

SUFFOLK COUNTY A.A. 10K CHAMPIONSHIPS

14TH APR 2024

Womens Open

| | | | |
|----|--------------------|------------------------|----------|
| 1 | Tracey Pratt | | 45:04 |
| 2 | Becky Smith | Ipswich Jaffa RC | 45:51 |
| 3 | Maria Riera Turro | Felixstowe RRC | 46:01 |
| 4 | Kirsty Wheeler | Lowestoft Road Runners | 50:39 |
| 5 | Amy Bailey | | 51:04 |
| 6 | Rosy Gladstone | | 52:00 |
| 7 | Kim Smith | Diss and District AC | 52:10 |
| 8 | Catherine Walker | | 52:48 |
| 9 | Rachel Mather | | 53:06 |
| 10 | Grace Glover | Lowestoft Road Runners | 54:28 |
| 11 | Zoe Church | | 55:26 |
| 12 | Carys Bailey | | 57:08 |
| 13 | Georgia Pennell | | 57:32 |
| 14 | Lucy Fayers | | 58:46 |
| 15 | Hannah Bewick | | 59:24 |
| 16 | Megan Brand | | 59:41 |
| 17 | Mikaela Heaney | | 01:01:04 |
| 18 | Becs Whittaker | | 01:01:42 |
| 19 | Amelia Heard | | 01:03:35 |
| 20 | Lauren Padmore | | 01:07:01 |
| 21 | Kimberley Clements | Saint Edmund Pacers | 01:07:39 |
| 22 | Lia James | | 01:09:16 |
| 23 | Rhiannon Read | | 01:09:21 |
| 24 | Louise Driscoll | | 01:09:23 |
| 25 | Daisy Aldous | | 01:09:42 |
| 26 | Isobel Boot | | 01:09:55 |
| 27 | Shannon Riches | | 01:10:56 |
| 28 | Serena Mears | | 01:11:56 |
| 29 | Rebecca Sibanda | Bungay Black Dog RC | 01:18:23 |
| 30 | Darcy Swanston | | 01:21:59 |

Womens V40

| | | | |
|---|------------------------|------------------------|----------|
| 1 | Hayley Coleman | Lowestoft Road Runners | 57:37 |
| 2 | Amy Morfitt | | 01:00:52 |
| 3 | Claire Butcher | Felixstowe RRC | 01:03:02 |
| 4 | Lucy Lee | | 01:05:54 |
| 5 | Vicki Parker-Humphreys | | 01:05:54 |
| 6 | Agnieszka Andrzejak | Stowmarket Striders RC | 01:07:59 |
| 7 | Moe Hurst | | 01:10:35 |
| 8 | Karin Lee | Bungay Black Dog RC | 01:17:58 |
| 9 | Emily Harding | Waveney Valley AC | 01:40:27 |

Womens V45

| | | | |
|---|------------------|---------------------------|----------|
| 1 | Cat Wardell | | 46:26 |
| 2 | Kristina Selleck | Haverhill Running Club | 55:51 |
| 3 | Chrissy Palmer | Beccles & Bungay Harriers | 01:03:49 |
| 4 | Michelle Martin | | 01:05:51 |

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|---|-------------------|---------------------|----------|
| 5 | Pauline Midwinter | Bungay Black Dog RC | 01:11:17 |
| 6 | Lindsey Ellis | | 01:11:54 |
| 7 | Sarah James | Waveney Valley AC | 01:13:44 |

Womens V50

| | | | |
|----|--------------------|------------------------|----------|
| 1 | Tracey Pratt | | 45:04 |
| 2 | Juliet Garnham | Stowmarket Striders RC | 46:38 |
| 3 | Melanie Blagden | The Saxons | 57:11 |
| 4 | Sue Cockle | Diss and District AC | 01:00:04 |
| 5 | Kim Stone | Waveney Valley AC | 01:00:06 |
| 6 | Liz Read | | 01:03:34 |
| 7 | Catherine Belsom | | 01:04:19 |
| 8 | Joanne Taylor | | 01:04:21 |
| 9 | Teresa Turberville | | 01:07:03 |
| 10 | Karen Prime | | 01:09:26 |
| 11 | Em Bacon | | 01:09:39 |
| 12 | Paula Granger | | 01:17:31 |

Womens V55

| | | | |
|----|-----------------------|------------------------|----------|
| 1 | Nathalie Hooper | Hadleigh Hares AC | 50:35 |
| 2 | Bridget Wallwin | Newmarket Joggers | 57:42 |
| 3 | Sharon Warland | Stowmarket Striders RC | 58:08 |
| 4 | Victoria Laughland | | 01:01:14 |
| 5 | Karen Flower | The Saxons | 01:02:09 |
| 6 | Angela Smith | Waveney Valley AC | 01:02:45 |
| 7 | Liz Battle | | 01:06:48 |
| 8 | Sarah Avery | | 01:07:04 |
| 9 | Sharon Halpin | Felixstowe RRC | 01:13:49 |
| 10 | Louise Adams | | 01:18:42 |
| 11 | Dawne Laing | | 01:20:04 |
| 12 | Sue Cole | Waveney Valley AC | 01:29:52 |
| 13 | Bella Hewitt-Parkings | | 01:36:21 |

Womens V60

| | | | |
|---|------------------|----------------------|----------|
| 1 | Jenny Sheahan | Eastern Masters AC | 51:27 |
| 2 | Jenny Church | Felixstowe RRC | 57:24 |
| 3 | Debbie Priest | Diss and District AC | 01:00:04 |
| 4 | Theresa Jones | Waveney Valley AC | 01:02:56 |
| 5 | Sue Fletcher | | 01:04:01 |
| 6 | Christine Barker | Lonely Goat RC | 01:08:15 |
| 7 | Amanda Drye | | 01:08:49 |
| 8 | Wendy Boyden | Waveney Valley AC | 01:16:33 |

Womens V65

| | | | |
|---|------------------|-------------------|----------|
| 1 | Sally Garnham | Felixstowe RRC | 01:00:58 |
| 2 | Suzanne Carberry | | 01:07:34 |
| 3 | Sylvia Robbins | Waveney Valley AC | 01:07:37 |
| 4 | Susan Jewson | | 01:10:21 |

Womens V70+

| | | | | |
|---|------------|------------------------|-------|--------|
| 1 | Pam Morgan | Ipswich Triathlon Club | 59:47 | RECORD |
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| 2 | Julie Haselwood | Ipswich Jaffa RC | 01:07:49 |
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Mens Open

| | | | |
|----|--------------------|------------------------|----------|
| 1 | Robert Chenery | Ipswich Jaffa RC | 34:14 |
| 2 | James Wilson | The Saxons | 34:32 |
| 3 | Gary Siggers | Lowestoft Road Runners | 35:33 |
| 4 | George Potter | Waveney Valley AC | 37:50 |
| 5 | Morgan Moore | Stowmarket Striders RC | 38:20 |
| 6 | Joe Hughes | BLC on the Run | 38:36 |
| 7 | Ben Morgan | Stowmarket Striders RC | 39:19 |
| 8 | Christopher Fuller | The Saxons | 41:08 |
| 9 | Ryan Jackson | | 41:41 |
| 10 | Kyle Church | The Saxons | 41:57 |
| 11 | Luke Fitzgerald | Lowestoft Road Runners | 42:17 |
| 12 | Harry Grimsey | The Saxons | 42:25 |
| 13 | Michael Beard | Bungay Black Dog RC | 42:41 |
| 14 | Adam Brown | Lowestoft Road Runners | 42:43 |
| 15 | Jason Beeton | Thetford AC | 43:22 |
| 16 | Jamie Sheehan | | 43:23 |
| 17 | Maciej Zielinski | Waveney Valley AC | 43:27 |
| 18 | Ewan Harbord | Waveney Valley AC | 43:52 |
| 19 | Kevin Simpson | Wymondham AC | 45:16 |
| 20 | Jack Lovick | | 45:30 |
| 21 | Chris Woodcock | Lowestoft Road Runners | 46:13 |
| 22 | Ross Lomax | | 48:09 |
| 23 | Luke Collins | | 48:53 |
| 24 | Richard Smith | Stowmarket Striders RC | 49:19 |
| 25 | Peter Cleaves | | 49:54 |
| 26 | Jak Clark | | 51:01 |
| 27 | Kieran Brennan | | 51:49 |
| 28 | Simon Willis | | 51:55 |
| 29 | Lee Phillips | Lowestoft Road Runners | 52:23 |
| 30 | Nathaniel Birch | | 54:40 |
| 31 | Corey Thurston | | 58:46 |
| 32 | Nick Willis | | 59:28 |
| 33 | Eddie Weisbrod | | 01:01:35 |
| 34 | Matt Makin | Felixstowe RRC | 01:02:51 |
| 35 | Louie Wood | | 01:07:35 |
| 36 | Henry Utting | | 01:09:18 |
| 37 | Jonny Hind | | 01:09:25 |
| 38 | Sorren Day | | 01:17:42 |

Mens V40

| | | | |
|---|------------------------------|------------------------|-------|
| 1 | Philip Green | Stowmarket Striders RC | 38:19 |
| 2 | Ashley Smy | Felixstowe RRC | 39:11 |
| 3 | Benjamin Smith | Haverhill Running Club | 39:29 |
| 4 | Luke Morfitt | | 45:21 |
| 5 | Ernst Erhard Manuel Nicolaus | Lowestoft Road Runners | 45:28 |
| 6 | David Brewster | Felixstowe RRC | 51:32 |
| 7 | James Davey | | 52:11 |
| 8 | Neil Dennis | Stowmarket Striders RC | 54:29 |

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| 9 | Paul Reed | | 57:36 |
| 10 | Jonny Crickmore | | 59:04 |

Mens V45

| | | | |
|----|--------------------|------------------------|----------|
| 1 | Gary Saggars | Lowestoft Road Runners | 35:33 |
| 2 | Simon Pryke | | 40:21 |
| 3 | Alastair Read | Felixstowe RRC | 41:33 |
| 4 | Patrick Goymer | | 42:48 |
| 5 | Chris Squirrell | | 46:00 |
| 6 | Richard Hursthouse | Stowmarket Striders RC | 46:53 |
| 7 | Mark Rose | Ipswich Jaffa RC | 48:51 |
| 8 | Martin Smith | | 55:54 |
| 9 | Simon Gook | | 59:45 |
| 10 | Gregory Liffen | | 59:47 |
| 11 | Carl Wright | | 59:48 |
| 12 | Dean Jacobs | | 01:01:12 |

Mens V50

| | | | |
|----|--------------------|------------------------|----------|
| 1 | Piotr Bulacz | | 39:56 |
| 2 | Tom Stephens | Felixstowe RRC | 45:26 |
| 3 | Malcom Ward-Ashton | | 45:59 |
| 4 | Robert James | Bungay Black Dog RC | 46:06 |
| 5 | David Church | Felixstowe RRC | 48:49 |
| 6 | Matthew Baker | | 52:00 |
| 7 | Simon Parnell | Harleston Running Club | 53:09 |
| 8 | Mark Foulkes | Kesgrave Cruisers | 55:47 |
| 9 | Martyn Woodgate | Bungay Black Dog RC | 01:03:15 |
| 10 | Justin Ostler | Felixstowe RRC | 01:05:35 |

Mens V55

| | | | |
|----|---------------------|-----------------------------|----------|
| 1 | Kevin Coleman | Stowmarket Striders RC | 41:12 |
| 2 | Christopher Blagden | The Saxons | 46:50 |
| 3 | James Mackenzie | Framlingham Flyers | 47:14 |
| 4 | Piers Morgan | Stowmarket Striders RC | 48:41 |
| 5 | Colin Lewis | Saint Edmund Pacers | 50:23 |
| 6 | Steve Cross | Waveney Valley AC | 51:03 |
| 7 | Mark Avery | Ipswich Jaffa RC | 51:45 |
| 8 | Mike James | | 55:16 |
| 9 | John Skelly | Waveney Valley AC | 56:00 |
| 10 | Tony Ludlam | Great Yarmouth Road Runners | 58:54 |
| 11 | Richard Midwinter | Bungay Black Dog RC | 01:03:37 |
| 12 | David Utting | | 01:14:47 |

Mens V60

| | | | |
|---|----------------|------------------------|-------|
| 1 | Robin Belsom | Ipswich Jaffa RC | 46:16 |
| 2 | Stephen Eade | | 48:01 |
| 3 | Richard Avery | | 49:18 |
| 4 | Duncan Chenery | Ipswich Jaffa RC | 51:45 |
| 5 | Andy Menin | | 52:00 |
| 6 | Stuart Dewell | Lowestoft Road Runners | 57:49 |
| 7 | Liam Robinson | | 59:40 |

| | | | |
|---|--------------|------------------------|----------|
| 8 | Derek Potter | Lowestoft Road Runners | 01:07:09 |
| 9 | John Manders | | 01:09:52 |

Mens V65

| | | | |
|---|-----------------|------------------------------|----------|
| 1 | Tim Edmonds | Ipswich Phoenix Running Club | 44:09 |
| 2 | Gary Lowe | The Saxons | 47:39 |
| 3 | Dave Robbie | The Saxons | 54:59 |
| 4 | Roy Brown | Great Yarmouth Road Runners | 55:42 |
| 5 | Mik Carr | Bungay Black Dog RC | 57:26 |
| 6 | Anthony Osborne | | 59:56 |
| 7 | Roy Meadway | | 01:02:06 |

Mens V70+

| | | | |
|---|----------------|---------------------------|----------|
| 1 | Pat Morgan | Ipswich Triathlon Club | 49:32 |
| 2 | Gary Jones | Waveney Valley AC | 50:32 |
| 3 | Paul Squirrell | | 57:24 |
| 4 | David Rothern | Beccles & Bungay Harriers | 01:08:25 |