



Race Walking Record

June 2025



Luc Legon (Bexley AC)

Emily Ghose (Tonbridge AC)



British Race Walkers in action at the
Dutch Championships & Open 2025



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



**English
Schools'
Athletic
Association**

ESAA

SIAB Track & Field 2025

The following walkers have been invited to compete for ESAA in the SIAB Home Countries International at Moorways Stadium on Sat. 19th July.

Athlete	School County	Club
Trejan Checheku-Boamah	Kent	Blackheath & Bromley
Sophie Davidson	Merseyside	Warriors Pentathlon & AC
Charlie Perry	Sussex	Lewes Athletic Club
Amy Surgeon	Isle of Man	Manx Harriers



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

	£25.00	£15.00	£10.00
June	Lancashire WC	Ron Wallwork	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.

**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**



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

Dutch Championships & Open, Tilburg (Sun. 15th June)







In very hot conditions a return from injury for Luc Legon and a personal best for Emily Ghose.

Men's 10km

Pos	Athlete	Nation	Perf	Notes
1	Matthew Glennon (U23)		IRL	43:09
2	Kristoffer Randall (U20)		NOR	47:49
3	Luc Legon		GBR	47:56 SB
4	Oisín Lane		IRL	50:29
5	Thomas Pauwels		BEL	53:12

8 started; 7 finished; 1 DNF.

Women's 10km

Pos	Athlete	Nation	Perf	Notes
1	Aisling Lane (U23)		IRL	50:28
2	Éabha de Faoite (U23)		IRL	51:23
3	Anne van Andel		GBR	53:24
4	Emily Ghose		NED	56:21 PB
5	Loes van Bremen		NED	65:46
	Hannah Hopper (U23)		GBR	DNF

10 started; 9 finished; 1 DNF.

National Championships

Welsh Track & Field Championships & Open, Cardiff (Sun. 28th June)

Track personal best for Hannah Hopper and a satisfying return to competition for Bethan Davies following the birth of her daughter.

Mixed 10,000m

Pos	Athlete	Club	Perf.	Rank
1	Cameron Corbishley (SEN)	Medway & Maidstone	43:00.97	1
2	Hannah Hopper (U23)	Cambridge Harriers	50:54.32 [PB]	1
3	Bethan Davies (SEN)	Cardiff A.A.C.	52:39.10 [SB]	2
	Emily Ghose (SEN)	Tonbridge Athletic Club	DNF	

'A' Judged Races

Kent Young Athletes League, Bromley (Sun. 18th May)

The ever popular Kent Young Athletes League attracted 56 starters to the division 1 and 2 match, *writes Chris Hobbs*. This necessitated four rather than two races to ease the strain on the judges and other officials. A nice problem to have for once and thanks to someone judicious use of yellow paddles and stern advice most novice walkers managed to avoid disqualification in this development league.

Southern regulars Luke Eperon, Matthew Thomsett, Ellin Wilson impressed the appreciative crowd with their sound technique and emphatic wins while regular bridesmaid Millicent Steele once again came second to her training partner, but with another personal best. In Division 2 the newcomers from Bexley showed promise and were given feedback after the race and we hope to see them again.

U13 Girls 1000m

Pos	Athlete	AG	Club	Perf.
1	Lola Robertson	U13G	S. Factor	6:20.0
2	Georgia Fox	U13G	Kent Athletic Club	6:23.8
3	Xanthie Behagg	U13G	Dartford Harriers AC	6:27.2
4	Poppy Vincent	U13G	Tonbridge Athletic Club	6:31.7
5	Elise Howden	U13G	Medway & Maidstone	6:40.0
6	Holly Hales	U13G	Kent Athletic Club	6:57.6
7	Jasmine Stephens	U13G	Blackheath & Bromley	6:59.5
8	Amelia Curley	U13G	Ashford Athletic Club	7:00.9
9	Jessica Phillips	U13G	Ashford Athletic Club	7:15.9
10	Olivia King	U13G	Blackheath & Bromley	7:18.2
11	Isabelle Fourche	U13G	Tonbridge Athletic Club	7:26.7
12	Nevaeh Harris-Buckley	U13G	Bexley Athletic Club	7:35.1
13	Willow Bennett	U13G	Dartford Harriers AC	7:47.3
	Nela Zieba	U13G	Dartford Harriers AC	DQ

U13 Boys 1000m

Pos	Athlete	AG	Club	Perf.
1	Matthew Tomsett	U13B	Ashford Athletic Club	6:04.2
2	Oliver Mungeam	U13B	Dartford Harriers AC	6:11.4
3	Ethan Hunstone	U13B	Blackheath & Bromley	6:19.4
4	Rahlem Odum-Jones	U13B	S. Factor	6:19.8
5	Emerson Hunter Stuart	U13B	Kent Athletic Club	6:20.8
6	Jaden Elliott-Macauley	U13B	S. Factor	6:37.8
7	Artie Emly	U13B	Sevenoaks Athletic Club	6:44.0
8	Finley Garwood	U13B	Medway & Maidstone	6:49.7
9	Mus Senar	U13B	S. Factor	6:54.3
10	Harry Livermore	U13B	Bexley Athletic Club	6:54.3
11	Maurice De Beats	U13B	Sevenoaks Athletic Club	6:54.4
12	Ethan Lynch	U13B	Bexley Athletic Club	7:07.8
13	Zachery Amankwa-Walters	U13B	Tonbridge Athletic Club	7:24.2
14	Colton Clifford	U13B	Tonbridge Athletic Club	7:24.8
15	Noah Shindi	U13B	Ashford Athletic Club	7:28.2
16	Cameron Sekyonda Simpson	U13B	Medway & Maidstone	7:32.4

U15 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U15G	Ashford Athletic Club	10:42.0
2	Millicent Steele	U15G	Ashford Athletic Club	11:41.2
3	Amelia Emmett	U15G	Bexley Athletic Club	13:24.2
4	Holly Alford-Smith	U15G	Blackheath & Bromley	14:10.9
5	Gwennan Thomas	U15G	Dartford Harriers AC	14:13.7
6	Zahara-Fatima Elias	U15G	Medway & Maidstone	14:35.2
7	Megan Goodayle	U15G	Dartford Harriers AC	14:37.5
8	Claudia Rigby	U15G	Kent Athletic Club	14:38.1
9	Tiffany Ngando	U15G	Kent Athletic Club	16:03.1
10	Mary Odofin	U15G	S. Factor	16:03.4
11	Chloe Vassell	U15G	S. Factor	16:03.6

U15 Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Luke Eperon	U15B	Blackheath & Bromley	12:22.7
2	Nathan Wood	U15B	Ashford Athletic Club	12:49.1
3	Edward Pearce	U15B	Kent Athletic Club	13:00.1
4	Milan Vadasz	U15B	Bexley Athletic Club	13:07.0
5	Hayden Siu	U15B	Central Park Athletics	13:11.1
6	Zac Johnson	U15B	Central Park Athletics	13:12.3
7	Jack Holland	U15B	Bexley Athletic Club	13:21.4
8	Otto Chinnock-Allen	U15B	S. Factor	13:38.6
9	Harrison Du-Henry	U15B	Kent Athletic Club	13:45.3
10	Oscar Giles	U15B	Medway & Maidstone	13:54.8
11	Joseph Danson	U15B	Medway & Maidstone	13:56.1
12	Zachery Ives	U15B	Dartford Harriers AC	14:03.3
13	William Glasgow	U15B	Ashford Athletic Club	14:08.6
14	Israel Alabi	U15B	Dartford Harriers AC	15:13.3
15	Khalil Bryan	U15B	S. Factor	16:36.1
	Daniel Burke	U15B	Ashford Athletic Club	DQ

Leeds Beckett Open Series, Leeds (Mon. 2nd June)

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U13B	Wrexham A.A.C.	4:55.67
2	Erika Pontarollo	SENW	Hyde Park Harriers/ITA	4:59.78 [PB]
3	Harry Richards	U13B	Valley Striders	6:13.84

Deeside AAC 50th Anniversary Open, Deeside (Sat. 7th June)

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Timothy Perry	U15B	Northern (IOM) AC	09:28.19 [PB]
2	Spencer Jones	U13B	Wrexham A.A.C.	10:06.28 [PB]
3	Daniel Purcell	U15B	Menai Track & Field	12:08.99
4	Sophie Davidson	U17W	Warriors Pentathlon & AC	12:21.42
5	Nia Vale	U15G	Aberdare Valley AAC	12:32.22
6	Ameke Eardley	U13G	Warriors Pentathlon & AC	12:59.29
7	Nathaniel Hopkins	M35	Kirkby Milers AC	13:12.60
8	Isabelle-Grace Wilson	U15G	Warriors Pentathlon & AC	13:29.33 [SB]
9	Sydney Caraher	U17W	Warriors Pentathlon & AC	14:19.83

Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Elis Jones	U20M	Deeside A.A.C.	5:37.18

West Wales Junior Open #2, Swansea (Sat. 7th June)**Mixed 1000m**

Pos	Athlete	AG	Club	Perf.
1	Cerys Fitzpatrick	U15G	Carmarthen Harriers	5:36.8
2	Gwen Fitzpatrick	U13G	Carmarthen Harriers	6:43.4
3	Erica Broome	U13G	Carmarthen Harriers	7:03.8

SEAA Track Championships, Crystal Palace (Sun. 8th June)**Mixed 5000m**

Pos	Athlete	Club	Perf.	Rank
1	Abigail Jennings (SENW)	Aldershot Farnham & D.	24:54.71 [SB]	1
2	Jonathan Ellerton (U20M)	Blackheath & Bromley	25:56.75 [PB]	1
3	Natasha Mitchell (SENW)	Southampton AC	25:59.53 [PB]	2
4	Emily Ghose (SENW)	Tonbridge AC	28:06.43 [SB]	3
5	Grazia Manzotti (SENW)	Tonbridge AC	28:12.34 [SB]	4
6	David Mitchell (SENM)	Southampton AC	28:46.35 [PB]	1
7	Melanie Peddle (SENW)	Loughton AC	28:48.75 [SB]	5

U15G & U17W 3000m

Pos	Athlete	Club	Perf.	Rank
1	Ellin Wilson (U15G)	Ashford A.C.	17:04.36 [PB]	1
2	Florence Watson (U17W)	Blackheath & Bromley	18:26.06	1
3	Millicent Steele (U15G)	Ashford AC	19:10.08	2
4	Lily-Ann Cooper (U15G)	Newmarket Joggers	22:35.72	3

Aldershot Farnham & District Open Graded Meeting, Aldershot Military Stadium (Thurs. 12th June)**Mixed 1000m**

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	3:49.20
2	Abigal Jennings	SENW	Aldershot Farnham & D.	4:21.40
3	Natasha Mitchell	U23W	Southampton A.C.	4:26.89
4	David Mitchell	M50	Southampton A.C.	5:03.50
5	Spencer Gibson	U13B	Aldershot Farnham & D.	5:31.63
6	Susan Payne	W65	Aldershot Farnham & D.	5:45.78
7	Marissa Morley	U15G	Aldershot Farnham & D.	6:14.42
8	Grace Andrews	U15G	Aldershot Farnham & D.	6:24.04
9	Felix Goodchild	U13B	City of Portsmouth AC	6:35.52
10	Tafara Nyoni	U15G	Aldershot Farnham & D.	6:40.51
11	Katherine Smith	W60	Aldershot Farnham & D.	6:41.87
12	Susan Davies	W60	Aldershot Farnham & D.	6:48.19
13	Joshua Williams	U13B	Camberley & District	7:29.63
14	Annie Male	U11G	Aldershot Farnham & D.	7:56.33
15	Annabelle Lee	U11G	Aldershot Farnham & D.	7:56.36

Cheshire Track & Field Grand Prix, Victoria Park Arena, Warrington (Sat. 21st June)**Mixed 1000m**

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U13B	Wrexham A.A.C.	5:01.21
2	Sophie Davidson	U17W	Warriors Pentathlon & AC	5:31.42
3	Nia Vale	U15G	Aberdare Valley A.A.C.	5:54.40
4	Ameka Eardley	U13G	Warriors Pentathlon & AC	6:00.88
5	Nathaniel Hopkins	M35	Kirkby Milers AC	6:01.60
6	Anthony Bell	M60	Lancashire Walking Club	6:06.67
7	Sydney Caraher	U17W	Warriors Pentathlon & AC	6:54.34
8	Sarah Caraher	W35	Warriors Pentathlon & AC	8:10.22

Mixed 600m

Pos	Athlete	AG	Club	Perf.
1	Ellis Jones	U11B	Wrexham A.A.C.	4:03.73 [PB]

**Aldershot Farnham & District Open Graded Meeting, Aldershot Military Stadium (Thurs. 26th June)****Mixed 1 Mile**

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	06:38.15 [SB]
2	Abigal Jennings	SENW	Aldershot Farnham & D.	07:29.49 [SB]
3	Marissa Morley	U15G	Aldershot Farnham & D.	10:14.75 [PB]
4	Spencer Gibson	U13B	Aldershot Farnham & D.	10:44.38 [PB]
5	Helen Hart	W50	Aldershot Farnham & D.	10:45.25 [PB]
6	Tafara Nyoni	U15G	Aldershot Farnham & D.	11:04.02 [PB]
7	Susan Davies	W60	Aldershot Farnham & D.	11:07.23 [PB]
8	Felix Goodchild	U13B	City of Portsmouth AC	11:35.80 [PB]

Eastern Masters AC Track & Field Championships, Biggleswade (Sat. 28th June)**Mixed 2000m**

Pos	Athlete	Club	Perf.	Rank
1	Melanie Peddle (W55)	Loughton Athletic Club	10:59.0	1
2	Adam Hills (M45)	Bedford Harriers	11:06.8	1
3	Aleksandra Majewska-Ani (W35)	Charnwood AC	11:35.0	1
4	Helen Middleton (W60)	Enfield & Haringey AC	12:57.9	1
5	John Borgars (M75)	Herts Pheonix	14:13.3	1
6	Susan Barnett (W75)	Cambridge & Coleridge	14:17.8	1
7	Pat Brightman (W70)	Great Yarmouth	15:35.2	1
8	Sharon Crowley (W65)	Fairlands Valley Spartans	16:42.4	1
9	Isabel Fischer (W55)	Eastern Masters	19:11.7	2

‘B’ Judged Races**Ken Livermore Relays, QEII Stadium, Enfield (Sat. 31st May)*****Family Pairings Dominate Livermore Relay***

Following the success of last year's event the 2025 edition was staged at the QEII Stadium with Margaret and members of the Livermore family in attendance, **reports Ron Wallwork**. Coral, Ken's daughter presented the awards, and his son Neal and grandson Jake took part in the relay.

The warm humid conditions made things uncomfortable for the competitors but didn't curb their enthusiasm or application. The popularity of this relay race prompted some new and returning participants, covering a range of age and abilities which made for a most entertaining and enjoyable event.



Family pairings occupied the top two positions in this the second edition of the Relays and the winners surpassed the event record by a good margin.

Pos	Team	Athletes	Time
1	Southampton AC	Natasha & David Mitchell	51:18
2	Blackheath & Bromley	Jonny & Matthew Ellerton	54:22
3	Tonbridge & Bromley	Grazia Manzotti & Florence Watson	56:03
4	Aldershot F & D.	Abigail & Ian Jennings	57:35
5	Newmarket Joggers	Suzanne Bailey & George Wilkinson	59:00
6	Veterans AC	Chik Ha Kwok & Min Biu	60:10

7	Loughton AC	John Borgars & Melanie Peddle	61:03
8	Belgrave & Moulton	Mark Culshaw & Tony Wilkinson	62:26
9	Brentwood Beagles	Stuart Bennett & John Taylor	62:56
10	AFD (<i>The Blue Lobsters</i>)	Grace Andrews & Marissa Morley	65:31
11	BERTS (Bedford & Herts)	Sheila Levy & Helen Middleton	67:51
12	Enfield & Haringey	Sue Barnett & Fiona Bishop	69:51
13	Cambridge & Surrey	David Hoben & Taro Tyson	72:01
14	Livermore Family	Neal & Jake Livermore	83:00

VAC 5k Walk Championships, Battersea Park (Tue. 3rd June)

The third of the regular Battersea Park races once again had an average field on a cloudy evening, **reports David Hoben**, the expected rain luckily held off.

The winners for the first time were husband and wife Man Biu Lam and Chik Ha Kwok both first claim VAC, who have been ever-present in events since their arrival in UK.

Mixed 5km

Pos	Athlete	Club	Perf.	Rank
1	Chik Ha Kwok (W50)	Veterans Athletic Club	30:33	1
2	Man Biu Lam (M65)	Veterans Athletic Club	30:58	1
3	Maureen Noel (W60)	Belgrave Harriers	32:41	2
4	David Walsh (M60)	Enfield & Haringey AC	33:00	2
5	Fiona Bishop (W65)	Woking Athletic Club	34:44	3
6	Stephen Allport (M45)	Striders of Croydon	36:22	3
7	David Hoben (M70)	Surrey Walking Club	38:02	4
8	Lynne Drummond (W70)	Herne Hill Harriers	40:29	4

4th South Yorkshire League, Millhouses Park (Thur. 19th June)

On a very hot evening we knew that times were going to be slower and Tony racing 5km would have to suffer the heat for over 30 minutes. Compared to the two 3km walkers Tony would have 10 extra minutes to lose time on his handicap, **reports Brian Adams**.

Chris Bent seemed to be affected least as he was only 27 seconds down on his time in the cooler May event. Probably relying on his experience of numerous races over 50km, 100km, 100 miles and 24 hours (199 km!) The walkers did draw closer together as the race progressed but didn't change positions.

Pos	Athlete	AG	Club	Clock/Actual
1	Chris Bent	M75	Buxton Athletic Club	33:08/23:30
2	Megan Walmsley	U15G	Keng Edward VII School	33:30/22:42
3	Tony Bell	M60	Lancashire Walking Club	34:22/34:22

Johnson Bowl 4 Mile Norman Park, Bromley (Wed. 2nd July)

On a warm, pleasant evening with good conditions 42 walkers faced the starter, **reports Shaun Lightman**, many attempting to walk 4 miles in an hour with some good performances at the head of the field. Jonny Ellerton was initially challenged by Trejan Checkeku-Boamah but broke away to win by a minute. Trejan fell back and was overtaken by Grazia Manzotti however in a late rally Trejan just managed to edge out Grazia. Many were pleased to achieve their goal of one hour.

Mixed 4 Mile

Pos	Athlete	Club	Perf.
1	Jonny Ellerton	Blackheath & Bromley HAC	34:49
2	Trejan Checkeku-Boamah	Blackheath & Bromley HAC	35:43
3	Grazia Manzotti	Tonbridge Athletic Club	35:48
4	Matthew Ellerton	Blackheath & Bromley HAC	39:45
5	Chik Ha Kwok	Veterans Athletic Club	39:54
6	Man Biu Lam	Veterans Athletic Club	39:57
7	Florence Watson	Blackheath & Bromley HAC	41:36
8	James Critchley	Unattached	44:59
9	Steve Pairman	Blackheath & Bromley HAC	45:31
10	Iain Swatton	Blackheath & Bromley HAC	47:36
11	Stephen Allport	Striders of Croydon	47:45
12	David Hoben	Surrey Walking Club	48:08
13	John Turner	Blackheath & Bromley HAC	49:25
14	Julie Brabner	Zero to Hero	50:47
15	Karen Harding	St Francis Church	51:17
16	Janette Miller	Zero to Hero	51:48

17	Andrew Liems	Zero to Hero	51:48
18	Peter Lane	Zero to Hero	52:19
19	Janette Atkinson	Zero to Hero	52:27
20	Judith Shalketon	Zero to Hero	52:27
21	Zoe Kingsmill	Blackheath & Bromley HAC	52:46
22	Nicola Stone	Zero to Hero	52:59
23	Jo Webb	Zero to Hero	52:59
24	Unknown	Unknown	52:59
25	Sheila Low	Unattached	53:55
26	Jennie Hawkins	Hayes Ladies Walking Group	53:55
27	Paul Miles	Zero to Hero	53:55
28	Jim Phelan	Blackheath & Bromley HAC	53:55
29	Dee Reffell	Zero to Hero	56:03
30	Rosemary Daniels	Zero to Hero	56:57
31	Carol Goskie	Zero to Hero	57:55
32	Catherine Bruce	Petts Wood Runners	57:58
33	Andrew Laws	Blackheath & Bromley HAC	58:19
34	Shirley Griffiths	Hayes Ladies Walking Group	59:40
35	Karen Drennan	Hayes Ladies Walking Group	59:53
	Mark Culshaw	Cambridge Harriers	DNF
	Jannet Emma	Zero to Hero	DNF
	Marther Light	Zero to Hero	DNF
	Susan Hall	Zero to Hero	DNF
	Glynis Phillips	Hayes Ladies Walking Group	DNF

U15 3 Miles

Pos	Athlete	Club	Perf.
1	Luke Eperon	Blackheath & Bromley HAC	33:48
2	Eliama Harding	St Francis Church	37:46

R.W.A. Fixture List Circulation

Computer problems have hampered the Fixture List service recently.

Noel Carmody kindly attached the May issue to his circulation of Race Walking Record, but it was not possible to deal with the June issue at all.

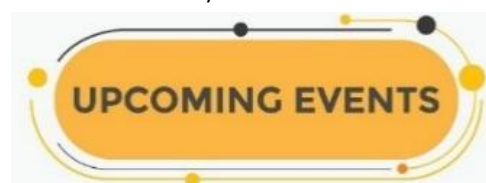
We are now getting to grips with the corruption of the Distribution Lists, but have not overcome all the problems.

The "best attempt" at the July issue was circulated at about 4:00 p.m. on the 30th June. If you did not receive it or did receive it, despite having asked to be removed, inform Pauline.Wilson@btinternet.com a.s.a.p. and the appropriate adjustment will be made.

Some new fixtures may also have been missed; notification to Pauline will result in immediate circulation of an amendment.

Thanks for your tolerance.

Pauline Wilson & Peter Cassidy



July

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
Wed. 16 th	A Winchester & Dist. T & F Open (2000m)	Winchester
Thu. 17 th	A Manx Harriers Walks	Douglas
Sat. 19 th	A S.I.A.B. Schools International	Derby
Sat. 19 th	B Lancs W.C. Fred Pearce Trophy Relay	Simister
Sun. 27 th	A England Athletics Senior/U23/U20 Championships	Birmingham

August

Sun. 3 rd	A U.K.A. Championships	Birmingham
Sat. 9 th	B Lancs W.C. Goodwin Cup (10km)	Chorley
Sun. 10 th	A England Athletics Age Group Championships	Birmingham
16/17 th	B Surrey Walking Club/Centurions 1911 - 100 Miles	Lewes