuit, **reports Rob Elliott**. With the shorter distance of 5 kilometres starting at the same time, he was still too fast for the winner of that event, as Rob Elliott crossed in 30:49. Stuart had passed his halfway point in 26:16.

Donna Allan, in the 10 kilometres race, had started steadily and overtaken Rob Elliott after one kilometre and opened a 40 metre lead, but slowed on the second lap giving Elliott a target as he closed the gap slightly as he neared his finish line. Donna hit her halfway point in 30:40. She picked up the pace on the third lap walking at close to the hour pace, with a 15.04 lap and then really pushed on to record a sub 14 minutes last lap to crack the hour mark with a final time of 59:42.

Third place in the 10 kilometres went to Kay Coulson in 66:07. In the shorter race, Kevin Le Noury finished second ahead of Peter Beckerleg and Mick Le Sauvage who tied for third place.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	52:20
2	Donna Allan	W40	Sarnia Walking Club	59:42
3	Kay Coulson	W50	Sarnia Walking Club	66:07

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliott	M60	Sarnia Walking Club	30:49
2	Kevin Le Noury	M60	Sarnia Walking Club	34:18
=3	Peter Beckerleg	M60	Sarnia Walking Club	38:13
=3	Mick Le Sauvage	M80	Sarnia Walking Club	38:13

Midland Winter League Series 2019, Warwick University, Coventry (Sun. 17th Nov.)

The third and final Midland Winter League Series had a very slight increase in numbers for both the 5km and 10km races, **reports Glyn Jones**. The weather was quite cold, and damp and rain fell throughout most of the 10km race.

Jasmine Nicholls making an appearance for the final series, took control in both the 5km and 10km races securing first over the line well clear of the field.

Carolyn Derbyshire continued her good form to secure the scratch overall winner for the series in both distances. In the men's 5km overall, Daniel Mckerlich (T20) having continued to put every effort throughout the series gained scratch overall winner.

Although numbers were low in the YAG races in the series, it was encouraging to see DASH completing a winning team in all three series of races in the 2km.

Once again, a successful Midland Winter League Series.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Jasmine Nicholls	SEW	Leicester Walking Club	25:53
2	Carolyn Derbyshire	W40	Nuneaton Harriers	27:33
3	Steve Uttley	M60	Ilford Athletic Club	28:38
4	Megan Stratton-Thomas	U20W	Swansea Harriers	28:52
5	Julie Bellfield	W50	Halesowen Atheltic Club	30:00
6	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	30:09
7	Faris Alkhamesi	U17M	Nuneaton Harriers	30:33
8	Martin Slevin	M55	Coventry Godiva Hs	30:57
9	Ann Wheeler	W50	Nuneaton Harriers	31:33
10	Ian Torode	M60	South West Vets. AC	32:08
11	Colin Vesty	M50	Leicester Walking Club	32:42
12	Hilary Mann	W55	Sparkhill Harriers	32:45
13	Val Nix	W55	Kettering Town Harriers	33:13
14	Trevor Herring	M60	Kettering Town Harriers	37:29
15	David Fall	M75	Birchfield Harriers	38:19

Under 13 Girls 2km (B)

Pos	Athlete	AG	Club	Perf
1	Natasha Goldsby	U13G	Dudley & Stourbridge	14:58
2	Abigial Powell	U13G	Wolv. & Bilston AC	15:00
3	April Tonks	U13G	Dudley & Stourbridge	15:40
4	Daisy Rogers	U13G	Dudley & Stourbridge	15:53
5	Martha Sideway	U13G	Dudley & Stourbridge	15:53



Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U15G	Birchfield Harriers	18:48
2	Gabrielle Birch	U15G	Birchfield Harriers	22:34

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Jasmine Nicholls	SEW	Leicester Walking Club	55:36
2	Stephen Bloxham	M45	Unattached	57:38
3	Graham Chapman	M60	Headington R.R.	57:38
4	Carolyn Derbyshire	W40	Nuneaton Harriers	59:00
5	Grazina Narviliene	W45	Halesowen Athletic Club	60:20
6	Wendy Kane	W55	Notts Athletic Club	61:19
7	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	63:07
8	Julie Bellfield	W50	Halesowen Athletic Club	63:27
9	Steve Arnold	M55	Nuneaton Harriers	63:31
10	John Constandinou	M45	Birchfield Harriers	65:05
11	Ann Wheeler	W60	Nuneaton Harriers	66:25
12	Ian Torode	M60	South West Vets. AC	66:49
13	Colin Vesty	M50	Leicester Walking Club	67:23
14	Lynn Bellfield	W50	Halesowen Athletic Club	68:34
15	David Fall	M75	Birchfield Harriers	81:17

Manx Harriers Winter Walking League (Sponsored by Up & Running), Round 2, Andreas Village (Sun. 24th Nov.)

Result only no report received.

Mixed 10km (Handicap)

Pos	Athlete	AG	Club	Watch/Actual
1	Sarah Wolter	SEW	Unattached	74:49/74:50
2	Leanne Venables	SEW	Unattached	75:14/71:51
3	Denise Bridson	W60	Northern (IOM) AC	76:56/73:33
4	Alan Gault	M60	Unattached	77:48/75:37
5	Adie Corlett	M55	Unattached	78:39/73:38
6	Alison Kenyon	W50	Unattached	79:01/68:21
7	Gianni Epifani	M45	Manx Harriers	79:03/48:23
8	Diane Brown	W45	Unattached	79:07/75:16
9	Ian Callister	M65	Manx Harriers	79:10/63:29
10	Angela Robinson	W50	Unattached	79:23/67:54
11	Rob Clynes	M55	Western Athletic Club	79:28/68:48
12	Colin Moore	M60	Isle of Man Veterans AC	79:31/68:09
13	James Moore	SENM	Unattached	79:33/72:53
14	Jock Waddington	M55	Manx Harriers	79:52/59:12
15	Jayne Farquhar	M50	Manx Harriers	79:54/61:22
16	Kerry Palmer	W45	Unattached	79:58/68:52
17	Phil Swales	M50	Northern (IOM) AC	79:59/65:48
18	Nicola Raven	W55	Manx Harriers	80:08/64:32
19	Dudley Butt	M70	Isle of Man Veterans AC	80:20/69:20
20	Melissa Lines	W40	Unattached	80:24/80:24
21	Hannah Hunter	W35	Manx Harriers	80:27/56:52
22	Andy Baxendale	M50	Isle of Man Veterans AC	80:31/70:34
23	Andy Green	M65	Manx Harriers	80:38/59:58
24	Tiffany Baker	SEW	Unattached	80:49/80:49
25	James Quirk	M45	Manx Harriers	81:35/57:55
26	Maura Kelly	W50	Northern (IOM) AC	82:28/71:48
27	Adam Cowin	SENM	Manx Harriers	82:43/52:03

Mixed 5km (Handicap)

Pos	Athlete	AG	Club	Watch/Actual
1	Kate Jones	W35	Unattached	44:01/44:01
2	Rosie Glen	SEW	Unattached	44:01/44:01
3	Mia Dunwell	U17W	Northern (IOM) AC	44:25/28:24
4	Alex Cowie	W50	Unattached	44:48/35:59
5	Nick Wallinger	M45	Isle of Man Veterans AC	44:48/36:05
6	Erika Kelly	SEW	Northern (IOM) AC	44:58/23:43
7	Emily Quirk	SEW	Unattached	45:35/41:22
8	Christine Jones	W60	Unattached	50:33/50:33
9	Vivien Danaher	W75	Unattached	DNF

Junior 1km (Handicap)

Pos	Athlete	AG	Club	Watch/Actual
1	Harry Swales	U11B	Unattached	44:01/09:42

Surrey Walking Club 5000m Open Track Walk and Supporting Races, Tonbridge School (Sat. 23rd Nov.)

The weather was cool with light drizzle throughout for the Surrey Walking Club annual Christmas Cup track race, *reports Peter Hannell*. Fourteen competitors faced the starter. In the 5000m three competitors took the lead - Jacqueline Benson, Malcolm Martin and Grazia Manzotti, with Benson setting the pace. With 2000m remaining Martin developed a stitch and dropped rapidly but still finished 3rd overall. Benson pushed on to win.

Jonny Ellerton won the U15 race in a new personal best of 19:06.6 for 3000m.

Mixed 5000m

Pos	Athlete	AG	Club	Perf
1	Jacqueline Benson	U20W	Ashford Athletic Club	28:45.7
2	Grazina Manzotti	W50	Tonbridge athletic Club	28:52.1
3	Malcolm Martin	M60	Surrey Walking Club	29:49.0
4	Richard Emsley	M65	Saints & Sinners Runners	30:04.0
5	Ron Penfold	M75	Steyning Athletics Club	33:29.3
6	Geraldine Legon	W60	Bexley Athletic Club	34:59.8
7	Graeme Heaton	M60	Heathfield Road Runners	35:32.8
8	David Hoben	M65	Surrey Walking Club	36:24.7
9	Fiona Bishop	W60	Woking Athletic Club	38:02.0
10	Angela Martin	W55	Surrey Walking Club	38:44.8

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Jonathan Ellerton	U15B	Blackheath & Bromley	19:06.6
2	Harvey Perry	U15B	Lewes Athletic Club	22:11.8

Mixed 1000m

Pos	Athlete	AG	Club	Perf
1	Charlie Perry	U11B	Lewes Athletic Club	6:25.1
2	Lewis Burr	U13B	Tonbridge Athletic Club	6:29.5

UPCOMING EVENTS**December**

Sat 07 (B)	Dick Maxwell Memorial 10km	Simister
Sun 08 (B)	Sarnia WC Road Walks 10km/5km	St. Sampsons
Sun 08 (A)	Cardiff Indoor Christmas Classic	Cardiff
Sun 08 (A)	Yorkshire RWC Inter-Club Walks	Thornton-le-Clay
Sat 14 (B)	Alf Palmer Memorial Races	Horsham
Sun 15 (A)	Manx Winter League 3	Ramsey
Sun 15 (B)	Sarnia WC Hill Climb	Le Val de Terres
Sat 21 (B)	Winter 3000m & Dev. Walks	Lewes
Thu 26 (B)	Brighton Boxing Day Walks	Preston Park
Sun 29 (B)	Sarina WC Road Walk (3 Mile)	Rocquaine

January

Sun. 5 th (A)	England Athletics Indoor Walks	E.I.S. Sheffield
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

February

Sun. 02 (A)	London Open/SRWA Champs	Hillingdon Cycle Cir.
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