

SUFFOLK COUNTY A.A. 5 Mile Champions

Mens Open

2nd June 2014

1	Connor Whiting	Ipswich Harriers	26:46
2	Gavin Davies	Ipswich Jaffa	27:01
3	Glenn Douglas	St.Edmund Pacers	27:43
4	Adam Wade	Ipswich Jaffa	28:04
5	Jim Last	Framlingham Flyers	28:19
6	Peter Kerry	Ipswich Tri Club	28:39
7	Thomas White	St.Edmund Pacers	28:56
8	Nick Palmer	Stowmarket Striders	29:01
9	Graham Pattle	Ipswich Harriers	29:06
10	Paul Wain	Ipswich Jaffa	29:11
11	Will Blackburn	Ipswich Harriers	29:26
12	Benjamin Turley	Ipswich Jaffa	29:36
13	Matthew Hunt	Ipswich Jaffa	29:42
14	Mark Hayward	Stowmarket Striders	30:13
15	Samuel Burdett	Stowmarket Striders	30:27
16	Carl Ashton	Ipswich Jaffa	30:41
17	Martin Fox	Felixstowe RR	30:57
18	Stuart Simmons	Ipswich Jaffa	31:00
19	Darren Cook	Felixstowe RR	31:06
20	Robin Harper	Felixstowe RR	31:20
21	Stewart White	St.Edmund Pacers	31:26
22	Benjamin Cuthbert	Sudbury Joggers	31:35
23	James Hayward	Stowmarket Striders	31:36
24	Sam Brooke	Felixstowe RR	31:46
25	Daniel Jones	Ipswich Harriers	32:27
26	Tom Wake	Ipswich Jaffa	32:28
27	Lee Markham	Woodbridge Shufflers	32:49
28	Stuart Stevnson	Unattached	32:50
29	Thomas Wright	Unattached	32:59
30	Luke Harrison	Ipswich Jaffa	33:04
31	George Clark	Felixstowe RR	33:13
32	Neil Gillingham	Ipswich Harriers	33:16
33	James Pettit	Ipswich Jaffa	33:25
34	Conor Wakeman	Ipswich Harriers	33:27
35	George Lankester	Ipswich Jaffa	33:48
36	Matthew Haskell	Ipswich Harriers	33:50
37	Matthew Bird	Unattached	33:53
38	Christopher Bing	Ipswich Jaffa	33:57
39	Gareth Jones	Unattached	34:16
40	Peter Woods	Stowmarket Striders	34:49
41	Finn Gemmell	Unattached	34:51
42	Christopher Franks	Unattached	34:54
43	Neal Bassett	Stowmarket Striders	34:54
44	Oliver Gray	Unattached	35:17
45	Carl Fitch	Ipswich Jaffa	35:23
46	Daniel Gould	Felixstowe RR	35:30
47	Paul Wright	Woodbridge Shufflers	35:41
48	Philip Winter	Unattached	35:45
49	Ben Jennings	St.Edmund Pacers	35:54
50	Ashley Smy	Ipswich Jaffa	36:07
51	Bryn Wilkinson	Unattached	36:11
52	Melvyn Maycock	Unattached	36:15
53	Chris Wilding	Unattached	36:29
54	David Howe	Unattached	36:38
55	Martin Jarvis	Unattached	37:07
56	Paul Osborne	Felixstowe RR	37:17
57	Karl Harris	Unattached	37:17
58	Shane Mongor	Unattached	37:22
59	Paul Woodward	Felixstowe RR	37:27
60	Ben Andrews	Unattached	37:34
61	James Calver	Ipswich Jaffa	37:47
62	Mike Foster	Unattached	38:03
63	Matt Johnson	Unattached	38:40
64	Paul Causon	Unattached	39:38
65	Rob Armour	Unattached	39:50
66	Adam Stiff	Ipswich Jaffa	40:44
67	Matthew Cade	Unattached	41:24
68	Kyle Pierce	Unattached	41:26
69	Oliver Charles	Unattached	41:52
70	Darren Meek	Unattached	41:55
71	David Manister	Unattached	44:11
72	Neil Catley	Felixstowe RR	46:57
73	Andrew Gillon	Unattached	49:19
74	Jonathan Jenkyn	Felixstowe RR	53:35

Mens V40 Section

1	Adam Howlett	Unattached	28:10
2	Darren Sheppard	Framlingham Flyers	29:08
3	Steve Cooper	Blackheath & Bromley	29:28
4	John Thorpe	Ipswich Jaffa	30:10
5	Tim Hanman	Unattached	30:29
6	David Fenton	Stowmarket Striders	30:34
7	Ritchie Parkins	Stowmarket Striders	31:08
8	Simon Phillips	St.Edmund Pacers	31:33
9	Peter Bird	St.Edmund Pacers	31:50
10	Steve Brooke	Felixstowe RR	32:54
11	Michael Greener	St.Edmund Pacers	32:56
12	Derek Hood	Ipswich Jaffa	33:29
13	Jim Comber	Sudbury Joggers	33:30
14	Andy Pearce	St.Edmund Pacers	33:33
15	Scott Mabbutt	Hadleigh Hares	34:01
16	Clive Davey	Sudbury Joggers	34:02
17	Simon Wiggins	Felixstowe RR	34:06
18	Nigel Harrison	Ipswich Jaffa	34:11
19	Guy Hayward	Framlingham Flyers	34:30
20	Daniel Thomas	St.Edmund Pacers	34:30
21	Daniel Shanks	Felixstowe RR	34:59
22	Chris Greedy	Ipswich Jaffa	35:07
23	Sean Connor	Unattached	35:10
24	Adrian Frost	Unattached	35:12
25	Stuart Weaver	Unattached	35:16
26	Simon Goldsmith	Unattached	35:35
27	Paul Berriman	Unattached	36:16
28	Dean Breward	Sudbury Joggers	36:34
29	Neil Martin	Stowmarket Striders	36:58
30	Paul King	Sudbury Joggers	38:02
31	Martin Jones	Unattached	38:44
32	Mark Blackburn	Ipswich Jaffa	39:23
33	Matthew Dorey	Felixstowe RR	40:12
34	Adam Richardson	Unattached	41:31
35	Gavin Spurr	Unattached	46:01
36	Barry Shore	Unattached	47:48
37	Richard Sore	Ipswich Jaffa	48:42

Mens V45 Section

1	Roger Stone	Felixstowe RR	29:09
2	Warren Birch	Ipswich Jaffa	29:38
3	Wilfred Campbell	Ipswich Jaffa	30:02
4	Dave Solomon	Felixstowe RR	30:24
5	Tony Roberts	Framlingham Flyers	31:28
6	John Greener	St.Edmund Pacers	32:27
7	Paul Brown	Framlingham Flyers	32:42
8	Darren Lee	Stowmarket Striders	33:40
9	Richard Grimsdell	St.Edmund Pacers	33:43
10	Stephen Hatten	St.Edmund Pacers	33:47
11	Rod Prime	Ipswich Jaffa	33:58
12	Neil Dable	Ipswich Jaffa	34:06
13	Martin Little	Stowmarket Striders	34:31
14	Gabriel Martins	Ipswich Jaffa	34:43
15	Steve Dixon	Ipswich Jaffa	34:52
16	Ian Gooderham	St.Edmund Pacers	35:13
17	Chris Fox	Unattached	35:17
18	Brian Airlie	Hadleigh Hares	36:04
19	Iain Catchpool	Ipswich Jaffa	36:30
20	Philip Brown	St.Edmund Pacers	36:51
21	Andrew Gemmell	Unattached	37:09
22	David Ling	Woodbridge Shufflers	37:20
23	Julian Gibbs	Unattached	37:32
24	Paul McAllister	Capel Cheetahs	37:40
25	Alistair Goodier	Ipswich Jaffa	37:55
26	Phil Davies	Ipswich Jaffa	38:09
27	Robbie Burt	St.Edmund Pacers	38:26
28	Steven Byford	Unattached	39:00
29	Alex Kuczer	Unattached	39:19
30	Mark Avery	Ipswich Jaffa	39:27
31	Richard Dempsey	Woodbridge Shufflers	39:28
32	Andrew Smith	St.Edmund Pacers	40:40
33	Andy Nunn	Unattached	40:55
34	Nigel Johns	Unattached	42:16
35	Steve Mowles	Felixstowe RR	42:48
36	Stuart Oxborrow	Unattached	43:19
37	Mark Godbold	Unattached	44:22
38	Stuart Hollingsworth	Unattached	44:25
39	Martin Fuller	Felixstowe RR	45:29

Mens V50 Section

1	Richard Rhodes	Bungay Black Dog RC	30:28
2	Paul Nickells	Woodbridge Shufflers	30:33
3	Mark Watts	St.Edmund Pacers	31:04
4	Glynn Thomas	Ipswich Harriers	31:14
5	Alistair Dick	Ipswich Jaffa	32:26
6	Steven Hughes	Stowmarket Striders	32:53
7	Adrian Goode	Ipswich Harriers	32:58
8	Steve Whittaker	Woodbridge Shufflers	33:27
9	Russel Breyer	Ipswich Jaffa	33:45
10	Stephen Curran	Woodbridge Shufflers	34:09
11	Duncan Chenery	Ipswich Jaffa	34:43
12	Kevin Bird	Stowmarket Striders	34:46
13	Gary Graham	Ipswich Jaffa	35:17
14	Andrew Budd	Ipswich Jaffa	35:19
15	Paul Schwer	Felixstowe RR	37:10
16	David Chapman	Sudbury Joggers	37:12
17	Derek Daly	Unattached	38:35
18	David Sheahan	Unattached	38:37
19	Phil Marsden	Ipswich Jaffa	38:42
20	Tim Deroy-Chennells	Ipswich Jaffa	38:46
21	Tom Hoblyn	St.Edmund Pacers	38:50
22	John Rednall	Stowmarket Striders	39:00
23	Andrew Leathers	Ipswich Jaffa	40:08
24	Peter Finch	Unattached	40:16
25	David Reid	Stowmarket Striders	41:10
26	Richard Smith	Felixstowe RR	41:22
27	Keith Fisher	Unattached	41:34
28	Robert Tillyard	St.Edmund Pacers	41:44
29	Paul Ryan	Unattached	42:22
30	David Lampard	Felixstowe RR	42:44
31	Mark Kendall	Woodbridge Shufflers	43:11
32	Adrian Cole	Unattached	43:38
33	Jack Cade	Unattached	43:42
34	Steve Wilding	Ipswich Jaffa	43:55
35	Tim Finegan	Felixstowe RR	47:14
36	Julian Wiseman	Framlingham Flyers	47:15
37	Michael Todd	Unattached	47:48
38	Joe Naughton	Unattached	51:01
39	Andy Stanhope	Unattached	56:40

Mens V55 Section

1	Brian Rogers	Ipswich Jaffa	31:24
2	John Weston	Ipswich Jaffa	33:07
3	Stephen Pugh	Ipswich Jaffa	34:55
4	Andrew Forster	Felixstowe RR	35:21
5	Ker Macrosson	Ipswich Jaffa	36:18
6	Richard Soer	St.Edmund Pacers	37:26
7	David Martin	Unattached	37:50
8	Rob Clayton	Felixstowe RR	38:31
9	Ian Mace	Woodbridge Shufflers	38:47
10	Simon Green	Ipswich Tri Club	38:53
11	Fred Boggis	Woodbridge Shufflers	39:25
12	Mike Cooper	Ipswich Jaffa	39:51
13	Tony Adolphus	Ipswich Jaffa	40:02
14	John Penny	Unattached	40:23
15	Chris Jones	Unattached	40:38
16	Charlie Stannett	Ipswich Tri Club	41:37
17	Richard Keeble	Unattached	41:50
18	Wyn Jones	Felixstowe RR	42:19
19	Mon Lee	Ipswich Jaffa	42:25
20	Mick Mulley	Unattached	44:09
21	Steven Reynolds	Unattached	45:43
22	David Llewellyn	Stowmarket Striders	47:17
23	Dave Manning	Unattached	48:02
24	Mel Chittock	Unattached	49:14

Mens V60 Section

1	Raymond Hill	Ipswich Jaffa	34:11
2	Tim Newton	Ipswich Jaffa	36:02
3	Frank Moggan	Stowmarket Striders	38:34
4	Stephen Williams	St.Edmund Pacers	39:05
5	Keith Borrett	Stowmarket Striders	41:35
6	Mick Gilbert	Ipswich Jaffa	41:59
7	Peter Mills	Stowmarket Striders	44:41

Mens V65 Section

1	Roger Hobson	Woodbridge Shufflers	38:51
2	John Lambert	Ipswich Jaffa	42:57
3	Philip Nutley	St.Edmund Pacers	48:11

Mens V70 plus Section

1	Bill Cox	Framlingham Flyers	51:44
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Womens Open

1	Sara Bird	Woodford Green & EL	29:04	RECORD
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2	Tamara Jordan	Stowmarket Striders	30:30	
3	Laura Thomas	Ipswich Jaffa	31:00	
4	Lucy Barnes	Ipswich Harriers	32:26	
5	Emma Watts	St.Edmund Pacers	32:55	
6	Michelle Gordon	Felixstowe RR	33:00	
7	Dawn Davies	Ipswich Jaffa	33:44	
8	Anna Clayton	St.Edmund Pacers	33:51	
9	Rebecca Jordan	Stowmarket Striders	34:12	
10	Jessie Gooderham	St.Edmund Pacers	36:31	
11	Isobel Renn	Ipswich Jaffa	36:58	
12	Louise Johnson	Ipswich Jaffa	37:15	
13	Nicola Weldon	Ipswich Jaffa	37:15	
14	Gail Mackie	Felixstowe RR	38:01	
15	Elise Daykin-Colombel	Ipswich Jaffa	38:13	
16	Emma Mortimer	Ipswich Jaffa	39:23	
17	Rachael Hamblyn	Ipswich Jaffa	39:44	
18	Pippa Cresdee	Ipswich Jaffa	39:59	
19	Gillian Iffland	St.Edmund Pacers	40:25	
20	Jennifer Evans	Woodbridge Shufflers	40:52	
21	Jayne Wright	Framlingham Flyers	40:56	
22	Rosie Richardson	Unattached	41:30	
23	Lauren Crawford	Sudbury Joggers	41:32	
24	Claire Tricker	Stowmarket Striders	41:33	
25	Hayley Harper	Ipswich Jaffa	41:41	
26	Jayne Burman	Felixstowe RR	41:45	
27	Harriet Burnett	Unattached	42:04	
28	Clare Taylor	Unattached	42:08	
29	Jen Devaney	Stowmarket Striders	42:16	
30	Sarah Pennock	Sudbury Joggers	43:48	
31	Claire Trott	Unattached	43:58	
32	Sarah Wood	Ipswich Jaffa	44:44	
33	Abby Powlett	Ipswich Jaffa	45:20	
34	Jodie Lock	Ipswich Jaffa	46:27	
35	Heidi Brown	St.Edmund Pacers	46:40	
36	Caroline Platten	Unattached	46:59	
37	Amelie Jarvis	Unattached	47:09	
38	Carla Wiggins	Felixstowe RR	47:13	
39	Clair Fiddaman	Unattached	49:59	
40	Charlotte Richardson	Ipswich Jaffa	50:21	
41	Karla Read	Felixstowe RR	51:22	
42	Hannah Tillson	Felixstowe RR	53:52	
43	Angela Soames	Felixstowe RR	59:59	
Womens V40 Section				
1	Odette Robson	St.Edmund Pacers	29:21	RECORD
2	Kate Wooldridge	Ipswich Jaffa	34:36	
3	Nicola Watson	Woodbridge Shufflers	37:39	
4	Sarah Proffitt	Felixstowe RR	38:33	
5	Sharon White	Sudbury Joggers	38:45	
6	Fiona Hunt	Ipswich Jaffa	38:52	
7	Suzanne Heath	Ipswich Jaffa	39:24	
8	Nikki Vince	Hadleigh Hares	39:29	
9	Catherine Abbott	Stowmarket Striders	39:29	
10	Anna Smith	Stowmarket Striders	40:28	
11	Julia Baldwin	Stowmarket Striders	40:36	
12	Karen Page	St.Edmund Pacers	40:46	
13	Lesley Cooper	Felixstowe RR	42:09	
14	Kathryn Gerry	Woodbridge Shufflers	43:21	
15	Lisa Bond	Ipswich Jaffa	43:35	
16	Liz Beighton	Stowmarket Striders	43:45	
17	Helen Hollingsworth	Unattached	44:26	
18	Lorraine Mills	Stowmarket Striders	44:27	
19	Michelle Berriman	Unattached	44:35	
20	Hayley Ryder	Unattached	46:04	
21	Cher Milbourne	Unattached	48:23	
22	Jo Dickinson	Felixstowe RR	50:18	
23	Sharon Breward	Sudbury Joggers	58:19	

Womens V45 Section

1	Amanda Martin	St.Edmund Pacers	36:40
2	Jo Stephenson	Stowmarket Striders	37:28
3	Michelle Constable	Ipswich Jaffa	38:56
4	Jennifer Bird	Stowmarket Striders	39:29
5	Jane DeBoltz	Ipswich Jaffa	40:12
6	Dee St.Ledger	Sudbury Joggers	40:27
7	Rebecca Clare	Woodbridge Shufflers	40:42
8	Sara Bloor	The Saxons	41:17
9	Jo Parden	Framlingham Flyers	41:19
10	Karen Shelley	Capel Cheetahs	41:52
11	Alison Taylor	Unattached	42:36
12	Mandy Godbold	Ipswich Harriers	42:55
13	Shona Bendix	Bungay Black Dog RC	42:55
14	Annabel Bennett	Felixstowe RR	43:05
15	Eloise Bird	St.Edmund Pacers	43:20
16	Sarah Jobbins	Unattached	43:28
17	Mary Graham	Framlingham Flyers	43:34
18	Alison Taylor	Unattached	44:53
19	Teresa Bailey	Framlingham Flyers	45:33
20	Debbie Taylor	Unattached	48:01
21	Helen Sugars	Unattached	48:10
22	Sandra Sidoli	Unattached	49:50
23	Emma Franks	Unattached	52:12
24	Jackie Collins	Unattached	52:25
25	Sally Solomon	Felixstowe RR	54:44
26	Alyson Limpkin-Challis	Felixstowe RR	57:20

Womens V50 Section

1	Val Jennings	Ipswich Jaffa	33:18
2	Claire Hoblyn	St.Edmund Pacers	34:45
3	Dianne Hughes	Stowmarket Striders	36:41
4	Marion Parker	Felixstowe RR	38:16
5	Jenny Sheahan	Unattached	38:59
6	Nicola Stevenson	Unattached	42:47
7	Wendy Hughes	Stowmarket Striders	42:54
8	Jenny Jarrett	Felixstowe RR	44:05
9	Angela Whiting	Stowmarket Striders	45:06
10	Anne Harvey	Ipswich Jaffa	47:24
11	Julie Wright	Unattached	47:47
12	Jane Ling	Unattached	48:02
13	Sally Wilkinson	Unattached	48:09
14	Mandy Spurgeon	Framlingham Flyers	48:23
15	Maria Brennan	Unattached	52:13
16	Caroline Goldsworthy	Ipswich Tri Club	55:56

Womens V55 Section

1	Karen Hatton	St.Edmund Pacers	39:39
2	Mary Burgess	Felixstowe RR	43:34
3	Alison Beech	Ipswich Jaffa	44:14
4	Belinda Godbold	Ipswich Jaffa	44:30
5	Sue Hargadon	Ipswich Tri Club	46:48

Womens V60 plus Section

1	Maureen Wright	Ipswich Jaffa	45:12
2	Moir Pinkney	Ipswich Tri Club	45:36
3	Jacky Causon	Unattached	52:30
4	Jean Cox	Woodbridge Shufflers	53:20
5	Janet Green	Framlingham Flyers	55:04