



Race Walking Record

January 2019



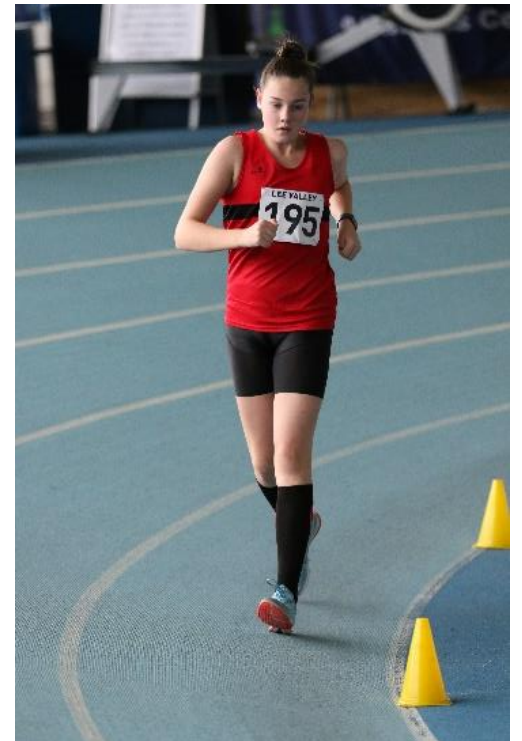
Luc Legon



Penelope Cummings & Bea Fury



Christian Hopper



Katie Stringer

Lee Valley New Year's Day Indoor Open Meeting 2019

Photographs courtesy of Mark Easton (<http://markeaston.zenfolio.com>)



Coventry Godiva Harriers

present the

Molly Barnett Open Road Walks

including

England Athletics 10km Championships and RWA Young Age Group Grand Prix

(to be held in accordance with UKA Rules of Competition)

Sunday 3rd March 2019

**Coventry Godiva Clubhouse, University of Warwick
Kirby Corner Road, Coventry, CV4 7AL**

Revised course is a 1k lap without the small loop

Programme

12:30	1km	Under 11 Boys & Girls <i>(U11 race on the track with Godiva Kids Challenge)</i>
13:10	2km	Under 13 Boys & Girls
13:35	3km	Under 15 Boys & Girls
13:50	5km	Under 17 Men & Women
13:50	5km	Under 20 Women & Senior Women
14:25	10km	Under 20 Men & Under 20 Women
14:25	10km	Senior Men & Senior Women

Entry Fees

Seniors £10.00; Under 20s £6.00; Teams of 3 £4.00

(Second claim members accepted as per UKA Rules)

Closing Date for Entries: **20th February 2019**

Entries after the closing date: £2 levy and not eligible for prizes

Entries to: Keith Richards

8 Beswick Gardens, Bilton, Rugby, Warwickshire, CV22 7PP

E-mail: keishe@talktalk.net Tel: 01788 812208

IN THE NEWS



IAAF Race Walking Committee - Proposals

On 10th January the IAAF Race Walking Committee circulated a document to National Federations seeking opinion(s) on a series of proposals, requesting that responses be made in time for the Committee to discuss these proposals at their meeting on the first weekend in February.

It is not intended through RWR to enter into the merits or otherwise of these proposals and acknowledge that it is not possible for further responses to be forwarded to the IAAF RW Committee. There has been plenty of online discussion on social media on the subject and the response by Peter Marlow for both himself and UKA has been reproduced in this edition.

Sent on behalf of IAAF Race Walking Committee Chair, Maurizio Damilano

To: IAAF Member Federations

Re: Race Walking Programme Proposals

Date: January 10, 2019

Following extensive consultations and input, the members of the IAAF Race Walking Committee have refined their options for proposed change. At this time, we would like your assistance in circulating the following request for input to athletes and coaches within each Member Federation. The changes will be discussed by the IAAF Race Walking Committee at its upcoming meeting on February 2, 2019.

Rationale: The IAAF Race Walking Committee wants to ensure growth and development of the discipline and considers that, for various reasons as outlined in our previous communications, now is the time for radical changes to support this objective.

Proposals:

- 1) Maintain four individual events (two male and two female to ensure gender equality) on the Championships programme for the foreseeable future with options for innovative formats that align with the IAAF's attempts to adapt to the changing world marketplace for participants, spectators, media and sponsors.
- 2) Introduction of the Race Walking Electronic Control System (RWECS) for use in competition by 2021* to increase credibility of the discipline and facilitate the feasibility of different distances. Without this technology, we strongly advise against changing the current distances.
- 3) Along with changing the way in which the discipline is judged, to make it more attractive in the marketplace, major championships distances must also evolve. The senior championship distances currently under consideration are: 10km (or 10,000m); and 30km. Distances will be the same for both men and women. The distances recommended for U-20 and younger developing athletes would be adapted as well to ensure the younger athletes remain race walking through these formative years.
- 4) The above changes will be effective as of January 1, 2021*.

***Successful introduction & distribution of insole (RWECS) must be in place by 2020 for this to occur. All dates are subject to confirmation as research and development enters its final stage this year of testing and finding commercial partners. But 2021 is the aim.**

Dear Luis,

Thank you for your email. I have considered the proposals and have also been in discussions with UK Athletics on the matter and I have been asked by them to respond on their behalf as well as my own.

I am aware of many responses around the world to the proposals and I have tried not to repeat these even though I agree with them and instead share the outcome of my discussions with UKA.

We discussed the contents of your letter and were able to take on board numerous other comments after many discussions, email exchanges and of course by reading social media.

Firstly, the IAAF Race Walking Committee (RWC) should be congratulated for reaching out to the Race Walking Community (RWCom) and other interested parties for their views on the future of race walking. This of course is in stark contrast to the actions taken under a veil of secrecy back in 2017.

The proposal suggests maintaining four individual events, whilst in contrast to the earlier suggestion of only two events, I believe is one that the RWCom fully support. However where does the idea of 10km and 30km come from. What is wrong with the current programme of 20km and 50km? It cannot be because it is too long, there are many sporting events that last longer but with the right coverage and camera work, they prove to be exciting and we offer the Rio Olympic 50km as an example of how it can work for race walking. Also, the London 2017 Festival of Race Walking was a massive success as was Berlin 2018.

In the last two years the IAAF have introduced a women's 50km event yet the RWC are suggesting that the good work done by the IAAF should be cast aside in favour of short distance events. From seven athletes at London 2017 to thirty two in Taicang and followed by twenty in Berlin shows that there is a definite growing interest in the event. We suggest that the RWC should focus on making the current programme of events more relevant and exciting in order to promote the event rather than just changing the distances.

As for development of younger athletes and the reduction of attrition, no one has ever said that race walking is easy but by introducing step up distances, say 30km or 35km for Under 23 age groups as they do in some European countries we could encourage, develop and prepare athletes for 50km should they be so inclined.

In respect of the electronic shoe (RWECS). I was able to share with them all of the correspondence on the matter and from most recently the excellent email from Maryanne Daniel. UKA raised many interesting and valid points that I present to you below.

When is the insole being tested in real terms given that the RWC state that it will be ready for use in 2021?

What is the cost of the insole for participating athletes and race organisers?

We suggest that it is most likely that the majority of race walking events will not be able to afford the technology so how will this affect qualifying races and performances for major championships?

The introduction of such technology will as you suggest lead to a change in the rules of race walking but given that most races will not be using the technology does this mean that we will have two definitions for the one event?

Our bottom line is that there are so many unanswered questions around the RWECS that we feel that to rush it through would most likely lead to the introduction of something that we are not ready for. Maryanne Daniel raised numerous points that no one has yet thought of and who knows what the wider race walking community will think of.

Finally, UKA express deep concern in the short timescale allowed by the RWC in seeking a response to their proposal and we worry that you are merely carrying out a tick box exercise and are already planning on submitting your proposals, signed sealed and delivered, regardless of any responses you may receive that may or may not support them. UKA truly hope that this is not the case and await your responses on the matters raised.

Peter Marlow





Selection Policies

European Race Walking Cup 2019

British Athletics have announced details of the selection policy for the 2019 European Race Walking Cup to be staged in Alytus (LTU) on the 19th May. The British Athletics qualification standards are:

Men	Event	Women
4:09:00 (50km) 1:27:00 (20km)	Senior 50km	4:40:00 (50km) 1:40:00 (20km)
1:27:00 (20km) 4:05:00 (50km) 42:00 (10km)	Senior 20km	1:39:00 (20km) 4:30:00 (50km) 47:30 (10km)
45:00	Junior 10km	52:00



Selection Opportunities

England Athletics is looking to support developing athletes and provide international experience towards major Championships. England Athletics will look to select individuals for appropriate international competition given their current performance level.

Lugano Trophy, Lugano (SUI) 17th March:

Senior competition opportunity, EA aim to select two per event. Advertised standards are:

Men	Event	Women
1:28:00	Senior 20km	1:40:00

EAA Permit Meeting, Dudince (SVK) 23rd March:

Senior competition opportunity, EA aim to select two per event. Advertised standards are:

Men	Event	Women
4:14:00	Senior 50km	4:40:00

EAA Permit Meeting, Podebrady (CZE) 6th April:

EA aim to select two per senior event, two per junior event and 1 per U18 Boys & Girls events. Advertised standards are:

Men	Event	Women
1:28:00	Senior 20km	1:40:00
46:00	Junior 10km	52:30
48:00	U18 (10k Boys & 5k Girls)	25:00

Full policy at: <https://d192th1lqal2xm.cloudfront.net/2019/01/2019-England-Athletics-representative-opportunities-for-Race-Walking.pdf>



Race Walking Association Annual General Meeting (14th Jan.)

The AGM was held at Pingles Stadium (Nuneaton). Eight attended from outside of the Officers & Committee. Sheffield's popular former International Helen Elleker is your new RWA President. RWA Honorary Secretary Colin Vesty was elected Vice President. All other officers were re-elected unopposed: except for a post of Coaching & Development Officer being unfilled, at a time when numbers in our discipline aren't high. Long-serving RWA Southern Area Secretary and current Southern Area President Chris Flint was voted-in as an esteemed Race Walking Association Life Member.

The following positions were elected unopposed:

Chairman	Glyn Jones
Hon. General Secretary	Colin Vesty
Hon. Treasurer	Mark Easton
Hon. Championship Secretary	Peter Marlow
Coaching & Development	Mark Wall
International Committee Chair	Pam Ficken
Press and Publicity Officer	John Constandinou
Hon. Auditor	John Elrick

International Results

Elan Indoor Meeting, Bratislava (SVK), (Sun. 27th Jan.)



The 2019 Elan Indoor meeting included a number of international athletes.

The women's 3000m was won by Maria Czaková (SVK) in 12:36.00, the second fastest time in the world in 2019 (*Meryem Bekmez (TUR) leads with 12:35.33 set in Istanbul on 13th Jan.*), five seconds ahead of Guatemalan Mirna Ortiz. Maddy Shott making her international debut for England finished fifth in a new personal best of 14:38.11.

Alex Wright (IRL) set a blistering pace in the 5000m walk which none could match as he led the entire race clocking of 19:10.76. Second place went to Erick Barrondo (GUA) in 19:21.18 and third place went to Cameron Corbishley (ENG) recording his first sub-20 clocking for 5000m with 19:49.53.

Women's 3000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Maria Katerinka Czaková		SVK 12:36.00	
2	Mirna Sucely Ortiz		GUA 12:41.36	
3	Hana Burzalova		SVK 13:44.92	PB
4	Kate Veale		IRL 13:52.68	
5	Maddy Shott		ENG 14:38.11	PB
6	Alexandra Pastierikova		SVK 16:38.79	
7	Dana Cerna		SVK 18:32.53	
8	Nikoleta Sevcikova		SVK 18:39.16	



Maddy Shott (N° 44)

Men's 5000m (i)

Posn	Athlete	Nation	Perf	Notes
1	Alex Wright		IRL 19:10.76	
2	Erick Barrondo		GUA 19:21.18	PB
3	Cameron Corbishley (U23)		ENG 19:49.53	PB
4	Daniel Kovac (U20)		SVK 20:43.87	PB
5	Lubomir Kubis (U20)		SVK 20:41.52	PB
6	Milan Rizek		SVK 20:54.79	
7	David Kenny		IRL 21:13:58	PB
	Dominik Cerny		SVK DNF	

National Results

England Athletics Indoor Walks Championships, E.I.S. Sheffield (Sun. 6th Jan.)

Cameron Corbishley won the English 3000m Indoor walk championship on his seventh attempt, with a time of 11:54.8. On the women's side, the title went to Belgrave Harrier Madeline Shott, with 14:49.6, her first indoor race.

Mixed 1000m (i)

Pos	Athlete	AG	Club	Perf
1	Ellis Simmonds	U13B	2 DASH	5:44.09
2	Ben Healey	U13B	2 DASH	6:21.14
	Lucy Walker	U15G	2 DASH	DQ 230.7a

Women's 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Maddy Shott	SENW	Belgrave Harriers	14:49.57
2	Pagen Spooner	U20W	Hyde Park Harriers	16:15.98
3	Carolyn Derbyshire	W40	Nuneaton Harriers	16:23.43
4	Beatrice Fury	U20W	Medway & Maidstone AC	17:50.63
5	Wendy Kane	W50	Notts Athletic Club	18:39.64
6	Lara MacColl	U17W	C of Sheffield & Dearne	19:54.19
	Ana Garcia	U20W	C of Sheffield & Dearne	DQ 230.7a

Men's 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Cameron Corbishley	U23M	Medway & Maidstone AC	11:54.83
2	Christopher Snook	U20M	Aldershot Farnham & Dist.	12:41.34
3	Tom Partington	U23M	Manx Harriers	12:52.25
4	Luc Legon	U23M	Bexley Athletic Club	13:41.80
5	Matthew Crane	U20M	Bexley Athletic Club	14:50.32
	Ollie Hopkins	U20M	Lewes Athletic Club	DQ 230.7a
	Tim Snook	U23M	Aldershot Farnham & Dist.	DQ 230.7a



Young Athletes Grand Prix Fixtures 2019

The normal Grand Prix opener will not be going ahead in early February. It is hoped to find a spot in the fixture calendar later in the year. The date of the Jeff Ford Memorial Walks in Sheffield has yet to be confirmed – but could be on 6th April.

Molly Barnett Open Walks	Coventry	3 rd Mar.
Race Walking Assoc. Inter-Area Match	Eltham	17 th Mar.
Race Walking Assoc. National Champs.	Coventry	28 th Apr.
England Athletics Under 20 Track Champs.	Bedford	23 rd Jun.
England Athletics U13/15 Track Champs.	Bedford	1 st Sep.

(Guests will be permitted to race in the YAG events at the Inter-Area)

Under 20, Under 17 & Under 15 four best scores counted

Under 13 three best scores counted

(A minimum of two races must be completed to be eligible for an award)

For further information contact Brian Adams

Email: thebrianadams@hotmail.com

John Wish R.I.P.

The Race Walking Association is saddened to report the passing of former International Race Walking Judge John Wish aged 88.

Midlands-based John was a former Royal Air Force test pilot. We sadly said farewell to his wife Jill, also an official, last year.

We extend condolence to the family, who include former GB international Sally Ann.

Domestic Results

Lee Valley New Year's Day Indoor Open Meeting, Lee Valley Athletics Centre (Tue. 1st Jan.)

The now traditional New Year's Day Indoor Meeting at Lee Valley, for 2019 included walks for the first time.

Luc Legon with 13:41.47, and Penelope Cummings with 16:56.84, were the male and female winners of the 3000m.

David Annetts took second having closed in on Legon in the closing stages but was not quite able to bridge the gap. Jonathan Hobbs took third after a race long battle with Matthew Crane who clocked a personal best.

Cummings was involved a three-way battle early on with Mark Culshaw and Beatrice Fury who also came away with a personal best.

The 1000m was poorly supported with just two entrants, with the win going to Christian Hooper ahead of Kate Springer, both walking personal bests.

Mixed 3000m (i)

Pos	Athlete	AG	Club	Perf
1	Luc Legon	U23M	Bexley Athletic Club	13:41.47
2	Davis Annetts	M50	North Herts Road Runners	13:43.95
3	Jonathan Hobbs	SENM	Ashford Athletic Club	14:15.38
4	Matthew Crane	U20M	Bexley Athletic Club	14:16.88
5	Francisco Reis	M55	Surrey Walking Club/POR	14:58.82
6	Penelope Cummings	W40	Herne Hill Harriers	15:56.84
7	Mark Culshaw	M50	Iford Athletic Club	17:01.28
8	Beatrice Fury	U20W	Medway & Maidstone AC	17:09.28
9	Abigail Smith	U15G	Blackheath & Bromley	17:29.57
10	Stuart Bennett	M60	Iford Athletic Club	17:42.61
11	Hannah Hopper	U17W	Cambridge Harriers	18:33.52
12	Sue Davies	W50	Aldershot Farnham & Dist.	19:03.47
13	Lesley Morris	W55	Iford Athletic Club	20:33.63
14	Geraldine Legon	W60	Bexley Athletic Club	20:48.45

Mixed 1000m (i)

Pos	Athlete	AG	Club	Perf
1	Christian Hopper	U15B	Cambridge Harriers	5:09.28
2	Katie Stringer	U15G	Medway & Maidstone AC	5:22.40

Up and Running (Isle of Man) Winter League Walk Ronaldsway (Sun. 6th Jan.)



Mixed 10km

Pos	Athlete	AG	Club	Watch/Actual
1	Alison Crellin-Dodd	W40	Unattached	76:07/69:08
2	Adam Killip	SENM	Unattached	77:28/56:04
3	Tony Artz	M55	Unattached	78:28/72:56
4	May Hooper	W50	Unattached	78:29/70:49
5	Jane Artz	W45	Unattached	78:52/78:52
6	Jeff Black	M60	Unattached	79:26/72:28
7	Voirrey Earnshaw-Cain	W55	Northern (IOM) AC	79:36/68:11
8	Andy Baxendale	M45	Isle of Man Veterans AC	79:37/68:49
9	Gordon Erskine	M75	Unattached	79:41/74:09
10	Tony Edwards	M55	Manx Harriers	79:41/57:16
11	Stuart Gibson	M45	Unattached	80:32/66:41

12	Kathryn Clough	W45	Isle of Man Veterans AC	80:43/64:19
13	Colin Stephen Moore	M55	Isle of Man Veterans AC	80:44/71:23
14	Nikki Raven	W55	Manx Harriers	81:01/65:17
15	Maura Kelly	W50	Northern (IOM) AC	81:08/70:37
16	Louise Hollings	W35	Manx Harriers	81:20/64:50
17	Hannah Hunter	W35	Manx Harriers	81:27/57:17
18	Jayne Farquhar	W45	Manx Harriers	81:32/62:18
19	Kerry Palmer	W45	Unattached	81:35/69:26

Mixed 5km

Pos	Athlete	AG	Club	Perf
1	Phillip Swales	M50	Unattached	35:52
2	Diane Brown	W45	Unattached	38:13
3	Norbert Will	M80	Ballymena & Antrim AC	36:33
4	Vicki Heavey	W45	Northern (IOM) AC	32:47
5	Angie Robinson	W50	Unattached	33:56
6	Angela Corkish	W70	Isle of Man Veterans AC	37:45
7	Sylvia Kennaugh	W70	Isle of Man Veterans AC	36:46
8	Lalage Earnshaw-Cain	SENW	Unattached	33:41
9	Kiera Heavey	U17W	Northern (IOM) AC	DNF

Junior 3km

Pos	Athlete	AG	Club	Perf
1	Abbie Edwards	U15G	Manx Harriers	18:54
2	Daniel Bassett	U13B	Manx Harriers	22:35

Junior 2km

Pos	Athlete	AG	Club	Perf
1	Conor Bassett	U11B	Unattached	14:16
2	Alex Nicoll	U13G	Unattached	14:27
3	Lois Brown	U13G	Unattached	14:47
4	Mollie Swales	U11G	Unattached	16:59

Junior 1km

Pos	Athlete	AG	Club	Perf
1	Harrie Swales	U7B	Unattached	8:27
2	Aalin Heavey	U7G	Unattached	8:39

Enfield League 5 Mile, Donkey Lane, Enfield (Sat. 12th Jan.)

The race, held in dry overcast conditions, with the temperature around 10°C, was dominated by Dave Annetts who had a significant winning margin. He had close attendance from Maddy Shott and George Wilkinson for the first couple of miles then walked away from them. Nevertheless, the performance of Maddy Shott, who has gained her first International selection following her win at the England Athletics Indoor Championships, confirms her progress in the discipline.

A feature of the race was the fine showing of the four Kent ladies who made the lengthy journey from south of the river and all of whom easily qualified for their "5 in the Hour" badges as indeed did Ilford's Emma Dyos.



It was good to see former League champions Anne and Trevor Jones at the event, the latter showing that he has not lost the action to travel at a decent pace.

The number of participants was six down on down 2018, but the standard considerably higher. Last year 12 walkers (8 men and 4 women) bettered 50 minutes and this year it was 15 (8 and 7). In 2018 25 walkers bettered the hour, this year it was 29. The young ladies from Kent not only brought the times down, but also the average age of the competitors.

Centurion and Enfield stalwart Ken Livermore presented the awards for the 2018 season among them "The Officials Trophy" in recognition for his unstinting services, often behind the scenes to the ERWL as well as racing whenever he can.



Jaqueline Benson – Lesley Hall – Grace Whittingham – Mille Morris – Chris Hobbs

Mixed 5 Mile (B)

Pos	Athlete	AG	Club	Perf
1	David Annetts	M50	North Herts Road Runners	38:54
2	Maddy Shott	SENW	Belgrave Harriers	40:54
3	George Wilkinson	U20M	Enfield & Haringey AC	42:31
4	David Crane	M40	Surrey Walking Club	42:41
5	Jim Ball	M55	Steyning Athletic Club	46:13
6	Millie Morris	U17W	Medway & Maidstone AC	46:28
7	Jacqueline Benson	U20W	Ashford Athletic Club	46:45
8	Grace Whittingham	U17W	Ashford Athletic Club	47:20
9	Christopher Hobbs	M60	Ashford Athletic Club	47:21
10	Trevor Jones	M60	Steyning Athletic Club	47:33
11	Emma Dyos	W40	Ilford Athletic Club	48:13
12	Martin Fisher	M55	Redcar Race Walking Club	48:22
13	Stuart Bennett	M60	Ilford Athletic Club	48:26
14	Helen Middleton	W55	Enfield & Haringey AC	48:28
15	Melanie Peddle	W50	Loughton Athletic Club	49:53
16	Mark Culshaw	M50	Ilford Athletic Club	49:54
17	John Hall	M65	Belgrave Harriers	51:32

**Cecil Gittins Memorial Walks**

Incorporating Enfield League

Saturday 9th March 2018 at 1pm

Gravesend Cyclopark, The Tollgate, Watling Street,
Gravesend, Kent, DA11 7NP

Choice of Distances – 2.5k/5k/10k/15k

Entries in Advance preferred

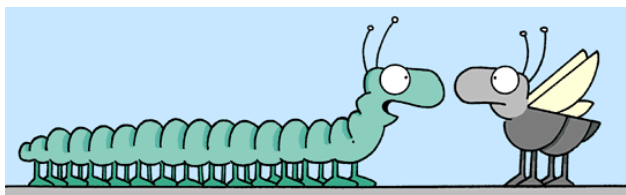
Entry Fees: Senior/U20 £5.00 – U17/U15 £2.50

Entries on the Day = £7.00 & £4.50

Enquiries: to David Hoben, walks@vetsac.org.uk or
07507 158605

Entry Form can be downloaded at

<http://www.vetsac.org.uk/Forms/CGwalksentryform2019.pdf>



"I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise."

18	John Ralph	M60	Enfield & Haringey AC	52:08
19	Rachel Lawless	W55	Ilford Athletic Club	53:29
20	Fiona Bishop	W55	Enfield & Haringey AC	54:30
21	Noel Blatchford	W70	Abingdon Athletic Club	55:00
22	Sue Barnett	W65	Enfield & Haringey AC	55:15
23	Lesley Hall	W60	Ashford Athletic Club	55:20
24	Lesley Morris	W55	Ilford Athletic Club	56:09
25	Jo Miles	W60	Unattached	56:13
26	Malcolm Blackwood	M65	Trent Park Running Club	56:46
27	Steve Cartwright	M60	Colchester & Tendring AC	57:19
28	Shaun Lightman	M75	Surrey Walking Club	57:41
29	Bob Dobson	M75	Ilford Athletic Club	59:18
30	Arthur Thomson	M80	Enfield & Haringey AC	62:24

Have you set your season's targets yet?

Enfield Race Walking League Awards: The ERWL presents Badge Awards to walkers who attain **5, 6, and 7 miles in an hour** and plaques (Similar to the one pictured below presented to Arthur Thomson by the RWA in 1961) for **8 miles** covered in that time. A badge is also presented to walkers who qualify as **Leaguers** which involves participating in six races in a calendar year.



Sarnia Walking Club Bob Wright Handicap Series Race Five 5km Road Walk, Vale, Guernsey (Sun. 13th Jan.)

Jayne Le Noury heads the seven race handicap series after five of the races with her third win in a row, **reports Rob Elliott**. Over a distance of 5 kilometres walked in windy conditions, with the worst of it head on, it was tough going on the long straight section of the three lap course. Set off first Jayne was not likely to be caught as the race neared its conclusion, as she crossed the line in 38:56, almost a minute ahead of Donna Allan in second place. Third place went to Peter Beckerleg. Rob Elliott, back in sixth place walked the fastest time of the day with his 29:38, ahead of Donna Allan in 30:20.

Mixed 5km (B)

Pos	Athlete	AG	Club	Watch/Actual
1	Jayne Le Noury	W55	Sarnia Walking Club	38:56/38:56
2	Donna Allan	W40	Sarnia Walking Club	39:40/30:20
3	Peter Beckerleg	M60	Sarnia Walking Club	40:26/35:26
4	Kevin Le Noury	M60	Sarnia Walking Club	40:42/34:42
5	Mick Le Sauvage	M75	Sarnia Walking Club	40:55/37:55
6	Rob Elliott	M55	Sarnia Walking Club	41:08/29:38
7	Phil Lockwood	M45	Sarnia Walking Club	42:21/34:21
8	Dave Dorey	M70	Sarnia Walking Club	43:46/41:46

Sarnia Walking Club 750 Metre Pace Judgement Challenge Cambridge Park, Guernsey (Sun. 20th Jan.)

In a light hearted event, the Sarnia walkers had a six lap pace judgement challenge over 750 metres at Cambridge Park. The idea is to get all the individual lap efforts as close together time wise as possible without the aid of watches being worn.

With four laps completed Stuart Le Noury and Rob Elliott had managed to walk all their laps at the same pace with times of 4:06 and 4:13 respectively. Kay Coulson and Kevin Le Noury with three second gaps were next in line. Rob blew his chance of victory with a fast last lap of 4:09, whilst winner Stuart, although picking up speed only did so by a three seconds. Kay carried on with her consistent efforts to end up in equal second place with Elliott, with a five seconds difference. Stuart Le Noury took the win with his three second difference.

Pos	Athlete	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Diff
1	Stuart Le Noury	4:06	4:06	4:06	4:06	4:03	4:03	0.03
=2	Rob Elliott	4:13	4:13	4:13	4:13	4:14	4:09	0.05
=2	Kay Coulson	5:54	5:53	5:56	5:54	5:55	5:51	0.05
4	Mick Le Sauvage	5:47	5:44	5:50	5:49	5:50	5:44	0.06
5	Dave Dorey	5:36	5:34	5:43	5:42	5:43	5:34	0.09
6	Kevin Le Noury	5:00	4:57	4:59	4:58	4:55	4:50	0.10



2019 Tower Insurance Isle of Man 100 Mile Race Walk Sat. 17th & Sun. 18th August

Entries are now open for the 2019 100 Mile Race (Incorporating the Race Walking Assoc. Long Distance Championships) to be held in Castletown on the Isle of Man.

<http://www.isleofman100milewalk.co.uk/13.html>

UPCOMING EVENTS

February

Sat. 9 th (B)	Steyning Open 15km	Steyning
Sun. 10 th (A)	British Athletics Indoor Champs	Birmingham
Sun. 10 th (B)	Sarnia WC 10km Road Walk	Amarreurs Road
Sat. 16 th (B)	Enfield League 5 Mile	Donkey Lane, Enfield
Sun. 17 th (A)	Midland Championships	Stourport
Sun. 24 th (B)	Sarnia WC Handicap 3km	Cambridge Park
Sun 24 th (A)	Masters Inter-Area Match	Lee Valley

March

Sun 3 rd (A)	Molly Barnet Open & EA 10km	Coventry
Sun 3 rd (B)	Philadelphia Team (Sarnia W.C.)	Amarreurs Road
Sat 9 th (B)	Cecil Gittins Memorial Walks	Gravesend Cyclopark
Sun 10 th (A)	British Masters Indoor Champs	Lee Valley
Sun 10 th (B)	Eric Waldron 2 Mile (Sarnia W.C.)	Footes Lane
Sat 16 th (A)	Slater Bryce Memorial Races	Horsham
Sat 16 th (A)	Kent/Middx/Herts Indoor	Lee Valley
Sat 23 rd (A)	RWA Inter-Area Match	Sutcliffe Park
Sun 24 th (B)	Ken Munro Trophy 10 Mile	Dalton, N. Yorkshire

