

Suffolk County 5k Track Championships

Results 2013

| Overall Position | Name | Club | Age | Time | |
|------------------|-------------------|-------------------------|------|---------|--|
| 1 | Matt Spencer | Ipswich Jaffa | SM | 15.59.6 | |
| 2 | Brad Jones | Ipswich Jaffa | SM | 16.04.7 | |
| 3 | Ryan Ostler | Ipswich Jaffa | SM | 16.06.9 | |
| 4 | Gavin Davies | Ipswich Jaffa | SM | 16.21.6 | |
| 5 | Seb Palmer | Rugby & Northampton AC | SM | 16.40.3 | |
| 6 | Jim Last | Framlingham Flyers | SM | 17.02.1 | |
| 7 | John Oakes | Haverhill RC | SM | 17.07.1 | |
| 8 | Darren Sheppard | Framlingham Flyers | SM | 17.10.2 | |
| 9 | Lee Morgan | Ipswich Tri Club | SM | 18.06.4 | |
| 10 | Ton Wright | St.Edmund Pacers | SM | 18.07.1 | |
| 11 | Will Law | Ipswich Jaffa | SM | 18.16.2 | |
| 12 | Neil Gillingham | Ipswich Harriers | SM | 18.35.3 | |
| 13 | Chris Starmer | Stowmarket Striders | SM | 18.38.1 | |
| 14 | Adrian Peake | Ipswich Jaffa | SM | 18.40.3 | |
| 15 | Trevor Bunch | Haverhill RC | SM | 18.42.8 | |
| 16 | James Manning | St.Edmund Pacers | SM | 18.57.2 | |
| 17 | Scott Williams | Stowmarket Striders | SM | 19.00.3 | |
| 18 | Robin Harper | Felixstowe Road Runners | SM | 19.01.5 | |
| 19 | Tim Larke | Stowmarket Striders | SM | 19.02.2 | |
| 20 | Mark Watts | St Edmund Pacers | SM | 19.24.3 | |
| 21 | Peter Bird | St Edmund Pacers | SM | 19.32.6 | |
| 22 | Simon Wiggins | Felixstowe Road Runners | SM | 20.02.5 | |
| 23 | Stephan Atkins | St Edmund Pacers | SM | 20.37.3 | |
| 24 | Ian Gooderham | St.Edmund Pacers | SM | 20.55.9 | |
| 25 | Richard Grimsdell | St Edmund Pacers | SM | 21.10.4 | |
| 26 | Adam Clarke | St.Edmund Pacers | SM | 22.24.1 | |
| 27 | Robert Price | St.Edmund Pacers | SM | 23.54.9 | |
| 28 | Martin Fuller | Felixstowe Road Runners | SM | 25.03.1 | |
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| 1 | Ieuan Alldis | St.Edmund Pacers | U17M | 19.27.5 | |
| 2 | George Wright | Unattached | U17M | 20.25.2 | |
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|-------------------------|-------------------|-------------------------|------------|-------------|--|
| 1 | Sara Bird | Woodford Green with EL | SW | 17.27.7 | |
| 2 | Jo Coates | St Edmund Pacers | SW | 18.02.2 | |
| 3 | Chloe Jennings | St Edmund Pacers | SW | 21.00.9 | |
| 4 | Karen Hatton | St Edmund Pacers | SW | 25.24.9 | |
| 5 | Eloise Bird | St Edmund Pacers | SW | 26.40.3 | |
| 6 | Carla Wiggins | Felixstowe Road Runners | SW | 27.51.4 | |
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| 1 | Tamsin Desborough | Yarmouth RR | U20W | 24.20.2 | |
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| 1 | Emma Watts | St Edmunds Pacers | U17W | 19.57.1 | |
| 2 | Lauren Howe | Bungay Black Dog RC | U17W | 20.11.3 | |
| 3 | Emily Moyes | West Suffolk AC | U17W | 20.28.0 | |
| 4 | Katie Peake | Unattached | U17W | 26.00.2 | |

