

SUFFOLK OPEN WATER CHAMPIONSHIPS 2013

Whitlingham Country Park Norwich 14th July 2013

RESULTS

OVERALL CHAMPIONS

MALE 5000m	Christopher Greenhalgh	Sudbury	1:06:27.00
MALE 3000m	Danny Proffitt	West Suffolk	36:43.00
FEMALE 2000m	Dolly Trigg	teamipswich	27:25.00
MALE 2000m	Tom Every	St Felix School	25:41.00
FEMALE 1500m	Emily Dowding	teamipswich	18:53.00
MALE 1500m	Jozef Ochwat	teamipswich	19:01.00
FEMALE 800m	Emily McMahon	West Suffolk	11:22.00
MALE 800m	Charles Whyte	West Suffolk	11:55.00

5000m RESULTS

MALE

Overall Champion		Christopher Greenhalgh – Sudbury	
17 - 24 Age Group			
1	Christopher Greenhalgh	Sudbury	1:06:27.00
25+ Age Group			
1	James Bennett	Felixstowe	1:39:54.00

3000m RESULTS

MALE

Overall Champion		Danny Proffitt – West Suffolk	
13 - 16 Age Group			
1	Samuel Cottee	teamipswich	48:06.00
17 -24 Age Group			
1	Danny Proffitt	West Suffolk	36:43.00
2	Matthew Reynolds	Newmarket	48:15.00
25+ Age Group			
1	Terry Mansi	Sudbury	1:00:06.00

2000m RESULTS

FEMALE

Overall Champion		Dolly Trigg – teamipswich	
13 - 16 Age Group			
1	Dolly Trigg	teamipswich	27:25.00
2	Olivia Sherred	Sudbury	31:52.00

MALE

Overall Champion		Tom Every – St Felix School	
13 - 16 Age Group			
1	Tom Every	St Felix School	25:41.00
2	Thomas Edwards	West Suffolk	27:37.00
3	Alexander Proffitt	West Suffolk	27:38.00

1500m Results

FEMALE

Overall Champion		Emily Dowding – teamipswich	
12 - 16 Age Group			
1	Emily Dowding	teamipswich	18:53.00
2	Beth Wiseman	West Suffolk	19:36.00
3	Lucy Oxbrow	teamipswich	19:43.00
4	Nancy Doubledee	teamipswich	21:02.00
5	Georgina Fulcher	teamipswich	21:16.00
6	Beth Mottram	West Suffolk	21:35.00
7	Grace Colasante	Mildenhall	21:48.00
8	Amilia Graham	West Suffolk	23:10.00
9	Chloe Riches	West Suffolk	24:10.00
17 - 24 Age Group			
1	Alice Theobald	Felixstowe	22:52.00
25+ Age Group			
1	Dawn Jason	West Suffolk	21:43.00

MALE

Overall Champion		Jozef Ochwat – teamipswich	
12 - 16 Age Group			
1	Jozef Ochwat	teamipswich	19:01.00
2	Jack Pickering	teamipswich	19:31.00
3	Charlie Eshelby	West Suffolk	19:34.00
4	Myles Turner	West Suffolk	19:43.00
5	Samuel Cottee	teamipswich	21:05.00
6	Benjamin Jamieson	Mildenhall	21:27.00
7	Samuel Every	St Felix School	22:21.00
19 - 24 Age Group			
1	Nicholas Robertson	Sudbury	21:43.00
25+ Age Group			
1	Peter Lynch	Stowmarket	24:29.00

800m Results

FEMALE

Overall Champion		Emily McMahon – West Suffolk	
11 - 12 Age Group			
1	Holly Sampher	Newmarket	12:58.00
2	Charlotte Smith	teamipswich	13:03.00
3	Isabel McMahon	West Suffolk	13:18.00
13 - 14 Age Group			
1	Emily McMahon	West Suffolk	11:22.00
2	Rebecca Miller	teamipswich	11:29.00
3	Madeleine Chambers	St Felix School	11:44.00
4	Bethany Sampher	Newmarket	12:05.00
5	Brooke Flower	Felixstowe	12:29.00
6	Sophie Bellwood	Newmarket	12:35.00
7	Faye Hermon	Felixstowe	13:48.00
8	Sophie Colasante	Mildenhall	13:49.00
15+ Age Group			
1	Jessica Sandle-Brownlie	Newmarket	12:49.00
2	Sarah Farley	Sudbury	17:24.00
3	Andrea Mitchell	West Suffolk	18:46.00
4	Debbie Greenslade	West Suffolk	19:31.00

800m Results

MALE

Overall Champion		Charles Whyte – West Suffolk	
11 - 12 Age Group			
1	Charles Whyte	West Suffolk	11:55.00
2	Alex Swarbrick	Newmarket	14:47.00
3	Benjamin Quick	West Suffolk	18:39.00
13 - 14 Age Group			
1	Ignacio Larghero	Newmarket	12:14.00
2	Jonny Greenslade-Cross	West Suffolk	12:38.00
3	Finlay Kirk	Hadleigh	13:12.00
4	William White	Hadleigh	14:11.00
15+ Age Group			
1	Alyx Hatton	Newmarket	13:28.00
2	Ben Boxall	Sudbury	18:57.00