



# Race Walking Record

December 2024



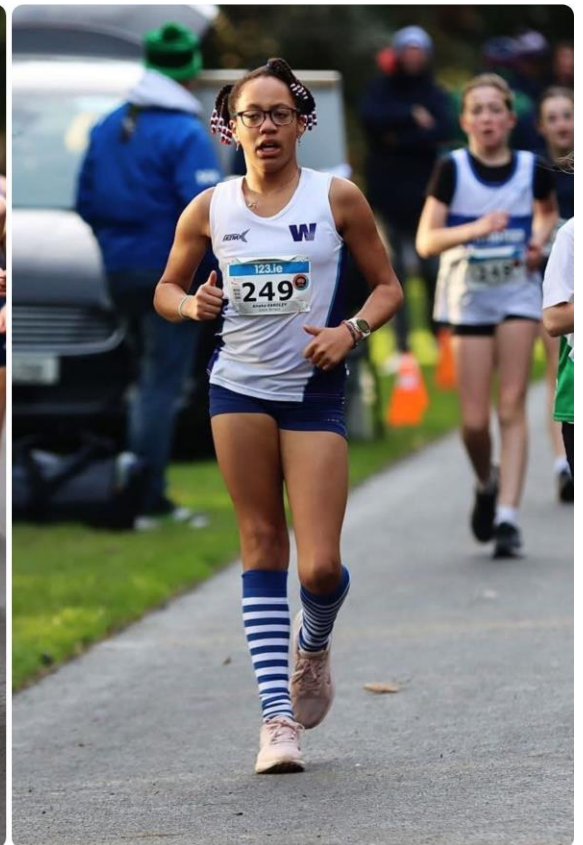
Callum Wilkinson – Silver Men’s 20km



Abigail Jennings – Bronze Women’s 20km



Hannah Hopper – Gold U23 Women’s 10km



Ameka Eardley – Silver U12 Girls 1km

## English Medallists at the World Athletics Race Walking Tour, Dublin

Photographs: from Robert Heffernan Race Walking Academy Facebook

# UK 20km Race Walking Championship 2025



*Manx Harriers invite you to take part in the 2025 UK 20km Race Walking Championship.*

*The 20km and all supporting races will be held on the famous 800m 'Bowl' lap - flat and fast*

#### Course Records

Rob Heffernan  
1:21:54

Gillian O'Sullivan  
1:29:57

#### **Programme of Events**

Ladies 20km - 9.30am

Mens 20km - 9.32am

Open 10km - 10.15am

10.45am Open 5km

11.00am 3km, 2km, 1km

**12.00pm Open 10km run**

*On a fully certified course, you can be sure of a warm welcome and a unique 'overseas' racing experience on the beautiful Isle of Man.*

**PROUD TO BE A WORLD ATHLETICS RANKING EVENT**

*For further information please contact race organiser Steve Taylor on [stevetaylor1966@manx.net](mailto:stevetaylor1966@manx.net)*



## Sunday 2nd March

### NSC, Douglas, Isle of Man



**Entry details** <https://meets.rosterathletics.com/public/competitions/details/about?id=26025>

# NEWS

## DATES FOR YOUR DIARY

### UKA National 2025 Fixtures

UKA have started to publish fixtures for 2025 and listed below are the currently known major events that normally include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
19 <sup>th</sup> Jan.	England Athletics Indoor Walks (U15+)	E.I.S. Sheffield
23 <sup>rd</sup> Feb.	UK Athletics Indoor Championships	Birmingham
22/23 <sup>rd</sup> Feb.	British Masters Indoor Championships	Lee Valley
2 <sup>nd</sup> Mar.	British Race Walking Meeting	Douglas (IOM)
22 <sup>nd</sup> Mar.	44 <sup>th</sup> Dudinska 50	Dudince (SVK)
12 <sup>th</sup> Apr.	Rio Maior Grand Prix of Race Walking	Rio Maior (POR)
4 <sup>th</sup> May	4 <sup>th</sup> Korzeniowski Warsaw RW Cup	Warsaw (POL)
18 <sup>th</sup> May	European RW Team Championships	Poděbrady (CZE)
7 <sup>th</sup> June	La Coruña GP of Race Walking	La Coruña (ESP)
28/29 <sup>th</sup> June	Welsh Senior/U15 Championships	Cardiff
19 <sup>th</sup> July	SIAB Schools International	T.B.C. (ENG)
25-27 <sup>th</sup> July	EA Senior/U23/U20 Championships	Birmingham
2-3 <sup>rd</sup> Aug.	UKA Outdoor Championships	Birmingham
8-10 <sup>th</sup> Aug.	EA Age Group Championships	Birmingham
12-14 <sup>th</sup> Sept.	British Masters Outdoor Championships	Derby
20 <sup>th</sup> Sept.	English Schools RW Championships	T.B.C

### International Race Walking Judges – Bronze

Congratulations to Brian HANLEY and Mark WALL who have recently qualified as World Athletics Race Walking Judges Bronze level.



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

£25.00                      £15.00                      £10.00

Dec.      Christopher Flint              Steve Wynn              Lancashire WC

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



### Cambridge Harriers Open Track Walks/Ray Hall Winter League + League Presentations

Saturday 8<sup>th</sup> February 2025

Sutcliffe Park Sports Centre, Eltham Road, SE9 5LW

Info & Enter at [Roster Athletics - Cambridge Harriers Open Track Walks & Open Graded 1 Mile Runs](#)

Closing date for entries 3<sup>rd</sup> February @ 23:59

## Overseas

### World Race Walking Tour Bronze, Irish 35km RW Championships, Irish U20 & Masters 10km RW Championships & Rob Heffernan RW Academy Winter Series, St Anne's Park, Dublin (Sun. 15<sup>th</sup> Dec.)

With over 250 athletes participating from over 30 countries and four continents, the World Athletics Tour event in St Anne's Park, Dublin was a great success. The event attracted over 100 international athletes.

There were a number of good performances by our race walkers with a number of podium finishes. Full results [here](#).

Gold	Hannah Hopper	Cambridge Harriers	U23W 10km
Gold	Harry Richards	Valley Striders	U11B 500m
Silver	Callum Wilkinson	Enfield & Haringey AC	SENM 20km
Silver	Ameka Eardley	Warriors Pentathlon	U12G 1km
Bronze	Abigail Jennings	Aldershot Farnham & D	SENM 20km



#### Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	David KENNY		1:22:31	
2	Callum WILKINSON		1:23:09	
3	Michele ANTONELLI		1:23:52	
4	Jerry JOKINEN		1:25:12	
5	Cesar Cordova FERNANDEZ		1:25:19	
6	Joao VIEIRA		1:25:59	
7	Carlos MERCENARIO		1:27:54	
8	Javier DE ARRIBA CASTILLA		1:28:23	
9	Norbert TOTH		1:29:59	
10	Andreas PASTERGIU		1:31:01	
11	Carlos Alberto OLIVARES		1:31:33	
12	Jaakko MAATTANEN		1:31:53	
13	Luc LEGON		1:33:25	PB
14	André VAN SLOOTE		1:44:19	
15	Tomas VOJTISEK		2:07:19	

18 started: 1 DNF; 2 DQ.

#### Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Karla Ximena SERRANO		1:33:38	
2	Vitoria OLIVEIRA		1:34:05	
3	Abigail JENNINGS		1:44:04	
4	Arely ENRIQUEZ		1:53:31	
5	Grazia MANZOTTI (W55)		1:58:30	PB/NR
6	Emily GHOSE		2:01:37	SB

8 started: 2 DNF.

#### Women's 10km







Pos	Athlete	Nation	Perf	Notes
1	Siobhan DOHERTY		61:04	
2	Erika PONTAROLLO		61:36	SB

#### U23 Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Hannah HOPPER		52:00	MR
2	Éabha DE FAOITE		52:16	PB
3	Méabh O CONNOR		53:22	
4	Rachel BOUQUIN		55:12	









4 started.

**U20 Women's 10km**

Pos	Athlete	Nation	Perf	Notes
1	Alessia POP	 ROU	46:29	MR
2	Aisling LANE	 IRL	50:38	
3	Savanagh O'CALLGHAN	 IRL	52:25	Debut
4	Ciara WILSON BOWEN	 IRL	52:34	
5	Jessica WILTON	 GBR	55:36	
6	Natasha MITCHELL	 GBR	56:20	Debut







9 started: 9 finished.

**Under 14 Girls 2km**

Pos	Athlete	Nation	Perf	Notes
1	Natalia GAVRILOVIC	 ROU	09:44	MR
2	Cuisle O'CALLAGHAN	 IRL	09:59	
3	Hazel DINKIN	 IRL	10:43	
4	Róisín STEEDE DUFFY	 IRL	10:54	
5	Teagan ROONEY	 IRL	11:08	
6	Maisy MCGENITY	 GBR	11:15	PB
17	Isabelle Grace WILSON	 GBR	13:00	PB
18	Grace ANDREWS	 GBR	13:08	PB

22 started: 21 finished, 1 DNF.

**Under 14 & Under 16 Girls 3km**

Pos	Athlete	Nation	Perf	Notes
1	Cliodhna NI CHONAILL	 IRL	16:22	
2	Tailte O'CALLAGHAN	 IRL	16:35	
3	Alexia BERCEA	 ROU	17:00	
4	Niamh CLARKE	 IRL	17:11	
5	Faye CARROLL	 IRL	17:23	
6	Sophie DAVIDSON	 GBR	17:46	PB

14 started: 14 finished.

**Under 11 Boys 500m**

Pos	Athlete	Nation	Perf	Notes
1	Harry RICHARDS	 GBR	2:37	MR
2	Cumhall O'CALLAGHAN	 IRL	2:44	
3	Dylan MCDEVITT	 IRL	2:49	

6 started: 6 finished.



Harry Richards

**'A' Judged Races****Up and Running (Isle of Man) Winter League Walk #3, Ramsey (Sun. 8<sup>th</sup> Dec.)****Mixed 10km**

Pos	Athlete	AG	Club	H.Cap	Actual
1	Dale Glover	SEN	Unattached	(80:33)	67:23
2	Yanisa Sananueah	W55	Manx Harriers	(80:52)	76:06
3	Joe Stowell	SEN	Unattached	(81:05)	77:49
4	Clare Rundle	W40	Unattached	(81:07)	81:07
5	Phill Swales	M55	Northern (IOM) AC	(81:22)	66:32
6	Gianni Epifani	M50	Manx Harriers	(81:30)	49:08
7	Andy Baxendale	M55	Isle of Man Veterans AC	(81:32)	68:34
8	Callum Gawne	SEN	Unattached	(81:36)	49:05
9	Ian Callister	M70	Manx Harriers	(81:45)	68:35
10	Lee Darbyshire	M45	Unattached	(82:00)	65:11

11	Colin Moore	M65	Isle of Man Veterans AC	(82:41)	71:21
12	Louise Hollings	W45	Manx Harriers	(82:49)	70:30
13	Chris Addy	SEN	Manx Fell Runners	(82:52)	57:05
14	Maura Kelly	W55	Northern (IOM) AC	(83:39)	75:02
15	Tufty Nash	M55	Unattached	(85:31)	67:21
16	James King	M45	Unattached	(96:09)	77:59
	Tom Partington	SEN	Manx Harriers	DNF	DNF

**Mixed 5km**

Pos	Athlete	AG	Club	H.Cap	Actual
1	Jim Caley	M55	Unattached	(42:25)	34:08
2	Cheryl Curphey	W40	Unattached	(43:11)	41:11
3	Michelle Turner	W40	Unattached	(43:15)	39:35
4	Sue Ackroyd	W65	Isle of Man Veterans AC	(43:18)	40:18
5	Holly Salter	U17W	Northern (IOM) AC	(43:52)	28:52
6	Angie Robinson	W55	Manx Fell Runners	(44:38)	35:13
7	Lilee Fletcher	U15G	Manx Harriers	(44:38)	28:47
8	Neil Wade	SM	Manx Harriers	(45:14)	25:14
9	Lorna Gleave	W40	Manx Harriers	(45:26)	29:03
10	Nucharee Burridge	W55	Unattached	(46:49)	43:59
11	Gordon Erskine	M80	Unattached	(48:51)	39:40
12	Marie Cooil	W65	Unattached	(48:51)	48:51
13	Robbie Lambden	SM	Unattached	(53:46)	48:03

**Junior 3km**

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U15B	Northern (IOM) AC	16:30
2	Jay Jay Fletcher	U13B	Manx Harriers	17:48
3	Amy Surgeon	U17W	Manx Harriers	19:20
4	Honey-Mae Davies	U17W	Manx Harriers	20:44

**Junior 2km**

Pos	Athlete	AG	Club	Perf.
1	Sienna Curphey	U13G	Northern (IOM) AC	12:28
2	Polly Davies	U15G	Manx Harriers	13:01

**Junior 1km**

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U11B	Manx Harriers	05:30
2	Esme Bond	U11G	Unattached	06:53
3	Amelia Cain	U9G	Unattached	07:01
4	Willow Curphey	U9G	Northern (IOM) AC	07:13
5	Ely Bond	U9B	Unattached	07:16
6	Aalin Perry	U9G	Northern (IOM) AC	08:27
7	Hope Curphey	U9G	Unattached	08:27
8	Kirree Craine	U9G	Northern (IOM) AC	09:16

**'B' Judged Races****Midland Winter League #2, Stourport (Sun. 17<sup>th</sup> Nov.)**

A damp and chilly day greeted the walkers for the second Midland Winter League on the established cycle circuit at Stourport Sports Club. Mark Williams and Carolyn Derbyshire continued their good form in the 5km well ahead of the field and finishing first and second respectively.

Mark then doubled up to convincingly gain first place ahead of well travelled Steve Allen in second place who had also doubled up for both distances. With slightly lower entries in this second series, resulted in only one team closing in for both distances.

The younger age group races still remained low on entries with the two youngsters from D.A.S.H. keeping their support in the 2km.

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	27:52
2	Carolyn Derbyshire	W45	Nuneaton Harriers	29:18
3	Steve Allen	M65	Barnet & District AC	31:43
4	Julie Bellfield	W55	Halesowen Athletic Club	32:34
5	John Constandinou	M50	Birchfield Harriers	33:17
6	Ian Torode	M65	Birchfield Harriers	34:46
7	Lynn Bellfield	W55	Halesowen Athletic Club	34:48

8	Julian Barnett	M60	Birchfield Harriers	39:16
9	Gemma Smith	W50	Stratford-upon-Avon AC	39:24
10	Paul Hawkins	M65	Stratford-upon-Avon AC	41:46
11	Hilary McDermott	W60	Charnwood Athletic Club	42:57
12	David Fall	M80	Birchfield Harriers	44:27

**Under 13 2km**

Pos	Athlete	AG	Club	Perf.
1	Harry Taylor	U13B	Dudley & Stourbridge Hs.	14:21
2	Leon Dalloway	U13B	Dudley & Stourbridge Hs.	14:22

**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	60:27
2	Steve Allen	M65	Barnet & District AC	64:21
3	Peter Boszko	M75	Birchfield Harriers	66:50
4	Ian Torode	M65	Birchfield Harriers	76:44
5	John Constandinou	M50	Birchfield Harriers	76:59
6	Paul Hawkins	M65	Stratford-upon-Avon AC	90:34
	Carolyn Derbyshire	W45	Nuneaton Harriers	DNF

**Lancashire WC Bill Jackson 10km, Simister (Sat. 7<sup>th</sup> Dec.)**

As a result of Storm Darragh peaking at the same time as the race, numbers were somewhat down on normal for the Dick Maxwell 10k.

A revised course was used for the first time for this race. The revision was made to improve the safety of the course by replacing the normal start, which is a pinch point for traffic, with one 294 metres further down the road where the road is wider.

The turnaround point in the park at the 2.5k mark was extended by the same 294 metres to cater for this.

Six walkers toed the line for the start.

Right from the gun Nigel Shaw, in fine style, went into the lead. By the end of the first 5k lap Nigel extended his lead to 4 minutes and went through in 31:44, followed by Roy Gunnnett in 35:53, Phil McCullagh and Steven Wilde together in 37:10, Joe Hardy in 38:18 and Greg Smith in 39:54.

Greg pulled out at this stage. In the second half Nigel continued to pull away and won by over 10 mins in an excellent 63:00.

Roy in second place was nearly beaten by a very fast finishing Steve.

Weatherwise it was a race of two halves, for the first half the weather was not too bad, but for the second half Storm Darragh really hit with heavy rain and very strong gusty winds.

A huge thank you, (especially in the atrocious conditions) must be made to the officials who made the race possible, namely Chris Harvey (Starter/finisher and timekeeper) and Sailash Shah (marshall at the turnround).

**10km**

Pos	Athlete	AG	Club	Perf.
1	Nigel Shaw	M60	Lancashire Walking Club	63:00
2	Roy Gunnnett	M75	Lancashire Walking Club	73:20
3	Steven Wilde	M70	Lancashire Walking Club	73:22
4	Paul McCullagh	M65	Lancashire Walking Club	73:45
5	Joe Hardy	M80	Lancashire Walking Club	78:10

**5km**

Pos	Athlete	AG	Club	Perf.
1	Greg Smith	M65	Lancashire Walking Club	39:54

**"Chris Carter" Boxing Day Races, Preston Park, Brighton, East Sussex (Thur. 26<sup>th</sup> Dec.)**

This was the 92nd anniversary of a race which started in 1932 as a race walk only, *reports Judith Carder*. A running race was added 20 years later and continues to this day - over a slightly different course, although sharing the majority of the route with the walkers. The walkers are given a clear start by setting off first. The two races are named after Brighton and Hove Athletic Club legend Chris Carter who acted as the starter. The weather was once again mild and kind. However, the turnout of race walkers' was disappointing although always unpredictable on Boxing Day. It was good to see a couple of

youngsters taking part. All profits go to *Whoopsadaisy* this year, a local charity helping children with physical disabilities.

Participants complete up to 4 laps in the park depending on age. Each lap is around one mile long, so 4 miles maximum. (*Not accurately measured.*)

**2 Laps**

Pos	Athlete	AG	Club	Perf.
1	Seth Muddle	U15B	Lewes Athletic Club	21:32
2	Rainbow Love	U15B	Lewes Athletic Club	23:58

**4 Laps**

Pos	Athlete	AG	Club	Perf.
1	Trevor Jones	M65	Steyning Athletic Club	39:27
2	David Kemp	M65	Arean 80	39:48
3	Peter Gregoire	M50	Steyning Athletic Club	40:14
4	Graeme Heaton	M65	Heathfield Runners	48:37

**Enfield Race Walking League 2024 Awards Winners**

For the second time in the history of the ERWL the Overall Series Individual title resulted in a tie, the previous one being in the inaugural series in 1998. Going into the last fixture Colin Harle had a three-point lead over Jacqui Benson and looked to be home and dry. However, her final fixture performance was superior to one of her previous ones and thus she was able to draw level with Colin. For Jacqui it was a third women's title.

**Individual**

1	Jaqueline Benson (Ashford AC)	1	Colin Harle (Belgrave Hs.)
2	Maureen Noel (Belgrave Hs.)	2	Stuart Bennett (Brentwood B.)
3	Chik Ha Kwok (Metros RC)	3	Simon Morgan (Ilford AC)

**Team**

1	Ilford AC (373 Morgan, 302 Allen, 301 Ainsworth & 68 Barnard)
2	Enfield & Har. (335 May, 312 Middleton, 169 Barnett, & 162 Bishop)
3	Ashford AC (402 Benson, 275 Manzotti, 121 Hobbs C & 70 Wilton)

Junior: 1 Lily-Ann Cooper; 2 Sarah Blundell

**ERWL 2025 Opening Fixture**

**11<sup>th</sup> January**

Details and ENTRY ONLINE at <https://www.fabian4.co.uk>

Before 12 Noon on Thursday 9<sup>th</sup> January

If you have problems entering online contact [traceywilkinson17@aol.co.uk](mailto:traceywilkinson17@aol.co.uk) or 07532 397 528

# 2024 UK Outdoor RANKINGS

**3000m Men to 15:00.0**

Perf.	Athlete	AG	Club	Venue	Date
11:37.03	Cameron Corbishley	SEN	Medway & Maid.	Leeds	03/06
12:29.46	Luc Legon	SEN	Bexley AC	Birmingham	20/07
13:18.54	George Wilkinson	U23	Enfield & Har.	Birmingham	20/07
13:21.87	Samuel Lindsey	U20	Cambridge & Col.	Birmingham	20/07
13:36.34	Matthew Crane	U23	Bexley AC	Birmingham	20/07
13:36.51	Tom Partington	SEN	Manx Harriers	Leeds	03/06
14:36.23	Ellis Simmonds	U20	2DASH	Birmingham	20/07
14:54.44	Jonathan Hobbs	SEN	Ashford AC	Ashford	12/05

**3000m Women to 18:00.0**

Perf.	Athlete	AG	Club	Venue	Date
14:05.8	Erika Kelly	SEN	Northern (IOM)	Douglas	07/07
14:13.1	Abigail Jennings	SEN	Aldershot F & D	Portsmouth	06/05
14:55.63	Pagen Spooner	SEN	Hyde Park Hs.	Leeds	03/06
14:57.66	Hannah Hopper	U23	Cambridge Hs.	Birmingham	20/07
15:06.6	Jessica Wilton	U20	Ashford AC	Stoke	21/09
15:43.86	Emily Ghose	SEN	Tonbridge AC	Tonbridge	26/08
16:04.57	Grazia Manzotti	V55	Tonbridge AC	Bromley	07/04

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16:04.95	Melanie Peddle	V55	Loughton AC	Derby	27/07
16:07.23	Natasha Mitchell	U20	Southampton AC	Birmingham	20/07
16:11.36	Erica Pontarollo	SEN	Hyde Park Hs/ITA	Leeds	03/06
16:22.37	Lois Carty	U23	Aldershot F & D	Leeds	03/06
16:25.54	Carolyn Derbyshire	V45	Nuneaton Hs.	Derby	27/07
17:11.8	Cerys Bithell	U17	Newmarket J	Stoke	21/09
17:24.60	Aleksandra Majewska	V35	Charnwood/POL	Derby	27/07
17:29.76	Chik Ha Kwok	V45	Metros RC	Tooting Bec	31/08
17:43.8	Mimi Marshall	U17	Tonbridge AC	Stoke	21/09
17:44.60	Jacqueline Benson	SEN	Ashford AC	Birmingham	20/07
17:45.2	Marie Jackson	V60	Manx Harriers	Douglas	07/07
17:45.24	Joanne Hesketh	V50	Steyning AC	Crawley	11/05
17:45.71	Wendy Kane	V55	Nuneaton Hs.	Nuneaton	18/07
17:48.56	Ellin Wilson	U15	Ashford AC	Tonbridge	01/04

5000m Men to 26:00.0

Perf.	Athlete	AG	Club	Venue	Date
19:40.10	Cameron Corbishley	SEN	Medway & Maid.	Cardiff	15/06
20:31.57	Christopher Snook	SEN	Aldershot F & D	Manchester	30/06
21:55.17	Luc Legon	SEN	Bexley AC	Walton	11/08
21:59.82	Samuel Lindsey	U20	Cambridge & Col.	Walton	11/08
22:38.36	Guy Thomas	SEN	Tonbridge	Walton	11/08
24:24.39	Matthew Crane	U23	Bexley AC	Manchester	30/06
24:32.50	Jonathan Hobbs	SEN	Ashford AC	Ashford	01/12
25:33.0	Mark Williams	V55	Birchfield Hs.	Stratford-u-Avon	07/07

5000m Women to 32:00.0

Perf.	Athlete	AG	Club	Venue	Date
23:39.82	Gracie Griffiths	U20	Pembrokeshire	Cardiff	15/06
24:18.02	Abigail Jennings	SEN	Aldershot F & D	Manchester	30/06
24:45.62	Hannah Hopper	U23	Cambridge Hs.	Walton	11/08
25:50.10	Jessica Wilton	U20	Ashford AC	Aldershot	28/01
27:19.23	Natasha Mitchell	U20	Southampton AC	Walton	11/08
27:20.05	Grazia Manzotti	V55	Tonbridge AC	Aldershot	28/01
27:36.21	Melanie Peddle	V55	Loughton AC	Aldershot	28/01
27:46.24	Emily Ghose	SEN	Tonbridge AC	Ashford	01/12
27:57.6	Carolyn Derbyshire	V45	Nuneaton Hs.	Stratford-u-Avon	07/07
29:23.51	Aleksandra Majewska	V35	Charnwood/POL	Bjorlanda (SWE)	19/08
29:34.2	Wendy Kane	V55	Nuneaton Hs.	Stratford-u-Avon	07/07
29:49.04	Erica Pontarollo	SEN	Hyde Park Hs/ITA	Moulton	09/03
30:04.38	Susan Payne	V60	Aldershot F & D	Bjorlanda (SWE)	19/08
30:20.30	Lola-Mae Bellingham	U20	Aldershot F & D	Aldershot	28/01
30:28.63	Beatrice Fury	U23	Medway & Maid.	Cardiff	15/06
30:35.75	Chik Ha Kwok	V45	Metros RC	Hendon	01/09

10,000m Men to 55:00

Perf.	Athlete	AG	Club	Venue	Date
38:43.91	Callum Wilkinson	SEN	Enfield & Har.	Manchester	30/06
41:12.50	Cameron Corbishley	SEN	Medway & Maid.	Manchester	30/06
47:29.79	Luc Legon	SEN	Bexley AC	Moulton	09/03
49:09.16	Neil Wade	SEN	Manx Harriers	Moulton	09/03
50:33.63	George Wilkinson	U23	Enfield & Har.	Manchester	30/06
52:06.05	Ellis Simmonds	U20	2 DASH	Moulton	09/03

10,000m Women to 65:00

Perf.	Athlete	AG	Club	Venue	Date
50:54.91	Abigail Jennings	SEN	Aldershot F & D	Moulton	09/03
51:49.04	Abby Hughes	U20	Taunton AC	Moulton	09/03
52:02.97	Hannah Hopper	U23	Cambridge Hs.	Moulton	09/03
52:52.57	Pagen Spooner	SEN	Hyde Park Hs.	Moulton	09/03
52:57.17	Jasmine Nicholls	SEN	Leicester WC	Moulton	09/03
56:00.03	Jessica Wilton	U20	Ashford AC	Moulton	09/03
59:29.06	Grazia Manzotti	V50	Tonbridge AC	Moulton	09/03

10km Men to 55:00

Perf.	Athlete	AG	Club	Venue	Date
43:57	Luc Legon	SEN	Bexley AC	Tilburg (NED)	06/10
48:16	Neil Wade	SEN	Manx Harriers	Leicester	20/04
49:05	Callum Gwane	SEN	Unattached	Ramsey (IOM)	08/12

49:08	Gianni Epifani	V50	Manx Harriers	Ramsey (IOM)	08/12
52:22	Tom Partington	SEN	Manx Harriers	Douglas (IOM)	27/10
53:51	Ellis Simmonds	U20	2DASH	Leicester	20/04

10km Women to 65:00

Perf.	Athlete	AG	Club	Venue	Date
48:25	Erika Kelly	SEN	Northern (IOM)	Leicester	20/04
50:11	Hannah Hopper	U23	Cambridge Hs.	Tilburg (NED)	06/10
50:35	Abigail Jennings	SEN	Aldershot F & D	Enfield	13/01
50:46	Gracie Griffiths	U20	Pembrokeshire	Dudince (SVK)	16/03
51:26	Pagen Spooner	SEN	Hyde Park Hs.	Leicester	20/04
51:33	Abby Hughes	U20	Taunton AC	La Coruna (ESP)	18/05
53:32	Jasmine Nicholls	SEN	Leicester WC	Leicester	20/04
55:16	Jessica Wilton	U20	Ashford AC	Leicester	20/04
55:43	Grazia Manzotti	V55	Tonbridge AC	Leicester	20/04
56:20	Natasha Mitchell	U20	Southampton AC	Dublin (IRL)	15/12
57:46	Helen Davies	V40	Manx Fell Runners	Douglas (IOM)	27/10
58:03	Carolyn Derbyshire	V45	Nuneaton Hs.	Leicester	20/04
59:23	Melanie Peddle	V55	Loughton AC	Leicester	20/04
60:00	Lorna Gleave	V40	Manx Harriers	Douglas (IOM)	08/09
61:36	Erica Pontarollo	SEN	Hyde Park Hs/ITA	Dublin (IRL)	15/12
61:56	Jacqueline Benson	SEN	Ashford AC	Enfield	13/01
64:24	Jayne Farquhar	V55	Manx Harriers	Douglas (IOM)	27/10
64:39	Maureen Noel	V60	Belgrave Harriers	Enfield	24/02

20km Men to 2:00:00

Perf.	Athlete	AG	Club	Venue	Date
1:20:23	Callum Wilkinson	SEN	Enfield & Har.	La Coruna (ESP)	18/05
1:23:09	Cameron Corbishley	SEN	Medway & Maid.	Dudince (SVK)	16/03
1:26:37	Christopher Snook	SEN	Aldershot F & D	Dudince (SVK)	16/03
1:33:25	Luc Legon	SEN	Bexley AC	Dublin (IRL)	15/12
1:33:37	Guy Thomas	SEN	Tonbridge AC	Douglas (IOM)	08/09

20km Women to 2:30:00

Perf.	Athlete	AG	Club	Venue	Date
1:42:55	Abigail Jennings	SEN	Aldershot F & D	Poděbrady (CZE)	06/04
1:44:46	Erika Kelly	SEN	Northern (IOM)	Warsaw (POL)	05/05
1:58:30	Grazia Manzotti	V55	Tonbridge AC	Dublin (IRL)	15/12
2:01:37	Emily Ghose	SEN	Tonbridge AC	Dublin (IRL)	15/12
2:03:27	Melanie Peddle	V55	Loughton AC	Slottsskogen (SWE)	25/08
2:07:44	Helen Davies	V40	Manx Fell Runners	Douglas (IOM)	08/09
2:08:53	Marie Jackson	V60	Manx Harriers	Slottsskogen (SWE)	25/08
2:10:39	Aleksandra Majewska	V35	Charnwood/POL	Slottsskogen (SWE)	25/08
2:14:16	Jayne Farquhar	V55	Manx Harriers	Douglas (IOM)	08/09
2:16:48	Maureen Noel	V60	Belgrave Harriers	Slottsskogen (SWE)	25/08
2:19:14	Nicola Marshall	V60	Manx Harriers	Douglas (IOM)	08/09

35km Men

Perf.	Athlete	AG	Club	Venue	Date
2:31:34	Cameron Corbishley	SEN	Medway & Maid.	Zittau (GER)	26/10



January

Sat. 11 <sup>th</sup>	A	<a href="#">Enfield RWL &amp; Presentations</a>	Enfield
Sun 12 <sup>th</sup>	A	<a href="#">Ray Hall Winter League #3</a>	Aldershot
Sun 12 <sup>th</sup>	B	Midland Winter League #3	Warwick University
Sun 19 <sup>th</sup>	A	<a href="#">England Athletics Indoor Walks</a>	EIS, Sheffield
Sat. 25 <sup>th</sup>	B	Steyning Open Walks (15k/10k/5k)	Spithandle Lane

February

Sat. 8 <sup>th</sup>	A	<a href="#">Ray Hall Winter League #4</a>	Eltham
Sun. 9 <sup>th</sup>	A	<a href="#">VAC &amp; EMAC Indoor Championships</a>	Lee Valley
Sat. 15 <sup>th</sup>	A	Enfield RWL	T.B.C.
Sat. 22 <sup>nd</sup>	A	British Masters Indoor Championships	Lee Valley
Sun 23 <sup>rd</sup>	A	UKA Indoor Championships	Birmingham