

SUFFOLK COUNTY A.A. 10K Champions

Mens Open

1st September 2013

1 Elliott Palmer	Ipswich Harriers	32.56.5
2 Matthew Spencer	Ipswich Jaffa	33.05.6
3 Jonathan Ling	Ipswich Jaffa	35.06.0
4 Alan Cooney	Saxons	35.25.2
5 Adam Wade	Ipswich Jaffa	35.38.4
6 Jim Last	Framlingham Flyers	35.50.1
7 Peter Kerry	Ipswich Tri Club	36.28.1
8 Thomas White	St.Edmund Pacers	37.58.0
9 Mark Hayward	Stowmarket Striders	38.09.0
10 Stephen Sargeant	Orwell Panthers	38.53.8
11 Jordan Ali	City of Norwich	38.56.1
12 Jason Allard	Stowmarket Striders	38.59.6
13 James Pettit	Unattached	39.57.2
14 Henry Tapp	Framlingham Flyers	40.10.2
15 Stuart Simmons	Ipswich Jaffa	40.45.7
16 Robin Harper	Felixstowe R R	40.47.5
17 Sam Brooke	Felixstowe R R	40.55.0
18 Douglas Hobson	Woodbridge Shufflers	41.12.6
19 Peter Smith	Unattached	41.29.6
20 Gary Taylor	Unattached	43.26.8

Mens V40 Section

1 Brad Jones	Ipswich Jaffa	33.54.7
2 Adam Howlett	Unattached	35.04.5
3 Darren Sheppard	Framlingham Flyers	36.57.7
4 John Thorpe	Ipswich Jaffa	38.40.0
5 Thomas Haslam	Saxons	39.15.5
6 Carl Thompson	Ipswich Jaffa	39.30.6
7 David Fenton	Stowmarket Striders	40.21.5
8 Sean Connor	Unattached	40.48.1
9 Simon Wiggins	Felixstowe R R	42.37.9
10 Steve Garvie	Framlingham Flyers	42.47.5

RECORD

Mens V45 Section

1 Roger Stone	Felixstowe R R	38.07.5
2 Tony Roberts	Woodbridge Shufflers	39.47.4
3 Mark Ford	Felixstowe R R	40.01.9
4 Paul Brown	Framlingham Flyers	40.31.6
5 Steve Brooke	Felixstowe R R	41.20.8
6 Troy Parrish	Unattached	42.12.3
7 Richard Grimsdell	St.Edmund Pacers	43.35.6
8 Todd Strehlow	Unattached	44.13.0
9 Richard Higgins	Framlingham Flyers	44.20.3
10 Paul Nedd	Unattached	44.38.7

Mens V50 Section

1 Greg Davis	Newmarket Joggers	37.36.9
2 Peter Mayer	Unattached	40.32.8
3 Alistair Dick	Ipswich Jaffa	41.05.8
4 Russel Breyer	Ipswich Jaffa	41.18.2

5	Stephen Curran	Woodbridge Shufflers	42.47.5	
6	Howard Revell	Unattached	43.39.6	
7	John Hilaire	Unattached	44.46.0	
8	Duncan Chenery	Ipswich Jaffa	44.57.9	
9	Gary Garnham	Ipswich Jaffa	46.50.3	
10	Glen Harvey	Bildeston Bounders AC	48.22.1	
Mens V55 Section				
1	Ker Mac Rosson	Ipswich Jaffa	41.53.5	
2	Brian Rogers	Ipswich Jaffa	42.51.0	
3	Stephen Williams	St.Edmund Pacers	46.10.7	
4	Sean McTernan	Unattached	46.29.1	
5	Terence O'Sullivan	Framlingham Flyers	47.43.7	
6	Rob Mawson	Framlingham Flyers	48.13.6	
7	Patrick Martin	Unattached	49.26.0	
8	Mark Wright	Saxons	49.28.4	
9	John Penny	Unattached	50.58.5	
10	Mon Lee	Ipswich Jaffa	52.13.7	
Mens V60 Section				
1	D.Fordham	Saxons	48.10.1	
2	Chris Aylmer	Newmarket Joggers	53.37.7	
Mens V65 Section				
1	Ron McCullough	Ipswich Jaffa	44.10.1	RECORD
2	Roger Hobson	Woodbridge Shufflers	48.30.4	
3	Philip Nutley	St.Edmund Pacers	61.00.8	
4	Ian Baird	Unattached	72.13.4	
Womens Open				
1	Marie Shirley	Colchester Harriers	39.39.7	
2	Sophie Stanford	Unattached	41.42.6	
3	Claire Caiger	Framlingham Flyers	42.20.7	
4	Laura Thomas	Ipswich Harriers	43.20.8	
5	Ester Colman	St.Edmund Pacers	47.43.2	
6	Rachel Abbott	Unattached	50.22.2	
7	Amy Wall	Unattached	50.40.9	
8	Wendy McLaughlin	Newmarket Joggers	51.01.8	
9	Nicola Weldon	Unattached	51.36.3	
10	Beatrix Vinten	Unattached	52.01.8	
Womens V40 Section				
1	Odette Robson	St.Edmund Pacers	39.12.4	RECORD
2	Geraldine Clarke	Framlingham Flyers	40.35.3	
3	Becky Overy-Owen	Woodbridge Shufflers	46.52.9	
4	Alison Green	Unattached	53.49.2	
5	Lesley Euston	St.Edmund Pacers	54.10.2	
6	Kathryn Gerry	Woodbridge Shufflers	55.33.5	
7	Catherine Beresford	Unattached	59.19.8	
8	Lisa Bond	Ipswich Jaffa	59.33.4	
9	Alison Leech	Stowmarket Striders	60.29.6	
10	Geraldine McLaughlin	Unattached	60.53.7	
Womens V45 Section				
1	Claire Hoblyn	St.Edmund Pacers	41.35.3	
2	Rebecca Clare	Woodbridge Shufflers	50.27.0	

3	Caroline Dickinson	Unattached	52.29.6
Womens V50 Section			
1	Angela Haag	Unattached	47.42.9
2	Ann Granger	Saxons	55.43.4
Womens V55 Section			
1	Hazel Garrity	Bungay Black Dog RC	53.11.3
2	Christine Churcher	Unattached	55.26.6

