Race Walking Record

September 2026



Timothy Perry – Winner of English Schools Intermediate Boys 3000m Race Walk title with a personal best time of 13:36.21

Photograph courtesy of Steve Partington



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
~~18th Jan.~~	~~England Athletics Indoor Championships~~	~~Sheffield~~
~~25th 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~~
~~7th Mar.~~	~~45th Dudinska 50~~	~~Dudince (SVK)~~
~~12th Apr.~~	~~WA Race Walking Team Championships~~	~~Brasilia (BRA)~~
~~25th Apr.~~	~~Korzeniowski Warsaw Race Walking Cup~~	~~Warsaw (POL)~~
~~7th May~~	~~94th Poděbrady Walking~~	~~Podebrady (CZE)~~
~~9 – 10 May~~	~~County Championship Weekend~~	~~Various~~
~~16th May~~	~~33rd International Grand Prix of Racewalking~~	~~Rio Maior (POR)~~
~~31st May~~	~~V GPI Madrid Marcha Silbo Telecom~~	~~Madrid (ESP)~~
~~21st June~~	~~UKA Outdoor Championships~~	~~Birmingham~~
~~28th 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~~
~~15th Aug~~	~~European Athletic Championships – Walks~~	~~Birmingham~~
~~11 – 13 Sept~~	~~British Masters Outdoor Championships~~	~~Derby~~
~~19th Sept.~~	~~English Schools Race Walk Championships~~	~~Bedford~~
24th Oct.	Lusatian Race Walking / WA - Silver	Zittau (GER)
20th Dec.	Dublin GP of Race Walking / WA Silver	Dublin (IRL)

ENGLAND ATHLETICS

England Athletics have announced the new athletes selected on to one of the England Athletics Talent Pathway Programmes.

Performance Programme:

Athlete	Club	Coach
Cameron Corbishley	Medway & Maidstone	Andi Drake

Youth Talent Programme:

Athlete	Club	Coach
Trejan Checheku-Boamah	Blackheath & Bromley	Shaun Lightman
Sophie Davidson	Warriors Pentathlon AC	Ronan Kearney
Honey-Mae Davies	Manx Harriers	Steve Partington
Florence Watson	Blackheath & Bromley	Shaun Lightman

'A' Judged Races

Enfield Race Walking League, 5km Handicap, Donkey Lane, Enfield *(Sat. 5th Sept.)*

The conditions were near perfect for the second edition of the ERWL 5km handicap. A slightly reduced field of 16 walkers raced in a spirit of camaraderie and good-natured competition making it an enjoyable event.

The handicap race winner was Mark Selby (Surrey Walking Club) making a return to Enfield League competition. In the Scratch race the ladies dominated the top three positions with Grazia Manzotti (Tonbridge AC) taking first place in 28:12, Melanie Peddle (Loughton AC) was runner up in 28:40 and Florence Watson (Blackheath & Bromley Harriers AC) also making a return to ERWL was third in 30:03. The current men's league leader Colin Harle finished in 4th with a time of 30:45.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W55	Tonbridge Athletic Club	28:12
2	Melanie Peddle	W55	Loughton Athletic Club	28:40
3	Florence Watson	U18W	Blackheath& Bromley	30:03
4	Colin Harle	M65	Belgrave Harriers	30:45
5	Cerys Fitzpatrick	U16G	Carmarthen & District Hs.	30:46 [PB]
6	Mark Selby	M50	Surrey Walking Club	30:55
7	Chik Ha Kwok	W50	Belgrave Harriers	32:54
8	Man Biu Lam	M65	Belgrave Harriers	33:38
9	Maureen Noel	M60	Belgrave Harriers	33:57
10	Emma Keeley	SENW	Cambridge & Coleridge AC	34:26
11	Lily-Ann Cooper	U16G	Newmarket Joggers AC	34:51 [PB]
12	Mark Culshaw	M60	Belgrave Harriers	35.00

Biggleswade One Mile Open, Sandy *(Wed. 9th Sept)*

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Spencer JONES	U14B	Wrexham AAC	7:49.69
2	Rio MCANDREW	U14B	Newmarket Joggers AC	8:07.03 [PB]
3	Sophie BLUNDELL	U16G	Newmarket Joggers AC	8:49.90 [PB]
4	Athira NAIR	U14G	Cambridge & Coleridge	8:55.19 [PB]
5	Steve ALLEN	M70	Cork City Athletics Club	9:35.14 [SB]
6	Ellis JONES	U12B	Wrexham AAC	9:39.19 [PB]
7	Lily-Ann COOPER	U16G	Newmarket Joggers AC	9:40.84 [PB]
8	Emma KEELEY	SENW	Cambridge & Coleridge	9:41.37 [PB]
	Miraiker WALLACE	W60	Cambridge & Coleridge	DNF

British Masters T & F Championships, Derby *(11th – 13th Sept.)*

After several years the BMAF Race Walking Championships at Derby returned to a two day format, ***reports Andrew Clough***. This was due to postponement of July's BMAF 5000m races at Yate**.**

The 3000m Championships on Saturday 12th September started with drizzle and a wind which troubled athletes and officials alike.

Women's 3000m: Six women started the first race. Grazia Manzotti, Carolyn Derbyshire, Melanie Peddle, and Aleksandra Majewska-Ani moved away quickly in line astern. Grazia gradually pulled away to win in 16:01.02, about twelve seconds outside Melanie's 2023 record. Melanie passed a clearly discomfited Carolyn, who dropped out with just over four laps to go, to give chase. She finished a mere three seconds back. Aleksandra was over a minute astray in third place, but winning her age group as did the other two walkers. Susan Payne finished 18 seconds adrift of Sandra Brown's W65 record. Diane Brian could not match her own W70 record set in May at Stourport.

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Grazia Manzotti	W55	Tonbridge A.C.	16:01.02	1
2	Melanie Peddle	W55	Loughton A.C.	16:04.30	2
3	Alexsandra Majewska-Ani	W35	Charnwood A.C.	17:18.03	1
4	Susan Payne	W65	Aldershot F & D	17:33.03	1
5	Diane Brian	W70	Worcester A.C.	18:13.84	1
	Carolyn Derbyshire	W45	Nuneaton Hs.	DNF	

Men's 3000m: Great Britain's successful trio of Steve Allen, Ian Richards and Ian Torode from the World Masters in Daegu reconvened for the men's 3000m race. Eleven athletes started. Marcin Wojtowicz sped away right from the start, finishing in 15:21.74. No one could keep up with him, so the closest battle was further back in the field. Colin Harle, Ashley Wright, Steve Allen and Ian Richards formed a tight pack. Ian was forced to drop back as the race progressed, but the other three finished in that order, in under eighteen minutes, separated by just five seconds. Peter Boszko moved steadily through the field to take the M75 title ahead of Ian R, crossing the line twenty seconds after the main pack. Unfortunately, Ian Richards was disqualified soon after finishing. Could this be time for Masters Athletics to take on board the penalty zone, as they have done for road races over longer distances? Further back, the field split. As in the women's race every finisher received a medal.

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Marcin Wojtowicz	M40	Winchester & Dist.	15:21.74	1
2	Colin Harle	M65	Belgrave Harriers	17:49.02	1
3	Ashley Wright	M35	Harborough A.C.	17:50.77	1
4	Steve Allen	M70	Barnet & Dist.	17:54.42	1
5	Peter Boszko	M75	Birchfield Harriers	18:16.81	1
6	Robert Egan	M50	Spa Striders	18:46.03	1
7	Hardeep Minhas	M65	Leicester W.C.	20:19.55	2
8	Ian Torode	M70	Birchfield Harriers	21:23.05	2
9	Nathaniel Hopkins	M35	Kirkby Milers A.C.	22:34.00	2
10	John Borgars	M80	Herts Pheonix A.C.	23:19.76	1
	Ian Richards	M75	Steyning A.C.	DQ TR 54.7.1	

Next day it was the turn of the 5000m walkers. Several of the Saturday competitors returned, as well as a few who were focussing on the longer distance. Without the rain and wind, things were more comfortable.

Women's 5000m: Seven women toed the line, Grazia Manzotti repeating yesterday's quick start. A recovered Carolyn Derbyshire and Aleksandra Majewska-Ani stayed with her for a while, but were forced to fall back. Grazia eventually won by over a minute in 27:45.98, about 21 seconds outside Melanie Peddle's 2023 record from Pescara. Carolyn stayed ahead of Aleksandra by twenty seconds. Further back, Diane Brian was trying to better her own 2025 record from Madeira, but fell short by fourteen seconds. With all the walkers in different age groups, every finisher was a gold medallist.

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Grazia Manzotti	W55	Tonbridge A.C.	27:45.98	1
2	Carolyn Derbyshire	W45	Nuneaton Hs.	28:55.67	1
3	Alexsandra Majewska-Ani	W35	Charnwood A.C.	29:24.88	1
4	Susan Payne	W65	Aldershot F & D	30:14.33	1
5	Diane Brian	W70	Worcester A.C.	30:41.34	1
6	Helen Watson	W50	Telford A.C.	33:50.88	1
	Maureen Noel	W65	Belgrave Harriers	DQ TR 54.7.1	

Men's 5000m: The men's race had eight starters. David Annetts went straight to the front and was never headed. Ashley Wright tried to stay with him for three laps, before falling back to the familiar pack with Colin Harle and Steve Allen. By the finish David had built up over a minute's lead to win in 29:16.56. Colin was second and Steve a further twenty seconds back, with Ashley fourth by a similar distance.

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	David Annetts	M60	Cambridge & Col.	29:16.56	1
2	Colin Harle	M65	Belgrave Harriers	30:23.69	1
3	Steve Allen	M70	Barnet & Dist.	30:43.81	1
4	Ashley Wright	M35	Harborough A.C.	31:06.89	1
5	Ian Richards	M75	Steyning A.C.	33:44.07	1
6	Ian Torode	M70	Birchfield Harriers	37:06.09	2
	Hardeep Minhas	M65	Leicester W.C.	DQ TR 54.7.1	
	Jon Hancock	M70	Oswestry Olympians	DQ TR 54.7.1	

ESAA English Schools' 52nd Race Walk Results
Bedford International Athletics Stadium
Saturday 19th September 2026

ESAA

Mixed U13 1500m Development Race

Pos	Athlete	AG	School County	Perf.
1	Ethan Hunstone	U13B	Surrey	08:02.82
2	Harry Richards	U13B	West Yorkshire	08:04.31
3	Jack Davies	U13B	Isle of Man	08:12.50
4	Ameka Eardley	U13G	Merseyside	09:32.53
G	Tayla Williams	U13G	Carmarthen	10:06.08



Jack Davies – Ethan Hunstone – Harry Richards

Junior Girls 2000m

Pos	Athlete	AG	School County	Perf.
1	Lilee Fletcher-Merryweather	U15G	Isle of Man	09:31.71 [PB]
2	Amelia Emmett	U15G	Kent	11:05.12 [PB]
3	Sophie Blundell	U15G	Cambridgeshire	11:17.60 [PB]
G	Cerys Fitzpatrick	U15G	Carmarthen	11:28.41
4	Athira Nair	U15G	Cambridgeshire	11:44.20 [PB]
5	Polly Davies	U15G	Isle of Man	11:48.68 [PB]
6	Amber Jackson	U15G	Kent	13:48.78



Start of the combined Junior Girls & Junior Boys 2000m

Junior Boys 2000m

Pos	Athlete	AG	School County	Perf.
G	Ellis Jones	U15B	Wrexham	09:39.92
1	Spencer Gibson	U15B	Hampshire	10:27.47*
2	Seth Muddle	U15B	Sussex	10:39.67
3	Stanley Taylor	U15B	Sussex	11:02.59
4	Matthew Tomsett	U15B	Kent	11:59.06
5	Xavi Cannell	U15B	Somerset	13:26.45 [PZ]
	Rio Mcandrew	U15B	Cambridgeshire	DNF
	Ellis Jones	U13B	Wrexham	DNF

(* 30 seconds added to time – TR54.7.4)

Intermediate Girls 3000m

Pos	Athlete	AG	School County	Perf.
1	Honey-Mae Davies	U17W	Isle of Man	16:36.21
2	Ellin Wilson	U17W	Kent	16:50.92
3	Florence Watson	U17W	Kent	17:08.76
4	Amy Surgeon	U17W	Isle of Man	17:59.03
5	Marissa Morley	U17W	Surrey	19:09.20
	Millicent Steele	U17W	Kent	DQ TR54.7.5

Intermediate Boys 3000m

Pos	Athlete	AG	School County	Perf.
1	Timothy Perry	U17M	Isle of Man	13:36.21 [PB]
2	Trejan Checheku-Boamah	U17M	Kent	16:04.19

Senior Girls 3000m

Pos	Athlete	AG	School County	Perf.
1	Cerys Bithell	U20W	Cambridgeshire	17:58.24

Kent Masters & U14 Championships, Medway Park, Gillingham *(Sun. 20th Sept.)*

Mixed 2000m

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Ethan Hunstone	U14B	Blackheath & Bromley	10:40.19 [PB]	1
2	Grazia Manzotti	W55	Tonbridge A.C.	10:51.14	1
3	Matthew Tomsett	U14B	Ashford A.C.	12:10.28 [SB]	2
4	Jasmine Stephens	U14G	Blackheath & Bromley	12:49.34	1
5	Amber Jackson	U14G	Thanet A.C.	13:32.17	2
6	Geraldine Legon	W65	Bexley A.C.	14:35.15 [SB]	1
7	Olwen Cockell	W50	Swale Combined	14:44.47 [PB]	1
8	Lesley Hall	W70	Ashford A.C.	15:53.55	1

Biggleswade One Track & Field, Sandy *(Sat. 26th Sept)*

Mixed 1 Mile

Pos	Athlete	AG	Club	Perf.
1	Spencer JONES	U14B	Wrexham AAC	7:53.11
2	Ellis JONES	U12B	Wrexham AAC	9:29.29 [PB]
3	Helen MIDDLETON	W60	Enfield & Haringey AC	9:48.18 [SB]

Manx Harriers 1 Hour Challenge & Supporting Races, N.S.C. Douglas *(Sun. 27th Sept.)*

Held in exceptionally wet conditions.

Mixed 1 Hour

Pos	Athlete	AG	Club	Distance
1	Lilee Fletcher	U16W	Manx Harriers	10,979
2	Dan Gibson	SENM	Unattached	10,900
3	Holly Salter	U18W	Northern (IOM) A.C.	10,114
4	Marie Jackson	W65	Manx Harriers	9,291
5	Louise Hollings	W45	Manx Harriers	8,460
6	Jim Caley	M55	Manx Fell Runners	7,983
7	Cory Addy	W40	Unattached	7,923
8	Gorden Erskine	M80	Unattached	6,690

Mixed 30 Minutes

Pos	Athlete	AG	Club	Distance
1	Jack Davies	U16M	Manx Harriers	5,145
2	Amy Surgeon	U18W	Manx Harriers	4,728
3	Polly Davies	U14G	Manx Harriers	4,505
4	Robbie Lambden	M40	Manx Harriers	2,084

Junior 1600m

Pos	Athlete	AG	Club	Perf.
1	Faye Robertson	U12G	Manx Harriers	11:48
2	Ossie Addy	U8B	Unattached	16:36

Junior 800m

Pos	Athlete	AG	Club	Perf.
1	Daisy Sille	U12G	Unattached	5:53
2	Charlee Fletcher	U10G	Unattached	5:55



SCVAC Regional Track & Field Final, Linford Christie Stadium *(Sun. 27th Sept.)*

The final of the Southern Counties Veterans Athletic Club Track & Field League was held at Linford Christie Stadium in West London, with Tonbridge AC claiming the men's team title and Hercules Wimbledon securing victory in the women's competition.

The 2000m race walk provided a particularly close contest, with team scores calculated across three different age groups for both men and women. Oxford City AC emerged as the leading men's team with 23 points, while Tonbridge AC matched that total of 23 points to take the honours in the women's walks.



Men's 2000m

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Graham Chapman	M70	Oxford City AC	12:16.85	M50 1
2	Vladimir Kralik	M40	Oxford City AC	12:57.74	M35 1
3	Mark Pitcairn-Knowles	M60	Tonbridge AC	12:58.51	M60 1
4	Trevor Dixon	M65	Oxford City AC	13:00.41	M60 2
5	Richard Christian	M60	Tonbridge AC	13:07.44	M50 2
6	Craig Howard	M50	Hercules Wimbledon	13:07.57	M50 3
7	Neil Jamieson	M65	Thames Valley Hs.	13:13.07	M60 3
8	Daniel Kuzyszyn	M45	Thames Valley Hs.	14:01.02	M35 2
9	Ben Montilla	M45	London Heathside	14:01.05	M35 3
10	Martyn Underdown	M65	Basingstoke & Mid H.	14:32.93	M60 4
11	Simon Nixon	M55	Thames Valley Hs.	14:35.52	M50 4
12	Jasper Holliday	M50	Dartford Harriers	14:56.05	M50 5
13	Gavin Evans	M65	London Heathside	15:21.14	M60 5
14	Hugh Billane	M45	Hercules Wimbledon	15:22.75	M35 4
15	Ian Crawley	M60	Tonbridge AC	15:24.81	M35 5
16	Steve Gorman	M55	Dartford Harriers	15:25.59	M35 6
17	Timothy Orr	M65	Dartford Harriers	16:02.74	M60 6
18	Adrian Essex	M75	London Heathside	17:34.17	M50 6
19	Anthony Austin	M70	Hercules Wimbledon	18:57.23	M60 7

Women's 2000m

Pos	*Athlete*	*AG*	*Club*	*Perf.*	*Rank*
1	Grazia Manzotti	W55	Tonbridge AC	10:45.59	W35 1
2	Estle Viljoen	W55	Hercules Wimbledon	11:27.12	W35 2
3	Jana Jilkova	W45	Barnet & District AC	13:23.02	W35 3
4	Jacqueline Richardson	W55	Hercules Wimbledon	13:35.79	W50 1
5	Diane Bradey	W60	Tonbridge AC	13:36.09	W60 1
6	Selina Hawker	W50	Tonbridge AC	13:57.03	W50 2
7	Nadia Whittaker	W50	Thames Valley Hs.	14:06.26	W50 3
8	Valentina Tremolati	W45	Thames Valley Hs.	14:19.38	W35 4
9	Maria Kirkbride	W60	Hercules Wimbledon	14:27.25	W60 2
10	Jacqueline Hunter	W60	Medway & Maidstone	15:03.92	W60 3
11	Madeleine Sanderson	W60	Thames Valley Hs.	15:31.16	W60 4
12	Ann Phillips	W50	Barnet & District AC	15:37.03	W50 4
13	Bernadette Harrop	W50	Medway & Maidstone	15:55.91	W50 5
14	Pauline Michael	W60	Barnet & District AC	15:58.30	W60 5
15	Rachael Stewart	W50	Medway & Maidstone	15:59.50	W35 5
16	Nicola Gladwell	W55	Radley AC	16:46.05	W50 6
17	Sasha Panagiotidis	W45	Radley AC	17:00.52	W35 6
18	Rose Webb	W80	Radley AC	17:47.02	W60 6

'B' Judged Races

Enfield Race Walking League, 5km Handicap, Donkey Lane, Enfield *(Sat. 5th Sept.)*

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	James Critchley	M65	Surrey Walking Club	36:58
2	Susan Barnett	W75	Enfield & Haringey AC	37:20

Junior 2km

Pos	Athlete	AG	Club	Perf.
1	Gwen Fitzpatrick	U14G	Carmarthen & District Hs.	14:04

Junior 1km

Pos	Athlete	AG	Club	Perf.
1	Clayton Dickinson	U12B	Unattached	08:22

7th South Yorkshire League, Millhouses Park *(Mon. 7th Sept.)*

Two walkers for the penultimate race of the season, both racing over 3km. Helen Elleker started 2:27 behind Graham Hubbard. Always pulling him back, she caught him with less than 500m to go, stopping him getting his fourth win and taking maximum points for the series.

Pos	Athlete	AG	Club	Clock/Actual
1	Helen Elleker	W70	Totley Athletic Club	21:53/19:26 [3k]
2	Graham Hibberd	M75	Unattached	22:24/22:24 [3k]

Veterans AC Summer Series 5k, Battersea Park *(Tue. 8th Sept.)*

The last of the regular Battersea Park races had a better than expected field on an overcast, damp evening from rain earlier in the day.

The men's winner was U18M Trejan Checkeku-Boamah, with second place taken by Mark Selby.

The ladies' winner and second placed overall was Melanie Peddle.

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Trejan Checkeku-Boamah	U18M	Blackheath & Bromley	28:19
2	Melanie Peddle	W55	Loughton Athletic Club	28:59
3	Florence Watson	U18W	Blackheath & Bromley	29:05
4	Susan Payne	W65	Aldershot Farnham & D.	29:50
5	Mark Selby	M50	Surrey Walking Club	30:29
6	Colin Harle	M65	Belgrave Harriers	30:53
7	Stuart Bennett	M65	Brentwood Beagles AC	31:09
8	Chik Ha Kwok	W50	Belgrave Harriers	31:18
9	Man Biu Lam	M65	Belgrave Harriers	32:56
10	Maureen Noel	W60	Belgrave Harriers	33:58
11	Fiona Bishop	W65	Woking Athletic Club	36:09
12	Stephen Savage	M70	Veterans Athletic Club	40:30

Annual Ryan Cup Match (PSUK v Civil Service) incorporating PSUK & Civil Service 10km/5km Championships, Evesham Velo Park (Thurs. 24th Sept.)

This historic fixture in the Race Walking calendar remained in doubt this year due to certain issues where it was originally intended to be in Cannon Hill Park, Birmingham and where it had been held on previous occasions, ***reports Glyn Jones***. However at such short notice and thanks to Evesham United FC it was arranged and held on the Evesham Velo Park situated in the grounds of the club and where all facilities were available.

It was a warm, sunny and dry day for the event but sadly entries were very low on both the PSUK and Civil Service.

The required number of officials were present which enabled the races to go ahead. Regular walkers to this fixture, Martin Slevin and Colin Harle battled it out together from the start in the 10km with Martin pulling away comfortably as the race progressed and finishing first overall and regaining the PSUK Trophy.

In the women's 5km Aleksandra Majewska-Ani representing HMRC continued from last year by finishing well clear in first place.

The Ryan Cup Match was a close contest with both sides finishing on a total of 18pts. However on countback with four to score Civil Service retained the trophy.

It was agreed after the event that this fixture will be reviewed in view of the continued low entries and as to the feasibility for 2027.

Men's 10km

Pos	Athlete	AG	Club	Perf.
1	Martin Slevin		Dyfed Powys Police	62:57
2	Colin Harle	M65	Metropolitan Police	64:31
3	Manuel Nicolaus		Civil Service - DEFRA	65:34
4	Steve Uttley		Civil Service – MOJ	67:03
5	Jason Holt		Civil Service – HMRC	71:02
6	Mark Culshaw	M60	Civil Service – DWP	73:08
7	David Wilkinson		Lancashire Police	76:08
8	Steve Broadbent		Lancashire Police	78:13
9	John Hall		Civil Service - DEFRA	83:44
10	Dave Watkinson		Lancashire Police	84:20
11	Christopher Flint		Metropolitan Police	91:15

Women's 5km

Pos	Athlete	AG	Club	Perf.
1	Alexsandra Majewska-Ani	W35	Civil Service – HMRC	30:34
2	Maureen Noel	W60	Civil Service – MOD	32:54
3	Celia Cordran	W45	Metropolitan Police	35:27
4	Geraldine Legon	W65	Civil Service – HASSRA	38:35
5	Jane Hodge	W65	Civil Service – HMRC	38:55
6	Ann Crofts	W65	Lancashire Police	47:57

8th South Yorkshire League, Millhouses Park *(Mon. 28th Sept.)*

Tony Bell started eight seconds ahead of Helen Elleker, she had drawn level by the end of the first of six 500m laps and they were locked together for the remainder of the race. As Tony had run in the Sheffield 10km the previous day Helen had no trouble out-sprinting him at the end. Both raced over 3km.

The absent Graham Hibbert was never going to be beaten for the South Yorkshire Title, though it would have been on count back if Tony had taken full point today. Tony took siler in the league and Helen Bronze.

Pos	Athlete	AG	Club	Clock/Actual
1	Helen Elleker	W70	Totley Athletic Club	19:55/19:07 [3k]
2	Tony Bell	M60	Lancashire W.C.	20:00/20:00 [3k]

Upcoming Races

Oct.			
Sat. 17th	A	Veterans AC 10,000m Championships	Bromley
Sat. 24th	B	Steyning Open 10k / 5k	Steyning
Sun. 25th	A	Manx Winter League #1	NSC Douglas
Nov.			
Sat. 7th	B	Lancashire WC Open 5km & AGM	Simister
Sat. 14th	A	99th Enfield Open 7 Mile	Donkey Lane
Sun. 15th	A	Manx Winter League #2	Andreas Village
Dec.			
Sat. 5th	B	Lancashire WC Open 10km	Simister
Sun. 6th	A	Manx Winter League #3	NSC Douglas
Sun. 20th	A	Dublin GP of Race Walking (WA Silver)	Dublin

