

Newmarket 10k

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	232	Andrew Rooke	MO	0:33:07.7	Ipswich Jaffa
2	226	Danny Rock	MO	0:35:04.73	Felixstowe Road Runners
3	80	Robert Dobson	MO	0:35:15.11	Gateshead Harriers & AC
4	300	Graeme Knott	MO	0:36:08.11	harwich
5	156	Tom Kingsnorth	MO	0:37:22.87	Saint Edmund Pacers
6	245	Darren Sheppard	M45	0:37:29.64	Framlingham Flyers
7	200	Rose Nicholson	FO	0:37:32.13	Waveney Valley AC
8	62	Robin Clifford	M45	0:37:49.98	Newmarket Joggers
9	20	Andy Barwick	MO	0:38:28.75	
10	179	Alberto Martinez	M40	0:39:01.16	
11	121	Thomas Hayes	MO	0:39:13.89	
12	265	Neil Turner	M45	0:40:03.38	
13	46	Andy Buck	M50	0:40:14.4	Sudbury Joggers
14	248	Craig Sisson	MO	0:40:33.69	Haverhill RC
15	19	Mark Bartley	M40	0:40:43.09	
16	119	Robin Harper	M40	0:40:50.11	Felixstowe Road Runners
17	201	Paul Nickells	M50	0:40:57.12	Woodbridge Shufflers
18	130	Wayne Hogg	MO	0:41:16.08	Newmarket Joggers
19	23	Howard Beasley	M55	0:41:23.88	Saint Edmund Pacers
20	188	Richard Morgan-evans	MO	0:41:34.6	
21	190	Emma Mortimer	FO	0:41:39.96	Ipswich Jaffa
22	271	Mark White	M40	0:41:47.95	Haverhill RC
23	161	Jeremy Lawrence	M55	0:41:57.12	Coltishall Jaguars
24	94	Yusuf Firat	M50	0:42:00.92	Haverhill RC
25	176	Scott Manning	MO	0:42:04.17	
26	227	Brian Rogers	M60	0:42:14.33	Ipswich Jaffa
27	254	Dave Solomon	M45	0:42:34.44	Felixstowe Road Runners
28	5	Jeff Almeida-king	MO	0:42:48.63	
29	214	Joe Poole	MO	0:42:55.94	
30	10	Neville Ash	M40	0:43:02.93	
31	30	Robin Belsom	M55	0:43:30.55	Ipswich Jaffa
32	146	Michael Jenner	MO	0:43:43.34	
33	17	Andy Barber	M45	0:43:49.68	Haverhill RC
34	157	Dan Knight	MO	0:43:58.41	Haverhill RC
35	233	Mark Rose	M40	0:44:08.95	Ipswich Jaffa
36	269	Vince Webb	M45	0:44:26.57	Saint Edmund Pacers
37	81	Paul Dockerill	MO	0:44:27.71	Newmarket Joggers
38	241	Nigel Schofield	M50	0:44:28.87	Saint Edmund Pacers
39	210	David Percy	M40	0:44:39.26	Haverhill RC
40	262	Gavin Tickner	MO	0:44:48.36	Haverhill RC
41	39	Paul Brand	MO	0:44:56.74	Saint Edmund Pacers
42	16	Michael Banner	M50	0:45:07.8	Haverhill RC
43	206	Jonathan Ollington	M45	0:45:11.74	
44	139	Matt Jago	MO	0:45:12.97	
45	57	Chris Chorley	M50	0:45:19.84	Bungay Black Dog RC
46	194	Neil Mustoe	M45	0:45:21.36	Haverhill RC
47	219	Jeremy Reader	M40	0:45:51.49	Newmarket Joggers
48	267	Simon Wallis	MO	0:46:00.62	Haverhill RC
49	86	Andrew Elliott	M45	0:46:05.59	Stowmarket Striders
50	99	Peter French	M60	0:46:32.76	
51	236	Mark Salisbury	MO	0:46:34.82	
52	104	Paul Gilfrin	MO	0:46:39	
53	218	Jamie Randall	M45	0:46:46.25	Haverhill RC
54	244	David Seymour	M55	0:46:49.55	Felixstowe Road Runners
55	174	Ker Macrosson	M60	0:46:57.69	Ipswich Jaffa
56	132	Derek Hood	M40	0:46:59.4	Ipswich Jaffa
57	280	Karl Wright	MO	0:47:03.25	Thetford AC
58	281	Philippa Wright	FO	0:47:03.4	
59	37	Peter Bird	M40	0:47:04.69	Saint Edmund Pacers
60	186	Kirsty Millard	FO	0:47:05.41	Haverhill RC

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61	185	Steve Mcnamara	M45	0:47:10.16	Stowmarket Striders
62	8	Amelia Armour	F40	0:47:12.78	
63	192	Jon Murfin	M40	0:47:21.65	
64	83	Erika Downs	FO	0:47:31.51	Felixstowe Road Runners
65	123	Sam Helme	MO	0:47:34.27	
66	264	Cheryl Trundle	F60	0:47:39.15	Haverhill RC
67	76	Richard Dempsey	M45	0:47:53.08	Woodbridge Shufflers
68	141	Martin Jarvis	M40	0:47:53.98	
69	125	Steve Hennings	M50	0:48:01.05	Witham RC
70	207	Sarah Osborne	FO	0:48:04.02	Newmarket Cycling & Triathlon Cl
71	14	Tony Bacon	MO	0:48:11.68	Haverhill RC
72	158	Bartosz Krosnowski	MO	0:48:25.77	
73	28	Wayne Bell	M50	0:48:39.15	
74	31	Elizabeth Bennett	F40	0:48:44	
75	246	Charles Shoolbred	M60	0:48:49.3	Ipswich Jaffa
76	235	Steven Rue	M60	0:48:54.86	Saint Edmund Pacers
77	25	Don Beatty	M60	0:49:16	Stowmarket Striders
78	96	Alexander Fox	MO	0:49:21.57	
79	33	Marc Benson	MO	0:49:25.11	Haverhill RC
80	167	Laura Lewis	MO	0:49:41.52	
81	29	Catherine Belsom	F40	0:50:09.13	Stowmarket Striders
82	11	Jenni Askew-martin	FO	0:50:12.13	
83	256	Sarah Southwood	FO	0:50:27.64	
84	165	Richard Leet	M45	0:50:28.65	
85	9	Clare Arnott	F40	0:50:40.45	
86	52	Mik Carr	M60	0:50:41.87	Bungay Black Dog RC
87	250	Natalie Smith	FO	0:50:44.43	
88	251	Neil Smith	M40	0:50:44.5	
89	270	Stephen Webster	M50	0:50:48.9	Saint Edmund Pacers
90	220	Lisa Redman	F40	0:50:51.43	Newmarket Joggers
91	240	Bobbie Sauerzapf	F55	0:51:18.89	Bungay Black Dog RC
92	44	Joshua Brown	MO	0:51:23.07	
93	113	Jules Griffiths	FO	0:51:25.51	
94	215	Alex Prestage	MO	0:51:32.19	
95	82	Siobhan Dockerill	FO	0:51:38.14	
96	263	Jane Tidy	F45	0:51:38.37	
97	27	Philip Beer	M50	0:51:38.92	Stowmarket Striders
98	26	Kate Beer	F45	0:51:38.98	Stowmarket Striders
99	13	Chris Axford	M50	0:51:45.95	Jogging Made Easy
100	260	Charis Sutehall	FO	0:51:55.22	
101	145	Peter Jay	M55	0:51:57.24	Saint Edmund Pacers
102	266	Marion Walker	F60	0:52:12.97	Framlingham Flyers
103	21	Dan Barwise	MO	0:52:20.16	
104	154	Luke King	MO	0:52:25.51	
105	175	Cliff Manning	M55	0:52:38.52	
106	100	Glenn Fruish	M50	0:52:48.21	Haverhill RC
107	87	Anthony Elsey	MO	0:52:53.1	Dereham Runners AC
108	217	Glenn Proctor	M40	0:52:56.65	Stowmarket Striders
109	75	Melonie Deakin	F45	0:52:56.77	Stafford Harriers
110	150	Barry Judge	M50	0:53:10.71	Haverhill RC
111	71	Graham Darling	M55	0:53:18.19	
112	77	Oaul Dewison	M60	0:53:23.12	
113	159	Patrick Larke	M55	0:53:30.73	Wymondham AC
114	229	Keith Rojas	M60	0:53:35.17	Jogging Made Easy
115	98	Teresa Franklin	F50	0:53:42.47	Haverhill RC
116	3	Stewart Aitken	M55	0:53:55.63	10k Tourists
117	74	Russell Davey	M45	0:53:56.28	
118	1	Bethan Abbs	FO	0:53:57.95	
119	163	Carol Le Roy	FO	0:54:13.22	Haverhill RC
120	118	Gregory Hannam	MO	0:54:22.43	
121	7	Chris Annis	MO	0:54:29.83	
122	149	Huw Jones	M50	0:54:31.89	Saint Edmund Pacers
123	105	Clinton Gillett	M40	0:54:35.49	
124	106	Michaela Gillett	F40	0:54:35.55	

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125	195	Melody-anne Neville	F45	0:54:43.56	Stowmarket Striders
126	234	Rita Rue	F55	0:54:48.2	Saint Edmund Pacers
127	114	Robert Grimsey	MO	0:54:58.36	
128	252	Richard Smith	M55	0:55:02.86	Felixstowe Road Runners
129	198	John Newell	M50	0:55:14.63	Wymondham AC
130	72	Julia Darling	F50	0:55:16.05	
131	237	Graham Sampson	M60	0:55:33.01	Bungay Black Dog RC
132	205	Martina North	F40	0:55:55.42	
133	66	Pippa Corbett	F50	0:56:01.79	
134	148	Dave Jones	MO	0:56:04.22	
135	134	Iain Hunter	M55	0:56:18.9	Stowmarket Striders
136	63	Adrian Cole	M50	0:56:21.89	Stowmarket Striders
137	284	Alison Wilson	F50	0:56:24.96	
138	4	Mark Allen	M55	0:56:43.21	Woodbridge Shufflers
139	273	Amy Wiltshire	FO	0:56:54.33	
140	277	Georgina Wisbey	FO	0:56:58.22	Newmarket Joggers
141	178	Karen Martin	FO	0:57:05.43	Haverhill RC
142	124	Zoe Helme	U21F	0:57:13.35	
143	65	Raymond Cooke	M50	0:57:17.51	Bedford Harriers
144	147	Simon Johnson	M40	0:57:24.24	
145	64	Jackie Collins	F50	0:57:42.58	Felixstowe Road Runners
146	34	Ellie Berry	FO	0:57:49.01	
147	22	Naomi Baxter	FO	0:57:49.17	
148	138	Anna Jackson	FO	0:58:04.42	
149	282	Peter Young	MO	0:58:13.65	
150	32	Nichola Bennett	FO	0:58:20.14	
151	268	Brian Webb	M60	0:58:22.19	
152	126	John Hernon	M50	0:58:23.98	
153	54	Melanie Catten	FO	0:58:31.01	Haverhill RC
154	38	David Blackstock	MO	0:58:43.51	Newmarket Joggers
155	69	Jo Curtis	FO	0:58:43.7	Newmarket Joggers
156	103	Juliet Garnham	F40	0:58:47.3	Stowmarket Striders
157	261	Brent Swann-auger	M55	0:59:14.17	10k Tourists
158	102	Anna Garner	FO	0:59:21.84	Haverhill RC
159	222	Bobby Rehman	MO	0:59:36.76	
160	153	Anne Killett	F50	0:59:39.69	Hadleigh Hares
161	221	Daniel Regan	M40	0:59:41.99	Newmarket Joggers
162	213	Deborah Polley	FO	0:59:43.25	
163	68	Ruth Cowlin	F50	1:00:15.41	Sudbury Joggers
164	151	Grace Judge	F50	1:00:24.92	Haverhill RC
165	228	Terry Rogers	M60	1:00:26.19	
166	172	Jenny Lynch	F50	1:00:40.81	Felixstowe Road Runners
167	230	Holly Roode	FO	1:00:45.92	
168	204	Thera Noone	F45	1:00:50.15	
169	79	David Dixon	M60	1:00:53.91	
170	85	Steve Eldridge	MO	1:01:11.4	
171	272	Angela Whiting	F50	1:01:16.06	Stowmarket Striders
172	285	Debbie Robinson	F40	1:01:28.71	
173	41	James Briggs	MO	1:02:11.34	Haverhill RC
174	47	Sheila Buck	F45	1:02:42.11	Sudbury Joggers
175	128	Sandra Hiscox	F55	1:03:23.21	Haverhill RC
176	89	Clare Everitt	F40	1:03:44.64	Haverhill RC
177	36	Eloise Bird	F45	1:04:25.6	Saint Edmund Pacers
178	110	Gillian Green	F55	1:04:32.28	Newmarket Joggers
179	180	Jaime Martinez	M40	1:04:33.48	
180	90	Daniel Everitt	M40	1:04:34.02	
181	55	David Chicken	M40	1:04:36.81	
182	12	Liz Atkins	FO	1:04:41.62	
183	92	Pearl Fay	F55	1:05:15.32	Newmarket Joggers
184	211	Julie Pilch	F40	1:05:18.36	
185	142	Phil Jarvis	M60	1:05:43.79	Haverhill RC
186	133	Rhonda Horne	F40	1:05:51.68	
187	136	Terry Hunter	M60	1:06:25.34	Stowmarket Striders
188	15	Jane Bailey	F60	1:07:18.06	Felixstowe Road Runners

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189	243	Cam Seton	MO	1:07:34.29	
190	78	Jo Dickinson	F45	1:07:43.92	Felixstowe Road Runners
191	224	Andrew Rice	M40	1:07:44.38	Newmarket Joggers
192	84	Nicola Edmead	FO	1:07:45.4	Haverhill RC
193	257	Helen Spooner	F45	1:07:56.98	Haverhill RC
194	160	Wendy Larke	F50	1:08:02.01	Wymondham AC
195	155	Sally King	FO	1:08:10.3	
196	137	Bob Jack	M55	1:08:38.85	Bungay Black Dog RC
197	35	Tracey Marie Bingham	F45	1:08:43.11	
198	48	Conrad Burgess	M40	1:08:43.77	
199	127	Karen Hinton	FO	1:08:47.59	Stowmarket Striders
200	143	Trish Jarvis	F50	1:08:58.45	Jogging Made Easy
201	166	Denise Lefley	F50	1:08:58.48	Jogging Made Easy
202	249	Jane Smith	F55	1:09:42.25	Newmarket Joggers
203	168	Alyson Limpkin-challis	F50	1:10:02.19	Felixstowe Road Runners
204	196	Joan Nevin	F60	1:10:12.02	Haverhill RC
205	95	Paul Forshaw	M60	1:11:09.65	Fetch Everyone RC
206	203	Peter Noone	M45	1:12:08.07	
207	131	Michelle Holden	F45	1:12:58.94	Stowmarket Striders
208	208	Keith Page	M55	1:13:15.15	Newmarket Joggers
209	275	Paul Winter	M60	1:14:35.12	Stowmarket Striders
210	274	Jules Winter	F55	1:14:36.02	Stowmarket Striders
211	182	Carol Mcintosh	F60	1:15:24.93	
212	135	Sue Hunter	F55	1:17:41.69	Stowmarket Striders
213	253	Angela Soames	F40	1:17:46.62	Felixstowe Road Runners
214	255	Sally Solomon	F45	1:17:46.63	Felixstowe Road Runners
215	111	Kate Green	F40	1:19:12.09	
216	50	Ellie Carpenter	U21F	1:19:37.63	
217	177	Stacey Marshall	FO	1:19:38.71	Haverhill RC