RACE WALKING RECORD

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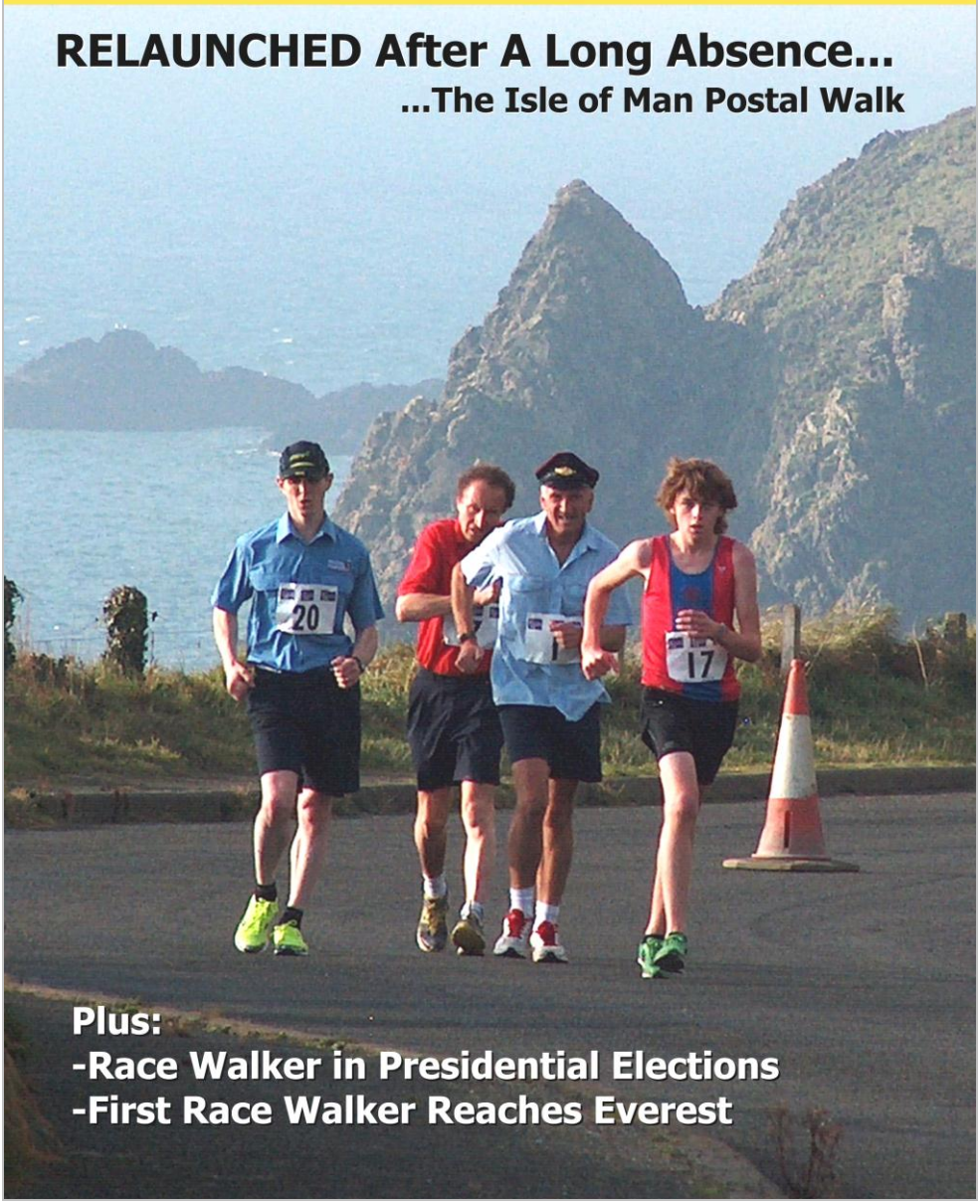
RELAUNCHED After A Long Absence...

...The Isle of Man Postal Walk



Plus:

-Race Walker in Presidential Elections

-First Race Walker Reaches Everest

FRONT COVER: The Postal Walk on the Isle of Man - back after cancellation several years ago. L-R Richard Creer, Colin Scott, Steve Allen, Luc Legon. *PHOTO BY:* Murray Lambden

Editorial

It is with great humility and embarrassment that I finally bring you this magazine after an extensive absence which led many people to speculate that the magazine had folded. This magazine has been serving the sport for over 70 years now, and its lack of publication over the past year has been entirely down to my problems, for which I beg your forgiveness.

Race Walking in fact saved my life! For a long time I wasn't feeling right, and thought it was stress, bad food, hay fever, alcohol. I had to stop for a sleep in my car driving home from work many times but thought nothing of being very tired all the time. One day I walked into hospital fearing an asthma attack, and was surprised to be rushed in ahead of everyone in the waiting room. I could never have suspected that I had Pneumonia! 25% of my lungs had already been lost, and Pleurisy had set in. I don't like doctors or pills and avoid them.

I was told that whether I would survive and recover or not depended on my general fitness. Ahhh, but I am a race walker! My heart, circulation, blood pressure etc are good, from regular exercise, giving me the confidence of beating this. I feel sorry for the people who are hospitalised after an inactive life, and face lower chances when faced with serious illness, and can now see perfectly why an active life is highly recommended and does increase your lifespan.

It was a long and strange time for me. Weeks in hospital - I wondered if I could sneak out to take part in a nearby racewalk, but feared being disqualified for unauthorised feeding as I would be dragging around my hospital IV drip on a wheelie stand. Weeks at home followed, often being awake for just two hours a day. Anorexia was then shockingly diagnosed as I started losing one pound weight a day for a month, and had to increase my food intake to over 5000 calories to try and stabilise Two double cheeseburgers for breakfast… 17 tablets per day - so many I rattled. Strange effects on the body from all of the pills - an antibiotic rash that looked like plague! Vitamins were prescribed to counteract liver damage from all the tablets. The worst I felt was when I eventually collapsed with a Vitamin B overdose and was re-hospitalised.

Throughout this time, I was recommended to rest but also to exercise, as the lungs would heal but must be exercised to regenerate and expand. So I raced whenever I could, rather slowly, and often slept in my car before getting home. Illness had faded, fitness returned gradually. Speed? That will come over time. I'm just happy to be alive.

Keep race walking, even if you aren't as fast as you used to be. Following the sport over the past year, I'm glad to see it growing this year, with new faces and new developments. Some people seem to be enjoying it more - I do.

So the magazine? Back forever. There is a lot to catch up on, and the next few issues including this one are FREE to all subscribers. Your subscriptions will be extended, so you will get the 12 issues you paid for on top of these free catch-up issues. The OLYMPIC SPECIAL will start to be distributed shortly after this magazine, followed by a big catch up issue. I hope to include items that will interest and inspire you, make you laugh, and most importantly, get you racing! Now, time to get the printing press rolling again…
John Constandinou, Editor Race Walking Record

Magazine info

Race Walking Record (founded 1941) is the international magazine for the sport of walking and walking events, published each and every month.

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Please post all news, results, announcements, letters, photos and articles to me or email them to RWR@racewalkuk.com

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News & Announcements

14th Athletics World Championships, Moscow 2013

10th-18th August 2013
Entry Standards:

20km Men:	A 1:24:00,	B 1:26:00
20km Women:	A 1:36:00,	B 1:38:00
50km Men:	A 4:02:00,	B 4:16:00

In the case of race walks, track performances (20,000m or 50,000m) are acceptable qualification races, as well as road races.

2018 Commonwealth Games

These have been awarded to Gold Coast, Australia. They will take place on 4th - 15th April 2018. Race Walking is one of Australias strongest sports, so race walks are pretty much a certainty.

Racewalker in Presidential Elections

In the 2012 presidential elections in Finland, champion race walker Sari Essayah stood as one of eight party leaders, for the Christian Democrats. She is currently a European MP. Unfortunately, she did not get enough votes in the first round to proceed.

Campaign poster for Sari

Athletics 365 to Include Walks

Athletics 365 is a project set up by England Athletics aimed at ensuring young athletes are given a broad based learning experience of all athletic events. Athletics clubs that adopt the scheme will be required to deliver race walking as an athletics event alongside all of the other track and field events. This is incredible news, as walking will be introduced to clubs that currently have no exposure.

Virtual Race Walk Challenge Leage for Young Athletes
A virtual League has been organised by England Athletics NCDP coaches. Years 5, 6, 7, and 8 but open to schools and club athletes, over a distance of 1km. This scheme has already begun and is proving popular. If interested, coaches & teachers should please contact Martin Rush at : mrush@englandathletics.org

Combined A/B Event to be Trialled
The RWA Southern Area 10K Road Championship will be helad at Monks Hill, CR2 8HD on Saturday 5th January at 2pm. Entry closes 2nd Jan. You can choose to race under 'A' or'B'; rules, but must declare on entry forms how you wish to be judged. Each team many include 1 'B' walker in their scoring trio. It is hoped that this will boost numbers. This initiative to involve eveybody deserves your support. Monks Hill has a large free car park and is served by Croydon Tramlink Servide 3 (every 10 minutes) - alight at Gravel Hill Tram Stop. It's 10 minutes walk from changing rooms to start line, so don't cut it too fine. The SRWA Committee hopes that you will support this event. This innovative idea is to see if those athletes who do not enter 'A' races will support major races if given the chance. They will also have an opportunity to discover if they are an 'A' racer without realising.

Racewalker at Mount Everest
Martin Slevin of Coventry Godiva recently made an inspiring walk through the Himalaya Mountains to Mount Everest. In his own words;
"Himalayas was a great experience. I went with a great company called KE Adventure based in Keswic. Good English guide plus very experienced sirdar and Sherpa's and a good cook team. After flying to Lukla from Kathmandu it's a two day easy walk up to Namche Bazaar. Most walks then head up the tourist trail to base camp taking five or six days including acclimatisation days. We branched off and did two high passes (Renjo La and Cho La) before base camp and Kala pitar peak (really a viewing platform for Everest). After Base camp did Congma La which hardly any groups tackle....four day walk back to Lukla after that. In total I walked 21 days on the trail...The pace is all dictated by the altitude and acclimatisation....no matter how fit you need to take it slowly to avoid bad altitude sickness...I had it two days and its a killer. Once on the diamox it clears and you can keep going. Total walking was probably 6-8 miles per day so covered in all about 130 miles or so. Well worth looking at. Hope to do Aconcagua in Argentina next year at 7000M so a bit higher but not too technical."

Martin Slevin reaches Mount Everest

Suggestion to Improve Judging
By Alvia Gaskill
There have always been discussions regarding previous judging controversies (Barcelona 1992, Sydney 2000, etc.) The issue of whether or not humans can be relied upon to judge races was considered. While some think that the transition from contact to loss of contact can be seen by the human eye, others don't and the IAAF is in desperate need for guidance. As electronic recording devices have yet to be proven reliable, I offer a new and perhaps revolutionary answer that has been around since man began to climb the ladder to global supremacy: Dogs. Dogs, unlike humans are already close to the ground and will be able to see the loss of contact much easier than the human judges, many of

whom are in their 50's and have trouble crouching. Dogs have been trained to detect bombs and cancer, so there is no reason they can't be for walking. Because of their speed and agility, they can easily circle the track with the human competitors, providing real-time on the move observation of the walkers, unlike the static cone of judging as it now exists. Plus, because dogs are relatively inexpensive, as many dogs as are needed can be employed. This will expand their use to road races. It may be necessary to train dogs separately to judge loss of contact and bent leg violations. How the athletes will be notified is of course a concern, since the dogs cannot be expected to carry paddles and a stack of red cards or operate a DQ board. This will be addressed by having the dog bark at the offender. One yelp means a caution. One bark means a red card. If three dogs bark at the walker, he is disqualified. While the actual judging can probably be done by a number of breeds, Terriers, Miniature Pinschers, and of course Chihuahuas, the chief judge should probably be an adult Doberman or Rottweiler as they will command respect and attention. Needless to say, when the Chief Judge Dog orders you off the course, you better obey. Give one of these guys the finger and you may not get it back. As an added benefit, the judge dogs can easily run away from angry athletes, coaches, parents, etc. and hide out in the woods until the event is over. So there you have it. No more need for Run-Alarms, strobe lights and instant replay. Man's best friend is now the walking cheater's worst enemy. Now if we can just get them to detect EPO, HGH, etc…

Editor: Hope you all ended up laughing as much as I did when reading this!

Website Move

The RWA website has moved because of the closure of the B.T. free hosting service. A new site is now online at: www.racewalkingassociation.org.uk

Wedding of Top Walker

Johanna looks absolutely stunning!
Many congratulations to current Commonwealth Champion Johanna Jackson on her recent wedding.

Features

***NUTRITION:* SELENIUM FOR ATHLETES**
By Pat Reeves

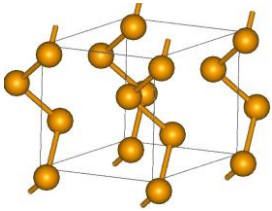
Why athletes and others need selenium:
It is not rocket science that athletes require more nutrients than less-active people. The demand we place upon our bodies is way above the sedentary mortal and more than even the average fitness buffs. Hence we must compensate with the right nutrients from

foods or supplementation to keep performance and obviously recovery, at its peak.

The more intense the exercise or sport, the greater are our nutrient requirements. Athletes who participate in endurance sports, especially where more than one hour of consistent activity is being undertaken have heightened nutritional needs. For example, athletes lose more electrolytes, such as magnesium, potassium and sodium, through perspiration and must diligently replace them. The wear and tear of intense activity may necessitate increased intake of antioxidants such as vitamins A, C, and E, which can help protect muscle cells from oxidative damage. Since muscle tissue breakdown is common during intense exercise, athletes also require an increased protein intake to repair the muscular tissue.

For optimum performance, endurance athletes should be familiar with the following important nutrients:

These essential functional performers are the minerals calcium, iron, magnesium, potassium, selenium, sodium and zinc. The benefits range from keeping our bones strong to minimising fatigue.



SELENIUM:
Selenium can be found in all body tissues, though it is mostly present in the kidneys, liver, pancreas, spleen and testes. The usual cause of a selenium deficiency is a lack of selenium-rich food in the diet, or the low selenium content of the soil in which the food is grown.

In a study by the Department for Environment Food and Rural Affairs (DEFRA) several years ago, they found that selenium intake levels in the UK population had fallen significantly over the past thirty years. In the distant past, people in the UK would rely on bread products for a major part of their selenium intake. Now, due to soil changes - type of wheat and - importantly - where we obtain our wheat from - the selenium level in bread has fallen significantly.

Other rich sources of selenium are seafood, meat, especially organ meat - provided the animal ingested a selenium-rich diet (organically fed animals do).
Unfortunately an awful lot of selenium is lost in the refining process which an enormous amount of food is subjected to - People relying on processed foods are taking in around 60% less than if they were eating whole-foods. Sadly, fruit and vegetables are a relatively poor source of this important nutrient.

In your body selenium combines with protein to form selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals.

Essential to antioxidant glutathione peroxidase production, selenium is a free radical-scavenging tri-peptide made up of glutamine, cysteine and glycine. It is concentrated in the lining of the GI tract, lungs, liver and skeletal muscle. In an animal study, reducing muscular Selenium glutathione peroxidase production increased cellular damage from prolonged exercise, supporting the theory that free radical-induced muscle damage exacerbates, and likely causes, muscle fatigue.

Research shows selenium benefits athletes' immune function and assists repair of cellular damage.

Supplementation with 200 mcg of selenium is safe and recommended for endurance athletes, who fail to consume sufficient via their food source - please see table under for ideas as to how you can ingest the optimal daily requirement.

Many athletes may not be consuming even the basic amounts of selenium for their needs, let alone the optimum amounts required to protect cells from the higher amounts of oxygen and consequent potentially damaging free radical production associated with sport activity.

Simply relying on a larger overall calorie intake to provide extra selenium may not necessarily be a fool-proof strategy.

I find, in practice, many patients manifesting a cancer-scenario are almost always borderline/deficient in selenium.

Please take note!

Sources of selenium:
Brazil nuts (10 shelled)…… 200 mcg
Cashew nuts (100 grams, shelled)……....67
Beef (100 grams)……..…….35
Tuna (85 grams)……..…….65
White fish, (cooked 150 grams)…..….30-50
Turkey (85 grams)…….....32
Wholemeal bread, (two average slices)...30
Liver, (cooked, 90 grams)……20
Chicken breast (80 grams)……..19
Pork (cooked, 100 grams)…….....15
Egg, (one, average)……..…….....12
Mushrooms (cooked, 70 grams).....8.5
Pulses, (cooked 105 grams)…….5
Baked beans (200 grams)……4
Courgettes (raw, 100 grams.)……...3
Cabbage, (raw, 100 grams).....3
Orange……..2
Banana……..2

Selenium methionine is considered the most absorbable form. 200 mcg once a day - any day you do not achieve this level from your food!

Pat Reeves, www.foodalive.org

A Report on Race Walking, Coaching, and England Athletics

By Martin Rush

Many of you will have had information from Andi Drake and I through various other channels, including on a one to one basis or through specific channels directly relevant to a particular issue (for example on coaching issues I put material on coaching websites). However I thought to ensure information is reaching people I believe there is benefit in including some of it in this newsletter. If you are aware of much of the information below please skip to relevant areas -I am aware that this has been transmitted to the RWA and many other individuals since 2009.

England Athletics; My role is "National Coach Mentor for England Athletics, long endurance and walks". In short this means I work with volunteer coaches, generally higher qualified coaches of events from 5,000m through to marathon and walks. The mentoring relationship is driven by the volunteer coach and my role is to support/facilitate their own personal programmes and development. The scheme was launched nearly 4 years ago and I work alongside David Sunderland (middle distances, steeplechase and 5000m), Bud Baldaro (long distance and marathon) and Jenny Harris (coaches of young athletes). Because very few coaches can be pigeon-holed in one particular area there is of course cross over between us. The National Coach Development Programme is the name given to this project and coaches can apply though the England website. Alongside of this I pick up a line management role for 10 contracted Area Coach Mentors who work in their local area. Again full details are on the EA website. These mentees are tasked with mentoring between 6 and 10 coaches, generally at an early stage of their career, but again flexibility exists, as well as organising coaching workshops, working with local clubs, networks and EA Club and Coach Support Officers. All are steeped in endurance experience and knowledge.

In addition to these roles, EA support the position of "Head Coach" at the "National Race Walk Centre" at Leeds Metropolitan University, a role filled by Andi Drake. Andi and myself provide race-walk specific support and knowledge to the endurance team within EA and UKA regarding international teams. We also work closely together on workshops and conferences that impact on coaches on the Development Programmes and the wider community, an example being the recent hosting of the European Athletics Association Race Walking Conference at Leeds.

Development - numbers; Readers may be aware of a project set up by EA called Athletics 365 that is aimed at ensuring young athletes are given a broad based learning experience of all athletic events. Full details can be accessed through the EA website with teaching videos and resources available on the UKA coaching website. All athletics clubs that have adopted the scheme will deliver race walking as an athletics event alongside all of the other track and field events. This integration of race walking within athletics I personally see as vital to the development of walking numbers going forwards.

Alongside this coaching resource and young athlete training scheme, there has been a prolonged attempt to get race walking introduced into the national track and field

leagues, initially through the NYAL and lately through the YDL (Youth Development League). This hasn't been successful at this stage although the door isn't completely closed and we are working towards the final of this competition hosting an open event at U13/U15 and U17/U20 age groups. The longer term aim of course is to get walking as an integral part of the full league.

Recognising that the above wasn't going to produce the sea-change in competitive participation that we need in the short term I have instigated a radical new idea called a 'Postal League!' The idea obviously isn't new and George Smolinsky and Chris Smith should be thanked for inspiration and advice. I have updated the original postal concept for the internet age and after one month and pushing it through a small number of coaches to see if it would work, we had 157 children complete a 1km walk in October. The concept has been publicised on the walks facebook site and also sent out to approximately 50 of the larger track and field clubs running Athletics 365. If anyone is interested in promoting in their area simply send me an email and I will send you details.

Coaching resources are available through the UKA Coaching website for this and individuals on the National Coach Development Programme are primed to host 'Learn to Coach Walks' courses. We trialled one in Coventry in the summer.

Development - standards; The National Race Walking Centre at Leeds Met University was established as a partnership between the Governing Bodies of the sport, EA and UKA and Leeds Metropolitan University through the hard work of individuals like Dr Ian Richards. The aim of the centre is to provide a site where athletes can combine high level training with study under the direction of a coach with World Class support. This is individual coaching with performance in mind. Obviously the greatest success to come out of this was Johanne Jackson's Gold medal at the Commonwealth Games in 2012. Realistically though, producing high level performance is not a short term project and is dependent on many factors, one of which is increasing our selection base. The Centre has also hosted a number of residential events for young athletes who have achieved some level with the event. This can obviously provide motivation for training in a tough event. But we are all realistic enough to know that the real progression of performance is achieved by the athlete working with their coach on a day to day basis, hence EA's focus and support for coaches through the National and Local Coach Development Programmes.

Where from here?;
-If people want to engage with the coaching programmes there are events organised for coaches who are not part of the programmes (we have limited space). Simply watch out for details on the EA or UKA Coaching websites or send me an email and I will endeavour to get information out to you at the appropriate time.
-If you want to help in developing the numbers of young athletes participating in race walking encourage your club to adopt Athletics 365, get involved as a young athlete coach and enter your athletes into the postal (virtual) league.
-If you want to become a coach the full details of how you do this are on the EA website.
-If you want to develop as a coach please do apply to come onto the Local or National Coach Development Programme but please be aware these are very popular and we have limited spaces available so you may have to wait awhile
-If you are a coach and want to extend your qualifications then the UKA Learn website is for you. This is a developing site with material for the new coaching qualifications being uploaded regularly. Event specific content is expanding.
-If you have a good practical idea to develop the event then please share it or give me a call if you think I can be of help. But please be aware I am not National Event Coach for Race Walking – nor is Andi Drake. Our roles are clearly defined above and event development is part of what I do because, like all of us reading this, we care a lot about what happens to this event of ours!

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EA: http://www.englandathletics.org/Coaching
UKA Coaching: http://coaching.uka.org.uk/
UKA Share: http://coaching.uka.org.uk/share
UKA Learn: http://coaching.uka.org.uk/site/learning

Results and Reports

British Masters Track Championships
Sunday, 5th August 2012
Horspath Stadium, Oxford
10,000m Walk M45
1st M45 Martin Slevin, MMAC 63:29.40
1st M50 David Bowker, EVAC 66:48.30
2nd M50 Stephen Whelan, SCVAC 70:17.50
1st M55 Steve Allen, SCVAC 54:41.40
2nd M55 Sean Pender, VAC 66:00.30
1st M60 John Hall, VAC 55:29.60
2nd M60 Ian Richards, VAC 50:44.30
1st M65 Ken Bobbett, WMAA 61:41.10
1at M70 Edmund Shillabeer, SWVAC 61:50.10
2nd M70 Jurgen Spencer, OPEN 63:38.40
1st M75 Arthur Thomson, VAC 57:39.30
2nd M75 Ron Powell, SCVAC 69:24.60
3rd M75 Bernard Hercock, VAC 79:33.60
1st W45 Helen Middleton, EVAC 59:39.10
1st W55 Cath Duhig, EVAC 62:07.90
2nd W55 Judy Howard, SCVAC 65:04.70
1st W60 Noel Blatchford, SCVAC 63:54.50

England Athletics U15/U17 Championships
Saturday, 18th August 2012
Bedford
U15 Girls 3,000m Walk
1 Heather Butcher, Cambridge H. 15:28.18
2 Sophie Lewis-Ward, Cambridge H. 17:09.59
3 Indigo Burgin, Cambridge Harriers 21:17.57
DQ Rebecca Chambers, City of Sheffield AC
U15 Boys 3,000m Walk
1 Matthew Redfern, Nuneaton 15:16.92
U17 Women 5000m Walk
1 Tasha Websyer, Birchfield 28:21.59
2 Emma Achurch, Leicester 29:37.15
U17 Men 5000m Walk
1 Daniel Watling, Wolverhampton 35:06.40
DQ Cameron Corbishley, Maidstone

Enfield League Race 9
Saturday, 18th August 2012
Lee Valley Athletics Centre
3,000m Walk Men
1 David Crane, Surrey WC 16.08 SM
2 Nick Silvester, Aldershot 16.28 M55
3 John Ralph, Enfield 16.40 M55
4 Arthur Thomson, Enfield 17.11 M75
5 Stuart Bennet, Ilford 17.28 M50
6 Andrew Cox, Hillingdon 17.45 M55
7 Amos Seddon, Enfield 17.53 M70
8 Ken Bobbett, Hillingdon 17.58 M65
9 Alan O'Rawe, Ilford 18.19 M55
10 Callum Wilkinson, King Ed Sch 18.20 U17
11 Sean Pender, Enfield 18.34 M55
12 John Taylor, Loughton 18.39 M55
13 Michael Harran, Surrey 18.40 M70
14 Steve Kemp, EVAC 19.30 M50
15 Jon May, Enfield 19.32 M60
16 Ron Powell, Enfield 20.19 M75
17 David Hoben, Surrey 20.47 M55
18 Mick Barnbrook, Ilford 21.02 W65
19 Peter Howard, Enfield 21.22 M65
20 Bill Sutherland, Highgate 21.31 M
21 Dick Deacon, SVAC 23.30 M70
22 Bernie Hercock, Enfield 24.14 M75
23 Ken Livermore, Enfield 24.19 M75
3,000m Walk Ladies
1 Helen Middleton, Enfield 17.21 W45
2 Sue Barnett, Enfield 19.12 W60
3 Anne Lewis, Aldershot 21.31 W60

7th South Yorkshire League
Tuesday, 21st August 2012
Millhouses Park, Sheffield
1 Ana Garcia, Sheffield 16.33 **3km** U13G
2 Jack Leversidge, Sheffield 16.55 **3km** U13B
3 Alana Zeidler, Dobcroft 9.32 **1.5km** U13G
4 Ella Sharkey, Greenhill 14.34 **2km** U11G
5 Peter Bilson, Sheffield 26.42 **3km** SM

Veterans AC Road Walk
Tuesday, 21st August 2012
Battersea Park, London
5 mile
1 Shaun Lightman, SWC 43.51
2 Steve Allen, Ilf 45.54
3 Arthur Thompson, Enf 46.43
4 Peter Hannell, SWC 50.0
5 Paul King, Belg 51.18
6 Ron Powell, Enf 55.47
7 Dave Hoban, SWC 58.27
8 Bernie Hercock, Enf 66.27

Inter-Counties T&F Championships
Saturday, 25th August 2012
Bedford
The Inter Counties is a very important event for keeping walking integrated with athletics. Walkers are encouraged to support this event. How often do you get the opportunity to compete for your county, with crowds of spectators too!
3,000m Men
1 Alex Wright (Surrey) 11.49,41
2 Tom Bosworth (Kent) 12.13,47
3 Dominic King (Essex) 12.49,90
4 Mark Williams (Staffordshire) 14.10,32
5 Ian Richards (Sussex) 14.25,85
3,000m Women
1 Jo Jackson (North East) 12.57,20
2 Heather Lewis (West Wales) 14.00,98
3 Bethan Davies (South Wales) 14.04,27
4 Lauren Whelan (Lancashire) 15.27,35

5 Grazina Narviliene (Middlesex) 15.28,39
6 Jasmine Nicholls (Leicestershire) 15.58,62
7 Ellie Dainton (West Wales) 16.18,86
8 Helen Middleton (Bedfordshire) 17.08,33
9 Noel Blatchford (Oxfordshire) 18.05,36
10 Judy Howard (Oxfordshire) 18.20,36
11 Susanne Dietrich (Surrey) 19.33,86

London Inter-Club Challenge
Saturday, 25th August 2012
Copthall Stadium, London
5,000m Walk
1 Sean Pender (EHAC) M55 32.25.39
2 Callum Wilkinson. (K.Ed.Sch) U17 32.11.94
3 Russell Vroobel (Hillingdon) M50. 32.20.22
4 Anthony Cotton (BRJ Hunt.) M70 34.24.75
5 David Hoben (Surrey) M55 34.24.76
6 Steve Wilkinson (unattached) M50 37.56.91
7 Bernie Hercock (EHAC) M70 40.02.58

Coventry Godiva Autumnal Race
Wednesday, 22nd August 2012
Coventry
Several walkers join this popular seasonal race, which attracted 214 runners. There is aways someone to pace yourself against for the entire distance, and giving runners new respect for the speed of walkers.
5 mile
204th Glyn Jones, Coventry M70 50:32
206th Sean Pender, Enfield M55 50:55
209th Mark Palethorpe, Worcester M45 53:22
215th Terry Morris, Nuneaton M65 59:17

VAC T&F Championships
Sunday, 26th August 2012
Battersea Park, London
3,000m Walk
1 Mark Easton M45 14:15.63
2 Arthur Thomson M75 16:17.64 (CBP)
3 Peter Hannell M65 17:38.08
4 Dave Stevens M75 20:28.77
5 David Sutcliffe M75 21:42.07
6 Francis Thomason 21:48.73
7 Bernie Hercock M75 22:58.64
8 John May M80 22:58.68
9 Ken Livermore M75 23:40.80

Surrey Walking Club Open Walk
Sunday, 26th August 2012
Norman Park, Surrey
3,000m Walk
1 David Crane (Surrey) 16:01.4
2 Shaun Lightman (Surrey M65) 17:00.5
3 Peter Hannell (Surrey M65) 17:40.2
4 Stephen Crane (Surrey) 18:39.5
5 Catherine Cotterill (Ton U20W) 19:05.4
6 Malcolm Martin (Padd W M50) 19:30.5
7 Angela Martin (Padd W W45) 19:30.5
8 Steve Hollingdale (B&B M55) 19:30.9
9 Dave Delaney (Surrey M65) 20:03.6
10 Dave Hoben (Surrey M55) 20:42.1

Sothend Inaugural One Mile Walk
Southend-on-Sea, Essex
Monday, 27th August 2012
August Bank Holiday saw a public track event in the Southend Open Meeting, where we were invited to show Race Walking to the public in a normal environment following the superb Olympic international performances. There's no argument that this new race walk is now on the timetable to stay, so bookmark future August Bank Holidays for a great race and a day out at the seaside.
1 mile Track Walk
1st Chris Cattano, u/a 7.58.50
2nd Steve Allen, Barnet 8.02.07
3rd Shaun Lightman, Surrey 8.54.65
4th Amos Seddon, Enfield 9.19.96
5th Alan O'Rawe, Ilford 9.30.51
6th Sean Pender, Enfield 9.36.28
7th John Brock, Southend-on-Sea 10,28,56
8th Dave Hoben, Surrey 10.52.56
9th Peter Cassidy, Loughton 11.19.75
10th Dave Ainsworth, Ilford 11.31.14
11th Bill Sutherland, Highgate 11.49.35
12th Val Mountford, Southend 12.32.52
13th Eddie Trotter, Ilford 13.09.47
14th Laura Kemp, u/a 13.55.69
15th Steve Kemp, EVAC 13.55.89

Sarnia WC Road Walk
Friday, 31st August 2012
Les Amarreurs, Vale, Guernsey

Start of the Sarnia 3k with many guests

Local Stuart Le Noury used this race as a final sharpener for the upcoming Church to Church Walk as he led from start to finish. Second home was visitor Jim Ball who started steadily and moved into second place in the latter stages of the walk to finish just under a minute behind. Newcomer to Guernsey Frans Leijtens from the Netherlands finished

seconds ahead of past Great Britain international walker Neil Bates in 17.01, but had to give best to Rob Elliott in 4th place. Other visitors, getting ready for the Church to Church Walk were Sean Pender, David Delaney and David Hoben mixing it well with the local Sarnia stalwarts. -Rob Elliot

3km

1 Stuart Le Noury, Sarnia Guernsey SM 14.09
2 Jim Ball, Steyning AC England M45 15.05
3 Phil Lockwood, Sarnia Guernsey M35 15.16
4 Rob Elliott, Sarnia WC Guernsey M50 16.48
5 Frans Leijtens,RWV Netherlands M35 17.01
6 Neil Bates, Isle of Man SM 17.03
7 Terry Bates, Sarnia Guernsey M60 17.47
8 Sean Pender, Enfield, Ireland M55 18.23
9 Kevin Le Noury, Guernsey M50 19.40
10 David Delaney, Surrey England M65 19.57
11 David Hoben, Surrey, England M55 20.01
12 Mick Le Sauvage, Guernsey M70 20.12
13 Jayne Le Noury, Guernsey W50 21.12
14 Allan Harris, Sarnia Guernsey M60 22.21
15 Rose Druckes,Sarnia GuernseyW65 22.39
16 Kay Coulson, Sarnia Guernsey W40 23.40

Lambert Trophy Track Race

Saturday, 1st September 2012
Bury, Lancashire

The weather was sunny and very warm, which had the impact of slowing the whole field.

1 hour Track

1 Andrew Fraser, Yorks RW 10,721 metres
2 Dave Crompton, Lancashire WC 9,503m
3 Alistair Shand, LWC 9,119m
4 Joe Hardy, LWC 8,869m
5 Salash Shah, LWC 8,617m
6 Pat Evans, LWC 8,614m
7 Stuart Edgar, Dudley 8,576m
8 John Crahan, LWC 8,548m
9 Roy Gunnett, LWC 8,478m
10 John Payne, LWC 8,341m
11 Richard Robb, LWC 8,140m
12 Eric Horwill, Dudley 7,572m
13 Mike Nichloson, KuH 6,777m
14 John Pouncy, LWC 6,633m

30 minutes Track

Eric Crompton, LWC 4,000m

76th Guernsey Church to Church Walk

Sunday, 2nd September 2012
Guernsey

Michael George from Manx Harriers on the Isle of Man secured his second win in the Guernsey Church to Church Walk over 19.4 miles, when racing in convincing style over the undulating one lap course, which goes around the whole island. The 2010 winner had the company of last years winner Stuart Le Noury for around a third of the race, as both walked close together in the early stages. Through the hard uphill early miles and onto the main road to Guernsey airport, George held a narrow lead over the local walker as both went through the 5 miles point in 45.04. Third man at this point was past winner Jim Ball from Steyning almost five minutes behind. He held a thirty second lead over next man Peter Ryan, who in turn was thirty seconds up on Ed Shillabeer.The leading woman was Fiona Bishop in 58.15, some two minutes ahead of second woman Jayne Le Noury. Through the lanes of Torteval, St Peters and St Saviours a smooth walking George started opening up a gap on Stuart Le Noury. At the 10 miles point near the Little Chapel George had a thirty nine seconds advantage. Although dropping off the pace Stuart still looked like he could get back into the race. Jim Ball was still in third place and six minutes down on the leader. The fight for fourth place was close with Peter Ryan only seconds ahead of Phil Lockwood. A few miles down the road and along Landes du Marche Stuart was struggling and would find it hard to keep Jim Ball at bay. Taking advantage of the variable terrain, Michael George had recorded 5 mile split times of 45.04, 43.38 and now 43.18 from Little Chapel, through St Andrews and Castel and down to the Vale Church and 15 miles. Still looking fine he looked set to smash the time he set in 2010 and duly did so as he crossed the finish line at South Esplanade in 2.51.02, over six minutes quicker than then.

After a long wait second man home Jim Ball crossed the line in 3.07.28, having passed Stuart Le Noury in the last quarter of the race. After a few pit stops and almost giving up, Stuart Le Noury rallied himself to secure the Victory Cup for first Channel Islander to finish. His time of 3.13.00 was slower than his winning time of 2011, but just good enough to give him third spot from a faster finishing Peter Ryan who finished only 1.20 down. Peter Ryan had been close to second local man Phil Lockwood in mid race, with the local dropping off to finish in 3.15.11. Ed Shillabeer, a reguar visitor to this event and four time winner was happy with his 3.19.25 time. Isolated for much of the race, Frans Leijtens from Netherlands and experienced long distance walker enjoyed his first taste of this event coming home in 3.26.29.

First woman home Fiona Bishop set a new personal best time for the course, beating that set when she last won the event. Jayne Le Noury was second woman home and won the Star Trophy for the first local woman. It was Jaynes sixth time winning this award in a Church career that started in 1976. Her time of 3.55.14 was a new personal best time beating the old one by 18 seconds. Manx visitors Irene George and Enid Watson were together for much of the race before Irene moved away along the finishing straight to claim third place in the womens section with a 4.22.45.

The Sarnia Walking Club would like to thank all the helpers and sponsors that enabled them to showcase their traditional, now 76 years old event: Guernsey Candles, Fletchersports, Saffery Champness, Jacksons CI Ltd, Bucktrouts (Walkers Crisps), Guernsey Sports Commission, Relate Guernsey Ltd, Network Insurance and Financial Planning, Healthspan, Rothschild Bank International, Electrical Supplies & Machinery (Guernsey) Ltd, Jenny Elliott, Cenkos Channel Islands, Taj Mahal Restaurant, KPMG, Fusion Systems. -Rob Elliott for Sarnia Walking Club

Phil Lockwood (56) leads Jim Ball (91)

Men 19.4 miles
1 Michael George, Manx IOM M45 2.51.02
2 Jim Ball, Steyning AC England M45 3.07.28
3 Stuart Le Noury, Sarnia Guernsey 3.13.00
4 Peter Ryan, Ilford AC England M55 3.14.20
5 Phil Lockwood,Sarnia Guernsey M35 3.15.11
6 Ed Shillabeer, Ilford England M70 3.19.25
7 F. Leijtens, RWV Netherlands M35 3.26.29
8 Terry Bates, Sarnia Guernsey M60 3.32.29
9 Sean Pender, Enfield Ireland M55 3.36.33
10 David Delaney, Surrey WC England M65 4.01.10
11 Kevin Le Noury, Sarnia Guernsey M50 4.03.13
12 David Hoben, Surrey England M55 4.06.41
13 Allan Harris, Sarnia Guernsey M60 4.41.25

Ladies 19.4 miles
1 Fiona Bishop, Woking England W50 3.39.51
2 Jayne Le Noury, Sarnia Guernsey W50 3.55.14
3 Irene George, Manx IOM W50 4.22.45
4 Enid Watson, IOMVAC IOM W60 4.22.52
5 Alison Moullin, unatt Guernsey W40 4.45.37
10 miles Gabriele Schutte, unattached Germany W70 3.33.00

Mens Awards
Open Winner - Michael George
2nd - Jim Ball
3rd - Stuart Le Noury
Victory Cup (First Channel Islander) - Stuart Le Noury
Newcomer Plaque - Frans Leijtens
Newcomer Trophy (First Channel Islander) - Allan Harris

Womens Awards
Open Winner - Fiona Bishop
2nd - Jayne Le Noury
3rd - Irene George
Star Trophy (First Channel Islander) - Jayne Le Noury
Newcomer Plaque - Enid Watson
Newcomer Trophy (First Channel Islander) - Alison Moullin
Jenny Elliott Salver (First Guernsey woman over 35) - Jayne Le Noury

Awards for Men or Women
C J Robin Veterans tankard (40-49) - Michael George
Healthspan Super Vets tankard (50-59) - Peter Ryan
Winning Ways Trophy (60-69) - Terry Bates
Ilford AC Vets trophy (over 70) - Ed Shillabeer

Team Awards
Guernsey Parish Shield - Vale (Stuart Le Noury, Phil Lockwood and Jayne Le Noury)
Husband and Wife - Jayne and Kevin Le Noury
Fletchersports Team Shield - Sarnia WC
Named team of 3 walkers to score - Stuart Le Noury, Phil Lockwood and Terry Bates

Southern Counties Veterans League Final
Saturday, 2nd September 2012
Ashford, Kent

M35 2000m Walks
1 Valdis Pauzers, Herne Hill 10:21.4

2 Shawn Lightman, (M65) Blackheath 10:53.2
3 Costa Michael, Barnet 11:29.7
4 David Berger, Abingdon 12:46.5
5 Bill Arbury, Epsom & Ewell 12:51.1
6 Paul Wheeler, Ashford 13:59.4
7 Andy Ruffell, (M40) Eastbourne 14:53.3
8 Derek Warn, (M45) Southampton 15:55.2

M50 2000m Walk

1 Steve Allen, Barnet 10:11.3
2 Andrew Milbank, Herne Hill 10:37.1
3 Roger Michell, (M60) Blackheath 11:03.8
4 Tim Clegg, Southampton 12:08.6
5 John Oliver, Abingdon 12:08.7
6 Dave Mitchell, Epsom & Ewell 14:44.7
7 Bob Semark, Eastbourne 14:56.5

W35 2000m Walks

1 Jane Barlow, (W45) Eastbourne 12:23.2
2 L Neville, Epsom & Ewell 12:56.3
3 Cheryl Sacks, (W40) Serpentine 14:02.9
4 Maria MacDonald, Cambridge H 14:16.2
5 Julie Hubard, Dartford H 14:50.2
6 Andrea Snuggs, Radley 15:44.5

W50 2000m Walk

1 S Boyman, Epsom & Ewell 13:07.0
2 Julie Chicken, Eastbourne 13:27.0
3 Marianne Morris, Serpentine 13:42.7
4 Chris Childs, Dartford H 14:01.2
5 Gerti Hofmann, Cambridge H 14:51.0
6 Rose Webb, (W65) Radley 15:01.8
7 Kath Scott, Barnet 15:10.4

UK Athletics/RWA Inter-Counties National 10km Championships

Sunday, 3rd September 2012
Hillingdon Cycle Circuit, London

The main event this week was the National 10km which was held on a new venue for this event - the Hillingdon Cycle Track. The course is a rural undulating lap with one short sharp hill. However, with favourable weather, strong competition and a good surface, times were good with the field generally a minute or so under recent form. There was also an international flavour, with competitors from Lithuania, New Zealand, and Italy. A great traffic-free venue well worth returning to.

10km Women

1 Jo Jackson, Middlesbrough & Cleveland AC, North East 46.52
2 Heather Lewis, (U20) Pembrokshire Harriers, West Wales 50.20
3 Garzina Navrliene, Ealing/Lithuania, Middlesex 55.20
4 Gemma Bridge, (U20) Radley, Oxon 55.35
5 Fiona McGorum, Leicester WC, Leics 55.56
6 Alana Barber, New Zealand 56.46
7 Helen Middleton, Enfield, Beds 59.06
8 Rebecca Collins, (U23) Medway & Maidstone, Kent 59.38
9 Ellie Dainton, (U17) Llanelli, W.Wales 59.49
10 Cath Duhig, Ryston, Norfolk 60.24
11 Jasmine Nicholls, (U20) Leicester 61.16
12 Noel Blatchford, Abingdon, Oxon 63.00
13 Ann Wheeler, Leicester, Warks 63.38
14 Judy Howard, Abingdon, Oxon 65.40
15 Susan Barnett, Enfield, Herts 66.58
16 Angie Alstrachen, Enfield, Suffolk 68.32
17 Linda Spinks, Enfield, Suffolk 69.29
18 Joyce Crawford, Redlodge, Suffolk 69.44
19 Karen Davies, Birchfield, Warks 73.21
DQ Bethan Davies, Cardiff, Glamorgan 50.25

Ladies Teams

1 Leicester Walking Club 276
2 Enfield & Harringay AC 268
3 Abbingdon Amblers 178

Ladies Inter-County Teams

1 Oxfordshire 275
2 Suffolk 255
3 West Wales 191
4 Leicestershire 187

10km Men

1 Alex Wright, (U23) Belgrave, Surrey 44.06
2 Carlo Alberto de Sasa, Ilford/Italy, Middlesex 47.41
3 Fabian Deuter, Hillingdon, Midd 50.19
4 Steve Uttley, Ilford, Essex 52.58
5 Arthur Thompson, Enfield, Herts 55.49
6 Steve Arnold, Nuneaton, Warks 56.14
7 David Crane, Surrey WC, Essex 56.18
8 John Ralph, Enfield, Midd 57.54
9 Steve Allen, Ilford, Essex 58.58
10 Peter Hannell, Surrey, Surrey 61.43
11 John Constandinou, Birchfield/Cyprus, Warwickshire 62.43
12 Ken Bobbett, Hillingdon, Middx 62.47
13 Colin Vesty, Leicester WC, Leics 62.56
14 Mick Harren, Surrey, Surrey 63.22
15 Alan O'Rawe, Ilford, Essex 63.31
16 Stephen Crane, Surrey WC, Essex 64.01
17 Keith Richards, Coventr, Warks 64.08
18 Mark Palethorpe, Worcester, Worcs 67.42
19 Russell Vroobel, Hillingdon, Essex 68.03

Mens Teams

1 Ilford Ahletics Club 287
2 Surrey Walking Club 272
3 Enfield & Harringay Ahletics Club 189
4 Hillingdon Ahletics Club 171

Mens Inter-County Teams

1 Middlesex 287
2 Essex 280
3 Surrey 276
4 Warwickshire 267

2.5km Under 15
1 Heather Butcher, Cambridge Harriers 13.38
2 Rebecca Chambers, Sheffield AC 13.59
3 Sophie Lewis, Cambridge Harriers 14.03
4 Evie Butcher, Cambridge Harriers 15.12
5 Indigo Burgin, Cambridge Harriers 15.37
6 Laura Achurch, Leicester WC 15.57
7 Ben Allen, Leicester WC 16.01
8 Luc Legon, Bexley 17.39

Leeds Golden Mile
Saturday, 8th September 2012
Leeds Metropolitan University
Up at the National Center for Race Walking, fast times are to be expected, although they also encourage newcomers and welcomed members of a Leeds club to this track race.
1 mile Track
1 Quentin Rew, SM New Zealand 6:23.7
2 Ellie Dooley,U17G HydeParkHarriers 7:53.5
3 Alana Barber, SW New Zealand 8:01.3
4 Rebecca Chambers, U15G Sheffield 8:38.0
5 Jack Leversidge, U13B Sheffield 8:38.0
6 Brenda Gannon, SW Hyde Park 9:30.4
7 Alana Zeidler, U13G unattached 9:59.7
8 Emily Parkinson, U15G unattached 10:48.3
9 Emma Mackenzie-Hogg, SW Hyde Park Harriers 11:02.8

Woodford Tuesday Walks
Tuesday, 11th September 2012
Ashton Playing Fields, Woodford Green
3000m walk
1 Steve Allen, Barnet 15:25·6
2 Abdi Berleen, Ilford 17:08·9
3 John Taylor, Loughton 17:47·3
4 Seean Pender, Enfield 18:51·8
5 Mick Barnbrook, Ilford 20:45·9
6 Tabitha Gilllan, (W) DEFRA 20:47·4
7 Françoise Fernandez, (W) Loughton 20:56·7
8 Liam Shiels, EVAC 21:10·8
9 Peter Cassidy, Loughton 22:01·0
10 Dave Ainsworth, Ilford 22:19·2
11 Pamela Abbott, (W) Enfield 22:23·0
Geroge Woods Trophy - Dave Ainsworth (first Essex Centurion)
Teams
1 Ilford Athletics Club 76
2 Loughton Athletics Club 74
3 Enfield & Haringay Athletics Club 47
4 Barnet & District Athletics Club 30
5 DEFRA 25
6 Eeatern Veterans Athletics Club 23

Final League Positions - Individuals
1 Steve Allen, Barnet 84
2 Seán Pender, Enfield 80
2 Abdi Berleen, Ilford 80
4 John Taylor, Loughton 78
5 Françoise Fernandez ,(W) Loughton 72
6 Peter Cassidy, Loughton 68
7 Dave Ainsworth, Ilford 66
8 Francisco Reis, Ilford 59
9 Stuart Bennett, Ilford 57
10 Mick Barnbrook, Ilford 53
11 Pamela Abbott, (W) Enfield 43
12 Neringa Adietyte, (W) Ilford 30
13 Mark Easton, Surrey 29
14 Gemma Bridge, (JW) Radley 28
14 John Brock, Southend 28
16 Steve Allen, Ilford 27
17 Tabitha Gillan, DEFRA 25
18 John Borgars, Loughton 23
18 Liam Shiels, EVAC 23
20 Ken Livermore, Enfield 22
21 Jane Clarke, Loughton 20
Final League Positions - Teams
1 Ilford Athletics Club A 325
2 Loughton Athletics Club A 262
3 Enfield & Haringey Athletics Club 145
4 Barnet & District Athletics Club 84
5 DEFRA 48
6 Ilford Athletics Club B 47
7 Surrey Walking Club 29
8 Radley 28
8 Southend Athletics Club 28
10 Eastern Veterans Athletics Club 23
11 Loughton Athletics Club B 20

8th South Yorkshire League
Millhouses Park, Sheffield
Tuesday, 11th September 2012
1 Alana Zeidler (Silverdale) U13 12.26 **2km**
2 Ana Garcia (Sheffield) U13 10.26 **2km**
3 David Barker (Emmaus) U11 6.10 **1km**
4 Peter Bilson (Sheffield) Sen 16.33 **2km**
4 Becky Chambers (Sheffield) U15 17.44 **3km**

Midland Veterans League Cup Final
Saturday, 15th September 2012
Alexander Stadium, Birmingham
In this veterans league, walking is one of the strongest events. The league also produces newcomers, who get a taste for walking.
2000m Walk W40 - A Final
1 Tracey Mills, Birchfield 12:24.4
2 Tricia Garner, Rugby 12:51.0
3 Janet Mee, Leamington 13:57.9
4 Gill Repton, Worcester 15:00.1
5 Sue Kneill-Boxley, Cannock 17:09.3
2000m Walk W60 - A Final
1 Carol Birch, Rugby 13:05.0
2 B. Parkinson, Rugby 13:20.5
2000m Walk M40 - A Final
1 John Constandinou, Birchfield 11:40.3

2 Mark Barrowclough, Rugby 11:57.4
3 Mark Palethorpe, Worcester 12:24.4
4 Calvin Scoltock, B&R 13:32.5
5 Mick Aston, Leamington 12:58.9
6 Gallimore, Cannock 14:34.0
7 Terry Akiens, Rugby 14:38.3
2000m Walk M60 - A Final
1 Keith Richards, Rugby 11:24.4
2 Les Scrivens, Worcester 12:41.6
3 Dave Harmer, Charnwood 13:19.9
4 Dave Fall, Birchfield 13:59.8
5 Pete Brown, Leamington 15:25.1
6 Les Green, Cannock 18:14.4
2000m Walk W40 - B Final
1 Hilary Mann, Sparkhill 13:04.4
2 Lin Farrow, Harborough 14:38.3
2000m Walk M40 - B Final
1 Mark Williams, Tamworth 9:05.5
2 Paul Hayden, Nuneaton 12:01.8
3 David Drew, Telford 12:40.8
2000m Walk M60 - B Final
1 J. Thompson, Harborough 11:36.5
2 Gareth Edwards, Telford 11:51.1
3 Dave Winter, Sparkhill 12:37.9
4 C. Monk, Leicester 13:55.9
5 I. Sattendawaite, MMAC 14:36.5
6 John Culshaw Snr, Tamworth 15:47.5

English Schools Championships
Saturday, 15th September 2012
Bedford International Stadium
Every young athlete should aim to compete at the English Schools Championships.
Junior Girls 3000m
1 Heather Butcher, London 15:24.14
2 Sophie Lewis Ward, London 17:18.22
3 Rebecca Chambers, S.Yorkshire 17:40.51
4 Indigo Burgin, London 18:47.25
Junior Boys 3000m
1 Mathew Redfern, Derbyshire 15:20.93
2 Luc Legon, Kent 16:28.45
3 Tim Snook, Surrey 16:47.03
Intermediate Girls 3000m
1 Ellie Dooley, West Yorkshire 15:29.32
2 Emma Achurch, Leicester 16:29.30
3 Danielle Oates, Merseyside IOM 16:45.47
4 Jessica Mills, West Midlands 18:10.28
5 Rebbecca Greatbatch, Merseyside IOM 18:22.62
6 Farina Rashid, Leicester & Rutland 18:54.62
7 Samantha Parkinson, W.Yorkshire 22:00.98
Intermediate Boys 3000m
1 Cameron Corbishley, Kent 23:22.95
2 Alex Eaton, Merseyside IOM 24:55.09
3 Guy Thomas, Kent 27:14.99
4 Juan Bellando, Merseyside IOM 28:00.12
5 Daniel Watling, Staffordshire 30:17.58
6 Gareth Stockton, Somerset 30:24.60
7 Callum Wilkinson, Suffolk 30:30.40
8 Andrew Harmes, Humberside 36:51.60
Senior Girls 5000m
1 Jasmine Nicholls, Leicester 27:10.51
2 Catherine Cotterill, Kent 33:41.48
Senior Boys 5000m
1 Jamie Higgins, West Yorkshire 22:45.11
2 Adam Cowin, Merseyside IOM 25:40.93
3 Ben Parsons, Kent 27:02.33

Bob Wright Handicap Series Race 1
Sunday, 16th September 2012
Saumarez Park, Guernsey
Jamie Marsh in his first race walk for many a year was an easy winner of the opening race of the Bob Wright Handicap Series. As an unknown quantity he beat the handicapper as he came home one and a half minutes clear of Allan Harris in second place. Jamie`s actual time was 35.41. Allan Harris finished with an actual time of 37.44, knocking minutes off his previous best time. Close behind and almost crossing the line together were Kay Coulson and Joanne Le Prevost, both happy to get under the 40 minutes barrier, with Kay getting the verdict for third place. Jamie Marsh will be better remembered for being a leading Guernsey runner in the 1980's and representing the island in the 1986 Commonwealth Games in Edinburgh on the track. His past walk experience probably amounts to one Church to Church Walk appearance. -Rob Elliott
5 kilometres road walk
1 Jamie Marsh M45 38.11 (watch time) 35.41 (actual time)
2 Allan Harris M60 39.44 / 37.44
3 Kay Coulson W40 39.49 / 39.49
4 Joanne Le Prevost W35 39.49 / 39.49
5 Kevin Le Noury M50 40.12 / 33.12
6 Rose Druckes W65 40.21 / 38.21
7 Phil Lockwood M40 40.30 / 26.30
8 Mick Le Sauvage M70 40.49 / 35.19
9 Stuart Le Noury M 41.25 / 25.25
10 Rob Elliott M50 41.29 / 29.59
11 Dave Dorey M65 43.33 / 38.03

Jim Sharlott Memorial / British Masters 10km Championships
Saturday, 16th September 2012
Abbey Park, Leicester
The Abbey Park course is a large circular path, just under a km, popular for walks races and cricket. Within site of the National Space Center, and alongside the River Soar which runs through the park. No turns means fast times are possible. Leicester WC always put on a well organised event. With over 70

athletes walking in good weather, this was an excellent event. The open 'Smile Mile' event was put on for novices and family, and proved fun and popular. King Richard III was found buried in a nearby car park around the time of this event, but not many people know that King Lear is buried under the river here...

10km Open Men
1 Mark Williams, Tamworth 50.11
2 Philip Vesty, Leicester WC 52.40
3 Thomas Taylor, Birchfield 52.50
4 Steve Uttley, Ilford 53.12
5 Steve Allen, Barnet 53.59
6 Richard Spenceley, Yorkshire RWC 55.25
7 Arthur Thomson, Enfield & Haringey 55.29
8 John Hall, Belgrave 55.57
9 Steve Arnold, Nuneaton 56.33
10 Andrew Fraser, Yorkshire RWC 58.04
11 Chris Berwick, Leicester WC 58.06
12 Graham Chapman, Headington RR 59.52
13 Colin Vesty, Leicester WC 61.24
14 Mark Culshaw, Belgrave 62.04
15 Gareth Edwards, Telford 62.27
16 Keith Richards, Coventry Godiva 62.44
17 Tony Collins, Birchfield 64.01
18 Sean Pender, Enfield & Haringey 64.03
19 John Constandinou, Birchfield 65.18
20 Allan King, Roadhoggs 66.24
21 George Smolinski, Leicester WC 66.51
22 Julian Barnett, Birchfield 67.21
23 Mark Palethorpe, Worcester 67.25
24 Steve Whelan, Headington RR 67.54
25 Mathew Fawson, Yorkshire RWC 69.10
26 Phil Smillie, Leicester WC 69.41
27 Stuart Edgar, Dudley & Stourbridge 75.21
28 Dave Fall, Birchfield 75.56
29 Eric Horwill, Dudley & Stourbridge 77.46
30 Bernard Hercock, Enfield & Haringey 80.31
DNF David Conway, Massey-Ferguson
DQ John Fenton, Birchfield

Open Mens Teams
1 Leicester Walking Club 47.00
2 Birchfield Harriers 61.00

10km Open Women
1 Bethan Davies, Cardiff AAC 52.05
2 Fiona McGorum, Leicester WC 57.01
3 Jasmine Nicholls, Leicester WC 57.44
4 Helen Middleton, Enfield & Haringey 60.26
5 Ann Wheeler, Leicester WC 62.02
6 Noel Blatchford, Abingdon Amblers 64.16
7 Judy Howard, Abingdon Amblers 65.41
8 Susan Barnett, Enfield & Haringey 65.52
9 Sarah Lightman, Leicester WC 69.52
10 Karen Davies, Birchfield 72.54

Open Womens Teams
1 Leicester Walking Club 10.00

YAG U11 2km
1 Amelia Tutt, Rugby & Northampton 14.29
2 Bella Ramsey, Seagrave Primary 14.45

YAG U13/U15 2km
1 Mathew Redfern, Nuneaton 9.51 (U15B)
2 Ana Garcia, City of Sheffield 10.59 (U13G)
3 Becky Chambers, Sheffield 11.22 (U15G)
4 Jack Leversidge, Sheffield 11.46 (U13B)
5 Samuel Redfern, Nuneaton 11.52 (U13B)
6 Benjamin Allen, Leicester WC 12.08 (U13B)

5km Open Handicap
Club (Handicap) Nett Time
1 Allan King, Roadhoggs (31.00) 35.24
2 Jasmine Nicholls, Leicester (21.00) 36.44
3 Steve Whelan, Headington (31.00) 36.54
4 Sarah Lightman, Leicester (32.00) 37.52
5 Philip Vesty, Leicester WC (14.00) 38.40
6 Mark Williams, Tamworth (11.30) 38.41
7 Chris Berwick, Leicester WC (19.00) 39.06
8 Colin Vesty, Leicester WC (22.00) 39.24
9 Ann Wheeler, Leicester WC (22.30) 39.32
10 Keith Richards, Coventry (23.00) 39.44
11 Karen Davies, Birchfield (33.00) 39.54
12 Steve Allen, Barnet (13.00) 40.19
13 Susan Barnett, Enfield (25.30) 40.22
14 Arthur Thomson, Enfield (15.00) 40.29
15 Bernard Hercock, Enfield (40.00) 40.31
16 Noel Blatchford, Abingdon (23.30) 40.46
17 Mark Palethorpe, Worcester (26.30) 40.55
18 Gareth Edwards, Telford (21.30) 40.57
19 Tony Collins, Birchfield (23.00) 41.01
20 Steve Arnold, Nuneaton (15.30) 41.03
21 Steve Uttley, Ilford (12.00) 41.12
22 Julian Barnett, Birchfield (26.00) 41.21
23 Dave Fall, Birchfield (34.30) 41.26
24 Thomas Taylor, Birchfield (11.00) 41.50
25 George Smolinski, Leicester (25.00) 41.51
26 Graham Chapman, Headington (18.) 41.52
27 Richard Spenceley, YRWC (13.30) 41.55
28 John Hall, Belgrave (14.00) 41.57
29 Sean Pender, Enfield (22.00) 42.03
30 Andrew Fraser, YRWC (16.00) 42.04
31 Bethan Davies, Cardiff AAC (10.00) 42.05
32 Helen Middleton, Enfield (18.00) 42.26
33 Fiona McGorum, Leicester (14.30) 42.31
34 Phil Smillie, Leicester WC (27.00) 42.41
35 Judy Howard, Abingdon (22.00) 43.41
36 John Constandinou, Birchf (21.30) 43.48
37 Stuart Edgar, Dudley (30.00) 45.21
38 Mathew Fawson, YRWC (15.00) 54.10

BMAF 10km Championship
M40 1st John Constandinou, Birchfield 65.18
M40 2nd Stuart Edgar, Dudley 75.21
M45 1st Mark Williams, Tamworth 50.11
M45 2nd Richard Spenceley, YRWC 55.25
M45 3rd Steve Arnold, Nuneaton 56.33
M45 4th Andrew Fraser, YRWC 58.04
M45 5th Colin Vesty, Leicester WC 61.24
M45 6th Mark Culshaw, Belgrave 62.04
M45 7th Mark Palethorpe, Worcester 67.25

M50 1st Julian Barnett, Birchfield 67.21
M55 1st Steve Uttley, Ilford 53.12
M55 2nd Steve Allen, Barnet 53.59
M55 3rd Graham Chapman,Headington 59.52
M55 4th Sean Pender, Enfield 64.03
M60 1st John Hall, Belgrave 55.57
M60 2nd Gareth Edwards, Telford 62.27
M60 3rd George Smolinski, Leicester 66.51
M60 4th Phil Smillie, Leicester WC 69.41
M65 1st Keith Richards, Coventry 62.44
M65 2nd Tony Collins, Birchfield 64.01
M65 3rd Dave Fall, Birchfield 75.56
M75 1st Arthur Thomson, Enfield 55.29
M75 2nd Eric Horwill, Dudley 77.46
M75 3rd Bernard Hercock, Enfield 80.31
W40 1st Sarah Lightman, Leicester WC 69.52
W45 1st Helen Middleton, Enfield 60.26
W50 1st Karen Davies, Birchfield 72.54
W55 1st Ann Wheeler, Leicester WC 62.02
W55 2nd Judy Howard, Abingdon 65.41
W60 1st Noel Blatchford, Abingdon 64.16
W60 2nd Susan Barnett, Enfield 65.52

BMAF Mens Team

1 Birchfield Harriers 196:40 (Collins, Constandinou, Barnett)
2 Leicester 197:56 (Vesty, Smolinsky, Smillie)
3 Enfield 200:03 (Thomson, Pender, Hercock)

Smile Mile (novice event)

1 Lenka Vincentova 10.03 (Style:18)
2 Tony Drake Leicester 11.20 (Style:4 Big:2)
3 Bob Wheeler 11.48
4 William Wright 11.49 (Big:1)
5 Tony Nicholls 12.03 (Nice:3)
6 Anne Faulkner Birstall RC 12.40 (Style:3)
7 Karen Williams 12.44 (Style:6)
8 Malcolm Blyth Roadhoggs 13.03
9 Sam Vesty The Vesty Girls 15.01 (Style:1)
10 Frankie Riley The Vesty Girls 15.02
11 Nicki Nicholls 15.09
12 Elaine Allen 15.09 (Style:1 Nice:1 Big:1)
13 Abigail Allen 15.09 (Style:4 Nice:2 Big:1)
14 Christina Vesty Vesty Girls 15.48 (Big:1)
15 Linda Vesty The Vesty Girls 18.31
16 Jan McGorum 18.31

Police Sports UK Walk Championships

Tuesday, 19th September 2012
Cannon Hill Park, Birmingham

Taking place on a weekday afternoon, those walkers that qualify as civil servants or police get to take part in an enjoyable race at the Tally Ho! Police sports center in Birmingham, with excellent presentations and buffet after.

Police vs Civil Service (Ryan Cup)

Mens 10km

1 Steve Uttley, Justice Dept 52.50 M C
2 Peter Ryan, Essex Police 55.08 P
3 John Hall, DEFRA 56.59 M C
4 John Llewellyn, DEFRA 57.33 M C
5 Kevin Monk, Halesowen AC 57.48 G
6 Jason Brewer, HMRC 58.23 C
7 Mark Culshaw, Belgrave Harriers 59.51 G
8 Amos Seddon, Met Police 59.55 P
9 Martin Slevin, West Midlands Police 60.30 P
10 Dave Evans, HMRC 60.36 M C
11 Gary Smith, Met Police 61.55 P
12 Glyn Jones, West Midlands Police 62.17 P
13 John Lovatt, HMRC 62.46 M C
14 Sean Pender, Enfield 62.58 Guest
15 Tony Collins, Birchfield Harriers 63.02 G
16 Richard Mallinson, West Mids Police 63.25
17 Chris Flint, Met Police 63.37 P
18 Bill Kingston, HMRC 63.53 M C
19 Dwayne Butterly, Post Office 63.58 M C
20 Bob Dobson, ECGD 65.11 M C
21 Peter Crahan, HASSRA 66.01 M C
22 Clive Hansen, Essex Police 67.19 P
23 Tony Cotton, BRJ Run &Tri 67.26 G
24 Julian Barnett, Post Office 67.35 M C
25 Dave Wilkinson, Lancashire Police 67.52 P
26 John Crahan, HASSRA 68.26 M C
27 Steve King, Essex Police 70.15 P
28 David Fall, Birchfield Harriers 72.37 G
29 Jason Holt, HASSRA 73.05 C
30 Graham Slater, Lancashire Police 73.46 P
31 Chris Holmes, Essex Police 77.26 P

Ryan Cup (Men)

1 Civil Service - 37 points
2 Police - 58 points

Police Service (Men)

1 Peter Ryan, Essex Police 55.08
2 Amos Seddon, Met Police 59.55
3 Martin Slevin, West Midlands Police 60.30
4 Gary Smith, Met Police 61.55
5 Glyn Jones, West Midlands Police 62.17
6 Richard Mallinson, West Mids Police 63.25
7 Chris Flint, Met Police 63.37
8 Clive Hansen, Essex Police 67.19
9 Dave Wilkinson, Lancashire Police 67.52
10 Steve King, Essex Police 70.15
11 Graham Slater, Lancashire Police 73.46
12 Chris Holmes, Essex Police 77.26

Police Championships Teams (Men)

1 Met Police (Seddon, Flint, Smith) 13 points
2 West Midlands Police (Slevin, Johns, Mallinson) 14 points
3 Essex Police (Ryan, Hansen, King) 19
4 Lancashire Police (Wilkinson, Slater) 20

Civil Service Championships (Men)

1 Steve Uttley, Justice Dept 52.50 M
2 John Hall, DEFRA 56.59 M
3 John Llewellyn, DEFRA 57.33 M
4 Jason Brewer, HMRC 58.23
5 Dave Evans, HMRC 60.36 M
6 John Lovatt, HMRC 62.46 M
7 Bill Kingston, HMRC 63.53 M

8 Dwayne Butterly, Post Office 63.58 M
9 Bob Dobson, ECGD 65.11 M
10 Peter Crahan, HASSRA 66.01 M
11 Julian Barnett, Post Office 67.35 M
12 John Crahan, HASSRA 68.26 M
13 Jason Holt, HASSRA 73.05

Civil Service Championships Teams (Men)
1 HMRC (Brewer, Evans, Lovatt) 15 points
2 HASSRA (Craham, Crahan, Holt) 35 points
3 DEFRA (Hall, Llewellyn) 5 points
4 Post Office (Butterly, Barnett) 19 points
5 Justice Dept (Uttley) 1 point
6 ECGD (Dobson) 9 points

Police vs Civil Service (Ryan Cup)
Womens 5km
1 Lyn Bradley, Revenue & Customs 29.32 M
2 Mauren Noel, DEFRA 31.09 M
3 Tracey Mills, Revenue & Customs 32.36 M
4 Pat Evans, Revenue & Customs 32.59 M
5 Geraldine Legon, Royal Mail 33.47 M
6 Jane Hodge, Revenue & Customs 34.05 M
7 Tabitha Gillan, DEFRA 34.49
8 Pamela Abbott, DEFRA 37.02 M
9 Ginette Craig, HASSRA 37.35 M
10 Sue Harrison, Lancashire Police 39.22
11 Ann Crofts, Lancashire Police 40.20
12 Catherine Wood, Lancashire Police 44.24
13 Sandra Wiseman, Lancashire Police 44.42

Ryan Cup (Women)
1 Civil Service - 21 points (6 athletes)
2 Police - 46 points (4 athletes)

Police Service Result (Women)
1 Sue Harrison, Lancashire Police 39.22
2 Ann Crofts, Lancashire Police 40.20
3 Catherine Wood, Lancashire Police 44.24
4 Sandra Wiseman, Lancashire Police 44.42

Police Championships Teams (Women)
1 Lancashire Police (Harrison, Crofts, Wood) 6 points

Civil Service Championships Results (Women)
1 Lyn Bradley, Revenue & Customs 29.32 M
2 Mauren Noel, DEFRA 31.09 M
3 Tracey Mills, Revenue & Customs 32.36 M
4 Pat Evans, Revenue & Customs 32.59 M
5 Geraldine Legon, Royal Mail 33.47 M
6 Jane Hodge, Revenue & Customs 34.05 M
7 Tabitha Gillan, DEFRA 34.49
8 Pamela Abbott, DEFRA 37.02 M
9 Ginette Craig, HASSRA 37.35 M

Civil Service Championships Teams (Women)
1 Revenue & Customs (Bradley, Mills, Evans) 8 points
2 DEFRA (Noel, Gillan, Abbott) 17 points
3 Royal Mail (Legon) 5 points
4 HASSRA (Craig) 9 points

National 50km Championships / National Long Distance Championships /Centurions
Saturday, 22nd September 2012
Colchester, Essex

50k; Arthur Thomson - 2nd, Steve Allen – 1st

Much has been said in other publications about this event, as rumours grow when passed from person to person. Unexpected things did indeed take place, but the whole weekend was enjoyable and produced some impressive performaces. The problems arose from one simple mistake, which snowballed. At 12pm the two races were set off together by Sir Bob Rusell, MP for Colchester. The 100 mile being a B race and the 50k being an A race. Walkers were accidentally misdirected on the first big lap, and the decision was made by organisres to restart the race after various options had been discussed. This has almost never happened before! Walkers had been racing for around half an hour, so some expressed that it was an incorrect decision, but all accepted that the chief judge decision is final, and at 1pm everyone lined up again for the re-start. One male walker had apparently been very foul mouthed at being stopped - which is entirely unacceptable in a public park and subject to penalty - but went on to accept the situation and perform well in the race. The two ladies in the 50k lodged an offical protest that another lady was being allowed to start with fresh legs, she having missed the race due to a late train, but again accepted the decision of the chief judge who decided a 20 minute handicap shoud apply to her - 10 for missing the start, and 10 for fresh legs. And so the race begun. The King twins were trying the 100 much to everyones surprise, and most people were sceptical that they would complete the distance. They amazed everyone by becoming Centurions on their first attempt, with Dominic winning the event overall! Eight new Centurions. Richard Spenceley had been targeting a win in the

100 miles, but the King twins and the restart upset his plans, and he eventually faced a rare DQ in a 100 mile race when his technique failed him and he appeared to start shuffling along.
In the 50k, positions were finalised at 6:15 which is the cut-off time. Under RWA rules the time limit cannot be extended in a 50k, even though athletes times would be slower due to the extra half hour they had raced. It has also been discussed whether women should have a longer time limit than men, but this is not yet allowed. All 50k walkers were allowed to carry on walking if they wished though due to the restart, and every single walker who classified decided to push on for the full 50k, despite night falling and temperatures dropping. More would no doubt have made the time limit without the extra mileage but all who finished were happy with what they had walked. The 2nd placed lady though at the end of a long and hard day refused to take her Silver medal, angry that she had been beaten (by more than 20 minutes) by the latecomer.
I, your editor, walked the 50k and came last, whilst really enjoying myself. Happy to finish, and happy that my partner Karen got a PB and was presented with a medal, and oblivious to most things that went on on the day. Some people may say times were not fast and they could have done better - but you have to be in it to count! Some say they did not enter as they were unsure it would take place, or if it would be moved. Well mark your diaries now: JULY 2013 for the National 50k! Quite a few of the 100 milers were also well within the 6:15 cut-off but did not count for 50k results, so there should have been around 16 walkers under 6:15 if only things hadn't gone wrong - so don't despair!

50km Mens National Championship
1 Steve Allen, Barnet 5:35:01
2 Arthur Thomson, Enfield 5:42:47
3 Colin Vesty, Leicester 6:03:24
4 Sean Pender, Enfield 6:25:46
5 Alan O'Rawe, Ilford 6:24:25
6 John Constandinou, Birchfield 6:48:06
DQ Bob Dobson, Ilford
DQ Ian Richards, Steyning
DNF Ed Shillabeer, Ilford
DNF Francisco Reis, Ilford
DNF John Ralph, Enfield

50km Ladies National Championship
1 Maureen Noel, Belgrave 6:01:12
2 Angie Alstrachen, Enfield 6:22:17
3 Karen Davies, Birchfield 6:43:25

100 miles Long Distance Championships
1 Dominic King, Colchester GBR 18.13.11 NEW Centurion 1098
2 Guido Vermeir, RWV BEL 20.20.24 NEW Centurion 1099
3 Sandra Brown, (1st F) Surrey GBR 20.45.03
4 Daniel King, Colchester GBR 20.51.59 NEW Centurion 1100
5 Jantinus Meints, NED 21.08.23 NEW Centurion 1101
6 Suzanne Beardsmore, (2nd F) Abingdon GBR 21.15.43
7 Richard Brown, Surrey GBR 21.23.10
8 Frank van der Gulik, SV de LAT NED 21.37.44
9 Caroline Mestdagh (3rd F) RWV BEL 21.54.27
10 Rudy Schoors, RWV BEL 21.54.27

Dominic King, Winner, 100 Miles

11 Steve Allen, Ilford GBR 22.08.57 NEW Centurion 1102
12 Karen Ann Lawrie, (4th F) unat GBR 22.23.40 NEW Centurion 1103
13 Johan Koning, SV de LAT NED 23.00.02
14 Wilko van Nieuwenhuyzen, OLAT NED 23.02.57 NEW Centurion 1104
15 Luc Soetewey, RWV BEL 23.10.55 NEW Centurion 1105
16 Martin Fisher, Redcar GBR 23.22.00
17 Oliver Browne, Ilford GBR 23.28.29
18 Willy Vermeulen, RWV BEL 23.34.12
19 Robert de Wolf, RWV BEL 23.59.18

Classified
20 Chris Flint, Surrey GBR 23.13.14 92 miles
21 Graham McQuade, GBR 23.25.00 90 miles

DNF
83.9 mile David Toms 100 Marathon Club GBR 23.38.57
65.7 mile Sailash Shah Lancashire GBR
57.6 mile Joyce Crawford Red Lodge Runners GBR 13.06.02
55.5 mile Sue Clements Enfield GBR 12.13.41
51.5 mile Jaap Visser RWV NED 11.35.48
47.4 mile Fabiaan de Roeck RWV BEL 09.13.39

40.0 mile John Borgars Loughton GBR
39.3 mile Paul King Belgrave GBR
25.1 mile Frans Leijtens RWV NED 04.58.13
DQ Richard Spenceley YRWC 39.3 miles

Yorkshire Track Championships
Saturday, 22nd September 2012
Leeds
2,000m Track
1 Jack Leversidge, Sheffield U13B 10.45.06
2 Becky Chambers, Sheffield U15G 10.45.98
3 Ana Garcia, City of Sheffield U13G 10.50.13
4 Alana Zeidler, Silverdale U13G 12.47.07
5 Emily Parkinson, unat U13G 14.13.13
3,000m Track
1 Jamie Higgins, Leeds City U20M 12.34.28
2 Ellie Dooley, Leeds City U20W 14.54.98
3 Alana Barbar, New Zealand SW 16.07.83
4 Benda Gannon, Hyde Park SW 18.20.29
5 Matthew Fawson, YRWC SM 18.21.88
6 Samantha Parkinson, unat U17W 21.59.44

Goodwin Cup
Saturday, 22nd September 2012
Chorley, Lancashire
The weather conditions were very good on this very hilly course at Chorley.
10km
1 Adrian Edwards 57.02 (M50)
2 Dave Evans 61.09 (M65)
3 Dave Crompton 61.45 (M45)
4 Alistair Shand 64.25 (M60)
5 Joe Hardy 68.36 (M65)
6 Stephen Sargent 69.32 (M65)
7 Richard Robb 70.02 (M40)
8 Pat Evans (Lady) 70.06 (W60)
9 John Payn 73.43 (M75)
10 James Munn 79.29 (M75)
11 John Pouncy 88.12 (M65)

Claire Powell Memorial Meeting
Sunday, 23rd September 2012
The Dell Stadium, Dudley, West Midlands
While walkers were still participating in the 100 miles down South, in the Midlands the popular Claire Powell meeting sa many walkers take part in an open T&F meeting, which also served as the final event of the 2012 YAG Grand Prix.
1,000m Walk (u11)
1 Lucy Lewis-Ward, Cambridge 6:09.8
2 Jessica Finney, Tamworth 6:23.9
3 Amelia Tutt, Rugby & Northampton 6:27.4
4 Mollie Dainton, Llanelli 6:28.5
5 McKenzie Brazier, Wolverhampton 6:59.0
6 Alex Hurrell, Dudley & Stourbridge 7:15.0
7 Alex Johnson, Halesowen 7:32.8
8 James Brazier, Wolverhampton 7:34.6
2,000m Walk (u13/u15)
1 Heather Butcher, Cambridge U15W 10:10.9
2 Ana Garcia, Sheffield U13W 10:20.1
3 Sophie Lewis-Ward, Camb H U15W 10:33.6
4 Rebecca Chambers, Shef U15W 10:48.2
5 Evie Butcher, Cambridge U13W 11:28.1
6 Indigo Burgin, Cambridge U15W 11:46.2
7 Laura Achurch, Leicester U13W 12:46.3
8 Amy Phipps, Neath U13W 12:48.4
3,000m Walk (Over 15)
1 Cameron Corbishley, M&M U17M 13:51.0
2 Mark Williams, Tamworth M45 13:53.3
3 Daniel Watling, Wolv&Bilston U17M 16:01.3
4 Emma Achurch, Leicester U17W 16:06.1
5 Gemma Bridge, Birm Uni U20W 16:08.3
6 Glyn Jones, Dudley M70 17:53.7
7 David Winter, Sparkhill 18:58.4
8 Julie Bellfield, Halesowen W40 19:08.3
9 Hilary Mann, Sparkhill 20:12.9
10 Stuart Edgar, Dudley M40 20:23.8
11 Lynn Bellfield, Halesowen W45 20:30.1
12 David Fall, Birchfield 21:30.2
13 Eric Horwill, Dudley M75 23:13.3
14 Georgina Swann, West Cheshire U20W 23:45.7
2,000m Walk Yacht Handicap
(Handicap time) Actual Time
1 Georgina Swann, West Cheshire (15:48.8) 15:48.8
2 Eric Horwill, Dudley (15:49.2) 14:49.2
3 Stuart Edgar, Dudley (15:50.0) 13:10.0
4 Hilary Mann, Sparkhill (15:54.7) 13:09.7
5 Julie Bellfield, Halesowen (16:05.2) 12:35.2
6 Lynn Bellfield, Halesowen (16:16.7) 13:31.7
7 Glyn Jones, Dudley (16:18.3) 12:03.3
8 David Winter, Sparkhill (16:22.4) 12:47.4
9 David Fall, Birchfield (16:23.6) 14:28.6
10 Mark Williams, Tamworth (16:28.7) 9:23.7
11 Gemma Bridge, Birm Uni (16:40.5) 11:12.5
12 Peter Bilson, Sheffield (17:48.8) 17:15.8

Enfield League Race 10 - Badge Race
Saturday, 29th September 2012
Dacorum Track, Hemel Hempstead
A badge race rewards walkers who meet a certain distance within the hour. Six, seven, or even an incredible eight miles within the hour.
1 hour Ladies
1 Helen Middleton (Enfield H AC) 9.864 W45
2 Anne Belchambers (Steyning) 9.040 W55
3 Sue Barnett (Enfield H AC) 9.032 W60
4 Linda Spinks (Enfield H AC) 8.850 W45
5 Anne Pickard (Loughton AC) 8.620 W45
6 Diana Braverman (Enfield H AC) 8.275 W60
7 Sue Clements (Enfield H AC) 8.245 W55
1 hour Men
1 Fabian Deuter (Hillingdon AC) 12.073 SM
2 Fransisco Reis (Ilford AC) 11.429 M50

3 Steve Allen (Barnet & Dist.AC) 10.915 M55
4 Trevor Jones (Steyning AC) 10.745 M55
5 David Crane (Surrey WC) 10.511 SM
6 John Ralph (Enfield H AC) 10.305 M55
7 Ken Bobbett (Hillingdon AC) 9.967 M65
8 Callum Wilkinson(King Edw Sch) 9.903 U17
9 Steve Crane (Surrey WC) 9.810 SM
10 Peter Hannell (Surrey WC) 9.717 M70
11 Stuart Bennett (Ilford AC) 9.689 M50
12 Andrew Cox (Hillingdon AC) 9.674 M55
13 Ron Penfold (Steyning AC) 9.641 M70
14 Michael Harran (Surrey WC) 9.383 M70
15 John Taylor (Loughton AC) 9.225 M55
16 Sean Pender (Enfield H AC) 9.123 M55
17 Steven Whelan (Headington) 9.070 M45
18 Anthony Cotton (Huntingdon) 8.921 M70
19 Russell Vroobel (Hillingdon AC) 8.707 M50
20 Peter Crane (Surrey WC) 8.559 M65
21 Dave Stevens (Steyning AC) 8.395 M75
22 David Hoben (Surrey WC) 8.335 M55
23 Terry Braverman (Enfield) 8.029 M65
24 Tony Wilkinson (Moulton) 7.901 M50
25 Dave Ainsworth (Ilford AC) 7.610 M60
26 Bernie Hercock (Enfield H AC) 7.432 M75
27 Peter Howard (Enfield H AC) 7.344 M70
28 Alan Flavell (Enfield H AC) ret.injured M80

Ken Bobbett, Steve Crane, Andy Cox, John Ralph

Sarnia Open Walk
Sunday, 30th September 2012
Delancey Park, Guernsey
The Sarnia Walking Club held a 30 minutes walk at Delancey Park, with thirteen walkers taking part. The object was to complete as many laps of the park as possible in the allotted time or completing the lap walkers were on after 30 minutes. Jason Le Noury walked the furthest distance covering 5,652 metres in 31.38. Very young walkers took part with Ellis and Sofia Lockwood completing 3140 metres. -Rob Elliott
30 minutes
1 Jason Le Noury, 5652 metres in 31.38
2 Terry Bates, 5024 metres in 32.40
3 Kevin Le Noury, 4396 metres in 30.33
4 Mick Le Sauvage, 4396 metres in 30.44
5 Dave Dorey, 4396 metres in 34.38
6 Allan Harris, 3768 metres in 30.33
7 Kay Coulson, 3768 metres in 35.09
8 Ellis Lockwood, 3140 metres in 35.12
8 Sofia Lockwood, 3140 metres in 35.12
8 Rose Druckes, 3140 metres in 35.12
11 Jasmine Lockwood, 1256 metres in 17.39
11 Phil Lockwood, 1256 metres in 17.39
13 Charlie Lockwood, 628 metres in 9.08

MMAC 40th Anniversary Yacht Handicap
Sunday, 30th September 2012
Tamworth, West Midlands
Midland Masters celebrated its major anniversary with an open T&F meeting and barbecue. An Olympic torch was run in a relay from Dudley to Tamworth, about 26 miles.
1 mile Track
1 9:16.9 John Constandinou, Birchfield M40
2 9:59.2 Sean Pender, Enfield M55
3 11:02.7 Mike Horton, Dudley
4 11:56.3 David Carney, Bromsgrove M70
5 12:04.6 Eric Horwill, Dudley M75
6 13:14.5 Richard Kneill, unattached

Yorkshire Veterans T&F Championship
Sunday, 30th September 2012
Princess Mary Playing Fields, Cleckheaton
3,000 metres Track Walk
1 Simon Pugh M50 Rotherham Harriers 19.01
2 Phil Carrol M50 Yorks RWC 20.23
3 Alan Brooks M65 Yorks RWC 20,24
4 Paul Briggs M65 Yorks RWC 24,04
5 Mick Coffey M45 Bingley Harriers 24.48
6 Mike Nicholson M65 Hull AC 24.56
7 Geoff Dowling M80 Yorks RWC 26.28

9th South Yorkshire League
Friday, 5th October 2012
Millhouses Park, Sheffield
1 Ana Garcia, Sheffield 15.54 **3km** U13
2 Alana Zeidler, Silverdale 12.03 **2km** U13
3 Jack Leversidge, Sheffield 16.38 **3km** U15
4 Ella Sharkey, Greenhill 14.16 **2km** U13
5 David Barker, Emmaus 6.21 **1km** U13

Surrey Walking Club Gazette Cup
Saturday, 6th October 2012
Monks Hill, Surrey
The first Surrey Walking Club race of the 2012/13 season, the 4 miles Gazette Cup,

saw a typical 29 out. The outright winner was Surrey's own Mark Easton who was soon clear and finished 3 minutes ahead of 2nd having lapped half of the field over the four and a half circuits. The handicap results revealed Chris Flint winning the Gazette Cup over the hilly home course. -Peter Hannell

Belgrave Team; Mark Culshaw, Paul King, Sabina Brown, Laura McClelland, Rebecca Crossan, Tabi Gillan, Maureen Noel

4 mile (Hcap position)
1 Mark Easton, M45 SWC 31:31 (5)
2 Trevor Jones, Hill 34:28 (21)
3 David Crane, SWC 34:48 (15)
4 Luc Legon, Padd Wood 37:58 (16)
5 Shaun Lightman, M65 SWC 38:23 (17)
6 Mark Culshaw, Belg 38:43 (20)
7 Richard Elmsley, Stey 39:16 (18)
8 Micky Harran, SWC 39:47 (9)
9 Paul King, Bel 39:53 (6)
10 Maureen Noel, Bel 40:07 (23)
11 Ian Statter, M55 SWC 40:19 (10)
12 Rebecca Crossan, Bel 40:31 (24)
13 Sabina Brown, Bel 40:40 (25)
14 Ann Belchamber, Hill 40:43 (7)
15 Chris Flint, M65 SWC 40:46 (4)
16 Tabatha Gillan, Bel 43:11 (26)
17 Dave Delaney, M65 SWC 43:49 (11)
18 Peter Crane, M65 SWC 44:03 (13)
19 Geraldine Legon, Bex 44:31 (1)
20 Dave Hoben, M55 SWC 44:32 (12)
21 Laura McClelland, Bel 45:18 (27)
22 Dave Stevens, M70 Stey 45:37 (14)
23 Phil Goodwin, Ilf 45:55 (28)
24 Mick Barnbrook, M65 Ilf 46:54 (2)
25 D Mascal, unatached 46:54 (29)
26 Kathy Crilley, W55 SWC 47:50 (8)
27 Bernie Hercock, M70 Enf&H 50:23 (22)
28 Dave Ainsworth, M60 Ilf 52:02 (19)
29 Ken Livermore, M75 Enf&H 52:39 (3)

Dutch National 50k Championships
Sunday, 7th October 2012
Tilburg, HOLLAND
Michael George won the Dutch National 50k with a time that would easily have won the UK National a couple of weeks before, and is the third fastest UK time of the year behind the King twins. Steve Allen could not reproduce his UK National winning performance.
50km
1 Michael George (Great Britain) 4:41:38
DNF Steve Allen (Barnet/Great Britain)

Michel George Tops the Podium in Holland

1st Northern Winter League
Sunday, 7th October 2012
Cleackheaton, Yorkshire
A decent turnout for the first Northern Winter League fixture.
10km (Handicap) League Points
1 Ben Wears, Redcar 48.14 (12) 19
2 Andrew Frazer, YRWC 53.42 (11) 20
3 Richard Spenceley, YRWC 55.40 (4) 27
4 Nick Kilner, York CIU 59.43 (5) 26
5 Dave Crompton, Lancashire 61.42 (3) 28
6 Mark Byrne, Redcar 63.40 (7) 24
7 Matthew Fawson, YRWC 63.45 (9) 22
8 John Paddick, Redcar 64.58 (8) 23
9 Russ Jackson, YRWC 64.59 (6) 25
10 A.M.Paddick, (L) Redcar 66.04 (10) 21
11 Marion Fawkes, (L) Redcar 69.24 (1) 30
12 Dick Cole, York CIU 70.47 (13) 18
13 Phil Carroll, YRWC 71.04 (2) 29
14 P. Briggs, YRWC 86.30 (14) 17
DQ Dave Learoyd, Redcar

5km
1 Mike Nicholsn, K-upon-Hull 43.07

Russ Jackson, John Paddick, Dave Learoyd

Albert Rigby Shield
Saturday, 13th October 2012
Macclesfield, Cheshire
The weather was cool, dry and windless.
10k
1 Adrian Edwards 55.27
2 Tony Taylor 56.56
3 Greg Smith 59.12
4 Dave Evans 60.07
5 Dave Crompton 60.45
6 Alistair Shand 64.11
7 Stephen Sargent 66.51
8 Joe Hardy 67.26
9 Pat Evans (Lady) 67.37
10 Richard Robb 71.05
11 John Payn 71.27
12 Roy Gunnett 71.57
Handicap Result: 1 Taylor 53.26, 2 Crompton 53.45, 3 Smith 53.57

Midland Winter League - Meeting 1
Saturday, 13th October 2012
Halesowen, West Midlands
Mild weather on the twisty course at Halesowen which incorporates a banked cycle track, a wooden bridge, and hills.
5km Time (Hcap time)
1 Andrew Miller, Wolv.& Bilston 27.29 (23.59)
2 Kevin Monk, Halesowen AC 27.33 (19.48)
3 Jasmine Nicholls, Leicester 27.36 (19.51)
4 Matt Redfern, Nuneaton 27.43 (19.13)
5 Mike Smith, Coventry Godiva 27.54 (16.54)
6 Daniel Waples, Kettering 28.35 (22.35)
7 Rebecca Chambers, Sheffield 29.08 (20.08)
8 Ann Wheeler, Nuneaton 29.12 (19.12)
9 John Constandinou, Birchfield 29.35 (18.35)
10 Daniel Watling, Wolv.& Bilst 29.45 (22.15)
11 Colin Vesty, Leicester W.C. 30.02 (20.17)
12 Gareth Edwards, Telford 30.43 (20.28)
13 Glyn Jones, Coventry 31.19 (21.19)
14 Stuart Edgar, D.A.S.H. 32.32 (17.32)
15 Julian Barnett, Birchfield 32.43 (20.58)
16 Julie Bellfield, Halesowen 32.45 (20.45)
17 Keith Richards, Coventry 32.48 (22.33)
18 David Winter, Sparkhill 32.55 (21.25)
19 Kate Hargreaves, unat 33.00 (22.00)
20 Jessica Mills, Birchfield 33.26 (21.26)
21 Tracey Mills, Birchfield 33.52 (21.22)
22 Mike Horton, D.A.S.H. 33.57 (18.57)
23 Zita McDonald, Birchfield 34.27 (21.27)
24 Hilary Mann, Sparkhill 34.30 (20.15)
25 Karen Davies, Birchfield 34.33 (19.33)
26 Lynn Bellfield, Halesowen 34.36 (21.36)
27 David Fall, Birchfield 36.44 (21.44)
28 Jill Langford, Wolv.& Bilst 37.00 (20.30)
29 Sue Rey, Leicester W.C. 37.47 (19.47)
30 Eric Horwill, D.A.S.H. 37.49 (19.49)
31 Chris Smith, Leicester W.C. 41.00 (21.00)
32 John Culshaw Snr Tamworth 41.04 (20.34)
33 Peter Bilson, Sheffield 44.19 (20.34)
Under 11s 1km
1 Laura Archer, Nuneaton Harriers 6.01
2 Amelia Tutt, Rugby & Nhampton 6.32
3 McKenzie Brazier, Wolv.& Bilst 7.01
4 Alex Hurrell, D.A.S.H. 7.15
Under 13s 2km
1 Ana Garcia, City of Sheffield 10.49
2 Sam Redfern, Nuneaton Harriers 11.51
3 Kara Lane, Birchfield Harriers 11.59
4 Alana Zeidler, Silverdale School 12.01
5 Ben Allen, Leicester W.C. 13.04
6 Jessica Finney, Tipton Harriers 13.23
7 Matt Davies, D.A.S.H. 13.58
8 James Brazier, Wolv.& Bilston AC 15.46

U13s at Halesowen

Under 15s 3km
1 Amy Phipps, Neath Harriers 19.54 (13.54)
10km
1 Andrew Miller, Wolv.& Bilst 53.21 (44.21)
2 Steve Arnold, Nuneaton 57.36 (41.06)
3 Chris Berwick, Leicester W.C. 60.55 (41.55)
4 Ann Wheeler, Leicester W.C. 61.50 (39.50)
5 Colin Vesty, Leicester W.C. 62.50 (41.20)
6 Gareth Edwards, Telford 63.53 (41.23)
7 John Constandinou, Birchfield 64.14 (40.14)
8 Mark Palethorpe, Worcester 64.22 (37.22)
9 Paul Hayden, Nuneaon 64.37 (39.37)
10 Tony Collins, Birchfield 64.54 (41.54)
11 George Smolinski, Leicester 65.34 (39.04)
12 Les Scrivens, Worcester 68.27 (41.27)
13 David Fall, Birchfield 73.51 (41.21)
14 Zita McDonald, Birchfield 74.11 (46.11)
15 Neale Smith, Nuneaton Harriers, Retired after 3 laps (3.75k)

Enfield League Race 11 - Yacht Handicap
Saturday, 13th October 2012
Lee Valley Athletics Centre, London
5 mile (Hcap time) Actual time
1 (59.31) 59.31 Dan Maskell, Vets AC M60
2 (60.00) 55.55 Geraldine, Legon Bexley W50
3 (60.38) 55.38 Ross Bennett, Ilford AC SM
4 (60.52) 47.32 Callum Wilkinson, King Edward School Bedforshire U17
5 (61.23) 61.23 Peter Howard, Enfield M65
6 (61.30) 46.05 Luc Legon, Bexley AC u17
7 (61.54) 57.49 Jane Angell, Aldershot W45
8 (61.54) 57.49 Anne Lewis, Aldershot W60
9 (62.10) 53.15 Joyce Crawford, Red Lodge Runners W45
10 (62.38) 53.18 David Delaney, Surrey M70
11 (62.45) 52.40 Russell Vroobel, Hillingdon AC M50
12 (62.52) 44.17 Abdi Berleen, Ilford M45
13 (62.56) 52.51 Peter Crane, Surrey M65
14 (62.59) 37.29 Fabian Deuter,Hillingdon SM
15 (63.09) 46.34 Ken Bobbett, Hillingdon M65
16 (63.16) 63.16 Bernie Hercock, Enfield M75
17 (64.06) 53.05 Tabitha Gillan, Belgrave SW
18 (64.09) 53.49 Angela Martin, Paddock Wood W45
19 (64.10) 44.50 John Ralph, Enfield M55
20 (64.22) 57.27 Norma Grimsey,Enfield W55
21 (64.27) 47.12 Andrew Cox, Hillingdon M55
22 (64.29) 51.34 Sue Barnett, Enfield W60
23 (64.32) 49.37 Graham Chapman, Headington M55
24 (64.37) 64.37 Dave Ainsworth, Ilford M60
25 (64.39) 48.24 Mark Culshaw,Belgrave M45
26 (64.39) 48.04 Stuart Bennett, Ilford M50
27 (64.53) 56.45 Tony Wilkinson, unat M50
28 (65.02) 44.17 David Crane, Surrey M30
29 (65.04) 50.54 Michael Harran, Surrey M70
30 (65.06) 40.41 Jim Ball, Steyning M45
31 (65.11) 44.31 Shaun Lightman,Surrey M65
32 (65.13) 49.18 Alan O'Rawe, Ilford M60
33 (65.23) 51.28 Sean Pender, Enfield M55
34 (65.27) 49.17 Maureen Noel,Belgrave W45
35 (65.28) 59.33 Kathy Crilley, Surrey W65
36 (65.46) 40.16 Franscisco Reis, Ilford M50
37 (65.57) 48.37 Amos Seddon, Enfield M70
38 (66.02) 57.07 Mick Barnbrook, Ilford M65
39 (66.04) 45.59 Arthur Thomson,Enfield M75
40 (66.21) 52.36 Sue Beardsmore, Abin W40
41 (66.30) 60.10 Stuart Halsall, Enfield M80
42 (66.34) 56.29 David Hoben, Surrey M55
43 (66.47) 47.42 Helen Middleton,EnfieldW45
44 (67.35) 53.30 Steve Whelan, Head. M50

Dave Ainsworth, Peter Howard, Dan Maskell, Bernie Hercock

Geraldine Legon, Anne Lewis, Jane Angell

Fastest Actual Women:
1 Helen Middleton 47.42
2 Maureen Noel 49.17
3 Sue Barnett 51.34
Fastest Actual Men
1 Fabian Deuter 37.29
2 Fransisco Reis 40.16
3 Jim Ball 40.41

Bob Wright Handicap Series Race Two
Sunday, 14th October 2012
Les Amarreurs, Vale, Guernsey
Allan Harris scored a well deserved win in the second race of the Bob Wright Handicap series, when he crossed the line eight seconds up on Jane Rowlinson in the handicapped 3 kilometres road walk. He removed almost a minute from his previous best time set in late August recording an actual time of 21.23. Jane Rowlinson in her first race of the year found the walk hard going but kept newcomer Jamie Marsh at bay by twenty seconds. Another newcomer, Harriet Payne, in her first race claimed 5th place in a time of 23.47. Towards the back of the field Stuart Le Noury recorded the fastest time of the day with 14.53 ahead of Phil Lockwood`s 15.20. -Rob Elliott
3km Road walk
1 Allan Harris M60 22.53 (watch time) / 21.23 (actual time)
2 Jane Rowlinson W50 23.01 / 21.01
3 Jamie Marsh M45 23.21 / 20.21
4 Terry Bates M60 23.29 / 17.29
5 Harriet Payne W 23.47 / 23.47
6 Phil Lockwood M40 23.50 / 15.20
7= Dave Dorey M65 23.53 / 20.53
7= Mick Le Sauvage M70 23.53 / 20.23
9 Jayne Le Noury W50 24.07 / 20.37
10 Stuart Le Noury M 24.23 / 14.53
11 Rob Elliott M50 24.42 / 17.42

Welbeck Hotel and Restaurant Challenge
Sunday, 14th October 2012
NSC, Douglas, Isle of Man
The annual Welbeck Hotel & Restaurant sponsored 1 hour challenge walk - organised by Manx Harriers took place on the National Sports Centre perimeter roadway, marking the start of the winter season which kicked off in fine style with over 50 walkers taking part. A fine day and fine performances and a good number of newish faces bode well for the forthcoming Up & Running Winter League series. Adam Cowin got the better of Richard Gerrard in the hour with Richard Wild third. Just behind Richard, Carolyn Brown rolled back the years showing the style that made her the U.K's top junior and was clearly fastest lady. This event aims to encourage newcomers with prizes for novices. Brian Kelly came close to 10km in the 60 minutes over 670 metres clear of Andrew Dawson who was just 2 metres clear of 3rd novice Darren Oldham. It was a close battle for top lady Novice with Muneera Quayle recording 8474m just 31m ahead of Kathryn Clough. A total of 38 finished the hour challenge and another 10, mainly juniors took part over the final 30 minutes. Danielle Oates, though prevented from any real training, still showed style to come home with 5115m for 1st place, just ahead of fellow junior Juan Bellando by a 12 metre margin. Rebecca Greatbatch continued her improvement with 4569 metres just 27 metres ahead of stylish Northern A.C. junior Jason Turner. Tom Brennan placed 6th in the 30 minute race after having already won the junior mile. He recorded 11.52 seconds ahead of Isaac Quayle with Jessica Wild in 3rd. Many thanks to all who took up the challenge and to "The Welbeck" for its sponsorship and buffet and to all who helped with the smooth running of the event.
1 hour Challenge Walk
1 Adam Cowin, 11,323 Manx Harriers U20M
2 Richard Gerrard, 11,265 IOMVAC M40
3 Richard Wild, 10,555 MH M40
4 Carolyn Brown, 10,487 U/a W35
5 Simon Cox, 9,840 IOMVAC M60
6 Brian Kelly, 9,781 IOMVAC 1st Novice M45
7 Tony Mackintosh, 9,634 U/a M40
8 Lisa Motley, 9,263 Manx Fell Runners W45
9 Stewart Jones, 9,181 MH M40
10 Andrew Dawson, 9,179 U/a 2nd Nov M40
11 Darren Oldham, 8,981 U/a 3rd Novice M45
12 Dale Farquhar, 8,829 U/a SEN M
13 Andrew Whittaker, 8,775 U/a M40
14 John Watterson, 8,748 MFR M55
15 Colin Moore, 8,698 IOMVAC M50
16 Muneera Quayle, 8,474 U/a 1st Lady Novice W50
17 Kathryn Clough, 8,443 U/a W35
18 Peter Lockett, 8,435 IOMVAC M50
19 Gordon Erskine, 8,350 U/a M65
20 Dave Hinks, 8,318 U/a M40
21 Sandor Talas, 8,302 U/a M45
22 Teresa Blair, 8,255 U/a W45
23 Jane Batey, 8,255 U/a W45
24 Bob Quayle, 8,067 U/a M45
25 Rosie Snape, 8,058 U/a W50
26 Tony Ball, 8,018 MH M55
27 Elaine Codona, 7,992 U/a W50
28 Tina Gleghorn, 7,980 U/a W40
29 Jayne Farquhar, 7,898 U/a W40
30 Anne Dooley, 7,898 U/a W40
31 Louise Hollings, 7,895 U/a SEN W
32 Colin Crooks, 7,718 Western A.C. M35
33 Henry DeSilva, 7,494 IOMVAC M75
34 Karen Greatbatch, 6,734 U/a W45
35 Teri Waddington, 6,734 U/a W45
36 Julie McElroy, 6,518 U/a W45
37 Tina Searle, 6,516 U/a W45
38 Samantha Caley, 6,484 U/a W35
39 Helen Prescott, 1,600 U/a W55

Winner Adam Cowin lapping Sandra Halpin and Samantha Bowden

Half hour Challenge Walk
1 Danielle Oates, 5,115 Manx Harriers U20W
2 Juan Bellando, 5,103 MH U20M
3 Rebecca Greatbatch, 4,569 MH U17W
4 Jason Turner, 4,542 Northern A.C. U13B
5 Tom Partington, 4,299 MH U15B
6 Tom Brennan, 4,038 MH U11B
7 Sarah Melvin, 3,714 NAC U11G
8 Rebecca Dawson, 3,695 U/a U11G
9 Leah Goddard, 3,838 NAC U13G
10 Stephen Waddington, 3,735 MH U13B
1 mile challenge walk
1 Tom Brennan, 11.52 MH U11B
2 Isaac Quayle, 12.10 U/a U9B
3 Jessica Wild, 13.28 MH U11G
4 Rhonda Whittaker, 13.33 U/a U11G
5 Lottie Dawson, 14.08 U/a U7G

Chris Smith League 2012/13 - Round 1
Tuesday, 16th October 2012
With excellent sub 10 minute times over 2 kilometres, Daniel Watling and Jasmine Nicholls ensured the new Chris Smith race walking got off to a flying start. In the boy's race Watling was almost half a minute clear of the improving Matt Redfern with newcomer Callum Wilkinson (King Edward, Bury St. Edmunds) in third place. For Nicholls, a long standing supporter of this league, this was her 37th appearance and she led home league debutant Ellie Dainton (Ysgol Coedcae, Llanelli). Countesthorpe College's Emma Achurch (32 outings in this league!) was a creditable third just 4 seconds off Ellie's pace.

In this competition the individual and team standings are based on a handicapping system, which encourages all competitors to improve or get close to their best performances over the 4 race series. At this early stage Chris Snook (Surrey), his brother Tim, Fabian Faria and Hisham Alkhamesi (both Sketchley Hill Primary) are covered by a handful of points. Amy Phipps (Ysgol Gyfun Ystalyfera, Neath) leads the girls league ahead of Rhea Harris (Blaby Stokes Striders) and Farina Rashid (Sir Jonathan North, Leicester). Farnham Heath End top the team league ahead of Sketchley Hill Primary with Blaby Stokes Striders, the current Chris Smith league team champions, in third.
2km Boys
1 Daniel Watling Codsall 9:40
2 Matt Redfern Swadlincote 10:07
3 Callum Wilkinson Bury St. Edmunds 11:07
4 Tim Snook Farnham, Surrey 11:08
5 Jack Leversidge Sheffield 11:55
=6 Sam Redfern Swadlincote 12:13
=6 Benjamin Allen Leics 12:13
8 Chris Snook Farnham, Surrey 12:26
9 Daniel Waples Northants 12:46
10 Colin Zack Haslemere, Surrey 13:37
11 Phillip Brown Blaby Stokes, Leics 13:52
12 Alex Johnson Farnham 13:56
13 Fabian Faria Sketchley Hill 14:02
14 Hisham Alkhamesi Sketchley Hill 14:04
15 Jake Fish Blaby Stokes, Leics 15:21
16 Harvey Marshal, Nuneaton 16:45
17 Bradley Irving Sketchley Hill 17:45
18 Callum Roberts, Nuneaton 18:44
2km Girls
1 Jasmine Nicholls, Leics 9:59
2 Ellie Dainton, Llanelli 10:35
3 Emma Achurch, Leics 10:39
4 Becky Chambers, Sheffield 11:41
5 Farina Rashid, Leicester 12:17
6 Laura Archer, Nuneaton 12:34
7 Kara Lane West Midland 12:40
8 Ana Garcia, Sheffield 12:42
9 Amy Phipps, Neath 12:47
10 Laura Achurch, Leics 13:01
11 Tazmina Rashid, Leicester 14:15
12 Alana Zeidler, Sheffield 14:20
=13 Molly Handley, Sheffield 14:27
=13 Eleri Slade, Neath 14:27
15 Ella Sharkey, Sheffield 14:39
=16 Rhea Harris Blaby Stokes, Leics 14:52
=16 Erin Gurney Blaby Stokes, Leics 14:52
18 Molly Dainton,Llanelli 15:05
19 Hollie Maddison Blaby Stokes, Leics 15:18

Chris Smith Plus
Monday, 15th October 2012
Not qualifying for the league, some walkers still wish to take part.
1 Tony Drake Leicester WC (M60) 12.33
2 Igor Stepanov 14.03
3 Peter Bilson, City of Sheff 17.05

Dursley Stott IOMVAC Autumn Handicap
Thursday, 18th October 2012
NSC, Douglas, Isle of Man
5km (Finish Time) Actual Time
1 Andrew Dawson (38:09) 33:09
2 Henry de Silva (43:58) 38:28
3 Peter Lockett (44:26) 34:44
4 Ann Walshaw (44:30) 44:30
5 Colin Stephen Moore (45:18) 32:53
6 Jock Waddington (45:31) 25:31
7 David Mackey (45:42) 29:02
8 Simon Briggs (45:50) 30:45
9 Sue Ackroyd (46:44) 39:21
10 Sarah Goldsmith (46:45) 39:42
11 Alan Pilling (47:13) 41:43
12 Ed Walter (47:25) 32:44
13 Stewart Jones (47:25) 31:36

Topham Cup Handicap
Saturday, 20th October 2012
Leicester
7 miles (handicap time) actual time
1 George Smolinski (89.40) 72.40
2 Sarah Lightman (91.30) 78.30
3 Chris Berwick (98.25) 72.25
4 Allan King (103.25) 85.25

Steyning Open Road Walk
Saturday, 20th October 2012
Steyning, Sussex
Despite the fact of being held in a somewhat isolated Sussex village Steyning AC's usual 10km retained its faithful 17 starters perhaps because of the attractive and course through the countryside – a rare scene nowadays. Although grey, cool and damp for the spectators and officials, it was ideal for the racers and several good times were achieved. -Peter Hannell
10km Men (Halfway) ActualTime
1 Ian Richards, M60 Steyning (24:00) 48:26
2 Jimmy Ball, M45 Steyning (25:00) 52:18
3 Trevor Jones, M55 Steyning (26:57) 53:50
4 Steve Allen, M55 Barnet (26:56) 54:25
5 Phil Lockwood, M40 Sarnia (27:12) 54:46
6 Shaun Lightman, M65 Surrey (29:18) 57:30
7 Arthur Thomson, M75 Enfield (28:48) 57:36
8 Ron Penfold, M70 Steyning (30:41) 61:35
9 Peter Hannell, M70 Surrey (30:28) 62:41
10 Micky Harran, M70 Surrey (32:18) 64:08
11 Sean Pender, M55 Enfield (31:50) 64:28
12 Stuart Maidment, M60 Steyn (32:37) 66:25
13 Peter Crane, M65 Surrey (32:52) 66:40
14 Dave Delaney, M70 Surrey (33:05) 67:06
15 David Hoben, M55 Surrey (35:30) 72:52
16 David Sutcliffe, M75 Bedford (38:34) 77:28
10km Women
1 Anne Belchambers, W55 Steyn(32:30)65:54

Buster Handicap
1 Anne Belchambers + 4secs
2 Ron Penfold + 5s
3 Steve Allen + 15s
Most Even Splits
Arthur Thomson 28:48 + 28:48 !

Welsh Development Race
Saturday, 20th October 2012
Neath, South Wales
2km
1 Ellie Dainton 10:35
2 Amy Phipps 12:47 PB
3 Eleri Slade 14:27 PB
4 Molly Dainton 15:05

Sarnia WC Peter Kendal Pairs Trophy
Sunday, October 21st 2012
Les Amarreurs, Vale, Guernsey
The Peter Kendal race is a team race with a difference. Walkers are paired off together with one slower walker and one faster. Based on a handicap the walkers walk together for half the race before breaking away to race at their own pace for the second half. All seconds count as the faster walker have their handicap added on after the finish. Once handicaps had been sorted then Jamie Marsh took the handicap honours ahead of Harriet Payne by five seconds with Dave Dorey a further six behind in third place. Of the slower walkers who were racing 3 kilometres, the walk of the day was by newcomer Harriet Payne who took 43 seconds off her time set in her first race last week. The faster walkers times are recorded for 1.5 kilometres, once they are free to race away from their partners. Fastest time of the day was by Stuart Le Noury with 6.58. Times for the Peter Kendal trophy were very close with Dave Dorey and Jane Rowlinson taking the honours in 46.10, ahead of Rose Druckes and Kevin Le Noury 22 seconds behind. A further four seconds behind were Jayne Le Noury and Terry Bates securing third place by one second. -Rob Elliott
3 kms
1 Alan Roger M55 21.57
2 Jayne Le Noury W50 20.11
3 Jane Rowlinson W50 20.27
4 Rose Druckes W65 22.09
5 Harriet Payne W 22.57
6 Kay Coulson W45 23.59
1.5 kms
1 Stuart Le Noury M 6.58
2 Terry Bates M 60 8.37
3 Kevin Le Noury M50 9.48
4 Jamie Marsh M45 9.53

5 Mick Le Sauvage M70 10.04
6 Dave Dorey M65 10.24

Handiap (Team)

1 (D) Jamie Marsh 22.54
2 (C) Harriet Payne 22.57
3 (F) Dave Dorey 23.03
4 (F) Jane Rowlinson 23.07
5 (A) Rose Druckes 23.09
6 (E) Terry Bates 23.15
7 (E) Jayne Le Noury 23.21
8 (A) Kevin Le Noury 23.23
8 (B) Mick Le Sauvage 23.23
10 (C) Stuart Le Noury 23.40
11 (D) Kay Coulson 23.59
12 (B) Alan Roger 24.37

Final Team Results

1st (F) Dave Dorey and Jane Rowlinson 46.10
2nd (A) Rose Druckes+Kevin Le Noury 46.32
3rd (E) Jayne Le Noury and Terry Bates 46.36
4th (C) Harriet Payne and Stuart Le Noury
5th (D) Kay Coulson and Jamie Marsh 46.53
6th (B) Alan Roger+Mick Le Sauvage 48.00

Isle of Man Postmans Walk

Sunday, 21st October
Douglas, Isle of Man

After being discontinued many years ago, it was announced that this event would return after the growing popularity of of the London postal walks. Alkers from around the UK headed to the Isle of Man to support this event and were not disappointed. Blue skies and sunshine on the event day, and an incredible out and back course on a coastal road along cliff tops with a spectacular backdrop of the Irish Sea. (See front cover.) Isle of Man Post and local politicians strongly supported this event, hosted at Dougls Yacht Club, with goody bags given to all attending. A radio station and local media attending the event encouraged athletes to go faster, so slow times indictaed that the course was a bit long… But with such great view no-one minded. A race definitely worth travelling to again. Sitting in a hotel bar the night before the race, catching up with other walkers you rarely see, makes you realise walking is a fantastic community.

6 miles

Pos, Name, AgeCat, Dept/Office/Team, Time
1 Luke Legon JM Guest 63.14
2 Richard Creer M35 Doug PPT 63.23 (1st National Man)
3 Colin Scott M50 Edinburgh 63.28 (2nd National Man)
4 Steve Allen M50 LPR 63.42 (3rd National Man)
5= Dave Looker M45 Doug Rurals 66.54 (1st Manx Man)
5= Tony Mackintosh M40 Doug Walks 66.54 (2nd Manx Man)
7 Simon Cox M60 IMS 67.40 (1st M60)
8 John Constandinou M40 Guest 68.21
9 Ian Callister M55 Philatelic Mixed 69.19 (1st M55)
10 Lisa Motley W45 Ex Finance 69.21 (1st National Lady)
11 Keith Green M50 HR, IoM Post 69.24 (1st M50)
12 Neil Armitage M50 Edinburgh 69.30
13= Geoff Hampton M50 Doug Rurals 70.51 (3rd Manx Man)
13= Voirrey Bratty W40 Doug Walks 70.51 (2nd National Lady)
15 Rosemarie Crellin W55 Peel 72.23 (3rd National Lady)

Gathering for the start

16 Mick Sutton M45 LPR 73.27 (1st M45)
17 Parminder Bhatti M55 Birmingham 73.47
18 Julian Barnet M50 Birmingham 74.24
19 Phil Cain M55 Doug Rurals 74.36
20 James Moore SM IMS 75.42
21 Karen Davies W50 Guest 75.57
22 John Fenton M65 Birm. 76.41 (1st M65)
23 John Cannell M65 Old Gits 77.54
24 Afton Wood W50 MTW Ramsey 78.12 (1st Manx Lady)
25 Steven Powell SM IMS 78.39
26 Alan Gault M55 Philatelic Mixed 78.41
27 Lindsey Wood W35 DSO 78.46 (2nd Manx Lady)
28 Steve Crawley M40 Doug PPT 78.56 (1st M40)
29 Bill Muntzer M75 LPR 79.09 (1st M70)
30 Tony Kelly M65 LPR 80.10
31 Geraldine Legon W50 ELPDC 80.26 (1st W50)
32 Brian Moore M50 IMS 80.54
33 Lorna Martin W50 MTW Ramsey 81.47 (3rd Manx Lady)
34 Asmat Abbas M60 Birmingham 82.16
35 Gary Newton M40 Doug PPT 82.18
36 Ray Hughes M60 Old Gits 82.47

37 Dennis Jones M65 LPR 83.52
38= Debbie Kelly W40 MTW Ramsey 84.26 (1st W40)
38= Mirella Annis W35 Philatelic Mixed 84.26 (1st W35)
40 Henryk Belda M60 Edinburgh 85.42
41 Alex Allen M80 Upminster 90.40 (1st M80)
42 Maureen Sertin W50 Doug Lates 99.12
43 Julie Hill W45 Doug Lates 99.13 (1st W45)
44 Sean Roberts SM Doug Lates 99.14
45 (5 laps) Nicola Jackson W65 Edinburgh 99.07 (1st W65)

The spectacular course

Lining up for the start

National Teams:
1 IoM 'A' (Creer, Looker, Mackintosh) 10
2 IoM 'B' (Cox, Callister, Motley) 21
3 IoM 'C' (Green, Hampton, Bratty) 32
4 LPR 'A' (Allen, Sutton, Muntzer) 43
5 IoM 'D' (Crellin, Cain, Moore) 48
6 Edinburgh (Scott, Armitage, Belda) 49
7 Birmingham (Bhatti, Barnet, Fenton) 50
8 IoM 'E' (Cannell, Wood, Powell) 63
9 IoM 'F' (Gault, Wood, Crawley) 72
10 LPR 'B' (Kelly, Legon, Jones) 89
11 IoM 'G' (Moore, Martin, Newton) 91
12 IoM 'H' (Hughes, Kelly, Annis) 104
13 IoM 'I' (Sertin, Hill, Roberts) 120

Isle of Man Mens Team:
1 Douglas Rurals (Looker, Hampton, Cain) 32
2 IMS (Cox, Moore, Powell) 46
3 Douglas PPT (Creer, Crawley, Newton) 58

Isle of Man Ladies Team:
1 MTW Ramsey (Wood, Martin, Kelly) 86

Mixed Team:
1 Philatelic (Callister, Gault, Annis) 66
2 Douglas Lates (Sertin, Hill, Roberts) 120

Cambridge Harriers Winter League Race 1
Saturday, 27th October 2012
Bexley, Kent

The first of this winter's Cambridge league races was held in cold, windy and slightly wet conditions. The weather and the hilly nature of the course probably depressed times by around 30 seconds on average but did not put off the participants of whom there were almost 40 including the younger age group races. It was good to see that such a large number were not put off by the strict judging which is deliberately applied to these races to give aspirants to the higher levels of the event some experience of the standard required. In fact there were no disqualifications indicating a high standard of racing. -Peter Hannell

Men's 5km
1 Alex Wright, Belgrave Harriers 20:55
2 Cameron Corbishley (U17) Maidstone 24:14
3 Francisco Reis, (M50) Ilford AC 24:48
4 Steven Uttley, (M55) Ilford AC 25:38
5 Luc Legon, (U17) Cambridge Harriers 26:20
6 Steve Allen, (M55) Barnet 26:21
7 Christopher Hobbs, (M55) Maidstone 26:56
8 Tim Snook, (U17) Aldershot 29:07
9 Shaun Lightman, (M65) Surrey 29:25
10 Ron Penfold, (M70) Steyning AC 29:40
11 Stuart Bennett, (M50) Ilford AC 30:08
12 Paul King, (M60) Belgrave Harriers 30:10
13 John Hall, (M60) Belgrave Harriers 30:18
14 Mark Culshaw, (M45) Belgrave 30:26
15 Alan O'Rawe, (M70) Ilford AC 30:28
16 John Taylor, (M55) Loughton AC 31:04
17 Chris Flint, (M65) Surrey 31:27
18 Sean Pender, (M55) Enfield 31:55
19 David Delaney, (M70) Surrey 33:27
20 Anthony Cotton, (M70) BRJ Hunt. 35:37
21 Michael Barnbrook, (M65) Ilford 35:50
22 Bernie Hercock, (M75) Enfield 38:56
23 David Ainsworth, (M60) Ilford 39:16
DQ Dan Maskell, (M60) VAC

Women's 5km
1 Heather Butcher, (U17) Cambridge H. 26:20
2 Sabina Brown, (W40) Belgrave 30:33
3 Tabitha Gillan, Belgrave 32:56
4 Angela Martin, (W45) Paddock Wood 33:38
5 Geraldine Legon, (W50) Bexley 34:42

Boys 2.5km
1 Christopher Snook, (U15) Aldershot 14:14
2 Colin Zack, (U15) Aldershot 16:23
3 Alex Johnson, (U13) Aldershot 16:52

Girls 2.5km

1 Evie Butcher, (U13) Cambridge H. 15:05
2 Indigo Burgin, (U15) Cambridge H. 15:18
Under 11 Girls 1.25km
1 Lucy Lewis Ward, Cambridge H. 7:54
2 Emma Ratcliffe, Aldershot 9:20

Up & Running Winter League - Round 1
Sunday, 28th October 2012
NSC, Douglas, Isle of Man
10km
1 Adam Cowin U20 MH 50:26
2 Richard Gerrard M40 IOMVAC 51:14
3 Jock Waddington M45 IOMVAC 52:18
4 Michelle Turner W40 NAC 52:25
5 Vinny Lynch M50 IOMVAC 54:13
6 Tufty Nash M45 UA 56:03
7 Richard Wild M40 MH 56:22
8 Chris Cale M40 MH 57:22
9 Michael Bonney M50 UA 57:25
10 Simon Briggs M40 UA 57:32
11 Andrew Titley M45 IOMVAC 59:31
12 Brian Wade M45 MH 59:48
13 Adam Killip SM UA 01:00:42
14 Brian Kelly M45 IOMVAC 01:01:29
15 Sally Walker W40 MH 01:02:37
16 Ronnie Kelly M50 IOMVAC 01:03:48
17 Dale Farquhar SM UA 01:04:58
18 Stewart Jones M40 MH 01:04:59
19 Andrew Dawson M40 UA 01:05:22
20 Dave Hinks M40 UA 01:05:33
21 Jane Foster W35 NAC 01:05:34
22 Ian Callister M55 MH 01:05:54
23 Gordon Corran M60 MH 01:06:01
24 Dick Callin M50 UA 01:06:24
25 Steph Quayle W45 NAC 01:06:28
26 John Callow M50 UA 01:06:41
27 Pauline Ringham W55 UA 01:06:44
28 Andrew Whittaker M40 UA 01:07:20
29 Stuart Gibson M40 UA 01:08:07
30 Dudley Butt M65 UA 01:08:33
31 Colin Moore M50 IOMVAC 01:08:44
32 Paul Morgans M45 UA 01:08:51
33 Sandra Halpin W40 UA 01:09:56
34 Samantha Bowden SL UA 01:09:56
35 Peter Lockett M50 IOMVAC 01:10:12
36 Jane Farquhar W40 UA 01:10:58
37 Kathryn Clough W35 UA 01:11:03
38 Bob Corrin M60 UA 01:11:20
39 Marie Gilbertson W45 UA 01:11:25
40 Haydn Kenna M50 UA 01:12:37
41 Gordon Erskine M65 UA 01:12:47
42 Tara Scott SL NAC 01:13:30
43 Tony Ball M55 MH 01:14:55
44 Louise Hollings SL UA 01:15:00
45 Paul Phillips M55 UA 01:16:34
46 Dave Dodson M50 MH 01:17:55
47 Colin Crooks M35 WAC 01:23:44
48 Tony Artz M45 UA 01:24:52
49 Nicola Quinn SL: UA 01:27:32
50 Tina Searle W45 UA 01:32:37
5km
1 Juan Bellando U20M MH 33:44
2 Rebecca Greatbatch U17G MH 33:44
3 John Robinson M45 IOMVAC 34:06
4 Tom Partington U15B RGS 35:23
5 Enid Watson W60 IOMVAC 36:05
6 Tina Gleghorn W40 NAC 36:16
7 Emma Reid W40 NAC 36:29
8 Ellen Robinson U17G NAC 36:33
9 Angela Corkish W65 UA 37:15
10 Jane Howland W45 UA 37:16
11 Sue Ackroyd W55 IOMVAC 39:47
12 Louise Smith SL NAC 39:59
13 Sarah Goldsmith W65 IOMVAC 40:25
14 Sue Birchenough W50 UA 40:30
15 Kathryn Quayle SL UA 40:34
16 Chrissy Callaghan W50 NAC 41:23
1km - Including England Athletics 1k Challenge
No. Name School-Year/Age-Group Club Best
1 Jason Turner 8 U13B RGS 5:24
2 Tom Brennan 5 U11B Jubilee School 6:45
3 Stephen Waddington 6 U13B Fairfield 6:45
4 Leah Goddard 6 U13G Dhoon 7:03
5 Rebecca Dawson 6 U13G Vallajeelt 8:04
6 Charlotte Dawson 2 U9G Vallajeelt 9:04

Northern Winter League - Meeting 2
Sunday, 28th October 2012
South Bank Club, York
A disappointing turnout at this central venue. A warning to all regarding these fixtures - use 'em, or lose 'em. -Alan Brooks
10km (Handicap position, Points)
1 Andrew Fraser, YRWC 53.57 (6, 25)
2 Richard Spenceley, YRWC 55.00 (1, 30)
3 Nick Kilner, York CIU 59.43 (2, 29)
4 Dave Crompton, Lancashire 60.52 (3, 28)
5 Mark Byrne, Redcar 63.03 (4, 27)
6 John Paddick, Redcar 66.22 (7, 24)
7 Dave Fereday, Redcar 66.42 (5, 26)
8 Dick Cole, York CIU 72.04 (9, 22)
9 Marion Fawkes, Redcar72.04 (8, 23)

Alec Potton Addington Vase
Saturday, 3rd November 2012
Monks Hill, Surrey
The second Surrey Walking Club race of the winter season, the Alec Potton 7 miles, promised the rain and cold winds which have prevailed recently but in fact the race itself was held in relatively mild conditions. With over 20 walkers the field was reasonable considering the absence of nearly all of the usual visitors from Ilford and Enfield. There were several close groups but the large gaps

between them left the rest isolated and among these was the winner Mark Easton taking his 30th victory and leaving the rest behind by 5 minutes as he lapped two thirds of the field. The winner of the handicap, Peter Crane, had a good race to get a fair distance away from his usual company. Perhaps many of the competitors were happy to walk slightly within themselves as the big test, the Enfield Open 7, comes next week as the largest of the traditional races in the South. -P.Hannell

7 miles

1 Mark Easton (Sy WC M45) 58:05
2 Steve Allen (Barn M55) 63:20
3 David Crane (Sy WC) 63:23
4 Peter Ryan (Ilf M55) 64:05
5 Martin Fisher (Redc M50) 65:10
6 John Hall (Belg M60) 67:39
7 Shaun Lightman (Sy WC M65) 68:27
8 Ron Penfold (Steyn M70) 69:06
9 Paul King (Belg/Sy WC M60) 70:56
10 Michael Harran (Sy WC M70) 71:58
11 Peter Hannell (Sy WC M70) 72:11
12 Chris Flint (Sy WC M65) 73:46
13 Ian Statter (Sy WC M55) 73:47
14 Peter Crane (Sy WC M65) 76:45
15 Tabitha Gillan (Belg W) 77:40
16 Dave Hoben (Sy WC M60) 79:48
17 Geraldine Legon (Bexley W50) 79:48
18 Dan Maskell (Vets M60) 79:52
19 Dave Delaney (Sy WC M70) 80:03
20 Kathy Crilley (Sy WC W65) 87:00
21 Bernie Hercock (E&H M75) 80:12

Under 17 5km:

1 Luc Legon (Bexley U17B) 27:51
Mixed team match - 3 to score:
1 Surrey Walking Club, 11 points
2 Belgrave, 30 points.

Sarnia Walking Club Track Walk

Sunday, 4th November 2012
Osmond Priaulx, Footes Lane, Guernsey
Carl Thomson had an easy win - on his own from early on he crossed the line improving his recently set M45 age best time. Stuart Le Noury held on for second place just ahead of third man home Phil Lockwood. Down in fouth place was Terry Bates who had a good walk to add to his collection of best times for his age group. First of the women to finish was Jane Rowlinson, ahead of Jayne Le Noury and Rose Druckes. Allan Harris and Joanne Le Prevost both improved on their personal best times by around thirty seconds, despite getting caught in the heavy rain that opened up on those walkers outside of thirty minutes, on an otherwise fine morning. Newcomers Harriet Payne and Peter Le Prevost, both got a taste of track walking and fared well. -Rob Elliott

5,000 metres track walk

1 Carl Thomson M45 24.18.6
2 Stuart Le Noury M 25.40.4
3 Phil Lockwood M40 25.54.0
4 Terry Bates M60 29.18.1
5 Rob Elliott M50 30.56.8
6 Kevin Le Noury M55 33.58.9
7 Mick Le Sauvage M70 34.25.0
8 Jane Rowlinson W50 35.09.6
9 Jayne Le Noury W50 35.38.0
10 Allan Harris M60 36.58.9
11 Alan Roger M55 37.14.0
12 Rose Druckes W65 38.10.1
13 Harriet Payne W 38.51.6 *(pictured)*
14 Joanne Le Prevost W35 39.19.8
15 Peter Le Prevost M45 39.20.7

Midland Winter League Series - Meeting 2

Sunday, 4th November 2012
Warwick University, Coventry
Quite cold, but with some walkers trying to set fast times in this late season race. Steve Allen and Sean Pender both travelled many miles, as they are having a Battle Royale to see who can do the most races in 2012 - both currently neck and neck in the high 40's!

5km Pos. Name Club Time (Hcap time)

1 Andrew Miller, W&B 24.37 (18.57)
2 Mark Williams, Tamworth 25.00 (21.00)
3 Gemma Bridge, Birm Uni 25.30 (18.45)
4 Daniel Watling, W&B 25.37 (15.47)
5 Daniel Waples, Kettering 26.21 (17.51)
6 Matt Redfern, Nuneaton 26.25 (18.40)
7 Steve Allen, Barnet 26.28 (20.28)
8 Kevin Monk, Halesowen 26.31 (19.01)
9 Jasmine Nicholls, Leicester 26.59 (19.24)
10 Emma Achurch, Leicester 27.45 (19.45)
11 Mike Smith, Coventry 28.04 (20.09)
12 Colin Turner, Nuneaton 28.23 (24.23)
13 Ann Wheeler, Leicester 28.54 (19.44)
14 Roger Michell, M.M.A.C. 29.14 (20.14)
15 Rebecca Chambers,Sheffield 29.22(20.17)
16 Martin Slevin, Coventry 29.25 (20.10)
17 John Constandinou, Birchf 29.39 (20.09)
18 Colin Vesty, Leicester 29.55 (19.55)
19 Glyn Jones, Coventry 30.16 (18.56)
20 Sean Pender, Enfield 31.15 (20.45)

21 Kate Hargreaves, unat 31.16 (18.16)
22 Stuart Edgar, D.A.S.H. 31.45 (19.15)
23 Julie Bellfield, Halesowen 31.56 (19.11)
24 Sarah Lightman, Leicester 32.36 (18.41)
25 David Winter, Sparkhill 32.46 (19.51)
26 Tracey Mills, Birchfield 32.48 (18.58)
27 Mike Horton, D.A.S.H. 33.07 (19.12)
28 Zita McDonald, Birchfield 33.22 (18.57)
29 Lynn Bellfield, Halesowen 34.28 (19.53)
30 David Fall, Birchfield 35.40 (19.45)
31 Peter Cassidy, D.A.S.H. 35.42 (21.42)
32 Jill Langford, W&B 35.58 (18.58)
33 Terry Morris, Nuneaton 36.26 (18.56)
34 Eric Horwill, D.A.S.H. 37.39 (19.49)
35 Patrick Walsh, Holme Pierpont 38.05 (24.05)
36 John Culshaw Snr, Tam 40.56 (19.51)
37 Peter Bilson, Sheffield 43.18 (19.18)
DNF Jessica Mills, Birchfield

Under 11s 1km

1 Laura Archer, Nuneaton 5.58
2 Amelia Tutt, Rugby & Northampton 6.25
3 Bella Ramsey, Unattached 6.39
4 Alex Hurrell, D.A.S.H. 6.40
5 McKenzie Brazier, Wolverhampton 7.01

Under 13s 2km

1 Ana Garcia, City of Sheffield 10.32
2 Sam Redfern, Nuneaton 11.42
3 Alana Zeidler, Silverdale School 11.50
4 Kara Lane, Birchfield 11.57
5 Laura Achurch, Leicester 12.27
6. Ben Allen, Leicester 12.30
7 Jessica Finney, Tipton 13.07
8 Ella Sharkey, Greenhill School 14.02
9 Matt Davies, D.A.S.H. 14.47
10 James Brazier, Wolverhampton 15.31

Under 15s 3km

1 Jack Leversidge, City of Sheffield 16.22
2 Amy Phipps, Neath 19.32

10km

1 Heather Lewis, Pembroke 50.18 (40.18)
2 Mark Williams, Tamworth 54.20 (44.20)
3 Steve Allen, Barnet & District 58.36 (44.36)
4 Peter Boszko, Birchfield 59.32 (41.32)
5 Chris Berwick, Leicester 60.21 (39.26)
6 Ann Wheeler, Leicester 61.17 (40.57)
7 George Smolinski, Leicester 62.37 (37.07)
8 Roger Michelle, M.M.A.C. 62.44 (42.44)
9 Mark Palethorpe, Worcester 62.50 (38.30)
10 Paul Hayden, Nuneaton 63.10 (38.35)
11 Tony Collins, Birchfield 63.12 (38.22)
12 Sean Pender, Enfield 65.09 (42.09)
13 Colin Vesty, Leicester 66.02 (44.02)
14 John Constandinou, Birch 69.41 (48.41)
15 Zita McDonald, Birchfield 73.02 (42.12)
16 David Fall, Birchfield 77.44 (43.54)
DQ Andrew Miller, Wolverhampton

Simister Road Walk

Saturday, 10th November 2012
Simister, Manchester

5km

1 Adrian Edwards, LWC 26.24
2 Dave Evans, LWC 27.01
3 Greg Smith, LWC 27.12
4 Dave Crompton, LWC 28.57
5 Matthew Fawson, YWC 29.51
6 Alistair Shand, LWC 30.48
7 Joe Hardy, LWC 31.26
8 Peter Crahan, LWC 31.53
9 Stephen Sargent, LWC 32.32
10 John Crahan, LWC 32.48
11 Roy Gunnett, LWC 32.56
12 Pat Evans, LWC (Lady) 33.12
13 John Payn, LWC 35.01
14 Aandrea Lennon, LWC (Lady) 37.16
15 Eric Horwill, Dudley & Stourbridge 37.29
16 Eddie Jones, LWC 40.59
17 Ray Francis, LWC 41.21

Bob Wright Handicap Series Race 3

Sunday, November 11th 2012
Pleinmont to Grandes Rocques, Guernsey

Unusually warm and wind free conditions greeted the walkers for their handicap race. Jayne Le Noury held off the rest of the field by 42 seconds to win the latest race in the handicap series . Picking off those starting in front of her, the faster walkers never got close as she strode across the line with a watch time of 1.19.24. Second across the line was Jamie Marsh, a split second ahead of Kevin Le Noury with 1.20.06, with Mick Le Sauvage a further 24 seconds down. Jamie Marsh now leads the 7 race Series by a few points from Allan Harris. Carl Thomson, back in 7th place had the fastest time of the day with 50.26, beating his Guernsey age best time set a few months ago. Race winner Jayne Le Noury was the fastest woman. -Rob Elliott

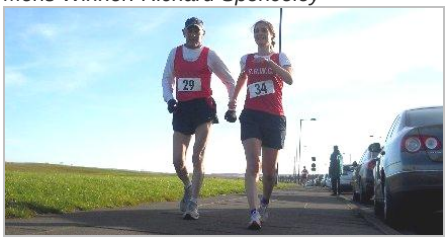
10km

1 Jayne Le Noury W45 1.19.24 (watch time) 1.11.24 (actual)
2 Jamie Marsh M45 1.20.06 / 1.11.06
3 Kevin Le Noury M55 1.20.06 / 1.08.06
4 Mick Le Sauvage M70 1.20.32 / 1.11.32
5 Rose Druckes W65 1.21.35 / 1.17.35
6 Allan Harris M60 1.22.06 / 1.17.06
7 Carl Thomson M45 1.22.26 / 50.26
8 Terry Bates M60 1.23.09 / 1.02.09
9 Phil Lockwood M40 1.24.11 / 56.11
10 Rob Elliott M50 1.25.09 / 1.05.09
11= Joanne Le Prevost W35 1.32.04 / 1.32.04
11= Karen Farman W 1.32.04 / 1.32.04
11= Angela Calnan W 1.32.04 / 1.32.04

Leicester WC - L.T. Norton Cup Handicap
Saturday, 17th November 2012
Haynes Road, Leicester
Two visitors from the south invaded this midlands event on the quiet highways and byways outside the county capital of Leicestershire, an a pleasant mild November day. The winner of the event, Sarah Lightman, daughter of Surrey Walking Club's very own former Olympian, Shaun Lightman, was rewarded with a personal best and a win in the handicap - obviously following her father's footsteps. The handicapper did a very accurate estimate of the handicaps on the start line, as the closing stage downhill to the clubhouse saw almost the whole pack of 9 nearly converging at the finish, a difficult result to achieve. Newcomer Kate Hargreaves achieved just under 67 minutes in her first ever 10k race with a number of climbs, which is a great result and the midlands ladies will need to watch out in the future as she claims more scalps. -Peter Hannell
10,000m (handicap time) actual time
1 Sarah Lightman (78.17) 67.17
2 George Smolinski (78.32) 62.43
3 Kate Hargreaves (78.51) 66.51
4 Sean Pender(Enf) (79.16) 64.16
5 Phil Smillie (80.01) 68.01
6 Dave Hoben(Surrey) (80.05) 71.05
7 Lionel Humphreys (82.02) 67.02
8 Chris Berwick (83.31) 61.31
9 Allan King(RH) (86.09) 75.09

Northern Winter League 3
Sunday, 18th November 2012
Stray Cafe, Redcar
Clear blue skies and a chill North West wind made for a brisk test for todays competitiors in temperatures which struggled to get above freezing on the sea front course at Redcar. Yorkshire's Richard Spenceley led from the start to win comfortably, a fine second place for Redcar Racing Clubs Mark Byrne, who won the Handicap, with third place to Redcar's John Paddick who narrowly beat Yorkshire's Russ Jackson over the line.
20km
1 Richard Spenceley 56-48
2 Mark Byrne 62-14
3 John Paddick 65-50
4 Russ Jackson 65-54
5 Angela Maria Paddick 71-16
6 Dave Jones 71-16
7 Marion Fawkes 71-31

Mens Winner: Richard Spenceley



Ladies Winner Angela-Maria Paddick
Handicap
1 Mark Byrne 47-14 30
2 Marion Fawkes 49-01 29
3 John Paddick 49-20 28
4 Russ Jackson 49-24 27
5 Richard Spenceley 49-48 26
6 Dave Jones 54-16 25
7 A-M.Paddick 54-16 25

Chris Smith League 2012/13 Round 2
Tuesday, 20th November 2012
Daniel Watling and Jasmine Nicholls both notched their second successive victories over 2km in this highly competitive race walking league. Watling caught the eye with a superb sub 9 minute clocking which put him almost two minutes ahead of second placed Matt Redfern. In the girl's race Nicholls led home Emma Achurch with Becky Chambers taking third. Once again, competition for individual and team honours is tight at the half way stage of the league. A trio of Sheffield walkers top the girls standings with Alana Zeidler leapfrogging Ana Garcia and Molly Handley after taking over half a minute off her personal best. However Rhea Harris (Blaby Stoke), Amy Phipps (Neath) and Farina Rashid (Leicester) are not far off the pace. Similarly Tim Snook (Surrey) holds a narrow six point cushion ahead of Alex Johnson with a similar margin covering Chris Snook, Callum Wilkinson, Philip Brown and Jack Leversidge

in the race to be Champion in their category. The team league is also too close to call with Farnham Heath End (Surrey) maintaining a slight lead in front of Blaby Stokes Striders and Silverdale School from Sheffield. -George Smolinski

2km Girls

1 Jasmine Nicholls, Leics 10:14
2 Emma Achurch, Leics 10:58
3 Becky Chambers, Sheffield 11:35
4 Ellie Dainton, Llanelli 11:37
5 Kara Lane West Mids 12:06
6 Ana Garcia, Sheffield 12:18
7 Farina Rashid, Leicester 12:42
8 Jess Mills Chelmsley Wood 12:52
9 Amy Phipps, Neath 13:15
10 Laura Archer, Nuneaton 13:47
11 Alana Zeidler Sheffield 13:48
12 Laura Achurch, Leics 13:57
13 Molly Handley, Sheffield 14:12
14 Eleri Slade, Neath 14:13
15 Ella Sharkey, Sheffield 14:35
16 Erin Gurney Blaby Stokes, Leics 14:41
17 Tazmina Rashid, Leicester 15:02
18 Rhea Harris Blaby Stokes, Leics 15:14
19 Molly Dainton,Llanelli 15:36
20 Hollie Maddison Blaby Stokes, Leics 16:34
21 Isabelle Bradford, Nuneaton 18:42
22 Jodie Blackburn, Nuneaton 18:47

2km Boys

1 Daniel Watling, Codsall, Staffs 8:47
2 Matt Redfern, Swadlincote 10:35
3 Tim Snook, Farnham, Surrey 10:49
4 Callum Wilkinson Bury St. Edmunds 10:59
5 Jack Leversidge, Sheffield 11:30
6 Benjamin Allen, Leics 11:58
7 Chris Snook Farnham, Surrey 12:28
8 Sam Redfern Swadlincote 12:56
9 Phillip Brown Blaby Stokes, Leics 13:26
10 Alex Johnson, Farnham 13:33
11 Matt Davies, Kingswinford 13:50
12 Alex Hurrell, Dudley 14:25
13 Colin Zack, Haslemere, Surrey 14:35
14 Daniel Peake, Nuneaton 17:16
15 Harvey Marshal, Nuneaton 17:29
16 Williams Emela, Dudley 17:51

Chris Smith Plus

Don Valley Stadium, Sheffield
1 Igor Stepanov 14.12
2 Peter Bilson 17.41

Sarnia Walking Road Walk

Sunday November 25th 2012
Albecq to North Side, Guernsey
Making the most of a welcome break from the recent wind and rain, ten walkers set out from Albecq to race the 7 miles to North Side, St Sampsons. Stuart Le Noury and Carl Thomson hit the front from the start, with Carl soon to dominate after the opening few miles. Taking advantage of the gentle down hill start Carl reeled off mile splits of 7.36, 7.39 and 7.51 before slowing to just over 8 minute miles. He unofficially clocked himself at 49.10 for 10 kilometres before hitting the head wind in the final mile from La Turquie, through Bordeaux and onto the finish at North Side. Crossing the line in 54.57, he broke the old Guernsey Age Best time set by Len Duquemin, many years ago. A good race from Stuart Le Noury resulted in a new 7 miles Personal Best. Sean Pender, a regular visitor from Enfield finished in fourth place, overtaking local walker Rob Elliott with around a mile to go. Jayne Le Noury, with another good walk finished only half a minute outside her best ever time in 7th place. -Rob Elliott

7 mile

1 Carl Thomson M45 54.57
2 Stuart Le Noury M 57.30
3 Phil Lockwood M35 1.02.52
4 Sean Pender M55 (Enfield) 1.11.29
5 Rob Elliott M50 1.12.31
6 Kevin Le Noury M55 1.17.13
7 Jayne Le Noury W50 1.19.06
8 Mick Le Sauvage M70 1.21.03
9 Dave Dorey M65 1.27.36
10 Allan Harris M60 1.29.17

200 Club

The 200 Club is a monthly prize draw run solely for the benefit of the RWA, and is the second largest source of funding for race walking. 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, £10, and £10. In June and December there is a bonus prize of £50, depending on numbers of members. 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

Fixtures

December 2012
B 15th 1k/2k/3k/5k, Birchfield Christmas Walks, Perry Park, Birmingham
B 15th 5k/var, Alf Palmer Memorial Races + YAG, Broadbridge Heath Horsham
B 16th 3 miles, Sarnia Road Walk (9:30am) Les Amarreurs, Guernsey
B 26th 1.4 mile/5.5 mile, Brighton & Hove Boxing Day Races (10:30am) Preston Park Brighton
B 30th 5 mile, Coventry Godiva New Year 5 Mile Road Race (11am) University of Warwick, Coventry
January 2013
A/B 5th 10k, Southern Championship (A) + Surrey Open (B) 2pm Monks Hill, Surrey
B 6th 3000m, Sarnia Track Handicap 5 (9:30am) Osmond Priaulx, Guernsey
B 6th 10k, Northern Winter League 5 (11am) Saltburn Leisure centre, Saltburn, Teeside
B 12th 15k, Steyning Open 15k Road Walk (2pm) Steyning
B 19th 5 mile, Enfield League & Presentations (1pm) Q.E.II Stadium, Enfield, London
19th 10 miles, Leicester WC Club & County Champs (1pm) Haynes Road, Leicester
B 19th 5km, Fred Pearce Trophy Relay, Simister
B 20th 5k/10k/20k, Sarnia Road Walk (9:00am) St. Sampsons, Guernsey
26th Centurions AGM (1pm) Union Jack Club, SE1
B 29th 2k, Chris Smith League 3
February 2013
B 3rd 10k, Sarnia Handicap 6 (9:30am) St. Sampsons, Guernsey
B 3rd 10k, Northern Winter League 6 (11am) Drighlington, Yorkshire
3rd 1k/2k/3k/5k/10k, London Open Walks (1pm) Victoria Park, London
9th 1.25k/2.5k/5k, Cambridge Harriers Winter League / Kent YAG Championships Bexley, Kent
9th 5k/10k, Midland Championships (1pm) TBC
B 9th 15km, Alison Trophy, Chorley
B 10th 5 miles, Sarnia Road Walk (9:30am) La Passee to North Side, Guernsey
10th 1 mile, Essex and Eastern A.A. Indoor Championships Lee Valley, London
10th 1 mile, Essex County Indoor 1 Mile Championship & 1 MILE OPEN RACE Lee Valley, London
17th 3000m, SCVAC + VAC 3000m Indoor Championship Lee Valley, London
B 23rd 10k, Enfield League (1pm) Q.E.II Stadium, Enfield
B 26th 2k, Chris Smith League 4
March 2013
2nd 1.25k/2.5k/5k, Cambridge Harriers Winter League Bexley, Kent
9th 10 mile, National 10 Mile Championship North (York TBC)
B 9th 10km, Sam Shoebottom Trophy, Simister
B 16th England Race Walking Half Marathon / Enfield League (1pm) Hillingdon Cylcle Circuit, London
17th 1k/2k/3k/5k/20k, Midland 20k & YAG Championships (11am) Leicester
17th 10k/20k, EAA Permit Meeting - Lugano Trophy Lugano, SWITZERLAND
19th - 24th 3,000m/5k, 9th European Veterans Indoor Championships San Sebastian, SPAIN
23rd var, Southern 10k & YAG Championships (provisional) Sutcliffe Park, Eltham
23rd 5k/10k/20k/50k, EAA Permit Meeting - Dudinska 50 Dudince, SLOVAKIA
April 2013
B 6th 20km, Macclesfield Shield, Macclesfield, Cheshire
B 13th 5 mile, Pat Furey Open Walks & Enfield League (12pm) Lee Valley, London
13th 5k/10k/20k, EAA Permit Meeting - Podebrady Podebrady, CZECH REPUBLIC
14th 1k/2k/3k/5k/20k, National 20km & YAG Championships Coventry
B 27th 1,000m/3,000m, London Inter Club Challenge (11:45am) (Provisional) TBC
May 2013
B 4th 2 mile/5 mile, Pednor Open Walks (5pm) Pednor, Buckinghamshire
B 4th 15 miles, Allen Trophy, Chorley, Lancashire
24th-26th 10k/30k(Men) 10k/20k(Women) European Vets Non-Stadia Champs Upice, CZECH REP
June 2013
B 1st 5 mile, Moulton Open Walk (1:30pm) Moulton, Suffolk
9th Midland Track Championships (12pm) Tamworth, West Midlands
29th 5k/10k/20k/50k, EAA Permit Meeting - Dublin Grand Prix Dublin, IRELAND

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