

SUFFOLK COUNTY A.A. 10MILE CHAMPIONSHIPS
21st November 2021

Mens Open

1	Danny ROCK	Felixstowe RRC	0:53:46
2	Patrick HANNAH	Unattached	0:55:23
3	Freddie ADAMS	Ipswich Harriers	0:57:30
4	Dan HUTCHISON	Newmarket Joggers	0:58:27
5	Henry CATLING	Felixstowe RRC	1:00:32
6	James WILSON	Saxmundham Sports Running & Fitness Club	1:00:59
7	Neil SMITH	Framlingham Flyers	1:03:43
8	Jake BARNARD	St Edmund Pacers	1:06:26
9	Jack NOBLE	Bure Valley Harriers	1:06:48
10	Jason EVANS	Unattached	1:12:30
11	Rob WINDUS	Unattached	1:15:14
12	Neil DENNIS	Stowmarket Striders Running Club	1:15:56
13	Peter WOODS	Felixstowe RRC	1:24:04

Mens V40 Section

1	Danny ROCK	Felixstowe RRC	0:53:46	RECORD
2	James SMITH	Newmarket Joggers	0:58:09	
3	Aidan COUGHLAN	Felixstowe RRC	0:58:22	
4	Mark HAYWARD	Newmarket Joggers	0:58:37	
5	Ross WILCOX	Stowmarket Striders Running Club	1:06:48	
6	Alastair READ	Felixstowe RRC	1:08:10	
7	Tom ALEXANDER	Woodbridge Shufflers Running Club	1:09:13	
8	Andrew TURNER	Hadleigh Hares AC	1:10:02	
9	Matt BENSON	Sudbury Joggers	1:13:28	
10	Christopher BING	Ipswich Jaffa RC	1:19:09	
11	Neil HUNTING	Unattached	1:19:32	
12	Oliver RICHES	Unattached	1:22:19	
13	Brett DEAKIN	Felixstowe RRC	1:25:28	

Mens V45 Section

1	Christopher BOYT	Felixstowe RRC	1:07:06
2	Richard LEEDER	Stowmarket Striders Running Club	1:08:08
3	Robin HARPER	Felixstowe RRC	1:08:57
4	Jess FARTHING	Felixstowe RRC	1:10:28
5	Marcus CATLIN	Ipswich Jaffa RC	1:12:04
6	Dave BEIGHTON	St Edmund Pacers	1:14:37
7	Richard HARRISON	Unattached	1:16:39
8	Daniel THOMAS	St Edmund Pacers	1:17:17
9	Jason ABLETT	Stowmarket Striders Running Club	1:26:11
10	Jason WARREN	Unattached	1:31:12
11	Alasdair SUTHERLAND	TRISudbury Triathlon Club	1:32:36

Mens V50 Section

1	Adam HOWLETT	Unattached	1:00:53
2	Mike GREENER	St Edmund Pacers	1:01:42

3	Steve BROOKE	Felixstowe RRC	1:04:17
4	Michael DRURY	Unattached	1:06:02
5	Scott MACSEPHNEY	Ipswich Jaffa RC	1:09:03
6	Joe ADAMS	Unattached	1:09:21
7	Dean HEARN	Unattached	1:13:22
8	Kerry BUCKLEY	Felixstowe RRC	1:13:30
9	Adrian PHILLIPPO-GREEN	Capel Cheetahs RC	1:14:44
10	Tim PARNELL	Ipswich Jaffa RC	1:17:00
11	Lee GODDARD	Stowmarket Striders Running Club	1:20:03
12	Jimmy ELMER	Ipswich Jaffa RC	1:20:51
13	Davd APLIN	Unattached	1:21:01

Mens V55 Section

1	Paul HOLLEY	Newmarket Joggers	0:58:45	RECORD
2	Mark ALLEN	Ipswich Jaffa RC	1:00:12	
3	Chris SERVANT	Ipswich Jaffa RC	1:09:38	
4	Nigel SCHOFIELD	St Edmund Pacers	1:11:06	
5	Henry ANDREWS	St Edmund Pacers	1:13:05	
6	Peter WARLAND	Stowmarket Striders Running Club	1:16:37	
7	Stephen HATTEN	St Edmund Pacers	1:19:19	
8	Robert REASON	Stowmarket Striders Running Club	1:22:20	
9	Paul BARTON	Unattached	1:22:27	
10	Phil DAVIES	Ipswich Jaffa RC	1:28:07	
11	Stuart SHEPHERD	St Edmund Pacers	1:41:37	

Mens V60 Section

1	Chris STARMER	Stowmarket Striders Running Club	1:06:56
2	Steve PAUL	Eastern Veterans AC	1:12:23
3	Alan JACKSON	Ipswich Jaffa RC	1:14:18
4	Stephen DUNNETT	Framlingham Flyers	1:14:57
5	Robin BELSOM	Ipswich Jaffa RC	1:17:52
6	Paul SCHWER	Felixstowe RRC	1:20:09
7	Mark WEBSTER	Unattached	1:23:12
8	David SHEAHAN	Unattached	1:24:41
9	David SEYMOUR	Felixstowe RRC	1:26:25
10	Alan HILLYARD	Unattached	1:27:24
11	Peter JOHNSON	Unattached	1:28:21
12	David FIELD	Stowmarket Striders Running Club	1:29:48

Mens V65 Section

1	Michael MCKINNELL	Unattached	1:25:12
2	Stephen BLYTH	Felixstowe RRC	1:26:37
3	Ian SILLETT	Felixstowe RRC	1:34:12
4	Keith BORRETT	Unattached	1:35:38

Mens V70+ Section

1	Stephen MEAD	Stowmarket Striders Running Club	1:09:00	RECORD
2	Frank MOGGAN	Stowmarket Striders Running Club	1:21:27	

Womens Open

1	Natasha DUNNAGE	Ipswich Jaffa RC	1:04:33
2	Kate CREAK	TRISudbury Triathlon Club	1:06:03
3	Valerie GLADWELL	Ipswich Tri Club	1:12:12
4	Kimberley DYE	Ipswich Jaffa RC	1:18:40
5	Kirsty MARSH	Felixstowe RRC	1:40:00
6	Anneli OSTLER	Felixstowe RRC	1:50:47

Womens V40 Section

1	Vivien THOMAS	Unattached	1:20:05
2	Caroline TALBOT	Great Bentley Running Club	1:34:09

Womens V45 Section

1	Valerie GLADWELL	Ipswich Tri Club	1:12:12
2	Sam LINASSI	Felixstowe RRC	1:13:21
3	Heather BUSH	Unattached	1:13:40
4	Juliet GARNHAM	Stowmarket Striders Running Club	1:18:22
5	Claire MORHALL	Unattached	1:30:23
6	Angelique SCULLY	Unattached	1:32:35

Womens V50 Section

1	Mary NAREY	Stowmarket Striders Running Club	1:17:58
2	Debbie CATLING	Unattached	1:21:22
3	Helen YELLOP	Capel Cheetahs RC	1:27:24
4	Samantha COOPER	Hadleigh Hares AC	1:31:01
5	Joanna BLYTH	Felixstowe RRC	1:39:10
6	Gillian CROOT	Unattached	1:45:53

Womens V55 Section

1	Sandy THOROGOOD	Sudbury Joggers	1:16:25
2	Jo STEPHENSON	Stowmarket Striders Running Club	1:22:22
3	Kirsty WEAVERS	St Edmund Pacers	1:22:36
4	Dianne HUGHES	Stowmarket Striders Running Club	1:24:41
5	Sharon WARLAND	Stowmarket Striders Running Club	1:27:39
6	Jackie COLLINS	Felixstowe RRC	1:44:52
7	Emily COOPER-READE	Stowmarket Striders Running Club	1:47:48

Womens V60 Section

1	Julie COOKE	Unattached	1:27:50
2	Jenny SHEAHAN	Eastern Veterans AC	1:28:55
3	Sarah OFFORD	Unattached	1:31:03
4	Jo WHELAN	Felixstowe RRC	1:47:26
5	Jane MOON	Felixstowe RRC	1:53:13

Womens V65 Section

1	Jenny MORGAN	St Edmund Pacers	1:18:45
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RECORD

Womens V70+ Section

1 Maureen WRIGHT

Ipswich Jaffa RC

1:49:05