

Thurlow 10 Race Results

Hosted by Haverhill Running Club 16 October 2016

Category Results

	Race Pos.	Bib. Number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
Overall	1	270	00:56:13	Sam Godfrey	MS		1 / 22	West Suffolk Ac
	2	200	01:00:54	Tom Kingsnorth	MS		2 / 22	Saint Edmund Pacers
	3	235	01:01:22	James Hayward	MS		3 / 22	Stowmarket Striders Rc
Male	1	270	00:56:13	Sam Godfrey	MS		1 / 22	West Suffolk Ac
	2	200	01:00:54	Tom Kingsnorth	MS		2 / 22	Saint Edmund Pacers
	3	235	01:01:22	James Hayward	MS		3 / 22	Stowmarket Striders Rc
Female	1	276	01:09:11	Nicky Bennett	F40	1	1 / 8	
	2	279	01:10:41	Kelly Mephram	F35	2	1 / 8	Haverhill Running Club
	3	233	01:12:31	Claire Weller	F5	3	1 / 7	Ipswich Triathlon Club
	M17	232	01:10:28	Edward Benfold	M17		1 / 1	
	F17							
	F35	50	01:20:37	Joanna Arscott	F35	7	2 / 8	Bishops Stortford Rc
	M40	4	01:01:42	Nick Palmer	M40		1 / 13	Stowmarket Striders Rc
	F40	52	01:21:14	Ruth Palmer	F40	8	2 / 8	Saint Edmund Pacers
	M45	14	01:08:14	Oliver Last	M45		1 / 8	Bishops Stortford Rc
	F45	77	01:29:58	Jo Parden	F45	21	1 / 5	Framlingham Flyers
	M50	7	01:05:12	Daniel Aguilar-Agon	M50		1 / 13	
	F50	62	01:25:09	Teresa Franklin	F50	12	1 / 7	Haverhill Running Club
	M55	18	01:08:53	Nigel Coats	M55		1 / 5	Saffron Striders Rc
	F55	103	01:42:42	Sue Last	F55	32	1 / 2	Bishops Stortford Rc
	M60	40	01:17:29	Kerry Macrosson	M60		1 / 5	
	F60	81	01:31:27	Cathy Beard	F60	23	1 / 3	Colchester Harriers
	M65	58	01:23:25	George Thomas	M65		1 / 7	Bishops Stortford Rc
	F65							
	M70							
	F70							

Full Race Results

Race Pos.	Bib_number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
1	270	00:56:13	Sam Godfrey	MS		1 / 22	West Suffolk Ac
2	200	01:00:54	Tom Kingsnorth	MS		2 / 22	Saint Edmund Pacers
3	235	01:01:22	James Hayward	MS		3 / 22	Stowmarket Striders Rc
4	226	01:01:42	Nick Palmer	M40		1 / 13	Stowmarket Striders Rc
5	275	01:03:48	Mark Hayware	MS		4 / 22	Newmarket Joggers
6	297	01:04:55	Steve Mason	MS		5 / 22	Cambridge And Coleridge
7	196	01:05:12	Daniel Aguilar-Agon	M50		1 / 13	
8	253	01:06:43	Paul Mckenna	MS		6 / 22	Grange Farm & Dunmow Runners
9	238	01:06:45	Shane Cahill	M50		2 / 13	
10	182	01:07:17	Neil Rosewell	MS		7 / 22	

Race Pos.	Bib_number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
11	273	01:07:46	Peter Williams	M50		3 / 13	Nctc
12	240	01:07:57	Ben Jeffery	MS		8 / 22	
13	172	01:08:06	Simon Ellice	MS		9 / 22	Bishops Stortford Rc
14	268	01:08:14	Oliver Last	M45		1 / 8	Bishops Stortford Rc
15	292	01:08:29	Westley Walker	MS		10 / 22	Haverhill Running Club
16	287	01:08:45	Craig Sisson	MS		11 / 22	Haverhill Running Club
17	249	01:08:46	Simon Cranmer	M40		2 / 13	Bishops Stortford Rc
18	281	01:08:53	Nigel Coats	M55		1 / 5	Saffron Striders Rc
19	282	01:09:03	Eugene Husband	M40		3 / 13	Newmarket Joggers
20	276	01:09:11	Nicky Bennett	F40	1	1 / 8	
21	277	01:09:35	James Heath	M55		2 / 5	
22	232	01:10:28	Edward Benfold	M17		1 / 1	
23	279	01:10:41	Kelly Mepham	F35	2	1 / 8	Haverhill Running Club
24	197	01:10:42	Jeremy Bell	M45		2 / 8	
25	278	01:11:41	Dave Ramsey	MS		12 / 22	
26	225	01:12:05	Jon Brooker	M50		4 / 13	Newmarket Joggers
27	233	01:12:31	Claire Weller	FS	3	1 / 7	Ipswich Triathlon Club
28	272	01:12:52	Craig Hooke	M45		3 / 8	Uk Netrunner
29	255	01:13:09	Nick Askham	M40		4 / 13	
30	247	01:13:15	Clive Steward	M55		3 / 5	Coltishall Jaguars Rc
31	234	01:13:23	Jeff Mercer	MS		13 / 22	
32	243	01:13:31	Stuart Fisher	MS		14 / 22	
33	186	01:14:03	Steven Thoday	M40		5 / 13	Cambridge & Coleridge Ac
34	284	01:14:07	James Charlesworth	M45		4 / 8	
35	283	01:14:07	Kelly Waglands	M50		5 / 13	
36	280	01:14:46	Lee Brown	MS		15 / 22	Haverhill Running Club
37	210	01:15:37	Peter White	M50		6 / 13	
38	285	01:16:04	Fliss Tourant	FS	4	2 / 7	
39	199	01:16:15	Cindy Drinnan	FS	5	3 / 7	Saffron Striders Rc
40	299	01:17:29	Kerry Macrosson	M60		1 / 5	
41	244	01:17:39	Andrew Wallis	MS		16 / 22	
42	217	01:17:46	Adel Golovin	M45		5 / 8	
43	218	01:18:00	Jonathan Ollington	M45		6 / 8	
44	180	01:18:15	Clive Purbrook	M60		2 / 5	Newmarket Joggers
45	260	01:18:32	Philip Chaplin	M50		7 / 13	Bishops Stortford Rc
46	251	01:19:14	Ann-Louise Salt	FS	6	4 / 7	
47	207	01:19:40	Ben Green	M40		6 / 13	
48	208	01:19:41	Christopher Preston	M40		7 / 13	
49	293	01:20:19	David Jarrett	M55		4 / 5	Silson Joggers
50	228	01:20:37	Joanna Arscott	F35	7	2 / 8	Bishops Stortford Rc
51	191	01:21:04	Alexander Fox	MS		17 / 22	
52	201	01:21:14	Ruth Palmer	F40	8	2 / 8	Saint Edmund Pacers
53	176	01:21:27	Mike Grant	M50		8 / 13	Bishops Stortford Rc
54	231	01:21:37	David Lock	M40		8 / 13	
55	262	01:21:39	Ruth Eberhardt	F40	9	3 / 8	Newmarket Joggers
56	295	01:22:11	Dan Farrant	MS		18 / 22	
57	198	01:22:59	Jessica Goudkuil	FS	10	5 / 7	

Race Pos.	Bib_number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
58	173	01:23:25	George Thomas	M65		1 / 7	Bishops Stortford Rc
59	266	01:23:36	Rachel Darvill	F40	11	4 / 8	Haverhill Running Club
60	202	01:23:59	Alan Wilson	M65		2 / 7	
61	291	01:24:51	Charles Hudsor	M5		19 / 22	
62	271	01:25:09	Teresa Franklin	F50	12	1 / 7	Haverhill Running Club
63	256	01:25:41	Jason Coles	M45		7 / 8	Saffron Striders Rc
64	248	01:25:46	Rebecca Elmes	F5	13	6 / 7	
65	174	01:26:09	Ian Mccllymont	M65		3 / 7	Bishops Stortford Rc
66	264	01:26:41	Sil Clay	F50	14	2 / 7	Haverhill Running Club
67	261	01:27:23	Harriet Wyatt	F50	15	3 / 7	Bishops Stortford Rc
68	215	01:27:46	Sarah K Owen	F50	16	4 / 7	
69	175	01:28:23	Kevin Kipp	M60		3 / 5	Bishops Stortford Rc
70	258	01:28:32	Yvonne Freiherr-Fenton	F35	17	3 / 8	
71	298	01:28:47	Simon Chambers	M50		9 / 13	Saffron Striders Rc
72	230	01:28:56	Claire Blanchford	F35	18	4 / 8	Saint Edmund Pacers
73	289	01:29:09	Martin Smithson	M50		10 / 13	
74	205	01:29:13	James Hunt	M5		20 / 22	
75	290	01:29:16	Clare Vincent	F35	19	5 / 8	
76	254	01:29:21	Ellen Brooks	F35	20	6 / 8	Bishops Stortford Rc
77	212	01:29:58	Jo Parden	F45	21	1 / 5	Framlingham Flyers
78	213	01:30:13	Kirsty Weavers	F50	22	5 / 7	Saint Edmund Pacers
79	239	01:30:30	Miles Johnson	M60		4 / 5	Newmarket Joggers
80	216	01:31:06	James Hewlett	M65		4 / 7	Saffron Striders Rc
81	288	01:31:27	Cathy Beard	F60	23	1 / 3	Colchester Harriers
82	166	01:31:29	John Thurlow	M50		11 / 13	
83	245	01:31:41	Dani Hill-Welter	F5	24	7 / 7	Bishops Stortford Rc
84	214	01:31:42	Steve Bright	M50		12 / 13	
85	168	01:32:07	Antony Davies	M40		9 / 13	
86	188	01:32:35	Fran Williams	F50	25	6 / 7	Haverhill Running Club
87	237	01:32:38	Christopher Aylmer	M65		5 / 7	Newmarket Joggers
88	204	01:32:46	Peter Wenzel	M65		6 / 7	Bishops Stortford Rc
89	227	01:32:50	Ruth Cowlin	F50	26	7 / 7	Sudbury Joggers
90	267	01:33:27	Paul Sherritt	M50		13 / 13	Haverhill Running Club
91	177	01:34:08	Kerry Lucas	F35	27	7 / 8	
92	257	01:34:27	Lisa Plumb	F45	28	2 / 5	Saffron Striders Rc
93	296	01:36:17	Steve Miller	M55		5 / 5	Haverhill Running Club
94	171	01:37:00	Richard Hart	M40		10 / 13	
95	252	01:37:17	Natalie Masson	F40	29	5 / 8	
96	242	01:37:38	Nicky Milner	F40	30	6 / 8	
97	193	01:37:57	Helen Velioglu	F45	31	3 / 5	
98	209	01:39:24	Matthew Stocks	M5		21 / 22	
99	294	01:40:48	Graham Bennett	M60		5 / 5	
100	229	01:41:01	Craig Ladley	M5		22 / 22	Haverhill Running Club
101	286	01:41:43	Sarah Billis	M40		11 / 13	
102	274	01:42:18	David Greenham	M65		7 / 7	Haverhill Running Club
103	269	01:42:42	Sue Last	F55	32	1 / 2	Bishops Stortford Rc
104	236	01:45:20	Lynda McCormack	F55	33	2 / 2	Newmarket Joggers

Race Pos.	Bib_number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
105	170	01:46:06	Justin Smith	M45		8 / 8	
106	259	01:46:07	Jacqui O'Neill	F45	34	4 / 5	
107	224	01:46:07	Jon Durrant	M40		12 / 13	
108	222	01:46:30	Mary Marsh	F60	35	2 / 3	Newmarket Joggers
109	223	01:55:43	Dennis Willis	M40		13 / 13	
110	189	01:56:16	Jo Dickinson	F45	36	5 / 5	Felixstowe Rrc
111	250	01:56:42	Billy Bowers	F40	37	7 / 8	
112	246	01:56:53	Gill Holmes	F60	38	3 / 3	Fenland Running Club
113	220	02:05:14	Shona Edwards	F35	39	8 / 8	
114	219	02:05:15	Annabelle Thorp	F40	40	8 / 8	Haverhill Running Club
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Race Pos.	Bib_number	Time	Name	Age	Female Pos.	Cat. Pos.	Club
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