



City of Sheffield AC

Race walkers e-news No 45

November 2011

Athlete of the Month October goes to ANA GARCIA for the combination of her outstanding PB in the Final SYL & knocking a further 33 secs!!! off that at the end of the week.

Athlete of the Month November... JACK LEVERSIDGE for a great tactical race in the 2nd Winter League against his Leicester rival producing a huge, 30 secs PB. Followed by another sensible & successful tactical race in the final Winter League.

9th South Yorkshire League

Millhouses

4 October 2011

A really exciting finish to the 2011 series. Ana Garcia tackling her first 2 km race made a massive improvement in her training times to easily come home first and take her score up to 74 points. Peter Bilson finished 2nd over a minute behind the winner but this gave him 74 points which matched prerace leader Jack Leversidge for a three way tie. By scoring their 5th best result Peter retained the trophy with Jack second and Ana third.

		Race time	Start time	Actual time	
1 Ana Garcia	Dobcroft	14.31	(2.13)	12.18	2k
2 Peter Bilson	City of Sheff	15.38	(0.00)	15.38	2k
3 Ella Sharkey	Greenhill	15.40	(4.19)	11.21	1.5k
4 Debjani Chatterjee	Unat	16.10	(8.10)	8.00	1k
5 Jack Leversidge	City of Sheff	16.22	(4.10)	12.12	2k
6 Becky Chambers	City of Sheff	16.27	(4.41)	11.41	2k
7 Shipra Akhter	Unat	16.31	(8.10)	8.31	1k

Final series positions (scoring your best 4 results)...

1 Peter 74 points	6 Debjani 65	11 Shivani 17 (1)	16 Tom Tom 13 (1)
2 Jack 74	7 Ella J 36 (2)	11 Woody 17 (1)	16 John 13 (1)
3 Ana 74	8 Ella S 33 (2)	13 Tabby 15 (1)	16 Shipra 13 (1)
4 Becz 72	9 Katie 20 (1)	13 Tamryn 15 (1)	19 William 12 (1)
5 Molly 70	10 Niamh 18 (1)	15 Heidi 14 (1)	20 Lauren 11 (1)

1st Midland Winter League

Halesowen

8 October 2011

Jack produced a Personal Best (11.43) (after a long time trying) in a highly competitive race taking 2nd place behind Leicester rival Joe Smith. Ana showed a really competitive spirit as she produced a clear win and matched Jack's old PB (11.43) and beat Niamh's PB... which is really good as Jack and Niamh are national champions in that age group.

Becz won the U15 girls in a comfortable 17.48. Her close rival Jess had moved up to the U17 and recorded 31.24 for 5km, Becz beat this by 3 seconds in training 2 days later.

Young Athletes Training Camp, Carnegie

Leeds Met Uni

19 October 2011

Becz joined some of the top U17/U20 youngsters in the country for one day of their 3 day training camp at the Centre of Excellence for Race Walking (She was the youngest girl at 13). (Jack had hoped to go but it was decided he was a little too young still.) Becz gave a good account of herself amongst the older walkers. Our aim in going was to see what these camps are like and to become known (as interested & hardworking) to those who run them.



Becz (in pink) overseen by Centre of Excellence head coach Andi Drake

2nd Midland Winter League

Coventry

6 November 2011

Good performances throughout in this second Winter League event. Peter Bilson won an interesting race long battle for 21st place over 5km (41. 26), Jack Leversidge discussed his race plans before the start, stuck to the really well and came away with a victory and a massive PB (11.07 for 2km).



Ana showing good technique.

Over the same distance Ana Garcia walked a sensible race with improved technique (11.52). Becz Chambers paced herself well over 3km, walking a solo performance was still able to increase her speed in the last km. to get within 17 secs (with 17.36) of her best despite being in the middle of a heavy endurance training phase.



Jack tracks rival Joe Smith of Leicester.

1st Chris Smith League

Don Valley (Postal Event)

14 November 2011

In this series of 4 races the winner is the walker who can make the most consistent improvement over all 4 races. We have 4 walkers placed in the lower end of the top 10, but they are all capable of making further improvements, whereas many ahead of them will not be able to make much improvement. Molly Handley undertook her time trial for this postal event in Ireland.

	Actual time	handicap allowance	Hdcp time	Series position
8 Becky Chambers	12.23	(4.13)	8.10	
11 Jack leversidge	12.54	(5.17)	7.37	8 th Boy 20 points
19 Ana Garcia	14.52	(7.30)	7.22	5 th Girl 25 points
23 Molly Handley	15.50	(8.30)	7.20	4 th Girl 27 points
G Igor Stepanov	14.47	Guest		
25 Ella Sharkey	15.57	(8.00)	7.57	10 th Girl 18 points
G Peter Bilson	17.11	Guest		
G Debjani Chatterjee	17.25	Guest		

Presentation evening

Many young club athletes... track & field, cross country and race walking were recognised for their achievements. In race walking...

Jack Leversidge took the Jim Hackwood Trophy.

Jack won the Race Walking Association National Champs.
the Race Walking Association National Grand Prix Series.

(Where he was only beaten once in 5 races).

the Inter-Area Champs (Midlands v South v North)

He was selected to represent England against Ireland in Dublin where he won in a personal best (5.26 for 1km).

Becky Chambers received the Joe Curtis Cup

Having won the RWA National U13 champs last year Becky moved up to the U15 age group where she was ranked 5th in the country.

But she still managed to excel in the most important races of the season to take the bronze medal in...

the Race walking Association National Champs.

the England Athletics Champs

the English Schools Champs

the Race Walking Association National U15 Grand Prix Series.

Becky was again selected to represent England against Ireland in Dublin. Using the Irish age groups Becky raced as an U16, not the English U15 and was probably the youngest girl in the race. She once again, for the 3rd year in Ireland produced a PB when it really counted and finished higher up out of the English walkers than expected.

3rd Midland Winter League



A good day's racing in windy conditions.



Peter Bilson had a great race with three walkers stuck together until the final 200m, he beat one but was outspinted in the last 20m by Chris Smith. This pushed Peter to a time of 40.14 (36th in 5km), his fastest time for 19 months.

Jack Leversidge and his Leicester WC rival Joe were level on points after 1 win each, today was the decider (2km). Jack used similar tactics to their last meeting and to similar effect pushing away when he felt Joe weaken for a 14 second victory (11.32) and the League win. Ana Garcia leading the girls 2km event also saw Joe struggling and gave chase, catching him with 30m to go (11.46). This gave her 3 victories and the league title.

The third league title went to Becky Chambers with a third win in a slow 19.11 (3km), her time was affected by a cold that was developing.

LOOK OUT FOR THE
OLYMPIC CHALLENGE!



Nostalgia..... October 1996

Leicester Open 7 miles

Lisa Crump, Brenda Lupton & Sandra Jowitt took the first women's 3 places.

2nd places for Brian Adams (Snr men) Nathan Adams (U17) & Thomas Green (U15)

Brian took another 2nd in the **Chippenham to Calne 6 miles...** over 100 walkers.

28 Sheffield walkers at the **Claire Powell walks**, Dudley. 1st in the women's team, 2nd in men's. Vicky Lupton wins the women's 3km.

Katie Ford, Lisa Crump, Vicky & Brenda Lupton win the **RWA National Relay**. Brian is in the winning men's team (Leicester) Sheffield finish 3rd.

Fixtures

Red = Local

Very little happening in December & January

5 Dec Mon	2 nd Chris Smith League (Postal)
30 Jan Mon	3 rd Chris Smith League (Postal)
5 Feb Sun	London Open Walks... 1 st Grand Prix.
3 Mar Sat	Nihill Shield (v Ireland) ... Isle of Man
12 Mar Mon	4 th Chris Smith League (Postal)
16 Mar Fri	1 st South Yorkshire League (Millhouses)

Walk with Jesus

Brian