



Race Walking Record

May 2025



**Cameron Corbishley pictured at
the European Race Walking
Team Championships 2025 in
Podebrady (CZE)**

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)
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

Rest in Peace

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

- Jack Thomas (Woodford Green AC – Centurian 606)
- David Baxter (Steining AC)



English Race Walks Qualifying Standards

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

Men	10,000m Race Walk	Women
41:30.00		47:15.00

BOSWORTH MILE RACE WALK CHAMPIONSHIPS

27TH SEPTEMBER 2025

LEEDS BECKETT UNIVERSITY HEADINGLEY CAMPUS ATHLETICS TRACK LEEDS

GIRLS AND BOYS RACE WALK MILE RACES
FOR U13, U15 U17 AND U20 & SENIORS

28TH SEPTEMBER

MORNING GROUP TRAINING AT BROWNLEE CENTRE



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

	£25.00	£15.00	£10.00
May.	Cath Duhig	Lancashire WC	Peter Cassidy

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.



Winchester & District Athletics Club announce that there will be a 2000m race walk held at their open track & field meeting on Wednesday 16th July commencing at 8.15pm Winchester University track, Bar End, Winchester

Information & enter at <https://data.opentrack.run/en-gb/x/2025/GBR/wadacjulyopen25/event/>

Overseas



European Race Walking Teams Championships (17-18 May) (Incorporating World Athletics Race Walk Tour – Gold)

By Paul Warburton (reprinted from World Athletics News)

Men's 35km: Italy's Massimo Stano broke the short-lived world 35km race walk record at the European Race Walking Team Championships - a World Athletics Race Walking Tour Gold meeting - in Podebrady on Sunday (18) by a massive 57 seconds. The 2:20:43 recorded by the 2021 Olympic champion comfortably eclipsed the 2:21:40 set by Canadian Evan Dunfee in March, which in itself was seven seconds quicker than the 2:21:47 recorded by Japan's Masatora Kawano last October. Stano took the lead at 23km and went through the gears to record laps under 4:00/min in the closing stages. In fact, 5km short of the finish the Italian notched an incredible 3:54 for his 30th circuit. He was actively encouraging the crowd around the spa town course to cheer him to the finish and looked barely out of breath as he crossed the line. In the far distance, Christopher Linke took silver with a German record of 2:23:21, while Miguel Angel Lopez set a Spanish record of 2:23:48 in third. Poland's Maher Ben Hlima led early on and went through 20km in 1:21:08, 34 seconds ahead of Stano, who in turn was slightly ahead of Linke and significantly ahead of Lopez. But Stano stormed through to take over, recording 2:00:57 at 30km with a 3:54 lap. That was all he needed to know that a world record was within reach, and he duly delivered when crossing the line in 2:20:43.



Cameron Corbishley was 22nd, clocking 2:36:06.

Pos	Athlete	Nation	Perf	Notes
1	Massimo STANO		ITA 2:20:43	WR/AR
2	Christopher LINKE		GER 2:23:21	NR/PB
3	Miguel Ángel LÓPEZ		ESP 2:23:48	NR/PB
4	Riccardo ORSONI		ITA 2:26:09	PB
5	Aurélien QUINION		FRA 2:26:24	SB
6	Dominik ČERNÝ		SVK 2:27:42	
7	Daniel CHAMOSA		ESP 2:27:56	PB
8	Manuel BERMÚDEZ		ESP 2:28:43	PB
9	Matteo GIUPPONI		ITA 2:28:57	
10	Kevin CAMPION		FRA 2:29:05	PB
23	Cameron CORBISHLEY		GBR 2:36:06	

33 started; 32 finished; 1 DQ.

Women's 35km: Maria Perez survived a toilet break during the women's race to come home first by 36 seconds. The enforced stop did nothing to halt the Spanish double world champion, who broke the world record on this course two years ago with 2:37:15. This time she had to settle for a world-leading 2:38:59, but it was more than good enough to head 2021 Olympic 20km champion Antonella Palmisano, who was making her debut at the distance. Even so, the Italian broke

her country's national record by more than two minutes and became the seventh woman to better the 2:40 barrier. Palmisano's 2:39:35 was excellent, but Perez was always in control. Italy's Nicole Colombi finished third in a PB of 2:41:47 and Hanna Shevchuk placed fourth in a Ukrainian record of 2:42:41 to underline a top-class field. Perez recorded 1:31:45 at 20km, only to need that stop halfway through the 21st lap. But by 25km, she was still 32 seconds clear of anyone else. Palmisano pushed hard over the closing stages, and apart from a silver medal, her reward was to be handsomely lifted aloft at the finish by the diminutive, yet clearly strong winner.

Pos	Athlete	Nation	Perf	Notes
1	María PÉREZ		ESP 2:38:59	WL
2	Antonella PALMISANO		ITA 2:39:35	NR
3	Nicole COLOMBI		ITA 2:41:47	PB
4	Hanna SHEVCHUK		UKR 2:42:41	NR/PB
5	Federica CURIAZZI		ITA 2:45:39	
6	Cristina MONTESINOS		ESP 2:46:18	
7	Viktória MADARÁSZ		HUN 2:50:39	SB
8	Agnieszka ELLWARD		POL 2:56:11	
9	Ines MENDES		POR 2:56:41	
10	Olga FIASKA		GRE 3:03:10	

17 started; 12 finished; 2 DNF; 3 DQ.

Men's 20km: Paul McGrath followed up two major silvers from 2024 with a superb gold in the men's 20km race. The athlete born in Catalonia to a Scottish father and Spanish mother claimed his first major title with an authority belying his 23 years. He took control at 13km to move away effortlessly away and win in 1:18:08 – just 13 seconds outside his PB, but still a championship record. In the last 300m, defending champion Francisco Fortunato of Italy found an extra sprint to pass a tiring Gabriel Bordier, finishing second and third respectively in PBs of 1:18:16 and 1:18:23. It was the very least the Frenchman deserved after a gutsy performance that saw him lead from the gun to McGrath taking control. 12 There were personal bests for fourth, fifth and sixth places as well in a sizzling race. Andre Cosi came home in 1:18:43; Ukraine's Mukola Rushchak took more than two minutes off his previous best with 1:18:50, and Spain's Alvaro Lopez notched 1:19:48. McGrath was second at the European Championships and at last year's World Athletics Race Walking Team Championships. But this time laps in the latter stages averaging 3:50 were all that was needed for top spot.

Pos	Athlete	Nation	Perf	Notes
1	Paul MCGRATH		ESP 1:18:05	CR
2	Francesco FORTUNATO		ITA 1:18:16	PB
3	Gabriel BORDIER		FRA 1:18:23	PB
4	Andrea COSI		ITA 1:18:43	PB
5	Mukola RUSHCHAK		UKR 1:18:50	PB
6	Álvaro LÓPEZ		ESP 1:19:38	PB
7	Perseus KARLSTRÖM		SWE 1:19:48	
8	Leo KÖPP		GER 1:20:34	PB
9	Iván LÓPEZ		ESP 1:20:38	SB
10	Michele ANTONELLI		ITA 1:20:43	PB

38 started; 35 finished; 1 DNF; 2 DQ.

Women's 20km: Ten years after she earned world bronze, Lyudmila Olyanovska finally claimed a major title, topping the podium in 1:27:56 after accelerating at 16km to break away from Clémence Beretta, who finished in a PB of 1:28:05 – 39 seconds quicker than her previous best. Back-to-back 4:20m laps saw Olyanovska make the race's decisive bid after the pack splintered to three by halfway (44:24); Ukraine's Mariia Sakharuk was the surprise third alongside Beretta and Olyanovska. It was down to just two at 13km as the pace took its toll on Sakharuk. Beretta's plucky effort saw her claim a first major medal of any sort. Behind her, teammate Pauline Stey race walked mostly solo to take third in 1:28:18 - another French PB and on their way to the team prize. Spain's Antia Chamosa came through for fourth in 1:29:11, and 2022 world silver medallist Katarzyna Zdziebło's steady effort was good enough for fifth in 1:29:19.

Pos	Athlete	Nation	Perf	Notes
1	Lyudmila OLYANOVSKA		UKR	1:27:56 SB
2	Clémence BERETTA		FRA	1:28:05 NR/PB
3	Pauline STEY		FRA	1:28:18 PB
4	Antia CHAMOSA		ESP	1:29:11
5	Katarzyna ZDZIEBŁO		POL	1:29:19 SB
6	Paula JUAREZ		ESP	1:29:24 PB
7	Lidia SANCHEZ-PUEBLA		ESP	1:29:47 PB
8	Alexandrina MIHAI		ITA	1:31:02 PZ
9	Mariia SAKHARUK		UKR	1:31:29
10	Ana DELAHAIE		FRA	1:31:39 PB

34 started; 31 finished; 3 DNF.

U20 Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Giuseppe DISABATO		ITA	39:28 CR/NR/PB
2	Joan QUEROL SERRANO		ESP	40:58
3	Alessio COPPOLA		ITA	41:09 PB
4	Nicolo' VIDAL		ITA	41:22 PB
5	Pablo GONZÁLEZ		ESP	41:30
6	Eduardo CAMARATE		POR	41:36 PB
7	Roman HORBACHOV		UKR	42:38 PZ
8	Przemysław JASIŃSKI		POL	42:39 PB
9	Nick Joel RICHARDT		GER	42:55 PZ
10	Eduard MURAVSKYI		UKR	42:56 PB

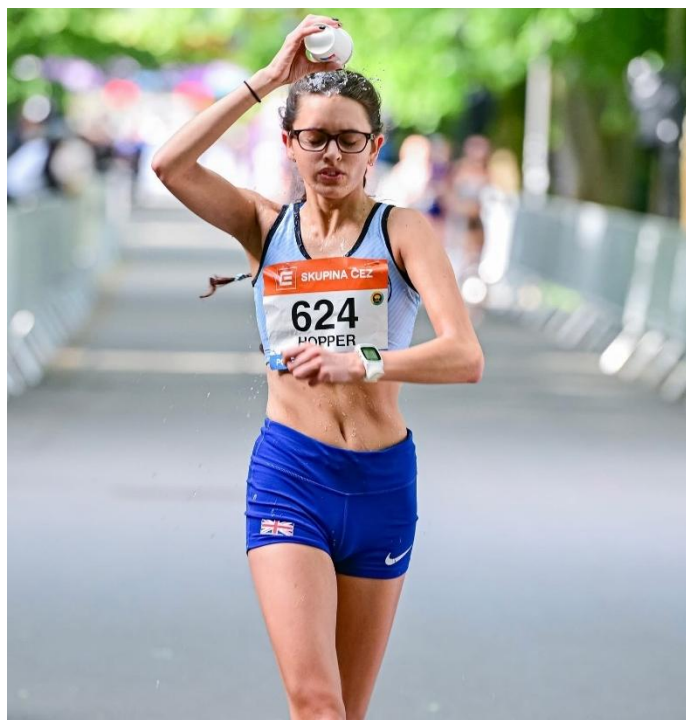
31 started; 30 finished; 1 DNF.

U20 Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Sofia SANTACREU		ESP	43:57 CR/PB
2	Chloe LE ROCH		FRA	44:02 PB
3	Serena DI FABIO		ITA	44:08 PB
4	Mina STANKOVIĆ		SRB	44:21
5	Claudia VENTURA		ESP	44:44 PB
6	Alessia Cristina POP		ROU	45:08 PB
7	Marine MERBITZ		FRA	45:49 PB
8	Léna AUVRAY		FRA	45:53 PB
9	Elisa MARINI		ITA	45:55 PB
10	Júlia SUÁREZ PIZA		ESP	47:39

28 started; 28 finished.

Supporting Events: On Saturday 17th May a number of supporting races were held including U23 10k which was part of the WA Race Walking Tour - Gold meeting and masters races. In the 10k Hannah Hopper finished 7th in 49:28 and in the masters 5k Steve Allen finished 9th in 30:54.

**U23 Women's 10km**

Pos	Athlete	Nation	Perf	Notes
1	Kylie GARREIS		GER	46:50 PB
2	Alžběta FRANKLOVÁ		CZE	47:14 PB
3	Tabea KIEFER		GER	47:23 PB
4	Beatrice PALMONARI		ITA	47:30 PB
5	Aliisa KIISKI		FIN	48:55 PB
7	Hannah HOPPER		GBR	49:28

Masters Men 5km

Pos	Athlete	Nation	Perf	Notes
1	Steffen BORSCH		GER	24:10 SB
2	Konrad MORAWCZYŃSKI		POL	26:27
3	José Manuel RODRÍGUEZ		ESP	26:48
4	Marek SLAMĚNÍK		CZE	28:15 PB
5	Josef SMOLA		CZE	28:20
9	Steve ALLEN		GBR	30:54

4th Korzeniowski Warsaw Cup (World Athletics Race Walking Tour - Gold), Warsaw (POL) (Sun. 4th May)
**Masters Men 5km**

Pos	Athlete	Nation	Perf	Notes
1	Thomas JULY		POL	23:37
2	Chun Hung TSE		HKG	24:19
3	Krzysztof CZERSKI		POL	24:28
4	Gregory GRINHOLC		POL	25:57
5	Piotr SIWIŃSKI		POL	27:44
7	Steve ALLEN		GBR	31:42

‘A’ Judged Races

Sean Pender 10km incorporating Enfield Race Walking League, Donkey Lane, Enfield (Sat. 3rd May)

There were three non-starters from the nineteen walkers who entered the Sean Pender Walks at Donkey Lane, *writes Ron Wallwork*. Bright sunshine with a cooling breeze made conditions ideal. Stuart Bennett and Colin Harle had a tremendeous tussle for third place which included a stop to help Ian Richards who suffered a fall as indeed did Fiona Bishop. Both fallers had competed in the London Marathon the week before as had Maureen Noel. Newmarket's Suzanne Bailey set a pb and newcomer Miraiker Wallace, who's aim for the year is to attain Centurion status looked good in only her second race.

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	SENM	Newmarket Joggers AC	56:59
2	Grazia Manzotti	W55	Tonbridge Athletic Club	58:03
3	Stuart Bennett	M65	Brentwood Beagles AC	65:13
4	Colin Harle	M65	Belgrave Harriers	65:21
5	Maureen Noel	W60	Belgrave Harriers	65:42
6	Miraiker Wallace	W60	Cambridge & Coleridge	66:23 [PB]
7	Jacqueline Benson	SENW	Ashford Athletic Club	67:36
8	Mark Culshaw	M55	Cambridge Harriers	68:31
9	Suzanne Bailey	W60	Newmarket Joggers AC	75:13
	Ian Richards	M75	Steyning Athletic Club	DQ TR54.7.1

'B' Judged: Sue Barnett (Enfield) 74:16, Fiona Bishop (Woking) 78:01.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Lily-Ann Cooper	U15G	Newmarket Joggers AC	36:55
2	Celia Cordran	W45	Brentwood Beagles AC	38:25

'B' Judged: Taro Tyson 37:56.

Hampshire Walks Championships, Portsmouth (Mon. 5th May)

U15 2000m

Pos	Athlete	Club	Perf.	Rank
1	Marissa Morley (<i>Guest</i>)	Aldershot Farnham & D.	12:19.9 [PB]	
2	Grace Andrews	Aldershot Farnham & D.	12:26.3 [PB]	1
3	Felix Goodchild	City of Portsmouth AC	15:05.1 [PB]	1

Senior 3000m

Pos	Athlete	Club	Perf.	Rank
1	Natasha Mitchell (U23W)	Southampton AC	14:50.4 [PB]	1
2	David Mitchell (M50)	Southampton AC	17:10.7 [PB]	1
3	Keith Vallis (M55)	Overton Harriers	19:49.4	2
4	Derek Smith (M70)	Winchester & District	22:36.4	3

West Wales Regional Championships, Swansea (Sat. 10th May)

Mixed 1000m

Pos	Athlete	Club	Perf.	Rank
1	Fraser Higginson (U20M)	Bridgend Athletic Club	4:43.3	1
2	Bethan Davies (SENW)	Cardiff A.A.C.	4:43.4	1
3	Megan Chantrell (U17W)	Cardiff A.A.C.	5:26.1	1
4	Cerys Fitzpatrick (U15G)	Carmarthen Harriers	5:34.4	1
5	Gwen Fitzpatrick (U13G)	Carmarthen Harriers	6:36.5	1

Kent County Championships, Ashford (Sun. 11th May)

Mixed 3000m

Pos	Athlete	Club	Perf.	Rank
1	Luc Legon (SENM)	Bexley Athletic Club	13:17.73	1
2	Jonathan Hobbs (SENM)	Ashford Athletic Club	14:35.37	2
3	Hannah Hopper (SENW)	Cambridge Harriers	14:44.26	1
4	Jonathan Ellerton (U20M)	Blackheath & Bromley	15:12.49 [PB]	1
5	Jessica Wilton (U20W)	Ashford Athletic Club	15:19.15	2
6	Emily Ghose (SENW)	Tonbridge Athletic Club	16:09.77	3
7	Grazia Manzotti (SENW)	Tonbridge Athletic Club	16:16.23	4
8	Trejan Checheku-B (U17M)	Blackheath & Bromley	16:34.25	1
9	Ellin Wilson (U15G)	Ashford Athletic Club	17:38.14	1
10	Jacqueline Benson (SENW)	Ashford Athletic Club	18:41.18	5
11	Millicent Steele (U15G)	Ashford Athletic Club	18:45.02	2
12	Matthew Ellerton (SENM)	Blackheath & Bromley	19:18.98	3
13	Luke Eperon (U15B)	Blackheath & Bromley	21:57.00 [PB]	1

Manx Harriers Spring 5km, Douglas (Thur. 15th May)

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U15B	Northern (IOM) AC	25:03 [PB]
2	Adam Cowin	SENM	Manx Harriers	25:30
3	Helen Davies	W40	Manx Harriers	26:52 [PB]
4	Jayne Farquhar	W55	Manx Harriers	31:57
5	Phil Swales	M60	Northern (IOM) AC	36:59
6	Louise Hollings	W45	Manx Harriers	37:02

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U15G	Manx Harriers	16:57
2	Jay Jay Fletcher	U13B	Manx Harriers	18:07
3	Polly Davies	U15G	Manx Harriers	18:37

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U13B	Manx Harriers	05:24
2	Faye Robertson	U11G	Manx Harriers	06:59 [PB]
3	Aalin Perry	U11G	Northern (IOM) AC	10:08



British Masters 10,000m & 1 Mile Track Championships, Horspath, Oxford (Sat. 24th May)

The forecast was 'rain and wind' for the BMAF 10,000m Championships at Horspath Road, Oxford, **reports Andrew Clough**. The rain held off, temperature remained cool, but the wind still promised to be a problem to anyone trying for a record time. Thirteen athletes came to the line. Grazia Manzotti broke away from the start, closely followed by Carolyn Derbyshire. Grazia's relentless pace soon forced Carolyn to drop back. As the race went on it became evident that a PB was possible. In the end Grazia's 57:04.32 missed out by 25 seconds, but it was just over three seconds within Sandra Brown's British W55 record from 2005. The new record is subject to ratification.

Eight athletes vied for position in the middle of the order. Carolyn's dropping back gave M65s Trevor Jones and Steve Allen someone to chase. They finished in that order with a few seconds between them. Colin Harle, Steve Uttley, in that close classification, Aleksandra Majewska-Ani and Peter Boszko spanned thirty seconds about a lap behind. The M65 finish order was forced to change when Steve Allen received a third red card, promoting Colin to silver and Steve Uttley to bronze.

Mixed 10,000m

Pos	Athlete	Club	Perf.	Rank
1	Grazia Manzotti (W55)	Tonbridge A.C.	57:04.32	1
2	Carolyn Derbyshire (W45)	Nuneaton Harriers	61:54.01	1
3	Trevor Jones (M65)	Steyning A.C.	62:19.82	1
4	Colin Harle (M65)	Belgrave Harriers	64:51.34	2
5	Steve Uttley (M65)	Ilford A.C.	64:58.89	3
6	Aleksandra Majewska-Ani (W35)	Charnwood A.C.	65:04.34	1
7	Peter Boszko (M75)	Birchfield Harriers	65:22.89	1
8	Graham Chapman (M70)	Headington R.R.	68:41.34	1
9	Martin Slevin (M60)	Headington R.R.	71:16.40	1
10	Ian Torode (M65)	Birchfield Harriers	75:45.89	4
11	Trevor Dixon (M65)	Oxford City A.C.	79:19.54	5
	Steve Allen (M65)	Barnet & Dist.	DQ	
	Brian Jenkins (M40)	Ireland	DQ	

Preceding the 10,000m, it was a Polish 'one-two' in the BMAF Mile Championships. Marcin Wojtowicz led the men home in 8:47.30, with Aleksandra Majewska-Ani close behind on 9:02.86. Martin Slevin in 11:00.03 held off Ian Torode to take third place.

Mixed 1 Mile

Pos	Athlete	Club	Perf.	Rank
1	Marcin Wojtowicz (M35)	Winchester & Dist.	08:47.30	1
2	Aleksandra Majewska-Ani (W35)	Charnwood A.C.	09:02.86	1
3	Martin Slevin (M60)	Headington R.R.	11:00.03	1
4	Ian Torode (M65)	Birchfield Harriers	11:01.96	1
5	Trevor Dixon (M65)	Oxford City A.C.	12:04.79	2
6	Martin Murray (M55)	Newquay & Par	13:44.34	1
7	Nicola Long (W50)	Midland Masters	17:02.05	1
	Jamie Sircom (M50)	Halesowen A.C.	DQ	

'B' Judged Races

Dave Crompton 7 Mile Memorial Race, Chorley (Sat. 10th May)

With temperatures creeping up into the low 20's all heel toe aspirants in this year's Dave Crompton 7 were glad to be able to down themselves with a sponge at half way and water, **reports Dave Evans**. Unbeknown to them Sailash Shah, currently recovering from injury, had lined up a treat at the finish with every competitor able to savour the delights of an orange and ice cream surprise as they crossed the line.

The race itself was a tad faster than 2024 with most walkers bettering their times from last year and recording negative splits across the board. At the 1 mile point Nigel and Tony were locked together with both passing in 10:09.

This out and back course is very demanding with long climbs and descents both ways with little time to settle into a rhythm. Nigel Shaw

confirmed his dominance with text book style breaking away from close adversary Tony Bell in the second half of the race with Adrian Edwards making a very welcome appearance finishing third.

Mixed 7 Mile

Pos	Athlete	AG	Club	Perf.
1	Nigel Shaw	M60	Lancashire Walking Club	76:12
2	Tony Bell	M60	Lancashire Walking Club	77:31
3	Adrian Edwards	M60	Lancashire Walking Club	81:10
4	Roy Gunnett	M75	Lancashire Walking Club	85:21
5	Steve Wilde	M70	Lancashire Walking Club	87:52
6	Phil McCullagh	M65	Lancashire Walking Club	88:08
7	Joe Hardy	M80	Lancashire Walking Club	89:13
8	Pat Evans	W70	Lancashire Walking Club	89:31
9	Ian Hilditch	M80	Lancashire Walking Club	94:48
10	Andrea Lennon	W80	Lancashire Walking Club	108:20

Veterans AC Summer Series 2, Battersea Park (Tue. 13th May)

The second of the regular Battersea Park races was held a pleasantly warm and sunny evening, *writes David Hoben*. Winners were Stefano Zennaro from Belgrave Harriers and Chik Ha Kwok from Metros RC.

**Mixed 5 Mile**

Pos	Athlete	AG	Club	Perf.
1	Stefano Zennaro	M50	Belgrave Harriers	46:29
2	Trevor Jones	M65	Steyning Athletic Club	49:05
3	Chik Ha Kwok	W50	Metros Running Club	49:47
4	Stuart Bennett	M65	Brentwood Beagles AC	52:34
5	Maureen Noel	W60	Belgrave Harriers	52:48
6	Man Biu Lam	M65	Metros Running Club	54:21
7	Fiona Bishop	W65	Woking Athletic Club	58:00
8	David Hoben	M70	Surrey Walking Club	61:45

3rd South Yorkshire League, Millhouses Park (Thur. 15th May)

Though still suffering from a calf strain Tony Bell reverted to racing over 5km and was first away and had completed 3 of his 10 500m laps as the other walkers set off on their 3kms leaving him about 450m adrift, *writes Brian Adams*.

With around a kilometre to go Meghan Walmsley had pulled back the one minute start that she had given Chris Bent, but we were left guessing as to whether Tony would catch either of the two 3km walkers.

Tony caught Chris in the final 100m, but Meghan was just too far ahead. A pleasing result for the handicapper with just 12 secs from first to last.

Pos	Athlete	AG	Club	Clock/Actual
1	Megan Walmsley	U15G	King Edward VII School	32:39/21:56
2	Tony Bell	M60	Lancashire Walking Club	32:49/32:49
3	Chris Bent	M75	Buxton Athletic Club	32:51/23:03

**Surrey Walking Club/Centurions 1911 - 100 Miles**

To celebrate Surrey Walking Club's 125th Anniversary the 100 Miles will be held at Lewes Athletics Track on 16th/17th August 2025 starting at Noon. This is also the 100th 100 miles event and is supported by the Centurions 1911 (those who have already completed an official 100 miles race within 24 hours).

Entries are still open ([Fabian4 - Entries and Timing](#)) but there is a maximum of 45 athletes. The event will require help and assistance with many tasks so if you have time to spare that weekend, please get in touch with the organiser (contact details below).

For those who may wish to stay for the duration accommodation is available in single rooms with en-suite bathroom at the adjoining college (next to track) for just £25 per night.

It is also proposed that on the Saturday afternoon commencing at 1 pm a 100 lap RELAY CHALLENGE (outside lanes of the track) where teams can have as many walkers as they wish to cover the full distance, for example 20 walkers doing five laps each. The Centurions intend to field a team of existing members and Lewes AC are hoping to take part.

Come along and enjoy a great weekend. Lewes is a historic town famous worldwide for its 5th November celebrations. It is also the home of Harvey's Brewery with many pubs, cafes, antique shops etc. The football team is called the Rooks (you will find out why when there) and the town was on the Hastings to Brighton course, those over 50 will recall! It has a very steep hill that you met at 50k on this 38 mile race.

On the Friday night before the event it is intended to do a Nostalgic 45 minute walk along a part of the old race route (taking in the hill will be optional).

Peter Selby (Race Secretary)

Mobile: 07721 747999 / Landline: 01825 627452

Email: selbypw@outlook.com

**2025 Sutcliffe Park Track & Field Night, inc. BMC & Walk**

3000m Race Walk (U15+) - Wednesday 18th June @ 6.10pm

Sutcliffe Park Sports Centre, Eltham Road, SE9 5LW

Enter at [Roster Athletics - 2025 Sutcliffe Park Track & Field Nights #2](#)

Closing date for entries 15th June @ 23:59

UPCOMING EVENTS**UPCOMING EVENTS****June**

Tue. 3 rd	B Veterans AC Summer Series – 5km	Battersea Park
Sat. 7 th	B Lancashire WC R & Z Trophy	Bury Track
Sat. 7 th	A Deeside AAC 50th Anniversary Open Meeting	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 Cheshire Track & Field Grand Prix Match 3 (1000m)	Warrington
Sat. 28 th	A Eastern Masters T & F Championships	Biggleswade
Sun. 29 th	A Welsh Senior/U17 Track Championships	Cardiff

July

Wed. 2 nd	? Johnson Bowl 4 Mile	Norman Park
Sat. 5 th	B Lancashire WC Barnard Trophy	Macclesfield
Sat. 5 th	A Moulton 5 Mile	Moulton, Suffolk
Sun. 6 th	A Midland Track Championships	Stratford-on-Avon
Tue. 8 th	B Veterans AC Summer Series	Battersea Park
Thu. 17 th	A Manx Harriers Walks	Douglas
Sat. 19 th	A S.I.A.B. Schools International	Derby