



Race Walking Record

November 2021



Luc Legon



Melanie Peddle



Abigail Smith



Christian Hopper

Leading Senior and U20 Walkers at Surrey Walking Club Open Track Walks

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

NEWS



Race Walking Association Annual General Meeting

The **Race Walking Association** Annual General Meeting will be held 'virtually' on Sunday 23rd January 2022, commencing at 2pm. The required notices are being circulated. The current Hon. General Secretary is standing down so there is a need for someone to come forward and to be nominated for the position. Additionally the post of Hon. Championship Secretary is vacant and needs to be filled.



BRITISH ATHLETICS

Selection Policies Announced

UK Athletics have announced the selection policies for the 2022 World Athletics World U20 Championships taking place in Cali, Columbia and for the 2022 European Athletics U18 Championships which are being hosted in Jerusalem, Israel.

World U20 Championships (2nd to 7th Aug.): eligible athletes must have been born in 2003 & 2004 and must compete in the trials on 16-17 July 2022 in Bedford. Qualifying performances must be achieved from 1st January 2022. [Full selection policy can be viewed here.](#)

The standards for the World U20 Championships are:

Men	Event	Women
42:00.0	10,000m Walk	47:00.0

European U18 Championships (4th – 7th Jul.): eligible athletes must have been born in 2005 & 2006. A trial will not be held. Qualifying performances must be achieved between 1st January and 19th June 2022. [Full selection policy can be viewed here.](#)

The standards for the European U18 Championships are:

Men	Event	Women
46:30.0	10,000m/5000m Walk	24:45.0

Guest of Honour

Olympian **Peter Marlow** has received an invitation to be an official guest at the 2022 European Athletics Championships scheduled to take place in Munich between the 11th & 21st August.

The championships are to be held in the same stadium as the 1972 Olympic Games where the 20km race walk started and finished. Peter was one of three Britons in the race – sadly his two fellow Britons are no longer with us. Phil Embleton having passed away in May 1974 and Paul Nihill MBE in December 2020.

It will be 50 years since Peter's Olympic appearance.



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

	£25.00	£15.00	£10.00
Dec. 21	Neale Smith	John Sales	Julien Hopkins

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



The course for the 2022 European Championships

RACE WALKING 35 km & 20 km

- Race walking course (2 km lap)
- Additional loop 35 km (in 1st lap)
- S Train station
- U Subway station
- Refreshment station
- Drinking / sponging station
- Mist station

Image – European Athletics

The European Athletics Association has announced the course for the race walks at the European Championships in Munich taking place between 15th to 21st August next year.

The second day of the athletics programme will see the staging of the 35km, the first time at these championships, replacing the traditional 50km. The 20km will be contested on the penultimate day of the championships.

The races will be held in the city centre, over a 2km lap between Odeonsplatz Square (in which can be found the imposing *Feldherrnhalle* and the *Theatine Church of St. Cajetan*) and Professor Huber Square.



The Feldherrnhalle and Theatine Church of St. Cajetan

Domestic 'A' Permit Races**Up and Running Winter Walking League, National Sports Centre, Douglas, Isle of Man (Sun. 31st Oct.)****Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Stewart Jones	M50	Manx Harriers	55:57 [PB]
2	Adam Killip	SENM	Manx Harriers	56:29
3	Jock Waddington	M55	Manx Fell Runners	56:47 [SB]
4	Tony Edwards	M55	Manx Harriers	58:04
5	Jayne Farquhar	W50	Manx Harriers	64:55
6	Andy Green	M65	Manx Harriers	66:28 [SB]
7	Dick Callin	M60	Unattached	67:09
8	Colin Moore	M60	Isle of Man Veterans AC	67:20 [SB]
9	Louise Hollings	W40	Manx Harriers	67:42
10	Hannah Moore	SENW	Unattached	68:07
11	Frank Dunne	M55	Norther (IOM) A.C.	68:22
12	Chole Spooner	SENW	Unattached	70:12
=13	Phil Swales	M55	Northern (IOM) A.C.	71:31
=13	Kerry Palmer	W50	Unattached	71:31
15	Dudley Butt	M75	Isle of Man Veterans AC	72:22 [SB]
16	Diane Brown	W50	Manx Harriers	74:54 [SB]
17	Gordon Erskine	M75	Unattached	77:12
18	Alan Gault	M65	Isle of Man Veterans AC	78:32 [SB]

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Lorna Gleave	W35	Manx Harriers	30:25 [PB]
2	Leanne Venables	W35	Unattached	32:27
3	Sharon Cain	W50	Manx Harriers	32:51
4	Angie Robinson	W50	Manx Harriers	33:40 [PB]
5	Kathryn Clough	W45	Isle of Man veterans AC	33:44 [SB]
6	Manual Giordano	SENM	Unattached	33:55
7	Maura Kelly	W50	Northern (IOM) A.C.	33:58
8	Vicki Heavey	W45	Unattached	34:40 [SB]
9	Cole Hayes	SENM	Unattached	34:51
10	Les Brown	M65	Manx Harriers	35:17 [PB]
11	Renee Michalogiannis	W40	Unattached	35:26
12	Amy Sykes	SENW	Unattached	35:44
13	Melissa Lines	W40	Unattached	39:33
=14	Rosie Glen	SENW	Unattached	45:20
=14	Jonathan McNeill	M50	Unattached	45:20

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) A.C.	11:55 [Debut]
2	Amy Sturgeon	U13G	Manx Harriers	14:02 [Debut]
3	Lula Kinnish	U13G	Unattached	15:18

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	05:36
2	Finn Gleave	U11B	Manx Harriers	07:06
3	Bobby Venables	U11B	Unattached	07:20
=4	Noah Sykes	U11B	Northern (IOM) A.C.	07:22
=4	Charlie Coole	U11B	Manx Harriers	07:22
6	Jay Jay Fletcher	U11B	Manx Harriers	07:44
7	Theo Sykes	U11B		08:21
8	Georgie Venables	U11G	Unattached	09:10
9	Leo Gleave	U11B	Unattached	11:30

Surrey W.C. Christmas Cup, Tonbridge School (Sat. 20th Nov.)

This Annual Christmas Cup is always run as a fully judged A race and so attracts a good number of visitors especially from the younger age groups, **reports Peter Hannell**. This in turn brings in parents and friends and provides a good crowd. The weather was ideal as it ended a string of unseasonably warm days. The winner of the main event, Luc Legon, one of the top British walkers, unsurprisingly lapped the field with an impressive if relaxed performance. Surrey Walking Club's first home was David Crane in 3rd after a slightly isolated race and little below his

target but enough for a narrow win in the handicap. Easily the best performance came from Blackheath and Bromley's Abigail Smith with a half-minute personal best. Covid regulations deprived us of the usual hospitality and indoor comforts post-race but at least we can hold our regular events with some normality.

Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	23:19.0
2	Christian Hopper	U20M	Cambridge Harriers	25:40.3
3	David Crane	M40	Surrey Walking Club	26:26.8
4	Melanie Peddle	W50	Loughton Athletic Club	27:32.2 [PB]
5	Grazia Manzotti	W50	Tonbridge Athletic Club	27:52.0 [PB]
6	Abigail Smith	U20W	Blackheath & Bromley	27:53.6 [PB]
7	John Arthur	M60	Unattached	33:34.5 [Debut]
8	Lesley Hall	W65	Ashford Athletics Club	35:27.0
9	Judith Carder	W60	Brighton & Hove AC	36:54.0 [Debut]
10	David Hoben	M65	Surrey Walking Club	37:21.1
11	Christopher Flint	M70	Surrey Walking Club	37:58.8
	Emily Ghose	U23W	Tonbridge Athletic Club	DQ TR 54.7.3
	Peter Hannell	M70	Surrey Walking Club	DQ TR 54.7.3

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Lewis Burr	U15B	Tonbridge Athletic Club	19:42.7
2	Christopher Stone	U15B	Blackheath & Bromley	20:24.6 [Debut]
3	Geraldine Legon	W60	Bexley Athletic Club	22:59.8
4	Shaheda Arthur	W60	Unattached	35:51.6

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Ava Chappell	U13G	Ashford Athletics Club	11:44.5 [PB]
2	Charlie Perry	U13B	Lewes Athletic Club	12:08.2 [PB]

Up & Running Winter Walking League, Andreas, Isle of Man (Sun. 28th Nov.)**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Phil Swales	M50	Northern (IOM) A.C.	33:11
2	Vicki Heavey	W45	Northern (IOM) A.C.	34:01
3	Angie Robinson	W50	Manx Harriers	35:06
4	Melissa Lines	W40	Black Pear Joggers	39:13 [PB]
5	Anthony Collis	M50	Unattached	39:41

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Adam Cowin	SENM	Manx Harriers	53:00
2	Stewart Jones	M50	Manx Harriers	54:07 [PB]
3	Adam Killip	SENM	Manx Harriers	55:07
4	Mia Dunwell	U20W	Northern (IOM) A.C.	55:43
5	Jock Waddington	M55	Manx Harriers	55:58
6	Simon Gawne	SENM	Manx Harriers	56:02 [Debut]
7	Tony Edwards	M55	Manx Harriers	58:04
8	James Quirk	M40	Manx Harriers	58:45
9	Michelle Turner	W40	Northern (IOM) A.C.	60:20
10	Lorna Gleave	SENW	Manx Harriers	60:24 [PB]
11	Mason Prince	SENM	Manx Harriers	61:08 [Debut]
12	Pat Begazzi	M55	Unattached	61:33 [PB]
13	Jayne Farquhar	W50	Manx Harriers	64:12
14	Dick Callin	M60	Unattached	64:20
15	Hannah Moore	SENW	Unattached	65:59
16	Frank Dunne	M55	Unattached	66:50
17	Chloe Spooner	SENW	Unattached	67:38
18	Andy Baxendale	M50	Isle of Man Veterans	69:37
19	Maura Kelly	W50	Northern (IOM) A.C.	70:20
20	Kerry Palmer	W50	Unattached	71:15
21	Diane Brown	W50	Manx Harriers	72:29 [PB]
22	Ron Kelly	M60	Isle of Man Veterans	74:10
23	Alan Gault	M65	Isle of Man Veterans	77:23
24	Gordon Erskine	M75	Unattached	77:49
	Gianni Epifani	M50	Manx Harriers	DQ TR 54.7.3

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) A.C.	11:53 [PB]

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	05:24 [PB]
2	Charlie Coole	U11B	Manx Harriers	06:32 [PB]
3	Jay Jay Fletcher	U11B	Manx Harriers	07:13 [PB]

Rest in Peace

The Race Walking Association is saddened to report the passing of the following:

- Walt (Wally) Emery (Belgrave Harriers & Trowbridge AC)
- Fred Baker (Centurion 266) (Highgate Harriers)
- Rudy Haluza (Essex Beagles AC)

Domestic 'B' Permit Races

Lancashire W.C. A.G.M. 5km, Simister (Sat. 6th Nov.)

Nine sturdy aspirants toed the starting line and headed into a cold strong breeze on the outward 2.5 k leg of the AGM 5km, **reports Dave Evans**. The handicapper played the usual trick of employing a start of sorts for each wave of walkers, but none reflected their real handicap adjustment. The return journey was much more enjoyable I am told but the driving rain both ways was uncomfortable. We had no "guests" on this occasion, so the competition was domestic, and the final times were pretty good across the board with no one performing "out of character".

Winner of the handicap and now thankfully back to good health was Martin Payne whose 31:20 in the race proper was only 23 seconds slower than scratch man Adrian Edwards, the latter strolling in the poor conditions and showing excellent style. Tony Bell appears to be benefiting from coaching at his Yorkshire base producing the second-fastest time of the day with a speedy 31:02.



Tony Bell leads five other aspirants towards the turn in Heaton Park

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf.
1	Adrian Edwards	M55	Lancashire Walking Club	30:57
2	Tony Bell	M55	Lancashire Walking Club	31:02
3	Martin Payne	M60	Lancashire Walking Club	31:20
4	Joe Hardy	M75	Lancashire Walking Club	34:48
5	Sailash Shah	M55	Lancashire Walking Club	34:55
6	Roy Gunnett	M70	Lancashire Walking Club	34:58
7	Phil McCullagh	M60	Lancashire Walking Club	35:16
8	Pat Evans	W70	Lancashire Walking Club	35:33
9	Andrea Lennon	W75	Lancashire Walking Club	42:01

Steining Open 10km, Steining (Sat. 6th Nov.)

Like other races around this year, it was a smaller field than normal, **reports Ron Penfold**. Weather was very good for racing on this amended course which now is held on a very quiet country lane using an out and back lap of 2km, with probably only about a dozen cars passing the walkers during the race.

Before the start walkers held a few moments silence to remember two Steining AC walkers who passed away earlier in the year, Dave Stevens who had belonged to the club since moving to Steining in 1968, and in previous years had fronted these races on the day. The other one was Mary Worth who in Steining's AC's heyday had been part of their successful women's team.

Grazia Manzotti took the lead from the start closely followed by Trevor Jones, Trevor chased Grazia throughout the race and over the first four laps there was never more than 4 seconds between them, Grazia managed to pull clear in the end to win in 58:16 with Trevor 15 seconds behind, third was improving John Arthur in 63:56, after overtaking a suffering Ian Richards over the second half of the race, Ian has since had major surgery on his lower back.

Everyone seemed to enjoy the day and the new course.



Grazia Manzotti leading Trevor Jones

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	58:16
2	Trevor Jones	M65	Steining Athletic Club	58:31
3	John Arthur	M60	Unattached	63:56
4	Ian Richards	M70	Steining Athletic Club	66:10
5	Stuart Maidment	M70	Steining Athletic Club	68:16
6	Paul Gaston	M70	Surrey Walking Club	68:21
7	Fiona Bishop	W60	Woking Athletic Club	72:14
8	Brian Kirkdale	M60	Hastings Runners	72:24
9	David Hoban	M65	Surrey Walking Club	76:19

Seasons Greetings



Enfield Open 7, Donkey Lane, Enfield (Sat. 13th Nov.)

In overcast, mild conditions and an opening mile taking less than seven minutes, Olympian Dominic King led from start to finish to secure a record eighth victory in the EO7 now in its 102nd year. George Wilkinson paid the price of trying to stay with the winner's blitz start, but still set a PB for the distance. The 2017 winner Jonathan Hobbs made the podium after Daniel King who had been unwell in the days leading up to the race had to withdraw.



George Wilkinson – Dominic King – Jonathan Hobbs

Jacqueline Benson was a comfortable winner of the women's race slicing seven seconds off her previous best at this distance. Melanie Peddle who was third in 2018 continued her current form to set a PB and take second place, whilst on the comeback trail, two-time winner Diane Bradley (2008/2010) made an impression in third.



Helen Middleton – Diane Bradley – Jacqueline Benson – Melanie Peddle – Diana Braverman

Wilkinson, Walsh, Middleton and Casserley were the scorers in the promoting Club's team victory and the *Bob Clark* Award was shared by Jacqueline Benson and George Wilkinson

Mixed 7 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Dominic King	M35	Colchester Harriers	51:02
2	George Wilkinson	U20M	Enfield & Haringey AC	54:06
3	Jonathan Hobbs	SENM	Ashford Athletic Club	55:42
4	Jacqueline Benson	U20W	Ashford Athletic Club	63:59
5	David Walsh	M60	Redhill Road Runners	65:12
6	Melanie Peddle	W50	Loughton Athletic Club	66:50
7	Diane Bradley	W60	Tonbridge Athletic Club	70:25
8	Helen Middleton	W55	Enfield & Haringey AC	71:13
9	Stuart Bennett	M60	Ilford Athletic Club	71:23
10	Christopher Hobbs	M65	Ashford Athletic Club	71:56
11	Colin Harle	M60	Belgrave Harriers	72:01
12	Richard Emsley	M65	Desborough Road Runners	72:36

13	John Arthur	M60	Unattached	74:09
14	John Borgars	M75	Loughton Athletic Club	76:52
15	Andrew Cox	M65	Surrey Walking Club	79:30
16	Noel Blatchford	W70	Abingdon Athletic Club	79:59
17	Tom Casserley	M80	Enfield & Haringey AC	81:08
18	Andrew Tweed	M70	Unattached	81:10
19	Tony Wilkinson	M60	Unattached	84:50
20	David Hoben	M65	Surrey Walking Club	84:59
21	Chris Flint	M75	Surrey Walking Club	86:58

Mixed 6 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Diana Braverman	W70	Enfield & Haringey AC	72:52
2	Paul Firmage	M65	Ryston Runners AC	81:00
3	Michael Harran	M80	Surrey Walking Club	83:00

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Elini Panayiottou	W40	Unattached	59:41
2	Malcolm Blackwood	M70	Trent Park Runners	62:43

4 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Sue Barnett	W70	Enfield & Haringey AC	44:47

3 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Francisco Reis	M60	Surrey Walking Club	28:22

2 Mile (B)

Pos	Athlete	AG	Club	Perf.
1	Daniel King	M35	Colchester Harriers	22:17

Sarnia W.C. Bob Wright Handicap Series – Races 2 and 3

Mick Le Sauvage leads the Bob Wright Handicap Series after three races with Rob Elliott a point behind, *reports Rob Elliott*. In the latest race over one mile Donna Allan overcame the handicap to overtake the other three walkers in the final 100 metres, slipping under 10 minutes for her actual time. She was closely followed by Elliott and Le Sauvage.

The previous race over 3 kilometres, held at a late change of venue, saw Le Sauvage winning easily by half a minute on the watch.

31st Oct.: Race 2: 3km – Cambridge Park (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Mick Le Sauvage	M80	Sarnia Walking Club	24:37/23:07
2	Rob Elliott	M60	Sarnia Walking Club	25:07/21:07
3	Kevin Le Noury	M60	Sarnia Walking Club	25:29/21:29
4	Stuart Le Noury	M35	Sarnia Walking Club	26:36/16:06

14th Nov.: Race 3: 1 Mile Track – Footes Lane (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Donna Allan	W45	Sarnia Walking Club	12:10/09:55
2	Rob Elliott	M60	Sarnia Walking Club	12:13/10:28
3	Mick Le Sauvage	M80	Sarnia Walking Club	12:16/11:46
4	Dave Dorey	M70	Sarnia Walking Club	12:25/12:28

2nd Midland Winter League, Coventry (Sun. 21st Nov.)

The 2nd Midland Winter League Series was held on the certified and established course on the Science Park, Warwick University, *reports Glyn Jones*. The weather was dry but bitterly cold with occasional sunny intervals.

The turnout was again low for this 2nd race but thankfully not a decrease in any way from the 1st race in the series held at Stourport.

In the 5km, U17 Ellis Simmonds took early command of the race from the start and led all the way to the finish well ahead of second place Mark Williams. Visitor to the Midland Winter League, Steve Uttley just behind in third place.

In the 10km race, Jasmine Nicholls, took a commanding lead right from the gun but unfortunately after completing five laps she was shown the red paddle by the Chief Judge. This left Mark Williams, who was doubling up to support his team, to finish in first place.

Again, only one team closed in for both the 5km and 10km due to the low turnout again.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U17M	Derbyshire & S. Yorkshire	27:33
2	Mark Williams	M55	Birchfield Harriers	29:17
3	Steve Uttley	M60	Ilford Athletic Club	29:40
4	Wendy Kane	W50	Nuneaton Harriers	30:42
5	Hardeep Minhas	M60	Leicester Walking Club	31:52
6	Julie Bellfield	W50	Halesowen Athletic Club	32:27
7	John Constandinou	M45	Birchfield Harriers	32:32
8	Roger Michell	M70	Surrey Walking Club	32:51
9	Martin Slevin	M55	Coventry Godiva Harriers	33:39
10	Ann Guest	W45	Kettering Town Harriers	33:42
11	Isabel Knowles	U17W	Halesowen Athletic Club	37:58
12	Karen Williams	W65	Birchfield Harriers	38:52
13	David Fall	M75	Birchfield Harriers	39:18
14	Gemma Smith	W50	Stratford-upon-Avon AC	39:25

Under 13 Girls 2km (B)

Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U13G	Wolv. & Bilston AC	15:02

Under 11 Boys 1km (B)

Pos	Athlete	AG	Club	Perf.
1	William Everitt	U11B	Nuneaton Harriers	6:55

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	63:29
2	Hardeep Minhas	M60	Leicester Walking Club	66:44
3	Martin Slevin	M55	Coventry Godiva Harriers	66:59
4	Parminder Bhatti	M65	Unattached	71:46
5	John Constandinou	M45	Birchfield Harriers	74:30
6	Julien Barnett	M55	Birchfield Harriers	79:47
	Jasmine Nicholls	SEW	Leicester Walking Club	DQ

Overseas

The weekend of 6/7th November saw the return of the Espada Toledana, a long-established and very popular event on the Spanish athletics calendar, *writes Cath Duhig*. After a few disrupted years, when the programme and venues had to be adapted, firstly due to road works on the traditional walks course, then due to Covid, there was great excitement and enthusiasm, among organisers and athletes alike, when almost normal service was resumed. I say “almost normal” as the organisers had taken the opportunity to tweak the walks course making the 1km lap more user friendly and, I suspect, potentially faster, though my days of exploiting such things are something best forgotten.

The popularity of this event is immediately evident when you see the numbers in the fields: in a three hour period a total of 258 walkers finished their competitions, from U10s doing one lap of the 1km circuit, to the majority covering five. And the distances travelled to take part are quite eye-watering: my own journey, fortunately on the club bus, was the best part of 1000kms round trip.

Anyway, for anyone interested in numbers, here’s a breakdown of the finishers (bear in mind category designations are a bit different here): U10 6; U12 27; U14 44; U16 56; U18 29; U20 18; U23 14; Senior & Masters 64.

The senior line up included three athletes who had represented Spain at the Tokyo Olympics, two of the 50km men and one of the 20km women.

For my own part, I finished 36th out of 46 in the combined women’s U20/U23/Senior/Masters race. Being the only W65 I was therefore the category winner in 31:42, a second quicker than I managed in another high key event in Nerja a month previously.

At this event, which also includes a big series of cross country runs by the side of the Tajo River the next day, the awards take the form of

specially forged Toledo swords. Unfortunately, the awards list does not extend to the master’s categories, although our team bus was rattling on the way home as several of our juniors had won them, and, yes, they were nearly as big as them!



December

Sat. 4 th	B	Dick Maxwell Memorial 10km	Simister
Sat 4 th	B	Enfield League 5 Mile	QEII, Enfield
Sat. 4 th	A	Vets AC/EMAC Indoor Championships (2000m)	Lee Valley
Sat 11 th	A	Alf Palmer Memorial Track Races	Horsham
Sun 12 th	B	Midland Winter League 3	Coventry
Sun 12 th	B	Sarnia WC Hill Climb	Le val Des Terres
Sat 18 th	B	Lewes AC Open Track Walks	Lewes
Sun 19 th	A	Irish 35km Championships & Support Races	Dublin
Sun 19 th	A	Cardiff Met Christmas Classic (3000m)	Cardiff
Sun 19 th	B	Sarnia WC 3 Mile Road Walk	Rocquaine
Sun 26 th	B	Brighton Boxing Day Walks	Preston Park
Sun 26 th	B	Southend-on-Sea Boxing Day Pier Walk	Southend

January

Sun. 9 th	A	England Athletics Indoor Walks (3000m)	E.I.S. Sheffield
Sun. 9 th	B	Sarnia WC Handicap Race 5	Pleinmont
Sat 15 th	B	Enfield League Race 1 - 5 Mile	QEII, Enfield
Sat. 22 nd	B	Steyning AC Open Road Walks (15/10/5k)	Steyning
Sun 23 rd	B	Sarnia WC Handicap Race 6	Footes Lane

February

Sun 6 th	B	Sarnia WC Open Races (10k/5k)	Vale
Sat 12 th	B	Enfield League Race 2 - 5 Mile	QEII, Enfield
12 th /13 th	A	Essex County Indoor Championships	Lee Valley
Sun 13 th	B	Sarnia WC Handicap Race 7	St. Peter Port
26 th /27 th	A	British Athletics Indoor Championships	Birmingham

Racewalking

