

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



# Race Chip Timing

| Place                            | Bib | Name                 | AG            | Club                          | Gun   | Chip  | GenP | AgP | Pace |
|----------------------------------|-----|----------------------|---------------|-------------------------------|-------|-------|------|-----|------|
| <b>Ickworth Sunset Chase 10K</b> |     |                      |               |                               |       |       |      |     |      |
| 1.                               | 401 | James O'brien        | Male V45      | Unattached                    | 36:26 | 36:25 | 1.   | 1.  | 3:38 |
| 2.                               | 450 | Ben Snape            | Male Senior   | Unattached                    | 37:10 | 37:08 | 2.   | 1.  | 3:42 |
| 3.                               | 303 | David Feveyer-ward   | Male Senior   | Unattached                    | 41:09 | 41:06 | 3.   | 2.  | 4:06 |
| 4.                               | 242 | Steve Bullen         | Male V45      | Unattached                    | 42:24 | 42:19 | 4.   | 2.  | 4:14 |
| 5.                               | 449 | Richard Smith        | Male V45      | Unattached                    | 42:32 | 42:29 | 5.   | 3.  | 4:15 |
| 6.                               | 373 | Mike Mckinstry       | Male V55      | Unattached                    | 42:53 | 42:48 | 6.   | 1.  | 4:17 |
| 7.                               | 261 | Joshua Clarke-davis  | Male Senior   | Saint Edmund Pacers           | 42:59 | 42:56 | 7.   | 3.  | 4:17 |
| 8.                               | 306 | Stuart Fisher        | Male V40      | Moreton Hall Runners          | 43:10 | 43:07 | 8.   | 1.  | 4:18 |
| 9.                               | 329 | Simon Harris         | Male V45      | Unattached                    | 43:18 | 43:13 | 9.   | 4.  | 4:19 |
| 10.                              | 234 | Alice Brear Clarkson | Female Senior | Ely Runners                   | 43:32 | 43:29 | 1.   | 1.  | 4:21 |
| 11.                              | 233 | Paul Brear Clarkson  | Male Senior   | Ely Runners                   | 43:32 | 43:30 | 10.  | 4.  | 4:21 |
| 12.                              | 310 | James Francis        | Male V45      | Unattached                    | 44:58 | 44:45 | 11.  | 5.  | 4:29 |
| 13.                              | 447 | Tony Smart           | Male Senior   | Unattached                    | 45:03 | 45:01 | 12.  | 5.  | 4:30 |
| 14.                              | 220 | Jason Beeton         | Male Senior   | Newmarket Joggers             | 45:05 | 44:53 | 13.  | 6.  | 4:30 |
| 15.                              | 265 | Jo Cole              | Female V40    | Unattached                    | 45:49 | 45:44 | 2.   | 1.  | 4:34 |
| 16.                              | 229 | Oliver Boughton      | Male V40      | Saint Edmund Pacers           | 45:59 | 45:47 | 14.  | 2.  | 4:35 |
| 17.                              | 301 | Robert Farthing      | Male V40      | Unattached                    | 47:09 | 47:05 | 15.  | 3.  | 4:42 |
| 18.                              | 452 | Sarah Baker          | Female Senior | Unattached                    | 47:20 | 47:17 | 3.   | 2.  | 4:43 |
| 19.                              | 478 | Mark Watts           | Male V40      | Unattached                    | 47:27 | 47:21 | 16.  | 4.  | 4:44 |
| 20.                              | 417 | David Pipe           | Male V55      | Unattached                    | 47:28 | 47:18 | 17.  | 2.  | 4:44 |
| 21.                              | 479 | Miles Weaver         | Male V45      | Unattached                    | 47:37 | 47:21 | 18.  | 6.  | 4:45 |
| 22.                              | 225 | Daniel Bishop        | Male Senior   | Unattached                    | 48:04 | 47:44 | 19.  | 7.  | 4:48 |
| 23.                              | 429 | Ben Reeve            | Male Senior   | Unattached                    | 48:08 | 48:02 | 20.  | 8.  | 4:48 |
| 24.                              | 258 | Chris Chorley        | Male V60+     | Bungay Black Dog Running Club | 48:18 | 48:04 | 21.  | 1.  | 4:49 |
| 25.                              | 409 | Oliver Ricote        | Male Senior   | Moreton Hall Runners          | 48:37 | 48:28 | 22.  | 9.  | 4:51 |
| 26.                              | 501 | Richard Jacobs       | Male V50      | Unattached                    | 48:40 | 48:37 | 23.  | 1.  | 4:51 |
| 27.                              | 412 | Sam Peters           | Male Senior   | Unattached                    | 48:41 | 48:22 | 24.  | 10. | 4:52 |
| 28.                              | 399 | William Oakley       | Male Senior   | Unattached                    | 48:42 | 48:25 | 25.  | 11. | 4:52 |
| 29.                              | 226 | Matthew Bishop       | Male Senior   | Saint Edmund Pacers           | 49:15 | 49:10 | 26.  | 12. | 4:55 |
| 30.                              | 345 | Ed Nuttall           | Male Senior   | Unattached                    | 49:25 | 49:20 | 27.  | 13. | 4:56 |
| 31.                              | 464 | Martyn Taylor        | Male V40      | Unattached                    | 49:37 | 49:31 | 28.  | 5.  | 4:57 |
| 32.                              | 267 | Nicky Connolly       | Female V40    | Unattached                    | 49:41 | 49:35 | 4.   | 2.  | 4:58 |
| 33.                              | 388 | Mary Narey           | Female V55    | Stowmarket Striders RC        | 49:44 | 49:40 | 5.   | 1.  | 4:58 |
| 34.                              | 384 | James Morrell        | Male Senior   | Unattached                    | 49:59 | 49:47 | 29.  | 14. | 4:59 |
| 35.                              | 483 | Chris Wells          | Male Senior   | Unattached                    | 50:05 | 50:01 | 30.  | 15. | 5:00 |
| 36.                              | 486 | Jonathan Whytock     | Male V45      | Unattached                    | 50:07 | 49:48 | 31.  | 7.  | 5:00 |
| 37.                              | 259 | Bryan Churchard      | Male Senior   | Saint Edmund Pacers           | 50:11 | 50:05 | 32.  | 16. | 5:01 |
| 38.                              | 439 | Ben Royal            | Male V45      | Unattached                    | 50:16 | 50:06 | 33.  | 8.  | 5:01 |
| 39.                              | 505 | Alexander Smith      | Male V45      | Unattached                    | 50:31 | 50:11 | 34.  | 9.  | 5:03 |
| 40.                              | 275 | Duncan Cox           | Male V50      | Unattached                    | 50:46 | 50:36 | 35.  | 2.  | 5:04 |
| 41.                              | 411 | Andrew Pearce        | Male V50      | Unattached                    | 50:51 | 50:37 | 36.  | 3.  | 5:05 |
| 42.                              | 241 | Adam Buckle          | Male Senior   | Unattached                    | 51:07 | 50:39 | 37.  | 17. | 5:06 |
| 43.                              | 413 | Mark Phillips        | Male V50      | Haverhill Running Club        | 51:14 | 51:04 | 38.  | 4.  | 5:07 |
| 44.                              | 386 | Roisin Munnelly      | Female Senior | Unattached                    | 51:16 | 51:09 | 6.   | 3.  | 5:07 |
| 45.                              | 405 | Paul Osborne         | Male V45      | Unattached                    | 51:28 | 51:23 | 39.  | 10. | 5:08 |
| 46.                              | 337 | Jaime Howard         | Male V50      | Unattached                    | 51:44 | 51:31 | 40.  | 5.  | 5:10 |
| 47.                              | 503 | David Mcnae          | Male V40      | Kesgrave Kruisers             | 51:48 | 51:37 | 41.  | 6.  | 5:10 |
| 48.                              | 378 | Paul Mitchell        | Male V55      | Unattached                    | 51:54 | 51:39 | 42.  | 3.  | 5:11 |
| 49.                              | 228 | Ian Bluett           | Male Senior   | Unattached                    | 51:55 | 51:29 | 43.  | 18. | 5:11 |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



## Race Chip Timing

| Place | Bib | Name               | AG            | Club                   | Gun   | Chip  | GenP | AgP | Pace |
|-------|-----|--------------------|---------------|------------------------|-------|-------|------|-----|------|
| 50.   | 254 | Joe Carter         | Male Senior   | Unattached             | 52:00 | 51:55 | 44.  | 19. | 5:11 |
| 51.   | 248 | Ben Burrows        | Male V45      | Woodbridge Shufflers   | 52:03 | 51:54 | 45.  | 11. | 5:12 |
| 52.   | 237 | Joshua Brett       | Male Senior   | Unattached             | 52:07 | 51:59 | 46.  | 20. | 5:12 |
| 53.   | 436 | Lynn Roberts       | Female V55    | Unattached             | 52:10 | 52:07 | 7.   | 2.  | 5:12 |
| 54.   | 206 | Luke Arkle         | Male Senior   | Unattached             | 52:12 | 51:54 | 47.  | 21. | 5:13 |
| 55.   | 410 | Molly Peacock      | Female Senior | Unattached             | 52:12 | 52:06 | 8.   | 4.  | 5:13 |
| 56.   | 204 | Dave Anderson      | Male V45      | Unattached             | 52:14 | 52:07 | 48.  | 12. | 5:13 |
| 57.   | 214 | David Ball         | Male V50      | Unattached             | 52:17 | 51:49 | 49.  | 6.  | 5:13 |
| 58.   | 460 | Mark Stocker       | Male V50      | Unattached             | 52:25 | 52:09 | 50.  | 7.  | 5:14 |
| 59.   | 351 | Katherine Joyson   | Female V45    | Ipswich Jaffa RC       | 52:42 | 52:24 | 9.   | 1.  | 5:16 |
| 60.   | 445 | Danny Sharpe       | Male Senior   | Unattached             | 52:57 | 52:29 | 51.  | 22. | 5:17 |
| 61.   | 222 | Jo Benford         | Male Senior   | Unattached             | 53:03 | 52:45 | 52.  | 23. | 5:18 |
| 62.   | 232 | Julie Branch       | Female V50    | Unattached             | 53:05 | 52:56 | 10.  | 1.  | 5:18 |
| 63.   | 344 | Jane Hutchinson    | Female V45    | Woodbridge Shufflers   | 53:15 | 53:06 | 11.  | 2.  | 5:19 |
| 64.   | 402 | Karen Offord       | Female V45    | Stowmarket Striders RC | 53:35 | 53:31 | 12.  | 3.  | 5:21 |
| 65.   | 253 | Richard Carron     | Male V55      | Unattached             | 53:51 | 53:44 | 53.  | 4.  | 5:23 |
| 66.   | 427 | Kevin Raisborough  | Male V55      | Unattached             | 54:03 | 53:37 | 54.  | 5.  | 5:24 |
| 67.   | 282 | Claire Dalton-cole | Female V45    | Unattached             | 54:16 | 53:55 | 13.  | 4.  | 5:25 |
| 68.   | 438 | Tom Robinson       | Male Senior   | Stowmarket Striders RC | 54:29 | 54:21 | 55.  | 24. | 5:26 |
| 69.   | 437 | Simon Roberts      | Male V45      | Unattached             | 54:30 | 54:27 | 56.  | 13. | 5:26 |
| 70.   | 496 | Andrew Wright      | Male Senior   | Unattached             | 54:55 | 54:40 | 57.  | 25. | 5:29 |
| 71.   | 266 | Erica Cole         | Female V40    | Unattached             | 54:56 | 54:46 | 14.  | 3.  | 5:29 |
| 72.   | 422 | Mark Power         | Male V45      | Unattached             | 55:11 | 54:58 | 58.  | 14. | 5:31 |
| 73.   | 336 | Lee Hopkins        | Male V50      | Unattached             | 55:48 | 55:25 | 59.  | 8.  | 5:34 |
| 74.   | 350 | Liz Johnson        | Female V50    | Unattached             | 55:52 | 55:43 | 15.  | 2.  | 5:35 |
| 75.   | 244 | Oliver Bumstead    | Male V40      | Unattached             | 55:53 | 55:15 | 60.  | 7.  | 5:35 |
| 76.   | 455 | Terry Spurgeon     | Male V55      | Ipswich Jaffa RC       | 55:56 | 55:45 | 61.  | 6.  | 5:35 |
| 77.   | 272 | Andrew Copping     | Male V40      | Unattached             | 55:59 | 55:40 | 62.  | 8.  | 5:35 |
| 78.   | 467 | Daniel Tinker      | Male Senior   | Unattached             | 56:09 | 55:49 | 63.  | 26. | 5:36 |
| 79.   | 468 | Trevor Titcombe    | Male V40      | Unattached             | 56:18 | 56:11 | 64.  | 9.  | 5:37 |
| 80.   | 231 | Catherine Brain    | Female V45    | Unattached             | 56:26 | 56:12 | 16.  | 5.  | 5:38 |
| 81.   | 407 | Jane Parkington    | Female V50    | Unattached             | 56:32 | 56:12 | 17.  | 3.  | 5:39 |
| 82.   | 448 | Richard Smith      | Male Senior   | Stowmarket Striders RC | 56:35 | 56:20 | 65.  | 27. | 5:39 |
| 83.   | 236 | Mike Brentnall     | Male V60+     | Cambridge & Coleridge  | 56:36 | 56:09 | 66.  | 2.  | 5:39 |
| 84.   | 473 | Phoebe Vane        | Female Senior | Saint Edmund Pacers    | 56:41 | 56:33 | 18.  | 5.  | 5:40 |
| 85.   | 218 | Janette Bate       | Female V45    | Unattached             | 56:44 | 56:29 | 19.  | 6.  | 5:40 |
| 86.   | 313 | Anthony Fullam     | Male V50      | Unattached             | 56:45 | 56:17 | 67.  | 9.  | 5:40 |
| 87.   | 245 | Joe Burford        | Male Senior   | Unattached             | 56:46 | 56:31 | 68.  | 28. | 5:40 |
| 88.   | 339 | Oskar Howard       | Male U17      | Unattached             | 56:50 | 56:38 | 69.  | 1.  | 5:40 |
| 89.   | 428 | Anwen Rees         | Female Senior | Unattached             | 57:06 | 56:52 | 20.  | 6.  | 5:42 |
| 90.   | 380 | John Mitchell      | Male V60+     | Unattached             | 57:12 | 57:04 | 70.  | 3.  | 5:43 |
| 91.   | 493 | Neil Woods         | Male V60+     | Unattached             | 57:15 | 56:53 | 71.  | 4.  | 5:43 |
| 92.   | 295 | Natalie Emms       | Female V40    | Unattached             | 57:16 | 56:50 | 21.  | 4.  | 5:43 |
| 93.   | 294 | Tony Emms          | Male V45      | Unattached             | 57:16 | 56:50 | 72.  | 15. | 5:43 |
| 94.   | 324 | Hayden Gribble     | Male Senior   | Unattached             | 57:38 | 57:25 | 73.  | 29. | 5:45 |
| 95.   | 296 | Diane Emsden       | Female V60+   | Unattached             | 57:49 | 57:46 | 22.  | 1.  | 5:46 |
| 96.   | 227 | Sam Bishop         | Male Senior   | Saint Edmund Pacers    | 58:12 | 58:02 | 74.  | 30. | 5:49 |
| 97.   | 341 | Richard Howard     | Male V55      | Unattached             | 58:25 | 57:56 | 75.  | 7.  | 5:50 |
| 98.   | 394 | Holly Nichols      | Female Senior | Unattached             | 58:25 | 58:04 | 23.  | 7.  | 5:50 |
| 99.   | 249 | Charlotte Burton   | Female Senior | Red Lodge Runners      | 58:29 | 58:10 | 24.  | 8.  | 5:50 |
| 100.  | 364 | Graham Madge       | Male V60+     | Unattached             | 58:42 | 58:32 | 76.  | 5.  | 5:52 |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



## Race Chip Timing

| Place | Bib | Name                       | AG            | Club                          | Gun     | Chip    | GenP | AgP | Pace |
|-------|-----|----------------------------|---------------|-------------------------------|---------|---------|------|-----|------|
| 101.  | 363 | Sharen Madge               | Female V45    | Unattached                    | 58:42   | 58:32   | 25.  | 7.  | 5:52 |
| 102.  | 488 | Richard Williams           | Male V40      | Unattached                    | 58:49   | 58:33   | 77.  | 10. | 5:52 |
| 103.  | 224 | Paul Billings              | Male V45      | Unattached                    | 58:50   | 58:35   | 78.  | 16. | 5:52 |
| 104.  | 371 | Katie Mcconnell            | Female Senior | Unattached                    | 59:04   | 58:44   | 26.  | 9.  | 5:54 |
| 105.  | 273 | Rebecca-Ann Coulson-parker | Female Senior | Kesgrave Cruisers             | 59:12   | 59:08   | 27.  | 10. | 5:55 |
| 106.  | 326 | Kelly Guyon                | Female V40    | Unattached                    | 59:29   | 59:11   | 28.  | 5.  | 5:56 |
| 107.  | 327 | Brad Guyon                 | Male V50      | Unattached                    | 59:29   | 59:11   | 79.  | 10. | 5:56 |
| 108.  | 443 | Anne Schumann              | Female V55    | Unattached                    | 59:36   | 59:28   | 29.  | 3.  | 5:57 |
| 109.  | 492 | Helen Wilson               | Female V45    | Unattached                    | 59:56   | 59:27   | 30.  | 8.  | 5:59 |
| 110.  | 393 | Simon Nicholls             | Male V50      | Lonely Goat RC                | 1:00:13 | 59:56   | 80.  | 11. | 6:01 |
| 111.  | 255 | Kevin Chick                | Male Senior   | Unattached                    | 1:00:32 | 1:00:00 | 81.  | 31. | 6:03 |
| 112.  | 283 | Kelly Dargan               | Female Senior | Unattached                    | 1:00:39 | 1:00:20 | 31.  | 11. | 6:03 |
| 113.  | 374 | Luke Mclean                | Male Senior   | Unattached                    | 1:00:40 | 1:00:21 | 82.  | 32. | 6:03 |
| 114.  | 403 | Jacqui Oneill              | Female V50    | Red Lodge Runners             | 1:00:43 | 1:00:24 | 32.  | 4.  | 6:04 |
| 115.  | 307 | Steven Footer              | Male V40      | Unattached                    | 1:01:06 | 1:00:38 | 83.  | 11. | 6:06 |
| 116.  | 379 | Lauren Mitchell            | Female Senior | Unattached                    | 1:01:14 | 1:00:41 | 33.  | 12. | 6:07 |
| 117.  | 348 | Jazmine Jeffery            | Female Senior | Unattached                    | 1:01:20 | 1:01:02 | 34.  | 13. | 6:07 |
| 118.  | 375 | Joanne Meningen            | Female V40    | Unattached                    | 1:01:23 | 1:01:14 | 35.  | 6.  | 6:08 |
| 119.  | 406 | Annika Osborne             | Female V45    | Unattached                    | 1:01:30 | 1:01:07 | 36.  | 9.  | 6:08 |
| 120.  | 238 | Ellis Broadwood-smith      | Female Senior | Unattached                    | 1:01:32 | 1:01:12 | 37.  | 14. | 6:09 |
| 121.  | 320 | Hayley Gittings            | Female V45    | Unattached                    | 1:01:42 | 1:01:25 | 38.  | 10. | 6:10 |
| 122.  | 239 | Bethany Broughton          | Female Senior | Unattached                    | 1:01:44 | 1:01:35 | 39.  | 15. | 6:10 |
| 123.  | 352 | Michael Judd               | Male V50      | Unattached                    | 1:01:47 | 1:01:22 | 84.  | 12. | 6:10 |
| 124.  | 243 | Simon Bullen               | Male V45      | Unattached                    | 1:01:54 | 1:01:32 | 85.  | 17. | 6:11 |
| 125.  | 432 | Charlotte Richardson       | Female V40    | Unattached                    | 1:02:01 | 1:01:45 | 40.  | 7.  | 6:12 |
| 126.  | 389 | Chloe Neall                | Female Senior | Unattached                    | 1:02:05 | 1:02:01 | 41.  | 16. | 6:12 |
| 127.  | 431 | Claire Richardson          | Female V40    | Unattached                    | 1:02:07 | 1:01:51 | 42.  | 8.  | 6:12 |
| 128.  | 366 | Kate Markham               | Female Senior | Unattached                    | 1:02:30 | 1:02:06 | 43.  | 17. | 6:14 |
| 129.  | 287 | Ethan Dobing               | Male U20      | Unattached                    | 1:02:52 | 1:02:23 | 86.  | 1.  | 6:17 |
| 130.  | 441 | Bobbie Sauerzapf           | Female V60+   | Bungay Black Dog Running Club | 1:02:55 | 1:02:16 | 44.  | 2.  | 6:17 |
| 131.  | 340 | Jasmine Howard             | Female U17    | Unattached                    | 1:03:06 | 1:02:37 | 45.  | 1.  | 6:18 |
| 132.  | 271 | Sid Cooper                 | Male V55      | Unattached                    | 1:03:42 | 1:03:19 | 87.  | 8.  | 6:22 |
| 133.  | 353 | Mamtha Karanth             | Female V55    | Unattached                    | 1:03:51 | 1:03:40 | 46.  | 4.  | 6:23 |
| 134.  | 408 | Duncan Partridge           | Male V45      | Unattached                    | 1:03:56 | 1:03:21 | 88.  | 18. | 6:23 |
| 135.  | 347 | Mike Ivatt                 | Male V60+     | Unattached                    | 1:04:05 | 1:03:38 | 89.  | 6.  | 6:24 |
| 136.  | 209 | Allison Austin             | Female V55    | Haverhill Running Club        | 1:04:38 | 1:03:29 | 47.  | 5.  | 6:27 |
| 137.  | 277 | Donna Crake                | Female V45    | Unattached                    | 1:04:51 | 1:04:25 | 48.  | 11. | 6:29 |
| 138.  | 359 | Peter Ling                 | Male Senior   | Unattached                    | 1:04:52 | 1:04:23 | 90.  | 33. | 6:29 |
| 139.  | 416 | Gary Pinyoun               | Male V50      | Unattached                    | 1:05:04 | 1:04:47 | 91.  | 13. | 6:30 |
| 140.  | 203 | Kathy Alderton             | Female V45    | Unattached                    | 1:05:13 | 1:04:47 | 49.  | 12. | 6:31 |
| 141.  | 297 | Ben English                | Male V45      | Unattached                    | 1:05:31 | 1:04:54 | 92.  | 19. | 6:33 |
| 142.  | 298 | Samantha English           | Female V45    | Unattached                    | 1:05:31 | 1:04:54 | 50.  | 13. | 6:33 |
| 143.  | 217 | Les Bass                   | Male V60+     | Royston Runners               | 1:05:44 | 1:05:10 | 93.  | 7.  | 6:34 |
| 144.  | 498 | Denise Wright              | Female V60+   | Stowmarket Striders RC        | 1:05:48 | 1:05:35 | 51.  | 3.  | 6:34 |
| 145.  | 285 | Sandra Dawkins             | Female V55    | Unattached                    | 1:06:10 | 1:05:56 | 52.  | 6.  | 6:36 |
| 146.  | 308 | Peter Ford                 | Male V60+     | Unattached                    | 1:06:18 | 1:05:48 | 94.  | 8.  | 6:37 |
| 147.  | 210 | Suzanne Bailey             | Female V55    | Newmarket Joggers             | 1:06:27 | 1:05:53 | 53.  | 7.  | 6:38 |
| 148.  | 418 | Cecilia Pipe               | Female V45    | HI Runners                    | 1:07:22 | 1:07:05 | 54.  | 14. | 6:44 |
| 149.  | 321 | Stephanie Golding          | Female V45    | Unattached                    | 1:07:40 | 1:07:09 | 55.  | 15. | 6:45 |
| 150.  | 489 | Lynne Williams             | Female V55    | Unattached                    | 1:07:41 | 1:07:09 | 56.  | 8.  | 6:46 |
| 151.  | 390 | Katrina Nethercott         | Female V55    | Unattached                    | 1:08:07 | 1:07:46 | 57.  | 9.  | 6:48 |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



## Race Chip Timing

| Place | Bib | Name               | AG            | Club                   | Gun     | Chip    | GenP | AgP | Pace |
|-------|-----|--------------------|---------------|------------------------|---------|---------|------|-----|------|
| 152.  | 361 | James Lockyer      | Male Senior   | Unattached             | 1:08:36 | 1:08:04 | 95.  | 34. | 6:51 |
| 153.  | 397 | Shaun Norris       | Male Senior   | Unattached             | 1:08:38 | 1:08:08 | 96.  | 35. | 6:51 |
| 154.  | 284 | Malcolm Darvill    | Male V60+     | Unattached             | 1:08:40 | 1:07:28 | 97.  | 9.  | 6:51 |
| 155.  | 28  | Louise Edwards     | Female V45    | Unattached             | 1:08:45 | 1:08:33 | 58.  | 16. | 6:52 |
| 156.  | 281 | Melanie Cunningham | Male V50      | Unattached             | 1:09:09 | 1:09:02 | 98.  | 14. | 6:54 |
| 157.  | 211 | Claire Baker       | Female V45    | Unattached             | 1:09:09 | 1:09:02 | 59.  | 17. | 6:54 |
| 158.  | 398 | Rose Norris        | Male Senior   | Unattached             | 1:09:22 | 1:08:53 | 99.  | 36. | 6:56 |
| 159.  | 278 | Tessa Crocker      | Female V40    | Unattached             | 1:09:23 | 1:08:52 | 60.  | 9.  | 6:56 |
| 160.  | 219 | Ruth Bayne         | Female V55    | Unattached             | 1:09:41 | 1:09:15 | 61.  | 10. | 6:58 |
| 161.  | 470 | Megan Turner       | Female Senior | Unattached             | 1:10:00 | 1:09:36 | 62.  | 18. | 6:59 |
| 162.  | 419 | James Plummer      | Male Senior   | Unattached             | 1:10:52 | 1:10:14 | 100. | 37. | 7:05 |
| 163.  | 216 | Cather Barlow      | Female Senior | Unattached             | 1:10:56 | 1:10:17 | 63.  | 19. | 7:05 |
| 164.  | 304 | Amie Field         | Female Senior | Haverhill Running Club | 1:10:57 | 1:10:18 | 64.  | 20. | 7:05 |
| 165.  | 318 | Faye Gibbs         | Female V45    | Unattached             | 1:11:02 | 1:10:49 | 65.  | 18. | 7:06 |
| 166.  | 343 | Alison Huggett     | Female V40    | Runmummyrun            | 1:11:02 | 1:10:49 | 66.  | 10. | 7:06 |
| 167.  | 424 | Nicola Powling     | Female V40    | Unattached             | 1:11:07 | 1:10:41 | 67.  | 11. | 7:06 |
| 168.  | 477 | Kristina Warner    | Female Senior | Unattached             | 1:11:23 | 1:10:59 | 68.  | 21. | 7:08 |
| 169.  | 333 | Sarah Headland     | Female V40    | Unattached             | 1:11:28 | 1:10:53 | 69.  | 12. | 7:08 |
| 170.  | 368 | Claire Mason       | Female V60+   | Unattached             | 1:11:28 | 1:10:58 | 70.  | 4.  | 7:08 |
| 171.  | 426 | Stuart Pryke       | Male Senior   | Unattached             | 1:11:36 | 1:11:17 | 101. | 38. | 7:09 |
| 172.  | 365 | Susannah Mansfield | Female V45    | Unattached             | 1:11:37 | 1:11:23 | 71.  | 19. | 7:09 |
| 173.  | 260 | Sarah Clarke       | Female Senior | Unattached             | 1:11:39 | 1:11:20 | 72.  | 22. | 7:09 |
| 174.  | 430 | Heather Reynolds   | Female Senior | Unattached             | 1:11:49 | 1:11:32 | 73.  | 23. | 7:10 |
| 175.  | 215 | Christine Barker   | Female V60+   | Lonely Goat RC         | 1:11:54 | 1:11:39 | 74.  | 5.  | 7:11 |
| 176.  | 230 | Kacey Boyle        | Female Senior | Unattached             | 1:12:34 | 1:12:17 | 75.  | 24. | 7:15 |
| 177.  | 444 | Stephanie Scott    | Female Senior | Unattached             | 1:12:34 | 1:12:17 | 76.  | 25. | 7:15 |
| 178.  | 435 | Sarah Ripley-jones | Female V50    | Unattached             | 1:12:35 | 1:11:56 | 77.  | 5.  | 7:15 |
| 179.  | 372 | Debbie McDowall    | Female V60+   | Stowmarket Striders RC | 1:12:45 | 1:12:33 | 78.  | 6.  | 7:16 |
| 180.  | 235 | Sue Brentnall      | Female V55    | Cambridge & Coleridge  | 1:13:02 | 1:12:27 | 79.  | 11. | 7:18 |
| 181.  | 506 | Lauren Sparron     | Female Senior | Lonely Goat RC         | 1:14:10 | 1:13:39 | 80.  | 26. | 7:24 |
| 182.  | 270 | Elaine Cooper      | Female V50    | Unattached             | 1:14:25 | 1:14:03 | 81.  | 6.  | 7:26 |
| 183.  | 334 | Donna Hobbs        | Female V45    | Unattached             | 1:15:16 | 1:14:46 | 82.  | 20. | 7:31 |
| 184.  | 289 | Chery Douglas      | Female Senior | Unattached             | 1:15:43 | 1:15:26 | 83.  | 27. | 7:34 |
| 185.  | 499 | Anastasia Wright   | Female V40    | Unattached             | 1:16:08 | 1:15:51 | 84.  | 13. | 7:36 |
| 186.  | 456 | Sarah Stanley      | Female Senior | Unattached             | 1:16:09 | 1:15:39 | 85.  | 28. | 7:36 |
| 187.  | 338 | Sophia Howard      | Female V45    | Unattached             | 1:16:15 | 1:15:44 | 86.  | 21. | 7:37 |
| 188.  | 490 | Liz Williamson     | Female V50    | Unattached             | 1:16:25 | 1:15:54 | 87.  | 7.  | 7:38 |
| 189.  | 293 | Claire Ellis       | Female Senior | Unattached             | 1:16:55 | 1:16:17 | 88.  | 29. | 7:41 |
| 190.  | 268 | Debbie Cook        | Female V55    | Stowmarket Striders RC | 1:17:02 | 1:16:49 | 89.  | 12. | 7:42 |
| 191.  | 504 | Hannah Mitchel     | Female Senior | Unattached             | 1:17:05 | 1:16:57 | 90.  | 30. | 7:42 |
| 192.  | 274 | Amy Course         | Female V45    | Chatteris Running Club | 1:17:08 | 1:16:26 | 91.  | 22. | 7:42 |
| 193.  | 472 | Chris Uden         | Male V60+     | Chatteris Running Club | 1:17:08 | 1:16:27 | 102. | 10. | 7:42 |
| 194.  | 299 | Catherine Ewan     | Female V50    | Chatteris Running Club | 1:17:08 | 1:16:27 | 92.  | 8.  | 7:42 |
| 195.  | 358 | Veronica Lewis     | Female V45    | Haverhill Running Club | 1:17:21 | 1:16:54 | 93.  | 23. | 7:44 |
| 196.  | 201 | Louise Adams       | Female V55    | Unattached             | 1:18:25 | 1:18:11 | 94.  | 13. | 7:50 |
| 197.  | 202 | Donna Cutmore      | Female V45    | Unattached             | 1:18:34 | 1:18:10 | 95.  | 24. | 7:51 |
| 198.  | 387 | Tanya Murphy       | Female V40    | Unattached             | 1:18:34 | 1:18:10 | 96.  | 14. | 7:51 |
| 199.  | 315 | Gigi Gane          | Female V55    | Unattached             | 1:18:43 | 1:18:02 | 97.  | 14. | 7:52 |
| 200.  | 465 | Sue Thomas-taylor  | Female V55    | Unattached             | 1:18:44 | 1:18:03 | 98.  | 15. | 7:52 |
| 201.  | 475 | Emna Waddelow      | Female Senior | Unattached             | 1:19:03 | 1:18:28 | 99.  | 31. | 7:54 |
| 202.  | 367 | Emilie Marsh       | Female V40    | Unattached             | 1:19:05 | 1:18:30 | 100. | 15. | 7:54 |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



## Race Chip Timing

| Place | Bib | Name                 | AG            | Club                          | Gun     | Chip    | GenP | AgP | Pace |
|-------|-----|----------------------|---------------|-------------------------------|---------|---------|------|-----|------|
| 203.  | 502 | Luke George          | Male Senior   | Unattached                    | 1:19:14 | 1:18:49 | 103. | 39. | 7:55 |
| 204.  | 316 | Karen Gardner        | Female V60+   | Unattached                    | 1:19:21 | 1:18:45 | 101. | 7.  | 7:56 |
| 205.  | 421 | Nicola Pollard       | Female Senior | Unattached                    | 1:19:33 | 1:19:14 | 102. | 32. | 7:57 |
| 206.  | 461 | Peter Sturgeon       | Male V55      | Lonely Goat RC                | 1:19:40 | 1:19:15 | 104. | 9.  | 7:57 |
| 207.  | 264 | Alison Cole          | Female V40    | Unattached                    | 1:19:46 | 1:19:23 | 103. | 16. | 7:58 |
| 208.  | 500 | Becky Miles          | Female Senior | Unattached                    | 1:19:47 | 1:19:24 | 104. | 33. | 7:58 |
| 209.  | 252 | Gillian Carron       | Female V50    | Unattached                    | 1:20:05 | 1:19:57 | 105. | 9.  | 8:00 |
| 210.  | 312 | Gillian Fry          | Female V55    | Unattached                    | 1:20:10 | 1:19:48 | 106. | 16. | 8:00 |
| 211.  | 286 | Elisabeth Dobing     | Female V50    | Unattached                    | 1:21:52 | 1:21:22 | 107. | 10. | 8:11 |
| 212.  | 317 | Dave Gardner         | Male V60+     | Unattached                    | 1:22:25 | 1:22:06 | 105. | 11. | 8:14 |
| 213.  | 335 | Chantal Holland      | Female Senior | Unattached                    | 1:23:25 | 1:22:43 | 108. | 34. | 8:20 |
| 214.  | 440 | Jennifer Ruggier     | Female Senior | Unattached                    | 1:23:25 | 1:22:43 | 109. | 35. | 8:20 |
| 215.  | 396 | Patrick Norris       | Male V60+     | Unattached                    | 1:24:09 | 1:23:35 | 106. | 12. | 8:24 |
| 216.  | 446 | Rosie Sizer          | Female Senior | Unattached                    | 1:24:33 | 1:23:54 | 110. | 36. | 8:27 |
| 217.  | 208 | Kathryn Ashton       | Female V40    | Brandon Fern Hoppers          | 1:25:53 | 1:25:14 | 111. | 17. | 8:35 |
| 218.  | 383 | Danielle Moore       | Female V40    | Unattached                    | 1:26:51 | 1:26:13 | 112. | 18. | 8:41 |
| 219.  | 474 | Meg Vasquez          | Female Senior | Unattached                    | 1:28:54 | 1:28:22 | 113. | 37. | 8:53 |
| 220.  | 370 | Sheree Mcalinden     | Female Senior | Unattached                    | 1:28:55 | 1:28:22 | 114. | 38. | 8:53 |
| 221.  | 207 | Heidi Ashford        | Female V50    | Unattached                    | 1:31:54 | 1:31:33 | 115. | 11. | 9:11 |
| 222.  | 459 | Anthony Stewart      | Male V40      | Unattached                    | 1:34:11 | 1:33:33 | 107. | 12. | 9:25 |
| 223.  | 300 | Rebecca Farley       | Female Senior | Unattached                    | 1:34:13 | 1:33:32 | 116. | 39. | 9:25 |
| 224.  | 376 | Darran Miles         | Male V55      | Unattached                    | 1:34:14 | 1:33:33 | 108. | 10. | 9:25 |
| DNS   | 205 | Keith Andrews        | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 212 | Peggy Baldwin        | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 213 | Kieron Bales         | Male V45      | Unattached                    |         |         |      |     |      |
| DNS   | 221 | Harvey Bell          | Male Senior   | Unattached                    |         |         |      |     |      |
| DNS   | 223 | Alastair Bennetto    | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 240 | Jonathan Bruty       | Male Senior   | Unattached                    |         |         |      |     |      |
| DNS   | 246 | Joanne Burnett       | Female V40    | Unattached                    |         |         |      |     |      |
| DNS   | 247 | Simon Burnett        | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 250 | Bryony Cain          | Female V45    | Unattached                    |         |         |      |     |      |
| DNS   | 251 | David Cant           | Male V40      | Pitsea Running Club           |         |         |      |     |      |
| DNS   | 256 | Emma Chilvers        | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 257 | Matthew Chilvers     | Male Senior   | Unattached                    |         |         |      |     |      |
| DNS   | 262 | Danielle Coates      | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 263 | Darren Cole          | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 269 | Martin Cookson       | Male V55      | Unattached                    |         |         |      |     |      |
| DNS   | 276 | Freddie Cox-hartigan | Male U20      | Bungay Black Dog Running Club |         |         |      |     |      |
| DNS   | 279 | Ben Cross            | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 280 | Kelly Cross          | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 288 | Molly Doherty        | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 290 | Aaliyah Douglas      | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 292 | Ronnie Egan          | Female V50    | Unattached                    |         |         |      |     |      |
| DNS   | 302 | Nikki Fear           | Female V50    | Unattached                    |         |         |      |     |      |
| DNS   | 305 | Victoria Fish        | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 309 | Kevin Foscett        | Male V55      | Unattached                    |         |         |      |     |      |
| DNS   | 311 | Amanda Freemantle    | Female V45    | TriSudbury                    |         |         |      |     |      |
| DNS   | 314 | Matthew Gallo        | Male V55      | Unattached                    |         |         |      |     |      |
| DNS   | 319 | Stuart Gillibrand    | Male V40      | Unattached                    |         |         |      |     |      |
| DNS   | 322 | Lynsey Green         | Female Senior | Unattached                    |         |         |      |     |      |
| DNS   | 323 | Mike Greener         | Male V50      | Saint Edmund Pacers           |         |         |      |     |      |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



# Race Chip Timing

| Place | Bib | Name                   | AG            | Club                   | Gun | Chip | GenP | AgP | Pace |
|-------|-----|------------------------|---------------|------------------------|-----|------|------|-----|------|
| DNS   | 325 | Harvey Grimwood        | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 328 | Sean Hargreaves        | Male V40      | Unattached             |     |      |      |     |      |
| DNS   | 330 | Kieran Hartigan        | Male V50      | Stowmarket Striders RC |     |      |      |     |      |
| DNS   | 331 | Kieran Harvey          | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 332 | Matthew Harwood        | Male V40      | Unattached             |     |      |      |     |      |
| DNS   | 342 | Portia Howe            | Female V40    | Unattached             |     |      |      |     |      |
| DNS   | 346 | Daisy Huxtable         | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 349 | Laura Jenkins          | Female Senior | Diss and District AC   |     |      |      |     |      |
| DNS   | 354 | Katie Kew              | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 355 | Sophie Kirk            | Female Senior | Horsforth Harriers     |     |      |      |     |      |
| DNS   | 356 | Andrew Kydd            | Male V50      | Unattached             |     |      |      |     |      |
| DNS   | 357 | Lucinda Lawrence-brown | Female V45    | Unattached             |     |      |      |     |      |
| DNS   | 360 | Sarah Lockhart         | Female V40    | Unattached             |     |      |      |     |      |
| DNS   | 362 | Ali Macdonald          | Male V55      | Lonely Goat RC         |     |      |      |     |      |
| DNS   | 377 | Victoria Mitchell      | Female V50    | Unattached             |     |      |      |     |      |
| DNS   | 381 | Matthew Monteith       | Male V40      | Lonely Goat RC         |     |      |      |     |      |
| DNS   | 382 | Carly Moody            | Female V40    | Unattached             |     |      |      |     |      |
| DNS   | 385 | Alexandra Moylett      | Female Senior | Lonely Goat RC         |     |      |      |     |      |
| DNS   | 391 | Craig Nethercott       | Male V60+     | Unattached             |     |      |      |     |      |
| DNS   | 392 | Kevin Newey            | Male V40      | Unattached             |     |      |      |     |      |
| DNS   | 395 | Ryan Norman            | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 400 | Leanne Oatham          | Female V40    | Stowmarket Striders RC |     |      |      |     |      |
| DNS   | 404 | Phillip Orme           | Male V60+     | Unattached             |     |      |      |     |      |
| DNS   | 414 | Natalie Pilmer         | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 415 | Chloe Pink             | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 420 | Rob Pollard            | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 423 | David Powles           | Male V40      | Wymondham AC           |     |      |      |     |      |
| DNS   | 425 | Hannah Pringle         | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 433 | Katie Riches           | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 434 | Ian Rickard            | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 442 | Jonathan Schofield     | Male V50      | Unattached             |     |      |      |     |      |
| DNS   | 451 | Eleanor Sorrell        | Female V40    | Unattached             |     |      |      |     |      |
| DNS   | 453 | Lorna Spriddell        | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 454 | Carol Spurgeon         | Female V50    | Unattached             |     |      |      |     |      |
| DNS   | 457 | Carrie Stearn          | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 458 | Tracy Stevenson        | Female V45    | Unattached             |     |      |      |     |      |
| DNS   | 463 | Jodu Symmonds          | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 466 | Helena Tiernay         | Female V45    | Unattached             |     |      |      |     |      |
| DNS   | 469 | Andrew Tucker          | Male V55      | Unattached             |     |      |      |     |      |
| DNS   | 471 | Emily Tydeman          | Female V40    | Unattached             |     |      |      |     |      |
| DNS   | 476 | Paul Walker            | Male V40      | Unattached             |     |      |      |     |      |
| DNS   | 480 | Jason Webb             | Male V40      | Unattached             |     |      |      |     |      |
| DNS   | 481 | Sydney Webb            | Male U17      | Unattached             |     |      |      |     |      |
| DNS   | 482 | Lewis Wells            | Male Senior   | Unattached             |     |      |      |     |      |
| DNS   | 484 | Emily Western          | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 485 | Jess White             | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 487 | Elly Wilber            | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 491 | Neil Williamson        | Male V45      | Unattached             |     |      |      |     |      |
| DNS   | 494 | Becky Woods            | Female Senior | Unattached             |     |      |      |     |      |
| DNS   | 497 | George Wright          | Male Senior   | Stowmarket Striders RC |     |      |      |     |      |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



# Race Chip Timing

| Place                           | Bib | Name                   | AG            | Club                   | Gun   | Chip  | GenP | AgP | Pace |
|---------------------------------|-----|------------------------|---------------|------------------------|-------|-------|------|-----|------|
| <b>Ickworth Sunset Chase 5K</b> |     |                        |               |                        |       |       |      |     |      |
| 1.                              | 495 | Chris Woolener         | Male Senior   | Unattached             | 18:39 | 18:37 | 1.   | 1.  | 3:43 |
| 2.                              | 54  | Daniel Mayes-dally     | Male Senior   | Unattached             | 19:08 | 19:06 | 2.   | 2.  | 3:49 |
| 3.                              | 18  | Thomas Coe             | Male Senior   | Unattached             | 19:27 | 19:24 | 3.   | 3.  | 3:53 |
| 4.                              | 78  | Henry Stokoe           | Male U15      | Braintree District AC  | 20:31 | 20:27 | 4.   | 1.  | 4:06 |
| 5.                              | 19  | Chloe Connell          | Female Senior | Unattached             | 22:09 | 22:07 | 1.   | 1.  | 4:25 |
| 6.                              | 57  | Shaun Morris           | Male Senior   | Unattached             | 23:17 | 23:11 | 5.   | 4.  | 4:39 |
| 7.                              | 93  | Amber Dickson          | Female Senior | Unattached             | 23:39 | 23:36 | 2.   | 2.  | 4:43 |
| 8.                              | 64  | Rob Pollard            | Male Senior   | Unattached             | 24:01 | 23:59 | 6.   | 5.  | 4:48 |
| 9.                              | 27  | Archie Dowds           | Male U13      | Unattached             | 24:35 | 24:33 | 7.   | 1.  | 4:54 |
| 10.                             | 26  | Les Dowds              | Male V50      | Unattached             | 24:36 | 24:34 | 8.   | 1.  | 4:55 |
| 11.                             | 1   | Barry Allen            | Male V60+     | Lonely Goat RC         | 25:16 | 25:12 | 9.   | 1.  | 5:03 |
| 12.                             | 86  | Vilma Vensloviene      | Female V40    | Unattached             | 25:45 | 25:40 | 3.   | 1.  | 5:08 |
| 13.                             | 369 | Charlie Mayhew         | Male Senior   | Unattached             | 25:54 | 25:45 | 10.  | 6.  | 5:10 |
| 14.                             | 8   | Martin Bellotti        | Male V40      | Unattached             | 26:29 | 26:24 | 11.  | 1.  | 5:17 |
| 15.                             | 37  | Robert Haines          | Male Senior   | Unattached             | 26:51 | 26:48 | 12.  | 7.  | 5:22 |
| 16.                             | 49  | Victoria Hunt          | Female Senior | Unattached             | 27:10 | 27:04 | 4.   | 3.  | 5:25 |
| 17.                             | 462 | Tori Swallows          | Female Senior | Unattached             | 27:32 | 27:29 | 5.   | 4.  | 5:30 |
| 18.                             | 291 | Gio Eburne             | Female V55    | Unattached             | 27:49 | 27:49 | 6.   | 1.  | 5:33 |
| 19.                             | 70  | Stephen Rout           | Male V60+     | Unattached             | 27:59 | 27:52 | 13.  | 2.  | 5:35 |
| 20.                             | 10  | Mel Borley             | Female V55    | Unattached             | 28:16 | 28:06 | 7.   | 2.  | 5:39 |
| 21.                             | 96  | Bryony Cain            | Female V45    | Unattached             | 28:31 | 28:16 | 8.   | 1.  | 5:42 |
| 22.                             | 87  | Graham Wade            | Male V55      | Thetford Athletic Club | 28:31 | 28:15 | 14.  | 1.  | 5:42 |
| 23.                             | 36  | Charlotte Green        | Female Senior | Unattached             | 28:49 | 28:33 | 9.   | 5.  | 5:45 |
| 24.                             | 95  | Bonnie Stockdale       | Female Senior | Unattached             | 28:59 | 28:49 | 10.  | 6.  | 5:47 |
| 25.                             | 17  | Bonnie Coe             | Female Senior | Unattached             | 29:06 | 28:54 | 11.  | 7.  | 5:49 |
| 26.                             | 55  | Hayley Mead            | Female Senior | Unattached             | 29:33 | 29:29 | 12.  | 8.  | 5:54 |
| 27.                             | 65  | Jessica Power          | Female U17    | Unattached             | 29:56 | 29:52 | 13.  | 1.  | 5:59 |
| 28.                             | 2   | Helen Ayers            | Female V55    | Unattached             | 30:20 | 30:07 | 14.  | 3.  | 6:03 |
| 29.                             | 76  | Terry Smith            | Male V60+     | Unattached             | 30:36 | 30:26 | 15.  | 3.  | 6:07 |
| 30.                             | 51  | Sarah Last             | Female V50    | Newmarket Joggers      | 31:34 | 31:27 | 15.  | 1.  | 6:18 |
| 31.                             | 97  | Rachel Morris          | Female Senior | Unattached             | 32:03 | 31:55 | 16.  | 9.  | 6:24 |
| 32.                             | 41  | Sarah Higgs            | Female V40    | Unattached             | 32:26 | 32:19 | 17.  | 2.  | 6:29 |
| 33.                             | 89  | Sarah Williams         | Female V40    | Unattached             | 32:54 | 32:49 | 18.  | 3.  | 6:34 |
| 34.                             | 45  | Jamie Hornell-edwards  | Female Senior | Unattached             | 33:03 | 32:58 | 19.  | 10. | 6:36 |
| 35.                             | 68  | Ellis Reinman          | Female Senior | Unattached             | 33:18 | 33:11 | 20.  | 11. | 6:39 |
| 36.                             | 92  | Martin Godfrey         | Male V45      | Unattached             | 34:12 | 33:55 | 16.  | 1.  | 6:50 |
| 37.                             | 83  | Michelle Todd          | Female V40    | Unattached             | 34:12 | 33:56 | 21.  | 4.  | 6:50 |
| 38.                             | 80  | Christina Sundalskliev | Female Senior | Unattached             | 34:23 | 34:20 | 22.  | 12. | 6:52 |
| 39.                             | 81  | Jodie Sundalskliev     | Female Senior | Unattached             | 34:24 | 34:20 | 23.  | 13. | 6:52 |
| 40.                             | 24  | Ailsa Denny            | Female Senior | Unattached             | 35:24 | 35:16 | 24.  | 14. | 7:04 |
| 41.                             | 84  | Sarah Tucker           | Female V50    | Unattached             | 35:26 | 35:04 | 25.  | 2.  | 7:05 |
| 42.                             | 29  | Coralie Evans          | Female V55    | Unattached             | 35:28 | 35:18 | 26.  | 4.  | 7:05 |
| 43.                             | 14  | Suz Carter-white       | Female V45    | Haverhill Running Club | 35:49 | 35:40 | 27.  | 2.  | 7:09 |
| 44.                             | 74  | Alison Smith           | Female V40    | Haverhill Running Club | 35:50 | 35:41 | 28.  | 5.  | 7:09 |
| 45.                             | 15  | Stacey Castle          | Female V55    | Haverhill Running Club | 35:57 | 35:48 | 29.  | 5.  | 7:11 |
| 46.                             | 59  | Joanna Nicholas        | Female V45    | Unattached             | 35:59 | 35:49 | 30.  | 3.  | 7:11 |
| 47.                             | 9   | Ann Bennion            | Female V60+   | Unattached             | 36:07 | 35:55 | 31.  | 1.  | 7:13 |
| 48.                             | 52  | Sophie Last            | Female Senior | Unattached             | 36:11 | 36:02 | 32.  | 15. | 7:14 |
| 49.                             | 32  | Tony Friend            | Male V60+     | Lonely Goat RC         | 36:18 | 36:06 | 17.  | 4.  | 7:15 |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



# Race Chip Timing

| Place | Bib | Name                   | AG            | Club                        | Gun   | Chip  | GenP | AgP | Pace  |
|-------|-----|------------------------|---------------|-----------------------------|-------|-------|------|-----|-------|
| 50.   | 73  | Amy Shave              | Female V40    | Unattached                  | 36:30 | 36:22 | 33.  | 6.  | 7:17  |
| 51.   | 69  | Elaine Robinson        | Female V60+   | Stowmarket Striders RC      | 36:41 | 36:25 | 34.  | 2.  | 7:20  |
| 52.   | 50  | Sarah James            | Female V45    | Waveney Valley AC           | 37:06 | 36:53 | 35.  | 4.  | 7:25  |
| 53.   | 13  | Carolyncarolyn Bramble | Female V60+   | Unattached                  | 37:06 | 36:53 | 36.  | 3.  | 7:25  |
| 54.   | 48  | Jenny Huff             | Female V60+   | Unattached                  | 37:33 | 37:19 | 37.  | 4.  | 7:30  |
| 55.   | 60  | Emma Nicholson         | Female V50    | Unattached                  | 37:41 | 37:30 | 38.  | 3.  | 7:32  |
| 56.   | 58  | Laura Naughton         | Female Senior | Unattached                  | 38:15 | 38:11 | 39.  | 16. | 7:38  |
| 57.   | 88  | Naomi Willcox          | Female V50    | Unattached                  | 38:16 | 37:54 | 40.  | 4.  | 7:39  |
| 58.   | 85  | Lauren Vejvoda         | Female Senior | Unattached                  | 39:21 | 39:10 | 41.  | 17. | 7:52  |
| 59.   | 35  | Gillian Green          | Female V60+   | Newmarket Joggers           | 39:28 | 39:14 | 42.  | 5.  | 7:53  |
| 60.   | 82  | Claire Thompson        | Female V50    | Unattached                  | 39:44 | 39:32 | 43.  | 5.  | 7:56  |
| 61.   | 56  | Emma Mobbs             | Female Senior | Unattached                  | 39:46 | 39:33 | 44.  | 18. | 7:57  |
| 62.   | 7   | Chloe Bellotti         | Female Senior | Unattached                  | 39:59 | 39:43 | 45.  | 19. | 7:59  |
| 63.   | 42  | Jennifer Holland       | Female Senior | Unattached                  | 40:08 | 39:47 | 46.  | 20. | 8:01  |
| 64.   | 90  | Rebecca Wilson         | Female Senior | Unattached                  | 40:09 | 39:48 | 47.  | 21. | 8:01  |
| 65.   | 31  | Paul Forshaw           | Male V60+     | Fetch Everyone Running Club | 41:27 | 41:10 | 18.  | 5.  | 8:17  |
| 66.   | 47  | Janine Howlett         | Female V40    | Unattached                  | 42:27 | 42:09 | 48.  | 7.  | 8:29  |
| 67.   | 11  | Emma Bouttell          | Female Senior | Unattached                  | 42:27 | 42:09 | 49.  | 22. | 8:29  |
| 68.   | 94  | Victoria Fish          | Female Senior | Unattached                  | 43:23 | 43:14 | 50.  | 23. | 8:40  |
| 69.   | 12  | Veronica Bowers        | Female V60+   | Unattached                  | 47:14 | 46:59 | 51.  | 6.  | 9:26  |
| 70.   | 44  | Ruth Hopper            | Female V55    | Unattached                  | 47:14 | 46:59 | 52.  | 6.  | 9:26  |
| 71.   | 67  | Jo Rees                | Female V45    | Unattached                  | 47:39 | 47:32 | 53.  | 5.  | 9:31  |
| 72.   | 39  | Zoe Hartill            | Female Senior | Unattached                  | 54:07 | 53:45 | 54.  | 24. | 10:49 |
| DNS   | 3   | Clare Bailey           | Female V45    | Unattached                  |       |       |      |     |       |
| DNS   | 4   | Christine Barker       | Female V60+   | Lonely Goat RC              |       |       |      |     |       |
| DNS   | 5   | James Battye           | Male Senior   | Unattached                  |       |       |      |     |       |
| DNS   | 6   | Keith Battye           | Male V60+     | Unattached                  |       |       |      |     |       |
| DNS   | 16  | Sarah Clarke           | Female Senior | Unattached                  |       |       |      |     |       |
| DNS   | 20  | Jocelyne Crallan       | Female V50    | Unattached                  |       |       |      |     |       |
| DNS   | 21  | Jonathan Crallan       | Male V50      | Unattached                  |       |       |      |     |       |
| DNS   | 22  | Charlotte Daniels      | Female Senior | Unattached                  |       |       |      |     |       |
| DNS   | 23  | Malcolm Darvill        | Male V60+     | Unattached                  |       |       |      |     |       |
| DNS   | 25  | Erica Dorling          | Female V40    | Unattached                  |       |       |      |     |       |
| DNS   | 30  | Suzanne Favell         | Female V50    | Unattached                  |       |       |      |     |       |
| DNS   | 33  | Gillian Fry            | Female V55    | Unattached                  |       |       |      |     |       |
| DNS   | 34  | Luke George            | Male Senior   | Unattached                  |       |       |      |     |       |
| DNS   | 38  | Gregory Hannam         | Male Senior   | Saint Edmund Pacers         |       |       |      |     |       |
| DNS   | 40  | Amy Hepworth           | Female V40    | Unattached                  |       |       |      |     |       |
| DNS   | 43  | Mary Hope              | Female V60+   | Unattached                  |       |       |      |     |       |
| DNS   | 46  | Beverley Howkins       | Female V55    | Unattached                  |       |       |      |     |       |
| DNS   | 53  | Clare Lay              | Female V55    | Unattached                  |       |       |      |     |       |
| DNS   | 61  | Leanne Oatham          | Female V40    | Stowmarket Striders RC      |       |       |      |     |       |
| DNS   | 62  | Celine Ophelders       | Female Senior | Lonely Goat RC              |       |       |      |     |       |
| DNS   | 63  | Marie Parker           | Female V40    | Unattached                  |       |       |      |     |       |
| DNS   | 66  | Stuart Pryke           | Male Senior   | Unattached                  |       |       |      |     |       |
| DNS   | 71  | Emma Schofield         | Female V50    | Unattached                  |       |       |      |     |       |
| DNS   | 72  | Oscar Schofield        | Male U15      | Unattached                  |       |       |      |     |       |
| DNS   | 75  | Alexander Smith        | Male V45      | Unattached                  |       |       |      |     |       |
| DNS   | 77  | Jazmine Stemp          | Female Senior | Unattached                  |       |       |      |     |       |
| DNS   | 79  | Nancy Story            | Female Senior | Unattached                  |       |       |      |     |       |
| DNS   | 91  | Becky Woods            | Female Senior | Unattached                  |       |       |      |     |       |

# Ickworth Sunset Chase 10k & 5k

8th September 2023

## Overall Results



# Race Chip Timing

| Place | Bib | Name | AG | Club | Gun | Chip | GenP | AgP | Pace |
|-------|-----|------|----|------|-----|------|------|-----|------|
|-------|-----|------|----|------|-----|------|------|-----|------|

Number of records: 403