



December 2021



Heather Lewis pictured in St. Anne's Park, Dublin on route to a Welsh 2022 Commonwealth Games 10km nomination standard



#### World Race Walking Tour 2022 Dates

Gold			
2 <sup>nd</sup> Apr.	Poděbrady Walking	Poděbrady	
9 <sup>th</sup> Apr.	1 <sup>st</sup> Korzeniowski Warsaw RW Cup	Warsaw	
23 <sup>rd</sup> Apr.	Dudince 50km	Dudince	
23/24 Apr.	2022 Race Walking Tour	Taicang	*)
7 <sup>th</sup> May	Grand Prix International - Rio Maior	Rio Maior	
28 <sup>th</sup> May	Grand Prix - Cantones La Coruna	La Coruna	巖
15-17 Oct.	Around Taihu International Meeting	Suzhou	*)
Silver			
2 <sup>nd</sup> Oct.	63 <sup>rd</sup> Challenge Facoetti-Dahm	Montreuil	
Bronze			
16 <sup>th</sup> Jan.	USA Open 35km Championships	Santee, CA.	
22 <sup>nd</sup> Jan.	Turkish Open 20km & 35km Ch.	Antalya	C*
13 <sup>th</sup> Feb.	Oceania Open 20km Championships	Adelaide	*
15 <sup>th</sup> Apr.	International Race Walking Meeting	Olomouc	
23 <sup>rd</sup> Apr.	Polish 20km Championships	Sulejówek	
7 <sup>th</sup> May	Banskobystrický chodecký meeting	Banská Bystrica	
4 <sup>th</sup> June	Zahoracka dvadsiatka meeting	Borsky Mikulás	



# FOR YOUR DIARY

#### UKA Publish 2022 Fixture Calendar - Updated

UKA have published the fixture list for 2022 and listed below are the events that include a race walk, which has been updated with additional known events.

Date	Event	Venue
8-9 Jan.	England Athletics Indoor Walks	E.I.S. Sheffield
5 Feb.	England Athletics Winter RW Championships	Leeds Beckett Uni.
25-27 Feb.	British Athletics Indoor Championships	N.I.A. Birmingham
5-6 Mar.	British Masters Indoor Championships	Lee Valley
24-26 Jun.	UK Athletics Outdoor Championships	Manchester
16-17 Jul.	England Athletics U20/U23 Championships	Bedford
30-31 Jul.	England Athletics Senior Championships	T.B.C.
13 Aug.	Manchester International	Manchester
27-28 Aug.	England Athletics U15/U17 Championships	T.B.C.
17 Sept.	English Schools Championships	T.B.C.
23 Oct.	UKA 35km Race Walking Championships	Leeds, Brownlee

#### Notes:

(1) BMAF Outdoor T.B.C. as either 10-12 Jun. or 19-21 Aug.



### World Athletics Race Walking Team Championship will also have events reserved for Masters

World Masters Athletics (WMA) and World Athletics have worked hard over the last few years to develop a closer relationship. World Athletics have invited Masters Athletes to join the World Athletics Race Walking Team Championships held in Muscat/Oman. WMA President, Margit Jungmann and WMA Vice President Brian Keaveney drafted a competition program to attract Masters race walkers. WMA and World Athletics want to offer this new opportunity for Masters Athletes around the world to come together and celebrate their love of race walking and competition. They will join the best race walkers in the world to test themselves. Oman is a beautiful, peaceful country, and Muscat is a scenic city full of things to be discovered.

The World Athletics Race Walking Team Championships in Muscat will be held on 4-5 March 2022 including a mixed 4 x 2km Masters relay and 10km age group races.

Some tentative details on the Masters races:

**1.** The relay team consists of two race walkers made of one woman and one man. Each country can enter any number of teams in the following categories: – Age 35-49, 50-59, 60-69, 70+- Mode: Each athlete will race walk two 2km loops alternating between a man and a woman. A woman or a man can go first or second but must alternate.

**2.** Individual race 10km with team scoring – All 5-year age groups starting at 35-39 can compete. The top three athletes both male and female can medal. Most likely there will be one mixed-sex 10K race. Team scoring for age groups will be used.

The background dates back to March 2021, when World Athletics and WMA had reached an historic agreement that would see official Masters Championships held for the first time alongside the World Athletics Cross Country Championships in Bathurst, Australia in February 2022. Unfortunately, due to the pandemic, World Athletics had to postpone this event to 2023. *(Source: Marcia dal Mondo)* 



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

	£25.00	£15.00	£10.00
Dec. 21	Sharon Herbert	John Sales	Eric Horwill
It is £12 per	number per year,	so if you wish to	join, please contact
Mark Eastor	( <u>rwatreasurer@ya</u>	hoo.co.uk) for furt	her details.



## Race Walking Association Annual General Meeting

The **Race Walking Association** Annual General Meeting will be held 'virtually' on Sunday 23<sup>rd</sup> Janaury 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.

Men's 35km

## **Overseas**

### Open Irish 35km Race Walking Championships & Supporting Races incorporating World Athletics Race Walking Tour (Bronze Level), St. Anne's Park, Dublin (Sun. 19<sup>th</sup> Dec.)

Sweden's Perseus Karlstrom and Poland's Agnieszka Ellward won the 35km races at the Open Irish Championships held at St. Anne's Park in Dublin, while Brendan Boyce and Kate Veale secured the Irish titles.

Thirteen started the men's race from eight nations. Karlstrom took control of the race after 20km to cross the line in 2:31:54 a new Swedish record, with 5km splits of 22:11, 22:01, 21:54, 21:51, 21:30, 21:12 and 21:15. Brendon Boyce finished second in 2:32:49 with Poland's Jakub Jelonek third in 2:35:42. Karlstrom and Boyce were both inside the qualifying time of 2:33:00 required for the 2022 World Athletic Championships in Eugene (USA).



Jakub Jelonek ~ Brendon Boyce ~ Perseus Karlstrom ~ Stefano Chiesa ~ Callum Wilkinson

There were only two participants in the women's 35km in which Ellward came out victorious with 3:05:10 clocking 10km splits of 50:03, 50:10, 54:34 and final 5km of 30:23. Kate Veale recorded a time of 3:07:03 (10km - 53:51, 52:57, 53:40; 5km 26:35) having reduced the deficit of 6.35 at 20km to 1.53 at the finish.

Callum Wilkinson won the 20km race in 1:27:16 ahead of 19 year old debutant Oisin Lane who recorded 1:29:51.

The men's 10km was won by Irish junior Matthew Glennon in an Irish World Team Championships qualifying time of 43:58. Tom Partington recorded a season's best of 44:47 for second place.

Heather Lewis dominated the women's 10km walking herself to a Welsh 2022 Commonwealth Games nomination standard with a season's best 45:53. In second, Jasmine Nicholls set off at 50 minute pace but faded over the second half. She tested positive for Covid on her return to the UK, which may have impacted on her overall performance. Third spot went to British junior Hannah Hopper (*pictured below*) who recorded 52:42, reducing her personal best set in Leeds in October by 1 minute 22 seconds.



Pos	Athlete	Nation		Perf	Notes
1	Perseus Karlstrom		SWE	2:31:54	Debut
2	Brendan Boyce		IRL	2:32:49	Debut
3	Jakub Jelonek		POL	2:35:42	Debut
4	Nick Christie		USA	2:38:16	PB
5	Rafal Sikora		POL	2:44:48	Debut
6	Bruno Erent		CRO	2:46:54	PB
7	Jerome Caprice		MRI	2:56:37	PB
8	Joe Mooney		IRL	3:02:36	Debut
9	Jonathan Hobbs		GBR	3:15:28	PB
	Stefano Chiesa		ITA	DNF	
	Jose Manuel Perez	elite:	ESP	DNF	
	Dominic King		GBR	DQ	TR 54.7.5
	Daniel King		GBR	DQ	TR 54.7.5
Nom	en's 35km				
Pos	Athlete	Nation		Perf	Notes
1	Agnieszka Ellward		POL	3:05:10	Debut
2	Kate Veale		IRL	3:07:03	Debut
	s 20km			5.07.05	Debut
Pos	Athlete	Nation		Dorf	Notes
1	Callum Wilkinson		GBR	Perf 1:27:16	Notes
2	Oisin Lane		IRL	1:29:51	Debut
				1.25.51	Debut
_	s 10km	N		Devif	<b>N</b> 1-4
Pos	Athlete	Nation		Perf	Notes
1	Matthew Glennon (JM)		IRL	43:58	PB
2	Tom Partington (U23)		GBR	44:47	SB
3	Jake O'Brien (JM)		IRL	48:39	PB
4	Andrew Glennon (JM)		IRL	48:53	
5	Ross Alexander (M40)		IRL	53:59	
Nom	en's 10km				
Pos	Athlete	Nation		Perf	Notes
1	Heather Lewis		GBR	45:53	SB
2	Jasmine Nicholls		GBR	52:37	
3	Hannah Hopper (JW)		GBR	52:42	PB
4	Aisling Lane (JW)		IRL	52:59	Debut
5	Maggie Helen O'Connor (W50)		IRL	56:18	
6	Brenda Gannon (W50)		IRL	59:30	
	Demostie /A			it Rad	205
	Domestic A				
	<b>Domestic 'A</b> eterans AC & Eastern M				

Routine win for David Annetts who had raced early in the day over five miles at the Enfield League event.

#### Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts RR/VAC	09:49.49
2	Colin Harle	M60	Belgrave Harriers/EMAC	11:33.37
3	John Borgars	M70	Loughton AC/EMAC	14:01.24

#### Alf Palmer Memorial Track Races, Horsham (Sat. 11th Dec.)

A number of personal bests were achieved in damp gloomy conditions, with a number setting new personal bests for 5000m which saw Jonathan Ellerton dip under 30 minutes for the first time.

#### Mixed 5000m Pos Athlete AG Club Perf. Luc Legon SENM **Bexley Athletic Club** 25:07.7 1 Cambridge Harriers Hannah Hopper U20W 25:08.4 [PB] 2 Katie Stringer U20W Medway & Maidstone AC 28:43.6 [PB] З U17M Blackheath & Bromley 29:55.4 [PB] 4 Jonathan Ellerton Lola-Mae Billingham U17W Aldershot Farnham & D. 31:08.8 [Debut] 5 6 John Arthur M60 Unattached 32:34.1 [PB] 7 Stuart Maidment M70 Steyning Athletic Club 33:49.3 John Killick 8 M75 Steyning Athletic Club 34:06.9

9	Paul Gaston	M70	Surrey Walking Club	34:41.5
10	Ron Penfold	M80	Steyning Athletic Club	35:28.5
11	David Hoben	M65	Surrey Walking Club	37:24.5
Mixe	d 3000m			
	d 3000m Athlete	AG	Club	Perf.
		<b>AG</b> U15B	Club Tonbridge Athletic Club	<b>Perf.</b> 18:47.6

#### Up & Running Winter Walking League, Mooragh Park, Ramsey, Isle of Man (Sun. 12<sup>th</sup> Dec.)

Held in ideal conditions for racing. Fastest was Adam Cowin with 53:56, followed by Stew Jones in 54:38 who finished just two seconds ahead of Jock Waddington who did 54:40. Simon Gawne impressed again with 55:01. Fastest female walker was Hannah Moore with 65:02.

The winner on handicap was Neil Wade by a substantial margin.

#### Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Adam Cowin	SENM	Manx Harriers	53:56
2	Stewart Jones	M50	Manx Harriers	54:38
3	Jock Waddington	M55	Manx Harriers	54:40
4	Simon Gawne	SENM	Manx Harriers	55:01 [PB]
5	Adam Killip	SENM	Manx Harriers	55:33
6	James Quirk	M40	Manx Harriers	57:56
7	Tony Edwards	M55	Manx Harriers	58:20
8	Neil Wade	SENM	Unattached	62:39
9	Hannah Moore	SENW	Unattached	65:02
10	Nikki Raven	W55	Manx Harriers	65:32
11	Colin Moore	M60	Isle of Man Veterans	66:52
12	Chloe Spooner	SW	Unattached	67:57
13	Maura Kelly	W50	Northern (IOM) AC	70:58
14	Diane Brown	W50	Manx Harriers	73:11
15	Gordon Erskine	V75	Unattached	77:22
16	Alan Gault	M65	Isle of Man Veterans	77:32
17	Jayne Farquhar	W50	Manx Harriers	DNF

Mixed	d 5km			
Pos	Athlete	AG	Club	Perf.
1	Lorna Gleave	W35	Manx Harriers	29:44 [PB]
2	Marie Jackson	W60	Manx Harriers	30:12
3	Leanne Venables	W35	Unattached	31:20
4	Sharon Cain	W50	Manx Harriers	31:41
5	Phil Swales	M50	Northern (IOM) AC	31:59
6	Angie Robinson	W50	Manx Harriers	32:57 [PB]
7	Vicki Heavey	W45	Northern (IOM) AC	33:20
8	Amy Sykes	SENW	Unattached	35:14
9	Louise Cowell	SENW	Manx Harriers	36:46
10	Voirrey Earnshaw-Cain	W55	Unattached	37:54
11	Rosie Glen	SENW	Unattached	45:19
Mixe	d 2km			
Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) AC	11:49 [PB]
2	Molly Swales	U13G	Northern (IOM) AC	13:43 [PB]
3	Amy Surgeon	U13G	Manx Harriers	13:59 [PB]
Mixe	d 1km			
Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U11G	Manx Harriers	05:46
2	Noah Sykes	U11B	Northern (IOM) AC	06:34
3	Finn Gleave	U11B	Manx Harriers	06:35
4	Charlie Coole	U11B	Manx Harriers	06:37
5	Jay Jay Fletcher	U11B	Manx Harriers	07:10 [PB]
6	Bobby Venables	U11B	Unattached	07:57
7	Georgie Venables	U11G	Unattached	08:13
8	Aalin Heavey	U11B	Unattached	08:18
9	Theo Sykes	U11B	Northern (IOM) AC	08:58
10	Leo Gleave	U11B	Unattached	10:04

#### Cardiff Met Indoor Christmas Classic, Cardiff (Sun. 19th Dec.)

Bethan Davies walked away from the field to stop the clock at 13:17.38. In second spot, Taunton's Abby Hughes dipped under 15 minutes for the first time for the 3000m walk.

#### Mixed 3000m Pos Athlete AG Club Perf. 1 **Bethan Davies** SENW Cardiff A.A.C. 13:17.38 Abby Hughes U20W Taunton Athletic Club 14:54.70 [PB] 2 Gracie Griffiths U17W Pembrokeshire Harriers 14:57.98 3 Daniel Mckerlich U23M Cardiff A.A.C. 4 16:29.17 5 **Beatrice Fury** U20W Medway & Maidstone AC 16:40.66 6 Megan Stratton-Thomas U23W Swansea Harriers 16:46.94 7 Ian Torode M60 South West Veterans AC 18:12.28 8 Gemma Price U17W Bridgend Athletic Club 20:31.28

# **Domestic 'B' Permit Races**

Dick Maxwell Memorial 10km, Simister (Sat. 4th Dec.)

The journey to Simister for this memorial race was about the worst we can remember. It lashed down and several competitors faced delays with accidents on the motorway caused by heavy rainfall and high winds, reports Dave Evans. A pre-race check by one of our marshalls indicated that our usual out and back course would have to be shortened by about 300 metres unless our walkers were happy to walk that distance in calf-high water.



Despite the heavy drizzle and cool breeze, the field of seven set off into the maelstrom while the officials ran for cover. It was just over half an hour later when the leading walkers came into view clocking reputable times in the conditions. A number had indicated that their day's activity would be limited to half of the full race, and it was no surprise to see Glyn Jones heading the field in fine style despite a niggling knee problem. Glyn and Pat Evans chose the shortened course recording times of 32:24 and 35:13 respectively.

The remaining weather hardened individuals stood to their task with gusto (strong wind in Italian!) and actually walked as well if not better in the second part of their challenge. Defying his years, Ian Hilditch (pictured below) claimed the fastest gross time of the day with a very strong 65:29 with new club president Joe Hardy claiming second spot in an excellent 68:47.

Greg Smith, a more regular marshall these days, did a virtual solo out and back and recorded a sound 33:53, the second-fastest time on the short course



#### Enfield Race Walking League, 5 Mile, Donkey Lane, Enfield (Sat. 4<sup>th</sup> Dec.)

As one might have expected, the 'finale five' fixture had an end of the season feel to it and the turnout of eighteen reflected that, reports Ron Wallwork. Overnight rain cleared leaving a bright sunny if somewhat chilly morning.

The feature of the race was a dogged battle involving Melanie Peddle and David Walsh. Melanie seemed to be hanging on as she trailed the Enfield man for the first three laps, but just before the bell she drew level and pressed ahead to gain a 25 second advantage by the end of the race.

It was good to see John Hall (our much appreciated contact man at this venue), once again in action after a lengthy period of inactivity because of injury problems. On hand also was Enfield & Haringey AC Hon. General Secretary Barry Cook who presented Jacqueline Benson and George Wilkinson with their ERWL Championship 2021 trophies.



Wixed	d 5 Mile			
Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U20M	Enfield & Haringey AC	39:06
2	David Annetts	M55	North Herts Road Runners	40:00
3	Jacqueline Benson	U23W	Ashford Athletic Club	44:53
4	Melanie Peddle	W50	Loughton Athletic Club	46:24
5	David Walsh	M60	Enfield & Haringey AC	46:49
6	John Arthur	M60	Unattached	51:09
7	Helen Middleton	W55	Enfield & Haringey AC	51:44
8	Tony Wilkinson	M60	Unattached	56:43
9	Noel Blatchford	W70	Abingdon Athletic Club	57:05
10	John Hall	M70	Belgrave Harriers	57:27
11	Tom Casserley	M80	Enfield & Haringey AC	57:52
12	Malcolm Blackwood	M70	Trent Park Runners	59:25
13	Diana Braverman	W70	Enfield & Haringey AC	61:00
14	David Hoben	M65	Surrey Walking Club	62:04
Mixed	d 3 Mile			
Pos	Athlete	AG	Club	Perf.
1	Elini Panayiottou	W40	Unattached	34:52
2	Terry Braverman	M75	Enfield & Haringey AC	42:52
3	Dave Ainsworth	M70	Ilford Athletic Club	47:07
4	Shaheda Arthur	M60	Unattached	51:12

#### **Enfield Race Walking League 2021** (from Ron Wallwork)

The 24th edition of the ERWL was, like every other aspect of society, over shaddowed by the Covid virus restrictions. Nevertheless 124 walkers registered a performance in the competition and although the amalgmation of real and virtual results over the last five months produced somewhat arbitrary final League tables, the aims of including the virtual races were met.

There is little doubt that even without the restrictions Jacqueline Benson and George Wilkinson would have retained the titles they won 2019 and likewise, that Enfield and Ashford would again dominate the

team table. However, anecdotal feedback suggests that it is not prizes, but personal targets, rivalries and cammaradarie that provide the main incentive for participation in the League and race walking in general.

The League's only disapointing aspect is the dearth of young walkers taking part. Of the 124 who did take part only eight were aged under 23 and only three seniors. Jacqueline and George the overall winners are two of the country's top juniors and obvuously feel that they benefit from competing in the programme so why aren't there more. Is it because the League is staged under the B rule, is it because it is not over metric distances, is it the travel? If indeed these are the reasons that keeps youngsters away, apart from the latter, some accomodation could be made to overcome them.

#### Top three individual places

#### Men

- 1 Jacqueline Benson (Ashford) Millie Morris (Ashford)
- 1 Geroge Wilkinson (Enfield) 2 Jonathan Hobbs (Ashford)
- David Annetts (North Herts RR) 3
- Diane Bradley (Tonbridge) 3

Women

2

Top three to	eams	
Enfield HAC	3737	Wilkinson (720), Walsh (670), Middleton (623), Ralph (608), Bishop (597), & D. Braverman (534).
Ashford AC	3213	J. Jobbs (711), Benson (689), Morris (675), C. Hobbs (640), Harding (388) & Wilton (110).
Surrey WC	2742	Gaston (569), Cox (543), Flint (475), A. Martin (447), M. Martin (403) & D. Crane (305).

41 women – 83 men = 124, representing 43 club's and various other organisations and who registered 724 performances

Thank you time! To the race organisers, time keepers, recorders, judges, marshalls and volunteers without who the ERWL would cease to function. Their commitment to athletics in general and race walking in particular cannot be overstated; they brave the weather, give freely of their time and encounter expense to do it. Some of them are pictured here.



Pam Ficken ~ Tracey Wilkinson ~ Phil Welch ~ Carl Lawton



RW Judges: Stephen Cartwright ~ Andrew Garner ~ Shaun Lightman ~ Pauline Wilson ~ Mark Culshaw ~ Peter Cassidy

### **ERWL & VERWL - 2022**

Hopefully, Covid restrictions in 2022 won't be severe enough to prevent some real competition and with that upbeat approach, the 25<sup>th</sup> Edition of the ERWL is being scheduled to go ahead in its original format commencing with the first fixture at Donkey Lane on 15th January with an 11am start. Dates for fixtures 2 & 3 are February 12th and March  $12^{\text{th}}$ 

Appreciating that there are still many people who are apprehensive about mixing or mingling with others in public and a moderate show of support for it, a Virtual race programme will be included. Although set on the same weekend dates as the Real races, the Virtual League will stand alone, be on an individual basis only and won't be integrated into the Real race tables.

There will be no fee for a walker's first Virtual race. However, to continue racing in the VERWL thereafter a series registration fee of £5 becomes payable. To: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP.

#### Midland Winter League 3, Coventry (Sun. 12<sup>th</sup> Dec.)

The 3<sup>rd</sup> and final Midland Winter League Series for 2021 was again held on the Science Park of Warwick University, Coventry, *writes Glyn Jones*. Considering the recent December weather conditions, race day produced mild weather at the start but a noticeable drop in temperature during the afternoon's racing.

It was pleasing to see another slight increase in the entries for the final series. In the 5km, Ellis Simmonds making his 2<sup>nd</sup> winter league appearance started off with Jacqueline Benson leading the rest of the field but Ellis who it appears was not feeling too well on the day dropped back after two laps with Jacqueline then taking over the lead. It wasn't until the final lap that she was then overtaken by Mark Williams who finished in first place and maintained being overall scratch winner for the whole series. Jacqueline finished in 2<sup>nd</sup> place followed in 3<sup>rd</sup> place by Steve Uttley who was making his 2<sup>nd</sup> Winter League appearance. Ellis however has then dropped back to finishing fourth place followed by Wendy Kane who maintained her overall placing of scratch winner for the whole series. It was good to see three teams closing in but Birchfield Harriers who had finished a team in all three series were comfortable overall winners.

In the U13 girls Aimee Thursfield completed all three races and therefore took a creditable gold medal award.

In the 10km race, Jacqueline Benson doubling up for both distances took the lead for two laps but then Mark Williams also doubling up both distances took over the lead to the finish with Jacqueline maintaining her 2<sup>nd</sup> place. Richard Emsley who had to withdraw from the 2<sup>nd</sup> Series due to family commitments, finished in 3<sup>rd</sup> place having overtaken Daniel Mckerlich after six laps into the race. Unfortunately, Daniel had to retire due to breathing difficulties. In the team race, Birchfield Harriers were again the only team to close in and thus were overall winning team in the 10km series.

In conclusion whilst this year entries were lower than usual; it was satisfying that the League Series could take place whilst being very mindful of the Covid Risk Assessment for each series and it is with thanks for the support of the officials and athletes for their participation in the series.

•				
Mixed	d 5km			
Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	28:13
2	Jacqueline Benson	U23W	Ashford Athletic Club	28:39
3	Steve Uttley	M60	Ilford Athletic Club	29:44
4	Ellis Simmonds	U17M	Derbyshire & S. Yorkshire	30:12
5	Wendy Kane	W50	Nuneaton Harriers	30:54
6	Richard Emsley	M65	Desborough Runners	31:30
7	Hardeep Minhas	M60	Leicester Walking Club	31:52
8	Julie Bellfield	W50	Halesowen Athletic Club	32:09
9	lan Torode	M60	South West Veterans AC	32:27
10	Roger Michell	M70	Surrey Walking Club	32:58
11	John Constandinou	M45	Birchfield Harriers	33:32
12	Peter Everitt	M50	Nuneaton Harriers	34:24
13	Lynn Bellfield	W50	Halesowen Athletic Club	34:38
14	Carolyn Derbyshire	W40	Nuneaton Harriers	36:26
15	Isabel Knowles	U17W	Halesowen Athletic Club	37:04

16	David Fall	M75	Birchfield Harriers	38:53
17	Karen Williams	W60	Birchfield Harriers	39:18
18	Gemma Smith	W50	Stratford-upon-Avon AC	39:35
	Daniel Mckerlich	U23M	Cardiff A.A.C.	DNF
Unde	r 13 Girls 2km			
Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U13G	Wolv. & Bilston AC	15:44
Unde	r 11 Boys 1km			
Pos	Athlete	AG	Club	Perf.
1	William Everitt	U11B	Nuneaton Harriers	7:35
Mixed	d 10km			
Pos	Athlete	AG	Club	Perf.
	Athlete			
1	Mark Williams	M55	Birchfield Harriers	60:58
			Birchfield Harriers Ashford Athletic Club	
1	Mark Williams	M55		60:58
1 2	Mark Williams Jacqueline Benson	M55 U23W	Ashford Athletic Club	60:58 63:38
1 2 3	Mark Williams Jacqueline Benson Richard Emsley	M55 U23W M65	Ashford Athletic Club Desborough Runners	60:58 63:38 66:23
1 2 3 4	Mark Williams Jacqueline Benson Richard Emsley Hardeep Minhas	M55 U23W M65 M60	Ashford Athletic Club Desborough Runners Leicester Walking Club	60:58 63:38 66:23 67:03
1 2 3 4 5	Mark Williams Jacqueline Benson Richard Emsley Hardeep Minhas Parminder Bhatti	M55 U23W M65 M60 M65	Ashford Athletic Club Desborough Runners Leicester Walking Club Unattached	60:58 63:38 66:23 67:03 71:14
1 2 3 4 5 6	Mark Williams Jacqueline Benson Richard Emsley Hardeep Minhas Parminder Bhatti Kev Baldry	M55 U23W M65 M60 M65 M60	Ashford Athletic Club Desborough Runners Leicester Walking Club Unattached Nuneaton Harriers	60:58 63:38 66:23 67:03 71:14 73:33
1 2 3 4 5 6 7	Mark Williams Jacqueline Benson Richard Emsley Hardeep Minhas Parminder Bhatti Kev Baldry John Constandinou	M55 U23W M65 M60 M65 M60 M45	Ashford Athletic Club Desborough Runners Leicester Walking Club Unattached Nuneaton Harriers Birchfield Harriers	60:58 63:38 66:23 67:03 71:14 73:33 77:35
1 2 3 4 5 6 7 8	Mark Williams Jacqueline Benson Richard Emsley Hardeep Minhas Parminder Bhatti Kev Baldry John Constandinou David Fall	M55 U23W M65 M60 M65 M60 M45 M75	Ashford Athletic Club Desborough Runners Leicester Walking Club Unattached Nuneaton Harriers Birchfield Harriers Birchfield Harriers	60:58 63:38 66:23 67:03 71:14 73:33 77:35 81:47

#### Guernsey Round-up (from Rob Elliott)

Stuart Le Noury continues to dominate the road walking scene in Guernsey finishing the year with two wins over hilly courses. He won the traditional Le Val des Terres hill climb over 815 metres in 5.03 for his 15th win. This equals the number of wins that record holder Rob Elliott achieved many years ago. Donna Allan was the winner of the women's section in 6:55.

The last race of the year, on the Rocquaine Circuit, started at the Imperial and headed uphill to Torteval Church before dropping back to the coast at Rocquaine. He crossed the line in 26:24 for the 3 miles distance.

The fourth race in the Bob Wright Handicap Series raced over 5 kilometres at Les Amarreurs, was won by scratch man Dave Dorey, holding on to win from back marker Stuart Le Noury who recorded fastest time of the day with his 26:41. Mick Le Sauvage opened up his series lead by another point with three races to go.

#### 28th Nov.: Bob Wright Handicap Race 4 – 5km Les Amarreurs (B)

Pos	Athlete	AG	Club	Watch/Actual				
1	Dave Dorey	M70	Sarnia Walking Club	41:53/41:53				
2	Stuart Le Noury	M35	Sarnia Walking Club	42:11/26:41				
3	Donna Allan	W45	Sarnia Walking Club	42:33/32:23				
4	Mick Le Sauvage	M80	Sarnia Walking Club	43:06/40:06				
5	Rob Elliott	M60	Sarnia Walking Club	46:40/39:10				
12 <sup>th</sup>	12 <sup>th</sup> Dec.: Le Val des Terres 815m Hill Climb, St. Peter Port (B)							
Pos	Athlete	AG	Club	Perf.				
1	Stuart Le Noury	M35	Sarnia Walking Club	5:03				
2	Kevin Le Noury	M60	Sarnia Walking Club	6:39				
3	Donna Allan	W45	Sarnia Walking Club	6:55				
4	Mick Le Sauvage	M80	Sarnia Walking Club	8:31				
5	Dave Dorey	M70	Sarnia Walking Club	9:06				

#### 19th Dec.: 3 Mile Road Walk, Rocquaine Circuit (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	26:24
2	Kevin Le Noury	M60	Sarnia Walking Club	35:25
3	Mick Le Sauvage	M80	Sarnia Walking Club	39:38



#### **Roving Reporter in Spain**

Another big walking fixture in Spain took place on the weekend of 11th/12th Dec. on a 1km lap at the Avenida Juan Carlos 2, which saw the staging of several age group championships as well as competitions for the Trofeo Cerro Buenavista, in which Alex Wright (IRL) came 3<sup>rd</sup> in the men's 10km with 42:19, *reports Cath Duhig*.

The day kicked off just before 10 am with the Spanish Masters 10km Championship, in which there were about 60 finishers across all the genders and categories. Last year I suffered a rare disqualification there so my main objective this year was to finish, which I not only did, but with a completely clean sheet in 65:12, not even the glimmer of a yellow warning paddle. It was much warmer than on the previous two occasions I had participated, with temperatures rocketing up to almost 10<sup>c</sup> by the end of the race.

Across the U16/18/20 age groups there were 150 finishers, and a highlight was Paul McGrath (Spanish, but with a Scottish father, hence the name) setting a new Spanish junior 5km record of 19:52, going sub-20 mins for the first time.

A total of about 380 names appear across the various competitions, another great showcase for the event of racewalking.

# RANKINGS

#### (Performances achieved in 'B' Judged Races are not included) 2021 Outdoor Track

#### Women's 10,000m to 65:00

Perf.	Athlete	AG	Club	Venue	Date
45:21.70	Bethan Davies	SEN [1]	Cardiff AAC	Cardiff	15/08
46:36.10	Heather Lewis	SEN [2]	Pembrokeshire Hs	Cardiff	15/08
51:20.6	Erika Kelly	SEN [3]	Northern (IOM) AC	Douglas	10/05
52:10.83	Abigail Jennings	U23 [1]	Aldershot F & D	Bedford	20/06
52:26.72	Jasmine Nicholls	SEN [4]	Leicester WC	Cardiff	15/08
54:50.8	Mia Dunwell	U17 [1]	Manx Harriers	Douglas	10/05
55:16.54	Millie Morris	U20 [1]	Ashford AC	Bedford	20/06
55:30.03	Pagen Spooner	U23 [2]	Hyde Park Harriers	Newport	06/03
57:35.98	Natalie Myers	SEN [5]	2 DASH	Cardiff	15/08
58:12.0	Keira Heavey	U20 [2]	Northern (IOM) AC	Douglas	10/05
58:56.4	Grazia Manzotti	SEN [6]	Tonbridge AC	Coulsdon	30/10
59:18.4	Melanie Peddle	SEN [7]	Loughton AC	Coulsdon	30/10
64:25.4	Maureen Noel	SEN [9]	Belgrave Harriers	Coulsdon	30/10
Men's 10	,000m to 55:00				
Perf.	Athlete	AG	Club	Venue	Date
42:05.23	Cameron Corbishley	SEN [1]	Medway & Maid.	Newport	06/03
43:43.22	Tom Partington	U23 [1]	Manx Harriers	Cardiff	15/08
44:05.83	Guy Thomas	SEN [2]	Tonbridge AC	Cardiff	15/08
44:45.98	Christopher Snook	U23 [2]	Aldershot F & D	Bedford	20/06
44:48.78	George Wilkinson	U20 [1]	Enfield & Haringey	Cardiff	15/08
50:53.5	David Annetts	SEN [3]	North Herts RR	Coulsdon	30/10
Resider	nt Non-UK Athletes				
53:56.87	Akash Nandwani	U20 [2]	Leeds Uni./ESP	Bedford	20/06
Women's	5000m to 32:00				
Perf.	Athlete	AG	Club	Venue	Date
22:25.27	Bethan Davies	SEN [1]	Cardiff AAC	Manchester	18/07
25:08.4	Hannah Hopper	U20 [1]	Cambridge Hs	Horsham	11/12
25:18.27	Abigail Jennings	U23 [1]	Aldershot F & D	Aldershot	31/05
25:52.26	Jasmine Nicholls	SEN [2]	Leicester WC	Manchester	18/07
26:43.80	Natasha Mitchell	U17 [1]	Winchester & D	Manchester	08/08
26:48.96	Millie Morris	U20 [2]	Ashford AC	Kingston	22/08
27:00.30	Mia Dunwell	U17 [2]	Northern [IOM)	Manchester	08/08
27:27.17	Pagen Spooner	U23 [2]	Hyde Park Hs	Manchester	27/06
27:32.6	Melanie Peddle	SEN [3]	Loughton AC	Tonbridge	20/11
27:43.55	Gracie Griffiths	U17 [3]	Pembrokeshire Hs	Aldershot	31/05
27:52.0	Grazia Manzotti	SEN [4]	Tonbridge AC	Tonbridge	20/11
27:53.6	Abigail Smith	U17 [4]	Blackheath & B	Tonbridge	20/11

217-56.19Jaqueline BensomU23Ashford ACKingston22/08275-93.8Kira HeaveyU20[3] Northern (IOM)Manchester 27/0628:31.55Beatrice FuryU20[5] Medway & Maid.Horsham11/1228:43.6Katie StringerU20[5] Medway & Maid.Horsham11/1228:43.6Katie StringerU20[6] Aldershof F & DBedford13/0928:43.2Carolyn DerbyshirSEN [5]Nuneaton HSHorsham11/1231:08.8Lal-Mase Billingham U17[5] Aldershof F & DNorsham11/1231:08.8Lal-Mase Billingham SEN [6]Herne Hill HSKingston22/0831:54.03Penelope Curmings SEN [6]Herne Hill HSKingston22/08Resident Nor-UK AbtletesDateDate27/0620:37.69Cauron Corbishley SEN [2]Medway & Maid.Manchester7/0620:37.69Gauron Corbishley SEN [2]Aldershot RAldershot31/0521:38.49Tom BartingtonU22 [2]Manchester27/0621:38.49Tom BartingtonU22 [2]Indershot R31/0521:47.20Luc LegonSEN [4]Bedkey ACManchester27/0621:38.49Tom BartingtonU22 [2]Indershot R31/0521:47.20Luc LegonSEN [5]NathreriseManchester27/0621:38.49Tom BartingtonU20 [1]Cambridge HSMonchester27/0621:34.24Gaurahan HobbsSEN [5]<	27 56 40					22/22
28:31.55     Beatrice Funy     U20 [4]     Medway & Maid.     Kingston     22/08       28:33.65     Beiter Stringer     U20 [5]     Medway & Maid.     Horsham     11/12       28:47.68     Loi Carty     U20 [5]     Nuneaton HS     Horspath     27/06       29:28.04     Emily Ghose     U23 [4]     Tonbridge AC     Manchester     27/06       31:08.81     Rebecca Mitchell     U20 [7]     Winchester & D     Ashford     12/06       31:44.4     Rachel Harding     U20 [7]     Winchester & D     Ashford     12/06       31:44.24     Rachel Harding     U20 [7]     Winchester & M     Aldershot     31/05       Merider Non-UK Athileet     AG     Club     Venue     Date       19:25.62     Tombaronto SEN [1]     Tonbridge AC     Manchester     27/06       0:37.69     Cameron Corbishley SEN [2]     Medway & Maid.     Manchester     27/06       0:37.69     Cameron Corbishley SEN [2]     Manchester     27/06       0:37.69     Cameron Corbishley SEN [2]     Manchester     27/06       0:37.69     Cameron Corbishley SEN [2]     Manchester     27/06       0:37.69     Cameron Corbishley SEN [4]     Bexler AC     Manchester     27/06       0:37.69     Cameron Corbishley SEN [5] </td <td></td> <td>•</td> <td></td> <td></td> <td></td> <td>-</td>		•				-
28.43.6Katie StringerU20 [5]Medway & Maid.Horsham11/1228.47.8Lois CartyU20 [6]Aldershot F & DBedford18/0928.49.2Carolyn DerbyshireSEN [5]Nuneaton HsHorsham17/1231.08.8Loia-Mae BillinghamU7 [5]Aldershot F & DHorsham11/1231.08.81Rebeca MitchellU20 [7]Winchester & DAshford12/0631.14.24Rachel HardingU20 [8]Ashford ACAshford12/0631.43.24Rachel HardingU20 [8]Sahford ACAshford12/0631.43.24Rachel HardingU20 [8]Sahford ACAshford12/0631.43.24Rachel HardingU20 [8]Sahford ACManchester77/0625.47.75Erica PontarolloU23Hyde Park Hs/ITAAldershot31/0570.55Gameron CorbishleySEN [3]Tobridge ACManchester17/0620.50.76Gury ThomasSEN [3]Tobridge ACManchester17/0621.32.40Cameron CorbishleySEN [3]Tobridge ACManchester13/0521.42.20Luc LegonSEN [4]Bedley ACManchester13/0521.42.40Jonathan HobbsSEN [5]Sahford ACKingston22/0623.44.44Jonathan HobbsSEN [5]Nathertse27/0623.44.49Jonathan HobbsSEN [5]Nathort F & DBrowley22/0524.45.40Christian HooperU21 [1]Gemindg				. ,		-
28:47.68     Lois Carty     U20 [6]     Aldershot F & D     Bedford     18/09       28:49.2     Carolyn Derbyshire     SEN [5]     Nuneaton Hs     Horspath     27/06       29:28.04     Emily Ghose     U21 [2]     Iddershot F & D     Horspath     27/06       29:28.04     Emily Ghose     U20 [8]     Ashford A     11/12       31:08.8     Lole-Mae Billingham     U20 [8]     Ashford A     12/06       31:44.24     Rachel Harding     U20 [8]     Ashford AC     Ashford     12/06       31:54.03     Penelope Cummings SEN [6]     Herne Hill Hs     Mineston     31/05       15:40.3     Penelope Cummings SEN [7]     Tonbridge AC     Manchester     27/06       20:37.66     Guy Thomas     SEN [1]     Tonbridge AC     Manchester     27/06       20:37.66     Guy Thomas     SEN [3]     Aldershot F & D     Aldershot     31/05       21:38.49     Tom Partington     U23 [1]     Aldershot F & D     Aldershot     31/05       21:47.20     Lu clegon     SEN [5]     Ashford AC     Kingston     27/06       21:47.20     Lu clegon     SEN [5]     Ashford AC     Kingston     27/06       21:47.20     Lu clegon     SEN [5]     Ashford AC     Kingston     27/06	28:31.55	Beatrice Fury	U20 [4]	Medway & Maid.	Kingston	22/08
28.49.2Carolyn DerbyshirSEN [5]Nuneaton HSHorspath27/0629.28.04Emily GhoseU23 [4]Tonbridge ACManchester27/0631.08.81Rebecca MitchellU20 [7]Winchester & DAshford12/0631.44.4Rachel HardingU20 [8]Ashford ACAshford12/0631.45.03Penelope Cummings SEN [6]Herne Hill HSKingston22/08Resident Won-UK AthieteeTon BosworthSEN [1]Tonbridge ACManchester27/0620.37.69Cameron CorbishleySEN [2]Medway & Maid.Manchester27/0620.37.69Gameron CorbishleySEN [3]Tonbridge ACManchester17/0621.32.42Mortsopher SnootU23 [2]Manchester18/0831/0521.32.42Jonathan HobbsSEN [3]Tonbridge ACManchester27/0623.43.49Jonathan HobbsSEN [5]Ashford ACKingston22/0823.44.49Jonathan HobbsSEN [5]Ashford ACKingston22/0823.44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0623.44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0623.44.94Jonathan HobperU21 [1]Cambridge HSManchester27/0623.44.94Jonathan HobperU21 [1]Cambridge HSManchester27/0623.44.94Jonathan HobperU21 [1]Cambridge HSManchester27/06<	28:43.6	Katie Stringer	U20 [5]		Horsham	11/12
29:8.04Imily GroseU23 [4]Tonkidge ACManchester & JAlford1/1231:08.81Recar MitchelU20 [7]Vinchester & DAshford1/2031:44.24Rachel HardingU20 [8]Ashford ACAshford1/2031:54.03Penelope Cummings EK[6]Herne Hill HSKingston2/208Strav To ErclovVenueDateDate2/208Strav To ErclovVenueDatePerf.AthleteAGCubVenue2/208On SoworthSEN [3]Tonbridge ACManchester2/208Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2"2017 Colspan="2"SEN [3]Tonbridge ACManchester2/208Colspan="2">Colspan="2"Adershot3/105Colspan="2"Manchester2/208Colspan="2"Manchester2/208Colspan="2"Manchester2/208Colspan="2"Manchester2/208Colspan="2"Colspan="2"Colspan="2"Colspan="2"Manchester2/208Colspan="2"Colspan="2"Colspan="2"Advice Manchester2/208Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2	28:47.68	Lois Carty	U20 [6]	Aldershot F & D	Bedford	-
31:08.8Lola-Mae Billingham U17 [5]Aldershot F & DAshford1/1231:08.8Rebecca MitchellU20 [8]Ashford ACAshford12/0631:44.24Rachel HardingU20 [8]Ashford ACAshford12/0631:44.3Penelope Cummings SEN [6]Herne Hill HSKingston22/08Resident Non-UK AthletesU20 [8]Hyde Park Hs/TTAAldershot31/05Derritor AthleteAGClubVenueDate19:25:62Tom BosworthSEN [3]Tonbridge ACManchester27/06Cameron Corbishley SEN [2]Medway Maid.Manchester18/082:13:63Goargen Corbishley SEN [2]Manchester18/082:14:20 (u1 cegonSEN [5]Ashford ACManchester27/06Cameron Corbishley SEN [5]Ashford ACKingston21/052:14:54George WillikonsU20 [1]Enfeid & HaringeyAldershot 31/052:14:54George WillikonsU20 [1]Enfeid & HaringeyAldershot 27/06Vormer's Journ to 18:00VenueDate14:49:27Gracie GriffithU17 [1]Pembrokshire HsDerby22/0514:49:27Gracie GriffithU17 [1]Pembrokshire HsDerby22/0514:49:27Gracie GriffithU17 [1]Pembrokshire HsDerby22/0514:49:27Gracie Gri	28:49.2	Carolyn Derbyshire	SEN [5]	Nuneaton Hs	Horspath	27/06
31:08.81Rebecca MitchellU20 [7]Winchester & D.Ashford12/0631:44.24Rachel HardingU20 [8]Ashford ACAshford12/0631:54.30Penelope Cummings SEN [6]Henre Hill HSKuesterZ5:47.75Erica PontarolloU23Hyde Park Hs/ITAAldershot31/05Meris SUDUR to Z6:00Forhoridge ACManchester27/0620:37.69Cameron CorbishleySEN [1]Tonbridge ACManchester27/0620:37.69Cameron CorbishleySEN [3]Tonbridge ACManchester17/0521:38.49Tom PartingtonU23 [2]Mark HarriersAldershot 31/0531/0521:42.20Luc LegonSEN [4]Bexley ACManchester27/0621:43.49Jonathan HobbsSEN [5]Ashford ACKingston2/20823:44 94Jonathan HobbsSEN [6]North Herts R8Horspath2/0623:44 94Jonathan HobbsSEN [6]North Herts R8Horspath2/0624:45.46Christian HopperU21 [1]Cambridge HSManchester2/0624:47.20Jasmine NichollsSEN [1]Leicester WCLeeds20/0524:42.46Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:47.27Gracie GriffithsU11 [1]Pembrokeshire HSDerby2/0614:47.28Jasmine NichollsSEN [2]Lambridge HSNordice1/0715:15.04Mille MorrisU21 [2]Ashford A	29:28.04	Emily Ghose	U23 [4]	Tonbridge AC	Manchester	27/06
31:44.24Rachel HardingU20 [8]Ashford ACAshford12/0631:54.03Penelope Cummings SEN [6]Herne Hill HSKingston22/08Resident Not Not Not Not Not Not Not Not Not No	31:08.8	Lola-Mae Billingham	U17 [5]	Aldershot F & D	Horsham	11/12
31:54.03     Penelope Cummings SEN [6]     Herne Hill HS     Kingston     2/2/08       Resident Von-UK Athletes     U23     Hyde Park Hs/TTA     Aldershot     31/05       SEN [6]     Hyde Park Hs/TTA     Aldershot     31/05       Meri's SOUTH O 26:00       Peri     Athlete     AG     Club     Venue     Date       19:25:62     Tom Bosworth     SEN [3]     Tonbridge AC     Manchester     27/06       Quit Tomas     SEN [3]     Tonbridge AC     Manchester     27/06       Quit Tomas     SEN [3]     Tonbridge AC     Manchester     27/06       Quit Tomas     SEN [3]     Aldershot FA     Aldershot 31/05       Quit Tomas     SEN [5]     Ashford AC     Kingston     27/06       Quit Tomas     Club     Venue     Date       Quit Tomas     SEN [2]     Marchester     27/06       Quit Tomas     SEN [2]     Aldershot F	31:08.81	Rebecca Mitchell	U20 [7]	Winchester & D	Ashford	12/06
Resident Non-UK Athletes         U23         Hyde Park Hs/ITA         Aldershot         31/05           Meric S000m to 26:00         Perf.         Athlete         AG         Club         Venue         Date           1925:62         Tom Bosworth S         SEN [1]         Tonbridge AC         Manchester         27/06           20:37.69         Cameron Corbishley         SEN [3]         Tonbridge AC         Manchester         18/08           21:29.21         Christopher Snook         U23 [2]         Manx Harriers         Aldershot 31/05           21:38.49         Tom Partington         U23 [2]         Manx Harriers         Aldershot 31/05           21:42.42         Christopher Snook         U23 [1]         Aldershot 7E & D         Aldershot 31/05           21:42.44         Goorge Wilkinson         U20 [1]         Enfield & Haringey         Aldershot 31/05           21:42.54         Gorge Wilkinson         U20 [1]         Cambridge HS         Manchester         27/06           Women's 3000m to 18:00         EVI [1]         Leicester WC         Leeds         20/05           14:47.92         Gracie Infints         U11 [1]         Pembrokeshire HS         Derby         25/09           15:10.2         Hannah Hopper         U20 [2]         Ashford A	31:44.24	Rachel Harding	U20 [8]	Ashford AC	Ashford	12/06
25:47.75Irica PontarolloU23Hyde Park Hs/ITAAldershot31/05Men's SOUT to Z6:00VenueDate19:25.62Tom BosworthSEN [1]Tonbridge ACManchester27/0620:37.66Cameron Corbishley SEN [2]Medway & Maid.Manchester27/0620:50.76Guy ThomasSEN [3]Tonbridge ACManchester18/0821:32.21Christopher SnookU23 [1]Aldershot F & DAldershot 7 & D21:34.49Iona PartingtonU23 [2]Manx HarriersAldershot 7 & D21:34.49Jonathan HobbsSEN [5]Ashford ACKington22/0821:34.54George WilkinsonU20 [1]Enfield & HaringeyAldershot 7 & D22/0821:34.94Jonathan HobbsSEN [5]Ashford ACKington22/0825:08.9David AnnettsSEN [6]North Herts RRHorspat27/0614:07.80Jammien NichollsSEN [1]Leicester WCLeeds20/0515:10.2Hannah HopperU21 [1]Cambridge HsWoodford27/0715:15.4Millie MorrisU20 [2]Ashford ACBromley22/0515:23.6Pagen SpooneU23 [2]Ashford ACBromley22/0515:25.5Abby HughesU17 [2]Tauton ACDerby23/0715:35.51Abigall AnningsSEN [3]Longhridge HsMoodford10/0415:41.52Natalk MirchellU17 [3]Biackheath & BTonbridge HsMoodford <td>31:54.03</td> <td>Penelope Cummings</td> <td>SEN [6]</td> <td>Herne Hill Hs</td> <td>Kingston</td> <td>22/08</td>	31:54.03	Penelope Cummings	SEN [6]	Herne Hill Hs	Kingston	22/08
Men's 5000m to 26:00Perf.AthleteAGClubVenueDate19:25 62Tom BosworthSEN [1]Tonbridge ACManchester27/0620:37 69Cameron CorbishleySEN [2]Medway & Maid.Manchester18/0821:29 21Christopher SnookU23 [1]Aldershot F & DAldershot11/0521:38 44Tom PartingtonU23 [2]Manx HarriersAldershot27/0621:48 44Jonathan HobbsSEN [3]Folfeld & HaringeyAldershot27/0623:44.94Jonathan HobbsSEN [5]Ashford ACKingston27/0624:25 46Christian HopperU17 [1]Cambridge HsManchester27/0625:08.9David AnnettsSEN [6]North Herts RRHorspath27/0625:09.9David AnnettsSEN [6]North Herts RRHorspath27/0614:47.90Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F & DBromley22/0515:10.2Hannah HopperU20 [2]Cambridge HsWoodford27/0715:15.44Mille MorrisU20 [2]Cambridge HsWoodford27/0715:25.55Abby HughesU17 [2]Taunton ACBromley25/0915:25.56Abby HughesU17 [2]Taunton ACEnds20/0515:25.55Abby HughesU17 [3]Blackheath & BTonhridge Hs16/0715:24.64	Reside	nt Non-UK Athletes				
Perf.AthleteAGClubVenueDate19:25.62Tom BosworthSEN [1]Tonbridge ACManchester27/0620:37.69Cameron Corbishley SEN [2]Medway & Maid.Manchester18/0821:29.21Christopher SnookU23 [1]Aldershot F & DAldershot31/0521:38.49Tom PartingtonU23 [2]Manx HarriersAldershot31/0521:47.20Luc LegonSEN [4]Bexley ACManchester27/0622:48.54George WilkinsonU20 [1]Enfield & HarringeyAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0524:25.46Christian HopperU17 [1]Cambridge HsManchester27/0625:08.9David AnnettsSEN [6]North Herts RRHorspath27/05Vamere'>Voomot ot 18:00Tot 11Leicester WCLeeds20/0514:37.99Abigail JenningsU21 [1]Aldershot F & DBromley22/0515:10.2Hannah HopperU20 [1]Cambridge HsWoodford27/0515:13.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:24.55Abby HughesU17 [3]Backheath & BTonbridge01/0615:35.51Abigail SmithU17 [3]Blackheath & BTonbridge18/0715:45.65Abby HughesU17 [5]Manx Harriers <td>25:47.75</td> <td>Erica Pontarollo</td> <td>U23</td> <td>Hyde Park Hs/ITA</td> <td>Aldershot</td> <td>31/05</td>	25:47.75	Erica Pontarollo	U23	Hyde Park Hs/ITA	Aldershot	31/05
19:25.62Tom BosworthSEN [1]Tonbridge ACManchester27/0620:37.69Cameron Corbishley SEN [2]Medway & Maid.Manchester18/0821:39.21Christopher SnookU23 [1]Aldershot F & DAldershot 31/0521:38.49Tom PartingtonU23 [2]Manx HarriersAldershot 31/0521:38.49Tom PartingtonU23 [2]Manx HarriersAldershot 31/0521:47.20Luc LegonSEN [4]Bexley ACManchester27/0622:18.54George WilkinsonU20 [1]Enfield & HaringeyAldershot 31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0824:25.46Christian HopperU17 [1]Cambridge HSManchester27/0623:44.94Jonathan HobbsSEN [6]North Herts RRHorspath27/0524:25.46Christian HopperU17 [1]Lecister WCLeeds2/0524:37.99Abigail JenningsU22 [1]Addershot F & DRromley2/0514:49.27Gracie GriffithsU17 [1]Pembrokeshire HSDerby2/0515:0.2Hannah HopperU20 [2]Ashford ACBromley2/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds2/0515:24.55Abigail MithU17 [3]Blackheath & BTonbridge1/0615:41.55Jaqueline BensonU23 [3]Ashford ACEtham1/0615:41.55Jaqueline BensonU23 [3]Ashford AC	Men's 50	00m to 26:00				
20:37.69Cameron Corbishley SEN [2]Medway & Maid.Manchester27/0620:50.76Guy ThomasSEN [3]Tonbridge ACManchester18/0821:32.42Christopher SnookU23 [2]Manx HarriersAldershot31/0521:38.49Tom PartingtonU23 [2]Manx HarriersAldershot31/0521:47.20Luc LegonSEN [4]Bexley ACManchester27/0622:18.54George WilkinsonU20 [1]Enfield & HarriegeAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston27/0625:08.9David AnnettsSEN [6]North Herts RHorspath27/0625:08.9David AnnettsSEN [1]Leicetter WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F & DBromley22/0515:10.2Hannah HopperU20 [1]Cambridge HsWoodford27/0715:15.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:24.55Natalie MyersSEN [2]2 DASHS Aririca09/0315:35.51Jaijeali JenningU21 [2]Taunton ACProbridge MI10/0615:41.55Jaqueline BensonU23 [3]Ashford ACEtham17/0415:44.6Melanie PeddleSEN [3]Loughton ACWoodford10/0815:35.51Jaijeali JenningU27 [3] <td>Perf.</td> <td>Athlete</td> <td>AG</td> <td>Club</td> <td>Venue</td> <td>Date</td>	Perf.	Athlete	AG	Club	Venue	Date
20:37.69Cameron Corbishley SEN [2]Medway & Maid.Manchester27/0620:50.76Guy ThomasSEN [3]Tonbridge ACManchester18/0821:32.42Christopher SnookU23 [2]Manx HarriersAldershot31/0521:38.49Tom PartingtonU23 [2]Manx HarriersAldershot31/0521:47.20Luc LegonSEN [4]Bexley ACManchester27/0622:18.54George WilkinsonU20 [1]Enfield & HarriegeAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston27/0625:08.9David AnnettsSEN [6]North Herts RHorspath27/0625:08.9David AnnettsSEN [1]Leicetter WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F & DBromley22/0515:10.2Hannah HopperU20 [1]Cambridge HsWoodford27/0715:15.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:24.55Natalie MyersSEN [2]2 DASHS Aririca09/0315:35.51Jaijeali JenningU21 [2]Taunton ACProbridge MI10/0615:41.55Jaqueline BensonU23 [3]Ashford ACEtham17/0415:44.6Melanie PeddleSEN [3]Loughton ACWoodford10/0815:35.51Jaijeali JenningU27 [3] <td>19:25.62</td> <td>Tom Bosworth</td> <td>SEN [1]</td> <td>Tonbridge AC</td> <td>Manchester</td> <td>27/06</td>	19:25.62	Tom Bosworth	SEN [1]	Tonbridge AC	Manchester	27/06
20:50.76Guy ThomasSEN [3]Tonbridge ACMancherter18/0821:38.49Tom PartingtonU23 [2]Aldershot F &DAldershot31/0521:38.49Tom PartingtonU20 [2]Enfield & HarriersMadershot31/0521:47.20Luc LegonSEN [4]Bexley ACMancherter27/0622:18.54George WilkinsonU20 [1]Enfield & HarringeyAldershot22/0824:25.40Christian HopperU17 [1]Cambridge HSManchester27/0625:08.9Javid AnnettsSEN [6]North Herts RRHorspath27/0526:08.7Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F &DBromley22/0515:10.2Hannah HopperU20 [2]Cambridge HSWoodford27/0715:15.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HSLeeds01/0615:24.55Abigail SmithU17 [3]Backheath &BTonhridge18/0715:35.51Abigail SmithU17 [3]Backheath &BTonhridge18/0715:35.51Abigail SmithU17 [3]Backheath &B18/0715:45.6Abby HughesU17 [4]Winchester &A18/0715:45.7Alagia SmithU17 [3]Backheath &BTonhridge18/0715:45.6Abby HughesU21 [3]Ashford ACEt				•		-
21:29.21Christopher SnookU23IAldershot F & DAldershot31/0521:38.49Tom PartingtonU23U20Manx HarriersAldershot31/0521:47.20Luc LegonSFN [4]Bexley ACManchester27/0622:18.54George WilkinsonU20 [1]Enfield & HaringeyAldershot31/0523:44.94Jonathan HobbsSFN [5]Ashford ACKingston22/0624:25.46Christian HopperU17 [1]Cambridge HsManchester27/0624:25.46Christian HopperU17 [1]Cambridge HsManchester27/0624:25.46Christian HopperU17 [1]Cambridge HsMarchester27/0524:25.47Gracie GriffithsU17 [1]Pembrokeshire HsDeroly22/0514:49.27Gracie GriffithsU17 [1]Pembrokeshire HsDeroly22/0515:26.4Millie MorrisU20 [2]Ashford ACBromley21/0515:27.56Aby HughesU17 [2]Taunton ACDeroly25/0515:28.58Natalie MyersSEN [2]2 ASHS. Africa09/0315:35.51Abigail SmithU17 [3]Blackheath & BTonbridge11/0615:41.52Natash MitchellU17 [3]Laughton ACWoodford10/0815:42.66Carloyn DerbyshireSEN [5]Tonbridge ACEltham13/0715:42.60Ema DyosSEN [5]Noncheater MsGeorfo16/0216:24.60Ema						
21:38.49Tom PartingtonU23 [2]Manx HarriersAldershot31/0521:47.20Luc LegonSEN [4]Bexley ACManchester27/0621:18.54George WilkinsonU20 [1]Enfield & HarringevAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0824:25.46Christian HopperU17 [1]Cambridge HsManchester27/0625:08.9David AnnettsSEN [6]North Herts RRHorspath27/05Vormer's JOOm to 18:00Perf.AthleteAGClubLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot FABromley22/0515:10.2Hannah HopperU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:24.55Abby HughesU17 [2]Taunton ACDerby25/0915:25.55Abby HughesU17 [2]Taunton ACDerby25/0915:35.51Abigail SmithU17 [3]Blackheath & BTonbridge11/0615:41.52Natalie MyersSEN [4]Loughton ACWoodford10/0815:41.54Augeline BensonU23 [3]Ashford ACEltham13/0515:41.55Jaqueline BensonU23 [3]Ashford ACWoodford10/0815:41.54Malea EltherU17 [3]Manx HarriersBedford18/0915:41.55Jaquel	21:29.21	, Christopher Snook		•	Aldershot	31/05
21:47.20Luc LegonSEN [4]Bexley ACManchester27/0622:18.54George WilkinsonU20 [1]Enfield & HaringeyAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0824:25.46Christian HopperU17 [1]Cambridge HsManchester27/0625:08.9David AnnettsSEN [6]North Herts RRHorspath27/06Women's JOOm to 18:00Perf.AthleteAGClubVenueDate14:07.80Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F & DBromley22/0515:10.2Hannah HopperU20 [1]Cambridge HsWoodford27/0715:15.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:23.65Abby HughesU17 [2]Tauton ACDerby25/0915:35.51Abigail SmithU17 [3]Blackheath & BTonbridge01/0615:41.55Jaqueline BensonU23 [3]Ashford ACEltham17/0415:41.66Carolyn DerbyshireSEN [3]Loughton ACWoodford10/0816:24.26Carolyn DerbyshireSEN [6]Inford ACWoodford10/0816:32.62Gazia ManaottiSEN [5]Tonbridge ACEltham17/0415:41.55Jaqueline BensonU23	21:38.49	•			Aldershot	-
22:18.54George WilkinsonU20 [1]Enfield & HaringeyAldershot31/0523:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0824:25.46Christian HopperU17 [1]Cambridge HsManchester27/0625:08)David AnnettsSEN [6]North Herts RRHorspath27/06Women's JOOm to 18:00Perf.AthleteAdClubVenueDate14:07.80Jamine NichollsSEN [1]Leicester WCLeeds20/0514:49.27Gracie GriffithsU17 [1]Pembrokeshire HsDerby25/0915:10.2Hannah HopperU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:24.55Abby HughesU17 [2]Tauton ACDerby25/0915:25.55Abby HughesU17 [2]Tauton ACDerby25/0915:26.56Abby HughesU17 [3]Blackheath & BTonbridge01/0615:41.55Jaqueline BensonU23 [3]Ashford ACWoodford10/0815:41.55Jaqueline BensonU23 [3]Ashford ACWoodford10/0816:42.66Carolyn DerbyshireSEN [4]Nuneaton HsDerby21/0816:42.61Garia ManzottiSEN [5]Tonbridge ACEtham14/0716:42.62Katie StringerU17 [6]Medway & Maid.Gillingham07/0816:43.26Ka		0				
23:44.94Jonathan HobbsSEN [5]Ashford ACKingston22/0824:25.46Christian HopperU17 [1]Cambridge HsManchester27/0625:08.9David AnnettsSEN [6]North Herts RRHorspath27/06Women's JUOOm to 18:00Perf.AthleteAGClubVenueDate14:07.80Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:49.27Gracie GriffithsU17 [1]Pembrokeshire HsDerby25/0915:10.2Hannah HopperU20 [2]Ashford ACBromley22/0515:23.64Pagen SpoonerU23 [2]Hyde Park HsLeeds20/0515:25.65Abby HughesU17 [2]Taunton ACDerby25/0915:25.65Abby HughesU17 [2]Taunton ACDerby25/0915:25.65Abby HughesU17 [2]Blackheath &BTonbridge01/0615:45.61Abigail SmithU17 [3]Blackheath &BTonbridge01/0615:45.62Natasha MitchellU17 [5]Manx HarriersBedford18/0915:45.65AbupwellU17 [5]Manx HarriersBedford18/0916:42.62Carolyn DerbyshireSEN [6]Iford ACWoodford10/0816:42.64Attei StringerU17 [6]Medway &Maid.Gillingham07/0816:42.64Satte StringerU17 [6]Medway &Maid.Gillingham07/0816:43.26Silva		-				
24:25.46         Christian Hopper         U17 [1]         Cambridge Hs         Manchester         27/06           25:08.9         David Annetts         SEN [6]         North Herts RR         Horspath         27/06           Vermet's 3000m to 18:00           Perf.         Athlete         AG         Club         Venue         Date           14:07.80         Jasmine Nicholls         SEN [1]         Leicester WC         Leeds         20/05           14:37.99         Abigail Jennings         U23 [1]         Aldershot F & D         Bromley         22/05           15:10.2         Hannah Hopper         U20 [2]         Ashford AC         Bromley         22/05           15:23.64         Pagen Spooner         U23 [2]         Hyde Park Hs         Leeds         20/05           15:25.55         Abby Hughes         U17 [2]         Taunton AC         Derby         25/09           15:35.51         Abigail Smith         U17 [3]         Blackheath & B         Tonlidge         11           15:41.55         Jaqueline Benson         U23 [3]         Ashford AC         Eltham         17/04           15:41.55         Jaqueline Benson         U23 [3]         Ashford AC         Woodford         18/05		-				
25:08.9         David Annetts         SEN [6]         North Herts RR         Horspath         27/06           Wormen's 3000m to 18:00         Perf.         Athlete         AG         Club         Venue         Date           14:07.80         Jasmine Nicholls         SEN [1]         Leicester WC         Leeds         20/05           14:39.27         Gracie Griffiths         U17 [1]         Pembrokeshire Hs         Derby         25/09           15:10.2         Hannah Hopper         U20 [2]         Ahford AC         Bromley         22/05           15:23.64         Pagen Spooner         U23 [2]         Hyde Park Hs         Leeds         20/05           15:25.65         Abby Hughes         U17 [2]         Taunton AC         Derby         25/09           15:35.51         Abagail Smith         U17 [3]         Blackheath & B         Tonbridge         01/06           15:41.52         Natasha Mitchell         U17 [4]         Winchester & D         Bedford         18/09           16:24.6         Melanie Peddle         SEN [5]         Tonbridge AC         Eltham         14/07           16:26.80         Erma Dyos         SEN [6]         Iford AC         Woodford         10/08           16:37.62         Beatrice Fury </td <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td>					-	
Women's 3000m to 18:00         Venue         Date           Perf.         Athlete         AG         Club         Venue         Date           14:07.80         Jasmine Nicholls         SEN [1]         Leicester WC         Leeds         20/05           14:37.99         Abigail Jennings         U23 [1]         Aldershot F & D         Bromley         22/05           14:49.27         Gracie Griffiths         U17 [1]         Pembrokeshire Hs         Derby         25/09           15:10.2         Hannah Hopper         U20 [2]         Ashford AC         Bromley         22/05           15:23.64         Pagen Spooner         U23 [2]         Hyde Park Hs         Leeds         20/05           15:25.65         Abby Hughes         U17 [2]         Tauton AC         Derby         25/09           15:35.51         Abigail Smith         U17 [3]         Blackheath & B         Tonbridge         01/06           15:41.52         Natasha Mitchell         U17 [4]         Winchester & D         Bedford         18/09           16:24.6         Melanie Peddle         SEN [3]         Loughton AC         Woodford         10/08           16:25.80         Emma Dyos         SEN [5]         Tonbridge AC         Eltham         14/07				•		
Perf.AthleteAGClubVenueDate14:07.80Jasmine NichollsSEN [1]Leicester WCLeeds20/0514:37.99Abigail JenningsU23 [1]Aldershot F & DBromley22/0514:49.27Gracie GriffithsU17 [1]Pembrokeshire HsDerby25/0915:10.2Hannah HopperU20 [1]Cambridge HsWoodford27/0715:15.04Millie MorrisU20 [2]Ashford ACBromley22/0515:23.65Abby HughesU17 [2]Taunton ACDerby25/0915:25.55Abby HughesU17 [2]Taunton ACDerby25/0915:35.51Abigail SmithU17 [3]Blackheath & BTonbridge01/0615:41.52Natasha MitchellU17 [4]Winchester & DBedford18/0916:04.12Mia DunwellU17 [5]Manx HarriersBedford10/0816:12.66Carolyn DerbyshireSEN [6]Inford ACWoodford10/0816:23.92Grazia ManzottiSEN [5]Tonbridge ACEltham14/0716:26.80Emma DyosSEN [6]Ilford ACWoodford10/0816:37.62Beatrice FuryU20 [3]Medway & Maid.Gillingham07/0817:46.01Katie StringerU17 [6]Medway & Maid.Gillingham07/0817:46.03Ibannon ThomasU20 [5]Winchester & DMachester08/0817:46.04Ratice PontarolloSEN [7]Barnet & District <td>Women'</td> <td></td> <td></td> <td></td> <td></td> <td></td>	Women'					
14:07.80         Jasmine Nicholls         SEN [1]         Leicester WC         Leeds         20/05           14:37.99         Abigail Jennings         U23 [1]         Aldershot F & D         Bromley         22/05           14:49.27         Gracie Griffiths         U17 [1]         Pembrokeshire Hs         Derby         25/09           15:10.2         Hannah Hopper         U20 [2]         Ashford AC         Bromley         22/05           15:23.64         Pagen Spooner         U23 [2]         Hyde Park Hs         Leeds         20/05           15:23.65         Abby Hughes         U17 [2]         Taunton AC         Derby         25/09           15:35.51         Abigail Smith         U17 [3]         Blackheath & B         Tonbridge         09/03           15:35.51         Abigail Smith         U17 [3]         Blackheath & B         Tonbridge         01/06           15:41.52         Natasha Mitchell         U17 [4]         Winchester & D         Bedford         18/09           16:40.42         Mia Dunwell         U17 [5]         Manx Harriers         Bedford         18/09           16:26.80         Emma Dyos         SEN [6]         Iford AC         Woodford         10/08           16:37.62         Batrice Fury			•			Data
14:37.99       Abigail Jennings       U21 [1]       Aldershot F & D       Bromley       22/05         14:49.27       Gracie Griffiths       U17 [1]       Pembrokeshire Hs       Derby       25/09         15:10.2       Hannah Hopper       U20 [1]       Cambridge Hs       Woodford       27/07         15:15.04       Millie Morris       U20 [2]       Ashford AC       Bromley       22/05         15:23.64       Pagen Spooner       U23 [2]       Hyde Park Hs       Leeds       20/05         15:23.55       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.6       Carolyn Derbyshire       SEN [6]       Inford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08						
14:49.27       Gracie Griffiths       U17 [1]       Pembrokeshire Hs       Derby       25/09         15:10.2       Hannah Hopper       U20 [1]       Cambridge Hs       Woodford       27/07         15:15.04       Millie Morris       U20 [2]       Ashford AC       Bromley       22/05         15:23.64       Pagen Spooner       U23 [2]       Hyde Park Hs       Leeds       20/05         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:35.1       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.65       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:43.6       Carloyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         16:43.26						
15:10.2       Hannah Hopper       U20 [1]       Cambridge Hs       Woodford       27/07         15:15.0.4       Millie Morris       U20 [2]       Ashford AC       Bromley       22/05         15:23.64       Pagen Spooner       U23 [2]       Hyde Park Hs       Leeds       20/05         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:28.58       Natalie Myers       SEN [2]       2 DASH       S. Africa       09/03         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       10/08         16:24.66       Carolyn Derbyshire       SEN [6]       Iford AC       Woodford       10/08         16:32.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:40.0       Reher Althoring       U20 [3]       Medway & Maid.       Gillingham       07/08						
15:15.04       Millie Morris       U20 [2]       Ashford AC       Bromley       22/05         15:23.64       Pagen Spooner       U23 [2]       Hyde Park Hs       Leeds       20/05         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:28.58       Natalie Myers       SEN [2]       2 DASH       S. Africa       09/03         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:22.60       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:23.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         17:18.11 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
15:23.64       Pagen Spooner       U23 [2]       Hyde Park Hs       Leeds       20/05         15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:28.58       Natalie Myers       SEN [2]       2 DASH       S. Africa       09/03         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         17:18.11       Shanon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:40.0				-		-
15:25.65       Abby Hughes       U17 [2]       Taunton AC       Derby       25/09         15:28.58       Natalie Myers       SEN [2]       2 DASH       S. Africa       09/03         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:23.92       Grazia Manzotti       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         17:18.11       Shanon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:26.04       Silvana Alves       SEN [7]       Barnet & District       Eltham       17/04         17:40.0       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       20/05						-
15:28.58       Natalie Myers       SEN [2]       2 DASH       S. Africa       09/03         15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:24.66       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:25.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shannon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08				•		-
15:35.51       Abigail Smith       U17 [3]       Blackheath & B       Tonbridge       01/06         15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Max Harriers       Bedford       18/09         16:12.66       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shannon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08						
15:41.52       Natasha Mitchell       U17 [4]       Winchester & D       Bedford       18/09         15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:12.66       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shanon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:40.80       Lola-Mae Billingham       U17 [5]       Barnet & District       Eltham       17/04         17:40.80       Lola-Mae Billingham       U20 [5]       Winchester & D       Aldershot       08/08						-
15:41.55       Jaqueline Benson       U23 [3]       Ashford AC       Eltham       17/04         15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:12.66       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Iford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shanon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08         17:41.28       Rachel Harding       U20 [4]       Ashford AC       Gillingham       07/08         17:46.0       Rebecca Mitchell       U20 [5]       Winchester & D       Aldershot       08/05 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td></t<>						
15:44.6       Melanie Peddle       SEN [3]       Loughton AC       Woodford       10/08         16:04.12       Mia Dunwell       U17 [5]       Manx Harriers       Bedford       18/09         16:12.66       Carolyn Derbyshire       SEN [4]       Nuneaton Hs       Derby       21/08         16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shannon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:26.04       Silvana Alves       SEN [7]       Barnet & District       Eltham       17/04         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08         17:41.28       Rachel Harding       U20 [4]       Ashford AC       Gillingham       07/08         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Aldershot       08/05						
16:04.12Mia DunwellU17 [5]Manx HarriersBedford18/0916:12.66Carolyn DerbyshireSEN [4]Nuneaton HsDerby21/0816:23.92Grazia ManzottiSEN [5]Tonbridge ACEltham14/0716:26.80Emma DyosSEN [6]Ilford ACWoodford10/0816:37.62Beatrice FuryU20 [3]Medway & Maid.Gillingham07/0816:43.26Katie StringerU17 [6]Medway & Maid.Gillingham07/0817:18.11Shannon ThomasU23 [4]Swansea HsNewport26/0617:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [5]Winchester & DAldershot08/05Residert Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSEN [1]Colchester HsLeeds20/0512:19.3Dominic KingSEN [1]Colchester HsLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3<		•				-
16:12.66Carolyn DerbyshireSEN [4]Nuneaton HsDerby21/0816:23.92Grazia ManzottiSEN [5]Tonbridge ACEltham14/0716:26.80Emma DyosSEN [6]Ilford ACWoodford10/0816:37.62Beatrice FuryU20 [3]Medway & Maid.Gillingham07/0816:43.26Katie StringerU17 [6]Medway & Maid.Gillingham07/0817:18.11Shannon ThomasU23 [4]Swansea HsNewport26/0617:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [5]Winchester & DAldershot08/0517:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/0514:49.34Erica PontarolloSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [2] <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
16:23.92       Grazia Manzotti       SEN [5]       Tonbridge AC       Eltham       14/07         16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shannon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:26.04       Silvana Alves       SEN [7]       Barnet & District       Eltham       17/04         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08         17:41.28       Rachel Harding       U20 [4]       Ashford AC       Gillingham       07/08         17:46.0       Rebecca Mitchell       U20 [5]       Winchester & D       Aldershot       08/05         Meri's 3000000000000000000000000000000000000						-
16:26.80       Emma Dyos       SEN [6]       Ilford AC       Woodford       10/08         16:37.62       Beatrice Fury       U20 [3]       Medway & Maid.       Gillingham       07/08         16:43.26       Katie Stringer       U17 [6]       Medway & Maid.       Gillingham       07/08         17:18.11       Shannon Thomas       U23 [4]       Swansea Hs       Newport       26/06         17:26.04       Silvana Alves       SEN [7]       Barnet & District       Eltham       17/04         17:40.80       Lola-Mae Billingham       U15 [1]       Aldershot F & D       Manchester       08/08         17:41.28       Rachel Harding       U20 [4]       Ashford AC       Gillingham       07/08         17:46.0       Rebecca Mitchell       U20 [5]       Winchester & D       Aldershot       08/05         Harolz Agata Kowalska       SEN       Hyde Park Hs/POL       Leeds       20/05         14:49.34       Erica Pontarollo       SEN       Hyde Park Hs/ITA       Leeds       20/05         14:49.34       Erica Pontarollo       SEN [1]       Colchester Hs       Chelmsford       01/08         12:26.91       Christopher Snook       U23 [1]       Aldershot F & D       Leeds       20/05						
16:37.62Beatrice FuryU20 [3]Medway & Maid.Gillingham07/0816:43.26Katie StringerU17 [6]Medway & Maid.Gillingham07/0817:18.11Shannon ThomasU23 [4]Swansea HsNewport26/0617:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Residemt Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [2]Manx HarriersLeeds20/0512:37.39Tom PartingtonU23 [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1] <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td>				-		
16:43.26Katie StringerU17 [6]Medway & Maid.Gillingham07/0817:18.11Shannon ThomasU23 [4]Swansea HsNewport26/0617:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:40.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Resident Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North		•				-
17:18.11Shannon ThomasU23 [4]Swansea HsNewport26/0617:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Resident Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [2]Manx HarriersLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK AthletesSEN [5]North Herts RRWoodford15/06		-		-	-	
17:26.04Silvana AlvesSEN [7]Barnet & DistrictEltham17/0417:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Resident Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Residemt Non-UK Athletes		-		-		-
17:40.80Lola-Mae BillinghamU15 [1]Aldershot F & DManchester08/0817:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Resident Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Residemt Non-UK Athletes						
17:41.28Rachel HardingU20 [4]Ashford ACGillingham07/0817:46.0Rebecca MitchellU20 [5]Winchester & DAldershot08/05Reside-tr Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's JOU-tr 15:00Hyde Park Hs/ITALeeds20/05Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06						
17:46.0Rebecca Mitchell Resident Non-UK AthletesU20 [5]Winchester & DAldershot08/0514:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Men's 3000m to 15:00VenueDatePerf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06		-				
Resident Non-UK Athletes14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Hyde Park Hs/ITALeeds20/05Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06		-				
14:02.64Agata KowalskaSENHyde Park Hs/POLLeeds20/0514:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [3]Colchester HsChelmsford01/0812:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06			U20 [5]	Winchester & D	Aldershot	08/05
14:49.34Erica PontarolloSENHyde Park Hs/ITALeeds20/05Men's 3000m to 15:00ClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Residem Non-UK Athletes		nt Non-UK Athletes				
Men's 3000m to 15:00Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Residemt Non-UK Athletes						
Perf.AthleteAGClubVenueDate12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes		-		-		
12:19.3Dominic KingSEN [1]Colchester HsChelmsford01/0812:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes	Men's 30	Erica Pontarollo		-		
12:26.91Christopher SnookU23 [1]Aldershot F & DLeeds20/0512:37.39Tom PartingtonU23 [2]Manx HarriersLeeds20/0512:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes		Erica Pontarollo		-		
12:37.39       Tom Partington       U23 [2]       Manx Harriers       Leeds       20/05         12:40.4       Luc Legon       SEN [2]       Bexley AC       Woodford       15/06         12:51.3       Daniel King       SEN [3]       Colchester Hs       Chelmsford       01/08         12:52.32       George Wilkinson       U20 [1]       Enfield & Haringey       Eltham       17/04         13:42.93       Jonathan Hobbs       SEN [4]       Ashford AC       Eltham       17/04         13:51.26       Christian Hopper       U17 [1]       Cambridge Hs       Derby       25/09         14:44.3       David Annetts       SEN [5]       North Herts RR       Woodford       15/06         Resident Non-UK Athletes	Perf.	Erica Pontarollo	SEN	Hyde Park Hs/ITA	Leeds	20/05
12:40.4Luc LegonSEN [2]Bexley ACWoodford15/0612:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes		Erica Pontarollo 000m to 15:00 Athlete Dominic King	SEN AG	Hyde Park Hs/ITA Club Colchester Hs	Leeds Venue	20/05 Date
12:51.3Daniel KingSEN [3]Colchester HsChelmsford01/0812:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes	12:19.3	Erica Pontarollo 000m to 15:00 Athlete Dominic King	SEN AG SEN [1]	Hyde Park Hs/ITA Club Colchester Hs	Leeds Venue Chelmsford	20/05 Date 01/08
12:52.32George WilkinsonU20 [1]Enfield & HaringeyEltham17/0413:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes	12:19.3 12:26.91	Erica Pontarollo 000m to 15:00 Athlete Dominic King Christopher Snook	SEN AG SEN [1] U23 [1]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D	Leeds Venue Chelmsford Leeds Leeds	20/05 Date 01/08 20/05
13:42.93Jonathan HobbsSEN [4]Ashford ACEltham17/0413:51.26Christian HopperU17 [1]Cambridge HsDerby25/0914:44.3David AnnettsSEN [5]North Herts RRWoodford15/06Resident Non-UK Athletes	12:19.3 12:26.91 12:37.39	Erica Pontarollo 000m to 15:00 Athlete Dominic King Christopher Snook Tom Partington	SEN AG SEN [1] U23 [1] U23 [2]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers	Leeds Venue Chelmsford Leeds Leeds	20/05 Date 01/08 20/05 20/05
13:51.26       Christian Hopper       U17 [1]       Cambridge Hs       Derby       25/09         14:44.3       David Annetts       SEN [5]       North Herts RR       Woodford       15/06         Resident Non-UK Athletes	12:19.3 12:26.91 12:37.39 12:40.4	Erica Pontarollo 000m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon	SEN AG SEN [1] U23 [1] U23 [2] SEN [2]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC	Leeds Venue Chelmsford Leeds Leeds Woodford	20/05 Date 01/08 20/05 20/05 15/06
14:44.3     David Annetts     SEN [5]     North Herts RR     Woodford     15/06       Resident Non-UK Athletes	12:19.3 12:26.91 12:37.39 12:40.4 12:51.3	Erica Pontarollo 000m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon Daniel King	SEN AG SEN [1] U23 [1] U23 [2] SEN [2] SEN [3]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC Colchester Hs	Leeds Venue Chelmsford Leeds Leeds Woodford Chelmsford	20/05 Date 01/08 20/05 20/05 15/06 01/08
Resident Non-UK Athletes	12:19.3 12:26.91 12:37.39 12:40.4 12:51.3 12:52.32	Erica Pontarollo 200m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon Daniel King George Wilkinson	SEN AG SEN [1] U23 [1] U23 [2] SEN [2] SEN [3] U20 [1]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC Colchester Hs Enfield & Haringey	Leeds Venue Chelmsford Leeds Leeds Woodford Chelmsford Eltham	20/05 Date 01/08 20/05 20/05 15/06 01/08 17/04
	12:19.3 12:26.91 12:37.39 12:40.4 12:51.3 12:52.32 13:42.93	Erica Pontarollo 200m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon Daniel King George Wilkinson Jonathan Hobbs	SEN AG SEN [1] U23 [1] U23 [2] SEN [2] SEN [2] SEN [3] U20 [1] SEN [4]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC Colchester Hs Enfield & Haringey Ashford AC	Leeds Venue Chelmsford Leeds Leeds Woodford Chelmsford Eltham Eltham	20/05 <b>Date</b> 01/08 20/05 20/05 15/06 01/08 17/04 17/04
14:17.68 Akash Nandwani U20 Leeds Uni./ESP Leeds 20/05	12:19.3 12:26.91 12:37.39 12:40.4 12:51.3 12:52.32 13:42.93 13:51.26	Erica Pontarollo 200m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon Daniel King George Wilkinson Jonathan Hobbs Christian Hopper	AG SEN [1] U23 [1] U23 [2] SEN [2] SEN [2] SEN [3] U20 [1] SEN [4] U17 [1]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC Colchester Hs Enfield & Haringey Ashford AC Cambridge Hs	Leeds Venue Chelmsford Leeds Leeds Woodford Chelmsford Eltham Eltham Derby	20/05 <b>Date</b> 01/08 20/05 15/06 01/08 17/04 17/04 25/09
	12:19.3 12:26.91 12:37.39 12:40.4 12:51.3 12:52.32 13:42.93 13:51.26 14:44.3 <b>Reside</b>	Erica Pontarollo 200m to 15:00 Athlete Dominic King Christopher Snook Tom Partington Luc Legon Daniel King George Wilkinson Jonathan Hobbs Christian Hopper David Annetts nt Non-UK Athletes	SEN AG SEN [1] U23 [1] U23 [2] SEN [2] SEN [2] SEN [3] U20 [1] SEN [4] U17 [1] SEN [5]	Hyde Park Hs/ITA Club Colchester Hs Aldershot F & D Manx Harriers Bexley AC Colchester Hs Enfield & Haringey Ashford AC Cambridge Hs North Herts RR	Leeds Venue Chelmsford Leeds Leeds Woodford Chelmsford Eltham Eltham Derby Woodford	20/05 Date 01/08 20/05 20/05 15/06 01/08 17/04 17/04 25/09 15/06

# **2021 Road Rankings**

Women	's 10km to 65:00		-		
Perf.	Athlete	AG	Club	Venue	Date
45:53	Heather Lewis	SEN [1]	Pembrokeshire Hs	Dublin	19/12
52:07	Jasmine Nicholls	SEN [2]	Leicester WC	Leeds	23/10
52:08	Millie Morris	U20 [1]	Ashford AC	Kew Garden	s 26/03
52:33	Abigail Jennings	U23 [1]	Aldershot F & D	Leeds	23/10
52:42	Hannah Hopper	U20 [2]	Cambridge Hs	Dublin	19/12
54:50	Natalie Myers	SEN [3]	2 DASH	Cape Town	27/02
55:20	Pagen Spooner	U23 [2]	Hyde Park Hs	Kew Garden	s 26/03
55:43	Mia Dunwell	U20 [3]	Northern (IOM)	Andreas	28/11
56:13	Keira Heavey	U20 [4]	Northern (IOM)	Douglas	07/02
57:22	Abigail Smith	U20 [5]	Blackheath & B	Leeds	23/10
60:20	Michelle Turner	SEN [4]	Northern (IOM)	Andreas	28/11
60:24	Lorna Cleave	SEN [5]	Manx Harriers	Andreas	28/11
60:36	Beatrice Fury	U20 [6]	Medway & Maid.	Leeds	23/10
61:11	Jayne Farquhar	SEN [6]	Manx Harriers	Douglas	07/02
62:00	Marie Jackson	SEN [7]	Manx Harriers	Douglas	14/07
64:28	Louise Hollings	SEN [8]	Manx Harriers	Douglas	07/02
64:55	Megan S-Thomas	U23 [3]	Swansea Harriers	Leeds	23/10
Desid	ant Non UK Athlatas				

Resident Non-UK Athletes

50:53 Agata Kowalska SEN



George Wilkinson Men's 10km to 55:00

Millie Morris

Perf.	Athlete	AG	Club	Venue	Date
40:46	Tom Bosworth	SEN [1]	Tonbridge AC	Leeds	24/04
43:23	Cameron Corbishley	SEN [2]	Medway & Maid.	Leeds	24/04
44:47	Tom Partington	U23 [1]	Manx Harriers	Dublin	19/12
45:50	George Wilkinson	U20 [1]	Enfield & Haringey	Kew Gardens	26/03
49:27	Gianni Epifani	SEN [3]	Manx Harriers	Douglas	07/02
50:41	Christian Hopper	U20 [2]	Cambridge Hs	Leeds	23/10
53:00	Adam Cowin	SEN [4]	Manx Harriers	Andreas	28/11
54:07	Stewart Jones	SEN [5]	Manx Harriers	Andreas	28/11
54:15	Adam Killip	SEN [6]	Manx Harriers	Douglas	07/02
54:50	Jock Waddington	SEN [7]	Manx Harriers	Ramsey	12/12
Women'	s 20km to 2:30:00				
Perf.	Athlete	AG	Club	Venue	Date
1:34:13	Heather Lewis	SEN [1]	Pembrokeshire Hs	Podebrady	16/05
1:37:04	Bethan Davies	SEN [2]	Cardiff AAC	Kew Gardens	26/03
1:46:31	Erika Kelly	SEN [3]	Northern (IOM)	Kew Gardens	26/03
1:49:29	Abigail Jennings	U23 [1]	Aldershot F & D	Kew Gardens	26/03
1:51:09	Natalie Myers	SEN [4]	2 DASH	Olomouc	10/04
2:01:22	Jaqueline Benson	U23 [2]	Ashford AC	Leeds	23/10
2:06:19	Keira Heavey	U20 [1]	Northern (IOM)	Douglas	05/09
2:14:05	Jayne Farquhar	SEN [5]	Manx Harriers	Douglas	05/09
2:16:52	Louise Hollings	SEN [6]	Manx Harriers	Douglas	05/09
2:19:02	Nicola Raven	SEN [7]	Manx Harriers	Douglas	05/09

Young Age Group rankings will appear in the January 2022 edition of the Race Walking Record.





**Heather Lewis** 

Callum Wilkinson n's 20km to 2:00:00

Men's 20km to 2:00:00						
Perf.	Athlete	AG	Club	Venue	Date	
1:20:32	Callum Wilkinson	SEN [1]	Enfield & Haringey	La Coruna	05/06	
1:21:37	Tom Bosworth	SEN [2]	Tonbridge AC	La Coruna	05/06	
1:22:50	Cameron Corbishley	SEN [3]	Medway & Maid.	Podebrady	16/05	
1:30:19	Guy Thomas	SEN [4]	Tonbridge AC	Kew Gardens	26/03	
1:30:29	Daniel King	SEN [5]	Colchester Hs	Kew Gardens	26/03	
1:32:42 +	Dominic King	SEN [6]	Colchester Hs	Dudince	20/03	
1:33:54	Christopher Snook	U23 [1]	Aldershot F & D	Kew Gardens	26/03	
1:37:01	Luc Legon	SEN [7]	Bexley AC	Kew Gardens	26/03	
1:56:20	Stewart Jones	SEN [8]	Manx Harriers	Douglas	05/09	
1:57:04	Adam Cowin	SEN [9]	Manx Harriers	Douglas	05/09	
Women's	35km to 4:00:00					
Perf.	Athlete	AG	Club	Venue	Date	
3:00:24	Bethan Davies	SEN [1]	Cardiff AAC	Leeds	23/10	
Men's 35	km to 3:30:00					
Perf.	Athlete	AG	Club	Venue	Date	
3:15:28	Jonathan Hobbs	SEN [1]	Ashford AC	Dublin	19/12	
Men's 50	km to 6:00:00					
Perf.	Athlete	AG	Club	Venue	Date	
3:51:13	Dominic King	SEN [1]	Colchester Hs	Dudince	20/03	
3:54:15	Cameron Corbishley	SEN [3]	Medway & Maid.	Dudince	20/03	
4:06:09	Daniel King	SEN [3]	Colchester Hs	Dudince	20/03	

# Upcoming Events

January			
Sun. 9 <sup>th</sup>	А	England Athletics Indoor Walks (3000m)	E.I.S. Sheffield
Sun. 9 <sup>th</sup>	В	Sarnia WC Handicap Race 5	Pleinmont
Sat 15 <sup>th</sup>	В	Enfield League Race 1 - 5 Mile	QEII, Enfield
Sat. 22 <sup>nd</sup>	В	Steyning AC Open Road Walks (15/10/5k)	Steyning
Sun 23 <sup>rd</sup>	В	Sarnia WC Handicap Race 6	Footes Lane
February			
Sat 5 <sup>th</sup>	А	EA Winter RW Championships (10,000/5000)	Leeds Beckett
Sun 6 <sup>th</sup>	В	Sarnia WC Open Races (10k/5k)	Vale
Sat 12 <sup>th</sup>	В	Enfield League Race 2 - 5 Mile	QEII, Enfield
$12^{th}/13^{th}$	А	Essex County Indoor Championships	Lee Valley
Sun 13 <sup>th</sup>	В	Sarnia WC Handicap Race 7	St. Peter Port
$26^{th}/27^{th}$	А	British Athletics Indoor Championships	Brimingham
March			
$5^{th}/6^{th}$	А	BMAF Indoor Championships	Lee Valley
12 <sup>th</sup>	В	Enfield League Race 3 - 5 Mile	QEII, Enfield
13 <sup>th</sup>	А	E.A.M.A. Indoor Championships	Lee Valley