



Race Walking Record

September 2019



Tom Bosworth

7th place in the Men's 20km Walk at
the World Athletics Championships, in
Doha, Qatar



TARGETED EVENTS PROGRAMME

RACE WALKING

2019-2020 Race Walk Training Camps

- 17th November 2019 Sutcliffe Park Sports Centre, Eltham Road, London, SE9 5LW
- 8th December 2019 Aldershot Military Stadium, Queen's Avenue, Aldershot, GU11 2JL
- 12th January 2020 Sutcliffe Park Sports Centre, Eltham Road, London, SE9 5LW
- 17th-19th February 2020 Leeds Beckett University, Headingley Campus, Leeds, LS6 3QT



Training days for invited athletes and coaches, from 10:00-14:00 and largely practical in nature. They will focus on being the best athlete you can be from a technical, tactical, physical and mental perspective.

To register, please email Andrew Drake, at adrake@englandathletics.org

Invitation criteria:

Athletes who competed in the 2019 ESAA Race Walking Championships;

Athletes who competed in the 2019 EA U15/U17/U20/U23 Championships;

Athletes who competed at 2019 British Trials - 5000m;

Coach recommendations;

Established endurance athletes who wish to try race walking.

www.englandathletics.org

International Competition

IAAF World Athletics Championships

DOHA 2019

بطولة العالم لألعاب القوى - الدوحة

Men's & Women's 50km (28th Sept.)

Japan's Yusuke Suzuki and China's Rui Liang won the world 50km race walk titles. Racing in challenging hot and humid conditions on the Corniche Promenade, Doha.



Men: Making his intention clear from the start, world 20km race walk record-holder Suzuki became the first Japanese race walker to win a world title, claiming victory in 4:04:20 ahead of Joao Vieira of Portugal, who clocked 4:04:59, and Evan Dunfee of Canada, who finished strongly for third in 4:05:02.

At the age of 43 and at his 11th world championships, Vieira becomes the oldest medallist in the history of the event.

Defending champion Yohann Diniz had looked to challenge in the early stages but later was among several athletes to drop out.

Ireland's Brendan Boyce was sixth in 4:07:46, while Spain's 49-year-old Jesus Angel Garcia was eighth in 4:11:28 as he raced at a record 13th world championships.



Dominic King and Cameron Corbishley (pictured above) were disqualified after each receiving four red cards having served a five minute penalty in the penalty zone.

Men's 50km

Posn	Athlete	Nation	Perf	Notes
1	Yusuke Suzuki	JPN	4:04:20	
2	Joao Viera (M40)	POR	4:04:59	
3	Evan Dunfee	CAN	4:05:02	
4	Wenbin Niu	CHN	4:05:36	
5	Yadong Luo	CHN	4:06:49	
6	Brendon Boyce	IRL	4:07:46	
7	Carl Dohmann	GER	4:10:22	
8	Jesus Angel Garcia (M45)	ESP	4:11:28	
9	Maryan Zakalnytsky	UKR	4:12:28	SB
10	Narcis Stefan Mihaila	ROU	4:13:56	
	Cameron Corbishley	GBR	DQ	R230.7c
	Dominic King	GBR	DQ	R230.7c

46 Started: 28 Finished; 4 DQ (R230.7c) & 14 DNF

Women: Former world record-holder Rui Liang won in 4:23:26 ahead of her compatriot Maocuo Li in 4:26:40 and Italy's European record-holder Eleonora Giorgi in 4:29:13.

Portugal's defending champion Ines Henriques was among those to drop out and Ukraine's Olena Sobchuk claimed fourth place in 4:33:38.

Women's 50km

Posn	Athlete	Nation	Perf	Notes
1	Rui Liang	CHN	4:23:26	
2	Maocuo Li	CHN	4:26:40	
3	Eleonora Anna Giorgi	ITA	4:29:13	
4	Olena Sobchuk	UKR	4:33:38	
5	Faying Ma	CHN	4:34:56	
6	Khrystyna Yudkina	UKR	4:36:00	
7	Magaly Bonilla	ECU	4:37:03	
8	Julia Takacs	ESP	4:38:20	
9	Paola Perez	ECU	4:38:54	
10	Maria Juarez	ESP	4:39:28	

23 Started: 17 Finished; 6 DNF

Women's 20km (29th Sept.)

China achieved a clean sweep of the medals, with Hong Liu taking her third world title.

Liu took gold in 2011 and 2015 – had a break to have a baby in 2017/18. Her victory came in 1:32:53 ahead of team-mates Shenjie Qieyang (1:33:10) and Liuqing Yang (1:33:17) after a halfway split of 47:51.

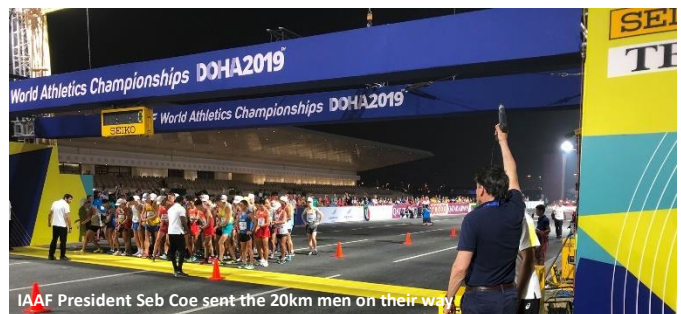
Liu, who is also the Olympic champion and world record-holder, handled the warm conditions (32C and 75% humidity at the start just before midnight) better than everyone else, including defending champion Jiayu Yang, who was disqualified during the event.

Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Hong Liu	CHN	1:32:53	
2	Shenjie Qieyang	CHN	1:33:10	
3	Liuqing Yang	CHN	1:33:17	
4	Erica Rocha De Sena	BRA	1:33:36	
5	Sandra Arenas	COL	1:34:16	
6	Kumiko Okada	JPN	1:34:36	
7	Nanako Fujii	JPN	1:34:50	
8	Maria Perez	ESP	1:35:43	
9	Ana Cabecinha	POR	1:36:31	
10	Jemima Montag	AUS	1:36:54	

45 Started: 39 Finished; 3 DQ (R230.7c); 3 DNF

Men's 20km (Fri. 4th Oct.)



Toshikazu Yamanishi won Japan's first ever 20km walk medal and completed the men's walk double for his nation with a dominating performance.

He was 13th amongst the pack in 22:28 at 5km with Australia's Commonwealth champion Dane Bird-Smith the official leader in 22:26.

Yamanishi made his move over the next 5km to such an extent that his 21:48 split gave him a 17-second lead over a pack of six in 44:16.

At this stage world junior champion Callum Wilkinson, who briefly led the race, was ninth in 44:29 while Tom Bosworth moving through after a steady start to 14th in 44:34.

The Japanese was still out on his own at 15km in 1:05:28 (a much faster 21:12) but Sweden's Perseus Karlstrom was moving even quicker and was now 15 seconds back and he had a 12-second gap on a group of three – Turkey's Salih Korkmaz, Vasily Mizinov and Koki Ikeda who appeared to be battling for the bronze.

Chasing them was Bosworth (1:06:09) after a 21:40 split he overtook Wilkinson who was seventh (1:06:14) although the latter was to receive a third red card and spent a two-minutes in the penalty zone and was disqualified when a fourth red card was received.

Yamanishi found the last few kilometres hard but was keen to go to next year's Olympics as world champion and a 21:06 split gave him gold in 1:26:34, almost nine minutes outside his personal set in March.

The former world youth champion was competing in his biggest event as a senior and 15 seconds back came another emerging athlete, the Russian Mizinov, who last year won European bronze and this year took the European under-23 title.

His last 5km was a very swift 20:53 and he caught a fading Karlstrom in the last few kilometres, who nevertheless held on to win Sweden's first ever medal.












Christopher Linke, who was not shown in the original result and was not evident on the result at 15km, was awarded fourth place while Bosworth held on for a magnificent seventh in 1:29:34 – the first top eight finish by a British race walker at the IAAF World Championships.

Although he slowed to a 23:25 last 5km split, it made up for his London disappointment when he was disqualified while vying for the title and it comes after an injury-hit summer.

"I am over the moon," he said. "No Brit has ever finished in the top eight so for me that was the second target, the first being a medal. I've now got top eight Olympics, Europeans, Commonwealths and now worlds – I have got the set – and after the year I have had, it is everything."

The Briton added: "It hasn't really sunk in, but it has taken a lot of hard work and I know everyone talks about medals but, for me, this is massive. It is the equivalent of being a world finalist. It really does make every single day and all those commitments, which we choose to do, worth it."

Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Toshikazu Yamanishi	 JPN	1:26:34	
2	Vasily Mizinov	 ANA	1:26:49	
3	Perseus Karlstrom	 SWE	1:27:00	
4	Christopher Linke	 GER	1:27:19	
5	Salih Korkmaz	 TUR	1:27:35	
6	Koki Ikeda	 JPN	1:29:02	
7	Tom Bosworth	 GBR	1:29:34	
8	Kaihua Wang	 CHN	1:29:52	
9	Jiaxing Yin	 CHN	1:29:53	
10	Eiki Takahashi	 JPN	1:30:04	
	Callum Wilkinson	 GBR	DQ	R230.7c

52 Started: 40 Finished; 5 DQ (R230.7c); 7 DNF

National Championships

English Schools Championships, Exeter (Sat. 21st Sept.)

Ninety percent of the entrants were from the South. There were three from the north including two from the Isle of Man. There were no entrants from the Midlands!!

Christian Hopper was a convincing winner of the junior boy's race finishing three minutes ahead of silver. The junior girl's race was a much closer affair with race long leader Mia Dunwell almost being caught on the line by newcomer Abbey Hughes.

Lois Carty paid for an over ambitious start in the intermediate girls race but had a sufficient lead to take the win ahead of London's Hannah Hopper, who started much more cautiously.

In the combined intermediate boys and senior 5000m there were personal bests for Nick Hart and George Wilkinson with the latter having a race long battle with Kent's Matthew Crane. Pagen Spooner was disqualified by the chief judge in the last 100m leaving Beatrice fury to take the senior girls title ahead of Jacqueline Benson.

Junior Girls 3000m

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) AC	16:26.36
2	Abby Hughes	U15G	Taunton Athletic Club	16:26.83
3	Katie Stringer	U15G	Medway & Maidstone AC	17:18.13
4	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	17:53.29
5	Natasha Mitchell	U15G	Winchester & District AC	19:06.38
6	Hannah Atkinson	U15G	Cambridge Harriers	19:13.16
	Abigail Smith	U15G	Blackheath & Bromley HAC	DQ R230.7a

Junior Boys 3000m

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U15B	Cambridge Harriers	15:51.88
2	Eddy Purser	U15B	City of Portsmouth AC	18:52.83
3	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	22:04.38
	Joe Stephenson	U15B	Somerset Schools	DQ R230.7a



Eddy Purser – Rebecca Mitchell – Hannah Hopper

Intermediate Girls 3000m

Pos	Athlete	AG	Club	Perf
1	Lois Carty	U17W	Aldershot Farnham & Dist.	16:49.98
2	Hannah Hopper	U17W	Cambridge Harriers	16:55.98
3	Millie Morris	U17W	Ashford Athletic Club	17:15.97
4	Keira Heavey	U17W	Northern (IOM) AC	17:51.18
5	Rebecca Mitchell	U17W	Winchester & District AC	19:15.81

Intermediate Boys 5000m

Pos	Athlete	AG	Club	Perf
1	Nick Hart	U17M	Aldershot Farnham & Dist.	26:25.36

Senior Boys 5000m

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	22:57.93
2	Matthew Crane	U20M	Bexley Athletic Club	23:21.52

Senior Girls 5000m

Pos	Athlete	AG	Club	Perf
1	Beatrice Fury	U20W	Medway & Maidstone AC	31:13.13
2	Jacqueline Benson	U20W	Ashford Athletic Club	32:02.34
	Pagen Spooner	U20W	Hyde Park Harriers	DQ R230.4a

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

	August 2019	September 2019
£25.00	Graham Chapman	Arthur Thomson
£15.00	Lancashire WC	Peter Cassidy
£10.00	Midlands RWA	Olive Dobson


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

International Masters

European Masters Athletics Championships, Venice, Italy (Thurs. 5th Sept. to Sun. 15th Sept.)





5000m (Fri. 6th Sept): The 5000m was the first of the walks to be held with GB securing one gold, one silver and a bronze.

W60 5000m

Posn	Athlete	Nation	Perf	Notes
1	Marie Astrid Monmessin	 FRA	27:20.00	
2	Catherine Duhig	 GBR	30:36.63	SB
3	Monika Schwantzer	 AUT	32:59.89	






6 started; 1 DQ.

W50 5000m

Posn	Athlete	Nation	Perf	Notes
1	Kata Bodorkos Horvath	 HUN	26:57.01	
2	Kalliopi Gavalaki	 GRE	27:33.62	
3	Barbara Primas	 GER	28:34.67	
5	Wendy Kane	 GBR	30:37.92	

9 started; 1 DQ.

W40 5000m

Posn	Athlete	Nation	Perf	Notes
1	Rosetta La Delfa	 ITA	24:51.22	
2	Maria Isa Perez Belloch	 ESP	25:32.96	
3	Valeria Molnar	 HUN	25:35.91	
4	Carolyn Derbyshire	 GBR	27:47.64	
6	Penelope Cummings	 GBR	28:06.04	

7 started.

M70 5000m

Posn	Athlete	Nation	Perf	Notes
1	Ian Richards	 GBR	27:08.70	
2	Ettorino Formentin	 ITA	27:33.11	
3	Peter Boszko	 GBR	27:33.14	
5	Roger Michell	 GBR	30:22.62	





18 started; 2 DQ.

10km (Wed. 11th Sept.): Ian Richards followed up his 5000m track title winning his second M70 gold in the 10km road walk, although it was discovered that the course was approximately 700 metres short. Peter Boszko also picked up his second medal taking M70 bronze. British team took the M70 team title (Richards, Boszko & Roger Michell).




















Noel Blatchford (pictured above) won the W70 age category just seven seconds ahead of Antonina Tyshko (UKR). Cath Duhig (W60) secured bronze and took team silver with the assistance of Ann Wheeler and Judy Howard. The British W50 team won bronze.

M60+ 10km

Pos	Athlete	AG [Pos]	Nation	Perf
1	Antonio Lopetuso	M60 [1]	 ITA	46:21
2	Edoardo Alfieri	M60 [2]	 ITA	46:47
3	Arild Fotland	M60 [3]	 NOR	48:03
4	Michele De Masis	M60 [4]	 ITA	48:48
5	Ignacio Melo Valls	M65 [1]	 ESP	48:48
6	Ian Richards	M70 [1]	 GBR	49:32
16	Peter Boszko	M70 [3]	 GBR	53:06
35	Roger Michell	M70 [9]	 GBR	57:46
40	Romolo Pellicca	M80 [1]	 ITA	59:28
45	Peter Schumm	M75 [1]	 GER	60:45
52	David Kates	M70 [16]	 GBR	63:10
77	Enrico Mariotti	M85 [1]	 ITA	73:02

92 started; 4 DQ.












W35+ 10km

Pos	Athlete	AG [Pos]	Nation	Perf
1	Bianca Schenker	W40 [1]	 GER	48:00
2	Rosetta La Delfa	W40 [2]	 ITA	48:10
3	Valeria Pedetti	W45 [1]	 ITA	48:47
4	Maria Isa Perez Belloch	W40 [3]	 ESP	48:56
5	Sonia Demon	W45 [2]	 FRA	49:22
6	Valarie Boban	W50 [1]	 FRA	49:55
11	Marie Astrid Monmessin	W60 [1]	 FRA	51:03
19	Carolyn Derbyshire	W40 [5]	 GBR	53:08
20	Penelope Cummings	W40 [6]	 GBR	53:22
33	Wendy Kane	W50 [10]	 GBR	56:48
34	Catharine Duhig	W60 [3]	 GBR	57:08
37	Maria Mendes	W65 [1]	 POR	57:29
42	Julie Bellfield	W50 [12]	 GBR	57:47
51	Ann Wheeler	W60 [6]	 GBR	60:07
59	Noel Blatchford	W70 [1]	 GBR	61:37
82	Judy Howard	W60 [12]	 GBR	67:20
94	Fiona Bishop	W60 [14]	 GBR	74:12

109 started; 2 DQ; 1 DNF





20km (Sat. 14th Sept.): Ian Richards (M70) completed the full set of individual walking titles at these championships when he won in a time of 1:55:37 and added team gold, with Peter Boszko (M70) taking silver and Roger Michell (M70) in 8th. Cath Duhig also struck gold in the longer distance recording 2:11:28 to win by two minutes from Maryse Philibert Chaves (FRA). Noel Blatchford added a second individual gold in the W70 category, clocking 2:25:58. Britain's W70 and W40 teams secured team gold and bronze respectively.











M60+ 20km

Pos	Athlete	AG [Pos]	Nation	Perf
1	Edoardo Alfieri	M60 [1]	 ITA	1:47:45
2	Arild Fotland	M60 [2]	 NOR	1:53:20
3	Patrice Brochot	M65 [1]	 FRA	1:54:25
4	Rosario Gallo	M60 [3]	 ITA	1:54:34
5	Ignacio Melo Valls	M65 [2]	 ESP	1:55:07
6	Ian Richards	M70 [1]	 GBR	1:55:57
9	Peter Boszko	M70 [3]	 GBR	2:00:49
21	Roger Michell	M70 [8]	 GBR	2:16:03
36	Peter Schumm	M75 [1]	 GER	2:18:32
34	David Kates	M70 [16]	 GBR	2:24:
57	Bruno Berzuini	M80 [1]	 ITA	3:06:52

72 started; 8 DQ; 3 DNF

W35+ 20km

Pos	Athlete	AG [Pos]	Nation	Perf
1	Valeria Molnar	W40 [1]	 HUN	1:55:44
2	Bianca Schenker	W40 [2]	 GER	1:56:05
3	Nadezda Duskova	W35 [1]	 CZE	1:58:23
4	Valarie Boban	W50 [1]	 FRA	1:58:59

5	Sonia Demon	W45 [1]		FRA	1:59:56
6	Mirella Patti	W55 [1]		ITA	2:00:44
13	Penelope Cummings	W40 [4]		GBR	2:05:27
21	Catharine Duhig	W60 [1]		GBR	2:11:28
31	Aurora Alvarez Ordas	W65 [1]		ESP	2:20:02
37	Noel Blatchford	W70 [1]		GBR	2:25:58
42	Ann Wheeler	W60 [7]		GBR	2:29:16
49	Judy Howard	W60 [9]		GBR	2:36:39
59	Fiona Bishop	W60 [11]		GBR	2:57:34
61	Helga Draeger	W80 [1]		GER	3:03:09

69 started; 4 DQ; 1 DNF

Domestic Results

Woodford Tuesday Walks, Woodford Green (Tue. 3rd Sept.)

A rather small turn-out for the last of the series (although the whole of the Open Meeting was low numbers), marked, according to Power of 10, by personal bests for Matthew Crane and Beatrice Fury. Weather was mild and amiable!

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	12:55.3
2	Matthew Crane	U20M	Bexley Athletic Club	12:56.5
3	David Annetts	M50	North Herts Road Runners	13:47.0
4	Sebastian Parris	SENM	Ilford Athletic Club	15:59.7
5	Melanie Peddle	W50	Loughton Athletic Club	16:48.6
6	Beatrice Fury	U20W	Medway & Maidstone AC	16:50.8
7	Silvana Alves	W45	Barnet & District AC	17:55.5
8	Stuart Bennett	M60	Ilford Athletics Club	18:39.3
	Alex Macheath	U17M	Cambridge Harriers	DNF

Overall Results – Individuals (Best 3 of 4 races counting)

With twenty-five walkers making a total of fifty-four appearances over the season, it was a good year for our league and, for once, we had no rain at any of the events.

Pos	Athlete	AG	Club	Points
1	Luc Legon	U23M	Bexley Athletic Club	105
2	David Annetts	M50	North Herts Road Runners	100
3	Maddy Shott	SENM	Belgrave Harriers	99
4	Melanie Peddle	W50	Loughton Athletic Club	94
5	Silvana Alves	W45	Barnet & District AC	88
6	Stuart Bennett	M60	Ilford Athletics Club	79
7	Lesley Morris	W55	Ilford Athletics Club	72
8	Geraldine Legon	W60	Bexley Athletic Club	71
9	Matthew Crane	U20M	Bexley Athletic Club	68
10	Francisco Reis	M55	Surrey Walking Club	63
11	Emma Dyos	W40	Ilford Athletics Club	61
12	Hannah Hopper	U17W	Cambridge Harriers	56
13	Steve Allen	M60	Barnet & District AC	52
14	John Borgars	M70	Loughton Athletic Club	50
15	Rachel Lawless	W55	Ilford Athletics Club	49
16	John Brock	M65	Southend-on-Sea AC	43
17	George Wilkinson	U20M	Enfield & Haringey AC	35
18	Sebastian Parris	SENM	Ilford Athletics Club	32
19	Christian Hopper	U15B	Cambridge Harriers	31
20	Beatrice Fury	U20W	Medway & Maidstone	30
	Steve Uttley	M60	Ilford Athletics Club	30
22	Simon Morgan	M55	Ilford Athletics Club	29
23	Hannah Atkinson	U15G	Cambridge Harriers	24
	Liam Sheils	M40	Bishop Stortford AC	24
25	Simon Le Mare	M55	Southend-on-Sea AC	19

Overall Results – Team (3 to score – All races counting)

1	Ilford AC – A	310	7	Belgrave Harriers	99
2	Bexley AC	209	8	Surrey Walking Club	63
3	Barnet & District AC	167	9	Southend-on-Sea AC	62
4	Cambridge Harriers	146	10	Ilford AC – B	48
5	Loughton AC	144	11	Enfield & Haringey AC	35
6	North Herts RR	100	12	Bishop Stortford AC	24

South Yorkshire League, Millhouses Park (Wed. 4th Sept.)

Lara MacColl and Lucy Walker started just a few seconds apart and a race long battle ensued, **reports Brian Adams**, each making efforts to move ahead. Just after 500 metres to go Lara made a determined effort and looked as if she had broken Lucy, but Lucy came back at her in the final 100 and failed by one second to catch her. This took Lucy to a personal best and Lara close to hers. Ben Heley and Ellis Simmonds both walked solo races but also achieved their best 3km times.

Pos	Athlete	AG	Club	Time/Dist
1	Lara MacColl	U17W	Derbyshire & South Yorkshire	18:26/3km
2	Lucy Walker		Derbyshire & South Yorkshire	18:24/3km
3	Ben Heley	U13B	Derbyshire & South Yorkshire	18:31/3km
4	Ellis Simmonds	U13B	Derbyshire & South Yorkshire	17:45/3km
6	Simon Pugh	M55	Rotherham Harriers	32:07/5km

Surrey & Sussex County Combined Walks Championships, David Weir Centre, Carshalton (Sun. 8th Sept.)

Last year there were nineteen walkers in these races. Just six this year – a big disappointment.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Bill Arbury (M50)	SM [Sy1]	Epsom & Ewell Harriers	19:12.15
2	Sue Davies (W50)	SW [G]	Aldershot Farnham & D.	19:25.14
3	Ron Penfold (M75)	SM [Sx1]	Steyning Athletic Club	19:35.66
4	Ian Statter (M60)	SM [Sy2]	Croydon Harriers	19:43.41
5	Anna Hinchliff	U20W [Sy1]	Aldershot Farnham & D.	21:03.24

Under 13 Girls 2000m

Pos	Athlete	AG	Club	Perf
1	Lola-Mae Billingham	U13G [G]	Aldershot Farnham & Dist.	12:11.77

Sarnia WC Richmond Trophy 3 Kilometres Handicap Walk, Cambridge Park, St Peter Port, Guernsey (Sun. 15th Sept.)

Ellis Lockwood, the youngest walker in the race, showed a clean pair of heels to the master's walkers he left behind after the first lap of three for the Richmond Trophy, **reports Rob Elliott**.



Ellis Lockwood

In the handicapped race over 3 kilometres. Ellis had built up an eighteen second lead after the early lap and continued to pull away to cross the line in an actual time of 20:24. Second to fourth places went down to the final straight with Peter Beckerleg taking second place, well down on the winner and four seconds ahead of Kay Coulson in third. Two seconds later Kevin Le Noury finished the race in fourth place.

Mick Le Sauvage, close to his recent Guernsey age best finished in fifth ahead of Phil Lockwood who set the fastest time of the day with his actual time of 19:09. Dave Dorey brought the finishers home in seventh place.

Mixed 3km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Ellis Lockwood	U15B	Sarnia Walking Club	21:24/20:24
2	Peter Beckerleg	M60	Sarnia Walking Club	22:28/20:23
3	Kay Coulson	W50	Sarnia Walking Club	22:42/21:42
4	Kevin Le Noury	M60	Sarnia Walking Club	22:44/20:14
5	Mick Le Sauvage	M80	Sarnia Walking Club	23:04/22:04
6	Phil Lockwood	M45	Sarnia Walking Club	23:09/19:09
7	Dave Dorey	M70	Sarnia Walking Club	24:35/24:05

Ryan Cup (Police v Civil Service) Incorporating Police UK and Civil Service Championships, Birmingham (Wed. 25th Sept.)

Entries were up on 2018 with the event returning to Cannon Hill Park, Birmingham, *reports Glyn Jones*.

On the morning of the event a pre-inspection and assessment of the course found that a large section of the lap was completely submerged (like a small lake) resulting from the unprecedented amount of rainfall in the Birmingham area the previous day/night. Fortunately, a diversion onto a separate path on part of the lap was needed and thankfully did not make a great deal of difference to the times or distance but accepted that it couldn't be said to be accurate.

Steve Uttley, making a much welcomed return to the race walking scene, was overall winner of the 10km and was followed by his Civil Service colleagues, Mark Culshaw and Jason Brewer in overall second and third place respectively. They were followed police walkers in the next four places, with Richard Mallinson (Northamptonshire), being his only second appearance in these championships, gaining first place in the Police Championships.

However, this did not prevent the Civil Service from retaining the Ryan Cup with their fourth scorer finishing in eighth position.

The entry for the ladies 5km was somewhat disappointing with only three from the Civil Service and two police and one guest. Maureen Noel came home first quite comfortable from the rest of the field.

The weather became quite warm and humid during the race which did dry up the course slightly from the recent rain.

There is to be further discussion as to the future of this historic event as to the low turnouts. On the day the walkers declared their continued support, but it was emphasised the need for greater support for it to continue.

Men's 10km (B) (C = Civil Service; P = Police)

Pos	Athlete	AG/Pos	Club	Perf
1	Steve Uttley	M60 (C1)	Iford AC/Justice Dept.	61:20
2	Mark Culshaw	M50 (C2)	Belgrave Harriers/Land Reg.	61:46
3	Jason Brewer	M45 (C3)	Unattached/HMRC	61:54
4	Richard Mallinson	M35 (P1)	Unattached/Northants Pol	62:42
5	Martin Slevin	M55 (P2)	Coventry/Dyfed-Powys Pol	63:49
6	Dan Maskell	M70 (P3)	Surrey WC/Sussex Police	66:42
7	Glyn Jones	M75 (P4)	Coventry/West Mids. Police	67:43
8	Jason Holt	M45 (C4)	Unattached/HMRC	68:25
9	John Hall	M70 (C5)	Belgrave Harriers/DEFRA	72:21
10	David Wilkinson	M60 (P5)	Morecombe/Lancs Police	72:33
11	Christopher Flint	M70 (P6)	Surrey WC/Metropolitan Pol	73:00
12	Steve Broadbent	M60 (P7)	Unattached/Lancs Police	73:00
13	Bill Kingston	M65 (C6)	Bristol & West/HMRC	75:16
14	John Lovett	M35 (C7)	Unattached/HMRC	75:40

15	Bob Dobson	M75 (C8)	Iford AC/ECGD	76:39
16	Micheal Horne	M60 (P8)	Clayton Le Moors/Lancs Pol	85:29
17	Dave Watkinson	N/K (P9)	Unattached/Lancs Police	86:44

Women's 5km (B) (C = Civil Service; P = Police)

Pos	Athlete	AG/Pos	Club	Perf
1	Maureen Noel	W55 (C1)	Belgrave Harriers/MOD	31:21
2	Hilary Mann	W55	Sparkhill Harriers/Guest	32:09
3	Jane Hodge	W60 (C2)	Hardley Runners/HMRC	34:1
4	Geraldine Legon	W60 (C3)	Bexley AC/Post Office	35:27
5	Sue Harrison	W60 (P1)	Red Rose RR/Lancs Police	40:18
6	Ann Croft	W55 (P2)	Red Rose RR/Lancs Police	41:34

Bob Wright Handicap Series Race 1, 5 Kilometres Road Walk Saumarez Park, Guernsey (Sun. 29th Sept.)

Mick Le Sauvage, the first walker to start in the first race of the Bob Wright Handicap Series, *reports Rob Elliott*, held on to the lead throughout the race to finish in 37:14. He held off second man home Peter Beckerleg by twenty seconds, who in turn kept Kevin Le Noury, who started 30 seconds after him, at bay by the same time difference, with both recording an actual time of 35:04.

With wind and drizzle greeting the walkers for the four lap race, times were a little down to those expected with Stuart Le Noury and Donna Allan recording the fastest mens and women's times respectively. Stuart dipped under 26 minutes with Donna timed at 30:36.

Mixed 5km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Mick Le Sauvage	M80	Sarnia Walking Club	37:14/37:14
2	Peter Beckerleg	M60	Sarnia Walking Club	37:34/35:04
3	Kevin Le Noury	M60	Sarnia Walking Club	38:04/35:04
4	Phil Lockwood	M45	Sarnia Walking Club	38:13/32:43
5	Stuart Le Noury	SENM	Sarnia Walking Club	38:59/25:59
6	Donna Allan	W40	Sarnia Walking Club	39:36/30:36
7	Rob Elliott	M60	Sarnia Walking Club	40:00/32:00
8	Kay Coulson	W50	Sarnia Walking Club	41:04/40:04

Enfield Race Walking League 1 Hour Track (Sat. 28th Sept.)

The 35 walker turnout for the One Hour Badge meeting at Lee Valley Athletics Centre, *reports Ron Wallwork*, whilst nowhere near the numbers of the 1950's/60's, was the best since 2008 for those promoted by the ERWL and for the first time since 2013 necessitated the need for two races.

Damp and intermittent heavy downpours made for trying conditions which didn't stop several pb's being set.

Mixed 1 Hour (two races combined)

Pos	Athlete	AG	Club	Distance
1	George Wilkinson	U20M	Enfield & Haringey AC	12.677m
2	David Annetts	M50	North Herts Road Runners	12.489m
3	Jonathan Hobbs	SENM	Ashford Athletic Club	11.394m
4	Francisco Reis	M55	Surrey Walking Club	10.939m
5	Jacqueline Benson	U20W	Ashford Athletic Club	10.106m
6	Steve Uttley	M60	Iford Athletic Club	10.027m
7	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	9.928m
8	Malcolm Martin	M60	Surrey Walking Club	9.897m
9	Millie Morris	U17W	Ashford Athletic Club	9.747m
10	Silvana Alves	W45	Barnet & District AC	9.738m
11	Helen Middleton	W55	Enfield & Haringey AC	9.725m
12	Melanie Peddle	W50	Loughton Athletic Club	9.624m
13	Christopher Hobbs	M60	Ashford Athletic Club	9.622m
14	Stuart Bennett	M60	Iford Athletic Club	9.400m
15	Steve Allen	M60	Barnet & District AC	9.284m
16	Maureen Noel	W55	Belgrave Harriers	9.064m
17	Amos Seddon	M75	Enfield & Haringey AC	9.046m
18	Tom Casserley	M80	Enfield & Haringey AC	8.964m
19	Simon Morgan	M50	Iford Athletic Club	8.927m
20	Leslie Hall	W60	Ashford Athletic Club	8.926m
21	David Kates	M70	Iford Athletic Club	8.846m
22	Noel Blatchford	W70	Abingdon Athletic Club	8.771m

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23	Sue Barnett	W65	Enfield & Haringey AC	8.749m
24	David Hoben	M65	Surrey Walking Club	8.651m
25	Rachel Lawless	W55	Ilford Athletic Club	8.619m
26	Malcolm Blackwood	M65	Trent Park Runners	8.323m
27	Michael Harran	M80	Surrey Walking Club	8.137m
28	Alison Clements	W60	Abingdon Athletic Club	7.952m
29	Christopher Flint	M70	Surrey Walking Club	7.840m
30	Sue Clements	W65	Cambridge & Coleridge AC	7.617m
31	Arthur Thomson	M80	Enfield & Haringey AC	7.455m
32	Peter Cassidy	M80	Loughton Athletic Club	7.218m
	John Ralph	M60	Enfield & Haringey AC	Retired
	Peter Hannell	M75	Surrey Walking Club	Retired
	Madeline Shott	SENW	Belgrave Harriers	Retired

Enfield Race Walking League – Current Positions After 10 Events

Ladies	Men	Team
588/9 Jacqueline Benson	625/9 George Wilkinson	Enfield – 2561
494/8 Melanie Peddle	482/8 Stuart Bennett	Ilford - 2362
474/8 Helen Middleton	463/8 Simon Morgan	Ashford - 1915

Important Notice!

The ERWL 5 Miles on 12th October will be staged at The King George Playing Fields, better known as Donkey Lane, EN1 3PL.
Start time 11:30am

Race Walking Assoc. Young Athletes Grand Prix 2019

Final standing for the 2019 Young Athletes Grand Prix. Please note awards are only given to those who have completed at least two Grand Prix events.

Under 13 Girls

Pos	Athlete	Club	Points
1	Kelsey Tozer	Birchfield Harriers	116
2	Elena Richards	Dudley & Stourbridge Hs	110
3	Carla Forsyth	Blackheath & Bromley	80
4	Daisy Rogers	Dudley & Stourbridge Hs	71
5	Lola-Mae Billingham	Aldershot Farnham & Dist.	37
6	Rosie Gaughan	Lewes Athletic Club	36

Under 15 Girls

Pos	Athlete	Club	Points
1	Abigail Smith	Blackheath & Bromley	149
2	Charlotte Wallis	Aldershot Farnham & Dist.	144
=3	Katie Stringer	Medway & Maidstone AC	118
=3	Mia Dunwell	Northern (IOM) AC	118
5	Abby Hughes	Taunton Athletic Club	38
=6	Natasha Mitchell	Winchester & District AC	36
=6	Grace Griffiths	Pembrokeshire Harriers	36
8	Hannah Atkinson	Cambridge Harriers	34

Under 17 Women

Pos	Athlete	Club	Points
1	Millie Morris	Ashford Athletics Club	152
2	Hannah Hopper	Cambridge Harriers	150
3	Lois Carty	Aldershot Farnham & Dist.	120
4	Keira Heavey	Northern (IOM) AC	71
5	Grace Whittingham	Ashford Athletics Club	37
6	Lara MacColl	C of Sheffield & Dearne	36
7	Georgia Parkinson	Menai Track & Field	35
8	Rachel Harding	Ashford Athletics Club	34
9	Rebecca Mitchell	Winchester & District AC	33

Under 20 Women

Pos	Athlete	Club	Points
1	Abigail Jennings	Aldershot Farnham & Dist.	118
2	Pagen Spooner	Hyde Park Harriers	115
3	Jacqueline Benson	Ashford Athletics Club	106
3	Alice Bellando	Manx Harriers	78
5	Shannon Thomas	Swansea Harriers	71

6	Laura Achurch	Leicester Walking Club	68
7	Ana Garcia	C of Sheffield & Dearne	37
8	Megan Stratton-Thomas	Swansea Harriers	36
9	Beatrice Fury	Medway & Maidstone AC	35
10	Anna Hinchliffe	Aldershot Farnham & Dist.	33

Under 13 Boys

Pos	Athlete	Club	Points
1	Ellis Simmonds	2 DASH	80
2	Ben Heley	2 DASH	76
3	Lewis Burr	Tonbridge Athletics Club	75
4	Eddy Purser	City of Portsmouth AC	40

Under 15 Boys

Pos	Athlete	Club	Points
1	Christian Hopper	Cambridge Harriers	160
=2	Owen Bradshaw	C of Sheffield & Dearne	38
=2	Eddy Purser	City of Portsmouth AC	38

Under 17 Men

Pos	Athlete	Club	Points
1	Nicholas Hart	Aldershot Farnham & Dist.	118
2	Faris Alkhamesi	Nuneaton Harriers	75
3	Alex Macheath	Cambridge Harriers	40

Under 20 Men

Pos	Athlete	Club	Points
1	George Wilkinson	Enfield & Haringey AC	156
2	Chris Snook	Aldershot Farnham & Dist.	80
3	Matthew Crane	Bexley Athletics Club	75
4	Daniel Mckerlich	Cardiff A.A.C.	74
5	Ben Allen	Leicester Walking Club	38
6	Oliver Hopkins	Lewes Athletics Club	36

Girls Team

1	Aldershot Farnham & D	452
2	Ashford Athletic Club	329
3	Blackheath & Bromley	229
4	Northern (IOM) AC	189
5	Cambridge Harriers	184
6	Dudley & Stourbridge Hs	181
7	Medway & Maidstone	153
8	Birchfield Harriers	116
9	Hyde Park Harriers	115
10	C of Sheffield & Dearne	114
11	Swansea Harriers	105
12	Manx Harriers	71
13	Winchester & District AC	69
14	Taunton Athletic Club	38
=15	Leicester Walking Club	36
=15	Lewes Athletic Club	36
=15	Pembrokeshire Harriers	36
18	Menai Track & Field	35

Boys Team

1	Cambridge Harriers	200
2	Aldershot Farnham & D	198
=3	2 DASH	156
=3	Enfield & Haringey AC	156
=5	Tonbridge Athletic Club	75
=5	Bexley Athletic Club	75
=5	Nuneaton Harriers	75
8	Cardiff A.A.C.	74
=9	City of Portsmouth AC	38
=9	C of Sheffield & Dearne	38
=9	Leicester Walking Club	38
12	Lewes Athletic Club	36

Combined Team

1	Aldershot Farnham & D	650	13	Hyde Park Harriers	115
2	Cambridge Harriers	384	=14	Tonbridge Athletics Club	75
3	Ashford Athletic Club	329	=14	Bexley Athletics Club	75
4	Blackheath & Bromley	229	=14	Nuneaton Harriers	75
5	Northern (IOM) AC	189	=17	Leicester Walking Club	74
6	Dudley & Stourbridge Hs	181	=17	Cardiff A.A.C.	74
=7	Enfield & Haringey AC	156	19	Lewes Athletics Club	72
=7	2 DASH	156	20	Manx Harriers	71
9	Medway & Maidstone	153	21	Winchester & District AC	69
10	C of Sheffield & Dearne	152	=22	City of Portsmouth AC	38
11	Birchfield Harriers	116	=22	Taunton Athletic Club	38
12	Swansea Harriers	105	24	Pembrokeshire Harriers	36
			25	Menai Track & Field	35

UPCOMING EVENTS

October		
Sat 12 (B)	Enfield League 5 Mile Road	Donkey Lane
Sun. 13 (B)	Midland Winter League 1	Stourport
Sun. 13 (B)	Sarnia WC Handicap 2 10km	Delancey Park
Sun. 27 (B)	Midland Winter League 2	TBC
Sun. 27 (B)	Sarnia WC Peter Kendall Pairs	Amarreurs Road
Sun. 27 (A)	Manx Winter League 1	NSC, Douglas