

RACE WALKING RECORD

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...Olive Wins World Silver



Bolt and Berlino - Athletics Heroes...



FRONT COVER: *Walkers of various ages and nationalities going strong after one hour into the 100 mile Centurions walk at Newmarket. ALSO: Popular walker Olive Loughnane of Ireland wins Silver at the World Championships in Berlin. Plus Usain Bolt and Berlino the Bear re-ignite interest in Athletics.*

Editorial

Race walking is an exciting sport - it's official! The antics of Berlino the Bear and the performances of Usain Bolt during the Athletics World Championships in Berlin have brought much needed widespread attention back onto athletics. This is having a knock-on effect, as enquiries to the RWA about walking have gone up, and numerous people (non-racewalkers) from all over the place have mentioned seeing the walks, which took place under the Brandenburg Gate. Berlino even had a go at racewalking, which he seemed quite good at...

The latest development to race walking I have introduced as an experiment was to have live video of the Mens 50k walk broadcast live on RacewalkUK.com. This proved so popular, that in future I aim to put more live video from racewalks around the world. Full reports from Berlin will be in the next issue.

There is something about race walking which gets some of us very passionate indeed. Do not make fun if you think we have an obsession, as we are spreading the word about racewalking to anyone who will listen, and even some who won't. In the car park at a recent race, I spotted the registration plate: "W50KMS" Fantastic! In what other athletics event will your rivals cheer you on as they pass you, or you pass them? Athletes from other events often enviously comment how the walkers support and encourage each other. What spirit!

Finally, after mentioning I fell down the stairs in the last issue, I received many comments, emails and phone calls, for which I thank you. However, I must point out that I was not pushed by my girlfriend! It was probably just coincidence, but surprisingly nearly everybody suggested this - hopefully as a joke!

Magazine info

Race Walking Record (founded 1941) is the international magazine for the sport of walking and walking events, published each and every month.

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Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net

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News

Masters Age Group Dropped

The IAAF have announced that from the 1st of November the M35 and W35 age groups will be dropped for non-stadia events. This includes all walking events not held on a track.

The surprise decision was made at the IAAF Council meeting in Berlin. It was opposed by the Masters Commission and UKA. M35 was only introduced in 2005 to bring it in line with womens age groups. Previously the first mens masters group was M40.

The decision was based on the fact that endurance events held on the road and cross country often had many competitors in their 30's placing well, and there is supposedly only a small reduction in performance associated with the age group.

However, M35/W35 events are still likely to be held as BMAF oppose the new ruling and can decide which age groups to have in their own competitions. It remains to be seen

whether the European and World Championships keep or drop the age.

Editors note: On a personal note, I became a master when I turned 30 - the start of Masters age groups for ski racing, then a non-master when I switched to athletics, then a master again when I turned 35, and soon a non-master again with the new change, then perhaps finally I will be a master again in a couple of years!

2010 Commonwealth Games Endurance Selection criteria announced



The final selection for the England Commonwealth Games team and European Championships will be finalised following the Aviva European trials and UK Championships on 27 June 2010 for the walks event. The qualifying period for athletes is from 1st January 2009.

Walks qualifying times:

All performances must be achieved in National Championships, EAA or IAAF sanctioned events held under IAAF rules.

Women 20km: 1 hour 42 minutes.

Men 20km: 1 hour 29 minutes.

There will be support for eligible athletes. Athletes achieving these times should contact Bud Baldaro or Ian Ladbroke at bbaldaro@englandathletics.org or ILadbroke@aol.com before 31st March 2010.

Popular Member of Parliament Was Fast Race Walker

Dennis Skinner, a Labour MP for nearly 40 years recently revealed some interesting information in a newspaper interview... He used to be a racewalker capable of high speed endurance.



mortgage."

"I was into road walking - heel and toe. I got up to 7.5 miles an hour before I came here," he told the Telegraph when asked to describe interesting facts about himself.

He also added; *"...I've been in the bottom three for parliamentary expenses for the past five years. I've always paid my own*

Could race walking have a potential new friend - an honest MP in the House of Commons?

Surprising Race Start

In two races recently the starter fired his gun as usual. However, after seeing the walkers off, he then threw his gun down, went to the start line and shot off, passing everyone - and was first to cross the finish line to the amazement of the other competitors.

It was Roger Michell from Blackheath and Surrey, officiating in the Midland Vets League, and competing as a guest.

Shocking Race Finish

At a recent 2000m track race, John Culshaw (senior) of Tamworth AC finished and immediately collapsed. His heart had stopped. Luckily, the sports centre staff revived him, and he was taken to Coventry Hospital where they performed an emergency triple bypass a few days later. He is doing well, and we wish him the best.

A heart bypass greatly improves blood flow within the body, and it will be very interesting to see what times John gets on his return to racing.

CBE for Race Walker

Mike Brace, a blind race walker who raced in Essex in the late 80's/early 90s - with a guide - has been awarded a CBE in the Queen's Birthday Honours List. The 59 year old, blinded by a firework mishap when just aged 11, has been honoured for services to Disabled Sport. Mike has previously been on the cover of Race Walking Record.

Mike also appeared as the top table guest speaker at a Metropolitan Police Walking Club Annual Diner & Reunion in New Scotland Yard. Two years ago Mike was also selected as Havering Sports Council's Sports Personality-of-the-Year.

Major Medal for Son of Walker

Ross McDonald, son of popular Birchfield walker Zita, recently won Gold for Great Britain in the 4 x 400m Relay at the European U20 Championships in Serbia. Ross set a PB at the championships, following in the footsteps of his proud mother who has been improving her own PB's.



It is rumoured that Ross can racewalk quite well, but with his current level of success for GB it would be unlikely that either he or his

coach could be persuaded to let him switch events.

World Master Association Congress

Report from John Hall

Announcements

Obituary: Ron Purkis R.I.P.

Known and respected by all, Ron Purkis, died at the age of 77 after suffering cancer. A former Hon. Secretary of Stevenage & North Herts AC he qualified as a Centurion in 1979 at Ewhurst clocking an excellent 19:35:45 in Metropolitan Walking Club's famous colours. Ron only made up his

BMAF had submitted a proposal to remove the knee part of the race walking rule for Masters events. I spoke to introduce the proposal and there was then a brief discussion before it went to a vote, which we lost 76-25. In drawing up the proposal, with Peter Marlow's help, we had considered trying to qualify the knee rule but decided that translation into other languages would make this unworkable, so went for the simple deletion of any mention of knees.

Judging was the subject of another proposal, which was passed by a huge margin. This relates to the establishment of a WMA panel of judges who understand Masters athletics. We shall have to wait and see how this works.

Future championship venues: Jyvaskyla, Finland, was chosen as the venue for the 2012 WMA indoor championships and Porto Alegre in Brazil was accepted as the venue for the WMA outdoor (i.e. stadia) championships of 2013.

mind to appear 3 weeks beforehand! He made a late decision to enter and was rewarded with a wonderful time. Ron was a regular attendee of RAF reunions. In 1976 Ron (with Ken as his assistant) organised the 1976 RWA National 20 Miles in Stevenage.

Ron resided in Waterlooville and had served as a Councillor on Havant Council. Ron also put a lot of time into coaching youngsters, and was appointed coaching and development secretary for the sport for two years in the nineties. He retired - very publicly - a few years ago after being pulled in the BMAF 10K Championship 'A' race on a hot Enfield day. His shouted in the car park that, having been disqualified, he'd also been branded as a cheat. He'd never cheated in his life, he boomed, and then severed his connection with active race walking... upholding his words never again to step onto a starting line.

Ron's funeral service was at Portchester Crematorium with his ashes buried in his first wife's grave at St. Neots. He had a son and daughter from that first marriage. After becoming a widower he went into digs, finding happiness when he married his landlady's daughter, that second marriage being blessed with the arrival of 2 sons. We extend our condolence to all his family members and say farewell to a great stalwart who always had race walking's interests close to his heart.

Death of Three More Ex-Walkers

1) Genial Scot John Telford of Highgate Harriers and Vauxhall Motors AC. He was a class walker who is better known as an organiser. John promoted the highly successful Vauxhall Motors Open 10K, and then promoted an Open 7 Miles when Highgate Harriers ceased their own famous Open 7 on account of traffic conditions. He also staged the 1971 RWA National 20K Championship at Luton, and other races. He was aged 76 and suffered from stomach

cancer. He was an active table tennis player until his last days.

2) Highgate Harriers Centurion J.R. Taylor who became No.250 at the 1955 London-to-Brighton & back clocking 22.04.51. In later years he changed his name by deed-poll to Walsh.

3) Gary Hill who in the late 70s/early 80s raced for Ilford, Southend and Havering ACs. Gary won the "Most Improved Walker in the Essex League" award in 1980. Better known as a founder employee of Roger Mills sports shop "Athletic East, which he helped to set up, and was Roger's counter assistant for many years - before leaving to work for a Sports Superstore in Beckton. He packed in walking after being pulled out of the Vauxhall Motors 10K at Luton - organised by John Telford (above)!

-Dave Ainsworth

New Event - Can you help?

Next year on the 4th July, the first 'UK Gaymes' will be held in London. This will be the first of an annual Track & Field meeting for gay people, and will incorporate a racewalk in a park - also open to straight people as guests.



The whole event is being put together by race walker Mark Culshaw of Belgrave Harriers, and is

in the early stages of planning at the moment. The planned date coincides with the London Pride Festival, which attracts up to one million people each year.

Mark recently won Silver at the 'World Out Games' 5k walk in Denmark, having won Gold at the previous event held in Canada. He is committed to introducing a similar event to the UK.

I am giving my full support to Mark and this event as it could introduce the sport of walking to many people who may not currently be aware of us. Anyone who wants to help organise or run the meeting, or join the planning committee is requested to visit the website.

<http://www.ukgaymes.info>

New Contract for RWR

Peter Cassidy is happy to announce that a new contract for running Race Walking Record has now been created, and subsequently signed by myself, the current editor. The contract replaces the one signed by the previous editor on 17th March 2003, and introduces new clauses to safeguard the future of the magazine.

As in the previous contract, the magazine is to be produced monthly, independently by the editor. At my

Features

The nutrition articles will be back after our nutrition expert takes a much needed break. Please send me any suggestions for future nutrition articles, and Pat will be happy to write them. In the meantime, Pat offers some different advice:

request however, two new provisions have been added.

Firstly, to ensure that data is backed up and stored safely so that someone can takeover the magazine in case of emergency, as was the case when John Hedgethorpe passed away suddenly.

Secondly, to enable the editor to be replaced more easily in case of any gross misconduct or failure to produce the magazine.

Protection of the magazine has long been established by copyright registration, and now the integrity of the magazine will also be protected.

I hope I can continue to produce and improve the magazine while I remain editor, but when the asked I will happily step aside for my successor.

Honour for Walker

Worcester City Council have held their sports awards for 2009. John Marshall, a long time member of Worcester AC and an accomplished walker was given the "outstanding contribution" prize for 59 years membership with 53 years on the committee and 44 years coaching and counting.

Seven Steps to Achieve Goals Faster and Easier

By Pat Reeves

First, decide exactly what you want to achieve

Second, write it down **CLEARLY** and in as much detail as you can.

Third, set a specific deadline, if it is a large goal, break it down into sub-deadlines and write them down in order.

Fourth, make a list of everything you can think of that you are going to have to do to achieve your goal. As you think of new items, add them to your list.



Fifth, organize the items on your list into a plan by placing them in the proper sequence and priority.

Sixth, take action immediately on the most important thing you can do in your plan. This is **VERY** important!

Seventh, do something **EVERY** day that moves you toward the attainment of one or more of your important health goals.

Do remember that fewer than 3% of adults have written goals and plans that they work on every single day. When you sit down and write out your goals, you move yourself in to the top 3% of people in our society - and you will soon obtain the same type of results that they do.

Study and review your goals **EVERY DAY** to be sure that they are still your most important health goals. You will find yourself deleting goals that are no longer as important as you once thought.

Whatever your goals are, plan them thoroughly, on paper, and work on them every single day. This is the key to peak performance and maximum achievement.

I truly hope that the steps provided assist you in your journey toward health and in creating the life you choose. Setting goals is necessary if you are going to direct your life. May you be blessed with the wisdom and love as you go about setting goals and achieving them.

- Eat only pure, living foods, raw, or cooked with reverence and love.
- Race-walk 2-3 miles every day with joy in your heart.
- Live all of your time in a worthwhile way.
- Keep your thoughts pure and filled with strength.

Pat Reeves - author of 'A Living Miracle' www.foodalive.org.

Are You Creepy? - Part 3

By Phil Howell

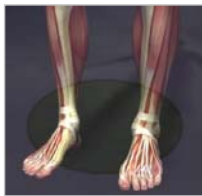
We are looking at eight possible causes of bent-knee violations. In this issue, we are looking at the last three (numbers 6 to 8):

1. You **ARE** legal.
2. Going too fast.
3. Over-striding.

4. Walking on flat tyres.
5. Having the wrong shoes.
6. Having weak "shins".
7. Poor leg coordination.
8. Having too much bad history.

6. *Maybe you have weak "shins"*

Your lower leg (the part below the knee) is predominantly bone in front and muscle in back. This muscular imbalance reflects normal, everyday activities where large muscles in back are needed to extend the foot (as we rise up on our toes or propel ourselves upward or forward, and only a few small muscles are needed in front to flex the foot as we bring the extended foot back to a normal position.



In race walking, however, because we step quickly and, therefore, need to flex our feet quickly, and because we need to

raise our toes to allow for a heel-to-toe rolling action, we call on the flexing muscles (the "shin" muscles) to do a lot more work. For a new race walker, or one that is trying to develop a rolling-foot action, this extra stress on the shins can cause a significant impediment to straightening the knees.

The inability to quickly flex the foot or to hold the toes up on initial contact with the ground generally leads to flat-footed walking and, at higher speeds, makes it much harder to straighten the knees.

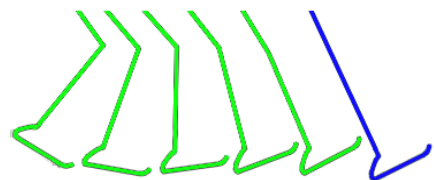
Whether you are a new race walker, one that is trying to increase your speed, or one that has skipped training for too many days in a row, it may be time to focus on fixing your shin

problem. It can be solved (1.) by strengthening the "shin" muscles using exercises that require you to pull up your toes, or (2.) by gently stretching your calves to get them to relax (using the old "lean forward and push on a tree" technique).

You might also give your shins a break by warming them up at a slower pace before stepping up to racing speed.

7. *Maybe you are not coordinated*

Avoiding bent knee calls is based, in large measure, on what you do just prior to making initial contact. You can, in effect, set yourself up for failure before your heel lands.



LEG'S FORWARD SWING AND HEEL CONTACT WITH STRAIGHTENED KNEE

When using proper technique, the non-supporting leg moves forward with a mildly bent knee and the foot skimming the ground. Then, in a very natural but complex manoeuvre, the upper and lower parts of the leg reverse course so that the two halves wind up with a straightened knee moving aft just as the heel makes contact with the ground—which, coincidentally, is moving aft at the same speed as the foot. Properly done, the heel gently contacts the ground with a straightened knee that does not need much support from the upper leg muscles.

If the timing is off, however, the upper leg muscles must work very hard to try to straighten the knee or to keep it straightened—and may not be able to get the job done.

The best way to see how your legs actually move is by looking at a video of them in slow motion or frame by frame. Another way is to have a good race walking judge or coach tell you what he or she sees. Proper leg coordination has to be learned at slower speeds before it can be done at higher speeds... which leads us to Item 8.

8. Maybe you have bad history

As noted in Part I (Item 2), legal race walking is too fast and complex to think out in real time. The brain and the muscles have to memorize how to walk properly at slower speeds first and then, through practice, practice, and more practice, memorise how to do it at faster and faster speeds. If you spend most of your time walking with bent knees, or hiking, or running, you can hardly expect the legs to suddenly carry you along with straightened knees during a race—especially when you are tired.

I am very aware of Item 8. It is my own Achilles heel. I love to walk half and full marathons—where no one is checking my knees. I spend so much time training for, and doing them, that I have to struggle to keep my knees straight in a judged race walk.

If you or I or most mortals want to race walk legally, we have to spend most of our training time race walking legally.

If you are getting bent-knee warnings or cautions, I hope this 3-part article has given you some suggestions as to how you can solve your problem. My problem is Item 8. What is yours?

Phil Howell is the Webmaster for eRaceWalk.com, a Web site that focuses on race walking technique.

Drugs in Sport



After bringing up the subject of doping in the last issue, a number of people have told me that they are worried about making an innocent mistake. This month we look at the official guidelines.

RWA Official Statement on Drugs

Use of Drugs for Therapeutic Purposes

U.K.Athletics subscribes to the Rules of the World Anti-Doping Agency, under which it is an offence to take drugs contained in the Prohibited List. This list can be downloaded from the Agency's web site at:

<http://wada-ama.org/en/prohibitedlist.ch2>

There is provision for athletes who need to take prohibited drugs for medical reasons to obtain a Therapeutic Use Exemption (T.U.E.), which will relieve them of the risk of being disciplined for failing a drug test. Any athlete who is listed as being at National or International level needs to have a "full" T.U.E.; they will have been told, when they

received notice of their listing, how to obtain one. Any athlete not so listed can obtain a retrospective T.U.E. within ten days after the date of any drug test.

Further information can be obtained from the U.K.Athletics Anti-Doping Administrator, Rachel Thompson, on 0121 713 8466 (or at rthompson@uka.org.uk) and on the U.K.A. website at: <http://www.uka.org.uk/world-class/anti-doping/medical-advice-information/?locale=en>

BMAF Guide to the Therapeutic Use Exemption (TUE) System

The TUE system allows athletes to register prohibited substances when they have been prescribed for legitimate, therapeutic use for a medical condition. This avoids the need for disciplinary action should that substance be found during doping control.

This guide aims to take you through the TUE system to enable you to obtain the appropriate authorisation for your medication.

The system is relatively complicated but if you follow the instructions below you will be able to ascertain which forms you need to complete. All forms should initially be sent to the Anti-Doping Department of UKA (contact details given below) and any queries regarding the system should also initially be addressed to the UKA Anti-Doping Department:

Gillian Tipton, Anti-Doping Administrator, UK Athletics, Athletics House, Central Boulevard, Blythe

Valley Park, Solihull B90 8AJ. Tel: 0870 998 6766. Fax: 0870 998 6751. Email: gtipton@ukathletics.org.uk

Does your medication contain a prohibited substance?

Anti-doping regulations work on the basis of strict liability, which means that you are responsible for any prohibited substance in your body. You are responsible for what you ingest.

The Prohibited List is drafted by WADA and the current list can be found on the WADA website: www.wada-ama.org. The list is updated at least annually and it is your responsibility to make sure that you are aware of the latest list. It should be assumed that the WADA list is the list adopted by WMA unless WMA advises to the contrary.

UK Sport runs an excellent database called the Drug Information Database which can be found at www.didglobal.com. This database allows you to check your particular medication to find out if it contains a prohibited substance. Make sure that you read the introductory guidance notes to the database as these explain how to use it properly. You will thus be able to check whether your medication contains a prohibited substance.

For the purposes of the TUE procedure you now need to ascertain to which of the following categories the prohibited substance you are using belongs (your doctor can advise you of this or the Drug

Information Database will indicate this):

- 1) Beta-2 agonist (found mainly in asthma inhalers)
- 2) Glucocorticosteroids (inhaled or nasal spray, injection in to the joints or locally on to the skin)
- 3) All other prohibited substances

What to do if you have medication containing a prohibited substance

If you are using medication containing a prohibited substance you risk failing an antidoping test! In order to avoid disciplinary action you should immediately consult with your doctor and see if there is an alternative course of treatment which does not contain prohibited substances. If there is no suitable alternative then you need to complete the correct TUE application form (see below) to apply for authorisation to use your medication.

Under current WMA anti-doping TUE guidelines all competing masters athletes are considered as "international" athletes and should complete the appropriate WMA

TUE form to register their medication.

The TUE Forms

You should now be able to identify which category of substances you are using (1-Beta2 agonists, 2- glucocorticosteroids or 3- others) and which category of athlete you are (International). Please now refer to the following table to identify which form you need to complete to apply for your TUE authorisation:

INTERNATIONAL

1 International athletes using Beta-2 Agonists: Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the "TUE Form" section and download the, print off and complete the form "TUE form abbreviated".

2 International athletes using glucocorticosteroids (as detailed above): Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the "TUE Form" section and download, print off and complete the form "TUE form abbreviated".

3 International athletes using other prohibited substances: Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the "TUE form standard" section and download, print off and complete the form "TUE form standard".

You should now know:

i) Which category of athlete you belong to, ii) Which category of substance you are using, iii) Which form you need to complete.

Once you have completed your form please send this as soon as possible to the UKA Anti-Doping Department who will check the form and forward it to the WMA for authorisation. If UKA feels that the form is incomplete or incorrectly completed then you will be contacted to make the necessary amendments.

For Beta-2 agonists and glucocorticosteroids your application is considered to be provisionally authorised upon receipt by the authorising body (i.e. WMA) and this authorisation continues in accordance with the expiry date on the authorisation certificate (which you should receive within a month of submitting your application). Should the application be rejected, your provisional authorisation will be withdrawn as soon as you have been advised that the application has been rejected. If your application is rejected you will be advised of the reason for the rejection.

For “all other prohibited substances” you can only consider your application to be authorised once you have received the certificate from the authorising body.

It is important that you obtain your TUE authorisation as soon as possible; however you should be guided by your GP as to whether you should start using your medication before authorisation is granted. Your health is the most important consideration and this should be your first priority. If you do begin to use a restricted medication without a TUE you should contact the Anti-Doping Department of UKA immediately for further advice.

The TUE system is complex but we hope that this guide has helped to make the system more understandable for you. It is your responsibility to explain how a prohibited substance has entered your body and it is therefore your responsibility to obtain the correct TUE for your medication. Please do not hesitate to contact the Anti-Doping

Department should you require further information or guidance.

David Herbert, Anti-Doping Manager,
UK Athletics - May 2007

Results and Reports

Barclay Bicentenary Celebration

11th/12th July 2009

Rowley Mile Racecourse, Newmarket

At 3.37pm on 12th July 1809 at Newmarket, Captain Barclay Allardice completed the final mile in an event that had started almost forty-two days earlier on 1st June, since when he had walked a single mile in every one of the thousand hours that passed in between, to win a wager that he couldn't walk 1000 miles in 1000 consecutive hours for 1000 guineas, a sum that today would be worth several million pounds.



At 3.37pm on 12th July 2009, the Entrance Hall of the Rowley Mile Racecourse on Newmarket Heath, resounded to loud cheers and applause from a large gathering of race walkers, race walking enthusiasts and their friends, to mark the historic moment, salute The Captain and twenty-first century "ped" Richard Dunwoody. A memorable forty-four day celebration of Barclay's feat had come to an end!

The celebration not only confirmed Newmarket's special place in the annals of pedestrianism, it also, in forty-five year old Richard Dunwoody, produced an athlete to rival the Captain himself. Not only did Dunwoody match Barclay hour by the hour, but he too attracted huge interest and a following that resulted in hundreds of people, wanting to walk with him. The Bury Road pavement probably had more footfalls on it in the six weeks between 29th May and 10th July than in the previous six years. There was such a clamour to walk with him, day or night, that the umpires were actively discouraging people from doing so between 9pm and 5am. All who walked with him were astonished by his relaxed and courteous manner, regardless of the time of day or the weather conditions. In spite of Richard's relaxed manner, the miles were reeled off at an average speed of 15 minutes and 21 seconds apiece and his last hundred miles were his quickest taking 24 hours 33 minutes and 66 seconds, compared the 26.46.48 of his first hundred.

Dunwoody's 1000th hour commenced at 2pm on 10th July. He strode the last mile in the precincts of the July racecourse, before being joined by his boyhood hero, the legendary Lester Piggott, and to a tumultuous reception from thousands of race goers, walked the final two hundred yards on the lush racing turf to finish at the winning post in front of the grandstand.

A little more than twenty-four hours later he was at Newmarket's other racecourse, The Rowley Mile, to send seventy-two walkers, twenty-five of which were from abroad, whose targets ranged from twenty to one hundred miles, off on their way.

Dutchman Marcelino Sobczak winner of the last two hundreds staged in the UK was the strong favourite, but he was never very far ahead of Sandra and Richard Brown, so when he retired at forty miles, the Brown's were well clear, Sandra edging ahead to be first to finish in a time just under twenty hours. Six hours of consistent rain during the night made conditions particularly

unpleasant, but it did not stop twenty-eight walkers from achieving their target; to walk one hundred miles in twenty-four hours, eleven of them for the first time thus qualifying for membership of the exclusive Centurions brother/sisterhood.

The Sunday programme included two walking races: An international Veterans/Masters three miles, an Open five miles and for the less energetic a ramble around the historic Town Plate course which is the oldest racecourse in the country. Helen Middleton from Bedford proved to be the top lady winning both races and Steyning's Trevor Jones did likewise in the men's events. Ramblers enjoyed the company of a number of local trainers including Sir Michael Stoute, Mark Tompkins and Chris Wall.
www.dunwoody1000mileschallenge.com

Ron Wallwork

CAPTAIN BARCLAY WALKS Rowley Mile Course, Newmarket, 12th July 2009

20 - 100 mile Challenges/Centurions Walk

- 1 L1 Sandra Brown (Surrey) 100m 19.57.24
- 2 1 Richard Brown (Surrey) 100m 20.12.44
- 3 2 * Gerard Heunks (RWV) 100m 20.49.27
- 4 3 * Mark Wall (Leicester WC) 100m 21.08.39
- 5 L2 Marleen Radder-Willems (RWV) 100m 21.14.15
- 6 4 Boetje Huliselan (OLAT) 100m 21.23.40
- 7 5 Ludo Schaerlaeckens (Sparta B) 100m 21.37.37
- 8 6 Robert de Wolf (RWV) 100m 21.46.24
- 9 7 Kevin Marshall (Ilford AC) 100m 22.00.38
- 10 L3 * Marie Vandenabeele (OLAT) 100m 22.25.06
- 11 8 Frans Derijcke (OLAT) 100m 22.25.06
- 12 L4 * Carol Baird (Australia) 100m 22.34.05
- 13 9 Frank vd Gulik (deLAT) 100m 22.40.45
- 14 10 Jaap Visser (RWV) 100m 22.44.34
- 15 11 * Johan Koning (deLAT) 100m 23.01.59
- 16 12 * Marc Haumesser (Villeneuve) 100m 23.05.39
- 17 *Boudewijn Blom-Hertbeek (deLAT) 100m 23.07.48
- 18 14 Martin Fisher (Redcar) 100m 23.09.03
- 19 15 Chris Flint (Lon Vid) 100m 23.14.05
- 20 16 Adrie Zoon (RWV) 100m 23.17.55
- 21 17 * Steve Kemp (Unatt) 100m 23.21.20
- 22 18 * Andrew Trigg (Leicester) 100m 23.21.41
- 23 19 * Jan Asselberghs (OLAT) 100m 23.23.29
- 24 20 Hedwig Vandenputte (RWV) 100m 23.34.22

25 21 Willy Vermeulen (RWV) 100m 23.38.16
 26 22 * Michael Sutton (Ilford AC) 100m 23.45.18
 27 23 Marcel Dekker (SV de LAT) 100m 23.47.53
 28 24 Oliver Browne (Ilford) 100m 23.49.31



The Winner finishes - Sandra Brown

29 L5 Jackie Cox (Loughton) 94m 23.48.57
 30 25 Robert Frielink (RWV) 92m 21.00.34
 31 L6 Hazel Fairhurst (Lancashire) 84m 20.16.35
 32 L7 Serena Queeney (Enfield) 76m 19.26.21
 33 26 Kenneth Watts (Lon Vid) 76m 20.18.42
 34 27 Coert Peeters (SVdeLAT) 74m 17.44.30
 35 28 David Williams (LDWA) 100km 16.33.48
 36 29 Robert Barclay (LDWA) 100km 18.11.19
 37 30 Don Cox (Enfield & H AC) 54m 12.46.00
 38 31 Robert Watts (Lon Vid) 54m 14.13.29
 39 32 Andrew Wilmot (Halstead RR) 52m 12.06.57
 40 L8 Sue Clements (Enfield) 50m 11.46.20
 41 33 Klaas Bakker (OLAT) 50m 12.14.55
 42 34 Adrian Snook (March AC) 50m 12.32.22
 43 35 Iain Thomson (Bank of England) 50m 13.20.21
 44 36 Robert Parmenter (Halstead) 48m 11.42.50
 45 37 Paul Cole (Enfield) 46m 10.37.21
 46 38 Marcelino Sobczak (Unitas) 40m 7.38.22
 47 39 Paul King (Belgrave) 38m 8.26.48
 48 40 Sailish Shah (Lancashire) 38m 9.36.25
 49 41 Gary MacDonald (Ashford) 38m 9.46.56
 50 42 John Borgars (Loughton) 34m 7.26.20
 51 43 David Evans (Lancashire) 34m 7.30.08
 52 44 Patrick Neining (Unatt.) 34m 9.02.19
 53 L9 Helen Starling (Redcar) 32m 7.35.14
 54 L10 Diana Braverman (E&H) 50km 6.35.31
 55 L11 Patricia Evans (Lancs) 50km 6.36.39
 56 45 Mick Graham (Belgrave) 50km 6.44.34

57 L12 Sarah Lightman (Leic) 50km 6.48.38
 58 46 Roy Gunnett (Lancs) 50km 7.02.32
 59 L13 Kathy Crilley (Surrey) 50km 7.10.54
 60 47 Dave Hoben (Surrey WC) 50km 7.14.28
 61 48 John Harvey (Newmkt) 50km 7.45.32
 62 L14 Jennie Grimwod (Nwmk) 50km 8.03.55
 63 49 Stephen Crane (Surrey) 24m 4.42.54
 64 50 Robert Gutteridge (Yeovil) 24m 5.31.35
 65 51 Ties van der Berg (deLAT) 22m 4.26.06
 66 52 Vince Starling (Redcar) 22m 4.26.58
 67 53 Peter Stanley (Astley Club) 22m 6.48.48
 68 54 Ian Richards (Steyning AC) 20m 3.29.54
 69 55 Malcolm Brown (Enfield) 20m 4.42.04
 70 56 Sean Pender (Enfield) 18m 4.21.53
 71 57 Hans v.d. Knaap (RWV) 16m 3.24.08
 72 58 Arthur Thomson (Enfield) 6m 1.12.26

Moulton Open 5 miles

1 Trevor Jones Steyning AC 42:49
 2 Peter Ryan Ilford AC 44:00
 3 Alan Ellam Enfield & Haringey AC 46:14
 4 Declan Murphy National Hunt Jockey 47:33
 5 Arthur Thomson Enfield 47:35
 6 Helen Middleton * Enfield 48:01
 7 Andrew Cox Hillingdon AC 49:30
 8 Mike Hinton Ilford AC 50:21
 9 Rebecca Collins * M&M AC 50:48
 10 Stephen Sargent Lancashire WC 51:01
 11 Seán Pender Enfield & Haringey AC 51:21
 12 Dave Sharpe Ilford AC 52:09
 13 Steve Allen Ilford AC 52:11
 14 Michael Harran Surrey WC 52:19
 15 Les Scrivens Worcester AC 52:32
 16 Peter Crane Surrey WC 53:17
 17 Fiona Bishop * Aldershot F&D AC 54:05
 18 Anne Belchambers * Steyning AC 54:28
 19 Jon May Enfield & Haringey AC 55:41
 20 Jo Miles * Hillingdon AC 56:42
 21 Sue Barnett * C&C AC 56:54
 22 Bernie Hercock Enfield 57:41
 23 Terry Braverman Enfield 58:07
 24 Liz Stocker * Unattached 58:09
 25 Sue Smith * Ryston R. 58:25
 26 Peter Howard Enfield & Haringey AC 58:59
 27 Mick Graham Belgrave H. 60:23
 28 David Hoben Surrey WC 60:48
 29 Vicky Brown * Surrey WC 62:07
 30 Bill Sutherland Highgate H. 62:22
 31 Robert Andrews Newmarket Journal 62:28
 32 Emilia Makowska * Hillingdon AC 63:01
 33 Ken Bobbett Hillingdon AC 63:03
 34 Alan O'Rawe Ilford AC 63:46
 35 Vanessa Burling * Unattached 63:49
 36 Peter Burling Unattached 64:13
 37 Marion Fawkes * Redcar R.WC 66:21
 38 Alan Flavell Enfield & Haringey AC 76:31
 39 Colin Nicholson Moulton 82:11
 40 John Marshall Worcester AC 90:58

Veterans International 3 Miles

- 1 Trevor Jones Steyning AC 24:50
 - 2 John Hall Belgrave H. 25:24
 - 3 Arthur Thomson Enfield 27:08
 - 4 Hans van der Knaap R.W.V. 27:17
 - 5 Andrew Cox Hillingdon AC 27:29
 - 6 Rod Dunn Enfield & Haringey AC 27:43
 - 7 Helen Middleton * Enfield 28:03
 - 8 Steve Allen Ilford AC 28:14
 - 9 Michael Harran Surrey WC 29:15
 - 10 Ian Statter Surrey WC 29:18
 - 11 Ken Bobbett Hillingdon AC 29:26
 - 12 Stephen Sargent Lancashire WC 29:35
 - 13 Peter Hannell Surrey WC 29:38
 - 14 Anne Belchambers * Steyning AC 30:18
 - 15 Fiona Bishop * Aldershot, FD.AC 30:25
 - 16 Peter Crane Surrey WC 31:49
 - 17 Sue Barnett * C&C AC 31:56
 - 18 Peter Howard Enfield & Haringey AC 32:01
 - 19 Jo Miles * Hillingdon AC 32:34
 - 20 Jon May Enfield & Haringey AC 32:35
 - 21 Mike Spragg Unattached 32:41
 - 22 Brian Strutt Enfield & Haringey AC 32:50
 - 23 Terry Braverman Enfield 33:19
 - 24 Alan O'Rawe Ilford AC 33:22
 - 25 Bernie Hercok Enfield 33:32
 - 26 Françoise Fernandez * Loughton AC 33:58
 - 27 Doug Fotheringham Belgrave H. 34:05
 - 28 Mick Graham Belgrave H. 35:23
 - 29 Bee Chapman * W.Jarvis 35:34
 - 30 Eric Horwill Dudley & Stourbridge H. 35:41
 - 31 Marion Fawkes * Redcar R.WC 36:21
 - 32 Anne Scriven * Moulton/Astley C. 38:33
 - 33 C.A.Matthews Unattached 39:08
 - 34 Dave Ainsworth Ilford AC 39:54
 - 35 Ken Livermore Enfield 40:30
 - 36 Alan Flavell Enfield & Haringey AC 42:08
- * Lady Competitor

Newmarket Report from Surrey WC

Following the much publicised and successful attempt by Richard Dunwoody to emulate Captain Barclays 1000 miles in 1000 hours challenge, Newmarket racecourse saw the bicentenary celebrations extended to a number of other race walking events. These events covered a complete range of distances and involved a good number of the race walking fraternity including many Surrey Walking Club members. The major race was the 100 miles race, which included the National Long Distance Championship, and the first two home were SWC's Browns with Sandra first woman and first home in a sub 20 hour clocking and age group best followed by husband, Richard, 15 minutes later. These performances were made all the more remarkable by the 7 hours of heavy rain during the night section of the 24 hours from 3pm Saturday to

Sunday which caused a number of the starters to retire. The course was far from easy with a long slope and many corners on each 2 mile lap however this downside was compensated by the scenic and peaceful racecourse environment.

A 50 kilometre event was also started with the 100 miles and the competitors faced light showers and wind but avoided the worst of the rain. Sunday morning showed a great improvement with only a slight breeze and sunshine as Sandra and the rest of the 100 mile field completed from 11am onwards and two considerably shorter events took place – International Veterans 3 miles and a senior 5 miles with some doing both including some who had completed 50km the previous evening. The last event, the 5 miles, took place from 2 to 3pm which was the last hour of the 100 miles. Altogether the Barclay Walks provided a most enjoyable celebration of race walking topped of course by Sandra's excellent win.

21st June 2009

Horwich Carnival /BMAF 5k Champs Horwich, Lancashire

There was a traditional carnival atmosphere in Horwich, as this small town in Lancashire has been growing this festival for several years into a major sporting weekend. A town centre route consisting of a large triangular lap was barricaded off to all traffic for the series of races taking place.



First off were the cycle races, with speeds of up to 60 miles per hour reached down the High Street by the large pack. The BMAF 5k Running Championships started one minute before the walk. The walkers then set off at a quick pace, encouraged by friendly spectators and the local radio station who had a roadshow. Fast walkers soon caught slow runners on the three lap course, which made

things very interesting. After the race, the first three in each category were awarded an engraved pint glass. Some children who had been watching asked for a quick lesson on how to race walk, just before the carnival parade began. Awards were made in the leisure centre afterwards.

5km Men

- 1 Mark Williams M40 Tam 24:19
- 2 Mark Wall M50 Leic WC 26:52
- 3 John Constandinou M35 Bir 27:45
- 4 Greg Smith M55 Lancs WC 28:59
- 5 Sean McMullin M60 WORLD IRL 29:12
- 6 Dave Crompton M45 Lancs WC 29:16
- 7 Adrian Edwards M45 Lancs WC 30:04
- 8 Joe Hardy M65 Lancs WC 30:36
- 9 Stephen Sargent M60 Lancs WC 30:37
- 10 Roy Gunnett M60 Lancs WC 31:43
- 11 Sailash Shah M40 Lancs WC 32:42
- 12 James Munn M75 Lancs WC 34:00
- 13 John Payn M75 Lancs WC 34:01
- 14 Stephen Walker M50 Lancs WC 34:06
- 15 Eric Horwill M75 D&S 36:18
- 16 Edwin Grocok M80 Sheff 37:05

5km Women

- 1 Ann Wheeler W50 Nun 28:59
- 2 Hazel Fairhurst W40 Lancs WC 30:02
- 3 Fiona Bishop W50 AFD 31:00
- 4 Karen Davies W45 Bir 33:10
- 5 Sue Rey W50 Leic WC 35:01

23rd June 2009

Battersea Park, London

Veterans AC 5 mile Championships

Report by Surrey WC

The usual pleasant evening awaited the 20-odd starters in the age-group Championship edition of the Veterans AC League although the high temperature increased the effort required. Surrey Walking Club members filled half the field with Sandra Brown (W60) and John May(M75) winning gold and guest Mick Harran was the first M70. Positions 2 to 19 were all competitive with gaps from zero to about a minute and Sandra's second lady overall and first SWC, was only 36 seconds behind the first lady(W45) after a hard battle. Chris Flint and David Hoben were a little slower than usual having, only two



days previously, competed in the Isle of Man's 85 mile parish walks where Chris was 24th and David was forced to stop but having a creditable 62 miles under his belt.

- 1 Nick Silvester(AFD)(G) 54 1 40:47
- 2 Peter Ryan(If) 55 1 42:40
- 3 John Hall(Bel) 60 1 43:14
- 4 Diane Bradley(Ton) W45 1 44:46
- 5 Sandra Brown(SWC) W60 1 45:22
- 6 Ian Richards(Stey) 61 1 46:24
- 7 Richard Brown(SWC) 62 2 47:35
- 8 Helen Middleton(Enf) W46 2 48:13
- 9 Mike Scammell(Bel) 54 2 48:16
- 10 Mike Hinton(If) 68 1 49:32
- 11 Paul King(Bel) 58 2 49:50
- 12 Maureen Noel(Bel) W45 3 49:52
- 13 Mike Harran(SWC)(G) 71 51:39
- 14 Fiona Bishop(AFD) W50 1 51:39
- 15 Gary McDonald(VAC) 51 3 51:46
- 16 Peter Crane(SWC) 67 2 53:16
- 17 Chris Flint(L Vid) 64 3 54:57
- 18 Bernie Hercock(E&H) 72 1 58:19
- 19 David Hoben(SWC) 56 3 59:27
- 20 John May(L Vid) 78 1 62:21
- 21 Bill Sutherland(High) 64 64:00
- DNF (2 laps) Jack FitzGerald(S&D) 85

June 28th 2009 - Osmond Priaux, Guernsey

"Yorkshire Guernsey" Championship 6

Jason and Jayne Le Noury extended their leads in their respective "Yorkshire Guernsey" Championship when winning in the 6th walk of the series. Jason finished 19 seconds ahead of second man home Stuart Le Noury, with Phil Lockwood back in third place. Back in 5th and 6th place, Dave Dorey and Mick Le Sauvage, both finished around a minute quicker than the last 2 kilometres walk held at the start of the year.

In the Womens Championship, Carol Bates had a fine race to finish only twenty seconds behind winner Jayne Le Noury, with Rose Druckes not far behind in third place.

2,000 metres track walk

- 1 Jason Le Noury U23M Sarnia 9:10
- 2 Stuart Le Noury SM Sarnia 9:29
- 3 Phil Lockwood M35 Sarnia 9:51
- 4 Kevin Le Noury M50 Sarnia 12:02
- 5 Dave Dorey M60 Sarnia 12:22
- 6 Mick Le Sauvage M65 Sarnia 12:24
- 7 Jayne Le Noury W45 Sarnia 13:34
- 8 John Dedman M35 Sarnia 13:35
- 9 Carol Bates W55 Sarnia 13:54
- 10 Rose Druckes W65 Sarnia 14:09
- 11 Karen Sheppard W40 Sarnia 14:48

13th July 2009
Hemel Hempstead
Southern Veterans Track & Field League

Conditions were sunny but surprisingly blustery. Ilford's Peter Ryan got his walking career "back on track" as it was his first appearance on one since 2001. Peter was rewarded with victory as the overall race leader was competing in guest capacity. Good to see 18 on a start line for a track race!

2,000 Metres

- 1 Mark Easton SWC (Guest) 9.09
- 2 Peter Ryan Ilford 10.07
- 3 Steve Allen Barnet 11.08
- 4 Helen Middleton(L) E & H 11.15
- 5 Costa Michael Barnet 11.43
- 6 John Borgars Herts Phoenix 12.39
- 7 Lyn Jones(L) Trent Park Trotters 12.52
- 8 Jack Singer Trent Park Trotters 13.15
- 9 Jackie Simmons(L) Herts Phoenix 13.24
- 10 Dave Ainsworth Ilford 13.32
- 11 Steve Clayton Trent Park Trotters 13.33
- 12 M.Carrier(L) Herts Phoenix 13.40
- 13 V.Pritchard(L) Dacorum & Tring 13.40
- 14 Christie Prescott Trent Park Trotters 13.46
- 15 B.Harvey(L) Barnet 13.52
- 16 Bernie Hercock E & H 14.00
- 17 Ken Livermore E & H 15.42
- 18 H.Ewings(L) Barnet 17.25

21st-24th July 2009
Nijmegen, HOLLAND
Vierdaagse Four Day March

The 93rd Vierdaagse saw 40,645 walkers marching across Eastern Holland for four days attempting to earn the 'Four Day Cross'. Day three takes the walkers over hills (Holland is not entirely flat) while day 4 crosses a major river on a pontoon bridge constructed by the army just for the day. Chris Bolton returned this year to complete the walk again, many decades after first completing it.

Four Days Walking

- David Hoben M55 Surrey WC 50k x 4
 Chris Flint M60 London Vidarians 50k x 4
 Chris Bolton M70 Lancashire WC 50k x 4
 Sarah Lightman W35 Leicester WC 50k x 4
 Kathy Crilley W60 Surrey WC 50k x 4
 Shaun Lightman M65 Surrey WC 40k x 4
 James M. Ireland M70 Lancashire WC 50k x 4
 Sarah Goldsmith W60 IOMVAC 30k x 2 (dnf)

28th July 2009
World OutGames
Østerbro Stadion , Copenhagen,
DENMARK

Mark Culshaw walked with an abductor partial tear which he picked up 2 weeks previously and was very pleased just to finish. He also won bronze for discus



5km

- 1 - 23.42.60 Stuart Kollmorgen 1969 Australia
- 2 - 28.46.99 Mark Culshaw 1966 UK
- 3 - 31.41.97 L. Blas Arellano 1965 Mexico
- 4 - 32.12.66 Deo Jaravata 1965 USA
- 5 - 34.36.97 Sergio Tapia Armas 1962 Mexico
- 6 - 35.50.88 Juergen Mueller 1973 Belgium
- 7 - 35.51.20 Reinhold Weicker 1945 Germany
- 8 - 36.04.00 Patrick Hart 1940 USA
- 9 - 40.18.56 Roman Vitek 1976 Czech
- 10 - 42.59.17 John King 1937 USA
- 11 - 43.03.15 Russell Reish 1938 USA
- 12 - 44.19.84 Russell Vandyk 1954 UK
- 13 - 46.04.76 Nuri Aguilera 1958 Mexico

1st August 2009
Race Walking Association (Southern Area)
Senior Men's & Women's 20k Road
Championships
Basildon, Essex

Gary MacDonald walked unofficially after arriving late, not finding out that the start time had been brought forwards half an hour. Severe traffic problems meant that two other walkers also did not make the earlier start.

Senior Men 20k

- 1 Trevor Jones Steyning AC 1:48:34
- 2 Stephen Crane Surrey WC 1:57:06
- 3 Steven Uttley Ilford AC 2:03:09
- 4 Steve Allen Ilford AC 2:06:52
- 5 Michael Harran Surrey WC 2:09:51
- 6 Christopher Flint London Vidarians 2:10:27
- 7 Pater Hannell Surrey WC 2:12:27
- 8 Peter Crane Surrey WC 2:13:24
- (9th) Robert Dobson Ilford AC 2:14:19 (Guest)
- 9 Shaun Lightman Surrey WC 2:17:12
- 10 John Borgars Loughton AC 2:23:24
- 11 David Sharpe Ilford AC 2:35:32
- (Unofficial) Gary MacDonald Ashford AC 2:15:25

Team

- 1 Surrey WC (S. Crane, Harran & Hannell) 46
- 2 Ilford AC (S. Uttley, S. Allen & D. Sharpe) 42



Senior Women 20k

- 1 Catherine Duhig Loughton AC 2:14:45
- 2 Anne Belchambers Steyning AC 2:17:41
- 3 Susan Smith Ryston Runners AC 2:36:30

August 2nd 2009, Rocquaine Bay, Guernsey Sarnia Walking Club Rocquaine Regatta Handicap walk for the Piette Trophy

Newcomer Dean Machon held off Phil Lockwood by 26 seconds to take the victory in the Piette Trophy handicap walk held along the coast road at Rocquaine Bay in conjunction with the Rocquaine Regatta. John Dedman took third spot 17 seconds later. Last years winner Jason Le Noury improved on his time of last year by over a minute to finish with an actual time of 30:18, but had to be satisfied with fourth place. Carl Thomson had the fastest time of the day as he went under 30 minutes with a 29.29 clocking, crossing the line in sixth place. Evergreen walker Mick Le Sauvage, having recently reached his 70th birthday, finished back in 9th place and will soon reach the significant milestone of 50 years since his first race walk back in the Church to Church Walk back in 1959.

3.8 miles

(Watch time / Actual time)

- 1 Dean Machon SM 46.18 / 38.48
- 2 Phil Lockwood M35 46.54 / 31.24
- 3 John Dedman M35 47.11 / 39.41
- 4 Jason Le Noury SM 47.48 / 30.18
- 5 Stuart Le Noury SM 47.51 / 31.51
- 6 Carl Thomson M40 47.59 / 29.29
- 7 Rose Drückes W65 48.02 / 44.32
- 7 Kevin Le Noury M50 48.02 / 39.32
- 9 Mick Le Sauvage M70 48.22 / 40.52

Sarnia WC: Willow Trust Guernsey - Licensed Fiduciaries One Hour Track Walk August 9th 2009, Osmond Priaux, Guernsey

Carl Thomson walked half a lap more than his winning distance of last year to claim first spot again with a distance of 12045 metres in the Willow Trust Guernsey One Hour Track walk. Second man home was Phil Lockwood in 10385 metres. Leading lady was Jayne Le Noury, walking half a lap further than second lady Rose Drückes. Third lady home, Kay Coulson, had the company of newcomer Jim Adamson, who was trying race walking for the first time for a lot of the race before she fell behind in the latter stages.

- 1 Carl Thomson M40 12045 metres
- 2 Phil Lockwood M35 10385 metres
- 3 Kevin Le Noury M50 8772 metres
- 4 Jayne Le Noury W45 8335 metres
- 5 Rose Drückes W65 8104 metres
- 6 Jim Adamson M 7887 metres
- 7 Kay Coulson W40 7579 metres

16 August 2009, Solihull, West Midlands British Masters Inter-Area T&F Match

Men 2000m

- 1 Mark Williams M40 Tam 9:13.5
- 2 Nick Silvester M50 AFD 9:29.2
- 3 Peter Hannell M65 Sy WC 10:10.9
- 4 Gary MacDonald M50 Ashf 11:59.5
- 5 Norbert Will M60 NIVets 12:55.0
- 6 John Crahan M60 B'burn 13:33.4
- 7 Howard Brown M60 WMAA 14:00.9
- 8 Eric Horwill M75 D&S 14:03.8
- 9 Alan Mann M50 WMAA 15:02.8
- 10 Ricky Fox M35 WMAA 15:56.5
- 11 Mike May M35 Vets 18:28.2

Women 2000m

- 1 Verity Snook W35 AFD 10:01.1
- 2 Ann Wheeler W50 Nun 10:54.9
- 3 Julie Bellfield W40 Hale 12:16.4
- 4 Ann Lewis W60 AFD 12:56.5
- 5 Loretta Davy W35 WMAA 13:31.2
- 6 Sue Rey W50 Leic WC 14:00.6
- 7 Rosemary Hutton W50 SWVAC 14:09.9
- 8 Helen Middleton W45 E&H 15:07.9
- 9 Cathryn Edge W55 W Ches 15:56.6

22nd August 2009

Science Park, Warwick University, Coventry

MCAA/MARW Midland 30km Championship (Men) including BMAF 30km Championship (Men/Women)

- 1 Paul Evenett Redcar 2.46.21 (M40 1st)

2 Steve Arnold Nuneaton 3.03.00 (M45 1st)
 3 Chris Berwick Leicester 3.08.12 (M60 1st)
 4 John Paddick Redcar 3.21.24 (M65 1st)
 5 Mark Byrne Redcar RWC 3.24.22 (M45 2nd)
 6 Dave Jones Redcar 3.27.02 (M60 2nd)
 7 Tony Collins Birchfield 3.28.30 (M65 2nd)
 8 Sean Pender Enfield & H 3.33.07 (M55 1st)
 9 Steve Allen Barnet & Dist. 3.34.52 (M50 1st)
 10 John Constandinou Birchfield 3.34.53 (M35)
 11 Gary McDonald Surrey WC 3.36.30 (M50 2nd)
 12 Colin Vesty Leicester WC 3.39.46 (M40 2nd)
 13 John Payn Lancashire 3.48.11 (M75 1st)
 14 Eric Horwill D.A.S.H. 3.59.18 (M75 2nd)
 15 Vincent Starling Redcar 4.03.29 (M40 3rd)
 16 Julian Barnett Birchfield 4.06.57 (M40 4th)
 17 Will Norbet N.I. MAA 4.11.01 (M70 1st)
 DQ Dave Fall (M60)
 DQ Mark Wall (M50)

Midland Teams - Tintern Trophy

1 Birchfield Harriers - 286 pts (Collins, Constandinou, Barnett)
 2 Leicester WC - 193pts (Berwick, Vesty)

BMAF Team Results (Men)

1 Redcar RWC - 9:30:07 (Evenett, Paddick, Byrne)
 2 Birchfield Harriers - 11:10:20 (Collins, Constandinou, Barnett)

Midland Championships

Individual Men - Cavendish Trophy

1 Steve Arnold - Nuneaton Harriers
 2 Chris Berwick - Leicester WC
 3 Tony Collins - Birchfield Harriers

Womens BMAF 30km Championships

1 Maureen Noel Belgrave H. 3.25.10 (W45)
 2 Fiona Bishop Woking A.C. 3.40.24 (W50)
 3 Helen Starling Redcar RWC 3.50.11 (W45)
 4 Karen Davies Birchfield 3.55.06 (W45)

MCAA/MARW Midland 10k Championships

1 Fiona McGorum Leicester WC 56.46 (Keith Tonks Trophy)
 2 Ann Wheeler Nuneaton Harriers 63.18
 3 Julie Bellfield Halesowen A.C. 66.32
 4 Sue Rey Leicester WC 74.52
 5 Judy Howard Abingdon Amblers 78.32 (Guest)

Teams - Abbey Shield.

1st Leicester WC - 196pts (McGorum, Rey)

Midland Championships

Individual Women – Keith Tonks Trophy

1 Fiona McGorum Leicester WC
 2 Ann Wheeler Nuneaton Harriers
 3 Julie Bellfield Halesowen A.C

200 Club

Recent winners:

July, 2009

£25 - P. Wilson;
 £10 - T. Perkins;
 £10 - Redcar R.W.C.

Details:

The 200 Club is a monthly prize draw run solely for the benefit of the RWA, and is one of its most important sources of funding. There are up to 200 members each with a unique number that is entered into a monthly prize draw.

Every month 3 numbers are drawn at random to win prizes of £25 - 1st prize, £10 - 2nd prize and £10 - 3rd prize. In June and December there is a bonus fourth prize of £50, depending on the number of members at the time.

The cost is £13 per number, or £12 if you agree to pay your subscription by standing order or to receive your renewal notifications by email.

The club is run by Bill Wright. Please send a cheque for £13 per number requested payable to RWA to the following address, including your name, address, how many numbers you require, and whether you wish to be paperless, along with your signature and the date.

Bill Wright (200 Club),
 212 Weddington Road,
 Nuneaton,
 CV10 0ER.

Letters

Dear John

Thank you for publishing my report on the very good European non-stadia Championships held in Aarhus at the end of May. In that report I omitted to highlight the excellent 10k win in the M65 age-group by Ron Penfold of Steyning. Ron is now a regular international medallist, posting some really good performances. I also omitted to mention Sue Rey's two W50 medals - silver in the 20k and bronze in the 10k, as well as John May's M75 bronzes in both the 10 and 30k races. It was a very successful championship for the GB walkers and we very much enjoyed the company of our compatriots in the running races, as well as the camaraderie with people from many countries, in a lovely setting with super weather.

Yours in sport

John Hall

Dammit, JC,

I was settled at the laptop trying to get started on some stuff for school that I don't want to do but must get done before I go away for August, when the post arrived. A WHOLE HOUR LATER I am just back at the screen. Curses, you've made it all too interesting!!!

Well done. I might even consider taking up the sport again myself one of these days.

Cath (Duhig)

Hi John

I read with interest your article in the July edition of RWR regarding drugs. I am asthmatic and take the usual inhalers, which control it very well. I've always informed race officials prior to an event of my condition, which I was advised was the

correct procedure - I assume in case I collapse in a wheezing heap part way round a course (for reasons other than simply pure exhaustion!).

But the piece made me wonder whether in fact I should be doing more; I'm thinking in particular of any need to inform a "higher authority" of the drugs I take. I'm not competing at the top level (and I'm unlikely to be "drugs tested" at the events I attend!), but having said that I would not wish to infringe any regulations especially in such a sensitive area of sport.

Regards

Name withheld

Dear Masters Athletes

You may or may not be aware that an incredulous decision was reached at the IAAF Congress in Berlin on 12th August, which has been misreported. I would therefore wish to clarify this before going on to outline what will actually happen.

The proposals to amend the IAAF Rules of Competition as approved on 12th August 2009 and EFFECTIVE 1st November 2009 are as follows, regards Masters Age Groups:

Rule 141 - Age Groups. As amended - Master Men and Women: Any athlete who has reached his/her 35th birthday /for stadia events and 40th birthday for out of stadia events.

The BMAF Executive have a meeting with UKA on 10th September - this matter will be on the Agenda.

However, I have been in contact with both Stan Perkins, President of WMA and Dieter Massin President of EVAA for clarification. Stan has replied as follows:

"I can advise that we do not intend to change our age groups. You will recall that previous to the decision to reduce

the men's age to 35 we had conducted events for 'pre-veterans', therefore the new situation is not dis-similar and we have grounds to continue as usual."

Therefore please be assured, that until you hear from me to the contrary, NOTHING HAS CHANGED.

This proposal does not, in theory, become effective until 1/11/09 anyway and there are ways of getting around it, which both WMA and EVAA will be looking into.

Yet again we have the politicos interfering, those who are more interested in their vested interests than the general benefit of Athletics as a whole - taking a lot out but putting very little back. So nothing has changed then, apart from trying to make our National and International Championships unworkable. Unfortunately for them, they have chosen the wrong fight.

WATCH THIS SPACE.

Maurice Doogan

Hello

In the Race Walking Record, it was reported that Castle Point AC has been wound up due to money difficulties.

This is not the case. Agreed the club has been wound up, however this was due to a lack of funding, support and interest from the local authority, not the club itself. This resulted in UK Athletics not renewing the licence.

The lack of members and officials was down to the track being deemed un-licensed.

Kind regards

In the next issue...

New writer reporting from Berlin, Nutrition, Technique, Drugs, Results, Reports, News, Photos...And anything I have missed out of this issue. **DON'T MISS IT! OUT IN SEPTEMBER** (Expect it around the 26th.)

George E Beecham Esq MBE
Belgrave Harriers
(Ex Chairman and coach of Castle Point AC)

Dear Athletes, Coaches, Administrators,

Please find attached notes and an application form for the UK Athletics Futures Training Group. This is a programme for junior athletes based at The UKA National Centre for Race Walking here at Carnegie.

Written or electronic applications will be accepted.

-Deadline for applications: Monday 21st September 2009.

-Initial training camp dates: 3rd-4th October, 7th-8th November, and 19th-20th December.

-The Futures Training Group offers a programme of support worth in excess of £1250* per athlete, with an athlete contribution of £200 per year (* accommodation, food, athletics (race walk) coaching, physiotherapist led injury prevention sessions, strength & conditioning coaching, physiology support, biomechanical analysis, education workshops (e.g. sport psychology, nutrition, lifestyle management)).

Drop me an e-mail if you have any questions.

Best wishes,
Andi Drake - A.Drake@leedsmet.ac.uk

Full details and an application form are available online at:

<http://www.racewalkuk.com/documents>

Fixtures

September 2009

- 1st 1k/3k Steyning Summer Handicap League 5 Steyning, Sussex (B)
- 1st 5000m Woodford Tuesday Walks (6:30pm) Woodford Green, London
- 3rd 5000m McCain UK Race Walking Challenge Final, Leeds
- 4th 3k Sarnia WC Road Walk Vale, Guernsey (B)
- 4th 5 mile Coventry Godiva Autumnal 5 (6:45pm) Coventry War Memorial Park (B)
- 5th 2000m Midland Veterans League - FINAL (16:20 Women, 16:45 Men) Stafford (B)
- 5th 1k/2k/3k/10k Jim Sharlott/YAG/BMAF/RWA/UKA National 10k Championships Abbey Park, Leicester
- 6th 19.4 mile Church to Church Guernsey (B)
- 6th var SCVAC League Final Ashford, Kent
- 12th 1 hour/30/20/10 mins Southern Championships/Open/YAG Grand Prix, Dartford
- 13th 1 mile/2k EVAC League Final, Bedford
- 13th 20k/50k Swiss National Championships Yverdon-les-Bains, SWITZERLAND
- 15th var South Yorkshire League Millhouses Park, Sheffield
- 19th 3M/6M London Postal Walk Mount Pleasant, London (B)
- 19th 5k/20k R & Z Smith Memorial Simister, Lancashire (B)
- 19th var English Schools Championships Bedford
- 19th-20th 28 hour/24h relay – 56th Roubaix 28 Hours -Roubaix, FRANCE (B)
- 19th 20k/50k 3rd IAAF Race Walking Challenge Final Saransk, RUSSIA
- 20th 39.2 mile/var White & Healthy End to End Walk Isle of Man (B)
- 23rd 5k/10k Police / Civil Service AA Race Walk Championships Tally Ho, Birmingham (B)
- 26th var Inter-Area Match Doncaster, Yorkshire
- 27th - 6/10 var 6th Francophone Games Beirut, LEBANON

October 2009

- 3rd 200k/24 hour 24 heures de Vallorbe Vallorbe, SWITZERLAND (B)
- 4th 4 mile/var Surrey WC Gazette Cup Monks Hill (B)
- 4th 1k/2k/3k/5k/10k Claire Powell Walks Dudley, West Midlands
- 10th 10k Albert Rigby Memorial Macclesfield, Lancashire (B)
- 10th 5k Enfield League Lee Valley Stadium, London (B)
- 11th 1 hour Welbeck Hotel 1 hour Challenge NSC, Isle of Man (B)
- 11th 10k Yorkshire RWC Winter League Whitcliffe Mount Sports Centre, Cleckheaton (B)
- 11th 1k/2k/3k/5k/10k Midland Winter League 1 Nuneaton
- 13th 2k Chris Smith League postal (B)
- 13th var South Yorkshire League Millhouses Park, Sheffield
- 22nd 5k Ann Brough Handicap Race 2nd Leg NSC, Isle of Man
- 24th 10k/var Steyning Open Road Race Steyning, Sussex (B)
- 25th var HSBC Winter League 1 Douglas, Isle of Man
- 31st 5k/AGM Lancashire WC Open Walk & AGM Simister, Lancashire (B)

November 2009

- 1st 10k Yorkshire RWC Winter League Redcar C.C. (B)
- 1st Half marathon Syd Quirk Memorial Castletown, Isle of Man
- 1st Seminar UK/RWA Judges/Officials Seminar. Alexander Stadium, Birmingham
- 7th 7 mile/var Surrey WC Addington Vase Monks Hill (B)
- 7th 1k/2k/3k/5k/10k Midland Winter League 2 Perry Park, Birmingham
- 14th 7 mile 83rd Enfield Open/Enfield League Lee Valley Stadium, London (B)
- 17th 2k Chris Smith League postal (B)
- 22nd var Yorkshire RWC Winter League South Bank Club, York (B)

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