

Race Walking – June 2015

EA u20's championship / 49th Small Nations Match

Callum Wilkinson's fine season continued at the Bedford International stadium last Sunday (21st June) when he retained his English under 20 10km title in a time of 42.59 and secured automatic selection for the European Junior track and field championships to be staged in Sweden next month.

Wilkinson who had previously achieved the 43 minute qualifying time for the championships only had to win to guarantee his place and win he did! The manner of his victory was impressive, with no cautions or red cards and as in previous competitions this year he covered the second half of the race quicker than the first, his 5km splits on this occasion being 21.33 and 21.26.

His performance also contributed to the match winning 33pts scored by RWA England in the 49th Small Nations match which was held in conjunction with the event. English walkers won all three races; Tom Bosworth the 20km in 85.28, Emma Achurch the women's 10km in 51.40 and of course Callum in the men's 10km. The Dutch team were runners-up and Ireland third.

Among a number of guests in the races was Fransisco Reis in the 20km where he recorded a very respectable 1.44.09 and among the supporters who turned up encourage the English team were *Leaguers* Steve Allen, Angela and Malc Martin and Steve Uttley.

Third Moulton Victory for Dominic King

Olympian Dominic King won the Moulton Five for the third time, seeing off a strong challenge from Moulton villager Callum Wilkinson. Following Wilkinson's outstanding performance in the recent European Cup meeting in Spain, many thought that he would triumph in his fourth outing in this popular race. However, the experienced international who is also a Centurion had other ideas and notched up his third victory in the event. Sophie Hales making a return to the discipline was an impressive ladies winner recording the fastest time since 2005.



The record Field of 70 including eight Guernsey walkers (pictured) made the most of the sunny, but breezy and 51 walkers bettered the hour compared to 31 in 2014.

Joyce Crawford from nearby Red Lodge, who failed by only 800m to become a Centurion at Southend last autumn won the Suffolk Women's championship ahead of Val Nutley and Rachel Webb, whilst Malcolm Smith and Phil Nutley took the men's place medals behind Callum Wilkinson.

Moulton resident Ray Still a former jockey who underwent a triple by-pass operation last November although



finishing last was delighted to have met his challenge of completing the distance.

The EVAC champions were Liz Blakie and Paul Firmage.

A salver was presented to the Sarnia team to mark the fiftieth anniversary of the formation of their club.

Suffolk medallists: Rachel Webb, Val Nutley, Joyce Crawford, Callum Wilkinson, Malcolm Smith and Phil Nutley with Suffolk CAA Chairman Joe Mower at the back.