

# Valley of the Owls

## Sunday 7th June 20206

### Suffolk Running Centre

#### 5k

Place	Name	Gender	Time
1	Tony Roberts **	M	00:21:06
2	Catriona Ward Sell **	F	00:23:52
3	Matthew Court	M	00:26:02
4	Esme Gibbons	F	00:30:27
5	Lucy MacPhail	F	00:32:39
6	Charles Tindall	F	00:32:55
7	Dawn Cooper	F	00:33:41
8	Gary Jones	M	00:36:17
9	Angus Ballantine	M	00:44:53
10	Sharon Button	F	00:45:22
11	Simon Butler	M	00:45:23
12	Graeme Harris	M	00:48:45
13	Emily Keable	F	00:48:58
14	Sharon Jones	F	00:49:13
15	Lauren Hewes	F	00:49:14
16	Lottie Ballantine	F	00:53:26
17	Claire Elphick	F	00:59:43
18	Sue McKeogh	F	01:04:50
19	Cheryl Mckeogh	F	01:10:48

#### 10k

Place	Name	Gender	Time
1	Chris Orange	M	00:40:12
2	Tom Barnes	M	00:40:35
3	Aaron Alger	M	00:40:35
4	Oliver Platt	M	00:46:29
5	Jordan Row	M	00:48:00
6	Scott Field	M	00:49:20
7	Steve Bland	M	00:51:51
8	Terry Whomes	M	00:52:39
9	Victoria Black	F	00:52:39
10	Damian Towns	M	00:54:51
11	Victoria Tapp	F	00:56:16
12	Charlotte Hawes	F	00:57:22
13	James Welham	M	00:57:23

**10k**

Place	Name	Gender	Time
14	Samantha Tapp	F	00:57:57
15	Sean Taylor	M	00:58:13
16	Kayley Smith	F	00:59:38
17	Clare Fitzjohn	F	00:59:45
18	Arkadiusz Sowik	M	00:59:51
19	Philip McKeogh	M	01:00:38
20	Michael Holt	M	01:00:39
21	Thomas Field	M	01:00:59
22	Michael Farrow	M	01:01:23
23	Sarah Headland	F	01:01:29
24	Emma Ridgeon	F	01:01:34
25	Gary Mills	M	01:01:44
26	Zoe Thompson	F	01:02:05
27	Mayumi Nakagawa	F	01:03:09
28	Emily Field	F	01:03:39
29	Samantha White	F	01:03:54
30	Andrew Clarke	M	01:04:13
31	Sophie Buckle	F	01:04:23
32	Salvatore Olivieri	M	01:04:24
33	Hazel Mills	F	01:04:26
34	Sonia Butler	F	01:05:21
35	Louise Edwards	F	01:05:54
36	Lilrose Catling-Fell	F	01:06:32
37	Jessica Pridmore	F	01:06:45
38	Wesley Miles	M	01:07:02
39	Asini Kavisinghe	F	01:08:06
40	Ruth Chipperfield	F	01:08:10
41	Debbie Anthistle	F	01:08:12
42	Richard Ballard	M	01:08:36
43	Stuart Inskip	M	01:09:07
44	Claire Hudson	F	01:09:08
45	Emily Owen	F	01:09:30
46	Melissa Adams	F	01:09:37
47	Vicky Jennings	F	01:10:20
48	Angie Legget	F	01:11:08
49	Annie Sloos	F	01:11:48
50	Clare Ward	F	01:12:21
51	Beverley Judd	F	01:12:43
52	Rebecca Auster	F	01:13:44
53	Sue Kent	F	01:13:45
54	Jo Ellingworth	F	01:13:54
55	Miranda McWade	F	01:14:07

## 10k

Place	Name	Gender	Time
56	Adrian Hodges	M	01:14:21
57	Laura Naughton	F	01:15:04
58	Chloe Hopkins	F	01:16:09
59	Emily Soederberg	F	01:17:09
60	Naomi Willcox	F	01:17:22
61	Aashu Keer	F	01:17:52
62	Olivia Williams	F	01:18:48
62	Gemma Neal	F	01:19:48
64	Thomas Dolan	M	01:21:54
65	Katrina Dolan	F	01:21:55
66	Helen Woodfine	F	01:22:38
67	Tania Stewart	F	01:25:04
68	Angela Purdy	F	01:26:03
69	Frances Seager	F	01:30:32
70	Sally Brown	F	01:31:52
71	Natasha Strutt	F	01:32:33
72	Louise Goldsmith	F	01:32:34
73	Emma Strutt	F	01:33:51
74	Diane Ballantine	F	01:44:57

## Half Marathon

Place	Name	Gender	Time
1	Agustin Rioseco Diaz **	M	01:21:12
2	Amy Ross **	F	01:21:38
3	Jamie Sheehan	M	01:27:53
4	Dominic Melero	M	01:37:20
5	Thomas Williams	M	01:42:09
6	Tyler Mahon	M	01:42:28
7	Paul Gardner	M	01:44:27
8	Ryan Jarvis	M	01:45:25
9	Rory Salter	M	01:46:05
10	Allan Claydon	M	01:37:31
11	Sadie Newton	F	01:53:14
12	Ross Catchpole	M	01:53:21
13	Mike Edwards	M	01:59:24
14	Kitty Mithen	F	01:59:55
15	Kevin Pyle	M	02:01:27
16	Johan Black	M	02:01:42
17	David McLaughlin	M	02:02:34
18	Sarah Davies	F	02:02:58
19	Jamie Plummer	M	02:03:24

## Half Marathon

Place	Name	Gender	Time
20	Ed Hadcock	M	02:04:18
21	Marie Lowe	F	02:04:20
22	Michael Curtis	M	02:04:41
23	Annamária Kulcsár	F	02:04:57
24	Lucy Gill	F	02:04:57
25	Regan Peacock	M	02:06:03
26	Jayne Blizzard	F	02:07:14
27	Jasmine Precious	F	02:07:38
28	Flavio Antonietti	M	02:07:41
29	Nigel Salter	M	02:08:21
30	Olly Waight	M	02:09:39
31	Cheryl Churchill	F	02:09:40
32	Andrew Hollock	M	02:09:54
33	Tom Whiteley	M	02:09:55
34	Anika Balfe	F	02:10:31
35	Tessa Sewell	F	02:10:32
36	Megan Burgess	F	02:10:52
37	Tracy Round	F	02:11:08
38	Marie Byfield	F	02:12:13
39	Ingrid Verbeek	F	02:13:17
40	Stephen McCarthy	M	02:15:03
41	Katrina Minns	F	02:17:16
42	Alexander Lowe	M	02:17:39
43	Yvonne Freiherr-Fenton	F	02:18:08
44	Annie Martin	F	02:19:27
45	Tara John	F	02:19:46
46	Muriel Jager	F	02:20:57
47	Rosie MacPhail	F	02:21:13
48	Kirsty Richardson	F	02:21:15
49	Daniel Mee	M	02:21:16
50	Matthew Davey	M	02:22:24
51	Laura Dawson	F	02:22:35
52	Clive Gerring	M	02:22:38
53	Matt Mason	M	02:22:53
54	Hayley Gerrard	F	02:25:02
55	Claire Mccague	F	02:26:16
56	Michelle Sadler	F	02:28:12
57	Alison Lawless	F	02:29:15
58	Nicole Smith	F	02:29:26
59	Tony Byfield	M	02:31:03
60	Noreen Rawlings	F	02:32:27
61	Kate Warne	F	02:33:40

## Half Marathon

Place	Name	Gender	Time
62	Daniel Davies	M	02:33:41
63	Gary Pinyoun	M	02:37:45
64	Deirdre Siddaway	F	02:37:46
65	Tracie Kirby	F	02:39:11
66	Vanessa-Jane Robinson	F	02:42:24
67	Emily Dell	F	02:45:10
68	Lee-Anne Bower	F	02:45:37
69	Beth Spalding	F	02:45:37
70	Stephen Foster	M	02:47:01
71	Jake Kalinski	M	02:54:28
72	Jason Clench	M	02:57:43
73	Cara Lawrence	F	02:59:03
74	Sarah Reid	F	02:59:08
75	Felicity Bush	F	03:03:19
76	Matilda Mawson	F	03:03:23
77	Abish Manojh	M	03:07:37
78	Paul Forshaw	M	03:11:13
79	John Clarke	M	03:20:23
80	Kenzie Tipple	F	03:43:26

## Full Marathon

Place	Name	Gender	Time
1	Lee Ramsay	M	03:43:27
2	Mariela Dolan	F	04:08:28
3	Helena Lucy Urquhart-Woodward	F	04:08:50
4	Kirsty Landles	F	04:11:57
5	Andy French	M	04:12:23
6	Malcolm Statham	M	04:13:51
7	Millie Hansgate	F	04:26:46
8	Anna Lillie	F	04:33:20
9	Ben Hornsey	M	04:34:08
10	Tereza Koshi	F	04:35:26
11	Rajesh Logasundaram	M	04:36:45
12	Catherine Kearns	F	04:37:57
13	Alison Jeffries	F	04:49:52
14	Susan Perry	F	04:51:09
15	Neil Gillingham	M	04:56:31
16	Samantha Shepherd	F	04:57:11
17	Andrew McGann	M	04:57:15
18	Jake McQueen	M	05:04:23
19	Sarah Haram	F	05:05:58

## Full Marathon

Place	Name	Gender	Time
20	Sean Symonds	M	05:13:37
21	Will Stocksley	M	05:16:42
22	Jonathan Morrison	M	05:18:59
23	Paul Blackwell	M	05:23:34
24	Matteo Dalla-Valle	M	05:27:51
25	Sophie Brand	F	05:38:42
26	Naomi Hallam	F	05:41:46
27	Samantha Holden	F	05:48:13
28	Julie Rickards	F	05:56:59
29	Toby Craig	M	06:15:48
30	Melanie Furness	F	06:15:50
31	Alice Kirk	F	06:15:51
32	Matthew Brunsdon	M	06:21:47
33	Christine Baker	F	06:26:05
34	Julie Gardner	F	06:26:05
35	Andrew Wilmot	M	06:31:34
36	David Moles	M	06:36:54
37	Kevin Scott	M	06:53:33
38	Karen Hamilton	F	07:05:57
39	Joanna Blyth	F	07:05:58

## Ultra (+5k)

Place	Name	Gender	Time
1	Vinnie Boreham	M	05:36:51
2	Sara Elphick	F	06:27:54
3	Sue Osborne-Clamp	F	06:35:29
4	Sarah Pennock	F	06:35:29

## Ultra (3 laps)

Place	Name	Gender	Time
1	Murray Burt **	M	05:49:30

\*\* denotes course record