

SUFFOLK OPEN WATER CHAMPIONSHIPS 2009

Whitlingham County Park Norwich 19th July 2009

RESULTS

OVERALL CHAMPIONS

FEMALE 800M	Karla Hutchinson	teamipswich	10:58.81
MALE 800m	Adam Last	Deben	11:29.38
FEMALE 1500M	Abigail Malster	Hadleigh Dolphins	22:33.00
MALE 1500m	Nick Ruddock	Lowestoft and Oulton Broad	21:05.70
FEMALE 3000M	Jennifer Titterington	West Suffolk	40:18.76
MALE 3000m	Jordan Purdy	St Felix School	40:01.12
FEMALE 5000M	Sophie Chamberlain	St Felix School	1:07:03.00
MALE 5000m	Samuel Munro	St Felix School	1:06:43.00

800m Results

FEMALE

Overall Champion		Karla Hutchinson – teamipswich SC	
11 - 12 Age Group			
1	Cassie Evrill	Lowestoft and Oulton Broad	12:04.18
2	Isabel Postle	St Felix School	13:38.85
3	Georgia Howard	Hadleigh Dolphins	13:55.19
4	Ellisse Morey	Deben	13:57.36
5	Samantha Hardy	Lowestoft and Oulton Broad	14:13.55
6	Amy Bowen	Lowestoft and Oulton Broad	14:15.35
7	Sarah Bowen	Lowestoft and Oulton Broad	15:31.16
13 - 14 Age Group			
1	Karla Hutchinson	teamipswich	10:58.81
2	Chantel Whiting	St Felix School	11:26.17
3	Alice Ward	St Felix School	11:43.05
4	Emma Lines	Lowestoft and Oulton Broad	12:11.74
5	Emma Studd	Deben	12:48.39
6	Tamsin Ransome	West Suffolk	12:58.76
7	Hope Smith	Deben	13:26.52
8	Collette Bunce	Hadleigh Dolphins	13:46.01
9	Rebecca Mann	Hadleigh Dolphins	14:12.76
10	Francesca King	Sudbury and District	14:16.69
11	Rachel Poustie	Deben	14:18.43
12	Amelia Smith	Deben	16:32.19
13	Lena Thomson	Deben	16:41.58
14	Sophie Steward	West Suffolk	17:14.39
15+ Age Group			
1	Alex Eames-Bayton	Beccles Town	12:48.74
2	Megan Taylor	Mildenhall and District	13:28.52
3	Kirstie Wright	West Suffolk	14:25.63
4	Laura O'Connell	St Felix School	15:06.33
5	Maureen Wright	West Suffolk	15:47.33
6	Megan Sweeny	Mildenhall and District	16:35.22

MALE

Overall Champion		Adam Last – Deben SC	
11 - 12 Age Group			
1	Charlie Church	Lowestoft and Oulton Broad	12:45.88
2	Thomas Buckle	West Suffolk	13:10.98
3	Ben Jamieson	Mildenhall and District	16:05.58
4	Lewis Kempson	Hadleigh Dolphins	16:19.99
5	Jack Whale	Lowestoft and Oulton Broad	19:03.53
13 - 14 Age Group			
1	Adam Last	Deben	11:29.38
2	Harry Fulcher	Deben	11:58.61
3	Patrick Briars	West Suffolk	12:31.46
4	Jake Howard	Hadleigh Dolphins	12:49.28
5	Thomas Russell	Mildenhall and District	13:00.70
6	Ben Olive	Hadleigh Dolphins	13:51.69
15+ Age Group			
1	Liam Jamieson	Mildenhall and District	11:30.24
2	William Foskett	Deben	12:00.63
3	Harry Wright	Leiston and District	12:26.25
4	Neil Baskett	Leiston and District	12:35.38

1500m RESULTS**FEMALE**

Overall Champion		Abigail Malster – Hadleigh Dolphins SC	
12 - 16 Age Group			
1	Abigail Malster	Hadleigh Dolphins	22:33.00
17 - 24 Age Group			
1	Shan Bendall	Hadleigh Dolphins	24:59.20
25+ Age Group			
1	Sharon Perry	West Suffolk	23:58.60
2	Sharon McLellan	Sudbury and District	25:41.30

MALE

Overall Champion		Nick Ruddock – Lowestoft and Oulton Broad SC	
12 - 16 Age Group			
1	Nick Ruddock	Lowestoft and Oulton Broad	21:05.70
2	Oliver Postle	St Felix School	21:10.60
3	Tom Molyneux	Mildenhall and District	23:36.80
4	Matt Molyneux	Mildenhall and District	25:13.60
5	Troy Douglas- Callow	St Felix School	25:19.80
17 - 24 Age Group			
1	Thomas Olive	Hadleigh Dolphins	22:32.00
2	Sam Molyneux	Mildenhall and District	23:35.30
3	Harrison Moore	Hadleigh Dolphins	24:58.90
25+ Age Group			
1	Truan Death	Hadleigh Dolphins	22:33.70
2	Kern Death	Hadleigh Dolphins	23:06.70
3	Andrew Jenkins	Sudbury and District	24:46.40
4	James Baallham	Hadleigh Dolphins	25:44.60

3000m RESULTS

FEMALE

Overall Champion		Jennifer Titterington – West Suffolk SC	
1	Jennifer Titterington	West Suffolk	40:18.76
2	Charlotte Hicks	St Felix School	41:03.00
3	Amy Ward	St Felix School	50:31.86
17 - 24 Age Group			
1	Fenella Foskett	Deben	40:45.42
25+ Age Group			
1	Samantha Fulcher	Deben	58:27.27

MALE

Overall Champion		Jordan Purdy – St Felix School SC	
13 - 16 Age Group			
1	Jordan Purdy	St Felix School	40:01.12
2	Lewis Farmer	Lowestoft and Oulton Broad	45:59.38
25+ Age Group			
1	Chris Doughty	Leiston and District	54:41.13
2	Stuart McLellan	Sudbury and District	55:02.57
3	Terry Mansi	Sudbury and District	1:00:03.17
3	Graham King	Sudbury and District	1:01:35.56

5000m RESULTS

FEMALE

Overall Champion		Sophie Chamberlain – St Felix School SC	
17 - 19 Age Group			
1	Sophie Chamberlain	St Felix School	1:07:03.00
2	Riasa Douglas-Callow	St Felix School	1:22:37.00
25+ Age Group			
1	Julia Green	Stowmarket	1:41:51.00

MALE

Overall Champion		Samuel Munro – St Felix School SC	
13 - 16 Age Group			
1	Samuel Munro	St Felix School	1:06:43.00
25+ Age Group			
1	Mark Nowell	Stowmarket	1:36:34.00