



# Race Walking Record

February 2025





## UKA LEVEL 2 & WORLD ATHLETICS PERMIT

**England Athletics Spring Race Walks Championship**  
**Including RWA Senior & YAG Championships & supporting events**  
**A promotion within the Northamptonshire AA Area**  
 Moulton College Athletics Track NN3 7QL

**Saturday April 12<sup>th</sup>, 2025**

### Timetable

Time	Event	Enter via
12:45	U11 600m Race Walk (including Northampton AA Championship)	Roster
13:00	U13 & Open 1000m Race Walk (including RWA & Northampton AA Championship)	Roster
13:15	U15 2000m Race Walk – EA, RWA & Northampton AA Championship + Open (All ages)	Roster
13:35	Northamptonshire AA Senior 3000m Championship & Open (All ages)	Mark Wall
14:10	U17 5000m – EA & RWA Championships + Open	Roster
14:55	U11 & U13 600m Run	Mark Wall
15:00	800m Run – All ages	Mark Wall
15:10	Senior/U20 10,000m Race Walk – EA & RWA Championships + Open	Roster
	<b>Qualifying times: Senior: 54:00(M) / 57:30(W): U20 58:00(M) / 60:00(W)</b>	

Further information from Mark Wall- [marnwal@hotmail.com](mailto:marnwal@hotmail.com)

Electronic timing – Race Walk entries via: Roster Athletics at  
<https://meets.rosterathletics.com/public/competitions/details/about?id=26441>

All Run entries via email to Mark Wall at [marnwal@hotmail.com](mailto:marnwal@hotmail.com)

# 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 <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)
12 <sup>th</sup> Apr.	England Athletics 10,000m Championships	Moulton College
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	Chelmsford

## 200 club

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

£25.00                      £15.00                      £10.00

Jan. Lancashire WC                      Glyn Jones                      Julian Hopkins

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.

## Rest in Peace

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

- Ray Pearce (Southend-on-Sea AC)
- Keith Tonks (Bromsgrove & Redditch)



## Overseas

### XXXVI Gran Premio de Marcha Atlética Ciudad de Guadix, Guadix (ESP) (Sun. 2<sup>nd</sup> Feb.)

The Spanish city of Guadix, in the province of Granada, hosted the 38<sup>th</sup> edition of the International Walking Grand Prix, which is part of the bronze category of the World Athletics Race Walking Tour.

Callum Wilkinson recorded an excellent win in the men's 10km finishing just over a minute ahead of second in a time of 41:16.



#### Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Callum WILKINSON		GBR	41:16
2	Pablo GONZÁLEZ		ESP	42:21
3	Daniel MORILLA		ESP	42:31
4	Pedro CALLADO		ESP	43:32
5	Cesar HIDALGO		ESP	44:35

18 started; 11 finished, 6 DNF & 1 DQ.

### Chinese Race Walking Grand Prix (World Athletics Race Walking Tour – Gold), Taicang, China (Sat. 1<sup>st</sup> Mar.)

A race of two halves for Callum Wilkinson. At halfway he was on World Championship qualifier pace, before a tough second half.

#### Men's 20km

Pos	Athlete	Nation	Perf	Notes
1	Zhaozhao WANG		CHN	1:17:30
2	Lihong CUI		CHN	1:17:33
3	Haifeng QIAN		CHN	1:17:58
4	Chenjie LI		CHN	1:18:04
5	Jun ZHANG		CHN	1:18:09
6	Caio BOMFIM		BRA	1:18:20
7	Massimo STANO		ITA	1:18:28
8	Jingrui ZHANG		CHN	1:18:32
9	Perseus KARLSTROM		SWE	1:18:35
10	Rhydian COWLEY		AUS	1:18:38
48	Callum WILKINSON		GBR	1:21:38

152 started; 137 finished; 11 DNF; 4 DQ.

#### Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Jemima MONTAG		AUS	1:27:20
2	Li MA		CHN	1:27:28
3	Yuxia SHI		CHN	1:27:41
4	Lorena ARENAS		COL	1:28:16
5	Quanming WU		CHN	1:28:41
6	Hang YIN		CHN	1:28:49
7	Antigoni NTRISMPIOTI		GRE	1:29:16
8	Li PENG		CHN	1:29:16
9	Liuqing YANG		CHN	1:29:30
10	Zhuoma RENQING		CHN	1:29:33

80 started; 70 finished; 10 DNF.

# National

UKA Indoor Championships, Birmingham (Sun. 23<sup>rd</sup> Feb.)



The 3000m race walks kicked off the track finals on day two with two-time Olympian Callum Wilkinson (Enfield & Haringey) claiming the men's title for the second year running, while Hannah Hopper (Cambridge Harriers; Noel Carmody), a silver medallist in 2022, won the women's crown for the first time.



Wilkinson said: "It is nice to be back indoors. This sets up a great year ahead for me. I am hoping I can be really competitive in Tokyo this year at the worlds. Last time [at the 2020 Olympics] it went well for me in Tokyo, so I really want to be in the top eight this time. I have worked really hard through the winter to make sure I am in the best possible shape for the season ahead." (Source: British Athletics)

## Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Callum Wilkinson	SEN	Enfield & Haringey AC	11:12.44
2	Cameron Corbishley	SEN	Medway & Maidstone	11:49.53
3	George Wilkinson	U23	Enfield & Haringey AC	13:50.51

## Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23	Cambridge Harriers	14:21.97
2	Jessica Wilton	U23	Ashford Athletic Club	15:28.50

## 48<sup>th</sup> Welsh U15/U17/U20 Championships, National Athletic Indoor Centre, Cardiff (Sun. 2<sup>nd</sup> Feb.)

Two athletes started the 3000m race, **reports Andrew Clough**, Fraser Higginson winning the U20 men's title in 17:46.80, and Megan Chantrell who earned a new PB of 19:22.39, winning the U17 women's title.

## U20/U17 3000m

Pos	Athlete	AG (Pos)	Club	Perf.
1	Fraser Higginson	U20M (1)	Bridgend Athletic Club	17:46.80
2	Megan Chantrell	U17W (1)	Cardiff A.A.C.	19:22.39 [PB]

Later in the day seven walkers contested the 1000m race. With some in their first race, everyone gained a PB. Wrexham's Spencer Jones improved his Sheffield performance by nearly ten seconds, finishing with 5:18.38 in what is likely to be a Welsh U13 boys championship best performance. Nia Vale and Cerys Fitzpatrick could not catch Spencer, but engaged in an enthralling battle of their own for the U15

girls title. Nia's time of 5:33.78 was a mere three hundredths ahead of Cerys. Sixth finisher in 7:33.54 was Gwen Fitzpatrick the U13 girls champion.

## U15/U13 1000m

Pos	Athlete	AG (Pos)	Club	Perf.
1	Spencer Jones	U13B (1)	Wrexham A.A.C.	5:18.38 [PB]
2	Nia Vale	U15G (1)	Aberdare Valley A.A.C.	5:33.78 [PB]
3	Cerys Fitzpatrick	U15G (2)	Cardiff Harriers	5:33.81 [PB]
4	Meadow Morris	U15G (3)	Aberdare Valley A.A.C.	6:35.92 [PB]
5	Amelia Moses	U15G (4)	Aberdare Valley A.A.C.	6:38.71 [PB]
6	Gwen Fitzpatrick	U13G (1)	Cardiff Harriers	7:33.54 [PB]
7	George Morgan	U13B (2)	Aberdare Valley A.A.C.	7:59.49 [PB]

## Murray Lambden Open Walks, incorporating the National 20km Championships, Douglas, IOM (Sun. 2<sup>nd</sup> Mar.)



There were some fantastic performances and a whole plethora of personal bests across the board. Cameron Corbishley was the 20km winner in a time of 1:24:43. It's an indication of the quality that we have seen in this meeting over the years that this only makes him the 10th fastest in the history of the meeting - but his time today was the fastest since Rob Heffernan set the meeting record in 2001.



Matthew Glennon was second in 1:29:09, and the leading female in a fantastic third place overall was Aisling Lane in 1:41:51. This was her debut 20km, and remarkably she beat her existing 10km PB in both halves of the race! Oisín Lane was third male having walked in company with his younger sister for most of the race.

Neil Wade proved that he is right back in top form with a great walk for fifth place in 1:42:27 ahead of Jonathan Hobbs, whose time of 1:44:53 included a two-minute stop in the penalty zone after receiving three red cards from the judges. Second placed woman Abigail Jennings was next with 1:45:00 followed by Gianni Epifani, and there was a close battle for third woman with Helen Davies producing an outstanding performance to take it with a huge PB of 1:54:07 ahead of Emily Ghose and Grazia Manzotti.

Hannah Hopper won the 10km with a PB of 50:10, the 3km was won by Tim Perry with 14:43 with Sophie Davidson the first girl with 17:39. The 2km race was won by Lilee Fletcher-Merryweather with 9:53 followed by Spencer Jones with 10:43 and Jay Jay Fletcher-Merryweather with 10:55. In the 1km it was Harry Richards with 5:17 just one second ahead of Jack Davies, and first girl was Ameka Eardley with 6:00.

It was great to see Tom Bosworth, a recent legend of British race walking and still a world record holder, over supporting an excellent group of young race walkers from the North West of England - not an area traditionally associated with race walking.

(Source: [manxathletics.com Facebook](#))

**Men's 20km**

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SEN	Medway & Maidstone AC	1:24:43 [SB]
2	Matthew Glennon	U23	Mullingar Harriers (IRE)	1:29:09
3	Osin Lane	SEN	Mullingar Harriers (IRE)	1:41:57
4	Neil Wade	SEN	Manx Harriers	1:42:27 [PB]
5	Jonathan Hobbs	SEN	Ashford Athletic Club	1:44:53 [PZ]
6	Gianni Epifani	M50	Manx Harriers	1:46:45
7	Dale Glover	SEN	Unattached	2:17:16 [PB]
8	Phill Swales	M55	Northern (IOM) AC	2:27:53 [PB]

**Women's 20km**

Pos	Athlete	AG	Club	Perf.
1	Aisling Lane	U23	Mullingar Harriers (IRE)	1:41:51 [PB]
2	Abigail Jennings	SEN	Aldershot Farnham & D.	1:45:00 [SB]
3	Helen Davies		Manx Harriers	1:54:07 [PB]
4	Emily Ghose	SEN	Tonbridge Athletic Club	1:54:20 [PB]
5	Grazia Manzotti	W55	Tonbridge Athletic Club	1:54:37 [PB]
6	Iveta Kamenova	SEN	Unattached	2:11:37 [PB]
7	Karen Mercer	W45	Unattached	2:17:35 [PB]
8	Louise Hollings	W45	Manx Harriers	2:27:53 [PB]
9	Amanda Lawler	W45	Unattached	2:32:50 [PB]

**Men's 10km**

Pos	Athlete	AG	Club	Perf.
1	Craig Fletcher	SEN	Unattached	59:48 [PB]
2	Paul Demeester	M65	United States	71:24
3	Joe Stowell	SEN	Unattached	85:01

**Women's 10km**

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23	Cambridge Harriers	50:10 [PB]
2	Jessica Wilton	U23	Ashford Athletic Club	53:28 [PB]
3	Susan Davies	W60	Aldershot Farnham & D.	75:47
4	Yanisa Sananueah	W55	Manx Harriers	77:11 [PB]

**Women's 5km**

Pos	Athlete	AG	Club	Perf.
1	Pearl Sands	U17	Moy Valley AC (IRE)	27:01
2	Holy Salter	U17	Northern (IOM) AC	28:36
3	Jo Hesketh	W55	Steyning Athletic Club	30:57

**Boys 3km**

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U15	Northern (IOM) AC	14:43
2	Trejan Checheku-B	U17	Blackheath & Bromley	16:28 [PB]

**Girls 3km**

Pos	Athlete	AG	Club	Perf.
1	Sophie Davidson	U17	Warriors Pentathlon AC	17:39 [PB]
2	Amy Surgeon	U17	Manx Harriers	18:14 [PB]
3	Honey-Mae Davies	U17	Manx Harriers	18:56 [PB]
4	Sydney Caraher	U17	Warriors Pentathlon AC	21:49 [PB]

**Boys 2km**

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U14	Wrexham A.A.C.	10:43 [PB]
2	Jay Jay Fletcher	U14	Manx Harriers	10:55 [PB]
3	Evan Eaton	U14	Unattached	14:01 [PB]
4	Thoran Chandilya	U14	Unattached	14:54 [PB]

**Girls 2km**

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U14	Manx Harriers	09:53 [PB]
2	Polly Davies	U14	Manx Harriers	12:28 [PB]
3	Sienna Curphey	U14	Northern (IOM) AC	13:04 [PB]
4	Isabelle-Grace Wilson	U14	Warriors Pentathlon AC	13:49 [PB]

**Boys 1km**







Pos	Athlete	AG	Club	Perf.
1	Harry Richards	U12	Valley Striders AC	5:17
2	Jack Davies	U12	Manx Harriers	5:18 [PB]

**Girls 1km**

Pos	Athlete	AG	Club	Perf.
1	Ameka Eardley	U12	Warriors Pentathlon AC	6:00 [PB]
2	Amelia Cain	U12	Unattached	7:28 [PB]
3	Harper Quayle	U12	Western (IOM) AC	8:13 [PB]
4	Willow Curphey	U12	Northern (IOM) AC	8:13 [PB]

# Masters

**Polish Masters Indoor Championships, Torun (Sat. 8<sup>th</sup> Feb.)****Men's 3000m**

Pos	Athlete	Nation	Perf	Notes
1	Tomasz LIPIEC (M50)	 POL	13:16.20	
2	Radosław SELKE (M35)	 POL	14:26.85	
3	Krzysztof CZERSKI (M40)	 POL	14:39.28	
4	Sebastian KARPIŃSKI (M40)	 POL	15:08.20	
5	Leszek BEHOUNEK (M65)	 POL	15:38.04	
10	Steve Allen (M65 – 3 <sup>rd</sup> )	 GBR	17:59.53	

22 started; 19 finished, 1 DNF & 2 DQ.

**VAC-EMAC Indoor Track & Field Championships, Lee Valley Athletic Centre (Sun. 9<sup>th</sup> Feb.)**

Lee Valley hosted the Eastern Masters and VAC Indoor 2000m Championships, **reports Andrew Clough**. Seven athletes, all in different age groups, toed the line, Melanie Peddle led from the start, but was closely followed by Belgrave's Stefano Zennaro. Aleksandra Majewska-Ani stayed with the leaders for the early part of the race, drifting slowly back to finish about thirty seconds off the leaders. At the front Stefano overtook Melanie on the final lap to cross the line around four seconds ahead in 10:52.50.

**Mixed 2000m**

Pos	Athlete	AG	Club	Perf	Rank
1	Stefano Zennaro	M50	London Frontrunners	10:52.50	1
2	Melanie Peddle	W55	Loughton A.C.	10:56.40	1
3	Aleksandra Majewska-Ani	W35	Charnwood A.C.	11:22.12	1
4	Diane Brian	W70	Midland Masters AC	12:40.84	1
5	Ian Torode	M65	Birchfield Harriers	13:41.42	1
6	John Borgars	M75	Loughton AC	14:47.24	1
7	Fiona Bishop	W65	Woking Athletic Club	16:23.77	1

**England Masters AA Track & Field Indoor Challenge, Lee Valley Athletic Centre (Sun. 16<sup>th</sup> Feb.)****Women's 2000m**

Pos	Athlete	AG	Club	Perf	Rank
1	Grazia Manzotti	W55	Southern Counties Vets	10:50.03	1
2	Carolyn Derbyshire	W45	Midland Masters AC	10:57.03	1
3	Maureen Noel	W60	Veterans AC	12:42.65	1
4	Diane Brian	W70	Midland Masters AC	12:45.24	2
5	Helen Middleton	W60	Eastern Masters AC	12:48.59	2
6	Karen Wilton	W50	Northern Ireland MAA	13:31.83	2
7	Selina Hawker	W45	Southern Counties Vets	15:06.16	3
8	Pamela Abbott	W60	Eastern Masters AC	15:31.69	3
9	Louise Kirby	W55	Welsh Masters Athletics	16:28.93	3
10	Sandra Campbell	W55	Veterans AC	16:47.04	4
11	Siobhan Grant	W40	Northern Ireland MAA	18:48.27	4
12	Afroditi Kalambouka	W55	Northern Masters AC	22:12.75	5
	Caroline Horden	W55	Eastern Masters AC	DQ	
	Wendy Valentine	W55	Northern Masters AC	DQ	

**Men's 2000m**

Pos	Athlete	AG	Club	Perf	Rank
1	Trevor Jones	M65	Veterans AC	11:53.61	1
2	Rashpal Singh	M70	Midland Masters AC	12:03.34	1
3	Jonathan Dumelow	M40	Midland Masters AC	12:05.27	1
4	Steve Uttley	M65	Southern Counties Vets	12:07.43	2

5	Colin Harle	M65	Eastern Masters AC	12:09.40	2
6	Mark Culshaw	M55	Southern Counties Vets	12:12.26	2
	John Taylor	M70	Veterans AC	DQ	
	Terry Selway	M60	Midland Masters AC	DQ	
	Graeme Packman	M70	Eastern Masters AC	DQ	
	John Borgars	M75	Eastern Masters AC	DQ	
	Rick Cordwell	M45	Northern Masters AC	DQ	
	Declan Leung	M40	Northern Ireland MAA	DQ	

**BMAF Indoor Championships, Lee Valley (Sat. 22<sup>nd</sup> Feb.)****Women's 3000m**

Pos	Athlete	AG	Club	Perf	Rank
1	Carolyn Derbyshire	W45	Nuneaton Harriers	17:04.15	1
2	Melanie Peddle	W55	Loughton Athletic Club	17:04.33	1
3	Aleksandra Majewska-Ani	W35	Charnwood A.C.	18:08.54	1
4	Susan Payne	W65	Aldershot Farnham & D	18:41.34	1
5	Diane Brian	W70	Droitwich A.C.	19:14.16	1
6	Helen Middleton	W60	Enfield & Haringey AC	19:14.22	1
7	Chik Ha Kwok	W50	Veterans Athletic Club	19:55.05	1
8	Miraiker Wallace	W60	Cambridge & Coleridge	20:51.04	2
9	Michele O'Neill-Hall	W55	North East Masters AA	21:00.46	2
10	Celia Cordran	W45	Brentwood Beagles	22:23.77	2
	Jan Mclure	W50	Stratford-upon-Avon	DQ	

**Men's 3000m**

Pos	Athlete	AG	Club	Perf	Rank
1	Steve Allen	M65	Branet & District AC	18:13.90	1
2	Steve Uttley	M65	Ilford Athletic Club	18:27.96	2
3	Peter Boszko	M75	Birchfield Harriers	18:32.47	1
4	Man Biu Lam	M65	Veterans Athletic Club	18:36.03	3
5	Ivan Thorn	M50	North Shields Poly	19:33.90	1
6	Ian Torode	M65	Birchfield Harriers	21:17.48	4
7	David Kissane	M70	Ireland	21:41.97	1
	Ian Richards	M73	Steyning Athletic Club	DQ	

## 'A' Judged Races

**Enfield Race Walking League, Donkey Lane (Sat. 15<sup>th</sup> Feb.)**

After a six month phase of track races brought about by a series of unfortunate circumstances competitors were finally back on the road and the turn-out of twenty-four was the best since the Moulton Five in July last year, *writes Ron Wallwork*. It was bitterly cold, but thankfully dry and only a gentle breeze.



Abigail Jennings and George Wilkinson kept each other company for most of the race. Grazia Manzotti intended to use the race as pace training for the upcoming national 20km championship and getting in some extra distance by continuing beyond the advertised distance. She got caught up with Blackheath & Bromley's junior Florence Watson who was walking at well under six minute per km pace and decided to "go for it". Her reward was the breaking of the Master's W55 record.

Stefano Zenaro made a welcome return to League action and come the end of season could make Belgrave H a strong contender for the title.

The youngsters were in good form; Florence Watson sliced over a minute off her PB, Grace Andrews and Marissa Morley also set PB's and Lily-Ann Cooper made her 5km debut. Belgrave H with three in the top seven collected 196 points, Newmarket Joggers 180 and Aldershot F&D 175.

**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	SENM	Newmarket Joggers AC	52:09
2	Abigail Jennings	SENW	Aldershot Farnham & D	52:32
3	Grazia Manzotti	W55	Ashford Athletic Club	57:05
4	Stefano Zennaro	M50	Belgrave Harriers	58:15 [PB]
5	Jacqueline Benson	SENW	Ashford Athletic Club	64:16
6	Mark Culshaw	M55	Belgrave Harriers	66:00
7	Maureen Noel	W60	Belgrave Harriers	66:28
8	Helen Middleton	W60	Enfield & Haringey AC	66:48
9	Chik Ha Kwok	W50	Veterans AC	68:04 [PB]
10	Fiona Bishop	W65	Enfield & Haringey AC	79:21

**Mixed 8km**

Pos	Athlete	AG	Club	Perf.
1	Suzanne Bailey	W60	Newmarket Joggers AC	59:34 [PB]

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Man Biu Lam	M65	Veterans AC	32:20
2	Emma Keeley	SENW	Cambridge & Coleridge AC	35:04 [PB]
3	Lily-Ann Cooper	U15G	Newmarket Joggers AC	37:55 [PB]
4	Celia Cordran	W45	Brentwood Beagles AC	38:40 [PB]
5	Taro Tyson	M50	Cambridge & Coleridge AC	39:36

**Mixed 3km**

Pos	Athlete	AG	Club	Perf.
1	Grace Andrews	U15G	Aldershot Farnham & D	20:02 [PB]

**Mixed 2km**

Pos	Athlete	AG	Club	Perf.
1	Florence Watson	U17W	Blackheath & Bromley HAC	11:11 [PB]
2	Marissa Morley	U13G	Aldershot Farnham & D	12:52 [PB]

**Essex & Eastern Indoor Track and Field Championships, Lee Valley (Sat. 2<sup>nd</sup> Mar.)****Mixed 1000m**

Pos	Athlete	AG	Club	Perf.
1	Daniel King	M40	Colchester Harriers AC (Ex)	4:20.36
2	Melanie Peddle	W55	Loughton Athletic Club (Ex)	5:24.79
3	Emma Dyos	W50	Brentwood Beagles AC (Ex)	5:34.61
4	Stuart Bennett	M65	Brentwood Beagles AC (Ex)	5:47.40
5	Sophie Blundell	U15G	Newmarket Joggers (East)	5:58.35
6	Emma Keeley	SENW	Cambridge & Coleridge (East)	6:12.93
7	Miraiker Wallace	W60	Cambridge & Coleridge (East)	6:19.29
8	Athira Nair	U13G	Cambridge & Coleridge (East)	6:23.67
9	Floriane King	U13G	Colchester Harriers AC (Ex)	6:41.34
10	Celia Cordran	W45	Brentwood Beagles AC (Ex)	6:55.60
11	Suzanne Bailey	W60	Newmarket Joggers (East)	7:00.58
12	Maxime King	U13B	Colchester Harriers AC (Ex)	7:11.40
13	Lily-Ann Cooper	U15G	Newmarket Joggers (East)	7:19.43
14	Taro Tyson	M50	Cambridge & Coleridge (East)	7:20.78
15	Emilia Marron-Quevedo	U15G	Cambridge & Coleridge (East)	7:54.43
	Andreas Angeli	M50	Brentwood Beagles AC (Ex)	DQ

**UPCOMING EVENTS****UPCOMING EVENTS****March**

Sun. 9 <sup>th</sup>	A	Midland Championships	Stourport
Sat. 15 <sup>th</sup>	A	<a href="#">Kent Indoor Championships (2000/3000m)</a>	Lee Valley
Sat. 15 <sup>th</sup>	A	<a href="#">Hertfordshire Indoor Championships (2000/3000m)</a>	Lee Valley
Sat. 15 <sup>th</sup>	A	<a href="#">Middlesex Indoor Championships (2000/3000m)</a>	Lee Valley
Sat. 29 <sup>th</sup>	B	<a href="#">Lancashire WC Macclesfield Shield (10 Mile)</a>	Macclesfield

**April**

Fri. 4 <sup>th</sup>	A	North Wales Endurance Open	Deeside
Sat. 5 <sup>th</sup>	A	<a href="#">Enfield Race Walking League</a>	Cambridge
Tue. 8 <sup>th</sup>	B	<a href="#">Veterans AC Summer Series 5km</a>	Battersea Pk
Sat. 12 <sup>th</sup>	A	<a href="#">England Athletics Spring Championships + RWA</a>	Moulton College
Mon. 21 <sup>st</sup>	A	<a href="#">Tonbridge AC Easter Open T &amp; F (3000m RW)</a>	Tonbridge Sch.