



Race Walking Record

January 2018

Bethan Davies
&

Heather Lewis



Welsh Athletics
Commonwealth Games
selections for the Gold Coast





Coventry Godiva Harriers

present the

Molly Barnett Open Road Walks

including

**England Athletics 10km Championships, Winter Race Walking Challenge Final
and RWA Young Age Group Grand Prix**

(to be held in accordance with UKA Rules)

Sunday 11th March 2018

**Coventry Godiva Clubhouse, University of Warwick
Kirby Corner Road, Coventry, CV4 7AL**

Programme

12:45	1km	Under 11 Boys & Girls
13:00	2km	Under 13 Boys & Girls
13:35	3km	Under 15 Boys & Girls
13:50	5km	Under 17 Men & Women
13:50	5km	Under 20 Women & Senior Women
14:25	10km	Under 20 Men & Senior Men

(Senior/Junior Women may compete in 10km)

Entry Fees

Seniors £.9.00; Under 20s £6.00; Under 17 £6.00; Teams of 3 £4.00

(Second claim members accepted as per UKA Rules)

Closing Date for Entries: **23rd February 2018**

Entries after the closing date: £2 levy and not eligible for prizes

Entries to: Keith Richards

8 Beswick Gardens, Bilton, Rugby, Warwickshire, CV22 7PP

E-mail: keishe@talktalk.net: Tel: 01788 812208

Cheques payable to Coventry Godiva Harriers

news



2018 Welsh Commonwealth Games Selections

23rd Jan: Wales has never had a female race walker at the Commonwealth Games, now it has two! Bethan Davies and Heather Lewis have been named among the 33 athletes announced for the Welsh Athletics squad for the Gold Coast 2018 Commonwealth Games.



Athlete	Club	Lead Coach
Bethan Davies	Cardiff A.A.C.	Andi Drake
Heather Lewis	Pembrokeshire Harriers	Martin Bell



Race Walking Association Annual General Meeting (14th Jan.)

The delayed (*due to heavy snow in December*) Annual General Meeting was held at Pingles Stadium, Nuneaton with 22 persons in attendance. During a business-like meeting new President – International Judge Noel Carmody of Cambridge Harriers and an esteemed Metropolitan Police Athletic Association Life Member was elected. The Vice-President's post was unfilled, so the General Committee will look at this.

The following positions were elected unopposed:

Chairman	Glyn Jones
Hon. General Secretary	Colin Vesty
Hon. Treasurer	Mark Easton
Hon. Championship Secretary	Peter Marlow
Coaching & Development	Mark Wall
International Committee Chair	Pam Ficken
Press and Publicity Officer	John Constantinou
Hon. Auditor	John Elrick

The position of Minutes Secretary wasn't filled when Chris Flint stepped down after many years of diligent service - Colin Vesty has taken on this duty along with his General Secretary's role.

Ron Wallwork MBE, active in race walking since 1958; the inaugural Commonwealth Games gold medallist in 1966 (Jamaica) and now the successful Enfield League Organiser was elected a Life Member of The Race Walking Association - most deserved!

Recent winners in the RWA 200 club

	£25.00	£15.00	£10.00
Oct-17	Steve Taylor	Jill Langford	John Gordon
Nov-17	Bob Dobson	Lancashire WC	Jack Thomas
Dec-17	Fred Pearce	Chris Flint	Glyn Jones
Jan-18	Stuart Elms	Fred Pearce	Janice Wright

It is only £12.00 per year to join

Contact Mark Easton rwatreasurer@yahoo.co.uk for more details

UK Race Walking Officials Pathway



Level 1: Course attendance at Level 1 Race Walk Officials Course and submission of application of accreditation form showing a minimum of 4 competition experiences. This must include one 'A' race. Events may be on the track or road.

Level 2: Submission of application at Level 2 showing a minimum of a further 10 competition experiences which must include at least 6 'A' races and one can be as judges' recorder. Events may be on the track or road.

Level 3: Submission of application for Level 3 showing a minimum of a further 10 competition experiences and must include 6 'A' races and one regional report and two can be as recorder. Events may be on track or road.

Level 4: Submission of application for Level 4 showing a minimum of a further 10 competition experiences must include one positive report as Chief Judge and one positive report as judges' recorder and judging at three regional meetings. Events may be on track or road. 75% pass mark in the exam paper.

Notes: Applications must be agreed by RWA National Competition Secretary and three RWA Area Officials Secretaries.

Selection of officials for all England Athletics (EA) and British Athletics (BA) Championship races will be made for at least two years by Peter Marlow and Noel Carmody.

The Race Walking Assoc. selects on behalf of EA/BA; three EA and two BA Championships. Ian Richards selects one BA and one EA Championship.



Selection Policies

IAAF World Team Championships 2018

British Athletics have announced details of the selection policy for the 2018 IAAF World Team Championships to be staged in Taicang (CHN) (5th - 6th May). The British Athletics qualification standards for the race walks are as follows:

Men	Event	Women
4:06:00 (50km)	Senior 50km	4:30:00 (50km)
1:27:00 (20km)		1:39:00 (20km)
4:00:00 (50km)	Senior 20km	4:25:00 (50km)
1:24:30 (20km)		1:37:30 (20km)
44:00 (10,000m/10km)	Junior 10km	49:30 (10,000m/10km)

50km Race Walk – Athletes competing in a 50km walk event between 1 January 2018 and 9 April 2018 will not be considered for selection in the 50km walk (*though they may still be considered for the 20km walk if the Selection Panel believe that doing so would enhance an athlete's competition preparation for this summer's European Athletics Championships*).

European Championships 2018

British Athletics have announced details of the selection policy for the 2018 European Championships to be staged in Berlin (GER) (4th - 12th Aug.). The British Athletics qualification standards for the race walks are as follows:

Men's 20km – 1:25:00	Women's 20km – 1:37:00
Men's 50km – 4:03:00	Women's 50km – 4:30:00 or 1:39:00 at 20km

50km Race Walk – the official trial will be the European Athletics Race Walking Permit meeting in Dudince, Slovakia on 24 March 2018.

20km Race Walk – the official trial will be the British Grand Prix of Race Walking at Roundhay Park, Leeds, on 24 June 2018.

The full selection policies can be found at:

<http://www.uka.org.uk/performance/2018-selection-policies/>

Overseas Results

Elan Indoor Meeting, Bratislava (SVK) (Sun. 28th Jan.)

The 17th International Indoor Athletics Meeting in Bratislava saw a couple of high quality walks with several international walkers' present. The race saw the return to competition of 2016 Olympic 50km Champion Matej Toth.

The men's 5000m walk race was won by Erick Barrondo (GUA) with a fast-final lap, overtaking the long-time leader Alex Wright (IRL). Toth finished the race in third position, winning the Slovak title for the third time.

The women's 3000m walk race was won by Maria Czakova (SVK), ahead of Mirna Ortiz (GUA) and Monika Hornakova (SVK).

The races also saw Cameron Corbishley and Gemma Bridge representing England, Cameron finishing fifth with 20:16.44 (an indoor PB) and Gemma finishing fourth with 13:28.11.

Senior Women's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Maria Czakova	 SVK	12:34.54	
2	Mirna Ortiz	 GUA	12:47.16	
3	Monika Hornakova	 SVK	13:20.37	
4	Gemma Bridge	 ENG	13:28.11	
5	Alexandra Pastierikova	 SVK	17:25.42	

Senior Men's 5000m

Posn	Athlete	Nation	Perf	Notes
1	Erick Barrondo	 GUA	19:23.59	
2	Alex Wright	 IRE	19:25.20	
3	Matej Toth	 SVK	19:43.70	
4	Miroslav Uradnik	 SVK	20:04.72	
5	Cameron Corbishley	 ENG	20:16.44	PB (i)
6	Milan Rizek	 SVK	20:50.36	
7	Salih Korkmaz	 TUR	21:31.22	
8	Tomas Hlavenka	 CZE	21:58.88	
9	Michal Morvay	 SVK	22:44.91	



Overseas Results Round-Up

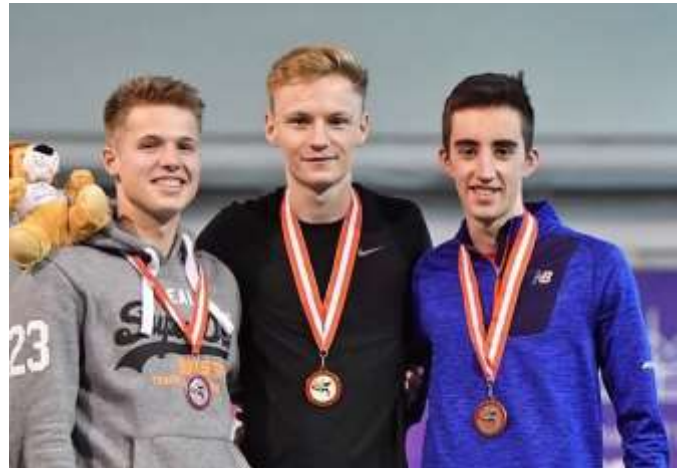
Jan

- 07 Portuguese 50km Championships, Porto de Mós (POR)**
Men's 50km: 4 Jonathan Hobbs (Ashford AC) 4:45:05
- 21 ACTRWC Summer Road Walks, Lennox Gardens, Canberra (AUS)**
Women's 5km: 2 Natalie Myers (C of Sheffield & Dearne) 27:49
- 26 Victorian Country T & F Champs, Ballarat, Victoria (AUS)**
Open Women's 5000m: 1 Natalie Myers (C of Sheffield & Dearne) 26:57.53
- 28 Campionato Italiano Societa di Marcia, Grosseto (ITA)**
Women's 35km: 6 Molly Jade Davey (Hyde Park Harriers) 3:26:29

National Results

England Athletics Indoor Age Group Championships, E.I.S. Sheffield (Sun 7th Jan.)

The men's race saw a win and new indoor personal best for Callum Wilkinson as he retained the title in 11:30.77. Silver went to Cameron Corbishley with junior Tom Partington completing the medal line-up.



In the women's race Gemma Bridge also retained her title ahead of Erika Kelly. Third across the line was Poland's Agata Kowalska, with junior Ana Garcia taking the bronze in the championship.



In the combined Under 15's 1000m first boy home was Owen Bradshaw and Abigail Smith was first girl.

U17/U20/Senior Men's 3000m

Posn	Athlete	AG	Club	Perf
1	Callum Wilkinson	U23M	Enfield & Haringey AC	11:30.77
2	Cameron Corbishley	U23M	Medway & Maidstone	12:24.99
3	Tom Partington	U20M	Manx Harriers	12:55.61
4	Luc Legon	U23M	Bexley Athletic Club	13:05.66
5	Ben Allan	U20M	Leicester Walking Club	16:19.42

U17/U20/Senior Women's 3000m

Posn	Athlete	AG	Club	Perf
1	Gemma Bridge	SW	City of Oxford AC	13:40.03
2	Erika Kelly	SW	Northern Athletic Club	14:01.64
3	Agata Kowalska	U23W	Poland	14:06.61
4	Ana Garcia	U20W	C of Sheffield & Dearne	14:53:50
5	Sophie Lewis Ward	U20W	Cambridge Harriers	15:30.71
6	Megan Stratton-Thomas	U20W	Swansea Harriers	15:58.35
7	Emily Ghose	U20W	Tonbridge Athletic Club	16:50.01
8	Lucy Lewis Ward	U17W	Cambridge Harriers	17:10.93
9	Pagen Spooner	U20W	Hyde Park Harriers	18:24.93
	Bethan Davies	SW	Cardiff A.A.C.	DQ

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Owen Bradshaw	U15B	C of Sheffield & Dearne	5:09.84
2	Abigail Smith	U15G	Blackheath & Bromley	5:21.16
3	Faris Alkhamsei	U15B	Nuneaton Harriers	5:35.70
	Lara MacColl	U15G	C of Sheffield & Dearne	DQ

Rest in Peace

The Race Walking Association is saddened to report the passing of the following:

Mike Nicholson, Secretary of the Northern Area, who died quite suddenly after attending a church service at Beverley Minster. Mike gave tirelessly and selflessly to athletics, particularly to schools' athletics and race walking – his effort and enthusiasm will be sadly missed.

Bryan Hawkins, who passed away recently at the age of 89. Bryan was a very good technical walker. One of his best walks was in the 1954 European Athletic Championships, where he finished 5th in the 10,000 Metres Track Walk in 46:52.8.

Jill Wish, Midlands based race walking judge who officiated at many major meetings.

Ken Cardozo, a former active member of Stock Exchange AC & Borough of Enfield Harriers (as then called), sadly passed away at the age of 77 on New Year's Day after a long period of ill health. He became Centurion 941 when completing the 1995 Battersea Park 100 Miles in 23.38.50.

David Levy, has passed away aged 86. He became well known in West Country race walking, representing Trowbridge AC and Bristol RWC. Dave served in the RAF and was a regular in the RAF team in the annual triangular match RAF v Civil Service v British Police.

Condolences expressed

Domestic Results

Brighton Boxing Day 5.5 Mile, Preston Park (Tue. 26th Dec.)

On a bright and breezy day, Ian Richards took to the front from the start and had an easy win to get back to winning ways in this race, **reports Ron Penfold**. Eva Payton-White had probably the best race, starting steadily in her first race over this distance, she gradually gained confidence and finished strongly.

Mixed 5.5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Ian Richards	M65	Steyning Athletic Club	47:15
2	Shaun Lightman	M70	Surrey Walking Club	59:20
3	Eva Payton-White	U20W	Lewes Athletic Club	61:03
4	Jules White	M45	Lewes Athletic Club	62:11
5	Ron Penfold	M75	Steyning Athletic Club	62:39
6	Greg Smith **	M65	Lancashire Walking Club	64:02
7	Judith Carder	W55	Brighton & Hove AC	64:11
8	David Hoben	M65	Surrey Walking Club	66:48
9	Michael Harran	M75	Surrey Walking Club	67:34

** started late actual time = 62:43

Bob Wright Handicap Series Race 5, 5km Road Walk North Side, Vale, Guernsey (Sun. 7th Jan.)

Race winner Kevin Allan, set off first in the fifth race of the Bob Wright Handicap Series, **reports Rob Elliott**, crossed the line in a new personal best time of 37:52, removing around two minutes off his previous time. Over a minute behind in the handicapped race was Stuart Le Noury who only just failed to walk through the field from his position of back marker with an actual time of 26:11.

The race, held on the two-lap course around Vale Castle had walkers brought to an almost standstill for some of the route, affecting some more than others. Kevin Le Noury in third seemed to deny the conditions with a good walk, holding off Phil Lockwood who was competing for the first time since August. Two women had good races with 5th placed Jayne Le Noury up on her last race and 7th placed Wendy Wilson very close to her recent personal best time. Sandwiched between these two was Peter Beckerleg.

Kay Coulson held off the faster finishing Rob Elliott and Donna Allan. Rob having made up the 45 seconds handicap on Donna making the most of the head on windy conditions which he could see was blowing Donna around. The helpful wind in the final straight enabling him to push open past Donna in the final metres. Evergreens Mick Le Sauvage and Dave Dorey bringing up the rear of a good sized local field.

After five races in the Bob Wright Series and with two to go there is still everything to walk for. With the two lowest scores disregarded we have seven walkers separated by only four points.

Mixed 5km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Allan	M40	Sarnia Walking Club	37:52/37:52
2	Stuart Le Noury	SM	Sarnia Walking Club	38:56/26:11
3	Kevin le Noury	M55	Sarnia Walking Club	39:07/34:52
4	Phil Lockwood	M45	Sarnia Walking Club	39:21/33:06
5	Jayne Le Noury	W55	Sarnia Walking Club	39:30/38:45
6	Peter Beckerleg	M55	Sarnia Walking Club	39:42/35:27
7	Wendy Wilson	W50	Sarnia Walking Club	39:58/36:43
8	Kay Coulson	W50	Sarnia Walking Club	40:06/37:36
9	Rob Elliott	M55	Sarnia Walking Club	40:14/30:44
10	Donna Allan	W40	Sarnia Walking Club	40:15/31:30
11	Mick Le Sauvage	M75	Sarnia Walking Club	40:49/37:34
12	Dave Dorey	M70	Sarnia Walking Club	43:09/42:24

Up and Running (IOM) Winter League Walk, Ronaldsway (Sun. 7th Jan.)

Because of freezing conditions underfoot, the course had to be amended to a 500m lap – so the course measurement is unofficial (*and probably a bit long if the race times were anything to judge by*).

Mixed 10km+

Pos	Athlete	AG	Club	H Cap/Actual
1	Jane Arzt	N/K	Unattached	79:55/79:55
2	Andrew Dawson	M45	Manx Harriers	80:01/64:24
3	Stewart Jones	M45	Manx Harriers	80:57/61:18
4	James Bassett	M40	Manx Harriers	81:13/62:54
5	Rob Clynes	N/K	Unattached	81:33/74:16
6	Andy Baxendale	M45	Isle of Man Veterans	81:45/71:46
7	Ray Beattie	M60	Manx Harriers	81:52/64:52
8	Mick Holgate	M70	Manx Harriers	81:57/81:43
9	Adam Killip	N/K	Unattached	82:10/60:42
10	Ian Callister	M60	Manx Harriers	82:13/68:15
11	Chrissie Lewis	N/K	Unattached	82:20/79:56
12	Nicola Raven	W55	Manx Harriers	82:33/68:37
13	Louise Hollings	W35	Isle of Man Veterans	82:37/68:25
14	Peter Miller	N/K	Unattached	82:46/60:01
15	James Quirk	M45	Manx Harriers	82:51/59:04
16	Gordon Erskine	M70	Unattached	82:58/77:35
17	Bernie Johnson	W35	Isle of Man Veterans	83:16/63:47
18	Dermot O'Toole	N/K	Unattached	83:44/75:09
19	Jayne Farquhar	W45	Manx Harriers	84:31/66:31
20	Colin Moore	M55	Isle of Man Veterans	84:54/72:26
21	Voirrey Earnshaw-Cain	W55	Northern (IOM) A.C.	85:04/76:02
22	Tony Arzt	M50	Unattached	86:26/75:06

Mixed 5km+

Pos	Athlete	AG	Club	H Cap/Actual
1	Angie Robinson	N/K	Unattached	53:32/36:37
2	Ron Ronan	M75	Manx Harriers	53:52/53:52
3	Louise Carroll	SW	Unattached	54:18/34:21
4	Sharon Cain	W45	Western Athletic Club	55:10/32:39
5	Lalaghe Earnshaw-Cain	SW	Unattached	55:38/38:00
6	Carolanne Hanley	SW	Northern (IOM) A.C.	57:32/50:47

Junior 3km+

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern Athletic Club	21:13
2	Abbie Edwards	U15G	Manx Harriers	21:34

3	Keira Heavey	U17W	Northern Athletic Club	22:36
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Junior 2km

Pos	Athlete	AG	Club	Perf
1	Daniel Bassett	U13B	Manx Harriers	15:24
2	Alexandra Nicoll	U13G	Manx Harriers	18:59

Under 11 1km+

Pos	Athlete	AG	Club	Perf
2	Conor Bassett	U11B	Manx Harriers	8:26
2	Aalin Heavey	U11B	Unattached	10:15

Sarnia Walking Club Pace Judgement Challenge 6 x 750 metres Cambridge Park, (Sun. 14th Jan.)

Kay Coulson showed to have the best pace judgement when the Sarnia Walking Club held a 6 x 750 metres event on a lap around Cambridge Park, **reports Rob Elliott.**

With a fastest lap of 5.48 and slowest of 5.51 she managed just a three seconds difference in time. Close behind were Jayne Le Noury and Stuart Le Noury with a six seconds difference. All walkers completed each lap before times recorded and then set off again.

Mixed 5km (B)

Pos	Athlete	AG	Club	Fastest/Slowest
1	Kay Coulson	W45	Sarnia Walking Club	5:48/5:51 (+3)
=2	Jayne Le Noury	W55	Sarnia Walking Club	5:47/5:53 (+6)
=2	Stuart Le Noury	SM	Sarnia Walking Club	4:01/4:07 (+6)
=4	Kevin Le Noury	M55	Sarnia Walking Club	4:58/5:05 (+7)
=4	Olga Le Noury	W35	Sarnia Walking Club	5:38/5:45 (+7)
6	Peter Beckerleg	M55	Sarnia Walking Club	5:15/5:23 (+8)
=7	Mick Le Sauvage	M75	Sarnia Walking Club	5:36/5:46 (+10)
=7	Jason Le Noury	SM	Sarnia Walking Club	4:02/4:12 (+10)
9	Dave Dorey	M70	Sarnia Walking Club	5:27/5:44 (+17)
10	Rob Elliott	M60	Sarnia Walking Club	4:03/4:25 (+22)

Enfield Race Walking League, Donkey Lane (Sat. 20th Jan.)

The 21st ERWL season got underway in dismal conditions, **reports Ron Wallwork.** Dave Annetts won comfortably from David Crane and international masters champion Ian Richards.

Newcomer Maddy Shott (*pictured*) made a most promising debut with sub 45- minute performance to lead the ladies home and looks to have the potential to go far in the race walking discipline.

Another newcomer to the League, Ashford's 17-year-old Jacqueline Benson also showed great promise easily qualifying for her 5 in the hour badge.

Ilford AC (*pictured below*) with eleven walkers in action including five novices, two of which broke the hour, look set to make a serious challenge to regain the League title that they last held in 2008.



The next fixture is on Sat. 17th Feb. at QE11 Playing Field, Donkey Lane, Enfield – **starting at 11.45am.**

Men's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts R.R.	40:34
2	David Crane	M40	Surrey Walking Club	40:57
3	Ian Richards	M65	Steyning Athletic Club	41:26
4	George Wilkinson	U17M	Enfield & Haringey AC	41:58
5	Sebastian Parris	SM	Ilford Athletic Club	42:14
6	Graham Chapman	M60	Headington R.R.	44:45
7	Mark Culshaw	M50	Ilford Athletic Club	48:17
8	John Hall	M65	Belgrave Harriers	48:37
9	Stuart Bennett	M55	Ilford Athletic Club	50:00
10	John Ralph	M60	Enfield & Haringey AC	52:05
11	David Kates	M65	Ilford Athletic Club	52:13
12	John Borgars	M70	Loughton Athletic Club	52:15
13	Gary Smith	M60	Enfield & Haringey AC	53:24
14	Shaun Lightman	M70	Surrey Walking Club	53:31
15	Andrew Cox	M65	Hillingdon Athletic Club	54:48
16	Paul King	M65	Belgrave Harriers	55:48
17	Arthur Thomson	M80	Enfield & Haringey AC	56:21
18	Keith Shurlock	M60	Ilford Athletic Club	56:57
19	Peter Cassidy	M75	Loughton Athletic Club	61:57

Women's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Maddy Shott	SW	Belgrave Harriers	44:14
2	Helen Middleton	W55	Enfield & Haringey AC	48:27
3	Melanie Peddle	W45	Loughton Athletic Club	48:51
4	Maureen Noel	W55	Belgrave Harriers	49:51
5	Jacqueline Benson	U20W	Ashford Athletic Club	52:23
6	Fiona Bishop	W55	Woking Athletic Club	54:03
7	Jan Bentley-Pearson	W55	Ilford Athletic Club	56:15
8	Rachel Lawless	W55	Ilford Athletic Club	60:04
9	Kathy Crilley	W70	Surrey Walking Club	62:32
10	Anne Scrufield	W60	Ilford Athletic Club	63:35
11	Lesley Morris	W55	Ilford Athletic Club	63:35

4 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Michael Barnbrook	M70	Ilford Athletic Club	56:11
2	David Ainsworth	M65	Ilford Athletic Club	56:20

3 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Anthony Wilkinson	M55	Unattached	35:45
2	Edward Trotter	M65	Ilford Athletic Club	42:51

2 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Linda Mountford	W50	Unattached	21:01
2	Val Mountford	W70	Unattached	24:45

London Indoor Games, Lee Valley (Sat. 20th Jan.)

The 1000m metre walk opened proceedings on the first day of the London Indoor Games. A group of three (*Smith, Hopper & Wallis*) formed at the front. Abigail Smith and Christian Hopper gradually eased away with Abigail pulling away over the closing stages to take the win.

In the 3000m Luc Legon led from the gun, lapping the entire field, recording a time a few seconds quicker than in Sheffield at the beginning of January. Behind him Francisco Reis took a clear second with Abigail Jennings taking a minute of her personal best.

Whilst it was not ideal having two walking events taking place at the same time four miles apart – potentially only three in this race would have contested the Enfield League event.

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Abigail Smith	U15G	Blackheath & Bromley	5:18.05
2	Christian Hopper	U15B	Cambridge Harriers	5:23.83
3	Charlotte Wallis	U15G	Aldershot Farnham & D	5:37.93
4	Hannah Atkinson	U15G	Cambridge Harriers	5:47.32
5	Molly Mckerlich	U15G	Cardiff A.A.C.	6:11.78

**Mixed 3000m**

Posn	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	13:02.50
2	Francisco Reis	M55	Thames Valley Harriers	14:08.56
3	Abigail Jennings	U20W	Aldershot Farnham & D	15:22.97
4	Alex Macheath	U15B	Cambridge Harriers	16:08.35
5	Isabelle Bridge	U17W	Blackheath & Bromley	16:25.35
6	Nicholas Hart	U17M	Aldershot Farnham & D	16:32.95
7	Lucy Lewis Ward	U17W	Cambridge Harriers	16:51.38
8	Hannah Hopper	U17W	Cambridge Harriers	18:35.13
9	Sue Davies	W50	Aldershot Farnham & D	18:39.32
10	Geraldine Legon	W55	Bexley Athletic Club	19:48.86
	Daniel Mckerlich	U20M	Cardiff A.A.C.	DQ
	Malcolm Martin	M60	Surrey Walking Club	DNF

**Sheffield Run, Throw, Jump Indoor Meeting, E.I.S. Sheffield (Wed. 24th Jan.)**

A 1000m walk went ahead with four walkers. This was after the plan to race the 3000m & 1000m at the same time only attracted two online entries and the walks were cancelled but reinstated as one distance of 1000m.

A fast first lap (1.03 or 1.04) saw two of our regular young walkers still mixing it with Lancashire Walking Club's Tony Bell. Eventually Lucy Walker and Toby Chaplin did drop back to continue their own little battle for three laps before Lucy eased away in the last 300m and close to within seven seconds of Tony with a sub six-minute personal best. Lucy's sister Imogen walked a good steady though isolated race to dip under seven minutes.

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Tony Bell	M50	Lancashire Walking Club	5:49.68
2	Lucy Walker	U13G	Meadowhead School	5:56.95
3	Toby Chaplin	U13B	C of Sheffield & Dearne	6:06.38
5	Imogen Walker	U11G	Greenhill School	6:56.96

Steyping AC Open 15km, Steyping (Sat. 27th Jan.)

Nine brave souls took to the start line in dour weather, light rain turning heavier with lying water, and then the southerly wind getting stronger for the return leg of this out and back country course. This meant that apart from one, Ed Shillabeer, who was two seconds faster, all the walkers were slower on the return half, Ed took the Spot Prize for the closet even halves.

Ian Richards was a comfortable winner of the men's race, but in second place was a walker that we have not seen at our races before, Gyula Dudas a Hungarian who has been living in Brighton for about

ten years, and usually concentrates on marathon races etc., (he has been seen walking in the last two Brighton Marathons), so this was a bit short for him, but walking strongly and with a fair style he impressed the officials.

Fiona Bishop was the first lady home, holding off Anne Jones, who chased her all the way.

Men's 15km (B)

Posn	Athlete	AG	Club	Perf
1	Ian Richards	M65	Steyping Athletic Club	1:17:14
2	Gyula Dudas	M50	Hungary	1:25:44
3	Trevor Jones	M60	Steyping Athletic Club	1:33:47
4	Paul Gaston	M70	Surrey Walking Club	1:43:19
5	Stuart Maidment	M65	Steyping Athletic Club	1:47:56
6	Peter Hannell	M75	Surrey Walking Club	1:53:57
7	Ed Shillabeer	M75	Ilford Athletic Club	1:54:01

Women's 15km (B)

Posn	Athlete	AG	Club	Perf
1	Fiona Bishop	W55	Woking Athletic Club	1:43:47
2	Anne Jones	W60	Steyping Athletic Club	1:45:01

Bob Wright Handicap Series Race 6, 1 Mile Track Walk Osmond Priaulx, Footes Lane, Guernsey (Sun. 28th Jan.)

Kevin Allan secured his second win in the Bob Wright Handicap Series to move clear at the top of the leader board with one race to go.

Set off 15 seconds after the scratch walkers Jayne Le Noury and Dave Dorey, he soon bridged the gap and moved ahead, before holding on by a second at the finish line from a fast finishing Phil Lockwood.

Jayne Le Noury in third place holding off Rob Elliott by the same gap of one second. In fifth place the fastest woman on actual time was Donna Allan who improved her best time on the track by around half a minute and in doing so reduced her Guernsey age best time to 9:07. Stuart Le Noury recorded the fastest time of the day with his 7:27.

Mixed 1 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Kevin Allan	M40	Sarnia Walking Club	11:14/10:59
2	Phil Lockwood	M45	Sarnia Walking Club	11:15/09:15
3	Jayne Le Noury	W55	Sarnia Walking Club	11:26/11:26
4	Rob Elliott	M55	Sarnia Walking Club	11:27/08:32
5	Donna Allan	W40	Sarnia Walking Club	11:37/09:07
6	Stuart Le Noury	SM	Sarnia Walking Club	11:42/07:27
7	Kay Coulson	W45	Sarnia Walking Club	11:42/11:12
8	Dave Dorey	M70	Sarnia Walking Club	11:45/11:45
9	Olga Le Noury	W35	Sarnia Walking Club	11:52/10:52
10	Peter Beckerleg	M55	Sarnia Walking Club	11:55/10:25
11	Kevin Le Noury	M60	Sarnia Walking Club	11:56/10:26

EVENTS**Feb.**

Sat 17 th	B	Enfield League 2 (5 Mile)	QE II, Enfield
Sun 18 th	A	British Indoor Senior Championships	Birmingham
	B	Sarnia WC Handicap 7 (5 Mile)	Lanresse
	A	SCVAC/VAC Indoor Championships	Lee Valley
	A	Midland/Staffs/Warks/Worcs Champs	Stourport
Sat 24 th	A	Isle of Man Open/Nihill Shield Match	Douglas (IOM)

March

Sat 3 rd	B	Enfield League 3 (5 Mile)	QE II, Enfield
Sun 4 th	B	Sarnia WC Philadelphia Team	Amarreus
Sat 10 th	B	Alison Trophy (15km)	Chorley
Sun 11 th	A	Molly Barnett Open/England 10km	Coventry
	B	Sarnia WC Eric Walden 2 Mile	Footes Lane
Sat 17 th	A	Slater Bryce/Sussex 10,000m	Horsham
	A	Kent Indoor Championships (1000m)	Lee Valley
	A	Ken Munro Trophy 10 Mile	Glasgow
Sun 18 th	A	Manx 10km Championships	Douglas (IOM)
Sun 25 th	B	Sarnia WC Chilcott Cup (7 Mile)	Albecq to N. Side