

## RACE WALKING

### MIDLAND 30KM CHAMPIONSHIPS(MEN)

### INC.BMAF 30KM CHAMPIONSHIPS (MEN/WOMEN)

Science Park, Warwick University, Coventry. Saturday 14<sup>th</sup> August 2010.

Intermittent rain made for miserable conditions, but it wasn't cold. Times were generally much faster than a year earlier on the same course, held in warm sunshine.

#### Men

<u>Pos.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1.	Paul Evenett	Redcar RWC	2.39.07 (M40-1 <sup>st</sup> )
2.	Steve Arnold	Nuneaton	2.53.21 (M45-1 <sup>st</sup> )
3.	John Hall	Belgrave H	3.02.45 (M60-1 <sup>st</sup> )
4.	Arthur Thomson	Enfield & H	3.09.22 (M70-1 <sup>st</sup> )
5.	David Manning	Birchfield	3.13.26 (M55-1 <sup>st</sup> )
6.	Steve Allen	Barnet & D.	3.18.25 (M50-1 <sup>st</sup> )
7.	John Paddick	Redcar RWC	3.19.08 (M65-1 <sup>st</sup> )
8.	Dave Jones	Redcar RWC	3.24.00 (M60-2 <sup>nd</sup> )
9.	Gary McDonald	Surrey W.C.	3.31.45 (M50-2 <sup>nd</sup> )
10.	Mark Byrne	Redcar RWC	3.35.12 (M45-2 <sup>nd</sup> )
11.	John Borgas	Herts Phoenix	3.42.07 (M60-3 <sup>rd</sup> )
12.	Norbert Will	N.I.V.A.A.	3.53.24 (M75-1 <sup>st</sup> )
13.	Henry DeSilva	I.O.M.V.	4.14.39 (M75-2 <sup>nd</sup> )

D.Q. Ian Richards (Steyning A.C.), Julian Barnett (Birchfield Harriers)

DNF Ed Shillabeer (Ilford A.C.), John Payn (Lancashire W.C.)

#### **Team Result:**

1st. Redcar RWC – 9hrs 22mins 15secs

(Evenett, Paddick, Jones)

#### Women's BMAF 30km Championships

1.	Karen Wears	Redcar RWC	3.12.31 (W40-1 <sup>st</sup> )
2.	Maureen Noel	Belgrave H.	3.16.10 (W45-1st)
3.	Helen Starling	Redcar RWC	3.34.21 (W45-2nd)