



Race Walking Record

December 2017

Erika Kelly



**Selected to represent the
Isle of Man at the 2018
Commonwealth Games
Gold Coast – Australia**



Loughton Athletic Club & Race Walking Assoc. (Southern Area)

The London Open Walks Incorporating the R.W.A. (Southern) Championships

Sunday 4th February 2018

Queen Elizabeth II Stadium, Donkey Lane, Enfield, London, EN1 3PL

- 12.00pm Under 11 Boys & Girls 1km
- 12:20pm Under 13 Boys & Girls 2km
- 12:40pm Under 15 Boys & Girls 3km
- 1:00pm Under 17, Junior & Senior Women 5km
- 1:00pm Under 17 Men 5km
- 1:00pm Senior & Junior Men 10km

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

Awards

All events: first three individuals, first teams of three
Senior Men & Senior Women: first Centurion (n.o.i.a), first Veteran (n.o.i.a)
One second-claim walker may score in each **open** team.

Entry Fees

Senior & Juniors £7.00 Open/£8.00 Southern Championship
All others £6.00 Open/£4.00 Southern Championship
Under 11's No charge

Please state Date of Birth on Entry Form

N.B.: All Southern Championship Competitors *MUST* enter the Open Event as well and pay both appropriate fees

Entries in advance are preferred
with cheques in favour of Peter Cassidy to him at
Hufflers, Heard's Lane, Shenfield, Brentwood, CM15 0SF
Telephone: 01277 220687
Email: Peter.Cassidy@btinternet.com
Entries will be accepted on the day

All events except the Under 11s will be judged as category A

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



Annual General Meeting – Rearranged Date

The Annual General Meeting of the Race Walking Association which was postponed in December due to severe weather will now be held at The Pingles Stadium, Avenue Road, Nuneaton, CV11 4LX on **Sunday 14th January 2018** starting at 2pm.

The postponed general committee meeting will precede the AGM, starting at 11:30am.



Isle of Man team announced for 2018 Commonwealth Games

The Isle of Man have selected a team of 32 athletes across eight different sports.

Congratulations to Erika Kelly (Northern AC) on her selection to represent the Island in the 20km walk.



Steve Partington, who has represented the Isle of Man at six Commonwealth Games has been named as team manager for the athletics team.



Selection Policy European Youth Championships 2018

British Athletics have announced details of the selection policy for the 2018 European Youth Championships to be staged in Gyor, Hungary (5th - 8th July). To be eligible athletes must have been born in 2001 and 2002.

Qualification performances must be achieved between 00:00 (GMT) 1 January 2018 and 24:00 (BST) 24 June 2018.

The British Athletics qualification standards for the race walks are as follows:

Boys 10000m – 46:50

Girls 5000m – 24:30

The full selection policy can be found at:

<http://uka.org.uk/EasysiteWeb/getresource.axd?AssetID=158358&type=full&servicetype=Attachment>



Women's 50km added to European Athletics Championships programme

Following its successful introduction at a major championship this summer at the IAAF World Championships London 2017, the women's 50km race walk has been added to the competition programme for the Berlin 2018 European Athletics Championships.

The event will take place on the opening day of the Championships, Tuesday 7th August, and the women will start with the men in the very first event of the six-day championship.

The entry standard will be 4:50:00 or 1:39:00 in 20km.



In London, Portugal's Ines Henriques won the inaugural world 50km race walk title in a world record 4:05:56 and she has indicated her ambition next summer is to bid for a continental title in the same event in the German capital. *Source: European Athletics Website*



England RWA Team Selected for the Nihill Shield Trophy Match 2018

This year's match will take place on Saturday 24th February in conjunction with the Manx Harriers Open Race Walks Meeting, National Sports Centre, Douglas. The team managers will be Chris Hobbs, Mary Hall & Elizabeth Corran.

Athlete	Club	Coach
Lois Carty (U15G)	Aldershot Farnham & D	Verity Snook
Abbie Edwards (U15G)	Manx Harriers	Not Known
Devina Nova (U15G)	Ashford Athletic Club	Chris Hobbs
Abigail Smith (U15G)	Blackheath & Bromley	Shaun Lightman
Katie Stringer (U15G)	Medway & Maidstone	Chris Hobbs
Charlotte Wallis (U15G)	Aldershot Farnham & D	Verity Snook
Grace Whittingham (U15G)	Ashford Athletic Club	Chris Hobbs
Faris Alkhamesi (U15B)	Nuneaton Harriers	Not Known
Owen Bradshaw (U15B)	C of Sheffield & Dearne	Helen Elleker
Christian Hopper (U15B)	Cambridge Harriers	Noel Carmody
Alex Macheath (U15B)	Cambridge Harriers	Noel Carmody
Alice Bellando (U17W)	Manx Harriers	Not Known
Isabelle Bridge (U17W)	Blackheath & Bromley	Shaun Lightman
Lucy Lewis Ward (U17W)	Cambridge Harriers	Noel Carmody
Jack Childs (U17M)	Medway & Maidstone	Noel Carmody
Matthew Crane (U17M)	Bexley Athletic Club	Noel Carmody
Nicholas Hart (U17M)	Aldershot Farnham & D	Verity Snook
George Wilkinson (U17M)	Enfield & Haringey AC	Mick Graham

(Team correct at time of going to press)

Domestic Results

Cardiff Met Indoor GP1: Christmas Classic Cardiff (Sun. 10th Dec.)

Satisfying indoor season opener for Bethan Davies clocking 12:42.26 ahead of Welsh compatriot Heather Lewis.

U13-U15-U17 1000m (i)

Pos	Athlete	AG	Club	Perf
1	Eleanor Daghish	U23W	University of Bristol	6:23.77
2	Molly Mckerlich	U15G	Cardiff A.A.C.	6:23.79

U20-SEN 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SW	Cardiff A.A.C.	12:42.26
2	Heather Lewis	SW	Pembrokeshire Harriers	13:25.59
3	Daniel Mckerlich	U20M	Cardiff A.A.C.	17:27.25
4	Caerwyn Phillips	U20M	Cardiff A.A.C.	19:13.94

Up and Running (Isle of Man) Winter League Walk, Ramsey (Sun. 17th Dec.)

Round 3 of the Up and Running Winter Walking League took place in windy and damp conditions in Ramsey. Being so close to Christmas, there was a festive flavour to the attire of many who raced.

Pete Miller walked a strong race, took the win and was a minute clear of the field. Unfortunately, his time was not recorded at the finish line, so will have to make do with an unofficial personal best for now, which was a couple of minutes quicker than his time in round 1.

Louise Hollings finished in second place after starting and walking in the early stages with Nicola Raven who took fourth spot. Voirrey Earnshaw-Cain is edging closer to dipping under 70 minutes and took 3rd place in the handicap.

Fastest female was Bernie Johnson who broke the magic hour barrier for the first time ever, despite ditching the Lycra for a Santa costume. Stewart Jones also broke the hour despite wearing a hat which must have provided a fair bit of drag as the headwind on the promenade proved difficult for all those competing.

Fastest of the men was Tom Partington (*pictured below*), home for the holidays and setting a fine 45-minute time despite the conditions.



Lalage Earnshaw-Cain took another race win in the 5km event and was never going to be caught as she is still taking large lumps of her race times. Behind her things were much closer as the handicap wound up in the final stages. Sharon Cain raced strongly in the closing stages to set another personal best in 2nd place.

Alice Bellando (*pictured below*) took third place and will have been happy to get her race times back inside the 30-minute mark despite the windy weather. Fastest in the 5km was Hannah Hunter clocking a sub 26-minute performance.



The juniors all put on a fine display of technical ability in their respective events. In the 3km it was a tight race between Abbie Edwards and Mia Dunwell with Abbie just easing away. Keira Heavey, in third also was walking with impeccable style and was just a few seconds further back. Dominic Dunwell and Orla Goddard also both raced well with Dominic taking the win in the 2km event. Aalin Heavey was the sole competitor in the 1km and just nipped inside the 11-minute mark. (*Report sourced from Manx Harriers website*)

Mixed 10km

Pos	Athlete	AG	Club	H Cap/Actual
1	Peter Miller	N/K	Unattached	73:43/56:29
2	Louise Hollings	W35	Isle of Man Veterans	74:44/65:02
3	Voirey Earnshaw-Cain	W50	Northern Athletic Club	74:53/70:12
4	Nicola Raven	W55	Manx Harriers	74:58/65:18
5	Paul Sayle	N/K	Unattached	75:01/62:31
6	Richard Gerrard	M45	Manx Harriers	75:15/51:15
7	Andy Baxendale	M45	Northern Athletic Club	75:29/69:15
8	Ray Beattie	M60	Manx Harriers	75:33/62:14
9	Bernie Johnson	W35	Isle of Man Veterans	75:35/59:45
10	Jayne Farquhar	W45	Manx Harriers	75:37/61:14
=11	Sam Fletcher	M35	Manx Harriers	75:42/56:21
=11	Stewart Jones	W45	Manx Harriers	75:42/59:35
13	Rob Clynes	N/K	Unattached	75:45/71:57
14	Tony Edwards	M55	Manx Harriers	75:48/59:03
15	Gianni Epifani	M45	Manx Harriers	76:10/48:34
16	May Hooper	N/K	Unattached	76:15/72:38
17	Gordon Erskine	M70	Unattached	76:26/74:17
18	Tom Partington	U20M	Manx Harriers	76:32/45:42
19	Rebecca Greatbatch	U23W	Manx Harriers	77:08/63:00
20	Adam Killip	N/K	Unattached	77:25/59:11
21	Norbert Will	M80	Ballymena & Antrim	77:48/77:48
22	Andrew Dawson	M45	Manx Harriers	78:37/63:37
	James Quirk	M45	Manx Harriers	DNF
	Dale Farquhar	M35	Manx Harriers	DNF

Mixed 5km

Pos	Athlete	AG	Club	H Cap/Actual
1	Lalaghe Earnshaw-Cain	SW	Unattached	41:59/35:54
2	Sharon Cain	W45	Western Athletic Club	44:20/31:01
3	Alice Bellando	U17W	Manx Harriers	44:29/29:59
4	Louise Cowell	SW	Unattached	45:09/33:44
5	Hannah Hunter	W35	Manx Harriers	45:10/25:52
6	Carolanne Hanley	SW	Northern Athletic Club	46:47/46:47

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	19:23
2	Mia Dunwell	U15G	Northern Athletic Club	19:43
3	Keira Heavey	U17W	Northern Athletic Club	20:03

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Dominic Dunwell	U13B	Northern Athletic Club	14:55
2	Orla Goddard	U13G	Northern Athletic Club	16:11

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Aalin Heavey	U11B	Unattached	10:59

Sarnia Walking Club Le Val des Terres 815m Hill Climb St Peter Port, Guernsey (Sun. 17th Dec.)

As expected, Stuart Le Noury added to his impressive list of wins in the annual Le Val des Terres Hill Climb when finishing just outside 5 minutes for the 815 metres course **reports Rob Elliott**. Second man home was past winner Rob Elliott in 5:50. Leading woman Donna Allan improved on her previous best time by 12 seconds to take the women's trophy in 6:18, from Wendy Wilson and Jayne Le Noury.

Third man home was Kevin Le Noury a few seconds behind Donna. Walked at one-minute intervals in a time trial this event has been going since 1966 with stalwarts Mick Le Sauvage back in 6th place and Dave Dorey 8th place not missing many of them since then. At the other end of the scale Wendy Wilson and Kevin Allan were walking their first hill climb.

815m Hill Climb (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	5:02
2	Rob Elliott	M55	Sarnia Walking Club	5:50
3	Donna Allan	W40	Sarnia Walking Club	6:12
4	Kevin Le Noury	M55	Sarnia Walking Club	6:20
5	Wendy Wilson	W50	Sarnia Walking Club	7:05
6	Mick Le Sauvage	M75	Sarnia Walking Club	7:22
7	Kevin Allan	M40	Sarnia Walking Club	7:33
8	Jayne Le Noury	W55	Sarnia Walking Club	7:55
9	Dave Dorey	M70	Sarnia Walking Club	8:00

Sarnia Walking Club 3 Mile Road Walk, Rocquaine Bay, Guernsey (Sun. 31st Dec.)

A welcome break in the recent stormy weather meant the last race in the Sarnia Walking Clubs 2017 calendar was walked in fairly good conditions apart from a headwind along the coastal finish, **reports Rob Elliott**. The lap course was from the Imperial Hotel with a stiff climb to Torteval Church before the drop back to the coast at Rocquaine. As expected Stuart Le Noury led the way home in a swift 26:06, followed by father Kevin Le Noury in 33 minutes.

Wendy Wilson was first woman home in 35:38, holding off Olga Le Noury who finished 13 seconds behind. Mick Le Sauvage was a further few seconds behind. Jayne Le Noury passed newcomer Kevin Allan in the final mile with Rob Elliott finishing alongside him.

3Mile Road (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	26:06
2	Kevin Le Noury	M60	Sarnia Walking Club	33:28
3	Wendy Wilson	W50	Sarnia Walking Club	35:38
4	Olga Le Noury	W35	Sarnia Walking Club	35:51

5	Mick Le Sauvage	M75	Sarnia Walking Club	35:53
6	Jayne Le Noury	W55	Sarnia Walking Club	37:51
=7	Kevin Allan	M40	Sarnia Walking Club	38:45
=7	Rob Elliott	M55	Sarnia Walking Club	38:45

My Christmas

Tom Bosworth

(As published on the British Athletic Website)



British Athletics continued its series with athletes speaking about their plans for Christmas 2017 and today (23rd Dec) it was the turn of British record holder in the 20km Race Walk, Tom Bosworth...

What is the best Christmas present you ever received?

This probably sounds a bit sad but when I was a kid I always wanted to be a DJ. So, my parents got me a deck and speakers, which absolutely made my day. Especially as it was the biggest present under the tree.

A childhood memory of Christmas

Christmas Eve was always the worst night to try to get to sleep – like the night before a major championship as an athlete! Christmas Eve was always like that when I was a kid.

Who will you spend Christmas 2017 with?

Spending time with family, that is the key. I don't get enough time with the family during the year as I'm away training or competing, so I make sure that Christmas and New Year are family times.

Will you train on Christmas Day?

Without a doubt – at least once. It will be something quite easy, so maybe 6-7 miles. I like to get it done in the morning, so I can come back and enjoy the food and wine later in the day.

Do you worry about over-eating on Christmas Day?

No – because it's Christmas Day! It relaxes you in mind and body.

What does Christmas mean to you?

Family – being with those you love. It gives you the opportunity to be a normal person and switch off.



R.W.A. SOUTHERN AREA

Strength & Conditioning Master Class for Race Walkers

Led by Olympian Steve Green

British Olympic Association Registered Coaching & Fitness Specialist

Saturday 17th February 2018, 1100-1400

Julie Rose Stadium, Ashford, Kent, TN24 9QX

Young Athletes and Coaches Welcome

Free to All

Contact Chris Hobbs for more information or to register intention to attend

Email: hobbsrom@outlook.com

RANKINGS

(Source Power of 10)

Men's 20km 2017 (to 2:00:00)

Time	Athlete	Club	Venue	Date
1:20:58	Tom Bosworth	Tonbridge AC	Rio Maior (POR)	01.04
1:22:17	Callum Wilkinson (U23)	Enfield & Haringey	Podebrady (CZE)	21.05
1:26:00	Cameron Corbishley (U23)	Medway & M'stone	Podebrady (CZE)	08.04
1:26:08	Dominic King	Colchester Harriers	Leeds	25.06
1:28:38	Guy Thomas (U23)	Tonbridge AC	La Coruna (ESP)	03.06
1:29:10	Daniel King	Colchester Harriers	La Coruna (ESP)	03.06
1:41:27	Tom Partington (U20)	Manx Harriers	Douglas	03.09
1:46:16	Andrew Miller (M45)	Wolv. & Bilston	Leeds	25.06
1:47:48	Gianni Epifani (M45)	Manx Harriers	Douglas	03.09
1:50:52	Ian Richards (M65)	Steyning Athletic Club	Aarhus (DEN)	03.08
1:52:33	Dale Farquhar (M35)	Manx Harriers	Lugano (SUI)	19.03
1:57:55	Peter Boszko (M65)	Birchfield Harriers	Aarhus (DEN)	03.08
1:58:48	Mark Williams (M50)	Birchfield Harriers	Coventry	09.06
1:59:45	Adrian Edwards (M55)	Lancashire W.C.	Leeds	25.06

Resident Non-UK Athletes

1:43:29	Francisco Reis (M55)	Thames Valley Hs	Aarhus (DEN)	03.08
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Men's 50km 2017 (to 6:00:00)

Time	Athlete	Club	Venue	Date
4:04:16	Dominic King	Colchester Harriers	Dudince (SVK)	25.03
5:29:12	David Walker (M45)	Manx Harriers	Douglas	03.09
5:37:20	James Quirk (M45)	Manx Harriers	Douglas	03.09
5:42:45	Adrian Edwards (M55)	Lancashire W.C.	Douglas	03.09

Men's 10km 2017 (to 55:00)

(+ = Set during 20km; * = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
40:14+	Tom Bosworth	Tonbridge AC	Podebrady (CZE)	21.05
40:46+	Callum Wilkinson (U23)	Enfield & Haringey	Podebrady (CZE)	21.05
41:26	Cameron Corbishley (U23)	Medway & M'stone	Coventry	05.03
43:08	Dominic King	Colchester Harriers	Coventry	29.04
44:23	Christopher Snook (U20)	Aldershot F & D AC	Podebrady (CZE)	21.05
44:57	Daniel King	Colchester Harriers	Coventry	29.04
45:10	Tom Partington (U20)	Manx Harriers	Leeds	25.06
46:19	Adam Cowin (U23)	Manx Harriers	Douglas	19.03
47:45	Luc Legon (U23)	Bexley Athletic Club	Hillingdon	05.02
48:24	Gianni Epifani (M45)	Manx Harriers	Andreas (IOM)	26.11
48:27	Jonathan Hobbs	Ashford Athletic Club	Hillingdon	05.02
50:13	Timothy Snook (U20)	Aldershot F & D AC	Coventry	29.04
51:45*	Marshall Smith (U20)	Ashford Athletic Club	Gravesend	01.04
52:00	Dale Farquhar (M35)	Manx Harriers	Andreas (IOM)	26.11
52:09	Andrew Miller (M45)	Wolv. & Bilston	Coventry	04.03
52:13	Ian Richards (M65)	Steyning A.C.	Daegu (KOR)	24.03
53:53*	Stuart Le Noury	Sarnia W.C.	Guernsey	16.07
54:26	Ollie Hopkins (U20)	Lewes Athletic Club	Coventry	29.04
54:33*	Mark Williams (M50)	Birchfield Harriers	Coventry	19.11
54:52*	Graham Chapman (M60)	Headington R.R.	Coventry	19.11

Resident Non-UK Athletes

48:56	Francisco Reis (M55)	Thames Valley Hs	Leicester	17.09
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**Men's 5000m Outdoor 2017 (to 26:00)**

Time	Athlete	Club	Venue	Date
18:43.28	Tom Bosworth	Tonbridge AC	Birmingham	02.07
18:56.96	Callum Wilkinson (U23)	Enfield & Haringey	Birmingham	02.07
20:10.7	Cameron Corbishley (U23)	Medway & M'stone	Lee Valley	22.04
21:31.27	Christopher Snook (U20)	Aldershot F & D AC	Boston	16.09
22:04.01	Tom Partington (U20)	Manx Harriers	Birmingham	02.07
22:53.81	Luc Legon (U23)	Bexley Athletic Club	Birmingham	02.07
23:10.1	Timothy Snook (U20)	Aldershot F & D AC	Lee Valley	22.04
24:37.19	Marshall Smith (U20)	Ashford Athletic Club	Boston	16.09
25:16.7*	David Crane (M35)	Surrey Walking Club	Lewes	25.02
25:22.3*	Ian Richards (M65)	Steyning Athletic Club	Tonbridge	19.07
25:35.7	Ollie Hopkins (U20)	Lewes Athletic Club	Lee Valley	22.04
25:48.8	Mark Williams (M50)	Birchfield Harriers	Nuneaton	04.06
25:51.6*	Mark Easton (M50)	Surrey Walking Club	Lewes	25.02

Resident Non-UK Athletes

23:33.3*	Francisco Reis (M55)	Thames Valley Hs	Tonbridge	18.11
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Men's 3000m Overall 2017 (to 15:00)

(+ = Set during 5000m; * = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
11:13.09	Callum Wilkinson (U23)	Enfield & Haringey	Leeds	12.06
11:15.26+	Tom Bosworth	Tonbridge AC	Birmingham	02.07
11:19.10	Cameron Corbishley (U23)	Medway & M'stone	Leeds	12.06
12:01.1	Dominic King	Colchester Harriers	Chelmsford	14.05
12:03.90*	Guy Thomas (U23)	Tonbridge AC	Tonbridge	17.04
12:25.73	Chris Snook (U20)	Aldershot F & D AC	Manchester	16.08
12:31.56	Tom Partington (U20)	Manx Harriers	Manchester	16.08
12:32.2	Daniel King	Colchester Harriers	Chelmsford	14.05
12:58.61(i)	Luc Legon (U23)	Bexley Athletic Club	Lee Valley	22.01
13:13.97			Manchester	16.08
13:18.8	Adam Cowin	Manx Harriers	Douglas	23.07
13:50.59	Tim Snook (U20)	Aldershot F & D AC	Leeds	22.03
14:02.61	Jonathan Hobbs	Ashford A.C.	Ashford	14.05
14:40.02	Marshall Smith	Ashford A.C.	Ashford	14.05
14:46.59	Mark Williams (M50)	Birchfield Harriers	Birmingham	24.06
14:53.41	Ollie Hopkins (U20)	Lewes Athletic Club	Carshalton	10.09
14:53.81(i)	Ian Richards (M65)	Steyning A.C.	Lee Valley	12.03
14:59.02			Birmingham	24.06

Resident Non-UK

13:59.59	Francisco Reis (M55)	Thames Valley Hs	Manchester	16.08
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**Women's 20km 2017 (to 2:30:00)**

Time	Athlete	Club	Venue	Date
1:32:33	Gemma Bridge	Oxford City A.C.	Leeds	25.06
1:33:04	Bethan Davies	Cardiff A.A.C.	Leeds	25.06
1:37:39	Heather Lewis	Pembrokeshire Hs	Lugano (SUI)	19.03
1:41:27	Erika Kelly	Northern A.C.	Leeds	25.06
1:47:17	Hannah Hunter (W35)	Manx Harriers	Douglas	25.02
1:51:39	Molly Jade Davey (U20)	Hyde Park Harriers	Cassino (ITA)	26.03
2:01:37	Natalie Myers	Sheffield & Dearne	Douglas	03.09
2:11:48	Jayne Farquhar (W45)	Manx Harriers	Douglas	25.02
2:12:13	Maureen Noel (W50)	Belgrave Harriers	Hillingdon	01.10
2:12:42	Melanie Peddle (W45)	Loughton A.C.	Hillingdon	01.10
2:13:39	Sharon Cain (W45)	Western A.C.	Douglas	25.02

