

SUFFOLK OPEN WATER CHAMPIONSHIPS 2011

Whitlingham Country Park Norwich 17th July 2011

RESULTS

OVERALL CHAMPIONS

MALE 5000m	Sonny Trigg	teamipswich	1:10:15.32
MALE 3000m	Charlie Smith	teamipswich	39:43.00
FEMALE 1500m	Jennifer Titterington	West Suffolk	19:38.68
MALE 1500m	Danny Proffitt	West Suffolk	18:10.40
FEMALE 800m	Georgina Fulcher	Deben	12:25.36
MALE 800m	Christopher Greenhalgh	Sudbury & District	11:00.17

5000m RESULTS

MALE

Overall Champion	Sonny Trigg – teamipswich		
13 - 16 Age Group			
1	Sonny Trigg	teamipswich	1:10:15.32
17 - 24 Age Group			
1	Callum Stevens	Lowestoft & Oulton Broad	1:16:20.25
2	Sam Nelson	Newmarket & District	1:26:17.64

3000m RESULTS

MALE

Overall Champion	Charlie Smith – teamipswich		
13 - 16 Age Group			
1	Charlie Smith	teamipswich	39:43.00
25+ Age Group			
1	Gordon Coutts	Sudbury and District	49:25.00
2	Stuart McLellan	Sudbury and District	54:23.00
3	Terry Mansi	Sudbury and District	57:38.00
4	Graham King	Sudbury and District	59:04.00

1500m RESULTS

FEMALE

Overall Champion	Jennifer Titterington – West Suffolk		
12 - 16 Age Group			
1	Dolly Trigg	teamipswich	21:10.66
2	Cassie Everill	Lowestoft & Oulton Broad	22:23.89
3	Jessica Wells	Lowestoft & Oulton Broad	26:12.11
4	Gemma Lancaster	Lowestoft & Oulton Broad	36:07.52
17 - 24 Age Group			
1	Jennifer Titterington	West Suffolk	19:36.68
2	Stephanie Bird	Lowestoft & Oulton Broad	26:16.24
25+ Age Group			
1	Jill Walker	Lowestoft & Oulton Broad	43:52.78

MALE

Overall Champion		Danny Proffitt – West Suffolk	
12 - 16 Age Group			
1	Mark Chard	Lowestoft & Oulton Broad	22:59.29
2	Jack Stanton	Lowestoft & Oulton Broad	27:55.78
17 - 24 Age Group			
5	Danny Proffitt	West Suffolk	18:10.40
6	Harry Wright	Leiston & District	23:19.50
25+ Age Group			
1	Peter Lynch	Stowmarket	25:45.78
2	Richard Tomsett	Lowestoft & Oulton Broad	27:33.92

800m Results**FEMALE**

Overall Champion		Georgina Fulcher – Deben	
11 - 12 Age Group			
1	Georgina Fulcher	Deben	12:25.36
2	Olivia Sherred	Sudbury and District	14:14.30
3	Charlie Bennett	Lowestoft and Oulton Broad	14:20.58
4	Emily Grabowski-Bearn	Sudbury and District	15:03.37
5	Amy Bullard	Lowestoft and Oulton Broad	16:52.59
6	Jemma Garry	Mildenhall & District	30:43.42
13 - 14 Age Group			
1	Beth Wiseman	West Suffolk	12:31.30
2	Samantha Hardy	Lowestoft and Oulton Broad	13:03.80
3	Amy Brammar	Deben	14:03.80
15+ Age Group			
1	Ella Rides	Sudbury and District	12:28.80
2	Alice Theobald	Felixstowe	12:43.35
3	Jennifer Eagles	Mildenhall & District	13:45.24
4	Jessica Nelson	Newmarket & District	14:26.66
5	Francesca King	Sudbury and District	14:45.17
6	Melanie Spencer	Lowestoft and Oulton Broad	26:58.78

MALE

Overall Champion		Christopher Greenhalgh – Sudbury & district	
11 - 12 Age Group			
1	Kai Saunders	Lowestoft & Oulton Broad	13:10.12
2	Myles Turner	West Suffolk	13:43.25
3	Samuel Cottee	Leiston & District	14:25.80
4	Orion Nichol	Sudbury & District	23:40.52
5	Nathan Alexander	Sudbury & District	24:28.66
13 - 14 Age Group			
1	Thomas Buckle	West Suffolk	11:44.54
2	Ben Jamieson	Mildenhall & District	13:01.74
3	Connor Hume	Sudbury & District	13:53.91
4	Alex Proffitt	West Suffolk	14:01.38
5	Ethan Lubbock	Newmarket & District	14:36.32
6	Matthew Calver	Lowestoft & Oulton Broad	16:37.13
15+ Age Group			
1	Christopher Greenhalgh	Sudbury & District	11:00.17
2	Adam Last	Deben	11:07.76
3	Sean Burgess	Felixstowe	12:25.23
4	Nicholas Robertson	Sudbury & District	13:42.04
5	Ryan Alexander	Sudbury & District	14:21.53
6	Matthew Lubbock	Newmarket & District	17:09.04