

=Stowmarket Striders=  
**Joe Cox Half Marathon Results**  
 28th March 2010

Position	Race No	Surname	First Name	Club Name	Cat	Age	Actual Time
1	359	Firouzi	Mazeyar	Cambridge Tri Club		33	01:16:10
2	277	Reason	Robert	Harwich Runners		30	01:16:45
3	222	Kingsnorth	Tom	St. Edmund Pacers		30	01:18:37
4	45	Ridley	Colin	St. Edmund Pacers	MV45	48	01:18:50
5	82	Manlow	John	Ely Runners	MV40	41	01:19:28
6	202	Hewitt	Keith			37	01:20:28
7	98	Meachen	Jason	Harwich Runners		38	01:21:22
8	172	Ferguson	John	Cambridge & Coleridge	MV45	46	01:22:44
9	305	Shields	Andrew	Cambridge & Coleridge	MV40	44	01:22:46
10	196	Hanman	Tim			39	01:23:10
11	84	Dawson	Alan	St. Edmund Pacers	MV50	53	01:23:40
12	86	Jordan	Tamara	Stowmarket Striders		32	01:23:53
13	348	Capetti	Giacomo	Cambridge & Coleridge	MV40	43	01:24:18
14	66	Davies	Paul	Norwich Road Runners	MV40	41	01:24:36
15	163	Drane	Kieran	Ely Runners		27	01:24:57
16	49	Fox	Tim	St. Edmund Pacers	MV40	43	01:25:04
17	186	Greener	Michael	St. Edmund Pacers		39	01:25:15
18	58	Brightwell	Simon	Cambridge & Coleridge	MV45	45	01:25:44
19	151	Davis	Greg	Newmarket Joggers	MV45	47	01:26:12
20	18	Davy	Jonathon	Felixstowe Road Runners	MV50	53	01:26:24
21	346	Warner	Alex			31	01:26:39
22	342	Robins	Graham		MV40	43	01:26:55
23	136	Clarke	Mark	Sudbury Joggers	MV45	49	01:27:39
24	187	Greener	John	St. Edmund Pacers	MV40	41	01:27:45
25	176	Foster	Tim			28	01:28:20
26	62	Leathwood	Racheal			29	01:28:38
27	351	Croll	Floyd			22	01:28:50
28	180	Gibby	Rob	Colchester Harriers		37	01:29:14
29	287	Riley	Teal	Muddy Mucky Monkeys	MV40	40	01:29:24
30	286	Ridgeon	Jason		MV40	42	01:29:49
31	347	Cinque	Giulio	Cambridge & Coleridge	MV50	50	01:29:53
32	60	Mudge	Ian		MV50	54	01:30:06
33	173	Flowerdew	Michael	Muddy Mucky Monkeys		36	01:30:42
34	89	Honeywood	Philip		MV40	42	01:30:48
35	240	McConville	Cahal		MV40	44	01:31:00
36	300	Seymour	Chris	Stowmarket Striders	MV40	41	01:31:07
37	70	Raymond	Lindsay	Norwich Road Runners	MV50	54	01:31:52
38	165	Dunne	Martin			36	01:32:36
39	4	Chorley	Chris	Bungay Black Dog	MV45	46	01:33:01
40	39	Abbott	Patrick		MV40	40	01:33:23
41	370	Cook	Darren			35	01:33:35
42	284	Richardson	Nick			27	01:34:01
43	367	Clarke	Neville	Newmarket Joggers	MV55	56	01:34:03
44	143	Corrigan	Gillian	Stowmarket Striders		30	01:34:18
45	88	Gant	Matthew	Hadleigh Hares		34	01:34:32
46	246	Meecham	Simon	Ipswich Jaffa		38	01:34:36
47	182	Glass	Andy	Sudbury Joggers		37	01:35:03
48	23	Piper	Richard		MV40	42	01:35:06
49	63	Thurston	Helen			28	01:35:11
50	360	Smith	Richard	Woodbridge Shufflers	MV45	48	01:35:12
51	205	Horne	Paul	Vegetarian Cycling & AC	MV50	50	01:35:20
52	333	Wiggins	Simon	Felixstowe Road Runners		37	01:35:56
53	278	Redhead	Simon			31	01:35:59
54	229	Levett	Jonny	Stowmarket Striders	MV40	44	01:36:09
55	270	Power	Nick		MV40	41	01:36:16
56	375	Ham	David			37	01:36:34

57	195	Hanley	Richard	Hadleigh Hares	MV40	42	01:36:59
58	265	Pearce	Andrew		MV40	40	01:37:00
59	221	King	Michael		MV55	59	01:37:03
60	322	Troup	Mike	St. Edmund Pacers	MV55	55	01:37:19
61	120	Bone	John	Gt Yarmouth Road Runners	MV60	63	01:37:21
62	36	Lamgillion-Jameson	Peter		MV45	48	01:37:46
63	109	Bartop	Ryan		MU19	18	01:37:49
64	372	Alderton	Paul	WSW & Tri	MV45	47	01:37:54
65	216	Judge	Sophie			27	01:38:00
66	160	Downie	Iain	Ipswich Tri Club	MV40	41	01:38:12
67	314	Stafford	Matthew	Harwich Runners		30	01:38:16
68	144	Cottee	Ian	Harwich Runners		37	01:38:17
69	292	Rose	Tony	Ware Joggers	MV50	50	01:38:19
70	185	Goodwin	Mark			37	01:38:23
71	323	Trowell	Ian		MV50	51	01:38:30
72	274	Presland	Vicky	Great Bentley		35	01:38:35
73	64	Gailbraith	Kathryn		FV45	45	01:38:39
74	68	Masterson	Paul		MV40	41	01:38:39
75	208	Hughes	Steve	Stowmarket Striders	MV45	46	01:38:46
76	331	Warden	Brian	City of Norwich		36	01:38:47
77	243	McGrath	Dennis		MV45	45	01:38:55
78	268	Pocklington	Duncan			37	01:38:59
79	355	Avent	Martin	Tiptree Road Runners	MV50	50	01:39:00
80	215	Jordan	Rebecca	Stowmarket Striders		32	01:39:04
81	234	Marriott	Michael		MV50	54	01:39:31
82	236	Martins	Gabriel		MV40	41	01:39:52
83	46	Hendersn	Ian		MV50	50	01:40:08
84	345	Woodard	Reg		MV65	69	01:40:10
85	238	Mayhew	Vicky			28	01:40:10
86	178	Funnell	Gordon	Hadleigh Hares	MV50	50	01:40:46
87	369	Kellaway	David	Tri-Anglia Triathlon Club	MV45	49	01:41:01
88	190	Grimwade	Doug	Hadleigh Hares	MV40	44	01:41:41
89	329	Walne	Jason			39	01:41:50
90	147	Crane	Daniel			34	01:41:57
91	42	Airlie	Brian	Hadleigh Hares	MV40	42	01:42:11
92	13	Farres	Richard	Framlingham Flyers	MV40	40	01:42:16
93	124	Brand	Paul			29	01:42:23
94	357	Lawrence	Tony	Trail Runners Association	MV40	44	01:42:30
95	141	Comeskey	Dan			28	01:42:41
96	90	Rednall	John	Stowmarket Striders	MV45	46	01:42:49
97	210	Humphreys	Clare			29	01:42:57
98	326	Vick	Sarah	The Saxons	FV40	40	01:43:06
99	34	Larke	Tim			36	01:43:10
100	117	Bilingham	Huw	Stowmarket Striders	MV40	43	01:43:13
101	125	Brand	Roger	St. Edmund Pacers	MV60	61	01:43:18
102	226	Lambon	Simon			35	01:43:32
103	177	Fulcher	Roy			38	01:43:36
104	59	Brightwell	Maria	Cambridge & Coleridge	FV45	46	01:43:46
105	311	Southgate	Philip	St. Edmund Pacers	MV40	40	01:43:51
106	184	Gooderham	Ian	St. Edmund Pacers	MV40	42	01:43:52
107	24	Shortland	Robert		MV50	50	01:44:04
108	306	Shuriah	Horace	Haverhill RC	MV40	40	01:44:07
109	304	Shenton	Carrie		FV40	43	01:44:08
110	193	Hambling	Stewart	Framlingham Flyers	MV40	42	01:44:15
111	200	Henry	Duncan			39	01:44:18
112	380	Vaughan	Tom			35	01:44:20
113	65	Cox	Steve	Hadleigh Hares	MV45	46	01:44:20
114	232	Little	Martin		MV40	41	01:44:23
115	249	Moggan	Frank	Stowmarket Striders	MV60	60	01:44:28
116	235	Martin	Neil	Stowmarket Striders		37	01:44:31
117	139	Clayton	Rob	Felixstowe Road Runners	MV50	52	01:44:36
118	146	Cox	Christopher		MV55	56	01:44:38
119	280	Reyes	Stephen	Haverhill RC	MV40	43	01:44:45

120	183	Goldsmith	Simon			36	01:44:50
121	371	Glen	David			39	01:44:53
122	309	Soper	Michael	St. Edmund Pacers		37	01:44:58
123	279	Reilly	Simon			20	01:45:01
124	73	Howe	David			34	01:45:19
125	199	Heeks	Paul	Stowmarket Striders	MV40	42	01:45:28
126	203	Higgins	Carl	Theftord AC	MV45	49	01:45:42
127	337	Worster	Paul		MV45	49	01:45:45
128	175	Foster	Timothy			37	01:46:09
129	94	Hart-Davies	Chris	Club des Sports Chamonix	FV55	56	01:46:09
130	97	McCorquodale	Becky	Harwich Runners		37	01:46:10
131	123	Bradley	Kevin	Stowmarket Striders	MV45	48	01:46:10
132	100	Green	Micky		MV45	48	01:46:13
133	3	Sauerzapf	Bobbie	Bungay Black Dog	FV50	51	01:46:14
134	57	Hobson	Roger	Woodbridge Shufflers	MV60	64	01:46:25
135	368	Hetherington	Kieran			27	01:46:27
136	67	Stroud	Andrew		MV40	42	01:46:49
137	340	Farnell	Norman		MV50	50	01:46:53
138	336	Wilson	Alex	Sudbury Joggers		38	01:46:55
139	308	Smith	Harry	Stowmarket Striders	MV45	45	01:47:16
140	327	Wallace	Paul	Stowmarket Striders	MV45	45	01:47:20
141	218	Keitch	Charlie			32	01:47:31
142	35	Mostert	Natalie	Ipswich Jaffa		34	01:47:38
143	253	Morley	Sam			33	01:47:40
144	328	Wallard	Matthew			36	01:47:41
145	130	Bugg	Laura			34	01:47:41
146	341	Bailey	Michaela	The Saxons	FV40	44	01:47:51
147	8	Walker	Marion	Framlingham Flyers	FV55	55	01:47:52
148	11	Stewart	Andrew	Hadleigh Hares	MV45	49	01:47:55
149	150	Daley	Richard			39	01:48:05
150	137	Clarke	Paul	St. Edmund Pacers	MV45	49	01:48:06
151	181	Gillingham	Neil	Ipswich Harriers		26	01:48:35
152	361	Cook	Chris	St. Edmund Pacers	MV60	61	01:48:39
153	285	Richer	Joe	Newmarket Cycling & Tri Club		38	01:48:40
154	219	Keys	Sarah			32	01:48:40
155	78	Braverman	Diana	Cambridge & Coleridge	FV55	58	01:48:42
156	366	Stocker	Paul			29	01:48:47
157	50	Spedding	Susan			36	01:48:49
158	256	Murfitt	Colin		MV50	50	01:49:09
159	158	Dougan	Derrick	Stowmarket Striders		32	01:49:21
160	156	Deverson	Grahame	Brandon Fern Hopper		36	01:50:02
161	145	Courtney	Martin	Ely Runners	MV40	42	01:50:08
162	75	Rooke	Ken	Brandon Fern Hopper	MV60	62	01:50:12
163	291	Rosbrook	Mike	Hadleigh Hares	MV65	72	01:50:12
164	134	Cable	Andrew	Great Bentley	MV50	50	01:50:17
165	121	Bowen	Steve	Hadleigh Hares	MV55	55	01:50:30
166	220	Kinch	Brenda	North Norfolk Beach Runners	FV65	65	01:50:46
167	269	Pollikett	Mark			32	01:50:49
168	71	Roberts	Paul			39	01:51:13
169	115	Bewick	Jeremy	Framlingham Flyers	MV40	44	01:51:14
170	12	Finch	Peter	Stowmarket Striders	MV45	48	01:51:16
171	261	Ogles	Ian			28	01:51:26
172	264	Paul	Miranda	Newmarket Joggers		36	01:51:27
173	321	Tope	Clare			34	01:51:30
174	55	Wright	Gary		MV40	43	01:51:40
175	358	Janes	Stuart	Newmarket Joggers	MV40	43	01:51:42
176	307	Smith	Anna	Stowmarket Striders		36	01:51:56
177	33	Waterman	David	Bungay Black Dog	MV50	50	01:52:14
178	101	Abbott	Barry	Stowmarket Striders		28	01:52:15
179	356	Gardiner	Frank	Great Bentley	MV55	55	01:52:22
180	87	Wall	Amy			27	01:52:25
181	378	Shuler	David			28	01:52:31
182	225	Lambert	John	Ipswich Jaffa	MV65	65	01:52:52

183	289	Rodwell	Maxine			37	01:52:58
184	362	Suter	Stephen		MV40	40	01:53:17
185	299	Seinet-Martin	Steven		MV50	53	01:53:38
186	296	Saunders	Mark			39	01:53:43
187	209	Hughes	Wendy	Stowmarket Striders	FV50	50	01:53:48
188	353	Jorgensen	Mark			33	01:53:55
189	377	Clare	Rebecca		FV40	44	01:54:01
190	105	Bailey	Matthew			31	01:54:03
191	122	Bowen	Charlotte			29	01:54:03
192	102	Alabone	Martin	Hadleigh Hares	MV40	40	01:54:15
193	295	Salmon	Helen	Wymondham AC	FV40	44	01:54:17
194	133	Butler	Simon		MV45	45	01:54:18
195	56	Browne	Simon		MV50	51	01:54:18
196	272	Power	Anna			26	01:54:20
197	266	Phillips	Robin		MV50	54	01:54:32
198	271	Power	Tim	Woodbridge Shufflers	MV55	59	01:54:34
199	37	Johnson	Mark			37	01:54:35
200	283	Richardson	Dean			35	01:54:43
201	273	Prance	Carol	Stowmarket Striders	FV45	46	01:54:55
202	233	Lowther	Michael			38	01:54:56
203	52	Brame	Shirley	Stowmarket Striders	FV40	42	01:55:05
204	241	McDiarmid	Emma			36	01:55:06
205	303	Sheehan	Jody			34	01:55:06
206	166	Edwards	Vanessa		FV45	46	01:55:07
207	77	Murfitt	Neil	Halstead Road Runners	MV50	54	01:55:15
208	38	Washington	Stuart			37	01:55:21
209	206	Howell	Alex			36	01:55:33
210	379	Wadham	Shirley			34	01:55:42
211	106	Bailey	Leon	Brandon Fern Hopper		39	01:55:42
212	207	Hughes	Dianne	Stowmarket Striders	FV45	47	01:55:42
213	96	Blackwell	Paul	Great Bentley	MV40	43	01:55:50
214	217	Kearney	Lesley	St. Edmund Pacers	FV45	48	01:56:44
215	227	Lee	Rachel	Stowmarket Striders		28	01:56:50
216	239	Mayhew	Sandra	Stowmarket Striders	FV45	46	01:56:58
217	118	Bloor	Sara	Saxons RC	FV40	43	01:56:59
218	81	Haselwood	Julie	Ipswich Jaffa	FV55	57	01:57:12
219	92	Berry	Kevin			37	01:57:31
220	113	Belsom	Ruth		FV45	47	01:57:35
221	250	Montgomery	James	Witham Running Club	MV40	43	01:57:38
222	349	Gillett	Clinton			38	01:57:38
223	257	Newton	Kirstie			31	01:57:38
224	282	Richardson	John	Dereham Runners	MV55	56	01:58:03
225	171	Faulkner	Isabel			28	01:58:06
226	204	Holland	Julian			34	01:58:27
227	79	Speake	Rachel	Bildeston Bounders	FV40	40	01:58:34
228	9	Speake	Mac	Bildeston Bounders	MV65	68	01:58:34
229	231	Linassi	Samantha	Felixstowe Road Runners		33	01:58:53
230	17	Rattle	Sarah			35	01:58:56
231	313	Stafford	Caroline	Felixstowe Road Runners		33	01:59:00
232	275	Proctor	Jeremy			38	01:59:08
233	74	Bowyer	Nicola	Royston Runners		37	01:59:09
234	27	Smith	Rebecca	Hadleigh Hares		25	01:59:10
235	194	Hamblyon	Jeff			38	01:59:11
236	288	Rodger	Lorna			37	01:59:20
237	293	Rutterford	Alex			35	01:59:20
238	149	Crouchman	Simon		MV40	41	01:59:27
239	343	Boswell	Tim			36	01:59:28
240	127	Brinkley	Angela	Stowmarket Striders	FV45	48	01:59:51
241	335	Wilding	Steve		MV50	50	01:59:51
242	260	Nutt	Tracey		FV40	44	01:59:56
243	21	Howes	Rea			24	02:00:22
244	20	Page	Karen	St. Edmund Pacers		38	02:00:25
245	224	Knight	Stuart			26	02:00:34

246	32	Baldry	Claire			30	02:01:12
247	167	Edwards	Tim		MV45	49	02:01:14
248	111	Baxter	Phil		MV40	40	02:01:18
249	363	Minnie	Carin		FV40	44	02:01:19
250	191	Hall	Robert	Ipswich Jaffa	MV40	43	02:01:30
251	344	Jennings	Chloe	St. Edmund Pacers	FU19	18	02:01:36
252	69	Van Der Merwe	Ronel		FV50	51	02:01:59
253	354	Atkin	Steven			31	02:02:01
254	252	Morey	Andrew	Felixstowe Road Runners		36	02:02:06
255	140	Comeskey	Grace			27	02:02:44
256	364	Hunt	Sarah	Hadleigh Hares	FV40	43	02:02:56
257	317	Taylor	Tom		MV45	48	02:03:15
258	25	claffey	Anna	Hadleigh Hares	FV40	40	02:03:52
259	255	Munro	Phillip	Colchester Harriers		31	02:03:52
260	76	Reynolds	Steven		MV50	51	02:04:19
261	161	Downing	Terry		MV55	55	02:04:40
262	93	Toms	David A R	Brandon Fern Hopper	MV55	59	02:04:51
263	119	Bolam	Marcus			33	02:05:21
264	365	Borrett	Keith	Stowmarket Striders	MV55	56	02:05:39
265	212	Jennings	Rebecca	St. Edmund Pacers	FV40	44	02:05:43
266	135	Cable	Sally	Great Bentley	FV50	51	02:06:09
267	10	Stewart	Deborah	Hadleigh Hares	FV50	50	02:06:44
268	5	Morley	Stephen	Brandon Fern Hopper	MV55	56	02:06:52
269	258	Nicholls	Steve	Met Police AA		39	02:07:01
270	262	Palmer	Simon			33	02:07:16
271	131	Burdett	Angela	Stowmarket Striders	FV40	42	02:07:19
272	170	Farrell	Maria		FV40	40	02:07:23
273	248	Millburn	Jon	Stowmarket Striders		34	02:08:18
274	26	Hogarth	Malcolm	Stowmarket Striders	MV50	52	02:08:18
275	197	Hardy	Carol	Norfolk Gazelles	FV45	49	02:08:25
276	54	Saunders	Marianne	Norfolk Gazelles	FV40	41	02:08:39
277	338	Wright	Denise	Stowmarket Striders	FV45	47	02:09:22
278	40	Kuczer	Alex		MV40	43	02:09:51
279	242	McGrath	Sarah		FV40	41	02:10:48
280	374	Smith	Craig			25	02:10:51
281	142	Corbersmith	Leanne			28	02:10:51
282	19	Carter	Darren		MV40	41	02:12:40
283	48	Gilbert	John		MV45	47	02:12:40
284	373	Johnson	Timothy		MV45	46	02:12:40
285	352	Smith	Paul	Ipswich Tri Club		27	02:14:14
286	138	Clarke	Mary		FV55	59	02:15:17
287	83	Buckle	Lesley	Stowmarket Striders	FV55	56	02:15:56
288	129	Brown	Matt			33	02:16:06
289	230	Lewis	Adrian		MV45	46	02:16:25
290	99	Adams	Peter		MV60	62	02:17:57
291	91	Bacon	John		MV55	57	02:18:18
292	189	Grimes	Sophie			36	02:26:01
293	244	McIntosh	Carol	St. Edmund Pacers	FV55	57	02:26:26
294	213	Johnson	Carla	Felixstowe Road Runners		29	02:26:36
295	85	Holmes	Gillian	Thorney Running Club	FV55	56	02:28:57
296	245	Meador	Paul	Brandon Fern Hopper	MV45	45	02:33:39
297	281	Reynolds	Jean	Brandon Fern Hopper	FV45	47	02:33:42
298	153	Day	Kelly			32	02:34:50
299	318	Thomas	Nicola			34	02:34:55
300	29	Bills	Maxine			38	02:37:27
301	159	Dowie	Francesca	Hadleigh Hares		30	02:37:58
302	95	Spindley	Dave			31	02:37:59
303	22	Howes	David		MV55	58	02:38:13
304	80	Turner	Brian W	Ipswich Jaffa	MV65	71	02:49:14