



# Race Walking Record

July 2022

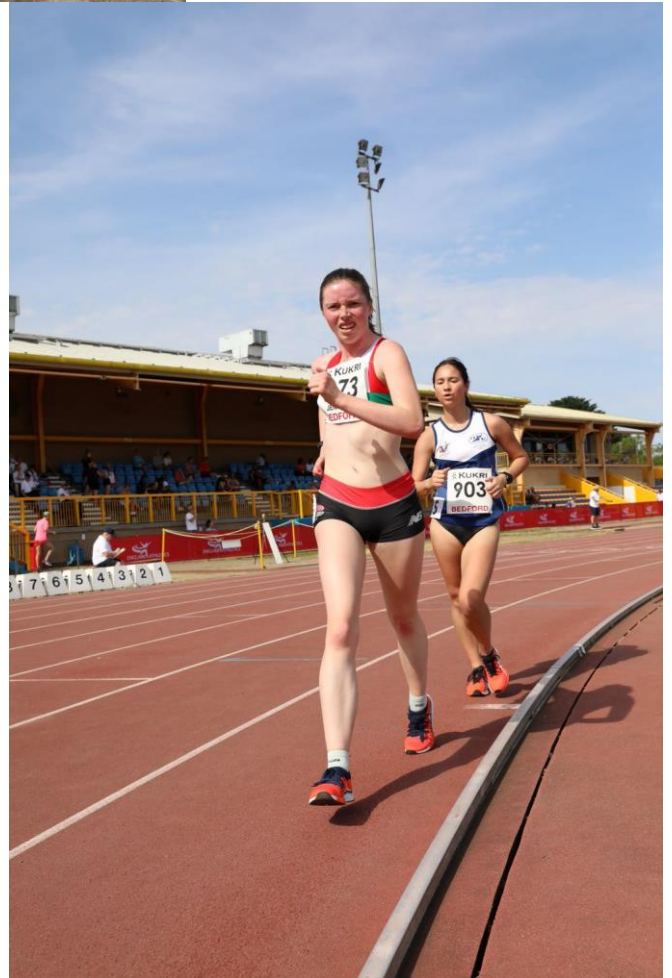


England Athletics

Senior & Under 23

Champions 2022

Christopher Snook  
&  
Abigail Jennings



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

# NEWS

## GB Walkers for European Championships 2022– Munich

Congratulations to Tom Bosworth (20km), Bethan Davies (35km), Heather Lewis (20km) and Callum Wilkinson (20km) on their selection for the European Athletic Championships in Munich, 15-21 Aug.

Dominic King has not been selected despite having an automatic qualifying time for the 35km. The selection policy stated that for the 35km either a QT of 2:45.00 (35km) or 3:54:00 for 50km. Dom bettered the 50km mark with a new British record of 3:51:13 set in Dudince in March 2021, which was within the qualification window of 21<sup>st</sup> Jan. 2021 to 26<sup>th</sup> July 2022. Under the selection policy Dom has the right of appeal.

## Race Walk Standards & Qualifying Window announced for the World Championships 2023 – Hungary

The World Athletics Council (has) approved entry standards for the 10,000m, marathon, combined events and race walk(s) at the World Athletics Championships Budapest 23, which will be held 19-27 August next year. The entry standards are projected to provide 50% of the quota in each event and were determined by statistical analysis of recent years' performance levels. The remaining quota in each event will qualify either through world rankings, finishing position at designated competitions or by wild card.

Entry Standards		
Men	Event (Quota)	Women
27:10.00/27:10	10,000m (27)	30:40.00/30:40
2:09:40	Marathon (100)	2:28:00
8460	Combined Events (24)	6480
<b>1:20:10</b>	<b>20km Race Walk (50)*</b>	<b>1:29:20</b>
<b>2:29:40</b>	<b>35km Race Walk (50)*</b>	<b>2:51:30</b>

\*Note that the quota for the Walks is now down from 60 to 50.

Qualification Window	
10,000m, 20km Walks & CE	31 <sup>st</sup> Jan. 2022 to 30 <sup>th</sup> Jul. 2023
Marathon & 35km Walks	1 <sup>st</sup> Dec. 2021 to 30 <sup>th</sup> May 2023

## Tom Bosworth announces his retirement

Tom Bosworth (Tonbridge AC) has announced that he is to retire at the end of the season.



Silver medallist at the 2018 Commonwealth Games on the Gold Coast in Australia, Bosworth, 32, announced on social media on that injuries have taken their toll and he was ending his career which began full-time in 2009 - but he is determined to finish on a high with another Commonwealth medal at Birmingham this summer.

Bosworth joined Tonbridge AC as an 11-year-old and began full-time training at Leeds Beckett University with coach Andi Drake.

He made his Team GB debut in 2009 and his first taste of a major championships came at the Commonwealth Games in Delhi in 2010, where he finished 11<sup>th</sup>. Part of Team GB's Olympic squad for 2016, he finished sixth in the 20k racewalk and was 25<sup>th</sup> last year in Tokyo.

The current world-record holder over 3000m indoors and outdoors, and the fastest man in the world over one mile, Bosworth has also won multiple British titles and holds British records over 20k and 5000m indoors.



## Entries

### Women (Sat. 6<sup>th</sup> Aug. at 10:40)

Nation	Athlete	PB (Year)	SB
	Katie HAYWARD	43:20.65 (19)	44:27.80
	Rebecca HENDERSON	44:40.09 (22)	44:40.09
	Jemima MONTAG	42:35.2h (19)	42:39.2h
	Bhawana JAT	52:59.66 (15)	52:20r
	Emily Wamusyi NGII	45:59.9h (19)	47:06.8h
	Bethan DAVIES	45:21.70 (21)	46:11.26
	Heather LEWIS	45:27.98 (22)	45:27.98

### Men (Sun. 7<sup>th</sup> Aug. at 11:30)

Nation	Athlete	PB (Year)	SB
	Rhydian COWLEY	39:14.6h (21)	40:28.1h
	Kyle SWAN	39:22.0h (22)	39:22.0h
	Declan TINGAY	39:01.3h (22)	39:01.3h
	Evan DUNFEE	38:39.72 (21)	40:38.99
	Tom BOSWORTH	40:45.38 (22)	40:45.38
	Callum WILKINSON	39:05.85 (21)	39:55.69
	Amit KHATRI	40:40.97 (21)	40:53r
	Sandeep KUMAR	46:55.97 (09)	39:44r
	Samuel GATHIMBA	40:30.8h (19)	No Time
	Quentin REW	40:35.2h (22)	40:35.2h

## Appointed Race Walk Officials

Chief Judge	Steve Taylor		IOM
Judge	Kirsten Crocker		AUS
Judge	Khoo Ching Beng		MAL
Judge	Daniel Michaud		CAN
Judge	Sabata Kumalo		RSA
Judge	Moonkees Jola		MRI
Asst. Chief Judge	Jerry Watson		ENG
Recorder	Noel Carmody		ENG



## Winners in the recent R.W.A 200 Club draw

£25.00                      £15.00                      £10.00

**Aug. 22**    Helen Middleton    Arthur Thomson    John Constandinou  
It is £12 per number per year, so if you wish to join, please contact Mark Easton ([rwatreasurer@yahoo.co.uk](mailto:rwatreasurer@yahoo.co.uk)) for further details.

## Overseas

### World Masters Track & Field Championships, Tampere, Finland (29<sup>th</sup> June to 10<sup>th</sup> July)

Dominic and Daniel King dominated the M35 age group, taking gold and silver respectively over the three race distances of 5000m, 10km and 20km. David Annetts secured silver in the M55 5000m. Ian Riochards took bronze in the M70 10km, but was disqualified in the 5000m and 20km.

#### M35, M40 & M45 5000m (30<sup>th</sup> June)

Pos	Athlete	Age Group	Nation	Perf
1	Juan Morales Del Castillo	M40 [1]	ESP	21:57.31
2	Dominic King	M35 [1]	GBR	22:10.77
3	Dmitry Babenko	M45 [1]	CAN	22:51.28
4	Ricardo Gonzalez Munoz	M45 [2]	MEX	23:06.67
5	Daniel King	M35 [2]	GBR	23:26.74
6	Victor Manuel Castro Mateo	M40 [2]	ESP	23:38.30
7	Krzysztof Czernski	M40 [3]	POL	23:53.68
8	Pedro Luis Santos Vilarino	M45 [3]	ESP	24:19.24
9	Juan Ochea Vergara	M35 [3]	COL	25:19.40

22 started; 2 DQ.

#### M55 5000m (30<sup>th</sup> June)

Pos	Athlete	AG	Nation	Perf
1	Miguel Angel Carvajal Ortega	M55 [1]	ESP	24:02.78
2	David Annetts	M55 [2]	GBR	24:48.90
3	Rodrigo Moreno Munar	M55 [3]	COL	25:30.76
4	David Swarts	M55 [4]	USA	25:56.36
5	Steffen Meyer	M55 [5]	GER	26:14.99

12 started; 4 DQ.

#### M70 5000m (1<sup>st</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Jose Luis Lopez Camarena	M70 [1]	MEX	28:22.98
2	Vladimirs Orehovs	M70 [2]	LAT	30:57.89
3	Heikki Latinen	M70 [3]	FIN	32:49.17
4	Stefan Lehmann	M70 [4]	GER	33:11.84
5	Rein Surnberg	M70 [5]	EST	33:37.18
	Ian Richards	M70	GBR	DQ

16 started; 1 DNF, 5 DQ.

#### M60+ 10km (10:45 on 3<sup>rd</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Uwe Schröter	M60 [1]	GER	54:20
2	Sergio Ant. Gutierrez Brenes	M60 [2]	CRC	54:29
3	Edoardo Alfieri	M65 [1]	ITA	55:17
4	Pedro Jose Aranda Fernandez	M65 [2]	ESP	56:25
5	Luis Abadias Palacin	M60 [3]	ESP	56:37
6	Arunas Klebauskas	M60 [4]	LTU	56:41
7	Alberto Pio	M70 [1]	ITA	58:15
8	Jose Luis Lopez Camarena	M70 [2]	MEX	58:24
9	Miroslav Luniewski	M65 [3]	POL	58:47
10	Patrick Bonvarlet	M60 [5]	FRA	59:08
16	Ian Richards	M70 [3]	GBR	63:54

63 started; 2 DNF; 9 DQ.

#### M35-M55 10km (16:45 on 3<sup>rd</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Dominic King	M35 [1]	GBR	45:44
2	Juan Morales Del Castillo	M40 [1]	ESP	46:22
3	Daniel King	M35 [2]	GBR	47:52
4	David Traid Tirado	M40 [2]	ESP	48:11
5	Ricardo Gonzalez Munoz	M45 [1]	MEX	48:22
6	Victor Manuel Castro Mateo	M40 [3]	ESP	48:48
7	Miguel Angel Carvajal Ortega	M55 [1]	ESP	49:00
8	Normunds Ivzans	M50 [1]	LAT	49:34
9	Miguel Perianez Garcia	M55 [2]	ESP	50:10
10	Krzysztof Czernski	M40 [4]	POL	50:14

56 started; 9 DQ.

#### W35+ 20km (10:00 on 6<sup>th</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Valeria Molnar	W45 [1]	HUN	1:52:11
2	Bianca Schenker	W45 [2]	GER	1:53.17
3	Kata Bodorkós-Horváth	W50 [1]	HUN	1:54.53
4	Marita Harju	W50 [2]	FIN	1:59:20
5	Laurence Sina	W50 [3]	FRA	1:59.51
6	Jolanta Morawczynska	W50 [4]	POL	2:01:55
7	Silvana Alves	W50 [5]	GBR	2:04:17
8	Corinne Smith	W55 [1]	NZL	2:06:06
9	Lenka Borovickova	W45 [3]	CZE	2:08:37
10	Tanaphon Assawawongcharoen	W40 [1]	THA	2:09:28

45 started; 7 DQ.

#### M35-M60 20km (13:00 on 6<sup>th</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Jose Ignacia Aledo	M40 [1]	ESP	1:31:46
2	Dominic King	M35 [1]	GBR	1:35:57
3	Martin Nedvidek	M45 [1]	CZE	1:37:57
4	Dmitry Babenko	M45 [2]	CAN	1:38:31
5	Daniel King	M35 [2]	GBR	1:39:16
6	Roland Landron	M40 [2]	FRA	1:41:05
7	Victor Manuel Castro Mateo	M40 [3]	ESP	1:41:12
8	Ricardo Gonzalez Munoz	M45 [3]	MEX	1:42:18
9	Francisco Scafuro	M40 [4]	ITA	1:42:32
10	Normunds Ivzans	M50 [1]	LAT	1:42:40
11	Miguel Angel Carvajal Ortega	M55 [1]	ESP	1:42:46
26	David Annetts	M55 [5]	GBR	1:55:09

61 started; 3 DNF; 12 DQ.



Dominic & Daniel King pictured in the 20km

#### M65+ 20km (16:00 on 6<sup>th</sup> July)

Pos	Athlete	AG	Nation	Perf
1	Edoardo Alfieri	M65 [1]	ITA	1:56:12
2	Angel Octavio Ruata Martin	M65 [2]	ESP	1:58:37
3	Miroslav Luniewski	M65 [3]	POL	2:02:17
4	Andrew Jamieson	M75 [1]	AUS	2:08:36
5	Jose Luis Lopez Camarena	M70 [1]	MEX	2:14:00
6	Stefan Lehmann	M70 [2]	GER	2:17:25
7	Heikki Latinen	M70 [3]	FIN	2:19:53
8	Petr Adam	M70 [4]	CZE	2:22:08
9	Reinhard Langhammer	M70 [5]	GER	2:23:10
10	Norman Frable	M75 [2]	USA	2:24:13
	Ian Richards	M70	GBR	DQ

32 started; 2 DNF; 11 DQ.



**Schools Home International, Mary Peters Stadium, Belfast  
(Sat. 16<sup>th</sup> July)**

Gracie Griffiths came away with a Welsh record of 14:30.20 and there were personal best performances from Ellis Simmonds, Jonny Ellerton and Lola-Mae Billingham.



Ellis Simmonds – Lola-Mae Billingham – Jessica Wilton – Jonny Ellerton

**Mixed 3000m**

Pos	Athlete	Nation	Perf	Notes
1	Patrick Hyland (U17M)		IRL 13:31.26	
2	Seamus Clarke (U17M)		IRL 13:35.45	
3	Gracie Griffiths (U17W)		WAL 14:30.20	WR
4	Aisling Lane (U17W)		IRL 15:11.72	
5	Ellis Simmonds (U17M)		ENG 15:29.52	PB
6	Jonathon Ellerton (U17M)		ENG 16:02.81	PB
7	Dorieann Hickey (U17W)		IRL 16:28.13	
8	Lola-Mae Billingham (U17W)		ENG 16:37.21	PB
9	Fraser Higginson (U15B)		WAL 17:47.10	
10	Jessica Wilton (U17W)		ENG 18:54.18	
11	Gemma Price (U17W)		WAL 19:49.31	PB

**England Athletics U20 & U23 Championships, Bedford  
International Stadium (Sun. 17<sup>th</sup> Jul.)**



Australia's Tim Fraser leading Chris Snook in the early stages of the race

**U23 & U20 Men's 5000m**

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	U23M	Aldershot Farnham & D.	21:19.80 [PB]
2	George Wilkinson	U23M	Enfield & Haringey AC	22:47.94 [PB]
3	Christian Hopper	U20M	Cambridge Harriers	24:50.59 [SB]
	Tim Fraser	U23M	Australia	DQ TR 54.7.5

**U23 & U20 Women's 5000m**

Pos	Athlete	AG	Club	Perf.
G	Allannah Pitcher	U23W	Australia	23:57.34
1	Abigail Jennings	U23W	Aldershot Farnham & D.	25:40.04

2	Abby Hughes	U20W	Taunton Athletic Club	26:49.76
G	Kate Siviour	U20W	Australia	26:04.24
3	Mia Dunwell	U20W	Northern (IOM) A.C.	27:27.19
4	Jacqueline Benson	U23W	Ashford Athletic Club	28:56.43
5	Lois Carty	U20W	Aldershot Farnham & D.	29:05.23
	Hannah Hopper	U20W	Cambridge Harriers	DNF



Early stages of the women's U23/U20 race

**England Athletics Senior Championships, Bedford  
International Stadium (Sun. 31<sup>st</sup> Jul.)**

Aldershot's Chris Snook and Abigail Jennings added the England senior titles to the U23 titles they won at the same venue two weeks earlier.

**Senior Men's 5000m**

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	U23M	Aldershot Farnham & D.	21:41.20
2	Luc Legon	SENM	Bexley Athletic Club	22:54.68
	Tim Fraser	U23M	Australia	DQ TR 54.7.5

**Senior Women's 5000m**

Pos	Athlete	AG	Club	Perf.
G	Allannah Pitcher	U23W	Australia	23:39.43 [PB]
G	Kate Siviour	U20W	Australia	25:11.97 [PB]
1	Abigail Jennings	U23W	Aldershot Farnham & D.	26:01.57
2	Melanie Peddle	W50	Loughton Athletic Club	27:14.24 [PB]
3	Grazia Manzotti	W50	Tonbridge Athletic Club	28:03.78
4	Jacqueline Benson	U23W	Ashford Athletic Club	28:13.86

**Domestic 'A' Races**

**Aldershot Farnham & District T & F Open, Aldershot Military  
Stadium (Thu. 7<sup>th</sup> Jul.)**

**Mixed 2000m**

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot Farnham & D.	09:33.87 [PB]
2	Lola-Mae Billingham	U17W	Aldershot Farnham & D.	11:05.53 [PB]
3	Katherine Smith	W55	Aldershot Farnham & D.	13:40.43 [SB]
4	Tafara Nyoni	U13G	Aldershot Farnham & D.	16:06.82 [PB]
5	Ian Jennings	M50	Aldershot Farnham & D.	16:07.74

**Medway & Maidstone AC Open T & F Meeting, Medway  
Park, Gillingham (Sun. 10<sup>th</sup> Jul.)**

**Mixed 3000m**

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	13:04.02 [SB]
2	Matthew Crane	U23M	Bexley Athletic Club	13:07.85 [SB]
3	Hannah Hopper	U20M	Cambridge Harriers	15:07.34
4	Beatrice Fury	U23W	Medway & Maidstone	16:12.87 [PB]
5	Grazia Manzotti	W50	Tonbridge Athletic Club	16:21.05
6	Jacqueline Benson	U23W	Ashford Athletic Club	16:37.20
7	Abigail Smith	U20W	Blackheath & Bromley	17:15.18
8	Jessica Wilton	U17W	Ashford Athletic Club	18:13.39

### Midland Area Track Championships, Stratford-upon-Avon (Sun. 10<sup>th</sup> Jul.)

With sadly an expected low entry and which was enhanced further by three non-starters due to Covid related issues, the Midland Track Championships got underway hosted by Stratford-upon-Avon A.C. who also provided further officials on a very hot and sunny morning at the Jubilee School Athletic Track in Stratford on Avon, *reports Glyn Jones*.

Hardeep Minhas in the men's race lead the way right from the start and all three position in the order of finish remained throughout.

In the women's race it was good to see Fiona Oakes (formerly McGorum) back in the racing scene who clearly lead from start to finish followed by Wendy Kane and Julie Bellfield. Again, in the women's race the positions never altered throughout.

#### Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Fiona Oakes	SENW	Leicester Walking Club	28:52.4
2	Wendy Kane		Nuneaton Harriers	31:02.0
3	Hardeep Minhas		Leicester Walking Club	33:32.8
4	Julie Bellfield	W50	Halesowen Athletic Club	33:46.3
5	Colin Vesty	M55	Leicester Walking Club	34:26.3
6	Lynn Bellfield	W50	Halesowen Athletic Club	35:01.7
7	Paul Hawkins		Stratford-upon-Avon	36:58.8
8	Gemma Smith		Stratford-upon-Avon	38:02.6
9	Kate Sergent		Stratford-upon-Avon	38:23.5

#### 5<sup>th</sup> South Yorkshire League, Millhouses Park (Tue. 12<sup>th</sup> Jul.)

Thankfully, a cooler day than the previous two days, only 23° and mostly cloudy, *reports Brian Adams*. Ellis took an easy victory, a good sharpener before he raced for the English Schools in Belfast on the Saturday.

Cory is a new walker to the South Yorkshire League, recruited from the school's competition he got comfortably inside eight minutes for his first attempt at 1km to take second place.

Pos	Athlete	AG	Club	Watch/Actual
1	Ellis Simmonds	U17M	2DASH	32:12/16:26 [3km]
2	Cory Jacques	U13B	Prince Edwards	32:52/07:45 [1km]
3	Tony Bell	M55	Lancashire WC	33:30/33:30 [5km]

#### Sutcliffe Track & Field Nights, Eltham (Wed. 20<sup>th</sup> Jul.)

Traffic problems on the M25 resulted in some athletes and officials not being able to make the event. Luc Legon dominate the race recording a season's best of 12:41.2. There was a tight battle for the first lady with Jacqueline Benson getting the better of Grazia Manzotti over the closing stages for a season's best of 15:59.3.



#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENW	Bexley Athletic Club	12:41.2 [SB]
2	Christian Hopper	U20M	Cambridge Harriers	14:22.3
3	Jacqueline Benson	U23W	Ashford Athletic Club	15:59.3 [SB]
4	Grazia Manzotti	W50	Tonbridge Athletic Club	16:04.5

5	Abigail Smith	U20W	Blackheath & Bromley	16:20.6
6	Mark Ashby	M60	Cambridge Harriers	18:23.6 [PB]
7	Matthew Ellerton	M45	Blackheath & Bromley	19:34.4 [PB]

### Manx Harriers 10km Summer Walk, N.S.C Perimeter Roadway, Douglas, Isle of Man (Wed 20<sup>th</sup> Jul.)

The Manx Harriers Summer 10km and junior walks took place on the N.S.C. perimeter roadway in rather breezy conditions. Lilee Fletcher walk over-distance due to her an organisational error.

#### Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Mia Dunwell	U20W	Northern (IOM) AC	55.16
2	Adam Killip	SENW	Manx Harriers	57.15
3	Tony Edwards	M60	Manx Harriers	58.32
4	Jayne Farquhar	W50	Manx Harriers	64.30
5	Phill Swales	M55	Northern (IOM) AC	67.36
6	Louise Hollings	W40	Manx Harriers	68.13
	Erika Kelly	SENW	Northern (IOM) AC	DNF
	Maura Kelly	W50	Northern (IOM) AC	DNF
	Gordon Erskine	M75	Unattached	DNF
	Neil Wade	SENW	Manx Harriers	DNF

#### Mixed 2km

Pos	Athlete	AG	Club	Perf.
1	Tim Perry	U13B	Northern (IOM) AC	10.36
2	Lilee Fletcher	U11G	Manx Harriers	11.21
3	Amy Surgeon	U13G	Manx Harriers	12.59

#### Mixed 1km

Pos	Athlete	AG	Club	Perf.
1	Jay Jay Fletcher	U11B	Unattached	6.47
2	Harry Swales	U11B	Manx Harriers	7.32

## Domestic 'B' Races

### Barnard Trophy 10km, Macclesfield (Sat. 2<sup>nd</sup> Jul.)

A field of eight walkers took part in the Barnard Trophy 10km race at Macclesfield.

The picturesque course in the beautiful Cheshire countryside was made even more pleasant for the walkers by the weather being warm with sunny spells.

The eight comprised six Lancashire Walking Club members and two very welcome guests, namely David Hoben from Surrey Walking Club and John Gordon from Dudley and Stourbridge.

The walkers were split into two groups – Adrian Edwards and Tony Bell being in the fast group and the remainder in the other. Adrian and Tony started four minutes behind the others.

Adrian walked powerfully throughout to win the scratch race. Tony Bell also walked a strong race behind him.

John Gordon headed the rest of the field from the gun and gradually pulled away from the others who kept fairly close together. Phil McCullagh put in his usual storming 'negative split' second half.

#### 10km

Pos	Athlete	AG	Club	Perf.
1	Adrian Edwards	M60	Lancashire Walking Club	65:00
2	Tony Bell	M55	Lancashire Walking Club	67:39
3	John Gordon		Dudley & Stourbridge Hs.	71:15
4	Phil McCullough	M65	Lancashire Walking Club	73:10
5	Roy Gunnnett	M75	Lancashire Walking Club	74:00
6	Joe Hardy	M75	Lancashire Walking Club	74:15
7	Sailash Shah	M55	Lancashire Walking Club	75:25
8	David Hoben	M65	Surrey Walking Club	75:32

### Veterans AC Battersea Park Summer Series (Tue. 12<sup>th</sup> Jul.)

The third of the regular Battersea Park races had a reasonable field in excessively hot weather and cloud cover, with some breeze not the best of racing conditions, *reports David Hoben*.

The course was 5k which has become popular distance with our members. The men's winner was Steve Bishop, formerly of Stock Exchange AC.

The lady's winner and second overall was ever present Maureen Noel. VAC were pleased to have yet another newcomer to the event and to race walking, Nick Fleeman from SCVAC, who recorded a respectable time.

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	Steve Bishop	M60	Veterans Athletic Club	30:11
2	Maureen Noel	W55	Belgrave Harriers	32:17
3	Peter Watts	M70	Swanley & District AC	32:36
4	Nicholas Fleeman	M60	Southern Counties Veterans	35:08
5	David Hoben	M65	Surrey Walking Club	37:40
6	Artur Olszewski	M40	Veterans Athletic Club	37:31
7	Christopher Flint	M75	Surrey Walking Club	37:52
8	Peter Hannell	M75	Surrey Walking Club	39:54

**London Inter Club Challenge/Enfield League, StoneX Stadium, Hendon (Sat. 23<sup>rd</sup> Jul.)**



Visiting Australian Kate Siviour from the Victoria Race Walking Club was a welcome visitor to the league and along with fifteen other athletes toed the start-line for this event, **reports Ron Wallwork**.

Conditions were uncomfortably hot, and the times compared to of those who competed in the previous fixture reflect this. George Wilkinson won as he pleased, and Kate's time was half a minute inside her previous best. Melanie Peddle and Jacqueline Benson had a cracking tussle as did John Arthur and Colin Harle and W70 Sue Barnett showed great resolve in the conditions, finishing not that much slower than she did in the last fixture.

A word of thanks to the officials who came in well baked after their stint in the sun.

**Mixed 5000m**

Pos	Athlete	AG	Club	Perf.
1	George Wilkinson	U23M	Enfield & Haringey AC	22:58.10
2	David Annetts	M50	North Herts Road Runners	24:13.39
3	Kate Saviour	U23W	Victoria RWC (AUS)	25:35.67
4	Melanie Peddle	W50	Loughton Athletic Club	27:32.58
5	Jacqueline Benson	U23W	Ashford Athletic Club	27:50.67
6	Grazia Manzotti	W50	Tonbridge Athletic Club	28:26.75
7	Jonny Ellerton	U17M	Blackheath & Bromley	28:31.42
8	Emma Dyos	W45	Ilford Athletic Club	29:05.07
9	John Arthur	M60	Ilford Athletic Club	31:09.76
10	Colin Harle	M60	Belgrave Harriers	31:19.28
11	Maureen Noel	W60	Belgrave Harriers	32:16.43
12	John Borgars	M75	Loughton Athletic Club	32:24.37
13	Sue Barnett	W70	Cambridge & Coleridge	33:51.87
14	Simon Morgan	M50	Ilford Athletic Club	33:43.89
15	Amalia da Silva	W55	Belgrave Harriers	37:25.46

**3000m**

Pos	Athlete	AG	Club	Perf.
1	Shaheda Arthur	W60	Ilford Athletic Club	30:39.74

**2022 ERW League Tables**

**Top 5 after 8 fixtures:**

Women		Men	
Melanie Peddle (W50)	429/7	George Wilkinson (U23M)	489/7
Emma Dyos (W45)	378/6	John Arthur (M60)	485/8
Amalia Da Silva (W55)	331/7	David Annetts (M55)	413/6
Shaheda Arthur (W60)	306/8	David Walsh (M60)	383/5
Fiona Bishop (W60)	298/6	Simon Morgan (M50)	290/5

**Team positions:**

1861	Ilford	J. Arthur, Dyos, Bennett, S. Arthur, Lawless & Morgan
1650	Enfield	Walsh, Wilkinson, Bishop, D & T Braverman and Barnett
971	Belgrave	Da Silva, Noel, Harle, Culshaw & Hall
709	Loughton	Peddle & Borgars
493	Surrey	Hoben Flint, Reis, Crane & Hannell

**The Bernie Hercock Award**

This is a new award and funded by a donation made by the late Bernie Hercock. Qualification is EHAC membership or ERW Leaguer.

The 2022 Award is in the form of financial support for up to four walkers to participate in the **63<sup>rd</sup> Challenge FACOETTI-DAHM**, meeting at the Jean Delbert Stadium, Montreuil, Paris, France on 25<sup>th</sup> September. The distance is 20km. Jacqueline Benson, Melanie Peddle, Dave Annetts and George Wilkinson are the selected walkers



Bernie will also be remembered at this year's Open Seven on 12<sup>th</sup> November, when the race will carry his name and entry will be free.

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**2022 ERWL Ninth Fixture**

**LICC 1000/3000/5000m**

Note: 5000m time limit of 38 minutes

**Sunday 28<sup>th</sup> August starting at 12 Noon**

**StoneX Stadium, NW4 1RL**

**Online entries only by 21<sup>st</sup> August at:**

[UKEntry4Sports](http://UKEntry4Sports) | [office@entry4sports.com](mailto:office@entry4sports.com)

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Sat 13/08	B	Goodwin Cup (Lancs WC) 10km	Chorley
Sun 14/08	A	SEAA/SRWA Track Championships	Chelmsford
Wed 17/08	A	Surrey WC Track Open	Tonbridge
Thu 18/08	A	Aldershot Farnham & Dist. Open	Aldershot
Sat 20/08	B	Centurions 100 Mile	Middlesborough
Tue 23/08	A	6 <sup>th</sup> South Yorkshire League	Sheffield
Sat 27/08	A	England Athletics U15/U17 Champs.	Bedford
Mon 29/08	A	Tonbridge AC Bank Holiday Open	Tonbridge Sch.

