



Race Walking Record

August 2025



Cameron Corbishley
selected to represent Great
Britain & Northern Ireland at the
2025 World Athletics
Championships in Tokyo



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 |

Training

Level 1 Race Walking Official - Virtual Classroom

UPCOMING COURSE - UPCOMING COURSE - UPCOMING COURSE -

LEVEL 1 RACE WALKING OFFICIAL

- ✓ Learn the rules of race walking
- ✓ Understand cautions and infringements
- ✓ Learn what makes a good Race Walking Judge



8th October 2025



To find out more, search:
bit.ly/L1RaceWalkJudge



Search for the course at [Qualifications & CPD \(athleticshub.co.uk\)](https://athleticshub.co.uk)

Tokyo World Championships Selection



Congratulations to Cameron Corbishley (Medway & Maidstone AC) who is coached by Andi Drake on his selection to represent Great Britain & Northern Ireland in the 35 kilometre walk at the forthcoming World Athletics Championships (13-21 September) in Tokyo. Cameron will be in action on the first day of the championships as the 35 km walk is scheduled commence at 0800 hours local time.

200 club 200 club 200 club

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

| | £25.00 | £15.00 | £10.00 |
|-------|---------------|-------------------|--------------|
| Sept. | Peter Cassidy | John Constandinou | Ron Wallwork |

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.

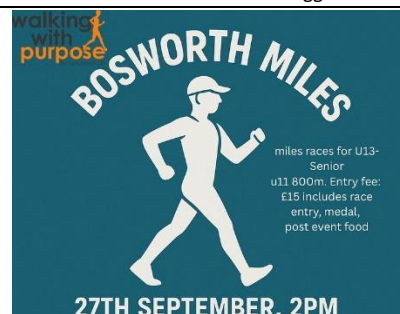
National Championships

England Athletics Age Group Championships, Alexander Stadium, Birmingham (Sun. 10th August)

Timothy Perry was the stand out performer, knocking over two minutes from his previous best for the 3000m walk, clocking 14:40.34.

Mixed 3000m

| Pos | Athlete | AG | Club | Perf. | Rank |
|-----|-------------------|------|--------------------|---------------|------|
| 1 | Timothy Perry | U15B | Northern (IOM) AC | 14:40.34 [PB] | 1 |
| 2 | Florence Watson | U17W | Blackheath & Brom. | 18:04.97 | 1 |
| 3 | Ellin Wilson | U15G | Ashford A.C. | 18:12.16 | 1 |
| 4 | Millicent Steele | U15G | Ashford A.C. | 18:37.20 [PB] | 2 |
| 5 | Cerys Fitzpatrick | U15G | Carmarthen Hs. | 18:43.03 | G |
| 6 | Sophie Davidson | U17W | Warriors P.A.C. | 19:34.96 | 2 |
| 7 | Sophie Blundell | U15G | Newmarket Joggers | 20:05.86 | 3 |



Overseas

Grand Prix International de Monthey (SUI) (Sat. 30th & Sun 31st August)

Steve Allen (Barnet & Dist.) competed in Switzerland at the Grand Prix International de Monthey to celebrate the 60th birthday of Monthey Club de Marche. The weekend involved two races – a 10,000m walk on Saturday at Stade du Verney à Monthey followed by a celebration dinner then an eight kilometre hill race (721 metres of ascent) from Epinassey to Mex with a hill top picnic lunch.



10,000m (Sat. 30th Aug.)

| Pos | Athlete | Nation | Perf | Notes |
|-----|--------------|--------|--------------|------------------------|
| 1 | Norbert Toth | | HUN 42:13.86 | |
| 2 | Matteo Duc | | FRA 43:30.31 | |
| 3 | Jakub Mažgut | | SVK 44:04.99 | |
| 15 | Steve Allen | | GBR 64:56.37 | 3 rd Master |

8km Hill Race (Sun. 31st Aug.)

| Pos | Athlete | Nation | Perf | Notes |
|-----|--------------|--------|-----------|-------|
| 1 | Come Martin | | FRA 50:14 | |
| 2 | Albert Kukla | | CZE 51:04 | |
| 3 | Norbert Toth | | HUN 52:19 | |
| 18 | Steve Allen | | GBR 70:16 | |

'A' Judged Races

Manx Harriers 5km, N.S.C, Douglas (Thur. 17th Jul.)

Mixed 5km

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------|-------|
| 1 | Neil Wade | SENM | Manx Harriers | 23.17 |
| 2 | Tim Perry | U15B | Northern (IOM) AC | 25.30 |
| 3 | Rachael Greham | W40 | Manx Harriers | 27.09 |
| 4 | Chris Addy | M35 | Manx Fell Runners | 28.37 |
| 5 | Marie Jackson | W60 | Manx Harriers | 30.31 |
| 6 | Jayne Farquhar | W55 | Manx Harriers | 31.15 |
| 7 | Dale Glover | SENM | Unattached | 32.01 |
| 8 | Karen Mercer | W45 | Unattached | 32.43 |
| 9 | Jim Caley | M55 | Manx Fell Runners | 35.25 |
| 10= | Sharon Counsell | W55 | IOM Veterans AC | 35.39 |
| 10= | Phill Swales | M60 | Northern AC | 35.39 |
| 12 | Cory Addy | W35 | Unattached | 36.16 |

2km

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|---------------|-------|
| 1 | Lilee Fletcher-M | U15G | Manx Harriers | 10:27 |

1km

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------------|------|---------------|-------|
| 1 | Jay-Jay Fletcher-M | U13B | Manx Harriers | 05:05 |
| 2 | Leo Gleave | U11B | Manx Harriers | 07:36 |

400m

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------|-----|------------|-------|
| 1 | Miles Graham | U/K | Unattached | 03:18 |



Aberdare Endurance Race Walk Open & BMC #3, Aberdare (Tue. 12th August)

1000m

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|---------------------|---------|
| 1 | Megan Chantrell | U17W | Cardiff A.A.C. | 5:50.60 |
| 2 | Gwen Fitzpatrick | U13G | Carmarthen Harriers | 6:43.42 |

3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|---------------|------|--------------------------|---------------|
| 1 | Bethan Davies | SENM | Cardiff A.A.C. | 14:19.52 |
| 2 | Nia Vale | U15G | Aberdare Valley | 20:00.75 [PB] |
| 3 | Kieron Butler | M50 | Trowbridge Athletic Club | 22:14.03 |

Aberdare Endurance Race Walk Open & BMC #3, Aberdare (Tue. 12th August)

Development 800m

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------|------|----------------|--------------|
| 1 | Ellis Jones | U11B | Wrexham A.A.C. | 4:51.22 [PB] |

Mixed 2000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------------|------|--------------------------|----------|
| 1 | Spencer Jones | U13B | Wrexham A.A.C. | 11:14.10 |
| 2 | Sophie Davidson | U17W | Warriors Pentathlon & AC | 11:18.35 |
| 3 | Daniel Purcell | U15B | Menai Track & Field | 12:34.12 |
| 4 | Ameka Eardley | U13G | Warriors Pentathlon & AC | 12:53.74 |
| 5 | Sydney Caraher | U17W | Warriors Pentathlon & AC | 13:14.47 |
| 6 | Nathaniel Hopkins | M35 | Kirby Milers AC | 13:22.56 |
| 7 | Isabelle-Grace Wilson | U15G | Warriors Pentathlon & AC | 14:09.54 |

Tonbridge AC Mike Rowbottom Memorial Bank Holiday Open Meeting (Mon. 25th August)

Guy Thomas returned to competition after a twelve month absence, to dominate the 3000m walk with an excellent time of 12:09.83.

Mixed 1000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|--------------------------|--------------|
| 1 | Ethan Hunstone | U13B | Blackheath & Bromley | 5:32.08 [PB] |
| 2 | Luke Eperon | U15B | Blackheath & Bromley | 5:43.27 |
| 3 | Carol Tsang | W45 | Tunbridge Wells Harriers | 6:54.78 |
| 4 | Andrew Deighton | M60 | Tunbridge Wells Harriers | 7:24.45 |

Mixed 3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------------|---------------|
| 1 | Guy Thomas | SENM | Tonbridge Athletic Club | 12:09.83 [SB] |
| 2 | Jessica Wilton | U23W | Ashford Athletic Club | 15:21.96 |
| 3 | Emily Ghose | SENM | Tonbridge Athletic Club | 15:48.72 [SB] |
| 4 | Grazia Manzotti | W55 | Tonbridge Athletic Club | 16:39.21 |
| 5 | Selina Hawker | W45 | Tonbridge Athletic Club | 22:04.59 |

Masters

British Masters 5000m Championships, Pingles Stadium, Nuneaton (Sun. 24th Aug.)



Eighteen entries for the BMAF 5000m Championships was reduced to fifteen by the time the race started on a fine day at Nuneaton, **reports Andrew Clough**. There were hopes that Melanie Peddle's W55 record from Pescara in 2023 could be improved. From the start she, main rival Grazia Manzotti and Marcin Wojtowicz moved away from the field. Carolyn Derbyshire and Trevor Jones were not far behind.

Grazia was never headed, coming home in 27:50.00, just over 25 seconds short of the record. Marcin and Melanie, in that order, followed around ten seconds behind. All earned either a season or personal best. Carolyn was the W45 winner in 29:39.00 and Trevor first of three M65s home in 29:42.80. Two athletes were disqualified, and one decided to pull out just short of the finish. Only the W55 and M65 groups had more than one starter, so every finisher received a medal.

Mixed 5000m

| Pos | Athlete | AG | Club | Perf. | Rank |
|-----|-------------------------|-----|---------------------|----------|------|
| 1 | Grazia Manzotti | W55 | Tonbridge A.C. | 27:50.00 | 1 |
| 2 | Marcin Wojtowicz | M35 | Winchester & Dist. | 27:59.60 | 1 |
| 3 | Melanie Peddle | W55 | Loughton A.C. | 28:01.30 | 2 |
| 4 | Carolyn Derbyshire | W45 | Nuneaton Harriers | 29:39.00 | 1 |
| 5 | Trevor Jones | M65 | Steyning A.C. | 29:42.80 | 1 |
| 6 | Martin Slevin | M60 | Headington R.R. | 31:18.60 | 1 |
| 7 | Peter Boszko | M75 | Birchfield Harriers | 31:25.20 | 1 |
| 8 | Steve Uttley | M65 | Ilford A.C. | 31:28.00 | 2 |
| 9 | Robert Egan | M50 | Spa Striders | 32:40.50 | 1 |
| 10 | Paul Belcher | M70 | Bridgend A.C. | 34:11.00 | 1 |
| 11 | Trevor Dixon | M65 | Oxford City | 34:59.90 | 3 |
| 12 | Fiona Bishop | W65 | Woking A.C. | 39:16.60 | 1 |
| | Aleksandra Majewska-Ani | W35 | Charnwood A.C. | DNF | |
| | Ian Richards | M75 | Steyning A.C. | DQ | |
| | Brian Smith | M70 | Eastern Masters | DQ | |

Enfield Race Walking League One Hour Track Walk & Supporting Races, QEII Stadium (Sat. 30th Aug.)

Mixed 1 Hour

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|-----|--------------------------|--------|
| 1 | Melanie Peddle | W55 | Loughton Athletic Club | 10,027 |
| 2 | Colin Harle | M65 | Belgrave Harriers | 9,532 |
| 3 | Chik Ha Kwok | W50 | Veterans Athletic Club | 9,105 |
| 4 | Miraiker Wallace | W60 | Cambridge & Coleridge AC | 8,945 |
| 5 | Man Biu Lam | M65 | Veterans Athletic Club | 8,886 |
| 6 | Maureen Noel | W60 | Belgrave Harriers | 8,701 |
| 7 | John Arthur | M60 | Veterans Athletic Club | 8,415 |
| 8 | Suzanne Bailey | W60 | Newmarket Joggers | 8,071 |
| 9 | Sue Barnett | W75 | Enfield & Haringey AC | 8,068 |
| 10 | Fiona Bishop | W65 | Enfield & Haringey AC | 7,136 |

Mixed 3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------|---------|
| 1 | Mark Selby | M50 | Unattached | 19:59.5 |
| 2 | Lily-Ann Cooper | U15G | Newmarket Joggers | 21:34.2 |

Mixed 2000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------|---------|
| 1 | Sophie Blundell | U13G | Newmarket Joggers | 12:27.5 |

'B' Judged Races

6th South Yorkshire League, Millhouses Park (Tue. 11th Aug.)

Humid again, Tony Bell decided to tackle 3km rather than his usual 5km as he was still suffering from the efforts of his 10km victory in the Goodwin Cup in Chorley two days earlier, *writes Brian Adams*. Chris Bent was first away and again seemed least affected by the heat as no one was able to catch him, and he beat his handicap target by 24 seconds. Meghan Walmsley initially lost ground on Chris early on but was pulling him back quickly in the last kilometre to be the only other person to beat their handicap mark. No change of position took place in this race. Tony has a 3 point lead over Meghan in the series with Chris a further point back and two races to go.

| Pos | Athlete | AG | Club | Watch/Actual |
|-----|-----------------|------|------------------------|--------------------|
| 1 | Chris Bent | M75 | Buxton Athletic Club | 22:54/22:54 [5km] |
| 2 | Meghan Walmsley | U15G | King Edward VII School | 23:14/22:50 [3km] |
| 3 | Mathaniel Salih | U13B | Greystones School | 23:49/04:03 [600m] |
| 4 | Helen Elleker | W65 | Totley Athletics Club | 24:17/20:22 [3km] |
| 5 | Tony Bell | M60 | Lancashire W.C. | 25:50/21:38 [3km] |

Surrey WC 100 Mile, Lewes Track (Sat. 16th - Sun. 17th Aug.)

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



As starter Roger Michell fired his pistol at 12 noon on Saturday 16th August sending the 35 participants (out of 39 entered) on their way it marked an historic milestone: the 100th occasion of the Centurions 100 Miles in 24 Hours event. Promoted by Surrey WC this year and hosted by Lewes AC it was held in cool and overcast conditions in marked contrast to the heat of the previous day, followed by clear skies and bright sunshine. Ideal conditions.

A third of the competitors were Dutch and Belgian and a significant increase in the number of GB participants made the prospect of new Centurion qualifiers a distinct possibility. Jonathan Hobbs C1212 took the lead from the gun and looked comfortable and determined, and attention was drawn to Bart de Vries of the Rotterdam club who looked strong and led a tracking group of half a dozen experienced walkers. Positions fluctuated throughout the first half of the race with four early departures around the 25 miles mark, followed by a number who reached 50 miles which they saw as a respectable distance to withdraw as their times made completion of 100 miles in 24 hours difficult. As night fell so lap times slowed for many and despite determined efforts more walkers called time, some sensibly as their physical discomfort impeded their progression.

However, as the race entered its 4th quarter, so interest was heightened by determined walking from those in the middle order, such as newcomer Maraiker Wallace of Cambridge & Coleridge AC, Eric Boler from Minnesota, Sophie Watterson-Jones from the Isle of Man, and Loes van Bremen, RWV, who in particular was moving up the field. At the front Jonathan was forced to take over an hour of extended periods of rest to combat cold and sickness and dropped to 3rd position but a night time revival led him to regain ground on Bart de Vries who still maintained a strong lead. As lap times slowed so attendants and supporters gave encouragement and assessments to walkers what needed to be done to meet the 100 miles target. Early morning warmth helped but not enough for an increasing number to depart the track. The ever-youthful Andrew Titley C1038 had to contend with a strong finishing Ignace Mattys C1190 and in the mix was Marco van Heel, RWV, with the experienced Frank van der Gulik a constant threat. As the end approached only 9 completed the 100 miles in 24 hours. The winner being Bart de Vries in 21:11:36 with Jonathan C1212 second in 21:44:25 and Ignace Mattys C1190 from Belgium third in 22:53:58.

The event produced three new Centurions, two Dutch and one Belgian. The Hew Neilson C145 trophy was awarded to Bart de Vries as new C1223, and the Brian Scrivens Memorial trophy to Loes van Bremen as first new woman Centurion C1225. Marco van Heel finished 5th and became new Centurion C1224. Jonathan retained the Hammond Trophy as the 1st existing Centurion and also won the RWA Wilkinson Sword for his first place in the national championship. The Ken Smith Memorial trophy for the most meritorious performance was presented to Andrew Titley C1038.

In summary, a well organised event by Surrey WC and the Centurions with support from Steyning AC, with the excellent commentary by John Lees C488 and David Ainsworth C540 of the main race contributing to its success. The 100 lap Challenge Relay was keenly supported by participants of all age groups and attracted teams and individuals who

all completed just over a marathon distance. It provided a lot of fun for all who took part. A successful conclusion.



Bart De Vries



Loes Van Breman

Mixed 100m

| Pos | Athlete | AG | Club | Perf. [New Centurion] |
|-----|---------------------|------|-------------------------|-----------------------|
| 1 | Bart De Vries | SENM | R.W.V. (NED) | 21:13.36 [C1223] |
| 2 | Jonathan Hobbs | SENM | Ashford A.C. | 21:44:25 |
| 3 | Ignace Matthys | M65 | Dwars Door Brakel (BEL) | 22:53:58 |
| 4 | Andrew Titley | M60 | Isle of Man Veterans | 23:01.47 |
| 5 | Marco Van Heel | M55 | R.W.V. (NED) | 23:13.10 [C1224] |
| 6 | Remco Luhrman | M60 | R.W.V. (NED) | 23:23:52 |
| 7 | Kurt Tempels | M50 | Hanske de krijger (BEL) | 23:33:59 |
| 8 | Loes Van Breman | SENM | R.W.V. (NED) | 23:39:15 [C1225] |
| 9 | Frank Van Der Gulik | M45 | R.W.V. (NED) | 23:51.48 |
| | Cristian Fernandez | M45 | R.W.V. (NED) | DNF [86.330 miles] |
| | Sophie Watterson | SENM | Isle of Man | DNF [85.584 miles] |
| | Corina Riezebos | W55 | R.W.V. (NED) | DNF [84.093 miles] |
| | Frans Leijtens | M45 | R.W.V. (NED) | DNF [83.844 miles] |
| | Gabriel Farmer | M54 | Unattached | DNF [82.602 miles] |
| | Eric Boler | M55 | Minnesota (USA) | DNF [78.128 miles] |
| | Martin Fisher | M60 | Lancashire W.C. | DNF [78.128 miles] |
| | Miraiker Wallace | W60 | Cambridge & Coleridge | DNF [74.648 miles] |
| | Helen Middleton | W60 | Enfield & Haringey | DNF [72.163 miles] |
| | Man Bu Lam | M65 | Veterans A.C. | DNF [68.683 miles] |
| | Chik Ha Kwok | W50 | Veterans A.C. | DNF [68.434 miles] |
| | David Annetts | M60 | Cambridge & Coleridge | DNF [62.221 miles] |
| | Jonathon Dumelow | M40 | Burton A.C. | DNF [62. 221 miles] |
| | Arjan Bogerd | M50 | R.W.V. (NED) | DNF [62. 221 miles] |
| | John Arthur | M60 | Unattached | DNF [60.978 miles] |
| | Wilfred Van Brennan | SENM | R.W.V. (NED) | DNF [56.504 miles] |
| | Rob Tersteeg | M45 | R.W.V. (NED) | DNF [53.521 miles] |
| | Sue Clements | W70 | Cambridge & Coleridge | DNF [50.290 miles] |
| | John Constantinou | M50 | Birchfield Harriers | DNF [50.042 miles] |
| | Roy Gunnnett | M75 | Lancashire W.C. | DNF [50.042 miles] |
| | Sandra De Graaf | W55 | R.W.V. (NED) | DNF [50.042 miles] |
| | Richard Cole | M70 | Knivesmire Harriers | DNF [43.082 miles] |
| | Chris Cattano | M60 | Southend-on-Sea AC | DNF [27.175 miles] |
| | Haydn Kenna | M65 | Isle of Man Veterans | DNF [26.181 miles] |
| | Colin Moore | M65 | Isle of Man Veterans | DNF [25.187 miles] |
| | John Borgars | M75 | Loughton A.C. | DNF [14.251 miles] |

Southend City Community Track & Field Open, Garon Park, (Mon. 25th Aug.)

Twenty-two faced the starter in oppressive heat. Phil Barnard was never troubled as he continued winning ways with a hat-trick of victories (2023/24/25) added to his 2013 win. A proverbial icing on the cake was that he's getting faster as his latest win was best: 7:24.87. The frame was filled by in-form Upminster-based Belgravian Colin Harle 2nd and a comeback making Shoeburyness-based Centurion Chris Cattano 3rd. First lady was Linda Mountfield, who always gives a good account of herself at Garon Park when clocking 10:04.23 for 4th

overall. Linda's trademark blistering pace down the home straight, enabling her just to pip John Arthur (5th) by a fraction of a second.

**Mixed 1 Mile**

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------------|------|------------------------|----------|
| 1 | Philip Barnard | M40 | Harwich Athletics Club | 07:23.87 |
| 2 | Colin Harle | M65 | Belgrave Harriers | 09:04.13 |
| 3 | Chris Cattano | M60 | Southend-on-Sea AC | 09:39.93 |
| 4 | Linda Mountford | W35 | Southend-on-Sea AC | 10:04.23 |
| 5 | John Arthur | M65 | Veterans Athletic Club | 10:04.69 |
| 6 | Richard Maskell | M45 | Southend-on-Sea AC | 10:30.98 |
| 7 | Keith Palmer | M60 | Southend-on-Sea AC | 10:44.87 |
| 8 | Steve Allen | M65 | Unattached | 10:47.88 |
| 9 | Lily-Ann Cooper | U15G | Newmarket Joggers | 11:22.31 |
| 10 | Ciara Tubman | U13G | SS Athletics | 12:07.72 |
| 11 | Sofia Motin | U13G | Southend-on-Sea AC | 12:08.05 |
| 12 | Carol Robinson | W50 | Southend-on-Sea AC | 12:23.56 |
| 13 | Graham Frisby | VM | Unattached | 12:23.56 |
| 14 | Emma Palmer | VW | Southend-on-Sea AC | 12:23.66 |
| 15 | Pat Brightman | W70 | Great Yarmouth AC | 12:35.22 |
| 16 | Ivy Cain | U13G | Southend-on-Sea AC | 12:53.62 |
| 17 | Ella Palmer-Traer | U13G | Southend-on-Sea AC | 13:01.37 |
| 18 | Emma Frisby | U15G | Woodford Green | 13:43.90 |
| 19 | Pamela Frisby | VW | Unattached | 13:57.73 |
| 20 | Val Mountford | VW | Unattached | 14:44.36 |
| 21 | Shaheda Arthur | W65 | Veterans Athletic Club | 15:26.68 |
| 22 | David Aninsworth | M75 | Ilford Athletic Club | 15:53.31 |

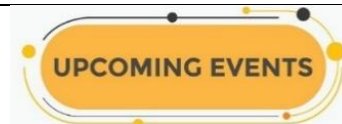
Enfield Race Walking League One Hour Track Walk & Supporting Races, QEII Stadium (Sat. 30th Aug.)

Mixed 1 Hour

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|------------------------|-------|
| 1 | Ian Richards | M75 | Steyning Athletic Club | 9,365 |
| 2 | Diana Braverman | W70 | Enfield & Haringey AC | 7,532 |
| 3 | Dave Hoben | M70 | Surrey Walking Club | 7,314 |
| 4 | Sheila Leavy | W70 | North Herts RRC | 6,731 |
| 5 | Shaheda Arthur | W65 | Veterans Athletic Club | 5,725 |

Mixed 3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|------------|---------|
| 1 | James Critchley | M60 | Unattached | 20:06.9 |

**Sept.**

| | | | |
|-----------------------|---|--|------------|
| Sat. 6 th | B | Lancashire WC 1 Hour Track Walk | Bury |
| Sat. 6 th | A | Eastern Masters League Final | Thurrock |
| Sat. 10 th | A | Biggleswade Open Track & Field – 1 Mile | Sandy |
| Sat. 13 th | A | BMAF Track & Field Championships – 3000m | Derby |
| Sun. 14 th | A | Kent Masters & U13 Championships | Gillingham |
| Sat. 20 th | A | English Schools Championships | Chelmsford |
| Sat. 20 th | B | Lancashire WC Fred Pearce Relays | Simister |
| Wed. 24 th | B | Police UK/Civil Service Championships | Evesham |
| Sat. 27 th | A | Biggleswade Open Graded Meeting – 3000m | Sandy |
| Sat. 27 th | A | Bosworth Miles | Leeds |