

Capel 5 results 14/6/09

Position	Name	Age	Time	Club	Trophy
1	David Miller	38	27.47	Woodbridge Shufflers	1st Male
2	Peter Pearce	44	29.59	Great Bentley	1st Male Vet
3	Kevin Harper	36	30.17	Witham	
4	Paul Preston	37	30.21	Sudbury Joggers	
5	Geoffrey Tomlinson	49	30.52	Gt Bentley	
6	Roger Stone	40	31.53	FRR	
7	Clive Thomas	47	32.23	Gt Bentley	
8	James Powley	15	32.35	Ipswich Jaffa	1st Male U18
9	Paul Deasy	35	32.46		
10	Chris Seymour	40	33.49	Stowmarket Striders	
11	Steven Neaves	52	34.18	Stowmarket Striders	1st Male 50 +
12	Anna Clowes	35	34.25		1st Female
13	Brian Airley	41	34.41	Hadleigh Hares	
14	Ian Sutcliffe	52	35.04	Halstead RR	
15	Kevin Bird	45	35.49		
16	Andrew Budd	49	35.58	Capel Cheetahs	
17	Kate Sandercock	37	36.06	Colchester Harriers	1st Female Vet
18	Justin Hender	38	36.16	Ipswich Triathlon	
19	Steve Grey	50	36.29	Stowmarket Striders	
20	John Poulter	56	36.38	Witham RC	
21	Simon Wiggins	36	36.48	Felixstowe RRC	
22	David Husband	34	37.38	Ipswich Triathlon	
23	Neil Gillingham	26	37.50	Ipswich Harriers	
24	Robert Lucas	25	38.02		
25	Scott Sherman	16	38.06	Stowmarket Striders	
26	Martin Lerner	41	38.09		
27	Adam O leary	17	38.42		
28	Mick Staines	61	38.46	Pitsea RC	
29	Brandon Harvey	16	38.51		
30	Gavin Sherriff	46	38.52		
31	Jonathan Sharp	38	38.53		
32	Vicky Sheldon	33	39.02	Tiptree RR	
33	Lee Aspey	39	39.30		
34	William Meader	45	39.36		
35	Richard Fellingham	60	39.43	Stowmarket Striders	
36	John Woolaston	39	39.50		
37	Stewart Thomson	54	39.50		
38	Terry Miles	61	39.52		
39	Jack Chapman	19	40.08		
40	Mike Nicholls	38	40.55		
41	David Edevane	36	41.10		
42	David Levans	47	41.16	Felixstowe RRC	
43	Keith Borrett	55	41.29	Stowmarket Striders	
44	Tony Adolphus	51	41.53	Ipswich Jaffa	
45	Paul Harvey	37	41.54		
46	Anna Smith	35	41.55	Stowmarket Striders	
47	Stephen Wood	52	42.08	Ipswich Jaffa	
48	Jennifer Coote	41	42.16		
49	Harry Smith	44	42.18	Stowmarket Striders	
50	Michael Bixby	26	42.20	Capel Cheetahs	
51	Ryan Jarrett	15	42.21	Capel Cheetahs	
52	William Metcalfe	66	42.27	Basildon AC	
53	Ian Foskew	46	42.30	Mid Essex Casuals	

54	Lynn Maddison	36	42.50		
55	Simon Goldsmith	35	42.52		
56	Steven Miles	32	43.01		
57	Veronica Manly	60	43.04	Diss AC	1st Female 50+
58	Roger Duffield	69	43.12	Tiptree RR	
59	Neil Goldsmith	31	43.50	Ipswich Jaffa	
60	Donna Smith	30	43.58		
61	Judi Burwood	45	44.19		
62	Rob Prior	54	44.33		
63	Robert Ball	51	44.34		
64	Graham Lucas	53	44.35		
65	Debbie Pembroke	45	45.00		
66	Tony King	68	45.14	Capel Cheetahs	
67	Jonathan Warner	55	45.26		
68	Andrew Bond	62	45.45	Stowmarket Striders	
69	Kenneth Livesey	58	45.49		
70	Laura Barnes	25	45.49		
71	Carolyn Tynan	34	45.56	Capel Cheetahs	
72	Ailsa Meader	42	46.11		
73	Dave Rowley	64	46.15		
74	Caroline Chapman	51	48.48		
75	Matt Scutcher	32	49.02		
76	Sarah Gooch	39	49.12	Capel Cheetahs	
77	Paul Ireson	48	50.21	Pewsey Vale RC	
78	Roger Spinks	66	51.06	Ipswich Jaffa	
79	Janette Mayhew	42	51.12		
80	Pip Worboys	58	51.15		
81	Derek Mainprice	66	52.07		
82	James Kelly	76	59.12	Framlingham Flyers	
83	Amanda Prior	41	1.00.35	Capel Cheetahs	
84	Gerry Jarrett	50	1.00.44	Capel Cheetahs	
85	Carla Johnson	28	1.01.16	Felixstowe RRC	
86	Tony Nicholls	36	1.02.55		
87	Matthew Goddard		DNS		
88	Sheila Mares		DNS		
89	Emma Mortimer		DNS		
90	Carla Holroyd		DNS		
91	Tina Page		DNS		
92	Christine Capstick		DNS		
93	Christine Hatward		DNS		