

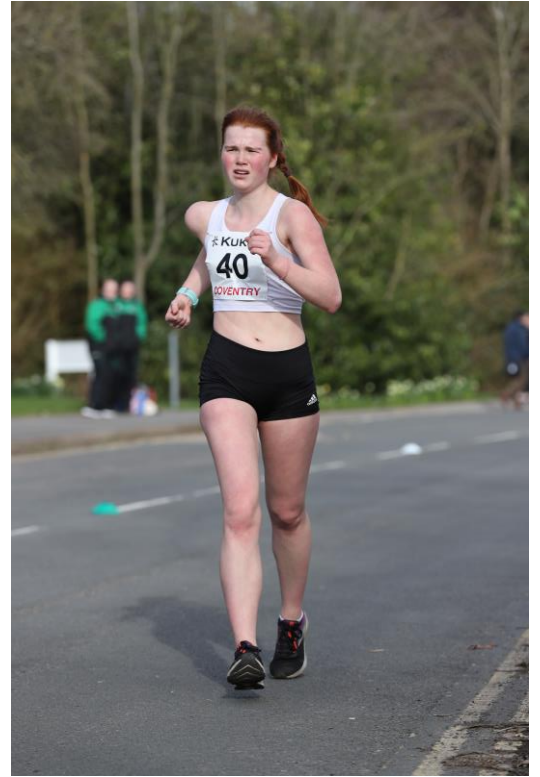


Race Walking Record

April 2020



Cameron Corbishley



Agata Kowalska



Gemma Bridge



Tom Partington

Walkers who have scored a 1000+ points during the Virtual Race Series

Photograph courtesy of Mark Easton (<http://markeaston.zenfolio.com>)

NEWS

Coronavirus (COVID-19) Pandemic



Suspension of athletics competition extended to 30 June

EA Statement 29th March: Following previous statements on 17th March and 24th March, England Athletics, in collaboration with the other Home Country Athletics Federations and UKA, can confirm that the suspension period relating specifically to **athletics competition** has been extended until at least the 30th June 2020.

We have collectively taken the decision to extend the suspension of licensed competition activity due to the ongoing coronavirus pandemic and in recognition that event organisers, clubs, athletes, officials and coaches at all levels of the sport need clarity, advanced notice and time to plan.

In addition to this announcement, England Athletics can also confirm the postponement of its own U20/U23 Track & Field Championships – originally scheduled to take place on 6th & 7th June 2020 in Bedford.

We are mindful that licensed competition providers may need to make decisions relating to facility hire if they are contractually bound. We also need to be realistic in considering the likely availability of officials between now and June and first and foremost to ensure their safety. In addition, we are aware that securing the required level of first aid medical support for events has become increasingly challenging with providers such as the St. John's Ambulance ceasing to support major events until at least the end of June.

We recognise that some licensed competition providers have already taken the decision to postpone their competitions during this period and our latest domestic competition planning with UKA and the other Home Countries now makes provision for a 1st July start at the earliest. However, this may move back further depending on government guidance and advice on issues including insurance, health & safety and medical service provision.

Whilst all licensed competition events in our sport scheduled up to 30th June 2020 are suspended, we will continue to review the wider suspension of all other athletics activity outside of competition (currently set to 31st May 2020). We will wait for a further announcement from the UK government in relation to the nationwide coronavirus lockdown period, expected during week commencing 4th May, before further reviewing and updating on the current suspension period covering all other athletics activity.

England Athletics continues to stress the importance of following UK government guidelines in relation to restrictions of movement, social distancing and out-of-home exercise, along with clarification of UK government guidelines and signposting to a range of useful information including virtual running, virtual coaching and insurance.

England Athletics CEO Chris Jones said: "This is a collective UK wide decision and whilst we would all love to see the return of athletics competition as soon as possible, the safety of our members and the general public is of utmost importance. We understand the challenges that athletes, coaches, officials, event organisers and clubs are facing at this time and it was important that we reviewed our suspension of competitions activity and provided an update as soon as possible. The coronavirus situation has added new layers of complexity to the planning and organisation of events and these logistical issues, as well as the need to help clubs and competition providers, were central to our decision making.

"England Athletics continues to work with the other Home Country Athletics Federations and UKA to help ensure that competition at all

levels can take place in some form, if permitted, later in the year. We are working on a revised competition calendar with the input of our Regional Councils and established providers to shape this and will be communicating more about this in the coming weeks, including guidance on what an alternative schedule of competition may look like from July onwards. We are considering new initiatives in what will be a shortened season and are exploring virtual competitions as part of this approach, with recent partnerships enabling England Athletics member clubs and RunTogether groups to have access to the OpenTrack and Racefully virtual running platforms free-of-charge.

"We are also continuing to offer new digital activities, resources and partner initiatives through our Athletics & Running for Everyone @ home campaign which has seen fantastic engagement as we help the whole of the England Athletics family to stay active, stay connected and keep developing while spending more time at home."

Source: England Athletics

World Athletics Championships 2022 Delayed

The World Athletics Championships scheduled to take place in Oregon (USA) between 6th to 15th August 2021 will now take place on 15th to 24th July 2022 to avoid a clash with the rearranged Tokyo Olympics in July and August 2021.



In a statement, athletics' global governing body said: "The World Athletics Council approved the new dates this week after extensive discussions with the sport's stakeholders including organisers of two other major championships due to take place in July-August 2022, the Birmingham 2022 Commonwealth Games and the multi-sport European Championships in Munich.

"The new schedule will prevent a direct conflict between any of these major events and, with careful programming, will ensure athletes can compete in up to three world-class competitions."

Coe said: "This will be a bonanza for athletics fans around the world.

"They will be treated to six weeks of absolutely first-class athletics. More than 70 of our Member Federations are part of the Commonwealth and more than 50 of our Member Federations are European so our guiding principle in rescheduling the World Championships was to ensure enough space was created around the centrepiece World Athletics Championship for athletes to choose other major events to compete in. We were also very mindful that we did not want to damage the other major championships in 2022, because they are also very important to our sport.

"We believe we have found a solution that will allow athletes who are eligible for the other two events to compete in them with the Commonwealth Games Federation planning to stage the athletics programme towards the end of their event. This will showcase our sport to its best advantage in the circumstances and we will continue collaborating with all competitions on the detailed programming.

"We would not have chosen to have three major championships back-to-back, but it will give us a unique opportunity to promote our sport and its stars around the globe over a six-week period.

NEW 2022 CALENDAR

World Athletics Championships, Oregon – July 15th – July 24th

Commonwealth Games, Birmingham – July 27th - August 7th

Multi-sport European Championships, Munich – August 11th -21st

Ann Sayer MBE C599 R.I.P.

The Race Walking Association is saddened to report the death of Ann Sayer MBE C599 on 15th April, aged 83, from Coronavirus COVID-19.

Ann has done much for long distance walking over the years through her work for the Brotherhood of Centurions and the UK's Long Distance Walking Association (LDWA).



After completing a 100 mile walks in the annual LDWA Hundred Ann then sought another challenge - actually race walking 100 miles in 24 hours.

Ann's first competitive 100 mile was in the Netherlands in 1977 and became Continental Centurion CC36 and later that year, became British Centurion C599 with a faster time of 20:37:14.

Intent on walking even further, Ann completed LEJOG - Lands' End to John O'Groats in 1980 creating a new walking record. Her time of 13 days, 17 hours and 42 minutes put her in the Guinness Book of Records and she was awarded an MBE for services to sport in 2005. Ann also represented Great Britain in several 24 hour races in France and participated in the legendary Paris Colmar race in 1992.

Ann had a remarkable sporting history: In 1955, whilst studying geology at Bedford College (University of London), Ann discovered rowing. By 1958 she was in the university's first eight rowing team and the following year they won the Women's Amateur Rowing Association Head of the River Race and the following 5 races.

After graduating in the summer of 1959 Ann worked for the Geological Survey and joined United Universities Women's BC where she was a core member of the team throughout their international period 1960 to 1965. She was in the crew when it was an eight in 1960, 1962 and 1964 and went to Prague in 1961 as a supporter and as Team Manager in 1965 to Amsterdam.



Ann is pictured on the left rowing. (*Courtesy of Rowing Story*) More on Ann's incredible rowing background can be found at **Rowing Story** - it is well worth a read!

In a piece for Rowing Story, Ann recalls that she drifted into long distance walking via mountain walking... "The Long Distance Walkers Association had been started in 1972, and I was told about it and the second event that I did with them was the annual 100 mile event. Ann went on to participate in more LDWA events of 20 miles, 30 miles, 50 miles and another LDWA 100 a couple of years later. In fact, Ann took part in quite a few LDWA 100s over the years in Cleveland (1976), the Peak District (1974), Dartmoor (1979), Snowdonia (1983), Brecon Beacons (1989) and more. Ann joined the LDWA Committee in 1977 and served in various capacities through to the 1990s. Ann also served as co-vice president of the LDWA in 2005.

Always searching for a new challenge, Ann said "I read about these people who walk 100 miles in 24 hours in a Sunday newspaper... so I found out about them and I discovered, of course, that women don't do that sort of thing. But that didn't stop me." It certainly did not!

In 1977 Ann's first competitive 100 miler was at the St Oedenrode race in the Netherlands finishing in 21:45:52 becoming Continental Centurion CC36. Later that year and walking for Essex Ladies, Ann entered the Bristol 100 and finished with a time of 20:37:14. Ann was now Centurion 599. The race turned out to be quite controversial. This was the first time that women had been allowed to compete on

equal terms with the men, but when it came to publishing the results it was not 'permitted' for women to be named on the main results sheet and in the end, a separate sheet was published with the women's times (Di Pegg of Medway AC had also completed the 100 miles). The Centurions AGM followed a week after the race and the subject of female Centurions was discussed at great length! The Assistant Secretary was against women becoming Centurions and put forward a motion that there should be a separate section of the Centurions for women and given the numbers W1, W2... Another motion was put forwarded that women should not be allowed to become Centurions at all. Fortunately for the women who followed in Ann's footsteps, both motions were not supported.

Many years later, Dudley Harris wrote to the Australian Victoria Race Walking Club: "Ann Sayer had the misfortune to be not only a competitive walker at a time when women were decried as athletes, but also she chose to take on men at ultra-distance. Not that she wanted to race only against men, but rather because women were shunned from competing at distances of over 12km. And shunned not merely by men. In the late-1970s, it was the Women's Amateur Athletic Association that still had rules preventing women race-walking more than 12km." So that was what Ann was up against in the early years of women's race walking.

1978 saw Ann hop over to the Isle of Man to take part in the annual Parish Walk - 85 miles around the island. Ann's background of fell and mountain walking stood her in good stead as she was the third finisher of this testing race.

In 1979, Ann travelled to Rouen (France) for the annual 24 hour race walk where she won the ladies race with a distance of 187.700km.

With these Centurion and race walking accolades under her belt, what next for Ann?

According to the account on Rowing Story, Ann inevitably asks " what else? let's do something else!" A group of fairly like-minded and supportive people in the LDWA suggested LEJOG (Land's End to John O'Groats - a distance of just under 900 miles) but Ann thought "I'm not sure that I'm ready quite for this," so accordingly, in September 1979, Ann set off for the Three Peaks Challenge - from Fort William, up Ben Nevis, up Scafell Pike, up Snowdon and down to the sea at Caernarvon, 424 miles (682km). Ann actually broke the existing men's record at the time. And then the next year, 1980, Ann was ready to do LEJOG.

For this adventure, Ann walked 60 miles during the day..."getting up quite early before it was light to start walking at about four and a quarter mile an hour all the time.... but would have a proper night's sleep in a bed in a B&B or at someone's house organised by the support team". Ann completed LEJOG in 13 days 18 hours 10 mins. A walking record!

The 1980s: 4th May 1980 Torcy (France) 200kms – 189.900km and 1st lady; 1st June 1980 St Oedenrode 100 miles, Netherlands - 19:32:37

Ann competed in a 48 hour track race in Nottingham 11-12th April 1982. Passing the 100km mark in a time of 13:42:09; 100 miles in 22:43:58; 200km in 29:23:54; finishing with a final tally of 294.114km. Breaking records at all these distances along the way.

20th June 1982 Timperley near Hale Cheshire, 24 hours - 186.730km. Primarily a running race but four walkers were invited including Centurions Ed Shillabeer and Geoff Tranter. Ed recalls "Ann impressed me with her doggedness and invention; she wore spats (gaiters) which stopped cinders getting into her shoes! We mugs lost time and momentum for that reason especially when the track was wet!"

It was not always about long distances though. Ann took part in many shorter race walks: 2nd April 1983 London Battersea Park 20km in 2:02:49. In 1985 she travelled to Puerto Rico for the World Veterans Games to compete in the 10km walk.

Ann was always very modest about her achievements and it is difficult tracing records and results of her early walking exploits - long before our current digital era.

Fast forward to the 90s: Whilst continuing with her racewalking, Ann also continued to dismiss the idea that women could not achieve. In 1991 she became the first female Chair of the LDWA and worked tirelessly for sport.

By invitation only: Once again, Ann joined many British race walkers in competing in the 200km/24 hour race walks in France. Most of these races were qualifying events for the most prestigious ultra-racewalk ever - the Paris Colmar. This was a 4 day race across northern France. Ann gained her invite at the 200km/24 hour race in Bazancourt (just north of Rouen) in March 1992 walking 172km in 24 hours. The Bazancourt course was a pleasant route around the town. The major industry in the town was a sugar refinery and so we all found a large box of sugar cubes in our race goodie bags!

So, the Paris Colmar 1992. This is what many ultra-race walkers dream about and that all elusive invitation to take part. The race took place 17-20 June 1992 with a prologue race of 8km from the Hotel de Ville in Paris out to the suburb of Montreuil. The men's race continued on down through the Marne valley towards Chalons sur Marne where the women's main race was to start on Thursday as the leading man crossed the women's start line.

The men's race was 518km and the women competed over 333km from Chalons to Colmar on the French/German border.

Ann, pictured above with her support crew, completed 200km of the race. That is still a long way especially as there were time limits between each check point along the route. Out of 29 starters in the men's race - only 13 completed: 7 starters in the women's race with 4 finishers.

Ann had another go at the Paris Colmar in 1995 but conceded defeat at 266km, just 67km short of the finish line. That said she was one of only 10 race walkers who were invited to participate in the race.

April 1994 Bazancourt (France) 200km/24hours: Competing for Great Britain, Ann placed 3rd lady with a distance of 164km in the 24 hour time limit.

This earned Ann a place in the Guinness Book as her selection for a 200 Km race in France at the age of 57 which made Ann our oldest British female GB representative athlete.



Ann with Norris McWhirter at the launch of The Guinness Book of Records 1996

Ann enjoyed the races in France and continue competing in the 1990s: March 1995 Lagny sur Marne, (France) 200km 4th lady – 172.797km; March 1996 Torcy 200km/24 hours (France) 5th lady – 167.500km

Over the years, many British walkers travelled over to Roubaix (France) to compete in the 28 hour race walk. In 1995 Ann competed in the Roubaix 28 hours placing 5th lady with a distance of 184.250km. This was not Ann's first race in Roubaix. Walking for Essex Ladies in 1981, Ann was 2nd female with a distance of 171.010km and her last race there was in in 1996 where she was 3rd female with 189.050km.

Always a Centurion: Ann was always proud of being a Centurion - having firmly made sure she became one! Busy as she was with

racewalking, LDWA challenge walks and LDWA Committee work, Ann also joined the British Centurions Committee where she served until 2019. In 2013 Ann was elected President - the first female to hold this office. Quite fitting as she was the very first British Centurion. The President is elected for a period of three years and Ann presided over the Committee with considerable calm and common sense. Her knowledge and advice was invaluable.

As President, Ann's duty was to encourage walkers of all ages and talents to take on the challenge of walking 100 miles in 24 hours in a judged race walk (which Ann did regardless whether she was President or not).

Also, Ann travelled to the race itself to present the coveted Centurion badge to the newly qualified Centurions in Southend and the Isle of Man. Ann travelled to the Netherlands during her presidency to congratulate all the Dutch and Belgian walkers who had qualified as a British Centurion during her years of office.

Ann stepped down as President at the 2016 AGM, but remained on the Committee, and indeed as Vice President.

After Ann's racing days were over, she continued to be involved in the sport. Turning up in all weathers to lap record at both local race walks around the London area and further afield at the Centurions 100 mile races sitting out for the whole 24 hours.

It is impossible to record and do justice to all that Ann achieved in her sporting life. As a rower, it is noted that Ann kept meticulous detailed records of her own performance and as Team Manager of the ladies rowing team. Undoubtedly, Ann did the same with her race walks and LDWA events.

In 2005 Ann was awarded an MBE for services to sport.

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(Centurions Worldwide Community - centurionsworldwide.org.uk/)*

Death of an All-Time Great – Hartwig Gauder

Hartwig GAUDER (Germany/GDR) (b. 10th Nov 1954 Vaihingen, Württemberg) died on 22nd April 2020 in Erfurt at the age of 65. An outstanding walker for two decades, he is one of the elite few to have



won European junior (10km 1973), European (50km 1986), Olympic (50km 1980) and World (50km 1987) outdoor titles.

At 50 kilometres walk he also won bronze medals at the 1988 Olympics (when he recorded his best ever time of 3:39:45), 1990 Europeans and 1991 Worlds, and was 4th in the 1982 Europeans and 6th at the 1992 Olympics, prevented by the boycott of 1984 from competing at a fourth Olympics. At the World Cup he won in 1985 and was second in 1981 and 1987.

He concentrated on the 50 kilometres, but at 20km he had a best time of 1:20:51 in 1987 and was 7th in the 1978 Europeans, and he set a

world indoor 1 hour best with 14,906m in 1986. He won GDR titles at 20km 1975-6, 1985-6; 50km 1979, 1982, 1986; and the German 50km in 1993 and also set GDR walk records at 20km in 1979 and four at 30km to 2:12:11 in 1984.

Track pbs: 3000mW 11:20.0 (1984), 5000mW 18:59.67i (1988), 19:31.62 (1984); 10000mW 39:13.15i (1988), 40:13.36 (1990); 20000mW 1:22:47.47 (1990).

He trained as an architect and competed for TSV Erfurt; coached by Siegfried Herrmann, the stylish runner who set a world record for 3000m at 7:46.0 in 1965. Gauder's family moved from West Germany when he was five. Gauder had a heart transplant in January 1997 but made such an excellent recovery that he competed in the New York Marathon several times.

Hartwig Gauder progression at 50km walk:

Gauder had 12 years ranked in the world top ten at 50km, second only to Jesús Ángel García 15 (followed by Robert Korzeniowski with 11), although four years at no. 1 to García's one with Korzeniowski the leader at seven and Raúl González with five.

Year	Best	WL	WR	Year	Best	WL	WR
1979	4:01:20	58	-	1987	3:40:53	2	1
1980	3:48:15	7	1	1988	3:39:45	3	3
1981	3:46:57	2	2	1989	Retired		
1982	3:49:44	12	7	1990	3:47:08	9	4 (3)
1983	3:43:23	3	5	1991	3:49:10	12	4 (4)
1984	3:41:24	2	2	1992	3:56:47	30	6 (7)
1985	3:43:33	5	1	1993	3:52:46	17	
1986	3:40:55	2	1				

WL = position on annual world list. WR = Track & Field News world ranking position (PJM).

This informative article was submitted by Peter Matthews, a member of the National Union of Track Statisticians (N.U.T.S.), who was guest speaker at our Race Walking Association's Centenary Dinner.

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The National Centre for Race Walking Summer League

In these challenging times of lockdown due to the coronavirus pandemic, The National Centre for Race Walking has introduced a virtual racing series to the race walk event group using World Athletics points.

The league is a virtual racing series occurring every week and commenced on the 5th April with results being published each Thursday. Times achieved on the road, track or treadmill can be submitted.

Series Dates & Distances

5 th to 7 th April – 2km	12 th to 14 th April – 2km
19 th to 21 st April – 3km	26 th – 28 th April – 3km
3 rd – 5 th May – 4km	10 th – 12 th May – 4km
17 th – 19 th May – 5km	24 th – 26 th May – 5km

Results reproduced with the kind permission of the National Race Walking Centre.

5th to 7th Apr: Agata Kowalska and Cameron Corbishley take top honours.

Men's Virtual 2km

Pos	Athlete	Club	Perf	WA
1	Cameron Corbishley	Medway & Maidstone	07:51.6	1075
2	Tom Partington [U23]	Manx Harriers	08:00.5	1043
3	Uladzimir Kalesnik [SEN]	Brest-Gomel (BLR)	08:27.0	957
4	Francisco Reis [V55]	Surrey Walking Club	09:08.0	828
5	Christian Hopper [U17]	Cambridge Harriers	09:24.0	781
6	George Wilkinson [U20]	Enfield & Haringey AC	09:36.0	746
7	Ian Richards [V70]	Steyning Athletic Club	09:44.0	724
8	Daniel Mckerlich [U23]	Cardiff A.A.C.	09:56.0	690
9	David Kemp [V60]	Arena 80 Athletic Club	10:02.0	674
10	Oliver Hopkins [U23]	Lewes Athletic Club	10:26.0	611
11	Steve Partington [V50]	Manx Harriers	10:26.3	611
12	Stephen Arnold [V55]	Nuneaton Harriers	10:39.0	577
13	Derek Smith [V60]	Winchester & Dist. AC	10:49.0	552
14	Malcolm Martin [V60]	Surrey Walking Club	10:57.0	534
15	Tony Taylor [V70]	Lancashire Walking	11:01.5	523
16	Dave Talcott [V60]	Shore Athletic Club	11:02.0	521
17	Ray Robinson [V45]	Redcar Race Walking	11:06.2	512
18	Bill McFadden [V55]	Scotia Race Walking	11:26.0	466
19	John Constandinou [V45]	Birchfield Harriers	11:32.0	452
20	David Mitchell [V45]	Winchester & Dist. AC	11:36.0	443
21	Harry Spears [SEN]	Lagan Valley (IRL)	11:39.4	436
22	Jonny Ellerton [U25]	Blackheath & Bromley	11:49.0	415
23	Ian Torode [V60]	South West Veterans	11:54.6	403
24	George Wallace [V65]	Aldershot Farnham &	12:30.0	333
25	Steve Allen [V60]	Barnet & District AC	12:55.9	285
26	Martin Slevin [V55]	Coventry Godiva	13:06.0	268

27	Brian Adams [V70]	Leicester Walking Club	13:24.0	238
28	Tony Wilkinson [V55]	Unattached	13:36.0	219
29	Ian Jennings [V50]	Aldershot Farnham &	15:06.0	102
30	Guy Goodair [V80]	Denby Dale Athletic	15:44.4	65
31	David Mushet [V55]	Scotia Race Walking	19:28.0	0

Women's Virtual 2km

Pos	Athlete	Club	Perf	WA
1	Agata Kowalska [U23]	Hyde Park Harriers	08:30.0	1077
2	Erika Kelly [SEN]	Northern (IOM) AC	09:08.0	969
3	Gemma Bridge [SEN]	City of Oxford AC	09:12.0	958
4	Bethan Davies [SEN]	Cardiff A.A.C.	09:15.0	951
5	Jasmine Nicholls [SEN]	Leicester Walking Club	09:27.0	918
6	Natalie Myers [SEN]	Derbyshire & S. Yorkshire	09:50.9	854
=7	Kiera Heavey [U20]	Northern (IOM) AC	10:12.0	800
=7	Abigail Jennings [U23]	Aldershot Farnham & D.	10:12.0	800
9	Erika Pontarollo [U23]	Hyde Park Harriers	10:15.0	793
=10	Grazia Manzotti [V50]	Tonbridge Athletic Club	10:36.0	740
=10	Carolyn Derbyshire [V40]	Nuneaton Harriers	10:36.0	740
12	Mia Dunwell [U17]	Northern (IOM) AC	10:37.0	737
13	Silvana Alves [V45]	Barnet & District AC	10:38.0	735
14	Pagen Spooner [U20]	Hyde Park Harriers	10:42.0	726
15	Maggie Helen-O'Connor [V45]	St. Joseph's AC (IRL)	10:44.1	721
16	Rebecca Mitchell [U17]	Winchester & Dist. AC	11:11.0	659
17	Julie Drake [V50]	Arena 80 Athletic Club	11:15.6	648
18	Natasha Mitchell [U20]	Winchester & Dist. AC	11:17.0	644
19	Hannah Hopper [U20]	Cambridge Harriers	11:33.0	609
20	Emily Ghose [U23]	Tonbridge Athletic Club	11:35.0	605
21	Gracie Griffiths {U15}	Pembrokeshire Harriers	11:54.0	563
22	Abigail Smith [U17]	Blackheath & Bromley	11:58.0	555
23	Helen Elleker [V60]	Derbyshire & S. Yorkshire	12:12.0	526
24	Keandra Jooste [U15]	South Africa	12:19.0	512
25	Noel Blatchford [V70]	Abingdon Athletic Club	13:19.5	397
26	Maura Kelly [V50]	Northern (IOM) AC	13:28.0	382
27	Shirley Simpson [V60]	Scotia Race Walking Club	14:14.0	306
28	Lynette Frame [V60]	Scotia Race Walking Club	14:26.0	288
29	Angela Martin [V55]	Surrey Walking Club	14:27.0	287
30	Rosemary Hill [V70]	Scotia Race Walking Club	14:53.0	249
31	Clare Mitchell [V45]	Winchester & Dist. AC	15:22.1	209
32	Margaret Darroch [V55]	Scotia Race Walking Club	16:15.0	147

12th to 14th Apr: Cameron Corbishley, Tom Partington, Agata Kowalska, Daniel du Toit (NZL), and Gemma Bridge all 1000+ World Athletics points!

Men's Virtual 2km

Pos	Athlete	Club	Perf	WA
1	Cameron Corbishley [SEN]	Medway & Maidstone AC	07:46.7	1091
2	Tom Partington [U23]	Manx Harriers	07:53.0	1070
3	Daniel du Toit [U20]	Wellington Harriers (NZL)	07:57.9	1052
4	Brundokou Uladzimir [SEN]	Belarus	08:22.0	972
5	George Wilkinson [U20]	Enfield & Haringey AC	08:36.0	921
6	Francisco Reis [V55]	Surrey Walking Club	09:03.0	842
7	Oliver Hopkins [U23]	Lewes Athletic Club	09:18.0	799
8	Stephen Arnold [V55]	Nuneaton Harriers	09:29.0	767
9	Ian Richards [V70]	Steyning Athletic Club	09:34.0	752
10	Daniel Mckerlich [U23]	Cardiff A.A.C.	09:54.0	696
11	Owen Toyne [U15]	ACT Race & Fitness (AUS)	09:59.0	683
12	Kodi Clarkson [U13]	ACT Race & Fitness (AUS)	10:01.0	678
13	Steve Partington [V50]	Manx Harriers	10:17.9	631
14	Derek Smith [V60]	Winchester & Dist. AC	10:28.0	606
15	Tony Taylor [V70]	Lancashire Walking Club	10:34.4	589
16	Malcolm Martin [V60]	Surrey Walking Club	10:44.0	565
17	Dave Talcott [V60]	Shore Athletic Club (USA)	10:47.7	555
18	David Smyth [V50]	Collingwood Hs. (AUS)	10:50.0	550
19	David Kemp [M60]	Arena 80 Athletic Club	10:51.0	549
20	Bill McFadden [V55]	Scotia Race Walking Club	11:12.0	498
21	John Constandinou [V45]	Birchfield Harriers	11:16.0	489
22	Graham Chapman [V60]	Headington Road Runners	11:28.0	461

Race Walking Record – April 2020

23	Harry Spears [SEN]	Lagan Valley (IRL)	11:28.3	461
24	Jonny Ellerton [U15]	Blackheath & Bromley	11:59.0	394
25	Rob Elliott [V60]	Sarnia Walking Club	12:00.0	392
26	Ian Torode [V60]	South West Veterans AC	12:01.4	390
27	Paul Hawkins [V60]	Stratford-upon-Avon AC	12:04.0	384
28	David Mitchell [V45]	Winchester & Dist. AC	12:06.4	380
29	George Wallace [V60]	Aldershot Farnham & D.	12:28.0	337
30	David Crane [V40]	Surrey Walking Club	12:28.5	335
31	Martin Slevin [V55]	Coventry Godiva Harriers	12:35.0	324
32	Steve Allen [V60]	Barnet & District AC	12:39.7	314
33	Ronald Penfold [V75]	Steyning Athletic Club	13:05.8	268
34	Brian Adams [V70]	Leicester Walking Club	13:18.0	248
35	Tony Wilkinson [V55]	Unattached	13:44.0	207
36	Gerard McConnell [V55]	Scotia Race Walking Club	15:01.1	108
=37	Guy Goodair [V80]	Denby Dale Athletic Club	15:06.0	102
=37	Haydn Gawne [V45]	Masters Athletics W. Aus.	15:06.0	102
39	Lewis Burr [U13]	Tonbridge Athletic Club	15:18.0	90
40	Kenny Farmer [V55]	Scotia Race Walking Club	15:45.0	65
41	Tony Cotton [V80]	BRJ Run & Tri	15:49.0	61
42	David Mushet [V55]	Scotia Race Walking Club	17:09.0	13

6	Francisco Reis [V55]	Surrey Walking Club	13:39.2	834
7	Stephen Arnold [V55]	Nuneaton Harriers	13:59.0	795
8	Ian Richards [V70]	Steyning Athletic Club	14:29.0	737
9	David Crane [V40]	Surrey Walking Club	14:35.0	726
10	Owen Toyne [U15]	ACT Race & Fitness (AUS)	14:51.0	696
11	Will Bottle [U17]	Tasmanian RWC (AUS)	14:54.0	690
12	Kodi Clarkson [U13]	ACT Race & Fitness (AUS)	15:12.0	658
13	William Robertson [U17]	Tasmanian RWC (AUS)	15:16.0	651
14	David Kemp [V60]	Areana 80 Athletic Club	15:17.0	649
15	Christian Hopper [U17]	Cambridge Harriers	15:21.0	642
16	Tony Taylor [V70]	Lancashire Walking Club	15:37.5	613
17	Daniel Mckerlich [U23]	Cardiff A.A.C.	15:49.0	594
18	Steve Partington [V50]	Manx Harriers	15:50.4	591
19	Bill McFadden [V55]	Scotia Race Walking Club	15:52.0	589
20	Malcolm Martin [V60]	Surrey Walking Club	16:11.1	557
21	Derek Smith [V60]	Winchester & District AC	16:15.0	550
22	David Smyth [V50]	Collingwood Hs. (AUS)	16:30.0	526
23	Rupert van Dungan [V45]	TXR Runners (AUS)	16:35.0	518
24	Dave Talcott [V60]	Shore AC (USA)	16:39.6	511
25	Ray Robinson [V45]	Redcar Race Walking Club	17:14.8	457
26	Bob Care [V70]	Midland Masters AC	17:22.3	446
27	John Constandinou [V45]	Birchfield Harriers	17:23.0	445
28	Oliver Morgan [U13]	Tasmanian RWC (AUS)	17:23.0	445
29	George Wallace [V60]	Aldershot Farnham and	17:39.0	422
30	Trevor Jones [V60]	Steyning Athletic Club	17:44.0	415
31	David Mitchell [V45]	Winchester & District AC	17:56.0	398
32	Harry Speers [SEN]	Lagan Valley (IRL)	18:08.1	381
33	Ian Torode [V60]	South West Veterans AC	18:10.2	378
34	Paul Hawkins [V60]	Stratford-upon-Avon AC	18:16.0	371
35	Jonny Ellerton [U15]	Blackheath & Bromley	18:48.0	329
36	Martin Slevin [V55]	Coventry Godiva Harriers	18:53.0	323
37	Steve Kemp [V55]	Eastern Masters AC	19:15.0	296
38	Steve Allen [V60]	Barnet & District AC	19:23.6	286
39	Graham Jackson [V50]	Northern Masters AC	19:25.0	284
40	Gerard McConnell [V55]	Scotia Race Walking Club	19:30.0	278
41	Ronald Penfold [V75]	Steyning Athletic Club	19:48.9	257
42	Dennis Jackson [V70]	York CIU	20:09.0	235
43	Brian Adams [V70]	Leicester Walking Club	20:22.0	221
44	Shane Pearson [V45]	Queensland RWC (AUS)	20:26.0	217
45	Tony Wilkinson [V55]	Unattached	22:21.0	115
46	Wayne Fletcher [V60]	Tasmanian RWC (AUS)	22:34.0	105
47	Kenny Farmer [V55]	Scotia Race Walking Club	22:45.0	98
48	Guy Goodair [V80]	Denby Dale Athletic Club	22:51.0	94
49	Tony Cotton [V80]	BRJ Run & Tri	23:59.0	53
50	Andrew Clough [V65]	Unattached	27:36.0	0

Women's Virtual 2km

Pos	Athlete	Club	Perf	WA
1	Agata Kowalska [U23]	Hyde Park Harriers	08:36.0	1060
2	Gemma Bridge [SEN]	City of Oxford AC	08:44.0	1037
3	Erika Kelly [SEN]	Northern (IOM) AC	09:07.5	971
4	Bethan Davies [SEN]	Cardiff A.A.C.	09:12.0	958
5	Jasmine Nicholls [SEN]	Leicester Walking Club	09:20.0	936
6	Darcey Roberts [U13]	Victorian RWC (AUS)	09:27.0	918
7	Abby Hughes [U17]	Taunton Athletic Club	09:32.0	904
8	Natalie Myers [SEN]	Derbyshire & S. Yorkshire	09:45.1	868
9	Erin Taylor Talcott [V40]	Shore Athletic Club (USA)	10:19.5	781
10	Kiera Heavey [U20]	Northern (IOM) AC	10:20.0	780
11	Silvana Alves [V45]	Barnet & District AC	10:22.0	775
12	Grazia Manzotti [V50]	Tonbridge Athletic Club	10:25.0	768
13	Pagen Spooner [U20]	Hyde Park Harriers	10:29.0	758
14	Carolyn Derbyshire [V40]	Nuneaton Harriers	10:29.9	755
15	Jacqueline Benson [U23]	Ashford Athletic Club	10:32.0	750
16	Maggie Helen-O'Connor [V45]	St. Joseph's AC (IRL)	10:33.8	745
17	Erika Pontarollo [U23]	Hyde Park Harriers	10:45.0	719
18	Mia Dunwell [U17]	Northern (IOM) AC	10:56.0	693
19	Natasha Mitchell [U17]	Winchester & Dist. AC	11:00.0	683
20	Julie Drake [V50]	Arena 80 Athletic Club	11:04.9	672
21	Emily Ghose [U23]	Tonbridge Athletic Club	11:11.0	659
22	Gracie Griffiths [U15]	Pembrokeshire Harriers	11:18.0	642
23	Nyle Sutherland [V50]	Queensland Masters (AUS)	11:25.0	627
24	Rebecca Mitchell [U20]	Winchester & Dist. AC	11:35.0	605
25	Helen Elleker [V60]	Derbyshire & S. Yorkshire	12:06.0	538
26	Louise Hollings [V40]	Manx Harriers	12:33.0	485
27	Maura Kelly [V50]	Northern (IOM) AC	13:20.0	396
28	Gemma Price [U15]	Bridgend Athletic Club	13:21.8	393
29	Sarah Du Toit [U15]	Wellington Harriers (NZL)	13:23.1	390
30	Shirley Simpson [V60]	Scotia Race Walking Club	14:01.0	326
31	Angela Martin [V55]	Surrey Walking Club	14:05.0	321
32	Clare Mitchell [V45]	Winchester & Dist. AC	14:18.0	300
33	Lynette Frame [V60]	Scotia Race Walking Club	14:20.0	297
34	Rosemary Hill [V70]	Scotia Race Walking Club	14:30.0	282
35	Margaret Darroch [V55]	Scotia Race Walking Club	16:02.0	161

19th to 21st Apr: Tom Partington takes top honours . Kelly Ruddick (AUS) makes series debut and goes top woman.

Men's Virtual 3km

Pos	Athlete	Club	Perf	WA
1	Tom Partington [U23]	Manx Harriers	11:57.0	1052
2	Cameron Corbishley [SEN]	Medway & Maidstone AC	12:24.0	992
3	Brudukou Uladzimir [SEN]	Belarus	12:28.0	983
4	Daniel du Toit [U20]	Wellington Harrier (NZL)	12:50.5	935
5	George Wilkinson [U20]	Enfield & Haringey AC	13:30.0	853

Women's Virtual 3km

Pos	Athlete	Club	Perf	WA
1	Kelly Ruddick [V45]	Ballarat Harriers (AUS)	13:11.0	1027
2	Gemma Bridge [SEN]	City of Oxford AC	13:15.0	1020
3	Natalie Myers [SEN]	Derbyshire & S. Yorkshire	14:16.9	906
4	Agata Kowalska [U23]	Hyde Park Harriers	14:18.0	904
5	Bethan Davies [SEN]	Cardiff A.A.C.	14:22.0	896
6	Jasmine Nicholls [SEN]	Leicester Walking Club	14:33.0	877
7	Anna Blackwell [U20]	Racewalking Australia	14:35.0	873
8	Pagen Spooner [U20]	Hyde Park Harriers	15:38.0	766
=9	Kiera Heavy [U20]	Northern (IOM) AC	15:54.0	740
=9	Mia Dunwell [U17]	Northern (IOM) AC	15:54.0	740
11	Lyla Williams [U13]	Queensland RWC (AUS)	15:57.0	735
12	Maggie Helen-O'Connor [V45]	St. Joseph's AC (IRL)	16:04.0	724
13	Grazia Manzotti [V50]	Tonbridge AC	16:14.0	708
14	Emily Smith [U15]	Victorian RWC Club (AUS)	16:22.0	696
15	Natasha Mitchell [U17]	Winchester & District AC	16:26.7	688
16	Gabriella Hill [U17]	Queensland RWC (AUS)	16:29.0	685
17	Kobi Maslin [U13]	Uni. of Canterbury AC (NZL)	16:29.5	684
18	Erika Pontarollo [U23]	Hyde Park Harriers	16:30.0	683
19	Jacqueline Benson [U23]	Ashford Athletic Club	16:38.0	671
20	Julie Drake [V50]	Arena 80 Athletic Club	16:42.8	664

Race Walking Record – April 2020

21	Carolyn Derbyshire [V40]	Nuneaton Harriers	16:44.4	661	34	David Mitchell [V45]	Winchester & District AC	17:55.3	399
22	Gracie Griffiths [U15]	Pembrokeshire Harriers	17:09.0	624	35	Rupert van Dongen [V45]	TXR Runners (AUS)	17:58.9	394
23	Rebecca Mitchell [U20]	Winchester & District AC	17:33.0	589	36	Ian Torode [V60]	South West Veterans AC	18:04.6	386
24	Abigail Smith [U17]	Blackheath & Bromley	17:40.0	579	37	Oliver Morgan [U13]	Tasmanian Race Walking	18:06.0	384
25	Nyle Sunderland [V50]	QLD Masters (AUS)	17:45.0	572	38	Rob Elliott [V60]	Sarnia Walking Club	18:18.0	368
26	Silvana Alves [V45]	Barnet & District AC	17:46.0	570	39	Jonny Ellerton [U15]	Blackheath & Bromley	18:20.0	365
27	Helen Elleker [V60]	Derbyshire & S. Yorkshire	18:24.0	518	40	Richard Emsley [V70]	Saints & Sinners RC	18:20.4	365
28	Katrina Weldo [V55]	Scotia Race Walking Club	18:43.0	492	41	Gerard McConnell [V55]	Scotia Race Walking Club	18:27.0	365
29	Heather Carr [V70]	Victorian Race Walking	18:58.1	473	42	Martin Slevin [V55]	Coventry Godiva Harriers	18:27.0	356
30	Maura Kelly [V50]	Northern (IOM) AC	19:24.0	440	43	Paul Winstanley [V55]	RFA Neath	18:32.0	349
31	Jacqueline Wilson [V70]	Trentham Utd. Hs. (NZL)	19:28.0	435	44	Graham Jackson [V50]	Quickstep Fitness Club	18:48.0	329
32	Vicki Heavey [V45]	Northern (IOM) AC	19:49.0	409	45	Paul Hawkins [V60]	Stratford-upon-Avon AC	18:49.0	328
33	Louise Hollings [V40]	Manx Harriers	19:59.1	397	46	Steve Kemp [V55]	Easter Masters AC	18:49.0	328
34	Noel Blatchford [V70]	Abingdon Athletic Club	20:07.2	388	47	Mick Barker [V80]	Northern Masters AC	18:52.2	324
35	Mia Berg [U17]	Queensland RWC (AUS)	20:08.0	387	48	Steve Allen [V60]	Barnet & District AC	18:56.4	319
36	Lynette Frame [V60]	Scotia Race Walking Club	20:25.0	367	49	Dennis Jackson [V70]	Quickstep Fitness Club	19:48.0	258
37	Elizabeth Leitch [NK]	Tasmanian RWC (AUS)	20:30.0	361	50	Rory Mckerlich [V45]	Cardiff A.A.C.	19:54.0	251
38	Gemma Price [U15]	Bridgend Athletic Club	20:32.3	359	51	Shane Pearson [V45]	Queensland RWC (AUS)	20:01.0	243
39	Anne Jones [V65]	Steyning Athletic Club	20:40.0	350	52	Phil Lockwood [V45]	Sarnia Walking Club	20:03.0	241
40	Shirley Simpson [V60]	Scotia Race Walking Club	21:20.0	307	53	Marco Bernatzki [V50]	LA Herten (GER)	20:15.9	227
41	Rosemary Hill [V70]	Scotia Race Walking Club	21:30.0	297	54	Brian Adams [V70]	Leicester Walking Club	20:20.0	223
42	Sarah Du Toit [U15]	Wellington Harrier (NZL)	21:34.5	292	55	Ronald Penfold [V75]	Steyning Athletic Club	20:37.1	206
43	Angela Martin [V55]	Surrey Walking Club	21:53.0	274	56	Simon Morgan [V50]	Colchester Harriers	21:11.0	173
44	Sarah Sowerby [V55]	Unattached	22:09.0	258	57	Tony Wilkinson [V55]	Unattached	21:13.0	171
45	Clare Mitchell [V45]	Winchester & District AC	22:39.0	230	58	Phill Swales [V55]	Northern (IOM) AC	21:31.0	155
46	Margaret Darroch [V55]	Scotia Race Walking Club	23:05.0	208	59	Eugene Gerlach [V45]	Tasmanian RWC (AUS)	22:04.0	128
47	Heather Lee [V90]	NSW Masters (AUS)	24:26.0	144	60	Wayne Fletcher [V70]	Tasmanian RWC (AUS)	22:40.0	101
48	Kathy Crilley [V70]	Surrey Walking Club	24:30.0	141	61	Guy Goodair [V80]	Denby Dale AC	22:58.0	89
49	Jenni Tomes-Green [NK]	Unattached	27:10.0	51	62	Kenny Farmer [V55]	Scotia Race Walking Club	23:00.0	88
50	Eleanor Clough [V70]	Unattached	32:52.0	0	63	Tony Cotton [V80]	BRJ Run & Tri	23:11.0	81
26th to 28th Apr: Brundukou Uladzimir (BLR) & Gemma Bridge 1000+ World Athletics Points in biggest virtual field to date.					64	Andrew Clough [V65]	Unattached	25:41.0	14
Men's Virtual 3km					65	Anthony Perkins [V70]	Ilford Athletic Club	28:15.0	0
Pos	Athlete	Club	Perf	WA	66	Mark Williams [V55]	Birchfield Harriers	30:27.0	0
1	Brundukou Uladzimir [SEN]	Belarus	12:19.0	1003	Women's Virtual 3km				
2	Rhydian Cowley [SEN]	Victorian RWC (AUS)	12:27.0	985	Pos	Athlete	Club	Perf	WA
3	Tom Partington [U23]	Manx Harriers	12:44.0	949	1	Gemma Bridge [SEN]	City of Oxford AC	13:25.0	1001
4	Daniel du Toit [U20]	Wellington Harrier (NZL)	12:44.2	949	2	Bethan Davies [SEN]	Cardiff A.A.C.	13:36.0	980
5	George Wilkinson [U20]	Enfield & Haringey AC	13:21.0	871	3	Nancy Whiskey [SEN]	Unattached	13:57.0	941
6	Stephen Arnold [V55]	Nuneaton Harriers	13:26.0	861	4	Agata Kowalska [U23]	Hyde Park Harriers	14:16.0	907
7	Francisco Reis [V55]	Surrey Walking Club	13:39.0	834	5	Jasmine Nicholls [SEN]	Leicester Walking Club	14:20.0	900
8	David Crane [V40]	Surrey Walking Club	14:08.0	777	6	Anna Blackwell [U20]	Tasmanian RWC (AUS)	14:31.0	881
9	William Robertson [U17]	Tasmanian RWC (AUS)	14:15.0	764	7	Erin Taylor Talcott [V40]	Shore Athletic Club (USA)	15:11.6	810
10	David Kemp [M60]	Arena 80 Athletic Club	14:32.0	731	8	Natalie Myers [SEN]	Derbyshire & S. Yorkshire	15:12.0	810
11	Ian Richards [V70]	Steyning Athletic Club	14:37.0	722	9	Kobi Maslin [U13]	Uni. of Canterbury AC (NZL)	15:31.2	778
12	Will Bottle [U17]	Tasmanian RWC (AUS)	14:56.0	687	10	Carolyn Derbyshire [V40]	Nuneaton Harriers	15:36.0	770
13	Stuart Le Noury [SEN]	Sarnia Walking Club	14:56.0	687	11	Lyla Williams [U23]	Queensland RWC (AUS)	15:40.0	763
14	Owen Toyne [U15]	ACT Race & Fitness (AUS)	15:11.0	660	12	Mia Dunwell [U17]	Northern (IOM) AC	15:45.0	755
15	Kai Norton [U17]	Tasmanian RWC (AUS)	15:18.0	647	13	Kiera Heavy [U20]	Northern (IOM) AC	15:50.0	747
16	Kodi Clarkson [U13]	ACT Race & Fitness (AUS)	15:19.0	646	14	Pagen Spooner [U20]	Hyde Park Harriers	15:53.0	742
17	Steve Partington [V50]	Manx Harriers	15:35.9	616	15	Amber Norton [U15]	Tasmanian RWC (AUS)	15:56.0	737
18	Oliver Hopkins [U23]	Lewes Athletic Club	15:40.0	609	16	Erika Pontarollo [U23]	Hyde Park Harriers	16:00.0	731
19	Tony Taylor [V70]	Lancashire Walking Club	15:41.0	607	17	Gabriella Hill [U17]	Queensland RWC (AUS)	16:09.0	716
20	Daniel Mckerlich [U23]	Cardiff A.A.C.	15:42.0	606	18	Maggie Helen-O'Connor [V45]	St. Joseph's AC (IRL)	16:11.0	713
21	Bill McFadden [V55]	Scotia Race Walking Club	15:48.0	595	19	Gracie Griffiths [U15]	Pembrokeshire Harriers	16:17.0	704
22	Bob Care [V70]	Midland Masters AC	16:04.9	567	20	Emily Smith [U15]	Victorian RWC (AUS)	16:26.0	690
23	Malcolm Martin [V60]	Surrey Walking Club	16:08.3	562	21	Julie Drake [V50]	Arena 80 Athletic Club	16:28.4	686
24	Ray Robinson [V45]	Redcar Race Walking Club	16:09.4	560	22	Natasha Mitchell [U15]	Winchester & District AC	16:31.3	682
25	Dave Talcott [V60]	Shore Athletic Club (USA)	16:19.0	544	23	Jacqueline Benson [U23]	Ashford Athletic Club	16:32.0	680
26	Derek Smith [V60]	Winchester & District AC	16:29.0	528	24	Grazia Manzotti [V50]	Tonbridge Athletic Club	16:47.0	657
27	Harry Speers [SEN]	Lagan Valley AC	17:02.9	475	25	Katrina Weldo [V55]	Scotia Race Walking Club	16:57.0	642
28	John Constandinou [V45]	Birchfield Harriers	17:19.0	451	26	Rebecca Mitchell [U17]	Winchester & District AC	16:58.8	639
29	Tony Malone [V65]	Lancashire Walking Club	17:20.2	449	27	Silvana Alves [V45]	Barnet & District AC	17:01.0	636
30	Tony Malone [V65]	Lancashire Walking Club	17:23.3	445	28	Helen Elleker [V60]	Derbyshire & S. Yorkshire	18:11.0	536
31	Graham Chapman [V60]	Headington Road Runners	17:31.0	433	29	Jacqueline Wilson [V70]	Trentham United Harriers	19:11.3	456
32	George Wallace [V60]	Aldershot Farnham & Dist	17:40.0	420	30	Louise Hollings [V40]	Manx Harriers	19:17.2	449
33	Trevor Jones [V60]	Steyning Athletic Club	17:41.0	419	31	Vicki Heavey [V45]	Northern (IOM) AC	19:20.0	445
					32	Lynette Frame [V60]	Scotia Race Walking Club	19:42.0	418

Race Walking Record – April 2020

33	Maura Kelly [V50]	Northern (IOM) AC	19:44.0	415
34	Anne Jones [V65]	Steyning Athletic Club	20:03.0	393
35	Elizabeth Leitch [V65]	Tasmanian RWC (AUS)	20:04.0	391
36	Sarah Sowerby [V55]	Unattached	20:16.0	377
37	Gemma Price [U15]	Bridgend Athletic Club	20:40.3	350
38	Sarah Du Toit [U15]	Wellington Harrier (NZL)	20:47.0	343
39	Shirley Simpson [V60]	Scotia Race Walking Club	21:18.0	309
40	Angela Martin [V50]	Surrey Walking Club	21:34.0	293
41	Rosemary Hill [V70]	Scotia Race Walking Club	21:47.0	280
42	Clare Mitchell [V45]	Winchester & District AC	22:12.1	255
43	Silvia Dell'Anno [V60]	El Bosque (ARG)	22:50.0	221
44	Margaret Darroch [V55]	Scotia Race Walking Club	23:14.0	200
45	Kathy Crilley [V70]	Surrey Walking Club	24:25.0	145
46	Heather Lee [V90]	NSW Masters Athletics	24:30.8	141
47	Jenni Green [NK]	Unattached	25:55.0	87
48	Eleanor Clough [V70]	Unattached	29:49.0	5
49	Karen Williams [V65]	Birchfield Harriers	30:45.0	0

English Success in International Postal Competition

Many thanks once again to Dave Talcott (USA) for organising this competition and bringing so many "ordinary athletes" together in this way, *writes Ron Wallwork*



The competition includes results submitted of hour races worldwide in a calendar year and last year (2019) embraced 31 clubs and 113 athletes who represented 16 teams and once again ERWL connections did exceptionally well.

In the overall classification ERWL had Four athletes in the top dozen; George Wilkinson 1st, Dave Annetts 3rd, Jonathan Hobbs 7th and Francisco Reis 11th who all won their respective age group. Other individual gold medallists were: Jacqueline Benson and Silvana Alves who occupied 5th and 8th in the ladies overall result.

There were also individual category place medals for another seven Leaguers; Malcolm Martin, Helen Middleton, Peter Cassidy who collected silver medals, whilst Dan McKerlich, Melanie Peddle, Millie Morris and Chris Flint received bronze awards.

The Masters team competition was won by Shore AC, USA, but Surrey WC (Reis, Martin & Dave Hoben) repeated its runner-up success of 2018 and Ilford AC (Steve Uttley, Stuart Bennett & Simon Morgan) took the bronze medals on this occasion.

The medals will be distributed at the earliest convenience.

Winners in the recent R.W.A 200 Club draw

	£25.00	£15.00	£10.00
Apr. 20	Alan Hall	Lancashire WC	Stuart Elms

It is £12 per number per year, so if you wish to join please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.

Domestic Events Cancelled or Postponed

March			
21	RWA Inter Area Match	Sheffield	Moved to 12/13 th Sept
April			
4 th	Cecil Gittens Memorial	Gravesend	Moved to 3 rd Oct.
5 th	Chilcott Cup	Guernsey	Postponed
11 th	Macclesfield Shield	Macclesfield	Postponed
19 th	RWA National 10km & YAG	Coventry	Moved to 4 th /5 th Jul.
19 th	Sarnia WC Championship 2	Guernsey	Postponed
24 th	South Yorkshire League 2	Sheffield	On hold
26 th	Midland Track Champs.	Stratford	Postponed
May			
3 rd	Graham Mann Handicap	Guernsey	Postponed
4 th	SCVAC League (Herts/Middx)	Lee Valley	Cancelled
4 th	SCVAC League S. London	?	Cancelled
6 th	EMAC League	Various	Cancelled
8 th	Hampshire T & F Champs.	Portsmouth	Cancelled
10 th	Essex T & F Champs.	Chelmsford	Cancelled

10 th	Midlands Triangular Match	W'hampton	Cancelled
10 th	Sarnia WC Championship 3	Guernsey	Postponed
17 th	Sean Pender Handicap	Guernsey	Postponed
20 th	Veterans AC 10,000 Track	Battersea	Cancelled
20 th	Sussex Masters League	Eastbourne	Cancelled
24 th	British GP of Race Walking	Leeds	Cancelled
25 th	Pednor 5	Chesham	Postponed
27 th	Surrey & Sussex Schools	Crawley	Cancelled
29 th	South Yorkshire League 3	Sheffield	On hold
30 th /31 st	Kent County Championships	Ashford	Cancelled
31 st	Sarnia WC Championship 4	Guernsey	Postponed
June			
2 nd	Woodford Open Walks	Woodford	See Note Below
3 rd	EMAC League	Various	Cancelled
5 th	South Yorkshire League 4	Sheffield	On hold
6 th	Jack Fitzgerald Memorial	Crawley	Now 24 th Oct.
6 th /7 th	England Athletics U20/U23	Bedford	Postponed
7 th	BMAF 10,000m Champs.	Oxford	Cancelled
7 th	Sarnia WC Championship 5	Guernsey	Postponed
9 th	Veterans AC 5 Mile	Battersea	Cancelled
13 th	Moulton 5	Moulton	Cancelled
13 th	Kent Schools & Open Walks	Ashford	Cancelled
14 th	Midlands Triangular Match	Dudley	Cancelled
14 th	Sarnia WC Championship 6	Guernsey	Postponed
15 th	Sussex Masters League	Lewes	Cancelled
19 th	South Yorkshire League 5	Sheffield	On hold
20 th	Parish Walk	Isle of Man	Cancelled
20 th	S.E. Schools Inter Counties	Kingston	Cancelled
20 th /21 st	British Athletics Champs.	Manchester	Suspended
21 st	BMAF 5km Road Champs	Horwich	Cancelled
24 th	Hyde Park Harriers Mile	Leeds	Cancelled
27 th	ESAA Development Walks	Lee Valley	Cancelled
27 th	Enfield League	Allianz Park	Suspended
28 th	BMAF/Midland 20km	Coventry	Postponed
28 th	Sarnia Road Walk	Guernsey	Postponed
30 th	Woodford Open Walks	Woodford	See Note Below
July			
1 st	EMAC League	Various	Cancelled
4 th	Lewes Open Walks	Lewes	Cancelled
5 th	Midlands Triangular Match	Tipton	Cancelled
5 th	Sarnia WC Championship 7	Guernsey	Postponed
6 th	SCVAC League S. London	?	Cancelled
17 th	Sarnia WC Championship 8	Guernsey	Postponed
18 th	SIAB International	Derby	Cancelled
18 th	Enfield League	Allianz Park	Suspended
26 th	Sarnia WC Piette Cup	Guernsey	Postponed
28 th	Woodford Open Walks	Woodford	See Note Below
August			
5 th	EMAC League	Various	Cancelled
6 th	Centurions 100 Mile	Colchester	Cancelled
7 th	Sarnia WC Championship 9	Guernsey	Postponed
16 th	Sarnia WC Championship 10	Guernsey	Postponed
22 nd	Enfield League	Allianz Park	Suspended
25 th	Woodford Open Walks	Woodford	See Note Below

Notes:

Blue = New or a change from March RWR.

Definitely cancelled events whose announced dates have passed have been deleted from the list.

It remains a possibility that postponed events may subsequently be further deferred, cancelled, or cancelled events reinstated.

Woodford Open Walks: Ashton Playing Fields, Woodford Green, are closed "until further notice"; this list will be updated when more is known.

All Enfield League fixtures are suspended until further notice.

