

WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 3 OCTOBER 2010

10KM RACE						
Name	Age	Gender	Club	Bib No	Ind Time	Ind Posn
KIEREN CLEMENTS	16	M	IPSWICH HARRIERS	319	31,47	
CHRIS ROOKE	22	M	IPSWICH HARRIERS	342	32,17	
CARL PREWER	40	M	LOWESTOFT ROAD RUNNERS	260	34,18	
GAVIN ALLEN	36	M	BRAINTREE AC	279	35,30	
BRAD JONES	37	M	IPSWICH JAFFA	364	35,36	
NICK SMITH	36	M		363	36,14	
ROSS FAWCETT	18	M	IPSWICH HARRIERS	356	36,17	
NICK PALMER	35	M	STOWMARKET STRIDERS	269	36,20	
ANDREW LEWIS	33	M		243	36,27	
DAVID LAING	44	M	IPSWICH JAFFA	292	36,31	
BUSTER KEEBLE	36	M	STOWMARKET STRIDERS	306	36,39	
JONATHAN LING	19	M	IPSWICH JAFFA	340	36,42	
JOHN WHITE	48	M	BUNGAY BLACK DOG RUNNING CLUB	348	37,09	
JASON BERRY	41	M		392	37,41	
ANDREW REVELL	15	M	IPSWICH HARRIERS	329	37,44	
ROGER STONE	42	M	FELIXSTOWE RR	290	38,28	
JOHN SCAIFE	36	M	HADLEIGH HARES	358	38,34	
JOHN THORPE	39	M	IPSWICH JAFFA	291	38,39	
CARL THOMPSON	37	M	IPSWICH JAFFA	262	38,41	
STUART GREEN	50	M	STOWMARKET STRIDERS	221	38,54	
JAMES HENDERSON	46	M	WOODBIDGE SHUFFLERS	220	39,14	
NATASHA BELSOM	24	F	IPSWICH JAFFA	359	39,24	
TIM BYFORD	19	M	IPSWICH HARRIERS	352	39,42	
TIM HANMAN	39	M		361	39,43	
DAVID FENTON	39	M	STOWMARKET STRIDERS	339	39,59	
PAUL PRESTON	38	M	SUDBURY JOGGERS	297	40,07	
MARK HAYNES	33	M	COLTISHALL JAGUARS	299	40,15	
SIMON HARRISON	36	M	IPSWICH JAFFA	366	40,29	
MICHAEL JOHNS	39	M	STOWMARKET STRIDERS	322	40,33	
PAUL WYTHE	37	M	IPSWICH JAFFA	316	40,43	
NEIL HIGGINS	36	M		328	40,53	
MARCUS CATLIN	35	M	IPSWICH JAFFA	250	41,03	
VALERIE GLADWELL	35	F	HADLEIGH HARES	368	41,07	
KER MACROSSON	55	M	IPSWICH JAFFA	295	41,13	
MARIE SHIRLEY	31	F	SUDBURY JOGGERS	390	41,18	
CHRIS JOHNSON	26	M		357	41,34	
MARK SLY	51	M	WOODBIDGE SHUFFLERS	276	41,45	
SHAWN CLARK	42	M		394	41,48	
RICHARD HARVEY	49	M		338	41,58	
GAIL PRYKE	50	F	IPSWICH JAFFA	380	42,09	
FIACHRA BARRY	30	M	CATS	344	42,10	
TIM LARKE	37	M	STOWMARKET STRIDERS	261	42,13	
ADRIAN JAY	40	M	COLTISHALL JAGUARS	307	42,16	
ALAN JACKSON	51	M	IPSWICH JAFFA	218	42,27	
RICHARD FLUTTER	42	M	HARWICH HARRIERS	201	42,39	
DARREN EDRIDGE	42	M	COLTISHALL JAGUARS	275	42,39	
JONATHAN BAILEY	16	M	IPSWICH HARRIERS	298	42,41	
PAUL CLOW	31	M	MARTLESHAM LEISURE	379	42,48	
STEPHEN CURRAN	47	M		336	43,04	
GREG MARSHALL	58	M	FRAMLINGHAM FLYERS	258	43,05	
DUNCAN CHENERY	51	M	IPSWICH JAFFA	232	43,06	
BARRY CLARKE	30	M	STOWMARKET STRIDERS	268	43,06	
CATHY BRUNEAU	41	F		273	43,09	
DAVID KAYE	46	M	STOWMARKET STRIDERS	287	43,30	
ROBIN BELSOM	50	M	IPSWICH JAFFA	285	43,37	
GRAHAM COULTER	36	M	TRI-ANGLIA	349	43,45	
VAL JENNINGS	46	F	IPSWICH JAFFA	293	44,02	
K GALBRAITH	46	F		381	44,08	
SARAH CLOW	34	F	MARTLESHAM LEISURE	378	44,12	
REGINALD GEORGE WOODARD	70	M		281	44,17	
TONY FITCH	42	M		360	44,25	
BEN INCLES	33	M		384	44,26	
MARK STEVENS	20	M		370	44,29	
LOGAN MAIR	41	M	IPSWICH HARRIERS	410	44,30	
PAUL DE BREE	39	M		229	44,33	
MICHELLE GORDON	29	F	FELIXSTOWE RR	345	44,34	

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JON SMITH	42	M		404	44,35
KEVIN FORTUNA	36	M		400	44,39
JOHN SQUIRRELL	57	M	STOWMARKET STRIDERS	270	44,46
CHRISTIAN PAWSEY	44	M	WOODBIDGE SHUFFLERS	373	44,46
MICHAEL DOWNES	52	M	IPSWICH JAFFA	302	45,05
JASON WALKER	38	M	STOWMARKET STRIDERS	403	45,14
SIMON GOLDSMITH	36	M		230	45,19
CHARLES HILL	43	M		406	45,21
HANNAH WOOD	37	F	IPSWICH JAFFA	337	45,24
SARAH LEWIS	27	F	KAZAKSTAN RC	224	45,31
JAMES LEWIS	31	M	KAZAKSTAN RC	223	45,41
IAN CANNONS	38	M		377	45,55
ADRIAN HINE	47	M	FELIXSTOWE RR	375	46,12
ANDREW PEARCE	40	M	BURY PACERS	251	46,26
LEE JOHNSON	26	M		233	46,51
GARY SADLER	32	M		238	46,58
CARL COLLINS	38	M		244	47,02
STEPHEN WADE	39	M		376	47,26
JAMES B JOHNSON	41	M		387	47,29
W TILBURY-LARTER	36	M	FRAMLINGHAM FLYERS	346	47,36
GARY LOWE	53	M		241	47,39
WILLIAM BURDETT	48	M	STOWMARKET STRIDERS	372	47,41
PHIL MARSDEN	50	M		395	47,44
ALAN ROBINSON	41	M		301	47,53
MARK AVERY	44	M	IPSWICH JAFFA	335	48,44
STEVEN SEINET-MARTIN	54	M	FELIXSTOWE RR	314	48,46
PHIL DAVIES	45	M	IPSWICH JAFFA	257	48,48
DAVID DEE	43	M		402	49,02
STEVE FOSTER	52	M		333	49,06
JOHN WEBB	62	M		382	49,06
SALLY CONNICK	34	F	IPSWICH JAFFA	320	49,07
CHRIS JOHNS	53	M	IPSWICH JAFFA	321	49,09
ANDY HAWES	31	M	KAZAKSTAN RC	222	49,14
DARRYN NUNN	43	M	FELIXSTOWE RR	383	49,16
DAN WILDON	33	M		323	49,24
JOHN PENNY	55	M		399	49,28
CHRISTINE CAPSTICK	43	F	WOODBIDGE SHUFFLERS	385	49,29
PAUL GILSON	50	M	IPSWICH JAFFA	296	49,43
RICHARD FELLINGHAM	62	M	STOWMARKET STRIDERS	386	49,48
ROBIN PHILLIPS	55	M	FELIXSTOWE RR	315	49,54
WILL COOK	42	M		310	50,17
JENNIFER EVANS	32	F	WOODBIDGE SHUFFLERS	325	50,18
REBECCA CLARE	44	F		284	50,20
CLAYTON FOSKER	25	M		209	50,24
STEPHEN WOOD	53	M	IPSWICH JAFFA	309	50,28
MON LEE	53	M	IPSWICH JAFFA	341	50,37
NEAL GOLDSMITH	33	M	IPSWICH JAFFA	253	50,47
ALAN SANSOM	43	M		211	50,49
JORDAN BAILEY	17	M		206	50,50
RONAN DOORLY	50	M		350	50,51
ROB FROST	33	M		240	50,57
CATH BRECKELL	37	F		272	51,02
GARETH WILLIAMS	30	M		367	51,07
JAMES BROOKS	43	M		318	51,08
PAUL SMITH	27	M	IPSWICH TRI CLUB	334	51,13
ANDREW KING	41	M		254	51,14
JOANNE MARSHALL	53	F	FRAMLINGHAM FLYERS	259	51,14
HILARY WOOD	48	F	IPSWICH JAFFA	308	51,36
EMMA MORTIMER	19	F	IPSWICH JAFFA	331	51,44
WILLIAM CATCHPOLE	51	M	IPSWICH TRI CLUB	226	51,54
IAN FOSKEW	48	M	MID ESSEX CASUALS	326	52,06
CHRISTIAN BONE	42	M	HADLEIGH HARES	280	52,12
ROGER GARNETT	53	M	MARTLESHAM LEISURE	267	52,24
ROGER DUFFIELD	71	M	TIPTREE ROAD RUNNERS	327	52,32
JOSH HAWLEY	15	M		282	52,59
VICTORIA SMITH	25	F		374	53,00
MARK COCKBAIN	38	M		312	53,10
CHRISTOPHER BLAIR	28	M		266	53,17

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TERESA BAILEY	43	F		207	53,28	
RICHARD ATTENBORROW	59	M		247	53,29	
JIM WILLCOX	33	M		354	53,31	
MIKE JACKSON	61	M		397	53,59	
GRAHAME WALKINGSHAW	48	M	HADDINGTON & EAST LOTHIAN PACEM	343	54,25	
RONEL DER MERWE	51	F		228	54,33	
JULIE HASELWOOD	57	F	IPSWICH JAFFA	294	54,49	
MICHELLE BERRIMAN	38	F		288	55,19	
ROWENA MACKIE	40	F		289	55,19	
ELIZABETH SEVERY	50	F		277	55,56	
NICK HUGGINS	58	M	STOWMARKET STRIDERS	351	55,58	
LARRY BOOTH	41	M		303	56,04	
CATHERINE JOHNSON	42	F		388	56,06	
KAREN EASTON	48	F	WOODBIDGE SHUFFLERS	401	56,14	
CHERYL DEITCH	57	F		255	56,18	
ANDREW LEATHER	48	M	IPSWICH JAFFA	305	56,20	
LES BASHAM	60	M	STOWMARKET STRIDERS	317	56,30	
KATE PEARSALL	27	F		208	56,48	
DAVE MANNING	52	M		398	56,51	
HELEN EDWARDS	45	F		212	56,56	
SANJIV CHADHA	35	M		271	57,02	
DAVID PITT	29	M	IPSWICH JAFFA	409	57,09	
ANGELA BURDETT	43	F	STOWMARKET STRIDERS	371	57,13	
JESS WILLCOX	33	F		353	57,19	
HELEN RANKIN	43	F		234	57,35	
HEIDI NOBLE	40	F		235	57,37	
SUE FOSTER	54	F		332	57,45	
RON VINCENT	72	M	IPSWICH JAFFA	216	57,56	
GAVIN LANCASTER	40	M		365	58,30	
MATTHEW LORNE FREEMAN	22	M		237	58,38	
TESSA CATCHPOLE	51	F	IPSWICH TRI CLUB	227	58,41	
KAREN PEARCE	34	F		252	58,46	
GORDON BANKS	43	M		202	58,53	
SUSANNE ROOKE	39	F		300	58,55	
MIKE HILL	59	M		203	59,04	
JULIE ROBINSON	39	F		324	59,11	
JONATHAN WARNER	56	M		396	59,17	
MATTHEW WHITE	32	M		330	59,31	
MANDY SPURGEON	46	F		205	59,39	
DAN CLERY	46	M		347	59,50	
BENJAMIN GREEN	21	M		355	60,07	
PETER FRYER	66	M		286	60,08	
ALIX MURLAND	48	F	IPSWICH JAFFA	393	60,16	
JASON CLENCH	36	M		215	60,43	
SARAH SCARLETT	38	F	IPSWICH JAFFA	304	62,34	
CATHY BARRELL	23	F		362	62,38	
VAUGHAN CLARKE	38	M		408	63,53	
SHEILA MEARA	43	F		213	64,16	
BRIAN NELSON	63	M		256	64,20	
NATASHA GOLDSMITH	17	F		264	64,47	
MARK JARVIS	34	M		369	64,47	
JACQUES GROEN	62	M	BUNGAY BLACK DOG RUNNING CLUB	405	64,47	
ALEX WILSON	27	F		313	65,10	
BRIAN TURNER	72	M	IPSWICH JAFFA	283	66,05	
ANDREW SEVERY	53	M		278	66,17	
LISA GUNSTONE	44	F		389	66,24	
MARK GOLDSMITH	51	M		263	67,53	
URSULA GOLDSMITH	53	F		265	67,53	
APRIL POND	48	F	BUNGAY BLACK DOG RUNNING CLUB	407	69,35	
SAM MCKENZIE	27	M		204	73,17	
SARAH-LEANNE AMBROSE	21	F		236	RETIRED	
DAVID TILLET	41	M		210		
DEBBIE CATTERMOLLE	46	F	COLCHESTER HARRIERS	214		
SUE EDWARDS	50	F		217		
ZONJA BUNN	43	F		219		
REBECCA DE BREE	34	F		225		
JAMES POWLEY	16	M	IPSWICH HARRIERS	231		
TANYA FREEMAN	38	F		239		

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PETER SMITH	29	M		242		
PETER DOWNING	58	M	WHEELCHAIR COMPETITOR	245	45.00	
JOHN COXAGE	49	M		246		
MIKE COOPER	53	M	IPSWICH JAFFA	248		
IAN ACKERLEY	23	M	WOODBIDGE SHUFFLERS	249		
DAVID ROSHER	49	M		274		
GEOFF FULLER	48	M		311		
DERMOTT THOMAS	49	M		391		
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FUN RUN						
Name	Age	Gender	Club	Bib No	Ind Time	Ind Posn
KIERAN MCMORRAN	14	M	BUNGAY BLACK DOG RUNNING CLUB	47	10,29	
IEUAN ALLDIS	12	M	ST EDMUNDS PACERS	6	11,10	
EMILY STRICKLAND	13	F	ST EDMUNDS PACERS	65	11,38	
LUKE ALLEN	10	M	BRAINTREE AC	29	11,50	
RICHARD LING	12	M	IPSWICH HARRIERS	22	11,51	
KATIE PEAKE	13	F	IPSWICH HARRIERS	70	11,54	
ASHLEY HORNE	12	M		87	12,06	
CHLOE GODBOLD	12	F	IPSWICH HARRIERS	54	12,08	
CONOR WAKEMAN	12	M	IPSWICH JAFFA	68	12,29	
CHARLOTTE WICKENS	13	F		5	12,31	
IMOGEN HOLLAND-HOWES	11	F		34	12,36	
OLIVIA MAIR	12	F	IPSWICH HARRIERS	90	12,37	
GAIA JOHNSTONE	12	F	ST EDMUNDS PACERS	57	12,44	
MURRAY HOLLAND-HOWES	10	M		33	12,51	
CALLUM STONE	12	M	FELIXSTOWE RR	35	13,13	
TIM DAVIES	11	M	IPSWICH JAFFA	19	13,18	
OLIVER JOHNS	13	M	IPSWICH JAFFA	41	13,25	
MATTHEW ALLEN	7	M	HALSTEAD RR	28	13,30	
ROSE MORTIMER	11	F	IPSWICH JAFFA	16	13,38	
LUCY PEAKE	11	F	IPSWICH JAFFA	71	13,45	
CAMPBELL MCMORRAN	10	M	BUNGAY BLACK DOG RUNNING CLUB	46	13,52	
CARA DESSAUR	10	F		30	13,55	
CHARLES LEATHER	12	M		39	13,55	
LAUREN GRUBB	11	F	IPSWICH HARRIERS	81	14,03	
LAURA COOLEGE	11	F		64	14,05	
HARRY KRITEMAN	10	M		18	14,12	
OLIVER DABLE	11	M	IPSWICH JAFFA	84	14,19	
RYAN MURPHY	12	M		45	14,19	
JOSEPH DABLE	9	M	IPSWICH JAFFA	83	14,24	
ISSY WICKENS	10	F		4	14,25	
CHLOE JERMYN	13	F	ST EDMUNDS PACERS	21	14,35	
JUSTIN CLAMP	12	M		48	14,49	
OLIVER MARTIN	9	M		86	14,50	
THOMAS WEST	10	M		49	15,13	
GEORGE PENNICK	8	M		77	15,16	
REBECCA WHITE	17	F	BUNGAY BLACK DOG RUNNING CLUB	52	15,27	
MIA DESSAUR	10	F		31	15,28	
HARRY CHITTOCK	11	M		67	15,33	
STEPHANIE MARTIN	11	F		85	15,34	
THOMAS RICHENS	8	M		25	15,34	
GARRAD RICHENS	46	M		24	15,35	
MATTHEW GERRY	10	M		75	15,38	
BETH ROBINSON	12	F		43	15,39	
HARRY SPIVEY	10	M		74	15,45	
ZARA HAMMAN	7	F		61	15,45	
PAUL COOLEGE	8	M		63	15,48	
KATHRYN GERRY	39	F		76	15,50	
ROBERT LING	14	M		23	16,06	
HANNAH GRUBB	9	F		82	16,07	
ROLY HOLLAND-HOWES	6	M		32	16,33	
WILL HICKS	12	M		42	16,38	
HARVEY GLADWELL	7	M		66	16,50	
ALFIE LARKE	8	M		20	16,54	
ALICE COX	10	F	IPSWICH JAFFA	40	16,59	
LUCY COULTER	8	F		51	17,25	
DAVID FIDDEMAN	49	M		69	17,43	
POPPY HILL	12	F		89	17,59	
SARAH HILL	44	F		88	17,59	
JESSICA FOULGER	12	F		72	18,10	
ELLIE RANKIN	11	F		7	18,20	
HANNAH RANKIN	10	F		8	18,25	
THOMAS O'BRIEN	57	M		78	18,37	
CHARLIE GORDON	5	M		53	19,14	
LAURA SPIVEY	12	F		73	19,44	
LEE CORK	10	M		59	20,30	
SAMUEL COX	12	M	IPSWICH JAFFA	38	20,48	

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FLEUR WALNE	11	F		12	20,56
CONNOR EVE	8	M		17	21,21
BRYONY SMITH	8	F		55	22,02
TRACY SMITH	45	F		56	22,02
JACK GOODWIN	7	M		50	22,06
HOLLY WAGSTAFF	8	F		37	22,22
JULIE WAGSTAFF	36	F		36	22,22
KATIE HIGGINS	7	F		44	23,08
ELLISE WALNE	10	F		80	24,43
DEMI WALNE	7	F		79	25,00
JASON WALNE	40	M		13	25,02
MILLIE WALNE	9	F		11	25,02
CHRISTIAN HAMMAN	5	M		62	25,06
PAUL CORK	40	M		58	25,22
SAM CORK	8	M		60	25,22
LUKE COWLEY	37	M		15	26,13
MADDY COWLEY	6	F		14	26,13
CAROLINE CLARKE	45	F		26	31,02
LEVEAH SMITH	1	F		27	NR
ABIGAIL HENDERSON	11	F		2	
ALEXANDER HENDERSON	8	M		3	
GEORGE NOBLE	7	M		10	
HARRY KIDD	14	M	IPSWICH JAFFA	1	
TOM RANKIN	7	M		9	
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