



City of Sheffield AC

Race walkers e-news No 36

November 2010

Civil Service/Police Champs

Cannon Hill

22 September 2010

5km Road

Lynn Bradley only races 2 or 3 times a year, but had little trouble taking the civil service championships with a 50 sec victory in 29.09.

1st Grand Prix event (3rd Oct) cancelled due to flooded track

Although the event is held at Dudley, 90 miles away it is one of the closer Grand Prix events and probably one that would not have been supported by all of the southern walkers. It was therefore frustrating to have missed out on useful points at the beginning of the season. We now have to wait till Feb 6th to start our campaign.

1st Midland Winter League

Halesowen

9 October 2010

Peter Bilson had a race long battle with Chris Smith (Leicester), mostly leading him by a few strides as he still was at the end with a 5km time of 40.17 (22nd).

Becky Chambers went to this race with a slight groin strain and walked accordingly with a time (19.02) a minute slower than her best in 4th place.



Peter Bilson

9th South Yorkshire League Millhouses Park 12 October 2010

Becky, who was the only person who could beat Peter in the series (if she won this race) was missing because of her muscle strain. So Peter started the race knowing he had the South Yorkshire Champs won. Whoever finished ahead out of Katie MacKinder and Jack Leversidge would pick up a medal. Katie won by a comfortable 40 secs, this put her in silver medal position ahead of Becky Chambers.



	Finishing time	Start time	Actual time	
1 Katie MacKinder	20.35	(0.00)	20.35	3km
2 Jack Leversidge	21.13	(7.47)	13.26	2km
3 Ella Jenkinson	21.35	(7.21)	14.13	2km
4 Peter Bilson	22.28	(5.08)	17.20	2km

Series...	1 Peter Bilson	76	See photo with trophy	
	2 Katie MacKinder	75		
	3 Becky Chambers	74		
	4 Jack Leversidge	73		
	5 Ella Jenkinson	68		

6 Daniel Chaib	51
7 Niamh Mckevitt	34
8 Hannah Kong	20
9 Dominic Parry	15

2nd Midland Winter League

Perry Park

6 November 2010

Jack Leversidge competed in his first race for the club and despite doing a personal best time (12.18) found himself being dropped in the last 500m after leading for the first kilometre.

National Young Athletes Training Weekend.

Becky Chambers was one of 14 young athletes selected to be part of a RWA National Training Weekend in Birmingham. All but one was older than Becky, but she responded maturely to the challenges of the weekend and despite a slight injury worked hard at the set sessions. She also came back with some ideas for her own training that she wants to put into action.

Becky has had an adductor muscle strain for about 6 weeks but now seems to be over it.

I was responsible for the training programme and discussions/talks. This was the 16th National Training Weekend I have organised in the last 11 years.

1st Chris Smith (postal) League

Don Valley

15 November 2010

A very icy track made walking difficult. Some people struggled to get near their handicap targets others beat them by more than they needed to, making their target difficult in the next race. Only information about the top 6 handicap places are available Niamh is 4th in the girls and Jack 5th in the boys.

Achieving your target time would give you a handicap time of 8 min.

	Actual	Target	Handicap time	Scratch position
9 Dan Chaib	13.08	11.52	9.16	5 th boy
10 Becz Chamber	13.18	12.15	9.03	5 th girl
12 Katie MacKinder	13.32	14.51	6.41	7 th girl
13 Sarah Sheasby	13.34	12.21	9.13	8 th girl
14 Niamh McKivett	13.37	15.27	6.10	9 th girl
21 Ella Jenkinson	14.32	15.00	7.32	13 th girl
23 Jack Leversidge	14.59	15.30	7.29	9 th boy
38 Peter Bilson	18.45	12.38	14.07	15 th boy

3rd & Final Midland Winter League

Tamworth

21 November 2010

None of our walkers have managed to get to all three races in the league and therefore don't figure in the medals. In the final race three walkers travelled to Tamworth, perhaps asking if the 65 mile trip was worth doing for the rather small fields they would face.



Niamh could find herself isolated behind training partner Jack and his Nuneaton rival who had soundly beaten him in the last race, their best times being over 30 secs ahead of Niamh. But Niamh took them on, leading for the first 500m before being joined by Jack. They worked well together to keep the pace going for the next kilometre before Niamh eased ahead for a 11.58

(2km) PB (almost 1 min improvement!). This was the kind of time Becky Chambers was achieving at her age 12 months ago. Jack walked a tactically better race this week to beat rival Matthew in a new PB (12.12).

Becky's only opportunity of a race before February having nursed her injury for six weeks, not expecting a great performance but a good chance to test her injury and her current fitness. She set off positively, challenging for second place which she made her own in the second half with an unexpected personal best (17.55 3km)



Nostalgia.....November 1995

In the Claire Powell walks (cancelled in 2010 because of floods) Nathan Adams U15 and Simeon Adams U13 won their age groups, Richard Oldale was 2nd and Katie Ford 3rd and the male team took third place.

The 50th Midland Winter League saw medals going to 1st Nathan, 2nd Simeon & Laura Stepniak. 3rd Jonathan Lawrie & Erica Johnson.

A women's team went down to Enfield where Vicky Lupton made an agreement to walk in with Verity Snook (equal first) as a protest against the IAAF judging system not being used. With Gill Watson (4), Brenda Lupton (6), Lyn Bradley (7) and Nina Howley (9) they dominated the race.

Brian Adams took 4th in the Chippenham to Calne 6 miles in a field of over a hundred.

Vicky Lupton became the first British athlete to gain selection for the Atlanta Olympics in recognition of her 45.18 British record.

Fixtures

6 Dec

Red = Local

2nd Chris Smith League... as part of Don Valley training

A bit of a break from racing during the winter, the next race outside of Sheffield is the 1st Grand Prix event in London on 6th Feb.

Walk with Jesus

Brian