

# Martlesham 7mile

Sunday 9th October 2022

## Overall Results



# Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace
<b>Martlesham 7 Mile</b>									
1.	106	Scott RAMSEY	Male Senior	Ipswich Harriers	37:07	37:06	1.	1.	5:18
2.	4	Mark ALLEN	Male V55	Ipswich Jaffa RC	40:00	39:58	2.	1.	5:42
3.	142	Haydn WADE	Male Senior	Felixstowe RRC	40:58	40:56	3.	2.	5:51
4.	66	Benjamin JACOBS	Male V45	Felixstowe RRC	43:14	43:13	4.	1.	6:10
5.	21	Steve BROOKE	Male V50	Felixstowe RRC	43:36	43:35	5.	1.	6:13
6.	116	Neil SMITH	Male Senior	Framlingham Flyers	43:42	43:39	6.	3.	6:14
7.	24	Piotr BULACZ	Male V50	Sudbury Joggers	44:32	44:30	7.	2.	6:21
8.	135	Clive THOMAS	Male V60+	Boxted Runners	44:50	44:47	8.	1.	6:24
9.	38	Jason DIGHTON	Male V45	Ipswich Phoenix Running Club	45:20	45:17	9.	2.	6:28
10.	17	Samuel BLOWS	Male Senior	Unattached	45:35	45:33	10.	4.	6:30
11.	156	Luke WHITWELL	Male Senior	Felixstowe RRC	46:10	46:07	11.	5.	6:35
12.	80	Andrew LAWS	Male V55	Ipswich Jaffa RC	46:14	46:11	12.	2.	6:36
13.	69	Jan KADING	Male V50	Stowmarket Striders RC	46:30	46:27	13.	3.	6:38
14.	49	Simon GARNHAM	Male Senior	Unattached	47:00	46:57	14.	6.	6:42
15.	56	Robin HARPER	Male V45	Felixstowe RRC	47:05	47:03	15.	3.	6:43
16.	34	Andrew CRAIG	Male V45	Unattached	47:13	47:11	16.	4.	6:44
17.	111	Chris SERVANT	Male V55	Ipswich Jaffa RC	47:28	47:23	17.	3.	6:46
18.	123	Simon STAFFORD	Male V50	Kesgrave Cruisers	47:53	47:50	18.	4.	6:50
19.	128	Roger STONE	Male V50	Kesgrave Cruisers	48:00	47:53	19.	5.	6:51
20.	155	Mark WHITE	Male V50	Haverhill Running Club	48:56	48:49	20.	6.	6:59
21.	139	Matt TRILL	Male V45	Ipswich Jaffa RC	49:08	49:01	21.	5.	7:01
22.	71	Anna KEEBLE	Female Senior	Ipswich Jaffa RC	49:19	49:17	1.	1.	7:02
23.	99	Daniel PELLING	Male V50	Haverhill Running Club	49:22	49:17	22.	7.	7:03
24.	22	Duncan BROWN	Male V40	Unattached	49:29	49:23	23.	1.	7:04
25.	30	Kyle CHURCH	Male Senior	Saxmundham Sports Running &	49:29	49:25	24.	7.	7:04
26.	5	Femi ARIYO	Male V45	Kesgrave Cruisers	49:50	49:41	25.	6.	7:07
27.	110	Len SAUNDERS	Male V45	Felixstowe RRC	50:02	49:58	26.	7.	7:08
28.	130	Holly TAYLOR	Female Senior	Felixstowe RRC	50:09	50:05	2.	2.	7:09
29.	162	Chris WRIGHT	Male Senior	Unattached	50:09	50:05	27.	8.	7:09
30.	94	Sandy PAGE	Female V45	Kesgrave Cruisers	50:26	50:22	3.	1.	7:12
31.	157	Graham WIGLEY	Male V60+	Framlingham Flyers	50:30	50:25	28.	2.	7:12
32.	97	Steve PAUL	Male V60+	Eastern Masters AC	50:45	50:38	29.	3.	7:14
33.	23	Kerry BUCKLEY	Male V50	Felixstowe RRC	51:09	51:04	30.	8.	7:18
34.	41	Tim DOYLE	Male V50	Long Eaton Running Club	51:11	51:09	31.	9.	7:18
35.	19	Kaye BRANTON	Female V50	Felixstowe RRC	51:22	51:19	4.	1.	7:20
36.	78	Steven LANE	Male V40	Ipswich Jaffa RC	51:30	51:22	32.	2.	7:21
37.	146	Malcolm	Male V50	Unattached	51:45	51:38	33.	10.	7:23
38.	147	Peter WARLAND	Male V55	Stowmarket Striders RC	51:52	51:45	34.	4.	7:24
39.	37	Neil DENNIS	Male Senior	Stowmarket Striders RC	51:57	51:49	35.	9.	7:25
40.	75	Anna KOCINSKA	Female V40	Unattached	52:03	52:01	5.	1.	7:26
41.	83	Steve MAGNALL	Male V55	Unattached	52:15	52:07	36.	5.	7:27
42.	150	David WENYON	Male V40	Woodbridge Shufflers RC	52:34	52:30	37.	3.	7:30
43.	87	Stuart MASON	Male V60+	Felixstowe RRC	52:43	52:39	38.	4.	7:31
44.	60	Stephen HATTEN	Male V55	Saint Edmund Pacers	52:53	52:48	39.	6.	7:33
45.	81	Sarah Jc LEWIS	Female Senior	Woodbridge Shufflers RC	53:22	53:17	6.	3.	7:37
46.	1	Stu ABBOTT	Male V40	Unattached	53:29	53:20	40.	4.	7:38
47.	104	Gavin RABY	Male V45	Unattached	53:29	53:20	41.	8.	7:38
48.	151	Emma WHEELER	Female Senior	Ipswich Triathlon Club	53:37	53:31	7.	4.	7:39
49.	43	James ELLIS	Male V40	Stowmarket Striders RC	53:48	53:41	42.	5.	7:41
50.	29	David CHURCH	Male V50	Felixstowe RRC	53:50	53:44	43.	11.	7:41
51.	133	Tom TAYLOR	Male V60+	Unattached	53:54	53:45	44.	5.	7:41
52.	89	David MCNAE	Male V40	Kesgrave Cruisers	53:58	53:49	45.	6.	7:42

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace
53.	109	Sofie SAMUELSSON	Female Senior	Colchester Harriers AC	54:27	54:18	8.	5.	7:46
54.	140	Mary-Ann TULI	Female V50	Haverhill Running Club	54:30	54:21	9.	2.	7:47
55.	124	Tom STEPHENS	Male V50	Felixstowe RRC	54:37	54:28	46.	12.	7:48
56.	63	Peter HOPSON	Male V50	Unattached	54:42	54:32	47.	13.	7:48
57.	15	Steve BEDDOE	Male V60+	North Derbyshire RC	54:47	54:41	48.	6.	7:49
58.	153	Bertie WHEEN	Male Senior	Woodbridge Shufflers RC	54:52	54:47	49.	10.	7:50
59.	3	Ruth ACWORTH	Female V60+	Woodbridge Shufflers RC	55:00	54:54	10.	1.	7:51
60.	67	Peri JOHNSON	Male Senior	Unattached	55:07	54:59	50.	11.	7:52
61.	73	Mark KING	Male Senior	Felixstowe RRC	55:13	55:09	51.	12.	7:53
62.	98	Marcus PAYNE	Male Senior	Kesgrave Cruisers	55:13	55:07	52.	13.	7:53
63.	137	Neil THORPE	Male Senior	Unattached	55:18	55:06	53.	14.	7:53
64.	72	Wieslaw KIJAK	Male V40	Unattached	55:21	55:15	54.	7.	7:54
65.	95	Marion PARKER	Female V55	Felixstowe RRC	55:25	55:21	11.	1.	7:54
66.	125	Jack STEPHENS	Male V50	Unattached	55:42	55:32	55.	14.	7:57
67.	127	Catherine STOCKS	Female V40	Long Eaton Running Club	55:50	55:42	12.	2.	7:58
68.	120	Samantha SPENCER	Female Senior	Ipswich Jaffa RC	55:54	55:49	13.	6.	7:59
69.	141	Kayleigh TURPIN	Female Senior	Felixstowe RRC	56:03	55:58	14.	7.	8:00
70.	115	Robert SIMPSON	Male V45	Unattached	56:08	55:58	56.	9.	8:01
71.	64	Richard	Male V45	Stowmarket Striders RC	56:08	55:57	57.	10.	8:01
72.	70	Madars KANTINS	Male Senior	Unattached	56:25	56:19	58.	15.	8:03
73.	152	Benjamin WHEELER	Male Senior	Ipswich Triathlon Club	56:37	56:31	59.	16.	8:05
74.	114	Nick SHIRLEY	Male Senior	Unattached	56:52	56:46	60.	17.	8:07
75.	138	Karl TOVELL	Male V40	Unattached	57:04	56:53	61.	8.	8:09
76.	18	Mark BOWERS	Male V40	Unattached	57:05	56:53	62.	9.	8:09
77.	103	Tracy QUARRELL	Female V50	Haverhill Running Club	57:07	56:57	15.	3.	8:09
78.	10	Joel BAMSEY	Male V45	Hadleigh Hares AC	57:21	57:14	63.	11.	8:11
79.	51	Belinda GODBOLD	Female V60+	Hadleigh Hares AC	57:21	57:14	16.	2.	8:11
80.	96	Tim PARNELL	Male V55	Ipswich Jaffa RC	58:14	58:06	64.	7.	8:19
81.	16	Danny BLACKMAN	Male V50	Unattached	58:38	58:28	65.	15.	8:22
82.	11	Sarah BANHAM	Female Senior	Felixstowe RRC	59:01	58:56	17.	8.	8:25
83.	58	Helen HARRIS	Female V40	Unattached	59:09	58:57	18.	3.	8:26
84.	59	Mark HARRIS	Male V50	Unattached	59:09	58:58	66.	16.	8:26
85.	31	Sil CLAY	Female V55	Haverhill Running Club	59:18	59:06	19.	2.	8:28
86.	14	Pauline BARR	Female V40	Unattached	59:50	59:41	20.	4.	8:32
87.	26	Mik CARR	Male V60+	Bungay Black Dog RC	59:59	59:52	67.	7.	8:34
88.	117	Rob SMITH	Male V40	Unattached	1:00:08	59:53	68.	10.	8:35
89.	57	Sean HARRIS	Male Senior	Unattached	1:00:13	1:00:06	69.	18.	8:36
90.	88	Paul MAYCOCK	Male V60+	Capel Cheetahs	1:00:14	1:00:07	70.	8.	8:36
91.	149	Lorna WEBBER	Female Senior	Capel Cheetahs	1:00:15	1:00:07	21.	9.	8:36
92.	101	Claire PURNELL	Female V50	Unattached	1:00:23	1:00:11	22.	4.	8:37
93.	126	Nicola STEVENSON	Female V60+	Felixstowe RRC	1:00:50	1:00:40	23.	3.	8:41
94.	86	Claire MASKERY	Female V40	Stowmarket Striders RC	1:01:00	1:00:50	24.	5.	8:42
95.	91	Tim NIVEN	Male V50	Ipswich Jaffa RC	1:01:06	1:00:56	71.	17.	8:43
96.	6	Leanne ASHDOWN	Female V40	Unattached	1:01:14	1:01:02	25.	6.	8:44
97.	44	Lucy ENGLISH	Female Senior	Unattached	1:01:21	1:01:14	26.	10.	8:45
98.	148	Sharon WARLAND	Female V55	Stowmarket Striders RC	1:01:23	1:01:13	27.	3.	8:46
99.	122	Szymon SPYRA	Male Senior	Unattached	1:01:43	1:01:26	72.	19.	8:48
100.	105	James RACKHAM	Male V40	Unattached	1:01:46	1:01:31	73.	11.	8:49
101.	121	Martin SPILSTED	Male V50	Rushmere Community Runners	1:01:50	1:01:41	74.	18.	8:49
102.	100	Martyna	Female Senior	Unattached	1:01:58	1:01:41	28.	11.	8:51
103.	36	Jon CURTIS	Male V50	Unattached	1:01:58	1:01:50	75.	19.	8:51
104.	35	James CRISP	Male V45	Kesgrave Cruisers	1:02:11	1:02:01	76.	12.	8:52
105.	129	Darren STOREY	Male V55	Felixstowe RRC	1:02:50	1:02:46	77.	8.	8:58
106.	132	Bethany TAYLOR	Female Senior	Unattached	1:02:52	1:02:44	29.	12.	8:58

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace
107.	79	Mark LANKESTER	Male V50	Capel Cheetahs	1:03:12	1:03:06	78.	20.	9:01
108.	102	Liza PUTWAIN	Female V40	Stowmarket Striders RC	1:03:38	1:03:27	30.	7.	9:05
109.	50	Dawn GIBSON	Female V40	Felixstowe RRC	1:03:40	1:03:35	31.	8.	9:05
110.	13	Ben BANKS	Male Senior	Unattached	1:04:33	1:04:25	79.	20.	9:13
111.	136	Stephen	Male V40	Unattached	1:04:33	1:04:19	80.	12.	9:13
112.	8	Richard	Male V60+	Unattached	1:05:21	1:05:09	81.	9.	9:20
113.	40	Paul DORSET	Male V50	Felixstowe RRC	1:05:23	1:05:13	82.	21.	9:20
114.	54	Phil GROOM	Male V45	Unattached	1:05:40	1:05:25	83.	13.	9:22
115.	84	Veronica MANLY	Female V60+	Harleston Running Club	1:06:03	1:05:50	32.	4.	9:26
116.	108	Emma RICHBELL	Female V50	Unattached	1:06:05	1:05:53	33.	5.	9:26
117.	25	Emma CALVER	Female V45	Unattached	1:06:06	1:05:53	34.	2.	9:26
118.	7	Simon ASHTON	Male V55	Lonely Goat RC	1:07:21	1:07:11	84.	9.	9:37
119.	42	Stephen	Male V55	Unattached	1:07:30	1:07:19	85.	10.	9:38
120.	47	Tim FULCHER	Male V50	Unattached	1:07:46	1:07:37	86.	22.	9:40
121.	77	Diane LANCASTER	Female V60+	Unattached	1:07:47	1:07:34	35.	5.	9:40
122.	154	Keeley WHITE	Female Senior	Haverhill Running Club	1:08:02	1:07:48	36.	13.	9:43
123.	52	Mandy GODBOLD	Female V50	Ipswich Harriers	1:08:20	1:08:17	37.	6.	9:45
124.	76	David LAMPARD	Male V55	Felixstowe RRC	1:09:07	1:09:00	87.	11.	9:52
125.	145	Michelle WALNE	Female V55	Unattached	1:09:36	1:09:25	38.	4.	9:56
126.	28	Jenny CHURCH	Female V60+	Felixstowe RRC	1:09:39	1:09:30	39.	6.	9:56
127.	85	Kirsty MARSH	Female Senior	Felixstowe RRC	1:10:12	1:10:03	40.	14.	10:01
128.	53	Paul GOLDSMITH	Male V45	Unattached	1:11:09	1:10:54	88.	14.	10:09
129.	68	Andrew JUMP	Male V45	Kesgrave Cruisers	1:11:30	1:11:16	89.	15.	10:12
130.	160	Justine WISEMAN	Female V50	Saxmundham Sports Running &	1:12:11	1:11:58	41.	7.	10:18
131.	113	Mike SHIMMON	Male V50	Unattached	1:12:41	1:12:31	90.	23.	10:22
132.	144	Claire WALLACE	Female V60+	Kesgrave Cruisers	1:12:47	1:12:33	42.	7.	10:23
133.	74	Ian KNIGHTS	Male V45	Kesgrave Cruisers	1:13:25	1:13:10	91.	16.	10:29
134.	158	Matthew	Male V45	Unattached	1:14:42	1:14:29	92.	17.	10:40
135.	93	Justin OSTLER	Male V50	Felixstowe RRC	1:15:08	1:14:54	93.	24.	10:43
136.	159	Katy WINDEATT	Female V50	Kesgrave Cruisers	1:16:43	1:16:29	43.	8.	10:57
137.	92	Anneli OSTLER	Female V40	Felixstowe RRC	1:17:07	1:16:53	44.	9.	11:00
138.	107	Ali RANDS	Female Senior	Unattached	1:17:53	1:17:39	45.	15.	11:07
139.	134	Sharon TAYLOR	Female V50	Unattached	1:18:42	1:18:33	46.	9.	11:14
140.	9	Katherine AYKROYD	Female Senior	Felixstowe RRC	1:18:45	1:18:33	47.	16.	11:14
141.	48	Karen GAME	Female V50	Kesgrave Cruisers	1:25:32	1:25:24	48.	10.	12:13
142.	82	Ella MACARTNEY	Female U20	Ipswich Jaffa RC	1:25:56	1:25:43	49.	1.	12:16
DNF	119	Angela SOAMES	Female V45	Kesgrave Cruisers					
DNS	2	Kirsty ABERDEIN	Female V50	Unattached					
DNS	12	Neil BANKS	Male V60+	Unattached					
DNS	20	Martyn BREWSTER	Male V50	Felixstowe RRC					
DNS	27	Iain CATCHPOOL	Male V55	Ipswich Jaffa RC					
DNS	32	Peter CLEAVES	Male Senior	Unattached					
DNS	33	Aidan COUGHLAN	Male V40	Felixstowe RRC					
DNS	39	Neil DODSON	Male V45	Unattached					
DNS	45	Melonie EVANS	Female V50	Felixstowe RRC					
DNS	46	Adele FIELD	Female V55	Unattached					
DNS	55	Carl HARGREAVES	Male V40	Hillsborough & Rivelin RC					
DNS	61	Dominic	Male Senior	Unattached					
DNS	62	Jonathan HESKETH	Male V40	Unattached					
DNS	65	Alex JACOBS	Male V40	Felixstowe RRC					
DNS	90	Glen MURES	Male V50	Felixstowe RRC					
DNS	112	Darren SHEPPARD	Male V50	Framlingham Flyers					
DNS	118	Daniel SMITH	Male Senior	Woodbridge Shufflers RC					
DNS	131	Gary TAYLOR	Male Senior	Felixstowe RRC					

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace
DNS	143	Paul WAIN	Male Senior	Ipswich Jaffa RC					
DNS	161	Dean WRIGHT	Male V40	Unattached					
DNS	163	Glenn YELLOP	Male V50	Capel Cheetahs					

Number of records: 163