

SUFFOLK COUNTY A.A. 10k Champions

Mens Open

4th September 2016

1	Andrew Rooke	Ipswich Jaffa	33.16.21
2	Elliot Palmer	St. Mary's, Twickenham	34.11.36
3	Paul Wain	Ipswich Jaffa	34.42.82
4	Jim Last	Framlingham Flyers	34.48.91
5	Benjamin Turley	Ipswich Jaffa	35.11.24
6	Alex Tripp	Ipswich Harriers	36.51.97
7	Adam Wade	Ipswich Jaffa	36.53.52
8	Joe Carr	Framlingham Flyers	37.34.19
9	Tom Kingsnorth	St.Edmund Pacers	37.44.35
10	Joe Robson	St.Edmund Pacers	38.21.42
11	James Wilson	Saxmundham SR&F	38.35.15
12	Oliver Daykin	Newmarket J	39.14.26
13	Joshua Harte	Unattached	40.30.37
14	Neil Gillingham	Ipswich Harriers	41.43.72
15	Jon Glanfield	Felixstowe RR	41.53.10
16	Dominic Melero	Unattached	42.24.00
17	Geraint White	Ipswich Jaffa	42.40.89
18	James Cornish	Woodbridge Shufflers	43.14.12
19	Mark Lavery	Unattached	43.57.08
20	Sean Kennedy	Woodbridge Shufflers	44.00.57
21	Alastair Bartlett	Woodbridge Shufflers	44.04.78
22	David Dinnage	Framlingham Flyers	44.29.71
23	Thomas Hunnisett	Saxmundham SR&F	44.57.20
24	Marius Emilian David	Unattached	45.28.37
25	Oscar Wood	Unattached	46.14.32
26	Matthew Hunt	Woodbridge Shufflers	46.34.34
27	Barry Capon	Unattached	46.34.74
28	Alex Jacobs	Felixstowe RR	47.11.76
29	George Lankester	Ipswich Jaffa	47.18.16
30	Jonathan Barnes	Unattached	47.34.01
31	Jake Church	Saxmundham SR&F	47.41.79
32	Jordan Bailey	Unattached	47.46.21
33	Andrew Gibson	Stowmarket Striders	49.32.97
34	Ross Cameron	Unattached	49.42.67
35	Ben Cowley	Unattached	50.34.46
36	Jamie Payne	Unattached	50.47.68
37	William McGlennon	Unattached	51.36.57
38	Daniel Summersgill	Unattached	53.09.20
39	Steve Throndyke	Unattached	54.42.03
40	Keelan Smith	Framlingham Flyers	55.00.78
41	Thomas Vale	Unattached	55.01.78
42	Aiden Church	Saxmundham SR&F	55.26.81
43	Neil Lay	Felixstowe RR	61.31.20

Mens V40 Section

1 Garry Cullum	Ipswich Jaffa	37.01.76
2 Carl Thompson	Unattached	38.57.49
3 Benjamin Jacobs	Felixstowe RR	39.05.37
4 Robin Harper	Felixstowe RR	39.38.52
5 Mark Hayden	Ipswich Harriers	41.24.30
6 Jess Farthing	Felixstowe RR	42.13.75
7 James Howlett	Framlingham Flyers	42.25.28
8 James Manly	Unattached	42.35.00
9 Andre Neville	Stowmarket Striders	44.16.03
10 Mike Rowe	Unattached	44.19.63
11 Mark Rose	Ipswich Jaffa	44.27.82
12 Simon Tinkler	Framlingham Flyers	44.50.00
13 Chris Leek	Unattached	45.01.47
14 Martin Jarvis	Unattached	45.14.82
15 Peter Gray	Framlingham Flyers	45.33.15
16 Stephen Howard	Unattached	46.37.74
17 Greg Dodds	Unattached	50.03.48
18 Tim Page	St.Edmund Pacers	51.11.34
19 Stuart Abbott	Unattached	55.16.56

Mens V45 Section

1 Adam Howlett	Framlingham Flyers	35.25.08
2 Darren Sheppard	Framlingham Flyers	38.07.30
3 Scott MacSephney	Ipswich Jaffa	39.23.95
4 Will Aldred	Framlingham Flyers	40.26.33
5 John Thorpe	Ipswich Jaffa	40.31.75
6 Alan Sansom	Woodbridge Shufflers	43.55.18
7 Paul Lacey	Hadleigh H	44.44.43
8 Guy Hayward	Framlingham Flyers	45.29.53
9 Daniel Day	Unattached	45.42.85
10 Kenneth Tovell	Framlingham Flyers	45.54.27
11 Andrew Elliott	Stowmarket Striders	46.03.82
12 Andy Carr	Unattached	46.15.00
13 Shayne Plant	Unattached	46.18.16
14 Carl Davey	Unattached	46.21.31
15 Mark Lankester	Ipswich Jaffa	49.02.23
16 Steve McNamara	Stowmarket Striders	50.06.63
17 Adie Kendall	Unattached	50.17.04
18 Edward Wilson	Unattached	51.23.64
19 Richard Dempsey	Woodbridge Shufflers	54.16.61

Mens V50 Section

1 Paul Holley	Newmarket J	35.43.17
2 Glynn Thomas	Ipswich Jaffa	39.41.55
3 Paul Nickells	Woodbridge Shufflers	40.14.48
4 Paul Brown	Framlingham Flyers	40.58.31
5 Tim Doyle	Unattached	41.30.03
6 Stephen Curran	Framlingham Flyers	42.55.47
7 Robin Mackenzie	Framlingham Flyers	43.46.48
8 Nigel Schofield	St.Edmund Pacers	43.54.63
9 Mark Friston	Unattached	45.02.62
10 Phil Davies	Ipswich Jaffa	47.38.28
11 Philip Beer	Stowmarket Striders	48.03.28
12 Hugh White	Hadleigh H	48.23.96
13 Robert Reason	Unattached	49.36.18
14 Paul McAllister	Hadleigh H	49.45.57
15 Stephen Didcott	Unattached	50.02.99
16 Ian Kennedy	Framlingham Flyers	50.26.93
17 Mark Avery	Ipswich Jaffa	51.20.67
18 Adrian Cole	Stowmarket Striders	56.38.46
19 Ian Stockley	Stowmarket Striders	56.54.56

Mens V55 Section

1 Robin Belsom	Ipswich Jaffa	43.00.62
2 Stephen Hicks	Ipswich Harriers	43.57.08
3 David Seymour	Felixstowe RR	45.00.42
4 Paul Horne	Vegetarian Cycling & AC	48.17.74
5 David Sheahan	Unattached	50.57.06
6 Richard Smith	Felixstowe RR	51.17.90
7 Mon Lee	Ipswich Jaffa	51.28.27
8 Chris Gladwell	Stowmarket Striders	54.03.80
9 Iain Hunter	Stowmarket Striders	56.19.89

Mens V60 Section

1 Robert Mawson	Framlingham Flyers	51.13.12
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Mens V65 Section

1 Tim Newton	Ipswich Jaffa	42.58.48
2 Charles Shoolbred	Ipswich Jaffa	47.44.38
3 Peter Russell	Framlingham Flyers	48.47.15
4 Alan Richardson	Waveney Valley	53.48.06
5 Grayhame Fish	Stowmarket Striders	59.25.12

Womens Open

1 Sara Bird	Ipswich Jaffa	39.18.81
2 Emma Mortimer	Ipswich Jaffa	39.51.28
3 Victoria Breadman	Felixstowe RR	42.49.80
4 Sarah JC Lewis	Woodbridge Shufflers	44.34.94
5 Sasha Chilvers	Framlingham Flyers	45.22.94
6 Rebecca Smith	Unattached	45.36.03
7 Rosie Denny	Woodbridge Shufflers	45.55.28
8 Anna Barton	Unattached	49.52.33
9 Abby Gaeta	Ipswich Jaffa	50.49.91
10 Vicky Mitchell	Unattached	51.33.03
11 Michelle Hewitt	Framlingham Flyers	52.31.87
12 Hazel Harrison	Unattached	52.58.10
13 Angie Jackson	Unattached	53.40.09
14 Sara Davey	Unattached	54.19.52
15 Laura Davis	Unattached	54.40.52
16 Shannen Church	Saxmundham SR&F	56.07.00

Womens V40 Section

1 Odette Robson	St.Edmund Pacers	38.42.72
2 Kate Wooldridge	Ipswich Jaffa	44.54.36
3 Mel Snare	Framlingham Flyers	45.48.70
4 Michelle Bell	Unattached	47.02.93
5 Ruth Manly	Unattached	48.22.41
6 Amanda Dunn	Hadleigh Hares	51.43.67
7 Nicky Roper	Framlingham Flyers	56.59.66
8 Trudie Timms	Framlingham Flyers	57.53.21
9 Liz Beighton	Felixstowe RR	59.07.93
10 Tina Church	Saxmundham SR&F	68.39.60

Womens V45 Section

1 Catherine Belsom	Stowmarket Striders	50.22.21
2 Laura Collinson	Unattached	54.19.10
3 Melody-Anne Neville	Stowmarket Striders	54.50.57
4 Kate Beer	Stowmarket Striders	54.50.73
5 Goldie Yule	Unattached	55.25.15
6 Mandy Godbold	Ipswich Harriers	55.50.06

Womens V50 Section

1 Jenny Sheahan	Unattached	49.58.99
2 Julie Groom	Framlingham Flyers	56.14.92
3 Angela Whiting	Stowmarket Striders	56.48.03
4 Ann Granger	Saxmundham SR&F	57.23.12

Womens V55 Section

1 Belinda Godbold	Ipswich Jaffa	48.30.31
2 Wendy Hughes	Stowmarket Striders	55.45.50
3 Jo Whelan	Felixstowe RR	59.07.80

Womens V60 Section

1 Marion Walker	Framlingham Flyers	51.36.74
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Womens V65 + Section

1 Moira Pinkney	Ipswich Tri	56.06.46
2 Maureen Wright	Ipswich Jaffa	57.35.93
3 Marianne Burnell	Ipswich Jaffa	62.53.30
4 Anne Fish	Stowmarket Striders	63.26.47