

ace Walking Record

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Ellis Simmonds

(Derbyshire & South Yorkshire Harriers)

Abby Hughes (Taunton Athletic Club)



2024 England Athletics U20 10,000m Race Walk Champions

March 2024

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



The Race Waking Association

presents the

2024 National Senior & U20 10km and Young Age Group Championships

(To be held in accordance with UKA Rules of Competition)

Saturday 20th April 2024

at

New College Cycle Circuit, New College Sports Village, Leicester, LE3 6DN

Programme

12:15	10k	Senior Men & Women
12:15	10k	Under 20 Men & Women
13:40	2k	Under 13 Boys & Girls
13:40	3k	Under 15 Boys & Girls
13:40	5k	Under 17 Men & Women

Entry from non-English athletes will be accepted with separate medals being awarded if finishing in the first three

A time standard of 70 minutes will be applied to the 10k.

Entry Fees

Senior & U20 = £12.00; Under 13/15/17 = £12.00

Online entry only at: Roster Athletics

Closing Date for Entries: 12th April 2024

Event contact email: Noel Carmody on rwachampionships@gmail.com



CORBISHLEY TO REPRESENT GB & NI AT THE WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS



Cameron Corbishley (coach: Andi Drake, club: Medway and Maidstone) will represent Great Britain and Northern Ireland at the World Athletics Race Walking Team Championships in Antalya, Turkey on the 21 April 2024.

The athlete was selected to fulfil the aims of the selection policy which were to support athletes who have the potential to finish in the top 12 and also to support developing athletes who may perform well at future Race Walking Team Championships and have the potential to be selected for future major championships.

Corbishley was the sole eligible athlete to achieve a qualification standard for the event when he went inside the 20km race walk standard with a time of 83:09 in Dudince last month.

The 27-year-old's time in Slovakia was just 19 seconds outside his personal best which stands at 82:50 from 2021. He set that time on his way to 18th place at the European Race Walking Championships.

The Medway and Maidstone athlete was 40th at the last World Athletics Race Walking Team Championships in Oman in 2022 and he also competed at the World Athletics Championships over the 50km distance in Doha back in 2019. *Source: British Athletics*

Training

Level 1 Race Walking Official - Virtual Classroom

UPCOMING COURSE - UPCOMING COURSE - UPCOMING COURSE -



Search for the course at Qualifications & CPD (athleticshub.co.uk)

Overseas





Dudinska 50, Dudince, Slovakia (Sat. 16th Mar.)

The 20km races resulted in a double win for Peru with Cesar Augusto Rodriguez taking the men's race in a national record of 1:19:41 just three seconds ahead of Bian Pintado (ECU). Evelyn Inga finished well clear in the women's race in 1:27:42.

Cameron Corbishley finished 15th with a time of 1:23:09 just 19 seconds off of his PB, but more importantly inside the UKA qualifying time for the WA Race Walking Team Championships in Turkey on 21 April

Christopher Snook removed over a minute from his PB with 1:26:37.

Men's 20km

Pos	Athlete	Nation		Perf	Notes
1	César Augusto RODRÍGUEZ		PER	1:19:41	NR
2	Brian Daniel PINTADO	**	ECU	1:19:44	SB
3	Ram BABOO	⊚	IND	1:20:00	PB
4	Dominik ČERNÝ		SVK	1:20:31	PB
5	Aurélien QUINION		FRA	1:20:48	SB
6	José Alejandro BARRONDO	(9)	GUA	1:20:48	SB
7	Gianluca PICCHIOTTINO		ITA	1:21:47	SB
8	Ihor HLAVAN		UKR	1:21:52	
9	David HURTADO		ECU	1:21:55	SB
10	Alexandros PAPAMICHAIL	#=	GRE	1:21:55	SB
11	Nathaniel SEILER		GER	1:22:22	PB
12	Miroslav ÚRADNÍK		SVK	1:22:34	SB
13	Bernardo Uriel BARRONDO	(9)	GUA	1:22:42	
14	Georgiy SHEIKO		KAZ	1:22:47	SB
15	Cameron CORBISHLEY		GBR	1:23:09	SB
24	Christopher SNOOK	#	GBR	1:26:37	РВ

39 started; 34 finished; 5 DNF.

Women's 20km

Pos	Athlete	Nation		Perf	Notes
1	Evelyn INGA		PER	1:27:42	SB
2	Mariia SAKHARUK		UKR	1:29:14	SB
3	Mary luz ANDIA		PER	1:29:19	PB
4	Ilse GUERRERO		MEX	1:29:33	=PB
5	Mária KATERINKA CZAKOVÁ	•	SVK	1:31:28	SB
6	Katarzyna ZDZIEBŁO		POL	1:31:41	SB
7	Hana BURZALOVÁ		SVK	1:32:27	PB
8	María Fernanda PEINADO	(9)	GUA	1:32:36	PZ
9	Maritza Rafaela PONCIO	(9)	GUA	1:32:46	SB
10	Nicole COLOMBI		ITA	1:32:54	SB
11	Kristina MOROZOVA		KAZ	1:33:10	PB
12	Yasmina TOXANBAEVA		KAZ	1:33:54	PB
13	Mirna ORTÍZ	(9)	GUA	1:34:24	
14	Sandra Viviana GALVIS		COL	1:34:49	SB
15	Ines MENDES	(b)	POR	1:35:33	PB

33 started; 28 finished; 5 DNF.

U23 Men's 10km

Pos Athlete		Nation		Perf	Notes
1 Adam ZAJÍČEK	(CZE	41:24	PB
2 Jake O'BRIEN			IRL	44:00	PB
3 Matthew GLE	NNON		IRL	45:03	PB

4 started; 3 finished; 1 DQ.

U23 Women's 10km

	TOILICH 5 TOKIN				
Pos	Athlete	Nation		Perf	Notes
1	Jekaterina ROTVORTSEVA		EST	47:18	PB
2	Tiziana SPILLER		HUN	47:40	PB
3	Anna ZDZIEBŁO		POL	49:16	PB

6 started; 6 finished.

U20 Men's 10km

Pos	Athlete	Nation		Perf	Notes
1	Emiliano BARBA		MEX	42:06	PB
2	Oscar BOCANEGRA HUERTA		MEX	42:26	PB
3	Jakub BÁTOVSKÝ		SVK	43:40	PB
4	Angel MONTES DE OCA		MEX	43:43	SB/PZ
5	Albert KUKLA		CZE	44:02	PB

15 started; 15 finished.

U20 Women's 10km

Gracie Griffiths produced a brilliant performance to claim a new 10K personal best in Slovakia .

Representing Wales at the prestigious annual Dudinska 50 World Athletics Race Walk Tour Gold Label event, Griffiths was competing against some of the world's top athletes.

The recent UK Athletics Indoor Championships 3000m silver medallist put in a strong performance with an impressive finish to clock a time of 50:46 and claim an excellent 8th place finish.

The time puts Griffiths 15th on the all-time UK Under-20 fastest list and 3rd in the all-time Welsh rankings. It was also agonisingly close to the qualifying standard for the World Race Walking Team Championships which will be held in Antalya, Turkey. (Source: Welsh Athletics website)



Pos	Athlete	Nation		Perf	Notes
1	Renata CORTES		MEX	46:36	
2	Ema KLIMENTOVÁ		CZE	48:35	
3	Ashly SANTIAGO		MEX	48:51	PB
4	Alžbeta FRANKLOVÁ		CZE	49:18	PB
5	Tamara INDRIŠKOVÁ		SVK	49:22	
8	Gracie GRIFFITHS		GBR	50:46	PB

15 started; 14 finished; 1 DNF.

European Masters Indoor Championships, Turun (POL) (Sun. 17th Mar. to Sun. 23rd Mar.)

British Masters competing in the European Masters Indoor Championships in Torun rounded off an excellent week following a gold and silver in the 3000m at the start of the week with two golds and a bronze in the 5km road race, *reports Ian Richards*.

In the 3000m we had four men and two ladies with three men and one lady in the 5km. Overall numbers were down but that is not surprising as this is the second year in a row that there has been an indoor championship in Torun and there are expensive trips to Madeira and Gothenburg later this year and Florida next year.

87 men started the 3000m with nine DQs and 56 women and four DQs. the 5km saw 101 men with seven DQs and 69 women with five DQs.

Particular mention should be made of Carolyn Derbyshire's (W45) bronze in the 5km getting back to being competitive again post Covid.

Mick Barker (M85) did exceptionally well with a silver and gold only being given his doctors go ahead to take part just three weeks ago following heart surgery.

The surprise was perhaps Ian Richards with two golds and just one red card over the two races with many comments about his excellent technique after five DQs in international competition over the last two years and numerous DQs in UK races.

M75+ 3000m (18th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes	Rank
1	Ian Richards	M75	H	GBR	17:52.25		1
2	Boguslaw Seidel	M75		POL	18:24.05		2
3	John McMullen	M75		IRL	19:13.11		3
4	Mykhailo Volhin	M75		UKR	20:30.41	SB	4
5	Petras Kavaliauskas	M75		LTU	20:47.44	SB	5
6	Felix Maier	M80		GER	20:54.85	SB	1
13	Alexis Jordana	M85		FRA	23:09.74		1
15	Mick Barker	M85		GBR	23:36.43		2

21 started; 20 finished; 1 DQ.

M60-65 3000m (18th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes Rar	ık
1	Miguel Perianez Garcia	M60	- RE	ESP	14:28.20	1	
2	Antanas Grigaliunas	M60		LTU	14:49.36	2	
3	Jean-Marie Greaume	M60		FRA	15:07.82	3	
4	Leszek Behounek	M60		POL	15:13.68	SB 4	
5	Uwe Schroter	M60		GER	15:23.99	SB 5	
6	Edoardo Alfieri	M65		ITA	15:54.63	SB 1	
13	Nicholas Fleeman	M65		GBR	22:48.09	7	

19 started; 16 finished; 3 DQ.

M50-55 3000m (18th Mar.)

Po	s Athlete	AG	Nation		Perf	Notes Rank
1	Alex Florez Studer	M50	- ATE/	ESP	13:06.79	1
2	Steffan Borch	M50		GER	13:07.66	2
3	Tomasz Lipiec	M50		POL	13:17.24	3
4	Normunds Ivzans	M50		LAT	13:26.22	4
5	Miguel Carvajal Ortega	M55	100	ESP	13:49.61	1
16	Alan Roberts	M55		GBR	24:31.98	6

19 started; 16 finished; 2 DQ; 1 DNF.

W35-40 3000m (18th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes	Rank
1	Kathrin Schulze	W40		AUT	15:14.26	SB	1
2	Modra Liepina	W35		LAT	16:04.96		1
3	Helene Cottreau	W35		FRA	16:56.26		2
4	Constanze Golle	W40		GER	17:35.46		2
5	Zoja Ribusa	W40		LAT	17:46.12		3
7	Dasha Newington	W45	×	GBR	19:07.38		3

8 started; 8 finished.

W45-50 3000m (18th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes	Rank
1	Valeria Pedetti	W50		ITA	14:19.42	SB	1
2	Brit Schroter	W45		GER	14:47.33	SB	1
3	Olga Caberra Ysas	W50	<u> </u>	ESP	15:00.26	SB	2
4	Ivanova Marina	W45		ITA	15:33.56		2
5	Gloria Guerretta	W45		ITA	16:15.22		3
8	Carolyn Derbyshire	W45		GBR	16:52.25		4

17 started; 16 finished; 1 DQ.

M70+ 5k (24th Mar.)

	JK (24 Mar.)					
Pos	Athlete	AG	Nation		Perf	Notes Rank
1	Ian Richards	M75	H	GBR	29:37	1
2	Fabio Ruzzier	M70		SLO	30:50	1
3	Daniel Siegenfuhr	M70		FRA	31:02	2
4	Micheal O'Connor	M70		IRL	31:21	3
5	Jiri Janousek	M70		CZE	31:44	4
22	Mick Barker	M85	$\Rightarrow \in$	GBR	39:00	1

34 started; 32 finished; 2 DQ.

M55-65 5k (24th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes Rank
1	Miguel Carvajal Ortega	M55	-RD	ESP	24:00	1
2	Philippe Bonneau	M55		FRA	24:40	2
3	Miguel Perianez Garcia	M60	- (ME)	ESP	24:52	1
4	Romano Mancini	M55		ITA	25:37	3
5	Jean-Marie Greaume	M60		FRA	25:50	2
	Paul Hawkins	M65	\geq	GBR	DQ	

43 started; 39 finished; 4 DQ.

W35-50 5k (24th Mar.)

Pos	Athlete	AG	Nation		Perf	Notes Rank
1	Brit Schroter	W45		GER	26:18	1
2	Olga Caberra Ysas	W50	<u> </u>	ESP	26:20	1
3	Sonia Demon	W50		FRA	26:30	2
4	Sandra Franceschini	W50		ITA	27:09	3
5	Modra Liepina	W35		LAT	27:34	1
10	Carolyn Derbyshire	W45		GBR	28:04	3

34 started; 32 finished; 2 DQ.

National Championships

England Athletics Winter Track Championships & Supporting Races, Moulton College, Northampton (Sat. 9th Mar.)

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

Cameron Corbishley won the men's 10,000m in 41:34.39 to remove a few seconds from his 2017 personal best, ahead of Luc Legon and Neil Wade. Kate Veale (IRL) won the women's race with a PB of 46:03.22. Abigail Jennings took the EA women's title ahead of Hannah Hopper and Pagen Spooner. Ellis Simmonds and Abby Hughes took the U20



AG

SFN



Perf.

41:34.39 [PB]

Cameron Corbishley - Kate Veale

Medway & Maidstone

Men's 10,000m Pos Athlete

Cameron Corbishley

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2	Luc Legon	SEN	Bexley Athletic Club	47:29.79 [SB]
3	Neil Wade	SEN	Manx Harriers	49:09.16 [PZ/PB]
4	Ellis Simmonds	U20	2 DASH	52:06.05 [PB]
Wo	men's 10,000m			
Pos	Athlete	AG	Club	Perf.
1	Kate Veale	SEN	West Waterford/IRL	46:03.22 [PB]
2	Ainhoa Pinedo Gonzalez	W40	Spain	50:44.78
3	Abigail Jennings	SEN	Aldershot Farnham & D.	50:54.91 [SB]
4	Abby Hughes	U20	Taunton Athletic Club	51:49.04 [PB]
5	Hannah Hopper	U23	Cambridge Harriers	52:02.97 [PB]
6	Pagen Spooner	SEN	Hyde Park Harriers	52:52.57 [PB]
7	Jasmine Nicholls	SEN	Leicester Walking Club	52:57.17 [SB]
8	Agnese Pastare	W35	Latvia	54:59.80
9	Jessica Wilton	U20	Ashford Athletic Club	56:00.03 [PB]
10	Grazia Manzotti	W50	Tonbridge Athletic Club	59:29.06 [PZ]
	Melanie Peddle	W55	Loughton Athletic Club	DQ TR54.7.5

	Erika Kelly	SEN	Northern (IOM) AC	DQ TR54.7.5
Mix	ed 5000m			
Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENN	1 Aldershot Farnham & D.	20:35.72 [SB]
2	Matthew Henney	M50	Bromsgrove & Redditch	28:55.61 [PZ]
3	Erika Pontarollo	SENV	/ Hyde Park Harriers/ITA	29:49.04 [SB]
	Treian Checheku-B	U15B	Blackheath & Bromley	DO TR54.7.5

┥	Mix	ed 1000m			
	Pos	Athlete	AG	Club	Perf.
	1	Lilee Fletcher-Merryweather	U13G	Manx Harriers	5:05.97 [PB]
K	2	Ellin Wilson	U15G	Ashford Athletic Club	5:14.12
	3	Megan Chantrell	U15G	Aberdare Valley AAC	5:38.17
	4	Sophie Davidson	U15G	Warriors Pentathlon AC	5:41.70 [PB]
	5	Megan Grove	U18W	Wolv. & Bilston AC	5:58.22 [PB]
	6	Aimee Thursfield	U15G	Wolv. & Bilston AC	6:13.51 [PB]
	7	Ema Hurbanova	U17W	Unknown	6:17.92 [PB]
4	8	Maisy McGenity	U13G	Warriors Pentathlon AC	6:18.37 [PB]
	9	Luke Eperon	U13B	Blackheath & Bromley	6:21.25 [PB]
	10	Ameka Eardley	U13G	Warriors Pentathlon AC	6:28.67 [PB]



Luke Eperon - Lilee Fletcher-Merryweather

600m

Pos Athlete		AG	Club	Perf.
1	Harry Richards	U11B	Valley Striders AC	3:44.98 [PB]



2024 Ashford Open Track & Field Series

1500m Race Walk – Thursday 2nd May @ 6.30pm Julie Rose Stadium, Willesborough Rd, Ashford, TN24 9QX Enter at <u>UK Entry4Sports | office@entry4sports.com</u> Closing date for entries 1st May @ 23:59

For more information contact Christopher Hobbs (hobbsrom@outlook.com)



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

	£25.00	£15.00	£10.00
Apr. 24	Janice Wright	Maurice Jones	Eric Horwill

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



Domestic 'A' Races

Tri-Counties (Hertfordshire/Kent/Middlesex + Essex Walkers) Indoor Championships, Lee Valley (Sat. 16th Mar.)

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3 Colin Harle

4 Mark Ashby

Matthew Ellerton SEN (K)

Pos	Athlete	AG	Club	Perf.		
1	Hannah Hopper	SEN (K1)	Cambridge Harriers	9:46.6 [PB][CBP]		
2	Jessica Wilton	U20 (K1)	Ashford Athletic Club	9:52.7 [PB][CBP]		
3	Melanie Peddle	SEN (E1)	Loughton Athletic Club	10:50.0		
4	Grazia Manzotti	SEN (K2)	Tonbridge Athletic Club	10:55.2		
5	Ellin Wilson	U15 (K1)	Ashford Athletic Club	10:59.6 [CBP]		
6	Chik Ha Kwok	SEN (M1)	Metros Running Club	12:04.8		
7	Maureen Noel	SEN (M2)	Belgrave Harriers	12:22.7		
8	Mimi Marshall	U17 (K1)	Tonbridge Athletic Club	13:39.3 [PB] [CBP]		
	Stephanie Dann	SEN (K)	Dartford Harriers AC	DQ TR54.7.1		
	Kirsten McTeer	SEN (K)	Central Park Athletics	DQ TR54.7.1		
	Geraldine Legon	SEN (K)	Bexley Athletic Club	DQ TR54.7.1		
Men's 2000m						
Pos Athlete AG			Club	Perf.		
1	Luc Legon	SEN (K1)	Bexley Athletic Club	8:53.45		



2 Jonathan Ellerton U20 (K1) Blackheath & Bromley 10:16.28 [PB] [CBP] SEN (E1) Belgrave Harriers

SEN (K2) Cambridge Harriers

11:37.71

12:09.77

Blackheath & Bromley DQ TR54.7.1

2024 Sutcliffe Park Track & Field Night, inc. BMC & Walk

3000m Race Walk (U15+) - Wednesday 19th June @ 6.30pm Sutcliffe Park Sports Centre, Eltham Road, SE9 5LW Enter at Roster Athletics · 2024 Sutcliffe Park Track & Field Nights #2 Closing date for entries 16th June @ 23:59 For more information contact Noel Carmody (noel.carmody@outlook.com)

Midland Championships incorporating Staffordshire, Warwickshire & Worcestershire County Championships, Stourport (Sun. 24th Mar.)

A chilly wind but otherwise a mostly sunny afternoon greeted the walkers for the Midland Championships at Stourport Sports Club, reports Glvn Jones.

With low entries both the men and women started together for their respective distances on a revised 1km lap of the circuit. The walkers soon spread themselves out with Wendy Kane leading the women throughout the 5km and gaining her first Midland title. In the men's 10km, Mark Williams convincingly regained the Midland and Warwickshire titles with Matt Henney, a relative newcomer to the Midland Championships in second place who also gained the Standard Award Trophy.

Only two competitors in the YAG races, which was disappointing.

Men's 10km

	Wich 5 Lokin							
Pos	Athlete	AG	Club	Perf.				
1	Mark Williams	SEN (War1)	Birchfield Harriers	57:21				
2	Mattew Henney	SEN (Woc1)	Bromsgrove & Redditch	61:31				
3	Peter Boszko	SEN (Woc2)	Birchfield Harriers	66:32				
4	John Constandinou	SEN (War2)	Birchfield Harriers	71:02				
5	Colin Vesty	SEN	Leicester Walking Club	74:22				
	Hardeep Minhas	SEN	Leicester Walking Club	DQ TR54.7.1				
	Ian Torode	SEN	Birchfield Harriers	DNF				
Wo	men's 5km							
Pos	Athlete	AG	Club	Perf.				
1	Wendy Kane	SEN (War1)	Nuneaton Harriers	30:46				
2	Julie Bellfield	SEN (Wor1)	Halesowen A.C.	32:28				
3	Lynn Bellfield	SEN (Wor2)	Halesowen A.C.	35:14				
	Gemma Smith	SEN	Stratford-upon-Avon AC	DQ TR54.7.1				

U15G 3km

Pos	s Athlete	AG	Club	Perf.				
1	Aimee Thursfield	U15 (Sta1)	Wolv. & Bilston AC	22:13				
U13	U13B 2km							
Pos Athlete		AG	Club	Perf.				
1	Harry Taylor	U13	Dudley & Stourbridge	15:50				

Tonbridge AC Easter Track & Field Open, Tonbridge School (Mon. 1st Apr.)

U13 2000m

						
Pos	Athlete	AG	Club	Perf.		
1	Jessica Phillips	U13G	Ashford Athletic Club	17:09.51 [PB]		
Mixed 3000m						
Pos	Athlete	AG	Club	Perf.		
1	Luc Legon	SENM	Bexley Athletic Club	13:21.16		
2	Hannah Hopper	U23W	Cambridge Harriers	15:14.21		
3	Jessica Wilton	U20W	Ashford Athletic Club	15:29.20		
4	Jonathan Ellerton	U20M	Blackheath & Bromley	15:56.78		
5	Emily Ghose	SENW	Tonbridge Athletic Club	16:20.74		
6	Grazia Manzotti	W50	Tonbridge Athletic Club	16:24.27		
7	Marcin Wojtowicz	M35	Winchester & District	17:17.66		
8	Colin Harle	M65	Belgrave Harriers	17:37.55 [PB]		
9	Ellin Wilson	U15G	Ashford Athletic Club	17:48.56		
10	Matthew Ellerton	M50	Blackheath & Bromley	18:01.81		
11	Mark Ashby	M60	Cambridge Harriers	19:04.66		
	Laura Andrade	W45	Tonbridge Athletic Club	DQ TR54.7.1		
	John Arthur	M60	Veterans Athletic Club	DQ TR54.7.1		
	Shaheda Arthur	W65	Veterans Athletic Club	DQ TR54.7.1		
	Mimi Marshall	U17W	Tonbridge Athletic Club	DQ TR54.7.1		

Domestic 'B' Races

1st South Yorkshire League, Millhouses Park (Mon. 25th Mar.)

Just two walkers in this first event, reports Brian Adams. Ellis Simmonds set off first tackling 3km having already done some training prior to the race. Maya Zuccolo started out on her two laps (1km) as Ellis approached the line with three laps to go. It was clear that Ellis would not have enough of the race left to pull back a whole lap. Maya, who has done no physical activity for four months, since she had an ankle operation before Christmas took victory by 87 seconds.

Pos	Athlete	AG	Club	Watch/Actual
1	Maya Zuccolo	?	Silverdale School	15:05/06:58 (1k)
2	Ellis Simmonds	U20M	2DASH	16:32/16:32 (3k)

UPCOMING EVENTS

1 st	Α	<u>Tonbridge Easter Monday Open – 1/2/3000m</u>	Tonbridge School
2 nd	В	Veterans AC Summer Series #1 – 5k	Battersea Park
6 th	Α	West Cheshire Spring Open 2 - 600/1000m	Ellesmere Port
6 th	A/E	3 Enfield League (10/8/5/3/2k)	Donkey Lane
7 th	Α	Blackheath & Bromley T & F Open (5/3/2k)	Norman Pk, Bromley
20 th	Α	RWA 10k & YAG Championships	New College Leic.
27 th	A/E	3 Enfield League (10/8/5/3/2k)	Donkey Lane
May			
2 nd	Α	Ashford AC Open T & F Series	Ashford
5 th	Α	EMAC Track & Field Championships	Corby
6 th	Α	Hampshire County Championships & Open	Portsmouth
6 th	Α	Hertfordshire County Championships	Stevenage
		(including Essex, Middlesex & Suffolk walks)	
7 th	В	Veterans AC Summer Series #2 – 5 Mile	Battersea Park
11 th	Α	Sussex Track & Field Championships	Crawley
12 th	Α	Kent Track & Field Championships	Ashford
27 th	В	Cecil Gittins Memorial Walks	Gravesend