

**SUFFOLK COUNTY A.A. 10K CHAMPIONSHIPS**  
**25TH JUNE 2023**

**Womens Open**

1	Sam Baxter	Felixstowe Road Runners	00:46:13
2	Juliet Garnham	Stowmarket Striders RC	00:46:50
3	Jenny Steedman	Saint Edmund Pacers	00:46:58
4	Lilian Corbett	Newmarket Joggers	00:46:59
5	Holly Taylor	Felixstowe Road Runners	00:47:08
6	Hannah Canning		00:48:03
7	Cerys Bithell	Newmarket Joggers	00:48:49
8	Maria Riera Turro	Felixstowe Road Runners	00:50:37
9	Kate Heeks	Stowmarket Striders RC	00:52:14
10	Kayleigh Turpin	Felixstowe Road Runners	00:55:03
11	Shannon Higby		00:56:37
12	Aimee Heeks	Stowmarket Striders RC	00:56:50
13	Chloe Heeks	Stowmarket Striders RC	01:01:47

**Womens V40**

1	Sam Baxter	Felixstowe Road Runners	00:46:13
2	Catherine Peck	Saint Edmund Pacers	00:50:55
3	Terri Green	Ipswich Jaffa	00:52:52
4	Lisa Hagen		01:03:03
5	Julie Hooton	Brandon Fern Hoppers	01:08:28
6	Emily Davies		01:11:02
7	Agnieszka Andrzejak	Stowmarket Striders RC	01:17:24
8	Claire Butcher		01:17:27
9	Doranne Brewster	Felixstowe Road Runners	01:17:27

**Womens V45**

1	Juliet Garnham	Stowmarket Striders RC	00:46:50
2	Maxine Lane		00:53:48
3	Ellie Bithell	Newmarket Joggers	00:53:56
4	Emma Hewson		01:10:45

**Womens V50**

1	Debbie Catling	Felixstowe Road Runners	01:02:15
2	Alison Clarke		01:20:17

**Womens V55**

1	Mary Narey	Stowmarket Striders RC	00:48:44
2	Ruth Cowlin	Sudbury Joggers	00:59:35
3	Jacqueline Allport	Felixstowe Road Runners	01:08:25
4	Sharon Warland	Stowmarket Striders RC	01:09:20
5	Deborah O'riordan		01:20:17

**Womens V65**

1	Jenny Morgan	Saint Edmund Pacers	00:50:45
2	Cheryl Trundle	Haverhill RC	00:57:38

**Mens Open**

1	Jack Nixon	Saint Edmund Pacers	00:34:00
2	Mark Hayward	Newmarket Joggers	00:35:33
3	Thomas Mccusker	Cambridge & Coleridge AC	00:35:56
4	Joey Bendall		00:36:46
5	Gary Taylor	Felixstowe Road Runners	00:37:59
6	Steven Griffiths		00:42:18
7	Jacob Freeborough	Newmarket Joggers	00:44:17
8	Christopher Fuller	Saxmundham Sports Running & Fitness Club	00:46:19
9	Shane Mcandrew	Newmarket Joggers	00:46:45
10	Harry Grimsey	Saxmundham Sports Running & Fitness Club	00:47:47
11	Daniel Kohut		00:53:32
12	Simon Pilmer		00:54:13
13	Sam Hardwick	Stowmarket Striders RC	00:54:40
14	Daniel Bye		00:56:40
15	Michael Mcgiff		01:02:19

**Mens V40**

1	Mark Hayward	Newmarket Joggers	00:35:33
2	James Smith	Newmarket Joggers	00:36:14
3	Robert Dobson	Newmarket Joggers	00:37:02
4	Tom Ames	Stowmarket Striders RC	00:39:52
5	Tony Bacon	Haverhill RC	00:42:47
6	Marc Feary	Newmarket Joggers	00:45:36
7	Barley Woodcock		00:45:48
8	Adam Maltpress	Newmarket Joggers	00:48:53
9	Paul Roberts	Newmarket Joggers	00:55:30

**Mens V45**

1	Darren Elsom	Haverhill RC	00:42:30
2	Robin Harper	Felixstowe Road Runners	00:44:06
3	Nick Palmer		00:45:11
4	Jimmy Secker	Saint Edmund Pacers	00:48:21
5	Steven Cleary	Newmarket Joggers	01:17:50

**Mens V50**

1	Keith Tilley	Ipswich Jaffa	00:37:35
2	Piotr Bulacz	Sudbury Joggers	00:40:15
3	Steve Brooke	Felixstowe Road Runners	00:40:33
4	Kerry Buckley	Felixstowe Road Runners	00:46:05
5	David Hooton	Brandon Fern Hoppers	00:47:20
6	Tom Stephens	Felixstowe Road Runners	00:49:42
7	Simon Ward	St Neots Riverside Runners	00:55:43

**Mens V55**

1	Paul Holley	Newmarket Joggers	00:38:55
2	Steve Foster		00:44:40
3	Peter Warland	Stowmarket Striders RC	00:50:36
4	Piers Morgan	Stowmarket Striders RC	00:51:05
5	Richard Allport	Felixstowe Road Runners	00:58:35
6	Paul Heeks	Stowmarket Striders RC	01:05:30

**Mens V60**

1	Clive Thomas	BLC on the Run	00:42:40
2	Robert Morgan	Saint Edmund Pacers	00:49:16

**Mens V65**

1	Brian Rogers	Ipswich Jaffa	00:44:55
2	Graham Chapman	Ely Runners	00:45:00
3	Graham Wigley	Framlingham Flyers	00:47:14
4	Stephen Pretty	Saint Edmund Pacers	00:57:36
5	Mik Carr	Bungay Black Dog RC	01:01:43
6	Chris Gladwell	Stowmarket Striders RC	01:02:55

**Mens V70**

1	Gerry Nixon	Saint Edmund Pacers	00:54:37
2	Chris Cook	Saint Edmund Pacers	01:04:58