



# Race Walking Record

June 2023



**Gracie Griffiths**

**New Welsh U20W 3000m & 10,000m Record Holder**

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



### UKA National 2023 Fixtures

UKA have published the fixture list for 2023 and listed below are the major events that include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
8 <sup>th</sup> Jan.	EA Senior & U20 Indoor Walks	E.I.S. Sheffield
18 <sup>th</sup> Feb.	British Masters Indoor Championships	E.I.S. Sheffield
19 <sup>th</sup> Feb.	UKA Indoor Championships	Birmingham
4 <sup>th</sup> Mar.	EA Winter Race Walk Championships	Coventry
12 <sup>th</sup> Mar.	EA Under 17 & Under 15 Indoor Walks	Cancelled
16 <sup>th</sup> Apr.	RWA Senior/U20 10k & YAG Championships	Coventry
10 <sup>th</sup> Jun.	British Grand Prix of Race Walking	Leeds Beckett
17/18 Jun.	EA Under 23 & Under 20 Championships	Chelmsford
24/25 Jun.	Welsh Athletics Senior & U15 Championships	Cardiff
9 Jul.	UKA Outdoor Championships	Manchester
15 Jul.	SIAB Schools International	Scotland
22/23 Jul.	EA Senior Championships	Chelmsford
26/27 Aug.	EA Under 17 & Under 15 Championships	Birmingham
2/3 Sept.	British Masters Outdoor Championships	Derby
16 <sup>th</sup> Sept.	English Schools Championships	Bedford.



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

	£25.00	£15.00	£10.00
July 23	Penny Dalton	Stuart Telling	Lancashire WC

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.



**South of England  
Athletic Association**

### South of England AA Track Race Walk Champs Sunday 14<sup>th</sup> August 2022 Lee Valley, N9 OAR

**Senior/U20 5000m & U17/U15 3000m**

*(The qualifying standard for the 5000m = 32:00)*

You are encouraged to support these championships which are a show piece of Southern Track & Field athletics.

The Race Walking Association ( Southern Area) committee has agreed that each **participant** will receive £10 to help offset the cost of entry.

No timetable as yet, but usually they are the first track event of the day.

Online entries only at:

U15/U17 3000m: [Online Registration \(seaa.org.uk\)](https://www.seaa.org.uk)

U20/SEN 5000m: [Online Registration \(seaa.org.uk\)](https://www.seaa.org.uk)

**Closing date = 1<sup>st</sup> August 2023**



### British Grand Prix of Race Walking, Leeds Beckett University Inc. British Athletics/England Athletics/Race Walking Assoc. Championships (Sat. 10<sup>th</sup> June)

Heather Warner (coach: Martin Bell, Pembrokeshire Hs.) and Chris Snook (Andi Drake, Aldershot Farnham, and District) took the senior titles at the British Grand Prix of Race Walking over 20,000 metres at Leeds Beckett Athletics Centre on Saturday (10). There was also a British U23 record for Pagen Spooner (Andi Drake, Hyde Park Harriers) over the 20,000m distance.

Despite the unseasonably hot conditions the women's all-time list was rewritten. Warner moved to second on the UK all-time list behind Davies as she clocked 1.40.29:39 to take the UKA title, while Bethan Davies (Andi Drake, Cardiff) clocked 1:43:24:85 to take the silver.

Abigail Jennings (Verity Snook, Aldershot Farnham, and District) clocked the second best performance of her career over the 20km/20,000 metres distance with a time of 1:47:50:29 to take the bronze medal in the UKA Championships and the England and RWA Championships. She also moved to number three on the UK all-time list.

The runner up in the England and RWA Championships Pagen Spooner (Andi Drake, Hyde Park Hs.) in her debut over the 20km/20,000 metres distance battled the brutal conditions to clock a new British Under 23 Record of 1:55:23:18. This also moves her to fourth on the UK all-time list behind Warner, Davies, and Jennings.



In the men's race, Chris Snook clocked a track personal best of 1:35:10:08 to take the UK, England, and Race Walking Association Championships.

In the junior men's 10,000 metres, Jonathan Ellerton (Noel Carmody, Blackheath and Bromley) battled the hot conditions to take the UKA and England Championships in 1.01.43.86.

Source: British Athletics

In the supporting senior 10,000m there were wins for Cameron Corbishley (Andi Darke, Medway & Maidstone), who is returning to fitness after a break from the event and Hannah Hopper (Noel Carmody, Cambridge Harriers) who is working towards her first 20km in the autumn.

#### Men's 20,000m

Pos	Athlete	AG	Club	Perf.
1	Chris Snook	SENM	Aldershot Farnham & D.	1:35:10.08
	Neil Wade	SENM	Manx Harriers	DNF



**Women's 20,000m**

Pos	Athlete	AG	Club	Perf.
1	Heather Warner	SENW	Pembrokeshire Harriers	1:40:28.39
2	Bethan Davies	SENW	Cardiff A.A.C.	1:43:24.85
3	Abigail Jennings	SENW	Aldershot Farnham & D.	1:47:50.23 [SB]
4	Pagen Spooner	U23W	Hyde Park Harriers	1:55:23.18 [NR]

**U20 Men's 10,000m**

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	61:43.86

**Men's 10,000m**

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone	47:12.97
	Akash Nandwani	SENM	Hyde Park Harriers/ESP	DNF

**Women's 10,000m**

Pos	Athlete	AG	Club	Perf.
1	Hannah Hopper	U23W	Cambridge Harriers	54:57.62 [PZ]
	Jasmine Nicholls	SENW	Leicester Walking Club	DNF

## National Championships

**England Athletics U20/U23 OPEN Championships, Chelmsford (Sun. 18<sup>th</sup> June)**

Gracie Griffiths claimed the U20 3000m racewalk title along with a new Welsh record, with a time of 13:48.72.

**U23 Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Matthew Crane	U23M	Bexley Athletic Club	13:48.64 [SB]

**U20 Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	15:39.27

**U23 Women's 3000m**

Pos	Athlete	AG	Club	Perf.
G	Hannah Mison	U23W	New South Wales (AUS)	12:50.34 [PB]
G	Hannah Bolton	U23W	New South Wales (AUS)	14:18.14
1	Hannah Hopper	U23W	Cambridge Harriers	14:45.97
2	Pagen Spooner	U23W	Hyde Park Harriers	14:48.05 [SB]

**U20 Women's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Gracie Griffiths	U20W	Pembrokeshire Harriers	13:48.72 [PB]
2	Jessica Wilton	U20W	Ashford Athletic Club	15:59.88

## Rest in Peace

The Race Walking Association is saddened to report the passing of the following:

- Mike Holmes (York Postal RWC) former GB International and Centurion N° 717.
- Ken Mason (Surrey Walking Club)

**105<sup>th</sup> Welsh Senior & U15 Track & Field Championships, Cardiff (Sat. 24<sup>th</sup> & Sun. 25<sup>th</sup> June)**

The championships started with the 10,000m race walk; Gracie Griffiths broke the U20W Welsh record after a great effort, finishing in 51:15.97, whilst Heather Warner took the gold in the senior women with a time of 46:54.14. Cameron Corbishley finished with a time of 45:21.48.

**Men's 10,000m (Sat. 24<sup>th</sup> June)**

Pos	Athlete	AG	Club	Perf.
1	Cameron Corbishley	SENM	Medway & Maidstone	45:21.48

**Women's 10,000m (Sat. 24<sup>th</sup> June)**

Pos	Athlete	AG	Club	Perf.
1	Heather Warner	SENW	Pembrokeshire Harriers	46:54.14
2	Bethan Davies	SENW	Cardiff AAC	48:41.86
3	Gracie Griffiths	U20W	Pembrokeshire Harriers	51:15.97 (NR)

**Under 15 Girls 1000m (Sun. 25<sup>th</sup> June)**

Pos	Athlete	AG	Club	Perf.
1	Megan Chantrell	U15G	Aberdare Valley AAC	5:29.72
2	Nia Wakley	U15G	Swansea Harriers	DQ TR 54.7.1

## Masters

**Horwich Festival inc. British Masters 5km Road Championships, Bolton Arena (Sun. 18<sup>th</sup> June)**

The BMAF 5km Road Walk Championships took place on 18<sup>th</sup> June 2023. It was good to see so many athlete's competing in the first Horwich Festival since Covid over a new relatively flat four lap course at Horwich. A big thank you goes to all the judges and officials who gave up their time on a busy weekend to make sure the event could take place.

Thirty athletes toed the line. Over the first two laps there was a three way battle between John Laste (Ireland), Ian Richards and Grazia Manzotti. On the third lap Laste and Manzotti started to pull away, then on the final lap John managed to get a clear lead, which he held to the finish.

**Women's 5km**

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50 - 1	Tonbridge Athletic Club	28:15
2	Melanie Peddle	W50 - 2	Loughton Athletic Club	28:43
3	Carolyn Derbyshire	W45 - 1	Nuneaton Harriers	29:37
4	Penelope Cummings	W45 - 2	Herne Hill Harriers	31:25
5	Julie Bellfield	W50 - 3	Halesowen Athletic Club	33:10
6	Helen Elleker	W65 - 1	Derbyshire & S. Yorkshire	34:02
7	Lynn Bellfield	W55 - 1	Halesowen Athletic Club	35:34
8	Noel Blatchford	W75 - 1	Abingdon Athletic Club	35:54
9	Ann Wheeler	W65 - 2	Nuneaton Harriers	35:58
10	Andrea Lennon	W80 - 1	Lancashire Walking Club	43:26

**Men's 5km**

Pos	Athlete	AG	Club	Perf.
1	John Laste	M60 - 1	Ireland	27:48
2	Ian Richards	M75 - 1	Steyning Athletic Club	28:53
3	Matthew Henney	M50 - 1	Bromsgrove & Redditch	29:25
4	Steve Uttley	M65 - 1	Ilford Athletic Club	29:50

5	Hardeep Minhas	M65 – 2	Leicester Walking Club	31:25
6	Tony Bell	M60 – 2	Lancashire Walking Club	32:39
7	Ian Torode	M65 – 3	Birchfield Harriers	33:12
8	Sean McMullin	M75 – 2	Ireland	34:01
9	Roy Gunnnett	M75 – 3	Lancashire Walking Club	35:30
10	Ray Robinson	M45 – 1	Redcar Race Walking Club	36:19
11	Greg Smith	M70 – 1	Lancashire Walking Club	36:27
12	Sailash Shah	M55 – 1	Lancashire Walking Club	36:34
13	Tony Malone	M70 – 2	Lancashire Walking Club	36:37
14	Nigel Gates	M70 – 3	South West Veterans	36:56
15	John Crahan	M70 – 4	Lancashire Walking Club	37:04
16	Joe Hardy	M75 – 4	Lancashire Walking Club	37:12
17	Ian Hilditch	M80 – 1	Lancashire Walking Club	37:14
18	Julian Rosen	M60 – 3	Unattached	39:07
19	Guy Goodair	M85 – 1	Denby Dale Athletic Club	45:16
20	Edmund Shillabeer	M80 – 2	Ilford Athletic Club	45:52

## Domestic 'A' Judged Races

### MARWA – Midland Championships, Coventry (Sun. 21<sup>st</sup> May)

It can be said that although this year's championships went well on the established course at Warwick University, Coventry, *reports Glyn Jones*. The starting line-ups for both the men and women's races were very low as was the U13's, with only one walker. Nevertheless regulars and last year's champions Mark Williams and Carolyn Derbyshire continued from where they left off last year and regained their titles both winning by clear margins.

It is hoped to arrange these championships early in the calendar next year as it used to be and to encourage more entries.

#### Men's 10km

Pos	Athlete	AG	Club	Perf.
1	Mark Williams	M55	Birchfield Harriers	59:18
2	Hardeep Minhas	M65	Leicester Walking Club	65:50
3	Peter Boszko	M70	Birchfield Harriers	67:37
4	Ian Torode	M65	Birchfield Harriers	68:27
5	John Constandinou	M45	Birchfield Harriers	69:35
	Paul Hawkins	M65	Stratford-upon-Avon AC	DQ [TR 54.7.1]

#### Women's 5km

Pos	Athlete	AG	Club	Perf.
1	Carolyn Derbyshire	W40	Nuneaton Harriers	29:17
2	Julie Bellfield	W55	Halesowen Athletic Club	32:33
3	Ann Wheeler	W65	Nuneaton Harriers	35:58
4	Gemma Smith	W50	Stratford-upon-Avon AC	37:28
5	Karen Williams	W70	Birchfield Harriers	41:08

#### U13 Girls 2km

Pos	Athlete	AG	Club	Perf.
1	Amiee Thursfield	U13G	Wolv. & Bilston AC	14:27

### Aldershot, Farnham & District Open Meeting, Aldershot Military Stadium (Thu. 8<sup>th</sup> June)

#### Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SEW	Aldershot Farnham & D.	5:02.68 [SB]
2	Lois Carty	U20W	Aldershot Farnham & D.	5:02.98 [PB]
3	Lola-Mae Billingham	U17W	Aldershot Farnham & D.	5:06.39
4	Nicholas Fleeman	M65	Southern Counties Vets	6:12.42
5	Derek Smith	M65	Winchester & Dist. AC	6:28.43
6	Grace Andrews	U13G	Aldershot Farnham & D.	6:44.13
7	Tafara Nyoni	U13G	Aldershot Farnham & D.	6:49.89
8	Lucy Jackson	U13G	Aldershot Farnham & D.	8:02.87
9	Ian Jennings	M50	Aldershot Farnham & D.	8:03.46

### Kent Schools Championships, Gillingham (Sat. 10<sup>th</sup> June)

#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Ava Chappell	U15G	Ashford Athletic Club	17:25.70
2	Trejan Checheku-B	U15B	Blackheath & Bromley	19:23.50 [PB]
	Matthew Toothill	U13B	Blackheath & Bromley	DQ [TR54.7.3]

#### Senior Girls 5000m

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	26:36.01 [PB]

### South Yorkshire Schools, Doncaster (Sat. 10<sup>th</sup> June)

Only two walkers at the South Yorkshire schools' championships. National champion Ellis Simmonds and Kaitlyn Senior in just her second race.

#### Mixed 1000m

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U17W	Derbyshire & S. Yorkshire	4:46.5
2	Kaitlyn Senior	U13G	Unattached	7:25.1

### Ashford AC Open T & F Meeting, Ashford (Thu. 15<sup>th</sup> June)

#### Mixed 1500m

Pos	Athlete	AG	Club	Perf.
1	Jessica Wilton	U20W	Ashford Athletic Club	7:26.04
2	Grazia Manzotti	W50	Tonbridge Athletic Club	7:47.93
3	Jacqueline Benson	SEW	Ashford Athletic Club	8:11.46
4	Elin Wilson	U13G	Ashford Athletic Club	8:37.84
5	Paula Elmslie	U20W	Ashford Athletic Club	10:28.18
6	Lesley Hall	W65	Ashford Athletic Club	10:52.02
7	Nathan Reid	U15B	Ashford Athletic Club	11:09.90
8	Samuel Beaumont	U13B	Ashford Athletic Club	11:21.18
9	Sophie Burch	U13G	Ashford Athletic Club	12:13.07

### South West Schools, Yeovil (Sun. 25<sup>th</sup> June)

Only three walkers toed the line for the South West Schools Championships at the Bill Whistlecroft track in Yeovil, *reports Andrew Clough*. The day was extremely hot, so a water station was set up in the back straight. With all three athletes in different age groups they were guaranteed winners as long as the judges were satisfied.

Highlight of the day was the performance of Abby Hughes who beat the weather conditions in her 5000m to come home in 26:52.91

#### Junior Boys 3000m

Pos	Athlete	AG	Club/School	Perf.
1	Ben Sawyer	U15B	Boy-Brymore Academy	22:50.69

#### Mixed Senior 5000m

Pos	Athlete	AG	Club/School	Perf.
1	Abby Hughes	U20W	Taunton Athletic Club	26:52.91
2	Cameron Howe	U20M	Wellington School	37:20.52

### Johnson Bowl 4 Mile, Norman Park, Bromley (Wed. 28<sup>th</sup> June)

A good total of 13 turned out for this annual event, which over several courses and distances has been held for well over 100 years – perhaps among the longest running athletic events in the country. As has often happened the weather was kind, giving us a pleasant evening in the park.

Jonathan Ellerton just managed to catch and pass Loughton's Melanie Peddle in the last few yards after Melanie had recovered a significant deficit by the three-mile point.

#### Mixed 4 Mile

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	35:29
2	Melanie Peddle	W50	Loughton Athletic Club	35:30
3	Grazia Manzotti	W50	Tonbridge Athletic Club	36:02
4	Mark Culshaw	M50	Cambridge Harriers	39:44
5	Matthew Ellerton	M45	Blackheath & Bromley	40:19
6	John Arthur	M60	Ilford Athletic Club	41:06
7	Ian Statter	M60	Surrey Walking Club	46:10
8	David Hoben	M65	Surrey Walking Club	49:12
9	Christopher Flint	M75	Surrey Walking Club	50:54
10	Michael Harran	M80	Surrey Walking Club	56:19
11	Shaheda Arthur	W60	Ilford Athletic Club	73:06

#### 3 Mile

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U15B	Blackheath & Bromley	33:48

### Medway & Maidstone AC Open T & F Meeting, Medway Park, Gillingham (Sun. 1<sup>st</sup> July)



#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	12:52.22
2	Matthew Crane	U23M	Bexley Athletic Club	14:42.84
3	Hannah Hopper	U23W	Cambridge Harriers	14:54.20
4	Jonathan Ellerton	U20M	Blackheath & Bromley	16:09.65
5	Grazia Manzotti	W50	Tonbridge Athletic Club	16:16.00
6	Beatrice Fury	U23W	Medway & Maidstone	17:17.53 [SB]
7	Matthew Ellerton	M45	Blackheath & Bromley	17:54.35
8	Mark Ashby	M60	Cambridge Harriers	18:20.91
9	Daniel Ofosu	M40	Ashford Athletic Club	20:49.70 [PB]
10	Stephanie Dann	W35	Dartford Harriers AC	22:13.50 [PB]

## Domestic 'B' Judged Races

### 8th Cecil Gittins Memorial Walks, incorporating Enfield Race Walking League, Cyclopark, Gravesend (Sun. 4<sup>th</sup> June)

Veterans AC were pleased to host the eighth staging of this event on a dedicated cycle circuit with its many gradients and bends, *reports David Hoben*, which has hosted Olympic BMX champion Beth Shriever.

Abigail Jennings was a new winner of the ladies 5km, and the men's race was won for the second consecutive year by RWA President Chris Hobbs.

In the 10km Grazia Manzotti won the women's race just a few seconds shy of her PB, with Jonathan Hobbs taking the win in the men's race after a race long battle with David Annetts.



#### 2.5km

Pos	Athlete	AG	Club	Perf.
1	Ellin Wilson	U13G	Ashford Athletic Club	14:36

#### Women's 5km

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	U23W	Aldershot, Farnham & Dist.	25:18
2	Jessica Wilton	U17W	Ashford Athletic Club	27:39
3	Lola-Mae Billingham	U17W	Aldershot, Farnham & Dist.	30:40
4	Paula Elmslie	U20W	Ashford Athletic Club	36:24
5	Shaheda Arthur	W60	Ilford Athletic Club	54:57

#### Men's 5km

Pos	Athlete	AG	Club	Perf.
1	Christopher Hobbs	M65	Ashford Athletic Club	33:28
2	Tony Wilkinson	M60	Unattached	34:25
3	David Hoben	M70	Surrey Walking Club	39:15
4	Edmund Shillabeer	M80	Ilford Athletic Club	45:14
5	Dave Ainsworth	M70	Ilford Athletic Club	48:29

#### Women's 10km

Pos	Athlete	AG	Club	Perf.
1	Grazia Manzotti	W50	Tonbridge Athletic Club	56:51
2	Jacqueline Benson	U23W	Ashford Athletic Club	61:44
3	Sue Davies	W55	Aldershot, Farnham & Dist.	70:29
4	Katherine Smith	W55	Aldershot, Farnham & Dist.	74:35
5	Noel Blatchford	W75	Abingdon Athletic Club	75:33
	Melanie Peddle	W50	Loughton Athletic Club	DNF

#### Men's 10km

Pos	Athlete	AG	Club	Perf.
1	Jonathan Hobbs	SENM	Ashford Athletic Club	51:43
2	David Annetts	M55	North Herts Road Runners	51:47
3	Ian Richards	M75	Steyning Athletic Club	56:13
4	Colin Harle	M60	Belgrave Harriers	64:54
5	John Arthur	M60	Ilford Athletic Club	67:11
6	Simon Morgan	M55	Ilford Athletic Club	67:19
7	John Borgars	M75	Loughton Athletic Club	67:40
8	Christopher Flint	M75	Surrey Walking Club	81:45

### Vets AC Summer Series, Battersea Park (Tue. 6<sup>th</sup> June)

The third of the Veterans AC Summer Series races attracted another small field.

#### Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts Road Runners	23:59
2	Melanie Peddle	W50	Loughton Athletic Club	28:20
3	Penelope Cummings	W45	Herne Hill Harriers	31:12
4	Maureen Noel	W55	Belgrave Harriers	31:55
5	Fiona Bishop	W60	Woking Athletic Club	32:30
6	Sian Baum	W55	Herne Hill Harriers	34:15
7	David Hoben	M70	Surrey Walking Club	38:31
8	Christopher Flint	M75	Surrey Walking Club	39:06
	Peter Hannell	M80	Surrey Walking Club	DNF

### 4<sup>th</sup> South Yorkshire League Millhouses Park (Thur. 15<sup>th</sup> June)

Even in the warm conditions newcomer Kaitlyn set off for her 1km with gusto. Starting off ahead of the other two walkers, who were covering longer distances and despite Tony closing her down by around 40 seconds, Kaitlyn still finished comfortably ahead to take the win.

Pos	Athlete	AG	Club	Watch/Actual
1	Kaitlyn Senior	U13G	Unattached	33:13/07:38 (1k)
2	Tony Bell	M55	Lancashire W.C.	34:06/34:06 (5k)
3	Meghan Walmsley	U13G	Unattached	34:36/16:24 (2k)

# UPCOMING FIXTURES

#### July

Mon. 10 <sup>th</sup>	B	South Yorkshire League	Millhouses Park
Wed. 12 <sup>th</sup>	A	Manx Summer Walks	N.S.C. Douglas
Sun. 23 <sup>rd</sup>	A	England Athletics Senior Championships	Chelmsford
Thu. 27 <sup>th</sup>	A	Blackheath & Bromley T & F Open (3000m)	Bromley
Sun. 30 <sup>th</sup>	A	Midland Track Championships	Stratford-u-Avon

#### August

Tue. 1 <sup>st</sup>	B	Veterans AC Summer Series (5km)	Battersea Park
Sat. 5 <sup>th</sup>	A/B	Enfield League (3/5/10km)	Donkey Lane
Sat. 12 <sup>th</sup>	B	Lancs. WC Goodwin Cup (10km)	Chorley
Sun. 13 <sup>th</sup>	A	SEAA Track Race Walk Championships	Lee Valley
Wed. 16 <sup>th</sup>	A/B	Surrey Waking Club Track Races (5000m)	Tonbridge
Thu. 17 <sup>th</sup>	B	South Yorkshire League	Millhouses Pk
Thu. 17 <sup>th</sup>	A	Manx Harriers Fox Dale 5 Mile	Foxdale Village
Sat. 19 <sup>th</sup>	B	Centurions 100m Challenge	Middlesborough
Sun. 27 <sup>th</sup>	A	EA Under 17 & Under 15 Championships	Birmingham

