



Race Walking Record

April 2017



Erika Kelly

2017 National Women's 10km Champion

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

British Athletics

2017 World Athletics Championships

20 km Race Walk Trials



ROUNDHAY PARK, LEEDS, 9:30 AM, SUNDAY 25TH JUNE 2017

Incorporating the Race Walking Association, British Athletics, England Athletics and Welsh Athletics 2017 National 20km Championships

Events:

**Men's & Women's 20km, Under 20 Men's & Women's 10km
Open/Age Group 3km**

Details on how to entry will be circulated in due course



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Organised by the National Centre for Race Walking Foundation, Leeds



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ATHLETICS**

World Championship Selection

Dominic King (*Coach: George Nibre*) has become the first Briton in 22 years to be selected for the 50km race walk at the World Championships when British Athletics announced his selection on 26th April.



Dominic has already competed at the Commonwealth Games in 2002 (Manchester) and two Olympic Games in London 2012 and Rio de Janeiro (BRA) in 2016.

Dominic achieved his qualifying time for the championships when he clocked a personal best 3:55:48 in Andernach, Germany in October. He secured his place on the team when he won the British trial in Dudince, Slovakia recording 4:04:16.

European Cup Team Selections Announced

Tom Bosworth (*Coach: Andi Drake*), 6th placer at the 2016 Olympic Games and reigning IAAF World Junior 10,000m race walk champion Callum Wilkinson (*Mick Graham*) lead a strong British Athletics team for the European Walking Cup in Podebrady, Czech Republic on 21st May.



Bosworth has been in encouraging form so far in 2017, placing second in two major 20km's at the Lugano Trophy and the IAAF meeting in Rio Maior, so he will go into the European cup contest as one of the leading contenders.

He will be joined by Wilkinson who has moved up to the 20km distance this year. His time of 83:47 on his 20km debut in Lugano

back in March was a British U23 record as well as being inside the qualifying standard for the IAAF World Championships London 2017 this summer. So, this event will be another opportunity for the Enfield & Haringey athlete to showcase his ability on the international stage.

Dom King (*George Nibre*), who has already conformed his selection for the 50km at this summer's world championships, will compete over the 20km distance on this occasion, as will Cameron Corbishley (*Andi Drake*) who achieved a personal best of 86:00 last month.

A breakthrough performance by Gemma Bridge (*Mark Wall*) last month saw her set a 20km lifetime best mark of 95:01 which was inside the qualifying time for this summer's world championships. It backed up her form from earlier in the season which saw her take the British Athletics Indoor Team Trials 3000m title in February. The Oxford athlete only began race walking competitively at the start of 2017 and has enjoyed a rapid rise in the discipline ever since, which she will be looking to continue in Podebrady.

Bethan Davies (*Andi Drake*) and Heather Lewis (*Martin Bell*) are rewarded for their consistent starts to the year, as they are both picked for the senior 20km alongside Bridge.

In the 10km junior races Christopher Snook (*Verity Snook*) goes into the men's race after a lifetime best of 44:45 in early April, whilst Molly Jade Davey (*Patrice Terranova*) will go in the women's equivalent, another who revised her personal best earlier this year to 51:46.

Source: British Athletics Website

The full team:

Event	Athlete	Lead Coach
Men's 20km	Tom Bosworth	Andi Drake
	Cameron Corbishley	Andi Drake
	Dominic King	George Nibre
	Callum Wilkinson	Mick Graham
Women's 20km	Gemma Bridge	Mark Wall
	Bethan Davies	Andi Drake
	Heather Lewis	Martin Bell
Junior Men's 10km	Chris Snook	Verity Snook
Junior Women's 10km	Molly Davey	Patrice Terranova



50km to remain on programme for Tokyo 2020

April 13th: A campaign by some of the world's leading racewalkers to save the 50 kilometres for the 2020 Olympics in Tokyo has been successful after the IAAF decided against a proposal from the IAAF Race Walking Committee to drop the event.

Athletes and race walking fans showed their support for the event with a petition, signed by more than 9000 people to voice their opposition at the proposal to drop the event which has featured in every Olympic programme since Los Angeles 1932, apart from Montreal 1976, and sent it to IAAF President Sebastian Coe.

At the 209th IAAF Council Meeting in London, IAAF president Seb Coe confirmed that the Council had agreed not to propose the removal of any disciplines from the current Tokyo 2020 Games programme given athletes are a year into their training for the 2020 Games.

The controversy came about as the International Olympic Committee (IOC) strives to increase gender equality at the Summer and Winter Games and appeal to a younger audience and believes race walking to be in a vulnerable position citing decreased interest in events of long duration.

The IAAF Race Walking Committee was asked to consider various options for future international competitions leading up to and including Tokyo 2020 and the Committee felt that if no changes were recommended the IOC may impose its own solution.

Following lengthy discussion, the Committee agreed the following:

- 1) Introduce insole technology to assist judging as soon as possible - at the latest by Doha 2019.
- 2) Maintain the same competition programme for 2018 IAAF World Team Championships. If possible field test the insole technology alongside current judging protocol (including pit lane) at that event.
- 3) Full use to the pit-lane at the 2018 U20 World Championships. Consider introduction of mixed relay (2 x 5000m) at 2020 IAAF World U20 Championships (in addition to individual 10,000m)
- 4) Change international distances for race walking for 2019 and 2020 to the Half Marathon for both men and women. Maintain 10,000m race walk distance for U20 men and women at least until 2020 IAAF World U20 Championships.
- 5) Introduce a mixed gender (2 men, 2 women) relay (4 x 5000m on the track) for 2019 and 2020 (IAAF World Championships and Olympic Games). Use pit-lane (or other penalty) for infractions. Encourage Area Championships to at least include the mixed gender track relay in 2019-2020.
- 6) Review distances and format for race walking events after 2020 Olympics, based on feedback from IAAF, IOC, coaches and athletes.

It is understood that the Championship programme could be:

2018 No change

2019 IAAF World Championships – 2 x Half Marathons, No 50km

2020 IAAF World Team Championships – 2 x Half Marathon & 2 x Junior 10km, No 50km

2020 Olympic Games 20km & 50km

OVERSEAS

85th Edition of the Podebrady Race Walks incorporating EAA Permit Meeting, Podebrady (CZE) (Sat. 8th Apr.)

The men's 20km winner Christopher Linke (GER) took the lead right from the start, along with Kevin Campion (FRA) and followed by Wayne Snyman (RSA). By the half way mark, Linke and Campion were still together in 40:20, 16 secs ahead of Snyman (40:36). Linke then put the hammer down with some very fast 1km splits, reaching the 15km mark on his own in 59:37 and going on to win with a new life time best of 1:18:59. Campion held his spot to finish second in a personal best of 1:20:28 while Hagen Pohle (GER) came home strongly to take third placed with 1:21:41 ahead of Snyman with 1:22:01.

The women's 20km was dominated by Columbian walkers Sandra Viviana Galvis who won in a life time best of 1:30:00 and Yeseida Carrillo who recorded a personal best of 1:31:14. Lithuania's Zivile Vaiciukeviciute also recording a personal best.

The U20 and U18 races were also big affairs, with impressive times by the U20 winners Leo Kopp (GER 41:19) and Teresa Zurek (GER 45:53).

The **England** race walking team scored a full house of lifetime bests with a series of qualifying times being achieved in the perfect racing conditions. The performances made it a highly successful trip to the Czech Republic for the competition.

The day got off to a great start with a win for Ana Garcia (*Club: Sheffield & Dearne, Coach: Mark Wall*) walking a very even paced race in a lifetime best of 24:34 in the 5km youth race.



Molly Davey (*Self Atletica Montanari & Gruzza, Patrice Terranova*) set a lifetime best and a European Cup qualifying time of 51:46 in 15th position in the Junior women 10km. Sophie Lewis Ward (*Cambridge Harriers, Noel Carmody*) had spent her 18th birthday travelling to the meeting also set a lifetime best of 52:45 for 17th place.



Molly Davey (262)

Chris Snook (*Aldershot, Farnham and District, Verity Snook*) removed another minute from his personal best set just three weeks ago in Lugano to finish 7th in the junior 10km and better the European Cup qualifying time with 44:45. Team mate Tom Partington (*Manx Harriers, Steve Partington*) also recorded a lifetime best with 45:53 for 12th. They also picked up 3rd in the International Team match behind France and Poland.



Tom Partington (190) ~ Chris Snook (191)







In the 20km Gemma Bridge (*Oxford City, Mark Wall*) in only her second race at the distance bettered the World Championship qualifying standard with a lifetime best 1:35:03 clocking for 10th place.

Not to be outdone, in the 20km men's race, Cameron Corbishley (*Medway & Maidstone, Andi Drake*) started sensibly, with team mate Guy Thomas (*Tonbridge AC, Martin Rush*). Unfortunately, Thomas was disqualified just before 9km, but Corbishley was winding up the pace, finishing his race in 11th position in a European U23 championships qualifying performance of 1:26:00. Yet another breakthrough performance, over 5 minutes quicker than his race in Lugano last month.

Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Christopher Linke	GER	1:18:59	PB
2	Kevin Campion	FRA	1:20:28	PB
3	Hagen Pohle	GER	1:21:41	
4	Wayne Snyman	RSA	1:22:01	
5	Karl Junghannß	GER	1:22:40	
11	Cameron Corbishley (U23)	ENG	1:26:00	PB
	Guy Thomas (U23)	WAL	DQ	


Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Sandra Viviana Galvis	 COL	1:30:00	PB
2	Yeseida Carrillo	 COL	1:31:14	PB
3	Zivile Vaiciukeviciute	 LTU	1:31:40	PB
4	Valeria Ortuno	 MEX	1:31:48	
5	Monika Vaiciukeviciute	 LTU	1:32:39	
10	Gemma Bridge	 ENG	1:35:03	PB






Junior Men's 10km

Posn	Athlete	Nation	Perf	Notes
1	Leo Kopp	 GER	41:19	
2	David Kuster	 FRA	41:31	
3	Lukasz Niedziattek	 POL	41:53	NJR
4	Justin Bournier	 FRA	43:03	
5	Abdulaziz Danis	 TUR	43:43	
7	Christopher Snook	 ENG	44:45	PB
12	Tom Partington	 ENG	45:53	PB

Junior Women's 10km

Posn	Athlete	Nation	Perf	Notes
1	Teresa Zurek	 GER	45:53	
2	Camille Auriere	 FRA	48:36	
3	Enni Nurmi	 FIN	48:40	
4	Eloise Terrac	 FRA	48:44	
5	Agata Kowalska	 POL	49:41	
15	Molly Jade Davey	 ENG	51:46	PB
17	Sophie Lewis Ward	 ENG	52:45	PB

U18 Women's 5km

Posn	Athlete	Nation	Perf	Notes
1	Ana Garcia	 ENG	24:34	PB
2	Sarah Glennon	 FRA	24:43	PB
3	Josephine Grandi	 GER	25:05	
4	Toma Dailidonyte	 LTU	25:46	
5	Yasmin Ulbrich	 GER	27:35	

National

Race Walking Association Inter-Area Match, Lee Valley Athletics Centre (Sat. 22nd Apr.)

A convincing win for the South (107 pts) from the Midlands (31) and the North (15).

The first race of the afternoon was the combined ladies 5000m, which saw a return to racing after injury for Emma Achurch who recorded the Midlands only win. Emily Ghose was in contact early on but lost ground in the latter stages. Behind her a three-way battle ensued with Megan Stratton-Thomas and Isabelle Bridge tracking Lucy Lewis Ward. With 2000m Megan pushed on taking Lucy with her and although the younger athlete was not able to stay with her it was enough for her to break away from Isabelle.

Davina Nova and Abigail Smith had a race long battle in the under-13 girls 2000m with Davina recording a three second win over her southern team mate.

In the under-15 boys 3000m Alex Macheath, mindful that he was running in the London Mini Marathon the following day, sat in the pack for the early part of the race but accelerated in the latter stages to come home in 15:43.3. Lois Carty enjoyed a convincing win in the under-15 girls 3000m race.

The combined men's 5000m saw Callum Wilkinson clock another sub-20-minute clocking ahead of training partner Cameron Corbishley. Tim Snook won the under-20 race and George Wilkinson the under-17's.

Women's 5000m

Posn	Athlete	AG	Club	Perf
1	Emma Achurch	U23W	Leicester Walking Club	27:02.5
2	Penelope Cummings	W40	Aldershot Farnham & Dist.	29:03.7
3	Helen Middleton	W50	Enfield & Haringey AC	30:23.7
4	Sarah Trundle	W45	Nuneaton Harriers	31:09.6

Under 20 Women's 5000m

Posn	Athlete	AG	Club	Perf
1	Emily Ghose	U20W	Tonbridge Athletic Club	27:21.1
2	Megan Stratton-Thomas	U20W	Swansea Harriers	27:38.3
3	Abigail Jennings	U20W	Aldershot Farnham & Dist.	28:06.5

Under 17 Women's 5000m

Posn	Athlete	AG	Club	Perf
1	Lucy Lewis Ward	U17W	Cambridge Harriers	27:51.0
2	Isabelle Bridge	U17W	Blackheath & Bromley	28:07.6
3	Pagen Spooner	U17W	Wetherby Runners	33:06.7

Under 13 Boys 2000m

Posn	Athlete	AG	Club	Perf
1	Henry Rugg	U13B	Enfield & Haringey AC	15:06.7
2	Owen Bradshaw	U13B	C of Sheffield & Dearne	DQ

Under 13 Girls 2000m

Posn	Athlete	AG	Club	Perf
1	Devina Nova	U13G	Ashford Athletic Club	11:50.1
2	Abigail Smith	U13G	Blackheath & Bromley	11:53.5
3	Katie Stringer	U13G	Medway & Maidstone	12:23.0
4	Lucy Walker	U13G	C of Sheffield & Dearne	12:37.9
5	Caitlin Casey	U13G	Birchfield Harriers	12:44.0
6	Molly Mckerlich	U13G	Cardiff AAC	13:38.4
7	Elizabeth Pap	U13G	Nuneaton Harriers	14:11.9

Under 15 Boys 3000m

Posn	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	15:43.3
2	Jack Childs	U15B	Medway & Maidstone	16:00.2
3	Faris Alkhamesi	U15B	Nuneaton Harriers	17:02.0
4	Nicholas Hart	U15B	Aldershot Farnham & Dist.	17:08.8
5	Kai Cundey	U15B	C of Sheffield & Dearne	18:20.7

*Alex Macheath & Jack Childs***Under 15 Girls 3000m**

Posn	Athlete	AG	Club	Perf
1	Lois Carty	U15G	Aldershot Farnham & Dist.	17:11.0
2	Izzy Elliott	U15G	Aldershot Farnham & Dist.	18:07.8
3	Lara MacColl	U15G	C of Sheffield & Dearne	19:21.6
4	Hannah Hopper	U15G	Cambridge Harriers	19:47.1

Senior Men's 5000m

Posn	Athlete	AG	Club	Perf
1	Callum Wilkinson	U23M	Enfield & Haringey	19:57.8
2	Cameron Corbishley	U23M	Medway & Maidstone	20:10.7
3	Luc Legon	U23M	Bexley Athletic Club	24:12.8
4	Mark Williams	M50	Tamworth Athletic Club	26:19.4
5	Peter Boszko	M65	Birchfield Harriers	28:20.0

Under 20 Men's 5000m

Posn	Athlete	AG	Club	Perf
1	Tim Snook	U20M	Aldershot Farnham & Dist.	23:10.1
2	Ollie Hopkins	U20M	Lewes Athletic Club	25:35.7
3	Jordan Price	U20M	Brecon Athletic Club	27:42.9
4	Daniel Mckerlich	U20M	Cardiff AAC	DQ

Under 17 Men's 5000m

Posn	Athlete	AG	Club	Perf
1	George Wilkinson	U17M	Enfield & Haringey	27:58.2
2	Ben Allen	U17M	Leicester Walking Club	28:43.1

Mixed 1000m Development Race (B)

Posn	Athlete	AG	Club	Perf
1	Luca Cundey	U11B	Intake Primary School	5:58.0
2	Christian Hopper	U13B	Cambridge Harriers	6:12.4
3	Imogen Walker	U11G	Greenhill School, Sheffield	6:21.1
4	Hannah Atkinson	U13G	Cambridge Harriers	6:27.4
5	Lewis Burr	U11B	Tonbridge Athletic Club	6:35.9
6	Kenton Jennings	U13B	Aldershot Farnham & Dist.	6:39.2

**British Athletics/Race Walking Assoc/CAU 10km
Championships incorporating RWA Young Age Group &
Welsh YAG Championships, Coventry (Sat. 29th Apr.)**

Callum Wilkinson (*Nº 14 – pictured below*) won in a time of 41:03 with Cameron Corbishley (*Nº 21*) second and 50km specialist Dominic King (*Nº 12*) showing good speed to take the bronze.



Erika Kelly won the women's race in a personal best 48:54 as she went inside 50 minutes for the first time. Irish junior Niamh O'Connor finished second with 17-year-old Emily Ghose equalling her personal best with 56:53 for third.

Ana Garcia walked an outstanding 24:51 in winning by over three minutes from Lucy Lewis Ward in the under-17 women's 5km.

Ben Allen won the under-17 men's 5km from George Wilkinson. Alex Macheath was convincing winner of the under-15 boys 3km in a swift 15:15. Lois Carty was a convincing winner in the under-15 girls 3km with Abigail Smith taking the under-13 girls 2km title in a close battle with Katie Stringer. Owen Bradshaw won the under-13 boys title with a clear lead having been disqualified at the Inter-Area match the week before.

Men's 10km

Posn	Athlete	AG	Club	Perf
1	Callum Wilkinson	U23M	Enfield & Haringey AC	41:03
2	Cameron Corbishley	U23M	Medway & Maidstone AC	41:55
3	Dominic King	SM	Colchester Harriers AC	43:08
4	Daniel King	SM	Colchester Harriers AC	44:57
5	Christopher Snook	U20M	Aldershot Farnham & Dist.	46:23
6	Tom Partington	U20M	Manx Harriers	46:40
7	Luc Legon	U23M	Cambridge Harriers	49:34
8	Joe Mooney	U20M	Adamstown Athletic Club	49:46
9	Andrew Carroll	U20M	Celbridge Athletic Club	49:46
10	Timothy Snook	U20M	Aldershot Farnham & Dist.	50:13
11	Francisco Reis	M55	Thames Valley Harriers	50:38
12	Andrew Miller	M45	Wolverhampton & Bilson	53:26
13	Oliver Hopkins	U20M	Lewes Athletic Club	54:26
14	Mark Williams	M50	Tamworth Athletic Club	55:44

15	Jordan Price	U20M	Brecon Athletic Club	56:42
16	Graham Chapman	M60	Headington Road Runners	57:32
17	Steve Arnold	M50	Nuneaton Harriers	57:52
18	Matthew Phipps	U20M	Neath Harriers	61:14
19	Steve Allen	M60	Barnet & District AC	61:58
20	Anthony Bell	M50	Lancashire Walking Club	63:00
21	John Constandinou	M45	Birchfield Harriers	66:05
22	Shaun Lightman	M70	Surrey Walking Club	67:40
23	Christopher Flint	M70	Surrey Walking Club	69:16
24	Sean Pender	M60	Enfield & Haringey AC	73:43
25	David Fall	M70	Birchfield Harriers	74:51
26	Julian Barnett	M55	Birchfield Harriers	84:22
	Malcolm Martin	M60	Surrey Walking Club	DNF
	Daniel Mckerlich	U20M	Cardiff AAC	DQ
	John Borgars	M70	Loughton Athletic Club	DQ
	Adam Cowin	SM	Manx Harriers	DQ
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ

Women's 10km

Posn	Athlete	AG	Club	Perf
1	Erika Kelly	SW	Northern (Isle of Man) AC	48:54
2	Niamh O'Connor	U20W	Celbridge Athletic Club	50:26
3	Emily Ghose	U20W	Tonbridge Athletic Club	56:53
4	Abigail Jennings	U20W	Aldershot Farnham & Dist.	58:30
5	Megan Stratton-Thomas	U20W	Swansea Harriers	58:58
6	Penelope Cummings	W40	Aldershot Farnham & Dist.	59:42
7	Helen Middleton	W50	Enfield & Haringey AC	62:10
8	Melanie Peddle	W45	Loughton Athletic Club	62:22
9	Sue Davies	W50	Aldershot Farnham & Dist.	63:05
10	Rebecca Greatbatch	U23W	Manx Harriers	63:25
11	Amy Phipps	U20W	Neath Harriers	63:32
12	Angela Martin	W50	Surrey Walking Club	68:31
13	Ann Wheeler	W60	Leicester Walking Club	69:56
14	Joanne Outtrim	W40	Cambridge & Coleridge AC	75:22
	Sarah Glennon	U20W	Mullingar Harriers	DNF

Under 17 Men's 5km

Posn	Athlete	AG	Club	Perf
1	Ben Allen	U17M	Leicester Walking Club	28:02
2	George Wilkinson	U17M	Enfield & Haringey AC	28:18

Under 17 Women's 5km

Posn	Athlete	AG	Club	Perf
1	Ana Garcia	U17W	C of Sheffield & Dearne	24:51
2	Lucy Lewis Ward	U17W	Cambridge Harriers	28:03
3	Isabelle Bridge	U17W	Blackheath & Bromley	29:03
4	Alice Bellando	U17W	Manx Harriers	29:29
5	Laura Achurch	U17W	Leicester Walking Club	30:38
6	Pagen Spooner	U17W	Wetherby Runners AC	31:53
7	Mollie Dainton	U17W	Llanelli Athletic Club	32:27
8	Jacqueline Benson	U17W	Ashford Athletic Club	33:46

Under 15 Boys 3km

Posn	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	15:15
2	Jack Childs	U15B	Medway & Maidstone AC	16:21
3	Faris Alkhamesi	U15B	Nuneaton Harriers	17:11
4	Kai Cundey	U15B	C of Sheffield & Dearne	17:37
5	Kyle Isaac Smith	U15B	Nuneaton Harriers	21:18

Under 15 Girls 3km

Posn	Athlete	AG	Club	Perf
1	Lois Carty	U15G	Aldershot Farnham & Dist.	17:20
2	Molly Meleady-Hanley	U15G	C of Sheffield & Dearne	18:05
3	Lara MacColl	U15G	C of Sheffield & Dearne	18:45
4	Hannah Hopper	U15G	Cambridge Harriers	19:48

Under 13 Boys 2km

Posn	Athlete	AG	Club	Perf
1	Owen Bradshaw	U13B	C of Sheffield & Dearne	11:18

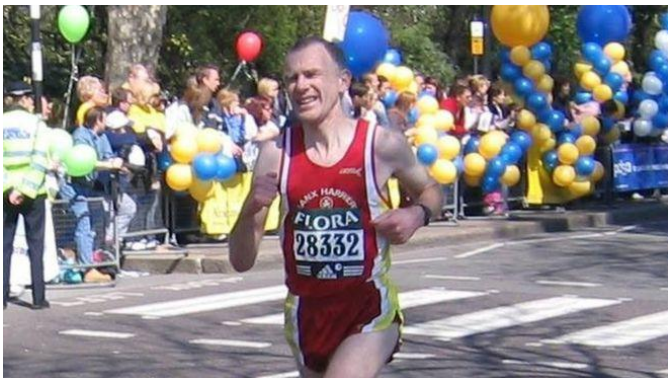


Under 13 Girls 2km

Posn	Athlete	AG	Club	Perf
1	Abigail Smith	U13G	Blackheath & Bromley	11:32
2	Katie Stringer	U13G	Medway & Maidstone AC	11:35
3	Charlotte Wallis	U13G	Aldershot Farnham & Dist.	12:14
4	Lucy Walker	U13G	Meadowhead School	13:11
5	Molly Mckerlich	U13G	Cardiff AAC	13:51
6	Abigail Lysek	U13G	Dudley & Stourbridge Hs	14:05
7	Nia Bailey-Jones	U13G	Swansea Harriers	14:21
8	Elizabeth Pap	U13G	Nuneaton Harriers	DNF



Lara MacColl ~ Katie Stringer ~ Abigail Smith

Isle of Man mourns loss of Murray Lambden

Manx Harriers, and the Isle of Man athletics community, lost its greatest friend and supporter following the tragic death of Murray Lambden at the age of 60 on the morning of 17 April 2017.

Less than 24 hours earlier Murray had been covering the Easter Festival Running with his usual gusto, armed with his array of cameras, and was on his usual wonderful form.

Murray's contribution to every aspect of athletics on the Isle of Man over several decades was immense and is unlikely ever to be equalled. He was an athlete, administrator, coach, visionary and publicist extraordinaire, whose dedication to everything he did in his life was truly exceptional.

Murray was also widely considered a fine competitor and represented the Island at the 1982 Commonwealth Games in Brisbane in the 30km Walk where he finished eighth.

He achieved many successes on the Island, winning the Parish Walk in 1978, and in 1981 he won the End to End Walk on the old course on the east side of the island in a time of around 5 hours 50 minutes, which nobody else came anywhere near. He also won the TT Course Walk in the early 1980s, narrowly beating his friend and rival Graham Young.

Condolences are expressed to his family.

A detailed tribute can be found on the [Manx Harriers website](#).

Domestic

Macclesfield Shield 20km, Sutton Macclesfield (Sat. 8th Apr.)

The race was held on the normal tough hilly course over 6 laps, **reports Roy Gunnett**. It was a very pleasant warm sunny day (over 20°C) with a clear blue sky throughout the race.

Adrian Edwards easily won the scratch race. Dan Maskell, up from Brighton, walked a strong race to come second.

Roy Gunnett won the handicap prize and the Macclesfield Shield.

Special thanks are due to Eric Horwill who travelled up from the midlands to do the timekeeping. This freed up Fred to be able to man the road junction the walkers had to cross on each lap.

Men's 20km (B)

Posn	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	2:00:10
2	Dan Maskell	M65	Surrey Walking Club	2:19:42
3	Roy Gunnett	M65	Lancashire Walking Club	2:21:38
4	Dave Crompton	M50	Lancashire Walking Club	2:22:39
5	Stuart Edgar	M45	Dudley & Stourbridge Hs	2:25:07
6	Joe Hardy	M70	Lancashire Walking Club	2:27:13
7	Ian Hilditch	M75	Lancashire Walking Club	2:27:56
8	Sailash Shah	M55	Lancashire Walking Club	2:30:06
9	Phil McCullough	M55	Lancashire Walking Club	2:30:57

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Irene Pike	W65	Lancashire Walking Club	72:58
2	John Payn	M80	Lancashire Walking Club	81:37

10.8km (B)

Posn	Athlete	AG	Club	Perf
1	Glyn Jones	M70	Coventry Godiva Harriers	75:32

17.2km (B)

Posn	Athlete	AG	Club	Perf
1	Greg Smith	M60	Lancashire Walking Club	2:10:52

Sarnia Walking Club Channel Island Ceramics Chilcott Cup 7 Mile Road Walk, Albecq to North Side (Sun. 9th Apr.)

Stuart Le Noury easily broke seven miles in the hour to record another win in the annual Channel Island Ceramics Chilcott Cup, **reports Rob Elliott**. On a clear warm morning, he strode out from the start at Albecq and crossed the line at North Side in 58:30.

A close finish for second place was won by the experienced Rob Elliott from relative newcomer Donna Allan. Walking at a faster pace over a similar distance than her recent 10 kilometres' personal best, she caught Elliott with half a mile to go and opened a few seconds gap around the Vale Castle and heading down to the long straight finish at North Side. A still confident Elliott held the gap for a while before catching and moving away in the final yards. The one hour mark for 10 kilometres gets closer for Donna. Olga Le Noury held off Kevin Le Noury for fourth place. Kay Coulson in 6th place had a good race finishing in 1.20.30 and backed up her performance in England last week where she set a new personal best time of 1.12.09 over 10 kilometres. The event was the Cecil Gittins Memorial race at Gravesend where she finished as 6th woman. Back to the local event and Mick Le Sauvage held off Peter Beckerleg by a few minutes with Jayne Le Noury bringing the race to a close.

Mixed 7 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	58:30
2	Rob Elliott	M55	Sarnia Walking Club	69:10
3	Donna Allan	W35	Sarnia Walking Club	69:13
4	Olga Le Noury	W35	Sarnia Walking Club	78:59
5	Kevin Le Noury	M55	Sarnia Walking Club	79:25
6	Kay Coulson	W45	Sarnia Walking Club	80:30
7	Mick Le Sauvage	M75	Sarnia Walking Club	82:23
8	Peter Beckerleg	M55	Sarnia Walking Club	84:37
9	Jayne Le Noury	W55	Sarnia Walking Club	86:11

2nd South Yorkshire League, Millhouses (Tue. 11th Apr.)

A great turnout of 11 walkers, *reports Brian Adams*. It was very tight at the front of the field in the closing stages. When Imogen Walker stepped onto the road to start her 2 kilometres she was in second place with nine others chasing her down, as the leaders entered the final lap of 500m Imogen was still in second place but soon moved into the lead. Lara MacColl was back in 5th at this point but pulled through to 3rd by the end. Fourteen seconds covered the top 4 then a gap and 30 seconds covering the next 5 walkers.

Posn	Athlete	AG	Club	Time/Dist.
1	Imogen Walker	U11G	Greenhill School	14:10/2km
2	Toby Chaplin	U13B	C of Sheffield & Dearne	12:56/2km
3	Lara MacColl	U15G	C of Sheffield & Dearne	18:08/3km
4	Jake Borrill	U13B	Bradway School	5:59/1km
5	Owen Bradshaw	U13B	C of Sheffield & Dearne	10:38/2km
6	Luca Cundey	U11B	Intake Primary School	12:05/2km
7	Lucy Walker	U13G	Meadowhead School	12:45/2km
8	Molly Meleady-H	U15G	C of Sheffield & Dearne	18:11/3km
9	Simon Pugh	M55	Rotherham Harriers	31:43/5km
10	Natalie Myers	SW	C of Sheffield & Dearne	28:16/5km
11	Peter Bilson	M35	C of Sheffield & Dearne	22:53/2km

**Veterans Athletic Club 10,000m Track Championships,
including Hertfordshire, Middlesex & Surrey
Championships, Tooting Bec (Wed. 12th Apr.)**

The annual Veterans AC and Hertfordshire, Middlesex and Surrey County championships took place in good racing conditions under cloud cover, rainstorms were threatened but never materialised.

Sean Pender who has qualified as a starter recently, generously acted as a starter in this race using a clapperboard and then went on to participate himself.

Penelope Cummings had an excellent race to win outright, she was also first lady overall and first Surrey lady.

New Ilford AC signing Mark Culshaw who was racing neck and neck with Penelope in the initial stages, finished strongly in second place and first Middlesex; meanwhile Gary Smith, finished powerfully in third place to take Hertfordshire gold for the first time since 1998. John Borgars from Herts Phoenix who has competed frequently since his record breaking 100-mile race in 2016, also completed in a good time.

Mixed 10,000m (Vets AC position in brackets, G = guest)

Posn	Athlete	AG (Pos)	Club	Perf
1	Penelope Cummings	W40 (G)	Herne Hill Harriers	59:24.0
2	Mark Culshaw	M50 (G)	Ilford Athletic Club	61:59.4
3	Gary Smith	M60 (G)	Enfield & Haringey AC	62:48.7
4	Dan Maskell	M65 (1)	Surrey Walking Club	66:17.9
5	John Borgars	M70 (G)	Herts Phoenix AC	66:31.4
6	Shaun Lightman	M70 (1)	Surrey Walking Club	67:54.5
7	Fiona Bishop	W55 (1)	Woking Athletic Club	68:58.9
8	Micheal Harran	M75 (1)	Surrey Walking Club	69:40.3
9	David Bowker	M55 (G)	Fairlands Valley Spartans	71:03.6
10	Paul King	M65 (2)	Belgrave Harriers	72:43.7
11	Sean Pender	M60 (G)	Enfield & Haringey AC	75:37.8
12	David Delaney	M70 (2)	Surrey Walking Club	77:58.9
	Peter Watts	M65	Swanley & District AC	DQ

Hertfordshire	Middlesex	Surrey – Men	Surrey -Woman
Gary Smith	Mark Culshaw	Micheal Harran	P. Cummings
John Borgars	Shaun Lightman	David Delaney	Fiona Bishop
David Bowker	Paul King		

Veterans AC 5 Mile Road, Battersea Park (Tue. 18th Apr.)

The first race of the summer series took place in good conditions on a bright but cool early spring evening, *reports David Hoben*.

Mark Culshaw continued his 2016 form to deliver yet another race win in this series, closely followed by Steve Bishop making a return to the racing scene after a few years absence, and Stuart Bennett using

the midweek race as a warm up to the upcoming London Marathon at the weekend. Melanie Peddle, who has already established herself in her first year in the event, was the only newcomer to the series and finished in a respectable time.

Mixed 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Mark Culshaw	M50	Ilford Athletic Club	48:29
2	Steve Bishop	M50	Stock Exchange AC	48:41
3	Stuart Bennett	M55	Ilford Athletic Club	48:51
4	Melanie Peddle	W45	Loughton Athletic Club	51:01
5	Shaun Lightman	M70	Surrey Walking Club	51:16
6	David Bowker	M55	Fairlands Valley Spartans	51:25
7	Dan Maskell	M65	Surrey Walking Club	53:10
8	Arthur Thomson	M80	Enfield & Haringey AC	56:23
9	Paul King	M65	Belgrave Harriers	57:18
10	David Hoben	M60	Surrey Waking Club	58:33

**Veterans Athletic Club**

present

The Jack Fitzgerald Memorial Walks

(Open event in aid of Help for Heroes)

Saturday 10th June 2017 @ 12:30pm**Tilgate Park, Crawley**

Registration: Tilgate Forest Golf Club, RH10 5EU

Race Distance: Approx. 6 & 3 Miles

(Judged under RWA B Rules)

Entries in advance preferred – fee = £5.00 (£7.00 on the day)

Entry Form available at <http://www.vetsac.org.uk/>Further information from David Hoben - walks@vetsac.org.uk**Slater/Bryce Memorial Track Walks (incorporating Sussex County Championships, Horsham (Sat. 22nd Apr.)**

In almost ideal conditions, *reports Ron Penfold*, just a slight chilly breeze out of the sun, due to a fixture clash only ten started.

Ian Richards, the holder of the Sussex title, went off into an early lead followed by David Crane, a newcomer to the Sussex ranks. Ian never really shook off David who stayed about 50 metres adrift. Just after halfway David put in a great effort and caught and passed Ian, but then tired and fell away to let Ian go on and take the Sussex title. David held on for second with Trevor Jones taking third after an epic battle with Richard Emsley, which was only decided over the final four laps. Anne Jones took the Sussex women's title.

Mixed 10,000m

Posn	Athlete	AG	Club	Perf
1	Ian Richards	M65	Steyning Athletic Club	51:39
2	David Crane	M35	Surrey Walking Club	52:22
3	Trevor Jones	M60	Steyning Athletic Club	58:45
4	Richard Emsley	M65	Crawley Saints & Sinners	60:08
5	Paul Gaston	M65	Surrey Walking Club	65:33
6	Dan Maskell	M65	Surrey Walking Club	66:27
7	Anne Jones	W60	Steyning Athletic Club	66:35
8	Arthur Thomson	M80	Enfield & Haringey AC	67:55
9	John Killick	M70	Steyning Athletic Club	68:00

Mixed 5000m

Posn	Athlete	AG	Club	Perf
1	Chris Edwards	M65	Surrey Walking Club	35:38

Sarnia Walking Club Cambridge Park 5km (Sun. 23rd Apr.)

Six walkers from the Sarnia Walking Club tried out another new lap of a local park, this time over 950 metres, **reports Rob Elliott**.

Donna Allan was content with walking close to Phil Lockwood through the first kilometre in 7:08, with Peter Beckerleg a close third only seconds behind. Going through 3 kilometres in 20:51 Donna had opened a 19 seconds' lead over Lockwood, increased to 2:28 by the finish.

Well off the pace after the first lap, Kay Coulson soon had Dave Dorey in her sights and reeled him in over the next few kilometres before easing ahead on the last lap.

A welcome sight at the finish line was past competitor Roy Le Marquand who was out for a slow stroll around the park. Roy was active in the 1960s and 1970s and was a regular Church to Church competitor with a best of 3:12.55 set in 1971. He completed the course on 33 occasions between 1962 and 1994. Roy has completed the London to Brighton walk over more than 50 miles and has personal best times of: 5 km 25:59 in 1967, 7 miles 59:10 in 1967, 10 miles 87:09 in 1967, 50 km 5:22:45 in 1968.

Mixed 5km (B)

Posn	Athlete	AG	Club	Perf
1	Donna Allan	W35	Sarnia Walking Club	33:51
2	Phil Lockwood	M45	Sarnia Walking Club	35:23
3	Peter Beckerleg	M55	Sarnia Walking Club	35:46
4	Mick Le Sauvage	M75	Sarnia Walking Club	36:21
5	Kay Coulson	W45	Sarnia Walking Club	38:12
6	Dave Dorey	M70	Sarnia Walking Club	39:26

Sarnia Walking Club Championship Race 3, Track 3000m, Osmond Priaulx, Guernsey (Fri. 28rd Apr.)

Another win for Stuart Le Noury with Rob Elliott taking second place almost two minutes behind, **reports Rob Elliott**.

Mixed 3000m (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	15:16
2	Rob Elliott	M55	Sarnia Walking Club	17:09
3	Kevin Le Noury	M55	Sarnia Walking Club	20:06
4	Peter Beckerleg	M55	Sarnia Walking Club	20:28
5	Mick Le Sauvage	M75	Sarnia Walking Club	21:16
6	Dave Dorey	M70	Sarnia Walking Club	23:58

Date for your Diary

12 Noon Wed. 9th August – Friendship Walks, Enfield

Pednor 5 Mile & Enfield League, Pednor, (Mon. 1st May)

Sebastian Parris headed the men's race and in fifth place (first lady) Helen Middleton, became the only woman to better the 50-minute standard for this demanding course, since the event was included in the ERWL in 2013, **reports Ron Wallwork**. It was nice to welcome athletes who only do this race each year along with several new faces who were trying race walking for the first time – it gives the event a special atmosphere. Thanks, are expressed to Martyn Cartwright and the Chiltern Harriers team for promoting the event.

Special mention for two Centurions; John Borgars who raced the national 10km at Coventry on the 29th, did the Centurions 10k social walk on the 30th and the Herts 3km only four hours before tackling this race. Equally dedicated, Chris Flint did the same except for the Herts champs. The travelling involved to support these events says a lot about their passion for race walking.

Sebastian Parris, Mark Culshaw, Stuart Bennett, John Borgars and Fiona Bishop were among fifteen athletes who took part in the Pednor Challenge. This involves participating in the 5-mile run which takes place after the walk and the placings are decided by adding the times together. Sebastian w44:39/r31:28 = 76:07 won the men's challenge to achieve the double, whilst Fiona w50:16/r42:39 = 92:55 emerged as the women's victor.

Men's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Sebastian Parris	SM	Ilford Athletic Club	44:39
2	Neil Bates	SM	Chiltern Harriers AC	45:16
3	Keith Vallis	M50	Overton Harriers	48:29
4	Stuart Bennett	M55	Ilford Athletic Club	48:31
5	Mark Culshaw	M50	Ilford Athletic Club	48:41
6	David Bowker	M55	Fairlands Valley Spartans	50:23
7	Dan Maskell	M65	Surrey Walking Club	51:54
8	Ken Bobbett	M70	Hillingdon Athletic Club	52:05
9	John Borgars	M70	Loughton Athletic Club	53:53
10	Andrew Cox	M60	Hillingdon Athletic Club	54:30
11	Christopher Flint	M70	Surrey Walking Club	54:14
12	Sean Pender	M60	Enfield & Haringey AC	57:34
13	Phil Burridge	M50	Handy Cross Runners	57:42
14	David Delaney	M70	Surrey Walking Club	58:35
15	David Hoben	M60	Surrey Walking Club	58:36
16	Trevor Brawn	M65	Chiltern Harriers AC	59:11
17	Terry Morris	M70	Nuneaton Harriers	60:08
18	Peter Cassidy	M70	Loughton Athletic Club	62:04
19	Martyn Cartwright	M75	Chiltern Harriers AC	62:45
20	Mike Morgan	M75	Burnham Joggers	64:50
21	Micheal Hickman	M65	Handy Cross Runners	64:59
22	Ken Livermore	M80	Enfield & Haringey AC	75:19
23	Benjamin Garrett	U20M	Unattached	85:00

Women's 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Helen Middleton	W50	Enfield & Haringey AC	49:31
2	Fiona Bishop	W55	Woking Athletic Club	50:16
3	Joyce Crawford	W45	Enfield & Haringey AC	51:55
4	Sarah Trundle	W45	Nuneaton Harriers	51:59
5	Jo Miles	W60	Hillingdon Athletic Club	55:28
6	Melanie Bolden	W45	Unattached	57:12
7	Laura Butt	W40	Unattached	60:09
8	Tessa Passey	W50	Chiltern Harriers AC	61:50
9	Patricia Keene	W60	Burnham Joggers	66:41
10	Valerie Chamberlain	W50	Unattached	70:46
11	Benedicte Ward	W45	Unattached	70:46
12	Elspeth Attwood	W55	Unattached	71:24
13	Amanda Garrett	W45	Unattached	85:00

The Woodford Tuesday Walks**Ashton Playing Fields, Woodford Green (Tue. 2nd May)**

The normal modest start to the season, with the same size field as in 2016, **reports Peter Cassidy**. The cold weather and the fact that Bennett, Pender and Cassidy had done the Pednor 5 miles the previous day may have detracted somewhat from the brilliance of the times. Allen, who had not raced at Pednor duplicated the time he set in winning the Hertfordshire 3,000m on Monday.

Mixed 3000m

Posn	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	15:29.3
2	Steve Allen	M60	Barnet & District AC	17:28.3
3	Melanie Peddle	W45	Loughton Athletic Club	17:29.6
4	Stuart Bennett	M55	Ilford Athletic Club	17:54.9
5	Sean Pender	M60	Enfield & Haringey AC	21:20.0
6	Peter Cassidy	M75	Loughton Athletic Club	21:43.5
7	David Ainsworth	M60	Ilford Athletic Club	22:56.1

2017 Moulton Community Walks

Saturday 10th June 2017

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP
12.30pm Young Age Group & Novice 2kms Advance Entry £2 - £5 on the day
1.00pm Five miles Road Walk Advance Entry £5 - £7 on the day

Full details and entry form at <http://enfieldleague.weebly.com>

Race Walking Assoc. Young Age Group Grand Prix 2017

Current standings in the 2017 Young Athlete Grand Prix after the first four events. The England Athletics Championships on 18th June (U20's) and 27th August (U17/U15's)

Under 13 Girls

Posn	Athlete	Club	Points
=1	Katie Stringer	Medway & Maidstone AC	153
=1	Abigail Smith	Blackheath & Bromley HAC	153
3	Charlotte Wallis	Aldershot Farnham & Dist. AC	110
4	Davina Nova	Ashford Athletic Club	80
5	Lucy Walker	Meadowhead School	72
6	Caitlin Casey	Birchfield Harriers	71
=7	Abigail Lycek	Dudley & Stourbridge Hs	69
=7	Molly McKerlich	Cardiff AAC	69
9	Megan Packett	Aldershot Farnham & Dist. AC	35
=10	Elizabeth Pap	Nuneaton Harriers	33
=10	Nia Bailey-Jones	Swansea Harriers	33

Under 15 Girls

Posn	Athlete	Club	Points
1	Lois Carty	Aldershot Farnham & Dist. AC	158
2	Lara MacColl	C of Sheffield & Dearne AC	145
3	Molly Meleady-Hanley	C of Sheffield & Dearne AC	116
4	Izzy Elliott	Aldershot Farnham & Dist. AC	112
5	Hannah Hopper	Cambridge Harriers	107
6	Katie Haynes	Dudley & Stourbridge Harriers	35

Under 17 Women

Posn	Athlete	Club	Points
1	Isabelle Bridge	Blackheath & Bromley HAC	151
2	Lucy Lewis Ward	Cambridge Harriers	118
3	Alice Bellando	Manx Harriers	76
4	Beatrice Fury	Medway & Maidstone AC	74
5	Pagen Spooner	Weatherby Runners	71
6	Jacqueline Benson	Ashford Athletic Club	68
7	Ana Garcia	C of Sheffield & Dearne AC	40
8	Laura Achurch	Leicester Walking Club	35
9	Mollie Dainton	Llanelli Athletic Club	33

Under 20 Women

Posn	Athlete	Club	Points
1	Abigail Jennings	Aldershot Farnham & Dist. AC	152
2	Emily Ghose	Tonbridge Athletic Club	118
3	Megan Stratton-Thomas	Swansea Harriers	75
4	Sophie Lewis Ward	Cambridge Harriers	40
5	Amy Phipps	Neath Harriers	36

Under 13 Boys

Posn	Athlete	Club	Points
1	Owen Bradshaw	C of Sheffield & Dearne AC	120
2	Henry Rugg	Enfield & Haringey AC	38

Under 15 Boys

Posn	Athlete	Club	Points
1	Jack Childs	Medway & Maidstone AC	151
2	Kai Cundey	C of Sheffield & Dearne AC	144
3	Alex Macheath	Cambridge Harriers	120
4	Faris Alkhamesi	Nuneaton Harriers	114
5	Nicholas Hart	Aldershot Farnham & Dist. AC	74
6	Kyle Smith	Nuneaton Harriers	35

Under 17 Men

Posn	Athlete	Club	Points
1	Ben Allen	Leicester Walking Club	118
2	George Wilkinson	Enfield & Haringey AC	78

Under 20 Men

Posn	Athlete	Club	Points
1	Oliver Hopkins	Lewes Athletic Club	149
2	Jordan Price	Brecon Athletic Club	108
3	Chris Snook	Aldershot Farnham & Dist. AC	80
4	Tim Snook	Aldershot Farnham & Dist. AC	77
5	Tom Partington	Manx Harriers	76

6	Marshall Smith	Ashford Athletic Club	40
7	Daniel Mckerlich	Cardiff Amateur Athletic Club	35
8	Matthew Phipps	Neath Harriers	34

Girls Team

1	Aldershot F & D AC	567
2	Blackheath & Bromley	305
3	C of Sheffield & Dearne	302
4	Cambridge Harriers	265
5	Medway & Maidstone	227
6	Ashford Athletic Club	148
7	Tonbridge AC	118
8	Swansea Harriers	108
9	Dudley & Stourbridge	104
10	Manx Harriers	76
11	Meadowhead School	72
=12	Birchfield Harriers	71
=12	Wetherby Runners	71
14	Cardiff AAC	69
15	Neath Harriers	36
16	Leicester Walking Club	35
=17	Nuneaton Harriers	33
=17	Llanelli Athletic Club	33

Boys Team

1	C of Sheffield & Dearne	264
2	Aldershot F & D AC	231
3	Medway & Maidstone	151
=4	Lewes Athletic Club	149
=4	Nuneaton Harriers	149
6	Leicester Walking Club	118
7	Enfield & Haringey AC	116
8	Brecon Athletic Club	108
9	Cambridge Harriers	80
10	Manx Harriers	76
11	Ashford Athletic Club	40
12	Cardiff AAC	35
13	Neath Harriers	34

WALK**Combined Team**

1	Aldershot F & D AC	798
2	C of Sheffield & Dearne	566
3	Maidstone & Medway	378
4	Cambridge Harriers	345
5	Blackheath & Bromley	305
6	Ashford Athletic Club	188
7	Nuneaton Harriers	172
8	Leicester Walking Club	153
9	Manx Harriers	152
10	Lewes Athletic Club	149
11	Tonbridge Athletic Club	118
12	Enfield & Haringey AC	116
=13	Brecon Athletic Club	108
=13	Swansea Harriers	108
=15	Dudley & Stourbridge	104
=15	Cardiff AAC	104
17	Meadowhead School	72
18	Birchfield Harriers	71
18	Wetherby Runners	71
20	Neath Harriers	70
21	Llanelli Athletic Club	33

UPCOMING EVENTS**May 2017**

Fri 5 th	A	South Yorkshire League	Millhouses Park
Sat 6 th	B	Allen Trophy (15km)	Chorley
Sun 7 th	B	Sarnia Graham Mann Team Handicap	Amarreurs Road
Sun 7 th	A	Midland Track Championships	Tamworth
Tue 9 th	B	Vets AC 5 Mile	Battersea Park
Sat 13 th	A	County Championship 3000m	Various
Sun 14 th	A	County Championship 3000m	Various
Sun 14 th	B	Sarnia WC Sean Pender 2000m H/C	Footes Lane
Thu 18 th	A	Manx Harriers 5km	Douglas
Sat 20 th	A	NARWA 20km Championships	Thornton-Le-Clay
Fri 26 th	B	Sarnia WC Championship 4 (5k)	Footes Lane
Sat 27 th	B	Fred Pearce Trophy Relay	Simister

June 2017

Sat 3 rd	B	Moulton 5 + Enfield League	Moulton
Sun 4 th	B	Holt Bradford Whitsun Walk	Kirkby Fleetham
	A	Surrey & Sussex Veterans 3000m	Ewell
Sat 10 th	B	Jack Fitzgerald Memorial Walks	Crawley
Sun 11 th	B	Sarnia WC Championship 5	Vale
Tue 13 th	A	Woodford Tuesday Walks 3000m	Woodford
	B	Veterans AC 5 Mile	Battersea Park
	A	South Yorkshire League	Millhouses Park
Sat 17 th	B	Isle of Man Parish Walk	Douglas
Sun 18 th	A	England Athletics U23/U20 Champs	Bedford
	A	BMAF 5km Championships	Horwich
Sat 24 th	A	BMAF Track & Field Championships	Birmingham
	A	ESAA Development Walks	Milton Keynes
Sun 25 th	A	BA/EA/RWA/Welsh 20km Champs	Leeds
	B	Sarnia WC 20km Championships	Vale

