

Saxmundham Running and Fitness Club "The Saxons"
5 Mile Race Results
Sunday 18th October 2009

Position		Time	Name	Club	Bib No.
1	1st Male	27.11	David Miller	Woodbridge Shufflers	107
2	2nd Male	28.06	Robert Chenery	Ipswich Jaffa	52
3	3rd Male	30.41	Sean Jermy	Great Yarmouth Road Runners	61
4		31.14	Chris Seymour	Stowmarket Striders	78
5		31.21	Ricky Peacher	Framlingham Flyers	72
6		31.22	Darren Shepard	Fell Runners ACC	88
7		31.46	Michael Fleming	Unattached	106
8		31.58	Steven Neaves	Stowmarket Striders	70
9		32.28	Iain Milligan	St Edmund Pacers	67
10		32.50	Nick Matthews	Mornington Chasers RC London	98
11		32.51	Mark Nowell	Tri Anglia	105
12		33.14	Graham Coulter	Ipswich Triathlon Club	91
13		33.19	Lee Burns	Unattached	96
14		33.45	Paul Horne	Vegetarian Cycling & Athletic Club	59
15		34.42	Roland Shaw	Bungay Black Dog	90
16		35.19	Scott Sherman	Stowmarket Striders	79
17	1st Female	35.33	Sarah Lewis	Kazakhstan Running Club	66
18		36.06	Duncan Chenery	Ipswich Jaffa	108
19		36.36	Robin Harper	Unattached	95
20	2nd Female	36.44	Sandra Allison	Unattached	113
21		37.05	Derek Keeble	Unattached	62
22		37.53	Richard Fellingham	Unattached	57
23		38.14	Colin Monks	Blackheath & Bromley Harriers AC	69
24		38.25	David Levans	Felixstowe Road Runners	65
25		38.28	David Waterman	Bungay Black Dog	84
26		38.49	David Coley	Ipswich Jaffa	111
27		39.35	Gary Hutchings	Framlingham Flyers	100
28		39.40	Peter Lennard	Ipswich Triathlon Club	64
29		40.30	Stephen Bright	British Athletics Supporters Club	51
30	3rd Female	40.37	Rebecca Peck	Framlingham Flyers	74
31		40.37	Roger Curtis	Orion Harriers	110
32		40.44	Bill Cox	Framlingham Flyers	53
33		40.57	Harry Smith	Stowmarket Striders	112
34		40.58	Julia Green	Tri Anglia	92
35		41.05	Tony Gallagher	Unattached	109
36		41.08	Michael Svinos	Unattached	81
37		41.10	David Taylor	Framlingham Flyers	82
38		41.20	Jill Anderson	Framlingham Flyers	104
39		41.37	Lionel Smith	Ely Runners	80
40		41.59	Sarah Owen	British Athletics Supporters Club	71
41		42.07	Nicola Dawson	Unattached	55
42		42.52	Anna Burton	Unattached	87
43		43.19	Robert Ball	Unattached	102
44		43.40	Karen McMoran	Bungay Black Dog	89
45		44.28	Friedel Plant	Holme Pierepont R.C.	75
46		44.44	Julia Ball	Unattached	101
47		45.26	Ivan Lees	Great Yarmouth Road Runners	99
48		45.53	Ray Howard	Framlingham Flyers	60
49		46.15	Elizabeth Mobbs	Unattached	68
50		46.37	Jean Cox	Woodbridge Shufflers	54
51		47.10	Lisa Catchpole	Unattached	93
52		47.11	Joanne Turner	Unattached	94
53		47.56	Vivienne Taylor	Framlingham Flyers	83
54		49.16	Tracy Peacher	Unattached	73
55		51.20	Alison Rogers	Bungay Black Dog	77
56		51.59	Jacques Green	Bungay Black Dog	85
57		52.59	Rebecca Potts	Framlingham Flyers	76
58		53.00	Diane Briffa	Framlingham Flyers	50
59		56.34	Kate Nunn	Unattached	103
60		56.34	Christine Oliver	Unattached	97
61		59.20	Janet Green	Framlingham Flyers	86
62		1.21.13	Joanne Fishpool	Stowmarket Striders	58