

Sudbury Five fun Walk

This year's Sudbury Five Fun walk attracted a number of race walkers and it was Bedford's Helen Middleton W45 who led the field home. She clocked 45.42 in front of Richard Emsley M 50 (Steyning AC) 46.52 and Amos Seddon M65 (Enfield & H AC) 48.11.

Other walkers to beat the hour were: D. Sharpe (Ilford AC) 50.29, M. Brown (Newmarket) 56.34, B. Hercock (Enfield) 57.56, S. Queeney (Brandon) 58.11 and S. Smith (Kings Lynn).

L to r: Amos, Helen and Richard



2010 Enfield League



Suffolk walkers were in action at Lee Valley Athletic Centre on Saturday 2nd January.

The event was the opening fixture of the 2010 Enfield League over five miles where Jennie Grimwood (Newmarket), Serena Queeney (Brandon) and Alan Ellam (Otley) braved the Arctic conditions.

Their times were:

Jennie	62.29	Serena	66.26	Alan	47.47
--------	-------	--------	-------	------	-------

Alan Ellam

Looking Ahead

The County has agreed to recognise the first lady and man home in the UKA/RWA national 10 miles championship at the Lee Valley complex on 20th February, as Suffolk champions.

Looking ahead, plans are in hand to put on an Introduction to Race Walking Day a few weeks before the County Championships in May.

Another date for the diary is 12th June when the annual Moulton Walks take place at the 'pack bridge' village situated three miles south of Newmarket. The main walk is over five miles and a warm welcome is always extended to amblers, ramblers and power walkers as well as race walkers.



One of the country's top walkers, international Daniel King, (pictured here) is the Art and Sport Development Officer for Suffolk Coastal D.C. and has indicated his willingness to help with promoting the discipline in Suffolk.