Race Walking

Amazing Angie

Angela Alstrachen, the Suffolk 3km champion and who only took up race walking fifteen months ago qualified as a *Centurion* at the Surrey Walking Club 100 hundred staged at Lingfield Park, over the week-end of 2nd/3rd July. Her time of 23.42.48 earned her *Centuron* number 1095and she becomes the first Suffolk and EHAC woman to join the select band that make up the Centurion brother/sisterhood. What is remarkable about her achievement is that she decided only three weeks ago against the advice from her coach and a friend to enter and have a go at the event. Needless to say both were delighted to be wearing dunce's caps after her outstanding walk. The forty-five year old has previously enjoyed masters' success at international level in events up to 400m; not the kind of background to set one up for ultra distance challenges. To qualify as a Centurion a person must walk 100 miles in 24 hours.

Angie pictured here with coach Mick Graham at Lingfield with 20 miles still to go.