



Race Walking Record

January 2025



**2025 England Athletics Indoor
Championships – E.I.S. Sheffield**

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



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 published fixtures for 2025 and listed below are the 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 th Jan.	England Athletics Indoor Walks (U15+)	E.I.S. Sheffield
23 rd Feb.	UK Athletics Indoor Championships	Birmingham
22/23 rd Feb.	British Masters Indoor Championships	Lee Valley
2 nd Mar.	British Race Walking Meeting	Douglas (IOM)
22 nd Mar.	44 th Dudinska 50	Dudince (SVK)
12 th Apr.	Rio Maior Grand Prix of Race Walking	Rio Maior (POR)
12 th Apr.	England Athletics 10,000m Championships	Moulton College
4 th May	4 th Korzeniowski Warsaw RW Cup	Warsaw (POL)
18 th May	European RW Team Championships	Poděbrady (CZE)
7 th June	La Coruña GP of Race Walking	La Coruña (ESP)
28/29 th June	Welsh Senior/U15 Championships	Cardiff
19 th July	SIAB Schools International	T.B.C. (ENG)
25-27 th July	EA Senior/U23/U20 Championships	Birmingham
2-3 rd Aug.	UKA Outdoor Championships	Birmingham
8-10 th Aug.	EA Age Group Championships	Birmingham
12-14 th Sept.	British Masters Outdoor Championships	Derby
20 th Sept.	English Schools RW Championships	Chelmsford



UK Athletics have published the selection policies for the European Race Walking Team Championship, Podedbrady (CZE), European U20 Championships, Tampere (FIN) and the European U23 Championships, Bergen (NOR).

The qualification standards are:

European RW Team Championships – 18th May 2025

Men	Event	Women
1:22:30	Senior 20km	1:32:30
2:35:50	Senior 35km	2:55:00
45:30	Junior 10km	51:30

Full selection policy can be viewed [here](#).

European U23 Championships – 17th to 20th July 2025

Men	Event	Women
43:00	10,000m Walk	48:00

Full selection policy can be viewed [here](#).

European U20 Championships – 7th to 10th August 2025

Men	Event	Women
44:00	10,000m Walk	49:00

Full selection policy can be viewed [here](#).

RWA Presidents Appeal 2025



It's an honour to be re-elected as Hon. President of the Race Walking Association for a fourth term.

I would like to start by launching the 2025 President's Appeal to raise funds for our developing Race Walkers to reach the next stage in their athletic careers.

In the last couple of years, the RWA has provided about £5000 in financial support to 15 athletes to compete in prestige events and we wish to continue doing more. This can only be sustained by increasing our funds and that is the aim of this year's appeal. The more we raise the more athletes we can support.

Should you wish to contribute to this appeal please contact Mark Easton, rwatreasurer@yahoo.co.uk and he will advise accordingly.

Alternatively, if you wish to contact Mark or myself, face to face please do so.

We have many talented athletes so let's support them. Whether you are an athlete, Olympian, coach, parent, official, fan or a combination of the above may you enjoy your sport.

Chris Hobbs

Hon. President

Race Walking Association



200 club

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

	£25.00	£15.00	£10.00
Jan.	Jon May	Pauline Wilson	Nolan Simmons

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

National

England Athletics Indoor Race Walk Championships, E.I.S. Sheffield (Sun. 19th Jan.)

The England Athletics Indoor, now referred to as short track, took place on 19th January at the English Institute of Sport in Sheffield. With a large contingent of Irish athletes in attendance and an improved entry numbers from UK athletes, resulted in five races, which produced some excellent racing and a great advert for race walking.

The main titles over 3,000 meters were won by Cameron Corbishley, from Medway and Maidstone AC, with 11:38.51, and Hannah Hopper (U23), from Cambridge Harriers, with a personal best of 14:16.93.



In the men's race, second position was achieved by Irish under-20 Luke Fitzmaurice, with 14:28.65, with Trejan Checheku-Boamah, of Blackheath & Bromley, taking the under-17 title with 16:44.17.

In the women's race, it was Irish athletes who followed Hopper in the immediate places of the general classification, namely Robin Og Murphy, with 14:38.61, and the under-23 Ciara Wilson Bowen, with 14:42.46. The England championship podium, this was completed by Jessica Wilton, from Ashford AC, with 15:15.27, and Natasha Mitchell, from Southampton AC, with 15:35.05.



In other races, there were the victories of Leah O'Gara (Finn Valley AC/Ireland, 16:10.46) in the women's under-17 3,000 meters, Timothy William Perry (Northern (IOM) AC, 4:39.01) and Cuisle O'Callaghan (Ireland, 4:40.55) in the under-15 1000 meters, and finally Spencer Tate Jones (Wrexham AAC, 5:27.01) and Ava Dinkin (Ireland, 5:30.54), also in the 1,000 meters, in the under-13 development race.

Senior/U20/U17 Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Cameron CORBISHLEY	SENM	Medway & Maid.	11:38.51 [iPB]
G	Luke FITZMAURICE	U20M	Ireland	14:28.65
1	Trejan CHECHEKU-BOAMAH	U17M	Blackheath & Brom.	16:44.17 [PB]
1	Fraser HIGGINSON	U20M	Bridgend AC	17:02.35
2	Nathaniel HOPKINS	SENM	Kirby Milers AC	20:33.82 [PB]
	Martin MURRAY (M55)	SENM	Newquay & Par	DQ TR54.7.1

Senior & U20 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Hannah HOPPER (U23)	SENW	Cambridge Harriers	14:16.93 [PB]
G	Robin Og MURPHY	U20W	Ireland	14:38.61
G	Ciara BOWEN (U23)	SENW	Ireland	14:42.46
G	Savanagh O'CALLAGHAN	U20W	Ireland	15:00.04
2	Jessica WILTON (U23)	SENW	Ashford AC	15:15.27 [iPB]
3	Natasha MITCHELL (U23)	SENW	Southampton AC	15:35.05 [PB]
4	Grazia MANZOTTI (W55)	SENW	Tonbridge AC	16:21.08
G	Holly SHAUGHNESSY	U20W	Ireland	16:24.39
G	Ciara GILMORE	U20W	Ireland	16:25.87
G	Juliet BIGGS	U20W	Ireland	16:33.32
5	Carolyn DERBYSHIRE (W45)	SENW	Nuneaton Harriers	16:46.92
6	Erika PONTAROLLO	SENW	Hyde Park Harriers	17:21.10
7	Jaqueline BENSON	SENW	Ashford AC	18:48.53

Under 13 1000m Development Race (non-championship)

Pos	Athlete	AG	Club	Perf.
1	Spencer JONES	U13B	Wrexham AAC	5:27.01 [PB]
2	Owen GANNON	U13B	Ireland	5:29.31 [PB]
3	Ava DINKIN	U13G	Ireland	5:30.54 [PB]
4	Harry RICHARDS	U13B	Valley Striders AC	5:38.41 [PB]
5	Dylan MADDEN	U13B	Ireland	5:38.54 [PB]
6	Mia O'TOOLE	U13G	Ireland	5:47.58 [PB]
7	Ameka EARDLEY	U13G	Warriors Pentathlon	6:01.25
8	Melanija VARSBERGA	U13G	Ireland	6:14.53
9	Ruby O'ROURKE	U13G	Ireland	6:17.96 [PB]
10	Sienna CURPHEY	U13G	Northern (IOM) AC	6:44.97 [PB]
11	Keelan O'GRADY	U13B	Ireland	6:48.11
12	Eabha O'CONNOR	U13G	Ireland	6:49.20

Under 15 1000m

Pos	Athlete	AG	Club	Perf.
1	Timothy PERRY	U15B	Northern (IOM) AC	4:39.01 [PB]
G	Cuisie O'CALLAGHAN	U15G	Ireland	4:40.55 [PB]
G	Hazel DINKIN	U15G	Ireland	5:11.94
G	Molly MURPHY	U15G	Ireland	5:24.26 [PB]
G	Roisin STEEDE-DUFFY	U15G	Ireland	5:36.48 [PB]
G	Sean MCNULTY	U15B	Ireland	5:40.10 [PB]
G	Emma MADDEN	U15G	Ireland	5:46.94
G	Cerys FITZPATRICK	U15G	Carmarhen & Dist.	5:48.71 [PB]
1	Grace ANDREWS	U15G	Aldershot F & D.	5:50.69 [PB]
G	Daniel PURCELL	U15B	Menai Track & Field	5:51.17 [PB]
2	Isabelle-Grace WILSON	U15G	Warriors Pentathlon	5:55.52 [PB]
3	Cordelia MURRAY	U15G	Newquay & Par AC	6:18.50 [PB]
	Michael DOYLE	U15B	Ireland	DQ TR17.2.4

TR17.2.4 = Infringement of the inside border.

Under 17 3000m

Pos	Athlete	AG	Club	Perf.
G	Leah O'GARA	U17W	Ireland	16:10.46
G	Taillte O'CALLAGHAN	U17W	Ireland	16:13.95 [PB]
1	Florence WATSON	U17W	Blackheath & Brom.	17:40.49 [PB]
2	Sophie DAVIDSON	U17W	Warriors Pentathlon	18:16.12 [PB]
3	Amy SURGEON	U17W	Manx Harriers	18:35.29 [PB]
G	Aoife MCGRANAGHAN	U17W	Ireland	19:02.32 [PB]
G	Elizabeth VARSBERGA	U17W	Ireland	19:11.50 [PB]
	Cliodhna NI CHONAILL	U17W	Ireland	DQ TR54.7.1
	Megan CHANTRELL	U17W	Ireland	DQ TR54.7.1

Rest in Peace

The Race Walking Association is saddened to report the passing of the following:

- Dave Trigg (Leicester Walking Club) – Centurian 422
- George Eastwood (Woodford Green AC) – Centurian 576
- Len Bretel (Sarnia Walking Club)

'A' Judged Races

Enfield Race Walking League, Enfield (Sat. 11th Jan.)

Reservations about the weather were swept away as the sun dissipated the frost, writes Ron Wallwork. The temperature hovered around zero, but with no wind and a cloudless blue sky, conditions in the end were excellent for the race. The sun hadn't done its job before the 11am start time, so in the interests of safety, the races were switched to the road circuit. In the season of resolutions there was plenty of resolve and some wonderful racing to watch. George Wilkinson making his first appearance after his year off through injury looked comfortable and technically sound. The chasing group numbered seven and finished within a minute of each other.

The 2024 Series Awards were presented by Enfield & HAC Chair Barry Cook

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	SENM	Newmarket Joggers	25:34
2	Jacqueline Benson	SENW	Ashford Athletic Club	31:33
3	Chik Ha Kwok	W50	Veterans Athletic Club	31:46
4	Man Biu Lam	M65	Veterans Athletic Club	31:54
5	Colin Harle	M65	Belgrave Harriers	32:06
6	Maureen Noel	W60	Belgrave Harriers	32:12
7	Mark Culshaw	M55	Cambridge Harriers	32:24
8	Helen Middleton	W60	Enfield & Haringey AC	32:55
9	Suzanne Bailey	W60	Newmarket Joggers	37:14
10	Fiona Bishop	W65	Woking Athletic Club	37:55
11	Taro Tyson	M50	Cambridge & Coleridge	39:24
12	Sheila Levy	W70	North Herts Road Runners	40:31

'B' results: Simon Morgan (*Brentwood Beagles*) 33:54; Steve Allen (*Ilford AC*), 36:51; Paul Frimage (*Ryston Runners*) 43:41; Jon May (*E & H*) 45:22.

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Emma Keeley	SENW	Cambridge & Coleridge	20:05
2	Maraiker Wallace	W60	Cambridge & Coleridge	21:21
3	Lily-Ann Cooper	U15G	Newmarket Joggers	22:14
4	David Ainsworth	M75	Ilford Athletic Club	30:27

Aldershot Open Track Walks/Ray Hall Winter League, Military Stadium, Aldershot (Sun. 12th Jan.)

The third Ray Hall Winter League was held on a freezing Sunday morning at the Military Stadium in Aldershot. Ashford athletes were again at the fore winning four of the age group races; namely Matthew Tomsett in the under-13B 1500m, Ellin Wilson the under-15G 2000m, Jonathan Hobbs the senior men's 5000m and Jess Wilton the under-20 women's 5000m (although now an U23 – rules of the league permit her to continue to race in the age group she started the series in).

The closest racing occurred in the 5000m where eleven seconds covered the first three; Jonathan Hobbs, Abigail Jennings and Hannah Hopper.

U13 1500m

Pos	Athlete	AG	Club	Perf.
1	Matthew Tomsett	U13B	Ashford Athletic Club	09:55.92 [PB]
2	Freddie Male	U13B	Aldershot Farnham & Dist.	10:53.67 [PB]
3	Annie Male	U11G	Aldershot Farnham & Dist.	12:41.47 [PB]

U15 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	11:20.38
2	Millicent Steele	U15G	Ashford Athletic Club	12:29.73
3	Carrie Ellis	U15G	Lewes Athletic Club	12:48.35 [PB]
4	Grace Andrews	U15G	Aldershot Farnham & Dist.	12:56.66
5	Marissa Morley	U15G	Aldershot Farnham & Dist.	13:14.81 [PB]
6	Tafara Nyoni	U15G	Aldershot Farnham & Dist.	14:51.00

U17 3000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U17M	Blackheath & Bromley HAC	16:44.88 [PB]

U20/Senior 5000m

Pos	Athlete	AG	Club	Perf.
1	Jonathan Hobbs	SENM	Ashford Athletic Club	24:48.48
2	Abigail Jennings	SENW	Aldershot Farnham & Dist.	24:56.60
3	Hannah Hopper	U23W	Cambridge Harriers	24:59.30
4	Jessica Wilton	U23W	Ashford Athletic Club	25:58.97
5	Natasha Mitchell	U23W	Southampton AC	26:45.57
6	Emily Ghose	SENW	Tonbridge Athletic Club	28:13.80
7	David Mitchell	M50	Southampton AC	29:36.76 [PB]
8	Susan Payne	W65	Aldershot Farnham & Dist.	31:13.02
9	Susan Davies	W55	Aldershot Farnham & Dist.	36:55.59
	Penelope Cummings	W45	Herne Hill Harriers	DQ TR54.7.1
	Derek Smith	M65	Winchester & Dist. AC	DQ TR54.7.1
	Katherine Smith	W60	Aldershot Farnham & Dist.	DQ TR54.7.1

Up and Running (Isle of Man) Winter League Walk, Round 4 N.S.C Douglas (Sun. 26th Jan.)

Mixed 10km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Helen Davies	W40	Manx Harriers	(80:26)	57:05
2	Chris Addy	SENM	Manx Fell Runners	(81:04)	57:02
3	Colin Moore	M65	Isle of Man Veterans	(81:11)	71:25
4	Lee Darbyshire	M45	Unattached	(81:14)	65:18
5	Dale Glover	SENM	Unattached	(81:58)	68:14
6	Clare Rundle	W40	Unattached	(82:18)	82:18
7	Andy Baxendale	M55	Isle of Man Veterans	(82:25)	69:52
8	Louise Hollings	W45	Manx Harriers	(82:53)	72:16
9	Gianni Epifani	M50	Manx Harriers	(83:07)	51:08
10	Joe Stowell	SENM	Unattached	(83:43)	80:25
11	Yanisa Sananeueah	W55	Manx Harriers	(84:02)	79:01
12	Neil Wade	SENM	Manx Harriers	(84:43)	53:31

Mixed 5km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Sharon Counsell	W55	Isle of Man Veterans	(41:19)	35:01
2	Robbie Lambden	SENM	Unattached	(41:21)	37:20
3	Tia Parkinson	SENW	Unattached	(41:22)	37:21
4	Holly Salter	U17W	Northern (IOM) AC	(42:35)	28:09
5	Lilee Fletcher	U15G	Manx Harriers	(42:40)	28:09
6	Amy Surgeon	U17W	Manx Harriers	(42:44)	32:55
7	Karen Mercer	W45	Unattached	(43:26)	33:56
8	Jim Caley	M55	Unattached	(43:44)	34:34
9	Mark Byrne	M60	Redcar Race Walking Club	(44:17)	44:17
10	Michelle Turner	W40	Unattached	(44:28)	40:45
11	Gordon Erskine	M80	Unattached	(44:39)	41:01
12	Erika Kelly	SENW	Northern (IOM) AC	(44:41)	25:23
13	Nucharee Burridge	W55	Unattached	(50:24)	49:16
14	Craig Fletcher	SENM	Unattached	(50:30)	29:54

Junior 3km

Pos	Athlete	AG	Club	Perf.
1	Jay Jay Fletcher	U13B	Manx Harriers	17.54
2	Polly Davies	U15G	Manx Harriers	20.20

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Sienna Curphey	U13G	Northern (IOM) AC	14:30
2	Grace Mercer	U13G	Unattached	18:10

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U13B	Manx Harriers	05.45
2	Esme Bond	U11G	Unattached	07.09
3	Amelia Cain	U11G	Unattached	07.55
4	Willow Curphey	U11G	Northern (IOM) AC	08.23
5	Ely Bond	U11B	Unattached	08.23
6	Hope Curphey	U11G	Northern (IOM) AC	10.33
7	Kirree Craine	U11G	Northern (IOM) AC	10.57



BMAF Open 2000m Walk held in conjunction with BMAF Pentathlon Championships, E.I.S, Sheffield (Sun. 26th Jan.)

Mixed 2000m

Pos	Athlete	AG	Club	Perf	Rank
1	Carolyn Derbyshire	W45	Nuneaton Harriers	10:50.27	1
2	Aleksandra Majewska-Ani	W35	Charnwood A.C.	11:38.82	1
3	John Constandinou	M50	Birchfield Harriers	12:14.66	1
4	Nigel Shaw	M60	Lancashire W.C.	12:28.88	1
5	Ian Torode	M65	Birchfield Harriers	13:37.27	1
6	Fiona Bishop	W65	Woking Athletic Club	15:33.22	1
	Hardeep Minhas	M65	Leicester W.C.	DQ	TR54.7.1

'B' Judged Races

Midland Winter League #3, Warwick University, Coventry (Sun. 12th Jan.)

The weather in the week building up to the weekend for the final Midland Winter League did cause some concern. However the preceding two days before and the weekend saw a vast improvement which enabled the fixture to go ahead, *reports Glyn Jones*. Hats and gloves were the order of the day for some walkers as it was a cold day but remained dry.

Steve Allen maintained his strong challenge throughout the series over 5km which continued in the final series thus enabling him to receive the overall scratch winner for the series. Steve also doubled up in the 10km but having been unwell in the preceding week decided to retire halfway through the race. In the 10km Peter Boszko finished strongly to gain overall 10km scratch award. Carolyn Derbyshire maintained her leading finish for all three races in the ladies 5km and was awarded overall scratch winner.

Birchfield Harriers being the only team to finish in all three events were awarded the team medals and trophy for both distances.

Overall for the series it seemed that the 5km distance was most popular resulting in low numbers on the start line for the 10km.

In the 2km distance the two youngsters from D.A.S.H. contested overall first and second places.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W45	Nuneaton Harriers	29:26
2	Wendy Kane	W55	Nuneaton Harriers	30:09
3	Steve Uttley	M65	Ilford Athletic Club	31:37
4	Julie Bellfield	W55	Halesowen Athletic Club	32:40
5	Steve Allen	M65	Barnet & District AC	33:02
6	John Constandinou	M50	Birchfield Harriers	33:05
7	Martin Graham	M50	Badgers Running Club	34:13
8	Ian Torode	M65	Birchfield Harriers	34:14
9	Lynn Bellfield	W55	Halesowen Athletic Club	34:17
10	Jan McClure	W50	Stratford-upon-Avon AC	34:50
11	Hilary Mann	W60	Sparkhill Harriers	35:56
12	Julian Barnett	M60	Birchfield Harriers	38:41
13	Gemma Smith	W50	Stratford-upon-Avon AC	38:50
14	Hilary McDermott	W60	Charnwood Athletic Club	43:02

Under 13 2km

Pos	Athlete	AG	Club	Perf.
1	Harry Taylor	U13B	Dudley & Stourbridge Hs.	15:02
2	Leon Dalloway	U13B	Dudley & Stourbridge Hs.	16:03

Under 15 3km

Pos	Athlete	AG	Club	Perf.
1	Ema Hurbanova	U15G	Wolv. & Bilston AC	21:28
2	Aimee Thursfield	U15G	Wolv. & Bilston AC	21:30

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Wendy Kane	W55	Nuneaton Harriers	63:05
2	Peter Boszko	M75	Birchfield Harriers	68:11
3	Ian Torode	M65	Birchfield Harriers	73:06

4	John Constandinou	M50	Birchfield Harriers	74:53
	Steve Allen	M65	Barnet & District AC	DNF

Steyning AC Open Walks, Spithandle Lane (Sat. 15th Jan.)

While much of the country was suffering from Storm Eowyn, the Steyning 15km, with shorter distance options, went ahead in good but chilly conditions towards the end, *reports Ian Richards*. Trevor Jones led from start to finish, tracked by Peter Gregoire, a new member to Steyning having moved to the UK from Hong Kong. Fiona Bishop, in the 10km, was making a welcome return after a year out. Jo Hesketh was also racing for the first time in 12 months and is targeting other races later in the year.

Mixed 15km

Pos	Athlete	AG	Club	Perf.
1	Trevor Jones	M65	Steyning Athletic Club	1:33:47
2	Peter Gregoire	M50	Steyning Athletic Club	1:35:28
3	Susan Payne	W65	Aldershot Farnham & Dist.	1:40:36
4	Brian Kirkdale	M65	Hastings Runners	1:52:24
5	Paul Gaston	M75	Surrey Walking Club	1:55:30

10km

Pos	Athlete	AG	Club	Perf.
1	Fiona Bishop	W65	Woking Athletic Club	71:16

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Jo Hesketh	W55	Steyning Athletic Club	32:04
2	John Killick	M75	Steyning Athletic Club	37:01
3	Keith Jones	M70	Steyning Athletic Club	38:42
4	Martin Ford-Dunn	M80	Steyning Athletic Club	39:21
5	Ann Jones	W70	Steyning Athletic Club	39:42
6	Carol Killick	W80	Steyning Athletic Club	41:29
7	Cherry Neate	W60	Steyning Athletic Club	42:03

Results roundup:

25/01 **XII Gran Premio de Marcha en Ruta (Burdassot, ESP)**
10km: 34th Steve Allen (M65) (Barnet & Dist. AC) 63:01.



February

Sat. 8 th	A Ray Hall Winter League #4	Cancelled
Sun. 9 th	A VAC & EMAC Indoor Championships	Lee Valley
Sat. 15 th	A Enfield Race Walking League	Donkey Lane
Sun. 16 th	A EMAA Indoor Inter Area	Lee Valley
Sun. 16 th	A Manx Harriers Winter League #4	Douglas
Sat. 22 nd	A British Masters Indoor Championships	Lee Valley
Sun 23 rd	A UKA Indoor Championships	Birmingham

March

Sat. 1 st	B Lancashire WC Alison Trophy (15km)	Chorley
Sun 2 nd	A UKA/EA/RWA 20k Championships & Support Races	Douglas
Sun. 2 nd	A Essex & Eastern Indoor Championships (1000m)	Lee Valley
Sat. 15 th	A Kent Indoor Championships (2000/3000m)	Lee Valley
Sat. 15 th	A Hertfordshire Indoor Championships (2000/3000m)	Lee Valley
Sat. 15 th	A Middlesex Indoor Championships (2000/3000m)	Lee Valley
Sat. 29 th	B Lancashire WC Macclesfield Shield (10 Mile)	Macclesfield

April

Sat. 5 th	A Enfield Race Walking League	Cambridge
Tue. 8 th	B Veterans AC Summer Series 5km	Battersea Pk
Sat. 12 th	A England Athletics 10,000m Championships	Moulton College