

Suffolk County Athletic Association 2010 5000m Track Championships

Monday 7th June 2010 at Bury St.Edmunds

RESULTS

| | | | | |
|--------------|---------------------|---------------------|---------|---------------|
| U17 Women | | | | |
| 1 | Tamsin Desborough | Gt Yarmouth AC | 24.27.7 | |
| U17 Men | | | | |
| 1 | James Powley | Ipswich Harriers | 16.41.9 | RECORD |
| 2 | Jack Anthony | West Suffolk AC | 19.29.9 | |
| 3 | Liam Brophy | St Edmund Pacers | 19.49.0 | |
| U20 Women | | | | |
| 1 | Emily Baker | West Suffolk AC | 22.17.8 | |
| 2 | Rebecca Guy | St Edmund Pacers | 23.59.7 | |
| U20 Men | | | | |
| 1 | Jonathan Ling | Ipswich JAFFA | 17.59.4 | |
| Senior Women | | | | |
| 1 | Tamara Jordan | Stowmarket Striders | 18.06.9 | |
| 2 | Maureen McCarthy | St Edmund Pacers | 20.00.2 | |
| 3 | Rebecca Jordan | Stowmarket Striders | 20.47.2 | |
| 4 | Christine Anthony | St Edmund Pacers | 21.23.8 | |
| 5 | Maomi Edwards | St Edmund Pacers | 23.17.9 | |
| 6 | Eloise Calver | St Edmund Pacers | 24.09.9 | |
| 7 | Amanda Martin | St Edmund Pacers | 24.21.7 | |
| 8 | Karen Page | St Edmund Pacers | 24.42.2 | |
| Senior Men | | | | |
| 1 | Brad Jones | Ipswich JAFFA | 16.53.3 | |
| 2 | Vincent Coogan | Newmarket Joggers | 17.45.2 | |
| 3 | Chris Starmer | Stowmarket Striders | 17.53.8 | |
| 4 | Ian Gazdik | Newmarket Joggers | 17.58.4 | |
| 5 | Jon Lockwood | St Edmund Pacers | 18.13.4 | |
| 6 | Tim Fox | St Edmund Pacers | 18.26.8 | |
| 7 | Carl Marston | St Edmund Pacers | 18.24.9 | |
| 8 | Andy Taylor | St Edmund Pacers | 18.47.0 | |
| 9 | Dave Nichols | St Edmund Pacers | 20.44.7 | |
| 10 | Daniel Morgan | St Edmund Pacers | 21.20.0 | |
| 11 | Stephen Williams | St Edmund Pacers | 23.17.2 | |
| 12 | Richard Fectinehall | Stowmarket Striders | 23.49.6 | |
| 13 | David Daniels | Stowmarket Striders | 23.54.0 | |