


## UKA Publish 2022 Fixture Calendar - Further Update

UKA have published the fixture list for 2022 and listed below are the events that include a race walk, which has been further updated with additional information.

| Date | Event | Venue |
| :--- | :--- | :--- |
| 8-9 Jan. | England Athletics Indoor Walks | E.I.S. Sheffield |
| 5 Feb. | England Athletics Winter RW Championships | Leeds Beckett Uni. |
| 25-27 Feb. | British Athletics Indoor Championships | N.I.A. Birmingham |
| 5-6 Mar. | British Masters Indoor Championships | Lee Valley |
| 19 Mar. | Molly Barnett including EA U20/Sen 10,000m Coventry |  |
| 30 Apr. | BA 20km World Championship trial | Leeds |
| 24-26 Jun. | UK Athletics Outdoor Championships | Manchester |
| 16-17 Jul. | England Athletics U20/U23 Championships | Bedford |
| 30-31 Jul. | England Athletics Senior Championships | Bedford |
| 17 Aus. | Aanchester Internationat | Aanchester |
| 27-28 Aug. | England Athletics U15/U17 Championships | Bedford |
| 17 Sept. | English Schools Championships | Bedford |
| 23 Oct. | UKA 35km Race Walking Championships | Leeds, Brownlee |



# Winners in the recent R.W.A 200 Club draw <br> <br> £25.00 <br> <br> £25.00 <br> £15.00 <br> £10.00 

Mar. 22 Jack Thomas John Sales David Ratcliffe It is $£ 12$ per number per year, so if you wish to join, please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.


## RANKINGS

## Commonwealth Ranking Lists

An update from Mark Wall: The Women's lists is a very thin offering, if you consider 48:00 (a modest time by any measure: top 88 at 10,000m and 98 at 10 km , in the world 2021) especially when a woman just weeks short of her 49 th birthday makes it).
The men are a muddier affair. Several athletes have competed at 20 km in the period but do not have a commensurate $10 \mathrm{~km} / 10,000 \mathrm{~m}$ performance. Some of these would by logic appear due to their split times (Callum Wilkinson a prime example with a $10^{\text {th }}$ at Sapporo).
So, Australia is likely to field at least two if not three in each race, Wales would hope for two women on the start line. If Callum recovers from surgery well, I can see him toeing the line, as for the rest of the UK? They need to meet the standards and rank highly enough in the team to merit selection. Africans and Indians? We await what happens. Gathimba would seem a logical selection (3rd in 2018 and $3^{\text {rd }}$ at the 2022 World Team Championships in Oman).
Women's 10,000m from August $1^{\text {st }}, 2021$ (to 48:00)

| Perf. | Athlete | Born | Countr |  | Date | Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 42:39.2h | Jemima Montag | 1998 | \% | AUS | 22/01/2022 | 1170 (a) |
| 44:27.8 | Katie Hayward | 2000 |  | AUS | 30/03/2022 | 1105 (b) |
| 44:40.1 | Rebecca Henderson | 2001 |  | AUS | 30/03/2022 | 1097 |
| 45:21.7 | Bethan Davies | 1990 | F1\%) | WAL | 15/08/2021 | 1073 (d) |
| 45:24.1 h | Olivia Sandery | 2003 |  | AUS | 15/01/2022 | 1072 (c) |
| 45:36.1h | Clara Smith | 1998 |  | AUS | 22/01/2022 | 1065 |
| 45:59.5 | Heather Lewis | 1993 | F1909 | WAL | 19/03/2022 | 1055 (d) |
| 46:41.0 | Kelly Ruddock | 1973 |  | AUS | 30/03/2022 | 1028 |

(a) Automatic selection having met the national standard (44:30.00) and won (a) the trial.
(b) Likely selection on the basis of $2^{\text {nd }}$ in the trial and met the national standard.
(c) Commonwealth Games clashes with World Junior Championships in Cali,
(d) Met the national Standard


| Perf. | Athlete | Born | Countr |  | Date | Notes |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 39:01.3h | Declan Tingay | 1999 | \% | AUS | 22/01/2022 | 1170 (a) |
| 39:22.0h | Kyle Swan | 1999 |  | AUS | 22/01/2022 | 1155 (b) |
| 40:12.0 | Wayne Snyman | 1985 |  | RSA | 02/04/2022 | (d) |
| 40:28.1h | Rhydian Cowley | 1991 | \% | AUS | 22/01/2022 | 1108 |
| 40:35.2h | Quentin Rew | 1984 |  | NZL | 16/01/2022 | 1103 |
| 41:00.3h | Will Thompson | 2002 |  | AUS | 22/01/2022 | 1085 |
| 41:30.8h | Mitchell Baker | 2001 |  | AUS | 22/01/2022 | 1064 |
| 41:38.0 | Evan Dunfee | 1990 | $\dagger$ | CAN | 17/10/2021 | 1060 (c) |
| 41:39.0h | Tyler Jones | 1998 |  | AUS | 22/02/2011 | 1058 |
| 42:11.0 | Tom Bosworth | 1990 | - | ENG | 02/04/2022 | (d) |
| 42:26.2h | Carl Gibbons | 1996 | - | AUS | 15/01/2022 | 1025 |
| 42:05.2 | Cameron Corbishley | 1997 | $\square$ | ENG | 06/03/2021 | 1009 |
| 42:58.6 | Tim Fraser | 2000 | \% | AUS | 22/02/2002 | 1003 |

(a) Likely selection on the basis of met the national standard.
(b) Automatic selection having met the national standard (39:30.00) and won
the trial.
(c) Commonwealth lead in 2021
(d) Enroute to 20 km in Podebrady.

| Men's 10,000m Top 2 Commonwealth performances in 2021 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Perf. | Athlete | Born | Coun |  | Date | Notes |
| 38:39.7 | Evan Dunfee | 1990 | ゅ | CAN | 12/06/2021 | 1186 |
| 39:05.8 | Callum Wilkinson | 1997 | $\square$ | ENG | 06/03/2021 | 1167 |

## RANKINGS

UK Indoor Rankings (Winter 2021/2022)
Women's Indoor 3000m to 18:00

| Perf. | Athlete | AG | Club | Venue | Date |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 13:17.36 | Bethan Davies | SEN | Cardiff A.A.C. | Cardiff | 19/12 |
| 14:24.14 | Hannah Hopper | U20 | Cambridge Hs. | Birmingham | 27/02 |
| 14:24.64 | Erika Kelly | SEN | Northern (IOM) | Birmingham | 27/02 |
| 14:24.71 | Abigail Jennings | U23 | Aldershot F \& D | Birmingham | 27/02 |
| 14:54.70 | Abby Hughes | U20 | Taunton AC | Cardiff | 19/12 |
| 14:54.79 | Jasmine Nichols | SEN | Leicester WC | Sheffield | 09/01 |
| 14:57.98 | Gracie Griffiths | U17 | Pembrokeshire Hs. | Cardiff | 19/12 |
| 15:39.37 | Natalie Myers | SEN | 2 DASH | Birmingham | 27/02 |
| 15:50.42 | Grazia Manzotti | V50 | Tonbridge AC | Lee Valley | 02/04 |
| 15:54.68 | Mia Dunwell | U20 | Northern (IOM) | Birmingham | 27/02 |
| 15:56.12 | Melanie Peddle | V50 | Loughton AC | Lee Valley | 05/03 |
| 16:01.46 | Millie Morris | U20 | Ashford AC | Birmingham | 27/02 |
| 16:13.72 | Abigail Smith | U20 | Blackheath \& B | Birmingham | 27/02 |
| 16:40.66 | Beatrice Fury | U23 | Medway \& Maid. | Cardiff | 19/12 |
| 16:42.40 | Jacqueline Benson | U23 | Ashford AC | Birmingham | 27/02 |
| 16:46.55 | Carolyn Derbyshire | V40 | Nuneaton Hs. | Lee Valley | 05/03 |
| 16:46.94 | Megan Stratton-T | U23 | Swansea Hs. | Cardiff | 19/12 |
| Resident Non-UK Athletes |  |  |  |  |  |
| 16:37.74 | Erika Pontarollo | SEN | Hyde Park Hs. | Sheffield | 09/01 |
| Men's Indoor 3000m to 16:00 |  |  |  |  |  |
| Perf. | Athlete | AG | Club | Venue | Date |
| 12:27.27 | Christopher Snook | U23 | Aldershot F \& D | Birmingham | 27/02 |
| 12:41.43 | Tom Partington | SEN | Manx Harriers | Birmingham | 27/02 |
| 13:15.66 | Luc Legon | SEN | Bexley AC | Birmingham | 27/02 |
| 14:03.79 | David Annetts | V55 | North Herts RR | Lee Valley | 02/04 |
| 14:38.03 | Christian Hopper | U20 | Cambridge Hs. | Sheffield | 09/01 |
| Resident Non-UK Athletes |  |  |  |  |  |
| 15:43.19 | Francisco Reis | V60 | Surrey WC | Braga (POR) | 21/02 |

## International Results

## Podebrady (CZE) Walking Meeting - World Athletics Race Walking Tour - Gold Standard (Sat. 2 ${ }^{\text {nd }}$ Apr.)

Caio Bonfim and Valeria Ortuno took top honours and led a number of athletes under the World Athletics Championships qualifying standards at the Podebrady Walking meeting - the first Gold level event in this year's World Athletics Race Walking Tour.
Brazil's Bonfim, the 2017 world bronze medallist, moved away from his rivals in the closing kilometres to equal the meeting record of 1:18:54 and triumph ahead of Sweden's 2019 world bronze medallist Perseus Karlstrom - who had set that meeting record last year - and Ireland's European U23 silver medallist David Kenny in the men's 20km race.
Mexico's Ortuno made her break earlier on in the women's 20 km race and maintained that momentum, recording 1:29:25 to finish half a minute clear of Germany's Saskia Feige and Ecuador's Johana Ordonez. As well as kicking off the Gold calendar in the 2022 World Athletics Race Walking Tour, Saturday's meeting also marked the $90^{\text {th }}$ anniversary of the race walk competition in the Czech spa town.
Just four weeks after his 35 km win at the World Athletics Race Walking Team Championships Muscat 22, Karlstrom returned to Podebrady to defend his 20 km title, with wins in 2020 and 2016 also featuring on his CV.

Bonfim, meanwhile, was looking to go one better than his runner-up spot at the South American Race Walking Championships in Lima in February and build on his eighth-place finish over 35 km in Muscat.
Karlstrom was part of the lead group that passed 5 km in 19:52 and 10km in 39:40. Bonfim had been biding his time a few seconds back off the front of the pack but was to the fore as 7 km was reached in 27:53. Four athletes forged ahead, with Bonfim and Karlstrom joined by Kenny and Ecuador's Brian Pintado through the 10km mark.

The group had split by 13 km , with Kenny and Bonfim together ahead of Karlstrom, and Pintado just off the pace.
Karlstrom was the next to fall back but he battled on, determined not to let Kenny and Bonfim out of his sight - the leaders passing 15 km in 59:24, seven seconds ahead of Karlstrom. As Bonfim moved away over the next kilometre, Karlstrom caught Kenny and they looked locked in battle for the runner-up spot. Bonfim was 18 seconds ahead at 17 km - 1:07:13 to 1:07:31 - and had stretched his lead to 28 seconds with two kilometres to go, as Karlstrom made a bid to drop Kenny.
Bonfim was unchallenged as he secured success in 1:18:54, just seven seconds off his own national record recorded in La Coruna in 2019, while Karlstrom managed to hold off Kenny - 1:19:42 to 1:19:44 - with the Irish walker letting out a roar as he crossed the finish line and saw his time, having taken more than three minutes off his PB.
Pintado finished fourth in a PB of 1:19:47, while Spain's Alberto Amezcua joined them in dipping under 80 minutes with 1:19:58 for fifth. A total of 12 athletes finished under the 1:21:00 entry standard for July's World Athletics Championships Oregon22.
In the women's race, Ortuno had been joined by Spain's Olympic fourth-place finisher Maria Perez at the front of a six-strong group that passed the 5 km point in 22:16. But over the next few kilometres Perez's red cards resulted in a two-minute penalty and she was later disqualified.
That left Ortuno to do battle with her compatriot Alegna Gonzalez, the fourth-place finisher at the World Athletics Race Walking Team Championships in Muscat who was fifth, one place behind Perez, in Tokyo.
They were side-by-side at the 10 km mark, when the clock showed 44:23, with Ordonez and Feige a few seconds back. When Gonzalez dropped out a couple of kilometres later, Ortuno remained in control, although her closest challengers had closed the gap to five seconds.
Ortuno could not be caught, however, and was 10 seconds ahead of Ordonez at 15 km (1:06:43), with Feige a further 15 seconds behind. While Ortuno, who placed 47th at the Olympics in Tokyo, remained ahead, Feige was fiercely giving chase and was four seconds off Ordonez with a kilometre to go.
Like Bonfim in the men's race, Ortuno had a clear path to victory with her win secured in 1:29:25, but half a minute back was a competitive clash for the runner up spot. Feige pipped Ordonez by just a single second as they clocked respective PBs of 1:29:57 and 1:29:58.
Italy's Valentina Trapletti finished fourth in 1:30:49, while Czech Republic's Eliska Martinkova (1:30:53 PB) and Tereza Durdiakova (1:31:09) were fifth and sixth on home soil - the top five all under the entry standard for Oregon.
After racing in Podebrady for the fourth time and claiming her first win, Ortuno said: "I am very happy. First place and the time for the World Championships in Oregon. My first win here, it's amazing for me." Despite the cold conditions, she added: "I like this weather, it's good for the race."
In the international team competition, Czech Republic claimed top spot ahead of France and Italy. In the men's match, Italy won ahead of Slovakia and France.
A number of athletes in the U20 races are targeting this year's World Athletics U2O Championships Cali 22 and that resulted in some competitive action and fast times. Mexico's 16 -year-old Angel Vazquez Montes improved his PB to $42: 15$ to win the U20 men's 10 km race walk ahead of Czech Republic's Adam Zajicek (42:19) and Jaromir Moravek (42:36), while the U20 women's title was claimed by Mexico's 17-yearold Karla Ximena Serrano, who clocked 45:20 to take exactly two minutes off her previous best. Finland's Heta Veikkola was second in 46:02 and Costa Rica's Sharon Lisseth Herrera Soto third in 46:04.
Jess Whittington for World Athletics
Report from England Team Manager Verity Snook: April $2^{\text {nd }}$ started very cold, snowy, and blustery weather conditions (windchill -2) in contrast to the previous spring warm weather of Coventry. Having recovered from the April fools' journey that the London EasyJet Gatwick flight cancellation saw Noel Carmody, Hannah Hopper and

Verity Snook race up country to Birmingham to fly to Prague a little later than planned.
Men's 20km: Tom Bosworth and Cameron Corbishley started sensibly from the gun. Tom racing well for the first 3 km but started to feel that the power and energy did not match his effort. Not injured or visibly unwell, he passed 5 km respectably but found he coasted to 10 km where he withdraw with pace dropping. A technically sound good 5 km 20:37; finished 10 km in respectable 42:11. Cameron's raced a rollercoaster paced 20 km , strong technique, he went through 10 km in a respectable 44:42. Cam finished with a season's best, improving on Oman in a negative split of 88:12. Cam finished strongly in $43^{\text {rd }}$ place. There were 65 finishers from 75 starters.


In the Junior Ladies 10km, Hannah Hopper in her first outing wearing an England vest, performed reasonably consistently, passing 5 km in 25:42 a substantial road personal best, racing hard in a small group, Hannah was able to respond and take advantage of a good field until she was dropped slightly but she kept her focus and finished in a massive personal best of 51:19 (negative split) in $22^{\text {nd }}$ place out of 35 finishers from 40 starters.


Senior Ladies 20km: sole British representative Heather Lewis representing Wales, raced very consistently. Responded immediately to judges' advice early on, technically settled and walked with both a strong technique and speed passing 10 km in $46: 46$, continued to drive hard resulting in a personal best of 94:02. Heather finished in a credible $16^{\text {th }}$, where there were 45 finishers from 49 starters.


Women's 20km Result

| Pos | Athlete | Nation | Perf | Notes |
| :---: | :---: | :---: | :---: | :---: |
| 1 | Valeria ORTUÑO | MEX | 1:29:25 | SB |
| 2 | Saskia FEIGE | GER | 1:29:57 | PB |
| 3 | Johana ORDÓŇEZ | ECU | 1:29:58 | PB |
| 4 | Valentina TRAPLETTI | ITA | 1:30:49 | SB |
| 5 | Eliška MARTÍNKOVÁ | CZE | 1:30:53 | PB |
| 6 | Tereza ĎURDIAKOVÁ | CZE | 1:31:09 | SB |
| 7 | Ana CABECINHA | POR | 1:31:21 | SB |
| 8 | Camille MOUTARD | FRA | 1:31:29 | PB |
| 9 | Sofia RAMOS RODRÍGUEZ | MEX | 1:31:41 | PB |
| 10 | Sandra Viviana GALVIS | COL | 1:32:02 | SB |
| 11 | Clémence BERETTA | FRA | 1:32:02 | PB |
| 12 | Robyn STEVENS | USA | 1:32:15 | PB |
| 13 | Rachelle DE ORBETA | PUR | 1:33:06 | NR |
| 14 | Eloise TERREC | FRA | 1:33:46 | PB |
| 15 | Noelia VARGAS | CRC | 1:33:57 | SB |
| 16 | Heather LEWIS | WAL | 1:34:02 | PB |
| 17 | Galina YAKUSHEVA | KAZ | 1:35:44 | PB |
| 18 | Marion MANARESI | FRA | 1:36:28 | PB |
| 19 | Maria SANTOS BERNARDO | POR | 1:36:35 | SB |
| 20 | Rita RÉCSEI | HUN | 1:36:41 | SB |
| 21 | Joana PONTES | POR | 1:36:41 | SB |
| 22 | Enni NURMI | FIN | 1:37:07 | SB |
| 23 | Agnieszka ELLWARD | POL | 1:37:13 | SB |
| 24 | Monika VAICIUKEVIČIŪTĖ | LTU | 1:37:16 | SB |
| 25 | Elisa NEUVONEN | FIN | 1:37:43 | SB |
| 26 | Simona BERTINI | ITA | 1:38:36 | PB |
| 27 | Beatrice FORESTI | ITA | 1:39:42 | PB |
| 28 | Adriana ORNELAS | POR | 1:39:54 | PB |
| 29 | Klaudia ŽÁRSKA | SVK | 1:40:11 | PB |
| 30 | Anna FERRARI | ITA | 1:40:38 | PB |
| 31 | Emilia LEHMEYER | GER | 1:41:47 | SB |
| 32 | Kate VEALE | IRL | 1:41:54 | SB |
| 33 | Sara AMMOUR | ESP | 1:42:08 | PB |
| 34 | Adrija MEŠKAUSKAITĖ | LTU | 1:42:11 | SB PZ |
| 35 | Rocio Estefanía SÁNCHEZ | MEX | 1:43:01 | PB |
| 36 | Austėja KAVALIAUSKAITĖ | LTU | 1:43:07 | SB |
| 37 | Marine ROTTIER | FRA | 1:46:05 | SB |
| 38 | Valéria BIRÓNÉ DR MOLNÁR | HUN | 1:48:55 | SB |
| 39 | Hana BURZALOVÁ | SVK | 1:49:55 |  |
| 40 | Štěpánka POHLOVÁ | CZE | 1:51:26 | SB |
| 41 | Jana ZIKMUNDOVÁ | CZE | 1:52:25 | SB |
| 42 | Marion ROULAND | FRA | 1:55:48 | PB |
| 43 | Michaela BAKLIKOVÁ | CZE | 1:57:00 | PB |
| 44 | Nathalie FROMENTIN | FRA | 1:59:59 | SB |
| 45 | Lenka BOROVIČKOVÁ | CZE | 2:03:03 | SB |
|  | Alegna GONZÁLEZ | MEX | DNF |  |
|  | Dóra CSÖRGŐ | HUN | DNF |  |
|  | María PÉREZ | ESP | DQ | TR 54.7.5 |

Men's 20km Result

| Pos | Athlete | Nation | Perf | Notes |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Caio BONFIM | BRA | $1: 18: 54$ | =MR |
| 2 | Perseus KARLSTRÖM | SWE | $1: 19: 42$ | SB |
| 3 | David KENNY | IRL | $1: 19: 44$ | PB |
| 4 | Brian Daniel PINTADO | ECU | $1: 19: 47$ | PB |
| 5 | Alberto AMEZCUA | ESP | $1: 19: 58$ | SB |
| 6 | Andres OLIVAS NÚÑEZ | MEX | $1: 20: 31$ | SB |
| 7 | Nils BREMBACH | GER | $1: 20: 32$ | PB |
| 8 | José MONTANA | COL | $1: 20: 34$ | SB |
| 9 | Wayne SNYMAN | RSA | $1: 20: 39$ | SB |
| 10 | Miguel ÁngeI LÓPEZ | ESP | $1: 20: 41$ | SB |
| 11 | Jesus CALDERON | MEX | $1: 20: 49$ | PB |
| 12 | Karl JUNGHANNß | GER | $1: 20: 53$ | PB |
| 13 | Eider ARÉVALO | COL | $1: 21: 20$ | SB |
| 14 | Julio César SALAZAR | MEX | $1: 21: 34$ |  |
| 15 | Andrea AGRUSTI | ITA | $1: 21: 35$ | PB |


| 16 | Matteo GIUPPONI | ITA | 1:21:51 | SB | 7 | Elvina CARRÉ | FRA | 48:23 | PB |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | Gianluca PICCHIOTTINO | ITA | 1:22:11 |  | 8 | Giulia GABRIELE | ITA | 48:28 | PB |
| 18 | Aleksi OJALA | FIN | 1:22:41 | PB PZ | 9 | Ana DELAHAIE | FRA | 48:34 | PB |
| 19 | Nick CHRISTIE | USA | 1:22:44 | PB | 10 | Tiziana SPILLER | HUN | 48:39 | SB |
| 20 | César Córdova fernández | MEX | 1:22:48 | PB | 11 | Anita LAIOLO | ITA | 48:49 | PB |
| 21 | Francesco FORTUNATO | ITA | 1:22:57 | SB | 12 | Agathe MILLE | FRA | 48:50 | PB |
| 22 | Oscar PATín | ECU | 1:23:09 | PB | 13 | Lena SONNTAG | GER | 48:55 | PB |
| 23 | Dan NEHNEVAJ | USA | 1:23:10 | PB | 14 | Terézia KURUCOVÁ | SVK | 49:40 |  |
| 24 | Juan José SOTO | COL | 1:23:14 | PB | 15 | Silvia PARENTE | ITA | 49:47 | PB |
| 25 | Teodorico CAPORASO | ITA | 1:23:15 | SB | 16 | Martina SCIANNAMEA | ITA | 49:55 | PB |
| 26 | Diego PINZON | COL | 1:23:26 | PB | 17 | Karin DEVALDOVÁ | SVK | 50:21 |  |
| 27 | Aurelien QUINION | FRA | 1:23:32 | SB PZ | 18 | Emilie LAURENS | FRA | 50:26 | PB |
| 28 | Alex WRIGHT | IRL | 1:23:45 | SB | 19 | Juliette SAINT-MARTIN | FRA | 50:28 | PB |
| 29 | Hagen POHLE | GER | 1:23:49 | SB | 20 | Liv MASSON | FRA | 50:29 | PB |
| 30 | Miroslav ÚRADNÍK | SVK | 1:23:52 | SB | 21 | Judit ERDŐS | HUN | 51:16 | SB |
| 31 | Dominik ČERNÝ | SVK | 1:24:00 | SB | 22 | Hannah HOPPER | GBR | 51:19 | PB |
| 32 | Christian ROJAS | COL | 1:25:14 | PB | 23 | Julia SCHMIDT | GER | 52:32 | PB |
| 33 | Brendan BOYCE | IRL | 1:25:59 | SB | 24 | Ellen SEISTO | FIN | 52:36 | SB |
| 34 | Raivo SAULGRIEZIS | LAT | 1:26:07 | PB | 25 | Akvilé ORLIUKAITÉ | LTU | 53:30 |  |
| 35 | Jorge RUIZ | COL | 1:26:16 | SB | 26 | Stanislava HAKULINOVÁ | SVK | 54:06 | SB |
| 36 | Vít HLAVÁČ | CZE | 1:26:27 | PB | 27 | Klára HLAVÁČOVÁ | CZE | 54:52 | PB |
| 37 | Oisin LANE | IRL | 1:27:06 | PB | 28 | Ruth MONAGHAN | IRL | 56:08 | PB |
| 38 | Kenny Martin PEREZ | COL | 1:27:10 | SB | 29 | Asia CILINI | ITA | 56:40 |  |
| 39 | Mattéo DUC | FRA | 1:27:13 | PB | 30 | Katka NEDVÍDKOVÁ | CZE | 56:48 | PB |
| 40 | Yassir CABRERA | PAN | 1:27:40 | SB | 31 | Lucy STEFFEN | GER | 57:22 | PB |
| 41 | Juriy MICHELETTI | ITA | 1:27:59 | SB | 32 | Lea Anika OBENAUS | GER | 57:48 | PB |
| 42 | Jerry JOKINEN | FIN | 1:28:00 | PB | 33 | Aiva BIELEVIČIŪTĖ | LTU | 59:00 | PB |
| 43 | Cameron CORBISHLEY | ENG | 1:28:12 | SB | 34 | Štěpánka ŠLICHTOVÁ | CZE | 61:02 | PB |
| 44 | Remi RODRIGUEZ | FRA | 1:28:24 | PB |  | Dorottya MÉSZÁROS | HUN | DNF |  |
| 45 | Bryan LUGO | COL | 1:28:39 | PB PZ | Junior | Men's 10km Result |  |  |  |
| 46 | Paulo MARTINS | POR | 1:29:10 |  | Pos | Athlete | Nation | Perf | Notes |
| 47 | Mattia BRAGGIO | ITA | 1:29:13 | PB | 1 | Angel Vazquez MONTES | MEX | 42:15 | PB |
| 48 | Gabriele GAMBA | ITA | 1:29:31 | SB | 2 | Adam ZAJÍČEK | CZE | 42:19 | PB |
| 49 | Kyrian VALLEE | FRA | 1:29:31 | PB | 3 | Jaromír MORÁVEK | CZE | 42:36 | SB |
| 50 | Norbert TÓTH | HUN | 1:29:40 |  | 4 | Tiago RAMOS | POR | 42:55 | NR |
| 51 | Dimitri DURAND | FRA | 1:29:44 |  | 5 | Emiliano BRIGANTE | ITA | 43:26 | NR |
| 52 | Lukáš GDULA | CZE | 1:29:44 | SB | 6 | Frederick WEIGEL | GER | 43:26 | PB |
| 53 | Joe MOONEY | IRL | 1:29:47 | PB | 7 | Ellis BATIFOL | FRA | 43:43 | PB |
| 54 | Lucas DREVILLE | FRA | 1:29:51 | PB | 8 | Leo BENJELLOUN-TOUIMI | FRA | 44:15 | PB |
| 55 | Lauri JOUKAS | FIN | 1:30:06 | PB | 9 | Giuseppe DISABATO | ITA | 44:21 | PB |
| 56 | Dávid TOKODI | HUN | 1:30:36 | SB | 10 | Guilherme RODRIGUES | POR | 44:47 |  |
| 57 | Francesco BENVENUTO | ITA | 1:30:42 |  | 11 | Jakub BÁTOVSKÝ | SVK | 45:01 | PB |
| 58 | Martin NEDVÍDEK | CZE | 1:33:32 | PB | 12 | Erwan GARROUTY | FRA | 45:14 | PB |
| 59 | Milan Rízek | SVK | 1:35:41 | SB | 13 | Magnus GRAESLI | NOR | 45:19 | PB |
| 60 | Stefano CICALO' | ITA | 1:35:59 | SB | 14 | Salvatore MANERA | ITA | 45:35 | PB PZ |
| 61 | Florian PETER | FRA | 1:36:11 | PB | 15 | Nick Joel RICHARDT | GER | 45:47 | PB |
| 62 | Deividas BALEVICIUS | LTU | 1:38:30 | PB | 16 | Giuseppe Gaetano DINO | ITA | 45:48 | PB |
| 63 | Deimantas KUKIS | LTU | 1:39:04 | PB | 17 | Matteo ARISI | ITA | 46:04 | PB |
| 64 | Rostislav KOLÁŘ | CZE | 1:41:13 | SB | 18 | Pietro BOZZOLAN | ITA | 46:05 | PB |
| 65 | Josef SMOLA | CZE | 1:53:51 | SB | 19 | Jake O'BRIEN | IRL | 46:11 | PB |
|  | Martin SCHWING | FRA | DNF | PZ | 20 | Jassam ABU EL WAFA | GER | 46:14 | PB |
|  | Alexandr MALYSA | CZE | DNF |  | 21 | Ignas DUMBLIAUSKAS | LTU | 46:20 | PB |
|  | Martin MADELINE-DEGY | FRA | DNF |  | 22 | Raivo LININ̦Š | LAT | 46:33 | PB |
|  | Tom BOSWORTH | ENG | DNF |  | 23 | Lukas LASEVIČIUS | LTU | 46:43 | PB |
|  | Daniel KOVÁC | SVK | DNF |  | 24 | Cristian SERRA | ITA | 46:46 | PB |
|  | Ryan GOGNIES | FRA | DNF |  | 25 | Arvid KOCKEL | GER | 46:49 | PB |
|  | Raouf DRISSI | TUN | DQ | TR 54.7.5 | 26 | Tauras Jokūbas GRINCEVIČIUS | LTU | 47:02 |  |
|  | Tomasz BAGDÁNY | HUN | DQ | TR 54.7.5 | 27 | Marco DRUSIAN | ITA | 47:05 | PB |
|  | Luis Manuel CORCHETE | ESP | DQ | TR 54.7.5 | 28 | Michal DUDA | SVK | 47:17 |  |
| Junior | Women's 10km Result |  |  |  | 29 | Thomas BORZI | ITA | 47:23 | PB |
| Pos | Athlete | Nation | Perf | Notes | 30 | Faustin GARREAU | FRA | 47:30 | PZ |
| 1 | Karla Ximena SERRANO | MEX | 45:20 | MR PB | 31 | Filip KRESTIANKO | SVK | 48:04 | PB |
| 2 | Heta VEIKKOLA | FIN | 46:02 | PB | 32 | Robert HURDÁLEK | CZE | 48:21 | PB |
| 3 | Sharon Lisseth HERRERA SOTO | CRC | 46:04 | PB | 33 | Cristian IMPROTA | ITA | 48:30 | PB |
| 4 | Alexandrina MIHAI | ITA | 46:57 | PB | 34 | Leon BÁNK | HUN | 48:33 | PB |
| 5 | Giada TRAINA | ITA | 46:58 | PB | 35 | Roman HANYK | CZE | 48:45 | SB |
| 6 | Vittoria DI DATO | ITA | 47:49 | PB | 36 | Tamás KONCZVALD | HUN | 48:55 | SB |


| 37 | Matteo BROCCOLETTI | ITA | $49: 44$ | PB |
| :--- | :--- | :--- | :---: | :--- |
| 38 | Joshua HOFFMANN | GER | $50: 12$ | PB |
| 39 | Federico CIASCHETTI | ITA | $50: 33$ | SB |
| 40 | Andreas DØSKE | NOR | $50: 57$ | SB |
| 41 | Benjámin BOR | HUN | $52: 11$ | PB |
| 42 | Anthony PETER | FRA | $52: 24$ | PB |
| 42 | Alessio CIRIOTTI | ITA | $52: 42$ |  |
|  | Matthew GLENNON | IRL | DNF |  |

Two-time Olympian and Belgrave stalwart Eric Hall dies aged 89


Eric Hall (left) with Stan Vickers (Belgrave Harriers)
One of Britain's finest race walkers during a golden era for the discipline, Eric Hall represented his country in two Olympics and was a member of Belgrave Harriers for a staggering 73 years.
Hall was also Belgrave's oldest member when he died on March 20 aged 89 after a period of declining health.
Hall developed his appetite for race walking by going for long walks with his family on Sunday afternoons. As a teenager he began training with competitive race walkers and was inspired by the 1948 Olympics in London.
Leaving school, he started a lifelong job outside athletics as a customs and excise officer but after rising through the ranks as a race walker he took three weeks of unpaid leave from work in 1956 to try to make that year's Melbourne Olympics.
Only 24, he finished runner-up to Don Thompson in the National 50km and later that year on a hot day in Melbourne finished ninth.
In 1957 he became the first Belgravian to win the Race Walking Association National 20 miles title but in 1958 he was controversially left out of the British team for the European Championships in Stockholm.
Hall finished runner-up to his friend and training partner Stan Vickers at the trial and Vickers went on to win gold in Stockholm by nearly two minutes whereas Hall was left at home.
At the Rome Games in 1960 Hall had another shot at the Olympics and this time completed in the 20km event, placing 10th as Vickers took bronze.
It was a golden era for British race walking too as Thompson famously took gold in the 50 km in Rome with Ken Matthews winning another Olympic race walks title - this time over 20 km - four years later in Tokyo.
Hall was elected a life member of Belgrave Harriers in 1957 and was named president in 1999.
In a detailed tribute, which you can read here, Belgrave said: "Very many years ago Jack Crump, the Secretary of the British Amateur Athletic Board, found cause to say of Eric that he was 'Gentlemanly, modest, temperamentally and technically a perfect walker'.
"Well over 60 years later we can not only confirm those qualities but add that Eric was generous in the extreme and a great friend to many, in all walks of our club and sport."
Source: Jason Henderson (Athletics Weekly)

## National Championships

Molly Barnett Open, inc. England Athletics Senior 10,000, Championships, Warwick University, Coventry (Sat.19 ${ }^{\text {th }}$ Mar.)

Cameron Corbishley (Medway and Maidstone; Coach: Andi Drake) and Abigail Jennings (Aldershot Farnham \& District, Coach: Verity Snook) took the England Athletics 10,000m Race Walk titles.
Two weeks after he represented Great Britain in the World Race Walking Team Championships in Oman, Muscat over 20km, Corbishley became the 2022 England 10,000m champion with 42:49.47 in windy conditions. The early pace in the men's race was set by Welsh athlete Guy Thomas and Chris Snook (Aldershot Farnham \& District, Verity Snook) with Corbishley sitting in $3^{\text {rd }}$ place. Corbishley first passed Snook and was closing on Thomas when he was taken into the Penalty Zone to serve a 1 minute penalty. However, Corbishley then picked up the pace to take the title. Behind him, Snook took the silver medal in 44:21.49. Thomas was $3^{\text {rd }}$ in the race 45:03.72, with Tom Partington (Manx Harriers, Coach: Steve Partington) taking the bronze medal in the England Championships in 45:55.75. Christian Hopper (Cambridge Harriers, Coach: Noel Carmody) was the first under 20 athlete in 49:37.36 a new personal best.
Abigail Jennings took the England Women's Championships in 51:28.28. The early leader in the England Women's championship race was Erika Kelly (Northern Isle of Man AC, Coach: Tom Craggs) who was chasing the Isle of Man qualifying time for the Commonwealth Games. She was walking alongside Ireland's Kate Veale for the first half of the race but dropped out shortly after the halfway mark. This left the way clear for Jennings to take the England title in a new personal best. Hannah Hopper (Cambridge Harriers, Coach: Noel Carmody) took the England silver medal in 53:14.06 ahead of Emily Ghose (Tonbridge AC, Coach: Noel Carmody) in 56:45.38. The overall race was won by Wales's Heather Lewis in 45:59.45 who just got inside the Welsh Commonwealth Games Standard of 46:00.00.
In the supporting 5000 m for U17 athletes Ellis Simmonds (2DASH, Coach: Helen Elleker) took the men's title in 27:12.67. Mia Dunwell (Northern, Isle of Man, Coach: Steve Partington) won the women's race in 26:35.11.

## Mixed 2000m

| Pos | Athlete | AG | Club | Perf. |
| :---: | :--- | :--- | :--- | :--- |
| 1 | Timothy Perry | U13B | Northern (IOM) AC | 11:46.27 [PB] |
| 2 | Aimee Thursfield | U13G | Wolv. \& Bilston AC | 15:02.47 |
|  | Megan Chantrell | U13G | Aberdare Valley AAC | DQ TR 54.7.5 |

Men \& Boys 5000m

| Pos | Athlete | AG | Club | Perf. |
| :---: | :--- | :--- | :--- | :--- |
| 1 | Ellis Simmonds | U17M | Derbyshire \& S. Yorkshire | $27: 12.57$ |
| 2 | Steve Uttley | M60 | llford Athletic Club | $29: 15.44$ |
| 3 | Jonathan Ellerton | U17M | Blackheath \& Bromley HAC | 29:48.75 [PB] |
| 4 | Hardeep Minhas | M60 | Leicester Walking Club | 32:01.04 [+30] |
| 5 | Colin Vesty | M55 | Leicester Walking Club | 35:17.78 [PZ] |
|  | Daniel Mckerlich | U23M | Cardiff A.A.C. | DQ TR 54.7.5 |

Women \& Girls 5000m


| Pos | Athlete | AG | Club | Perf. |
| :---: | :--- | :--- | :--- | :--- |
| 1 | Mia Dunwell | U20W | Northern (IOM) AC | $26: 35.11$ |
| 2 | Gracie Griffiths | U17W | Pembrokeshire Harriers | $26: 59.85$ [PZ] |
| 3 | Abby Hughes | U20W | Taunton Athletic Club | $27: 56.25$ [PZ] |
| 3 | Katie Stringer | U20W | Medway \& Maidstone AC | $27: 56.25$ [PB] |
| 5 | Shannon Thomas | U23W | Swansea Harriers | $28: 15.59$ [PB] |
| 6 | Carolyn Derbyshire W40 | Nuneaton Harriers | $29: 23.43$ |  |
| 7 | Marie Jackson | W60 | Manx Harriers | $29: 51.02$ |
| 8 | Noel Blatchford | W70 | Abingdon Athletic Club | $34: 45.02$ [SB] |

## Men's 10,000m

|  |  |  |
| :--- | :--- | :--- | :--- |

Women's $10,000 \mathrm{~m}$

|  |  |  |
| :--- | :--- | :--- | :--- |

## Bill Wright R.I.P

Like many race walking newcomers Bill entered the sport via family connections as his father Percy Wright was an established Belgrave Harriers race walker. Bill followed in his footsteps by signing for the Bels. Percy was a talented cartoonist who drew pictures of race walkers, so Bill could be in a collection somewhere! Bill moved on to join Southend-on-Sea AC who then had several "big name" race walkers. Bill had to work hard to even make a scoring 4 (all races needed 4 scorers in such times) - but he did, even in National Championships, as his collection of medals/plaques/certificates/prizes proves.
Bill resided at Basildon and taught at Hornchurch College of Further Education. He regularly trained with 1968 Olympian John Webb. John recalls travelling to Market Bosworth with Bill for a race which was part of a local festival. It started with a lap around a cow field, before an out-and-back stretch on country lanes and then finishing with another circuit of a cow field. In past decades there were many such local enjoyable races which top walkers used to support. Bill and Janice often talked about that Market Bosworth race. They used to be members of a health club at Bosworth Hall, and Bill would go out for a training walk from there - avoiding the cowpats! While in Basildon Bill spent a year working for Carreras Tobacco Co. He talked about when he was given 200 cigarettes for the honour of representing the firm in the annual Tobacco Trades Athletics Championships. When he left Basildon, the cigarettes were left behind!
Bill, who achieved Welsh International status, regularly supported the Principality's Championships. In 1976 on Cwmbran track he became their 10,000 metres senior champion in 51:29. A year later he was silver medallist at the same distance as John Eddershaw broke the tape. Earlier in 1969 he was a bronze medallist at 3,000 metres as 1st \& 2nd places went to Roy Hart \& Dave Rosser respectively (both Commonwealth Games representatives in their time). His Welsh senior appearance came in a Home Countries International over 10,000 metres at a rainy Aldersley Track (Wolverhampton) in 1976 when he clocked a respectable 51:41.2. It was 2 -a-side and involving Ken Carter \& Dennis Holly (England), Alan Buchanan \& Graham Scott (Scotland) and John Eddershaw \& Bill Wright (Wales).

When Bill moved to Nuneaton, he joined Nuneaton Harriers AC for whom he enjoyed successful times in Midland Area races. He established himself as a respected coach in which capacity his "know how" was passed on to many others. Bill was very proud to see Andy Penn compete in both the Olympic and Commonwealth Games. The 1992 Barcelona Olympics meant as much to him, maybe more, than being Honorary Treasurer. As an experienced judge he officiated at International level having been put forward by Welsh Athletics.

He was prominent in the administration of our athletics discipline when serving 29 years as our Race Walking Association's Honorary Treasurer. In the RWA centenary publication "A Hundred Years Afoot" it's written that Bill's the only Association office holder to fill the same position continuously for over a quarter of a century. He was elected an esteemed RWA Life Member and served an active 1995/96 term of President.

Among other sporting interests is football where he'd been a loyal supporter of Nuneaton Borough FC in good times and bad (often the latter). Once in a higher position in a now names National League they've slipped to the $7^{\text {th }}$ tier Southern League Premier Central Division. But whatever league Bill wanted them to do well, and he cheered them when playing both home and away.

## Domestic 'A' Permit Races

## England Masters AA Area Indoor Challenge, Lee Valley Athletics Centre (Sun. 13 ${ }^{\text {th }}$ Mar.)

Women's 2000m

| Pos | Athlete | AG | Club/Masters Club | Perf. |
| :---: | :--- | :---: | :--- | :--- |
| 1 | Melanie Peddle | W50 | Loughton/Eastern Masters | $10: 15.26$ [iPB] |
| 2 | Grazia Manzotti | W50 | Tonbridge AC/SCVAC | $10: 25.01$ [iPB] |
| 3 | Carolyn Derbyshire | W40 | Nuneaton/Midland Masters | $10: 56.25$ [iSB] |
| 4 | Rachel Lawless | W60 | Ilford AC/Eastern Masters | $11: 56.06$ [iPB] |
| 5 | Fiona Bishop | W60 | Woking AC/Veterans AC | $14: 44.42$ [iSB] |
| 6 | Geraldine Legon | W60 | Bexley AC/SCVAC | $14: 44.65$ [iSB] |

Men's 2000m

| Pos | Athlete | AG | Club/Masters Club | Perf. |
| :---: | :---: | :---: | :---: | :---: |
| 1 | David Annetts | M55 | North Herts/Veterans AC | 09:15.17 [iSB] |
| 2 | Mark Ashby | M55 | Cambridge Hs./SCVAC | 11:23.38 [iPB] |
| 3 | Adam Hills | M40 | Bedford Hs./Eastern Masters | 11:23.92 [iSB] |
| 4 | Stuart Bennett | M60 | Ilford AC/Veterans AC | 11:46.13 [iSB] |
| 5 | Colin Harle | M60 | Belgrave Hs./Eastern Masters | 11:48.27 [iSB] |
| 6 | Richard Emsley | M70 | Desborough/Midland Master | 1:49.46 [iSB] |
| 7 | Hardeep Minhas | M60 | Leicester/Midland Masters | 11:53.88 [iS |

Manx Harriers Track 10,000m Walk, Douglas (Sun. 27 ${ }^{\text {th }}$ Mar.)
Lovely unseasonably warm morning for the $10,000 \mathrm{~m}$ and supporting race.

Mixed 10,000m

| Pos | Athlete | AG | Club | Perf. |
| :---: | :--- | :--- | :--- | :--- |
| 1 | Tom Partington | SENM | Manx Harriers | $43: 40.8[P B]$ |
| 2 | Erika Kelly | SENW | Northern (IOM) AC | $49: 49.8[\mathrm{SB}]$ |
| 3 | Mia Dunwell | U20W | Northern (IOM) AC | $56: 51.7[\mathrm{SB}]$ |
| 4 | Tony Edwards | M55 | Manx Harriers | $56: 55.6[\mathrm{~PB}]$ |
| 5 | Phil Swales | M55 | Northern (IOM) AC | $64: 57.7[\mathrm{~PB}]$ |
| Mixed Junior 2,000m |  |  |  |  |
| Pos | Athlete | AG | Club | Perf. |
| 1 | Tim Perry | U13B | Northern (IOM) AC | $11: 02.5[\mathrm{~PB}]$ |
| 2 | Molly Swales | U15G | Northern (IOM) AC | $13: 13.3[\mathrm{~PB}]$ |
| 3 | Fynn Gleave | U11B | Manx Harriers | $14: 33.1$ |
| 4 | Noah Sykes | U11B | Northern (IOM) AC | $14: 33.4$ |

## Domestic 'B' Permit Races

Sarnia Walking Club Championships Race One, 5km Road Walk, Saumarez Park, Guernsey (Sun. $6^{\text {th }}$ Mar.)
A cold morning greeted the walkers for the first Championship race of 2022 on the paths at Saumarez Park, reports Rob Elliott. Taking his usual spot at the head the field Stuart Le Noury crossed the line in 27.24. Donna Allan took second place in 32.52 . Third place went to Kevin Le Noury. Mick Le Sauvage got the better of Dave Dorey after trailing him for the first of four laps for fourth place.

In the handicap section of the race Kevin Le Noury and Mick Le Sauvage tied for first place with Donna Allan narrowly ahead of Dave Dorey.
Mixed 5km

| Pos | Athlete | AG | Club | Perf. |
| :---: | :--- | :--- | :--- | :--- |
| 1 | Stuart Le Noury | M35 | Sarnia Walking Club | $27: 24$ |
| 2 | Donna Allen | W45 | Sarnia Walking Club | $32: 52$ |
| 3 | Kevin Le Noury | M60 | Sarnia Walking Club | $36: 08$ |
| 4 | Mick le Sauvage | M80 | Sarnia Walking Club | $40: 08$ |
| 5 | Dave Dorey | M75 | Sarnia Walking Club | $41: 56$ |

## 2022 ERWL Fourth Fixture

LICC 1km, 3 km \& 5km
Note: 5 km time limit of 38 minutes
Saturday $\mathbf{1 6}^{\text {th }}$ April starting at $\mathbf{1 2}$ Noon Lee Valley Athletic Centre, N9 OAR

Online Entries only by $12^{\text {th }}$ April to: www.entry4sports.co.uk

Enfield Race Walking League, 5 Mile, Donkey Lane, Enfield (Sat. $\mathbf{1 2}^{\text {th }}$ Mar.)

It was good to see Stephen Crane ( $\mathrm{N}^{\circ} 65$ ) back in action after a long absence, reports Ron Wallwork. He was the league runner-up in 2007 and 2008. Stephen's father Peter and brother David are also Leaguers, the latter winning the League in 2018.


A well done to Kathy Smith on her PB and 14 year old Christopher Stone making his debut.
Credit to David Annetts, Stuart Bennett, Melanie Peddle and Fiona Bishop who doubled up competing in the England Masters AA Area Challenge the following day at Lee Valley.

## Mixed 5 Mile

| Pos Athlete | AG | Club | Perf. |
| :---: | :---: | :---: | :---: |
| 1 George Wilkinson | U23M | Enfield \& Haringey AC | 38:41 |
| 2 Dave Annetts | M55 | North Herts Road Runners | 40:30 |
| 3 Stephan Crane | M40 | Surrey Walking Club | 40:48 |
| 4 Dave Walsh | M60 | Enfield \& Haringey AC | 47:51 |
| 5 Graham Chapman | M65 | Headington Road Runners | 50:07 |
| 6 Jonathan Ellerton | U17M | Blackheath \& Bromley HAC | 50:15 |
| 7 Colin Harle | M60 | Belgrave Harriers | 50:22 |
| 8 John Arthur | M60 | Ilford Athletic Club | 50:31 |
| 9 Maureen Noel | W55 | Belgrave Harriers | 51:32 |
| 10 Stuart Bennett | M60 | Ilford Athletic Club | 52:01 |
| 11 John Borgars | M75 | Loughton Athletic Club | 53:31 |
| 12 John Ralph | M65 | Enfield \& Haringey AC | 55:11 |
| 13 Noel Blatchford | W70 | Abingdon Athletic Club | 55:21 |
| 14 Andrew Tweed | M70 | Unattached | 56:04 |
| 15 Fiona Bishop | W60 | Woking Athletic Club | 56:16 |
| 16 Kathy Smith | W55 | Aldershot Farnham \& Dist. | 57:44 |
| 17 Tom Casserley | M80 | Enfield \& Haringey AC | 59:06 |
| 18 David Hoben | M65 | Surrey Walking Club | 60:42 |
| 19 Diana Braverman | W70 | Enfield \& Haringey AC | 61:00 |
| 20 Malcom Blackwood | M75 | Trent Park Runners | 61:42 |
| 21 Paul Firmage | M65 | Ryston Runners AC | 67:19 |
| 4 Miles |  |  |  |
| Pos Athlete | AG | Club | Perf. |
| 1 Shaheda Arthur | W60 | Ilford Athletic Club | 69:11 |
| 3 Miles |  |  |  |
| Pos Athlete | AG | Club | Perf. |
| 1 Melanie Peddle | W50 | Loughton Athletic Club | 28:28 |
| 2 Amalia da Silva | W55 | Belgrave Harriers | 34:57 |
| 3 Terry Braverman | M75 | Enfield \& Haringey AC | 42:59 |
| 2 Miles |  |  |  |
| Pos Athlete | AG | Club | Perf. |
| 1 Christopher Stone | U15B | Blackheath \& Bromley HAC | 20:12 |



