



# Moulton Matters

Packed with Village News

**Summer 2017**

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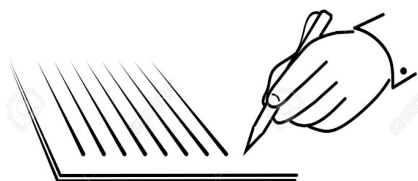
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Moulton Matters - a quarterly publication edited by Lisa Rampling & Jill Goodwin

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If you have an advertisement or an article you would like to submit for this newsletter we publish quarterly. Please ensure that articles reach us by the 14<sup>th</sup> August and 14<sup>th</sup> November. We aim to distribute in the first week of the following month.

## **Report from the Parish Council**

### **Tony Jennings – A personal note**

It is with much sadness that I write this report. As many of you will know by now, Tony Jennings who ran the Woodyard, died on 30<sup>th</sup> May following a short illness. Tony was a very dear friend to me and it was due to him that I joined the Parish Council when he stepped down after serving thirty years as a councillor. For the last ten years Tony has been my sounding board on all matters village related and has always offered good advice and anecdotes about previous administrations. Having lived and worked in Moulton from an early age there was very little that he didn't know about village life.

He was a true gentleman in every sense of the word and I consider it a great privilege to have known and worked with him. He often told me that he didn't know many people in the village but I am sure most of you knew him. His gentle smile and the sight and sound of his tractor and trailer full of logs was part of the fabric of our community.

I will miss him very much.



### **Council News**

**Speed Indicator device** This equipment was purchased on a 50/50 shared basis with Gazeley Parish Council. However it has proved so effective that both councils have come to the conclusion that we need our own devices. The data recorded is passed on to the Police enforcement team so that they can target offenders. Be aware and keep below the speed limit through the village.

**Play Equipment** The Parish Council have placed the order for a replacement for the see-saw which should be installed in July. We are also raising funds for an arial ropeway to run across the bottom end of the recreation ground.

**Boundary Change** Our parish boundary will almost certainly change in the next year and we will lose the income from the 150 homes in Kentford End. However, with the continued help of our wonderful volunteer army we can continue to keep the village in its wonderful state at no extra costs.

**Flower beds and troughs** It is lovely to hear all the positive comments about the village flowers but they do take a lot of work to keep them looking nice. The main problem is keeping the plants watered especially through the warm summer months. Please consider adopting your nearest flower bed or box/trough. If you can help, even maybe once or twice a week please let Dorothy Bowes know. All help will be very much appreciated and will keep the village colourful. Dorothy's number is 750362.

**Rock in the Meadow** Do come along on **Saturday 1<sup>st</sup> July** and help to raise funds for St Peters Church. It's a great fun night with good music and most people bring a picnic.

**Bill Rampling - Chairman**

# *St Peters Church News*

---

Our improved facilities at church have continued to be admired especially for gatherings at funerals, baptisms and weddings. It is one year ago that the contractors began the project and you will recall Reverend Canon Stephen Mitchell formally 'opened' the new glass tower door on September 7th to reveal the small kitchen and the adjacent toilet.

You may remember one of the first groups able to use these were the 'Bikers and Striders' last September. The **Suffolk Historic Churches Trust** hold

- \* an annual event to encourage people to gain sponsorship and then cycle or stride**
- \* to as many Suffolk Churches between**
- \* the hours of 9am and 5pm on Saturday 9th September 2017.**

Our PCC have agreed to keep church open and staffed that day, and to provide refreshments for the participants.

During last year the Trust gave a total of £200,000 to Suffolk Churches. Their 50/50 funding enabled us to install the new Roof Alarm early in January, so we are more than pleased to be supporting their event again. If you would like a sponsorship form please get in touch. If you could provide some cakes on the day or savoury items, do let us know. Thank you.

## **Churchyard Matters**

Over recent years Bob Saltmarsh has spent a considerable amount of time working to establish and maintain the conservation project within both the old and the new churchyard. The notices alongside the path explain that in conjunction with Suffolk Wildlife Trust, the churchyard has areas set aside to create a naturally beautiful environment that includes several landscapes. The Trust fully supports this endeavour as some of the species of flowers and grasses are unique to this part of Suffolk, and the seeds collected can be taken to other sites for propagation. We also arrange for a contractor to regularly cut the grass and strim certain areas. The mowers and trimmers used need to pass freely over the grass and not be impeded by edging, objects, or stones that damage equipment that then requires expensive repair.

The churchyard should be a naturally beautiful environment for everyone. It is of concern to our PCC that the churchyard does not always reflect this. May we take this opportunity to bring to your attention again that it is the responsibility of families to remove old wreaths, unsightly old flowers, dead plants and superfluous vases. The accumulation of old discarded water bottles, containers and planters make an unattractive feature. To this end we have recently begun to clear those items that appear to be neglected. If you have any thoughts or suggestions as to how we can improve the overall appearance of our churchyard please tell our churchwardens. Thank you.

We have applied for planning permission to extend the graveyard into the area below the graveyard which is in use at present. Once planning permission is gained we will need to have the area consecrated by a Bishop. This is now necessary as we are quickly running out of space in the existing area. There will be some landscaping and fence building to be done and to build



some steps to give access from the new area to the existing area giving a new and an easier route to the graves that are lower down in the existing graveyard.

Now that summer is nearly upon us it is nearly time for three important dates in our calendar. The first being our annual **'Rock in the Meadow'** on Saturday July 1st, Posters etc will soon adorn the Telegraph poles and roadsides. Secondly our annual **strimming party** of the old graveyard will be on Saturday 17th June at 9.00am all are welcome to join us please bring petrol strimmers with you though we do have some spare ones. Thirdly on Tuesday 4th July the **Moulton Community Choir** will be giving their annual concert in the Church. The evening starts at 7.00pm this is a very enjoyable event, with a bar and small buffet.

**A reminder of dates of services at St Peter's**, our regular services are a Family service on the first Sunday of the month and a Communion service on the third Sunday of the month, both services start at 10.30am. All are very welcome.

In addition there are the following services in the Benefice;

**Higham** has a Communion service on the first Sunday of the Month at 9.15am

**Gazeley** has a Communion service on second Sunday of the month at 10.30am and 'Morning Praise for All' service on the fourth Sunday of the month at 10.30am.

**Dalham** has Communion services on the second and fourth Sundays of the month at 9.00am.

**Kentford** has an Evensong service on the first Sunday of the month at 6.00pm and a Communion service on the third Sunday at 6pm.

However, this normal pattern changes when there are single Benefice services. Over the next four months they are as follows;

18th June Communion service at **Kentford** at 10.30am

30th July Communion service at **Higham** at 10.30am.

20th August Communion service at **Moulton** at 10.30am. ( our usual day and time, but for the whole benefice )

10th September Communion service at **Gazeley** at 10.30am

Our new Parish Priest is settling into this benefice and if you would like to talk to her or request a visit do phone her on 01638 750783 or email her [rosemaryrycraft121@gmail.com](mailto:rosemaryrycraft121@gmail.com)

In the meantime we look forward to seeing you at our regular services, at 'Rock in the Meadow', the Moulton Community Choir concert, or the 'Ride and Stride' event.

Best wishes to everyone.

Anne Garmston 01638 751188

Bob Saltmarsh 01638 750190

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## Rosy's exchange visit

It was lovely to receive this report about Rosy's visit to America. Lots of children engage in these every year and as a result have wonderful memories and friends for life. This was particularly interesting as it was twinned or 'sister' to Newmarket.

'In October, we set off to Kentucky, Lexington. I was to go to America as part of Newmarket Academy's exchange programme. Newmarket is twinned with Lexington, USA.

Arriving in America I met my host family, and had an hours drive from Lexington airport to their home.

During the week our time was full of many activities. We went to the races at Keeneland and met up with jockeys, including one from Newmarket. The races had a very similar feel to Newmarket.



I was there for Halloween which was amazing because it involved lots of sweets and dressing up. People decorated their houses to look spooky and scary. My main observations about my time in America was that people are friendly. The food was nice, especially chick-fil-a. I was really lucky that my host family took me to the Natural bridge. Which was amazing. It was a beautiful area to walk around with amazing views of forest landscapes. During my time in Lexington I noticed many differences between Britain and America, such as people travel long distances for a day out, there are many different fast food shops and the school I visited play baseball.

Exploring the culture, history and tourist attractions local to Lexington was something I really enjoyed. It's something I am really glad I had the opportunity to do'.

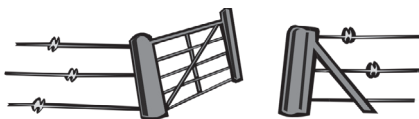
Rosy Nichols (age 13)

## Luncheon Club

On the last Tuesday of each month a group of us prepare homemade soup, cakes and tea/coffee. Please do come along and join us. We meet at 1pm until 3pm and the cost is only £2 per person. If you have any problems with transport please let me know and we will try to arrange a lift.

Lisa Rampling 552631

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# Panthers Football Club Report May 2017

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With the football League season now finished the teams are still busy playing in football tournaments and having friendly matches ready for the new season. The under 12's (soon to be under 13's) are moving up from 9 a side to 11 a side team on a Sunday, which means a full size pitch and goals. We also hope to be welcoming some new players to the teams over the coming weeks. The Under 15's (soon to be under 16's) will continue to play on a Saturday. The Under 17's team have now finished the Youth Football league and many of our players will continue to play in Adult leagues in the Newmarket area, but sadly not for Panthers.

But we do have exciting news! Panthers FC are looking for Girls aged 10 or 11 years old as we would like to have a Girls team to enter in an under 12's Girls league in September if there is enough interest.

We will soon be taking our summer break after this year's, end of season presentation where all the players receive awards and special awards are given out for Players Player, supporters player, managers players, most improved and clubman of the season. This year we are having awards presentation at The Playground in Barrow. (Which is an outdoor assault course.

But this would not be possible without all our coaches and the sponsorship from Mike and Kathy at Moulton Stores, Adcock and Wilson Physiotherapy Ltd. So a BIG THANKYOU!!! But we are still looking for new sponsors, if you would like to sponsor a team kit, Jumpers or any kit/training equipment to support your local youth teams we would love to hear from you.

For more information please contact.

**nicola.talbot1@tiscali.co.uk**





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# Shop and Post Office News

## Let's Celebrate!

On the 1st March 2017 Mike and Kathy Dillon celebrated 10 years running Moulton village store & post office.

That is quite an achievement and something I think worth celebrating. Whether you use the shop or not we as residents are all very lucky to have such a fantastic facility in our village!



Just think of the trek down to Newmarket every time you wanted a stamp, post a parcel, or needed some cash if we didn't have the post office on our doorstep. With the ever increasing delegation of services by banks and government departments to post offices it continues to play a very important part in the day to day running of our lives and here it is in our very own village.

And then there is the shop - the variety of what's on offer from the shop is amazing – and always changing to meet customer needs. Whether it's the variety of fresh bread and cakes, dairy products and deli foods, fresh fruit and vegetables, standard shelf goods there, is always a great choice

But the shop is so much more than just a village shop. Over the years Mike and Kathy have developed their European style café, encouraging people to sit outside and chat over a coffee and cake. It is so popular that more and more chairs and tables have had to be purchased and some mornings you have to queue for a seat! In winter blankets are provided and in all weathers the awning provides protection.

When you visit the shop you often smile and laugh at the sometimes witty and cheerful banter that goes on with Mike, Kathy and the staff. Shoppers often hear about Mike's football career (over and over) and certainly know about his aches and pains in detail whether they want to or no. But a laugh and a joke is often just what you need to brighten your day. A friendly hello can really change your outlook on the day and Mike and Kathy and their staff always provide that! The shop truly is the centre of the village where all the news and gossip is turned around – the good and the bad! It brings people together as a community and is the one place you can go if you need information or assistance!

We know that behind every successful man is a quiet woman beaver away and it is to Kathy we must say congratulations on her recent retirement from the Border Agency. Kathy was pleased to leave that long journey back and forth to Stansted to pursue her hobbies and interests - sadly she hasn't got out of the shop long enough to do that yet – good luck with that Kathy!

So let us all thank Mike and Kathy for their service to us for the last 10 years and wish them well for the next 10 years!!! Jill Goodwin

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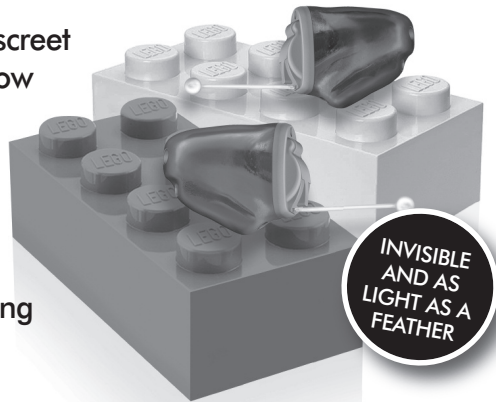


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## SUMMER PLANTING

What a picture the village has looked this Spring. This has been possible due to the generous donations of Moulton Event Planners , Millennium Club, Parish Council, and villagers.

The Summer planting has now been completed and we look forward to a colourful display.

Thank you to all the volunteers who help to plant, and most importantly help with watering! We do need extra help with watering, so if you think the flowers are dry please give them a drink!!

Please keep the donations coming with the winter/spring planting in mind.

Dorothy Bowes



# MOULTON OIL SCHEME

The last oil order was May 15th which I placed with Goff Petroleum @ 36.25p per litre. Unfortunately this meant that most customers had to provide their payment details to Goff as they did not hold an account with them. The majority of the time I have placed the order with Butlerfuel but on this occasion Goff were almost 4p a litre cheaper so I had to use them as the saving was quite significant .

The next oil order is scheduled for the 4th September but I am monitoring the price of oil and if it drops enough during the Summer months then I will let all those that I have email addresses for know, and if there is enough interest I will do an extra order. At present it is still approximately 36p a litre but I am hoping the demand for oil will drop when the weather improves which should result in a lower price.

I can be contacted on 01638 482012 or moultonoilscheme@outlook.com

Lesley James

## Community Speed Watch

In regards to Speed Watch – In the year to date 34 vehicles have been recorded at 35mph or higher. 360 vehicles have been under 35mph so the percentage of speeding is 8.6 percent which is a reduction on previous figures. The highest recorded speed was 52mph on the Dalham Road. However there is still an issue with speeding in Moulton and some are from the village which is not setting a good example.

Please keep your speed down.

Tim James



### Yoga Classes



Moulton Village Hall:  
Mondays 7-8pm

Newmarket Catholic Church Hall (Exeter Road):  
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## News from Mrs Shipp at Moulton School



Our school has been a hub of fun and learning as usual. The whole school recently watched The Wizard Of Oz pantomime – oh yes we did! Our pupils work so hard; it is nice for them to have a treat.

The children enjoyed World Book Day early in March. All children and staff came dressed as a Julia Donaldson or Roald Dahl character – our parents did a fantastic job with the costumes. We had a rather competitive assembly (the staff were very enthusiastic!) and lots of book related activities.

Pupils have been on lots of trip this year: Lackford Lakes, Aylmerton Field Study Centre, West

Stow and The Abbey Gardens. Their attitudes and behaviour were praised at all venues – we are very proud. Newmarket Academy has hosted our pupils several times this year – Modern Foreign Language days and Science days. We are fortunate to be able to utilise their staff and facilities.

Our children have continued to do well in their sporting pursuits. We have recently participated in a hockey tournament, Sportshall Athletics, boys' football, Tag Rugby tournaments and Netball tournaments. We have won some of our events and also been awarded the fair play award.

Our wonderful PTA members have continued to work hard to raise funds for the school. Their Easter Bake Off and Easter Egg Hunt were a huge success. Many thanks to Tesco for their donation of chocolate eggs. The PTA is now raising money to help us to renovate our pond and wildlife area.

We are looking forward to welcoming lots of new families to our school community. A few members of the team have already visited Moulton Pre-school to meet our new children, and we will welcome parents into school soon for one of Angie's delicious lunches and an information evening where they will meet Linda Spinks- our chair of governors, the senior leadership team, the reception team, the school nursing team, the catering team and the education welfare officer.

We are all looking forward to the warmer weather coming so that we can make the most of our swimming pool and enjoy the sunshine. The summer term will be over before we know it and as I look back on my first year



as head teacher, I have much to be proud of. We have a fantastic team, enthusiastic and hard-working children and supportive families – I've enjoyed every minute!

Watch out for our new website – coming soon. Up to date news is also available on our Twitter feed: @MoultonCEVC

## What A Winner!

Race Night at the village hall in April was a resounding success with over 80 people participating! Was it the pull of the horses or Dorothy and Zayana's tasty curries that was responsible for such a great night?

This fund raiser for the hall made over £1500 and in addition the proceeds from the bar of £300 went to the Church.

A big thank you to the race sponsors:

Mike & Kathy Dillon at Moulton Village Stores & Post Office; Dale from Dale Burch & Sons;

Tony, Gareth & Ben Jones at Nu-Plan Builders; Dick from Richard Marshall; Moulton Event Planners;

John & Jackie at Moulton Pet Sitters and Bridgit Blum on behalf of Gerry Blum.

Thank you also to Dorothy & Zayana for the food, Bob Saltmarsh for organising the bar and everyone who helped.

## Photos!





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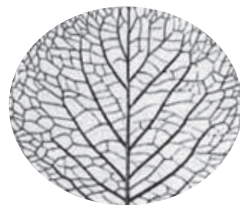
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# **Moulton Community Choir Summer 2017**

With the welcome lengthening of daylight hours the choir members can now enjoy the trips to and from their weekly rehearsals at Moulton Primary School without the need for headlights or high-vis jackets on their various forms of transport!

After this half-term holiday we will be rehearsing in St Peter's Church in readiness for our big Summer Gala Concert there in aid of the renovation and restoration of this delightful venue.

This year our summer musical extravaganza will be held on Tuesday 4th July beginning at 7-30 pm.

Drinks and delicious light refreshments will be served after the performance and a retiring collection for Church funds will be taken.

Our concert this year will include some old favourites like the Bond medley with the addition of Sam Smith's Oscar winning title track Writing's on the Wall. Songs from the Roaring 20's, together with some American spirituals and gospel songs will be topped off by a medley of Flanders and Swann's slightly risqué renditions from the 50's and 60's. Compositions from The Beatles, Olivia Newton John, Nilsson and Barbara Streisand will also be performed so there should be something for everyone to enjoy.

We have been invited to sing at various other events during the Summer months and details of these will be found nearer the time.

We extend a special invitation to everyone in the village and surrounding environs as we will be welcoming back our first musical director Judith Fisher to conduct us during the concert.

The choir is hoping to continue to rehearse and perform from September when we invite any new potential members to come along to see and hear us learning our new repertoire for the coming year.

For further information about the Choir please contact

Marian Brown on 01638 552953

Or email [music@thebrownfamily.biz](mailto:music@thebrownfamily.biz)



**giving  
nature  
a home**

**Report by David White  
Visitor Experience Officer,  
RSPB Lakenheath Fen**

## **The dragon's lair**

If you have visited RSPB Lakenheath Fen over the last couple of years, you may have seen the three raised plant beds on the lawn in front of the visitor centre. Just in case you haven't, they each follow a separate theme. One is full of sand loving Brecks plants, one is full of peat loving Fens plants and one is full of water loving aquatic plants. For the purposes of this article, I am going to focus on the one that is full of water loving aquatic plants.

This bed is full of a range of aquatic plants and beasties and it really came to prominence this time last year. For a couple of weeks, we were fortunate enough to witness several dragonflies and damselflies emerging from its depths. It was fascinating to witness this alien like metamorphosis and I will dedicate the rest of this article to this incredible phenomenon.

If you are not familiar with the life cycles of dragonflies and damselflies, it starts when the female lays eggs in the water. The eggs hatch as nymphs which live a predatory life underwater for up to two years. When the nymphs are ready to emerge, they climb out of the water via the aquatic vegetation. The adult insect then emerges out of the nymph's protective casing by doing a graceful cartwheel type manoeuvre. The nymph's exoskeleton (or exuvia) is then left behind as the adult insect spreads its wing for the first time to harden in the warmth of the sunshine. Although it varies from species to species, this process tends to take a couple of hours to complete.

Once the adult dragonfly or damselfly has hardened, it then makes its maiden flight voyage. Sadly, after all of that effort, the often dazzling adult insects only tend to live for around two weeks. In this time, they have to find a mate, mate and the females have to lay their eggs in the reserve pools. Talk about a busy life!

If you would like to come and see dragonflies and damselflies emerging here at Lakenheath Fen for yourselves, try and pick a sunny day. Although it is a notoriously unpredictable phenomenon, most species tend to emerge between mid-morning and mid-afternoon, when the sun is at its highest in the sky. Don't forget to bring your camera, as it can be a really photogenic process. Katherine, one of our Wardens managed to photograph an emperor dragonfly emerging last year and her photos made it into several newspapers!

The reserve is open at all times. The visitor centre and toilets are open daily 9am-5pm.

RSPB members visit for free and there is a facilities charge of £4 per car for non-members. We hope to see you soon!

Please ring 01842 863400 or e-mail [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk); for more information.

## Moulton Veterans 2016-2017 Season Review

We have enjoyed our best ever season thanks to our new Manager Pete Saunders, securing 3rd place in the League (only on goal difference) with a record 19 points and only losing 1 game to the Div. 2 Winners – P8 W6 D1 L1

After only 1 game in March we returned to Dorchester (Team Photos can be very misleading!) for our annual test of how much alcohol is too much not to play football for 90 mins and it became very clear after 60 mins. We were still in the game at half time conceding only 1 goal, but we conceded 5 more before the ref saved us from more.

The end of season schedule was in hindsight a game or 3 too many with 4 games in 11 days, but it was worth every minute of pain to beat our local derby rivals Kennett 4-0 in our final league game to claim local bragging rights until next season.

At our end of season meeting at the Affleck Arms last month, we voted on keeping the Manager on for another season after he signs in triplicate to never play 4-5-1 again, Paul Brown unanimously won the Players Player and Will Cope Brown won Player of the Year after playing every game in so many positions he made Phil Neville look one dimensional!

It has been a great season and we wish Crayton MacDonald our first Clubman of the Year all the very best in his new role with Fedex back in his native Vancouver. Crayton's energy, fitness and humour will be greatly missed.



Next season we could be Champions!

Mark Price / Secretary & Treasurer / Moulton Veterans

07954 362822 / mzajprice@yahoo.co.uk

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## Would you like to work with animals?

Our Open Day last Saturday at Ash Tree Vets attracted several hundred visitors, including lots of children who practiced putting bandages on dogs and performing (pretend!) operations. One of the most common questions we were asked by the kids was 'How do you become a vet?' The quick answer is that you work very hard and listen to your teachers! Training to become a vet normally starts at about the age of 13 or 14 when interested kids start getting experience working with animals,

whether this be helping out on a farm, boarding kennels, pet shops, riding stables, catteries etc etc. A grade Science A-levels are then usually required to obtain a place at university where you will study for 5 or 6 years before graduating as a vet. The strongest advice we can offer any interested children, is that a being a vet isn't just about 'working with animals', we spend an awful lot of the day working with people, so you have to like them too! Other jobs you could consider if you wanted to work with animals might include veterinary nursing, zoo keeper, farmer, RSPCA, animal trainer, riding instructor, marine biologist, working with search and rescue dogs or working with assistance dogs.



## The Litter Pick That Went Off With A BANG!

A big thank you to all those villagers who turned out for the March litter pick and village clean up.

Although everyone acknowledged that there was less rubbish than last year we still collected lots of bags from the road side verges leading into the village and the footpaths and roads in the village.

We also had sufficient volunteers to give the village hall garden and car park a tidy up and undertake some cleaning tasks in the hall.

The talk of the day was a grenade found in a village green bed being prepared for flower planting.

Its .....was reported to the police who attended the village and called in the bomb unit from Colchester barracks. As we heard a large 'BOOM' later in the day we presume the grenade was detonated!

It all happens in Moulton.....

Litter pickers enjoying their rewards – coffee and a roll at the village shop.







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## World Junior champion Outshone by Younger Brother

Blue skies, hot and sunny conditions made the testing out and back course even more strenuous for the 54 starters in the annual Moulton Walks. One of the features of the event is the appearance every year of local people giving race walking a try and this year was no exception.

The race was started by Centurion 899 Ian Garmston a co-founder of the event.

The picture shows the novice section start which included 167 Sue Mills and 175 Rachel Webb.



A number of the regular supporters of this event were seeking international qualifying times in La Coruña, Spain, so Callum Wilkinson was untroubled, putting 10 minutes between himself and the rest of the field. The absences already referred to left the way open for novice David Annetts (North Herts) to make an impression, but the outstanding walk of the day was that of Callum's brother George, who only turned 15 at the end of April and who finished third in 46.22.



Min 12 Joyce Crawford, 57 Callum Wilkinson, 21 George Wilkinson

George's target was always to better his famous sibling's debut time which he also set as a fifteen year-old in 2012 and he did so by five minutes. However, he was the first to point out that he had had the benefit of a much longer training programme than the six weeks Callum had.

In addition to the Wilkinson brothers there were eleven other local participants, most notable of which was Joyce Crawford (Red Lodge) who finished 4<sup>th</sup> lady and like Callum won the Suffolk championship.

Helen Middleton (Bedford) notched up her fifth victory in nine years, whilst Fiona Bishop (Woking) just managed to hold off the improving Melanie Peddle (Loughton).

### Local Results

#### Men's 5 miles

1. Callum Wilkinson	(Easts H&C)	35.22	MS
2. David Annetts	(North Herts RR)	45.56	MS
3. George Wilkinson	(Easts H&C)	46.22	UT7
13. Kevin Marshall	(Bury SLE&S)	52.18	MS
18. Jonathan Pelly	(Bury SLE&S)	54.15	MS
22. John McDonagh	(Dulwich)	56.25	MS
28. Malcolm Smith	(Moulton)	59.41	MS
32. Paul Forshaw	(Ering)	68.03	MS

#### Women's 5 miles @ = Centurion

1. Helen Middleton	(Easts H&C)	49.11	MS
2. Fiona Bishop	(Woking AC)	50.02	MS
3. Melanie Peddle	(Loughton AC)	50.11	MS
4. Joyce Crawford	(Red Lodge)	51.58	MS
10. Sue Mills	(Moulton)	66.41	MS
12. Rachel Webb	(Moulton)	67.31	MS
13. Jennie Grimwood	(Newmarket J)	71.53	MS
14. Anne Scriven	(Moulton)	72.22	MS
16. Viv Houghton	(Moulton)	77.36	MS

#### Suffolk CAA championships

Joyce Crawford	51.58
Charlotte Hawes	58.47
Val Hulley	63.35

Callum Wilkinson	35.22
George Wilkinson	46.22
Kevin Marshall	52.18

The organisers are greatly indebted to all the people who contributed to the success of the event; whether performing tasks large or small, whether in or out of the limelight. Their efforts made the event possible.

# **Full Result Men's 5 miles**

1. Callum Wilkinson	(Egfield H.A.C.)	35.22	W30
2. David Ametis	(North Herts R.R.)	45.56	N30
3. George Wilkinson	(Egfield H.A.C.)	46.22	W17
4. Mark Culshaw	(Egfield AC)	47.47	N30
5. Colin Vesty	(Lincs WC)	49.30	N30
6. John Ralph	(Egfield H.A.C.)	49.52	N30
7. Hardeep Minns	(Lincs WC)	50.33	N11
8. Steve Allen	(Barnet & Dist)	51.00	N30
9. Ken Bobbett	(Eglington AC)	51.05	N30
10. John Constantinou	(Birkfield H)	51.15	N30
11. Steve Kemp	(EMAC)	51.29	N11
12. Brian Armstrong	(Egfield AC)	51.52	N30
13. Kevin Marshall	(Egfield AC)	52.18	N11
14. George Nilre	(Egfield AC)	52.18	N30
15. Glyn Jones	(Carmarthen G.A.F.)	53.10	N30
16. John Hall	(Belgrave H)	53.49	N30
17. John Borgans	(Loughlan AC)	54.15	N30
18. Jonathan Petty	(Loughlan AC)	54.15	N11
19. Arthur Thomson	(Egfield H.A.C.)	54.25	N30
20. Russ Jackson	(Lincs RWC)	54.31	N30
21. Chris Flint	(Sherry WC)	54.31	N30
22. John McDonagh	(Dunham)	56.25	N11
23. Steve Cartwright	(Colchester)	57.04	N11
24. David Delaney	(Sherry WC)	57.23	N30
25. David Hobbs	(Sherry WC)	58.05	N30
26. Bob Dobson	(Egfield AC)	58.32	N30
27. Sean Pender	(Egfield H.A.C.)	58.57	N30
28. Malcolm Smith	(Moulton)	59.41	N30
29. Paul Firmsage	(Egfield H)	60.53	N30
30. Phil Nutley	(LDWA)	59.06	N30
31. Peter Crane	(Sherry WC)	67.07	N30
32. Paul Forshaw	(Dunstable)	68.03	N30
33. Jon May	(Egfield H.A.C.)	68.45	N30
34. David Annworth	(Egfield AC)	72.02	N30
35. Ken Livermore	(Egfield H.A.C.)	74.27	N30
Dan Maskell	(Sherry WC)		retire

# **Women's 5 miles**

⊕ = Certification

1. Helen Middleton	(Egfield H.A.C.)	49.11	W30
2. Fiona Bishop	(Woking AC)	50.02	W35
3. Melanie Peddle	(Loughlan AC)	50.11	W43
4. Joyce Crawford	(Red Lodge H)	51.58	W38
5. Maureen Noel	(Belgrave H)	52.50	W38
6. Charlotte Hawes	(Precision Sports)	58.47	W35
7. Sue Clements	(Cambs/Chs)	62.50	W38
8. Valerie Nutley	(LDWA)	63.35	W38
9. Andrea Lorenz	(Loughlan AC)	64.03	W38
10. Sue Mills	(Moulton)	66.41	W38
11. Anna Crane	(Loughlan AC)	67.05	W38
12. Rachel Webb	(Moulton)	67.31	W38
13. Jennie Greenwood	(Newmarket J)	71.53	W40
14. Anne Scriven	(Moulton)	72.22	W38
15. Sue Smith	(Egfield H)	74.17	W35
16. Viv Houghton	(Moulton)	77.36	W38

# **Junior 2km**

Jemma Lewis	(Princes)	8.05	Gal13
Anya Nilre	(Princes)	8.05	Gal13

# **Suffolk CAA championships**

Joyce Crawford	Callum Wilkinson
Charlotte Hawes	George Wilkinson
Sue Mills	Kevin Marshall

see pictures below

**Judges:** P.Cassidy, M.Graham, F.Pearce, P.Marlow, P.Wilson ⊕ - **Race Organisers:** M.Ashpole, I.Spinks, R.Wallwork ⊕  
**Timekeepers/Recorders:** Dr L.Jennings, J.Murver, P.Welch / P.Ficken ⊕ - **First Aid:** M.Houghton, G.Love, M.Wooland  
**Registrations:** L.Spinks, M.Livermore - **Refusiveness:** M.Hall, C.Pearce, I.Wallwork - **Water Station:** 1<sup>st</sup> Moulton Scouts  
**Marshalls:** G&J Dobson, J.Grant, C.McDonagh, P & C.May-Holt, T.O'Meara, R.Saych, D.Spinks, I.Stirling, R.Still, M&D Young, S.Woolston

# **Suffolk Women's medalists**

at 1's 467 Anya Nilre & Geoma Lewis

# **Suffolk Men's medalists**



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# *Moulton contacts:*

## **PARISH COUNCIL**

The Parish Council meets regularly in the school and residents are all welcome to attend. Meeting dates and Agendas are listed on the village website at the bottom of the page and are also regularly posted on the village noticeboards.

### **Parish Councillors:**

Bill Rampling (Chairman)	01638 552631
Julie Bonner	
David Clarke	01638 750263
Ed Chambers	01638 750014
Peter Collin	01638 750665
Douglas James	01638 750897
Mark Price	01638 750200
Ron Wallwork	01638 751869
Rachel Webb	01638 551655

### **Clerk to the Parish Council:**

Lorraine Stone	01638 720971
----------------	--------------

### **Parish Priest:**

Rev Rosemary Rycraft	01638 750783
----------------------	--------------

**Village Archivist :** John Gunson 01638 750131

**County Councillor:** Robin Millar 07545 423782

**District Councillor:** Roger Dicker 01638 750392

**Member of Parliament:** Matthew Hancock

Parliament Office: 0207 219 7186

Constituency Office: 01638 576692

### **Moulton Matters:**

Editors:	Lisa Rampling	01638 552631
	<a href="mailto:Elissa.rampling@gmail.com">Elissa.rampling@gmail.com</a>	
	Jill Goodwin	01638 551851
	<a href="mailto:Jerryjill99@hotmail.com">Jerryjill99@hotmail.com</a>	

*<http://moulton.onesuffolk.net>*

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## Moulton Village Hall

### Management Committee Officers:

Chairman	Richard Marshall	750488
Deputy Chairman	Dale Burch	552055
Treasurer	Jerry Goodwin	551851
Bookings/Secretary	Jill Goodwin	551851

Jill Goodwin is responsible for taking bookings.

To make bookings, or make enquiries about the hall, please contact Jill on 01638 551851 or e-mail: [bookingsMVH@moultonsuffolk.co.uk](mailto:bookingsMVH@moultonsuffolk.co.uk)

If you are interested in joining a group or activity, set out below are the names and contact details you will require:

Monday	Pre-School	09.15	Pauline Paines	07905 786303
Monday	Yoga	1900	Bridget Pooley	07758 540739
Tuesday	Moulton Mini Tots	10.00	Ond Finneran	07787 292294
Tuesday	Healthy Walks	10:00	Ron Wallwork	751869
Tuesday	Luncheon Club	13:00	Lisa Rampling	552631
	(Last Tuesday in the month)			
Tuesday	Cubs/Beavers/Scouts	18.00	Geraldine Law	750845
Wednesday	Pre-School	09.15	Pauline Paines	07905 786303
Wednesday	Dog Training	18:45	Sue Hough	07836 624684
Thursday	Pilates	09.15	Alison Wilson	07752 360 839
Thursday	Upholstery	10.30	Danny Niven	07840 777053
Thursday	Bridge club	14.00	Pat & Paul Harris	500325
Thursday	Badminton	20.00	Yvonne Slater	750547
Friday	Pre-School	09.15	Pauline (as above)	
Friday	Hop fit	18:00	Nikki Hayes	751208
			<a href="mailto:nikkihayes9@aol.com">nikkihayes9@aol.com</a>	
Friday	Youth Club ( 2wkly) awaiting new leader			
Friday	Carpet Bowls	19:15	Dick Marshall	750488
Saturday	Dance studio	08:30	Rachel Glenn	
			<a href="mailto:rachel@dancexcelacademy.co.uk">rachel@dancexcelacademy.co.uk</a>	
Saturday	Panthers Football	10.00	Nicola Talbot	552358
Sunday	Panther/	10.00	Steve Wilson	07538241521
Sunday	Veterans	10:00	Mark Price	750200



## Telephone Directory

### MEDICAL

Addenbrookes Hospital	01223 245151
Newmarket Hospital	01638 558400
West Suffolk Hospital	01284 713000
Oakfield Surgery	01638 662018
Orchard House Surgery	01638 666887
Rookery Medical Centre	01638 664338

### CHURCHS

All Saints Church (Rev Max Osborne)	01638 662514
Catholic Church (Fr Simon Blakesley)	01638 662492
St Peters Church c/o Vicarage, Gazeley (Rev Rosemary Rycraft)	01638 552630
St Peters Church Wardens (Bob Saltmarsh & Anne Garmston)	01638 750190 & 751188

### NEWMARKET

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Dial-a-Ride	01638 608080
Library	01638 661216
Sports Centre	01638 662726

### MOULTON VILLAGE

Parish Council Clerk (Lorraine Stone)	01638 720971
Parish Council Chairman (Bill Rampling)	01638 552631
Ash Tree Veterinary Surgery	01638 554477
Moulton Matters Editors (Jill Goodwin & Lisa Rampling)	01638 551851/552631
The Packhorse Inn	01638 751818
Village Hall Bookings (Jill Goodwin)	01638 551851
Village Shop (Mick & Kathy)	01638 750242
Village Bulk Oil Ordering Scheme (Lesley James)	01638 482012
Village School Head Teacher (Debs Shipp)	01638 750236
Village Website (Lisa and Mike Rampling)	01638 552631

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