



Race Walking Record

July 2017



Tom Bosworth, smashed the world mile walk record at the Müller Anniversary Games in London



Race Walking Association

proudly presents its

Festival of Race Walking 2017

Last opportunity to obtain QT for Commonwealth Games 2018

(also qualifying event for 2018 - IAAF World U20 Championships, IAAF World Team Championships, European Championships & European Youth Championships)

Sunday 1st October 2017 starting at 10:30am

(Full timetable of events will be published closer to date of event once total number of entries known)

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

(IAAF Measured Course – 1km Flat Loop)

20km/10km/U17 5km/U15 3km/U13 2km

(to be held in accordance with UKA Rules of Competition and to be judged in accordance with IAAF Rules)

Entry Fees: 20km/10km = £10.00. All other events = £7.00

Entering

Entry fees as shown above

Post completed form & fee	Email completed form and pay online
to Noel Carmody – 41 Herbert Road, Bexleyheath, Kent, DA7 4QF. Cheques payable to Race Walking Association	to noel.carmody@btopenworld.com Pay online: Barclays Sort Code 20-62-69 – Acc. 60780391 Show Reference as Surname + Post Code

Closing date for entries = Tuesday 26th September 2017

(Entry forms available from Noel Carmody (noel.carmody@btopenworld.com))

or

Facebook - <https://www.facebook.com/groups/139423539480219/>




British Athletics has announced a team of 78 athletes to compete at the IAAF World Championships in London from 4-13 August 2017.

Race Walkers selected are:

Event	Athlete	Lead Coach
Men's 20km	Tom Bosworth	Andi Drake
	Callum Wilkinson	Andi Drake
Women's 20km	Gemma Bridge	Mark Wall
	Bethan Davies	Andi Drake
Men's 50km	Dominic King	George Nibre

The walks take place on Sunday 13th August in The Mall and are free to spectators. The race start times are: 50km – 7.55am, Women's 20km – 12:20pm and Men's 20km 2:20pm.

“Corbishley thwarted by injury”

Cameron Corbishley had to withdraw from the European U23 Championships in Bydgoszcz (POL) due to injury after he discovered that he had sustained a stress fracture to the third metatarsal on his right foot.

“Toth out of World Championships”

Matej Toth (SVK), the Olympic 50km champion and reigning 50km World champion, has withdrawn from the World Championships in London after being asked by the IAAF to explain anomalies in his biological passport.

“Women's 50km Added to London 2017 Programme”

23rd July: With just under two weeks to go before the start of the IAAF World Championships the IAAF has added a women's 50km to the programme. Scheduled to start at the same time as the men's event the women's race will have its own results and prize money.

The entry standard of 4:30:00 had to be achieved by Tuesday 25th July and to be allowed to finish the race they will need to start the final 2km lap within the time limit of 4:17:00.






This will mean that men and women will have the same number of events for the first time at the World Championships.

“IAAF Council's decision to create a new 50km race walk competition for women with separate results and prize money at the World Championships in London follows the 2016 IAAF Race Walking Team Championships in Rome, where one female athlete from the USA joined her four male teammates,” said IAAF President Sebastian Coe. “There has been equal prize money for men and women at the IAAF World Championships since the introduction of financial rewards in the early 1990s and this decision brings gender equality in terms of competition opportunity too.

“But we must acknowledge this has been a last-minute decision based upon the request of a small group of athletes,” added Coe. “Therefore, to ensure the long-term credibility of the World Championships, we will follow the recommendation of the Race Walking Committee and assess the development of the event to

determine whether there are sufficient numbers of athletes and countries legitimately interested.”

The following five athletes have achieved performances within the published qualifying time.

Perf	Athlete	Nation	Venue	Date
4:08:26	Ines Henriques	 POR	Porto de Mos (POR)	15-Jan
4:22:22	Hang Yin	 CHN	Huangshan (CHN)	05-Mar
4:26:37	Kathleen Burnett	 USA	Santee (USA)	28-Jan
4:27:24	Shuging Yang	 CHN	Huangshan (CHN)	05-Mar
4:29:33	Erin Taylor-Talcott	 USA	Santee (USA)	28-Jan

29th July: Two more women added to the 50km as the IAAF's own rules provide that an Area Champion, regardless of the time they post, are deemed to have achieved the entry standard. (IAAF Technical Regulation 103.3.3 and London 2017 Qualification System and Entry Standards). The two should have also been named for the London race, based on their North and South American Area Championship wins, but the IAAF did not accept the nominations by their nation.

The IAAF relented and added the two women (*below- seasons best shown*) after a legal case had been lodged with the Court of Arbitration for Sport.

Perf	Athlete	Nation	Venue	Date
4:39:28	Nair Da Rosa	 BRA	Lima (PER)	14-May
4:54:12	Susan Randall	 USA	Santee (USA)	28-Jan

Race Walking Association – Tribute Lunch

Sat 8th July: saw the 3rd of a series of Race Walking Association organised tribute luncheons at London's Tower Hotel, this time to honour those who'd represented their country in the IAAF World Championships since their commencement in 1981, to-date. Forgotten by many was a fact that the IAAF staged one World Championship athletics event in 1976, this being a 50 Kilometres' Walk in Malmo (SWE), open to those who'd been denied Olympic status as the Montreal Games - which were the only ones since this event had been introduced in 1932, to today - that it wasn't included. Our 1976 trio (Bob Dobson, Carl Lawton and Roy Thorpe) were duly mentioned.

Those taking lunch in the Gallery Suite were formally welcomed by RWA Chairman Glyn Jones, and after the meal, speeches were given by leading light Callum Wilkinson, top official Steve Taylor and Olympian Tom Bosworth.

“Walkers on Parade”

At the 100th Welsh Athletics Track & Field Championship in Cardiff last month, all former Champions were invited to attend a complimentary lunch and march past. Pride of place in this procession was the Principality's only individual Olympic Champion Lynn Davies (1964 Tokyo long jump). Four former Welsh race walking champions were "on parade" pictured (left-to-right) Mark Williams, Jack Thomas Bob Dobson & John Eddershaw.



International

Muller Anniversary Games 2017/IAAF Diamond League,
London Stadium, Queen Elizabeth Olympic Park (Sun. 9th Jul.)



Tom Bosworth, smashed the world mile record at the Müller Anniversary Games in London.

Further impressing as he works towards the 20km event at the IAAF World Championships next month, he clocked 5:31.08 to improve the global race walk mark.

World junior champion Callum Wilkinson had led through 400m in 82.45 to be bang on schedule. Bosworth took over on the second lap and reached 800m in 2:45.72 before he began to ease away.

On the third lap, Bosworth picked it up further with an 81.54 lap but did get two cautions and it looked like he eased back on the last lap to ensure he didn't get disqualified.

Despite slowing, he still smashed the record and had time to acknowledge the crowd before he crossed the line, celebrating wildly.



After the race, Bosworth said: "That record is 26 years old and I was so nervous. Not many can run a mile in 5:31 so I am pleased to walk that quickly. I knew my speed was good but I think I have upped my level this year."

With the judges busy on the later laps, it was Diego Garcia (5:36.27) who was given second place.

Erick Barrondo and Wilkinson (5:36.31) were both disqualified but would have set big personal bests.

Dominic King did set a personal best of 5:56.80 in fifth to show good speed for a 50km walker.

Men's 1 Mile

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth	GBR	5:31.08	WR
2	Diego Garcia	ESP	5:36.27	PB
3	Perseus Karlstrom	SWE	5:38.18	PB
4	Rafal Sikora	POL	5:49.63	PB
5	Dominic King	GBR	5:56.80	PB
6	Guy Thomas (U23M)	GBR	6:02.30	PB
7	Chris Snook (U17M)	GBR	6:09.32	PB
	Erik Barrondo	GUA	DQ	
	Callum Wilkinson (U23M)	GBR	DQ	
	Jakub Jelonek	POL	DQ	

SIAB Schools Track & Field International, Morton Stadium, Santry, Dublin (Sat. 15th Jul.)

There was a certain symmetry to both races, which were dominated by the Irish walkers who finished well clear of the English and Welsh athletes, scoring maximum points for the Irish team.

In the ladies' race Jeri-Lynne Grabham recorded a personal best and Lucy Lewis Ward recorded her second fastest time over the 3000m distance for a season's best.

George Wilkinson reduced his personal best 50 seconds for bronze in the men's race and there was a season's best for Owain Nicolas.

U17 Women's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Sarah Glennon	IRL	14:29.41	PB
2	Maria Flynn	IRL	14:51.41	
3	Lucy Lewis Ward	ENG	16:12.28	SB
4	Isabelle Bridge	ENG	16:27.79	
5	Jeri-Lynne Grabham	WAL	17:27.45	PB
6	Mollie Dainton	WAL	18:23.22	



U17 Men's 3000m

Posn	Athlete	Nation	Perf	Notes
1	Oisín Lane	IRL	13:58.07	
2	Liam McDonagh	IRL	14:58.07	PB
3	George Wilkinson	ENG	15:27.40	PB
4	Owain Nicholas	WAL	17:17.93	SB
5	Caerwyn Phillips	WAL	21:05.03	



Paul Nihill Shield Match, Tullamore, Ireland (Sun. 9th Jul.)

Over the weekend of the 8-10 July a team of sixteen young athletes representing the RWA travelled to Ireland to compete against their Irish counterparts for the annual Nihill Shield match, *reports Mike Fox*.

This year we were invited to take part as guests in Athletics Ireland Juvenile National Championships to be held in Tullamore. On arrival in Tullamore we were greeted and given a very warm welcome by John McGrath, Juvenile committee chairman and the president of Athletics Ireland, Georgina Drumm. It was an honour for us to meet them both and we were extremely grateful to them for taking time out of their very busy schedules to spend time to meet and talk to our team.

Ireland were the current holders of the shield having won the event in Hillingdon in October 2016. With the Irish having a good strong team, the event promised to be a hard-fought contest every point gained being extremely valuable and would influence the final match result.

Fortunately for everyone the weather stayed fine over the weekend but on the day of competition it was quite windy making it difficult for the youngsters to maintain performance and technique. They accomplished both with some excellent performances, six personal bests and two season bests. With such a strong team from Ireland, as predicted, it was clear from the beginning that it was going to be a close fought contest, it proved to be just that. Loud and invaluable support and encouragement, from fellow team members and supporters, cheering on their teammates, made for an excellent atmosphere with good healthy competition and rivalry between the two teams.

The result saw the young athletes from the RWA regain the Nihill Shield by 44 points to 41. Both teams are to be commended for their sportsmanship and application during the competition and over the whole weekend in what proved to be a hard-fought competition.



The trip proved invaluable, allowing two groups of young athletes to compete against one and other in a good strong competition, forge new and strengthen existing friendships

both within the RWA and with their Irish counterparts helping to encourage, motivate and provide them with a platform to press forward and progress within the sport of race walking.

At the conclusion of the event Committee Chairman, John McGrath presented our team with commemorative medals of their trip to Tullamore and for competing in Athletics Ireland's Juvenile National Championships.

The team managers, Mike Fox, Chris Hobbs, Mary Hall and Elizabeth Corran would like to thank all the athletes for their excellent efforts in representing the RWA, Michael Lane who worked tirelessly before, during and after the event to make it all possible. Also, our travelling parents for the support and encouragement they gave to everyone during the weekend, everything contributing to making it a very successful and enjoyable event. We can all be extremely proud of a fine crop of promising youngsters in our event.

**U14 Girls 2000m**

Posn	Athlete	Club	Nation	Perf
1	Abigail Smith	Blackheath & Bromley	England	11:05.83
2	Katie Stringer	Medway & Maidstone	England	11:08.63
3	Rhea Donnelly	Celbridge Athletic Club	Ireland	11:14.49
4	Devina Nova	Ashford Athletic Club	England	11:35.93
5	Grainne O'Connor	Clonmel Athletic Club	Ireland	11:43.59
6	Maeve O'Connor	Waterford Athletic Club	Ireland	11:56.04
7	Ciara Mitchell	United Striders AC	Ireland	12:11.70
8	Roisin Geaney	South Galway AC	Ireland	12:14.71
9	Dearbhla Tinnelly	St. Peter's Athletic Club	Ireland	12:29.92
10	Roisin O'Mullane	St. Cronans Athletic Club	Ireland	12:38.30
11	Natasha Kilgannon	Youghal Athletic Club	Ireland	13:41.11
12	Katie Fraser	Lake District Athletics	Ireland	13:49.51
	Niamh Carolan	North Leitrim AC	Ireland	DQ

U15 Girls 2000m

Posn	Athlete	Club	Nation	Perf
1	Ava Ross	Glaslough Harriers AC	Ireland	10:18.92
2	Claire Caulfield	Waterford Athletic Club	Ireland	10:25.51
3	Ruth Monaghan	Sligo Athletic Club	Ireland	10:49.22
4	Leah Murphy	Celbridge Athletic Club	Ireland	11:09.70
5	Eve Byrne	United Striders AC	Ireland	11:17.31
6	Catherine O'Reilly	Moy Valley Athletic Club	Ireland	11:40.16
7	Molly Meleady-Hanley	C of Sheffield & Dearne	England	11:48.22
8	Aoibhinn Crean	Adamstown Athletic Club	Ireland	11:59.33
9	Robyn Denieffe	Gowran Athletic Club	Ireland	12:18.17
10	Ashling Cullen	North Leitrim AC	Ireland	12:33.53
11	Eimear McColgan	Glaslough Harriers AC	Ireland	13:41.35

U16 Girls 2000m

Posn	Athlete	Club	Nation	Perf
1	Emily MacHugh	Naas Athletic Club	Ireland	9:37.62
2	Jennifer Fidgeon	Mullingar Harriers AC	Ireland	9:37.75
3	Siofra O'Dea	Kilmurray/Ibrick/N.Clare AC	Ireland	9:56.47
4	Shannon O'Malley	Moy Valley Athletic Club	Ireland	10:30.43
5	Lucy Lewis Ward	Cambridge Harriers	England	10:34.49
6	Alice Bellando	Manx Harriers	England	10:50.38
7	Rebecca Carroll	Celbridge Athletic Club	Ireland	10:56.67
8	Jane Mitchell	Moy Valley Athletic Club	Ireland	10:56.71

U17 Girls 3000m

Posn	Athlete	Club	Nation	Perf
1	Sarah Glennon	Mullingar Harriers AC	Ireland	14:45.77
2	Maria Flynn	Naas Athletic Club	Ireland	14:56.58
3	Isabelle Bridge	Blackheath & Bromley	England	16:28.31
4	Eva Delahunt	Sligo Athletic Club	Ireland	16:41.23
5	Laura Achurch	Leicester Walking Club	England	17:42.64

U18 Girls 3000m

Posn	Athlete	Club	Nation	Perf
1	Orla O'Connor	Waterford Athletic Club	Ireland	14:03.21
2	Niamh O'Connor	Celbridge Athletic Club	Ireland	14:35.02
3	Ruth Heery	Waterford Athletic Club	Ireland	15:43.03
4	Anna O'Connor	Waterford Athletic Club	Ireland	15:49.17
5	Aimee Brennan	Glaslough Harriers AC	Ireland	17:43.09
6	Triona Mooney	Adamstown Athletic Club	Ireland	18:08.05
7	Sarah Constant	Carraig-Na-Bhfear AC	Ireland	21:26.12

U19 Girls 3000m

Posn	Athlete	Club	Nation	Perf
1	Emily Ghose	Tonbridge Athletic Club	England	15:39.69
2	Rebecca Kearney	Carraig-Na-Bhfear AC	Ireland	18:02.54

U14 Boys 2000m

Posn	Athlete	Club	Nation	Perf
1	Alex Macheath	Cambridge Harriers	England	10:21.06
2	Owen Bradshaw	C of Sheffield & Dearne	England	11:39.03
3	Noah McConway	St. Cronans Athletic Club	Ireland	11:46.58
	Faris Alkhamsei	Nuneaton Harriers	England	DQ
	Matthew Dolan	Brothers Pearse AC	Ireland	DQ

U15 Boys 2000m

Posn	Athlete	Club	Nation	Perf
1	Jack Childs	Medway & Maidstone	England	10:25.84
2	Matthew Glennon	Mullingar Harriers AC	Ireland	10:50.57
3	Ciaran Hurley	Carraig-Na-Bhfear AC	Ireland	10:58.38
4	Darragh Mitchell	North Leitrim AC	Ireland	11:16.92
5	Padraig Gaughan	Erris Athletic Club	Ireland	12:21.88
6	Luke Stephens	Roscommon Athletic Club	Ireland	14:02.17

U16 Boys 3000m

Posn	Athlete	Club	Nation	Perf
1	Oisin Lane	Mullingar Harriers AC	Ireland	13:51.93
2	James Hanlon	Taghmon Athletic Club	Ireland	16:41.21
3	Nicholas Hart	Aldershot Farnham & Dist.	England	16:44.18
4	Ryan Kielthy	United Striders AC	Ireland	18:47.85
	Cathal Kennedy	Claremorris Athletic Club	Ireland	DQ

U17 Boys 3000m

Posn	Athlete	Club	Nation	Perf
1	Liam McDonagh	Moycarkey Coolcree AC	Ireland	15:03.88
2	Cian Gough	Le Cheille Athletic Club	Ireland	15:05.48
3	Nicky Connolly	Castlecomer AC	Ireland	15:12.72
4	Ryan Roberts	Sligo Athletic Club	Ireland	15:28.68
5	Ben Allen	Leicester Walking Club	England	15:44.07
6	Eoin Gaffey	Mohill Athletic Club	Ireland	16:25.18

U18 Boys 5000m

Posn	Athlete	Club	Nation	Perf
1	Gearoid McMahon	Shannon Athletic Club	Ireland	24:28.97
2	Joseph Hanlon	Taghmon Athletic Club	Ireland	30:19.06
	Oliver Hopkins	Lewes Athletic Club	England	DQ

U19 Boys 5000m

Posn	Athlete	Club	Nation	Perf
1	Andrew Carroll	Celbridge Athletic Club	Ireland	24:15.77
2	Adam McInerney	Suncroft Athletic Club	Ireland	24:39.24
3	Sean Maher	Celbridge Athletic Club	Ireland	32:08.80

National

UK CAU Inter-Counties & England Athletics Senior Championships, Bedford (Sun. 30th Jul.)

The walks kicked off the day two track events. The women raced first, with just four starters from the eight who had entered. Erika Kelly was a comfortable winner in 13:50.72.

The men's race was won by Chris Snook in a personal best 13:42.73 who at 17 years of age was the youngest champion on the day and quite possibly ever in the history of these championships.



Ladies start: Wendy Kane ~ Erika Kelly ~ Emily Ghose ~ Penelope Cummings

Women's 3000m

Posn	Athlete	AG	Club	Perf
1	Erika Kelly	SW	Northern Athletic Club	13:50.72
2	Emily Ghose	U20W	Tonbridge Athletic Club	15:34.69
3	Penelope Cummings	W40	Herne Hill Harriers	16:57.66
4	Wendy Kane	W45	Notts Athletic Club	18:25.24

Men's 3000m

Posn	Athlete	AG	Club	Perf
1	Chris Snook	U20M	Aldershot Farnham & D	12:42.73
2	Tom Partington	U20M	Manx Harriers	12:56.25
3	Luc Legon	U23M	Bexley Athletic Club	13:14.34
4	Tim Snook	U20M	Aldershot Farnham & D	14:08.33
5	Jonathan Hobbs	SM	Ashford Athletic Club	14:22.28
6	Oliver Hopkins	U20M	Lewes Athletic Club	15:17.20
7	Jordan Price	U20M	Breacon Athletics Club	15:17.85
	Daniel King	SM	Colchester Harriers	DQ
	Sebastian Parris	SM	Ilford Athletic Club	DQ



Men's Medal Winners – Tom Partington ~ Chris Snook ~ Luc Legon

Domestic

England Athletics Masters Inter-Area Track & Field Challenge, Solihull (Sun. 2nd Jul.)

A standout performance by Francisco Reis who a few hours earlier had taken 8th place in the British Athletics Senior Championships at Alexander Stadium, Birmingham with a sub-24 clocking for 5000m.

Men's Combined Age Group 2000m

Posn	Athlete	AG (Pos)	Masters Club	Perf
1	Francisco Reis (M55)	M35 (1)	Southern Counties Vets.	9:15.2
2	Mark Williams (M50)	M35 (2)	Midland Masters AC	9:41.9
3	Peter Boszko (M65)	M50 (1)	Midland Masters AC	10:45.7
4	Malcolm Martin (M60)	M60 (1)	Southern Counties Vets.	11:01.9
5	Roger Michell (M65)	M60 (2)	Midland Masters AC	11:06.2
6	John Ralph (M60)	M35 (3)	Veterans Athletic Club	12:00.5
7	Ken Bobbett (M70)	M60 (3)	Welsh Masters AA	12:09.2
8	Ian Torode (M60)	M60 (4)	South West Veterans AC	12:10.9
9	Arthur Thomson (M80)	M60 (5)	Veterans Athletic Club	13:10.8
10	John James (M60)	M60 (6)	North East Masters AA	14:19.8
11	Charles Northey (M50)	M35 (4)	Welsh Masters AA	14:26.1
	Martyn Corbishley (M55)	M50	Southern Counties Vets.	DQ
	David Bowker (M55)	M50	Eastern Masters AC	DQ

Women's Combined Age Group 2000m

Posn	Athlete	AG (Pos)	Masters Club	Perf
1	Carolyn Dyall (W35)	W35 (1)	Midland Masters AC	10:57.1
2	Wendy Bennett (W50)	W50 (1)	Welsh Masters AA	11:33.2
3	Lynn Bellfield (W50)	W50 (2)	Midland Masters AC	12:20.1
4	Fiona Bishop (W55)	W35 (2)	Veterans Athletic Club	12:53.1
5	Michele Moran (W50)	W50 (3)	North East Masters AA	13:20.5
6	Angela Martin (W50)	W50 (4)	Southern Counties Vets.	13:35.8
7	Pamela Abbott (W50)	W50 (5)	Eastern Masters AC	14:13.8
8	Gillian Williams (W60)	W35 (3)	Welsh Masters AA	17:35.6
	Paola King (W55)	W50	South West Veterans AC	DQ



Woodford Tuesday Walks, Woodford (Tue. 4th Jul.)

The whole of the Woodford Green Open Graded Meeting was very thinly attended, so that the walk field was not too desperately low; there were periods of inactivity as the starter waited for the next event to become due under the timetable, *reports Peter Cassidy*. Among the teams, the same seems to be true – barring miracles – of Loughton. Alex Macheath, who had won the first in the series, had to pull up with a knee problem, leaving Melanie Peddle and Stuart Bennett to fight it out: Melanie had the better of the tussle to record her second outright victory of the series and cannot now be caught.

Mixed 3000m

Posn	Athlete	AG	Club	Perf
1	Melanie Peddle	W45	Loughton Athletic Club	17:17.5
2	Stuart Bennett	M55	Ilford Athletic Club	17:26.1
3	John Borgars	M70	Loughton Athletic Club	19:42.7
4	Sean Pender	M60	Enfield & Haringey AC	21:25.4
5	Peter Cassidy	M75	Loughton Athletic Club	21:49.9
6	David Ainsworth	M70	Ilford Athletic Club	23:40.4
	Alex Macheath	U15B	Cambridge Harriers	DNF

Bill Collins Road Walks, Tonbridge (Tue. 4th Jul.)

A warm evening greeted a reasonable size field including promising youngsters several whom were using event as a warm up race before travelling to Ireland for the Nihill Shield match, *reports Peter Selby*.

Good performances were recorded and Ollie Hopkins took the trophy in memory of one of the best race walk coaches of his time in the 1970/1980s. Bill Collins helped Tim Berrett who represented Canada in Olympic and Commonwealth Games. Bill also coached many other Tonbridge athletes and was President of the club.

Mixed 1km (B)

Posn	Athlete	AG	Club	Perf
1	Katie Stringer	U13G	Medway & Maidstone	5:56
2	Annabel Young	U13G	Medway & Maidstone	6:11
3	Katie Brash	U13G	Blackheath & Bromley	6:38
4	Lewis Burr	U11B	Tonbridge athletic Club	6:43

Mixed 2km (B)

Posn	Athlete	AG	Club	Perf
1	Abigail Smith	U13G	Blackheath & Bromley	11:56
2	Beatrice Fury	U17W	Medway & Maidstone	11:58

Mixed 3km (B)

Posn	Athlete	AG	Club	Perf
1	Ollie Hopkins	U20M	Lewes Athletic Club	15:28
2	Malcolm Martin	M60	Surrey Walking Club	16:24
3	Jack Childs	U15B	Medway & Maidstone	16:40
4	Eva Payton-White	U17W	Lewes Athletic Club	18:44
5	Peter Hannell	M70	Surrey Walking Club	20:16
6	Angela Martin	W50	Surrey Walking Club	20:42
7	Geraldine Legon	W55	Bexley Athletic Club	21:33

**Sarnia Walking Club Heritage Group Championships Race Seven
2000 Metres Track Walk, Guernsey (Fri. 7th Jul.)**

Stuart Le Noury eased ahead of his brother Jason in the 2000 metre track walk held on a hot evening, *reports Rob Elliott*. Finishing a few seconds faster than in his last race at the distance he crossed the line in 9:32, over half a minute ahead of Jason who was racing for the first time for a while. Third place went to Rob Elliott. Fastest of the women was Kay Coulson in 13:54 ahead of Jayne Le Noury.

Men's 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	9:32
2	Jason Le Noury	SM	Sarnia Walking Club	10:04
3	Rob Elliott	M55	Sarnia Walking Club	11:16
4	Phil Lockwood	M40	Sarnia Walking Club	12:33
5	Kevin Le Noury	M55	Sarnia Walking Club	13:00
6	Peter Beckerleg	M55	Sarnia Walking Club	13:15
7	Mick Le Sauvage	M75	Sarnia Walking Club	13:57
8	Dave Dorey	M70	Sarnia Walking Club	14:05

Women's 2000m (B)

Posn	Athlete	AG	Club	Perf
1	Kay Coulson	W45	Sarnia Walking Club	13:54
2	Jayne Le Noury	W55	Sarnia Walking Club	15:21

Barnard Trophy 10km, Macclesfield (Sat. 8th Jul.)

The race was held over the usual picturesque and hilly course at Macclesfield (comprising two large laps and one small lap), *reports Roy Gunnett*.

It was a very pleasant sunny day with a temperature around 22°C. Most times for the competitors were a little below the normal, presumably attributable to the warm weather.

Adrian Edwards took the lead from the start which he steadily extended - growing to over eight minutes by the finish.

Tony Bell took second place and lead home a fairly closely contested second pack of walkers. Ian Hilditch won the handicap.

Marshall Barnard and his wife Kath provided excellent refreshments as usual following the race. Marshall presented the Barnard Trophy to Adrian for his win in the scratch race.

A huge thank you is due to Dave Evans for all his sterling work involved in the organisation and running of this race.

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	59:14
2	Tony Bell	M50	Lancashire Walking Club	67:36
3	Joe Hardy	M70	Lancashire Walking Club	67:59
4	Dave Crompton	M50	Lancashire Walking Club	68:04
5	Irene Pike	W65	Lancashire Walking Club	68:44
6	Ian Hilditch	M75	Lancashire Walking Club	68:52
7	Pat Evans	M65	Lancashire Walking Club	69:39
8	Sailash Shah	M50	Lancashire Walking Club	70:54
9	Steve Sargent	M70	Lancashire Walking Club	71:26
10	Phil McCullagh	M60	Lancashire Walking Club	71:54
11	Ian Vaughan	M60	Lancashire Walking Club	83:45

5km (B)

Posn	Athlete	AG	Club	Perf
1	Roy Gunnett	M70	Lancashire Walking Club	42:55

**Midland Area 20km Championships, Coventry (Sun. 9th Jul.)
(incorporating British Masters Championships)**

The warm and humid conditions certainly effected the walkers on this established 1km lap course on the Warwick University, Science Park, Coventry, *reports Glyn Jones*.

With guest competitor Daniel King retiring at 10km, Francisco Reis took hold of the reins and established a clear lead to the finish. A second guest walker Hannah Hunter of Manx Harriers then moved up into second place and maintained a gutsy performance right to the finish. With Ian Richards unfortunately suffering a disqualification with six laps to go, Mark Williams, now of Birchfield Harriers, moved up into third overall position and finishing strongly. In view of the weather conditions, all the walkers very sensibly took on water/sponges and personal feed throughout the race.

Men's 20km

Posn	Athlete	AG (Pos)	Club	Perf
1	Francisco Reis	M55 (1)	Thames Valley Harriers	1:49:28
2	Mark Williams	M50 (1)	Birchfield Harriers	1:58:48
3	Mark Culshaw	M50 (2)	Ilford Athletic Club	2:08:46
4	Peter Boszko	M65 (1)	Birchfield Harriers	2:11:40
5	John Borgars	M70 (1)	Herts Phoenix AC	2:17:49
6	John Constandinou	M45 (1)	Birchfield Harriers	2:17:56
7	Paul Hawkins	M60 (1)	Stratford-upon-Avon AC	2:18:13
8	David Crompton	M50 (3)	Lancashire Walking Club	2:20:06
9	David Manning	M65 (2)	Birchfield Harriers	2:21:41
10	Colin Vesty	M50 (4)	Leicester Walking Club	2:22:09
11	Ian Torode	M60 (2)	South West Veterans AC	2:28:39
12	Christopher Flint	M70 (2)	Surrey Walking Club	2:29:00
13	Sean Pender	M60 (3)	Enfield & Haringey AC	2:30:09

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14	Mark Byrne	M55 (1)	Redcar RWC	2:38:14
15	Norbert Wil	M80 (1)	Northern Ireland MAA	2:45:16
	Daniel King	SM	Colchester Harriers	DNF
	Ian Richards	M65	Steyning Athletic Club	DQ

Midland Championship: Williams, Boszko & Constandinou. **Team:** Birchfield.

BMAF Team: Birchfield Harriers – 6:28:24 (Williams, Boszko & Constandinou).

Women's 20km

Posn	Athlete	AG (Pos)	Club	Perf
1	Hannah Hunter	SW	Manx Harriers	1:52:44
2	Maureen Noel	W50 (1)	Belgrave Harriers	2:16:51
3	Ann Wheeler	W50 (1)	Nuneaton Harriers	2:24:45
	Julie Bellfield	W45	Halesowen Athletic Club	DNF
	Lynn Bellfield	W50	Halesowen Athletic Club	DNF

Midland Championship: Wheeler.

Veterans Athletic Club, 5 Mile, Battersea Park (Tue. 11th Jul.)

The fourth fixture of the season was held in a considerable amount of rain and was the wettest for some time, the officials at the finish did well to handle their duties conditions, **reports Dave Hoben**.

New signing Mark Culshaw had an easy victory, both he and Chris Flint had competed in a 20k road event two days earlier which had scarcely affected their times.

VAC was pleased to welcome back Steve Bishop who had appeared earlier in the season and recorded a very respectable time. John Hall returned to racing after an extended absence competition.

Mixed 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Mark Culshaw	M50	Ilford Athletic Club	47:53
2	Steve Bishop	M55	Stock Exchange AC	48:27
3	John Hall	M65	Belgrave Harriers	51:16
4	Maureen Noel	W50	Belgrave Harriers	52:31
5	Peter Hannell	M70	Surrey Walking Club	55:38
6	Christopher Flint	M70	Surrey Walking Club	56:55
7	Michael Harran	M75	Surrey Walking Club	58:36
8	David Hoben	M60	Surrey Walking Club	59:39

Manx Harriers Summer 10km, Andreas Village (Thu. 13th Jul)

A small but select field took part in the Summer 10km, **reports Bridget Kaneen**. The event was led from start to finish by junior, Tom Partington who posted a fine 46-minute solo effort and took home the Herbie Cannell cup for fastest on the night.

After the retirements of Adam Cowin early in the race and Marie Jackson at halfway the remainder of the field was split into two distinct groups. Rebecca Greatbatch posted her best time of the year to lead Bernie Johnson home to a personal best with Jayne Farquhar showing great powers of recuperation after her Parish walk effort less than a month ago and only 50 seconds down on her personal best.

John Robinson has been travelling abroad for some time, made a welcome return to racing hanging on to the back of this group and getting a good tow around.

Sharon Cain and Louise Hollings were joined at the hip for most of the race (as usual) but Sharon had just the edge in the closing stages. Maura Kelly was the star of the day however, taking close to two minutes off her lifetime best to take home the prize as top of the handicap.

Special mention to Grayse Fletcher who missed the start but completed roughly a mile loop around the course and pipping her dad by a second for a fine 11:27 lap.

Thanks to all those who helped on the night with judging, lap scoring, marshalling and other duties particularly given the rather damp conditions and to the Andreas dog obedience club for tolerating our use of the village hall.

Mixed 10km

Posn	Athlete	AG	Club	Perf
1	Tom Partington	U20M	Manx Harriers	46:08

2	Rebecca Greatbatch	U23W	Manx Harriers	62:29
3	Bernie Johnson		Unattached	62:34
4	Jayne Farquhar	W45	Manx Harriers	62:39
5	John Robinson		Unattached	63:55
6	Sharon Cain	W45	Western Athletic Club	66:34
7	Louise Hollings	W35	Isle of Man Veterans	66:36
8	Maura Kelly	W45	Northern Athletic Club	67:24
	Adam Cowin	SM	Manx Harriers	DNF
	Marie Jackson	W55	Manx Harriers	DNF

**Sarnia Walking Club Heritage Group Championships Race 8
10km Road Walk, Guernsey (Sun. 16th Jul.)**

Another easy win over 10km for Stuart Le Noury has him heading back towards another Heritage Group Championship win with two races to go, **report Rob Elliott**. Held on a hot and humid morning over the coastal course from Pleinmont to Grandes Rocques he crossed the line in under 54 minutes. Phil Lockwood finished second with leading woman Olga Le Noury back in third. Second woman home Kay Coulson outsprinted Mick Le Sauvage for fourth place. Dave Dorey brought the field home in 80 minutes.

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	53:53
2	Phil Lockwood	M40	Sarnia Walking Club	69:44
3	Olga Le Noury	W35	Sarnia Walking Club	72:05
4	Kay Coulson	W45	Sarnia Walking Club	73:52
5	Mick Le Sauvage	M75	Sarnia Walking Club	73:52
6	Dave Dorey	M70	Sarnia Walking Club	80:34

**Surrey Walking Club 5000m Track Walk & Supporting Races,
Tonbridge School (Wed. 19th Jul.)**

With 21 out of whom only a third were aged over 19 and the normal support of parents and other Club members the Surrey Walking Open 5000m walk was a very pleasant and successful event, **report Peter Hannell**

Half of the starters did the shorter 3000m option mostly because of the usual age restrictions and this race was won by Jack Childs from a personal best. Fourth was Blackheath's Abigail Smith easily first in her age-group. New-comer, Chris Edwards, finished in a fair time for his age-group.

The 5000m was won from gun to tape by the excellent Ian Richards from Steyning as he prepares to enter the M70 group with more age group records. Young Ollie Hopkins and David Crane were close, over a minute behind Ian as David did his first race walking event for several months. Malcolm Martin, nursing an injury but encouraging wife Angela to the best Surrey WC ladies performance and victory in the club handicap as she overtook and left Peter Hannell in the second half of the race.

Mixed 5000m (B)

Posn	Athlete	AG	Club	Perf
1	Ian Richards	M65	Steyning Athletic Club	25:22.3
2	Ollie Hopkins	U20M	Lewes Athletic Club	26:36.5
3	David Crane	M35	Surrey Walking Club	26:50.5
4	Matthew Crane	U17M	Bexley Athletic Club	26:53.9
5	Luc Legon	U23M	Bexley Athletic Club	26:53.9
6	Emily Ghose	U20W	Tonbridge Athletic Club	27:58.9
7	Jacqueline Benson	U17W	Ashford Athletic Club	33:33.1
8	Malcolm Martin	M60	Surrey Walking Club	34:09.7
9	Angela Martin	W50	Surrey Walking Club	34:11.5
10	Peter Hannell	M70	Surrey Walking Club	34:33.1
11	Geraldine Legon	W55	Bexley Athletic Club	35:50.1

Mixed 3000m (B)

Posn	Athlete	AG	Club	Perf
1	Jack Childs	U15B	Medway & Maidstone	15:33.9
2	Chris Hobbs	M60	Ashford Athletic Club	16:17.3
3	Lois Carty	U15G	Aldershot Farnham & D	17:20.3
4	Abigail Smith	U13G	Blackheath & Bromley	17:48.1

5	Eva Payton-White	U17W	Lewes Athletic Club	18:30.7
6	Hannah Hopper	U15G	Cambridge Harriers	18:34.3
7	Katie Stringer	U13G	Medway & Maidstone	19:19.3
8	Christian Hopper	U13B	Cambridge Harriers	19:29.6
9	Christopher Edwards	M65	Surrey Walking Club	21:47.8

2000m (B)

Posn	Athlete	AG	Club	Perf
1	Hannah Atkinson	U13G	Cambridge Harriers	14:14.9

Isle of Man Track Championships, Douglas (Sun. 23rd Jul.)

Tom Partington set an Isle of Man junior men's record of 12:38.2 bettering his dad's Steve's mark of 12:45.1 which had stood since September 1984.

Mixed 3000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Tom Partington	U20M (1)	Manx Harriers	12:38.2
2	Adam Cowin	SM (1)	Manx Harriers	13:18.8
3	Rebecca Greatbatch	SW (1)	Manx Harriers	17:14.5
4	Sharon Cain (W45)	VW (1)	Western Athletics Club	18:39.3
5	Louise Hollings (W35)	VW (2)	Isle of Man Veterans	19:15.4
6	Maura Kelly (W45)	SW (2)	Northern Athletics Club	19:40.8



Louise Hollings ~ Sharon Cain ~ Rebecca Greatbatch ~ Maura Kelly

Sarnia Walking Club Piette Trophy 3.8 Miles Handicap Walk Rocquaine Bay, Guernsey (Sun. 30th Jul.)

Scratch walker Dave Dorey may well have thought he was on his way to another Piette Trophy handicap win over 3.8 miles as he still led the race along the Rocquaine coast road with a couple of hundred yards still to go, **reports Rob Elliott**. Peter Beckerleg thought otherwise as he sidestepped Dave and overtook him to gain the lead and head for the win himself. But with the sound of fast closing footsteps he had to give second best to last man to start Stuart Le Noury who crossed the line first with an actual time of 30:34.

Beckerleg held on to second place with no response from the long-time leader Dorey.

Last year's winner Rob Elliott finished close to his time of last year but found himself back in fourth place. First woman home was Olga Le Noury beating her old best time and finishing in under 43 minutes, ahead of second woman Kay Coulson. Husband and wife Kevin and Jayne Le Noury finished in seventh and eight places.

Mixed 3.8 Mile

Posn	Athlete	AG	Club	Watch/Actual
1	Stuart Le Noury	SM	Sarnia Walking Club	44:34/30:34
2	Peter Beckerleg	M60	Sarnia Walking Club	44:47/41:47
3	Dave Dory	M70	Sarnia Walking Club	44:57/44:47
4	Rob Elliott	M55	Sarnia Walking Club	45:35/36:35
5	Olga Le Noury	W35	Sarnia Walking Club	46:44/42:44
6	Kay Coulson	W45	Sarnia Walking Club	46:57/43:57
7	Kevin Le Noury	M55	Sarnia Walking Club	47:15/42:45
8	Jayne Le Noury	W55	Sarnia Walking Club	48:50/48:50

Bury One Hour Track Challenge, Bury (Sat. 29th Jul.)

There was excellent turnout of 20 walkers for this race (15 men and 5 women), **reports Roy Gunnett**. It was therefore great that we also had a good turnout of helpers to enable the lap counting and other duties associated with a track one-hour challenge. All the walkers were very grateful for their support.

The weather was warm (18C) with overcast skies.

Adrian Edwards took an early lead and powered his way to win the Lambert Trophy with a distance almost a half a mile ahead of second place man Tony Bell. Irene Pike put in a strong performance to win the ladies one-hour challenge.

Ahead of the race all competitors tried out two laps of the 650 metres outside track circuit to see if it was suitable as a future race course - the consensus view was that it is.

Mixed 1 Hour (B)

Posn	Athlete	AG	Club	Dist
1	Adrian Edwards	M55	Lancashire Walking Club	10344
2	Tony Bell	M50	Lancashire Walking Club	9560
3	Glyn Jones	M75	Coventry Godiva Hs	9156
4	Dave Crompton	M50	Lancashire Walking Club	9127
5	Peter Crahan	M60	Lancashire Walking Club	9084
6	Roy Gunnett	M70	Lancashire Walking Club	8929
7	Joe Hardy	M70	Lancashire Walking Club	8836
8	John Crahan	M65	Lancashire Walking Club	8825
9	Ian Hilditch	M75	Lancashire Walking Club	8686
10	Irene Pike	W65	Lancashire Walking Club	8681
11	Stuart Edgar	M45	Dudley & Stourbridge Hs	8678
12	Sean Pender	M60	Enfield & Haringey AC	8676
13	Sailash Shah	M50	Lancashire Walking Club	8663
14	Jan McCue	W55	Lancashire Walking Club	8446
15	John Payn	M80	Lancashire Walking Club	7504
16	Andrea Lennon	W75	Lancashire Walking Club	7261
17	Jane Pouncy	W60	Lancashire Walking Club	7200
18	John Pouncy	M70	Lancashire Walking Club	6800

Mixed 5000m (B)

Posn	Athlete	AG	Club	Perf
1	Russ Jackson	M70	Yorkshire RWC	34:06.2
2	Pat Evans	W65	Lancashire Walking Club	35:09.1

Upcoming Events

August

Sat 5 th	B	St Edmunds 100 Mile	Bury St Edmunds
Sun 6 th	B	Sarnia WC Championship 9 (10km)	Delancey Park
Tue 8 th	A	South Yorkshire League	Millhouses Park
Wed 9 th	B	Enfield Friendship Walks	Donkey Lane
Sun 13 th	A	World Championship Walks	The Mall
	B	Northern Area Presidents 10km	York
Wed 16 th	A	Manchester International	Sport City
Thu 7 th	A	Manx Harriers Foxdale Walk – 6 Mile	Foxdale
Sat 19 th	A	South of England Championships	Crystal Palace
	B	Lancs WC Goodwin Cup (10km)	Chorley
Sun 20 th	B	Sarnia WC Championship 10 (10km)	Footes Lane
Tue 22 nd	B	Veterans AC 5 Mile	Battersea Park
Sun 28 th	A	England Athletics U15/U17 Champs	Bedford
	B	Southend Open Walks (1 Mile)	Garons Park

September

Fri 1 st	B	Sarnia Road 3km	Vale, Guernsey
Sat 2 nd	A	Youth Development League Finals	Birmingham
Sun 3 rd	B	81 st Guernsey Church to Church	Guernsey
	A	National 50km & IOM 20km Champs	Douglas IOM
Tue 5 th	A	Woodford Tuesday Walks 3000m	Woodford
Sat 9 th	B	Lancs AC 2 Hour Track Walks	Bury
	A	Jeff Ford Memorial Walks	Sheffield
Sat 16 th	A	English Schools Championships	Boston, Lincs.
Sun 17 th	B	IOM End to End Walk	Isle of Man
	A	Jim Sharlott Walks/BMAF Champs	Leicester
Fri 22 nd	A	South Yorkshire League	Millhouses Park
Sat 23 rd	B	Enfield League 1 Hour Track	Lee Valley
Wed 27 th	B	National Police Championships	Birmingham