

Stowmarket Striders Friday 5

Haughley Park: 24th June 2005



Position	Race No	Name	Club	Category	Age	Sex	Actual Time
1	217	Sam Godfrey	West Suffolk AC	U18	17	M	00:24:41
2	139	Andrew Taylor	St Edmund Pacers		30	M	00:25:06
3	281	David Miller	Woodbridge Shufflers		34	M	00:25:45
4	120	Kevin Vaughan	St Edmund Pacers	V40	41	M	00:26:18
5	298	Robin Coll	Newmarket Joggers	V40	44	M	00:26:42
6	90	Rodger Aldis	Stowmarket Striders		36	M	00:27:02
7	245	Sam Diston	West Suffolk AC	U18	17	M	00:27:19
8	39	Robert Chenery	Ipswich Jaffa		18	M	00:27:31
9	242	Colin Ridley	West Suffolk AC	V40	43	M	00:27:49
10	200	Terry Back	Ipswich Jaffa	V45	48	M	00:27:53
11	183	Julian Long	St Edmund Pacers		33	M	00:27:56
12	55	Andrew Houghton		V45	47	M	00:28:02
13	224	Christopher Cooke	St Edmund Pacers	V40	43	M	00:28:06
14	205	Nicholas Stephens	Stowmarket Striders	V40	41	M	00:28:07
15	266	Tom Smith	West Suffolk AC	U16	15	M	00:28:14
16	166	Colin Arnold	St Edmund Pacers	V50	50	M	00:28:15
17	219	Roger Manton			35	M	00:28:21
18	160	David Gibbon	Colchester & Tendring	U16	15	M	00:28:25
19	1	Carl Thompson			32	M	00:28:31
20	260	Garth Peterson	RRC	V40	42	M	00:28:32
21	119	Simon Harrison	Ipswich Jaffa		30	M	00:28:47
22	176	Tim Fox	St Edmund Pacers		38	M	00:28:52
23	181	Tim Hanman			34	M	00:29:06
24	269	Stephen Balfe	City of Norwich AC		24	M	00:29:14
25	17	Joshua Entwistle	Felixstowe RR	U17	16	M	00:29:17
26	241	Andy Ridley	West Suffolk AC	U16	15	M	00:29:25
27	63	John Wakowski	Stowmarket Striders		26	M	00:29:36
28	279	Marc Donnelly	Brandon Fern Hoppers		32	M	00:29:47
29	215	Sara Bird	West Suffolk AC		18	F	00:29:48
30	206	Laurence Scarlett	Ipswich Jaffa	V45	45	M	00:29:55
31	62	Stuart Green	Stowmarket Striders	V45	45	M	00:30:10
32	275	Bruce Smart	St Edmund Pacers	V40	42	M	00:30:13
33	297	Dave Copland	Ipswich Tri Club	V40	41	M	00:30:19
34	41	Andrew Green	Stowmarket Striders		38	M	00:30:21
35	43	Phil Norris	St Edmund Pacers		39	M	00:30:23
36	189	Alan Garwood	Hadliegh Hares	V40	40	M	00:30:26
37	143	Dave Vaughan	St Edmund Pacers	V50	51	M	00:30:27
38	50	Robert Davies			37	M	00:30:27
39	256	Jim Hicks		V40	44	M	00:30:31
40	158	Gillian Leathers	St Edmund Pacers	V35	37	F	00:30:32
41	38	Duncan Chenery	Ipswich Jaffa	V45	45	M	00:30:41
42	240	Steve Levinson		V50	53	M	00:30:46
43	261	Adie Grand	Norwich R R	V40	40	M	00:30:53
44	311	Henry Morris	St Edmund Pacers	V55	55	M	00:31:00
45	54	Alan Jackson	Ipswich Jaffa	V45	46	M	00:31:08
46	15	Johnathon Fell		V50	50	M	00:31:17
47	204	George Miller		U17	16	M	00:31:22
48	221	Sindy-Marie Mark	City of Norwich AC		29	F	00:31:24
49	290	John Jousiffe		U17	16	M	00:31:26
50	150	Brian Warden	City of Norwich AC		31	M	00:31:28
51	130	Ashley Page	St Edmund Pacers	V40	44	M	00:31:30
52	274	Nick Hammond	Stowmarket Striders		33	M	00:31:35
53	141	Val Jennings	Ipswich Jaffa	V40	41	F	00:31:36
54	277	Keith Williams	Newmarket Joggers	V45	45	M	00:31:44
55	27	Paul Dewison	Cambridge & Coleridge	V50	52	M	00:31:53
56	82	Rob Clayton	Felixstowe RR	V45	48	M	00:31:55
57	191	Steve Hunt	Hadliegh Hares	V45	45	M	00:32:00
58	80	Mark Hayward	St Edmund Pacers		23	M	00:32:01

Stowmarket Striders Friday 5

Haughley Park: 24th June 2005



Position	Race No	Name	Club	Category	Age	Sex	Actual Time
59	173	Andrew Smith		V40	40	M	00:32:05
60	207	Robert McPhillips	Stowmarket Striders	V45	46	M	00:32:07
61	21	Steven Moy			32	M	00:32:13
62	156	Pat Partridge	St Edmund Pacers	V50	52	F	00:32:15
63	59	Paul Canham	Stowmarket Striders		33	M	00:32:19
64	276	Alan Simpson			35	M	00:32:22
65	114	Adrian Doig	Stowmarket Striders		35	M	00:32:23
66	203	Julie Brown	Ipswich Jaffa	V40	43	F	00:32:24
67	95	Iain Milligan	St Edmund Pacers		33	M	00:32:27
68	172	Michael Chaplin	Woodbridge Shufflers	V60	61	M	00:32:31
69	188	Robin Swindin	Ipswich Jaffa		32	M	00:32:34
70	153	Haley Suttle	Newmarket Joggers	V40	40	F	00:32:40
71	190	Barbara Sanders	Hadliegh Hares	V45	47	F	00:32:41
72	257	Trevor Brigden			29	M	00:32:42
73	244	Emily Lis	Woodbridge Shufflers		28	F	00:32:43
74	192	Ker Macrosson	Ipswich Jaffa	V50	50	M	00:32:47
75	28	John Weston	Ipswich Jaffa	V45	49	M	00:32:49
76	64	Peter Tricker	Stowmarket Striders	V55	57	M	00:32:52
77	284	Alistair Goodier			37	M	00:32:53
78	177	David Robinson	Hadliegh Hares	V50	53	M	00:33:03
79	118	Phillip Byam			31	M	00:33:11
80	218	Mark Cane			29	M	00:33:20
81	229	Rob Last	St Edmund Pacers		38	M	00:33:22
82	7	Graham Moore	St Edmund Pacers		30	M	00:33:24
83	232	Mark Hird	Ipswich Tri Club	V45	45	M	00:33:27
84	202	John Cashen			39	M	00:33:35
85	123	Cath Jeffery	St Edmund Pacers		26	F	00:33:37
86	129	Ken Rooke	Framlingham Flyers	V55	58	M	00:33:40
87	238	Louise Bunch	Stowmarket Striders		30	M	00:33:47
88	270	Debbie Jordan			34	F	00:34:04
89	163	Christine Anthony	St Edmund Pacers	V40	42	F	00:34:07
90	292	Robert James	Bungay Black Dog		34	M	00:34:19
91	12	Brian Airlie	Hadliegh Hares		37	M	00:34:24
92	18	Roger Duffield	Tiptree RR	V65	66	M	00:34:30
93	278	Nicola Hale	Ipswich Jaffa		25	F	00:34:31
94	285	Elizabeth Cahill	Colchester Harriers	V40	40	F	00:34:34
95	30	Jonathan Spain		V40	44	M	00:34:35
96	287	David Coley	Ipswich Jaffa	V55	55	M	00:34:36
97	262	Elies Mann	Norwich R R		33	F	00:34:40
98	210	Simon Lockwood			36	M	00:34:42
99	51	Michael Stow	53-12 Multisports	V45	47	M	00:34:45
100	110	Anita Buxton	Newmarket Joggers	V35	35	F	00:34:46
101	48	David Overman	St Edmund Pacers	V40	44	M	00:34:48
102	61	Mick Davidson		V40	42	M	00:34:55
103	140	Clare Taylor	St Edmund Pacers		27	F	00:34:57
104	247	Terence Braverman	Newmarket Joggers	V60	60	M	00:34:58
105	136	David Pile	Stowmarket Striders	V40	41	M	00:35:04
106	164	Julia Middleton	Newmarket Joggers	V55	55	F	00:35:05
107	134	Kimberly Zilke	Stowmarket Striders		21	F	00:35:08
108	155	Andrea McNally	Ipswich Harriers	V45	49	F	00:35:08
109	216	John Bacton	Gt Bentley	V40	42	M	00:35:09
110	295	Andrew Cable	Gt Bentley	V45	45	M	00:35:10
111	94	Chris Moy			27	M	00:35:12
112	212	Robin John Weed	Trail Running Assoc		39	M	00:35:15
113	9	Robert Tomlinson	Stowmarket Striders	V45	47	M	00:35:17
114	34	Sally Ann Pearce	Felixstowe RR	V45	45	F	00:35:19
115	233	Roger Brand	St Edmund Pacers	V55	56	M	00:35:20
116	228	Christopher Cook	St Edmund Pacers	V55	56	M	00:35:22

Stowmarket Striders Friday 5

Haughley Park: 24th June 2005



Position	Race No	Name	Club	Category	Age	Sex	Actual Time
117	220	Howard Taylor		V50	50	M	00:35:32
118	31	Simon Long			23	M	00:35:35
119	77	Wendy Sealy	Ipswich Harriers	V40	41	F	00:35:36
120	125	Ian Freeman	St Edmund Pacers	V50	54	M	00:35:36
121	78	David Sealy	Ipswich Harriers	V40	41	M	00:35:36
122	83	Angie Alstrachen	St Edmund Pacers	V35	39	F	00:35:36
123	47	Matthew Snazell	St Edmund Pacers		22	M	00:35:39
124	25	Blaine Craddock			34	M	00:35:42
125	138	Mike Cooper	Ipswich Jaffa	V45	48	M	00:35:45
126	113	Paul Theobald	St Edmund Pacers	V50	50	M	00:35:47
127	127	Richard Southwold	St Edmund Pacers		37	M	00:35:48
128	5	Diane Wooller	Colchester & Tendring	V50	51	F	00:35:49
129	175	Bill Cox	Framlingham Flyers	V60	62	M	00:35:51
130	104	Wyn Jones	Felixstowe RR	V50	50	M	00:35:54
131	258	Jon Betson			26	M	00:35:55
132	313	Peter Mills		V50	52	M	00:35:58
133	283	Michael Kerry			29	M	00:36:02
134	109	Clive Kirk	Ipswich Jaffa	V55	55	M	00:36:05
135	101	Ian Cunnnington		V40	41	M	00:36:14
136	280	Samantha Wing	Thetford AC	U17	16	F	00:36:19
137	111	Mark Andrews			38	M	00:36:21
138	214	Nikki Bennett	Gt Bentley	V35	38	F	00:36:24
139	33	Annabel Bennett	Felixstowe RR	V40	40	F	00:36:24
140	84	Tim Finegan	Felixstowe RR	V40	43	M	00:36:26
141	230	Mick Thorpe			35	M	00:36:29
142	8	Zibby Parker	Felixstowe RR		34	F	00:36:29
143	10	Nigel Dadge	Felixstowe RR		38	M	00:36:29
144	75	Steven Whitaker			39	M	00:36:31
145	253	Ben Hyland			18	M	00:36:33
146	145	Karl Penaluna	Felixstowe RR		38	M	00:36:36
147	67	Adrian Randall			39	M	00:36:42
148	299	Philip Marsden		V45	45	M	00:36:46
149	237	Steven Hawkesworth	Ipswich Jaffa	V45	46	M	00:36:46
150	3	Robin Smith	St Edmund Pacers	V50	52	M	00:36:48
151	142	Rebecca Jack	Stowmarket Striders		33	F	00:36:48
152	234	Angela Cook			27	F	00:36:49
153	268	Tom Bird	West Suffolk AC	U16	15	M	00:37:13
154	35	Gill Dean	Ipswich Jaffa	V45	48	F	00:37:20
155	73	Stephen Cartwright	Gt Bentley	V45	47	M	00:37:21
156	85	Alan Flatt			36	M	00:37:24
157	248	Diana Braverman	Newmarket Joggers	V50	53	F	00:37:29
158	4	Emilie Fisher	Ipswich Tri Club		24	F	00:37:30
159	69	George Collins		V40	40	M	00:37:32
160	282	Gavin Ridgeon			28	M	00:37:34
161	49	Colin Weight	St Edmund Pacers	V65	70	M	00:37:36
162	149	Hilary Wood	Ipswich Jaffa	V40	43	F	00:37:40
163	112	Linda Hones	St Edmund Pacers	V40	42	F	00:37:42
164	201	Frank Eales	St Edmund Pacers	V55	58	M	00:37:43
165	235	Simon Page		V45	49	M	00:37:46
166	133	Martin Ablett	Stowmarket Striders		34	M	00:37:50
167	265	Martin Ryan		V40	43	M	00:37:51
168	198	Roger Mawer	Lowestoft RR	V60	64	M	00:37:56
169	92	David Martin		V50	50	M	00:37:59
170	226	Tim Ryder		V40	42	M	00:38:00
171	236	Stephen Wood	Ipswich Jaffa	V45	48	M	00:38:01
172	57	Simon Browne		V45	46	M	00:38:06
173	11	Mark Tufts	Wymondham Ac		37	M	00:38:15
174	186	Vicki Adamson		V35	38	F	00:38:16

Stowmarket Striders Friday 5

Haughley Park: 24th June 2005



Position	Race No	Name	Club	Category	Age	Sex	Actual Time
175	291	Nick Bestow	Ipswich Tri Club	V40	44	M	00:38:23
176	45	Robbie Snazell	St Edmund Pacers	V50	52	M	00:38:25
177	249	Peter Spink		V45	46	M	00:38:28
178	209	Anthony John Crowe			39	M	00:38:34
179	53	Ronel Van Der Merwe	Stowmarket Striders	V45	46	F	00:38:35
180	231	Louis Cooper	Wymondham Ac	V60	62	M	00:38:44
181	312	Jake Robbertse		V40	42	M	00:38:48
182	294	Tim Jousiffe	Ipswich Jaffa	V45	45	M	00:38:51
183	263	Oliver Calver	Ipswich Tri Club		26	M	00:38:55
184	255	Nigel Harrison		V45	45	M	00:39:06
185	14	Michael Jobbins		V40	40	M	00:39:07
186	46	Helen Snazell	St Edmund Pacers	V45	49	F	00:39:09
187	79	Peter Matthews			38	M	00:39:15
188	148	Kay Khayser		V40	41	F	00:39:16
189	162	Neil Anthony	St Edmund Pacers	V40	43	M	00:39:19
190	264	Stephen Bright	Brit Alth Sup Club	V40	42	M	00:39:21
191	102	Fiona Cunnington		V45	46	F	00:39:22
192	137	Maggie Lane		V40	44	F	00:39:27
193	168	Alison Wilson		V40	41	F	00:39:28
194	222	David Riedel		V50	51	M	00:39:30
195	239	David Peck	Newmarket Joggers	V65	72	M	00:39:30
196	58	Su Browne	Stowmarket Striders	V45	46	F	00:39:31
197	121	Karen Hatton	St Edmund Pacers	V45	46	F	00:39:32
198	289	Peter Jousiffe		V50	53	M	00:39:33
199	273	Peter Hammond		V55	56	M	00:39:35
200	68	Mike Mulley		V45	48	M	00:39:42
201	197	Bruce Crabtree		V45	45	M	00:39:46
202	115	Chris Woodward			26	M	00:39:49
203	271	Robert Sweeney			19	M	00:39:50
204	194	Sarah Hunt		V35	38	F	00:39:51
205	19	Maureen Wright	Ipswich Jaffa	V55	59	F	00:39:57
206	227	Leanne Fleming			21	F	00:39:59
207	174	Jean Cox	Woodbridge Shufflers	V60	62	F	00:40:00
208	272	Sandra Mayhew		V40	41	F	00:40:07
209	65	Frank Moggan	Stowmarket Striders	V55	55	M	00:40:08
210	293	Sally Cable	Gt Bentley	V45	46	F	00:40:09
211	96	Tim Skelton		V45	47	M	00:40:15
212	132	Anne Fellingham	Stowmarket Striders	V55	56	F	00:40:24
213	180	Jim Brown			34	M	00:40:29
214	159	Stephen Leathers	St Edmund Pacers	V40	40	M	00:40:30
215	126	Rosalind Maulkerson		V35	39	F	00:40:36
216	24	Kate Stannett	Ipswich Tri Club	V40	43	F	00:40:38
217	254	Dawn Thurlow	Ipswich Jaffa	V35	39	F	00:40:40
218	103	Fred Uff	Framlingham Flyers	V65	72	M	00:40:47
219	223	Stewart Beggs	Gt Bentley	V50	53	M	00:40:52
220	97	Ann Hogarth	Stowmarket Striders	V45	47	F	00:41:08
221	288	Barbara Jousiffe		V50	51	M	00:41:11
222	91	Phil Steedman	Ipswich Jaffa		34	M	00:41:15
223	211	Tony Adolphus	Ipswich Jaffa	V45	47	M	00:41:15
224	243	Judy Potter	Bungay Black Dog	V55	59	F	00:41:17
225	305	Jason Bloomfield			32	M	00:41:21
226	146	Suzanne Lovett	Ipswich Jaffa		29	F	00:41:24
227	259	Michael Betson		V55	57	M	00:41:33
228	296	Jeremy Scopes		V50	50	M	00:41:34
229	208	Penny Farrow		V35	35	F	00:41:35
230	131	Lyn Drane	Felixstowe RR	V45	46	F	00:41:36
231	135	Michael Pallett	Stowmarket Striders		27	M	00:41:37
232	87	Charmaine Geraghty	Stowmarket Striders		32	F	00:41:41

Stowmarket Striders Friday 5

Haughley Park: 24th June 2005



Position	Race No	Name	Club	Category	Age	Sex	Actual Time
233	310	Alison Taylor	Stowmarket Striders	V35	39	F	00:41:46
234	71	Peter Bultz		V45	46	M	00:41:48
235	86	Brian Peck	St Edmund Pacers	V55	58	M	00:41:51
236	144	Joanna Mckenzie	Woodbridge Shufflers		29	F	00:41:52
237	304	Matthew Dunn			27	M	00:42:03
238	98	Malcom Hogarth	Stowmarket Striders	V45	48	M	00:42:12
239	169	Heather Bexon		V50	52	F	00:42:15
240	170	Tim Power		V55	55	M	00:42:15
241	52	Kate Hendy	Felixstowe RR	V45	48	F	00:42:19
242	179	Nicky Squirrell		V35	35	F	00:42:21
243	301	Mark Redit			38	M	00:42:28
244	187	Jayne Farnworth	Felixstowe RR	V45	49	F	00:42:34
245	122	Trevor Rolph	Brandon Fern Hoppers	V50	50	M	00:42:52
246	42	Jane Dolan	Stowmarket Striders	V45	45	F	00:43:19
247	13	Daryl Butcher	Harwich Runners	V45	48	M	00:43:23
248	246	David Potter	Bungay Black Dog	V60	62	M	00:43:31
249	56	Simon Markham			39	M	00:43:35
250	74	Peter Thomas		V65	76	M	00:43:49
251	286	Billy Richmond	Ipswich Jaffa		39	M	00:43:55
252	302	Darren Lord			32	M	00:43:57
253	303	Andy Bond	Stowmarket Striders	V55	58	M	00:44:08
254	252	Janet Robinson		V55	58	F	00:44:14
255	124	Graham Page	St Edmund Pacers	V45	49	M	00:44:18
256	100	Nick Huggins	St Edmund Pacers	V50	53	M	00:44:36
257	171	Denise Naughton	Stowmarket Striders	V35	39	F	00:44:45
258	81	Catherine Osborne	Ipswich Jaffa		32	F	00:44:52
259	178	Margery Brown	Stowmarket Striders	V55	58	F	00:45:01
260	225	David West	St Edmund Pacers	V60	60	M	00:45:09
261	72	Sarah Bultz		U18	17	F	00:45:40
262	184	Joanna Cassells	Stowmarket Striders	V45	49	F	00:45:58
263	250	Ben Marsh			24	M	00:46:16
264	309	Colin Low			36	M	00:46:18
265	308	Nigel Brown			33	M	00:46:22
266	66	Bex Randall		V40	40	F	00:46:28
267	267	Richard Oastler	Ipswich Harriers		37	M	00:46:45
268	185	John Cassells	Stowmarket Striders	V60	60	M	00:47:41
269	32	Rosemary Thurston	Stowmarket Striders	V50	54	F	00:47:44
270	20	Marianne Kirk	Ipswich Jaffa	V55	55	F	00:47:44
271	213	Sue Seggar	Stowmarket Striders	V55	55	F	00:47:44
272	300	Jake Marsden			19	M	00:47:55
273	195	Alan Wells	Stowmarket Striders	V45	46	M	00:48:25
274	196	Derek Oliver	Stowmarket Striders	V45	49	M	00:48:25
275	107	Janet Scoulding			32	F	00:48:26
276	306	Beverley Bullett	Stowmarket Striders		33	F	00:50:03
277	154	Michelle Scott	Stowmarket Striders		24	F	00:51:44
278	108	Roy Miller	St Edmund Pacers	V50	54	M	00:53:05
279	70	Nicola Bultz		U16	15	F	00:55:43
280	307	Diane Pennington	Stowmarket Striders	V35	39	F	01:00:55
281	182	Jo Gaskell			29	F	01:02:59
282	37	Glenda Taylor	Stowmarket Striders	V55	56	F	01:03:02