

Suffolk Race Walking

Suffolk CAA 3km Championship



Left: Former Scottish international David Buchanan on his way to winning the county 3km track title at Northgate, Ipswich on 9th May in a time of 16.42.9.

Right: Angie Alstrachen the ladies winner whose time of 20.12.14 was a new championship record. Angie is a recent convert to race walking and in her debut race demonstrated good technique, which augurs well for the future.

Full result

u15 1km	Sebastian Anthony (<i>West Suffolk AC</i>)	6.56.4
u17 3km	Jack Anthony (<i>West Suffolk AC</i>)	21.57.1
Ladies	Angie Alstrachen (<i>EHAC</i>)	20.12.4
	Serena Queeney (<i>EHAC</i>)	21.15
	Jennie Grimwood (<i>Newmarket J</i>)	23.30.0
Men	David Buchanan (<i>unattached</i>)	16.42.9



The Norfolk ladies championship was held in conjunction

Cath Duhig (<i>Ryston R</i>)	18.24.2
Sue Smith (<i>Ryston R</i>)	22.27.9

In only her second competition as a race walker Angie Alstrachen

At the *Enfield League* One Hour Badge race meeting staged at LVAC on 22nd May in hot difficult conditions, Angie Alstrachen finished second in the ladies race covering 9027m (5miles 1074 yards) in an hour. Angie who lives in Bury St.Edmunds was until recently one of the Suffolk's leading veteran runners.

She walked well, but is still in the process of making the transition to her new discipline, which isn't easy, because of the conflict between her running fitness and the requirements of race walking technique. So six miles or 10km in the hour is a distinct possibility in the future.

Pupils in action at the ***Suffolk Race Walking Master Class*** held at the Newmarket Leisure Centre on Sunday 23rd May under the direction of Mick Graham

