

**SUFFOLK COUNTY A.A. 5MILE CHAMPIONSHIPS**  
**7TH JUNE 2024**

**Womens Open**

1	Alice HEATHER - HAYES	Ipswich Harriers	31:00
2	Sian KINGSTON	Framlingham Flyers	34:16
3	Holly TAYLOR	Felixstowe RRC	34:49
4	Lily JERROLD	Ipswich Harriers	35:52
5	Kathy WILSON-BROWN	Ipswich Jaffa RC	35:58
6	Maria RIERA TURRO	Felixstowe RRC	36:15
7	Chloe CONNELL	Unattached	36:24
8	Kate SUDELL	Felixstowe RRC	39:06
9	Lydia KINDRED	Vegan Runners UK	39:15
10	Kayleigh TURPIN	Felixstowe RRC	39:35
11	Chloe HEEKS	Stowmarket Striders RC	41:46
12	Molly LEWIS	Unattached	50:39
13	Kirsty LAMB	Unattached	52:28

**Womens V40**

1	Amanda MORTIMER	Ipswich Jaffa RC	35:26
2	Rosanna HOLDEN	Colchester & Tendring AC	40:03
3	Jennifer WRIGHT	Ipswich Jaffa RC	41:01
4	Joanne HARPER	Felixstowe RRC	41:14
5	Amy KADING	Stowmarket Striders RC	45:41
6	Kelly WADE	Ipswich Jaffa RC	46:17
7	Rebecca ELLUL	Felixstowe RRC	46:21
8	Victoria SQUIRRELL	Ipswich Jaffa RC	50:34

**Womens V45**

1	Alice HEATHER - HAYES	Ipswich Harriers	31:00
2	Sian KINGSTON	Framlingham Flyers	34:16
3	Sandy PAGE	Kesgrave Cruisers	35:32
4	Helen JERROLD	Kesgrave Cruisers	35:54
5	Kristina SELLECK	Haverhill Running Club	42:35
6	Emma ROWLINSON	Kesgrave Cruisers	44:41
7	Victoria RAYNER	Unattached	46:19

**Womens V50**

1	Juliet GARNHAM	Stowmarket Striders RC	35:00
2	Rachel TERRY	Stowmarket Striders RC	37:17
3	Karen OFFORD	Stowmarket Striders RC	38:28
4	Deborah STOCKER	Kesgrave Cruisers	38:42
5	Gemma MOSS	Ipswich Jaffa RC	39:22
6	Sarah VICK	The Saxons	41:47
7	Nicky WATSON	Woodbridge Shufflers RC	42:37
8	Faith LEWIS	Saint Edmund Pacers	43:07
9	Melanie BLAGDEN	The Saxons	47:36
10	Debra HAMMOND	Kesgrave Cruisers	49:13
11	Tina CHURCH	The Saxons	53:17
12	Michelle KEEBLE	Framlingham Flyers	54:29
13	Michelle GREEN	Unattached	55:33

**Womens V55**

1	Mary NAREY	Stowmarket Striders RC	37:41	
2	Debbie CATLING	Felixstowe RRC	38:52	
3	Nathalie HOOPER	Hadleigh Hares AC	39:17	
4	Ruth COWLIN	Sudbury Joggers	44:02	
5	Mandy GODBOLD	Ipswich Harriers	47:57	
6	Karen FLOWER	The Saxons	49:05	
7	Julie HARRISON	Ipswich Jaffa RC	59:10	
8	Helen SAAGI	Rushmere Community Runners	1:05:52	

**Womens V60**

1	Val JENNINGS	Ipswich Jaffa RC	36:28	RECORD
2	Claire BROWN	Saint Edmund Pacers	39:16	
3	Jenny SHEAHAN	Eastern Masters AC	40:32	
4	Sarah GOLDING	Saint Edmund Pacers	43:40	
5	Hilary COOK	Felixstowe RRC	52:18	

**Womens V65**

1	Jenny MORGAN	Saint Edmund Pacers	37:25	RECORD
2	Belinda GODBOLD	Hadleigh Hares AC	41:58	
3	Fiona HOLLAND	Hadleigh Hares AC	49:33	

**Womens V70**

1	Jane WALL	Saint Edmund Pacers	40:26	RECORD
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**Mens Open**

1	Brandon BARBER	Ipswich Harriers	25:06	
2	James WILSON	The Saxons	26:57	
3	Keith TILLEY	Ipswich Jaffa RC	28:13	
4	Stuart WARD	Felixstowe RRC	28:58	
5	Gary TAYLOR	Felixstowe RRC	29:07	
6	Stanley PEACHER	Framlingham Flyers	29:11	
7	Harry READ	Ipswich Harriers	29:28	
8	Neill READHEAD	The Saxons	29:42	
9	Geraint WHITE	Felixstowe RRC	30:03	
10	Joe HUGHES	BLC on the Run	31:07	
11	Kyle CHURCH	The Saxons	31:48	
12	Christopher FULLER	The Saxons	32:13	
13	Thomas SOUTHWOOD	Saint Edmund Pacers	32:27	
14	Daniel SUMMERSGILL	Ipswich Jaffa RC	32:55	
15	Harry GRIMSEY	The Saxons	33:47	
16	Ben JACKSON	Felixstowe RRC	34:22	
17	Tom ATTWELL	Stowmarket Striders RC	34:38	
18	Harry PAGE	Ipswich Harriers	35:33	
19	Louis HUNT-COLE	Unattached	36:52	
20	Niall COX	Framlingham Flyers	37:10	
21	Sam TOY	Felixstowe RRC	37:25	
22	Ian BLUETT	Unattached	38:53	
23	George ALLEN	Saint Edmund Pacers	40:05	
24	Stuart HUNT	Hadleigh Hares AC	41:05	
25	Luke STAFFORD	Kesgrave Cruisers	43:09	
26	Patrick COOK	Felixstowe RRC	43:59	
27	Joshua ALLUM	Framlingham Flyers	48:43	
28	Matt MAKIN	Felixstowe RRC	50:06	

**Mens V40**

1	Nicholas CLARKE	Ipswich Jaffa RC	30:12
2	Adam WADE	Ipswich Jaffa RC	30:13
3	Matthew AXTON	Saint Edmund Pacers	30:54
4	Ashley SMY	Felixstowe RRC	31:18
5	Melvyn MAYCOCK	Ipswich Jaffa RC	31:42
6	Ben SMITH	Haverhill Running Club	31:47
7	Neil SMITH	Framlingham Flyers	32:00
8	Dale FOWLER	Ipswich Jaffa RC	33:37
9	Neil DENNIS	Stowmarket Striders RC	36:48
10	Matt YEATTS	Framlingham Flyers	37:42
11	David WENYON	Woodbridge Shufflers RC	38:44
12	Stephen MUNNINGS	Felixstowe RRC	39:18
13	Christopher BING	Ipswich Jaffa RC	39:21
14	Mark SADLER	Felixstowe RRC	39:24
15	Richard SMITH	Stowmarket Striders RC	39:30

**Mens V45**

1	Jim LAST	Framlingham Flyers	28:36
2	James CORNISH	Kesgrave Cruisers	28:48
3	Andrew SOUTHWOOD	Saint Edmund Pacers	28:55
4	Daniel MOLL-MORGAN	Ipswich Harriers	29:11
5	Neal HARDWICK	Kesgrave Cruisers	30:06
6	Alastair READ	Felixstowe RRC	31:17
7	James WRIGHT	TRISudbury	31:51
8	David PERCY	Newmarket Joggers	31:59
9	Marcus CATLIN	Ipswich Jaffa RC	32:18
10	Robin HARPER	Felixstowe RRC	32:43
11	Chris LEEK	Framlingham Flyers	33:19
12	Alec WRIGHT	Ipswich Jaffa RC	33:32
13	James ELLUL	Felixstowe RRC	36:44
14	Phillip TAILBY	Stowmarket Striders RC	37:22
15	Richard HURSTHOUSE	Stowmarket Striders RC	38:06
16	Neil CARTER	Woodbridge Shufflers RC	38:55
17	Mark ROSE	Ipswich Jaffa RC	39:39
18	Mark POWER	Unattached	41:55
19	Rob LAST	Unattached	44:59
20	Darren GREEN	Colchester & Tendring AC	55:34

**Mens V50**

1	Keith TILLEY	Ipswich Jaffa RC	28:13	RECORD
2	Neil COULSON	Felixstowe RRC	29:46	
3	John THORPE	Ipswich Jaffa RC	30:30	
4	Simon STAFFORD	Kesgrave Cruisers	31:25	
5	Piotr BULACZ	Sudbury Joggers	31:54	
6	Steve HALL	Framlingham Flyers	32:15	
7	Christopher BOYT	Felixstowe RRC	33:10	
8	Will ALDRED	Framlingham Flyers	35:05	
9	Kerry BUCKLEY	Felixstowe RRC	35:44	
10	Mark LEWIS	Saint Edmund Pacers	37:14	
11	Richard ATTWELL	Stowmarket Striders RC	39:07	
12	Darin GEARY	Stowmarket Striders RC	44:09	
13	Justin OSTLER	Felixstowe RRC	48:29	

**Mens V55**

1	Mark ALLEN	Ipswich Jaffa RC	29:13	RECORD
2	Steve BROOKE	Felixstowe RRC	30:26	
3	Dave SOLOMON	Felixstowe RRC	30:34	
4	Kevin COLEMAN	Stowmarket Striders RC	33:07	
5	Colin ELLIS	Kesgrave Cruisers	34:10	
6	Tom STEPHENS	Felixstowe RRC	35:32	
7	Chris SERVANT	Ipswich Jaffa RC	35:39	
8	Peter WARLAND	Stowmarket Striders RC	36:30	
9	Richard WHITE	The Saxons	37:28	
10	Christopher BLAGDEN	The Saxons	37:33	
11	Tim PARNELL	Ipswich Jaffa RC	38:45	
12	Warren BIRCH	Ipswich Jaffa RC	39:20	
13	Mark GODBOLD	Ipswich Harriers	39:20	
14	Philip BROWN	Saint Edmund Pacers	40:59	
15	Kevin HAYWARD	Framlingham Flyers	41:20	
16	Phil DAVIES	Ipswich Jaffa RC	41:46	
17	Ian GOODERHAM	Saint Edmund Pacers	42:46	
18	Andy WALTER	Norfolk Gazelles AC	42:53	
19	Nigel JOHNS	Capel Cheetahs	54:02	

**Mens V60**

1	Howard BEASLEY	Saint Edmund Pacers	32:13	
2	Robin MACKENZIE	Framlingham Flyers	33:46	
3	Robin BELSOM	Ipswich Jaffa RC	37:13	
4	Duncan CHENERY	Ipswich Jaffa RC	41:14	
5	Peter LAMBILLION-JAMESON	Unattached	42:16	
6	Alan HILLYARD	Unattached	42:34	
7	Brian MUNNS	Newmarket Joggers	43:15	
8	Derek POTTER	Lowestoft Road Runners	1:01:03	

**Mens V65**

1	Terry BACK	Ipswich Jaffa RC	33:19	RECORD
2	Richard WOLD	Felixstowe RRC	34:36	
3	Timothy EDMONDS	Ipswich Phoenix Running Club	34:39	
4	Alan JACKSON	Ipswich Jaffa RC	36:25	
5	Stephen DUNNETT	Framlingham Flyers	37:02	
6	Gary LOWE	The Saxons	37:46	
7	Stephen PRETTY	Saint Edmund Pacers	41:54	
8	Dave ROBBIE	The Saxons	42:51	
9	Mik CARR	Bungay Black Dog RC	45:10	

**Mens V70**

1	Neville CLARKE	Newmarket Joggers	37:05	
2	Frank MOGGAN	Stowmarket Striders RC	41:42	
3	Philip HYMERS	Saint Edmund Pacers	41:50	
4	Chris COOK	Saint Edmund Pacers	50:44	
5	David COLEY	Ipswich Jaffa RC	50:49	