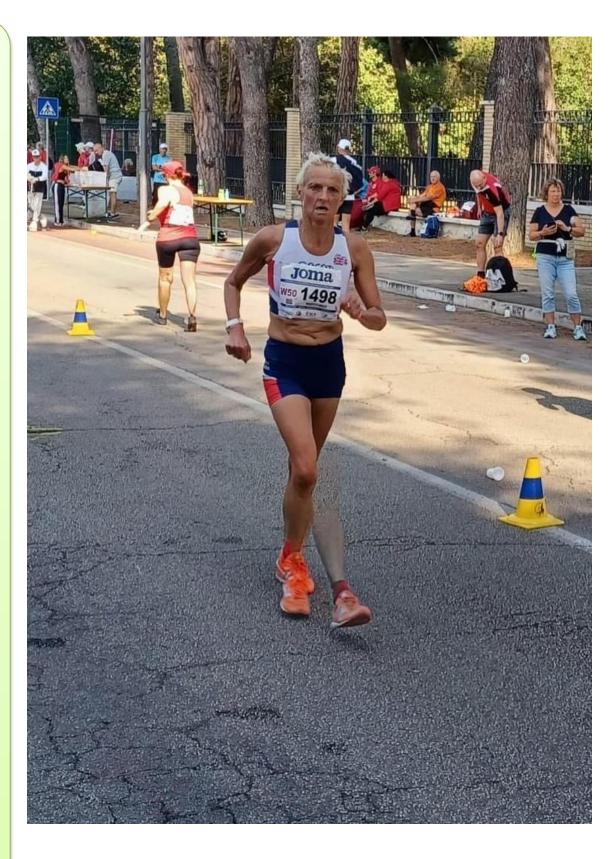


# ecorc Walking



Grazia Manzotti - European Masters Champion 5000m and 20km Race Walk

September 2023



# **Cambridge Harriers**

### **Presents**

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

Sunday 22<sup>nd</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 at (entry fee = £10.00)

Roster Athletics · Ray Hall Memorial Winter Track League/Cambridge Harriers Open Track Race Walks

Entries close at 11pm on Wednesday 18th 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)

### 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 29th January 2024	Aldershot Military Stadium	GH11 2H		





### **UKA National 2024 Fixtures**

UKA have published the fixture list for 2024 and listed below are the major events that normally include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
06/07 <sup>th</sup> Jan	England Athletics Indoor Walks (SEN/U20)	E.I.S. Sheffield
10/11 <sup>th</sup> Feb	England Athletics Age Group Championships	E.I.S. Sheffield
17/18 <sup>th</sup> Feb	UK Athletics Indoor Championships	Birmingham (TBC)
11/12 <sup>th</sup> May	County Championship Weekend	Various
15/16 <sup>th</sup> Jun	Welsh Senior/U15 Championships	Cardiff
29/30 <sup>th</sup> Jun	UK Athletics Outdoor Championships	T.B.C.
20 <sup>th</sup> Jul	SIAB Schools International	Carmarthen (TBC)
20/21 <sup>st</sup> Jul	England Athletics Senior/U20 Championships	T.B.C.
27/28 <sup>th</sup> Jul	England Athletics Age Group Championships	T.B.C.
17 <sup>th</sup> Aug	Welsh Under 20 International	T.B.C.
21st Sept	English Schools Championships	T.B.C.

### Overseas

### European Masters Athletic Championships, Pescara (ITA) (Thur. 21<sup>st</sup> Sept. to Sun. 1<sup>st</sup> Oct.)

Our British masters had a very successful European Masters Championships in Pescara, Italy picking up individual and team medals.

Most successful was Grazia Manzotti (W50) who won two gold (5000m and 20km) and a silver (10km). Maureen Noel (W60) picked up a gold (20km) and silver (10km), she did not contest the 5000m.

Noel Blatchford (W75) won silver in the 5000m, but sadly a few days later Noel became unwell and was hospitalised where it was discovered she had had a stroke. We wish her a speedy recovery.

Melanie Peddle (W55) finished just outside the medals in the 5000m but established a new British Age Group record of 27:24.36s. Melanie took bronze in the 20km.

On the men's side Ian Richards won M75 gold in the 5000m but suffered DQ's in the 10 and 20km. Peter Boszko won M70 silver over 5000m.



### M75 5000m (Sat. 23rd Sept.)

14173	3000iii (3at. 23 3ept.)				
Pos	Athlete	Nation		Perf	Notes
1	Ian Richards		GBR	30:24.76	
2	Ettorino Formentin		ITA	30:57.24	
3	Sean McMullin		IRL	32:22.36	
4	Roberto Paiser		ITA	32:30.29	
5	Mykhailio Volhin		UKR	34:54.32	

10 Started

### M70 5000m (Sat. 23rd Sept.)

P	os	Athlete	Nation		Perf	Notes	
	1	Alberto Pio		ITA	28:28.84		
	2	Patrice Brochot		FRA	28:31.59		
	3	Peter Boszko	**	GBR	30:33.49		
	4	Pierdomenico Tolemi		ITA	31:22.75		
	5	Miguel Munitxa Narbaiza	- (AD)	ESP	31:49.75		

### 23 Started; 5 DQ

### M65 5000m (Sat. 23rd Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Miloslav Lapka		CZE	24:40.95	
2	Edoardo Alfieri		ITA	26:50.82	
3	Pedro Aranda Fernandez	<b>PRA</b>	ESP	27:42.06	
4	Herbert Klaus		GER	26:16.38	
5	Giuseppe Iaia		ITA	28:39.64	
	Hardeep Minhas		GBR	DQ	TR54.7.1

### 18 Started; 4 DQ

### W70+ 5000m (Sat. 23rd Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Maria Mendes (W70 - 1)	(6)	POR	31:12.41	
2	Edith Brochot (W70 - 2)		FRA	31:59.58	
3	Aurora Ords Alvarez (W70 - 3)	<u> </u>	ESP	33:07.00	
4	Antonina Tyshiko (W75 - 1)		UKR	33:55.65	
5	Maria Briz Rodriguez (W70 - 4)	<b>**</b>	ESP	34:22.45	
6	Noel Blatchford (W75 - 2)	**	GBR	36:02.26	

### 16 Started

### W60-65 5000m (Sat. 23rd Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Marie Monmessin (W65 -1)		FRA	29:48.03	
2	Maria Gracia Frontons (W60 – 1)	<u> </u>	ESP	31:46.51	
3	Ivana Roggero (W65 – 1)		ITA	31:47.93	
4	Dora Briere (W60 – 2)	+	SWI	32:04.41	
5	Maria Formiconi (W65 – 3)		ITA	32:32.66	
15	Fiona Bishop (W60 – 10)		GBR	40:17.76	

### 19 Started; 3 DQ

### W50-55 5000m (Sun. 24th Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Kata Bodorkos Horvath (W55 -1)		HUN	26:57.27	
2	Valerie Boban (W55 - 2)		FRA	27:12.64	
3	Sigute Broennecke (W55 - 3)		GER	27:24.11	
4	Melanie Peddle (W55 - 4)		GBR	27:24.36	NR
5	Grazia Manzotti (W50 -1)		GBR	27:39.10	SB
13	Wendy Kane (W55 – 7)	24	GBR	29:57.32	SB

### 30 Started; 1 DQ; 2 DNF

### M65+ 10km (Tue. 26th Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Miloslav Lapka (M65–1)		CZE	51:51	
2	Edoardo Alfieri (M65–2)		ITA	56:11	
3	Pedro Aranda Fernandez (M65-3)	<b>₩</b>	ESP	56:15	
4	Ignasi Mello Valls (M70-1)	<b>®</b>	ESP	59:01	
5	Patrice Brochot (M70-2)		FRA	59:14	
9	Peter Boszko (M70-4)	$\Rightarrow \in$	GBR	62:43	
18	Hardeep Minhas (M65-8)		GBR	67:53	
	Ian Richards	$\Rightarrow \in$	GBR	DQ	TR54.7.1

### 69 Started; 8 DQ; 2 DNF

### W35+ 10km (Tue. 26th Sept.)

	- 1				
Pos	Athlete	Nation	I	Perf	Notes
1	Rosetta La Delfa (W45-1)		ITA	50:41	
2	Vera Santos (W40-1)		POR	51:18	
3	Valeria Pedetti (W45-2)		ITA	52:03	
4	Bianca Schenker (W45-3)		GER	54:07	
5	Valeria Molnar Dr (W45-4)		HUN	54:35	
16	Grazia Manzotti (W50-2)		GBR	58:21	
27	Melanie Peddle (W55 - 5)		GBR	60:33	
33	Wendy Kane (W55-7)		GBR	62:16	SB
44	Maureen Noel (W60-2)	$\mathbb{H}$	GBR	65:14	
84	Fiona Bishop (W60-8)		GBR	80:39	

103 Started; 4 DQ

### M60+ 20km (Sat. 30th Sept.)

Pos	Athlete	Nation		Perf	Notes
1	Miguel Perianez Garcia (M60-1)	**	ESP	1:50:29	
2	Jean-Marie Greaume (M60-2)		FRA	1:53:07	
3	Edoardo Alfieri (M65-1)		ITA	1:55:48	
4	Antonio Lopetuso (M60-3)		ITA	1:57:40	
5	Gabrielle Caldarelli (M60-4)		ITA	1:59:47	
13	Peter Boszko (M70-4)		GBR	2:10:20	
19	Hardeep Minhas (M65-5)		GBR	2:18:14	
	Ian Richards		GBR	DQ	TR54.7.1

44 Started; 14 DQ

### W35+ 20km (Sat. 30th Sept)

Pos	Athlete	Nation	Perf	Notes
1	Valeria Molnar Dr (W45-1)	HUN	1:52:59	
2	Bianca Schenker (W45-2)	GER	1:52:52	
3	Lucia Battagua (W40-1)	ITA	1:56:02	
4	Kata Bodorkos Horvath (W55 -1)	HUN	2:00:38	
5	Grazia Manzotti (W50-1)	<b>₩</b> GBR	2:01:00	PB
8	Melanie Peddle (W55-3)	<b>∺</b> GBR	2:03:04	SB
20	Maureen Noel (W60-1)	<b>∺</b> GBR	2:16:16	
38	Fiona Bishop (W60-6)	<b>₩</b> GBR	2:56:38	

48 Started; 8 DQ; 3 DNF

### Dutch & Belgium Championships, Tilburg (Ned) (Sun. 1st Oct.)

Unseasonably warm weather greeted the British contingent who travelled to the southern city of Tilburg in Holland for the Dutch and Belgium Race Walking Championships and supporting races 1, 3, 5 & 10km.

There were individual wins for Abigail Jennings (pictured) in the women's 20km with a personal best of 1:46.15. Hannah Hopper took the honours in the women's 10km with a season's best of 53:44.

Guy Thomas took second in the men's 20km, having reached 10km in 44:35, a painful hip hampered the second half of his race.

There was also a second place for junior Jessica Wilton in the 10km with 57:02.



Abigail Jennings - Jess Wilton - Hannah Hopper

### Men's 20km

Pos	Athlete	Nation	1	Perf	Notes
1	Michelle Antonelli		ITA	1:22:57	
2	Guy Thomas	$\Rightarrow \in$	GBR	1:38:37	
3	Neil Wade		GBR	1:52:13	
4	Henk Plasman		NED	2:06:53	
5	Ulrich Bramer		GER	2:11:45	
	Luc Legon		GBR	DNF	

8 Started; 3 DNF

Wom	en's 20km			
Pos	Athlete	Nation	Perf	Notes
1	Abigail Jennings	<b>₩</b> GBR	1:46:15	PB
2	Erika Kelly	<b>∺</b> GBR	1:53:24	
3	Annelies Sarrazin	BEL	2:02:16	
4	Emily Ghose	<b>∺</b> GBR	2:03:49	
5	Jacqueline van Drongelen	NED NED	2:14:48	

11 Started; 1 DNF

### Men's 10km

Pos	Athlete	Nation	1	Perf	Notes
1	Norbert Toth (U23)		HUN	40:39	NU23R
2	Remco de Braun		NED	51:37	NM55R
3	Jasper Van Hove		BEL	57:33	
7 Started					
Women's 10km					

Nation

GBR

GBR

GER

Perf

53:44

57:02

59:06

Notes

SB

4 Started

Pos Athlete

Hannah Hopper (U23)

Jessica Wilton (U20)

Britta Bauer

### National

English Schools 49<sup>th</sup> Race Walk Championships, Bedford International Stadium (Sat. 16<sup>th</sup> Sept.)



			THE RESERVE OF THE PARTY OF THE	
Mixed	d U13 1500m			
Pos	Athlete	AG	County	Perf.
1	Tim Perry	U13B	Isle of Man	08:16:59
2	Ellin Wilson	U13G	Kent	08:28.98
3	Lucy Jackson	U13G	Hampshire	10:06.34
4	Grace Andrews	U13G	Surrey	10:07.13
5	Tafara Nyoni	U13G	Hampshire	10:47.19
Junio	r Girls 3000m			
Pos	Athlete	AG	County	Perf.
1	Ava Chappell	U15G	Kent	16:35.61 [+30s}
2	Amy Surgeon	U15G	Isle of Man	20:37.03
Junio	r Boys 3000m			
	Athlete	AG	County	Perf.
1	Tejan Checkeku-B	U15B	Kent	19:09.38 [+30s]
2	Ben Sawyer	U15G	Somerset	26:23.03 [PZ]
Intern	nediate Girls 3000m			
Pos	Athlete	AG	County	Perf.
1	Loa-Mae Billingham	U17W	Hampshire	17:08.89
Intern	nediate Boys 5000m			
	Athlete	AG	County	Perf.
1	Ellis Simmonds	U17M	South Yorkshire	27:53.07 [PZ]
Senio	r Girls 5000m			
	Athlete	AG	County	Perf.
1	Jessica Wilton	U20W	Kent	27:37.22
2	Mia Dunwell	U20W	Isle of Man	29:56.21
3	Natasha Mitchell	U20W	Hampshire	31:55.80
4	Lucy Engwell	U20W	Oxfordshire	35:56.04
5	Josie Ruddell	U20W	Oxfordshire	41:39.87
Senio	r Boys 5000m			
	Athlete	AG	County	Perf.
1	Jonathan Ellerton	U20M	Kent	27:33.40

### Domestic 'A' Judged Races

Kent County AA U13 and Masters Championships, Medway Park, Gillingham (Sat. 17<sup>th</sup> Sept.)



U13	G	20	00	m
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0130	2000111				
Pos	Athlete	AG	Club	Perf.	
1	Elin Wilson	U13G	Ashford Athletic Club	11:49.63	
2	Millicent Steele	U13G	Ashford Athletic Club	13:51.84 [PB]	
Mixed Masters 2000m					
Pos	Athlete	AG	Club	Perf.	
1	Grazia Manzotti	W50	Tonbridge Athletic Club	10:33.59 [CBP]	
2	Matthew Ellerton	M45	Blackheath & Bromley	11:49.67 [CBP]	
3	Lesley Hall	W65	Ashford Athletic Club	15:02.93	
4	John Foster	M50	Medway & Maidstone	15:22.27 [SB]	
5	Kirsten McTeer	W45	Central Park Athletics	16:12.60 [SB]	

### Enfield League 1 Hour Track Race and EA Personal Best Award Meeting, Enfield (Sat. 23<sup>rd</sup> Sept.)

Warm autumn sunshine made good for good conditions and with the likes of Melanie Peddle, Noel Blatchford and Grazina Manzotti vying



for honours at the European Masters Championships in Italy, Hercock Award recipients saving themselves for their big race next week and several still on holiday, it was a small field that faced the starter, *reports Ron Wallwork*.

Small field it might have been, but history was made when the first England Athletic Race Walk PB Awards

were attained by young walkers Ellin Wilson and Lily-Ann Cooper and RWA President Chris Hobbs was on hand to present them

with their certificates. Three senior competitors also received certificates. It is hoped that this scheme will encourage other walkers especially young athletes in general, to try the discipline with this scheme providing a clear objective and pathway to improve.



Phil Barnard continued his comeback in good style winning easily, but as with most of the fixtures this season the hotly contested competition was at the head of the ladies race. On this occasion it was

Jacqui Benson and Emma Dyos. Following a period of poor health Francisco Reis made a tentative start to his comeback by restricting himself to 5000m (31:52) and it was nice to see ERWL stats man Jon May in action again

### Mixed 1 Hour

Pos	Athlete	AG	Club	Perf (m)	10km	EAPB
1	Phil Barnard	M35	Unattached	10.812	55:11.9	L1
2	Jacqueline Benson	SENW	Ashford AC	10.166	59:06.8	L3
3	Emma Dyos	W45	Ilford AC	10.126	59.18.7	L2
4	Penelope Cummings	W45	Herne Hill Hs.	9.725		
5	Colin Harle	M65	Belgrave Hs	9.635		
6	Stuart Bennett	M60	Ilford AC	9.031		
7	Sue Barnett	W70	Enfield HAC	8.387		
8	Livia Cornechiu	W40	Loughton AC	8.068		
9	Dave Ainsworth	M75	Ilford AC	6.310		

### Under 13 2000m

Pos	Athlete	AG	Club	Perf	EAPB
1	Elin Wilson	U13G	Ashford Athletic Club	11:22.6	L9
2	Lily-Ann Cooper	U13G	Newmarket loggers	14:55.8	11

B Judged Results: 1Hour: Simon Morgan (Ilford AC) 8.945, Sue Clements (Camb/Coleridge) 7.813, John Ralph (Enfield) 7.788, Chris Flint (Surrey WC) 7.432, Sheila Leavy (N. Herts RR) 7.241, Jon May (Enfield) 7.106 & Shaheda Arthur (Ilford AC) 5.444.

## Veterans AC 10,000m Track Championships, incorporating Hertfordshire, Middlesex, Surrey & Sussex County Championships, Coulsdon (Sat. 30<sup>th</sup> Sept.)

The annual VAC and Counties Championships took place in good racing conditions on a perfect autumn afternoon, with cloud cover and a modest breeze, *reports Dave Hoben*.

With the second rail strike in two years on this race day and a number of regulars racing in Italy and Holland this was never going to be a big field, however ten on the line faced the starter's pistol.

The men's race was won by junior Jonny Ellerton with good style, in an excellent time slightly outside his personal best time at Coventry track this year. EHAC's entry Dave Walsh also did a good time just outside his PB and beat the rail strike by an interesting route including a local parkrun and cycling. The ladies' race, Surrey County and VAC Championship, was won by Penelope Cummings in a time just outside the hour, with Sian Baum taking second place in the same at her first attempt at this distance.

Flying the flag for Sussex, Paul Gaston took the county honours, and Ron Penfold won the men's VAC championships.

### Mixed 10,000m

Pos	Athlete	AG	Club	Perf.
1	Jonathan Ellerton	U20M	Blackheath & Bromley	57:19.1
2	Penelope Cummings	W45	Herne Hill Harriers	60:44.8 [SB]
3	David Walsh	M60	Enfield & Haringey AC	62:47.8 [SB]
4	Matthew Ellerton	M50	Blackheath & Bromley	68:21.6 [PB]
5	Paul Gaston	M75	Surrey Walking Club	72:47.4 [SB]
6	Ron Penfold	M80	Steyning Athletic Club	73:51.0 [SB]
7	Sian Baum	W55	Herne Hill Harriers	73:59.6 [PB]
	John Borgars	M75	Herts Pheonix	DQ

### Domestic 'B' Judged Races

Surrey Walking Club Open Track Races, Tonbridge School (Wed. 16<sup>th</sup> Aug.)

The annual Surrey Walking Club Open 5000m has, after a Covid related break, resumed to provide a track fixture over this popular distance in the South. The four SWC entries were joined by six guests including Guy Thomas, a very welcome high class young senior athlete who is a member of the Tonbridge Club and who, without great effort lapped the field in sub-23 minutes. SWC's David Crane attempted early on to prevent Guy getting too far ahead and although the gap widened David's time was among the best performances of the very pleasant evening. Visitors occupied the next four places, including a tight battle

between Mark Culshaw and John Arthur finishing only a couple of seconds apart. David Hoben and Chris Flint had their usual battle but Chris with an upcoming 100 miles the following weekend fell a minute behind but almost a lap ahead of Hannell.

### Mixed 5000m

Pos	Athlete	AG	Club	Perf.
1	Guy Thomas	SENM	Tonbridge Athletic Club	22:38.1
2	David Crane	M45	Surrey Walking Club	25:12.9
3	Grazia Manzotti	W50	Tonbridge Athletic Club	28:59.1
4	Mark Culshaw	M55	Cambridge Harriers	31:25.5
5	John Arthur	M60	Ilford Athletic Club	31:27.4
6	Garry Heaton	M60	Heathfield Road Runners	36:10.4
7	David Hoben	M65	Surrey Walking Club	38:19.3
8	Christopher Flint	M75	Surrey Walking Club	39:19.6
9	Peter Hannell	M80	Surrey Walking Club	42:37.2

### 7<sup>th</sup> South Yorkshire League Millhouses Park (Mon. 4<sup>th</sup> Sept.)

After a great turnout of 5 last month, we were down to just one walker for this penultimate event of the season, *reports Brian Adams*. Ellis was a late withdrawal, not feeling well, possibly the effects of racing in the heat for 1 hour two days earlier.

Our sole competitor, Maya Zuccolo, had a target time of 6:59 for her 1km race. The lack of opposition didn't stop Maya setting off in a determined manner covering the first 500m in 3:32 then repeating that time for the second 500m, finishing with 7:04, seven seconds faster than her previous race.

Maya's win moves her up from 7<sup>th</sup> to 4<sup>th</sup> in the series.

Pos	Athlete	AG	Club	Actual
1	Maya Zuccolo	U13G	Silverdale School	7:04 (1km)

### Police Service UK & Civil Service Race Walk Championships Police – v – Civil Service (Ryan Cup), Cannon Hill Park, Birmingham (Wed. 27<sup>th</sup> Sept.)

The Police Service UK and Civil Service Championships which included the Annual Ryan Cup Match went ahead on the established lap course in Cannon Hill Park, Birmingham despite the fears forecast by the Met Office of Storm Agnes, *reports Glyn Jones*. Thankfully for most of the race the weather remained dry apart from the very latter stages when heavy rain fell on the few remaining walkers out on the course.

Entries were not large by any standard but nevertheless the regular stalwarts and officials for this fixture were present to make it happen once again.

This year the PSUK won the Ryan Cup and maybe this was a fitting finale as the Police Sports Club from where this event has taken place being adjacent to the park, is being completely changed over into a Public Order Training facility and hence will no longer be a Sports Club building with facilities as has been previously enjoyed and thus a similar athletic fixture will probably no longer be possible.

At the post-race presentation it was advised that if this historic event was to continue then an alternative venue should be sought.

### Men's 10km

Pos	Athlete	AG	Force/Service	Perf.
1	Matthew Henney	M50	West Midlands Police	59:44
2	Martin Slevin	M60	Dyfed – Powis Police	60:12
3	Colin Harle	M65	Metropolitan Police	61:51
4	Mark Culshaw	M55	Land Registry	63:24
5	Stuart Bennett	M65	Metropolitan Police	65:31
6	Jason Brewer	M50	HMRC	66:24
7	Ian Wright	M50	HMRC	66:46
8	Jason Holt	M50	HMRC	66:49
9	Steve Broadbent	M60	Lancashire Police	67:50
10	Dave Wilkinson	M60	Lancashire Police	70:09
11	Dave Evans	N/K	HMRC	71:41
12	John Hall	M70	DEFRA	72:45
13	Glyn Jones	M80	West Midlands Police	73:10
14	Christopher Flint	M75	Metropolitan Police	78:43
15	Bill Kingston	M70	HMRC	79:58

16	David Watkinson	N/K	Lancashire Police	88:21		
Women's 5km						
Pos	Athlete	AG	Force/Service	Perf.		
1	Alexandra Majewska-Ani	W35	HMRC	32:56		
2	Jane Hodge	W60	HMRC	37:46		
3	Cecilia Woods	W60	DWP	37:47		
4	Geraldine Legon	W65	DWP	41:52		
5	Ann Crofts	W65	Lancashire Police	43:35		

### 8<sup>th</sup> South Yorkshire League Millhouses Park (Thu. 28<sup>th</sup> Sept.)

A decent turnout of four, Tony Bell needed a top two finish to ease past Ellis to take the title and Meghan was safe in 3<sup>rd</sup> place as long as she finishes, *reports Brian Adams*.

Newcomer Cedric gave Meghan almost a 2 min start, both tackling 2km (Tony was already well into his 5km). At 1km to go Maya joined in just ahead of Cedric who had caught up 72 seconds on Meghan and only needed to pull back another 42 secs, but if Cedric and Maya thought that this was an easy target, they didn't reckon on Meghan picking up the pace from almost 4 minute laps, firstly to 3:43 and then a final lap of 3:30! for a 10 second victory.

Maya held on to her slender two second lead ahead of Cedric and Tony could not match the youngsters with their Pb performances.

It was great to have Andrew Clough drop by whilst in the area to assist with the judging and give some feedback to the walkers.

Ellis (not present) held on to his one point lead to retain the title he won last year. Meghan's win gained her 20 points to put her level with Tony, but she had to settle for third place using a countback based on positions gained.

Pos	Athlete	AG	Club	Watch/Actual
1	Meghan Walmsley	U13G	King Edward VII	32:41/15:08 (2k)
2	Maya Zuccolo	U13G	Silverdale School	32:51/06:41 (1k)
3	Cedric Ng	U13B	Silverdale School	32:52/13:25 (2k)
4	Tony Bell	M55	Lancashire WC	34:27/34:27 (5k)

# UPCOMING FIXTURES

### October

Octobei			
Sun. 1st	В	Sarnia WC Bob Wright One	Saumarez Park
Sat 7 <sup>th</sup>	В	Lancs WC Albert Rigby Shield 10km	Macclesfield
Sat. 14 <sup>th</sup>	Α	Enfield League Races	Hornchurch
Sun. 15 <sup>th</sup>	В	Midland Winter League	Stourport
Sun 22 <sup>nd</sup>	Α	Ray Hall Memorial Track League #1	Eltham
Sun. 22 <sup>nd</sup>	В	Sarnia WC Bob Wright Two	Cambridge Park
Sat. 28 <sup>th</sup>	В	Steyning AC Open 10km	Steyning
November			
Sat. 4 <sup>th</sup>	В	Lancashire WC Open 5km	Simister
Sat 4 <sup>th</sup>	В	Jack Fitzgerald Memorial Walks	Tilgate
Sat. 11 <sup>th</sup>	Α	Enfield Open 7 Mile	Donkey Lane
Sun 12 <sup>th</sup>	В	Sarnia WC Bob Wright #3	Footes Lane
Sat 18 <sup>th</sup>	Α	Ray Hall Memorial Track League #2	Tonbridge
Sun 19 <sup>th</sup>	В	Midland Winter League	Leicester
Sun 25 <sup>th</sup>	A/B	Surrey WC Christmas Cup	Tonbridge
December			
Sat 2 <sup>nd</sup>	В	Dick Maxwell Memorial 10km	Simister
Sat 2 <sup>nd</sup>	Α	Enfield League	Donkey Lane
Sat 9 <sup>th</sup>	Α	Ray Hall Memorial Track League #3	Lewes
Sun 10 <sup>th</sup>	В	Sarnia WC Hill Climb	Val des Terres
Sat 16 <sup>th</sup>	В	Steyning Open Track Races	Horsham
Sun 17 <sup>th</sup>	Α	Dublin GP of Race Walking	Dublin

