



Race Walking Record

May 2017

2017 European Race Walking Cup Podebrady, Czech Republic



Tom Bosworth

20km 4th – Highest position ever by a Briton



Gemma Bridge

New 20km Personal Best 1:34:24



Callum Wilkinson

British U23 20km Record 1:22:17



Chris Snook

New 10km Personal Best 44:23

British Athletics

2017 World Athletics Championships

20 km Race Walk Trials



ROUNDHAY PARK, LEEDS, 9:30 AM, SUNDAY 25TH JUNE 2017

Incorporating the Race Walking Association, British Athletics, England Athletics and Welsh Athletics 2017 National 20km Championships

Events:

Men's & Women's 20km, Under 20 Men's & Women's 10km
Open/Age Group 3km

Enter online at <https://racebest.com/races/2017-british-grand-prix-of-race-walking>



@leedswalk

#leedswalk

Organised by the National Centre for Race Walking Foundation, Leeds



BRITISH
ATHLETICS



Overseas

European Cup of Race Walking, Podebrady (Sun. 21st May)

Tom Bosworth finished fourth in the men's 20km race walk at the European Race Walking Cup in Podebrady on Sunday, recording the highest ever placing by a British athlete to also lead the men's team to a fourth place in the team competition, **reports Ian Richards**.

Bosworth set off at the front of the lead pack and was joined by teammate Callum Wilkinson at the front for the first three laps. Bosworth passed the 5km mark in the lead pack of nine with all the main contenders in attendance in 20:19. Wilkinson was in the second pack, passing the quarter distance in 20:26, with Cameron Corbishley in 21:12 and Dominic King in 21:25.



By 8km the lead pack was down to six as pre-race favourite Christophe Linke of Germany began to increase the pace. By halfway Linke had moved into the lead with a time of 40:04 as Bosworth was in the chase pack of 40:16.

Bosworth slipped back to sixth on the 12th lap, but recovered to move into medal contention in fourth at 13km. However, an increase in pace from Miguel Lopez of Spain, Kevin Campion of France and Perseus Karlstrom of Sweden saw Bosworth unable to go with them as he slipped to sixth.

At the 15km point Linke moved further ahead with 59:37 as Bosworth moved up to fifth in 60:43.

Linke cruised through the last 5km to win in 1:19:28. In the battle for the minor medals, Campion was disqualified leaving the way clear for Lopez to take the silver in 1:20:21 ahead of Karlstrom with 1:20:40. This moved Bosworth up to fourth as he clocked 1:21:22.

Behind him, Wilkinson recovered from his fast start and finished in the top 10 with a British under-23 record of 1:22:17 that moves him to fourth on the UK all-time list.

Corbishley held on in the tough hot conditions as he came home in 36th in 1:27:26. King used his 50km strength to clock 1:29:28 in 47th.

This saw Britain finish a best-ever fourth in the team competition, just missing out on the bronze to Ireland by five points.

There, Alex Wright led the team home in sixth in 1:21:48, with Robert Heffernan 13th in 1:22:40 and Cian McManamon 26th in 1:24:03.

"Despite finishing fourth I am very disappointed," said Olympic sixth-placer Bosworth. "My hip was tight and it meant I couldn't respond as I would have liked when the others picked the pace up."

Wilkinson said: "That is the perfect race. I am only 20 years old and this is just my second 20km ever. To walk alongside and beat Rob Heffernan and finish 10th was awesome. I now look forward to securing my place on the team for London."

Cameron Corbishley said "I felt strong and to produce a performance like this on my senior debut is brilliant. This team is young and to finish 4th is great for the future"

Dominic King said, "It is fantastic in my 7th European Cup to be part of such a successful team".

Italy's Antonella Palmisano produced a dominant display in the women's 20km, breaking away from the lead group on the second lap as she won by nearly 2 minutes in 1:27:57. This would have been a personal best if it was not for the fact she stopped to pick up the Italian flag she dropped in the home straight!

Behind her, Portugal's Anna Cabecinha took the silver in 1:29:44 ahead of Laura Garcia-Caro of Spain with 1:29:57.

Britain's Bethany Davies and Gemma Bridge both made positive starts walking at the back of the lead group. Davies went through the halfway point in 46:20 with Bridge just behind. At 15km, Bridge passed Davies holding 14th in 70:27 with Davies just behind in 70:37.

Bridge maintained her 14th place all the way to the finish to clock the third fastest ever time by a British athlete in 1:34:24. Davies found the last 5km tough but came home in a 22nd place with a clocking of 1:36:04. Heather Lewis suffered in the second half but held on to come home in 39th as the team finished sixth, the best-ever placing by a British team.

Bridge said "It was very hot, but unlike my two previous 20km's I was able to hold it together in the middle. I am learning this event every time". Both Davies and Lewis mentioned the tough hot conditions had impacted on their performances.

The first title of the day went to Leo Kopp of Germany who won a close battle for the gold in the under-20 10km in a personal best of 41:08. Chris Snook, making his Great Britain debut, clocked a personal best of 44:23 for 19th.

Snook said "I started off slowly the settled into a good pack to work with. I pulled way on the last lap but was nearly sick in the last 200 meters, which cost me a few seconds".

The last event of the day saw an under-20 women's 10km victory for Yana Smerdova, a Russian competing as a neutral athlete, in 46:39 as she moved away from the silver medallist Meryem Bekmez of Turkey and Teresa Zurek of Germany.

Molly Davey, on her GB debut, came home in 54:02 for 31st place. She said, "I am disappointed with that performance, I just had nothing in my legs today, but I have learnt so much from being part of such a great team".

The men's 50km resulted in a top two for Ukraine. Ivan Banzeruk won in 3:48:15 and behind him a great battle for the minor medals played out. His teammate Ihor Hlavan was second in 3:48:38 ahead of Michele Antonelli in 3:49:07. Ukraine took the team title ahead of Italy.

Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Christopher Linke	GER	1:19:28	
2	Miguel Angel Lopez	ESP	1:20:21	SB
3	Perseus Karlstrom	SWE	1:20:40	SB
4	Tom Bosworth	GBR	1:21:21	
5	Marius Žiukas	LTU	1:21:38	
10	Callum Wilkinson (U23)	GBR	1:22:17	NR
36	Cameron Corbishley (U23)	GBR	1:27:26	
47	Dominic King	GBR	1:29:28	SB

Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Antonella Palmisano	ITA	1:27:57	SB
2	Ana Cabecinha	POR	1:29:44	SB
3	Laura Garcia-Caro	ESP	1:29:57	SB
4	Inna Kashyna	UKR	1:30:11	PB
5	Nadiya Borovska	UKR	1:30:26	SB
14	Gemma Bridge	GBR	1:34:24	PB
22	Bethan Davies	GBR	1:36:04	
39	Heather Lewis	GBR	1:44:41	

Junior Men's 10km

Posn	Athlete	Nation	Perf	Notes
1	Leo Klopp	GER	41:08	PB
2	Mikita Kaliada	BLR	41:19	PB
3	Lukasz Niedziatek	POL	42:28	PB
4	Viktor Shumik	UKR	41:38	PB
5	David Kuster	FRA	42:02	
19	Christopher Snook	GBR	44:23	PB

Junior Women's 10km

Posn	Athlete	Nation	Perf	Notes
1	Yana Smerdova	ANA	46:39	SB
2	Meryem Bekmez	TUR	46:48	
3	Teresa Zurek	GER	46:51	
4	Marina Pena	ESP	48:02	PB
5	Sofia Alikanioti	GRE	48:16	PB
31	Molly Davey	GBR	54:02	



Steve Taylor to Judge in the Gold Coast

Congratulations to Steve Taylor (Manx Harriers) who has accepted an invite to be part of the race walking judging team for the 2018 Gold Coast Commonwealth Games.



England RWA Team Selected for the Nihill Shield Trophy Match 2017

Athlete	Club	Lead Coach
Owen Bradshaw (U13B)	C of Sheffield & Dearne	Brian Adams
Abigail Smith (U13G)	Blackheath & Bromley	Shaun Lightman
Katie Stringer (U13G)	Medway & Maidstone	Unknown
Devina Nova (U13G)	Ashford Athletic Club	Chris Hobbs
Alex Macheath (U15B)	Cambridge Harriers	Noel Carmody
Jack Childs (U15B)	Medway & Maidstone	Peter Selby
Faris Alkhamsei (U15B)	Nuneaton Harriers	Steve Arnold
Nicholas Hart (U15B)	Aldershot Farnham & Dist.	Verity Snook
Lois Carty (U15G)	Aldershot Farnham & Dist.	Verity Snook
Molly Meleady-Hanley (U15G)	C of Sheffield & Dearne	Brian Adams
Izzy Elliott (U15G)	Aldershot Farnham & Dist.	Verity Snook
Ben Allen (U17M)	Leicester Walking Club	Unknown
George Wilkinson (U17M)	Enfield & Haringey AC	Mick Graham
Lucy Lewis Ward (U17W)	Cambridge Harriers	Noel Carmody
Isabelle Bridge (U17W)	Blackheath & Bromley	Shaun Lightman
Alice Bellando	Manx Harriers	Unknown
Laura Achurch	Leicester Walking Club	Unknown

Non-Competing Team Captains

Emily Ghose (U20W)	Tonbridge Athletic Club
Oliver Hopkins (U20M)	Lewes Athletic Club

Domestic

South Yorkshire League, Millhouses (Fri. 5th May)

Simon Pugh was the first to set off with a 39 second advantage over Tony Bell, **reports Brian Adams**, it took a few laps before Tony started to pull him back and was still six seconds short as they crossed the line 5km later. Meanwhile as Simon approached 3km Imogen walker started her 2km race, he caught her inside the last 500m lap. She responded to this challenge and Simon was unable to regain the lead until the last 100m (though he didn't help his own cause by shouting her on!). Imogen split the 5km walkers for second place, first three finishers in six seconds. Having been stuck with times just outside 18 minutes for 3km, Kai Cundey produced his second sub-18 in 7 days.

Posn	Athlete	AG	Club	Perf/Dist
1	Simon Pugh	M55	Rotherham Harriers	31:22/5km
2	Imogen Walker	U11G	Greenhill School	14:10/2km
3	Anthony Bell	M50	Lancashire Walking Club	30:49/5km
4	Kai Cundey	U13B	C of Sheffield & Dearne	17:53/3km
5	Owen Bradshaw	U13B	C of Sheffield & Dearne	11:10/2km
6	Lara MacColl	U15G	C of Sheffield & Dearne	20:03/3km

Northern (Isle of Man) Athletic Club 10 Mile (Sun. 7th May)

Result only – no report received.

Mixed 10 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Adam Cowin	U23M	Manx Harriers	1:20:49
2	Hannah Hunter	SW	Manx Harriers	1:25:21
3	Steve Partington	M50	Manx Harriers	1:26:55
4	James Quirk	M45	Manx Harriers	1:34:02
5	Marie Jackson	W55	Manx Harriers	1:38:42
6	Jayne Farquhar	W45	Manx Harriers	1:43:19
7	Stephanie Quayle	W50	Unattached	1:43:19
8	Stuart Gibson	M45	Unattached	1:46:15
9	Sharon Cain	W45	Western Athletic Club	1:49:30
10	Louise Hollings	W35	Isle of Man Veterans AC	1:49:32
11	James Moore	SM	Unattached	1:53:13
12	Steve Parker	M50	Unattached	1:54:28
13	Colin Moore	M55	Isle of Man Veterans AC	1:54:41
14	Andy Bexendale	W45	Isle of Man Veterans AC	1:57:11
15	Rob Clynes	M50	Unattached	2:04:04
16	Carol Ray	W55	Northern Athletic Club	2:05:00
17	Michelle Sherry	W45	Northern Athletic Club	2:05:59
18	Dierdre Hughes	W50	Unattached	2:27:27
19	Honor Beard	W45	Unattached	2:27:27
20	Voirrey Cain	W50	Northern Athletic Club	2:30:04
21	Angie Robinson	W50	Unattached	2:30:04
22	Leanne Faragher	U20W	Unattached	2:31:43
23	Melinda Faragher	W40	Unattached	2:31:43
24	Maria Sanchoz	SW	Unattached	2:39:27
25	Carolanne Hanley	SW	Northern Athletic Club	2:40:07
26	Michelle Hall	W35	Unattached	2:52:09
27	Sarah Olsen	W40	Unattached	2:52:37

Sarnia Walking Club Graham Mann Memorial Trophy 3 Kilometre Handicap Road Walk, Vale (Sun. 7th May)

Donna Allan took the individual win and was part of the team win in the 50th annual Graham Mann Memorial Trophy over a handicapped start 3 kilometres, **reports Rob Elliott**. Overtaking Dave Dorey, the first walker to start, late in the race she crossed the line with a five second advantage and an actual time of 17:10 to smash her previous best time by over half a minute.

The team of Stuart Le Noury and Rob Elliott finished in third and fourth place but with Peter Beckerleg only a stride behind he had done enough with his team mate Donna Allan to take first place in the team section. Sixth place went to Mick Le Sauvage who had been on the winning team almost 50 years ago in the second edition of the

event. Kevin Le Noury brought the walkers home with his 19:53 actual time.

Only 19 seconds separated the three teams at the end.

Mixed 3km (B)

Posn	Athlete	AG	Club	Watch/Actual
1	Donna Allan	W40	Sarnia Walking Club	22:10/17:10
2	Dave Dorey	M75	Sarnia Walking Club	22:15/22:15
3	Stuart Le Noury	SM	Sarnia Walking Club	22:20/14:15
4	Rob Elliott	M55	Sarnia Walking Club	22:50/16:50
5	Peter Beckerleg	M55	Sarnia Walking Club	22:51/16:50
6	Mick Le Sauvage	M75	Sarnia Walking Club	23:02/20:47
7	Kevin Le Noury	M55	Sarnia Walking Club	23:08/19:53

Team Result (Watch times added together)

1	Donna Allan & Peter Beckerleg	45:01
2	Mick Le Sauvage & Dave Dorey	45:17
3	Stuart Le Noury & Rob Elliott	45:20

Midland Track Championships, Tamworth (Sun. 7th May)

Result only – no report received.

Men's 10,000m

Posn	Athlete	AG	Club	Perf
1	Mark Williams	M50	Birchfield Harriers (Indv.)	56:16.5
2	Peter Boszko	M65	Birchfield Harriers	59:48.8
3	Colin Vesty	M50	Leicester Walking Club	64:46.0
4	John Constandinou	M45	Birchfield Harriers	66:55.8
5	David Fall	M70	Birchfield Harriers	74:28.1
6	Julian Barnett	M55	Birchfield Harriers	79:05.6
	Terry Morris	M70	Nuneaton Harriers	DQ

Women's 5000m

Posn	Athlete	AG	Club	Perf
1	Carolyn Dyall	W35	Nuneaton Harriers	29:20.0
2	Wendy Kane	W45	Notts Athletic Club	30:34.9
3	Ann Wheeler	W60	Leicester Walking Club	30:54.9
4	Sarah Trundle	W45	Nuneaton Harriers	31:44.5

Under 17 Men's 5000m

Posn	Athlete	AG	Club	Perf
1	Ben Allen	U17M	Leicester Walking Club	28:49.7

Under 15 Boys 3000m

Posn	Athlete	AG	Club	Perf
1	Faris Alkhamsei	U15B	Nuneaton Harriers	17:41.8

Under 13 Girls 2000m

Posn	Athlete	AG	Club	Perf
1	Caitlin Casey	U13G	Birchfield Harriers	12:53.9
2	Elizabeth Pap	U13G	Nuneaton Harriers	13:34.4

Under 11 Girls 800m Development Race (B)

Posn	Athlete	AG	Club	Perf
1	Katie Collis	U11G	Birchfield Harriers	6:20.7

Rodney Parkins RIP

It's with sadness that I report the passing of Rodney (Rod) Parkins at the end of February. He was 76 and for two or so years suffered from advanced Alzheimer's. Rod was an active race walker for Medway AC in the 60's to the early 80's. Readers may recall this tall, bespectacled chap used to train like the clappers, so fast that internationals of the time couldn't keep pace. Always friendly (when not training), willing to give advice and highly principled. He became Kent Walking Secretary in the 1980's when he thought he previous incumbent wasn't doing a good job and organized many events including the Magog Trophy Match and the legendary Kent 20km in 1984 when Ian McCombie and Tim Berrett achieved phenomenal times. Hip problems put paid to his racing career and after trying golf for a couple of years took up highly competitive croquet. He also became County Secretary in that sport but records don't reveal what he thought of his predecessor. His wife tragically died in 1976 and he is survived by his daughter, Helen.

Chris Hobbs

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

The second fixture of the season was again held in perfect conditions for racing, on a sunny spring evening, which was less cold than of late, *reports David Hoben*.

The results showed an emergence of girl power as Penelope Cummings had her second overall win in four weeks at a VAC fixture in a time very close to her personal best, and Melanie Peddle of Loughton came third overall and went under 50 minutes for the first time showing what can be achieved in only a year in the event.

Further down the field Paul King and Chris Flint are gradually returning to their previous form and Peter Hannell returned to this distance after several months' absence and achieved a better than expected time.

Mixed 5 Mile (B) (* = Non-Veterans AC Members)

Posn	Athlete	AG	Club	Perf
1	Penelope Cummings*	W40	Aldershot Farnham & Dist	48:01
2	Mark Culshaw*	M50	Ilford Athletic Club	48:02
3	Melanie Peddle*	W45	Loughton Athletic Club	49:23
4	David Bowker*	M55	Fairlands Valley Spartans	50:11
5	Dan Maskell	M65	Surrey Walking Club	51:55
6	Maureen Noel	W50	Belgrave Harriers	51:58
7	Christopher Flint	M70	Surrey Walking Club	54:06
8	Paul King	M60	Belgrave Harriers	54:06
9	Peter Hannell	M70	Surrey Walking Club	57:40
10	David Hoben	M60	Surrey Walking Club	59:09
11	Michael Neale*	M65	Unattached	60:31
12	David Delaney	M70	Surrey Walking Club	61:53

Sheffield Schools AA Secondary Schools Championships, Sheffield Hallam Uni. City Stadium, (Wed. 10th May)

It was disappointing that only two of our five regular walkers could make it to the start of the City Schools Championships, *reports Brian Adams*.

The first and second placed walkers from last year's Year 6 championships now find themselves together at the same secondary school. Emma Hancox decided to take the race on by trailing Owen Bradshaw for the first 150m, Year 6 Champion Lucy Walker didn't panic and soon after 200m was challenging, then moving ahead of Emma. Emma eventually lost 3rd place to Ines Bell who also came into walking through the primary school events. Owen went on to a clear victory against a field that was otherwise made up of girls.

Charlotte Birch was the second walker home to take the junior girl title. Charlotte has only ever competed in the City Schools and the County Schools Championships, but now in her 5th year has only been beaten by Molly Meleady-Hanley. (Apart from second place to her school mate in her first ever race). This is her 4th Sheffield Schools title.

Mixed 1000m

Posn	Athlete	AG (Pos)	School	Perf
1	Owen Bradshaw	Y7B (1)	Westfield School	5:11.2
2	Charlotte Birch	JG (1)	Tapton School	5:45.2
3	Lucy Walker	Y7G (1)	Meadowhead School	5:56.2
4	Ines Bell	Y7G (2)	Sheffield High School	6:27.4
5	Emma Hancox	Y7G (3)	Meadowhead School	6:40.4
6	Lizzy Lumb	Y7G (4)	Sheffield High School	6:53.2
7	Eva Shrimpton	JG (2)	King Edwards School	6:56.4
8	Alexandra Zalewska	Y7G (5)	King Edwards School	6:59.8
9	Alice Myers	Y7G (6)	Meadowhead School	7:00.0

Sarnia Walking Club 4th Annual Sean Pender Trophy 2000m Handicap Track Walk, Osmond Priaulx (Sun. 14th May)

Dave Dorey walked to victory in the fourth annual Sean Pender Trophy handicap race with an untroubled win, *reports Rob Elliott*. Set off first he had his best race for some time with the rest of the field unable to get near him.

Rob Elliott, second across the line, thought momentarily that the win was his as he closed in on Mick Le Sauvage and Jayne Le Noury with

100 metres to go before noticing that Dave was well ahead and metres from the finish. He finished 23 seconds behind the winner with third placed Donna Allan a few seconds behind. Donna recorded another personal best time over the distance, staying relatively close to Elliott after he had made up his 15 second handicap within the first lap.

Stuart Le Noury recorded the fastest time of the day in 6th place with an actual time of 9:34. Phil Lockwood got the better of Kevin Le Noury for seventh, whilst race sponsor Sean Pender brought up the rear. Thanks go to visitor Sean Pender whose name the race is under but also supplies awards to the first three to finish and the fastest male and female walkers on the day.

Mixed 2000m (B)

Posn	Athlete	AG	Club	Watch/Actual
1	Davey Dorey	M70	Sarnia Walking Club	14:05/14:05
2	Rob Elliott	M55	Sarnia Walking Club	14:28/10:58
3	Donna Allan	W40	Sarnia Walking Club	14:31/11:16
4	Mick Le Sauvage	M75	Sarnia Walking Club	14:34/13:34
5	Jayne Le Noury	W55	Sarnia Walking Club	14:41/14:26
6	Stuart Le Noury	SM	Sarnia Walking Club	14:49/9:34
7	Phil Lockwood	M40	Sarnia Walking Club	14:57/12:27
8	Kevin Le Noury	M55	Sarnia Walking Club	15:05/13:20
9	Sean Pender	M60	Enfield & Haringey AC	15:35/13:50

Hampshire, Portsmouth (Sat. 13th May)

A routine win for Chris Snook, the week before his GB debut, ahead of the ever present, at Hampshire Championships, Jim Ball.

Mixed 3000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Christopher Snook	U20M (1)	Aldershot Farnham & Dist.	13:24.0
2	Jim Ball (M50)	SM (1)	Steyning Athletic Club	16:17.6
3	Abigail Jennings	U20W (1)	Aldershot Farnham & Dist.	16:22.6
4	Keith Vallis (M50)	SM (2)	Overton Harriers	16:56.4
5	Nicholas Hart	U15B (1)	Aldershot Farnham & Dist.	17:05.4
6	Sue Davies (W50)	SW (1)	Aldershot Farnham & Dist.	17:51.7

U15 Girls 2500m

Posn	Athlete	AG (Pos)	Club	Perf
1	Lois Carty	U15G (1)	Aldershot Farnham & Dist.	14:01.3

U13 Girls 2000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Charlotte Wallis	U13G (1)	Aldershot Farnham & Dist.	12:05.7
2	Megan Packett	U13G (2)	Aldershot Farnham & Dist.	12:59.8
3	Natasha Mitchell	U13G (3)	New Forest Juniors AC	14:58.8
4	Felicity Brooks	U13G (4)	City of Portsmouth AC	17:21.5

West Wales Championships, Carmarthen (Sun. 14th May)

A good size field for the West Wales championships, held in windy conditions.

Mixed 1000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Jordan Price	U20M (1)	Brecon Athletic Club	4:30.91
2	Megan Stratton-Thomas	U20W (1)	Swansea Harriers	4:44.08
3	Matthew Phipps	U20M (2)	Neath Harriers	4:48.96
4	Daniel Mc Kerlich	U20M (3)	Cardiff AAC	5:05.73
5	Jeri-Lynne Grabham	U17W (1)	Neath Harriers	5:11.10
6	Mollie Dainton	U17W (2)	Llanelli Athletic Club	5:11.79
7	Owain Rhys Nicholas	U17M (1)	Pembrokeshire Harriers	5:12.82
8	Caerwyn Phillips	U17M (2)	Cardiff AAC	5:29.13
9	Maddie Draycott	U15G (1)	Swansea Harriers	5:32.17
10	Amy Victoria White	U13G (1)	Pembrokeshire Harriers	6:24.24
11	Molly Mc Kerlich	U13G (2)	Cardiff AAC	6:31.22
12	Scarlett Lewis	U13G (3)	Swansea Harriers	6:33.60

**Kent County Championships, Ashford (Sun. 14th May)**

Hot blustery conditions greeted the sixteen walkers, from 20 entrants, who toed the start line. Luc Legon took the lead from the gun and was never headed, to win his first senior county title ahead of Jonathan Hobbs. Sophie Lewis Ward sat in behind Jonathan for much of the race and was rewarded with a quick time. National U15-boys champion struggled a bit in the conditions, but had enough to finish ahead of Jack Childs.

Mixed 3000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Luc Legon (U23M)	SM (1)	Bexley Athletic Club	13:22.66
2	Jonathan Hobbs	SM (2)	Ashford Athletic Club	14:02.61
3	Sophie Lewis Ward	U20W (1)	Cambridge Harriers	14:28.24
4	Marshall Smith	U20M (1)	Ashford Athletic Club	14:40.02
5	Alex Macheath	U15B (1)	Cambridge Harriers	15:27.33
6	Jack Childs	U15B (2)	Medway & Maidstone AC	15:41.51
7	Emily Ghose	U20W (2)	Tonbridge Athletic Club	15:59.28
8	Chris Hobbs (M60)	SM (3)	Ashford Athletic Club	16:36.50
9	Matthew Crane	U17M (1)	Bexley Athletic Club	16:51.79
10	Isabelle Bridge	U17W (1)	Blackheath & Bromley HAC	17:27.85
11	Beatrice Fury	U17W (2)	Medway & Maidstone AC	18:56.90
12	Hannah Hopper	U15G (1)	Cambridge Harriers	19:05.15
13	Lesley Hall (W60)	SW (1)	Ashford Athletic Club	19:34.46
14	Jacqueline Benson	U17W (3)	Ashford Athletic Club	20:16.12
15	Geraldine Legon (W55)	SW (2)	Bexley Athletic Club	20:59.71
16	Benjamin Howe	U15B (3)	Swanley & District AC	21:10.46

Manx Harriers 5km – T.T. Access Road (Thu. 18th May)

Result only – no report received.

Mixed 5km

Posn	Athlete	AG	Club	Perf
1	Gianni Epifani	M45	Manx Harriers	23:27
2	Hannah Hunter	SW	Manx Harriers	24:19
3	Tony Edwards	M50	Unattached	28:20
4	Alice Bellando	U17W	Manx Harriers	30:15
5	Jayne Farquhar	W45	Manx Harriers	30:43
6	Bernie Johnson	SW	Unattached	31:26
7	Sharon Cain	W45	Western Athletic Club	31:54
8	Nikki Raven	M50	Manx Harriers	32:23
9	Louise Hollings	W35	Isle of Man Veterans AC	32:26
10	Maura Kelly	W45	Northern Athletic Club	33:12
11	Louise Cowell	SW	Unattached	35:28
12	Henry Da Silva	M80	Isle of Man Veterans AC	44:27

2km

Posn	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Unattached	13:31

1km

Posn	Athlete	AG	Club	Perf
1	Alexandra Nicoll	U11G	Manx Harriers	6:35
2	Orla Goddard	U11G	Northern Athletic Club	6:48

Hewitt Cup 2017 - Round 2, Leicester (Wed. 24th May)

Despite being in the middle of his exam "season" Ben Allen (Countesthorpe Leysland Community College) maintained his great support of this race walking series for Leicestershire students, **reports George Smolinski**.

Since his debut in late April 2009, Ben has competed in 23 Hewitt Cup races having missed just three in all that time. He took his incredible unbeaten record to 16 races with another sub 10-minute clocking over the 2km. distance on a night when the very warm conditions saw no-one get close to their personal bests. In only his second competitive walk, the stylish Jamie Wellard (Robert Smyth Academy, Market Harborough) finished second ahead of Jack Harrison (Blaby Stokes Striders).

Lyla Bryan, on her own unbeaten run (now five successive races), led home the girls where Izzy Smolinski (Thistly Meadow) and Sophie Williams (Blaby Stokes) battled it out for the runner-up slot with Izzy

just managing to reverse their positions from Race 1.

In the overall standings, Ben leads Jack by a single point in the boy's section while Lyla, Sophie, Izzy and Jasmine also go into their final race with everything to race for.

1	Ben Allen	9:54	1	Lyla Bryan	13:41
2	Jamie Wellard	13:30	2	Isabelle Smolinski	17:54
3	Jack Harrison	17:42	3	Sophie Williams	17:57
4	Huey Bryan	19:58	4	Daisey Mitchell	19:10
			5	Faith Castledine	19:50
			6	Jasmine Joyce-Wykes	20:02

Sarnia Walking Club Heritage Group Championships Race 4 5000m Track Walk, Osmond Prialux, (Fri. 26th May)

Hot conditions welcomed the small field of walkers in the fourth race of the Heritage Group Championships resulting in a win for Rob Elliott finishing two minutes clear of Phil Lockwood. A good walk from Peter Beckerleg resulted in third place not too far ahead of Kevin Le Noury. Mick Le Sauvage closed the race after Jayne Le Noury pulled out of the race very early on with injury.

Mixed 5000m (B)

Posn	Athlete	AG	Club	Perf
1	Rob Elliott	M55	Sarnia Walking Club	30:13
2	Phil Lockwood	M40	Sarnia Walking Club	32:17
3	Peter Beckerleg	M55	Sarnia Walking Club	34:51
4	Kevin Le Noury	M55	Sarnia Walking Club	35:08
5	Mick Le Sauvage	M75	Sarnia Walking Club	36:18
6	Jayne Le Noury	W55	Sarnia Walking Club	DNF

Fred Pearce 3 x 5km Relay, Simister (Sat. 27th May)

It was the 22nd anniversary of this unique and popular event, *reports Roy Gunnnett*.

The race was held on the usual 'out & back' course from Lady Wilton Hall, Simister to Heaton Park. The weather was hot - around 23C and, although rain threatened, it thankfully held off for the race.

It was good to welcome four guests from other clubs to the event.

The battle for the team prize was closely contested with the lead changing throughout the race. Tony Malone put in a very powerful final leg to secure the team win for himself, Phil McCullagh and Dan Maskell. Adrian Edwards won the scratch race.

Men's 5km (B)

Posn	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	28:00
2	Tony Malone	M65	Lancashire Walking Club	28:43
3	Dave Crompton	M50	Lancashire Walking Club	31:45
4	Greg Smith	M60	Lancashire Walking Club	31:55
5	Glyn Jones	M70	Coventry Godiva Harriers	32:14
6	Dan Maskell	M65	Surrey Walking Club	32:46
7	Stuart Edgar	M45	Dudley & Stourbridge	32:50
8	Joe Hardy	M70	Lancashire Walking Club	33:08
9	Russ Jackson	M70	Yorkshire RWC	33:15
10	Phil McCullagh	M60	Lancashire Walking Club	34:50
11	Roy Gunnnett	M70	Lancashire Walking Club	35:56
12	John Payn	M80	Lancashire Walking Club	39:05

Team Result

1	Phil McCullagh Dan Maskell Tony Malone	1:39:34	2	Joe Hardy Dave Crompton Glyn Jones	1:40:07
3	Roy Gunnnett Greg Smith Russ Jackson	1:41:06	4	John Payn Stuart Edgar Adrian Edwards	1:42:15



Results Round-Up

May

- 03 Ashford Leisure Trust Open Meeting, Julie Rose Stadium (B)**
Mixed 1000m: 1 Jonathan Hobbs (Ashford AC) 4:19.46, 2 Marshall Smith (U20M – Ashford AC) 4:28.20, 3 Katie Stringer (U13G – Medway & Maidstone) 5:27.74, 4 Devina Nova (U13G – Ashford AC) 5:27.76, 5 Jacqueline Benson (U17W – Ashford AC) 5:47.10, 6 Chris Flint (M70 – Surrey WC) 6:35.29.
- 04 Haywards Heath Harriers Open Meeting, Crawley (B)**
Mixed 1000m: 1 Oliver Hopkins (U20M – Lewes AC) 4:28.2, 2 Jack Childs (U15B – Medway) 4:51.7, 3 Rachel Hornigold (W35 – Lewes AC) 5:17.6, 4 Eva Payton-White (U17W – Lewes AC) 5:39.6, 5 Peter Hannell (M75 – Surrey WC) 5:49.9, 6 Lauren Morse (U15G – Lewes AC) 6:15.2, 7 Jack Hopkins (U17M – Lewes AC) 6:15.6, 8 Ron Penfold (M75 – Steyning) 6:21.0.
- 14 Essex County Championships, Chelmsford**
Men's 3000m: 1 Dominic King (Colchester Hs) 12:00.91, 2 Daniel King (Colchester Hs) 12:31.76, 3 Simon Le Mare (Southend) 17:23.29, 4 Keith Palmer (Southend) 19:38.34
- 14 Suffolk, Ipswich: Men's 3000m:** 1 Tony Wilkinson (M55 – Unattached) 21:09.1; **Women's 3000m:** 1 Joyce Crawford (W50 – Eastern Veterans) 18:29.7; **U17M 3000m:** 1 George Wilkinson (Enfield & Haringey) 17:04.8; **U15G 1000m:** 1 Amber Ollett-Walton (West Suffolk AC) 8:30.5; **U13G 1000m:** 1 Molly Howell (West Suffolk AC) 8:58.2.
- 14 Middlesex, Lee Valley: Men's 3000m:** 1 Mark Culshaw (M50 – Ilford AC) 18:44.4; **Women's 3000m:** 1 Maureen Noel (W50 – Belgrave Hs) 18:44.4.
- 31 Blackheath & Bromley/Surrey WC 3000m Champs, Bromley (B)**
Mixed 3000m: 1 Abigail Smith (U13G – Blackheath) 18:28.8, 2 Peter Watts (M65 – Swanley) 19:36.1, 3 Chris Flint (M65 – Surrey WC) 19:54.4, 4 Peter Hannell (M75 – Blackheath) 20:18.6, 5 David Hoben (M60 – Surrey WC) 21:24.9, 6 Kevin Burnett (M75 – Surrey WC) 24:18.6.

UPCOMING EVENTS

June

Sat 10 th	B	Jack Fitzgerald Memorial Walks	Crawley
Sun 11 th	B	Sarnia WC Championship 5	Vale
Tue 13 th	A	Woodford Tuesday Walks 3000m	Woodford
	B	Veterans AC 5 Mile	Battersea Park
	A	South Yorkshire League	Millhouses Park
Sat 17 th	B	Isle of Man Parish Walk	Douglas
Sun 18 th	A	England Athletics U23/U20 Champs	Bedford
	A	BMAF 5km Championships	Horwich
Sat 24 th	A	BMAF Track & Field Championships	Birmingham
	A	ESAA Development Walks	Milton Keynes
Sun 25 th	A	BA/EA/RWA/Welsh 20km Champs	Leeds
	B	Sarnia WC 20km Championships	Vale

July

Sun 2 nd	A	British Athletics Senior Championships	Birmingham
	A	Regional Inter-Counties	Kingston
	B	Sarnia WC 1 Hour Track Walk	Footes Lane
	A	BMAF Inter-Area Match	Solihull
Tue 4 th	A	Woodford Tuesday Walks, 3000m	Woodford
Fri 7 th	B	Sarnia WC Championships 7 (2000m)	Footes Lane
Sat 8 th	B	Lancs WC, Bernard Trophy 10km	Macclesfield
Tue 11 th	B	Veterans AC 5 Mile	Battersea Park
Thu 13 th	A	Manx Harriers Summer Walks 10km	Andreas Village
Sun 16 th	B	Sarnia WC Championship 8 (10km)	Pleinmont
Wed 19 th	B	Tonbridge AC Open Track 5000m	Tonbridge
Fri 21 st	A	South Yorkshire League	Millhouses
Sat 22 nd	A	Northern Area 10km Championships	Dunnington
Sat 29 th	B	Lancs WC 1 Hour Track Race	Bury
Sun 30 th	A	England Athletics Senior & CAU	Bedford