

SUFFOLK COUNTY A.A. 10 Mile Champions

Mens Open		9th December 2018
1	Lee Cook	Waveney Valley AC 56.54
2	Tony Gavin	Felixstowe RR 57.35
3	Samuel Burdett	Stowmarket Striders 59.22
4	Scott Williams	Stowmarket Striders 59.48
5	Andy Ellis	Felixstowe RR 59.56
6	James Hayward	Ipswich Jaffa 59.57
7	Gary Taylor	Felixstowe RR 60.57
8	Simon Cook	Lowestoft RR 61.14
9	Dominic Oliver	City of Norwich 61.23
10	Jay Lingwood	Waveney Valley AC 61.43
11	Jon Glanfield	Felixstowe RR 62.48
12	Craig Sisson	Haverhill RC 62.51
13	Lee Barber	Framlingham Flyers 63.25
14	Martin Farr	Lowestoft RR 64.31
15	Tim Moore	Waveney Valley AC 65.26
16	Justin Potter	Stowmarket Striders 67.03
17	Alistair Belsom	Unattached 67.49
18	Rob Page	Ipswich Jaffa 69.21
19	Ben Chuchman	Diss & District AC 70.11
20	John Aldred	Framlingham Flyers 70.54
21	Scotty Bruce	Lowestoft RR 73.51
22	Ben Dean	Diss & District AC 74.06
23	Joel Thomson	Waveney Valley AC 74.10
24	Mark Hurren	Beccles & Bungay Harriers 74.14
25	Daniel Handisides	Unattached 75.10
26	Chuck Layzell	Run for Your Life 75.29
27	Daniel Coates-Melton	Unattached 77.41
28	Dan Johnstone	Unattached 81.13
29	Ian Robinson	Unattached 84.47
30	Duncan Brown	Unattached 102.18
Mens V40 Section		
1	Jim Last	Framlingham Flyers 57.46
2	Christopher Pimlott	Waveney Valley AC 64.30
3	Darren Cook	Felixstowe RR 65.49
4	Chris Perry	St.Edmund Pacers 66.21
5	Paul Dockerill	Newmarket Joggers 66.39
6	Ross Wilcox	Stowmarket Striders 67.34
7	Jesse Timberlake	Bungay Black Dog RC 69.19
8	Robin Harper	Felixstowe RR 70.16
9	Stuart Spurgeon	Waveney Valley AC 71.34
10	Neil Gooch	Waveney Valley AC 72.31
11	Lee Phillips	Framlingham Flyers 74.48
12	Leo Stead	Unattached 76.05
13	Richard Leeder	Stowmarket Striders 77.44
14	Ben Crossman	Unattached 78.29
15	Ben Taylor	Unattached 79.10
16	Simon Tinkler	Framlingham Flyers 83.56
17	Anthony Sinden	Beccles & Bungay Harriers 86.47
18	Ian Stride	Bungay Black Dog RC 107.13
Mens V45 Section		
1	Steven Carruthers	Waveney Valley AC 61.34
2	Adam Howlett	Framlingham Flyers 62.44
3	Nick Hammond	Framlingham Flyers 65.29
4	Mark Hayden	Framlingham Flyers 66.20
5	Jonathan Weavers	Waveney Valley AC 69.09
6	Robert James	Bungay Black Dog RC 71.36
7	James Howlett	Framlingham Flyers 72.05
8	Paul Wright	Waveney Valley AC 72.40

9	Kenneth Tovell	Framlingham Flyers	74.49	
10	Darrel Roberts	Waveney Valley AC	77.18	
11	Anthony Maclean	Framlingham Flyers	79.37	
12	Steve Cross	Unattached	81.02	
13	Barry Rogers	Bungay Black Dog RC	82.35	
14	Andrew Godbold	Unattached	82.59	
15	Mark Foulkes	Unattached	87.54	
16	Simon Sparkes	Bungay Black Dog RC	89.11	
17	Dave lines	Tri Anglia Tri Club	95.24	
18	Stephen Chapman	Stowmarket Striders	96.46	
19	Andrew Ayers	Waveney Valley AC	118.25	
Mens V50 Section				
1	Dave Solomon	Felixstowe RR	61.18	
2	Steve Brooke	Felixstowe RR	65.22	
3	Mick Glynn	Unattached	66.36	
4	Merv Lock	Waveney Valley AC	75.26	
5	David Graham	Lowestoft RR	79.32	
6	Richard Smith	St.Edmund Pacers	82.49	
7	Kevin Ellis	Bungay Black Dog RC	82.50	
8	Robert Reason	Stowmarket Striders	83.23	
9	Peter Warland	Stowmarket Striders	87.54	
10	Paul Sharman	Unattached	88.26	
11	John Skelly	Waveney Valley AC	89.01	
12	Adrian Wicks	Unattached	94.12	
13	Stuart Hollingsworth	Felixstowe RR	94.42	
14	Stuart Young	Bungay Black Dog RC	96.11	
Mens V55 Section				
1	Todd Lewis	Sudbury Joggers	66.59	
2	Robin MacKenzie	Framlingham Flyers	67.12	
3	Alan Jackson	Ipswich Jaffa	69.42	
4	Dave Copland	Ipswich Tri Club	70.27	
5	Robin Belsom	Ipswich Jaffa	71.05	
6	Rob Hall	Bungay Black Dog RC	77.32	
7	Ian Hawkes	Waveney Valley AC	77.47	
8	Shaun Crowley	Beccles Tri Club	78.43	
9	David Seymour	Unattached	83.11	
10	William Burdett	Stowmarket Striders	94.12	
11	Anthony Osborne	Unattached	101.11	
Mens V60 Section				
1	Stephen Pretty	St.Edmund Pacers	73.58	
2	Stephen Dunnett	Framlingham Flyers	74.29	
3	Robin Jones	Waveney Valley AC	78.46	
4	Mik Carr	Bungay Black Dog RC	80.20	
5	Clive Purbrook	Newmarket Joggers	80.52	
6	Mark Allen	Woodbridge Shufflers	87.37	
Mens V65 Section				
1	Stephen Mead	St.Edmund Pacers	67.46	RECORD
2	Terry Garrity	Bungay Black Dog RC	75.32	
3	Bill Kingaby	Waveney Valley AC	76.04	
4	Bob Paul	Unattached	85.40	
5	Chris Aylmer	Newmarket Joggers	93.19	
Mens V70 plus Section				
1	Ron McCullough	Ipswich Jaffa	73.03	RECORD
2	Richard Fellingham	Stowmarket Striders	91.39	
Womens Open				
1	Laura Thomas	Ipswich Jaffa	61.45	
2	Emma Attwood	Stowmarket Striders	69.30	
3	Helen Aldous	Diss & District AC	75.59	
4	Collette Green	Felixstowe RR	76.02	
5	Daniella Liffen	Waveney Valley AC	79.35	

6 Holly Burrows	Framlingham Flyers	80.11
7 Rebecca Lawler	Lowestoft RR	83.07
8 Kendra Boag	Stowmarket Striders	83.38
9 Susannah Close	Waveney Valley AC	84.04
10 Joanne Harper	Felixstowe RR	89.04
11 Tanya Holloway	Bungay Black Dog RC	91.10
12 Anneli Ostler	Felixstowe RR	98.57
13 Francesca Lawton	Unattached	99.50
14 Michelle Hewitt	Beccles & Bungay Harriers	102.00
15 Lucy English	Unattached	102.18
16 Kate Holtzer	Waveney Valley AC	104.03
17 Lisa Farrington	Beccles & Bungay Harriers	105.49
18 Rebecca Wilson	Beccles & Bungay Harriers	106.14
19 Hayley Coles	Felixstowe RR	109.45
20 Donna Milner	Waveney Valley AC	111.22
21 Kirsty Howe	Waveney Valley AC	116.57
22 Rosemary Plant	Waveney Valley AC	116.57
23 Jordan Sibley	Beccles & Bungay Harriers	128.14
24 Stacey Shiplee	Beccles & Bungay Harriers	131.51
25 Tina Lathrope	Beccles & Bungay Harriers	137.36

Womens V40 Section

1 Ruth Kieran	St.Edmund Pacers	77.57
2 Heidi Bingham	Stowmarket Striders	78.21
3 Helen Stephens	Unattached	81.31
4 Anne-Marie Falgate	Unattached	82.47
5 Alison Fox	Saxmundham Sport & FC	83.04
6 Laura Ali	Framlingham Flyers	83.56
7 Sarah Maidment	Bungay Black Dog RC	84.40
8 Michaela Gilham	Bungay Black Dog RC	94.58
9 Claire Owen	Coltishall Jaguars	97.13
10 Natalie Brown	Waveney Valley AC	98.24
11 Yvonne Doe	Stowmarket Striders	100.24
12 Suzannah Sinden	Beccles & Bungay Harriers	103.40
13 Victoria Mitchell	Unattached	104.53
14 Lynn Whittingstall	Framlingham Flyers	105.14
15 Diane Doyle	Framlingham Flyers	110.29
16 Alison Chambers	Framlingham Flyers	110.30
17 Lisa Cone	Waveney Valley AC	111.20
18 Angie Ayers	Waveney Valley AC	118.26

Womens V45 Section

1 Alli Carter	Tri Anglia Tri Club	70.06
2 Lisa Knights	Waveney Valley AC	74.03
3 Sarah Fitch	Felixstowe RR	75.07
4 Sharon Perry	St.Edmund Pacers	75.16
5 Sarah Proffitt	Felixstowe RR	78.35
6 Emma Meiring	Bungay Black Dog RC	80.08
7 Linda Aldred	Framlingham Flyers	81.37
8 Nicole Goffin	Lowestoft RR	84.00
9 Kaye Branton	Felixstowe RR	85.06
10 Anna Scanlon	Unattached	85.17
11 Nicky Roper	Framlingham Flyers	87.19
12 Jan Hart	Run for Your Life	88.28
13 Louise Goddard	Stowmarket Striders	89.09
14 Lisa Stewart	Waveney Valley AC	89.33
15 Nikki Holland-Gladwish	Bungay Black Dog RC	90.18
16 Julie Rickards	Bungay Black Dog RC	91.40
17 Michelle Lightfoot	Bungay Black Dog RC	95.01
18 Lisa Lummis	Unattached	95.25
19 Joanne Taylor	Bungay Black Dog RC	96.04
20 Sarah Sparkes	Bungay Black Dog RC	96.52

21	Teresa Fallon	Unattached	97.25
22	Caroline Clamp	Waveney Valley AC	99.02
23	Joanne Brooke	Felixstowe RR	99.26
24	Jane Skoulding	Stowmarket Striders	100.24
25	Anna Smith	Stowmarket Striders	100.26
26	Julia Pelham	Beccles & Bungay Harriers	102.00
27	Jo Dickinson	Felixstowe RR	113.25
28	Fudge Farrar	Bungay Black Dog RC	115.28
29	Juliette Head	Beccles & Bungay Harriers	131.51
Womens V50 Section			
1	Mary Narey	Stowmarket Striders	76.01
2	Mandi Moyse	Framlingham Flyers	77.35
3	Jo Stephenson	Stowmarket Striders	79.03
4	Haley Suttle	Stowmarket Striders	79.38
5	Maria Goodby	Bungay Black Dog RC	81.38
6	Catherine Walsh	Felixstowe RR	82.10
7	Sarah Golding	St.Edmund Pacers	83.25
8	Lindsay Howlett	Unattached	84.36
9	Kate Wood	Woodbridge Shufflers	88.01
10	Ruth Cowlin	Sudbury Joggers	89.05
11	Sharon Warland	Stowmarket Striders	89.50
12	Deirdre Mary	Stowmarket Striders	90.16
13	Sandra Mayhew	Stowmarket Striders	90.33
14	Debbie Secret	Unattached	91.06
15	Sarah Coulter	Unattached	93.15
16	Ali Lock	Waveney Valley AC	94.57
17	Karen Gedge	Bungay Black Dog RC	97.29
18	Clare Webb	Bungay Black Dog RC	104.54
19	Jane Pattison	Bungay Black Dog RC	106.19
20	Sarah Shiplee	Beccles & Bungay Harriers	124.17
Womens V55 Section			
1	Dianne Hughes	Stowmarket Striders	79.18
2	Jenny Sheahan	Unattached	80.31
3	Angela Brinkley	Stowmarket Striders	84.19
4	Wendy Hughes	Stowmarket Striders	86.36
5	Christine Ashe	Bungay Black Dog RC	100.20
Womens V60 Section			
1	Hazel Garrity	Bungay Black Dog RC	87.24
2	Patricia Tuttle	Waveney Valley AC	93.02
3	Linda Hunt	Bungay Black Dog RC	95.30
4	Anne Oliver	Felixstowe RR	102.10
5	Judith Masters	Bungay Black Dog RC	113.48
6	Susan Potter	Bungay Black Dog RC	114.55
Womens V65 plus Section			
1	Carole Spong	Gt.Yarmouth RR	98.54
2	Jayne Pitcher	Unattached	111.19
3	Trish Hopkins	Felixstowe RR	121.12