



Race Walking Record

August 2017



Leading Pack in the Men's 20km



Race Walking Association

proudly presents its

Festival of Race Walking 2017

Last opportunity to obtain QT for Commonwealth Games 2018

(also qualifying event for 2018 - IAAF World U20 Championships, IAAF World Team Championships & European Youth Championships)

Sunday 1st October 2017 starting at 10:30am

(Full timetable of events will be published closer to date of event once total number of entries known)

Hillingdon Cycle Circuit, Minet Country Park, Springfield Road, Hayes, UB4 0LP

(IAAF Measured Course – 1km Flat Loop)

20km/10km/U17 5km/U15 3km/U13 2km

(to be held in accordance with UKA Rules of Competition and to be judged in accordance with IAAF Rules)

Entry Fees: 20km/10km = £10.00. All other events = £7.00

Entries

Entry fees as shown above

Post completed form & fee	Email completed form and pay online
to Noel Carmody – 41 Herbert Road, Bexleyheath, Kent, DA7 4QF. <i>Cheques payable to Race Walking Association</i>	to noel.carmody@btopenworld.com Pay online: Barclays Sort Code 20-62-69 – Acc. 60780391 <i>Show Reference as Surname + Post Code</i>

Closing date for entries = Tuesday 26th September 2017

(Entry forms available from Noel Carmody (noel.carmody@btopenworld.com))



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

Day 10 - Sunday 13th August: The Race Walks were staged on a 2km loop on The Mall, between Buckingham Palace and Admiralty Arch providing a historic and iconic backdrop for the athletes, officials and spectators.

Men's 50km



Hirooki Arai ~ Yohann Diniz ~ Kai Kobayashi

At 39 years of age Yohann Diniz (FRA) became the oldest ever winner of the event. He dominated from the gun and almost lapped the entire field to record the second fastest time for 50km. Only his own World Record of 3:32:33 betters it.

He made his usual bid for glory shortly after the start, but a pit-stop for a comfort break brought him back to a large group of 20 plus, he then had the company of Mexican Horacio Nava up to the 5km point. His 10km splits were 44:28, 42:50, 42:33, 41:40 and 41:41.

The silver and bronze went to the Japanese pair Hirooki Aral and Kai Kobayahsi clocking 3:41:17 and 3:41:19 respectively.

The 2103 World Champion Rob Heffernan (IRL) was eighth in 3:44:40, but it was disappointment for Britain's only representative Dominic King, who was disqualified around the halfway point.



King said "Today I was fit enough but technique is always holding me back, unfortunately. My hips sometimes tighten up which causes my body to be in the wrong position to straightening my legs."

He added "It's a problem I've had for many years. I've tried to correct but now I'll have to go back to the drawing board to see what I can do to try to get the most out of myself. But I must remain positive. I did well to get here with not being a funded athlete and working full time.

"I've been to two Olympics and now a World Championships and a Commonwealth Games. So, I'm proud of what I've done, but I have ambitions to do better."

Posn	Athlete	Nation	Perf	Notes
1	Yohann Diniz	FRA	3:33:12	CR
2	Hirooki Arai	JPN	3:41:17	PB
3	Kai Kobayahsi	JPN	3:41:19	PB
4	Igor Glavan	UKR	3:41:42	SB
5	Satoshi Maruo	JPN	3:43:03	PB
6	Mate Helebrand	HUN	3:43:56	NR
7	Rafal Augustyn	POL	3:44:18	SB
8	Robert Heffernan	IRL	3:41:41	SB
9	Marco Del Luca	ITA	3:45:02	SB
10	Carl Dohmann	GER	3:45:21	PB
11	Joao Viera	POR	3:45:28	SB
12	Quentin Rew	NZL	3:46:29	NR
13	Karl Junghannes	GER	3:47:01	PB
14	Aleski Ojala	FIN	3:47:20	SB
15	Evan Dunfee	CAN	3:47:36	
16	Horacio Nava	MEX	3:47:53	SB
17	Jose Ignacio Diaz	ESP	3:48:08	PB
18	Claudio Villanueva	ECU	3:49:27	PB
19	Ivan Banzeruk	UKR	3:49:49	
20	Jorge Armando Ruiz	COL	3:50:37	PB
21	Jose Leyver Odeja	ESP	3:51:17	
22	Rafal Fedaczynski	POL	3:52:11	
23	Jarkko Kinnunen	FIN	3:55:44	SB
24	Adrian Blocki	POL	3:55:49	
25	Mathieu Bilodeau	CAN	3:56:54	SB
26	Francisco Arcilla	ESP	3:57:27	
27	Marian Zakalnyistyi	UKR	3:57:29	
28	Anders Hasson	SWE	3:58:00	PB
29	Chilsung Park	KOR	3:59:46	SB
30	Wenbin Niu	CHN	4:01:35	
31	Narcis Stefan Mihaila	ROU	4:02:27	
32	Pedro Isidro	POR	4:02:30	
33	Ronal Quispe	BOL	4:08:22	SB
	Michele Antonelli	ITA	DNF	
	Luis Fernando Lopez	COL	DNF	
	Wei Yu	CHN	DNF	
	Artur Mastianica	LTU	DNF	
	Iván Pajuelo	ESP	DNF	
	Dušan Majdan	SVK	DNF	
	Andrés Chocho	ECU	DQ	
	Florin Alin Stirbu	ROU	DQ	
	Håvard Haukenes	NOR	DQ	
	Alejandro Florez	SUI	DQ	
	Veli-Matti Partanen	FIN	DQ	
	Omar Zepeda	MEX	DQ	
	Dominic King	GBR	DQ	
	Qianlong WU	CHN	DQ	
	Edward Araya	CHI	DQ	

Women's 50km

Ines Henriques (POR) removed more than two minutes from her own world record to win the inaugural women's World Championship 50km title. The 37-year-old crossed the finish line in 4:05:56, demolishing her previous best of 4:08:26, which she established in January after the IAAF confirmed the conditions for the women's 50km record.

Henriques controlled the race to win her first global title, and the first race walking title to be won by a Portuguese woman. Draped in the Portuguese flag, she was embraced at the finish line by a member of

her team and was cheered generously by the spectators lining The Mall.

"It is great that the 50km is at the World Championships despite the fact that it is a really hard event," Henriques told reporters.

"The last 5km were really tough. My goal was to go under 4 hours and 6 minutes, so I am really happy with this time. It felt like at home in London with so many Portuguese fans supporting me. I hope that in future we will see more women competing at this distance."

Athletes from China completed the podium. Hang Yin claimed silver with an Asian record of 4:08:58, while 20-year-old Shuqing Yang finished third with a personal best of 4:20:49.

Fourth placer Kathleen Burnett set a North American record of 4:21:51.



Posn	Athlete	Nation	Perf	Notes
1	Ines Henriques		POR	4:05:56 WR
2	Hang Yin		CHN	4:08:58 AR
3	Shuqing Yang		CHN	4:20:49 PB
4	Kathleen Burnett		USA	4:21:51 AR
5	Niar Da Rosa		BRA	DNF
6	Susan Randall		USA	DNF
	Erin Taylor-Talcott		USA	DQ

Women's 20km

The women's 20km was very competitive with the race going down to the final few metres and included a late disqualification. The race was won by 21-year-old Jiayu Yang (CHN) in a personal best 1:26:18 one second ahead of silver.

At 5km the leading pack consisted of 21 athletes and was reached in 22:22 with Italian Antonella Palmisano credited with leading. Bethan Davies went through in 39th (22:49) and Gemma Bridge 47th (23:10).

The leaders covered the next 5km in 21:48 and the pack had been reduced to 10 with Palmisano still in front in 44:10. Davies had moved up to 36th in 46:04 (23:16) and Bridge still 47th in 47:09 (23:59).

The pace continued to increase and at 15km (21:23 split) it was down to five with Yang (1:05:33) ahead, followed by Xiuzhi Lyu (CHN), Maria Guadalupe Gonzalez (MEX), Palmisano & Erica De Sena (BRA). Davies had moved up 34th in 1:09:39 (23:35) with Bridge 44th in 1:11:19 (24:10).

The final 5km was even quicker and De Sena dropped back. On the approach to the finish Yang looked in control and just ahead of Gonzalez, who never gave up. Lyu who must have thought she was on her way to bronze, but was disqualified 20 metres from the line. Palmisano therefore picked up the bronze.



Bethan Davies continued to gain places finishing 29th in 1:33:10 (23:31), close to her Welsh record. Gemma Bridge also picked up a few places to finish 40th with 1:36:04 (24:45).



Posn	Athlete	Nation	Perf	Notes
1	Jiayu Yang		CHN	1:26:18 PB
2	Maria Guadalupe González		MEX	1:26:19 PB
3	Antonella Palmisano		ITA	1:26:36 PB
4	Erica De Sena		BRA	1:26:59 AR
5	Sandra Arenas		COL	1:28:10 NR
6	Ana Cabecinha		POR	1:28:57 SB
7	Kimberly García		PER	1:29:13 NR
8	Na Wang		CHN	1:29:26
9	Laura García-Caro		ESP	1:29:29 PB
10	María Perez		ESP	1:29:37 PB
11	Mirna Oortiz		GUA	1:30:01 SB
12	Viktória Madarász		HUN	1:30:05 NR
13	Paola Pérez		ECU	1:30:09
14	Eleonora Giorgi		ITA	1:30:34 SB
15	Valentina Trapletti		ITA	1:30:35 PB
16	Brigita Virbalyté-Dimsienė		LTU	1:30:45 SB
17	Sandra Galvis		COL	1:31:13
18	Kumiko Okada		JPN	1:31:19
19	Živilė Vaiciukevičiūtė		LTU	1:31:23 PB
20	Inna Kashyna		UKR	1:31:24
21	Ainhua Pinedo		ESP	1:31:28
22	Regan Lamble		AUS	1:31:30
23	Ángela Castro		BOL	1:31:34 SB
24	Antigóni Drisbióti		GRE	1:32:03 SB
25	Maria Michta-Coffey		USA	1:32:14 SB
26	Nastassia Yatsevich		BLR	1:32:22 SB
27	Barbara Kovács		HUN	1:32:44 PB
28	Maritza Guamán		ECU	1:33:06
29	Bethan Davies		GBR	1:33:10
30	Yeongeun Jeon		KOR	1:33:29 SB
31	Andreea Arsine		ROU	1:33:46 PB
32	Valentyna Myronchuk		UKR	1:33:59 PB
33	Miranda Melville		USA	1:34:47
34	Ana Veronica Rodean		ROU	1:34:50 SB
35	Siu Nga Ching		HKG	1:35:04 NR
36	Mária Czaková		SVK	1:35:11
37	Grace Wanjiru Njue		KEN	1:35:22
38	Beki Smith		AUS	1:35:31
39	Chahinez Nasri		TUN	1:35:45
40	Gemma Bridge		GBR	1:36:04
41	Johana Ordóñez		ECU	1:36:27
42	Khushbir Kaur		IND	1:36:41
43	Claire Tallent		AUS	1:37:05 SB
44	Yehualeye Beletew		ETH	1:37:55
45	Monika Vaiciukevičiūtė		LTU	1:38:08
46	Milángela Rosales		VEN	1:38:08
47	Diana Aydosova		KAZ	1:38:16 SB

48	Daseul Lee		KOR	1:38:54	
49	Laura Polli		SUI	1:39:05	SB
50	Polina Repina		KAZ	1:39:56	
51	Rita Récssei		HUN	1:40:26	
52	Regina Rykova		KAZ	1:41:59	
	Klavdiia Afanaseva		ANA	DQ	
	Nadiya Borovska		UKR	DQ	
	Yeseida Carrillo		COL	DQ	
	Xiuzhi Lyu		CHN	DQ	
	Agnese Pastare		LAT	DQ	
	María Guadalupe Sánchez		MEX	DQ	
	Anežka Drahotová		CZE	DNF	
	Déspina Zapounídou		GRE	DNF	

Men's 20km

Eider Arévalo won Columbia's first gold of the World Championships when he triumphed in the men's 20km race walk. Arévalo continued his unbeaten run over the distance in 2017, crossing the line in a national record of 1:18:53.

Russian Sergei Shirobokov, competing as an authorised neutral athlete, shadowed Arévalo for most of the race, but faded on the final lap. The 2015 World Youth champion still managed a late surge to close to within two seconds of the gold medallist.

Caio Bonfim (BRA) took bronze in 1:19:04 for Brazil's first medal of any colour at the championships, overtaking a tiring Lebogang Shang (RSA), who had powered through the field from 20th position at halfway, recording 19:37 for the third 5000m split, to briefly take the lead before settling back in the group.



There was disappointment for home favourite Tom Bosworth who was disqualified as he approached the 12km point. Tom reached 5km in 19:54 and 10km in 39:48. He then pushed on in front and was leading by a few metres when he was notified of his disqualification, leaving him distraught on the side of the road.

"I felt great, I felt in control, I was testing the pace myself," said Bosworth, who had composed himself by the time he reached the interviews area. "So, it shows I'm fit enough. But, you know, that's race walking. Technique has to go with fitness and today I was going at a speed I've never ever gone before."

He continued: "I'm already running through things in my head that I should do differently next time, but there are so many positives to take. I can mix with those guys, the best in the world, so there's no problem about that."

"It's just heart-wrenching because you are not allowed to finish your race and I felt like I was only getting going. I know in my races from 10-13km it's a real tough part for my body. So, I thought, 'work hard and you'll put yourself in another position for another top eight' – and that's what I did. But I just couldn't technically keep it together."

He added: "It's my first DQ in four-and-a-half years, so I'm gutted it's happened here on The Mall. My fitness has moved on. It's really exciting for years to come. Every best athlete has been disqualified and had bad days, that's why the good days feel so damn good."

Britain's No 2 Callum Wilkinson finished 41st in 1:23:54. "It was really tough out there today, not quite the performance I had hoped," he said. "I was in a lot better shape than that, but an amazing experience for me to be out there at a home championship with one of the biggest crowds I think we've ever had is phenomenal, so a lot of lessons to be taken away from today."



"I'm not really a nervous guy, I just wanted to get in amongst it. My plan was to get stuck in from the off and hide away in the front pack and just get pulled along, but it was a world-class field from the very start, so by 8km I was really starting to feel it and these guys were just pulling away from me."

Posn	Athlete	Nation	Perf	Notes	
1	Eider Arévalo		COL	1:18:53	NR
2	Sergei Shirobokov		ANA	1:18:55	
3	Caio Bonfim		BRA	1:19:04	NR
4	Lebogang Shange		RSA	1:19:18	NR
5	Christopher Linke		GER	1:19:21	
6	Dane Bird-Smith		AUS	1:19:28	PB
7	Kaihua Wang		CHN	1:19:30	
8	Álvaro Martín		ESP	1:19:41	SB
9	Alberto Amezcua		ESP	1:19:46	PB
10	Miguel Ángel López		ESP	1:19:57	SB
11	Isamu Fujisawa		JPN	1:20:04	
12	Artur Brzozowski		POL	1:20:33	PB
13	Diego García		ESP	1:20:34	PB
14	Eiki Takahashi		JPN	1:20:36	
15	Nils Brembach		GER	1:20:42	PB
16	Giorgio Rubino		ITA	1:20:47	SB
17	Hagen Pohle		GER	1:20:53	SB
18	Brian Pintado		ECU	1:21:17	PB
19	Xiangqian Jin		CHN	1:21:24	
20	Damian Blocki		POL	1:21:29	PB
21	Erick Barrondo		GUA	1:21:34	SB
22	Aliaksandr Liakhovich		BLR	1:21:39	
23	Irfan Kolothum Thodi		IND	1:21:40	
24	Kevin Campion		FRA	1:21:46	
25	Francesco Fortunato		ITA	1:22:01	PB
26	Hyunsub Kim		KOR	1:22:08	
27	Ruslan Dmytrenko		UKR	1:22:26	SB
28	Mauricio Arteaga		ECU	1:22:28	SB
29	Marius Žiukas		LTU	1:22:38	
30	Samuel Ireri Gathimba		KEN	1:22:52	SB
31	Byeongkwang Choe		KOR	1:22:54	SB
32	Ivan Losev		UKR	1:23:03	SB
33	César Augusto Rodríguez		PER	1:23:05	PB
34	Rui Wang		CHN	1:23:09	
35	Jesús Tadeo Vega		MEX	1:23:10	SB
36	Georgiy Sheiko		KAZ	1:23:11	
37	Perseus Karlström		SWE	1:23:36	
38	Daisuke Matsunaga		JPN	1:23:39	
39	Yerko Araya		CHI	1:23:46	
40	José Alejandro Barrondo		GUA	1:23:47	
41	Callum Wilkinson		GBR	1:23:54	~ ~
42	Aléxandros Papamichail		GRE	1:23:56	
43	Pedro Daniel Gómez		MEX	1:24:11	
44	Anatole Ibañez		SWE	1:24:23	SB
45	Ersin Tacir		TUR	1:24:43	
46	Juan Manuel Cano		ARG	1:24:49	
47	Manuel Esteban Soto		COL	1:24:56	

48	Matteo Giupponi		ITA	1:25:20	SB
49	Dzmitry Dziubin		BLR	1:25:41	
50	Singh Devender		IND	1:25:47	
51	Benjamin Thorne		CAN	1:26:56	
52	José María Raymundo		GUA	1:27:09	
53	Jakub Jelonek		POL	1:27:43	
54	Ganapathi Krishnan		IND	1:28:32	
55	Serhiy Budza		UKR	1:29:25	
56	Rhydian Cowley		AUS	1:30:40	
57	Daeho Kim		KOR	1:30:41	
58	Mert Atli		TUR	1:31:26	
	Tom Bosworth		GBR	DQ	
	Richard Vargas		VEN	DQ	
	Alex Wright		IRL	DQ	
	Salih Korkmaz		TUR	DNF	
	Eder Sánchez		MEX	DNF	
	Simon Wachira		KEN	DNF	

View from the Commentators Chair
(As published on Facebook by Chris Maddocks)



Most people considered the World Athletics Championship walks in London a resounding success.

Wonderful venue, super performances, and large crowds. As a retired British athlete, it's a privilege to have the opportunity to commentate on championship races. I worked alongside Bryan Burnett and Laura Winter, both professional broadcasters but neither of whom knew too much about race walking prior to the event. At the conclusion, both thought it was brilliant.

All four races had quality, drama and excitement. As 'expert' pundit & co-commentator it was my role not only to call the races but provide history, current form, pace, rules, and records.

Thanks again to Chief Judge, Steve Taylor for your pre-race words.

The athletes made it fantastic. There is so much to say about Yohann Diniz. A favourite moment came when I was referring to his 2011 world track record and him listening to the Rolling Stones' "Jumping Jack Flash", and seconds later the presentation logistics team were playing the song.

Behind him there were so many top performances including Igor Glavan almost snatching a medal, Mate Helebrand surpassing Sandor Urbanik's Hungarian record, and Quentin Rew likewise for New Zealand. Robert Heffernan another top eight placing for Ireland - 29 under 4 hours!

Ines Henriques with a fabulous new World Record going under 4.06. The incredibly young Chinese Yin & Yang set lifetime best as did USA's Katie Burnett. Erin Taylor-Talcott, the principal player in this first global women's 50kms will deserve better luck next time.

The women's 20kms was dramatic to the last. China's Lyu Xiuzhi looked as if she was going to get a second consecutive World Champs silver until a red card was shown. Her country women Yang Jiayu was alas a worthy winner, one second ahead of Maria Guadalupe Gonzales with Palmisano thrilled bronze medallist. 10 women under 1.30. Pronunciations of names are particularly difficult particularly in the heat of competition, but, when athletes like 21 year old Lithuanian twin sisters are competing and walking good times, be ready to call it - 'well done' Monika & Živilė Vaiciukevičiūtė.

There was little time between races for a rest, just enough for a hasty dash to the portaloos.

The men's 20kms had 10 under 1.20. Fantastic! Heartbreak for Tom Bosworth and his legion of family & fans lining the course. But, Eider Arevalo was supreme on the day just holding off 18-year-old neutral athlete, Sergei Shirobokov. From the commentary stage, it was a shock seeing Lebogang Shange 'suddenly' challenging for a medal in the closing stages, alas 4th would still be a sensational walk. Another measure of the depth of quality was that Australia's Dane Bird-Smith walks faster than his Rio Olympic bronze medal walk and yet here he is 6th.

The sun continued to shine as the medals were awarded against the magnificent backdrop of Buckingham Palace. In fact, on 13th August 2017 race walking was the winner.



Coaching advice from London 2012 Mascot Hero the Hedgehog

International

Manchester International (Wed. 16th Aug.)

Track walks featured in the Manchester International, with both men and women contesting a combined 3000m as the first event on what was a blustery and warm evening.

The meeting involved a match between the four Home Countries (England, Wales, Scotland and Northern Ireland), a GB Junior Team, Denmark, an International Select team and a combined British Athletic League/UK Women's Athletics League team.

Overall wins to Guy Thomas (12:20.5) and Heather Lewis (13:15.5). 17-year-old Chris Snook was the fastest finisher as he tried to chase the win but he just fell short. GB Junior debuts for Tom Partington and Ana Garcia, whilst fast improving Manx woman Erika Kelly earned her first National vest, just falling short of the win.

Mixed 3000m

Posn	Athlete	Team	Club	Perf
1	Guy Thomas (U23M)	Wales	Tonbridge AC	12:20.49
2	Chris Snook (U20M)	England	Aldershot F & D	12:25.73
3	Tom Partington (U20M)	GB Juniors	Manx Harriers	12:31.56
4	Luc Legon (U23M)	Guest	Bexley AC	13:13.97
5	Oisín Lane (U17M)	Guest	Mullingar Hs (IRL)	13:14.80
6	Heather Lewis	Wales	Pembrokeshire Hs	13:15.52
7	Erica Kelly	England	Manx Harriers	13:15.88
8	Kate Veale	Int. Select	Waterford AC (IRL)	13:29.21
9	Francisco Reis (M55)	BAL/UKWL	Thames Valley Hs	13:59.59
10	Sarah Glennon (U20W)	Guest	Mullingar Hs (IRL)	14:42.22
11	Ester Montaner	Guest	Hyde Park	14:45.68
12	Nicholas Dunphy	Int. Select	Kilkenny City (IRL)	14:49.42
13	Rachel Glennon	Guest	Mullingar Hs (IRL)	15:05.26
14	Ana Garcia (U17W)	GB Juniors	C of Sheffield & D	15:22.21
15	Jordan Price (U20M)	Guest	Breacon AC	15:24.39
16	Molly Davey (U20W)	Scotland	Hyde Park Hs	16:00.35
17	Natalie Myers	Guest	C of Sheffield & D	16:13.11
18	Megan Stratton-Thomas (U20W)	BAL/UKWL	Swansea Harriers	16:53.25
19	Pagen Spooner (U17W)	Guest	Wetherby	17:18.07



Mon 31st Jul: 150 men and 105 women started the 5000m walks. As generally happens the walks were held at a secondary stadium, the difference on this occasion was that several field events were held at the same time, bringing in additional spectators, which added to the atmosphere. The first race commenced at 8.45am and the final race at 7.15pm.

Of the thirteen (*eight men & five women*) British walkers, Ian Richards (M65) was the only one to come away with a medal. Now at the top of the age group he was up against the fast finishing Patrice Brochot (FRA), who has just moved into the M65 category. Ian's strategy was to try and break away from the gun, but too many yellow paddles forced him to back off, resulting in a 20 second loss to Brochot.

Francisco Reis (POR), who has reverted to compete for his country of birth, was a clear winner of the M55 category in a seasons best 23:50.96.

W35 5000m

Posn	Athlete	Nation	Perf	Notes
1	Tatiana Zucconi		ITA	25:45.35
2	Kathrin Schulze		AUT	26:16.21
3	Annelies Sarrazin		BEL	26:55.81
9	Carolyn Dyall		GBR	28:35.21

13 started

W45 5000m

Posn	Athlete	Nation	Perf	Notes
1	Alexandra Lamas		POR	26:01.04
2	Elena Cinca		ITA	26:26.29
3	Nicole Hoerl		GER	26:43.29
10	Melanie Peddle		GBR	29:43.57

16 started: 1 DQ (1 x 230.7(a))

W50 5000m

Posn	Athlete	Nation	Perf	Notes
1	Sylvie Sevellec		FRA	26:59.95
2	Barbara Primas		GER	27:27.76
3	Manuela Lucaferro		ITA	27:32.52
11	Angela Martin		GBR	34:22.35

14 started: 2 DQ's (2 x 230.7(a))

W55 5000m

Posn	Athlete	Nation	Perf	Notes
1	Peppina Demartis		ITA	27:21.96
2	Maija-liisa Mertanen		FIN	30:16.32
3	Antje Koehler		GER	31:43.77
	Fiona Bishop		GBR	DQ

9 started: 2 DQ's (2 x 230.7(a))

W60 5000m

Posn	Athlete	Nation	Perf	Notes
1	Marie Monmessin		FRA	26:57.66
2	Daniela Ricciutelli		ITA	27:35.36
3	Natalia Marcenco		ITA	31:43.77
9	Linda Farrow		GBR	35:54.24 PB

13 started: 1 DNF

M50 5000m

Posn	Athlete	Nation	Perf	Notes
1	Miguel Carvajal Ortega		ESP	22:31.40
2	Leonardo Toro Lopez		ESP	22:32.40
3	Miguel Perianez Garcia		ESP	22:34.22
15	Ian Roberts		GBR	36:21.17

19 started: 3 DQ's (2 x 230.7(a) & 1 x 230.4(a))

M55 5000m

Posn	Athlete	Nation	Perf	Notes
1	Francisco Reis		POR	23:50.96 SB
2	Leonid Semenovich		BLR	24:57.32
3	Andrea Naso		ITA	25:21.00

13 started: 3 DQ's (3 x 230.7(a))

M60 5000m

Posn	Athlete	Nation	Perf	Notes
1	Helmut Prieler		GER	26:38.02
2	Mirosław Luniewski		POL	26:46.41
3	Georg Hauger		GER	27:14.76
5	Malcolm Martin		GBR	29:57.49
11	Ian Torode		GBR	33:06.98

13 started: 3 DQ's (3 x 230.7(a))

M65 5000m

Posn	Athlete	Nation	Perf	Notes
1	Patrice Brochot		FRA	26:05.64
2	Ian Richards		GBR	26:26.41
3	Bogusław Siedel		POL	27:14.76
4	Peter Boszko		GBR	27:34.51
8	Roger Michell		GBR	29:15.37

23 started: 2 DQ's (2 x 230.7(a))

M70 5000m

Posn	Athlete	Nation	Perf	Notes
1	Ettorino Formentin		ITA	27:45.55
2	Fernand Rabatel		FRA	29:39.55
3	John McMullen		IRL	29:56.54
5	John Borgars		GBR	31:40.19

22 started: 3 DQ's (3 x 230.7(a))

M80 5000m

Posn	Athlete	Nation	Perf	Notes
1	Romolo Pelliccia		ITA	31:43.58
2	Alexis Jordana		FRA	33:14.24
3	Heinz Fiedler		GER	36:39.31
5	Norbert Will		GBR	37:10.34

10 started

Thu 3rd Aug – Women's 10km:

Result only, no report received.

Posn	Athlete	AG (Pos)	Nation	Perf	Notes
1	Valeria Pedetti	W40 (1)		ITA	49:52
3	Tatiana Zucconi	W35 (1)		ITA	51:30
5	Alexandra Lamas	W45 (1)		POR	52:27
12	Marie Monmessin	W60 (1)		FRA	54:50 ER
13	Sylvie Sevellec	W50 (1)		FRA	55:17
16	Peppina Demartis	W55 (1)		ITA	56:42
26	Marie Jackson	W55 (2)		GBR	59:02
30	Carolyn Dyall	W35 (7)		GBR	59:46 PB
41	Melanie Peddle	W45 (11)		GBR	61:40 PB
67	Ann Wheeler	W60 (6)		GBR	67:03
74	Angela Martin	W50 (12)		GBR	68:53
80	Fiona Bishop	W55 (9)		GBR	72:29
82	Linda Farrow	W60 (9)		GBR	73:13

105 started: 2 DQ's (2 x 230.7(a)), 1 DNF

Thu 3rd Aug – Men's 20km:

Result only, no report received.

Posn	Athlete	AG (Pos)	Nation	Perf	Notes
1	Rik Liesting	M40 (1)		NED	1:31:04
5	Leonardo Toro Lopez	M50 (1)		ESP	1:36:09
8	Normunds Ivzans	M45 (1)		LAT	1:37:48
13	Victor Mateo	M35 (1)		ESP	1:39:38
18	Francisco Reis	M55 (1)		POR	1:43:29
27	Patrice Brochot	M65 (1)		FRA	1:49:10
29	Ian Richards	M65 (2)		GBR	1:50:52
35	Mirosław Luniewski	M60 (1)		POL	1:53:62
42	Peter Boszko	M65 (3)		GBR	1:57:55
49	Ettorino Formentin	M70 (1)		ITA	2:00:05
56	Malcolm Martin	M60 (5)		GBR	2:03:50

62	Roger Michell	M65 (7)		GBR	2:05:46
77	Romolo Pelliccia	M80 (1)		ITA	2:10:30
91	John Borgars	M70 (8)		GBR	2:15:14
104	Ian Torode	M60		GBR	2:21:44
116	Norbert Will	M80 (3)		GBR	2:11:35

140 started: 7 DQ's (7 x 230.7(a)), 8 DNF

National

Race Walking Association National Long Distance Championship and the "St Edmunds 100" qualifier for the Brotherhood of Centurions (Sat. 5th/Sun. 6th Aug.)



This year Bury St Edmunds welcomed the "St Edmunds 100 mile" race walk, the annual qualifier for the Centurions and the RWA Long Distance Championship. Supporting races over 20 & 50 miles were included to attract as many walkers as possible and 20-mile entrants were automatically included in the BMAF 20-mile Championship if they met the criteria. The strategy paid off and the event attracted entries from the Netherlands, Belgium, Australia, UK and the Isle of Man. 43 entered the 100 miles, 19 the 20 miles and two the 50 miles.

41 walkers toed the 100 miles start line in heavy rain to hear Terry Clements, Mayor of St Edmundsbury, set them off. After a few hours, the rain stopped then walkers enjoyed a mostly dry day. The race was only two days before the full moon and St Edmundsbury Borough Council arranged to leave the street lights on so walkers enjoyed a well-lit route at night which helped them maintain sufficient speed during an exceptionally cold night. The cold probably contributed to some walkers calling it a day, but 23 continued until they completed their 100 miles. Warmer weather greeted walkers Sunday morning and by mid-morning the sun was shining.

Guido Vermeir from Belgium led from the start, walking strongly throughout the race to complete his 100 miles in 20:39:36. He was followed by Australian husband and wife team Justin & Sharon Scholtz who finished together in 21:04:54. Peter Asselman (Belgium) finished 21:11:08 in fourth place, earning his first Centurion badge. Sandra Brown, legend of ultra-distance walking, finished in 21:44:16 completing her 31st Centurion in Britain. Richard Brown added a 19th completion to his tally, 22:48:55. Novice ultra-distance walker Gabriel Farmer completed his first 100 miles in 23:08:57. Martin Fisher, a stalwart of 100-mile races, finished in 23:31:12 notching up his 27th completion.



Jon Petty was aiming to be the 3rd visually-impaired walker to qualify as a Centurion. He was accompanied by experienced walkers to ensure his safe passage. Walkers relinquishing the opportunity to race were England Commonwealth Games representative Daniel King, former international George Nibre, the oldest person to qualify as a Centurion John Borgars, and UK National 100 Miles Walking Silver medallist Kevin Marshall. Jon walked with determination but stopped after completing 68 miles.

Overall there were 15 new Centurions, out of these 7 walkers attempted it for the first time and succeeded. These included Manx

walker James Bassett whose experience of completing the 85-mile Parish Walk stood him in good stead. He finished in 21:24:39. Hardeep Minhas had never walked more than 30kms/20 miles but walked steadily to finish in 22:37:00. Joyce Crawford almost qualified in 2014 at Southend and since then has been training hard for this race. This year she trained on the circuit every week and at the finish some of the residents came out to cheer her on. Joyce's persistence paid off and she completed 100 miles in 23:42:22.

Early preparation and planning was key to incorporating three races into the weekend. Holding a 'taster' race in April paid off, giving the organisers time to respond to walkers' and officials' observations and suggestions regarding the route and venue.

This was the fourth time the 100-mile race had been held in Suffolk and the organiser worked hard organising and building local links to ensure the event was well-received and ran smoothly. We are grateful to St Edmundsbury Borough Council for their support and co-operation; the council even arranged to cut a grass verge a few days before the races to provide an area for tents. The Skyliner Sports Centre, managed by Abbeycroft Leisure, was a well-appointed venue and they 'went the extra mile' to help us on the day. The Mayor presented the awards, giving the event real sense of local importance. He was so impressed he invited all the helpers to a reception in the Mayor's parlour the following week. The races certainly raised the profile of race walking in Suffolk.

Mixed 100 Mile (B) (* = New Centurions)

Posn	Athlete	AG	Club/Nation	Perf	Notes
1	Guido Vermeir	M55	Belgium	20:39:36	C1099
2	Justin Scholz *	M40	Australia	21:04:54	C1173
3	Sharon Scholz *	W40	Australia	21:04:54	C1174
4	Peter Asselman	M35	Belgium	21:11:08	C1148
5	James Bassett *	M40	Manx Harriers	21:24:39	C1175
6	Sandra Brown	W65	Surrey WC	21:44:16	C735
7	Frank van Der Gulik	M35	Netherlands	21:56:15	C1022
8	Chris Van Cauwenberghe	M50	Belgium	22:19:26	C1139
9	Jack Bertrums	M50	Netherlands	22:20:43	C1142
10	Hardeep Minhas *	M55	Leicester WC	22:37:00	C1776
11	Richard Brown	M70	Surrey WC	22:48:55	C760
12	Gustaaf Salu *	M65	Belgium	23:01:41	C1177
13	Adrie Ros *	M50	Netherlands	23:05:03	C1178
14	Gabriel Farmer *	M60	Unattached	23:08:57	C1179
15	Martin Vos *	M45	Netherlands	23:13:35	C1180
16	Hein Sanders *	M50	Netherlands	23:17:00	C1181
17	Martin Fisher	M55	Redcar RWC	23:31:12	C788
18	Jean-Baptiste Bernard *	M55	France	23:38:49	C1182
19	Joyce Crawford *	W50	Eastern	23:42:23	C1183
20	Jos van de Wyngaert *	SM	Belgium	23:48:32	C1184
21	Arie Kandelaars *	M50	Netherlands	23:49:28	C1185
22	Gertrude Achterberg *	W45	Netherlands	23:49:29	C1186
23	Larissa Droogendijk *	W45	Netherlands	23:52:39	C1187
DNF	Marco Bloemerts	M50	Netherlands	94 Miles	
DNF	George Smolinski	M65	Leicester WC	90 Miles	
DNF	Colin Vesty	M50	Leicester WC	84 Miles	C1167
DNF	Christopher Flint	M70	Surrey WC	84 Miles	C849
DNF	Martin Payne	M55	Unattached	72 Miles	
DNF	Claire Law	W40	Unattached	72 Miles	
DNF	Jonathan Petty	M55	Unattached	68 Miles	
DNF	Jaap Visser	M80	Netherlands	64 Miles	C944
DNF	Jannine Bos	W60	Netherlands	54 Miles	
DNF	Sailash Shah	M50	Lancashire WC	52 Miles	
DNF	Dick Stoevelaar	M60	Netherlands	50 Miles	
DNF	Albert Bos	M70	Netherlands	48 Miles	
DNF	Trudy Geldhof	W45	Netherlands	42 Miles	
DNF	Arjan Lukken	M50	Netherlands	40 Miles	
DNF	Frans Leijtens	M40	Netherlands	36 Miles	C949
DNF	Gerda Stoevelaar-Engelkes	W60	Netherlands	32 Miles	
DNF	Adrian Walker	M50	Netherlands	30 Miles	
DNF	Haydn Kenna	M55	Manx Harriers	18 Miles	

Mixed 50 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Richard McChesney	M45	Unattached	10:24:49
2	Ilonka van Bommel	W45	Netherlands	12:58.10

Mixed 20 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Rob Tersteeg	M40	Netherlands	2:58:32
2	Ian Richards	M65	Steyning Athletic Club	3:10:55
3	Lisa Kehler	W50	Wolv. & Bilston AC	3:23:19
4	David Annetts	M50	North Herts RRC	3:32:18
5	Peter Watts	M65	Swanley & Dist. AC	3:46:38
6	Maureen Noel	M50	Belgrave Harriers	3:51:47
7	Jim Fulton	M60	Dark Peek Fell Runners	4:03:14
8	Mark Culshaw	M50	Ilford Athletic Club	4:05:05
9	John Borgars	M70	Herts Pheonix AC	4:05:55
10	Colin Moore	M55	Isle of Man Veterans	4:07:17
11	Sue Davies	W50	Aldershot Farnham & D	4:12:27
12	Tony Brackstone	M70	Southern Counties Vets	4:14:49
13	Ed Shillabeer	M75	Ilford Athletic Club	4:16:04
14	David Hoben	M65	Surrey Walking Club	4:24:25
15	Suzanne Beardsmore	W45	Aldershot Farnham & D	4:30:06
16	Kathy Crilley	W65	Surrey Walking Club	4:37:26
17	Darren Sears	M45	Unattached	4:58:05
18	David Jones	M65	Redcar RWC	5:03:02
19	Pamela Abbott	W50	Enfield & Haringey AC	5:12:56

**England Athletics U15/U17 Championships, Bedford
International Stadium (Sun. 27th Aug.)**

Oisín Lane seized the initiative from the gun in the U17 men's 5000m walk and was never headed, winning in 24:07.58 ahead of George Wilkinson who recorded a big personal best of 26:26.52.

The women's title took longer to decide as Sarah Glennon took a couple of kilometres (2000m 9:55.8) to stamp her authority on the field, easing away from Ana Garcia over the final eight laps to record 26:02.66.

The walk also featured an U15 3000m for boys and girls. The boy's race was won by Alex Macheath in 16:43.64 after Jack Childs was disqualified with less than a kilometre left.

The U15 girls race produced a great finish as Hannah Hopper passed Lois Carty with just a couple of laps to go, finishing with a huge personal best in 18:01.77.

Under 17 Men's 5000m

Posn	Athlete	AG	Club	Perf
1	Oisín Lane	U17M	Mullingar Harriers (IRL)	24:07.58
2	George Wilkinson	U17M	Enfield & Haringey C	26:26.52
3	Matthew Crane	U17M	Bexley Athletic Club	27:54.96
4	Benjamin Allen	U17M	Leicester Walking Club	28:56.38

Under 17 Women's 5000m

Posn	Athlete	AG	Club	Perf
1	Sarah Glennon	U17W	Mullingar Harriers (IRL)	26:02.66
2	Ana Garcia	U17W	C of Sheffield & Dearne	26:43.59
3	Jennifer Pidgeon	U17W	Mullingar Harriers (IRL)	28:32.03
4	Isabelle Bridge	U17W	Blackheath & Bromley	28:46.95
5	Lucy Lewis Ward	U17W	Cambridge Harriers	29:25.68
6	Pagen Spooner	U17W	Wetherby Runners AC	29:39.43

Under 15 Boys 3000m

Posn	Athlete	AG	Club	Perf
1	Alex Macheath	U15B	Cambridge Harriers	16:43.64
2	Nicholas Hart	U15B	Aldershot Farnham & D	17:03.37
	Jack Childs	U15B	Medway & Maidstone	DQ
	Faris Alkhamesi	U15B	Nuneaton Harriers	DQ

Under 15 Girls 3000m

Posn	Athlete	AG	Club	Perf
1	Hannah Hopper	U15G	Cambridge Harriers	18:01.77
2	Lois Carty	U15G	Aldershot Farnham & D	18:40.13
3	Molly Meleady-Hanley	U15G	C of Sheffield & Dearne	19:18.09

**Under 15 Girls Podium****Tom Misson R.I.P**

We are sad to report the death of GB Olympian race walker Tom Misson (*of the now defunct Metropolitan Walking Club*).

Tom was 5th in the 1960 Rome Olympics 50 kilometres Walk in a time of 4:33:03 - which was won by the late Don Thompson in 4:25:30. That 1960 Olympic race was Tom's final one. A year before the Olympics he'd won the 1959 National 20 Miles at Imber Court in 2:45:19. Tom was winner of many Middlesex County AA titles at different distances.

A retired pharmacist aged 87, Tom was a father and grandfather. Tom died peacefully on 31st July.

Reg Wells R.I.P

It is sad to report that Race Walking Association (RWA) Life Member Reg Wells has passed-away after some years of ill-health. Residing in the West-Country Reg held several key positions within race walking.

He was RWA Chairman 1988-89, RWA General Secretary 1984-88, RWA Treasurer 1983-84 and Championship Secretary 1976-78. He served as Honorary Secretary of the Essex County Athletic Association 1972-75.

Reg was known for his coaching abilities and his knowledge of race walking was such that he was appointed GB Walking Team Manager on several occasions.

He did all his honorary work despite his demanding full-time employment. Walks' attendees can recall Reg turning-up with tray loads of cream cakes, which he always donated for sale after races – usually so many were left over that walkers took plenty home.

Reg also had a spell as Results Editor of the Race Walking Record in the days when it was controlled by three (Julian Hopkins and Peter Marlow being the others).

In earlier days, he walked 100 miles in Kenya. He continued to take interest in race walking after retiring to a village near the River Severn.

His contribution to British race walking, all in an honorary capacity, was both immense and meritorious.

Condolences are expressed to his family.

Domestic

6th South Yorkshire League, Sheffield (Fri. 21st Jul.)

The two seniors Simon Pugh and Tony Bell who regularly compete over 5km and are therefore first away started with a larger gap than usual between them, **reports Brian Adams**. Simon took advantage of this and was only headed by youngsters who joined the race ahead of him as they set off for their shorter distances. These Simon was able to pick off for a seven second victory to move into the series lead. For the last four laps Brothers Kai (3km) and Luca (2km) walked together crossing the line in the same time for 2nd and 3rd places.

Posn	Athlete	AG	Club	Time/Dist.
1	Simon Pugh	M55	Rotherham Harriers	31:41/5km
2	Kai Cundey	U15B	C of Sheffield & Dearne	17:47/3km
3	Luca Cundey	U11B	Intake Primary School	12:06/2km
4	Alice Myers	U13G	Meadowhead School	7:08/1km
5	Toby Chaplin	U13B	C of Sheffield & Dearne	13:48/2km
6	Imogen Walker	U11G	Greenhill School	14:29/2km
7	Thomas Davies	U11B	Intake Primary School	7:36/1km
8	Tony Bell	M50	Lancashire Walking Club	31:54/5km

Sarnia Walking Club Heritage Group Championships Race 9 10Km Road Walk, Delancey Park, Guernsey (Sun. 6th Aug.)

A small field contested the ninth race in the Heritage Group Championships, **reports Rob Elliott**. Stuart Le Noury recorded another win breaking the hour with a time of 57:34, well ahead of Rob Elliott. Kevin Le Noury took third place with Mick Le Sauvage, leading the overall handicap championship finishing fourth.

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	57:34
2	Rob Elliott	M55	Sarnia Walking Club	64:53
3	Kevin Le Noury	M55	Sarnia Walking Club	71:58
4	Mick Le Sauvage	M75	Sarnia Walking Club	74:24
	Phil Lockwood	M45	Sarnia Walking Club	DNF
	Dave Dorey	M70	Sarnia Walking Club	DNF

Kent Young Athletes League, Gillingham (Sun. 6th Aug.)

Jack Childs and Abigail Smith broke the league record for their respective age groups. All the disqualifications were made by the track referee under a rule unique to the Kent Young Athletes League, which gives the referee the authority to remove walkers from the race(s) who are deemed not to be trying to race walk, but are not contravening the rules of race walking.

U15B 2000m (A & B String)

Posn	Athlete	AG/String	Club	Perf
1	Jack Childs	U15B (A)	Medway & Maidstone	9:50.7
2	Joshua Smith	U15B (A)	Blackheath & Bromley	13:08.0
3	Ewan Beet	U13B (A)	Bexley Athletic Club	13:20.0
4	Fredrik Nordgren	U13B (A)	Cambridge Harriers	14:27.7
	Antonay Thomas	U13B (B)	Cambridge Harriers	DQ

U15G 2000m (A & B String)

Posn	Athlete	AG/String	Club	Perf
1	Grace Whittingham	U15G (A)	Ashford Athletic Club	12:01.1
2	Hannah Hopper	U15G (A)	Cambridge Harriers	12:24.2
3	Millie Morris	U15G (A)	Medway & Maidstone	13:40.5
	Poppy Jury	U15G (A)	Paddock Wood AC	DQ
	Katie Rothery	U15G (B)	Medway & Maidstone	DQ
	Mollie Dew	U15G (B)	Paddock Wood AC	DQ
	Mia Cox	U15G (G)	Medway & Maidstone	DQ

U13B 1000m (A & B String)

Posn	Athlete	AG/String	Club	Perf
1	Christian Hopper	U13B (A)	Cambridge Harriers	5:40.9
2	Joseph Eastment	U13B (B)	Cambridge Harriers	6:08.4
3	Ryan Puszyk	U13B (A)	Bexley Athletic Club	6:25.0
4	Edward Atkinson	U13B (A)	Folkestone Athletic Club	7:00.5
5	Adam Childs	U13B (A)	Medway & Maidstone	7:00.7
6	Kyle Buckley	U13B (B)	Medway & Maidstone	7:03.3

U13G 1000m (A & B String)

Posn	Athlete	AG/String	Club	Perf
1	Abigail Smith	U13G (A)	Blackheath & Bromley	5:03.0
2	Devina Nova	U13G (A)	Ashford Athletic Club	5:29.1
3	Katie Stringer	U13G (A)	Medway & Maidstone	5:45.1
4	Annabel Young	U13G (B)	Medway & Maidstone	5:50.1
5	Olivia Hale	U13G (A)	Bexley Athletic Club	6:00.3
6	Zoe Francis	U13G (A)	Swale Combined AC	6:04.3
7	Hannah Atkinson	U13G (A)	Cambridge Harriers	6:15.1
8	Giulia Mitroi	U13G (A)	Dartford Harriers HAC	6:34.6
9	Jessica Wilton	U13G (B)	Ashford Athletic Club	6:34.6
0	Jemima Marks	U13G (A)	Tonbridge Athletic Club	6:40.4
11	Maisie Riddell	U13G (A)	Folkestone Athletic Club	6:43.0
12	Saskia Lean	U13G (B)	Tonbridge Athletic Club	6:43.1
13	Caitlin Taylor	U13G (B)	Folkestone Athletic Club	6:57.3
14	Ciara Harrop	U13G (G)	Medway & Maidstone	8:06.4

7th South Yorkshire League, Sheffield (Tue. 8th Aug.)

Simon Pugh walked at a consistent pace recording 3:16 for six of his ten 500m laps, **reports Brian Adams**, but he needed to be five seconds per lap faster so that when Lara MacColl joined the race with 3km to go she had a minute lead. Lara in turn had Imogen Walker and Toby Chaplin joining ahead of her with 2km to go. Imogen was caught by Lara with 600m to go, Toby hung on for victory by two seconds.

Lucy produced the fastest and only sub 3-minute lap of the race with her opening 2:55 lap helping her to a personal best of 12:25.

Posn	Athlete	AG	Club	Time/Dist.
1	Toby Chaplin	U13B	C of Sheffield & Dearne	12:53/2km
2	Lara MacColl	U15G	C of Sheffield & Dearne	18:49/3km
3	Lucy Walker	U13G	Meadowhead School	12:25/2km
4	Imogen Walker	U11G	Greenhill School	14:33/2km
5	Simon Pugh	M55	Rotherham Harriers	32:21/5km

Enfield Race Walking League 2017 Friendship Walks, Donkey Lane, Enfield (Wed. 9th Aug.)

Leaden skies, persistent rain and a waterlogged course were treated with disdain by the competitors and supporters who braved the conditions and probably added to the folklore of the occasion, **reports Ron Wallwork**. The event, as the one in 2012 was put on to celebrate a major athletics event in London and provide the opportunity for visiting race walk enthusiasts to 'turn out' with their British brothers and sisters.

The Worshipful Mayor of Enfield, Christine Hamilton was on hand to start the race which included three overseas walkers in Erin and Dave Talcott and Tim Erickson and on the sidelines Elliott Denman who represented the USA in the 1956 Olympic 50km - All four were awarded honorary *Leaguer* status and presented with their pin badges after the race.

Eleven British Centurions took part and with Erin and Tim being Centurions in their own countries meant that members of the brother/sisterhood made up a third of the field.

The organisers are indebted to The Mayor for adding status to the event and to Enfield Town FC for allowing the use of The Butler Bar for registrations and presentations.

Mixed 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Erin Taylor-Talcott	W40	United States of America	40:07
2	Dave Talcott	M55	United States of America	40:13
3	George Wilkinson	U17M	Enfield & Haringey AC	45:31
4	Mark Culshaw	M50	Ilford Athletic Club	47:16
5	Helen Middleton	W50	Enfield & Haringey AC	48:25
6	John Constandinou	M45	Birchfield Harriers	49:51
7	Tim Erickson	M65	Australia	50:02
8	Ken Bobbett	M70	Hillingdon Athletic Club	50:16
9	Anthony Bell	M50	Lancashire Walking Club	50:51
10	John Ralph	M60	Enfield & Haringey AC	51:03
11	Steve Allen	M60	Barnet & District AC	51:32
12	John Borgars	M75	Loughton Athletic Club	51:34

13	Fiona Bishop	W55	Woking Athletic Club	52:10
14	Glyn Jones	M75	Coventry Godiva Harriers	52:52
15	Andrew Cox	M60	Hillingdon Athletic Club	54:03
16	David Annetts	M50	North Herts Road Runners	54:55
17	Noel Blatchford	W65	Abingdon Athletic Club	55:28
18	Stephen Cartwright	M55	Colchester & Tendring AC	56:02
19	Peter Hannell	M70	Surrey Walking Club	56:16
20	Gary Smith	M60	Enfield & Haringey AC	56:29
21	Sean Pender	M60	Enfield & Haringey AC	56:58
22	Mark Byrne	M55	Redcar Race Walking Club	57:13
23	Kim Howard	W60	Southend-on-Sea AC	58:00
24	David Hoben	M60	Surrey Walking Club	59:14
25	John Brock	M65	Southend-on-Sea AC	61:12
26	Peter Cassidy	M75	Loughton Athletic Club	61:18
27	Francoise Fernandez	W65	Loughton Athletic Club	61:37
28	Tony Wilkinson	M55	Unattached	61:41
29	Sue Clements	W60	Cambridge & Colridge AC	62:05
30	Paul Forshaw	M60	Unattached	63:03
31	Michael Harran	M75	Surrey Walking Club	65:21



The Worshipful Mayor of Enfield Cllr. Christine Hamilton (3rd from right) sends the walkers on their way

Mixed 3 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Noma Grimsey	W60	Enfield & Haringey AC	35:12
2	Kathy Crilley	W65	Surrey Walking Club	37:21
3	Michael Croft	M55	Ilford Athletic Club	37:47
4	Michael Barnbrook	M70	Ilford Athletic Club	38:18
5	William Sutherland	M70	Highgate Harriers	39:15
6	David Ainsworth	M65	Ilford Athletic Club	40:33
7	Ken Livermore	M80	Enfield & Haringey AC	44:05

Mixed 1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Abigail Smith	U13G	Blackheath & Bromley	9:25
2	Amos Seddon	M75	Enfield & Haringey AC	11:20
3	Geraldine Legon	W55	Bexley Athletic Club	11:29

SEAA Southern Race Walk Track Championships, Crystal Palace (Sat. 19th Aug.)

The SEAA continue to provide an opportunity for race walkers to compete within one of their track and field championships, but again entries were low with, apart from the senior men, only one competitor in each age group. Mid-August is probably not a good time, given that many, especially youngsters, are off on holiday.

Mixed 3000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Jack Childs	U15B (1)	Medway & Maidstone	15:55.10
2	Nicholas Hart	U15B (2)	Aldershot Farnham & D	17:19.13
3	Lucy Lewis Ward	U17W (1)	Cambridge Harriers	18:45.02
4	Hannah Hopper	U15G (1)	Cambridge Harriers	19:11.61

Mixed 5000m

Posn	Athlete	AG (Pos)	Club	Perf
1	Oliver Hopkins	U20M (1)	Lewes Athletic Club	27:23.75
2	Mark Culshaw (M50)	SM (1)	Ilford Athletic Club	28:30.98
3	Abigail Jennings	U20W (1)	Aldershot Farnham & D	29:20.69
4	Sue Davies (W50)	SW (1)	Aldershot Farnham & D	32:09.76
5	Peter Hannell (M70)	SM (2)	Surrey Walking Club	34:26.44
	Sean Pender (M60)	SM	Enfield & Haringey AC	DNF

Goodwin Cup 10km, Chorley (Sat. 19th Aug.)

The race was held over the usual hilly two lap course on a warm overcast day, **reports Roy Gunnnett**. There was a good turnout of 15 walkers, this included our two regular guest walkers from the midlands Glyn Jones and Stuart Edgar.

Adrian Edwards took an early lead which he maintained to the end thereby winning the scratch race. Tony Malone, hoping for a sub-hour time, chased Adrian and took second place in 60:48. Tony won the handicap prize.

Irene Pike continues to improve and put in a strong performance to gain the first lady place.

Mixed 10km (B)

Posn	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	59:42
2	Tony Malone	M65	Lancashire Walking Club	60:48
3	Glyn Jones	M75	Coventry Godiva Harriers	66:05
4	Stuart Edgar	M45	Dudley & Stourbridge	66:51
5	Irene Pike	W65	Lancashire Walking Club	68:07
6	Joe Hardy	M70	Lancashire Walking Club	68:16
7	Dave Crompton	M50	Lancashire Walking Club	68:36
8	Ian Hilditch	M75	Lancashire Walking Club	69:17
9	Pat Evans	W65	Lancashire Walking Club	69:17
10	Sailash Shah	M50	Lancashire Walking Club	69:39
11	John Crahan	M65	Lancashire Walking Club	70:21
12	Greg Smith	M65	Lancashire Walking Club	71:28
13	Phil McCullagh	M60	Lancashire Walking Club	71:36
14	Roy Gunnnett	M70	Lancashire Walking Club	76:52
15	John Payn	M80	Lancashire Walking Club	83:19

Sarnia WC Heritage Group Championships Race 10 1 Mile Track, Osmond Priaulx, Guernsey (Sun. 20th Aug.)

Stuart Le Noury claimed the Heritage Group men's championship finishing off the 10-race series with a win over one mile with a time of 7:29. Second on the day and second overall in the championship was Rob Elliott in just under 9 minutes.

Winner of the women's race was Olga Le Noury from Kay Coulson. Jayne secured the women's championship with a two-point advantage over Kay.

The combined Heritage championship for the Jubilee Tankard which is a handicapped championship was won by Mick Le Sauvage with five points lead over Peter Beckerleg with Kevin Le Noury half a point behind that in third.

Men's 1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	7:29
2	Rob Elliott	M55	Sarnia Walking Club	8:58
3	Peter Beckerleg	M55	Sarnia Walking Club	10:21
4	Kevin Le Noury	M55	Sarnia Walking Club	10:32
5	Mick Le Sauvage	M75	Sarnia Walking Club	10:51
6	Dave Dorey	M70	Sarnia Walking Club	11:24

Women's 1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Olga Le Noury	W35	Sarnia Walking Club	10:25
2	Kay Coulson	W45	Sarnia Walking Club	11:37
3	Jayne Le Noury	W55	Sarnia Walking Club	12:15

Veterans AC 5 Mile, Battersea Park (Tue. 22nd Aug.)

The last fixture of the summer series was held in cloudy, humid conditions, with rain just about to appear towards the end, **reports David Hoben**.

New signing Dave Annetts, who has made considerable inroads since taking up the event, had a convincing victory. Dave is the third new signing in just a few weeks, all will make a valuable contribution to the veterans' scene.

John Hall was pleased to return to sub 10-minute miling since return from long term injury.

Tom Casserley from Garden City Runners was only just outside the hour in his first race walk of any distance.

Mixed 5 Mile (B)

Posn	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	43:16
2	John Hall	M65	Belgrave Harriers	49:38
3	Maureen Noel	W50	Belgrave Harriers	52:25
4	Dan Maskell	M65	Surrey Walking Club	55:11
5	Peter Hannell	M70	Surrey Walking Club	56:39
6	David Hoben	M60	Surrey Walking Club	58:27
7	Michael Neale	M65	Unattached	58:57
8	Tom Casserley	M75	Garden City Runners	61:18

**Veterans AC & Southern Counties Veterans AC
Championships, Kingston (Sun. 27th Aug.)**

Mark Culshaw recorded the fastest time of the day. Ian Torode travelled from the Somerset/Devon border to guest in the race.

Mixed 3000m (V = VAC, S = SCVAC, G = Guest)

Posn	Athlete	AG (Pos)	Club	Perf
1	Mark Culshaw	M50 (V1)	Ilford Athletic Club	16:20.1
2	John Hall	M65 (V1)	Belgrave Harriers	17:33.6
3	William Arbury	M50 (V2)	Epsom & Ewell Hs	18:37.9
4	Ian Torode	M60 (G1)	South West Vets AC	18:54.1
5	Fiona Bishop	W55 (V1)	Woking Athletic Club	18:56.5
6	Lesley Hall	W60 (S1)	Ashford Athletic Club	19:04.5
7	Glen Keegan	M50 (V3)	Herne Hill Harriers	20:14.5
8	Peter Hannell	M70 (V1 & S1)	Surrey Walking Club	20:24.8
9	David Hoben	M60 (V1)	Surrey Walking Club	21:45.1

**Tonbridge AC Avril Bowring Memorial Open Series,
Tonbridge School (Mon. 28th Aug.)**

With temperatures nudging 28°C times were slower than expected. Sophie Lewis Ward, having recently returned to training following a summer break, walked a controlled race, lapping the entire field.

Mixed 3000m (B)

Posn	Athlete	AG	Club	Perf
1	Sophie Lewis Ward	U20W	Cambridge Harriers	16:22.57
2	Alan Buckle	M55	Tonbridge Athletic Club	19:14.34
3	Abigail Smith	U13G	Blackheath & Bromley	19:27.13
4	Jacqueline Benson	U17W	Ashford Athletic Club	20:27.41
5	David Hoben	M60	Surrey Walking Club	21:31.85

Southend Mile, Garon Park, Southend (Mon. 28th Aug.)

In oppressive heat 15 started/finished - down on last year's 23, **reports Dave Ainsworth**. Julie Callaghan, well-known in past years as Julie Robery, had her first race walk for 17 years in memory of her father Derek who had recently passed away.

Credit to Steve Allen who appeared despite having had burglars during the night, who'd left smashed glass and a mess.

Men's winner George Nibre said it was his first gold medal for nearly 40 years! An experienced field saw a men's winner aged 60 and its second placer aged 71!

Awards were presented by the host club's President and 1968 400 metres' Olympian Mary Green (nee Tagg) - sister of Mike Tagg who ran the 10,000 metres in those same Mexico Games.

For overall victor Melanie Peddle (*pictured below*) it was yet another PB in what's proving to be a great year for her progress.



A large crowd was present, including at 1976 Olympian Olly Flynn and Ilford's Leigh-on-Sea based Centurion Alan Barber. The crowd were well informed by commentary from Essex County Immediate Past President June Cork, a former race walker herself.

Mixed 1 Mile (B)

Posn	Athlete	AG	Club	Perf
1	Melanie Peddle	W45	Loughton Athletic Club	8:58.8
2	George Nibre	M60	Enfield & Haringey AC	9:46.1
3	John Borgars	M75	Herts Pheonix AC	9:47.4
4	Kasia Kostyrka-Allchorne	W35	Southend-on-Sea AC	9:49.2
5	Keith Palmer	M50	Southend-on-Sea AC	10:32.2
6	Steve Allen	M55	Ilford Athletic Club	10:35.1
7	Charlie Parker	SM	Southend-on-Sea AC	10:35.6
8	Kim Howard	M60	Southend-on-Sea AC	10:45.5
9	Alan O'Rawe	M75	Ilford Athletic Club	11:03.7
10	Peter Cassidy	M75	Loughton Athletic Club	11:18.8
11	David Ainsworth	M70	Ilford Athletic Club	12:23.8
12	Julie Callaghan	W55	Havering Athletic Club	12:57.8
13	Val Mountford	W70	Unattached	13:08.3
14	Gordon Franklin	NK	Unattached	14:59.6
15	Sally Franklin	NK	Unattached	15:47.6

Results Round-Up

July
22

Eastern Masters Championships, Southend-on-Sea

Mixed 2000m: 1 Melanie Peddle (W45 – Loughton AC) 11:14.8, 2 Eammon Shelley (M55 – Thurrock Hs) 12:22.3, 3 Keith Palmer (M50 – Southend) 13:25.7, 4 John Brock (M65 – Southend) 14:21.7, 5 Pamela Abbott (W50 – Enfield & Haringey) 14:24.5, 6 Sharon Crowley (W55 – Fairlands Valley Spartans) 14:24.5.

Upcoming Events

September

Tue 5 th	A	Woodford Tuesday Walks 3000m	Woodford
Sat 9 th	B	Lancs AC 2 Hour Track Walks	Bury
	A	Jeff Ford Memorial Walks	Sheffield
Sat 16 th	A	English Schools Championships	Boston, Lincs.
Sun 17 th	B	IOM End to End Walk	Isle of Man
	A	Jim Sharlott Walks/BMAF Champs	Leicester
Fri 22 nd	A	South Yorkshire League	Millhouses Park
Sat 23 rd	B	Enfield League 1 Hour Track	Lee Valley
Sun 24 th	B	Yorkshire Veterans Championships	Cleckheaton
Wed 27 th	B	National Police Championships	Birmingham

October

Sun 1 st	A	RWA Festival of Race Walking	Hillingdon
Tue 3 rd	A	South Yorkshire League	Millhouses Park
Sat 7 th	B	Albert Rigby Shield (10k)	Macclesfield
Sun 8 th	B	Midland Winter League 1	Stourport
Sat 14 th	B	Enfield League 5 Miles	Lee Valley
Sun 15 th	A	Manx Harriers 1 Hour	NSC, Douglas
Sun 29 th	B	Midland Winter League 2	Birmingham
	A	Manx Winter League 1	NSC, Douglas

November

Sat 4 th	B	Lancashire WC Open 5km	Simister
Sat 11	B	Enfield Open 7 Mile	Lee Valley
Sat 18 th	A	Surrey WC Christmas Cup	Tonbridge
Sun 19 th	B	Midland Winter League 3	Coventry
Sun 26 th	A	Manx Winter League 2	Andreas Village
	B	Surrey WC Addington Cup 7 Mile	Sandilands

