

Race Walking

The Suffolk County AA 5mile race walking championship was held in conjunction with the annual Moulton open race.

Fifty- four walkers toed the starting line for the open race, ten of who had Suffolk connections

Callum Wilkinson continued his improvement; in 23rd 51.49 in 2012, 14th 49.14 in 2013 and runner-up last Saturday in 38.11. The open race winner was Olympian Dominic King (Colchester AC).

St.Edmunds Pacer Val Nutley retained her women's title.

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Olympian Dominic King (55) and Callum Wilkinson lead from the start of the Moulton Five. Veteran Fransisco Reis leads the chasing group



Suffolk championships:

Val Nutley (*St.Ed's Pacers*) 55.40
 Marie Weaver-Smith (*Moulton*) 67.30
 Laura Briggs (*Moulton*) 67.30

Callum Wilkinson (*Enfield HAC*) 38.11
 Phil Nutley (*St.Ed's Pacers*) 58.59
 Malcolm Smith (*Moulton*) 61.22

Moulton Result (first 10)

Mens 5 miles

1. Dominic King (*Colchester AC*) 36.01 SM
 2. Callum Wilkinson (*Enfield HAC*) 38.11 U20
 3. Fransisco Reis (*Ilford AC*) 40.03 M50
 4. Fabian Deuter (*Hillingdon AC*) 41.14 SM
 5. Trevor Jones (*Steyning AC*) 42.09 M55
 6. Peter Ryan © (*Ilford AC*) 42.31 M55
 7. Steve Uttley (*Ilford AC*) 42.40 M55
 8. Steve Allen (*Barnet & D AC*) 44.20 M55
 9. Mal Martin (*Surrey WC*) 44.27 M55
 10. Stuart Bennett © (*Ilford AC*) 46.21 M55

Womens 5 miles

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1. Helen Middleton (*Enfield HAC*) 50.47 w50
 2. Cath Duhig © (*Ryston R*) 51.27 w55
 3. Anne Jones (*Steyning AC*) 51.42 w55
 4. Fiona Bishop (*Woking AC*) 52.30 w55
 5. Angela Martin (*Surrey WC*) 54.08 w45
 6. Elizabeth Blakie (*Ryston R*) 55.21 w55
 7. Valarie Nutley (*St.Eds Pacers*) 55.40 w55
 8. Diana Braverman (*Enfield HAC*) 56.53 w60
 9. Pamela Abbott (*Enfield HAC*) 57.33 w50
 10. Sue Clements © (*Unatt*) 60.40 w55