

RACE WALKING RECORD

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At the National 20, Youth Triumphs...



**...Volcanoes versus
Race Walkers!**

FRONT COVER: *Tom Bosworth (74) on his way to winning the National 20k in Victoria Park, his breakthrough performance.*

PHOTO: *by Mark Easton* **ALSO:** *Volcano annoyed by race walkers – and race walkers annoyed by volcano.*

Editorial

The variety of our sport always amazes me. Some people argue for shorter distances, and the track sprints can sometimes really impress spectators. Others prefer longer distances, enjoying endurance events that can last all day or even longer.

The sight of some youngsters truly enjoying the sport and giving it their all is truly inspiring, and we should all encourage them. The veterans however show us that getting old doesn't not necessarily mean slowing down.

Whether we race on track or road, for short or long distances, for speed or endurance, against a thousand people or just two other competitors, just remember why you got into the sport - to enjoy yourself and challenge your own capabilities. There will always be some new experience to look forward to in a future race, that's why our sport is a passionate one.

...And if you cannot race like you used to, keep your passion alive by putting something back into the sport - by becoming a coach, timekeeper, judge, course marshall or publicist. We always need more hands!

Magazine info

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advertisements: Full page £20, Half page £10. **Editor:** John

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All photos by Mark Easton unless specified.

Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net

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Moulton Community Walks 2010

12th June at 2pm

Five miles

+Junior distances of:

U10's 500m

U12's 1000m

U15's 1500m

Open to: Amblers, Ramblers, Health, Power and Race Walkers
Route: Out to Dalham Windmill and back (with some great views).
Course: Road surface and undulating

Memento's to all finishers. **Badges** for completing the **5 miles under an hour** for the first time.

Entries (name, address, age, club and an acknowledgement that you take part at your own risk - State clearly which event and whether an ambler/rambler etc.

To: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or
randjwallwork@btinternet.com

Entry Fees by 7th June:
under 16's £2.00 - over 16's £5.00
Entries on the day £7.50
Cheques should be made payable to: "Moulton Walks"

The Moulton Walks Committee is grateful to Newmarket Rotary



News

Young Racewalker Features on National Radio

The Simon Mayo show on Radio 2 in February interviewed Emma Achurch of Leicester Walking Club, live during the tea-time drive home for millions of people.

The promising young walker described in depth her interest in the sport, and her progress within it. The interviewer was polite and very interested, and did nothing negative or comical during the long interview, which had been pre-arranged.

The interview was part of a slot known as "The Friday Feature" where they take a look at a sport that is less known and underappreciated. They chose racewalking because although it is an Olympic Sport, it is less well known.

The producer of the show told me afterwards that both he and Simon were impressed with Emma, and that they had received many positive comments about it. The RWA also saw an increase in the number of introductory information packs requested in the following week.

Age Grading

A new feature has been added to the website RacewalkUK.com to highlight the achievement of veteran walkers. Age graded performances are now shown in all results.

Results can now also be listed in order of age graded performance, which often throws up some surprises - such as Micky Harran beating Luke Finch in the National 20k, and Shaun Lightman beating Scott Davis at the Intercounties.

Masters are important to our sport and are being given more encouragement and targets to chase. Early feedback on the feature has been positive and even the Australians have requested a similar feature on their website.

Other athletics events may now follow the lead of race walking, as other features of the website have been adopted by various other organisations over time.

RWR Archives

Many plans have been made over the years to produce an archive of old issues for the Race Walking Record. This month finally sees the launch of the new electronic archives.

Seven issues from over the decades have now been digitised and placed online in full - freely accessible for all. More will be added month by month, with the aim for all issues older than three years to be online within the next two years.

Members of the public and researchers now have a greater level of information available for them to understand us, old walkers arguing about the good old days have the proof (or not) available to them 24 hours a day, thousands of

pages of information will now get a worldwide audience, and now you need have no fear that all those old issues kept in the shed will one day disappear.

Each page is scanned and enhanced before being added to the new archives, which can be read page by page, for any date.

The first magazines for the archives were chosen due to back issues being requested by various people. There are other back issues that have been requested that I do not have, and I ask that anyone who is willing to lend me the following issues (which will be returned) please contact me:

Requested: July 1950, Aug 1950, Nov 1953, plus January to June 1962.

NOW ONLINE: Issue 207 - August 1959, 299 - August 1967, 367 - April 1973, 386 - November 1974, 404 - May 1976, 405 - June 1976, 406 - July 1976. They make entertaining reading.



Issue 207 - August 1959



Issue 299 - August 1967



Issue 367 - April 1973



Issue 386 - November 1974



Issue 404 - May 1976



Issue 405 - June 1976

The new look archives

Publication dates

The publication dates for this magazine have been slipping back, and this is quite rightly a concern for everyone that needs to be corrected as soon as possible.

It is not easy putting together what I hope is becoming a quality magazine and building a publishing enterprise to secure the continuation of RWR at the same time, having started a year ago from scratch.

To fix this, as editor I will now be taking a period of time off work to compile some of the 120,000 words and hundreds of photographs that have been building up, into future issues ready to be completed and published over the coming months.

Proposed publication dates:

803 (April) 31st May.

804 (May) 14th June.

805 (June) 30th June.

806 (July) 26th July.

At the Movies...

In the number 1 film "Ironman", the £65 million walking man (the worlds most expensive art, as reported in issue 800) has been bought by Ironman himself.

In the number 2 film "Robin Hood", his real name is revealed to be 'Robin *Longstride*', an attribute race walkers everywhere strive to achieve.

Record Field for Parish Walk

Mark Byrne, Chris Flint, Karen Davies, John Constandinou, Sue Clements, Oliver Browne, Kevin Marshall, Peter Ryan, Shailash Shah, plus many IOM entries are heading for the 85 mile Parish Walk in June, producing a record field of 1,693. This is 68 more than last year, which was also a record field.

The Parish Walk is held under IAAF rules, making it easily the largest race walk within the UK and possibly within Europe, and is a major showcase for our sport.

Announcements

National 50k Rescheduled

Sadly the National 50kms at Stockport on 25th April was cancelled just a week before. The event will probably be restaged later in the year but this will depend on the support of the walkers. Apart from the War years this is the first time since 1930 that the event has not been held.

Reserve Sunday October 17th in your diaries (at a Southern venue to be named). To get more entry fees to offset location hiring fees, there will also be an Open 20k.

Micky Brown Races Cancelled

Steyning AC's Micky Brown Races inc. YAG's GP have been cancelled due to not being able to hire the track on days that do not clash with other fixtures. There is a possibility of holding them later in the year but with such a crowded fixture list this

may not be possible, I will post a date if we can come up with something. Sorry for any inconvenience this has caused.
Kind Regards
Ron Penfold
Steining AC

We wish you well...

Peter Cassidy of Loughton spent 16 days in hospital recently...

...Dave Fall of Birchfield is about to have a double hip replacement...

...Bernie Hercock of Enfield is awaiting a heart bypass operation...

...Lisa Kehler was run down by a motorbike on a canal towpath.

To all readers suffering ill health at the moment, everyone's thoughts are with you. Healthy walkers: worry!

OBITUARY

W "Bill" Maxwell. Qualified as a centurion in the 1973 Bristol 100 in 20.52.29 and went on to complete five in total. He was suffering with heart trouble when he qualified so more's the credit that he did five. He was aged 76 and had been ill for some time. He was originally with Leyland Motors AC and joined Lancashire Walking Club when they disbanded.

Features

***NUTRITION:* Medicinal Mushrooms**

By Pat Reeves

Eastern medicine employs the use of unique compounds inherent in mushrooms to strengthen the immune system and permit the body to handle larger amounts of stress and training volume, which is definitely a bonus as it applies to athletes and race-walkers alike. For all of you not using - please take note! You do not have to be following a plant-based regime, such as I to benefit!!

Mushrooms are the fruiting bodies and the reproductive structure of fungus - known as mycelia. Capturing these to enhance our athletic potential is a bonus. Mushrooms have been consumed for thousands of years to good effect. Mushrooms, being the reproductive structure of a fungus, include the mycelia - with hair-like strands that grow into the host body. The mycelia has to consume the initial host body, which can be a worm or dead wood. As the mycelia grows, the mushroom blossoms - and holds immune optimisation just ahead of full maturity.

When mushrooms are combined with herbs and an optimal eating regime, they will greatly improve health and training.

The compounds found most useful are the polysaccharides as these have received scientific attention because of their influence on inhibiting tumour growth. There are several types of mushrooms connected with athletic performance, as well as tumour

suppression. Here is what I recommend for race-walkers:

Cordyceps

This grows on the living bodies of particular moth larvae. It sends up its fruiting spores, thus releasing its potential for us as athletes.

Cordyceps grows in the form of fine threads, penetrating the larvae and eventually mummifying it. Eastern medicine applauds its ability to increase immunity, ameliorate stress and enhance training ability. Personally I concur.

Maitake

I recommend this to patients, especially those exhibiting a cholesterol picture at around a three times per week intake. Alongside an effective dietary protocol, this application is extremely effective.

Shiitake

I have personally used this extremely effectively. This is one of the better known mushroom species - even available at Waitrose, etc. I apply to any immune deficiency with effective results

Maitake

This is a major mushroom to apply for lowering cholesterol levels, alongside an appropriate dietary protocol for the individual. It is also a great-tasting version of the mushroom family - one to just eat and benefit all-round for race-walkers.

Reishi

I have particularly benefited from this during my present recuperation from three shoulder surgeries. I have to endorse!! I took high doses ahead, during and after the surgeries. The primary component - beta-d-glucan has definitely improved myself during my three shoulder surgeries.

I recommend you all to research the above as it may apply to yourselves and your training potential. These mushrooms are mostly available to eat direct, or via supplementation. Two hands typing - which is a definite improvement over the last several weeks immobilisation from surgery. Hopefully on my way back to true fitness!

Pat Reeves
www.foodalive.org

TECHNIQUE: Lower Body Technique

By Phil Howell

As noted in last month's article, in race walking (as in running), the upper body's primary roles are to properly align the head and torso, and to counter-balance the motions of the lower body - to give the lower body the freedom it needs to do its own job.

Whilst we looked at upper body technique based on body part, I want to look at lower body technique from a different perspective; from that of how the body moves forward.

The lower body's primary role is to propel the body forward efficiently. It does so using three sources of power;

1. torque applied to legs at the hip,
2. falling forward due to gravity, and
3. pushing with the toes at toe-off.

Good technique utilizes all three sources, and also minimizes the unnecessary loss of your energy.

Hip Torque

The hip uses the large muscles of the upper leg (both back and front) and the muscles of the abdomen and back to alternately move each leg forward and aft. Moving the mass of one leg forward provides a counter-balance to moving the mass of the other leg aft.

Because the leg moving aft is always on the ground, it can not move aft (unless the foot slips); it can only push the hips forward - and this is the primary source of forward propulsion. As an important side benefit, the leg moving forward is then conveniently positioned to begin its next movement aft.

The rotation of the hips (about the spine) and the general motions of the legs and feet are all intended to facilitate the effective creation and application of this forward force.

Falling Forward

When the body's center of mass is in front of the supporting foot, the body will tend to fall forward (over the straightened leg), and will fall

forward with significant acceleration as the foot moves further aft.

It is therefore important to plant the forward heel near or under the center of mass so that the body tends to fall forward most of the time. (Do not confuse the above with leaning forward from the waist or ankles - which generally interferes with having good technique.)

The strength of this falling force can be easily seen by how quickly you fall forward when you lose your balance.

The Toe-Off Push

Whilst most novice-to-intermediate race walkers tend to overlook the value of pushing oneself forward by the toes as they leave the ground behind the body, advanced race walkers know how much forward propulsion can be gained by this technique.

The supporting foot should spend most of its time behind the body's center of mass both to utilize the force of falling forward and to allow the toes to push aft (not upward) as the heel rises off the ground. Hip rotation (around the spine) aids this process in that it allows the trailing toes to remain on the ground - and push - longer.

I personally find that using good toe-off technique (including hip rotation) is one of the quickest ways in which I can increase my walking speed with very little effort. (It also helps one avoid lifting calls.)

Minimizing Loss of Energy

There are several ways in which good lower-body technique can help you walk efficiently.

Avoid overstriding. When you overstride, your supporting foot is too far in front of your body's center of mass, and you have to expend energy both to keep from beginning to fall backward and to propel yourself up and over that foot.

The concept of the "rolling foot," where you transition smoothly from heel to toe, is intended (in part) to minimize the amount of shoe volume that is being squished around (and dissipating valuable energy) whilst you take each step. Avoid walking flat footed.

Good technique should keep the body's center of mass moving in only one direction - forward. Any other direction represents a waste of energy. Hip drop, which is used to compensate for the body having to move up and over the straightened leg, is important in that it keeps the center of the body's mass from bouncing up and down. Avoiding lateral motion of the hips, arms, etc. also keeps the center of mass from moving sideways.

A runner may off the ground for as much as 40% of each step. Whilst airborne, there is no forward force applied and no loss of energy (other than air resistance). The race walker, however, is in contact with the ground (almost) all of the time and, therefore, has to propel himself forward efficiently at ALL times. That

is why good lower-body technique is so critical.

Phil Howell is the Webmaster for eRaceWalk.com, a Web site that focuses on race walking technique. Phil invites feedback or suggestions for future articles. E-mail him at Phowell222@aol.com

An Interview with Tom Bosworth

Q) Would you answer some questions for the readers?

A) Cool, yup happily

Q) How do you feel about your win in the National 20k?

A) This was my first National title, and to get it on my debut 20 was unbelievable. I had thought about the feeling of crossing the line first in the build up to the race, but didn't really believe it would be me claiming first place. Before the race I knew the competition had 20k experience - that was the only thing I didn't have. However I was the fittest I've ever been and had put the hard work in over the winter and into the spring, so had as much chance as any one of winning.

Q) What are your general plans currently?

A) At the moment I am training full time at the UK Race Walking Centre at Leeds Met Carnegie, with a brilliant group of walkers who create a positive training atmosphere, plus every training session is coached with physio support available for us. I've had a couple of hard weeks

training post the Nationals, and now am tapering before I travel to Milan to race my second 20k. Then its back with the big training and big miles throughout May.

Q) Are you aiming for any big competitions?

A) The big challenges for me this year has been to race my first 20k, and then try and keep consistent, however the Commonwealth Games time is within touching distance, and my main priority for this year. I also plan to race 20k at Bedford later in the summer, hoping to get the Delhi qualifying time then.



Tom, after his big win

Q) Do you have serious intentions for the 2012 Olympic Games?

A) London would be a dream come true, a dream that has only ever been exactly that until recently. I am in the perfect place to get my times down and race at the speeds I need to get to qualify for hopefully my first of many Olympic Games. I know it will not be an easy ride, but I have shown my commitment to my family and to my coaches here at Leeds Met Carnegie and at home in Kent, I never thought I could get this far, so

Im determined to make the most of the opportunity I have in front of me.

Q) Has the volcano disrupted any of your plans?

A) The recent erupting volcano at one point looked to be about to disrupt our plans for the Sesto race, within the team at Carnegie traveling to Milan there were talks about having to get the EuroStar to Milan. However all that blew over.

Thanks very much, and good luck.

Volcano Racewalk

Just before the Icelandic volcano brought much disruption to Europe, a racewalk was held on top of a volcano in America. The Top O'Tabor 3000 meter racewalk on March 21 was held in Portland Oregon on top of Mt. Tabor which is an extinct volcano, rising prominently from the surrounding countryside. The course was held on a 500 metre loop on the very top of Mt. Tabor. The cinder cone peak is 630 ft (192 m) in elevation, whilst the surrounding land is only 200ft (60m) elevation. The winning time was 16:07.



*Walkers ready to race the volcano
PHOTO: Carmen Jackinsky*

FEATURE:

Jerzy Hausleber, the architect of Mexico's Race Walking tradition

IAAF Race Walking Cup 2010
Chihuahua, Mexico

Rarely can it be said one man is responsible for an entire country's worldwide success in athletics - and a success that he started from scratch.

History has many examples of coaches rekindling a long-held tradition, perhaps, or a country fetching up a bunch of talented athletes for no particular reason other than coincidence.

But an ex-boxer in a foreign country preaching a discipline barely heard of before?

And what is even more remarkable about Jerzy Hausleber is that as a Pole, he went to a country about as far removed from his own in culture and ideas – and still produced a hotbed of Mexican Olympic, World, and IAAF Walking Cup champions for 40 years.

To grasp the enormity of the Hausleber phenomenon, imagine if you will, a Norwegian going to Brazil to teach cricket and still producing the World Cup winners for the best part of two decades.

Hausleber is now 78, and an icon in the country that granted him naturalisation in 1984.



Jerzy Hausleber (front), Daniel Bautista (Left - Olympic Gold 20k Montreal 1976), Joel Sanchez (behind -Olympic Bronze 50k Sydney 2000), Edrer Sanchez (right) 20k race walker.

Photo by Andrew Hausleber

No doubt, he will get the same warm reception he gets everywhere in his adopted country when he attends the 24th IAAF World Race Walking Cup in Chihuahua on the weekend of 15/16 May.

Recovering from heart and knee problems, he now limits his activities to coaching coaches, making motivational speeches, and initiating various endurance athletic disciplines that have acolytes soaking up every word.

But it wasn't the case in 1966.

Recruited for Olympic project...

Mexico had been awarded the 19th summer Olympics set for two years hence, and noted the hosts always came up with a gold medal somewhere along the line.

But the chances of Mexico producing a sprinter or a field-eventer in athletics were about as remote as Usain Bolt attempting a World record in a sombrero.

However, Mexico City is 7000 feet above sea level, so the endurance events were an obvious target for those used to thin oxygen.

And race walking was seen as a sport without an obvious dominant force. The previous four Olympic champions in the two events had come from Russia, Great Britain and Italy. Before that, even a New Zealander won the 50k event.

Hausleber was brought in as one of a batch of seven foreign coaches by Mexico's Olympic head, General José de Jesús Clark Flores, who expected the mercenaries to make a decent fist of producing Mexican medals on home ground.

But walking had none of the machismo of say, boxing - and the Pole started with just six athletes after he arrived on May 30, 1966 (Hausleber remembers the exact day).

Fortunately for Hausleber and Mexico, one of them was army sergeant Jose Pedraza.

There was nothing promising about Pedraza's winning time in the Central American Championships in his first go at the sport. His 51:32 for the 10k is around the pace a decent club walker was recording on training nights even then.

But Hausleber's destiny and that of Mexican race walking was sealed in one 300 metre sprint in the Olympic final on a warm October night two years later.

Vladimir Golubnichiy and Nikolai Smaga entered the Ciudad Universitaria stadium in first and second – but the instant Pedraza appeared right behind, it was clear he was travelling much faster than the two Russians.

Pedraza tore past Smaga as if he was standing still, and cheered on by the 'Me-hee-co, Me-hee-co' chants down the home straight, came within two yards of winning gold.

The Mexican had every reason to beat himself up for timing his charge too late – he clearly had loads left in the tank.

Pedraza only the start of the Mexican dynasty

But it was just the boost Hausleber needed to create a dynasty of champions that requires one-and-a-half pages of A4 paper in very tiny print just to list.

Daniel Bautista, Raul Gonzales, Carlos Mercenario and Bernardo Segura to name but a few, all owe their hero status to the coach.

"At the beginning it was not easy," Hausleber said. "But bit-by-bit after the Pedraza medal, there were more and more young athletes interested in walking.

"Mexico also offered me the chance to keep working there, and walking became popular enough to become almost a national sport."

Three Olympic golds, two IAAF World Championship golds, and 12 IAAF World Walking Cup firsts just for starters – not to mention silvers and bronzes enough to fill a jeweller's window as well as Pan and Central American dominance for the best part of four decades.

But almost at the time Hausleber called it a day in 2004 on his full-time coaching, the medals mostly stopped for Mexico.

Eder Sanchez is the one home-grown walker likely to get to the podium in Chihuahua after winning both the 2009 IAAF Walks Challenge and a bronze in the IAAF World Championships last August.

But the country's 'father of walking', according to his own CV, refuses to criticise the coaching set-up he left – or why there are not more obvious prospects besides Sanchez.

Hausleber said: "Because of professional ethics, I have never liked predicting the future for others or speaking about other trainers.

"My role is strictly as a speaker or a coordinator in the Ministry of Sport in Mexico.

"I am not comfortable in discussing why there appears to be a bit of a lull in walking triumphs in the country."

For all that, there's a hint that Hausleber is unhappy with the level of commitment shown by the modern-day Mexican athlete.

The tough Pole raised in sight of the Gdansk shipworks emailed his answer for what's needed to produce another Mexican wave of champions.

He said: "In Mexico as in many other countries, many factors affect this type of situation.

"One of the most important is that ONE MUST HAVE MORE PASSION AND SELF DISCIPLINE and work in a scientific and technical professional way as a trainer and athlete."

The capital letters were added by a man still clearly passionate about his beloved sport in the country's he's called home for 44 years.

Paul Warburton for the IAAF

Results and Reports

**Chris Smith Race Walking League
2009/10 Round 4 – Final Round**
2nd March 2010

With 84 walkers from 47 schools competing in the race walking series, this innovative league format continues to be a great success.

Jasmine Nicholls (Countesthorpe College) maintained her unbeaten season's record ahead of Leysland High School's Emma Achurch. A great personal best performance by

Sarah Sheasby (High Storrs, Sheffield) guaranteed her the girl's league ahead of last year's champion, Rebecca Chambers (Meadowhead, Sheffield). Neve Duguid, another talent from the Blaby Stokes Striders stable pipped Amy Sanders (Croft Junior) for the third place overall.

Maks Orzal (Leicester Grammar) clocked an excellent 10 minutes dead for his 2km. race. With another fine walk Daniel Watling (Perton Middle School, Staffs), ensured that the boy's overall title came his way. Former Champion, Dan Chaib, had to be content with second place overall just two points ahead of Edward Poyser (Blaby Stokes).

Blaby Stokes Striders retained the Chris Smith league team champions trophy but were chased hard throughout the series by High Storrs, Sheffield.

George Smolinski, L.P.S.A.A.
Google George Smolinski and go to the top link

2km GIRLS

1 Jasmine Nicholls Countesthorpe College Leics 10:33
2 Emma Achurch Leysland, Leics 10:55
3 Rebecca Chambers Meadowhead, Sheffield 12:15
4 Sarah Sheasby High Storrs, 12:21
5 Toni Webley Kingstanding, 13:22
6 Kara Sanders Hartshill, Nuneaton 13:23
7 Isobel Reid St Paul's Catholic School, Edgbaston 13:49
8 Kezia Brown Blaby Stokes, Leics 14:28
9 Jessica Mills Grace Academy, Chelmsley Wood 14:33
10 Laura Achurch Blaby Stokes, 14:38
10 Amy Sanders Croft Junior 14:38

12 Chloe Merton NDS Birmingham 15:22
13 Georgina Hollinshead Hurley Primary, Atherstone 15:30
14 Rhiannon Cole St Edwards 15:49
15 Macey Davis Windmill Primary, 15:50
16 Neve Duguid Blaby Stokes, 15:51
17 Paige Douglas Northampton School for Girls 16:09
18 Rebecca Hughes Isham Primary, Kettering 16:23
19 Sophie Moss Isham Primary, Kettering 16:24
20 Hannah Winstone Hall Meadow Primary, Kettering 16:33
21 Freya Marlow Park Junior School, Kettering 16:34
22 Emily Manson Broughton Primary School, Kettering 16:48
23 Scarlet Robinson Barton Seagrave Primary, Kettering 16:52
24 Liberty Vinci St Peter's, Kettering 17:51
25 Martha Wallace Blaby Stokes, 20:27
26 Charley Coleman Blaby Stokes 21:05

Final Girls League

1 Sarah Sheasby 164
2 Rebecca Chambers 149
3 Neve Duguid 143
4 Amy Sanders 141
5 Isobel Reid 135
6 Chloe Merton 129
7 Kezia Brown 126
8 Jessica Mills 125
9 Emma Achurch 123
10 Kara Sanders 114
11 Jasmine Nicholls 113
12 Georgina Hollinshead 111

2km BOYS

1 Maks Orzal Leicester Grammar 10:00
2 Daniel Watling Perton Middle School, Staffs 10:21
3 Daniel Waples Guilsborough, 11:30
4 Dan Chaib High Storrs, Sheffield 11:52
5 Matthew Redfern William Allitt, 12:51
6 Joe Bowskill Loddington CE School, Kettering 14:03
7 Bradley West Loddington CE School, Kettering 14:19
8 Edward Poyser Blaby Stokes, 14:33

9 Matt Archer Milby Primary School,	
14:50	
10 Benjamin Allen Blaby Stokes, 15:19	
11 Jake Smith Blaby Stokes, Leics 15:24	
12 Charlie Arnold Queen Elizabeth	
School, Atherstone 15:31	
13 Max Flanagan Blaby Stokes, 15:48	
14 Thomas Butler Stokingford Jnr,	
Nuneaton 15:52	
15 Joe O'Toole Danesholme Junior,	
Northants 16:13	
16 Peter Bilson SHEAF 16:52	
17 James Constant Milby Primary 17:14	
18 Charlie Hay Chetwynd Junior, 19:38	
19 Fabian Frear Sketchley Hill 19:44	

Final Boys League

1	Daniel Watling	171
2	Dan Chaib	143
3	Edward Poyser	141
4	Matthew Redfern	132
5	Jake Smith	123
6	Shaun Cohen	119
7	Benjamin Allen	112
8	Daniel Waples	106
9	Max Flanagan	101
10	Thomas Butler	99
11	Joe Smith	95
12	Matt Archer	85

FINAL TEAM STANDINGS

School	Points Total
Blaby Stokes "A", Leics	332
High Storrs, Sheffield	307
Blaby Stokes "B"	271
Blaby Stokes "C"	223
Meadowhead, Sheffield	171
Perton Middle School, Staffs	171
Loddington CE Primary, Kettering	160
Blaby Stokes "D"	142
Croft Junior	141
St Paul's Catholic School, Edgbaston	135
William Allitt, Swadlincote	132
Isham Primary "A", Kettering	130
NDS Birmingham	129
Grace Academy, Chelsley Wood	124
Leysland High School, Leics	123
Handsworth Grange, Sheffield	119
Hartshill High, Nuneaton	114
Countesthorpe College Leics	113
Hurley Primary, Atherstone	111
Guilborough, Northants	106

Stockingford Junior, Nuneaton	99
Milby Primary School, Nuneaton	92
Barton Seagrave Primary, Kettering	82
Windmill Primary School	82
Hereford School, Grimsby	78
Danesholme Junior, Northants	73
St Edwards, Kettering	73
St Wilfreds, Sheffield	72
Leicester Grammar	66
Sheffield University	50
Blaby Stokes "E"	48
Mawsley Primary, Kettering	46
Isham Primary "B", Kettering	45
Etone College, Nuneaton	43
Kingstanding, Birmingham	43
Park Junior School, Kettering	41
Mount Grace, Leics	35
Isham Primary "C", Kettering	31
Brixworth Primary "A", Northampton	31
King John Middle School A, Northants	26
Chetwynd School, Nuneaton	25
SHEAF	20
Broughton School	20
Queen Elizabeth School, Atherstone	17
Isham Primary "D", Kettering	17
Wellingborough School, Northants	13
King John Middle School "B"	12
Rushton Primary, Northants	11
Hall Meadow, Kettering	10
St Peters, Kettering	10
Spreyton Hall	9
The Latimer Arts College, Kettering	7
Brooke Weston, nr Corby	6
Sketchley Hill	6
Northampton School for Girls	3
Kettering Science College	3
Brixworth Primary "B", Northampton	3
Brambleside Community Primary,	
Kettering 2	

Molly Barnett Inter-Counties

6th March 2010
Coventry

The Inter-Counties 10km was held at the University campus. Weather continued with a bright day spoiled by a slight but very cold breeze.

Ian Richards of Steyning 49:06
UK/European M60 best could not be
ratified as a record, due to there
being two timekeepers instead of the
three for records. PB and British best
for Jo Jackson too.

Under 13 2k

1 114 Matthew Redfern Nuneaton 12:38
B U13 STF
2 113 Matthew Archer Nuneaton 12:57 B
U13 WAR
3 112 Christophe Hewlett Birchfield
13:33 B U13 WAR
1 104 Rebecca Chambers Sheffield
11:27 G U13 YKS
2 106 Heather Butcher Cambridge 11:31
G U13 KEN
3 110 Georgia Parsons Tonbridge 12:49
G U13 KEN
4 109 Georgina Hollinshead Nuneaton
13:35 G U13 WAR
5 108 Sophie Levy M & M 13:42 G U13
KEN

Under 15 3k

1 Daniel Waples Kettering 16:19 B U15
NTH
2 Guy Thomas Tonbridge 18:12 B U15
KEN
1 Emma Achurch Leicester 16:52 U15
LEI
2 Toni Webley Birchfield 18:23 G U15
WAR
3 Caitlin Hayden Nuneaton 19:36 G U15
LEI

10km

Position First Name Name Club Time
Gender Age Group County
1 Brendan Boyce Coventry 41:50 WAR
2 Alex Wright Belgrave 43:31 SM SRY
3 Micheal Doyle Uni. Bed 43:37 BEDS
4 Tom Bosworth Tonbridge 43:39 KEN
5 Daniel King Colchester 44:22 SM ESS
6 Scott Davis Ilford 44:44 SM ESS
7 Tom Taylor Birchfield 45:20 SM LEI
8 Tim Healy Torgher AC 48:58 Ireland
9 Ian Richards Steyning 49:06 SM SSX
10 Jimmy Ball Steyning 50:24 SM HAM
11 Francisco Reis Ilford 51:10 SM MDX

12 Steve Arnold Nuneaton 52:10 WAR
13 Trevor Jones Steyning 52:46 SM SSX
14 Steve Uttley Ilford 53:25 SM ESS
15 Arthur Thompson Enfield & Harringey
55:32 M Sen HRT
16 John Constandinou Birchfield 56:42
SM WAR
17 Graham Chapman Headington 57:04
SM OXF
18 Peter Bozsko Birchfield 57:10 WOR
19 Chris Berwick Leicester 57:39 SM LEI
20 Shaun Lightman Surrey 57:54 MDX
21 Ron Penfold Steyning 58:52 SM SSX
22 Steve Allen Barnet 59:07 SM HRT
23 Chris Vesty Leicester 61:07 LEI
24 Sean Pender Enfield & Harringey
61:56 M Sen MDX
25 Tony Collins Birchfield 62:30 WAR
26 Michael Haran Surrey 63:42 SRY
27 Paul Hayden Nuneaton 64:00 LEI
28 Gary Macdonald Surrey 64:50 KEN
29 Ron Powell Enfield & Harringey 66:51
M Sen MDX
30 Chris Harris DASH 67:33 STF
31 John Borgars Herts Phoenix 67:48 M
Sen HRT
32 David Hoben Surrey 71:41 SRY
33 Bernie Hercock Enfield & Harringey
71:58 M Sen MDX
34 Eric Horwill DASH 75:11 STF
35 Asim Querishi Birchfield 90:41 WAR

Junior Men

1 Antonio Cirillo Coventry 47:53 M U20
West Wales
2 Mark O'Kane Coventry 50:51 M U20
WAR
3 Jonathan Hobbs Ashford 51:03 M U20
KEN
4 Liam Baldwin Tonbridge 54:13 M U20
KEN
5 Ben Casey Yeovil 58:38 M U20 SOM
6 James Cotterill Tonbridge 60.43 M U20
KEN

Senior Women

(5th overall) Johanna Jackson
Middlesborough & Cleveland 43:52 W
Sen Guest

Team Result Clubs

1 Steyning (Richards, Ball, Jones 13th)

	271
2 Ilford (Davies, Reis, Uttley 14th)	271
3 Birchfield (Taylor, Constandinou, Boszko)	261
4 Enfield & Harringey	235
5 Surrey W C	229



The Senior men start

Counties

1 Essex King, Davies, Uttley	276
2 Warwickshire Boyce, Arnold, Constandinou	274
3 Sussex Richards, Jones, Penfold	260
4 Leicester Taylor, Berwick, Vesty	253
5 Middlesex Reis, Lightman, Pender	248
6 Surrey Wright, Haran, Hoben	242
7 Hertfordshire Thompson, Allen, Borgars	235

Counties Men's Overall Team

1 Warwickshire	707
2 Kent	652
3 Middlesex	388

Counties men's and Women's Combined Team

1 Kent	1523
2 Warwickshire	1111
3 Leicestershire	720

U17 Boys 5km

Position	First Name	Name	Club	Time
Gender	Age	Group	County	
1	Nathan	Duncan	Cleethorpes	26:56 B
U17	Humber			
2	Ben	Parsons	Tonbridge	29:49 B
U17	KEN			

U17 Girls 5km

1 Heather	Lewis	Pembroke	25:36 G	U17
West	Wales			
2 Kelsey	Howard	Tonbridge	27:00 G	U17
U17	KEN			

3 Kate	Funnell	Ashford	27:08 G	U17
KEN				
4 Jasmine	Nicholls	Leicester	28:12 G	U17
U17	LEI			
5 Beth	Jackson	W & B	28:23 G	U17
STF				
6 Catherine	Cotterill	Tonbridge	28:24 G	U17
U17	KEN			



Girls battling hard

U20 Girls 5k

1 Vicky	Morgan	W & B	27:07 JW	U20
STF				
2 Emily	Symons	Tonbridge	30:00 JW	U20
U20	KEN			
3 Stephanie	Rukin	Tonbridge	31:05 JW	U20
U20	KEN			
4 Katerina	Johnson	Abingdon	Amblers	
32:22	JW	U20	OXF	
Guest	Peter	Bilson	Sheffield	42:38 SM
O20	Guest			



The Womens race begins

5km Women

1 Lisa Kehler W&B 23:58 SW O20 STF
 2 Diane Bradley Tonbridge 26:37 SW O20 KEN
 3 Helen Middleton Enfield and Harringey 27:32 SW O20 BDF
 4 Ann Wheeler Nuneaton 29:34 SW O20 WAR
 5 Mizzie Marshall W&B 31:23 SW O20 STF
 6 Julie Bellfield Halesowen 32:04 SW O20 WOR
 7 Sarah Lightman Leicester 32:24 SW O20 NTT
 8 Karen Davies Birchfield 33:22 SW O20 WAR
 9 Noel Blatchford Abingdon 33:22 SW O20 OXF
 10 Tracey Mills Birchfield 33:26 SW O20 WAR
 11 Lynne Bellfield Halesowen 34:24 SW O20 WOR
 12 Roz McKenzie Abingdon 34:29 SW O20 OXF
 13 Judy Howard Abingdon 35:04 SW O20 OXF
 14 Sue Rey Leicester 35:58 SW O20 NTH
 15 Donna Macarthur Birchfield 40:16 SW O20 WOR

Club Team

1 Birchfield (Davies, Mills, Macarthur) 267
 2 Abingdon (Blatchford, McKenzie, Howard) 266

Counties

1 Warwickshire (Wheeler, Davies, Mills) 278
 2 Worcestershire (Bellfield J, Bellfield L, Macarthur) 268
 3 Oxfordshire (Blatchford, McKenzie, Howard) 266.

Counties Women's Overall Team

1 Kent	872
2 Warwickshire	472
3 Leicestershire	393

HSBC Open meeting

6th March 2010
 NSC, Douglas, Isle of Man

3km Men

1 Evan Lynch U17M IRL 13:56
 2 Paul Murphy U17M IRL 17:46
 3 Juan Bellando U15M unatt 18:17

3km Women

1 Aisling Heneghan U17W IRL 16:38
 2 Danielle Oates U15W Manx 16:53
 3 Michelle Beirne U17W IRL 17:21
 4 Alexandra Ross U15W Manx 17:27
 5 Sinead Kaneen U15W Manx 17:32
 6 Hannah Kelly U15W Manx 18:53
 7 Rebecca Storrie U13W unatt 20:15
 8 Olivia Watterson U15W unatt 20:36

Fred Pearce Memorial Relay 3 x 5k

Simister, near Manchester

6th March 2010

Relay Result

1 Team D 99.12 A Edwards, J Hardy, P Carroll
 2 Team C 99.43 D Crompton, S Shah, P Evans
 3 Team B 100.42 G Smith, A Brooks, J Payn
 4 Team A 100.52 D Evans, C Corboz, D Evans + 4 min H'cap
 5 Team E 103.59 A Shand, S Walker, R Robb

Individual Stratch Times

1 Adrian Edwards Lancs WC 27.02 M45
 2 Greg Smith Lancs WC 27.08 M55
 3 Dave Evans Lancs WC 28.06 M60
 4 Dave Crompton Lancs WC 28.24 M45
 5 Alistair Shand Yorks RWC 29.17 M45
 6 Joe Hardy Lancs WC 30.18 M65
 7 Steve Walker Lancs WC 31.24 M60
 8 Sailash Shah Lancs WC 31.53 M45
 9 Pat Evans Lancs WC 32.56 W55
 10 Alan Brooks Yorks RWC 33.28
 11 John Payn Lancs WC 33.36 M75
 12 Philip Carroll Yorks RWC 34.52
 13 Richard Robb Lancs WC 35.18 M40
 14 Clark Corboz Yorks RWC 38.24

HSBC Open meeting

National Sports Center,
 Douglas, Isle of Man
 6th March 2010

Junior 1 mile walk

Name Club Time Cat

- 1 Deena Sadik Westport 8.52 F
- 2 Stephanie Morley Claremorris 9.51 F
- 3 Daniel Scarffe Manx Harriers 10.32 M
- 4 Rebecca Greatbatch unatt 10.57 F
- 5 Bynley Mayhew Western AC 15.12 M

10 km walk

Name Club Time Cat

- 1 James Traenor Shercock AC 46.27 M
 - 2 Niall Prendiville FarranforeMaine 48.22 M
 - 3 Peter Kaneen Manx Harriers 52.24 M
 - 4 Simon Cox Isle of Man VAC 58.33 M
 - 5 Sean McMullen Mullingar H 58.36 M
 - 6 Emma Farrell Slaney Olympic 66.41 F
 - 7 Aibhinn Gissane Monaghan P 68.33F
 - 8 Michael Salmon Unattached 69.48 M
 - 9 Norbert Will NIVets M70 70.57 M
 - 10 John Hotchkiss Unatt 72.22 M
- DNF Oisin Oliver Swinford dnf M
DNF Jane Foster Unattached dnf F
DQ Judith Quane Unattached dq F

20km walk

Name Club Time Catagory

- 1 David Kidd St. Laurence O'Toole 1.32.36 M
- 2 John Egan Bree 1.33.58 M
- 3 Michael George Manx Harriers 1.41.46
- 4 Vinny Lynch Isle of Man VAC 1.54.21M
- 5 Richard Gerrard Unatt 1.54.29 M
- 6 Andy Green Manx Harriers 1.59.44 M
- 7 Rebecca Collins Medway & Maidstone 2.06.55 F
- 8 Dermot O' Toole Unatt 2.27.40 M

Junior 3 km walk

Name Club Time Catagory

- 1 Evan Lynch Clonmel 13.56 M
- 2 Aisling Heneghan Westport 16.38 F
- 3 Danielle Oates Manx Harriers 16.53 F
- 4 Michelle Beirne Mohill 17.21 F
- 5 Alexandra Ross Manx Harriers 17.27 F
- 6 Sinead Kaneen Manx Harriers 17.32 F
- 7 Paul Murphy Claremorris 17.46 M
- 8 Juan Bellando Manx Harriers 18.17 M
- 9 Hannah Kelly Manx Harriers 18.53 F
- 10 Rebecca Storrie Unattached 20.15 F
- 11 Olivia Watterson Unattached 20.36 F

Junior 5 km Walk

Name Club Time Catagory

- 1 Cian McManamon Westport 23.11 M
- 2 Emma Prendiville Farranfore 24.38 F
- 3 Fiona Dennehy Kilmacow 25.20 F
- 4 Emma Doherty North Belfast 25.31 F
- 5 Maeve Curley Craughwell 25.32 F
- 6 Michael Moran Claremorris 27.12 M
- 7 Alex Eaton Manx Harriers 27.49 M
- 8 James Green Manx Harriers 29.15 M

Sarnia Walking Club "Yorkshire Guernsey" Championship One

Sunday March 7th 2010

10 kms track walk

Osmond Priaulx, Footes Lane, Guernsey

Stuart Le Noury opened the 2010 Sarnia Walking Club Yorkshire Guernsey Championships with a close win over second man home Phil Lockwood. In the absence of Jason Le Noury who was sidelined with illness, Stuart led from start to finish to cross the line in 53.12, whilst Lockwood remained second throughout finishing 41 seconds down and only twelve seconds outside of his best ever performance. Terry Bates took third spot in just under the hour. Womens Champion Jayne Le Noury recorded a new Guernsey Age Best time of 70.42, surpassing her own previous track best time.

Men 10 kms

- 1 Stuart Le Noury M 53.12
 - 2 Phil Lockwood M35 53.53
 - 3 Terry Bates M55 59.51
 - 4 Kevin Le Noury M50 68.41
 - 5 Mick Le Sauvage M70 71.52
- DNF Rob Elliott M50 5kms 30.00

Women 10 kms

- 1 Jayne Le Noury W45 70.42

Women 5 kms

1 Carol Bates W55 37.18

Enfield Walking League Race 3

Lee Valley

13th March 2010

After a string of important A judged races it made a pleasant change to take part in this Enfield event- a much more friendly, local interclub affair. Despite the recent frequency of walks about 40 men and women toed the line on a relatively warm March afternoon cooled by a slight cold breeze. The race was started by national Race Walking Association President, Pam Ficken.

5 miles

1 40.05 Barnard Phil Ilford AC 26
2 40.42 Silvester Nick AFD M50
3 40.57 Reis Francisco Ilford M45
4 42.25 Jones Trevor Steyning M50
5 42.34 Crane Steven Surrey 29
6 43.07 Uttley Steve Ilford AC M50
7 44.01 Bradley Diane Tonb. W45
8 44.34 Hall John Belgrave M60
9 44.51 Thomson Arthur Enfield M70
10 44.58 Middleton Helen Enfield W45
11 45.55 Collins Becky M&M u20
12 48.05 Ralph John Chiltern M50
13 48.09 Seddon Amos Enfield M65
14 48.26 Bobbett Ken Hilling. M65
15 48.35 Hannell Petter Surrey M65
16 49.07 Sharpe David Ilford M50
17 49.37 Noel Maureen Belg. W45
18 49.59 King Paul Belgrave M55
19 50.30 Browne Oliver Ilford M55
20 50.40 Pender Sean Enfield M55
21 51.13 Macdonald Gary SWC M50
22 51.34 Belchambers Anne Steyning W55
23 51.57 Hinton Mike Ilford M65
24 52.14 Duhig Kath Loughton W55

25 52.23 Crane Peter Surrey M65
26 52.52 Stringer Jo AFD W35
27 52.56 Powell Ron Enfield M70
28 53.11 Bishop Fiona AFD W50
29 53.21 Lewis Ann AFD W60
30 54.32 Barnett Sue C&C W60
31 54.40 May Jon Enfield M55
55.37 Bird Nick U/A M45
32 55.43 Howard Peter Enfield M65
33 56.12 Grimsey Norma Enfield W50
34 57.20 Hoben David Surrey M55
35 57.22 Herccock Bernie E&H M70
36 58.35 Qeeney Serena E&H W55
37 58.35 Smith Sue Ryston W40
38 59.42 Fotheringham Doug Belgrave M75
3m 33.50 Sturt Brian Enfield M65
1ml 13.08 Bill Long M50

Northern RWA 10 Miles

14th March 2010

Thornton le Clay

Paul Evennett walked superbly in difficult conditions on a testing course, with a strong headwind on the uphill section. His style was excellent and the hard work he has put in was very much in evidence. This season promises to be a good one for Paul and should bring him just reward for all his perseverance. The field was a small one due to three regulars being ill and no Ladies took part as the race unfortunately coincided with Mothers Day! The course was held for the last time at the Thornton le Clay venue, as Roy Thorpe our hard working President, has decided to call time on preparing the course, due to lack of support. Roy was thanked at the presentations for his unstinting efforts, and generosity to the

Northern Area, which is very much appreciated.

Russ Jackson NARWA Hon Sec

- 1 Paul Evennett (Redcar) 1:19:48
- 2 Tony Malone (York CIU) 1:39:50
- 3 Mark Byrne (Redcar) 1:44:34
- 4 Jed Bycroft (York CIU) 1:52:52
- 5 Mike Nicholson (Hull) DNF

Cambridge Harriers Winter League 2009/2010 Race Four

Saturday 20th March 2010
Bexley, Kent

The last of the 2009/10 seasons Cambridge Harriers League came at the end of a string of more significant races on a day that started with heavy rain so fewer than usual made the trip to Bexley. Good conditions – cool with occasional light drizzle – put in an appearance by the start of the race and the outcome in terms of times at the front of the field were good. The course contains a quite long hill, which though not very steep, is tiring towards the end of each three quarters of a mile lap and often divides athletes who have been racing hard together throughout the rest of the race. In this case it was Shaun Lightman that could not hold his place as a tight group of four sped up the last climb. He still finished with a good time but a little way short of the outcome three and half hard, competitive laps might have yielded. Meanwhile the next day say his daughter Sarah scored a two minute PB in the Midlands 20km championship to finish second woman home.

Men's 5km

- 1 Jonathan Hobbs (U20) Ashford Athletic Club 25:03
- 2 Steven Uttley Ilford 25:55
- 3 Steve Allen Barnet & District 27:18
- 4 Christopher Hobbs Medway & Maidstone Athletic Club 27:36
- 5 Shaun Lightman Surrey 28:04
- 6 Sean Pender Enfield 30:52
- 7 Bernard Hercock Enfield 35:32
- 8 Michael Barnbrook Ilford 36:53

Team

- 1 Ilford Athletic Club 28 points
- 2 Enfield & Haringey AC 31 points

Women's 5km

- 1 Kate Funnell (U17) Ashford 27:16
- 2 Helen Middleton Enfield 27:27
- 3 Emily Symons (U20) Tonbridge Athletic Club 30:39
- 4 Victoria Munt (U17) Tonbridge Athletic Club 34:38

Boys 2.5km

- 1 Guy Thomas (U15) Tonbridge Athletic Club 14:09
- 2 Cameron Corbishley (U13) Medway & Maidstone AC 14:19

Girls 2.5km

- 1 Rebecca Roddy (U15) Ashford Athletic Club 14:23
- 2 Heather Butcher (U13) Cambridge Harriers 14:31
- 3 Sophie Levy (U13) Medway & Maidstone Athletic Club 19:45

MCAA/MARW Midland Championships Men/Womens 20km Championships.

21st.March 2010
Abbey Park, Leicester

Mens 20km

1. Steve Arnold Nuneaton 1.49.58
2. Chris Berwick Leicester 1.58.28
3. John Constandinou Birchfield 2.00.00

4. Peter Boszko Birchfield 2.04.21
5. Tony Collins Birchfield 2.09.04
6. Colin Vesty Leicester 2.12.30
7. Hardeep Minhas Leicester 2.14.05
8. Paul Hayden Nuneaton 2.18.35
9. Neale Smith Nuneaton 2.24.28
10. Eric Horwill D.A.S.H. 2.31.52
- 1 DNF

Mens Teams

1. Birchfield Harriers 288pts
Constandinou, Boszko, Collins
2. Leicester W.C. 285pts
Berwick, Vesty, Minhas
3. Nuneaton Harriers 283pts
Arnold, Hayden, Smith.

Womens 20km

1. Fiona McGorum Leicester 1.54.29
2. Sarah Lightman Leicester 2.18.35
3. Karen Davies Birchfield 2.25.30
4. Sue Rey Leicester 2.33.17

Womens Team

1. Leicester W.C. 294pts
McGorum, Lightman, Rey,

MCAA/MARW Midland Younger Age Group Championships (Incorporating Staffs, Warks & Worcs. Championships)

Under 20 Women - 5km

1. Vicky Morgan W&B 28.07 (Staffs)
2. Cheyenne Taylor W&B 36.58 (Staffs)

Under 17 Girls - 5km

1. Jasmine Nicholls Leicester 29.02
2. Beth Jackson W&B 31.08 (Staffs)

Under 15 Girls - 3km

1. Emma Achurch Leicester 17.13
2. Toni Webley Birchfield 18.18 (Warks)

Under 15 Boys - 3km

1. Daniel Waples Kettering Town 17.02
2. Daniel Watling W&B 18.01 (Staffs)
3. Adam Lubin Birchfield 19.33 (Warks)

Under 13 Girls - 2km

1. Isabelle Reid Birchfield 12.44 (Warks)

2. Georgina Hollinshead Nuneaton 14.02 (Warks)

Under 13 Boys - 2km

1. Matthew Redfern Nuneaton 12.41 (Staffs)
2. Matt Archer Nuneaton 13.10 (Warks)

Under 11 Girls -1km

- 1 Kirsten Udall Cov. Godiva 6.53

Northern 20km Championships

Simister, Lancashire
21st March

20km

- 1 Paul Evenett Redcar 1.35.29 M40
- 2 Adrian Edwards Lancs 1.56.57 M45
- 3 Greg Smith Lancs WC 2.02.57 M55
- 4 Tony Bell Lancs WC 2.04.02 M45
- 5 Alistair Shand YWRC 2.06.55 M45
- 6 Joe Hardy Lancs WC 2.11.26 M65
- 7 Dave Evans Lancs WC 2.13.34 M60
- 8 Jed Bycroft Yorks CIU 2.15.42
- 9 Sailash Shah Lancs 2.16.00 M45
- 10 Keith French YRWC 2.21.24 M65
- DNF Mark Byrne Redcar

Teams

- 1 Lancs WC 'A' (Edwards, Smith, Bell)
- 2 Lancs WC 'B' (Hardy, Evans, Shah)

Sarnia Walking Club "Yorkshire Guernsey" Championship Two

Sunday March 21st 2010
Osmond Priaulx, Guernsey

Phil Lockwood had the walk of the day as he removed over a minute from his previous best time over 5,000 metres. His time was only half a minute down on race winner Jason Le Noury. Third for much of the race, Phil gained second spot as he passed Stuart Le Noury in the final kilometre. Winner Jason had been on course himself for a new best time as he went past 3,000 metres in 14.12, but slowed considerably in

the latter half. Carol Bates took the womens win, improving on her last walk over the distance.

Rob Elliott

5,000 metres track walk Men

- 1 Jason Le Noury M 24.28
- 2 Phil Lockwood M35 25.06
- 3 Stuart Le Noury M 25.23
- 4 Terry Bates M55 28.53
- 5 Rob Elliott M50 29.38
- 6 Kevin Le Noury M50 32.45
- 7 Dave Dorey M60 34.20
- 8 Mick Le Sauvage 34.54

5,000 metres track walk Women

- 1 Carol Bates W55 36.18

South Yorkshire League Series

An official South Yorkhire competition with medals. Strictly speaking walkers should be a member of a South Yorkshire club/school. Guests from further afield are welcome. It is a series of 8 handicap races (top 4 score) organised in such a way that walkers can start at an appropriate time to race over 5, 3, 2 or even one km.

Brian Adams

1st South Yorkshire League

23 March 2010

Millhouses Park, Sheffield

2km

- 1 Becky Chambers U13 11.57
- 2 Peter Bilson Snr 16.17

Slater/Bryce Memorial Track Walks (Including Sussex 10k Championships)

27th March 2010

Broadbridge Heath Track, Horsham

A disappointing turnout of only 9 walkers as against 25 last year, but

in near perfect racing conditions we saw a great battle up front between Mark Easton and Ian Richards, with Mark just pulling away at the end with Ian taking the Sussex Title. In the YAG 3K Lawrence Green came away with a PB time. Steyning AC's usual Slater-Bryce track 10km held at the Broadbridge Heath track near Horsham represents an early opportunity to mark the start of this Spring/Summer season's outdoor activity. Numbers were rather down on a few years ago with other events on this and adjacent weekends but Surrey Walking Club's top walker, Mark Easton, showed he still retains the motivation and the form for a hard race as he battled with Ian Richards from Steyning throughout. After a few laps in second he took the lead and while his rival made several attempts to come past, Ian dropped back by about 30 metres until the last few laps when a final effort only slightly reduced Mark's winning margin to 6 seconds. This was Easton's best time for the distance for several years.

10km

Group, Club, Sussex Champs, Time

- 1 Mark Easton M45 Surrey 48:40
- 2 Ian Richards M60 Steyn 1st 48:46
- 3 Trevor Jones M55 Steyn 2nd 52:58
- 4 Philip Lockwood M35 Sarnia 3rd 54:21
- 5 Micky Harran M70 Surrey 62:09
- 6 David Hoben M55 Surrey 72:00
- DNF Richard Emsley M55 Steyning 6 Laps
- DNF Ron Penfold M65 Steyning 18 Laps

YAG 3k

- 1 Lawrence Green U15 Steyn 16:33

The "Bedell Cristin" Chilcott Cup
Sunday March 28th 2010

Albecq to North Side, Guernsey

Jason Le Noury won the Bedell Cristin Chilcott Cup road walk over 7 miles beating brother Stuart home by three minutes. A return to form saw Jason pass the 10 kilometres point in an unofficial best time before moving on to 7 miles and a new PB by half a minute. Stuart again got under the hour mark, whilst Phil Lockwood was just short of breaking the barrier by five seconds. It was Phils second walk in less than twenty four hours as the previous afternoon he had raced at Broadbridge Heath over 10,000 metres. Sussex born, he was competing in the Sussex County Track Championships, where he finished fourth in the Open race and took the bronze medal in the County Champs. His time of 54.21 was close to his best ever time.

7 miles

1 Jason Le Noury M 55.36
2 Stuart Le Noury M 59.33
3 Phil Lockwood M35 60.05
4 Terry Bates M55 69.34
5 Kevin Le Noury M50 75.29
6 Dave Dorey M60 79.58
7 Mick Le Sauvage M70 80.57

HSBC Securities Services Winter League Round 6 – Final Round

NSC, Douglas, Isle of Man
29th March

Winter League 10k Handicap Final Top Ten

Pos Points Name
1st Jane Foster
2nd Tony Dugdale
3rd Michelle Turner
4th Judith Quane

5th= Richard Gerrard
5th= Dave Walker
5th= John Robinson
5th= David Dodson
9th Sean Hands
10th Robbie Breadner

5km

Pos	No.	Name	Handicap	Actual	Cat
1		Angela Corkish	46.32	40.26	W
2		Pauline Clague	47.03	37.04	W
3		Adam Cowin	47.27	29.44	U17M
4		James Green	48.12	30.51	U17M
5		Alexander Eaton	48.31	29.49	U17M

Winter League Final Top Three 5k Table

1 Alexander Eaton
2 Adam Cowin
3= Pauline Clague
3= Kerry Mackey

3km

Pos	No.	Name	Handicap	Actual	Cat
1		Alexandra Ross	20.06	17.15	U15W
2		Danielle Oates	21.00	17.49	U15W
3		Ellen Robinson	21.09	20.59	U15W
4		Juan Bellando	21.23	17.48	U15M
5		Hannah Kelly	21.56	19.10	U15W

2km

Pos	No.	Name	Handicap	Actual	Cat
1		Rebecca Greatbatch	13.55	13.55	U15W
2		Sinead Kaneen	14.21	11.52	U15W

1km

Pos	No.	Name	Actual	Cat
1		Max Walker	7.14	M
2		Zack Walker	7.14	M
3		Steven Waddington	7.15	M
4		Toby Young	7.42	M

Isle of Man 10k Championships

- 1 Steve Partington 86.00 49.29 M
- 2 Sean Hands 83.18 51.58 M
- 3 Jock Waddington 83.50 52.47 M
- 4 Richard Gerrard 84.52 54.20 M
- 5 Vinny Lynch 85.46 56.16 M
- 6 Tony Dugdale 83.39 57.06 M
- 7 Dave Walker 87.59 58.23 M
- 8 Marie Jackson 86.34 58.42 W
- 9 Paul Sykes 85.08 59.39 M
- 10 Simon Cox 86.10 59.52 M
- 11 Michael Shippesides 83.50 61.10 M
- 12 Sally Walker 88.08 63.34 W
- 13 Ian Callister 85.56 63.49 M
- 14 John Robinson 83.41 63.54 M
- 15 Terri Salmon 86.49 64.18 W
- 16 Dick Callin 85.53 64.21 M
- 17 Dave Corrin 85.38 64.29 M
- 18 Jane Foster 85.42 64.35 W
- 19 David Cain 82.04 64.48 M
- 20 Michael Farnworth 85.11 65.30 M
- 21 Dave Wilkinson 85.35 65.33 M
- 22 Martin Kennaugh 85.08 65.51 M
- 23 Samantha Draper 85.06 66.38 W
- 24 Colin Moore 85.32 67.28 M
- 25 David Dodson 84.38 68.00 M
- 26 Dudley Butt 84.16 68.06 M
- 27= Mick Holgate 85.35 68.20 M
- 27= Marie Gilbertson 87.06 68.20 W
- 29 Paul Cowin 82.29 68.46 M
- 30 Dermot O'Toole 83.33 69.53 M
- 31 Robbie Breadner 84.55 69.54 M
- 32 Leon Steed 88.39 70.35 M
- 33 Helen Stone 86.17 71.13 W
- 34 Janette Morgan 86.27 71.19 W
- 35 Angela Martin 84.50 71.28 W
- 36 Gordon Erskine 86.07 71.39 M
- 37 Haydn Kenna 81.17 72.50 M
- 38 Simon Spencer 85.33 73.57 M
- 39 Peter Lockett 84.09 74.33 M
- 40= Tony Ball 83.50 75.15 M
- 40= Gill Senogles 84.56 75.15 W

National YAG Championships

Victoria Park, London
11 April 2010

2km Under 13 Boys

1 Matthew Redfearn Nuneaton 12:38
2 Matt Archer Nuneaton Harriers 13:18



The 2km race in progress

2km Under 13 Girls

1 Rebecca Chambers Sheffield 11:19
2 Heather Butcher Cambridge H. 11:37
3 Georgia Parsons Tonbridge 12:40
4 Isabelle Reid Birchfield 12:46
5 Amy Sanders Nuneaton 13:22
6 Chloe Maybin Birchfield 14:01



Boys from the Isle of Man

3km Under 15 Boys

1 Alex Eaton Manx Harriers 16:27
2 Daniel Waples Kettering 16:42
3 Lawrence Green Steyning 16:48
4 Daniel Watling Wolverhampton 17:22

5 Guy Thomas Tonbridge 17:29
6 Andrew Statter Surrey 20:51
DQ Juan Bellando Manx Harriers DQ

3km Under 15 Girls

1 Emma Achurch Leicester WC 16:30
2 Alexandra Ross Manx Harriers 17:31
3 Danielle Oates Manx Harriers 17:43
4 Sinead Kaneen Manx Harriers 18:02
5 Toni Webley Birchfield Harriers 18:36
6 Kara Sanders Nuneaton 19:53
7 Jessica Mills Birchfield Harriers 21:43

5km Under 17 Boys

1 Nathan Duncan Cleethorpes AC 26:27
2 Maks Orzel Leicester WC 29:03
3 James Green Manx Harriers 29:33
4 Adam Cowin Manx Harriers 29:38
5 Ben Parsons Tonbridge AC 30:35

5km Under 17 Girls

1 Kelsey Howard Ashford AC 25:51
2 Heather Lewis (N/C) Pembrokeshire Harriers 27:05
3 Jasmine Nicholls Leicester WC 29:05
4 Beth Jackson Wolverhampton 30:09
5 Catherine Cottrell Tonbridge AC 36:20

UK/RWA Junior National 10k Championships



Emma Doherty, Champion from Belfast

10km Junior Women

1 Emma Doherty (N/C) North Belfast Harriers 53:43
2 Kate Funnell Ashford AC 58:58
3 Rebecca Collins Medway & Maidstone 59:08
4 Vicky Morgan Wolverhampton 62:27
5 Emily Symons Tonbridge 67:19
DNF Stephanie Rukin Tonbridge

10km Junior Men

1 Mark O'Kane Coventry Godiva 48:11
2 Antonio Cirillo (N/C) Swansea AC 49:09
3 Jonathon Hobbs Ashford AC 50:20
4 Liam Baldwin Tonbridge AC 55:09
5 Ben Casey Yeovil AC 60:13

UK/RWA National 20k Championships/England Commonwealth Games Trials



Battling for the National 20k title

The National 20km Championships at Victoria Park was another great occasion for the sport when more than 100 walkers gathered with various goals and various results! At the top of the pecking order, the men's race was won by young Tom Bosworth in a shade over 90 minutes although most of the spectators present felt he would have gone sub 89 and achieved the qualifying time for the

Commonwealth Games had it not been for the unhelpful strong winds. Six men under 96.20 and nine club teams finishing was a welcome return to a high quality result sheet. Jo Jackson continued her relentless drive towards world class with a classy and relaxed 99.14 victory in the women's race to ensure her selection for both the World Cup and Commonwealth Games later this year.

The 20km championships were combined with the YAG Championships and is certainly the way to go forward in the future and it was interesting to note that there were two non English victors in the YAG races, one from the Isle of Man and one from Northern Ireland. The event received outstanding support from both the UKA and England Athletics media departments with both organisations giving the pre and post event coverage top billing.

A sponsor also provided t shirts on the day which we welcomed by all who took part.

One of the most interesting stats from the championships was that there was more than 1 million metres walked on the day! (1,165,850m to be exact!)

20km Senior Men

- 1 Tom Bosworth Tonbridge AC 91:06
- 2 Daniel King Colchester Harriers 92:52
- 3 Luke Finch Colchester Harriers 93:38
- 4 Dominic King Colchester 93:48
- 5 Tommy Taylor Birchfield 94:52
- 6 Scott Davis Ilford AC 96:17
- 7 Ian Richards Steyning AC 109:10
- 8 Trevor Jones Steyning AC 112:26

- 9 Arthur Thompson Enfield 114:16
- 10 Steve Arnold Nuneaton 117:10
- 11 Chris Berwick Leicester 119:29
- 12 Steve Allen Barnet 119:36
- 13 Adrian Edwards Lancashire 120:04
- 14 Steve Uttley Ilford AC 122:50
- 15 David Kates Ilford AC 123:47
- 16 Tony Bell Lancashire WC 123:49
- 17 Shaun Lightman Surrey WC 124:52
- 18 Mark Byrne Redcar RWC 127:32
- 19 Sean Pender Enfield 127:44
- 20 Mick Harran Surrey 128:39
- 21 Tony Collins Birchfield 129:01
- 22 Paul King Belgrave Harriers 129:55
- 23 Edmund Shillabeer Ilford AC 130:42
- 24 Peter Hannell Surrey WC 134:00
- 25 Gary McDonald Surrey WC 134:08
- 26 Dave Sharpe Ilford AC 134:50
- 27 Chris Flint London Vidarians 136:46
- 28 John Constandinou Birchfield 137:33
- 29 Ron Powell Enfield 137:33
- 30 Julian Barnett Birchfield 148:23
- 31 Bernard Hercock Enfield 149:23
- 32 Davis Hoben Surrey WC 152:47
- DQ Mark Wall Leicester WC
- DQ Stephen Crane Surrey WC
- DQ Paul Evernett Redcar RWC

20km Senior Women

- 1 Johanna Jackson Middlesborough & Cleveland 99:14
- 2 Niobe Menendez Steyning AC 105:45
- 3 Fiona McGorum Leicester WC 113:06
- 4 Diane Bradley Tonbridge AC 114:51
- 5 Helen Middleton Enfield 120:06
- 6 Maureen Noel Belgrave 125:11
- 7 Anne Belchambers Steyning 139:12
- 8 Helen Starling Redcar RWC 141:35
- 9 Fiona Bishop Woking AC 144:56
- 10 Sue Rey Leicester WC 148:33
- 11 Karen Davies Birchfield 149:04
- DQ Estle Vilj  n Belgrave

Team Results - Senior Men

- 1 Colchester Harriers 291 (Daniel King, Luke Finch, Dominic King)
- 2 Ilford AC 265 (Scott Davis, Steve Uttley, David Kates)
- 3 Birchfield Harriers 246 (Tommy Taylor, Tony Collins, John Constandinou)

4 Enfield & Haringey AC 243 (Arthur Thompson, Sean Pender, Ron Powell)
5 Surrey WC 239 (Shaun Lightman, Mick Harran, Peter Hannell)
6 Steyning AC 185 (Ian Richards, Trevor Jones)
7 Lancashire WC 171 (Adrian Edwards, Tony Bell)
8 Ilford AC 2 151 (Edmund Shillabeer, Dave Sharpe)
9 Surrey WC 2 143 (Gary McDonald, Davis Hoben)

Team Results- Senior Women

1 Steyning AC 191 (Niobe Menendez, Anne Belchambers)
2 Leicester WC 187 (Fiona McGorum, Sue Rey)

Team - Under 13 Boys

1 Nuneaton Harriers 198 (Matthew Redfearn, Matt Archer)

Team - Under 13 Girls

1 Birchfield Harriers 190 (Liz Read, Chloe Maybin)

Team - Under 15 Girls

1 Manx Harriers 291 (Alexandra Ross, Danielle Oates, Sinead Kaneen)
2 Birchfield Harriers 188 (Toni Webley, Jessica Mills)

Team - Under 17 Boys

1 Manx Harriers 193 (James Green, Adam Cowan)

200 Club

Recent winners:

March 2010
£25 John Fenton
£10 Steve Taylor
£10 Cecil Gettins

Details:

The 200 Club is a monthly prize draw run solely for the benefit of the RWA, and is one of its most

important sources of funding. There are up to 200 members each with a unique number that is entered into a monthly prize draw.

Every month 3 numbers are drawn at random to win prizes of £25 - 1st prize, £10 - 2nd prize and £10 - 3rd prize. In June and December there is a bonus fourth prize of £50, depending on the number of members at the time.

The cost is £13 per number, or £12 if you agree to pay your subscription by standing order or to receive your renewal notifications by email.

The club is run by Bill Wright. Please send a cheque for £13 per number requested payable to RWA to the following address, including your name, address, how many numbers you require, and whether you wish to be paperless, along with your signature and the date.

Bill Wright (200 Club),
212 Weddington Road,
Nuneaton,
CV10 0ER.

Letters

Dear John

Please find enclosed subs for the R.W.R. I still have a few copies from the 50's! Starting walking 1952. R.W.R. was then 12 shillings for the year (60 pence). Times have changed since then. As you know, Lancs WC is still going, Fred being the mainstay. Now I am over 80 yrs (82), I've had to ease off but I have

never lost the passion for the sport.
Taken part in races now gone.
London to Brighton, The Brighton
and Back, Hastings to Brighton and
many Manchester to Blackpools.
GOOD OLD TIMES!

Best wishes, Victor (252c)

Editor: Great to hear from
passionate readers. 60p wouldn't
buy two second class stamps
nowadays, unfortunately. According
to the Bank of England, 60p (1952)
is the equivalent of £12.87 in 2009
after inflation! The magazine back
then was just 12 pages, in black and
white, and contained no
photographs. I have not increased
the price since taking over, and I
promise that I never will! JC.

*Ed: The following letters come from
people who were given a sneak
preview of the new archives...*

Hi John,

Ha Ha! I take back everything I said!
Meet xxxxx at your peril. It sounds
like he has been an old curmudgeon
for the last 40 years and counting.

Wow, reading on to the other letters,
they didn't pull their punches did
they? You'd probably be up on a
libel charge in about 5 minutes flat
for publishing it!

They are saying in open print what
we'd whisper in a quiet corner of the
pub after a few too many sherberts
had affected our perspective!

Great stuff. I wait to see more with
baited breath!

Anonymous...

Hi John,

That's fantastic - and thanks very
much for putting up the ones I
requested.

I think the layout / format of the site
you have designed is great. It's easy
to navigate and use.

Thanks again - I am sure this new
facility will be extremely popular
amongst the race walking fraternity.

Cheers,
Roy Gunnett

Dear John

Another good issue and I like the
article referring to the American
Qualifying 50 kilometres event. This
is a very good example of how to
judge a race be it International or the
rank and file competitions. It makes
no difference.

John H.T.Eddershaw

John,

Thanks for my recent edition of Race
walking Record and informing me
that my subscription is due. This was
on my list of things to do after
returning from my short break in
Malta but unfortunately the Icelandic
Volcano decided otherwise and I
have only just arrived home last
night so have got to get myself
organised in the next few days.

Kind Regards

Diane Bradley

Re: National 50k cancellation

John

I remain amazed and shocked after 2 days of thinking about it (and I had plenty of time to think on my 46 hour journey home from the Polish/Czech border which ended at 3.30am due to a volcano!!). It did involve a 5 hour stop-over on the Czech/German border in the middle of the night in near freezing conditions (booking office basic and closed until 03:25) and passed on train number 11 (of

12) of the journey to Calais through Roubaix!

I feel that a National championship should be held regardless of size of entry, that going forward the cancellation will cause far more harm than holding the race would have done, and most importantly that I get the impression that the cancellation may well have been more to do with the perceived quality rather than the actual quantity of entrants..

Steve Allen (Barnet)

In the next issue...

Nutrition, Technique, Drugs, Results, Reports, News, Photos, Features...And anything I have missed out of this issue. **DON'T MISS IT! OUT 31st MAY.**

Fixtures

May 2010

- 20th 5k Manx Harriers Club Walks TT Access Road, Isle of Man
- 21st var South Yorkshire League Sheffield (6pm)
- 21st - 23rd 5000m/10,000m European Youth Olympics Moscow, RUSSIA
- B 22nd 1 hour/var Enfield League One Hour Badge Races Lee Valley, London
- B 22nd - 23rd 100 mile/var Continental Centurion Rotterdam, HOLLAND
- B 23rd 3k Sarnia WC Road Walk Amarreurs Road, Vale, Guernsey
- 23rd 10,000m BMAF Track 10,000 Horspath, Oxford
- 29th 20k/var IAAF Racewalking Challenge Krakow, POLAND
- 30th 20k Naumburg International Open Naumburg, GERMANY
- B 31st 15k/35k Bradford Walk Baildon (near Bradford), Yorkshire
- 31st 3k Inter-Counties Championships Bedford

June 2010

- B 2nd 2000m Midland Veterans League 2 - East Div Tamworth
- B 2nd 2000m Midland Veterans League 2 - North Div Stafford
- 2nd var EVAC T&F League Cambridge, Kings Lynn, Lee Valley
- B 3rd 2000m Midland Veterans League 2 - South Div Redditch
- B 4th 5k Sarnia WC Championship 5 Delancey Park, Guernsey
- 5th *RWA Committee Meeting* Alexander Stadium, Birmingham
- B 6th 6 mile/12 mile Walk for Scotland Edinburgh
- B 6th Marathon/Half marathon BRMB Walkathon Birmingham
- 6th var SCVAC Championships Ashford
- 8th 1000m/3000m Woodford Tuesday Walks Ashtons Field, Woodford

- 9th 10,000m Manx Track Championships NSC, Douglas, Isle of Man
- B 12th 5M/var Moulton Community Walks Moulton, Suffolk
- 12th 20k/var IAAF Racewalking Challenge La Coruna, SPAIN
- B 13th 5000m Midland Masters T&F Championships Saffron Lane, Leicester
- B 13th 15k Sarnia WC Championship 6 Pleinmont to Les Amarreurs, Guernsey
- 13th 800m/1k/2k/3k/5k Alan Flear Walks/YAG GP Nuneaton
- 15th var South Yorkshire League (6pm) Sheffield
- 15th 1k/2k/3k Steyning AC Club Championships (7pm) Broadbridge Heath
- B 16th 3000m London Business Houses/City Charities (7:15pm) Willesden Track
- B 19th Marathon/Half The Moonwalk Edinburgh Edinburgh
- B 19th 1k/5k London Inter-Club Challenge/Enfield League/YAG Woodford
- 20th 20k EAA Permit Meeting/Small Nations Match/ CG Trials Bedford
- 20th 5k BMAF 5k Championships Horwich, Lancashire
- B 22nd 5 mile VAC Summer Walks 2010 (Champs) (7pm) Battersea Park
- B 26th - 27th 85 mile/var Scottish Widows Parish Walk Isle of Man
- B 26th 15 mile Allen Trophy (1:30) Chorley, Lancashire
- B 26th var ESAA Development Walk Millfield School
- B 26th var ESAA Development Walk Kirkby-in-Ashfield
- 26th 20k BMAF 20k Championships (Provisional) Northampton
- B 27th 10k Postal Walk (in uniform) 2pm York
- B 27th var ESAA Development Walk Millfield School
- B 27th 3000m Sarnia WC Championship 7 Osmond Priaulx, Guernsey
- 27th 5000m UKA T&F Championships Alexander Stadium, Birmingham
- B 30th 3000m Sir Sefton Branker (Civil Service v Middlesex AAA v RAF) Copthall

July 2010

- B 3rd 5 mile Ilford Open 5 / Essex League Redbridge Cycle Circuit, Hainault
- 3rd - 4th 3k/5k BMAF Outdoor Championships Cardiff Stadium
- B 4th 5 mile UK Gaymes Battersea Park
- B 4th 5k/10k/Half marathon The Sunwalk Bristol Bristol
- 4th 50k/20k Swiss 50k National Championships Yverdon, SWITZERLAND
- 6th 1000m/3000m Woodford Tuesday Walks Ashtons Field, Woodford
- B 7th 2000m Midland Veterans League 3 - East Div Leamington
- B 7th 2000m Midland Veterans League 3 - North Div Burton upon Trent
- B 7th 2000m Midland Veterans League 3 - South Div Dudley
- 7th var EVAC T&F League Cambridge, Kings Lynn, Lee Valley
- B 9th 3k Sarnia WC Championship 8 Amarreurs Road, Vale, Guernsey
- 12th 2000m SCVAC T&F League Hemel Hempstead
- B 13th 5 mile VAC Summer Walks 2010 (7pm) Battersea Park, London
- 15th 10k Manx Summer 10k St Johns, Isle of Man
- 15th - 24th 5000m/10k/20k EVAC Outdoor Champs Nyiregyhaza, HUNGARY
- 16th var South Yorkshire League (6pm) Sheffield
- B 17th 5k/20k Dick & Zena Smith Memorial Walks (1:30) Simister, Lancashire
- B 17th 1k/3k London Inter-Club Challenge/Enfield League Lee Valley, London
- B 18th 20k Sarnia WC Championship 9 North Side Circuit, Quayside, Guernsey
- B 20th - 23rd 200k Nijmegen 4 day marches Nijmegen, HOLLAND
- 20th - 25th var IAAF World Junior Championships Moncton, CANADA

NUNEATON HARRIERS

Proudly Presents the

ALAN FLEAR 30TH MEMORIAL OPEN TRACK WALKS

At The Pingles Athletic Track, Avenue Road, Nuneaton

On Sunday 13th June 2010

Programme of events commencing at 12.00

12.00	Under 17/Under 20/Senior Men	5K
12.00	Under 17/Under 20/Senior Women	5K
12.40	Under 15 Boys / Under 15 Girls	3K
13.10	Under 13 Boys / Under 13 Girls	2K
13.30	Under 11 Boys and Girls*	1K
13.40	Open Novice Walk (subject to entries)	800m
13.50	Men's Devil (Age 15+)	
14.20	Women's Devil (Age 15+)	
14.40	Run/Walk Relay 3 x 2 laps*	



Overall Winners to hold the Alan Flear Trophy for 1 Year

*Not included in the Trophy

Age groups as per RWA Rules

Entry fees: Seniors £ 4.50, Under 20 £ 3.50, Under 11 £1.50

Awards subject to entries

Held under IAAF and RWA Rules and AAAE Laws

Second claim members accepted as per AAAE Laws

All competitors participate at their own risk, and the organisers accept no responsibility for any injury or loss sustained by any competitor

Entries by 21st May 2010

Andy Flear. 35 Kentmere Close, Potters Green, Coventry, CV2 2GE

E Mail.... a.flear@talktalk.net

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