

Thurlow 10

Sunday 20th October 2013

Results in finish order - All Men and Women Competitors

Place	Time	Name	Club	Category	Ctg Rank	Age Grading %	Race No
1	1:02:31	John Oakes	DORSET DODDLERS	MV55	1	83.33	213
2	1:02:59	Larry Mangelshot	WARE JOGGERS	MV50	1	78.67	229
3	1:03:05	Sam Grace		M		70.85	238
4	1:03:16	Paul Boddey		M		70.68	172
5	1:03:41	Tom Ames	STOWMARKET STRIDER	M		70.19	66
6	1:04:06	Greg Davis	NEWMARKET JOGGERS	MV50	2	77.93	6
7	1:04:54	Daniel Hurst	CAMBRIDGE AND COLERI	M		68.87	148
8	1:05:27	Jon Williams	WARE JOGGERS	M		68.29	65
9	1:06:14	Alex Eberlin	CAMBRIDGE TRI CLUB	MV40	1	70.42	35
10	1:06:32	Shane Cahill		MV50	3	75.08	193
11	1:06:40	Lawrence Martin	HAVERHILL RUNNING CL	MV45	1	73.74	224
12	1:06:47	Roger Manton		MV40	2	70.86	239
13	1:06:58	Matt Billis	SAFFRON STRIDERS	M		68.17	198
14	1:07:27	Nigel Coates	SAFFRON STRIDERS	MV50	4	75.29	57
15	1:07:40	Ben Jay	NEWMARKET JOGGERS	M		66.68	178
16	1:08:01	David Sabey	BIGGLESWAY A/C	MV40	3	69.58	72
17	1:08:07	Scott Williams	STOWMARKET STRIDER	M		65.84	208
18	1:08:08	Claire Miles	SHAFTSBURY BARNET H	F		72.87	226
19	1:08:29	Tom Laver		M		65.55	49
20	1:08:35	Paul Dickens		MV50	5	74.04	235
21	1:08:47	Andrew Quick		MV45	2	69.31	187
22	1:08:53	Rory Litherland		M		64.91	241
23	1:08:57	Alex Cairns	NEWMARKET JOGGERS	MV40	4	67.16	89
24	1:09:05	Nic Woodbridge		M		64.81	221
25	1:09:13	Tony Roberts	WOODBIDGE SHUFFLE	MV45	3	69.94	12
26	1:09:18	Fiona Halls	SAFFRON STRIDERS	FV40	1	74.05	28
27	1:09:40	Stephane Toussanel	SAFFRON STRIDERS	MV40	5	66.47	204
28	1:09:56	Mark White	HAVERHILL RUNNING CL	MV40	6	66.21	3
29	1:10:11	Davy Johnson	SRI CHINMOYAC	M		63.69	63
30	1:10:34	Nicholas Kirkham	HAVERHILL RUNNING CL	MV40	7	66.09	38
31	1:10:34	Chris Perry	ST EDMUNDS PACERS	M		64.25	158
32	1:10:37	Stewart White	ST EDMUNDS PACERS	M		63.32	64
33	1:10:43	John Waterson	SAINT EDMUND PACERS	MV40	8	65.95	144
34	1:10:47	Steve Sadler	WARE JOGGERS	MV50	6	70.00	99
35	1:10:53	Chris Hawkins		MV45	4	68.29	100
36	1:11:01	Robin Belsom	IPSWICH JAFFA	MV50	7	71.50	157
37	1:11:23	Adam Poole	CAMBRIDGE & COLERIDG	MV40	9	64.87	222
38	1:11:31	Howard Roden	WARE JOGGERS	M		62.95	153
39	1:11:37	Rob Moule		M		62.41	228
40	1:12:17	Simon Page		M		63.16	219
41	1:12:30	Russel Breyer	IPSWICH TRIATHLON CL	MV50	8	68.90	32
42	1:12:46	Rob Saunders		M		61.45	9
43	1:12:47	Dale Western	HAVANT AC	MV40	10	63.62	30
44	1:13:11	Julian Grubb	HAVERHILL RUNNING CL	MV45	5	65.15	180
45	1:13:12	Stephen Pretty	STOWMARKET STRIDER	MV55	2	71.17	8
46	1:13:20	Jamie Randall	HAVERHILL RUNNING CL	MV45	6	66.01	1
47	1:13:27	Chris Chorley	BUNGAY BLACK DOG RC	MV50	9	67.46	46
48	1:13:43	Ernie Ross		MV50	10	67.76	50
49	1:14:16	Vince Webb	SAINT EDMUND PACERS	MV40	11	63.26	132

Place	Time	Name	Club	Category	Ctg Rank	Age Grading %	Race No
50	1:14:30	Kenny Blyth	WARE JOGGERS	MV60	1	73.94	37
51	1:14:40	Kevin Bird	STOWMARKET STRIDER	MV45	7	65.84	67
52	1:14:49	Christopher Bushell	SAFFRON STRIDERS	M		61.02	103
53	1:14:57	Andrew Smith		MV45	8	65.59	122
54	1:15:04	Simon Ransome		MV45	9	64.98	177
55	1:15:36	Ian Elden	HAVERHILL RUNNING CL	M		60.38	174
56	1:15:40	Steven Thoday	CAMBRIDGE & COLERIDG	MV40	12	60.76	164
57	1:16:01	Ian Blatchford	ELY RUNNERS	MV45	10	63.68	91
58	1:16:09	Chris Duck		M		58.80	26
59	1:16:27	Stephen Hatten	SAINT EDMUND PACERS	MV45	11	63.81	143
60	1:16:44	Nicki Davis	WALDENTRI	F		64.40	184
61	1:16:50	Raymond Hill	IPSWICH JAFFA	MV60	2	72.42	209
62	1:17:30	Gemma Irvine	BELPER HARRIERS	F		63.76	230
63	1:17:37	Antony Green		M		57.59	217
64	1:17:55	Clive Purbrook	NEWMARKET JOGGERS	MV55	3	68.07	40
65	1:18:03	Daniel Jones	HAVERHILL RUNNING CL	M		57.27	18
66	1:18:16	Yusuf Firat	HAVERHILL RUNNING CL	MV50	11	63.31	101
67	1:18:41	Ramon Gomez de la cu		M		58.02	165
68	1:19:20	Rebekah Stebbing		FV35	1	62.66	159
69	1:19:33	Keith Savill	SAFFRON STRIDERS	MV45	12	61.32	207
70	1:19:49	Kathryn Bronson	HALSTEAD ROAD RUNNE	F		61.91	192
71	1:20:03	Tim Long	CAMBRIDGE & COLERIDG	MV50	12	63.97	211
72	1:20:04	James Clark	HALSTEAD ROAD RUNNE	M		55.82	110
73	1:20:06	Anna Eaton		FV40	2	66.23	136
74	1:20:08	Adam Sewell	MID ESSEX CASUALS	MV40	13	58.63	130
75	1:20:10	Ron Ames		MV65	1	70.83	212
76	1:20:19	Alison Couldry	HAVERHILL RUNNING CL	FV40	3	63.89	202
77	1:20:32	Stephen Winser		MV40	14	58.77	93
78	1:20:32	Chris Grant		MV55	4	64.12	185
79	1:20:40	Duncan Henry		MV40	15	58.24	145
80	1:20:47	Mary Narey	STOWWMARKET STRIDE	FV45	1	66.80	121
81	1:20:50	Joaquim Monteiro	HAVERHILL RUNNING CL	MV60	3	66.82	188
82	1:20:54	James Smith		M		55.30	134
83	1:21:08	Beverly Mclees	WARE JOGGERS	FV40	4	65.38	200
84	1:21:33	Craig Cooke	CAMBRIDGE & COLERIDG	M		55.21	194
85	1:21:33	Rachel Litherland		FV35	2	61.44	191
86	1:21:35	Danny Wey		M		54.79	237
87	1:21:42	Susie Covey	HAVERHILL RUNNING CL	F		60.49	155
88	1:21:44	David Cheese	NEWMARKET JOGGERS	MV65	2	69.47	83
89	1:21:51	Carla Bell	WARE JOGGERS	FV50	1	70.28	112
90	1:22:14	James Chatten		M		54.35	173
91	1:22:17	Thomas Challener		M		54.51	181
92	1:22:17	Andy Irvine	CAMBRIDGE & COLERIDG	MV45	13	58.38	205
93	1:22:23	Drew Pickford		MV50	13	60.14	149
94	1:23:04	Tony Kelly	SAFFRON STRIDERS	MV50	14	60.63	163
95	1:23:06	Mitko Kin		MV45	14	57.81	215
96	1:23:22	Tracey Hannaford		FV35	3	60.57	74
97	1:23:28	Neil Halls	SAFFRON STRIDERS	MV40	16	55.08	56
98	1:23:34	Matthew Ellis		MV40	17	56.22	85
99	1:23:35	Peter Blunt		MV40	18	56.21	86
100	1:23:46	Leslie Reilly		MV45	15	56.92	115
101	1:23:55	David Jarrett	SILSON JOGGERS	MV50	15	61.02	161
102	1:24:04	Robert Haylock		MV50	16	60.91	44
103	1:24:05	Susan Millward	WARE JOGGERS	FV35	4	60.06	231
104	1:24:43	Janet Readitt	WARE JOGGERS	FV45	2	64.26	33

Place	Time	Name	Club	Category	Ctg Rank	Age Grading %	Race No
105	1:25:05	Steve Miller	HAVERHILL RUNNING CL	MV50	17	59.68	59
106	1:25:20	Sil Clay	HAVERHILL RUNNING CL	FV45	3	63.80	96
107	1:25:26	Miceille Gorman		F		57.84	240
108	1:25:41	Sue Patrick		FV50	2	67.79	94
109	1:25:44	Chriss Gladwell	STOWMARKET STRIDER	MV55	5	60.76	218
110	1:25:45	Alex Smith	STOWMARKET STRIDER	FV35	5	59.36	4
111	1:25:50	Debbie Amies	WARE JOGGERS	FV45	4	62.33	111
112	1:25:52	Daniel Southgate		M		52.07	29
113	1:26:00	Jessie Gooderham	SAINT EDMUND PACERS	F		59.46	201
114	1:26:01	Jill Bunch	HAVERHILL RUNNING CL	FV40	5	60.15	97
115	1:26:01	Marianna Richard		FV35	6	58.25	45
116	1:26:02	Andrew Wilmot	HALSTEAD ROAD RUNNE	MV65	3	69.03	190
117	1:26:07	Simon Chambers	SAFFRON STRIDERS	MV45	16	56.21	127
118	1:26:12	Cindy Drinnan	SAFFRON STRIDERS	F		57.37	186
119	1:26:22	Chris Hill	HALSTEAD ROAD RUNNE	MV55	6	60.32	105
120	1:26:25	Lee Brown		M		51.72	118
121	1:26:31	Matt Andrews		M		51.66	75
122	1:26:46	Orlando Buhay		MV40	19	52.99	170
123	1:26:51	Steven Foyster		M		51.46	150
124	1:26:57	Anne Ramsden	WARE JOGGERS	FV60	1	71.05	54
125	1:27:06	David Waterman	BUNGAY BLACK DOG RC	MV50	18	58.30	81
126	1:27:18	Ian Gooderham	SAINT EDMUND PACERS	MV45	17	55.03	176
127	1:27:22	David Daniels	STOWMARKET STRIDER	MV50	19	56.71	210
128	1:27:26	Lesley Euston	SAINT EDMUND PACERS	FV40	6	60.67	147
129	1:27:27	John Taylor		M		51.42	166
130	1:27:41	Simon Haffenden	HAVERHILL RUNNING CL	MV50	20	57.91	69
131	1:27:47	Alison Eddershaw	SAFFRON STRIDERS	FV45	5	60.94	128
132	1:27:54	Susan Bloomfield	STOWMARKET STRIDER	FV45	6	61.94	138
133	1:27:56	Kym Cromarty	HAVERHILL RUNNING CL	FV40	7	59.82	36
134	1:28:14	Valerie Hawke		F		56.10	169
135	1:28:28	Belinda Schofield	NEWMARKET JOGGERS	FV55	1	67.67	41
136	1:28:49	Shaun Woodley	DUNMOW TRI	MV45	18	54.92	109
137	1:28:50	Neil Darracott	HAVERHILL RUNNING CL	MV45	19	54.49	11
138	1:28:54	Sue Turley	WEST SUFFOLK AC	FV50	3	62.90	236
139	1:28:57	Bobbie Sauerzapf	BUNGAY BLACK DOG RC	FV50	4	65.30	47
140	1:29:00	Dan Hollinshead	HALSTEAD ROAD RUNNE	M		50.35	124
141	1:29:11	Jonathon Marsh		MV40	20	52.68	223
142	1:29:12	Shirley Fowler	HAVERHILL RUNNING CL	FV45	7	62.13	98
143	1:29:16	Alistair Cooke	SAFFRON STRIDERS	MV40	21	51.50	189
144	1:29:28	Roger Partridge	WARE JOGGERS	MV50	21	56.76	120
145	1:29:34	Jodie Thurlow		F		55.35	14
146	1:29:34	Tina Belsom	STOWMARKET STRIDER	FV45	8	61.87	48
147	1:29:35	Sam Rowe	WARE JOGGERS	FV45	9	61.31	116
148	1:29:36	Jude Manser	WARE JOGGERS	FV55	2	65.45	87
149	1:29:36	Hazel Clark	WARE JOGGERS	F		55.15	129
150	1:29:47	Yvonne Freiherr		FV35	7	55.37	10
151	1:29:47	Melissa Clarke	ST EDMUNDS PACERS	FV35	8	56.69	62
152	1:30:04	Darren Cornell	HAVERHILL RUNNING CL	MV40	22	51.41	31
153	1:30:18	Chris Harrier		M		49.50	214
154	1:30:29	Darrel Buckley	HAVERHILL RUNNING CL	MV40	23	52.30	232
155	1:30:40	Catherine Abbott	STOWMARKET STRIDER	FV40	8	57.54	225
156	1:30:41	John Clarke		MV45	20	52.57	39
157	1:30:42	Jim Comber	SUDBURY JOGGERS	MV40	24	51.42	2
158	1:30:54	Simon Wall	FETCH EVERYONE	MV40	25	50.58	206
159	1:30:58	Robert Shaw	SAFFRON STRIDERS	MV55	7	58.30	27

Place	Time	Name	Club	Category	Ctg Rank	Age Grading %	Race No
160	1:31:51	James Briggs	HAVERHILL RUNNING CL	M		48.66	108
161	1:32:01	Josephine Havell		F		53.79	220
162	1:32:17	Helen Hewlett	SAFFRON STRIDERS	FV55	3	65.55	160
163	1:32:20	Graham Dixon	HAVERHILL RUNNING CL	M		48.41	175
164	1:32:54	Paul Millar		MV45	21	51.71	113
165	1:33:21	Jennifer Viner	WARE JOGGERS	FV55	4	64.80	79
166	1:33:37	Andrea Friend	STOWMARKET STRIDER	FV45	10	57.15	137
167	1:34:32	Stuart Shepherd	HAVERHILL RUNNING CL	M		48.29	5
168	1:35:01	Lynda McCormack	NEWMARKET JOGGERS	FV50	5	60.54	77
169	1:35:18	Andy Dew		MV45	22	50.41	171
170	1:35:46	Nicola Vaughan	HAVERHILL RUNNING CL	FV40	9	54.47	58
171	1:35:57	Ed Saltmarsh		MV40	26	48.96	154
172	1:36:03	Julia Booker	WARE JOGGERS	FV40	10	53.43	34
173	1:36:14	Carol Hill	HALSTEAD ROAD RUNNE	FV55	5	61.57	106
174	1:36:19	Ashlyn Firkins		F		51.55	179
175	1:36:54	Mary Marsh	NEWMARKET JOGGERS	FV60	2	63.75	73
176	1:37:22	Nicki Edwards		FV40	11	53.14	183
177	1:38:59	Martin Jarrett		M		45.31	203
178	1:39:00	Lisa Spence	HAVERHILL RUNNING CL	FV40	12	52.26	76
179	1:39:09	Loretta Thurston		FV35	9	49.84	24
180	1:39:31	Keith Thorogood	HALSTEAD ROAD RUNNE	MV55	8	53.78	146
181	1:39:35	Heidi Bailey		F		49.74	135
182	1:40:14	Angela Whiting	STOWMARKET STRIDER	FV50	6	56.31	168
183	1:40:23	Kevin Lewis		MV45	23	48.22	216
184	1:40:54	Melanie Cunningham		FV40	13	50.86	90
185	1:41:34	Theresa Jones	HAVERHILL RUNNING CL	FV40	14	51.36	227
186	1:41:34	David Greenham	HAVERHILL RUNNING CL	MV60	4	54.24	139
187	1:42:35	Carol Atkins	HALSTEAD ROAD RUNNE	FV50	7	55.02	123
188	1:43:55	Simon Glover	CAMBRIDGE AND COLERI	MV55	9	49.69	234
189	1:44:49	Lawrence Smith		MV60	5	52.56	51
190	1:45:44	Michael Thacker	WARE JOGGERS	MV50	22	48.03	199
191	1:46:34	Suzie Thurlow		FV45	11	50.64	13
192	1:47:21	Gina Geremia		FV40	15	49.41	196
193	1:47:22	Justin Ashby		MV40	27	43.76	195
194	1:47:23	Paul Rowlinson		MV45	24	44.74	233
195	1:48:22	John Butcher	WARE JOGGERS	MV75+	1	63.91	82
196	1:49:33	William Daly		M		40.80	141
197	1:50:05	Selcan Rowles	RIVERSIDE RUNNERS	F		44.93	102
198	1:51:32	Sara Hill	HALSTEAD ROAD RUNNE	F		44.38	107
199	1:53:58	Adrian Thurlow		MV45	25	42.47	22
200	1:53:59	Jane Thurlow		FV45	12	48.62	23
201	1:56:03	Margaret Balfour	WARE JOGGERS	FV60	3	54.46	125
202	2:11:14	Jackie Cole		FV55	6	44.69	16
203	2:16:32	Caroline Reardon	WARE JOGGERS	FV35	10	36.41	197
204	2:16:33	Amanda Sykes	WARE JOGGERS	FV40	16	38.52	53
205	2:27:07	Roy Stringer	WARE JOGGERS	MV75+	2	44.92	152
206	2:27:07	Val Stringer	WARE JOGGERS	FV70+	1	52.12	151
207	2:34:05	Roger Jarrett		M		29.01	162

"W" adjacent to the category rank column denotes a Wheelchair Competitor

"C" denotes a CAA_Champs Competitor

"A" denotes a ARC Competitor

Place	Time	Name	Club	Category	Ctg Rank	Age Grading %	Race No
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Results produced by Haverhill Running Club (with much appreciated help from Ely Runners) 28 October 2013 at 10:36 pm