

Adnams Southwold 10K Race Results - 22nd November 2009

Position	Time	Race No	Name 1	Name 2	Age	M/F	Club/Team Name
1	36.22	192	Paul	Higham	26	M	Norfolk Gazelles
2	38.00	191	Richard	Hayes	36	M	
3	38.36	183	Adam	Hardy	33	M	
4	39.38	372	Greg	Trevelyan	33	M	
5	39.49	264	Jason	Meiszner	37	M	
6	40.02	236	John	Ling	18	M	Ipswich Jaffa
7	40.21	322	Alex	Sage	37	M	
8	40.43	117	Timothy	Earl	27	M	Waveney Valley A.C.
9	40.49	112	James	Dodds	26	M	
10	40.53	88	Ben	Churchman	25	M	
11	40.55	20	Marc	Arbon	46	M	
12	40.56	207	Dale	Hurren	51	M	Norwich Road Runners
13	41.36	347	Richard	Smith	48	M	Woodbridge Shufflers
14	42.03	389	Thomas	White	27	M	
15	42.09	254	Greg	Marshall	57	M	Framlingham Flyers
16	42.14	248	Robin	MacKenzie	47	M	Framlingham Flyers
17	42.19	229	Catherine	Lee	28	F	Dulwich Runners
18	42.23	193	John	Hilaire	46	M	
19	42.28	19	Gary	Andrews	40	M	
20	43.02	276	Ian	Mudge	54	M	
21	43.02	110	Richard	Disney	55	M	
22	43.10	46	Paddy	Bishopp	36	M	Paddy and Scott's
23	43.14	233	Piers	Lewis	34	M	
24	43.26	399	Michael	Woodward	32	M	Pitsea Running Club
25	43.38	201	Darran	Houchin	37	M	
26	43.50	106	Mark	Davies	25	M	
27	43.51	208	Alan	Ife	56	M	
28	43.53	143	Alex	Gage	37	M	
29	44.00	308	Andrew	Reid	56	M	Stopsley Striders
30	44.01	56	James	Borrett	42	M	
31	44.03	247	James	MacKenzie	17	M	Framlingham Flyers
32	44.06	333	Clive	Searson	47	M	Halesworth Running Club
33	44.12	73	Rachel	Bull	32	F	
34	44.13	390	Paul	Wigens	51	M	Woodbridge Shufflers
35	44.15	83	Alastair	Chapman	33	M	
35	44.15	107	Robert	Davies	42	M	
37	44.16	258	Gary	Matthews	48	M	Ipswich Triathlon Club
38	44.20	250	Anthony	MacLean	39	M	Framlingham Flyers
38	44.20	391	Simon	Wiggins	37	M	Felixstowe R.R.C.
40	44.22	164	Michelle	Gordon	29	F	Felixstowe Road Runners
41	44.23	385	James	Webster	42	M	
42	44.25	166				M	
43	44.48	197	Graham	Holmes	59	M	
44	44.51	378	Ruth	Ward	32	F	Ipswich Jaffa R.C.
45	45.05	91	Geraldine	Clarke	40	F	Paddy and Scott's
46	45.10	263	Chris	Meadows	29	M	
47	45.22	64	Alan	Brady	48	M	
47	45.22	202	Matt	Howes	35	M	Norwich Road Runners
49	45.25	50	Andy	Bobbin	35	M	
49	45.25	241	Conor	Love	19	M	
51	45.33	235	Thomas	Lincoln-Kemp	42	M	Norwich Road Runners
52	45.37	198	Jonathan	Holmes	38	M	
53	45.42	131	Melvyn	Folkard	52	M	Chiltern Harriers A.C.
54	45.52	54	James	Booth	47	M	
55	46.00	82	Matthew	Carter	37	M	
56	46.04	368	Gavin	Thouless	41	M	Norwich Road Runners
57	46.05	93	Ed	Collingwood	35	M	Thrift Green Trotters
58	46.17	244	Gary	Lowe	52	M	
58	46.17	105	Marcus	D'apice	35	M	Paddy and Scott's
58	46.17	179	Martin	Hanner	53	M	

61	46.19	340	Joshua	Simpkin-Betts	27	M	
62	46.24	352	David	Spashett	59	M	
63	46.25	259	Peter	Matthews	52	M	
64	46.28	213	Ian	Jackson	36	M	Newmarket Hurricanes
65	46.30	396	John	Winter	46	M	Hitchin Running Club
65	46.30	86	Richard	Chilvers	42	M	
67	46.31	357	Tracy	Stevenson	41	F	Norfolk Gazelles
68	46.42	361	Matthew	Symonds	30	M	
69	46.45	318	Henry	Rowe	53	M	Saffron Striders R.C.
70	46.46	126	Alan	Fairs	41	M	Waveney Valley A.C.
71	46.52	394	Alan	Wilson	63	M	Bishops Stortford R.C.
72	46.59	51	Fred	Boggis	52	M	Woodbridge Shufflers
73	47.08	155	Bill	Gerrish	48	M	
73	47.08	122	Mark	Elflett	46	M	Lowestoft Road Runners
73	47.08	161	Nigel	Gilham	56	M	Bungay Black Dog
76	47.11	138	Andrew	Fretwell	50	M	Norwich Road Runners
77	47.13	332	Mick	Sears	53	M	Woodbridge Shufflers
78	47.14	94	Paul	Collins	39	M	
79	47.17	306	Bruce	Rayner	50	M	Bungay Black Dog
80	47.19	309	Ian	Reid	54	M	
81	47.22	77	Matthew	Burt	35	M	
82	47.24	55	Max	Booth	40	M	
83	47.26	267	Paula	Mills	38	F	
84	47.34	343	Adrian	Smith	38	M	
85	47.48	398	James	Woodrow	55	M	The Arthur Sporting Club
86	47.50	397	Grant	Wisbey	29	M	Balloon Dog
87	47.51	147	Robert	Garratt	57	M	
88	48.19	188	Gary	Haselton	52	M	
89	48.22	6			30	F	
90	48.30	9	Colin	Alford	46	M	
91	48.33	199	John	Holt	62	M	
92	48.35	203	Christina	Howland	43	F	Felixstowe Road Runners
93	48.44	283	C	Osborn	50	M	
94	48.51	294	Mary	Pendered	50	F	
95	48.59	392	Bryn	Williams	43	M	
96	49.00	221	Camilla	Keates	25	F	
97	49.12	43	Jeremy	Bewick	43	M	Framlingham Flyers
97	49.12	231	Matthew	Leech	24	M	
99	49.20	35	Chris	Bates	27	M	
100	49.20	307	Juliet	Redding	39	F	
101	49.21	168	Dwaine	Gray	45	M	
102	49.23	123	Anne	Ellen	54	F	Norfolk Gazelles
103	49.26	272	Anna	Moore	34	F	
104	49.28	24	Jordan	Bailey	16	M	
104	49.28	165	William	Goreham	52	M	
106	49.30	224	Paul	Kerridge	46	M	Woodbridge Shufflers
107	49.32	114	Will	Dowdy	38	M	
108	49.40	242	Ryan	Love	17	M	
109	49.51	346	Rebecca	Smith	24	F	
110	50.02	325	James	Samkin	43	M	Bungay Black Dog
110	50.02	239	Matthew	Lomax	32	M	
112	50.05	196	Matthew	Hodge	47	M	
113	50.13	402	Paul	Wright	46	M	
114	50.16	354	Samuel	Stannard	27	M	Healthy Ambitions Suffolk
115	50.23	382	Peter	Waters	42	M	
116	50.24	37	Jonathan	Baxter	26	M	
117	50.25	49	Roland	Blunk	60	M	
118	50.42	257	Ed	Masters	39	M	
118	50.42	116	Nick	Durrant	55	M	
120	50.45	58	Ian	Bowen	47	M	
121	50.47	5	Will	Akast	35	M	
122	50.50	261	Ian	McCarthy	53	M	Beckenham R.C.
123	50.52	130	Heidi	Folkard	42	F	Chiltern Harriers A.C.

124	50.59	99	Helen	Cook	48	F	
124	50.59	167	Linda	Grave	47	F	Woodbridge Shufflers
126	51.01	403	Andy	Yacoub	48	M	
127	51.12	115	Mark	Durrant	46	M	
127	51.12	245	Robert	Lucas	44	M	
129	51.17	120	Peter	Eddershaw	46	M	
129	51.17	292	Tamsin	Passmore	45	F	
131	51.27	169	Colin	Greengrass	52	M	
132	51.28	181	Amanda	Hards	43	F	
133	51.36	182	Nick	Hards	47	M	
134	51.37	223	Jonathan	Kent	39	M	
135	51.51	303	Jane	Pye	42	F	
136	52.03	295	Robin	Phillips	54	M	
137	52.07	356	Neil	Stemp	33	M	
138	52.18	209	Andrew	Ireland	46	M	
139	52.21	156	Daniel	Gibbons	27	M	
140	52.23	111	David	Dixon	58	M	
141	52.26	125	David	Evans	47	M	
142	52.28	185	Ian	Harper	47	M	
143	52.31	349	Jane	Somerville	41	F	
144	52.35	334	Steven	Seinet-Martin	53	M	
145	52.37	279	Fiona	Nicholls	34	F	
145	52.37	215	Myles	Jackson	44	M	
147	52.38	144	Jan	Gale	52	F	
148	52.47	211	Peter	Isaac	43	M	
149	52.48	345	Lynne	Smith	50	F	
149	52.48	386	Sarah	Webster	23	F	
151	52.50	323	Mike	Sage	65	M	
152	52.53	230	Lewis	Leech	55	M	
153	52.57	288	Matt	Paine	37	M	
154	52.59	281	Esther	Norton	40	F	
155	53.02	344	Jessica	Smith	21	F	
155	53.02	364	Kirsty	Taylor	22	F	
155	53.02	200	Trevor	Horrex	49	M	Norwich Road Runners
158	53.04	238	John	Lockett	52	M	
158	53.04	348	Trevor	Smith	52	M	
160	53.13	63	Peter	Bradley	44	M	
161	53.18	255	Joanne	Marshall	52	F	Framlingham Flyers
162	53.19	187	Martin	Harris	37	M	
163	53.23	142	Tim	Gadsden	56	M	
164	53.26	301	Dawn	Pretty	44	F	Tri Anglia
165	53.32	234	William	Lewis	24	M	
166	53.35	380	Peter	Warren	53	M	City of Norwich A.C.
167	53.38	270	Clare	Moodie	33	F	
168	53.38	359	Steve	Stringer	42	M	
169	53.45	39	Samuel	Beggs	44	M	
170	53.54	129	Paul	Ferrow	51	M	
171	53.58	316	David	Rothon	66	M	
172	54.01	237	Kate	Lloyd	34	F	
172	54.01	243	Steve	Love	48	M	
174	54.04	285	Gabi	Ostwaldt	40	F	
174	54.04	102	Miranda	Courteen	35	F	
174	54.04	2	Richard	Abraham	56	M	Chiltern Harriers A.C.
177	54.13	331	David	Scotford	44	M	Stowmarket Striders
178	54.16	278	Jo	Newton	48	F	Halesworth Running Club
179	54.22	119	Alison	Eddershaw	41	F	
180	54.24	11	Catherine	Allen	28	F	
181	54.27	18	Mark	Anderson	23	M	
182	54.32	139	Kevin	Fryer	27	M	
183	54.39	98	Paul	Connell	47	M	
184	54.40	162	Freya	Gillott	19	F	
185	54.41	369	Giles	Townley	46	M	
185	54.41	141				F	

187	54.43	176	Lee	Haigherty	37	M	
188	54.54	151	Karen	Gedge	44	F	Bungay Black Dog
189	54.58	280	Victoria	Nicholls	31	F	
190	54.59	317	Isabel	Rothon	18	F	
191	55.04	226	Clare	Lamb	40	F	
192	55.12	103	Victor	Lovedale	55	M	
193	55.16	25	Teresa	Bailey	42	F	
194	55.17	363	Jennifer	Taylor	42	F	
195	55.22	14	Belinda	Jennings	34	F	
196	55.23	253	Lisa	Mann	42	F	
197	55.25	78	Andrew	Caley	38	M	
198	55.34	370	Kevin	Townsend	51	M	
199	55.35	10	Karen	Alford	46	F	
200	55.47	401	Neil	Wright	30	M	Balloon Dog
201	55.55	298	Mark	Plummer	30	M	
202	56.01	321	Andrew	Ryde	43	M	Trent Park Running Club
203	56.09	85	Michael	Cherry	40	M	
204	56.12	225	Brenda	King	65	F	
205	56.17	246	Simon	Macalone	42	M	
206	56.21	205	Chris	Hurcomb	39	M	
207	56.34	62	Timothy	Boyle	44	M	
208	56.38	154	Hayley	Gerrard	41	F	Norwich Road Runners
209	56.41	121	Andrew	Eley	45	M	Healthy Ambitions Suffolk
210	56.46	388	Fiona	White	42	F	
211	56.48	275	Stephen	Morley	56	M	Brandon Fern Hoppers
212	56.53	297	Moira	Pinkney	59	F	Ipswich Triathlon Club
213	56.55	220	Marisol	Kane	45	F	
214	56.58	228	Andrea	Le Clercq	28	F	
214	56.58	365	Tom	Taylor	48	M	
216	57.13	305	Peter	Ragg	55	M	
217	57.32	381	Karen	Waters	40	F	Bungay Black Dog
218	57.33	313	Karen	Robertson	50	F	
219	57.34	277	Cathy	Mumford	47	F	Thetford A.C.
220	57.39	44	Jane	Bezant	48	F	
221	57.43	7	Liz	Cobbold	31	F	
222	57.46	12	Charlotte	Allen	41	F	
223	57.51	262	Andrea	McNally	54	F	Woodbridge Shufflers
224	57.52	66	Emma	Brightmore	28	F	
224	57.52	405	James	Young	35	M	
226	57.54	290	Olivia	Parker	41	F	
227	58.16	335	Garry	Sexton	51	M	
228	58.17	23	Gemma	Bacon	45	F	
229	58.21	351	Malcolm	Sparks	52	M	
229	58.21	132	Neil	Foskett	37	M	
231	58.22	4	Pauline	Adams	36	F	
232	58.28	284	Emma	Osborne	32	F	
233	58.33	173	Jenny	Hadingham	45	F	
233	58.33	360	Jo	Sutton	39	F	
235	59.08	81	Annette	Carter	42	F	
236	59.13	34	Elaine	Barnes	48	F	
237	59.17	134	Samantha	Thompson	61	M	Healthy Ambitions Suffolk
238	59.20	104	Margaret	Daly	48	F	
239	59.23	1	Andy	Wood	49	M	
240	59.26	178	Lesley	Hanner	53	F	
241	59.27	204	Bev	Hudson	42	F	
241	59.27	324	Katie	Sambrook	37	F	
243	59.29	29	Tracey	Ball	36	F	
244	59.30	249	Charlotte	MacKinlay	36	F	
245	59.35	59	Christine	Bower	50	F	
246	60.04	13	Sean	Clark	41	M	
247	60.06	214	Lorna	Jackson	38	F	
248	60.10	293	Kate	Pearsall	26	F	
249	60.15	282	Anne	Oliver	55	F	Felixstowe Road Runners

250	60.16	268	Elizabeth	Mobbs	39	F	
251	60.21	350	David	Sowter	67	M	
252	60.27	326	Alan	Sansom	42	M	
253	60.29	366	Mandy	Thacker	46	F	
253	60.29	53	Tracey	Bond	42	F	
255	60.32	74	Jennifer	Burfoot	61	F	Norfolk Gazelles
256	60.38	310	Judy	Reid	57	F	Stopsley Striders
257	60.40	133	Denise	Foster	50	F	Healthy Ambitions Suffolk
258	60.49	265	Averill	Mew	53	F	Woodbridge Shufflers
259	60.53	374	Sue	Utting	60	F	
260	60.59	336	Emma	Sharpe	31	F	Balloon Dog
260	60.59	337	Tom	Sharpe	32	M	Tri Anglia
262	61.00	320	Esther	Ruffles	47	F	
263	61.07	71	Keith	Brown	53	M	
264	61.11	180	Chris	Harding	24	M	
264	61.11	300	Louise	Powell	40	F	
266	61.15	48	Christine	Bloomfield	53	F	Norfolk Gazelles
266	61.15	158	Dr W	Gibson	48	M	
266	61.15	404	Harry	Young	31	M	
266	61.15	329	Holly	Scholfield	32	F	
266	61.15	95	Julia	Colls	38	F	
266	61.15	190	Nicci	Hawkins	24	F	
266	61.15	96	Toby	Colls	38	M	
273	61.17	160	Julian	Giles	51	M	
274	61.25	109	Jane	Dines	47	F	
275	61.26	232	James	Lennon	54	M	
276	62.19	124	Heather	English	60	F	
278	62.24	135	Janette	Franks	48	F	
279	62.25	286	Angela	O'Sullivan	36	F	
279	62.25	287	Denis	O'Sullivan	34	M	
281	63.26	367	C	Thouless	73	M	Norwich Road Runners
282	64.01	227	Emma	Langmaid	38	F	
283	64.21	302	Grainne	Purvis	40	F	
283	64.21	163	Odette	Goldsmith	42	F	
285	64.22	40	Susan	Beggs	46	F	
286	64.30	355	Naomi	Steele	36	F	
287	64.31	379	Sophie	Ward	48	F	
288	64.41	353	Mandy	Spurgeon	45	F	
289	64.47	87	Dani	Church	36	F	
290	64.47	177	Serena	Hall	36	F	
291	65.09	69	Graham	Brookman	47	M	
291	65.09	70	Sylvie	Brookman	39	F	
293	65.13	387	Paul	Whitby	47	M	
294	65.19	153	Steve	Gentry	41	M	
295	65.34	41	Gill	Bellamy	46	F	
296	65.38	184	Caroline	Hardy	29	F	
297	65.39	36	Bryan	Baxter	49	M	
298	65.40	30	Gordon	Banks	42	M	
299	65.42	383	Clare	Webb	45	F	
299	65.42	194	Kevin	Hill	47	M	
301	65.44	172	Jonathan	Hadgraft	58	M	
302	65.56	113	Rob	Donovan	61	M	Bungay Black Dog
303	66.06	45	Andrea	Biggs	41	F	
303	66.06	149	David	Garrett	49	M	
305	66.26	80	Kim	Caplin	38	F	
306	66.38	252	Robert	Mallett	55	M	
307	67.01	327	Frances	Saville	49	F	Stowmarket Striders
307	67.01	328	Michael	Saville	48	M	Stowmarket Striders
307	67.01	108	Sarah	Singleton	36	M	
310	67.03	72	Stephen	Buck	42	M	
311	67.10	38	Deborah	Beazer	42	F	
312	67.19	219	Carla	Johnson	29	F	Felixstowe R.R.C.
313	67.20	152	Gaynor	Gentry	40	F	

313	67.20	393	George	Williams	41	M	
315	67.22	400	Caron	Wright	45	F	
315	67.27	137	June	Frery	51	F	Diss A.C.
317	67.42	212	Robert	Jack	49	M	Bungay Black Dog
318	68.10	319	Julie	Rudd	48	F	
318	68.10	189	Roisin	Hawkes	43	F	
320	68.28	159	Eispeth	Gibson	40	F	
321	68.42	315	Alison	Rogers	43	F	Bungay Black Dog
322	69.04	210	Catherine	Isaac	43	F	
323	69.12	299	Charlotte	Potter	29	F	
324	69.17	65	Hannah	Breen	35	F	
325	70.06	339	Malcolm	Silburn	49	M	Felixstowe Road Runners
326	70.14	384	Lucy	Webb	37	F	
327	70.23	16	Rachel	Allen	30	F	
328	70.46	52	Phillippa	Bond	41	F	
329	71.45	251	Amanda	Mallett	43	F	Ipswich Triathlon Club
329	71.45	8	Mark	Aldridge	58	M	
331	72.17	274	John	Morgan-Hughes	73	M	
332	72.18	31	Tanya	Barber	22	F	
333	72.26	296	Karen	Pierce	53	F	
334	72.36	273					
335	72.39	140	Catherine	Fuller	39	F	
336	72.55	157	Caroline	Gibbs	40	F	
336	72.55	68	Hazel	Brookes	34	F	
338	73.00	186	Lizzie	Harris	41	F	
339	73.06	148	Carolyn	Garrett	24	F	
340	75.03	222	James	Kelly	77	M	Framlingham Flyers
341	75.06	304	Claudia	Rabey	50	F	
342	76.26	84	M	Charlish	45	F	
343	77.39	47	Rachel	Blackburn	43	F	
344	77.51	266	Tina	Meyer	38	F	
345	78.15	42	Victor	Bellingham	67	M	
346	78.22	15	Elizabeth	Allen	30	F	
	Did not finish	314	Sherine	Robinson	50	F	
	Not recorded	269	Kate	Monaghan	32	F	Fetch Everyone Running Club
	Not recorded	97	Norman	Comfort		M	
	Not recorded	145	Peggy	Gallagher	55	F	