

SUFFOLK COUNTY A.A. 10M CHAMPIONSHIPS
14TH SEPT 2025

Mens Open

1	Benjamin Carpendale	Felixstowe RRC	53:37
2	Owen Rees	Ipswich Phoenix Running Club	54:55
3	Haydn Wade	Felixstowe RRC	57:01
4	Thomas Beecroft	Framlingham Flyers	1:08:01
5	Jamie Walden	Unattached	1:08:09
6	Stuart Ward	Felixstowe RRC	1:09:06
7	Benjamin Whiting	Ipswich Phoenix Running Club	1:09:30
8	Rory Hunter	Ipswich Jaffa RC	1:09:38
9	Christopher Underwood	Newmarket Joggers	1:09:58
10	Jack Ward	Unattached	1:14:19
11	James Thomson	Newmarket Joggers	1:16:03
12	Jordan Last	Unattached	1:16:42
13	Harry Grimsey	Cambridge & Coleridge AC	1:19:52
14	George Madgwick	Unattached	1:21:56
15	Steven Finch	Unattached	1:23:06
16	John Winter	Felixstowe RRC	1:23:38
17	Aaron Jones	Unattached	1:25:19
18	James Wright	Lonely Goat RC	1:25:41
19	Calum Harris	Unattached	1:26:38
20	Adam Brown	Unattached	1:27:54
21	Lewis Osborne	Unattached	1:28:21
22	Angus Crosbie	Unattached	1:32:48
23	Thomas Russell	Felixstowe RRC	1:48:17

Mens V40

1	Tony Gavin	Felixstowe RRC	58:28
2	Aidan Coughlan	Felixstowe RRC	59:30
3	Gary Taylor	Felixstowe RRC	1:01:18
4	Jonathan Chapman	Unattached	1:04:38
5	Jason King	Felixstowe RRC	1:09:20
6	Andy Clifton	Unattached	1:12:16
7	Stephen Munnings	Felixstowe RRC	1:14:40
8	Barry Hawtin	Felixstowe RRC	1:15:56
9	Adam Buckle	Unattached	1:19:24
10	Neil Dennis	Stowmarket Striders RC	1:23:15
11	Andrew Anderson Hurst	Kesgrave Kruisers	1:23:23
12	Matt Slocombe	Unattached	1:28:39
13	Thomas Gunson	Unattached	1:36:37
14	Andy Campbell	Unattached	1:40:24
15	Keelan Smith	The Saxons	1:47:38

Mens V45

1	Rob Sparkes	Finch Coasters	1:01:34
2	Alastair Read	Felixstowe RRC	1:04:20
3	Steven Utteridge	Unattached	1:08:06
4	Justin Armstrong	Rushmere Community Runners	1:13:59
5	Robin Harper	Felixstowe RRC	1:17:05
6	James Cornish	Kesgrave Kruisers	1:17:48
7	Tom Aykroyd	Felixstowe RRC	1:19:16
8	Matt Saunders	Felixstowe RRC	1:19:36
9	Alec Wright	Ipswich Phoenix Running Club	1:24:46

Mens V50

1	Neil Coulson	Felixstowe RRC	1:07:30
2	Marcus Catlin	Ipswich Jaffa RC	1:08:38
3	Richard Defries	Newmarket Joggers	1:12:45
4	Matt Trill	Ipswich Jaffa RC	1:15:09
5	Mark Flatman	Ipswich Triathlon Club	1:17:25
6	Paul Stone	Felixstowe RRC	1:20:37
7	Richard Utteridge	Unattached	1:22:13
8	Martin Jarvis	Unattached	1:26:27
9	Richard Hursthouse	Stowmarket Striders RC	1:28:25
10	Michael Davis	Unattached	1:49:31

Mens V55

1	Dave Solomon	Felixstowe RRC	1:03:34
2	Steve Brooke	Felixstowe RRC	1:05:23
3	Alan Oliver	Kesgrave Kruisers	1:13:17
4	Kerry Buckley	Felixstowe RRC	1:13:43
5	Warren Birch	Ipswich Triathlon Club	1:17:39
6	Tom Stephens	Felixstowe RRC	1:17:52
7	Andrew Ward	Saint Edmund Pacers	1:18:53
8	Carl Bergdahl	Ipswich Jaffa RC	1:21:59
9	Garry Macdonald	Felixstowe RRC	1:29:04
10	Darren Wright	Gloucester AC	1:30:32
11	Mark Harris	Kesgrave Kruisers	1:37:59
12	Scott Cairns	Unattached	1:40:43

Mens V60

1	Stuart Mason	Felixstowe RRC	1:20:47
2	Adrian Goode	Felixstowe RRC	1:24:41
3	Robert Walker	Felixstowe RRC	1:24:56
4	Seamus Bennett	Felixstowe RRC	1:32:08
5	Simon Ashton	Lonely Goat RC	1:58:38

Mens V65

1	Richard Wold	Felixstowe RRC	1:12:31
2	Dave Robbie	The Saxons	1:28:06
3	Tony Adolphus	Ipswich Jaffa RC	1:39:39
4	Martin Garrod	Ipswich Phoenix Running Club	1:44:03

Mens V70

1	Pat Morgan	Ipswich Triathlon Club	1:29:06
2	Frank Moggan	Stowmarket Striders RC	1:30:28

Womens Open

1	Rose Nicholson	Waveney Valley AC	1:03:11
2	Hayley Magill	Ipswich Jaffa RC	1:04:32
3	Daisy Brooke	Ipswich Jaffa RC	1:05:55
4	Sara Bird	Ipswich Jaffa RC	1:06:41
5	Kathy Wilson-Brown	Ipswich Jaffa RC	1:08:48
6	Emma Keen	Felixstowe RRC	1:17:05
7	Emily Spence	Ipswich Triathlon Club	1:21:00
8	Lisa Clarke	Ipswich Jaffa RC	1:22:13
9	Natasha Smith	Ipswich Jaffa RC	1:22:27
10	Crystal Murray	Hadleigh Hares AC	1:24:38
11	Chloe Neall	Woodbridge Shufflers RC	1:24:44
12	Emily Barker	Unattached	1:25:54
13	Holly Baker	Unattached	1:27:52
14	Mollie Wright	Ipswich Jaffa RC	1:30:32
15	Siobhan Smith	Unattached	1:31:33
16	Kayleigh Turpin	Felixstowe RRC	1:32:29
17	Cathy Casement	Unattached	1:36:10
18	Sophie Bell	Ipswich Phoenix Running Club	1:37:44
19	Sophie Ingram	Ipswich Jaffa RC	1:38:47
20	Mia Cairns	Unattached	1:40:44
21	Katherine Drage	Unattached	1:41:29
22	Imogen Claydon	The Saxons	1:47:38
23	Sapphira Minns	Unattached	2:00:21
24	Stephanie Van Helvert	Unattached	2:05:24
25	Lauren Challen-Evans	Unattached	2:12:09

Womens V40

1	Rose Nicholson	Waveney Valley AC	1:03:11	RECORD
2	Katie Austin	Ipswich Jaffa RC	1:06:36	
3	Rosie Horsfield	Ipswich Jaffa RC	1:07:21	
4	Sam Baxter	Felixstowe RRC	1:09:24	
5	Amanda Mortimer	Ipswich Jaffa RC	1:17:20	
6	Katarzyna Dabrowska	Capel Cheetahs	1:19:22	
7	Lydia Kindred	Vegan Runners UK	1:21:06	
8	Luz Chavez	Ipswich Jaffa RC	1:23:37	
9	Terri Green	Ipswich Jaffa RC	1:32:52	
10	Helen Harris	Kesgrave Kruisers	1:37:59	
11	Misty Smith	Ipswich Jaffa RC	1:38:51	
12	Danielle Charters	Unattached	1:39:16	
13	Sheryl Abels	Unattached	1:40:24	
14	Katherine Aykroyd	Felixstowe RRC	1:53:33	
15	Roisin Anderson Hurst	Kesgrave Kruisers	1:56:37	

Womens V45

1	Sam Linassi	Felixstowe RRC	1:15:47
2	Clare Moodie	Framlingham Flyers	1:32:08
3	Karen Thorndyke	Unattached	1:34:49
4	Kate Hutson	Ipswich Jaffa RC	1:35:36
5	Jennifer Wright	Ipswich Phoenix Running Club	1:36:30
6	Kaye Stone	Unattached	1:36:48
7	Claire Bigg	Unattached	2:05:26
8	Claire Rush	Kesgrave Kruisers	2:06:39

Womens V50

1	Carol Carter	Newmarket Joggers	1:12:45
2	Deb Ching	Capel Cheetahs	1:24:22
3	Fiona Hunt	Kesgrave Kruisers	1:25:04
4	Rachel Brooke	Ipswich Jaffa RC	1:25:16
5	Heather Bush	Unattached	1:27:11
6	Vanessa Thorpe	Ipswich Triathlon Club	1:32:36
7	Louise Curtis	Vegan Runners UK	1:38:22
8	Lisa Sutherland	Unattached	2:01:17

Womens V55

1	Debbie Catling	Felixstowe RRC	1:23:49
2	Samantha Fulcher	Felixstowe RRC	1:24:55

Womens V60

1	Jan Holmes	Newmarket Joggers	1:38:22
2	Adele Field	Felixstowe RRC	1:39:27
3	Jenny Church	Felixstowe RRC	1:39:49
4	Joanne Bouttell	Newmarket Joggers	1:39:54
5	Michelle Walne	Felixstowe RRC	1:47:59
6	Jackie Collins	Felixstowe RRC	1:51:34
7	Sharon Halpin	Felixstowe RRC	2:07:58

Womens V65

1	Sandra Roberts	Ipswich Jaffa RC	1:24:08
2	Rebecca Hewson	Felixstowe RRC	1:39:11