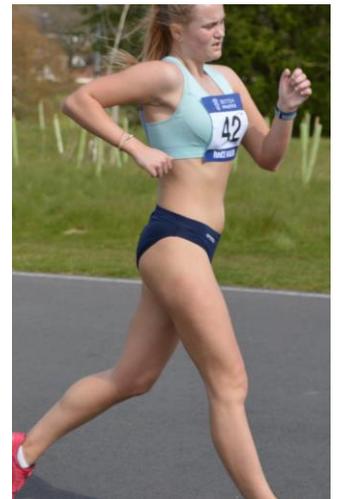




# Race Walking Record

April 2021



## National Centre for Race Walking Foundation Open Road Walks

Picture courtesy of Mark Walsh

# NEWS



## BRITISH ATHLETICS

### FIVE BRITS SELECTED FOR THE EUROPEAN RACE WALKING TEAM CHAMPIONSHIPS

Five athletes will represent the British team at the 2021 European Race Walking Team Championships in Podebrady, Czech Republic on 16 May.

Tom Bosworth (coach: Andi Drake), who was selected for his second Olympic Games earlier this month, will compete in the men's 20km race walk. The Tonbridge athlete finished fourth at the event back in 2019 as he led Great Britain and Northern Ireland to team silver for the first time.

Enfield and Haringey's Callum Wilkinson (Rob Heffernan) has been in strong form so far this year and will be seeking to attain the Olympic Games qualifying standard of 1:21.00. The 24-year-old's personal best stands narrowly outside the standard at 1:21.21, which he set in Lithuania last year.

Cameron Corbishley (Andi Drake) is the third male athlete on the team to race over 20km. The Maidstone and Medway athlete competed over 50km earlier this season, posting a time of 3:54:15.

Heather Lewis (Martin Bell; Pembrokeshire) and Bethan Davies (Andi Drake; Cardiff) – the one-two from the Müller British Athletics 20km Walk Trials at Kew Gardens last month – have been selected for the women's 20km race.

Lewis sits at the top of the 2021 UK rankings in the event, while Commonwealth Games bronze medallist, Davies, is the second fastest Briton ever over the distance.

#### Team Leader, Andi Drake, said:

"It will be great to see these five athletes competing out in Podebrady at the European Race Walking Team Championships. With limited opportunities to compete against the best in Europe over the last year or so, this will be hugely beneficial for these athletes as they prepare for the busy summer ahead."

#### The British team for the European Race Walking Team Championships, Podebrady, Czech Republic

##### Men's 20km

Tom Bosworth	Tonbridge AC	Andi Drake
Cameron Corbishley	Medway & Maidstone	Andi Drake
Callum Wilkinson	Enfield & Haringey AC	Rob Heffernan

##### Women's 20km

Bethan Davies	Cardiff A.A.C.	Andi Drake
Heather Lewis	Pembrokeshire Hs	Martin Bell

Source: British Athletics Website



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

	<b>£25.00</b>	<b>£15.00</b>	<b>£10.00</b>
May. 21	Lancashire RWC	Bob Dobson	Steve Wynn

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



### European U18 Championships – Cancelled

The European Athletics U18 Championships which were due to take place in Rieti, Italy between 26<sup>th</sup> and 29<sup>th</sup> August have been cancelled.

Held for the first time in Tbilisi, Georgia in 2016, the third edition of the championships were initially planned to take place in Rieti in July 2020 before the coronavirus pandemic resulted in postponement of the event until this August.

But the continuation of the pandemic, high infection rates in many European countries and the logistical challenges of staging a major European event for U18 athletes in the context of the pandemic have made the staging of the event untenable.

The decision was taken jointly by the Local Organising Committee, the Municipality of Rieti, the Italian Athletics Federation and European Athletics.

The next edition of the European Athletics U18 Championships are scheduled to take place in Jerusalem, Israel between 4<sup>th</sup> and 7<sup>th</sup> July 2022.

### Ann Sayer MBE – Memorial Service

I attended the memorial service for Ann at The Wharf, Teddington, suitably held on a pontoon and her ashes were scattered into the River Thames, a nice link with her rowing career. I said a few words on behalf of The Centurions and told a few anecdotes to the small gathering of 15 (the largest number permitted). Gail and John Elrik were also present as representatives of the Long Distance Walkers Association. It was a nice service followed by tea and cakes in the open which was a bit chilly but in a lovely Springtime setting.

Ann's relatives have sorted a lot of Ann's papers and today gave me for safe keeping her Continental Centurions medal and a small trophy as shown in the attached photo. They also have a large collection of Race Walking Records going back to the 1970's. Would anyone be interested in having them? Ann's relatives have stated they would be keen for old editions of Race Walking Record to be handed over to someone interested in race walking.



Thought you would like to know about the service and our thoughts are very much of Ann's extraordinary athletic career and her kindness towards everyone. Her MBE was richly deserved.

Chris Flint C849



## Robert Bowman (USA) 1940-2021

It is with sadness that we report the death in mid-January 2021 of Robert Bowman (USA) from complications of Parkinson disease (diagnosed mid-2019) and a broken hip (December 2020).

Bob only competed as a race walker for a few years regularly finishing in the top six in national championships, winning the USA National 35km in 1963.

Bob was the secretary of the USA Race Walking Committee for over 15 years and annually updated the USA Race Walk Handbook (1982 – 2003) Annual and historical data on race walk performances.

He was probably better known for his involvement at the international level. He was a member of the IAAF Race Walk Committee from 1980 to 2008, holding the position of Chair from 1992 to 2000. Bob was instrumental in helping write multiple versions of the Rules of Race Walking as well as the Race Walk Officials Handbook. He also oversaw the creation of the first Race Walk Judges evaluation protocol.

Information Source: Ron Daniel (USA)

### 2km Virtual Race Walking Series to end on Week 60.

John Constandinou and I have made the decision to finish the 2Km Virtual Race Walking Series on week 60.

With the massive reduction of Covid 19 cases, uptake of the vaccine, and the return to racing on the road and track, we think the time is right. Thankfully, life is gradually returning to 'normal'.

Over the last 6 months around 60 2km times have been submitted each week. Many of these walkers becoming our 'regulars', with a few others, dipping in and out. Over the year we have gained a few people new to race walking. Some ex walkers have got out their walking shoes for the first time in years.

If you would like to join us for the last few walks, submit your 2km times to the weekly Race Walking Group posts on Facebook, or email John or me. Times can be from a 2km, or a 2km split time. Please indicate if it's a split time from a longer distance.

We would love to end with a flurry of times on week 60, which need to be submitted between Saturday 22<sup>nd</sup> May, and Wednesday 26<sup>th</sup> May.

Come on everyone. Submit a time, whether it be a race, or in training.

Helen Elleker

### Recollections of Paul Nihill

By Mike Parker (NZL)

While on one of my infrequent visits to those rare few race walking sites that retain my interest. I read the news of the incredibly sad death of Paul Nihill. I add my name to the exceptionally long list of people who have passed on their condolences already to Pauls' family and also to the wider race walking fraternity particularly in the UK, but also to others around the world who knew Paul and have been impacted by his passing.

My own particular memories of Paul Nihill go back to the earliest days of my own athletic career. The Olympic Games of Tokyo 1964 was a great Games for New Zealander's, Peter Snell (who also died in 2020) was receiving blanket coverage in the media on account of his two gold medals. As an incredibly young lad of 11, it was not Snell who inspired me though, it was watching Ken Matthews on television win the 20 km walk in such a dominant style that piqued my interest. A month or so later my parents took me to the cinema to watch "Tokyo 1964" and there I viewed the tussle between Abdon Pamich and Paul Nihill in the 50 kms. These guys along with Vladimir Golubnichy and Dieter Linder became my heroes. Before that year's end, after pestering my poor mother witless, she had contacted the local athletic club and enrolled me. I was the club's third race walker. Training for me was never a problem, I had the company of my heroes we would be fighting out some imaginary race at the Olympic Games, somewhere or other and I was usually the winner!

So, in a way, Paul Nihill was a very real part of my career as a racewalker. When I first arrived in the UK in early 1977, I had several goals I wanted to achieve. Some I attained others I didn't. One that I

feel incredibly sad about was not having the opportunity to race just once against "The Great Paul Nihill". Paul retired at the end of 1976, so I missed out by a few months. I still feel regret, not being able to say I raced against one of the two greatest British race walkers of all time. At least I got to meet him a few times and I always found him to be inspirational. To be honest, I can't decide between Paul and Ken Matthews as to who was the best, I feel they were the equal of one another. Nihill's long list of achievements and his wonderful range of distances, as John Lees alluded to, isn't quite enough to nudge him past Ken Matthews's mighty 1964 Tokyo Olympic performance. So, in my opinion these two great champions are both the Greatest of the UK' race walkers.

Paul Nihill will always remain a hero to me a great race walker and a man who believed that race walking should be walking and not the sham that race walking has become in the modern era.

## Overseas Results

### Ročník Olomoucké Dvacítky V Chůzi, Olomoucké (CZE)

(Sat. 17<sup>th</sup> Apr.)

Eider Arevalo (COL), the 2017-London 20km World Champion and Mayra Perez (GUA) were the individual winners of the 20km races at the Grand Prix of Walking of Olomouc in the Czech Republic. There was strong participation from athletes from Central and South America.

Twenty-eight lined up for the men's race. Arevalo stamped his authority on the race winning in 1:21:04, following up his 1:20:24 clocking in Dundice (SVK) three weeks earlier. The second step on the podium went to Cesar Augusto (Peru) in a personal best 1:22:11 and third to Mexican Ricardo Ortiz.

In the women's race twenty-three started and it proved be more exciting with the lead changing several times, with Mayra Perez coming out on top with 1:34:03. Peruvian's Mary Luz Andia and Evelyn Inga took second and third, respectively. Tenth position went to Briton Natalie Myers who was disappointed with her 1:51:09 personal best, having passed the 5km and 10km points in personal best times.

#### Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	Eider Arevalo	 COL	1:21:04	
2	Cesar Augusto	 PER	1:22:11	PB
3	Ricardo Ortiz	 MEX	1:23:12	
4	Esteban Soto	 COL	1:24:05	
5	Jose Oswaldo Calel	 GUA	1:24:20	
6	Jesus Calderon	 MEX	1:25:00	
7	Luis Henry Campos	 PER	1:25:33	
8	Jakub Jelonek	 POL	1:25:37	
9	Jose Maria Raymundo	 GUA	1:26:42	
10	Jose Alejandro Barrondo	 GUA	1:27:54	
11	Luis Angel Sanchez	 GUA	1:28:54	
12	Vít Hlaváč	 CZE	1:29:12	

28 Started; 19 Finished; 5 DNF; 4 DQ.

#### Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Mayra Perez	 GUA	1:34:03	
2	Mary Luz Andia	 PER	1:34:38	
3	Evelyn Inga	 PER	1:35:43	
4	Maria Czakova	 SVK	1:36:54	
5	Tereza Durdiakova	 CZE	1:38:00	
6	Eliska Martinkova	 CZE	1:39:13	PB
7	Vivian Castillo	 MEX	1:41:41	
8	Jana Zikmundova	 CZE	1:48:26	
9	Klara Hlavacova	 CZE	1:49:38	
10	Natalie Myers	 GBR	1:51:09	PB
11	Štěpánka Pohlová Kučerová	 CZE	1:55:16	
12	Lenka Borovičková	 CZE	2:07:41	

23 Started; 15 Finished; 5 DNF; 3 DQ.



## Domestic Results

### Sarnia Walking Club “Skipton International” Eric Waldron 2 Mile Track Walk, Footes Lane, Guernsey (Sun. 11<sup>th</sup> Apr.)

Sarnia Walking Club members raced again for the first time after Guernsey’s recent COVID Lockdown. Winner Stuart Le Noury clipped four seconds off his previous best time of 15:19 set back in 2015 as he won the Skipton International Eric Waldron trophy for the 10<sup>th</sup> time **reports Rob Elliott**. Donna Allan finished in second place in 18:58, followed by Rob Elliott in 21:00.

Members held a one minute silence for Mick Elliott who passed away recently. Mick won the Waldron trophy five times between 1974 and 1982 with a best time of 14.33.

#### Mixed 2 Mile Track (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	M35	Sarnia Walking Club	15:15
2	Donna Allan	W45	Sarnia Walking Club	18:58
3	Rob Elliott	M60	Sarnia Walking Club	21:00
4	Peter Beckerleg	M60	Sarnia Walking Club	22:06
5	Kevin Le Noury	M60	Sarnia Walking Club	22:18
6	Phil Lockwood	M45	Sarnia Walking Club	22:31
7	Mick Le Sauvage	M80	Sarnia Walking Club	24:23

### Cambridge Harriers Open Graded 3000m Track Walks, Sutcliffe Park, Eltham (Sat. 17<sup>th</sup> Apr.)

It was a welcome return to racing, six months after the last race walk held in the south. The event was blessed with a bright sunny day with a gentle cooling breeze. Although it meant small fields for each of the races, the organiser chose to stick with the graded race format.

Jonathan Ellerton, who went into the race with a best of 18:30 was a clear winner of race one, reducing his personal best to 17:43.48. Novice John Arthur (59 yrs.) displayed good technique, having joined Stuart Bennett’s Ilford AC training group. Perhaps some other master athletes should consider getting coaching!

Race two produced six personal bests. Jacqueline Benson led Hannah Hopper and Abigail Smith through the first 400m in around two minutes. The pace then settled down with Benson continuing to lead with Hopper close behind. At around three quarter distance Hopper took the lead, but Benson soon re-passed her and led into the home straight where Hopper pulled alongside and managed to edge ahead by the line clocking 15:40.81 removing almost 45 seconds from her previous best. Benson and Smith both improved their bests by 43 seconds.



Jacqueline Benson – Hannah Hopper – Abigail Smith

The final race saw George Wilkinson and Luc Legon set off at a pace well inside 13 minutes, reaching 1000m in 4.15. Legon was forced by a tightening hamstring to back off, leaving Wilkinson to push on alone to cross the line in 12:52.32, to record his first sub-13 minute clocking for 3000m. Third spot went to Jonathon Hobbs with a personal best 13:42.93. U17 Christian Hopper was next home reducing his best by 43 seconds followed by Abigail Jennings. Millie Morris, although recording a large personal best was disappointed not to break 15 minutes.

#### 3000m – Race 1

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U17M	Blackheath & Bromley	17:43.48 (PB)
2	Amalia Silva	W55	Barnet & District AC	20:10.77
3	John Arthur	M55	Unattached	21:15.10
4	Geraldine Legon	W60	Bexley Athletic Club	21:21.24
	Simon Morgan	M50	Colchester Harriers	DQ TR 54.7.1

#### 3000m – Race 2

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U20W	Cambridge Harriers	15:40.81 (PB)
2	Jacqueline Benson	U23W	Ashford Athletic Club	15:41.55 (PB)
3	Abigail Smith	U17W	Blackheath & Bromley	15:52.45 (PB)
4	Melanie Peddle	W50	Loughton Athletic Club	16:28.20 (PB)
5	Grazia Manzotti	W50	Tonbridge Athletic Club	16:44.38 (PB)
6	Silvana Alves	W45	Barnet & District AC	17:26.04

#### 3000m – Race 3

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	12:52.32 (PB)
2	Luc Legon	SENM	Bexley Athletic Club	13:22.22
3	Jonathon Hobbs	SENM	Ashford Athletic Club	13:42.93 (PB)
4	Christian Hopper	U17M	Cambridge Harriers	14:23.70 (PB)
5	Abigail Jennings	U23W	Aldershot Farnham & D.	14:41.41 (PB)
6	Millie Morris	U20W	Ashford Athletic Club	15:19.17 (PB)
	Ian Richards	M70	Steyning Athletic Club	DQ TR 54.7.1

### Sarnia Walking Club Bob Wright Handicap 6 - 3km Road walk Cambridge Park, Guernsey (Sun. 18<sup>th</sup> Apr.)

Peter Beckerleg crossed the line first in the restarted Bob Wright series, recently delayed by the Covid lockdown in Guernsey, **reports Rob Elliott**. Three seconds behind was Kevin Le Noury who continues in first place in the Bob Wright Handicap series with one race to go. His closest challenger for a series win is Mick Le Sauvage who finished third in the latest 3 kilometres event, narrowly beating scratch man Dave Dorey. Donna Allan had a good race recording 18:15 for a new age best Guernsey time, ahead of fastest walker on the day Stuart Le Noury with 15:11. Phil Lockwood brought the race to a close with his 22:00 minutes time.

#### Mixed 3km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Peter Beckerleg	M60	Sarnia Walking Club	23:05/20:05
2	Kevin Le Noury	M60	Sarnia Walking Club	23:28/20:28
3	Mick Le Sauvage	M80	Sarnia Walking Club	23:36/22:36
4	Dave Dorey	M70	Sarnia Walking Club	23:39/23:39
5	Donna Allan	W45	Sarnia Walking Club	24:15/18:15
6	Stuart Le Noury	M35	Sarnia Walking Club	24:41/15:11
7	Phil Lockwood	M45	Sarnia Walking Club	25:30/22:00

### Birchfield Harriers Young Athletes Open Meeting, Nuneaton (Sun. 18<sup>th</sup> Apr.)

Result only.

#### 2000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Powell	U13G	Wolverhampton & Bilston	14:48.24
2	Aimee Thursfield	U11G	Wolverhampton & Bilston	14:48.52

### Aldershot Farnham & District Open Meeting, Garrison Track Aldershot. (Wed. 28<sup>th</sup> Apr.)

Result only.

#### 2000m

Pos	Athlete	AG	Club	Perf.
1	Nicholas Hart	U20M	Aldershot Farnham & D	9:36.4
2	Abigail Jennings	U23W	Aldershot Farnham & D	9:40.6
3	Lois Carty	U20W	Aldershot Farnham & D	11:28.1
4	Lola-Mae Billingham	U15G	Aldershot Farnham & D	11:42.8
5	George Wallace	M65	Aldershot Farnham & D	12:46.4
6	Katherine Smith	W55	Aldershot Farnham & D	13:22.2

**National Centre for Race Walking Foundation Open Road Walks, Brownlee Centre Cycle Circuit (University of Leeds) (Sat. 24<sup>th</sup> Apr.)**



It was a welcome return to competition for athletes, officials and coaches in the Open Road Walks staged for the first time at the Brownlee Cycle Circuit in Leeds, *writes Ian Richards*. Tom Bosworth showed a welcome return to form in winning the 10km following his 2<sup>nd</sup> place last month over 20km in the Muller British Olympic 20km Trials at Kew Gardens. Tom led from the gun, passing the halfway mark in 20:31. He sped up over the second half (20:15) to take the victory in 40:46. Tom said "it was great to get back to winning ways. I am still a way off where I would like to be, but it really is a step in the right direction". Tom's time was also inside the England Commonwealth Games standard of 41:30.

In 2<sup>nd</sup> place Cameron Corbishley, showed that he has recovered well from his 50km exploits in Dudince, by clocking 43:43. Tom Partington had closed to within 8 seconds of Cameron at halfway (22:03) but slowed in the second half to clock 44:50. George Wilkinson was the leading under 20 clocking 46:41. Agata Kowalska showed a welcome return to form clocking 50:53. In the invitational 20km Daniel King was just slower than his time in Kew Gardens clocking 91:41. Gemma Bridge chasing selection for the European Race Walking Team Championships, went through halfway in 49:04. She picked up the pace at the 15km mark but was disqualified just before the 19km mark.

In the 5km Spanish student Akash Nandwani from Leeds University clocked a personal best 24:31. The women's race was won by Erika Pontarollo in a new personal best of 26:12

**3km**

Pos	Athlete	AG	Club	Perf.
1	Shannon Thomas	U23W	Swansea Harriers	17:38
2	Georgia Parkinson	U20W	Menai Track & Field	17:53 (PB)

**5km**

Pos	Athlete	AG	Club	Perf.
1	Akash Nandwani	U20M	UAVA Vecindario-Aguimes	24:31
2	Erika Pontarollo	U23W	Hyde Park Harriers	26:16 (PB)
3	Lisa Kehler	W50	Wolverhampton & Bilston	27:01
4	Carolyn Derbyshire	W40	Nuneaton Harriers	29:12
5	Daniel Mckerlich	U23M	Cardiff A.A.C.	DQ TR 54.7.1

**10km**

Pos	Athlete	AG	Club	Perf.
1	Tom Bosworth	SEN M	Tonbridge Athletic Club	40:46
2	Cameron Corbishley	SEN M	Medway & Maidstone AC	43:23
3	Tom Partington	U23 M	Manx Harriers	44:50
4	George Wilkinson	U20 M	Enfield & Haringey AC	46:41
5	Agata Kowalska	U23 W	Hyde Park Harriers	50:53
	Bethan Davies	SEN W	Cardiff A.A.C.	DNF
	Jasmine Nicholls	SEN W	Leicester Walking Club	DNF

**20km**

Pos	Athlete	AG	Club	Perf.
1	Daniel King	M35	Colchester Harriers	1:31:41
	Gemma Bridge	SEN W	Oxford City AC	DQ TR 54.7.1

## Virtual Race Results

### Virtual Enfield Race Walking League (3<sup>rd</sup> to 5<sup>th</sup> Apr.)

Another good turn-out (64), *writes Ron Wallwork*, and welcome to the four newcomers. Something like 20 new bests for this competition were posted and several walkers stepped up a distance, two facts which suggests that people are upping, or being more consistent in their training as well as giving it a real go on race day. I sincerely hope that the huge improvement in the times being shown is not the result of dubious technique.

#### Mixed Virtual 10km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	48:30
2	Jonathan Hobbs	SEN M	Ashford Athletic Club	50:15
3	Millie Morris	U20W	Ashford Athletic Club	52:11
4	David Kemp	M60	Arena 80 Athletic Club	53:46
5	Ian Tolchard	M50	South West Vets AC	54:39
6	Mark Williams	M55	Birchfield Harriers	55:49
7	Jacqueline Benson	U23W	Ashford Athletic Club	56:32
8	David Annetts	M55	North Herts Roadrunners	58:12
9	Dave Walsh	M60	Enfield & Haringey AC	59:35
10	Richard Emsley	M65	Crawley Saints & Sinners	62:54
11	Christopher Hobbs	M65	Ashford Athletic Club	63:58
12	Keith Vallis	M55	Overton Harriers	64:02
13	David Kates ©	M70	Ilford Athletic Club	64:24
14	Steve Kemp	M60	Eastern Masters A.C.	64:52
15	Cath Duhig ©	W65	CA Millennium Torrevieja	64:56
16	John Ralph	M60	Enfield & Haringey AC	66:15
17	Helen Middleton	W55	Enfield & Haringey AC	67:12
18	Paul Gaston	M70	Surrey Walking Club	67:30
19	Marco Bernatzki	M50	LA Herten/ Germany	69:02
20	June Avery	W60	Clwb Rhedeg Pontardawe	72:40
21	Tom Casserley	M80	Enfield & Haringey AC	73:14
22	Fiona Bishop	W60	Enfield & Haringey AC	73:18
23	Ed Shillabeer ©	M80	Ilford Athletic Club	81:00
24	Karen Williams	W65	Birchfield Harriers	81:46
25	Brian Adams ©	M70	Leicester Walking Club	84:07

#### Mixed Virtual 8km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	47:06
2	Diane Bradley	W55	Tonbridge Athletic Club	50:24
3	Malcolm Martin	M65	Surrey Walking Club	53:03
4	Andrew Cox	M65	Surrey Walking Club	53:59
5	Simon Morgan	M50	Ilford Athletic Club	56:01
6	Ron Penfold	M75	Steyping Athletic Club	59:10
7	Diane Braverman	W65	Enfield & Haringey AC	64:22
8	Angela Martin	W55	Surrey Walking Club	64:30
9	Chris Flint ©	M75	Surrey Walking Club	64:35
10	Terry Braverman	M75	Enfield & Haringey AC	69:51

#### Mixed Virtual 5km (©=Centurion)

Pos	Athlete	AG	Club	Perf.
1	Dave Crane	M40	Surrey Walking Club	24:50
2	Tony Taylor	M70	Lancashire Walking Club	27:22
3	Silvana Alves	W45	Barnet & District AC	29:28
4	Stephen Evans	M60	Jo'burg Canoe Club	30:06
5	Graham Chapman	M65	Headington Roadrunners	31:07
6	Sarah Sowerby	W55	Unattached	31:42
7	Jonathan Ellerton	U17B	Blackheath & Bromley HAC	31:54
8	Glyn Jones	M75	Coventry Godiva Harriers	33:26
9	Tony Bell	M55	Lancashire Walking Club	33:27
10	Amalia Christina Silva	W55	Barnet & District AC	33:37
11	Rob Elliott	M60	Sarnia Walking Club	33:45
12	Ken Bobbett	M75	Surrey Walking Club	34:17
13	Jürgen Spencer	M80	Maidenhead Athletic Club	34:31
14	Noel Blatchford	W70	Abingdon Athletic Club	34:44
15	Judy Howard	W60	Abingdon Athletic Club	35:51

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16	Dave Fall	M75	Birchfield Harriers	36:52	6	Diane Braverman	W65	Enfield & Haringey AC	61:23
17	Alison Clements	W60	Abingdon Athletic Club	37:21	7	Brian Milsom	M75	Unattached	61:30
18	Malcolm Blackwood	M70	Trent Park Running Club	37:29	8	Karen Williams	W65	Birchfield Harriers	62:24
19	Tony Wilkinson	M55	Unattached	38:30	9	Steve Kemp	M60	Eastern Masters A.C.	64:52
20	Shaun Lightman	M75	Trent Park Running Club	39:02	10	Tony Cotton	M80	BRJ Run & Tri	67:58
21	Peter Crane	M75	Unattached	39:19	11	Terry Braverman	M75	Enfield & Haringey AC	70:55
22	Anthony E. Cotton	M80	BRJ Run and Tri	39:41					
23	Julian Barnett	M55	Birchfield Harriers	39:55					
24	Susan Clements	W65	Cambridge & Coleridge AC	40:22					
25	Tracey Wilkinson	W55	Unattached	41:37					
26	Bill Sutherland ©	M75	Highgate Harriers	44:20					
27	Mick Graham	M70	Belgrave Harriers	44:57					
28	Tony Perkins ©	M70	Ilford Athletic Club	49:30					
29	Ron Wallwork ©	M75	Enfield & Haringey AC	50:51					

**Virtual Enfield Race Walking League (24<sup>th</sup> – 25<sup>th</sup> Apr.)**

Progress continues as more personal bests are posted and walkers extend their distance, *writes Ron Wallwork*. A word of caution though - be ever mindful of the need for good technique. The opportunity to improve again will be on 22<sup>nd</sup>/23<sup>rd</sup> May.

Lots of appreciation expressed for the improved weather conditions, even though it did mean having to dodge more pedestrians who were also out enjoying it, and special mention for June Avery who walked with a broken wrist.

An interesting entry for the last VERWL fixture was one from a Nancy Whiskey, which took my thoughts back to those early days of R & R and skiffle music in the early sixties, of programmes like 'Six Five Special' and 'Juke Box Jury and skiffle groups like Lonnie Donegan and Chas McDevitt. The female vocalist for the latter was a Nancy Whiskey. What a coincidence I thought, until I read the comment "I was going like a train", I realised it was a ruse because she had a hit with a song entitled *Freight Train*. I suppose I could be wrong and who knows, if she turns up at a real race in the future, I'll have to eat my words.

**Mixed Virtual 10km (©=Centurion)**

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	46:41
2	Jonathan Hobbs	SENM	Ashford Athletic Club	49:46
3	Dave Crane	M40	Surrey Walking Club	50:24
4	Millie Morris	U20W	Ashford Athletic Club	53:57
5	Mark Williams	M55	Birchfield Harriers	54:40
6	Jacqueline Benson	U23W	Ashford Athletic Club	58:26
7	Emma Dyos	W45	Ilford Athletic Club	58:46
8	Dave Walsh	M60	Enfield & Haringey AC	59:13
9	Diane Bradley	W55	Tonbridge Athletic Club	62:02
10	Christopher Hobbs	M65	Ashford Athletic Club	63:44
11	David Kates	M70	Ilford Athletic Club	63:47
12	Richard Emsley	M65	Crawley Saints & Sinners	65:29
13	Keith Vallis	M55	Overton Harriers	65:35
14	Fiona Bishop	W60	Woking Athletic Club	65:51
15	Helen Middleton	W55	Enfield & Haringey AC	66:28
16	John Ralph	M60	Enfield & Haringey AC	67:01
17	Paul Gaston	M70	Surrey Walking Club	67:37
18	Stuart Bennett	M60	Ilford Athletic Club	67:45
19	John Borgars	M75	Loughton Athletic Club	69:12
20	Andrew Cox	M65	Surrey Walking Club	69:28
21	Tom Casserley	M80	Enfield & Haringey AC	72:00
22	June Avery	W60	Clwb Rhedeg Pontardawe	74:32
23	Marco Bernatzki	M50	LA Herten/ Germany	76:04
24	Brian Adams	M70	Leicester Walking Club	79:53
25	Kathy Crilley	W70	Surrey Walking Club	83:07

**Mixed Virtual 8km (©=Centurion)**

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	49:22
2	Simon Morgan	M50	Ilford Athletic Club	54:55
3	Chris Flint	M75	Surrey Walking Club	59:36
4	Angela Martin	W55	Surrey Walking Club	59:37
5	Malcolm Blackwood	M70	Trent Park Running Club	59:56

**Mixed Virtual 5km (©=Centurion)**

Pos	Athlete	AG	Club	Perf.
1	Francisco Reis	M60	Surrey Walking Club	24:48
2	David Annetts	M55	North Herts Roadrunners	26:45
3	David Kemp	M60	Arena 80 Athletic Club	28:29
4	Jonathan Ellerton	U17B	Blackheath & Bromley HAC	30:29
5	Malcolm Martin	M65	Surrey Walking Club	30:30
6	Sarah Sowerby	W55	Unattached	31:41
7	David Misner	M80	Unattached (USA)	31:47
8	Greg Smith	M65	Lancashire Walking Club	32:08
9	Tony Bell	M55	Lancashire Walking Club	33:00
10	Ken Bobbett	M75	Surrey Walking Club	33:12
11	Cath Duhig ©	W65	CA Millennium Torrevieja	33:50
12	Glyn Jones	M75	Coventry Godiva Harriers	34:06
13	Rachel Harding	U20W	Ashford Athletic Club	34:24
14	Jürgen Spencer	M80	Maidenhead Athletic Club	34:25
15	Noel Blatchford	W70	Abingdon Athletic Club	34:28
16	Tony Wilkinson	M55	Unattached	34:56
17	Shaun Lightman	M75	Surrey Walking Club	38:03
18	Dave Fall	M75	Birchfield Harriers	38:18
19	Peter Crane	M75	Surrey Walking Club	39:02
20	Susan Clements	W65	Cambridge & Coleridge AC	39:58
21	Tracey Wilkinson	W55	Unattached	40:30
22	Mick Graham	M70	Belgrave Harriers	44:01
23	Bill Sutherland	M75	Highgate Harriers	44:30



**May**

Sat. 8 <sup>th</sup>	B	Dave Compton Memorial Walks (7 Mile)	Chorley
Tue. 18 <sup>th</sup>	B	Veterans AC Summer Series (5km)	Battersea Park
Sat. 22 <sup>nd</sup>	A	Blackheath & Bromley Open 3000m Walk	Norman Park
Sun. 23 <sup>rd</sup>	A	Midland Championships (10km/5km/3km)	Stourport

**June**

Tue. 1 <sup>st</sup>	A	Tonbridge Open/Kent RW Championships	Tonbridge
Sat. 5 <sup>th</sup>	B	Dick & Zena Smith Trophy (10km/5km)	Bury
Tue. 8 <sup>th</sup>	B	Veterans AC Summer Series (5km)	Battersea Park
19 <sup>th</sup> /20 <sup>th</sup>	A	England Athletics U20/U23 10,000m Walks	Bedford
Sat. 26 <sup>th</sup>	A	BMAF Multi-Events & Walks – North	Sheffield
26 <sup>th</sup> /27 <sup>th</sup>	A	British Athletics Championships	Manchester
Sun. 27 <sup>th</sup>	A	BMAF Multi-Events & Walks – South	Oxford
Wed. 30 <sup>th</sup>	A	Summer Mile	Leeds

**July**

Tue. 13 <sup>th</sup>	B	Veterans AC Summer Series (5km)	Battersea Park
Wed. 14 <sup>th</sup>	A	Cambridge Harriers Open 3000m Walk	Sutcliffe Park
17 <sup>th</sup> /18 <sup>th</sup>	A	England Athletics 3000m Championships	Bedford
Sat. 24 <sup>th</sup>	B	Fred Pearce Relays	Simister