

BMAF Long Distance Race walking Championships – 20 miles

18th August 2019 – Castletown Isle of Man

(incorporated in the Centurions 100 mile race)

Men

1	Ian Richards	(1 st M70)	VAC	3h 19m 15s
2	Tony Mackintosh	(1 st M45)	IoM VAC	3h 30m 22s
3	Hardeep Minhas	(1 st M60)	MMAC	3h 39m 07s
4	Steve Kemp	(1 st M55)	EMAC	3h 45m 29s
5	Colin Moore	(2 nd M60)	IoM VAC	4h 12m 36s

Women

1	Michelle Turner	(1 st W45)	IoM VAC	3h 51m 17s
2	Jane Farquhar	(1 st W50)	IoM VAC	3h 59m 50s
3	Elizabeth Corran	(1 st W60)	IoM VAC	4h 07m 10s