



Race Walking Record

June 2024



**British 10,000m Race Walk record
for Callum Wilkinson**

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

Isle of Man 20km Race Walking Championship 2024

Manx Harriers invite you to take part in the 2024 Isle of Man 20km Championship.

The 20km and the supporting races will be held on the famous 800m 'Bowl' lap - a purpose-built circuit, renowned as flat and fast.

20km Course Records

Men - Rob Heffernan 1:21:54

Ladies - Gillian O'Sullivan 1:29:57

Programme of Events

9.30am Senior Ladies 20km

9.32am Senior Mens 20km

10.15am U23 & Open 10km

10.45am U17G & U17B 5km

11.15pm U15G & U15B 3km

11.45pm U13 2km & U11 1km

We can't guarantee fast times, but along with a fully certified course, you can be sure of a warm welcome and a memorable 'overseas' racing experience on the beautiful Isle of Man.

For further information or to enter, please contact race organiser Steve Taylor on stevetaylor1966@manx.net



PROUD TO BE A WORLD ATHLETICS RANKING EVENT



Sunday 8th September National Sports Centre Douglas

For entry details - www.manxharriers.com - Entries close on 01/09/24.



Callum Wilkinson selected for 2024 Paris Olympic Games

The Race Walking Association is delighted to report that Callum Wilkinson will be competing for Team GB at the Paris Olympics. Callum smashed his own national 10,000m race walking record at the UK Athletics Championships in Manchester to seal his place in Paris.

It will be a second appearance at the Olympic Games for Callum, having finished 10th in the 20km in Tokyo.

A gold medallist at the 2016 World Junior Championships in Poland in the 10km, which made him the first British race walker to win a gold medal on the world stage since Ken Matthews at the 1964 Olympic Games, Wilkinson has now won five national titles.

He also aspires to breaking Tom Bosworth's British 20km record, which has stood since 2018.

News from Guernsey – Sarnia WC disbanded

The Sarnia Walking Club in Guernsey have sadly disbanded after affiliations for 2023/24 ended after a history stretching back to 1964, **reports Rob Elliott**. An ageing membership and very low numbers of competitors and officials over the last few years have led to this decision. Some of the remaining members have over 50 years of service to the club so was understandably a hard decision to make. I would like to, on behalf of the club, thank all the locals and overseas competitors, officials and supporters for their support over the years, particularly in the case of overseas competitors for our once annual Church to Church walk. We end with happy memories.



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

	£25.00	£15.00	£10.00
July 24	Penny Darton	Julie Drake	Bob Dobson

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



**South of England
Athletic Association**

**South of England AA Track Race Walk Champs
Sunday 11th August 2024 – Walton, KT12 2JG**

Senior/U20 5000m & U17/U15 3000m

You are encouraged to support these championships which are a show piece of Southern Track & Field athletics.

The Race Walking Association (Southern Area) committee has agreed that each **participant** will receive £10 to help offset the cost of entry.

No timetable as yet, but usually they are the first track event of the day.

Online entries only at: [Roster Athletics · SEAA - South of England U13/U15/U17 Championships + Walks Championships](#)

Closing date = 20:59 on Tuesday 30th July 2024



European Athletics Championships, Rome (7th - 12th June)

Women's 20km (7th June): Italian Antonella Palmisano was crowned European champion for the 20km walk, winning in 1:28:09. Silver went to compatriot Valentina Trapletti (1:28:37) and Ukrainian Lyudmyla Olyanovska (1:28:48) took bronze.

The fight for the title began to be defined in the middle of the race when Palmisano attacked, isolating herself at the front and gaining an advantage that grew with each lap. She then maintained a regular pace of four minutes and twenty seconds per kilometre, and at 12 kilometres, she was seven seconds ahead of the first chasing group, made up of Trapletti, Olyanovska, the Spaniards Laura García-Caro and Cristina Montesinos, the French Clémence Beretta and Camille Moutard and the Czech Eliška Martínková.

Martínková amassed three red cards, resulting in a two-minute period the penalty zone, just before completing 13 kilometres. The rest of the group stayed together.

Soon after, the French Beretta faded, then at around 18 kilometres that this small chasing group fragmented. Trapletti attacked to secure second place, finishing with a new personal best of 1:28:37.

In the fight for bronze, Laura García-Caro seemed to have the third place secured, but began to celebrate, raising the flag that had been handed to her just before entering the stadium and, not realizing that, just behind, Olyanovska re-maintained determined overtaking García-Caro five meters from the finish line to the Spaniard's evident dismay.

Pos	Athlete	Nation	Perf	Notes
1	Antonella PALMISANO		ITA 1:28:08	
2	Valentina TRAPLETTI		ITA 1:28:37	PB
3	Lyudmila OLYANOVSKA		UKR 1:28:48	SB
4	Laura GARCÍA-CARO		ESP 1:28:48	
5	Camille MOUTARD		FRA 1:28:55	PB
6	Cristina MONTESINOS		ESP 1:29:07	
7	Clémence BERETTA		FRA 1:29:37	
8	Pauline STEY		FRA 1:29:54	
9	Raquel GONZÁLEZ		ESP 1:30:05	
10	Olena SOBCHUK		UKR 1:31:47	SB
11	Eliška MARTÍNKOVÁ		CZE 1:31:58	PZ
12	Olga CHOJECKA		POL 1:32:34	
13	Mariia SAKHARUK		UKR 1:32:39	
14	Rita RÉCSEI		HUN 1:32:54	
15	Eleonora Anna GIORGI		ITA 1:33:29	
16	Antigoni NTRISMPIOTI		GRE 1:33:38	SB
17	Vitória OLIVEIRA		POR 1:33:39	
18	Saskia FEIGE		GER 1:33:57	SB
19	Panagiota SINOPOULOU		GRE 1:34:12	
20	Mária KATERINKA CZAKOVÁ		SVK 1:34:32	
21	Hana BURZALOVÁ		SVK 1:34:43	
22	Kyriaki FILTISAKOU		GRE 1:34:45	
23	Carolina COSTA		POR 1:37:01	
24	Austeja KAVALIAUSKAITE		LTU 1:37:14	
25	Ines MENDES		POR 1:37:01	
26	Viktoria MADARASZ		HUN 1:37:43	
27	Ema HACUNDOVA		SVK 1:39:18	
28	Maria Diana LATARETU		ROU 1:39:22	
29	Brigita VIRBALYTE		LTU 1:40:14	
30	Tiziana SPILLER		HUN 1:43:55	
31	Monika VAICIUKEVIČIŪTĖ		LTU 1:52:02	
	Meryem BEKMEZ		TUR DNF	
	Christina PADOPOULOU		GRE DQ	TR54.5.7
	Katarzyna ZDZIEBŁO		POL DQ	TR54.5.7
	Ayşe TEKDAL		TUR DQ	TR54.5.7

Men's 20km (8th June): Sweden's Perseus Karlström secured gold in the men's 20km walk, with 1:19:13. The Swede, who was looking for his first major international title in the Italian capital, finished ahead of Spaniard Paul McGrath (1:19:31) and Italian Francesco Fortunato (1:19:54).



As had happened the day before in the women's 20 km, the decisive moves began mid-race, when Karlström, McGrath and the German Christopher Linke formed a lead group. It was the result of another moment of pressure from the Swede, who had already made a good couple of attacks, which did nothing more than spur the very slow initial pace, well over four minutes per kilometre.

Linke soon struggled to stay with Karlstrom & McGrath with the Spaniard, establishing a lead over Karlstrom of around 20 metres. Linke was passed by Italy's Francesco Fortunato and a few other competitors, later dropping out of the race.

Meanwhile, at the front, McGrath's superiority was short-lived and Karlström caught up, immediately taking the lead and pulling away shortly after 16 kilometres.

By the finish, the gap between the first two grew to 18 seconds at the finish line, with the Italian Fortunato retaining third place and another medal (the third) for Italy in the walking events, after the gold and silver in the women's 20 km.

Callum Wilkinson produced a superb performance. He was in the top 15 for much of the first 6km before moving into the top ten and finishing in 9th place with 1:21:34. Callum said "Brutal race in Rome but delighted to be back at the sharp end of championships. Hungary for more but proud of where I am right now."

Pos	Athlete	Nation	Perf	Notes
1	Perseus KARLSTRÖM		SWE	1:19:13
2	Paul MCGRATH		ESP	1:19:31
3	Francesco FORTUNATO		ITA	1:19:54 SB
4	Gabriel BORDIER		FRA	1:20:45
5	Veli-Matti PARTANEN		FIN	1:20:52 SB
6	Riccardo ORSONI		ITA	1:21:08
7	Maher BEN HLIMA		POL	1:21:12
8	Leo KÖPP		GER	1:21:19
9	Callum WILKINSON		GBR	1:21:34
10	Ihor HLAVAN		UKR	1:22:03
11	Kevin CAMPION		FRA	1:22:21 SB
12	Aurélien QUINION		FRA	1:22:38 PZ
13	Dominik ČERNÝ		SVK	1:22:56
14	Diego GARCÍA CARRERA		ESP	1:22:56
15	Artur BRZOZOWSKI		POL	1:23:05 PZ
16	Máté HELEBRANDT		HUN	1:23:22
17	Serhii SVITLYCHNYI		UKR	1:23:49 SB
18	Vít HLAVÁČ		CZE	1:23:53
19	Miroslav ÚRADNÍK		SVK	1:24:04
20	Bence VENERCSÁN		HUN	1:24:08
21	Raivo SAULGRIEZIS		LAT	1:24:18
22	Jerry JOKINEN		FIN	1:24:41 =NU23R
23	Oisín LANE		IRL	1:25:02
24	Mazlum DEMIR		TUR	1:26:33
25	Nathaniel SEILER		GER	1:27:42
26	Ivan BANZERUK		UKR	1:28:25 SB
27	Norbert TÓTH		HUN	1:30:02
	Alexandros PAPANICHAEL		GRE	DNF
	Gianluca PICCHIOTTINO		ITA	DNF
	Christopher LINKE		GER	DNF
	Hayrettin YILDIZ		TUR	DNF
	Alberto AMEZCUA		ESP	DNF
	Salih KORKMAZ		TUR	DNF PZ
	Aleksi OJALA		FIN	DQ TR54.5.7
	Marius ŽIŪKAS		LTU	DQ TR54.5.7



National Championships

Microplus UK Athletics Championships, Sport City,
Manchester (Sun. 30th June)

(Report: British Athletics – Photographs: Mark Easton)

In a race comprised of three athletes walking 5000m, and another three going over 10,000m, the men's race walks kicked off the second day of action in Manchester.

Callum Wilkinson (Rob Heffernan, Enfield & Haringey) stole the show over the longer distance, scorching to a time of 38:43.91 over 10,000m, taking a huge 22 seconds off his own British record to set a huge new personal best.



Behind Wilkinson, Cameron Corbishley (Andi Drake, Medway & Maidstone) also set a hugely notable personal best as he took silver in 40:15.50, taking close to eighty seconds off his previous quickest over the distance, while Edson George Wilkinson (Enfield & Haringey), brother of Callum, was third in 50:33.63.

Speaking afterwards, Wilkinson said: "It was a big pressure weekend for me; it is the first time I have had this opportunity on home soil, usually it is abroad somewhere on the international circuit. But here with the home support, what a way to do it. I think it is enough [for Paris] and probably went even better than I was aiming for so long as no-one has done anything crazy fast across the world this weekend."

In the shorter race of the men's walks action, Chris Snook (Andi Drake, Aldershot, Farnham & District) retained the title he won last year in a commanding personal best of 20:31.57, the margin of victory a clear two minutes, and some.

Coming in for silver was Luc Legon (Noel Carmody, Bexley), his season's best of 22:53.92 seeing him clinch the second step of the podium, while Matthew Crane (Noel Carmody, Bexley) walked 24:24.29 for bronze.

For Snook, the victory was validation for a late decision to enter the championships, as he said: "Honestly, I was umming-and-ahhing whether I was going to do this or not as I have just come off an injury, so to do this time was pretty impressive. Technically it is a PB, but I should be walking quicker, the 5k champs should be won in a quicker time than that but luckily the other boys are doing the 10k so gave me an easier run – I won't be ashamed to admit that. But it was nice to do that time coming off an injury.

The women's 5000m race walk saw 17-year-old Gracie Griffiths (Peter Freeman, Pembrokeshire) break through to win her first ever British title, 23:53.93, the time enough to bring up gold and an elated look as she crossed the line to take the win.

Bronze-medallist last year, Abigail Jennings (Verity Snook, Aldershot Farnham & District) upgraded to silver for 2024 as she walked to a season's best of 24:18.02 to add to her ever-growing collection of domestic silverware. Having pushed the pace early doors to keep the race honest, Hannah Hopper (Noel Carmody, Cambridge Harriers) was rewarded with British bronze and a season's best of 24:52.19 to complete the podium make-up.

Griffiths said: "I think my time wasn't the best, but I have come away as British Champion. I am over the moon, and I don't think I could have given any more today, so I am happy with that. I was feeling a lot stronger as the race went on. I am happy about that because I have struggled in the past so finishing strong is a real positive for me. Since the end of last season, I wanted to come here and win the gold medal and challenge myself."

Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Callum Wilkinson	SENM	Enfield & Haringey AC	38:43.91 [NR]
2	Cameron Corbishley	SENM	Medway & Maidstone	40:12.50 [PB]
3	George Wilkinson	U23M	Enfield & Haringey AC	50:33.62 [PZ]

Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	20:31.57 [PB]
2	Luc Legon	SENM	Bexley Athletic Club	22:53.92 [SB]
3	Matthew Crane	U23M	Bexley Athletic Club	24:24.29

**Women's 5000m**

Pos	Athlete	AG	Club	Perf.
1	Gracie Griffiths	U20W	Pembrokeshire Harriers	23:53.93
2	Abigail Jennings	SENW	Aldershot Farnham & D.	24:18.02 [SB]
3	Hannah Hopper	U23W	Cambridge Harriers	24:52.19 [SB]
4	Jessica Wilton	U20W	Ashford Athletic Club	26:49.25
	Erika Kelly	SENW	Northern (IOM) AC	DQ

'A' Judged Races

BMC Regional Races, including 3000m Walk, Leeds Beckett University (Mon. 3rd June)**Mixed 3000m**

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone	11:37.93 [SB]
2	Tom Partington	SENM	Manx Harriers	13:36.51 [SB]
3	Ellis Simmonds	U20M	Derbyshire & S. Yorks	14:46.12 [SB]
4	Pagan Spooner	SENW	Hyde Park Harriers	14:55.63
5	Erika Pontarollo	SENW	Hyde Park Harriers/ITA	16:11.36 [SB]
6	Lois Carty	U23W	Aldershot Farnham & D	16:22.37 [SB]
	Jack Rigal	U23M	Sedbergh School RC	DQ TR54.7.1

Kent Schools Championships, Gillingham (Sat. 8th June)**Senior Girls 3000m**

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	15:24.86 [PB]

Intermediate Girls 3000m

Pos	Athlete	AG	Club	Perf.
1	Mimi Marshall	U17W	Tonbridge Athletic Club	19:47.13 [PB]

Junior Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-Boamah	U15B	Blackheath & Bromley	10:43.40 [PB]

Junior Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	10:43.48 [PB]
2	Milicent Steele	U15G	Ashford Athletic Club	12:29.01 [PB]
3	Grace Andrews {G}	U15G	Aldershot Farnham & D	13:17.75
4	Florence Watson	U15G	Blackheath & Bromley	13:55.12 [PB]
5	Tafara Nyoni {G}	U15G	Aldershot Farnham & D	14:57.64

Year 7 Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Luke Eperon	U13B	Blackheath & Bromley	13:23.92 [PB]

Welsh 106th Senior & U15 Track & Field Championships, Cardiff (Sat. 16th June)

The championships kicked off with guest athlete Cameron Corbishley (*pictured*) registering one of the fastest 5000m race walk times seen on British soil – 19:40.10s to put the Great Britain international seventh in the all-time British rankings. In the senior women's race, Gracie Griffiths dominated proceedings as she claimed gold - just missing out on a new PB clocking 23:39.82s.

**Mixed 5000m**

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone	19:40.10 [PB]
2	Gracie Griffiths	U20W	Pembrokeshire Harriers	23:39.82 [SB]
3	Hannah Hopper	U23W	Cambridge Harrier	25:28.90 [SB]
4	Fraser Higginson	U17M	Bridgend Athletics	27:37.11 [PB]
5	Emily Ghose	SENW	Tonbridge Athletic Club	27:51.87 [SB]
6	Beatrice Fury	SENW	Medway & Maidstone	30:28.63 [SB]

Sutcliffe Park T & F Nights, Eltham (Wed. 19th June)**Mixed 3000m**

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	12:52.46 [SB]
2	Hannah Hopper	U23W	Cambridge Harriers	14:59.59 [SB]
3	Emily Ghose	SENW	Tonbridge Athletic Club	16:25.06
4	Melanie Peddle	W55	Loughton Athletic Club	16:51.50 [SB]
5	Trejan Checheku-Boamah	U15B	Blackheath & Bromley	17:14.57 [PB]
6	Matthew Ellerton	M50	Blackheath & Bromley	17:41.54 [PB]
7	Mark Ashby	M60	Cambridge Harriers	19:21.29

Aldershot Farnham & Dist. Open Graded Meeting, Military Stadium, Aldershot (Thur. 20th June)**Mixed 1000m**

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D	4:23.72 [PB]
2	Grace Andrews	U15G	Aldershot Farnham & D	5:58.0 [PB]
3	Susan Payne	W60	Aldershot Farnham & D	6:05.4 [PB]
4	Tafara Nyoni	U15G	Aldershot Farnham & D	6:37.9 [PB]
5	Marissa Morley	U13G	Aldershot Farnham & D	6:45.0 [PB]
6	Spencer Gibson	U13B	Aldershot Farnham & D	7:01.2 [PB]

Johnson Bowl 4 Mile Challenge Race + Supporting Races, Norman Park, Bromley (Wed. 26th June)

As an experiment this race was advertised as a challenge to walk 4 miles in the hour, *reports Shaun Lightman*. On a hot and humid summer's evening 19 competitors lined up. Jonny Ellerton took a commanding lead and was never headed. He retained his title. David Hoben won the Surrey Walking Club challenge cup. The majority of the field broke the hour with some preforming well.

Mixed 4 Mile

Pos	Athlete	AG	Club	Perf.
1	Jonny Ellerton	U20M	Blackheath & Bromley	36:02
2	Matthew Ellerton	M50	Blackheath & Bromley	40:25
3	James Critchley	U/K	Unattached	46:15
4	Brian Cobbold	U/K	Unattached	48:25
5	David Hoben	M65	Surrey Walking Club	49:49
6	George Collins	U/K	Blackheath & Bromley	50:02
7	Diane Gilling	U/K	Unattached	50:27
8	Julie Brabner	W65	Zero to Hero	51:39
9	Christopher Flint	M70	Surrey Walking Club	51:43
10	Aurelia Osbourne	U/K	Unattached	53:32
11	Brent Gibson	U/K	Unattached	54:38
12	Lowis Gibson	U/K	Unattached	54:38
13	Zoe Kingsmill	U/K	Blackheath & Bromley	55:44
14	Andrea Powell	U/K	Blackheath & Bromley	55:44

Mixed 3 Mile

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-Boamah	U15B	Blackheath & Bromley	29:15

Mixed 2 Mile

Pos	Athlete	AG	Club	Perf.
1	Luke Eperon	U13B	Blackheath & Bromley	21:55
2	Florence Watson	U15G	Blackheath & Bromley	23:28
	Nicola Gibson	U/K	Unattached	DNF
	Kirston Gibson	U/K	Unattached	DNF

Kent Young Athletes League, Gillingham (Sat. 22nd June)

The Kent Young Athletes League is a development league for U13 and U15 boys and girls in two divisions with 16 teams in total, **reports Chris Hobbs**. The long established league includes race walks in two of the four matches. Match two hosted by Medway and Maidstone attracted 19 starters in the U13 1000m walk and 20 in the U15 2000m. With a healthy mix of experienced young athletes and first timers the three judges were kept busy. While giving plenty of advice on rule compliance about 30 yellow paddles were shown. Luckily just one athlete was disqualified although a few received 2 red cards. While National U15 champions Trejan Checheku-Boamah and Ellin Wilson battled it out from start to finish way ahead of the others a host of PB's either broken or established. One debutant, showing fine form, later declared race walking is now his favourite event and others were looking forward to the next match.

**Mixed U13 1000m**

Pos	Athlete	AG	Club	Perf.
1	Rowan McTeer	U13B	Central Park Athletics	5:44.58
2	Aleksander Pietrowski	U13B	Medway & Maidstone	5:48.50
3	Luke Eperon	U13B	Blackheath & Bromley	5:58.81
4	Gabriel Mauduit	U13B	Sevenoaks AC	6:17.26
5	Hadrien Mauduit	U13B	Sevenoaks AC	6:17.85
6	Holly Alford Smith	U13G	Blackheath & Bromley	6:19.54
7	Matthew Tomsett	U13B	Ashford Athletic Club	6:29.02
8	Jessica Phillips	U13G	Ashford Athletic Club	6:36.27
9	Isaac Thomas	U13B	Medway & Maidstone	6:37.59

10	Daisy Easterbrook	U13G	Sevenoaks AC	6:50.23
11	Milan Vadasz	U13B	Bexley Athletic Club	6:55.22
12	Megan Goodayle	U13G	Dartford Harriers	6:56.54
13	Harry Rose	U13B	Dartford Harriers	7:18.53
14	Amelia Curley	U13G	Ashford Athletic Club	7:08.95
15	Chloe Orridge	U13G	Medway & Maidstone	7:09.61
16	Charlie Bell	U13B	Ashford Athletic Club	7:31.47
17	Lottie Satrettin	U13G	Sevenoaks AC	7:34.94
18	Lyla Johnston	U13G	Sevenoaks AC	7:35.35
19	Amalie Cameron	U13G	Medway & Maidstone	7:35.61

Mixed U15 2000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-Boamah	U15B	Blackheath & Bromley	10:58.46
2	Ellin Wilson	U15G	Ashford Athletic Club	10:59.43
3	Millicent Steele	U15G	Ashford Athletic Club	12:16.41
4	Finley Paton	U15B	Ashford Athletic Club	13:00.42
5	Cameron Davies	U15B	Medway & Maidstone	13:15.46
6	Nathan Wood	U15B	Ashford Athletic Club	13:43.99
7	Cillian Clough	U15B	Kent Athletics Club	13:50.74
8	Freya Goodayle	U15G	Dartford Harriers	13:50.79
9	Ella Crimp	U15G	Dartford Harriers	13:51.02
10	Zayd Amma	U15B	S Factor Athletics	14:02.48
11	Sabuki Antonio	U15G	Medway & Maidstone	14:27.04
12	Zachery Ives	U15B	Dartford Harriers	14:32.23
13	Alana Chappell	U15G	Sevenoaks AC	14:40.15
14	Victoria Odofin	U15G	S Factor Athletics	15:29.79
15	Almarie Assiedou	U15G	S Factor Athletics	15:29.81
16	Antonia Moore	U15G	Medway & Maidstone	17:27.18
	Lucas Stickland	U15B	Kent Athletics Club	DQ TR54.7.1

Schools

Sheffield Schools AA Championships, Sheffield Hallam Uni. Stadium (Thur. 9th May)

The first and second walkers from last year's girls Y6 championships put in appearances for their new school, **reports Brian Adams**. Both moved from Dobcroft Primary school to Silverdale the same schools that Ana Garcia and Alana Zeidler attended. Skylar Wilson added this Y7 title to the primary Y6 title from last year. Her time of 6:09 for 1000m was about half a minute faster than she had done before despite having done no walking for 7 months. Maya Zuccolo had been warned off any impact activities following an ankle operation before Christmas, so had done a little race walking, but no PE or school sport this year. Maya struggled with stitch but still managed 7:01. All three athletes are invited to represent Sheffield Schools at the South Yorkshire Schools championships. Kirsty Stride (King Ed. VII) recorded 7:33 in third.

UPCOMING EVENTS

July

16 th	B	Veterans AC Summer Series – 5km	Battersea Park
17 th	B	South Yorkshire League	Millhouses Park
18 th	A	Civil Service Championships	Nuneaton
18 th	A	Manx Harriers 5km & Junior Races	N.S.C. Douglas
21 st	A	EA Senior/U23/U20 Championships	Birmingham
27 th	A	British Masters Championships	Derby
28 th	A	EA Age Group Championships	Birmingham

Aug.

11 th	A	SEAA Championships	Walton-on-Thames
15 th	B	South Yorkshire League	Millhouses Park
19 th	A	Blackheath & Bromley Open (3000m)	Norman Park
24/25	B	Centurions 100 mile	Gloucester
26	B	Southend AC Open 1 Mile	Southend
31	A	V.A.C. / Open Masters 3000m	Tooting