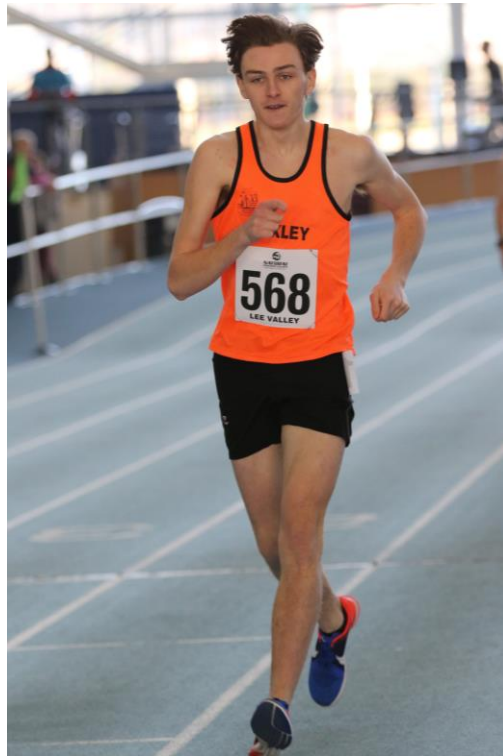


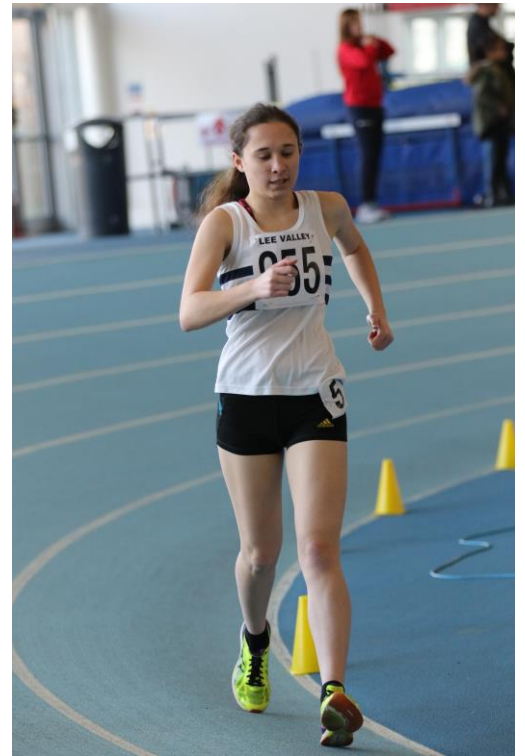


Race Walking Record

January 2017



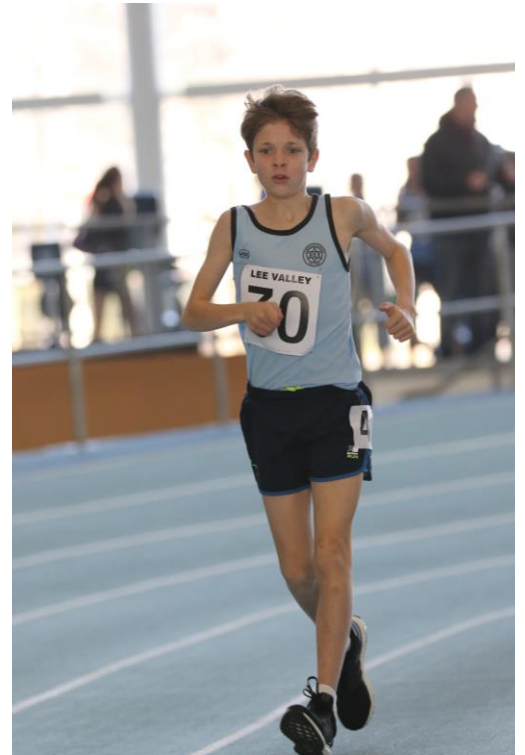
Luc Legon



Emily Ghose



Lois Carty



Alex Macheath

Winners from the London Indoor Games 2017



Coventry Godiva Harriers

present the

Molly Barnett Open Road Walks

including

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

(to be held in accordance with UKA Rules)

Sunday 5th March 2017

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

Programme

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

(Senior/Junior Women may compete in 10km)

Entry Fees

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

(Second claim members accepted as per UKA Rules)

Closing Date for Entries: 23rd February 2017

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

Entries to: Keith Richards

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

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

Cheques payable to Coventry Godiva Harriers



AGM 2016

Nineteen attended the Race Walking Assoc. Annual General Meeting in Birmingham in December. It was good to see outgoing RWA President Fred Pearce in attendance, as he had recently had a spell in hospital. During his year in office Fred attended most of the major events in the UK, plus many others. He handed over the mantle of President to Ann Perry, and we congratulate her. Noel Carmody is the new Vice-President.

Mike Fox stood down from Coaching and Development. The position has been filled by Steve Arnold (Nuneaton Harriers). All the other RWA Officers remain in post – however an addition to an uncontested line up sees Noel Carmody now assisting the National Championship Secretary Peter Marlow.

A Midlands resolution was discussed and carried which called for more officials and helpers at our race meetings. A “Working Party” has been established to determine the best way forward.



Ron Pickering Memorial Fund Grants

Those of us of a certain age will recall watching *We Are the Champions* and *Superstars* and were very familiar with the voice of Ron Pickering. Of course, it was as athletics coach and BBC athletics commentator that he is best remembered. Reflecting his love for athletics, every year his memorial fund issues grants to approximately 200 of the country's most promising young athletes aged 15-23 and this year's grant recipients include five young race walkers.

These are:

Athlete	Club	Coach
Emma Achurch	Leicester Walking Club	Steve Arnold
Cameron Corbishley	Medway & Maidstone AC	Andi Drake
Ana Garcia	C of Sheffield & Dearne AC	Brian Adams
Sophie Lewis Ward	Cambridge Harriers	Noel Carmody
Guy Thomas	Tonbridge Athletic Club	Martin Rush

Medway Sports Awards Winners 2016

Paul Nihill, who competed in four Olympics and won racewalking silver in 1964, became the fourth person inducted into the Hall of Fame. Paul was presented with a scroll to mark the honour

Inaugural Women's 50km World Record

15th Jan: Portugal's Ines Henriques established the first official women's world record (*pending usual ratification procedures*) for the 50km, covering the distance in 4:08:26 at the Portuguese 35km and 50km Championships in Porto de Mos.

At the IAAF Council Meeting in Monaco on 30-Nov 2016, the IAAF announced that as of 1-Jan 2017 any performances equal to or faster than 4:30:00 would be accepted as having fulfilled the conditions for a world record. Prior to Henriques' performance, the fastest 50km time by a woman was Monica Svensson's (SWE) 4:10:59 set in 2007.



BRITISH
ATHLETICS

2017 Selection Policies

British Athletics have announced details of the selection policies for the European Cup of Race Walking (Podebrady - Czech Republic), the European U23 Championships (Bydgoszcz - Poland), the European Junior Championships (Grosseto - Italy) and the World University Games (Taipei, Chinese Taipei).

The published selection standards for the race walks are:

European Cup of Race Walking:

Men's 20km – 1:27:00 (4:05.00 - 50km) (42:00 – 10km)	Women's 20km – 1:39:00 (47:30 - 10km)
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Men's 50km – 4:09:00
(1:28:00 -20km)

Junior Men's 10km – 45:00 Junior Women's 10km – 52:00

The full selection policy can be found at:

<http://www.britishathletics.org.uk/EasysiteWeb/getresource.axd?AssetID=150393&type=full&servicetype=Attachment>

European U23 Championships:

Men's 20km – 1:26:00	Women's 20km – 1:36:00
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The full selection policy can be found at:

<http://www.britishathletics.org.uk/EasysiteWeb/getresource.axd?AssetID=151001&type=full&servicetype=Attachment>

European Junior Championships:

Junior Men's 10km – 43:00	Junior Women's 10km – 48:15
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The full selection policy can be found at:

<http://www.britishathletics.org.uk/EasysiteWeb/getresource.axd?AssetID=150256&type=full&servicetype=Attachment>

World University Games:

Men's 20km – 1:25:00	Women's 20km – 1:36:00
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The full selection policy can be found at:

<http://www.britishathletics.org.uk/EasysiteWeb/getresource.axd?AssetID=151002&type=full&servicetype=Attachment>



England Athletics representative opportunities for Race Walking

England Athletics is looking to support developing athletes and provide international experience towards major Championships. England Athletics will look to select individuals for appropriate international competition given their current performance level.

Athletes judged to be capable of performing better than or close to the BA Guidelines for the European Race Walking Cup, the European U20 Athletics Championships, the European U23 Championships. Athletics Championships will be considered for:

19th Mar. Lugano (SUI): Lugano Trophy Memorial Mario Albisetti:

Advertised standards:

Men's 20km – 1:28:00	Women's 20km – 1:40:00
Junior Men's 10km – 46:00	Junior Women's 10km – 52:30

8th Apr. Podebrady (CZE): EAA Grand Prix:

Advertised standards:

Men's 20km – 1:28:00	Women's 20km – 1:40:00
Junior Men's 10km – 46:00	Junior Women's 10km – 52:30
Under 18 Boys 10km – 48:00	Under 18 Girls 5km – 25:00

Athletes judged to be capable of performing better than or close to the BA Guidelines for the World Athletics Championships 50km:

25th Mar. Dudince (CZE): EAA Grand Prix:

Advertised standards: Men's 50km – 4:14:00

Full details at: <http://www.englandathletics.org/athletes/england-athletics-team/race-walking>

Overseas

Elan Indoor Meeting, Bratislava (SVK) (Sun. 29th Jan.)

The elite women's 3000m combined competition for seniors, juniors and masters. The early laps were led by Gemma before the 2016 winner Maria Czakova (SVK) took over and stamped her authority on the race to record a comfortable win. Gemma recorded an indoor personal best, moving her from 11th to 5th on the UK Indoor 3000m all-time list.

Senior Women's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Maria Czakova	 SVK	13:06.41	
2	Gemma Bridge	 ENG	13:25.39	PB (i)
3	Monika Hornakova	 SVK	13:31.07	PB (i)
4	Anett Torma	 HUN	13:53.49	
5	Lucia Cubanova	 SVK	14:31.22	
6	Andrea Kovacs	 HUN	14:35.77	



UK Women's Indoor 3000m All-Time Top 5

12:35.87	Bethan Davies	Cardiff	11 Dec. 16
13:08.64	Niobe Menendez	Cardiff	02 Feb. 02
13:11.80	Heather Lewis	Birmingham	16 Feb. 14
13:12.01	Julie Drake	Toronto (CAN)	02 Mar. 93
13:25.39	Gemma Bridge	Bratislava (SVK)	29 Jan. 17



Anton Kucmin (SVK) was the leader in the early stages, before Callum Wilkinson took over for a couple of laps. Ireland's Alex Wright then powered into the lead and produced splits of 3:51, 3:52, 3:51, 3:50 and 3:47 for an impressive win in a World leading time of 19:06.69 to go second the Irish all-time list behind Robert Heffernan. Callum set a British U23 Record with his second place in 19:20.83. Callum jumps from 5th to 2nd on the UK Indoor 5000m all-time list.

Senior Men's 5000m

Posn	Athlete	Nation	Perf	Notes
1	Alex Wright	 IRE	19:06.69	PB (i)
2	Callum Wilkinson	 ENG	19:20.83	U23 BR
3	Anton Kucmin	 SVK	20:05.04	
4	Milan Rizek	 SVK	20:08.35	PB (i)
5	Miroslav Uradnik	 SVK	20:31.78	
6	Dominik Cerny	 SVK	21:24.79	PB (i)
7	Michal Morvay	 SVK	22:18.09	
8	Vojtech Libnar	 CZE	23:55.66	PB (i)

UK Men's Indoor 5000m All-Time Top 5

18:54.18	Tom Bosworth	Bratislava (SVK)	31 Jan. 16
19:20.83	Callum Wilkinson	Bratislava (SVK)	29 Jan. 17
19:22.29	Martin Rush	Birmingham	08 Feb. 92
19:28.20	Andi Drake	Turin (ITA)	13 Feb. 91
19:42.90	Tim Berrett	New York (USA)	23 Feb. 90

National

England Athletics Indoor Championships, Sheffield (Sun. 8th Jan.)

The first of the events was a combined boys and girls U13 & U15 race over 1000m, won by Faris Alkhamesi of Nuneaton (5:22.77), **reports Mark Wall**.

Next up was the senior women's 3000m. It was primarily a head to head between England International Gemma Bridge and British Junior International Emma Achurch, who has now moved into senior ranks. Gemma took an early lead which she built on and did not relinquish. She was compelled to back off from her schedule after attracting two reports for disqualification. She finished a comfortable margin in front to record a maiden indoor walk performance of 13:41.33, ahead of Emma's 13:51.23. In third place was the UK's leading U18 (U17) competitor, Ana Garcia. She too had judging issues but she was able to hang on for a fine 14:46.24. This came a day after finishing 13th in the Yorkshire County cross country (despite falling and, in her words, trampled). Sophie Lewis Ward (4th in the European U18 5000m Walks Championships in 2016), affected by a heavy swim training and hampered by a 'stitch' was an isolated 4th in 15:43.07.

In the absence of Tom Bosworth, the men's 3000m indoor walk championship held the prospect of the three new seniors (Callum Wilkinson, Cameron Corbishley and Guy Thomas who have all bid farewell to the junior ranks) seeking to stamp their authority on the event. This came to be. Callum took an early lead with Cameron in close attendance and Guy not far off the pace. The four judges were active during the race, but given athletes passed the judges a total of 60 times, this is not surprising. Unfortunately, Cameron collected his third report in the dying stages of the event and the disqualification could only be communicated after he had crossed the finish line. In mitigation, he has been involved in heavy training loads so fatigue may well have played a hand. This left Callum a comfortable winner in a sharp 11:35.0. Guy may have been subdued by two cards against his name but came home in 12:22.4. A tussle ensued behind the leaders, with Luc Legon taking third place ahead of junior Tom Partington. Unfortunately, due to electrical failure, the electronic timing failed so manual timing was used.

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Faris Alkhamesi	U15B	Nuneaton Harriers	5:22.77
2	Molly Meleady-Hanley	U15G	C of Sheffield & Dearne	5:24.45
3	Owen Bradshaw	U13B	C of Sheffield & Dearne	5:26.25
4	Lara MacColl	U15G	C of Sheffield & Dearne	6:03.53
5	Toby Chaplin	U13B	C of Sheffield & Dearne	6:43.78

Women's 3000m

Posn	Athlete	AG	Club	Perf
1	Gemma Bridge	SW	City of Oxford AC	13:41.33
2	Emma Achurch	U23W	Leicester Walking Club	13:51.23
3	Ana Garcia	U17W	C of Sheffield & Dearne	14:46.24
4	Sophie Lewis Ward	U20W	Cambridge Harriers	15:43.07
5	Natalie Myers	SW	C of Sheffield & Dearne	16:21.23
6	Emily Ghose	U20W	Tonbridge Athletic Club	16:41.27
7	Lucy Lewis Ward	U17W	Cambridge Harriers	16:41.89
8	Pagen Spooner	U17W	Wetherby Runners	17:58.10

Men's 3000m (Manual Timing)

Posn	Athlete	AG	Club	Perf
1	Callum Wilkinson	U23M	Enfield & Haringey AC	11:35.0
2	Guy Thomas	U23M	Tonbridge Athletic Club	12:22.4
3	Luc Legon	U23M	Bexley Athletic Club	13:10.1
4	Tom Partington	U20M	Manx Harriers	13:15.8
5	Benjamin Allen	U17M	Leicester Walking Club	15:58.8
	Cameron Corbishley	U23M	Medway & Maidstone	DQ



George Williams 1935-2016

It is with sadness that we report the passing, on Christmas Day, of former Belgrave Harriers race walker George Williams.

George was an International in the early 60's and competed and placed 3rd in the Lugano Cup, equivalent to the current World Team Championships, in 1:34:02, behind winner Ken Matthews (1:30:55) and Swede Lennart Back (1:32:12). Over this period, he featured in the Belgrave Harriers, Surrey County and Post Office Teams.

Many people believe George quit his international career too early. He was tipped by some of his peers as a medal contender for the 1964 Tokyo Olympics but he decided to quit the sport instead. Although George didn't go to Tokyo, his great friend and protégé Paul Nihill did, winning Olympic silver.

In retirement, he wrote and published a book **Run Rabbit Run** about his life and times.

GRAND PRIX

The following events will comprise the Race Walking Association's Young Athletes Grand Prix for 2017.

Best five race positions from seven events. For Under 13's it is best four from six events as there is not an England Athletics Championship for that age group.

Sun. 5 th Feb.	London Open Walks	Hillingdon
Sun. 5 th Mar.	Molly Barnet Open Walks	Coventry
Sat 22 nd Apr.	Inter-Area Match	Lee Valley
Sat. 29 th Apr.	RWA Young Athletes Championships	Coventry
Sun. 18 th Jun.	England Athletics U20 Championships	Bedford
Sun. 28 th Aug.	England Athletics U15/U17 Championships	Bedford
TBC	Jeff Ford Memorial Walks	Sheffield

**Cecil Gittins Memorial Walks**

Incorporating Enfield League

Saturday 1st April 2016 at 1pm

Gravesend Cyclopark, The Tollgate, Watling Street,
Gravesend, Kent, DA11 7NP

Choice of Distances – 2.5k/5k/10k/15k

Entries in Advance preferred

Entry Fees: Senior £5.00 – U20/U17/U15/U13 £2.00

Enquiries: to David Hoben, walks@vetsac.org.uk or
07507 158605

Entry Form can be downloaded at

<http://www.vetsac.org.uk/CGwalksentryform17.pdf>

Domestic Results**Sarnia Walking Club Bob Wright Handicap Series Race 5
5km Road Walk, North Side, Guernsey (Sun. 8th Jan.)**

Donna Allan, who has improved rapidly since her first race last September, surpassed all expectations as she broke 30 minutes and removed a huge amount of time off her previous best of 34:14, **reports Rob Elliott**. Set off with Phil Lockwood on handicap, she soon moved ahead of him and started to make inroads on those set off in front of her. Hitting the front with still plenty of the race left she crossed the line in an actual time of 29:53. This time was a new age best time for Guernsey, beating that set by Jenny Elliott some years ago.

Second home, also with a performance better than expected was Peter Beckerleg in an actual time of 33.30. A close finish for third was won by Rob Elliott who had to find a sprint to overcome Phil Lockwood. Lockwood's glance behind leading him to try to hold off his rival with his own short lived final effort.

Second woman to finish was Jayne Le Noury, holding off Mick Le Sauvage for fifth place.

Marie Macdonald had a good race overtaking Kay Coulson and Dave Dorey. After five races in the series and with two to go Donna Allan and Peter Beckerleg are in the first two positions but with a lot still to walk for.

Mixed 5km (B)

Posn	Athlete	AG	Club	Watch/Actual
1	Donna Allan	W40	Sarnia Walking Club	35:38/29:53
2	Peter Beckerleg	M55	Sarnia Walking Club	36:15/33:30
3	Rob Elliott	M55	Sarnia Walking Club	36:37/28:52
4	Phil Lockwood	M40	Sarnia Walking Club	36:41/30:56
5	Jayne Le Noury	W55	Sarnia Walking Club	36:53/36:53
6	Mick Le Sauvage	M75	Sarnia Walking Club	37:18/35:18
7	Marie Macdonald	W45	Sarnia Walking Club	37:28/34:43
8	Kay Coulson	W45	Sarnia Walking Club	38:30/37:00
9	Dave Dorey	M70	Sarnia Walking Club	40:52/40:52

Up & Running Winter League, Ronaldsway (Sun. 8th Jan.)

Result only, no report received.

Mixed 10km

Posn	Athlete	AG	Club	Perf
1	Erika Kelly	SW	Northern Athletic Club	50:38
2	Chris Cale	M45	Manx Harriers	57:15
3	Tony Edwards	M50	Unattached	58:06
4	Dick Callin	M55	Unattached	1:00:50
5	Brian Wade	M50	Manx Harriers	1:01:25
6	Richard Leigh	M45	Unattached	1:01:55
7	Jayne Farquhar	W45	Manx Harriers	1:02:02
8	Ian Callister	M60	Manx Harriers	1:02:03
9	Pete Miller	M40	Unattached	1:02:04
10	Karen Lawrie	W40	Isle of Man VAC	1:02:50
11	Stephanie Quayle	W50	Unattached	1:03:57
12	Louise Hollings	W35	Isle of Man VAC	1:04:26
13	Sharon Cain	W45	Western Athletic Club	1:04:26
14	Stuart Gibson	M45	Unattached	1:05:19
15	Colin Crennell	M50	Unattached	1:05:29
16	Darrin Oldam	M50	Unattached	1:06:42
17	Angela Robinson	W45	Unattached	1:08:07
18	Colin Moore	M55	Isle of Man VAC	1:08:25
19	Rob Clynes	M50	Unattached	1:08:45
20	Janna Kelly	W45	Northern Athletic Club	1:08:56
21	Tony Arzt	M50	Manx Harriers	1:08:59
22	James Moore	SM	Unattached	1:09:04
23	Maura Kelly	W45	Northern Athletic Club	1:09:14
24	Dudley Butt	M70	Unattached	1:09:24
25	Steve Parker	M50	Unattached	1:09:29
26	Andy Baxendale	M40	Isle of Man VAC	1:09:45

27	Gordon Erskine	M70	Unattached	1:12:13
28	Angela Corkish	W70	Isle of Man VAC	1:12:53
29	Julie Barlow	W35	Unattached	1:12:55
30	Denise Hannay	W45	Unattached	1:13:48
31	Jane Artz	W45	Unattached	1:17:25
32	Norbert Will	M80	Northern Ireland Masters	1:18:43

Mixed 5km

Posn	Athlete	AG	Club	Perf
1	Adam Cowin	SM	Manx Harriers	22:51
2	Hannah Hunter	SW	Manx Harriers	24:54
3	Rebecca Greatbatch	SW	Manx Harriers	31:13
4	Enid Watson	W65	Isle of Man VAC	35:19
5	Nick Wallinger	M45	Isle of Man VAC	36:21
6	Sarah Bassett	W40	Manx Harriers	38:12
7	Hannah Miller	W40	Unattached	38:31
8	Louise Cowell	SW	Unattached	39:03
9	Lynn Ryan	W55	Unattached	41:02
10	Debbie James	W45	Unattached	41:20
11	Ron Ronan	M70	Manx Harriers	41:27
12	Sarah Goldsmith	W70	Isle of Man VAC	42:06

Mixed 3km

Posn	Athlete	AG	Club	Perf
1	Alice Bellando	U17W	Manx Harriers	19:24
2	Shaun Miller	U13B	Unattached	24:17

Mixed 2km

Posn	Athlete	AG	Club	Perf
1	Abbie Edwards	U13G	Unattached	14:11
2	Daniel Bassett	U11B	Manx Harriers	14:21

Mixed 1km

Posn	Athlete	AG	Club	Perf
1	Olivia Corran	U11G	Manx Harriers	6:50
2	Daniel Lawrie	U11B	Unattached	6:56
3	Sophie Lawrie	U9G	Unattached	7:38
4	Connor Bassett	U7B	Manx Harriers	9:27

Enfield League 5 Miles, Donkey Lane (Sat. 14th Jan.)

Conditions for the opening race of the 2017 series could have been worse; it was cold (4°C) but the biting cold wind that can sweep across the playing fields, was thankfully absent, *reports Ron Wallwork*. Ilford's Sebastian Parris led early on with Jim Ball, Malcolm Martin and Stuart Bennett in close attendance and the promising teenager Emily Ghose also not far off the pace.

However, novice Parris' enthusiasm and lack of race walking experience resulted in two red cards and as he struggled to avoid a third, Ball and Martin reeled him in.

Emily Ghose making her debut at the distance was an impressive winner of the ladies' race, her time the fastest winning time for two years. It was also the first effort at the distance for Oliver Hopkins, who acquitted himself well with a high placing and a good time. Young George Wilkinson recorded a personal best for three miles, as did Melanie Peddle and Joyce Crawford over the five miles.



Following the race the awards for the 2016 ERWL series were presented by Enfield & Haringey AC President Bernie Hercock and the picture (above left) shows the individual winners Jo Miles and John Ralph. Pictured (above right) George Wilkinson (Young Leaguer Award), Carl Lawton (ERWL Official of the Year) and Sean Pender (Highest placed Centurion). The officials, among them Chris Hobbs

who won this race last year, deserve a special mention for enduring the conditions and Enfield Town FC for allowing us the use their club room for the presentations.

Men's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Jimmy Ball	M50	Steyning Athletic Club	43:48
2	Malcolm Martin	M60	Surrey Walking Club	45:11
3	Sebastian Parris	SM	Ilford Athletic Club	46:08
4	Oliver Hopkins	U17M	Lewes Athletic Club	47:23
5	Graham Chapman	M60	Headington RR	47:34
6	Stuart Bennett	M55	Ilford Athletic Club	47:35
7	Steve Uttley	M55	Ilford Athletic Club	49:45
8	John Ralph	M60	Enfield & Haringey AC	50:42
9	Kevin Pedley	M60	Aldershot Farnham & D	51:36
10	Gary Smith	M60	Enfield & Haringey AC	53:01
11	Dan Maskell	M65	Surrey Walking Club	53:27
12	John Borgars	M70	Loughton Athletic Club	53:34
13	Ken Bobbett	M70	Hillingdon Athletic Club	54:05
14	Christopher Flint	M70	Surrey Walking Club	54:45
15	Shaun Lightman	M70	Surrey Walking Club	55:23
16	Michael Harran	M75	Surrey Walking Club	55:54
17	John Hall	M65	Belgrave Harriers	56:58
18	Stephen Cartwright	M55	Colchester & Tendring	57:40
19	Sean Pender	M60	Enfield & Haringey AC	58:03

Women's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Emily Ghose	U20W	Tonbridge Athletic Club	46:49
2	Helen Middleton	W50	Enfield & Haringey AC	50:30
3	Melanie Peddle	W45	Loughton Athletic Club	50:44
4	Joyce Crawford	W45	Eastern Masters AC	51:45
5	Maureen Noel	W50	Belgrave Harriers	52:11
6	Anne Jones	W60	Steyning Athletic Club	54:28
7	Angela Martin	W50	Surrey Walking Club	54:29
8	Noel Blatchford	W65	Abingdon Athletic Club	55:55
9	Geraldine Legon	W55	Bexley Athletic Club	56:35
10	Jo Miles	W60	Hillingdon Athletic Club	56:51

4 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Ainsworth	M65	Ilford Athletic Club	54:52
2	Michael Barnbrook	M70	Ilford Athletic Club	55:18

3 Mile (B)

Posn	Athlete	AG	Club	Perf
1	George Wilkinson	U15B	Enfield & Haringey AC	30:13
2	Anthony Wilkinson	M55	Unattached	35:55



Enfield Race Walking League - 2017 Series

RWA Permit Number 7012-2

5 Mile Races

Sat. 18th February & Sat. 11th March

King George's Playing Fields, Enfield, EN1 3PL

Shorter distances for Novices and Younger Age Group athletes at 12.30pm

More info from Ronc893moulton@gmail.com or www.enfieldleague.weebly.com



Sarnia Walking Club Pace Judgement Challenge, Cambridge Park, Guernsey (Sun. 15th Jan.)

The club held a fun event with walkers doing six individual laps of 750 metres at Cambridge Park, *reports Rob Elliott*. The idea was to get the lap times as close as possible. Three walkers, Jayne Le Noury, Mick Le Sauvage and Stuart Le Noury both managed to achieve a six second difference in times. A seventh lap was added to see if an outright winner could be found. Stuart Le Noury dropped a few seconds on this lap with the other two remaining with a six second difference and declared joint winners.

The club held a minute's silence in respect of Ossie Naftel who passed away earlier this week. Ossie was an active walker in the early days of the Sarnia Walking Club and before that for the GIAAC. Ossie served the Sarnia Walking Club as President.

Posn	Athlete	AG	Club	Fastest/Slowest
=1	Jayne Le Noury	W55	Sarnia Walking Club	5:42/5:48 (6s)
=1	Mick Le Sauvage	M75	Sarnia Walking Club	5:42/5:48 (6s)
=1	Stuart Le Noury	SM	Sarnia Walking Club	3:48/3:54 (6s)
=4	Peter Beckerleg	M55	Sarnia Walking Club	5:20/5:30 (10s)
=4	Kay Coulson	W45	Sarnia Walking Club	6:01/6:11 (10s)
6	Ellis Lockwood		Unattached	5:59/6:10 (11s)
7	Dave Dorey	M70	Sarnia Walking Club	5:52/6:05 (13s)
8	Rob Elliott	M55	Sarnia Walking Club	4:40/4:55 (15s)
9	Kevin Le Noury	M55	Sarnia Walking Club	4:59/5:16 (17s)
10	Phil Lockwood	M40	Sarnia Walking Club	5:50/6:10 (20s)
=11	Olga Le Noury	W35	Sarnia Walking Club	5:01/5:43 (42s)
=11	Donna Allan	W40	Sarnia Walking Club	5:01/5:43 (42s)

Steyning Open 15km, Sussex (Sat. 21st Jan.)

On a very cold but sunny day, the walkers set off on this undulating country out and back course, and apart from a couple of icy corners was a good day for racing, *reports Ron Penfold*.

Numbers were a bit down this year with only five of last year's finishers starting.

Leicester WC's Emma Achurch, making the long trip to Steyning for a time trial, set off at a cracking pace, chased by Steyning's Ian Richards. Emma reached the turn in 36:36 with Ian starting to find the pace too hot turning in 38:56. On the return Emma, walking a very controlled race with a good and fluent style and enjoying the countryside, pulled further away from Ian to finish in a new ladies record for this course, coming back faster than she went out to win in 1:12:48. Ian managed to hang onto to win the men's race in 1:23:56, and was pleased to not aggravate his injury. Jimmy Ball finished strongly to take 2nd in the men's race pulling away from Nuneaton's Steve Arnold, next was a very pleased Trevor Jones of who has been out of racing for approximately 18 months with a hamstring injury, Dan Maskell just about managed to hold off Paul Gaston. Anne Jones was 2nd lady to finish, getting the better of Chris Flint on the return.

Mixed 15km (B)

Posn	Athlete	AG	Club	Perf
1	Emma Achurch	U23W	Leicester Walking Club	1:12:48
2	Ian Richards	M65	Steyning Athletic Club	1:23:56
3	Jimmy Ball	M50	Steyning Athletic Club	1:26:19
4	Steve Arnold	M50	Nuneaton Harriers	1:28:55
5	Trevor Jones	M60	Steyning Athletic Club	1:35:56
6	Dan Maskell	M65	Surrey Walking Club	1:41:11
7	Paul Gaston	M65	Surrey Walking Club	1:41:17
8	Anne Jones	W60	Steyning Athletic Club	1:43:04
9	Christopher Flint	M70	Surrey Walking Club	1:45:08
10	John Killick	M70	Steyning Athletic Club	1:46:37

1km Hill Climb Challenge, Dobcroft Road, Sheffield, (Sun. 22nd Jan.)

Our 4th annual 1km hill climb attracted a turnout of eight walkers, *reports Brian Adams*. Handicapping is never easy, to allow for the longer time needed to walk 1km uphill. I handicap it as if it was a

1200m race and it seems to work with finishers two to six getting within 12 seconds of my 'guess' of their time. Toby Chaplin was the second walker away and took the lead close to the halfway point just as the steepest part of the course kicks in.

Ana Garcia was concerned that she had to pull back three minutes in a race where she would only be walking for less than 6 min. But she did pull back those three minutes on the first girl away Imogen Walker, passing her in the final 'flatter' finish in the battle for 3rd place. Luca Cundey had taken second place 6 seconds ahead of Ana.

Posn	Athlete	AG	Club	Watch/Actual
1	Toby Chaplin	U13B	Sheffield & Dearne	8:03/7:07
2	Luca Cundey	U11B	Sheffield & Dearne	8:33/6:56
3	Ana Garcia	U17W	Sheffield & Dearne	8:39/5:39
4	Imogen Walker	U11G	Sheffield & Dearne	8:44/8:44
5	Tony Bell	M50	Lancashire WC	8:50/6:55
6	Lara MacColl	U15G	Sheffield & Dearne	8:55/7:04
7	Lucy Walker	U13G	Sheffield & Dearne	9:23/7:54
8	Molly Meleady-Hanley	U15G	Sheffield & Dearne	9:49/7:34

London Indoor Games, Lee Valley (Sun. 22nd Jan.)

The London Indoor Games walks are race three in the British Athletics Winter Race Walk Challenge with the races being reasonably supported. Luc Legon sped away from the gun and was soon into his stride and soon lapping the field to come home a clear winner, breaking the thirteen-minute barrier (*indoor or outdoor*) for the first time. Second across the line was first lady Emily Ghose in a new personal best.

In the U13/U15 1000m most of the field recorded personal bests including the boys' and girls' winners Alex Macheath and Lois Carty.

Mixed 3000m

Posn	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	12:58.61
2	Emily Ghose	U20W	Tonbridge Athletic Club	15:44.82
3	Malcolm Martin	M60	Surrey Walking Club	16:29.97
4	Daniel Mckerlich	U20M	Cardiff AAC	16:29.35
5	Lucy Lewis Ward	U17W	Cambridge Harriers	16:42.94
6	George Wilkinson	U17M	Enfield & Haringey AC	17:51.50
7	Isabelle Bridge	U17W	Blackheath & Bromley	18:10.67
8	Sue Davies	W50	Aldershot Farnham & D	18:51.68
9	Sebastian Parris	SM	Ilford Athletic Club	18:52.73
10	Arthur Thomson	M80	Enfield & Haringey AC	19:13.70
11	Angela Martin	W50	Surrey Walking Club	19:56.04
12	Geraldine Legon	W55	Bexley Athletic Club	20:42.02

Mixed 1000m

Posn	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	4:41.79
2	Nicholas Hart	U15B	Aldershot Farnham & D	5:17.82
3	Lois Carty	U15G	Aldershot Farnham & D	5:29.98
4	Charlotte Wallis	U13G	Aldershot Farnham & D	6:06.00
5	Katie Stringer	U13G	Medway & Maidstone	6:07.08
6	Hannah Hopper	U15G	Cambridge Harriers	6:09.87
7	Megan Packett	U13G	Aldershot Farnham & D	6:20.90

Sarnia Walking Club Bob Wright Handicap Series Race Six 1 Mile Track, Osmond Prialux, Footes Lane (Sun. 29th Jan.)

Second place Peter Beckerleg strengthened his challenge for the overall win in the Bob Wright Handicap Series with one race to go, *reports Rob Elliott*. He was beaten on the day only by Stuart Le Noury who walked from starting last to crossing the line first with an actual time of 7:28.

Third place went to Kay Coulson a few seconds down on second place.

After two race discards are taken into consideration in the seven-race series Beckerleg and Donna Allan are favourites with Stuart Le Noury and Rob Elliott also in with a shout should they finish the last race well up the field.

Posn	Athlete	AG	Club	Watch/Actual
1	Stuart Le Noury	SM	Sarnia Walking Club	11:13/7:28
2	Peter Beckerleg	M55	Sarnia Walking Club	11:10/10:18
3	Kay Coulson	W45	Sarnia Walking Club	11:21/11:06
4	Mick Le Sauvage	M75	Sarnia Walking Club	11:32/11:02
5	Rob Elliott	M55	Sarnia Walking Club	11:34/8:49
6	Kevin Le Noury	M55	Sarnia Walking Club	11:35/10:20
7	Phil Lockwood	M40	Sarnia Walking Club	11:48/9:33
8	Jayne Le Noury	W55	Sarnia Walking Club	12:07/12:07
9	Dave Dorey	M70	Sarnia Walking Club	12:27/12:27

Results Round-Up

January

- 05 SupaNova 2 – 10,000m, Woden Athletics Track, Canberra (AUS)**
Women's: 1 Brigita Virbalyte-Dimsiene (LTU) 46:25.61, 2 Regan Lamble (AUS) 46:33.47, 3 Alana Barber (NZL) 46:36.43, 6 Bethan Davies (Cardiff AAC) 49:40.95.
- 15 Portuguese National 35km Championships, Porto de Mos (POR)**
Men's: 1 Joao Vieira (M40 – POR) 2:38:40, 2 Pedro Isidro (SM – POR) 2:42:41, 3 Miguel Carvalho (SM – POR) 2:45:16, Francisco Reis (M55 – SCVAC/POR) DNF.
- 21 Leicester Walking Club 10 Mile, Leicester (B)**
Men's: 1 Colin Vesty (M50 -Leic. WC) 1:46:10, 2. Hardeep Minhas (M55 -Leic. WC) 1:46:29, 3. George Smolinski (M60 – Leic. WC) 1:47:22, 4) Sean Pender (M60 – E&H) 1:58:08.
- 22 Portuguese National Indoor Championships, Pombal (POR)**
Men's 5000m: 1 Pedro Isidro (POR) 20:45.09, 2 Pedro Martins (M45 - POR) 21:45.04, 3 Pedro Miguel Santos (POR) 21:53.27, 5 Francisco Reis (M55 – SCVAC/POR) 25:08.30.
- 29 Campinato Di Societa Di Marcia, Grosseto (ITA)**
U20W 15km: 1 Beatrice Foresti (ITA) 1:21:32, 2 Chiara Cuni (ITA) 1:23:57, 3 Virginia Orlandi (ITA) 1:24:28, 4 Molly Jade Davey (Hyde Park Harriers) 1:25:50.
- 31 SupaNova 2 – 10,000m, Woden Athletics Track, Canberra (AUS)**
Women's: 1 Viktoria Madarasz (HUN) 45:26.55, 2 Regan Lamble (AUS) 45:29.06, 3 Brigita Virbalyte-Dimsiene (LTU) 45:52.62, 6 Bethan Davies (Cardiff AAC) 47:05.97.



February 2017

Sat 4 th	A	Essex & Eastern Counties Indoor	Lee Valley
Sun 5 th	A	London Open Walks & SRWA Champs	Hillingdon
	B	Sarnia Walking Club 10km/5km	Amarreurs Rd
Sun 12 th	A	British Athletics Indoor Champs	EIS Sheffield
	A	Midland, Warks, Worc, Staff Champs	Stourport
Sat 18 th	B	Enfield League 5 Mile	Donkey Lane
Sun 19 th	B	Sarnia Walking Club Handicap 7 Mile	Lanresse
	B	Lewes Open Track Walks	Lewes

March 2017

Sun 5 th	A	Molly Barnet Open Walks & EA Champs	Coventry
Sun 5 th	B	Sarnia WC Philadelphia 1 Mile Team	Vale
Sat 11 th	B	Enfield League 5 Mile	Donkey Lane
Sun 12 th	B	Sarnia WC 10km Championship	Vale
Sat 25 th	B	Leicester WC 15 Mile Champs	Leicester
Sun 26 th	B	Sarnia WC Eric Walden Track 2 Mile	Footes Lane

April 2017

Sat 1 st	B	Cecil Gittins Memorial Walks	Gravesend
Wed 12 th	A	VAC/Middx/Herts/Surrey 10,000m	Tooting Bec
Tue 18 th	B	Veterans AC 5 Mile	Battersea Park
Sat 22 nd	A	RWA Inter-Area Match	Lee Valley
	B	Slater/Bryce Memorial 10,000	Horsham
Thu 27 th	B	Haywards Heath 1000m	Crawley
Sat 29 th	A	RWA 10km & YAG Championships	Coventry

British Athletics Winter Race Walk Challenge

Current positions after the events in Cardiff¹, Sheffield² and Lee Valley³.

Under 13 Girls 1000m

Posn	Athlete	Club	Perf	Points
1	Charlotte Wallis	Aldershot F & D AC	6:06.0 ³	660
2	Katie Stringer	Medway & Maidstone	6:07.1 ³	657
3	Megan Packett	Aldershot F & D AC	6:20.9 ³	610

Under 13 Boys 1000m

Posn	Athlete	Club	Perf	Points
1	Owen Bradshaw	C of Sheffield & Dearne	5:26.2 ²	600
2	Toby Chaplin	C of Sheffield & Dearne	6:43.8 ²	295

Under 15 Girls 1000m

Posn	Athlete	Club	Perf	Points
1	Molly Meleady-Hanley	C of Sheffield & Dearne	5:24.4 ²	816
2	Lois Carty	Aldershot F & D AC	5:30.0 ³	795
3	Lara MacColl	C of Sheffield & Dearne	6:03.5 ²	670
4	Hannah Hopper	Cambridge Harriers	6:09.9 ³	648

Under 15 Boys 1000m

Posn	Athlete	Club	Perf	Points
1	Alex Macheath	Cambridge Harriers	4:41.8 ³	822
2	Nicholas Hart	Aldershot F & D AC	5:17.8 ³	639
3	Faris Alkhamsei	Nuneaton Harriers	5:22.8 ²	615

Under 17 Women's 3000m

Posn	Athlete	Club	Perf	Points
1	Anna Garcia	C of Sheffield & Dearne	14:46.2 ²	934
2	Lucy Lewis Ward	Cambridge Harriers	16:41.9 ²	780
3	Pagen Spooner	Wetherby Runners	17:58.1 ²	684

Under 17 Men's 3000m

Posn	Athlete	Club	Perf	Points
1	Benjamin Allen	Leicester Walking Club	15:58.8 ²	631
2	George Wilkinson	Enfield & Haringey AC	17:51.1 ³	564

Under 20 Women's 3000m

Posn	Athlete	Club	Perf	Points
1	Megan Stratton-Thomas	Swansea Harriers	15:26.7 ¹	879
2	Sophie Lewis Ward	Cambridge Harriers	15:43.1 ²	856
3	Emily Ghose	Tonbridge Athletic Club	15:44.8 ³	854

Under 20 Men's 3000/5000m

Posn	Athlete	Club	Perf	Points
1	Tom Partington	Manx Harriers	13:15.8 ²	914
2	Daniel Mckerlich	Cardiff AAC	15:37.6 ¹	665
3	Jordan Price	Brecon Athletic Club	16:30.5 ¹	582

Senior Women's 3000m

Posn	Athlete	Club	Perf	Points
1	Bethan Davies	Cardiff AAC	12:35.9 ¹	1176
2	Heather Lewis	Pembrokeshire Hs	13:17.9 ¹	1063
3	Gemma Bridge	Oxford City AC	13:41.3 ²	1027
4	Emma Achurch	Leicester Walking Club	13:51.2 ²	1012
5	Natalie Myers	C of Sheffield & Dearne	16:21.2 ²	805
6	Sue Davies	Aldershot F & D AC	18:51.7 ³	622
7	Angela Martin	Surrey Walking Club	19:56.0 ³	550
8	Geraldine Legon	Bexley Athletic Club	20:42.0 ³	502

Senior Men's 3000/5000m (* 50 bonus points for British Record)

Posn	Athlete	Club	Perf	Points
1	Callum Wilkinson	Enfield & Haringey AC	11:35.0 ²	1163*
2	Cameron Corbishley	Medway & Maidstone	11:39.8 ¹	1155*
3	Guy Thomas	Tonbridge Athletic Club	11:50.3 ¹	1082
4	Luc Legon	Bexley Athletic Club	12:58.6 ³	946
5	Malcolm Martin	Surrey Walking Club	16:29.1 ²	583
6	Sebastian Parris	Ilford Athletic Club	18:52.7 ²	387
7	Arthur Thomson	Enfield & Haringey AC	19:13.7 ²	361