

SUFFOLK COUNTY A.A. 10K Champions
Framlingham 10K - 1st September 2019

Mens Open

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|----|-------------------|--|---------|
| 1 | Andrew ROOKE | Framlingham Flyers | 0:31:40 |
| 2 | James PETTERSSON | Ipswich Harriers | 0:32:45 |
| 3 | Adam HOWLETT | Framlingham Flyers | 0:35:22 |
| 4 | Samuel BURDETT | Stowmarket Striders Running Club | 0:35:29 |
| 5 | Freddie ADAMS | Ipswich Harriers | 0:36:00 |
| 6 | Mark HAYWARD | Newmarket Joggers | 0:36:32 |
| 7 | Lee BARBER | Framlingham Flyers | 0:36:37 |
| 8 | Geraint WHITE | Ipswich Jaffa RC | 0:37:07 |
| 9 | Scott WILLIAMS | Stowmarket Striders Running Club | 0:37:34 |
| 10 | Matt FORD-THOMAS | Saxmundham Sports Running & Fitness Club | 0:37:57 |
| 11 | Gary TAYLOR | Felixstowe RRC | 0:38:15 |
| 12 | Ben CHURCHMAN | Diss & District AC | 0:39:13 |
| 13 | Conner BILNER | Ipswich Jaffa RC | 0:40:44 |
| 14 | Charlie PEACHER | Framlingham Flyers | 0:41:07 |
| 15 | Jack CHAMBERLAIN | Unattached | 0:41:44 |
| 16 | Thomas HAYDEN | Framlingham Flyers | 0:42:09 |
| 17 | Mark HURREN | Beccles and Bungay Harriers | 0:42:29 |
| 18 | Stuart WARD | Unattached | 0:43:05 |
| 19 | Adam GRAHAM | Unattached | 0:43:34 |
| 20 | Sam TAYLOR | Unattached | 0:43:57 |
| 21 | Seb HUTTON-SQUIRE | Unattached | 0:44:14 |
| 22 | Kyle CHURCH | Saxmundham Sports Running & Fitness Club | 0:45:18 |
| 23 | Morgan MOORE | Stowmarket Striders Running Club | 0:46:33 |
| 24 | Thomas HUNNISETT | Saxmundham Sports Running & Fitness Club | 0:46:40 |
| 25 | Kenneth WRIGHT | Ipswich Jaffa RC | 0:46:41 |
| 26 | Christopher BING | Ipswich Jaffa RC | 0:47:01 |
| 27 | Sean KENNEDY | Woodbridge Shufflers Running Club | 0:47:25 |
| 28 | Richard SEAMAN | Unattached | 0:47:45 |
| 29 | Daniel SNOWDEN | Framlingham Flyers | 0:48:48 |
| 30 | John MCKEE | Framlingham Flyers | 0:49:19 |
| 31 | Brandon MOYES | Unattached | 0:49:44 |
| 32 | Peter WOODS | Felixstowe RRC | 0:49:54 |
| 33 | Xavier DOWNEY | Unattached | 0:50:30 |
| 34 | Lance ESCOBAR | Diss & District AC | 0:51:06 |
| 35 | Coran SUMMERS | Woodbridge Shufflers Running Club | 0:53:22 |
| 36 | Chris MCWHINNEY | Unattached | 0:53:39 |
| 37 | Keelan SMITH | Saxmundham Sports Running & Fitness Club | 0:58:58 |

Mens V40 Section

| | | | |
|---|-----------------|-----------------------------------|---------|
| 1 | Jim LAST | Framlingham Flyers | 0:35:35 |
| 2 | Benjamin JACOBS | Felixstowe RRC | 0:37:26 |
| 3 | Kevin PEIRCE | Ipswich Harriers | 0:38:07 |
| 4 | James CORNISH | Woodbridge Shufflers Running Club | 0:39:02 |
| 5 | Simon HARRIS | Newmarket Joggers | 0:39:27 |
| 6 | Mark LAVERY | Unattached | 0:41:55 |

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|----|-----------------|----------------|---------|
| 7 | Robin HARPER | Felixstowe RRC | 0:42:13 |
| 8 | Stuart WRIGHT | Felixstowe RRC | 0:42:39 |
| 9 | Mike ROWE | Unattached | 0:43:20 |
| 10 | Mathew CHAPPLE | Unattached | 0:44:27 |
| 11 | Len SAUNDERS | Felixstowe RRC | 0:45:38 |
| 12 | Martin JARVIS | Unattached | 0:48:00 |
| 13 | Paul SPARROW | Unattached | 0:56:40 |
| 14 | Jonathan HOLDEN | Unattached | 1:08:50 |

Mens V45 Section

| | | | |
|----|-----------------|-----------------------------|---------|
| 1 | Adam HOWLETT | Framlingham Flyers | 0:35:22 |
| 2 | Carl BAKER | Unattached | 0:36:07 |
| 3 | Piotr BULACZ | Sudbury Joggers | 0:38:28 |
| 4 | Darren SHEPPARD | Framlingham Flyers | 0:38:50 |
| 5 | Mark HAYDEN | Framlingham Flyers | 0:38:57 |
| 6 | Nick HAMMOND | Framlingham Flyers | 0:39:04 |
| 7 | Joe ADAMS | Unattached | 0:39:31 |
| 8 | Will ALDRED | Framlingham Flyers | 0:40:23 |
| 9 | Tom HASLAM | Framlingham Flyers | 0:41:19 |
| 10 | Simon TINKLER | Framlingham Flyers | 0:42:56 |
| 11 | Simon STAFFORD | Unattached | 0:43:04 |
| 12 | James HOWLETT | Framlingham Flyers | 0:43:31 |
| 13 | Kerry BUCKLEY | Felixstowe RRC | 0:44:23 |
| 14 | Anthony SINDEN | Beccles and Bungay Harriers | 0:46:02 |
| 15 | Alan BROWN | Unattached | 0:47:48 |
| 16 | Kenneth TOVELL | Framlingham Flyers | 0:48:22 |
| 17 | Mark DOWNEY | Felixstowe RRC | 0:50:31 |
| 18 | Kieron PERRY | Unattached | 0:52:54 |
| 19 | Jason FINBRA | Unattached | 0:55:56 |
| 20 | Lee CORNISH | Unattached | 0:56:53 |
| 21 | Justin OSTLER | Felixstowe RRC | 1:03:09 |

Mens V50 Section

| | | | |
|----|--------------------|-----------------------------------|---------|
| 1 | Dave SOLOMON | Felixstowe RRC | 0:38:41 |
| 2 | Steve BROOKE | Felixstowe RRC | 0:38:51 |
| 3 | Tim PARNELL | Unattached | 0:46:02 |
| 4 | Kevin WHELAN | Felixstowe RRC | 0:46:24 |
| 5 | Gabriel MARTINS | Ipswich Jaffa RC | 0:46:44 |
| 6 | Stephen DIDCOTT | Unattached | 0:47:34 |
| 7 | David WOODS | Waveney Valley AC | 0:48:10 |
| 8 | Alan SANSOM | Woodbridge Shufflers Running Club | 0:48:11 |
| 9 | Robbie BURT | St Edmunds Pacers | 0:56:04 |
| 10 | Duncan CHAMBERLAIN | Ipswich Jaffa RC | 0:59:37 |
| 11 | Mark CROMPTON | Unattached | 1:01:41 |
| 12 | Ian STOCKLEY | Unattached | 1:01:53 |

Mens V55 Section

| | | | |
|---|-----------------|--------------------|---------|
| 1 | Peter CLARKE | Diss & District AC | 0:40:14 |
| 2 | Stephen HICKS | Ipswich Harriers | 0:41:52 |
| 3 | Robin MACKENZIE | Framlingham Flyers | 0:41:55 |
| 4 | Robin BELSOM | Ipswich Jaffa RC | 0:43:45 |

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|----|---------------------|-----------------------------------|---------|
| 5 | Howard REVELL | Framlingham Flyers | 0:44:17 |
| 6 | Tim CHERRETT | Framlingham Flyers | 0:45:23 |
| 7 | Steve WHITTAKER | Woodbridge Shufflers Running Club | 0:46:00 |
| 8 | Alistair DICK | Ipswich Jaffa RC | 0:46:16 |
| 9 | Vaughan MORRIS | Stowmarket Striders Running Club | 0:46:21 |
| 10 | Ian KENNEDY | Framlingham Flyers | 0:47:37 |
| 11 | Stuart MASON | Felixstowe RRC | 0:47:52 |
| 12 | Paul SCHWER | Felixstowe RRC | 0:48:08 |
| 13 | David SHEAHAN | Unattached | 0:50:00 |
| 14 | Christopher BLAGDEN | Unattached | 0:51:47 |
| 15 | Steven MITCHELL | Ipswich Jaffa RC | 0:52:12 |
| 16 | David SEYMOUR | Felixstowe RRC | 0:52:50 |
| 17 | William BURDETT | Stowmarket Striders Running Club | 0:53:59 |
| 18 | Adrian COLE | Stowmarket Striders Running Club | 0:54:38 |
| 19 | Steve BRIGHT | Lonely Goat RC | 0:57:15 |
| 20 | Kevin DAVIDSON | Unattached | 1:03:41 |
| 21 | Peter BOLTON | Team Dunerunner | 1:04:05 |

Mens V60 Section

| | | | |
|---|---------------------|--|---------|
| 1 | Gary LOWE | Saxmundham Sports Running & Fitness Club | 0:47:54 |
| 2 | Graham WIGLEY | Framlingham Flyers | 0:48:04 |
| 3 | Clive PURBROOK | Newmarket Joggers | 0:51:09 |
| 4 | John FEENEY-HOWELLS | Suffolk Trail Runners | 0:52:27 |
| 5 | Richard SMITH | Felixstowe RRC | 0:56:11 |
| 6 | Iain HUNTER | Stowmarket Striders Running Club | 0:59:49 |

Mens V65 Section

| | | | |
|---|-----------------|----------------------------|---------|
| 1 | Bill KINGABY | Waveney Valley AC | 0:47:23 |
| 2 | Peter RUSSELL | Framlingham Flyers | 0:56:42 |
| 3 | Michael CLAPHAM | Rushmere Community Runners | 1:06:32 |

Mens V70+ Section

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|---|----------------|------------------|---------|---------------|
| 1 | Ron MCCULLOUGH | Ipswich Jaffa RC | 0:44:52 | RECORD |
|---|----------------|------------------|---------|---------------|

Womens Open

| | | | |
|----|----------------------|-----------------------------------|---------|
| 1 | Claire CAIGER | Unattached | 0:40:58 |
| 2 | Emilie WIX | Woodbridge Shufflers Running Club | 0:43:10 |
| 3 | Holly TAYLOR | Felixstowe RRC | 0:45:14 |
| 4 | Kirstie GLADWELL | Framlingham Flyers | 0:46:06 |
| 5 | Fliss KINDRED KIRK | Framlingham Flyers | 0:47:24 |
| 6 | Jasmine BILNER | Ipswich Jaffa RC | 0:47:32 |
| 7 | Jess ELMER | Unattached | 0:47:33 |
| 8 | Lizzie HICKS | Lonely Goat RC | 0:48:23 |
| 9 | Kimberley DYE | Ipswich Jaffa RC | 0:50:16 |
| 10 | Lizzie ESCOBAR | Diss & District AC | 0:51:05 |
| 11 | Lydia KIRK | Framlingham Flyers | 0:51:44 |
| 12 | Jessica HAMBIRA | Unattached | 0:53:48 |
| 13 | Sarah ANDERSON-MCKEE | Felixstowe RRC | 0:55:13 |
| 14 | Abby PALMAN | Unattached | 0:58:11 |
| 15 | Rebecca DARCEY | Unattached | 0:59:05 |
| 16 | Amy LEVER | Unattached | 0:59:11 |
| 17 | Lucy DRIVER | Felixstowe RRC | 1:02:23 |

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|----|-------------------|------------------------|---------|
| 18 | Anneli OSTLER | Felixstowe RRC | 1:05:45 |
| 19 | Lindsay CHURCHMAN | Unattached | 1:08:34 |
| 20 | Rebecca BUCKLES | Ipswich Triathlon Club | 1:11:26 |
| 21 | Deborah MCWHINNEY | Unattached | 1:13:23 |

Womens V40 Section

| | | | |
|----|-------------------|----------------------------------|---------|
| 1 | Victoria STACE | Framlingham Flyers | 0:47:58 |
| 2 | Sandy PAGE | Unattached | 0:48:45 |
| 3 | Hazel HARRISON | Framlingham Flyers | 0:48:58 |
| 4 | Ruth KIERAN | St Edmunds Pacers | 0:49:47 |
| 5 | Rebecca LANGFORD | Waveney Valley AC | 0:49:50 |
| 6 | Anki NORDIN | Unattached | 1:00:02 |
| 7 | Rebecca PEIRCE | Unattached | 1:01:06 |
| 8 | Kara MOORE DAMANT | Stowmarket Striders Running Club | 1:09:13 |
| 9 | Donna LAVERY | Unattached | 1:13:26 |
| 10 | Faye JACOBS | Unattached | 1:30:42 |

Womens V45 Section

| | | | |
|---|--------------------|--|---------|
| 1 | Suzi WHYMARK | Unattached | 0:48:21 |
| 2 | Gemma MOSS | Ipswich Jaffa RC | 0:54:57 |
| 3 | Trudie TIMMS | Framlingham Flyers | 0:57:46 |
| 4 | Catherine BELSOM | Stowmarket Striders Running Club | 0:59:18 |
| 5 | Karen POTTER | Framlingham Flyers | 1:00:34 |
| 6 | Joanne BROOKE | Felixstowe RRC | 1:06:12 |
| 7 | Tina CHURCH | Saxmundham Sports Running & Fitness Club | 1:07:08 |
| 8 | Alison LEECH | Stowmarket Striders Running Club | 1:08:56 |
| 9 | Ginevra O'SULLIVAN | Unattached | 1:10:58 |

Womens V50 Section

| | | | |
|---|--------------------|----------------------------------|---------|
| 1 | Gillian LEATHERS | St Edmunds Pacers | 0:45:48 |
| 2 | Mary NAREY | Stowmarket Striders Running Club | 0:47:39 |
| 3 | Helen WING | Stowmarket Striders Running Club | 0:48:03 |
| 4 | Lin BOLTON | Team Dunerunner | 0:52:42 |
| 5 | Karen CHAMBERLAIN | Ipswich Jaffa RC | 0:57:39 |
| 6 | Emily COOPER-READE | Unattached | 0:59:07 |
| 7 | Sally SOLOMON | Felixstowe RRC | 1:08:00 |

Womens V55 Section

| | | | |
|----|--------------------|----------------------------------|---------|
| 1 | Jenny SHEAHAN | Eastern Veterans AC | 0:49:41 |
| 2 | Tina NEILL | Unattached | 0:51:39 |
| 3 | Angela HAAG | Unattached | 0:52:30 |
| 4 | Angela BRINKLEY | Stowmarket Striders Running Club | 0:52:38 |
| 5 | Sandra MAYHEW | Stowmarket Striders Running Club | 0:52:58 |
| 6 | Rita RUE | St Edmunds Pacers | 1:02:10 |
| 7 | Jane MOON | Felixstowe RRC | 1:04:51 |
| 8 | Jo WHELAN | Felixstowe RRC | 1:05:20 |
| 9 | Marie BIDWELL | Unattached | 1:05:44 |
| 10 | Jan RISEBROW | Felixstowe RRC | 1:05:59 |
| 11 | Angela WHITING | Stowmarket Striders Running Club | 1:06:02 |
| 12 | Jackie COLLINS | Felixstowe RRC | 1:06:23 |
| 13 | Susannah ROSENBERG | Ipswich Triathlon Club | 1:12:31 |
| 14 | Claire JAY | Stowmarket Striders Running Club | 1:17:01 |

Womens V60 Section

| | | | |
|---|----------------|----------------------------------|---------|
| 1 | Anne PARKINSON | Framlingham Flyers | 0:58:06 |
| 2 | Alison BEECH | Ipswich Jaffa RC | 1:01:10 |
| 3 | Sue HUNTER | Stowmarket Striders Running Club | 1:11:30 |
| 4 | Angel CHERRETT | Framlingham Flyers | 1:14:35 |

Womens V65 Section

| | | | |
|---|-----------------|--------------------|---------|
| 1 | Annette HUGGINS | Framlingham Flyers | 1:03:31 |
| 2 | Jill WRIGHT | Unattached | 1:25:19 |
| 3 | Charmian SMY | Unattached | 1:27:29 |
| 4 | Sally JACOBS | Unattached | 1:30:39 |

Womens V70+ Section

| | | | | |
|---|----------------|------------------|---------|---------------|
| 1 | Maureen WRIGHT | Ipswich Jaffa RC | 1:04:44 | RECORD |
|---|----------------|------------------|---------|---------------|