

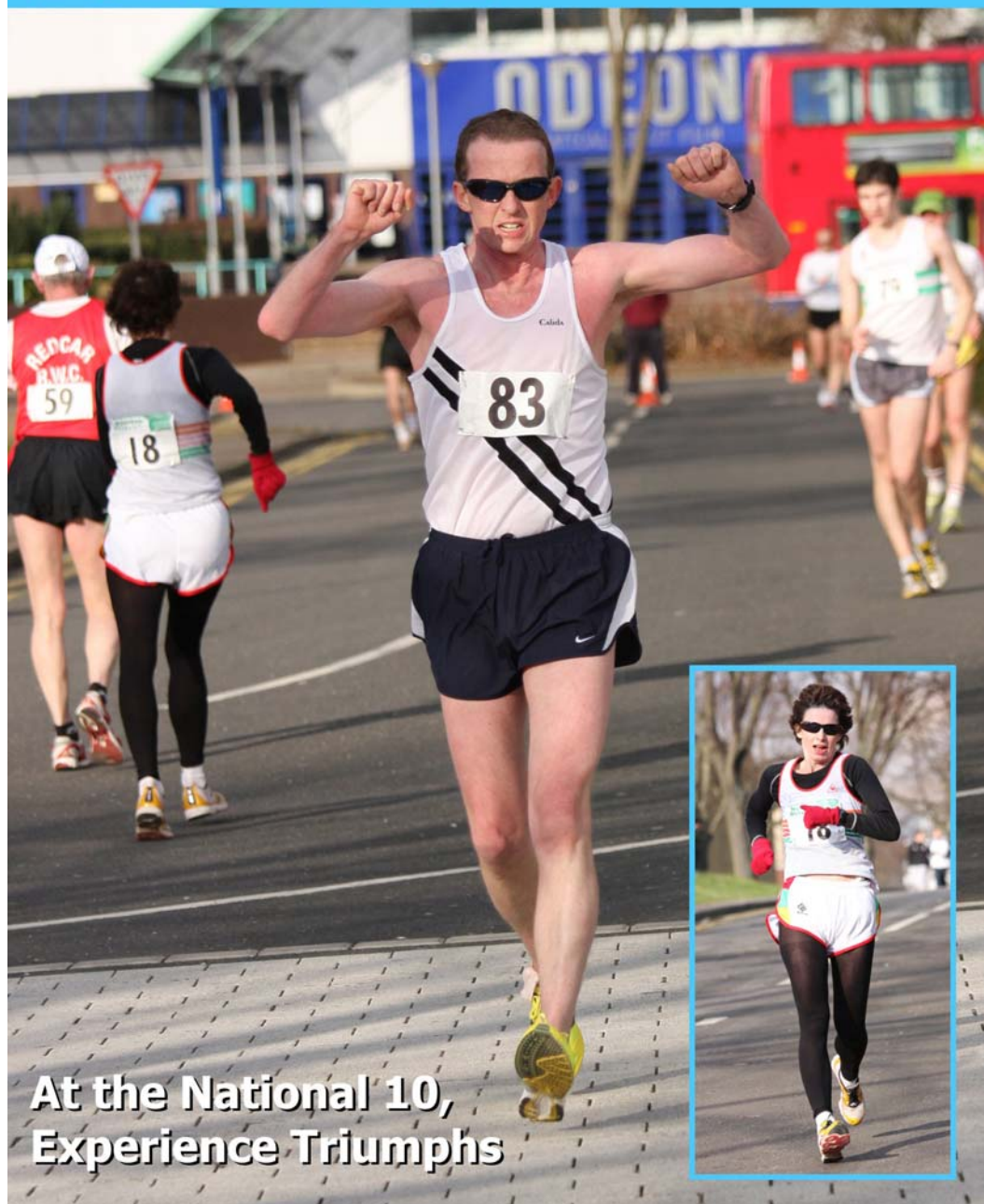
RACE WALKING RECORD

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**At the National 10,
Experience Triumphs**

FRONT COVER: *Darrell Stone crosses the finish line to become the 2010 National 10 Mile Champion at Picketts Lock.* **PHOTO'S:** by Mark Easton **ALSO:** Lisa Kehler on her way to winning the Womens race.

Editorial

The race walking season is progressing well. Around the world athletes are setting their marks, trying to qualify for upcoming major events. In the UK too, many great performances are also being set up and down the country. We can all tell that greater things are to come this year.

While some events see large turnouts, others only have a handful of people. This doesn't indicate our sport is in decline though - it just means that when athletes are presented with multiple events to choose from, they sometimes have to make difficult decisions. Some of us would love to do them all, and in race walking more than any other athletics event athletes have been known to compete in multiple races at separate locations on the same day whenever they can. Even the great Don Thomson decades ago would race in a small event with only one other person and then immediately head off to race at another much larger event.

The benefits of having larger fields in a race are obvious. People are more willing to enter an event when there are lots of other people already doing it. Competitors also perform better, having an advantage in being pulled along by others. Passers by are more likely to show interest and encouragement if there is a large group of people doing the same thing, and it also becomes more of a spectator sport and more widely known. People in the parks frequently ask us what it's all about...

This far into the season, and injuries and accidents are affecting some of the most committed walkers - we all wish them a speedy recovery, and I'm sure they will be back racing as soon as they can. A few walkers though seem to appear only very occasionally, saving themselves for 'the big race'. We all have our own methods that suit us best, but it is devastating waiting for the big day and then getting ill, so remember to have fun, enjoy yourself, and do a few more races for practice..!

Magazine info

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Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net

ENGLAND RACE WALKING SWEATSHIRTS

SHOW YOUR SOLIDARITY IN COMMONWEALTH GAMES YEAR

Wear a red sweat shirt with the "**England Race Walking**"
And Cross of St. George design.

Sizes available: S, M, L, XL, XXL
Price £15 + £2 p. & p.;

Order one to be collected at an event and save the postage!

Orders to: Pauline Wilson, Hufflers, Heard's Lane, Shenfield, BRENTWOOD,
CM15 0SF, with cheques payable to her.

All profits go towards providing the white sweatshirts awarded to the
Y.A.G. Grand Prix winners and to helping the young walkers in general.

The Bradford Walks 2010:

Monday 31st May - Spring Bank Holiday

Events 35km & supporting 15km

Start time 11.00 a.m.

Changing venue: Jenny Lane, Baildon - Sat Nav BD17 6

The course will be over a 7km circuit around Baildon Moor, near Bradford.

Entry fees: 35km - £6. 15km - £4
Entries close 19th May.

Please post entries to Alan Brooks at;
The Well Spring, 50 Fieldhead Lane, Birstall, West Yorkshire WF17 9BJ

The future of this event depends on the walkers. The passing of the traditional course is regrettable but long point to point courses are out in today's risk averse society. Please come and try this new version of the oldest continual walking event in the UK.

Good prizes for individuals, teams, dependant on entries.

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News

IAAF Decisions

The IAAF council approved the dates of 12th and 13th May 2012 for the 25th IAAF World Race Walking Cup being held in Saransk, Russia.

It was also announced that the Chinese city of Taicing - who had bid to host the 26th World Race Walking Cup - has now accepted the council's proposals to host the event in 2014 after agreement by the Chinese Athletics Association.

2015 IAAF World Championships in Athletics: By the deadline of 10 March, letters of Intent have been received from Beijing and London, as well as from the Polish city of Chorzow, a city of 2 million people in the Silesian region. The decision on the 2015 host will be taken at the November 2010 Council meeting.

2013 World Youth Championships: Letters of intent have been received from Nassau, Bahamas and Greensboro, USA, and Slovenia (city

tb) and a decision is expected in November 2010.

More Honours by Russia for Walking

The All-Russian Sports Organization has named its 2009 laureates for the prestigious "National Star of Sport" awards - across all sports in the Russian Federation. The closest thing in the UK is the BBC Sports Personality of the Year.

The winner was the young female Olympic and World Champion race walker Olga Kaniskina.

Behind her in second place was the popular male figure skater Yevgeni Plyushchenko, who had just returned from Vancouver with his third Olympic medal.

Completing the top three was two-time Olympic champion and World Record holder for the pole vault, Yelena Isinbayeva.

Change of Nationality for Walker

Reigning European U23 champion Russian Yelena Shumkina has applied to change her nationality. The Silver medallist from the 2007 European Junior Championships decided to leave the Olympic walking center in Saransk, Mordovia and in future compete for Ukraine. This will only be possible in 2013, meaning she is ruled out of the London 2012 Games due to the three year transfer of allegiance period.

Shumkina recently married a Ukrainian. There may be a possibility that both national federations will agree and ask the IAAF to shorten the period - but Shumkina's 20k PB is 1:25:32, faster than the current World Record.

Ukrainian Walker Banned

The Athletics Federation of Ukraine have disqualified race walker Alexei Shelest for doping for 2 years from 12/11/2009 to 11/11/2011.

In a sample taken on 18 October 2009 during a competition, tests have found a prohibited substance 'Carphedon'. The banned substance is known to increase stamina

Alexei was allowed to argue his case and pointed out that he took care to avoid exposure to drugs and that the substance found was rare in race walking. The arguments presented by Alexei regarded organization of the food items on the track in Italy, but did not serve as a mitigating factor in the decision. If his drink was indeed *tampered with*, it should be a warning to all athletes aiming to compete at high level competition.

Alexei has competed at the Olympic Games in Sydney and Beijing, and has a 50k PB of 3:54:03.

Scotland Yard Dinner a Success

The annual Metropolitan Police Walking Club's Dinner & Reunion was a huge success with tickets completely sold out and a waiting list created for the first time in many years.

Social events are becoming more and more important to race walkers, as it has been realised that they can help to improve the enjoyment of and image of our sport.

Merit Standards for Masters

New Merit Standards have been formulated and appear on the BMAF website.

"The Standards are to serve two purposes, the first to ensure that medals are earned, not giving for 'showing up', which then demeans the merit of the Gold Medal. The second and more important is that it should set athletes a goal."

These Merit Standards have been arrived at by compiling all of the results in the Indoor and Outdoor Championships between 1996 and 2009. 80% of competitors were then picked in each event to get within the merit standard as a base. A graph was then drawn, adjusted to produce a smoother line for a better progression, which then gave the final results.

"Our Masters Championships are the pinnacle of national competition, which are open to all, and we have no problem in accepting athletes outside the standard. The competition however is a Championship, which athletes can use as top of the range competition, to try and achieve their goal. The standards can be used as either an ultimate achievement or a possible starting point for greater things."

“Finally, the Standards are not 'written in stone', they will be tweaked over the years as there are bound to be anomalies, especially in the older age groups, where the performances of one athlete can skew the standard. At all Championships such anomalies can be reviewed, as will prevailing conditions.”

The new (current) standards follow.

3000m Track Walk Outdoors	
M35 15-20.0	W35 18-25.0
M40 15-40.0	W40 18-40.0
M45 16-05.0	W45 19-05.0
M50 16-40.0	W50 19-40.0
M55 17-20.0	W55 20-05.0
M60 18-07.0	W60 24-45.0
M65 19-03.0	W65 21-35.0
M70 20-10.0	W70 22-40.0
M75 21-31.0	W75 23-50.0
M80 23-10.0	W80 25-10.0

5000m Track Walk Outdoors	
M35 28-40.0	W35 31-10.0
M40 29-15.0	W40 31-50.0
M45 29-45.0	W45 32-40.0
M50 30-20.0	W50 33-35.0
M55 31.00.0	W55 34-30.0
M60 31-50.0	W60 35-30.0
M65 32-50.0	W65 36-40.0
M70 34-10.0	W70 38-10.0
M75 35-50.0	W75 39-50.0

Announcements

Midland Masters Race & AGM

The MMAC Relays + 5k race walk followed by the AGM will take place on Sunday the 18th April at Edgbaston Reservoir in Birmingham. Anyone with an interest should attend the AGM to break last years record where no paid

M80 38-00.0 W80 41-30.0

3000m Track Walk Indoors	
M35 15-50.0	W35 18-25.0
M40 16-15.0	W40 18-40.0
M45 16-47.0	W45 19-05.0
M50 17-22.0	W50 19-40.0
M55 18-00.0	W55 20-05.0
M60 18-44.0	W60 20-45.0
M65 19-35.0	W65 21-35.0
M70 20-40.0	W70 22-40.0
M75 22-00.0	W75 23-50.0
M80 23-40.0	W80 25-10.0

Americas lack of support for Youth Olympics

The 1st World Youth Olympics take place later this year in Singapore, and allow athletes aged 14-18 to compete for official Olympic medals.

Many young racewalkers are disappointed though that only four young men and three young women will be selected from all of the North and South American countries combined, including USA, Canada, Mexico, Columbia, etc.

205 countries are expected take part but the “Americas Youth Olympic Team” will be a combined team.

up members attended, just committee and two interested non members!

Alternatively, head to Sheffield for the Jeff Ford Walks held the same day, or Alexander Stadium for the Birchfield Open meeting the day before.

Naumburg Invitation

The Naumburg international 20k racewalks are being held on the 30th May in Germany, and an invitation is being extended to British walkers.

For further information visit:
www.racewalking-naumburg.de

Or contact Susi Metzner, who is willing to assist anyone with an interest in competing: susi.metzner@t-online.de

Nutrition - Pat Reeves

Pat Reeves, who writes the nutrition articles for this magazine, recently increased her own Dead lift World Record - incredibly lifting more than double her own bodyweight and also

Features

NUTRITION: **Sports supplementation, via herbs** Part five

By Pat Reeves

The following herbs may improve neurological performance and impact effectively to increase race-walking performance, mood, energy etc: Combining herbs such as St. John's Wort - (hypericin being the active constituent) alongside anti-oxidants such as vitamin C, carotenoids and other nutrients such as B6, B12, folic acid and ginkgo will provide key factors to allow athletes to overcome fatigue, optimise neurotransmitter levels for improved training and also combat overtraining.

retaining the British Bench-Press record. This was achieved a week before she was due to undergo three surgeries which will immobilise her upper body movements for six weeks, followed by a four month lay-off from weights, and taking up to a year to regain her former strength.

A fantastic achievement for her in the face of adversity and we congratulate her and wish her a speedy recovery.

"I'll do my best to forward info for RWR during my recovery. Until at least the end of April I'll only have my non-dominant hand to operate keyboard - so do send my apologies to readers."

Our brains require specific nutrients, in an available form, to enhance mental concentration, decrease mental fatigue, improve our sleep levels, energy and mood. All of these absolutely impact on our ability to train, compete and win at our chosen sport.

St. John's Wort, for example has been clinically approved to combat mild to moderate depression and has, on numerous occasions, been proven to be as effective as pharmaceutical anti-depressants, with far fewer side effects. St. John's Wort influences levels of the neurotransmitters in the brain that affect our well-being, which include dopamine and serotonin, slowing down the breakdown of these neurotransmitters: This is vitally important to all athletes as

depression can be a key trigger for over-training.

Gingko Biloba

In my practice, I have found Gingko to be particularly effective at improving circulation, alongside its ability to carry nutrients to body peripherals.

It is famed for increasing cerebral circulation, thus improving overall brain function and mental alertness.

Gingko improves blood flow throughout our systems, elevates the production of adenosine triphosphate (ATP) - our universal energy molecule - and peps up the brain's ability to metabolise glucose. It also prevents platelet aggregation within our arteries as it preserves arterial flexibility. Further studies have shown it to be effective with improving nerve transmission signalling, helpful with short-term memory, as a powerful anti-oxidant, tinnitus, depression and memory loss. Quite a herb to consume!

Willow Bark and Meadowsweet

When thinking of pain-relief - the widely-available drug - aspirin - is usually considered as a first-line of attack. However *Filipendula ulmaria* (meadowsweet) and *Salix* (willow bark) are known to be 'natural aspirins': Obviously without some of the dire consequences of the pharmaceutical variety! The main ingredient in these herbs is salicin which becomes converted in the stomach to salicylic acid which was first synthesised in the mid-nineteenth century, However, the synthesised/drug version can be intensely irritating to the stomach, as many people have observed.

Willow Bark and Meadowsweet are weapons a herbalist uses for similar conditions that orthodox-prescribed aspirin is prescribed for. Either may be used at a rate of a couple of cups of 'tea' each day, or drops from a tincture. These 'natural aspirins' are far less irritating - I have used Meadowsweet to reduce the discomfort of a stomach ulcer with one of my patients!

Hormone-like chemicals called prostaglandins are usually responsible for painful conditions like headaches, migraines, menstrual cramps, arthritis etc - especially when the body makes too many of them, Both the herbal variety and the orthodox-prescribed version relieve pain by reducing the amounts of circulating prostaglandins.

Milk Thistle (Silybum marianum)

This is a potent anti-oxidant, many times stronger in effect than Vitamin E. Silymarin is the active principle from the fruit of *Silybum marianum*, known colloquially as milk thistle. It consists of three isomers - silybin, silidanin and silicristin; these are classed as flavonolignans, with silybin being the most potent constituent.

Milk thistle has been extensively studied with over three hundred scientific studies on its chemistry and application. Aside from its anti-oxidant properties, silymarin stimulates the production of superoxide dismutase and glutathione peroxidase. These are two primary anti-oxidants which are

manufactured by the body for our protection. It also enhances liver cell metabolism and protects these cells from toxicity via alcohol, medications, etc. It is a good herb for continuous usage.

There are two more important supplements I would like to provide information on in the future - medicinal mushrooms and proteolytic enzymes. Both of these have a major effect of our well-being and athletic performance.

This information may be delayed owing to impending surgery, which will immobilise my left shoulder for several weeks.

Pat Reeves
www.foodalive.org

TECHNIQUE: Upper Body Technique

By Phil Howell

Last month, we looked at the art of checking race walking technique as you walk. I now want to go into a bit more detail as to how specific body parts should be used. I'll begin with the upper body.

Posture

I was originally taught that it was OK to lean forward slightly so long as I leaned forward from the ankles and not the waist. Most coaches and instructors now tell their students not to lean forward. Leaning forward tilts the axis of hip rotation and simulates walking uphill. In general, it makes it more difficult to properly move the legs in

both the support (contact) and swing (recovery) phases of each step.

Slouching is even worse. It makes it harder to rotate the hips, requires extra energy to support the upper body, and tends to make you feel as tired as you look.

Stand straight, vertical, and tall-but-not-rigid. Look proud, feel proud, and relax.

Head

Hold your head up and use your eyes to scan the road some ten to twenty feet ahead of you. Letting your head drop down and staring at the ground just in front of you can create several problems.

Most important, you lose situational awareness. You are more likely to run into an obstacle, stumble over a pothole or bump in the road, interfere with a slower walker as you overtake him or her, inadequately prepare for a turnaround, fail to take the shortest route along the course, or miss a water table.

When you are looking down too close to your body, the monotonous pattern of the passing surface tends to lead to daydreaming - which can lead to an unconscious process of slowing down. It can also lead to bent knees AND a failure to notice the judge who will see them.

With head down, you may tend to over stride, and may somewhat restrict your ability to breath.

On all this, I speak with some authority - for I personally tend to drop my own head too much.

Shoulders and Arms

The shoulders and arms have one job - to counterbalance the hips and legs. Whilst you do not walk with them, you will have a very hard time walking smoothly without them.

The shoulders should be relaxed; they should not rise toward your ears as you pick up speed. Whilst some top walkers display shoulder rotation and drop (in the opposite direction to the hip on the same side), such movement should be less than that exhibited by the hips. Some argue there should be little or no shoulder rotation or drop when using good technique.

Most of the effort to counterbalance the hips and legs should be borne by the arms.

The arms should be bent at the elbow at about a right angle so that, as shortened pendulums, they can swing rapidly fore and aft without effort. While at slower step rates, the elbow angle can be a bit straighter, at high step rates, the angle should be more extreme (e.g., 85 degrees or so). If, at any speed, you find yourself having to work to swing your arms as fast as your legs, bend your elbows more.

The elbow angle should not vary during the swing cycle. Avoid the tendency to pump your hands up and down on the forward part of the swing.

In general, your hands should swing from waist band to sternum height with

the elbows held close to the body. The hands should, at their most forward position, be somewhat toward - but not beyond - the center of the chest. (You rarely see a walker swinging the hands straight forward and aft.)

On very aggressive race walkers, you might see hands arc around the chest - staying very close to the body. For most of us, however, such a motion tends to turn into an arm swing that is more sideways than forward - a motion that does not effectively or efficiently counter-balance proper lower body movement.

Hands

As noted in a recent article, the hands should be held in a very loose fist with the thumbs on top. Visualize holding a raw egg, neither squishing it nor letting it drop to the ground.

Next month, I will cover the basic guidelines for movement of the lower body parts.

Phil Howell is the Webmaster for eRaceWalk.com, a Web site that focuses on race walking technique. Phil invites feedback or suggestions for future articles. E-mail him at Phowell222@aol.com

SPECIAL EDITION FEATURES:

Starting with the 800th edition and continuing, a number of interesting statistical lists are being included.

World Record Progression

How far back do you have to go to beat an old world record?

Womens 10k walk (World Records)

58:14 Albertine Regel (FRA) 1926-11-11
Paris, France
56:26 Margit Lindström (SWE) 1934-10-07
Stockholm, Sweden
53:17 Sandrah Holm (SWE) 1935-05-19
Uppsala, Sweden
52:56 Birgit Frisk (SWE) 1942-06-21
Almunge, Sweden
51:14 May Holmén (SWE) 1942-08-09
Mariestad, Sweden
51:11 Stina Lindberg (SWE) 1942-08-23
Gävle, Sweden
51:01 Margarita Simu (SWE) 1972-06-24
Äppelbo, Sweden
49:04 Margarita Simu (SWE) 1976-06-22
Äppelbo, Sweden
48:53 Margarita Simu (SWE) 1978-06-25
Äppelbo, Sweden
48:40 Thorill Gylder (NOR) 1978-09-16
Søfteland, Norway
47:24 Thorill Gylder (NOR) 1979-09-15
Valer, Norway
46:28 Sue Orr (AUS) 1980-05-11 Moss,
Norway
45:38 Sally Pierson (AUS) 1982-05-08
Melbourne, Australia
45:32 Susan Cook (AUS) 1982-06-10
Canberra, Australia
45:14 Young Juxu (CHN) 1983-09-24
Bergen, Norway
44:52 Olga Krishtop (URS) 1984-08-05
Penza, Soviet Union
44:14 Yan Hong (CHN) 1985-03-16 Jian,
PR China
43:22 Olga Krishtop (URS) 1987-05-03
New York, USA
42:52 Kerry Saxby (AUS) 1987-05-04
Melbourne, Australia
41:30 Kerry Saxby (AUS) 1988-08-27
Canberra, Australia
41:29 Larisa Ramazanova (RUS) 1995-06-
04 Izhevsk, Russia
41:04 Yelena Nikolayeva (RUS) 1996-04-
20 Sochi, Russia

Team GB: Racewalking Commonwealth Games Medals won

2002 - Manchester SILVER Lisa Kehler
(England) 20km Road Walk 1:36.45
1998 - Kuala Lumpur BRONZE Lisa Kehler
(England) 10km Road Walk 45:03

1990 - Auckland BRONZE Ian McCombie
(England) 30km Road Walk 2:09:20
1990 - Auckland BRONZE Lisa Kehler
(England) 10km Road Walk 47:23
1986 - Edinburgh BRONZE Ian
McCombie (England) 30km Road Walk
2:10.36
1982 - Brisbane GOLD Steven Barry
(Wales) 30km Road Walk 2:10:16
1978 - Edmonton GOLD Oliver Flynn
(England) 30km Road Walk 2:22:03.7
1974 - Christchurch GOLD John
Warhurst (England) 20 Mile Walk
2:35:23.0
1974 - Christchurch SILVER Roy Thorpe
(England) 20 Mile Walk 2:39:02.2
1970 - Edinburgh BRONZE William
Sutherland (Scotland) 20 Mile Walk
2:37:24
1966 - Kingston GOLD Ronald Wallwork
(England) 20 Mile Walk 2:44:42.8
1966 - Kingston SILVER Ray Middleton
(England) 20 Mile Walk 2:45:19

Results and Reports

Sam Shoebottom Trophy

6 February 2010

Macclesfield

6 miles

Time (H'cap Time, H'cap Pos)

- 1 M. Fisher Redcar 52.49 (52.04) Guest
- 2 Greg Smith Lancs 53.13 (52.28 3) M55
- 3 S.Marsden Lancs 55.46 (53.01 5) M45
- 4 Alf Short Lancs 57.50 (52.35 4) M65
- 5 D.Crompton Lanc 57.54 (54.09 7) M45
- 6 D. Evans Lancs 61.14 (57.29 10) M60
- 7 Joe Hardy Lancs 61.47 (55.02 9) M65
- 8 R. Robb Lancs 62.08 (52.23 2) M40
- 9 S. Shah Lancs 63.10 (54.10 8) M45
- 10 Pat Evans Lancs 65.57 (52.12 1) W55
- 11 John Payn Lancs 66.58 (53.43 6) M75

MARWA - Midland Championships + Women's 5km and Standard 5km Championships

Including Staffs. Warks and Worcs County Championships.

6th February 2010

Warwick University Science Park,
Coventry

Ladies 5k

Name, Club, Time, County, (Standard)

- 1 Fiona McGorum Leicester WC 26.01
- 2 Holly Smith Birchfield 26.28 Warks
- 3 Vicky Morgan W&B 27.43 Staffs
- 4 Ann Wheeler Nuneaton 29.31 Warks
- 5 Beth Jackson W&B 30.13 Staffs
(1st standard)
- 6 Julie Bellfield Halesowen 31.38 Worcs
- 7 Marie Marshall W&B 31.52 Staffs
- 8 Sarah Lightman Leicester 32.46
- 9 Zita McDonald Birchfield 32.57 Warks
- 10 Karen Davies Birchfield 33.51 Warks
- 11 Jill Langford W&B 34.00 Staffs
- 12 Tracey Mills Birchfield 34.06 Warks
(2nd standard)
- 13 Lynn Bellfield Hales 34.19 Worcs
(3rd standard)
- 14 Sue Rey Leicester 35.57
- 15 Donna McArthur Birchfield 40.27 Worcs
(4th standard)



Fiona, chased by Holly

Teams

- 1 Wolv.& Bilston A.C. 285pts
Morgan, Jackson, Marshall
- 2 Birchfield Harriers 279pts
Smith, McDonald, Davies
3. Leicester W.C. 278pts
McGorum, Lightman, Rey.

Standard Teams.

1. Birchfield Harriers 173pts
Mills, McArthur

MARW. Midland Championships Men's 10km and Standard 10km Championships.

Including Staffs, Warks and Worcs
County Championships.

Mens 10k

- | Pos | Name | Club | Time | Std | County |
|-----|------|------|------|-----|--------|
|-----|------|------|------|-----|--------|

Teams

- 1 Birchfield Harriers 'A' 291pts
Taylor, Constandinou, Bosko
- 2 Birchfield Harriers 'B' 271pts
Collins, Barnett, Manning
- 3 Leicester W.C. 189pts
Berwick, Vesty

Sarnia Walking Club Bob Wright Handicap Series Race 6

7 February 2010

Delancey Park, Guernsey



A close finish in Guernsey

10km

- 1 Jason Le Noury U23M Sarnia 54:12
- 2 Stuart Le Noury SM Sarnia 54:16
- 3 Phil Lockwood M35 Sarnia 54:41
- 4 John Dedman M35 Sarnia 1:10:23

- 5 Kevin Le Noury M50 Sarnia 1:10:31
- 6 Jayne Le Noury W45 Sarnia 1:11:22
- 7 Dave Dorey M60 Sarnia 1:14:21
- 8 Mick Le Sauvage M70 Sarnia 1:14:46

Essex & Kent Open Indoor T&F Championships

7 February 2010
Lee Valley Arena, London

Mens 1 mile (track)

- 1 Nick Silvester M50 AFD 7:21.20
- 2 Francisco Reis If 7:40.73
- 3 John Hall M60 Belg 7:52.36
- 4 Steve Uttley M50 If 7:54.66
- 5 Dave Sharpe M55 If 9:09.82
- 6 Gary MacDonald M50 Ashf 9:32.85
- 7 Peter Cassidy M70 Loughton 10:19.41
- 8 Bernie Hercocock M70 E&H 11:37.38
- 9 Dave Ainsworth M60 If 11:54.00

Womens 1 mile (track)

- 1 Rebecca Collins U20W M&M 8:09.82
- 2 Helen Middleton W45 E&H 8:50.87
- 3 Linda Mountford unatt 10:55.07
- 4 Val Mountford W65 S`end 12:11.86
- 5 Helen Croft U17W If 12:29.69

HSBC Winter League - Round 5

7th Feb 2010
Andreas, Isle of Man

A huge turnout of 70 walkers for the fifth round of the HSBC Securities Services winter walking league, held in chilly but still conditions on the flat Andreas loop. Walkers taking part also raised £250 in sponsorship and donations towards the DEC Haiti Earthquake appeal.

10 kilometres

- Position, Name (Handicap) Actual
- 1 Ian Kelly (1.22.01) 1.05.36
 - 2 Martin Kennaugh (1.22.12) 1.05.47
 - 3 Jane Foster (1.23.00) 1.03.57
 - 4 Michael George (1.23.15) 50.17
 - 5 Ian Callister (1.23.35) 1.02.57
 - 6 Simon Cox (1.23.42) 58.46
 - 7 Jim Caley (1.23.44) 1.07.45
 - 8 Carl Senogles (1.23.46) 1.02.24
 - 9 Tony Dugdale (1.23.47) 58.31
 - 10 Dudley Butt (1.23.54) 1.08.54

- 11 Michelle Turner (1.23.57) 1.03.33
- 12 Marie Gilbertson (1.24.00) 1.06.18
- 13 Ron Kelly (1.24.10) 1.02.05
- 14 Richard Gerrard (1.24.15) 54.32
- 15 Samantha Draper (1.24.17) 1.06.36
- 16 Joan Brady (1.24.20) 1.24.20
- 17 Mike Readshaw (1.24.24) 59.13
- 18 Colin Moore (1.24.28) 1.07.00
- 19 Tony Ball (1.24.29) 1.16.29
- 20 Dave Walker (1.24.31) 55.28
- 21 Gill Senogles (1.24.34) 1.15.23
- 22 Dick Callin (1.24.37) 1.03.32
- 23 Judith Quane (1.24.42) 59.35
- 24 Jane Gaylor (1.24.47) 1.15.58
- 25 Terri Salmon (1.24.23) 1.02.33
- 26 Paul Cowin (1.25.30) 1.11.21
- 27 Gordon Erskine (1.25.34) 1.10.36
- 28 Sean Hands (1.25.36) 53.44
- 29 John Robinson (1.25.55) 1.05.17
- 30 Mick Holgate (1.26.05) 1.07.58
- 31 Janette Morgan (1.26.06) 1.09.56
- 32 Dave Wilkinson (1.26.08) 1.05.02
- 33 Simon Spencer (1.26.14) 1.13.46
- 34 Helen Stone (1.26.16) 1.10.30
- 35 Peter Lockett (1.26.19) 1.15.51
- 36 David Dodson (1.26.19) 1.08.49
- 37 Sandra Halpin (1.26.31) 1.12.17
- 38 Vinny Lynch (1.26.59) 56.37
- 39 Chris Cale (1.28.15) 58.03
- 40 Robbie Breadner (1.28.22) 1.12.29
- 41 John Cannell (1.28.27) 1.08.31
- 42 Bernie Ball (1.29.17) 1.07.54
- 43 Dave Corrin (1.30.30) 1.08.29
- 44 Dougie Corkill (1.30.32) 1.08.31
- 45 Dermot O'Toole (1.31.20) 1.11.24
- 46 Haydn Kenna (1.31.47) 1.16.37

5 kilometres

- Position, Name (Handicap) Actual
- 1 Alexander Eaton (37.26) 28.18
 - 2 Marie Jackson (37.27) 27.52
 - 3 Lisa Motley (37.37) 31.15
 - 4 Dave Mackey (38.24) 29.58
 - 5 Pauline Clague (39.19) 38.15
 - 6 Kerry Mackey (39.36) 37.23
 - 7 Miriam Kelly (39.51) 39.51
 - 8 Tricia Harrison (40.23) 40.23
 - 9 Rose Mazzone (42.44) 42.44
 - DNF Adam Cowin
 - DNF Wendy Ross
 - DNF Danielle Ross

3 kilometres

- 1 Juan Bellando 17.47
- 2 Alexandra Ross 18.31
- 3 Hannah Kelly 18.36
- 4 Rebecca Storrie 19.49
- 5 Ellen Robinson 20.48
- 6 Ellen Quane 21.09

2 kilometres

- 1 Rebecca Greatbatch 13.49

1 kilometre

- 1 Lee Mackey 6.03
- 2 Stephen Waddington 6.23
- 3 Keira Mackey 6.39
- 4 Toby Young 8.54
- 5 Matthew Young 10.55

Woodie's DIY Indoor Championships of Ireland

7th February 2010

Odyssey Arena, Belfast

UK based walkers are highlighted within the results.

Senior Men's 5km Walk

- 1 R Heffernan Togher AC 19.24.64
- 2 C Griffin Ballinamore AC 19.47.34
- 3 J Costin West Waterford AC 19.48.73
- 4 B. Boyce Letterkenny AC 20.18.28**
- 5 T. Bosworth Tonbridge AC 20.45.60**
- 6 M. Doyle Tara AC 21.05.38**
- 7 D Kidd St. L. O'Toole AC 21.37.63
- 8 James Treanor Shercock AC 22.11.73**
- 9 T Healy Togher AC 23.11.75
- 10 C Mc Menamon Westport AC 23.43.20
- 11 J Caprice Dundrum S. Dublin 23.44.59

Senior Women's 3 km Walk

- 1 Z Malikova West Waterford AC 12.36.43
- 2 L Reynolds Mohill AC 13.09.99
- 3 K Veale West Waterford AC 13.18.44
- 4 E Prendiville Farranfore MV AC 14.32.52
- 5 Emma Doherty North Belfast Harriers 14.47.92**
- 6 F Dennehy St.Senans AC 15.17.49
- 7 A Gissane Monaghan Phoenix 18.00.77
- DNF M Curley Craughwell AC

7th and Final Northern Winter League

8th February 2010

Adwalton Moor, Drighlington

The league came to its conclusion on this Civil War battleground, where previous winners have included the Earl of Newcastle (Charles's man). On this occasion, remarkably, it was a three way tie! On the day, which was, in Scottish parlance, dreich, the first 10 finishers were within 62 seconds on handicap. At this rate the handicapper, whom I cannot, in all modesty, name, will need a slide rule; though, maybe, that's another step back to a previous era.

A. Brooks

10km

Position, Name, Club, Time (H'cap Pts)

- 1 P. EVENETT REDCAR 47.29 (1 30)
- 2 K. WEARS(L) " 57.08 (8 23)
- 3 G. JACKSON YORK CIU 58.16 (3 28)
- 4 A. MALONE " 58.52 (6 25)
- 5 D. JACKSON " 59.05 (7 24)
- 6 A. SHAND YRWC 59.31 (10 21)
- 7 D.CROMPTON LANCS 60.28 (5 26)
- 8 M. BYRNE REDCAR 61.22 (11 20)
- 9 A.M. PADDICK (L) " 62.03 (12 19)
- 10 J. PADDICK " 64.48 (13 18)
- 11 J. BYCROFT " 66.31 (14 17)
- 12 L. REDMAN REDCAR 67.26 (4 26)
- 13 D. COLE YORK CIU 67.26 (2 29)
- 14 P. CARROLL YRWC 74.50 (9 22)

Overall League Result

- 1 K. WEARS REDCAR 109 Pts
- 2 P. EVENETT " 109 Pts
- 3 A. SHAND YRWC 109 Pts
(decided on countback)

Teams

- 1 Redcar WC 406 Points
(Evenett, Wears, Redman)
- 2 Yorkshire RWC 286 Points
(Shand, Carroll, French)

Competitor scoring the most points, not in individual or team awards:

D. COLE YORK CIU 94 Points

Cambridge Harriers Winter League 2009/2010 - Race 3

13th February 2010

Bexley, Kent

Out in the cold, slightly windy, fresh Saturday air the competitors soon warmed up in this short, fast 5km race.

Men's 5km

- 1 Phillip Barnard Ilford 24:13
- 2 Jonathan Hobbs (U20) Ashford 24:57
- 3 Steven Uttley Ilford 25:48
- 4 Shaun Lightman Surrey WC 27:06
- 5 Steve Allen Barnet & District 27:47
- 6 Christ Hobbs M&M 28:29
- 7 P.Hodkinson Cambridge Harriers 28:44
- 8 Carl Lawton Belgrave 29:08
- 9 Paul King Belgrave 29:52
- 10 David Buchannan Unattached 29:53
- 11 Sean Pender Enfield 30:15
- 12 Ben Parsons (U17) Tonbridge 30:30
- 13 Chris Flint London Vidarians 30:32
- 14 Stephen Holliday M&Maidstone 33:54
- 15 David Hoben Surrey WC 35:36
- 16 Bernard Hercock Enfield 35:43

Team

- 1 Ilford Athletic Club 36 points
- 2 Belgrave Harriers 49 points
- 3 Enfield & Haringey AC 58 points



Mid-race at Bexley

Womens 5km

- 1 Rebecca Collins (U20) M&M 27:05
- 2 Helen Middleton Enfield 27:25
- 3 Emily Symons (U17) Tonbridge 28:52
- 4 Steph Rukin (U20) Tonbridge 28:53

Boys 2.5km

- 1 Guy Thomas (U13) Tonbridge 14:43

Girls 2.5km

- 1 Heather Butcher (U13) Cambridge Harriers 14:44
- 2 Sophie Levy (U13) M&M 18:54

Sarnia WC Road Walk

14th February
Delancey Park, Guernsey

Noury secured a win. A challenge from brother Stuart mid-race, who briefly led, was overturned in the final two laps of eight as Jason moved away again. Jane Rowlinson was the quickest of the women, ahead of Carol Bates and Kay Coulson.

5km

- 1 Jason Le Noury M 25.24
- 2 Stuart Le Noury M 25.38
- 3 Phil Lockwood M35 26.23
- 4 Terry Bates M55 28.34
- 5 John Dedman M35 33.05
- 6 Kevin Le Noury M50 33.05
- 7 Dave Dorey M60 35.00
- 8 Mick Le Sauvage M70 35.16
- 9 Jane Rowlinson W50 36.38
- 10 Carol Bates W55 38.00
- 11 Kay Coulson W40 40.46

SCVAC Indoor Track & Field Championships

14 February 2010
Lee Valley Stadium, London

The Southern Area Veterans Indoor Championship was mainly used by the short distance specialists as preparation for the Nationals at the same venue in a few weeks time. Hot dry conditions were, as usual at an indoor venue, the problem for this race and again judging was particularly strict as it was a championship event. The indoor surface is always difficult with the inevitably, sharply banked bends.

3k Walk M50/M55/M60

- 1 Nick Silvester M50 13.58.35 Gold
- 2 John Hall (G) M60 15.00.28 Gold
- 3 Steve Uttley (G) M50 15.35.14 Silver
- 4 Dave Sharpe M55 17.37.03 Gold

5 Gary Macdonald M50 18.58.21 Bronze
DQ David Ainsworth (G) M60 DQ

3k Walk M65/M70/M75/All Women

1 Helen Middleton (G) W45 16.41.92 Gold
2 Peter Hannell M65 17.14.07 Gold
3 Ann Lewis W60 19.33.23 Gold
4 Peter Howard (G) M65 19.50.09 Silver
5 Susan Barnett (G) W60 19.54.36 Silver
6 Bernard Hercock (G) M70 23.12.90 Gold

RWA 10 Miles National Championship

20th February 2010

Picketts Lock

Almost 100 entrants, less a few no-shows, lined up for this National 10 miles Championship at the head of which were several current internationals lending the event the appropriate high standard and prestige due. The standard of the race also increased the required standard of judging and walking style. This led to one or two of the faster competitors being removed from the field, on a clear but cold day. Racing finished before the rains began.

In what turned out to be a battle between the new and old generations of walkers, experience beat youth, with ex-Commonwealth Games competitors Darryl Stone and Lisa Kehler triumphing in both the mens and womens races.

Womens 10 Miles

1 Lisa Kehler Wolverhampton&B. 83.14
2 Diane Bradley Tonbridge AC 91.58
3 Helen Middleton Enfield&HAC 93.33
4 Karen Wears Redcar RWC 95.50
5 Angela-Marie Paddick Redcar 101.02
6 Stephanie Rukin Tonbridge AC 101.39
7 Maureen Noel Belgrave H. 102.45
8 Ann Belchambers Steyning AC 109.15
9 Laurayne Readman Redcar 109.58
10 Helen Starling Redcar RWC 111.29
11 Sarah Lightman Leicester 113.09
12 Sue Rey Leicester W.C. 122.45
13 Sue Smith Ryston Runners 130.09
DQ Johanna Jackson M'boro/Cleveland
DNF Cath Duhig Loughton AC
DNF Barbara Edlin Enfield&HAC
DNF Becky Collins Med/Maidstone

Teams

1 Redcar 282
2 Tonbridge 192 [2]
3 Leicester W.C. 177 [2]



Ladies group making a surge



The chasing group: Luke, Scott, Tommy

Mens 10 Miles

1 Darryl Stone Steyning AC 73.49
2 Scott Davis Ilford AC 74.10
3 Tommy Taylor Birchfield H. 75.08
4 Luke Finch Colchester 75.20
5 Paul Evennett Redcar RWC 78.00
6 Antonio Crillo Swansea H 82.23
7 Jim Ball Steyning AC 84.04
8 Trevor Jones Steyning AC 84.18
9 Jason LeNoury Sarnia WC 85.02
10 Steve Arnold Nuneaton H 86.55
11 Fransisco Reis Ilford AC 87.54
12 Steve Uttley Ilford AC 93.27
13 J Constandinou Birchfield H. 94.05
14 Richard Emsley Steyning AC 94.58

15 Chris Berwick Leicester WC 95.33
 16 Arthur Thomson Enfield&HAC 96.07
 17 Philip Lockwood Sarnia WC 96.16
 18 Peter Boszko Birchfield H. 97.00
 19 Shaun Lightman Surrey WC 97.59
 20 Steve Allen Barnett&Dist.AC 100.14
 21 Ron Penfold Steyning AC 100.33
 22 Martin Fisher Redcar RWC 100.50
 23 Mark Byrne Redcar RWC 101.07
 24 Paul King Belgrave H. 101.18
 25 Sean Pender Enfield&HAC 101.36
 26 John Hall Belgrave H. 101.41
 27 David Sharpe Ilford AC 102.36
 28 Alan Ellam Enfield&HAC 102.48
 29 Chris Flint London Vids 104.12
 30 Olly Brown Ilford AC 104.34
 31 Peter Hannell Surrey WC 105.02
 32 John Paddick Redcar RWC 105.11
 33 Julian Barnett Birchfield H. 108.08
 34 Gary McDonald Surrey WC 108.19
 35 David Jones Redcar RWC 108.33
 36 Peter Crane Surrey WC 109.08
 37 Andrew Cox Hillingdon AC 109.15
 38 Ron Powell Enfield&HAC 109.44
 39 Michael Sutton Ilford AC 112.22
 40 John Borgars Loughton AC 115.42
 41 Jon May Enfield&HAC 118.36
 42 David Hoben Surrey WC 120.39
 43 Bernie Hercock Enfield&HAC 120.46
 44 Norbert Will NIMAA 122.47
 DQ John Ralph Chiltern H AC
 DQ Bob Dobson Ilford AC
 DQ Mark Wall Leicester WC
 DQ Kevin LeNoury Sarnia WC
 DQ Steve Crane Surrey WC

Teams

1 Steyning 285
 2 Ilford A 275
 3 Birchfield 266
 4 Redcar RWC A 250
 5 Enfield A 231
 6 Surrey W.C. A 216
 7 Ilford B 204
 8 Enfield B 178
 9 Sarnia W.C. 174 [2]
 10 Steyning B 165 [2]
 11 Belgrave H. 150 [2]
 12 Redcar RWC B 133 [2]
 13 Surrey W.C. B 122 [2]

Invitational junior 10km

1 Kelsey Howard Tonbridge AC 53.52
 2 Holly Smith Birchfield H. 54.20

Midland Counties Indoor Open

21st February

National Indoor Arena, Birmingham

3000m CANCELLED

The event was cancelled due to a lack of entrants, who had instead opted to compete the day before in London.

Allison Trophy

20th February 2010

Chorley

The weather was very cold and during the race the walkers experienced a variety of sunshine, cloud and snow. Adrian Edwards walked very impressively throughout.

-Roy Gunnett

15k

Time (H'Cap Time, H'Cap Pos)

1 Adrian Edwards M45 84.59 (84.14 1)
 2 Greg Smith M55 85.47 (85.22 2)
 3 Alistair Shand M45 91.11 (87.41 4)
 4 Dave Evans M60 93.53 (88.23 5)
 5 Dave Crompton M45 96.36 (91.51 9)
 6 Joe Hardy M65 96.49 (89.19 7)
 7 Salaish Shah M45 99.48 (89.48 8)
 8 Pat Evans W55 103.52 (85.37 3)
 9 John Payn M75 104.40 (88.55 6)

Southern Area and Surrey WC 10 mile Championships

27th February

Monks Hill Sports Centre, South Croydon

Only a week after the National Championships, this race could have been better supported but a pleasant afternoon with only a light but cold wind greeted the competitors and the many officials and supporters. Surrey Walking Club's home course is not too easy and all but 12 laps enforces a moderate start and so few seriously slowed towards the end. There were also few big gaps so most could see their rivals ahead apart from Surrey's own Mark Easton at the

head of the field, who comfortably left his nearest chaser and double lapped more than half the field to reclaim the trophy. He has won it about 10 times previously, starting way back in 1985, but not always winning the handicap Cup as well as he managed on this occasion. Surrey Walking Club managed a team win in both the Southern Area and the Surrey County Championships to complete an enjoyable day of friendly competition.

-Peter Hannell

Mens 10 mile

- 1 Mark Easton (Sy WC M45) 1:21:02
- 2 T. Jones.(Steyn Gst M50) 1:25:35
- 3 F. Reis (Ilf M55) 1:26:48
- 4 S. Uttley (Ilf M50) 1:32:41
- 5 R. Emsley (Steyn M55) 1:34:34
- 6 R. Penfold (Steyn M65) 1:39:48
- 7 P. King (Bels/Sy WC Gst M55) 1:40:40
- 8 P. Hannell (Sy WC M65)1:41:31
- 9 S. Pender (Enf M55) 1:42:11
- 10 M. Harran (Sy WC Gst M70) 1:43:00
- 11 C. Flint (L Vids/Sy WC M65) 1:43:11
- 12 S. Lightman (Sy WC M65) 1:51:11
- 13 D. Hoben (Sy WC M55) 1:57:52
- 14 B. Hercock (Enf M70) 1:58:04.

Southern Championship

- 1 Mark Easton
- 2 Francisco Reis
- 3 Steve Uttley.

Mens Teams

- 1 Surrey Walking Club 45
- 2 Ilford AC 35
- 3 Steyning AC 31
- 4 Enfield 21.

Surrey County Championship

- 1 M. Easton
- 2 P. King
- 3 P. Hannell
- 4 M. Harran
- 5 C. Flint
- 6 D. Hoben.

Surrey Walking Club Championship:

- 1 M.Easton, 2 P.Hannell, 3 M.Harran.

Surrey Walking Club Handicap:

- 1 M. Easton, 2 P. Hannell, 3 P. King, 4 M. Harran, 5 C. Flint, 6 D. Hoben. 7 S. Lightman.

Womens 10 mile

- 1 H. Middleton (Enf W45) 1:33:27
- 2 J. Lennon (Steyn W50) 1:36:23
- 3 F. Bishop(AFD W50) 1:51:45
- 4 A. Belchambers (Steyn Gst W55) 1:52:27

Sarnia Walking Club - Bob Wright Handicap Series Race 7

February 28th 2010

Osmond Prialux, Guernsey

Jayne Le Noury, who went in to the last race as favourite, only just scraped home by one point in the seven race series. An eighth place finish in the final race almost let second placed walker Phil Lockwood take the honours. Final race winner Stuart Le Noury, with the fastest actual time of the day took third place in the series. Stuart won the final handicapped event over one mile when beating Lockwood home by seven seconds, with Jason Le Noury in third, a further four seconds behind. In the middle of the field, Kevin Le Noury, who walked for Sarnia in last weeks National 10 miles but came out of the race after 7 miles, put behind him that disappointment recording 10.11 over the mile. Rob Elliott for SWC

1 mile track walk

Watch time / Actual time

- 1 Stuart Le Noury M 11.44 / 7.14
- 2 Phil Lockwood M35 11.51 / 7.36
- 3 Jason Le Noury M 11.55 / 7.15
- 4 Dave Dorey M60 11.59 / 10.29
- 5 Mick Le Sauvage M70 12.10 / 10.40
- 6 Kevin Le Noury M50 12.11 / 10.11
- 7 Jane Rowlinson W50 12.13 / 11.13
- 8 Jayne Le Noury W45 12.31 / 11.01
- 9 Kay Coulson W40 12.51 / 12.51
- 10 John Dedman M35 12.59 / 10.59

Bob Wright Series final score

(5 races from 7 to score)

- 1 Jayne Le Noury 93pts,

2 Phil Lockwood 92,
3 Stuart Le Noury 89,
4 Kevin Le Noury 84,
5 Dave Dorey 79,
6 Mick Le Sauvage 78,
7 Jason Le Noury 72,
8 Jane Rowlinson 68,
9 Kay Coulson 67,
10 Carol Bates 48,
11 Alan Roger 36,
12 John Dedman 30,
13 Terry Bates 19,
14= Rose Druckes 14,
14= Rob Elliott 14.

Archived Results

All results since November are printed in the next issue, but results that for one reason or another never made it into first six issues of the magazine produced by me are continuing to be published...

Hewitt Cup Round 1

28th April 2009

Girls 2k

1 Jasmine Nicholls Leysland HS 10:48
2 Emma Achurch Leysland HS 11:30
3 Fiona Brown Blaby Stokes, Leics 14:00
4 Zana Wellicome Ridgeway, Leics 14:17
5 Laura Achurch Blaby, Leics 14:47
6 Kezia Brown Blaby Stokes, Leics 15:14
7 Samantha Vesty Humphrey Perkins 15:16
8 Laura Jo Bazyliniski Blaby, Leics 16:12
8 Nikita Bazyliniski Blaby, Leics 16:12

Boys 2k

1 Christopher Vesty Rawlins School 10:25
2 Joe Smith Blaby Stokes, Leics 13:31
3 Jack Callister Blaby, Leics 13:33
4 Joseph Little Blaby Stokes, Leics 15:45
5 Benjamin Allen Blaby, Leics 16:09
6 Joseph Percy Blaby, Leics 16:10

VAC/Surrey/Middx/Herts Championships

29 April 2009

Battersea Park

10,000m

1 Ian Richards(Stey) M60 1 52:16.2
2 John Hall (Bel) M60 2 53:50.8 VAC Mddx

3 Liam Baldwin(Ton)(G) U20 54:38.3
4 Steve Uttley(If)(G) 50 55:01.8
5 Arthur Thomson(Herts Ph) M73 1
56:04.7 VAC Herts
6 Steve Allen(Bar)(G) 50 56:21.5 Herts
7 Andy Cox(Hill) M55 1 56:22.2
VAC Mddx
8 Sandra Brown(SWC) W60 1 56:56.8
VAC Sry
9 Carl Lawton(Bel) M60 3 56:59.4
VAC Sry
10 Mark Culshaw(Bel)(G) M40 59:05.4
Mddx
11 Ron Penfold(Steyn) M67 1 59:16.9
VAC
12 Helen Middleton(E&H) W45 1 59:21.5
vac
13 Lawrence Dordoy(If) M50 1 59:54.1
vac
14 Ian Statter(SWC)(G) M 50 60:58.2 Sry
15 Sean Pender(E&H) M 55 2 61:27.0
vac Mddx
16 Mike Harran(SWC)(G) M 70 62:28.1
Sry
17 Mike Hinton(If) M 65 2 62:57.3 vac
18 Shaun Lightman(SWC) M 65 3
64:06.7 vac Mddx
19 Chris Flint(L Vid) M 60 64:13.3
vac Sry
20 Peter Crane(SWC) M 60 64:18.2
vac Sry
21 Fiona Bishop(AFD) W45 2 64:34.7
vac Sry
22 Ron Powell(E&H) M 72 2 65:42.2
VAC Mddx
23 Gary MacDonald(SWC) M50 2
68:48.1 vac
24 Bernie Hercocock(Enf) M 72 3 72:37.2
VAC Mddx
25 Dave Hoben(SWC) M 55 3 73:45.3
26 John May(L Vid) M 78 1 76:54.1
VAC Sry

Graham Mann Memorial Team Trophy

3rd May 2009

Les Amarreurs, Vale, Guernsey

3 kilometres Handicap

watch time/actual time

1 Phil Lockwood M35 21.04/14.49
2 Stuart Le Noury M 21.09/14.39
3 Dave Dorey M60 21.27/20.12
4 Jane Rowlinson W50 21.31/20.31

- 5 Mick Le Sauvage M65 21.33/19.03
- 6 Jason Le Noury M 21.46/14.16
- 7 Kevin Le Noury M50 21.51/18.51
- 8 Kay Coulson W40 22.08/22.08
- 9 Rose Drückes W65 22.12/21.12

Hertfordshire Vets Champs and Open

4th May 2009
Stevenage

The emphatic victor, and a number of others then travelled over to race the Pednor Open 5 Miles later that afternoon. So too did both judges, Pater Cassidy and Pauline Wilson. Mark Wall, who was to race 4 times in 2 days, took charge from the "off" and had things pretty much his own way. An enthralling scrap ensued for the 2nd spot as Steve Allen and Arthur Thomson were in close order until Allen upped his pace with 2-and-half laps to go. Thomson responded to the challenge, but when Allen repeated his tactic for a 2nd time during the penultimate lap he managed to open up a gap that was to secure 2nd spot and the honour of being the leading Hertfordshire finisher. Walkers booking in were issued with their numbers by the Hertfordshire AAA President Mrs. Jean Pickering, widow of the late Ron who many remember as the silvery tongued maestro of the small screen.

-Dave Ainsworth

3000 metres

- 1 Mark Wall Leicester 14:40-4
- 2 Steve Allen Barnet 15:56-2 (1st)
- 3 Arthur Thomson Enfield 16:04-7 (2nd)
- 4 Helen Middleton Enfield 17:04-5
- 5 Costa Michael Enfield 17:45-7 (3rd)
- 6 David Bowker Fairlands Valley 19:04-8
- 7 John Borgars Herts Phoeni 19:21-5
- 8 Maree Jesson Northampton RR 20:26-7
- 9 Sue Rey Leicester 20:42-3
- 10 Dave Ainsworth Ilford 21:09-8
- 11 Ken Livermore Enfield 22:57-9

Pednor Open 5 /Buckinghamshire Championships

4th May 2009

Mens 5 mile

- 1 44:06 Peter Ryan Ilford M55
- 2 44:31 Steven Uttley Ilford M50

- 3 45:17 Mark Wall Leicester Walking Club M50
- 4 47:00 Andrew Cox Hillingdon M50
- 5 49:02 John Ralph Chiltern Harriers M50 Bucks
- 6 49:35 Bob Austin Marshall Milton Keynes M60 Bucks
- 7 50:14 Michael Harron Herne Hill Harriers M70
- 8 51:11 Alex Watson Chiltern Harriers U17 Bucks
- 9 51:18 Ted Holmquist Chiltern Harriers M65 Bucks
- 10 52:00 Christopher Flint London Vidarians M60
- 11 52:26 Leslie Scrivens Worcester M65
- 12 53:47 Brian Graves Milton Keynes M65 Bucks
- 13 55:12 Anthony Harran Herne Hill Harriers M45
- 14 56:58 Trevor Brawn Chiltern Harriers M55 Bucks
- 15 57:05 David Hoben Surrey Walking Club M55
- 16 57:09 Bernard Hercock Enfield & Harringey M70
- 17 57:17 Martyn Cartwright Chiltern Harriers M65 Bucks
- 18 62:54 Steve Allen Barnet & District M50
- 19 68:16 Ken Livermore Enfield & Harringey M75

Womens 5 mile

- 1 48:05 Helen Middleton Enfield W45
- 2 51:15 Fiona Bishop Aldershot W45
- 3 53:18 Jackie Carver W35 Bucks
- 4 53:38 Maree Jesson Northampton W35
- 5 59:25 Sue Rey Leicester W50
- 6 62:36 Emilia Mokowska Hillingdon
- 7 62:53 Anna Allen W50
- 8 64:06 Ann Bischoff W40 Bucks
- 9 64:07 Katy Crowston W35 Bucks
- 10 64:09 Sally Hardman W35 Bucks
- 11 65:49 Elspeth Attwood W50
- 12 72:50 Nancy Neville W50
- 13 72:50 Shirley Cramer W50 Bucks
- 14 73:38 Deborah Lewis Hillingdon W45
- 15 74:56 Siv Lock W40 Bucks

- 16 74:56 Juliette Orton W35 Bucks
- 17 74:56 Nicki Guneratne W40 Bucks
- 18 76:34 Carolyn Limebear W45 Bucks
- 19 76:34 Sarah Webster W35 Bucks
- 20 76:36 Lesley Perkin W40 Bucks
- 21 76:36 Anne Fullelove W45 Bucks

Girls 2 Miles

- 1 21:12 Katie Royals Chiltern Harriers U15

Middlesex T&F Championships

9th May 2009

Copthall Barnet

U20 women 3000m

1 Madeleine Bell (Ealing, Southall & Middlesex) 23:26.69

Senior women 3000m

- 1 Maureen Noel (Belgrave) 18:14.69
- 2 Jo Miles (Hillingdon) 19:29.91
- 3 Norma Grimsey (Enfield) 20:12.82

Senior Men 3000m

- 1 John Hall (Belgrave) 15:36.05
- 2 Andy Cox (Hillingdon) 16:13.30
- 3 Shaun Lightman (Surrey) 17:12.01
- 4 Ron Powell (Enfield) 18:50.0
- 5 Sean Pender (Enfield) 19:31.17
- 6 Bernie Hercock (Enfield) 20:40.78

Macclesfield Shield

9th May

Sutton Macclesfield

Conditions were cold and windy. Dave Evans took the lead from the start and soon had a clear lead over 2nd placed Tony Bell which he maintained to the end. Newcomer Adrian Edwards, in his first racewalk for 30 years, finished 3rd.

20km

- 1 Dave Evans (Lancs WC) M60 2:06.05
- 2 Tony Bell (Lancs WC) M45 2:08.16
- 3 Adrian Edwards (unattached) M45 2:08.35
- 4 Greg Smith (Lancs WC) M55 2:09.08
- 5 Alistair Shand (YRWC) M45 2:09.59
- 6 Stephen Sargent (Lancs) M60 2:11.35
- 7 Dave Crompton (Lancs WC) M45 2:13.51
- 8 James Munn (Lancs WC) M75 2:19.21
- 9 Pat Evans (Lancs WC) F55 2:19.24
- 10 John Payn (Lancs WC) M75 2:19.48
- 11 Sailash Shah (Lancs WC) M40 2:23.59
- 12 Richard Robb (Lancs WC) M40 2:24.33
- 13 Roy Gunnnett (Lancs WC) M60 2:24.43
- 14 Eric Horwill (DASH) M75 2:38.23

Philadelphia Cup Team Handicap Road Walk

May 17th 2009

Les Amarreurs, Vale, Guernsey

One Mile

watch time/actual time

- 1 Dave Dorey M60 11.13/10.18 (actual time)
- 2 Carol Bates W55 11.20/10.50
- 3 Jayne Le Noury W45 11.22/10.27
- 4 Mick Le Sauvage M65 11.26/10.01
- 5 Jane Rowlinson W50 11.36/10.51
- 6 Stuart Le Noury M 11.36/7.21
- 7 Phil Lockwood M35 11.41/7.36
- 8 Kay Coulson W40 11.42/11.42
- 9 Jason Le Noury M 11.44/7.19
- 10 Rob Elliott M50 11.44/8.29
- 11 Kevin Le Noury M50 11.45/10.05

ARCHIVE RESULTS FOCUS ON SHEFFIELD

The first impression for most visitors to Sheffield is how incredibly hilly it is. The city has a long tradition of racewalking and its athletes have always been strengthened by living their daily lives on steep streets. Although there has been a big decline in competitor numbers, people like Brian Adams and John Eddershaw are keeping the sport alive in the area, and providing support and opportunities until it takes off again. The Jeff Ford walks, held in the spectacular Don Valley Stadium during Sheffield's Festival of Athletics, attracts walkers from across the UK each year, and remains one of the most popular events. If you are ever passing through, try one of the friendly evening races in Millhouses Park, set in a pretty valley on the edge of the Peak District.

2nd South Yorkshire Handicap League

14 April 2009

Millhouses Park, Sheffield

2km

- 1 Rebecca Chambers U13W Sheff 12:19
- 2 Daniel Chaib U13M Sheff 12:32
- 3 Peter Bilson SM Sheff 14:15
- 4 Caitlin Akers Sheff 14:32



Don Valley Stadium, Sheffield

Jeff Ford Walks - U20/Senior Open

19 April 2009

10km Ladies

- 1 Diane Bradley W45 Ton 53:18
- 2 Helen Middleton W45 E&H 59:22
- 3 Stephanie Rukin U20W Ton 1:03:20
- 4 Natalie Myers U20W Sheff 1:06:39
- 5 Sue Rey W50 Leic WC 1:11:22

10km Men

- 1 Tom Bosworth U20M Ton 47:58
- 2 Steve Arnold M45 Nun 53:44
- 3 John Constandinou M35 Bir 56:57
- 4 Ben Casey U20M Yeov T 58:28
- 5 James Cotterill U20M Ton 1:00:38
- 6 Chris Bent Pitsea 1:03:06
- 7 David Hoben M55 Sy WC 1:13:02
- DQ Mark Byrne M45 Redcar
- DQ Liam Baldwin U20M Ton
- DQ Mark Wall M50 Leic WC
- DNF Antonio Cirillo U20M Swan

5k U17/Senior Open Women

- 1 Kelsey Howard U17W Ashf 26:02
- 2 Katie Ford SW Sheff 26:16
- 3 Rebecca Mersh U23W Sheff 27:02
- 4 Karen Wears W35 Redcar 28:52
- 5 Vicky Morgan U17W W&B 29:02
- 6 Lynn Bradley W40 Sheff 29:43
- 7 Nina Butler Sheff 30:41
- 8 Julie Bellfield W40 Hale 31:11
- 9 Gabrielle Terry U20W KuH 31:30
- 10 Louise Bradley U17W Ton 31:34
- 11 Marie Marshall W45 W&B 32:14
- 12 Laurayne Readman W45 Redcar 32:22
- 13 Jill Langford W70 W&B 33:36
- 14 Julia Beer U17W Ton 34:46
- 15 Sue Rey W50 Leic WC 34:46
- 16 Ann Irving W55 Redcar 35:31



Katie Ford presents Kelsey Howard with her winning medal at the Jeff Ford Walks 2009

5k U17/Senior Open Men

- 1 Ben Wears U20M Redcar 21:16
- 2 Mark Wall M50 Leic WC 26:12
- 3 Nathan Duncan U17M KuH 28:48
- 4 Richard Oldale SM unatt 29:46
- 5 Shaun Cohen U17M Sheff 33:30
- 6 Peter Bilson SM Sheff 40:22

3k U15 Girls

- 1 Kate Funnell U15W Ashf 17:03
- 2 Jasmine Nicholls U15W Leic WC 17:04
- 3 Beth Jackson U15W W&B 17:29
- 4 Catherine Cotterill U15W Ton 20:08
- 5 Maria Walker U15W KuH 21:08

3k U15 Boys

- 1 Ben Parsons U15M Ton 18:45

2k U13 Girls

- 1 Emma Achurch U13W Leic WC 10:57
- 2 Sarah Sheasby U13W Sheff 11:50
- 3 Rebecca Chambers U13W Sheff 12:09
- 4 Georgia Parsons U13W Ton 13:23
- 5 Charlotte Knott U13W D&S 13:43

2k U13 Boys

- 1 Guy Thomas U13M Ton 10:52
- 2 Daniel Watling U13M W&B 10:59
- 3 Zak Wears U13M Redcar 11:46
- 4 Matthew Redfern U13M Tam 12:06
- 5 Daniel Chaib U13M Sheff 13:18

Yorkshire & Humberside County Track & Field Championships

9 May 2009
Sheffield

3,000m

- 1 Paul Evennett Redcar 14.39.31 1st SM
- 2 Nath. Duncan Grimsby 16.51.20 1st U17M
- 3 Mark Byrne Redcar 17.20.19 2nd SM
- 4 Gabrielle Terry KuH 17.49.56 1st U17W
- 5 Shaun Cohen Shef 18.03.12 2nd U17M

2,500m

- 1 Daniel Chaib Shef 15.11.02 1st U13B
- 2 Sarah Sheasby Shef 15.18.18 1st U13G
- 3 Reb. Chambers Shef 15.23.27 2nd U13G

Sheffield Schools Secondary Champs

13 May 2009
Woodbourn Rd, Sheffield

1km

- 1 Dan Chaib HS 5.33.9 1st U13B
- 2 Sarah Sheasby HS 5.34.4 1st U13G
- 3 Caitlyn Akers Home 6.14.1 1st U17G
- 4 Natasha MacDonald MH 6.21.3 2nd U13G
- 5 Dominic Parry MH 6.26.8 2nd U13B
- 6 Jordan Lynch MH 6.29.2 3rd U13B
- 7 Victoria Bennett AS 6.31.6 3rd U13G
- 8 Katie MacKinder MH 6.33.4 1st U15G
- 9 Maddie Darling ShH 6.38.2 4th U13G
- 10 Heather James MH 6.59.8 5th U13G
- 11 Chelsea Swift Bir 7.03.5 6th U13G
- 12 Laura Cowley MH 7.18.8 7th U13G
- 13 Kira Hopkinson Bir 7.28.4 8th U13G
- 14 Laura Foster Bir 7.42.1 9th U13G
- 15 Jennifer Fletcher MH 7.53.3 10th U13G

3rd South Yorkshire Race Walking League

15 May 2009
Millhouses Park, Sheffield
2km

- 1 Dan Chaib 11.58 U13B
- 2 Becky Chambers 12.08 U13G
- 3 Peter Bilson 14.47 SM

Primary Schools District A

19 May 2009
Woodbourn Rd Sheffield

Y5 Girls 600m

- 1 S Damms V Park 4.00
- 2 D Broughton R'head 4.03
- 3 M Cooke Mund 4.07
- 4 R Kirby Mund 4.17
- 5 R Hussain Phil 4.22
- 6 E Martin Grey 4.24

Y5 Boys 600m

- 1 L Mansell R'head 3.54
- 2 T Whitaker Mund 3.58
- 3 H Ismail Phil 4.00
- 4 A Mitha R'head 4.01
- 5 S Woulfe Grey 4.02
- 6 M Naylor Mund 4.03

Y6 Girls 600m

- 1 N Worrall R'head 3.53
- 2 J Gibbon Mund 4.02
- 3 T Chiadzwa V Park 4.02
- 4 C Taylor Mund 4.05
- 5 B Wilkinson Grey 4.06
- 6 E Rochcliffe Grey 4.07

Y6 Boys 600m

- 1 D Butterworth Phil 3.48
- 2 J Thornton R'head 4.03
- 3 J Allen Phil 4.04
- 4 H Groombridge Mund 4.17
- 5 A Flartery Grey 4.26
- 6 S Chubb Grey 4.30

Sheffield Primary Schools District B

Y5/6
21 May 2009
Woodbourn Road, Sheffield

600 metres Girls

- 1 N. Perryer U11W Schools 4:00.1

- 2 L. Peckett U11W Schools 4:00.1
- 3 Lilly Fletcher U11W Schools 4:07.9
- 4 A. Johnson U13W Schools 4:10.9
- 5 C. Hooper U13W Schools 4:10.9
- 6 C. Sakala U13W Schools 4:16.6
- 7 T. Holmes U11W Schools 4:16.6
- 8 L. Stoddart U13W Schools 4:19.2
- 9 H. Marley U13W Schools 4:20.6
- 10 J. Evans U13W Schools 4:21.7
- 11 Rowan Clay U11W Schools 4:22.7
- 12 E. Shaw U11W Schools 4:23.1

600 metres Boys

- 1 S. Bethell U13M Schools 3:39.4
- 2 M. Shaw Schools 3:41.4
- 3 A. Dewis U13M Schools 3:46.8
- 4 T. Duffield U13M Schools 3:49.3
- 5 N. Furney U13M Schools 3:51.4
- 6 T. Bensen U13M Schools 3:52.2
- 7 J. Cawthorne U11M Schools 3:53.5
- 8 S. Beven U11M Schools 3:54.5
- 9 O. Norfolk U11M Schools 3:54.8
- 10 P. Shepherd U11M Schools 4:00.3
- 11 A. Masuka U11M Schools 4:01.8
- 12 B. Pollard U11M Schools 4:02.1

Primary Schools C

2 June 2009

Woodbourn Road, Sheffield

600 metres Girls

- 1 Rebecca Chambers U13W Sheff 3:09.2
- 2 E. Jenkinson U11W Schools 3:45.1
- 3 Chloe Pateman U13W Schools 3:49.8
- 4 E. Birch U13W Schools 3:50.4
- 5 L. Mitchell U11W Schools 3:54.2
- 6 K. Bandmann U13W Schools 3:57.7
- 7 B. Brookes U11W Schools 4:01.6
- 8 G. Hibbert U11W Schools 4:11.0
- 9 M. Molloy U13W Schools 4:12.9
- 10 A. Scott U11W Schools 4:17.5
- 11 G. Baker U11W Schools 4:21.9
- 12 A. Dorasha U11W Schools 4:23.5

600 metres Boys

- 1 J. Jenkinson U11M Schools 3:27.4
- 2 Charlie Green U13M Schools 3:29.7
- 3 Josh Robinson U13M Schools 3:32.2
- 4 B. Jones U13M Schools 3:51.0
- 5 H. Chan U11M Schools 3:53.1
- 6 M.J. Keeton U11M Schools 3:59.9
- 7 J. Aubrey-Bentley U13M Schools 4:00.9

- 8 A. Ciravegna U13M Schools 4:12.8
- 9 R. Paul U11M Schools 4:14.7
- 10 D. Heathcote U11M Schools 4:20.5
- 11 B. Conroy U11M Schools 4:22.8
- 12 A. Ward U13M Schools 4:40.7

Primary Schools D

3 June 2009

Woodbourn Road, Sheffield

600 metres Girls

- 1 E. Yalcin U13W Schools 3:49.4
- 2 A. Hughes U13W Schools 3:50.5
- 3 R. Sinclair U13W Schools 3:50.6
- 4 C. Hudson U13W Schools 3:51.8
- 5 C. Compton U11W Schools 3:54.6
- 6 S. Kotak U11W Schools 3:56.0
- 7 E. Autry U11W Schools 3:58.6
- 8 P. Sylvester U13W Schools 3:58.8
- 9 L. Cooper U11W Schools 3:59.1
- 10 S. Rhodes U13W Schools 4:00.0
- 11 G. Saxton U11W Schools 4:08.8
- 12 R. Albiston U11W Schools 4:10.0

600 metres Boys

- 1 A. Potts U13M Schools 3:29.9
- 2 B. Underhay U13M Schools 3:30.4
- 3 J. Rowley U11M Schools 3:39.2
- 4 D. Whitaker U13M Schools 3:41.7
- 5 L. Parlett U11M Schools 3:42.8
- 6 D. Nettleship U13M Schools 3:44.9
- 7 Max Everett U13M Schools 3:45.8
- 8 A. McHale U13M Schools 3:46.0
- 9 L. Heald U11M Schools 3:50.2
- 10 D. Cooper U11M Schools 3:53.1
- 11 M. Withers U11M Schools 3:54.7
- 12 H. Bell U11M Schools 3:55.0

Primary Schools A

4 June 2009

Woodbourn Road, Sheffield

600 metres Girls

- 1 Niamh McKevitt U11W Schools 3:44.7
- 2 Daisy Hope U13W Schools 3:45.2
- 3 O. Padfield U13W Schools 3:47.2
- 4 Eva Borrowdale U13W Schools 3:52.8
- 5 F. Hinchcliffe U13W Schools 3:53.3
- 6 R. Giles U11W Schools 3:59.3
- 7 M. Jones U13W Schools 4:02.9
- 8 B. Thompson U13W Schools 4:05.0
- 9 A. Hughes U11W Schools 4:06.8

- 10 D. Waugh U11W Schools 4:11.2
- 11 G. Selby U11W Schools 4:14.4
- 12 M. Matti U11W Schools 4:18.2

600 metres Boys

- 1 F. Tracey U13M Schools 3:24.5
- 2 B. Simpson U13M Schools 3:31.1
- 3 C. Lowrie U13M Schools 3:32.6
- 4 T. Pingrose U13M Schools 3:33.1
- 5 L. Hackett U11M Schools 3:35.0
- 6 L. Wharton U13M Schools 3:41.4
- 7 L. Bissat U13M Schools 3:49.8
- 8 D. Brebner U11M Schools 3:58.0
- 9 E. Bolsover U11M Schools 4:00.4
- 10 E. Otter U11M Schools 4:00.7
- 11 A. Yeoman U11M Schools 4:04.3
- 12 D. Scholes Schools 4:05.0

South Yorkshire Schools AA Development Race

11 June 2009

Woodbourn Road, Sheffield

1km Girls

- 1 Rebecca Chambers U13W Sheff 5:35
- 2 Sarah Sheasby U13W Sheff 5:46
- 3 Emily Bradley U11W Schools 6:57
- 4 Daisy Hope U13W Schools 7:03
- 5 Lilly Fletcher U11W Schools 7:13
- 6 Eva Borrowdale U13W Schools 7:40
- 7 Rowan Clay U11W Schools 8:47

1km Boys

- 1 Peter Bilson SM Sheff 6:32
- 2 Max Everett U13M Schools 6:42
- 3 Jacob Cauthorne U11M Schools 6:46
- 4 Josh Robinson U13M Schools 6:52

4th South Yorkshire League

16 June 2009

Millhouses Park, Sheffield

Four new comers from the primary schools' competitions showed good form with Athelston's Josh Robinson taking second. Danial Chaib (3rd) and Becky Chambers produced personal bests over 2km to move up this year's national rankings to 4th & 3rd respectively. For Becky that is PB's at 3 different distances in 6 days.

2km

- 1 Caitlin Akers U15W Sheff 14:01
- 2 Daniel Chaib U13M Sheff 11:39
- 3 Rebecca Chambers U13W Sheff 11:45
- 4 Sarah Sheasby U13W Sheff 12:17

1km

- 1 Josh Robinson U13M Schools 6:30
- 2 Daisy Hope U13W Schools 6:48
- 3 Max Everett U13M Schools 7:11
- 4 Emily Bradbury U11W Schools 7:23

6th South Yorkshire League

14 August 2009

Millhouses Park, Sheffield

Becky Mersh came to the South Yorkshire League after 7 weeks of no training having spent a month in South Africa where she was involved in helping to run children's clubs, then two weeks with the RAF including a few days in bed with tonsillitis! Her winning time of 15.58 was much better than she was hoping for.

3km

- 1 Rebbeca Mersh U23W Sheff 15:58
- 2 Peter Bilson SM Sheff 23:07

1km

Katie Mackinder U15W Schools 7:01

200 Club

Recent winners:

February, 2010

£25 D. Corkhill

£10 J. Wright

£10 M. Worth

Details:

The 200 Club is a monthly prize draw run solely for the benefit of the RWA, and is one of its most important sources of funding. There are up to 200 members each with a unique number that is entered into a monthly prize draw.

Every month 3 numbers are drawn at random to win prizes of £25 - 1st prize, £10 - 2nd prize and £10 - 3rd prize. In June and December there is a bonus fourth prize of £50, depending on the number of members at the time.

The cost is £13 per number, or £12 if you agree to pay your subscription by standing order or to receive your renewal notifications by email.

The club is run by Bill Wright. Please send a cheque for £13 per number requested payable to RWA to the following address, including your name, address, how many numbers you require, and whether you wish to be paperless, along with your signature and the date.

Bill Wright (200 Club),
212 Weddington Road,
Nuneaton,
CV10 0ER.

Letters

Dear John,

I think the magazine should have an international appeal and the content should reflect it in one single publication. I am sure the British readers would love to know what is going on in the rest of the world and they should be able to get the news from the same magazine. I am suggesting that the home and the international news should be in one magazine and it will increase the

flavour of the reading for the reader and the walkers in the world will know that they are all connected. The present state of the magazine is very good under your Editorialship and I am sure you will do justice to the new suggested format to cater for everybody - the walkers of the world are the friendliest people on the planet. This magazine is a gift to the people of the world.

Asim Qureshi

Editor: I've been exploring the idea of doing a separate international newsletter, and have found out that it has already been tried many years ago. There was never any intention of charging RWR subscribers for a second publication - they would get it free, whilst the global audience could take the international edition without the UK news. Next issue will see a return of all MAJOR international results, then perhaps every three months a compilation of ALL will be collated into a newsletter. -John C.

I walked the ING Georgia Half Marathon in Atlanta. It was a lot of fun and I was disappointed to see the finish line approaching - though my body was ready to quit.

I think 20k and Half Marathon races are the very best distance - quite taxing but not abusive.

Phil Howell (USA)

In the next issue...

Lugano, Nutrition, Technique, Drugs, Results, Reports, News, Photos, more archives, return of major International results...And anything I have missed out of this issue. DON'T MISS IT!

Fixtures

April 2010

- 17th 10k Northern Championships Don Valley Stadium, Sheffield
- 17th 2000m/3000m Birchfield Games Alexander Stadium, Birmingham
- 17th 20k/var IAAF Racewalking Challenge Rio Maior, PORTUGAL
- B 18th 5k MMAC Road Walk (+AGM) Edgbaston Reservoir, Birmingham (11am)
- B 18th 1 mile Philadelphia Cup Team Handicap Amarreurs Road, Vale, Guernsey
- 18th 5k/var Manx 5k Champs/Junior Championships NSC, Douglas, Isle of Man
- 18th 1k/2k/3k/5k/10k Jeff Ford Memorial /YAG GP Don Valley Stadium, Sheffield
- 23rd var South Yorkshire League (6pm) Sheffield
- B 24th 10 mile Goodwin Cup (1:30) Chorley, Lancashire
- B 24th 1000m/3000m London Inter-Club Challenge/Enfield Lg/YAG. Cophall (11:45am)
- B 25th 50k/var IOM Fire and Rescue - Sara Killey Memorial Walk Isle of Man
- B 25th 10k Sarnia WC Championship 3 Delancey Park, Guernsey
- 25th 50k UKA/RWA National 50k Championships Stokton-on-Tees
- 25th 3k/5k Somerset Schools/Somerset AAA Champs TBC
- 28th 10k VAC, Surrey, Herts, Mddx 10km Track (6:45pm) Battersea Park, London

May 2010

- 1st 20k/var IAAF Racewalking Challenge Milan, ITALY
- B 2nd 3k Graham Mann Team Handicap Amarreurs Road, Vale, Guernsey
- B 3rd 2 mile/5 mile The Pednor Walks - Open/Bucks. Champs Chesham
- 3rd 3000m Hertfordshire T&F Championships, +Vets, +Open Stevenage
- B 5th 2000m Midland Veterans League 1 - East Div Nuneaton, North Div Telford
- B 7th - 9th 5k/10k/Marathon Waendel Weekend Wellingborough
- 8th - 9th var County T&F Championships. CHECK WITH YOUR COUNTY!
- 9th 20k Manx 20k Championships TBC, Isle of Man
- 9th 1000m/2000m/3000m Essex Country Track Championships Chelmsford
- 9th 2000m/3000m Three Counties T&F Championships Alexander Stadium
- 10th 2000m SCVAC T&F League Lee Valley, London
- B 11th 5 mile VAC Summer Walks 2010 (7pm) Battersea Park, London
- B 13th 2000m Midland Veterans League 1 - South Div Stourport
- B 14th 2k Sarnia Championship 4 Amarreurs Road, Vale, Guernsey
- B 15th 20k Macclesfield Shield Sutton Macclesfield
- B 15th Marathon/Half Playtex Moonwalk London
- 15th 10,000m Essex County Track Championship Woodford Green
- 15th - 16th 20k/50k 24th IAAF World Race Walking Cup Chihuahua, MEXICO
- 16th 5000m/10,000m Midland Track Championships Tamworth
- 20th 5k Manx Harriers Club Walks TT Access Road, Isle of Man
- 21st var South Yorkshire League Sheffield (6pm)
- B 22nd 1 hour/var Enfield League One Hour Badge Races Lee Valley, London
- B 22nd - 23rd 100 mile/var Continental Centurion Rotterdam, HOLLAND
- B 23rd 3k Sarnia WC Road Walk Amarreurs Road, Vale, Guernsey
- 23rd 10,000m BMAF Track 10,000 Oxford
- 29th 20k/var IAAF Racewalking Challenge Krakow, POLAND
- B 31st 15k/35k Bradford Walk Baildon (near Bradford), Yorkshire
- 31st 3k Inter-Counties Championships Bedford

June 2010

- B 2nd 2000m Midland Veterans League 2 - East Div Tamworth, North Div Stafford
- B 3rd 2000m Midland Veterans League 2 - South Div Redditch

NUNEATON HARRIERS

Proudly Presents the

ALAN FLEAR 30TH MEMORIAL OPEN TRACK WALKS

At The Pingles Athletic Track, Avenue Road, Nuneaton

On Sunday 13th June 2010

Programme of events commencing at 12.00

12.00	Under 17/Under 20/Senior Men	5K
12.00	Under 17/Under 20/Senior Women	5K
12.40	Under 15 Boys / Under 15 Girls	3K
13.10	Under 13 Boys / Under 13 Girls	2K
13.30	Under 11 Boys and Girls*	1K
13.40	Open Novice Walk (subject to entries)	800m
13:50	Men's Devil (Age 15+)	
14.20	Women's Devil (Age 15+)	
14.40	Run/Walk Relay 3 x 2 laps*	



Overall Winners to hold the Alan Flear Trophy for 1 Year

*Not included in the Trophy

Age groups as per RWA Rules

Entry fees: Seniors £ 4.50, Under 20 £ 3.50, Under 11 £1.50

Awards subject to entries

Held under IAAF and RWA Rules and AAAE Laws

Second claim members accepted as per AAAE Laws

All competitors participate at their own risk, and the organisers accept no responsibility for any injury or loss sustained by any competitor

Entries by 21st May 2010

Andy Flear. 35 Kentmere Close, Potters Green, Coventry, CV2 2GE

E Mail.... a.flear@talktalk.net

Tel: 02476 614282