

London 10km incl RWA(S) Championship 2nd Feb 20

This major event on the calendar attracted more athletes than usual although the younger athletes' fields were small. It was bright and breezy which was itself fortunate with such bad weather around this period. Surrey Walking Club had a successful day with just four competitors but came away with Team Silver in both of the senior races and individual Silver and Bronze in the Men's event. The men were Francisco Reis in 2nd followed four minutes later by Malcolm Martin with both behind intervening competitors from the Under 20 and Women's races. As it happens both were equally and significantly above their recent form and well deserved their prominent positions when it came to the presentation. Unsurprisingly not so far up the finish table was W70 Sandra Brown however her 8th place in 63 minutes was exceptional and with small teams she, in combination with Angela Martin walking to form, also took team silver. Sandra also took the First Centurion award.

Representing Shaun Lightman's coaching group from Blackheath & Bromley, Carla Forsyth and Johnny Ellerton took part in the 3km race. Johnny had no competition in his event so comfortably won his event at a speed just below his current while Carla managed a good time but could not hold Winchester's Natasha Mitchell.

Results:

Girls U15 3km

N.Mitchell (Win U15G) 16 min 46 sec; 2. C.Forsyth (B&B U15G) 18 min 38 sec.

Boys U15 3km

J.Ellerton (B&B U15B) 18 min 53 sec

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Women 10km

1. M.Shott (Belg W) 50 min 12 sec; 2. N.Myers (Shef/Dearn W) 53 min 35 sec; 3. A.Jennings (AFD U23W) 53 min 54 sec; 8. **S.Brown** (Sy WC W70) 1 hr 3 min 25 sec; 9. H.Middleton (E&H W55) 1 hr 5 min 20 sec; 10. N.Blatchford (Abing W70) 1 hr 7 min 32 sec; 13. **A.Martin** (Sy WC W55) 1 hr 19 min 33 sec.

Men 10km

1. L.Legon (Camb H M) 47 min 28 sec; 2. **F.Reis** (Sy WC M55) 52 min 34 sec; 3. **M.Martin** (Sy WC M65) 57 min 52 sec