



Race Walking Record

July 2016



Callum Wilkinson
World U20 Champion 2016



The Great Run Company to Manage Marathon and Walks at London 2017

London 2017 has announced that the non-track events at the IAAF World Championships will be managed by The Great Run Company following an open tender process carried out using standard UKA procurement protocols.

The events include the men's and women's marathons and the 50k and 20k walks.

The Great Run Company specialise in the development, design, organisation and rights management of mass participation sporting events including the world's biggest half marathon, the Great North Run.

Chief Executive of the Great Run Company, Mark Hollinshead said, "This appointment is testament to the experience and expertise of our team and we look forward to contributing to what will be a tremendous World Championships."

The championship events, with their circular routes, will give the public a wonderful opportunity, free of charge, to see elite athletes pass them several times from a single vantage point.

Cherry Alexander, Managing Director of London 2017, said "We are delighted to have one of the UK's premier race management companies on board. Their skills and expertise from organising the Great North Run and the extensive Great Run series of events will ensure the spectators enjoy an amazing experience on the streets of London during the two weekends of the championships."

The Men's and Women's Marathon will take place on Sunday 6th August from 1055, with the 20k and 50k walk events taking place a week later, on the Mall from 0800 on Sunday 13 August. The exact routes, along with the start and finish locations, will be announced later this year.

London 2017 will be the first time that both the World ParaAthletics Championships and the IAAF World Championships are held in the same city in the same summer. The World ParaAthletics Championships takes place from 14 – 23 July with the IAAF World Championships London 2017 following from 4 – 13 August 2017, both at the Queen Elizabeth Olympic Park.

As well as organising the off road events, TV coverage of the championships will be provided by The Great Run Company's TV production company FilmNova, working with Sunset+Vine, who were announced earlier this year as the host broadcaster for the IAAF World Championships. (Source: British Athletics website)

Three Races in One Day!

I have been asked to comment on the decision to hold three races in a day in the 2017 World Championships.

The World championships are not the Olympics and do not have their pulling power. The London Olympics had five events finishing in the same place and they had three weekends of closure in the Mall.

We looked at several courses in Hyde Park and they were not suitable to hold a World Championship event. The Mall is not available on 5th and 6th August. The only available date is the 13th August and the LOC have agreed to hold three events in one day.

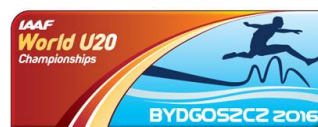
As for doubling up, not many walkers have doubled up and usually they use the 20km as a warm up rather than an attempt to win a medal. The IAAF walking committee, which includes four Olympic medallists, voted in favour of three walks in one day.

I think the 2017 walking Championship will be a great success.

Peter Marlow

PS The European Cup of Race Walking has five events in one day.

International



Wilkinson achieves Golden goal in Bydgoszcz

U20 Men's 10,000m (23rd Jul.): The IAAF World U20 Championships had already thrown up its fair share of surprises and on the fifth morning of the action in Bydgoszcz, that trend continued.

Great Britain and Northern Ireland claimed its first medal of the week as Callum Wilkinson (coach: Mick Graham) earned gold the hard way – from the front – and when he crossed the line in a huge personal best of 40:41.62, no one seemed as shocked with the result as the athlete himself.

His winning time was the fastest in the world by an U20 athlete this year and carved almost a minute off his personal best, moving him to number two on the all-time British senior list.

Wilkinson led home Ecuador's Jhonatan Amores, who finished a close second in a personal best of 40:43.33, and Turkey's Salih Korkmaz, who was third in a national U20 record of 40:45.53.

Korkmaz cut out much of the early pace, taking the field through the first 1000m in a conservative 4:17.16. Only when Wilkinson hit the front in the fourth kilometre, however, did the pace ratchet up to a decent tempo, the Briton taking them through 5000m in 21:11.75.

Wilkinson steadily turned the screw on his competitors from the front over the latter half of the race, reeling off sub-four-minute kilometres until he had just two athletes for company, Amores and Korkmaz. His penultimate kilometre was covered in 3:53.56, his final one in a blazing 3:44.51, a turn of pace his two remaining rivals had no answer to.



"Every lap of the track made me more and more confident," said Wilkinson, who covered the second half in 19:29.87. "I can't believe I did it. I knew I could, but I can't believe it. I'm just in shock. It's everything I wanted this year." (Source: IAAF website)

Posn	Athlete	Nation	Perf	Notes
1	Callum Wilkinson	GBR	40:41.62	WL NR
2	Jhonatan Amores	ECU	40:43.33	PB
3	Salih Korkmaz	TUR	40:45.53	NR
4	Yohanis Algaw	ETH	40:55.96	AR
5	Guowen Zhu	CHN	41:01.33	
6	Liga Bai	CHN	41:06.14	
7	Noel Ali Chama	MEX	41:29.28	
8	Leo Kopp	GER	41:33.10	PB
9	Masatora Kawano	JPN	41:42.48	
10	Manuel Bermudez	ESP	41:52.09	
24	Cameron Corbishley	GBR	43:06.91	



Impressive fourth for Lewis Ward

U18 Women's 5000m (14th Jul.): Sophie Lewis Ward (coach: Noel Carmody) set a huge personal best on her way to a fourth place finish on her international debut at the inaugural European Youth Championships in Tbilisi, Georgia.

In scorching conditions, the Cambridge Harrier stuck with the relentless pace of the leading group eventually crossing the line in 23:37.55 – a 47 second lifetime best for the 17-year-old. Despite a strong race, Lewis Ward was left disappointed finishing outside the medals.



Lewis Ward said: "I'm bit gutted it wasn't top three but I guess that's the way it goes. That's the most painful 5km I've ever done, the heat was horrible and it's not even at its hottest. The girls in front train in some of the hottest countries (Spain and Turkey) so they're probably a little more used to those sort of conditions."

Despite the initial frustration, she has taken encouragement from her first international appearance and Tom Bosworth, who recently secured his place on Team GB for the Olympic Games in Rio this summer.

"It's give me more motivation to come back and get a top three. It's my first time in a British vest and it's been a really exciting experience.

"Tom (Bosworth) is lovely and I speak to him quite a lot when I see him and he's a true character. British race walkers don't have the best track record for making Olympic Games, but if he can do it we can too." (Source: British Athletics website)

Posn	Athlete	Nation	Perf	Notes
1	Maryem Bekmez	 TUR	22:50.22	WL PB
2	Ayse Tekdal	 TUR	22:58.17	PB
3	Marina Pena	 ESP	23:05.90	PB
4	Sophie Lewis Ward	 GBR	23:37.55	NR
5	Julia Richter	 GER	23:50.79	PB
6	Ines Reis	 POR	23:58.55	PB
7	Kiriaki Filtisakou	 GRE	24:21.57	
8	Andra Elena Botez	 ROM	24:35.80	
9	Angelica Mirabello	 ITA	24:40.39	
10	Orla O'Connor	 IRE	24:57.33	
11	Austeja Kavaliauskaite	 LTU	25:01.26	
12	Zuzanna Drygalska	 POL	25:08.31	
13	Alessia Mastronicola	 ITA	25:11.19	
14	Anita Chamosa	 ESP	25:31.20	
15	Niamh O'Connor	 IRE	25:34.61	
16	Ema Hacundova	 SLO	25:56.01	PB

Schools International, Ashford (Sat. 16th Jul.)

Bright blue skies and sweltering heat gave a stunning backdrop for the 2016 edition of the SIAB Track and Field International - returning to Ashford once again four years since Kent Schools' AA hosted the event on behalf of the English Schools' AA. The 3000m walk was held as a combined race with only Scotland not represented.

Chris Snook and Ana Garcia both took the lead in their respective races from the gun and were never headed, both coming home to score maximum points for the England Team.





Silver and bronze went to Irish athletes in the boys' race whilst in the girls race it was silver for Ireland and bronze to Megan Stratton-Thomas of Wales in a significant personal best.

Under 17 Men's 3000m

Posn	Athlete	Nation	Perf
1	Christopher Snook	 ENG	13:42.85
2	Andrew Carroll	 IRE	14:19.69
3	Oisín Lane	 IRE	14:51.01
4	Marshall Smith	 ENG	16:00.28
	Jordan Price	 WAL	DQ



Under 17 Women's 3000m

Posn	Athlete	Nation	Perf
1	Ana Garcia	 ENG	14:44.96
2	Sarah Glennon	 IRE	14:56.45
3	Megan Stratton-Thomas	 WAL	15:20.38
4	Evie Butcher	 ENG	16:34.41
5	Anna Burke	 IRE	17:05.21
6	Amy Phipps	 WAL	17:18.23



National

Race Walking Association Inter-Area Match Tamworth Sports Stadium (Sat. 2nd Jul.)

Callum Wilkinson warmed up for the World Under 20 Championships by clocking the fastest ever British 5000m track walk of 19:35.4, **reports Ian Richards**. He bettered the mark he set in the British Championships in Birmingham just six days earlier by almost 20 seconds. It was also faster than his indoor record of 19:39.69 set in Bratislava in January.

Wilkinson who was fourth in the IAAF World Race Walking Team Championships in Rome, set a junior world lead mark and on this form will have a realistic chance of a medal on Poland. This performance also moves him to sixth on the UK all-time senior lists.

Behind him training partner and winner of the 10,000m in Bedford Cameron Corbishley set a personal best of 20:34.9 to go fourth all-time amongst British juniors.

Wilkinson and Corbishley passed the first kilometre in 3:58 before Wilkinson began pulling away and they passed 3000m in 11:52 and 12:17 respectively.

Wilkinson said "I was not expecting that today as this was a training session as we did 5km warm up and then a set of reps after the race, but this sets me up brilliantly for the World Juniors when I hope to improve on my fourth place in Rome."

These two performances helped the South to a victory with 81 points ahead of the North (49) and the Midlands (34).

The Under-17 men's 5000m saw victory for Chris Snook of the South in 23:04.9 while the senior men's race witnessed Mark Williams take the Midlands' only victory of the day in 24:04.0, ahead of the South's M55 champion Francisco Reis (24:18.3).

The senior women's 5000m was won by Australian Brianna Mulveen, who was representing the South in 24:51.2 ahead of Northern trio of Ester Montaner (25:30.1), Erika Kelly who clocked a personal best of 25:41.3 and Hannah Hunter (26:46.0).

Ana Garcia of the North was disqualified in the Under-20 5000, whilst her Northern compatriot Pagen Spooner took victory in the Under-17 race in 28:09.1.

Stephen Waddington of the North took victory in the Under-15 boys 3000m in 16:17.2.

Lucy Lewis Ward of the South took a commanding victory in the Under-15 girls 3000m in 15:56.1, while there was a Southern double in the Under 13 2000m as Alex Macheath took the boys race in 10:11.9 and Izzy Elliott won the girls race in 12:10.9.

Senior Women's 5000m

Posn	Athlete	Club	Perf
1	Brianna Mulveen	Herne Hill Harriers/South	24:51.2
2	Ester Montaner	Hyde Park Harriers/North	25:30.1
3	Erika Kelly	Manx Harriers/North	25:41.3
4	Hannah Hunter	Manx Harriers/North	26:46.0
5	Penelope Cummings (W35)	Aldershot F & D AC/South	29:20.2
6	Ann Wheeler (W60)	Leicester WC/Midlands	29:58.0
7	Julie Bellfield (W45)	Halesowen AC/Midlands	30:58.7



U17 Women's 5000m

Posn	Athlete	Club	Perf
1	Pagen Spooner	Wetherby Runners/North	28:09.1
2	Abigail Jennings	Aldershot F & D AC/South	28:56.2
	Katie Elliott	Aldershot F & D AC/South	DQ

U13 Boys 2000m

Posn	Athlete	Club	Perf
1	Alex Macheath	Cambridge Harriers/South	10:11.9
2	Kai Cundey	C of Sheffield & Dearne/North	12:17.0
3	Kyle Smith	Dudley & Stourbridge/Midlands	13:53.7
4	Jamie Crook	Dudley & Stourbridge/Midlands	15:44.7

U13 Girls 2000m

Posn	Athlete	Club	Perf
1	Izzy Elliott	Aldershot F & D AC/South	12:10.9
2	Lucy Walker	Greenhill School/North	12:42.0
3	Lara MacColl	C of Sheffield & Dearne/North	12:42.3
4	Charlotte Wallis	Aldershot F & D AC/South	12:47.4
5	Katie Haynes	Dudley & Stourbridge/Midlands	14:03.3

U15 Boys 3000m

Posn	Athlete	Club	Perf
1	Stephen Waddington	Manx Harriers/North	16:17.2
2	Hisham Alkhamesi	Nuneaton Hs/Midlands	17:00.2
3	Faris Alkhamesi (U13B)	Nuneaton Hs/Midlands	18:22.8
4	George Wilkinson	Enfield & Haringey/South	18:41.6
5	Nichols Hart	Aldershot F & D AC/South	19:08.8
	Jack Childs	Medway & Maidstone/South	DQ



U15 Girls 3000m

Posn	Athlete	Club	Perf
1	Lucy Lewis Ward	Cambridge Harriers/South	15:56.1
2	Isabelle Bridge	Blackheath & Bromley/South	17:12.3
3	Alice Bellando	Manx Harriers/North	17:17.1
4	Beatrice Fury	Medway & Maidstone/South	18:13.1
5	Molly Meleady-Hanley	C of Sheffield & Dearne/North	18:32.0

Senior Men's 5000m

Posn	Athlete	Club	Perf
1	Mark Williams (M50)	Tamworth AC/Midlands	24:04.0
2	Francisco Reis (M55)	Southern Counties Vets/South	24:18.3
3	Jonathan Hobbs	Ashford Athletic Club/South	25:10.8
4	Jock Waddington (M50)	Manx Harriers/North	25:45.7
5	Dwane Butterly (M50)	Leicester WC/North	26:57.1
6	Steve Allen (M60)	Barnet & District AC/South	27:23.1
7	Roger Michell (M65)	Surrey Walking Club/Midlands	30:09.1
	Adam Cowin	Manx Harriers/North	DQ
	Colin Vesty (M50)	Leicester WC/Midlands	DQ

U20 Men's 5000m

Posn	Athlete	Club	Perf
1	Callum Wilkinson	Enfield & Haringey/South	19:35.4
2	Cameron Corbishley	Medway & Maidstone/South	20:34.9
3	Luc Legon	Bexley Athletic Club/South	27:11.2

U17 Men's 5000m

Posn	Athlete	Club	Perf
1	Chris Snook	Aldershot F & D AC/South	23:04.9
2	Ben Allen	Leicester WC/Midlands	26:24.3
3	Ollie Hopkins	Lewes Athletic Club/South	28:59.0

Match Result

Posn	Area	Points
1	South	82
2	North	49
3	Midlands	34

**Mixed U11 Development Race – 1000m**

Posn	Athlete	Club	Perf
1	Eddie Purser	Australia Schools	5:08.4
2	Luca Cundey	Yorkshire Schools	5:08.7
3	Megan Packett	AFD/Surrey Schools	6:01.8
4	Scott Butterly	Derbyshire Schools	7:21.3
5	Kasey Barnes	Nottinghamshire Schools	7:23.1

UK CAU & England Athletics Senior Championships
Bedford International Stadium (Sun. 31st Jul.)

The race walks opened the track programme on the Sunday of this two-day championship and the ladies were up first.

The race was dominated by the Welsh duo of Bethan Davies and Heather Lewis who set off at a cracking pace stringing the field out behind them. Tatyana Gabellone made significant inroads on the leading pair in the latter part of the race but was unable to bridge the gap.

In the men's race the lead was taken up by Cameron Corbishley, tracked by Dan King and Chris Snook. By mid-race Corbishley was out on his own and crossed the line in 12:16, but was disqualified following the issuing of a third red card, thus leaving King to take the race win ahead of U17 Chris Snook.

Following the race Mark Williams, Dwane Butterly and Steve Allen travelled onto Birmingham to race in the British Masters 10,000 championships.

**Women's 3000m**

Posn	Athlete	Club	Perf.
1	Bethan Davies	Cardiff AAC	13:10.0
2	Heather Lewis (U23W)	Pembrokeshire Harriers	13:21.5
3	Tatyana Gabellone	Italy	13:28.9
4	Gemma Bridge	Oxford City AC	13:45.0
5	Emma Achurch (U20W)	Leicester Walking Cub	13:58.7
6	Brianna Mulvey	Herne Hill Harriers	14:12.0
7	Ester Montaner-Novellon	Hyde Park Harriers	15:14.2
8	Natalie Myers	C of Sheffield & Dearne AC	15:25.5
	Abigail Jennings (U17W)	Aldershot Farnham & Dist	DNF

Men's 3000m

Posn	Athlete	Club	Perf.
1	Daniel King	Colchester Harriers	12:46.56
2	Chris Snook (U17M)	Aldershot Farnham & Dist	13:36.70
3	Mark Williams (M50)	Tamworth Athletic Club	14:08.51
4	Jonathan Hobbs	Ashford Athletic Club	14:28.79
5	Dwane Butterly	Leicester Walking Club	15:51.42
6	Steve Allen (M60)	Barnet & District AC	17:29.61
	Cameron Corbishley (U20M)	Medway & Maidstone AC	DQ

Domestic
Blackheath & Bromley/Surrey Walking Club Johnson Bowl 4 Miles incorp. Gazette Cup, Norman Park (Wed. 29th Jun.)

The annual Blackheath & Bromley (BBHAC) Johnson Bowl 4 miles against Surrey Walking Club (SWC) included SWC's own Gazette Cup was held in Norman Park, Bromley with the intermittent heavy showers holding off for the race **reports Peter Hannell**.

A London Athletics Network 10km run also in the park threatened to damage the event but as it happened there was no difficulty and meant that both races had more supporters and casual spectators. Seven out for the main race was poor.

The senior race saw a switch in BBHAC winners of the Bowl as Shaun Lightman overtook with a significant change of pace after the first of the five laps and pulled away from holder Roger Michell. Both were several minutes behind the SWC Gazette Cup winner David Crane who unsurprisingly was a little down on his excellent results in major events but still was up on his normal time for this race.

Probably more important were the enthusiasm and speed of the youngsters with the winner, Jack Childs from Medway & Maidstone and BBHAC's Isabelle Bridge scoring personal bests. Isabelle's time was especially impressive especially with the big event at Tamworth only a few days away.

Mixed 4 Miles (No Judges)

Posn	Athlete	Club	Perf
1	David Crane (M35)	Surrey Walking Club	33:50
2	Shaun Lightman (M70)	Surrey Walking Club	37:18
3	Roger Michell (M65)	Surrey Walking Club	38:30
4	Dan Maskell (M65)	Surrey Walking Club	41:26
5	Peter Hannell (M70)	Surrey Walking Club	42:28
6	Steve Hollingdale (M65)	Blackheath & Bromley HAC	44:18
7	David Hoben (M60)	Surrey Walking Club	46:39

Mixed 2km (No Judges)

Posn	Athlete	Club	Perf
1	Jack Childs (U15B)	Medway & Maidstone AC	10:28
2	Isabelle Bridge (U15G)	Blackheath & Bromley HAC	11:17
3	Jules Williams (W45)	Croydon Harriers	13.09
4	Abigail Smith (U13G)	Blackheath & Bromley HAC	13:54

Barnard Trophy 10km, Macclesfield (Sat. 2nd Jul)

We were delighted to have Tetyana Kryvokhyzha from the Ukraine walking as a guest in this race **reports Roy Gunnnett**. She is a World Masters Champion. Tetyana's daughter Olena Walker also came along to spectate. Olena has done a 4hrs 36mins for 50k which was 3rd best in the world at the time she set it. Olena recently had a baby and has not yet returned to racing.

The 10km race was held over the usual hilly three lap course comprising two large laps and one small. The weather was mild (15°) and overcast with the rain (apart from a few spots) holding off until the finish of the race. Adrian Edwards won the scratch race and Sailash Shah the handicap.

Mixed 10km (B)

Posn	Athlete	Club	Perf
1	Adrian Edwards (M50)	Lancashire Walking Club	58:42
2	Tetyana Kryvokhyzha (W60)	Ukraine	59:51
3	Sailash Shah (M50)	Lancashire Walking Club	59:51
4	Tony Malone (M60)	Lancashire Walking Club	60:44
5	Dan Maskell (M65)	Surrey Walking Club	63:46
6	Roy Gunnnett (M65)	Lancashire Walking Club	64:25
7	Ian Hilditch (M75)	Lancashire Walking Club	67:20
8	Stuart Edgar (M45)	Dudley & Stourbridge Hs	67:25
9	John Crahan (M60)	Lancashire Walking Club	67:31
10	Joe Hardy (M70)	Lancashire Walking Club	67:36
11	Pat Evans (W60)	Lancashire Walking Club	68:03
12	Alf Short (M70)	Lancashire Walking Club	68:51
13	John Payn (M80)	Lancashire Walking Club	77:22

Sarnia Walking Club One Hour Track Walk, Osmond Prialux, Footes Lane (Sun. 3rd Jul.)

Stuart Le Noury completed the furthest distance in the Sarnia Walking Clubs one-hour track walk held in drizzly conditions at Footes Lane, when he walked 11,163 metres in the allowed time **reports Rob Elliott**. Leading lady was visiting walker Hilary Mann from Sparkhill Harriers who set an all comers record for her age group with 8,842 metres, finishing just ahead of local walker Kevin Le Noury.

Marie Macdonald and Mick Le Sauvage both added a small distance to their age best distances set last year.

Mixed 1 Hour (B)

Posn	Athlete	Club	Dist.
1	Stuart Le Noury	Sarnia Walking Club	11,163
2	Phil Lockwood (M40)	Sarnia Walking Club	9,387
3	Hilary Mann (W50)	Sparkhill Harriers	8,842
4	Kevin Le Noury (M55)	Sarnia Walking Club	8,831
5	Marie Macdonald (W40)	Sarnia Walking Club	8,597
6	Mick Le Sauvage (M75)	Sarnia Walking Club	8,563
7	Peter Beckerleg (M55)	Sarnia Walking Club	8,197
8	Kay Coulson (W45)	Sarnia Walking Club	7,522

Sarnia Walking Club Heritage Group Championships #8 Osmond Prialux, Footes Lane (Fri. 9th Jul.)

Olga Sinkevica and Kay Coulson both claimed new personal best times in the Heritage Championships over 2000 metres held in warm evening conditions **reports Rob Elliott**. Olga had the challenge of the 5th placed man Kevin Le Noury for most of the race before pulling away on the last lap to finish in 12:54. Another good race from Kay Coulson resulted in a 21 seconds personal best time of 13:25.

Third placed woman was Jayne Le Noury who still has a slight lead in the accompanying handicapped section of the championships. Kays recent form bringing her into second place with two races remaining.

Leading man Jason Le Noury finished a few strides short of his personal best time but had a convincing win over brother Stuart who only managed to hold on to his younger brother for half of the race. His winning time was 9:04.

Rob Elliott took third place in just over 11 minutes, ahead of Phil Lockwood whose fast start came to nothing as he slowed down over the closing laps to finish in 11:59.

Peter Beckerleg in his 101st race finished only eight seconds behind Kevin Le Noury. Mick Le Sauvage finishing just behind Kay Coulson.

Mixed 2000m (B)

Posn	Athlete	Club	Perf.
1	Jason Le Noury	Sarnia Walking Club	9:04
2	Stuart Le Noury	Sarnia Walking Club	9:48
3	Rob Elliott (M55)	Sarnia Walking Club	11:03
4	Phil Lockwood (M40)	Sarnia Walking Club	11:59
5	Olga Sinkevica	Sarnia Walking Club	12:54
6	Kevin Le Noury (M55)	Sarnia Walking Club	13:02
7	Peter Beckerleg (M55)	Sarnia Walking Club	13:10
8	Kay Coulson (W45)	Sarnia Walking Club	13:25
9	Mick Le Sauvage (M75)	Sarnia Walking Club	13:27
10	Jayne Le Noury (W55)	Sarnia Walking Club	14:26

Jack Fitzgerald Memorial Walks, Tilgate Park, Crawley (Sat. 9th Jul.)

Veterans AC were pleased to host the fourth running of this event on a lakeside course once used as the test bed for Britain's water speed record around popular beauty spot Campbell's lake with summer temperatures mitigated by some cloud cover and a strong breeze, **reports David Hoben**.

Times were largely a little down on the previous year, however in the headline 10.325km event overall and men's winner Malcolm Martin from Surrey Walking Club (SWC) maintained his position from the previous two years but with a considerable lead over nearest SWC club rival Dan Maskell.

VAC were pleased to welcome a very in-form Kay Coulson from Guernsey's Sarnia Walking Club who had flown in for the day especially for this event and who appeared to have had the best personal performance, despite having raced in a local track event only the night before.

Andrea Ingram from Lewes AC again showed her potential winning the 5.9km accompanying race which would have also given her a good 5km time, as she had also had a ladies' win at VAC's Gravesend race some months earlier, and club mate Jo Buckley did really well in the 3km on her first attempt at competitive walking with a respectable time which would have not have been out of place in a county championship.

The 3km walkers were led home by the ever improving Ollie Hopkins from Lewes AC who added to his string of wins, just marginally ahead of Jack Childs from Medway & Maidstone.

The race was held to raise funds for Help for Heroes, as a tribute to RAF fighter pilot Jack Fitzgerald.

Mixed 10,325km (B)

Posn	Athlete	Club	Dist.
1	Malcolm Martin (M60)	Surrey Walking Club	60:31
2	Dan Maskell (M65)	Surrey Walking Club	67:39
3	Peter Hannell (M70)	Surrey Walking Club	70:08
4	Micheal Harran (M75)	Surrey Walking Club	71:12
5	Christopher Flint (M70)	Surrey Walking Club	71:41
6	Kay Coulson (W45)	Sarnia Walking Club	74:27
7	David Hoban (M60)	Surrey Walking Club	76:21
8	David Delaney (M70)	Surrey Walking Club	76:57

Women's 5.9km (B)

Posn	Athlete	Club	Dist.
1	Andrea Ingram (W55)	Lewes Athletic Club	39:07
2	Angela Martin (W50)	Surrey Walking Club	41:25

Mixed 3km (B)

Posn	Athlete	Club	Dist.
1	Ollie Hopkins (U17M)	Lewes Athletic Club	16:17
2	Jack Childs (U15B)	Medway & Maidstone AC	16:27
3	Bea Fury (U15G)	Medway & Maidstone AC	18:50
4	Jo Buckley (W45)	Lewes Athletic Club	21:22
5	Hannah Childs (W40)	Unattached	22:54

Girls 1.5km (B)

Posn	Athlete	Club	Dist.
1	Afra Hussain (U13G)	Lewes Athletic Club	11:12
2	Maia Hussain (U13G)	Lewes Athletic Club	11:15

Midland 30km Championships Inc. BMAF 30km/20km Championships and Midland Women's 10km Championship, Warwick University, Coventry (Sun. 10th Jul.)

With a number of championships being held together in the same event a number of walkers went home with multiple titles and medals.

Men's 30km

Posn	Athlete	Club	Perf
1	Mark Williams (M50 – 1 st)	Tamworth Athletic Club	3:07:00
2	Bill McFadden (M50 2 nd)	Scotia Race Walking Club	3:16:28
3	Colin Vestey (M50 – 3 rd)	Leicester Walking Club	3:19:28
4	Peter Boszko (M65 – 1 st)	Birchfield Harriers	3:30:45
5	John Borgars (M70 – 1 st)	Herts Phoenix	3:35:32
6	Sean Pender (M60 – 1 st)	Enfield & Haringey AC	3:49:49
7	Ian Torode (M55 – 1 st)	South West Veterans	4:01:44
8	David Fall (M70 – 2 nd)	Birchfield Harriers	4:02:22
9	Mark Byrne (M55 – 2 nd)	Redcar Race Walking Club	4:07:22
	Ian Richards (M65)	Steyning Athletic Club	DQ
	Steve Allen (M60)	Barnet & District AC	DNF

Women's 30km

Posn	Athlete	Club	Perf
1	Ann Wheeler (M60 – 1 st)	Leicester Walking Club	3:44:04

BMAF Men's 20km			
Posn	Athlete	Club	Perf
1	Francisco Reis (M55 – 1 st)	Southern Counties Veterans	1:51:25
2	Ian Richards (M65 – 1 st)	Steyning Athletic Club	1:59:30
3	Mark Williams (M50 – 1 st)	Tamworth Athletic Club	2:05:13
4	Steve Allen (M60 – 1 st)	Barnet & District AC	2:09:52
5	Bill McFadden (M50 – 2 nd)	Scotia Race Walking Club	2:12:12
6	Colin Vesty (M50 – 3 rd)	Leicester Walking Club	2:12:52
7	Peter Boszko (M65 – 2 nd)	Birchfield Harriers	2:15:58
8	John Borgars (M70 – 1 st)	Herts Phoenix	2:21:15
9	Arthur Thomson (M80 – 1 st)	Enfield & Haringey AC	2:22:14
10	Ed Shillabeer (M75 – 1 st)	Ilford Athletic Club	2:26:31
11	Sean Pender (M60 – 2 nd)	Enfield & Haringey AC	2:29:48
12	Ian Torode (M55 – 2 nd)	South West Veterans	2:32:47
13	Mark Byrne (M55 – 3 rd)	Redcar Race Walking Club	2:36:54
14	David Fall (M70 – 2 nd)	Birchfield Harriers	2:38:03
15	Julian Barnett (M50 – 4 th)	Birchfield Harriers	2:49:47
	Norbert Will (M80)	Northern Ireland Masters	DNF

BMAF Women's 20km			
Posn	Athlete	Club	Perf
1	Ann Wheeler (M60 – 1 st)	Leicester Walking Club	2:26:32

Midland Women's 10km			
Posn	Athlete	Club	Perf
1	Julie Bellfield (W45)	Halesowen Athletic Club	65:20
2	Lynn Bellfield (W50)	Halesowen Athletic Club	71:48
	Gemma Bridge (Guest)	Oxford City Athletic Club	DQ

Eight Counties Senior Inter-Counties Match
(Essex/Hampshire/Hertfordshire/Kent/Middlesex/Oxfordshire/Surrey/Sussex)
Basingstoke (Sun. 10th Jul.)

Sadly, the walks were poorly supported, *reports Dave Ainsworth*, and one wonders how much longer our event will feature in this well-established event. We've twice recently been chucked out of the main Inter-Counties Meeting on account of poor support, and had to fight our way back in! This 8-Counties' Meeting gives us a chance to showcase walking before a crowd at a general athletics meeting - an opportunity which should have been fastened onto, for the sake of our pursuit.

That weekend saw three meetings held - so what support there might have been, was spread three ways (though all three events were hardly over-subscribed).

There were four races over 3,000 metres: Men's 'A' and 'B' strings, Women's 'A' and 'B' strings. Total turnouts were (from 8 Counties) respectively 5, 3, 3 and 2. In addition one Kent lady appeared in a non-scoring capacity. Look at those counties listed above ... why could we not enter more walkers?

Men's 3000m A String			
Posn	Athlete	Club	Perf
1	Luc Legon (U20)	Bexley Athletic Club/Kent	14:33.68
2	Mark Culshaw (M50)	Belgrave Harriers/Middlesex	16:52.64
3	Keith Vallis (M50)	Overton Harriers/Hampshire	16:57.23
4	David Bowker (M55)	Fairlands Valley/Hertfordshire	18:19.16
5	Simon Le Mare (M50)	Southend-on-Sea/Essex	19:42.17

Men's 3000m B String			
Posn	Athlete	Club	Perf
1	Jonathan Hobbs	Ashford Athletic Club/Kent	14:40.18
2	Shaun Lightman (M70)	Surrey Walking Club/Surrey	18:38.27
3	Keith Palmer (M50)	Southend-on-Sea/Essex	20:32.39

Women's 3000m A String			
Posn	Athlete	Club	Perf
1	Grazina Narviliene (W40)	Belgrave Harriers/Middlesex	15:49.16
2	Evie Butcher (U17W)	Cambridge Harriers/Kent	18:55.54
3	Linda Mountford	Southend-on-Sea/Essex	20:04.01

Women's 3000m B String			
Posn	Athlete	Club	Perf
1	Maureen Noel (W50)	Belgrave Harriers/Middlesex	18:26.61
2	Jacqueline Benson (U17W)	Ashford Athletic Club/Kent	19:39.42

Women's 3000m Non-Scoring			
Posn	Athlete	Club	Perf
1	Geraldine Legon (W55)	Bexley Athletic Club/Kent	20:06.41

Veterans AC 5 Mile, Battersea Park (Tue. 12th Jul.)

The race successfully avoided the earlier rain of the day, a smaller than usual field with nearly all the walkers having raced over the previous three days, *reports Dave Hoben*.

The race was convincingly won by Tor-Ivar Guttulsrod of Hercules Wimbledon, at his first appearance in the event.

Peter Ryan of Ilford AC gradually shed some time compared to the June Championships, while former Olympian Shaun Lightman and ever-present Arthur Thomson achieved excellent times given that they had both raced only two days earlier, Shaun having been selected for the Inter counties 3k competition and Arthur at the Masters 20k in Coventry.

Men's 5 Mile (B)			
Posn	Athlete	Club	Perf.
1	Tor-Ivar Guttulsrod (M50)	Hercules Wimbledon	44:42
2	Peter Ryan (M60)	Ilford Athletic Club	50:29
3	Shaun Lightman (M70)	Surrey Walking Club	51:40
4	Dan Maskell (M65)	Surrey Walking Club	52:29
5	Arthur Thomson (M80)	Enfield & Haringey AC	54:29
6	David Delaney (M70)	Surrey Walking Club	57:22
7	David Hoben (M60)	Surrey Walking Club	59:12
	Mark Culshaw (M50)	Belgrave Harriers	DNF

Manx Harriers Summer Handicap 10km, Andreas, Isle of Man (Thu. 14th Jul.)

A small but quality field produced a number of personal bests.

Mixed 10km			
Posn	Athlete	Club	Perf
1	Adam Cowin	Manx Harriers	47:34
2	Michael George (M50)	Manx Harriers	57:41
3	Stewart Jones (M45)	Manx Harriers	58:48
4	Dave Mackey (M45)	Manx Harriers	59:48
5	Ray Beattie (M55)	Manx Harriers	60:46
6	Jane Farquhar (W45)	Manx Harriers	62:54
7	Sharon Cain (W45)	Western athletic Club	64:49
8	Louise Hollings (W35)	Isle of Man Veterans	64:51
9	Colin Moore (M55)	Isle of Man Veterans	66:38
10	Carol Ray (W50)	Unattached	79:56

Junior 5km			
Posn	Athlete	Club	Perf
1	Stephen Waddington (U15B)	Manx Harriers	28:28

Sarnia Walking Club Heritage Group Championships #9
Pleinmont to Grandes Rocques (Sun. 17th Jul.)

Stuart Le Noury and Olga Sinkevica both retained their Heritage Championship titles with one race to go in the Sarnia Walking Club Championships. The hot, windless conditions slowed times down a little on the coastal course between Pleinmont and Grandes Rocques.

Out on his own from the start Stuart won easily in 55:49, ahead of Phil Lockwood and Kevin Le Noury. Olga Sinkevica was on Kevin Le Noury's shoulder for the first kilometres before fading to cross the line in 72:18, holding off Peter Beckerleg and Mick Le Sauvage who finished closely behind.

An inform Kay Coulson, with a marathon race coming up soon, decided to walk to the start and do 10 kilometres before the race. A fast start in the race saw her well on course for a new personal best until she faded in the final half of the race. Her 75:00 clocking was still close to her previous best time and gave her a minute advantage over third woman home Jayne Le Noury.

Although the Champions have been decided for 2016 there is still competition for the handicapped section held in conjunction. Jayne Le Noury is the current leader, followed by Kay Coulson and Mick Le Sauvage in second and third places.

Mixed 10km (B)

Posn	Athlete	Club	Perf.
1	Stuart Le Noury	Sarnia Walking Club	55:49
2	Phil Lockwood (M40)	Sarnia Walking Club	66:02
3	Kevin Le Noury (M55)	Sarnia Walking Club	70:47
4	Olga Sinkevica	Sarnia Walking Club	72:18
5	Peter Beckerleg (M55)	Sarnia Walking Club	72:45
6	Mick Le Sauvage (M75)	Sarnia Walking Club	72:58
7	Kay Coulson (W45)	Sarnia Walking Club	75:00
8	Jayne Le Noury (W55)	Sarnia Walking Club	76:08

**Woodford Tuesday Walk Series, Ashton Playing Fields,
Woodford (Tue. 19th Jul.)**

Honoured – and perhaps inspired – by the appearance of top Welshman Jack Thomas on the judges' panel, *reports Peter Cassidy*, Melanie Peddle took 2:14 off her personal best and didn't just beat Peter Cassidy this time but lapped him, murmuring encouragement as she did so! There's cheek for you! There was a dramatic last-minute appearance on the start line by Steven Crane, who must have suffered a slight attack of wind-up at the closeness of Loughton's new star, but held on to boost Surrey Walking Club's modest total in the series; he'll do better if he gives himself scope for a warm-up next time!

Note on domestic disharmony: Cassidy got a card from Wilson, but he still drove her home on condition that she bought him a bottle of something Scottish on the way; honours even, he reckoned.

It was a hot and suffocating evening – although, to be honest, no-one *actually* gave up breathing – with the temperature at 8:30 pm, still in what we old fogeys call the eighties. Some of us blame the temperature for our performances – although Melanie probably won't.

This wasn't the biggest turn-out in our history, but only *five* toed the line (and breasted the tape) for the 3000m run, so we can say that the walkers were not disgraced.

Mixed 3000m

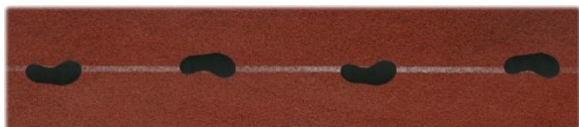
Posn	Athlete	Club	Perf
1	Steve Allen (M60)	Barnet & District AC	17:15.8
2	Gary Smith (M55)	Enfield & Haringey AC	17:26.8
3	Stephen Crane (M35)	Surrey Walking Club	18:14.5
4	Melanie Peddle (W45)	Loughton Athletic Club	18:25.7
5	Pamela Abbott (W50)	Enfield & Haringey AC	20:49.1
6	Peter Cassidy (M75)	Loughton Athletic Club	21:45.5
7	Francoise Fernandez (W65)	Loughton Athletic Club	22:32.5

**Cambridge Harriers/British Milers Club 1 Mile, Sutcliffe
Park, Eltham (Wed. 20th Jul.)**

The prestigious British Milers Club event was, once again, generous enough to permit a one-mile race walk (1000m previously). A field of 11 was respectable, most of the youngsters achieved good or even best times on a warm evening.

Mixed 1 Mile

Posn	Athlete	Club	Perf
1	Luc Legon (U20M)	Bexley AC/Cambridge Harriers	7:32.32
2	Christopher Hobbs (M60)	Ashford Athletic Club	8:01.06
3	Marshall Smith (U17M)	Ashford Athletic Club	8:08.81
4	Emily Ghose (U20W)	Tonbridge Athletic Club	8:23.20
5	Evie Butcher (U17W)	Cambridge Harriers	8:24.61
6	Beatrice Fury (U15G)	Medway & Maidstone AC	9:17.53
7	Jack Childs (U15B)	Medway & Maidstone AC	9:19.53
8	Shaun Lightman (M70)	Surrey Walking Club	9:51.01
9	Peter Hannell (M70)	Surrey Walking Club	10:22.71
10	Geraldine Legon (W55)	Bexley Athletic Club	10:52.37
11	Abigail Smith (U13G)	Blackheath & Bromley HAC	11:51.25

**Lambert Trophy 1 Hour Track Challenge, Bury (Sat. 23rd Jul.)**

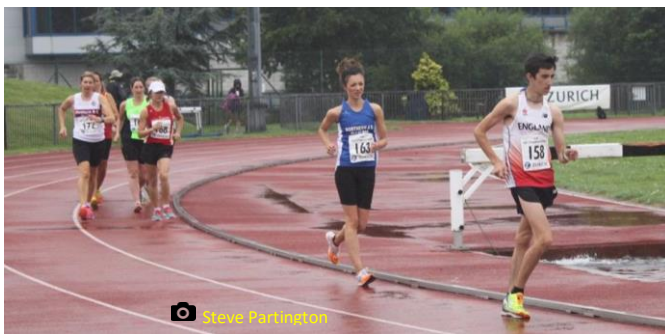
Held in Warm humid conditions.

Mixed 1 Hour (B)

Posn	Athlete	Club	Dist
1	Adrian Edwards (M50)	Lancashire Walking Club	10301
2	Tony Bell (M50)	Lancashire Walking Club	9618
3	Peter Crahan (M65)	Lancashire Walking Club	9235
4	Glyn Jones (M70)	Coventry Godiva Harriers	9120
5	John Crahan (M65)	Lancashire Walking Club	9101
6	Joe Hardy (M70)	Lancashire Walking Club	8608
7	Sailash Shah (M50)	Lancashire Walking Club	8467
8	Alf Short (M70)	Lancashire Walking Club	8301
9	John Payn (M80)	Lancashire Walking Club	7803
10	John Pouncy (M70)	Lancashire Walking Club	7114
11	Jane Pouncy (W60)	Lancashire Walking Club	7048
	Dave Evans (M65)	Lancashire Walking Club	DNF
	Tony Malone (M60)	Lancashire Walking Club	DNF
	Pat Evans (M60)	Lancashire Walking Club	DNF

Isle of Man T & F Championships, Douglas (Sun. 24th Jul.)

The walks were held in wet conditions on the second day of the championship programme. There were stand out performances from Erika Kelly and Stephen Waddington. Erika removed over 2 minutes from her life time best to dip under 15 minutes for the 3000m distance. Stephen recorded a sub 16-minute time removing almost 30 seconds from his previous best.

**Senior Women's 3000m**

Posn	Athlete	Club	Perf
1	Erica Kelly	Northern Athletic Club	14:57.1
2	Marie Jackson (W55)	Manx Harriers	17:17.7
3	Sharon Cain (W45)	Western Athletics Club	18:40.8
4	Louise Hollings (W35)	Isle of Man Veterans AC	19:16.0
5	Maura Kelly (W45)	Northern Athletic Club	20:13.4
6	Voirrey Cain (W50)	Unattacahed	20:40.3

Under 20 Men's 3000m

Posn	Athlete	Club	Perf
1	Tom Partington	Manx Harriers	13:28.0

Under 20 Women's 3000m

Posn	Athlete	Club	Perf
1	Rebecca Greatbatch	Manx Harriers	17:50.1

Under 15 Boys 3000m

Posn	Athlete	Club	Perf
1	Stephen Waddington	Manx Harriers	15:49.3

Under 15 Girls 3000m

Posn	Athlete	Club	Perf
1	Alice Bellando	Manx Harriers	17:30.5

Under 13 Girls 1000m

Posn	Athlete	Club	Perf
1	Katie Crook	Manx Harriers	6:43.5
2	Victoria Johnson	Northern Athletic Club	7:09.9

Under 11 Girls 1000m

Posn	Athlete	Club	Perf
1	Alexandra Nicoll	Manx Harriers	6:30.8
2	Mikhaella Harris	Manx Harriers	6:40.7
3	Orla Goddard	Northern Athletic Club	7:14.3

London Inter-Club Challenge/Enfield League, Allianz Park, Hendon (Sat. 30th Jul.)

This fixture fell on a busy weekend which included the CAU championships and those of the BMAF, **reports Ron Wallwork**. Well done to all who supported the meeting and congratulations to Penelope and Francisco on their victories. Fifteen walkers posted seasonal bests. There was a warm welcome back for Helen Middleton following injury which has curtailed her participation thus far this season. Novice Marie Essen made a promising debut and two of the club's 'golden oldies' Bernie Hercock and Ron Powell were on hand giving support – It was good to see them both.

Men's 5000m (B)

Posn	Athlete	Club	Perf
1	Francisco Reis (M55)	Southern Counties Vets	24:41.1
2	Malcolm Martin (M60)	Surrey Walking Club	28:21.4
3	Steve Allen (M60)	Barnet & District AC	29:40.1
4	Graham Chapman (M60)	Headington Road Runners	29:46.4
5	Gary Smith (M60)	Enfield & Haringey AC	30:01.1
6	John Ralph (M55)	Enfield & Haringey AC	30:11.2
7	John Borgars (M70)	Loughton Athletic Club	31:09.4
8	Shaun Lightman (M75)	Surrey Walking Club	31:37.4
9	Dan Maskell (M65)	Surrey Walking Club	31:47.3
10	David Kates (M65)	Ilford Athletic Club	31:48.1
11	Arthur Thomson (M80)	Enfield & Haringey AC	32:01.5
12	Sean Pender (M60)	Enfield & Haringey AC	33:19.4
13	David Hoben (M60)	Surrey Walking Club	35:29.3
14	Anthony Cotton (M75)	BJR Huntingdon	35:53.2
15	Stephen Cartwright (M55)	Colchester & Tendring AC	36:06.3
16	Jon May (M65)	Enfield & Haringey AC	37:58.5

Women's 5000m (B)

Posn	Athlete	Club	Perf
1	Penelope Cummings (W40)	Aldershot Farnham & Dist	29:11.1
2	Helen Middleton (W50)	Enfield & Haringey AC	30:46.4
3	Lynn Jones (W55)	Enfield & Haringey AC	33:23.2
4	Marie Essen (W50)	Unattached	37:25.4

3000m (B)

Posn	Athlete	Club	Perf
1	Ken Livermore (M80)	Enfield & Haringey AC	25:45.3

Sarnia Walking Club Piette Trophy, Rocquaine Bay, Guernsey (Sun. 31st Jul.)

Rob Elliott, the leading race walker in Guernsey many years ago, had only one trophy on the Sarnia Walking Clubs calendar open to him, that had eluded him. The handicapped Piette Trophy, held along the coast road at Rocquaine Bay and usually in conjunction with the Rocquaine Regatta was always out of reach in spite of Rob managing to set the course record three times.

Father Mick had won the first two events way back in 1971 and 1972 and until this year the family name was absent from the trophy. A small field of 6 walkers raced this year due to the absence of other regulars being off island.

In form Kay Coulson started impressively but slowed towards the end as she was reeled in by the first three walkers, but still recorded a huge personal course best time of 43.31, well ahead of her old 45.08 time.

Rob Elliott, off last on handicap, over took Phil Lockwood early on and made inroads on the others on the two lap course. He sensed his first win as he made the final turn for home with three quarters of a mile to go. It was only a matter of time before he hit the front with a wry smile as he went past eventual second placed walker Marie Macdonald to continue to victory.

Marie had the race of the day as she removed 2 minutes 14 seconds off her best time and kept Mick Le Sauvage back to third place.

At the back of the field Peter Beckerleg could not hold off Phil Lockwood who passed him late on.

Mixed 3.8 Mile (B)

Posn	Athlete	Club	Watch	Actual
1	Rob Elliott (M55)	Sarnia Walking Club	42:38	36:18
2	Marie Macdonald (W40)	Sarnia Walking Club	43:19	41:19
3	Mick Le Sauvage (M75)	Sarnia Walking Club	43:25	41:55
4	Kay Coulson (W45)	Sarnia Walking Club	43:31	43:31
5	Phil Lockwood (W40)	Sarnia Walking Club	44:26	38:56
6	Peter Beckerleg (M55)	Sarnia Walking Club	44:48	43:18

Results Round-Up

July

03 Welsh Masters Championships, Brecon

1 Stephen Walker (M55 – Wrexham AC) 19:21.3, 2 Ken Bobbett (M70 – Hillingdon AC) 20:53.6.

17 England Athletics Masters Assoc. Inter-Area Match, Solihull

M35: 2000: 1 Mark Williams (M50 – MMAC) 9:33.78, 2 John Ralph (M55 – VAC) 11:46.66, 3 Charles Northey (M45 – WMAA) 13:56.68.

M50: 2000: 1 Dwane Butterly (M50 – MMAC) 10:11.77, 2 Steve Allen (M60 – SCVAC) 10:49.96, 3 David Bowker (M55 – EVAC) 11:39.74, 4 Shaun Lightman (M70 – VAC) 12:11.17, 5 Ian Torode (M60- SWVAC) 13:15.17, 6 Stephen Walker (M55 - WMAA) 13:17.20.

M60:2000: 1 Christopher Hobbs (M60 – SCVAC) 10:09.49, 2 Peter Boszko (M65 – MMAC) 11:19.91, 3 Peter Hannell (M70 – VAC) 13:13.69, 4 Tony Davies (M65 – WMAA) 18:38.37.

W35: 2000: 1 Carolyn Dyal (W35 – MMAC) 11:00.33, 2 Angela Martin (W50 – SCVAC) 11:15.30, 3 Juliet Sidney (W45 – WMAA) DQ.

W50:2000: 1 Wendy Bennett (W50 – MMAC) 11:13.50, 2 Ann Wheeler (W60 -MMAC) 11:31.86, 3 Geraldine Legon (W55 – SCVAC) 13:32.30, 4 Pamela Abbott (W50 – EVAC) 14:07.77.

31 British Masters 10,000m Track Championships, Birmingham

M50: 1 Mark Williams (MMAC) 53:53.70, 2 Dwane Butterly (MMAC) 54:58.38, 3 Andrew Fraser (SVHC) 66:43.20.

W55: 1 Fiona Bishop (VAC) 69:48.23.

M55: 1 Francisco Reis (SCVAC) 50:48.20, David Bowker (EVAC) DQ.

M60: Steve Allen (SCVAC) DNF.

W65: 1 Noel Blatchford (SCVAC) 69:03.74.

M65: 1 Ian Richards (VAC) 52:16.20, 2 Roger Michell (MMAC) 62:02.59.

M75: 1 Ed Shillabeer (SWVAC) 69:42.75.



August

Sat 13 th	Goodwin Cup 10km	Chorley
Sun 14 th	Sarnia WC Championship #10	O. Priaulx
Tue 16 th	Vets AC 5 Mile	Battersea Pk
	Woodford Tuesday Walks	Woodford
Thu 18 th	Foxdale (IOM) 6 Mile Walk	Foxdale
Sun 21 st	Sarnia WC 3 Mile Road Walk	Rocquaine
Fri 26 th	South Yorkshire League 7	Millhouses
Sat 27 th	London Inter Club/Enfield League	Allianz Park
	Essex Championships & Open Walks	Southend
Sun 28 th	England Athletics U15/U17 Championships	Bedford
	Vets AC Championships	Kingston
Mon 29 th	Southend 1 Mile	Southend
Tue 30 th	Woodford Tuesday Walks	Woodford

September

Fri 2 nd	Sarnia WC 3km Road Walk	Vale
Sat 3 rd	Youth Development League Final Walks	Bedford
	Jim Sharlott & BMAF Championships	Leicester
Sun 4 th	Manx 20km Championships	Douglas
	Guernsey Church to Church	Guernsey
Sat 10 th	R & Z Trophy 2 Hour Track Walk	Bury
Sun 11 th	Sussex & Surrey 3000m Championships	Carshalton
	Kent Under 13 Championships	Erith
Sat 17 th	English Schools Championships	Exeter
	BMAF Track & Field Championships #1	Birmingham
Sun 18 th	BMAF Track & Field Championships #2	Birmingham



Race Walking Association

proudly presents its

Festival of Race Walking/International Competition

(Qualifying event for 2017 - IAAF World Championships, IAAF World Youth Championships & European Junior Championships)

Incorporating the Paul Nihill Trophy match (England YAG v Ireland YAG)

(to be judged in accordance with IAAF Rules)

Sunday 2nd October 2016 starting at 10:30am

(Full timetable of events will be published closer to date of event)

Hillingdon Cycle Circuit, Minet Country Park, Springfield Road, Hayes, UB4 0LP

(IAAF Newly Measured Course – 1km Flat Loop)

50km/20km/10km

(to be judged in accordance with IAAF Rules)

and

2016 Race Walking Assoc. 50km Championship (separate event)

(to be judged in accordance with RWA 'B' rules)

Time limit for 50km 6 hours - 15 minutes

**Young Athletes not selected for the Nihill Trophy match may enter the
U13/U15 3km or U17 5km**

Entry Fees: 50km = £10.00. All other events = £6.00

Entries to:

Peter Marlow, 134G Southgate Street, Bury St. Edmunds, Suffolk, IP33 2AF

Entry Fee = As above – Cheques payable to Race Walking Association

Closing date for entries = Tuesday 27th September 2016

(Entry forms available from Peter Marlow (pmarlow@btinternet.com)

or Noel Carmody (noel.carmody@btopenworld.com)