



City of Sheffield AC

Race walkers e-news No 41

May 2011

April... Athlete of the Month

Becz Chambers made her 5km Debut in the 2nd South Yorkshire League getting within 40 secs of the 30 min barrier. She followed that a week later with a 20 sec PB at 3km to claim the April athlete of the month and May! Both Jack & Niamh won national titles, Becz 3rd place was above expectations.. an exceptional 'Holding Pace' training session by Sarah but Jack followed up his PB at the National with 3 min for his win in the primary school walk (the fastest ever by a boy) and another PB to win the Inter-Area match. So Jack is May Athlete of the month.

RWA Young Athletes National Champs

Redbridge, London

1 May 2011

Jack had to pull back a fast starting Joe Smith (Leicester) to take the national U13 title, improving his PB by 2 seconds (11.58).



Niamh's opposition came from Italy and Ireland, eventually finishing 3rd she took the English title in 12.56.



Becz had a race long battle with Jess (who beat her by 28 secs in Sheffield) with Becz setting the pace throughout the race & pulling away in the last 200m for her second best time of 17.44.

Following on the example of many Sheffield Youngsters from the past all three of these national medallists gained selection to represent England (RWA) in Dublin against Ireland on June 26th. This is Becky's third such honour.



3rd South Yorkshire League

Millhouses Park

3 May 2011

A close contest all the way to the end of the race as 2010 Un 13 RWA champion Becky Chambers passes the new Champion, Niamh McKivett in the last few strides of this handicap competition. Whilst new U13 Boys RWA champion Jack Leversidge goes to the top of the league table.

		Race time	Start time	Actual time		
1	Becky Chambers	City of Sheff	17.59	(0.00)	17.59	3k
2	Niamh McKivett	City of Sheff	18.01	(5.07)	12.54	2k
3	Jack Leversidge	City of Sheff	18.29	(5.39)	12.56	2k
4	Peter Bilson	City of Sheff	18.51	(1.34)	17.17	2k

City Schools Champs

Woodbourn Rd

11 May 2011

1	Becz Chambers	Meadowhead	5.22	1 st	JG
2	Niamh McKivett	Notra Dame	5.36	1 st	Y7G
3	Lee Hackett	Birley	5.38	1 st	Y7B
4	Michelle Village	Sheff High	5.50	2 nd	JG
5	Sam Bethel	Silverdale	5.51	1 st	JB
6	Ella Jenkinson	Meadowhead	6.17	2 nd	Y7G
7	Luke Heald	City	6.17	2 nd	Y7B
8	Natasha Perryer	Sheff High	6.24	3 rd	Y7G
9	Lydia Pickett	Sheff High	6.27	4 th	Y7G
10	Rebecca Newton	Sheff High	6.27	5 th	Y7G
11	Alice Nuttall	Sheff High	7.06	6 th	Y7G
12	Jess Wright	Sheff High	7.40	7 th	Y7G

Primary School's Qualifying Rounds.....

Sheffield Schools Primary A

Woodbourn Rd

17 May 2011

About 15 walkers in each of the 4 races.

Y5 Girls 600m

1 M S-Newal	Bradway	3.44
2 T Cox	Dobcroft	3.46
3 A Garcia	Dobcroft	3.49
4 M Pyle	Greystones	3.56
5 C O'Mara	Brunswick	ntt
6 A Collier	Brunswick	ntt

Y5 Boys 600m

1 M Hancock	Dobcroft	3.41
2 S Gamblin	St Wilfred	3.42
3 D Gordon	Brunswick	3.45
4 Marlon	Totley P	3.46
5 W Collins	Greystones	ntt
6 M Roberts	Greystones	ntt

Y6 Girls 600m

1 M Waters	Dobcroft	3.31
2 S Cropley	Brunswick	3.46
3 M Hyde	Dobcroft	3.46
4 Callie	Totley P	3.47
5 E Brennan	St Wilfred	ntt
6 L Lorente-Carr	Mylnhurst	ntt

Y6 Boys 600m

1 Joe Howe	Greystones	3.29
2 Ben Woods	Totley P	3.34
3 Stan	Totley P	3.41
4 Liam Jackson	St Wilfred	3.45
5 J Twigg	Brunswick	ntt
6 W Martin	Dobcroft	ntt

Sheffield Schools Primary B

Woodbourn Rd

19 May 2011

About 15 walkers in each of the 4 races. Jack produced the fastest ever primary schools 600m time for boys. Only Natalie Myers and Becky Mersh have gone inside 3 min.

Y5 Girls 600m

1 A Civil	N Green	3.44
2 T Hafferty	Ecclesall	3.46
3 H Goodhill	Ecclesall	3.51
4 C Behan	Greenhill	3.51
5 R Woodley	Sacred H	3.52
6 A Gleason	N Green	3.53

Y5 Boys 600m

1 R Potts	Sacred H	3.37
2 M Goldsmith	Athlestone	3.38
3 D Shahzed	Hunters B	3.39
4 R Edwards	N Green	3.40
5 W Atougan	Greenhill	3.47
6 J Speakman	Ecclesall	3.48

Y6 Girls 600m

1 H Lyndon	Greenhill	3.43
2 C Mack	Greenhill	3.45
3 S Kebell	Totley AS	3.45
4 E Palmer	N Green	3.50
5 O Underwood	N Green	3.51
6 O Hirst	Athlestone	3.58

Y6 Boys 600m

1 J Leversidge	Greenhill	3.00
2 H Mill	Totley AS	3.37
3 K Wilson	Athlestone	3.39
4 F Highfield	N Green	3.40
5 M Brassmider-Allen	Hallam	3.41
6 C Rawlinson	N Green	3.41

Inter-Area Champs (Midland v North v South)

Tamworth

22 May 2011

Jack again took on and beat National silver medallist Joe Smith of Leicester in this North v South v Midlands competition to reinforce his number one position in the country. Jack improved his best time by 13 secs to 11.45.3



Niamh produced her most consistent race for along time to get close to her best with a 12.03.5 victory.

Becky produced her 6th successive sub 18 min clocking but was unable to repeat her 3rd place from the nationals (4th in 17.53.5)



Sheffield's top young walkers representing the North of England in the Inter-Area match



The North finished 2nd behind the Midlands, easily beating the team from the South.

Sheffield Schools Primary C

Woodbourn Rd

24 May 2011

About 10-12 walkers in each of the 4 races.

Y5 Girls 600m

1 C Levesley	St Marie's	4.07
2 B Cassidy	Mundella	4.13
3 J Methley	R'head	4.14
4 G Hessian	Mossb'	4.15
5 H Middleton	R'Head	4.18
6 R Zaheer	Mundella	4.20

Y5 Boys 600m

1 A McIlvany	Mundella	3.42
2 S Johnson	St Marie's	3.43
3 B Jones	Mundella	3.54
4 H Congreve	Mossb'	3.57
5 D Whiteley	STC	4.01
6 S Hinchcliffe	St Marie's	4.11

Y6 Girls 600m

1 O Moorhead	St Marie's	3.44
2 L Birkinshaw	Mundella	3.47
3 K Kovoos	Woodth'	3.52
4 E Rhodes	Mossb'	4.05
5 L Cooper	R'head	4.06
6 C Underhay	Woodth'	4.14

Y6 Boys 600m

1 E Boast	Mundella	3.37
2 J Quixall	Parsons X	3.47
3 T Rafferty	St Marie's	3.48
4 J Underwood	Woodth'	3.49
5 M Ward	Woodth'	3.52
6 J Whinfrey	Mundella	3.55

Sheffield Schools Primary D

Woodbourn Rd

25 May 2011

About 15 walkers in each race.

Y5 Girls 600m

1 G Murton	Intake	3.55
2 L Fletcher	Emmaus	4.00
3 M Novikova	Shef High	4.00
4 S Lacaster-Mell	Shef High	4.00
5 F Mulrooney	Dore	4.02
6 O Brown	Anns Grove	4.03

Y5 Boys 600m

1 C Mathieson	Birley Spa	3.38
2 T Glew	Stocksb'	3.46
3 T Ward	Stocksb'	3.46
4 A Sikora	Intake	3.50
5 K WEatherstone	Anns Grove	3.53
6 S Marley	Gleadless	3.54

Y6 Girls 600m

21 walkers 2 heats

Heat 1

1 A Doherty	Shef High	3.49 (3)
2 B Awdas	Intake	3.49 (4)
3 L Green	Gleadless	3.57 (6)
4 T White	Emmaus	4.02 (7)

Heat 2

1 I Swirles	Intake	3.36 (1)
2 E Shaw	Emmaus	3.37 (2)
3 I Green	Shef High	3.55 (5)

Y6 Boys 600m

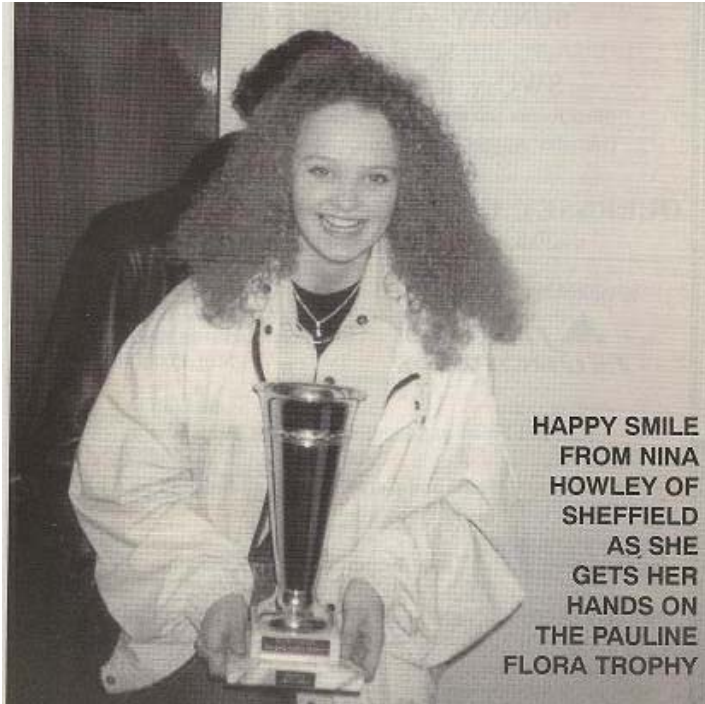
1 J Nettleship	Intake	3.41
2 D Pike	Birley Spa	3.42
3 W Sweeney	Birley Spa	3.44
4 J Armitage-Tazzyman		
	Stocksb'	3.44
5 J James	Intake	3.51
6 R Menzies	Pipworth	3.51

Red = position according to time

Katie MacKinder retires

Katie has decided to stop race walking, being extremely busy with football, drama and exams at school. Despite all her other activities Katie worked hard and quickly came to terms with racing over 3km, dipping under 20 mins in the English Schools champs. And this year, as an U17 she tackled 5km for the first time with a 33.18 début... an excellent time.

Nostalgia..... April & May 1996



HAPPY SMILE
FROM NINA
HOWLEY OF
SHEFFIELD
AS SHE
GETS HER
HANDS ON
THE PAULINE
FLORA TROPHY

Sheffield Open Walks... later to become 'The Jeff Ford Walks' were then held at Holmewood near Junction 29.

Three Sheffield winners and some close racing. Wins for...

Vicky Lupton (Brenda 3rd, Nina 5th, Lisa Crump 6th & Lynn Bradley 11th.)

Richard Oldale by 1 second from Steve Hollier (Wolves) (Brian Adams 5th, Nick Barrable 6th)

Nathan Adams, also by 1 sec from Dominic King (2nd in RWA 20km this week 2011)

Katie Ford took 2nd in the girls U15.

The RWA trophy for the top women's club

A week later in Cardiff Vicky went on to win the RWA National 10km 47.48 with the back up of Brenda 6th, Lisa 11th & Lynn 12th Sheffield won the National team Champs.

The men raced over 20km with Richard Oldale 4th, Brian Adams (Leicester WC) 10th, Jake Warhurst 17th for 4th place.

Race Walking Record

JUNE 1996 : No 644 : Price 80p

Nathan and Dom King came together again in the RWA young age groups National champs in Folkstone. Where there was a race long battle before Nathan took victory by just one second again (a PB of 15.01). Someone pointed out that the time gap between them in the last 4 or so races was less than 1 second.

Katie 2nd, Simeon, 4th, Laura Stepniak 5th, Philip Davies & Tom Green 7th.

We took 2nd team in each of the 4 age groups we contested.

The Northern 20km champs in York saw the 4 Sheffield women take the team title by filling the top 4 places... Vicki, Brenda, Lynn & Sandra Jowitt.

The men lost by 1 point from York CIU. Scoring team Oldale 1st, Morton 3rd, Hague & French.



CLOSE ENCOUNTER IN THE U15 RACE AT FOLKESTONE: WINNER NATHAN ADAMS LEADS DOMINIC (81) SECOND, AND DANIEL KING, THIRD

Fixtures

9 June (Thur)	<u>Red = Local</u> Coaching at Woodbourn Rd 4.30... finishing with 4 th South Yorkshire League (1,000m)
11 June (Fri)	South Yorkshire Schools... Doncaster 1,000m 10 am
21 June (Tue)	5 th South Yorkshire League, Millhouses 6pm
23 June (Thu)	Primary Schools City Finals
26 June (Sun)	Ireland v England in Dublin.
2 July (Sat)	North of England Track Champs... Leeds
9 July (Sat)	Inter-Counties Schools Competition ... Shrewsbury.
15 July (Fri)	6 th South Yorkshire League, Millhouses 6pm

Walk with Jesus
Brian