

Martlesham 10k Results

Bib No	First Name	Surname	Age Cat.	Club	Time
213	Theo	Passmore	MJ	Ipswich Harriers	0:34'53.60
288	Adam	Wade	MO	Ipswich Jaffa RC	0:35'18.16
212	Steven William	Parry	M45	Ipswich Jaffa RC	0:35'47.42
101	Andy	Ellis	MO	No Club	0:36'19.26
182	Mark	Lloyd	M40	Harwich Runners	0:36'22.00
310	Danny	Rock	MO	Felixstowe RRC	0:36'41.75
52	Wilfred	Campbell	M50	Ipswich Jaffa RC	0:36'49.84
220	Kevin	Peirce	M40	Ipswich Harriers	0:37'42.65
247	Paul	Saunders	M40	No Club	0:37'52.90
240	Dale	Robinson	MO	No Club	0:37'58.18
31	Jas	Berry	M45	No Club	0:38'08.90
166	Victoria	Kenny	FO	Hadleigh Hares AC	0:38'09.56
277	John	Thorpe	M40	Ipswich Jaffa RC	0:38'24.31
44	Marc	Briggs	MO	Ipswich Jaffa RC	0:38'41.71
126	Samuel	Grooms	MJ	Framlingham Flyers	0:38'50.51
129	Tim	Hanman	M40	No Club	0:38'58.84
268	Dave	Solomon	M45	Felixstowe RRC	0:39'07.50
134	Robin	Harper	MO	Felixstowe RRC	0:39'16.24
108	Mark	Ford	M45	Felixstowe RRC	0:39'19.52
238	Tony	Roberts	M45	Framlingham Flyers	0:39'25.55
37	Mathew	Blacoe	M50	Hadleigh Hares AC	0:39'47.47
42	Tim	Brammar	M45	No Club	0:39'48.28
291	Richard	Webster	M50	Woodbridge Shufflers RC	0:39'56.29
215	Adrian	Peake	M50	Ipswich Jaffa RC	0:40'07.59
45	Steve	Brooke	M45	Felixstowe RRC	0:40'10.28
70	Chris	Connolly	MO	No Club	0:40'16.09
114	Georgia	Garvin	FO	Ipswich Jaffa RC	0:40'16.71
137	Tom	Haslam	M40	Sax. Sports Running & Fitness Club	0:40'17.49
285	Neil	Turner	M45	No Club	0:40'25.62
73	Steve	Cox	M50	Hadleigh Hares AC	0:40'30.57
6	Will	Aldred	M45	Framlingham Flyers	0:40'42.96
318	Colin	Pitts	M55	Stowmarket Striders RC	0:40'59.71
201	John	Moore	M40	No Club	0:41'01.72
241	Brian	Rogers	M60+	Ipswich Jaffa RC	0:41'04.77
315	Mark	Leeks	MO	Ipswich Jaffa RC	0:41'06.81
29	Terry	Bennington	MO	Stowmarket Striders RC	0:41'09.94
89	Kerry	Dennett	FO	Hadleigh Hares AC	0:41'34.44
165	Sean	Kennedy	MO	Woodbridge Shufflers RC	0:41'41.36
123	Davina	Greenwell	FO	Hadleigh Hares AC	0:41'46.58
144	Stephen	Hicks	M55	Ipswich Harriers	0:41'49.35
226	Vicky	Presland	F40	Great Bentley Running Club	0:41'54.87
267	Rebecca	Smith	FO	No Club	0:41'57.34
158	Val	Jennings	F50	Ipswich Jaffa RC	0:41'58.90
189	Wayne	Martin	MO	No Club	0:42'03.52

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308	Paul	De Bree	M40	No Club	0:42'14.87
192	Melvyn	Maycock	MO	No Club	0:42'31.83
43	Russel	160Breyer	M50	Ipswich Jaffa RC	0:42'36.15
143	Nigel	Herrod	M55	Waveney Valley AC	0:43'01.24
233	Howard	Revell	M50	Framlingham Flyers	0:43'12.18
322	Mark	Vince	M40	Woodbridge Shufflers RC	0:43'18.81
110	Chris	Fox	M45	Woodbridge Shufflers RC	0:43'24.31
133	Kevin	Hardingham	M55	Norfolk Gazelles AC	0:43'34.40
314	Lee	Johnson	MO	No Club	0:43'37.25
120	Mark	Goodwin	M40	Felixstowe RRC	0:43'42.08
275	Niall	Thomas	MJ	No Club	0:43'42.50
84	Daniel	Day	MO	No Club	0:43'45.08
36	Peter	Bird	M40	Saint Edmund Pacers	0:43'46.92
243	Mark	Rose	M40	Ipswich Jaffa RC	0:43'50.71
64	Chris	Chorley	M50	Bungay Black Dog RC	0:44'07.90
124	Richard	Grimsdell	M45	Saint Edmund Pacers	0:44'11.52
8	Tom	Alexander	MO	Woodbridge Shufflers RC	0:44'14.15
286	John	Vaughan	M50	No Club	0:44'40.19
325	Ben	Case	MO	No Club	0:44'40.52
34	Mary	Bird	FO	Framlingham Flyers	0:44'44.59
174	Paul	Lacey	M45	Hadleigh Hares AC	0:44'50.43
5	John	Aldred	MO	No Club	0:44'55.06
255	David	Sharman-treiving	MO	No Club	0:44'56.12
12	Matthew	Allsop	M40	No Club	0:44'56.46
280	Karl	Tovell	MO	No Club	0:44'57.72
113	Richard	Garrard	MO	No Club	0:45'07.83
186	Patrick	Marsh	M45	Colchester Harriers AC	0:45'09.31
9	Charlotte	Alexandrou	F35	No Club	0:45'10.96
232	Simon	Reeve	MO	No Club	0:45'18.68
119	Simon	Goldsmith	M40	No Club	0:45'27.40
263	Mark	Skinner	M45	No Club	0:45'40.55
208	Paul	Osborne	MO	Felixstowe RRC	0:45'42.52
301	Ashley	Woolgrove	MO	No Club	0:45'46.35
305	Paul	Wright	MO	Woodbridge Shufflers RC	0:45'54.69
229	Gail	Pryke	F55	No Club	0:46'08.37
78	Cailen	Daly	MO	No Club	0:46'15.93
79	Derek	Daly	M50	No Club	0:46'16.31
56	Iain	Catchpool	M45	Ipswich Jaffa RC	0:46'29.62
300	Emilie	Wix	FO	No Club	0:46'31.97
131	Andrew	Hansler	M45	Ipswich Triathlon Club	0:46'33.84
71	Michael	Cooper	M55	No Club	0:46'35.03
164	Ian	Kennedy	M50	Framlingham Flyers	0:46'43.68
47	Mark	Buckles	MO	No Club	0:46'48.91
202	Tomas	Motyka	MO	No Club	0:46'50.49

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207	Katherine	Oliver	FO	Felixstowe RRC	0:46'52.49
253	David	Seymour	M55	Felixstowe RRC	0:46'53.44
107	Mark	Flatman	M40	No Club	0:47'01.40
1	Peter	Downing	M60+	No Club	0:47'15.24
7	Jim	Aldridge	M40	No Club	0:47'17.71
316	Jo	Naughton	M50	Stowmarket Striders RC	0:47'21.74
254	Brian	Sharman	MO	No Club	0:47'23.06
149	Paul	Horne	M55	No Club	0:47'26.78
297	Richard	Wilkins	MO	Felixstowe RRC	0:47'28.43
173	Alex	Kuczer	M45	No Club	0:47'30.40
147	Derek	Hood	M40	Ipswich Jaffa RC	0:47'39.93
180	Samantha	Linassi	F35	Ipswich Jaffa RC	0:47'42.91
87	Richard	Dempsey	M45	Woodbridge Shufflers RC	0:47'52.24
10	Howard	Allen	M45	No Club	0:47'57.22
30	Carl	Berriman	M45	No Club	0:48'05.28
157	Peter	Jenkyn	MO	No Club	0:48'21.68
145	Calvin	Hill	M40	No Club	0:48'26.37
15	Olufemi	Ariyo	M40	No Club	0:48'29.21
321	Fiona	Hunt	F40	Ipswich Jaffa RC	0:48'36.75
81	Tim	Davies	MJ	Ipswich Jaffa RC	0:48'57.88
94	Vanessa	Dolling	F40	No Club	0:49'06.65
289	Stephen	Wade	M40	No Club	0:49'13.06
142	Suzanne	Heath	F45	Ipswich Jaffa RC	0:49'20.40
303	Jennifer	Wright	F35	Ipswich Jaffa RC	0:49'26.25
106	Peter	Finch	M50	Ipswich Jaffa RC	0:49'32.55
41	John	Bradshaw	M40	No Club	0:49'37.12
204	Emma	Needham	FO	No Club	0:49'43.50
152	Chris	Howland	M50	Felixstowe RRC	0:50'01.50
18	Richard	Attenborrow	M60+	No Club	0:50'23.40
276	Steve	Thorndyke	MO	No Club	0:50'33.70
274	Graham	Tait	M50	No Club	0:50'41.34
193	Paul	Maycock	M55	No Club	0:50'48.38
273	Ian	Stockley	M45	Stowmarket Striders RC	0:50'49.96
85	Brett	Deakin	MO	No Club	0:50'52.96
27	Alison	Beech	F55	Ipswich Jaffa RC	0:50'58.09
163	Carol	Kemp	F35	Felixstowe RRC	0:51'11.12
117	Mandy	Godbold	F45	Ipswich Harriers	0:51'36.43
246	Matt	Saunders	MO	No Club	0:51'38.26
105	Richard	Fellingham	M60+	Stowmarket Striders RC	0:51'38.52
221	John	Penny	M60+	No Club	0:51'38.85
205	Philip	Norman	M60+	St Neots Riverside Runners	0:51'42.75
265	James	Smith	MO	Woodbridge Shufflers RC	0:51'44.65
153	Alex	Jacobs	MO	Felixstowe RRC	0:51'51.50
188	Michael	Martin	M50	No Club	0:51'58.80

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132	Gail	Hardingham	F55	Norfolk Gazelles AC	0:52'01.38
179	Arabella	Lewendon	F50	Stowmarket Striders RC	0:52'09.78
298	Holly	Williams	F35	No Club	0:52'12.88
162	Anna	Kawalec	FO	No Club	0:52'13.90
313	Rachel	Crisp	F40	Felixstowe RRC	0:52'17.06
185	Christine	Marsh	F55	No Club	0:52'32.44
244	Graham	Sampson	M60+	Bungay Black Dog RC	0:52'53.41
130	Gregory	Hannam	MO	No Club	0:52'56.48
245	Bobbie	Sauerzapf	F55	Bungay Black Dog RC	0:53'05.28
66	Sarah	Clarry	F40	No Club	0:53'10.13
210	Julian	Outen	M45	No Club	0:53'13.68
50	Graham	Bush	M60+	No Club	0:53'27.93
96	Isobel	Dunachie	FO	Felixstowe RRC	0:53'43.28
317	Karen	Easton	F50	Stowmarket Striders RC	0:53'43.87
21	Teresa	Bailey	F45	Framlingham Flyers	0:53'48.44
122	Caroline	Green	FO	No Club	0:53'49.50
104	Tanya	Farrell	F35	No Club	0:54'03.14
40	Hannah	Bradley	FO	No Club	0:54'05.52
195	David	Mayes	MO	Felixstowe RRC	0:54'07.96
13	Mark	Anderson	M50	No Club	0:54'13.68
90	Steve	Dersley	M40	No Club	0:54'24.15
293	Matthew	White	MO	No Club	0:54'33.47
214	Marcus	Payne	MO	No Club	0:54'34.96
309	Mehmet	Kaplan	M40	No Club	0:54'42.10
19	Liz	Baalham	F35	No Club	0:54'43.55
304	Kim	Wright	FO	No Club	0:54'44.14
287	Imola	Virginas	F45	No Club	0:54'45.40
3	Nigel	Abbott	M45	No Club	0:54'46.62
223	John	Phillips	M60+	No Club	0:54'56.88
234	Paul	Rinder	MO	No Club	0:55'08.13
203	Alison	Myles	F40	No Club	0:55'13.25
224	Meggan	Poole	F35	No Club	0:55'31.82
100	Susie	Edwards	F35	Orpington Road Runners	0:55'36.86
55	Lisa	Carrington	FO	No Club	0:55'41.33
217	Matthew	Pearce	MO	No Club	0:56'00.41
218	Richard	Pearce	M50	Ipswich Jaffa RC	0:56'07.91
58	Karen	Chambers	F40	Sudbury Joggers	0:56'08.90
323	Emma	Vincent	F40	No Club	0:56'10.09
237	Rebecca	Roberts	FO	No Club	0:56'16.00
65	Dan	Claptpn	MO	No Club	0:56'16.69
242	Terry	Rogers	M60+	No Club	0:56'20.27
14	Helen	Ariyo	F35	No Club	0:56'34.01
200	Nicholas	Milner	M55	No Club	0:56'41.56
172	Sian	Knott	FO	No Club	0:56'42.36

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Bib No	First Name	Surname	Age Cat.	Club	Time
235	Jan	Risebrow	F50	No Club	0:56'42.66
98	Michael	Earle	M50	Sudbury Joggers	0:56'44.52
76	John	Cullum	M60+	Saint Edmund Pacers	0:56'52.02
102	Jon	Enefer	M40	No Club	0:57'05.63
155	Nick	Jarrold	MO	No Club	0:57'11.96
23	Simon	Barratt	MO	No Club	0:57'19.42
326	Alice	Wilmer	MO	No Club	0:57'20.38
256	Anna	Sharpin	F45	No Club	0:57'21.28
68	Jo	Clifton	F45	Sax. Sports Running & Fitness Club	0:57'21.58
39	Rebecca	Boyton	FO	No Club	0:57'32.14
260	Anika	Shenfield	F40	No Club	0:57'41.98
222	Thomas	Penso	MO	No Club	0:57'44.44
249	James	Scott	M50	No Club	0:57'44.80
159	Sue	Jerstice	F40	No Club	0:57'46.06
199	Beth	Melton	FO	No Club	0:57'46.37
176	Lucy	Lanham	F35	No Club	0:57'52.69
281	Hayley	Townsend	F35	No Club	0:57'53.28
116	Bex	Gilbert	FO	No Club	0:57'56.81
271	Gavin	Spurr	M45	No Club	0:57'57.46
121	Sam	Grange	F35	No Club	0:58'07.92
211	Mark	Oxford	MO	Ipswich Triathlon Club	0:58'09.06
198	Shalah	Mellor	F35	No Club	0:58'13.68
57	John	Celerier	M60+	No Club	0:58'17.77
266	Keelan	Smith	MO	No Club	0:58'23.96
225	Charlotte	Prain	F35	No Club	0:58'25.06
306	Susan	Wright	F55	No Club	0:58'31.93
183	Rosie	Macphail	FO	No Club	0:58'33.92
190	Anna	Mason	F40	No Club	0:58'43.56
292	Daniel	White	MO	No Club	0:58'48.37
11	Mark	Allen	M55	Woodbridge Shufflers RC	0:58'50.18
80	Kevin	Davidson	M50	No Club	0:59'09.65
171	Denise	King	F45	No Club	0:59'27.63
236	Dawn	Robb	F35	No Club	0:59'29.15
49	Chris	Bush	M50	No Club	0:59'30.50
139	Neil	Hayes	MO	No Club	0:59'54.90
161	Claire	Jones	F40	No Club	0:59'57.65
324	Chita	Walkden	F50	Sweatshop	1:00'34.89
22	Christine	Barker	F50	No Club	1:01'17.17
95	Paul	Dorset	M40	No Club	1:01'40.62
187	Serena	Marsh	FO	No Club	1:01'50.43
17	Liz	Atkins	FO	No Club	1:01'56.74
231	Bridget	Read	F35	No Club	1:01'57.06
258	Debbie	Sheldrake	F50	No Club	1:01'57.31
168	Krzysztof	Kepka	MO	No Club	1:02'10.74

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248	Will	Schwer	MO	Felixstowe RRC	1:02'20.75
32	Marie	Bidwell	F50	Woodbridge Shufflers RC	1:02'35.92
197	James	Mcnally	M45	No Club	1:02'46.17
156	Natalie	Jay	FO	No Club	1:02'47.91
86	Melissa	Deal	F35	No Club	1:02'48.34
25	Laura	Barrow	FO	No Club	1:02'50.51
169	Katy	Kiernan	F40	No Club	1:02'54.74
35	Paul	Bird	M50	Bungay Black Dog RC	1:03'09.75
83	Belinda	Dawson	F40	Ipswich Triathlon Club	1:03'20.24
53	Abigail	Canham	F35	No Club	1:03'25.06
54	Tim	Canham	MO	No Club	1:03'25.41
206	Philip	Nutley	M60+	Saint Edmund Pacers	1:03'48.47
319	Dave	Fiddeman	M50	No Club	1:04'25.42
48	Darren	Burton	M45	No Club	1:04'34.87
148	Ali	Hopkins	F35	No Club	1:04'59.84
75	Kirsty	Critchley	F40	No Club	1:05'10.87
99	Sue	Edwards	F40	No Club	1:05'11.28
283	Lily	Tricker	FO	No Club	1:05'25.66
294	Niamh	White	FJ	No Club	1:05'28.16
269	Sally	Solomon	F45	Felixstowe RRC	1:05'30.01
63	Zoe	Chilvers	FO	No Club	1:05'30.22
16	Lisa	Ashton	F40	No Club	1:05'30.55
69	Pam	Coleman	F45	No Club	1:05'32.87
295	Paul	White	M50	No Club	1:05'37.40
46	Kelly	Brownlee	FO	No Club	1:05'47.06
209	Justin	Ostler	MO	Felixstowe RRC	1:05'50.63
178	Neil	Lay	MO	No Club	1:05'52.06
311	Tina	Church	F40	Sax. Sports Running & Fitness Club	1:06'14.24
194	Samantha	Maycock	FO	No Club	1:06'16.18
228	Helen	Pritchard	FO	No Club	1:06'29.24
170	Emma	Kindred	FO	No Club	1:06'29.56
261	Julia	Sheppard	F35	No Club	1:06'34.56
140	Vimmi	Hayes	F40	No Club	1:06'47.68
97	Julie	Dunn	F45	No Club	1:06'50.02
127	Paul	Hales	M50	No Club	1:07'08.56
111	Andrew	Fryatt	M50	No Club	1:07'09.14
61	Claire	Chattenton	F40	No Club	1:07'18.50
191	Christine	Maycock	F50	No Club	1:08'04.99
154	Kelly	Jarrett	FO	No Club	1:08'26.26
320	Shaheda	Ambrose	F55	No Club	1:09'24.46
227	Jess	Preston	F35	Sudbury Joggers	1:09'47.03
270	Malcolm	Sparks	M55	No Club	1:09'47.34
177	Ann	Lay	F40	No Club	1:12'31.94
82	Tim	Davy	MO	No Club	1:12'32.58

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72	Katrina	Copping	F45	No Club	1:13'51.06
219	Elaine	Peasey	F40	No Club	1:15'42.94
284	Brian	Turner	M60+	Ipswich Jaffa RC	1:16'47.87
24	Maddy	Barrett	FO	No Club	1:17'49.06
115	Nadia	Gibbs	FO	No Club	1:19'07.40
26	Pete	Battle	M40	No Club	1:25'56.15

DISQ – No 160, 167 & 259