

Newmarket 10k 2023

Pos	Bib	Name	Cat	Time	Club
1	68	Jack Nixon	MO	0:33:59.75	Saint Edmund Pacers
2	156	Dylan Van Wyk	MO	0:35:19.87	Bishops Stortford RC
3	146	Mark Hayward	M40	0:35:32.08	Newmarket Joggers
4	130	Thomas Mccusker	MO	0:35:55.41	Cambridge & Coleridge AC
5	41	James Smith	M40	0:36:13.93	Newmarket Joggers
6	168	Joey Bendall	MO	0:36:45.06	
7	152	Tommy Hughes	M60	0:36:53.75	Leicester coritanians
8	170	Robert Dobson	M40	0:37:01.28	Newmarket Joggers
9	100	Chris Balmer	M40	0:37:12.28	Ryston Runners AC
10	198	Keith Tilley	M50	0:37:34.23	Ipswich Jaffa
11	177	Gary Taylor	MO	0:37:58.07	Felixstowe Road Runners
12	143	Paul Holley	M55	0:38:54.62	Newmarket Joggers
13	45	Neil Turner	M55	0:39:33.69	Shaftesbury Barnet Harriers
14	141	Adam Beaumont	MO	0:39:38.48	Bishops Stortford RC
90	196	Jamie Doran	MO	0:39:50.71	
16	97	Tom Ames	M40	0:39:51.31	Stowmarket Striders RC
17	44	Piotr Bulacz	M50	0:40:14.6	Sudbury Joggers
18	137	Steve Brooke	M50	0:40:32.86	Felixstowe Road Runners
19	37	Bethan Everson	FO	0:40:40.6	Ely Runners
20	113	Steven Griffiths	MO	0:42:17.74	
21	127	Darren Elsom	M45	0:42:29.91	Haverhill RC
22	163	Clive Thoma	M60	0:42:39.39	BLC on the Run
23	140	Tony Bacon	MO	0:42:46.54	Haverhill RC
24	116	James Okiver	M50	0:43:14.72	
25	181	Simon Grimshaw	M45	0:43:56.61	Ely Runners
26	101	Robin Harper	M45	0:44:05.33	Felixstowe Road Runners
27	36	Sam Russell	MO	0:44:06.92	Ely Runners
28	43	Jacob Freeborough	MO	0:44:16.71	Newmarket Joggers
29	193	Steve Foster	M55	0:44:39.92	
30	25	Ashley Coxden	MO	0:44:41.88	Overton Harriers
31	3	Denys Taylor	M50	0:44:46.16	Cambridge & Coleridge AC
32	69	Brian Rogers	M65	0:44:54.67	Ipswich Jaffa
33	165	Graham Chapman	M65	0:44:59.44	Ely Runners
34	191	Noa Matsushita	U21M	0:45:07.88	Ely Runners
35	96	Nick Palmer	M45	0:45:10.36	
36	23	James Bool	M55	0:45:30.21	Great Yarmouth Road Runners
37	151	Marc Feary	M40	0:45:35.93	Newmarket Joggers
38	111	Barley Woodcock	M40	0:45:47.97	
39	29	Graham Moore	M60	0:45:52.12	
40	194	Gabriel Carcamo	MO	0:45:54.38	
41	42	Kerry Buckley	M50	0:46:04.18	Felixstowe Road Runners
42	164	Sam Baxter	F40	0:46:12.28	Felixstowe Road Runners
43	112	Christopher Fuller	MO	0:46:18.7	Saxmundham Sports Running & Fitr
44	78	Laurent Gil	M40	0:46:20.3	
45	147	Shane Mcandrew	MO	0:46:44.23	Newmarket Joggers
46	131	Juliet Garnham	F45	0:46:49.21	Stowmarket Striders RC
47	172	Jenny Steedman	FO	0:46:57.12	Saint Edmund Pacers
48	134	Lilian Corbett	U21F	0:46:58.39	Newmarket Joggers
49	150	Holly Taylor	FO	0:47:07.05	Felixstowe Road Runners
50	14	Alex Foster	M40	0:47:13.2	Red Lodge Runners
51	88	Graham Wigley	M60	0:47:13.6	Framlingham Flyers
52	169	David Hooton	M50	0:47:19.48	Brandon Fernhoppers
53	120	Elisabeth Sennitt Clough	F45	0:47:35.19	PANVAC
54	66	Harry Grimsey	MO	0:47:46.14	Saxmundham Sports Running & Fitr
55	149	Hannah Canning	MO	0:48:02.84	
56	178	Ahmad Alsabri	MO	0:48:07.93	
57	64	Jimmy Secker	M45	0:48:20.07	Saint Edmund Pacers
58	119	Timothy Clough	M50	0:48:20.27	PANVAC

59	65	Mary Narey	F55	0:48:43.3	Stowmarket Striders RC
60	1	Cerys Bithell	U21F	0:48:48.4	Newmarket Joggers
61	139	Adam Maltpress	M40	0:48:52.25	Newmarket Joggers
62	157	James Mills	MO	0:48:54.78	Ely Runners
63	173	Robert Morgan	M60	0:49:15.64	Saint Edmund Pacers
64	39	Chris Chorley	M55	0:49:34.45	Bungay Black Dog RC
65	155	Chris Duck	MO	0:49:37.82	
66	94	Tom Stephens	M50	0:49:41.09	Felixstowe Road Runners
67	18	Ray Smith	MO	0:49:46.87	
68	103	Andy Owen	MO	0:50:20.17	
69	104	David Wiseman	MO	0:50:29.66	
70	180	Salman Alsabri	MO	0:50:35.33	
71	31	Peter Warland	M55	0:50:35.43	Stowmarket Striders RC
72	176	Maria Riera Turro	FO	0:50:36.52	Felixstowe Road Runners
73	145	Jenny Morgan	F65	0:50:44.49	Saint Edmund Pacers
74	99	Catherine Peck	F40	0:50:54.43	Saint Edmund Pacers
75	89	Piers Morgan	M55	0:51:04.05	Stowmarket Striders RC
76	35	Mary Ann Tuli	F50	0:51:35.11	Haverhill RC
77	110	Mark Ly Ch	M50	0:51:35.22	Witham rc
78	51	Ian Jackson	M45	0:51:43.34	
79	83	Kate Heeks	FO	0:52:13.83	Stowmarket Striders RC
80	188	Thomas Addis	MO	0:52:35.42	
81	142	Agnieszka Failde	FO	0:52:44.41	
82	182	Terri Green	F40	0:52:51.67	Ipswich Jaffa
83	17	Daniel Barwise	M40	0:52:57.03	
84	121	Daniel Kohut	MO	0:53:31.28	
85	153	Robert Heylen	M50	0:53:40.59	
86	144	Maxine Lane	F45	0:53:47.01	
87	2	Ellie Bithell	F45	0:53:55.02	Newmarket Joggers
88	115	Karl Coutts	U21M	0:53:58.23	Redway Runners
89	75	Simon Pilmer	MO	0:54:12.25	
15	195	William Humphreys	U21M	0:54:20.01	
91	154	Gerry Nixon	M70	0:54:36.57	Saint Edmund Pacers
92	122	Sam Hardwick	MO	0:54:39.04	Stowmarket Striders RC
93	33	Richard Hursthouse	M45	0:54:43.15	Stowmarket Striders RC
94	183	Rebecca Randall	F40	0:54:47.33	
95	184	Kieron Bales	M45	0:54:48.72	
96	175	Kayleigh Turpin	FO	0:55:02.31	Felixstowe Road Runners
97	190	Gabor Nadas	M40	0:55:11.92	
98	86	Michael Brentnall	M70	0:55:21.93	Cambridge & Coleridge AC
99	95	Paul Roberts	M40	0:55:29.82	Newmarket Joggers
100	192	Simon Ward	M50	0:55:42.54	St Neots Riverside Runners
101	148	Artur Kuczynski	F50	0:55:56.64	
102	93	Sil Clay	F55	0:55:58.57	Haverhill RC
103	46	Gregory Hannam	MO	0:56:02.91	
104	11	Tim Woods	M60	0:56:22.01	Norfolk Gazelles AC
105	60	Shannon Higby	FO	0:56:36.24	
106	106	Daniel Bye	MO	0:56:39.59	
107	84	Aimee Heeks	U21F	0:56:49.5	Stowmarket Striders RC
108	174	Stephen Cornell	M55	0:57:02.48	
109	22	Stephen Pretty	M65	0:57:35.82	Saint Edmund Pacers
110	5	Cheryl Trundle	F65	0:57:37.38	Haverhill RC
111	187	Karen Springhall	F60	0:57:53.38	
112	189	Ben Monk	MO	0:58:09.38	
113	38	Bobbie Sauerzapf	F60	0:58:24.8	Bungay Black Dog RC
114	48	Susanna Phillips	F45	0:58:27.68	
115	56	Richard Allport	M55	0:58:34.63	Felixstowe Road Runners
116	159	Peter Johnson	M60	0:59:12.05	
117	117	Matthew Edmundson	M45	0:59:31.29	
118	91	Ruth Cowlin	F55	0:59:34.01	Sudbury Joggers
119	4	Simon Hedges	MO	1:00:48.87	
120	158	Lisa Plumb	F50	1:01:06.23	Saffron Striders

121	185	Ness Springhall	FO	1:01:35.04	
122	15	Mik Carr	M65	1:01:42.98	Bungay Black Dog RC
123	82	Chloe Heeks	U21F	1:01:46.54	Stowmarket Striders RC
124	98	Bryan Churchard	MO	1:01:57.03	Saint Edmund Pacers
125	135	Jamie Hills	M50	1:02:03.26	Nice Tri (st Ives)
126	80	Debbie Catling	F50	1:02:14.14	Felixstowe Road Runners
127	123	Michael Mcgiff	MO	1:02:18.98	
128	171	Chris Gladwell	M65	1:02:54.98	Stowmarket Striders RC
129	162	Lisa Hagen	F40	1:03:02.83	
130	128	Romy Barfield	FO	1:03:43.81	Royston Runners
131	59	Chris Cook	M70	1:04:57.78	Saint Edmund Pacers
132	85	Paul Heeks	M55	1:05:29.56	Stowmarket Striders RC
133	186	Kimberly Springhall	FO	1:07:20.57	
134	129	Eric Taylor	M40	1:07:50.92	Royston Runners
135	6	Paul Brand	M40	1:07:54.47	
136	55	Jacqueline Allport	F55	1:08:24.93	Felixstowe Road Runners
137	167	Julie Hooton	F40	1:08:27.42	Brandon Fernhoppers
138	49	Gavin Phillips	M45	1:08:40.21	
139	32	Sharon Warland	F55	1:09:19.41	Stowmarket Striders RC
140	166	Ella Price	FO	1:10:44.11	
141	126	Emma Hewson	F45	1:10:44.79	
142	125	Emily Davies	F40	1:11:01.45	
143	161	Rhiannon Morgan	FO	1:11:36.84	Newmarket Joggers
144	24	Laura Coxden	FO	1:11:50.55	
145	102	Heidi Hibbett	F40	1:12:19.36	
146	62	Lorraine Seal	F45	1:12:40.78	
147	105	Terry Rogers	M65	1:13:52.07	
148	19	Rachel Brand-smith	FO	1:15:31.78	
149	108	Chris Jones	M45	1:16:38.69	
150	26	Charlotte Russell	FO	1:17:21.28	
151	118	Agnieszka Andrzejak	F40	1:17:23.99	Stowmarket Striders RC
152	54	Claire Butcher	F40	1:17:26.56	
153	57	Doranne Brewster	F40	1:17:26.65	Felixstowe Road Runners
154	160	Steven Cleary	M45	1:17:49.04	Newmarket Joggers
155	87	Susan Brentnall	F55	1:18:04.1	Cambridge & Coleridge AC
157	132	Deborah O'riordan	F55	1:20:16.26	
156	138	Alison Clarke	F50	1:20:16.26	
158	197	Felix Hart	MO	1:25:49.83	
DNF	9	Andy Hayward			
DNF	70	Darin Geary			
DNS	7	Marco Ferri			
DNS	8	Gillian Leathers			
DNS	10	Josh Iron			
DNS	12	Natalie Hay			
DNS	13	Jane Jones			
DNS	16	GARRICK FOX			
DNS	20	Dawn Marshall			
DNS	21	Karl Bedingfield			
DNS	27	Alice Brear Clarkson			
DNS	28	Paul Brear Clarkson			
DNS	30	Horace Shuriah			
DNS	34	Laurent Deloutre			
DNS	40	Aidan Coughlan			
DNS	47	John Lambourne			
DNS	50	Richard Brown			
DNS	52	Shaun Rhodes			
DNS	53	Wendy Smith			

DNS 58 Kevin Stannard
DNS 61 Rob Negus
DNS 63 Yvonne Nelson
DNS 67 Rebecca Hannah
DNS 71 Edward Flower
DNS 72 Simon Chapman
DNS 73 Krystal LaBonte
DNS 74 emily Almeida-King
DNS 76 Alix Jones
DNS 77 Becky Coates
DNS 79 Jenny Steedman
DNS 81 Peter Gibbins
DNS 90 Lee Holman
DNS 92 Lucy Denny
DNS 107 George Allen
DNS 109 Peter Barker
DNS 114 Neil Campbell
DNS 124 andrew booth
DNS 133 Claire Brown
DNS 179 Ahmad Alsharafaa