

SUFFOLK COUNTY A.A. 5 Mile Champions  
Sudbury Fun Run - 19th April 2019

Mens Open

1	Daniel O'Boyle	St.Edmund Pacers	27.53
2	Joe Robson	St.Edmund Pacers	28.29
3	Kieran Hayles	Sudbury Joggers	28.43
4	Christopher Poulding	St.Edmund Pacers	29.25
5	James Welsh	Unattached	29.35
6	Scott Williams	Stowmarket Striders	30.03
7	Sam Bayliss	Unattached	30.18
8	Jamie Fittock	St.Edmund Pacers	32.36
9	Iab Old	Ipswich Jaffa	33.00
10	Dylan Bradnam	St.Edmund Pacers	34.03
11	Morgan Moore	Stowmarket Striders	34.05
12	Naoh Clayton	Unattached	35.12
13	Samuel Blows	Unattached	35.44
14	Kevin Millard	Haverhill RC	36.51
15	Simon Hibbert	Unattached	37.55
16	Ross Arnold	Haverhill RC	39.26
17	Ryan Bruty	St.Edmund Pacers	41.58
18	Daniel Richards	Unattached	42.27
19	Nick Allen	St.Edmund Pacers	42.32
20	Andy Hayward	Stowmarket Striders	43.50
21	Tom Codling	TRI Sudbury	48.48
22	Simon Daniel	TRI Sudbury	48.54
23	Michael Bigg	Unattached	50.13
24	Joff Anselmi	Unattached	55.08
25	Christopher Whybrow	Unattached	57.41
26	Steve Roberts	Sudbury Joggers	61.53

Mens V40 Section

1	Chris Mower	St.Edmund Pacers	31.06
2	Murray Baker	TRI Sudbury	31.40
3	Ben Hulbert	Unattached	36.11
4	Tom Parsons	Unattached	37.44
5	Anthony Harris	Sudbury Joggers	40.02
6	Ben Boxall	Unattached	41.39
7	Sean Green	Unattached	48.24
8	Stewart White	St.Edmund Pacers	49.18

Mens V45 Section

1	Adam Howlett	Framlingham Flyers	28.56
2	Darren Sheppard	Framlingham Flyers	29.49
3	Nick Hammond	Framlingham Flyers	31.50
4	Ady Frost	St.Edmund Pacers	32.03
5	Richard Smith	Sudbury Joggers	32.26
6	Ian White	Unattached	34.56
7	Mark White	Haverhill RC	35.28
8	Nigel Barnes	Vegan Runners UK	36.26
9	Adam Mumford	Sudbury Joggers	36.38
10	Justin Fiddaman	Felixstowe RR	38.29
11	Carl Bergdahl	Ipswich Jaffa	39.42
12	Simon Goldsmith	Unattached	40.05
13	Matthew Iannone	Unattached	40.25
14	Steve Chapman	Stowmarket Striders	41.57
15	Karl Savill	Unattached	45.43

Mens V50 Section

1	Jamie Randall	Haverhill RC	34.47
2	Ian Gooderham	St.Edmund Pacers	39.23
3	Glen Avis	Hadleigh Hares	39.47
4	Darryn Nunn	Unattached	40.07
5	Paul McAllister	Hadleigh Hares	41.52
6	Paul Felton	Unattached	43.35
7	Andy Parton	Capel Cheetahs	44.14
8	Ian St.Ledger	Unattached	56.21

Mens V55 Section				
1	Steve Langley	Eastern Masters AC	30.26	
2	Andrew Renshaw	Unattached	35.46	
3	Yusuf Firat	Haverhill RC	35.59	
4	Kevin Bird	St.Edmund Pacers	37.19	
5	Cliff Manning	Sudbury Joggers	38.44	
6	David Sheahan	Unattached	40.33	
7	Chris Rixon	Unattached	42.14	
8	Adrian Cole	Stowmarket Striders	44.51	
9	Steve Bright	Unattached	44.53	
10	Dave Blower	Unattached	48.50	
Mens V60 Section				
1	Stephen Pretty	St.Edmund Pacers	36.36	
2	Iain Hunter	Stowmarket Striders	48.01	
3	Chris Johns	Woodbridge Shufflers	49.54	
Mens V65 Section				
1	Chris Aylmer	Newmarket Joggers	46.09	
2	Dereck Brett	Unattached	49.18	
Mens V70 plus Section				
1	Ron McCullough	Ipswich Jaffa	34.55	<b>RECORD</b>
2	John Cullum	St.Edmund Pacers	48.12	
Womens Open				
1	Daisy Glover	Framlingham Flyers	29:04	<b>EQ.RECORD</b>
2	Jessie Gooderham	St.Edmund Pacers	32.27	
3	Millie Jordan-Lee	Stowmarket Striders	33.47	
4	Catriona Ward Sell	Unattached	33.50	
5	Karen Martin	Haverhill RC	35.27	
6	Emilie Wix	Woodbridge Shufflers	35.47	
7	Hayley Coates	St.Edmund Pacers	36.53	
8	Terri Green	Ipswich Jaffa	38.23	
9	Lisa Dove	Unattached	45.09	
10	Kate Hudson	Ipswich Jaffa	45.33	
11	Deben Faiers	Unattached	45.43	
12	Jodie Lock	Ipswich Jaffa	46.08	
13	Sarah Farley	TRI Sudbury	48.53	
14	Jemma Benson	Haverhill RC	54.10	
15	Kare Moore-Damant	Stowmarket Striders	54.27	
16	Natalie Whybrow	Unattached	57.40	
17	Emma Brown	Haverhill RC	59.46	
18	Laura Nichols	Unattached	78.27	
Womens V40 Section				
1	Rachael Hamblyn	Ipswich Jaffa	37.51	
2	Ruth Kieran	St.Edmund Pacers	42.41	
3	Andrea Hunt	Unattached	44.02	
Womens V45 Section				
1	Odette Robson	St.Edmund Pacers	32.20	
2	Laura Bourne	St.Edmund Pacers	38.40	
3	Suzanne Heath	Ipswich Jaffa	39.46	
4	Catherine Belsom	Stowmarket Striders	42.38	
5	Lisa Harris	Unattached	44.25	
6	Sandra Bumphrey	Capel Cheetahs	45.15	
7	Melonie Evans	Unattached	48.49	
8	Clair Jefferson	Sudbury Joggers	50.03	
9	Nicola Cant	Unattached	56.24	
Womens V50 Section				
1	Gillian Leathers	St.Edmund Pacers	35.19	
2	Diane Parton	Capel Cheetahs	44.14	
3	Jenny Bird	St.Edmund Pacers	45.50	
4	Jacquie Webb	Sudbury Joggers	49.09	
5	Amanda Prior	Capel Cheetahs	50.50	
6	Sally Solomon	Felixstowe RR	54.21	
Womens V55 Section				
1	Jenny Sheahan	Eastern Masters AC	38.51	
2	Kirsty Weavers	St.Edmund Pacers	40.44	
3	Karen Hatton	St.Edmund Pacers	42.41	
4	Maria Reed	Haverhill RC	47.51	
5	Angela Whiting	Stowmarket Striders	51.29	
6	Susannah Rosenberg	Ipswich Tri Club	51.56	
7	Lesley Powell	Unattached	52.46	
8	Sue Hunter	Stowmarket Striders	61.40	