



# Race Walking Record

October 2019



**RWA President  
Helen Elleker**  
During her 'Presidents Challenge'  
at Stourport



# TARGETED EVENTS PROGRAMME

# RACE WALKING

## 2019-2020 Race Walk Training Camps

- 17<sup>th</sup> November 2019 Sutcliffe Park Sports Centre, Eltham Road, London, SE9 5LW
- 8<sup>th</sup> December 2019 Aldershot Military Stadium, Queen's Avenue, Aldershot, GU11 2JL
- 12<sup>th</sup> January 2020 Sutcliffe Park Sports Centre, Eltham Road, London, SE9 5LW
- 17<sup>th</sup>-19<sup>th</sup> 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](mailto: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](http://www.englandathletics.org)

# IN THE NEWS

## 2020 Olympic Walks move to Sapporo to avoid the heat

**1<sup>st</sup> Nov:** 2020 Olympic race walkers and marathon runners will swap the sweltering heat of Tokyo for the cooler climate of Sapporo, in northern Japan, 805 km (500 miles) north of Tokyo.

The International Olympic Committee (IOC) confirmed the decision during its three-day IOC coordination visit on Friday 1<sup>st</sup> November following months of discussion over how to mitigate concerns over the heat in Tokyo.

Temperatures in Tokyo regularly exceed 30°C (86°F) in July and August, with the heat often accompanied by high humidity. The 1964 Summer Olympics were moved to October to address the problem, but the IOC was keen to keep the Games in the summer months in order to maximise TV viewership in the US, from which the IOC earns fees.

To prevent the moving of the walks and marathon to the northern island of Hokkaido, the Tokyo Olympic preparation committee had even considered starting the events as early as 3am. The IOC suggested moving the events to Sapporo after competitors collapsed in the heat of Doha during the IAAF World Championships in September/October where the events began at around midnight.

A series of heat waves in recent years in Japan had intensified worries of overheating during the Games, prompting medical professionals and academics to raise concerns over holding long-distance events in the city during the summer. Organisers in Tokyo have experimented with resurfacing the roads with a cooling material and using artificial snow machines and mist towers to keep both athletes and spectators cool.

Sapporo, the biggest city in Hokkaido, enjoys lower temperatures during the summer but is better known for winter sports. The city hosted the 1972 Winter Olympics and is a gateway to world famous ski resorts elsewhere on the island.

## Birmingham 2022 Athletes' Advisory Committee



Birmingham 2022 has unveiled the members of its newly formed Athletes' Advisory Committee, a group of Team England stars who will play a crucial role in the planning and delivery of the Commonwealth Games over the next two and a half years

The Committee has been formed to represent the interests of athletes and provide the Birmingham 2022 Commonwealth Games organisers with expert advice and guidance. They will outline exactly what competing athletes want and need from the Games experience. Specifically, they will be advising on the provision of facilities within sporting venues and the Athletes' Village, catering, accommodation, transportation, training venues, accessibility and ceremonies.

The committee comprises; tri-athlete Alistair Brownlee, sprinter Katrina Hart, Race walker **Tom Bosworth**, netballer Jodie Gibson, weightlifter Sarah Davies and squash player Sarah-Jane Perry.

The Athletes' Advisory Committee will be chaired by Zara Hyde-Peters from the Birmingham 2022 Organising Committee Board, who will report back to the board and share the athletes' advice on how to create the best possible sporting experience for all the competitors at Birmingham 2022.

Zara Hyde-Peters said: "We've created a very strong athletes' advisory committee, with passionate and dedicated athletes who have already begun to make an excellent contribution towards helping us to organise the Birmingham 2022 Commonwealth Games.

"It is invaluable to have the insight of current athletes when organising the Games, as they've attended the most recent multi-sport events and have that fresh and very relevant experience to draw on.

"This committee also affords an opportunity for the athletes to see behind the scenes of a major games and to better understand the staging of the sports events in which they compete with such distinction."

## R.W.A. Presidents Challenge

Thank you to everyone who has donated to my President's Appeal so far, and to those who took part in my President's Challenge.

For the President's Challenge a total 40 people estimated my finishing time in the first Midland's Winter League 5km, which took place on the 13<sup>th</sup> October on the Stourport cycle circuit. A few other friends just donated, not having a clue what anybody can do 5km in. In total, the Challenge raised £652.00.

What started as a bit of fun to extract money from the race walking fraternity, who might not normally donate to the President's Appeal, involved some serious training sessions, the likes of I never thought I would ever do again, and not since pre World Athletic Championships in 1991!

On an undulating course I managed 30:11.56. A sub-30 would have been a bonus but was still very pleasing. Perhaps another time!

The winner of the competition was Lara MacColl from 2DASH, who estimated a time of 30:12.01 back in April, before I had even started my race walking training. There was no insider information.

Lara received her prize of a £30.00 Decathlon voucher and a pair of race walking shoes in the Sheffield Store.



Many thanks to Decathlon for supplying the prize, and to Liz from the Sheffield Decathlon Store for organising it.

My President's Appeal goes on for a little while longer until the RWA AGM.

Then, it would great to hear from people who would like to benefit from the Appeal by promoting race walking in some way.

Many thanks once again.

Helen Elleker

President

Race Walking Association

## John Sturgess R.I.P.

Leicester Walking Club are saddened by the news of the death of John Sturgess (C829), aged 77, after a very short illness. John was a life member of the club and a stalwart of long distance walking and will be remembered by lots of people up and down the country for his long striding determined style.

He qualified as a Centurion at the Congerstone 100 Mile in 1988 where he clocked 19:15:58.

**Colin Vesty**

Leicester Walking Club

## Training Weekend

### Aldershot Training Weekend (Sat. 5<sup>th</sup> & Sun. 6<sup>th</sup> Oct)

Verity Snook (Lead Coach) supported by Assistant Club Coaches Sue Davies, Tim Snook, Abigail Jennings and Chris Snook ran an U18s coaching weekend on behalf of the Race Walking Association and English Schools AA, *writes Verity Snook*.



The event was designed to encourage team building and friendship whilst learning new skills to develop race walking technique and strength.

The athletes enjoyed learning different skills and drills to their own training regimes, using frisbee, hurdles and tennis balls. The team building exercises combined coordination, agility and problems solving exercises with a bit of healthy competition. After a short break there was a track session where athletes concentrated on technical prompts provided by all the coaches from the morning's skills and drills.

The track work complete, we moved to the gym to do some relaxing Pilates and race walking in the swimming pool - ending in an inflatable pool party which all enjoyed. This was a very full day and evening, and I am reliably informed most slept very well.



Sunday was a morning only where the athletes enjoyed a long warm up and another track session and long cool down.

Athletes travelled far and wide, there were two Welsh athletes (North and South), one from the South West, three south Hampshire, five Aldershot and nine Kent based walkers.

We will look at organising a similar event next year.

Thanks, are expressed to the Race Walking Association and English Schools Athletic Association.



## Overseas Competition

### Dutch National Championships, Tilburg, (Sun. 6<sup>th</sup> Oct.)

(Incorporating Belgium & Danish Championships)

23-year-old Stefano Chiesa (ITA) was the winner of the Open 50km held in-conjunction with the Dutch National Championships at the TWC Pijnenburg Cycle Circuit in Tilburg, clocking 3:48:25. Chiesa beat his previous personal best by an impressive 22 minutes 42 seconds (before 4.11.07 Taicang 2018). Aleksi Ojala (FIN) finished second, with 3:53:23 and Marius Iulian Cocioran (ROU) third in 4:02:46. Dominic King (GBR), who had participated in the 50km in Doha and been disqualified at 21km, finished fourth in 4:03:02. The Dutch title was won by Rick Liesting and the Danish title by Claus Hechmann.

Sandra Brown set a W70 World Best for 50km with 6:09:48.

The men's 20km was won by Michal Morvay (SVK) in 1:26:55 ahead of the first women Elisa Neuvonen (FIN) who recorded 1:37:30. Britain's David Annetts finished 3<sup>rd</sup> overall on his 20km debut with 1:43:34.

#### Mixed 50km (O = Open)

Posn	Athlete	Nation	Perf	Notes
1	Stefano Chiesa	ITA (O)	3:48:25	PB
2	Alexsi Ojala	FIN (O)	3:53:23	
3	Marius Iulian Cocioran	ROU (O)	4:02:46	
4	Dominic King (M35)	GBR (O)	4:03:02	
5	Jerome Caprice	MRI (O)	4:33:30	
6	Rick Liesting (M40)	NED (1)	4:36:53	
7	Paul Jansen	NED (2)	5:02:41	
8	Christer Swensson	SWE (O)	5:05:39	
9	Remco de Bruin	NED (3)	5:05:58	
10	Claus Hechmann (M55)	DEN (1)	5:36:16	
12	Sandra Brown (W70)	GBR (O)	6:09:48	
	Daniel King	GBR (O)	DNF	

26 Started; 13 Finished; 13 DNF

#### Mixed 20km (G = Guest)

Posn	Athlete	Nation	Perf	Notes
1	Michal Morvay	SVK (O)	1:26:55	PB
2	Elisa Neuvonen (F)	FIN (O)	1:37:30	SB
3	David Annetts (M50)	GBR (O)	1:43:34	Debut
4	Annelies Sarrazin (F)	BEL (1)	1:55:29	PB
5	Danica Gogov (F)	SRB (O)	2:01:47	

19 Started; 18 Finished; 1 DNF

## Domestic Competition

### The Welbeck Hotel and Restaurant – 1 Hour Challenge Walk, National Sports Centre, Douglas (Sun. 6<sup>th</sup> Oct.)

Took place in damp and drizzly conditions.

#### Mixed 1 Hour

Pos	Athlete	AG	Club	Distance
1	Marie Jackson	W55	Manx Harriers	9718m
2	Jayne Farquhar	W50	Manx Harriers	9559m
3	Phil Swales	M50	Northern (IOM) AC	9527m
4	Lorna Gleave	W35	Unattached	9395m
5	Keira Heavey	U20	Northern (IOM) AC	9329 m
6	Mike Readshaw	N/K	Unattached	9301m
7	Louise Hollings	W40	Manx Harriers	9279m
8	Sharon Cain	W50	Manx Harriers	9027m
9	Michael Shipsides	M50	Unattached	8926m
10	Vicky Heavey	W45	Northern (IOM) AC	8816m
11	Dudley Butt	M70	Isle of Man Veterans AC	8678m
12	Colin Moore	M60	Isle of Man Veterans AC	8660m
13	Maura Kelly	W50	Northern (IOM) AC	8588m
14	Andy Baxendale	M50	Isle of Man Veterans AC	8581m
15	Kerry Palmer	W45	Unattached	8565m
=16	May Hooper	W40	Manx Harriers	8402m
=16	Jim Davidson	N/K	Unattached	8402m

=18	Lindsey Wood	N/K	Unattached	8296m
=18	John Cannell	M70	Isle of Man Veterans AC	8296m
20	Adie Corlett	M55	Unattached	8201m
21	Gordon Erskine	M75	Unattached	8090m
22	Alex Cowie	W50	Unattached	8051m
23	Lee Worsfold	M45	Isle of Man Veterans AC	7814m
24	Mike Martin	N/K	Unattached	7810m
25	Sylvia Kennaugh	W70	Northern (IOM) AC	7593m
26	Melissa Lions	N/K	Unattached	7517m
27	Peter Wilson	N/K	Unattached	7462m
28	Amy Sykes Worsfold	SENW	Unattached	7415m
29	Emily Quirk	SENW	Unattached	7403m
=30	Kate Jones	N/K	Unattached	6713m
=30	Alan Gault	N/K	Unattached	6713m
=30	Rosie Glen	N/K	Unattached	6713m
33	Carolanne Hanley	SENW	Northern (IOM) AC	6163m

### Enfield Race Walking League 5 Mile, Donkey Lane, Enfield (Sat. 12<sup>th</sup> Oct.)

In spite of the late change of venue and a damp miserable morning 30 walkers lined up to be started by Callum Wilkinson, *reports Ron Wallwork*, who was at the finish to welcome brother George home as the race winner, ahead of last year's winner Dave Annetts, who walked over two minutes faster on this occasion.

There was a gap behind the first two, nevertheless some good performances behind them; under 20 Millie Morris headed the ladies list, Silvana Alves continued to impress, relative novice Alitcia Drenda in her second race at the distance sliced over three minutes off her previous performance, Sue Barnett clocked a huge season's best and Steve Uttley notched up his M60 personal best.

#### Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	38:11
2	Davie Annetts	M50	North Herts Road Runners	38:20
3	Francisco Reis	M55	Surrey Walking Club	44:26
4	Millie Morris	U20W	Ashford Athletic Club	46:09
5	Steve Uttley	M60	Ilford Athletic Club	47:06
6	Jim Ball	M60	Steyning Athletic Club	47:16
7	Penelope Cummings	W40	Aldershot Farnham & Dist.	47:32
8	Melanie Peddle	W50	Loughton Athletic Club	48:59
9	Silvana Alves	W45	Barnet & District AC	49:15
10	Marl Culshaw	M50	Belgrave Harriers	50:46
11	Helen Middleton	W55	Enfield & Haringey AC	51:42
12	John Ralph	M60	Enfield & Haringey AC	51:58
13	Maureen Noel	W55	Belgrave Harriers	52:16
14	Steve Allen	M60	Barnet & District AC	52:43
15	Stuart Bennett	M60	Ilford Athletic Club	53:15
16	Noel Blatchford	W70	Abingdon Athletic Club	53:15
17	Alitcia Drenda	W35	Belgrave Harriers	53:20
18	Ron Penfold	M75	Steyning Athletic Club	53:23
19	Sue Bennett	W65	Enfield & Haringey AC	53:37
20	John Borgars	M70	Loughton Athletic Club	54:22
21	Tom Casserley	M80	Enfield & Haringey AC	56:08
22	Malcolm Blackwood	M65	Trent Park Runners	56:57
23	Steve Cartwright	M60	Colchester & Tendring AC	57:15
24	Arthur Thomson	M80	Enfield & Haringey AC	58:22
25	David Hoben	M65	Surrey Walking Club	58:22
26	Shaun Lightman	M75	Surrey Walking Club	59:06
27	Michael Harran	M80	Surrey Walking Club	59:41

#### 4 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Peter Hannell	M75	Surrey Walking Club	50:32

#### 2 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Christopher Hobbs	M60	Ashford Athletic Club	20:58
2	Ken Livermore	M85	Enfield & Haringey AC	30:55

### Enfield Race Walking League – Update

#### *The Youngsters have it Sewn-up*



With a fixture still to go George Wilkinson and Jacqueline Benson deserve resounding congratulations on their emphatic triumphs in becoming not only convincing winners of their respective gender leagues but occupying the top two spots in the overall league table, *writes Ron Wallwork*. Added satisfaction for George, is that he is by 40 days the youngest ever overall league winner, the previous holder of that distinction just happened to be his brother Callum.



The senior leading ladies appear to be sorted, but four men are vying for a senior podium finish.

The statistics reveal that 42 of the 100 participants so far this season are women and that 28 clubs have been represented.

#### ERWL Tables after 11 fixtures - Top Three

Ladies	Men	Team
588/9 Jacqueline Benson	627/9 George Wilkinson	Enfield – 2833
559/9 Melanie Peddle	539/9 Stuart Bennett	Ilford - 2485
536/9 Helen Middleton	515/8 Steve Uttley	Ashford - 2013

## 93<sup>rd</sup> Enfield Open Seven

King George Playing Fields, Donkey Lane, Enfield EN1 3PL

**Saturday 9<sup>th</sup> November – Start time 11am**

**Advance Entry Fee £5.00 – On the Day £7.00**  
It's of great help to the organisers to have entries in advance.

Name, Club & Age Group

To: [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)

or

35A Newmarket Road, Moulton, Suffolk, CB8 8QP

### Sarnia Walking Club Bob Wright Handicap Series Race Two, 10km Delancey Park, Guernsey (Sun. 13<sup>th</sup> Oct.)

Walkers were greeted with wet conditions throughout the race with challenging underfoot conditions with fallen leaves and twigs from the previous nights' winds, *reports Rob Elliott*. Undeterred and backing up his second place in the last race Peter Beckerleg secured the handicap win in the second race in the Bob Wright Series with a twenty-one advantage over second placed Stuart Le Noury. Third place, a few seconds behind, was Kevin Le Noury, who on the same starting handicap as the winner, had the winner in close sight throughout the race. Fastest time of the day went to Stuart Le Noury with 53:33 ahead of leading woman Donna Allan in 61:00.

#### Mixed 10km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Peter Beckerleg	M60	Sarnia Walking Club	80:12/72:12
2	Stuart Le Noury	SENM	Sarnia Walking Club	80:33/53:33
3	Kevin Le Noury	M60	Sarnia Walking Club	80:35/72:35
4	Mick Le Sauvage	M80	Sarnia Walking Club	81:52/77:52
5	Donna Allan	W40	Sarnia Walking Club	82:00/61:00
6	Phil Lockwood	M45	Sarnia Walking Club	82:57/68:57
7	Rob Elliott	M60	Sarnia Walking Club	85:20/66:20
	Kay Coulson	W50	Sarnia Walking Club	DNF
	Dave Dorey	M70	Sarnia Walking Club	DNF

### Midland Winter League Series 2019, Stourport Sports Club (Sun. 13<sup>th</sup> Oct.)



Entries were down for a variety of reasons in comparison to previous years for the first Midland Winter League Series, *reports Glyn Jones*. Thankfully the morning rain ceased just before the start of the first race; the 5km.

On the start line we were honoured by the presence of the RWA President, Helen Elleker who was competing for her 'President's Challenge' and which was for her predicted finishing time and for which she had invited people to sponsor her in her 'Appeal'.

The 5km the race was dominated by Carolyn Derbyshire and Natalie Myers from the start with Carolyn overtaking Natalie with one lap to go to finish by a short margin. Julie Bellfield completing the third position. Helen finished strongly in overall fifth position with a surprising excellent time.

For the men, Faris Alkhamesi (U17) finished strongly gaining two places to finish overall fourth place and first male walker ahead of Daniel Mckerlich. In third position for the men and overall seventh in the race was Tony Bell in his first Midland League.

The 10km was again between Carolyn Derbyshire and Natalie Myers with Carolyn leading all the way from the start. President Helen Elleker decided to double up and raced in the 10km finishing a satisfied days racing in overall eighth position.

Late entry on the day, Grazina Narviliene finished in overall third place.

Paul Hawkins secured first position for the men after a steady start but gaining extra places with two laps to go and was followed home by Steve Arnold and Daniel Mckerlich who also doubled up.

In the YAG races there was only a slight increase in entries but was encouraging to see that DASH completed a team in the 2km race.

#### Mixed 5km (B)

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W40	Nuneaton Harriers	27:04
2	Natalie Myers	SENW	2 DASH	27:23
3	Julie Bellfield	W50	Halesowen Athletic Club	29:44
4	Faris Alkhamesi	U17M	Nuneaton Harriers	29:59
5	Helen Elleker	W60	2 DASH	30:12
6	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	30:13
7	Anthony Bell	M55	Lancashire Walking Club	30:56
8	Ann Wheeler	W60	Nuneaton Harriers	31:10
9	Ian Torode	M60	South West Vets. AC	31:21
10	Hilary Mann	W55	Sparkhill Harriers	32:36
11	Lucy Walker	U17W	2 DASH	32:34
12	Liz Bowers	W65	Worcester Athletic Club	35:57
13	David Fall	M75	Birchfield Harriers	37:38

#### Mixed 3km (B)

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U15B	2 DASH	17:48
2	Kelsey Tozer	U15G	Birchfield Harriers	18:46
3	Isabel Knowles	U15G	Halesowen Athletic Club	21:53
4	Gabrielle Birch	U15G	Birchfield Harriers	22:21

#### Under 13 Girls 2km (B)

Pos	Athlete	AG	Club	Perf.
1	Natasha Goldsby	U13G	Dudley & Stourbridge	14:52
2	Abigail Powell	U13G	Wolv. & Bilston AC	15:01
3	April Tonks	U13G	Dudley & Stourbridge	16:34
4	Daisy Rogers	U13G	Dudley & Stourbridge	16:34

#### Under 11 Boys 1 (B)

Pos	Athlete	AG	Club	Perf.
1	Dylan Williams	U11B	Brecon Athletic Club	7:52

#### Mixed 10km (B)

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W40	Nuneaton Harriers	60:47
2	Natalie Myers	SENW	2 DASH	61:39
3	Grazina Narviliene	W40	Halesowen Athletic Club	62:39
4	Paul Hawkins	M60	Stratford-upon-Avon AC	63:10
5	Julie Bellfield	W50	Halesowen Athletic Club	63:21
6	Steve Arnold	M60	Nuneaton Harriers	63:41
7	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	63:46
8	Helen Elleker	W60	2 DASH	65:13
9	John Constandinou	M45	Birchfield Harriers	66:02
10	Lynn Bellfield	W50	Halesowen Athletic Club	66:51
11	Ann Wheeler	W60	Nuneaton Harriers	68:05
12	Lin Farrow	W60	Nuneaton Harriers	70:14
13	David Fall	M75	Birchfield Harriers	78:28

### Steining AC Open 10km, Steining, Sussex (Sat. 26<sup>th</sup> Oct.)

Held on a rather wet and windy afternoon 13 hardy souls took to the new start/finish line outside of Steining on our country course, *reports Ron Penfold*.

Ian Richards was soon off up the road and was 4 minutes clear at the turn from Trevor Jones followed by David Kemp, Ian and Trevor held their positions, but David was just caught before the finish by Jimmy Ball.

#### 10km (B)

Pos	Athlete	AG	Club	Perf.
1	Ian Richards	M70	Steining Athletic Club	51:50
2	Trevor Jones	M60	Steining Athletic Club	59:18
3	Jimmy Ball	M55	Steining Athletic Club	61:37
4	David Kemp	M60	Arena 80 Athletics Club	61:43
5	Richard Emsley	M65	Saints & Sinners RC	63:17
6	Paul Gaston	M70	Surrey Walking Club	68:38
7	Stuart Maidment	M70	Steining Athletic Club	69:03
8	John Killick	M70	Steining Athletic Club	70:41
9	Stephen Cartwright	M60	Colchester & Tendring AC	71:30
10	Brian Kirkdale	M70	Hastings Runners	72:02
11	David Hoben	M65	Surrey Walking Club	73:50
12	Christopher Flint	M70	Surrey Walking Club	76:11
13	Michael Harran	M80	Surrey Walking Club	81:07

### Manx Harriers Winter Walking League (Sponsored by Up & Running), Round 1, N.S.C. Douglas (Sun. 27<sup>th</sup> Oct.)

Took place in sunny conditions.

#### Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Hannah Hunter	W35	Manx Harriers	57:05
2	Jayne Farquhar	W50	Manx Harriers	62:08
3	Mike Readshaw	W60	Unattached	63:28
4	Keira Heavey	U20W	Northern (IOM) AC	63:57
5	Ian Callister	M65	Manx Harriers	64:59
6	Louise Hollings	W40	Manx Harriers	65:04
7	Lorna Gleave	W35	Unattached	65:24
8	Micheal Shipsides	M50	Unattached	66:06
9	Phil Swales	W50	Northern (IOM) AC	66:29
10	Alan Cowin	W55	Unattached	68:54
11	Angela Robinson	W50	Unattached	69:11
12	Colin Moore	W60	Isle of Man Veterans AC	69:11

Race Walking Record – October 2019

13	Dave Mackey	W50	Unattached	69:32
14	Kerry Palmer	W45	Unattached	69:34
15	Vicki Heavey	W45	Northern (IOM) AC	69:38
16	Dudley Butt	M70	Isle of Man Veterans AC	69:40
17	David Cain	W55	Unattached	70:13
18	Andy Bexendale	W50	Isle of Man Veterans AC	70:43
19	Lee Cowin	SENM	Unattached	73:07
20	Adie Corlett	M55	Unattached	74:39
21	Gordon Erskine	M75	Unattached	74:50
22	Margaret Campbell	W55	Unattached	76:37
23	Sarah Wolter	SENW	Unattached	76:41
24	Diane Brown	W45	Unattached	76:49
25	Denise Bridson	W60	Northern (IOM) AC	77:17
26	Leanne Venables	SENW	Unattached	77:17
27	Amy Sykes	SENW	Unattached	77:54
28	Alan Gault	W60	Unattached	78:29
29	John Cannell	M70	Manx Harriers	79:43
30	Melissa Lines	W40	Unattached	80:40
31	Rosie Glen	SENW	Unattached	89:46



**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Mia Dunwell	U17W	Northern (IOM) AC	28:59
2	Alex Cowie	W50	Unattached	36:11
3	Nick Wallinger	M45	Isle of Man veterans AC	36:17
4	Lalage Earnshaw-Cain	SENW	Manx Harriers	36:47
5	Angela Corkish	W75	Isle of Man Veterans AC	39:11
6	Sue Ackroyd	W60	Isle of Man Veterans AC	39:15
7	Emily Quirk	SENW	Unattached	40:07

**U13 2km**

Pos	Athlete	AG	Club	Perf.
1	Grayse Fletcher	U13G	Unattached	14:39

**U11 1km**

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Unattached	07:44
2	Harrie Swales	U11B	Northern (IOM) AC	08:03
3	Jay Jay Fletcher	U11B	Unattached	08:51

**Midland Winter League Series 2019, Warwick University, Coventry (Sun. 27<sup>th</sup> Oct.)**

The second event of the Midland Winter League was held on the established course at Warwick University a change of venue due to the Alexander Stadium being renovated for the 2022 Commonwealth Games.

The weather was dry and mainly sunny but with a very cold wind.

Entries were virtually the same as in the first event which was disappointing based on previous years.

Carolyn Derbyshire continued to dominate the 5km but had to settle for second place in the 10km behind Graham Chapman coming into the second race of the league. In the 5km a newcomer to race walking, Stephen Bloxham who declared himself unattached as he initially belonged to an athletic club in Leicestershire put in an excellent performance and style to finish in second place 18 seconds behind Carolyn. He would be an asset and was advised so, if he was to join a club with race walkers.

Nuneaton Harriers and Halesowen A.C. appear to be competing for the team awards at the end of the series. It was also very encouraging to see Dudley & Stourbridge once again completing a team in the girls 2km.

**Mixed 5km (B)**

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W40	Nuneaton Harriers	27:51
2	Stephen Bloxham	M45	Wreake & Soar Valley	28:09
3	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C	28:37
4	Julie Bellfield	W50	Halesowen Athletic Club	29:48
5	Faris Alkhemesi	U17M	Nuneaton Harriers	30:27
6	Helen Elleker	W60	2 DASH	30:38
7	Ian Torode	M60	South West Vets AC	31:40
8	Georgia Parkinson	U17W	Menai Track & Field AC	32:40
9	Hilary Mann	W55	Sparkhill Harriers	33:09
10	David Fall	M75	Birchfield Harriers	37:29
11	Terry Morris	M70	Nuneaton Harriers	37:39
12	Trevor Herring	M60	Kettering Town Harriers	38:17

**Under 15 Girls 3km (B)**

Pos	Athlete	AG	Club	Perf.
1	Kelsey Tozer	U15G	Birchfield Harriers	18:50
2	Charlie-Ann Baird	U15G	Halesowen Athletic Club	19:56
3	Gabrielle Birch	U15G	Birchfield Harriers	22:04
4	Isabel Knowles	U15G	Halesowen Athletic Club	22:11

**Under 13 Girls 2km (B)**

Pos	Athlete	AG	Club	Perf.
1	Natasha Goldsby	U13G	Dudley & Stourbridge	15:13
2	Abigail Powell	U13G	Wolv. & Bilston AC	15:28
3	Daisy Rogers	U13G	Dudley & Stourbridge	16:21
4	Martha Sidaway	U13G	Dudley & Stourbridge	16:25
5	April Tonks	U13G	Dudley & Stourbridge	16:32

**Mixed 10km (B)**

Pos	Athlete	AG	Club	Perf.
1	Graham Chapman	M60	Headington R.R.	58:44
2	Carolyn Derbyshire	W40	Nuneaton Harriers	59:33
3	Steve Uttley	M60	Iford Athletic Club	59:33
4	Grazina Narviliene	W40	Halesowen Athletic Club	60:16
5	Julie Bellfield	W50	Halesowen Athletic Club	62:08
6	Wendy Kane	W55	Notts Athletic Club	62:22
7	Paul Hawkins	M60	Stratford-upon-Avon AC	63:17
8	John Constandinou	M45	Birchfield Harriers	63:53
9	Lynn Bellfield	W50	Halesowen Athletic Club	66:43
10	Noel Blatchford	W75	Abingdon Athletic Club	68:01
11	Lin Farrow	W60	Nuneaton Harriers	69:41
12	David Fall	M75	Birchfield Harriers	81:16
	Daniel Mckerlich (T20)	U20	Cardiff A.A.C	DQ

**UPCOMING EVENTS**

**November**

Sat 09 (B)	93 <sup>rd</sup> Enfield Open 7	Donkey Lane, Enfield
Sun 10 (B)	Sarnia WC Handicap 3 (1 Mile)	Footes Lane
Sun 17 (B)	Midland Winter League 2	Coventry
Sun 17 (B)	Sarnia WC Road Walks 10km/5km	Vale, Guernsey
Sat 23 (B)	Surrey WC Christmas Cup	Tonbridge
Sun 24 (A)	Manx Winter League 2	Andreas Village
Sat 20 (B)	Dick Maxwell Memorial 10km	Simister

**December**

Sun 01 (B)	Sarnia WC Handicap 4 (2km)	Pleinmont
Sun 08 (B)	Sarnia WC Road Walks 10km/5km	St. Sampsons
Sat 14 (B)	Alf Palmer Memorial Races	Horsham
Sun 15 (A)	Manx Winter League 3	Ramsey
Sun 15 (B)	Sarnia WC Hill Climb	Le Val de Terres
Sat 21 (B)	Winter 3000m & Dev. Walks	Lewes
Thu 26 (B)	Brighton Boxing Day Walks	Preston Park
Sun 29 (B)	Sarina WC Road Walk (3 Mile)	Rocquaine