

The Marcus Gynn Newmarket 10K 2019

Position	Time	Vest	Name	Cat	Club	Prizes
1	0:33:24.46	135	Ben Jones	MO	Cambridge and Coleridge AC	1st male
2	0:34:32.38	191	Neil Pollard	M40	Newmarket Joggers	2nd male
3	0:35:43.76	199	Joe Robson	U21M	Saint Edmund Pacers	3rd male
4	0:35:49.09	263	Harry Beddows	MO		
5	0:36:35.02	39	Kieran Brady	MO	Cambridge and Coleridge AC	1st male team
6	0:36:51.9	123	Adam Howlett	M45	Framlingham Flyers	1st M45
7	0:37:20.64	10	Jon Anderson	M50	Cambridge and Coleridge AC	1st M50, 1st male team
8	0:37:55.4	13	Luke Ashby	MO		
9	0:38:06.65	16	Tony Bacon	MO	Saffron Striders	
10	0:38:19.04	114	Mark Hayden	M45	Framlingham Flyers	
11	0:39:13.87	51	Piotr Bulacz	M45	Sudbury Joggers	
12	0:39:14.88	26	Alistair Belsom	MO		
13	0:39:32.6	2	Daniel Aguilar-agon	M55	Cambridge and Coleridge AC	1st M55, 1st male team
14	0:39:38.54	177	Chris Mower	M40	Saint Edmund Pacers	1st M40
15	0:39:57.15	188	David Percy	M40	Haverhill Running Club	
16	0:40:14.14	252	Martin Lawrence	M55	Haverhill Running Club	
17	0:40:14.39	115	Thomas Hayden	U21M	Framlingham Flyers	Sean Harper Cup
18	0:40:24.15	83	Jason Favell	MO		
19	0:40:26.2	251	Stewart Ellis	M40	Halstead	
20	0:40:31.49	200	Odetta Robson	F45	Saint Edmund Pacers	1st female, 1st female team
21	0:40:52.1	69	Sophie Darling	FO	Lincoln Wellington AC	2nd female
22	0:40:54.74	29	Jason Bevan	MO	Newmarket Joggers	
23	0:41:13.16	92	Martin Gear	MO		
24	0:41:16.27	78	Damian Elsdon	M45	Saint Edmund Pacers	
25	0:41:16.27	90	Adrian Frost	M45	Saint Edmund Pacers	
26	0:41:24.9	218	Rebecca Sharpe	FO	Cambridge and Coleridge AC	3rd female
27	0:41:28.45	159	Anthony Mathon	MO		
28	0:41:34.1	99	Jessie Gooderham	FO	Saint Edmund Pacers	1st female team
29	0:41:36.72	137	Jan Kading	M45	Stowmarket Striders	
30	0:41:54.23	102	Henry Griffin	MO		
31	0:42:00.52	222	Ray Smith	MO		
32	0:42:51.52	241	Vince Webb	M45	Saint Edmund Pacers	
33	0:42:52.22	193	Jamie Randall	M50	Haverhill Running Club	
34	0:43:06.84	255	Mac Tuncer	MO		
35	0:43:08.45	210	Nigel Schofield	M50	Saint Edmund Pacers	
36	0:43:22.8	242	Mark White	M45	Haverhill Running Club	
37	0:43:22.95	233	Lauren Thomas	FO	Ely Runners	
38	0:43:25.56	168	Kevin Millard	MO	Haverhill Running Club	
39	0:43:32.26	33	Peter Bird	M45	Saint Edmund Pacers	
40	0:43:37.05	172	Graham Moore	M55		
41	0:43:40.77	95	Thomas George	MO	Lincoln Wellington AC	
42	0:43:43.75	28	Robin Belsom	M55	Ipswich Jaffa	
43	0:43:45.34	134	Alan Jones	M50	Saffron Striders	
44	0:43:46.44	203	Bryan Rootes	M50	Haverhill Running Club	
45	0:43:55.13	31	Dane Bird	MO		
46	0:43:56.82	260	Kirsty Millard	FO	Lonely Goat RC	
47	0:44:08.41	167	Zhijun Meng	MO		
48	0:44:39.77	106	Charles Hall	M60		1st M60
49	0:44:45.2	211	Oliver Schofield	MO	Saint Edmund Pacers	
50	0:44:53.5	186	Daniel Pelling	M45	Haverhill Running Club	
51	0:45:01.14	75	Marc Drury	M45	Newmarket Joggers	
52	0:45:07.11	202	Matt Roe	MO		
53	0:45:16.86	11	Amelia Armour	F40		1st F40
54	0:45:27.18	254	James Tweed	M45	Newmarket Joggers	
55	0:46:08.47	98	Ian Gooderham	M50	Saint Edmund Pacers	
56	0:46:08.8	141	Katie King	FO	Saint Edmund Pacers	1st female team
57	0:46:08.85	227	Kim Swan	M60	Saint Edmund Pacers	
58	0:46:17.54	53	Conrad Burgess	M40		
59	0:46:43.75	225	Sadie Spring	FO		
60	0:46:45.63	226	Richard Street	MO		

61	0:46:56.58	79	Tom Elton	M50	Royston runners	
62	0:47:06.17	206	Ellie Saggars	FO		
63	0:47:12.94	174	Robert Morgan	M60	Saint Edmund Pacers	
64	0:47:16.77	262	George Collier	U21M		1st U21M
65	0:47:19.75	231	Denys Taylor	M45		
66	0:47:20.64	94	Barry George	MO		
67	0:47:25.39	201	Ben Roe	MO		
68	0:47:46.48	63	Denis Coman	MO	Newmarket Joggers	
69	0:47:52.36	119	Robert Heylen	M50	10k Tourist	
70	0:47:54.23	192	Tracy Quarrell	F45	Haverhill Running Club	1st F45
71	0:47:58.38	185	Hannah Parsons	F40	Newmarket Joggers	
72	0:48:04.01	101	Jordan Greer	MO	Saint Edmund Pacers	
73	0:48:07.19	113	Stephen Hatten	M50	Saint Edmund Pacers	
74	0:48:32.65	44	Mike Brentnall	M60	Cambridge and Coleridge AC	
75	0:48:37.03	265	Jamie Wright	M40	Framlingham Flyers	
76	0:48:42.96	194	Jonny Rankin	MO	Saint Edmund Pacers	
77	0:48:44.69	43	Sharon Brandon	F50	Saint Edmund Pacers	1st F50
78	0:48:56.76	183	Mark Palmer	M40	Godmanchester Running Club	
79	0:48:58.87	143	Artur Kuczynski	M45		
80	0:49:01.2	169	Greg Mills	M60	Thurston Running Club	
81	0:49:04.59	89	Peter French	M60		
82	0:49:14.74	178	Mary Narey	F50	Stowmarket Striders	
83	0:49:16.9	87	Alex Foster	MO	Red Lodge Runners	
84	0:49:19.7	47	Joshua Brown	MO	Newmarket Joggers	
85	0:49:38.48	77	Andrew Elliott	M45	Stowmarket Striders	
86	0:49:47.96	147	Ilan Lay	M40		
87	0:49:53.77	217	Marcus Shadbolt	M40		
88	0:49:54.76	34	Ellie Bithell	F40	Newmarket Joggers	
89	0:49:56.22	250	Tim Woods	M55	Norfolk Gazelles	
90	0:50:12.3	190	Susanna Phillips	F40		
91	0:50:33.09	161	Karl Mayers	MO	Red Lodge Runners	
92	0:50:33.13	229	Rhys Tappenden	M45	Red Lodge Runners	
93	0:50:39.69	160	Robert Mawson	M60	Framlingham Flyers	
94	0:50:40.09	150	Richard Leet	M50		
95	0:50:42.02	179	Bryan Nealer	M40		
96	0:50:45.77	166	Ian Mcdermott	M55		
97	0:50:50.02	120	Tom Hoblyn	M55	Saint Edmund Pacers	
98	0:50:55.16	25	Wayne Bell	M55		
99	0:51:00.66	58	Iain Catchpool	M50	Ipswich Jaffa	
100	0:51:08.88	40	Paul Brand	MO		
101	0:51:30.11	71	Ben Deakin	U21M	Stafford Harriers	
102	0:51:34.67	104	Nathan Gynn	MO		
103	0:51:36.12	197	Stephen Reyes	M50	Haverhill Running Club	
104	0:51:37.91	38	Colin Bourdrel	MO		
105	0:51:43.96	259	Ross Arnold	MO	Haverhill Running Club	
106	0:51:48.07	165	Eamonn Mccusker	M60	Ryston Runners	
107	0:51:48.72	72	Melonie Deakin	F50	Stafford Harriers	
108	0:51:57.19	52	Andrew Burge	M55		
109	0:52:04.61	238	Paul Wade	M45		
110	0:52:04.88	235	Cheryl Trundle	F60	Haverhill Running Club	1st F60
111	0:52:12.82	109	Ian Harfield	M40		
112	0:52:16.38	220	Roger Slade	M50		
113	0:52:38.84	256	Paul Stokes	M40		
114	0:52:50.45	107	Christopher Hall	MO	Haverhill Running Club	
115	0:52:55.92	234	Hazel Thorn	F40		
116	0:53:04.34	54	Alasdair Cameron	M40		
117	0:53:06.1	184	Jo Parden	F50	Framlingham Flyers	
118	0:53:07.93	207	Andrew Sandford	M45		
119	0:53:17.4	163	Caroline McBride	F50	Newmarket Cycling and Triathlon Club	
120	0:53:29.78	164	Natasha Mccracken	F45	Vegan Runners	
121	0:53:34.71	162	Anna Mayhew	F45	Newmarket Joggers	
122	0:53:35.8	230	David Taylor	M60	Framlingham Flyers	
123	0:54:04.07	208	Richard Paul Sandford	M55		
124	0:54:04.42	67	Cathleen Crawford	F50		

125	0:54:15.41	239	Marion Walker	F60	Framlingham Flyers	
126	0:54:22.13	157	Dawn Marshall	F55	Saint Edmund Pacers	1st F55
127	0:54:27.11	228	Brent Swann-auger	M55	10k Tourist	
128	0:54:37.52	86	Rebecca Fordham	F45	Newmarket Joggers	
129	0:54:39.28	66	Ruth Cowlin	F50	Sudbury Joggers	
130	0:55:00.61	245	Jonathan Whytock	M45		
131	0:55:01.17	27	Catherine Belsom	F45	Stowmarket Striders	
132	0:55:06.3	37	Andrew Booth	M45		
133	0:55:11.76	236	David Unitt	M40		
134	0:55:18.52	23	Steve Bedney-gevork	M40		
135	0:55:20.48	20	Helen Bardwell	F50		
136	0:55:32.56	62	Adrian Cole	M55	Stowmarket Striders	
137	0:55:41.7	46	James Briggs	M40	Haverhill Running Club	
138	0:55:46.02	140	Jane Elizabeth King	F60		
139	0:55:46.93	73	Lucy Denny	FO	Run Dem Crew	
140	0:55:49.5	112	Sean Harris	MO		
141	0:55:58.81	105	Simon Haffenden	M55	Saint Edmund Pacers	
142	0:56:03.94	6	Shannon Allen	FO		
143	0:56:05.13	180	Charlotte Nevison	F45	Ely Runners	
144	0:56:10.09	187	Ronald Penrose	M60	10K Tourist	
145	0:56:13.81	68	Julia Darling	F55		
146	0:56:39.5	214	Colin Seltzer	M50	10k Tourist	
147	0:56:48.2	42	Roger Brand	M60	Saint Edmund Pacers	
148	0:57:12.47	189	Gavin Phillips	M40		
149	0:57:15.96	108	Gregory Hannam	MO		
150	0:57:23.83	49	Marie Brun	FO		
151	0:57:26.25	258	Stuart Whitford	M45	Garden City	
152	0:57:32.61	50	Alice Bugg	F45		
153	0:57:39.49	173	Jenny Morgan	F60	Saint Edmund Pacers	
154	0:57:41.84	154	Grahame Macrow	M45		
155	0:57:42.46	209	Julie Sayer	F45		
156	0:57:49.74	41	Rachel Brand	FO		
157	0:57:54.98	19	Richard Balls	M50		
158	0:58:04.18	4	Stewart Aitken	M55	10k Tourist	
159	0:58:26.31	171	Joaquim Monteiro	M60	Haverhill Running Club	
160	0:58:29.56	221	Leah Roby Smith	U21F		1st U21F
161	0:58:29.74	132	Clare James	FO	Springfield Striders	
162	0:58:34.28	57	Alison Case	F45		
163	0:58:46.33	59	Simon Chapman	M60		
164	0:58:53.89	232	Vivienne Taylor	F60	Framlingham Flyers	
165	0:59:22.89	97	Ryan Gillard	MO	Leigh-on-Sea Striders	
166	0:59:29.89	253	Arron Benstead	MO		
167	0:59:43.89	139	William Kesterson	M40		
168	0:59:47.89	82	Alana Faulkner	FO		
169	0:59:50.89	15	Chris Aylmer	M60	Newmarket Joggers	
170	0:59:55.89	48	Sara Brown	FO	Newmarket Joggers	
171	1:00:12.89	124	John Hubbard	M60		
172	1:00:13.89	45	Sue Brentnall	F50	Cambridge and Coleridge AC	
173	1:00:14.89	18	Richard Ballard	M55		
174	1:00:33.89	127	Tracy Humphreys	M55	Stowmarket Striders	
175	1:00:36.89	158	Jenna Marshall	FO		
176	1:00:44.89	64	Michelle Cooper	F45		
177	1:01:15.39	257	Ajay Mistry	M45		
178	1:01:26.65	116	Simon Hedges	MO		
179	1:01:34.18	9	Alastair Anderson	MO	Lonely Goat RC	
180	1:01:36.05	148	Hannah Lee	F40		
181	1:01:40.29	261	Janine Collier	F40		
182	1:01:49.72	249	Riitta Wood	F60	Framlingham Flyers	
183	1:02:12.09	56	Pascal Canevet	M45		
184	1:02:30.41	151	Andrea Long	F45		
185	1:02:49.8	91	Chelsea Gammon	FO		
186	1:03:09.67	80	Paul Evans	M55	Vegetarian Cycling and AC	
187	1:03:45.11	215	Nicole Senz	F40		
188	1:03:57.91	21	Angela Barnes	FO	Newmarket Joggers	

189	1:03:58.35	247	Jodie Williams	FO	
190	1:04:23.2	204	Jane Rootes	F50	
191	1:05:08.41	133	Nigel Johns	M50	Capel Cheetahs
192	1:05:11.8	142	Gareth Knighton	MO	
193	1:05:15.96	32	Eloise Bird	F50	Saint Edmund Pacers
194	1:05:47.21	126	Annette Huggins	F60	Framlingham Flyers
195	1:06:11.57	149	Kim Leet	F50	
196	1:06:17.01	136	Danielle Jones	FO	Newmarket Joggers
197	1:06:17.24	156	Adam Maltpress	M40	Newmarket Joggers
198	1:06:17.3	65	Joe Cormack	MO	Newmarket Joggers
199	1:06:17.45	195	Jeremy Reader	M45	Newmarket Joggers
200	1:06:46.56	100	Nicola Green	F40	
201	1:07:33.48	122	Beverley Howkins	F50	Red Lodge Runners
202	1:08:38.21	24	Liz Beighton	F45	Felixstowe road runners
203	1:08:38.4	244	Angela Whiting	F55	Stowmarket Striders
204	1:08:45.27	96	Laura Gilbey	FO	
205	1:09:56.7	70	Ashlie Day	FO	
206	1:09:56.89	3	Alan Ahern	M45	
207	1:10:08.72	1	Joey Abbs	MO	
208	1:10:08.82	243	Shaun Whiter	MO	
209	1:10:57.13	110	Leanne Harfield	FO	
210	1:11:38.47	129	Niki Hurley	F40	
211	1:11:38.69	128	Ian Hurley	M40	
212	1:12:06.31	237	Deb Unitt	F45	
213	1:12:07.96	145	Deloutre Laurent	MO	
214	1:12:15.47	264	Pascal Mananjara	FO	
215	1:12:46.84	170	Lorraine Mills	F45	
216	1:12:48.05	131	Jessica Jackson	FO	
217	1:14:15.37	219	Horace Shuriah	M50	Haverhill Running Club
218	1:14:16.37	85	Yusuf Firat	M55	Haverhill Running Club
219	1:17:48.8	198	Nora Robers	FO	
220	1:19:09.73	144	Duncan Lambourne	M40	
221	1:23:29.12	81	Gaye Farrar	F60	Framlingham Flyers
222	1:35:06.38	35	Ben Blowes	M45	
223	1:35:06.43	8	Colin Ampstead	M40	