

SUFFOLK COUNTY A.A. 5MILE CHAMPIONSHIPS  
21st November 2021

**Mens Open**

1	Scott RAMSEY	Hadleigh Hares AC	0:26:36
2	John SCAIFE	Hadleigh Hares AC	0:28:43
3	Jake HAYWARD	Stowmarket Striders Running Club	0:30:12
4	Stuart WARD	Unattached	0:31:09
5	Daniel SUMMERSGILL	Ipswich Jaffa RC	0:31:26
6	Iwan FOTHERGILL	Ipswich Harriers	0:31:30
7	Morgan MOORE	Stowmarket Striders Running Club	0:31:48
8	Will SPINNER	Unattached	0:32:36
9	Stewart WOODS	Stowmarket Striders Running Club	0:33:30
10	Conner James BILNER	Ipswich Jaffa RC	0:40:17
11	Dave FINCH	Unattached	0:43:45
12	Andy HAYWARD	Newmarket Joggers	0:54:20

**Mens V45 Section**

1	John SCAIFE	Hadleigh Hares AC	0:28:43
2	Tim LARKE	Stowmarket Striders Running Club	0:31:19
3	Trevor BUNCH	Haverhill Running Club	0:33:55
4	Dale RIGBY	Hadleigh Hares AC	0:51:56

**Mens V50 Section**

1	Piotr BULACZ	Sudbury Joggers	0:32:56
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**Mens V55 Section**

1	Clive THOMAS	Boxted Runners	0:32:31
2	Dave COPLAND	Ipswich Tri Club	0:33:40
3	Mark AVERY	Ipswich Jaffa RC	0:37:37
4	Peter LANG	Waveney Valley AC	0:55:07

**Mens V60 Section**

1	Terry BACK	Ipswich Jaffa RC	0:33:15
2	Cliff MANNING	Unattached	0:38:02
3	Vaughan MORRIS	Stowmarket Striders Running Club	0:38:55

**Mens V65 Section**

1	Mik CARR	Bungay Black Dog RC	0:42:44
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**Mens V70+ Section**

1	Pat MORGAN	Unattached	0:41:14
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**Womens Open**

1	Kaye BRANTON	Felixstowe RRC	0:35:53
2	Holly TAYLOR	Felixstowe RRC	0:37:07
3	Kay OXFORD	Hadleigh Hares AC	0:38:44
4	Victoria TAPP	Hadleigh Hares AC	0:38:45
5	Lydia SIMMONS	St Edmund Pacers	0:41:05

6	Jessica READ	Unattached	0:41:43
7	Ellie JOHNSON	Unattached	0:42:09
8	Hannah STANSFIELD	Unattached	0:56:13
9	Keren ABBOTT	Unattached	0:56:31
10	Georgia GARVIN	Ipswich Jaffa RC	0:57:36

#### **Womens V40 Section**

1	Kara MOORE-DAMANT	Stowmarket Striders Running Club	0:50:10
2	Hannah PLIMMER	Unattached	0:53:29

#### **Womens V50 Section**

1	Kaye BRANTON	Felixstowe RRC	0:35:53
2	Kay OXFORD	Hadleigh Hares AC	0:38:44
3	Jo HAYWARD	Stowmarket Striders Running Club	0:38:55
4	Helen WING	Stowmarket Striders Running Club	0:39:46
5	Julia MOSS-ECCARDT	Stowmarket Striders Running Club	0:42:20
6	Niki MACSEPHNEY	Unattached	0:56:54

#### **Womens V60 Section**

1	Susannah ROSENBERG	Ipswich Tri Club	0:57:11
2	Soo SMART	Unattached	1:00:59

#### **Womens V70+ Section**

1	Teresa TRANTER	Sudbury Joggers	0:42:30
2	Pam MORGAN	Unattached	0:47:18