

**Blackheath Johnson Bowl, Surrey Walking Club, Gazette Cup 4 miles Champs,
Norman Park Road Circuit, Bromley, 26th Jun 24**

As usual Blackheath & Bromley Harriers Johnson Bowl race was combined with Surrey Walking Club's 4 mile race however on this experimental occasion the event also included an Open, well-advertised 4 miles in the hour challenge event. It was quite successfully intended to raise the profile of the racewalking event and introduce newcomers. In addition to the usual half dozen competitors, another dozen or so new visitors took part. This turned what was a hot and humid Summer evening race into a much larger and amusing event with most of the newcomers enjoying the testing experience, along with the more serious walkers. In fact a couple of the former group managed to beat some of the regular if somewhat aged racers. In addition, three BBHAC youngsters completed slightly shorter distances.

As to the main competition, Blackheath easily overcame the SWC contingent, winning the first two places. This included the winner of the Johnson Bowl itself, Johnny Ellerton, in an excellent 36 minutes which is around 5.6 minute kilo pace. He was followed by a fast 40.5 minutes from his father Matt who himself is a fairly newcomer to the discipline. Once again, David Hoben headed the SWC race as well as winning the handicap if SWC numbers had justified this contest.

The main challenge of Four Miles in The Hour for the visitors was broken by all but two of the visitors but not without a considerable effort from the half, who exceeded 50 minutes. As noted above two did very well to finish clearly inside this shorter period.

Results: (17 starters)

4 Miles:

J.Ellerton (1st B&B U18M) 36 min 2 sec; 2. M.Ellerton (2nd B&B M45) 40 min 25 sec; 3. J.Critchley (Unatt M) 46 min 15 sec; 4. B.Cobbold (Unatt M) 48 min 25 sec; 5. D.Hoben (1st Sy WC & 3rd B&B M70) 49 min 49 sec; 6. G.Collins (C M) 50 min 2 sec; 7. D.Gilling (Unatt W) 50 min 27 sec; 8. J. Brabner (ZtH W) 51 min 39 sec; 9. C.Flint (2nd Sy WC M75) 51 min 43 sec; 10. A.Osbourne (Unatt W) 53 min 32 sec; 11. B.Gibson (Unatt M) 54 min 38 sec; 12. L.Gibson (Unatt W) 54 min 38 sec; 13. Z.Kingsmill (B&B W) 55 min 44 sec; 14. A.Powell(B&B W) 55 min 44 sec.

3 Miles:

1. T.Checheku (B&B U15) 29 min 15 sec.

2 Miles:

1. L.Eperon (B&B U13B) 21 min 55 sec; 2. F.Watson(B&B U15G) 23 min 28 sec.

2.5km

1. C.Ellis (Lewes U13G) 19 min 6 sec.