



# Race Walking Record

April 2019



## Tom Partington

Senior Men's RWA & Inter-County  
10km Champion 2019

*Photograph from Tom Partington's Facebook Page – Posted by Francisco Reis*



## R.W.A President's 5km Challenge

It is usual for the President of the RWA to raise money for the promotion of race walking. Most of this money is given as donations. However, I want to do it differently. Whilst still very happy to accept donations, I have set myself a challenge!

I am coming out of retirement in order to compete in a 5km race walk on the 13<sup>th</sup> October. Training will commence on the 1<sup>st</sup> May. I am asking you, the Race Walking Community to sponsor me. To make it more interesting there will be a chance to win a prize for predicting my finish time. **No sponsor money, no prize.**

**Many thanks to Decathlon for donating a £50 voucher. I shall be training and racing in Decathlon race walking shoes as I am very happy to endorse the Decathlon brand.**

**You can sponsor me** by giving cash at the events I attend, by donating to [www.justgiving.com/crowdfunding/helen-elleker-president-rwa](http://www.justgiving.com/crowdfunding/helen-elleker-president-rwa), or forwarding a cheque payable to Helen Elleker, 69 Ringstead Crescent, Sheffield S10 5SH, or via online banking. Email me at [ellekerhelen@yahoo.co.uk](mailto:ellekerhelen@yahoo.co.uk), or message me on Facebook for details.

**Don't forget to send me your predictions. Times need to be minutes, seconds and 00s- e.g. 15:23.00.**

I will not be supplying any information about my training- how much, how often, etc.

My personal bests- all from 1990, are probably all irrelevant to this challenge- 3km 13:28.0, 5km 22:51.23, 10km 46:25.2.

Recent running times: - Last Parkrun- 29.14 – Nov 2018. Last race- Sheffield Half Marathon on 14<sup>th</sup> April 2019- 2hrs 9 mins.

Please support me.

Looking forward to receiving your sponsorship and predictions.

Best wishes

***Helen Elleker***

President, Race Walking Association.

**DECATHLON**

# IN THE NEWS

## Strong British Team of Eight selected for European Race Walking Cup

British Athletics has today announced eight athletes, including a full men's team for the second successive edition, to compete at the European Race Walking Cup in Alytus, Lithuania on Sunday 19 May.

Callum Wilkinson earns selection a matter of days after moving to second on the all-time UK list for the 20km with a World Championship qualifying standard, new personal best and British under-23 record of 1:21:34 on the way to sixth in Podebrady.

Wilkinson's performance in the Czech Republic followed two weeks on from Cameron Corbishley and Dominic King both hitting the World Championship qualifying standard for the 50km race walk in Slovakia. Corbishley moved into second on the all-time UK rankings and set a British under-23 record of 3:53:20 on his first outing over 50km and both Corbishley and King will race over the shorter 20km in Alytus.

Completing the full squad of four to contest the 20km is British record holder Tom Bosworth. Bosworth was the first British athlete to clock a World Championships qualifying standard, doing so at the European Championships in Berlin last year, and has fond memories of the European Race Walking Cup having achieved the best ever individual finish by a Brit at the last edition in 2017 when he placed fourth.

All four of the men selected raced in the 2017 event, achieving another best ever performance as they placed fourth in the team standings. For the women, Bethan Davies and Heather Lewis are also returning from the British team of two years ago to compete in the women's 20km. Lewis earned selection, like Wilkinson, having also lowered her personal best in the Czech Republic, posting 1:35:04.

Erika Kelly completes the trio and will make her senior international British debut in Alytus just over a year on from competing with Davies and Lewis at the Commonwealth Games on the Gold Coast.

Christopher Snook is the sole junior selected and is in good form as he returns to the European Race Walking Cup having also competed in 2017, setting a new personal best to finish second in the age-group 10km in Podebrady.

Team Leader **Andi Drake** said: "I am delighted to announce a very strong British team to compete at the European Race Walking Cup in Alytus. Already this year we have seen some extremely promising performances from our race walkers, several already hitting world qualification standards, and we look forward to seeing what we can do in Lithuania next month. Seven of the eight athletes selected raced in the event two years ago and it is always a great opportunity to compete against the best in Europe and we expect to be competitive across the board."

### The British team selected for the European Race Walking Cup Alytus 2019:

Athlete	Club	Lead Coach
<b>Men's 20km</b>		
Tom Bosworth	Tonbridge Athletics Club	Andi Drake
Cameron Corbishley	Medway & Maidstone A.C.	Andi Drake
Dominic King	Colchester Harriers	George Nibre
Callum Wilkinson	Enfield & Haringey A.C.	Andi Drake
<b>Women's 20km</b>		
Bethan Davies	Cardiff A.A.C.	Andi Drake
Erika Kelly	Northern (IOM) A.C.	Steve Partington
Heather Lewis	Pembrokeshire Harriers	Martin Bell
<b>Junior Men's 10km</b>		
Christopher Snook	Aldershot Farnham & Dist. AC	Verity Snook

Source: British Athletics Website

## IAAF World Championships DOHA 2019

### British Athletics Name First GB & NI Athletes for Doha

Callum Hawkins (coach: Robert Hawkins; club: Kilbarchan) and Charlotte Purdue (Nic Bideau; Aldershot Farnham & District) earn selection for the men's and women's marathons respectively following career best performances in London on Sunday.

Hawkins and Purdue both recorded significant personal bests at the London Marathon, which acted as the British Championships and world trial, to move into third on the respective all-time UK lists, finish in the top ten and confirm their place in Doha later this year.

Hawkins, who finished fourth in the marathon at the IAAF World Championships in 2017, took more than two minutes off his personal best to set a Scottish record of 2:08:14 while Purdue shaved almost four minutes off hers in recording 2:25:38 to win the British title and underline her status as a world-class marathon runner.

Selected alongside Hawkins for the men's marathon is Dewi Griffiths (Kevin Evans; Swansea), who confirmed his place with a solid run of 2:11:46 at the London Marathon on 28<sup>th</sup> April, only his second ever outing over the 26.2-mile distance.

Purdue, the first European home in 13<sup>th</sup> in London two years ago, will be joined in the women's marathon by Tish Jones (Nick Anderson; Belgrave), who earned automatic selection and a British debut for Doha by finishing second in the British Championship race nailing the exact qualifying standard of 2:31:00.

As well as the marathon, two athletes have been selected to compete in the men's 50km race walk in Doha following the trial event in March, Cameron Corbishley (Andi Drake; Medway & Maidstone AC) and Dominic King (George Nibre; Colchester Harriers).



Cameron & Dominic

On his first ever outing over the distance in Slovakia, Corbishley clocked the second quickest time ever by a British athlete and a national under-23 record, 3:53:20, to confirm his place while King was comfortably inside the standard in posting 3:56:35 in the same race.

Mo Farah (Gary Lough; Newham & Essex Beagles) and Steph Twell (Aldershot Farnham & District) were both eligible to earn selection for the marathon for the IAAF World Championships in Doha but have chosen to decline their place.

**British Athletics Performance Director Neil Black** said: "I am pleased to announce the first athletes selected for the British team for the IAAF World Championships in Doha later this year following what has been a high-quality qualifying period. Each of the six athletes selected have performed extremely well to confirm their places in Doha, many setting personal bests and establishing themselves among the UK's best all-time in their events. The IAAF World Championships in Doha are a very important marker ahead of the Tokyo 2020 Olympic Games and we look forward to being as competitive as possible in both events."

Source: British Athletics Website

## International Results

### CHODECKÉ ZÁVODY PODEBRADY RACE WALKING

#### 87<sup>th</sup> Podebrady Race Walks Meeting (EAA Permit), Podebrady (CZE) (Sat. 6<sup>th</sup> Apr.)

The senior 20km winners of the 87<sup>th</sup> Podebrady Race Walks meeting were Italian Eleanora Giorgi and Russian independent Vasilii Mizinov on what was a lovely spring day in Podebrady, **reports Verity Snook**.

The English interest in the men's 20km was Callum Wilkinson (U23) who sat comfortably in the pack for the first 5km, reached in 20:10, by 10km he had dropped of the pack slightly with 40:18, still walking even 4:00 min kilometres. The final 5km was tough, holding on and powering through with strong technique achieving a personal best and British U23 record of 1:21:34 in 6<sup>th</sup> place a qualifying for the European Race Walking Cup and World Championships.

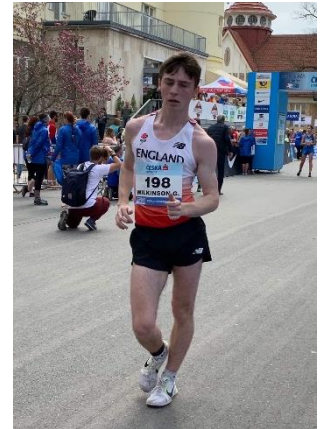
The junior races were exciting and provided more personal bests for the English team. Two debut athletes learning valuable lessons, Pagen Spooner and George Wilkinson (U18). Pagen's luggage eventually arriving late evening after the race, fortunately she had packed her racing gear in her hand luggage, although a bit rattled, pulled off a personal best.

Ladies first, taking the early pace Ana Garcia looked technically comfortable, closely followed by Pagen and Abigail Jennings. However, the competitors soon spread along the 1km circuit, Pagen pushed forward at 3km with Ana and Abi a few strides behind. At the half way point the trio had changed position again, Abi and Pagen now side by side, walking strongly passing 5km at 26:13. Pagen tired towards the final stages allowing Abi to push on and bring the English ladies home in fantastic 22<sup>nd</sup> place achieving a personal best of 52:52 (5km 26:14); closely followed by Pagen in 25<sup>th</sup> also a personal best 53.54 (5km 26:13) and tough racer Ana Garcia struggling with her health, completed the line-up in 29<sup>th</sup> with 56:11 (5km 27:29).



Verity Snook (Team Manager) – Ana Garcia – Pagen Spooner – Abigail Jennings

The junior men were next in the start line, Chris Snook (U20) and George Wilkinson. The early race pace was dominated by the Mexican duo (Cesar Cordova & Emiliano Mercenario), Chris was comfortable in the second pack only to find himself alone battling with the clock from 3km. At 5km (21:21) the strain started to show for the early pace, but he was holding 2<sup>nd</sup> place; meanwhile George walking strongly and close to his personal best powered through his first international passing 5km faster than his road best. Chris had an exciting battle with 3<sup>rd</sup> placing Italian Gabrielle Gamba, changing position in the final kilometre to finish in 2<sup>nd</sup> place with a personal best 43:37 under the European Cup qualifier; whereas George stuck with local man Adam Zajicek (CZE) who edged ahead in the second half, George still only 16-years-old finished in a credible 20<sup>th</sup> just outside his personal best in 48.22 (24:09).



Chris Snook – George Wilkinson

Other British interest came from Welsh Senior International Heather Lewis, showing great technique finishing in 12<sup>th</sup> with another personal best for 20km of 1:35:04 (splits 5km 23:12; 10km 46:48) and another European Cup standard.

Thank you to the support team of Physio Lucy Eggleton and Chris Spooner providing much valued assistance to the athletes and team manager Verity Snook.

#### Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Vasilii Mizinov		ANA 1:20:14	
2	Wayne Snyman		RSA 1:20:17	PB
3	Christopher Linke		GER 1:20:33	SB
4	Kevin Campion		FRA 1:20:49	SB
5	Federico Tontodonati		ITA 1:21:20	PB
6	Callum Wilkinson (U23)		ENG 1:21:34	NR U23
7	Matteo Giupponi		ITA 1:21:52	SB
8	Alex Wright		IRL 1:23:04	
9	Aleksi Ojala		FIN 1:23:41	NR U23
10	Yerko Araya		CHI 1:23:51	SB
	Daniel King		DQ	R230.7a
	Guy Thomas		DQ	R230.7a

54 Started; 4 DNF; 6 DQ [R 230.7a].

#### Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Eleanora Anna Giorgi		ITA 1:27:46	Cse Rec
2	Alegna Gonzalez		MEX 1:30:21	PB
3	Mirna Ortiz		GUA 1:31:38	SB
4	Zivile Vaiciukeviciute		LTU 1:31:57	SB
5	Ayse Tekdal		TUR 1:32:04	
6	Nicole Colombi		ITA 1:32:28	PB
7	Saskia Feige		GER 1:32:59	SB
8	Regina Rykova		KAZ 1:34:10	PB
9	Clemence Beretta		FRA 1:34:15	NR U23
10	Katerinka Maria Czakova		SVK 1:34:34	SB
12	Heather Lewis		WAL 1:35:04	PB

45 Started; 6 DNF (including 1 beyond time limit); 2 DQ [R 230.7a].

#### Under 20 Men's 10km

Posn	Athlete	Nation	Perf	Notes
1	Cesar Cordova		MEX 41:24	PB
2	Chris Snook		ENG 43:37	PB
3	Gabriele Gamba		ITA 43:41	PB
4	Andrea Cosi		ITA 43:56	PB
5	Daniel Kovac		SVK 43:58	SB
6	Rostislav Roznovsky		CZE 44:03	PB
7	Matteo Duc		FRA 44:13	PB
8	Jan Moreu		PUR 44:52	
9	Martin Madeline-Degy		FRA 45:04	PB
10	Ryan Gognies		FRA 45:18	
20	George Wilkinson		ENG 48:22	

38 Started; 4 DQ [R 230.7c].

## Under 20 Women's 10km

Posn	Athlete	Nation	Perf	Notes
1	Karla Serrano	MEX	47:36	PB
2	Lavinia Lacatus Andrada	ITA	48:13	PB
3	Sofia Ramos	MEX	48:20	PB
4	Pauline Stey	FRA	48:27	PB
5	Sara Buglisi	ITA	49:27	PB
6	Simona Bertini	ITA	49:41	PB
7	Camille Moutard	FRA	49:56	
8	Camilla Gatti	ITA	50:05	PB
9	Niamh O'Connor	IRL	50:10	PB
10	Maele Bire-Heslouis	FRA	50:36	PB
22	Abigail Jennings	ENG	52:52	PB
25	Pagen Spooner	ENG	53:54	PB
29	Ana Garcia	ENG	56:11	

38 started; 2 DNF; 1 DQ [R 230.7c].

IAAF Challenge, Rio Maior (POR) (Sat. 6<sup>th</sup> Apr.)

Shenjie Qieyang of China and Colombia's Eider Arevalo triumphed at the 4<sup>th</sup> stop of the 2019 IAAF Race Walking Challenge in Rio Maior.

Competing in cold and windy conditions that strongly impacted the performances, Qieyang, the 2012 Olympic 20 km silver medallist, dominated the women's competition, clocking 1:29:00 to record a win at this race for the third time after victories in 2016 and 2018.

In the men's race, Arevalo, the 2017 world champion, clocked 1:21:15 to secure his third Rio Maior victory, after wins in 2015 and 2017. The 27-year-old didn't move to the front until the final lap, eventually breaking free from a pack of ten with a 3:42 final kilometre.

Tom Bosworth found the going tough missing out on achieving a World Championship qualifying standard as he placed 11<sup>th</sup> in 1:23:22.

In the women's race Bethan Davies clocked 1:39:43 for 16<sup>th</sup>.

## Men's 20km

Posn	Athlete	Nation	Perf	Notes
1	Eider Arevalo	COL	1:21:16	
2	Diego Garcia	ESP	1:21:27	
3	Eiki Takahashi	JPN	1:21:41	
4	Caio Bonfim	BRA	1:21:45	
5	Noel Ali Chama	MEX	1:21:57	
6	David Hurtado	ECU	1:22:04	
7	Joao Vieira	POR	1:22:06	
8	Ricardo Ortiz	MEX	1:22:16	
9	Alberto Amezcua	ESP	1:22:21	
10	Jose Luis Doctor	MEX	1:22:25	
11	Tom Bosworth	GBR	1:23:23	SB

44 Started; 11 DNF; 2 DQ [R230.7c].

## Women's 20km

Posn	Athlete	Nation	Perf	Notes
1	Shenjie Qieyang	CHN	1:29:00	
2	Inna Kashyna	UKR	1:29:30	
3	Sandra Arenas	COL	1:30:00	
4	Raquel Gonzalez	ESP	1:30:17	
5	Laura Garcia-Caro	ESP	1:30:33	
6	Erica de Sena	BRA	1:31:16	
7	Yehualeye Mitiku	ETH	1:33:02	
8	Ana Cabecinha	POR	1:34:01	
9	Julia Takacs	ESP	1:34:24	
10	Noelia Vargas	CRC	1:37:13	
16	Bethan Davies	WAL	1:39:43	

26 Started; 6 DNF.

## National Results

RWA Senior 10km & Y.A.G. Championships, incorporating British Athletics U20, CAU Inter County & Welsh YAG Championships, Coventry (Sun. 28<sup>th</sup> Apr.)

Tom Partington dominated the 10km race to take his first individual senior race walk title(s), clocking 45:21 with a gun to tape walk. With Adam Cowin 2<sup>nd</sup> and Gianni Epifani 4<sup>th</sup> Manx Harriers took team gold.

First lady to finish was Finland's Anniina Kivimaki, who is visiting the UK for a training camp in Leeds, after a race long battle with Epifani. Maddy Shott took the women's titles in a personal best 52:25. Manx Harriers took team gold in the women's event.

George Wilkinson (49:15) and Abigail Jennings (54:28) won the junior men's and women's titles respectively.

Alex Macheath, making his debut over 5km, clocked 25:42 to win the U17 men's race by nearly two minutes. Lois Carty took the honours in the women's equivalent event.

Under 15's Christian Hopper and Mia Dunwell both dipped under 16 minutes for the time with Christian knocking 52 seconds from his previous road best.

Relative newcomers to race walking Ellis Simmonds and Carla Forsyth took the honours in the Under 13 races.

## Under 13 Boys &amp; Girls 2km

Pos	Athlete	AG	Club	Perf
1	Ellis Simmonds	U13B	Derbyshire & South Yorkshire	11:51
2	Ben Heley	U13B	Derbyshire & South Yorkshire	12:01
3	Carla Forsyth	U13G	Blackheath & Bromley HAC	12:06
4	Kelsey Tozer	U13G	Birchfield Harriers	12:30
5	Elena Richards	U13G	Dudley & Stourbridge Harriers	14:46

## Under 15 Boys &amp; Girls 2km

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U15B	Cambridge Harriers	15:30
2	Mia Dunwell	U15G	Northern (IOM) AC	15:58
3	Katie Stringer	U15G	Medway & Maidstone AC	16:43
4	Abigail Smith	U15G	Blackheath & Bromley HAC	17:18
5	Charlotte Wallis	U15G	Aldershot Farnham & Dist.	17:58

## Under 17 Men's &amp; Women's 5km

Pos	Athlete	AG	Club	Perf
1	Alex Macheath	U17M	Cambridge Harriers	25:42
2	Nicholas Hart	U17M	Aldershot Farnham & Dist.	27:36
3	Lois Carty	U17W	Aldershot Farnham & Dist.	28:03
4	Millie Morris	U17W	Ashford Athletic Club	29:33
5	Faris Alkhamsei	U17M	Nuneaton Harriers	30:57
6	Hannah Hopper	U17W	Cambridge Harriers	31:13
7	Keira Heavey	U17W	Northern (IOM) AC	32:05

## Under 20 Men's &amp; Women's 10km

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M	Enfield & Haringey AC	49:15
2	Abigail Jennings	U20W	Aldershot Farnham & Dist.	54:28
3	Ana Garcia	U20W	City of Sheffield & Dearne	56:27
4	Eva Delahunt	U20W	Sligo Athletic Club/IRL	57:39
5	Ryan Roberts	U20M	Sligo Athletic Club/IRL	59:48
6	Benjamin Allen	U20M	Leicester Walking Club	60:09
7	Daniel McKerlich	U20M	Cardiff Amateur Athletics Club	60:55
8	Jacqueline Benson	U20W	Ashford Athletic Club	62:16
9	Alice Bellando	U20W	Manx Harriers	69:39

## Senior Men's &amp; Women's 10km (Times highlighted in blue = Penalty Zone 60 secs.)

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	45:21
2	Adam Cowin	SENM	Manx Harriers	49:09
3	David Annetts	M50	North Herts Road Runners	49:56
4	Anniina Kivimaki	U23W	Lapuan Virkia/FIN	50:37
5	Gianni Epifani	M45	Manx Harriers	50:39
6	Madeline Shott	SENW	Belgrave Harriers	52:25

7	Jasmine Nicholls	SENW	Leicester Walking Club	52:46
8	Francisco Reis	M55	Surrey Walking Club/POR	53:33
9	Orlaith Delahunt	SENW	Sligo Athletic Club/IRL	54:32
10	Hannah Hunter	W35	Manx Harriers	57:14
11	Natalie Myers	SENW	Derbyshire & South Yorkshire	58:20
12	Mark Williams	M50	Birchfield Harriers	58:27
13	Carolyn Derbyshire	W40	Nuneaton Harriers	58:56
14	Peter Boszko	M70	Birchfield Harriers	59:52
15	Malcolm Martin	M60	Surrey Walking Club	60:13
16	Marie Jackson	W55	Manx Harriers	61:17
17	Julie Bellfield	W50	Halesowen ACC	61:44
18	John Constandinou	M45	Birchfield Harriers/CYP	62:46
19	Rebecca Greatbatch	U23W	Manx Harriers	62:59
20	Wendy Kane	W50	Notts Athletics Club	63:01
21	Hardeep Minhas	M60	Leicester Walking Club	63:42
22	Helen Middleton	W55	Enfield & Haringey AC	63:50
23	Roger Michell	M70	Surrey Walking Club	64:28
24	Nicola Raven	W55	Manx Harriers	65:20
25	Louise Hollings	W35	Manx Harriers	65:32
26	Sue Davies	W50	Aldershot Farnham & Dist.	66:23
27	Hilary Mann	W55	Sparkhill Harriers	68:16
28	Noel Blatchford	W70	Abingdon Athletics Club	68:48
29	Colin Vesty	M50	Leicester Walking Club	68:56
30	Judy Howard	W60	Abingdon Athletics Club	69:54
	Angela Martin	W50	Surrey Walking Club	DNF
	Erika Pontarollo	U23W	Hyde Park Harriers/ITA	DNF
	Edmund Shillabeer	M75	Ilford Athletics Club	DQ
	Paul Hawkins	M60	Stratford-upon-Avon A.C.	DQ

### Isle of Man 10,000m Walk Track Championships, National Sports Centre, Douglas (Mon. 1<sup>st</sup> Apr.)

Tom Partington (*pictured*) won the race in a big personal best of 43:58.9. Adam Cowin in second also produced a personal best of 45:19.3 with Dave Walker in third place. In the women's event Hannah Hunter took the honours in 52:06.4 with Jayne Farquhar and Marie Jackson having a race long duel to finish 2<sup>nd</sup> and 3<sup>rd</sup> respectively in 60:51.2 and 60:56.9.



#### Mixed 10,000m

Pos	Athlete	AG	Club	Perf
1	Tom Partington	U23M	Manx Harriers	43:58.9
2	Adam Cowin	SENM	Manx Harriers	45:19.3
3	Hannah Hunter	W35	Manx Harriers	52:06.4
4	David Walker	M45	Manx Harriers	56:40.8
5	Tony Edwards	M55	Manx Harriers	57:59.7
6	Jayne Farquhar	W50	Manx Harriers	60:51.2
7	Marie Jackson	W55	Manx Harriers	60:56.9
8	Louise Hollings	W35	Manx Harriers	64:30.4
9	Nicola Raven	W55	Manx Harriers	64:49.8
10	Phil Swales	M50	Northern (IOM) A.C.	66:52.2
11	Vicki Heavey	W45	Northern (IOM) A.C.	67:00.4
12	Lalage Earnshaw-Cain	SENW	Manx Harriers	67:13.5
13	Voirrey Cain	W55	Manx Harriers	69:48.9

#### 5000m

Pos	Athlete	AG	Club	Perf
1	Keira Heavey	U17W	Northern (IOM) A.C.	31:39.2

#### 3000m

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) A.C.	16:26.2

### Sarnia WC Championship Race 2, 10km Road Walk, Delancey Park, Guernsey (Sun. 7<sup>th</sup> Apr.)

Donna Allan, the defending club champion strode to a new personal best time by almost a minute on a near perfect morning for racing, **reports Rob Elliott**. Whilst race winner Stuart Le Noury, not at his best today, was out on his own from the start, Donna was matching the pace set by eventual second man home Rob Elliott for half of the sixteen lap course, before moving away over the final 5 kilometres.

Le Noury, through half way in just under 26 minutes, had already forged a big lead with Donna through in 29:25 and Elliott a few seconds adrift in 29:35. Donna increased her pace to record a negative split time of 29:03 for the latter half as she crossed the line in 58:28. Elliott, whose target for the day was to once again get under the hour, managed the task with a 59:36, his best time for almost four years and having the added bonus of another new Guernsey age best time, deposing Terry Bates of his age best for the second race in a row.

Donnas time is now the official Guernsey Record, although Katrine Thomson recorded quicker in 2008 but not ratified as a record due to insufficient officials on the day.

A close walk for fourth place was won by Phil Lockwood from Kevin Le Noury. At the back of the field Mick Le Sauvage (*pictured below*) hit a new milestone as he completed 8,000 miles of competitive race walking. Now nearing his 80<sup>th</sup> birthday, Mick started racing back in



Manx Harriers at the Nationals in Coventry

## Domestic Results

### 1<sup>st</sup> South Yorkshire League, Millhouses Park, Sheffield (Tue. 19<sup>th</sup> Mar.)

Unusually we had four walkers competing over 5km. Lara MacColl in only her second race at the distance set off very positively at sub-30 min pace and soon pulled back the 32 second handicap on leader Tony Bell. On the 4<sup>th</sup> 500m lap Lara slowed with stitch and trailed Tony by six seconds, it was three laps before she was able to work her way up to Tony again then in the last 500m opened up a 15 second gap for victory in a new personal best of 30:21.

Posn	Athlete	AG	Club	Time/Dist
1	Lara MacColl	U17W	C of Sheffield & Dearne	30:21/5km
2	Tony Bell	M55	Lancashire Walking Club	31:08/5km
3	Natalie Myers	SENW	C of Sheffield & Dearne	28:16/5km
4	Ben Heley	U13B	Derbyshire & S. Yorkshire	14:19/2km
5	Simon Pugh	M55	Rotherham Harriers	32:29/5km



1959 when he completed the Guernsey Church to Church walk and has been an almost ever present since the formation of the Sarnia Walking Club.

Remarkably, all but a handful of miles have been completed in Guernsey. As he now inevitably slows down, he can think back to the days when he could walk the Church to Church in 3 hour 11 minutes, 10 miles in under 90 minutes, 7 miles in under an hour and today's distance in 53.13, which would have piped today's winner.



**Mixed 10km (B)**

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	53:17
2	Donna Allan	W40	Sarnia Walking Club	58:28
3	Rob Elliott	M60	Sarnia Walking Club	59:36
4	Phil Lockwood	W45	Sarnia Walking Club	67:27
5	Kevin Le Noury	W60	Sarnia Walking Club	68:17
6	Mick Le Sauvage	M75	Sarnia Walking Club	76:30

**Fred Pearce R.I.P.**



The officers of the RWA are incredibly saddened to report the news of the passing of Past President Fred Pearce.

He passed away in the early hours of Monday 15<sup>th</sup> April after a brave fight with cancer.

Fred is probably best known as being the leading light and stalwart of race walking in Lancashire for a great many years.

There will no doubt be many stories and recollections shared about his long and distinguished association with race walking, both locally and nationally. He will be sadly missed by a great many people.

Our thoughts and prayers are with his loving family and friends.

Visit the Lancashire Walking Club website to read many moving tributes to Fred. (<https://lancswalkingclub.com/>)

**Veterans A.C. 10,000m Walk Track Championships (Incorporating Surrey, Hertfordshire and Middlesex County Championships) Battersea Park (Wed. 10<sup>th</sup> Apr.)**

The annual VAC and Counties championships took place in good racing conditions on a cold and breezy bright evening, *reports David Hoben.*

Dave Annetts had an excellent win and took the Hertfordshire title. Maddy Shott had a convincing win in the ladies' race. Also going under the hour was Steve Allen, now resident in Spain, and Malcolm Martin from who was new to this meeting.



**Mixed 10,000m**

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts RR/Herts	48:54.7
2	Maddy Shott	SENM	Belgrave Harriers/Surrey	49:53.9
3	Steve Allen	M60	Barnet & Dist. AC/Herts	59:15.2
4	Malcolm Martin	M60	Surrey Walking Club	59:27.6
5	Maureen Noel	W55	Belgrave Harriers/Middx	65:40.0
6	David Bowker	M60	Fairlands Valley/Herts	72:55.6
7	Mick Harran	M80	Surrey Walking Club/Surrey	73:43.1
8	Angela Martin	W50	Surrey Walking Club	79:13.8
	Peter Hannell	M75	Surrey Walking Club/Surrey	DNF

**Midland Area Track Championships, Pingles Stadium, Nuneaton (Sun. 14<sup>th</sup> Apr.)**

Result only, no report submitted.

**Men's 5000m**

Pos	Athlete	AG	Club	Perf
1	Mark Williams	M50	Birchfield Harriers	27:04.5
2	Peter Boszko	M70	Birchfield Harriers	28:10.0
3	John Constandinou	M45	Birchfield Harriers	29:55.3
4	Hardeep Minhas	M60	Leicester Walking Club	30:23.8
5	Paul Hawkins	M60	Stratford-upon-Avon AC	30:35.8
6	Colin Vesty	M50	Leicester Walking Club	31:31.3

**Under 20 Men's 5000m**

Pos	Athlete	AG	Club	Perf
1	Ben Allen	U20M	Leicester Walking Club	27:39.2

**Under 17 Men's 5000m**

Pos	Athlete	AG	Club	Perf
1	Faris Alkhamsei	U17M	Nuneaton Harriers	29:44.6

**Women's 5000m**

Pos	Athlete	AG	Club	Perf
1	Carolyn Derbyshire	W40	Nuneaton Harriers	27:17.3
6	Emily Ghose	U23W	Tonbridge Athletic Club	27:37.2
2	Wendy Kane	W50	Notts Athletics Club	29:44.5
3	Julie Bellfield	W50	Halesowen Athletics Club	30:08.9
4	Lynn Bellfield	W50	Halesowen Athletics Club	32:40.2
5	Hilary Mann	W55	Sparkhill Harriers	32:58.6
6	Karen Williams	W65	Birchfield Harriers	38:19.1

**Under 20 Women's 5000m**

Pos	Athlete	AG	Club	Perf
1	Laura Achurch	U20W	Leicester Walking Club	29:42.7

**Under 15 Girls 3000m**

Pos	Athlete	AG	Club	Perf
1	Gabriel Birch	U15G	Birchfield Harriers	22:20.8

**Under 13 Girls 2000m**

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers	12:50.6

**Sarnia Walking Club 3 Miles Road Walk, Rocquaine, Guernsey (Sun. 14<sup>th</sup> Apr.)**

Second placed Rob Elliott seems to have found renewed enthusiasm since moving into the M60 age group and for the third race in a row has broken the Guernsey age best time. Following his recent 5 and 10 kilometres bests he has now added the 3 miles best to the list, again at the expense of previous holder Terry Bates.

On the tough Rocquaine Circuit, involving a hard climb away from the coast before dropping back to the finish, he was always second best to race winner Stuart Le Noury who finished over three minutes ahead and not far off his best time for the course. Terry Bates time of 28:33 looked to be out of reach at the 2 miles point in 19:50, but the final mile is mostly downhill and flat, a far cry from the uphill first mile and Elliott managed to clip five seconds off the best time. The expected challenge from leading woman Donna Allan never came as the race was walked in the middle of a long training session for her, but she still came home in a good 30:07.

**Mixed 3 Mile (B)**

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	25:31
2	Rob Elliott	M60	Sarnia Walking Club	28:28
3	Donna Allen	W40	Sarnia Walking Club	30:07
4	Phil Lockwood	W45	Sarnia Walking Club	31:45
5	Kevin Le Noury	W60	Sarnia Walking Club	32:40
6	Peter Beckerleg	M60	Sarnia Walking Club	37:06
7	Mick Le Sauvage	M75	Sarnia Walking Club	37:32
8	Dave Dorey	M70	Sarnia Walking Club	39:28

**2<sup>nd</sup> South Yorkshire League, Millhouses Park, Sheffield (Mon. 15<sup>th</sup> Apr.)**

In the closing stages of the race the victory was always going to be between Ben Heley & Ellis Simmonds, *reports Brian Adams*, the two walkers racing over 2km. After 1km Ellis had pulled back a minute and looked certain to win. Still closing but at a slower rate he was out sprinted in the final 100m. Ellis was rewarded with a 20 second personal best and Ben's sprint took him to a personal best equalling 12:57.

With 500m to go Natalie Myers who had been chasing the field down moved through to third.

Posn	Athlete	AG	Club	Time/Dist
1	Ben Heley	U13B	Derbyshire & S. Yorkshire	12:27/2km
2	Ellis Simmonds	U13B	Derbyshire & S. Yorkshire	11:32/2km
3	Natalie Myers	SENW	Derbyshire & S. Yorkshire	27:43/5km
4	Lucy Walker	U17W	Derbyshire & S. Yorkshire	19:18/3km
5	Simon Pugh	M55	Rotherham Harriers	32:21/5km

**Veterans A.C. 5 Mile Road, Battersea Park (Tue. 16<sup>th</sup> Apr.)**

A new course for this seasons races consisting of three and a half laps utilising the central path through the middle of the park and Carriage Drive South.

Dave Annetts was the overall winner in 38:47 almost 10 minutes ahead of first lady Melanie Peddle who finished just one second ahead of the second male finisher Stefano Zennaro.

**Mixed 5 Mile (B)**

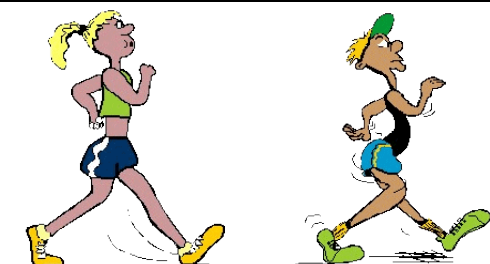
Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	38:47
2	Melanie Peddle	W50	Loughton Athletic Club (G)	48:33
3	Stefano Zennaro	M45	Belgrave Harriers (G)	48:34
4	Maureen Noel	W55	Belgrave Harriers	51:50
5	Tom Casserley	M80	Enfield & Haringey AC	55:47
6	Shaun Lightman	M75	Surrey Walking Club	56:47
7	Paul King	M65	Belgrave Harriers	57:44
8	Mick Harran	M80	Surrey Walking Club	58:20
9	David Hoben	M65	Surrey Walking Club	58:23

**City of Sheffield Run, Jump Throw Meet, Sheffield Hallam University City Stadium (Fri. 19<sup>th</sup> Apr.)**

Just three walkers started this Good Friday 1000m walk, *reports Brian Adams*, a number of walkers were missing because of the school holidays. Natalie Myers shot off for a solo victory in a personal time. Lucy walker towed Tony Bell round for the first lap before he decisively moved away in the second half.

**Mixed 1000m**

Pos	Athlete	AG	Club	Perf
1	Natalie Myers	SENW	Derbyshire & South Yorkshire	4:46.9
2	Tony Bell	M55	Lancashire Walking Club	5:56.0
3	Lucy Walker	U17W	Derbyshire & South Yorkshire	6:04.3





### London Inter-Club Challenge (Incorporating Enfield League), Lee Valley (Sat. 20<sup>th</sup> Apr.)

Dave Annetts made it three wins from three starts in the 2019 series and in the 3km Abigail Smith and Jonathan Ellerton followed up their 'Cecil Gittins' debut's with solid performances, **reports Ron Wallwork**. Newcomer Catalinai Chiru also walked well in her first race. Some good walking in excellent conditions was marred by an error on my part which resulted in some confusion at the finish of the race, for which I apologise and thank the people who sorted it out.

#### Mixed 5000m (B) (Result as published on Power of 10)

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	23:24.67
2	George Wilkinson	U20M	Enfield & Haringey AC	24:47.47
3	Madeline Shott	SENV	Belgrave Harriers	25:06.04
4	Francisco Reis	M55	Surrey Walking Club	26:14.28
5	Malcolm Martin	M60	Surrey Walking Club	28:44.40
6	Jaqueline Benson	U20W	Ashford Athletic Club	28:56.20
7	Christopher Hobbs	M60	Ashford Athletic Club	29:04.87
8	Steve Allen	M60	Barnet and District	29:36.28
9	Stuart Bennett	M60	Ilford Athletic Club	30:03.61
10	Steven Uttley	M60	Ilford Athletic Club	30:37.15
11	Helen Middleton	W55	Enfield & Haringey	31:02.35
12	Simon Morgan	M50	Ilford Athletic Club	31:32.93
13	John Ralph	M60	Enfield & Haringey	32:03.82
14	Maureen Noel	W55	Belgrave Harriers	32:26.70
15	Lesley Hall	W60	Ashford Athletic Club	33:00.22
16	Susan Barnett	W65	Enfield & Haringey AC	33:38.27
17	David Kates	M70	Ilford Athletic Club	34:03.19
18	Rachel Lawless	W55	Ilford Athletic Club	34:20.68
19	Tom Casserley	M80	Enfield & Haringey AC	34:21.04
20	Catalinai Chiru	SENV	Unattached	34:28.05
21	Stephen Cartwright	M60	Colchester and Tendering	34:59.50
22	Arthur Thomson	M80	Enfield & Haringey AC	36:06.02
23	Gary Smith	M60	Enfield & Haringey AC	36:34.56
24	Malcolm Blackwood	M65	Trent Park Running Club	36:34.79
25	Noel Blatchford	W65	Abingdon Athletics Club	36:44.27
26	Angela Martin	W50	Surrey Walking Club	37:32.72

**Notes:** Noel Blatchford completed an extra lap – her corrected time is 33:09. Peter Cassidy finished in a time of 37:30.

#### Mixed 3000m (B)

Pos	Athlete	AG	Club	Perf
1	Abigail Smith	U15G	Blackheath & Bromley	17:36.1
2	Anthony Wilkinson	M55	Unattached	19:58.0
3	Jonathan Ellerton	U15B	Blackheath & Bromley	25:38.7

**Current Enfield League Positions:** Jacqueline Benson and George Wilkinson still head their respective tables, whilst Enfield has nudged ahead of Ashford in the team list, **reports Ron Wallwork**. But it is still early days with eight more fixtures and there are walkers with races in hand, which if fulfilled will threaten the current leading individuals and teams alike.

Ladies	Men	Team
261/4 Jacqueline Benson	276/4 George Wilkinson	Enfield – 1052
214/4 Lesley Hall	251/4 Chris Hobbs	Ashford - 1024
174/3 Helen Middleton	244/4 Stuart Bennett	Ilford AC - 849

#### Next Enfield League Events

Sat. 1 <sup>st</sup> June	Sun. 16 <sup>th</sup> June
Moulton Open 5	L.I.C.C. Track Walks
Moulton Village, Suffolk	Allianz Park

#### Tonbridge AC Open Track & Field Meeting, Tonbridge School (Mon. 22<sup>nd</sup> Apr.)

A good size field for this annual Easter Monday event, held in hot conditions. Tom Bosworth won recording 11:44.15, the time was some way outside his British record, but the aim was to enjoy a visit home during a heavy training spell. Matthew Crane dipped under 14

minutes for the first time and first woman Emily Ghose set a Tonbridge senior ladies club record with 16:13.76.

#### Mixed 3000m

Pos	Athlete	AG	Club	Perf
1	Tom Bosworth	SENM	Tonbridge Athletic Club	11:44.15
2	Luc Legon	U23M	Bexley Athletic Club	13:40.31
3	Matthew Crane	U20M	Bexley Athletic Club	13:59.75
4	Christian Hopper	U15B	Cambridge Harriers	16:00.78
5	Emily Ghose	U23W	Tonbridge Athletic Club	16:13.76
6	Katie Stringer	U15G	Medway & Maidstone AC	17:00.54
7	Millie Morris	U17W	Ashford Athletic Club	17:03.48
8	Jacqueline Benson	U20W	Ashford Athletic Club	17:05.35
9	Hannah Hopper	U17W	Cambridge Harriers	18:00.34
10	Grazia Manzotti	W45	Tonbridge Athletic Club	18:40.26
11	Rachel Harding	U17W	Ashford Athletic Club	19:11.75
12	Hannah Atkinson	U15G	Cambridge Harriers	19:32.13
13	Rachel Lawless	W55	Ilford Athletic Club	19:44.77
14	Lesley Morris	W55	Ilford Athletic Club	20:42.97
15	Geraldine Legon	W60	Bexley Athletic Club	21:08.97
	Kevin Burnett	M75	Striders of Croydon	DNF

#### Under 13 2000m

Pos	Athlete	AG	Club	Perf
1	Carla Forsyth	U13G	Blackheath & Bromley	12:44.48

#### Under 11 1000m

Pos	Athlete	AG	Club	Perf
1	Alicia Williamson-Fraser	U11G	Dover Road Runners AC	7:37.16

## UPCOMING EVENTS

#### May

Sat 12 (A)	County Championships	Various
Sun 13 (A)	County Championships	Various
Tue 15 (A)	South Yorkshire League 3	Millhouses Park
Wed 16 (A)	Manx Harriers Club 5km	TT Access Road
Sat 19 (B)	Sean Pender 2000m Handicap	Footes Lane
Sat 19 (A)	Northern Area 20km Championship	Redcar
Sat 25 (A)	SCVAC 3000m Championships	Abingdon
Sat 25 (B)	R & Z Smith Trophy Track Races	Bury
Wed 29 (A)	Oxfordshire 3000m Champs/Open	Iffley Rd, Oxford

#### June

Sat 1 (B)	Moulton Open 5/Enfield League	Moulton, Suffolk
Sun 2 (A)	BMAF Track 10,000 Championships	Oxford
Sun 2 (B)	Sarnia WC Championship 4 (10m)	Pleinmont
Sun 2 (A)	Kent Young Athletes League	Tonbridge
Tue 4 (B)	Bill Collins Trophy	Tonbridge
Fri 7 (A)	South Yorkshire League 4	Hallam Track
Sat 8 (A)	Kent Schools Championships	Ashford
Sun 9 (B)	Sarnia WC Championship 5 (2km)	Delancey Park
Tue 11 (A)	Woodford Tuesday Walks (3000m)	Woodford
Tue 11 (B)	Veterans AC 5 Mile	Battersea Park
Sat 15 (A)	S.E. Region Schools Inter-Counties	Erith
Sun 16 (B)	L.I.C.C./Enfield League 5000m	Allianz Park
Sun 16 (A)	BMAF 5km Road Championships	Horwich
Sat 22 (A)	ESAA Development Walks	Basingstoke
Sat 22 (B)	Manx Telecom Parish Walk	Douglas (IOM)
Sat 22 (B)	Jack Fitzgerald Memorial Walks	Tilgate, Crawley
Sun 23 (A)	England Athletics U20/U23 Champs	Bedford
Sun 23 (B)	Sarnia WC Championship 6 (3km)	Cambridge Park
Sun 23 (A)	ESAA SW Development Walks	Exeter
Tue 25 (A)	South Yorkshire League 6	Millhouses Park
Wed 26 (A)	Hyde Park Harriers Summer Mile	Woodhouse Park
Sun 30 (A)	British GP of Race Walking (20k/10k)	Roundhay Park