

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	

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

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

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

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		

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

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	
				411	
				412	
				413	
				414	
				415	
				416	
				417	
				418	
				419	
				420	
				421	
				422	
				423	
				424	
				425	
				426	
				427	
				428	
				429	
				430	
				431	
				432	
				433	
				434	
				435	
				436	
				437	
				438	
				439	
				440	
				441	
				442	
				443	
				444	
				445	
				446	
				447	
				448	
				449	
				450	
				451	
				452	
				453	
				454	
				455	
				456	
				457	
				458	
				459	
				460	
				461	
				462	
				463	
				464	
				465	
				466	
				467	
				468	
				469	
				470	

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

				471		
				472		
				473		
				474		
				475		
				476		
				477		
				478		
				479		
				480		
				481		
				482		
				483		
				484		
				485		
				486		
				487		
				488		
				489		
				490		
				491		
				492		
				493		
				494		
				495		
				496		
				497		
				498		
				499		
				500		

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

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	

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

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	
				91	
				92	
				93	
				94	
				95	
				96	
				97	
				98	
				99	
				100	
				101	
				102	
				103	
				104	
				105	
				106	
				107	
				108	
				109	
				110	
				111	
				112	
				113	
				114	
				115	
				116	
				117	
				118	
				119	
				120	
				121	
				122	
				123	
				124	
				125	
				126	
				127	
				128	
				129	
				130	
				131	
				132	
				133	
				134	

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

				135	
				136	
				137	
				138	
				139	
				140	
				141	
				142	
				143	
				144	
				145	
				146	
				147	
				148	
				149	
				150	
				151	
				152	
				153	
				154	
				155	
				156	
				157	
				158	
				159	
				160	
				161	
				162	
				163	
				164	
				165	
				166	
				167	
				168	
				169	
				170	
				171	
				172	
				173	
				174	
				175	
				176	
				177	
				178	
				179	
				180	
				181	
				182	
				183	
				184	
				185	
				186	
				187	
				188	
				189	
				190	
				191	
				192	
				193	
				194	
				195	
				196	
				197	
				198	
				199	
				200	