

SUFFOLK COUNTY A.A. 10 mile 2017 CHAMPIONSHIPS

10th September 2017 at FELIXSTOWE

Mens Open**10th September 2017**

1	Andrew	Rooke	Framlingham Flyers	54:46
2	Benjamin	Carpendale		59:13
3	Adam	Howlett	Framlingham Flyers	59:52
4	Adam	Wade	Ipswich Jaffa RC	1:01:20
5	Samuel	Burdett	Stowmarket Striders	1:04:12
6	Jack	Carpenter		1:05:15
7	Marc	Briggs	Ipswich Jaffa RC	1:05:35
8	James	Nial		1:06:39
9	Matthew	Payne		1:08:01
10	Cameron	Thick	Ipswich Jaffa RC	1:08:10
11	Adrian	Kudela	Felixstowe RRC	1:08:34
12	Alastair	Read	Felixstowe RRC	1:08:38
13	Adam	Brett	Felixstowe RRC	1:09:56
14	Luke	Whitwell	Felixstowe RRC	1:10:20
15	Jason	Evans		1:11:00
16	Stephen	Neumann		1:11:55
17	Jonathan	Pestell		1:12:23
18	David	Magruder		1:12:26
19	James	Wright	Ipswich Jaffa RC	1:16:01
20	Neil	Catley	Felixstowe RRC	1:16:15
21	Mark	Bulstrode		1:16:43
22	James	Ellul	Felixstowe RRC	1:17:05
23	Carl	Newdick		1:17:56
24	Charles	Layzell		1:20:09
25	Dean	Searle	Felixstowe RRC	1:20:24
26	Alex	Jacobs	Felixstowe RRC	1:20:32
27	Peter	Woods	Felixstowe RRC	1:20:50
28	Martyn	Brown		1:20:56
29	Luke	Collins		1:20:57
30	James	Howard		1:21:01
31	Clayton	Fosker		1:21:34
32	Richard	Wilkins	Felixstowe RRC	1:21:53
33	David	Chambers		1:21:56
34	David	Brewster		1:23:14
35	Lewis	Rowlands		1:23:21
36	Matt	Johnson		1:23:51
37	Andy	Hayward	Stowmarket Striders	1:24:20
38	Stuart	Parker		1:24:43
39	Callum	Jacobs		1:24:54
40	James	Andrews		1:25:07
41	Doug	Betts		1:25:10
42	James	Nicholls		1:25:36
43	James	Cooper	Stowmarket Striders	1:26:01
44	Steven	Ward		1:26:25
45	Brett	Deakin	Felixstowe RRC	1:27:46
46	Dylan	Pomietlo	Felixstowe RRC	1:29:43
47	Jason	Cowles		1:29:44
48	Matt	Reason		1:32:11
49	David	Farrow		1:32:29
50	Craig	Starling		1:32:33
51	Patrick	Twist		1:32:50
52	Gavin	Boag	Stowmarket Striders	1:41:42
53	Dean	Williams		1:52:58

Mens V40 Section

1	John	Scaife	Hadleigh Hares AC	1:01:28
2	Benjamin	Jacobs	Felixstowe RRC	1:01:35
3	Mark	Clements	Ipswich Jaffa RC	1:02:07
4	Jim	Last	Framlingham Flyers	1:04:00
5	Tim	Larke	Stowmarket Striders	1:04:05
6	Ian	Coxall	Woodbridge Shufflers	1:04:20
7	James	Cornish	Woodbridge Shufflers	1:05:11
8	Jess	Farthing	Felixstowe RRC	1:05:24
9	Garry	Cullum	Ipswich Jaffa RC	1:06:25
10	Jason	Taylor	Felixstowe RRC	1:06:44
11	Kevin	Peirce	Ipswich Harriers	1:06:53
12	Robin	Harper	Felixstowe RRC	1:07:49
13	Matt	Cable		1:09:53
14	Mark	Rose	Ipswich Jaffa RC	1:10:20
15	Len	Saunders	Felixstowe RRC	1:12:08
16	Derek	Hood	Ipswich Jaffa RC	1:12:28
17	Jonathan	Barnes	Woodbridge Shufflers	1:12:50
18	Chris	Hilling		1:14:12
19	Daniel	Clark	Felixstowe RRC	1:17:08
20	Damian	Pryke		1:17:29
21	Peter	Bird	St Edmunds Pacers	1:18:27
22	Mike	Brown	Stowmarket Striders	1:18:49
23	Roger	Taylor		1:19:37
24	Kyle	Roper		1:20:40
25	Karl	Feagan	Hadleigh Hares AC	1:20:59
26	Paul	Causon		1:25:12
27	Martin	Murray		1:26:10
28	Matt	Saunders	Felixstowe RRC	1:26:12
29	Calvin	Hill		1:26:41
30	Daniel	Gould	Felixstowe RRC	1:29:27
31	Matt	Howe	Felixstowe RRC	1:29:37
32	Scott	Earrey		1:33:45
33	Simon	Harkin	Stowmarket Striders	1:39:11
34	James	Aldous		1:40:50
35	Lee	Crisp	Felixstowe RRC	1:42:12
36	Stafford	Taylor		1:42:39
37	Richard	Goodhand		1:44:24
38	Jonathan	Jenkyn	Felixstowe RRC	1:45:14
39	Dan	Belcher-Hackett		1:55:50

Mens V45 Section

1	Adam	Howlett	Framlingham Flyers	59:52
2	Nick	Hammond	Framlingham Flyers	1:05:37
3	Mark	Hayden	Ipswich Harriers	1:08:03
4	Roger	Stone	Felixstowe RRC	1:10:58
5	Paul	Cooke		1:12:58
6	Martin	Little	Stowmarket Striders	1:16:20
7	Paul	Lacey	Hadleigh Hares AC	1:17:03
8	Richard	Dempsey	Woodbridge Shufflers	1:17:13
9	Mark	Skoulding	Stowmarket Striders	1:18:12
10	Mark	Goodwin	Felixstowe RRC	1:18:22
11	Kerry	Buckley		1:19:05
12	Andre	Neville	Stowmarket Striders	1:19:34
13	Paul	Cherry	Woodbridge Shufflers	1:21:11
14	Paul	Bestley		1:22:03
15	Lee	Goddard	Stowmarket Striders	1:23:09
16	Daniel	Ager	Ipswich Jaffa RC	1:24:14
17	Mark	Lankester	Ipswich Jaffa RC	1:24:22
18	Robert	Anderson	Felixstowe RRC	1:24:38
19	Marcus	Brown		1:31:11
20	Grant	Usher		1:31:34
21	Stuart	Hollingsworth	Felixstowe RRC	1:32:14
22	David	Church	Felixstowe RRC	1:39:35
23	Justin	Ostler	Felixstowe RRC	1:59:33

Mens V50 Section

1	Dave	Solomon	Felixstowe RRC	1:03:09
2	Gary	Groves		1:14:47
3	Steve	Dixon		1:15:44
4	Mark	Friston		1:18:01
5	Phil	Davies	Ipswich Jaffa RC	1:18:40
6	John	Gage		1:20:21
7	Dave	Howgego	Felixstowe RRC	1:23:09
8	Mark	Godbold	Ipswich Harriers	1:23:13
9	Nick	Falconer	Felixstowe RRC	1:25:31
10	Robert	Reason	Stowmarket Striders	1:25:33
11	Jonny	Levett	Stowmarket Striders	1:25:37
12	Paul	Heeks	Stowmarket Striders	1:25:48
13	Nick	Potter		1:26:23
14	Iain	Catchpool	Ipswich Jaffa RC	1:28:54
15	Nigel	Abbott		1:29:10
16	Tim	Parnell	Felixstowe RRC	1:34:41
17	Andrew	Cocker		1:34:55
18	Mark	Banham	Felixstowe RRC	1:36:18
19	David	Lampard	Felixstowe RRC	1:38:15
20	David	Daniels	Stowmarket Striders	1:43:00
21	Ant	Whitaker		1:43:24
22	Andy	Powell		1:43:27
23	Gary	Larke		1:45:51
24	James	McNally		1:59:55
25	Steve	Turner		2:01:54

Mens V55 Section

1	Alan	Jackson	Ipswich Jaffa RC	1:10:21
2	Dave	Alley	Woodbridge Shufflers	1:13:39
3	Paul	Wigens	Woodbridge Shufflers	1:16:59
4	Adrian	Fam		1:17:45
5	Tim	Long	Ipswich Jaffa RC	1:20:10
6	David	Seymour	Felixstowe RRC	1:20:40
7	Paul	Horne	Vegetarian Cycling & AC	1:21:38
8	Mick	Frost		1:39:35
9	Joe	Naughton	Stowmarket Striders	1:40:49
10	Iain	Hunter	Stowmarket Striders	1:44:26
11	Andrew	King		1:44:42
12	Elie	Ishac	Felixstowe RRC	1:49:14

Mens V60 Section

1	Brian	Rogers	Ipswich Jaffa RC	1:12:19
2	Mervyn	Cattermole		1:12:41
3	Stephen	Pretty	Stowmarket Striders	1:13:50
4	Ker	MacRosson	Stowmarket Striders	1:20:58
5	John	Weston		1:21:08
6	Keith	Borrett		1:24:29
7	Michael	Evennett		1:25:04
8	Ian	Sillett	Felixstowe RRC	1:29:33
9	Terry	Hunter	Stowmarket Striders	1:54:01
10	Richard	Farnworth		2:02:18

Mens V65 Section

1	Terry	Garrity	Bungay Black Dog RC	1:17:23
2	Richard	Fellingham	Stowmarket Striders	1:28:42

Mens V70 Section

1	Ron	McCullough	Ipswich Jaffa RC	1:22:05 RECORD
---	-----	------------	------------------	-----------------------

Womens Open

1	Odette	Robson	St Edmunds Pacers	1:04:17
2	Georgia	Garvin	Ipswich Jaffa RC	1:06:23
3	Samantha	Spencer	Ipswich Jaffa RC	1:14:54
4	Agata	Piatkowska		1:20:05
5	Rosie	Denny	Woodbridge Shufflers	1:21:28
6	Lindi	Wallace		1:23:08
7	Lauren	Burman		1:24:32
8	Becky	Foster	Felixstowe RRC	1:24:41
9	Lydia	Simmons		1:25:46
10	Karen	Deasy		1:27:10
11	Kayleigh	Turpin		1:28:51
12	Samantha	Metcalfe	Stowmarket Striders	1:29:10
13	Bex	Gilbert	Felixstowe RRC	1:29:21
14	Sarah	Severwright	Felixstowe RRC	1:29:27
15	Laura	Brown	Stowmarket Striders	1:31:23
16	Courtney	Taylor	Felixstowe RRC	1:32:14
17	Kate	Hutson	Ipswich Jaffa RC	1:33:06
18	Kendra	Hammond	Stowmarket Striders	1:34:01
19	Eleanor	Berry		1:34:18
20	Michelle	Gilder		1:34:51
21	Rebecca	Skilton		1:36:45
22	Samantha	Meadows	Stowmarket Striders	1:37:31
23	Claire	Reach	Stowmarket Striders	1:38:36
24	Katie	Thompson		1:38:49
25	Carita	Farthing	Felixstowe RRC	1:38:51
26	Clare	Murrell		1:39:37
27	Hannah	Thompson		1:39:43
28	Rachel	Palmer	Felixstowe RRC	1:40:11
29	Laura	Barrow		1:40:49
30	Nicole	Green		1:42:51
31	Debbie	King	Stowmarket Striders	1:43:29
32	Adriana	Houchell	Ipswich Jaffa RC	1:43:32
33	Ali	Huggins		1:43:44
34	Pippa	Sargent	Stowmarket Striders	1:44:26
35	Kimberley	Smith	St Edmunds Pacers	1:44:34
36	Jo	Claydon		1:44:40
37	Amy	Witham		1:45:42
38	Viki	Smith		1:45:47
39	Liz	Atkins		1:47:37
40	Tamasin	King		1:48:05
41	Lisa	Lockwood		1:48:51
42	Sophie	Chapman	Felixstowe RRC	1:51:26
43	Alice	Greenwood	Newmarket Joggers	1:52:07
44	Samantha	Collins		1:52:09
45	Lauren	Carr	Felixstowe RRC	1:52:10
46	Clair	Fiddaman	Felixstowe RRC	1:53:39
47	Angela	Curtis		1:54:19
48	Heidi	Baker		1:56:00
49	Michelle	Chattenton		1:56:11
50	Ruth	Daynes		1:56:38
51	Anneli	Ostler	Felixstowe RRC	1:58:12
52	Beth	Harris		1:58:44
53	Kirsty	Briggs		1:58:44
54	Kelly	Cullum		2:03:33
55	Sarah	Miles	Ipswich Jaffa RC	2:04:00
56	Cherone	Challis		2:06:05
57	Kristy	Lewis		2:13:36
58	Kate	Long	Felixstowe RRC	2:16:27

Womens V40 Section

1	Esther	Lury	Ipswich Jaffa RC	1:12:53
2	Victoria	Moseley	Stowmarket Striders	1:13:39
3	Mel	Sherman	Ipswich Jaffa RC	1:13:59
4	Sarah	Fitch	Felixstowe RRC	1:20:48
5	Carol	Kemp	Felixstowe RRC	1:21:16
6	Amanda	Dunn	Hadleigh Hares AC	1:25:05
7	Alex	Smith	Stowmarket Striders	1:27:45
8	Louise	Goddard	Stowmarket Striders	1:30:23
9	Goldie	Yule		1:30:57
10	Vienna	Harrington		1:31:17
11	Emma	Blaylock		1:32:16
12	Hayley	Harper	Ipswich Jaffa RC	1:33:07
13	Jane	Skoulding	Stowmarket Striders	1:33:19
14	Denise	Sheppard		1:33:20
15	Treesa	Carter		1:34:49
16	Marie	Barker		1:34:59
17	Caroline	Stafford	Felixstowe RRC	1:37:10
18	Rachel	Dixey	Felixstowe RRC	1:39:30
19	Tina	Cullum	Ipswich Jaffa RC	1:46:11
20	Michelle	Robinson		1:46:14
21	Kate	Lindsay	Ipswich Jaffa RC	1:46:19
22	Dawn	Robb		1:46:19
23	Tamsin	Hegarty	Felixstowe RRC	1:46:27
24	Jacquelyn	Cobbold	Hadleigh Hares AC	1:46:35
25	Amanda	Brewster	Stowmarket Striders	1:49:27
26	Bridget	Read	Felixstowe RRC	1:50:35
27	Katinka	Bowes		1:50:51
28	Sarah	Boudier		1:52:03
29	Angela	Tolputt		1:54:32
30	Helen	Holingsworth	Felixstowe RRC	1:56:49
31	Kirsty	Stares		2:03:05
32	Lisa	Taylor		2:05:38
33	Tammy	Denny		2:16:23

Womens V45 Section

1	Odette	Robson	St Edmunds Pacers	1:04:17 RECORD
2	Catherine	Belsom	Stowmarket Striders	1:24:05
3	Fiona	Hunt	Ipswich Jaffa RC	1:27:01
4	Kaye	Branton	Felixstowe RRC	1:27:54
5	Eloise	Bird	St Edmunds Pacers	1:29:58
6	Samantha	Ingram		1:31:38
7	Amanda	Childs	Ipswich Jaffa RC	1:33:36
8	Amanda	Goldsmith		1:34:51
9	Karen	Hamilton	Stowmarket Striders	1:35:12
10	Tracey	Rose	Stowmarket Striders	1:37:27
11	Joanna	Blyth		1:39:33
12	Kirsty	Aberdein		1:40:50
13	Anika	Shenfield	Felixstowe RRC	1:41:17
14	Susan	Jerstice	Felixstowe RRC	1:41:21
15	Fiona	Smith		1:41:31
16	Heidi	Taylor	Felixstowe RRC	1:42:12
17	Mandy	Godbold	Ipswich Harriers	1:46:13
18	Heidi	Knight	Capel Cheetahs RC	1:46:53
19	Debbie	Wiseman		1:49:16
20	Jo	Dickinson	Felixstowe RRC	1:57:37
21	Michelle	Holden	Stowmarket Striders	1:59:07

Womens V50 Section

1	Jo	Stephenson	Stowmarket Striders	1:21:16
2	Catherine	Walsh	Felixstowe RRC	1:23:26
3	Michelle	Constable	Ipswich Jaffa RC	1:24:49
4	Arabella	Lewendon	Stowmarket Striders	1:31:45
5	Kathy	Dines	Ipswich Jaffa RC	1:36:41
6	Heather	Ruff	Capel Cheetahs RC	1:36:44
7	Ananda	Prior	Capel Cheetahs RC	1:38:49
8	Jenny	Lynch	Felixstowe RRC	1:38:52
9	Jane	Garvin	Ipswich Jaffa RC	1:39:10
10	Jan	Risebrow	Felixstowe RRC	1:42:49
11	Sharon	Dean	Felixstowe RRC	1:45:53
12	Karen	Frost		1:48:38
13	Annabel	Bennett	Felixstowe RRC	1:49:06
14	Jackie	Powell		2:03:05

Womens V55 Section

1	Jenny	Sheahan		1:18:13
2	Wendy	Hughes	Stowmarket Striders	1:30:10
3	Jane	Moon	Felixstowe RRC	1:43:49
4	Jenny	Church	Felixstowe RRC	1:48:26

Womens V60 Section

1	Hazel	Garrity	Bungay Black Dog RC	1:22:52
2	Mary	Burgess	Felixstowe RRC	1:36:47
3	Zoila	Reyes	Felixstowe RRC	1:47:58
4	Anne	Oliver	Felixstowe RRC	1:49:13

Womens V65 Section

1	Moira	Pinkney	Ipswich Tri Club	1:33:58
2	Marianne	Burnell	Ipswich Jaffa RC	1:45:00
3	Jan	Green	Framlingham Flyers	1:52:10
4	Trish	Hopkins	Felixstowe RRC	2:03:33