

5K Track Challenge Men's Results
14th September 2009



Website: www.ipswichjaffa.org.uk; Email: info@ipswichjaffa.org.uk

Position	Name	Club	Time
1	Andrew Ridley	West Suffolk	15.44
2	Alex Dunbar	West Suffolk	15.44
3	Nick Palmer	Stowmarket Striders	17.04
4	Colin Ridley	West Suffolk	17.07
5	Peter Golding	Bury Pacers	17.24
6	Sebastian Green	Royal Hospital School	17.38
7	Chris Starmer	Stowmarket Striders	17.41
8	James Powley	Ipswich Jaffa	17.42
9	Wilf Campbell	Ipswich Jaffa	17.48
10	Terry Back	Ipswich Jaffa	18.01
11	Tom Cresswell	Sudbury Joggers	18.12
12	Gary Thompson	Ipswich Jaffa	18.13
13	Neil Dable	Ipswich Jaffa	18.27
14	Simon Harrison	Ipswich Jaffa	18.28
15	John Lockwood	Bury Pacers	18.29
16	Lee Rudland	Ipswich Jaffa	18.32
17	John Thorpe	Ipswich Jaffa	18.40
18	Bryan Reid	Bury Pacers	18.46
19	Ian Coxall	Ipswich Jaffa	18.56
20	John Weston	Ipswich Jaffa	19.03
21	Simon Meecham	Ipswich Jaffa	19.05
22	Ron McCulloch	Ipswich Jaffa	19.52
23	Scott Sherman	Stowmarket Striders	19.59
24	Paul White	Bury Pacers	20.06
25	Alan Jackson	Ipswich Jaffa	20.21
26	Ker Macrosson	Stowmarket Striders	20.23
27	Tim Higgins	Ipswich Jaffa	20.32
28	Duncan Jackson	Ipswich Jaffa	20.39
29	Gary Halestrap	Stowmarket Striders	20.43
30	Andrew Evans	Ipswich Jaffa	20.58
31	James Basham	Stowmarket Striders	21.27
32	David Garman	Ipswich Jaffa	21.39
33	James Calvert	Hertfordshire University	21.39
34	Mike Downes	Ipswich Jaffa	21.45
35	John Carey	Ipswich Jaffa	22.06
36	Matt Gibot	Ipswich Jaffa	21.45

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37	David Pitt	Ipswich Jaffa	22.35
38	David Daniels	Stowmarket Striders	22.48
39	Mark Avery	Ipswich Jaffa	22.53
40	Keith Borret	Stowmarket Striders	23.02
41	Fellingham	Stowmarket Striders	23.19
42	Tony Adolphus	Ipswich Jaffa	23.45
43	Martin Warren	Royal Hospital School	24.07
44	Bert Hatcher	Ipswich Jaffa	24.41
45	David Coley	Ipswich Jaffa	24.42
46	Nathan Pittam	Ipswich Jaffa	24.51
47	Les Bosham	Stowmarket Striders	25.05
48	Mon Lee	Ipswich Jaffa	25.29
49	Nigel Brown	Stowmarket Striders	27.37
50	Malcolm Hogarth	Stowmarket Striders	28.40
51	Gordon Merfield	Saxons	32.12