



Race Walking Record

November 2018



Maddy Shott

**Women's winner of the
92nd Enfield Open 7 Miles**

Photograph courtesy of Mark Easton (<http://markeaston.zenfolio.com>)



England Athletics & the Race Walking Association

jointly present a

Race Walk Judges Seminar

Saturday 19th January 2019

10.30am to 4.30pm

Civil Service Club, 13-15 Great Scotland Yard, London, SW1 2HJ



Lecturer – Noel Carmody IAAF Judge

This seminar is free to attend, and a buffet lunch will be provided

Included will be the Officials Health and Safety Module which is compulsory for all track & field technical officials

Please bring writing materials etc

**Email Peter Marlow (pmarlow@btinternet.com) to register by
Monday 14th January 2019**

news

KEY DATES

6 th Jan.	England Athletics Indoor	Sheffield
9 th Feb.	British Athletics Indoor until 10 th	Birmingham
3 rd Mar.	England Athletics 10km	Coventry
9 th Mar.	British Masters Indoor until 10 th	Lee Valley
23 rd Mar.	RWA Inter-Area Match	Eltham
6 th Apr.	EAA Permit Meeting	Podebrady (CZE)
28 th Apr.	BA/RWA 10km & RWA YAG + CAU	Coventry
19 th May	European Race Walking Cup	Alytus (LTU)
2 nd Jun.	British Masters 10,000m Walk	Horspath, Oxford
23 rd Jun.	England Athletics U20/U23	Bedford
16 th Jun.	BMAF 5km Championships	Horwich
27 th Jul.	EA & CAU Track Championships until 28 th	Manchester
10 th Aug.	British Masters Outdoor until 11 th	Birmingham
14 th Aug.	Manchester International	Manchester
25 th Aug.	British Athletics Senior Outdoor until 26 th	Birmingham
1 st Sept.	England Athletics U15/U17	Bedford
21 st Sept.	English Schools	Exeter
27 th Sept.	IAAF World Championships until 6 th Oct.	Doha (QAT)

IAAF revises Doha 2019 qualification system

The IAAF has announced that the new IAAF world rankings system (*as reported in RWR 874 and 876*) will not be used to qualify athletes for next year's World Championships in Doha. Instead, the existing process of entry standards will be used while the period of consultation for the new points-based system is extended.

The IAAF said: "It was originally intended that the new World Rankings system would be used as the athlete qualification system for the IAAF World Championships next year.

"After carefully listening to groups across the global athletics community, it is apparent while there is broad support for a new World Ranking system, there is still work to do to give full confidence that the points-based system is equally fair to all athletes and in all regions.

"The IAAF's primary concern, as always, is for the athletes. So, while uncertainty remains in the points-based process the IAAF will extend the period of consultation.

"To do this without impacting the training regimes and preparations in advance of the IAAF World Championships next year, the IAAF Council agreed to stick with the existing qualification system."

The new world rankings system will still be introduced as planned for the 2019 season to give athletes and federations the opportunity to follow the system in real time and become more familiar with the process before it becomes the primary qualifying route for major championships.

IAAF president Seb Coe said: "We believe strongly that the World Rankings is the best way for athletes to qualify for our major championships in future. Implementing change takes time as it is important our athletes and federations fully understand what is a complex system. We want to give the sport the opportunity to see the World Rankings in action and understand how they will work before we introduce the new system in full.

"We think sticking with the existing qualification system is the best solution for Doha because it gives our athletes, coaches and member federations the certainty they need at this point to prepare for the world championships. We trust that once everyone understands the World Rankings system, they will be confident about its introduction as the qualification system for future championships."

Doug Fotheringham 1930-2018



The Race Walking Association is saddened to report the passing of Doug Fotheringham aged 88, who passed away at home on Sunday 18th November.

Doug served in the Metropolitan Police for 35 years having joined in 1950, rising to the rank of Inspector and for many years he was chairman of the Metropolitan Police Race Walking Club.

He was a past President of the Race Walking Association, Southern Area Race Walking Association and Middlesex Athletic Association.

Doug was an elected Life Member of the Metropolitan Police Athletic Association and Belgrave Harriers.

His race walking career spanned many years from being a young police constable through to competing around the world in veterans events.

In 1981 he established himself as a significant force in Veteran Athletics when winning two gold medals at the World Veterans Championships held in New Zealand. He retired from international competition in 2007 having amassed thirty-five medals; seven gold at World Championships and five at European Championships. He also won seven silver and bronze at world level and nine silver and four bronze in European events.

A regular member of Belgrave's teams, Doug was always a strong team player.

Doug became Centurion 373 in 1965 clocking 21:31:09 for 100 miles at Chigwell over a tough 10 lap course.

Condolences are expressed to his sons Mark and Neal and their families including three grandchildren.

Ken Carter R.I.P.

The Race Walking Association is saddened to report the passing of Ken Carter aged 71 after illness.

Ken was a respected figure in the athletics world and amongst his local community as he was a long serving educator, rising to become Headteacher at Canvey Leigh Beck School.

Ken represented Great Britain. During his competitive career he competed for Surrey Walking Club, Southend-on-Sea AC, Anglia Striders and Ilford Athletic Club.

During Ken's time with Southend he was a scoring member of the team that won the RWA National 20km Championship in 1973 (Sheffield) and 1974 (Coventry). In 1974 he was also part of the team that won the National 20 mile championship.

Ken was also a keen and talented racing cyclist and also spent much time skiing.

To his widow Joy and sons Matthew and Ben, we send our profound condolences on the loss of a wonderful sportsman.

London Open Walks/Southern Area Championships

Due to circumstances beyond the control of the organisers the London Open Walks, including the Southern Area Championships will not be taking place on 27th January as listed in the RWA fixture list.

It is hoped that the event can be held in the Spring.



Domestic Results

Northern Area Winter League, Cleckheaton (Sun. 4th Oct.)

A better turn out than last year, but still could be better, *writes Alan Brooks*.

10km (B)

Pos	Athlete	AG	Club	Perf
1	Colin Scott	M55	Yorkshire Race Walking Club (Y)	57:10
2	Ray Robinson	M40	Redcar Race Walking Club	57:12
3	Graham Jackson	M50	Yorkshire Race Walking Club (Y)	59:26
4	Anthony Malone	M65	Lancashire Walking Club	60:21
5	Neil Armitage	M55	Yorkshire Race Walking Club	62:40
6	Russ Jackson	M70	Yorkshire Race Walking Club	68:04
7	Alistair Shand	M55	Yorkshire Race Walking Club	72:27
8	Richard Cole	M70	Yorkshire Race Walking Club (Y)	77:55
9	Mark Byrne	M55	Redcar Race Walking Club	82:49

Lancashire WC Bill Jackson 5km, Simister (Sat. 3rd Nov.)

There was a good turnout for the race of both walkers and officials - the twelve walkers included three guests (Glyn Jones and Stuart Edgar from the Midlands and Dan Maskell from Brighton). Weather conditions were good for the time of year, *reports Roy Gunnett*.

The scratch race was won by Adrian Edwards. Roy Gunnett won the yacht handicap and was therefore awarded the Bill Jackson Trophy. It was a closely fought out race with half the field finishing within a minute of each other.

The 111th Lancashire Walking Club AGM was held following the race, which was chaired and presented by Fred Pearce. Fred is stepping down from his official duties following this race, although he will still be attending future races. Everyone thanked Fred for his magnificent service to the club. Fred has been at the helm for 15 years and a member of the club for 66 years.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Adrian Edwards	M55	Lancashire Walking Club	28:54
2	Stuart Edgar	M45	Dudley & Stourbridge Hs	31:40
3	Peter Crahan	M65	Lancashire Walking Club	32:00
4	Dan Maskell	M70	Surrey Walking Club	32:10
5	John Crahan	M65	Lancashire Walking Club	32:30
6	Tony Bell	M55	Lancashire Walking Club	32:40
7	Roy Gunnett	M70	Lancashire Walking Club	32:44
8	Glyn Jones	M75	Coventry Godiva Harriers	32:49
9	Joe Hardy	M75	Lancashire Walking Club	33:05
10	Sailash Shah	M50	Lancashire Walking Club	33:51
11	Pat Evans	W65	Lancashire Walking Club	35:08
12	Ian Vaughan	M65	Lancashire Walking Club	37:38

Northern Area Winter League, York (Sun. 4th Nov.)

A course we have used many times before was, on this occasion, *reports Alan Brooks*, extremely congested because of a cross country event taking place on The Knavesmire. It couldn't have been busier for Dick Turpin's hanging! Winner was Lancashire Cretan, Tony Taylor, on a visit home.

10km (B)

Pos	Athlete	AG	Club	Perf
1	Tony Taylor	M70	Lancashire Walking Club	52:59
2	Ray Robinson	M40	Redcar Race Walking Club	55:47
3	Colin Scott	M55	Yorkshire Race Walking Club (Y)	60:21
4	Anthony Malone	M65	Lancashire Walking Club	60:32
5	Graham Jackson	M50	Yorkshire Race Walking Club (Y)	60:49
6	Dennis Jackson	M70	Yorkshire Race Walking Club	65:48
7	Russ Jackson	M70	Yorkshire Race Walking Club	67:10
8	Neil Armitage	M55	Yorkshire Race Walking Club	71:17
9	Richard Cole	M70	Yorkshire Race Walking Club (Y)	74:53
10	Mark Byrne	M55	Redcar Race Walking Club	86:32

92nd Enfield Open 7, Lee Valley (Sat. 10th Nov.)

In pleasant autumn sunshine with a gentle breeze, *reports Ron Wallwork*, Dominic King and Maddy Shott scored comfortable victories in their respective races, the former notching a record 8th triumph in the event. Sixteen year-old George Wilkinson also impressed.



The promoting club took the team honours with 50 points ahead of Ilford AC 59 and Surrey WC 60. Martin Fisher with 28 British 100's behind him was the first Centurion to finish and the "Bob Clark Awards" (for the outstanding junior walkers) went to Jacqueline Benson and George Wilkinson.

The race was started by RWA President Noel Carmody, who also presented the awards.

Men's 7 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Dominic King	M35	Colchester Harriers	52:33
2	George Wilkinson	U20M	Enfield & Haringey AC	54:41
3	Francisco Reis	M55	Surrey Walking Club/POR	60:09
4	David Crane	M40	Surrey Walking Club	62:15
5	Jim Ball	M55	Steyning Athletic Club	64:59
6	Martin Fisher	M55	Redcar Race Walking Club	67:51
7	Mark Culshaw	M50	Ilford Athletic Club	67:58
8	Stuart Bennett	M60	Ilford Athletic Club	68:01
9	David Kemp	M55	Arena 80	70:51
10	John Ralph	M60	Enfield & Haringey AC	72:00
11	Carlos Cobo-Corralles	M35	Surrey Walking Club/ESP	72:30
12	Steve Allen	M60	Barnet & District AC	73:25
13	Paul Gaston	M70	Surrey Walking Club	73:58
14	Dan Maskell	M70	Surrey Walking Club	74:42
15	Ron Penfold	M75	Steyning Athletic Club	75:12
16	David Kates	M70	Ilford Athletic Club	75:35
17	Stuart Maidment	M65	Steyning Athletic Club	76:16
18	Amos Seddon	M75	Enfield & Haringey AC	77:22
19	Stephen Cartwright	M60	Colchester & Tendring AC	77:28
20	Tom Casserley	M75	Enfield & Haringey AC	78:07
21	Paul King	M65	Belgrave Harriers	78:39
22	Chris Flint	M70	Surrey Walking Club	79:10
23	Shaun Lightman	M75	Surrey Walking Club	79:19
24	Michael Harran	M80	Surrey Walking Club	79:35
25	Arthur Thomson	M80	Enfield & Haringey AC	80:49
26	David Hoben	M65	Surrey Walking Club	81:19

Women's 7 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Maddy Shott	SW	Belgrave Harriers	57:55
2	Helen Middleton	W55	Enfield & Haringey AC	68:02
3	Melanie Peddle	W45	Loughton Athletic Club	68:53
4	Emma Dyos	W55	Ilford Athletic Club	69:26
5	Jacqueline Benson	U20W	Ashford Athletic Club	70:19
6	Maureen Noel	W55	Belgrave Harriers	73:38
7	Fiona Bishop	W55	Enfield & Haringey AC	75:41
8	Rachel Lawless	W55	Ilford Athletic Club	76:24
9	Lesley Morris	W55	Ilford Athletic Club	78:01
10	Geraldine Legon	W55	Bexley Athletic Club	78:33
	Noel Blatchford	W70	Abingdon Athletic Club	Retired

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	Sue Barnett	W65	Eastern Masters AC	55:01
2	Sue Clements	W60	Cambridge & Coleridge AC	59:34
3	Peter Hannell	M75	Surrey Walking Club	60:22
4	Tony Wilkinson	M55	Unattached	61:28

Enfield Race Walking League Titles for David Crane, Helen Middleton and Enfield & Haringey AC

During the first week in January 2018 David Crane contacted me to confirm the format for the 2018 series and confided in me that winning the individual league title was one of his main targets for the year, *writes Ron Wallwork*. Well, his fourth place finish in the 92nd Enfield 7 was sufficient to ensure that he hit it. By way of interest, his brother Steve was twice runner-up in 2007/08.



Helen Middleton finished overall runner-up and so retained her ladies crown with Melanie Peddle who finished third overall, breathing

down her neck only a handful of points behind. Third placed lady Fiona Bishop who was 9th overall extended her remarkable league medal tally to a round dozen.

Stuart Bennett headed a three man rush for the men's minor places ahead of the defending champion Mark Culshaw and George Wilkinson, just 12 points covering the three of them. Stuart won the 1st Centurion accolade and George the Outstanding Junior award.

With two in the women's top three and three men in their top ten, the Enfield & Haringey AC team had a winning combination. The Stuart Bennett revived Ilford AC team finished second and Surrey WC third.

Ladies			Men		
1	Helen Middleton	579/9	1	David Crane	614/9
2	Melanie Peddle	564/9	2	Stuart Bennett ©	560/9
3	Fiona Bishop	495/9	3	Mark Culshaw	549/9
4	Rachel Lawless	427/9	4	George Wilkinson	548/8
5	Maureen Noel	407/7	5	John Ralph	536/9
6	Lesley Morris	358/8	6	David Kates ©	502/9
Teams					
1	Enfield & Haringey AC	2951	4	Belgrave Harriers	1213
2	Ilford Athletic Club	2669	5	Loughton Athletic Club	1199
3	Surrey Walking Club	2164	6	Ilford Athletic Club 'B'	1118

One hundred and eleven walkers of which 38 were women took part in the 11 race series notching up 372 performances. Ten did nine or more races, 23 did six or more and 49 did three or more and they represented 33 clubs.

Sarnia WC Bob Wright Handicap Series Race Three 1 Mile Track Walk, Footes Lane, Guernsey (Sun. 11th Nov.)

Jayne Le Noury, the first walker away in the third race of the Bob Wright Handicap Series, *reports Rob Elliott*, had her best one mile race for some time to stay ahead of the rest of the chasing walkers to cross the line in 12:03. Rob Elliott held on by two seconds for second place on handicap ahead of the fast finishing Stuart Le Noury. Stuart had the fastest time of the day with his 7:32 clocking and stays ahead in the Series table, followed by Jayne Le Noury and Phil Lockwood.

Mixed 1 Mile (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Jayne Le Noury	W55	Sarnia Walking Club	12:03/12:03
2	Rob Elliott	M55	Sarnia Walking Club	12:15/08:45
3	Stuart Le Noury	SM	Sarnia Walking Club	12:17/07:32
4	Kevin Le Noury	M60	Sarnia Walking Club	12:10/10:28
5	Wendy Wilson	W55	Sarnia Walking Club	12:24/10:54
6	Phil Lockwood	M45	Sarnia Walking Club	12:25/09:45
7	Mick Le Sauvage	M75	Sarnia Walking Club	12:30/11:30
8	Olga Le Noury	W35	Sarnia Walking Club	13:51/12:51

Midland Winter League Race 3, Coventry (Sun. 18th Nov.)

A welcome contingent of Leeds based walkers contributed to the further increase of walkers on the start line for the 3rd and final Midland Winter League Series held on a cold but dry day at Warwick University, Coventry, *reports Glyn Jones*.

In the 5km Cameron Corbishley and Tom Partington straight from the start went into a clear lead followed by Leeds based Susan Randall (USA). Cameron kept a slight lead in front of Tom to the finish.

Cameron went onto race the 10km which again he walked well ahead of the rest of the field.



Daniel Mckerlich & Carolyn Derbyshire

In the final tables and following the previous 2 series, Mark Williams and Carolyn Derbyshire maintained their form by gaining 1st scratch winners in the 5km and Carolyn also 1st scratch winner in the 10km together with Peter Boszko.

Birchfield Harriers, Leicester W.C. and Nuneaton Harriers were the only three clubs to field mixed teams in all the series. However, it was pleasing to see not only Midland Athletes but also walkers from outside the Midland Area competing in all the series and all their support together with all officials was greatly appreciated in maintaining once again a successful winter league.

Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M	Medway & Maidstone AC	22:14
2	Tom Partington	U20M	Manx Harriers	22:30
3	Susan Randall	W40	Shore Athletic Club (USA)	26:59
4	Carolyn Derbyshire	W40	Nuneaton Harriers	27:37
5	Pagen Spooner	U20W	Hyde Park Harriers	27:47
6	Mark Williams	M50	Birchfield Harriers	27:54
7	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	28:03
8	Natalie Myers	SW	C of Sheffield & Dearne	28:59
9	Faris Alkhamesi	U17M	Nuneaton Harriers	29:33
10	Steve Arnold	M55	Nuneaton Harriers	29:52
11	Wendy Kane	W50	Notts Athletic Club	30:07
12	Hardeep Minhas	M60	Leicester Walking Club	30:22
13	Ian Torode	M60	South West Vets AC	30:43
14	Colin Vesty	M55	Leicester Walking Club	31:02
15	Stuart Edgar	M45	Dudley & Stourbridge Hs	31:44
16	Sarah Lightman	W45	Leicester Walking Club	31:53
17	Hilary Mann	W55	Sparkhill Harriers	32:37
18	Molly Meleady-Hanley	U20W	C of Sheffield & Dearne	33:42
19	Lin Farrow	W60	Harborough Athletic Club	34:00
20	David Fall	M70	Birchfield Harriers	37:12
21	Bill Wright	M70	Nuneaton Harriers	37:34
22	Julian Barnett	M55	Birchfield Harriers	38:39
23	Karen Williams	W65	Birchfield Harriers	38:43

U15 3km (B)

Pos	Athlete	AG	Club	Perf
1	Georgia Parkinson	U17W	Menai Athletic Club	18:59
2	Jamie Wellard	U15B	Robert Smythe Academy	20:56
3	Gabrielle Birch	U15G	Birchfield Harriers	21:08

U13 2km (B)

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers	13:13
2	Elena Richards	U13G	Dudley & Stourbridge Hs	14:39

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M	Medway & Maidstone AC	44:12
2	Oliver Hopkins	U20M	Lewes Athletic Club	51:19
3	Peter Boszko	M65	Birchfield Harriers	57:43
4	Ben Allen	U20M	Leicester Walking Club	57:53

5	Daniel Mckerlich (T20)	U20M	Cardiff A.A.C.	59:07
6	Carolyn Derbyshire	W40	Nuneaton Harriers	59:09
7	Megan Stratton-Thomas	U20W	Swansea Harriers	60:04
8	Steve Arnold	M55	Nuneaton Harriers	60:44
9	Laura Achurch	U20W	Leicester Walking Club	61:00
10	John Constandinou	M45	Birchfield Harriers	61:38
11	Julie Bellfield	W45	Halesowen Athletic Club	63:48
12	Hardeep Minhas	M60	Leicester Walking Club	63:58
13	George Smolinski	M65	Leicester Walking Club	64:54
14	Colin Vesty	M55	Leicester Walking Club	67:37
15	Lynn Bellfield	W50	Halesowen Athletic Club	67:45
16	Sarah Trundley	W45	Nuneaton Harriers	71:74
17	Julian Barnett	M55	Birchfield Harriers	75:50
18	David Fall	M70	Birchfield Harriers	75:52
19	Terry Morris	M70	Nuneaton Harriers	76:33

Haldane Fisher Syd Quirk Half Marathon Walk, Ronaldsway, Isle of Man (Sun. 18th Nov.)

Adam Cowin finished almost a minute and a half ahead of Gianni Epifani to take the win, clocking a time of 1:50.11.

The first woman to finish was Jayne Farquhar, who was tenth overall in a time of 2:14.55.

Mixed Half Marathon (B)

Pos	Athlete	AG	Club	Perf
1	Adam Cowin	SENM	Manx Harriers	1:50:11
2	Gianni Epifani	M45	Manx Harriers	1:51:35
3	Dale Farquhar	M35	Manx Harriers	2:04:11
4	Samuel Fletcher	M35	Isle of Man Veterans AC	2:06:11
5	Adam Killip	SENM	Unattached	2:06:37
6	Tony Edwards	M55	Manx Harriers	2:07:55
7	Peter Miller	M40	Manx Harriers	2:09:41
8	David Walker	M45	Manx Harriers	2:10:27
9	Paul Sayle	M35	Unattached	2:13:08
10	Jayne Farquhar	W45	Manx Harriers	2:14:55
11	Stephanie Burton	W50	Unattached	2:18:30
12	Louise Hollings	W35	Manx Harriers	2:33:47
13	Ian Callister	M65	Manx Harriers	2:25:46
14	Nicola Raven	W55	Manx Harriers	2:25:48
15	Sharon Cain	W45	Western Athletic Club	2:25:48
16	Courtenay Heading	M60	Isle of Man Veterans AC	2:32:11
17	Andy Baxendale	M45	Isle of Man Veterans AC	2:32:57
18	Russell Walker	M55	Unattached	2:33:32
19	Angie Robinson	W50	Unattached	2:37:01
20	Rob Clynes	M50	Unattached	2:37:03
21	Colin Moore	M55	Isle of Man Veterans AC	2:37:47
22	Andrew Crooks	M65	Unattached	2:42:47
23	Voirrey Earnshaw-Cain	W55	Northern (IOM) AC	2:43:09
24	May Hooper	W50	Manx Harriers	2:43:14
25	Charlotte Hemensley	W40	Unattached	2:44:00
26	Aaron Curphey	M40	Unattached	2:44:01
27	Lorna Taylor	W70	Unattached	2:44:42
28	Martin Jennings	M55	Unattached	2:47:46
29	Hannah Miller	W45	Unattached	2:50:30
30	Alan Gault	M60	Unattached	2:53:16
31	Jane Jelski	W40	Unattached	2:53:16
32	Gordon Erskine	M70	Unattached	2:54:10
33	Jaime Amoedo	M45	HSBC Isle of Man	2:57:48
34	Edmund Jeffers	M45	Unattached	2:57:58
35	Carol Stevens	W65	Unattached	3:02:49
36	Nucharee Burridge	W50	Unattached	3:10:10
37	John Rispin	M40	HSBC Isle of Man	3:10:55
38	Mark Byrne	M55	Redcar Race Walking Club	3:13:11
39	Jennifer Blackburn	SENW	Unattached	3:13:17
40	Sandra Kaighin	W55	Unattached	3:13:20
41	Daithi O'Regan	M35	Isle of Man Army Cadets	3:18:27

Sarnia WC 10km Road Walk, North Side, Vale, Guernsey (Sun. 18th Nov.)

Stuart Le Noury walked to a sub 54 minutes clocking on a sunny and windy Sunday morning over the four laps of the North Side Circuit, **reports Rob Elliott**. Leading throughout he passed the halfway point in 26:47 before slowing slightly in the second half. Leading woman Donna Allan started steadily and with a half way time of 32:38, increased the pace in the second half to finish with a negative split time of 31:50 and a final time of 64:28. Third placed Phil Lockwood had Donna in his sight for the first three laps before fading to finish in 67:24.

Mixed 10km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SM	Sarnia Walking Club	53:57
2	Donna Allan	W40	Sarnia Walking Club	64:28
3	Phil Lockwood	M45	Sarnia Walking Club	67:24
4	Kevin Le Noury	M60	Sarnia Walking Club	72:48
5	Mick Le Sauvage	M75	Sarnia Walking Club	78:16
6	Jayne Le Noury	W55	Sarnia Walking Club	79:37

Surrey WC Christmas Cup, Tonbridge (Sun. 18th Nov.)

Although a little early for Christmas the Surrey Walking Club race attracted 33 finishers with many family supporters as half of the field were youngsters or under 20/23s, **reports Peter Hannell**. It was sunny but quite cold due to a strong easterly breeze.

The main race included the Surrey WC championship won by Francisco Reis and handicap which was won narrowly by Ian Statter.

The overall winner was unsurprisingly Guy Thomas walking comfortably to lap the field at least twice. Francisco, almost 40 years older, had a fair race to hold off David Crane, by less than half a minute. Jacqueline Benson had the best performance although unable to hold Blackheath's Isabelle Bridge. These two filled the women's frame behind a clear, by three minutes, win by Abigail Jennings. Surrey themselves filled nine of the 33 results which was a good turnout to welcome the large number of visitors. It was good to see Martin Malcolm and Ian Statter turning out after a considerable time out for injuries.

In addition to the main event the younger racers were able to complete 1000m, 2000m or 3000m and among several good times was Katie Brash's win in the 3000m.

Mixed 5000m (B)

Pos	Athlete	AG	Club	Perf
1	Guy Thomas	U23M	Tonbridge Athletic Club	21:26
2	Francisco Reis	M50	Surrey Walking Club	25:12
3	David Crane	M40	Surrey Walking Club	25:37
4	Abigail Jennings	U20W	Aldershot Farnham & Dist.	26:01
5	Isabelle Bridge	U20W	Blackheath & Bromley	29:00*
6	Jacqueline Benson	U20W	Ashford Athletic Club	29:12
7	Lois Carty	U17W	Aldershot Farnham & Dist.	29:17
8	Malcolm Martin	M60	Surrey Walking Club	29:51
9	Carlos Cobo-Corralles	M35	Surrey Walking Club/ESP	30:01
10	Mark Culshaw	M50	Iford Athletic Club	30:15
11	David Kemp	M55	Arena 80	30:49
12	Abigail Smith	U15G	Blackheath & Bromley	30:56
13	Sue Davies	W50	Aldershot Farnham & Dist.	31:56
14	Dan Maskell	M65	Surrey Walking Club	32:28
15	Ron Penfold	M75	Steyning Athletic Club	32:54
16	Rachel Lawless	W55	Iford Athletic Club	32:54
17	Ian Statter	M60	Surrey Walking Club	33:10
18	Geraldine Legon	W60	Bexley Athletic Club	34:18
19	Christopher Flint	M70	Surrey Walking Club	34:26
20	Stephen Cartwright	M60	Colchester & Tendring AC	34:40
21	Michael Harran	M80	Surrey Walking Club	34:49
22	Anna Hinchcliffe	U20W	Aldershot Farnham & Dist.	35:20
23	David Hoben	M65	Surrey Walking Club	37:00

*Estimated time as walker inadvertently stopped a lap early

Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Katie Brash	U15G	Blackheath & Bromley	17:08
2	Davina Nova	U15G	Ashford Athletic Club	17:59
3	Millie Morris	U17W	Medway & Maidstone AC	18:16
4	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	18:36
5	Rachel Harding	U17W	Ashford Athletic Club	18:43
6	Graeme Heaton	M55	Heathfield Road Runners	22:36

Mixed 2000m (B)

Pos	Athlete	AG	Club	Perf
1	Katie Stringer	U15G	Medway & Maidstone AC	11:24
2	Harvey Perry	U13B	Lewes Athletic Club	14:01
3	Eve Cooper	U13G	Ashford Athletic Club	16:15

Manx Harriers Up & Running Winter League, Andreas, Isle of Man (Sun. 25th Nov.)

Adam Cowin claimed the win over five minutes ahead of long distance specialist Richard Gerrard. Hannah Hunter finished first woman in fourth place overall.

Mia Dunwell (U15) was an impressive winner of the 5km clocking 29:21.

Mixed 10km

Pos	Athlete	AG	Club	Perf
1	Adam Cowin	SENM	Manx Harriers	47:06
2	Richard Gerrard	M45	Manx Harriers	52:38
3	Sam Fletcher	M35	Manx Harriers	55:10
4	Hannah Hunter	W35	Manx Harriers	56:18
5	Adam Killip	SENM	Unattached	58:31
6	Tony Edwards	M55	Manx Harriers	58:32
7	James Quirk	M45	Manx Harriers	59:40
8	Marie Jackson	W55	Manx Harriers	60:37
9	Jayne Farquhar	W45	Manx Harriers	60:41
10	Sharon Cain	W45	Western Athletic Club	64:03
11	Nikki Raven	W55	Manx Harriers	65:01
12	Dudley Butt		Unattached	69:02
13	Maura Kelly	W50	Northern (IOM) AC	69:52
14	Voirrey Earnshaw-Cain	W55	Northern (IOM) AC	70:28
15	Kerry Palmer		Unattached	70:59
16	Dermot O'Toole		Unattached	72:06
17	May Hooper	W50	Manx Harriers	72:15
18	Alice Bellando	U20W	Manx Harriers	74:11
19	Gordon Erskine	M70	Unattached	75:45
20	John Cannell	M70	Isle of Man Veteran AC	77:51
21	Mick Holgate	M75	Manx Harriers	81:50
	Dale Farquhar	M35	Manx Harriers	DQ

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) AC	29:21
2	Vicki Heavey	W45	Northern (IOM) AC	32:56
3	Kiera Heavey	U17W	Northern (IOM) AC	33:32
4	Lalage Earnshaw-Cain		Unattached	33:44
5	Angie Robinson		Unattached	34:00
6	Sylvia Kennaugh	W65	Isle of Man Veterans AC	37:09
7	Angela Corkish	W70	Isle of Man Veterans AC	37:48
8	Caroline Reilly		Unattached	38:39
9	Phillip Swales	M50	Northern (IOM) AC	38:39
10	Sue Ackroyd	W60	Isle of Man Veterans AC	38:52
11	Jo McMahon		Unattached	39:12
12	Rob Forgie	M35	Northern (IOM) AC	43:29

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	18:20
2	William Forgie	U13B	Northern (IOM) AC	20:44
3	Aaron Rielly	U15B	Unattached	21:44

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Grayse Fletcher	U11G	Unattached	13:54
2	Mollie Swales	U11G	Unattached	17:27

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Lilee Fletcher	U9G	Unattached	7:49
2	Harry Merryweather	U9B	Unattached	8:22
3	Harrie Swales	U7B	Unattached	11:14
4	Jay-Jay Fletcher	U7B	Unattached	11:15

**Sarnia WC Bob Wright Handicap Series Race Four
2km Road Walk at Pleinmont, Guernsey (Sun. 2nd Dec.)**

Jayne Le Noury led from start to finish to secure her second win in the Bob Wright Handicap Series and goes into the new year with an overall lead in the series by one point from son Stuart, **reports Rob Elliott**. Walking on the hilly out and back course at Pleinmont she crossed the line in just over 15 minutes, with Kevin Le Noury taking second place in 15:11, ahead of Rob Elliott in third.

Fastest woman on the day was fourth placed Donna Allan with an actual time of 12:01. Jayne Le Noury with 15:03 edged out late starter Kay Coulson, who had an actual time of 15:07 for second fastest. Stuart Le Noury's 9:49 was the quickest of the men.

Mixed 2km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Jayne Le Noury	W55	Sarnia Walking Club	15:03/15:03
2	Kevin Le Noury	M60	Sarnia Walking Club	15:11/13:11
3	Rob Elliott	M55	Sarnia Walking Club	15:15/11:15
4	Donna Allan	W40	Sarnia Walking Club	15:31/12:01
5	Mick Le Sauvage	M75	Sarnia Walking Club	15:33/14:48
6	Phil Lockwood	M45	Sarnia Walking Club	15:34/12:34
7	Stuart Le Noury	SENM	Sarnia Walking Club	15:39/09:49
8	Peter Beckerleg	M60	Sarnia Walking Club	16:02/14:17
9	Dave Dorey	M70	Sarnia Walking Club	16:12/15:27
10	Kay Coulson	W50	Sarnia Walking Club	18:37/15:07

UPCOMING EVENTS**December**

Sat. 8 th (B)	Alf Palmer Memorial Track Races	Horsham
Sun. 9 th (B)	Sarnia WC 10km Road Walk	Les Amarreurs
Sun. 16 th (B)	Sarnia WC 815m Hill Climb	Le Val des Terres
Sun. 16 th (A)	Cardiff Christmas Indoor Classic	NIAC, Cardiff
Sun. 16 th (A)	Manx Harriers Winter League	Ramsey, Isle of Man
Wed. 26 th (B)	Brighton Boxing Day Races	Preston Park
Wed. 26 th (B)	Southend-on-Sea 2 Mile Pier Walk	Southend
Sun. 30 th (B)	Sarnia WC 3 Mile Road Walk	Rocquaine Circuit

January

Tue. 1 st (A)	London Indoor Walks (1000/3000)	Lee Valley
Sun. 6 th (A)	England Athletics Indoor Walks	E.I.S. Sheffield
Sat. 12 th (B)	Enfield League 5 Mile	QEII, Enfield
Sun. 13 th (B)	Sarnia WC Handicap 5km	Amarreurs Road
Sat. 19 th (B)	Steyning AC Open 15km	Steyning
Sun. 20 th (B)	Sarnia WC Pace Judgement	Cambridge Park
Sun. 20 th (B)	Yorkshire RWC Winter League	Drighlington CC

Seasons Greetings