

RACE WALKING RECORD

Issue 796
September 2009
£2.50

ISSN 1351-833X



9 771351 833005

Russians Dominate in Berlin



**Big PB for Scott
in Switzerland**

FRONT COVER: Kirdyapkin races through the Brandenburg Gate on his way to becoming 50k World Champion. **PHOTO:** by Jeff Salvage **ALSO:** Scott Davis makes a huge breakthrough in Switzerland.

Editorial

People all over the world love race walking. It started here, and now reaches into every continent. I often find myself in contact with people in far-off exotic locations.

I've just recently returned from racing in Switzerland and France. Faces become familiar from race to race abroad, and people eventually introduce themselves and over time become friends. Many readers have told me how they have made long-term friends at overseas events. Several people at the Swiss event turned up six days later at the French event 500 miles away, and supported each other just because they had that one common link. Race Walking is treated slightly differently within each country, but walkers have a huge respect for each other whether they are Olympians or just fitness walkers.

UK walkers race abroad in many countries each year, and welcome overseas walkers to events here. This magazine is now sent to readers in twenty different countries, and growing... People queuing behind me at the post office each month really hate me, as I have so many international magazines to send, one-by-one!

On my holiday I found the source of the River Danube and ceremoniously set one of my old trainers floating down it. An hour later, the other one was set floating down the River Rhine. (*Please don't litter!*) You can't just throw away something that has brought you so much enjoyment! Am I crazy? Aren't all race walkers...

Magazine info

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

Issue: 796 - September 2009. **Subscriptions:** UK £30, International £40, PDF by email £20. **Advertisements:** Full page £40, Half page £20. **Club advertisements:** Full page £20, Half page £10. **Editor:** John Constandinou, 60 Claverdon Drive, Birmingham B43 5HP. **Website:** www.racewalkingrecord.net **Contributors:** John Constandinou, Jeff Salvage, Phil Howell, Andi Drake, Dave Ainsworth, Peter Marlow, Rob Elliott, Eric Horwill, Karen Davies, Mark Culshaw. **Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net**

Contents

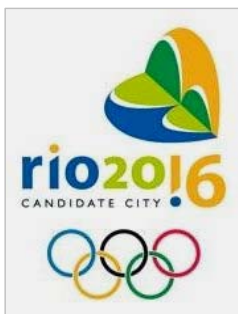
- 2 - Editorial/Magazine info
- 3 - News
- 5 - Announcements

- 8 - Features / Berlin Report
- 11 - Technique: Hands
- 13 - Drugs: / Results and Reports
- 18 - UK Challenge
- 25 - 200 Club / Letters
- 27 - Fixtures

News

2016 Olympics – its Rio, Brazil!

In a surprise decision, the International Olympic Committee has awarded the 2016 Olympic Games to Brazil.



Chicago, USA had been the favourite leading up to decision day, with Tokyo, and Madrid also in the running. President Obama of the USA personally made the case for his

country and home town, but President Lula of Brazil also appeared and won through on the day. The USA has had the Games many times, whilst this will be the first time the Games reach South America.

The race walks are likely to be held at the beautiful setting of the Copacabana, where the race walks of the Pan-American Games were also recently held.

The decision is also seen as boosting the chances of South Africa receiving the Games in 2020, as Africa also has not yet hosted them.

Scott Davis Impresses in Switzerland

The Swiss National 50k took place in Yverdon along the shores of Lake Neuchatel, and five-time National 50k Champion Scott Davis flew out with his coach Dave Kates to make his breakthrough performance.

He took a massive nine minutes off his PB to take second place in a time of 4:20:21, moving him up to 44th on the UK all-time list.

Scott expects to further improve his times, as during the race he recorded faster splits for every consecutive 10k. He was also cautious in the early stages due to potential stomach problems.

A time of under 4:20 would have seen him qualify for previous Commonwealth Games. The time is also seen as the cut-off for competitors participating in the Olympics and World Championships.

MP's and Walking

MP Dennis Skinner (Bolsover) last month pointed out how low his expenses were. But the MP with the lowest expenses out of all 646 of them is apparently a member of Surrey Walking Club - Philip Hollobone MP (Kettering). Philip appears on the all-time list of appearances at the Blackheath 9K races. He is also mentioned in SWC's Centenary Handbook, which came out a few years ago.

Dunwoody Doesn't

Richard Dunwoody was the second celebrity to leave the BBC show Strictly Come Dancing, when his dancing didn't impress the judges.

After successfully recreating Captain Barclays 1000 miles in 1000 hours walk, Richard Dunwoody was asked to appear on the show, and was

seen as a popular choice after being partnered with Lilia Kopylova.

He told the judges that he "*spent the first two weeks learning to walk*" but made no excuses for looking a bit stiff, despite having completed his epic 42 day continuous walk just eight weeks before

Race walker is a National Hero

After winning 100 consecutive races, race walker Rudolph Mitchell of Guyana was honoured at a special appreciation ceremony by his country. A special motor cavalcade then paraded him to a second ceremony to honour him. Major Guyanan VIP's were in attendance.

Guyana is a small country in South America, where English is the official language.

Rudolph has been gaining international media exposure for his exploits, often races barefoot, and has gained fans in countries as far away as France.



Rudolph will be race walking in Barbados in December, and hopes to qualify for London 2012.

Major Gathering of International Walking Judges in the UK

Race Walking judges representing twenty two Member Federations of the European Athletic Association assembled at the Carnegie campus of Leeds Metropolitan University, Leeds, UK, to take part in an IAAF Race

Walking Judges Education Certification, RWJECS, Level II course from 9th to 13th September.

Altogether, thirty five officials took part in what was a combined RWJECS Level II course and European Athletics Race Walking Judges Evaluation Seminar. The joint activity served to refresh existing Area Race Walk Judges, who attended just the last two days of evaluation, as well as developing new RWJECS Level II judges for Europe.

The course and seminar was conducted by the European Athletics Association, EAA, and hosted by Leeds Metropolitan University and UK Athletics. Leeds was identified as an ideal venue since it has recently been recognised as the 'UK National Race Walking Centre' - a joint partnership between Leeds Met and UK Athletics to develop a national and international centre of race walking excellence.

The attending judges had the opportunity to learn from informative and enjoyable sessions with two of the IAAF's most experienced judges: Peter Marlow (GBR), chair of the EAA Race Walking Committee, and Luis Saladie (ESP). Both lecturers are members of the IAAF Race Walking Committee and shared their considerable European and International knowledge and experience with the new and existing judges.

During the course, the race walking judges also undertook some sessions delivered by the faculty of

Leeds Met. Most memorably, Brian Hanley de-mystified the science of biomechanics to illustrate how research can help both the judging and coaching of Race Walking.

The judges have now completed their respective course and evaluations and will be shortly informed of their results by the EAA.

In addition to Marlow, who was the Chief Judge at the past two Olympic Games, Britain currently has two serving members of the IAAF recognised Race Walking judges Panel in Steve Taylor (Manx Harriers) and Noel Carmody (Cambridge Harriers)

while Olive Dobson (Cardiff) and Catherine Telling (Bromsgrove & Redditch A.C.) undergoing the exams in the hope of being added to the level 2 panel.



Judges being judged at Leeds

Announcements

BMAF Dinner Dance

Wortley Hall, Sheffield
28th November

A new social event has been organised by British Masters Athletics, after being discussed for several years. There will be a posh dinner and disco. Partners, etc are invited. Accommodation is available for 90 although the maximum for the actual dinner dance is 105.

The cost of the Dinner Dance including the disco is £27 per person, and the accommodation is £42.00 sharing per person B&B and £54.00 single occupancy in a double/twin room in all rooms. First come first served, either by email or text. You will need to pay in full before the 24th October for either Dance or Dance and Accommodation.

Phil Bell. p.bell5@sky.com
Text or Phone: 07957861351

Open Days at Leeds Met

Racewalkers thinking of studying at Leeds Met University are invited to attend one of their Open Day Festivals.

There's a packed programme of events, with students and staff on hand throughout the day to answer any questions you may have. In addition to subject talks and campus tours, there's also the opportunity to visit accommodation.

Dates:
Saturday 24th and
Sunday 25th October 2009.

Andi Drake will be available to talk to prospective students on these dates - please advise him if you're planning on attending.

Well Hung

Ilford's Micky Sutton has appeared in society and portrait photographer Rankin's latest exhibition at London's Truman Brewery during August.

The exhibition was titled "Rankin Live" and saw the society photographer's results after photographing 1,000 members of the general public. Among them was a full frontal naked Micky Sutton, who recently became a Centurion.

Race Walker appointed to Irish Olympic Athletes Commission

The Olympic Council of Ireland has announced the members of its Athletes Commission for the period up to and including the 2012 Olympics in London. The Commission will comprise five Olympic athletes who have competed at either of the most recent summer and winter Olympic Games for Ireland, and will be chaired by race walker Jamie Costin.

Costin represented Ireland in last year's Olympics in Beijing. Nine days before the Olympics four years earlier in Athens Costin had been almost killed when a lorry driving up the wrong side of the road smashed into him, fracturing several bones and two vertebrae. There were fears he would never walk again.

Ainsworth and the London Olympics

Dave Ainsworth was recently lucky enough to attend a private organised tour of the London 2012 Olympic Park. The Olympic Delivery Authority run free tours for 30 persons at a time. The tour he joined was a party from the Havering

Fabian Society, and among those on board the coach was former walker of many clubs – John Perkins. The tour was fully booked, with a waiting list. An eye-catching blue and yellow Olympic Delivery Authority coach awaited the group. All boarding the coach had to provide identification. The tour comes with a Tour Guide who shows you around a huge building site which is now taking shape in a big way. You are asked to fill out a questionnaire and you also get a fascinating souvenir booklet, all for free.

To book, send for details to: The Olympic Delivery Authority, 1 Churchill Place, Canary Wharf, London. E14 5LN. The tours phone number is 0300-2012001. He suggests that perhaps Athletics Clubs, Societies, Organisations or friends might want to make up a party.

World Indoor Championships - Problem

The official hotel accommodation company for these Championships (being held in Kamloops, Canada in March) ceased trading on September 18th. Anyone who has booked with them needs to claim their money back. Reservations are being kept by the hotels.

1. If the trip was booked through a travel agent other than Exclusively Canada Ltd., ask them for assistance or to request a refund.
2. If you purchased travel services with a credit card, call or write to find out if the charges can be reversed.

3. If you have purchased insurance, contact the carrier to confirm the coverage.

If all of these options have been exhausted, you are eligible to claim under the Travel Assurance Fund (TAF). The TAF is a fund of last resort which offers compensation to consumers who have booked travel through a BC licensed travel agent but did not receive their travel services.

For more information on the Travel Assurance Fund resource page for consumers please visit the following site:

www.bpcpa.ca/index.php/component/content/257?task=view

The hotels have been notified of confirmed on-line bookings and rooms are still reserved. You will need to contact the hotel directly to secure payment for your stay immediately. By reconfirming your accommodation booking direct with your hotel property the room rates will be reduced as the third party has been eliminated.

Obituaries

It has been pointed out that Gary Hill whose obituary was printed in the last magazine was in fact Gary KING. Our condolences go to the family of Gary King.

Mrs. BARBARA CROFT R.I.P.
Died 3rd September.

With profound regret we inform you of the sad death of Barbara, mother of Grade One judge Michael. Barbara was

the widow of the late Arthur Croft, and as a team, they were behind organising that wonderful Basildon Festival of Race Walking that was such a long-established and highly successful Open Meeting in earlier times. Barbara also did the catering at many Basildon races, including the heyday of the tough Basildon 50K.

A regular attendee at meetings and functions, Barbara hardly ever missed a race in Basildon - indeed she was there on Saturday August 1st this year when the Southern Area/Essex 20k Championship was staged. Soon afterwards Barbara went into the local Basildon University Hospital for a seemingly routine operation. Sadly complications set in and Barbara was kept in for over 4 weeks, and was still a patient when she passed-on. Barbara resided in Laindon and had previously served as a Basildon Councillor for many years.

We express our condolence to Barbara and Heather Croft and all their other family members.

BOB PORTER Centurion 721 R.I.P.
Died 21st September

It is with great sadness that I have to inform you that Bob died after a long battle with cancer. Bob was a member of Metropolitan Walking Club. He qualified as a Centurion in Leicester W.C. 100 miles at Congerstone in 1982 in a time of 20 hours 24mins 05 secs. Bob was aged 67.

UK Athletics Race Walking Road Show

Sunday November 1st, 11:00 am - Alexander Stadium, Birmingham

Everyone who is interested in Race Walking is invited to attend the upcoming UKA road show.

A special invitation to potential new judges to join UKA's Fast Track System. If you are interested in becoming a judge, you could be on the International Panel in just three years, and find yourself at major events around the world!

Among items on the Agenda will be:

- The 2012 Olympics
- Update on the IAAF judging rules
- Have your say about the RWA 'B' rule
- UKA/RWA Championship events.
- De-mystifying the biomechanics of judging.
- Leeds - UK National Race Walking Centre.

Refreshments will be provided. Please advise if you are attending.

Peter Marlow: 0128 475 4177 pmarlow@btinternet.com

Features

12th World Championships in Athletics - Special Report from Berlin

Article and photos by Jeff Salvage

The 12th World Championships are a first for many reasons, especially for the race walks. Traditionally, championship track and field meets hold the event of race walking on a combination of the track and road. Completing one or two laps on the track in front of the fans in the stadium, the race walk then usually proceeds to a 2K loop and then returns to finish on the track. However, in Berlin the entire race was held on a 2K loop starting and finishing at the Brandenburg Gate. I have to say the Gate might make the most impressive race walking finish line to date. Sitting

atop, overseeing the event is Victoria, the Roman goddess of victory. In addition to the uncharacteristic course, the races start much later than usual.

The men's 20K race walk was the first event and as always proved to be a match of strength and strategy. Eric Tysse led a breakaway pack early, walking comfortably through 5K in a 20:00 pace. More of a 50K specialist, Tysse seemed to have the lead by default as no one seemed willing to push the pace early. Tysse stayed in the lead through 10K until a few in the main pack negative splitted and started racing. Australia's Adam Rutter took the lead, with Valery Borchin (undefeated this season) and China's Hao Wang content to pursue. Like

clockwork, by 15K Borchin and Wang stepped up to the front dropping splits of 19:29 and 19:12 for the last two 5K's respectively. It was too much for the early leaders to adjust to and they faded back as Mexico's Eder Sanchez walked up into third place. The race was over as the last lap began with Borchin cruising to a gold medal with a time of 1:18:41, followed by Wang in 1:19:06 and Sanchez in 1:19:50.



Loughnane of Ireland and Liu of China on their way to 2nd and 3rd places - Photo by Jeff Salvage

After a very conservative start to the Men's 20K race walk the day before, one wondered if Olga Kaniskina would repeat her statement of confidence from the Olympics and blast out alone. Would she take her teammates, all with a qualifying time in the 1:25's with her? Would the heat control people's enthusiasm? The latter proved true as Kaniskina was content to sit back in the lead back while Germany's Sabine Krantz and Norway's Kjersti Platzer took the center stage. A giant pack of 28 walkers were separated by no more

than 5 seconds through 5 kilometers. What a judging nightmare! While there was some jostling for position, for the most part Krantz and Platzer held the front while the favoured Kaniskina relaxed mid pack.

Between 5K and 10K the race started to take shape. After the pack cruised through the first 5K in 23:18, the pace quickened considerably. How many times have coaches said to go out conservatively and then pick it up? It clearly seems like that's what the pros do. Once the pace accelerated, the large pack scattered. Kaniskina took charge and started putting distance between her and the field. Platzer did all she could do to hold on, while everyone else jockeyed for position behind.

As the 2nd 5K matured, the pace dropped from 23:18 to an amazing 21:27. Seems like Kaniskina was reading from the same playbook as teammate Borchin. Very quickly it appeared Kaniskina's move would be checkmate, but what of the rest of the field? At first Platzer looked to have control over 2nd leaving Kirdyapkina of Russia and Vasco of Spain to battle for 3rd. That said, Olive Loughnane wasn't about to relinquish anything as she took control over what was left of the pack.

From 10K to 15K the race for the gold was over as Kaniskina continued with a 21:37 split. China's Hong Liu positioned herself in 2nd, but a patient Olive Loughnane started to work her way up after Maria Vasco dropped out of the race. Still in 4th for most of the way was

Kaniskina's teammate Anisya Kirdyapkina. In 5th and passing Platzer was Portugal's Vera Santos.

By 15K Loughnane was walking stride for stride with Liu in what would turn out to be the best race of the day. The battle for second continued as the two hammered hard in the scorching 86 degree heat.

The final 5K saw Kaniskina battle only herself as she clocked a 21:47 last 5K. While the strain was quite evident on her face, the joy of marching to her third major title in a row might have dulled the pain just a bit. Ireland's Olive Loughnane battled fiercely with China's Hong Liu for the 2nd and 3rd spot. Loughnane's head shook side to side with each stride, providing an almost violent air to her gait. Clearly, it was working as Liu took a back seat content to walk a stride behind.

- - - - -

Waking up to the sounds of thunder and then the pattering of rain was not the alarm competitors and those involved with the Men's 50K race walk wanted. Reminiscent of the Women's 20K walk in the Beijing Olympics it would be a long day if the weather continued to frown. Fortunately, by the beginning of the race, just a few refreshing sprinkles littered the course.

There are some axioms with regards to a world class 50K race walk. I've said many of them before and I will begin my coverage of this year's 50K with a few of them. First and foremost, if you ever have the opportunity to watch a world class 50K race walk, do so. It's simply amazing to watch so many talented former medal winners go at it for over 3

½ hours. Second, a 50K race doesn't start until 40K.

The previous two 20K's started with patience and led to two very exciting races. In contrast, the Men's race started with a bit of a blast from Yuki Yamazaki with only Australia's Luke Adams choosing to break from the back and head out early. An elite pack of former Olympic and World Championship medal winners following in hot pursuit.

Yamazaki controlled the pace through 5K, coming through in 22:11 with Adams a step or two behind. The rest of the lead pack (Nava Horacio, Jared Tallent, Trond Mymark, Yohan Diniz, Alex Schwazer, Sergey Kirdyapkin, and Denis Nizhegorodov) were 10 seconds back. By 10K the lead pack swallowed Yamazaki and Adams and formed a group of ten walkers separated by no more than two seconds. The leader became Adams (44:34 with a 22:23 second 5K) in lockstep with Nizhegorodov.

Two main packs formed, both full of contenders. So early in the race, it was impossible to predict whose strategy was the wisest. The weather was holding up and beside the slick surface was much better than racing in the midday heat as the women were subjected to. The pack hit 15K in 1:06:22, negative splitting the last 5K in 21:58. The faster pace shook the pack up leaving only Adams, Nizhegorodov, Kirdyapkin, Diniz, Yamazaki, and Tallent battling in the lead. The second pack also was shaken up with Horacio Nava and Trond Nymark a few seconds back

with a pack of six about 15 seconds behind them. From 20K to 25K things were shaken up a bit by a 21:43 split, putting Diniz in control of the lead pack, but his moment at the top wouldn't last long this time. Instead, the Australians asserted themselves with Adams and Tallent pulling away from the pack.



Kirdyapkin takes the win

As 50Ks goes, this one was shaping up true to form. As the walkers continued, they accelerated with Australia's Jared Tallent now taking the lead with a 21:28 split. The two looked impressive and started their move, hoping to break the wills of all those trailing. Meanwhile, very quietly Nymark and Garcia started moving up as overly ambitious walkers failed to hold the pace.

Tallent and Adams widened their lead to 23 seconds by 35K. For a while it looked like the Russians had no answer

with Nizhegorodov unable to match their pace. For Kirdyapkin, who won this race in Helsinki in 2005, effort was clearly visible contrasting the smooth and relaxed style of the Australians. Meanwhile, seemingly too far back to catch the leaders were Nymark and Garcia still gaining in rank.

The race really did begin around 40K. Shortly before, Nizhegorodov dropped out and the Australians slowed from a pace of 21:31 from 30K to 35K to 22:17 from 35K to 40K. 10K to go at the end of a 50K is indeed a very far way to walk in a deceleration mode. This was the blood in the water that Nymark needed as he continued to hammer at 21:43 pace, making up ground, place and time. While at 40K Tallent was still in the lead, his grasp seemed very loose. Instead Kirdyapkin was looking in championship form a scant 3 seconds back. Similarly, Nymark and Garcia looked equally "fresh" with Nymark only out of medal contention by 4 seconds.

The top two spots went to Sergey Kirdyapkin in 3:38:35 and Trond Nymark in 3:41:16. The surprise of the day was Jesus Angel Garcia who even surprised himself. Upon congratulating Nymark for a medal he was unaware that he had earned Bronze himself, 16 years after winning Gold in the same event. At 39, he was the oldest medallist of the Championships.

Jeff Salvage is the founder of Racewalk.com and author of several books on race walking.

Technique - Lowly Hands Can Lead the Way

By Phil Howell

Discussions about race walking technique are dominated by talk of posture, shoulders, arms, elbows, hips, legs, knees, feet, and step rate and length. But what about the hands?

It seems to boil down to a simple admonition “not to let them flop around and not to clench the fist too tightly.” So, sometimes for hours on end, the lowly hands try to stay out of the way, hold an occasional hat or mitten, and prepare for those few moments of glory when they grab a cup of fluid and direct it to its proper destination.

It was from that background that I began to discover that the hands have more to offer. Like the drum major who does not play a note but can lead - and even inspire - a marching band, the hands can lead the way to good race walking technique.

Let me give you two examples.

Example 1: When, in the midst of a training walk or race, I find myself beginning to tire and starting to droop, I make each hand into a loosely-closed fist with fingers not quite touching the palm, my thumb lying lightly on the middle of my folded index finger (with thumbs on the high side of the hands), and I cock the wrist slightly upward. It takes no energy and only a moment to do so.

In performing this little ritual, however, I find that I begin to wake up, the elbows (not to be outdone) go to about 90-degree angles, and the arms begin to

swing from side seam to mid chest. I also begin to stand taller and hold my head up. Again, not to be outdone, the hips, legs, and feet also seem to wake up and fly right.

I don't know why, but making those minor adjustments with those two lowly hands often inspires me to push on and achieve more. And, when I again begin to falter a few miles down the road, they are ready to inspire me all over again.

Example 2: My hands actually determine how my arms swing. Try this little experiment—illustrated by the “thumb position” photos.



Start walking while swinging your arms in normal race walking fashion with the thumbs on top (upward). Notice the pattern of hand and arm movement.

Now, rotate your hands so the palms are up and the thumbs are pointing away from each other (outward). If you

are like me, your hands begin to follow a more outward arc; moving away from the centerline of the body as they move forward.

Now, rotate your hands so the palms are down and the thumbs are pointing toward each other (inward). If you are like me, your arms begin to

follow a more inward arc; with the hands staying closer to the torso and more inclined to cross the centerline of the body.

By rotating your hands back and forth, you can then find the position of the thumbs that comfortably generates the arc (or straight line) you want with your arm swing. Keep the thumbs in that position, and the arm swings seems easier to maintain for the duration of a training session or race.

Like a drummer, the hands are often in front of your "band" of body parts. Let them help lead the way to better technique and, hopefully, better racing performances.

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

Drugs in Sport

You will have heard about various drugs in athletics. Let us examine some of them, starting with one that is frequently mentioned in the media.

EPO: Erythropoietin (EPO) is a hormone that controls red blood cell production. It is produced naturally in the kidneys. EPO also plays an important role in the brain's response to neuronal injury and is also involved in the wound healing process. It is a banned substance for athletes, but is produced as a medicine for treating anaemia, heart failure, and even cancer.

When EPO is taken as a performance-enhancing drug, it is classified as a

blood production stimulating agent. Extra blood cells allow more oxygen to reach the muscles for a longer period, aiding endurance. EPO that has been taken can often be detected in blood, due to a slight difference in the protein from internally produced EPO.

Testing for EPO only became possible in 2000, with the first positive result at the Winter Olympics of 2002. It is believed that EPO was widely taken throughout the 1990's due the belief that it could not be detected. Cyclists are the most frequently caught sports people, with high profile cases affecting the Tour de France. Distance athletics competitors and even horses have also tested positive.



The drug is easily available over the Internet. Testing positive usually results in a two year ban. It seems crazy that a tiny minority of sports people are willing to take illegal performance enhancing drugs.

Racewalkers who have tested positive for EPO include: Russians Vladimir Kanaikin (20k World Record), Viktor Burayev (World Bronze), Alexei Voevodin, Valeriy Borchin (Olympic and World Gold), Song Hongjuan (China), and Athanasia Tsoumeleka (Greece - Olympic Gold).

Borchin is featured elsewhere in this magazine, winning World Gold again in Berlin! Previously banned athletes must take regular tests.

Results and Reports

12th IAAF World Championships in Athletics - Berlin, GERMANY

20 Kilometres Race Walk - Men

15 August 2009

- 1 Valeriy Borchin RUS 1:18:41
- 2 Hao Wang CHN 1:19:06 (PB)
- 3 Eder Sánchez MEX 1:19:22
- 4 Giorgio Rubino ITA 1:19:50
- 5 Luis López COL 1:20:03 (NR)
- 6 Jared Tallent AUS 1:20:27
- 7 Erik Tysse NOR 1:20:38
- 8 Jesús Sánchez MEX 1:20:52 (PB)
- 9 Matej Tóth SVK 1:21:13
- 10 João Vieira POR 1:21:43
- 11 Koichiro Morioka JPN 1:21:48
- 12 Jianbo Li CHN 1:21:54
- 13 Yafei Zhu CHN 1:21:56
- 14 André Höhne GER 1:21:59

15 Robert Heffernan IRL 1:22:09

- 16 José Ignacio Díaz ESP 1:22:12
- 17 Andrey Krivov RUS 1:22:19
- 18 Luke Adams AUS 1:22:37
- 19 Hassanine Sebei TUN 1:22:52
- 20 Babubhai Panucha IND 1:23:06 (NR)
- 21 Jean-Jacques Nkouloukidi ITA 1:23:07
- 22 Dzianis Simanovich BLR 1:23:36
- 23 Rolando Saquipay ECU 1:23:51
- 24 Juan Manuel Molina ESP 1:24:00
- 25 Chil-sung Park KOR 1:24:01
- 26 Artur Brzozowski POL 1:24:17
- 27 Sérgio Vieira POR 1:24:32
- 28 Pedro Daniel Gómez MEX 1:24:39
- 29 Yerko Araya CHI 1:24:49
- 30 Isamu Fujisawa JPN 1:25:12
- 31 Petr Trofimov RUS 1:26:02
- 32 David Kimutai Rotich KEN 1:26:35
- 33 Ruslan Dmytrenko UKR 1:27:01
- 34 Hyunsub Kim KOR 1:27:08
- 35 Predrag Filipovic SRB 1:27:44
- 36 Pavel Chihuan PER 1:27:54
- 37 Rustam Kuvatov KAZ 1:28:47
- 38 Jakub Jelonek POL 1:28:59
- 39 Andrés Chocho ECU 1:29:14
- 40 Juan Manuel Cano ARG 1:29:20
- 41 Allan Segura CRC 1:29:52
- 42 Yusuke Suzuki JPN 1:30:21
- 43 Youngjun Byun KOR 1:30:35
- 44 Mauricio Arteaga ECU 1:32:25

45 Vilius Mikelionis LTU 1:32:53
DQ's Adam Rutter AUS, Moacir Zimmermann BRA
DNF's José Alessandro Bagio BRA, Francisco Javier Fernández ESP, Ivano Brugnetti ITA

20 Kilometres Race Walk - Women

16 August 2009

- 1 Olga Kaniskina RUS 1:28:09
 - 2 Olive Loughnane IRL 1:28:58
 - 3 Hong Liu CHN 1:29:10
 - 4 Anisya Kirdyapkina RUS 1:30:09
 - 5 Vera Santos POR 1:30:35
 - 6 Beatriz Pascual ESP 1:30:40
 - 7 Masumi Fuchise JPN 1:31:15
 - 8 Kristina Saltanovic LTU 1:31:23
 - 9 Elisa Rigauda ITA 1:31:52
 - 10 Susana Feitor POR 1:32:42
 - 11 Inês Henriques POR 1:32:51
 - 12 Kumi Otoshi JPN 1:33:05
 - 13 Larisa Emelyanova RUS 1:34:31
 - 14 Vera Sokolova RUS 1:34:55
 - 15 Sniazhana Yurchanka BLR 1:34:57
 - 16 Ana Maria Groza ROU 1:35:19
 - 17 Valentina Trapletti ITA 1:35:33
 - 18 Mingxia Yang CHN 1:35:42
 - 19 Zuzana Schindlerová CZE 1:35:47
 - 20 Tania Regina Spindler BRA 1:35:51
 - 21 Evaggelía Xinoú GRE 1:35:56
 - 22 Jess Rothwell AUS 1:36:01
 - 23 Claudia Stef ROU 1:36:09
 - 24 Brigita Virbalyté LTU 1:36:28
 - 25 Marie Polli SUI 1:36:44
 - 26 Zuzana Malíková SVK 1:37:47
 - 27 Claire Tallent AUS 1:38:12
 - 28 Agnieszka Dygacz POL 1:38:36
 - 29 Alessandra Picagevicz BRA 1:38:50
 - 30 Geovana Irusta BOL 1:39:16
 - 31 Chaima Trabelsi TUN 1:39:50
 - 32 Svetlana Tolstaya KAZ 1:40:41
 - 33 Johana Ordóñez ECU 1:42:57
 - 34 Anamaria Greceanu ROU 1:43:35
 - 35 Rachel Lavallée CAN 1:45:45
 - 36 Olha Yakovenko UKR 1:45:55
 - 37 Cristina López ESA 1:47:33
- DQ's Cheryl Webb AUS, Yawei Yang CHN, **Johanna Jackson GBR**, María Hatzipanayiotídiou GRE, Mayumi Kawasaki JPN, Kjersti Plätzer NOR, Monica Svensson SWE

DNF's María Vasco ESP, Sabine Krantz
GER, Mária Gáliková SVK, Teresa Vail USA

50 Kilometres Race Walk

21 August 2009

1 Sergey Kirdyapkin RUS 3:38:35 (WL)
2 Trond Nymark NOR 3:41:16 (NR)
3 Jesús Angel García ESP 3:41:37
4 Grzegorz Sudol POL 3:42:34 (PB)
5 André Höhne GER 3:43:19 (PB)
6 Luke Adams AUS 3:43:39 (PB)
7 Jared Tallent AUS 3:44:50
8 Marco De Luca ITA 3:46:31 (PB)
9 Jarkko Kinnunen FIN 3:47:36 (PB)
10 Matej Tóth SVK 3:48:35
11 Faguang Xu CHN 3:48:52 (PB)
12 Yohan Diniz FRA 3:49:03
13 Jesús Sánchez MEX 3:50:55 (PB)
14 Donatas Škarnulis LTU 3:50:56
15 Chengliang Zhao CHN 3:53:06
16 Oleksiy Shelest UKR 3:54:03 (PB)
17 Tadas Šuškevičius LTU 3:54:29 (PB)
18 Koichiro Morioka JPN 3:56:21
19 Horacio Nava MEX 3:56:26
20 Herve Davaux FRA 3:57:10 (PB)
21 Andreas Gustafsson SWE 3:57:53 (PB)
22 Rafal Augustyn POL 3:58:30
23 Augusto Cardoso POR 3:59:10
24 Miloš Bátovský SVK 3:59:39
25 Lei Li CHN 4:00:13
26 Mikel Odriozola ESP 4:00:54
27 Cedric Houssaye FRA 4:02:44
28 Diego Cafagna ITA 4:08:04
29 José Alejandro Cambil ESP 4:13:14
30 Magno Mesías Zapata ECU 4:15:28
31 Luis Fernando García GUA 4:18:13
DQ Takayuki Tanii JPN, Yuki Yamazaki
JPN, Omar Zepeda MEX
DNF Mario José dos Santos Jr BRA, Marco
Benavides ESA, Konstadínos
Stefanópoulos GRE, **Jamie Costin IRL**,
Colin Griffin IRL, Alex Schwazer ITA, Ingus
Janevics LAT, Erik Tysse NOR, Rafal
Fedaczynski POL, António Pereira POR,
Yuriy Andronov RUS, Denis Nizhegorodov
RUS, Nenad Filipovic SRB

13th June 2009

SYSAA Championships Doncaster

600m primary development walk

1 R Chambers Gh 3.04.7 U13G

2 L Parlett Int 3.54.7 U13B

1,000m Champs

1 D Chaib HS 5.40.5 U13B
2 K Mckinder Mh 6.11.0 U15G
2 J Lynch Mh 6.11.5 U13B
4 D Parry Mh 6.11.7 U13B

25 June 2009

Sheffield Primary Schools Finals Woodbourn Rd

Y5 Girls 600m

1 N McKevitt ST W 3.44
2 E Jenkinson Gh 3.44
3 R Giles TAS 3.45
4 L Mitchell Gh 3.46
5 L Peckett ShH 3.48
6 N Perryer ShH 3.49

Y5 Boys 600m

1 J Jenkinson Gh 3.18
2 L Hackett Bir C 3.25
3 L Mitha Rh 3.28
4 J Cauthorne Ecc 3.32
5 O Norfolk RF 3.34
6 M J-Keeton Bru 3.37

Y6 Girls 600m

1 R Chambers Gh 3.04.8
2 E Yalcin GI 3.39.5
3 D Hope TAS 3.39.7
4 C Hooper WoW 3.41.5
5 E Birch St M 3.43.0
6 N Worral Rh 3.43.9

Y6 Boys 600m

1 F Tracey TAS 3.13.1
2 A Potts Sto 3.21.8
3 K Wharton Dor 3.22.2
4 B Simpson AH 3.24.8
5 B Jones Gh 3.29.1
6 B Underhay Wdth 3.30.0

39th BMAF Track & Field Champs Alexander Stadium, Birmingham

4th July 2009

3000m Walk M40 FINAL

1 Mark Williams 44 MMAC 13-38.88

3000m Walk M55 FINAL

1 Rod Dunn 56 EVAC 16-31.17

3000m Walk M60 FINAL

1 John Hall 60 VAC 14-57.29

3000m Walk M65 FINAL

1 Peter Hannell 66 SCVAC 17-39.05

2 Peter Howard 67 EVAC 19-40.94

3000m Walk M70 FINAL

1 Arthur Thomson 73 VAC 16-16.43

2 Bernard Hercock 72 VAC 20-56.49

3 David Stevens 73 VAC DISQ

3000m Walk M75 FINAL

1 Doug Fotheringham 79 VAC 20-42.44

2 Eric Horwill 76 MMAC 21-09.89

3000m Walk M80 FINAL

1 Karl Abolins 82 MMAC DISQ

3000m Walk W40 FINAL

1 Julie Bellfield 40 MMAC 18-30.85

2 Priscilla O'Sullivan 44 IRL (G) 20-19.81

3 Lynn Bellfield 43 MMAC 20-23.30

3000m Walk W45 FINAL

1 Diane Bradley 47 VAC 15-24.95bp

2 Helen Middleton 46 VAC 17-05.61

3000m Walk W50 FINAL

1 Ann Wheeler 53 MMAC 16-08.27

2 Fiona Bishop 50 VAC 18-56.89

3000m Walk W55 FINAL

1 Susan Barnett 59 EVAC 20-15.67

5th July 2009

5000m Walk M40 FINAL

1 Mark Williams 44 MMAC 23-51.97

2 Costa Michael 44 OPEN 34-13.38

5000m Walk M65 FINAL

1 Ronald Penfold 67 VAC 28-40.12

2 Leslie Scrivens 65 MMAC 32-08.04

5000m Walk M70 FINAL

1 Arthur Thomson 73 VAC 27-30.77

2 Bernard Hercock 72 VAC 36-28.48

3 David Stevens 73 VAC DISQ

5000m Walk M75 FINAL

1 Eric Horwill 76 MMAC 36-16.38

2 Henry De Silva 75 IoMVAC DISQ

5000m Walk W40 FINAL

1 Julie Bellfield 40 MMAC 31-52.34

5000m Walk W45 FINAL

1 Diane Bradley 47 VAC 26-32.57br

2 Helen Middleton 46 VAC 29-23.26

3 Anne Gormley 46 IRL (G) 33-01.93

5000m Walk W50 FINAL

1 Ann Wheeler 53 MMAC 28-40.64

2 Fiona Bishop 50 VAC 32-26.04

5000m Walk W70 FINAL

1 Jill Langford 70 MMAC DISQ

Sarnia WC "Yorkshire Guernsey"

Championship Race 7

Les Amarreurs, Guernsey

July 5th 2009

PB's for younger Le Noury's

Hot conditions with a sea breeze. First across the line was Carl Thomson in 1.47.04, well behind the time he was after. Leading from the start Carl had a one and a half minutes advantage over second man Jason Le Noury at 12.5 kilometres. With three quarters of the race gone at 15 kilometres this had slightly increased to just under two minutes as Carl went through in eighty minutes. Nobody could close the gap on Thomson as he held his pace for the final 5 kilometres. Jason was walking well but slowed down over the final laps of the 14 lap course to finish nearly three minutes behind. Far from being downhearted, he removed more than five minutes from his previous PB.

20 kilometres road walk

1 Carl Thomson M40 1:47:04

2 Jason Le Noury U23M 1:49:55

3 Stuart Le Noury SM 1:58:01

4 Phil Lockwood M35 2:01:15

5 Kevin Le Noury M50 2:21:04

6 Dave Dorey M60 2:23:45

7 Mick Le Sauvage M65 2:31:15

8 Jayne Le Noury W45 2:33:31

9 Rose Druckes W65 2:44:52

DNF Rob Elliott M50 8k

Wednesday 8th July 2009

Doncaster

Police Sport UK Championships

3000m Walk Men

1 Gary Witton (Sussex) 15:46.02

2 Steve King (Essex) 17:12.06

3 Glyn Jones (West Mids) 17:27.02

4 Martin Slevin (West Mids) 18:11.09

5 Steve Broadbent (Lancs) 18:44.08

6 Bill Murray (Lancs) 20:04.05

DQ Amos Seddon (Met)

Pace Judgement Challenge

Sunday 12th July 2009

Delancey Park, Guernsey

Ten walkers took part in the second Pace Judgement Challenge to be held at Delancey Park over a 633 metres circuit. This "fun" event consists of walkers completing the lap around the park five times, with a short rest in between each lap. The idea is to get a consistent time

for all the laps. Jayne Le Noury managed to walk all her laps within a three seconds difference. Her slowest lap was 4.28 to her fastest at 4.25. Terry Bates and Dave Dorey tied for second place, both with a six seconds time difference.

6 laps x 633 metres

Walk 5 times – timekeep/record once

Lap 1 Lap 2 Lap 3 Lap 4 Lap 5 Lap 6 fastest
slowest difference Position

Jayne Le Noury 4.26 TK 4.25 4.26 4.27 4.28
4.25 4.28 3 secs 1st

Terry Bates TK 4.05 4.00 4.01 4.02 4.06

4.00 4.06 6 secs 2nd =

Dave Dorey - 3.57 3.55 3.58 3.54 4.00

3.54 4.00 6 secs 2nd =

Stuart Le Noury 3.13 3.06 3.15 3.11 TK 3.12

3.06 3.15 9 secs 4th

Jason Le Noury 3.05 2.55 3.02 TK 2.59 3.00

2.55 3.05 10 secs 5th

Mick Le Sauvage 4.12 4.07 4.03 TK 4.01

4.06 4.01 4.12 11 secs 6th

Carol Bates TK 4.44 4.33 4.32 4.37 4.40

4.32 4.44 12 secs 7th

Kevin Le Noury 4.07 4.02 3.58 3.59 3.54 TK

3.54 4.07 13 secs 8th

Kay Coulson 5.08 5.07 TK 4.53 4.58 4.57

4.53 5.08 15 secs 9th

Karen Sheppard 5.08 5.07 TK 4.27 4.58

4.55 4.27 5.08 41 secs 10th

Sir Sefton Brancker Trophy

15th July, 2009

Copthall Stadium, Barnet

3000 metre Walk

1 John Hall CS 15:17.2 (7 points)

2 Andy Cox Middx 16:36.5 (5 points)

3 Ian Statter CS 17:23.7 (4 points)

4 Marc Culshaw Middx 20:06.0 (3 points)

5 Jordan Nicholson RAF 20:22.1 (2 points)

6 Norma Grimsey (W) 20:50.5 (Non scorer)

7 Bernard Hercock 20:51.0 (Non scorer)

8 Ben Trapnell RAF 21:41.1 (1 point)

5th South Yorkshire League

17th July 2009

Millhouses Park

1 Dan Chaib (U13) Shef 18:30 3k

2 Vicky Moore (SW) Unatt 18:21 3k

3 Becky Chambers (U13) Shef 18:35 3k

4 Katie Mackinter(U15)MhSchool 6:59 1k

5 Peter Bilson (SM) Shef 14:31 2k

9th August 2009

England Athletics U17/U15 Track

Championships

Bedford International Stadium

U17M 5km Walk

1 JONATHAN HOBBS ASHF. 25:24.31

2 MAKS ORZEL LEICESTER 27:31.25

U17W 5km Walk

1 KATE VEALE IRELAND 23:27.58

2 EMMA DOHERTY BELFAST 25:37.03

3 KELSEY HOWARD TON 28:11.41

4 HEATHER LEWIS PEMBROKE

HARRIERS (WALES) 29:07.55

5 EMILY SYMONS TON 29:29.11

U15B 3km Walk

1 EVAN LYNCH IRELAND 15:10.45

2 BEN PARSONS TON 17:20.68

3 DANIEL WAPLES KET 17:53.82

U15G 3km Walk

1 KATE FUNNELL ASHFORD 16:03.07

2 JASMINE NICHOLLS LEIC 16:16.41

3 SINEAD KANEEN MANX 18:08.06

4 VICTORIA MUNT B&B AC 21:40.55

Sarnia Walking Club "Yorkshire

Guernsey" Championship Race 9

August 16th 2009

Delancey Park, Guernsey

Jason Le Noury walked to an easy victory in the 9th race of the Yorkshire Guernsey Championship Series.

Understandably he walked well within himself after celebrating his 21st birthday the day before. Brother Stuart kept with him for the first four kilometres before fading to third spot, after Phil Lockwood went into second place midway through the walk. Jayne Le Noury took the honours in the Womens Championship.

10 kilometres road walk Men

1 Jason Le Noury M 54.20

2 Phil Lockwood M35 56.43

3 Stuart Le Noury M 57.07

4 Rob Elliott M50 59.10

5 Kevin Le Noury M50 69.53

10 kilometres road walk Women

1 Jayne Le Noury W45 73.20

29th August, 2009

London Inter Club Challenge (Cat B)

Barnet Copthall Stadium,

3000m walk Men

- 1 Stephen Crane Surrey 14:43.42
- 2 John Hall Belgrave 15:29.24
- 3 Sean Pender Enfield & Haringey 17:46.64
- 4 Mike Hinton Ilford 18:37.99
- 5 Peter Crane Surrey 18:44.79
- 6 Peter Cassidy Loughton 19:17.90
- 7 Peter Howard Enfield 19:49.59
- 8 Doug Fotheringham Belgrave 20:34.35
- 9 Bernie Hercock Enfield 21:32.88
- 10 Jack Fitzgerald Surrey 29:46.41

3000m walk Women

- 1 Helen Middleton Enfield 17:05.92
- 2 Maureen Noel Belgrave 17:54.99
- 3 Françoise Fernandez Loughton 20:55.47
- 4 Nora Grimsey Enfield 21:07.78

31st August 2009

Birchfield Open Meeting

Alexander Stadium, Birmingham

3000 metre walk (Category A)

Men

- 1 Thomas Taylor Bir 14:06.49
- 2 Peter Boszko M60 Bir 16:18.72
- 3 John Constandinou M35 Bir 16:49.38

Women

- 1 Vicky Morgan U17W W&B 17:32.83
- 2 Julie Bellfield W40 Hale 18:57.11

2000 metre walk (Category B)

Men

- 1 Daniel Watling W&B 11:52.85
- 2 Julian Barnett M45 Bir 12:26.13
- 3 John Fenton M65 Bir 12:59.11
- 4 Brian Nelson M70 Bir 13:31.85
- 5 Dave Fall M65 Bir 14:23.09
- 6 Gordon Chapman M75 Tam 14:38.06
- 7 Richard Hewlett Bir 15:07.62
- 8 Edward Bonehill U11M Bir 16:12.44

Women

- 1 Jasmine Nicholls U15W Leic 11:17.04
- 2 Emma Achurch U13W Leic 11:22.33
- 3 Beth Jackson U15W W&B 11:53.01
- 4 Toni Webley U13W Bir 11:53.77
- 5 Karen Davies W45 Bir 12:32.84
- 6 Jill Langford W70 W&B 13:23.25
- 7 Jessica Mills Bir 13:31.93
- 8 Tracy Mills Bir 13:33.67
- 9 Lynn Bellfield Hale 13:47.31
- 10 Charlotte Knott D&S 14:29.23
- 11 Beryl Chapman W75 Tam 18:21.73

3rd September 2009

McCain UK RaceWalk Challenge Final National RWC, Leeds

5000 m Men

- 1 Colin Griffin Ireland 20:09.8
- 2 Brendan Boyce Ireland 21:16.2
- 3 Jaques van Bremman Holland 22:44.5
- 4 Dominic King England 22:54.7
- 5 Daniel King Colchester 22:59.3
- 6 Alex Wright England 23:09.5
- 7 Phil Barnard England 23:27.1

5000 m Women

- 1 Johanna Jackson England 22:33.4
- 2 Fiona McGorum England 26:40.5
- 3 Kelsey Howard England 27:14.2
- 4 Lauren Whelan Manx Harriers 28:20.8

UK CHALLENGE FINAL STANDINGS

(Best 3 Performances to count)

Pos - Athlete - Points - Meets

Men

- 1 Scott Davis 428 5 *(National 50k, EAA Dublin Grand Prix 20K, Molly Barnet 10k)*
 - 2 Paul Evenett V40 323 3
 - 3 Trevor Jones V50 264 4
 - 4 Phil Barnard SEN 160 3
 - 5 Mark Wall V50 5 3
- Other Performances*
- Luke Finch SEN 350 2
 - Ben Wears U20 165 2
 - Alex Wright U20 130 2
 - John Hall V55-V60 117 2
 - Michael George V40 115 2
 - Dominic King SEN 72 2
 - Mark Williams V40-V45 31 2
 - Tony Bell V45 10 2
 - Steve Arnold V45 3 2
 - Martin Fisher V45 116 1
 - John Paddick V65 112 1
 - Carl Thomson V40 105 1
 - Paul King V55 104 1
 - Alex Wright SEN 70 1
 - Daniel King SEN 70 1
 - Jim Ball V45 53 1
 - Mark O'Kane U20 43 1
 - Stephen Crane V45 40 1
 - Stephen Crane SEN 40 1
 - Liam Baldwin U20 7 1
 - James Cotterill U20 5 1
 - Gary MacDonald V50 5 1
 - Peter Boszko V55-V60 5 1
 - Sam Joseph U20 5 1

Chris Harris SEN-V35 5 1

Roger Michell V60 5 1

Women

1 Johanna Jackson 624 3 (*Aviva World Trials 5000m, National 20k, McCain UK Race Walking Challenge Final*)

2 Diane Bradley V45 239 4

3 Fiona McGorum U23 114 3

4 Helen Middleton V45 46 3

Other Performances

Lisa Kehler V40 298 2

Kelsey Howard U17 125 2

Maureen Noel V45 118 2

Vicky Morgan U17 5 2

Sarah Lightman V35 5 2

Emma Doherty U17 107 1

Verity Snook V35 76 1

Lauren Whelan U17 9 1

Jo Miles V50 5 1

Noel Blatchford V60 5 1

Judy Howard V50 5 1

Heather Lewis U17 5 1

Lynn Bellfield V40 5 1

Katerina Johnson U17 5 1

5th September 2009

Jim Sharlott / RWA / UKA / BMAF 10K Abbey Park, Leicester

Thomas Taylor made a welcome return to the national race walking scene, winning the Bronze medal and helping Birchfield win the team title in Leicester.

10k UKA/RWA Womens Result

1 Johanna Jackson Middlesbrough 46.23

2 Estle Viljoen Herc.Wimbledon 54.11

3 Diane Bradley Tonbridge AC 54.58

4 Fiona McGorum Leicester WC 55.25

5 Kelsey Howard Tonbridge AC 55.57

6 Ann Wheeler Nuneaton 58.45

7 Helen Middleton Enfield 58.50

8 Rebecca Collins M&M 59.29

9 Angela Paddick Redcar 60.20

10 Emily Symons Tonbridge AC 61.05

11 Stephanie Rukin Tonbridge AC 62.31

12 Diana Braverman C&C AC 67.05

13 Sarah Lightman Leicester 67.15

14 Emma Syson Redcar RWC 67.15

15 Carol Bone Unattached 69.13

16 Sue Rey Leicester WC 71.48

UKA/RWA Womens Teams:

1 282 Tonbridge AC [Bradley, Howard, Symons], 2 267 Leicester WC [McGorum, Lightman, Rey], 3 177 Redcar RWC [Paddick, Syson]

Jim Sharlott Womens Teams:

1 282 Tonbridge AC [Bradley, Howard, Symons], 2 267 Leicester WC [McGorum, Lightman, Rey]

10k UKA/RWA Men's Result

1 Brendan Boyce Coventry Godiva 44.40

2 Scott Davis Ilford AC 45.34

3 Thomas Taylor Birchfield 46.33

4 Paul Evennett Redcar 47.35

5 Daniel King Colchester 48.06

6 Stephen Crane Surrey WC 50.31

7 Tom Bosworth Tonbridge AC 50.52

8 Ian Richards Steyning AC 52.05

9 Jonathon Hobbs Ashford AC 52.37

10 Steve Arnold Nuneaton 53.08

11 Liam Baldwin Tonbridge AC 54.25

12 Steven Uttley Ilford AC 54.55

13 Chris Berwick Leicester WC 56.51

14 Mark Wall Leicester WC 57.22

15 Steve Allen Barnett 57.57

16 John Constandinou Birchfield 58.21

17 Tony Bell Lancashire WC 58.23

18 Ian Statter Surrey WC 60.19

19 Mark Byrne Redcar RWC 61.04

20 Sean Pender Enfield 61.17

21 Lyn Atterbury Surrey WC 62.21

22 Tony Collins Birchfield 62.34

23 Colin Vesty Leicester WC 62.51

24 Gary MacDonald Surrey WC 63.03

25 James Cotterill Tonbridge AC 63.21

26 Chris Flint London Vid 63.22

27 Hardeep Minhas Leicester WC 64.59

28 Jon May Enfield & Haringey AC 65.41

29 Sailash Shah Lancashire WC 66.07

30 John Borgars Herts Phoenix AC 66.42

31 Alan King Unattached 67.12

32 Julian Barnett Birchfield 67.14

33 Peter Howard Enfield 69.07

34 Terry Braverman Enfield 69.09

35 Stephen Walker Lancashire WC 69.46

36 Tony Kent Leicester 80.03

UKA/RWA Mens Teams:

1 Birchfield Harriers [Taylor, Constandinou, Collins], 2 257 Surrey WC

[Crane, Statter, Atterbury], 3 330 Leicester WC [Berwick, Wall, Vesty], 4 222 Enfield & Haringey AC [Pender, May, Howard], 5 222 Lancashire WC [Bell, Shah, Walker]



National 10k winning team: Tony Collins, RWR Editor John Constandinou, and Tom Taylor of Birchfield

Jim Sharlott Mens Teams:

1 334 Surrey WC [Crane, Statter, Atterbury, Macdonald], 2 330 Birchfield Harriers AC [Taylor, Constandinou, Collins, Barnett], 3 327 Leicester WC [Berwick, Wall, Vesty, Minhas], 4 289 Enfield & Haringey AC [Pender, May, Howard, Braverman]

Open Handicap

1 Colin Vesty 62.51 29.30 33.21
 2 Gary Macdonald 63.03 28.00 35.03
 3 Jon May 65.41 29.30 36.11
 4 Ann Wheeler 58.45 21.30 37.15
 5 Diana Braverman 67.05 29.00 38.05
 6 Thomas Taylor 46.33 8.00 38.33
 7 John Borgars 66.42 28.00 38.42
 8 Chris Berwick 56.51 18.00 38.51
 9 Steven Uttley 54.55 16.00 38.55
 10 Fiona McGorum 55.25 16.30 38.55
 11 Scott Davis 45.34 6.30 39.04
 12 Sailash Shah 66.07 27.00 39.07
 13 Steve Arnold 53.08 14.00 39.08
 14 Estle Viljoen 54.11 15.00 39.11
 15 Ian Statter 60.19 21.00 39.19
 16 Tony Bell 58.23 19.00 39.23
 17 Rebecca Collins 59.29 20.00 39.29
 18 Stephen Crane 50.31 11.00 39.31
 19 Angela Paddick 60.20 20.30 39.50

20 Sarah Lightman 67.15 27.00 40.15
 21 Hardeep Minhas 64.59 24.00 40.19
 22 Stephanie Rukin 62.31 22.00 40.31
 23 Paul Evennett 47.35 7.00 40.35
 24 Jonathon Hobbs 52.37 12.00 40.37
 25 Stephen Walker 69.46 29.00 40.46
 26 Helen Middleton 58.50 18.00 40.50
 27 Steve Allen 57.57 17.00 40.57
 28 Diane Bradley 54.58 14.00 40.58
 29 Peter Howard 69.07 28.00 41.07
 30 John Constandinou 58.21 17.00 41.21
 31 Lyn Atterbury 62.21 21.00 41.21
 32 James Cotterill 63.21 22.00 41.21
 33 Brendan Boyce 44.40 3.00 41.40
 34 Chris Flint 63.22 21.30 41.52
 35 Tony Kent 80.03 38.00 42.03
 36 Ian Richards 52.05 10.00 42.05
 37 Carol Bone 69.13 27.00 42.13
 38 Julian Barnett 67.14 25.00 42.14
 39 Mark Wall 57.22 15.00 42.22
 40 Johanna Jackson 46.23 4.00 42.23
 41 Emma Syson 67.15 24.00 43.15
 42 Sean Pender 61.17 18.00 43.17
 43 Liam Baldwin 54.25 11.00 43.25
 44 Kelsey Howard 55.57 12.00 43.57
 45 Tony Collins 62.34 18.30 44.04
 46 Sue Rey 71.48 27.00 44.48
 47 Mark Byrne 61.04 16.00 45.04
 48 Emily Symons 61.05 16.00 45.05
 49 Tom Bosworth 50.52 5.00 45.52
 50 Daniel King 48.06 2.00 46.06
 51 Alan King 67.12 16.00 51.12

YAG Grand Prix Result

U11 1K

1 Georgina Hollinshead Nuneaton 6.18
 2 Laura Achurch Blaby Stokes 6.40

1 Thomas Butler Nuneaton 6.43
 2 Richard Hewlett Ace Racewalking 7.00

U13 2K

1 Emma Achurch Leicester WC 11.13
 2 Rebecca Chambers Sheffield 11.55
 3 Georgia Parsons Tonbridge AC 15.04

1 Guy Thomas Tonbridge AC 11.05
 2 Daniel Watling W&B AC 11.08
 3 Andrew Statter Surrey WC 11.56
 4 Mathew Redfern Nuneaton 12.21
 5 Chris Hewlett Birchfield 13.53

U15 3K

- 1 Kate Funnell Ashford AC 16.24
- 2 Jasmin Nicholls Leicester WC 16.27
- 3 Catherine Cotterill Tonbridge AC 19.59
- 4 Elizabeth Harding Tonbridge AC 20.25

- 1 Ben Parsons Tonbridge AC 16.57
- 2 Daniel Waples Kettering 17.17

U17 3k Guests

- Louise Bradley Tonbridge AC 19.07
Julia Beer Tonbridge AC 20.13
Katerina Johnson Radley AC 20.45

Girls Teams:

- 1 Tonbridge AC 20 Pts
- 2 Leicester WC 18 Pts

Boys Teams:

- 1 Tonbridge AC 20 Pts
- 2 Nuneaton Harriers AC 14 Pts

Under 17 Championship

- 1 Jonathon Hobbs Ashford AC 52.37
- 1 Kelsey Howard Tonbridge AC 55.57
- 2 Emily Symons Tonbridge AC 61.05

BMAF Championship Result

- Chris Berwick Leic.56.51 (Team Only)
John Constandinou Birch. 58.21 M35 1
Paul Evennett Redcar 47.35 M40 1
Colin Vesty Leicester 62.51 M40 2
Steve Arnold Nuneaton 53.08 M45 1
Mark Byrne Redcar 61.04 M45 2
Julian Barnett Birchfield 67.14 M45 3
Steven Uttley Ilford 54.55 M50 1
Mark Wall Leicester 57.22 M50 2
Steve Allen Barnett & District 57.57 M50 3
Ian Statter Surrey WC 60.19 M50 4
Gary Macdonald Surrey WC 63.03 M50 5
Hardeep Minhas Leicester WC 64.59 M50 6
Stephen Walker Lancashire 69.46 M50 7
Sean Pender Enfield 61.17 M55 1
Jon May Enfield 65.41 M55 2
Ian Richards Steyning 52.05 M60 1
Chris Flint London Vidarians 63.22 M60 2
John Borgars Herts Phoenix 66.42 M60 3
Terry Braverman Enfield 69.09 M60 4
Tony Collins Birchfield 62.34 M65 1
Peter Howard Enfield 69.07 M65 2
Tony Kent Leicester WC 80.03 M70 1
Estle Viljoen Herc.Wimbledon 54.11 W35 1

- Sarah Lightman Leicester 67.15 W35 2
Diane Bradley Tonbridge 54.58 W45 1
Helen Middleton Enfield 58.50 W45 2
Ann Wheeler Nuneaton 58.45 W50 1
Sue Rey Leicester WC 71.48 W50 2
Diana Braverman C&C 67.05 W55 1
Carol Bone Unattached 69.13 W60 1

BMAF Mens Teams:

- 1 Leicester WC 178.34, 2 Birchfield
Harriers AC 188.09, 3 Enfield & Haringey
AC 196.05

5th September 2009

Midland Veterans League - Final Rowley Park Stadium, Stafford 2000 metres

Men

- 1 Peter Boszko M60 Bir 10:26.2
- 2 Colin Turner M65 Nun 10:44.2
- 3 John Constandinou M35 Bir 10:48.7
- 4 Mike Aston M50 Leam 11:56.5
- 5 Keith Richards M65 R&N 12:02.8
- 6 Len Quartley B&R 13:02.0
- 7 Calvin Scotlock B&R 13:16.1
- 8 Terry Akiens R&N 13:17.3
- 9 Phil Bailey Stoke 14:06.8
- 10 Brian Eggleston Stoke 14:28.4
- 11 Gordon Chapman M75 RSC 15:04.2
- 12 Kevin Sammons C&S 15:39.5
- 13 Les Green M70 C&S 16:17.8

Women

- 1 Jeanette Malin W40 B&R 11:37.2
- 2 Zita McDonald W55 Bir 12:07.8
- 3 Karen Davies W45 Bir 12:16.8
- 4 Carol Birch W65 R&N 12:42.2
- 5 Tricia Garner W45 R&N 13:02.6
- 6 Yvonne Priestman W60 B&R 13:11.7
- 7 Gillian Russon W40 C&S 13:16.2
- 8 Sophia Howard W40 Charn 14:17.2
- 9 Jo Love R&N 4:33.7
- 10 Val Cross R&N 14:33.8
- 11 Dot Fellows W60 C&S 14:56.0
- 12 Nicola James Harb 15:29.8
- 13 Beryl Chapman W75 RSC 18:04.1
- 14 Jennifer Jones W60 Harb 19:12.9

6th September 2009

Sarnia WC Church to Church St Peter Port, Guernsey

Carl Thomson led the field from start to finish retaining the honour of being

Church to Church Mens Champion, winning the Victory Cup, sponsored by Harrods Bank. He finished slightly quicker than last year. Walking at a steady tempo he reached 10 miles in 93 minutes, pushing on to 2.17.20 at Vale Church and the 15 miles point, where he had around a five minutes advantage over Ryan and Jason Le Noury. The advantage was increased over the final miles to eight minutes.

Fiona Bishop from Woking AC, in her first Church walk and longest competition to date walked steadily throughout and came home as first woman in a fast time of 3.41.25. In second place and first local home, suprising even herself, Jayne Le Noury finished five minutes quicker than her winning time set last year, to get her name once again on the StarTrophy sponsored by Network Insurance, as first local woman home. Jaynes time was a new PB for the course, beating her previous best time set way back in 1982! She also took home the Jenny Elliott Salver as first local Over 35. Carol Bates took third place. Fiona Bishop won the Newcomers award, sponsored by Saffery Champness.

It was a good day for the Le Noury's as Jason strode home in second place. After a race long battle with the experienced Peter Ryan, a winner of the event in 2002, Jason edged ahead in the final mile to beat Ryan by 39 seconds. Ryan was quick to express how easy his younger competitor had looked and expects big improvements over the next few years.

Peter Ryan won the Healthspan Super Vets tankard, with winner Thomson securing the C J Robin tankard sponsored by Guernsey Candles. Local walker Phil Lockwood, wary of his bad spell during his debut race last year walked to fourth place. Showing that age is no barrier to fast walking, seventy year old Ed Shillabeer from Plymouth, a previous Church winner clocked 3.14.50 for 5th place to win the Saffery Champness Over 70 trophy.

It was a bad day at the office for local Mick Le Sauvage as he succumbed to a back injury around 13 miles. In his 48th walk and ambition to finish 50 he now has an extra year to wait for that significant milestone. Not too down beat later in the day, Mick will be back on the line again.

The Sarnia Walking Club beat Ilford AC for the Fletchersports Team Trophy. Another PB for the Le Noury family was by Stuart. He was joined by his brother Jason and Phil Lockwood as they won the Parish Shield for Vale.

Kevin Le Noury in his 34th walk joined forces with wife Jayne to win the Relate Husband and Wife Award. The final team award went to the Channel Islands 6 man team who beat the Overseas 6 to the KPMG Mob Match. All competitors went home refreshed and with Medals and goody bags thanks to the kind sponsorship of Healthspan, NM Rothschild, Trust Corporation of the Channel Islands, KPMG, Guernsey Sports Commission and Taj Mahal.

19.4 miles walk Men:

- 1 Carl Thomson Sarnia WC M40 2.58.07
- 2 Jason Le Noury Sarnia WC 3.06.22
- 3 Peter Ryan Ilford AC M55 3.07.01
- 4 Phil Lockwood Sarnia WC M35 3.11.52
- 5 Ed Shillabeer SW Vets M70 3.14.50
- 6 Kevin Marshall Ilford AC M45 3.15.35
- 7 Stuart Le Noury Sarnia WC 3.22.44
- 8 Steve Allen Ilford AC M50 3.41.00
- 9 Kevin Le Noury Sarnia M50 3.50.42
- 10 David Hoben Surrey WC M55 3.58.49
- 11 Bernard Hercock Enfield M70 4.08.44
- 12 Alan Roger Sarnia WC M55 4.19.38
- DNF Mick Le Sauvage Sarnia WC M70

19.4 miles walk Women:

- 1 Fiona Bishop Woking AC W50 3.41.25
- 2 Jayne Le Noury Sarnia W45 3.55.32
- 3 Carol Bates Sarnia WC W55 4.40.53
- 4 Gabriele Schütte Germany W70 5.22.18

13 September 2009

Championnat Suisse 50km

Yverdon-les-Bains, SWITZERLAND

Darkness greeted the walkers, and the scheduled start of 6:45 had to be delayed when it was realised that sunrise was not until 7:10. Wind speeds of 45 mph the day before had died down to leave calm and mild weather -ideal conditions for a 50k. Several supporting races took place during the 50k, including 20k, 10k, and schools development races with 18 children as young as six. Popular international walker Zoltan Tsukor now in his late 40's and a still a regular in the Olympics won the event. Scott Davis showed what good coaching can achieve by walking steadily and knocking nine minutes off his PB, revealing that he hopes to impress the Commonwealth selectors for Scotland.

50k Men

1 Zoltan Czukur (M45, HUNGARY) 4:14:49

2 Scott Davis (SCOTLAND/GB) 4:20:22

3 Joseph Kalat (M50, CZECH) 4:59:29

4 Bernard Cossy (M50, Swiss Champion)
5:04:14

5 Joseph Ptak (M60, CZECH) 5:41:46

**6 John Constandinou (M35, CYPRUS)
5:53:56**

7 Jean Michel Dreau (M50, SWITZ) 6:05:09

8 Hervé Gontran (SWITZ) 46km 5:50:03

DNF 36km Bruno Grandjean (SWITZ)

DNF 26km Laszlo Novak (HUNGARY)

10k Women

1 Marit Naumann (W40, FRANCE) 55:59

2 Colette Girard (W45, SWITZ) 59:11

3 Karen Davies (W45, GB) 1:06:49

4 Simone Baret (W55, FRANCE) 1:08:14

15 September 2009

7th South Yorkshire League

Millhouses Park, Sheffield

With only two events to go Peter Bilson needed two wins to get ahead of Dan Chaib in the league, he produced the first one here. Newcomer, Y5 primary school champion Niamh McKevitt got well inside her 7 min target for 1 km.

1 Peter Bilson 13.36 2k Sen M

2 Niamh McKevitt 6.21 1k U11G

3 Daisy Hope 6.27 1k U13G

4 Katie Mackinder 6.48 1k U15G

5 Becz Chambers 12.09 2k U13G

6 Dan Chaib 12.02 2k U13B

7 Shaun Cohen 18.59 3k U17M

19th September 2009

English Schools AA

Bedford International Stadium

Junior Girls

1 Jasmine Nicholls Leicester 16:24.35

2 Kate Funnell Kent 16:56.90

3 Sinead Kaneen Merseyside 17:49.13

4 Beth Jackson West Midlands 18:01.62

5 Danielle Oats Merseyside 18:19.36

6 Alexandra Ross Merseyside 18:47.57

7 Catherine Cotterill Sussex 19:31.24

8 Hannah Kelly Merseyside 19:56.74

9 Victoria Munt Kent 20:10.26

10 Elisabeth Harding Kent 20:29.86

Junior Boys

1 Ben Parsons Kent 16:32.77

2 Daniel Waples Northants 16:36.24

3 James Green Merseyside 18:21.89

4 Juan Belando Merseyside 20:07.82

5 Callum Elcock West Midlands 21:33.01

6 Brendan Kirkton Dorset 23:47.88

Intermediate Girls

1 Kelsey Howard Kent 15:09.52

2 Emily Symons Kent 15:54.50

3 Lauren Whelan Merseyside 16:14.92

4 Vicky Morgan West Midlands 17:53.41

5 Louise Bradley Kent 18:50.75

Intermediate Boys

1 Jonathan Hobbs Kent 26:08.4

2 Maks Orzel Leicester & Rutland

27:30.8

3 Nathan Duncan Humberside 28:28.4

4 William Brewer Somerset 29:45.7

5 Thomas Cleves Somerset 33:08.4

6 Christopher Chaffey Somerset 33:45.3

Senior Girls

1 Holly Smith West Midlands 26:08.4

2 Rebecca Collins Kent 29:07.4

3 Stephanie Rukin Kent 30:47.7

Senior Boys

1 Alex Wright Surrey 23:39.5

2 Mark O'Kane West Midlands 24:12.3

3 Liam Baldwin Kent 25:28.9

4 Ben Casey Somerset 29:45.7

Wednesday 23rd September 2009
PSUK Race Walk Championships Police - v - Civil Service (Ryan Cup)

Civil Service Championships (10km)

Cannon Hill Park, Birmingham

Pos. Name Force/Service Time
(10km)

- 1 Dave Turner CS (PONE) 51.50
- 2 Peter Ryan Essex Police 53.23
- 3 Steve Uttley CS (JD) 54.17
- 4 John Hall CS (DEFRA) 54.17
- 5 Steve Arnold Nuneaton (Guest) 54.44
- 6 John Llewellyn CS (DEFRA) 57.14
- 7 Dwayne Butterly CS (PO) 58.25
- 8 Amos Seddon Met Police 58.35
- 9 Dave Evans CS (HMRC) 60.59
- 10 Martin Slevin West Mids Police 61.10
- 11 Ross Johns West Mids Police 61.18
- 12 Bill Kingston CS (HMRC) 61.20
- 13 John Lovatt CS (HMRC) 61.25
- 14 Chris Flint Met Police 61.34
- 15 Glyn Jones West Mids Police 61.48
- 16 Steve King Essex Police 62.43
- 17 Chris Broily CS (HMRC) 62.45
- 18 Bob Dobson CS (ECGD) 62.50
- 19 Richard Kellett CS (HMRC) 65.11
- 20 Bill Murray Lancashire Police 68.06
- 21 Charles Quaey Essex Police 72.34
- 22 Julian Barnett Birchfield (Guest) 72.44
- 23 Graham Slater Lancashire Police 73.20
- 24 John Crahan CS (HASSRA) 73.47
- 25 Roy Fletcher West Mids Police 82.09

Ryan Cup

1st. Civil Service - 27pts.

2nd. Police - 55pts

PSUK Championships - Teams.

- | | |
|---------------------------|-------|
| 1st. West Midlands Police | 13pts |
| 2nd. Essex Police | 17pts |
| 3rd. Metropolitan Police | 7pts |

5KM Championships - (Women)

- 1 Lynn Bradley CS (HMRC) 29.07
- 2 Maureen Noel CS (DEFRA) 29.38
- 3 Tess Wisbey Essex Police 31.51
- 4 Pat Evans CS (HMRC) 32.13
- 5 Geraldine Legon CS (Royal Mail) 33.44
- 6 Jane Hodge CS (HMRC) 33.47
- 7 Elizabeth Manrey Essex Police 36.21
- 8 Sue Harrison Lancashire Police 36.59
- 9 Lesley Richardson (HASSRA) 37.18

- 10 Gaye Clarke CS (HASSRA) 37.58
- 11 Val Mountford CS (HMRC) 40.04
- 12 Amanda Pollard Essex Police 42.21

26th September

Inter Area Championships

Doncaster

Team Time Points

Senior Men 10k

- Paul Evennett North 48;47.4 7
Phil Barnard South 50;09.0 5
Mark Williams Midlands 52;48.6 4
Steve Arnold Midlands 55;02.2 3
Steve Uttley South 55;17.9 2
Tony Malone York CIU 59;52.6
Chris Flint Guest 63;29.8
Mark Byrne North 68;00.0 1
Jed Bycroft York CIU DNF
Steve Crane South DQ
Mark Wall Midlands DQ
Tony Bell North DQ
Scores: North 8, South 7, Midland 7.

U20 Men 5k

- Ben Casey South 28;15.3 7
Ben Woolis North 30;58.1 5
Tom Bosworth South DQ
Scores: North 5, South 7.

U17 Men 5k

- Nathan Duncan North 28;11.2 7
Will Brewer South 28;53.0 5
Shaun Cohen North 32;14.7 4
Scores: North 11, South 5.

U15 Boys 3k

- Ben Parsons South 16;37.8 7
James Green North 16;41.0 5
Daniel Waples Midlands 16;43.7 4
Juan Beldano North 19;58.0 3
Adam Lubin Midlands 20;14.7 2
Scores: North 8, South 7, Midland 6.

U13 Boys 2k

- Guy Thomas South 11;06.1 7
Daniel Watling Midlands 11;23.1 5
Zak Wears North 11;24.2 4
Dan Chaib North 11;41.2 3
Mathew Redlern Midlands 12;16.1 2
Christopher Hewlett Midlands 13;52.2
Scores: North 7, South 7, Midland 7.

Senior Women 5k

Estle Vijoen South 26;50.6 7
Karen Wears North 27;59.5 5
Ann Wheeler Midlands 29;14.1 4
Helen Middleton South 29;56.6 3
Marie Marshall Midlands 31;21.4 2
Sue Rey Midlands 35;22.0
Scores: North 5, South 10, Midland 6.

U20 Women 5k

Lauren Whelan North 27;48.8 7
Rebecca Collins South 28;27.5 5
Scores: North 7, South 5.

U17 Women 5k

Vicky Morgan Midlands 30;32.5 7
Sinead Kaneen North 31;31.4 5
Scores: North 5, Midland 7.

U15 Girls 3k

Kate Funnell South 16;19.3 7
Jasmine Nicholls Midlands 16;21.8 5
Danielle Oates North 17;26.7 4
Beth Jackson Midlands 17;39.0 3
Alexandra Ross North 18;04.7 2
Catherine Cotterill South 19;13.6 1
Hannah Kelly North 19;34.6
Scores: North 6, South 8, Midland 8.

U13 Girls 2k

Emma Achurch Midlands 10;31.9 7
Toni Webley Midlands 11;31.1 5
Sarah Sheasby North 11;40.2 4
Rebecca Chambers North 11;57.6 3
Georgia Parsons South 13;27.6 2
Scores: North 7, South 2, Midland 12.

MATCH TOTAL:

1st - North 69
2nd - South 58
3rd - Midlands 53.

Northern Vets Track Championships Blackburn, Lancashire

27th September 2009

3000 metre walk

1 James Munn Lancs WC M75 19:20.4
2 Edward Almond Nth Vets M65 21:55.2
3 Fred Pearce Lancs WC M70 21:58.0
4 John Crahan Blackburn H M60 22:02.6
5 Geoff Dowling York RWC M75 24:57.9

200 Club

Recent winners:

August, 2009
£25 - N. Smith
£10 - Y. Withers
£10 - B. Ficken

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,

I note from your report on the proposed 'UK Gaymes', that you

think such an event to be a good thing. I cannot agree! In almost 40 years involvement in Race Walking, all events I have organised have been open to all, save for the usual age categories and, in the case of Championships, qualification by area affiliation or Nationality. As far as I am aware, the same has applied to the more than 500 races in which I have taken part. This is how it should be. Nothing else is relevant.

My advice to Mark Culshaw, whom I do not know, and to whom I wish all success in his walking career, is that he should celebrate what binds us together in our chosen sport, and not matters which may set us apart.

Of course, there is the temptation to dream up some exclusive category in which even I might still be able to win something!

Best Regards,
Alan Brooks,
Yorkshire Race Walking Club (in personal capacity)

Editor: Gay athletics is nothing new. There are regular global games, and a gay run in London recently attracted over 1,000 entrants! Although you may not perceive any discrimination, young openly gay athletes are frequently asked not to use the changing facilities, especially in schools. Most feel that they have to hide being gay, and will leave the sport rather than worry about

In the next issue...

Inside a Racewalker, IAAF Race Walking Challenge Final, Product Reviews, Nutrition, Technique, Drugs, Results, Reports, News, Photos...And anything I have missed out of this issue. **DON'T MISS IT! OUT LATE OCTOBER**

being found out. The UK Gaymes (like other gay events) will be open to both gay and non-gay people, and I hope race walkers will lead the way in entering and supporting the event.

Dear John,

Whilst waiting for the presentation (at the recent English Schools) with Pauline Wilson who had been a judge at the event, we took the opportunity to photo two very well known gentlemen and thought it would make a great caption competition for the Race Walking Magazine!

The gentlemen in question were not aware the photo had been taken but it was an opportunity too good to be missed!!

Diane Bradley



Editor: Suggestions anyone...?

Fixtures

October 2009

7th 1 mile Leeds Met Varsity Race (guests welcome) -Leeds Met University Track
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 Northern 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
17th 5k Bexley Winter League (2pm) -Bexley, Kent
18th 2000m Sarnia WC Handicap 2 -Osmond Priaulx, Guernsey (B)
22nd 5k Ann Brough Handicap Race 2nd Leg -NSC, Isle of Man
24th 10k/var Steyning Open Road Race -Steyning, Sussex (B)
24th - 25th Leeds Met University Open Days Leeds (B)
25th var HSBC Winter League 1 -Douglas, Isle of Man
25th 50k French National Championships -Roubaix, FRANCE
31st 5k/AGM Lancashire WC Open Walk & AGM -Simister, Lancashire (B)

November 2009

1st 10k Northern Winter League -Redcar C.C. (B)
1st var Sarnia WC Pace Judgement Challenge -Delancey Park, Guernsey (B)
1st UKA Race Walking Road Show -Alexander Stadium, Birmingham (B)
1st Syd Quirk Memorial Half marathon -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)
15th 5k Sarnia WC Pace Handicap 3 -Les Amarreurs, Vale, Guernsey (B)
17th 2k Chris Smith League -postal (B)
22nd var Northern Winter League -South Bank Club, York (B)
22nd 1k/2k/3k/5k/10k Midland Winter League 3 -Tamworth, Staffordshire
22nd var HSBC Winter League 2 -Andreas, Isle of Man
28th 5k Dick Maxwell Memorial/Simister Nightmare -Simister, Lancashire (B)
28th 7 mile Belgrave Open 7 (1pm) -Wimbledon (B)
28th Dinner BMAF Dinner Dance -Wortley Hall, Sheffield (B)
29th 10k Sarnia WC Pace Handicap 4 -Pleinmont, Guernsey (B)

December 2009

5th 5k Bexley Winter League (2pm) -Bexley, Kent
6th 10 mile Empire Garage Peel to Douglas Walk -Isle of Man (B)
6th var Northern Winter League TBA (possibly Dick Hudsons) (B)
6th 1500m Sarnia WC Track Race -Osmond Priaulx, Footes Lane, Guernsey (B)
12th 5k Surrey WC Christmas Cup -Monks Hill (B)
12th 5k/10k Birchfield Christmas Handicap -Perry Park, Birmingham (B)
13th 815m Sarnia WC Hill Climb -Le Val des Terres, Guernsey (B)

TWO GREAT NEW RACE WALKING BOOKS

from America's premier team of clinicians Jeff Salvage (founder of the Internet's #1 race walking site www.racewalk.com) and Tim Seaman (two-time Olympian and 38 time National Champion)

RACE WALK CLINIC — IN A BOOK



Jeff Salvage & Tim Seaman

Race Walk Clinic - in a Book beautifully illustrates in full color textbook techniques while it catalogs typical mistakes race walkers make that can rob them of a legal race and speed. It explains why these problems exist and prescribes critical solutions to correct them. If you are ready to improve your race walking style and step up to the next level, then pick up *Race Walk Clinic - in a Book* today.

\$23.95 + \$10 International S&H

EXCELLENCE IN TRAINING A RACE WALKING SPECIFIC TRAINING LOG

Date:	Location:	W/U Time:	C/D Time:	2 nd workout:	Total Daily Distance:
9/9/2009	Alamosa	22:00		16 the hills, steep pass	22
9/10/2009	Crash Lake Drive	21:00			17.5
9/10/2009	Valley				15

Jeff Salvage & Tim Seaman

We all know we should keep a training log. Some of us do, and others don't get beyond the new season's resolution to keep better track of our workouts. Those that do keep track, often do so inconsistently. Now let America's premier team of clinicians Jeff Salvage and Tim Seaman help you record information vital to your race walking progress in *Excellence in Training - A Race Walking Specific Training Log*

\$19.95 + \$10 International S&H

AVAILABLE TODAY AT WWW.RACEWALK.COM

*****SPECIAL OFFER Both Books including Intl. Shipping \$50.**