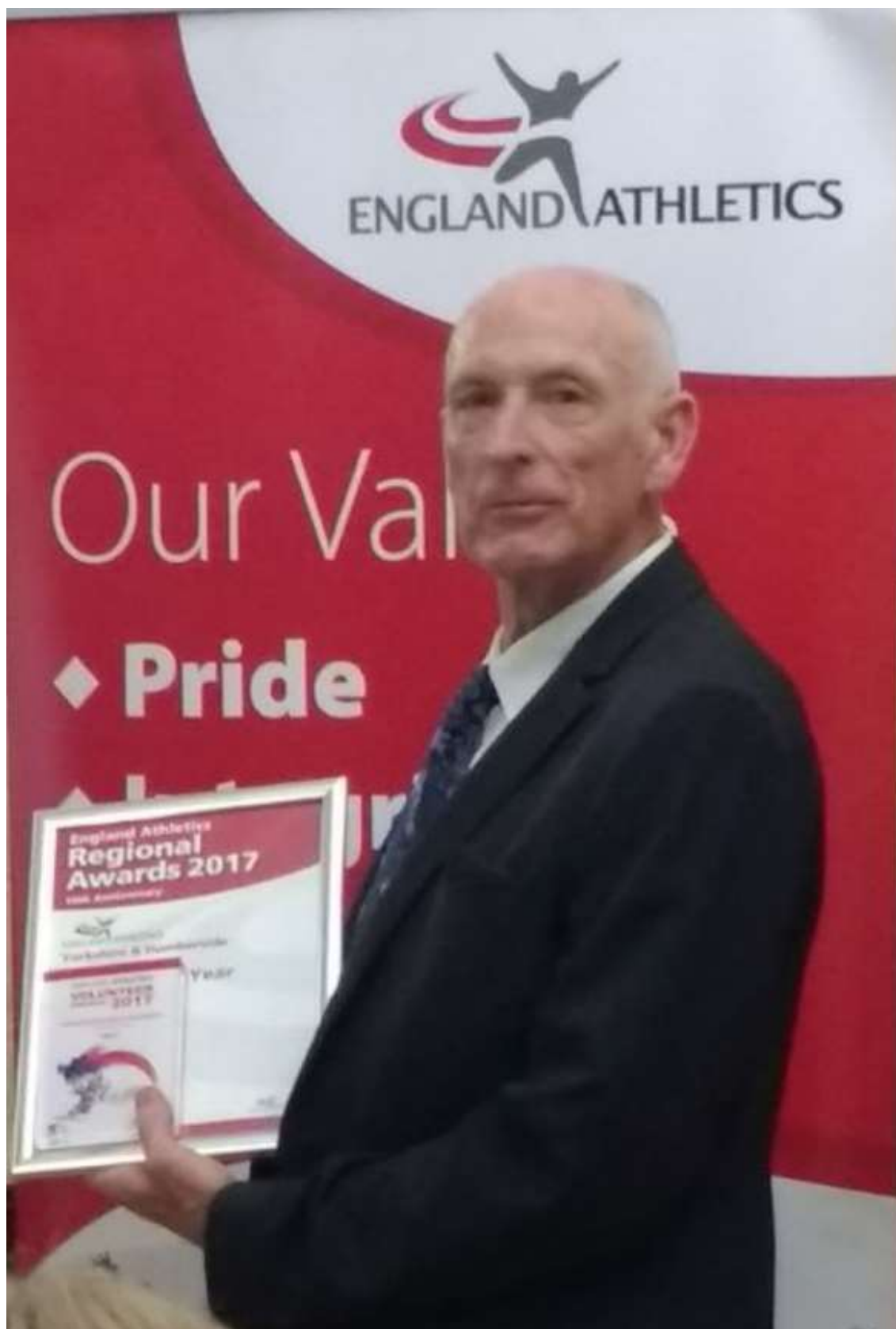




Race Walking Record

October 2017



Brian Adams
Yorkshire & Humberside Coach of
the Year 2017



Endurance Development

2017-2018 Athlete & Coach Race Walk Programme



~~14th October 2017, Race Walk Training Day~~

National Sports Centre, Groves Road, Douglas, Isle of Man, IM2 1RB.
10:00-13:00

~~22nd October 2017, Race Walk Training Day~~

Aldershot Military Stadium, Queen's Avenue, Aldershot, GU11 2JL
10:30-14:30

~~28th October 2017, Race Walk Training Day~~

Leeds Beckett University Athletics Track, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF.
10:30-14:30

18th November 2017, Race Walk Training Day

Athletics Track Moulton College, Pitsford Road, Moulton, NN3 7QL.
10:30-14:30

7th January 2018, Race Walk Season Planning Workshop

English Institute of Sport, 200 Coleridge Rd, Sheffield S9 5DA.

12th - 14th February 2018, Race Walk Training Camp I

Leeds Beckett University, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF.

19th - 21st February 2018, Race Walk Training Camp II

Leeds Beckett University, Headingley Campus, Churchwood Avenue, Leeds, LS16 5LF.

OPEN TO ALL ATHLETES AND COACHES!

Register at ulearnathletics.com/search/cpdEvent

**Training day activity: technical drills & skills, physical preparation,
tempo training, international athlete Q&A**

For further information, contact:

Dr Andrew Drake, Endurance Technical Advisor, England Athletics
adrake@englandathletics.org www.englandathletics.org



2018 Commonwealth Games Selections

24th Oct: Three race walkers are among the 75 names announced for Team England's athletics squad for the Gold Coast 2018 Commonwealth Games. The team, which consists of England's top athletes, already has 18 Commonwealth medals and 46 Commonwealth Games appearances between them, while several of the selected athletes will be competing at their very first multi-sport Games.

Congratulations to:



Athlete	Club	Lead Coach
Tom Bosworth	Tonbridge Athletic Club	Andi Drake
Gemma Bridge	Oxford City Athletic Club	Mark Wall
Callum Wilkinson	Enfield & Haringey AC	Andi Drake

Race Walking Association Annual General Meeting

The 2017 Annual General Meeting of the Race Walking Association is to be held on Sunday 10th December in Birmingham at Alexander Stadium, commencing at 2pm.

The formal notice and agenda can be found at:

<https://www.facebook.com/racewalkingassociation/>



Welsh Athletics Awards 2017

At the Welsh Athletics Awards Dinner almost 200 people came together to recognise and celebrate the fantastic work by Welsh clubs, social running groups and volunteers over the last 12 months. Over 300 nominations were received across the various categories, the highest number ever received.



For the second consecutive year Female Endurance Athlete of the year was Bethan Davies for her record breaking race walking performances and representation

of Great Britain at the London World Championships.

Yorkshire and Humberside Volunteer Awards 2017

Coach of the Year: Brian Adams

Brian Adams was himself an Olympian and Champion Race Walker. Since finishing as an athlete, he has dedicated himself to coaching children, young people and adults for over 25 years and has brought many athletes to International Standing.



Under his coaching steer, Sheffield and Dearne Athletics have produced many of the England team over many years. He spends a multitude of hours planning, transporting, encouraging and implementing coaching programmes for each of his athletes, who come from all ages and standards of development.

Very rarely is race walking given the same regard as other areas of Athletics, and Race Walking coaches are rarely given any accolades despite them working so tirelessly for what is a highly skilled sport that coaches must be highly skilled to coach. Brian Adams epitomises how a successful athlete goes on to keep giving to his sport over decades to help nurture other young athletes coming through. Brian is much deserving as a top coach to receive this award in recognition of his coaching achievements, hard work and dedication.

Source: England Athletics Website

Additional information provided by Brian: "I have been coaching since I started teaching in Leicester in 1974. That's 43 years and I have established that I have worked with well over 400 walkers (mainly youngsters) and I have organised fifteen RWA National Training Weekends for youngsters."

Top achievements by Brian's athletes – only counting athletes' highest achievement:

- 3 GB & NI Junior Internationals
(including Becky Mersh – 2005 IAAF World Youth Champs.)
- 1 England Senior International
- 2 England Junior Internationals
- 2 National Senior Champions
- 12 National Young Athlete Champions
- 6 National Young Athlete medal winners

Official of the Year: Jerry Watson

A Track Level 4 Official, who officiated at the World Para Athletics and IAAF World Athletics Championships in 2017 as a track umpire, Jerry also regularly officiates at Club, County and Northern Level meetings.



Also qualified as a Race Walking Judge, and acted as Referee for the British GP of Race Walking which included the World Championship trials

He is very helpful towards newer officials and provided particular encouragement to a young official in the track judging team at the Anniversary Games and Para Worlds, ensuring he was made a welcome part of the team.

Jerry comes to meetings armed with essential items of equipment (e.g. the 800m break line prisms) which he has made himself. He also makes them for other officials. He can always be depended upon, very enthusiastic, and calm under pressure, officiating to a high degree of competence.

Source: England Athletics Website

England Athletics – Officials Level 1 (Race Walking) Courses

Sunday 12th Nov. Pringles Athletic Stadium, Nuneaton

[Click here for further information & booking details](#)

Sunday 26th Nov. Dalton & Gayles Village Hall, Dalton, N. Yorkshire

[Click here for further information & booking details](#)

Key Dates

6 th /7 th Jan.	England Athletics Indoor	Sheffield
11 th Feb.	British Athletics Indoor	Sheffield
11 th Mar.	England Athletics 10km	Coventry
29 th Apr.	RWA Inter-Area Match	Nuneaton
20 th May	BA/RWA 10km & RWA YAG	Coventry
17 th Jun.	England Athletics U20/U23	Bedford
1 st Jul.	British Athletics Senior Outdoor	Birmingham
22 nd Jul.	EA/CAU Senior Outdoor	Bedford
26 th Aug.	England Athletics U15/U17	Bedford
2 nd Sept.	National (M & W) 50km Champs	Douglas, IOM
15 th Sept.	English Schools	Bedford
7 th Oct.	RWA Festival of Race Walking	Hillingdon

Overseas Race Results

African Centurion Walk, Robben Island, Cape Town, South Africa (Sat. 21st to Sun 22nd Oct.)

The second annual African Centurions 100 Mile Walk qualifier proved just as successful as last year's event which saw an inaugural 19 qualifiers. This year's 100-mile walk was held in the same venue, Robben Island, Cape Town. The first lap took in 6.8 miles (11km) of Robben Island's incredible scenery, including a sweeping stretch of wild Atlantic coastline. Thereafter, walkers settled into a 4.4-mile (7km) loop that wound through the forested grounds and the village housing those who work on the island. Overall, 22 laps were required to complete the 100 miles. Ten walkers were up to the task, led by Isle of Man walkers Robbie Callister and Andrew Titley.



Robbie Callister & Andrew Titley

Men's 100 Mile

Posn	Athlete	Club or Nation	Perf
1	Robbie Callister	Manx Harriers	22:33:40
2	Andrew Titley	Isle of Man Veterans	21:51:24
3	Kim Janssen	Belgium	22:11:52
	David Walker	Manx Harriers	DNF (117.5 km)
	Stewart Jones	Manx Harriers	DNF (103.3 km)

Women's 100 Mile

Posn	Athlete	Club or Nation	Perf
1	Caroline Mestdag	Belgium	22:47:06
2	Corina Riezebos-Rijploeg	Netherlands	23:33:37
	Suzannah Corkhill	Isle of Man	DNF (110.0 km)

Overseas Results Roundup

01 Dutch & Belgium Championships, Tilburg (NED)

Oct Men's 20km: 1 Remco de Bruin (NED) 1:43:35, 2 Malte Strunk (GER) 1:46:12, Swaieh Meftah (FRA) 1:48:27, 4 Malcolm Martin (GBR) 2:02:52, Francisco Reis (POR) DNF.

Women's 20km: Annelies Sarrazin (BEL) 1:59:49, Liesbet De Smet (BEL) 2:23:43, 3 Angela Martin (GBR) 2:23:49.

14 German Championships, Gleina (GER)

Oct Women's 20km: 1 Annett Torma (HUN) 1:39:54, 2 Heather Lewis (WAL) 1:40:06, 3 Teresa Zurek (U20W – GER) 1:42:11.

Men's 50km: 1 Nathaniel Seiler (GER) 4:00:44, 2 Jonathan Hilbert (GER) 4:05:49, 3 David Tokodi (GER) 4:17:12, Dominic King (GBR) DQ.

Domestic Race Results

Albert Rigby Shield 10km, Sutton Macclesfield (Sat. 7th Oct.)

The race was held over 3 laps of the new 'out and back' course and was a trial for this course, **reports Roy Gunnett**.

Weather was overcast with drizzle and fairly strong winds (14th).

Tony Taylor took an early lead and walked strongly throughout to win the scratch race by over 7 mins.

Pat Evans won the ladies race and Roy Gunnett came first in the handicap and was thus awarded the Albert Rigby Shield.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Tony Taylor	M70	Lancashire Walking Club	57:37
2	Greg Smith	M65	Lancashire Walking Club	65:09
3	Dan Maskell	M65	Surrey Walking Club	65:29
4	Roy Gunnett	M70	Lancashire Walking Club	66:04
5	Peter Crahan	M60	Lancashire Walking Club	66:45
6	Joe Hardy	M70	Lancashire Walking Club	66:54
7	Dave Crompton	M50	Lancashire Walking Club	67:15
8	Sailash Shah	M50	Lancashire Walking Club	67:46
9	Pat Evans	W65	Lancashire Walking Club	67:52
10	John Crahan	M65	Lancashire Walking Club	70:41
11	Dave Hoben	M60	Surrey Walking Club	72:25
	Ian Vaughan	M60	Lancashire Walking Club	DNF

1st Midland Winter League, Stourport (Sun. 8th Oct.)

The first race of this year's Midland Winter League Series was held on the established cycle circuit at Stourport Sports Club, **reports Glyn Jones**.

The weather was dry and quite mild for the time of year.

Although it was announced that unfortunately a contingent of walkers from the Welsh clubs were unable to get to the meeting having experienced road closures on the M4 around Newport and lengthy diversions resulting in them having to turn back, surprisingly notwithstanding those unable to make it, the 5km race was unusually low in numbers for this first meeting in the series. The 10km race fared slightly better with increased numbers than last year. The younger age group races continued to average out in similar numbers as 2016.

In the 5km Carolyn Dyal showed good form to lead home the field but suffered somewhat when she doubled up for the 10km but nevertheless kept onto finish. In the 10km Graham Chapman of Headington RR, laid down his intentions by walking well to finish in first place ahead of regular Midlands walker Mark Williams who has now transferred to Birchfield Harriers.

It appears from this first meeting that Birchfield Harriers and Leicester W.C. are going to battle it out for the eventual team awards over the three-race series.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Graham Chapman	M60	Headington Road Runners	56:41
2	Mark Williams	M55	Birchfield Harriers	58:08
3	Peter Boszko	M65	Birchfield Harriers	58:45
4	Ben Allen	U20M	Leicester Walking Club	60:13
5	Daniel Mckerlich	U20M	Cardiff AAC	60:51
6	Roger Michell	M65	Surrey Walking Club	63:37
7	Hardeep Minhas	M55	Leicester Walking Club	63:40
8	George Smolinski	M65	Leicester Walking Club	64:33
9	Laura Achurch	U17W	Leicester Walking Club	65:03
10	Noel Blatchford	W65	Abingdon Athletic Club	66:02
11	Paul Hawkins	M60	Stratford-upon-Avon AC	66:31
12	John Constandinou	W45	Birchfield Harriers	67:18
13	Colin Vesty	M50	Leicester Walking Club	68:12
14	Carolyn Dyal	W40	Nuneaton Harriers	75:21
15	David Fall	M70	Birchfield Harriers	79:46

Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Caitlin Casey	U15G	Birchfield Harriers	19:17
2	Molly Mckerlich	U15G	Cardiff AAC	21:56

Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Patrick Morgan	U15B	Hereford Athletic Club	18:59

Under 13 Girls 2km (B)

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers	13:44
2	Abigail Lysek	U13G	Dudley & Stourbridge Hs	14:27
3	Katie May-Brownhill	U13G	Dudley & Stourbridge Hs	15:03
4	Katie Collis	U13G	Birchfield Harriers	15:12

Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Harry Wilkinson	U11B	Dudley & Stourbridge Hs	8:13
2	Ben Hackett	U11B	Dudley & Stourbridge Hs	8:30

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Carolyn Dyll	W40	Nuneaton Harriers	28:56
2	Wendy Bennett	W50	Worcester Athletic Club	29:17
3	Roger Michell	M65	Surrey Walking Club	29:45
4	John Constantinou	M45	Birchfield Harriers	29:49
5	Julie Bellfield	W45	Halesowen Athletic Club	30:02
6	Colin Vesty	M50	Leicester Walking Club	30:33
7	Hardeep Minhas	M55	Leicester Walking Club	30:35
8	Lynn Bellfield	W50	Halesowen Athletic Club	32:16
9	Paul Hawkins	M60	Stratford-upon-Avon AC	33:09
10	Stuart Edgar	M45	Dudley & Stourbridge Hs	33:20
11	John Gordon	N/K	Dudley & Stourbridge Hs	33:42
12	Tracey Mills	W45	Birchfield Harriers	33:47
13	Jeff Taylor	N/K	Leicester Walking Club	33:50
14	Lin Farrow	W60	Harborough Athletic Club	34:39
15	David Fall	M70	Birchfield Harriers	37:46

Sarnia WC Handicap 10km, Delancey Park (Sun. 8th Oct.)

Newcomers Wendy Wilson and Kevin Allan made the most of their handicap times to finish first and second in the second race of the Bob Wright Handicap Series, **reports Rob Elliott**. The 10 kilometres walk was held in glorious conditions on a wind free morning over the multi-lap course at Delancey Park, with Wendy Wilson crossing the line first winning by a clear two minutes. A good walk by Peter Beckerleg got him the closest to the leading two finishing a minute down on Kevin Allan.

Stuart Le Noury, back in 10th place had the fastest time of the day recording 57 minutes dead, finishing his third race over the weekend having taken part in the Parkrun 24 hours earlier than the Airport 5 kilometres run held just before midnight on Saturday.

Rob Elliott with 63:57 claimed second fastest a minute ahead of leading woman Donna Allan.

Mixed 10km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Wendy Wilson	W50	Sarnia Walking Club	79:29/78:29
2	Kevin Allan	M40	Sarnia Walking Club	81:29/81:29
3	Peter Beckerleg	M55	Sarnia Walking Club	82:37/70:37
4	Jayne Le Noury	W55	Sarnia Walking Club	83:25/79:25
5	Mick Le Sauvage	M75	Sarnia Walking Club	83:55/73:55
6	Olga Le Noury	W35	Sarnia Walking Club	84:30/73:30
7	Kevin Le Noury	M55	Sarnia Walking Club	84:36/72:36
8	Donna Allan	W40	Sarnia Walking Club	84:55/64:55
9	Rob Elliott	M55	Sarnia Walking Club	85:57/63:57
10	Stuart Le Noury	SM	Sarnia Walking Club	87:00/57:00
	Kay Coulson	W45	Sarnia Walking Club	DNF

**1st Northern Winter League, Cleckheaton (Sat. 8th Oct.)**

Apologies were received from several intended competitors, so maybe numbers will improve for future events, **reports Alan Brooks**. Hardly had we returned home afterwards, when the sad news broke of the death of Yorkshire RWC Club President, and member of 50 years, Geoff Dowling, at the age of 85. My usual after race irreverent quips seem thus not appropriate this time. 'Keep the flag flying' was how Geoff invariably ended phone conversations. We will Geoff, we will.

10km (B)

Pos	Athlete	AG	Club	Perf
1	Colin Scott	M55	Yorkshire Race Walking Club	57:20
2	Martin Fisher	M55	Redcar Race Walking Club	57:33
3	Neil Armitage	M55	Yorkshire Race Walking Club	59:56
4	Mark Byrne	M55	Redcar Race Walking Club	70::57
5	Richard Cole	M70	York CIU	71:04
6	Phil Carroll	M55	Yorkshire Race Walking Club	77:17

5km (B)

Pos	Athlete	AG	Club	Perf
1	J. Edwards	N/K	Unattached	41:48

Geoff Dowling C635

Sadly, we report the passing of Geoff Dowling on 28th September after a few days in hospital.

Morecambe born, Geoff had been a member of Yorkshire Race Walking Club since 1963 and was the current President of the Club. He was, for many years, Race Secretary for both the Bradford Whit Walk and the 'Dick Hudson' events. In his race walking career, he won a gold medal in the 2005 European Masters Championship in Portugal as a member of the UK Masters team.

Geoff qualified as a Centurion in 1978 (Leicester to Skegness) finishing in 22 hours 37 minutes.

He contributed to a variety of publications with articles of sporting, industrial and military history. Geoff was an Alumnus of Bradford College and his booklet on National Service and the Korean War resulted in an invitation to visit South Korea which culminated in him being proclaimed an Ambassador for Peace by the Government of South Korea.

9th South Yorkshire League, Millhouses Park (Tue. 10th Oct.)

Having just moved up to the U15 age group Lucy Walker took on a 3km race for the first time, with one recent 2km race taking over 13 min giving her a target of 21 mins for her first 3 km didn't seem unreasonable, **reports Brian Adams**. But she went through the first kilometre in 6:24, then 6:36 & 6:18 looking really sharp all the way to clock a convincing 19:19 victory.

That was not good enough for a South Yorkshire AA medal as we finished the nine-race series. Simon Pugh had the trophy won after race eight to achieve one of his season's targets, then turned out tonight to complete a second goal by doing all nine races despite being under the weather.

Lara MacColl only missed one race her scoring four results were all second places putting her level with Tony Bell for second place.

Pos	Athlete	AG	Club	Perf (Dist)
1	Lucy Walker	U15G	Meadowhead School	19:19 (3km)
2	Lara MacColl	U15G	C of Sheffield & Dearne	12:24 (2km)
3	Tony Bell	M50	Lancashire Walking Club	31:37 (5km)
4	Toby Chaplin	U13B	C of Sheffield & Dearne	13:36 (2km)
5	Simon Pugh	M55	Rotherham Harriers	13:14 (2km)

Final Positions

1	Simon Pugh	77	10	Alice Myers	34
2	Lara MacColl	72	11	Ines Bell	30
	Tony Bell	72	12	Thomas Davies	26
4	Toby Chaplin	69	13	Neve Manning	20
5	Imogen Walker	68	14	Jake Borrell	16
6	Lucy Walker	66	15	Molly Meleady-Hanley	14

7	Kai Cundey	51	16	Natalie Myers	10
8	Owen Bradshaw	50	17	Peter Bilston	9
9	Luca Cundey	43			

Enfield League 5 Mile, Lee Valley (Sat. 14th Oct.)

Autumn sunshine with little breeze made perfect conditions for the penultimate race of the 2017 series, **reports Ron Wallwork**. After leading the ladies field for four of the five one-mile laps Helen Middleton, with Melanie Peddle in close attendance couldn't match the Loughton lady's finishing surge. The women's battle for third resulted in a dead heat in a time that was surely a personal best for Noel Blatchford.

The first three men virtually walked time trials as they quickly opened a gap between themselves and the rest. Among some close encounters was the duel for third which was resolved in the closing stages and down the field that of Steve Cartwright and Centurion Chris Flint, neither seemingly wanting to finish in 13th position. Another Centurion, Dave Kates received a warm welcome after being out of action for some time and 78-year-old newcomer Tom Casserley walked slightly faster than he did on debut in the last fixture.

Men's 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Francisco Reis	M55	Thames Valley Harriers	39:29
2	Sebastian Parris	SM	Ilford Athletic Club	43:22
3	George Wilkinson	U17M	Enfield & Haringey AC	43:37
4	Graham Chapman	M60	Headington Road Runners	45:02
5	Malcolm Martin	M60	Surrey Walking Club	45:10
6	Jim Ball	M55	Steyning Athletic Club	45:33
7	Mark Culshaw	M50	Ilford Athletic Club	48:19
8	John Ralph	M60	Enfield & Haringey AC	51:25
9	John Borgars	M70	Loughton Athletic Club	51:51
10	David Kates	M65	Ilford Athletic Club	53:19
11	Arthur Thomson	M80	Enfield & Haringey AC	53:42
12	Steve Cartwright	M55	Colchester & Tendring	54:57
13	Christopher Flint	M65	Surrey Walking Club	54:57
14	David Hoben	M60	Surrey Walking Club	58:01
15	Tom Casserley	M75	Enfield & Haringey AC	58:09
16	Gary Smith	M60	Enfield & Haringey AC	59:05
17	Peter Cassidy	M75	Loughton Athletic Club	60:03
18	Anthony Wilkinson	M55	Unattached	64:58

Women's 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Melanie Peddle	W45	Loughton Athletic Club	48:50
2	Helen Middleton	W50	Enfield & Haringey AC	49:14
3	Fiona Bishop	W55	Woking Athletic Club	51:58
4	Noel Blatchford	W65	Abingdon Athletic Club	51:58
5	Angela Martin	W50	Surrey Walking Club	54:05
6	Anne Jones	W60	Steyning Athletic Club	54:16
7	Francoise Fernandez	W65	Loughton Athletic Club	59:15

4 Mile (B)

Pos	Athlete	AG	Club	Perf
1	David Ainsworth	M65	Ilford Athletic Club	56:47
2	Michael Barnbrook	M70	Ilford Athletic Club	56:47

3 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Shaun Lightman	M70	Surrey Walking Club	37:55
2	Jo Miles	W60	Hillingdon Athletic Club	38:21

2 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Kenneth Bobbett	M70	Hillingdon Athletic Club	20:23

Enfield Race Walking league - Will Helen, do it?

Helen Middleton remains the overall League leader and the only person able to prevent her making history as the first woman to win the series outright is Mark Culshaw. With one fixture to go Mark is 11points adrift of Helen and only eight behind John Borgars.

Providing that both contest the final race, to catch Helen, Mark will have to finish 11 places ahead of her to share the overall title and 12 to win it outright. Recent results point to this being a tall order, however, the larger field that the Open 7 usually attracts could aid his cause. Whatever happens in respect of the overall title, Mark does have a race in hand over John Borgars who is the current men's leader, so only has to finish the final race to take the men's title.

Enfield 7 Haringey AC have already regained the team title, but the battle for the minor placings is still extremely close between Ilford AC and last year's champions Surrey WC. It could go either way. Ilford have two or three big scorers, but Surrey has the people to pack the mid-field and make up ground.

Welbeck Hotel & Restaurant 1 Hour Challenge, National Sports Centre, Douglas, Isle of Man (Sun. 15th Oct.)

Manx Harriers promoted the Welbeck Hotel and Restaurant 1-hour challenge walk meeting at the N.S.C. and attracted a healthy entry of 40 walkers in mild and breezy conditions, **reports Bridget Kaneen**.

The main event was the hour walk, where the criteria is to see how many laps of the perimeter roadway can be completed within the 60-minute time. Before the start of the walk, there was a nice ovation to remember club stalwart Murray Lambden, who died suddenly at Easter and would most certainly have been out with his camera covering this event had he still been with us. He was represented by wife Marie, sister Margaid and her husband who supported the competitors throughout the morning.

Prizes for this event are awarded to the first walkers considered novices by the event committee (those who have not won a prize in a championship walking event or covered more than 10km in the hour previously). Gianni Epifani took firm control of the race from the outset and managed a fine tally of 15 laps by the end of the hour which was signalled by the firing of the gun and was a couple of laps ahead of the rest of the field and taking a sponsor's prize for furthest distance by a male. Furthest female distance was recorded by Bernie Johnson, who was just 200m short of 10km which equates to being within a minute or so off getting under the hour for the distance, something hopefully she will be targeting to achieve during the winter. The best performance by a walker considered a novice was recorded by Pete Miller, who has previously done very well in the Parish Walk and attempted a 100 mile walk in New York State last month, only to be faced with temperatures in the mid 30's and with great humidity which led to a disappointing DNF. in a race where only two walkers completed the whole distance. On Sunday however, he lost his novice status with great style, completing the hour with over 10km under his belt. Second novice went to Jamie Dudley, who was 2nd Under 21 to Peel in the Parish Walk back in June, but has never raced at the shorter events. He recorded well over 9km and looks to have a lot of natural talent and potential to walk much quicker with a bit of technical input and training. Third novice award went to Andy Baxendale who raced alongside some more seasoned competitors and recorded over 8 ½ km, a great start to the winter.

It was a select field of three who took part in the ½ hour walk and it resulted in a good-natured tie between Norman McKibben and Alan Gosschalk with Roberta Nicoll enjoying her ½ hour spin also.

The junior mile, showcased some wonderful technique and style from the younger walkers, with Abbie Edwards taking the top spot from Grayse Fletcher and Alex Nicoll taking 3rd place.

Thanks to Michael and Irene George of the Welbeck who not only supplied prizes but also cooked up soup and refreshments for all at the close of the events. Thanks also to everyone who helped make the event a very enjoyable start to the winter racing season.

Mixed 1 Hour

Pos	Athlete	AG	Club	Perf
1	Gianni Epifani	M45	Manx Harriers	12013
2	Dave Walker	M45	Manx Harriers	10462
3	Peter Miller	M40	Manx Harriers	10097
4	Bernie Johnson	W35	Isle of Man Veterans	9806

5	Tony Edwards	M55	Manx Harriers	9742
6	Sam Fletcher	M35	Manx Harriers	9598
7	Jayne Farquhar	W45	Manx Harriers	9552
8	Jamie Dudley	N/K	Unattached	9168
9	Andy Dawson	M45	Manx Harriers	9084
10	Dick Callin	M50	Unattached	8913
11	Colin Moore	M55	Isle of Man Veterans	8824
12	Louise Hollings	W35	Isle of Man Veterans	8793
13	Tony Artz	M50	Unattached	8689
14	Andy Baxendale	M45	Isle of Man Veterans	8668
15	Greg Nation	M40	Unattached	8334
16	Nick Wallinger	M45	Isle of Man Veterans	8235
17	Emma Nation	N/K	Unattached	8219
18	May Hooper	W45	Unattached	8191
19	Voirrey Cain	W50	Northern Athletic Club	8166
20	John Cannell	N/K	Unattached	7786
21	Michelle Sherry	N/K	Unattached	7676
22	Lynn Ryan	W55	Unattached	7280
23	Dee Dentith	W35	Unattached	7074
24	Sarah Goldsmith	N/K	Unattached	6956
25	Norbert Will	M80	N. Ireland Veterans	6916
26	Katie Lambie	N/K	Unattached	6874
27	Kerry Sharpe	W45	Unattached	6830
28	Steph Hounsell	N/K	Unattached	6830
29	Carolanne Hanley	N/K	Unattached	6417
30	Fiona Shaw	W45	Unattached	5620

Sarnia WC Road 5km, Cambridge Park (Sun. 22nd Oct.)

Newcomer Wendy Wilson removed three minutes from her personal best time set a few weeks ago as she finished in 5th place in 36:32, **reports Rob Elliott**. A mixed morning with a bit of wind, rain and the sun saw the small field walk the five-lap course unaffected by the nights storms apart from a few twigs strewn around.

Rob Elliott, walking slightly faster than his last race secured the win in 30:27, opening an increasing gap on second home Donna Allan. Peter Beckerleg finished third just outside 35 minutes.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliott	M55	Sarnia Walking Club	30:27
2	Donna Allan	W40	Sarnia Walking Club	31:25
3	Peter Beckerleg	M55	Sarnia Walking Club	35:09
4	Mick Le Sauvage	M75	Sarnia Walking Club	36:03
5	Wendy Wilson	W50	Sarnia Walking Club	36:32
6	Dave Dorey	M70	Sarnia Walking Club	40:50

Jubilee Trophy, Sheffield Hallam University (Mon. 23rd Oct.)

Five walkers set themselves a distance and a target time to complete that distance, **reports Brian Adams**. No watches or lap times and the one who gets nearest to their target time is the winner! All but Simon Pugh settled for 3000m (Simon went for 5000m). Lucy Walker has only just moved up to 3000m and thought it a good chance to race over her new distance, obviously a disadvantage as she would not be familiar with the pace required to meet her target... but full marks for such a positive attitude.

It soon became apparent that most of the 3000m walkers were quite a bit off their pace and when the faster ones had completed their stint. Lucy held the lead with a time 24 seconds slower than her target, but Jeff came through the finish 3 seconds ahead of his 21-minute target to take the lead. Simon completed his 5000m to match Tony on 1:09 behind target for equal fourth place. Jeff took the trophy.

Pos	Athlete	AG	Club	Perf (Diff)
1	Jeff Taylor	M65	Leicester Walking Club	20:57 (-03s)
2	Lucy Walker	U15G	Meadowhead School	19:49 (+24s)
3	Lara MacColl	U15G	C of Sheffield & Dearne	19:40 (+60s)
4	Tony Bell	M50	Lancashire Walking Club	19:09 (+69s)
5	Simon Pugh	M55	Rotherham Harriers	33:09 (+69s)

Sarnia Walking Club Peter Kendal Pairs Trophy Les Amateurs, Vale, Guernsey (Sun. 29th Oct.)

The pairing of Stuart Le Noury and newcomer Wendy Wilson were over a minute too good for the other teams in this perhaps unique Peter Kendal event, **reports Rob Elliott**. Second place went to Donna Allan and Olga Le Noury both walking good races, with third place going to the experienced Rob Elliott and newcomer Kevin Allan.

Wendy Wilson had the walk of the day walking much quicker than in her last few races to cover the 3-kilometres in 20:54. Stuart had the quickest time of the day at the shorter distance with a 7:20 clocking on what was a hard day to race with a head on wind up the longest part of the course. There was a smile from Wendy as this was the first time she had ever won a trophy in any sport.

Walkers are paired together with the entrants split between the faster and slower walkers in the race.

The teams start on handicap based on the slower walkers predicted times with the faster walker walking behind their teammate for half of the race, before all setting off at their own pace, resulting in 3 kilometres result for the slower walkers and a 1.5-kilometre result for the faster. The faster walkers have their race predicted handicap added on at the finish.

Mixed 3km (B)

Pos	Athlete	AG	Club	Perf
1	Olga Le Noury	W35	Sarnia Walking Club	19:37
2	Mick Le Sauvage	M75	Sarnia Walking Club	20:48
3	Wendy Wilson	W50	Sarnia Walking Club	20:54
4	Kevin Allan	M40	Sarnia Walking Club	22:49
6	Dave Dorey	M70	Sarnia Walking Club	23:05

Mixed 1.5km (B)

Pos	Athlete	AG	Club	Perf
1	Sturt Le Noury	SM	Sarnia Walking Club	7:20
2	Rob Elliott	M55	Sarnia Walking Club	8:35
3	Donna Allan	W40	Sarnia Walking Club	8:43
4	Kevin Le Noury	M55	Sarnia Walking Club	9:52
6	Peter Beckerleg	M55	Sarnia Walking Club	9:56

Team Result (After handicap times added in)

Posn	Athlete	Athlete	Perf
1	Stuart Le Noury	Wendy Wilson	42:21
2	Donna Allan	Olga Le Noury	43:45
3	Rob Elliott	Kevin Allan	44:54
4	Kevin Le Noury	Mick Le Sauvage	45:04
5	Peter Beckerleg	Dave Dorey	45:12

2nd Midland Winter League, Birmingham (Sun. 29th Oct.)

The 2nd Midland Winter League Series was held within the confines of Alexander Stadium and incorporating the track as part of the 1km lap, **reports Glyn Jones**. In the 10km, Mark Williams and Graham Chapman again fought hard for their respective positions and have a lot to play for individual scratch awards in the final series to be held in Coventry on 19th November. It was very pleasing to see Lisa Kehler and Grazina Narviliene taking part in the 2nd Series and both showed their good form in coming in first in the 10km and 5km respectively. Disappointingly the younger age group races once again produced low entries.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Lisa Kehler	W50	Wolverhampton & Bilston	53:33
2	Mark Williams	M55	Birchfield Harriers	55:16
3	Graham Chapman	M60	Headington Road Runners	55:23
4	Ben Allen	U20M	Leicester Walking Club	57:13
5	Peter Boszko	M65	Birchfield Harriers	58:25
6	Daniel Mckerlich	U20M	Cardiff Amateur AC	61:14
7	Hardeep Minhas	M55	Leicester Walking Club	61:29
8	Roger Michell	M65	Surrey Walking Club	61:35
9	Noel Blatchford	W65	Abingdon Athletic Club	63:04
10	George Smolinski	M65	Leicester Walking Club	63:05

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11	Colin Vesty	M50	Leicester Walking Club	63:56
12	John Constantinou	M45	Birchfield Harriers	64:07
13	Laura Achurch	U20W	Leicester Walking Club	64:32
14	Carolyn Dyll	W40	Nuneaton Harriers	65:12
15	Judy Howard	W60	Abingdon Athletic Club	66:26
16	Stuart Edgar	M45	Dudley & Stourbridge Hs	69:10
17	David Fall	M70	Birchfield Harriers	77:58

Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Caitlin Casey	U15G	Birchfield Harriers	18:47
2	Molly Mckerlich	U15G	Cardiff Amateur AC	21:05

Under 15 Girls 3km (B)

Pos	Athlete	AG	Club	Perf
1	Patrick Morgan	U15B	Hereford Athletic Club	18:41

Under 13 Girls 2km (B)

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers	13:49
2	Katie May-Brownhill	U13G	Dudley & Stourbridge Hs	15:12

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Grazina Narviliene	W40	Cobra Running & Tri Club	28:36
2	Carolyn Dyll	W40	Nuneaton Harriers	28:53
3	Wendy Bennett	W50	Worcester Athletic Club	29:12
4	John Constandinou	M45	Birchfield Harriers	29:36
5	Roger Michell	M65	Surrey Walking Club	29:50
6	Hardeep Minhas	M55	Leicester Walking Club	29:53
7	Julie Bellfield	W45	Halesowen Athletic Club	30:05
8	Colin Vesty	M50	Leicester Walking Club	30:07
9	Wendy Kane	W45	Notts Athletic Club	30:52
10	Lynn Bellfield	W50	Halesowen Athletic Club	32:12
11	Stuart Edgar	M45	Dudley & Stourbridge	32:29
12	Hilary Mann	W55	Sparkhill Harriers	32:58
13	Jeff Taylor	N/K	Leicester Walking Club	34:13
14	John Gordon	N/K	Dudley & Stourbridge	34:17
15	Lin Farrow	W60	Harborough Athletic Club	35:12
16	Peter Cassidy	M75	Dudley & Stourbridge	36:07
17	Terry Morris	M70	Nuneaton Harriers	36:15
18	David Fall	M70	Birchfield Harriers	37:41
19	Julian Barnett	M55	Birchfield Harriers	40:35

Up and Running (IOM) Winter League Walk National Sports Centre, Douglas (29th Oct.)

Results only, no report received.

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Gianni Epifani	M45	Manx Harriers	48:49
2	Adam Cowin	U23M	Manx Harriers	49:43
3	Sam Fletcher	SM	Manx Harriers	57:29
4	Adam Killip	SM	Unattached	57:46
5	Pete Miller	M40	Manx Harriers	58:46
6	Marie Jackson	W55	Manx Harriers	59:37
7	Bernie Johnson	W35	Isle of Man Veterans AC	60:10
8	James Bassett	M40	Manx Harriers	60:55
9	Tony Edwards	M55	Manx Harriers	61:17
10	Rebecca Greatbatch	U23W	Manx Harriers	61:52
11	Stewart Jones	M45	Manx Harriers	65:00
12	Dick Callin	M55	Unattached	65:09
13	Ian Callister	M60	Manx Harriers	65:16
14	Ray Beattie	M55	Manx Harriers	65:17
15	Louise Hollings	W35	Isle of Man Veterans AC	66:18
16	Nicola Raven	W50	Manx Harriers	66:47
17	Les Brown	M65	Manx Harriers	67:06
18	Tony Arzt	M50	Unattached	67:54
19	Colin Moore	M55	Isle of Man Veterans AC	68:56
20	Andy Baxendale	M45	Isle of Man Veterans AC	69:46

21	Rob Wright	M65	Unattached	70:37
22	Dermott O'Toole	M65	Unattached	70:39
23	Angie Robinson	W50	Unattached	72:57
24	Rob Clynes	M50	Unattached	72:57
25	May Hooper	W45	Unattached	73:41
26	Greg Nation	M40	Unattached	73:46
27	Gordon Erskine	M70	Unattached	74:01
28	Angela Corkish	W70	Isle of Man Veterans AC	74:01
29	Voirey Earnshaw-Cain	W50	Northern Athletic Club	75:26
30	Mick Holgate	M70	Manx Harriers	79:00
31	Jane Arzt	W45	Unattached	79:14
32	Chrissie Lewis	W40	Unattached	80:52

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Hannah Hunter	W35	Manx Harriers	26:27
2	Dave Mackay	M45	Unattached	30:01
3	Alice Bellando	U17G	Manx Harriers	30:30
4	Sharon Cain	W45	Western Athletic Club	32:28
5	Richard Sille	M40	Manx Fell Runners	32:32
6	Louise Cowell	SW	Unattached	35:11
7	Sally Rothwell-Caley	W50	Western Athletic Club	35:43
8	Dee Dentih	W35	Unattached	40:28
9	Lynn Ryan	W55	Unattached	40:33
10	Kerry Sharpe	W45	Unattached	41:18
11	Lalaghe Earnshaw-Cain	SW	Unattached	41:30
12	Roberta Nicoll	W45	Unattached	43:07
13	Norman McKibbin	M75	Unattached	43:54
14	Fiona Shaw	W45	Unattached	51:49

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	19:36
2	Keira Heavey	U15G	Northern Athletic Club	21:33
3	Mia Dunwell	U13G	Northern Athletic Club	22:18

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Alex Nicoll	U13G	Manx Harriers	14:18
2	Grayse Fletcher	U11G	Unattached	14:36
3	Dominic Dunwell	U13B	Northern Athletic Club	14:37
4	Daniel Bassett	U13B	Manx Harriers	14:43
5	Orla Goddard	U13G	Northern Athletic Club	15:48
6	Lainie Sharpe	U13G	Northern Athletic Club	15:48

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Conor Bassett	U13B	Manx Harriers	08:49
2	Lillie Fletcher	6 yo	Unattached	09:52
3	Aalin Heavey	4 yo	Unattached	10:30
4	Harrison Sille	4 yo	Unattached	10:57

Big Feet of Endurance

By Dave Evans

In the world of endurance walking the name of Nijmegen, Roubaix and Centurion events seem to take up most of the space and rightly so. Whilst these high-profile events rightly take precedence in our consciousness other activities take place away from the main stream and some display efforts equally as impressive in their own way.

The Civil Service Sports Council decided some years ago to introduce a challenge to members involving a 50-day programme of walking to largely introduce the couch potatoes to exercise and in the process the raising of monies for the Civil Service Benevolent fund. There are quite a number Civil Servants but within this number there were almost bound to be a reasonable number of active sportsmen and women.

Bill Kingston, now a 65-year-old pensioner (*who wears size 14/15 shoes*), a member of Bristol and West AC (a life member), is always up for a challenge and so it transpired that he put together a squad of six individuals to take on the formidable target of 4000 miles by

the end of the challenge. Two colleagues were already race walkers from Lancashire Walking Club, a third member being a long-distance runner (running is allowed) and two “normal” individuals, neither of whom were exercise friendly at the start of the proceedings.

Whilst the other team members were facing their own demons Bill, at the starting weight of 16 stone, decided to dedicate the 50 days to continuous activity. The challenge organisers expected teams to log in daily with details of their team steps, all essentially drawn from personal pedometers issued by the organisers and by and large this was done. For reasons best known to them the distance achieved by each team was determined by converting each day's steps to a mile distance by using 2346 steps to a mile. In the previous year they used 2222. Bill Kingston has a stride equivalent to 1950 to the mile and given he used the same roads, his final total is likely to be between 10 and 15% short of the actual mileage recorded.

Day 1 was always going to be a day of big mileages and with the bit between his teeth Bill hit the 38 miles using the predetermined 2346 comparison but more likely walked 46 miles in 13 hours 6 mins. At the end of the first week the accumulative total passed 200 miles and was more likely to be around the 260-mile mark instead of the more reserved total of 213, the latter being the distance covered with the pre-set 2346 steps to the mile.

Week 2 was just as impressive with distances covered on a daily basis in excess of 50K. With the advent of really hot weather Bill showed some deterioration but still managed an impressive 248 miles in week 3 and in week 4 maintained the staggering 260 miles. Week 5 showed a slight diminution but week six showed a move upward to 278 miles. The final week, aside from day 50, registered a mind blowing 257 miles, and on day 50 the longest day of all...56 miles.

In total the final distance was officially 1537 miles using the set conversion rate but in truth Bill probably covered nearly 1900 miles in 50 days. This is the equivalent of two Lands End to John O'Groats in 50 days and for someone who set out on day one at just over 16 stone and finished at a little over 13 stone indicates how much effort he expended, and it will come as no surprise to learn that he won the individual distance achieved by any competitor by 400 miles! Coupled with his previous history as a Rugby forward and one of Britain's best Indoor rowers I reckon Mr K has achieved something sensational and yes, you guessed it, he's thinking about next year's event already.

Upcoming Events

November

Sat. 4 th	B	Lancashire WC Open 5km	Simister
	B	Leicester WC Topham Cup 7 Mile	Leicester
	B	Steyning AC Open 10km	Steyning
Sat. 11	B	Enfield Open 7 Mile	Lee Valley
Sun. 12	B	Sarnia WC Handicap 3000m	Footes Lane
Sat. 18 th	A	Surrey WC Christmas Cup	Tonbridge
Sun. 19 th	B	Midland Winter League 3	Coventry
Sat. 25 th	B	L.T Norton Walk – 10km	Leicester
Sun. 26 th	A	Manx Winter League 2	Andreas Village
	B	Surrey WC Addington Cup 7 Mile	Sandilands
	B	Sarnia WC Handicap 3000m	St. Peter Port



December

Sat. 2 nd	B	Dick Maxwell Memorial Race – 10km	Simister
Sun. 3 rd	B	Leicester WC Fortune Cup – 10km	Leicester
Sat. 9 th	B	Alf Palmer Memorial Track Walks	Horsham
Sun. 10 th	B	Sarnia WC 10km	Vale
Sun. 17 th	B	Manx Winter League 3	Ramsey
	B	Sarnia WC 815m Hill Climb	Le Val de Terres
Tue. 26 th	B	Steyning AC Boxing Day Walks	Brighton
Sun. 31 st	B	Sarnia WC 3-mile Handicap	Rocquaine

Round 1 Chris Smith Race Walking League 2017/18

For the first time in the girl's section of the Chris Smith League, Megan Stratton-Thomas set the fastest time ahead of Abi Jennings and Amy Phipps.

Chris Snook has dominated the boy's category in recent years and notched his ninth consecutive victory. Indeed, he has won nine out of the 11 races he has been involved in and has only been beaten by brother Tim (twice) in the 2014/15 season. Runner up Ben Allen has supported this series since October 2008 and recorded a time over a minute ahead of Jordan Price on this occasion.

In this competition the individual and team standings are based on a handicapping system, which encourages all competitors to improve or get close to their best performances over the 4-race series.

Following this first fixture, just five points separate the top seven in the girl's league with debutants Kelsey Tozer and Caitlin Casey taking the first two spots in their league ahead of Grace Whittingham who is aiming to beat her seventh place overall last season.

Girls 2000m

Pos	Athlete	School/College	Perf
1	Megan Stratton-Thomas	Gowerton College, Swansea	10:37
2	Abigail Jennings	Farnborough 6 th . Form	10:49
3	Amy Phipps	Ysgol Gyfyn Ystalyfera, Neath	11:17
4	Devina Nova	Highworth Grammar, Ashford	12:00
5	Grace Whittingham	Highworth Grammar, Ashford	12:04
6	Laura Achurch	Countesthorpe Leysland, Leics	12:08
7	Katie Elliott	Farnborough 6 th . Form	12:13
8	Charlotte Wallis	Wavell School, Farnborough	12:13
9	Lara MacColl	Sheffield High School	12:28
10	Jacqueline Benson	Folkestone School for Girls,	12:32
11	Lucy Walker	Meadowhead School, Sheff.	12:49
12	Caitlin Casey	Streety Academy	12:50
13	Bethan Anthony	Brynirion Comp School	13:27
14	Molly Meleady-Hanley	Westbourne School, Sheffield	13:33
15	Kelsey Tozer	Beeches Academy, Birmingham	13:44
16	Lyla Bryan	Countesthorpe Leysland, Leics	13:54
17	Molly Mckerlich	Rhadyr Comp., Cardiff	14:17
18	Abigail Lycett	Thorns Primary School	14:27
19	Imogen Walker	Greenhill Primary, Sheffield	14:58
20	Katie May-Brownhill	DASH Academy	15:03
21	Katie Collis	WM Academy	15:12
22	Ellie Lade	Crickhowell High, Powys	15:42
23	Heidi Joyce-Wykes	Blaby Stokes Primary, Leics	16:12
24	Isabelle Smolinski	Thistly Meadow Primary, Leics	16:49
25	Ruby Garner	Mount Pleasant Primary	16:56
26	Lola Wells	Blaby Stokes Primary, Leics	17:31
27	Sophie Williams	Blaby Stokes Primary, Leics	18:17
28	Jasmine Joyce-Wykes	Blaby Stokes Primary, Leics	18:19
29	Faith Castledine	Granby Primary, Leicester	19:29

Boys 2000m

Pos	Athlete	School/College	Perf
1	Chris Snook	Farnborough 6 th Form	8:23
2	Ben Allen	Countesthorpe Leysland, Leics	9:33
3	Jordan Price	Crickhowell High, Powys	10:42
4	Nick Hart	Court Moor, Fleet	10:44
5	Daniel Mckerlich	Coleg y Cymoedd, Aberdare	12:18
6	Elliott Seniore	Wordsley School	15:29
7	Nick Cross	Ebbw Fawr Learning Comm.	15:40
8	Jack Harrison	Countesthorpe Leysland, Leics	16:09
9	Gabriel Weir	Blaby Stokes Primary, Leics	16:12
10	Harry Wilkinson	St James Primary, Woolaston,	16:25
11	Kyle Smith	Nicholas Chamberlaine,	16:37
12	Conor Hobster	Blaby Stokes Primary, Leics	17:59
13	Huey Bryan	Blaby Stokes Primary, Leics	18:17
14	Zac Starkey	Buckpool School, Wordsley,	18:26