

WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 11 OCTOBER 2009

10KM RACE					
Name	Age	Gender	Club	Bib No	Ind Time
ADAM THOMAS	28	M	CORNWALL ATHLETIC CLUB	425	32,29
STEVEN ROBINSON	26	M	ST EDMUNDS PACERS	363	33,09
CARL PREWER	39	M	LOWESTOFT ROAD RUNNERS	293	33,20
WESLEY BENTON	29	M	SUDBURY JOGGERS	296	33,31
DANIEL DAVID MOSS	20	M	THE GAS SHOP	315	35,18
NICK SMITH	35	M	CLOPTON EMU BREEDERS	372	36,13
STEVE BATES	37	M	COLTISHALL JAGUARS	226	36,39
GOY ROPER	47	M	NORWICH ROADRUNNERS	426	37,08
THOMAS JARRETT	35	M	IPSWICH JAFFA	361	37,15
ROGER STONE	41	M	FELIXSTOWE ROAD RUNNERS	331	37,31
GARY THOMPSON	35	M	IPSWICH JAFFA	344	37,35
MARK PINNEY	45	M	FELIXSTOWE ROAD RUNNERS	220	37,57
JAMES POWLEY	15	M	IPSWICH JAFFA	270	38,02
ALISTAIR DICK	46	M	IPSWICH JAFFA	389	38,07
JONATHAN LING	18	M		376	38,12
SEAN JERMY	21	M	GREAT YARMOUTH ROAD RUNNERS	264	38,32
JONATHAN DAVY	53	M	FELIXSTOWE ROAD RUNNERS	283	38,38
CLIVE THOMAS	47	M	GREAT BENTLEY RC	370	38,38
NEIL DABLE	41	M	IPSWICH JAFFA	393	38,40
BRYAN REID	42	M	ST EDMUNDS PACERS	267	38,43
TRACEY CURL	47	F	NORWICH ROADRUNNERS	427	38,52
DARREN EDRIDGE	41	M	COLTISHALL JAGUARS	256	39,06
MARK HAYNES	32	M	COLTISHALL JAGUARS	411	39,06
STUART GREEN	49	M	STOWMARKET STRIDERS	236	39,11
TIM HANMAN	38	M		414	39,14
SIMON HARRISON	35	M	IPSWICH JAFFA	380	39,15
VALERIE GLADWELL	34	F	HADLEIGH HARES	330	39,30
MARK FORD	42	M	FELIXSTOWE ROAD RUNNERS	248	39,31
BILL WATSON	43	M	READING ROADRUNNERS	385	39,36
JIM HARDWICKE	44	M		351	39,38
CLIVE JONES	52	M	GREAT BENTLEY RC	368	39,50
ROB GITTOES	28	M		416	39,59
RICHARD SMITH	48	M	WOODBIDGE SHUFFLERS	420	40,20
DAVID MOSS	31	M	NIMROD	340	40,24
CARL THOMPSON	36	M		317	40,29
PAUL MARSHALL	50	M		391	40,41
SHAUN LARK	33	M	LOWESTOFT ROAD RUNNERS	364	40,49
KIRSTYADDY	17	F	SAXONS	415	40,49
SIMON MEECHAM	38	M	IPSWICH JAFFA	434	40,50
GREGG MARSHALL	57	M	TREASURY RC	295	40,54
WILL HARDCASTLE	26	M	CLOPTON EMU BREEDERS	418	41,00
KER MACROSSON	54	M	IPSWICH JAFFA	336	41,04
GARY BROWN	41	M		326	41,09
JONATHAN BAILEY	15	M	IPSWICH HARRIERS	297	41,10
TONYA ANTONIS	41	F	IPSWICH HARRIERS	408	41,12
PIERS LEWIS	34	M		369	41,16
MARK WOMACK	39	M	LOWESTOFT ROAD RUNNERS	321	41,24
GRAHAM COULTER	35	M	IPSWICH TRIATHLON CLUB	371	41,33
VAL JENNINGS	45	F	IPSWICH JAFFA	318	41,34
ANDREW BUDD	50	M	CAPEL CHEETAS	305	41,42
MEL HUGHES	46	M		271	41,58
ROGER ACKERLEY	51	M	WOODBIDGE SHUFFLERS	313	42,08
PAUL WIGENS	50	M	WOODBIDGE SHUFFLERS	387	42,41
SCOTT SHERMAN	17	M	STOWMARKET STRIDERS	263	42,57
GARY LOWE	52	M		257	42,58
GAIL PRYKE	49	F	IPSWICH JAFFA	394	42,59
VICTOR BROOKS	40	M	FELIXSTOWE ROAD RUNNERS	388	43,11
TOM GRIFFITHS	35	M	WALDRINGFIELD BASSETT HOUND CHASERS	377	43,23
JUSTIN HENDER	38	M	IPSWICH JAFFA	233	43,29
ERIC HEMPSTEAD	40	M	THE GAS SHOP	431	43,36
CHRIS SCRIMSHIRE	60	M	WOODBIDGE SHUFFLERS	407	43,45
W BIRCH	43	M		445	43,55
MIKE HILL	59	M		223	44,00
SIMON GOLDSMITH	35	M		203	44,07
ROB CLAYTON	52	M	FELIXSTOWE ROAD RUNNERS	255	44,16
TIM LARKE	36	M		280	44,23

WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 11 OCTOBER 2009

MARK GOODWIN	37	M		360	44,25
NEIL HIGGINS	35	M		350	44,45
MARK LANCASTER	41	M	FELIXSTOWE ROAD RUNNERS	382	44,52
STEVEN BROOKE	41	M	FELIXSTOWE ROAD RUNNERS	251	44,55
NICOLA KNOTT	41	F	STOWMARKET STRIDERS	316	45,02
MARK ANDREWS	42	M		298	45,04
FIONA MUMFORD	36	F	SUDBURY JOGGERS	237	45,09
MARK SARGEANTSON	56	M	FRAMLINGHAM FLYERS	381	45,25
RICHARD FLUTTER	42	M		303	45,28
MARTIN LARNER	41	M		439	45,31
WILLIAM CATCHPOLE	50	M	IPSWICH TRI CLUB	206	45,36
NIKKI BENNETT	42	F		354	45,38
CHRIS RALPH	47	M		338	45,39
PAUL BARRELL	45	M	WALDRINGFIELD BASSETT HOUND CHASERS	386	45,42
V BRADLEY	40	M	THE GAS SHOP	399	45,47
COLIN SHAW	41	M		231	46,06
DAVID RALPH	44	F		339	46,11
CALUM EADIE	17	M	IPSWICH JAFFA	279	46,15
ANDREW GOULOBORN	47	M	IPSWICH JAFFA	352	46,17
OLIVER SOUTHGATE	35	M	IPSWICH JAFFA	428	46,21
ABIGAIL PATON	32	F	STOWMARKET STRIDERS	432	46,21
RICHARD FELLINGHAM	61	M	STOWMARKET STRIDERS	329	46,29
MARTIN ABLETT	38	M	STOWMARKET STRIDERS	375	46,33
MICK SEARS	53	M	WOODBIDGE SHUFFLERS	306	46,45
RICHARD EATON	42	M	WALDRINGFIELD BASSETT HOUND CHASERS	378	46,47
JORDAN BAILEY	16	M		239	46,53
GARY SADLER	31	M		282	47,10
SARAH JAY	43	F	COLTISHALL JAGUARS	224	47,20
JOHN FORKES	64	M	EVAC	304	47,24
PAUL GRANGE	25	M		396	47,27
DAVID INGLEBY	56	M	HADLEIGH HARES	218	47,36
JAMES LEWIS	36	M		359	47,37
TINA BELSOM	45	F	STOWMARKET STRIDERS	319	47,44
BRYAN KLUG	49	M		409	47,50
ELIZABETH WELLBORN	49	F	IPSWICH HARRIERS	397	47,51
AMANDA MALLETT	43	F	IPSWICH TRI CLUB	286	47,54
PETER CHADWICK	42	M	REALBUZZ.COM	259	47,56
DAVID PUNT	55	M	BUNGAY BLACK DOG RUNNING CLUB	421	48,06
RONAN DOORLY	49	M		441	48,07
DAVID PITT	28	M	IPSWICH JAFFA	242	48,20
BARNABY MILLS	33	M		287	48,23
JOHN PENNY	54	M		429	48,26
EMILY HANNANT	20	F	COLTISHALL JAGUARS	328	48,36
FIONA HUNT	37	F	IPSWICH JAFFA	435	48,40
DANIEL JONES	22	M		307	48,43
JENNIFER EVANS	31	F		327	48,44
P COLEY	60	M	IPSWICH JAFFA	402	48,52
DAVID LEVANS	47	M	FELIXSTOWE ROAD RUNNERS	358	48,53
LYDIA HARDCASTLE	23	F	CLOPTON EMU BREEDERS	417	48,54
WENDY QUANTRILL	36	F	IPSWICH TRIATHLON CLUB	440	49,04
WILLIAM BURDETT	47	M	STOWMARKET STRIDERS	261	49,09
KIRSTIN HAMILTON	16	F	IPSWICH HARRIERS	444	49,12
DAVID HUTCHEON	65	M	COLTISHALL JAGUARS	299	49,13
ZELKOVA MIRLRA	29	F		246	49,18
DEREK KEEBLE	43	M		222	49,22
KIRSTY THORNDYKE	22	F	IPSWICH HARRIERS	314	49,32
NIGEL BOND	60	M		225	49,34
BERT HATCHER	67	M	IPSWICH JAFFA	310	49,41
TONY ADOLPHUS	51	M	IPSWICH JAFFA	400	49,43
JUSTIN THURKETTLE	38	M		404	50,05
REBECCA CLARE	43	F		308	50,24
MIKE LINNETT	44	M		423	50,33
PETER BULTZ	50	M		212	50,41
ALEX WILSON	38	M	SUDBURY JOGGERS	362	50,41
DAVID DIXON	58	M		281	50,42
KATRINA BURROUGHS	43	F	SERPENTINE	437	50,43
ROGER GARNETT	52	M	MARTLESHAM LEISURE	348	50,48
IRIS CARR	37	F		291	50,50

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TIM FITZGERALD	33	M		390	50,52
JOHN WEBB	61	M		442	51,03
RICHARD ATTENBORROW	58	M		320	51,23
SALLY SHERINGTON	50	F		446	51,26
TOM BEVAN	23	M		448	51,29
ZONJA BUNN	42	F		204	51,30
MICK TAYLOR	56	M		443	51,30
BEN WALL	23	M		447	51,40
OLIVER MOORMAN	29	M		403	52,00
SUZIE KENT	57	F		335	52,03
CHARLIE STANNETT	53	M	IPSWICH TRIATHLON CLUB	356	52,16
JONATHAN WILDING	41	M	FELIXSTOWE ROAD RUNNERS	250	52,24
RONEL VAN DER MERWE	51	F		266	52,30
CAROLINE PORTER	46	F	GREAT BENTLEY RC	373	52,36
KATE LLOYD	34	F		302	52,42
JOANNE MARSHALL	52	F	FRAMLINGHAM FLYERS	294	52,44
SALLY CONNICK	33	F		342	52,44
KEITH FISHER	48	M		422	52,46
BRENDA HUTCHEON	61	F	COLTISHALL JAGUARS	300	52,59
KIRSTY RICE	35	F		395	53,15
JO NORTON	47	M	STOWMARKET STRIDERS	413	53,18
ASHTON HUNT	41	M		436	53,20
LAUREN STEVENS	22	F		215	53,22
CAROLINE RINDER	42	F		258	53,25
LEANNE THORNDYKE	25	F	IPSWICH HARRIERS	332	53,25
TARNIA ROBERTSON	40	F	UFFORD PARK	265	53,36
CAROL EDWORTHY	41	F		244	53,45
IMOLA VIRGINAS	40	F		333	53,57
IAN AKERS	32	M		214	54,02
MARK BEARN	39	M		424	54,05
JAYNE FARNWORTH	53	F	FELIXSTOWE ROAD RUNNERS	254	54,10
TERESA BAILEY	42	F		240	54,40
BOTOND VIRGINAS	43	M		334	55,14
VAUGHAN FREEMAN	54	M		343	55,17
CATHERINE BROOKS	50	F	IPSWICH TRIATHLON CLUB	412	55,17
JIM BROWN	38	M		301	55,21
ZOILA REYES	54	F		392	55,21
PAUL AUDILEY	40	M		438	55,28
ANNITA MIDDLEDITCH	36	F		312	55,33
KAREN EASTON	48	F	WOODBRIIDGE SHUFFLERS	410	55,39
ALEXANDRA CURTIS	33	F		243	55,40
CHARLOTTE CURTIS	30	F		384	55,40
PETER FRYER	65	M		211	55,54
ANDREA MCNALLY	54	F	WOODBRIIDGE SHUFFLERS	406	55,58
JANE AUDSLEY	38	F		273	56,00
LOUISE GOULBORN	43	F		353	56,23
MICHAEL FLOWER	34	M	NORFOLK POLICE AC	322	56,30
ANGELA BURDETT	42	F	STOWMARKET STRIDERS	262	56,36
ALAN SANSOM	42	M		430	56,38
IAN LIGHTFOOT	27	M	WOODBRIIDGE SHUFFLERS	419	56,49
CHER MILBOURNE	39	F	IPSWICH JAFFA	217	56,53
CAROLINE BROOKS	24	F		278	56,58
MAURICE MCQUITTY	48	M		341	57,04
CHERYL DEITCH	56	F		209	57,14
ANDREW GORDON	31	M	FELIXSTOWE ROAD RUNNERS	249	57,29
KATE JOHNSTONE	28	F		347	57,39
PETER SMITH	28	M		346	57,40
KATE PEARSALL	26	F		241	57,42
HAZEL TAYLOR	37	F	NORFOLK POLICE AC	323	57,48
RICHARD FARNWORTH	55	M	FELIXSTOWE ROAD RUNNERS	253	58,07
PAUL KELLY	68	M		355	58,12
SARAH FRYER	38	F		213	58,19
KIRK WYTHE	42	M	IPSWICH JAFFA	383	58,21
PETER ADAMS	62	M		349	58,23
PAUL HUTSON	28	M		405	58,25
CARINA STEENKAMP	25	F		367	58,26
AVERILL MEW	53	F	WOODBRIIDGE SHUFFLERS	401	58,30
BRIAN NELSON	62	M		216	58,33

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HELEN EDWARDS	44	F		234	58,43
TESSA CATCHPOLE	50	F	IPSWICH TRI CLUB	207	59,13
ROY BROWN	65	M		324	59,36
BETH BROWN	64	F		325	59,56
ADAM COLE	26	M		288	60,06
STEPHEN SHAW	36	M		269	60,09
MANDY SPURGEON	45	F		238	61,09
DAVIV LOADES	59	M	STOWMARKET STRIDERS	292	61,13
BRIAN TURNER	71	M	IPSWICH JAFFA	232	61,42
KEITH PORTER	58	M	GREAT BENTLEY RC	374	61,49
JULIA SHAW	37	F		268	61,58
DEBBIE CRICK	45	F		433	62,01
JACQUES GROEN	61	M	BUNGAY BLACK DOG RUNNING CLUB	398	63,17
SHEILA MEARA	42	F		235	68,48
LINDA THRIFT	55	F		309	68,54
JANE LING	48	F		365	70,06
DAVID MANNING	51	M		366	70,06
ELAINE MITCHELL	60	F	CASTLE POINT JOGGERS	345	72,58
HELEN RANKIN	42	F		311	DF
ANDREW LING	15	M		379	DF
CHARLOTTE TURPIN	32	F		201	
ANNA BURTON	29	F		202	
NEAL GOLDSMITH	32	M	IPSWICH JAFFA	205	DNR
PAT PIPE	50	F		208	
NIKKI BROME (NOT RUNNING)	38	F		210	DNR
LYNSEY TABRETT	28	F		219	
EMMA MORTIMER	18	F	IPSWICH JAFFA	221	
GILLIAN DUFF	44	F		227	
G PRICE	49	F		228	
ADAM EATON	43	M		229	
ALOK RUIA	45	M	WOODBIDGE SHUFFLERS	230	
JONATHAN KENT	38	M		245	
STEVEN MORRIS	40	M		247	
ANDREW PAUL MOREY	36	M	FELIXSTOWE ROAD RUNNERS	252	
MARK SLY	50	M	WOODBIDGE SHUFFLERS	260	
DEAN LUSHINGTON	22	M		272	
COMPETITOR WITHDREW				274	DNR
NICOLA DAWSON	42	F		275	
PAUL DAWSON	46	M		276	
PETER DOWNING	57	M		277	
KEV DRIVER	43	M		284	
CLIVE STEWARD	48	M	COLTISHALL JAGUARS	285	
KATHRYN GALBRAITH	45	F		289	
PETER OLDMAN	70	M		290	
MICHAEL BECKETT	59	M	GREAT BENTLEY RC	337	DNR
KATE STANNETT	48	F	IPSWICH TRIATHLON CLUB	357	
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FUN RUN					
Name	Age	Gender	Club	Bib No	Ind Time
CHRISTOPHER MORTON	12	M	STOWMARKET STRIDERS	1	10,50
SAM ALLEN	11	M		20	11,21
ALISTAIR GUTE	13	M	IPSWICH TRI CLUB	25	11,28
FLORIAN KANZOW	14	M		26	12,08
KATIE PEAKE	12	F	IPSWICH HARRIERS	81	12,09
CHRIS GASKIN	13	M		41	12,38
CONOR WAKEMAN	11	M	IPSWICH JAFFA	19	12,39
COLLUM FRAY	12	M	IPSWICH JAFFA	63	12,39
OLIVER JOHNS	12	M	IPSWICH JAFFA	8	12,41
ASHLEY HORNE	12	M		74	12,44
CHARLOTTE WICKENS	12	F		15	12,46
SEBASTIAN LUPTON	13	M		102	12,50
SAMUEL MARSH	13	M		39	12,52
LAUREN GRUBB	10	F		9	13,06
JAMES PEARSON	12	M		43	13,08
LUCY PEAKE	10	F	IPSWICH HARRIERS	79	13,09
ANDREW GASKIN	9	M		42	13,15
JAMIE SMITH	8	M		91	13,15
THEO MARSH	10	M		38	13,23
BEN POWLEY	12	M		73	13,26
NATHAN GODDARD	7	M		88	13,33
MARK GODDARD	45	M		89	13,33
CHRISTOPHER SHEPPARD	9	M	ST EDMUNDS PACERS	93	13,39
ROSE MORTIMER	10	F	IPSWICH JAFFA	6	13,44
EWAN RALPH	11	M		113	13,51
ALEX PEARSON	9	M		44	13,52
TEDDY COPPER	9	M		58	13,53
JAMES BARRELL	9	M	WALDRINGFIELD BASSETT HOUND CHASERS	66	13,53
ANNABELLE LUPTON	11	F		22	14,04
CARA DESSAUR	9	F		12	14,06
HOWARD CRICK	10	M		105	14,22
CALLUM STONE	12	M		45	14,23
LELLA RALPH	10	F		115	14,23
EMMA AUDSLEY	11	F	IPSWICH JAFFA	21	14,31
JUSTIN CLAMP	11	M		70	14,31
JOSEPH HODGE	8	M		90	14,32
GEORGE WATTING	13	M		40	14,35
RYAN MURPHY	11	M		71	14,40
ZOE SMYTHE	14	F		95	14,42
ANDREW SMYTHE	8	M		94	14,46
GEORGE LANCASTER	13	M	IPSWICH JAFFA	69	14,55
SARAH LLEWELLYN	9	F		18	14,59
LEO CARR	6	M		109	15,10
ALEX WATSON	9	M		65	15,12
MIRI BUDD	10	F	IPSWICH HARRIERS	27	15,15
NATHAN CLAMP	8	M		108	15,19
EDWARD SHEPPARD	7	M		92	15,21
RACHEL SMYTHE	12	F	STOWMARKET STRIDERS	96	15,21
MAX HUNT	8	M		103	15,26
WILL DRIVER	16	M		23	15,31
JOSHUA WOMACK	9	M		57	15,35
OLIVER DABLE	10	M	IPSWICH JAFFA	77	15,35
ISSY WICKENS	9	F		14	15,37
TOBY RALPH	12	M		116	15,50
MIA DESSAUR	9	F		13	16,00
HARPER MILLS	6	M		24	16,13
JONNY LLEWELLYN	7	M		16	16,36
OSCAR HUNT	7	M		99	16,37
JAMES GREEN	6	M		60	16,39
JOSEPH DABLE	9	M		78	16,40
REBECCA HORNE	14	F		75	16,42
ELLIE RANKIN	10	F		32	16,46
SOPHIE LUPTON	41	F		33	16,48
HANNAH RANKIN	9	F		31	16,51
WILL HICKS	11	M		52	16,51
ADAM COULTER	6	M		61	17,14

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KATE HUTSON	30	F		85	17,15
ELLEN CRICK	11	F		107	17,16
LYDIA BROOKES	12	F		76	17,17
SARAH RALPH	42	F		112	17,20
HETTY RALPH	10	F		114	17,20
STACEY EAST	11	F		34	17,24
DYLAN WATLING	10	M		97	17,27
THOMAS O'BRIEN	56	M		54	17,42
HARVEY GLADWELL	6	M		68	17,48
KATHLEEN BOTHAMS	60	F		67	17,51
BRENDA MCINERNEY	38	F		10	17,52
GEORGE BAKER	9	M		11	17,52
SAM GREEN	8	M		59	18,02
CHRISTIAN HANMAN	4	M		87	18,10
LUCY COULTER	8	F	IPSWICH TRIATHLON CLUB	62	18,15
TILLY CROWHURST	9	F		72	18,21
EMMA PEAKE	14	F	IPSWICH JAFFA	80	18,29
CHARLIE WATSON	7	M		64	18,34
ELISE WALNE	9	F		47	18,42
ANISHA MARTINS	7	F		98	18,59
EMILY KEEBLE	9	F		3	19,34
PAUL WOODWARD	34	M		35	19,41
ERIN SCARCE	8	F		53	19,41
SAMUEL WOODWARD	6	M		36	19,44
RICHARD HEWITT	40	M		55	19,50
RHIANNON HEWITT	10	F		56	19,50
ALEX HUNT	6	M		101	19,59
NATASHA GOLDSMITH	16	F		84	20,13
MILLIE WALNE	8	F		50	20,14
URSULA GOLDSMITH	52	F		82	20,16
MARK GOLDSMITH	50	M		83	20,16
SIMON CRICK	43	M		104	20,29
HEATHER CRICK	7	F		106	20,29
KIRSTY CRUICKSHANKS	40	F		110	21,45
EMMA CRUICKSHANKS	6	F		111	21,45
SHARON STAFFORD	35	F		29	23,30
FLEUR WALNE	10	F		49	24,12
LINDA KEEBLE	40	F		5	24,18
KATIE HIGGINS	6	F		46	24,21
DEMI WALNE	6	F		48	24,22
JASON WALNE	39	M		51	24,22
RUBY HUNT	4	F		100	25,09
MEGAN KEEBLE	11	F		4	25,28
IEUAN ALLDIS	12	M	ST EDMUNDS PACERS	2	
HENRY JAMES	10	M		7	
ROBYN LLEWELLYN	44	F		17	
RUBY BUDD	14	F	IPSWICH HARRIERS	28	
AMY MIDDLEDITCH	10	F		30	
KERRY KNOTT	12	F	ST EDMUNDS PACERS	37	
ZARA HANMAN	6	F		86	
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WOODBIDGE AND DISTRICT LIONS CLUB
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WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 11 OCTOBER 2009

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WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 11 OCTOBER 2009

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WOODBIDGE AND DISTRICT LIONS CLUB
RESULTS - MARTLESHAM HEATH 10KM RACE AND FUN RUN 11 OCTOBER 2009

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