

In sunny warm conditions Olympian Dominic King won the event for the fourth time whilst Emma Dyos continued her progress at the discipline finishing in front of all but the first four men. The awards were presented by RWA President Helen Elleker and Suffolk CAA chairman Joe Mower

Men

1. Dominic King ©	(Colchester H)	36.26	M35
2. George Wilkinson	(Enfield HAC)	39.49	U20
3. David Crane	(Surrey WC)	43.22	M40
4. Trevor Jones	(Steyning AC)	47.23	M60
5. Steve Uttley	(Ilford AC)	48.41	M60
6. Martin Fisher ©	(Redcar RWC)	48.52	M65
7. Chris Hobbs	(Ashford AC)	49.50	M60
8. Stefano Zennaro	(Belgrave H)	50.10	M45
9. Colin Vesty ©	(Leicester WC)	51.10	M50
10. Simon Morgan	(Ilford AC)	52.49	M50
11. George Nibre	(Ilford AC)	54.15	M60
12. David Kates ©	(Ilford AC)	54.45	M70
13. Dan Maskell	(Surrey WC)	54.52	M70
14. Brian Armstrong	(Ilford AC)	56.13	M70
15. John Borgars ©	(Loughton AC)	55.30	M70
16. Tony Wilkinson	(unattached)	57.59	M55
17. David Hoben	(Surrey WC)	58.35	M65
18. Paul Firmage	(Ryston R)	58.42	M65
19. Arthur Thomson	(Enfield HAC)	59.17	M80
20. Paul Forshaw	(Fetch Everyone)	59.47	M80
21. Malcolm Blackwood	(Trent Park)	60.27	M65
22. Michael Harran	(Surrey WC)	61.37	M80
23. Phil Nutley	(LDWA)	71.17	M70

Women

© = Centurion

1. Emma Dyos	(Ilford AC)	48.44	W40
2. Melanie Peddle	(Loughton AC)	48.55	W50
3. Jaqueline Benson	(Ashford AC)	49.49	U20
4. Sue Barnett	(EMAC)	55.53	W65
5. Joyce Crawford ©	(Enfield HAC)	58.16	W50
6. Diana Braverman	(Enfield HAC)	59.01	W65
7. Valerie Nutley	(LDWA)	61.11	W60
8. Angela Martin	(Surrey WC)	62.26	W50
9. Kate James	(Moulton)	65.30	W40
10. Lara Briggs	(Moulton)	68.29	W45
11. Rachel Crane	(unattached)	70.38	W35
12. Sue Mills	(Moulton)	72.28	W50



Emma and Dominic

Suffolk CAA championships

Joyce Crawford	George Wilkinson
Val Nutley	Tony Wilkinson
Kate James	Paul Forshaw

ERW League Tables after 6 fixtures. The reward for another good turnout by Ilford walkers at the Moulton Five was the narrowing of the gap to a mere dozen points between themselves and league leaders Enfield. Ashford AC remains third and because of the number of races their athletes have in hand could still be in contention. Centurion Stuart Bennett still leads the overall individual table, but continues to be pressed by George Wilkinson and Jacqueline Benson.

Ladies

1. 323/5	Jacqueline Benson	YA
2. 256/4	Emma Dyos	
3. 323/4	Helen Middleton	

Men

1. 368/6	Stuart Bennett ©	
2. 336/5	George Wilkinson	YA
3. 312/5	Chris Hobbs	

Team Table

1. EHAC	1448
2. Ilford AC	1436
3. Ashford AC	1130

International successes for Callum Wilkinson

Congratulations! to Callum Wilkinson 81.54 (EHAC/L) and his GB team mates Tom Bosworth 80.33 (Ton AC) and Cameron Corbishley 85.45 (Ash AC) on their wonderful runner-up team medal at the **European Cup** for Walking, which took place in Alytus, Lithuania on 19th May.

Callum's absence from the Moulton Five on 1st June was his first since 2012 when the race was his introduction to race walking. The reason was an invitation to guest in the **Czech Republic's 10km national championship** which took place on the same day. He won the race, a very satisfying result, but his time 39.31 shaved four seconds of Tom Bosworth's British record set in 2015. So, more congratulations!