

SCAA 5K Track Championship 2014

Ladies 5k

1 Sara Bird	Woodford Green & EL	17.23.5
2 Odette Robson	St.Edmund Pacers	18.10.1
3 Laura Thomas	Ipswich Jaffa	18.44.1
4 Emma Gorwood	Hadleigh Hares	20.14.6
5 Anna Clayton	St.Edmund Pacers	20.33.5
6 Kate Wooldridge	Ipswich Jaffa	20.39.3
7 Kirsty Morgan	Ipswich Jaffa	20.59.0
8 Katie Margaron	St.Edmund Pacers	21.21.9
9 Amanda Martin	St.Edmund Pacers	22.15.5
10 Dianne Hughes	Stowmarket Striders	22.20.0
11 Sian'Marie Lucas	Haverhill	22.37.1
12 Steffanie Brownhill	St.Edmund Pacers	22.45.7
13 Kirsty Millard	Haverhill	22.45.9
14 Jo Stephenson	Stowmarket Striders	23.01.5
15 Sue Garrod	Stowmarket Striders	23.30.0
16 Karen Page	St.Edmund Pacers	24.39.0
17 Karen Hatton	St.Edmund Pacers	24.58.1
18 Jenny Bird	Stowmarket Striders	25.09.1
19 Eloise Bird	St.Edmund Pacers	25.27.3
20 Secilla Ausiku	Ipswich Jaffa	26.16.6
21 Angela Whiting	Stowmarket Striders	27.02.0

Mens 5K

1 Gavin Davies	Ipswich Jaffa	16.09.8
2 Glenn Douglas	St.Edmund Pacers	16.38.6
3 Robert Chenery	Ipswich Jaffa	16.51.8
4 Jim Last	Framlingham Flyers	17.02.1
5 Darren Sheppard	Framlingham Flyers	17.12.4
6 Warren Birch	Ipswich Jaffa	17.38.4
7 Thomas White	St.Edmund Pacers	17.40.1
8 John Thorpe	Ipswich Jaffa	17.41.9
9 Julian Long	St.Edmund Pacers	17.49.0
10 Martin Lawrence	Haverhill	18.07.8
11 Sam Burdett	Stowmarket Striders	18.13.5
12 Mark Hayward	Stowmarket Striders	18.14.6
13 Tim Larke	Stowmarket Striders	18.16.9
14 Dave Solomon	Felixstowe RR	18.30.1
15 Jan Gazdik	St.Edmund Pacers	18.37.3
16 Dave Lumby	Ipswich Jaffa	18.40.5
17 Scott Williams	Stowmarket Striders	18.42.0
18 Chris Seymour	Stowmarket Striders	18.44.1
19 James Hayward	Stowmarket Striders	18.46.5
20 Robin Harper	Felixstowe RR	18.48.1
21 Brian Rogers	Ipswich Jaffa	18.49.2
22 Stuart White	St.Edmund Pacers	18.53.9
23 Chris Starmer	Stowmarket Striders	18.55.1
24 Mark Watts	St.Edmund Pacers	18.58.1
25 Sam Brooke	Felixstowe RR	19.10.3
26 Peter Bird	St.Edmund Pacers	19.18.6
27 Steve Hughes	Stowmarket Striders	19.21.5
28 Jason Walker	Stowmarket Striders	19.26.1
29 Steve Brooke	Felixstowe RR	19.43.3
30 Russel Breyer	Ipswich Jaffa	19.49.4
31 Vince Calver	Felixstowe RR	19.58.9
32 Robin Belsom	Ipswich Jaffa	20.03.5
33 Chris Reeve	Stowmarket Striders	20.04.4
34 Ian Elden	Haverhill	20.15.1
35 Ivan Lavell	Haverhill	20.19.3

U17 Men 5K

1 Paul Wain	Ipswich Jaffa	17.16.2
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U20 Women 5K

1 Emma Watts	St.Edmund Pacers	19.13.7
2 Alice McGuire	St.Edmund Pacers	22.08.1

U17 Women 5K

1 Emily Moyes	West Suffolk AC	19.34.1
2 Ciara O'Donnell	St.Edmund Pacers	21.55.1