

**5K Track Challenge Ladies Results 2009**  
**14<sup>th</sup> September 2009**

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>County</b>
1	Natasha Belsom	Ipswich Jaffa	18.56	SW-1
2	Jemma Clarry	Bury Pacers	19.32	U20W-1
3	Marie Shirley	Sudbury Joggers	19.34	SW-2
4	Jayne Williams	Ipswich Jaffa	20.16	
5	Val Jennings	Ipswich Jaffa	20.21	
6	Nicola Ramsey	Ipswich Jaffa	20.25	
7	Rebecca Jordon	Stowmarket Striders	20.27	
8	Katie Peake	Ipswich Jaffa	21.08	
9	Emily Baker	West Suffolk	21.38	U20W-2
10	Sarah Vick	Saxons	21.49	SW-3
11	Hayley Suttle	Stowmarket Striders	21.53	
12	Fiona Mumford	Sudbury Joggers	22.06	
13	Abi Paton	Stowmarket Striders	22.12	
14	Eloise Calver	Bury Pacers	22.53	SW-4
15	Rebecca Jack	Stowmarket Striders	22.56	
16	Lenka Anstead	Sudbury Joggers	23.03	
17	Jo Pateman	Ipswich Jaffa	23.05	
18	Fiona Hunt	Ipswich Jaffa	23.09	
19	Sue Garrod	Stowmarket Striders	23.10	SW-5
20	Rebecca Staunton	Ipswich Jaffa	23.16	
21	Donna Smith	Ipswich Jaffa	24.14	
22	Hazel Spalding	Ipswich Jaffa	24.34	
23	Tamsin Desborough	Waveney Valley	24.38	U17W-1
24	Jan Starmer	Stowmarket Striders	24.40	
25	Adele Wylie	Ipswich Jaffa	25.05	
26	Julie Haselwood	Ipswich Jaffa	25.13	
27	Susan Monday	Stowmarket Striders	25.52	
28	Wendy Hughes	Stowmarket Striders	25.52	
29	Wendy Merfield	Saxons	31.20	SW-6