



Race Walking Record

February 2018



Tom Bosworth - 3000m World Best at Muller Games & 5000m National Record & World Lead at British Indoor Championships

Photograph courtesy of Jodi Hanagan (www.jodihanaganphotography.com)



RACE WALKING ASSOCIATION

FOUNDED 1907

(www.RaceWalkingAssociation.com)

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President's Appeal 2018

Dear All

I am very honoured to have been elected as your President for 2018.

As your President for 2018 I am launching my President's Appeal. The funds raised will be made available to the Race Walking Association to assist with funding the annual Nihill Shield match versus Ireland.

Hopefully, funds raised through this appeal will reduce the financial contribution that young athletes (*parents of*) have to make towards the cost of travel and accommodation. Especially taking into account that they are selected by the RWA to represent the English Race Walking Association.

I look forward to a very good year and the continuation of the excellent progress the UK has made over recent years.

May I look to you to play your part, by sending a donation to me at the address below, handing to me at a race meeting or by bank transfer, details below.

Thank you once again for your support.

Kind regards

Noel Carmody

President

Race Walking Association

Cheques Payable to Race Walking Assoc.

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Bank Transfer Details

Race Walking Association
Account No: 33395057
Sort Code: 20-74-12
Show Ref: Appeal 2018

news



Lugano and Dudince Walks teams' selections announced

England Athletics looks to support developing athletes and provide international experience towards major Championships, in particular the 2018 Commonwealth Games and 2020 Olympic Games.

We are pleased to announce the race walk teams for the Lugano Trophy 15th Memorial Mario Albisetti 20km in Switzerland (11th Mar.), and for the 37th edition Dudinka 50km in Slovakia (24th Mar.). England Athletics have sent teams to these events for several years now and many athletes have had very successful races.

For Race Walkers, the 2018 England season highlight will be the Commonwealth Games 20km walks on 8th April in Gold Coast, Australia. Gemma Bridge (Coach: Mark Wall, Club: Oxford City), Tom Bosworth (Coach: Andi Drake, Club: Tonbridge) and Callum Wilkinson (Coach: Andi Drake, Club: Enfield & Haringey) will be competing there and therefore have been selected for the Lugano 20km race in Switzerland to continue to provide international race opportunities and experience.

Erika Kelly (Coach: Steve Partington, Club: Northern (Isle of Man) AC) will also wear the England vest in Switzerland as she has been selected to represent the Isle of Man at the Commonwealth Games. Cameron Corbishley (Coach: Andi Drake, Club: Medway & Maidstone) completes the 20km team.

The 50km event which will be held in Dudince, Slovakia is also the official British Athletics Trial for European Championships which will take place in Berlin, Germany this August. Daniel King (Coach: Dominic King, Club: Colchester Harriers) and Dominic King (Club: Colchester Harriers) have been selected to represent England Athletics at this race which is always strongly contested at this European Athletics Permit event. *Source: England Athletics*



Young Athletes Grand Prix Fixtures 2018

1	London Open Walks	Enfield	4 th Feb.
2	Molly Barnett Open Walks	Coventry	11 th Mar.
3	RWA Inter-Area Match	Nuneaton	29 th Apr.
4	RWA Young Age Group Championships	Coventry	20 th May
5a	England Athletics U20 Championships	Bedford	17 th Jun.
5b	England Athletics U15/U17 Championships	Bedford	26 th Aug.
6	Youth Development Finals	Bedford	8 th Sept.
7	Jeff Ford Memorial Walks	Sheffield	TBC

(Guests will be permitted to race in the YAG events at the Inter-Area)

Under 20, Under 17 & Under 15 five best scores from 7 races

Under 13 four best scores from 6 races

For further information contact Brian Adams

Email: thebrianadams@hotmail.com

GRAND PRIX

International Results

Muller Indoor Grand Prix, Glasgow (Sun. 25th Feb.)

Having broken his own indoor British 5000m record the previous weekend Tom Bosworth produced another outstanding performance to set a World Best time for 3000m of 10:30.28 bettering the time set by Andreas Erm of 10:31.42 in 2001.



He led from the gun and has become the norm pulled away from the field mid-race reeling off 1000m splits of 3:31.24, 3:31.96 and 3:26.39.

Tom was followed home by training partner Callum Wilkinson in a personal best 10:52.77 with Marius Ziukas in a Lithuanian National Record 10:56.30 third.

Spain's Diego Garcia in 5th also set a National Record.



Men's 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth	GBR	10:30.28	WL NR
2	Callum Wilkinson (U23)	GBR	10:52.77	PB
3	Marius Ziukas	LTU	10:56.30	NR
4	Dawid Tomala	POL	10:58.89	PB
5	Diego Garcia	ESP	11:06.57	NR
6	Giorgio Rubino	ITA	11:38.25	PB
7	Cameron Corbishley (U23)	GBR	11:48.07	SB
8	Christopher Snook (U20)	GBR	12:45.25	PB
9	Tom Partington (U20)	GBR	13:17.57	

World all-time top 10 Men's 3000m walk list

10:30.28 (i)	Tom Bosworth	GBR	Glasgow	25-Feb-18
10:31.42 (i)	Andreas Erm	GER	Halle	04-Feb-01
10:47.11	Giovanni De Benedictis	ITA	San Giovanni Valdarno	19-May-90
10:49.33 (i)	Christopher Linke	GER	Erfurt	09-Feb-18
10:52.15 (i)	Nils Brenbach	GER	Erfurt	09-Feb-18
10:52.77 (i)	Callum Wilkinson	GBR	Glasgow	25-Feb-18
10:54.61 (i)	Carlo Mattioli	ITA	Milan	06-Feb-80
10:54.70	Dane Bird-Smith	AUS	Brisbane	11-Feb-17
10:56.22	Andrew Jachno	AUS	Melbourne	07-Feb-91
10:56.30 (i)	Marius Ziukas	LTU	Glasgow	25-Feb-18

National Results

Spar Athletics Indoor Championships, Arena Birmingham (Sun. 18th Feb.)

The British Indoor Championships were held at Arena Birmingham as a test event for the IAAF World Indoor Championships at the same venue in early March and saw a new National record for Tom Bosworth (18:28.70) and an inaugural Championship Best Performance for Bethan Davies (21:25.37), both completing gun to tape wins.

Tom said, "The bends were tricky for walking, but I managed to find some rhythm" and added "I set off on PB pace and realised quite early on that I could hold it, which was encouraging."

This was the first time that the women's British indoor title has been contested over 5000m and the first time a British woman has recorded a performance indoors.

Bethan commented "I am pretty confident over the distance outdoors, technique, but it was nice to have a go at it and walk close to my outdoor PB."

Toms time is the fastest in the world for the indoor 5000m walk since 2014 and removed 11 seconds from his own British record.

Commonwealth Games selectees Heather Lewis (Wales) and Callum Wilkinson (ENG) were disqualified from clear silver medal positions.

Men's 5000m (i)

Pos	Athlete	AG	Club	Actual
1	Tom Bosworth	SM	Tonbridge Athletic Club	18:28.70
2	Cameron Corbishley	U23M	Medway & Maidstone AC	20:57.26
3	Christopher Snook	U20M	Aldershot Farnham & Dist.	22:42.76
4	Luc Legon	U23M	Bexley Athletic Club	23:33.41
5	Timothy Snook	U23M	Aldershot Farnham & Dist.	24:59.73
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ (230.7a)
	Callum Wilkinson	U23M	Enfield & Haringey AC	DQ (230.7a)

Women's 5000m (i)

Pos	Athlete	AG	Club	Actual
1	Bethan Davies	SW	Cardiff A.A.C.	21:25.37
2	Gemma Bridge	SW	Oxford City Athletic Club	22:38.29
3	Erika Kelly	SW	Northern (Isle of Man) A.C.	23:23.69
4	Erika Pontarollo	U20W	Italy	26:43.83
5	Natalie Myers	SW	C of Sheffield & Dearne AC	26:51.73
6	Emily Ghose	U20W	Tonbridge Athletic Club	27:45.99
7	Megan Stratton-Thomas	U20W	Swansea Harriers	27:55.39
	Heather Lewis	SW	Pembrokeshire Harriers	DQ (230.7a)

Domestic Results

Essex & Eastern Counties Indoor Championships, Lee Valley Athletic Centre (Sat. 3rd Feb.)

The event attracted a field of nine starters. First across the line was U17 George Wilkinson ahead of Stuart Bennett and the 2017 winner Adam Hills. Loughton's Melanie Peddle was the first lady.

Mixed 1 Mile (i)

Posn	Athlete	AG	Club/County	Perf
1	George Wilkinson	U17M	Enfield & Haringey/Eastern	8:24.14
2	Stuart Bennett	M55	Ilford Athletic Club/Essex	9:04.05
3	Adam Hills	M40	Bedford & County/Eastern	9:04.69
4	Melanie Peddle	W45	Loughton A.C./Essex	9:05.54
5	Keith Palmer	M50	Southend on Sea A.C./Essex	10:25.38
6	Pamela Abbott	W50	Enfield & Haringey/Eastern	11:09.71
7	John Brock	M65	Southend on Sea A.C./Essex	11:28.61
8	David Ainsworth	M65	Ilford Athletic Club/Essex	11:56.24
9	Sebastian Alexandru	U13B	St Joseph's School/Essex	12:29.97
	Tony Bacon	SM	Saffron Striders A.C./Essex	DQ

WINTER

London Open Walks, Donkey Lane, Enfield (Sun. 4th Feb.) (Incorporating Southern Area Championships – positions in brackets)

Conditions were cold for the race with a strong wind blowing across the park. The entry for the senior men's 10km was disappointing.

Neringa Aidietyte (Ilford AC) was a clear winner of the women's 5km although Belgrave's newcomer Maddy Shott took the Southern title.

Chris Snook (AFD) enjoyed a comfortable win in the combined 10km ahead of Luc Legon (Camb. Hs) who retained the senior men's title with Snook taking the junior men's.

Abigail Jennings (AFD) (*pictured below*), having secured the junior women's title over 5km, continued to complete the 10km, knocking almost four minutes from her previous best.



Under 13 Girls 2km

Pos	Athlete	AG	Club	Actual
1	Katie Brash	U13G (1 st)	Blackheath & Bromley	12:06

Under 15 Boys 3km

Pos	Athlete	AG	Club	Actual
1	Christian Hopper	U15B (1 st)	Cambridge Harriers	16:46

Under 15 Girls 3km

Pos	Athlete	AG	Club	Actual
1	Lois Carty	U15G (1 st)	Aldershot Farnham & D	16:47
2	Abigail Smith	U15G (2 nd)	Blackheath & Bromley	17:05
3	Katie Stringer	U15G (3 rd)	Medway & Maidstone	17:20
4	Grace Whittingham	U15G (4 th)	Ashford Athletic Club	18:14
5	Charlotte Wallis	U15G (5 th)	Aldershot Farnham & D	18:43

Under 17 Men's 5km

Pos	Athlete	AG	Club	Actual
1	Jack Childs	U17M (1 st)	Medway & Maidstone	28:54
2	Nicholas Hart	U17M (2 nd)	Aldershot Farnham & D	28:55

Combined SW, JW & U17W 5km

Pos	Athlete	AG	Club	Actual
1	Neringa Aidietyte	SW	Ilford Athletic Club	25:28
2	Madeline Shott	SW (1 st)	Belgrave Harriers	26:28
3	Abigail Jennings	U20W (1 st)	Aldershot Farnham & D	26:58
4	Isabelle Bridge	U17W (1 st)	Blackheath & Bromley	28:30

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5	Lucy Lewis Ward	U17W (2 nd)	Cambridge Harriers	29:34
6	Melanie Peddle	SW (2 nd)	Loughton Athletic Club	29:37
7	Helen Middleton	SW (3 rd)	Enfield & Haringey AC	29:47
8	Hannah Hopper	U17W (3 rd)	Cambridge Harriers	31:18
9	Maureen Noel	SW (4 th)	Belgrave Harriers	31:27
10	Jacqueline Benson	U20W (2 nd)	Ashford Athletic Club	31:29
11	Sue Davies	SW (5 th)	Aldershot Farnham & D	31:42
12	Fiona Bishop	SW (6 th)	Woking Athletic Club	33:00
13	Lesley Hall	SW (7 th)	Ashford Athletic Club	33:04
14	Janice Bentley-Pearson	SW (8 th)	Ilford Athletic Club	34:40
15	Rachel Lawless	SW (9 th)	Ilford Athletic Club	37:15
16	Anne Seurfield	SW (10 th)	Ilford Athletic Club	37:36

Combined SM & JM 10km

Pos	Athlete	AG	Club	Actual
1	Chris Snook	U20M (1 st)	Aldershot Farnham & D	47:14
2	Luc Legon (U23M)	SM (1 st)	Cambridge Harriers	47:58
3	Jonathan Hobbs	SM (2 nd)	Ashford Athletic Club	49:54
4	Graham Chapman	SM (3 rd)	Headington R.R.	56:47
5	John Hall	SM (4 th)	Belgrave Harriers	61:30
6	Stuart Bennett	SM (5 th)	Ilford Athletic Club	64:22
7	John Borgars	SM (6 th)	Loughton Athletic Club	67:21
8	Shaun Lightman	SM (7 th)	Surrey Walking Club	69:11
9	Arthur Thomson	SM (8 th)	Enfield & Haringey AC	72:26
10	Chris Flint	SM (9 th)	Surrey Walking Club	72:30
	Ollie Hopkins	U20M	Lewes Athletic Club	DQ (230.7a)
	Daniel Mckerlich	U20M	Cardiff A.A.C.	DQ (230.7a)
	Peter Hannell	SM	Surrey Walking Club	DQ (230.7a)
	Benjamin Allen	U20M	Leicester Walking Club	DNF

Under 11 1k Development Race

Pos	Athlete	AG	Club	Actual
1	Lewis Burr	U11B	Tonbridge Athletic Club	6:44

Open Women's 10km (Non-Championship & Non-Scoring)

Pos	Athlete	AG	Club	Actual
1	Abigail Jennings	U20W	Aldershot Farnham & D	54:33
2	Maureen Noel	SW	Belgrave Harriers	64:09
3	Sue Davies	SW	Aldershot Farnham & D	65:03
4	Fiona Bishop	SW	Woking Athletic Club	70:14

Sarnia Walking Club, 3km Road Walk, Cambridge Park, Guernsey (Sun. 4th Feb.)

Kevin Allan continues his good form with a two-minute improvement on his previous best time for the 3 kilometres walk, **reports Rob Elliott**. Although down the field back in eighth equal place with Wendy Wilson, his performance was probably the best of the day.

A chilly morning greeted the walkers who raced over a twisty four lap course with Stuart Le Noury out on his own from the start to finish a few seconds outside of 15 minutes. Also isolated back in second place was Rob Elliott with a satisfying 16:46. Third place went to Phil Lockwood who is slowly getting back to form after a lengthy lay off through injury last year.

Quickest of the women was Donna Allan in 17:44, ahead of Olga Le Noury and Wendy Wilson. Wendy finishing only seconds outside of her best time. Kevin Le Noury had Peter Beckerleg in close contention for most of the race, beating him to the line by seven seconds.

Kay Coulson had a good race with her 21:41, whilst Jayne Le Noury lost out to Mick Le Sauvage by only seconds.

Dave Dorey brought up the rear after fading in the second half to cross the line in 23:32.

Mixed 3km (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	15:02
2	Rob Elliott	M55	Sarnia Walking Club	16:46
3	Phil Lockwood	M45	Sarnia Walking Club	18:39
4	Donna Allan	W40	Sarnia Walking Club	17:44
5	Kevin Le Noury	M60	Sarnia Walking Club	20:13
6	Peter Beckerleg	M55	Sarnia Walking Club	20:20

7	Olga Le Noury	W35	Sarnia Walking Club	20:32
8	Wendy Wilson	W50	Sarnia Walking Club	20:47
9	Kevin Allan	M40	Sarnia Walking Club	20:47
10	Kay Coulson	W45	Sarnia Walking Club	21:41
11	Mick Le Sauvage	M75	Sarnia Walking Club	22:20
12	Jayne Le Noury	W55	Sarnia Walking Club	22:23
13	Dave Dorey	M70	Sarnia Walking Club	23:32

Up and Running Winter League, Douglas (Sun. 4th Feb.)

A 10km personal best of 48:17 for Erika Kelly as she continued her preparation for the Commonwealth Games.



Mixed 10km

Pos	Athlete	AG	Club	Watch/Actual
1	James Bassett	M40	Manx Harriers	74:13/58:18
2	Voirrey Earnshaw-Cain	W50	Northern Athletic Club	74:37/67:59
3	Adam Cowin	U23M	Manx Harriers	75:00/47:53
4	Erika Kelly	SW	Northern Athletic Club	75:07/48:17
5	Mark Kaneen	N/K	Unattached	75:08/68:18
6	Angie Robinson	N/K	Unattached	75:22/70:04
7	Adam Killip	N/K	Unattached	75:31/56:27
8	Stewart Jones	M45	Manx Harriers	75:33/58:18
9	Hannah Hunter	W35	Manx Harriers	75:45/53:55
10	Paul Sayle	N/K	Unattached	75:48/61:29
11	Gordon Erskine	N/K	Unattached	75:53/72:54
12	James Quirk	M45	Manx Harriers	76:11/54:48
=13	Ray Beattie	M60	Manx Harriers	76:17/61:41
=13	Tony Edwards	M55	Manx Harriers	76:17/58:30
15	Gianni Epifani	M45	Manx Harriers	76:23/47:57
16	Dermott O'Toole	N/K	Unattached	76:27/70:16
17	Tom Partington	U20M	Manx Harriers	76:34/45:26
18	Dick Callin	M50	Unattached	76:43/65:02
19	May Hooper	N/K	Unattached	77:08/72:41
20	Ian Callister	M60	Manx Harriers	77:10/65:36
21	Nicola Raven	W55	Manx Harriers	77:16/65:44
22	Colin Moore	M55	Isle of Man Veterans	77:29/67:25
23	Louise Hollings	W35	Isle of Man Veterans	77:51/66:03
24	Chrissie Lewis	N/K	Unattached	78:01/78:01
25	Rob Wright	N/K	Unattached	79:40/71:37
26	John Cannell	M70	Isle of Man Veterans	80:39/78:49
27	Haydn Kenna	N/K	Unattached	86:11/79:21

Mixed 5km

Pos	Athlete	AG	Club	Watch/Actual
=1	Louise Cowell	N/K	Unattached	46:47/33:04
=1	Richard Sille	N/K	Manx Fell Runners	46:47/32:19
=1	Norman McKibbin	N/K	Unattached	46:47/43:45
=1	Henry da Silva	N/K	Unattached	46:47/46:43
=1	Ron Ronan	N/K	Unattached	46:47/43:47
=1	Joan McKibbin	N/K	Unattached	46:47/41:11
=1	Steve McKibbin	N/K	Unattached	46:47/34:27
=1	Caroline Wright	N/K	Unattached	46:47/39:29
9	Sharon Cain	W45	Western Athletic Club	46:50/31:04
10	Sarah Goldsmith	W70	Isle of Man Veterans	49:56/42:56
11	Lalaghe Earnshaw-Cain	N/K	Unattached	47:00/36:07
12	Carolanne Hanley	SW	Northern Athletic Club	51:32/51:32

Junior 3km

Pos	Athlete	AG	Club	Actual
1	Abbie Edwards	U15G	Manx Harriers	19:09
2	Mia Dunwell	U15G	Northern Athletic Club	20:12

Junior 2km

Pos	Athlete	AG	Club	Actual
1	Daniel Bassett	U13B	Unattached	14:13
2	Dominic Dunwell	U13B	Unattached	14:40
=3	Alex Nicoll	U13G	Manx Harriers	15:37
=3	Orla Goddard	U13G	Northern Athletic Club	15:37

Junior 1km

Pos	Athlete	AG	Club	Actual
1	Conor Bassett	U11B	Unattached	8:03
2	Aalin Heavey	5 yrs	Unattached	10:07
3	Harrison Sille	4 yrs	Unattached	10:13

Sam Shoebottom 10km, Simister (Sat. 10th Feb.)

There was a good turnout of sixteen (2 of whom did 5km) for the first event of 2018, following the winter break, **reports Roy Gunnett**. The weather left a lot to be desired – light rain, breezy and cold.

Martin Fisher walked strongly throughout and was the clear winner with a margin of over seven minutes ahead of second man Tony Bell.

Closely following Tony were the Midlands duo of Glyn Jones and Stuart Edgar, finishing 3rd and 4th respectively. The handicap and Sam Shoebottom trophy was won by Peter Crehan.

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Martin Fisher	M55	Redcar Race Walking Club	57:35
2	Tony Bell	M50	Lancashire Walking Club	64:50
3	Glyn Jones	M75	Coventry Godiva Harriers	65:16
4	Stuart Edgar	M45	Dudley & Stourbridge Hs	65:30
5	Peter Crahan	M65	Lancashire Walking Club	65:58
6	Greg Smith	M65	Lancashire Walking Club	67:50
7	Joe Hardy	M70	Lancashire Walking Club	68:08
8	Roy Gunnett	M70	Lancashire Walking Club	68:37
9	Irene Pike	W65	Lancashire Walking Club	68:58
10	Dave Crompton	M50	Lancashire Walking Club	69:43
11	Ian Hilditch	M75	Lancashire Walking Club	70:17
12	John Crahan	M65	Lancashire Walking Club	70:27
13	Sailash Shah	M50	Lancashire Walking Club	71:36
14	David Hoben	M65	Surrey Walking Club	72:31



Cecil Gittins Memorial Walks

Incorporating Enfield League

Saturday 14th April 2018 at 1pm

Gravesend Cyclopark, The Tollgate, Watling Street,

Gravesend, Kent, DA11 7NP

Choice of Distances – 5k/10k/15k

Entries in Advance preferred

Entry Fees: Senior/U20 £5.00 – U17/U15 £2.50

Entries on the Day = £7.00 & £4.50

Enquiries: to David Hoben, walks@vetsac.org.uk or

07507 158605

Entry Form can be downloaded at

<http://www.vetsac.org.uk/CGwalksentryform2018.pdf>

Enfield Race Walking League, QEII Enfield (Sat. 17th Feb.)

In spring-like conditions three dozen walkers turned out for this the second fixture of 2018, **reports Ron Wallwork**. David Crane and George Wilkinson were soon opening a gap between themselves and the rest of the field, but the young Enfield athlete soon had to give ground to the Surrey man, who by the two-mile marker had edged clear. Helen Middleton and Melanie Peddle continued their rivalry: in the first race Helen had a 24 second cushion and, on this occasion, it was only 14. Meanwhile, there was another tussle involving Stuart Bennett, John Ralph and Steve Allen, whilst the Ilford ladies in their second League race showed improvement. Clare Parkinson in her debut walking race displayed promise and was one of three to better the hour for the first time.

Mixed 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Crane	M40	Surrey Walking Club	40:12
2	George Wilkinson	U17M	Enfield & Haringey AC	41:25
3	Graham Chapman	M60	Headington Road Runners	45:09
4	Malcolm Martin	M60	Surrey Walking Club	46:00
5	Martin Fisher	M55	Redcar Race Walking Club	47:15
6	Helen Middleton	W55	Enfield & Haringey AC	48:18
7	Melanie Peddle	W45	Loughton Athletic Club	48:32
8	Stuart Bennett	W55	Ilford Athletic Club	51:16
9	John Ralph	M60	Enfield & Haringey AC	51:20
10	Steve Allen	M60	Barnet & District AC	51:31
11	Gary Smith	M60	Enfield & Haringey AC	51:53
12	David Kates	M65	Ilford Athletic Club	52:14
13	Fiona Bishop	W55	Woking Athletic Club	53:37
14	Andrew Cox	M65	Hillingdon Athletic Club	53:53
15	Noel Blatchford	W65	Abingdon Athletic Club	54:19
16	Claire Parkinson	W60	Unattached	55:18
17	Janice Bentley-Pearson	W55	Ilford Athletic Club	55:29
18	Christopher Flint	M70	Surrey Walking Club	55:32
19	Arthur Thomson	M80	Enfield & Haringey AC	55:33
20	Jo Miles	W60	Hillingdon Athletic Club	57:09
21	Geraldine Legon	W55	Bexley Athletic Club	57:50
22	Diana Braverman	W65	Enfield & Haringey AC	58:00
23	David Hoben	M60	Surrey Walking Club	58:41
24	Tony Wilkinson	M55	Unattached	59:03
25	Kim Howard	W60	Unattached	59:08
26	Anne Scurfield	W60	Ilford Athletic Club	59:36
27	Lesley Morris	W55	Ilford Athletic Club	59:37
28	Peter Cassidy	M75	Loughton Athletic Club	60:30
29	Sue Clements	W60	Cambridge & Coleridge AC	61:26
	Maddy Shott	SW	Belgrave Harriers	DNF



4 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Ainsworth	M65	Ilford Athletic Club	57:30

Mixed 3 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Kathy Crilley	W70	Surrey Walking Club	38:50
2	Ken Livermore	M85	Enfield & Haringey AC	42:45
3	Rachel Lawless	W55	Ilford Athletic Club	47:32

2 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Angela Martin	W50	Surrey Walking Club	23:04

1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Ken Bobbett	M70	Hillingdon Athletic Club	10:40

Midland Area Championships, Stourport (Sun. 18th Feb.)
(Incorporating Staffordshire, Warwickshire & Worcester County Champs)

Despite a low turnout for these Championships, the walkers equipped themselves well for the conditions on a reasonable cold but dry day **reports Glyn Jones**. Mark Williams of Birchfield Harriers and Emma Achurch of Leicester Walking Club each stamped their authority in their respective distances and led from the outset to win their individual trophies comfortably. In the men's race only one team closed in whilst in the women's race albeit three clubs were challenging for team honours each club only had two walkers scoring. The Younger Age Group turnout was disappointing which is a worrying trend in the Midlands

Men's 10km

Posn	Athlete	AG	Club	Perf
1	Mark Williams	M50	Birchfield Harriers	58:55
2	Peter Boszko	M65	Birchfield Harriers	60:55
3	Roger Michell	M65	Surrey Walking Club	61:28
4	Hardeep Minhas	M55	Leicester Walking Club	61:54
5	John Constantinou	M45	Birchfield Harriers	63:31
6	Paul Hawkins	M60	Stratford-upon-Avon AC	64:24
7	Stuart Edgar	M45	Dudley & Stourbridge	67:56
8	Julian Barnett	M55	Birchfield Harriers	81:29
	David Fall	M70	Birchfield Harriers	DQ (230.7a)

Women's 5km

Posn	Athlete	AG	Club	Perf
1	Emma Achurch	U23W	Leicester Walking Club	26:07
2	Carolyn Dyal	W40	Nuneaton Harriers	28:48
3	Julie Bellfield	W45	Halesowen Athletic Club	30:11
4	Laura Achurch	U20W	Leicester Walking Club	31:27
5	Lynn Bellfield	W50	Halesowen Athletic Club	32:09
6	Hilary Mann	W55	Sparkhill Harriers	32:19
7	Sarah Trundle	W45	Nuneaton Harriers	33:42

Under 15 Boys 3km

Posn	Athlete	AG	Club	Perf
1	Faris Alkhamsei	U15B	Nuneaton Harriers	18:32

Under 15 Girls 3km

Posn	Athlete	AG	Club	Perf
1	Caitlin Casey	U15G	Birchfield Harriers	19:29
2	Farra Hyjjar	U15G	Birchfield Harriers	20:46

Under 13 Girls 2km

Posn	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers	14:28
2	Katie-May Brownhill	U13G	Dudley & Stourbridge	16:45

Sarnia Walking Club Bob Wright Handicap Series Race Seven
5 Mile, Lanresse to North Beach, Guernsey (Sun. 18th Feb.)

Kevin Allan did enough in the final race of the Bob Wright Handicap Series to depose wife Donna of the title she won last year, **reports Rob Elliott**. Kevin, in his first 5-mile race, held on to the lead in the handicapped event until in sight of the finish when Donna swept past him to take the family honours in the race. They can now decide to agree that both had the race of the day.

Donna took the win in the final event in 47:23 actual time to finish 17 seconds ahead of husband Kevin whose actual time was 57:10. Almost a minute further back was Rob Elliott who recorded the fastest time of the day with his 47:18. Starting 1:15 behind Donna he made up a small gap in the early miles before having to keep an eye on her back as her lead increased towards the end but managed to keep the gap just small enough.

With knowledge of the fastest 5 miles time set by a Guernsey woman being Jenny Elliott's 1999 time of 48:18 Donna had a target which she duly broke by 55 seconds and in doing so took two minutes off her personal best time set last year.

It was these three walker that finished in the leading positions in the final Bob Wright table, with Kevin in first place with Donna three points behind. Elliott held on to third place on count back after recording equal points with Bob Wrights daughter Jayne Le Noury.

Mixed 5km

Pos	Athlete	AG	Club	Watch/Actual
1	Donna Allan	W40	Sarnia Walking Club	59:53/47:23
2	Kevin Allan	M40	Sarnia Walking Club	60:10/57:10
3	Rob Elliott	M55	Sarnia Walking Club	61:03/47:18
4	Olga Le Noury	W35	Sarnia Walking Club	61:19/55:34
5	Kevin Le Noury	M60	Sarnia Walking Club	61:34/55:34
6	Jayne Le Noury	W55	Sarnia Walking Club	61:39/60:39
7	Wendy Wilson	W50	Sarnia Walking Club	62:27/57:27
8	Peter Beckerleg	M55	Sarnia Walking Club	63:20/57:20
9	Phil Lockwood	M45	Sarnia Walking Club	63:40/52:10
10	Mick Le Sauvage	M75	Sarnia Walking Club	66:10/62:10

Rest in Peace

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

Bernie Hercocck: Followers of race walking will be sad to learn that Bernie Hercocck President of Enfield & Haringey AC and stalwart of the ERWL passed away on the morning of Sunday 25th February. He will be sorely missed.

Russell Vroobel: Russell (Hillingdon AC) passed away on Sunday 28th January. He was a well-known and liked man who communicated easily with all in the race walking fraternity

Condolences expressed

(Full obituaries can be found at <https://enfieldleague.weebly.com>)

Manx Harriers Open Race Walks, National Sports Centre, Douglas, Isle of Man (Sat. 24th Feb.)

(Incorporating 2018 Nihill Shield Match – ENG v IRL)

On a cold weekend in February a team of 16 young athletes representing England RWA received a warm welcome to the Isle of Man for the annual Nihill Shield Match, **reports Chris Hobbs**.

On paper the England v Ireland match was always going to be close with the English U15 (*start pictured below*) being very strong and the Irish U17 being equally so, and so it proved to be.



For many it was their first visit to the island and to the famous course, site of Paul Nihill's world best for the 20km in 1972. Perhaps inspired by the history of the event it was clear that the selected athletes had worked well on their techniques during the winter and no young athlete, English or Irish received any red cards. This allowed Chief

Judge, Steve Taylor, time to admire and comment on the fine technique.

Despite a harsh wind and cold previous night there were no less than eight personal bests achieved by the 13 English finishers with Alex Macheath and Matthew Crane as individual winners.

Softy Southern President, Chris Hobbs, needed to wear three layers plus a hat and coat for the local Parkrun (32nd in 28:53) to combat the wind-chill and could only admire the four Kent athletes who took an after-race swim in the Irish Sea.

The presentation evening was enjoyed by 72 athletes and officials and the Nihill Shield was handed back to Ireland while every competitor received a commemorative medal. The evening was rounded off with a quiz featuring race walking and local knowledge questions. The team leaders Mary Hall, Elizabeth Corran and Chris Hobbs would like to thank all athletes, parents and Manx Harriers for such an enjoyable weekend.

This event provided good quality competition for our respective young athletes and facilitated social mixing with our neighbours and we thank all those who continue to make this event possible

Junior 1km

Pos	Athlete	AG	Club	Actual
1	Lillie Fletcher	U7G	Unattached	9:08

Junior 2km

Pos	Athlete	AG	Club	Actual
1	Grayse Fletcher	U11G	Unattached	13:56
2	Alexandra Nicoll	U13G	Manx Harriers	14:48

Mixed 3km

Pos	Athlete	AG	Club	Actual
1	Alex Macheath	U15B	Cambridge Harriers	16:07
2	Ava Ross	U15G	Glaslough Harriers (IRL)	16:20
3	Christian Hopper	U15B	Cambridge Harriers	16:22
4	Katie Stringer	U15G	Medway & Maidstone AC	16:57
5	Rhea Donnelly	U15G	Celbridge Athletic Club (IRL)	17:15
6	Faris Alkhamesi	U15B	Nuneaton Harriers	17:27
7	Devina Nova	U15G	Ashford Athletic Club	17:28
8	Leah Murphy	U15G	Celbridge Athletic Club (IRL)	17:32
9	Grace Whittingham	U15G	Ashford Athletic Club	17:43
10	Lois Carty	U15G	Aldershot Farnham & Dist.	17:53
11	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	18:51
12	Mia Dunwell	U15G	Northern (Isle of Man) AC	20:52
	Abigail Smith	U15G	Blackheath & Bromley HAC	DNF
	Owen Bradshaw	U15B	C of Sheffield & Deane AC	DNF

Mixed 5km

Pos	Athlete	AG	Club	Actual
1	Emily McHugh	U17W	Nass Athletic Club (IRL)	24:39
2	Sarah Glennon	U20W	Mullingar Harriers (IRL)	24:51
3	Jennifer Fidgeon	U17W	Mullingar Harriers (IRL)	25:53
4	Rachel Glennon	SW	Mullingar Harriers (IRL)	26:05
5	Ryan Roberts	U20M	Sligo Athletic Club (IRL)	26:59
6	Maria Flynn	U20W	Nass Athletic Club (IRL)	27:02
7	Matthew Crane	U17M	Bexley Athletic Club	27:09
8	Eva Delahunt	U17W	Sligo Athletic Club (IRL)	27:41
9	Isabelle Bridge	U17W	Blackheath & Bromley HAC	27:48
10	Jack Childs	U17M	Medway & Maidstone AC	27:52
11	Lucy Lewis Ward	U17W	Cambridge Harriers	28:39
12	Alice Bellando	U17W	Manx Harriers	29:18
13	Jane Mitchell	U17W	Moy Valley Athletic Club (IRL)	29:44
14	Rachael Casey	U20W	Greystones & Dist. AC (IRL)	32:44
15	Louise Carroll	SW	Unattached	32:47
16	Keira Heaney	U17W	Northern (Isle of Man) AC	34:17
17	Lalage Earnshaw-Cain	SW	Unattached	34:34
18	Carolanne Hanley	SW	Northern (Isle of Man) AC	46:48
	Nicholas Hart	U17M	Aldershot Farnham & Dist.	DNF

Mixed 10km

Pos	Athlete	AG	Club	Actual
1	David Kenny	U20M	Farranfore/Maine Valley AC	48:58
2	Oisin Lane	U17M	Mullingar Harriers (IRL)	49:16
3	Gearoid McMahon	U20M	Shannon Athletic Club (IRL)	50:23
4	Orla O'Connor	U20W	Waterford Athletic Club (IRL)	57:26
5	Andrew Carroll	U20M	Celbridge Athletic Club (IRL)	57:46
6	Adam McInerney	U20M	Suncroft Athletic Club (IRL)	60:08
7	Niamh O'Connor	U20W	Celbridge Athletic Club (IRL)	61:42
8	Ruth Heery	U20W	Waterford Athletic Club (IRL)	64:41
9	Anna Bourke	U20W	Celbridge Athletic Club (IRL)	64:51
10	Bernie Johnson	W35	Isle of Man Veteran	69:43
11	Rebecca Greatbatch	U23W	Manx Harriers	72:16
12	Sharon Cain	W45	Western Athletic Club	75:46
13	Nicola Raven	W55	Manx Harriers	48:58
14	Voirrey Earnshaw-Cain	W50	Northern (Isle of Man) AC	49:16
15	Dermot O'Toole	SW	Unattached	50:23
16	Mark Byrne	M55	Redcar Race Walking Club	57:26
17	Chrissy Lewis	W40	Unattached	57:46
	Kate Veale	SW	West Waterford AC (IRL)	DNF
	Orlaith Delahunt	SW	Sligo Athletic Club (IRL)	DNF

Mixed 20km

Pos	Athlete	AG	Club	Actual
1	David Mapp	SM	Unattached	1:37:06
2	Gianni Epifani	M45	Manx Harriers	1:40:13
3	Adam Cowin	U23M	Manx Harriers	1:42:15
4	Hannah Hunter	W35	Manx Harriers	1:51:11
5	Dale Farquhar	M35	Manx Harriers	1:53:57
6	Sam Fletcher	SM	Manx Harriers	1:57:06
7	Peter Miller	M40	Manx Harriers	1:57:16
8	Stewart Jones	M45	Manx Harriers	2:01:08
9	Tony Edwards	M55	Manx Harriers	2:02:41
10	Adam Killip	SM	Unattached	2:03:54
11	Jayne Farquhar	W45	Manx Harriers	2:14:57
12	Louise Hollings	W35	Isle of Man Veterans	2:15:36

Upcoming EVENTS

March

Sat 3 rd	B	Enfield League 3 (5 Mile)	QE II, Enfield
Sun 4 th	B	Sarnia WC Philadelphia Team	Amarreurs
	A	Masters Inter-Area Indoor Challenge	Lee Valley
Sat 10 th	B	Alison Trophy (15km)	Chorley
Sun 11 th	A	Molly Barnett Open/England 10km	Coventry
	A	BMAF Indoor 3000m Championships	Lee Valley
	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
	A	Mark Cawte Memorial Meeting	Swindon
Sun 18 th	A	Manx 10km Championships	Douglas (IOM)
Sun 25 th	B	Sarnia WC Chilcott Cup (7 Mile)	Albecq to N. Side

April

Sat 7 th	B	Macclesfield Shield – 10 Mile	Macclesfield
Sun 8 th	B	Sarnia WC Championship #1 (5km)	Saumarez Park
Sat 14 th	B	Cecil Gittens Memorial Races	Gravesend
Sun 15 th	A	Midland Track Championships	Nuneaton
Tue 17 th	B	Vets AC 5 Mile Road Walk	Battersea Park
Sun 22 nd	B	Sarnia WC Championship #1 (10km)	Delancey Park
Wed 25 th	A	Vets AC & County 10,000m Champs	Battersea Park
Sat 28 th	B	Allen Trophy – 7 Mile	Chorley
Sun 29 th	A	RWA Inter Area Match	Nuneaton