



Race Walking Record

June 2018



Tom Bosworth



Bethan Davies



Heather Lewis



Callum Wilkinson

GB & NI qualifiers for the 2018 European Championships, Berlin

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

National Results

England Athletics U23/U20 Championships, Bedford (Sun. 17th Jun.)

There were not many athletes at the start with no entrants for the women's U23 race.

Cameron Corbishley (pictured below) won the U23 men's race in 43:47.34 over two minutes shy of his personal best of 41:37.44 set in the same event last year. Second U23 went to Luc Legon in 48:32.55. Tom Partington took the U20 men's title, finishing second overall.

All three athletes in the Under 20 women's race, Jacqueline Benson, Ana Garcia and Emily Ghose were all disqualified.



Men's 10,000m

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M (1)	Medway & Maidstone	43:37.34
2	Tom Partington	U20M (1)	Manx Harriers	47:55.83
3	Luc Legon	U23M (2)	Bexley Athletic Club	48:32.55
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ
	Callum Wilkinson	U23M	Enfield & Haringey AC	DQ

British Grand Prix of Race Walking, Roundhay Park, Leeds (Sun. 24th Jun.)



British race walking witnessed a historic day in Leeds as four athletes secured selection for the European Championships for the first time in 28 years, *reports Ian Richards*.

Tom Bosworth and Bethan Davies took the Grand Prix titles and British titles, qualifying for August's European Championships in Berlin.

Behind, Callum Wilkinson and Heather Lewis took second places in the British trial to secure their places on the start line in Berlin, having achieved the qualifying standards earlier this year.

In the men's 20km, Bosworth went to the front from the start on his home turf and soon established a lead ahead of Wilkinson, Slovak Miroslav Uradnik and Cameron Corbishley.

The Commonwealth silver medallist passed 5km in 20:27 with the chasing trio 30 seconds behind, but crucially on pace for the 1:25:00 British and Slovakian qualifying time for Berlin.

Bosworth then passed halfway in 41:08 with the chasing pack in 41:53. Soon after the halfway mark Corbishley began to push the pace, but just before 13km was shown the red paddle and disqualified.

Uradnik and Wilkinson passed 15km in 1:02:57, just under a minute behind Bosworth. The leader then maintained his pole position and cruised home in a course and meeting record of 1:23:10, to record a hat-trick of British Grand Prix titles and his seventh British title.

Bosworth said: "This is a fantastic event showcasing race walking. I'm so happy to have achieved a record of seven national titles."

In the battle for the minor medals Uradnik moved ahead of Wilkinson to record a huge personal best of 1:24:09 as Wilkinson secured his place in Berlin with 1:24:21 in third as Guy Thomas took third in the British Championships and took the Welsh title after clocking 1:29:32.

In the women's 20km, Davies started quickly and established a lead passing 5km in 23:30. Behind, Welsh compatriot Heather Lewis went through 5km in 23:56.

Davies passed the halfway in 47:36 and 15km in 1:12:07 before pushing on to regain the British Grand Prix and British title she last won in 2016 with 1:36:55.

Lewis took silver and secured her selection for Berlin clocking 1:39:06 with Erica Kelly third in 1:41:30.

Davies said: "I'm happy to have finished in a decent time and secured a place for the European Championships this summer."

In the supporting 10km Tom Partington clocked a personal best of 44:04 to move to the top of the UK under-20 rankings for 2018 while Agata Kowalska, who is based in Leeds clocked a personal best of 48:47.

Men's 20km

Pos	Athlete	AG	Club	Perf
1	Tom Bosworth	SM	Tonbridge Athletic Club	1:23:10
2	Miroslav Uradnik	U23M	SK Dukla Banska Bystrica/SVK	1:24:09
3	Callum Wilkinson	U23M	Enfield and Haringey AC	1:24:41
4	Guy Thomas	U23M	Tonbridge Athletic Club	1:29:32
5	Dominik Cerny	U23M	SK Dukla Banska Bystrica/SVK	1:29:56
6	Erick Jerome Caprice	M35	Dundrum South Dublin AC/MRI	1:32:57
7	Andrew Miller	M45	Wolverhampton & Bilston AC	1:47:55
	Ruslans Smolonskis	U23M	Ventspils SS "Spars"/LAT	DQ
	Cameron Corbishley	U23M	Medway & Maidstone AC	DQ

Women's 20km

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SW	Cardiff A.A.C.	1:36:55
2	Heather Lewis	SW	Pembrokeshire Harriers	1:39:06
3	Erika Kelly	SW	Northern (Isle of Man) AC	1:41:30
4	Monika Hornakova	SW	SK Dukla Banska Bystrica/SVK	1:41:47
5	Kate Veale	SW	West Waterford AC/IRL	1:42:35
6	Gemma Bridge	SW	Oxford City Athletic Club	1:43:27

Mixed Open 10km

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U20M	Manx Harriers	44:04
2	Agata Kowalska	U23W	Hyde Park Harriers/POL	48:47
3	Francisco Reis	M55	Thames Valley Harriers/POR	53:10
4	Natalie Myers	SW	C of Sheffield & Dearne AC	55:38
5	Erika Pontarollo	U23W	Hyde Park Harriers/ITA	56:14



Mark Easton

Tom Partington

Mixed Open 3km

Pos	Athlete	AG	Club	Perf
1	Jasmine Nicholls	SW	Leicester Walking Club	15:48
2	Pagen Spooner	U20W	Hyde Park Harriers	17:52
3	Ben Casey	SM	Unattached	18:10
	Anthony Bell	M55	Lancashire Walking Club	DQ

Muller British Athletics Championships, Alexander Stadium, Birmingham (Sun. 1st Jul.)

Conditions were not easy as the UK sweltered in a heat wave.

In the men's race, Tom Bosworth added a third British 5000m race walk title to his collection, winning in 19:01.20 from 2016 IAAF World U20 champion Callum Wilkinson (19:17.41). Third place went to Tom Partington (U20) who set his third Manx record in eight days, (U20 road 10km of 44:04, senior 1-mile road of 6:36 and U20 5000m track 21:36:64).

In the women's race, Bethan Davies dominated the race to also record her third title in this event, winning in 22:04.98. On the warm weather that lasted over the two-day event, Bethan said: "This track is hot on a cool day so by the end it was like it was melting your shoes and I thought my feet were going to burn off!"

Men's 5000m

Pos	Athlete	AG	Club	Perf
1	Tom Bosworth	SM	Tonbridge Athletic Club	19:01.20
2	Callum Wilkinson	U23M	Enfield & Haringey AC	19:17.41
3	Tom Partington	U20M	Manx Harriers	21:36.64
4	Christopher Snook	U20M	Aldershot Farnham & Dist.	22:45.32
5	Luc Legon	U23M	Bexley Athletic Club	23:23.51
6	George Wilkinson	U17M	Enfield & Haringey AC	24:24.35
	Cameron Corbishley	U23M	Medway & Maidstone AC	DQ (230.7a)
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ (230.7a)
	Dominic King	M35	Colchester Harriers	DQ (230.7a)
	Daniel King	M35	Colchester Harriers	DQ (230.7a)

Women's 5000m

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SW	Cardiff A.A.C.	22:04.98
2	Abigail Jennings	U20W	Aldershot Farnham & Dist.	26:00.31
3	Natalie Myers	SW	C of Sheffield & Dearne	26:39.76
4	Madeline Shott	SW	Belgrave Harriers	27:08.18
5	Erkia Pontarollo	U23W	Hyde Park Harriers/ITA	27:41.07
	Carolyn Derbyshire	W40	Nuneaton Harriers	DQ (230.7a)
	Erika Kelly	SW	Northern (IOM) AC	DQ (230.7a)
	Megan Stratton-Thomas	U20W	Swansea Harriers	DQ (230.4a)
	Agata Kowalska	U20W	Hyde Park Harriers/POL	DNF

Domestic Results**Oxford County Championships & Open 3000m, Iffley Road, Oxford (Wed. 30th May)**

Top honours went to guests Madeline Shott and Neil Bates at the County Championship and Open 3000m race, **reports Graham Chapman**, held as part of the annual "Town vs Gown" (Oxfordshire vs Oxford University) match, while Steve Uttley and Noel Blatchford secured the County titles.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Madeline Shott (SW)	Open	Belgrave Harriers	15:44.68
2	Neil Bates (SM)	Open	Chiltern Harriers	15:54.87
3	Steven Uttley (M60)	SM (1)	Ifford Athletic Club	17:03.31
4	Graham Chapman (M60)	SM (2)	Headington Road Runners	17:43.42
5	Noel Blatchford (W70)	SW (1)	Abingdon Athletic Club	19:59.75
6	Trevor Dixon (M60)	SM (3)	Oxford City Athletic Club	20:45.01

R. Smith 10,000m and Z. Smith 5000m Track Walks, Bury (Sat. 2nd Jun.)

The previous distance of 20km for the R. Smith Trophy has now been replaced with this 10,000m track race, **reports Roy Gunnett**. The 5000m distance for the Z. Smith Trophy remains.

On an overcast and warm day 16 competitors set off on the Bury Track. This included the welcome entry of two guests, Dan Maskell from Surrey WC and Russ Jackson from Yorkshire RWC.

Adrian Edwards won the scratch race and therefore the R. Smith Trophy. He took the lead from the start and walked powerfully throughout the race, breaking the hour. There was a good battle for second and third places between Greg Smith and Peter Crahan with Greg getting the better towards the end of the race. In addition to gaining second place in the scratch race Greg also won the handicap.

Irene Pike won the 5000m race and the Z. Smith Trophy, she then carried on completing the 10,000m race.

Mixed 10,000m (B)

Pos	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	58.57
2	Greg Smith	M65	Lancashire Walking Club	64.53
3	Peter Crahan	M65	Lancashire Walking Club	65.01
4	Dan Maskell	M70	Surrey Walking Club	67.52
5	Roy Gunnett	M70	Lancashire Walking Club	68.17
6	Russ Jackson	M70	Yorkshire Race Walking Club	68.35
7	Sailash Shah	M50	Lancashire Walking Club	68.35
8	Joe Hardy	M70	Lancashire Walking Club	68.58
9	Phil McCullagh	M60	Lancashire Walking Club	69.32
10	Irene Pike	W65	Lancashire Walking Club	69.32
11	John Crahan	M65	Lancashire Walking Club	73.25

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Irene Pike	W65	Lancashire Walking Club	77.75
2	Pat Evans	W65	Lancashire Walking Club	69.89
3	Ian Hilditch	M75	Lancashire Walking Club	72.08
4	John Payn	M80	Lancashire Walking Club	77.57
5	Andrea Lennon	W75	Lancashire Walking Club	76.78

Kent Young Athletes League, Dartford (Sun. 3rd Jun.)

The usual mix of experienced race walkers and those who have volunteered or been cajoled into participating to score points for their club. Generally, the walking was good with only one disqualification. The outstanding performance of the day was produced by Alex Macheath who broke the Kent Young Athletes League record.

**Under 15 Boys 2000m**

Pos	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	9:48.38
2	Christian Hopper	U15B	Cambridge Harriers	10:52.70
3	Oscar Maull	U15B	Folkestone Running Club	14:03.90
4	Huxley Crush	U15B	Tonbridge Athletic Club	14:42.90
5	Christopher Archer	U15B	Dartford Harriers AC	14:42.90
6	Edward Atkinson	U15B	Folkestone Running Club	14:48.70
	Ewan Beet	U15B	Bexley Athletic Club	DQ

Under 15 Girls 2000m

Pos	Athlete	AG	Club	Perf
1	Abigail Smith	U15G	Blackheath & Bromley HAC	11:30.25
2	Grace Whittingham	U15G	Ashford Athletic Club	11:59.97
3	Davina Nova	U15G	Ashford Athletic Club	12:19.43
4	Hannah Atkinson	U15G	Cambridge Harriers	12:31.26
5	Amalie Abdali	U15G	Tonbridge Athletic Club 2	14:42.30
6	Martha Jones	U15G	Tonbridge Athletic Club 2	14:52.19
7	Freya Ridge	U15G	Tonbridge Athletic Club 1	14:53.53
8	Amber Crush	U15G	Tonbridge Athletic Club 1	15:12.54
9	Amy Jukes	U15G	Medway & Maidstone AC	15:17.24
10	Lydia Stanton	U15G	Folkestone Running Club	15:19.25
11	Ciara Harrop	U15G	Medway & Maidstone AC	15:29.57

Under 13 Boys 1000m

Pos	Athlete	AG	Club	Perf
1	Ryan Puszyk	U13B	Bexley Athletic Club	6:27.93
2	Dontay Thomas	U13B	Cambridge Harriers	6:37.50
3	Jonathan Ellerton	U13B	Blackheath & Bromley HAC	6:48.44
4	Jake Foster	U13B	Medway & Maidstone AC	7:27.82
5	Marley Permaul	U13B	Folkestone Running Club	7:28.50
6	Casey Loughheed	U13B	Medway & Maidstone AC	7:34.10

Under 13 Girls 1000m

Pos	Athlete	AG	Club	Perf
1	Katie Brash	U13G	Blackheath & Bromley	5:38.99
2	Olivia Hale	U13G	Bexley Athletic Club	5:53.09
3	Jessica Wilton	U13G	Ashford Athletic Club	6:13.72
4	Rosie Chandler	U13G	Bexley Athletic Club	6:17.91
5	Sarah Watmough	U13G	Medway & Maidstone AC	6:42.85
6	Carla Forsyth	U13G	Blackheath & Bromley HAC	6:46.53
7	Niamh Cartwright	U13G	Swanley & District AC	6:59.01
8	Eve Cooper	U13G	Ashford Athletic Club	7:01.46
9	Trudy Williams	U13G	Tonbridge Athletic Club 1	7:21.02
10	Rhianna Burford	U13G	Dartford Harriers HAC	7:28.05
11	Ida Keller	U13G	Folkestone Running Club	7:31.89
12	Evie Cameron	U13G	Medway & Maidstone AC	7:35.02
13	Sophie Dubery	U13G	Tonbridge Athletic Club 1	8:41.79

**Sarnia WC Heritage Group Championships Race 4, 5km Road Race, Cambridge Park, Guernsey (Sun. 3rd Jun.)**

Stuart Le Noury and Donna Allan continue to forge ahead in the Heritage Group Championships after four races in the ten-race series, **reports Rob Elliott**. Stuart won the latest 5km event with ease in 26:50, followed by Rob Elliott nearly four minutes behind. Leading woman Donna Allan, finishing third overall, ran out of road as she chased down Elliott in the second half of the race to finish thirteen seconds behind. Phil Lockwood claimed third place in the men's section in 32 minutes.

Olga Le Noury was second woman home in just under 35 minutes, with Jayne Le Noury in third.

The handicap win, with handicap time added to finishing time, went to Dave Dorey, ahead of second placed Mick Le Sauvage and race winner Stuart Le Noury back in third.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	26:50
2	Rob Elliott	M55	Sarnia Walking Club	30:38
3	Donna Allan	W40	Sarnia Walking Club	30:51
4	Phil Lockwood	M45	Sarnia Walking Club	32:07
5	Kevin Le Noury	M60	Sarnia Walking Club	34:40
6	Olga Le Noury	W35	Sarnia Walking Club	34:52
7	Peter Beckerleg	M55	Sarnia Walking Club	36:35
8	Mick Le Sauvage	M75	Sarnia Walking Club	36:47
9	Dave Dorey	M70	Sarnia Walking Club	37:35
10	Jayne Le Noury	W55	Sarnia Walking Club	40:42

British Masters 10,000m Track Championships, Horspath, Oxford (Sun. 3rd Jun.)

Immaculate technique in the mid-day sun brought national Masters titles to recent National 10k bronze medallist Dave Annetts, **reports Graham Chapman**, and the strong but infrequently seen Lesley Hall, and a new national W70 record to recently crowned European W70 20k champion Noel Blatchford.

**Mixed 10,000m**

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	55:52.93
2	Roger Michell	M70	Surrey Walking Club	64:29.26
3	John Borgars	M70	Loughton Athletic Club	67:30.20
4	Lesley Hall	W60	Ashford Athletic Club	68:21.71
5	Ian Torode	M60	South West Veterans	69:18.79
6	Noel Blatchford	W70	Abingdon Athletic Club	71:07.88
7	Sue Davies	W50	Aldershot Farnham & Dist.	73:03.85
8	Mick Barker	M75	Northern Veterans	76:14.80
9	Ron Stewart	M75	North Shields Poly	93:40.99
	Tony Brackstone	M75	Sandhurst Runners	DNF

2018 USA Centurions 24 Hour Qualifier, Fort Snelling, Minnesota, USA (Sat. 2nd to Sun. 3rd Jun.)

Andrew Titley (Isle of Man Veteran AC) secured his fourth Centurion badge when winning the USA Centurions 24-hour race in Minnesota covering 106.8 miles for a new race record.

He already had British, Continental and African Centurion badges.

South Yorkshire League, Sheffield Hallam University City Stadium (Fri. 8th Jun.)

We used the coaching session aimed at the qualifiers for the Primary Schools Championships to introduce some new walkers to the South Yorkshire League, all racing over 1,000m, **reports Brian Adams**.

Of the new walkers, four walked with very good technique and determination, Emily Morgan built up a small advantage over Lauren Robertson for fourth position but was caught and passed in the last 200m. These two filled the first two places on handicap.

Around 30 seconds ahead of the girls two boys, Ethan (Emily's brother) and Ellis Simmonds had a race long battle to cross the line together in 6:21 to lead the new walkers home behind regular Simon Pugh.

Simon now leads the series on 71 points having completed in all four races.

Mixed 1000m

Posn	Athlete	AG	Club	Actual/Target
1	Simon Pugh	M55	Rotherham Harriers	5:49 (5:37)
2	Ethan Morgan	U13B	Silverdale School	6:21 (6:06)
3	Ellis Simmonds	U13B	Dobcroft School	6:21 (6:06)
4	Lauren Robertson	U11G	Abbey Lane School	6:55 (6:51)
5	Emily Morgan	U11G	Dobcroft School	6:58 (6:54)
6	Daniel Wellings	U11B	Abbey Lane School	8:39 (7:21)
7	Leo Platt	U11B	Dobcroft School	10:06 (6:47)
8	Isaac Rossen	U11B	Dobcroft School	10:06 (6:53)
9	Peter Bilson	M36	C of Sheffield & Dearne	13:06 (9:58)

6th Jack Fitzgerald Walks, Tilgate Park, Crawley (Sat. 9th Jun.)

Veterans AC were pleased to host the sixth staging of this event on a lakeside course, **reports Dave Hoben**.

On the start line ages ranged from 10-year-old Lewis Burr (Tonbridge AC), who took a minute off his personal best from 2017 to Mick Harran (Surrey Walking Club) recently turned 80 who has had many successful years in athletics. In addition, the entrants included a number who were new to VAC and this event.

In the headline race over 10.325 km VAC were pleased to welcome back Ian Richards from Steyning AC who came first overall in 56:42 and still holds the men's course record set in 2013 of 50:57.

The most newsworthy item is Maddy Shott from Belgrave Harriers who came only a few seconds behind Ian in 56:53 and now takes the women's course record set in 2013 of 59:46 from Joan Lennon from Steyning AC.



The race was held to raise funds for Blind Veterans UK, as a tribute to RAF fighter pilot Jack Fitzgerald.

Mixed 10,325km (B)

Pos	Athlete	AG	Club	Perf
1	Ian Richards	M70	Steyning Athletic Club	56:42
2	Madeline Shott	SW	Belgrave Harriers	56:53
3	Mark Culshaw	M50	Ilford Athletic Club	63:51
4	Melanie Peddle	W45	Loughton Athletic Club	63:54
5	David Kemp	M55	Arena 80	67:19
6	Paul Gaston	M70	Surrey Walking Club	69:22
7	Eva Payton-White	U20W	Lewes Athletic Club	69:54

8	Fiona Bishop	W55	Woking Athletic Club	70:18
9	Dan Maskell	M65	Surrey Walking Club	70:26
10	Sue Davies	W50	Aldershot Farnham & Dist.	70:45
11	Stuart Maidment	M65	Steyning Athletic Club	71:29
12	Tony Brackstone	M75	Sandhurst Runners	71:30
13	Christopher Flint	M70	Surrey Walking Club	71:43
14	Michael Harran	M80	Surrey Walking Club	75:25
15	David Hoben	M65	Surrey Walking Club	77:23
16	Geraldine Legon	W55	Bexley Athletic Club	79:21
17	Peter Hannell	M75	Surrey Wlaking Club	80:27

Mixed 5.9km (B)

Pos	Athlete	AG	Club	Perf
1	Harriet Hide	W45	Winchester & District AC	35:45
2	Charlotte Wallis	U17W	Aldershot Farnham & Dist.	40:41
3	Judith Carder	W60	Brighton & Hove AC	42:59
4	John Killick	M70	Steyning Athletic Club	44:13
5	Peter Selby	M75	Surrey Walking Club	46:38
6	William Hughes	M70	Walton Athletic Club	47:23

4.425km (B)

Pos	Athlete	AG	Club	Perf
1	Lauren Morse	U17W	Lewes Athletic Club	31:23

1.475km (B)

Pos	Athlete	AG	Club	Perf
1	Lewis Burr	U11B	Tonbridge Athletic Club	10:34

South Yorkshire Schools Championships, Doncaster (Sat. 9th Jun.)

A 50/50 mix of regular walkers and new walkers all representing Sheffield Schools saw all the regular ones getting under 6 mins for the 1000m walk, **reports Brian Adams**, with Owen breaking 5 mins for the first time.

Lucy was close enough to challenge Lara for the junior girls' title as they came off the final bend, but once Lara knew she was there she was able to open the gap again.

Eve Jackson, last year's Y6 primary champion led home the new comers to take the Y7 girls title. Eve, Maggie and Lottie all showing good technique.

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Owen Bradshaw	JB (1)	C of Sheffield & Dearne	4:53.9
2	Molly Meleady-Hanley	IG (1)	C of Sheffield & Dearne	5:26.5
3	Lara MacColl	JG (1)	C of Sheffield & Dearne	5:36.0
4	Lucy Walker	JG (2)	2 DASH	5:40.2
5	Toby Chaplin	Y7B (1)	C of Sheffield & Dearne	5:53.1
6	Eve Jackson	Y7G (1)		6:10.3
7	Ali Alaber	Y7B (2)		6:15.4
8	Maggie Naylor	JG (3)		6:16.7
9	Lottie McParland	Y7G (2)		6:32.1
10	Kate Pearson	Y7G (3)		6:44.4

Sarnia WC Heritage Group Championships Race 5 10km Road Walk, Pleinmont to Grandes Rocques, (Sun. 10th Jun.)

With a time, slower than would normally be expected, Stuart Le Noury had another easy win over 10 kilometres in the fifth race of the Heritage Group Championships, **reports Rob Elliott**. Having walked the around the island 39 miles non-competitive walk the day before, he was perhaps more cautious today. Rob Elliott finished in second place, slightly quicker than in his last race, with Donna Allan taking third place overall and leading woman.

Donna was the other walker in the race having taken part in the longer event the day before. Phil Lockwood, another quicker than his last race continues to improve after suffering with injury not so long ago.

Kay Coulson, the second woman held off Mick Le Sauvage for fifth place with Dave Dorey completing the line-up finishing in just over 80 minutes.

In the handicap section of the race Kay Coulson finished in first place ahead of Phil Lockwood.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	54:10
2	Rob Elliott	M55	Sarnia Walking Club	62:55
3	Donna Allan	W40	Sarnia Walking Club	64:21
4	Phil Lockwood	M45	Sarnia Walking Club	66:46
5	Kay Coulson	W50	Sarnia Walking Club	74:53
6	Mick Le Sauvage	M75	Sarnia Walking Club	75:09
7	Dave Dorey	M70	Sarnia Walking Club	80:05

Woodford Tuesday Walk, Ashton Playing Fields, Woodford (Tue. 12th Jun.)

This was a good turnout for the first event of the 2018 season, *reports Peter Cassidy*. Newcomer to the series Maddy Shott started the year with a bang, with 2017's Champion Melanie Peddle making it a ladies 1-2. By weight of numbers, Ilford established an early position at the head of the table and gave the other Clubs something to chase in the months to come.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Madeline Shott	SW	Belgrave Harriers	15:02.4
2	Melanie Peddle	W45	Loughton Athletic Club	16:52.5
3	Stuart Bennett	M55	Ilford Athletic Club	17:40.3
4	Dan Maskell	M65	Surrey Walking Club	17:58.8
5	John Brock	M65	Southend-on-Sea AC	20:15.0
6	Stephen Cartwright	M60	Colchester & Tendring AC	21:43.7
7	Sean Pender	M60	Enfield & Haringey AC	21:48.5
8	Michael Barnbrook	M75	Ilford Athletic Club	23:29.2
9	David Ainsworth	M65	Ilford Athletic Club	24:21.8

Hewitt Cup 2018 - Round 3 12.6.2018

This was the 78th. year of the Hewitt Cup series in Leicester Walking Club's 91-year history!!!

The final race of this year's Hewitt Cup saw just five young walkers trying to improve their individual league standings in the race for Hewitt honours, *reports George Smolinski*.

Lyla Bryan, fresh from her U13 success in the Leicestershire Secondary Schools County Championships, finished off the series with her third consecutive victory. Izzy Smolinski topped the handicap standings on the night, but the consistent Olivia Servadei just held on to take the overall title. In the closest competition in years Olivia finished on 4 points, Lyla on 5 and Izzy on 6.

Last year's runner up, Huey Bryan took home the boy's overall Hewitt Cup with Ben Allen and Jack Harrison in joint second.

Mixed 2km (B)

Pos	Athlete	Club	Perf
1	Ben Allen	Countesthorpe LC College	10:06
2	Lyla Bryan	Countesthorpe LC College	13:31
3	Huey Bryan	Blaby Stokes Primary	15:28
4	Isabelle Smolinski	Thistly Meadow Primary	15:37
5	Olivia Servadei	Blaby Stokes Primary	16:03
6	Faith Castledine	Countesthorpe LC College	21:56

Manx Harriers Track League, Douglas (Wed. 13th Jun.)

In wet and windy conditions, three new age group bests were set during the 1-mile walk held as part of the Manx Harriers Track League.

Erika Kelly clocked 7:07.0 removing fourteen seconds from the Manx senior women's record which has stood at 7:21.9 since 1993. Hannah Hunter recorded 7:44.0 to establish a new W35 mark. Sharon Cain established new a new W45 mark of 9:32.9.

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf
1	David Mapp	NK	Unattached	7:02.3
2	Gianni Epifani	M45	Manx Harriers	7:04.1

3	Erika Kelly	SW	Northern (IOM) Athletic Club	7:07.0
4	Hannah Hunter	W35	Manx Harriers	7:44.0
5	Alice Bellando	U17W	Manx Harriers	9:11.2
6	Keira Heavey	U17W	Northern (IOM) Athletic Club	9:29.0
7	Sharon Cain	W45	Western Athletic Club	9:32.9
8	Louise Hollings	W35	Manx Harriers	9:36.5
9	Abbie Edwards	U15G	Manx Harriers	9:55.7
10	Amelia Chambers	U15G	Manx Harriers	11:44.7
11	Keirs Gray	U15G	Unattached	11:44.7
12	Marcella Dillon	U15G	Manx Harriers	11:45.8

BMC Regional Races, Leeds Beckett (Thu. 14th Jun.)

Cameron Corbishley took the victory and set a seasons best in the 3000m race walk at the Leeds BMC. Second place went to 2016 World Junior Champion Callum Wilkinson.

The event was held at Leeds Beckett University Headingley campus athletics track and is also the home for the UK Race Walking Centre, where Corbishley and his teammates train. It was fantastic to see a BMC including a race walk event. *Source: UK Race Walking News.*

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M	Medway & Maidstone AC	11:31.13
2	Callum Wilkinson	U23M	Enfield & Haringey AC	11:43.12
3	Tom Partington	U20M	Manx Harriers	12:57.49
4	Erika Pontarollo	U23W	Hade Park Harriers/ITA	17:27.21

British Masters 5km Championships, Horwich (Sun. 16th Jun.)

Thirty-two competitors faced the starter in this popular promotion as part of the Horwich Festival of Racing, *reports Eric Horwill*. Good conditions, cloudy but dry. There was a good contingent from the Republic of Ireland whose support is greatly appreciated.

There were three new Championship Best Performances headed by Ian Richards with a world best M70 road time. Noel Blatchford set a new W70 time and Andrea Lennon bettered her own W75 championship best performance.

Thanks to all the Officials, particularly the three judges who switched from competing to enable the event to be adequately covered.

Once again, we enjoyed the company of the runners competing in their BMAF 5km race.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Ian Richards	M70 (1)	Steyning Athletic Club	25:29
2	Patrick Murphy	M55 (1)	Castleisland A.C./IRL	25:51
3	David Annetts	M50 (1)	North Herts Road Runners	26:14
4	Sinead McConnell	W50 (1)	Finn Valley A.C./IRL	26:27
5	Carolyn Derbyshire	W40 (1)	Nuneaton Harriers	26:32
6	Mark Williams	M50 (2)	Birchfield Harriers	27:44
7	Maria Flynn	U18W (G)	Naas Athletic Club/IRL	28:02
8	Margaret Reid	W45 (1)	Finn Valley A.C./IRL	28:17
9	Peter Boszko	M65 (1)	Birchfield Harriers	28:36
10	Maggie O'Connor	W45 (2)	St. Joseph's A.C./IRL	28:39
11	Tony Malone	M65 (2)	Lancashire Walking Club	29:24
12	John Constandinou	M45 (1)	Birchfield Harriers	30:01
13	Bill McFadden	M55 (2)	Scotia Race Walking Club	30:37
14	Sean McMullen	M70 (2)	Mullingar Harriers/IRL	30:38
15	Roger Michell	M70 (3)	Surrey Walking Club	30:48
16	Julie Bellfield	W45 (3)	Halesowen Athletic Club	30:50
17	Ann Wheeler	W60 (1)	Nuneaton Harriers	31:10
18	Greg Smith	M65 (3)	Lancashire Walking Club	31:33
19	Ian Torode	M60 (1)	South West Veterans	31:55
20	Noel Blatchford	W70 (1)	Abingdon Athletic Club	32:28
21	Hilary Mann	W60 (2)	Sparkhill Harriers	32:30
22	Lynn Bellfield	W50 (2)	Halesowen Athletic Club	33:24
23	Roy Gunnnett	M70 (4)	Lancashire Walking Club	33:42
24	Joe Hardy	M70 (5)	Lancashire Walking Club	33:48
25	Sailash Shah	M50 (4)	Lancashire Walking Club	34:49

26	Brid Lawler	W55 (1)		34:56
27	Stephen Sargent	M70 (6)	Lancashire Walking Club	34:58
28	Anne Gormley	W55 (2)		35:47
29	Stephen Walker	M60 (2)	Lancashire Walking Club	36:25
30	Mick Barker	M75 (1)	Northern Masters	36:51
31	Gerard McConnell	M55 (3)	Scotia Race Walking Club	39:19
32	Andrea Lennon	W75 (1)	Lancashire Walking Club	40:11
33	John Payn	M80 (1)	Lancashire Walking Club	40:19

Veterans AC 5 Mile, Battersea Park (Tue. 19th Jun.)

The third fixture of the season and the club championships was held yet again in fine sunny spring conditions even if a little humid, **reports Dave Hoben**.

Dave Annetts continued his fine form to take his first VAC Championship win with a personal best for the course. Maureen Noel took the ladies' title in a similar time to last year.

Naturally with a small turnout nearly all attained gold medals, Tom Casserley achieved another personal best as his racing career develops.

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	42:28
2	Maureen Noel	W50	Belgrave Harriers	51:50
3	Dan Maskell	M70	Surrey Walking Club	55:03
4	Fiona Bishop	W55	Woking Athletic Club	55:29
5	Christopher Flint	M70	Surrey Walking Club	56:17
6	Paul King	M65	Belgrave Harriers	56:59
7	Tom Casserley	M75	Enfield & Haringey AC	57:25
8	David Hoben	M65	Surrey Walking Club	59:07
9	Peter Hannell	M75	Surrey Walking Club	61:01
	Stefano Zennaro	M45	Belgrave Harriers	DNF

Leicester County Primary Schools Championships 1km, Humberstone Park, Leicester (Tue. 19th Jun.)

The Primary School County Championships race walk over 1km were held at Humberstone Park, **reports George Smolinski**.

Izzy Smolinski has now got a full set of medals in this race. She won bronze in 2016, silver last year and took the coveted County girl's title this year. Olivia Servadei was runner-up with debutant, Lily Smolinski taking bronze.

Huey Bryan continued his excellent season to win his second successive County crown.

Mixed 1km (B)

Pos	Athlete	Club	Perf
1	Huey Bryan	Blaby Stokes Primary	7:21
2	Isabelle Smolinski	Thistly Meadow Primary	7:39
3	Olivia Servadei	Blaby Stokes Primary	7:58
4	Lily Smolinski	Granby School	9:11

Peter Emery (C625)

It is with sadness that we report the death of 80-year-old Peter Emery on 26th May this year after a short illness.

Aylesbury-based Peter made many appearances, both for the Borough of Enfield Harriers and for his Bus Company sports club in London Business Houses events. He enjoyed distance events more than shorter races and relished the challenge of a walk from London-to-Brighton on the first Saturday of September. His love of a challenge saw him complete two 100 miles' events - at Bristol in 1977 (23:41:17 becoming Centurion 625) and at Congerstone (Leicester) in 1982.

Peter was an authority on military history, especially The Great War. A long-time supporter of Aylesbury United FC - though good and bad times. His health had suffered over the years, but he still managed to get along to Enfield races from time-to-time. He was a lovely man and to his widow Dawn and children Dyrol, Natasha and Tanyia, we express our profound condolence on their sad loss.

Peter/Flers/Keswick Cups, Leicester (Tue. 19th Jun.)

Leicester Walking Club's annual Peter/Flers/Keswick Cups saw some stylish walking from all the competitors.

Ben Allen made it a hat-trick of wins in the Keswick Cup as leading Leicestershire Over-15 boy. Not to be out done, team-mate Lyla Bryan (in a personal best) took home the Flers Trophy for the third year as best Under 15 Girl. Izzy Smolinski was second just 4 seconds off her personal best with Olivia Servadei in third.

In the Peter Cup race (now in its 66th year!!) for Under 15 Boys, Jamie Wellard was one second inside his best time and was rewarded with a judge's award for his stylish walk as well as retaining the trophy he won last year. Huey Bryan and Jack Harrison took the other podium places.

Both the Livingston Cup for boys and the Keswick Team Trophy for girls were awarded to Countesthorpe Leysland Community College. Well done to Ben, Jack, Lyla and Faith Castledine for representing their school so well.

Mixed 2km (B)

Pos	Athlete	Club	Perf
1	Ben Allen	Countesthorpe LC College	10:06
2	Jamie Wellard	Robert Smyth Academy	12:44
3	Lyla Bryan	Blaby Stokes Primary	12:59
4	Isabelle Smolinski	Thistly Meadow School	15:33
5	Jack Harrison	Countesthorpe LC College	15:33
6	Olivia Servadei	Blaby Stokes Primary	16:06
7	Lily Smolinski	Granby Primary School	18:37
8	Faith Castledine	Countesthorpe LC College	19:48

Sheffield Primary Schools Finals, Sheffield Hallam University City Stadium (Thu. 21st Jun.)

A good evening of walking with 64 walkers present (272 took part the four qualifying rounds), **reports Brian Adams**. Last year's top Y5 walkers were prominent in this year 6 results with Luca Cundy and Imogen walker both winning again. Some very promising contacts have been made.

Y5 Girls 600m			Y5 Boys 600m		
1	Lauren Robinson	3:21	1	T. Hennessey	3:27
2	C. Ross	3:27	2	B. Barlow	3:27
3	Grace Simmonite	3:30	3	S. Boland	3:30
4	Emily Morgan	3:35	4	B. Wheelan	3:34
5	H. Proffitt	3:40	5	Daniel Wellings	3:40
6	M. Marshall	3:41	6	A. Budd	3:41
<i>(16 finishers)</i>			<i>(16 finishers)</i>		
Y6 Girls 600m			Y6 Boys 600		
1	Imogen Walker	3:20	1	Luca Cundy	3:11
2	Connie Laughlin	3:24	2	Thomas Davies	3:15
3	Imogen Luxton	3:35	3	B. Heley	3:23
4	Anouska K-Cosgrove	3:37	4	J.M. Brown	3:25
5	N. Evison	3:26	5	Tommy Taylor	3:26
6	Z. Hardy	3:43	6	S. Selnagapathy	NTR
<i>(12 finishers)</i>			<i>(17 finishers)</i>		

Sarnia WC Heritage Group Championships Race 6, 5000m Track Race, Footes Lane, Guernsey (Fri. 22nd Jun.)

Stuart Le Noury recorded his best time for 5000 metres for a good few years as he ducked under 25 minutes for an easy win over Rob Elliott, **reports Rob Elliott**. Third place went to Phil Lockwood who continues to get back towards his old form, removing another minute off his last race at the distance. All competitors managed to improve on their last race, making the most of the warm evening conditions.

5000m (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	24:59
2	Rob Elliott	M55	Sarnia Walking Club	29:31
3	Phil Lockwood	M45	Sarnia Walking Club	31:05
4	Kevin Le Noury	M60	Sarnia Walking Club	33:45
5	Peter Beckerleg	M55	Sarnia Walking Club	35:33
6	Mick Le Sauvage	M75	Sarnia Walking Club	37:16

ESAA South East Schools' Race Walk Championships, Julie Rose Stadium, Ashford (Sat. 23rd Jun.)

Nineteen youngsters from the south-east, with varying race walking experience, took part in the 2000m and 3000m races.

Boys 10-13 Years 2000m

Pos	Athlete	AG	Club	Perf
1	Eddy Purser	U13B	C of Portsmouth/Hampshire	12:39.9
2	Lewis Burr	U11B	Tonbridge AC/Kent	14:30.5

Girls 10-13 Years 2000m

Pos	Athlete	AG	Club	Perf
1	Natasha Mitchell	U13G	New Forest Juniors/Hampshire	15:27.1

Boys 13-15 Years 3000m

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U15B	Cambridge Harriers/London	16:11.2

Girls 13-15 Years 3000m

Pos	Athlete	AG	Club	Perf
1	Lois Carty	U15G	Aldershot F & D /Hampshire	17:32.9
2	Abigail Smith	U15G	Blackheath & Bromley/Kent	17:49.2
3	Katie Springer	U15G	Medway & Maidstone/Kent	17:53.0
4	Grace Whittingham	U15G	Ashford Athletic Club/Kent	17:53.9
5	Davina Nova	U15G	Ashford Athletic Club/Kent	18:56.3
6	Hannah Atkinson	U15G	Cambridge Harriers/London	19:12.2

Boys Over 15 Years 3000m

Pos	Athlete	AG	Club	Perf
1	Oliver Hopkins	U20M	Lewes Athletic Club/Sussex	15:18.9
2	Nicholas Hart	U17M	Aldershot F & D /Hampshire	15:28.5

Girls Over 15 Years 3000m

Pos	Athlete	AG	Club	Perf
1	Eva Payton-White	U20W	Lewes Athletic Club/Sussex	17:42.4
2	Jacqueline Benson	U20W	Ashford Athletic Club/Kent	17:49.7
3	Hannah Hopper	U17W	Cambridge Harriers/London	17:58.6
4	Katie Elliott	U20W	Aldershot F & D /Hampshire	18:57.2
5	Millie Morris	U17W	Medway & Maidstone/Kent	19:18.6
6	Lauren Morse	U17W	Lewes Athletic Club/Sussex	19:40.7

Southern Counties Senior Eight Counties Match, Chelmsford (Sun. 24th Jun.)

Dominic and Daniel King secured maximum points for Essex ahead of the Kent duo of Luc Legon and Jonathan Hobbs. In the women's race Abigail Jennings and Maddy Shott finished well clear of the rest of the field.

Men's 3000m

Pos	Athlete	AG	Club	Perf
1	Dominic King	M35	Colchester Harriers/Essex	12:17.73
2	Daniel King	M35	Colchester Harriers/Essex	12:40.53
3	Luc Legon	U23M	Bexley Athletic Club/Kent	13:20.63
4	Jonathan Hobbs	SM	Ashford Athletic Club/Kent	13:55.34
5	Gary Witton	M40	Worthing AC/Sussex	14:12.27
	Sebastian Parris	SM	Ilford AC/Essex (Non-scoring)	15:12.50
6	Mark Culshaw	M50	Ilford AC/Middlesex	17:46.93
	Sean Pender	M60	Enfield & Haringey/Middlesex	DQ

Women's 3000m

Pos	Athlete	AG	Club	Perf
1	Abigail Jennings	U20W	Aldershot F & D /Hampshire	15:14.06
2	Maddy Shott	SW	Belgrave Harriers/Middlesex	15:59.44
3	Melanie Peddle	W50	Loughton AC/Essex	17:08.55
4	Maureen Noel	W55	Belgrave Harriers/Middlesex	18:30.84
5	Jacqueline Benson	U20W	Ashford Athletic Club/Kent	18:45.04
6	Lesley Hall	W60	Ashford Athletic Club/Kent	19:20.29
	Janice Bentley-P	W55	Ilford AC/Essex (Non-scoring)	19:59.37
7	Rachel Lawless	W55	Ilford AC/Essex	20:34.73

5th South Yorkshire League, Millhouses Park (Tue. 26th Jun.)

As usual Tony Bell and Simon Pugh were the first onto the course, both racing over 5km and starting 11 seconds apart, **reports Brian Adams**. Tony took the lead just before they had completed 1km. As he reached 2km to go and 1km to go fresh walkers joined the race just ahead of him. He had no trouble getting past Lara MacColl who was struggling in the high temperatures. In the penultimate 500m lap he caught Toby Chaplin, then in the final lap he caught newcomer Alex Welling. It was good to see three newcomers to the Millhouses Park races, all recruited from schools' competitions.

Posn	Athlete	AG	Club	Perf (Dist.)
1	Tony Bell	M55	Lancashire Walking Club	31:10 (5km)
2	Alex Wellings	U13G	Meadowhead School	6:52 (1km)
3	Toby Chaplin	U13B	C of Sheffield & Dearne	13:01 (2km)
4	Daniel Wellings	U11B	Abbey Lane School	4:13 (600m)
5	Simon Pugh	M55	Rotherham Harriers	32:21 (5km)
6	Ethan Morgan	U13B	Silverdale School	6:54 (1km)
7	Lara MacColl	U13G	C of Sheffield & Dearne	13:52 (2km)

Hyde Park Harriers Summer Road Mile, Woodhouse Moor, Leeds (Wed. 27th Jun.)

Result only, no report received.

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M	Medway & Maidstone AC	5:59.0
2	Tom Partington	U20M	Manx Harriers	6:35.2
3	Agata Kowalska	U23W	Hyde Park Harriers/POL	7:20.6
4	Natalie Myers	SW	C of Sheffield & Dearne	7:48.0
5	Erika Pontarollo	U23W	Hyde Park Harriers/ITA	7:59.1
6	Pagen Spooner	U20W	Hyde Park Harriers	9:30.0
7	Harry Spiers	SM	Ireland	9:31.3

Surrey Walking Club Johnson Bowl/Gazette Cup, Norman Park, Bromley (Wed. 27th Jun.)

Result only, no report received.

Mixed 4 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Isabelle Bridge	U17W	Blackheath & Bromley HAC	37:46
2	Roger Michell	M70	Surrey Walking Club	40:01
3	Dan Maskell	M70	Surrey Walking Club	42:58
4	Christopher Flint	M70	Surrey Walking Club	43:39
5	David Hoben	M65	Surrey Walking Club	47:29
6	Chris Edwards	M65	Surrey Walking Club	47:41
7	Nolan Simmons	M75	Surrey Walking Club	52:51

2 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Abigail Smith	U15G	Blackheath & Bromley HAC	19:32
2	Louise Crocker	W40	Blackheath & Bromley HAC	23:10
3	Joyce Hodgkinson	W65	Unattached	25:47

Jim Sharlott Open 10km, incorporating BMAF Championships, Abbey Park, Leicester (Sat. 30th Jun.)

Another very successful event, **reports Colin Vesty**, some good performances on a lovely hot and sunny day in the park. Many, many thanks to the officials and volunteer helpers that make an event like this possible.

Individual winners were former international walkers Francisco Reis and Lisa Kehler.

Men's 10km

Pos	Athlete	AG (BMAF)	Club	Perf
1	Francisco Reis	M55 (1)	Thames Valley Harriers	53:29
2	David Annetts	M50 (1)	North Herts Road Runners	54:02
3	Ben Allen	U20M	Leicester Walking Club	57:24
4	Mark Williams	M50 (2)	Birchfield Harriers	58:29
5	Malcolm Martin	M60 (1)	Surrey Walking Club	58:42
6	Anthony Malone	M65 (1)	Lancashire Walking Club	60:42

7	Peter Boszko	M65 (2)	Birchfield Harriers	61:23
8	David Walsh	M55 (2)	Redhill Road Runners	61:32
9	George Smolinski	M65 (3)	Leicester Walking Club	65:04
10	Paul Hawkins	M60 (2)	Stratford-upon-Avon AC	65:09
11	Colin Vesty	M50 (3)	Leicester Walking Club	68:00
12	John Borgars	M70 (1)	Herts Phoenix	68:34
13	Christopher Flint	M70 (2)	Surrey Walking Club	70:29
14	Sean Pender	M65 (4)	Enfield & Haringey AC	74:39
15	Robert Dobson	M75 (1)	Ilford Athletic Club	75:03
	Ian Richards	M70	Steyning Athletic Club	DQ
	Hardeep Minhas	M60	Leicester Walking Club	DQ
	David Fall	M70	Birchfield Harriers	DQ

Women's 10km

Pos	Athlete	AG	Club	Perf
1	Lisa Kehler	W50 (1)	Wolverhampton & Bilston	59:39
2	Laura Achurch	U20W	Leicester Walking Club	63:25
3	Ann Wheeler	W60 (1)	Nuneaton Harriers	65:16
4	Noel Blatchford	W70 (1)	Abingdon Athletic Club	68:52
5	Sarah Trundle	W45 (1)	Nuneaton Harriers	70:27
6	Angela Martin	W50 (2)	Surrey Walking Club	73:42
	Fiona Bishop	W55	Woking Athletic Club	DQ

Mixed 2km

Pos	Athlete	AG	Club	Perf
1	George Smolinski	M65	Leicester Walking Club	13:08
2	Robert Dobson	M75	Ilford Athletic Club	14:26
3	Terry Morris	M70	Nuneaton Harriers	14:30
4	David Fall	M70	Birchfield Harriers	15:37

London Inter-Club Challenge, Allianz Park (Sat. 30th Jun.)

With the mercury pushing 27°C, nineteen walkers came under starters orders, **reports Ron Wallwork**. David Crane was untroubled, but the continuing rivalry twixt Helen Middleton and Melanie Peddle provided lots of interest and it was Melanie, who didn't head Helen until the last km, who came out on top on this occasion.

That wasn't the only close contest; a shared time and five finishers within 32 seconds, created a good atmosphere and a great deal of mutual respect as walkers congratulated each other just beyond the finish line. Debutants Emma Dyos and Monica Harrington, showed promise and several recent newcomers to the event posted personal bests.

Men's 5000m (B)

Pos	Athlete	AG	Club	Perf
1	David Crane	M40	Surrey Walking Club	26:23
2	Sebastian Parris	M35	Ilford Athletic Club	28:13
3	Mark Culshaw	M50	Ilford Athletic Club	29:21
4	Stuart Bennett	M55	Ilford Athletic Club	31:13
5	Steve Allen	M60	Barnet & District AC	31:20
6	John Ralph	M60	Enfield & Haringey AC	31:48
7	Gary Smith	M60	Enfield & Haringey AC	34:50
8	Tom Casserley	M75	Enfield & Haringey AC	34:57
9	Michael Harran	M80	Surrey Walking Club	35:19
10	David Hoben	M65	Surrey Walking Club	35:53

Women's 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Melanie Peddle	W45	Loughton Athletic Club	29:37
2	Helen Middleton	W55	Enfield & Haringey AC	30:04
3	Emma Dyos	W45	Ilford Athletic Club	32:27
4	Monica Harrington	W45	Highgate Harriers	33:53
5	Sue Barnett	W65	Enfield & Haringey AC	33:53
6	Rachel Lawless	W55	Ilford Athletic Club	35:21
7	Anne Scrufield	W65	Ilford Athletic Club	35:38
8	Lesley Morris	W55	Ilford Athletic Club	35:53
9	Geraldine Legon	W55	Bexley Athletic Club	37:57

**Sarnia Walking Club Heritage Group Championships Race 7, 20km Road Walk, North Side Circuit, Guernsey (Sun. 1st Jul.)**

On a warm humid morning Donna Allan walked to within a minute of the best time set by a Guernsey woman for the 20 kilometres distance, **reports Rob Elliott**. A good start by Donna on the eight-lap circuit saw her go through 5 kilometres in just under 30 minutes and 10 kilometres in 60:28 and on pace to get close to the time of 2:02:16 set by Katrine Thomson ten years ago. Donna hit a bad patch moving through to the 15 kilometres point which saw her lose a valuable minute with a time of 1:32:15. Picking up the pace in the final quarter of the race she crossed the line in 2:03:07.

In the men's section it was seven wins out of seven starts for Stuart Le Noury as he walked to another easy win with his 1:52:07, after passing half way in 54:46. Third overall was Phil Lockwood in 2:19:31 with second woman home Olga Le Noury not far off her personal best time holding off Kevin Le Noury.

Mixed 20km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	1:52:07
2	Donna Allan	W40	Sarnia Walking Club	2:03:07
3	Phil Lockwood	M45	Sarnia Walking Club	2:19:31
4	Olga Le Noury	W35	Sarnia Walking Club	2:28:39
5	Kevin Le Noury	M60	Sarnia Walking Club	2:30:10
	Rob Elliott	M55	Sarnia Walking Club	DNF
	Peter Beckerleg	M55	Sarnia Walking Club	DNF
	Mick Le Sauvage	M75	Sarnia Walking Club	DNF

Results Round-Up

June**03 Sussex & Surrey Masters Track Championships**

Mixed 3000m: 1 Penelope Cummings (W40 – Herne Hill Hs) 16:56.50, 2 Ron Penfold (M75 – Steyning AC) 19:41.95, 3 Chris Flint (M70 – Surrey WC) 20:24.44, 4 Fiona Bishop (W55 – Woking AC) 20:32.06, 5 David Hoben (M65 – Surrey WC) 22:05.44, DQ Peter Hannell (M75 – Surrey WC).

03 Midland Masters Championships, Nuneaton

Mixed 5000m: 1 Carolyn Derbyshire (W40 – Nuneaton Hs) 27:28.9, 2 Mark Williams (M50 Birchfield Hs) 28:31.2, 3 Julie Bellfield (W45 – Halesowen AC) 30:33.4, 4 Paul Hawkins (M60 – Stratford-upon-Avon) 32:18.5, 5 Lynn Bellfield (W50 – Halesowen AC) 33:15.4, 6 Ann Wheeler (W60 – Nuneaton Hs) 33:33.5.

06 Leicestershire Secondary Schools Championships, Leicester

Mixed 2000m: 1 Ben Allen (SB - Countesthorpe Leysland Community College) 9:15.0, 2 Faris Alkhamesi (JB – Hastings High Sch.) 11:06.1, 3 Laura Achurch (SG - Wyggeston & Queen Elizabeth I College) 11:42.9, 4 Lyla Bryan (U13G - Countesthorpe Leysland Community College) 12:50.3, 5 Mohammed Derq (U13B – Lancaster Acad.) 12:59.8, 6 Ismail Khawaja (JB – Lancaster Acad.) 13:52.6, 7 Rachel Adiaid (JG - Sir Jonathan North Community College) 13:56.0, 8 Olive Roberts (U13G - Sir Jonathan North Community College) 14:06.7, 9 Jasmina Sanfina (U13G - Sir Jonathan North Community College) 14:19.1, 10 Alex Sikand (JG - Sir Jonathan North Community College) 14:30.3.

20 Run, Jump, Throw Meeting, Sheffield

Mixed 1000m: 1 Lucy Walker (U15G – 2DASH) 5:28.23, 2 Tony Bell (M55 – Lancashire WC) 5:32.24.

UPCOMING EVENTS

July

Tue 10	Veterans AC Open 5 Mile (B) Woodford Tuesday Walks (3000m) (A)	Battersea Park Woodford
Sun 15	Sarnia WC Championship 8 (10m) (B) BMAF & Midland 20km Champs (A)	Pleinmont Coventry
Tue 18	Cambridge Harriers Open 2000m (A) South Yorkshire League (A)	Sutcliffe Park Sheffield
Fri 20	Sarnia WC Championship 9 (3000m) (B)	Footes Lane
Sat 28	LICC & Enfield League (B) Fred Pearce Trophy Relay (B)	Allianz Park Simister
Sun 29	England Athletics and CAU Champs (A)	Manchester