



Race Walking Record

April 2025



**Callum Wilkinson takes
podium place at World
Athletics Race Walking Tour
in Rio Maior**

THE JOHNSON BOWL*

FOUR MILE WALKING CHALLENGE

*Can you walk
4 miles in
40 minutes?*

Wed 2nd July
at 7.00 pm
Norman Park

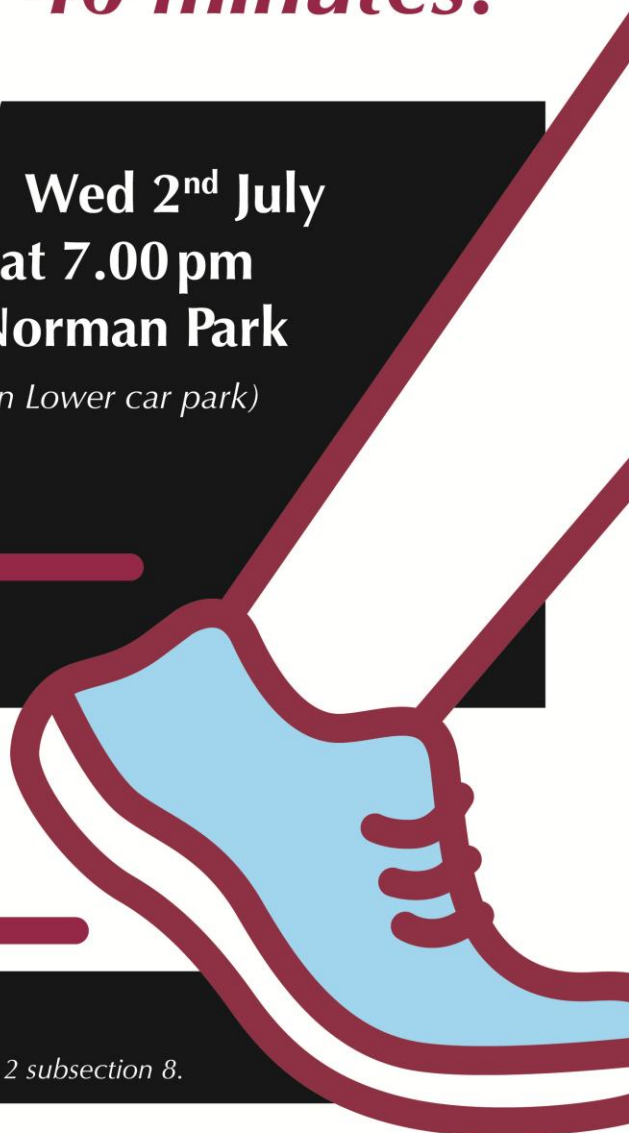
(Meet in Lower car park)

Free Entry Enter on the day



For more information:
Shaun Lightman:
CTIESL657@Yahoo.com
**A Development Race
under UKA rules**

* Only members of Blackheath & Bromley Harriers AC
qualify to be presented with the Johnson Bowl.
U15 walkers can only cover 1-3 miles. UKA rule T3 s 2 subsection 8.





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/U17 Championships	Cardiff
19 th July	SIAB Schools International	Derby
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



Scottish & Welsh Race Walks Qualifying Standards

Scottish Athletics and Welsh Athletics have published their respective qualifying standards for the 2026 Commonwealth Games to be held in Glasgow between 23rd July and 2nd August.

Scotland

Men	10,000m Race Walk	Women
40:45.38		47:14.13

Wales

Men		10,000m Race Walk	Women	
A Standard	B Standard		A Standard	B Standard
38:49.20	40:49.70		43:50.80	45:45.50



GB & NI ATHLETES NAMED FOR 2025 EUROPEAN RACE WALKING TEAM CHAMPIONSHIPS

Two athletes have been selected to represent Great Britain and Northern Ireland at the 2025 European Race Walking Team Championships, taking place in Poděbrady, Czech Republic on Sunday 18 May.

The British duo will compete over two distances in the senior men's events, with Cameron Corbishley (Andi Drake, Medway & Maidstone) contesting the 35km walk and Callum Wilkinson (Rob Heffernan, Enfield & Haringey) lining up for the 20km.



The event, held biennially, brings together Europe's top race walkers in a key championship fixture ahead of the summer's major athletics competitions.

The President is Appealing!

In January I launched the 2025 President's Appeal to raise funds for our developing race walkers to reach the next step in their athletics careers.

In the last couple of years The RWA has provided about £5000 in financial support to compete in prestige events and we wish to continue with this in the future. I am delighted to report that in April we have provided support to eight race walkers this Summer. We wish to continue this and the more we raise the more young athletes we can support. Fulfilling your potential in any sporting event is very difficult and race walking has its own challenges.

Frankly the donations we have received this year have been incredible. Incredibly disappointing that is given the number of athletes who have enjoyed race walking in the past.

We have many, mainly young, talented athletes around so let's support them. Whether you are an athlete, coach, official, parent, Olympian or a fan please support this initiative.

Should you wish to contribute to this appeal please contact Mark Easton rwatreasurer@yahoo.co.uk and he will advise you accordingly. Alternatively if you wish to contact Mark or myself face to face, please do so.

In the meantime good health to you and enjoy your sport.

Chris Hobbs

Hon President RWA



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

	£25.00	£15.00	£10.00
Apr.	Arthur Thomson	Bob Dobson	John May

The RWA 200 club has recently seen membership decline.

As the profit from the RWA 200 club is used to help our younger walkers get more opportunities to compete in top level competitions, I would particularly welcome membership from former International Walkers and Masters Athletes.

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

Overseas










32º Grande Prémio Internacional de Rio Maior em Marcha/ WA Race Walking Tour – Gold, Rio Maior, POR (Sat. 12th Apr.)

Brazilian Caio Bonfim was the winner of the 20 km at the 32nd edition of the Rio Maior International Race Walking Grand Prix, a Gold level event of the World Race Walking Tour.

Bonfim had Perseus Karlström (SWE) for company with the lead changing regularly with sometimes with a few meters between them. Bonfim took command at 15km, pulling away to win by 39 seconds.

Gianluca Picchiottino (ITA) looked secure in third but was passed by João Vieira (POR) and Callum Wilkinson, who out sprinted Vieira in the closing stages to secure the final podium spot.

Men's 20km












Pos	Athlete	Nation	Perf	Notes
1	Caio BONFIM		BRA	1:20:47
2	Perseus KARLSTRÖM		SWE	1:21:26
3	Callum WILKINSON		GBR	1:24:08
4	João VIEIRA		POR	1:24:12
5	Gianluca PICCHIOTTINO		ITA	1:25:32
6	Tiago RAMOS		POR	1:28:43
7	João OLIM		POR	1:35:45
8	Manuel MARQUES		POR	1:36:04
9	David SANCHEZ		ESP	1:58:24
	Iihan GOVCE		TUR	DQ TR54.7.5

12 started; 9 finished; 2 DNF; 1 DQ

Ecuadorian Paula Milena Torres, in her debut in the Rio Maior event, was the winner of the women's race.

Torres caught World Champion Kimberly García León (PER) at 14km and slowly pulled away to win in 1:29:37. Garcia Leon took second well clear of Laura García-Caro (ESP) who was third.

Women's 20km

Pos	Athlete	Nation	Perf	Notes
1	Paula Milena TORRES		ECU	1:29:37
2	Kimberly GARCIA LEON		PER	1:29:52
3	Laura GARCIA-CARO		ESP	1:32:18
4	Johana ORDONEZ		ECU	1:33:35
5	Ines MENDEZ		POR	1:36:55
6	Lucy MENDOZA MALAGON		COL	1:39:43
7	Adriana VIVEIROS		POR	1:40:47
8	Tulin EK		TUR	1:41:54
9	Ana MONTEIRO		POR	1:43:03
10	Juliana GALVO		POR	1:45:13
	Ayşe TEKDAL		TUR	DQ TR54.7.5

12 started; 10 finished; 1 DNF; 1 DQ

National

England Athletics Spring Walk Championships inc. RWA Championships, Moulton College (Sat. 12th Apr.)

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

Cameron Corbishley won the men's 10,000m in 41:54.77 to retain his EA title, adding the RWA title held in conjunction. Hannah Hopper took the EA & RWA women's titles in a personal best 51:20.46 ahead of Abigail Jennings and Natasha Mitchell.

Senior Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone AC	41:54.77 [SB]
2	Erik Jerome Caprice	SENM	Dundrum South Dublin/MRI	47:02.24 [SB]

Senior Women's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23W	Cambridge Harriers	51:20.46 [PB]
2	Abigail Jennings	SENW	Aldershot Farnham & Dist.	52:42.88 [SB]
3	Natasha Mitchell	U23W	Southampton AC	54:14.18 [PB]
	Jessica Wilton	U23W	Ashford Athletic Club	DQ TR54.7.5
	Kate Veale	SENW	West Waterford AC/IRL	DQ TR54.7.5



Cameron Corbishley – Hannah Hopper

Senior Men's 10,000m

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1	Cameron Corbishley	SENM	Medway & Maidstone AC	41:54.77 [SB]
2	Erik Jerome Caprice	SENM	Dundrum South Dublin/MRI	47:02.24 [SB]

Senior Women's 10,000m

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1	Hannah Hopper	U23W	Cambridge Harriers	51:20.46 [PB]
2	Abigail Jennings	SENW	Aldershot Farnham & Dist.	52:42.88 [SB]
3	Natasha Mitchell	U23W	Southampton AC	54:14.18 [PB]
	Jessica Wilton	U23W	Ashford Athletic Club	DQ TR54.7.5
	Kate Veale	SENW	West Waterford AC/IRL	DQ TR54.7.5

U13 Boys 1000m

Pos	Athlete	AG	Club	Perf.
1	Harry Richards	U13B	Valley Striders AC	5:25.07 [PB]

U13 Girls 1000m

Pos	Athlete	AG	Club	Perf.
1	Athira Nair	U13G	Cambridge & Coleridge AC	6:21.93 [PB]
2	Gwen Fitzpatrick	U13G	Carmarthen & Dist. Harriers	7:26.28 [PB]



Gwen Fitzpatrick - Athira Nair - Harry Richards

U15 Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U15B	Wrexham AAC	10:15.71 [PB]
2	Seth Muddle	U15B	Lewes Athletic Club	11:03.23 [PB]
3	Thomas Muddle	U15B	Lewes Athletic Club	14:35.33 [SB]

U15 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	11:17.19
2	Millicent Steele	U15G	Ashford Athletic Club	12:01.40 [SB]
3	Cerys Fitzpatrick	U15G	Carmarthen & Dist. Harriers	13:18.51 [PB]
4	Nia Vale	U15G	Aberdare Valley AAC	13:18.52 [PB]
5	Aimee Thursfield	U15G	Wolverhampton & Bilston	13:29.17
6	Lily-Ann Cooper	U15G	Newmarket Joggers	13:36.96 [PB]



Spencer Jones – Elin Wilson

U17 Women + Open 3000m

Pos	Athlete	AG	Club	Perf.
1	Erika Pontarollo	SENW	Hyde Park Harriers	17:05.73 [SB]
2	Sophie Davidson	U17W	Warriors Pentathlon & AC	19:58.33
	Megan Chantrell	U17W	Aberdare Valley AAC	DQ TR54.7.5

U17 Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Charlie Perry	U17M	Lewes Athletic Club	33:48.42 [PB]

Senior Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone AC	41:54.77 [SB]
2	Erik Jerome Caprice	SENM	Dundrum South Dublin/MRI	47:02.24 [SB]

Senior Women's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23W	Cambridge Harriers	51:20.46 [PB]
2	Abigail Jennings	SENW	Aldershot Farnham & Dist.	52:42.88 [SB]
3	Natasha Mitchell	U23W	Southampton AC	54:14.18 [PB]
	Jessica Wilton	U23W	Ashford Athletic Club	DQ TR54.7.5
	Kate Veale	SENW	West Waterford AC/IRL	DQ TR54.7.5

'A' Judged Events

North Wales Endurance Open, Deeside (Fri. 4th Apr.)**Mixed 600m Development Walk**

Pos	Athlete	AG	Club	Perf.
1	Olivia Dixon	U11G	Wrexham AAC	4:04.80
2	Rory Dixon	U11B	Wrexham AAC	4:22.00
3	Sarah Caraher	W35	Warriors Pentathlon & AC	4:23.00

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U13B	Wrexham AAC	4:48.20 [PB]
2	Ameka Eardley	U13G	Warriors Pentathlon & AC	5:51.60 [PB]
3	Daniel Purcell	U15B	Menai Track & Field	5:51.70
4	Sydney Caraher	U17W	Warriors Pentathlon & AC	6:33.30

**Cambridge Race Walking Meeting incorporating Enfield RWL,
University of Cambridge West Campus (Sat. 5th Apr.)**

The inaugural Cambridge Race Walking Meeting was well supported, **reports Ron Wallwork**, and included seven younger age group walkers and returning Leaguers Sue Barnett, Diana Braverman Steve Uttley and Graham Chapman.

Thanks, as always to all the officials, Sue Clements for suggesting the course and George Wilkinson for the majority of the event planning and organisation.

The afternoon sunshine and the picturesque new venue and course were well received by the walkers and contributed to the success of the event!

The individual 10km winners were Colin Harle and Grazia Manzotti.

Blackheath and Bromley walkers Trejan Checheku-Boamah and Florence Watson took the individual wins in the 5km walks.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W55	Tonbridge Athletic Club	58:29
2	Jacqueline Benson	SENW	Ashford Athletic Club	64:18
3	Colin Harle	M65	Belgrave Harriers	64:32 [SB]
4	Stuart Bennett	M65	Brentwood Beagles	66:52 [SB]
5	Helen Middleton	W60	Enfield & Haringey AC	67:19
6	Steve Uttley	M65	Ilford Athletic Club	68:08 [SB]
7	Graham Chapman	M70	Headington Road Runners	69:08 [SB]
8	Fiona Bishop	W65	Woking Athletic Club	75:33 [SB]

B Judged Results: Simon Morgan (*Ilford*) 68:53, John Borgars (*Loughton*) 70:39, Susan Barnett (*Enfield*) 73:21, Suzanne Bailey (*Newmarket J*) 77:09.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U17M	Blackheath & Bromley	29:32 [PB]
2	Florence Watson	U17W	Blackheath & Bromley	31:35
3	Emma Keeley	SENW	Cambridge & Coleridge AC	34:34 [PB]
4	Lily-Ann Cooper	U15G	Newmarket Joggers	37:23 [PB]
5	Celia Cordran	W45	Brentwood Beagles	40:36

B Judged Results: Taro Tyson (*Cambridge & Col*) 37:45, Sheila Leavy (*North Herts*) 40:48, Paul Foreshaw (*Fetch Everyone*) 48:18.

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Jane Mansley	W45	Cambridge & Coleridge AC	26:40 [PB]

B Judged Results: Terence Braverman (*Enfield*) 31:28.

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Sophie Blundell	U15G	Newmarket Joggers	12:30 [SB]
2	Marissa Morley	U13G	Aldershot Farnham & D	12:33 [PB]
3	Athira Nair	U13G	Cambridge & Coleridge AC	12:59 [PB]
4	Mikhail Stakhov	U13B	Cambridge & Coleridge AC	13:01 [PB]

**Birchfield Harriers Early Season Open, Alexander Stadium,
Birmingham (Sun. 13th Apr.)**
Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M60	Birchfield Harriers	9:49.51
2	Wendy Kane	W55	Nuneaton Harriers	11:40.52
3	Jan McClure	W50	Stratford-upon-Avon AC	13:42.21
4	Karen Williams	W70	Birchfield Harriers	16:12.64

Tonbridge AC Easter Open, Tonbridge School (Mon. 21st Apr.)
Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & Dist.	14:47.20 [SB]
2	Jonathan Ellerton	U20M	Blackheath & Bromley	15:23.40 [PB]
3	Grazia Manzotti	W55	Tonbridge Athletic Club	16:15.40 [SB]
4	Melanie Peddle	W55	Loughton Athletic Club	16:44.40 [SB]
5	Charlie Perry	U17M	Lewes Athletic Club	16:59.90 [PB]
6	Florence Watson	U17W	Blackheath & Bromley	16:57.90 [PB]
7	Bea Fury	SENW	Medway & Maidstone	16:58.60 [SB]
8	Elin Wilson	U15G	Ashford Athletic Club	17:49.90
9	Seth Muddle	U15B	Lewes Athletic Club	18:32.00 [PB]
10	Millicent Steele	U15G	Ashford Athletic Club	18:45.20
11	Matthew Ellerton	M50	Blackheath & Bromley	18:50.90
	Emily Ghose	SENW	Tonbridge Athletic Club	DQ TR54.7.1
	Zachery Ives	U15B	Dartford Harriers AC	DQ TR54.7.1

U13 2000m

Pos	Athlete	AG	Club	Perf.
1	Matthew Tomsett	U13B	Ashford Athletic Club	13:15.45 [PB]



West Suffolk Steeplechase, Walks & Endurance Festival, West Suffolk Athletics Arena, Bury St Edmunds (Sat. 26th April)

Bury St. Edmunds hosted a Regional Counties (& Open) Race Walking Championship for Cambridgeshire, Essex, Hertfordshire, Middlesex, & Suffolk incorporated within the Steeplechase & Endurance Festival, **writes David Annetts**. Organisers were generous in giving us an hour of track time allowing for dedicated junior 1500m and 1000m development races alongside the 3000m. This event successfully built on last year's initiative for smaller counties to collaborate where they would not otherwise be able support their own race - providing a more meaningful event for competitors and assisting with the appointment of officials.

The event was particularly good experience for newcomers to the discipline seeing walks featured within a bigger athletics fixture. nineteen entries were received from as far away as Wales.



Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W55	Tonbridge AC / Open	16:08.97 [SB]
2	Melanie Peddle	W55	Loughton AC / Essex	16:39.88 [SB]
3	Colin Harle	M65	Belgrave Harriers / Essex	18:14.61
4	Chik Ha Kwok	W50	Metros RC / Middlesex	18:19.86 [SB]
5	Mirraiker Wallace	W60	Camb. & Col. / Cambridgeshire	18:25.44 [PB]
6	Sophie Blundell	U15G	Newmarket J / Cambridgeshire	18:46.60
7	Mark Culshaw	M55	Cambridge Hs. / Middlesex	19:09.52
8	Emma Keeley	SENW	Camb. & Col. / Cambridgeshire	19:12.74 [PB]
9	Cerys Fitzpatrick	U15G	Carmarthen Harriers / Open	20:41.23
10	Lily-Ann Cooper	U15G	Newmarket J / Cambridgeshire	21:23.78 [PB]
11	Suzanne Bailey	W60	Newmarket J / Cambridgeshire	22:35.85 [PB]
12	Man Biu Lam	M65	Metros RC / Middlesex	23:11.41
13	Celia Cordran	W45	Brentwood Beagles / Essex	23:13.37
14	Taro Tyson	M50	Camb. & Col. / Cambridgeshire	23:23.12
	Paul Forshaw	M70	Fetch Everyone / Suffolk	DQ TR54.7.1

1500m

Pos	Athlete	AG	Club	Perf.
1	Athira Nair	U13G	Camb. & Col. / Cambridgeshire	9:42.50

1000m Development Walk

Pos	Athlete	AG	Club	Perf.
1	Gwen Fitzpatrick	U13G	Carmarthen Harriers / Open	7:19.83 [PB]
2	Tayla Williams	U13G	Carmarthen Harriers / Open	7:25.25 [PB]



Track Race Walking Championships

10,000m & 1 Mile – Saturday 24th May, Horspath, Oxford
 Enter: [BMAF 10,000m & 1 Mile Championships](#) by 14th May
 5000m – Saturday 24th August, Pingles Stadium, Nuneaton
 Enter: [BMAF 5,000m Championships](#) by 10th August

2025 UK Short Track RANKINGS

3000m Men

Perf.	Athlete	AG	Club	Venue	Date
11:12.44	Callum Wilkinson	SM	Enfield & Haringey	Birmingham	23/02
11:38.51	Cameron Corbishley	SM	Medway & Maid.	Sheffield	19/01
13:50.51	George Wilkinson	SM	Enfield & Haringey	Birmingham	23/02
16:35.22	Trejan Checheku-B	U17	Blackheath & Brom.	Lee Valley	15/03
17:02.35	Fraser Higginson	U20	Bridgend AC	Sheffield	19/01
19:14.90	Mark Culshaw	M55	Cambridge Hs	Lee Valley	15/03
20:33.82	Nathaniel Hopkins	SM	Kirkby Milers	Sheffield	19/01

3000m Women

Perf.	Athlete	AG	Club	Venue	Date
13:52.95	Hannah Hopper	U23	Cambridge Hs.	Lee Valley	15/03
15:15.27	Jessica Wilton	U23	Ashford AC	Sheffield	19/01
15:35.05	Natasha Mitchell	U23	Southampton AC	Sheffield	19/01
15:45.55	Emily Ghose	SW	Tonbridge AC	Lee Valley	15/03
16:21.08	Grazia Manzotti	V55	Tonbridge AC	Sheffield	19/01
16:46.92	Carolyn Derbyshire	V45	Nuneaton Hs.	Sheffield	19/01
17:21.10	Erika Pontarollo	SW	Hyde Park Hs.	Sheffield	19/01
17:40.49	Florence Watson	U17	Blackheath & Brom.	Sheffield	19/01
18:48.43	Jacqueline Benson	SW	Ashford AC	Sheffield	19/01



**South of England
Athletic Association**

South of England AA Track Race Walk Champs Sunday 8th June 2025 – Crystal Palace

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 27th May 2025

‘B’ Judged Events

Lancashire WC Macclesfield Shield (Sat. 29th Mar.)

Cool, overcast weather was the order of the day for the Macclesfield Shield 10mile race, **reports Roy Gunnett**. There was a good turnout of eight walkers and five helpers. The usual 5 lap ‘out and back’ course was used for the race.

Nigel Shaw took the lead from the start, a lead which he steadily extended over the others and maintained to the finish, ending up with a winning margin of approximately 7 minutes. For a relatively new starter in the event Nigel continues to impress, he has developed an excellent and very fair technique.

Behind Nigel, Martin Payne and Tony Bell walked together for the first 9 miles before Tony started to pull away from Martin and secured second place. Nigel was over five minutes faster than last year (when

he clocked 1.51.42) and Martin was more than a minute quicker than 2024 (1.55.19 then).

The remaining walkers behind were well strung out. Included among these was Dave Hoben, a very welcome visitor who had travelled all the way up from the south to participate. It was great to see Ian Hilditch competing and performing well following recent health issues.



Nigel Shaw

Men's 10 Mile

Pos	Athlete	AG	Club	Perf.
1	Nigel Shaw	M60	Lancashire Walking Club	1:46:31
2	Tony Bell	M60	Lancashire Walking Club	1:53:27
3	Martin Payne	M60	Lancashire Walking Club	1:54:00
4	Roy Gunnett	M75	Lancashire Walking Club	2:10:23
5	David Hoben	M70	Surrey Walking Club	2:15:22
6	Joe Hardy	M80	Lancashire Walking Club	2:15:40

Men's 8 Miles

Pos	Athlete	AG	Club	Perf.
1	Greg Smith	M70	Lancashire Walking Club	1:48:36

Men's 6 Miles

Pos	Athlete	AG	Club	Perf.
1	Ian Hilditch	M80	Lancashire Walking Club	83.09

Veterans AC Summer Series #1, Battersea Park (Tue. 8th Apr.)

The first of the regular Battersea Park races had an average field on a cool sunny evening, **reports David Hoben**, perfect for racing, with still above average temperatures for early April.

The winners were Stefano Zennaro from Belgrave Harriers and Melanie Peddle from Loughton AC, in the times we have come to expect from them. Stefano was not far off his best for the distance.

We were pleased to welcome as guests juniors Trejan Checheku-Boamah and Florence Watson, both from Blackheath & Bromley Harriers, both achieved personal bests. Trejan, shaved one and a half minutes off his time and Florence, took about half a minute off. In addition Trejan led the field for some distance before Stefano finally reeled him in.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Stefano Zennaro	M50	Belgrave Harriers	27:43
2	Trejan Checheku-B	U17M	Blackheath & Bromley	28:39
3	Melanie Griffiths	W55	Loughton Athletic Club	29:10
4	Florence Watson	U17W	Blackheath & Bromley	29:44
5	Chik Ha Kwok	W50	Metros Running Club	31:01
6	Man Biu Lam	M65	Metros Running Club	32:46
7	Fiona Bishop	W65	Woking Athletic Club	35:22
8	David Hoben	M70	Surrey Walking Club	37:32
9	Sandra Campbell	W55	Enfield & Haringey AC	40:55

1st South Yorkshire League, Millhouses Park (Thur. 27th Mar.)

The number of active and interested walkers wanting to get involved in the South Yorkshire League this year has dropped to four and only two of those were available for the first event, **writes Brian Adams**. Tony Bell had run in the Sheffield Half Marathon four days earlier and had plans for a 10 mile race in Sutton Macclesfield two days after the SYL. He therefore decided to forego his usual 5km for this event and settled for 2km, the same as Meghan Walmsley. Meghan, with a slight knee niggle set off 40 seconds ahead of Tony. They both looked sharp, both covering the first 500m in around 3 minutes 13 seconds. Meghan continued to look good on the slight downhill sections but was now losing ground on other parts of the lap and Tony who had marginally increased his pace with each lap caught Meghan in the last quarter of the race.

Pos	Athlete	AG	Club	Clock/Actual
1	Tony Bell	M60	Lancashire Walking Club	13:16/12:36
2	Megan Walmsley	U15G	King Edward VII School	13:37/13:37

2nd South Yorkshire League, Millhouses Park (Thur. 24th Apr.)

It was good to see Helen Elleker turning out to support our event, **reports Brian Adams**. The four walkers all chose to compete over 3km. Tony Bell, who was last away was always closing on Helen by around 6 second per 500m lap, but with a 48 second start she was not going to be caught. She comfortably passed the two early leaders to take victory. Chris Bent previously of Leicester WC, was first away, he is now walking with two new knees and one new hip. He finished last but is building up his handicap mark for the next race.

Pos	Athlete	AG	Club	Clock/Actual
1	Helen Elleker	W65	Totley Athletic Club	22:06/19:44
2	Tony Bell	M60	Lancashire Walking Club	22:28/19:18
3	Megan Walmsley	U15G	King Edward VII School	22:54/22:02
4	Christopher Bent	M75	Buxton Athletic Club	23:35/23:35

UPCOMING EVENTS

May

Mon. 5 th	A	Hampshire Track Walks Championships	Portsmouth
Sat. 10 th	B	Lancashire WC Dave Compton Memorial 7 Mile	Chorley
Sat. 10 th	A	Sussex County Track & Field Championships	Crawley
Sun. 11 th	A	Kent County Track & Field Championships	Ashford
Tue. 13 th	B	Veterans AC Summer Series – 5 Mile	Battersea Park
Thu. 15 th	A	Manx Harriers Walks 5km + Supporting	Douglas, IOM
Sat. 24 th	A	BMAF 10,000m & 1 Mile Championships	Horspath

June

Tue. 3 rd	B	Veterans AC Summer Series – 5km	Battersea Park
Sat. 7 th	B	Lancashire WC R & Z Trophy	Burry Track
Sat. 7 th	A	Welsh Open	Deeside
Sun. 8 th	A	SEAA Track Championships	Crystal Palace
Thu. 12 th	A	Aldershot Farnham & Dist. Open (1000m)	Aldershot
Wed. 18 th	A	Cambridge Harriers Sutcliffe Track Night (3000m)	Eltham
Sat. 21 st	A	Warrington Open (1000m)	Warrington
Sat. 28 th	A	Easter Masters T & F Championships	Biggleswade
Sun. 29 th	A	Welsh Senior/U17 Track Championships	Cardiff