



Race Walking Record

November 2016



Race Walking Record 75 Years Old



ANOTHER MAJOR REUNION

When: Saturday 8th July 2017

Where: The Tower Thistle Hotel, London, E1W 1LD

Why: To pay tribute to Britain's World Championship Race Walkers

The 2017 IAAF World Championships are coming to London and it acts as a timely reminder that Britain has had its fair share of representation at these championships over the years.

As such on Saturday 8th July the Race Walking Association are to stage a Tribute Luncheon to celebrate the race walkers who have represented Great Britain at the IAAF World Championships since 1976 - all of whom will be invited and we hope will be able to attend.

This will be the third such function following on from the hugely successful Olympic and Commonwealth events held in previous years and again provides an opportunity to meet and pay tribute to our glorious athletes.

We are again staging the event at the Tower Thistle Hotel, London overlooking the River Thames and the Tower of London. There is car parking available at the hotel and it is within sight of three railway/tube stations (Fenchurch Street/Tower Hill/Tower Gateway).

It will be a carvery style luncheon in a room that has a capacity to sit 140 and we hope that we can fill the venue. The lunch time function provides us all with the opportunity to attend by cheap-day return without the need for an overnight stop. Guest speakers will include Olympian Tom Bosworth and World and Olympic Chief Judge Steve Taylor.

We feel that this will be our last such occasion for this type of function and we sincerely hope that as many of you as possible will attend for what promises to be another truly memorable occasion.

The cost is only £30.00 and tickets are available from:

Pam Ficken, Owl Cottage, 101 Meldreth Road, Whaddon, Royston, SG8 5RS

Cheques should be made payable to the Race Walking Association

For further information contact Peter Marlow - pmarlow@btinternet.com



Race Walking Record 75 Years Old

The Race Walking Record (RWR) was founded 75 years ago, in November 1941 as a non-profit publication about race walking and race walking events, primarily aimed at a UK audience. The magazine was founded in London by Alf McSweeney to keep athletes serving as soldiers in World War II informed about their sport back home.

The magazine started as a monochrome newsletter, later progressing to full colour, and has varied between 8 and 40 pages in length over time. Content includes race reports, results, nutrition advice, technique and coaching advice, photos, letters, editorial, news, international coverage, and upcoming event previews. An online version of the magazine has been available since 2007.

Full list of editors

Alf McSweeney	Nov. 1941 to Sep. 1948	Nos. 1 - 81
Gerald Swan	Nov. 1948 to Sep. 1951	Nos. 82 - 115
Alf McSweeney	Oct. 1951 to Sep. 1962	Nos. 116 - 243
John Keown	Oct. 1962 to Feb. 1968	Nos. 244 - 305
Ken Best	Mar. 1968 to Aug. 1970	Nos. 306 - 335
Alan Buchanan	Sep. 1970 to Sep. 1981	Nos. 336 - 468
John Hedgethorpe	Oct. 1981 to Mar. 1985	Nos. 469 - 511
Peter Marlow	Apr. 1985 to Nov. 1988	Nos. 512 - 553
John Hedgethorpe	Dec. 1988 to Jan. 2000	Nos. 554 - 687
Peter Cassidy	Feb. 2000 to Apr. 2000	Nos. 688 - 690
Tim Watt	May 2000 to Apr. 2009	Nos. 691 - 791
John Constandinou	May 2009 to Jan. 2013	Nos. 792 - 811
Catharine Telling	Mar. 2013 to Dec. 2014	Nos. 812 - 831
Noel Carmody	Jan. 2015 to date	Nos. 832 -

Editorial from Issue 1:

Dear Reader

It is only the enthusiast who would vote this a propitious moment to launch a journal on sport.

Since we claim every reader as an ultra-enthusiast, no excuse for publication are necessary, or indeed offered.... despite acute paper shortage.

Southern Committee have shown the broad view in embracing this as their Official Organ and commendable determination thereby to keep the Sport in front of its public.

The press.... especially the Evening News, whom we cannot help singling out for special mention - has given us valuable publicity, but with restricted news space at their disposal we feel it incumbent upon us to launch out for ourselves.

We want the "Record" to be as complete in its information as possible and Clubs are encouraged to send news of their doings and their members.

The present and future of our paper depends upon you personally. See that every one of your members or Club mates is a subscriber – not merely an over looker of your copy.

Lease or lend your "Record" only to a service man – or better still – send 2/- and put him on our mailing list. Let this be your Christmas gift.

So, Gentlemen, your duty is clear. "Walking experts...." - and if we know our subject, it will not expect in vain.

The Editor.



Race Walks Set to Take Place in The Mall

On Sunday 13th August 2017, the unique 'Festival of Race Walks' will be staged on The Mall, St James Park with the kind permission of The Royal Parks on a 2km loop between Buckingham Palace and Admiralty Arch. The 20km races will see athletes perform 10 laps of the course, whilst the 50km race will be 25 laps of the circuit.

The Race Walk medals will also be presented on The Mall providing a beautiful backdrop for the ceremonies.

Source: <http://www.london2017athletics.com/>



2018 IAAF World Race Walking Team Championships: The IAAF Council has awarded the championships to Taicang, China.

The original hosts of the 2018 edition of these championships was Cheboksary, Russia, a decision which was made by Council in November 2013. However, as the Russian Athletics Federation is currently suspended from IAAF membership, Council decided at their last meeting during the Rio 2016 Olympic Games to reallocate the championships.

Following the opening of the bidding process on 2nd September, the IAAF received expressions of interest from six cities (Guyaquil (ECU); Hammamet (TUN); Kiev (UKR); Monterrey (MEX); Taicang (CHN); and Tokyo (JPN), but only Taicang submitted a formal bid by the deadline of 15th November.

Women's 50km: The IAAF Council approved the criteria for the women's 50km race walk to become an official world record event, bringing athletics one step closer to complete gender equality across all its disciplines.

From 1 January 2017, the IAAF will accept the first performances equal to or less than 4:30:00 as having fulfilled all conditions for a world record (*following the standard ratification process*) as the inaugural women's 50km race walk world record.

Race walk electronic detection system: The electronic detection system project to create a definitive judging system for race walking events has now moved to the design stage with contracts signed to construct two preindustrial demonstration prototypes to detect loss of contact by race walkers. One will be used in training and another for competition. The timeline for completion of the project is 18 months.

The results of this project will then be considered by the Race Walking Committee in order to draw up a rule change proposal which would then need to be considered by the Technical Committee and approved by Council. The goal is to be able to trial a system in competitions ahead of the 2019 IAAF World Championships.

Source: [http:// www.iaaf.org/](http://www.iaaf.org/)



3rd European Athletics Race Walking Conference, Leeds (Fri. 11th to Sun. 13th Nov.)

Mark Wall reports on the 3rd European Athletics Race Walk Conference: I had the good fortune to attend the third European Athletics Race Walk Conference, part of the Summit Series, at Leeds Beckett University, on the 11th to 13th of November. As an Associate member of the England Athletics National Coach Development program and in my role as a coach to several senior athletes, I found it an invaluable experience.

In a 'information' packed 2-3 days, this year the keynote speakers were Giovanni Perricelli and Gerry Dragomir. Gianni is coach to, amongst others, Eleonora Giorgi, and had significant success himself at world level himself (2nd in the 1995 World Championships 50km). Gerry, of Racewalk West, Vancouver, spoke of his success in building this project from the ground up and discussed the success of Evan Dunfee, Ben Thorne and Inaki Gomez at world and Olympic level.

The weekend included the traditional lecture based information sessions but also practical demonstrations and discussions. Dr Brian Hanley was able to present some of his broad research in the discipline and provide insight into the current PhD level biomechanics project focussed on race walking.

Colleagues at the university also presented on areas such as the work done to get Tom Bosworth from a junior to 6th in the Olympic 20km, nutrition, anti-doping education and the practises of 'Serial Winning Coaches'. Martin Rush, Head of Coaching & Development, England Athletics, spoke on the National Coach Development Program (NCDP), its rationale and its success.

The Friday evening meal and the main conference dinner gave attendees the opportunity to network and discuss as well as enjoy the company of each other.



Delegates attended from across Europe and it is hoped that the fourth conference will be as successful as the first three. A thank you to Drs' Andi Drake, Brian Hanley and Ian Richards for their efforts and to England Athletics for the funding opportunity for a group on the NCDP to attend.

Resources from the conference can be found [here](#).

More awards for Callum Wilkinson

Callum Wilkinson has won the British Athletics Writers Association Young Male Athlete of the Year award and the British Athletics Supporters Club Ron Jewkes trophy for best 18-19yr old male athletes performance.

Olympic Medal Presentation for Rob Heffernan (IRE)

3rd Nov: Rob, the 2013 world champion, was presented with his 2012 Olympic 50km bronze medal following the disqualification of Russia's Sergey Kiryapkin for doping violation. The ceremony took place in the Concert Hall, City Hall, Cork.

IOC propose reintroducing controversial Osaka Rule to keep drug cheats out of Olympics

A reintroduction of the controversial Osaka Rule, banning athletes convicted of serious doping offences from competing at the next Olympic Games, has been proposed by the IOC to be part of the World Anti-Doping Code. IOC Athletes' Commission vice-chair Tony Estanguet called for athletes who have served suspensions longer than six months to be excluded from the next edition of the Olympics. It was introduced by the IOC in 2007 during the IAAF World Championship in Osaka - hence the name. It was, however, successfully challenged by the United States Olympic Committee (USOC) in 2011 on behalf of Beijing 2008 400 metres champion LaShawn Merritt at the Court of Arbitration for Sport.

More information at: <http://www.insidethegames.biz/>

UKA Rules of Competition – Unattached Athlete Status

Following a review of the rules with respect to unattached status of athletes, UK Athletics have clarified the situation such that race walkers should be treated in the same as way as runners if they are no longer a member of an affiliated club. To this end, they have confirmed that:

"Previously attached athletes can revert to 'unattached' status for road (running and walking), fell, hill, mountain or trail events. This does not apply to track (running and walking), field or cross country events".

Please remember that any athletes who are members of an affiliated club must be registered through their home nation body (e.g. England Athletics) to be eligible to compete in any event held under UKA rules.

Note: National championships are only open to registered athletes. Other competition providers may, if they so wish, impose stricter criteria such as compulsory registration.

Hon. Secretary – Northern Area

The new Northern Area Race Walking Assoc. Hon. General Secretary is Mike Nicholson. Email: nicholsonm@wolfreton.co.uk.

Overseas



Men's & Women's 20km (Fri. 4th Nov.)

The women's (all age groups) set off at 8am, **reports Ian Richards.**



The sky was cloudy but clearing, temperature in the low 20's but rising and humidity around 60%. Not bad conditions but getting tougher as the race progressed making it difficult for many of the walkers with slow times a consequence.

Cath Duhig (*pictured*) was determined to repeat her bronze from the 10km but suffered with a foot problem in the early stages, which may have been to her advantage as

so many fast starters suffered, none more so than South African

Barbara Nell who lost a commanding lead. After a short stop, Cath managed to get going and worked her way up to third to take her second individual bronze. Behind Cath came Maureen Noel, again hampered by her technique collecting two reds, but finishing 6th in the W50.

Fiona Bishop unfortunately picked up three red cards. She was understandably upset but not for herself but because it meant we were unable to finish a women's team. She gave of her best and she let no one down.

When the men's race started at 11.30 it was clear blue skies with temperature in the upper 20's. Again, it was one race for all age groups which changes the dynamic of the more normal age group races. For Ian Richards, it was his last chance for gold not just at these championships but in the world outdoor championships as he will move in the M70 category next time round in Malaga. Boosted by two good performances with no cards, he decided to give it everything from the start to stay with his Mexican rival. A foolish thing to do as the Mexican decided to lead the field through the first kilometre. At the end of the first 2km lap they were both in the leading group which Ian went through in 9:41. Unfortunately, while the fitness is there for this speed the style isn't and the cards started to come in resulting in being disqualified at 5km.

Norbert Will in the M80 category secured his second gold of the championships. He had one card but can be very pleased with the result given the conditions. Ed Shillabeer was less fortunate in picking up two cards and was up against Christophe Hohne, who makes it look so easy, again. Ed took the silver in 2:22:53 compared to Christophe's 2:17:36. With Ian gone in the M65 the door was open for Peter Boszko to rise to the occasion, deliver on his potential and get into the first three. He duly delivered with an excellent walk.

The British team of nine walkers who went to Perth came home with two individual golds, five individual silvers, three individual bronze and one team gold. An excellent trip!

W50

Posn	Athlete	Nation	Perf
1	Esmeralda Rocha de Souza	BRA	2:01:54
2	Karyn Tolando	AUS	2:07:03
3	Manuela Lucaferro	ITA	2:07:56
6	Maureen Noel	GBR	2:14:48

W60

Posn	Athlete	Nation	Perf
1	Barbara Bryant	AUS	2:05:22
2	Barbara Nell	RSA	2:06:29
3	Cath Duhig	GBR	2:10:10

M65

Posn	Athlete	Nation	Perf
1	Jose Luis Lopez Camarena	MEX	1:53:02
2	Eric Kemsley	NZL	2:00:41
3	Peter Boszko	GBR	2:05:17
	Ian Richards	GBR	DQ

M75

Posn	Athlete	Nation	Perf
1	Christoph Hohne	GER	2:17:36
2	Ed Shillabeer	GBR	2:22:53
3	Zdenek Gonsiorovsky	CZE	2:27:23

M80

Posn	Athlete	Nation	Perf
1	Norbert Will	GBR	2:52:00

Domestic**2nd Northern Area Winter League 10km, Fulford, York (Sun. 30th Oct.)**

This venue, new to the series, *reports Alan Brooks*, will mean that two of the five races will have been held on battle sites. This brought a thought to the organiser's mind – what about the whole series next year? No doubt our two Scottish competitors would plump for Bannockburn, certainly not Flodden Field or any other of the numerous ones they lost! On the day, though, Colin Scott was victorious and also won the handicap by one second. All the more surprising, you might think, since he paid for his entry with one of those funny banknotes from the Bank of Kirkcudbright or someplace.

Fortunately, I later came across a local in the club bar who was a keen collector of 'foreign' notes. I charged him £12 for the tenner. Thanks, Col!

Men's 10km (B)

Posn	Athlete	AG	Club	Perf
1	Colin Scott	M55	York Race Walking Club	62:04
2	Neil Armitage	??	York Race Walking Club	62:20
3	Russell Jackson	M70	York Race Walking Club	66:00
4	David Crompton	M50	Lancashire Walking Club	67:07
5	Les Holmes	M45	Redcar Race Walking Club	70:35
6	David Jones	M65	Redcar Race Walking Club	73:36
	Andrew Thacker	??	York Race Walking Club	DNF

Dick Maxwell Memorial 10km, Simister (Sat. 5th Nov.)

The race was held over the tough/undulating six lap 'Nightmare Course' - on a bright sunny cool day, *reports Roy Gunnnett*.

Tony Taylor, over from his home in Crete, won the scratch race in a great time for his age group of 55mins 42secs. Stuart Edgar, up from the Midlands, walked strongly to secure second place. Sailash Shah won the handicap.

After the race, all enjoyed the annual/traditional pie and peas kindly provided by Pat and served by her and Flo.

10km (B)

Posn	Athlete	AG	Club	Perf
1	Tony Taylor	M65	Lancashire Walking Club	55:42
2	Stuart Edgar	M45	Dudley & Stourbridge Hs	63:51
3	Sailash Shah	M50	Lancashire Walking Club	65:21
4	Roy Gunnnett	M65	Lancashire Walking Club	66:00
5	Joe Hardy	M70	Lancashire Walking Club	66:28
6	Dave Crompton	M50	Lancashire Walking Club	66:35
7	Phil McCullagh	M55	Lancashire Walking Club	68:17
8	John Payn	M80	Lancashire Walking Club	76:59
9	Ian Vaughan	M60	Lancashire Walking Club	79:47

5km (B)

Posn	Athlete	AG	Club	Perf
1	Pat Evans	W65	Lancashire Walking Club	33:25

3.33km (B)

Posn	Athlete	AG	Club	Perf
1	Ian Hilditch	M75	Lancashire Walking Club	27:22

South Wales Race Walk Winter Development League, Neath (Sat. 5th Nov.)

The league format is a series of up to 6 x 2000m, each starting 15 minutes after the previous race started, *reports Martin Bell*.

Eleven athletes raced in this inaugural meeting at a dry and bright, but cold, Neath. Dan McKerlich and Paul Gaston took the plaudits for starting four races while Megan clocked the fastest time, but the big highlights were the performances of the younger athletes.

Molly McKerlich just failed to break 14 minutes, but clocked her third personal best in consecutive races (she hadn't gone under 15:30 prior to October this year). Maddie Draycott smashed her personal best by over a minute.



Nia Bailey-Jones (U13G) put in a very impressive performance for her first ever race walking race. Also, taking part in his first ever race walking competition was Gary Jones who was more than happy to manage to complete two races.

Race 1: 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Jordan Price	U20M	Breacon Athletic Club	11:17
2	Matthew Phipps	U20M	Neath Harriers	11:38
3	Daniel Mc Kerlich	U20M	Cardiff AAC	11:38
4	Amy Phipps	U17W	Neath Harriers	11:40
5	Mollie Dainton	U17W	Llanelli Athletic Club	12:07
6	Paul Gaston	M70	Surrey Walking Club	12:31
7	Gary Jones	SM	Unattached	13:20
8	Molly Mc Kerlich	U13G	Cardiff AAC	14:02

Race 2: 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Megan Stratton-Thomas	U20W	Swansea Harriers	10:32
2	Daniel Mc Kerlich	U20M	Cardiff AAC	11:16
3	Jordan Price	U20M	Breacon Athletic Club	11:27
4	Amy Phipps	U17W	Neath Harriers	12:08
5	Maddie Draycott	U15G	Swansea Harriers	12:29
6	Paul Gaston	M70	Surrey Walking Club	12:35
7	Gary Jones	SM	Unattached	13:47

Race 3: 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Megan Stratton-Thomas	U20W	Swansea Harriers	10:46
2	Daniel Mc Kerlich	U20M	Cardiff AAC	11:05
3	Amy Phipps	U17W	Neath Harriers	11:33
4	Jordan Price	U20M	Breacon Athletic Club	11:35
5	Paul Gaston	M70	Surrey Walking Club	13:02
6	Nia Bailey-Jones	U13G	Swansea Harriers	13:43

Race 4: 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Megan Stratton-Thomas	U20W	Swansea Harriers	10:48
2	Daniel Mc Kerlich	U20M	Cardiff AAC	11:04
3	Paul Gaston	M70	Surrey Walking Club	13:33

Surrey WC 7 Mile Championship, Addicombe (Sun. 6th Nov.)

The Surrey Walking Club 7-mile championship enjoyed a considerable uplift in numbers this year despite a few members being out injured, **reports Peter Hannell.**

The field of 15 also included a novice who seemed pleased with her shorter 3 miles and may give it another try. The other six visitors were mostly of a good standard and the majority beat all the SWC members but were lapped by the Club's David Crane even though the competition allowed him to take it a little easily.

The winner of handicap, David Hoben, was down the field but by no means last as he left his usual rival Dave Delaney by over a minute. Both Malcolm Martin and Dan Maskell were forced to slow after recent injury. Among the visitors, Geraldine Legon had her best race while first lady Anne Jones continues to slowly improve after various setbacks.

Men's 7 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Crane	M35	Surrey Walking Club	59:36
2	Graham Chapman	M60	Headington Road Runners	1:11:22
3	Arthur Thomson	M80	Enfield & Haringey AC	1:16:55
4	Paul King	M65	Belgrave Harriers	1:17:36
5	Michael Harran	M75	Surrey Walking Club	1:18:01
6	Malcolm Martin	M60	Surrey Walking Club	1:18:32
7	Sean Pender	M60	Enfield & Haringey AC	1:19:12
8	David Hoben	M60	Surrey Walking Club	1:21:19
9	David Delaney	M70	Surrey Walking Club	1:22:48
10	Dan Maskell	M65	Surrey Walking Club	1:26:10
11	Russell Vroobel	M55	Hillingdon Athletic Club	1:26:19

Women's 7 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Anne Jones	W60	Steyning Athletic Club	1:17:33
2	Angela Martin	W50	Surrey Walking Club	1:18:32
3	Geraldine Legon	W55	Bexley Athletic Club	1:20:39

90th Enfield Open 7 Mile, Lee Valley (Sat. 12th Nov.)

Three double Olympians; Neringa Aidietyte, Lisa Kehler and Dominic King, and seven former GB Internationals were among the competitors in the 90th edition of the Enfield Open Seven and among the spectators who made a special effort to be there were Olympic silver medallist Paul Nihill, European bronze medallist Roger Mills along and Olympian and 1978 Commonwealth Games winner Oliver Flynn.

In addition to Paul Nihill and Roger Mills fifteen other past winners were on hand competing, officiating or encouraging those that were.

In racing kit were Bob Dobson (1978), Lisa Kehler (1987), Chris Cheeseman (1995), Donald Bearman (1999), Dominic King (2000/10/11/12/14), Steve Allen (2001), Sophie Hales (2005), Daniel King (2010), Neringa Aidietyte (2011), Grazina Narviliene (2012/13/14) and Emma Achurch (2015).

The road-siders were; Carl Lawton (1974), Helen Elleker (1984), Mark Easton (1988/93/98) and Di Bradley (2008/10).

Among the many who sent apologies and best wishes were previous race victors Bryan Hawkins (1954/55), Eric Hall (1957) Ken Matthews (1958/60/61), Brian Adams (1975), Alan King (1980) Peter Ryan (2002) and Callum Wilkinson (2013/15), Olympian Ray Middleton, RWA Past President Eric Horwill, Statistician Peter Matthews and 1970's competitor Bob Gutteridge.

Sadly, the host club was only able to field four walkers in the main event, but credit to youngsters Henry Rugg and George Wilkinson, Ken Livermore (M80) the oldest competitor and Centurion and M75 veteran Bill Fenlon (pictured), who was one of several club walkers of yesteryear who turned up to enjoy the 90th race re-union. The others who didn't walk included Bill Pilgrim, Ron Powell, Paul Ray, Geoff Robinson, Ken Roost, Jack Rossiter, Graham Scott and long-time Enfield club officers Beryl and Roy Stratton.

Nine winners of this event went on to become Centurions: D. Christie-Murray, Charlie Megnin, Carl Lawton, Brian Adams, Bob Dobson, Dom and Dan King, Peter Ryan and Steve Allen. However, the only one to win it as a Centurion was also the winner of the 90th race.

So, it wasn't surprising that there was a strong Centurion presence at the event with no fewer than 30 members of the brother/sisterhood in attendance and 16 of them are recorded on the result sheet. The lowest number was 299 and belonged to John Eddershaw of Sheffield and the next; 317 that of Colin Young, one of the elder statesmen of British race walking who first raced in the event in 1951 clocking 60:02. It was fitting therefore that Colin was the main speaker at the Anniversary Reception held after the race and Paul Nihill was the other.

Contestants and supporters were treated to a souvenir programme; two mementos' and the re-union buffet and in addition the entry fee for the race was waived. Many expressed a wish to contribute something towards the event and £90 was collected and donated to the "Children in Need" appeal.

Galvanising what proved to be a super occasion that brought together friends and acquaintances spanning six decades was EHAC President Bernie Hercock, who had from the moment the notion of a re-union was floated at the 2015 race, given the idea his full backing and finance towards implementing it.

Borough of Enfield Councillor Joanne Leban sent the walkers on their way in damp dismal conditions and Dominic King made his intentions very clear by immediately taking the lead, which was substantial by the time two of the 1 mile circuits had been completed. His victory, as the result sheet shows was emphatic and in recording his sixth victory, thus matched the tally of another Olympian, Harry Churcher

(Belgrave H) who recorded his either side of the Second World War 1936 - 1949. Dominic's brother Dan currently recovering from injury comfortably took second place and Luc Legon (U20) posted a huge personal best in third.

The clear winner in the ladies' section was Emma Achurch (U20) who was involved in a race long battle with Luc Legon. They shared the same time and offered a glimpse of hope for the future of race walking. Unfortunately, the promoting club's young star Callum Wilkinson, currently studying in Leeds was side-lined with a strain.

Lithuania's Neringa Aidietyte and the evergreen Commonwealth medallist Lisa Kehler demonstrated their class by filling the minor placings in the ladies' event, although Sophie Hales wasn't that far behind. Grazina Narviliene like Neringa has had recent injury problems, but turned out just to be part of the history making event.



Paul Gaston ~ Ron Penfold ~ Arthur Thomson ~ David Hoben

With Dave Stevens injured and Richard Emsley unavailable, Ron Penfold signed in expecting to have only Jim Ball and Anne Jones for company in sporting Steyning colours and thus non-contenders for the team competition. Imagine his surprise with the appearance of past winners Sophie Hales and Don Bearman which shunted him to fourth scorer in the winning team.

Iford's recent 'find' Sebastian Parris continues to impress. He seems to have rallied Iford's fortunes after an indifferent year, due in the main to work patterns and recurring health problems which curtailed the availability of Stuart Bennett and Steve Uttley.



Stuart Bennett ~ Grazina Narviliene ~ Sophie Hales ~ Don Bearman ~ Lisa Kehler

Enfield without Callum Wilkinson and Helen Middleton couldn't even make the top three teams, letting Surrey WC, who didn't have the services of Shaun Lightman, but gained those of Chris Cheeseman, to take third place. It is worth noting that the latter along with the other 90's winner Don Bearman both looked as though with a little training they could do very well in the Masters' ranks.

Melanie Peddle is currently leading a Loughton revival and had they had the services of John Taylor their points total would have been reduced considerably.

Since 2008 an award in memory of 1962/64 winner Bob Clark has been made to the 'Outstanding Young Walker' in the race and in this occasion, it was impossible to separate Emma Achurch and Luc Legon

so it was awarded jointly. Iford AC put up a prize in memory of Lol Dordoy a keen supporter of the event who died tragically in a road accident in 2009. This year it was won by Ken Livermore.



Glyn Jones ~ Chris Flint ~ Andy Cox ~ Sean Pender ~ Melanie Peddle ~ Anne Jones
Dan Maskell ~ Amos Seddon ~ George Wilkinson

Men's 7 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Dominic King	SM	Colchester Harriers	49:46
2	Daniel King	SM	Colchester Harriers	53:51
3	Luc Legon	U20	Cambridge Harriers	56:14
4	David Crane	M35	Surrey Walking Club	59:52
5	Jim Ball	M50	Steyning Athletic Club	61:15
6	Sebastian Parris	SM	Iford Athletic Club	64:55
7	Donald Bearman	M50	Steyning Athletic Club	65:51
8	Stuart Bennett	M55	Iford Athletic Club	69:39
9	Chris Cheeseman	M55	Surrey Walking Club	71:51
10	John Ralph	M55	Enfield & Haringey AC	71:56
11	Ron Penfold	M75	Steyning Athletic Club	73:12
12	Glyn Jones	M70	Coventry Godiva Harriers	73:19
13	Amos Seddon	M75	Enfield & Haringey AC	73:22
14	Arthur Thomson	M80	Enfield & Haringey AC	73:24
15	John Borgars	M75	Loughton Athletic Club	73:29
16	Paul Gaston	M65	Surrey Walking Club	74:07
17	Dan Maskell	M65	Surrey Walking Club	74:48
18	David Kates	M65	Iford Athletic Club	74:55
19	Steve Uttley	M50	Iford Athletic Club	76:03
20	Paul King	M65	Belgrave Harriers	76:10
21	Steve Kemp	M55	Eastern Masters AC	76:20
22	Chris Flint	M70	Surrey Walking Club	77:07
23	Sean Pender	M60	Enfield & Haringey AC	77:49
24	Micheal Harran	M75	Surrey Walking Club	78:15
25	Mark Byrne	M55	Redcar Race Walking Club	80:43
26	David Hoben	M60	Surrey Walking Club	80:44
27	Steve Allen	M55	Iford Athletic Club	81:11
28	Russell Vroobel	M55	Hillingdon Athletic Club	81:14
29	David Delaney	M70	Surrey Walking Club	81:24
30	Stephen Cartwright	M55	Colchester & Tendring AC	81:34
31	Alan O'Rawe	M75	Iford Athletic Club	82:40
32	Bob Dobson	M70	Iford Athletic Club	84:29
33	Peter Cassidy	M75	Loughton Athletic Club	85:31
34	Tony Wilkinson	M55	Enfield & Haringey AC	89:21
35	Micheal Barnbrook	M70	Iford Athletic Club	92:53
36	David Ainsworth	M75	Iford Athletic Club	96:58

Women's 7 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Emma Achurch	U20	Leicester Walking Club	56:14
2	Neringa Aidietyte	SW	Iford Athletic Club	57:39
3	Lisa Kehler	W45	Wolv. & Bilston AC	61:05
4	Sophie Hales	SW	Steyning Athletic Club	61:36
5	Grazina Narviliene	W45	Ealing, Southall & Middx	65:34
6	Melanie Peddle	W45	Loughton Athletic Club	73:03
7	Joyce Crawford	W45	Eastern Veterans AC	73:56
8	Anne Jones	W60	Steyning Athletic Club	77:00
9	Angela Martin	W50	Surrey Walking Club	77:48

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10	Jo Miles	W60	Hillingdon Athletic Club	78:31
11	Geraldine Legon	W55	Bexley Athletic Club	79:32
12	Sue Clements	W60	Cambridge & Coleridge AC	86:20
13	Lisa Storey	SW	Unattached	88:00
14	Charlotte Storey	SW	Unattached	88:00
15	Francois Fernandez	M65	Loughton Athletic Club	89:36

6 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Bill Fenton	M75	Enfield & Haringey AC	82:50

4 Mile (B)

Posn	Athlete	AG	Club	Perf
1	George Wilkinson	U17M	Enfield & Haringey AC	34:09
2	Andrew Cox	M60	Hillingdon Athletic Club	55:18

3 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Malcolm Martin	M60	Surrey Walking Club	33:52
2	Ken Livermore	M80	Enfield & Haringey AC	54:52

1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Henry Rugg	U13B	Enfield & Haringey AC	10:53
2	Eddie Trotter	M80	Ilford Athletic Club	12:01

Centurions at the 90th Enfield Open 7 Mile



Front Row: Kathy Crilley C933, Alan O'Rawe C791, Ken Roost C557, Jack Rossiter C577 & Kim Howard C1020.

2nd Row: Chris Flint C849, Dave Neagle C527, Paul King C972, Dan King C1100, Steve Kemp C1075, Sue Clements C950, George Beecham C716 & Mal Blyth C384.

3rd Row: Sean Pender C1067, John Borgars C1170, Dave Kates C936, Dominic King C1098, Pam Ficken C934, Dave Ainsworth C540, Steve Allen C 1102, & Colin Young C317.

Back Row: Carl Lawton C750, John Eddershaw C299, Mark Byrne C870, Ken Livermore C386, Ron Wallwork C893, Bob Dobson C786 & Ed Shillabeer C590.

Two Centurions had to leave early and are not in the photograph: Mick Barnbrook C661 and Stuart Bennett C858.

**Sarnia Walking Club Bob Wright Handicap Series Race 3
3000 Track, Osmond Prialux, Footes Lane (Sun. 13th Nov.)**

Donna Allan scored her second win in the Bob Wright Handicap Series after three races to head the series overall, **reports Rob Elliott**. She smashed her previous best time set recently and recorded the fastest women's time in Guernsey for the last seven years.

Donna's first walk was in the recent Church to Church walk in September, which she entered late in the day and has showed good form since, taking to the event with ease. Her actual time of 17:41 gave her the handicap win over Dave Dorey by 17 seconds, who finished just ahead of a fast finishing Stuart Le Noury. Stuart was showing a good return to form with his 14:17 time being the fastest of the day.

Mixed 3000m (B)

Posn	Athlete	AG	Club	Watch	Perf
1	Donna Allan	W40	Sarnia Walking Club	21:11	17:41
2	Dave Dorey	M50	Sarnia Walking Club	21:28	21:28
3	Stuart Le Noury	SM	Sarnia Walking Club	21:32	14:17
4	Rob Elliott	M55	Sarnia Walking Club	21:43	16:43
5	Kevin Le Noury	M55	Sarnia Walking Club	21:57	19:12
6	Peter Beckerleg	M55	Sarnia Walking Club	22:05	19:50
7	Mick Le Sauvage	M75	Sarnia Walking Club	22:25	20:25
8	Marie Macdonald	W40	Sarnia Walking Club	22:33	20:33
9	Jayne Le Noury	W55	Sarnia Walking Club	22:36	21:36
10	Phil Lockwood	M40	Sarnia Walking Club	22:46	18:46
11	Olga Le Noury	W35	Sarnia Walking Club	23:12	20:12

Steyning Open 10km, Steyning (Sat. 19th Nov.)

Nineteen entered this annual out and back race in the countryside, including two Portuguese walkers, only one deciding to race in the end, **reports Ron Penfold**.

On an afternoon of blustery showers, and light rain towards the finish, Francisco Reis making his first visit to Steyning and Jimmy Ball headed the field out with Malcolm Martin third, at the halfway turn Francisco and Jimmy were still together in 26:03 and 26:04, with Malcolm still third in 28:36, and little groups of walkers spread out behind, on the return Francisco slowly pulled away and finished half a minute clear, Malcolm finished a very isolated third and the young Portuguese S. Artum Dominos turned on the speed to return nearly two minutes quicker and pull up from ninth at the halfway stage to finish fourth.

In the Ladies race Liz Claridge who only walks a couple of times a year overhauled Ann Jones on the return to finish first lady, she put so much effort into the race that she had to go home to bed exhausted.



Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Francisco Reis	M55	Southern Counties VAC	53:33
2	Jim Ball	M50	Steyning Athletic Club	53:52
3	Malcolm Martin	M60	Surrey Walking Club	59:56
4	S. Artum Dominos	SM	Portugal	64:20
5	Stuart Maidment	M65	Steyning Athletic Club	64:31
6	Paul Gaston	M65	Surrey Walking Club	65:15
7	Dan Maskell	M65	Surrey Walking Club	66:07
8	Arthur Thomson	M75	Enfield & Haringey AC	66:37
9	Liz Claridge	W45	Steyning Athletic Club	66:46
10	Brian Kirkdale	M55	Hastings Runners	67:00
11	Anne Jones	W60	Steyning Athletic Club	67:05
12	John Killick	M70	Steyning Athletic Club	67:33
13	Micheal Harran	M75	Surrey Walking Club	68:35
14	Angela Martin	W50	Surrey Walking Club	70:25
15	David Delaney	M70	Surrey Walking Club	70:49
16	David Hoben	M60	Surrey Walking Club	71:18
17	Sean Pender	M60	Enfield & Haringey AC	71:26

Sarnia Walking 10km Road Walk, North Side (Sun. 20th Nov.)

Donna Allan continues to take big steps forward since taking up race walking, **reports Rob Elliott**. In her latest race, over 10 kilometres at North Side, held in good conditions after the storms of the previous 12 hours, she crossed the line in 1 hour 3 minutes and 13 seconds to remove almost three and a half minutes off her previous best time.

A good day for the women saw Olga Le Noury and Jayne Le Noury both walking quicker than their last race. The winner of the race was Stuart Le Noury, walking well up on his last race to finish in 54.33. He had a clear win from Rob Elliott back in second place. The third man Phil Lockwood was separated by the leading woman and finished fourth overall.

Kevin Le Noury was another to perform above expectations, with a time a couple of minutes up on expected. The other walkers to finish Peter Beckerleg and Mick Le Sauvage walked to form with Marie Macdonald having to record a “did not finish”.

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	54:33
2	Rob Elliott	M55	Sarnia Walking Club	61:12
3	Donna Allan	W40	Sarnia Walking Club	63:13
4	Phil Lockwood	M40	Sarnia Walking Club	66:46
5	Kevin Le Noury	M55	Sarnia Walking Club	68:35
6	Olga Le Noury	W35	Sarnia Walking Club	70:30
7	Peter Beckerleg	M55	Sarnia Walking Club	70:37
8	Mick Le Sauvage	M75	Sarnia Walking Club	73:30
9	Jayne Le Noury	W55	Sarnia Walking Club	75:37
	Marie Macdonald	W40	Sarnia Walking Club	DNF

Midland Winter League #3, Coventry (Sun. 20th Nov.)

A very cold, damp and overcast day for the 3rd and final Midland Winter League Series didn't deter the walkers for the final races of the series, *reports Glyn Jones*. Grazina Narviliene who now resides in the Midland Area produced an excellent performance coming home first in the 5km race and thus enabling her to secure the overall first scratch award in the 5km series.

In the 10km, Dwayne Butterly continued his winning form and gained overall first scratch award in the 10km series.

Leicester W.C. controlled the winning teams in the 5km and 10km mixed handicap team awards with Nuneaton Harriers gaining overall women's scratch team award in the 5km for the series.

A further disappointing entry in the younger age group category only saw a total of five youngsters for all the shorter distances.

However, a sincere thanks to all competitors, officials, marshals and helpers and supporters who in any way contributed to this year's Midland Winter League Series.

Mixed 5km (B)

Posn	Athlete	AG	Club	Perf
1	Grazina Narviliene	W40	Ealing, Southall & Middx	26:33
2	Ben Allen	U17M	Leicester Walking Club	27:27
3	Steve Arnold	M50	Nuneaton Harriers	28:55
4	Colin Turner	M70	Nuneaton Harriers	29:02
5	Colin Vesty	M50	Leicester Walking Club	29:04
6	Carolyn Dyll	W35	Nuneaton Harriers	29:52
7	Roger Michell	M65	Surrey Walking Club	30:41
8	John Constandinou	M40	Birchfield Harriers	31:11
9	Laura Achurch	U17W	Leicester Walking Club	31:31
10	Wendy Kane	W45	Notts. Athletic Club	31:43
11	Sarah Trundle	W40	Nuneaton Harriers	31:53
12	Hardeep Minhas	M55	Leicester Walking Club	32:31
13	Stuart Edgar	M45	Dudley & Stourbridge Hs	32:35
14	Julian Barnett	M50	Birchfield Harriers	35:59
15	David Fall	M70	Birchfield Harriers	36:01
16	Terry Morris	M70	Nuneaton Harriers	36:33
17	Patrick Walsh	M65	Leicester Walking Club	40:39
18	Stephanie Cable	??	Nuneaton Harriers	46:57

Girls 3km (B)

Posn	Athlete	AG	Club	Perf
1	Anya Korpai	U15	Birchfield Harriers	24:28

Girls 1km (B)

Posn	Athlete	AG	Club	Perf
1	Katie Collis	U11	Birchfield Harriers	7:24

Girls 2km (B)

Posn	Athlete	AG	Club	Perf
1	Caitlin Casey	U13	Birchfield Harriers	14:21
2	Molly McKerlich	U13	Cardiff AAC	14:50
3	Abigail Lysek	U13	Dudley & Stourbridge Hs	15:06

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Dwane Butterly	M50	Leicester Walking Club	55:05
2	Ana Garcia	U17W	C of Sheffield & Dearne AC	55:35
3	Graham Chapman	M60	Headington Road Runners	59:51
4	Daniel McKerlich	U20M	Cardiff AAC	60:31
5	Colin Vesty	M50	Leicester Walking Club	60:41
6	Steve Arnold	M55	Nuneaton Harriers	63:41
7	Chris Berwick	M70	Leicester Walking Club	64:45
8	George Smolinski	M60	Leicester Walking Club	65:38
9	Hardeep Minhas	M55	Leicester Walking Club	66:04
10	John Constandinou	M40	Birchfield Harriers	67:56
11	David Hoben	M60	Surrey Walking Club	72:30
12	David Fall	M70	Birchfield Harriers	76:58
13	Patrick Walsh	M65	Leicester Walking Club	82:51
14	Julian Barnett	M50	Birchfield Harriers	87:07
	Steve Whelan	M55	Headington Road Runners	DNF

Haldane Fisher Syd Quirk Half-Marathon, Ronaldsway, Isle of Man (Sun. 20th Nov.)

Adam Cowin produced the sixth best all-time when winning the 17th year of the race walking section of the Syd Quirk Half-Marathon. Hannah Hunter and Erika Kelly became the fourth and fifth fastest female walkers. Marie Jackson has six of the 13 women's sub 2 hour 10 minute times.

Mixed Half-Marathon (B)

Posn	Athlete	AG	Club	Perf
1	Adam Cowin	U23M	Manx Harriers	1:48:10
2	Gianni Epifani	M45	Manx Harriers	1:55:12
3	Dale Farquhar	M35	Manx Harriers	1:55:33
4	Hannah Hunter	SW	Manx Harriers	1:55:38
5	Erika Kelly	SW	Northern Athletic Club	2:01:43
6	David Walker	M40	Manx Harriers	2:05:33
7	James Quirk	M40	Manx Harriers	2:06:00
8	Tony Edwards	M50	Unattached	2:12:31
9	Andrew Dawson	M45	Unattached	2:14:07
10	Ray Beattie	M55	Unattached	2:14:54
11	Brian Kelly	M50	Isle of Man Veteran	2:15:25
12	Stewart Jones	M45	Manx Harriers	2:16:11
13	Richard Wild	M45	Northern Athletic Club	2:17:59
14	Jayne Farquhar	W45	Manx Harriers	2:18:13
15	Richard Leigh	M45	Unattached	2:18:47
16	Kathryn Clough	W40	Isle of Man Veteran AC	2:20:58
17	Sharon Cain	W45	Western Athletic Club	2:20:58
18	Ian Callister	M60	Manx Harriers	2:21:09
19	Louise Hollings	W35	Isle of Man Veteran AC	2:22:33
20	James Bassett	M40	Manx Fell Runners	2:24:47
21	Simon Scott	M45	Unattached	2:26:05
22	Darrin Oldam	M50	Unattached	2:27:19
23	Andrew Crooks	M65	Unattached	2:27:32
24	Keith Green	M55	Manx Harriers	2:27:36
25	Colin Moore	M55	Isle of Man Veteran	2:27:38
26	James Lawler	SM	Newfield	2:33:54
27	Andy Byrne	M45	Isle of Man Veteran AC	2:35:53
28	Amanda Lawler	W35	Unattached	2:38:48
29	Ronnie Kelly	M55	Unattached	2:39:10
30	Janna Kelly	W45	Unattached	2:39:25
31	May Hooper	W45	Unattached	2:40:04
32	Angie Robinson	W45	Unattached	2:40:47
33	Robert Clynes	M50	Unattached	2:40:48
34	John Struthers	M55	Unattached	2:42:30
35	Pauline Clague	W45	Unattached	2:43:25

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36	Mick Holgate	M70	Manx Harriers	2:45:31
37	Gordon Erskine	M70	Unattached	2:46:56
38	Voirrey Cain	W50	Northern Athletic Club	2:46:56
39	Mark Byrne	M55	Redcar Race Walking Club	2:47:33
40	Hannah Miller	W40	Unattached	2:49:21
41	Maura Kelly	W45	Northern Athletic Club	2:49:50
42	Michelle Sherry	W45	Northern Athletic Club	2:49:50
43	Rachel Cook	W45	Unattached	2:55:29
44	Adrian Darby	M50	Unattached	2:56:10
45	Joanne Standish	SW	Unattached	2:57:02
46	Carol Stevens	W60	Unattached	2:58:33
47	Sarah Goldsmith	W70	Isle of Man Veteran AC	3:09:00
48	Debbie James	W45	Unattached	3:13:00
49	Lynn Ryan	W55	Unattached	3:13:01
50	Heather Tallen	W55	Unattached	3:24:10

2km Road Walk, Pleinmont, Guernsey (Sun. 27th Nov.)

Phil Lockwood held on to win the fourth race in the Bob Wright Handicap Series from the faster finishing Rob Elliott when he crossed the line seven seconds ahead in the 2 kilometres' event, **reports Rob Elliott**. The race, held in good conditions on the undulating car free out and back course from the Imperial had the walkers working hard.

Second placed Elliott gained a few points in the final metres as he overtook Peter Beckerleg and Mick Le Sauvage.

Fifth placed Donna Allan, not quite at the speed of her recent races still broke the Guernsey Age best time held by Julie Lawlor from many years ago, with an actual time of 12:27.

After four races Donna leads the series from Peter Beckerleg, with Stuart Le Noury in third place. The series resumes in 2017 with three more races. Olga Le Noury held off father in law Kevin Le Noury back in seventh and eighth places. Last to finish was Stuart Le Noury with his 11:11 actual time recording the fastest time of the day.

Special mention to Dave Dorey in fifth place. Club stalwart Dave, sometime during this year reached the milestone of 50 years as a competitor in race walking. He competed for Guernsey in the 1970 Commonwealth Games over 20 miles and has won the prestigious Guernsey Church to Church walk. At his best, he walked a sub 7-minute mile. His 10-mile time stands at 80:15, 20km at 1:42:28 and 50km at 4:42:10.

A profile on Dave Dorey and his achievements can be found [here](#).

Mixed 2km (B)

Posn	Athlete	AG	Club	Watch	Perf
1	Phil Lockwood	M40	Sarnia Walking Club	14:28	12:28
2	Rob Elliott	M55	Sarnia Walking Club	14:35	11:20
3	Peter Beckerleg	M55	Sarnia Walking Club	14:36	13:36
4	Mick Le Sauvage	M75	Sarnia Walking Club	14:42	13:37
5	Donna Allan	W40	Sarnia Walking Club	14:47	12:27
6	Dave Dorey	M65	Sarnia Walking Club	15:00	15:00
7	Olga Le Noury	W35	Sarnia Walking Club	15:18	14:03
8	Kevin Le Noury	M55	Sarnia Walking Club	15:18	14:03
9	Stuart Le Noury	SM	Sarnia Walking Club	16:11	11:11

3rd Northern Area Winter League 10km, South Bank, York (Sun. 27th Nov.)

Turnout a little better, **reports Alan Brooks**, with representation from John Paddick's new club, Quick Step Strollers – something of an oxymoron, one might think. At least, I think that's what someone said. Eight seconds separated the first five in the handicap: Drum roll, please.

Men's 10km (B)

Posn	Athlete	AG	Club	Perf
1	Colin Scott	M55	York Race Walking Club	60:16
2	Neil Armitage	??	York Race Walking Club	60:50
3	Dennis Jackson	M70	York CIU	63:48
4	Glen Blythman	SM	Quick Step Strollers	64:30
5	David Crompton	M50	Lancashire Walking Club	65:51
6	Richard Cole	M70	York CIU	71:17

7	David Jones	M65	Redcar Race Walking Club	72:12
8	Andrew Thacker	??	York Race Walking Club	73:20
9	John Paddick	M70	Quick Step Strollers	78:54
10	Keith French	M75	York Race Walking Club	87:48
	Mike Nicholson	M65	York Race Walking Club	DNF

Up and Running Winter League, Andreas, (Sun. 27th Nov.)

Plenty of improvements compared to the first race in October. 18 out of the 25, who did race 1, improved in the 10km and 6 out of 7 in the 5km.

Mixed 10km (B)

Posn	Athlete	AG	Club	Watch	Perf
1	Richard Wild	M45	Northern AC	1:10:21	1:00:41
2	Julie Barlow	W35	Unattached	1:16:02	1:16:02
3	Angela Robinson	W45	Unattached	1:16:58	1:08:43
4	Stewart Jones	M45	Manx Harriers	1:17:42	59:14
5	Dick Callin	M55	Unattached	1:18:12	1:01:29
6	Tony Artzt	M50	Manx Harriers	1:18:21	1:08:07
7	Tony Edwards	M50	Unattached	1:18:26	59:13
8	Jonathan Crossley	M50	Unattached	1:18:38	1:16:53
9	Chris Cale	M45	Manx Harriers	1:18:53	58:13
10	Ray Beattie	M55	Manx Harriers	1:19:06	1:01:51
11	Stephanie Quayle	W50	Unattached	1:19:06	1:03:47
12	Gianni Epifani	M45	Manx Harriers	1:19:21	48:59
13	Colin Moore	M55	Isle of Man VAC	1:19:37	1:07:37
14	Sharon Cain	W45	Western AC	1:19:39	1:05:14
15	Dale Farquhar	SM	Manx Harriers	1:19:43	0:51:29
16	Darrin Oldam	M50	Unattached	1:20:05	1:05:08
17	Stuart Gibson	M45	Unattached	1:20:06	1:05:12
18	Andy Baxendale	M40	Isle of Man VAC	1:20:14	1:10:10
19	Gordon Erskine	M70	Unattached	1:20:32	1:12:45
20	Adam Cowin	SM	Manx Harriers	1:20:45	47:23
21	Rob Clynes	M50	Unattached	1:20:47	1:13:49
22	Janna Kelly	W45	Northern AC	1:20:54	1:11:39
23	Ian Callister	M60	Manx Harriers	1:20:56	1:05:02
24	Richard Leigh	M45	Unattached	1:21:03	1:04:27
25	Angela Corkish	W70	Isle of Man VAC	1:21:11	1:14:10
26	Tony Mackintosh	M40	Isle of Man VAC	1:21:33	1:00:06
27	Gill Corkill	W50	Unattached	1:22:20	1:22:20
28	Jane Artzt	W45	Unattached	1:22:24	1:20:39
29	James Quirk	M40	Manx Harriers	1:22:37	56:37
30	Karen Lawrie	W40	Isle of Man VAC	1:23:10	1:07:51
31	Norbert Will	M80	Northern Ireland VAC	1:25:02	1:17:15
32	Denise Hannay	W45	Unattached	1:26:28	1:16:01

Mixed 5km (B)

Posn	Athlete	AG	Club	Watch	Perf
1	Lynn Ryan	W55	Unattached	48:20	42:33
2	Debbie James	W45	Unattached	48:20	42:33
3	Dee Dentith	W35	Unattached	51:42	42:40
4	Ron Ronan	M70	Manx Harriers	51:44	42:42
5	Sarah Nash	W40	Manx Tri	52:30	34:10
6	Stephen Waddington	U17	Manx Harriers	52:58	28:58
7	Sarah Goldsmith	W70	Isle of Man VAC	53:43	41:48
8	Enid Watson	W65	Isle of Man VAC	53:53	35:20
9	Louise Cowell	SW	Unattached	54:15	39:25
10	Peter Kaneen	M55	Manx Harriers	54:33	26:33
11	Stephanie Quayle	W50	Unattached	1:19:06	1:03:47
12	Gianni Epifani	M45	Manx Harriers	1:19:21	48:59
13	Colin Moore	M55	Isle of Man VAC	1:19:37	1:07:37

Mixed 2km (B)

Posn	Athlete	AG	Club	Perf
1	Abbie Edwards	U13G	Unattached	14:10
2	Daniel Bassett	U11B	Unattached	18:04

Mixed 1km (B)

Posn	Athlete	AG	Club	Perf
1	Grayse Fletcher	8 yo	Unattached	6:54
2	Connor Bassett	7 yo	Unattached	8:45

Bernard John Rawlings C212

Leicester Walking Club are sad to announce that Jack Rawlings died on 18th September 2016 aged 90. Jack was born in the Chippenham area in 1926 and moved to Leicester to train as an engineer.



Jack joined the Leicester Walking Club in 1951 and in 1953 walked from Birmingham to Wembley Stadium to become a Centurion 212 (22 hours 7mins 52 secs).

Jack was one of the original Senior Coaches trained by Lloyd Johnson in the 1960's. He was also Club Captain, President and was editor of the Leicester Walking Club magazine (step by step) in the 1960's.

Jack was a coach and mentor and when he moved to Stratford upon Avon in the early 1970's to work as a lecturer at the local college he still continued to come down the walking club every Saturday for the next 38 years.

Photo is Jack in his racing gear in 1960 as the anchor man of Leicester's team that came third in the National 10 Miles. (Jack finished in 43rd place in a time of 84:38).

Chris Smith Postal League 2016/2017 – Round 1

With 76 athletes representing 42 schools across the country this season's Chris Smith league started with a bang, **reports George Smolinski.**

Chris Snook (Farnborough 6th. Form) and Ana Garcia (Silverdale School, Sheffield) carried on where they left off last season where both were unbeaten. Chris impressed with 8 minutes 43 secs for his 2km while Ben Allen (Countesthorpe Leysland Community College, Leics) walked a well-paced race to go under the 10-minute barrier. Ana Garcia clocked a sub 10-minute time ahead of Megan Stratton-Thomas (Olchfa School, Swansea).

In this competition, the individual and team standings are based on a handicapping system, which encourages all competitors to improve or get close to their best performances over the 4-race series.

At this early stage of the league a handful of points covers the top 5 in the boy's league where Sam Gorrington (Canon Maggs Junior, Bedworth), Josh Atkin (Blaby Stokes Primary, Leics), Colm McLoughlan (St Polycarps Primary, Farnham), Olly West (All Hallows, Farnham) and Lewis Hudson (Velmead Junior, Fleet) made particularly strong debuts.

Devina Nove (Highworth Grammar, Ashford, Kent) leads the girl's section with Maddie Draycott (Olchfa School, Swansea) and Nia Bailey – Jones (Bishopston Comp., Swansea) handily placed.

In the team category competition, Blaby Stokes Striders have a slender lead of just 6 points over newcomers Highworth Grammar (Ashford) with All Hallows (Farnham) just one point further back.

Results for 3 seniors who walked in Sheffield: Tony Bell (Lancs. WC) 11:56, Simon Pugh (Rotherham) 11:59 & Jeff Taylor (Unattached) 13:33.

2000m (B)

Girls		Boys	
1	Ana Garcia 9:58	1	Chris Snook 8:43
2	Megan Stratton-T 10:32	2	Ben Allen 9:49
3	Abi Jennings 11:15	3	Daniel Mc Kerlich 11:04
4	Amy Phipps 11:33	4	Hisham Alkhamesi 11:07
5	Katie Elliott 11:50	5	Jordan Price 11:17
6	Mollie Dainton 12:07	6	Marshall Smith 11:36
7	Izzy Elliott 12:18	7	Matthew Phipps 11:37
8	Maddie Draycott 12:29	8	Faris Alkhamesi 11:39
9	Laura Achurch 12:32	9	Kai Cundey 11:46
	Charlotte Wallis 12:32	10	Nick Hart 11:48
11	Molly Meleady-H 12:35	11	Olly West 13:15
12	Devina Nova 12:42		Stanley Jones 13:15

13	Jacqueline Benson	12:43	13	Luca Cundey	13:18
14	Lara MacColl	13:00	14	James Bowler	13:22
15	Grace Whittingham	13:20	15	Owen Bradshaw	13:31
16	Niamh McLoughlan	13:22	16	Sam Gorrington	13:33
	Lucy Walker	13:32	17	Jake Martin	13:46
18	Lyla Bryan	13:38	18	Lewis Hudson	13:49
19	Nia Bailey - Jones	13:43	19	Colm McLoughlan	13:52
20	Elizabeth Papp	14:00	20	Elliot Gardiner	13:54
21	Molly Mc Kerlich	14:02	21	Frazer Brown	14:13
22	Nathalie Kitchin	14:26	22	Louis Philips	14:35
23	Mia Loten	14:31	23	Dylan Oldham	14:37
24	Elysha Oliver	14:33	24	Finley Miller	14:39
25	Alysha Mead	14:45	25	Josh Atkin	14:41
26	Jasmine Patterson	15:05		Nate Holloway	14:41
	Georgia Birch	15:05	27	Freddie Roberts	15:37
	Elizabeth Hillier	15:05	28	Noah Tomlinson	15:46
	Olivia London	15:05	29	Gabriel Weir	16:27
30	Brooke Gannon	15:12	30	Huey Bryan	17:05
31	Erissa Myrtollari	15:24		Wade Coulson	17:05
32	Daisy Betford	15:27		Archie Christie	17:05
33	Imogen Walker	15:37	33	Jack Harrison	18:37
34	Eve Faulkner	16:11			
35	Abigail Lycett	16:30			
36	Isabelle Smolinski	17:18			
37	Sophie Williams	17:25			
38	Evie Hurrell	17:43			
39	Faith Castledine	18:41			
40	Jasmine Joyce-W	18:51			
	Lola Wells	18:51			
42	Evie Mitchell	19:53			
43	Daisy Mitchell	22:22			



Results Round-Up

Oct.

22 Leicester WC Topham Cup 7 Mile Handicap (B) (Actual Time)
 1 Colin Vesty (Leic. WC – M50) 79:57 (69:57), 2 Sarah Lightman (Leic. WC – W45) 80:15 (74:15), 3 George Smolinski (Leic. WC – M60) 82:43 (75:43), 4 Chris Berwick (Leic. WC – M70) 83:11 (74:11), 5 Andrew Thacker (YRWC) 83:21 (76:21).

Nov.

05 Leicester WC L.T. Norton 10km Yacht Handicap (B) (Actual Time)
 1 Hardeep Minhas (Leic. WC – M55) 68:37 (64:37), 2 Lionel Humphries (Leic. WC) 70:21 (66:21), 3 Colin Vesty (Leic. WC – M50) 71:09 (60:09), 4 Dwane Butterly (Leic. WC – M50) 71:34 (53:34), 5 Chris Berwick (Leic. WC – M70) 73:40 (65:40), 6 George Smolinski (Leic. WC – M60) 76:42 (70:42).



December

Sat 3 rd	B	Surrey Walking Club Christmas Cup 5km	Tonbridge
Sun 4 th	B	Fortune Cup 10km	Leicester
Sat 10 th	B	Alf Palmer Memorial Races	Horsham
Sun 11 th	B	Sarnia Walking Club Hill Climb	Le Val des Terres
Sun 18 th	?	Up and Running Winter League	?
	B	Sarnia Walking Club Road 3 Mile	Rocquaine
	B	Yorkshire Winter League 10km	Kirby Fleetham
Sat 26 th	B	Brighton Boxing Day Walks	Preston Park

January

Sun 8 th	A	England Athletics Indoor Championships	EIS Sheffield
	B	Sarnia Walking Club 5km Handicap	North Side, Vale
Sat 14 th	B	Enfield League 5 Mile	
Sun 15 th	B	Sarnia WC Pace Judgement Training	Cambridge Park
Sat 21 st	B	Leicester WC 10 Mile	Leicester
	B	Steyning AC Open 15km	Steyning
Sun 22 nd	A	London Indoor Games 1000/3000	Lee Valley
Sun 29 th	B	Sarnia Walking Club 1 Mile Handicap	Footes Lane
	B	Yorkshire Winter League (10km)	Drighlington CC



Loughton Athletic Club R.W.A. Southern Area

The London Open Walks

(Incorporating the Southern Area Senior & YAG Championships)

Sunday 5th February 2017

Hillingdon Cycle Circuit, Minet Park, Springfield Road, Hayes, UB4 0LP

Events/Timetable

12:00 noon	Under 11 Boys & Girls 1km
12:20pm	Under 13 Boys & Girls 2km
12:40pm	Under 15 Boys & Girls 3km
1:00pm	Under 17 Men's & Women's 5km
1:00pm	Junior & Senior Women's 5km
1:00pm	Junior & Senior Men's 10km

(With prior notice 5km competitors may continue to the 10km finish)

Awards

All events: first three individuals, first three teams of three
Senior Men and Women: first Centurion (N.O.I.A), first Veteran (N.O.I.A)
One second-claim walker may score in each open team

Entry Fees (Open/Championships)

Seniors and Juniors £7.00/£8.00

Under 11 – No Charge

All Others £6.00/£4.00

No Team Fees

Please state Date of Birth on Entry Forms

N.B.: All Southern Championship Competitors *MUST* enter the Open Event and pay the appropriate fee

Entries in advance are preferred with cheques in favour of Peter Cassidy to him at
Hufflers, Heard's Lane, Shenfield, Brentwood, Essex, CM15 0SF

Tel: 01277 220687

Email: Peter.Cassidy@btinternet.com

Entries will be accepted on the day

All events except the Under 11s are to be judged under category A

This is a National Y.A.G. Grand Prix Event