

=Stowmarket Striders=  
**Joe Cox Half Marathon Results**  
 27th March 2011

**Wheelchair Race**

1	Downing	Peter		M	01:48:07
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Position	Race No	First Name	Surname	Club Name	Cat	Age	Actual Time
1	224	Prewer	Carl	Lowestoft Road Runners	MV40	41	01:14:55
2	34	Mynott	Andrew	Saffron Striders	M	34	01:15:01
3	190	Kingsnorth	Tom	St. Edmund Pacers	M	31	01:15:08
4	55	Reed	David	St. Edmund Pacers	MV45	49	01:16:59
5	61	Keeble	Ian	Stowmarket Striders	M	36	01:19:49
6	250	Taylor	Thomas		M	21	01:20:58
7	87	Ellis	Matt	Tri-Anglia Triathlon Club	M	33	01:21:51
8	268	Wilton	Robert	Royston Runners	M	36	01:22:15
9	75	Capetti	Giacomo	Cambridge & Coleridge	MV40	44	01:22:22
10	143	Davis	Greg	Newmarket Joggers	MV45	48	01:22:58
11	85	James	Carl		M	38	01:23:04
12	227	Quantrill	Phil	Gt Yarmouth Road Runners	M	36	01:23:16
13	255	Thompson	Gary	Ipswich Jaffa	M	36	01:24:08
14	92	Gazdik	Jan		M	37	01:24:11
15	152	Fox	Tim	St. Edmund Pacers	MV40	44	01:24:32
16	81	Cresswell	Tom	Sudbury Joggers	M	23	01:25:07
17	233	Robins	Graham	Newmarket Cycling & Tri Club	MV40	44	01:26:05
18	241	Solomon	Dave	Felixstowe Road Runners	MV40	43	01:26:16
19	74	Cinque	Giulio	Cambridge & Coleridge	MV50	51	01:27:05
20	171	Higgins	Neil		M	36	01:27:24
21	259	Walker	Jason	Stowmarket Striders	M	39	01:27:34
22	237	Sheppard	Darren	Framlingham Flyers	MV40	40	01:27:49
23	142	Daugherty	Duane		MV50	50	01:29:27
24	16	Larke	Tim	Stowmarket Striders	M	37	01:29:35
25	264	Wessels	Matthys		M	32	01:29:44
26	120	Buck	Andrew	Sudbury Joggers	MV45	46	01:29:55
27	127	Catlin	Marcus	Ipswich Jaffa	M	36	01:29:59
28	229	Reeve	Chris	Stowmarket Striders	M	38	01:30:12
29	203	Mcconville	Cahal		MV45	45	01:30:40
30	154	Fulcher	Roy	Stowmarket Striders	M	39	01:30:47
31	128	Cato	David		M	31	01:30:53
32	161	Green	Andy	Stowmarket Striders	MV40	43	01:30:58
33	162	Greener	John	St. Edmund Pacers	MV40	42	01:31:04
34	270	Wright	Carl	Norwich Road Runners	MV45	48	01:31:12
35	103	Allard	Adam		M	35	01:31:35
36	238	Short	Kevin	Framlingham Flyers	MV50	50	01:31:51
37	222	Perry	Chris	St. Edmund Pacers	M	36	01:31:55
38	215	Nedd	Paul		MV40	43	01:32:15
39	126	Cassels	Paul		M	28	01:32:45
40	129	Chorley	Chris	Bungay Black Dog	MV45	47	01:34:12
41	226	Pugh	Stephen		MV50	53	01:34:18
42	257	Tye	Chris	Ipswich Tri Club	MV40	43	01:34:30
43	15	Edwards	Penny	Norwich Road Runners	FV55	56	01:34:31
44	43	Smith	Andrew	Grange Farm 7 Dunmow Runners	MV45	46	01:34:52
45	78	Ogles	Ian		M	29	01:34:54
46	149	Ellis	Vince	City Of Norwich	MV55	55	01:34:59
47	176	Hughes	Steve	Stowmarket Striders	MV45	47	01:35:12
48	187	Kennedy	Gregor		MV40	42	01:35:43
49	27	Squirrell	John	Stowmarket Striders	MV55	58	01:36:03
50	261	Walne	Jason		MV40	40	01:36:17
51	94	Flack	Andrew		M	39	01:36:24
52	146	Eccles	Andy	Stowmarket Striders	M	22	01:36:49
53	104	Archer	Martin		MV45	46	01:36:50
54	89	Kellaway	David	Tri-Anglia Triathlon Club	MV50	50	01:36:58
55	66	Avent	Martin	Tiptree Road Runners	MV50	51	01:37:10
56	73	Stevens	Brian		M	33	01:37:14
57	220	Peake	Adrian	Ipswich Jaffa	MV45	46	01:37:17
58	252	Taylor	Jackie	Woodbridge Shufflers	FV45	46	01:37:21
59	251	Taylor	Chris		MV45	45	01:37:21
60	156	Garnham	David	Ipswich Jaffa	MV45	46	01:37:24
61	32	Wooldridge	Kate	Ipswich Jaffa	F	37	01:37:30
62	214	Narey	Mary	Stowmarket Striders	FV40	43	01:37:44
63	68	Wharton	John	Bungay Black Dog	MV55	56	01:38:11

64	198	Marriott	Michael		MV55	55	01:38:33
65	59	Mayhew	Vicky		F	29	01:38:34
66	136	Connor	Sean		MV40	40	01:38:39
67	159	Gillingham	Neil	Ipswich Harriers	M	27	01:38:58
68	195	Little	Martin		MV40	42	01:39:07
69	239	Simmons	Stuart	Ipswich Jaffa	M	35	01:39:12
70	191	Larke	Baz		M	34	01:39:23
71	188	King	Michael	Coltishall Jaguars	MV60	60	01:39:25
72	63	Rednall	John	Stowmarket Striders	MV45	47	01:39:27
73	84	Clinton	Peter		MV45	49	01:39:31
74	26	Woodard	Reg		MV65	70	01:39:42
75	177	Irvine	Elizabeth	Wimbledon Windmilers	F	26	01:40:10
76	148	Ellis	Matt	Lowestoft Road Runners	M	38	01:40:21
77	219	Patel	Vipul	Royston Runners	M	31	01:40:45
78	53	Baker	Adam		MV40	43	01:41:39
79	178	Isaacs	Richard		M	38	01:41:57
80	182	Johns	Chris	Ipswich Jaffa	MV50	54	01:42:12
81	52	Thurston	Les	Bishops Stortford Rc	MV60	61	01:42:23
82	39	Clayden	Ray	North Norfolk Beach Runners	MV55	55	01:42:48
83	212	Moseley	Vicky	Stowmarket Striders	F	35	01:42:50
84	69	Brand	Roger	St. Edmund Pacers	MV60	62	01:42:50
85	263	Watts	Mark	St. Edmund Pacers	MV45	48	01:42:50
86	186	Keitch	Charlie		M	33	01:42:57
87	138	Copping	Richard		M	39	01:43:15
88	210	Moggan	Frank	Stowmarket Striders	MV60	61	01:43:19
89	249	Tappin	Jack		M	23	01:43:40
90	102	Allard	Luke		M	30	01:43:52
91	199	Martin	Neil	Stowmarket Striders	M	38	01:43:56
92	23	Nippress	Terry		M	38	01:44:01
93	137	Cook	Chris	St. Edmund Pacers	MV60	62	01:44:03
94	169	Heeks	Paul	Stowmarket Striders	MV40	43	01:44:18
95	25	Harrison	Nigel		MV40	41	01:44:31
96	200	Martins	Gabriel	Ipswich Jaffa	MV40	42	01:45:30
97	150	Fenn	Simon		MV45	45	01:45:32
98	247	Supernak	Lukasz	St. Edmund Pacers	M	26	01:45:42
99	62	Davey	Russell		MV40	43	01:46:06
100	236	Sauerzapf	Bobbie	Bungay Black Dog	FV50	52	01:46:19
101	17	Ward	Maria		FV40	42	01:46:22
102	140	Curtis	Glen		M	32	01:46:24
103	170	Hicks	Laura	Stowmarket Striders	F	28	01:46:30
104	93	Mooney	Samual		MV45	49	01:46:33
105	179	Janes	Stuart	Newmarket Joggers	MV40	44	01:46:42
106	242	Southgate	Philip	St. Edmund Pacers	MV40	41	01:46:46
107	235	Sands	Joe		M	23	01:46:50
108	254	Taylor	Andrew		M	29	01:47:07
109	122	Burdett	William	Stowmarket Striders	MV45	48	01:47:10
110	45	Jolly	Matthew		M	26	01:47:14
111	248	Swift	Ben		M	36	01:47:15
112	151	Fox	David	Felixstowe Road Runners	MV50	53	01:47:26
113	24	Hobson	Roger	Woodbridge Shufflers	MV65	65	01:47:29
114	234	Rodwell	Maxine		F	38	01:47:44
115	77	Soames	Mike		M	35	01:48:11
116	83	Mexume	Andrew		MV40	43	01:48:19
117	163	Griffin	Lorraine	Stowmarket Striders	FV45	45	01:48:32
118	130	Churchill	Dan		M	33	01:48:43
119	46	Graves	Barry		MV50	53	01:49:39
120	167	Hamarsoo	Maria	St. Edmund Pacers	F	29	01:49:51
121	65	Foster	Timothy		M	38	01:49:59
122	114	Bird	Peter	St. Edmund Pacers	M	37	01:50:02
123	243	Spalding	Hazel	Ipswich Jaffa	FV50	52	01:50:09
124	189	King	Julie		F	35	01:50:13
125	155	Gaeta	Abby		F	33	01:50:28
126	124	Cass	John		MV40	41	01:50:44
127	160	Gilson	Paul	Ipswich Jaffa	MV50	50	01:50:57
128	88	Williams	Julia		F	29	01:51:01
129	221	Pennick	Neil		M	31	01:51:01
130	4	Miller	Mark	Stowmarket Striders	MV40	41	01:51:13
131	196	Long	Tim	Cambridge & Coleridge	MV50	51	01:51:18
132	121	Bumphrey	Sandra	Capel Cheetahs	F	39	01:51:19
133	6	Normansell	John		MV50	53	01:51:20
134	193	Lewis	Darren		M	32	01:51:21
135	267	Williams	Neil Roland	Capel Cheetahs	MV45	49	01:51:22
136	153	Foxhall	Ashley	Capel Cheetahs	MV40	41	01:51:34
137	91	Stocker	Paul James		M	30	01:51:34
138	42	Potter	Mike		MV55	56	01:51:52

139	269	Woods	Claire		F	30	01:51:52
140	164	Grimes	Marie	Ipswich Jaffa	F	31	01:52:07
141	183	Jones	Glyn		MV55	59	01:52:10
142	192	Lemanski	Charlotte	Epsom Odballs	F	33	01:52:34
143	41	Mitchell	Daran		MV40	43	01:52:51
144	31	Manly	Veronica	Diss Ac	FV60	62	01:53:09
145	79	Clarkson	Amanda		F	32	01:53:15
146	175	Hughes	Dianne	Stowmarket Striders	FV45	48	01:53:35
147	60	O'Mullane	Tim		MV50	50	01:53:45
148	213	Murfitt	Neil	Halstead Road Runners	MV55	55	01:53:46
149	271	Yarrow	Emma	Stowmarket Striders	F	39	01:54:31
150	262	Washington	Stuart		M	38	01:54:41
151	70	Blackwell	Paul	Great Bentley	MV40	44	01:54:54
152	1	Reid	David	Stowmarket Striders	MV50	50	01:55:02
153	71	Gardinel	Frank	Great Bentley	MV55	56	01:55:06
154	181	Jenkins	Darren		M	35	01:55:14
155	232	Rix	Dan		M	34	01:55:32
156	197	Lutkin	Shane		MV50	54	01:55:32
157	86	Bendix	Shona	Bungay Black Dog	FV40	44	01:56:02
158	272	Young	Tony		MV40	44	01:56:14
159	172	Holland	Julian		M	35	01:56:16
160	101	Abbott	Barry	Stowmarket Striders	M	29	01:56:24
161	64	Crouchman	Simon		MV40	42	01:56:40
162	38	Cheung	Gi Kwong	Ipswich Jaffa	MV40	43	01:56:41
163	158	George	John		MV50	53	01:56:54
164	72	Borrett	Keith	Stowmarket Striders	MV55	57	01:57:19
165	113	Belsom	Ruth		FV45	48	01:57:28
166	96	Winser	Stephen		MV40	41	01:57:40
167	116	Bone	Chris	Hadleigh Hares	MV40	43	01:57:50
168	48	Haselwood	Julie	Ipswich Jaffa	FV55	58	01:57:51
169	76	Auton	Dave		MV40	41	01:58:22
170	246	Stigwood	Kevin		M	38	01:58:32
171	14	Tomkins	Matt		M	32	01:58:33
172	185	Keeble	Tracy	Harwich Runners	F	32	01:58:48
173	141	Curtis	Michael		MV45	45	01:59:08
174	82	Kuczer	Alex		MV40	44	01:59:08
175	245	Stamper	David		MV45	47	01:59:18
176	166	Haffenden	Simon	Haverhill Rc	MV50	50	01:59:30
177	95	Braid	Andrew		MV40	40	02:00:10
178	109	Basham	Les	Stowmarket Striders	MV60	61	02:00:12
179	108	Barrington	Penny	Harwich Runners	FV40	41	02:00:33
180	134	Colton	Brendan		MV45	45	02:00:48
181	58	Hendriksen	Stefan		MV40	41	02:01:23
182	218	Palmer	Simon	Capel Cheetahs	M	34	02:01:52
183	144	Dixon	Sarah		F	39	02:01:57
184	133	Collier	Paula	Cambridge Tri Club	F	39	02:02:15
185	202	Mccarthy	Pete		MV45	45	02:03:05
186	5	Knapp	Mary		F	35	02:03:26
187	28	Bloomfield	Susan	Stowmarket Striders	FV40	44	02:03:58
188	12	Leech	Alison	Stowmarket Striders	FV40	40	02:03:59
189	90	Taylor	Tom		MV45	49	02:04:29
190	265	Whalley	Ioana		FV40	42	02:05:12
191	115	Bolton	Chris	Haverhill Rc	MV40	41	02:05:42
192	56	Cowen	Rupert		MV50	51	02:06:07
193	54	Webster	Edward		MV50	53	02:06:51
194	57	Luck	Katarina		F	36	02:06:56
195	8	Louch	Colin	Hadleigh Hares	MV55	56	02:06:57
196	3	Brown	Matt		M	34	02:07:09
197	118	Brame	Shirley	Stowmarket Striders	FV40	43	02:07:24
198	10	Smith	Lisa	Hadleigh Hares	F	39	02:07:41
199	67	Jones	Wendy		F	30	02:08:14
200	22	Sargeant	Leanne		F	32	02:08:55
201	7	Hooper	Simon		MV40	40	02:09:42
202	37	Morris	Hollie	Stowmarket Striders	F	26	02:09:45
203	40	Martin	Kirsti	Stowmarket Striders	F	29	02:09:47
204	35	Friend	Andrea	Stowmarket Striders	FV40	42	02:09:47
205	180	Jardine	Sandie	Ely Tri Club	FV45	48	02:09:49
206	206	Mckenna	Stewart		MV65	70	02:09:50
207	105	Arfi	Laura	Stowmarket Striders	FV40	42	02:09:51
208	209	Mills	Cynthia	Ely Runners	F	34	02:09:55
209	9	Reynolds	Steven		MV50	52	02:10:12
210	80	Parish	Hannah		F	33	02:10:20
211	47	Beet	Simon		MV55	59	02:11:02
212	145	Doak	Colin	Ely Runners	MV45	46	02:11:16
213	30	Shelley	Karen	Capel Cheetahs	FV45	46	02:11:17

214	106	Barker	Robert		MV45	48	02:11:55
215	123	Carpenter	Mark	Haverhill Rc	MV45	49	02:12:49
216	19	Van-Der-Merwe	Ronel		FV50	52	02:12:53
217	165	Grose	Samantha	St. Edmund Pacers	FV40	44	02:12:58
218	157	George	Sue		FV50	51	02:12:58
219	125	Cassells	John	Stowmarket Striders	MV65	65	02:15:38
220	49	Mcdowall	Debbie	Stowmarket Striders	FV45	49	02:15:41
221	253	Taylor	Stephen	Garden City Runners	MV55	58	02:15:49
222	13	Metcalfe	Sam	Stowmarket Striders	F	29	02:16:16
223	211	Monaghan	Tina	Stowmarket Striders	F	39	02:23:16
224	44	Holland	Christina		FV60	63	02:29:28
225	244	Spouge	Ivan	Stowmarket Striders	MV45	49	02:30:27
226	132	Coley	David	Felixstowe Road Runners	MV60	61	02:35:21
227	223	Prendergast	Rachel	Stowmarket Striders	F	39	02:39:37
228	51	Bills	Maxine		F	39	02:43:24
229	256	Turner	Brian	Ipswich Jaffa	MV65	72	02:44:35