

Stowmarket Striders Golden Mile 2015

Race Results

Position	Race Number	ir	Finish Time	Forename	Surname	Age Category Position	Age Category		Club or Team	
1	130		5:06.75	Robert	Reason	1	V35	Male	Harwich Runners	
2	103		5:13.13	Steve	Mason	1	Senior	Male		0
3	172		5:13.69	James	Wilson	2	Senior	Male	Saxmundham Saxons	
4	120		5:19.73	Ian	Old	3	Senior	Male	Ipswich Jaffa RC	
5	132		5:26.87	Glen	Richardson	2	V35	Male	Norfolk Orienteering Club	
6	116		5:29.78	Emily	Moyes	1	Senior	Female	West Suffolk AC	
7	69		5:32.65	Kieran	Hayles	4	Senior	Male	Sudbury Joggers	
8	50		5:37.42	Neil	Gillingham	5	Senior	Male	Ipswich Harriers	
9	87		5:38.66	Kelvin	Johnson	6	Senior	Male		0
10	137		5:43.43	Odette	Robson	1	V40	Female	St Edmund Pacers	
11	110		5:44.67	Ian	Messier	7	Senior	Male		0
12	43		5:45.51	Laurence	Duffy	1	V55	Male	The Stragglers Running Club	
13	65		5:46.74	Alexander	Harrison	8	Senior	Male	Stowmarket cycling club	
14	138		5:47.92	Joe	Robson	1	U15	Male	St Edmund Pacers	
15	63		5:48.32	Robin	Harper	3	V35	Male	Felixstowe RRC	
16	104		5:49.71	Melvyn	Maycock	9	Senior	Male		0
17	160		5:50.92	William	Terry	10	Senior	Male	West Suffolk AC	
18	45		5:52.00	Joshua	Edwards	11	Senior	Male		0
19	67		5:54.14	Alan	Hart	4	V35	Male	Stowmarket Striders RC	
20	119		5:54.49	Shaun	Nicholls	12	Senior	Male	Ipswich Jaffa RC	
21	174		5:55.67	Peter	Woods	13	Senior	Male	Felixstowe RRC	
22	82		5:57.66	Steven	Hughes	1	V50	Male	Stowmarket Striders RC	
23	102		5:58.06	David	Marsh	5	V35	Male		0
24	8		6:03.30	Darren	Barfield	6	V35	Male		0
25	141		6:06.51	Jamie	Roper	14	Senior	Male	SRC	
26	211		6:10.48	Marley	Browne	2	U15	Male	Scorpion Academy	
27	170		6:13.73	William	Whittaker	3	U15	Male		0
28	180		6:16.28	James	Youngs	1	V40	Male		0
29	202		6:17.96	Harry	Tillbrook	4	U15	Male	Stowmarket Striders RC - Juniors	
30	196		6:19.23	Morgan	Moore	5	U15	Male	Stowmarket Striders RC - Juniors	
31	40		6:25.28	Ian	Cunnington	2	V50	Male	St Edmund Pacers	
32	89		6:26.95	Jon	Bass	15	Senior	Male		0
33	135		6:28.98	Andrew	Robertson	7	V35	Male		0
34	39		6:33.02	Craig	Williams	8	V35	Male		0
35	129		6:34.39	Glenn	Proctor	2	V40	Male	Stowmarket Striders RC	
36	96		6:37.62	Michael	Knowles	1	U13	Male	Harwich Runners	
37	134		6:38.47	Chris	Ridgeon	1	V60	Male	West Suffolk Wheelers	
38	97		6:40.00	Ben	Law	16	Senior	Male	St Edmund Pacers	
39	117		6:40.43	Melody-Anne	Neville	1	V45	Female	Stowmarket Striders RC	
40	190		6:44.04	Jake	Hayward	1	U11	Male	Stowmarket Striders RC - Juniors	
41	5		6:44.63	Douglas	Barber	3	V50	Male		0
42	118		6:46.16	André	Neville	3	V40	Male	Stowmarket Striders RC	
43	161		6:51.03	Abbie	Terry	1	U15	Female	West Suffolk AC	
44	149		6:55.16	Richard	Soer	2	V55	Male	St Edmund Pacers	
45	58		6:55.56	Steve	Gray	3	V55	Male	Stowmarket Striders RC	
46	64		6:55.9	Hannah	Harrison	2	U15	Female	Stowmarket swimming club	
47	139		6:56.24	Anna	Robson	1	U13	Female	St Edmund Pacers	
48	146		6:56.62	Darran	Sands	9	V35	Male	Framlingham Flyers	
49	133		6:56.97	Gavin	Ridgeon	10	V35	Male		0
50	53		6:57.38	Mark	Godbold	1	V45	Male		0
51	81		7:01.90	Dianne	Hughes	1	V50	Female	Stowmarket Striders RC	
52	212		7:05.67	Dylan	Browne	2	U13	Male	Scorpion Academy	
53	192		7:06.51	Alfie	Larke	6	U15	Male	Stowmarket Striders RC - Juniors	
54	113		7:08.86	Lorraine	Mills	2	V40	Female	St Edmund Pacers	
55	159		7:11.99	Libby	Stinson	2	U13	Female	West Suffolk ac	
56	76		7:13.16	Sam	Hinchcliffe	2	Senior	Female		0
57	203		7:16.58	Connor	Yarrow	3	U13	Male	Stowmarket Striders RC - Juniors	
58	213		7:18.35	Lennox	Browne	4	U13	Male	Scorpion Academy	
59	101		7:21.57	Lydia	Marshall	3	U13	Female	West Suffolk Athletics Club	
60	150		7:23.52	Jez	Sore	4	V50	Male		0
61	183		7:25.44	Josephine	Beer	1	U11	Female	Stowmarket Striders RC - Juniors	
62	20		7:26.53	Laura	Button	3	Senior	Female	Bungay Black Dog Running Club	
63	151		7:27.40	Richard	Sore	2	V45	Male	Ipswich Jaffa RC	
64	185		7:28.43	George	Cain	5	U13	Male	Stowmarket Striders RC - Juniors	

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65	181		7:29.04	Scarlett	Angove	3	U15	Female	Stowmarket Striders RC - Juniors	
66	15		7:29.45	Kate	Beer	2	V45	Female	Stowmarket Striders RC	
67	189		7:33.43	Susanna	Halliday	4	U13	Female	Stowmarket Striders RC - Juniors	
68	253		7:42.73	Jacob	Walmsley	7	U15	Male	Scorpion Academy	
69	186		7:47.77	Henry	Cain	2	U11	Male	Stowmarket Striders RC - Juniors	
70	158		7:54.74	Gavin	Spurr	4	V40	Male	Run For Your Life	
71	140		7:57.09	Hollie	Roper	4	Senior	Female	SRC	
72	249		7:58.10	Jack	Thrun	11	V35	Male	Scorpion Academy	
73	114		8:00.03	Tracey	Morris	2	V50	Female	Stowmarket Striders RC	
74	168		8:01.00	Courtney	Turner	4	U15	Female	Felixstowe RRC	
75	74		8:09.30	Kate	Heeks	5	U15	Female		0
76	26		8:09.57	Paul	Cattermole	4	V55	Male		0
77	198		8:09.94	Isabella	Porch	2	U11	Female	Stowmarket Striders RC - Juniors	
78	154		8:10.24	Tim	Sparkes	12	V35	Male		0
79	155		8:10.57	Lois	Sparkes	6	U15	Female	Stowmarket Striders RC	
80	191		8:11.52	Sonny	Larke	3	U11	Male	Stowmarket Striders RC - Juniors	
81	162		8:13.38	Jessica	Thorpe	5	Senior	Female	Stowmarket Striders RC	
82	199		8:15.01	Bethany	Skoulding	7	U15	Female	Stowmarket Striders RC - Juniors	
83	197		8:15.38	Imogen	Porch	3	U11	Female	Stowmarket Striders RC - Juniors	
84	136		8:15.75	Denise	Robinson	1	V55	Female	Stowmarket Striders RC	
85	70		8:16.11	Mary	Hayward	1	V60	Female	Stowmarket Striders RC	
86	204		8:18.95	Bronte	Yarrow	4	U11	Female	Stowmarket Striders RC - Juniors	
87	94		8:21.95	Torben	Kett	4	U11	Male		0
88	92		8:22.29	Rob	Kett	5	V40	Male		0
89	99		8:26.36	Joshua	Lown	6	U13	Male		0
90	109		8:27.90	Alexander	McNamara	5	U11	Male	The Boy & Me	
91	28		8:29.07	Daniel	Church	6	U11	Male		0
92	30		8:29.40	Simon	Church	17	Senior	Male		0
93	188		8:32.94	Lewis	Cudmore	8	U15	Male	Stowmarket Striders RC - Juniors	
94	51		8:36.12	Mike	Gillingham	2	V60	Male		0
95	233		8:37.92	Gerry	Murphy	7	U11	Male	Scorpion Academy	
96	37		8:41.20	David	Cox	5	V50	Male	Stowmarket Striders RC	
97	184		8:41.52	Megan	Brooks	5	U13	Female	Stowmarket Striders RC - Juniors	
98	3		8:46.28	Chris	Aylmer	3	V60	Male	Newmarket Joggers	
99	228		8:52.04	Iain	Gilmour	8	U11	Male	Scorpion Academy	
100	112		8:52.71	Kieran	Miller	18	Senior	Male		0
101	68		8:53.4	Chris	Hayes	5	V55	Male	Great Bentley RC	
102	201		8:53.99	Ellie	Steel	5	U11	Female	Stowmarket Striders RC - Juniors	
103	156		8:54.43	Stephen	Spencer	4	V60	Male	Livewell Graduates RC	
104	142		8:54.82	Chris	Rose	13	V35	Male	Run For Your Life	
105	54		9:00.4	Malene	Godson	3	V45	Female	Stowmarket Striders RC	
106	187		9:04.67	Shellie	Chettle	8	U15	Female	Stowmarket Striders RC - Juniors	
107	77		9:09.23	Glenn	Hoddy	6	V40	Male		0
108	227		9:12.25	Vaughn	Francis-Ruffles	9	U11	Male	Scorpion Academy	
109	31		9:12.62	John	Clough	6	V55	Male	Framlingham Flyers	
110	216		9:13.02	Harrison	Bullett	19	Senior	Male	Scorpion Academy	
111	246		9:13.46	Thomas	Spelman	10	U11	Male	Scorpion Academy	
112	226		9:14.4	Teilo	Francis-Ruffles	11	U11	Male	Scorpion Academy	
113	247		9:14.79	Wayne	Spelman	7	V40	Male	Scorpion Academy	
114	36		9:15.20	Lucy	Cooney	6	Senior	Female		0
115	32		9:15.60	Agnes	Clough	3	V40	Female		0
116	194		9:16.49	Renee	McLaughlin	6	U13	Female	Stowmarket Striders RC - Juniors	
117	167		9:17.75	Fiona	Tricker	3	V50	Female	Stowmarket Striders RC	
118	56		9:19.62	Thomas	Godson	12	U11	Male		0
119	98		9:22.41	Stephanie	Lown	4	V45	Female		0
120	7		9:23.07	George	Barber	13	U11	Male		0
121	6		9:26.09	Marcus	Barber	14	V35	Male		0
122	73		9:26.43	Aimee	Heeks	7	U13	Female		0
123	225		9:27.20	Lillrose	Fell	9	U15	Female	Scorpion Academy	
124	207		9:28.97	Oliver	Beaumont	14	U11	Male	Scorpion Academy	
125	238		9:35.73	Jack	Peacock	15	U11	Male	Scorpion Academy	
126	239		9:37.88	Ian	Peacock	8	V40	Male	Scorpion Academy	
127	55		9:38.22	Emma	Godson	8	U13	Female		0
128	252		9:45.52	Max	Walmsley	9	U15	Male	Scorpion Academy	

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129	38		9:46.99	Diane	Cox	4	V50	Female	Stowmarket Striders RC	
130	90		9:48.38	Matthew	Jones	16	U11	Male		0
131	91		9:49.62	Kate	Jones	7	Senior	Female		0
132	88		9:49.96	Shaun	Jones	15	V35	Male	Stowmarket Striders RC	
133	46		9:50.29	Paul	Forshaw	5	V60	Male	Fetch Everyone Running Club	
134	195		9:53.39	Isla	McLean	9	U13	Female	Stowmarket Striders RC - Juniors	
135	95		9:55.79	Anabelle	Kett	6	U11	Female		0
136	93		9:56.16	Kirstie	Kett	4	V40	Female		0
137	35		9:56.53	Debbie	Cook	5	V50	Female		0
138	217		10:07.02	Sam	Corsie	17	U11	Male	Scorpion Academy	
139	210		10:19.20	Jake	Bell	18	U11	Male	Scorpion Academy	
140	208		10:19.50	Lewis	Bell	19	U11	Male	Scorpion Academy	
141	205		10:19.84	Mark	Trent	3	V45	Male	Scorpion Academy	
142	209		10:20.20	Finley	Bell	20	U11	Male	Scorpion Academy	
143	245		10:20.65	Jamie	Sparkes	21	U11	Male	Scorpion Academy	
144	84		10:21.20	Lynn	Jaggard	1	V35	Female		0
145	85		10:21.56	Regan	Jaggard	7	U13	Male		0
146	234		10:22.01	Damien	Murphy	22	U11	Male	Scorpion Academy	
147	80		10:25.35	Esmee	Howell	7	U11	Female		0
148	79		10:25.69	Stuart	Howell	16	V35	Male		0
149	78		10:27.67	Michelle	Holden	5	V40	Female	Stowmarket Striders RC	
150	72		10:28.18	Chloe	Heeks	10	U13	Female		0
151	123		10:31.60	Lester	Palmer	23	U11	Male		0
152	122		10:31.96	Matt	Palmer	17	V35	Male		0
153	143		10:34.14	Jack	Rose	24	U11	Male	Run For Your Life	
154	240		10:35.09	Eoin	Ramsey	25	U11	Male	Scorpion Academy	
155	241		10:35.43	Iain	Ramsey	18	V35	Male	Scorpion Academy	
156	237		10:39.16	Layla	Parsons	8	U11	Female	Scorpion Academy	
157	128		10:41.28	Colin	Pretlove	1	V65	Male		0
158	144		10:44.17	Angela	Rose	2	V35	Female	Run For Your Life	
159	244		10:45.35	Stanley	Sentence	26	U11	Male	Scorpion Academy	
160	108		10:46.70	Sharon	McNamara	6	V40	Female	The Boy & Me	
161	248		10:57.88	Antony	Spurr	20	Senior	Male	Scorpion Academy	
162	222		11:02.48	Monty	F	19	V35	Male	Scorpion Academy	
163	223		11:02.81	Paul	F	20	V35	Male	Scorpion Academy	
164	221		11:04.54	Addison	English	27	U11	Male	Scorpion Academy	
165	83		11:04.89	Charlotte	Irons	8	Senior	Female		0
166	21		11:05.28	Matt	Calderbank	21	Senior	Male		0
167	24		11:06.59	Jack	Carpenter	28	U11	Male		0
168	22		11:06.96	Michael	Carpenter	21	V35	Male	Ipswich Jaffa RC	
169	9		11:10.5	Maddy	Barrett	9	Senior	Female	Run For Your Life	
170	236		11:10.84	Freddy	Parsons	29	U11	Male	Scorpion Academy	
171	147		11:17.47	Jane	Satchell	6	V50	Female		0
172	250		11:32.77	Dan	Thrun	22	V35	Male	Scorpion Academy	
173	11		11:45.66	Joe	Bassett	30	U11	Male		0
174	10		11:46.78	Janie	Bassett	3	V35	Female		0
175	195		11:47.89	Isla	McLean	11	U13	Female	Stowmarket Striders RC - Juniors	
176	200		11:51.96	Georgia	Southgate	9	U11	Female	Stowmarket Striders RC - Juniors	
177	152		11:52.27	Janet	Southgate	1	V65	Female		0
178	177		11:55.95	Archie	Woods	31	U11	Male		0
179	175		11:56.29	Steve	Woods	9	V40	Male		0
180	220		11:57.29	Ollie	Eames	32	U11	Male	Scorpion Academy	
181	242		11:59.38	Alfie	Rawson	33	U11	Male	Scorpion Academy	
182	215		11:59.75	Beverley	Bullett	7	V40	Female	Scorpion Academy	
183	178		12:09.42	Millie	Woods	10	U11	Female		0
184	176		12:09.74	Laura	Woods	10	Senior	Female		0
185	166		12:25.35	Lily-Mae	Tomkins	11	U11	Female		0
186	165		12:25.63	Grace	Tomkins	12	U11	Female		0
187	111		12:26.88	Sam	Metcalfe	11	Senior	Female	Stowmarket Striders RC	
188	164		12:27.17	Matt	Tomkins	23	V35	Male	Stowmarket Striders RC	
189	153		12:37.13	Ivy	Southgate	13	U11	Female		0
190	48		12:37.42	Emma	Garrod	4	V35	Female		0
191	219		12:48.10	Charlie	Eames	14	U11	Female	Scorpion Academy	
192	218		12:48.44	Lucy	Durrant	12	Senior	Female	Scorpion Academy	

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193	206		12:48.82	Andy	Lewis	10	V40	Male	Scorpion Academy	
194	124		13:03.76	Isobel	Pavey	15	U11	Female		0
195	125		13:04.13	Luke	Pavey	22	Senior	Male		0
196	2		13:15.31	Jasmine	Appleby	16	U11	Female		0
197	33		13:15.60	Olivia	Collier	17	U11	Female	Stowmarket Striders RC	
198	1		13:15.95	Clare	Appleby	13	Senior	Female		0
199	34		13:16.28	Carole	Collier	7	V50	Female	Stowmarket Striders RC	
200	25		13:03.50	Ava	Carpenter	18	U11	Female		0
201	23		14:05.80	Emma	Carpenter	5	V35	Female		0
202	62		15:26.39	Terry	Greenwood	7	V55	Male		0
203	29		15:26.71	Jack	Church	34	U11	Male		0
204	44		16:04.81	Nuala	Duffy	19	U11	Female		0
205	4		16:05.12	Helen	Ball	5	V45	Female		0
206	60		16:30.50	Seth	Green	35	U11	Male		0
207	59		16:30.80	Phil	Green	23	Senior	Male	Stowmarket Striders RC	
208	61		16:35.94	Isla	Green	20	U11	Female		0
209	14		16:36.22	Claire	Bathey	6	V35	Female		0
210	13		16:52.17	Toby	Bassett	36	U11	Male		0
211	12		16:52.54	Neal	Bassett	24	V35	Male		0