

MACCLESFIELD

ROAD WALKING CHAMPIONSHIP

There's a big field for the 10-miles road-walking championship and with the weather just what we've come to expect lately, the sooner they get cracking the better for everybody.

Some walkers say you win your race at the start. Get those hips rolling till you work up top speed and then keep up the rhythm through to the end. There's just one rule - you must have one foot on the ground all the time. Of course if it's the same one all the time you don't get very far.

Champion for the last two years, Lol Allen passes team-mate Hardy of Sheffield United Harriers. Keeping up a cracking pace he goes on to win unchallenged by more than two minutes. Sheffield United keep the team title. Yorkshire are the new inter-counties champions; and Allen makes it three in a row!