



Race Walking Record

November 2025



Amelia Emmett (U15) – Spencer Gibson (U15)



Trejan Checheku-Boamah (U17) – Ellin Wilson (U17)

Southern Area Young Athlete Track Champions 2025

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



DATES FOR YOUR DIARY

UK National/International 2026 Fixtures

UKA have published fixtures for 2026 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
18 th Jan.	England Athletics Indoor Championships	Sheffield
25 th Jan.	Guadix City Race Walking Grand Prix	Guadix (ESP)
14 - 15 Feb.	UKA Indoor Championships	Birmingham
21 – 22 Feb.	British Masters Indoor Championships	Lee Valley
7 th Mar.	45 th Dudinska 50	Dudince (SVK)
12 th Apr.	WA Race Walking Team Championships	Brasilia (BRA)
25 th Apr.	Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)
9 th May	94 th Poděbrady Walking	Podebrady (CZE)
9 – 10 May	County Championship Weekend	Various
16 th May	33 rd International Grand Prix of Racewalking	Rio Maior (POR)
31 st May	V GPI Madrid Marcha Silbo Telecom	Madrid (ESP)
20 - 21 June	UKA Outdoor Championships	Awaits
3-5 July	EA U20 and Senior Outdoor Championships	Birmingham
16 – 19 July	European Athletics U18 Championships	Rieti (ITA)
18 – 19 July	British Masters Outdoor Championships	Awaits
25 - 26 July	EA Age Group Championships	Birmingham
27 Jul - 1 Aug.	XXIII Commonwealth Games	Scotland
19 Sept.	English Schools Race Walk Championships	Awaits

Rest in Peace

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

- Paul Jarman (Surrey Walking Club/Stock Exchange AC)
- Vic Collins (Woodford Green AC/City of London Police)



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

	£25.00	£15.00	£10.00
Dec.	Margaret Livermore	Ann Perry	Lancashire WC

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.



2026 U20/U17/U15 Indoor Championships Entry Standards

- Entry Standards must be achieved between - 1st January 2025 –18th January 2026.
- Entry standards must be obtained at a licensed competition, which is a level 1 or level 2 competition held within the UK or an event with a World Athletics permit if the standard is obtained abroad. To view a list of licensed competitions please use this link <https://fixtures.myathletics.uk/>
- Wind Assisted times will not be accepted.
- Performances will only be accepted for the correct weight implement/height for that age group.

Male			Event	Female		
U20	U17	U15		U15	U17	U20
7.15	7.40	8.00	60m Max 64 Entries	8.30	8.10	7.95
22.80	23.50	25.50	200m Max 35 Entries	27.40	26.40	26.00
		42.00	300m Max 42 Entries	44.00	42.20	
52.00	53.70		400m Max 42 Entries			59.00
1:57.00	2:00.00	2:09.00	800m Max 24 Entries	2:22.00	2:19.00	2:17.00
4:02.00	4:11.00	4:26.00	1500m Max 28 Entries	4:54.00	4:53.00	4:51.00
*18:00	18:00	18:00	Race Walk Max 16 Entries	20:00	20:00	*20:00
9.00	9.10	9.60	60m Hurdles Max 56 Entries	10.15	9.50	9.50
1.90	1.83	1.62	High Jump Max 14 Entries	1.52	1.61	1.63
4.10	3.80	2.60	Pole Vault Max 14 Entries	2.40	3.00	3.35
6.60	6.20	5.35	Long Jump Max 14 Entries	4.90	5.30	5.50
13.30	12.60	10.50	Triple Jump Max 14 Entries	10.00	10.70	11.00
13.00	12.50	11.00	Shot Putt Max 14 Entries	10.00	11.50	11.00

- There are no entry standards for Combined Event Championships. There will however be minimum starting heights in the vertical jumps:

	U15G	U15B	U17W	U17M	U20W	U20M	SW	SM
High Jump	1.11	1.20	1.24	1.38	1.26	1.45	1.30	1.45
Pole Vault				2.00		2.50		2.80

Entry standard for Senior Age Group

N.B - Maximum entry number is per gender/per event. E.G – U15G 60m = 64, U15B 60m = 64.

Version – 1 (November 2025)

Enter at: [Roster Athletics · England Athletics Senior & U20 Indoor Combined Event Championships 2026. Incorporating the Indoor Para Championships](#)



2026 European Championships Selection Policy -Race Walks
UK Athletics have published the 2026 European Championships Race Walks selection policy. There will be no trial event for athletes wishing to be considered for the Race Walking Events.

To be considered for selection, athletes must achieve a European Athletics Entry Standard (as set out below) within the qualification periods.

Men	Event	Women
1:26:15 1:21:00 (20km)	Half Marathon RW	1:36:20 1:31:00 (20km)
3:11:00 2:33:00 (35km)	Marathon RW	3:40:00 2:57:00 (35km)

The qualification periods are as follows:

- Half Marathon Race Walk: **25 January 2025 to 14 June 2026**
- Marathon Race Walk: **25 January 2025 to 26 April 2026**

The full policy can be viewed [here](#).



National Coaches WhatsApp Group

Tom Bosworth is looking to create a dedicated WhatsApp group to help coaches and event organisers collaborate and stay connected. This could be a great way to streamline communication. It's will solely be for race information, dates and results.

Email Tom (tbosworth5@gmail.com) if you would like to be included in the National Coaches WhatsApp group.

World Athletics Race Walking Team Championships Timetable

TIMETABLE
LOCAL TIME

SUNDAY 12 APR 2026

Time	Event	Gender
7:00	MARATHON RACE WALK	M/W
7:30	U20 10KM RACE WALK	M
8:30	U20 10KM RACE WALK	W
11:05	HALF MARATHON RACE WALK	M
12:50	HALF MARATHON RACE WALK	W

Overseas

12th Prague Hour Track Walks, Prague (CZE) (Sat. 1st Nov.)

Men's 1 Hour

Pos	Athlete	Nation	Perf.	10,000m
1	Christopher Linke		GER	14,462 41:33.12
2	Dominik Černý		SVK	14,209 42:10.96
3	Nick Christie		USA	14,013 42:27.73
4	Albert Kukla (U23M)		CZE	13,570 43:36.10
5	Adam Zajíček (U23M)		CZE	12,997 46:42.10
16	Steve Allen (M65)		GBR	09,807

27 started; 27 finished.

Women's 1 Hour

Pos	Athlete	Nation	Perf.	10,000m
1	Christina Papadopoulou		GRE	12,829 46:56.95
2	Emá Hačundová		SVK	12,646 47:35.98
3	Hana Černá		SVK	12,531 47:42.53
4	Brit Schröter		GER	10,514 56:59.96
5	Dagmara Holecová		SVK	10,206 58:53.48

10 started; 10 finished.

'A' Judges Races

98th Enfield Open 7 Mile, Enfield (Sat. 7th Nov.)

The final fixture of 2025 Enfield Race Walking League saw 26 walkers compete in bright, slightly chilly conditions.

Thanks to the efforts of John Hall and Tony Wilkinson the course had been swept clear of leaves and conkers prior to the start!

The Newmarket Joggers team were all in attendance hoping to secure victory in the league team competition along with newcomer and U13 prize winner Rio McAndrew. Cerys Fitzpatrick again made the trip from Wales to participate in the junior competition and was awarded the U15 prize.

The overall race winner was Melanie Peddle making it the third successive time a woman has taken the title. The runner up and taking the men's title was Trevor Jones. The prize for the first Centurion was awarded to Stuart Bennett.

Members of the Hercock family were in attendance to support the event and present prizes. Thank you to everyone who made this a successful event.

Mixed 7 Mile

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55	Loughton Athletic Club	68:00
2	Trevor Jones	M65	Steyning Athletic Club	68:59
3	Peter Gregoire	M50	Steyning Athletic Club	69:31
4	Colin Harle	M65	Belgrave Harriers	71:35
5	Jacqueline Benson	SENW	Ashford Athletic Club	74:40
6	Stuart Bennett	M65	Brentwood Beagles AC	74:50
7	Micheal George	M55	Unattached	75:57
8	Emma Keeley	SENW	Cambridge & Coleridge AC	77:44
9	John Arthur	M60	Unattached	79:30
10	Miraiker Wallace	W60	Cambridge & Coleridge AC	80:26

Mixed 5 Mile

Pos	Athlete	AG	Club	Perf.
1	Suzanne Bailey	W60	Newmarket Joggers	60:49
2	Susan Barnett	W75	New Market Joggers	62:26

Mixed 3 Mile

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	SENM	Newmarket Joggers	26:32
2	Cerys Fitzpatrick	U15G	Carmarthen & Dist. Harriers	30:40
3	Anne Jones	W70	Steyning Athletic Club	37:40
4	Sheila Leavy	W70	North Herts Road Runners	41:00

Mixed 2 Mile

Pos	Athlete	AG	Club	Perf.
1	Sophie Blundell	U15G	Newmarket Joggers	20:16
2	Lily-Ann Cooper	U15G	Newmarket Joggers	22:04

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Rio McAndrew	U13B	Newmarket Joggers	09:17

Up and Running (Isle of Man) Winter League #2, National Sports Centre, Douglas (Sun. 16th Nov.)

Mixed 10km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Bryony Barron	W40	Unattached	(76:34)	68:48
2	Michelle Turner	W50	Manx Harriers	(76:52)	56:43
3	Erika Lockley	SENW	Northern (IOM) AC	(77:02)	49:46
4	Anthony Kneale	M70	Unattached	(77:14)	76:33
5	Jim Caley	M55	Manx Fell Runners	(77:38)	68:48
6	Karen Mercer	W45	Unattached	(77:52)	67:49
7	Andy Baxendale	M55	Isle of Man Veterans	(78:02)	70:02
8	Chris Addy	M35	Manx Fell Runners	(78:20)	56:24
9	Neil Wade	M35	Manx Harriers	(78:39)	47:50
10	Louise Hollings	W45	Manx Harriers	(78:48)	71:08
11	Yanisa Sananueah	W55	Manx Harriers	(78:50)	70:00
12	Cameron Corbishley	SENM	Medway	(79:36)	42:20

Race Walking Record – November 2025

13	Tony Artz	M60	Unattached	(80:08)	80:08
14	Jane Artz	W55	Unattached	(80:09)	80:09
15	Colin Moore	M65	Isle of Man Veterans	(83:48)	72:32
16	Kiera Heavey	SW	Unattached	(85:33)	67:17

Mixed 5km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Robbie Lambden	M40	Unattached	(43:47)	43:47
2	Lilee Fletcher	U15G	Manx Harriers	(52:55)	26:44
3	Michelle Turner	W40	Unattached	(53:10)	38:39
4	Marie Jackson	W65	Manx Harriers	(54:34)	30:10
5	Robbie Lambie	M70	Western	(54:55)	33:03
6	Honey Mae Davis	U17W	Manx Harriers	(55:13)	31:21
7	Rachel Thomas	W45	Manx Harriers	(56:00)	41:08
8	Sharon Counsell	W55	Isle of Man Veterans	(56:08)	38:10
9	Holly Salter	U17W	Northern (IOM) AC	(56:18)	28:26
10	Tia Parkinson	SENW	Unattached	(56:51)	43:59
11	Rob Clynes	M60	Unattached	(57:42)	43:11

Mixed 3km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U17M	Northern (IOM) AC	14:44
2	Spencer Jones	U15B	Wrexham A.A.C.	15:57
3	Jay Jay Fletcher	U15B	Manx Harriers	17:29
4	Polly Davies	U15G	Manx Harriers	18:03
5	Luis Richardson	U15B	Unattached	21:02
6	Sydney Caraher	U17W	Warriors Pentathlon AC	21:12

Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Jack Davies	U13B	Manx Harriers	11:28
2	Marissa Morley	U15G	Aldershot Farnham & Dist.	12:12
3	Ameka Eardley	U13G	Warriors Pentathlon AC	12:34

Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Ellis Jones	U13B	Wrexham A.A.C.	6:20
2	Tafara Nyoni	U17W	Aldershot Farnham & Dist.	6:35
3	Charlee Fletcher	U11G	Unattached	6:59
4	Amelia Cain	U11G	Unattached	7:48
5	Sarah Caraher	W40	Warriors Pentathlon AC	8:16
6	Kirree Craine	U11G	Northern (IOM) AC	8:24

Mixed 500m

Pos	Athlete	AG	Club	Perf.
1	Travis Caraher	U11B	Warriors PAC	3:33
2	Onnee Thomas	U11G	Manx Harriers	3:41
3	Leo Taylor	U11B	Unattached	3:41
4	Aalin Perry	U11B	Northern (IOM) AC	3:49
5	Willow Taylor	U11G	Unattached	4:11
6	Ossy Addy	U11B	Unattached	5:23

Surrey Walking Club Track Walks inc. Southern Area Championships & Surrey WC Xmas Cup (Sat. 19th Nov.)

Despite the weather conditions there were some impressive times, and several personal bests were recorded.

Under 15 Boys 2000m

Pos	Athlete	AG	Club	Perf.
1	Spencer Gibson	U15B	Aldershot Farnham & District	11:09.8 [PB]
2	Seth Muddle	U15B	Lewes Athletic Club	11:38.1
3	Rio McAndrew	U15B	Newmarket Joggers	11:38.6 [PB]
4	Stanley Taylor	U15B	Lewes Athletic Club	11:52.0 [PB]
5	Matthew Tomsett	U15B	Ashford Athletic Club	11:54.2 [PB]
6	Luke Eperon	U15B	Blackheath & Bromley HAC	12:30.7

Under 15 Girls 2000m

Pos	Athlete	AG	Club	Perf.
1	Amelia Emmett	U15G	Bexley Athletic Club	11:53.6 [PB]
2	Sophie Blundell	U15G	Newmarket Joggers	12:03.1 [PB]
3	Athira Nair	U15G	Cambridge & Coleridge AC	13:08.7 [PB]
4	Amber Jackson	U15G	Thanet Athletic Club	13:24.8 [PB]

Under 17 Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U17M	Blackheath & Bromley HAC	16:19.4
2	Charlie Perry	U17M	Lewes Athletic Club	16:31.0

Under 17 Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U17W	Ashford Athletic Club	16:35.8 [PB]
2	Florence Watson	U17W	Blackheath & Bromley HAC	17:11.8
3	Millicent Steele	U17W	Ashford Athletic Club	18:10.0 [PB]
4	Lily-Ann Cooper	U17W	Newmarket Joggers	20:47.8 [PB]

Senior Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	David Crane	SENM	Surrey Walking Club	26:52.0 [SB]
2	Matthew Ellerton	SENM	Blackheath & Bromley HAC	32:23.4 [SB]

Senior Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & District	25:00.1
2	Jessica Wilton	SENW	Ashford Athletic Club	26:24.9
3	Emily Ghose	SENW	Tonbridge Athletic Club	27:54.7 [SB]
4	Melanie Peddle	SENW	Loughton Athletic Club	28:47.4
5	Emma Keeley	SENW	Cambridge & Coleridge AC	31:38.6 [PB]
6	Geraldine Legon	SENW	Bexley Athletic Club	DQ TR54.7.5

'B' Judged Races

Midland Winter League #2, Stourport (Sun. 23rd Nov.)

A cold and windy day but bright and dry greeted a very low turnout for the second Midland Winter League Series held on the cycle circuit at Stourport Sports Club, **reports Glyn Jones**. The format of both distances being the 5km and 10km continued in the series by starting off together. Newcomer to the Midland Winter League, Fraser Higginson of Bridgend A.C. led from the start and was unchallenged throughout finishing well clear for both distances. Carolyn Derbyshire continuing to race only 5km maintained her first place for the ladies.

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Fraser Higginson	U20M	Bridgend Athletic Club	30:10
2	Carolyn Derbyshire	W45	Nuneaton Harriers	31:27
3	Diane Brian	W70	Worcester Athletic Club	32:11
4	Hardeep Minhas	M65	Leicester Walking Club	33:21
5	Julie Bellfield	W55	Halesowen Athletic Club	33:35
6	John Constandinou	M50	Birchfield Harriers	33:48
7	Jan McClure	W50	Stratford-upon-Avon AC	33:54
8	Ian Torode	M65	Birchfield Harriers	35:18
9	Lynn Bellfield	W55	Halesowen Athletic Club	35:31
10	Neil Jaggard	M65	Stilton Striders	36:00
11	Paul Hawkins	M65	Stratford-upon-Avon AC	43:05

U11 Boys 1km

Pos	Athlete	AG	Club	Perf
1	Ellis Jones	U13B	Wrexham Athletic Club	06:23

U13 Boys 2km

Pos	Athlete	AG	Club	Perf
1	Spencer Jones	U15B	Wrexham Athletic Club	11:58

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Fraser Higginson	U20M	Bridgend Athletic Club	57:38
2	Hardeep Minhas	M65	Leicester Walking Club	67:42
3	Julie Bellfield	W55	Halesowen Athletic Club	68:44
4	Jan McClure	W50	Stratford-upon-Avon AC	68:53
5	John Constandinou	M50	Birchfield Harriers	69:13
6	Ian Torode	M65	Birchfield Harriers	72:06
7	Lynn Bellfield	W55	Halesowen Athletic Club	72:22
8	Paul Hawkins	M65	Stratford-upon-Avon AC	87:34



2025 UK Outdoor Track

RANKINGS



Cameron Corbishley – Hannah Hopper

3000m Women to 18:00.0

Perf.	Athlete	AG	Club	Venue	Date
14:16.86	Hannah Hopper	U23	Cambridge Hs.	Birmingham	27/07
14:17.54	Bethan Davies	SEN	Cardiff A.A.C.	Aberdare	22/07
14:25.37	Abigail Jennings	SEN	Aldershot F & D	Birmingham	27/07
14:50.4	Natasha Mitchell	U23	Southampton AC	Portsmouth	05/05
15:19.15	Jessica Wilton	U23	Ashford AC	Ashford	11/05
15:48.72	Emily Ghose	SEN	Tonbridge AC	Tonbridge	25/08
16:08	Lillie Fletcher-Merryweather	U15	Manx Harriers	Douglas	07/09
16:08.76	Melanie Peddle	V55	Loughton AC	Derby	13/09
16:08.97	Grazia Manzotti	V55	Tonbridge AC	Bury St. Ed.	26/04
16:35.8	Ellin Wilson	U15	Ashford AC	Tonbridge	29/11
16:39.88	Melanie Peddle	V55	Loughton AC	Bury St. Ed.	26/04
16:44.20	Carolyn Derbyshire	W45	Nuneaton Hs.	Derby	13/09
16:49.82	Aleksandra Majewska-Ani	V35	Charnwood AC	Derby	13/09
16:57.90	Florence Watson	U17	Blackheath & Brom.	Tonbridge	21/04
16:58.90	Beatrice Fury	SEN	Medway & Maid	Tonbridge	21/04
17:05.73	Erika Pontarollo	SEN	Hyde Park Hs.	Moulton	12/04
17:21.4	Honey Mae-Davies	U17	Manx Harriers	Douglas	13/09
17:28.85	Sophie Davidson	U17	Warriors PAC	Derby	19/07
17:35.90	Joanne Hesketh	V55	Steyning AC	Crawley	10/05
17:36.81	Cerys Fitzpatrick	U15	Carmarthen Hs.	Aberdare	22/07
17:52.84	Cerys Bithell	U20	Newmarket J	Chelmsford	20/09

5000m Women to 32:00.0

Perf.	Athlete	AG	Club	Venue	Date
24:24.42	Hannah Hopper	U23	Cambridge H	Birmingham	03/08
24:47.93	Bethan Davies	SEN	Cardiff AAC	Birmingham	03/08
24:54.66	Abigail Jennings	SEN	Aldershot F & D	Birmingham	03/08
25:58.97	Jessica Wilton	U23	Ashford AC	Aldershot	12/01
25:59.53	Natasha Mitchell	U23	Southampton AC	Crystal Palace	08/06
27:50.00	Grazia Manzotti	V55	Tonbridge AC	Nuneaton	24/08
27:54.7	Emily Ghose	SEN	Tonbridge AC	Tonbridge	29/11
28:01.30	Melanie Peddle	V55	Loughton AC	Nuneaton	24/08
28:47	Holly Salter	U17	Northern (IOM)	Douglas	07/09
29:38.82	Aleksandra Majewska-Ani	V35	Charnwood AC	Madeira (POR)	11/10
29:39.00	Carolyn Derbyshire	V45	Nuneaton H	Nuneaton	24/08
30:19.05	Wendy Kane	V55	Nuneaton H	Madeira (POR)	11/10
31:10.01	Susan Payne	V65	Aldershot F & D	Madeira (POR)	11/10
31:26	Holly-Mae Davies	U17	Manx Harriers	Douglas	07/09
31:27.44	Diane Brian	V70	Droitwich AC	Madeira (POR)	11/10
31:38.6	Emma Keeley	SEN	Cambridge & Col.	Tonbridge	29/11

10000m Women to 65:00.0

Perf.	Athlete	AG	Club	Venue	Date
50:54.32	Hannah Hopper	U23	Cambridge Hs.	Cardiff	28/06
52:39.10	Bethan Davies	SEN	Cardiff A.A.C.	Cardiff	28/06
52:42.88	Abigail Jennings	SEN	Aldershot F & D	Moulton	12/04
54:14.18	Natasha Mitchell	U23	Southampton AC	Moulton	12/04
56:57	Erika Lockley	SEN	Norther (IOM) AC	Douglas	07/09
57:04.32	Grazia Manzotti	V55	Tonbridge AC	Horspath	24/05
57:32	Rachael Greham	V40	Manx Harriers	Douglas	07/09
61:54.01	Carolyn Derbyshire	V45	Nuneaton Hs.	Horspath	24/05
62:17.0	Susan Payne	V65	Aldershot F & D	Bromley	04/10
63:15	Jayne Farquhar	V55	Manx Harriers	Douglas	07/09
63:59.0	Chik Ha Kwok	V60	Veterans AC	Bromley	04/10
64:46.0	Maureen Noel	V60	Belgrave Harriers	Bromley	04/10

3000m Men to 15:00.0

Perf.	Athlete	AG	Club	Venue	Date
11:27.63	Cameron Corbishley	SEN	Medway & Maid.	Birmingham	27/07
12:09.83	Guy Thomas	SEN	Tonbridge AC	Tonbridge	25/08
13:17.73	Luc Legon	SEN	Bexley AC	Ashford	11/05
13:23.5	Neil Wade	V35	Manx Harriers	Douglas	13/09
14:33.1	Timothy Perry	U15	Northern (IOM) AC	Douglas	13/09
14:35.37	Jonathan Hobbs	SEN	Ashford AC	Ashford	11/05

5000m Men to 26:00.0

Perf.	Athlete	AG	Club	Venue	Date
19:51.83	Cameron Corbishley	SEN	Medway & Maid.	Birmingham	03/08
21:38.67	Christopher Snook	SEN	Aldershot F & D	Birmingham	03/08
23:19.99	Luc Legon	SEN	Bexley AC	Birmingham	03/08
24:48.48	Jonathan Hobbs	SEN	Ashford AC	Aldershot	12/01
25:36	Timothy Perry	U15	Northern (IOM) AC	Douglas	07/09
25:56.75	Jonathan Ellerton	U20	Blackheath & Brom.	Crystal Palace	08/06

10000m Men to 55:00.0

Perf.	Athlete	AG	Club	Venue	Date
41:54.77	Cameron Corbishley	SEN	Medway & Maid.	Moulton	12/04
52:29.8	Ken Cheung	V45	Stubbington Green	Bromley	04/10



Upcoming Events

Dec.

Sat. 6 th	B	Lancashire WC Dick Maxwell Memorial (10k)	Simister
Sun. 7 th	A	Manx Winter League #3	Douglas
Sun. 7 th	B	Midland Winter League #3	Warwick Un.
Fri. 26 th	B	Annual City of Southend Pier Race	Southend Pier
Fri. 26 th	B	Brighton Boxing Day Walks	Preston Park

Jan. 26

Sat. 17 th	A/B	Infield Race Walking League	Donkey Lane
Sun. 18 th	A	England Athletics Indoor Championships	Sheffield
Sun. 18 th	A	Welsh U20/U15/U13 Indoor Championships	Cardiff
Sat. 24 th	B	Steyning Open Road Walks (5/10/15km)	Steyning

Feb. 26

Sun. 8 th	A	Sale Harriers Winter Indoor Series – 1000m	Manchester
Sat. 14 th	A	EMAC/SCVAC Indoor Championships	Lee Valley
Sun. 15 th	A	UK Athletics Indoor Championships	Birmingham
Sat. 21 st	A/B	Infield Race Walking League	Donkey Lane