



Race Walking Record

April 2014

In association with the Race Walking Association

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Happy Easter from RWR



Summer editions of the Record

Please be advised that there will be a combined June/ July issue to be published at the end of July. As such please ensure that any adverts or articles for summer fixtures are received by the Editors before 20th May for publishing in the May issue.

Please remember this is your Race Walking Record. If you want to see more information, write ups or results please send them to us by 20th of the Month.

News and reviews

2nd South Yorkshire League : Millhouses Park, Sheffield by B Adams

As this yacht handicap race unfolded it looked from Alana Zeidler's consistent, fast lapping that she could walk through the field for a win but well into the last 500m lap it was clear that Ella Sharkey was determined to hold her off. As they came down the finishing straight it was impossible to guess who would cross the line first. Ella did get to the line first but only by a foot as they were both given the same time. Ella's effort over those final 200m gave her a PB (12.52) by 10 seconds.

Alana was pleased to have got within 8 secs of her best 3km time with 16.20, 20 secs faster than in the national.

Dalton Village walk and fun walk by T McDermot

A very foggy Mother's Day morning oversaw humble beginnings for our new Village Walks League.

Sunday's initial event comprised a Category B 5km Race with an associated Fun Walk in aid of the Huckins Family Appeal, and took place in picturesque and practically traffic-free country lanes around the village of Dalton in scenic Teesdale. The one-lap undulating circuit had a minimum of turns, was well marshalled and signed, and all entrants were very appreciative of it as a course to race on.

With a finish line right outside the village hall, this circuit would, used solely, prove very amenable for 5km, 10km, 15km etc races. There is also a shorter lap that gives 1500m and 3km routes. The home-made soup and rolls after the event were also popular!

We were very honoured to have Adelle Huckins as our special guest; the great support from her, Mum Carol and family, ably backed up by a number of Couplands, meant that we achieved a total of 23 participants for the Fun Walk, (including one entrant with four legs and a tail). We were also most impressed with Dexter Huckins, all of three years old, who completed the whole lap with a radiant smile and certainly enjoyed his chocolate cake afterwards.



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Even better was the sum of £232 raised for the Huckins Appeal! Very Well Done by all.

Future races YRWC:

Sunday May 4th - 5km - Culgaith (near Penrith, Cumbria) CA10 1QG

Sunday May 25th - 5km (also possible 3km + 10km events) - VENUE TO BE ADVISED SHORTLY

Sunday July 6th - 5km - Dalton (North Yorkshire) DL11 7HS - + **OPEN**

35km (National 50km Build-Up Race)

Sunday August 17th - 3km / 5km / 10km

Sunday September 28th - 3km / 5km / 10km

Read more: <http://www.northernracewalking.com/village-walks/>

Jason LeNourey completes the Virgin London Marathon

Jason flew in from Guernsey to take part in the Marathon and finished in a credible time of 4 hours 28 minutes, race walking the majority of the way. Well done to him and everyone else who took part.

Photos by J. Lenourey



Eric Waldron Trophy by R. Elliott

Five times winner Stuart Le Noury

Stuart Le Noury retained the Channel Island Ceramics sponsored Eric Waldron Trophy over 2 miles with an easy win in 15.45. The trophy, first presented in 1964 has now been won 5 times by Stuart, on this occasion being only 23 seconds outside his best winning time. Kevin Le Noury won the race for second place ahead of Peter Beckerleg. Jayne Le Noury was the quickest woman finishing ahead of Rita Herridge and Kay Coulson.



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Hewitt Cup 2014 - Round 1 - 8.4.2014 by G. Smolinski

Laura Achurch (Leysland High School) took her first victory in this long established race walking series (74 years and still going!) with the Blaby Stokes Striders pair of Hollie Maddison and Rhea Harris taking the other podium places.

A debutant to racing in Humberstone Park, Marty Ross, finished ahead of team-mates Jake Fish and Mutende Lupunga in the boys' category.

In the Hewitt Cup series the individual standings are based on a handicapping system which encourages all competitors to improve, or get close to, their best times over the 3 race series.

In the girl's section, Hollie, who was overall runner up last season, tops the table ahead of Ellie and Lyla in second and third.

In the boy's event Marty has taken an early lead in the league standings ahead of Mutende with last year's Champion, Jake, in third place.

Hollie (for the 14th. time!!), Jake and Rhea caught the eye of the judges and won Style Awards.

Dates for your diary
All at Humberstone Park - 6.30 p.m.

Tues. May 13th. Hewitt Cup #2
Tues. June 3rd. Hewitt Cup #3
Tues. June 10th. Peter, Flers, Keswick Cups

Olympic Appointment by S. Taylor

Friday 19th November 2010, finished work for the week and looking forward to doing nothing. First thing I do is check the email, it's what I have been doing every day since I took the Level 3 race walking judges exam three weeks earlier. Good news, I think, as I have one from Sandrine Steva, don't know the name but the subject is "IAAF Race Walking Nomination Letter - Panel 2011-2014". So I opened this one first and read " I am pleased to inform you..... At the time I don't think the rest really sunk in but knew that I had passed the examination and been elected to the panel for the next four years.

So I check who else has passed the exam and then open the attachment that shows the appointments for the next four years, only it's only showing for two years and I look for my name. Only one appointment but what an appointment, Chief Judge for the London Olympics. Oh my God, I can't believe it, Chief Judge for the Olympics! When London were selected to host the games I had hoped that I may be involved in the Games in some way as a volunteer or judges runner at best and yet here I was reading that I was going to be Chief Judge.



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Olympic Appointment cont'd

Can't be right, on the phone to Peter Marlow. Peter confirms that I am the Chief Judge. There are some swear words but in a good way. I put the phone down and then pick it up again, there are some people I want to tell. As my colleague Hans Van der Knapp said, it doesn't get any bigger than the Olympics and so it began, preparation for the biggest event in the world that I would ever be involved in.

A test event would be staged on the course in May 2011. However LOCOG insist that this would be a small affair so no international athletes or judges were to be present. However we did attract interest and amongst others there were a number of Chinese athletes present on the day. We were able to use the course as it was initially intended to be, check call room, feeding and water stations, lap scoring and most importantly the red card delivery system that was to be wireless and almost paperless. What I mean is that the judge would write a card and hand it to their secretary, the details were input into a wireless terminal that transmitted the details back to the recorder via Bluetooth technology. The issuing of a red card was immediately shown on the DQ board. Normally when a third card was received by the recorder all details were checked before the athlete was disqualified. Whilst this was still done the third card was immediately shown on the DQ board for all to see. I was happy with all that went on but was not surprised to hear that they changed the direction of the start of the race and moved the course slightly so that the athletes did not have to walk so far up Constitution Hill.

Most importantly the test event gave me the opportunity to start building working relationships with key personnel for the Olympics, Chris Cohen, David Littlewood, Lucy Crickmore, Julie Burden, Terry Coulton, Keith Davies and of Race Walking Events Manager Peter Marlow. It is to these people that I provided feedback on the test event. The weekend gave me the opportunity to present my own guidelines to the judges that I will be using the following year and also enabled me to identify certain buildings that were situated along the race walk circuit, most notably Buckingham Palace. The funny looks I got when asking "what's that building at the end of the road?"

Given that I first knew about my Olympic appointment in November 2010 the next 21 months went pretty quickly and brought about a number of invitations to judge at some high level competition in Portugal, Germany, South Africa and China to name but a few. I do believe that we can never be complacent and the opportunity to judge some of the world's best athletes and to be able to work with experienced and knowledgeable judges is a chance a jump at. Questions, questions, questions. I ask plenty and make note of all the answers that I receive. I want to be ready come the big day.

On a personal level I also started jogging more regularly losing some weight hoping that I would look OK on TV when the time came round.

Emails are flying around and I begin to make plans. All judges have accepted their appointments, no surprise really! I have worked with them all before and in knowing each other will make it so much easier. I send out my instructions to judges on July 17th. No questions so far. My day of departure is 31st July and my wife has offered to take time off work to drive me to the airport. I take my son to his club and Rose to work then I go out for a run if nothing else but to try and calm my nervous. My imagination is running wild today,



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Olympic Appointment cont'd

I am competing in the Olympics and heading into the home straight dipping on the line to beat Mo Farah for a GB gold and silver. Brought back to reality by the sound of a car horn and an irate voice "get off the bloody road you idiot!"

Home washed changed ready to go. I check my email, something from the IAAF - confirms my first meeting tomorrow. I check Facebook, no idea why but everyone does nowadays don't they? My suitcases have been packed for about ten days already, today though they are closed. No uniform yet that is to be collected upon arrival. I am at the airport much earlier than expected but it does give me a chance to have a long chat with airport policeman Graham Davies who is responsible for me taking up athletics seriously over 30 years ago. Although it is as many years since I was under his wing it was great to talk about athletics, the Olympics and sport in general. He is delighted with my appointment and so happy for me. We also talk about the weight of expectation on our fellow Manxman Mark Cavendish and on Tom Daley. We British fans are so fickle aren't we? I am looking for another security guard, my old mate Dougie Corkill but there is no sign of him. I would love to have seen him before I go but then I would run the risk of missing my flight, the whole of the Olympics even once he gets talking!

Landing in Gatwick the special treatment starts with a personal driver waiting for me. It's a two hour drive to Stratford but he is a sports fan so the time flies. OK he's a Chelsea supporter but at least it's not Man Utd. Due to parking restrictions he drops me what seemed to be nowhere near the Premier Inn. I ask a policeman, he has been brought in from Cumbria so has no idea. I ask a volunteer who claims there is no such hotel in the area. I point to the sign at the top of the building we are outside and say this is it I just want to know where the entrance is. 45 mins from drop off to hotel, after two weeks in the area I have it down to seven minutes even in the crowds.

I meet up with some of my colleagues and we head for UDAC to collect my uniform but it's closed so back to the hotel and off to find somewhere to eat. Bed at last as one thing Lenny Henry is so right about and that is a good night sleep in a Premier Inn bed. After breakfast all judges head back to UDAC. When considering the logistics of even just this part of the Olympics you can't help but be amazed. However we come across our first problem. Despite being pre-accredited UDAC have no record of the athletic officials. This is overcome quite easily and we move on to collect so much equipment. One of the pitfalls of being the last batch of the officials to arrive is that we all appear to be missing some piece of equipment. However the tailors are hard at it and trousers, jackets and shirts are amended to suit and we are all sorted out. Then the whole place erupts we are looking around to find out what is going on but everyone is in front of a TV. Great Britain have won their first gold medal. Heather Stanning and Helen Glover in the rowing, later to ask for their picture with my son Keoghán. Is this the start of the much anticipated gold rush? All of Britain hopes so!



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Olympic Appointment cont'd

We were at UDAC for hours and upon returning to the hotel it is a quick change for me and off to the IAAF technical meeting. I suppose this is where it really starts. I am lost for words at this meeting, fortunately I am not asked to say anything, consumed by the enormity of it all. I am introduced to Paul Hardy, IAAF Competition Director who informs me that all judges' uniforms are in the stadium! I could quite read his face when I informed him that we had all spent the morning at UDAC and we were already sorted. Just as well given the amount of alterations required and for myself I know that I had lost weight and come a down trouser, shirt and jacket sizes since I gave over my measurements almost a year before.

Sometimes, probably most of the time I am not sure who to talk to when I have a problem or something I want to discuss. Is the IOC, IAAF, London Marathon,

LOCOG? Fortunately I have those previously mentioned and in particular Peter Marlow whose ear I still bend on a regular basis. My wife Rose gets it to but like most or even all women she has that uncanny knack of diverting me. Several conversations that night highlight the differences between what I have organised for the race walking judges and what has been arranged for the ITO's and NTO's. However with two days to go until the first race we are still without paddles, arm bands and paper work. Now the fact that the judges have no red cards is something that most walkers would be delighted to hear but it was a concern for us.

Thursday morning my alarm goes off at 6am. Having volunteered to take part in the Outside Broadcasting Service (OBS) test no longer seems like a good idea. OBS want to test the TV cameras on the race circuit and have asked for a number of athletes to walk up and down the circuit. I was always going to be there as chief judge but as one of the test athletes has dropped out with chicken pox I put on my kit and toe the line. Where are you from one of the walkers asks. Isle of Man I say. Oh the Parish Walk they say, Allan Callow they say. It's very good of you to come all this way to help out they say. Do you have any other jobs whilst you are here they ask.....

Two laps of the circuit and I must say that whilst I enjoyed it I am knackered. Leaving the Mall aching and sweating I head back to the hotel. Stood on the tube packed with commuters I can feel the sweat running down my back. Wedged up against people smartly dressed for work I am sure they hate me. I return to the Mall a short time later for the course orientation meeting followed by the race walking judges' technical meeting. On this occasion we travelled by coach using the Olympic Lanes on the roads.



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Olympic Appointment cont'd

There is no comparison with the Javelin and the underground that I travelled on this morning, Boris Johnson was right London has a fantastic rail service that needs to be used throughout the Games.

We have to print our own judges' paper work whilst at the Mall. Thank you to Pierce O'Callaghan for this - fortunately he had the layouts stored on his laptop so by adding the Olympic logo and changing the dates we were now getting somewhere.

My intention was to keep a diary of all that went on, nowadays we call it a blog but there just wasn't time. Between the two event days I just disappeared to get away from it all and met up with my good friend Dave Ratcliffe who was working on the lap scoring team for the Games. We headed to Hyde Park and took in all that was going on there including the beer. We talked about everything and anything and for me and Dave knew it, it was a case of being away from the pressure cauldron that I felt I was in.

August 4th 2012. The Men's 20km. Still nervous, if anything more than ever. I need to do something to calm me down but what? I lost count of the amount of times I went to the toilet. Interviewed at the start line for TV doesn't help but it is also good that we, race walking, are not forgotten. My interview is seen and heard by policeman on duty who relays this to his friend, my son Callum. Too often race walking says that we don't get any coverage well that is not the case today. As the race starts my heart is pumping I have my eyes on the DQ board and I am wired in so that I can hear the Recorder issuing instructions to disqualify any athletes. But there is a problem with the headset, I can't hear Luis Saladie the recorder. It transpires that Luis cannot transmit from his station due to the all the equipment he shares the room with so he has leave the hut to give the instructions. But it is this first instruction that calms my nerves and I will apologise to Luis Fernando Lopez of Columbia for this as he was the first person to be disqualified at 1803 in the evening and I stand in his path, getting in the middle of the leading group in order to notify him. I feel better but he is distraught and is lead away from the circuit in tears. A wonderful first event with gold and bronze being won by the Chinese athletes Ding Chen and Zhen Wang respectively and Guatemala winning their first ever Olympic medal with Erick Barrondo taking silver. Chen

celebrating with arms aloft a long way from the finish line. The judging panel left the venue in order to get back to the stadium for what turned out to be the first super Saturday as far as Britain was concerned.

In action at London Olympics with Peter Marlow.

My son Callum lives in Clapham and I arranged to meet him after the race for drink and it was in a pub alongside Green Park tube station also in the company of Peter Marlow that we watched Jessica Ennis, Greg Rutherford and Mo Farah win their gold medals. I am sure that Peter was the most animated of people in that pub when





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each of the gold medals was won, on his feet with both arms in the air cheering the British home.



At the IAAF dinner with Dave Bedford. Do you recall his speech at the GB Olympians lunch?

The majority of the judging team from London 2012



Difficult to recall what happened in-between races except the day I had to escape. Anything relating to race walking was diverted to the chief judge no matter what the question was. They say it's nice to be important!



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Olympic Appointment cont'd

Monday August 6th, reigning Olympic 50km Champion Alex Schwazer had withdrawn from the games after failing a drug test. I am sure that everyone involved with race walking felt the fall out and I am told that the news dominated the IAAF council meetings that week. It was a real kick in the teeth for race walking, some people appeared to be happy about the news. Thankfully we had race day two to look forward to on Saturday August 11th. My wife and youngest son have joined me in London and it was their birthdays on the 9th and 10th respectively but instead of heading for the Mall to offer me support they are off to Lego Land. Two races in one day today with the men's 50km up first. Despite judges going missing, thank you to Catharine and Noel (using his detective skills to find them) we are again ready to roll. What we witnessed has been described as the greatest 50km race ever. A new Olympic record for Kirdyapkin of Russia, Rob Heffernan in fourth place again, forty athletes under 4 hours and crowds cheering our very own Dominic King all the way to the line.

Dominic keeping in with the judges.

As if that wasn't enough the women served up a treat with a new world record for Elena Lashmanova. I was fortunate enough to see her win the world junior championships in Moncton 2010, or maybe I am her lucky charm! Either way I like many others felt for Olga



Kaniskina who had dominated women's walking for the last five years and lead this race from start to 50m from the line. But the Queen is dead, long live the Queen.

We witness Super Saturday 2 in the same pub, Peter again jumping for joy. I said goodbye to Peter at Kings Cross I head back to the hotel at Stratford. Alone gave me time to think without anyone to share my thoughts with. The greatest experience of my life was over so what do I do next. Picking up some beer and wine along the way I dumped all my stuff on the floor of the hotel room and enjoyed a much needed shower. Sat on the edge of the bed I began to cry, not sure why, I certainly wasn't sad but upon reflection it was the outpouring of all the tension, pressure, nervousness, anger and excitement that I had held in over the last two weeks. How on earth did Keith Davies and company cope? Well a huge salary had something to do with it I'm sure!



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Olympic Appointment cont'd

When Rose and Keoghán arrived at the hotel I was ready to let my hair down it was all over. Whilst others headed to the closing ceremony on the last day I headed out with my family to watch it all on a big screen in a nearby park. The next day I watch my beloved Manchester City beat Chelsea in the Community Shield. Cheering in a London pub for City and I thought oh no I could be in trouble here but I was in the home of West Ham and they cheered along with me. Returning home to the Isle of Man was a major come down after all the excitement of the Olympics but we have to get on with our normal lives so it was our End to End, Novice challenge and winter league events next

November 28th 2012 another email from the IAAF, appointments for the next two years. Like all judges I am sure, I quickly look up my own name see what I have and then see who I am judging with. Chief Judge for the World Championships in Moscow 2013! I must have done something right in London then. I pick up the phone again to Peter Marlow. Is this right I ask, yes it is he replies. Bang! Bang!

I do not wish to appear conceited but I did feel better prepared going into the Worlds and that was down to the experience I had gained at the Olympics. The big difference with Moscow however was that I did not attend a test event and instead relied on my judging colleague Frédéric Bianchi of Switzerland who had attended an event on the same course the previous year to provide details on the venue and course layout. Furthermore I had been used to events up and down like the Mall and here it was starting and finishing in the stadium. A judging nightmare or as Peter Marlow puts it, the way it always used to be and time to earn your stripes!

I had arrived too late to attend the technical meeting but instead utilised the pre-race time to take in the circuit and talk through with the judging team what I expected of them! I have come a long way from standing alongside international judges at Leamington Spa getting to know the ropes. But it does give me an opportunity to reflect on those that helped me along the way but are no longer with us, Tommy Dahllof of Sweden and Sylvia and Peter Markham. Sylvia was always quick to remind me that I hated her and other judges when I was competing and made me realise that the judges were only doing their job.

A big moment in Russia was when the countries President, Vladimir Putin was present in the stadium. When he got up to speak the whole stadium went silent. Here was the most powerful man in the world and he was only 20 metres or so away from me.

The first walking event of the World Championships was the men's 20km and Barrondo and Wang, silver and bronze medallists in London are both disqualified. That certainly opens up the race and victory goes to Ivanov of the host nation. The roars of the crowd as he enters the stadium are incredible and the stadium is less than half full. Fortunately I do not have any concern to use the Chief Judges special powers. Alex Wright is Britain's sole race walking representative in Moscow and turns in an excellent 86.40 to claim 31st place.

There is only one day before the next event, the women's 20km and this proves to be incredibly exciting with Anezka Drahotova of Czech Republic taking on the might of the Russians and the Chinese.



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Olympic Appointment cont'd

Anezka eventually finished seventh but amazed everyone with her flawless technique. She had won the European junior 10km title in Rieti earlier in the year whilst also making the final of the steeplechase in the same championships. The end of the women's race did keep me on my toes however as standing in the stadium the Russians entered first and second. Lashmanova however did not appear to know that a lap and a half was required and stopped one lap early. Officials waved her on but she stopped again at the 200m point! Kidyapkina entering the stadium about 20 seconds behind the leader saw this as an opportunity to claim gold and chased her down but ran out of track finishing a mere 3 seconds adrift. All the while the crowd were going mental and the sprint finish of course put me on high alert in case the special powers were required. Again thankfully they were not.

However in my ear phones I hear that athlete number 767, Sokolova of Russia is to be disqualified. She hadn't entered the stadium as that point so I was thankful that she would be pulled by my assistant Peter Marlow who was positioned at the entrance to the stadium so as to avoid having to disqualify a Russian athlete inside the stadium. Then to my surprise Sokolova enters the stadium. I curse Peter under my breath, perhaps it was out loud, no one would have heard anyway as the crowd erupt at the thought of a Russian clean sweep. In my mind I go through the different scenarios available to me - let her finish and get her later? When she is taking in the plaudits with her countrymen and the Russian flag draped over her shoulders? Definitely not as thoughts of Sydney 2000 come to mind so I step across her path with a red baton and prevent her from going any further. There are tears of course but I discreetly dry my eyes and carry on with my duties. IAAF competition director Paul Hardy is waiting for me at the end of the race. "Why did you disqualify the Russian girl in the stadium?" Simple enough to answer though, "Because she didn't stop when Peter disqualified her outside the stadium!" No further questions.

There was an issue with the Seiko timing system that meant no lap time were available to the commentators or public. It also had an effect on the red card reporting system in that the red cards were not being delivered automatically to the recorder. The consequence being that no one would be getting disqualified anytime soon. On another day I may have been worried, panicked even but I had just experienced something similar at the 100 miles last week in the Isle of Man. Athletes having walked for 12 hours or more had no idea how far they had walked and as the night turned into day many dropped out as a result. Some were very angry and I was the target of their frustrations. Imagine walking for 24 hours and having no idea if you had covered the required 100 miles or not. By comparison to the "hundred" this problem at the World Championships was a piece of cake and I immediately went into solution mode.

Let's hope for an easier day tomorrow for the men's 50km. On the course it's a bit like London all over again in that the Irish are everywhere with hopes high of a medal for Robert Heffernan - the perennial 4th place man. The heat takes its toll in this race as do the judges with the first athlete disqualified before they had even been walking an hour. The athlete did however receive five red cards plus a further two yellows - who says there is no consistency! An incredible atmosphere with the Irish loud and proud as Heffernan takes the race by the scruff of the neck and once in front is never challenged. Standing in the home straight as he enters the stadium the Irish do their very best to match the noise of the home



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supporters. The home crowd appreciate the victor and again the place erupts. With a smile as wide as the Moscow river Heffernan takes gold and is greeted by his wife Marian.



Photo of R. Heffernan from www.independent.ie.

This is a brilliant picture of that moment and for the first time I can say that I really do know a world champion. I am fortunate enough to meet Rob and Marian later and it does make a difference to be able to talk to someone you know who has won a gold medal. Rob though is just Rob, down to earth, having a laugh with what appears to be the whole of Cork.

For me and the rest of the race walking judges it is straight back home. There are no tears this time round though. I came well prepared and executed my duties to the best of my ability. I was ready for whatever they threw at me. Of course like the Olympics I still had a post event drink with Peter Marlow, some things should never change. I met Greg Rutherford in the airport lounge. Another down to earth bloke. He was very disappointed at not making the cut for the long jump final and didn't want to hang around to watch it. I pass on my best regards from some friends who are massive fans of his. The air hostess finds two seats next to each other in business class that allow Peter and I to sit together, a great way to finish off the championships.



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The judging panel

But what is next for me? It's not all about international appointments and we have our End to End, Novice Walk and Winter League series to arrange. But then on November 8th and I receive an email from the European Athletics Association notifying me of my appointment as Chief Judge for the European Championships in Zurich 2014. What a hat-trick!

On a final note and I did wonder whether or not to include this but it bugs me so I will write it here. I never received any congratulations from either the Isle of Man Sports Council or the Isle of Man Athletics Association on either my Olympic or World Championship appointment. It's not every day one of their own receives such a prestigious appointment and to me it is a sign of the contempt that they have for their officials.

Thank you to everyone who sent the photos from the events, sorry we cannot name all the photographers personally.

BMAF News by Ian Richards

BMAF Indoor Championships

Despite the clash with the National 10 mile at nearby Victoria Park 18 walkers decided to race the 3000 metres at Lee Valley with 5 of them, plus Irishman Sean McMullin, deciding to do both as the race was scheduled early in the morning. First to race were the men up to age 74. As expected Francisco Reis went away from the gun for an easy win in 14m 13.39. Ian Richards followed but was more interested in the world record of Australian Andrew Jamieson than trying to beat Francisco on this occasion and walked a fairly even pace to achieve his goal breaking the record by 10 seconds. Further back there were some exciting duels as John Hall, preparing for Budapest a few weeks later had to work hard for most of the race to hold off fast improving Malcolm Martin. Roger Michell and Peter Boszko, also Budapest bound, had a close tussle with Peter getting the better of Roger in the end. The second race was for the ladies and men over 75. Noel Blatchford had no problems in winning and seems to be gaining more and more confidence each time she races. Not far behind was Malcolm's wife Angela, who like him is making big improvements, and landed a new PB for her efforts. It was good to see injury prone Cath Duhig racing and finishing in third place not too far behind.



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BMAF Cont'd

It was mixed fortunes for the six who went on the race the 10 miles with one DQ, 2 who didn't finish, while Ian Richards took a surprising third place and Roger Michel led Surrey to first team place.

British walkers excel in Budapest

The team of British walkers had what is probably their best ever performance at a World Masters Indoor Championships in Budapest at the end of March. The 14 men finished second in the individual men's medal table with 6 gold, 2 silver and 1 bronze beaten only by Spain who had 3 more bronzes. The 5 ladies finished 5th with 2 gold and 1 bronze behind Ukraine with 4 golds but losing out to Germany, France, and Portugal who also had 2 golds but a greater haul of minor medals.

Men	Gold	Silver	Bronze	Women	Gold	Silver	Bronze
Spain	6	2	4	Ukraine	4	2	-
GB	6	2	1	Germany	2	5	2
Finland	3	-	2	France	2	2	5
Switzerland	2	-	-	Portugal	2	2	2
France	1	2	4	GB	2	-	1
Russia	1	1	2	Australia	2	-	-
Ukraine	1	1	-	Belgium	2	-	-
Poland	1	1	-	Hungary	1	-	-
Australia	1	-	-	Romania	1	-	-
8 other nations won medals				6 other nations won medals			

Britain is exceling in the older age groups compared to most other nations but lacks walkers in the 35 to 50 age range if it is to remain a leading masters nation. Standards are rising with more and more former internationals getting involved. It is becoming evident that to win a medal in many age groups the same commitment as reaching international senior standard is becoming necessary. The best performer to take part was 3 time Olympian Grzegorz Sudol from Poland in the M35 age group. He finished 6th in the IAAF world championships in Moscow last year with a 3h 41m 20s 50km. Spain in particular seems to be using masters within a two pronged development plan targeting both youth and masters to give them a top down and bottom up approach. Ukraine are having great success in creating a new club structure built around masters. All this is happening without a loss to the masters ethos that athletics is for life and open to all. Over 300 walkers took part in these championships, a number that will certainly be passed at the next indoor championships in Daegu in 2017. In a recent half marathon and 10km run being used to help kick start their masters development they had 14,000 masters taking part.

The first men's 3000 metre race of interest to GB was the M80 and M85 with RWA President Eric Horwill and James Farrar. Eric was unable to repeat his gold in the European championships last year but finished 5th while James went one better with 4th. Judging was sensible and proportionate according to the WMA protocol with older walkers clearly trying but not gaining any advantage from bent knees, getting through.



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BMAF News cont'd

From then on it was a succession of GB golds. Arthur Thomson in the M75 did his usual and saw off all opposition with Norbert Will following up in 5th place. Colin Turner followed on in the M70 with a commanding performance rewarding him for his extra hard training. In the M65 we had 5 walkers. Ian Richards took the lead from the start went on to take 6 seconds off the world record he set in the BMAF championships a few weeks earlier. John Hall followed taking silver while Roger Michell got the better of Peter Boszko in 5th and 6th places. Dave Kates finished 23rd. In the M55 race Steve Uttley and Steve Allen raced each other most of the way only for Steve Uttley to get DQ'd coming out on the final lap. Steve Allen finished a credible 12th in a tough age group but not as tough as that for Francisco Reiss in the M50. Deciding to give it a go, Francisco was unable to sustain the very fast pace and slipped back to 5th. Alan Roberts in the M45 finished 14th.

First to go for the ladies in W75 was Maureen Spelman whose race ended with the closest finish of all the walks. It took a photo finish and just 0.07 seconds to deprive her of the bronze medal. A great performance for someone at the top of her age group. Noel Blatchford lived up to her pre-race favourite tag taking the gold in the W65. Ann Wheeler, in her last year in the W55 age group, had to settle for 4th while Judy Howard took 9th with a time just 10 seconds behind training partner Noel. Last to go was Fiona Bishop in the W50 getting back into training after a break finishing with a credible 13th.

The 10km took place just 3 days later and it was a repeat performance for all the gold medallists. James Farrar and Ann Wheeler went one better both taking bronze medals, James setting a new British record. The performance of the day, however, was possibly the W50 team who took the gold despite Ann and Judy dropping down an age group to make up a team with Fiona. Ian, John and Peter won gold in the M65 easily with Ian setting a new British record. The two Steve's dropped an age group to join Francisco in the M50 and collected a team silver behind a very powerful Spanish team.

Without doubt these were a very well organised championships with little cause for complaint by the 3,852 competitors from 70 countries, the highest ever for an indoor championships. The 19 British walkers made a significant contribution to the 302 strong GB team who finished the second highest nation behind Germany in the medal table, Britain's best ever performance.





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In association with the Race Walking Association

Fixtures Calendar

For more details visit the www.racewalkingassociation.org.uk

If you want to advertise your race here please email the editors at rwr.editor@btinternet.com Or theeditors@racewalkingrecord.co.uk

Please be advised that it is the race organiser's responsibility to obtain all necessary permits and comply with relevant health and safety rules and guidelines.

DATE	CAT	DIST	AGES	EVENT	VENUE
May 2014					
2	B	var	all	South Yorkshire League 3	Millhouses Park, Sheffield
3-4	A	var	S,J	World Race Walking Cup	Taicang, China
5	A	3k	M,W	Hertfordshire Championships	Stevenage
5	B	5M/2M	M,W/U15	Pednor Open and Buckinghamshire Championships + Enfield League	Chesham
10	A	var	all	Inter-Area Match	Queen Elizabeth Stadium, Enfield
10	B	5k	all	Summer Park Run 2	Edinburgh
10	B	15M	M,W	Allen Trophy (Lancs.W.C.)	Chorley
11	B	3k	all	Graham Mann Team Handicap (Sarnia W.C.)	Amarreurs Road, Vale
13	A	3k/1k	all	Woodford Tuesday Walks	Ashton Playing Fields
13	B	5M	all	Vets'A.C.	Battersea Park
14	?	1M/2k	Vets	Eastern Vets – Essex	Chelmsford
18	B	2k	all	Sean Pender Handicap trophy (Sarnia W.C.)	Osmond Prialux
21	A?	3k	all	Essex Police Sports	Colchester
24	A	3k/1k	all	Essex T. & F. Championships	Chelmsford
24	A	35k	M,W	Northern Championships	Sheffield
24	A	3k	all	Hampshire Championships	Portsmouth
25	B	10M	all	Championship 4 (Sarnia W.C.)	Pleinmont-Lanresse
25	A	var	all	Kent Track and Field Championships	Ashford
25	A	?	all	Surrey T. & F. Championships	Kingsmeadow
31	B	5M,var	all	Moulton Open and Enfield League	Moulton
31	B	3x5k	all	Fred Pearce Trophy Relay (Lancs. W.C.)	Simister
June 2014					
1	?	3k	vets	Surrey/Sussex Vets' T. & F. Championships	Ewell Court, Surrey
4	A	?	vets	Eastern Vets' – Fenland	Cambridge
4	B	3k	all	BBHAC/Surrey W.C.	Norman Park
6	A	3k	all	Championship 5 (Sarnia W.C.)	Amarreurs Road, Val
8	A	20k	M,W	E.A.A. Permit Meeting	York
8	A	2k	Vets	S.C.V.A.C. Track and Field Championships	Lee Valley
10	A	3k/1k	all	Woodford Tuesday Walk	Ashton Playing Fields



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10	B	1k	all	South Yorkshire League 4	Woodburn Road, Sheffield
10	A	5M	all	V.A.C. road championships	Battersea Park
DATE	CAT	DIST	AGES	EVENT	VENUE
14	B	5k	all	Summer Park Run 3	Strathclyde
14	B	?	all	Jack Fitzgerald Memorial Walk (Surrey W.C.)	Tilgate Park
15	A	5k	Vets	B.M.A.F. Championships	Horwich
20	B	5k	all	Championship 6 (Sarnia W.C.)	Osmond Priaulx
20	B	var	all	South Yorkshire League 5	Millhouses Park 5
21-22	A	?	U20.U23	England Athletics Championships	Bedford
22	A	var	M,W,JM,JW	Small Nations' Match	Belgium
25	B	4M	all	Johnson Bowl (Surrey W.C.)	Blackheath Harriers H.Q.
28	A?	var	Y.A.G.	E.S.A.A. Inter-Counties	Sutton in Ashfield
28	B	5k/var	all	L.I.C.C. track walk and Enfield League	Allianz Park
28	B	10k	M,W	Barnard Trophy (Lancs.W.C.)	Sutton Macclesfield
29	A	5k	All	U.K.A. Championships	Birmingham
29	B	var	all	South West Schools and Open Championships	Yeovil
July 2014					
2	A	?	Vets	Eastern Vets' - Essex	Lee Valley
5	A	20k	M,W	SRWA 20k Championships	QE Stadium, Enfield
8	A	3k/1k	All	Woodford Tuesday Walk	Ashton Playing Field
8	?	?	Vets	SCVAC Kent	Ashford
12	B	5k	All	Summer Park Run 4	Edinburgh
13	B	3k	All	Championship * (Sarnia WC)	Osmond Priaulx
13	A	30k/ 10k	M/W	Midland & BMAF Champs/ Midland Champs	Coventry
14	?	2k	Vets	SCVAC – Herts & Middlesex	Lee Valley
15	B	Var	All	South Yorkshire League 6	Millhouses Park, Sheffield
19	A	10k	M,W	R.W.A. Championships	Hillingdon
20	B	10k	all	Championship 9 (Sarnia W.C.)	Pleinmont-Grandes Rocques
23	?	1k	all	Cambridge Harriers' Open Meeting	Sutcliffe Park
26	B	10k/3k	M,W/novice	Dunnington Fayre Walks	Dunnington



Race Walking Record

April 2014

In association with the Race Walking Association

VETERANS ATHLETIC CLUB

THE JACK FITZGERALD MEMORIAL WALKS

ENTRY FORM

SATURDAY 14 JUNE 2014

TILGATE PARK, CRAWLEY

present

THE JACK FITZGERALD MEMORIAL WALKS

(open event in aid of Help for Heroes)

APPROX. 3 MILES AND 6 MILES

SATURDAY 14 JUNE 2014

TILGATE PARK, CRAWLEY RH10 5EU

(Changing and showers by kind permission of Tilgate Forest Golf Centre RH10 5EU)

START: 1.00 P.M.

Judging based on no loss of contact with ground (Category 'B')

No pets, MP3 players or similar, walking aids such as sticks etc

Entry fees

Seniors/juniors/3 miles £5
Seniors/juniors/6 miles £5

Entries in advance preferred

Mail to:

David Hoben
215 Tumpike Link
Croydon
CR0 5NW

Additional information:

David Hoben 07507 158605
walks@vetsac.org.uk

cheques made payable to Help for Heroes

Name:

Address:

Postcode

Club

Date of Birth

Phone (for text confirmation of entry)

or

E-mail (for confirmation of entry)

Distance 3 miles (yes/no)

or 6 miles (yes/no)

I hereby declare that I am an amateur as defined by the BAF. I will not hold the organisers liable for any injuries, illness or loss of property during or as a result of this event.

I further declare that I am medically fit to take part, and all of the information is correct to the best of my knowledge.

Parents/Guardians regarding Juniors. I give permission for my son/daughter to take part in this event, and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed:.....; Date:.....

Entry fees

Seniors/juniors/3 miles £5
Seniors/juniors/6 miles £5

cheques made payable to Help for Heroes

Larger version can be printed directly from RWR website.



Race Walking Record

April 2014

In association with the Race Walking Association

Result Sheet

Race:		Sarnia Walking Club Channel Island Ceramics Eric Waldron Trophy	Location:	Osmond Priaulx, Guernsey	
Distance:		2 miles track	Date:	April 11 th 2014	
Gender	Position	Athlete	Club	Time (Minutes: Seconds)	
M	1	Stuart Le Noury	Sarnia Walking Club	15.45	
M55	2	Kevin Le Noury	Sarnia Walking Club	21.22	
M55	3	Peter Beckerleg	Sarnia Walking Club	21.40	
M65	4	Dave Dorey	Sarnia Walking Club	22.06	
M70	5	Mick Le Sauvage	Sarnia Walking Club	22.06	
W50	6	Jayne Le Noury	Sarnia Walking Club	23.38	
W65	7	Rita Herridge	Unattached	24.11	
W45	8	Kay Coulson	Sarnia Walking Club	26.00	

Race:		2 nd South Yorkshire League	Location:	Millhouses Park, Sheffield	
Distance:		Varied	Date:	8 April 2014	
Gender	Position	Athlete	Club	Distance	Time (Minutes: Seconds)
U13G	1	Ella Sharkey	City of Sheffield	2km	12.52
U15G	2	Alana Zeidler	City of Sheffield	3km	16.20
Sen m	3	Simon Pugh	Rotherham Harriers	2km	12.10
U13G	4	Molly Meleady-Hanley	City of Sheffield	2km	12.36
Sen M	5	Peter Bilson	City of Sheffield	1km	8.25



Race Walking Record

April 2014

In association with the Race Walking Association

Race:		Hewitt Cup	Location:	Humberstone Park, Leicester	
Distance:		2km.	Date:	8.4.14	
Gender	Position	Athlete	Club	Time (Minutes: Seconds)	
F	1	Laura Achurch	Leysland H.S., Leics	12:21	
F	2	Hollie Maddison	Blaby Stokes Primary, Leics	14:40	
F	3	Rhea Harris	Blaby Stokes Primary, Leics	15:20	
F	4	Ellie Preston	Blaby Stokes Primary, Leics	15:27	
F	5	Lyla Bryan	Blaby Stokes Primary, Leics	15:56	
M	1	Marty Ross	Blaby Stokes Primary, Leics	13:20	
M	2	Jake Fish	Blaby Stokes Primary, Leics	14:06	
M	3	Mutende Lupunga	Blaby Stokes Primary, Leics	14:48	
M	4	Jack Harrison	Blaby Stokes Primary, Leics	20:26	

Race:		National 20km champs & YAG		Location:	Sheffield: Forge Valley Cycle Track	
Distance:		Various		Date:	5 th April 2014	
Gender/ Age	Position	Athlete	Club	Time (Minutes: Seconds)		
2km						
U13 F	1	Kara Lane	Birchfield Harriers	11.24		
U13 F	2	Lucy Ward	Cambridge Harriers	11.49		
U13 F	3	Jessica Finney	Birchfield Harriers	11.54		
U13 F	4	Molly Hanley	City of Sheffield AC	12.12		
U13 F	5	Ella Sharkey	City of Sheffield AC	13.15		
U13 F	6	Leah Goddard	Northern AC	13.57		
U13 F	7	Anya K Adams	Old Park School	14.27		
U13 M	1	George Wilkinson	Enfield AC	14.02.22		
U13 M	2	Archie Walter	Manx Harriers	15.54		
3km						
U15 F	1	Eve Butcher	Cambridge Harriers	16.30		
U15 F	2	Alana Zeidler	City of Sheffield AC	16.41		
U15 F	3	Megan S Thomas	Swansea Harriers	17.19		
U15 M	1	Benjamin Allen	Leicester WC	17.41		
5km						
U17 F	1	Sophie Louise Ward	Cambridge Harriers	25.53		
U17 F	2	Heather Butcher	Cambridge Harriers	28.19		
U17 F	3	Indigo Burgin	Cambridge Harriers	31.44		
U17M	1	Tim Snook	Aldershot & Farnham AC	26.12		
U17M	2	Tom Partington	Manx Harriers	26.17		
U17M	3	Colin Zack	Aldershot & Farnham AC	31.15		
10km						
U20 F	1	Ellie Dooley	Leeds City AC	50.50		
U20 F	2	Emma Achurch	Leicester WC	51.04		
U20 F	3	Jasmine Nicholls	Leicester WC	56.02		
U20 F	4	Rebecca Greatbach	Manx Harriers	63.51		
U20 F	5	Danielle Oates	Manx Harriers	65.52		



Race Walking Record

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U20 M	1	Callum Wilkinson	Enfield AC	47.02
20km				
SM	1	Ben Wears	Redcar RWC	93.33
SM	2	Fabian Bernabe	Spain	95.34
SM	3	Richard Gerrard	IOM Vets	108.11
SM	4	Adam Cowin	Manx Harriers	109.38
SM	5	Francisco Reis	Ilford AC	109.43
SM	6	Steve Allen	Barnet AC	114.50
SM	7	Steve Uttley	Ilford AC	115.11
SM	8	Dale Farquahar	Manx Harriers	117.55
SM	9	Chris Hobbs	Ashford AC	119.15
SM	10	Malcolm Martin	Surrey WC	122.20
SM	11	Chris Berwick	Leicester WC	129.09
SM	12	Paul King	Belgrave Harriers	133.21
SM	13	Shaun Lightman	Surrey WC	134.56
SM	14	Chris Flint	Surrey WC	137.11
SM	15	Shaun Pender	Enfield AC	138.28
SM	16	Peter Hannell	Surrey WC	139.10
SW	1	Michelle Turner	Northern AC	110.37
SW	2	Alana Barber	Hyde Park Harriers	115.21
SW	3	Sandra Brown	Surrey WC	119.36
SW	4	Angela Martin	Surrey WC	142.34
SW	5	Sandra Campbell	Surrey WC	158.30

Teams

U13 F: 1st Birchfield, 2nd City of Sheffield

U17 F: 1st Cambridge Harriers

U17 M: 1st Aldershot & Farnham AC

U20 F: 1st Leicester WC

Seniors: 1st Surrey WC



Race Walking Record

April 2014

In association with the Race Walking Association

Race:		British Masters Indoor Championships	Location:	Lee Valley
Distance:		3km track	Date:	9.3.14
Gender	Position	Athlete	Club	Time (Minutes: Seconds)
Male 50-54				
M	1	Francisco Reiss	Southern Counties VAC	14m 13.39
	2	Steve Kemp	Eastern VAC	18m 12.30
Male 55-59				
M	1	Malcolm Martin	Southern Counties VAC	15m 47.55
Male 60-69				
M	1	Peter Boszko	Midlands MAC	16m 25.84
Male 65-69				
M	1	Ian Richards	VAC	14m 29.60 World record
M	2	John Hall	VAC	15m 33.33
M	3	Roger Michell	Midlands MAC	16m 35.17
Male 70-74				
M	1	Peter Hannell	VAC	18m 09.46
Male 75-79				
M	1	Dave Stevens	VAC	21m 00.48
Male 80-84				
M	1	David Sutcliffe	Eastern VAC	22m 29.55
	2	Ken Livermore	VAC	23m 52.61
Male 85-89				
M	1	James Farrar	Northern VAC	26m 26.93
Female 45-49				
F	1	Angela Martin	Southern Counties VAC	18m 33.29
F	2	Sandra Campbell	VAC	21m 56.71
Female 50-54				
F	1	Fiona Bishop	VAC	20m 24.62
	2	Pamela Abbott	Eastern VAC	20m 38.09
Female 55-59				
F	1	Cath Duhig	Eastern VAC	18m 57.16
Female 65-69				
F	1	Noel Blatchford	Southern Counties VAC	18m 14.90



Race Walking Record

April 2014

In association with the Race Walking Association

Race:		Masters World Indoor Championships	Location:	Budapest	
Distance:		3km track	Date:	26.3.14	
Gender	Position	Athlete	Club	Time (Minutes: Seconds)	
Male 45-49					
M	14	Alan Roberts	GBR	18m 32.36	
Male 50-54					
M	5	Francisco Reiss	GBR	14m 01.63	
Male 55-59					
M	12	Steve Allen	GBR	15m 52.30	
M	DQ	Steve Uttley	GBR		
Male 65-69					
M	1	Ian Richards	GBR	14m 23.08 World record	
M	2	John Hall	GBR	15m 34.16	
M	5	Roger Michell	GBR	16m 16.04	
M	6	Peter Boszko	GBR	16m 19.44	
M	23	Dave Kates	GBR	19m 03.23	
Male 70-74					
M	1	Colin Turner	GBR	16m 23.39	
Male 75-79					
M	1	Arthur Thomson	GBR	17m 09.39	
M	7	Norbert Will	GBR	20m 10.36	
Male 80-84					
M	5	Eric Horwill	GBR	23m 34.94	
Male 85-89					
M	4	James Farrar	GBR	25m 09.14	
Female 50-54					
F	13	Fiona Bishop	GBR	20m 04.25	
Female 55-59					
F	4	Ann Wheeler	GBR	16m 52.67	
F	9	Judy Howard	GBR	18m 31.23	
Female 65-69					
F	1	Noel Blatchford	GBR	18m 21.24	
Female 75-79					
F	4	Maureen Spelman	GBR	22m 38.54	



Race Walking Record

April 2014

In association with the Race Walking Association

Race:		Masters World Indoor Championships	Location:	Budapest	
Distance:		10km track	Date:	29.3.14	
Gender	Position	Athlete	Club	Time (Minutes: Seconds)	
Male 50-54					
M	4	Francisco Reiss	GBR	49m 47.10	
Male 55-59					
M	7	Steve Uttley	GBR	54m 12.60	
M	9	Steve Allen	GBR	54m 45.50	
Male 65-69					
M	1	Ian Richards	GBR	52m 02.08 British record	
M	2	John Hall	GBR	55m 09.80	
M	5	Peter Boszko	GBR	57m 52.80	
M	6	Roger Michell	GBR	62m 02.70	
M	23	Dave Kates	GBR	65m 47.33	
Male 70-74					
M	1	Colin Turner	GBR	58m 23.30	
Male 75-79					
M	1	Arthur Thomson	GBR	60m 32.50	
M	9	Norbert Will	GBR	72m 43.50	
Male 80-84					
M	4	Eric Horwill	GBR	82m 02.80 British record	
Male 85-89					
M	3	James Farrar	GBR	87m 29.80 British record	
Female 50-54					
F	13	Fiona Bishop	GBR	69m 11.30	
Female 55-59					
F	3	Ann Wheeler	GBR	61m 21.60	
F	11	Judy Howard	GBR	66m 45.60	
Female 65-69					
F	1	Noel Blatchford	GBR	64m 02.80	
TEAMS					
Male 55-59					
M	2	Reis, Uttley, Allen	GBR	2h 38.45	
Male 65-69					
M	1	Richards, Hall, Boszko	GBR	2h 45.05	
Male 70-74					
M	2	Turner, Thomson, Will	GBR	3h 11.39	
Female 50-54					
F	1	Wheeler, Howard, Bishop	GBR	3h 17.18	



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In association with the Race Walking Association

Photos by M Easton of National 20km and YAG

U13 start



U17 start



20km & 10km start





Race Walking Record

April 2014

In association with the Race Walking Association

The attack of the killer gazebo



.... And finally

Thank you for taking the time to read this issue. If you want to include any information, results, fixtures or letters please send them to us by 20th of the month for inclusion in the next month's issue.

Remember 20th May will be the date for submission of information to be included in the next issue. After that the next submission date will be 20th July.

Remember to regularly check the website for new articles and adverts. The next issue will be available from 5th June and the following one from 5th August.

www.racewalkingrecord.co.uk

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Thank you

Peter and Catharine