

FRAMLINGHAM 2013 10K

Place	Name	Team	Age	Time	Birth Date
1	Elliot Palmer	Ipswich Harriers	30	32:56.5	/ /
2	Matthew Spencer	Ipswich JAFFA RC	29	33:05.6	22/12/1983
3	Brad Jones	Ipswich JAFFA RC	40	33:54.7	17/08/1973
4	Adam Howlett		42	35:04.5	23/03/1971
5	Jonathan Ling	Ipswich JAFFA RC	22	35:06.0	21/08/1991
6	Alan Cooney	Saxmundham Saxons	25	35:25.2	02/04/1988
7	Wilfred Campbell	Ipswich JAFFA RC	49	35:35.4	07/07/1964
8	Adam Wade	Ipswich JAFFA RC	31	35:38.4	08/09/1981
9	Jim Last	Framlingham Flyers	36	35:50.1	03/11/1976
10	Peter Kerry	Ipswich Triathlon Club	35	36:28.1	27/01/1978
11	Darren Sheppard	Framlingham Flyers	42	36:57.7	26/12/1970
12	Greg Davis	Newmarket Joggers	51	37:36.9	01/07/1962
13	Thomas White	Saint Edmund Pacers	31	37:58.0	12/02/1982
14	Roger Stone	Felixstowe RRC	45	38:07.5	27/07/1968
15	Mark Hayward	Stowmarket Striders RC	31	38:09.0	20/10/1981
16	John Thorpe	Ipswich JAFFA RC	42	38:40.0	23/10/1970
17	Stephen Sargeant	Orwell Panthers	34	38:53.8	01/12/1978
18	Jordan Ali	City of Norwich AC	20	38:56.1	25/09/1992
19	Jason Allard	Stowmarket Striders RC	39	38:59.6	18/07/1974
20	Jake Hussey	Plumstead Runners	47	39:10.2	20/07/1966
21	Odette Robson	Saint Edmund Pacers	41	39:12.4	04/10/1971
22	Thomas Haslam	The Saxons	41	39:15.5	01/02/1972
23	Carl Thompson	Ipswich JAFFA RC	40	39:30.6	05/05/1973
24	Marie Shirley	Colchester Harriers	30	39:39.7	/ /
25	Tony Roberts	Woodbridge Shufflers RRC	47	39:47.4	04/12/1965
26	James Pettit		30	39:57.2	04/08/1983
27	Mark Ford	Felixstowe RRC	46	40:01.9	13/05/1967
28	Henry Tapp	Framlingham Flyers	29	40:10.2	01/10/1983
29	David Fenton	Stowmarket Striders RC	42	40:21.5	11/12/1970
30	Paul Brown	Framlingham Flyers	47	40:31.6	09/12/1965
31	Peter Mayer		54	40:32.8	03/02/1959
32	Geraldine Clarke	Framlingham Flyers	44	40:35.3	01/12/1968
33	William Haining	Colchester Harriers	57	40:40.8	17/11/1955
34	Stuart Simmons	Ipswich JAFFA RC	37	40:45.7	10/10/1975
35	Robin Harper	Felixstowe RRC	37	40:47.5	26/01/1976
36	Sean Connor		42	40:48.1	24/04/1971
37	Sam Brooke	Felixstowe RRC	22	40:55.0	12/12/1990
38	Alistair Dick	Ipswich JAFFA RC	50	41:05.8	18/11/1962
39	Douglas Hobson	Woodbridge Shufflers RRC	24	41:12.6	26/09/1988
40	Russel Breyer	Ipswich JAFFA RC	51	41:18.2	24/08/1962
41	Steve Brooke	Felixstowe RRC	45	41:20.8	01/08/1968
42	Peter Smith		32	41:29.6	22/04/1981
43	Claire Hoblyn	Saint Edmund Pacers	49	41:35.3	23/01/1964
44	Sophie Stanford		29	41:42.6	01/03/1984
45	Ker MacRosson	Ipswich JAFFA RC	58	41:53.5	22/10/1954
46	Cat Ricketts	norwich road runners	35	41:54.9	18/11/1977
47	Troy Parrish		46	42:12.3	23/07/1967
48	Sandie Roberts		49	42:17.4	01/06/1964
49	Claire Caiger	Framlingham Flyers	18	42:20.7	30/10/1994
50	Simon Wiggins	Felixstowe RRC	41	42:37.9	09/07/1972
51	Steve Garvie	Framlingham Flyers	42	42:47.5	14/01/1971
52	Stephen Curran	Woodbridge Shufflers RRC	50	42:47.5	03/07/1963
53	Brian Rogers	Ipswich JAFFA RC	58	42:51.0	23/05/1955
54	Laura Thomas	Ipswich Harriers	20	43:20.8	22/05/1993
55	Gary Taylor		28	43:26.8	07/01/1985
56	Richard Grimsdell	Saint Edmund Pacers	45	43:35.6	18/02/1968
57	Howard Revell		50	43:39.6	10/02/1963
58	Sean Kennedy	Woodbridge Shufflers RRC	30	43:43.6	10/07/1983
59	Vaughan Morris		53	44:06.3	14/04/1960
60	Ron McCullough	Ipswich JAFFA RC	67	44:10.1	24/09/1945
61	Todd Strehlow		46	44:13.0	23/05/1967
62	Mike Rowe		38	44:16.2	18/05/1975

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63	Richard Higgins	Framlingham Flyers	49	44:20.3	19/04/1964
64	Piers Lewis		37	44:23.5	/ /
65	Craig Hasnip		40	44:30.0	02/05/1973
66	Kenneth Tovell	Framlingham Flyers	43	44:32.9	14/09/1969
67	Nigel Harrison	Ipswich JAFFA RC	43	44:35.1	/ /
68	Paul Nedd		45	44:38.7	13/10/1967
69	David McLaughlin	Newmarket Joggers	39	44:41.7	28/03/1974
70	John Hilaire		50	44:46.0	08/06/1963
71	Abby Gaeta	Ipswich JAFFA RC	35	44:49.2	07/11/1977
72	Duncan Chenery	Ipswich JAFFA RC	54	44:57.9	15/08/1959
73	Jake Church	The Saxons	16	45:01.6	30/04/1997
74	Tom Williams	Hyde Park Harriers	39	45:02.8	27/06/1974
75	Helen Williams	Hyde Park Harriers	38	45:03.4	02/02/1975
76	Alan Sansom	Woodbridge Shufflers RRC	46	45:09.3	11/01/1967
77	Glenn Warren	Framlingham Flyers	43	45:16.9	24/03/1970
78	Tim Woods	Norfolk Gazelles AC	51	45:21.0	04/12/1961
79	Martin Culpeck		39	45:32.9	20/10/1973
80	Sheridan Halls		31	45:51.3	22/05/1982
81	Gabriel Martins	Ipswich JAFFA RC	45	45:58.0	02/07/1968
82	Stephen Williams	Saint Edmund Pacers	59	46:10.7	30/09/1953
83	Chris Leek		37	46:14.1	05/09/1975
84	Mark Lankester	Ipswich JAFFA RC	45	46:20.9	14/04/1968
85	Guy Wood		42	46:22.3	09/05/1971
86	Sean McTernan		55	46:29.1	05/09/1957
87	John Coxage	Framlingham Flyers	52	46:43.3	18/06/1961
88	Andrew Tricker		44	46:44.3	22/07/1969
89	Samuel Girling		19	46:47.1	28/10/1993
90	Andy Carr		46	46:47.4	03/08/1967
91	Andrew Clarke		39	46:48.0	09/04/1974
92	Gary Garnham	Ipswich JAFFA RC	52	46:50.3	18/05/1961
93	Dan Postill		35	46:51.1	28/01/1978
94	Becky Overy-Owen	Woodbridge Shufflers RRC	42	46:52.9	19/01/1971
95	Simon Beckett		25	46:55.7	02/02/1988
96	Paul Ballard	Hadleigh Hares AC	37	46:59.1	18/08/1976
97	Jan Jopcik		28	47:02.7	31/01/1985
98	Martin Andrews		31	47:04.4	13/12/1981
99	Phoenix Bloomfield		16	47:08.7	12/05/1997
100	Tom Holt		34	47:09.3	02/08/1979
101	Simon Fenn	Hadleigh Hares AC	47	47:14.6	08/02/1966
102	Daniel Thomas	Saint Edmund Pacers	40	47:16.9	20/07/1973
103	Philip Winter		38	47:21.2	04/11/1974
104	George Lankester	Ipswich JAFFA RC	17	47:21.4	13/11/1995
105	David Mercer		46	47:28.3	30/12/1966
106	Charlie Nunn		41	47:35.9	04/03/1972
107	Angela Haag		52	47:42.9	14/04/1961
108	Esther Colman	Saint Edmund Pacers	18	47:43.2	24/02/1995
109	Terence O'Sullivan	Framlingham Flyers	58	47:43.7	21/11/1954
110	James Fox		35	47:56.9	12/09/1977
111	Michael Martin	Ipswich JAFFA RC	48	48:06.9	29/07/1965
112	David Fordham	Saxmundham Running and Fitness Club	63	48:10.1	11/06/1950
113	Rob Mawson	Framlingham Flyers	57	48:13.6	06/01/1956
114	Glen Harvey	Bildeston Bounders AC	53	48:22.1	19/02/1960
115	Roger Hobson	Woodbridge Shufflers RRC	67	48:30.4	15/09/1945
116	Christopher Spence		54	48:51.6	23/10/1958
117	Glenn Howard		41	48:53.0	13/10/1971
118	Gary Taylor	Ipswich JAFFA RC	51	49:01.6	07/01/1962
119	Patrick Martin		56	49:26.0	22/02/1957
120	Mark Wright	The Saxons	58	49:28.4	/ /
121	Madeline Lewis	Harwich Runners	34	49:34.1	22/11/1978
122	Daniel Jeffers		22	49:42.1	25/10/1990
123	Richard Tatterton	Ipswich JAFFA RC	32	49:42.5	28/02/1981
124	Adrian Kendall		42	49:44.2	27/04/1971
125	Gwyneth Richings		30	49:46.6	20/04/1983
126	Alastair Browning		40	49:50.3	05/03/1973

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127	Russell Davey		45	49:52.5	19/03/1968
128	Jonathan Gayard	The Lemon Tree	19	49:58.5	12/09/1992
129	Ian Stockley	Martlesham Squash Club	47	50:08.5	23/04/1966
130	Brett Bayliss		38	50:14.2	26/09/1974
131	Rachel Abbott		32	50:22.2	24/02/1981
132	Rebecca Clare	Woodbridge Shufflers RRC	47	50:27.0	21/12/1965
133	Amy Wall		31	50:40.9	/ /
134	Will Webb		51	50:43.5	02/05/1962
135	John Penny		58	50:58.5	17/03/1955
136	Wendy McLaughlin	Newmarket Joggers	39	51:01.8	22/02/1974
137	Stuart Abbott	Woodbridge Shufflers RRC	39	51:08.4	14/11/1973
138	Colin Alford		49	51:13.7	08/10/1963
139	Tory Smith		28	51:20.5	20/12/1984
140	Robert Beveridge	Stowmarket Striders RC	42	51:21.5	15/09/1970
141	Robert Rogers		24	51:22.3	17/10/1988
142	Ralph Churcher		22	51:30.8	/ /
143	Nick Partridge		35	51:35.1	10/03/1978
144	Nicola Weldon		36	51:36.3	24/06/1977
145	Cath Breckell		40	51:37.7	10/08/1973
146	Leo Norris	The Lemon Tree	31	51:38.8	12/08/1982
147	Ian Bown		50	51:44.1	04/12/1962
148	Richard Challis		37	51:48.6	30/05/1976
149	Steve Thorndyke		32	51:51.8	01/01/1981
150	Michael Howard		44	51:55.5	13/11/1968
151	Beatrix Vinten	The Lemon Tree	20	52:01.8	16/03/1983
152	Mon Lee	Ipswich JAFFA RC	55	52:13.7	11/09/1957
153	Timothy Long	Ipswich JAFFA RC	51	52:18.7	21/02/1962
154	Caroline Dickinson		46	52:29.6	27/01/1967
155	Jake Wright	The Saxons	21	52:32.8	/ /
156	Alan Huggins		37	52:36.0	27/04/1976
157	Jonathan Wilding	Felixstowe RRC	45	52:42.6	04/04/1968
158	Victoria Sharp		38	52:44.4	21/08/1975
159	Darren Meek		35	52:45.9	22/04/1978
160	Ashley Wright	Framlingham Flyers	15	52:48.0	24/10/1997
161	Jeremy Hoyland		53	52:49.3	27/07/1960
162	Neil Darracott	Haverhill	47	52:50.1	04/06/1966
163	Alexander Das	Stowmarket Striders RC	44	52:51.5	25/12/1968
164	Belinda Jennings		38	52:56.0	31/07/1975
165	Hazel Garrity	Bungay Black Dog RC	58	53:11.3	26/10/1954
166	Lisa Preece	Southwell RC	45	53:12.2	11/04/1968
167	Jayne Wright	Framlingham Flyers	33	53:31.7	15/01/1980
168	John Clarke		45	53:35.9	10/07/1968
169	Chris Aylmer	Newmarket Joggers	62	53:37.7	22/11/1950
170	David Harvey	Bildeston Bounders AC	23	53:44.5	19/06/1990
171	Alison Green		41	53:49.2	/ /
172	Gary Sedddon-Price		46	53:55.7	24/10/1966
173	Lesley Euston	Saint Edmund Pacers	44	54:10.2	22/06/1969
174	Mark Crompton	Framlingham Flyers	47	54:14.0	12/11/1965
175	Mark Blackburn	Ipswich JAFFA RC	43	54:20.3	14/03/1970
176	Scott Thrift		39	54:37.4	14/03/1974
177	Chris Boardley		28	54:41.8	21/09/1984
178	Christopher Souter		39	54:45.3	19/06/1974
179	Jayne Burman	Felixstowe RRC	23	54:49.8	23/04/1990
180	Michael Linnett		48	55:00.3	29/03/1965
181	Johnathon Girling		55	55:06.0	03/09/1957
182	Steven Reynolds		54	55:09.7	11/09/1958
183	Christine Churcher		57	55:26.6	/ /
184	Kathryn Gerry	Woodbridge Shufflers RRC	42	55:33.5	07/04/1971
185	Kelly Goody		36	55:41.6	08/04/1977
186	James Underwood		52	55:41.8	16/11/1960
187	Ann Granger	The Saxons	50	55:43.4	14/12/1962
188	Hannah Bewick		16	55:57.6	/ /
189	Mark Flatman		40	56:18.5	/ /
190	Calvin Meek		32	56:22.5	06/05/1981

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191	Jane Clouston	The Saxons	55	56:23.8	13/07/1958
192	Darren Carter		39	56:26.5	18/12/1973
193	Kelly Mann		29	56:53.6	07/02/1984
194	Nigel Hills		52	57:01.2	15/01/1961
195	Michael Blow		58	57:14.8	/ /
196	Matt Davy		39	57:35.2	23/09/1973
197	Lucy Driver	Ipswich JAFFA RC	29	58:13.4	17/02/1984
198	John Graham		45	58:35.2	21/11/1967
199	Karen Alford		50	58:37.9	26/06/1963
200	Carla Wiggins	Felixstowe RRC	33	58:56.1	23/06/1980
201	Susanna Crossland		31	58:57.3	26/07/1982
202	Kate Rhodes		37	59:12.5	16/12/1975
203	Catherine Beresford		44	59:19.8	21/09/1968
204	Jonathan Walton		41	59:22.1	12/10/1971
205	Lisa Bond	Ipswich JAFFA RC	43	59:33.4	24/11/1969
206	Michelle Poole		41	1:00:08.8	22/03/1972
207	Alison Leech	Stowmarket Striders RC	43	1:00:29.6	01/07/1970
208	Cathal McLaughlin		15	1:00:43.9	/ /
209	Geraldine McLaughlin		44	1:00:53.7	/ /
210	Sarah Cavanagh		43	1:00:56.6	14/05/1970
211	Philip Nutley	Saint Edmund Pacers	66	1:01:00.8	23/07/1947
212	Debbie Taylor		48	1:02:03.2	06/11/1964
213	Chris Lucas	The Saxons	51	1:02:42.0	31/01/1962
214	Fiona Hotston Moore		48	1:02:58.1	/ /
215	Georgia Garvin	The Lemon Tree	22	1:03:01.1	/ /
216	Kiri Norris	The Lemon Tree	28	1:03:01.5	/ /
217	Marie Williams		39	1:03:36.0	02/08/1974
218	Lorraine Mitcham		32	1:03:50.2	13/02/1981
219	Vicky Le Fanu		32	1:03:50.4	26/03/1981
220	Galina Kurovska		30	1:05:43.1	08/02/1983
221	Alison Hosking	Hadleigh Hares AC	41	1:09:16.8	13/09/1971
222	Rodney Freeburn		75	1:10:50.1	/ /
223	Ian Baird		67	1:12:13.4	07/03/1946
224	Elena Howard		32	1:12:13.5	20/11/1980
225	Tina Church	Saxmundham Running and Fitness Club	41	1:12:43.9	26/03/1972
226	Paul Murphy		52	1:13:36.2	/ /
227	Angela Soames	Felixstowe RRC	38	1:19:12.0	22/12/1974