



Race Walking Record

July 2024



Callum Wilkinson
16th in Olympic Men's
20km Race Walk

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.



Qualifying Times announced for 2025 World Championships

World Athletics has announced the qualification standards for the Tokyo 2025 World Championships from 13 to 21 September:

Men	Event	Women
1:19:20 (50)	20km	1:29:00 (50)
2:28:00 (50)	35km	2:48:00 (50)

(The number in brackets equals the target number of athletes)

The qualifying window for the marathon and 35km race walk is 5 November 2023 until 4 May 2025. For the 10,000m, 20km race walk, combined events and relays, the window runs from 25 February 2024 to 24 August 2025. For all other events, entry standards can be achieved from 1 August 2024 to 24 August 2025.



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

	£25.00	£15.00	£10.00
Aug. 24	Peter Saunders	Ian Statter	Lancashire WC

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



Paris Olympics 2024

Ecuador's Brian Pintado and China's Jiayu Yang, both won Olympic gold at Paris 2024 as athletics kicked off in the French capital on 1st August. The men's and women's 20km race walks started and finished at the Eiffel Tower, the symbol of Paris, and included other sights of the city.

Pintado was competing in his third Olympic Games after finishing 37th in Rio 2016 and 12th in Tokyo 2020.

Returning Olympic champion Massimo Stano was keen to become the first walker to defend his Olympic title. Álvaro Martín, the 2023 World champion, and Koki Ikeda of Tokyo 2020 were two other contenders for the gold medal.

Ikeda began to fall back with three kilometres to go. Pintado, Martin and Stano were joined by Brazilian Caio Bonfim and the four continued to fight for gold.

With one kilometre to go, Pintado began to open up a gap. He finished first with a time of 1:18:55. The other three battled for silver and Bonfim finished second, 14 seconds behind the Ecuadorian. Martin finished one second ahead of Stano and improved on his fourth place in Tokyo with a bronze medal.

World record holder Jiayu Yang dominated the women's 20km race walk. She was also the record holder at the 2020 Games, but failed in Tokyo, finishing 12th. Yang took the lead in the fifth kilometre and

began to open up a gap kilometre by kilometre. Yang crossed the line in 1:25:54 to take gold.

Spain's Maria Perez began to close the gap, but could only finish second, 25 seconds behind Yang.

Jemima Montag Tokyo 2020 silver medallist Lorena Arenas and Alegna Gonzalez battled for bronze, with Montag finishing third with an Oceania record. Arenas finished with a national record.

Men's 20km (1st Aug.)

Pos	Athlete	Nation	Perf	Notes
1	PINTADO Brian Daniel	ECU	1:18:55	
2	BONFIM Caio	BRA	1:19:09	
3	MARTIN Alvaro	ESP	1:19:11	
4	STANO Massimo	ITA	1:19:12	
5	DUNFEE Evan	CAN	1:19:16	
6	WAKUMA Misgana	ETH	1:19:31	NR
7	IKEDA Koki	JPN	1:19:41	
8	KOGA Yuta	JPN	1:19:50	
9	QUINION Aurelien	FRA	1:19:56	PB
10	ZHANG Jun	CHN	1:19:56	
11	TINGAY Declan	AUS	1:19:56	SB
12	COWLEY Rhydian	AUS	1:20:04	
13	CHAMA Noel	MEX	1:20:19	NR
14	ORTIZ Ricardo	MEX	1:20:27	
15	HURTADO David	ECU	1:20:30	
16	WILKINSON Callum	GBR	1:20:31	
17	McGRATH Paul	ESP	1:20:32	
18	HAMANISHI Ryo	JPN	1:20:33	
19	LINKE Christopher	GER	1:20:35	
20	FORTUNATO Francesco	ITA	1:20:38	
21	KARLSTROM Perseus	SWE	1:21:05	
22	GATHIMBA Samuel	KEN	1:21:26	SB
23	KOEPP Leo	GER	1:21:36	
24	BORDIER Gabriel	FRA	1:21:40	
25	JIMENEZ ARROBO Jordy	ECU	1:21:44	
26	CAMPOS Luis	PER	1:22:00	SB
27	BRZOZOWSKI Artur	POL	1:22:11	
28	GONCLAVES dos SANTOS Max	BRA	1:22:16	
29	BEN HILMA Maher	POL	1:22:34	
30	SINGH Vikash	IND	1:22:36	
31	LI Yandong	CHN	1:22:46	
32	PARTANEN Veli-Matti	FIN	1:22:56	
33	GRACIA CARRERA Diego	ESP	1:23:10	
34	CERNY Dominik	SVK	1:23:25	
35	SWAN Kyle	AUS	1:23:32	
36	WANG Zhaozhao	CHN	1:23:40	
37	BISHT Paramjeet Singh	IND	1:23:48	
38	BARRONDO Jose	GUA	1:24:17	
39	CORREA Matheus	BRA	1:24:25	PZ
40	HLAVAN Ihor	UKR	1:24:52	PZ
41	ORSONI Riccardo	ITA	1:25:08	
42	CHOE Byeongkwang	KOR	1:26:15	
43	BARRONDO Erick	GUA	1:26:19	PZ
44	HELEBRANDT Mate	HUN	1:27:17	
45	KORKMAZ Salih	TUR	1:29:05	SB
46	VENYERCSAN Bence	HUN	1:29:14	
	RODRIGUEZ Cesar	PER	DNF	
	SINGH Akshdeep	IND	DNF	
	DOCTOR Jose	MEX	DQ	TR54.3.7

Women's 20km (1st Aug.)

Pos	Athlete	Nation	Perf	Notes
1	YANG Jiayu	CHN	1:24:54	SB
2	PEREZ Maria	ESP	1:26:19	SB
3	MONTAG Jemima	AUS	1:26:25	AR
4	ARENAS Lorena	COL	1:27:03	NR
5	GONZALEZ Alegna	MEX	1:27:14	
6	MOREJON Glenda	ECU	1:27:37	
7	Garcia-CARO Laura	ESP	1:28:12	

8	INGA Evelyn		PER	1:28:16	
9	TORRES Paula		ECU	1:28:48	PB
10	MONTESINOS Cristina		ESP	1:29:11	
11	MA Zhenxia		CHN	1:29:15	PZ
12	ANDIA Mary Luz		PER	1:29:24	
13	SENA Erica		BRA	1:29:32	
14	OLYANOVSKA Lyudmila		UKR	1:29:55	
15	BRETTA Clemence		FRA	1:29:55	
16	GARCIA LEON Kimberly		PER	1:30:10	
17	SAKHARUK Marlia		UKR	1:30:12	
18	LYRA Viviane		BRA	1:30:31	PZ
19	BONILLA Magaly		ECU	1:30:33	
20	SOBCHUK Olena		UKR	1:31:12	SB
21	LIU Hong		CHN	1:31:24	
22	NTRISPIOTI Antigoni		GRE	1:31:33	SB
23	GIORGI Eleonora		ITA	1:31:49	
24	ORTEGA Alejandra		MEX	1:31:58	
25	MOUTARD Camille		FRA	1:31:58	
26	STEY Pauline		FRA	1:31:59	
27	MARTINKOVA Eliska		CZE	1:32:30	
28	FEIGE Saskia		GER	1:33:32	SB
29	de ORBETTA Rachelle		PUR	1:33:33	
30	ZDZIEBLO Katarzyna		POL	1:33:52	
31	HENDERSON Rebecca		AUS	1:34:22	
32	FUJII Nanako		JPN	1:34:26	PZ
33	RECSEI Rita		HUN	1:34:39	
34	KATERINKA CZAKOVA Maria		SVK	1:34:46	
35	TRAPLETTI Valentina		ITA	1:35:39	
36	De SOUSA Gabriela		BRA	1:35:50	
37	BURZALOVA Hanna		SVK	1:36:12	
38	OLIVERA Vitoria		POR	1:36:22	
39	GUERRERO Ilse		MEX	1:37:10	
40	BEKMEZ Meryem		TUR	1:38:06	
41	PRIYANKA		IND	1:39:55	
42	MADARASZ Viktoria		HUN	1:41:21	
43	CABECINHA Ana		POR	1:46:30	SB
			AUS		DNF
			ITA		DNF

“I was thinking ‘stay with these and relax, stay with these and relax. Then I saw my teammate Persy (Karlstrom) (SWE) coming back to me, and I thought ‘great, try and drive on just the two of us and see how many places we can get in the second half.’ I think apart from the top four we were amongst the fastest on the course for the second half.

“By rights I shouldn’t be here, but I’ve worked really hard to be here. It has been really difficult, but since I tore my calf in January, we have nailed every single training session.”

Wilkinson followed up from surgery to fix an issue with his shins last year to power to victory in Manchester.

And, at his second Games, he savoured making it to the Olympic stage once more with a new perspective on his on the past few years.

He said: “I came 10th at the last one in Tokyo and it took me – without exaggeration – three years to realise what an achievement that was.

“I came away, and perhaps because Tokyo was the Games it was, and we were in Sapporo without crowds, that it hit me hard that 10th didn’t really make me feel like I thought it would do.

“A lot of soul-searching and a lot of work has been done by really good people in my team who believed in me.

“Every day, I’ve had to work really hard to believe in myself and to fight to get to a point I feel I really belong.

“It is something I’ve lacked for a few years in training when it’s come to really hurting myself in sessions that I knew were really going to hurt.”

Source: British Athletics

National Championships

England Athletics Senior/U23/U20 Championships, Alexander Stadium, Birmingham (Sat. 20th July)

Cameron Corbishley and Hannah Hopper were the individual winners of the 3000m race walks at the England Athletics Senior/U23/U20 Championships that took place at Alexander Stadium, Birmingham.

In the men’s race, Corbishley finished in a time of 11:38.47s, ahead of Luc Legon, who bettered his personal best by five seconds, with 12:29.46s. Third went to the under-23 Edson (George) Wilkinson, with 13:18.54s, while the under-20 title went to Samuel Lindsay in 13:21.87s.

In the women’s race, Hopper retained her U23 title with a time of 14:57.66s. Second and third positions in the race went to under-20 athletes, Jessica Wilton with 15:32.34s and Natasha Mitchell with 16:07.23s. The senior women’s title was taken by Emily Ghose with 16:11.25s.

Men’s 3000m

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SEN [1]	Medway & Maidstone	11:38.47 [SB]
2	Luc Legon	SEN [2]	Bexley Athletic Club	12:29.46 [PB]
3	George Wilkinson	U23 [1]	Enfield & Haringey AC	13:18.54 [SB]
4	Samuel Lindsay	U20 [1]	Cambridge & Coleridge	13:21.87
5	Matthew Crane	U23 [2]	Bexley Athletic Club	13:36.34 [SB]
6	Ellis Simmonds	U20 [2]	Derbyshire & S. York Hs.	14:36.23 [PB]

Women’s 3000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23 [1]	Cambridge Harriers	14:57.66 [SB]
2	Jessica Wilton	U20 [1]	Ashford Athletic Club	15:32.34
3	Natasha Mitchell	U20 [2]	Southampton AC	16:07.23 [SB]
4	Emily Ghose	SEN [1]	Tonbridge Athletic Club	16:11.25 [SB]
5	Erika Pontarollo	SEN [2]	Hyde Park Harriers	16:28.39
6	Grazia Manzotti	SEN [3]	Tonbridge Athletic Club	16:53.86
7	Jacqueline Benson	SEN [4]	Ashford Athletic Club	17:44.60 [SB]

Note from RWA Fixtures Co-ordinator

Contact List files have been wrecked, the backups have deteriorated as well, so there will be no circulations until it’s sorted out.

Anyone who wishes to remain on the circulation to let Pauline know at Pauline.Wilson@btopenworld.com

WILKINSON OPENS OLYMPIC ATHLETICS WITH 16TH IN MEN'S 20KM RACE WALK



Callum Wilkinson (coach: Rob Heffernan, club: Enfield and Haringey) kickstarted British interests in the first race of the Paris 2024 Olympics athletics programme and finished 16th in the men’s 20km race walk.

The 27-year-old clocked 1:20:31 on the course around Paris at the foot of the Eiffel Tower and secured a top 20 finish among a start list of 49. Wilkinson smashed his own national 10,000m record at the Microplus UK Athletics Championships to seal his place in Paris and followed up from a 10th place finish at Tokyo 2020.

Securing a time just seconds outside of his 20km personal best (1:20:27), Wilkinson was proud of his efforts after coming back from a calf tear at the start of the year.

“It was good,” he said. “It was hard. It was an amazing, amazing course. I was feeling really good when about 12K it started to bite.

British Masters T & F Championships, Derby (Sat. 27th July)**Women's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55 [1]	Loughton Athletic Club	16:04.95
2	Grazia Manzotti	W55 [2]	Tonbridge Athletic Club	16:20.44
3	Carolyn Derbyshire	W45 [1]	Nuneaton Harriers	16:24.54
4	Aleksandra Majewska-Ani	W35 [1]	Charnwood AC	17:24.60
5	Helen Watson	W50 [1]	Telford Athletic Club	19:47.76
6	Jan McLure	W50 [2]	Stratford-upon-Avon	20:10.28
7	Michele O'Neill-Hall	W55 [3]	North East Veterans	20:52.76
	Nana Ofosu	W40	Ashford Athletic Club	DQ

Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Stuart Bennett	M65 [1]	Brentwood Beagles	17:42.68
2	Ian Richards	M75 [1]	Steyning Athletic Club	17:55.19
3	Mark Culshaw	M55 [1]	Cambridge Harriers	18:31.18 [SB]
4	Mark Ashby	M60 [1]	Cambridge Harriers	18:36.72 [SB]
5	David Walsh	M60 [2]	Redhill Road Runners	18:44.73
6	Ivan Thorn	M50 [1]	North Shields Poly	19:48.40
7	Daniel Ofosu	M45 [1]	Ashford Athletic Club	24:31.55
	David Edelman	M65	Scottish Veterans Hs.	DQ

'A' Judged Races

Ashford AC Summer Open Series, Julie Rose Stadium, Ashford (Thur. 4th July)**Mixed 1 Mile**

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	8:28.91 [PB]
2	Ellin Wilson	U15G	Ashford Athletic Club	8:32.40 [PB]
3	Millicent Steele	U15G	Ashford Athletic Club	10:01.93 [PB]
4	Selina Hawker	W45	Tonbridge Athletic Club	11:24.46 [PB]
5	Lesley Hall	W65	Ashford Athletic Club	11:26.24 [PB]
6	Charlie Bull	U13G	Ashford Athletic Club	12:01.49 [PB]

Midland Championships, Stratford-upon-Avon (Sun. 7th July)

Although thundery showers were forecast for the stand alone Midland Race Walking Track Championships, *writes Glyn Jones*, thankfully they did not appear over Stratford on Avon for the duration of this fixture which again this year took place at Stratford-upon-Avon High School Track.

With low entries on both 5000m start lines, true to form Mark Williams and Carolyn Derbyshire retained their winning championship titles. It was encouraging to have two newcomers to the championships being Jonathan Dumelow and Alexandra Majewska-Ani both finishing in third place in their 5000m races. Hopefully they will continue to support further Midland fixtures starting with the winter league series.

Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	25:33.0
2	Peter Boszko	M75	Birchfield Harriers	31:34.9
3	Jonathan Dumelow	M35	Burton Athletic Club	32:38.9
G	Martin Slevin	M55	Headington R.R.	33:26.9
4	Colin Vesty	M55	Leicester Walking Club	37:00.9
	Hardeep Minhas	M65	Leicester Walking Club	DQ

Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W45	Nuneaton Harriers	27:57.6
2	Wendy Kane	W55	Nuneaton Harriers	29:34.2
3	Alex Majewska-Ani	W35	Charnwood Athletic Club	30:04.2
4	Julie Bellfield	W55	Halesowen Athletic Club	32:44.1
5	Jan McLure	W50	Stratford-upon-Avon AC	34:34.4

U15 3000m

Pos	Athlete	AG	Club	Perf.
1	Aimee Thursfield	U15G	Wolv. & Bilston AC	19:59.2

U13 2000m

Pos	Athlete	AG	Club	Perf.
1	Harry Taylor	U13B	Dudley & Stourbridge	13:19.2

Civil Service Championships, Nuneaton (Thur. 18th July)

Jonathan Hobbs (HMRC) dominated the Civil Service 3000m Track Championship, *writes Andrew Clough*. He finished in 15:12.73s, almost two and a half minutes ahead of the next walker, guest Wendy Kane. Aleksandra Majewska-Ani (HMRC) was first woman 'counter' in third place, with a time of 18:27.49s. Four more competitors exchanged places lap by lap throughout the race, finishing within twenty seconds of each other. Steve Uttley, Mark Ashby, Martin Slevin and Mark Culshaw eventually finished in that order. Towards the back of the race Maureen Noel and John Hall pulled away from Geraldine Legon, Maureen taking 8th place.

Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Jonathan Hobbs	SENM	Ashford Athletic Club	15:12.73
2	Wendy Kane	W55	Nuneaton Harriers	17:45.71
3	Aleksandra Majewska-Ani	W35	Charnwood Athletic Club	18:27.49
4	Steve Uttley	M65	Ilford Athletic Club	18:48.79
5	Mark Ashby	M60	Cambridge Harriers	18:56.55
6	Martin Slevin	M60	Headington R.R.	19:04.00
7	Mark Culshaw	M55	Cambridge Harriers	19:07.23
8	Maureen Noel	W60	Belgrave Harriers	19:40.46
9	John Hall	M75	Belgrave Harriers	19:56.67
10	Geraldine Legon	W65	Bexley Athletic Club	24:17.23
	Jane Hodge	W65	Hardley Runners	DQ
	Richard Lewis	M50	Welsh Government	DQ

'B' Judged Races

Ken Livermore Relays, QEII Stadium, Enfield (Sat. 8th June)

A Huge Success was the overwhelming consensus of the people who took part or attended this tribute event, *writes Ron Wallwork*. Sixteen teams entered and all but one of them made the start line. It was a fantastic mixture of ages, club, ad hoc pairings and family teams with lots of banter and interaction, especially in the change-over area and much to discuss at the buffet presentation afterwards. Starting and Presentation duties were undertaken by Ken's wife Margaret who, over the decades has served athletics and particularly race walking alongside her much respected husband.



Pos	Team	Athletes	Perf.
1	Moulton Wanderers	George Wilkinson/Tony Wilkinson	54:05.07
2	Aldershot Farnham & D.	Abigail Jennings/Ian Jennings	55:36.07
3	Belgrave Harriers	Colin Harle/Maureen Noel	58:18.01
4	Metros Running Club	Chik Ha Kwok/Man Biu Lam	59:38.07
5	Loughton Athletic Club	John Borgars/Melanie Peddle	60:00.05
6	Brentwood Beagles	Stuart Bennett/Rachel Lawless	60:57.04
7	Kent/Hertfordshire	Jaqueline Benson/Sheila Leavy	65:08.07
8	Steyning Athletic Club	Anne Jones/Trevor Jones	65:17.09
9	Ashford Athletic Club	Georgina Benson/Kenny Benson	67:30.03
10	Surrey Inns	David Hoben/David Walsh	67:57.05
11	Newmarket Joggers	Lily Ann Cooper/Suzanne Bailey	69:12.09
12	Enfield & Haringey AC	Sue Barnett/Fiona Bishop	69:14.07
13	Trent Park/Welwyn GC	Mal Blackwood/Tom Casserley	72:22.03
14	Livermore Family 'B'	Neal Livermore/Jake Livermore	81:22.01
15	Livermore Family 'A'	Coral Gear/Grace Gear	87:56.00

Moulton 5 Mile, Moulton, Suffolk (Sat. 6th July)

Chilly showery conditions couldn't dampen the warm and friendly atmosphere of this fixture which was enhanced this year by being part of the Moulton Village Fun Day, *writes Ron Wallwork*.

Olympians, Centurions, Internationals, past winners and supporters of the event since its inception 22 years ago, met up to create a memorable afternoon out in the lovely Suffolk countryside.

Callum Wilkinson, fresh from his recent national 10,000m record and his selection for the forthcoming Olympics in Paris, was on hand to start the race and present the awards.

The changes to the opening and closing 400m of the course to facilitate a start and finish on the village green was a little agricultural but the consensus seemed to be that it wasn't a problem and added to the character of the event.



Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U23M	Enfield & Haringey AC	39:41
2	Daniel King	M40	Colchester Harriers	41:41
3	Philip Barnard	M40	Ilford Athletic Club	44:16
4	Grazia Manzotti	W55	Tonbridge Athletic Club	45:19
5	Melanie Peddle	W55	Loughton Athletic Club	46:35
6	Emma Dyos	W45	Brentwood Beagles	47:48
7	Trevor Jones	M65	Steyning Athletic Club	48:52
8	Jacqueline Benson	SENW	Ashford Athletic Club	49:28
9	Stuart Bennett	M65	Brentwood Beagles	51:18
10	Colin Harle	M65	Belgrave Harriers	51:31
11	Aleksandra Majewska	W35	Charnwood AC	51:40
12	Hardeep Minhas	M65	Leicester Walking Club	51:59
13	Maureen Noel	W65	Belgrave Harriers	53:18
14	Simon Morgan	M55	Ilford Athletic Club	53:31
15	Mark Culshaw	M55	Cambridge Harriers	53:45
16	Mike George	M55	Veterans AC	54:08
17	Helen Middleton	W60	Enfield & Haringey AC	54:44
18	Steve Allen	M65	Ilford Athletic Club	55:06
19	Joyce Crawford	W55	Red Lodge Runners	58:27
20	Suzanne Bailey	W60	New Market Joggers	59:04
21	Susan Barnett	W70	Enfield & Haringey AC	60:01
22	Diana Braverman	W70	Enfield & Haringey AC	62:19
23	David Hoben	M70	Surrey Walking Club	62:52
24	Malcolm Smith	M75	Unattached	63:03
25	Sue Clements	W70	Cambridge & Coleridge	63:34
26	Andrew Wilmott	M75	Halstead RRC	66:48
27	Anne Jones	W65	Steyning Athletic Club	67:40
28	Jon May	M70	Enfield & Haringey AC	68:32
29	Paul Frimage	M70	Ryston Runners	68:56
30	Paul Forshaw	M70	Fetch Everyone	74:34
31	Fiona Bishop	W65	Woking Athletic Club	81:36
32	Shaheda Arthur	W65	Veterans Athletic Club	86:09
	Ian Richards	M75	Steyning Athletic Club	DQ

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Lily-Ann Cooper	U15G	New Market Joggers	22:15

2	David Ainsworth	M75	Ilford Athletic Club	26:24
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Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Sophie Blundell	U13G	New Market Joggers	13:28

Veterans AC 5km, Battersea Park (Tue. 16th July)

On a warm and sultry evening, the fourth and final of the regular Battersea Park races had a smaller than average field on the start line, *reports David Hoben*.

The men's and overall race was won by Trejan Checheku-Boamah from who had improved his position from fourth place last year.

VAC's own men's winner was Stuart Bennett who continues to drive the event in the Essex area.



Stuart Bennett - Chik Ha Kwok

For the ladies, VAC's Chik Ha Kwok from Metros RC won for the second month running and was also second overall. Second placed Penelope Cummings from HHH finished only a few seconds behind.

VAC were pleased to welcome Susan Payne who recorded a really respectable time in her first attempt at the distance, and Martin Murray also did well at his first attempt.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-Boamah	U15B	Blackheath & Bromley	30:06
2	Chik Ha Kwok	W45	Metros Running Club	30:15
3	Stuart Bennett	M65	Brentwood Beagles	30:26
4	Man Biu Lam	M65	Metros Running Club	31:45
5	Penelope Cummings	W45	Herne Hill Harriers	31:48
6	Susan Payne	W60	Aldershot Farnham & D.	31:50
7	Maureen Noel	W60	Be:grave Harriers	31:48
8	Martin Murray	M55	Newquay & Par	36:41

4th South Yorkshire League, Millhouses Park (Mon. 17th June)

Tony Bell was just coming up to complete 4km of his 5km race as the two girls, both doing 1km set off, with a 10 second gap between them, *reports Brian Adams*. All three came together with just over 300m to go. Tony continued through for a slender victory. Maya produced a personal best and newcomer Nicole dipped below 7 mins in her first 1,000m race.

Pos	Athlete	AG	Club	Perf.
1	Tony Bell	M60	Lancashire Walking Club	32:39 [5k]
2	Maya Zuccolo	U13G	Silverdale School	06:32 [1k]
3	Nicole Waring	U13G	Sheffield Girls School	06:53 [1k]

5th South Yorkshire League, Millhouses Park (Wed. 17th July)

Ellis Simmonds chose to race over 2km a he was doing the EA U20 championships three days later, *reports Brian Adams*. His target time was 10 minutes, and he was always ahead of that pace, easily beating a below par Meghan Walmsley.

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U20M	2DASH	09:49 [2k]
2	Meghan Walmsley	U13G	King Edward VII School	16:27 [2k]