



Race Walking Record

December 2018



**Congratulations
Christopher Maddocks B.E.M
for Services to Athletics**

IN THE NEWS

Chris Maddocks recognised in New Year's Honours

Five-time Olympian Chris Maddocks awarded a B.E.M for Services to Athletics.

Christopher ("Chris") Maddocks (born 28th March 1957) competed in five consecutive Summer Olympics from 1984 to 2000. He retired from international competition after the 50km race at the 2000 Summer Olympics in Sydney, Australia. He became the first British track athlete to compete in five Olympic Games.

Born in Tiverton, Devon, he started in athletics as a cross country runner, and had ambitions to run marathons. Prior to the 1980 Summer Olympics in Moscow, he set a new British record (4:06:43 in Gdynia, Poland) in the 50 km but was not chosen for the Games. He broke the record again (4:06:14 in Colombes, France) a month after the Olympics, retiring from the sport on a "semi-basis" for two and a half years.

Chris made his first Olympic appearance at the 1984 Summer Olympics in Los Angeles, finishing the 50km in sixteenth place (4:26:33).

Chris finished second in the English Commonwealth Games trials in 1986, qualifying him for the 1986 Commonwealth Games in Edinburgh. At the Games, he finished the 30km race in fourth position (2:12:42).

At the 1988 Summer Olympics in Seoul, South Korea, he finished in 24th position in the men's 20km (1:23:46). He competed once more for the British Olympic team at the 2000 Summer Olympics. He had set an Olympic qualifying time of 3:57:10 at the Dutch 50km championship race in March 2000. Prior to the games he was declined National Lottery funding and he couldn't find a shoe sponsor, although ASICS sent him a complimentary pair. He injured his hamstring a week before the race but entered the race nonetheless; he fell behind the rest of the athletes. He entered the Stadium Australia as *I'm Gonna Be (500 Miles)* by The Proclaimers was played over the loudspeakers in his honour, and as the 100,000 crowd cheered him on to finish. His time was 4:52:04, more than an hour after Robert Kozenowski won the race. His completion of the race meant that he became the first British track athlete to compete in five Olympic Games.

After the 2000 Summer Olympics, his lack of an honour in the New Year's Honours List was criticised and he took a break from competitive athletics. He sought Lottery funding once more in order to compete at the 2002 Commonwealth Games in Manchester. After



a year, he hadn't ruled out attempting to qualify for the 2004 Summer Olympics. In April 2002, two months after he started studying journalism at University of Leeds, he announced his retirement from international athletics.

He won an award for services to athletics at the 2000 British Athletics Writers Awards, having become a freelance journalist following his retirement from athletics.

For the 2012 Summer Olympics and 2017 IAAF World Athletics Championships in London he was specialist TV sports commentator for the racewalking events for American television network NBC.

Chris remains the British 50km walk record-holder thanks to his 3:51:37 at Burrator, Devon on 28th October 1990.



Annual General Meeting

The Annual General Meeting of the Race Walking Association is to be held at The Pingles Stadium, Avenue Road, Nuneaton, CV11 4LX on **Sunday 13th January 2019** starting at 2pm.

Olympic Silver Medallist Tests Positive for Steroid

Mexico's Olympic silver medallist María Guadalupe González-Romero, better known as Lupita González has tested positive for an anabolic steroid.

The IAAF's Athletics Integrity Unit says González tested positive for trenbolone and has been provisionally suspended.

The 29-year-old faces a ban of up to four years.

González took silver in the 20km walk at the 2016 Rio de Janeiro Olympic Games, losing to Liu Hong of China by two seconds, and at the 2017 World Championships in London. In 2016 and 2018 she took gold in the 20km at the IAAF World Team Championships in Rome and Taicang.

González has denied taking the drug and has suggested it could have come from meat she ate in the days leading up to the test.

Trenbolone is similar to the asthma drug clenbuterol, both of which are often fed to cattle in Mexico to boost metabolism and burn fat.

2019 IAAF World Championships Qualification Standards

The IAAF Council has announced the qualification standards for the IAAF World Athletics Championships in Doha. Different from previous world championships, target numbers have been announced for the road events and 10,000m races. 100 for the marathons, 60 for each of the 20km race walks, 50 for the men's 50km and 30 for the women's 50km and 27 each for the 10,000m runs.

The IAAF standards for the race walks are:

20km	Men (60)	1:22:30	Women (60)	1:33:30
50km	Men (50)	3:59:00	Women (30)	4:30:00

The qualification period extends from 7th March 2018 to midnight on 6th September 2019.

2019 European Athletics Race Walking Permit Meetings

The dates for the 2019 European Athletics Race Walking Permit Meeting series have been released.

There will be three events in the build-up to the European Race Walking Cup in Alytus, Lithuania on 19th May, beginning with the 38th edition of the Dudinska 50km in Dudince, Slovakia on 23rd March.

The Dudinska 50km is expected to attract another top-level international field with race walkers looking to secure the 50km race walk qualifying times for the IAAF World Championships in Doha.

The second event on the programme is the annual event in Podebrady, Czech Republic on 6th April followed by the Naumburg Race Walking event in Germany on 13th April.



Winners in the recent R.W.A 200 Club draws

	October 2018	November 2018	December 2018
£25.00	Midlands RWA	Robert Dobson	Peter Marlow
£15.00	John Constandinou	Jill Langford	Christopher Flint
£10.00	Pam Ficken	Stuart Elms	Stuart Telling

It is £12 per number per year, so if you wish to join please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.

Overseas Results

Irish Life Health National Race Walking 30Km/20Km Championships St. Anne's Park, Dublin (Sat. 8th Dec.)

Men's 30km/20km: Erick Bernabe Barrondo (GUA) and Brendan Boyce (IRL) took the lead, followed by David Kenny (IRL) and Cian McManamon (IRL) who was targeting a good performance over 20km, but who was forced to abandon the race just after 17km.

Victory went to Barrondo nine seconds ahead of Boyce with Jerome Caprice (MRI) in third. Bronze in the Irish Championship went to Brian O'Domhnaill.

Men's 20km

Pos	Athlete	AG	Club	Perf
1	Brendon Boyce	SENM	Finn Valley Athletic Club	1:29:34
2	David Kenny	SENM	Farranfore Maine Valley A.C.	1:29:50
3	Jerome Caprice	M35	Dundrum South Dublin A.C.	1:37:54
4	Joe Mooney	SENM	Adamstown Athletic Club	1:39:00
Guest	Yuki Ishida	SENM	Meijigakuin University (JPN)	1:42:14
Guest	Jonathan Hobbs	SENM	Ashford Athletic Club	1:43:37
5	Adam McInerney	SENM	Celbridge Athletic Club	1:45:55
6	Ross Alexander	SENM	Coolquill Athletic Club	2:03:52



Jonathan Hobbs

Men's 30km

Pos	Athlete	AG	Club	Perf
Guest	Erick Barrondo	SENM	Guatemala	2:14:02
1	Brendon Boyce	SENM	Finn Valley Athletic Club	2:14:11
2	Jerome Caprice	M35	Dundrum South Dublin A.C.	2:26:49
3	Brian O'Domhnaill	SENM	Finn Valley Athletic Club	2:51:37

Women's 20km: Victory for Ivana Renic (CRO) who won the race in 1:37:15 setting a new Croatian national record. The Irish national title went to Kate Veale in a personal best 1:37:54. Wales' Heather Lewis was third across the line in 1:39:01. Silver and bronze in the Irish championships went to Veronica Burke and Rachel Glennon respectively.

Men's 20km

Pos	Athlete	AG	Club	Perf
Guest	Ivana Renic	SENW	AK Agram Zagreb (CRO)	1:37:15
1	Kate Veale	SENW	West Waterford A.C.	1:37:54
Guest	Heather Lewis	SENW	Pembrokeshire Harriers	1:39:01
2	Veronica Burke	SENW	Ballinasloe & District A.C.	1:47:00
3	Rachel Glennon	SENW	Mullingar Harriers	1:56:34
4	Niamh O'Connor	SENW	Celbridge Athletic Club	1:56:34
5	Georgina Touhey	SENW	Tullamore Harriers A.C.	2:09:03
6	Aloisia King	SENW	Tallaght Athletic Club	2:09:45
	Diana Obermeyer	SENW	Tus Bothfeld (GER)	DNF

Women's 30km

Pos	Athlete	AG	Club	Perf
Guest	Mirna Sucely Ortiz	SENW	Guatemala	2:26:46

Domestic Results

Dick Maxwell Memorial 10km Race (Sat. 1st Dec.)

The race was not held over the advertised nightmare course as this was flooded, **reports Roy Gunnett**. Instead it was held on the two lap out and back course to the park.

Weather for December was fairly good - a mild day with little wind and slight drizzle.

Adrian Edwards walked strongly throughout and won the scratch race with Martin Fisher just under 40 secs behind. Roy Gunnett won the handicap and was awarded the Dick Maxwell trophy.

Following the race all enjoyed a meal of Pie and Peas prepared by Pat and the 'Secret Santa'.



Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	57:59
2	Martin Fisher	M55	Redcar Race Walking Club	58:38
3	Tony Bell	M55	Lancashire Walking Club	63:32
4	Stuart Edgar	M45	Dudley & Stourbridge Hs	64:09
5	Roy Gunnett	M70	Lancashire Walking Club	65:41
6	Dan Maskell	M65	Surrey Walking Club	66:58
7	Glyn Jones	M70	Coventry Godiva Harriers	67:42
8	John Crahan	M65	Lancashire Walking Club	69:15
9	Joe Hardy	M75	Lancashire Walking Club	70:03
10	Sailash Shah	M50	Lancashire Walking Club	72:04
11	Ian Hilditch	M75	Lancashire Walking Club	73:07
12	Ian Vaughan	M65	Lancashire Walking Club	76:41
13	Andrea Lennon	W75	Lancashire Walking Club	83:41

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Pat Evans	W65	Lancashire Walking Club	35:00
2	Greg Smith	M65	Lancashire Walking Club	36:29
3	Arthur Wilson		Unattached	38:48

Northern Area Winter League, Redcar (Sun. 2nd Dec.)

Quite a pleasant day at Redcar Sur Mer as the walkers set off on a course which, John Paddick assures me, is accurately measured, **reports Alan Brooks**. Though it was Advent Sunday, however, not everybody was singing from the same hymn sheet, with the result that competitors were misdirected shortly after the start. On discovering this, the aforementioned Mr. P rushed off to rectify matters with some swift calculations and lap changes. Never mind; worse things happen at sea. Times suggest that the amended course was about two to three minutes short.

10km (B)

Pos	Athlete	AG	Club	Perf
1	Ray Robinson	M40	Redcar Race Walking Club	54:16
2	Colin Scott	M55	Yorkshire Race Walking Club	58:23
3	Dennis Jackson	M70	Yorkshire Race Walking Club (Y)	59:18
4	Graham Jackson	M50	Yorkshire Race Walking Club (Y)	59:18
5	Neil Armitage	M55	Yorkshire Race Walking Club	63:13
6	Gordon Ford	N/K	Redcar Race Walking Club	68:19
7	Richard Cole	M70	Yorkshire Race Walking Club (Y)	70:52

Alf Palmer Memorial Track Walks, Horsham (Sat. 8th Dec.)

An encouraging number of youngsters at the annual Alf Palmer Memorial Track Races at Horsham, out of thirty-nine walkers twenty-three were Under 23, **reports Ron Penfold**.

After last year's races were called off because of heavy frost on the track, the weather conditions were good this year.

Some good performances put in by the youngsters and nice to see a few new comers, and Winchester AC a new club on the scene, hopefully boding well for the future.

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Cambridge Harriers	23:44
2	Jimmy Ball	M55	Steyning Athletic Club	27:50
3	Lois Carty	U17W	Aldershot Farnham & Dist.	28:48
4	Jacqueline Benson	U20W	Ashford Athletic Club	28:56
5	Millie Morris	U17W	Medway & Maidstone AC	29:00
6	Grace Whittingham	U17W	Ashford Athletic Club	29:05
7	Malcolm Martin	M60	Surrey Walking Club	29:35
8	Melanie Peddle	W50	Loughton Athletic Club	30:43
9	David Kemp	M55	Arena 80	30:48
10	Jules White	M50	Lewes Athletic Club	31:44
11	Eva Payton-White	U20W	Lewes Athletic Club	31:58
12	Sue Davies	W50	Aldershot Farnham & Dist.	32:00
13	John Killick	M70	Steyning Athletic Club	32:23
14	Ron Penfold	M75	Steyning Athletic Club	32:43
15	Stuart Maidment	M65	Steyning Athletic Club	32:56
16	Geraldine Legon	W60	Bexley Athletic Club	34:21
17	Arthur Thomson	M80	Enfield & Haringey AC	34:23
18	Christopher Flint	M70	Surrey Walking Club	34:24
19	Anna Hinchliffe	U20W	Aldershot Farnham & Dist.	34:34
20	Shaun Lightman	M75	Surrey Walking Club	35:39
21	David Hoben	M65	Surrey Walking Club	37:01

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Nicholas Hart	U17M	Aldershot Farnham & Dist.	16:20
2	Katie Stringer	U15G	Medway & Maidstone AC	16:34
3	Abigail Smith	U15G	Blackheath & Bromley HAC	16:46
4	Katie Brash	U15G	Blackheath & Bromley HAC	19:44

Mixed 2000m (B)

Pos	Athlete	AG	Club	Perf
1	Eddy Purser	U13B	Portsmouth Athletic Club	12:08
2	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	12:29
3	Natasha Mitchell	U15G	Winchester Athletic Club	13:26
4	Lewis Burr	U13B	Tonbridge Athletic Club	13:41
5	Lola-Mae Bellingham	U13G	Aldershot Farnham & Dist.	13:46
6	Jonathan Ellison	U15B	Blackheath & Bromley HAC	14:01
7	Rebecca Mitchell	U17W	Winchester Athletic Club	14:12
8	Harvey Perry	U13B	Lewes Athletic Club	14:20
9	Eve Cooper	U13G	Ashford Athletic Club	16:31

Mixed 1000m (B)

Pos	Athlete	AG	Club	Perf
1	Charlie Perry	U13B	Lewes Athletic Club	5:58
2	Andrea Ingram	W55	Lewes Athletic Club	6:36
3	Niamh Geary	U15G	Lewes Athletic Club	6:41
4	Rosy Gaughan	U13G	Lewes Athletic Club	6:55
5	Angela Martin	W50	Surrey Walking Club	7:24

Early Season Enfield League Dates for 2019

Sat. 12 th Jan.	Sat. 16 th Feb.	Sat. 9 th Mar.
5 Mile	5 Mile	Cecil Gittens 10km
Donkey Lane, Enfield	Donkey Lane, Enfield	Gravesend Cyclopark
11:45am	11:45am	1:00pm

2018 Award Presentations on 12th Jan.

Sarnia WC 3km Road Walk, Les Amarreurs (Sun. 9th Dec.)

The expected 10 kilometres road walk was reduced to two laps and three kilometres with the windy conditions taking their toll before the walk had started, **reports Rob Elliott**. A strong headwind up the longest straight slowed things down for the walkers, with Stuart Le Noury winning in 15:40 from Rob Elliott.

Mixed 3km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	15:40
2	Rob Elliott	M55	Sarnia Walking Club	18:31
3	Kevin Le Noury	M60	Sarnia Walking Club	20:13
4	Donna Allan	W40	Sarnia Walking Club	20:46
5	Peter Beckerleg	M60	Sarnia Walking Club	21:40
6	Kevin Allan	M40	Sarnia Walking Club	21:48
7	Kay Coulson	W50	Sarnia Walking Club	22:31
8	Mick Le Sauvage	M75	Sarnia Walking Club	22:42
9	Jayne Le Noury	W55	Sarnia Walking Club	23:02

Eric Lee R.I.P.

The Race Walking Association is saddened to report the passing of former Wakefield Harrier Eric Lee aged 88 after a long battle with cancer.

Eric was a member of Wakefield's successful race walking team of the 1960's and a counter when the team won the Northern 50km Championship in 1968 and 1969 and took second place in the National 50km in the same year.

He became a Centurion (N° 429) in the Leicester 24 hour Tarck race in 1969 completing the 100 miles in 21:10:37, going on to complete 105 miles 986 yards. In 1970 he had probably his finest race when he won the Isle of Man race over the 37.75 mile TT Course.

He moved to Fort William with his job with British Rail and later ran a successful Bed & Breakfast business together with a cycle hire outlet.

Sarnia WC 815m Hill Climb, Le Val des Terres, St Peter Port, Guernsey (Sun. 16th Dec.)

Fastest man up the hill in the Val des Terres time trial was Stuart Le Noury recording his 12th win in a time of 4:46 to take home the Rob Waterman Hill Climb Shield in this annual event first contested in 1966.

Women's winner Donna Allan removed five seconds from her best time to take the Ladies Shield in a time of 6:13 and equalled the age group best set by Marie MacDonald a few years ago. Making the most of the good conditions, she finished ahead of Wendy Wilson, who also recorded a new best time of just under seven minutes. Third place went to Jayne Le Noury, a few seconds ahead of Kay Coulson.

Jason Le Noury, making a rare appearance walked 5:09 for second place in the mens section. Walk of the day was probably by Kevin Allan in 5th place who removed 41 seconds from his previous best time.

Rob Waterman Hill Climb Shield - Men (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	4:46
2	Jason Le Noury	SENM	Sarnia Walking Club	5:09
3	Rob Elliott	M55	Sarnia Walking Club	5:48
4	Kevin Le Noury	M60	Sarnia Walking Club	6:15
5	Kevin Allen	M40	Sarnia Walking Club	6:52
6	Peter Beckerleg	M60	Sarnia Walking Club	6:56
7	Mick Le Sauvage	M75	Sarnia Walking Club	7:56

Sarnia WC Ladies Hill Climb Shield (B)

Pos	Athlete	AG	Club	Perf
1	Donna Allen	W40	Sarnia Walking Club	6:13
2	Wendy Wilson	W55	Sarnia Walking Club	6:58
3	Jayne Le Noury	W55	Sarnia Walking Club	7:32
4	Kay Coulson	W50	Sarnia Walking Club	7:36

Manx Harriers Up & Running Winter League, Ramsey, Isle of Man (Sun. 16th Dec.)

Regular visitor from Northern Ireland, Norbert Will won the latest round of the Winter Race Walking League at Ramsey.

The veteran Ulsterman won the 10km race on handicap in an actual time of 74:12, to lead home Kerry Palmer and Louise Hollings.

Fastest overall were Gianni Epifani (Manx Harriers) in 47:59 and Erika Kelly (Northern AC) recording a personal best of 48:05 who walked much of the race in together.

Mixed 10km

Pos	Athlete	AG	Club	Watch/Actual
1	Norbert Will	M80	Ballymena & Antrim AC	70:45/74:12
2	Kerry Palmer	W45	Unattached	71:20/67:46
3	Louise Hollings	W35	Manx Harriers	72:41/63:25
4	Jeff Black	M60	Unattached	72:57/72:57
5	Dudley Butt	M70	Isle of Man Veterans AC	73:24/67:53
6	Tony Edwards	M55	Manx Harriers	73:31/57:30
7	Stuart Gibson	M45	Unattached	73:39/66:04
8	Nikki Raven	W55	Manx Harriers	73:43/64:11
9	Dermot O'Toole	M65	Unattached	73:44/71:17
10	Andy Baxendale	M45	Isle of Man Veterans AC	73:52/69:07
11	Hannah Hunter	W35	Manx Harriers	74:00/55:45
12	Gianni Epifani	M45	Manx Harriers	74:02/47:59
13	Maura Kelly	W50	Northern (IOM) AC	74:05/69:24
14	Erika Kelly	SENW	Northern (IOM) AC	74:08/48:05
15	Gordon Erskine	M75	Unattached	74:31/74:23
16	Jayne Farquhar	W45	Manx Harriers	74:40/60:48
17	Steph Burton	W50	Unattached	74:43/63:00
18	Sam Fletcher	M40	Manx Harriers	75:03/55:40
19	Voirrey Earnshaw-Cain	W55	Northern (IOM) AC	75:48/69:45
20	Kathryn Clough	W45	Isle of Man Veterans AC	77:04/63:31
21	Ray Beattie	M60	Manx Harriers	77:37/65:04
	Sharon Cain	W45	Manx Harriers	DNF
	James Quirk	M45	Manx Harriers	DNF



Erika Kelly & Gianni Epifani

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) AC	30:04
2	Rebecca Greatbatch	SENW	Manx Harriers	30:35
3	Lalage Earnshaw-Cain	SENW	Unattached	32:55
4	Vicki Heavey	W45	Northern (IOM) AC	32:55
5	Louise Cowell	SENW	Manx Harriers	33:43
6	Angie Robinson	W50	Unattached	34:15
7	Sylvia Kennaugh	W70	Isle of Man Veterans AC	36:16
8	Angela Corkish	W70	Isle of Man Veterans AC	37:40
9	Caroline Rielly	W40	Unattached	38:23
10	Phillip Swales	M50	Northern (IOM) AC	38:23
11	Diane Brown	W45	Unattached	39:18
12	Sarah Bassett	W45	Manx Harriers	39:26

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	19:18
2	William Forgie	U13B	Northern (IOM) AC	21:24
3	Ciara Brown	U15G	Unattached	23:09
4	Aaron Rielly	U15B	Unattached	22:35

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Grayse Fletcher	U11G	Unattached	14:31
2	Lois Brown	U13G	Unattached	14:39
3	Conor Bassett	U11B	Unattached	14:47
=4	Mollie Swales	U11G	Unattached	16:42
=4	Isla Palmer	U11G	Unattached	16:42

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Lillie Fletcher	U9G	Unattached	8:14
2	Harrie Swales	U7B	Unattached	8:32
3	Aalin Heavey	U7G	Unattached	8:52
4	Jay-Jay Fletcher	U7B	Unattached	8:54

Cardiff Christmas Classic Indoor Meeting, NIAC, Cardiff Met, Cyncoed Campus (Sun. 16th Dec.)

Convincing win for Bethan Davies.

Mixed 1000m

Pos	Athlete	AG	Club	Perf
1	Ian Torode	M60	South West Vets AC	5:42.50
2	Poppy Stowell-Evans	U17W	Newport Harriers	6:31.88
3	Alysha Forsbrook	U17W	North Somerset AC	8:41.61

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SENW	Cardiff A.A.C.	13:15.58
2	Daniel Mckerlich (T20)	U20W	Cardiff A.A.C.	16:17.82
3	Ian Torode	M60	South West Vets AC	19:13.01

Sarnia WC 3 Mile Road Walk, Rocquaine (Sun 30th Dec.)

Rob Elliott ended the year with a win over 3 miles on the hilly Rocquaine circuit. His time of just under 29 minutes saw him ease to a win over Kevin Le Noury in second and Peter Beckerleg in third. Kay Coulson was the fastest of the women with 36:24, ahead of Jayne Le Noury.

Mixed 3 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliott	M55	Sarnia Walking Club	28:58
2	Kevin Le Noury	M60	Sarnia Walking Club	33:26
3	Peter Beckerleg	M60	Sarnia Walking Club	35:28
4	Kay Coulson	W50	Sarnia Walking Club	36:24
=5	Jayne Le Noury	W55	Sarnia Walking Club	37:43
=5	Mick Le Sauvage	M75	Sarnia Walking Club	37:43
7	Dave Dorey	M70	Sarnia Walking Club	38:31

Lawrence "Lol" Allen R.I.P.

The Race Walking Association is saddened to report the passing on 16th December of former Sheffield United Harrier Lol Allen aged 97. Lol represented Great Britain in the 10,000m walk at the 1952 Olympic Games in Helsinki and the 1950 European Athletic Championships in Brussels.

He won the RWA National 10 mile and 20 mile Championships from 1949 to 1951 and won the 20 mile again in 1954 and 1958.

Results Round-Up

XXXII GP de Marcha Atlética Ciudad de Guadix - XIV Memorial Manuel Alcalde, Guadix (ESP): **Mixed 5km:** 71 Cath Duhig (W60 – 1st) (Ryston Runners AC/Millennium Torrevieja) 30:43

XXIV Cto. de España Máster de Marcha, Getafe (ESP): **W60: 5km:** 1 Cath Duhig (Ryston Runners AC/Millennium Torrevieja) 30:34.



Enfield Race Walking League – 2018 Review

In spite of extreme winter weather that caused the cancellation of race three and equally extreme summer temperatures, the 21st ERWL produced some excellent racing, *writes Ron Wallwork*. Although the total number of walkers dropped by two dozen, those who did take part, did more races over the season and the aggregate performances, even with a cancelled fixture was two up on those of the previous year. So, it seems that the aim of League founder Martin Oliver, to provide regular race walking competition for competitors of all standards is still being met and the League is indebted to the scores of people who give freely of their time and at their own expense to attend and officiate at the races

David Crane achieved his season's target by winning the individual League title whilst the 2017 overall winner Helen Middleton finished overall runner-up and so retained her Ladies crown with Melanie Peddle who finished third overall, breathing down her neck only a handful of points behind. Third placed lady Fiona Bishop who was 9th overall extended her remarkable League medal tally to a round dozen.

Stuart Bennett headed a three man rush for the men's minor places ahead of the defending champion Mark Culshaw and George Wilkinson; just 12 points covering the three of them. Steve won the 1st Centurion accolade and George the Outstanding Junior award.

Belgrave's Maddy Shott burst onto the scene with wins in the League's two major open races; the Moulton Five and the Enfield Seven and in the latter event Dominic King recorded a record breaking eighth victory.

With two in the women's top three and three men in their top ten, the Enfield & HAC team had a winning combination. The Stuart Bennett revived Ilford AC team finished second and Surrey WC third.

A feature of the series was the emergence of Ilford AC's ladies, particularly Rachel Lawless and Leslie Morris whose 785 points contribution to their club's total points tally ensured the team runner-up position for their club. Emma Dyos made an impressive league debut in mid-season over 5km and finished the series with a sub 70 minute clocking for open seven miles.

In addition to welcoming new walkers and some returning after an absence, there were permanent "Goodbyes" to Peter Emery, Bernie Hercok, Russell Vroobel and Doug Fotheringham.

LOOKING TO 2019 - The 2019 edition looks full of promise. Defending champions Enfield could be hard pressed to retain the trophy if the resurgent Ilford squad maintains its progress. Surrey, strengthened by a fit Malcolm Martin and new signing Francisco Reis could turn out to be the team to beat, but if Belgrave's newcomers Maddy Shott and Stephano Zennaro along with a fit John Hall turn out on a regular basis their club could be the dark horse.

Martin Oliver: The 2018 Enfield Open seven concluded the 21st edition of the ERWL which was inaugurated by Martin Oliver in 1998.



Martin was born with connections to Enfield athletic club and indeed race walking; His uncles Ernie, Bill and George were competing in the 1920's/30's and his father "young Sid" as he was referred to won club championships.

Martin started off as a runner and finished 4th in the Hertfordshire Schools 5000m and later did 61 minute 10 miles, but shortly afterwards he tore a calf muscle which put an end to any serious ambitions he held and so running's loss became race walking's gain. Over the period 1970 to 1990/91 he proved to be a better than average walker, racing distances from a 7:06 1500m to a 12:38:10 track 100km. In between these distances Martin set pb's of 14:32 for 3km, 25:05 for 5km, 52:18 for 10km, 56:29 for 7 miles, 82:42 for 10 miles and 1:46:18 for 20km.

An accountant by profession his qualifications made him a natural for organising and his aptitude for figures an absolute whiz with

numbers, producing handicap results in super-quick time in the days before computers.

However, his greatest contribution was resurrecting an ailing walking section at Enfield and instigating the Enfield Race Walking League. On behalf of the hundreds who have participated in the ERWL over the past 21 years a **HUGE THANK YOU MARTIN!** *Ron Wallwork*

Rankings 2018

(Source Power of 10)

Men's 20km 2018 (to 2:00:00)

(* = Set in B (contact only) judged event)



Time	Athlete	Club	Venue	Date
1:19:38	Tom Bosworth	Tonbridge A.C.	Gold Coast (AUS)	08/04
1:22:35	Callum Wilkinson (U23M)	Enfield & Haringey	Gold Coast (AUS)	08/04
1:29:32	Guy Thomas (U23M)	Tonbridge A.C.	Leeds	24/06
1:32:47	Cameron Corbishley (U23M)	Medway & Maidstone	Podebrady (CZE)	07/04
1:35:02	Tom Partington (U20M)	Manx Harriers	Douglas (IOM)	02/09
1:35:04	Dominic King (V35)	Colchester Harriers	Malaga (ESP)	14/09
1:37:06	David Mapp	Manx Harriers	Douglas (IOM)	24/02
1:40:13	Gianni Epifani (V45)	Manx Harriers	Douglas (IOM)	24/02
1:42:14	Daniel King (V35)	Colchester Harriers	Malaga (ESP)	14/09
1:42:15	Adam Cowin	Manx Harriers	Douglas (IOM)	24/02
1:47:55	Andrew Miller (V45)	Wolv. & Bilston A.C.	Leeds	24/06
1:49:45	Francisco Reis (V55)	Surrey W.C./POR	Malaga (ESP)	14/09
1:52:07*	Stuart Le Noury	Sarnia Walking Club	North Side (GUE)	01/07
1:52:27	David Annetts (V50)	North Herts R.R.	Coventry	15/07
1:53:57	Dale Farquhar (V35)	Manx Harriers	Douglas (IOM)	24/02
1:55:00	Ian Richards (V65)	Steyning A.C.	Malaga (ESP)	14/09
1:57:06	Sam Fletcher (V35)	Manx Harriers	Douglas (IOM)	24/02
1:57:16	Peter Miller (V40)	Manx Harriers	Douglas (IOM)	24/02



Men's 50km 2018 (to 6:00:00)

Time	Athlete	Club	Venue	Date
4:06:34	Dominic King (V35)	Colchester Harriers	Dudince (SVK)	24/03
4:08:16	Daniel King (V35)	Colchester Harriers	Dudince (SVK)	24/03
4:37:42	Jonathan Hobbs	Ashford A.C.	Merignac (FRA)	18/03
5:37:46	Dale Farquhar (V35)	Manx Harriers	Douglas (IOM)	02/09
5:39:39	Adrian Edwards (V55)	Lancashire W.C.	Douglas (IOM)	02/09



Race Walking Record – December 2018

Men's 10km 2018 (to 55:00)

(* = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
44:04	Tom Partington (U20)	Manx Harriers	Leeds	24/06
44:12 *	Cameron Corbishley (U23)	Medway & Maidstone	Coventry	18/11
44:40	Dominic King (V35)	Colchester Harriers	Malaga (ESP)	10/09
46:42	Daniel King (V35)	Colchester Harriers	Malaga (ESP)	10/09
47:06	Adam Cowin	Manx Harriers	Andreas (IOM)	25/11
47:11	Christopher Snook (U20)	Aldershot F & D A.C.	Coventry	11/03
47:57	Gianni Epifani (V45)	Manx Harriers	Ronaldsray	04/02
47:58	Luc Legon (U23)	Bexley A.C.	Hillingdon	04/02
49:54	Jonathan Hobbs	Ashford A.C.	Hillingdon	04/02
50:45 *	Francisco Reis (V55)	Surrey W.C./POR	Gravesend	14/04
52:17	Andrew Miller (V45)	Wolv. & Bilston A.C.	Coventry	11/03
52:34 *	David Crane (V40)	Surrey W.C.	Gravesend	14/04
52:38	Richard Gerrard (V45)	Manx Harriers	Andreas (IOM)	25/11
53:57 *	Stuart Le Noury	Sarnia W.C.	Vale (GUE)	18/11
54:01	Ian Richards (V70)	Steyning A.C.	Alicante (ESP)	18/05
54:02	David Annetts (V50)	North Herts R.R.	Leicester	30/06
54:48	James Quirk (V45)	Manx Harriers	Ronaldsray	04/02

Men's 5000m Outdoor 2018 (to 26:40)

(* = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
18:28.70 i	Tom Bosworth	Tonbridge A.C.	Birmingham	18/02
19:01.20			Birmingham	01/07
19:17.41	Callum Wilkinson (U23)	Enfield & Haringey	Birmingham	01/07
20:16.44 i	Cameron Corbishley (U23)	Medway & Maidstone	Bratislava (SVK)	28/01
21:29.23	Christopher Snook (U20)	Aldershot F & D	Lee Valley	12/08
21:36.61	Dominic King (V35)	Colchester Hs	Malaga (ESP)	06/09
21:36.64	Tom Partington (U20)	Manx Harriers	Birmingham	01/07
22:49.22 *	Luc Legon (U23)	Bexley A.C.	Hendon	28/07
23:47.5 *	Francisco Reis (V55)	Surrey W.C./POR	Lee Valley	28/04
24:21.86	George Wilkinson (U17)	Enfield & Haringey	Bedford	26/08
24:31.2 *	David Crane (V40)	Surrey W.C.	Lee Valley	28/04
24:59.73 i	Timothy Snook (U23)	Aldershot F & D	Birmingham	18/02
25:45.4 *	David Annetts (V50)	North Herts R.R.	Lee Valley	28/04
25:48.50	Ian Richards (V70)	Steyning A.C.	Birmingham	26/08
25:49.98	Matthew Crane (U17)	Bexley A.C.	Bedford	26/08
25:56.89	Rory Taylor	Unattached	Aix les Bains (FRA)	20/05
25:58.5	Ollie Hopkins (U20)	Lewes A.C.	Nuneaton	29/04
26:37.28	Nicholas Hart	Aldershot F & D	Bedford	26/08

Men's 3000m Overall 2018 (to 15:00)

(+ = Set during 5000m; * = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
10:30.28 i	Tom Bosworth	Tonbridge A.C.	Glasgow	25/02
10:43.84			Olympic Park	21/07
10:52.77 i	Callum Wilkinson (U23)	Enfield & Haringey	Glasgow	25/02
11:13.77			Olympic Park	21/07
11:48.07 i	Cameron Corbishley (U23)	Medway & Maidstone	Glasgow	25/02
11:55.12			Manchester	15/08
12:01.71	Guy Thomas (U23)	Tonbridge A.C.	Manchester	15/08
12:03.14	Christopher Snook (U20)	Aldershot F & D A.C.	Manchester	15/08
12:17.73	Dominic King (V35)	Colchester Harriers	Chelmsford	24/06
12:55.61 i	Tom Partington (U20)	Manx Harriers	Sheffield	07/01
13:12.53			Manchester	15/08
13:02.50 i	Luc Legon (U23)	Bexley A.C.	Lee Valley	20/01
13:16.0			Bromley	30/05
13:51.4	George Wilkinson (U17)	Enfield & Haringey	Woodford	04/09
13:52.62 i	Francisco Reis (V55)	Surrey Walking Club	Madrid (ESP)	21/03
14:11.07			Lee Valley	12/05
13:54.0	David Annetts (V50)	North Herts RR	Woodford	04/09
13:54.29	Jonathan Hobbs	Ashford A.C.	Ashford	13/05
14:10.7	Adam Cowin	Manx Harriers	Douglas (IOM)	15/07
14:12.27	Gary Whitton (V40)	Worthing A.C.	Chelmsford	24/06
14:20.09	Ben Allen (U20)	Leicester W.C.	Leicester	12/05
14:34.7	Matthew Crane (U17)	Bexley Athletic Club	Woodford	10/07
14:43.26 i	Timothy Snook (U20)	Aldershot F & D A.C.	Birmingham	18/02

14:44.75	Ollie Hopkins (U20)	Lewes Athletic Club	Carshalton	09/09
14:51.3	Alex Macheath (U15)	Cambridge Harriers	Woodford	10/07

Women's 20km 2018 (to 2:30:00)

(* = Set during longer event; * = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
1:31:53	Bethan Davies	Cardiff A.A.C.	Lugano (SUI)	11/03
1:35:43	Gemma Bridge	Oxford City A.C.	Taicang (CHN)	05/05
1:36:14	Heather Lewis	Pembrokeshire Hs	Lugano (SUI)	11/03
1:39:36	Erika Kelly	Northern (IOM) AC	Lugano (SUI)	11/03
1:51:11	Hannah Hunter (V35)	Manx Harriers	Douglas (IOM)	24/02
1:51:23	Molly Davey (U23)	Hyde Park Harriers	Rome (ITA)	04/03
1:51:45	Lisa Kehler (V50)	Wolv. & Bilston A.C.	Malaga (ESP)	14/09
1:58:18	Michelle Turner (V45)	Northern (IOM) A.C.	Douglas (IOM)	02/09
2:03:07 *	Donna Allan (V40)	Sarnia W.C.	North Side (GUE)	01/07
2:06:59	Marie Jackson (V55)	Manx Harriers	Malaga (ESP)	14/09
2:10:28	Melanie Peddle (V50)	Loughton A.C.	Malaga (ESP)	14/09
2:10:38	Helen Middleton (V55)	Enfield & Haringey	Alicante (ESP)	19/05
2:11:40	Cath Duhig (V60)	Ryston Runners A.C.	Malaga (ESP)	14/09
2:14:57	Jayne Farquhar (V45)	Manx Harriers	Douglas (IOM)	24/02
2:14:59*	Karen Chiarello (V50)	Manx Harriers	Douglas (IOM)	18/08
2:15:36	Louise Hollings (V40)	Manx Harriers	Douglas (IOM)	24/02
2:18:27	Maureen Noel (V50)	Belgrave Harriers	Malaga (ESP)	14/09
2:21:51	Noel Blatchford (V70)	Abingdon A.C.	Malaga (ESP)	14/09
2:22:08	Ann Wheeler (V60)	Nuneaton Hs	Alicante (ESP)	19/05



Women's 50km 2018 (to 7:00:00)

(* = Set during longer event; * = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
5:08:17	Molly Jade Davey (U23)	Hyde Park Harriers	Dudince (SVK)	24/03
5:17:18	Hannah Hunter (V35)	Manx Harriers	Owego (USA)	30/09
5:40:38	Lisa Kehler (V50)	Wolv. & Bilston A.C.	Reggio (ITA)	21/10
5:40:53*	Karen Chiarello (V50)	Manx Harriers	Douglas (IOM)	18/08
5:48:34	Jayne Farquhar (V45)	Manx Harriers	Douglas (IOM)	02/09
6:06:02	Louise Hollings (V40)	Manx Harriers	Douglas (IOM)	02/09
6:12:08*	Sandra Brown (V65)	Surrey W.C.	Douglas (IOM)	18/08
6:29:27	Nicola Raven (V55)	Manx Harriers	Douglas (IOM)	02/09
6:39:50	Rebecca Greatbatch (U23)	Manx Harriers	Douglas (IOM)	02/09

Women's 10km 2018 (to 61:00)

(* = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
48:17	Erika Kelly	Northern (IOM) A.C.	Ronaldsray (IOM)	04/02
48:27	Heather Lewis	Pembrokeshire Hs	Coventry	20/05
48:47	Agata Kowalska (U23)	Hyde Park Hs/POL	Leeds	24/06
53:30	Abigail Jennings (U20)	Aldershot F & D A.C.	Podebrady (CZE)	07/04
53:55	Hannah Hunter (V35)	Manx Harriers	Ronaldsray	04/02
54:18	Ana Garcia (U20)	Sheffield & Dearne	Coventry	11/03
54:24	Madeline Shott	Belgrave Harriers	Coventry	11/03
55:38	Natalie Myers	Sheffield & Dearne	Leeds	24/06
56:14	Erika Pontarollo (U23)	Hyde Park Hs/ITA	Leeds	24/06
58:39	Carolyn Derbyshire (V40)	Nuneaton Harriers	Coventry	11/03
59:39	Lisa Kehler (W50)	Wolv. & Bilston A.C.	Leicester	30/06
60:04	Megan Stratton-Thomas (U20)	Swansea Harriers	Leicester	30/06

Race Walking Record – December 2018

60:08	Bernie Johnson (V35)	Isle of Man Veterans	Douglas (IOM)	24/02
60:25	Marie Jackson (V55)	Manx Harriers	Douglas (IOM)	28/10
60:41	Jayne Farquhar (V45)	Manx Harriers	Andreas (IOM)	25/11
60:42 *	Julie Bellfield (V45)	Halesowen A.C.	Birmingham	18/11
61:00 *	Laura Achurch (U20)	Leicester W.C.	Coventry	18/11

Women's 5000m 2018 (to 30:00)

(* = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
21:25.37 i	Bethan Davies	Cardiff A.A.C.	Birmingham	18/02
22:04.98			Birmingham	01/07
22:48.29 i	Gemma Bridge	Oxford City A.C.	Birmingham	18/02
23:22.0	Agata Kowalska (U23)	Hyde Park Hs/POL	Nuneaton	29/04
23:23.69 i	Erika Kelly	Northern (IOM) A.C.	Birmingham	18/02
25:21.96	Madeline Shott	Belgrave Harriers	Lee Valley	12/08
25:39.1	Ana Garcia (U20)	Sheffield & Dearne	Nuneaton	29/04
25:57.66	Abigail Jennings (U20)	Aldershot F & D A.C.	Bedford	15/09
26:03.00	Lisa Kehler (V50)	Wolv. & Bilston A.C.	Birmingham	26/08
26:27.35	Molly Jade Davey (U23)	Hyde Park Harriers	Modena (ITA)	05/05
26:29.5	Erika Pontarollo (U23)	Hyde Park Hs/ITA	Nuneaton	29/04
26:34.4	Carolyn Derbyshire (V40)	Nuneaton Harriers	Nuneaton	29/04
26:39.76	Natalie Myers	Sheffield & Dearne	Birmingham	01/07
27:45.99 i	Emily Ghose (U20)	Tonbridge A.C.	Birmingham	18/02
27:55.2			Nuneaton	29/04
27:55.39 i	Megan Stratton-Thomas (U20)	Swansea Harriers	Birmingham	18/02
27:56.2	Lucy Lewis Ward (U17)	Cambridge Harriers	Nuneaton	29/04
28:15.0	Isabelle Bridge (U17)	B'heath & Bromley	Nuneaton	29/04
28:27.12*	Penelope Cummings (V40)	Herne Hill Harriers	Hendon	28/07
28:35.40	Pagen Spooner (U20)	Hyde Park Harriers	Bedford	15/09
28:35.4	Jasmine Nicholls	Leicester W.C.	Nuneaton	15/04
29:20.8 *	Helen Middleton (V55)	Enfield & Haringey	Lee Valley	28/04
29:22.6	Vicky Morgan	Wolv. & Bilston A.C.	Nuneaton	15/04
29:25.2 *	Melanie Peddle (V50)	Loughton A.C.	Lee Valley	28/04
29:55.89*	Emma Dyos (V40)	Ilford A.C.	Hendon	28/07

Women's 3000m 2018 (to 19:00)

(* = Set in B (contact only) judged event)

Time	Athlete	Club	Venue	Date
12:42.46	Bethan Davies	Cardiff A.A.C.	Cardiff	14/07
12:54.71	Heather Lewis	Pembrokeshire Hs	Cardiff	14/07
13:18.79	Agata Kowalska (U23)	Hyde Park Hs/POL	Cudworth	12/05
13:28.11 i	Gemma Bridge	Oxford City A.C.	Bratislava (SVK)	28/01
13:45.12 i	Erika Kelly	Northern (IOM) A.C.	Birmingham	18/02
13:45.20			Manchester	15/08
14:33.67 i	Natalie Myers	Sheffield & Dearne	Birmingham	18/02
15:34.18			Angouleme (FRA)	31/03
14:35.85	Ana Garcia (U20)	Sheffield & Dearne	Manchester	15/08
14:36.58 i	Erika Pontarollo (U23)	Hyde Park Hs/ITA	Leeds	24/06
15:58.40			Cudworth	12/05
14:42.53	Sophie Hales	Steyning A.C.	Chelmsford	12/05
14:43.33	Madeline Shott	Belgrave Harriers	Manchester	15/08
14:53.07	Abigail Jennings (U20)	Aldershot F & D A.C.	Carshalton	09/09
14:54.08	Jasmine Nicholls	Leicester W.C.	Manchester	15/08
15:14.45 i	Megan Stratton-Thomas (U20)	Swansea Harriers	Birmingham	18/02
15:51.32			Cardiff	14/07
15:16.21 i	Emily Ghose (U20)	Tonbridge A.C.	Birmingham	18/02
16:23.0			Tonbridge	02/04
15:30.71 i	Sophie Lewis Ward (U20)	Cambridge Harriers	Sheffield	07/01
16:26.28			Manchester	15/08
16:20.04	Isabelle Bridge (U17)	B'heath & Bromley	Grangemouth	21/07
16:25.2	Lucy Lewis Ward (U17)	Cambridge Harriers	Tonbridge	02/04
16:37.0	Melanie Peddle (V50)	Loughton A.C.	Woodford	10/07
16:37.42 i	Carolyn Derbyshire (V40)	Nuneaton Harriers	Madrid (ESP)	20/03
16:39.68	Lois Carty (U15)	Aldershot F & D A.C.	Bedford	15/09
16:56.50	Penelope Cummings (V40)	Herne Hill Harriers	Ewell	03/06

Under 17 Women's 3000m

Time	Athlete	Club	Venue	Date
16:20.04	Isabelle Bridge	B'heath & Bromley	Grangemouth	21/07
16:25.2	Lucy Lewis Ward	Cambridge Harriers	Tonbridge	02/04
17:19.9	Alice Bellando	Manx Harriers	Douglas	22/08
17:31.90	Mollie Dainton	Llanelli Athletic Club	Grangemouth	21/07
17:54.3	Hannah Hopper	Cambridge Harriers	Tonbridge	02/04
18:01.84	Beatrice Fury	Medway & Maidstone	Bedford	15/09
18:24.85	Millie Morris	Medway & Maidstone	Bedford	15/09
18:33.5	Keira Heavey	Northern (IOM) A.C.	Douglas	22/08
18:50.83	Molly Meleady-Hanley	C. Sheffield & Dearne	Bedford	15/09

Under 15 Boys 3000m

Time	Athlete	Club	Venue	Date
14:51.3	Alex Macheath	Cambridge Harriers	Woodford	10/07
16:11.2	Christian Hopper	Cambridge Harriers	Ashford	23/06
17:06.14	Owen Bradshaw	C. Sheffield & Dearne	Sheffield	09/09
17:28.9	Faris Alkhamesi	Nuneaton Harriers	Nuneaton	29/04

Under 15 Girls 3000m

Time	Athlete	Club	Venue	Date
16:39.68	Lois Carty	Aldershot F & D A.C.	Bedford	15/09
17:20.2	Katie Stringer	Medway & Maidstone	Tonbridge	02/04
17:21.3	Abigail Smith	Blackheath & Bromley	Nuneaton	29/04
17:45.45	Grace Whittingham	Ashford A.C.	Ashford	13/05
18:08.3	Kasia Cook	Pembrokeshire Hs	Grangemouth	21/07
18:32.4	Mia Dunwell	Northern (IOM) A.C.	Douglas	22/08
18:49.43	Hannah Atkinson	Cambridge Harriers	Bedford	26/08
18:50.67	Charlotte Wallis	Aldershot F & D A.C.	Bedford	15/09
18:52.25	Abbie Edwards	Manx Harriers	Bedford	15/09
18:56.3	Davina Nova	Ashford A.C.	Ashford	23/06
19:11.47	Lucy Walker	2 DASH	Bedford	15/09
19:11.56	Lara MacColl	C. Sheffield & Dearne	Sheffield	09/09
19:15.9	Caitlin Casey	Birchfield Harriers	Nuneaton	29/04

Editor's Note

Power of 10 do not have any walks rankings compiled for U13's

UPCOMING EVENTS

January

Sun. 6th (A)	England Athletics Indoor Walks	E.I.S. Sheffield
Sat 12 th (B)	Enfield League 5 Mile	QEII, Enfield
Sun. 13 th (B)	Sarnia WC Handicap 5km	Amarreurs Road
Sat. 19 th (B)	Steyning AC Open 15km	Steyning
Sun. 20 th (B)	Sarnia WC Pace Judgement	Cambridge Park
Sun. 20 th (B)	Yorkshire RWC Winter League	Drighlington CC

February

Sat. 2 nd (A)	Essex & Eastern Counties Indoor	Lee Valley
Sun. 3 rd (B)	Sarnia WC Handicap 5 Mile	Lanresse
Sun. 10 th (A)	British Athletics Indoor Champs	Birmingham
Sun. 10 th (B)	Sarnia WC 10km Road Walk	Amarreurs Road
Sun. 17 th (A)	Midland Championships	Stourport
Sun. 24 th (B)	Sarnia WC Handicap 3km	Cambridge Park
Sun 24 th (A)	Masters Inter-Area Match	Lee Valley

