



Race Walking Record

August 2026



Cameron Corbishley sets British Marathon Race Walk Record of 3:13:31 at European Athletic Championships in Birmingham

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



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 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)
7 th May	94 th Pedebrady Walking	Pedebrady (CZE)
9 – 10 May	County Championship Weekend	Various
16 th May	23 rd International Grand Prix of Racewalking	Rio Maior (POR)
31 st May	V GPI Madrid Marcha Silbo Telecom	Madrid (ESP)
21 st June	UKA Outdoor Championships	Birmingham
28 th June	S.E.A.A. Race Walk Track Championships	Chelmsford
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)
25 – 26 July	EA U16 & U18 Championships	Bedford
27 Jul – 1 Aug.	XXIII Commonwealth Games	Scotland
15 th Aug.	European Athletic Championships – Walks	Birmingham
11 – 13 Sept	British Masters Outdoor Championships	Derby
19 th Sept.	English Schools Race Walk Championships	Bedford
24 th Oct.	Lusatian Race Walking / WA - Silver	Zittau (GER)
20 th Dec.	Dublin GP of Race Walking / WA Silver	Dublin (IRL)



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

	£25.00	£15.00	£10.00
Aug.	Nolan Simmons	Ron Penfold	Ed Shillabeer

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, We 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 Colin Vesty (rwasecretary@yahoo.co.uk) for further details.



Race Walks

Men's Half Marathon (Sat. 15th Aug.)

The athletes with the fastest times immediately moved to the front of the field to establish the pace.

At 5km, Francesco Fortunato (ITA) led the group in 20:31, followed by Mazlum Demir (TUR) in 20:32. Leo Köpp (GER), Maher Ben Hlima (POL), Salih Korkmaz (TUR), Paul McGrath (ESP), Mykola Rushchak (UKR), Álvaro López (ESP) and Andrea Cosi (ITA) remained in close contention.

At 10km, reached in 40:44 (20:13 split), the composition of the leading group remained largely unchanged, with Demir and Ben Hlima having dropped back. McGrath had moved into the lead.



At 13km, McGrath increased the pace. Although it was not yet apparent, this proved to be the decisive moment of the race and ultimately set him on the way to victory.

At 15km, McGrath led in 59:57, with Fortunato at 1:00:18, 21 seconds behind, followed by David Kenny (IRL), Rushchak, Korkmaz and Cosi.

Over the final 5km, Fortunato and Cosi attempted to close the gap on McGrath. At 20km, McGrath remained in front in 1:19:13, followed by Fortunato in 1:19:29, Cosi in 1:19:39 and Rushchak in 1:19:54.

Pos	Athlete	Nation	Perf	Notes
1	Paul McGrath	ESP	1:23:23	PB
2	Francesco Fortunato	ITA	1:23:36	
3	Andrea Cosi	ITA	1:23:49	PB
4	Mukola Rushchak	UKR	1:24:12	NR
5	Salih Korkmaz	TUR	1:24:45	PB
6	David Kenny	IRL	1:24:49	PB
7	Álvaro López	ESP	1:25:25	PB
8	Diego García Carrera	ESP	1:25:41	PB
9	Maher Ben Hlima	POL	1:26:14	NR
10	Jerry Jokinen	FIN	1:26:33	PB
11	Oisín Lane	IRL	1:27:09	PB
12	Albert Kukla	CZE	1:28:01	
13	Kilian Lebreton	FRA	1:28:22	
14	Veli-Matti Partanen	FIN	1:29:07	
15	Gianluca Picchiottino	ITA	1:29:14	
16	Joni Hava	FIN	1:29:25	PB
17	Georgios Kritoulis	GRE	1:29:39	PB
18	Frederick Weigel	GER	1:30:04	
19	Eduardo Camarate	POR	1:30:12	PB
20	Andreas Papastergiou	GRE	1:30:59	PB
21	Hayrettin Yildiz	TUR	1:32:14	PB
22	Tiago Ramos	POR	1:32:28	PB
23	Roman Horbachov	UKR	1:33:44	

24	Konstantinos Ntentopoulos		GRE	1:37:44	SB
	João Vieira		POR	DNF	
	Mazlum Demir		TUR	DNF	
	Leo Köpp		GER	DQ	TR54.7.5

Women's Half Marathon (Sat. 15th Aug.)

Maria Pérez (ESP) established the first European record at the half-marathon distance, as well as a world record of 1:30:06, comfortably inside the World Athletics target time of 1:30:30. The top four athletes all finished inside the European record target time of 1:32:00. Italy's Alexandrina Mihai and Ukraine's Lyudmila Olyanovska claimed the silver and bronze medals in 1:31:04 and 1:31:07, respectively, while France's Pauline Stey narrowly missed out on a medal, finishing fourth in 1:31:12.

At 5km, the leading group passed in 22:42 and comprised Antonella Palmisano (ITA), Pérez, Clémence Beretta (FRA), Antía Chamosa (ESP), Aldara Meilán (ESP) and Olyanovska, followed by Mihai and Stey.

After 12km, Pérez increased the pace and began to open a gap over Palmisano and the rest of the leading group.



At 15km, Pérez led in 1:04:45, followed by Palmisano in 1:05:22, 37 seconds behind, Mihai in 1:05:32, 47 seconds behind, and Olyanovska in 1:05:33, 48 seconds behind. Nicole Colombi (ITA) and Beretta followed.

Palmisano experienced a slight problem between 15km and 16km. At 16km, she was caught by Mihai and Olyanovska, who passed in 1:19:43, while Pérez remained comfortably in front in 1:08:53.

Over the final 6.095km, Pérez maintained her lead. Mihai eventually broke clear of Olyanovska, while Stey overtook and then moved clear of Palmisano to secure fourth place.

Pos	Athlete	Nation	Perf	Notes
1	María Pérez		ESP	1:30:06 WR
2	Alexandrina Mihai		ITA	1:31:04 PB
3	Lyudmila Olyanovska		UKR	1:31:07 NR
4	Pauline Stey		FRA	1:31:12 PB
5	Antonella Palmisano		ITA	1:32:10 PB
6	Ana Delahaie		FRA	1:33:32 PB
7	Clémence Beretta		FRA	1:34:10 PB
8	Mariia Sakharuk		UKR	1:34:28 PB
9	Aldara Meilán		ESP	1:34:53
10	Tiziana Spiller		HUN	1:35:32 NR
11	Nicole Colombi		ITA	1:35:36 PB
12	Antía Chamosa		ESP	1:35:57
13	Vitória Oliveira		POR	1:36:10 NR
14	Meryem Bekmez		TUR	1:36:10 PB
15	Ema Klimentová		CZE	1:36:29 PB
16	Michelle Cantò		ITA	1:37:59
17	Mina Stankovic		SRB	1:38:10
18	Eliška Martínková		CZE	1:38:41 PB
19	Hana Černá		SVK	1:39:47
20	Magdalena Żelazna		POL	1:40:08 PB
21	Anastasia Antonopoulou		GRE	1:40:30 PB
22	Theresia Emma Mohr		AUT	1:40:59
23	Alexandra Kovács		HUN	1:41:45 PB
24	Kader Dost		TUR	1:42:29 PB

25	Austėja Kavaliauskaitė		LTU	1:43:16	
26	Emine Ceylan		TUR	1:43:25	PB
27	Enni Nurmi		FIN	1:44:02	PB
28	Alžbeta Franklová		CZE	1:44:47	SB
29	Anniina Kivimäki		FIN	1:48:02	
30	Modra Liepiņa		LAT	1:48:58	NR
	Heta Veikkola		FIN	DNF	

Men's Marathon (Sat. 15th Aug.)

From the start, Bence Venyericsán (HUN) took the lead and separated the rest of the chasing pack by about thirty seconds, but his advantage never exceeded a minute.

Then, around the 30th kilometre, he was caught by Miguel Angel Lopez (ESP) (2:06:27), who overtook him and gained a few seconds' lead (2:06:31). Behind them were the two Italians Riccardo Orsoni (2:06:39) and Massimo Stano (2:06:40), with Aurelien Quinon (2:07:08) still close behind.

The decisive moment came at the 35th kilometre, when the Stano took the lead and engaged in a duel with Venyericsan until the 38th kilometre. Venyericsan then received a third warning from the judges (a four minute penalty and dropped to sixth place in 3:01:18). Spaniard Miguel Angel Lopez was nine seconds behind, taking silver in 2:56:57, with Frenchman Aurélien Quinon taking bronze (2:59:29). Sweden's Perseus Karlstrom finished fourth (3:00:18), and Italian Riccardo Orsoni fifth in 3:00:44.

Pos	Athlete	Nation	Perf	Notes
1	Massimo Stano		ITA	2:56:49 ER / WL
2	Miguel Ángel López		ESP	2:56:57 PB
3	Aurélien Quinon		FRA	2:59:29 PB
4	Perseus Karlström		SWE	3:00:18 NR
5	Riccardo Orsoni		ITA	3:00:44 PB
6	Bence Venyericsán		HUN	3:01:18 NR
7	Daniel Chamosa		ESP	3:02:32 PB
8	Christopher Linke		GER	3:02:58 PB
9	José Manuel Pérez		ESP	3:03:50 PB
10	Maryan Zakalnytskyi		UKR	3:04:38 PB
11	Norbert Tóth		HUN	3:05:43 PB
12	Serhii Svitlychnyi		UKR	3:05:56 SB
13	Raivo Saulgriezis		LAT	3:07:09 PB
14	Martin Madeline-Degy		FRA	3:08:12 SB
15	Johannes Frenzl		GER	3:09:12 PB
16	Máté Helebrandt		HUN	3:09:22 SB
17	Manuel Bermúdez		ESP	3:10:38 PB
18	Michal Morvay		SVK	3:11:00 PB
19	Cameron Corbishley		GBR	3:13:31 NR
20	Jarmír Morávek		CZE	3:16:36 SB
21	Alexandros Papamichail		GRE	3:18:25 PB
22	Ivan Banzeruk		UKR	3:18:30 SB
23	Michal Duda		SVK	3:20:04 PB
24	Dominik Černý		SVK	3:20:40
25	Ozan Bayram		TUR	3:21:39
26	Georgios Kelepouris		GRE	3:24:37 PB
27	Andreas Karagiannis		GRE	3:44:32 PB
	Andrea Agrusti		ITA	DNF
	Harun Bilir		TUR	DNF

Women's Marathon (Sat. 15th Aug.)

Sofia Fiorini (ITA) and Katarzyna Zdzieblo (POL) walked shoulder to shoulder during the early stages of the race until the 25km mark, reached in 1:57:01. They were followed by Raquel González (ESP) in 1:58:18 and Italy's Eleonora Giorgi in 1:58:28, with Antigoni Ntrismpioti (GRE) close behind in 1:58:46.

At 30km, when Fiorini increased the pace to open a significant gap over her rivals. She passed the mark in 2:20:04, with Zdzieblo second in 2:20:13. From this point, Fiorini remained firmly in control of the race.

At 33km, Fiorini led in 2:33:43, followed by Zdzieblo in 2:34:14, with González and Ntrismpioti behind. At 35km, Fiorini extended her lead, passing in 2:42:41, while Zdzieblo remained second in 2:43:43.

Fiorini eventually stopped the clock at 3:15:11, comfortably inside the World Athletics target time of 3:17:00 for the establishment of the first official world record in the marathon walk.

Pos	Athlete	Nation	Perf	Notes
1	Sofia Fiorini		ITA 3:15:11	WR
2	Katarzyna Zdzieblo		POL 3:19:50	NR
3	Raquel González		ESP 3:20:49	PB
4	Antigoni Ntrismpioti		GRE 3:22:16	PB
5	Panagiota Tsinopoulou		GRE 3:25:14	PB
6	Hanna Shevchuk		UKR 3:26:02	PB
7	Lucia Redondo		ESP 3:28:28	PB
8	Camille Moutard		FRA 3:31:56	PB
9	Ada Junghannß		GER 3:40:37	PB
10	Joana Pontes		POR 3:41:36	NR
11	Laura Monje Martinez		ESP 3:42:01	
12	Anna Zdzieblo		POL 3:42:08	PB
13	Ayşe Aslan		TUR 3:43:29	NR
14	Kinga Walerianczyk		POL 3:43:58	PB
15	Efstathia Kourkoutsaki		GRE 3:51:36	PB
16	Esma Öztekin		TUR 4:04:59	PB
	Bianca Maria Dittrich		GER DNF	
	Eleonora Anna Giorgi		ITA DNF	
	Olga Fiaska		GRE DNF	
	Harun Bilir		TUR DNF	



Rest in Peace

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

- Steve Holliday (Medway & Maidstone AC)
- Ken Roost (Enfield & Haringey) – Centurion 557
- Kevin Le Noury (Sarnia Walking Club)

Upcoming Races

Sept.

Mon. 7 th	B	South Yorkshire League #7	Sheffield
Tue. 8 th	B	Veterans AC Summer Series	Battersea Park
Wed. 9 th	A	Biggleswade AC 1 Mile Challenge	Sandy
Sat. 19 th	A	English Schools Championships	Bedford
Thur. 24 th	B	South Yorkshire League #8	Sheffield
Sat. 26 th	A	Biggleswade Open 1500m	Sandy
Sun. 27 th	A	SCVAC League Final	Linford Christie
Sun. 27 th	A	Manx Harriers 1 Hour Challenge Walk	Douglas

Oct.

Sat. 3 rd	A	ERWL 1 Hour Track Race + Supporting Races	Cambridge
Sat. 3 rd	B	Lancashire WC Albert Rigby Trophy	Macclesfield
Sat. 17 th	A	Veterans AC 10,000m Championships	Bromley
Sun. 25 th	A	Manx Winter League #1	NSC Douglas

Nov.

Sat. 7 th	B	Lancashire WC Open 5km & AGM	Simister
Sun. 15 th	A	Manx Winter League #2	Andreas Village



Very hot and humid conditions in Daegu with 45 minutes of torrential rain added to the mix during the 20k. Only three British walkers out here but they were in adjacent age-groups so combined to form a coherent and powerful team and won both team events - 10k and 20k - by wide margins, **writes Steve Allen**.

Ian Richards contested a strong M75 division and came away with two silvers and a bronze in the three individual races.

Steve Allen (*pictured below*) dominated a weaker M70 age-group and had three substantial winning margins - nearly four minutes at 20k and over 80 seconds in the track 5000m which unusually concluded proceedings rather than being the first walk on the programme. He revelled in the conditions unlike his major rivals who struggled and failed to get near their early season form and times.



Ian Torode put in three solid performances - especially in the 20k which was a real test in the conditions - and was a vital member of the gold medal winning teams.



Men's M60+ 10km (Sat. 22nd Aug.)

Pos	Athlete	Nation	Perf	Rank
1	Oleksandr ZHUKOV		UKR 52:49	M60 - 1
2	Miguel PERIÁÑEZ GARCÍA		ESP 53:15	M60 - 2
3	Kenichi OMORI		JPN 53:35	M60 - 3
4	Ignacio Valdemar JIMENEZ SOLIS		AUS 54:29	M60 - 4
5	Rodrigo MORENO MUNAR		COL 57:03	M60 - 5
6	Leszek BEHOUNEK		POL 57:54	M65 - 1
7	Remco DE BRUIN		NED 58:29	M60 - 6
8	Thierry FLORENTIN		FRA 59:44	M60 - 7
9	Luis ABADIAS PALACIN		ESP 60:22	M65 - 2
10	Wasantha WALIWATTEGE		SRI 61:35	M60 - 8
13	Ian RICHARDS		GBR 62:41	M75 - 2
19	Steve ALLEN		GBR 66:13	M70 - 1
44	Ian TORODE		GBR 80:36	M70 - 8

72 started, 53 finished, 15 DNF, 3 DQ TR54.7.5, 1 Safety Officer DQ.

Men's 20km (Sat. 29th Aug.)

Pos	Athlete	Nation	Perf	Rank
1	Dávid TOKODI		HUN 1:43:26	M35 - 1
2	Tomasz LIPIEC		POL 1:43:53	M55 - 1
3	Krzysztof CZERSKI		POL 1:45:18	M45 - 1

4	Long CAI		CHN	1:45:59	M45 - 2
5	David BERDEJA VILLAVICENCIO		MEX	1:47:35	M45 - 3
6	Marinos LYTRAS		GRE	1:48:03	M45 - 4
7	Chun Hung TSE		HKG	1:49:56	M40 - 1
8	Oleksandr ZHUKOV		UKR	1:51:21	M60 - 1
9	Sebastian KARPIŃSKI		POL	1:51:26	M40 - 2
10	Rubén PIÑERA ALVAREZ		ESP	1:51:36	M50 - 1
38	Ian RICHARDS		GBR	2:16:16	M75 - 2
42	Steve ALLEN		GBR	2:18:57	M70 - 1
62	Ian TORODE		GBR	2:39:54	M70 - 5

83 started, 73 finished, 8 DNF, 2 DQ TR54.7.5.

Men's M75+ 5000m (Wed. 2nd Sept.)

Pos	Athlete	Nation	Perf	Rank
1	Jose LOPEZ CAMARENA		MEX 29:28.42	M75 - 1
2	Patrice BROCHOT		FRA 30:29.97	M75 - 2
3	Ian RICHARDS		GBR 32:16.49	M75 - 3
4	Nadarajan RENGASAMY		SGP 33:02.96	M75 - 4
5	Kang Nyoung LEE		KOR 36:18.30	M75-5

17 started, 14 finished, 3 DQ TR54.7.1.

Men's M65-M70 5000m (Wed. 2nd Sept.)

Pos	Athlete	Nation	Perf	Rank
1	Leszek BEHOUNEK		POL 27:50.14	M65 - 1
2	Luis ABADIAS PALACIN		ESP 28:54.51	M65 - 2
3	Janusz TARNAWSKI		CAN 31:26.41	M65 - 3
4	Steve ALLEN		GBR 31:27.27	M70 - 1
5	João RODRIGUES		POR 32:52.05	M65 - 4
11	Ian TORODE		GBR 37:43.71	M70 - 7

18 started, 18 finished, 1 DQ TR54.7.1.

'A' Judged Races

Aldershot, Farnham and District Summer 2026 Open Graded Meeting #3, Aldershot (Thur. 20th Aug.)**Mixed Youth 1200m**

Pos	Athlete	AG	Club	Perf.
1	Ellis Jones	U12B	Wrexham A.A.C.	6:36.38 [PB]
2	Isobel Robinson	U12G	Aldershot Farnham & D.	7:54.52 [PB]

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	09:17.05 [PB]
2	Spencer Jones	U14B	Wrexham A.A.C.	09:47.79 [PB]
3	Spencer Gibson	U14B	Aldershot Farnham & D.	10:49.48 [PB]
4	Susan Payne	W65	Aldershot Farnham & D.	11:36.77 [PB]
5	Marissa Morley	U16G	Aldershot Farnham & D.	12:33.50 [PB]
6	George Wallace	M70	Aldershot Farnham & D.	15:16.55 [SB]

North Wales Endurance Open #2, Deeside (Fri. 21st Aug.)**Mixed 2000m**

Pos	Athlete	AG	Club	Perf.
1	Spencer Jones	U14B	Wrexham A.A.C.	10:17.02
2	Ellis Jones	U12B	Wrexham A.A.C.	10:57.69 [PB]
3	Jon Hancock	M70	Oswestry Olympians AC	13:10.75
4	Tayla Williams	U14G	Carmarthen Harriers	13:13.56
5	Sydney Caraher	U18W	Warriors Pentathlon AC	14:01.41

Tonbridge AC Bank Holiday Open, Tonbridge School Centre (Mon. 31st Aug.)**Mixed 3000m**

Pos	Athlete	AG	Club	Perf.
1	Emily Ghose	SENW	Tonbridge Athletic Club	16:00.40
2	Grazia Manzotti	W55	Tonbridge Athletic Club	16:30.31
3	Mark Selby	M50	Surrey Walking Club	18:27.34
4	Geraldine Legon	W65	Bexley Athletic Club	23:00.76
5	Henry Smith	SENW	Unattached	24:52.05
	Ethan Hunstone	U14B	Blackheath & Bromley HAC	DNF
	Marcus Cook	SENW	Unattached	DQ TR54.7.1

'B' Judged Races

Goodwin Cup 10k, Chorley (Sat. 22nd Aug.)

The second appearance of newcomer Sean Goldsmith, a former resident of the Isle of Man, proved what a very capable and exciting prospect he is. His previous outing at Simister was on a conventional relatively even course but Chorley takes aspirants from the sublime to the ridiculous. How would he cope? With no knowledge of the ups and downs he took them all in his stride and strode past the timekeeper at 1 mile in 10 minutes 27. His nearest pursuer was long distance exponent Martin Payne nearly 50 seconds adrift with Greg Smith 4 seconds further back. At halfway the clock registered an impressive 33 minutes 12 and he retraced his steps giving him a negative split at the finish. Martin hung onto runner up spot with a resurgent Greg claiming the bronze position.

Mixed 10k

Pos	Athlete	AG	Club	Perf.
1	Sean Goldsmith	SENW	Lancashire Walking Club	65:07
2	Martin Payne	M65	Lancashire Walking Club	71:26
3	Greg Smith	M70	Lancashire Walking Club	74:34
4	Steve Wilde	M70	Lancashire Walking Club	77:05
5	Glyn Jones	M80	Coventry Godiva Hs.	78:36
6	Joe Hardy	M80	Lancashire Walking Club	79:11
7	Pat Evans	W75	Lancashire Walking Club	80:52
8	Andrea Lennon	W80	Lancashire Walking Club	96:11
9	Sailash Shah	M60	Lancashire Walking Club	96:11

6th South Yorkshire League, Millhouses Park (Thur. 20th Aug.)

As Tony Bell (5km) set off on his early laps it became obvious that he was not moving as fast as his 31:19 in the recent Fred Pearce Walks. This gave the two 3km walkers a larger lead than expected as they set off on their race. Although he unlapped himself, he was never going to catch them. With Christ Bent walking well at the front of the race Graham Hibbert lost about 20 seconds when he turned at the wrong point. Confused by changes made last month when a fallen tree blocked the way. This error did not affect the result as he was still 50 seconds behind Chris at the finish.

Pos	Athlete	AG	Club	Clock/Actual
1	Chris Bent	M75	Buxton AC	32:06/24:00 (3km)
2	Graham Hibbert	M75	Unattached	32:56/23:06 (3km)
3	Tony Bell	M60	Lancashire WC	34:46/34:36 (5km)

City of Southend AC Open, Southend-on-Sea (Mon. 31st Aug.)**Mixed 1 Mile**

Pos	Athlete	AG	Club	Perf.
1	Philip Barnard	M40	Ilford Athletic Club	07:38.78
2	Rio McAndrew	U14B	Newmarket Joggers	08:23.91
3	Melanie Peddle	W55	Loughton Athletic Club	08:42.10
4	Emma Dyos	W50	Brentwood Beagles AC	08:55.20
5	Sophie Blundell	U16G	Newmarket Joggers	09:04.05
6	Chris Cattano	M60	Southend-on-Sea AC	09:09.49
7	Colin Harle	M65	Belgrave Harriers	09:20.04
8	Stuart Bennett	M65	Brentwood Beagles AC	09:53.48
9	Lily-Ann Cooper	U16G	Newmarket Joggers	09:53.56
10	Linda Mountford	W50	Southend-on-Sea AC	10:04.81
11	Steve Allen	M65	Ilford Athletic Club	10:30.77
12	Richard Maskell	M50	Southend-on-Sea AC	10:38.35
13	Keith Palmer	M60	Southend-on-Sea AC	10:48.54
14	Rachel Lawless	W60	Brentwood Beagles AC	10:51.66
15	Emily Brewington	U14G	Brentwood Beagles AC	11:25.21
16	Ita Smith	N/K	Unattached	11:33.51
17	Carol Robinson	W50	Southend-on-Sea AC	12:24.82
18	Emma Palmer	N/K	Southend-on-Sea AC	12:36.01
19	Pat Brightman	W70	Great Yarmouth & Dist.	12:52.13
20	Valerie Mountford	N/K	Southend-on-Sea AC	14:30.34
21	David Ainsworth	M75	Ilford Athletic Club	14:47.80
22	Valerie Mountford	W80	Southend-on-Sea AC	14:49.63