

THE WALKS

By John Powell and Peter Matthews

This is a supplement to the NUTS Publication of 2014. We give corrections to the original booklet and updates to the end of 2016.

Thanks to Jacques Carmelli, Allan King, Stuart Mazdon, Chris Smith, Colin Young

Peter Matthews

p.2	Records 1M: 6:36.0 + Webster 12 Jul 1879, 6:25.2 Bridge 1 Salford 20 Jul 2012, 6:01.75 Roger Mills 1 IAC London (CP) 23 Aug 1978.					
p.3	3000m: 12:38.2 Cooper at London (Enfield); Indoors:					
	11:23.99 Alex Wright 19.12.90 2			Athlone		27 Jan 2013
	11:15.81 Tom Bosworth 17.1.90 1	Eng Ch		Sheffield		10 Jan 2016
	10:58.21 Tom Bosworth 17.1.90 1	UK		Sheffield		28 Feb 2016
	Indoor 5000m:					
	18:54.18 Tom Bosworth 17.1.90 1			Bratislava		31 Jan 2016
p.3	2 Miles: 13:11.4 Lerner on 13 Jul 1904					
p.4	5 Miles: 35:24.0 Hardy on 4 Aug 1951, 34:26.6 Matthews 30 Sep 1959					
	7 Miles: 52:34.6 Webster					
p.5	1 Hour: 11,265 Page; 13,182 Thatcher					
	10 Miles: 1:19:27.8 R? Curtis; Road: 1:18:08 Nihill 30 Jul 1972					
p.5/6	20 kilometres: track: 1:38:12.2 Sturgess 23 Oct 1897, Road add:					
	1:20:41 Tom Bosworth 17.1.90 1			Dudince		19 Mar 2016
	1:20:12 Tom Bosworth 17.1.90 6	OG		Rio de Janeiro		12 Aug 2016
p.7	30 kilometres road: add					
	2:40:06 Amos Seddon 22.1.41 1	RWA		London (VP)		21 Jun 1979
	2:38:01 Andrew Drake 6.2.65 1	Mid		Sutton Coldfield		22 Apr 1989
	2:37:20 Chris Maddocks 28.3.57 1	v6N		Laval		25 Jun 1989
p.8	Women 1M: 7:36.2 Farr at London (Chiswick)					
	5km road: 25:01 Marion Fawkes 3.12.48 1	Eur		Grand Quévilly		22 Sep 1974
p.9	20km road: 1:42:02 Lillian Millen 5.3.45 1			Macclesfield		9 Apr 1983
p.12	20M 1951: 2:45:01 ? hcp race Lloyd Johnson					
p.13	Annual UK Bests					

30km – 1977: delete 2:34:45 Brian Adams (was a 20 miles mark). No 'track' in heading

3000 Metres Track		10,000 Metres Track		10 Kilometres Road	
2014	11:31.8 Tom Bosworth	44:29.0	Dominic King	40:19	Tom Bosworth
2015	11:30.65i Tom Bosworth	41:34.63	Callum Wilkinson	39:38	Tom Bosworth
2016	10:58.21i Tom Bosworth	40:41.62	Roger Mills	39:58	Tom Bosworth

UK WALKS STATISTICS OVER THE YEARS

20 KILOMETRES WALK

50 KILOMETRES WALK

Year	Best	10th	50th	1:40+W100	Best	10th	50th	5:00+ W100
In final column for each event is number of UK athletes in world top 100								
2014	1:22:20 Bosworth	1:48:11		6	4:12.41 Dominic King	5:28:45		4 0
2015	1:22:23 Bosworth	1:55:21		2	3:59:22 Dominic King	5:30:55		3 1
2016	1:20:13 Bosworth	1:53:39		6	3:55:48 Dominic King	5:29:34		3 1

WOMEN 10 KILOMETRES WALK

WOMEN 20 KILOMETRES WALK

Year	Best	10th	50th	to 58	Wld	Best	10th	to 1:55	Wld
2014	45:02 Atkinson	56:42			x	1:33:43 Atkinson	2:22:24		4 1
2015	46:25 Atkinson	54:50			x	1:33:43 Atkinson	2:14:34		5 1
2016	44:59 Davies	c.56			x	1:33:48 Davies	2:14:48		4 0

BRITISH MERIT RANKINGS (1968-2016) Corrected and updated

Name	Pts	Top	Years	Rankings
Men's 20 Kilometres				
Daniel King	115.5	4	11	add 16-2
Dominic King	111.5	0	12	add 14-4, 16-3
Tom Bosworth	81	4	7	add 14-1, 15-1, 16-1
Brian Adams	54.5	1T	8	75-1=, 76-2, 77-3, 78-2, 79-11, 80-5, 81-12, 82-10
Carl Lawton	42	0	6	71-6, 74-6=, 76-6, 77-5=, 78-7, 79-5
Peter Marlow	33	0	5	72-6, 73-9, 74-4, 75-5, 76-8
Bob Dobson	31.5	0	5	71-7, 73-5, 74-5, 75-7=, 78-9
Roy Thorpe	20	0	4	69-11, 73-3, 74-11, 76-7
50 Kilometres				
Daniel King	69	3	6	add 16-2
Dominic King	59	4	5	add 15-1, 16-1

Ian Richards	51.5	1+1T	5	78-3, 79-2, 80-1=, 81-6, 82-6
Roy Thorpe	46	0	6	72-7, 73-5, 74-3, 75-3, 76-2, 78-1
Michael George	32	0	3	13-2, 14-2, 15-3
Peter Hodgkinson	31	0	5	73-4, 74-7, 76-8, 77-4=, 79-6
Carl Lawton	30	0	8	71-4, 72-11, 74-10, 75-12, 76-3, 80-11=, 81-12, 82-10=
John Lees	28.5	0	6	7-11, 75-5, 76-7, 77-4-, 78-9, 79-12=
Charles Fogg	26.5	-	5	69-6, 70-10, 74-12=, 75-4, 76-6
Murray Lambden	22.5	0	4	80-9, 81-7=, 82-3, 84-10

Women

Johanna Jackson	126	10	11	add 14-1, 15-1
Heather Lewis	59	0	6	add 14-2, 15-3, 16-2
Bethan Davies	54	2	5	add 14-3, 15-2, 16-1
Sophie Hales	49	0	7	add 16-6
Michelle Turner	31	0	4	13-3, 14-6, 15-5, 16-7
Emma Achurch	27	0	3	14-5, 15-4, 16-3

Championship Results

- p.18 Commonwealth Games 30km: 1978 4 Brian Adams 2:29:41.5
- p.23 1977 v ITA 20km: dq. Adams
- p.27 ENGLAND JUNIORS. 2005 Sep 4 Earls Colne v FIN 10km: 3. Nick Ball 48:40, 6. Robert Bain 53:51, 7. Jack Tomlin 56:54
Women 1974 22 Sep Grand Quévilly 5km road: 1. Fawkes 25:01, 5. Pamela Branson 26:02, 6. Sylvia Saunders 26:06.
- p.31 ENGLAND JUNIORS. 2005 Sep 4 Earls Colne v FIN 10km: 4. Rebecca Mersh 56:46, 7. Fiona McGorum 59:01, 8. Sarah Foster 61:3
- p.33 **UK Internationals.** Add: SHEPPARD, Roy (17.8.59) Anglia Striders 1 (1963); SMITH, Christopher James (23.12.58) Leicester WC 3 (1985-7)
Add to Commonwealth Games (non-GB): Howard Gawne Isle of Man CG 1966
- p.34 Women: BRANSON, Pamela (10.3.58) Harborne 1 (1974)
- p.36 1925 Leslie Sandy (& p. 40, 53, 100, 104)
- p.43-44 AAA 10,000m: 1980-81 Mike Parker Brighton & Hove/NZL, 1985-86 Murray Day Belgrave H/NZL
1986 1. Ian McCombie 41:42.28, 1998 3. Andi Drake 42:46.26
- p.47 RWA 10 Miles 1962 team: Highgate 53 Surrey 65 Belgrave 68
- p.48 RWA 10M 1989 venue was Redditch
- p.53 RWA 20 Miles 1923-5 Fred Poynton & Lloyd Johnson were Leicester H
- p.62 RWA 100 Miles 1987 on June 26-27
- p.65/76 2013 Jasmine Nicholls member of Leicester not OWLS
- p.80 Inter-Counties: 1934 Leslie Hancock, 1938 Edward Upton, 1947 Terry Owens (& p.87)
- p.89 Midland 10,000 Metres Track 1974 Brian Adams 44:46.0
- p.90 35km road 1979 Brian Adams 2:50:17
- p.93 North 2M 1946 Terry Owens
- p.101 Enfield 7M: 1920-5 handicap races
- p.107 National Championship wins: Brian Adams 8
AAA Junior 1M: 1948 Edward Sharp, 1949 Donald Bott
- p.116 1:34:26 Oilly Caviglioli FRA
- p.128 Women 50km: 4:50:51 Sandra Brown

Additions

- p.17 **Olympic Games** 2016 Rio de Janeiro
- | | | | |
|------------------------------|---------|---|---------|
| 20km 12 Aug: 6 Tom Bosworth | 1:20:13 | p.22 European Cup 2015 Murcia May 17 | |
| 50km 19 Aug: dq Dominic King | - | 20km: 16 Tom Bosworth | 1:23:54 |
| | | Women's 20km: 38 Johanna Atkinson | 1:44:28 |
- p.18 **World Championships** 2015 Beijing
- | | | | |
|--|----------|--------------------------------------|-------|
| 20km 23 Aug: 24 Tom Bosworth | 1:23:58 | Junior men 10km: 12 Callum Wilkinson | 42:49 |
| | | 17 Guy Thomas | 43:40 |
| | | dnf Cameron Corbishley | 44:28 |
| p.19 World Junior Champs 2016 Bydgoszcz | | Junior women 10k: 24 Emma Achurch | 53:35 |
| 10000m: 1 Callum Wilkinson | 40:41.62 | | |
| 24 Cameron Corbishley | 43:06.91 | | |
| Women 10000m: 22 Emma Achurch | 50:51.58 | | |
- p.19 **European Junior Champs** 2015 Eskilstuna
- | | | | |
|-------------------------------|----------|--|--|
| 10000m: 7 Callum Wilkinson | 41:34.63 | p.27/30 England Internationals | |
| Women 10000m: 22 Emma Achurch | 50:51.58 | 2014 Jun 22 6 NATIONS Namur 20k: 3. Dan King | 1:33:56, 4. Dominic King 1:38:37, 12. Adam Cowin 1:51.52; Women 10km: 3. Sophie Lewis Ward 54:02, 6. Heather Butcher 55:49; Junior 10km: 6. Tom Partington 59:30, 7. Tim Snook 55:46 |
- p.22 **World Cup** 2016 Rome May 7-8
- | | | | |
|-------------------------------------|---------|--|--|
| 20km: 34 Tom Bosworth | 1:22:55 | 2015 Jun 22 6 NATIONS Beedford | |
| dq Dominic King | - | 20kmT: 2. Tom Bosworth 1:25:28.36, 11. Adam Cowin 1:44:09.88, dq. Dominic King | |
| Women's 20km: dq Bethan Davies | - | Women 10km: 1. Emma Achurch 51:40.44, 5. Sophie Lewis Ward 54:49.55, 6. Heather Butcher 55:37.68 | |
| Junior men 10km: 4 Callum Wilkinson | 40:30 | Junior 10k: 1. Callum Wilkinson 42:59.23, 2. Guy Thomas 43:58.41 | |
| 19 Guy Thomas | 42:55 | | |
| 26 Cameron Corbishley | 43:27 | | |
| Junior women 10km: 23 Emma Achurch | 48:58 | | |

Championship Top 6s

p.44 UK 5000 Metres Track

2012 June 24 Birmingham	
1. Alex Wright Belgrave	19:48.14
2. Tom Bosworth Tonbridge	20:26.13
3. Michael Doyle IRL	21:42.99
4. Daniel King Colchester	21:55.62
5. Alex Eaton Manx	23:53.92
6. Adam Cowin Manx	25:38.90
2015 July 5 Birmingham	
1. Tom Bosworth Tonbridge	19:00.73
2. Callum Wilkinson Enfield & Haringey	20:21.57
3. Dominic King Colchester H	21:01.70
4. Cameron Corbishley Medway & M'stone	21:03.92
5. Fredrik Rotnes NOR	21:39.26
6. Luc Legon Bexley	22:59.73
2016 June 26 Birmingham	
1. Dane Bird-Smith AUS (guest)	19:08.76
2. (1) Tom Bosworth Tonbridge	19:13.56
3. (2) Callum Wilkinson Enfield & Haringey	19:54.47
4. (3) Cameron Corbishley Medway & M	20:50.91
5. Christopher Snook Aldershot F & D	22:37.43
6. Timothy Snook Aldershot F & D	23:37.67

p.46 RWA National 10 Kilometres

2014 June 19 Hillingdon	
1. Callum Wilkinson Enfield & Haringey	46:22
2. Daniel King Colchester	47:49
3. Ian Richards Steyning	50:48
4. Fabian Deuter Hillingdon	52:29
5. Francisco Reis Ilford/POR	53:20
6. Pablo Gomez USA	54:55
Ilford 275, Enfield & Ha 273, Surrey WC 248	
2015 June 25 Hillingdon (also CAU)	
1. Francisco Reis Ilford/Middx/POR (CAU)	50:00
2. Fabian Deuter Hillingdon/Middx	51:57
3. Ian Richards Steyning/Sussex	52:52
4. Chris Hobbs Ashford/Kent	53:02
5. Trevor Jones Steyning/Sussex	53:03
6. Steve Allen Barnet/Herts	53:07
2016 June 11 Coventry	
1. Mark Williams Tamworth	51:51
2. Ian Richards Steyning	53:57
3. Dwane Butterly Leicester WC	55:34
4. Steve Allen Barnet & Dist	55:39
5. Matthew Haddock Manx H	59:46
6. Peter Boszko Birchfield H	60:19
1. Leicester WC, 2. Surrey WC, 3. Enfield & Haringey	

p.49 RWA 10 Miles

2015 cancelled due to lack of entries.

p.52 RWA National 20 Kilometres

2015 April 18 Hillingdon	
1. Tom Bosworth Tonbridge	1:29:16
2. Dominic King Colchester H	1:39:26
3. Richard Garrard Manx H/IoM Vets	1:47:31
4. Trevor Jones Steyning	1:51:56
5. Chris Hobbs Ashford	1:52:41
6. Richard Wild Northern (IoM)	1:59:02
Team: 1. Manx H, 2. Enfield & Haringey, 3. Surrey WC	
2016 April 23 Hillingdon	
1. Tom Bosworth Tonbridge	1:30:29
2. Gregorio Angelini ITA	1:33:35
3. Jonathon Hobbs Ashford	1:46:21
4. Mark Williams Tamworth	1:48:09
5. Dale Farquhar Manx H	1:58:45
6. Stephen Taylor Manx H	2:01:41
Team: 1. Manx H, 2. Belgrave H	

p.62 Add RWA Long Distance Championship

1984 Sept 1 London to Brighton	
1. Brian Adams Leicester WC	8:37:30
2. Steve Till Surrey WC	8:41:18
3. Ted Holmquist Highgate H	8:58:57
4. Peter Worth Enfield H	9:07:13
5. Nolan Simmons Surrey WC	9:11:27
6. Mike Lewis Trowbridge	9:17:21

p. 62 BA & RWA 50 Kilometres

2014 October 4 Hillingdon	
BA: 1. Dominic King	4:12:41
2. Michael George Manx H	4:48:21
RWA: 1. Jonathon Hobbs Ashford	5:12:24
2. Mark Cushaw LFR	5:50:43
3. David Crompton Lancashire WC	5:51:18
4. Martin Fisher Redcar	5:57:54
5. Greg Smith Lancs WC	6:00:26
6. Chris Flint Surrey WC	6:10:24

Team: Lancashire WC

2015 October 5 Hillingdon	
1. Adrian Edwards Lancashire WC	5:39:26
2. Colin Vesty Leicester WC	5:57:19
3. David Crompton Lancashire WC	6:04:37
4. Roy Gunnett Lancashire WC	6:07:47

Team: Lancashire WC

2016 October 2 Hillingdon	
1. Matthew Haddock Manx H	5:32:33
2. Adrian Edwards Lancashire WC	5:46:36
3. Martin Fisher Redcar RWC	6:07:48
4. John Borgars Loughton	6:08:17
5. Roy Gunnett Lancashire WC	6:12:44

p. 64 RWA 100 Miles

2016 August 6/7 Redcar	
1. Colin Vesty Leicester	20:39:44
2. Kevin Marshall Ilford	22:02:15
3. John Borgars Loughton	22:31:52
4. Martin Fisher Yorkshire	23:10:31
5. Kim Reed Tring Runners	23:25:11
Women: Sandra Brown Surrey WC	21 10:06

p.66 UK 5000 Metres Track

2015 July 5 Birmingham	
1. Johanna Atkinson Redcar WC	22:03.55
2. Bethan Davies Cardiff AAC	22:06.46
3. Heather Lewis Pembrokeshire H	23:28.43
4. Emma Achurch Leicester WC	25:01.58
5. Brenda Gannon IRL Hyde Park H	25:43.69
6. Sophie Lewis Ward Cambridge H	25:44.82
2016 June 26 Birmingham	
1. Bethan Davies Cardiff AAC	22:03.82
2. Sophie Lewis Ward Cambridge H	24:24.47
3. Brianna Mulvee AUS (guest)	24:35.56
4. Ester Montaner ESP (guest)	25:19.71
5.(3) Natalie Myers C of Sheffield & Dearne	27:01.15

p. 76 RWA Women's 10 Kilometres

2014 June 19 Hillingdon	
1. Emma Achurch Leicester WC	51:37
2. Graziene Narviliene Belgrave H/LTU	54:08
3. Michelle Turner Northern AC	55:48
4. Kate Donaldson Leicester WC	61:39
5. Penelope Cummings Herne Hill H	61:49
6. Maureen Noel Belgrave H	64:29
Leicester WC 289, Belgrave 192	
2015 June 25 Hillingdon (also CAU)	
UK: Rebecca Collins N.Down/Medway & M	55:01
1. Kate Donaldson Leicester WC	57:12

2. Penelope Cummings HHH/Surrey	60:09
3. Maureen Noel Belgrave/Middlesex	63:04
4. Ann Wheeler Leicester/Warwicks	64:56
5. Angela Martin Surrey WC/Kent	65:58
6. Ann Jones Steyning/Sussex	66:10
2016 June 11 Coventry (also CAU)	
1. Emma Achurch Leicester WC/Leics	48:25
2. Gemma Bridge Oxford City/Oxon	50:33
3. Natalie Myers C of Sheffield & Dearne/Yorks	58:46
4. Kate Donaldson Leicester WC/Leics	61:12
5. Ann Wheeler Leicester WC/Warwicks	64:12
6. Noel Blatchford Abingdon/Oxon	70:10
Team: Leicester WC	

p. 79 RWA Women's 20 Kilometres

2015 April 18 Hillingdon	
1. Heather Lewis Pembrokeshire H	1:43:36
2. Emma Achurch Leicester WC	1:45:29
3. Bethan Davies Cardiff AAC	1:47:29
4. Brenda Gannon IRL Hyde Park H	1:51:38
5. Michelle Turner Northern (IoM)	1:52:10
6. Penelope Cummings Aldershot, F & D	2:03:58
Team: Leicester WC	
2016 April 23 Hillingdon	
1. Hannah Hunter Manx H	1:55:39
2. Erika Kelly Northern (IoM)	2:01:44
3. Marie Jackson Manx H	2:02:49
4. Jayne Farquhar Manx H	2:15:54
5. Angela Martin Paddock Wood/Surrey WC	2:23:09
6. Louise Hollings Isle of Man Vets	2:25:15
Team: Manx H	

2016 April 23 Hillingdon	
1. Hannah Hunter Manx H	1:55:39
2. Erika Kelly Northern (IoM)	2:01:44
3. Marie Jackson Manx H	2:02:49
4. Jayne Farquhar Manx H	2:15:54
5. Angela Martin Paddock Wood/Surrey WC	2:23:09
6. Louise Hollings Isle of Man Vets	2:25:15
Team: Manx H	

p. 79 RWA Women's 50 Kilometres

2014 October 9 Hillingdon	
1. Maureen Noel Belgrave H	6:01:35
2. Sarah Lightman Leicester WC	6:03:23
2015 October 5 Hillingdon	
1. Maureen Noel Belgrave H	5:55:00
2. Sarah Lightman Leicester WC	6:09:00
2016 October 2 Hillingdon	
No finishers	

p. 82 UK CAU Champs

2014: 3000m Aug 24 Bedford	
1. Jamie Higgins Yorkshire	11:52.29
2. Dominic King Essex	12:08.83
3. Callum Wilkinson Suffolk	12:14.18
4. Mark Williams Staffordshire	14:11.11
5. Luc Legon Kent	14:54.23
2015 3000m Aug 2 Bedford – also England Champs	
1. Dominic King Essex	12:07.14
2. Callum Wilkinson Suffolk	12:35.22
3. Daniel King Essex	12:49.56
4. Christopher Snook Hampshire	13:18.75
5. Luc Legon Kent	13:36.50
6. Francisco Reis POR Middlesex	13:39.35
2016 3000m July 31 Bedford – also England Champs	
1. Daniel King Essex	12:46.56
2. Christopher Snook Hampshire	13:36.70
3. Mark Williams	14:08.51
4. Jonathan Hobbs	14:28.79
5. Dwane Butterly Derbyshire	15:51.42
6. Steve Allen Hertfordshire	17:29.61

p. 85 Women's UK CAU

2014 3000m Aug 24 Bedford	
1. Heather Lewis West Wales	13:17.96
2. Ellie Dooley Yorkshire	13:55.42
3. Grazine Narviliene Middlesex	14:11.73
4. Tatyana Gabellone ITA Avon & Somerset	14:13.48
5. Heather Butcher Kent	14:56.43
6. Kate Donaldson Leicestershire	16:15.49
2015 3000m Aug 2 Bedford – also England Champs	
1. Bethan Davies South Wales	13:03.66
2. Tatyana Gabellone ITA Avon & Somerset	13:12.51
3. Gemma Bridge Oxfordshire (1 ENG)	14:01.23
4. Brianna Mulvee AUS Oxfordshire	14:49.12
5. Jasmine Nicholls Leicestershire	15:17.04
6. Sophie Lewis Ward Kent	15:28.94
2016 3000m July 31 Bedford – also England Champs	
1. Bethan Davies South Wales	13:10.00
2. Heather Lewis West Wales	13:21.50
3. Tatyana Gabellone ITA Avon & Somerset	13:28.90
4. Gemma Bridge Oxfordshire	13:45.00
5. Emma Achurch Leicester & Rutland	13:58.70
6. Brianna Mulvee AUS Oxfordshire	14:12.00

p.88 Welsh Champs

3000m Track	
2015 Dave Ainsworth (Ilford)	21:57.67
2016 Jordan Price (Brecon)	15:42.58
Women's 3000m Track	
2015 Bethan Davies (Cardiff AAC)	13:18.20
2016 Bethan Davies (Cardiff AAC)	12:24.70

p.91/92 Midland Champs

10,000 Metres Track	
2015 Steve Arnold (Nuneaton H)	59:20
2016 Mark Williams (Tamworth)	52:13.1
10 Kilometres Road	
2015 Mark Williams (Tamworth)	57:45
2016 Mark Williams (Tamworth)	52:33
20 Kilometres Road	
2015 Chris Vesty (Leicester)	2:10:37
30 Kilometres Road	
2016 Mark Williams (Tamworth)	3:07:00
Women's 5000 Metres Track	
2015 Vicky Morgan (Wolverhampton & B)	28:24
2016 Ann Wheeler (Leicester WC)	30:31.4
Women's 5 Kilometres Road	
2015 Charlotte Finney (Tipton)	29:34
2016 Vicky Morgan (Wolverhampton & B)	28:44
Women's 20 Kilometres Road	
2015 Jasmine Nicholls (Leicester)	1:59:23
Women's 30 Kilometres Road	
2014 Maureen Noel (Belgrave H)	3:26:25
2016 Ann Wheeler (Leicester)	3:44:04

p.96 Southern Champs

5000m track	
2015 Shaun Lightman (Surrey WC)	31:16.5
2016 Chris Hobbs (Ashford)	27:21.06
10 Kilometres Road	
2015 Francisco Reis (Southern Vets/POR)	50:17
2016 Francisco Reis (Southern Vets/POR)	50:48
30 Kilometres Road	
2014 Steve Allen (Barnet & Dist)	3:12:08
Women's 5000m track	
2015 Penelope Cummings (Herne Hill)	29:00.1
Women's 10 Kilometres Road	
2016 Sophie Hales (Steyning)	50:59

AAA/UK INDOOR CHAMPIONSHIPS

A 1 mile walk was included in the AAA Championships at Wembley in 1936, and the 3000m walk at Birmingham (NIA) 1998-2001 and at Cardiff (UWIC) 2002. The event was changed to UK Championships in 2007 and the walk re-introduced in 2015. A women's 1.5 mile walk was included at RAF Cosford in 1966-67 and the 3000m as with the men except for 1998.

	1st	2nd	3rd
1 mile Walk			
1936	Albert Cooper 6:59.4	Harry Churcher	Dick Edge
3000 Metres Walk			
1997	Andrew Penn 12:14.42	Pierce O'Callaghan IRL 12:32.60	Noel Carmody 13:03.64
1998	Martin Bell 12:08.61	Pierce O'Callaghan IRL 12:12.67	Andi Drake 12:23.13
1999	Andi Drake 11:56.72	Martin Bell 11:59.59	Robert Heffernan IRL 12:43.71
2000	Robert Heffernan IRL 11:38.20	Martin Bell 12:03.12	Andrew Penn 12:10.08
2001	Robert Heffernan IRL 11:19.27	Andi Drake 12:02.24	Jamie Costin IRL 12:07.05
2002	Robert Heffernan IRL 11:10.02	Colin Griffin IRL 11:46.03	Andi Drake 11:58.49
2015	Tom Bosworth 11:30.35	Callum Wilkinson 12:24.38	Creighton Connolly CAN 12:25.68
2016	Tom Bosworth 10:58.21	Christopher Snook 13:12.24	Tom Partington 13:17.58
Women 1.5 Miles Walk			
1966	Judy Farr 12:29.2	Audrey Hackett 12:35.2	Sheila Jennings 12:58.6
1967	Diane Cotterill 12:33.8	Sheila Jennings 12:47.0	Audrey Hackett 12:54.4
Women 3000 Metres Walk			
1997	Sylvia Black 14:09.58	Sharon Tonks 14:59.06	Sally Warren 16:00.14
1999	Sharon Tonks 14:29.44	Katherine Horwill 14:32.71	Jo Anne Hesketh 16:12.67
2000	Gillian O'Sullivan IRL 12:33.11	Sharon Tonks 14:17.50	Katherine Horwill 14:35.64
2001	Gillian O'Sullivan IRL 12:23.45	Sharon Tonks 14:02.55	Niobe Menendez 14:04.49
2002	Gillian O'Sullivan IRL 12:17.56	Niobe Menendez 13:08.64	Sharon Tonks 13:57.87
2015	Tatyana Gabellone ITA 13:24.94	Emma Achurch 13:29.19	Sophie Lewis Ward 14:21.93
2016	Bethan Davies 12:44.99	Emma Achurch 13:44.23	Susan Randall USA 14:18.66

AAC 7 Miles Walk Championships Results

Venues: Beaufort House, West Brompton 1866-68,

AAC Lillie Bridge, West Brompton 1869-79, LAC Stamford Bridge, Chelsea 1879

1866 23 March. 4 competitors	1873 5 April. 5 competitors
1. John Chambers Public Schools C 59:32.0	1. William Morgan Atalanta RC 54:56.0
2. Robert McKerrell Cambridge UAC 60 yd	Henry Steib Preston Gym S dnf
3. William Doig Cambridge UAC 15 yd	Allan Gilmour Amateur AC dnf
Hugh Montgomery Oxford UAC dnf	George Duxfield Southport dnf
1867 15 April. 6 competitors	E.A. Dawes Romford dnf
1. Thomas Farnworth Liverpool AC 58:18.0	World best performance. Bell's Life gives 54:57, but
2. John Chambers Amateur AC 6 in	four other sources agree on 54:56
3. T.W. Thompson London AC a good lap	1874 30 March. 1 competitor
Robert Williams Civil Service dnf	1. William Morgan Atalanta RC 55:26.8
ac Frederick Stuart Greenwich	1875 22 March. 3 competitors
ac James Westell London AC	1. William Morgan Atalanta RC 53:47.0
1868 20 June. 3 competitors	Harry Webster Stoke Victoria AC dnf
1. Walter Rye London AC 57:40.0	James Becke Oxford UAC dnf
2. Thomas Griffith City AAC 58:00.0	World best performance
3. Henry Wilkinson London AC a mile	1876 10 April. 2 competitors
1869 3 April. 2 competitors	1. Harry Venn London AC 55:11.8
1. Thomas Griffith South Essex AC 58:35.0	William Morgan Atalanta RC dnf
2. C.E. Broad Brixton AC 1:04:02.0	1877 26 March. 5 competitors
1870 9 April. 4 competitors	1. H.Webster Knotty Ash 53:59.6
1. Thomas Griffith South Essex AC 55:30.0	2. William Morgan Atalanta RC 1 ft
2. Richard Nunn London AC 55:55.0	3. Stephen Mitcalfe London RC 55:06.0
3. J.E. Bentley London AC 57:01.0	4. Harry Venn London AC 55:35.0
Horace Petherick Addiscombe dnf	ac Janes Miles Garston FC dnf
World best performance	1878 15 April. 3 competitors
1871 3 April. 2 competitors	1. Harry Venn London AC 52:25.0
1. J. Francis South Essex AC 58:09.0	G.A. Jones West London H dnf
J.E. Bentley London AC disq	Harry Webster Liverpool dnf
1872 27 March. 5 competitors	1879 7 April. 1 competitor
1. Thomas Hogg London AC 57:22.0	1. Harry Webster Stoke Victoria AC 52:34.5
2. Henry Steib Preston Gym S 5 yd	World best performance
3. James Jobling Northumberland CC 600 yd	1879 LAC Championship 14 June. 1 competitor
Allan Gilmour Cambridge UAC dnf	1. Harry Venn London AC 56:10.6
B. Ferguson RA College disq	

England Age Group Championships

UNDER 20 10,000 METRES

2015 Callum Wilkinson 42:59.23
2016 Callum Wilkinson 42:18.94

UNDER 15 3000 METRES

2015 Benjamin Allen 16:11.01
2016 Jack Childs 17:09.01

WOMEN U17 5000 METRES

2015 Megan Stratton-Thomas 28:18.88
2016 Ana Garcia 26:35.17

UNDER 17 5000 METRES

2015 Christopher Snook 23:13.63
2016 Christopher Snook 23:36.51

WOMEN U20 10,000 METRES

2015 Emma Achurch 51:40.44
2016 Ana Garcia 56:02.20

WOMEN U15 3000 METRES

2015 Ana Garcia 14:58.00
2016 Lucy Lewis-Ward 16:32.30

BRITISH ALL-TIME WALKS LISTS Updates and new marks from 2014-16

MEN

Tom Bosworth 17.01.90: 3000m 11:29.54+1m Birmingham 26 Jun 2016 , 10:58.21i 1 Sheffield 28 Feb 2016, 5000mT 19:00.73 1 Birmingham 5 Jul 2015; 5000mT: 18:54.18i T1 Bratislava, SVK 31 Jan 2016; 10000mT 41:34.9+ 1m Bedford 21 Jun 2015, 10kRd 39:36 1 Coventry 1 Mar 2015; 20kRd 1:20:13 6 Rio de Janeiro, BRA 12 Aug 2016

Callum Wilkinson 14.03.97: 3000m 11:36.2 1 Bury St. Edmunds 15 May 2016; 5000mT 19:35.4 Callum Wilkinson 14.03.97 1 Tamworth 2 Jul 2016, 10000mT 40:41.62 Callum Wilkinson 14.03.97 1 Bydgoszcz, POL 23 Jul 2016; 10kmRd 40:30 Callum Wilkinson 14.03.97 4 Rome, ITA 7 May 2016

Jamie Higgins 7.01.94: 3000m 1 Bedford 24 Aug 2014; 5000mT 20:55.01 Jamie Higgins 7.01.94 4 Birmingham 29 Jun 2014

Cameron Corbishley 31.03.97: 3000m 11:53.09 1 Ashford 15 May 2016, 11:39.75i 1 Cardiff 11 Dec 2016; 5000mT 20:34.9 2 Tamworth 2 Jul 2016; 10000mT 42:18.94 1 Bedford 19 Jun 2016; 20kRd 1:33:00 C1 Hillingdon 2 Oct 2016

Guy Thomas 1.07.97: 3000m 12:08.12 2 Manchester 17 Aug 2016, 11:50.3i 2 Cardiff 11 Dec 2016; 10000mT 42:28.20 2 Bedford 19 Jun 2016; 20kRd 1:30:17 1 Douglas, IOM 4 Sep 2016

Dominic King 30.05.83: 50k 3:55:48 4 Andernach, GER 8 Oct 2016

WOMEN

Bethan Davies 7.11.90: 3000mT 12:24.70 1 Cardiff 11 Jun 2016 , 5000mT 22:03.82 1 Birmingham 26 Jun 2016; 10kRd 44:59 1 Coventry 6 Mar 2016, 20k 1:33:48 1 Leeds 5 Jun 2016

Heather Lewis 25.10.93: 3000mT 13:07.04 2 Cardiff 11 Jun 2016, 5000mT 22:09.87 1 Birmingham 29 Jun 2014, 20k 1:38:22 1 Hillingdon 2 Oct 2016

Gemma Bridge 17.05.93: 3000m 13:017.85 2 Manchester (SC) 17 Aug 2016, 5000mT 25:08.0 Gemma Bridge 17.05.93 1 Tamworth 11 Jul 2015, 10kRd 50:33 2 Coventry 11 Jun 2016

Sophie Lewis Ward 7.04.99: 3000m 13:51.35+4m Tblisi, GEO 14 Jul 2016, 5kRd 23:36 2y Podébrady, CZE 9 Apr 2016

Emma Achurch 9.07.97: 3000m 13:58.73 5 Bedford 31 Jul 2015, 13:29.19i 2 Sheffield 15 Feb 2015, 5000mT 24:14.96 3 Birmingham 29 Jun 2014; 5k Rd 23:29 1-j Coventry 1 Mar 2015; 10k Rd 47:49 2 Lugano, SUI 2 Mar 2015, 20k 1:43:26 2 Hillingdon 2 Oct 2016

Ellie Dooley 6.10.95: 5000mT 3:40.75 2 Birmingham 29 Jun 2014

Ana Garcia 3.05.01: 5000mT 24:58.8 1 Enfield 10 May 2014

Heather Butcher 23.09.97: 5000mT 25:38.46 6 Birmingham 20 Jun 2014

Michelle Turner 24.06.72: 5kRd 24:11 1 Douglas IOMi22 May 2014

Molly Davey 3.09.98: 5000mT 25:41.5 1 Bologna, ITA 22 Mar 2015; 10kRd 52:52 5y Lugano, SUI 15 Mar 2015

Erika Kelly 6.12.92: 5000mT 25:41.3 3 Tamworth 2 Jul 2016

Karen Chiarello 31.8.63: 1 Peel IOM 24 Apr 2016