

## Suffolk Race Walking

### Moulton Walks - 12th June 2010

Nearly a hundred people ranging in age from four to seventy-seven took part in the annual Moulton Community walks at the picturesque Suffolk village near Newmarket on Saturday 12th June. Conditions were perfect; sunny spells and not too hot.

Whilst the majority of amblers and ramblers were county based, the speed walking section of the programme attracted some of the south's leading race walkers.

Although entered as amblers, there was some keen rivalry amongst Moulton villagers and four of them easily bettered the hour for the five mile walk. Rob Briggs was the first home recording 56.40, just four seconds ahead of Rod Spurgeon and Geoff Dobson, with John Grant not that far behind in 57.28. Mike Spragg 53.49 of Gt Yarmouth, Sue Smith 59.30 of King's Lynn and Valerie Nutley 59.33 from Ipswich also bettered the hour.

Linda Spinks, Anne Scriven and Suzana Moosawi representing Moulton ladies finished second team in the women's event, whilst the youngsters, many of them trying to 'Heel and Toe' for the first time were enthusiastic and showed promise.

Bedford's Helen Middleton 46.46 and Portuguese walker Fransisco Reis 40.18 were fastest over the undulating course to Dalham windmill and back. Cath Duhig (Downham Market) 50.27 took third and Angie Alstrachen (Bury St.Edmunds) 51.59 fourth place in the women's event.

Thanks to Newmarket Rotary, FHDC, WASP and Donna and Tony of the Kings Head for making the event possible. The Moulton Village Hall fund and St.Nicholas Hospice will each received a donation of £150.

### Local Result for the Kingston and Moulton Cups

1	Rob Briggs*	Moulton	56.40		<b>u10's 500m</b>		
2	Rod Spurgeon*	Moulton	56.44		1	Josh Talbot	Moulton Sch 3.22
3	Geoff Dobson	Moulton	56.44		2	Charlie Spurgeon	Moulton Sch 3.26
4	Malcolm Brown	Newmarket	56.57		1	Joe Woods	Moulton Sch 3.31
5	John Grant*	Moulton	57.28		3	Joshua Murfitt	Moulton Sch 3.34
6	Jennie Mann	Newmarket	62.24	L1	4	Daniel Spinks	Moulton Sch 3.39
7	Linda Spinks	Moulton	63.56	L2	5	Louisa Webb	Moulton Sch 3.41
8	Anne Scriven	Moulton	65.15	L3	6	Amira Price	Moulton Sch 3.41
9	Jennie Grimwood	Newmarket J	66.48	14	7	Alex Murfitt	3.57
10	Suzana Moosawi	Moulton	69.44	15	8	Ella Briggs	4.50
11	Kath Dillon	Moulton	71.17	L6	9	Libby Briggs	5.01
12	Zayana Price	Moulton	71.49	L7	10	Phoebe Spurgeon	Psc 5.02
13	Jill Goodwin	Moulton	74.07	L8	11	Jasper Talbot	Moulton Sch 5.03
14	John Harvey	Newmarket	75.26				
15	Mike Dillon	Moulton	75.50			<b>10 plus 1km</b>	
16	Harriet Mills	Moulton	76.44	L9	1	Raquel Reis	Ilford AC 7.16
17	Sue Mills	Moulton	76.46	L10	2	Jacob Talbot	Scouts 5.15
18	Leni Price	Moulton	80.06	L11	3	Georgie Mills	Moulton 7.42
19	Colin Nicholson	Moulton	87.06				
20	Julia Harvey	Newmarket	88.48	L12			
21	Angela Burke	Moulton	98.05	L13			
22	Kerry LaPort	Moulton	98.05	L14			
23	Cath Colson	Soham	109.58	L15			
24	Barbara King	Soham	109.59	L16			

### **Alstrachen Marches On**

Angie Alstrachen has had a busy time since taking up race walking in April. It hasn't all been plain sailing as she picked up a disqualification in one race. However, compared to her overall improvement, it was blip which was inevitable as she masters the demands of a new discipline.

On the plus side, Angie won her five in the hour badge at Moulton on 19th July with 51.59, won the BMAF W00 on her 20km debut at Northampton a week later in 2.15.05 and set a 3km pb of 17.58 at LVAC on 17th July.

### **Remaining Enfield Walking League 2010 Fixtures**

- 14<sup>th</sup> August 11.45am (9) 5km track YAG 1km in the LICC meeting  
*Parliament Hill Fields Track, NW5 1QR.*
- 18<sup>th</sup> September 1.00pm (10) **Half Marathon** – and shorter distances *Bonus points for those completing the full distance*  
*Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP*
- 2<sup>nd</sup> October 2.00pm (11) 5 miles **Pat Furey Open Races** *(double points)*  
*Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.*
- 6<sup>th</sup> November 2.00pm (12) **84th Enfield Open Seven** – Club Championships *(double points)*