

In the best turnout since Covid, hot humid conditions made the annual Moulton challenges even more challenging. Event regulars, including Olympians, former internationals and past winners of the event made for a great atmosphere.

Prior to the start of the race there was a tribute to Mick Holmes a walking star of the 1970's who recently away.

Grazia Manzotti and Dave Annetts had things all their own way in their respective events. However there was a welcome re-appearance by Phil Barnard who repeated his 2008 runner-up position and making her debut in the race Grazia clocked the fourth fastest Ladies winning time.

There was some promising performances from the Young Newmarket Joggers and Robert Dobson emulated his father by winning the "Kingston Cup" for the first villager to finish and bettering the hour in the process. Callum Wilkinson started the races and presented the prizes.

1 Dave Annetts	<i>N.Herts RR</i>	39.50 M55	1 Grazia Manzotti	<i>Tonbridge AC</i>	45.03 w50
2 Philip Barnard	<i>unattached</i>	44.35 M35	2 Melanie Peddle	<i>Loughton AC</i>	47.14 w50
3 Mark Culshaw	<i>Cambridge H</i>	50.45 M60	3 Jaqui Benson	<i>Ashford AC</i>	50.01 sw
4 Hardeep Minhas ©	<i>Leicester WC</i>	51.49 M50	4 Maureen Noel	<i>Belgrave H</i>	53.23 w60
5 John Arthur	<i>Ilford AC</i>	52.48 M60	5 Sue Barnett	<i>Enfield HAC</i>	57.35 w70
6 Simon Morgan	<i>Ilford AC</i>	54.05 M55	6 Noel Blatchford	<i>Abingdon AC</i>	59.11 w70
7 Robert Dobson	<i>Moulton (Suffolk 1)</i>	55.24 M40	7 Kate James	<i>Moulton (Suffolk 1)</i>	61.25 sw
8 Chris Hobbs	<i>Ashford AC</i>	55.56 M65	8 Sue Clements ©	<i>Cambs/Col'drge</i>	64.55 w65
9 Tony Wilkinson	<i>Moulton (Suffolk 2)</i>	57.18 M60	9 Anne Jones	<i>Steyning AC</i>	66.49 w65
10 Dave Hoben	<i>Surrey WC</i>	63.24 M70	10 Sheila Leavy	<i>N.Herts RR</i>	66.59 w70
11 Paul Firmage	<i>Ryston R</i>	64.58 M65	11 Viv Houghton	<i>Moulton (Suffolk 2)</i>	71.29 w70
12 Chris Flint ©	<i>Surrey WC</i>	65.30 M75	12 Elizabeth Edgell	<i>Newmarket(Suffolk 3)</i>	71.29 w60
13 Trevor Jones	<i>Steyning AC</i>	66.49 M65	13 Linda Warner	<i>Moulton</i>	71.29 w60
14 David Ainsworth ©	<i>Ilford AC</i>	79.50 M70	14 Shaheda Arthur	<i>Ilford AC</i>	89.18 w60

Youngsters mile

1 Cerys Bithell	<i>Nkt Joggers</i>	11.10 Gu16
2 Sophie Blundell	<i>Nkt Joggers</i>	11.58 Gu11
3 Lily Ann Cooper	<i>Nkt Joggers</i>	12.40 Gu13
4 Elijah Barnard	<i>unattached</i>	15.18 Bu11
Eq Joel Barnard	<i>unattached</i>	15.18 Bu7

Novice mile

1 Phil Blundell	<i>Nkt Joggers</i>	12.00 M45
3 Ellie Bithell	<i>Nkt Joggers</i>	12.06 w45

Starter: Callum Wilkinson -

Timekeeper/Recorders: Joe Mower, Phil Welch, Pam Ficken & Tracey Wilkinson

Judges: Shaun Lightman (Ch), Elizabeth & Simon Benson, Andrew Gamer & Mick Graham

Marshalls: Geoff & June Dobson, John Hall, Tony O'Meara, Alex Nichols, George Nibre, Elaine & Colin Richmond, Ray Still, Linda Warner & Rachel Webb

Water Station: Natalie Whymark - **Safety Vehicles:** Jonathan & George Wilkinson

Race Organiser/First Aid: Tracey Wilkinson **Catering/First Aid:** Rebecca Spinks

Virtual Result

Mark Williams	<i>Birchfield H</i>	5 miles	42.44	M55
Richard Emsley	<i>Corby AC</i>	5 miles	52.54	M70
Mark Bernatzki	<i>LA/Herten Ger</i>	5 miles	58.47	M50
Ron Penfold	<i>Steyning AC</i>	5 miles	58.51	M80
Mick Graham	<i>Belgrave H</i>	5km	41.54	M70
Tony P Perkins ©	<i>Ilford AC</i>	5km	51.23	M70

Cath Duhig ©	<i>CA Millennium</i>	5 miles	52.54	w65
Alison Wilson	<i>Moulton</i>	5 miles	56.54	w55
Karen Williams	<i>Birchfield H</i>	5 miles	64.53	w65



Above:
Judges: Mick Graham, Simon & Elizabeth Benson, Andrew Gamer & Shaun Lightman

Callum Wilkinson presents the women's awards: Melanie Peddle, Grazia Manzotti & Jacqueline Benson.

Men's Rostrum: Phil Barnard supported by his family, Dave Annetts & Mark Culshaw

