



# Race Walking Record

February 2019



**Tom Bosworth**  
**Wins his 5<sup>th</sup> consecutive**  
**British Indoor title at**  
**Birmingham Arena**



# The Race Walking Association

presents the

## 2019 National 10km Race Walking Championships

incorporating the

### CAU Inter-Counties, British Athletics Junior 10km, RWA YAG & Welsh Athletics YAG Championships

to be held in accordance with UKA Rules of Competition

(Except RWA 10km & YAG Championships which will be held in accordance with RWA Rules of Competition)

**Sunday 28<sup>th</sup> April 2019**

from Coventry Godiva Harriers Clubhouse  
Coventry Athletics Track, Warwick University,  
Kirby Corner, Coventry, CV4 7AL

**Provisional Timetable**  
(may change dependent on size of entry for each race)

- 12:30 Under 13 Boys & Girls 2km
- 12:30 Under 15 Boys & Girls 3km
- 12:30 Under 17 Men's & Women's 5km
- 13:15 Junior Men's & Women's 10km
- 13:15 Senior Men's & Women's 10km
- 13:30 Presentation (U13/U15/U17)
- 15:00 Presentation (Junior & Senior 10km)

Entry Fee(s): Senior & U20 10km - £10.00; U17/U15/U13 - £7.00

to Noel Carmody - 41 Herbert Road, Bexleyheath, Kent, DA7 4QF

Cheques made payable to the Race Walking Association

Entries **MUST** be made on official entry form & signed by entrant/parent/carer/guardian

**Closing Date for Entries – Monday 15<sup>th</sup> April 2019**

# IN THE NEWS

## IAAF Race Walking Committee Makes Key Recommendations for Future of the Discipline

The IAAF Race Walking Committee has made **several key recommendations** to the IAAF Council following broad consultation and consideration of the feedback from member federations, athletes, event organisers and several stakeholders (including broadcasters).

The three major recommendations, agreed at a meeting in Monaco last weekend, reflect the reality that the event programme across all major athletics meetings and events will become shorter and more dynamic so innovation is required in Race Walk to ensure it remains a core discipline in the World Championships and the Olympic Games.

- Equality between the sexes should be achieved in Olympic Games and maintained in all major international competitions, with two men's and two women's events included on championships programmes;
- Distances for senior competitions should be changed from 20km and 50km to 10km and 30km from the 2023 World Championships;
- RWECs electronic chip insole technology should be incorporated into competitions from 2021.

To implement the change in distances, a specific pathway was outlined that would give race walkers a three-year transition period in which to adapt to and prepare for competitions over the new distances. Implementation of the RWECs technology to assist judges to identify athletes who have lost contact with the ground would only be adopted in 2021 if the necessary tests, introduction and distribution of the insole chips are concluded by the end of 2020.

Event	Men	Women
Tokyo 2020 Olympic Games	20km/50km	20km*
Oregon 2021 World Athletic Championships	20km/30km	20km/30km
2022 Race Walking Team Championships	10km/30km	10km/30km
Budapest 2023 World Athletic Championships	10km/30km	10km/30km
Paris 2024 Olympic Games	10km/30km	10km/30km

\*At its December 2018 meeting, Council made a recommendation to propose to the IOC that the women's 50km be added to the Tokyo programme.

Committee chairperson **Maurizio Damilano**, the 1980 Olympic champion and two-time world champion over 20km distance, said: "The Committee is very proud of the history and the tradition of our events, but our main goal right now is to secure the future of race walking beyond Tokyo 2020 and offer to the young generations of race walkers nothing less and even more than what we already have, because it is very crucial for our sport to have four individual events (two male and two female) and total equality on the World Championships and future Olympic Games programmes. Changes are not always an easy thing, but it is absolutely necessary to make race walking more appealing for fans and for young athletes."

**Robert Kozeniowski**, a three-time Olympic and three-time world champion in the 50km event, and also a member of the committee, supported the recommendations, even if they meant the removal of his signature event from the championships programme.

"As you know my heart is passionate about the 50km, and all the great achievements and medals I won were in 50km, but the world is changing fast and we need to be realistic, to move forward and be brave in order to be relevant with the broadcast and digital media and to secure the future of race walking in major competitions. The numbers in 50km are not very promising and if we care about the development and the healthy status of our event, this is the only way to do it. I have no doubt that 30km is a distance that will provide

equal opportunities to endurance race walkers to perform and achieve their goals."

The IAAF Race Walking Committee recommendations will be included in the agenda of the next IAAF Council Meeting, 10-11 March 2019, and if the recommendations of the Committee are approved, the changes will be effective as of 1 January 2021.

IAAF Press Release 6<sup>th</sup> Feb. 2019



## Race Walking Association Press Release 8<sup>th</sup> Feb.

### IAAF Member Resigns in Protest at Proposed Change to Athletics

A high-level member of the IAAF has submitted his resignation after 43 years in protest against proposed changes to athletics events made last weekend in Monaco.

As the global organisation for athletics, decisions were made by the IAAF in a private meeting to drop the 50km and 20km racewalks and



immediately replace them with 10km and 20km or 30km races, with new proposed shoe technology to be introduced to high-level events.

The 50km has been on the Olympic program as part of athletics since 1932 for men, with women finally being allowed to race in Tokyo 2020.

The 20km has been on the Olympic program since 1956, with women

only being allowed to compete from 2000 at Sydney. The electronic shoe has not yet been tested and technical equipment normally takes at least 4 years to complete trials. Experts have expressed doubt about the reliability of the shoe.

Peter Marlow, who represented Great Britain at the Munich Olympics in 1972 in the 20km racewalk on Monday morning stated;

*"I resigned after 43 years from the IAAF Race Walking Committee yesterday at protest of the decisions taken by the committee last weekend."*

The IAAF decisions to overhaul the racewalk distances have come after the 50km racewalk was saved two years ago, when proposals to eliminate it due to inequality were solved when women were allowed to start competing in the event, leading to full equality in athletics at the Olympic Games after 104 years. Women are now competing 50km at the highest level in many countries on all continents.

The IAAF decision has been met with dismay, with walkers around the World fearing this is the beginning of the end for not only racewalking but triple jump and shot put - other events which have repeatedly been brought up at IAAF meetings. Current World Champion and French Olympic medallist Yohann Diniz has responded:

*"We can evolve but we must not lose the drama of the athletic walk. Why have we opened the 50km to everyone for two years only to bury it immediately? As we can see, from the 2017 World Championships to the European Championships last year, more and more women are getting involved."*

The IAAF are set to approve the changes at their next meeting in March.





## Selection Policies

British Athletics have announced details of the selection policy for the European Under 23 Championships in Gavie (SWE) 11<sup>th</sup> to 14<sup>th</sup> July, the European Under 20 Championships, Boras (SWE) 18<sup>th</sup> to 21<sup>st</sup> July and The World University Games in Naples (ITA) 3<sup>rd</sup> to 14<sup>th</sup> July.

The British Athletics qualification standards are:

### European Under 23 Championships:

Men	Event	Women
1:26:00	20km	1:36:00

### European Under 20 Championships:

Men	Event	Women
43:00	10,000m	48:50

### World University Games:

Men	Event	Women
1:27:00	20km	1:38:00

The full selection policies can be viewed at

<https://www.uka.org.uk/performance/2019-selection-policies/>

## Leeds Race Walking Training Camp 2019



The February half term, *reports Verity Snook*, saw 31 athletes from across England, Wales and the Isle of Man, mostly U20s attend the England Athletics February Training Camp run by Andi Drake with support from the Leeds Beckett University MSc Sports Psychology Team and BSc Sports and Exercise student Erica Pontarollo. This was the 13<sup>th</sup> year of the training camp which saw an increased number of attendees, providing a fantastic forum for all athletes, parents and coaches to share experiences, learn and develop new skills but best of all feel a sense of community.

The athletes enjoyed quality training sessions which included, 2000m time-trial to develop an understanding of pacing and training zones to take away and use at home, circuit training and lots of drills and skills including, plyometrics, hurdle work and mobility. Through-out the three days, the Sport Psychology Team, worked with the athletes and coaches to gain an understanding of personal identity, recognising and dealing with an all-encompassing stress (school, work, training, home-life) and the impact this has on performance and well-being. Erica who had collated data on sleep habits from athletes over the winter race walking workshops, presented a well-informed, easy to understand consequence of poor sleep and provided suggestions on improving sleep quality to aid recovery. Finally, the MSc Sports and Exercise Psychology team helped athletes understand goal setting and cleverly designed games to support athletes when "hurdles" get in the way.

Thank you to Andi Drake, Dr Andrew Manley & Team and Erica Pontarollo, also the Leeds based athletes who dropped in, joined in training and supported development of the young athletes. The young athletes thoroughly enjoyed training with our current senior athletes Tom Bosworth, Cameron Corbishley, Gemma Bridge, Erika Kelly making appearances, in particular, a highlight was the "follow the World Record Holder" snake led by Tom Bosworth.

## Strong and Balanced Training - Breakthrough Masters Research from University Sports Scientists

New research published by eminent sports scientists at Manchester Metropolitan University working in partnership with the BMAF, suggests that **a rethink of activity levels outside of sport specific training may be beneficial for both health and performance.**

In a new brochure, entitled "*Strong and Balanced Training – a guide to healthy and active ageing for Masters*", it states that: –

*"While exercise is good for health, specialisation in Masters Athletics may come at the expense of underdevelopment of some organ systems. For example, Masters endurance runners are rewarded by a very lean physique (low body fat) and cardiovascular health, but they have low muscle and bone strength, and balance. Throwers meanwhile are typically strong with good bone health, but leanness and cardiovascular system are more of a problem"*

Manchester Met have been carrying out research into musculoskeletal sciences and physical activity for more than 20 years. Their latest project has compared the results of over 300 masters athletes (mostly BMAF members) to those of over 3000 people from the general public. They have published their findings in a brochure that interprets their findings specifically for the benefit of master athletes themselves. Although the research focuses on 70 year olds, it will be of interest to any masters over age 50. Research shows that muscle function tends to increase until around age 25, plateaus until about age 50 where a year on year decline because of the effect of ageing begins. They have also made very helpful suggestions in countering this decline. The full report and an accompanying slide presentation that was made to the BMAF Council and Executive can be accessed via the links below. Details of how to obtain printed copies will be published in due course.

We are pleased to say that Manchester Met and the BMAF will be continuing to collaborate on further projects.

[Strong & Balanced Brochure](#)

[Strong & Balanced Presentation](#)

Ian Richards

BMAF Vice-Chairman & Race Walking Secretary

January 2019



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

	January 2019	February 2019
£25.00	Southern RWA	Lancashire WC
£15.00	Bill Sutherland	Cath Duhig
£10.00	Pam Horwill	Carl Lawton

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

## Woodford Tuesday Walks 2019

The dates have been fixed, courtesy of Woodford Green AC with Essex Ladies, for this year's series – all 3000m 'A' judged races:

Tuesday 11<sup>th</sup> June @ 2030      Tuesday 9<sup>th</sup> July @ 2030  
 Tuesday 13<sup>th</sup> Aug. @ 2030      Tuesday 3<sup>rd</sup> Sept. @ 2030

Unfortunately, a couple of the dates clash with the Veterans AC Summer Series in Battersea Park, but we hope to see as many of you as possible in the shadow of the M11.

Peter Cassidy & Pauline Wilson

## National Results

### Spar British Athletics Indoor Championships, Birmingham Arena, Birmingham (Sun. 10<sup>th</sup> Feb.)

**Women:** Heather Lewis won the 5000m walk with ease and to go third all-time indoors for an event that has been rarely contested indoors.

Heather followed Bethan Davies through 1000m in 4:23.52 and 2000m in 8:53.32 before pushing on around halfway. Going through 3000m in 13:28.32, she eased back in the last 2000m (4:43 for both those kilometres) but still set an indoor personal best and won by three minutes as Davies was disqualified.

There were also personal bests for Madeline Shott (25:15.88) and Pagen Spooner (26:43.74) in second and third though both were making their indoor debuts.

#### Women's 5000m (i)

Pos	Athlete	AG	Club	Perf
1	Heather Lewis	SENW	Pembrokeshire Harriers	22:15.15
2	Madeline Shott	SENW	Belgrave Harriers	25:15.58
3	Pagen Spooner	U20W	Hyde Park Harriers	26:43.74
4	Carolyn Derbyshire	W40	Nuneaton Harriers	29:39.17
	Ana Garcia	U20W	C of Sheffield & Dearne	DQ R230.7a
	Erika Kelly	SENW	Northern (IOM) AC	DQ R230.7a
	Bethan Davies	SENW	Cardiff A.A.C.	DQ R230.7a

**Men:** Tom Bosworth secured his fifth indoor British title when taking a commanding win in the 5000m walk with a time of 19:22.55.

The Commonwealth Games 20km silver medallist went to the front right from the off but came under pressure from Callum Wilkinson.

The younger athlete was disqualified just after he had taken the lead with around 1600m to go, leaving Bosworth with an uncontested path to the line.

Cameron Corbishley was second in 20:29.40, with Christopher Snook clocking an indoor personal best in third of 21:41.47.

There were also indoor personal bests for Tom Partington and Luc Legon.



#### Men's 5000m (i)

Pos	Athlete	AG	Club	Perf
1	Tom Bosworth	SENW	Tonbridge Athletic Club	19:22.55
2	Cameron Corbishley	U23M	Medway & Maidstone AC	20:29.40
3	Christopher Snook	U20M	Aldershot Farnham & Dist.	21:41.47
4	Tom Partington	U23M	Manx Harriers	22:46.90
5	Luc Legon	U23M	Bexley Athletics Club	23:02.10
6	Francisco Reis	M55	Surrey Walking Club	25:21.39
	David Annetts	M50	North Herts Road Runners	DQ R230.7a
	David Crane	M40	Surrey Walking Club	DQ R230.7a
	Callum Wilkinson	U23M	Enfield & Haringey AC	DQ R230.7a
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ R230.7a

## Domestic Results

### Essex and Eastern Indoor Championships, Lee Valley Athletics Centre (Sat. 2<sup>nd</sup> Feb.)

Overall race winner George Wilkinson set a new personal best for the indoor mile of 7:32.8. Following a race long battle, Melanie Peddle just got the better of Stuart Bennett recording a new personal best.

#### Mixed 1 Mile (i)

Pos	Athlete	AG	Club	Perf
1	George Wilkinson	U20M (1)	Enfield & Haringey AC	7:32.8
2	Melanie Peddle (W50)	SENW (1)	Loughton Athletic Club	8:52.6
3	Stuart Bennett (M60)	SENM (1)	Ilford Athletic Club	9:03.1
4	Keith Palmer (M50)	SENM (2)	Southend-on-Sea AC	9:52.2
5	Rachel Lawless (W55)	SENW (2)	Ilford Athletic Club	9:58.0
6	Pamela Abbott (W55)	SENW (3)	Enfield & Haringey AC	11:36.2
7	Katie Brazier	U17W (1)	Chelmsford AC	12:13.1
8	Daniella Oladele	U13G (1)	Thurrock Harriers	13:17.5
	Simon Morgan (M50)	SENM	Colchester Harriers	DQ

### Up and Running (Isle of Man) Winter League Walk National Sports Centre, Douglas (Sun. 3<sup>rd</sup> Feb.)



#### Mixed 10km

Pos	Athlete	AG	Club	Watch	Actual
1	Dick Callin	M55	Unattached	92:50	66:03
2	Colin Moore	M55	Isle of Man Veterans	92:52	70:04
3	Hannah Hunter	W35	Manx Harriers	93:00	55:23
4	Tony Edwards	M55	Manx Harriers	93:12	56:52
5	Maura Kelly	W50	Northern (IOM) AC	93:19	69:21
6	Gianni Epifani	M45	Manx Harriers	94:03	48:40
7	Dudley Butt	M70	Unattached	94:04	68:35
8	Nicola Raven	W55	Manx Harriers	94:12	65:01
9	Gordon Erskine	M75	Unattached	94:23	74:56
10	Jayne Farquhar	W45	Manx Harriers	94:43	62:02
11	Jeff Black	M60	Unattached	95:19	73:56
12	Voirrey Earnshaw-Cain	W55	Unattached	95:46	70:16
13	Louise Hollings	W35	Manx Harriers	95:58	66:01
14	May Hooper	W50	Manx Harriers	96:16	72:17
15	Alison Crellin-Dodd	W40	Unattached	97:18	69:16
16	Phil Morris	M40	Unattached	99:15	73:53
17	Julie Jaiyen	SENW	Unattached		DNF
18	Nucharee Burrridge	W50	Unattached		DNF

#### Final League Standings

1	Tony Edwards	287	8	Hannah Hunter	275
2	Dudley Butt	285	11	Gordon Erskine	270
2	Adam Killip	285	11	Stuart Gibson	270
4	Jeff Black	283	13	Colin Stephen Moore	269
5	Maura Kelly	280	14	Voirrey Earnshaw-Cain	267
5	Kerry Palmer	280	14	May Hooper	267
7	Nicola Raven	276	16	Dermot O'Toole	266
8	Louise Hollings	275	17	Alison Crellin-Dodd	264
8	Jayne Farquhar	275			

**Mixed 5km**

Pos	Athlete	AG	Club	Watch	Actual
1	Vicki Heavey	W45	Northern (IOM) AC	37:05	31:29
2	Diane Brown	W45	Unattached	37:29	37:19
3	Caroline Rielly	W40	Unattached	37:49	37:49
4	Angie Robinson	W50	Unattached	38:03	33:36
5	Sharon Cain	W45	Manx Harriers	38:36	31:14
6	Lalage Earnshaw-Cain	SENW	Unattached	38:45	33:17
7	Norbert Will	M80	Ballymena & Antrim	38:50	37:34
8	Sylvia Kennaugh	W70	Isle of Man Veterans	39:31	37:24
9	Phillip Swales	M50	Northern (IOM) AC	40:20	37:49

**Final League Standings**

1	Diane Brown	298	4	Caroline Rielly	293
2	Phillip Swales	295	6	Angie Robinson	290
2	Vicki Heavey	295	7	Sylvia Kennaugh	289
4	Lalage Earnshaw-Cain	293	8	Angela Corkish	283

**Junior 3km**

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) AC	16:09
2	Abbie Edwards	U15G	Manx Harriers	19:02
3	Alice Bellando	U20W	Manx Harriers	19:02
4	William Forgie	U13B	Northern (IOM) AC	20:29
5	Aaron Rielly	U15B	Unattached	22:50
6	Daniel Bassett	U13B	Manx Harriers	24:23



Alice Bellando – Abbie Edwards

**Junior 2km**

Pos	Athlete	AG	Club	Perf
1	Connor Bassett	U11B	Unattached	14:36
2	Lois Brown	U13G	Unattached	14:49
3	Alex Nicol	U13G	Unattached	15:07

**Junior 1km**

Pos	Athlete	AG	Club	Perf
1	Harrie Swales	U7B	Unattached	10:00

**Sarnia WC Handicap 5 Mile, Lanresse (Sun: 3<sup>rd</sup> Feb.)**

Race winner Stuart Le Noury walked through the field of walkers from his back marker position to claim a new personal best over the 5 miles distance, **reports Rob Elliott**: On a crisp winters morning with very little wind, he walked an actual time of 41:03 narrowly beating his old best time: Defending series winner Kevin Allan held on to second place holding off wife Donna who finished nine seconds behind: Donna's time of 47:49 was not too far off her time set last year which was the best time set by a Guernsey woman:

With one race to go and allowing for the two races that can be discarded in the seven race series, Jayne Le Noury, who had a very

rare "did not finish" for today's race is set up as favourite with son Stuart the nearest challenger:

**Mixed 5 Mile (B)**

Pos	Athlete	AG	Club	Watch/Actual
1	Stuart Le Noury	SENW	Sarnia Walking Club	59:03/41:03
2	Kevin Allen	M40	Sarnia Walking Club	59:40/57:40
3	Donna Allan	W40	Sarnia Walking Club	59:49/47:49
4	Rob Elliott	M55	Sarnia Walking Club	60:11/47:11
5	Kevin Le Noury	M60	Sarnia Walking Club	61:12/55:12
6	Kay Coulson	W50	Sarnia Walking Club	61:57/59:57
7	Peter Beckerleg	M60	Sarnia Walking Club	63:14/58:14
8	Mick Le Sauvage	M75	Sarnia Walking Club	63:19/61:19
9	Phil Lockwood	M45	Sarnia Walking Club	65:33/57:33
	Jayne Le Noury	W55	Sarnia Walking Club	DNF

**John Delaine R.I.P.**

It is with great sadness to report the sudden loss of John Delaine, Life Vice President of Aldershot Farnham & District AC.

John's journey with AFD started in September 1981 like many parents, with his daughter Louise and immediately got hooked back into athletics. John originally had competed in sprints, long and triple jumps and hurdles as an athlete but got embroiled in cross country and race walking as a coach. Spring 1982 John got invited to the club committee as a parent member. As a parent volunteer he rapidly became integral to encouraging sport and club activities.

John began to assist with coaching Race Walking where his ethos was to keep the sessions interesting and varied, often resulted in a multi-event focus. In the early 1990s, John became the club's coaching coordinator providing valuable guidance from his experiences in risk assessment & health and safety. John was involved in several of AFD ventures, the "Come and Try It Days" which grew to the Easter Academy, where the club promoted all athletic disciplines to local primary schools in preparation of the Schools Summer Terms. He also championed the England Athletics young athletes coaching framework known as "Athletics 365".

Utilising his professional background in Risk and Governance, John took the lead on guiding the club to become compliant with Club Mark and England Athletics Accreditation. In 2016 Farnham Sports Council awarded John the "Service to Sport Award".

John's coaching successes include several Young Athletes making England internationals. He jointly coached Verity Larby (Snook) to full senior international who competed at Commonwealth (1994), European (1994) and World (1993) Championships. John also coached, many master athletes to their age group World Championship medal positions in race walking.

John is a Life Vice President, which is regarded as an exceptional honour in recognition of many years of distinguished service.

Our thoughts are with John's family at this difficult time.

Verity Snook

**Sam Shoebottom Trophy 10km, Simister (Sat. 9<sup>th</sup> Feb.)**

There was a good turnout of sixteen walkers for the first Lancashire Walking Club race of the year, **reports Roy Gunnett**. The weather was kind with a temperature of 10 degrees centigrade and no rain. However, there was a strong wind. The race was held on the normal course at Simister, comprising two out and back 5km laps.

Following the start, the race quickly split into three groups, the first being Adrian Edwards and Tony Taylor battling for the lead, followed by Tony Bell and Tony Malone, who both had their sights set on breaking the hour and then the rest of the field spread out some way behind.

As the race progressed Tony gradually drew away from Adrian and put in a very strong performance to finish over two minutes clear. Both Tony Bell and Tony Malone achieved their target of a sub one-

hour performance with Tony Bell taking the handicap and thus the Sam Shoebottom Trophy.



Tony Taylor – Adrian Edwards

#### Men's 10km (B)

Pos	Athlete	AG	Club	Perf
1	Tony Taylor	M70	Lancashire Walking Club	56:21
2	Adrian Edwards	M55	Lancashire Walking Club	58:48
3	Tony Bell	M55	Lancashire Walking Club	59:41
4	Tony Malone	M65	Lancashire Walking Club	59:43
5	Roy Gunnett	M70	Lancashire Walking Club	66:42
6	Peter Crahan	M65	Lancashire Walking Club	67:04
7	Glyn Jones	M75	Coventry Godiva Harriers	67:35
8	John Crahan	M65	Lancashire Walking Club	70:00
9	Phil McCullagh	M60	Lancashire Walking Club	70:38
10	Ian Hilditch	M75	Lancashire Walking Club	72:09
11	Joe Hardy	M75	Lancashire Walking Club	73:04
12	Sailash Shah	M50	Lancashire Walking Club	74:11
13	Ian Vaughan	M65	Lancashire Walking Club	78:20

#### Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Pat Evans	W65	Lancashire Walking Club	35:58
2	John Payn	M85	Lancashire Walking Club	42:06
3	Andrea Lennon	W75	Lancashire Walking Club	44:35



### 5 Mile Road Walks

From Millennium Arena, Battersea Park, SW11 4NJ

Tuesday 10th April @ 7pm

Tuesday 11th June @ 7pm

Tuesday 9th July @ 7pm

Tuesday 6th August @ 7pm

Cash entry on the day – 'B' category judging

### 10,000m Track Walk

Wednesday 10th April @ 6:45pm

Millennium Arena, Battersea Park, SW11 4NJ

10,000m Track Championships including (Surrey, Hertfordshire and Middlesex Championships)

Cash entry on the day – 'A' category judging

For further information, contact David Hoben

[walks@vetsac.org.uk](mailto:walks@vetsac.org.uk)

### Steining Open 15km, Steining, Sussex (Sat. 9<sup>th</sup> Feb.)

In this re-arranged fixture, and maybe because of the uncertain weather forecast, a smaller field than normal took to the start line, **reports Ron Penfold**, and apart from a blustery wind it was good racing conditions.

Right from the start Gyula Dudas the Hungarian Olympic walker who was second in this race last year stayed with Steining's Trevor Jones and they reached the turn on this out and back course together in 45:14, Gyula only pulling away from Trevor in the closing stages to win in 1:30:38, slower than last year but that may have been because he said he had undertaken a 20km training session in the morning. Trevor closed in 16 seconds adrift, Paul Gaston finished third in 1:43:30, almost the same time as his last years' time.

Kathy Crilley, Surrey WC, was the winner of the ladies race in 1:57:13.

#### Mixed 15km (B)

Pos	Athlete	AG	Club	Perf
1	Gyula Dudas	M50	Unattached/Hungary	1:30:38
2	Trevor Jones	M60	Steining Athletic Club	1:30:54
3	Paul Gaston	M70	Surrey Walking Club	1:43:30
4	Stuart Maidment	M65	Steining Athletic Club	1:46:38
5	Stephen Cartwright	M60	Colchester & Tendring AC	1:47:54
6	Chris Flint	M70	Surrey Walking Club	1:49:23
7	David Hoben	M65	Surrey Walking Club	1:54:13
8	Michael Harran	M80	Surrey Walking Club	1:55:33
9	Kathy Crilley	W70	Surrey Walking Club	1:57:13

### Sarnia WC 5km Road Walk, Vale (Sun. 10<sup>th</sup> Feb.)

Guernsey walkers all decided to race in the shorter distance on offer, **reports Rob Elliott**, resulting in a win over 5 kilometres for Stuart Le Noury in 26:21 on a windy morning, with second place going to leading woman Donna Allan. Back in 5<sup>th</sup> place husband Kevin Allan removed almost a minute from his previous best time with a time of 36:26.

#### Mixed 5km (B)

Pos	Athlete	AG	Club	Perf
1	Stuart Le Noury	SENM	Sarnia Walking Club	26:21
2	Donna Allan	W40	Sarnia Walking Club	32:12
3	Phil Lockwood	M45	Sarnia Walking Club	34:25
4	Kevin Le Noury	M60	Sarnia Walking Club	35:03
5	Kevin Allan	M40	Sarnia Walking Club	36:26
6	Kay Coulson	W50	Sarnia Walking Club	38:10
7	Mick Le Sauvage	M74	Sarnia Walking Club	38:41

### Southern Counties Veterans AC Indoor Championships, Lee Valley Athletics Centre (Sun. 10<sup>th</sup> Feb.)

Penelope Cummings produced the fastest time of the day.

#### Mixed 3000m (i) (G = Guest Walker)

Pos	Athlete	AG	Club	Perf
1	Penelope Cummings	W40 (G)	Herne Hill Harriers	17:05.08
2	Malcolm Martin	M60 (1)	Surrey Walking Club	17:24.10
3	Helen Middleton	W55 (G)	Enfield & Haringey AC	18:04.77
4	Ian Torode	M60 (G)	South West Veterans	18:21.69
5	Susan Barnett	W65 (G)	Eastern Masters AC	19:48.45
6	Sue Davies	W50 (1)	Aldershot Farnham & Dist.	20:39.69
7	Arthur Thomson	M80 (G)	Enfield & Haringey AC	21:01.45
8	Angela Martin	W50 (2)	Surrey Walking Club	22:50.54

### Enfield League 5 Mile, Donkey Lane, Enfield (Sat. 16<sup>th</sup> Feb.)

Excellent racing conditions resulted in several personal bests and improvements on times recorded in the January race, **reports Ron Wallwork**. Dave Annetts notched up a second victory but was hard pressed by U20 George Wilkinson who sliced over two minutes off his personal best.

He wasn't the only young walker to excel; Ashford's U17 Millie Morris and U20 Jaqueline Benson also posted their fastest times over this distance and now top the ladies league table.

I am obliged to the walkers, officials and friends for supporting the fixture and for creating an atmosphere in which the athletes could thrive.

**Mixed 5 Mile (B)**

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	38:53
2	George Wilkinson	U20M	Enfield & Haringey AC	39:02
3	Francisco Reis	M55	Surrey Walking Club	41:56
4	Millie Morris	U17W	Ashford Athletic Club	45:48
5	Trevor Jones	M60	Steyning Athletic Club	45:55
6	Jacqueline Benson	U20W	Ashford Athletic Club	45:59
7	Penelope Cummings	W40	Aldershot Farnham & Dist.	47:05
8	Malcom Martin	M60	Surrey Walking Club	47:19
9	Christopher Hobbs	M60	Ashford Athletic Club	47:35
10	Emma Dyos	W40	Ilford Athletic Club	48:07
11	Stuart Bennett	M60	Ilford Athletic Club	48:18
12	Helen Middleton	W55	Enfield & Haringey AC	49:12
13	Stefano Zennaro	M45	Belgrave Harriers	50:21
14	Simon Morgan	M50	Ilford Athletic Club	51:13
15	John Ralph	M60	Enfield & Haringey AC	51:14
16	Mark Culshaw	M50	Ilford Athletic Club	52:44
17	Maureen Noel	W50	Belgrave Harriers	53:19
18	David Kates	M70	Ilford Athletic Club	53:48
19	Rachel Lawless	W55	Ilford Athletic Club	53:53
20	Lesley Hall	W60	Ashford Athletic Club	54:00
21	Sue Barnett	W65	Eastern Masters AC	54:48
22	Tom Casserley	M80	Enfield & Haringey AC	55:10
23	Noel Blatchford	W70	Abingdon Athletic Club	55:12
24	Lesley Morris	W55	Ilford Athletic Club	55:27
25	Amos Seddon	M75	Enfield & Haringey AC	55:35
26	Christopher Flint	M70	Surrey Walking Club	56:21
27	Stephen Cartwright	M60	Colchester & Tendring AC	56:33
28	Malcolm Blackwood	M65	Trent Park Running Club	57:07
29	Shaun Lightman	M75	Surrey Walking Club	57:38
30	David Hoben	M65	Surrey Walking Club	58:09
31	Bob Dobson	M75	Ilford Athletic Club	58:17
32	Arthur Thomson	M80	Enfield & Haringey AC	59:17
33	Alison Clements	W60	Abingdon Athletic Club	63:01
	Maddy Shott	SENW	Belgrave Harriers	DNF

**Mixed 4 Mile (B)**

Pos	Athlete	AG	Club	Perf
1	Tony Wilkinson	M55	Unattached	49:58

**Mixed 3 Mile (B)**

Pos	Athlete	AG	Club	Perf
1	Angela Martin	W50	Surrey Walking Club	36:21
2	Peter Hannell	M75	Surrey Walking Club	39:06

**ERWL:** As the tables below show, young athletes are setting the pace in the 2019 Enfield Race Walking League and Ashford AC occupy third team place. The Ashford team performance is noteworthy in so far as teams are allowed six scorers and so far, they have only fielded five.

Over its 21 years the ERWL it has been dominated by the promoting club and Ilford AC with occasional challenges from Surrey WC, Hillingdon AC, Belgrave Hs and Aldershot Farnham & Dist., so it is refreshing to see and welcome the threat that the Kent club could pose to hitherto order of things.

**Ladies**

132/2 Millie Morris (U17)  
129/2 Jaqueline Benson (U20)  
121/2 Emma Dyos (W40)

**Men**

140/2 David Annetts (M50)  
137/2 George Wilkinson (U20)  
127/2 Trevor Jones (M60)

**Team**

Ilford AC – 625      Enfield & H AC – 588      Ashford AC – 546

**Midland Area (Including Warwickshire, Worcester & Staffordshire) Championships, Stourport (Sun. 17<sup>th</sup> Feb.)**

The weather was reasonably mild for the time of year for the first Midland Championships held on the now established cycle circuit at Stourport Sports Club, *reports Glyn Jones.*

Albeit it was a small entry for the Women's 5km, but with 2 non-starters on the day depleted the field even more so. From the start, Lisa Kehler took command of the race followed by Carolyn Derbyshire and whom both maintained their positions throughout.

In the Men's 10km, there was a keen contest between the leading duo of Mark Williams and Ben Allen, and it wasn't until the end of the penultimate lap that Ben overtook Mark and to finish ahead and take his first ever senior 10km Midland title.

The young age group 2/3km entries were once again very low which is worrying. However, all the youngsters walked well to gain their respective honours."

**Under 13 2km (St = Staffordshire, Wa = Warwickshire & Wo = Worcestershire)**

Pos	Athlete	AG	Club	Perf
1	Kelsey Tozer	U13G	Birchfield Harriers (Wa)	12:39
2	Elena Richards	U13G	Dudley & Stourbridge (Wo)	14:34
3	Daisey Rogers	U13G	Dudley & Stourbridge (Wo)	15:39
4	Elly Lees	U13G	Dudley & Stourbridge (Wo)	15:42

**Under 15 3km (St = Staffordshire, Wa = Warwickshire & Wo = Worcestershire)**

Pos	Athlete	AG	Club	Perf
1	Gabrielle Birch	U15G	Birchfield Harriers (Wa)	21:47

**Women's 5km (St = Staffordshire, Wa = Warwickshire & Wo = Worcestershire)**

Pos	Athlete	AG	Club	Perf
1	Lisa Kehler	W50	Wolv. & Bilston AC (St)	27:08
2	Carolyn Derbyshire	W40	Nuneaton Harriers	28:17
3	Julie Bellfield	W50	Halesowen AC (Wo)	30:24
4	Lynn Bellfield	W50	Halesowen AC (Wo)	32:48
5	Louisa Davidson	W35	Birchfield Harriers (Wa)	34:47
6	Karen Williams	W65	Birchfield Harriers (Wa)	38:25

**Men's 10km (St = Staffordshire, Wa = Warwickshire & Wo = Worcestershire)**

Pos	Athlete	AG	Club	Perf
1	Benjamin Allen	U20M	Leicester Walking Club	56:27
2	Mark Williams	M55	Birchfield Harriers (St)	57:26
3	Peter Boszko	M65	Birchfield Harriers (Wo)	58:32
4	Steve Arnold	M55	Nuneaton Harriers (Wa)	60:23
5	Paul Hawkins	M60	Stratford upon Avon (Wa)	62:33
6	Colin Vesty	M55	Leicester Walking Club	63:15
7	John Constandinou	M45	Birchfield Harriers (Wa)	63:42
8	Stuart Edgar	M45	Dudley & Stourbridge (St)	66:02
9	Roger Michell	M70	Surrey Walking Club	67:34
10	John Gordon		Dudley & Stourbridge	70:34
11	Julian Barnett	M55	Birchfield Harriers (Wa)	76:10
12	David Fall	M70	Birchfield Harriers (Wa)	76:22
	Hardeep Minhas	M60	Leicester Walking Club	DQ

**Murray Lambden Memorial Open Walks, National Sports Centre, Douglas, Isle of Man (Sat. 23<sup>rd</sup> Feb.)**

The annual Manx Harriers Open Race Walking Festival held at the National Sports Centre in Douglas, Isle of Man was re-named this year as the "Murray Lambden Memorial Open Walks". It had a new name, but the event still provided the same excellent early year competition opportunity for race walkers.

**Mixed 20km**

Pos	Athlete	AG	Club	Perf
1	Joe Mooney	U23M	Adamstown Athletic Club (IRL)	1:37:34
2	Jonathan Hobbs	SENM	Ashford Athletic Club	1:40:51
3	David Mapp	SENM	Manx Harriers	1:44:07
4	Adam Cowin	SENM	Manx Harriers	1:47:27
5	Hannah Hunter	W35	Manx Harriers	1:55:09
6	Tony Edwards	M55	Manx Harriers	1:57:36
7	Stewart Jones	M45	Manx Harriers	2:04:42



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8	Jayne Farquhar	W45	Manx Harriers	2:07:00
9	Louise Hollings	W35	Manx Harriers	2:13:23
10	Nicola Raven	W55	Manx Harriers	2:16:12
	David Walker	M45	Manx Harriers	DQ
	Pete Miller	M40	Manx Harriers	DNF
	Yuki Ishida	SENM	Raheny Shamrocks AC (IRL)	DNF

**Mixed 10km**

Pos	Athlete	AG	Club	Perf
1	Oisin Lane	U20M	Mullingar Harriers (IRL)	46:09
2	Gearoid McMahon	U20M	Shannon Athletic Club (IRL)	49:30
3	Matthew Glennon	U17M	Mullingar Harriers (IRL)	49:54
4	Niamh O'Connor	U20W	Celbridge Athletic Club (IRL)	49:56
5	Cian Gough	U20M	Celbridge Athletic Club (IRL)	52:02
6	Maria Flynn	U20W	Naas Athletic Club (IRL)	53:28
7	Sinead O'Connor	SENW	Celbridge Athletic Club (IRL)	55:39
8	Marie Jackson	W55	Manx Harriers	61:28
9	Sharon Cain	W45	Manx Harriers	64:51
10	Maura Kelly	W50	Northern (IOM) Athletic Club	69:53
11	Voirrey Earnshaw-Cain	W55	Northern (IOM) Athletic Club	71:26
12	May Hooper	W50	Manx Harriers	71:44
13	Mark Byrne	M55	Redcar Race Walking Club	83:12
14	Carolanne Hanley	SENW	Northern (IOM) Athletic Club	102:52
	Sarah Glennon	U20W	Mullingar Harriers (IRL)	DNF
	Jennifer Fidgeon	U20W	Mullingar Harriers (IRL)	DNF

**Mixed 5km**

Pos	Athlete	AG	Club	Perf
1	Emily McHugh	U20W	Naas Athletic Club (IRL)	25:22
2	Leah Murphy	U17W	Celbridge Athletic Club (IRL)	27:24
3	Eva Delahunt	U20W	Sligo Athletic Club (IRL)	27:30
4	Ava Ross	U17W	Glaslough Harriers (IRL)	28:11
5	Jane Mitchell	U20W	Moy Valley Athletic Club (IRL)	29:28
6	Alice Bellando	U20W	Manx Harriers	31:59
7	Vicki Heavey	W45	Northern (IOM) Athletic Club	32:36
8	Keira Heavey	U17W	Northern (IOM) Athletic Club	33:05
9	Lalage Earnshaw-Cain	SENW	Unattached	33:11
10	Phil Swales	M50	Northern (IOM) Athletic Club	35:04
11	Maureen Ratcliffe	W65	Unattached	47:26

**Junior 3km**

Pos	Athlete	AG	Club	Perf
1	Mia Dunwell	U15G	Northern (IOM) Athletic Club	16:06
2	Abbie Edwards	U15G	Manx Harriers	18:59

**Junior 2km**

Pos	Athlete	AG	Club	Perf
1	Abbie Murphy	U13G	Celbridge Athletic Club (IRL)	13:34
2	Grayse Fletcher	U13G	Unattached	14:03
3	Alex Nicoll	U13G	Manx Harriers	14:42

**Under 11 1km**

Pos	Athlete	AG	Club	Perf
1	Amy Surgeon	U11G	Unattached	7:42
2	Lilee Fletcher	U11G	Unattached	7:46
3	Harrie Swales	U11B	Northern (IOM) Athletic Club	9:14
4	Aalin Heavey	U11G	Northern (IOM) Athletic Club	9:17

**Sarnia Walking Club Bob Wright Handicap Series Race Seven  
3 Kilometres Road Walk, Cambridge Park (Sun: 24<sup>th</sup> Feb.)**

Jayne Le Noury won the Bob Wright handicap series trophy, named in honour of her father for the 5<sup>th</sup> time, **reports Rob Elliott**, after the seven race series finished with a 3 kilometres walk at Cambridge Park. In good weather conditions for the time of year, she couldn't end the series with a race win but did enough to keep the eventual second placed walker overall a few points adrift. Stuart Le Noury, second overall didn't quite walk through the field from his back marker position but had a good go at it managing third place in the race, falling short of catching race winner Peter Beckerleg and Mick Le Sauvage.

Stuart's time of 14:36 was the quickest actual time of the day, passing second and third quickest Rob Elliott, 17:12 and Donna Allan 17:43 in the final 100 metres. There were plenty of positional changes in the final 100 or so metres with six walkers finishing within 21 seconds of each other. Five of those finishing in a nine second gap.

**Mixed 3km (B)**

Pos	Athlete	AG	Club	Watch/Actual
1	Peter Beckerleg	M56	Sarnia Walking Club	22:57/20:27
2	Mick Le Sauvage	M75	Sarnia Walking Club	23:10/22:10
3	Sturat Le Noury	SENM	Sarnia Walking Club	23:21/14:36
4	Jayne Le Noury	W55	Sarnia Walking Club	23:23/23:23
5	Rob Elliott	M55	Sarnia Walking Club	23:27/17:12
6	Donna Allan	W40	Sarnia Walking Club	23:28/17:43
7	Kevin Le Noury	M60	Sarnia Walking Club	23:30/20:00
8	Phil Lockwood	M45	Sarnia Walking Club	23:41/18:56
9	Kay Coulson	W50	Sarnia Walking Club	25:34/24:04

**Bob Wright Trophy (5 from 7 Races):** Jayne Le Noury wins the trophy ahead of son Stuart Le Noury and Rob Elliott. A close fight for 4<sup>th</sup> with one point separating the walkers with Kevin Le Noury heading Peter Beckerleg, Donna Allan and Mick Le Sauvage by a point. Latter three walkers separated by count back on their races points scored.

**1** Jayne Le Noury 96, **2** Stuart Le Noury 94, **3** Rob Elliott 88, **4** Kevin Le Noury 85, **5** Peter Beckerleg 84, **6** Donna Allan 84, **7** Mick Le Sauvage 84, **8** Phil Lockwood 77, **9** Kay Coulson 38, **10** Kevin Allan 34, **11** Wendy Wilson 33, **12** Dave Dorey 25, **13** Olga Le Noury 24.



**Rob Elliott – Jayne Le Noury – Stuart Le Noury**

**UPCOMING EVENTS**

**March**

Sat 9 <sup>th</sup> (B)	Cecil Gittins Memorial Walks	Gravesend Cyclopark
Sun 10 <sup>th</sup> (A)	British Masters Indoor Champs	Lee Valley
Sun 10 <sup>th</sup> (B)	Eric Waldron 2 Mile (Sarnia W.C.)	Footes Lane
Sat 16 <sup>th</sup> (A)	Slater Bryce Memorial Races	Horsham
Sat 16 <sup>th</sup> (A)	Kent/Middx/Herts Indoor Champs	Lee Valley
Sat 23 <sup>rd</sup> (A)	RWA Inter-Area Match	Sutcliffe Park
Sun 24 <sup>th</sup> (B)	Ken Munro Trophy 10 Mile	Dalton, N. Yorkshire
Sun 31 <sup>st</sup> (B)	Sarnia WC 5km Championship	Saumarez Park