

## Martlesham 5k Results

Bib No	First Name	Surname	Age Cat.	Club	Time
447	Andrew	Rooke	MO	Aldershot Farnham & District	0:15'46.28
434	Paul	Wain	MJ	Ipswich Harriers	0:16'58.64
436	Lawrence	Wade	M40	Bure Valley Harriers	0:17'27.98
483	Helen	Davies	F35	Ipswich Jaffa RC	0:17'28.72
429	Adam	Howlett	M40	Framlingham Flyers	0:17'29.24
455	Ian	Old	MO	Ipswich Jaffa RC	0:17'44.57
500	Thomas	Abbott	MJ	Ipswich Harriers	0:17'54.00
492	Conner	Bilner	MJ	Ipswich Jaffa RC	0:18'11.10
430	James	Wilson	MO	Sax. Sports Running & Fitness Club	0:18'12.27
478	Jack	Grady	MJ	Ipswich Harriers	0:19'07.29
499	Max	Ashmore	MJ	Ipswich Jaffa RC	0:19'23.80
486	Mark	Clements	MO	Ipswich Jaffa RC	0:19'29.42
470	Steven	Hughes	M50	Stowmarket Striders RC	0:19'32.95
424	Jake	Church	MO	Sax. Sports Running & Fitness Club	0:20'14.40
433	Harrison	Ward	MJ	No Club	0:20'14.96
448	Paul	Rogers	M40	Bure Valley Harriers	0:20'19.88
453	George	Pennick	MJ	No Club	0:20'52.82
457	Emma	Mortimer	FO	Ipswich Jaffa RC	0:20'53.53
489	Chris	Chorley	M50	Bungay Black Dog RC	0:21'12.41
440	Sarah	Stubbs	F40	Bure Valley Harriers	0:21'22.30
485	Sarah	Clow	F35	No Club	0:22'04.40
476	Harvey	Hall	MJ	Ipswich Jaffa RC	0:22'22.09
479	Mark	Godbold	M45	No Club	0:22'39.43
491	Mark	Blackburn	M45	Ipswich Jaffa RC	0:22'49.10
472	Carrie	Hook	F40	Harwich Runners	0:22'57.13
451	Katie	Presland	FJ	No Club	0:23'08.73
456	Michael	Oates	MJ	No Club	0:23'53.16
425	Mon	Lee	M55	Ipswich Jaffa RC	0:24'19.54
458	Luca	Mehmed	MJ	No Club	0:24'50.25
428	Howard	Loftus	M40	No Club	0:24'55.82
497	Georgia	Battle	FJ	No Club	0:25'22.10
441	Ian	Stockley	M45	No Club	0:25'23.51
445	Bobbie	Sauerzapf	F55	Bungay Black Dog RC	0:25'41.80
423	Courtney	Turner	FJ	Felixstowe RRC	0:25'54.20
490	Keith	Borrett	M60+	Suffolk Trail Runners	0:26'29.83
488	Islay	Clarke	F50	No Club	0:26'35.27
469	Brenda	Hutcheon	F55	Bure Valley Harriers	0:27'06.36
468	David	Hutcheon	M60+	Bure Valley Harriers	0:27'34.95
460	Sally	Lightfoot	FO	No Club	0:27'47.44
480	Jessica	Fletcher	FJ	No Club	0:27'57.50
496	James	Battle	MJ	No Club	0:28'01.45
459	Phil	Lisamore	M60+	No Club	0:28'12.80
427	Peter	Virginas	MJ	No Club	0:28'15.27
426	Botoyd	Virginas	M45	No Club	0:28'16.70

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452	Sandy	Phillips	F50	No Club	0:28'33.32
475	Victoria	Hammond	F35	No Club	0:29'27.10
477	Nicole	Green	F35	No Club	0:29'27.42
471	Annette	Huggins	F55	Framlingham Flyers	0:30'12.42
464	Kevin	Jones	M50	No Club	0:30'15.01
438	Claire	Vincent	F45	No Club	0:31'34.27
437	Kelly	Wade	FO	No Club	0:31'41.62
454	Agnieszka	Olszewska	FO	No Club	0:33'03.73
465	Dariusz	Jastrzebski	MO	No Club	0:33'03.98
484	Nick	Coleman	M45	No Club	0:33'20.17
449	Ben	Rayner	MO	No Club	0:33'22.63
467	Emma	Hutton	F35	No Club	0:34'04.14
435	Julie	Wagstaff	F40	No Club	0:34'13.97
431	Polly	Whitmore	F35	No Club	0:35'04.16
432	Lucy	Whitmore	F35	No Club	0:35'04.60
443	Gennifer	Solomon	FO	No Club	0:35'56.95
482	Sarah	Dommett	F35	No Club	0:38'01.90
466	Sarah	Ingram	F35	No Club	0:38'13.78
495	Lucy	Beale	F35	No Club	0:40'02.98
462	Amy	Law	FO	Felixstowe RRC	0:40'05.08
444	Will	Schwer	MO	Felixstowe RRC	0:40'05.51
461	Joy	Lightfoot	F55	No Club	0:42'53.89
473	Christine	Hayward	F55	No Club	0:42'55.95
446	Dave	Rowley	M60+	No Club	0:42'59.10
498	Donna	Battle	F40	No Club	0:45'53.92
463	James	Kelly	M60+	Framlingham Flyers	0:49'52.00