



# Race Walking Record

August 2023



**Medallists at the Welsh Athletics U20 International in Cardiff**



# Cambridge Harriers

Presents

## The Ray Hall Memorial Winter Track League/Cambridge Harriers Open Track Walks

Saturday 21<sup>st</sup> October 2023

Sutcliffe Park Sports Centre, Eltham Road, London, SE9 5LW

### Provisional Timetable

12:45pm	1500m RW	U13 Boys & Girls
1:00pm	2000m RW	U15 Boys & Girls
1:20pm	3000m RW	U17 Men & Women
1:45pm	5000m RW	U20 Men & Women
1:45pm	5000m RW	Senior Men & Women

*(may be subject to change depending on entries)*

Enter online shortly at [UK Entry4Sports](https://www.ukentry4sports.com) | [office@entry4sports.com](mailto:office@entry4sports.com)

Entries close at 11pm on Sunday 15<sup>th</sup> October 2023

There will be no entries taken on the day – The races will be judged as ‘A’ Races

For more information contact Noel Carmody ([noelcarmody@outlook.com](mailto:noelcarmody@outlook.com))

### Other Events in the League

Dates	Venue	Post Code
Sat. 18 <sup>th</sup> November 2023	Tonbridge School	TN9 1JP
Sat. 9 <sup>th</sup> December 2023	Lewes Athletic Track	BN7 2XG
Sun. 14 <sup>th</sup> January 2024	Aldershot Military Stadium	GU11 2JL





### 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.

## International

### Welsh Athletics U20 International, Cardiff International Sports Campus (Sat. 26<sup>th</sup> Aug.)

Gracie Griffiths broke the U20W Welsh 5000m race walk record with a time of 23:36.03 taking the record from her coach Heather Warner and moves to third on the overall UK rankings for 2023.

A personal best for Jonny Ellerton of 27:10.36 and season's best for Abby Hughes (25:53.34) and Mia Dunwell (27:32.85).



#### Mixed 5000m

Pos	Athlete	Nation	Perf	Notes
1	Gracie Griffiths (U20W)	WAL	23:36.03	NR
2	Abby Hughes (U20W)	ENG	25:53.34	SB
3	Jonathan Ellerton (U18M)	ENG	27:10.36	PB
4	Mia Dunwell (U20W)	IOM	27:32.85	SB
G	Megan Stratton-Thomas (SENW)	WAL	28:51.99	



## National

### England Athletics U17/U15 Championships, Birmingham (Sun. 27<sup>th</sup> Aug.)



#### U17M 3000m

Pos	Athlete	AG	Club	Perf.
1	Luke Fitzmaurice	U17M	Athletics Ireland	15:16.14
2	Fraser Higginson	U17M	Bridgend Athletic Club	17:14.60

#### U15B 3000m

Pos	Athlete	AG	Club	Perf.
1	Evan Walsh	U15B	Athletics Ireland	15:19.28

#### U17W 3000m (podium pictured)

Pos	Athlete	AG	Club	Perf.
1	Sinead Maher	U17W	Athletics Ireland	16:12.68
2	Lola-Mae Billingham	U17W	Aldershot Farnham & D	17:20.66

#### U15G 3000m

Pos	Athlete	AG	Club	Perf.
1	Ava Chappell	U15G	Ashford Athletic Club	16:35.16 [PB]

### British Masters Track & Field Championships, Moorways Stadium, Derby (Sat. 2<sup>nd</sup> Sept.)

Melanie Peddle broke the British W55 3000m race walk record, recording a time of 15:49.30.



#### Women's 3000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W55	Loughton AC/EMAC	15:49.30 [NR]
2	Grazia Manzotti	W50	Tonbridge AC/SCVAC	16:32.53
3	Carolyn Derbyshire	W45	Nuneaton Hs./MMAC	17:19.24
4	Wendy Kane	W55	Nuneaton Hs./MMAC	17:57.17
5	Alexsandra Majewska	W35	Poland	18:48.40
6	Michele O'Neill-Hall	W55	North East Veterans	20:17.30
7	Susan Barnett	W70	Camb. & Coleridge/EMAC	20:52.53
8	Noel Blatchford	W75	Abingdon AC/SCVAC	20:53.00
9	Heather Jones	W65	Crook AC/NEMAA	24:01.51
	Judith Kelsall	W70	Burton AC/MMAC	DQ TR54.7.1

#### Men's 3000m

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts RR/VAC	15:05.29
2	Matthew Henney	M50	Bromsgrove/MMAC	16:53.61
3	David Walsh	M60	Midland Masters AC	17:59.06
4	Colin Harle	M65	Belgrave Harriers	18:07.51
5	Hardeep Minhas	M65	Leicester WC/MMAC	18:46.42
6	Micheal O'Connor	M70	Ireland	19:07.70
7	Raymond Robinson	M45	North East Masters AA	19:44.70
8	David Kissane	M70	Ireland	19:51.74
9	Nicholas Fleeman	M65	Winchester/SCVAC	21:24.36
10	Daniel Ofosu	M45	Ashford AC/SCVAC	23:47.14
	Ian Richards	M75	Steyning AC/VAC	DQ TR54.7.1
	George Routledge	M75	Heaton/NEMAA	DQ TR54.7.1
	Nigel Gates	M70	Lewes AC/SWVAC	DNF



## Domestic 'A' Judged Races

### Enfield Race Walking League (Stan Mantor Walks), Donkey Lane, Enfield (Sat. 5<sup>th</sup> Aug.)

In unpleasant wet weather conditions, *reports Ron Wallwork*, Bill Sutherland the Scottish bronze medallist at the 1970 Commonwealth Games, started the race which turned out to be "ladies' day" with three of them, led by national champion Abigail Jennings, leading the field home. It was good to see Lesley Morris back in action fully recovered from her fall at the February fixture, as well as Stephen Cartwright along with newcomers Alison Wilson and Livia Croneciu.

#### Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	51:39
2	Grazia Manzotti	W50	Tonbridge Athletic Club	58:08
3	Jaqueline Benson	SENW	Ashford Athletic Club	62:37
4	John Arthur	M60	Ilford Athletic Club	66:58
5	Alison Wilson	W55	Unattached	67:22
6	Stuart Bennett	W60	Ilford Athletic Club	69:57
7	John Borgars	M75	Loughton Athletic Club	69:57
8	Fiona Bishop	W60	Woking Athletic Club	72:08
9	Lesley Morris	W60	Ilford Athletic Club	72:33
10	Sue Barnett	W70	Easter Masters AC	72:45

**B Judged Results:** 10km: Ian Richards (Steyning) 61:18; 9km: Chris Flint (SWC) 71:04; Livia Croneciu (Loughton) 71:24; 8km: Tony Wilkinson (U/A) 57:48, Stephen Cartwright (Gt Bentley) 63:37; 5km: Dave Hoben (SWC) 38:20, Paul Frimage (Ryston) 40:24, Sheila Levy (N. Herts RR) 41:28, Shaheda Arthur (Ilford) 56:38.

### South of England Track Race Walk Championships, Lee Valley Athletic Centre (Sun. 13<sup>th</sup> Aug.)

Abigail Jennings broke the senior women's championship best performance with a time of 25:06.33.

#### Senior/U20M Men's 5000m

Pos	Athlete	AG	Club	Perf.
1	Christopher Snook	SENM	Aldershot Farnham & D.	22:05.25
2	David Annetts	M55	North Herts R.R.	26:15.14 [PZ]
3	Jonathan Ellerton	U20M	Blackheath & Bromley	27:29.44 [PB]
4	Matthew Ellerton	M45	Blackheath & Bromley	33:22.54 [PZ]

#### Senior/U20W Women's 5000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	25:06.33 [CBP]
2	Hannah Hopper	U23W	Cambridge Harriers	25:26.26
3	Abby Hughes	U20W	Taunton Athletic Club	26:25.55 [SB]
4	Grazia Manzotti	W50	Tonbridge Athletic Club	28:16.42
	Penelope Cummings	W45	Herne Hill Harriers	DQ TR54.7.5

#### U15 Boy's 3000m

Pos	Athlete	AG	Club	Perf.
1	Trejan Checheku-B	U15B	Blackheath & Bromley	19:02.67

*Rest in Peace*

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

- Alec Banyard (Southend-on-Sea AC) – GB International
- Jack Englert (City of Sheffield RWC/Police)

**200 Club 200 Club**

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

£25.00                      £15.00                      £10.00

Sept. 23      Peter Saunders      Sharon Herbert      Arthur Thomson

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.

### Aldershot Farnham & Dist. Open, Aldershot Military Stadium (Thur. 17<sup>th</sup> Aug.)

#### Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	9:20.96 [PB]
2	Lois Carty	U20W	Aldershot Farnham & D.	11:10.39 [SB]
3	Penelope Cummings	W45	Herne Hill Harriers	11:23.27 [SB]
4	Nichola Fleeman	M45	Winchester & Dist. AC	13:14.86 [PB]
5	Derek Smith	M65	Winchester & Dist. AC	13:22.63
6	Sus Davies	W55	Aldershot Farnham & D.	13:30.25
7	Grace Andrews	U13G	Aldershot Farnham & D.	13:42.22 [PB]
8	Katherine Smith	W55	Aldershot Farnham & D.	13:45.13
9	Tafara Nyoni	U13G	Aldershot Farnham & D.	14:44.68 [PB]

### Tonbridge AC Bank Holiday Open Track & Field Meeting, Tonbridge School (Mon. 28<sup>th</sup> Aug.)



#### Mixed 3000m

Pos	Athlete	AG	Club	Perf.
1	Guy Thomas	SENM	Tonbridge Athletic Club	12:20.38 [SB]
2	Jonathan Ellerton	U20M	Blackheath & Bromley	15:34.17
3	Jessica Wilton	U20W	Ashford Athletic Club	15:44.54
4	Emily Ghose	SENW	Tonbridge Athletic Club	16:14.04
5	Grazia Manzotti	W50	Tonbridge Athletic Club	16:24.91
6	Jacqueline Benson	SENW	Ashford Athletic Club	16:59.33 [SB]
7	Mark Culshaw	M55	Cambridge Harriers	17:44.22 [SB]
8	Matthew Ellerton	M45	Blackheath & Bromley	19:01.79
	Lesley Hall	W65	Ashford Athletic Club	DQ TR54.7.1
	Stephanie Dann	W45	Dartford Harriers AC	DQ TR54.7.1

### Manx Harriers 20km Championships and Supporting Walks National Sports Centre, Douglas (Sat. 2<sup>nd</sup> Sept.)

Small fields for the Manx 20km championships held at the N.S.C. roadway but some good performances, *reports Bridget Kaneen*. Neil Wade was well inside 1 hour 50 for the first time and good debut performance from under 20 athlete Mia Dunwell, who recorded a sub-2 hour effort on her debut at the distance.

Erika Kelly recorded her best 10km effort for some time with a sub-49 minute clocking.

#### Mixed 20km

Pos	Athlete	AG	Club	Perf.
1	Neil Wade	SENM	Manx Harriers	1:48:22 [PB]
2	Mia Dunwell	U20W	Northern (IOM) AC	1:59:45 [Debut]
3	Keira Heavey	U23W	Northern (IOM) AC	2:11:01
4	Jayne Farquhar	W50	Manx Harriers	2:15:31
5	Nicola Raven	W60	Manx Harriers	2:21:58
6	Louise Hollings	W40	Manx Harriers	2:26:34
7	Phill Swales	M55	Northern (IOM) AC	2:27:21



**Mixed 10km**

Pos	Athlete	AG	Club	Perf.
1	Erika Kelly	SEW	Northern (IOM) AC	48:44
	Craig Fletcher	SENM	Unattached	DNF

**Mixed 2km**

Pos	Athlete	AG	Club	Perf.
1	Lilee Fletcher	U13G	Manx Harriers	11:28
2	Jay Jay Fletcher	U13B	Manx Harriers	12:02
3	Faith Teare	U15G	Manx Harriers	12:51
	John Quayle	U11B	Unattached	DNF

**1km**

Pos	Athlete	AG	Club	Perf.
1	Amelia Cain	U9G	Unattached	7:49

**Surrey County Combined Events, Steeplechase, Walk, and Track Relay Championships (Sun 3rd Sept.)****Women's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SEW	Aldershot Farnham & D.	14:42.39
2	Penelope Cummings	W45	Herne Hill Harriers	17:35.82
3	Sue Davies	W55	Aldershot Farnham & D.	20:42.70
4	Katherine Smith	W55	Aldershot Farnham & D.	21:32.66

**Men's 3000m**

Pos	Athlete	AG	Club	Perf.
1	Ian Statter	M65	Croydon Harriers	21:04.87
2	Ronald Penfold	M80	Steyning Athletic Club	21:05.02

**Domestic 'B' Judged Races****Vets AC Summer Series, Battersea Park (Tue. 1<sup>st</sup> Aug.)**

The last of the regular Battersea Park races had an average field this time in indifferent humid weather, luckily the rain held off for the duration, **reports David Hoben**.

Coming in as men's winner was Dave Annetts in a fast time just outside his personal best.

The ladies' winner for the third time this series was Melanie Peddle from, in her usual highly respectable time.

Veterans AC were pleased to welcome two guests from Hong Kong, Min Yee Michelle Lee and For Yau Fung who had chosen the race while holidaying in the UK.

**Mixed 5km**

Pos	Athlete	AG	Club	Perf.
1	David Annetts	M55	North Herts Road Runners	23:32
2	Ian Richards	M75	Steyning Athletic Club	27:43
3	Melanie Peddle	W50	Loughton Athletic Club	28:11
4	Trejan Checheku-B	U15B	Blackheath & Bromley	30:18
5	Penelope Cummings	W45	Herne Hill Harriers	30:20
6	Maureen Noel	W55	Belgrave Harriers	32:24
7	Fiona Bishop	W60	Woking Athletic Club	34:26
8	Min Yee Michelle Lee	W60	Hong Kong	36:15
9	Paul Hawkins	M65	Stratford-upon-Avon AC	36:20
10	David Hoben	M70	Surrey Walking Club	38:07
11	Christopher Flint	M75	Surrey Walking Club	39:27
12	For Yau Fung	M65	Hong Kong	47:23

**6<sup>th</sup> South Yorkshire League, Sheffield (Tue. 22<sup>nd</sup> Aug.)**

Having checked on when people were on holiday, I found that 22<sup>nd</sup> was a date that worked for most, so we changed the date and had our best turnout of five, **reports Brian Admas**.

We had two really close finishes. Primary school champion Skylar, racing on this course for the first time was confused about the finish and sprinted hard to pass Meghan, crossed the line and came to a stop, thinking she had won. She actually had about 250m to go and found it difficult to rally herself and get past Meghan again, but Megan hung on to this slower pace to finish less than a stride behind.

The second close finish was between Tony Bell and the very fast finishing Ellis Simmonds, Tony just hung on.

Pos	Athlete	AG	Club	Watch/Actual
1	Skylar Wilson	U13G	Dobcroft School	32:20/06:45 (1k)
2	Meghan Walmsley	U13G	Westways School	32:20/07:07 (1k)
3	Maya Zuccolo	U13G	Dobcroft School	32:49/07:11 (1k)
4	Tony Bell	M55	Lancaster WC	33:11/33:11 (5k)
5	Ellis Simmonds	U17M	2DASH	33:31/16:01 (3k)

**Southend City Track & Field Open, Garon Park, Southend-on-Sea (Mon. 28<sup>th</sup> Aug.)**

A now well-established August Bank Holiday Monday meeting was held on a track which hosted our 2014 Southend 100 Miles. It was a day-long meeting which attracted hundreds of competitors in all age categories and featured our 1 mile walk as its "curtain raiser" at 10am when this arena was always pretty full.

**Mixed 1 Mile**

Pos	Athlete	AG	Club	Perf.
1	Philip Barnard	M40	Ilford Athletic Club	07:44.65
2	Melanie Peddle	W55	Loughton Athletic Club	08:25.95
3	Colin Harle	M65	Belgrave Harriers	09:13.18
4	Stuart Bennett	M65	Ilford Athletic Club	09:30.17
5	John Arthur	M60	Ilford Athletic Club	09:30.59
6	Linda Mountford	W50	Unattached	09:38.59
7	Keith Palmer	M55	City of Southend-on-Sea AC	10:32.77
8	Lesley Morris	W60	Ilford Athletic Club	10:46.46
9	Steve Allen	M65	Ilford Athletic Club	10:48.33
10	Alastair McTeer	U15B	Central Park Athletics	11:30.00
11	Kirsten McTeer	W45	Central Park Athletics	11:30.01
12	Lily-Ann Cooper	U13G	New Market Joggers	11:34.80
13	Alan O'Rawe	M80	Unattached	12:13.09
14	David Ainsworth	M75	Ilford Athletic Club	13:32.64
15	Isaac Bajela	U15B	City of Southend-on-Sea AC	13:35.67
16	Val Mountford	W75	Unattached	13:51.02
17	Shaheda Arthur	W60	Ilford Athletic Club	16:29.20

**Lambert Trophy 1 Hour Track Walk, Bury (Sat. 2<sup>nd</sup> Sept.)**

The Lancashire Walking Club "Lambert Trophy" 1 hour track walk took place on a warm sunny afternoon at Bury on Saturday 2nd September, **reports Tony Bell**. 16-year-old Ellis Simmonds (2DASH - Coach Helen Elleker) crossed the Pennines from Sheffield to compete against the older walkers of Lancashire Walking Club. Ellis had a good race with Lancashire Walking Club newcomer Ken Connor, Ellis finally got ahead just before the finish. Ellis and Ken were more than two laps ahead of third place Tony Bell.



Ellis Simmonds

**Mixed 1 Hour**

Pos	Athlete	AG	Club	Perf.
1	Ellis Simmonds	U17M	Derbyshire & S. Yorkshire	10,077
2	Ken Connor	M55	Lancashire Walking Club	10,062
3	Tony Bell	M55	Lancashire Walking Club	9,120
4	Roy Gunnett	M75	Lancashire Walking Club	8,104
5	John Crahan	M70	Lancashire Walking Club	8,092
6	Joe Hardy	M75	Lancashire Walking Club	7,713
7	Pat Evans	W70	Lancashire Walking Club	7,700
8	Ian Hilditch	M80	Lancashire Walking Club	7,621

**The Middlesbrough 100 mile Challenge, inc. Centurions Qualifier & RWA Long Distance Championships, Cycle Circuit, Middlesbrough Sports Village (Sat. 20th – Sun. 21st Aug.)**

The Centurions 100 Miles in 24 Hours race held at the Middlesbrough Sports Village cycle track during the weekend of 19-20<sup>th</sup> August 2023 attracted a field of 20 participants and were joined by 11 starters for the 50 km Open race held in conjunction. The weather remained dry, but a strong breeze made conditions a bit demanding but significantly better than experienced last year at the same venue. The Dutch supported both events and dominated the final positions, and three became new Centurions. The outright winner was Edwin van Wijngaarden C1197 who finished in a fine time of 19.08.26 and new holder of the Hammond Trophy. He was followed by regular 100 miles participant Frank van der Gulik C1022 completing his 17<sup>th</sup> UK 100, with Boetje Huliselan C1009 finishing 3<sup>rd</sup> and winner of the Eddie McNeir C375 trophy as the first male finisher aged 65 or over.

In fourth position and 1<sup>st</sup> new Centurion was Wilfred van Bremen who became C1218 in a time of 23:25:07. He received the Hew Neilson C145 trophy and the Bill King Memorial Trophy as the youngest finisher. The 2<sup>nd</sup> new Centurion is Remco Lührman C1219, and the 3<sup>rd</sup> is Arjan Bogerd C1220. All are congratulated on achieving the qualification to become a Centurion.

The only female finisher was Jacqueline van Drongelen C1217 who walked strongly finishing in 23:43:26. She was awarded the Bristol (Unicorn) Trophy. Susan Grimes who is a United States Centurion completed almost 90 miles before retiring. So near to becoming a UK Centurion for which she had made the long journey from the US.

Newcomers to long distance events were Ashley Browes and Mark Vallint. Ashley completed nearly 73 miles before retiring and both have expressed their intention to try again.

From a British perspective Colin Vesty C1667 displayed great determination in completing the 100 miles in 23:52:08, the only UK entrant to finish the 100 miles and who ensured the UK had a representative in the list of successful finishers. He deserves the highest congratulations on a job well done and received the RWA Wilkinson Sword as the first male finisher and the Ken Smith Memorial Trophy as the walker whose performance in the view of the judges was the most meritorious.



Colin Vesty receives Ken Smith Memorial Trophy from RWA President Chris Hobbs

The 50 km Open race was undoubtedly a successful addition to be held in conjunction with the 100 Miles. Ann van An del representing Dutch club DAK Drunen was a convincing winner in 5:57:34 with Graham

Jackson of Northern Masters AC second in 6:08:46, and Adrian Edwards of Lancashire WC in third place in 6:19:22.

The Mayor of Middlesbrough, Chris Cook, presented the 100 miles trophies and Chris Hobbs, RWA President, the RWA awards. The work of the referees, judges, and officials received the thanks of all who participated, and the invaluable help of the volunteers who assisted in so many ways was greatly appreciated.

**Mixed 100 Mile ('B' Judged)**

Pos	Athlete	AG	Club	Perf. (New Cent.)
1	Edwin Van Wijngaarden	M45	Netherlands	19:08:26
2	Frank Van Der Gulik	M45	Netherlands	21:56:54
3	Boetje Huliselan	M65	Netherlands	23:18:01
4	Wilfred Van Bremen	M35	Netherlands	23:25:07 (C1218)
5	Jantinus Meints	M60	Netherlands	23:25:11
6	Jacqueline Van Drongelen	W50	Netherlands	23:43:27
7	Remco Lührman	M55	Netherlands	23:45:44 (C1219)
8	Colin Vesty	M55	Leicester W.C.	23:52:08
9	Arjan Bogerd	M50	Netherlands	23:53:37 (C1220)
10	Martin Vos	M50	Netherlands	23:53:15 (90.29 miles)
11	Susan Grimes	W65	United States	21:29:42 (89.69)
12	Rob Tersteeg	M45	Netherlands	19:13:41 (82.41)
13	Ashley Browes	SENM	Unattached	17:49:11 (72.09)
14	Martin Fisher	M60	Redcar R.W.C.	11:53:05 (50.25)
15	Frans Leijtens	M45	Netherlands	12:00:07 (50.25)
16	Steve Allen	M65	Barnet & Dist.	12:39:47 (48.43)
17	Christopher Flint	M75	Surrey W.C.	12:36:20 (38.72)
18	Colin Moore	M60	IOM Veterans	06:06:07 (23.55)
19	Mark Vallint	M40	Unattached	06:27:40 (21.73)
20	Haydn Kenna	M60	IOM Veterans	03:04:11 (09.60)

**Mixed 50km ('B' Judged)**

Pos	Athlete	AG	Club	Perf.
1	Ann van An del	SENV	Netherlands	5:57:34
2	Graham Jackson	M50	Northern Masters AC	6:08:46
3	Adrian Edwards	M60	Lancashire Walking Club	6:19:23
4	Hardeep Minhas	M65	Leicester Walking Club	6:24:33
5	Martin Payne	M60	Lancashire Walking Club	6:43:42
6	Larissa Droogendijk	W50	Netherlands	6:44:41
7	John Borgars	M75	Herts Pheonix	6:48:14
8	Susan Clements	W65	Cambridge & Coleridge	7:08:26
9	Roy Gunnett	M75	Lancashire Walking Club	7:19:35
10	Sandra De Graff	W55	Netherlands	7:25:58
11	Sailash Shah	M55	Lancashire Walking Club	7:55:44

# UPCOMING FIXTURES

**September**

Mon. 4 <sup>th</sup>	B	South Yorkshire League	Millhouses Pk
Sat. 9 <sup>th</sup>	A	Veterans ACT & F Open (2000m RW)	Finsbury Park
Sat. 16 <sup>th</sup>	A	English Schools Championships	Bedford
Sat. 23 <sup>rd</sup>	A/B	Enfield League 1 Hour Track Walk	QEII Stadium
Sat. 23 <sup>rd</sup>	A	Biggleswade T & F Open (3000m)	Sandy
Wed. 27 <sup>th</sup>	B	PSUK & CSAA Championships + Ryan Cup	Birmingham
Thu. 28 <sup>th</sup>	B	South Yorkshire League	Millhouses Pk
Sat. 30 <sup>th</sup>	A	Vets AC & Various Counties 10,000m	Colusdon

**October**

Sun. 1 <sup>st</sup>	B	Sarnia WC Bob Wright One	Saumarez Park
Sat. 7 <sup>th</sup>	B	Lancs WC Albert Rigby Shield 10km	Macclesfield
Sat. 14 <sup>th</sup>	A	Enfield League Races	Hornchurch
Sun. 15 <sup>th</sup>	B	Midland Winter League	Stourport
Sat. 21 <sup>st</sup>	A	Ray Hall Memorial Track League #1	Eltham
Sun. 22 <sup>nd</sup>	B	Sarnia WC Bob Wright Two	Cambridge Park
Sat. 28 <sup>th</sup>	B	Steyning AC Open 10km	Steyning