

SUFFOLK COUNTY A.A. 5 Mile Champions

Womens Open

1 Odette ROBSON	Saint Edmund Pacers	0:29:50
2 Jessica GOODERHAM	Saint Edmund Pacers	0:32:26
3 Emma DRURY	Sudbury Joggers	0:33:02
4 Gemma PORCH	Stowmarket Striders RC	0:33:28
5 Alice GOODWIN	Ipswich Harriers	0:33:45
6 Katie KING	Saint Edmund Pacers	0:33:54
7 Hannah POLLARD	Newmarket Joggers	0:34:16
8 Rachael HAMBLYN	Ipswich Jaffa RC	0:34:19
9 Rose MORTIMER	Unattached	0:35:10
10 Emma MORTIMER	Unattached	0:35:10
11 Collette GREEN	Felixstowe RRC	0:35:54
12 Rachel BODSWORTH	Hadleigh Hares AC	0:36:56
13 Anna KEEBLE	Ipswich Harriers	0:37:41
14 Michelle HEWITT	Framlingham Flyers	0:38:33
15 Shannon MACSEPHNEY	Ipswich Jaffa RC	0:39:36
16 Joanne HARPER	Felixstowe RRC	0:40:25
17 Kendra BOAG	Stowmarket Striders RC	0:42:39
18 Svitlana ZINCHENKO	Newmarket Joggers	0:43:13
19 Liza PUTWAIN	Stowmarket Striders RC	0:46:03
20 Courtney TURNER	Felixstowe RRC	0:47:07
21 Lucy DRIVER	Felixstowe RRC	0:48:12
22 Pippa SARGENT	Stowmarket Striders RC	0:48:56
23 Sarah CLARKE	Unattached	0:49:33
24 Sam ANDERSON	Unattached	0:52:22
25 Frances BARNARD	Capel Cheetahs RC	0:52:35
26 Karen HINTON	Stowmarket Striders RC	1:00:23

Womens V40 Section

1 Samantha BANKS	Ipswich Jaffa RC	0:34:07
2 Sarah FITCH	Felixstowe RRC	0:35:13
3 Louise GODDARD	Stowmarket Striders RC	0:42:33

Womens V45 Section

1 Odette ROBSON	Saint Edmund Pacers	0:29:50
2 Sally-ann BOWEN	Sudbury Joggers	0:34:54
3 Sharon perry PERRY	Saint Edmund Pacers	0:36:19
4 Laura BOURNE	Saint Edmund Pacers	0:36:26
5 Sandra WEBB	Saint Edmund Pacers	0:37:11
6 Deirdre OWEN	Stowmarket Striders RC	0:42:07
7 Goldie YULE	Unattached	0:42:39
8 Kathryn GERRY	Woodbridge Shufflers RC	0:44:25
9 Karen HAMILTON	Stowmarket Striders RC	0:44:55

10	Amanda FRASER FISH	Woodbridge Shufflers RC	0:45:46
11	Amanda CHILDS	Ipswich Jaffa RC	0:48:26
12	Kirsty ABERDEIN	Unattached	0:49:29
13	Suzanne FROST	Sudbury Joggers	0:49:33
14	Melonie EVANS	Sudbury Joggers	0:50:25
15	Jo DICKINSON	Felixstowe RRC	0:53:37

Womens V50 Section

1	Val JENNINGS	Ipswich Jaffa RC	0:35:29
2	Mary NAREY	Stowmarket Striders RC	0:35:56
3	Cheryl TYE	Ipswich Triathlon Club	0:37:14
4	Christine GOODWIN	Unattached	0:40:51
5	Eloise BIRD	Saint Edmund Pacers	0:42:50
6	Sandy PHILLIPS	Ipswich Jaffa RC	0:44:30
7	Amanda PRIOR	Capel Cheetahs RC	0:45:11
8	Jackie COLLINS	Felixstowe RRC	0:45:12
9	Mandy GODBOLD	Ipswich Harriers	0:46:29
10	Annabel BENNETT	Felixstowe RRC	0:48:17
11	Sally SOLOMON	Felixstowe RRC	0:49:45
12	Helen SAAGI	Unattached	0:56:17
13	Claire JAY	Stowmarket Striders RC	0:59:13

Womens V55 Section

1	Christine ANTHONY	Saint Edmund Pacers	0:34:44	RECORD
2	Jenny SHEAHAN	Unattached	0:37:31	
3	Marion PARKER	Felixstowe RRC	0:37:57	
4	Belinda GODBOLD	Ipswich Jaffa RC	0:39:02	
5	Karen HATTON	Saint Edmund Pacers	0:42:26	
6	Anita BOND	Eastern Veterans AC	0:46:37	
7	Angela WHITING	Stowmarket Striders RC	0:48:06	
8	Jenny CHURCH	Felixstowe RRC	0:48:50	
9	Sue HUNTER	Stowmarket Striders RC	0:59:44	

Womens V60 Section

1	Jenny MORGAN	Saint Edmund Pacers	0:38:34	RECORD
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Womens V65 + Section

1	Vivienne TAYLOR	Framlingham Flyers	0:46:07
2	Moira PINKNEY	Ipswich Triathlon Club	0:47:07
3	Julie HASELWOOD	Ipswich Jaffa RC	0:49:21
4	Trish HOPKINS	Felixstowe RRC	1:00:05
5	Corinne SHOOLBRED	Unattached	1:01:58

SUFFOLK COUNTY A.A. 5 Mile Champions

Mens Open

1	Andrew ROOKE	Framlingham Flyers	0:25:14	RECORD
2	Lee COOK	Waveney Valley AC	0:27:07	
3	James CALVERT	Ipswich Jaffa RC	0:27:30	
4	Benjamin TURLEY	Ipswich Jaffa RC	0:27:51	
5	Kieran HAYLES	Sudbury Joggers	0:28:01	
6	Samuel BURDETT	Stowmarket Striders RC	0:28:34	
7	Tom ADAMS	Ipswich Harriers	0:28:36	
8	Tony GAVIN	Felixstowe RRC	0:28:46	
9	Scott MANNING	Framlingham Flyers	0:28:55	
10	Harry FITZGERALD	Ipswich Harriers	0:28:57	
11	Nicholas CLARKE	Ipswich Jaffa RC	0:29:08	
12	Chris HALL	Bungay Black Dog RC	0:29:33	
13	Dylan FOTHERGILL	Felixstowe RRC	0:29:48	
14	Marc BRIGGS	Ipswich Jaffa RC	0:30:06	
15	Joe ROBSON	Saint Edmund Pacers	0:30:11	
16	Daniel INGLEBY	Ipswich Jaffa RC	0:31:07	
17	Melvyn MAYCOCK	Ipswich Jaffa RC	0:31:15	
18	Gary TAYLOR	Felixstowe RRC	0:31:35	
19	Conner BILNER	Ipswich Jaffa RC	0:31:49	
20	Alex ARCHER	Unattached	0:31:50	
21	Andy TAYLOR	Unattached	0:32:39	
22	Alex MCCARTHY	Unattached	0:33:05	
23	Jordan SMITH	Ipswich Jaffa RC	0:33:27	
24	Joseph WEBB	Saint Edmund Pacers	0:33:43	
25	Neil CATLEY	Felixstowe RRC	0:33:45	
26	Dylan BRADNAM	Saint Edmund Pacers	0:33:50	
27	Paul COOLEGE	Unattached	0:34:15	
28	Tom GOODWIN	Unattached	0:34:25	
29	Thomas HAYDEN	Ipswich Harriers	0:34:38	
30	James ELLUL	Felixstowe RRC	0:34:46	
31	Steve SHAW	Unattached	0:36:27	
32	Tom MINNS	Unattached	0:38:57	
33	Gary INGRAM	Ipswich Jaffa RC	0:38:59	
34	Andy HAYWARD	Stowmarket Striders RC	0:39:09	
35	Keelan SMITH	Saxmundham Sports R.& F.C.	0:39:27	
36	George FIRTH	Stowmarket Striders RC	0:40:09	
37	David MAYES	Felixstowe RRC	0:41:55	
38	John CHELL	Ipswich Jaffa RC	0:41:55	
39	Mark OXFORD	Ipswich Triathlon Club	0:43:06	
40	Josh IRON	Haverhill Running Club	0:47:11	
41	Robert GRIMSEY	Hadleigh Hares AC	0:48:08	
42	Matt MAKIN	Felixstowe RRC	0:48:21	
43	Robert KEMP	Felixstowe RRC	0:50:37	

Mens V40 Section

1	James CALVERT	Ipswich Jaffa RC	0:27:30	
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2	Neil POLLARD	Newmarket Joggers	0:28:00
3	John SCAIFE	Hadleigh Hares AC	0:28:04
4	Benjamin JACOBS	Felixstowe RRC	0:29:41
5	Peter KERRY	Ipswich Triathlon Club	0:30:02
6	James CORNISH	Woodbridge Shufflers RC	0:30:06
7	Kevin PEIRCE	Ipswich Harriers	0:30:19
8	Trevor BUNCH	Saint Edmund Pacers	0:30:23
9	Nick PALMER	Stowmarket Striders RC	0:30:27
10	Anton NIGHTINGALE	Ipswich Triathlon Club	0:31:28
11	Dave BEIGHTON	Saint Edmund Pacers	0:31:51
12	Tom ALEXANDER	Woodbridge Shufflers RC	0:32:06
13	Robin HARPER	Felixstowe RRC	0:32:09
14	Peter BIRD	Saint Edmund Pacers	0:32:22
15	Ben CUTHBERT	Sudbury Joggers	0:32:25
16	Matt BENSON	Sudbury Joggers	0:34:16
17	Neil WILLIAMSON	Newmarket Joggers	0:34:31
18	Leonard SAUNDERS	Felixstowe RRC	0:34:37
19	Martin JARVIS	Unattached	0:34:50
20	Derek HOOD	Ipswich Jaffa RC	0:35:48
21	Simon GOLDSMITH	Ipswich Jaffa RC	0:35:58
22	Jimmy SECKER	Sudbury Joggers	0:37:30
23	David MARSH	Unattached	0:37:47
24	Carl NEWELL	Felixstowe RRC	0:44:06

Mens V45 Section

1	Adam HOWLETT	Framlingham Flyers	0:28:56
2	John THORPE	Ipswich Jaffa RC	0:29:47
3	Piotr BULACZ	Sudbury Joggers	0:30:26
4	Mark HAYDEN	Ipswich Harriers	0:30:43
5	Steve BROOKE	Felixstowe RRC	0:31:12
6	Jason WING	Unattached	0:31:18
7	Lee MORGAN	Felixstowe RRC	0:32:29
8	Jeremy BELL	Unattached	0:32:42
9	Simon STAFFORD	Unattached	0:33:46
10	Vince WEBB	Saint Edmund Pacers	0:34:19
11	Kerry BUCKLEY	Unattached	0:35:28
12	Simon DOWNEY	Unattached	0:35:31
13	Lee GODDARD	Stowmarket Striders RC	0:36:34
14	Daniel AGER	Ipswich Jaffa RC	0:37:07
15	Dave BAYNES-ROBINSON	Unattached	0:37:30
16	David CHURCH	Felixstowe RRC	0:42:45
17	Stephen WINSER	Unattached	0:43:31
18	Christopher HOWARD	Sudbury Joggers	0:46:42

Mens V50 Section

1	Scott MACSEPHNEY	Ipswich Jaffa RC	0:30:44
2	Chris TYE	Ipswich Triathlon Club	0:32:14
3	Paul BROWN	Framlingham Flyers	0:32:57
4	Rod PRIME	Unattached	0:34:33
5	Stephen HATTEN	Saint Edmund Pacers	0:35:00

6	Shaun GOOD	Felixstowe RRC	0:35:03
7	Chris SERVANT	Ipswich Jaffa RC	0:35:05
8	Richard HIGGINS	Framlingham Flyers	0:35:09
9	Mark FRISTON	Woodbridge Shufflers RC	0:35:23
10	Brian MUNNS	Newmarket Joggers	0:35:52
11	Ian GOODERHAM	Saint Edmund Pacers	0:36:08
12	Peter WARLAND	Stowmarket Striders RC	0:36:15
13	Richard DEMPSEY	Woodbridge Shufflers RC	0:36:42
14	Justin RABETT	Unattached	0:36:55
15	Robert REASON	Stowmarket Striders RC	0:37:16
16	Mark AVERY	Ipswich Jaffa RC	0:37:19
17	Stuart APPLEBY	Unattached	0:37:40
18	Mark GODBOLD	Ipswich Harriers	0:37:58
19	Glen AVIS	Hadleigh Hares AC	0:39:13
20	Phil DAVIES	Ipswich Jaffa RC	0:40:24
21	Alex KUCZER	Unattached	0:40:42
22	Paul MCALLISTER	Hadleigh Hares AC	0:41:48
23	Ross BOURNE	Unattached	0:42:38
24	Dave LAMPARD	Felixstowe RRC	0:43:44

Mens V55 Section

1	Chris COOKE	Saint Edmund Pacers	0:29:31	RECORD
2	Steve LANGLEY	Ipswich Jaffa RC	0:29:52	
3	Greg DAVIS	Newmarket Joggers	0:31:02	
4	Howard BEASLEY	Saint Edmund Pacers	0:31:30	
5	Steve PAUL	Eastern Veterans AC	0:31:41	
6	Peter CLARKE	Diss & District AC	0:32:36	
7	Alistair DICK	Ipswich Jaffa RC	0:33:34	
8	Alan JACKSON	Ipswich Jaffa RC	0:33:57	
9	Stuart GREEN	Stowmarket Striders RC	0:34:18	
10	Mark JOHNSTONWOOD	Sudbury Joggers	0:36:09	
11	Paul GILSON	Ipswich Jaffa RC	0:37:01	
12	Cliff MANNING	Sudbury Joggers	0:37:28	
13	David SHEAHAN	Unattached	0:38:34	
14	Peter JAY	Saint Edmund Pacers	0:39:11	
15	Robert MORGAN	Saint Edmund Pacers	0:39:17	
16	Dave STEWARD	Woodbridge Shufflers RC	0:39:37	
17	Peter FINCH	Ipswich Jaffa RC	0:40:52	
18	Steve BRIGHT	Unattached	0:42:23	
19	Joe NAUGHTON	Stowmarket Striders RC	0:43:27	
20	Adrian COLE	Stowmarket Striders RC	0:44:22	
21	Yusuf FIRAT	Haverhill Running Club	0:47:11	
22	Steven REYNOLDS	Unattached	0:48:14	

Mens V60 Section

1	Terry BACK	Ipswich Jaffa RC	0:31:55
2	Stephen PRETTY	Stowmarket Striders RC	0:34:35
3	Neville CLARKE	Newmarket Joggers	0:35:09
4	Chris JOHNS	Woodbridge Shufflers RC	0:37:46
5	Paul MAYCOCK	Capel Cheetahs RC	0:38:59

6 David MARTIN	Unattached	0:40:23
7 Keith BORRETT	Unattached	0:40:48
8 Iain HUNTER	Stowmarket Striders RC	0:41:35
9 George WICKER	Saint Edmund Pacers	0:43:39

Mens V65 Section

1 Phil HYMERS	Saint Edmund Pacers	0:37:46
2 Charles SHOOLBRED	Ipswich Jaffa RC	0:40:06
3 David TAYLOR	Framlingham Flyers	0:42:56
4 David COLEY	Ipswich Jaffa RC	0:45:15
5 Chris AYLMER	Newmarket Joggers	0:46:10

Mens V70 Section

1 Ron MCCULLOUGH	Ipswich Jaffa RC	0:35:10	RECORD
2 John CULLUM	Saint Edmund Pacers	0:45:33	