

**SUFFOLK COUNTY A.A. 10MILE CHAMPIONSHIPS**  
**8TH SEPT 2024**

**Womens Open**

|    |                     |                               |         |
|----|---------------------|-------------------------------|---------|
| 1  | Katie King          | Saint Edmund Pacers           | 1:03:52 |
| 2  | Katie Austin        | Ipswich Jaffa RC              | 1:05:26 |
| 3  | Hayley Magill       | Ipswich Jaffa RC              | 1:07:45 |
| 4  | Emma Mortimer       | Ipswich Phoenix RC            | 1:09:16 |
| 5  | Kathy Wilson-Brown  | Ipswich Jaffa RC              | 1:13:00 |
| 6  | Maria Riera Turro   | Felixstowe RRC                | 1:14:54 |
| 7  | Holly Taylor        | Felixstowe RRC                | 1:15:25 |
| 8  | Anna Skudder        | BLC on the Run                | 1:16:29 |
| 9  | Lisa Clarke         | Ipswich Jaffa RC              | 1:18:18 |
| 10 | Emily Rose Venn     | Unattached                    | 1:21:53 |
| 11 | Hayley Wilson       | Haverhill RC                  | 1:25:15 |
| 12 | Crystal Murray      | Hadleigh Hares AC             | 1:25:17 |
| 13 | Kayleigh Turpin     | Felixstowe RRC                | 1:27:04 |
| 14 | Molly Bergdahl      | Ipswich Jaffa RC              | 1:29:40 |
| 15 | Nikki Scott         | Felixstowe RRC                | 1:30:29 |
| 16 | Emily Tiplady       | Unattached                    | 1:31:11 |
| 17 | Fran Lucey          | Little Baddow Ridge Runners   | 1:31:26 |
| 18 | Madelyn Hawkins     | Unattached                    | 1:32:43 |
| 19 | Hannah Prior        | Unattached                    | 1:33:37 |
| 20 | Elizabeth Woldsmith | Ipswich Phoenix RC            | 1:33:55 |
| 21 | Mel Goodchild       | Unattached                    | 1:34:56 |
| 22 | Laura Bateman       | Vegan Runners UK Country Club | 1:36:11 |
| 23 | Madeleine Venn      | Unattached                    | 1:36:42 |
| 24 | Kelly Frost         | Unattached                    | 1:38:45 |
| 25 | Stephanie Walker    | Unattached                    | 1:38:45 |
| 26 | Katie Meadows       | Felixstowe RRC                | 1:39:16 |
| 27 | Alice Meadows       | Felixstowe RRC                | 1:39:16 |
| 28 | Anca Stadler        | Felixstowe RRC                | 1:47:21 |
| 29 | Adriana Houchell    | Ipswich Jaffa RC              | 1:49:02 |
| 30 | Lauren Searle       | Unattached                    | 1:49:49 |
| 31 | Sapphira Minns      | Unattached                    | 1:51:32 |
| 32 | Mia Cairns          | Unattached                    | 1:51:46 |
| 33 | Lucy Jones          | Unattached                    | 2:00:15 |
| 34 | Hannah Anthony      | Unattached                    | 2:01:51 |
| 35 | Melody Howard       | Unattached                    | 2:06:14 |

**Womens V40**

|    |                   |                         |         |
|----|-------------------|-------------------------|---------|
| 1  | Katie Austin      | Ipswich Jaffa RC        | 1:05:26 |
| 2  | Sam Baxter        | Felixstowe RRC          | 1:12:27 |
| 3  | Hannah Wattam     | Woodbridge Shufflers RC | 1:20:08 |
| 4  | Helen Findley     | Kesgrave Cruisers       | 1:22:37 |
| 5  | Terri Green       | Ipswich Jaffa RC        | 1:28:41 |
| 6  | Leanne Ashdown    | Felixstowe RRC          | 1:33:55 |
| 7  | Kelly Wade        | Ipswich Jaffa RC        | 1:37:21 |
| 8  | Helen Herbert     | Unattached              | 1:42:05 |
| 9  | Claire Butcher    | Felixstowe RRC          | 1:42:47 |
| 10 | Katherine Aykroyd | Felixstowe RRC          | 1:57:16 |

**Womens V45**

|   |                 |            |         |
|---|-----------------|------------|---------|
| 1 | Felicity Burden | Unattached | 1:20:50 |
|---|-----------------|------------|---------|

|    |                      |                         |         |
|----|----------------------|-------------------------|---------|
| 2  | Emma Rowlinson       | Kesgrave Cruisers       | 1:29:31 |
| 3  | Claire Robinson      | Felixstowe RRC          | 1:29:57 |
| 4  | Kelly Guyon          | Unattached              | 1:32:13 |
| 5  | Dominique Ward       | Unattached              | 1:33:44 |
| 6  | Mia Penn             | Unattached              | 1:36:22 |
| 7  | Charlotte Richardson | Unattached              | 1:39:36 |
| 8  | Claire Richardson    | Unattached              | 1:39:34 |
| 9  | Lucia Hardwick       | Kesgrave Cruisers       | 1:39:47 |
| 10 | Lisa Squirrel        | Woodbridge Shufflers RC | 1:43:55 |
| 11 | Pauline Goffin       | BLC on the Run          | 1:48:16 |
| 12 | Haley Duffy          | Ipswich Jaffa RC        | 1:51:33 |
| 13 | Claire Rush          | Kesgrave Cruisers       | 1:54:44 |

#### Womens V50

|    |                  |                            |         |
|----|------------------|----------------------------|---------|
| 1  | Karen Offord     | Stowmarket Striders RC     | 1:21:01 |
| 2  | Deborah Stocker  | Kesgrave Cruisers          | 1:21:39 |
| 3  | Anita Ward       | Cambridge Triathlon Club   | 1:23:11 |
| 4  | Fiona Hunt       | Kesgrave Cruisers          | 1:26:00 |
| 5  | Deb Ching        | Capel Cheetahs             | 1:26:47 |
| 6  | Nicole Smith     | Newmarket Joggers          | 1:30:30 |
| 7  | Angelique Scully | Rushmere Community Runners | 1:38:38 |
| 8  | Emma Calver      | Unattached                 | 1:39:20 |
| 9  | Emma Richbell    | Unattached                 | 1:39:20 |
| 10 | Tabetha Snape    | Unattached                 | 1:42:07 |
| 11 | Melanie Blagden  | The Saxons                 | 1:42:30 |
| 12 | Wendy Quantrill  | Woodbridge Shufflers RC    | 1:43:37 |
| 13 | Katy Windeatt    | Kesgrave Cruisers          | 1:46:19 |
| 14 | Jo Angel         | Unattached                 | 1:50:26 |
| 15 | Faith Lewis      | Saint Edmund Pacers        | 1:56:28 |
| 16 | Sarah Harmon     | Felixstowe RRC             | 2:02:40 |

#### Womens V55

|   |                  |                        |         |
|---|------------------|------------------------|---------|
| 1 | Mary Narey       | Stowmarket Striders RC | 1:20:37 |
| 2 | Debbie Catling   | Felixstowe RRC         | 1:22:36 |
| 3 | Samantha Fulcher | Felixstowe RRC         | 1:24:06 |
| 4 | Rebecca Hughes   | Unattached             | 1:34:30 |
| 5 | Nathalie Hooper  | Hadleigh Hares AC      | 1:36:16 |
| 6 | Samantha Cloud   | Unattached             | 1:37:08 |
| 7 | Karen Flower     | The Saxons             | 1:46:03 |
| 8 | Mandy Godbold    | Ipswich Harriers       | 1:49:39 |

#### Womens V60

|   |                   |                  |         |        |
|---|-------------------|------------------|---------|--------|
| 1 | Val Jennings      | Ipswich Jaffa RC | 1:15:40 | RECORD |
| 2 | Jenny Lynch       | Felixstowe RRC   | 1:31:48 |        |
| 3 | Jo Whelan         | Felixstowe RRC   | 1:41:35 |        |
| 4 | Arabella Lewendon | Felixstowe RRC   | 1:43:23 |        |
| 5 | Jackie Collins    | Felixstowe RRC   | 1:50:12 |        |

#### Womens V65

|   |                |                  |         |
|---|----------------|------------------|---------|
| 1 | Susan Lockhart | Ipswich Jaffa RC | 1:23:38 |
|---|----------------|------------------|---------|

#### Womens V70

|   |                 |                        |         |        |
|---|-----------------|------------------------|---------|--------|
| 1 | Pam Morgan      | Ipswich Triathlon Club | 1:40:11 | RECORD |
| 2 | Julie Haselwood | Ipswich Jaffa RC       | 1:50:42 |        |

**Mens Open**

|    |                       |                          |         |
|----|-----------------------|--------------------------|---------|
| 1  | Michael Gilbert       | Cambridge & Coleridge AC | 55:46   |
| 2  | Benjamin Carpendale   | Felixstowe RRC           | 55:53   |
| 3  | Owen Rees             | Ipswich Phoenix RC       | 57:52   |
| 4  | James Wilson          | The Saxons               | 59:19   |
| 5  | Jonathan Pye          | Newmarket Joggers        | 59:23   |
| 6  | Gary Taylor           | Felixstowe RRC           | 1:02:41 |
| 7  | Alex McCarthy         | Unattached               | 1:02:48 |
| 8  | Neill Readhead        | The Saxons               | 1:03:12 |
| 9  | Lloyd Bradley         | Saint Edmund Pacers      | 1:03:39 |
| 10 | Joe Hughes            | BLC on the Run           | 1:04:35 |
| 11 | Aidan Elmore          | Saint Edmund Pacers      | 1:05:55 |
| 12 | George Mann           | Unattached               | 1:07:33 |
| 13 | Andy Ellis            | Felixstowe RRC           | 1:07:43 |
| 14 | Kyle Church           | The Saxons               | 1:09:22 |
| 15 | Christopher Fuller    | The Saxons               | 1:11:14 |
| 16 | Christopher Underwood | Newmarket Joggers        | 1:11:24 |
| 17 | Rory Hunter           | Ipswich Jaffa RC         | 1:11:40 |
| 18 | John Vinecombe        | Unattached               | 1:13:05 |
| 19 | Harry Grimsey         | The Saxons               | 1:13:45 |
| 20 | Oliver Dixon          | Unattached               | 1:13:50 |
| 21 | Callum Dove           | Unattached               | 1:15:58 |
| 22 | Luke Last             | Unattached               | 1:19:43 |
| 23 | Lewis Heron           | Unattached               | 1:19:43 |
| 24 | Conor Flanagan        | Unattached               | 1:20:29 |
| 25 | Joe Smith             | Unattached               | 1:20:55 |
| 26 | Patrick Holland       | Kesgrave Cruisers        | 1:22:39 |
| 27 | Simon Jacobs          | Felixstowe RRC           | 1:24:45 |
| 28 | Chris Wright          | Felixstowe RRC           | 1:24:56 |
| 29 | Harry Bennington      | Stowmarket Striders RC   | 1:26:44 |
| 30 | Craig Perrin          | Unattached               | 1:29:23 |
| 31 | Aaron Ranieri         | Unattached               | 1:31:01 |
| 32 | Matt Graham           | Unattached               | 1:31:04 |
| 33 | George Allen          | Saint Edmund Pacers      | 1:32:11 |
| 34 | Scott Egerton         | Boxted Runners           | 1:32:29 |
| 35 | Scott Girling         | Capel Cheetahs           | 1:35:51 |
| 36 | Jack Wales            | Unattached               | 1:37:24 |
| 37 | Harry Bergdahl        | Unattached               | 1:37:24 |
| 38 | Ed Abbott             | Woodbridge Shufflers RC  | 1:37:54 |
| 39 | Daniel Smith          | Unattached               | 1:38:55 |
| 40 | Oliver Frater         | Unattached               | 1:40:26 |
| 41 | Bryan Perry           | Unattached               | 1:42:09 |
| 42 | Rob Bentley           | Unattached               | 1:45:43 |
| 43 | Matt Makin            | Felixstowe RRC           | 1:51:36 |
| 44 | Alex Stadler          | Felixstowe RRC           | 1:53:11 |

**Mens V40**

|   |                    |                  |         |
|---|--------------------|------------------|---------|
| 1 | Tony Gavin         | Felixstowe RRC   | 59:06   |
| 2 | Adam Wade          | Ipswich Jaffa RC | 1:04:23 |
| 3 | Ashley Smy         | Felixstowe RRC   | 1:08:11 |
| 4 | Melvyn Maycock     | Ipswich Jaffa RC | 1:09:18 |
| 5 | Daniel Summersgill | Ipswich Jaffa RC | 1:09:27 |
| 6 | Neil Gillingham    | Ipswich Harriers | 1:09:47 |

|    |                   |                        |         |
|----|-------------------|------------------------|---------|
| 7  | Daniel Cavanagh   | Unattached             | 1:17:57 |
| 8  | Rob Warne         | Unattached             | 1:18:58 |
| 9  | Philip Lenev      | BLC on the Run         | 1:19:43 |
| 10 | Graham Bladen     | Unattached             | 1:20:36 |
| 11 | Adam Buckle       | Unattached             | 1:24:01 |
| 12 | Richard Smith     | Stowmarket Striders RC | 1:29:36 |
| 13 | Mark Austin       | Unattached             | 1:30:58 |
| 14 | Matthew Ritchie   | Unattached             | 1:34:31 |
| 15 | Jon Lewis         | Unattached             | 1:34:56 |
| 16 | Stephen Thorndyke | Unattached             | 1:40:17 |

#### Mens V45

|    |                  |                     |         |
|----|------------------|---------------------|---------|
| 1  | Jim Last         | Framlingham Flyers  | 59:34   |
| 2  | James Smith      | Newmarket Joggers   | 1:00:46 |
| 3  | Andrew Southwood | Saint Edmund Pacers | 1:01:58 |
| 4  | Neal Hardwick    | Kesgrave Cruisers   | 1:03:00 |
| 5  | Robin Harper     | Felixstowe RRC      | 1:10:16 |
| 6  | Simon Pryke      | The Saxons          | 1:13:15 |
| 7  | Tom Aykroyd      | Felixstowe RRC      | 1:17:43 |
| 8  | Steven Lane      | Ipswich Jaffa RC    | 1:18:16 |
| 9  | Lewis Grant      | Unattached          | 1:18:39 |
| 10 | Richard Laycock  | Unattached          | 1:19:02 |
| 11 | Mark Scott       | Ipswich Jaffa RC    | 1:19:46 |
| 12 | Torben Wood      | Felixstowe RRC      | 1:19:45 |
| 13 | Mark Gleen       | Kesgrave Cruisers   | 1:20:43 |
| 14 | Nick Moon        | Ipswich Jaffa RC    | 1:21:54 |
| 15 | Rob Smith        | Unattached          | 1:23:17 |
| 16 | Mark Turner      | Unattached          | 1:24:42 |
| 17 | Paul Hubert      | Unattached          | 1:26:02 |
| 18 | Doug Betts       | Unattached          | 1:34:18 |
| 19 | Ian Knights      | Kesgrave Cruisers   | 1:44:23 |
| 20 | Richie Taylor    | Kesgrave Cruisers   | 1:44:51 |
| 21 | Jamie Stringer   | Felixstowe RRC      | 2:02:41 |

#### Mens V50

|    |                       |                            |         |
|----|-----------------------|----------------------------|---------|
| 1  | Neil Coulson          | Felixstowe RRC             | 1:04:13 |
| 2  | Piotr Bulacz          | Sudbury Joggers            | 1:06:19 |
| 3  | Simon Stafford        | Kesgrave Cruisers          | 1:08:18 |
| 4  | Daryl Simpson         | Ipswich Jaffa RC           | 1:10:11 |
| 5  | Jon Battram           | Colchester Harriers AC     | 1:13:00 |
| 6  | Kerry Buckley         | Felixstowe RRC             | 1:14:29 |
| 7  | Peter Bird            | Saint Edmund Pacers        | 1:15:50 |
| 8  | Marcus Brown          | Rushmere Community Runners | 1:17:54 |
| 9  | Matt Sims             | Rushmere Community Runners | 1:18:46 |
| 10 | Thomas Walker         | Woodbridge Shufflers RC    | 1:20:46 |
| 11 | Daniel Pelling        | Haverhill RC               | 1:22:44 |
| 12 | Rob Alder             | Woodbridge Shufflers RC    | 1:23:59 |
| 13 | Greg Dodds            | Woodbridge Shufflers RC    | 1:25:48 |
| 14 | Brad Guyon            | Unattached                 | 1:32:13 |
| 15 | Roger Robinson-Turner | 100 Marathon Club          | 1:34:36 |
| 16 | Paul Frost            | Unattached                 | 1:37:01 |

#### Mens V55

|   |            |                  |         |
|---|------------|------------------|---------|
| 1 | Mark Allen | Ipswich Jaffa RC | 1:01:14 |
|---|------------|------------------|---------|

|    |                  |                         |         |
|----|------------------|-------------------------|---------|
| 2  | Dave Solomon     | Felixstowe RRC          | 1:04:11 |
| 3  | Steve Brooke     | Felixstowe RRC          | 1:05:08 |
| 4  | Duane Howard     | Kesgrave Cruisers       | 1:11:49 |
| 5  | Jason Cattermole | Ipswich Jaffa RC        | 1:12:36 |
| 6  | Kevin Coleman    | Stowmarket Striders RC  | 1:14:11 |
| 7  | Tom Stephens     | Felixstowe RRC          | 1:15:28 |
| 8  | Adam Boyle       | Woodbridge Shufflers RC | 1:18:52 |
| 9  | Stephen Hatten   | Saint Edmund Pacers     | 1:22:38 |
| 10 | Mark Godbold     | Ipswich Harriers        | 1:28:25 |
| 11 | Billy Richmond   | Unattached              | 1:28:38 |
| 12 | Tim Parnell      | Ipswich Jaffa RC        | 1:35:10 |

#### Mens V60

|   |                     |                  |         |
|---|---------------------|------------------|---------|
| 1 | Andrew Laws         | Ipswich Jaffa RC | 1:09:29 |
| 2 | Clive Thomas        | BLC on the Run   | 1:16:29 |
| 3 | John Dunnett        | Capel Cheetahs   | 1:22:27 |
| 4 | Christopher Blagden | The Saxons       | 1:22:52 |
| 5 | Jim Briers          | Unattached       | 1:27:10 |
| 6 | Garry Venn          | Unattached       | 1:35:35 |
| 7 | James Mears         | Haverhill RC     | 1:38:30 |

#### Mens V65

|   |                |                     |         |
|---|----------------|---------------------|---------|
| 1 | Richard Wold   | Felixstowe RRC      | 1:13:34 |
| 2 | Mark Askew     | Capel Cheetahs      | 1:18:28 |
| 3 | Gary Lowe      | The Saxons          | 1:21:03 |
| 4 | Stephen Pretty | Saint Edmund Pacers | 1:29:06 |
| 5 | Martin Garrod  | Ipswich Phoenix RC  | 1:37:35 |
| 6 | Tony Adolphus  | Ipswich Jaffa RC    | 1:39:01 |
| 7 | Stephen Blyth  | Felixstowe RRC      | 1:42:00 |

#### Mens V70

|   |                |                        |         |
|---|----------------|------------------------|---------|
| 1 | Pat Morgan     | Ipswich Triathlon Club | 1:25:53 |
| 2 | Gerry McCarthy | Ipswich Phoenix RC     | 1:37:05 |