

**SUFFOLK COUNTY A.A. 5M CHAMPIONSHIPS  
22ND OCT 2023**

**Womens Open**

1	Katie KING	Saint Edmund Pacers	31:01
2	Kathy WILSON-BROWN	Ipswich Jaffa RC	35:55
3	Juliet GARNHAM	Stowmarket Striders RC	36:34

**Womens V40**

1	Terri GREEN	Ipswich Jaffa RC	39:11
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**Womens V45**

1	Juliet GARNHAM	Stowmarket Striders RC	36:34
2	Suz CARTER-WHITE	Haverhill RC	59:53

**Womens V50**

1	Nicole SMITH	Newmarket Joggers	41:49
2	Sarah VICK	The Saxons	43:35

**Womens V55**

1	Sandra MAYHEW	Stowmarket Striders RC	41:32
2	Ruth COWLIN	Sudbury Joggers	42:56
3	Joanne BOUTTELL	Newmarket Joggers	59:04

**Womens V65**

1	Jenny MORGAN	Saint Edmund Pacers	39:44	RECORD
2	Fiona HOLLAND	London Heathside	42:48	

**Womens V70**

1	Cheryl TRUNDLE	Haverhill RC	44:13
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**Mens Open**

1	Steven QUERCIA-SMALE	Saint Edmund Pacers	26:59
2	Chay HOPKINS	Haverhill RC	27:07
3	Scott WILLIAMS	Saint Edmund Pacers	27:19
4	Joshua WIGMORE	Haverhill RC	29:53
5	Charlie MINNETTE	Haverhill RC	36:34

**Mens V40**

1	James SMITH	Newmarket Joggers	28:10
2	Antony GREEN	Saint Edmund Pacers	35:42

**Mens V45**

1	Paul GAME	Haverhill RC	31:38
2	Andrew SOUTHWOOD	Saint Edmund Pacers	31:51

**Mens V50**

1	Glenn PROCTOR	Unattached	40:11
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**Mens V55**

1	Kevin COLEMAN	Stowmarket Striders RC	32:46
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2	Chris SERVANT	Ipswich Jaffa RC	36:11
3	Piers MORGAN	Stowmarket Striders RC	39:06

#### **Mens V60**

1	Greg DAVIS	Newmarket Joggers	34:52
2	Robert MORGAN	Saint Edmund Pacers	36:40
3	Adrian COLE	Stowmarket Striders RC	45:36

#### **Mens V65**

1	Tim EDMONDS	Ipswich Phoenix RC	35:02
2	Neville CLARKE	Newmarket Joggers	37:22
3	Mik CARR	Bungay Black Dog RC	43:21

#### **Mens V70**

1	Barry OSBORNE	Haverhill RC	39:17
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