



Race Walking Record

July 2019



Callum Wilkinson

**Bronze Medallist at European
Under 23 Championships in Sweden**

news

5 Medals, 9 Individual Top 8 Finishes for GB in 3 years

Before 2016, British race walking hadn't seen international medals for decades and hadn't had competitive athletes at major championships for a long time.

A turning point was in 2010, when Jo Jackson finished 10th at the European Championships in Barcelona and then went on to win the Commonwealth Games a few months later in Delhi.

Since 2016, and hugely down to the UK Race Walking Centre in Leeds, and the support of British, English and Welsh Athletics, British race walking has been transformed. The results speak for themselves. Callum Wilkinson's bronze at the European U23 Championships marks the 5th international championship medal in the last 3 years.

	Callum Wilkinson	European U23 Championships	2019
	GB Men's 20km Team	European Cup of Race Walking	2019
	Tom Bosworth	Commonwealth Games	2018
	Bethan Davies	Commonwealth Games	2018
	Callum Wilkinson	World Junior Championships	2016

Along with medals we've had several top 8 (finalist equivalent) finishes since 2016.

4 th	Tom Bosworth	European Cup of Race Walking	2019
5 th	Christopher Snook	European Cup of Race Walking	2019
7 th	Tom Bosworth	European Championships	2018
5 th	Gemma Bridge	Commonwealth Games	2018
7 th	Heather Lewis	Commonwealth Games	2018
7 th	Callum Wilkinson	Commonwealth Games	2018
4 th	Tom Bosworth	European Cup of Race Walking	2017
4 th	GB Men's 20km Team	European Cup of Race Walking	2017
6 th	Tom Bosworth	Olympic Games	2016
4 th	Callum Wilkinson	World Race Walking Cup	2016

Source: Post by Tom Bosworth on the UK Race Walking News Facebook Page



England Team for the Youth Nations Cup announced

28th Jul: England Athletics have announced the team selections for the Youth Nations Cup to be held in Dublin on 3 August.

Athlete	Club	Lead Coach
U18 Women's 2000m		
Kiera Heavey	Northern (IOM) AC	Unknown
Grace Whittingam	Ashford Athletic Club	Christopher Hobbs
U18 Men's 3000m		
Matthew Crane	Bexley Athletic Club	Noel Carmody
Nicholas Hart	Aldershot Farnham & Dist.	Verity Snook



British Junior Team for Manchester International announced

30th Jul: British Athletics have announced the team selections for the GB & NI Junior team for the Manchester International on 14th August and includes two race walkers:

Athlete	Club	Lead Coach
U20 Women's 3000m		
Pagen Spooner	Hyde Park Harriers	Andi Drake
U20 Men's 3000m		
Matthew Crane	Bexley Athletic Club	Noel Carmody

International Results

European Under-23 Championships, Gävle, Sweden (Thu. 11th to Sun. 14th Jul.)

Men's 20km (Sun. 14th Jul.): Vasily Mizinov (ANA) produced an incredible final kilometre in the men's 20km race walk to reel in the ailing long-time leader Salih Korkmaz (TUR).

Korkmaz, walking at a pace far in excess of his national record of 1:21:37, led by 58 seconds with two kilometres remaining but he was beginning to feel the effects of these exertions, almost stopping altogether at times with stomach cramps on the penultimate circuit.

The Turk was in clear discomfort, but he still had a cushion of 33 seconds as he started his final lap.

Korkmaz regained some of his form and composure but Mizinov was on the charge passing Korkmaz a handful of metres from the finish line. Mizinov produced a final kilometre of 3:46 compared to Korkmaz's 4:22 to win by three seconds in 1:21:29.



Callum Wilkinson walked a strong race on two red cards in the afternoon sun to claim bronze in 1:22:13. As the race strung out, Wilkinson spent most of the final laps on his own but remained calm and composed and ensured that Eduard Zabuzhenko (UKR) did not catch him.

Wilkinson said "It was hard for me out there and ultimately I had to be very disciplined and very consistent in that last 10km because I was on two cards. I had to work very hard in that second half, but I am very, very happy to come away with a medal.

"I came in ranked second and I said beforehand that I would be disappointed if I didn't medal. I have come away with a medal so I can't be too disappointed, but I was hoping for a better time and to be a bit more competitive in the final stages – that is very difficult to do on two cards. Lucky for me today I managed to get through and get on the podium and get a medal for my country, which is a great privilege."

Wilkinson was joined in the team by training partner Cameron Corbishley, who walked an incredibly well timed, tactical race and had moved through to 6th before falling foul of the judges and served a two minute penalty in the Penalty Zone.

Corbishley said "I gave it my all trying to get the best result possible. At 16km I was up to 6th gunning down the places in front of me. But unfortunately, I fell foul to the judges and had to take a 2 minute penalty. I came away with 12th and 1:27:07. A lot can be taken from this and I have no regrets from this race. Now we take some rest then gear up for my first world championship in the 50km!!!"

Posn	Athlete	Nation	Perf	Notes
1	Vasily Mizinov	 ANA	1:21:29	EU23L
2	Salih Korkmaz	 TUR	1:21:32	NR
3	Callum Wilkinson	 GBR	1:22:13	
4	Eduard Zabuzhenko	 UKR	1:23:54	
5	Manuel Bermúdez	 ESP	1:24:17	SB
6	Abduselam Imuk	 TUR	1:24:34	PB
7	Dzmitry Lukyanchuk	 BLR	1:24:41	PB
8	Ivan Lopez	 ESP	1:24:59	
9	David Kenny	 IRL	1:25:43	PB

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10	Viktor Shumik		UKR	1:26:18	
11	Vit Hlavac		CZE	1:26:55	PB
12	Cameron Corbishley		GBR	1:27:07	
13	Oleh Svystun		UKR	1:27:49	
14	Giacomo Brandi		ITA	1:28:36	
15	Niccolo Coppini		ITA	1:29:18	
16	David Kuster		FRA	1:30:06	
17	Jose Manuel Perez		ESP	1:30:45	
18	Ettore Grillo		ITA	1:37:44	
19	Dominik Cerny		SVK	1:38:14	
	Gabriel Bordier		FRA	DNF	
	Yeoryios Tzatzimakis		GRE	DQ	R230.7c

Women's 20km (Sun. 14th Jul.): Turkey's Ayse Tekdal recorded a gun-to-tape win. Tekdal started ambitiously and was on course for a sub-1:30 clocking in the early stages. Although her kilometre splits dropped in the later stages, she still won by over a minute.

Posn	Athlete	Nation	Perf	Notes
1	Ayse Tekdal		TUR	1:34:47
2	Olga Niedzialek		POL	1:35:54
3	Yana Smerdova		ANA	1:35:58 SB
4	Marina Pena		ESP	1:37:12
5	Anita Chamosa		ESP	1:37:34
6	Lidia Barcella		ITA	1:38:05
7	Sofia Alikanioti		GRE	1:39:11 PB
8	Teresa Zurek		GER	1:39:41
9	Irene Montejo		ESP	1:40:55
10	Eloise Terrac		FRA	1:41:19
11	Carolina Costa		POR	1:41:41
12	Oksana Kulahina		UKR	1:41:46
13	Efstathía Kourkoutsáki		GRE	1:42:18
14	Enni Nurmi		FIN	1:42:29
15	Anniina Kivimäki		FIN	1:42:52 PB
16	Yuliya Balyim		UKR	1:47:27
17	Yana Faryna		UKR	1:47:54
18	Ema Hačundová		SVK	1:48:32
19	Andreia Sousa		POR	1:50:28
	Clemence Beretta		FRA	DQ R230.7c
	Maria Santos Bernardo		POR	DQ R230.7c

**European Under-20 Championships, Borås, Sweden
(Thu. 18th to Sun. 21st Jul.)**

Borås, Sweden, played host to the European Athletics Under-20 Championships with the 10,000m walks being held on the final day of the championships.

The women's walk saw a dominant win from Meryem Bekmez of Turkey. She took the lead immediately, followed by Evin Demir (TUR), Kader Dost (TUR) and Olga Fiaska (GRE). From then on, it was just a case of how big Bekmez's winning margin would be. She passed the 5000m mark in 22:44.82 but came home in just on 22:00 to cross the finish line with 44:44.50 (last 1,000m in 4:11.54). Demir held on well to take second place for Turkey with 46:38.68 and Spanish walker Mariona Garcia came up through the field to take the bronze with a personal best 46:50.50.

Heavy rain marked the men's race which saw another comprehensive winning performance, but not from Turkey this time. The first 1000m saw the favourites in front - Mikita Kaliada (BLR), Riccardo Orsoni (ITA) and Lukasz Niedzialek (POL). This was as close as they got to Mikita, as he very quickly broke away, extending his lead as the race progressed. He passed the 5000m mark in 20:48.75 and then sped up, taking gold with a time of 41:10.03. Orsoni took silver with a personal best 41:51.71, ahead of Niedzialek (42:20.66).

Women's 10,000m (Sun. 21st Jul.)

Posn	Athlete	Nation	Perf	Notes
1	Meryem Bekmez		TUR	44:44.50
2	Evin Demir		TUR	46:38.68
3	Mariona Garcia		ESP	46:50.50 PB
4	Pauline Stey		FRA	47:09.85 NU20R

5	Kiriaki Filtisakou		GRE	47:13.92	PB
6	Mirela Urrutia		ESP	47:48.93	PB
7	Kader Dost		TUR	48:06.09	
8	Olga Fiaska		GRE	48:08.07	
9	Camille Moutard		FRA	48:31.01	PB
10	Vittoria Giordani		ITA	48:51.01	PB
11	Joana Pontes		POR	49:23.37	
12	Ana Pulgarin		ESP	49:56.14	PB
13	Dora Csorgo		HUN	50:23.00	PB
14	Austeja Kavaliauskaite		LTU	50:38.31	
15	Hana Burzalova		SVK	50:43.83	
16	Simona Bertini		ITA	50:45.11	
17	Daryna Kasyan		UKR	51:09.61	
	Hanna Zubkova		BLR	DNF	
	Niamh O'Connor		IRL	DQ	R230.7c

Men's 10,000m (Sun. 21st Jul.)

Posn	Athlete	Nation	Perf	Notes
1	Mikita Kaliada		BLR	41:10.03 EU20L
2	Riccardo Orsoni		ITA	41:51.71 PB
3	Lukasz Niedzialek		POL	42:20.66 SB
4	Andrea Cosi		ITA	42:39.91 PB
5	Pavel Olkohovik		BLR	42:54.25 PB
6	Jakob Schmidt		GER	43:00.73 PB
7	Eloy Hornero		ESP	43:24.60 PB
8	Selman Ilhan		TUR	43:38.88 PB
9	Serhat Gungor		TUR	43:42.60 NU18R
10	Daniel Kovac		SVK	43:54.26 PB
11	Matteo Duc		FRA	43:50.05
12	Lubomir Kubis		SVK	44:09.54 PB
13	Taras Koretskyy		UKR	44:31.60
14	Pedro Conesa		ESP	44:36.73 PB
15	Mykola Rushchak		UKR	44:37.87 PB
16	Ruben Santos		POR	44:43.62
17	Aldo Andrei		ITA	45:03.23
18	Norbert Toth		HUN	45:05.75 PB
19	Ozgur Topsakal		TUR	45:23.63
20	Mate Ferenc Varga		HUN	48:53.55
21	Rostislav Roznovsky		CZE	51:36.57
	Ihor Honcharenko		UKR	DQ R23.7c

SIAB Schools International, Swansea (Sat. 20th Jul.)

Personal bests for Nick Hart, Lois Carty and Millie Morris.









Millie Morris – Nick Hart – Lois Carty

U17 Men's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Matthew Glennon		IRL	13:26.06
2	James Hanlon		IRL	14:28.87
3	Nicholas Hart		ENG	14:45.49 PB
4	Daniel Gilbert		WAL	16:06.48 PB
5	Alex Macheath		ENG	DQ R230.7a

Under 17 Women's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Lois Carty	 ENG	15:45.71	PB
2	Ava Ross	 IRL	15:58.63	
3	Ruth Monaghan	 IRL	16:09.24	
4	Millie Morris	 ENG	16:33.35	PB
5	Georgia Parkinson	 WAL	17:38.46	PB
6	Kasia Cook	 WAL	18:42.99	

Domestic Results

Blackheath & Bromley Harriers AC Johnson Bowl and Surrey Walking Club Gazette Cup 4 Miles, Norman Park (Road), Bromley (Wed. 3rd Jul.)

Surrey Walking Club's four mile promotion, in conjunction with Blackheath and Bromley, *reports Peter Hannell*, had quite a good showing of six for the Gazette Cup which was won by Roger with some of the Blackheath youngsters, who might have given him a battle, unable to attend. Roger's time in this race was, like David Hoben's were relatively good and they were not far apart in the handicap result with Roger just ahead by 25 seconds although seven minutes ahead on actual time. The rest of the field was much more bunched but there was little overtaking. The last of these was Nolan Simmonds who was much welcomed, after a long spell, for his first complete race and though at the rear he was up in third in the handicap as he was not too far from his previous times a long while before. The rest all appeared tired after a very warm day and failed to impress the timekeeper. Doing just two miles was Blackheath & Bromley Harrier, Johnny Ellerton, who showed good style and good speed having started fast alongside Roger.

Men's 4 Mile (B) (** Also members of Blackheath & Bromley HAC)

Pos	Athlete	AG	Club	Perf
1	Roger Michell	M70	Surrey Walking Club **	40:25
2	David Hoben	M65	Surrey Walking Club **	47:30
3	Michael Harran	M80	Surrey Walking Club	48:35
4	Chris Edwards	M70	Surrey Walking Club	51:35
5	Christopher Flint	M70	Surrey Walking Club	53:19
6	Nolan Simmonds	M75	Surrey Walking Club **	54:09

Mixed 2 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Jonathan Ellerton	U15B	Blackheath & Bromley	23:09
2	R. Chapman	SENW	Unattached	33:26

Welsh Schools Championships, Cardiff (Sat. 6th Jul.)

Combined U17 and U20 3000m

Pos	Athlete	AG	Schools Region	Perf
1	Daniel Gilbert	U17M	Powys	16:40.08
2	Georgia Parkinson	U17W	Eryri	17:40.79
3	Kasia Cook	U17W	Dyfed	18:44.60
4	Huw Riley	U17M	Cardiff & the Vale	19:55.86
5	Shannon Thomas	U20W	Afan Nedd Tawe	

U15 Boys & Girls 1000m

Pos	Athlete	AG	Schools Region	Perf
1	Thomas Gilbert	U15B	Powys	5:35.33
2	Amy White	U15G	Dyfed	5:48.51
3	Hannah Carpenter	U15G	Dyfed	5:55.28
4	Gracie Griffiths	U15G	Dyfed	5:56.04
5	Elen Evans	U15G	Cardiff & the Vale	6:04.85
6	Mati Miles	U15G	Cardiff & the Vale	6:28.90
7	Gemma Price	U15G	Glamorgan Valleys	6:29.59
	Bethan Jones	U15G	Cardiff & the Vale	DNF
	Gabriel Lilford	U15B	Cardiff & the Vale	DQ
	Dylan Hands	U15B	Cardiff & the Vale	DQ
	Luca Cardinale	U15B	Cardiff & the Vale	DQ
	Chris Politti	U15B	Cardiff & the Vale	DQ
	Rogan Cox	U15B	Dyfed	DQ
	Jack Thomas	U15B	Dyfed	DQ

Barnard Trophy 10k Race, Sutton Macclesfield (Sat. 6th Jul.)

Ten walkers lined up for the start of the Barnard Trophy race at Macclesfield, *reports Roy Gunnett*. Thankfully the very hot weather experienced earlier in the week had abated and it was pleasant and warm.

The race was held over the new tough and hilly three lap course.

Adrian Edwards took an early lead, which he maintained to the finish, his winning margin being over seven minutes. Adrian is currently in heavy training for his first attempt at becoming a centurion in the 100 miles race in the Isle of Man this August. Sailash Shah, another of the day's competitors will be joining Adrian in the 100 miles challenge.

For most of the race Stuart Edgar was a clear second. However, Dan Maskell put in a late burst on the last lap to nearly catch him, missing out by only one second.

Pat Evans walked well in her first 10k for quite a while and was the first lady home.

In addition to winning the scratch race Adrian won the handicap and thus the Barnard Trophy.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	58:38
2	Stuart Edgar	M45	Dudley & Stourbridge Hs	66:09
3	Dan Maskell	M70	Surrey Walking Club	66:10
4	Roy Gunnett	M75	Lancashire Walking Club	67:10
5	Paul McCullagh	M60	Lancashire Walking Club	69:17
6	Joe Hardy	M75	Lancashire Walking Club	70:01
7	Sailash Salih	M55	Lancashire Walking Club	70:29
8	Pat Evans	W65	Lancashire Walking Club	71:11
9	Ian Hilditch	M75	Lancashire Walking Club	75:52

6.6km (B)

Pos	Athlete	AG	Club	Perf
1	Andrea Lennon	W75	Lancashire Walking Club	75:52

England Masters Inter-Area Match, Coventry (Sat. 6th Jul.)

Men's 2000m

Pos	Athlete	AG	Masters Club	Perf
1	Malcom Martin	M60 [1]	Southern Counties VAC	11:18.25
2	Steve Allen	M60 [2]	Eastern Masters AC	11:34.14
3	Roger Michell (M70)	M35 [1]	Midland Masters AC	12:04.26
4	Calvin Scoltock	M50 [1]	Midland Masters AC	12:20.90
5	Simon Morgan	M50 [2]	Eastern Masters AC	12:28.50
6	John Borgars (M70)	M35 [2]	Eastern Masters AC	13:37.40
7	Anthony Foster	M60 [3]	Midland Masters AC	17:13.57

Women's 2000m

Pos	Athlete	AG	Masters Club	Perf
1	Carolyn Derbyshire (W40)	W35 [1]	Midland Masters AC	10:41.99
2	Melanie Peddle	W50 [1]	Eastern Masters AC	11:06.85
3	Wendy Kane	W50 [2]	Eastern Masters AC	11:37.18
4	Ann Wheeler	W60 [1]	Midland Masters AC	11:53.92
5	Rachel Lawless (W55)	W35 [2]	Eastern Masters AC	12:21.88
6	Liz Bowers (W65)	W60 [2]	Scottish Veterans	13:38.68
7	Geraldine Legon	W60 [3]	Southern Counties VAC	14:20.73
8	Emma Dawson	W50 [3]	Scottish Veterans	14:53.45
9	Julie Scholey (W60)	W50 [4]	Welsh Masters AA	16:27.42

Lewes AC Development & Open Walks, Lewes (Sat. 6th Jul.)

Held in very hot conditions.

Mixed 1000m (B)

Pos	Athlete	AG	Club	Perf
1	Carla Forsyth	U13G	Blackheath & Bromley	5:49
2	Harvey Perry	U13B	Lewes Athletic Club	6:12
3	Charlie Perry	U11B	Lewes Athletic Club	6:22
4	Rosie Gaugham	U13G	Lewes Athletic Club	6:23
5	Sienna Claydon	U13G	Lewes Athletic Club	6:24
6	Eliza Bell	U13G	Lewes Athletic Club	6:59

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Emily Ghose	U23W	Tonbridge Athletic Club	16:42
2	Carol Killick	W75	Steyning Athletic Club	23:23
3	Peter Hannell	M75	Surrey Walking Club	23:26

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Penelope Cummings	W40	Herne Hill Harriers	28:58
2	Mark Culshaw	M50	Ilford Athletic Club	31:26
3	John Killick	M70	Steyning Athletic Club	33:26
4	Judith Carder	W60	Brighton & Hove AC	36:09
5	David Hoben	M65	Surrey Walking Club	36:35

Sarnia WC Championship 7, North Side, Vale (Sun. 7th Jul.)

The early morning start with temperatures hovering around a reported 24 degrees didn't help the field of race walkers as they tackled the 8 laps course around the Vale Castle area in the Avantis 20 kilometres Championship race, *reports Rob Elliott*.

The expected race winner Stuart Le Noury was commenting on conditions being too hot early in the race as he built up his usual early lead. After 5 kilometres his 28:19 was almost three minutes ahead of the next competitor Donna Allan. By the halfway point Stuart Le Noury was slowing with 59 minutes and Donna through four minutes later in 63:11. Rob Elliott was third in 66:10 with Phil Lockwood back in fourth around two and a half minutes behind.

The slight breeze at Bordeaux Harbour was a welcome respite from the heat as Donna started making inroads on leader Stuart Le Noury, closing the gap at 15 kilometres to less than three minutes. Leader Stuart timed at 1:33:10 with Donna on 1:35:53. Realistically there was little chance of the order changing as Stuart strode home in 2:05:29 and Donna back in 2:07:44. The conditions not helpful to beating her best time set last year.

Rob Elliott with a lead of almost two minutes over Phil Lockwood at 15 kilometres should have had that position sewn up, but Phil walked a relatively even paced race had other ideas as he closed the gap on a tiring Elliott with 200 metres to go. Moving ahead into the final straight Phil had gained a few seconds advantage and knowing Elliott can usually fight back in a tight finish he still had a few glances backwards to check his third position was safe.

Phil crossed the line in 2:17:54 after a halfway split of 68:44, with Elliott four seconds down.

Kevin Le Noury finished in fifth place in 2:26:45, well ahead of his last years performance and managed a win in the handicapped section of the race. Kay Coulson walked 12.5 kms before calling it a day with new M80 walker Mick Le Sauvage walking 10 kms in 77:44.

Mixed 20km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENEM	Sarnia Walking Club	2:05:29
2	Donna Allan	W40	Sarnia Walking Club	2:07:44
3	Phil Lockwood	M45	Sarnia Walking Club	2:17:54
4	Rob Elliott	M60	Sarnia Walking Club	2:17:58
5	Kevin Le Noury	M60	Sarnia Walking Club	2:26:45
	Mick Le Sauvage	M80	Sarnia Walking Club	DNF
	Kay Coulson	W50	Sarnia Walking Club	DNF

Veterans AC 5 Mile, Battersea Park, (Tue. 9th Jul.)

The third fixture of the season had an attendance in line with past races on a cloudy evening giving an ideal temperature for racing once again, *reports Dave Hoben*.

There had been many VAC 5km championships previously held in conjunction with other organisers' races, but this the first stand-alone event. Penelope Cummings (*pictured*) became a new VAC championship winner.

Dan Maskell won for the men and continued his success from the 5 mile championships the previous month. The overall winner for the second month was Belgrave's Stefano Zennaro, who chopped over two minutes from his personal best.

**Mixed 5km (B)**

Pos	Athlete	AG	Club	Perf
1	Stefano Zennaro	M45 [G]	Belgrave Harriers	26:42
2	Penelope Cummings	W40 [1]	Aldershot Farnham & Dist.	28:14
3	Maureen Noel	W55 [1]	Belgrave Harriers	32:04
4	Dan Maskell	M70 [1]	Surrey Walking Club	32:22
5	Tom Casserley	M80 [1]	Enfield & Haringey AC	34:18
6	David Hoben	M65 [1]	Surrey Walking Club	34:55
7	Paul King	M65 [2]	Belgrave Harriers	35:03
8	Shaun Lightman	M75 [1]	Surrey Walking Club	37:12
	Peter Hannell	M75 [1]	Surrey Walking Club	DNF

Woodford Tuesday Walks, Woodford Green (Tue. 9th Jul.)

An increase of two-thirds over the first race of the series on an evening with unusually good weather (for Woodford) gave us the biggest turn-out for years and some good performances, including three personal bests from the South-of-the-River Squad, *reports Peter Cassidy*.

We thank Woodford Green A.C. with Essex Ladies for accommodating us; they were as surprised (and pleased) as us at the size of the field.

The next in the series will be on the 13th August at 8:30 p.m. at Ashton Playing Fields, Chigwell Road, Woodford Bridge, IG8 8AA.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletics Club	12:56.3
2	Matthew Crane	U20M	Bexley Athletics Club	13:46.0
3	David Annetts	M50	North Herts Road Runners	13:49.6
4	Maddy Shott	SENW	Belgrave Harriers	14:09.5
5	Francisco Reis	M55	Surrey Walking Club	15:13.3
6	Melanie Peddle	W50	Loughton Athletics Club	16:44.2
7	Emma Dyos	W40	Ilford Athletic Club	17:01.4
8	Hannah Hopper	U17W	Cambridge Harriers	17:12.7
9	Silvana Alves	W45	Barnet & District AC	17:52.7
10	Stuart Bennett	M60	Ilford Athletic Club	17:54.0
11	Steve Allen	M60	Barnet & District AC	18:13.2
12	Hannah Atkinson	U15G	Cambridge Harriers	18:37.9

13	Rachel Lawless	W55	Ilford Athletic Club	18:57.5
14	John Borgars	M70	Loughton Athletics Club	20:33.6
15	Lesley Morris	W55	Ilford Athletic Club	20:40.8
16	Geraldine Legon	W60	Bexley Athletics Club	21:28.7
17	Simon Le Mare	M55	Southend-on-Sea AC	21:52.6
18	John Brock	M65	Southend-on-Sea AC	22:37.8
	Stephen Cartwright	M60	Colchester & Tendring AC	DQ
	Simon Morgan	M50	Ilford Athletic Club	DQ

Manx Harriers Summer 10km Walk, T.T. Access Road, Douglas (Thu. 11th Jul.)

Tom Partington was just over a minute clear of Erika Kelly in the Summer 10km walk held on the T.T. Access Road in warm and muggy conditions, **reports Bridget Kaneen**. Hannah Hunter was 2nd lady and placed third overall, all three recovering well after their walks in the national 20km championships a fortnight ago. Jayne Farquhar was 3rd lady over the line and comfortably clear of Louise Hollings and Nicola Raven who were inseparable for the entire race duration and finished together. It was a debut 10km effort from Keira Heavey and she stuck to her task well and while tiring slightly in the second half she dipped under 70 minutes. Phil Swales was feeling the effects of a 100 mile cycle at the weekend but still managed to pull away from Rob Clynes and Maura Kelly. May Hooper managed a negative split for the second half and Gordon Erskine also walked an even paced race.

Adam Cowin opted for 5km after limited training, just a touch over 25 minutes. Ayren Kelly put in a solid debut effort at 5km, after taking up the challenge of race walking 12 weeks ago. Carolanne Hanley also called it a day at 5km with a 48:30 effort.

Juniors Grayse and Lilee Fletcher walked with super technique to record quick times at 2km and 1km and while Harri Swales took a little more time, he seemed to have enjoyed it.

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	46:27
2	Erika Kelly	SENW	Northern (IOM) AC	47:47
3	Hannah Hunter	W35	Manx Harriers	55:37
4	Jayne Farquhar	W50	Manx Harriers	62:04
5	Nicola Raven	W55	Manx Harriers	64:57
6	Louise Hollings	W35	Manx Harriers	64:57
7	Keira Heavey	U17W	Northern (IOM) AC	69:12
8	Phillip Swales	W50	Northern (IOM) AC	70:20
9	Rob Clynes		Unattached	70:53
10	Maura Kelly	W50	Northern (IOM) AC	71:12
11	May Hooper	W50	Manx Harriers	72:25
12	Gordon Erskine		Unattached	75:18

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Adam Cowin	SENM	Manx Harriers	25.08
2	Ayren Kelly		Unattached	38.44
3	Carolanne Hanley	SENW	Northern (IOM) AC	48.30

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Grayse Fletcher		Unattached	14:55

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Lilee Fletcher		Unattached	7.11
2	Harri Swales		Northern (IOM) AC	8:41

Welsh Athletics Senior Track & Field Championships, Cardiff International Stadium (Sun. 14th Jul.)

Heather Katie Lewis continued her winning ways at the Welsh Senior Championships, taking the 5000m in a new personal best of 21:41.34. Bethan Davies continued her return to full fitness taking second in 22:13.14 Although ineligible for a medal, Belgrave's Maddie Shott was rewarded with a new lifetime best, clocking 24:20.40. Megan Stratton-Thomas took Welsh bronze.

Daniel Mckerlich took the men's title with 29:56.28.

Mixed 5000m

Pos	Athlete	AG	Club	Perf
1	Heather Lewis	SENW	Pembrokeshire Harriers	21:41.34
2	Bethan Davies	SENW	Cardiff A.A.C.	22:13.14
3	Maddy Shott	SENW (G)	Belgrave Harriers	24:20.40
4	Megan Stratton-Thomas	U20W	Swansea Harriers	29:52.99
5	Daniel Mckerlich	U20M	Cardiff A.A.C.	29:56.28

Northern Area RWA 10km Championships, Donnington Cricket Club, Nr. York (Sat. 13th Jul.)

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Bill McFadden	M55	Scotia Race Walking Club (G)	56:50
2	Natalie Myers	SENW	Derbyshire & South Yorkshire	57:25
3	Ray Robinson	M40	Redcar Race Walking Club	59:26
4	Tony Bell	M55	Lancashire Walking Club	60:05
5	Colin Scott	M60	Yorkshire Race Walking Club	60:42
6	Neil Armitage	M55	Yorkshire Race Walking Club	65:52
7	Dennis Jackson	M70	Yorkshire Race Walking Club	66:58
8	Gerard McConnell	M55	Scotia Race Walking Club (G)	67:32
9	Sailash Shah	M50	Lancashire Walking Club	70:37
10	Richard Cole	M70	Yorkshire Race Walking Club	75:50

Senior 8 Counties Inter-County Match, Julie Rose Stadium, Ashford (Sun. 14th Jul.)

Dominic and Daniel King secured maximum points for Essex ahead of the Kent duo of Luc Legon and Matthew Crane (*both recording PB's*). In the women's race Emily Ghose finished well clear of the rest of the field.

Men's 3000m

Pos	Athlete	AG/String	Club/County	Perf
1	Dominic King	M35 [A1]	Colchester Hs/Essex	12:02.92
2	Daniel King	M35 [B1]	Colchester Hs/Essex	12:51.21
3	Luc Legon	U23M [A2]	Bexley A.C./Kent	12:55.30
4	Matthew Crane	U20M [B2]	Bexley A.C./Kent	13:33.72
5	Alex Macheath	U17M [NS]	Cambridge Hs/Kent	15:47.71
6	Trevor Jones	M60 [A3]	Steyning A.C./Sussex	16:22.63

Women's 3000m

Pos	Athlete	AG/String	Club/County	Perf
1	Emily Ghose	U23W [A1]	Tonbridge A.C./Kent	15:39.90
2	Jacqueline Benson	U20W [B1]	Ashford A.C./Kent	16:22.30
3	Emma Dyos	W40 [A2]	Ilford A.C./Essex	16:50.62
4	Sue Davies	W50 [A3]	Aldershot/Hampshire	18:54.65
5	Rachel Lawless	W55 [B2]	Ilford A.C./Essex	18:56.30
6	Maureen Noel	W55 [A4]	Belgrave Hs/Middlesex	19:35.61
7	Jules Del Nevo	W45 [A5]	Croydon Hs/Surrey	20:10.19
8	Fiona Bishop	W60 [B3]	Woking A.C./Surrey	22:20.96
	Beatrice Fury	U20W [NS]	Medway & Maidstone/Kent	DNF

Midland 20km Championships (incorporating British Masters Championships), Science Park, Warwick University, Coventry (Sun. 14th Jul.)

It was a tough day in more ways than one for the Midland and BMAF 20km Championships held on the established 1km lap course at Warwick University, Coventry, **reports Glyn Jones**. The weather was dry but very humid which may have caused the walkers to struggle keeping to the mode of style required for a championship race as the results show.

From the start, Ian Richards of Steyning A.C. led the field and opened a gap but was followed not too distant behind by Lisa Kehler of Wolverhampton and Bilston A.C. making a welcomed appearance in the Midland and Master's Championships. The race soon began to take its toll and with two laps to go, Lisa took over and went into the lead as Ian was starting to struggle during the latter stages and on his last lap, Ian received a third red card and was disqualified. There was no penalty zone. Lisa consequently was first to finish and was now

followed by Peter Boszko of Birchfield Harriers who came home in second place and first male to finish.

With a gradual succession of disqualifications and retirements only three men and five women successfully completed the race.

Mixed 20km

Pos	Athlete	AG	Club	Perf
1	Lisa Kehler	W50	Wolverhampton & Bilston AC	1:54:19
2	Peter Boszko	M70	Birchfield Harriers	2:05:55
3	Carolyn Derbyshire	W40	Nuneaton Harriers	2:07:26
4	Melanie Peddle	W50	Loughton Athletic Club	2:09:02
5	Ian Torode	M60	South West Veterans AC	2:19:38
6	John Constandinou	M45	Birchfield Harriers	2:21:20
7	Noel Blatchford	W70	Abingdon Athletic Club	2:27:07
8	Judy Howard	W60	Abingdon Athletic Club	2:33:57
	Adrian Edwards	M55	Lancashire Walking Club	DNF
	Julie Bellfield	W50	Halesowen Athletic & Cycle Club	DNF
	Lynn Bellfield	W50	Halesowen Athletic & Cycle Club	DNF
	Michael Barker	M80	Northern Masters Athletic Club	DQ
	Steve Allen	M60	Barnet & District AC	DQ
	Paul Hawkins	M60	Stratford-upon Avon AC	DQ
	Hardeep Minhas	M60	Leicester Walking Club	DQ
	Ian Richards	M70	Steyning Athletic Club	DQ
	Sandra Brown	W75	Surrey Walking Club	DQ
	Ann Wheeler	W60	Nuneaton Harriers	DQ

British Milers Club Regional Races/Cambridge Harriers Open Meeting, Sutcliffe Park, Eltham (Wed. 17th Jul.)

This year Cambridge Harriers were able to host a 3000m walk along side the BMC Regional Races. Several the participants had raced three days earlier at the 8 Counties match. Luc Legon and Matthew Crane both posted their third personal best in eight days for the 3000m distance.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletics Club	12:49.1
2	Matthew Crane	U20M	Bexley Athletics Club	13:13.0
3	Abigail Jennings	U20W	Aldershot Farnham & Dist.	15:07.1
4	Emily Ghose	U23W	Tonbridge Athletics Club	16:25.1
5	Jaqueline Benson	U20W	Ashford Athletics Club	16:34.2
6	Penelope Cummings	W40	Herne Hill Harriers	16:45.2
7	Katie Stringer	U15G	Medway & Maidstone AC	16:54.7
8	Beatrice Fury	U20W	Medway & Maidstone AC	17:02.7
9	Grazia Manzotti	W50	Tonbridge Athletics Club	17:15.9
10	Hannah Hopper	U17W	Cambridge Harriers	17:34.1
11	Hannah Atkinson	U15G	Cambridge Harriers	18:42.3

6th South Yorkshire League, Millhouses Park (Wed. 17th Jul.)

Ben Heley and Ellis Simmonds both made their debut at 3km, when Ben started, *reports Brian Adams*, he dropped into the race comfortably ahead of the 5km walkers and held onto his lead right to the end. Natalie Myers was over 500m behind with 2km to go and just failed to get past Ellis for second as they both produced great sprint finishes.

Lara MacColl was up with Ellis and Tony Bell midway through, but then her shoe rubbed the back of her ankle raw and she slowed, she then put in a spirited sprint to regain 5th place on the line.

Posn	Athlete	AG	Club	Time/Dist
1	Ben Heley	U13B	2 DASH	18:47/3km
2	Ellis Simmonds	U13B	2 DASH	17:59/3km
3	Natalie Myers	SENW	2 DASH	27:13/5km
4	Tony Bell	M55	Lancashire Walking Club	31:37/5km
5	Lara MacColl	U17W	2 DASH	31:04/5km
6	Simon Pugh	M55	Rotherham Harriers	32:12/5km

**Sarnia WC Avantis Championship Race 8, 3 Kilometres Road Walk, Les Amarreurs, Vale, Guernsey (Fri. 19th Jul.)**

Stuart Le Noury walked closer to retaining the Avantis Championships with a victory over 3 kilometres on the road course at Les Amarreurs, *reports Rob Elliott*. On a humid evening he crossed the line in 14:41, well ahead of Rob Elliott 17:52 and Phil Lockwood 19:19. Kay Coulson took the women's honours in 21:37.

Mixed 3km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENEM	Sarnia Walking Club	14:41
2	Rob Elliott	M60	Sarnia Walking Club	17:52
3	Phil Lockwood	M45	Sarnia Walking Club	19:19
4	Kevin Le Noury	M60	Sarnia Walking Club	20:19
5	Kay Coulson	W50	Sarnia Walking Club	21:37
6	Mick Le Sauvage	M80	Sarnia Walking Club	21:52

Medway & Maidstone Open Walks, Medway Park, Gillingham (Sat. 27th Jul.)

The heavy rain experienced throughout the morning had ceased come the start of the meeting, leaving damp humid conditions. Luc Legon took the win ahead of Alex Macheath who removed seven seconds from his personal best.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletics Club	13:01.58
2	Alex Macheath	U17M	Cambridge Harriers	14:05.18
3	Christian Hopper	U15B	Cambridge Harriers	16:22.22
4	Penelope Cummings	W40	Herne Hill Harriers	16:39.71
5	Beatrice Fury	U20W	Medway & Maidstone AC	17:16.42
6	Grazia Manzotti	W50	Tonbridge Athletics Club	17:17.70
7	Geraldine Legon	W60	Bexley Athletics Club	21:32.98

London Inter Club Challenge incorporating Enfield Race Walking League, Hendon (Sat. 27th Jul.)

League leaders George Wilkinson, who recorded his second 5000m victory for the season, *reports Ron Wallwork*, and Jacqueline Benson who was the second woman to cross the line, strengthened their positions, whilst a special mention is warranted for Jonathan Ellerton, who has sliced a huge 4.51 from the time he posted on his 3000m debut in April. Also setting personal bests were Maddy Shott, Emma Dyos and Silvana Alves.

The league was pleased to welcome oversea visitors in the form of Vincenzo Panico (FRA) and Sergio Alumbo (ITA).

**Mixed 5000m (B)**

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	23:58.82
2	Maddy Shott	SENW	Belgrave Harriers	24:04.93
3	Stefano Zennaro	M45	Belgrave Harriers	26:57.88
4	Vincenzo Panico	M65	France	27:02.03
5	Francisco Reis	M55	Surrey Walking Club	28:01.04
6	Jacqueline Benson	U20W	Ashford Athletic Club	28:01.46
7	Millie Morris	U17W	Ashford Athletic Club	28:14.04

8	Emma Dyos	W40	Ilford Athletic Club	28:35.67
9	Melanie Peddle	W50	Loughton Athletic Club	29:00.36
10	Silvana Alves	W45	Barnet & District AC	29:11.11
11	Grace Whittingham	U17W	Ashford Athletic Club	29:32.90
12	Steve Uttley	M60	Ilford Athletic Club	29:33.62
13	Graham Chapman	M60	Headington Road Runners	29:57.75
14	Steve Allen	M60	Barnet & District AC	30:51.22
15	Helen Middleton	W55	Enfield & Haringey AC	31:04.26
16	Simon Morgan	M50	Ilford Athletic Club	31:57.12
17	Maureen Noel	W60	Belgrave Harriers	32:15.31
18	Noel Blatchford	W70	Abingdon Athletic Club	32:34.60
19	Susan Barnett	W65	Eastern Masters AC	33:19.72
20	David Kates	M70	Ilford Athletic Club	33:36.75
21	John Borgars	M70	Loughton Athletic Club	33:47.94
22	Alicia Drenda	W35	Belgrave Harriers	34:02.21
23	Malcolm Blackwood	M65	Trent Park Runners	34:18.23
24	Stephen Cartwright	M60	Colchester & Tendring AC	34:30.39
25	David Hoben	M65	Surrey Walking Club	35:43.39
26	Arthur Thomson	M80	Enfield & Haringey AC	36:33.72
	Sergio Alumbo	U17M	Italy	DNF

Under 15 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	20:27.80

Current Enfield League Positions after 8 Fixtures

Ladies	Men	Team
456/7 Jacqueline Benson	486/7 George Wilkinson	Enfield – 1947
384/6 Emma Dyos	381/8 Mal Blackwood	Ilford - 1906
374/6 Melanie Peddle	368/6 Stuart Bennett	Ashford - 1574

Next Enfield League Events

Sat. 31 st August	Sun. 29 th September
L.I.C.C. Track Walks	1 Hour Track Walk
Allianz Park	Lee Valley

One Hour Walks: It is proposed to stage two races to embrace both categories and **Entries Must be Made in Advance.**

Numbers will be limited, and it would be of great assistance if persons thinking of doing the event could register their interest by contacting Ron Wallwork at ronc893moulton@gmail.com.

Sarnia WC Piette Trophy for 3.8 miles (Approx.) Handicap Road Walk, Rocquaine Bay, Guernsey (Sun. 28th Jul.)

Donna Allan, racing in her first Piette Trophy handicap race, **reports Rob Elliott**, over approximately 3.8 miles, knocked over four minutes off Rose Druckes best local women’s time as she crossed the line in 34:33 for the course along the Rocquaine coast road. Her target next year will no doubt be to get close to the all comers best time which is a couple of minutes quicker set in 1975 by French International walker Jacqueline Delassaux.



Donna Allan – Stuart Le Noury

A small field of walkers set off in the hot conditions in the two laps out and back course with first off Mick Le Sauvage caught early on by

Kay Coulson who started thirty seconds behind. When Donna set off, she had the local time in her mind and hit the halfway point in 17:01 and well inside her target. Stuart Le Noury, last off was heading towards a solid race but realised early on after only the first lap that Donna was well out of sight and would be the winner as she closed in quickly on the other competitors.

Slowing slightly in the second half Donna still had over a minute and a half cushion on second walker home Stuart Le Noury who walked an actual time of 31:11. Phil Lockwood took third place with Kay Coulson in fourth, just ahead of Mick Le Sauvage.

Mixed 3.8 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Donna Allan	W40	Sarnia Walking Club	41:33/34:33
2	Stuart Le Noury	SENM	Sarnia Walking Club	43:11/31:11
3	Phil Lockwood	M45	Sarnia Walking Club	44:03/40:03
4	Kay Coulson	W50	Sarnia Walking Club	45:03/44:33
5	Mick Le Sauvage	M80	Sarnia Walking Club	45:10/45:10



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

	June 2019	July 2019
£25.00	Lancashire Walking Club	Ron Penfold
£15.00	David Ratcliffe	Christopher Flint
£10.00	Alan Hall	Ken Livermore

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



August		
Tue. 6 (B)	Veterans AC Open 5 Mile	Battersea Park
Fri. 9 (A)	South Yorkshire League 7	Millhouses Park
Sat. 10 (A)	Welsh Senior T & F League 4	Swansea
Sat. 10 (A)	British Masters T & F Championships	Birmingham
Sun. 11 (A)	British Masters T & F Championships	Birmingham
Tue. 13 (A)	Woodford Open Walks	Woodford Green
Wed. 14 (A)	Manchester International	Manchester
Wed. 14 (A)	Surrey WC Open Track Walks	Tonbridge
Thu. 15 (A)	Foxdale 6 Mile	Foxdale School (IOM)
Sat. 17 (B)	Goodwin Cup 10km	Chorley
Sat. 17 (B)	Isle of Man 100 Mile Race Walk	Castletown (IOM)
Sun. 18 (A)	South of England Track Walks	Ashford
Sun. 18 (B)	Sarnia WC Championship 10 – 10km	North Side
Sun. 25 (A)	British Athletics Track Champs.	Birmingham
Mon. 26 (A)	Southend -on-Sea 1 Mile Track	Garons Park
Tue. 27 (B)	Veterans AC Open 5 Mile	Battersea Park
Fri. 30 (B)	Sarnia WC 3km Road Walk	Amarreurs Road
Sat. 31 (B)	London Inter Club Challenge/ERWL	Hendon
September		
Sun. 01 (A)	England Athletics U15/U17 Champs	Bedford
Sun. 01 (B)	Guernsey Church to Church	Havelet Bay
Sun. 01 (A)	Manx 20km Championships	N.S.C. Douglas
Tue. 03 (A)	Woodford Open Walks	Woodford Green
Wed. 04 (A)	South Yorkshire League 8	Millhouses Park
Thu. 05 (A)	European Masters Champs – Start	Venice