

SUFFOLK COUNTY A.A. 10K CHAMPIONSHIPS

Womens Open

1	Sam LINES	Waveney Valley AC	0:36:59
2	Odette ROBSON	St Edmunds Pacers	0:41:44
3	Rebecca SMITH	Unattached	0:41:52
4	Lucy COWLIN	Sudbury Joggers	0:44:10
5	Collette GREEN	Felixstowe RRC	0:45:07
6	Terri GREEN	Ipswich Jaffa RC	0:46:32
7	Gemma PORCH	Stowmarket Striders Running Club	0:47:11
8	Rachel BODSWORTH	Hadleigh Hares AC	0:48:19
9	Erika DOWNS	Felixstowe RRC	0:48:55
10	Lisa DOVE	Sudbury Joggers	0:50:06
11	Lydia KIRK	Framlingham Flyers	0:52:34
12	Jenny MERRY	Sudbury Joggers	0:57:45
13	Anna GRANT	Stowmarket Striders Running Club	0:59:04
14	Laura HALL	Unattached	0:59:44
15	Gemma CANNON	Woodbridge Shufflers Running Club	1:01:41
16	Carina SOUTHGATE	Unattached	1:05:26
17	Chloe GRANT	Unattached	1:05:32
18	Ellen FOSKER	Unattached	1:13:48
19	Lucy AINSLEY	Unattached	1:15:44
20	Alison RENSHAW	Ipswich Jaffa RC	1:23:32

Womens V40 Section

1	Sarah FITCH	Felixstowe RRC	0:45:59
2	Clare MOODIE	Framlingham Flyers	0:52:31
3	Joanne HUTT	Unattached	0:55:43
4	Tamasin WOOD	Framlingham Flyers	0:59:40
5	Angela SOAMES	Felixstowe RRC	1:11:07

Womens V45 Section

1	Odette ROBSON	St Edmunds Pacers	0:41:44
2	Kaye BRANTON	Felixstowe RRC	0:50:58
3	Anna SCANLON	Unattached	0:57:10
4	Goldie YULE	Unattached	0:57:30
5	Joanne CARTWRIGHT	Framlingham Flyers	0:59:47
6	Amanda FRASER FISH	Woodbridge Shufflers Running Club	0:59:59
7	Amanda GOLDSMITH	Unattached	1:00:06
8	Amanda CHILDS	Ipswich Jaffa RC	1:00:18
9	Heidi MATTACK	Unattached	1:03:42
10	Sarah FARRAND	Unattached	1:06:16
11	ALISON LEECH	Stowmarket Striders Running Club	1:11:25

Womens V50 Section

1	Mary NAREY	Stowmarket Striders Running Club	0:47:14
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2	Jackie HANN	Sudbury Joggers	0:50:17
3	Catherine WALSH	Felixstowe RRC	0:51:47
4	Gianna CESARANO	Unattached	0:52:29
5	Sandra MAYHEW	Stowmarket Striders Running Club	0:56:02
6	Kate BEER	Stowmarket Striders Running Club	0:56:02
7	Sandy PHILLIPS	Ipswich Jaffa RC	0:56:40
8	Mandy GODBOLD	Ipswich Harriers	0:59:09
9	Helen RANKIN	Unattached	1:00:43
10	Tracie PARIS-OAKES	Unattached	1:03:57
11	Wendy LEAH	Unattached	1:12:24

Womens V55 Section

1	Jan MURTON	West Suffolk Wheeler Triathlon Club	0:51:12
2	Dawn MARSHALL	St Edmunds Pacers	0:51:59
3	Angela HAAG	Unattached	0:53:57
4	Teresa FRANKLIN	Haverhill Running Club	0:54:17
5	Grace JUDGE	Haverhill Running Club	0:57:33
6	Sandra HISCOX	Haverhill Running Club	1:04:46
7	Jo WHELAN	Felixstowe RRC	1:06:47
8	Claire JAY	Stowmarket Striders Running Club	1:16:38

Womens V60 Section

1	Jenny MORGAN	St Edmunds Pacers	0:50:19
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Womens V65+ Section

1	Julie HASELWOOD	Ipswich Jaffa RC	1:07:35
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Mens Open

1	John MILLAR	Ipswich Harriers	0:30:58
2	Matthew JEFFRIES	Waveney Valley AC	0:33:10
3	Benjamin CARPENDALE	Felixstowe RRC	0:33:18
4	Alexander LAWRENCE	Ipswich Harriers	0:34:00
5	Benjamin TURLEY	Ipswich Jaffa RC	0:35:04
6	Alex TRIPP	Ipswich Harriers	0:35:14
7	Kieran HAYLES	Sudbury Joggers	0:35:38
8	Tom ADAMS	Ipswich Harriers	0:36:45
9	Paul WAIN	Ipswich Jaffa RC	0:37:11
10	Gary TAYLOR	Felixstowe RRC	0:37:12
11	Geraint WHITE	Ipswich Jaffa RC	0:38:22
12	Joe ROBSON	St Edmunds Pacers	0:38:23
13	Oliver MANNING	Unattached	0:38:24
14	Steve MASON	Haverhill Running Club	0:38:24
15	Lee BARBER	Framlingham Flyers	0:38:36
16	Ben CHURCHMAN	Diss & District AC	0:38:53
17	Matthew PAYNE	Unattached	0:38:58
18	Daniel INGLEBY	Ipswich Jaffa RC	0:39:55

19	John ALDRED	Framlingham Flyers	0:40:00
20	Aden BELL	Hadleigh Hares AC	0:40:50
21	Ricky O'NEILL	Ipswich Jaffa RC	0:43:01
22	Jack CHAMBERLAIN	Unattached	0:45:20
23	Stephen NEUMANN	Unattached	0:45:42
24	Jamie TAPLIN	Unattached	0:45:48
25	Thomas HUNNISETT	Saxmundham Sports R & F.C.	0:46:17
26	Ian MOODIE	Unattached	0:46:44
27	Daniel COATES-MELTON	Unattached	0:47:35
28	Sean KENNEDY	Woodbridge Shufflers Running Club	0:47:36
29	Oliver SCHOFIELD	St Edmunds Pacers	0:47:44
30	James EMINSON	Woodbridge Shufflers Running Club	0:48:05
31	Tom MCGINTY	Unattached	0:48:49
32	Dan PARISH	Unattached	0:54:58
33	Brandon MOYES	Unattached	0:56:07
34	Karl CRIDLAND	Unattached	0:58:10
35	Keelan SMITH	Saxmundham Sports R & F.C.	0:59:09
36	Steve ROBERTS	Sudbury Joggers	1:06:23

Mens V40 Section

1	Jim LAST	Framlingham Flyers	0:37:30
2	Benjamin JACOBS	Felixstowe RRC	0:38:07
3	Kevin PEIRCE	Ipswich Harriers	0:38:42
4	Chris LEEK	Framlingham Flyers	0:39:00
5	James CORNISH	Woodbridge Shufflers Running Club	0:39:25
6	Darren COOK	Felixstowe RRC	0:39:27
7	Westley WALKER	Haverhill Running Club	0:41:20
8	Robin HARPER	Felixstowe RRC	0:41:56
9	John SCAIFE	Hadleigh Hares AC	0:48:19
10	Jimmy SECKER	Sudbury Joggers	0:48:53
11	Steven OGLESBY	Haverhill Running Club	0:50:38
12	Andrew BANNAN	Unattached	0:53:21
13	Adrian GREEN	Unattached	1:04:48

Mens V45 Section

1	Adam HOWLETT	Framlingham Flyers	0:35:40
2	Darren SHEPPARD	Framlingham Flyers	0:38:09
3	Mark HAYDEN	Framlingham Flyers	0:39:43
4	Piotr BULACZ	Sudbury Joggers	0:39:53
5	Nick HAMMOND	Framlingham Flyers	0:41:20
6	James MANLY	Unattached	0:41:21
7	Will ALDRED	Framlingham Flyers	0:43:22
8	James HOWLETT	Framlingham Flyers	0:43:46
9	Kerry BUCKLEY	Unattached	0:44:24
10	Kenneth TOVELL	Framlingham Flyers	0:46:41
11	Jason WOOD	Framlingham Flyers	0:54:41
12	Richard CHECKETTS	Framlingham Flyers	0:56:14
13	Adam O'KEEFFE	Unattached	0:58:15

14	Kieron PERRY	Unattached	0:59:54
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Mens V50 Section

1	Charles HANN	Sudbury Joggers	0:40:38
2	Richard HIGGINS	Framlingham Flyers	0:44:32
3	Rod PRIME	Unattached	0:44:47
4	Steve MURTON	West Suffolk Wheeler Triathlon Club	0:45:06
5	Ian GOODERRHAM	St Edmunds Pacers	0:45:51
6	Mark FRISTON	Woodbridge Shufflers Running Club	0:46:37
7	Kevin WHELAN	Felixstowe RRC	0:46:55
8	Richard DEMPSEY	Woodbridge Shufflers Running Club	0:47:02
9	Nigel SCHOFIELD	St Edmunds Pacers	0:47:33
10	Stephen DIXON	Ipswich Jaffa RC	0:47:40
11	Tim BACON	Stowmarket Striders Running Club	0:48:13
12	Mark AVERY	Ipswich Jaffa RC	0:48:54
13	Paul BROUGH	Haverhill Running Club	0:49:05
14	Paul MCALLISTER	Hadleigh Hares AC	0:52:20
15	Robert REASON	Stowmarket Striders Running Club	0:53:31
16	Richard CARRON	Unattached	0:54:09
17	Stephen HATTEN	St Edmunds Pacers	0:54:16
18	Adrian GOODE	Felixstowe RRC	0:55:38
19	Philip BEER	Stowmarket Striders Running Club	0:56:02
20	Ian STOCKLEY	Unattached	0:58:00
21	Trevor PRIOR	Unattached	0:59:00
22	Kevin HAYWARD	Unattached	1:02:08

Mens V55 Section

1	Steve LANGLEY	Ipswich Jaffa RC	0:37:35	Record
2	Peter CLARKE	Diss & District AC	0:40:30	
3	Steve PAUL	Eastern Veterans AC	0:42:08	
4	Stephen HICKS	Ipswich Harriers	0:42:19	
5	Todd LEWIS	Sudbury Joggers	0:42:49	
6	Alistair DICK	Ipswich Jaffa RC	0:43:25	
7	Vaughan MORRIS	Stowmarket Striders Running Club	0:46:16	
8	Ian KENNEDY	Framlingham Flyers	0:47:06	
9	Paul HORNE	Vegetarian Cycling & AC	0:48:51	
10	Simon MERRETT	Unattached	0:49:18	
11	Cliff MANNING	Sudbury Joggers	0:49:37	
12	Peter JAY	St Edmunds Pacers	0:50:01	
13	David SHEAHAN	Unattached	0:51:16	
14	David SEYMOUR	Felixstowe RRC	0:51:48	
15	Peter FINCH	Ipswich Jaffa RC	0:54:06	
16	Richard HARRISON	Unattached	0:57:00	
17	Adrian COLE	Stowmarket Striders Running Club	0:58:44	
18	Kevin DAVIDSON	Unattached	1:01:01	
19	Rod MACGREGOR	Felixstowe RRC	1:01:57	
20	Eric ALLRIGHT	Unattached	1:18:09	

Mens V60 Section

1	Stephen PRETTY	Stowmarket Striders Running Club	0:43:30
2	Clive PURBROOK	Newmarket Joggers	0:49:48
3	Mik CARR	Bungay Black Dog RC	0:49:58
4	Rob MAWSON	Framlingham Flyers	0:50:40
5	Graham WIGLEY	Framlingham Flyers	0:50:51
6	Mon LEE	Ipswich Jaffa RC	0:51:28
7	Ian SILLETT	Felixstowe RRC	0:55:45

Mens V65 Section

1	Chris AYLNER	Newmarket Joggers	0:57:56
2	David COLEY	Ipswich Jaffa RC	0:59:37
3	Ian STEVENS	Unattached	1:03:02