



Race Walking Record

September 2015

English Schools Championships 2015



Intermediate Boys Podium

Tom Partington ~ Chris Snook ~ Marshall Smith ~ Ollie Hopkins



Intermediate Girls Podium

Emily Ghose ~ Sophie Lewis Ward ~ Abigail Jennings ~ Indigo Burgin ~ Lucy Webster



Race Walking Association (Southern Area)



Open to all first claim members of affiliated clubs within the South of England defined region

The races will be held in accordance with UKA Rules of Competition
and will be judged in accordance with IAAF Rule 230

The races to form the league will be:

Cambridge Harriers Open Race Walks on Sat. 17th October 2015

SRWA Senior 10km & YAG Championships on Sat. 16th January 2016

London Open Race Walks on Sun. 7th February 2016

(It had been hoped to have a fourth event in December 2015 but a suitable event could not be found)

Individual Scoring

Points will be awarded after each race on finishing position

(For example 1st = 40 points, 2nd = 38, 3rd = 37 and so on down to 1)

The individual winners in each age group will be determined by the highest points total scored from two out of the three races.

Team Scoring

The winning team will be determined by the highest total of team points scored when adding all the points scored together of all participants from the same club across all age groups, scored from three out three races.

For more information contact the SRWA Hon. Championship Secretary

Noel Carmody (noel.carmody@btopenworld.com)



National**Youth Development League Invitation Walks,
Alexander Stadium Birmingham (Sat. 5th Sept.)**

This year's YDL Invitation Walks saw an increased entry. Callum Wilkinson set his third national U20 men's best in 2015. Having missed Luke Finch's 2000m national record last year he made no mistake this time around recording 7:41.9.

Under 13 Girls 1000m

Posn	Athlete	Club	Perf
1	Suki Ly	Cambridge Harriers	5:07.2
2	Molly Meleady-Hanley	C of Sheffield & Dearne AC	5:22.5
3	Lara MacColl	C of Sheffield & Dearne AC	5:39.9
4	Leonora Brehemy	Bridgend Athletic Cub	5:43.1

Under 13 Boys 1000m

Posn	Athlete	Club	Perf
1	Jack Childs	Medway & Maidstone AC	5:26.1
2	Kai Cundy	C of Sheffield & Dearne AC	5:27.3
3	Toby Buck	Rugby & Northampton AC	5:38.1

Under 15 Girls 1000m

Posn	Athlete	Club	Perf
1	Ana Garcia	C of Sheffield & Dearne AC	4:38.6
2	Evie Butcher	Cambridge Harriers	4:51.2
3	Kara Lane	Birchfield Harriers	4:57.2
4	Pagen Spooner	Wetherby Runners	5:02.4
5	Lucy Lewis Ward	Cambridge Harriers	5:15.3
6	Mollie Dainton	Llanelli Athletic Club	5:26.4
7	Isabelle Bridge	Blackheath & Bromley HAC	5:26.9
8	Jessica Finney	Birchfield Harriers	5:37.8

Under 15 Boys 1000m

Posn	Athlete	Club	Perf
1	Ben Allen	Leicester Walking Club	4:46.9
2	Owain Rhys-Nicholas	Pembrokeshire Harriers	4:49.9
3	George Wilkinson	Enfield & Haringey AC	5:41.4

Under 17 Women 2000m

Posn	Athlete	Club	Perf
1	Amy Phipps	Neath Harriers	11:04.8
2	Abigail Jennings	Aldershot Farnham & Dist	11:13.6

Under 17 Men 2000m

Posn	Athlete	Club	Perf
1	Chris Snook	Aldershot Farnham & Dist	8:41.2
2	Jordan Price	Brecon Athletic Club	10:08.4
3	Matthew Phipps	Neath Harriers	11:45.0
4	Daniel McKerlich	Cardiff AAC	DQ

Under 20 Men 2000m

Posn	Athlete	Club	Perf
1	Callum Wilkinson	Enfield & Haringey AC	7:41.9
2	Cameron Corbishley	Medway & Maidstone AC	7:55.2
3	Luc Legon	Bexley Athletic Club	9:24.1

**IMPORTANT
NOTICE**

from Ron Wallwork

Change of Venue for Enfield League Race

The Enfield Race Walking League 5 Mile Yacht Handicap on Sat. 10th October 2015 will now be staged at Lee Valley Athletic Centre, N9 OAS. The start time remains the same – 1pm.

The reason for the change is that Enfield Town FC have reached the 3rd qualifying round of the FA Cup and have drawn a home tie. Inconvenient for us, but congratulations to them and best wishes for further success in the competition.

42nd English Schools Championships, Bedford (Sat 19th Sept.)

The junior girls 3000m had an entry of sixteen with twelve starting. Pagen Spooner took the gold in a new personal best, moving her up to 3rd in the rankings for 2015. Ben Allen won the junior boys 3000m by over 3 minutes.

Sophie Lewis Ward was unchallenged as she took the intermediate girls title. All four finishers in the intermediate boys 5000m set new personal bests, with Chris Snook coming out on top ahead of Tom Partington.

Emma Achurch was a clear winner in the senior girls 5000m. In the senior boys race Cameron Corbishley led Kent to a clean sweep of the medals, setting a new personal best, to go sub-21 minutes for the first time. Guy Thomas also set a new personal best, to not only break 23 minutes for the first time, but also the 22 minute mark.

Junior Girls 3000m

Posn	Athlete	Club	Perf
1	Pagen Spooner	North Yorkshire	16:01.80
2	Evie Butcher	London	16:09.44
3	Alana Zeidler	South Yorkshire	16:56.84
4	Lucy Lewis Ward	London	17:01.76
5	Alice Bellando	IOM/Merseyside	17:17.86
6	Katie Elliott	Surrey	18:37.02
7	Isabelle Bridge	Kent	18:56.70
8	Beatrice Fury	Kent	19:00.99
9	Jacqueline Benson	Kent	19:37.45
10	Leah Goddard	IOM/Merseyside	19:54.62
11	Anna Hinchcliffe	Surrey	21:12.99
	Ana Garcia	South Yorkshire	DQ

Junior Boys 3000m

Posn	Athlete	Club	Perf
1	Ben Allen	Leicester & Rutland	15:38.73
2	Stephen Waddington	IOM/Merseyside	18:53.98
3	Herb Elliott	Somerset	20:28.69
4	George Wilkinson	Suffolk	20:37.57
5	George Clay	Somerset	21:13.12

Intermediate Girls 3000m

Posn	Athlete	Club	Perf
1	Sophie Lewis Ward	London	15:30.75
2	Emily Ghose	Sussex	16:31.15
3	Abigail Jennings	Surrey	17:25.31
4	Indigo Burgin	London	19:22.48
5	Lucy Webster	IOM/Merseyside	20:48.40

Intermediate Boys 5000m

Posn	Athlete	Club	Perf
1	Chris Snook	Surrey	22:33.80
2	Tom Partington	IOM/Merseyside	23:12.48
3	Marshall Smith	Kent	28:06.93
4	Oliver Hopkins	Sussex	28:10.32

Senior Girls 5000m

Posn	Athlete	Club	Perf
1	Emma Achurch	Leicester & Rutland	25:53.66
2	Heather Butcher	Kent	27:28.37
3	Rebecca Greatbatch	IOM/Merseyside	30:25.95



Senior Boys 5000m

Posn	Athlete	Club	Perf
1	Cameron Corbishley	Kent	20:37.54
2	Guy Thomas	Kent	21:39.65
3	Luc Legon	Kent	23:29.13
4	Tim Snook	Hampshire	24:23.87
	Callum Wilkinson	Suffolk	DNF

**British Masters 10,000m Track Championships,
Birmingham (Sun. 20th Sept.)**

New British M55 best performance set by Francisco Reis.

Men's 10,000m

Posn	Athlete	Club	Perf
1	Francisco Reis (M55)	Southern Counties Vets	49:14.89
2	Christopher Hobbs (M60)	Ashford Athletic Club	54:63.99
3	Steve Allen (M55)	Barnet & District AC	56:45.16
4	John Hall (M65)	Belgrave Harriers	56:51.38
5	Peter Boszko (M65)	Birchfield Harriers	62:19.08
6	Arthur Thomson (M75)	Enfield & Haringey AC	64:17.90
	Ian Richards (M65)	Steyning Athletic Club	DQ
	Ronald Powell (M75)	Enfield & Haringey AC	DQ

Women's 10,000m

Posn	Athlete	Club	Perf
1	Lesley Hall (W55)	Ashford Athletic Club	65:48.60
2	Noel Blatchford (W65)	Abingdon Athletic Club	67:04.10
3	Naomi Sharma (W45)	Abingdon Athletic Club	68:05.77
4	Julie Bellfield (W45)	Halesowen Athletic Club	70:20.17

**National Police Championships, Cannon Hill Park,
(Including Ryan Cup – Police v Civil Service & Civil Service Championships)
Birmingham (Wed. 23rd Sept.)**

Unfortunately a lower turnout than in previous years *reports Glyn Jones*, due to unforeseen personal injuries, duties preventing attendance and in one instance a major traffic incident on the M25 motorway which held up one athlete (*who was not involved*) so much, so had no prospects of reaching the venue in time.

Men's 10km

Pos	Pol	CSSC	Athlete	Club	Perf
1	1		John Hall (M65)	Belgrave H/CSSC	57:24
2	2		Steven Uttley (M55)	Ilford AC/CSSC	58:59
3			Mark Culshaw (M45)	Belgrave Harriers (<i>Guest</i>)	59:11
4	3		Dwayne Butterley (M45)	Spondon RWC/CSSC	60:17
5	4		John Llewellyn (M65)	BRAT/CSSC	60:32
6	1		Gary Smith (M55)	Enfield & H/Met Police	60:49
7	2		Martin Slevin (M50)	Coventry/West Mids Police	61:24
8	5		Jason Brewer (M45)	Unattached/CSSC	62:32
9	3		Dan Maskell (M65)	Surrey WC/Sussex Police	62:36
10	4		Glyn Jones (M70)	Coventry/West Mids Police	63:00
11	5		Ross Johns	Unattached/West Mids Police	63:39
12			Tony Collins (M70)	Unattached (<i>Guest</i>)	64:27
13	6		Peter Crahan (M60)	Lancashire WC/CSSC	65:00
14	7		Dave Evans (M65)	Lancashire WC/CSSC	67:08
15	8		John Lovatt	Unattached/CSSC	68:12
16	6		David Wilkinson (M55)	Lancs & Morecambe/Lancs Pol	68:39
17	9		Jason Holt (M40)	Unattached/CSSC	68:43
18	10		Bill Kingston (M60)	Bristol & West/CSSC	68:46
19	11		John Crahan (M65)	Lancashire WC/CSSC	69:41
20	7		Steve Broadbent (M50)	Unattached/Lancashire Police	71:34
21			David Fall (M70)	Birchfield Harriers (<i>Guest</i>)	74:17
22			Julian Barnett (M50)	Birchfield Harriers (<i>Guest</i>)	82:44

Women's 5km

Pos	Pol	CSSC	Athlete	Club	Perf
1	1		Lynn Bradley (W45)	C. of Sheffield/CSSC	29:47
2	2		Maureen Noel (W50)	Belgrave H/CSSC	30:19
3	3		Patricia Evans (W60)	Lancashire WC/CSSC	32:50
4	1		Janine Fallon (W40)	Darwen Dashers/Lancs Police	32:54

5	4		Tracey Mills (W45)	Birchfield H/CSSC	33:44
6	5		Geraldine Legon (W55)	Bexley AC/CSSC	33:46
7	6		Jane Hodge (W55)	Hardley Runners/CSSC	34:33
8	7		Pamela Abbott (W50)	Enfield & H/CSSC	34:45
9	8		Emily Kirkham	Unattached/CSSC	38:36
10	2		Sandra Johnson	Unattached/Lancs Police	39:20
11	3		Anne Croft	Unattached/Lancs Police	43:16

Domestic**Sarnia Walking Club 3k Road Walk, Les Amarreurs, Vale,
Guernsey (Fri. 4th Sept.)**

Race winner Stuart Le Noury had the company of visitor Jim Ball for the first lap of two in the Sarnia Walking Clubs 3 kilometre road walk held at Les Amarreurs *reports Rob Elliott*. Passing the half way point 7:51, with a one second lead. Stuart increased the pace to come home in 15:27. Jim Ball, was happy with his performance, two days before tackling the 19.4 mile Church to Church walk, finishing just outside 16 minutes.

Phil Lockwood, still with the Guernsey Marathon in his legs from the previous Sunday, walked an isolated race for third place in 17:26. Regular visitor Sean Pender claimed fourth place ahead of local Kevin Le Noury, both walking close to 19 minutes.

A family race for the next finisher was won by Alex Sinkevics, who dipped under 20 minutes, only four seconds ahead of mother Olga. Dave Dorey got the better of David Hoben, with Jayne Le Noury edging ahead of Mick Le Sauvage, after walking together for much of the race. Kay Coulson brought the field home in 23 minutes.

Posn	Athlete	Club	Perf
1	Stuart Le Noury	Sarnia Walking Club	15:27
2	Jim Ball (M50)	Steyning Athletic Club	16:04
3	Phil Lockwood (M40)	Sarnia Walking Club	17:26
4	Sean Pender (M60)	Enfield & Haringey AC	19:01
5	Kevin Le Noury (M55)	Sarnia Walking Club	19:07
6	Alex Sinkevics (U17M)	Unattached	19:58
7	Olga Sinkevica	Sarnia Walking Club	20:02
8	Dave Dory (M65)	Sarnia Walking Club	20:16
9	David Hoben (M60)	Surrey Walking Club	20:40
10	Jayne Le Noury (W50)	Sarnia Walking Club	21:43
11	Mick Le Sauvage (M75)	Sarnia Walking Club	21:43
12	Kay Coulson (W45)	Sarnia Walking Club	23:02

**England RWA Team Selected
for the Nihill Trophy Match 2015**

<u>Athlete</u>	<u>Club</u>
Ben Allen	Leicester Walking Club
Faris Alkhamesi	Nuneaton Harriers
Hisham Alkhamesi	Nuneaton Harriers
Evie Butcher	Cambridge Harriers
Kai Cundey	City of Sheffield & Dearne AC
Anna Garcia	City of Sheffield & Dearne AC
Emily Ghose	Tonbridge Athletic Club
Oliver Hopkins	Lewes Athletic Club
Lucy Lewis Ward	Cambridge Harriers
Suki Ly	Cambridge Harriers
Kara Lane	Birchfield Harriers
Molly Meleady-Hanley	City of Sheffield & Dearne AC
Lara MacColl	City of Sheffield & Dearne AC
Marshall Smith	Ashford Athletic Club
Chris Snook	Aldershot Farnham & Dist
Pagen Spooner	Wetherby Runners
Archie Walter	Manx Harriers
Alana Zeidler	City of Sheffield & Dearne AC

Sarnia Walking Club 19.4 Mile Church to Church Road Walk (Sun. 6th Sept.)

Jim Ball's bold bid for victory fell apart in the final one and a half miles as race winner Stuart Le Noury swept past him after closing a three minutes gap on the long-time race leader **reports Rob Elliott**. The men's race was always going to be between these two past Church Walk winners and despite the slowest winning time for many years the outcome was not clear for a lot of the race.



Fourteen walkers set off from the St Peter Port start in the traditional 19.4 miles walk between the islands Parish Churches on a day that was to get hotter as the race progressed. After the early climb out of town and on to St Martins via the hills of Cornet Street and Les Vardes, Stuart Le Noury had built up a lead of almost two minutes by the 3 miles point. He passed that point in 31.02 with Jim Ball in second and Jim's son Chris in third.

Leading women at this point were Marie Macdonald and Olga Sinkevica in 36.20 and 36.22. Marie, the defending women's winner and Sarnia Walking Club Champion Olga in her Church debut were to remain in close contention for almost 16 miles of the race.



Leading women at St Martins - Maria Macdonald (N° 50) & Olga Sinkevica (N° 51)

Once the early hills were out of the way the route through to Torteval Church meant the walkers showed an increase in speed with Jim Ball making up the deficit, after his early easy walking miles, on race leader Stuart Le Noury with only four seconds separating them at the 5 miles point reached in 50.44. Phil Lockwood had moved into third place just over four minutes behind, with Coventry Godiva visitor Glyn Jones a further minute down. Leading woman Marie Macdonald had opened up a gap of twelve seconds on Olga Sinkevica, who had the company at this point of Kevin Le Noury walking in his 40th consecutive Church walk. All were under the hour mark with Marie timed at 59.34.

Jim Ball continued to push on to ten miles, with his tactics seeming to be to put as much time between himself and Stuart as possible and trying to hold on in the latter stages. Sometimes it works. The gap between the first two opened up to three minutes by ten miles with Ball making a big effort on the hilly section between Torteval Church and the ups and downs to the Little Chapel near the half way mark. Le Noury was going through a bad

patch, combined with an untimely pit stop. Ball passed 10 miles in 1:38:44, with a healthy lead of three minutes and still walking well.



Stuart Le Noury leading Jim Ball at the 5 mile point

Stuart Le Noury seemed relaxed in second place and perhaps even confident that the race leader would slow down in the latter stages. Phil Lockwood was still in third place with Glyn Jones catching him slightly. The two leading women were still close together with Marie having a slight advantage of four seconds.

At fourteen miles, after taking in the long downhill section from Castel Church towards Vale, Jim Ball passed by, not looking as smooth as he had been but still with a two and a half minutes advantage over Le Noury, who still looked easy and relaxed.

The Vale Church check point at 15 miles was reached in 2:30:21 by Ball. Le Noury was closing fast but still two minutes behind with less than four and a half miles to the finish and could run out of road. A few miles on and Ball was struggling, but would he rally once caught by Le Noury? The hill going up to 16 miles from Vale Church to Vale School had taken it out of him and despite the course from there to the South Esplanade finish being relatively flat he would find it hard going.

On to the sea front at Richmond Corner and with only a few miles to go, Le Noury had Ball in his sights. Coming through the Red Lion area and Stuart swept past Ball who had little response as he cramped up with what effort he could find to stay with the new leader.

The race was now in the hands of Le Noury who opened up a minute's gap by the finish line crossed in 3:21:31. With no chance of getting back to the leader Ball, in some discomfort, finished in 3:22:41.

Well outside his personal best time Stuart Le Noury won the event for the second time, adding to his 2011 victory. A surprise third place went to Glyn Jones in 3:32:02, two minutes quicker than last year, over two minutes ahead of second local walker home Phil Lockwood.

Past race winner Ed Shillabeer was fifth in 3:43:37, a regular visitor to Guernsey from his Plymouth home and walking in "one of his favourite events". He was closely followed by Enfield's Sean Pender.

The women's winner was not in doubt from the sixteenth mile as a strong looking Marie Macdonald started pulling away from a struggling Olga Sinkevica. A small gap at that point had stretched to nine minutes by the finish line as Marie walked herself into 10th place on the Guernsey all-time list. The finishing time of 3:49:11 was a huge improvement on her debut time last year of 4:04:56.

Olga struggled home in less than four hours with 3:58:23, with plenty of improvement to come once she gets used to walking the distance. Next home was Kevin Le Noury, finishing for the 40th time but not able to muster a sprint home as he finished just outside the four hours barrier.

Eight minutes behind, Mick Le Sauvage, back in the event after a few years off finished for the 48th time since 1959 in 4:08:26. The

achievements of these two walkers must be unmatched in local athletics and neither show signs of stopping yet.

David Hoben, another visitor finished in 4:37:45, ahead of local walker David Larkin, making his debut in the event in 4:41:05. Third woman home Kay Coulson finished in 4:50:43.

Posn	Athlete	Club	Perf
1	Stuart Le Noury	Sarnia Walking Club	3:21:31
2	Jim Ball (M50)	Steyning Athletic Club	3:22:41
3	Glyn Jones (M70)	Coventry Godiva Harriers	3:32:02
4	Phil Lockwood (M40)	Sarnia Walking Club	3:34:23
5	Ed Shillabeer (M75)	Ilford Athletic Club	3:43:37
6	Sean Pender (M60)	Enfield & Haringey AC	3:44:11
7	Maria Macdonald (W40)	Sarnia Walking Club	3:49:11
8	Olga Sinkevica	Sarnia Walking Club	3:58:23
9	Kevin Le Noury (M55)	Sarnia Walking Club	4:00:16
10	Michael le Sauvage	Sarnia Walking Club	4:08:26
11	David Hoben (M60)	Surrey Walking Club	4:37:45
12	David Larkin (M40)	Unattached	4:41:05
13	Kay Coulson (W45)	Sarnia Walking Club	4:50:43
	Christopher Ball	Unattached	DNF

Manx Harriers 20km Championships & Supporting Races National Sports Centre, Douglas, Isle of Man (Sun. 6th Sept.)

The Manx Harriers 20km walking championships were held on at the National Sports Centre perimeter roadway and was part of a fabulous end of season race walking weekend *reports Alan Callow*.

With top U.K. International walkers Tom Bosworth and Bethan Davies in attendance, Manx walkers were given the opportunity to listen to their experience at top level of the sport and also see them in action. Both were great ambassadors for the event and it is hoped they can return and encourage more U.K. race walkers also.

The focus of the weekend was Sundays 20km race, however 16 year old Tom Partington almost stole Tom Bosworth's limelight with a new Manx road 5 km record. His 23:02 time, some 29 seconds better than Martin Young's 1988 time. Tom Bosworth had walked with Tom and encouraged him before continuing on to 20 km at a comfortable pace, given that it is only two weeks since he had competed in the World Championships in Beijing, China, recording 1:34:11 for an easy victory. Bethan Davies was 2nd overall and took the female title in 1:38:17, her second fastest time ever.

Local interest followed with Adam Cowin 3rd in 1:48:27, having been on course for his best until around 17km when he succumbed to feeling ill and only just making it to the finish line.

Richard Creer had an excellent 20km debut in 4th and Richard Wild walked an even paced race for 5th and Rebecca Collins from North Down A.C. in Northern Ireland was 6th and second lady to finish.



Tom Bosworth – Bethan Davies – Tom Partington

Jane Farquhar won the 10km support race in a personal best of 65:20 from Louise Hollings and Sharon Cain and Dave Mackey was 2nd to Tom Partington at 5km with Rebecca Greatbatch 3rd.

Archie Walter just edged out Stephen Waddington in the 3km with Alice Bellando 3rd. For Stephen and Alice it was good preparation for the English Schools walks on September 19th.

Style award of the day would have gone to Grayse Fletcher in the 1km for younger walkers, who delighted onlookers with her walking technique.

Thanks to all who helped on the day and the weekend and special thanks to the Welbeck Hotel who kindly accommodated Tom Bosworth over the weekend.

Mixed 20km

Posn	Athlete	Club	Perf
1	Tom Bosworth	Tonbridge Athletic Club	1:34:11
2	Bethan Davies	Cardiff AAC	1:38:17
3	Adam Cowin (U23)	Manx Harriers	1:48:27
4	Richard Creer	Unattached	1:51:33
5	Richard Wild (M45)	Northern Athletic Club	1:54:24
6	Rebecca Collins	North Down Athletic Club	1:55:24
7	Brian Kelly (M50)	Isle of Man Veterans	2:06:55
8	Simon Scott	Unattached	2:19:42
	Dale Farquhar (M35)	Manx Harriers	DNF
	Nick Wallinger	Unattached	DNF

Women's 10km

Posn	Athlete	Club	Perf
1	Jayne Farquhar (W45)	Manx Harriers	65:01
2	Louise Hollings (W35)	Isle of Man Veterans	67:17
3	Sharon Cain (W45)	Western Athletic Club	67:38

U11 1km

Posn	Athlete	Club	Perf
1	Grayse Fletcher	Unattached	7:35

Mixed 5km

Posn	Athlete	Club	Perf
1	Tom Partington (U17M)	Manx Harriers	23:02
2	Dave Mackey (M45)	Manx Harriers	29:10
3	Rebecca Greatbatch (U20W)	Manx Harriers	31:18
4	Hazel Fergusson (W45)	Northern Athletic Club	34:48
	Maura Kelly (W45)	Northern Athletic Club	DQ

Mixed 3km

Posn	Athlete	Club	Perf
1	Archie Walter (U13B)	Manx Harriers	17:21
2	Stephen Waddington (U15B)	Manx Harriers	17:23
3	Alice Bellando (U15G)	Manx Harriers	18:07

Goodwin Cup, Chorley (Sat. 12th Sept.)

The Goodwin Cup 10K race, held over the demanding hilly two lap course at Chorley *reports Roy Gunnett*, was won by Greg Smith and the handicap was won by Roy Gunnett. It was a mild (16^C) and overcast day. The 13 taking part soon formed into and few groups and within these groups some closely fought out racing took place throughout the race.

Mixed 10km

Posn	Athlete	Club	Perf
1	Greg Smith (M60)	Lancashire Walking Club	59:18
2	Roy Gunnett (M65)	Lancashire Walking Club	59:26
3	Dan Maskell (M65)	Surrey Walking Club	64:18
4	Dave Crompton (M65)	Lancashire Walking Club	64:34
5	Joe Hardy (M70)	Lancashire Walking Club	68:03
6	Alf Short (M70)	Lancashire Walking Club	68:36
7	Phil McCullagh (M55)	Lancashire Walking Club	68:42
8	Salish Shah (M50)	Lancashire Walking Club	68:48
9	Jan McCue (W50)	Lancashire Walking Club	69:10
10	Claire Goulden (W50)	Lancashire Walking Club	71:54
11	Andrea Lennon (W70)	Lancashire Walking Club	80:05
12	Jane Pouncy (W55)	Lancashire Walking Club	83:49
13	John Payn (M80)	Lancashire Walking Club	83:50



Jeff Ford Open Meeting, Spinkhill, Sheffield (Sun. 13th Sept.)

An improved turnout in this race in memory of our much loved and very successful coach Jeff Ford **reports Brian Adams**. One family even came up from Neath in South Wales to claim a third place in the U17 RWA YAG Grand Prix.

The U11 race saw Luca Cundey in his first race holding onto the pace of Owen Bradshaw (Y5 Sheffield Schools Champion) until Owen kicked away in the final 200m.

Lara MacColl produced a 21 second personal best over 2000m despite walking a solo race and Ana Garcia produced her fastest 3000m this season.

The senior 5000m race included two walkers who had not raced for a long time, Martin Young and Nina Howley. Martin originally from the Isle of Man but Rotherham based for some time set off in determined fashion with a very quick action that never faltered, claiming a victory for local rivals Hallamshire Harriers.

The women's 5000m saw Natalie Myers giving herself a target of 29 min (having done 29.19 in the Inter-Area and 29.15 in a recent South Yorkshire League race). She matched Martin's speed early on and having been dropped, later matched his pace in the closing stages to dip under her target time by .7 of a second. Nina Howley made a comeback in honour of Jeff Ford, who coached her to the World Junior Championships.

Senior Men's 5000m

Posn	Athlete	Club	Perf
1	Martin Young (M40)	Hallamshire Harriers	28:25.2
2	Mark Byrne (M50)	Redcar Race Walking Club	32:11.9
3	Simon Pugh (M55)	Northern Veterans	32:12.5

Senior Women 5000m

Posn	Athlete	Club	Perf
1	Natalie Myers	C of Sheffield & Dearne AC	28:59.3
2	Nina Howley	C of Sheffield & Dearne AC	31:58.7

Under 17 Men's 5000m

Posn	Athlete	Club	Perf
1	Matthew Phipps	Neath Harriers	32:33.2

Under 15 Boys 3000m

Posn	Athlete	Club	Perf
1	Ben Allen	Leicester Walking Club	16:48.6

Under 15 Girls 3000m

Posn	Athlete	Club	Perf
1	Ana Garcia	C of Sheffield & Dearne AC	14:34.2
2	Alana Zeidler	C of Sheffield & Dearne AC	17:33.4

Under 13 Girls 2000m

Posn	Athlete	Club	Perf
1	Molly Meleady-Hanley	C of Sheffield & Dearne AC	11:45.9
2	Lara MacColl	C of Sheffield & Dearne AC	12:18.0

Under 11 Boys & Girls 1000m

Posn	Athlete	Club	Perf
1	Owen Bradshaw	Mossborough School	6:18.7
2	Luca Cundey	Intake Primary School	6:23.4
3	Lucy Walker	Greenhill School	6:49.2
4	Keira Butler	C of Sheffield & Dearne AC	7:53.1

Sarnia Walking Club, 1 Mile Track Walk, Osmond Prialux, Footes Lane, Guernsey (Sun. 20th Sept.)

Stuart Le Noury was an easy winner in the one mile track walk held by the Sarnia Walking Club. Out on his own from the start he finished in 7 minutes 20 seconds, over a minute up on second placed Phil Lockwood. Rob Elliott walked into third place in his first race since May, with Kevin Le Noury close behind and breaking ten minutes.

Fastest of the women was Olga Sinkevica in a new personal best for the distance on the track. Her time of 10:11 was nine seconds behind her son Alex who beat his recently set best time.

Another personal best was set by second woman Marie Macdonald who removed over half a minute off her recent best time and claimed a new Guernsey age best time of 10:29. Mick Le Sauvage did likewise in bettering his own record, finishing only strides behind Marie. At the back of the field was a close race between Kay Coulson, Dave Dorey and Jayne Le Noury with Kay getting the better of the other two!

Posn	Athlete	Club	Perf
1	Stuart Le Noury	Sarnia Walking Club	7.19.7
2	Phil Lockwood (M40)	Sarnia Walking Club	8.36.1
3	Rob Elliott (M55)	Sarnia Walking Club	9.34.3
4	Kevin Le Noury (M55)	Sarnia Walking Club	9.55.3
5	Alex Sinkevics (U17)	Unattached	10.01.3
6	Olga Sinkevica	Sarnia Walking Club	10.10.4
7	Peter Beckerleg (M55)	Sarnia Walking Club	10.14.8
8	Marie Macdonald (W40)	Sarnia Walking Club	10.28.6
9	Mick Le Sauvage (M75)	Sarnia Walking Club	10.30.0
10	Kay Coulson (W45)	Sarnia Walking Club	11.29.9
11	Dave Dorey (M65)	Sarnia Walking Club	11.31.3
12	Jayne Le Noury (W55)	Sarnia Walking Club	11.34.8

Enfield League 1 Hour Track Race, Hemel Hempstead (Sat. 26th Sept)

The warm autumn sunshine created perfect conditions and



Francisco Reis (M55) currently enjoying a rich vein of form led from start to finish **reports Ron Wallwork**. Fabian Deuter was content to be towed along by Malcolm Martin (*both pictured left*) until the last quarter of the race when he opened up a decisive lead dragging the Surrey man to 10km and 1 hour personal bests. Eight

other walkers bettered their performances of 2014.

Men's 1 Hour

Posn	Athlete	Club	Perf
1	Francisco Reis (M55)	Southern Counties Vets	11,904
2	Fabian Deuter (M35)	Hillingdon Athletic Club	10,966
3	Malcolm Martin (M60)	Surrey Walking Club	10,945
4	Steven Uttley (M55)	Ilford Athletic Club	10,295
5	John Ralph (M55)	Enfield & Haringey AC	10,295
6	Gary Smith (M55)	Enfield & Haringey AC	9,673
7	Amos Seddon (M70)	Enfield & Haringey AC	9,527
8	Arthur Thomson (M70)	Enfield & Haringey AC	9,489
9	Ken Bobbett (M70)	Hillingdon Athletic Club	9,418
10	David Kates (M65)	Ilford Athletic Club	9,131
11	Michael Harran (M75)	Surrey Walking Club	9,117
12	John Borgars (M65)	Loughton Athletic Club	9,099
13	Sean Pender (M60)	Enfield & Haringey AC	8,907
14	Russell Vroobel (M55)	Hillingdon Athletic Club	8,705
15	Stephen Cartwright	Colchester & Tendering AC	8,614
16	Malcolm Smith (M65)	Unattached	8,331
17	David Hoben (M60)	Surrey Walking Club	8,214
18	Jon May (M60)	Enfield & Haringey AC	7,822
19	David Ainsworth M65)	Ilford Athletic Club	7,693
20	Ken Livermore (M80)	Enfield & Haringey AC	6,773
21	Bernie Hercock (M80)	Enfield & Haringey AC	6,008

Women's 1 Hour

Posn	Athlete	Club	Perf
1	Maureen Noel (W50)	Belgrave Harriers	9,704
2	Helen Middleton (W50)	Enfield & Haringey AC	9,527
3	Anne Jones (W60)	Steyning Athletic Club	9,104
4	Angela Martin (W50)	Surrey Walking Club	9,045
5	Jo Miles (W55)	Hillingdon Athletic Club	8,574

**Surrey Walking Club, Gazette 4 Mile, Addiscombe,
Croydon (Sun. 27th Sept.)**

The 1 hour track event on the previous day prevented the usual field appearing for SWC's own Gazette Cup, the first race of the 2015/16 season *reports Peter Hannell*. Conditions were ideal with beautiful autumn sunshine but not too hot as a small field but friendly pack set out. The best competition was between the first two who soon left the rest behind only to lap the rear few as they approached the finish. Mark Easton, former international, and the slightly younger David Crane were well matched and whilst handicapped to be separated by only 10 seconds Mark managed to stretch his slight lead to 20 in spite of David pushing hard to close the gap on the last lap. The incorporated handicap for the Jubilee Cup was won by next man home, Dan Maskell, overcoming Mark's effort by 40 seconds in net times. He left Mick Harran and the rest of the field after the first two laps and was not to be reeled in. The only, but very welcome, visitor was Geraldine Legon from Bexley was also the only one to go faster than expected on this, not easy, course.

Posn	Athlete	Club	Perf
1	Mark Easton (M50)	Surrey Walking Club	33:34
2	David Crane (M35)	Surrey Walking Club	33:59
3	Dan Maskell (M65)	Surrey Walking Club	41:32
4	Micky Harran (M75)	Surrey Walking Club	43:27
5	Geraldine Legon (W55)	Bexley Athletic Club	43:53
6	Peter Hannell (M70)	Surrey Walking Club	43:59

Farewell to Stalwarts**Ken Best**

It is with regret that we have to announce the passing of Sussex Official Ken Best at the age of 91.

Before moving to Horsham upon retiring he was, for many years, a stalwart with Surrey Walking Club (*Club President in 1965*) and the Civil Service Association.

After settling in Sussex Ken consistently supported race walking in the County and had been an ever present at the County Track and Field championships as a track judge until he reached his ninetieth birthday. He was also a regular judge at the Horsham Blue Star home meetings.

Graham Botley

Graham passed away aged 71 on 30th August. Graham joined Blackheath Harriers (now Blackheath & Bromley HAC) in 1966 and was elected Club President in 1991. Although mainly a runner he did achieve his 10k in an hour race walk badge.

He was best known for being the driving force behind Centresport Travel and for organising overseas trips to all the major athletic events, which started in 1979 with a trip to Limerick, Ireland for the World Cross Country Championships.

Steve Whorlow

Steve was a former member of Belgrave Harriers who coached young race walkers in the Folkestone area and drove them to many race meets across the country.

Condolences are expressed

Results Roundup**September****13 Kent Under 13 Championships, Erith**

U13B: 2000: 1 Alec Macheath (Cam H) 10:22.25 (CBP), 2 Jack Childs (M&M) 10:59.71, 3 Ethan Kitteridge (B&B) 12:17.20. **U13G: 2000:** 1 Suki Ly (Cam H) 10:46.42 (CBP), 2 Grace Whittingham (Ash) 13:57.13.

13 Kent Masters Championships, Erith

W55: 2000: 1 Geraldine Legon (Bex) 12:44.19.

13 Surrey Championships, Carshalton

SW: 3000: 1 Penelope Cummings (HHH) 16:33.7.

U15G:3000: 1 Lucy Lewis Ward (Cam H) 17:34.1, 2 Katie Elliott (AFD) 19:08.5. **U13G: 3000:** 1 Emma Ratcliffe (AFD) 21:47.6. **U15B: 3000:** 1 Jack Johnson (Camberley) 21:36.4.

13 Sussex Championships, Carshalton

3000: 1 Tor-Ivar Guttulsrod (Her Wim) 15:46.1, 2 Oliver Hopkins (U17 – Lewes) 16:49.1, 3 Paul Gaston (M65 -SWC) 18:18.9, 4 Martin Ford-Dunn (M60 Stey) 21:40.1, 5 David Stevens (M75 - Stey) 22:20.0.

15 8th South Yorkshire League, Millhouses Park

1 Molly Meleady-Hanley (C of Sheffield & Dearne- U15) 18:39 (3km), 2 Natalie Myers (C of Sheffield & Dearne) 16:36 (3km), 3 Owen Bradshaw (Mossborough Sch – U11) 10:00 (1.5km).

Amended Result**London Inter-Club Challenge, Hendon, (Sat 29th Aug.)**

Posn	Athlete	Club	Perf
1	Steve Allen (M55)	Barnet & District AC	27:47
2	John Hall (M65)	Belgrave Harriers	27:54
3	John Ralph (M55)	Enfield & Haringey AC	28:45
4	Gary Smith (M55)	Enfield & Haringey AC	30:03
5	Amos Seddon (M70)	Enfield & Haringey AC	30:48
6	Shaun Lightman (M70)	Surrey Walking Club	30:53
7	Arthur Thomson (M75)	Enfield & Haringey AC	31:20
8	Dan Maskell (M65)	Surrey Walking Club	31:28
9	David Kates (M65)	Ilford Athletic Club	31:34
10	John Borgars (M65)	Loughton Athletic Club	32:19
11	Brian Boggendoel (M55)	Ilford Athletic Club	33:30
12	Russell Vroobel (M55)	Hillingdon Athletic Club	33:35
13	Ron Powell (M75)	Enfield & Haringey AC	35:00
14	Tony Wilkinson (M50)	Unattached	35:55
15	Michael Barnbrook (M70)	Ilford Athletic Club	38:21
16	Jon May (M60)	Enfield & Haringey AC	40:33
17	David Ainsworth (M65)	Ilford Athletic Club	41:42
18	Eddie Trotter (M65)	Ilford Athletic Club	46:24
19	Mark Culshaw (M45)	Belgrave Harriers	DNF

Women's 5000m

Posn	Athlete	Club	Perf
1	Grazina Narviliene (W40)	Ealing, Southall & Middx	26:18
2	Maureen Noel (W50)	Belgrave Harriers	30:30
3	Helen Middleton (W50)	Enfield & Haringey AC	31:24
4	Lynn Jones (W50)	Enfield & Haringey AC	32:41
5	Jo Miles (W60)	Hillingdon Athletic Club	33:39

Forth Coming Events**October**

Sat 10 th	Enfield League Yacht Handicap (5 mile)	Lee Valley
	Albert Rigby Shield 10k	Macclesfield
Sun 11 th	Midlands Winter League 1	Stourport
	Manx Harriers 1 Hour Track Walk	NSC Douglas
Sat 17 th	Cambridge Harriers Open Walks	Eltham
Sat 24 th	Steyning Open 10k	Steyning
Sun 25 th	Manx Harriers Winter League 1	NSC, Douglas

November

Sun 1 st	Midlands Winter League 2	Birchfield
	Alex Potton Cup – 7 Mile	Addiscombe
Sat 14 th	Enfield Open 7 Mile	Lee Valley
Sun 15 th	Manx Harriers Winter League 2	Andreas
Sun 22 nd	Midlands Winter League 3	Coventry
Sat 28 th	Hillingdon Open 10km & Enfield League	Hillingdon

December

Sat 5 th	Surrey Walking Club Christmas Cup	Tonbridge
Sun 6 th	Leicester WC 10km Championships	Leicester
	Sarnia Walking Club Race #4	Pleinmont
Sun 13 th	Manx Winter League	St Johns
	Sarnia Walking Club Hill Climb	St Peter Port
Sat 19 th	Alf Palmer Memorial Walks	Horsham

Final Positions in RWA YAG GP 2015

U13 Girls			
Posn	Athlete	Club	Points
1	Suki Ly	Cambridge Harriers	160
2	Molly Meleady-Hanley	Sheffield & Dearne AC	156
3	Lara MacColl	Sheffield & Dearne AC	112
4	Emma Ratcliffe	Aldershot F & D AC	74
5	Katie Haynes	Dudley & Stourbridge	71
6=	Hannah Gold	Dudley & Stourbridge	36
	Leonora Brehemy	Bridgend Athletic Club	36
8	Emily Davis	Dudley & Stourbridge	34

U15 Girls			
Posn	Athlete	Club	Perf
1	Ana Garcia	Sheffield & Dearne AC	200
2	Evie Butcher	Cambridge Harriers	190
3	Lucy Lewis-Ward	Cambridge Harriers	184
4	Alana Zeidler	Sheffield & Dearne AC	182
5	Mollie Dainton	Llanelli Athletic Club	169
6	Kara Lane	Birchfield Harriers	149
7	Pagen Spooner	Wetherby Runners	107
8	Beatrice Fury	Medway & Maidstone	100
9	Katie Elliott	Aldershot F & D AC	96
10	Alice Bellando	Manx Harriers	68
11	Laura Achurch	Leicester Walking Club	67
12	Mia Loten	Aldershot F & D AC	35
13=	Isabelle Bridge	Blackheath & Bromley	33
	Anna Hinchcliffe	Aldershot F & D AC	33
15	Jessica Finney	Birchfield Harriers	32

U17 Women			
Posn	Athlete	Club	Perf
1	Amy Phipps	Neath Harriers	189
2	Sophie Lewis Ward	Cambridge Harriers	160
3	Abigail Jennings	Aldershot F & D AC	146
4	Indigo Burgin	Cambridge Harriers	111
5	Megan Stratton-Thomas	Swansea Harriers	78
6=	Molly Davey	Athletica M & G	38
	Emily Ghose	Tonbridge Athletic Club	38
8	Amelia Davey	Carmarthen Harriers	34

U20 Women			
Posn	Athlete	Club	Perf
1	Emma Achurch	Leicester Walking Club	120
2	Heather Butcher	Cambridge Harriers	116
3	Rebecca Greatbatch	Manx Harriers	40
4	Jessica Mills	Birchfield Harriers	38

U13 Boys			
Posn	Athlete	Club	Perf
1	Kai Cundey	Sheffield & Dearne AC	153
2	Faris Alkhamesi	Nuneaton Harriers	116
3	Hisham Alkhamesi	Nuneaton Harriers	112
4	Archie Walters	Manx Harriers	77
5	Nicholas Hart	Aldershot F & D AC	72
6	Toby Buck	Rugby & Northampton	71
7	Kyle Smith	Nuneaton Harriers	70
8	Jack Childs	Medway & Maidstone	40

U15 Boys			
Posn	Athlete	Club	Perf
1	Ben Allen	Leicester Walking Club	200
2	George Wilkinson	Enfield Haringey AC	111
3	Stephen Waddington	Manx Harriers	78
4	Owain Nicholas	Pembrokeshire Harriers	75

U17 Men			
Posn	Athlete	Club	Perf
1	Chris Snook	Aldershot F & D AC	200
2	Jordan Price	Brecon Athletic Club	187
3	Matthew Phipps	Neath Harriers	183
4	Oliver Hopkins	Lewes Athletic Club	148
5	Daniel Mckerlich	Cardiff AAC	69
6	Tom Partington	Manx Harriers	38
7	Marshall Smith	Ashford Athletic Club	37

U20 Men			
Posn	Athlete	Club	Perf
1	Tim Snook	Aldershot F & D AC	187
2	Callum Wilkinson	Enfield & Haringey AC	160
3	Cameron Corbishley	Medway & Maidstone	154
4	Luc Legon	Cambridge Harriers	147
5	Guy Thomas	Tonbridge Athletic Club	37
6	Daniel Watling	Birchfield Harriers	36

Boys Team		Girls Team	
Posn	Score	Posn	Score
1	Aldershot F & D AC 459	1	Cambridge Harriers 921
2	Nuneaton Harriers 298	2	Sheffield & Dearne 650
3	Enfield & Haringey 271	3	Aldershot F & D AC 384
4	Leicester WC 200	4	Birchfield Harriers 219
5	Medway & Maidstone 194	5	Neath Harriers 189
6	Manx Harriers 193	6	Leicester WC 187
7	Brecon Harriers 187	7	Llanelli Athletic Club 169
8	Neath Harriers 183	8	Dudley & Stourbridge 141
9	Sheffield & Dearne 153	9	Manx Harriers 108
10	Lewes Athletic Club 148	10	Wetherby Runners 107
11	Cambridge Harriers 147	11	Medway & Maidstone 100
12	Pembrokeshire H 75	12	Swansea Harriers 78
13	Rugby & N'ampton 71	13=	Athletica M & G 38
14	Cardiff AAC 69		Tonbridge AC 38
15=	Tonbridge AC 37	15	Bridgend AC 36
	Ashford AC 37	16	Carmarthen Harriers 34
17	Birchfield Harriers 36	17	Blackheath & Bromley 33

Combined Team		
Posn	Club	Score
1	Cambridge Harriers	1068
2	Aldershot Farnham & District AC	843
3	City of Sheffield & Dearne AC	803
4	Leicester Walking Club	387
5	Neath Harriers	372
6	Manx Harriers	301
7	Nuneaton Harriers	298
8	Medway & Maidstone AC	294
9	Enfield & Haringey AC	271
10	Birchfield Harriers	255
11	Brecon Harriers	187
12	Llanelli Athletic Club	169
13	Lewes Athletic Club	148
14	Dudley & Stourbridge	141
15	Wetherby Runners	107
16	Swansea Harriers	78
17	Tonbridge Athletic Club	75
	Pembrokeshire Harriers	75
19	Rugby & Northampton AC	71
20	Cardiff Amateur Athletics Club	69
21	Athletica M & G	38
22	Ashford Athletic Club	37
23	Bridgend Athletic Club	36
24	Carmarthen Harriers	34
25	Blackheath & Bromley HAC	33