

The race over a challenging out and back course took place in warm muggy conditions. The walkers were sent on their way in two waves by Olympians Barbara Lawton (*nee* Inkpen) and Eric Hall; those who were deemed unlikely to better the hour and all others 20 minutes later.

Callum Wilkinson took ten seconds off Dominic King's course record and Maddy Shott, putting recent health difficulties behind her walked impressively to an easy victory.

It was truly a family event with Two Kings, three Wilkinson's and five Crane family members taking part along with a number of 'casual' walkers who make a point of supporting this particular event. There were prizes presented by Joe Mower (Suffolk CAA), Oliver Flynn (1978 CG champion) and George Nibre (1979 GB international), for every participant. Over 25% of the competitors were Centurions.



Men's 5 miles

1	Callum Wilkinson (Enfield HAC)	33.48	U23
2	Dominic King © (Colchester H)	36.15	M35
3	Daniel King © (Colchester H)	36.28	M35
4	David Crane (Surrey WC)	40.15	M40
5	George Wilkinson (Enfield HAC)	41.56	U17
6	Steve Uttley (Ilford AC)	48.52	M60
7	John Hall (Belgrave H)	49.22	M65
8	Mark Culshaw (Ilford AC)	50.35	M
9	John Ralph (Enfield HAC)	52.25	M60
10	John Borgars © (Loughton AC)	52.39	M70
11	George Nibre (Ilford AC)	53.33	M60
12	David Kates © (Ilford AC)	53.50	M65
13	Steve Allen (Barnet & D)	55.05	M55
14	Tony Wilkinson (unattached)	57.12	M55
15	Michael Harran (Surrey WC)	57.17	M80
16	Chris Flint © (Surrey WC)	57.24	M70
17	Arthur Thomson (Enfield HAC)	57.59	M80
18	Bob Dobson © (Ilford AC)	58.51	M70
19	David Hoben (Surrey WC)	59.02	M70
20	Paul Firmage (Ryston R)	59.07	M60
21	Sean Pender © (Enfield HAC)	60.11	M60
22	Peter Crane (Surrey WC)	63.38	M70
23	Peter Cassidy (Loughton AC)	63.44	M75
24	Ben Turner (Unattached)	64.37	SM
25	Phil Nutley (LDWA)	67.07	M70
26	Mick Barnbrook © (Ilford AC)	67.28	M70
27	David Ainsworth © (Ilford AC)	74.42	M65
28	Ken Livermore © (Enfield HAC)	76.26	M85

Women's 5 miles © = Centurion Pictures by Nick Crawford

1	Maddy Shott (Belgrave H)	45.37	sw
2	Helen Middleton (Enfield HAC)	49.46	w55
3	Maureen Noel (Belgrave H)	51.46	w55
4	Fiona Bishop (Woking AC)	53.52	w55
5	Clare Parkinson (unattached)	50.11	w45
6	Joyce Crawford © (Enfield HAC)	55.11	w50
7	Sue Barnett (EMAC)	56.11	w65
8	Angie Underdown © (Bury Pacers)	57.35	w65
9	Diana Braverman (Enfield HAC)	61.32	w65
10	Valerie Nutley (LDWA)	62.08	w60
11	Rachel Crane (unattached)	63.38	w35
12	Anna Crane (Histon & Imp)	64.37	sw
13	Viv Haughton (Moulton)	71.14	w60
14	Sue Mills (Moulton)	71.47	w50
15	Anne Scriven (Moulton)	77.36	w50

1 milers

Gemma Lewis (Frinton)	14.02	Gu13
Anya Nibre (Frinton)	14.02	Gu13
Peter Howard (Enfield HAC)	16.28	M75

Suffolk CAA championships

Joyce Crawford	Callum Wilkinson
Angie Underdown	George Wilkinson
Val Nutley	Tony Wilkinson

Judges: S.Cartwright, S.Lightman, P.Wilson - Registrations: L.Spinks, M.Livermore
 Timekeepers/Recorders: J.Mower, P.Welch / C.Lawton © P.Ficken ©, T.Wilkinson, -
 First Aid: M.Houghton, G.Law, M.Woollard - Finish Water Stewards: J. Knott, C.
 Refreshments: M.Hall, Y.Slater, R.Spinks, J.Wallwork - Water Station: 1st Moulton Scout Troop
 Marshalls: R.Bowes, G.& J. Dobson, J.Grant, P.McHugh, J.Morgan, D.Rabbeth, C.Richmond,
 L. Ruddock, D.Spinks, R.Still, L.Warner
 Course Management: M.Ashpole, I.Spinks - Event Organiser: R.Wallwork