



Race Walking Record

March 2019



Cameron Corbishley
Sensational debut at 50km
in Dudince clocking
3:53:20

Photograph courtesy of Martyn Corbishley



RACE WALKING ASSOCIATION

FOUNDED 1907

(www.RaceWalkingAssociation.com)

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President's Appeal 2019

Dear All

I am very honoured to have been elected as your President for 2019.

As President of the Race Walking Association I am pleased to launch my President's Appeal.

I hope that present and past members of the Race Walking community will feel able to donate to this cause. I plan that money raised will be used for the coaching and promotion of race walking in the UK.

Please donate at www.justgiving.com/crowdfunding/helen-elleker-president-rwa

Cash and cheque donations will also be happily received.

Over the coming months I hope to see many past and present walkers and officials and have already arranged to be at the 100 mile Championships in the Isle of Man, in addition to the Inter Area Match and the RWA 10km and Junior Championships. I also hope to be at the Northern 10km Championships, and the Moulton 5. All requests to attend other events will be given serious consideration. I am looking forward to supporting the GB team at the European Race Walking Cup in Alytus, Lithuania on May 18th.

Best wishes to you all.

Helen Elleker

President
Race Walking Association

Bank Transfer Details

Race Walking Association
Account No: 33395057
Sort Code: 20-74-12
Show Ref: Appeal 2019

IN THE NEWS

IAAF Council approves "in principle" reduction of 50km distance in race walking after Tokyo 2020

Controversial proposals by the IAAF Race Walking Committee to alter the current standard distances of 20 and 50 kilometres, with the latter disappearing from major international competition, have been "agreed in principle".

Announcing the decision, the IAAF President Sebastian Coe revealed that two of the following distances would be chosen for race walking events after 2020 – 10km, 20km, 30km or 35km.

The proposals, approved during the two-day IAAF Council meeting in Doha, have been widely criticised by top race walkers.

The IAAF Council specifically agreed with the importance of, firstly, maintaining a four-medal discipline with two men's and two women's events at all major international competitions.

Second, continuing to prioritise investment in and development of the race walking control system, i.e. the race walking chip and its sole technology.

Thirdly testing and validating technology in competition during and beyond 2020 if necessary.

And, finally, to roll out two of the following events - the 10, the 20, the 30 or 35k post 2022.

The IAAF Race Walking Committee claim a specific pathway has been outlined to give race walkers a three-year transition period to adapt and prepare for the new distances.

A proposal to achieve equality between the sexes at the Olympic Games and major international competitions was also proposed, along with implementing electronic chip insole technology from 2021.

Tough Qualification Standards for Tokyo 2020 Olympics

ENTRY STANDARDS		
Men	Event	Women
1:21:00	20km Race Walk	1:31:00
3:50:00	50km Race Walk	

The IAAF have announced tough qualification standards (*all events*) for the Tokyo Olympics which will operate alongside the new and as yet unproven world ranking system.

The standards have been tightened up noticeably from 2016 with the men's 50km qualifying mark being 16 minutes quicker for Tokyo than it was for the Rio Games; the men's 20km - 3 minutes faster and the women's 20km - 5 minutes quicker.

The IAAF will accept athletes who attain the qualification standard and they will fill the remaining places based on where an athlete is ranked in the IAAF World Ranking System at the end of June 2020.

The IAAF claim the process is designed to achieve 50% of the target numbers (*60 for each of the walks*) via the entry standards and 50% through the IAAF World Ranking System.



Selections for Podebrady (CZE) EAA Permit Races

Six English athletes and one Welsh athlete have been selected to represent England and Wales at the EAA Permit Meeting in Podebrady, Czech Republic on 6th April, they are:

Athlete	Club	Lead Coach
U20 Women's 10km		
Ann Garcia	C of Sheffield & Dearne AC	Mark Wall
Abigail Jennings	Aldershot Farnham & Dist. AC	Verity Snook
Pagen Spooner	Hyde Park Harriers	Andi Darke
U20 Men's 10km		
Chris Snook	Aldershot Farnham & Dist.	Verity Snook
George Wilkinson	Enfield & Haringey AC	Mick Graham
Women's 20km		
Heather Lewis	Pembrokeshire Harriers	Martin Bell
Men's 20km		
Callum Wilkinson	Enfield & Haringey AC	Andi Drake

Selection for Rio Maior (POR) IAAF Challenge Race

Athlete	Club	Lead Coach
Senior Women's 20km		
Bethan Davies	Cardiff A.A.C.	Andi Drake

Tom Bosworth will also be competing in Rio Maior as a self-funded entrant.



5 Mile Road Walks

New Course – Allow 10 minutes to get to the start

From Millennium Arena, Battersea Park, SW11 4NJ

Tuesday 10th April @ 7pm

Tuesday 11th June @ 7pm

Tuesday 9th July @ 7pm (5km)

Tuesday 6th August @ 7pm

Cash entry on the day – 'B' category judging

10,000m Track Walk

Wednesday 10th April @ 6:45pm

Millennium Arena, Battersea Park, SW11 4NJ

10,000m Track Championships including (Surrey, Hertfordshire and Middlesex Championships)

Cash entry on the day – 'A' category judging

For further information, contact David Hoben

walks@vetsac.org.uk

Race Walking Association National 10km

Including CAU/RWA YAG/Welsh YAG Championships

Sunday 28th April – Coventry

Information & Entry Form can be downloaded at

<http://racewalkingassociation.com/Fixtures.asp>

Closing date for entries = 15th April 2019

International Results

Lugano Trophy 16^o Memorial Mario Albisetti, Lugano (SUI) (Sun. 17th Mar.)

Heather Lewis (*pictured below*) became only the fifth British woman to break the 96 minute barrier, **reports Ian Richards**, when removing a minute for her personal best to record 1:35.15 and to move to top of the British Rankings for 2019.

She finished in 4th place in a high quality race, just under a minute behind European silver medallist Anezka Drahotova. Lewis passed the 5km mark in 23:21 and the halfway mark in 47:02 in fourth place. She held it together in the final half of the race to be rewarded with a lifetime best and was comfortably inside the British Athletics qualifying time of 1:39:00 for the European Race Walking Cup in May.

Behind her Erika Kelly set off in pursuit of the European Race Walking Cup qualifying mark. She passed the 5km point in 24:30 and the halfway mark in 49:24 but slowed in the second half to clock her second fastest ever time of 1:39:45 to move to second on the UK Rankings for 2019.

There was a sixth place finish for Gemma who walked alongside Kelly to the halfway mark. She slowed in the last quarter of the race to clock 1:42:08.

Ana Garcia was 10th in the U18/U20 10km, crossing the line in a time of 54:09. Megan Stratton-Thomas clocked a personal best in 17th position.

Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Eleonora Anna Giorgi		ITA	1:31:07
2	Brigita Virbalyte-Dimsiene		LTU	1:32:53
3	Anezka Drahotova		CZE	1:34:27
4	Heather Lewis		WAL	1:35:15 PB
5	Lidia Barcella		ITA	1:38:35
6	Erika Kelly		ENG	1:39:45
7	Gemma Bridge		ENG	1:42:08



Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Marius Ziukas		LTU	1:22:29
2	Alex Wright		IRL	1:22:45
3	Wayne Snyman		RSA	1:23:01
4	Stephano Chiesa		ITA	1:23:47
5	Matteo Giupponi		ITA	1:24:51

Under 18/20 Women's 10km

Posn	Athlete	Nation	Perf	Notes
1	Zhang Hongmei (U18)		CHN	47:31
2	Tang Dan (U18)		CHN	48:16
3	Olga Fiasca (U20)		GRE	48:31
4	Mathilde Frenzl (U18)		GER	49:23
5	Kyriaki Filtisakou (U20)		GRE	51:06
10	Ana Garcia (U20)		ENG	54:09
17	Megan Stratton-Thomas (U20)		WAL	58:35 PB



Megan Stratton-Thomas

USA 20km Championships & Pan American Race Walk Cup Trials, Tustin, California (USA) (Sun. 17th Mar.)

Tom Bosworth took victory for the first time on US soil at the US 20km Championships & Pan American Race Walk Cup trials, in a time of 1:23.34.

Tom said, "Despite the tired body, it took me round to a solid time and the victory, in what was more a rust buster than a flat out race... a couple more weeks of training before I race my first IAAF Challenge 20km in Portugal."



Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Tom Bosworth		GBR	1:23:34
2	Evan Dunfee		CAN	1:24:01
3	Nick Christie		USA	1:27:38
4	John Cody Risch		USA	1:28:39
5	Emmanuel Corvera		USA	1:31:39
6	Anthony Peters		USA	1:32:01
7	Matthew Forques		USA	1:33:05
8	Allen James (V50)		USA	1:39:22
9	Samuel Elmi		USA	1:41:32
10	Pablo Gomez (V45)		USA	1:42:52

Dudinska 50km, Dudince (SVK) (Sat. 23rd Mar.)

Cameron Corbishley made a sensational 50km debut, **reports Ian Richards**. The 21 year-old based at Leeds, stormed to the second fastest ever performance by a Briton when clocking 3:53:20. The vent doubled as the British Athletics trials for the IAAF World Championships and Corbishley secured his place in Doha, his mark well inside the qualifying standard of 3:59:00.

Double Olympian Dominic King was second Briton in the trials in 3:56:53. To also secure automatic selection for Doha and to ensure that this is the first time ever that two Britons have gone under the four hour barrier in the same race.

King was ahead of Corbishley in the early stages, passing the 10km mark in 46:21 in 10th place with Corbishley just behind in 46:37, but the younger athlete moved ahead of King at the 19km point and passed 20km in 1:32:36 in 11th, just ahead of King's 1:32:47.

Corbishley passed the half way point in 11th on 1:55:24 and ahead of Chris Maddocks UK record pace (3:51:37) set in 1990. King was 1:55:58 in 13th at halfway.

Corbishley maintained this pace through 30km (2:18:10) as he held a minute lead over King. Corbishley passed the 40km mark in 3:06:03 as King closed the gap (3:06:35). However, Corbishley finished strongly and despite slipping behind UK record pace he moved up four places to seventh and set a British Under-23 record.

King managed to hold on to record his second best ever time of 3:56:35.

The race was won by Norwegian Havard Haukenes, who repeated his 2017 victory in a personal best and European lead of 3:42:55.



Men's 50km

Posn	Athlete	Nation	Perf	Notes
1	Havard Haukenes		NOR 3:42:50	PB
2	Veli-Matti Partanen		FIN 3:46:54	
3	Rafal Augustyn		POL 3:47:04	
4	Teodorico Caporaso		ITA 3:49:14	
5	Rafal Fedaczynski		POL 3:50:41	
6	Jarkko Kinnunen		FIN 3:51:16	
7	Cameron Corbishley (U23)		ENG 3:53:20	NR U23
8	Mathieu Bilodeau		CAN 3:53:36	PB
9	Mate Hellebrandt		HUN 3:54:13	
10	Karl Junghannss		GER 3:55:01	
14	Dominic King (V35)		ENG 3:56:35	SB
	Daniel King (V35)		ENG DNF	
	Jonathan Hobbs		ENG DNF	

42 Started; 17 DNF; 0 DQ'd

All UK Sub-4 Hour 50km Performances

Time	Athlete	Venue	Date
3:51:37	Chris Maddocks	Burrator (Devon)	28-10-1990
3:53:14	Chris Maddocks	Constanta (ITA)	25-11-1995
3:53:20	Cameron Corbishley	Dudince (SVK)	23-03-2019
3:55:48	Dominic King	Andernach (GER)	08-10-2016
3:56:35	Dominic King	Dudince (SVK)	23-03-2019
3:57:10	Chris Maddocks	Sint-Oedenrode (NED)	12-03-2000
3:57:48	Les Morton	Burrator (Devon)	30-09-1989
3:58:25	Les Morton	Puerto de Pollensa (ESP)	20-03-1988
3:58:36	Les Morton	Leicester	11-10-1992
3:59:30	Les Morton	Seoul (KOR)	30-09-1988
3:59:55	Paul Blagg	Rome (ITA)	05-09-1987

Women's 50km

Posn	Athlete	Nation	Perf	Notes
1	Maria Czakova		SVK 4:16:33	
2	Ivana Renic		CRO 4:20:17	PB
3	Agnieszka Ellward		POL 4:40:24	
4	Paulina Buziak-Smiatacz		POL 4:41:02	PL 5 Min
5	Federica Curiazi		ITA 4:43:36	
6	Elianay DA Silva Pereira		BRA 4:44:38	
7	Antonina Lorek		POL 4:47:54	
8	Andrea Kovacs		HUN 4:50:17	NR
9	Valeria Birone Molnar		HUN 5:01:16	
10	Jeanne Billa		FRA 5:07:43	

18 Started; 8 DNF; 0 DQ'd

National Results

Molly Barnett Open Walks, incorporating England Athletics 10km Championships, Warwick University (Sun. 3rd Mar.)

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

Despite windy and wet conditions Commonwealth Silver Medallist Tom Bosworth opened his road campaign for 2019 with victory over the testing course at the University of Warwick, **reports Ian Richards**. Bosworth set the early pace but was joined by Cameron Corbishley at the 4km mark. After walking together for a lap, Bosworth pulled away. Corbishley visited the pit lane to serve a minute penalty at the 9km mark, leaving Bosworth to cruise around the last lap to take the England title in 41:26 to go top of the UK rankings. Bosworth said, "I haven't felt that great this week, but it is good to get back on the road". Corbishley took the silver medal in 42:51 to move to 2nd on the UK Rankings. Chris Snook walked the early laps alongside Tom Partington but pulled away at the 3km mark to take the bronze medal in the England Championships in his second fastest ever 10km of 44:29, which was well inside the British Athletics qualifying time for the European Race Walking Cup (45:00). Tom Partington took 4th in 46:41. George Wilkinson set a personal best of 48:21 to move to 2nd on the UK U20 rankings as did Matthew Crane 48:53 in moving to 3rd on the rankings.



In the Women's 10km the early pace was set by Bethan Davies and British Indoor Champion Heather Lewis. Lewis pulled away just before the halfway mark to record a personal best of 46:25. This moved her up to 9th on the UK All Time list and puts her top of the UK rankings for 2019. It was also inside the British Athletics qualifying mark of 47:30 for the European Race Walking Cup. Behind her Davies clocked 46:59 also inside the British Athletics standard. Erika Kelly took the England title finishing 3rd in the race and clocking a big personal best of 47:19 to move to 13th on the UK All-Time List. She was also importantly inside the British Athletics standard for the European Cup Race Walking. Gemma Bridge took the silver medal in the England Championships in 49:04. Under 20 Anna Garcia took 3rd in the England championships in her second fastest ever time of 52:33 to move to the top of the UK Rankings for 2019. Behind her fellow Under 20's Abigail Jennings recorded her 2nd fastest ever time of 53:39 to move to 2nd in the UK Rankings for 2019 and Pagen Spooner recorded a huge personal beat of 54:19 to move to 3rd on the UK Rankings.

Race Walking Record – March 2019

Men's 10km (PA = Penalty Zone on receipt of 3 Red Cards)

Posn	Athlete	Club	Perf	Notes
1	Tom Bosworth	Tonbridge A.C.	41:26	
2	Cameron Corbishley (U23)	Medway & Maidstone	42:51	PA 60s
3	Chris Snook (U20)	Aldershot Farnham & D	44:29	
4	Tom Partington (U23)	Manx Harriers	46:41	
5	Luc Legon (U23)	Cambridge Harriers	46:58	PB
6	George Wilkinson (U20)	Enfield & Haringey AC	48:21	Debut
7	Matthew Crane (U20)	Bexley Athletic Club	48:53	Debut
8	David Annetts (V50)	North Herts R.R.	49:17	
9	Ollie Hopkins (U20)	Lewes Athletic Club	52:14	
10	Francisco Reis (V55)	Surrey Walking Club	52:46	
11	Ian Richards (V70)	Steyning Athletic Club	55:48	
12	Peter Bozsko (V65)	Birchfield Harriers	58:37	
13	Mark Williams (V50)	Birchfield Harriers	59:41	
14	Paul Hawkins (V60)	Stratford-upon-Avon	65:14	+60sec
15	Colin Vesty (V50)	Leicester Walking Club	65:24	PA 60s
16	Hardeep Minhas (V60)	Leicester Walking Club	67:13	
17	John Gordon (V50)	Dudley & Stourbridge	NTR	
18	Julian Barnett (V55)	Birchfield Harriers	NTR	
19	David Fall (V70)	Birchfield Harriers	NTR	
	Gianni Epifani (V45)	Manx Harriers	DQ	R230.7c
	Malcolm Bowyer (V50)	Stratford-upon-Avon	DQ	R230.7c

Women's 10km (PA = Penalty Zone on receipt of 3 Red Cards)

Posn	Athlete	Club	Perf	Notes
1	Heather Lewis	Pembrokeshire Harriers	46:25	PB
2	Bethan Davies	Cardiff A.A.C.	46:59	
3	Erika Kelly	Northern (IOM) A.C.	47:19	PB
4	Gemma Bridge	City of Oxford A.C.	49:04	
5	Ana Garcia (U20)	C of Sheffield & Dearne	52:33	
6	Maddy Shott	Belgrave Harriers	52:46	PB
7	Jasmine Nichols	Leicesetr Walking Club	53:05	
8	Abigail Jennings (U20)	Aldershot Farnham & D	53:39	
9	Pagen Spooner (U20)	Hyde Park Harriers	54:19	PB
10	Hannah Hunter (V35)	Manx Harriers	55:40	
11	Carolyn Derbyshire (V40)	Nuneaton Harriers	57:39	PB
12	Penelope Cummings (V40)	Aldershot Farnham & D	59:17	
13	Marie Jackson (V55)	Manx Harriers	60:19	
14	Sharon Cain (V45)	Manx Harriers	64:48	
15	Nicola Raven (V35)	Manx Harriers	65:29	
16	Louise Hollings (V35)	Manx Harriers	65:52	
17	Jacqueline Benson (U20)	Ashford Athletic Club	67:47	PA 60s
18	Sue Davies (V50)	Aldershot Farnham & D	67:50	
19	Noel Blatchford (V70)	Abingdon Athletic Club	70:15	
	Megan Stratton-Thomas (U20)	Swansea Harriers	DNF	



Heather Lewis – Luc Legon – Erika Kelly – Bethan Davies

Mixed 5km (PA = Penalty Zone on receipt of 3 Red Cards)

Posn	Athlete	Club	Perf	Notes
1	Agata Kowalska (U23W)	Hyde Park Harriers/POL	26:46	
2	Lois Carty (U17W)	Aldershot Farnham & D	27:29	Debut
3	Nicholas Hart (U17M)	Aldershot Farnham & D	27:47	PB
4	Millie Morris (U17W)	Ashford Athletic Club	28:35	Debut
5	Emily Ghose (U23W)	Tonbridge A.C.	28:50	
6	Daniel Mckerlich (U20M)	Cardiff A.A.C.	29:43	

7	Melanie Peddle (W45)	Loughton Athletic Club	29:45	
8	Emma Dyos (W40)	Ilford Athletic Club	29:46	Debut
9	Faris Alkhamesi (U17M)	Nuneaton Harriers	29:54	
10	Hannah Hopper (U17W)	Cambridge Harriers	29:57	PB
11	Laura Achurch (U20W)	Leicester Walking Club	30:06	PB
12	Alice Bellando (U20W)	Manx Harriers	30:11	
13	Lara MacColl (U17W)	C of Sheffield & Dearne	30:46	Debut
14	Keira Heavey (U17W)	Northern (IOM) A.C.	31:36	PB
15	Georgia Parkinson (U17W)	Menai Track & Field	32:17	Debut
16	Shannon Thomas (U20W)	Sawntsea Harriers	32:19	Debut
17	Geraldine Legon (W60)	Bexley Athletic Club	37:16	
18	Karen Williams (W60)	Birchfield Harriers	38:45	
	Poppy Stowell (U17W)	Newport Harriers	DQ	R230.7c

Mixed 3km (PA = Penalty Zone on receipt of 3 Red Cards)

Posn	Athlete	Club	Perf	Notes
1	Christian Hopper (U15B)	Cambridge Harriers	16:22	=PB
2	Katie Stringer (U15G)	Medway & Maidstone	16:34	PB
3	Mia Dunwell (U15G)	Northern (IOM) A.C.	16:34	
4	Abigail Smith (U15G)	Blackheath & Bromley	17:20	
5	Charlotte Wallis (U15G)	Aldershot Farnham & D	17:44	PB
6	Gabrielle Birch (U15G)	Birchfield Harriers	DQ	R230.7c

Mixed 2km (PA = Penalty Zone on receipt of 3 Red Cards)

Posn	Athlete	Club	Perf	Notes
1	Ellis Simmonds (U13B)	2 DASH	12:34	
2	Kelsey Tozer (U13G)	Birchfield Harriers	12:53	
3	Ben Heeley (U13B)	2 DASH	12:57	
4	Lewis Burr (U13B)	Tonbridge A.C.	13:57	Debut
5	Elena Richards (U13G)	Dudley & Stourbridge	16:05	PA 30s
6	Daisey Rogers (U13G)	Dudley & Stourbridge	16:34	

British Masters Indoor Championships, Lee Valley Athletics Centre (Sun. 10th Mar.)

Ian Richards announced his intention to break the M70 world indoor record for 3000m and stopping the clock 24 seconds inside Arthur Thomson's previous best with 15:15.86 but he picked up four red cards in the final lap and was disqualified. Ian said, "I didn't realise but as soon as the announcer suggests that a world record is on the cards, the judges become more eagle-eyed."

Carolyn Derbyshire (W40) was the fastest women on the day with 16:24.75.

Men's M40-M65 3000m (i)

Pos	Athlete	AG	Masters Club	Perf
1	Mark Williams	M55 (1)	Midland Masters AC	15:35.30
2	Peter Boszko	M65 (1)	Midland Masters AC	16:03.38
3	Stuart Bennett	M60 (1)	Veterans Athletic Club	17:04.36
4	Ian Torode	M60 (2)	South West Vets AC	18:07.10
5	Raymond Robinson	M40 (1)	North East Masters AA	19:01.19
	Malcom Marin	M60	Southern Counties VAC	DQ R230.7a
	Simon Le Mere	M55	Eastern Masters AC	DQ R230.7a
	Simon Morgan	M50	Eastern Masters AC	DQ R230.7a

Women's & M70+ 3000m (i)

Pos	Athlete	AG	Masters Club	Perf
1	Carolyn Derbyshire	W40 (1)	Midland Masters AC	16:24.75
2	Melanie Peddle	W50 (1)	Eastern Masters AC	16:48.15
3	Emma Dyos	W40 (2)	Ilford Athletic Club	16:49.38
4	Wendy Kane	W50 (2)	Midland Masters AC	17:42.39
5	Cath Duhig	W60 (1)	Eastern Masters AC	18:24.81
6	Roger Michell	M70 (1)	Midland Masters AC	18:26.21
7	Rachel Lawless	W55 (1)	Veterans Athletic Club	18:59.17
8	Susan Barnett	W65 (1)	Eastern Masters AC	20:32.63
9	Geraldine Legon	W60 (2)	Southern Counties VAC	21:46.13
10	Karen Williams	W65 (2)	Midland Masters AC	22:58.04
	Ian Richards	M70	Veterans Athletic Club	DQ R230.7a
	Lesley Morris	W55	Veterans Athletic Club	DQ R230.7a
	Ron Stewart	M75	North East Masters AA	DQ R230.7a

Race Walking Association Inter-Area Match, Sutcliffe Park Sports Centre, Eltham, (Sat. 23rd Mar.)

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

Maddy Shott was a clear winner of the women’s 5000m, but there was great tussle behind her for the minor places between Spaniard Marina Soriano, Abigail Jennings and Pagen Spooner, with Soriano coming out on top, a week after a 20km in Spain.

Callum Wilkinson led the men’s field away and after a fairly slow opening lap pushed on to record a good-sized win. Chris Snook and Tom Partington had a race long battle, with both of them recording personal best times.

The Under 15 race saw first time sub-16 minute clockings for Christian Hopper and Katie Stringer.



Maddy Shott- Marina Soriano – Pagen Spooner – Abigail Jennings

Women’s 5000m (Yellow highlight = Penalty Zone for 30 seconds)

Pos	Athlete	AG	Club	Perf
1	Maddy Shott	SENW	Belgrave Harriers	24:24.3
2	Marina Soriano	SENW	Bristol & West AC/ESP	25:26.7
3	Pagen Spooner	U20W	Hyde Park Harriers	25:28.2
4	Abigail Jennings	U20W	Aldershot Farnham & Dist.	25:32.3
5	Emily Ghose (U23)	SENW	Tonbridge Athletic Club	27:18.4
6	Megan Stratton-Thomas	U20W	Swansea Harriers	27:18.9
7	Lois Carty	U17W	Aldershot Farnham & Dist.	27:44.4
8	Erika Pontarollo	SENW	Hyde Park Harriers/ITA	27:50.7
9	Penelope Cummings (V40)	SENW	Herne Hill Harriers	28:25.1
10	Millie Morris	U17W	Ashford Athletic Club	28:36.5
11	Jacqueline Benson	U20W	Ashford Athletic Club	29:16.0
12	Grace Whittingham	U17W	Ashford Athletic Club	29:36.7
13	Julie Bellfield (V45)	SENW	Halesowen Athletic Club	30:13.3
14	Beatrice Fury	U20W	Medway & Maidstone AC	30:24.9
15	Hannah Hopper	U17W	Cambridge Harriers	30:50.9
16	Georgia Parkinson	U17W	Menai Track & Field	31:42.7
17	Rachel Harding	U17W	Ashford Athletic Club	32:15.0
18	Lynn Bellfield (V50)	SENW	Halesowen Athletic Club	32:52.9
19	Shannon Thomas	U20W	Swansea Harriers	33:52.4
20	Anna Hinchliffe	U20W	Aldershot Farnham & Dist.	34:42.3
21	Rebecca Mitchell	U17W	Winchester Athletic Club	35:08.5



Under 13 Boys & Girls 2000m (Mauve highlight = 30 secs added to time)

Pos	Athlete	AG	Club	Perf
1	Eddy Purser	U13B	City of Portsmouth AC	11:59.4
2	Carla Forsyth	U13G	Blackheath & Bromley	12:22.4
3	Kelsey Tozer	U13G	Birchfield Harriers	12:44.5
4	Lola-Mae Billingham	U13G	Aldershot Farnham & Dist.	13:29.9
5	Lewis Burr	U13B	Tonbridge Athletic Club	13:55.3
6	Rosie Gaughan	U13G	Lewes Athletic Club	14:49.1
7	Elena Richards	U13G	Dudley & Stourbridge Hs	15:30.3
8	Daisey Rogers	U13G	Dudley & Stourbridge Hs	16:00.8



Christian Hopper – Katie Stringer – Abigail Smith

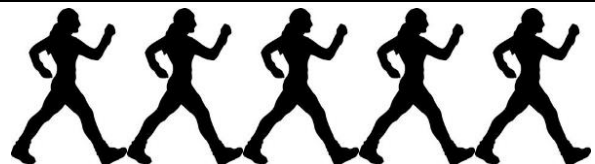
Under 15 Boys & Girls 3000m (Mauve highlight = 30 secs added to time)

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U15B	Cambridge Harriers	15:35.8
2	Katie Stringer	U15G	Medway & Maidstone AC	15:49.2
3	Abigail Smith	U15G	Blackheath & Bromley	16:35.4
4	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	17:58.3
5	Owen Bradshaw	U15B	City of Sheffield & Dearne	18:19.3
6	Natasha Mitchell	U15G	Winchester & Dist. AC	19:48.0



Men’s 5000m

Pos	Athlete	AG	Club	Perf
1	Callum Wilkinson (U23)	SENM	Enfield & Haringey AC	19:47.0
2	Chris Snook (U20)	SENM	Aldershot Farnham & Dist.	21:02.7
3	Tom Partington (U23)	SENM	Manx Harriers	21:09.5
4	Luc Legon (U23)	SENM	Bexley Athletic Club	22:56.1
5	George Wilkinson	U20M	Enfield & Haringey AC	23:19.7
6	Matthew Crane	U20M	Bexley Athletic Club	24:38.4
7	Peter Bozsko (V65)	SENM	Birchfield Harriers	27:26.6
8	Nicholas Hart	U17M	Aldershot Farnham & Dist.	27:34.1
9	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	27:58.2
10	John Constantinou (V45)	SENM	Birchfield Harriers	30:11.5
11	Alex Macheath	U17M	Cambridge Harriers	DQ 230.7c





25th March: Ian Richards (pictured below) broke the M70 indoor 3000m walk World Record, clocking 15:19.64, removing almost 20 seconds from the existing record of 15:39.00 held by Polish walker Seidel Boguseaw set in February this year at the same venue.

**M70 3000m (i)**

Posn	Athlete	Nation	Perf	Notes
1	Ian Richards		GBR 15:19.64	M70 WR
2	Formentin Ettorino		ITA 16:09.27	
3	Mario Fiori		ITA 17:26.06	SB
4	John McMullen		IRL 17:34.15	
5	Norman Frable		USA 17:52.65	
7	Roger Michell		GBR 18:27.38	

17 Started: 5 Disqualified.

M60 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Michele De Masis		ITA 15:15.36	SB
2	Pedro Aranda Fernandez		ESP 15:47.66	SB
3	Angel Ruata Martin		ESP 15:50.53	
4	Waldemar Malecki		POL 16:07.28	
5	Mirosław Luniewski		POL 16:34.29	SB
12	Ian Torode		GBR 18:39.16	

15 Started: 2 Disqualified.

26th March: Carolyn Derbyshire produced a seasons best of 15:58.50 to take W40 bronze, a little over two seconds behind the French silver medallist.

W35-W40 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Maria Marcos Valero (W35-1)		ESP 14:26.18	SB
2	Brit Schroter (W40-1)		GER 14:45.97	
3	Maria Perez Belloch (W35-2)		ESP 15:13.64	SB
4	Evane Michoux (W35-3)		CAN 15:55.42	SB
5	Annelles Sarrazin (W35-4)		BEL 15:55.93	
6	Gwladys Brusseau (W40-2)		FRA 15:56.44	
7	Carolyn Derbyshire (W40-3)		GBR 15:58.50	SB

19 Started: 1 Disqualified

W55-W60 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Marie Astrid Monmessin (W60-1)		FRA 15:43.36	SB
2	Carmen Garcia Frontons (W55-1)		ESP 17:02.13	SB
3	Isabel Guerrero Montes (W55-2)		ESP 17:38.10	SB
4	Ma Angles Noell Guardiola (W55-3)		ESP 17:53.65	
5	Nancy Patten (W60-2)		CAN 17:54.99	
6	Helen Middleton (W55-4)		GBR 18:04.77	

24 Started: 3 Disqualified: 1 DNF

W45-W50 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Sonia Demon (W45-1)		FRA 14:44.58	
2	Olga Cabrera Ysas (W45-2)		ESP 14:56.43	SB
3	Nicole Best (W50-1)		GER 15:17.12	SB
4	Katalin Bodorkos Horvath (W50-2)		HUN 15:31.71	SB
5	Valerie Boban (W50-3)		FRA 15:40.49	SB
11	Melanie Peddle (W50-9)		GBR 16:56.82	

21 Started: 1 Disqualified: 1 DNF

29th March: The 10km road walks started and finished in the Municipal Stadium.

In the combined W35-W50 race Lisa Kehler (pictured) finished 8th overall in a season best 53:36 to secure W50 individual gold. Finishing 11th overall and recording a second seasons best Carolyn Derbyshire added silver to the bronze she won over 3000m indoors earlier in the week. Great Britain secured the W40 team gold with the team comprising Carolyn, Lisa and Maureen Noel (W55).



In the W55+ race Helen Middleton crossed the line in fourth place overall to take bronze in the W55 age group.

Ian Richards crossed the line well ahead of the M70 field but was disqualified.

W35-W50 10km

Posn	Athlete	Nation	Perf	Notes
1	Maria Marcos Valero (W35-1)		ESP 49:30	SB
2	Brit Schroter (W40-1)		GER 51:56	SB
3	Maria Perez Belloch (W35-2)		ESP 52:11	SB
4	Sonia Demon (W45-1)		FRA 52:14	SB
5	Kathrin Schultze (W35-3)		AUT 52:23	SB
8	Lisa Kehler (W50-1)		GBR 53:26	SB
11	Carolyn Derbyshire (W40-2)		GBR 56:16	SB
44	Maureen Noel (W55) (W40 Team)		GBR 66:34	

63 Started: 1 DNF: 3 DQ

W55+ 10km

Posn	Athlete	Nation	Perf	Notes
1	Marie Astrid Monmessin (W60-1)		FRA 54:39	
2	Manuela Lucaferro (W55-1)		FRA 59:58	
3	Carmen Garcia Frontons (W55-2)		ESP 60:39	
4	Helen Middleton (W55-3)		GBR 61:59	
5	Anne Weekes (W55-4)		AUS 62:38	SB

62 Started: 5 DQ

M70+ 10km

Posn	Athlete	Nation	Perf	Notes
1	Formentin Ettorino (M70-1)		ITA 57:59	SB
2	John McMullen (M70-2)		IRL 61:37	
3	Anatoli Serhienko (M70-3)		UKR 61:52	
4	Mario Fiori (M70-4)		ITA 62:15	
5	Norman Frable (M70-5)		USA 62:51	
	Ian Richards (M70)		GBR DQ	R230.7a

45 Started: 4 DQ

M55-M65 10km

Posn	Athlete	Nation	Perf	Notes
1	Miguel Perianez Garcia (M55-1)		ESP 47:28	SB
2	Anton Mashkevich (M55-2)		BLR 49:50	SB
3	Sergio Gutierrez Brenes (M55-3)		CRC 50:13	SB
4	Uwe Schroter (M55-4)		GER 50:58	SB
5	Francis Gauze (M55-5)		FRA 51:06	SB
38	Roger Michell (M70) (M60 Team)		GBR 63:07	
42	Ian Torode (M60-14)		GBR 64:42	SB
	Paul Hawkins (M60)		GBR DQ	R230.7a

62 Started: 2 DNF: 8 DQ

Domestic Results

England Masters Indoor Area Challenge, Lee Valley Athletics Centre (Sun. 24th Feb.)

Championship Best Performances for Carolyn Derbyshire and David Annetts.

Women's 2000m

Pos	Athlete	AG	Masters Club	Perf
1	Carolyn Derbyshire (V40)	W35 (1)	Midland Masters AC	10:39.14
2	Penelope Cummings (V40)	W35 (2)	Veterans AC	10:54.77
3	Melanie Peddle (V50)	W35 (3)	Eastern Masters AC	11:12.22
4	Wendy Kane (V50)	W50 (1)	Midland Masters AC	11:36.02
5	Helen Middleton (V55)	W50 (2)	Eastern Masters AC	11:49.25
6	Ann Wheeler (V60)	W60 (1)	Midland Masters AC	11:57.28
7	Maureen Noel (V55)	W50 (3)	Veterans AC	13:07.66
8	Sue Davies (V50)	W35 (4)	Southern Counties VAC	13:10.81
9	Angela Martin (V50)	W50 (4)	Southern Counties VAC	14:19.56
10	Diane Baldwin (V60)	W60 (2)	Eastern Masters AC	12:51.39
11	Noel Blatchford (V70)	W60 (3)	Southern Counties VAC	12:53.21
12	Louise Kirby (V50)	W50 (5)	Welsh Masters AA	15:37.48

Men's 2000m

Pos	Athlete	AG	Masters Club	Perf
1	David Annetts (V50)	M50 (1)	Veterans AC	9:11.80
2	Francisco Reis (V55)	M35 (1)	Southern Counties VAC	9:22.59
3	Mark Williams (V60)	M35 (2)	Midland Masters AC	10:10.88
4	Peter Boszko (V65)	M50 (2)	Midland Masters AC	10:29.12
5	Sebastian Parris (V35)	M35 (3)	Veterans AC	10:57.90
6	Malcolm Martin (v60)	M60 (1)	Southern Counties VAC	11:12.44
7	Stuart Bennett (V60)	M60 (2)	Veterans AC	11:30.85
8	Steve Allen (V60)	M60 (3)	Eastern Masters AC	11:38.13
9	Ian Torode (V60)	M60 (4)	South West VAC	11:52.96
10	Roger Michell (V70)	M60 (5)	Midland Masters AC	12:03.94
11	Adam Hills (V40)	M35 (4)	Eastern Masters AC	12:32.97
12	Keith Palmer (V50)	M50 (3)	Eastern Masters AC	12:49.11
	Robin Wood (V50)	M50	Welsh Masters AA	DQ R230.7a
	Alan Newman (V65)	M50	Southern Counties VAC	DQ R230.7a

Sarnia Walking Club Philadelphia Team Trophy, Les Amarreurs, Vale, Guernsey (Sun. 3rd Mar.)

The winning team for the Philadelphia Trophy walked to first, second and third places in the handicapped one mile road walk held on a blustery morning at Les Amarreurs, **reports Rob Elliott**. Jayne Le Noury, the first walker to start held on to her lead until the very final stages of the walk when team mate Peter Beckerleg edged ahead to take the individual win by the narrowest of margins. Rob Elliott completed the clean sweep as he moved into third place close to the finish and kept fourth man Stuart Le Noury at bay by two seconds.

The combined handicap times of the winning team, in which all walked quicker than their predicted times was 44 seconds too good for the second team home. Stuart Le Noury and Donna Allan had the quickest times of the day for men and women respectively with times of 7:25 and 9:18.

Mixed 1 Mile Handicap (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Peter Beckerleg	M60	Sarnia Walking Club	11:43/10:28
2	Jayne Le Noury	W55	Sarnia Walking Club	11:43/11:43
3	Rob Elliott	M55	Sarnia Walking Club	11:48/08:48
4	Stuart Le Noury	SENM	Sarnia Walking Club	11:50/07:25
5	Kevin Le Noury	M60	Sarnia Walking Club	11:58/10:28
6	Kevin Allan	M40	Sarnia Walking Club	12:02/10:47
7	Donna Allan	W40	Sarnia Walking Club	12:03/09:18
8	Mick Le Sauvage	M75	Sarnia Walking Club	12:05/11:20
9	Dave Dorey	M70	Sarnia Walking Club	12:32/12:17

Team Result:

1.	Team A	P. Beckerleg, J. Le Noury & R. Elliott	35:14
2.	Team C	S. Le Noury, D. Allan & M. Le Sauvage	35:58
3.	Team B	K. Le Noury, K. Allan & D. Dorey	36:32

Cecil Gittins Memorial Walks (Incorporating Enfield League), Cyclopark, Gravesend (Sat. 9th Mar.)

The conditions although bright, sunny and not too cold but a strong wind on this very exposed course was testing for athletes, officials and judges, **reports Dave Hoben**. Given the conditions the biggest success of the day was the ever-improving Jacqueline Benson who removed 5 minutes off her 2018 time to win the ladies' 10k in 60:07 - it was also her first win.

George Wilkinson convincingly won the men's 10km race in 50:58, with a margin of nearly nine minutes to the next walker.

The men's 15km was won in 1:24:31 by Francisco Reis with a commanding lead of nearly 13 minutes over second finisher, Stuart Bennett. The ladies' 15km was won by Cath Duhig who is normally resident in Spain and was in the UK on a flying visit, finishing in 1:45:00.

The supporting races included the only other athlete to improve their 2018 time, Charlotte Wallis in the 2.5km, where Jonny Ellerton completed his furthest distance. Meanwhile in the ladies' 5km race, won by Isabelle Bridge. It was also her club colleague Abigail Smith's first attempt at that distance.

Mixed 15km (B)

Pos	Athlete	AG	Club	Perf
1	Francisco Reis	M55	Surrey Walking Club	1:24:31
2	Stuart Bennett	M60	Iford Athletic Club	1:37:33
3	Cath Duhig	W60	Ryston Runners AC	1:45:00
4	Christopher Flint	M75	Surrey Walking Club	1:48:24
5	Don Arthurs	M55	Ashford Athletic Club	1:55:08
	Michael Harran	M80	Surrey Walking Club	DNF

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	50:58
2	Trevor Jones	M60	Steyning Athletic Club	59:51
3	Jacqueline Benson	U20W	Ashford Athletic Club	60:07
4	Stefano Zennaro	M45	Belgrave Harriers	60:48
5	Steve Kemp	M55	Eastern Masters AC	63:03
6	Christopher Hobbs	M60	Ashford Athletic Club	66:19
7	Maureen Noel	W55	Belgrave Harriers	66:43
8	Lesley Hall	W60	Ashford Athletic Club	68:24
9	Anne Jones	W60	Steyning Athletic Club	70:04
10	Tom Casserley	M80	Enfield & Haringey AC	71:40
11	Malcolm Blackwood	M65	Trent Park Runners	72:26
12	David Hoben	M65	Surrey Walking Club	75:37
	Andrew Cox	M65	Hillingdon Athletic Club	DNF

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Isabelle Bridge	U20W	Blackheath & Bromley	29:04
2	Grace Whittingham	U20W	Ashford Athletic Club	29:09
3	Abigail Smith	U15G	Blackheath & Bromley	30:05
4	Ron Penfold	M75	Steyning Athletic Club	34:12
5	Tony Wilkinson	M55	Unattached	35:13
6	Gary Smith	M60	Enfield & Haringey AC	38:52
	John Hall	M70	Belgrave Harriers	DNF

Mixed 2.5km (B)

Pos	Athlete	AG	Club	Perf
1	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	14:58
2	Jonny Ellerton	U15B	Blackheath & Bromley	18:40

Alison Trophy 15km, Chorley (Sat. 9th Mar.)

The Alison Trophy race was held over the usual hilly course comprising a mile out followed by three laps and then a mile home, **reports Roy Gunnett**. Following a morning of very strong winds and heavy rain, all were pleased that the weather had abated by race time to be dry, cold and breezy. Straight from the gun, Adrian Edwards took the lead with Martin Fisher chasing in second place. They held these positions to the end of the race with the rest of the field well

behind. John Crahan put in a strong performance in his first race in the 70-74 age group to come third. Phil McCullagh, who has recently returned to racing following a long layoff due to illness, also walked well and came forth in the scratch race and won the handicap. He was thus awarded the Alison Trophy.

15km (B)

Pos	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	1:29:08
2	Martin Fisher	M55	Redcar Race Walking Club	1:32:39
3	John Crahan	M70	Lancashire Walking Club	1:44:06
4	Phil McCullagh	M60	Lancashire Walking Club	1:44:41
5	Roy Gunnnett	M70	Lancashire Walking Club	1:47:52
6	Sailash Shah	M50	Lancashire Walking Club	1:54:08
7	Joe Hardy	M75	Lancashire Walking Club	1:55:04

10.9km (B)

Pos	Athlete	AG	Club	Perf
1	Pat Evans	W65	Lancashire Walking Club	1:23:05
2	Ian Hilditch	M75	Lancashire Walking Club	1:23:40

7.08km (B)

Pos	Athlete	AG	Club	Perf
1	John Payn	M85	Lancashire Walking Club	62:28

**Sarnia Walking Club Eric Waldron 2 mile Track Walk
Osmond Priaulx, Footes Lane, Guernsey (Sun. 10th Mar.)**

Race winner Stuart Le Noury lapped the field as he strode to his ninth victory in the Eric Waldron trophy race over two miles, **reports Rob Elliott**. On a cold day with a strong wind blowing around the track, most walkers were down on expected times. Passing the one mile point in around 7:45 Stuart slowed in the second half to cross the line in 15:52, not too far off his best of 15:19 considering the conditions. Second place went to last year's winner Rob Elliott in 18:45 with Donna Allan in third in 19:45.

Mixed 2 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	15:52
2	Rob Elliott	M55	Sarnia Walking Club	18:45
3	Donna Allan	W40	Sarnia Walking Club	19:45
4	Phil Lockwood	W45	Sarnia Walking Club	20:39
5	Kevin Le Noury	M60	Sarnia Walking Club	21:32
6	Peter Beckerleg	M60	Sarnia Walking Club	23:25
7	Mick Le Sauvage	M75	Sarnia Walking Club	24:39
8	Jayne Le Noury	W55	Sarnia Walking Club	25:34

**Kent County Indoor Championships, Lee Valley Athletics
Centre (Sat. 16th Mar.)**

Age group Championship Best Performances for Luc Legon, Alex Macheath and Beatrice Fury.

Mixed 1000m

Pos	Athlete	AG	Club	Perf
1	Luc Legon (U23M)	SENM (1)	Bexley Athletic Club	3:55.11
2	Alex Macheath	U17M (1)	Cambridge Harriers	4:12.88
3	Matthew Crane	U20M (1)	Bexley Athletic Club	4:17.36
4	Christian Hopper	U15B (1)	Cambridge Harriers	4:47.75
5	Katie Stringer	U15G (1)	Medway & Maidstone	4:50.39
6	Beatrice Fury	U20W (1)	Medway & Maidstone	5:07.53
7	Hannah Hopper	U17W (1)	Cambridge Harriers	5:27.20
8	Hannah Atkinson	U15G (2)	Cambridge Harriers	5:54.86
9	Geraldine Legon (W60)	SENW (1)	Bexley Athletic Club	6:44.45

**Slater/Bryce Memorial Track Walks (Incorporating Sussex
10,000m Championships), Horsham (Sat. 16th Mar.)**

In what one walker described as brisk conditions, i.e. strong with showers, sixteen took part in the annual Slater/Bryce Memorial 10,000m races, **reports Ron Penfold**. Dave Annetts took the lead in the men's race from the start and looked strong throughout went on to record an impressive time of 48:29.3 in the conditions. The main race of the morning was with two Olympians for the Sussex men's

title, Ian Richards, who represented GB in 1990 and Gyula Dudas of Hungary who now lives in Brighton, who represented Hungary in 2000 and 2004 were together all the way, each trying to make a break without success till the last lap when Gyula managed to pull away from Ian to win his first Sussex Title in 52:40.1, Ian was six seconds back and had the consolation of unofficially breaking the World M70 record by 19 seconds. First in the Women's race was Penelope Cummings in 59:12.6. Anne Jones regained her Sussex title in 69:22.1.

Mixed 10,000m (Sussex Championships) (A Judged)

Pos	Athlete	AG	Club	Perf
1	Gyula Dudas	M50	Hungary	52:40.1
2	Ian Richards	M70	Steyning Athletic Club	52:49.9
3	Trevor Jones	M60	Steyning Athletic Club	58:29.2
4	Paul Gaston	M70	Surrey Walking Club	67:46.9
5	Anne Jones	W60	Steyning Athletic Club	69:22.1
	Graeme Heaton	M55	Heathfield Runners	DNF

Mixed 10,000m (B Judged)

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	48:29.3
2	Penelope Cummings	W40	Aldershot Farnham & Dist.	59:12.6
3	Mark Culshaw	M50	Ilford Athletic Club	63:37.2
4	Richard Emsley	M65	Saints & Sinners R.C.	66:16.1
5	David Kemp	M55	Arena 80	66:19.0
6	Stuart Maidment	M65	Steyning Athletic Club	67:45.3
7	John Killick	M70	Steyning Athletic Club	67:59.4
8	Christopher Flint	M70	Surrey Walking Club	71:09.5
9	Arthur Thomson	M80	Enfield & Haringey AC	71:54.7
10	David Hoben	M65	Surrey Walking Club	75:20.9

5000m (B)

Pos	Athlete	AG	Club	Perf
1	Peter Hannell	M75	Surrey Walking Club	37:26.9

Mixed 2000m (B)

Pos	Athlete	AG	Club	Perf
1	Lewis Burr	U13B	Tonbridge Athletic Club	13:23.4
2	Harvey Perry	U13B	Lewes Athletic Club	13:39.6
3	Rosie Gaughan	U13G	Lewes Athletic Club	13:59.9

1000m (B)

Pos	Athlete	AG	Club	Perf
1	Charlie Perry	U11B	Lewes Athletic Club	6:37.1

Enfield Race Walking League – Youngsters set the Pace

Three races into the 2019 series and it's the juniors setting the pace; George Wilkinson and Jacqueline Benson (*both under 20's and pictured*) heading the overall table and Ashford AC with three of its six scorers from the junior ranks opening a gap in the team championship.



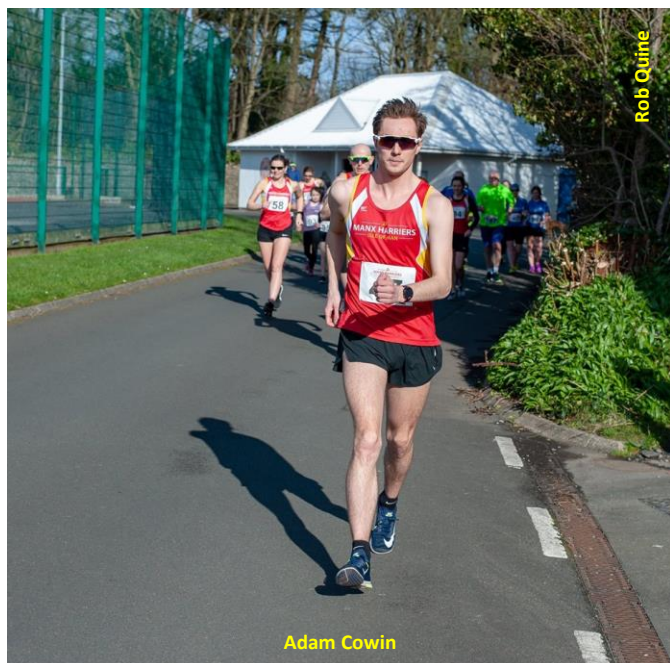
It is early days and things could change drastically over the next eight months and nine races, but with four 5000m races in the programme over

the summer months, the youngsters have a wonderful opportunity to consolidate their positions.

Participants this year so far number 55 (of which 22 women) representing 15 clubs.

Ladies	Men	Team
196/3 Jacqueline Benson	207/3 George Wilkinson	Ashford AC - 839
158/3 Lesley Hall	195/3 Trevor Jones	Enfield – 712
132/2 Mille Morris	187/3 Chris Hobbs	Ilford AC - 689
Next ERWL Fixtures		
20 th April LICC Meeting – Lee Valley 12 Noon - 5/3/2 km	6 th May Pednor 5 5pm – 5 & 2 Mile	1 st June Moulton 5 12:30 – 5 Miles

Isle of Man 10km & Younger Age Group Road Race Walking Championships, NSC, Douglas (Sun. 17th Mar.)



Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Adam Cowin	SENM	Manx Harriers	46.42
2	Gianni Epifani	M45	Manx Harriers	47.24
3	Hannah Hunter	W35	Manx Harriers	54.37
4	James Quirk	M45	Manx Harriers	57.17
5	Jayne Farquhar	W45	Manx Harriers	62.33
6	Sharon Cain	W45	Manx Harriers	63.51
7	Louise Hollings	W35	Manx Harriers	64.55
8	Vicki Heavey	W45	Northern (IOM) A.C.	66.55
9	Colin Moore	M55	Isle of Man Veterans A.C.	67.59
10	Lalage Earnshaw-Cain	SENW	Unattached	68.37
11	Voirrey Earnshaw-Cain	W55	Northern (IOM) A.C.	70.01
12	Maura Kelly	W50	Northern (IOM) A.C.	69:40
13	Sylvia Kennaugh	W70	Isle of Man Veterans A.C.	76.29

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Keira Heavey	U17W	Northern (IOM) A.C.	31.45
2	Phillip Swales	M50	Northern (IOM) A.C.	32.25

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) A.C.	17:06

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Grayse Fletcher	U13G	Unattached	15.05
2	Dominic Dunwell	U13B	Northern (IOM) A.C.	15.24

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Amy Surgeon	U11G	Unattached	7.41
2	Lilee Fletcher	U9G	Unattached.	8.10
3	Harri Swales	U9B	Northern (IOM) A.C.	8.13
4	Aalin Heavey	U9G	Northern (IOM) A.C.	8.35
5	Jay-Jay Fletcher	U9B	Unattached	9.07

Sarnia Walking Club, Chilcott Cup 7 Mile Road Walk, Albecq to North Side, Guernsey (Sun. 24th Mar.)

With the smallest starting line-up for some time, Stuart Le Noury strode to another Chilcott Cup win over the 7 miles road course from Albecq to North Side, **reports Rob Elliott**. In near perfect conditions he went through 3 miles in 25:02 and 5 miles in just over 42 minutes to cross the finish line in 58:50.

The walk of the day though went to second placed Donna Allan who removed well over two minutes from her previous best time and beat the women's record of 1:06:11 set by Jenny Tostevin back in 1985, when she finished in 1:05:03

Going through the 3 miles point in 27:37 and having a good middle section of the race to reach 5 miles in 46:26, the record was on with only another few miles to go. The five miles point in itself was the fastest Donna has walked and all indicates a renewal of her metric 10 kilometres best is due.

Third place went to Kevin Le Noury with his best 7 miles for a few years after Phil Lockwood pulled out of the race with chest problems. Mick Le Sauvage, now only a few races away from reaching 8,000 competitive miles finished in 1:25:08 for fourth place.

Mixed 7 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	58:50
2	Donna Allen	W40	Sarnia Walking Club	65:03
3	Kevin Le Noury	M60	Sarnia Walking Club	75:19
4	Mick Le Sauvage	M75	Sarnia Walking Club	85:02
	Phil Lockwood	M45	Sarnia Walking Club	DNF

Ken Munro Trophy, Dalton, North Yorkshire (Sun. 24th Mar.)

Scotland secured their first race walking team win.



Mixed 10 Mile

Pos	Athlete	AG	Club	Team	Perf
1	Francisco Reis	M55	Surrey Walking Club	Guest	1:27:41
2	Bill McFadden	M55	Scotia R.W.C.	Scotland	1:34:48
3	Malcolm Martin	M60	Surrey Walking Club	Guest	1:40:42
4	Graham Jackson	M50	Yorkshire R.W.C.	Yorkshire	1:41:50
5	Colin Scott	M55	Yorkshire R.W.C.	Scotland	1:43:01
6	Dennis Jackson	M70	Yorkshire R.W.C.	Yorkshire	1:47:38
7	Neil Armitage	M55	Yorkshire R.W.C.	Scotland	1:51:57
8	Sharon Gayter	W55	North York Moors A.C.	Yorkshire	1:52:42
9	Phil McCullagh	M60	Lancashire W.C.	Lancashire	1:56:38
10	Gerard McConnell	M55	Scotia R.W.C.	Scotland	1:59:50
11	Sailash Shah	M50	Lancashire W.C.	Lancashire	2:02:33
12	Sarah Circo	N/K	Unattached	Yorkshire	2:02:37
13	Bill Gayter	M55	North York Moors A.C.	Yorkshire	2:07:46
14	Angela Martin	W50	Surrey Walking Club	Guest	2:08:32
15	Ron Stewart	M75	North Shields Poly A.C.	Yorkshire	2:09:17
	Mark Byrne	M55	Redcar R.W.C.	North East	DNF

Team: Scotland – 17 points Yorkshire – 22 points

Sarnia Walking Club Championship One - 5km Road Walk, Saumarez Park, Guernsey (Sun. 31st Mer.)

Rob Elliott opened up the Sarnia Walking Club 2019 Championship with a winning 28:49 clocking over 5km, **reports Rob Elliott**, ahead of second placed and leading woman Donna Allan with 30:58. Elliott, celebrating his birthday and moving up into the M60 age group, surprised himself with his best time for three years and in the process broke the Guernsey age best time set by Terry Bates back in 2011. A

seven minute dead time for the first of the four laps gave him a good start which was followed by laps of 7:13, 7:19 and 7:17.

Second and third places were taken by walkers who have entered marathons in the next few months, second placed Donna in London and third placed Phil Lockwood in Brighton.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliot	M60	Sarnia Walking Club	28:49
2	Donna Allan	W40	Sarnia Walking Club	30:58
3	Phil Lockwood	M45	Sarnia Walking Club	33:43
4	Kevin Le Noury	M60	Sarnia Walking Club	35:15
5	Kay Coulson	W50	Sarnia Walking Club	37:25
6	Mick Le Sauvage	M75	Sarnia Walking Club	37:54
7	Dave Dorey	M70	Sarnia Walking Club	41:19
	Kevin Allan	M40	Sarnia Walking Club	DNF
	Jayne Le Noury	W55	Sarnia Walking Club	DNF

Race Walking Assoc. Young Athletes Grand Prix 2019

Current standings in the RWA YAG GP after the first two events. The next event is the National Championships on 28th April in Coventry.

Under 13 Girls

Pos	Athlete	Club	Points
1	Kelsey Tozer	Birchfield Harriers	78
2	Elena Richards	Dudley & Stourbridge Hs	73
3	Daisy Rogers	Dudley & Stourbridge Hs	71
4	Carla Forsyth	Blackheath & Bromley	40
5	Lola-Mae Billingham	Aldershot Farnham & Dist.	37
6	Rosie Gaughan	Lewes Athletic Club	36

Under 15 Girls

Pos	Athlete	Club	Points
1	Katie Stringer	Medway & Maidstone	80
2	Abigail Smith	Blackheath & Bromley	75
3	Charlotte Wallis	Aldershot Farnham & Dist.	73
4	Mia Dunwell	Northern (IOM) AC	38
5	Natasha Mitchell	Winchester & Dist. AC	36

Under 17 Women

Pos	Athlete	Club	Points
1	Lois Carty	Aldershot Farnham & Dist.	80
2	Millie Morris	Ashford Athletic Club	76
3	Hannah Hopper	Cambridge Harriers	74
4	Grace Whittingham	Ashford Athletic Club	37
	Lara MacColl	City of Sheffield & Dearne	36
=6	Keira Heavey	Northern (IOM) AC	35
=6	Georgia Parkinson	Menai Track & Field	35
8	Rachel Harding	Ashford Athletic Club	34
9	Rebecca Mitchell	Winchester & Dist. AC	33

Under 20 Women

Pos	Athlete	Club	Points
1	Shannon Thomas	Swansea Harriers	71
=2	Laura Achurch	Leicester Walking Club	40
=2	Pagen Spooner	Hyde Park harriers	40
=4	Alice Bellando	Manx Harriers	38
=4	Abigail Jennings	Aldershot Farnham & Dist.	38
6	Megan Stratton-Thomas	Swansea Harriers	37
7	Jaqueline Benson	Ashford Athletic Club	36
8	Beatrice Fury	Medway & Maidstone	35
9	Anna Hinchliffe	Aldershot Farnham & Dist.	33

Under 13 Boys

Pos	Athlete	Club	Points
1	Lewis Burr	Tonbridge Athletic Club	75
2	Ellis Simmonds	2 DASH	40
3	Eddy Purser	City of Portsmouth AC	40
4	Ben Heley	2 DASH	38

Under 15 Boys

Pos	Athlete	Club	Points
1	Christian Hopper	Cambridge Harriers	80
2	Owen Bradshaw	City of Sheffield & Dearne	38

Under 17 Men

Pos	Athlete	Club	Points
1	Nick Hart	Aldershot Farnham & Dist.	80
2	Faris Alkhamesi	Nuneaton Harriers	38

Under 20 Men

Pos	Athlete	Club	Points
1	George Wilkinson	Enfield & Haringey AC	78
2	Matthew Crane	Bexley Athletic Club	75
3	Chris Snook	Aldershot Farnham & Dist.	40
4	Daniel Mckerlich	Cardiff A.A.C.	37
5	Oliver Hopkins	Lewes Athletic Club	36

Girls Team

Girls Team		Boys Team		
1	Aldershot Farnham & D	261	1 Aldershot Farnham & D	120
2	Ashford Athletic Club	183	2 Cambridge Harriers	80
3	Dudley & Stourbridge H	144	=3 2 DASH	78
=4	Medway & Maidstone	115	=3 Enfield & Haringey AC	78
=4	Blackheath & Bromley	115	=5 Tonbridge Athletic Club	75
6	Swansea Harriers	108	=5 Bexley Athletic Club	75
7	Birchfield Harriers	78	7 City of Portsmouth AC	40
=8	Northern (IOM) A.C.	73	=8 Nuneaton Harriers	38
=8	Cambridge Harriers	73	=8 C of Sheffield & Dearne	38
10	Winchester & Dist. A.C.	69	10 Cardiff A.A.C.	37
=11	Leicester Walking Club	40	11 Lewes Athletic Club	36
=11	Hyde Park Harriers	40		
13	Manx Harriers	38		
=14	C of Sheffield & Dearne	36		
=14	Lewes Athletic Club	36		
15	Menai Track & Field	35		

**Combined Team**

1	Aldershot Farnham & D	381	13 C of Sheffield & Dearne	74
2	Ashford Athletic Club	183	13 C of Sheffield & Dearne	74
3	Cambridge Harriers	153	14 Northern (IOM) A.C.	73
4	Dudley & Stourbridge H	144	15 Lewes Athletic Club	72
=5	Medway & Maidstone	115	16 Winchester & District AC	69
=5	Blackheath & Bromley	115	=17 Leicester Walking Club	40
7	Swansea Harriers	108	=17 Hyde Park Harriers	40
=8	2 DASH	78	=17 City of Portsmouth A.C.	40
=8	Enfield & Haringey AC	78	=20 Manx Harriers	38
=8	Birchfield Harriers	78	=20 Nuneaton Harriers	38
=11	Tonbridge Athletic Club	75	22 Cardiff A.A.C.	37
=11	Bexley Athletic Club	75	23 Menai Track & Field	35

UPCOMING EVENTS**April**

Sat 06 (B)	Macclesfield Shield 10 Mile	Sutton Macclesfield
Sun 07 (B)	Sarnia WC Championship 2 (10km)	St Sampsons
Wed 10 (A)	VAC/Herts/Middx/Surrey 10,000m	Battersea Park
Sun 14 (B)	I.O.M. Fire Brigade Memorial 50km	Peel to Douglas
Sun 14 (B)	Sarnia WC 3 Mile Road Race	Rocquaine
Sun 14 (A)	Midland Track Championships	Nuneaton
Tue 16 (B)	Veterans AC Summer Series (5 Mile)	Battersea Park
Sat 20 (B)	LICC/Enfield League 5000m	Lee Valley
Mon 22 (A)	Tonbridge AC Open 3000m	Tonbridge School
Fri 26 (A)	South Yorkshire League #2	Millhouses Park
Sun 28 (A)	RWA National 10km & YAG	Warwick Uni.

May

Sun 05 (B)	Sarnia Graham Man Team Handicap	Amarreurs Road
Mon 06 (A)	Hampshire Champs & Open 3000m	Portsmouth
Mon 06 (B)	Pednor 5 Mile/Enfield League	Pednor
Mon 06 (A)	Hertfordshire Champs 3000m	Stevenage
Sat 12 (A)	County Championships	Various
Sun 13 (A)	County Championships	Various