



Race Walking Record

July 2023



Christopher Snook

Aldershot Farnham & District AC

Heather Warner

Pembrokeshire Harriers



**UK Athletics 5000 metre Track Race Walk
Champions 2023**



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 th Jan. | EA Senior & U20 Indoor Walks | E.I.S. Sheffield |
| 18 th Feb. | British Masters Indoor Championships | E.I.S. Sheffield |
| 19 th Feb. | UKA Indoor Championships | Birmingham |
| 4 th Mar. | EA Winter Race Walk Championships | Coventry |
| 12 th Mar. | EA Under 17 & Under 15 Indoor Walks | Cancelled |
| 16 th Apr. | RWA Senior/U20 10k & YAG Championships | Coventry |
| 10 th 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 th Sept. | English Schools Championships | Bedford. |



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

| | | |
|----------------|----------------|---------------|
| £25.00 | £15.00 | £10.00 |
| Aug. 23 | Stuart Telling | Helen Elleker |
| | | Hazel Howley |

It is £12 per number per year, so if you wish to join, please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.

New Winter League Launched

The Ray Hall Memorial Winter Track League is being established as a tribute to the contribution Ray Hall (Belgrave Harriers) gave to race walking. Ray competed in the 1962 European Games over 50km and was one of the few to beat 8 hours on the Stock Exchange London to Brighton. After hanging up his racing shoes he put an enormous amount back into athletics in many ways, particularly as a highly respected coach and race walk judge.

The **purpose** of the league is to provide quality competition for established athletes and developmental opportunities for young race walkers in support of the coaching activities being undertaken by RWA(S).

| Dates | Venue | Post Code |
|-------------------------------------|----------------------------|-----------|
| Sat. 21 st October 2023 | Sutcliffe Park, Eltham | SE9 5LW |
| Sat. 18 th November 2023 | Tonbridge School | TN9 1JP |
| Sat. 9 th December 2023 | Lewes Athletic Track | BN7 2XG |
| Sun. 14 th January 2024 | Aldershot Military Stadium | GU11 2JL |

The **race distances** will be: U13 = 1500m, U15 = 2000m, U17 = 3000m, U20 = 5000m & Senior 5000m.

The races will be **judged** as 'A' races.

More information will be circulated in due course

International

#SIAB2023



Grangemouth – 15.07.23

Ireland were the only nation to fill all available slots in the 3000m walk. Held in front of a large crowd in dry, windy conditions, the Irish athletes dominated the race taking men's and women's gold and silver in both races. Matthew Newell (IRL) took the lead from the gun and narrowly missed the 24 year old CBP of 12:34.98 held by Lloyd Finch (ENG). There were personal bests for Ellis Simmonds (ENG) and Fraser Higginson (WAL) in third and fourth respectively.

Savannah O'Callaghan also took the lead from the start in the women's race and came home in a new personal best of 15:08.62s to claim gold. Bronze went to Lola-Mae Billingham (ENG) in a season's best of 16:53.22.



Savannah O'Callaghan – Matthew Newell – Luke Fitzmaurice - Sinead Maher - Lola-Mae Billingham - Fraser Higginson - Ellis Simmonds

U17Men's 3000m

| Pos | Athlete | Nation | Perf | Notes |
|-----|------------------|--------|----------|-------|
| 1 | Matthew Newell | IRL | 12:35.66 | PB |
| 2 | Luke Fitzmaurice | IRL | 14:33.09 | |
| 3 | Ellis Simmonds | ENG | 14:42.64 | PB |
| 4 | Fraser Higginson | WAL | 15:57.81 | PB |

U17 Women's 3000m

| Pos | Athlete | Nation | Perf | Notes |
|-----|----------------------|--------|----------|-------|
| 1 | Savannah O'Callaghan | IRL | 15:08.62 | PB |
| 2 | Sinead Maher | IRL | 15:48.36 | |
| 3 | Lola-Mae Billingham | ENG | 16:53.22 | SB |

National Championships

UK Athletics Championships, Manchester (Sun. 9th July 2023)

Women: The track action on Sunday kicked off with, the women's 5000m walk which saw Heather Warner (Martin Bell, Pembrokeshire Harriers) put a huge lead in over reigning champion Bethan Davies (Andi Drake, Cardiff) to take the British crown in 2023. One of the three athletes to break away earlier in the race, Warner crossed the line in 22:22.50, a season's best, with Davies walking 22:55.85 also a season's best. Abigail Jennings (Verity Snook, Aldershot Farnham & District) produced a personal best of 24:11.68 for bronze.

Warner said: "It feels amazing to come back here and be British Champion again. I had a tough race last year with being disqualified, so it felt good to walk a good race today.

"The cards were shown quite early on, so it was a hard race to manage with being careful not to foul and achieving a good time. I would have loved to have pushed even more, but I had to play it tactically which I did."

**Women's 5,000m**

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|------------------------|------------------|
| 1 | Heather Warner | SENW | Pembrokeshire Harriers | 22:22.50 [SB] |
| 2 | Bethan Davies | SENW | Cardiff AAC | 22:55.85 [SB] |
| 3 | Abigail Jennings | SENW | Aldershot Farnham & D. | 24:11.68 [PB] |
| 4 | Hannah Hopper | U23W | Cambridge Harriers | 24:46.43 [PB] |
| 5 | Gracie Griffiths | U20W | Pembrokeshire Harriers | 24:48.43 [PZ/PB] |
| 6 | Pagen Spooner | U23W | Hyde Park Harriers | 25:13.12 [PB] |
| 7 | Abby Hughes | U20W | Taunton Athletic Club | 26:44.28 [SB] |
| 8 | Jessica Wilton | U20W | Ashford Athletic Club | 27:46.78 [PZ] |
| | Mia Dunwell | U20W | Northern (IOM) AC | DQ TR54.7.5 |

Men: Chris Snook (Andi Drake, Aldershot Farnham & District) bettered the British silver he won last year with gold this time out, his time of 21:35.72 a winning margin of over 50 seconds ahead of Cameron Corbishley's (Andi Drake, Medway & Maidstone) 22:27.65 for silver. Luc Legon (Noel Carmody, Bexley) matched the bronze won in 2022 with a time of 22:54.91.

Post-race, Snook said: "I feel great – it's so nice to come to the British Championships, especially when you take the win. Domestically it is the biggest race there is, and it is good to see it on the programme here as it gives us some exposure."

**Men's 5,000m**

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------------|------|------------------------|---------------|
| 1 | Christopher Snook | SENM | Aldershot Farnham & D. | 21:35.72 [SB] |
| 2 | Cameron Corbishley | SENM | Medway & Maidstone | 22:27.65 [PZ] |
| 3 | Luc Legon | SENM | Bexley Athletic Club | 22:54.91 [SB] |
| 4 | Matthew Crane | U23M | Bexley Athletic Club | 25:17.70 |
| | Tom Partington | SENM | Manx Harriers | DNS |

Civil Service Championships, Corby (Wed. 19th July)

The Civil Service 3000m Track Walk Championship was held at the Corby track, **reports Andrew Clough**. This year, for various reasons, this race was not held in conjunction with the Police Championships. Seven athletes registered, all with experience, so UKA rules were enforced.

Mark Culshaw (Land Registry) took an early lead with Steve Uttley (MoJ) and Martin Slevin (CCRC) close behind. After a couple of laps Steve had surged past Mark, Martin following him closely. Steve was never headed, coming home in 17:11.81. Martin was still close coming up to the bell, but had to concede, crossing the line around 27 seconds later. Mark was a further 44s behind.

Maureen Noel (MoD) and John Hall (Defra) formed a pairing in the middle of the race. Maureen was first woman home, making up some ground on Mark to finish in 19:11.57. John was always in touch but remained 15s back at the finish.

Jane Hodge (HMRC) and Geraldine Legon (Post Office) were in a third group at the rear of the field.

Mixed 3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|-------------------------|----------|
| 1 | Steve Uttley | M65 | Ilford AC/MOJ | 17:11.81 |
| 2 | Martin Slevin | M55 | Headington RR/CCRC | 17:38.61 |
| 3 | Mark Culshaw | M55 | Cambridge Hs./Land Reg. | 18:23.30 |
| 4 | Maureen Noel | W55 | Belgrave Hs./MOD | 19:11.57 |
| 5 | John Hall | M70 | Belgrave Hs./DEFRA | 19:26.96 |
| 6 | Jane Hodge | W60 | Hardley Runners/HMRC | 22:19.89 |
| 7 | Geraldine Legon | W60 | Bexley AC/Post Office | 23:48.22 |

England Athletics Senior & Para OPEN Championships, Chelmsford (Sun. 23rd July)**Men's 5,000m**

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------------|------|-------------------------|---------------|
| 1 | Guy Thomas | SENM | Tonbridge Athletic Club | 21:28.77 [SB] |
| 2 | Christopher Snook | SENM | Aldershot Farnham & D. | 22:09.48 |
| 3 | Cameron Corbishley | SENM | Medway & Maidstone AC | 22:21.46 +30s |
| 4 | Luc Legon | SENM | Bexley Athletic Club | 23:41.45 |

Women's 5,000m

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|-------------------------|---------------|
| 1 | Abigail Jennings | SENW | Aldershot Farnham & D. | 24:37.35 |
| 2 | Hannah Hopper | U23W | Cambridge Harriers | 25:05.27 |
| 3 | Abby Hughes | U20W | Taunton Athletic Club | 26:39.67 [SB] |
| 4 | Jessica Wilton | U20W | Ashford Athletic Club | 27:29.13 |
| 5 | Megan Stratton-T | SENW | Swansea Harriers | 27:57.59 [SB] |
| 6 | Grazia Manzotti | W50 | Tonbridge Athletic Club | 27:59.76 [SB] |
| 7 | Emily Ghose | SENW | Tonbridge Athletic Club | 27:59.97 [SB] |
| 8 | Erika Pontarollo | SENW | Hyde Park Harriers/ITA | 29:48.03 [SB] |
| | Mia Dunwell | U20W | Northern (IOM) AC | DQ TR54.7.5 |

Isle of Man AA Track & Field Championships, N.S.C. Douglas, Isle of Man (Sun. 23rd July)**Under 9 400m**

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|-----------------------|--------|
| 1 | Theo Sykes | U9B | Manx Harriers | 2:56.1 |
| 2 | Lacey Dunn | U9G | Manx Harriers | 3:05.4 |
| 3 | Lola Quirk | U9G | Manx Harriers | 3:10.8 |
| 4 | Roscoe Ingham | U9B | Western Athletic Club | 3:26.5 |
| 5 | Oliver Halligan | U9B | Manx Harriers | 3:30.0 |

U11 & U13 1000m

| Pos | Athlete | AG | Club | Perf. |
|-----|---------------|------|-------------------|--------|
| 1 | Timothy Perry | U13B | Northern (IOM) AC | 5:20.9 |

| | | | | |
|---|-------------------|------|---------------|--------|
| 2 | Fynn Gleave | U11B | Manx Harriers | 5:50.0 |
| 3 | Noah Sykes | U11B | Manx Harriers | 6:20.4 |
| 4 | Tallulah Wilson | U11G | Manx Harriers | 6:39.6 |
| 5 | Mikhaela Nikolova | U11G | Manx Harriers | 7:13.3 |
| 6 | Millie Bulliment | U11G | Manx Harriers | 7:22.3 |

Senior 3000m

| Pos | Athlete | AG | Club | Perf. |
|-----|---------------|------|-------------------|---------|
| 1 | Erika Kelly | SEW | Northern (IOM) AC | 14:26.9 |
| 2 | Neil Wade | SENM | Manx Harriers | 14:43.3 |
| 3 | Jayne Farquar | W50 | Manx Harriers | 18:50.5 |
| 4 | Nicola Raven | W60 | Manx Harriers | 19:21.1 |
| 5 | Phil Swales | M55 | Northern (IOM) AC | 19:42.4 |

Domestic 'A' Judged Races**Manx Harriers Road 5km, N.S.C. (Wed. 12th July)****Mixed 5km**

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------|------------|
| 1 | Erika Kelly | SEW | Northern (IOM) AC | 24:31 |
| 2 | Neil Wade | SENM | Manx Harriers | 24:49 [PB] |
| 3 | Louise Hollings | W40 | Manx Harriers | 35:22 |
| 4 | Gordon Erskine | M80 | Unattached | 38:02 |

3km

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------|------|---------------|-------|
| 1 | Amy Surgeon | U15G | Manx Harriers | 19:50 |

Mixed 2km

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|---------------|-------|
| 1 | Tim Perry | U13B | Manx Harriers | 10:40 |
| 2 | Lilee Fletcher | U13G | Manx Harriers | 10:41 |
| 3 | Jay Jay Fletcher | U13B | Manx Harriers | 12:15 |
| 4 | Faith Teare | U13G | Manx Harriers | 13:14 |

Mixed 1km

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------|------|---------------|-------|
| 1 | Finn Gleave | U11B | Manx Harriers | 5:52 |
| 2 | Noah Sykes | U11B | Manx Harriers | 6:29 |
| 3 | Amelia Cain | U11G | Unattached | 8:35 |

3rd Triangular League incorporating Jill Langford Memorial Race, Tipton (Sun. 16th July)

Jill Langford, a long time member of Wolverhampton & Bilston AC was an accomplished and successful race walker in masters' events, including European & World Masters Championships, *writes Eric Horwill*, although she was probably best known as the mother of international Lisa Kehler.

Jill also made a major contribution to athletics, particularly as a founder member of the Triangular League, which provides competition for U11 and U13's from Wolverhampton & Bilston AC, Dudley & Stourbridge Harriers, and Tipton AC.

At short notice a 2000m open race was added to the programme held in memory of Jill.

Mixed 1000m

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|----------------------|--------|
| G | Megan Grove | U15G | Wolv. & Bilston AC | 5:55.4 |
| 1 | Aimee Thursfield | U13G | Wolv. & Bilston AC | 6:18.4 |
| 2 | Harry Taylor | U11B | Dudley & Stourbridge | 7:03.0 |
| 3 | Tom Fereday | U13B | Dudley & Stourbridge | 8:43.3 |
| 4 | Kacey Webber | U11G | Dudley & Stourbridge | 9:25.1 |

Mixed 2000m

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------------|-----|--------------------------|---------|
| 1 | Carolyn Derbyshire | W45 | Nuneaton Harriers | 11:03.6 |
| 2 | Wendy Kane | W50 | Nuneaton Harriers | 11:42.4 |
| 3 | Julie Bellfield | W50 | Halesowen Athletic Club | 12:40.0 |
| 4 | Roger Michell | M75 | Blackheath & Bromley HAC | 13:24.6 |
| 5 | Glyn Jones | M80 | Coventry Godiva Harriers | 13:35.2 |
| 6 | Noel Blatchford | W75 | Abingdon Athletic Club | 13:35.6 |
| 7 | Lynn Bellfield | W55 | Halesowen Athletic Club | 13:44.0 |

| | | | | |
|---|--------------|-----|------------------------|---------|
| 8 | Paul Hawkins | M65 | Stratford-upon-Avon AC | 14:29.8 |
|---|--------------|-----|------------------------|---------|

Blackheath & Bromley HAC Summer Open, Norman Park, Bromley (Thu. 26th July)**Mixed 3000m**

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------------|------|-------------------------|---------------|
| 1 | Hannah Hopper | U23W | Cambridge Harriers | 14:48.90 |
| 2 | Jonathan Ellerton | U20M | Blackheath & Bromley | 15:56.37 |
| 3 | Grazia Manzotti | W50 | Tonbridge Athletic Club | 16:45.81 |
| 4 | Beatrice Fury | U23W | Medway & Maidstone | 17:05.66 [SB] |
| 5 | Trejan Checheku-B | U15B | Blackheath & Bromley | 17:40.96 [PB] |
| 6 | Matthew Ellerton | M45 | Blackheath & Bromley | 17:43.75 [PB] |
| 7 | Mark Culshaw | M55 | Cambridge Harriers | 18:10.65 |
| 8 | Penelope Cummings | W45 | Herne Hill Harriers | 18:18.61 [SB] |
| 9 | Ian Statter | M65 | Croydon Harriers | 20:39.68 [SB] |
| 10 | Glen Keegan | M55 | Herne Hill Harriers | 22:55.07 |
| 11 | Christopher Flint | M75 | Surrey Walking Club | 22:57.56 |
| | Stephanie Dann | W45 | Dartford Harriers | DNF |
| | Peter Hannell | M80 | Blackheath & Bromley | DQ TR54.7.1 |
| | Lesley Hall | W65 | Ashford Athletic Club | DQ TR54.7.1 |

Aldershot Farnham & District Open Meeting, Military Stadium, Aldershot (Thu. 26th July)**Mixed 1 Mile**

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|--------------------------|---------------|
| 1 | Abigail Jennings | SEW | Aldershot Farnham & D. | 7:14.99 [PB] |
| 2 | Lucy Jackson | U11G | Aldershot Farnham & D. | 9:41.08 [PB] |
| 3 | Nicholas Fleeman | M65 | Winchester Athletic Club | 10:24.53 [PB] |
| 4 | Derek Smith | M65 | Winchester Athletic Club | 10:28.24 [PB] |
| 5 | Aimee Thursfield | U13G | Wolv. & Bilston AC | 10:43.35 [PB] |
| 6 | Katherine Smith | W55 | Aldershot Farnham & D. | 10:48.28 [PB] |
| 7 | Tafara Nyoni | U13G | Aldershot Farnham & D. | 11:27.57 [PB] |
| 8 | Grace Andrews | U13G | Aldershot Farnham & D. | 11:34.83 [PB] |

Midland Counties & Midland Area Race Walking, Track Championships, Stratford-upon-Avon (Sun. 30th July)**Men's 5000m**

| Pos | Athlete | AG | Club | Perf. |
|-----|----------------|-----|------------------------|-------------|
| 1 | Mark Williams | M55 | Birchfield Harriers | 26:31.7 |
| 2 | Matthew Henney | M50 | Bromsgrove & Redditch | 29:13.2 |
| 3 | Peter Boszko | M70 | Birchfield Harriers | 30:26.0 |
| G | Martin Slevin | M55 | Headington R.R. | 31:30.3 |
| 4 | Hardeep Minhas | M65 | Leicester Walking Club | 31:58.4 |
| G | Graham Chapman | M65 | Headington R.R. | 32:55.5 |
| G | Trevor Dixon | M65 | Oxford City AC | 35:02.0 |
| | Paul Hawkins | M65 | Stratford-upon-Avon AC | DQ TR54.7.1 |

Women's 5000m

| Pos | Athlete | AG | Club | Perf. |
|-----|--------------------|-----|-------------------------|---------|
| 1 | Carolyn Derbyshire | W45 | Nuneaton Harriers | 29:38.2 |
| 2 | Wendy Kane | W55 | Nuneaton Harriers | 30:23.6 |
| 3 | Julie Bellfield | W50 | Halesowen Athletic Club | 32:53.6 |
| 4 | Lynn Bellfield | W55 | Halesowen Athletic Club | 35:06.3 |
| 5 | Kate Sergeant | W70 | Stratford-upon-Avon AC | 38:46.4 |

U13 2000m

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|--------------------|---------|
| 1 | Aimee Thursfield | U13G | Wolv. & Bilston AC | 14:25.0 |

Domestic 'B' Judged Races**Moulton Walks, Moulton Village, Suffolk (Sat. 8th July)**

In the best turnout since Covid, hot humid conditions made the annual Moulton challenges even more challenging, *reports Ron Wallwork*. Event regulars, including Olympians, former internationals and past winners of the event made for a great atmosphere.

Prior to the start of the race Mick Holmes who passed away earlier in the week was remembered.

Grazina Manzotti and Dave Annetts had things all their own way in their respective events. However there was a welcome reappearance

by Phil Barnard who repeated his 2008 runner-up position and making her debut in the race Grazia clocked the fourth fastest Ladies winning time.

There was some promising performances from the Young Newmarket Joggers and Robert Dobson emulated his father by winning the "Kingston Cup" for the first villager to finish and bettering the hour in the process. Callum Wilkinson started the races and presented the prizes.



Men's 5 Mile

| Pos | Athlete | AG | Club | Perf. |
|-----|-------------------|-----|--------------------------|-------|
| 1 | David Annetts | M55 | North Herts Road Runners | 39:50 |
| 2 | Philip Barnard | M35 | Unattached | 44:35 |
| 3 | Mark Culshaw | M55 | Cambridge Harriers | 50:45 |
| 4 | Hardeep Minhas | M60 | Leicester Walking Club | 51:49 |
| 5 | John Arthur | M60 | Ilford Athletic Club | 52:48 |
| 6 | Simon Morgan | M65 | Ilford Athletic Club | 54:05 |
| 7 | Robert Dobson | M40 | Unattached | 55:24 |
| 8 | Christopher Hobbs | M65 | Ashford Athletic Club | 55:56 |
| 9 | Tony Wilkinson | M60 | Unattached | 57:18 |
| 10 | David Hoben | M65 | Surrey Walking Club | 63:24 |
| 11 | Paul Frimage | M65 | Ryston Runners AC | 64:58 |
| 12 | Christopher Flint | M75 | Surrey Walking Club | 65:30 |
| 13 | Trevor Jones | M65 | Steyning Athletic Club | 66:49 |
| 14 | David Ainsworth | M70 | Ilford Athletic Club | 79:50 |

Women's 5 Mile

| Pos | Athlete | AG | Club | Perf. |
|-----|------------------|------|--------------------------|-------|
| 1 | Grazia Manzotti | W50 | Tonbridge Athletic Club | 45:03 |
| 2 | Melanie Peddle | W50 | Loughton Athletic Club | 47:14 |
| 3 | Jaquelin Benson | SENW | Ashford Athletic Club | 50:01 |
| 4 | Maureen Noel | W60 | Belgrave Harriers | 53:23 |
| 5 | Susan Barnett | W70 | Enfield & Haringey AC | 57:35 |
| 6 | Noel Blatchford | W70 | Abingdon Athletic Club | 59:11 |
| 7 | Kate James | W55 | Unattached | 61:25 |
| 8 | Susan Clements | W65 | Cambridge & Coleridge | 64:55 |
| 9 | Anne Jones | W65 | Steyning Athletic Club | 66:49 |
| 10 | Sheila Leavy | W70 | North Herts Road Runners | 66:59 |
| 11 | Vivian Houghton | W70 | Unattached | 71:29 |
| 12 | Elizabeth Edgell | W60 | Unattached | 71:29 |
| 13 | Linda Warner | W60 | Unattached | 71:29 |
| 14 | Shaheda Arthur | W60 | Ilford Athletic Club | 89:18 |

Youngsters Mile

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|------|-------------------|-------|
| 1 | Cerys Bithell | U17W | Newmarket Joggers | 11:10 |
| 2 | Sophie Blundell | U11G | Newmarket Joggers | 11:58 |
| 3 | Lily Ann Cooper | U13G | Newmarket Joggers | 12:40 |
| =4 | Elijah Barnard | U11B | Unattached | 15:18 |
| =4 | Joel Barnard | U11B | Unattached | 15:18 |

Novice Mile

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|-------------------|-------|
| 1 | Philip Blundell | M45 | Newmarket Joggers | 12:00 |
| 2 | Ellie Bithell | W45 | Newmarket Joggers | 12:06 |

5th South Yorkshire League Millhouses Park (Tue. 10th July)

The leading two walkers in the series were the only two to race, **reports Brian Adams**. Ellis Simmonds entered the race to start his 3km (6 x 500m laps) as Tony had just set out on his final 5 laps, Ellis caught and passed him with 700m to go, finishing 70 secs clear.

| Pos | Athlete | AG | Club | Watch/Actual |
|-----|----------------|------|---------------|------------------|
| 1 | Ellis Simmonds | U17M | 2 DASH | 34:19/15:57 (3k) |
| 2 | Tony Bell | M55 | Lancashire WC | 35:29/35:29 (5k) |

Roundup from Guernsey

Recent races in Guernsey resulted in two wins for Stuart Le Noury over 1 mile and 3 kilometres with times of 8:15 and 15:31 respectively. Rob Elliott, in the absence of Stuart winning over 2 kilometres in 13:18.

In the 3 kilometres walk at Cambridge Park, Donna Allan finished second in 18:36 followed by Rob Elliott in 19:27, his fastest time for a year or so. Mick Le Sauvage, in his mid-80s continues to rack up the miles with around 8,210 on the clock.

Sunday 11th June: Sarnia WC 5km Road Walk, Delancey Park (B)

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1 | Rob Elliott | M60 | Sarnia Walking Club | 13:18 |
| 2 | Kevin Le Noury | M65 | Sarnia Walking Club | 14:31 |
| 3 | Mick Le Sauvage | M80 | Sarnia Walking Club | 16:30 |

Sunday 2nd July: Sarnia WC 1 Mile Road Walk, Vale (B)

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1 | Stuart Le Noury | M35 | Sarnia Walking Club | 08:15 |
| 2 | Rob Elliott | M60 | Sarnia Walking Club | 10:00 |
| 3 | Kevin Le Noury | M65 | Sarnia Walking Club | 11:13 |
| 4 | Mick Le Sauvage | M80 | Sarnia Walking Club | 14:26 |
| 5 | Dave Dorey | M75 | Sarnia Walking Club | 14:23 |

Sunday 16th July: Sarnia WC 1 3km Road Walk, Cambridge Park (B)

| Pos | Athlete | AG | Club | Perf. |
|-----|-----------------|-----|---------------------|-------|
| 1 | Stuart Le Noury | M35 | Sarnia Walking Club | 15:31 |
| 2 | Donna Allan | W45 | Sarnia Walking Club | 18:36 |
| 3 | Rob Elliott | M60 | Sarnia Walking Club | 19:27 |
| 4 | Kevin Le Noury | M65 | Sarnia Walking Club | 22:00 |
| 5 | Mick Le Sauvage | M80 | Sarnia Walking Club | 27:51 |
| | Dave Dorey | M75 | Sarnia Walking Club | DNF |



August

| | | | |
|-----------------------|-----|--|-----------------|
| Sat. 5 th | A/B | Enfield League (3/5/10km) | Donkey Lane |
| Sat. 12 th | B | Lancs. WC Goodwin Cup (10km) | Chorley |
| Sun. 13 th | A | SEAA Track Race Walk Championships | Lee Valley |
| Wed. 16 th | A/B | Surrey Waking Club Track Races (5000m) | Tonbridge |
| Thu. 17 th | B | South Yorkshire League | Millhouses Pk |
| Thu. 17 th | A | Manx Harriers Fox Dale 5 Mile | Foxdale Village |
| Sat. 19 th | B | Centurions 100m Challenge | Middlesborough |
| Sun. 27 th | A | EA Under 17 & Under 15 Championships | Birmingham |
| Mon. 28 th | B | Southend-on-Sea Open 1 Mile | Garon Park |

September

| | | | |
|-----------------------|-----|--------------------------------------|----------------|
| Sat. 2 nd | B | J. Lambert & Ladies Trophy 1 Hour | Bury |
| Sat. 2 nd | A | British Masters Championships | Derby |
| Sun. 3 rd | B | Sarnia WC Richmond Trophy | Cambridge Park |
| Mon. 4 th | B | South Yorkshire League | Millhouses Pk |
| Sat. 9 th | A | Veterans ACT & F Open (2000m RW) | Finsbury Park |
| Sat. 16 th | A | English Schools Championships | Bedford |
| Sat. 23 rd | A/B | Enfield League 1 Hour Track Walk | T.B.C. |
| Wed. 27 th | B | PSUK & CSAA Championships + Ryan Cup | Birmingham |