

SUFFOLK COUNTY A.A. 20MILE CHAMPIONSHIPS  
23rd February 2020

**Mens Open**

1	Danny ROCK	Felixstowe RRC	1:53:27
2	Andrew SOUTHWOOD	Saint Edmund Pacers	2:05:00
3	Chris HALL	Stowmarket Striders Running Club	2:05:12
4	Lee BARBER	Framlingham Flyers	2:09:33
5	Alistair BELSOM	Lonely Goat RC	2:11:38
6	Tony GAVIN	Felixstowe RRC	2:12:38
7	Nathaniel HICKS	Fulham RC	2:12:57
8	Oliver JONES	Norfolk Gazelles AC	2:14:12
9	Matthew AXTON	Saint Edmund Pacers	2:15:08
10	Neil PARRY	City of London Ravens	2:16:20
11	Matt FORD-THOMAS	Framlingham Flyers	2:19:43
12	Andrew ELLIS	Felixstowe RRC	2:21:42
13	Alex ARCHER	Ipswich Jaffa RC	2:23:07
14	Aston RAMSEY	Unattached	2:25:37
15	Stuart WARD	Unattached	2:33:26
16	Jason EVANS	Unattached	2:34:10
17	Neil DENNIS	Stowmarket Striders Running Club	2:49:23
18	Ricky TAYLOR	Unattached	2:55:54
19	Kallum BREWARD	Unattached	3:10:08
20	Richard CREASEY	Unattached	3:15:45
21	David MAYES	Felixstowe RRC	3:20:27
22	Samuel JACKSON	Unattached	3:24:16
23	Coran SUMMERS	Unattached	3:57:25

**Mens V40 Section**

1	Andrew SOUTHWOOD	Saint Edmund Pacers	2:05:00
2	Garry CULLUM	Felixstowe RRC	2:09:59
3	Benjamin JACOBS	Felixstowe RRC	2:14:19
4	James CORNISH	Woodbridge Shufflers Running Club	2:19:50
5	Paul DOCKERILL	Newmarket Joggers	2:24:50
6	Chris MOWER	Saint Edmund Pacers	2:25:02
7	Paul OSBORNE	Felixstowe RRC	2:25:55
8	Robin HARPER	Felixstowe RRC	2:29:50
9	Tom AYKROYD	Felixstowe RRC	2:38:37
10	Philip CHAPPELS	Unattached	2:39:02
11	Mark ROSE	Ipswich Jaffa RC	2:39:13
12	John FARTHING	Unattached	2:40:26
13	David MAGRUDER	Unattached	2:50:50
14	Ben BURROWS	Woodbridge Shufflers Running Club	2:55:30
15	Kevin JOHNSTON	Unattached	2:56:10
16	Ian ROBINSON	Framlingham Flyers	3:07:50
17	Matt SAUNDERS	Felixstowe RRC	3:07:56
18	Leo STEAD	Waveney Valley AC	3:16:05
19	Steve OGLESBY	Haverhill Running Club	3:26:18
20	Jamie BENNETT	Ipswich Jaffa RC	3:28:50

**Mens V45 Section**

1	Trevor BUNCH	Haverhill Running Club	2:19:53
2	Mark LAMBERT	Felixstowe RRC	2:27:16
3	Ian ELDEN	Ipswich Jaffa RC	2:27:47
4	Jess FARTHING	Felixstowe RRC	2:38:13

5	Daniel PELLING	Haverhill Running Club	2:39:04
6	Nick MOON	Unattached	2:48:18
7	David CHURCH	Felixstowe RRC	2:53:49
8	Martin AVIS	Saint Edmund Pacers	2:55:01
9	Mark HAYDEN	Framlingham Flyers	2:55:03
10	Kieron PERRY	Unattached	3:17:32
11	Daniel GOULD	Felixstowe RRC	3:49:55

#### **Mens V50 Section**

1	Chris SEYMOUR	Stowmarket Striders Running Club	2:21:09
2	Mark ALLEN	Ipswich Jaffa RC	2:21:26
3	Charles HANN	Sudbury Joggers	2:23:42
4	Ian DUGGAN	Felixstowe RRC	2:24:41
5	Chris TYE	Ipswich Triathlon Club	2:30:21
6	Jason CATTERMOLE	Ipswich Jaffa RC	2:30:54
7	Kerry BUCKLEY	Felixstowe RRC	2:40:18
8	Simon SINCLAIR	Woodbridge Shufflers Running Club	2:49:55
9	Benjamin SOLWAY	Woodbridge Shufflers Running Club	2:56:05
10	Ian WHITE	Unattached	2:57:12
11	Richard SMITH	Saint Edmund Pacers	2:58:53
12	Carl BERGDAHL	Ipswich Jaffa RC	3:09:03
13	Andrew KYDD	Unattached	3:21:33
14	Paul PRESS	Unattached	3:57:28

#### **Mens V55 Section**

1	Todd LEWIS	Sudbury Joggers	2:14:34
2	Clive THOMAS	Boxted Runners	2:19:19
3	Robin BELSOM	Ipswich Jaffa RC	2:31:33
4	Martin LAWRENCE	Haverhill Running Club	2:33:55
5	Malcolm PIDD	Woodbridge Shufflers Running Club	2:45:36
6	Ian KENNEDY	Framlingham Flyers	2:47:11
7	Peter JAY	Saint Edmund Pacers	3:05:02
8	Cliff MANNING	Unattached	3:18:49
9	Paul SCHWER	Felixstowe RRC	3:27:19
10	Joe NAUGHTON	Stowmarket Striders Running Club	3:40:54
11	Derek POTTER	Lonely Goat RC	3:55:11

#### **Mens V60 Section**

1	Paul WIGENS	Woodbridge Shufflers Running Club	2:48:14
2	Ian SILLETT	Felixstowe RRC	3:18:51
3	David SEYMOUR	Felixstowe RRC	3:22:49
4	Steve BLYTH	Felixstowe RRC	3:26:44
5	Charlie STANNETT	Ipswich Triathlon Club	3:59:45

#### **Mens V65 Section**

1	Tim NEWTON	Ipswich Jaffa RC	2:48:31	<b>RECORD</b>
2	David MOWER	Waveney Valley AC	3:10:11	
3	Keith BORRETT	Suffolk Trail Runners	3:40:54	
4	Joaquim MONTEIRO	Haverhill Running Club	3:51:59	

#### **Mens V70+ Section**

1	Roger BRAND	Saint Edmund Pacers	3:27:56
---	-------------	---------------------	---------

#### **Womens Open**

1	Jessie GOODERHAM	Saint Edmund Pacers	2:25:17
---	------------------	---------------------	---------

2	Katie KING	Saint Edmund Pacers	2:29:26
3	Natasha DUNNAGE	Unattached	2:31:33
4	Catriona WARD SELL	Vegan Runners UK	2:33:37
5	Emma DRURY	Sudbury Joggers	2:35:49
6	Collette GREEN	Felixstowe RRC	2:46:16
7	Lucy COWLIN	Sudbury Joggers	2:50:50
8	Charlotte DURRANT	Stowmarket Striders Running Club	2:54:51
9	Emma THISTLETON	TRISudbury	3:05:32
10	Kelly MCGILL	Thetford AC	3:10:56
11	Susie COVEY	Haverhill Running Club	3:18:44
12	Misty SMITH	Unattached	3:18:55
13	Marion BENNETT	Ipswich Jaffa RC	3:28:48
14	Hayley WILSON	Haverhill Running Club	3:37:20
15	Anneli OSTLER	Felixstowe RRC	3:40:54
16	Becky PALMER	Lowestoft Road Runners	3:42:38
17	Hollie SUTHERLAND	Felixstowe RRC	3:57:40
18	Hayley COLES	Felixstowe RRC	3:58:15

#### Womens V40 Section

1	Jayne CHAPPELS	Unattached	2:40:09
2	Amanda SMITH	Lowestoft Road Runners	3:02:29
3	Clare BAILIE	Stowmarket Striders Running Club	3:08:31
4	Geraldine CLIFFORD	Unattached	3:36:42
5	Charlotte RICHARDSON	Sudbury Joggers	3:57:28

#### Womens V45 Section

1	Sally-Ann BOWEN	Sudbury Joggers	2:52:08
2	Sharon FROST	Saint Edmund Pacers	2:54:36
3	Heather BUSH	Unattached	2:58:16
4	Anna GRAY	Bungay Black Dog RC	2:58:45
5	Emma HARWOOD	Framlingham Flyers	3:10:29
6	Allison JUDD	Unattached	3:11:36
7	Clair JEFFERSON	Unattached	3:30:04
8	Joanna BLYTH	Felixstowe RRC	3:31:26
9	Hayley DONNELLY	Unattached	3:56:51

#### Womens V50 Section

1	Jo STEPHENSON	Stowmarket Striders Running Club	2:51:53
2	Mary NAREY	Stowmarket Striders Running Club	2:54:41
3	Jackie HANN	Sudbury Joggers	2:57:43
4	Sianie PAINTER	Newmarket Joggers	3:25:12

#### Womens V55 Section

1	Sandy THOROGOOD	Sudbury Joggers	2:38:52	<b>RECORD</b>
2	Dee ST LEDGER	Sudbury Joggers	3:02:53	
3	Kirsty WEAVERS	Saint Edmund Pacers	3:12:40	
4	Jenny CHURCH	Felixstowe RRC	3:21:29	
5	Jo WHELAN	Felixstowe RRC	3:40:07	
6	Jackie COLLINS	Felixstowe RRC	3:58:15	

#### Womens V60 Section

1	Wendy HUGHES	Stowmarket Striders Running Club	3:10:18
2	Sue HARGADON	Ipswich Triathlon Club	3:48:32