Race Walking Record

August 2016

Tom Bosworth

6th at Rio Olympics in a new British Record

The XXXI Olympic Games, Rio De Janeiro, Brazil

Men's 20km (Fri. 12th Aug.): Despite the presence of Olympic champion Chen Ding and world champion Miguel Angel Lopez, the pre-race favourite on current form was China's Wang Zhen and the winner at the IAAF World Race Walking Team Championships in Rome back in May didn't disappoint.

He pulled away from a seven-strong leading pack at 17 kilometres and quickly established a lead which proved to be insurmountable before winning in 1:19:14.

His strategy was a mixture of astute championship racing and pure gambler's luck.

Great Britain's Tom Bosworth was the leader for much of the first half of the race, edging to the front just before the 4km mark and then laying down the gauntlet for everyone to follow.

Initially, he was tracked by Kenya's African champion Samuel Gathimba who followed him a few strides behind until just before 8km, when he got on the Briton's shoulder.

However, Gathimba was to start struggling soon afterwards and drifted backwards rapidly before dropping out just after 18km.

Bosworth passed the halfway point on his own in 40:10 with Japan's Daisuke Matsunaga coming out of the chasing pack and passing 10km five seconds in arrears, with the 22-strong group another seven seconds further back.

Notable at this point was that Chen Ding was almost certainly not going to retain his title or even get on the podium.

The 2012 Olympic gold medallist had looked uncomfortable in the leading pack for several kilometres. After the 10th kilometre he had got detached and was trailing six seconds off the back of the main pack and down in 26th place.

Lopez also looked far from his usual calm and controlled self and was hanging on grimly at the rear of the challenging group.

Over the next two kilometres, Bosworth sped up and was within eight minutes for the next 2km split around the Pontal course. But Matsunaga was race walking even faster and had closed the gap to two seconds, while China's Zelin Cai decided to protectively cover the two men in front of him and had pushed hard to remove himself from the pack.

World Race Walking Team Championships silver medallist Cai continued to motor and overtook Matsunaga and then Bosworth but the pack also started to increase their pace, consuming Bosworth and Matsunaga just before the 14km checkpoint and Cai shortly after, making it a 12-man mass together entering the final quarter of the race.

The pack – which also contained local hope and Brazilian record-holder Caio Bonfim, who was getting rousing cheers every step of the way – was reduced to nine over the next lap with Cai, whose cadence can best be described as a resembling a boxer doing his road workout, pushing the pace at the front. This remained the state of affairs until Wang, a much more fluent and elegant race walker than his teammate, made his decisive bid for glory with three kilometres to go.

He quickly put four seconds between himself and the chasers, still led by his compatriot Cai, with the penultimate lap taking just 7:42, the fastest split of the race at that point.

This was just a prelude to what Wang was able to unleash over the final 2km, a split of 7:26, which Cai had no way of countering.

After Wang had crossed the line in 1:19:14, Cai came home 12 seconds later, the winner having put an additional eight seconds between himself and the man in second place over the final 2km.

Coming home third was an utterly delighted Dane Bird-Smith of Australia who managed to pull away from Bonfim over the final one-kilometre lap to take the bronze medal in a personal best of 1:19:37.

The evidence of what getting a medal meant to Bird-Smith could be seen barely a minute after he crossed the line when the realisation that he would be on the podium led to him starting to sob uncontrollably on the shoulder of Bosworth.

Bonfim missed out on what would have been a memorable medal by five seconds – the highest any Brazilian race walker of either gender had finished before at the Olympics was 14th – but he had the consolation of setting a national record of 1:19:42.

Germany's Christopher Linke finished fifth in 1:20:00 with the early leader Bosworth finishing a hugely commendable sixth in a national record of 1:20:13.

Further down the field, Miguel Angel Lopez got something of a second wind and finished 11th while Chen was down in a disappointing 39th place, more than four minutes behind the winner.

Source: Phil Minshull for the IAAF

Posn	Athlete	Nation	Perf.	Notes
1	Zhen Wang	CHN	1:19:14	
2	Zelin Cai	CHN	1:19:26	SB
3	Dane Bird-Smith	AUS	1:19:37	PB
4	Caio Bonfim	BRA	1:19:42	NR
5	Christopher Linke	GER	1:20:00	
6	Tom Bosworth	GBR	1:20:13	NR
7	Daisuke Matsunaga	JPN	1:20:22	
8	Matteo Giupponi	ITA	1:20:27	PB
9	Manuel Esteban Soto	COL	1:20:36	PB
10	Evan Dunfee	CAN	1:20:49	
46	Alex Wright	IRL	1:25:25	

Tom's performance was the best by a British race walker since Paul Nihill finished sixth in the 20km at the 1972 Munich Olympics

Men's 50km (Fri. 19th Aug.): Matej Toth claimed Slovakia's first ever Olympic athletics gold medal, taking the 50km race walk title ahead of Australia's Jared Tallent.

The race featured the defending champion, the world champion and the world record holder – with Tallent, who received London 2012 gold following the disqualification of Russia's Sergey Kirdyapkin for doping, going up against Beijing 2015 champion Toth and best ever Yohann Diniz.

The trio had differing fortunes as Toth pipped Tallent to the title – 3:40:58 to 3:41:16, while Diniz struggled with stomach problems but battled on to place eighth in 3:46:43.

"I'm so happy and I'm so looking forward to singing the Slovakian anthem," said Toth ahead of his medal ceremony. "I can't wait for this."

On the race, he added: "It was a very tough race because it was very warm. Nobody could do the final attack.

"It was very important to wait until maybe 40km, 45km. That's why it was very close, because we were a very big group. Nobody wanted to push hard."

Bronze went to Japan's Hirooki Arai but only after he was reinstated after an initial disqualification, with the athlete having come into contact with eventual fourth-placer Evan Dunfee of Canada. The pair clocked 3:41:24 and a national record of 3:41:38 respectively.

Ireland's Robert Heffernan finished sixth in 3:43:55, while Britain's Dominic King was disqualified just after the half way point, reached in 1:57:19, for bent knees infringement. ***Source: Athletics Weekly.***

Posn	Athlete	Nation	Perf.	Notes
1	Matej Toth	SVK	3:40:58	
2	Jared Tallent	AUS	3:41:16	SB
3	Hirooki Arai	JPN	3:41:24	SB
4	Evan Dunfee	CAN	3:41:48	NR
5	Wei Yu	CHN	3:43:00	
6	Robert Heffernan	IRL	3:43:55	
7	Havard Haukenes	NOR	3:46:33	PB
8	Yohann Diniz	FRA	3:46:43	
9	Caio Bonfim	BRA	3:47:02	NR
10	Chris Erickson	AUS	3:48:40	PB
19	Brendon Boyce	IRL	3:53:59	
	Dominic King	GBR	DQ	
	Alex Wright	IRL	DNF	

Women's 20km (Fri. 19th Aug.): In the women's race, world champion Hong Liu clocked 1:28:35 to win a close race ahead of World Race Walking Team Championships winner Maria Guadalupe Gonzalez of Mexico with 1:28:37.

Liu's Chinese team-mate Xiuzhi Lu, the world silver medallist, recorded a time of 1:28:42 for bronze.

Italy's Antonella Palmisano was just outside the medals with 1:29:03 for fourth. ***Source: Athletics Weekly.***

The IAAF Council at its meeting in Rio de Janerio on August 20th made the following decisions concerning IAAF Competitions.

IAAF World U13 Championships: The Council decided to discontinue the World U18 Championships after the next edition in Nairobi (KEN). The IAAF will work with Area Associations to find a more appropriate competition structure for assisting the career development of U18 age group athletes.

IAAF World Race Walking Team Championships 2018: The Council decided to remove the championships from Cheboksary (RUS) and will reopen the bidding process in September 2016 to decide on a new host in December 2016.

IAAF Race Walking Challenge: The 2017 Calendar was approved with the addition of Ciudad Juarez (MEX), as follows: -

12th March:	Ciudad Juarez (MEX)
19th March:	Monterrey (MEX)
01st April:	Rio Maior (POR)
15th April:	Taicang (CHN)
03rd June:	La Coruna (ESP)

Road named in honour of Paul Nihill

Croydon's first Olympic hero has had a street named in his honour.

Paul Nihill attended the unveiling of Nihill Place, a road on a new Addiscombe housing development just metres from where he grew up.

The street, on Penhurst Square estate, has been christened after him to recognise his silver medal at the 1964 Tokyo games.

The second-place finish in the 50km road race, made him the borough's first Olympic medallist.

Nihill, 76, was raised in nearby Grant Road and was a pupil at Davidson Primary School.

He said: "It is great honour to be recognised with such a permanent accolade.

"I've always been proud to have been raised in Croydon, and actually lived just round the corner from Penhurst Square.

"Watching the Olympics in London four years ago and in Rio this summer is very exciting, and brings back lots of memories."

Paul competed in three Olympic games before hanging up his walking in 2013.

The unveiling of the road name was timed to coincide with Nihill's protégé, Dominic King, competing in the 50km at the Rio Olympics.

Cllr Pat Ryan, councillor for Upper Norwood, who lived on the same road as Nihill at the time of the 1964 Olympics, said he fondly remembered watching the race walker's triumph.

He added: "I can recall joining in with all the other people who lived in Whitworth Road, South Norwood, and giving him a big welcome home from Tokyo"

Wayne Trakas-Lawlor, mayor of Croydon, said: "This is a great tribute to Croydon's sporting history, especially as the 2016 Olympic Games are currently being competed in Rio.

Paul Nihill is a very deserving recipient of this honour and it's fantastic that over the years he has given so much of his time to encourage others to follow in his – very fast – footsteps."

The road is on a new housing estate, scheduled to be finished this year.

Source: Croydon Guardian

England RWA Team Selected for the Nihill Shield Trophy Match 2016

Athlete	Club	Lead Coach
Izzy Elliott (U13G)	Aldershot Farnham & D	Verity Snook
Lara MacColl (U13G)	C of Sheffield & Dearne	Brian Adams
Faris Alkhamesi (U13B)	Nuneaton Harriers	Steve Arnold
Kai Cundey (U13B)	C of Sheffield & Dearne	Brian Adams
Alex Macheath (U13B)	Cambridge Harriers	Noel Carmody
Molly Meleady-Hanley (U15G)	C of Sheffield & Dearne	Brian Adams
Isabelle Bridge (U15G)	Blackheath & Bromley	Shaun Lightman
Alice Bellando (U15G)	Manx Harriers	Unknown
Lucy Lewis Ward (U15G)	Cambridge Harriers	Noel Carmody
Hisham Alkhamesi (U15B)	Nuneaton Harriers	Steve Arnold
Stephen Waddington (U15B)	Manx Harriers	Unknown
Jack Childs (U15B)	Medway & Maidstone	Peter Selby
Ana Garcia (U17W)	C of Sheffield & Dearne	Brian Adams
Evie Butcher (U17W)	Cambridge Harriers	Noel Carmody
Pagen Spooner (U17W)	Wetherby Runners	Andi Drake
Abigail Jennings (U17W)	Aldershot Farnham & D	Verity Snook
Ben Allen (U17M)	Leicester Walking Club	Unknown
Oliver Hopkins (U17M)	Lewes Athletic Club	Peter Selby

Invitation to the 90th Enfield Open Seven

Although the first Enfield Seven was staged in 1920, this year's race on Saturday 12th November will be the 90th edition of the classic and a warm invitation to attend this year's event is extended to anyone who over the years has taken part in the event in whatever capacity.

Arrangements are in hand for a buffet reception at Lee Valley Athletic Centre, 3.30pm until 7pm after the race, providing the opportunity for some reminiscing and perhaps a show of memorabilia.

An early indication of people's intentions would be greatly appreciated and help with the planning of the day. I can be contacted on rwallwork4@sky.com or 01638 751869.

Ron Wallwork

International

Manchester International, Sport City, (Wed. 17th Aug.)

In a new major innovation, a Home Countries International has been instituted, the idea being that the four Home Countries (England, Wales, Scotland and Northern Ireland) would select and reward the winner of their national titles rather than picking sometimes more favoured athletes, ***reports Mark Wall***. Additional teams included GB U20, UK Combined Armed Services and Combined British Athletics League/UK Women's Athletics League teams.

England won the match comfortably with some high class performances. I spoke to a wide range of athletes who were keen to see this as an annual fixture. Well done to England Athletics and especially Manchester Council who poured in significant money. All place getters received medals and flowers. Each English athlete had a personalised vest and shirt with their name and that of the fixture.

The walk kicked off the meeting and set the tone. Callum Wilkinson took an early lead and never relinquished it to top off a season of breakthroughs. He led home his two Rome team mates Guy Thomas and Cameron Corbishley. Guy came out on top this time after spending most of the year being ranked Nº 3 of the trio. It was a strong tussle with Cameron. Each ends their junior career this season. Guy has now declared for Wales (he will be eligible April 2017), so the Commonwealth Games selections look promising.

Bethan Davies and Gemma Bridge had a real battle with Bethan moving away for the win. This was a 27-28 second personal best for Gemma who is making big advances with each race. Tatyana Gabellone in her usual storming race pushed on for a third place which was well deserved.

Whilst it was listed as a mixed race, the three women staged what was effectively a separate race as the lead men were quickly away and clear and the remaining men off the pace of the top women.

Mixed 3000m

Posn	Athlete	Club	Perf.
1	Callum Wilkinson (U20M)	GB Juniors/Enfield & Haringey	11:49.85
2	Guy Thomas (U20M)	Wales/Tonbridge AC	12:08.12
3	Cameron Corbishley (U20M)	Medway & Maidstone (Guest)	12:19.19
4	Daniel King	England/Colchester Harriers	12:24.05
5	Bethan Davies	Wales/Cardiff AAC	13:04.28
6	Gemma Bridge	England/City of Oxford AC	13:17.85
7	Tatyana Gabellone	Italy/Guest	13:23.77
8	Tom Partington (U20M)	Manx Harriers (Guest)	13:37.66
9	Emma Achurch (U20W)	GB Juniors/Leicester WC	14:02.98
10	Jonathan Hobbs	Ashford Athletic Club (Guest)	14:19.02
11	Mark Williams (M50)	Tamworth AC (Guest)	14:29.31
12	Erika Kelly	Northern AC/Guest	14:40.29
13	Ester Montaner	Hyde Park Harriers (Guest)	15:08.88
14	Ana Garcia (U17W)	Sheffield & Dearne (Guest)	15:10.47
15	Benjamin Allen (U17M)	Leicester Walking Club (Guest)	15:53.22
16	Natalie Myers	Sheffield & Dearne (Guest)	15:55.70
17	Pagen Spooner (U17W)	Wetherby Runners (Guest)	16:14.69
18	Penelope Cummings (W40)	BAL/UKWL/Herne Hill Harriers	17:03.29

National

Race Walking Assoc. 100 Mile Championship and qualifier for the Brotherhood of Centurions, Redcar (6th & 7th Aug.)

Redcar welcomed the annual English Centurions qualifying walk and National 100 mile championships. This was the furthest north this event has been held. Wins went to Frank van der Gulik (NED) in 20:30:56 and Surrey Walking Club's Sandra Brown (21:10:06), only a few minutes slower than her 2015 time. RWA Hon. Secretary Colin Vesty won the National 100-mile title and was one of six walkers to qualify as Centurions.

100 Mile (B) (= New Centurions)**

Posn	Athlete	Club	Perf.
1	Frank van der Gulik (M35)	Netherlands	20:30:56
2	Colin Vesty (M50) **	Leicester Walking Club	20:39:44
3	Jimmy Millard (M55) **	Netherlands	21:02:25
4	Sandra Brown (W65)	Surrey Walking Club	21:10:06
5	Kevin Marshall (M55)	Ilford Athletic Club	22:02:15
6	Rob Robertson (M50) **	United States	22:19:37
7	John Borgars (M70) **	Loughton Athletic Club	22:31:52
8	Martin Fisher (M50)	Yorkshire RWC	23:10:31
9	Kim Reed (W50) **	Tring Running Club	23:25:11
10	Gin Masto (M50) **	Belgium	23:46:53
	Abandoned		
82 miles	Richard Kok (M45)	Netherlands	21:12:42
78 miles	Jannie Bos (W60)	Netherlands	18:11:30
76 miles	Sandra van de Wyngaert	Belgium	18:18:32
74 miles	Frans Leijtens (M40)	Netherlands	21:20.18
72 miles	Dale Farquhar (M35)	Manx Harriers	16:26:26
66 miles	Richard Brown (M65)	Surrey Walking Club	14:21:38
60 miles	Richard McChesney (M45)	New Zealand	21:23:29
56 miles	Jack Bertrums (M50)	Netherlands	11:52:30
56 miles	Miles Wilson (M40)	Unattached	12:11:33
56 miles	Ap van Gelderen (M55)	Netherlands	13:02:36
52 miles	Adrian Walker (M50)	Settle Harriers	12:31:10
50 miles	Sarah Lightman (W45)	Leicester Walking Club	11:19:00
50 miles	George Smolinski (M60)	Leicester Walking Club	12:00.00
50 miles	Albert Bos (M65)	Netherlands	12:06:06
40 miles	Edmund Shillabeer (M75)	Ilford Athletic Club	09:14:07
32 miles	Sue Beardsmore (W45)	Aldershot F & D AC	08:30:45
26 miles	Alf Short (M70)	Lancashire Walking Club	05:59:38
24 miles	Dick Stoevelaar-Engelkes (M55)	Netherlands	05:28:58
24 miles	Gerda Stoevelaar-Engelkes (W60)	Netherlands	05:29:55
22 miles	John Bellwood (M70)	Unattached	05:39:23

100km (B)

Posn	Athlete	Club	Perf.
1	Mickey Campaniello (M60)	United States	14:25:55

50 Mile (B)

Posn	Athlete	Club	Perf.
1	Mickey Campaniello (M60)	United States	11:19:48
	Abandoned		
32 miles	Christopher Flint (M70)	Surrey Walking Club	08:27:43
30 miles	Graham Jackson (M45)	York CIU	05:51:30
24 miles	Susan Clements (W60)	Cambridge & Coleridge	05:27:10
20 miles	Daniel King	Colchester Harriers	02:55:33
20 miles	Mark Byrne (M55)	Redcar RWC	04:28:21
20 miles	Karen Davies (W50)	Birchfield Harriers	04:35:32
20 miles	John Constandinou (M40)	Birchfield Harriers	04:35:48
20 miles	Amy Davies	Unattached	04:44:24

20 Mile (B)

Posn	Athlete	Club	Perf.
1	Tony Mackintosh (M40)	Isle of Man Veterans AC	3:36:10
2	Karen Lawrie (W400	Isle of Man Veterans AC	3:47:37
3	Herwin Westrate	Netherlands	3:55:46
4	Ann Wheeler (W60)	Leicester Walking Club	4:03:29
5	Richard Cole (M60)	York CIU	4:08:59
6	Roy Gunnett (M65)	Lancashire Walking Club	4:19:18
7	Judy Howard (W55)	Abingdon Athletic Club	4:32:11
8	David Hoben (M60)	Surrey Walking Club	4:34:02
9	Lee Corkill (M35)	Unattached	5:58:01
10	Kerry Martin (W35)	Unattached	5:58:01
	Abandoned		
14 miles	Jonathan Hobbs	Ashford Athletic Club	02:10:29
12 miles	David Jones	Redcar RWC	02:57:12

John Borgars (Centurion 1170)

John Borgars (Herts Phoenix/Loughton AC) at 70 years of age became the oldest person to qualify as a Centurion at the Redcar Blast over the weekend of 6th/7th August.

Johan Bakker (C634) from Holland was 68 when he qualified in 1991 at the Surrey Walking Club 'Ewhurst 100' in 23:43:58.

Len Creo (C871) who was 67.5 years of age when he qualified at the Leicester Walking Club 'Leicester 100' Hungarton race in 1990 with a time of 22:20:55.

England Athletics U15/U17 Championships, Bedford International Stadium (Sun. 28th Aug.)

A slightly blustery day with mild sunshine at the start. The four races were held simultaneously as the first track events of Day 2, ***reports Mark Wall,*** with two clear winners in the Under 17 events, having both moved away from the remainder of the field. Numbers, were to a degree, reduced by this being the last week of the school holidays.

This gives Ana Garcia both the U17 and U20 titles (from early June) for the year. George Wilkinson continues on a family path being the brother of World Junior champion Callum. The medals were presented by the inaugural 1966 Commonwealth 20-mile Champion, Ron Wallwork.

Under 17 Men's 5000m

Posn	Athlete	Club	Perf
1	Christopher Snook	Aldershot Farnham & Dist.	23:36.51
2	Oliver Hopkins	Lewes Athletic Club	27:36.36
3	Benjamin Allen	Leicester Walking Club	28:40.30

Under 17 Women's 5000m

Posn	Athlete	Club	Perf
1	Ana Garcia	C of Sheffield & Dearne AC	26:35.17
2	Megan Stratton-Thomas	Swansea Harriers	27:29.35
3	Pagen Spooner	Wetherby Runners	27:58.61
	Abigail Jennings	Aldershot Farnham & Dist.	DNF

Under 15 Boys 3000m

Posn	Athlete	Club	Perf
1	Jack Childs	Medway & Maidstone AC	17:09.01
2	Hisham Alkhamesi	Nuneaton Harriers	17:19.05
3	George Wilkinson	Enfield & Haringey AC	17:46.44

Under 15 Girls 3000m

Posn	Athlete	Club	Perf
1	Lucy Lewis Ward	Cambridge Harriers	16:32.30

Domestic

South Yorkshire League #6, Millhouses (Tue. 12th Jul.)

A satisfying result for the handicapper as only 33 secs covered all six walkers ***reports Brian Adams***.

Another second place for Tony Bell as Molly Meleady-Hanley closed him down and passed him in the final strides to take a 1 second victory.

Natalie Myers reduced her 3km road personal best (2005) from 15:41 to 15:28.

Posn	Athlete	Club	Perf	Dist
1	Molly Meleady-Hanley (U15G)	C of Sheffield & Dearne	8:17	1.5km
2	Tony Bell (M50)	Lancashire Walking Club	30:27	5km
3	Natalie Myers	C of Sheffield & Dearne	15:28	3km
4	Lara MacColl (U13G)	C of Sheffield & Dearne	11:57	2km
5	Toby Chaplin (U11B)	Mylnhurst School	6:05	1km
6	Simon Pugh (M55)	Rotherham Harriers	31:45	5km

City of Sheffield & Dearne, Run, Jump, Throw Meeting, Sheffield Hallam University City Stadium (Wed. 13th Jul.)

City of Sheffield and Dearne AC included walks in the second of their new evening open meetings ***reports Brian Adams***. This saw walkers from four different clubs and three different schools. The 3000m and 1000m races started at the same time, Natalie Myers lead the 3000m from the gun then settled down to lapping in around 2.04 secs. Walking 11 seconds faster than the previous night to produce a track personal best. Conditions were good and a number of other walkers recorded or were close to their bests or season bests.

Mixed 1000m

Posn	Athlete	Club	Perf
1	Owen Bradshaw (U13B)	Mosborough School	5:41.8
2	Lucy Walker (U13G)	Greenhill School	5:52.8
3	Toby Chaplin (U13G)	Mylnhurst School	5:54.8

Mixed 3000m

Posn	Athlete	Club	Perf
1	Natalie Myers	C of Sheffield & Dearne	15:17.53
2	Tony Bell (M50)	Lancashire Waling Club	17:19.40
3	Molly Meleady-Hanley (U15G)	C of Sheffield & Dearne	17:42.30
4	Eilidh Brailey	Hyde Park Harriers	18:02.04
5	Kai Cundey (U13B)	C of Sheffield & Dearne	18:04.76
6	Simon Pugh (M55)	Rotherham Harriers	18:37.29

South of England Championships, Ashford (Sat. 13th Aug.)

The South of England AA continue to support race walking by staging these championships, but for how much longer is open to debate. There was a total of 12 entries across the eight age group events, with ten starting.

Cameron Corbishley and Chris Snook dominated their respective age group races. New comer Maddie George travelled up from Wiltshire and displayed excellent technique.

Senior Men's 5000m

Posn	Athlete	Club	Perf.
1	Christopher Hobbs (M60)	Ashford Athletic Club	27:21.06
2	Stephen Holliday (M65)	Ashford Athletic Club	39:03.83

Senior Women's 5000m

Posn	Athlete	Club	Perf.
1	Geraldine Legon (W55)	Bexley Athletic Club	37:37.04

U20 Men's 5000m

Posn	Athlete	Club	Perf.
1	Cameron Corbishley	Medway & Maidstone	21:57.86
2	Tim Snook	Aldershot Farnham & D	24:23.00

U17 Men's 3000m

Posn	Athlete	Club	Perf.
1	Chris Snook	Aldershot Farnham & D	13:13.86
2	Marshall Smith	Ashford Athletic Club	15:39.58
3	Ollie Hopkins	Lewes Athletic Club	15:47.34

U17 Women's 3000m

Posn	Athlete	Club	Perf.
1	Jacqueline Benson	Ashford Athletic Club	20:49.70

U15 Boys 3000m

Posn	Athlete	Club	Perf.
1	Jack Childs	Medway & Maidstone	17:18.44

U15 Girls 3000m

Posn	Athlete	Club	Perf.
1	Maddie George	Lavington Athletics	18:47.98

Goodwin Cup 10km, Chorley (Sat. 13th Aug.)

Michael Lane, the Irish National Coach and coordinator, came along to the race with one of his athletes - namely Veronica Burke (Ballinasloe & District) ***reports Roy Gunnett***. Veronica, who is 19, walked a great race and won the scratch event.

Tony Taylor was second and won the handicap. The times set by both Veronica and Tony were excellent - particularly when taking account of the Chorley course which is very hilly.

Mixed 10km (B)

Posn	Athlete	Club	Perf
1	Veronica Burke (U23)	Ballinasloe & District AC (IRE)	54:42
2	Tony Taylor (M65)	Lancashire Walking Club	55:40
3	Adrian Edwards (M50)	Lancashire Walking Club	58:26
4	Tony Malone (M65)	Lancashire Walking Club	61:28
5	Dan Maskell (M60)	Surrey Walking Club	64:30
6	Stuart Edgar (M45)	Dudley & Stourbridge	66:20
7	Peter Crahan (M60)	Lancashire Walking Club	66:35
8	Sailash Salah (M50)	Lancashire Walking Club	67:20
9	John Crahan (M65)	Lancashire Walking Club	68:08
10	Joe Hardy (M70)	Lancashire Walking Club	68:48
11	Pat Evans (W65)	Lancashire Walking Club	69:42
12	Roy Gunnett (M70)	Lancashire Walking Club	72:37
13	Claire Goulden (W50)	Lancashire Walking Club	77:50

Sarnia Walking Club Heritage Group Championships 1 Mile Track Walk, Osmond Priaulx, Guernsey (Sun. 14th Aug.)

Newlyweds Stuart Le Noury and Olga Sinkevica, the Sarnia Walking Club Heritage Group Champions for 2016 missed the final race over one mile as they were on honeymoon, ***reports Rob Elliott,*** letting in brother Jason and Marie Macdonald to take the respective victories in the final walk of the series.

Stuart Le Noury again wins the Sportsman Trophy as Champion with 2nd placed Phil Lockwood taking the Grace Mansfield Endeavour Trophy. Olga Sinkevica wins the Carol Bates Memorial Championship Trophy retaining her title from 2015.

Junior Under 17 walker Alex Sinkevics wins the junior championship for the year.

Jason Le Noury walked away from the field to win easily in 7:31 from Phil Lockwood, whilst Marie Macdonald in 10:27 raced to a new Guernsey women's age best time, ahead of Jayne Le Noury.

Jayne Le Noury won the Jubilee Tankard for the handicapped section held in conjunction with the Championships with 89.5 points, ahead of Kay Coulson with 80 points and the first man Mick Le Sauvage.

Mixed 1 Mile (B)

Posn	Athlete	Club	Perf
1	Jason Le Noury	Sarnia Walking Club	7:31
2	Phil Lockwood (M40)	Sarnia Walking Club	9:45
3	Kevin Le Noury (M55)	Sarnia Walking Club	10:10
4	Marie Macdonald (W40)	Sarnia Walking Club	10:27
5	Peter Beckerleg (M55)	Sarnia Walking Club	10:37
6	Mick Le Sauvage (M75)	Sarnia Walking Club	10:50
7	Jayne Le Noury (W55)	Sarnia Walking Club	11:23
8	David Dorey (M65)	Sarnia Walking Club	11:39
9	Ellis Lockwood (U13B)	Sarnia Walking Club	12:03

Woodford Tuesday Walks, Woodford (Tue. 16th Aug)

We can only suppose that many people were on holiday/injured/sick/Olympic-watching, thus providing the smallest turnout in our history, ***reports Peter Cassidy***. At least it gave Cassidy the chance – however briefly – to be leading something again. John Borgars had evidently pretty well recovered from his heroics at Redcar and, starting in lane 8 to avoid to being obstructed by the heroes who were making up the numbers, dashed straight away from the gun. No-one was seen nail-biting over the desperate two-a-side match between Loughton and Enfield, the result of which was predicted by all concerned. Loughton have clinched the series team prize, provided that they can finish one walker higher than nineteenth next time and Enfield don't have the first three home; doesn't seem too much of a challenge!

Mixed 3000m

Posn	Athlete	Club	Perf.
1	John Borgars (M70)	Loughton Athletic Club	19:22.2
2	Pamela Abbott (W50)	Enfield & Haringey AC	20:19.4
3	Sean Pender (M60)	Enfield & Haringey AC	20:48.5
4	Peter Cassidy (M70)	Loughton Athletic Club	21:17.9

Veterans AC 5 Mile, Battersea Park (Tue. 16th Aug)

The last race of the summer series was held in fine sunny late summer conditions ***reports Dave Hoben***.

Mark Culshaw had yet another win of the season, and David Bowker from marathon orientated Fairlands Valley Spartans appeared for the first time in a creditable second place. Fiona Bishop saw a return to preinjury form, and also appearing for the first time Michael Neale made a come-back from many years away from the event to go inside the hour. Centurion's Captain Kathy Crilley made a brief departure from her long distance regime to take part before an imminent 24-hour road race.

Mixed 5 Mile (B)

Posn	Athlete	Club	Perf.
1	Mark Culshaw (M50)	Belgrave Harriers (G)	48:57
2	David Bowker (M55)	Fairlands Valley (G)	52:18
3	Maureen Noel (W50)	Belgrave Harriers	52:37
4	Fiona Bishop (W55)	Woking Athletic Club	53:09
5	Arthur Thomson (M80)	Enfield & Haringey AC	53:23
6	Micheal Harran (M75)	Surrey Walking Club	54:19
7	Peter Hannell (M70)	Surrey Walking Club	55:01
8	David Hoben (M60)	Surrey Walking Club	58:18
9	Micheal Neale (M65)	Unattacahed (G)	58:25
10	Kathy Crilley (W65)	Surrey Walking Club (G)	60:55

Sarnia Walking Club 3 Miles Road Walk, Rocquaine, Guernsey (Sun. 21st Aug.)

Stuart Le Noury had an easy win in the Sarnia Walking Clubs 3-mile road walk on the hilly 3 miles Rocquaine circuit ***reports Rob Elliott***. Out in front from the start at the Imperial Hotel, up the lanes to Torteval Church before dropping back to the coast road at the 'cup and saucer' and then back towards the start, he crossed the line over two minutes ahead of second man home Rob Elliott. Walking her first race as a Le Noury, Olga held off Kevin Le Noury by a few seconds to claim third place overall and fastest woman. The walk of the day was by Kay Coulson in a personal best time of 34:38 and well ahead of third woman Jayne Le Noury.

Mixed 3 Mile (B)

Posn	Athlete	Club	Perf.
1	Stuart Le Noury	Sarnia Walking Club	26:26
2	Rob Elliott (M55)	Sarnia Walking Club	28:55
3	Olga Le Noury (W35)	Sarnia Walking Club	33:15
4	Kevin le Noury (M55)	Sarnia Walking Club	33:17
5	Peter Beckerleg (M55)	Sarnia Walking Club	33:25
6	Kay Coulson (W45)	Sarnia Walking Club	34:38
7	Mick Le Sauvage (M75)	Sarnia Walking Club	34:57
8	Jayne Le Noury (W55)	Sarnia Walking Club	36:24
9	Dave Dorey (M65)	Sarnia Walking Club	38:39

South Yorkshire League #7, Millhouses (Fri. 26th Aug.)

Sheffield Schools Y6 champion Owen Bradshaw has started training with the group and his progress gave him a comfortable victory, crossing the line a minute ahead of Rotherham's Simon Pugh. Personal bests for Lara (2km) and Natalie (5km) only gave them 3rd & 4th places. Great to see two new walkers; Imogen Walker (1 lap) and Jake Borrill taking the next two places. Chris Bent tackled his first race since his hip replacement in April.

Posn	Athlete	Club	Perf	Dist
1	Owen Bradshaw (U13B)	Mosborough School	8:19	1.5km
2	Simon Pugh (M55)	Rotherham Harriers	31:06	5km
3	Lara MacColl (U13G)	C of Sheffield & Dearne	11:38	2km
4	Natalie Myers	C of Sheffield & Dearne	26:48	5km
5	Imogen Walker (U11G)	Greenhill School	3:23	500m
6	Jake Borrill (U13B)	Bradway School	6:38	1km
7	Lucy Walker (U13G)	Greenhill School	12:49	2km
8	Tony Bell (M50)	Lancashire Walking Club	32:22	5km
9	Chris Bent (M70)	Buxton Athletic Club	22:31	3km

London Inter-Club Challenge/Enfield League, Allianz Park, Hendon (Sat. 27th Aug.)

In cloudy, humid conditions Mark Culshaw and Penelope Cummings cut out the early pace opening up a 50 metres gap ahead of the chasers led by Graham Chapman ***reports Ron Wallwork***. Chapman seemed to close it with ease as first Cummings and then Culshaw started to fade. It was a good race to watch and new Centurion John Borgars was only half a minute slower than the previous race, so has recovered quite well since his 100-mile success just three weeks previously.

Mixed 5000m (B)

Posn	Athlete	Club	Perf.
1	Graham Chapman (M60)	Headington RR	28:54.1
2	Mark Culshaw (M50)	Belgrave Harriers	28:55.1
3	Penelope Cummings (W40)	Herne Hill Harriers	29:39.1
4	Helen Middleton (W50)	Enfield & Haringey AC	30:35.5
5	John Ralph (M55)	Enfield & Haringey AC	30:48.5
6	Maureen Noel (W50)	Belgrave Harriers	30:48.8
7	Melanie Peddle (W45)	Loughton Athletic Club	31:10.1
8	John Borgars (M70)	Loughton Athletic Club	31:45.2
9	Dan Maskell (M65)	Surrey Walking Club	32:31.1
10	Arthur Thomson (M80)	Enfield & Haringey AC	32:33.9
11	Shaun Lightman (M70)	Surrey Walking Club	34:08.8
12	Jo Miles (W60)	Hillingdon Athletic Club	34:20.7
13	Amos Seddon (M75)	Enfield & Haringey AC	34:30.6
14	Sean Pender (M60)	Enfield & Haringey AC	34:34.5
15	Philip Goodwin (M60)	Ilford Athletic Club	35:01.2
16	David Hoben (M60)	Surrey Walking Club	35:21.6
17	Jon May (M670)	Enfield & Haringey AC	42:48.9

Mixed 5000m (B)

Posn	Athlete	Club	Perf.
1	Lillian Rugg (W50)	Enfield & Haringey AC	24:49.6
2	Ken Livermore (M80)	Enfield & Haringey AC	26:32.7

Mixed 1000m (B)

Posn	Athlete	Club	Perf.
1	Henry Rugg (U11B)	Enfield & Haringey AC	6:41.9

Essex County 10,000 Metre Track Championships, Garon Park, Southend (Sat. 27th Aug.)

Last year just one started**, *reports Dave Ainsworth***. This year's field was doubled, as Bob Dobson came from Cardiff to make an appearance. Last year, the same two had entered, before striking railway workers ended Bob's travel plans. A great show from Bob to come and support his County Championship.

Men's 10,000m

Posn	Athlete	Club	Perf.
1	Daniel King	Colchester Harriers	47:17.2
2	Bob Dobson (M70)	Ilford Athletic Club	71:03.4

Southend-on-Sea AC Open 1 Mile, Garon Park, Southend (Mon. 28th Aug.)

Fresh from his trip to Rio, Dominic King, in his maiden One Mile event, burnt up the Garon Park track smashing the existing One Mile track record of 7:58.5, which had stood since 2012, ***reports Dave Ainsworth***. Along with the win, Dominic earned himself the George Woods' Trophy awarded uniquely at this event, for the first Essex based Centurion to cross the line. George Woods' was Southend's great 'mover and shaker' in Southend's 1960s walking explosion.

Simon Le Mere, who has only been race walking for a year, led the charge for second clocking a personal best ahead of Dominic's coach George Nibre. First lady home was Southend's Kasia Kostyrka-Allchorne, removing 30 seconds from her personal best.

The grand-daughters of George Nibre, Gemma Lewis (aged 9) and Anya Nibre (aged 8) showed great class despite their ages.

Mixed 1 Mile (B)

Posn	Athlete	Club	Perf.
1	Dominic King	Colchester Harriers	6:11.06
2	Simon Le Mare (M50)	Southend-on-Sea AC	9:23.06
3	George Nibre (M55)	Ilford Athletic Club	9:39.30
4	Peer Binns (M65)	Southend-on-Sea AC	9:46.86
5	Stephen Cartwright (M55)	Colchester & Tendring	9:47.67
6	Kasia Kostyrka-Allchorne (W35)	Southend-on-Sea AC	9:48.16
7	John Borgars (M70)	Loughton Athletic Club	9:52.61
8	Linda Mountford (W50)	Unattached	10:02.87
9	Charles Abbott (M50)	Southend-on-Sea AC	10:02.87
10	Micheal Harran (M75)	Surrey Walking Club	10:06.24
11	Keith Palmer (M50)	Southend-on-Sea AC	10:19.73
12	Steve Allen (M55)	Ilford Athletic Club	10:35.44
13	John Brock (M65)	Southend-on-Sea AC	10:37.41
14	Alan O'Rawe (M75)	Ilford Athletic Club	10:54.93
15	Peter Cassidy (M75)	Loughton Athletic Club	10:57.44
16	David Hoben (M60)	Surrey Walking Club	11:00.90
17	Gemma Lewis (U11)	Frinton/Hamford School	12:16.64
18	Anya Nibre (U11)	Frinton/Hamford School	12:16.68
19	Val Mountford (W70)	Unattached	12:28.13
20	David Ainsworth (M70)	Ilford Athletic Club	12:40.58
21	Dawn Bailey (W40)	Unattached	13:02.52
22	Clair Henderson (W35)	Unattached	13:02.61
23	Eddie Trotter (M65)	Ilford Athletic Club	13:48.06

Woodford Tuesday Walks, Woodford (Tue. 29th Aug.)

With a rise in turnout, we showed that walking 3000m is four-and-a-half times as popular as running it, since only *two* competitors started the run, ***reports Peter Cassidy***. The field was led home by two newcomers to the W.T.W., Mark Culshaw and Alex Macheath, the latter – the U13 National Champion – moving up to 3000m for the first time. Melanie Peddle, as is her tendency, took a half-minute off her personal best

John Borgars ~ Melanie Peddle ~ Peter Cassidy ~ Steve Allen

Mixed 3000m

Posn	Athlete	Club	Perf.
1	Mark Culshaw (M50)	Belgrave Harriers	16:30.8
2	Alex Macheath (U13B)	Cambridge Harriers	16:36.7
3	Steve Allen (M60)	Barnet & District AC	17:15.9
4	Melanie Peddle (W45)	Loughton Athletic Club	17:51.2
5	John Borgars (M70)	Loughton Athletic Club	18:54.0
6	Sean Pender (M60)	Enfield & Haringey AC	20:40.1
7	Pamela Abbott (W50)	Enfield & Haringey AC	20:41.4
8	Peter Cassidy (M75)	Loughton Athletic Club	20:57.4
9	David Ainsworth (M65)	Ilford Athletic Club	24:52.7

Ultra-Distance

3rd 24 Heures de Wadelincourt, Belgium (27th/28th Aug.)

Last weekend in August saw the 3rd edition of the 24 Heures de Wadelincourt (it is held in even years) in Belgium. Wadelincourt is a rural village of 3500 people and the event sees you walking alongside fields with cows and with horses. This meet hosts one of the five qualifying races for the 2017 Paris-Alsace classic.

The initial lap was 5.122km, followed by laps of 3.514km, to enable an exact 100km split. In the final hour, laps were reduced to 641m. The lap was flat except for a hard hill (50m long, 10% incline) at the 1.5km point. This year the biggest problem was the sun. At the start time of 1pm on Saturday, the temperature was around 35°C and everybody was worried. Yet, in spite of that, Eddy Roze and Remi Bonotte started fast and led for the first 6 hours. It goes without saying that they did not feature in the final results.

Matthieu Olivares, who started at a much slower pace, came through to win the men's race with 180.426km while the unstoppable Sandra Brown won the women's race with 175.101km. The Belgium 100k championship went to veteran (born 1953) Daniel Vandendaul with a time of 13:06:52. ***(Report courtesy – Emmanuel Tardi)***

Posn	Athlete	Club	100k	Total
1	Mathieu Olivares	France	12:16:02	180,426
2	Patrick Langlois	France	12:54:50	177,535
3	Pascal Bunel	France	12:18:19	175,808
5	Sandra Brown (W65)	Surrey Walking Club	13:30:43	175,101
14	Kathy Crilley (W65)	Surrey Walking Club	23:02:48	105,842

Sheffield Primary Schools

Sheffield Primary Schools City Finals, Sheffield Hallam University City Stadium (Thu. 23rd Jun.)

291 youngsters competed in five qualifying rounds to get through to the finals, ***reports Brian Adams.*** Lucy Walker has been training regularly since finishing 8th in the Year 5 final last year and produced the fastest time of the day making an improvement of 44 seconds from 3:54. She was even faster than the boys Year 6 winner who recorded sub-3 minutes last year.

Only six girls have ever walked faster and they all went on to win national medals and represent the English RWA in the Nihill Shield against Ireland: Ana Garcia, Natalie Myers, Rebecca Mersh, Rebecca Chambers, Kathryn Granger and Danya Sarayreh.

	Y6 Girls 600m			Y6 Boys 600m	
1	Lucy Walker	3:10	1	Owen Bradshaw	3:21
2	E Hancocks	3:25	2	R Motley	3:23
3	A Campbell	3:32	3	N Manning	3:24
4	G Oakey	3:38	4	O Collins	3:29
5	I Gale	3:41	5	K Simkins	3:30
6	C Holland	3:41	6	J Holmes	3:31
	(23 walkers in race)			*(22 walkers in race)*	
	Y5 Girls 600m			**Y5 Boys 600**	
1	E Hindmarsh	3:41	1	J Simonite	3:30
2	L Harding	3:53	2	Toby Chaplin	3:32
3	C Wadsworth	3:47	3	Harry Eames	3:32
4	M Betts	3:47	4	F Fox	3:32
5	K Clark	3:47	5	F Barton	3:41
6	M McNally	3:49	6	A Songjam	3:41
	(26 walkers in race)			*(22 walkers in race)*	

Results Round-Up

August

28 **VAC & SCVAC Championships, Kingston**
3000: W40: 1 Penelope Cummings (Herne Hill) 17:06.25; **W55:** Fiona Bishop (Woking AC) 18:56.98. **M55:** 1 John Ralph (Enfield & Haringey) 18:08.80; **M70:** 1 Peter Hannell (Surrey WC) 19:23.24.

29 **Norman Fowler Memorial Meeting, Tonbridge**
3000: 1 Chris Hobbs (M60 – Ashford) 15:56.09, 2 Shaun Lightman (M70 – Surrey WC) 19:20.86, 3 Joshua Smith (U15B – Blackheath) 21:55.89.
1000: 1 Abigail Smith (U13G – Blackheath) 6:18.21.

Latest Positions RWA YAG GP

Under 13 Girls

Posn	Athlete	Club	Points
1	Izzy Elliott	Aldershot Farnham & District	157
2	Charlotte Wallis	Aldershot Farnham & District	110
3	Lara MacColl	C of Sheffield & Dearne AC	77
4	Davina Raykova	Ashford Athletic Club	38
	Lucy Walker	Greenhill School, Sheffield	38
	Molly McKerlich	Cardiff Amateur Athletic Club	38
7	Katie Haynes	Dudley & Stourbridge Harriers	35

Under 15 Girls

Posn	Athlete	Club	Points
1	Lucy Lewis Ward	Cambridge Harriers	198
2	Molly Meleady-Hanley	C of Sheffield & Dearne AC	146
	Beatrice Fury	Medway & Maidstone AC	146
4	Isabelle Bridge	Blackheath & Bromley HAC	107
5	Suki Ly	Cambridge Harriers	77
6	Alice Bellando	Manx Harriers	75
7	Anna Hinchliff	Aldershot Farnham & District	66
8	Megan Rice	Ealing, Southall & Middx AC	34
9	Emma Ratcliffe	Aldershot Farnham & District	32

Under 17 Women

Posn	Athlete	Club	Points
1	Pagen Spooner	Wetherby Runners	149
2	Abigail Jennings	Aldershot Farnham & District	146
3	Evie Butcher	Cambridge Harriers	117
4	Megan Stratton-Thomas	Swansea Harriers	114
5	Ana Garcia	C of Sheffield & Dearne AC	80
6	Alana Zeidler	C of Sheffield & Dearne AC	75
7	Lucy Webber	Western Athletic Club	67
8	Jacqueline Benson	Ashford Athletic Club	66
9	Amy Phipps	Neath Harriers	34
10	Katie Elliott	Aldershot Farnham & District	33

Under 20 Women

Posn	Athlete	Club	Points
1	Sophie Lewis Ward	Cambridge Harriers	80
2	Emma Achurch	Leicester Walking Club	40
3	Indigo Burgin	Cambridge Harriers	38
	Rebecca Greatbatch	Manx Harriers	38

Under 13 Boys

Posn	Athlete	Club	Points
1	Kai Cundey	C of Sheffield & Dearne AC	150
2	Alex Macheath	Cambridge Harriers	120
3	Faris Alkhamesi	Nuneaton Harriers	116
4	Kyle Smith	Nuneaton Harriers	109
5	James Crooke	Dudley & Stourbridge Harriers	70
6	Daniel Gilbert	Brecon Athletic Club	36

Under 15 Boys

Posn	Athlete	Club	Points
1	Jack Childs	Medway & Maidstone AC	158
2	Hisham Alkhamsei	Nuneaton Harriers	150
3	Stephen Waddington	Manx Harriers	118
4	Nicholas Hart	Aldershot Farnham & District	110
	George Wilkinson	Enfield & Haringey AC	110

Under 17 Men

Posn	Athlete	Club	Points
1	Oliver Hopkins	Lewes Athletic Club	191
2	Ben Allen	Leicester Walking Club	186
3	Chris Snook	Aldershot Farnham & District	160
4	Jordan Price	Brecon Athletic Club	110
5	Owain Nicholas	Pembrokeshire Harriers	69
6	Marshall Smith	Ashford Athletic Club	35
7	Matthew Phipps	Neath Harriers	33

Under 20 Men

Posn	Athlete	Club	Points
1	Cameron Corbishley	Medway & Maidstone AC	118
2	Callum Wilkinson	Enfield & Haringey AC	80
3	Guy Thomas	Tonbridge Athletic Club	76
4	Tom Partington	Manx Harriers	75
5	Tim Snook	Aldershot Farnham & District	37
	Luc Legon	Cambridge Harriers	37

	Girls Team			Boys Team	
1	Aldershot F & D AC	544	1	Nuneaton Harriers	375
2	Cambridge Harriers	510	2	Aldershot F & D AC	307
3	C of Sheffield & Dearne	378	3	Medway & Maidstone	276
4	Wetherby Runners	149	4	Manx Harriers	193
5	Medway & Maidstone	146	5	Lewes Athletic Club	191
6	Swansea Harriers	114	6	Enfield & Haringey	190
7	Manx Harriers	113	7	Leicester Walking Club	186
8	Blackheath & Bromley	107	8	Cambridge Harriers	157
9	Ashford Athletic Club	104	9	C of Sheffield & Dearne	150
10	Western AC	67	10	Breacon AC	146
11	Leicester WC	40	11	Tonbridge AC	76
12	Greenhill School	38	12	Dudley & Stourbridge	70
	Cardiff AAC	38	13	Pembrokeshire Hs	69
14	Dudley & Stourbridge	35	14	Ashford Athletic Club	35
15	Neath Harriers	34	15	Neath Harriers	33
	Ealing, Southall & M	34			

	Combined Team	
1	Aldershot F & D AC	851
2	Cambridge Harriers	667
3	C of Sheffield & Dearne	528
4	Medway & Maidstone	422
5	Nuneaton Harriers	375
6	Manx Harriers	306
7	Leicester WC	226
8	Lewes AC	191
9	Enfield & Haringey	190
10	Wetherby Runners	149
11	Brecon AC	146
12	Ashford AC	139
13	Swansea Harriers	114
14	Blackheath & Bromley	107
15	Dudley & Stourbridge	105
16	Tonbridge AC	76
17	Pembrokeshire Hs	69
18	Western AC	67
	Neath Harriers	67
20	Cardiff AAC	38
	Greenhill School	38
22	ESM Athletic Club	34

Forthcoming Events

September

Sat 10th	R & Z Trophy 2 Hour Track Walk	Bury
Sun 11th	Surrey & Sussex Championships	Carshalton
	Kent Under 13/Masters Championships	Erith
Sat 17th	English Schools Championships	Exeter
	BMAF Track & Field Championships #1	Birmingham
Sun 18th	BMAF Track & Field Championships #2	Birmingham
Fri 23rd	South Yorkshire League #8	Millhouses
Sat 24th	Enfield League 1 Hour	Lee Valley
Wed 28th	British Police & Civil Service Championships	Birmingham

October

Sun 2nd	RWA Festival of Walking/Nihill Shield	Hillingdon
Fri 7th	South Yorkshire League #9	Millhouses
Sat 8th	Albert Rigby Shield (10km)	Macclesfield
	Enfield League Yacht Handicap (5 mile)	Lee Valley

RACE WALKING ASSOCIATION

FOUNDED 1907

(www.RaceWalkingAssociation.com)

PRESIDENT Fred Pearce

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CHAIRMAN	Glyn Jones (glyn.jones@blueyonder.cio.uk)

President's Appeal 2016

Dear All

I am truly honoured to have been elected as your President for 2016.

In 1952 (at the age of 13) I had my first race in Manchester and since then I have devoted my sporting life to Race Walking – thus following in my father's (C255) footsteps so to speak, who also devoted his time to our sport.

During my 64 years of involvement as a member of Lancashire Walking Club from competing, judging, organising events and holding official positions on various bodies and committees, I am so proud to have been honoured by this appointment.

The Associations ever increasing work on behalf of our sport can only be carried through efficiently and beneficially to all if sufficient funds are available for this to be done.

May I look to you to play your part sending a donation to me at the address below or by bank transfer, details below.

It will be gratefully received on behalf of the Association and applied in the best interest of the sport for which we all have so much affection and which binds us so closely together.

Thank you once again for your support.

Kind regards

Fred Pearce

Fred Pearce

Bank Transfer Details
Account Name – F Pearce
Bank – RBS
Sort Code – 16-00-01
Account N° - 13975369

Cheques Payable to F. Pearce
4 Anglesey Drive
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