



Race Walking Record

May 2021



Cameron Corbishley moves to 5th on UK All-Time List for 20km with 1:22:50

Overseas Results

European Race Walking Team Championships, Podebrady (CZE). (Sun. 16th May)

Men's 50km: Spain's Marc Tur won the 50km title in 3:47:40 ahead of Finland's Aleksei Ojala (3:48:25) and Adndrea Agrusti (3:49:52) who led the Italian team to team gold. Former world champion Jesus Angel Garcia, aged 51, was 20th in 4:01:14.

Women's 35km: The inaugural women's 35km was won by Antigoni Drisbioti (GRE – 2:49:55) ahead of Italians Eleonora Giorgi (2:51:05) and Lidia Barcella (2:51:50). Italy took the team title.

Junior Men's 10km: Dimitri Durand (FRA) crossed the line first in 41:26, but his acceleration in pace on the last lap earned him two red cards, when added to an earlier red resulted in a 60 second penalty, dropping him down to fourth, promoting Spaniards José Luis Hidalgo (41:35) and Paul McGrath (41:51) in to gold and silver, with Turkey's Serhat Gungor then taking bronze in 42:20.

Junior Women's 10km: Pre-race favourite Eliska Martinkova (CZE) delivered as expected a home victory. At 5km she was a minute ahead of the field, crossing the line in 45:46. Silver to Portugal's Adrianna Viveiros (47:01) and bronze to Maele Bire-Heslouis (FRA – 47:05).

Women's 20km: Antonella Palmisano regained her 20km individual title in 1:27:42 ahead of a trio of Spanish athletes; Maria Perez (1:28:03), Laura Garcia-Caro (1:28:07) and Raquel Gonzalez (1:28:37) ensuring Spain won the team title.

Heather Lewis finished 17th with a PB of 1:34:13 and Bethan Davies was 31st in 1:37:09).

Lewis said: *"Loved racing for Great Britain in the European Racewalking Championships this weekend 17th position, new PB 1:34:13 and no cards on the board! I still want a lot more but heading in the right direction."*

Men's 20km: Sweden's Perseus Karlstrom retained his 20km title in 1:18:54 ahead of Spaniards Alvaro Martin (1:19:14), Deigo Garcia (1:19:19) and Miguel Angel Lopez (1:19:25) giving Spain the team title. Tom Bosworth and Cameron Corbishley were 15th and 18th respectively.

Bosworth said *"I hoped for more from my race, but I also realise where I was just two months ago, hampered by injury and pain."*

A big step forward in terms of finishing time, 1:22:27 and 15th place in an incredibly strong field and after losing almost two minutes in four kilometres due to pain, I still pulled out a decent performance back in a British Athletics vest!

I'm disappointed as I didn't expect the pain to be so bad again, however, it didn't hit until much later in the race and I had been walking with the lead pack and passed 10km in a strong 40:05! With no red cards either, I felt back to my best when I was walking pain free!"

Corbishley said *"Over the moon with the result 1:22:50 20km PB 18th and 5th on the UK all-time list! Really didn't know what to expect going into the race only having raced 50km at the end of March, but with a well-executed race plan and splits of 41:51 & 40:59 the race went exactly to plan!"*



Andi Drake – Heather Lewis – Cameron Corbishley – Bethan Davies – Tom Bosworth

Men's 50km

Pos	Athlete	Nation	Perf	Notes
1	Marc Tur	ESP	3:47:40	PB
2	Aleksei Ojala	FIN	3:48:25	SB
3	Andrea Agrusti	ITA	3:49:52	PB
4	Ruslans Smolonskis	LAT	3:50:21	PB
5	Marco De Luca	ITA	3:50:48	SB
6	Nathaniel Seiler	GER	3:51:48	
7	Arnis Rumbenieks	LAT	3:51:51	PB
8	Karl Junghannss	GER	3:52:07	SB
9	Brendan Boyce	IRL	3:52:15	SB
10	Carl Dohmann	GER	3:52:58	
11	Ivan Banzeruk	UKR	3:53:51	SB
12	Marius Cocioran	ROU	3:55:29	NR

21 Started; 18 Finished; 2 DNF; 1 DQ.

Women's 35km

Pos	Athlete	Nation	Perf	Notes
1	Antigoni Drisbioti	GRE	2:49:55	PB
2	Eleonora Giorgi	ITA	2:51:05	SB
3	Lidia Barcella	ITA	2:51:50	PB
4	Maria Juarez	ESP	2:52:44	PB
5	Nadzeya Darazhuk	BLR	2:52:59	PB
6	Anastasliya Rodzkina	BLR	2:55:07	PB
7	Kiriaki Filtisakou	GRE	2:55:10	PB
8	Federica Curiazzi	ITA	2:58:02	PB
9	Tereza Durdiakova	CZE	2:57:08	PB
10	Christina Papadopoulou	GRE	2:57:29	PB
11	Anita Chamosa	ESP	2:57:51	PB
12	Natassia Yatsevich	BLR	2:58:01	PB

39 Started; 30 Finished; 8 DNF; 1 DQ.

Junior Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Jose Luis Hidalgo	ESP	41:35	PB
2	Paul McGrath	ESP	41:51	
3	Serhat Gungor	TUR	42:20	
4	Dimitri Durand	FRA	42:26	PZ
5	Jeromir Moravek	CZE	42:27	PB
6	Gabriele Gamba	ITA	42:30	PB
7	Pablo Pastor	ESP	42:43	
8	Lucas Dreville	FRA	42:46	PB
9	Pedro Dias	POR	42:51	PB
10	Taras Koretsky	UKR	42:52	PB

19 Started; 18 Finished; 0 DNF; 1 DQ.

Junior Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Eliska Martinkova	CZE	45:46	PB
2	Adrianna Viveiros	POR	47:01	PB
3	Maele Bire-Heslouis	FRA	47:05	NR
4	Elvina Carre	FRA	47:13	PB
5	Ines Mendes	POR	47:23	PB
6	Lizaveta Hryshkevich	BLR	47:37	
7	Celia Vilchez	ESP	48:34	PB
8	Alicia Lumbreras	ESP	49:03	
9	Lena Reidal	GER	49:33	PB
10	Alessia Titone	ITA	49:34	SB

24 Started; 22 Finished; 1 DNF; 1 DQ.

Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Antonella Palmisano	ITA	1:27:42	
2	Maria Perez	ESP	1:28:03	SB
3	Laura Garcia-Caro	ESP	1:28:07	PB
4	Raquel Gonzalez	ESP	1:28:37	SB
5	Ayse Tekdal	TUR	1:29:47	PB
6	Olena Sobchuk	UKR	1:29:54	SB
7	Hanna Shevchuk	UKR	1:29:56	
8	Lyudmila Olyanovska	UKR	1:29:56	
9	Katarzyna Zdzieblo	POL	1:29:57	PB

10	Valentina Trapletti		ITA	1:30:05	
11	Panagiotis Tsinopoulos		GRE	1:32:24	SB
12	Nicole Colombi		ITA	1:32:40	SB
17	Heather Lewis		GBR	1:34:13	PB
29	Bethan Davies		GBR	1:37:09	

49 Started; 44 Finished; 3 DNF; 2 DQ.

Men's 20km

Pos	Athlete	Nation	Perf	Notes	
1	Perseus Karlstrom		SWE	1:18:54	
2	Alvaro Martin		ESP	1:19:14	PB
3	Diego Garcia		ESP	1:19:19	SB
4	Miguel Angel Lopez		ESP	1:19:25	SB
5	Francesco Fortunato		ITA	1:19:42	PB
6	Gabriel Bordier		FRA	1:20:10	PB
7	Salih Korkmaz		TUR	1:20:10	
8	Massimo Stano		ITA	1:20:30	SB
9	Eduard Zabuzhenko		UKR	1:20:43	
10	Nile Brembach		GER	1:20:52	SB
11	Federico Tontodonati		ITA	1:21:13	
12	Matteo Giupponi		ITA	1:21:52	
15	Tom Bosworth		GBR	1:22:27	SB
18	Cameron Corbishley		GBR	1:22:50	PB

48 Started; 44 Finished; 4 DNF; 0 DQ.

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

£25.00	£15.00	£10.00
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June 21	Peter Cassidy	Lancashire RWC	Helen Middleton
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It is £12 per number per year, so if you wish to join, please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.

Domestic Results**Bob Wright Handicap Series Race Seven, 5 Mile Road Walk
Lanresse to White Rock, Guernsey (Sun. 2nd May)**

A determined Kevin Le Noury made sure of a first overall win in the Bob Wright Handicap Series passing nearest challenger Mick Le Sauvage in the final quarter of a mile in the 5 mile event, **reports Rob Elliott**. Mick had taken the lead in the small field of walkers with less than two miles to go to maximise his small chance of a series win. Meanwhile Kevin had left Phil Lockwood behind mid race after both had been set off together, to begin his chase to catch the early leaders. Dave Dorey, narrowly beaten by fastest walker of the day Stuart Le Noury with his 42:12, eventually finished 4th ahead of Phil Lockwood and held on to third place in the series.



Stuart Le Noury – Dave Dorey

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Le Noury	M60	Sarnia Walking Club	63:53/55:53
2	Mick Le Sauvage	M80	Sarnia Walking Club	64:00/62:00
3	Stuart Le Noury	M35	Sarnia Walking Club	65:12/42:12
4	Dave Dorey	M70	Sarnia Walking Club	65:27/65:27
5	Phil Lockwood	M45	Sarnia Walking Club	66:52/58:52

Bob Wright Memorial Handicap Series – Final Positions

1	Kevin Le Noury	98	5	Donna Allan	67
2	Mick Le Sauvage	94	6	Rob Elliott	66
3	Dave Dorey	86	7	Phil Lockwood	61
4	Stuart Le Noury	83	8	Peter Beckerleg	55

**Dave Compton Memorial Walk (7 Mile), Chorley
(Sat. 8th May)**

The first “live” race of 2021 for the club was accompanied by inclement weather which initially affected the walkers but by the time the race was over it was warm and beginning to brighten.

A field of ten aspirants and at least half a dozen of Dave’s relatives toed the starting line with the lesser mortals allowed to set off in advance of the cavalry charge. To ensure the safety of the individual walkers the yacht handicap principle was applied although the handicapper decided to tailor the “starts” to keep the actual adjustments a secret.

The course is undulating with seven distinctive “pulls” and most protagonists seem to prefer this to the usual circuit where there are three really long climbs.

Post-race with all sporting masks a brief get together was held in the St Peter’s club. A minute’s silence was held to remember Dave and his contribution to the club. Thanks were paid to Roy Gunnett and Tony Taylor for their tremendous support for the club and its members during the lockdown. Eric Crompton, himself a very fine walker in the 70’s, and Louise were thanked for making the venue available and safe.



Picturesque but far from easy

Mixed 7 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Martin Payne	N/K	Unattached	75:58
2	Ian Hilditch	M80	Lancashire Walking Club	79:07
3	Glyn Jones	M75	Coventry Godiva Harriers	79:50
4	Pat Evans	W65	Lancashire Walking Club	80:13
5	Phil McCullagh	M60	Lancashire Walking Club	81:47
6	Joe Hardy	M75	Lancashire Walking Club	83:11
7	Sailash Shah	M55	Lancashire Walking Club	84:41
8	Roy Gunnett	M70	Lancashire Walking Club	85:55
9	Stephen Wilde	N/K	Unattached	87:22
10	Andrea Lennon	W75	Lancashire Walking Club	104:46

Aldershot Farnham & District Open Meeting 2, Garrison Track Aldershot (Sat. 8th May)

Plenty of personal bests in windy conditions.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot Farnham & D.	15:00.9
2	Natasha Mitchell	U17W	Winchester & District AC	16:34.4 (PB)
3	Rebecca Mitchell	U20W	Winchester & District AC	17:46.0 (PB)
4	Lola-Mae Billingham	U15G	Aldershot Farnham & D.	18:07.2 (PB)
5	David Mitchell	M45	Winchester & District AC	18:25.4 (PB)
6	George Wallace	M65	Aldershot Farnham & D.	20:20.0 (PB)
7	Katherine Smith	W55	Aldershot Farnham & D.	20:36.3 (PB)

Isle of Man 10,000m Track Walk Championships, National Sports Centre, Douglas (Mon. 10th May)

Stand out performance by Mia Dunwell in very weather challenging conditions.

Mixed 10,000m

Pos	Athlete	AG	Club	Perf.
1	Erika Kelly	SENW	Northern (IOM) AC	51:20.6
2	Mia Dunwell	U17W	Northern (IOM) AC	54:50.8
3	Adam Cowin	SENM	Manx Harriers	55:44.1
4	Tony Edwards	M55	Manx Harriers	57:49.1
5	Keira Heavey	U20W	Northern (IOM) AC	58:12.0
6	Jayne Farquhar	W50	Manx Harriers	63:09.9
7	Louise Hollings	W40	Manx Harriers	65:01.9
8	Nicola Raven	W55	Manx Harriers	65:48.7
9	Phil Swales	M55	Northern (IOM) AC	66:16.8
10	Maura Kelly	W50	Northern (IOM) AC	69:23.8

Sarnia WC Sean Pender Trophy 2000 Metres Handicap Track Walk, Osmond Prialux, Guernsey (Sun. 16th May)

Dave Dorey, first away in the annual Sean Pender Trophy handicap walk was never headed as he crossed the line first in a time of 15:11 for 2,000 metres, **reports Rob Elliott**. Drizzly conditions met the walkers as they set off with Peter Beckerleg taking second place and Rob Elliott third. Phil Lockwood lost out on third place in the final straight with Kevin Le Noury passing Mick Le Sauvage late on for fifth place.

Mixed 2000m (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Dave Dorey	M70	Sarnia Walking Club	15:11/15:11
2	Peter Beckerleg	M60	Sarnia Walking Club	15:34/13:19
3	Rob Elliott	M60	Sarnia Walking Club	15:40/12:15
4	Phil Lockwood	M45	Sarnia Walking Club	15:44/13:29
5	Kevin Le Noury	M60	Sarnia Walking Club	16:04/13:49
6	Mick Le Sauvage	M80	Sarnia Walking Club	16:10/15:10

Veterans Athletic Club Open 5km Road Walk, Battersea Park (Tue. 18th May)

The first of the regular Battersea Park races had a reasonable field with fickle spring weather, as torrential rain greeted the start, **reports David Hoben**. The rain fortunately abated within the first few minutes.



This time the course was 5km, on a new route, and was staged in accordance with the present COVID-19 regulations applying to athletics, race walking, and the local park authorities.

An in form Dave Annetts went into a clear lead followed by David Kemp, in addition a battle ensued between Maureen Noel and Fiona Bishop with Maureen edging out Fiona in the later stages.

Ian Torode travelled from Somerset to take part and was rewarded with a good time, also Grazia Manzotti had a good result in her first attempt at 5km on the road, improving on her track time for the distance.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts Road Runners	24:07
2	David Kemp	M60	Arena 80 Athletic Club	26:36
3	Ian Torode	M60	South West Vets AC	26:41
4	Grazia Manzotti	W50	Tonbridge Athletic Club	28:44
5	Silvana Alves	W45	Barnet & District AC	30:17
6	Stuart Bennett	M60	Ilford Athletic Club	32:19
7	Maureen Noel	W55	Belgrave Harriers	33:01
8	Fiona Bishop	W60	Woking Athletic Club	33:12
9	Lesley Morris	W60	Ilford Athletic Club	34:11
10	Christopher Flint	M75	Surrey Walking Club	38:41

LBUAC/BMC Meeting, Leeds Beckett University, Headingley Campus (Thu. 20th May)



Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	U23M	Aldershot Farnham & D.	12:26.91
2	Tom Partington	U23M	Manx Harriers	12:37.39
3	Agata Kowalska	SENW	Hyde Park Harriers/POL	14:02.64
4	Jasmine Nicholls	SENW	Leicester Walking Club	14:07:80
5	Akash Nandwani	U20M	UAVA Vecindario-Aguimes	14:17.68
6	Erika Pontarollo	U23W	Hyde Park Harriers/ITA	14:49.34
7	Pagen Spooner	U23W	Hyde Park Harriers	15:23.64
8	Ellis Simmonds	U15B	Derbyshire & S. Yorkshire	17:06.58 (PB)
9	Shannon Thomas	U23W	Swansea Harriers	17:20.83 (PB)
	Emily Ghose	U23W	Tonbridge Athletic Club	DQ TR 54.7.1

Blackheath and Bromley HAC - London Hurdles and Middle Distance Open Meeting (inc. Walks), Bromley (Sat. 22nd May)

A whole host of personal bests with some excellent performances by U20 athletes.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	12:55.23
2	Christian Hopper	U17M	Cambridge Harriers	14:04.24 (PB)
3	Abigail Jennings	SENW	Aldershot Farnham & D.	14:37.99 (PB)
4	Gracie Griffiths	U17W	Pembrokeshire Harriers	15:10.18 (PB)
5	Millie Morris	U20W	Ashford Athletic Club	15:15:04 (PB)
6	Hannah Hopper	U20W	Cambridge Harriers	15:20.51 (PB)
7	Abigail Smith	U17W	Blackheath & Bromley	16:06.03
8	Melanie Peddle	W50	Loughton Athletic Club	16:26.64 (PB)
9	Grazia Manzotti	W50	Tonbridge Athletic Club	16:38.80 (PB)
10	Jonathan Ellerton	U17M	Blackheath & Bromley	17:36.80 (PB)

11	Lola-Mae Billingham	U15G	Aldershot Farnham & D.	18:01.30 (PB)
12	Lewis Burr	U15B	Tonbridge Athletic Club	19:14.54
13	Geraldine Legon	W60	Bexley Athletic Club	21:25.66

Midland (inc. Staffordshire, Worcestershire & Warwickshire) Championships, Stourport (Sun. 23rd May)

Not having a Midland Championships since February 2019, it was good to have competition again on the established Cycle Circuit at Stourport Sports Club, *reports Glyn Jones*. The unseasonal May weather however dampened things somewhat with overcast and rain showers throughout and at times strong gusts of wind.

Sadly, it was a very low turnout but accepted through a variety of personal reasons and in the U15's 3km and U13's 2km there were no walkers at all which is a worrying trend, which no doubt was a result partly of the COVID lockdown but hopefully we shall see some entries at future Midland competitions this year.

In the women's 5km, Lisa Kehler having a free day from her medical duties, took the lead after the first lap and went onto regain the winner's trophy she received in 2019. Lisa's winning time was only slightly slower than her 2019 winning time. In the women's Standard Award, it was pleasing to see Isabel Knowles of Halesowen A.C. moving up from U15's age group and racing her first 5km Championship.

In the men's 10km, Peter Boszko took the lead from the start and which he maintained throughout to come home as champion. Although times were slower the conditions were not ideal.

Development 1km

Pos	Athlete	AG	Club	Perf.
1	Amiee Thursfield	U11G	Wolv. & Bilston AC	6:57

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Lisa Kehler	W50	Wolv. & Bilston AC	27:43
2	Carolyn Derbyshire	W40	Nuneaton harriers	28:34
3	Megan Stratton-Thomas	U23W	Swansea Harriers	30:23
4	Daniel Mckerlich	U23M	Cardiff A.A.C.	30:29
5	Julie Bellfield	W50	Halesowen Athletic Club	31:42
6	Ann Wheeler	W60	Nuneaton Harriers	33:43
7	Isabel Knowles	U17W	Halesowen Athletic Club	37:27

Men's 10km

Pos	Athlete	AG	Club	Perf.
1	Peter Boszko	M70	Birchfield Harriers	66:06
2	Hardeep Minhas	M60	Leicester Walking Club	66:43
3	John Constandinou	M45	Birchfield Harriers	69:19

Manx Harriers Open Club Walks, N.S.C Perimeter Roadway, Douglas, Isle of Man (Thu. 27th May)

It appears that Gianni Epifani has set a new M50 5km record (subject to ratification) beating the time of Jock Waddington set in 2014.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Adam Cowin	SENM	Manx Harriers	55:02
2	Tony Edwards	M55	Manx Harriers	56:53
3	Louise Hollings	W40	Manx Harriers	66:23

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Gianni Epifani	M50	Manx Harriers	23:53
2	Mia Dunwell	U17W	Northern (IOM) AC	28:11
3	Leanne Venables	SENW	Unattached	32:09
4	Maura Kelly	W50	Northern (IOM) AC	32:49

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U11B	Northern (IOM) AC	5:23
2	Lillie Fletcher-Merryweather	U11G	Manx Harriers	6:08
3	Amy Sturgeon	U11G	Manx Harriers	7:00
4	Finn Gleave	U11B	Manx Harriers	7:02
5	Noah Sykes	U11B	Manx Harriers	7:02
6	Jay-Jay Fletcher-Merryweather	U11B	Unattached	8:07
7	Grayse Fletcher-Merryweather	U13G	Manx Harriers	DNF

Sarnia WC Skipton International Championship Race One 5km Road Walk, Saumarez Park, Guernsey (Sun. 30th May)

Stuart Le Noury, unable to defend his championship title last year due to COVID restrictions on races, won the opening race in the Skipton International 2021 Championship Series with an easy win over 5 kilometres in 27:30. Well behind in second place was Rob Elliott, followed by Phil Lockwood who overhauled Peter Beckerleg in the final 50 metres.

5km (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	27:30
2	Rob Elliott	M60	Sarnia Walking Club	33:13
3	Phil Lockwood	M45	Sarnia Walking Club	35:23
4	Peter Beckerleg	M60	Sarnia Walking Club	35:25
5	Kevin Le Noury	M60	Sarnia Walking Club	37:23
6	Mick Le Sauvage	M80	Sarnia Walking Club	38:51
7	Dave Dory	M70	Sarnia Walking Club	42:16

Aldershot Farnham & District Bank Holiday Open Meeting, Aldershot Military Stadium (Mon. 31st May)

Blistering heat, no wind or shade. Solid performances by the U23s and U20s.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	U23M	Aldershot Farnham & Dist.	21:29.21
2	Tom Partington	U23M	Manx Harriers	21:36.49
3	George Wilkinson	U20M	Enfield & Haringey AC	22:18.54 (PB)
4	Abigail Jennings	U23W	Aldershot Farnham & Dist.	25:18.27 (PB)
5	Erika Pontarollo	SENW	Hyde Park Harriers	25:47.75 (PB)
6	Gracie Griffiths	U17W	Pembrokeshire Harriers	27:43.55
7	Natasha Mitchell	U17W	Winchester & District AC	28:37.28
8	Lois Carty	U17W	Aldershot Farnham & Dist.	31:50.68
9	Rebecca Mitchell	U20W	Winchester & District AC	32:30.80 (PB)
	David Annetts	M55	North Herts Road Runners	DQ TR 54.7.1
	George Wallace	M65	Aldershot Farnham & Dist.	DQ TR 54.7.1
	Nicholas Hart	U20M	Aldershot Farnham & Dist.	DNF

Upcoming Events:

June

Tue. 1 st	A	Tonbridge Open/Kent RW Championships	Tonbridge
Sat. 5 th	B	Dick & Zena Smith Trophy (10km/5km)	Bury
Tue. 8 th	B	Veterans AC Summer Series (5km)	Battersea Park
Fri. 11 th	B	Sarnia WC Championship 2 – (2km)	Vale
Sat. 12 th	A	Kent Schools Championships & Open Walks	Ashford
Tue. 15 th	A	Woodford Tuesday Walks (3000m)	Woodford
19 th /20 th	A	England Athletics U20/U23 10,000m Walks	Bedford
Sat. 26 th	A	BMAF Multi-Events & Walks – North	Sheffield
26 th /27 th	A	British Athletics Championships	Manchester
Sun. 27 th	A	BMAF Multi-Events & Walks – South	Oxford
Wed. 30 th	A	Summer Mile	Leeds

July

Sat. 3 rd	B	Barnard Trophy 10km	Sutton, Lancs
Tue. 13 th	B	Veterans AC Summer Series (5km)	Battersea Park
Wed. 14 th	A	Cambridge Harriers Open 3000m Walk	Sutcliffe Park
Wed. 14 th	A	Isle of Man 10km Road Championships	NSC, Douglas
17 th /18 th	A	England Athletics 3000m Championships	Bedford
Sat. 24 th	B	Fred Pearce Relays	Simister
Tue. 27 th	A	Woodford Tuesday Walks (3000m)	Woodford