

**SUFFOLK COUNTY A.A. 10K CHAMPIONSHIPS****22nd May 2022****Womens Open**

1	Katie KING	Saint Edmund Pacers	37:28
2	Laura BLAZEY	Saint Edmund Pacers	41:26
3	Katie MARGARSON	Saint Edmund Pacers	43:20
4	Hannah PEARSE	Unattached	43:46
5	Emma FORREST	Saint Edmund Pacers	46:12
6	Annie RICHARDSON	Saint Edmund Pacers	48:10
7	Lara POCOCK	Saint Edmund Pacers	48:11
8	Julie DALE	Unattached	51:27
9	Emily GOODERHAM	Saint Edmund Pacers	51:31
10	Emily ROGERS	Stowmarket Striders RC	56:29
11	Francesca SELF	Newmarket Joggers	57:51
12	Chloe HEEKS	Stowmarket Striders RC	1:02:34
13	Katherine AYKROYD	Felixstowe RRC	1:09:41
14	Molly LEWIS	Saint Edmund Pacers	1:19:37
15	Rebecca TURNER	Unattached	1:22:47

**Womens V40**

1	Nicki DAVIS	Unattached	47:28
2	Claire MASKERY	Stowmarket Striders RC	54:43

**Womens V45**

1	Sandy PAGE	Unattached	46:19
2	Juliet GARNHAM	Stowmarket Striders RC	47:47
3	Natalie HAY	Saint Edmund Pacers	47:59
4	Natalie MASSON	Unattached	1:02:04
5	Janice BECKETT	Lonely Goat RC	1:03:33
6	Kathryn TRUMPESS	Unattached	1:08:49
7	Michelle DAVIES	Unattached	1:09:15

**Womens V50**

1	Wendy SMITH	Saint Edmund Pacers	45:15
2	Catherine BELSOM	Stowmarket Striders RC	1:01:50
3	Lorraine MILLS	Unattached	1:02:08
4	Trudi DUNN	Unattached	1:09:47
5	Jacqueline ALLPORT	Felixstowe RRC	1:12:25

**Womens V55**

1	Sandy THOROGOOD	Sudbury Joggers	45:44
2	Sandra MAYHEW	Stowmarket Striders RC	46:46
3	Kirsty WEAVERS	Saint Edmund Pacers	49:14
4	Sharon WARLAND	Stowmarket Striders RC	53:54
5	Sarah GOLDING	Saint Edmund Pacers	1:01:34

**Womens V60**

1	Jenny SHEAHAN	Eastern Masters AC	52:46
2	Susannah ROSENBERG	Ipswich Triathlon Club	1:14:07
3	Soo SMART	Unattached	1:21:34

**Womens V65**

1	Jenny MORGAN	Saint Edmund Pacers	48:24	<b>RECORD</b>
2	Hazel GARRITY	Bungay Black Dog RC	51:01	

**Mens Open**

1	Jack NIXON	Saint Edmund Pacers	32:58
2	Sam BOREHAM	Haverhill Running Club	33:48
3	Ben BAYLY	Unattached	34:10
4	Scott WILLIAMS	Stowmarket Striders RC	34:20
5	Dan HUTCHISON	Newmarket Joggers	34:47
6	Stuart BUCHAN	Stowmarket Striders RC	36:08
7	Jonathan PYE	Newmarket Joggers	36:53
8	Luke HEATHER	Stowmarket Striders RC	39:25
9	Morgan MOORE	Stowmarket Striders RC	39:26
10	Daniel STOCKS	Saint Edmund Pacers	39:45
11	Oliver SCHOFIELD	Saint Edmund Pacers	40:05
12	Sam SADLER	Newmarket Joggers	40:07
13	Josh SCARLETT	Saint Edmund Pacers	40:30
14	Neil SMITH	Framlingham Flyers	41:39
15	Jamie FITTOCK	Saint Edmund Pacers	42:14
16	Christopher UNDERWOOD	Saint Edmund Pacers	43:44
17	Rob FREIMULLER	Unattached	48:44
18	Ian BLUETT	Unattached	51:07
19	Peter WOODS	Felixstowe RRC	51:46
20	Aaron SELF	Newmarket Joggers	53:39

**Men V40**

1	Matt STEED	Unattached	39:56
2	Keith WILLIAMS	Ipswich Jaffa RC	43:46
3	Tom AYKROYD	Felixstowe RRC	44:37
4	Matthew FITCHETT	Unattached	1:02:57

**Men V45**

1	Tim LARKE	Stowmarket Striders RC	38:43
2	Chris MOWER	Saint Edmund Pacers	38:51
3	Damian ELSDON	Saint Edmund Pacers	40:42
4	Fraser WELSH	Unattached	41:25
5	Robin HARPER	Felixstowe RRC	42:42
6	Ian ELDEN	Haverhill Running Club	43:13
7	Trevor BUNCH	Haverhill Running Club	45:09
8	Peter BIRD	Saint Edmund Pacers	45:38
9	Daniel THOMAS	Saint Edmund Pacers	46:45
10	Jason HARDY	Unattached	1:11:40

**Men V50**

1	Keith TILLEY	Ipswich Jaffa RC	35:52
2	Neil TURNER	Shaftesbury Barnet Harriers	38:15
3	Mike GREENER	Saint Edmund Pacers	38:48
4	Piotr BULACZ	Sudbury Joggers	39:37
5	John THORPE	Ipswich Jaffa RC	39:49
6	Darren SHEPPARD	Framlingham Flyers	40:02
7	Daniel PELLING	Haverhill Running Club	45:02
8	Kerry BUCKLEY	Felixstowe RRC	45:30
9	Mark DAVIES	Saint Edmund Pacers	47:50
10	Andrew WRIGHT	Saint Edmund Pacers	50:39
11	Lee GODDARD	Stowmarket Striders RC	50:45
12	David DAMANT	Stowmarket Striders RC	57:33

**Men V55**

1	Mark ALLEN	Ipswich Jaffa RC	36:35	<b>RECORD</b>
2	Andrew LAWS	Ipswich Jaffa RC	42:13	
3	Dave COPLAND	Ipswich Triathlon Club	42:24	
4	Chris SERVANT	Ipswich Jaffa RC	44:57	
5	Peter WARLAND	Stowmarket Striders RC	45:20	
6	Kevin BIRD	Saint Edmund Pacers	45:29	
7	Stephen HATTEN	Saint Edmund Pacers	47:10	
8	Richard SMITH	Saint Edmund Pacers	49:28	
9	Mark TURNER	Saint Edmund Pacers	51:46	
10	Yusuf FIRAT	Haverhill Running Club	53:18	
11	Richard ALLPORT	Felixstowe RRC	54:23	
12	Robert REASON	Stowmarket Striders RC	54:42	
13	Barry SMITH	Thetford AC	55:06	
14	Paul HEEKS	Stowmarket Striders RC	59:16	
15	Dermot O'RIORDAN	Unattached	1:14:04	
16	Peter LANG	Waveney Valley AC	1:14:22	

**Men V60**

1	Howard BEASLEY	Saint Edmund Pacers	39:42	<b>RECORD</b>
2	James HEATH	Unattached	42:49	
3	Chris STARMER	Stowmarket Striders RC	43:25	
4	Robin BELSOM	Ipswich Jaffa RC	45:54	
5	Robert MORGAN	Saint Edmund Pacers	49:21	
6	Andrew WEBBER	Stowmarket Striders RC	51:56	
7	David FIELD	Stowmarket Striders RC	1:00:38	
8	Adrian COLE	Stowmarket Striders RC	1:00:53	

**Men V65**

1	Terry BACK	Ipswich Jaffa RC	41:06
2	Steven RUE	Saint Edmund Pacers	48:58
3	Mik CARR	Bungay Black Dog RC	58:54

**Men V70**

1	Terry GARRITY	Bungay Black Dog RC	48:26
2	Phil HYMERS	Saint Edmund Pacers	51:32
3	Frank MOGGAN	Stowmarket Striders RC	52:00
4	Chris COOK	Saint Edmund Pacers	1:01:34