



# Race Walking Record

February 2026



**Cameron Corbishley – Bethan Davies  
UKA Indoor 3000m Champions 2026**



## Steeplechase, Walks & Endurance Festival (WA Ranking Competition) 2<sup>nd</sup> May 2026

**West Suffolk Arena  
Bury St. Edmunds Leisure Centre  
Beetons Way  
IP33 3TT**

### Steeplechase races:

1200m U14 @ 76.2cm  
1500m U16G / U18W / U20W / SW @ 76.2cm  
2000m U17W / U20W /SW @ 76.2cm  
3000m U20/SW @ 76.2cm  
1500m U16B /U18M/ V60M @76.2cm  
1500m U18M @ 83.8cm  
2000m U18M @ 83.8cm  
2000m U20M/SM @91.4cm  
3000m U20M/SM @ 91.4cm

Also: 1 mile  
5000m  
1000m Walk (Juniors developmental race)  
2000m Walk  
3000m Walk

Entry fee: £15 per race

Entries online at: [Home | Steeplechase Festival](#)

UKA Event Licence number: OUT 26/079

For further information please contact:

**David Cripps**  
[david.cripps7@outlook.com](mailto:david.cripps7@outlook.com)

07484811982

[www.englandathletics.org](http://www.englandathletics.org)



Enter at [Home | Steeplechase Festival](#)



## **England Athletics Selection Policy for World Athletics Race Walking Challenge – Madrid**

**31<sup>st</sup> May 2026**

### **Overview**

England Athletics values the importance of competitive race-walking opportunities for developing athletes looking to gain international experience and therefore intend to select athletes for competitive opportunities who the Selection Panel believes have the potential to make future England and Great Britain teams at major championships on the track or road.

### **Eligibility**

To be considered for selection for this team:

- Athletes must be U20 or Senior.
- DOB for Junior
  - U18 (2009/2010 Year of Birth)
  - U20 (2008/2007 Year of Birth)
- Athletes must be eligible to compete for England in accordance with [World Athletics eligibility rules](#). This includes holding a full British passport.
- Athletes must not be currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct.
- Athletes must be currently registered as a member with England Athletics, directly or through a club.
- Athletes will be required to sign the England Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so before the date of the competition will result in their selection being withdrawn.
- Athletes wishing to be selected must complete an expression of interest by 18:00 on Friday 10<sup>th</sup> April 2026. The link to the expression of interest can be found [here](#).

### **Events**

England Athletics may select up to 1 senior + 2 juniors per event

- U20/U18 Men – 5km
- U20/U18 Women - 5km
- Senior Men – 10km
- Senior Women - 10km

### **Qualification Standards**

<b><u>Men</u></b>	<b><u>Event</u></b>	<b><u>Women</u></b>
15:45/13:00	3000m U18/U20	17:30/14:45
26:30/23:00/21:30	5000m U18/U20/Sen	30:00/27:30/26:00
42:00	10,000m	48:30

*\*U23 can apply and 10,000m QS are 44:25 for men and 52:15 for women\**





## DATES FOR YOUR DIARY

### UK National/International 2026 Fixtures

Listed are the known major domestic and international events. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
18 <sup>th</sup> Jan.	England Athletics Indoor Championships	Sheffield
25 <sup>th</sup> 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 <sup>th</sup> Mar.	45 <sup>th</sup> Dudinka 50	Dudince (SVK)
12 <sup>th</sup> Apr.	WA Race Walking Team Championships	Brasilia (BRA)
25 <sup>th</sup> Apr.	Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)
9 <sup>th</sup> May	94 <sup>th</sup> Poděbrady Walking	Podebrady (CZE)
9 – 10 May	County Championship Weekend	Various
16 <sup>th</sup> May	33 <sup>rd</sup> International Grand Prix of Racewalking	Rio Maior (POR)
31 <sup>st</sup> May	V GPI Madrid Marcha Silbo Telecom	Madrid (ESP)
20 – 21 June	UKA Outdoor Championships	Birmingham
27-28 June	Welsh Senior & U18 Championships	Cardiff
3-5 July	EA U20 and Senior Outdoor Championships	Bedford
16 – 19 July	European Athletics U18 Championships	Rieti (ITA)
18 – 19 July	British Masters Outdoor Championships	Awaits
25 – 26 July	EA U16 & U18 Championships	Bedford
27 Jul - 1 Aug.	XXIII Commonwealth Games	Scotland
15 <sup>th</sup> Aug	European Athletic Championships – Walks	Birmingham
19 <sup>th</sup> Sept.	English Schools Race Walk Championships	Awaits

## National Championships

### Novuna UK Athletics Indoor Championships, Utilita Arena, Birmingham (Sun. 15<sup>th</sup> Feb.)

In a combined race, the men's and women's 3000m race walks finals saw British number one Cameron Corbishley (Medway & Maidstone, Andi Drake) take the spoils in men's race, moving away from his competitors over the final four laps or so to cross over in a time of 11:55.16, a season's best.

Only a penalty denied silver medallist Guy Thomas (Tonbridge, Verity Snook) a likely personal best time as he clocked for silver in 12:36.46 from a field of four men, with just two medals consequently awarded.

Returning to the British indoor championships for the first time in four years, Bethan Davies (Cardiff, Andi Drake) racked up another British title with a time of 14:00.94, Abigail Jennings (Aldershot Farham & District, Verity Snook) some ten seconds or so further back to collect silver with 14:11.59, and Jessica Wilton (Ashford, Christopher Hobbs) just outside 15 minutes with 15:01.59 for bronze.

#### Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SEN	Medway & Maidstone AC	11:55.13
2	Guy Thomas	SEN	Tonbridge Athletic Club	12:36.46 [PZ]

3	Fraser Higginson	U20	Bridgend Athletic Club	16:32.68
4	David Mitchell	M50	Southampton Athletic Club	16:47.31 [PB]

#### Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Bethan Davies	W35	Cardiff A.A.C.	14:00.94 [SB]
2	Abigail Jennings	SEN	Aldershot Farnham & Dist.	14:11.59 [SB]
3	Jessica Wilton	U23	Ashford Athletic Club	15:01.59 [PB]
4	Emily Ghose	SEN	Tonbridge Athletic Club	15:21.40 [SB]
5	Natasha Mitchell	U23	Southampton Athletic Club	15:37.80 [SB]
6	Grazia Manzotti	W55	Tonbridge Athletic Club	16:50.76 [PZ]
7	Melanie Peddle	W55	Loughton Athletic Club	16:56.76 [PZ]
8	Carolyn Derbyshire	W45	Nuneaton Harriers	17:49.23

## Overseas

### Open Masters Games, Abu Dhabi (6<sup>th</sup> – 15<sup>th</sup> Feb.)

#### M65 5000m (10<sup>th</sup> Feb.)

Pos	Athlete	Nation	Perf	Notes
1	Leszek BEHOUNEK		POL 27:27.22	
2	Waldemar MALECKI		POL 31:13.38	
3	William VAN HEYINGEN		CUR 31:33:75	
5	Hardeep MINHAS		GBR 33:38:56	
6	Ian TORODE		GBR 36:24.82	

8 started, 8 finished.

#### M65 3000m (12<sup>th</sup> Feb.)

Pos	Athlete	Nation	Perf	Notes
1	Leszek BEHOUNEK		POL 16:02.58	
2	William VAN HEYINGEN		CUR 19:09.33	
3	Hardeep MINHAS		GBR 19:29.51	
5	Ian TORODE		GBR 20:45.36	

5 started, 5 finished.

#### M65 1500m (14<sup>th</sup> Feb.)

Pos	Athlete	Nation	Perf	Notes
1	Leszek BEHOUNEK		POL 7:37.64	
2	William VAN HEYINGEN		CUR 9:10.70	
3	Hardeep MINHAS		GBR 9:22.67	
4	Ian TORODE		GBR 9:33.43	

5 started, 5 finished.

## Masters

### British Masters Indoor Championships, Lee Valley Athletics Centre (Sat. 21<sup>st</sup> Feb.)

Sixteen athletes entered, split into two races. The women and M70+ went first, Carolyn Derbyshire and Melanie Peddle quickly separating themselves from the rest of the field. By the third lap they had passed the back marker and Melanie pulled away steadily to finish in 16:39.95. Carolyn followed about a minute behind, with Susan Payne a minute further back. Celia Cordran was the only other finisher, around a minute and a half inside her previous best. Unfortunately one walker dropped out to focus on his full programme of other events, and three were disqualified.



The second race was for all the other men's age groups. The M65 promised a good battle between three experienced walkers, and so it proved to be. The young pairing of Marcin Wojtowicz and Ashley Wright moved away early, but Ashley could not hold the pace and dropped back to make a small pack with Steve Allen and Colin Harle. Marcin continued his rapid pace to win in 16:41.07. Meanwhile Steve Allen and Colin were joined by Steve Uttley to complete the M65 triumvirate. They fought out the second half of the race, finishing in that order, over a minute behind, separated by ten seconds each. Matthew Ellerton passed a flagging Ashley to take fifth place.

#### Women & M70+ 3000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Melanie Peddle	W55	Loughton Athletic Club	16:39.95	1
2	Carolyn Derbyshire	W45	Nuneaton Harriers	17:34.80	1
3	Susan Payne	W65	Aldershot Farnham & D.	18:34.09	1
4	Celia Cordran	W45	Brentwood Beagles	20:37.82	2
	Mike Herring	M85	Kettering Town Hs.	DNF	
	Fiona Usher	W60	Lincoln & Dist. Runners	DQ TR54.7.1	
	Ian Richards	M75	Steyning Athletic Club	DQ TR54.7.1	
	Maureen Noel	W60	Belgrave Harriers	DQ TR54.7.1	

#### Men 35-65 3000m

Pos	Athlete	AG	Club	Perf.	Rank
1	Marcin Wojtowicz	M40	Winchester & Dist.	16:41.07	1
2	Steve Allen	M65	Barnet & District AC	18:03.75	1
3	Colin Harle	M65	Belgrave Harriers	18:13.62	2
4	Steve Uttley	M65	Ilford Athletic Club	18:25.28	3
5	Matthew Ellerton	M50	Blackheath & Bromley	18:48.82	1
6	Ashley Wright	M35	Harborough AC	18:53.16	1
	Martin Murray	M55	Newquay & Par AC	DQ TR54.7.1	

## 'A' Judged Races

### Sale Harriers Winter Indoor Series, Manchester (Sun. 8<sup>th</sup> Feb.)



#### Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U15B	Wrexham A.A.C.	4:55.99 [iPB]
2	Harry Richards	U13B	Valley Striders AC	5:00.49 [iPB]
3	Irene Iosi	SENW	Manchester Metropolitan Uni.	5:09.02
4	Ameka Eardley	U13G	Warriors Pentathlon & AC	6:00.71 [iPB]
5	Ellis Jones	U13B	Wrexham A.A.C.	6:36.15
6	Taylor Williams	U13G	Carmarthen & District AC	6:49.93
7	Owen Weatherall	U15B	Menai Track & Field	6:59.25
	Nigel Shaw	SENM	Lancashire Walking Club	DNF

### Up and Running (Isle of Man) Winter League Walk, Round 4 NSC Roadway, Douglas (Sun. 8<sup>th</sup> Feb.)

After the cancellation of the January event due to unsafe weather conditions the final race was much anticipated and despite a fixture clash with a local fell race, still had a good entry, particularly in the junior races, **reports Alan Callow**.

All races 1km 3km 5km and 10km started together and from the start leading it our was under 15 girl Lilee Fletcher-Merryweather who lead all the racers, including all the seniors, which she held until her

finish line at 3km. She not only showed great pace and control throughout but excellent race walking skills.

Her time was a surprise to many but something that she has shown capable of recently.

Behind her other junior were also excelling. The Davies trio of Honey-Mae (5km), Holly (3km) and Jack (2km) not only with personal best times but also with great technique. Tim Perry, while looking under the weather, still fought hard for a 5km time many would love to record and has great potential at national level in the UK.

Amy Surgeon has worked hard over the last couple of years and is now showing the results of this and was close to recording a time under 30 mins. Holly Salter showed excellent walking skills and another who shows great potential to excel at race walking.

It was refreshing to see Grace Mercer taking part her ability to smile through the 3km shows the spirit in which the event is carried out

It was great to see five youngsters tackling the 1km event and all should be encouraged to continue with race walking.

Seniors took part over 5km and 10km and throughout showed hard work and application to their racing.



All did well but at 5km there was an outstanding performance by veteran performer Marie Jackson who put in a superb 5km and recorded a world class time for her age category.

At 10km there was interest up front as Adam Cowin and Erika Lockley lead the way. Adam surprised many with a 49:11 second clocking, ahead of Erika who advised this was in hard training, presumably for future off Island events.

For Adam it's a welcome comeback as he has had to sit out the last few years unable to compete as he wished, but he has obviously retained his love for the event.

It was good to see fine performances throughout all the races with some fine skills on display. Those with Personal bests - Well done and well done to all who took part.

For the statistics as far Manx records show Lilee's time is the best ever 3km time recorded in the under 15 age group. The Manx best was tough as she had to better the performances of British Junior Internationals Caroln Brown, Joanne Clarke and Lauren Whelan

#### Mixed 10km

Pos	Athlete	AG	Club	H.Cap	Actual
1	Adam Cowin	SENM	Manx Harriers	(77:11)	49:11
2	Jim Caley	M55	Manx Fell Runners	(77:57)	65:42
3	Jayne Farquhar	W55	Manx Harriers	(80:04)	62:39
4	Karen Mercer	W45	Unattached	(80:06)	66:52
5	Colin Moore	M65	Isle of Man Veterans	(80:39)	71:12
6	Bryony Barron	W40	Unattached	(80:41)	67:51
7	Erika Lockley	SENW	Northern (IOM) AC	(80:45)	49:28
8	Clare Rundle	W44	Unattached	(81:04)	81:04
9	Yanisa Sananueah	W55	Manx Harriers	(81:39)	70:02
10	Louise Hollings	W45	Manx Harriers	(82:02)	71:35
11	Phill Swales	M60	Northern (IOM) AC	(82:02)	71:35
12	Tony Arzt	M60	Unattached	(82:03)	79:16
13	Jane Arzt	W55	Unattached	(82:03)	79:16
14	Eleana Caley	U20W	Unattached	(83:53)	71:38

**Mixed 5km**

Pos	Athlete	AG	Club	H.Cap	Actual
1	Amy Surgeon	U17W	Manx Harriers	(42:54)	30:53
2	Nucharee Burrige	W55	Unattached	(43:31)	43:30
3	Francesca Signorio	W55	Unattached	(43:40)	43:40
4	Honey Mae Davies	U17W	Manx Harriers	(43:52)	30:02
5	Tim Perry	U17M	Northern (IOM) AC	(44:44)	25:20
6	Marie Jackson	W65	Manx Harriers	(45:11)	30:27
7	Holly Salter	U17W	Northern (IOM) AC	(45:28)	29:00
8	Michelle Turner	W40	Unattached	(46:44)	40:29
9	Gordon Erskine	M80	Unattached	(49:10)	43:56
10	Sharon Counsell	W55	Isle of Man Veterans	(49:29)	41:29
11	Robbie Lambden	M40	Unattached	(52:10)	51:03

**Mixed 3km**

Pos	Athlete	AG	Club	Perf.
1	Lillee Fletcher	U15G	Manx Harriers	14:24
2	Polly Davies	U15G	Manx Harriers	17:44
3	Jack Davies	U13B	Manx Harriers	18:37
4	Grace Mercer	U13G	Unattached	25:38

**Mixed 1km**

Pos	Athlete	AG	Club	Perf.
1	Amelia Cain	Age 8	Unattached	7:33
2	Leo Taylor	Age 7	Unattached	7:34
3	Willow Taylor	Age 5	Unattached	8:21
4	Ossy Addy	Age 6	Unattached	9:22
5	Aalin Perry	Age 6	Northern (IOM) AC	10:39

**Enfield Race Walking League, Enfield (Sat. 21<sup>st</sup> Feb.)**

A number of regular participants were saving themselves for the BMAF Indoor championships at Lee Valley the following day, so were missing from the line-up for race two of the ERWL 2026 series, **reports Ron Wallwork**. Nevertheless, 25 of the 28 entries faced the starter and almost a third of them were younger age-group walkers who contributed greatly to a vibrant atmosphere.



The absence of some of the League's "big guns" created an opportunity for some serious points gathering by walkers not usually in the frame. Maureen Noel was a League winner in 2015 so is used to podium finishes, but it was the first time for Biu Lam and Emma Keeley so, well done to them.

There was a welcome return by Ashford's Lesley Hall who qualified as a Leaguer in 2019, and Brentwood's Wendy George made a promising debut.

Among the seven young walkers all of whom displayed potential, there was encouraging debuts for Ellin Wilson, Millicent Steele and Gwen Fitzpatrick.

**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Man Biu Lam	M65	Belgrave Harriers	65:33
2	Maureen Noel	W60	Belgrave Harriers	65:54
3	Emma Keeley	SENW	Cambridge & Coleridge AC	66:32
4	Chik Ha Kwok	W50	Belgrave Harriers	66:51
5	Stuart Bennett	M65	Brentwood Beagles	67:27
6	John Arthur	M60	Unattached	69:07
7	Helen Middleton	W60	Enfield & Haringey AC	69:17

8	Fiona Bishop	W65	Woking Athletic Club	78:33
---	--------------	-----	----------------------	-------

**Mixed 8km**

Pos	Athlete	AG	Club	Perf.
1	Suzanne Bailey	W60	Newmarket Joggers	60:43

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Wendy George	W55	Brentwood Beagles	34:18
2	Celia Cordran	W45	Brentwood Beagles	37:33
3	Taro Tyson	M55	Cambridge & Coleridge AC	37:44

**Mixed 3km**

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U16G	Ashford Athletic Club	17:29
2	Millicent Steele	U16G	Ashford Athletic Club	17:44
3	Cerys Fitzpatrick	U14B	Carmarthen & Dist. Harriers	18:15
4	Lily-Ann Cooper	U16G	Newmarket Joggers	20:03
5	Lesley Hall	W65	Ashford Athletic Club	24:41

**Mixed 2km**

Pos	Athlete	AG	Club	Perf.
1	Rio McAndrew	U14B	Newmarket Joggers	11:38
2	Sophie Blundell	U16G	Newmarket Joggers	12:17
3	Gwen Fitzpatrick	U14G	Carmarthen & Dist. Harriers AC	14:09

**Manx Harriers Open Meeting, NSC, Douglas (Sun. 1<sup>st</sup> Mar.)**

The race walkers certainly had the worst of the conditions, with their race starting at 9.30am, being hit by squally rain as well as a strong headwind on the back straight.

All competitors started together, though racing a variety of distances. Neil Wade won the 10km in a new personal best time of 46:35, even more impressive in far from perfect conditions. He has worked tremendously hard to come back from an injury layoff last year and is reaping the rewards.

Adam Cowin continued his comeback after several years out of race walking, and his time of 48:51 was his fastest time since he began racing again last year.

Lilee Fletcher-Merryweather is having a fantastic year and followed her recent IOM and UK record for 3km with a new personal best and IOM record for 5km with a time of 25:48. Tim Perry won the 5km race with 25:14 and Holly Salter third with 27:50.

Source: Manx Athletics Facebook

**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	M35	Manx Harriers	46:35 [PB]
2	Adam Cowin	SENW	Manx Harriers	48:51
3	Jim Caley	M55	Manx Fell Runners	63:59
4	Louise Hollings	W45	Manx Harriers	69:40
5	Alex Townell	M45	Manx Harriers	69:59
6	Colin Moore	M65	Isle of Man Veterans	71:26
	Erica Lockley	SENW	Northern (IOM) AC	DQ TR54.7.1

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U17M	Northern (IOM) AC	25:14
2	Lilee Fletcher	U15G	Manx Harriers	25:48 [PB]
3	Holly Salter	U17W	Northern (IOM) AC	27:50
4	Honey Mae Davies	U17W	Manx Harriers	30:38
5	Amy Surgeon	U17W	Manx Harriers	32:57

**Mixed 3km**

Pos	Athlete	AG	Club	Perf.
1	Polly Davies	U15G	Manx Harriers	18:56
2	Luis Richardson	U15G	Unattached	23:53

**Mixed 2km**

Pos	Athlete	AG	Club	Perf.
1	Jac Davies	U13B	Manx Harriers	11:56



## Essex & Eastern Indoor Championships, Lee Valley Athletic Centre (Sun. 1<sup>st</sup> Mar.)

An excellent turnout of eleven walkers for the Essex & Eastern indoor championships at Lee Valley.



### Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Rio McAndrew	U15B	Newmarket Joggers	5:11.40 [PB]
2	Colin Harle	M65	Belgrave Harriers	5:36.21 [PB]
3	Emma Keeley	SENW	Cambridge & Coleridge AC	5:38.43 [PB]
4	Sophie Blundell	U15G	Newmarket Joggers	5:40.30 [PB]
5	Stuart Bennett	M65	Brentwood Beagles	5:45.22
6	Athira Nair	U15G	Cambridge & Coleridge AC	5:49.11 [PB]
7	Miraiker Wallace	W60	Cambridge & Coleridge AC	5:49.70 [PB]
8	Celia Cordran	W45	Brentwood Beagles	6:14.23 [PB]
9	Lucia Bienzobas	U15G	Cambridge & Coleridge AC	6:21.25 [PB]
10	Wendy George	W55	Brentwood Beagles	6:22.86 [PB]
11	Taro Tyson	M50	Cambridge & Coleridge AC	6:42.70 [PB]

## Midland Area Championships, Stourport (Sun. 1<sup>st</sup> Mar.)

*Inc. County Championships - Staffordshire, Warwickshire, & Worcestershire*

A bright but breezy and dry day greeted a very low turnout for the Midland Championships on the established cycle circuit at Stourport Sports Club, *reports Glyn Jones*. A prior notification of injuries and commitments from some Midland Walkers had a bearing on the low entries. In the circumstances both the men and women started together on the 1km lap on the circuit with Carolyn Derbyshire and Peter Boszko regaining the individual trophies for the 5km and 10km distances respectively. Only one young walker was present being Aimee Thursfield who was on the day in the current U17 age group her first race over 5km.

### Men's 10km

Pos	Athlete	AG	Club	Perf.
1	Peter Boszko	M75	Birchfield Harriers	66:15
2	Hardeep Minhas	M65	Leicester Walking Club	67:29
3	Neil Jaggard	M65	Stilton Striders	71:32
4	John Constandinou	M50	Birchfield Harriers	71:44
5	John Mould	M65	Leicester Walking Club	71:47
6	Paul Hawkins	M65	Stratford-upon-Avon AC	82:45

### Women's 10km

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W45	Nuneaton Harriers	30:47
2	Wendy Kane	W55	Nuneaton Harriers	31:19
3	Diane Brian	W70	Worcester Athletic Club	31:52
4	Aimee Thursfield	U17W	Wolv. & Bilston AC	37:09

## 'B' Judged Races

### Sam Shoebottom 10km, Simister (Sat. 7<sup>th</sup> Feb.)

Given the absence of any club competition since the Dick Maxwell race on 6<sup>th</sup> December, *writes Dave Evans*, it was intriguing to see who has maintained their fitness and who is still recovering from Christmas festivities! The virtual 5k we hold in January would have inspired

colleagues to do at least one high tempo perambulation, so the stage was set for anything.

At least two club members have experienced hot weather in the last two months with Tony Bell in New Zealand and Nigel Shaw in Cape Verde. Both deny travelling to these destinations for warm weather training, however, their performance today makes me think otherwise.

From the off in damp conditions the field of 10 surged forward in the direction of Heaton Park and it was no surprise to see two figures returning from the halfway point virtually in tandem with Tony seizing the initiative by 50 metres or so. As they passed the 5k point in 33:42 and 33:58 respectively it was obvious that both were keen to outwalk each other. Martin Payne and Roy Gunnnett were playing similar games passing the same mark but some 90 seconds later.

Although the weather forecast was relatively poor the rain held off and as the clock showed 64 minutes 30 seconds both Tony and Nigel appeared in that order a straight away from the 10k finish. Who would win the day? My guess was that the leader would not know just how close his pursuer was and this would give that individual an advantage knowing exactly when to strike. As both entered the final 100 metres the gap was shortening, and a final burst of effort gave Nigel a narrow victory. Martin used his longer distance strength to stretch away from Roy in the last 2k and failed by a tad to break the 70 minute barrier.

### 10km

Pos	Athlete	AG	Club	Perf
1	Nigel Shaw	M60	Lancashire Walking Club	65:49
2	Tony Bell	M60	Lancashire Walking Club	65:51
3	Martin Payne	M65	Lancashire Walking Club	70:01
4	Roy Gunnnett	M75	Lancashire Walking Club	72:44
5	Glyn Jones	M80	Coventry Godiva	75:59
6	Joe Hardy	M80	Lancashire Walking Club	76:38

### 5km

Pos	Athlete	AG	Club	Perf
1	Ken Connor	M60	Lancashire Walking Club	33:42
2	Pat Evans	W70	Lancashire Walking Club	38:12
3	Andrea Lennon	W80	Lancashire Walking Club	47:35

## Enfield Race Walking League, Enfield (Sat. 21<sup>st</sup> Feb.)

### 10km

Pos	Athlete	AG	Club	Perf
1	John Borgars	M75	Loughton Athletic Club	73:32

### 8km

Pos	Athlete	AG	Club	Perf
1	Diane Braverman	W70	Enfield & Haringey AC	61:53
2	Paul Frimage	M70	Ryston Runners AC	71:41

### 6km

Pos	Athlete	AG	Club	Perf
1	Shaheda Arthur	W65	Unattached	65:53

### 5km

Pos	Athlete	AG	Club	Perf
1	Shelia Leavey	W70	North Herts Road Runners	43:01

# Upcoming Events

### Mar. 26

Sat. 7 <sup>th</sup>	B	Lancs WC Allison Trophy	Chorley
Sat. 14 <sup>th</sup>	A	<a href="#">England Masters AA Indoor Inter-Area</a>	Lee Valley
Sat. 21 <sup>st</sup>	A	<a href="#">Kent Indoor Championships</a>	Lee Valley
Sat. 21 <sup>st</sup>	A	<a href="#">Hertfordshire Indoor Championships</a>	Lee Valley
Sat 28 <sup>th</sup>	A	<a href="#">Northern Area Championships &amp; Open</a>	Liverpool
Tue. 31 <sup>st</sup>	B	<a href="#">Veterans AC Summer Series &amp; Open #1</a>	Battersea Park

### Apr. 26

Sat. 4 <sup>th</sup>	B	Lancs WC Macclesfield Shield – 10 Mile	Macclesfield
Mon. 6 <sup>th</sup>	A	<a href="#">Tonbridge AC Easter Open (3000/2000m)</a>	Tonbridge
Thur. 16 <sup>th</sup>	A	Manx Harriers Races (5km + Juniors)	Douglas