

Suffolk County 5k Track Championships

Provisional Mens Results

Overall Position	Name	Club	Age	Time	
1	Chris Rooke	Ipswich Harriers	SM	15.16	
2	Gavin Davies	Ipswich Jaffa	SM	16.19	
3	Simon Gardener	Ipswich Harriers	SM	16.23	
4	Vincent Coogan	Newmarket Joggers	SM	17.01	
5	Tom Cresswell	Sudbury Joggers	SM	17.07	
6	Sebastian Palmer	West Suffolk Athletics	SM	17.41	
7	Steve Fraser-Lim	Ipswich Jaffa	SM	17.53	
8	Chris Starmer	Stowmarket Striders	SM	17.59	
9	Alan Dawson	St Edmunds Pacers	SM	18.04	
10	Michael Jones	Stowmarket Striders	SM	18.14	
11	Alan Anstead	Sudbury Joggers	SM	18.20	
12	Neil Dinwiddie	Framlingham Flyers	SM	18.26	
13	Neil Gillingham	Ipswich Harriers	SM	18.29	
14	Paul Brown	Framlingham Flyers	SM	19.10	
15	Ian Coxall	Ipswich Jaffa	SM	19.15	
16	Simon Nightingale	Ipswich Jaffa	SM	19.17	
17	Nick Hammond	Stowmarket Striders	SM	19.19	
18	Russell Brewer	Ipswich Jaffa	SM	20.50	
19	Peter Bird	St Edmunds Pacers	SM	21.04	
20	Alastair Goodier	Ipswich Jaffa	SM	21.12	
21	Michael Downes	Ipswich Jaffa	SM	21.21	
22	Stewart Hambling	Framlingham Flyers	SM	21.40	
23	James Manning	St Edmunds Pacers	SM	22.50	
24	Eric Marseille	Ipswich Jaffa	SM	23.13	
25	Glenn Warren	Framlingham Flyers	SM	23.21	
26	Richard Fellingham	Stowmarket Striders	SM	23.23	
27	Mon Lee	Ipswich Jaffa	SM	25.15	
28	Paul Smith	Ipswich Jaffa	SM	25.55	
1	Samuel Burdett	Stowmarket Striders	U17M	19.46	
2	Jack Rennison	Royal Hospital School	U17M	20.21	
1	Alex Dunbar	West Suffolk Athletics	U20M	15.07	RECORD
2	James Powley	Ipswich Harriers	U20M	15.58	
3	Ross Fawcett	Ipswich Harriers	U20M	16.32	
4	Harrison Jeffries	Royal Hospital School	U20M	18.24	

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Provisional Womens Results

Overall Position	Name	Club	Age	Time	
1	Helen Decker	Ipswich Jaffa	SW	16.35	RECORD
2	Eloise Calver	St Edmunds Pacers	SW	24.25	
3	Jayne Wright	Framlingham Flyers	SW	24.41	
4	Tracey Morris	Stowmarket Striders	SW	26.25	
5	Julie Thurlow	Ipswich Jaffa	SW	26.48	
6	Louise Bigden	Ipswich Jaffa	SW	30.16	
1	Lucy Barnes	Ipswich Harriers	U17W	19.13	RECORD
2	Emily Gooderham	St Edmunds Pacers	U17W	20.28	
3	Cara Gercek	Royal Hospital School	U17W	26.21	
1	Emily Baker	West Suffolk Athletics	U20W	21.02	
2	Tasmin Desborough	Gt Yarmouth AC	U20W	28.16	