

SUFFOLK COUNTY A.A. 10MILE CHAMPIONSHIPS

17th November 2019

Mens Open

1	Danny Rock	Felixstowe RRC	00:54:01
2	Scott Ramsey	Hadleigh Hares AC	00:55:20
3	James Calvert	Ipswich Jaffa RC	00:57:29
4	Tony Gavin	Felixstowe RRC	00:58:07
5	Mark Hayward	Newmarket Joggers	00:58:44
6	Patrick Hannah		00:58:50
7	Alastair Angus	St Edmunds Pacers	00:59:14
8	Jack Wilkinson		00:59:51
9	Henry Catling	Felixstowe Road Runners	01:02:35
10	James Nial		01:03:03
11	Aden Bell	Hadleigh Hares AC	01:04:01
12	Alex Archer	Ipswich Jaffa RC	01:04:16
13	Matt Hunter	London Fronrunners	01:07:13
14	Jamie Fittock	St Edmunds Pacers	01:09:43
15	Ed Seeley		01:10:21
16	Christopher Lawrence		01:12:48
17	Samuel Blows		01:13:04
18	Charles Layzell		01:13:48
19	Neil Dennis	Stowmarket Striders Running Club	01:14:33
20	Rob Freimuller		01:17:18
21	Peter Woods	Felixstowe RRC	01:18:15
22	Mark Oxford	Ipswich Tri Club	01:32:13
23	Mohit Mittal		01:33:56

Mens V40 Section

1	James Calvert	Ipswich Jaffa RC	00:57:29
2	Chris Mower	St Edmunds Pacers	01:01:08
3	Tom Kingsnorth	St Edmunds Pacers	01:01:17
4	James Cornish	Woodbridge Shufflers Running Club	01:03:03
5	Ross Wilcox	Stowmarket Striders Running Club	01:06:09
6	Robin Harper	Felixstowe RRC	01:08:55
7	James Ellul	Felixstowe RRC	01:10:21
8	Tom Alexander	Woodbridge Shufflers Running Club	01:11:00
9	Andrew Joscelyne		01:12:42
10	David Reynolds		01:18:08
11	Stephen Neumann		01:18:22
12	George Ashford		01:24:02
13	Tim Sparkes	Stowmarket Striders Running Club	01:43:08

Mens V45 Section

1	Adam Howlett	Framlingham Flyers	00:58:23
2	Carl Baker		01:00:02
3	Piotr Bulacz	Sudbury Joggers	01:05:21
4	Richard Smith	Sudbury Joggers	01:06:02
5	Tom Haslam	Framlingham Flyers	01:08:58
6	Trevor Bunch	Haverhill Running Club	01:10:06
7	Karl Feagan	Hadleigh Hares AC	01:12:46

8	Daniel Thomas	St Edmunds Pacers	01:21:15
9	Mike Thompson		01:36:01
10	Dan Belcher-hackett	Stowmarket Striders Running Club	01:50:32

Mens V50 Section

1	Steven Carruthers	Lowestoft Road Runners	01:02:16
2	Steve Brooke	Felixstowe RRC	01:03:39
3	Mark Allen	Ipswich Jaffa RC	01:05:37
4	Mathew Blacoe	Hadleigh Hares AC	01:07:33
5	Kerry Buckley	Felixstowe RRC	01:11:15
6	Ian White		01:13:48
7	Rob Stevens		01:14:37
8	Peter Warland	Stowmarket Striders Running Club	01:20:24
9	Robert Reason	Stowmarket Striders Running Club	01:20:28
10	Iain Catchpool	Ipswich Jaffa RC	01:23:35
11	Phil Davies	Ipswich Jaffa RC	01:39:20

Mens V55 Section

1	Stephen Paul	Eastern Veterans AC	01:06:51
2	Nigel Schofield	St Edmunds Pacers	01:11:07
3	Ian Mcdermott		01:16:45
4	David Sheahan		01:22:39
5	Adrian Cole	Stowmarket Striders Running Club	01:30:49
6	Peter Finch	Ipswich Jaffa RC	01:30:54
7	Nick Potter		01:32:24
8	Steve Bright	Lonely Goat RC	01:34:14
9	Hugo Sacker		01:38:41

Mens V60 Section

1	Andrew Budd	Capel Cheetahs RC	01:09:41
2	Stephen Dunnett	Framlingham Flyers	01:12:47
3	Mark Webster		01:18:49
4	Chris Johns	Woodbridge Shufflers Running Club	01:19:10
5	Charlie Stannett	Ipswich Tri Club	01:40:05

Mens V65 Section

1	Stephen Mead	Stowmarket Striders Running Club	01:08:16
2	Neville Clarke	Newmarket Joggers	01:14:41
3	Keith Borrett		01:28:21

Mens V70 + Section

1	Frank Moggan	Stowmarket Striders Running Club	01:21:43
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Womens Open

1	Emma Drury	Sudbury Joggers	01:07:33
2	Kate Creak		01:07:53
3	Amy Plumbly	Hadleigh Hares AC	01:12:50
4	Terri Green	Ipswich Jaffa RC	01:13:53
5	Gemma Porch	Stowmarket Striders Running Club	01:15:16
6	Kimberley Dye	Ipswich Jaffa RC	01:20:15

7	Elaine Turner	Hadleigh Hares AC	01:23:23
8	Charlotte Durrant	Stowmarket Striders Running Club	01:23:51
9	Alison Severy	Ipswich Jaffa RC	01:26:37
10	Lydia Kirk	Framlingham Flyers	01:26:45
11	Catherine Davies	Boxted Runners	01:27:37
12	Ivika Thomson		01:33:52
13	Rebecca Ellul	Felixstowe RRC	01:33:57
14	Laura Pearson		01:41:32

Womens V40 Section

1	Amy Plumbly	Hadleigh Hares AC	01:12:50
2	Vivien Thomas	St Edmunds Pacers	01:21:15
3	Marie Barker	Capel Cheetahs RC	01:29:38
4	Dianne Belcher-hackett		01:50:32

Womens V45 Section

1	Vanessa Dolling	Boxted Runners	01:13:23
2	Sally-ann Bowen	Sudbury Joggers	01:15:07
3	Sarah Fitch	Felixstowe RRC	01:15:23
4	Sharon Frost	St Edmunds Pacers	01:21:38
5	Mary Akin-george		01:29:07
6	Karen Hamilton	Stowmarket Striders Running Club	01:34:59
7	Lisa Sutherland	TRISudbury Triathlon Club	01:37:08

Womens V50 Section

1	Mary Narey	Stowmarket Striders Running Club	01:16:33
2	Lin Bolton	Team Dunerunner	01:24:48
3	Debbie Catling		01:30:08
4	Sharon Warland	Stowmarket Striders Running Club	01:31:36
5	Gillian Croot		01:41:32
6	Lisa Dalton	TRISudbury Triathlon Club	01:51:20

Womens V55 Section

1	Val Jennings	Ipswich Jaffa RC	01:13:10	RECORD
2	Jenny Sheahan	Eastern Veterans AC	01:21:03	
3	Sandy Phillips	Ipswich Jaffa RC	01:31:51	
4	Helen Cook		01:32:10	
5	Jo Whelan	Felixstowe RRC	01:46:18	

Womens V60 Section

1	Alison Beech	Ipswich Jaffa RC	01:38:23
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Womens V70 +

1	Maureen Wright	Ipswich Jaffa RC	01:42:04
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