



Race Walking Record

August 2019



Callum Wilkinson
National 5000m Walk Record at
British Championships

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

International Results

Youth Nations Match (Ireland v England), Morton Stadium, Dublin (Sat. 3rd Aug.)

The Irish dominated both walks. Personal bests for Grace Whittingham, Kiera Heavey and Nicholas Hart.

Under 18 Girls 2000m

Posn	Athlete	Nation/Team	Perf	Notes
1	Emily McHugh (U18)	IRL (Green)	10:03.51	
2	Ava Ross (U18)	IRL (White)	10:17.96	
3	Grace Whittingham (U18)	ENG (Red)	10:48.73	PB
4	Kiera Heavey (U18)	ENG (White)	11:05.07	PB

Under 18 Boys 3000m

Posn	Athlete	Nation/Team	Perf	Notes
1	Oisín Lane (U18)	IRL (Green)	12:43.70	
2	Matthew Glennon (U18)	IRL (White)	12:58.39	
3	Matthew Crane (U18)	ENG (White)	13:38.98	
4	Nicholas Hart (U18)	ENG (Red)	14:43.67	PB



Manchester International, Manchester Regional Arena (Wed. 14th Aug.)

The torrential rain that plaque the early part of the meeting, which saw some events suspended, gave way to damp humid conditions by the start time of the walk. Numbers on the start line were considerably down on 2018 when a combined field of 22 started.

Cameron Corbishley clocked 11:44.64 to set a new meeting record ahead of Luc Legon and Matthew Crane. Erika Kelly took the win in the ladies section ahead of Pagen Spooner who set a personal best.



Mixed 3000m

Posn	Athlete	Team	Perf	Note
1	Cameron Corbishley (U23)	ENG All Stars	11:44.98	CR
2	Luc Legon (U23)	ENG BAL	13:02.27	
3	Matthew Crane (U20)	GBR U20	13:33.84	
4	Erika Kelly	ENG	13:52.36	
5	Pagen Spooner (U20)	GBR U20	14:46.77	PB
6	Natalie Myers	ENG UKWAL	15:22.72	SB
	Tom Partington (U23)	ENG	DQ	R230.7c
	Jasmine Nicholls	ENG All Stars	DQ	R230.7c

BAM Cork City Sports International Athletics Meet, Cork, Ireland (Wed. 14th Aug.)

Callum Wilkinson won the 3000m walk in a personal best of 10:59.00, a time which was also a meeting record as he beat Irish internationals Alex Wright (11:06.28) and Brendan Boyce (11:17.84), just missing German Christopher Linke's world lead of 10:57.45.



Men's 3000m

Posn	Athlete	Nation	Perf	Note
1	Callum Wilkinson (U23M)	GBR	10:59.00	PB
2	Alex Wright	IRL	11:06.28	
3	Brendan Boyce	IRL	11:17.84	
4	Cian McManamon	IRL	11:58.01	
5	David Kenny	IRL	12:25.04	

15th Chiasso in Marcia, Chiasso (SUI) (Sun. 1st Sept.)

The 15th edition of the "Chiasso in Marcia" was held in Chiasso, Switzerland. The 1km course was considered by some to be a slow one, with an undulating lap and occasional sections of slippery stone slabs.

The women's race was dominated by Shenjie Qieyang (CHN) who clocked an impressive 1:26:51. Bethan Davies targeting the World Championship qualifying time of 1:33:30 finished 6th in 1:38:06.

The men's race was won by Italian Stefano Chiesa with 1:21:54.



Women's 20km

Posn	Athlete	Nation	Perf	Note
1	Shenjie Qieyang	CHN	1:26:51	
2	Jemima Montag	AUS	1:34:16	
3	Valentina Trapletti	ITA	1:35:23	
4	Alana Barber	NZL	1:37:43	
5	Bethan Davies	WAL	1:38:06	
6	Martina Ansaldi	ITA	1:44:38	
7	Erin Taylor-Talcott	USA	1:49:54	
	Lidia Barcella	ITA	DNF	
	Dora Briere	SUI	DNF	

Men's 20km

Posn	Athlete	Nation	Perf	Note
1	Stefano Chiesa	ITA	1:21:54	
2	Qin Wang	CHN	1:24:23	
3	Leonardo Dei Tos	ITA	1:26:41	
4	Evan Dunfee	CAN	1:27:24	
5	Andrea Agrusti	ITA	1:27:31	
6	Quentin Rew	NZL	1:27:39	
7	Damien Blocki	POL	1:28:48	
8	Daniele Breda	ITA	1:33:39	
	Zelin Cai	CHN	DNF	

National Results

British Masters Track & Field Championships, Alexander Stadium, Birmingham (Sat. 10th & Sun. 11th Aug.)

Results only, no report received.

M70+ & All Women 3000m (Sat. 10th Aug.)

Pos	Athlete	AG/BMAF	Masters Club	Perf
1	Carolyn Derbyshire	W40 [1]	Midland Masters AC	16:12.35
2	Penelope Cummings	W40 [2]	Veterans Athletic Club	16:33.24
3	Emma Dyos	W40 [3]	Veterans Athletic Club	16:52.69
4	Wendy Kane	W50 [1]	Midland Masters AC	17:54.99
5	Julie Bellfield	W50 [2]	Midland Masters AC	17:58.19
6	Roger Michell	M70 [1]	Midland Masters AC	18:06.69
7	Rachel Lawless	W55 [1]	Eastern Masters AC	18:56.94
8	Lynn Bellfield	W50 [3]	Midland Masters AC	19:14.26
9	Lesley Morris	W55 [2]	Veterans Athletic Club	20:46.88
10	Dash Newington	W35 [1]	North East Masters AA	21:45.39
11	Karen Williams	W65 [1]	Midland Masters AC	22:20.08
12	Doug Milsom	M80 [1]	Veterans Athletic Club	22:48.22
13	Ron Stewart	M75 [1]	North East Masters AA	23:54.44
	Ian Richards	M70	Veterans Athletic Club	DQ

M35 to M60 3000m (Sat. 10th Aug.)

Pos	Athlete	AG/BMAF	Masters Club	Perf
1	David Annetts	M50 [1]	Veterans Athletic Club	15:09.68
2	Steve Allen	M60 [1]	Eastern Masters AC	17:55.50
3	Paul Hawkins	M60 [2]	Midland Masters AC	18:41.88
4	Raymond Robinson	M45 [1]	North East Masters AA	18:56.92
5	Simon Le Mere	M55 [1]	Eastern Masters AC	23:11.96
6	Garry Glave	M45 [2]	Veterans Athletic Club	28:41.80
	Hardeep Minhas	M60	Midland Masters AC	DQ

Mixed 5000m (Sun. 11th Aug.)

Pos	Athlete	AG/BMAF	Masters Club	Perf
1	David Annetts	M50 [1]	Veterans Athletic Club	24:46.71
2	Ian Richards	M70 [1]	Veterans Athletic Club	26:13.93
3	Carolyn Derbyshire	W40 [1]	Midland Masters AC	27:54.07
4	Harriet Hide	W45 [1]	South West Veterans	28:34.24
5	Silvana Alves	W45 [2]	Barnet & District AC	29:32.72
6	Steve Allen	M60 [1]	Eastern Masters AC	30:27.05
7	Roger Michell	M70 [2]	Midland Masters AC	30:39.22
8	Julie Bellfield	W50 [1]	Midland Masters AC	30:55.44
9	Paul Hawkins	M60 [2]	Midland Masters AC	32:00.71
10	Lesley Hall	W60 [1]	Southern Counties Vets	33:02.06
11	Lynn Bellfield	W50 [2]	Midland Masters AC	33:03.93
12	Susan Barnett	W65 [1]	Eastern Masters AC	33:24.35
13	Hardeep Minhas	M60 [3]	Midland Masters AC	33:35.72
14	Carrie Oliver	W55 [1]	South West Veterans	34:50.02
15	Dash Newington	W35 [1]	North East Masters AA	38:07.55
16	Karen Williams	W65 [2]	Midland Masters AC	38:36.91
17	Ron Stewart	M75 [1]	North East Masters AA	42:49.75
	Simon Le Mere	M55 [1]	Eastern Masters AC	DNF

The Tower Insurance Isle of Man Open 100 Mile Race Walk Incorporating RWA National Long Distance Championships Castletown, Isle of Man (Sat. 17th Aug. – Sun. 18th Aug.)

The event was held in Castletown which is located at the southern end of the Isle of Man and was the Manx capital until 1869 and is dominated by Castle Rushen, which the walkers passed on each of the picturesque one-mile lap.

Twenty-seven of the fifty-nine walkers who started the Tower Insurance Isle of Man Open 100 mile race walk completed the full distance with sixteen qualifying as new British Centurions.

Dutch walker Rob Tersteeg led the whole way and was never challenged, winning with a good time of 19:47:15. Andrew Titley (IOM) and Paul Sayle (IOM) were next early on, followed by Peter Asselman (BEL), but it was the Belgium who held it together the best,

taking second clocking 20:24:24. Ahead of Titley (20:59:54) with Sayle (21:15:42) the first new centurion to finish.

Bernie Johnson (IOM) and Sandra Brown (ENG) had a race long battle with Johnson taking the ladies win less than 3 minutes ahead of Brown. Johnson walked the whole race with husband Lee Johnson and the crossed the line hand in hand. Claire Bass took third in the women's race with 23:13:24.



The sixteen new British Centurions: C1196 Paul Sayle (IOM), C1197 Edwin van Wijngaarden (NED), C1198 Graham Jackson (ENG), C1199 Lee Johnson (IOM), C1200 Peter Duijst (NED), C1201 Andrew Dent (ENG), C1202 Claire Bass (ENG), C1203 Corina Riezebos-Rijploeg (NED), C1204 Sophie Dvorakova (IOM), C1205 Mark Hemsall (IOM), C1208 Adrie Romijn (NED), C1209 Alison Kenyon (IOM), C1210 Dick Stoevelaar (NED) & C1211 Wilko Koster (NED).

Mixed 100 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Rob Tersteeg	M40	RWV (Netherlands)	19:47:15
2	Peter Asselman	SENM	ACL (Belgium)	20:24:24
3	Andrew Titley	M50	Isle of Man Veterans	20:59:54
4	Paul Sayle	M40	Unattached (Isle of Man)	21:15:42
5	Edwin van Wijngaarden	M50	Netherlands	21:30:41
6	Colin Vesty	M50	Leicester Walking Club	21:47:42
7	Graham Jackson	M50	Northern Masters AA	21:48:21
8	Frank van der Gulik	M40	De Lat (Netherlands)	22:09:11
9	Bernie Johnson	W35	Isle of Man Veterans	22:39:51
10	Lee Johnson	M40	Isle of Man Veterans	22:39:51
11	Sandra Brown	W70	Surrey Walking Club	22:43:39
12	Peter Duijst	M50	RWV (Netherlands)	22:43:53
13	Martin Vos	M50	RWV (Netherlands)	22:55:29
14	Andrew Dent	M40	Unattached (Isle of Man)	23:01:09
15	Claire Bass	W40	Ely Runners	23:13:24
16	Frans Leijtens	M40	RWV (Netherlands)	23:20:30
17	Corina Riezebos-Rijploeg	W50	RWV (Netherlands)	23:35:12
18	Mathijs Timmermans	M60	KWBN (Netherlands)	23:39:11
19	Sophie Dvorakova	SENW	Unattached (Isle of Man)	23:45:43
20	Mark Hemsall	M50	Unattached (Isle of Man)	23:45:43
21	May Hooper	W50	Manx Harriers	23:47:59
22	Courtenay Heading	M60	Isle of Man Veterans	23:51:14
23	Adrie Romijn	M60	Netherlands	23:52:20
24	Stephanie Burton	W50	Unattached (Isle of Man)	23:53:28
25	Alison Kenyon	W50	Unattached (Isle of Man)	23:53:29
26	Dick Stoevelaar	M60	RWV (Netherlands)	23:54:03
27	Wilko Koster	M50	RWV (Netherlands)	23:54:58
	Gabriel Farmer	M60	Unattached (Isle of Man)	DNF-90m
	Stewart Jones	M40	Manx Harriers	DNF-85m
	Martin Fisher	M55	Redcar Race Walking Club	DNF-85m
	Nicola Raven	W55	Manx Harriers	DNF-84m
	Sharon Cain	W50	Manx Harriers	DNF-80m
	Edmund Shillabeer	M80	Iford Athletics Club	DNF-68m
	Christopher Flint	M70	Surrey Walking Club	DNF-66m

Raymond Harris	M50	Unattached (Isle of Man)	DNF-62m
Sandra De Graaff	W50	RWV (Netherlands)	DNF-62m
Cristian Fernandez	M40	RWV (Netherlands)	DNF-60m
Kathryn Prince	W50	Unattached (Isle of Man)	DNF-60m
Kellie Hands	W40	Unattached (Isle of Man)	DNF-60m
Adrian Edwards	M50	Lancashire Walking Club	DNF-59m
Mark Lund	SENM	Unattached (Isle of Man)	DNF-58m
Louise Hollings	W35	Manx Harriers	DNF-58m
Sailash Shah	M55	Lancashire Walking Club	DNF-53m
Richard Brown	M70	Surrey Walking Club	DNF-51m
Don Arthurs	M50	Unattached (Isle of Man)	DNF-50m
Annie Donnelly	W50	Unattached (Isle of Man)	DNF-48m
Sue Clements	W60	Cambridge & Coleridge	DNF-47m
George Smolinski	M65	Leicester Walking Club	DNF-46m
Arjan Lukken	M50	RWV (Netherlands)	DNF-45m
Arjan Bogerd	M40	RWV (Netherlands)	DNF-42m
Andrew Green	M65	Manx Harriers	DNF-39m
Michael Corlett	SENM	Unattached (Isle of Man)	DNF-36m
David Walker	M50	Manx Harriers	DNF-33m
Russell Walker	M40	Unattached (Isle of Man)	DNF-33m
Voirrey Earnshaw-Cain	W50	Manx Harriers	DNF-33m
Hans J.M.J. van der Helm	M70	KWBN (Netherlands)	DNF-23m
Mark Eijdens	M40	OLAT (Netherlands)	DNF-23m
Barbara Watt	SENW	Unattached (Isle of Man)	DNF-18m
Alan McCulloch	M50	Unattached (Isle of Man)	DNF-14m

Sun. 18th Aug. Mixed Open 20 Mile - Incorporating BMAF Championship (B)

Pos	Athlete	AG	Club	Perf
1	Ian Richards	M40	Steyning Athletic Club	3:19:15
2	Simon Gwane	SENM	Unattached (Isle of Man)	3:27:54
3	Tony Mackintosh	M45	Isle of Man Veterans	3:30:22
4	Christopher Burn	M40	Unattached (Isle of Man)	3:36:05
5	Hardeep Minhas	M60	Leicester Walking Club	3:38:09
6	Michael Readshaw	M60	Unattached (Isle of Man)	3:39:07
7	Steve Kemp	M50	Easter Masters AC	3:45:29
8	Ray Beattie	M60	Unattached (Isle of Man)	3:49:39
9	Michelle Turner	W45	Northern (IOM) AC	3:51:17
10	Lorna Gleave	SENW	Unattached (Isle of Man)	3:55:16
11	Keith Green	M60	Manx Harriers	3:56:39
12	Jayne Farquhar	W50	Manx Harriers	3:59:50
13	Michael Shipsides	M50	Unattached (Isle of Man)	4:01:33
14	Elizabeth Corran	W60	Manx Harriers	4:07:10
15	Andy Baxendale	M50	Isle of Man Veterans	4:07:46
16	Colin Moore	M60	Isle of Man Veterans	4:12:36
17	David Hoben	M65	Surrey Walking Club	4:23:42
18	Claudine Anxionnat	W50	France	4:31:44
19	Maureen Cox	W60	Unattached (Isle of Man)	4:36:56
20	Dermot O'Toole	M70	Unattached (Isle of Man)	4:44:46
21	Anne Dudley	W40	Unattached (Isle of Man)	4:44:47
22	Mick Holgate	M70	Manx Harriers	4:48:49
23	Veronica Leijtens	W40	RWV (Netherlands)	4:50:31
24	Rebecca Hands	SENW	Unattached (Isle of Man)	4:54:19
25	Christine Corlett	SENW	Unattached (Isle of Man)	5:03:35
26	Emmanuel Tardi	M50	France	5:08:14
	Rebecca Greatbatch	U23W	Manx Harriers	DNF

Muller British Athletics Senior Championships, Alexander Stadium, Birmingham (Sat. 24th & Sun. 25th Aug.)

Callum Wilkinson and Bethan Davies dominated their respective races at the British Championships at a hot Alexander Stadium in Birmingham.

Wilkinson clocked a National Record of 18:41.23 to eclipse the 18:43.28 set by Tom Bosworth in 2017. Wilkinson was never no more than a second outside the pace required and a final 1000m 3:40.42 ensured that he took the British record by over two seconds and the title with a winning margin of two minutes.

Davies secured an even bigger winning margin in the women's race recording a seasons best of 21:56.45.

**Women's 5000m (25th Aug.)**

Posn	Athlete	Club	Perf	Note
1	Bethan Davies	Cardiff A.A.C.	21:56.45	SB
2	Erika Kelly	Northern (IOM) AC	24:39.08	
3	Madeline Shott	Belgrave Harriers	25:33.67	
4	Jasmine Nicholls	Leicester WC	25:37.80	PB
5	Pagen Spooner (U20)	Hyde Park Harriers	25:40.77	
6	Abigail Jennings (U20)	Aldershot F & D	26:17.03	
7	Emily Ghose (U23)	Tonbridge AC	27:54.93	
8	Natalie Myers	2 DASH	28:07.28	SB
9	Megan Stratton-Thomas (U20)	Swansea Harriers	31:19.59	

Men's 5000m (25th Aug.)

Posn	Athlete	Club	Perf	Note
1	Callum Wilkinson (U23)	Enfield & Haringey	18:41.23	NR
2	Cameron Corbishley (U23)	Medway & Maidstone	20:41.23	SB
3	Tom Partington (U23)	Manx Harriers	22:07.03	
4	Luc Legon (U23)	Bexley AC	22:50.13	
5	Matthew Crane (U20)	Bexley AC	22:57.52	PB
6	David Annetts (M50)	North Herts RR	25:06.32	
	George Wilkinson (U20)	Enfield & Haringey	DQ	R230.7c



The Judges at the British Championships – Mark Wall, Dr Ian Richards, Bob Dobson (Penalty Zone), Noel Carmody, Peter Marlow (Chief Judge), Glyn Jones (Recorder) & Steve Taylor

England Athletics U17/U15 Championships, Bedford International Stadium (Sat. 31st Aug. & Sun. 1st Sept.)

Ava Ross (IRL) won the U17 women's 5000m in 27:56.1 with Nick taking the men's equivalent clocking 27:41.40. Millie Morris and Hannah Hopper both made visits to the Penalty Zone for 30 seconds, with the latter still achieving a track personal best.

In the under-15 3000m Christian Hopper set an age-group leading mark of 15:07.31. Mia Dunwell won the girls race in 16:29.68 ahead of newcomer Abby Hughes (Taunton AC).

U15 Boys 3000m (1st Sept)

Posn	Athlete	Club	Perf	Note
1	Christian Hopper	Cambridge Harriers	15:07.31	PB
2	Eddy Purser	City of Portsmouth AC	18:02.20	

U15 Girls 3000m (1st Sept)

Posn	Athlete	Club	Perf	Note
1	Mia Dunwell	Northern (IOM) AC	16:29.58	
2	Abby Hughes	Taunton Athletic Club	16:51.45	
3	Abigail Smith	Blackheath & Bromley	17:05.02	
4	Gracie Griffiths	Pembrokeshire Harriers	17:22.79	PB
5	Charlotte Wallis	Aldershot Farnham & D.	18:15.89	
6	Hannah Atkinson	Cambridge Harriers	19:14.22	

U17 Men's 5000m (1st Sept)

Posn	Athlete	Club	Perf	Note
1	Nicholas Hart	Aldershot Farnham & D.	27:41.40	

U17 Women's 5000m (1st Sept)

Posn	Athlete	Club	Perf	Note
1	Ava Ross	Glaslough Harriers/IRL	27:56.51	
2	Hannah Hopper	Cambridge Harriers	30:11.52	PB
3	Millie Morris	Ashford Athletic Club	30:33.61	
	Lois Carty	Aldershot Farnham & D.	DQ	R163.3b

Albert 'Alf' Stokes R.I.P.



The Race Walking Association is saddened to report the news of the passing of Albert 'Alf' Stokes who passed away on 21st July aged 92.

Albert was a founder member and coach at Tamworth Athletics Club. He inspired countless athletes over the years; many of whom won National Championships and achieved International honours. Some have even followed in his footsteps as coaches themselves and are active members of the club to this day.

Albert's greatest passion in athletics was race walking and his sheer enthusiasm was the force behind a formidable squad of athletes and coaches at Tamworth. Those who knew him best remember how Albert would always entertain them with many stories from a life that leaves an everlasting legacy.

Our thoughts are with Albert's family. He will be missed with sadness and remembered with fondness.

Domestic Results

Eastern Masters AC Track & Field Championships, Garon Park, Southend (Sat. 20th Jul.)

Results only, no report received.

Mixed 2000m (B)

Pos	Athlete	AG	Club	Perf
1	Adam Hills	M40	Bedford Harriers	11:15.0
2	Emma Dyos	W40	Ilford Athletic Club	11:15.6
3	Simon Morgan	M50	Ilford Athletic Club	12:16.2
4	Rachel Lawless	W55	Ilford Athletic Club	12:21.1
5	Keith Palmer	M50	Southend-on-Sea AC	12:59.4
6	John Borgars	M75	Loughton Athletic Club	13:16.3
7	Lesley Morris	W55	Ilford Athletic Club	13:41.3
8	Peter Binns	M70	Southend-on-Sea AC	14:34.7
9	Dash Newington	W35	Gateshead Harriers/AUS	14:59.6

MDAL Endurance Open Meeting 3, Swansea (Wed. 31st Jul.)

Routine win for Bethan Davies.

Mixed 1 Mile Track

Pos	Athlete	AG	Club	Perf
1	Bethan Davies	SEW	Cardiff A.A.C.	06:48.02
2	Megan Stratton-Thomas	U20W	Swansea Harriers	08:13.21
3	Daniel Mckerlich	U20M	Cardiff A.A.C.	08:13.69
4	Amy Phipps	SEW	Neath Harriers	09:46.87
5	Shannon Thomas	U20W	Swansea Harriers	09:56.71
6	Paul Winstanley	M55	Run4All	10:02.10
7	Jemma Osborn	SEW	Swansea Harriers	11:16.88

Sarnia WC Aventus Championship Nine, 1 Mile Road Walk, Les Amarreurs (Fri. 2nd Aug.)

A small field on a hot evening with missing members on holiday. Rob Elliott took the win from Phil Lockwood. Peter Beckerleg third ahead of Mick Le Sauvage, who set a new age best time for Guernsey.

1 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Rob Elliott	M60	Sarnia Walking Club	09:15
2	Phil Lockwood	M45	Sarnia Walking Club	09:41
3	Peter Beckerleg	M60	Sarnia Walking Club	10:53
4	Mick Le Sauvage	M80	Sarnia Walking Club	11:38

Isle of Man Track & Field Championships, National Sports Centre, Douglas (Sat. 3rd & Sun. 4th Aug.)

Tom Partington reduced his personal best for 3000m by ten seconds to 12:19.5.

Mixed 3000m (Sun. 4th Aug.)

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	12:19.5
2	Erica Kelly	SEW	Northern (IOM) AC	13:25.4
3	Hannah Hunter	W35	Manx Harriers	14:51.1
4	Mia Dunwell	U15G	Northern (IOM) AC	16:28.5
5	Jayne Farquhar	W50	Manx Harriers	17:59.6
6	Nicola Raven	W55	Manx Harriers	18:35.6
7	Carolanne Hanley	SEW	Northern (IOM) AC	27:28.0

Mixed 1000m (Sun. 4th Aug.)

Pos	Athlete	AG	Club	Perf
1	Penny Webster	U13G	Northern (IOM) AC	6:23.9
2	Archie Peace	U11B	Manx Harriers	7:11.9
3	Leon Cowie	U11B	Manx Harriers	7:31.8
4	Rory Turner	U11B	Western Athletic Club	8:55.6

Veterans AC 5 Mile Road, Battersea Park (Tue. 6th Aug.)

The fourth fixture of the season had a lower than expected attendance on a moderately sunny evening giving an ideal temperature for racing once again, *reports David Hoben*.

Penelope Cummings followed up her 5km win from the previous meeting and had another success in a time only a few seconds outside her personal best from a few years ago.

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Penelope Cummings	W40	Aldershot Farnham & Dist.	45:57
2	Mark Culshaw	M50	Belgrave Harriers/Guest	47:44
3	Stefano Zennaro	M45	Belgrave Harriers/Guest	48:40
4	David Hoben	M65	Surrey Walking Club	57:30
5	Paul King	M65	Belgrave Harriers	59:26
	Peter Hannell	M70	Surrey Walking Club	DNF
	Kevin Burnett	M80	Surrey Walking Club/Guest	DNF

7th South Yorkshire League, Millhouses Park (Fri. 9th Aug.)

Tony Bell started just ten seconds down on Simon Pugh, **reports Brian Adams**, but with his usual slow start the gap lengthened before Tony got into his rhythm, overtaking Simon for a 22 second victory.

Lucy Walker tackling her first race beyond 3km, dropped into the race for her 4km stint at the front of the field, slowly dropping back, but holding third place until she was caught by Natalie Myers.

Posn	Athlete	AG	Club	Perf. (Dist.)
1	Anthony Bell	M55	Lancashire Walking Club	31:34 (5km)
2	Simon Pugh	M60	Rotherham Harriers	32:06 (5km)
3	Natalie Myers	SENW	2 DASH	27:29 (5km)
4	Lucy Walker	U15G	2 DASH	27:15 (4km)

Woodford Tuesday Walks, Woodford Green (Tue. 13th Aug.)

Other events kept some of our regulars away from this meeting, so the turnout was halved from the July high-spot, **reports Peter Cassidy**. The weather was somewhat chilly with the normal Woodford Wind sliding along the motorway embankment.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	13:01.0
2	David Annetts	M50	North Herts Road Runners	13:49.5
3	Maddy Shott	SENW	Belgrave Harriers	14:35.0
4	Francisco Reis	M55	Surrey Walking Club/POR	14:52.5
5	Christian Hopper	U15B	Cambridge Harriers	16:20.0
6	Steven Uttley	M60	Ilford Athletic Club	16:52.0
7	Silvana Alves	W45	Barnet & District AC	17:05.5
8	Hannah Hopper	U17W	Cambridge Harriers	17:19.0
9	Steve Allen	M60	Barnet & District AC	17:49.0
10	Rachel Lawless	W55	Ilford Athletic Club	19:04.5
11	Geraldine Legon	W60	Bexley Athletic Club	20:42.5
12	Lesley Morris	W55	Ilford Athletic Club	20:51.5
	John Borgars	M70	Loughton Athletic Club	DQ (230.7a)

South of England AA Track & Field Championships, Julie Rose Stadium, Ashford (Sat. 17th & Sun. 18th Aug.)

The threat of the walks being removed from the championships, saw a significantly improved entry, although there could still be a better entry from senior/master athletes.

**Mixed U17 & U15 3000m (18th Aug.)**

Pos	Athlete	AG	Club	Perf
1	Nicholas Hart	U17M [1]	Aldershot Farnham & Dist.	15:24.29
2	Christian Hopper	U15B [1]	Cambridge Harriers	15:25.94
3	Lois Carty	U17W [1]	Aldershot Farnham & Dist.	16:41.90
4	Abigail Smith	U15G [1]	Blackheath & Bromley	17:00.81

5	Katie Stringer	U15G [2]	Medway & Maidstone AC	17:05.00
6	Hannah Hopper	U17W [1]	Cambridge Harriers	17:05.25
7	Rebecca Mitchell	U17W [2]	Winchester & District AC	18:12.99
8	Natasha Mitchell	U15G [3]	Winchester & District AC	18:13.82
9	Eddy Purser	U15B [2]	City of Portsmouth AC	18:17.18
	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	DNF
	Hannah Atkinson	U15G	Cambridge Harriers	DQ (230.7a)

Mixed U20 & Senior 5000m (18th Aug.)

Pos	Athlete	AG	Club	Perf
1	Luc Legon	SENW [1]	Bexley Athletics Club	22:49.62
2	Matthew Crane	U20M [1]	Bexley Athletics Club	23:46.02
3	Abigail Jennings	U20W [1]	Aldershot Farnham & Dist.	26:09.32
4	David Crane	SENW [2]	Surrey Walking Club	28:42.13
5	Penelope Cummings	SENW [1]	Herne Hill Harriers	28:51.73
6	Melanie Peddle	SENW [3]	Loughton Athletic Club	29:54.58
7	David Mitchell	SENW [3]	Winchester & District AC	30:33.53
8	Jacqueline Benson	U20W [2]	Ashford Athletic Club	30:43.16
9	Grazia Manzotti	SENW [3]	Tonbridge Athletic Club	30:48.53
10	Christopher Hobbs	SENW [4]	Ashford Athletic Club	30:57.38
11	Susan Davies	SENW [4]	Aldershot Farnham & Dist.	32:50.26
12	Derek Smith	SENW [5]	Winchester & District AC	36:59.46
13	Geraldine Legon	SENW [5]	Bexley Athletics Club	37:21.91

Veterans AC 5 Mile Road, Battersea Park (Tue. 27th Aug.)

The race was convincingly won by Dave Annetts, improving his personal best set in April by about half a minute, **reports Dave Hoben**.

Belgrave's new signing Alicia Drenda had a good result, just outside 11 minute miling in only her second race.

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	38:11
2	Mark Culshaw	M50	Belgrave Harriers/Guest	49:27
3	Maureen Noel	W55	Belgrave Harriers	54:20
4	Dan Maskell	M70	Surrey Walking Club	54:50
5	Alicia Drenda	W35	Belgrave Harriers/Guest	55:53
6	Tom Casserley	M80	Enfield & Haringey AC	57:07
7	Paul King	M65	Belgrave Harriers	57:42
8	David Hoben	M65	Surrey Walking Club	60:13
	Peter Hannell	M75	Surrey Walking Club	DNF
	Richard Alleyne	M65	Unattached/Guest	DNF

Southend-on-Sea Open 1 Mile Track Walk, Garon Park, Southend (Mon. 26th Aug.)

Held mid-morning on the hottest August Bank Holiday since records began, the field was slightly down on previous year's, **reports Dave Ainsworth**. Melanie Peddle repeated her feat of 2017 by leading the entire field home and setting a new track record, eclipsing her previous record of 8:58.8 by six seconds. There was significant applause from the large crowd for young Ruby Muffett, making her race walking debut and to last finisher Gordon Franklin, aged 84.

Mixed 1 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Melanie Peddle	W50	Loughton Athletic Club	8:52.8
2	Stuart Bennett	M60	Ilford Athletic Club	9:45.9
3	Linda Mountford	SENW	Castle Point Joggers	9:46.0
4	Rachel Lawless	W55	Ilford Athletic Club	9:50.0
5	Keith Palmer	M50	Southend-on-Sea AC	10:41.9
6	Lesley Morris	W50	Ilford Athletic Club	10:45.1
7	Ruby Muffett	U15G	Southend-on-Sea AC	11:08.8
8	Alan O'Rawe	M75	Ilford Athletic Club	11:18.2
9	Anne Scurfield	W65	Ilford Athletic Club/NZL	11:29.0
10	John Brock	M65	Southend-on-Sea AC	11:49.1
11	Valerie Mountford	W70	Unattached	12:55.1
12	David Ainsworth	M70	Ilford Athletic Club	13:35.6
13	Eddie Trotter	M60	Ilford Athletic Club	14:43.7
14	Gordon Franklin	M80	Southend-on-Sea AC	14:59.6

Tonbridge AC Open Track & Field Meeting, Tonbridge School, Tonbridge (Mon. 26th Aug.)

A late addition to the fixture list saw only four walkers race in very hot conditions.

Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Francisco Reis	M55	Surrey Walking Club/POR	15:12.56
2	Malcolm Martin	M60	Surrey Walking Club	17:47.67
3	Katie Stringer	U15G	Medway & Maidstone AC	17:54.48
4	Grazia Manzotti	W50	Tonbridge Athletic Club	17:55.63

Sarnia WC 3km Road Walk, Les Amarreurs (Fri. 30th Aug.)

Stuart Le Noury cruised to victory in the Sarnia Walking Clubs evening race over the two lap Amarreurs course. Club members were joined by competitors from overseas who will be walking the Church to Church walk a few days later, *reports Rob Elliott*.

Stuart, with poor preparation for the race, only made the start with minutes to go, then handicapped himself with a quick visit to the roadside toilet en route to his 16:03 clocking. Donna Allan in second place just over a minute behind had the close company of Jim Ball from Southampton for half the race with Rob Elliott close behind. Donna easily pulled away in the latter stages whilst Elliott caught Ball for equal third place.

Kevin Le Noury held off fellow club member Peter Beckerleg by 26 seconds with visitor Stephen Cartwright a further four seconds behind in 20:31. Regular visitor David Hoben recorded 21:34, ahead of Sarnia stalwarts, Mick Le Sauvage, Dave Dorey and Jayne Le Noury.

Back in 12th place was one time Sarnia member Colin Bradley, who has been a regular competitor to both walks and runs in Guernsey for many years. He now walks aided by sticks but decided to relinquish his judging duties and walked the course in a satisfying 31 minutes dead. In his prime he walked the distance in 13 minutes.

Mixed 3km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	16:03
2	Donna Allan	W40	Sarnia Walking Club	17:08
=3	Jimmy Ball	M55	Steyning Athletic Club	17:48
=3	Rob Elliott	M60	Sarnia Walking Club	17:48
5	Kevin Le Noury	M60	Sarnia Walking Club	20:01
6	Peter Beckerleg	M60	Sarnia Walking Club	20:27
7	Stephen Cartwright	M60	Colchester & Tendring	20:31
8	David Hoben	M65	Surrey Walking Club	21:34
9	Mick Le Sauvage	M80	Sarnia Walking Club	22:28
10	Dave Dorey	M70	Sarnia Walking Club	23:31
11	Jayne Le Noury	W55	Sarnia Walking Club	26:34
12	Colin Bradley	M60	Unattached	31:00

London Inter Club Challenge incorporating Enfield Race Walking League, Hendon (Sat. 31st Aug.)

I wasn't able to be at the race but looking at the result it's pleasing to see the event well supported again and I'm, obliged to the officials for their roles in ensuring a successful competition, *writes Ron Wallwork*. Thanks are due also to the LICC who support race walking by incorporating our event in its programme.

The racing must have been good to watch as only four seconds covered Chris Hobbs, Steve Uttley and Melanie Peddle and only seven seconds Stuart Bennett, Helen Middleton and Grace Whittingham.

Jonathan Ellerton improved again, and U13 Carla Forsyth clocked a fast time on her debut in the league.

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	23:22.29
2	David Annetts	M50	North Herts Road Runners	24:07.10
3	Madeline Shott	SENW	Belgrave Harriers	24:56.83
4	Francisco Reis	M55	Surrey Walking Club/POR	26:05.41

5	Jacqueline Benson	U20W	Ashford Athletic Club	28:58.70
6	Christopher Hobbs	M60	Ashford Athletic Club	29:05.70
7	Steve Uttley	M60	Ilford Athletic Club	29:08.48
8	Melanie Peddle	W50	Loughton Athletic Club	29:09.70
9	Malcolm Martin	M60	Surrey Walking Club	29:32.30
10	Graham Chapman	M60	Headington Road Runners	29:59.52
11	Martin Fisher	M50	Redcar Race Walking Club	30:32.45
12	Simon Morgan	M50	Ilford Athletic Club	31:13.65
13	Stuart Bennett	M60	Ilford Athletic Club	31:22.51
14	Helen Middleton	W55	Enfield & Haringey AC	31:25.95
15	Grace Whittingham	U17W	Ashford Athletic Club	31:29.36
16	John Ralph	M60	Enfield & Haringey AC	31:49.27
17	Maureen Noel	M60	Belgrave Harriers	32:27.17
18	Sue Barnett	W65	Enfield & Haringey AC	32:39.88
19	Noel Blatchford	W70	Abingdon Athletics Club	33:17.96
20	Alicia Drenda	W35	Belgrave Harriers	33:20.69
21	Tom Casserley	M80	Enfield & Haringey AC	34:39.00
22	Steve Whelan	M55	Headington Road Runners	37:10.09

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Carla Forsyth	U13G	Blackheath & Bromley HAC	18:55.06
2	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	19:18.65
3	Peter Hannell	M75	Surrey Walking Club	22:54.22
4	Bob Dobson	M75	Ilford Athletic Club	23:16.27

Enfield Race Walking League Tables after 9 fixtures

George Wilkinson and Jaqueline Benson lead the overall league placings by a sizeable margin and providing they compete in another race are in unassailable positions in their respective categories. At the moment the promoting club look to be the favourites for the team title, but there are still three fixtures remaining and walkers with races in hand, so things could change. Ashford on paper seems to be languishing in third place but have six entries confirmed in the upcoming Hour races which will reap a good harvest of points for them. So, some final outcomes are still far from decided.

Ladies	Men	Team
456/8 Jacqueline Benson	555/8 George Wilkinson	Enfield – 2265
437/7 Melanie Peddle	426/7 Stuart Bennett	Ilford – 2087
416/7 Helen Middleton	410/7 Simon Morgan	Ashford – 1651

Sarnia Walking Club, 19.4 Mile Church to Church South Esplanade St. Peter Port (Sun. 1st Sept.)

Only a small field contested this year's annual traditional Church to Church walk over a distance of 19.4 miles, held on a hot morning with a welcome breeze, with the high spot of the day being Donna Allan's 3:25:18 second place overall, only bettered by mens winner Stuart Le Noury, *reports Rob Elliott*.

This time was only eight seconds down on the Island best set by Jenny Elliott back in 1984 and would surely have been a lot closer if she had not been hampered by the Sea Front Sunday road closure in the final mile and dodging the big crowds there, with only a tight exit before the final few hundred yards to the finish at Havelet Bay. Donna's time was a huge improvement on her first walk back in 2016 when she recorded 4:04:35 and made up for her missing last year's walk on doctors instructions.

As expected, the mens winner for the fourth time was Stuart Le Noury in 3:20:14, perhaps down on what he expected to do. At the five miles point after tackling the hard first few uphill miles he found himself with a minutes lead over Jim Ball passing in just under 50 minutes. Donna, taking it a little easier at the start went through in around 53 minutes. At the halfway point by the Little Chapel Stuarts 1:42 clocking showed he had extended his lead to around three minutes. Jim Ball was still in the frame but slowing.

Moving up the climb at the Monnaie at 11 miles and then the long downhill section to the Friquet and on to the Vale Church 15 miles point Stuart continued to extend his lead going through in 2 hours 30 minutes with plenty of breathing space should he slow down over the final miles. Slow down he did, dropping down to

over 11 minute miles with Donna Allan chasing hard. It would have taken a major falling apart for Stuart not to take the overall win, with Donna (*pictured below*) closing the gap to five minutes come the final reckoning, with that agonising few seconds short of the island best.



Third place went to past winner Jim Ball from Southampton who on little race walking the past year suffered in the final third of the walk, slowing down to pedestrian pace, before crossing the line in just under 3:43.

Fourth place went to another past winner, local walker Rob Elliott. Another one short on training going into the race, starting steadily and keeping to a fairly even pace throughout to finish in 3:49.

Visitor for the second year Stephen Cartwright finished just outside the four hours barrier and around five minutes slower than last year. Regular visitor from Surrey Walking Club, David Hoben finished a further nine minutes behind, but well ahead off his 2018 walk.

Last man to finish was eighty year old Ed Shillabeer. There's no stopping this man. Ed has won this event four times with a best of 2:40:58 but continues to return to walk on one of his favourite course. His time this year was over two hours slower and was a struggle and comes only weeks after walking 68 miles in 20 hours in the Isle Of Man. Then he was straight to the airport to return home to be at work tomorrow morning. A race walking legend.

Local Phil Lockwood pulled out of the race around Torteval Church with sickness, whilst Colin Bradley, another past winner and sub 2:45 man for the course walked the first 4 miles in 75 minutes, aided by his walking sticks.

19,4 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	3:20:14
2	Donna Allan	W40	Sarnia Walking Club	3:25:18
3	Jim Ball	M55	Steyning Athletic Club	3:42:58
4	Rob Elliott	M60	Sarnia Walking Club	3:49:04
5	Stephen Cartwright	M60	Colchester & Tendring	4:00:55
6	David Hoben	M65	Surrey Walking Club	4:10:08
7	Ed Shillabeer	M80	Ilford Athletics Club	4:45:42
	Phil Lockwood	M45	Sarnia Walking Club	DNF
	Colin Bradley	M60	Unattached	DNF

Isle of Man 20km Road Championships & Supporting Races, National Sports Centre, Douglas (Sun. 1st Sept.)

Jasmine Nicholls knocked 6 minutes 19 seconds from her personal best for the distance.

Mixed 20km

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	1:38:19
2	Erika Kelly	SENW	Northern (IOM) AC	1:43:17
3	Jasmine Nicholls	SENW	Leicesters Walking Club	1:48:15
4	Hannah Hunter	W35	Manx Harriers	1:54:53
5	Jayne Farquhar	W50	Manx Harriers	2:09:10

Supporting 5km

Pos	Athlete	AG	Club	Perf
1	Philip Swales	M50	Northern (IOM) AC	31:33

Supporting 3km

Pos	Athlete	AG	Club	Perf
1	Kiera Heavey	U17W	Northern (IOM) AC	18:04

Supporting 2km

Pos	Athlete	AG	Club	Perf
1	Penny Webster	U13G	Northern (IOM) AC	12:42
2	Grayse Fletcher	U13G	Unattached	15:54

Supporting 1km

Pos	Athlete	AG	Club	Perf
1	Lilee Fletcher	U11G	Unattached	7:23
2	Aalin Heavey	U11G	Northern (IOM) AC	8:15
=3	Harrie Swales	U11B	Northern (IOM) AC	8:59
=3	Jay Jay Fletcher	U11B	Unattached	8:59

Race Walking Assoc. & English Schools AA

Coaching & Training Weekend for Under 18's

Sat. 5th Oct. 1000-2030 & Sun. 6th Oct. 1000-1200
in Aldershot, Hampshire

Weekend will include Track Training, Yoga & Swimming + Evening Pool Party

Coaching lead by Verity Snook (L4) assisted by Sue Davies (L1), Tim Snook (L1), Chris Snook (L1) & Abigail Jennings (L1)

More information available from Peter Marlow

pmarlow@btinternet.com

UPCOMING EVENTS

September

Sat. 07 (B)	J. Lambert & Ladies Trophy 1 Hour	Bury
Sun. 15 (B)	Sarnia WC Richmond Handicap 3km	Cambridge Park
Sat. 21 (A)	English Schools Championships	Exeter
Wed. 25 (B)	Police & Civil Service Championships	Birmingham
Sun.29 (A/B)	ERWL One Hour Badge Walks	Lee Valley
Sun. 29 (B)	Manx Harriers 1 Hour Challenge	NSC, Douglas
Sun. 29 (B)	Sarnia WC Handicap 1.5km	Saumarez Park

October

Tue. 1 (A)	South Yorkshire League #9	Millhouses Park
Sat. 5 (B)	Albert Rigby Shield 10km	Sutton Macclesfield
Sun. 6 (A)	Dutch National 50km Championship	Tilberg (NED)
Sat 12 (B)	Enfield League 5 Mile Road	Lee Valley
Sun. 13 (B)	Midland Winter League 1	Stourport
Sun. 13 (B)	Sarnia WC Handicap 2.10km	Delancey Park
Sun. 27 (B)	Midland Winter League 2	TBC
Sun. 27 (B)	Sarnia WC Peter Kendall Pairs	Amarreurs Road
Sun. 27 (A)	Manx Winter League 1	NSC, Douglas