

**2017 Suffolk County A A  
5 Mile Championships**

**Womens Open**

1 Alice GOODWIN	Ipswich Harriers	31.15
2 Emma ATTWOOD	Stowmarket Striders Running Club	33.43
3 Rachael HAMBLYN	Ipswich Jaffa RC	34.23
4 Rosie HORSFIELD	Woodbridge Shufflers Running Club	34.48
5 Hannah POLLARD	Newmarket Joggers	34.59
6 Jess GOODERHAM	Saint Edmund Pacers	35.20
7 Victoria BREADMAN	Felixstowe RRC	36.35
8 Charlotte GIRLING	Unattached	38.34
9 Michelle HEWITT	Framlingham Flyers	38.50
10 Naomi EDWARDS	Unattached	40.07
11 Jo CRESDEE	Woodbridge Shufflers Running Club	40.26
12 Becky FOSTER	Felixstowe RRC	40.27
13 Laura BROWN	Stowmarket Striders Running Club	41.14
14 Joanne HARPER	Felixstowe RRC	41.18
15 Annabel LEECH	Unattached	41.26
16 Holly BURROWS	Framlingham Flyers	42.45
17 Kate PINCHEN	Unattached	42.48
18 Courtney TURNER	Felixstowe RRC	42.52
19 Kerry ELMER	Stowmarket Striders Running Club	44.11
20 Poppy ABLE	Framlingham Flyers	44.13
21 Pam MORGAN	Framlingham Flyers	44.56
22 Jennifer EVANS	Woodbridge Shufflers Running Club	44.57
23 Ania MARECKA	Unattached	45.38
24 Carla WIGGINS	Felixstowe RRC	47.31
25 Frances BARNARD	Capel Cheetahs RC	53.29

**Womens V40 Section**

1 Zohra ARMITAGE	Saint Edmund Pacers	33.29
2 Sally-Ann BOWEN	Sudbury Joggers	35.42
3 Mel SHERMAN	Ipswich Jaffa RC	35.58
4 Amanda DUNN	Hadleigh Hares AC	38.41
5 Louise GODDARD	Stowmarket Striders Running Club	39.08
6 Catherine MORGAN	Unattached	44.27
7 Tamasin WOOD	Framlingham Flyers	44.30
8 Helen HOLLINGSWORTH	Felixstowe RRC	48.19
9 Kara EDHOUSE-THOMAS	Ipswich Jaffa RC	51.30
10 Tina CULLUM	Ipswich Jaffa RC	51.30
11 Julie ABERNETHY	Ipswich Jaffa RC	53.32

**Womens V45 Section**

1 Odette ROBSON	Saint Edmund Pacers	<b>29.12 RECORD</b>
2 Geraldine CLARKE	Framlingham Flyers	34.37
3 Cheryl TYE	Framlingham Flyers	39.11
4 Linda ALDRED	Framlingham Flyers	40.12
5 Sarah VICK	Saxmundham Sports Running & Fitness Club	40.21
6 KAYE BRANTON	Felixstowe RRC	40.54
7 Eloise BIRD	Saint Edmund Pacers	41.14
8 Bernadette WHITE	Hadleigh Hares AC	41.31
9 Jo HAYWARD	Unattached	42.38
10 Kathryn GERRY	Woodbridge Shufflers Running Club	44.22
11 Amanda PRIOR	Capel Cheetahs RC	44.30
12 Karen CHAMBERLAIN	Ipswich Jaffa RC	45.56
13 Mandy GODBOLD	Ipswich Harriers	46.17
14 Tina CHURCH	Saxmundham Sports Running & Fitness Club	51.09

**Womens V50 Section**

1 Val JENNINGS	Ipswich Jaffa RC	34.50
2 Claire HOBLYN	Saint Edmund Pacers	37.22
3 Jo STEPHENSON	Stowmarket Striders Running Club	37.31
4 Jackie HANN	Sudbury Joggers	38.11
5 Sandra MAYHEW	Stowmarket Striders Running Club	39.44
6 Sharon WARLAND	Stowmarket Striders Running Club	40.23
7 Helen WASS	Newmarket Joggers	41.12
8 Lisa GUNSTONE	Unattached	43.23
9 Angela WHITING	Stowmarket Striders Running Club	45.18
10 Ann GRANGER	Saxmundham Sports Running & Fitness Club	45.22
11 Jan RISEBROW	Felixstowe RRC	48.34

**Womens V55 Section**

1 Jenny SHEAHAN	Unattached	<b>37.48 RECORD</b>
2 Belinda GODBOLD	Ipswich Jaffa RC	40.20
3 Jo WHELAN	Felixstowe RRC	46.30
4 Jane MOON	Felixstowe RRC	50.47
5 Susan HUNTER	Stowmarket Striders Running Club	59.33

**Womens V60 Section**

1 Jenny MORGAN	Saint Edmund Pacers	<b>38.38 RECORD</b>
2 Christine MARSH	Unattached	41.22
3 Anne OLIVER	Felixstowe RRC	49.10
4 Susan WILSHAW	Capel Cheetahs RC	49.23
5 Sue HARGADON	Ipswich Triathlon Club	49.29
6 Valerie NUTLEY	Unattached	55.07

**Womens V65 + Section**

1 Moira PINKNEY	Ipswich Triathlon Club	<b>44.56 RECORD</b>
2 Maureen WRIGHT	Ipswich Jaffa RC	45.34
3 Pam MORGAN	Suffolk Trail Runners	46.23
4 Corinne SHOOLBRED	Unattached	52.36

**2017 Suffolk County A A  
5 Mile Championships**

**Mens Open**

1 Andrew ROOKE	Ipswich Jaffa RC	<b>25.03 RECORD</b>
2 Robert CHENERY	Ipswich Jaffa RC	26.42
3 Tom ADAMS	Ipswich Harriers	27.08
4 Alex LAWRENCE	Ipswich Harriers	27.12
5 Alex TRIPP	Ipswich Harriers	27.42
6 Benjamin TURLEY	Ipswich Jaffa RC	27.47
7 Harry FITZGERALD	Unattached	28.12
8 Adam WADE	Ipswich Jaffa RC	28.18
9 Mark HAYWARD	Newmarket Joggers	28.32
10 Neil POLLARD	Newmarket Joggers	28.40
11 Mark CLEMENTS	Ipswich Jaffa RC	28.41
12 James WILSON	Saxmundham Sports Running & Fitness Club	28.58
13 Gavin DAVIES	Ipswich Jaffa RC	29.01
14 Joe ROBSON	Saint Edmund Pacers	29.09
15 Paul WAIN	Ipswich Jaffa RC	29.21
16 Alexander HOSKING	Ipswich Jaffa RC	29.40
17 Ryan OSTLER	Ipswich Jaffa RC	30.15
18 James CORNISH	Woodbridge Shufflers Running Club	30.30
19 Cameron THICK	Ipswich Jaffa RC	30.45
20 Daniel INGLEDY	Ipswich Jaffa RC	30.59
21 Lee HARRISON	Ipswich Harriers	31.06
22 Neil GILLINGHAM	Ipswich Harriers	31.07
23 Neil DINWIDDIE	Ipswich Jaffa RC	31.19
24 Thomas ABBOTT	Ipswich Harriers	31.19
25 Conner BILNER	Ipswich Jaffa RC	31.26
26 Matthew THOMAS	Saxmundham Sports Running & Fitness Club	31.57
27 Sam BROOKE	Felixstowe RRC	31.58
28 Alastair READ	Felixstowe RRC	31.58
29 Geraint WHITE	Ipswich Jaffa RC	31.59
30 John ALDRED	Framlingham Flyers	32.54
31 Christopher LAMBERT	Unattached	33.10
32 Oscar WOOD	Framlingham Flyers	33.22
33 Rob PAGE	Ipswich Jaffa RC	33.50
34 Aiden CHURCH	Saxmundham Sports Running & Fitness Club	34.22
35 Ashley SMY	Ipswich Jaffa RC	34.22
36 Justin POTTER	Stowmarket Striders Running Club	34.24
37 Thomas HUNNISETT	Saxmundham Sports Running & Fitness Club	35.09
38 Kyle CHURCH	Saxmundham Sports Running & Fitness Club	35.32
39 Jake CHURCH	Saxmundham Sports Running & Fitness Club	36.17
40 Matthew EVELEIGH	Stowmarket Striders Running Club	36.18
41 Lee MARKHAM	Woodbridge Shufflers Running Club	36.33
42 George WRIGHT	Stowmarket Striders Running Club	36.06
43 Peter WOODS	Felixstowe RRC	37.08
44 Daniel SEDGWICK	Ipswich Jaffa RC	37.57
45 Daniel DAY	Unattached	38.57
46 Jamie PAYNE	Framlingham Flyers	39.00
47 John CHELL	Ipswich Jaffa RC	39.11
48 Andy MILEY	Ipswich Jaffa RC	39.51
49 Brett DEAKIN	Felixstowe RRC	40.09
50 Neil CATLEY	Felixstowe RRC	40.29
51 Tim DAVIES	Ipswich Jaffa RC	41.42
52 Jake TAYLOR	Unattached	42.10
53 Keelan SMITH	Saxmundham Sports Running & Fitness Club	42.26
54 Stuart CLARKE	Unattached	42.43
55 Robert KEMP	Felixstowe RRC	49.52

**Mens V40 Section**

1 Jim LAST	Framlingham Flyers	<b>27.22 RECORD=</b>
2 Tim LARKE	Stowmarket Striders Running Club	29.26
3 Jason TAYLOR	Felixstowe RRC	30.18
4 Trevor BUNCH	Saint Edmund Pacers	30.38
5 Chris LEEK	Framlingham Flyers	30.42
6 Jess FARTHING	Felixstowe RRC	31.11
7 Ian COXALL	Woodbridge Shufflers Running Club	31.53
8 Chris MOWER	Saint Edmund Pacers	31.55
9 Mark HAYDEN	Ipswich Harriers	32.01
10 Robin HARPER	Felixstowe RRC	32.14
11 Marcus CATLIN	Ipswich Jaffa RC	32.29
12 Len SAUNDERS	Felixstowe RRC	32.41
13 Mark ROSE	Ipswich Jaffa RC	33.11
14 Chris PERRY	Saint Edmund Pacers	33.35
15 Derek HOOD	Ipswich Jaffa RC	33.37
16 Peter BIRD	Saint Edmund Pacers	34.02
17 James HOWLETT	Framlingham Flyers	34.39
18 Neil WILLIAMSON	Newmarket Joggers	34.41
19 Mike ROWE	Unattached	34.49
20 Matthew FLACK	Unattached	38.00
21 Lee CRISP	Felixstowe RRC	39.00
22 Simon WIGGINS	Felixstowe RRC	39.20
23 Neil HUNTING	Unattached	40.57
24 Daniel GOULD	Felixstowe RRC	42.52

**2017 Suffolk County A A  
5 Mile Championships**

**Mens V45 Section**

1 Adam HOWLETT	Framlingham Flyers	28.36
2 Darren SHEPPARD	Framlingham Flyers	29.54
3 John THORPE	Ipswich Jaffa RC	29.55
4 Tim HANMAN	Ipswich Jaffa RC	30.39
5 Will ALDRED	Framlingham Flyers	31.10
6 Scott MACSEPHNEY	Ipswich Jaffa RC	31.17
7 John GREENER	Saint Edmund Pacers	31.27
8 Nick HAMMOND	Framlingham Flyers	31.48
9 Lee MORGAN	Unattached	31.57
10 Jason WING	Unattached	32.47
11 Steve GARVIE	Framlingham Flyers	32.59
12 Martin LITTLE	Stowmarket Striders Running Club	34.25
13 Gabriel MARTINS	Ipswich Jaffa RC	35.43
14 Richard DEMPSEY	Woodbridge Shufflers Running Club	35.50
15 Daniel AGER	Ipswich Jaffa RC	36.55
16 Paul LACEY	Hadleigh Hares AC	36.56
17 Guy HAYWARD	Framlingham Flyers	37.05
18 Richard GRIMSDELL	Saint Edmund Pacers	37.19
19 Andy CARR	Unattached	38.01
20 Simon DOWNEY	Unattached	39.46
21 Neil STALLARD	Unattached	42.31
22 Stuart HOLLINGSWORTH	Felixstowe RRC	44.04
23 Malcolm GLEED	Unattached	45.01

**Mens V50 Section**

1 Mark WATTS	Saint Edmund Pacers	30.27
2 Paul NICKELLS	Woodbridge Shufflers Running Club	30.38
3 Warren BIRCH	Ipswich Jaffa RC	30.48
4 Dave COPLAND	Ipswich Triathlon Club	31.03
5 Charles HANN	Sudbury Joggers	32.31
6 Todd LEWIS	Sudbury Joggers	32.31
7 Ian DUGGAN	Felixstowe RRC	32.35
8 Alistair DICK	Ipswich Jaffa RC	32.43
9 Stephen EDWARDS	Newmarket Joggers	33.49
10 Chris SERVANT	Ipswich Jaffa RC	35.25
11 Ian GODDERHAM	Saint Edmund Pacers	35.51
12 Peter WARLAND	Stowmarket Striders Running Club	36.36
13 Phil DAVIES	Ipswich Jaffa RC	37.25
14 Hugh WHITE	Hadleigh Hares AC	38.02
15 Robert REASON	Stowmarket Striders Running Club	38.12
16 Tom HOBLYN	Saint Edmund Pacers	38.55
17 Paul MCALLISTER	Hadleigh Hares AC	39.40
18 Mark GODBOLD	Ipswich Harriers	40.11
19 Brian MUNNS	Newmarket Joggers	41.25
20 DAVID LAMPARD	Felixstowe RRC	43.26
21 Nigel JOHNS	Capel Cheetahs RC	44.27
22 Duncan CHAMBERLAIN	Ipswich Jaffa RC	45.57
23 Stuart SHEPHERD	Saint Edmund Pacers	46.01
24 Ant WHITAKER	Unattached	47.54

**Mens V55 Section**

1 Stephen HICKS	Ipswich Harriers	34.10
2 Robin BELSOM	Ipswich Jaffa RC	35.07
3 David SEYMOUR	Felixstowe RRC	37.46
4 Paul GILSON	Ipswich Jaffa RC	38.19
5 Paul MAYCOCK	Capel Cheetahs RC	38.49
6 Alan HILLYARD	Ipswich Jaffa RC	39.13
7 Richard SMITH	Felixstowe RRC	40.14
8 Mon LEE	Ipswich Jaffa RC	41.21
9 Peter FINCH	Ipswich Jaffa RC	41.42
10 Mark ALLEN	Woodbridge Shufflers Running Club	41.46
11 Adrian COLE	Stowmarket Striders Running Club	44.29
12 Johnathan GIRLING	Unattached	46.25
13 Steven REYNOLDS	Unattached	47.48

**Mens V60 Section**

1 TERRY BACK	Ipswich Jaffa RC	<b>30.13 RECORD</b>
2 Chris JOHNS	Woodbridge Shufflers Running Club	34.42
3 Neville CLARKE	Newmarket Joggers	34.59
4 John WESTON	Ipswich Jaffa RC	38.10
5 Rob MAWSON	Framlingham Flyers	39.06
6 Ian SILLETT	Felixstowe RRC	40.37
7 Clive GARDINER	Ipswich Jaffa RC	41.11
8 Stephen WILLIAMS	Saint Edmund Pacers	42.42
9 Mike GILLINGHAM	Unattached	50.25

**Mens V65 Section**

1 Bill KINGABY	Waveney Valley AC	36.24
2 Pat MORGAN	Suffolk Trail Runners	38.22
3 Philip HYMERS	Saint Edmund Pacers	38.52
4 Charles SHOOLBRED	Ipswich Jaffa RC	39.45
5 Alan RICHARDSON	Waveney Valley AC	39.49
6 Richard FELLINGHAM	Stowmarket Striders Running Club	41.59
7 Paul WINTER	Stowmarket Striders Running Club	46.45
8 Philip NUTLEY	Saint Edmund Pacers	63.45