

Saxons 5 Mile Race Results
16th October 2011

Position	BIB No.	First Name	Surname	Club	Male or Female	Time	Category	
1	178	Ross	Fawcett	Ipswich Harriers	M	29:00.00	MO	1st Male
2	158	Matt	Spencer	Unattached	M	30.05	MO	2nd Male
3	155	Dave	Solomon	Felixstowe Road Runners	M	30.54	M40	3rd Male
4	188	Tom	Jarrett	Ipswich Jaffa	M	30.56	MO	
5	147	Simon	Phillips	St Edmunds Pacers	M	31.16	MO	
6	152	Darren	Sheppard	Framlingham Flyers	M	31.31	M40	1st M40
7	119	Neil	Dinwiddie	Framlingham Flyers	M	31.33	MO	
8	181	Scott	MacSephney	Ipswich Jaffa	M	31.45	M40	
9	177	Simon	Macer-Wright	Kent AC	M	31.54	M40	
10	192	Jonathan	Meadows	Lowestoft Road Runners	M	32.17	MO	
11	106	Paul	Brown	Framlingham Flyers	M	32.26	M40	
12	116	Dawn	Davies	Ipswich Jaffa	F	32.32	FO	1st Female
13	129	Eddie	Greenland	Wymondham AC	M	33.13	M40	
14	167	Chrs	Tye	Ipswich Jaffa	M	33.24	M40	
15	197	Richard	Rhodes	Bungay Black Dog	M	33.28	M50	1st M50
16	103	David	Bartholomew	Unattached	M	33.29	M50	
17	186	Adrian	Peake	Ipswich Jaffa	M	33.44	M50	
18	114	Graham	Coulter	Diss & District AC	M	33.54	MO	
19	131	Robin	Harper	Felixstowe Road Runners	M	33.58	MO	
20	189	Robin	Belsom	Ipswich Jaffa	M	34.03	M50	
21	127	Neil	Gillingham	Ipswich Harriers	M	34.16	MO	
22	194	George	Solomon	Unattached	M	34.25	MO	
23	144	Paul	Masterson	Unattached	M	34.26	M40	
24	198	Robin	Mackenzie	Framlingham Flyers	M	34.43	M40	
25	168	Mark	Vince	Woodbridge Shufflers	M	34.54	MO	
26	37	Gail	Pryke	Ipswich Jaffa	F	35.22	F50	2nd
27	101	Roger	Ackerley	Woodbridge Shufflers	M	35.26	M50	
28	34	G	Jones	Unattached	M	35.34	MO	
29	172	Simon	Wiggins	Felixstowe Road Runners	M	35.41	MO	
30	199	Graham	Coleman	Wymondham AC	M	35.46	M40	
31	179	Stephen	Curran	Woodbridge Shufflers	M	35.54	M40	
32	185	Tony	Bradford	Felixstowe Road Runners	M	35.59	M40	
33	190	Paul	Dennington	Unattached	M	36.17	M40	
34	142	Gary	Lowe	Unattached	M	36.33	M50	
35	135	Cheryl	Holder	Purple Patch Runners	F	36.43	F40	3rd Female
36	134	Douglas	Hobson	Woodbridge Shufflers	M	37:00.00	MO	
37	48	Neil	Ford	Unattached	M	37.01	M40	
38	27	Ian	Mace	Woodbridge Shufflers	M	37.05	M50	
39	140	Michael	Knee	Unattached	M	37.29	M40	
40	109	James	Calver	Ipswich Jaffa	M	37.39	MO	
41	174	Dan	Wood	Unattached	M	37.41	MO	
42	123	Laura	Foster	Unattached	F	37.51	FO	
43	193	Paul	Wigens	Woodbridge Shufflers	M	38.1	M50	
44	151	Roland	Shaw	Bungay Black Dog	M	38.25	M50	
45	154	Lionel	Smith	Ely Runners	M	38.38	M50	
46	133	Roger	Hobson	Woodbridge Shufflers	M	38.56	M50	
47	191	Chris	Gladwell	Stowmarket Striders	M	39.24	M50	
48	157	Dominic	Sorensen	Unattached	M	39.4	MO	
49	112	Rebecca	Clare	Woodbridge Shufflers	F	39.43	F40	1st F40
50	164	David	Taylor	Framlingham Flyers	M	39.59	M50	
51	153	Chris	Skrimshire	Woodbridge Shufflers	M	40.15	M50	
52	110	Sam	Calver	Unattached	M	40.2	MO	
53	169	Glenn	Warren	Framlingham Flyers	M	40.29	M40	
54	124	James	Fox	Unattached	M	41.1	MO	
55	166	Paul	Turner	Woodbridge Shufflers	M	41.13	M50	
56	173	James	Wood	Unattached	M	41.15	MO	
57	176	Paul	Kerridge	Woodbridge Shufflers	M	41.24	M40	
58	125	Doug	French	Ipswich Jaffa	M	41.47	M40	
59	122	Richard	Fellingham	Stowmarket Striders	M	42:00.00	M50	
60	121	Paula	Dye	Ipswich Tnathlon Club	F	42.07	F40	
61	175	Sue	Woodhead	Ipswich Jaffa	F	42.11	FO	
62	160	Mark	Stancombe-Duhm	Unattached	M	42.2	MO	
63	200	Elodie	Alderson	Woodbridge Shufflers	F	42.23	FO	
64	143	Veronica	Manly	EVAC	F	42.3	F50	1st F50
65	159	Mick	Staines	Castle Point Joggers	M	42.46	M50	
66	182	Kevin	Walker	Unattached	M	43.08	M40	
67	47	James	Stacey	Unattached	M	43.53	MO	
68	128	Belinda	Godbold	Ipswich Jaffa	F	44.25	F50	
69	170	Jane	Wheeler	Unattached	F	44.39	F40	
70	130	Hayley	Harper	Ipswich Jaffa	F	44.51	FO	
71	163	Vivienne	Taylor	Framlingham Flyers	F	44.59	F50	
72	148	Friedel	Plant	Holme Pierrepont RC	F	45.1	F50	
73	117	Tim	Deroy-Chennells	Ipswich Jaffa	M	45.22	M50	
74	120	Gill	Dinwiddie	Framlingham Flyers	F	45.26	FO	
75	105	Ruth	Belsom	Unattached	F	45.27	F40	
76	113	John	Clough	Unattached	M	46.37	M50	
77	126	Melanie	Gear	Unattached	F	47.03	FO	
78	171	Peter	Whitehead	Huntingdonshire AC	M	47.26	M50	
79	111	Alison	Chambers	Framlingham Flyers	F	47.42	FO	
80	107	Nina	Burns	Ipswich Jaffa	F	49.04	FO	
81	24	Diane	Doyle	Framlingham Flyers	F	50.01	FO	
82	161	Lesley	Stannard	Ipswich Jaffa	F	50.14	F40	
83	136	Sarah	Howe	Unattached	F	50.2	FO	
84	156	Richard	Sore	Ipswich Jaffa	M	51.01	M40	
85	196	Janet	Lomas	Framlingham Flyers	F	51.22	F40	
86	195	Catherine	Davoine	Framlingham Flyers	F	51.22	FO	
87	145	Hugh	Norris	Framlingham Flyers	M	51.38	M50	
88	183	Mike	Deacon	Felixstowe Road Runners	M	51.42	M50	
89	146	Philip	Nutley	St Edmunds Pacers	M	51.48	M50	
90	33	James	Gilbert	Ipswich Jaffa	M	52.08	MO	
91	137	Ashley	Jackaman	Northgate	M	52.13	M50	
92	102	Caroline	Bailey	Unattached	F	52.24	F40	
93	108	Tom	Bushell	Unattached	M	52.25	MO	
94	118	Rosie	Dinnen	Ipswich Jaffa	F	52.54	FO	
95	141	Anita	Liburd	Ipswich Jaffa	F	53.22	F50	
96	180	Niki	MacSephney	Ipswich Jaffa	F	53.44	F40	
97	184	Carla	Johnson	Felixstowe Road Runners	F	54.54	FO	
98	138	Claire	Jennings	Ipswich Jaffa	F	55.32	FO	
99	150	Amy	Schwer	Unattached	F	55.38	FO	
100	149	Paul	Schwer	Felixstowe Road Runners	M	55.39	M50	
101	187	Michelle	Jarrett	Ipswich Jaffa	F	56.31	F40	
102	104	Gill	Bedson	Unattached	F	57.11	F50	
103	162	Naomi	Tarry	Unattached	F	57.11	FO	
104	44	Sarah	Stacey	Framlingham Flyers	F	60.01	FO	
105	139	James	Kelly	Framlingham Flyers	M	68.51	M50	