



22nd Flower of Suffolk Walk— 2nd October 2016

Another enjoyable day in the Suffolk countryside was enjoyed by over 130 walkers with everyone back within time - so congratulations to everyone! Also, thanks to all the volunteers who helped to make the day including helping at checkpoints, recyng the walk in advance and at the hall in Walberswick. Thanks also for the wonderful food which was prepared! See you all at the next challenge event! :) Julian (PS, we raised £92.70 in donations for Macmillan Cancer Support from the badges - thanks so much)

26 MILES

Benjamin Letzer	3:47	Emma Garland	6:26	Clive Manwaring	8:11	Michael Franks	4:50	Ian Roberts	6:26
Matthew Sutton	3:59	Gillian Bidle	6:26	Steve Coey	8:14	David Barclay	4:51	Jane Dearden	6:27
Mark Collinson	4:02	Sue Osborne	6:34	Richard Haynes	8:19	Liza Diaper	4:51	Tina Self	6:29
Malcolm Statham	4:10	Heather Hamilton	6:34	Margaret Carlyle	8:28	Lisa Netto	4:51	Steve Clark	6:40
Paul Scrivener	4:32	Mike Munson	6:36	John Payne	8:28	Andrea Friend	4:55	Alison Bullock	6:40
Kevin Gard	4:39	Rebecca Marvell	6:39	Joan Bullivant	8:34	Susan Bloomfield	4:55	Karen Wrinch	6:40
David Thompson	4:46	Andy Carpenter	6:39	Simon Thurgood	8:49	Debbie McDowall	4:55	Barrie Beckett	6:40
Nigel Whitehead	4:46	Natalie Southgate	6:43			Laura Arfi	4:55	Shirley Beckett	6:40
Paul Burgess	5:06	Julie Wade	6:43			Angela Whiting	4:55	Sally Kelly	6:50
Neil Carter	5:06	Anthony Chevin	7:10			Philip Nutley	5:00	Jo Brooks	6:50
John Leach	5:10	David Moles	7:26			Graeme Jones	5:02	Gina Preston	6:53
Phil Catchpole	5:13	David Davidson	7:28			John Williams	5:20	Jayne Cook	7:20
Janet Cobby	5:19	Robert Hardy	7:37			Kim Williams	5:20	Hilary Vane	7:29
David Lewis	5:19	Stephen Boyles	7:38			Sue Boyles	5:31	Tilda Dowden	7:29
Bruce Hunter	5:21	David Findel-Hawkins	7:40			Heather Chittock	5:31	Jonathan Cobbold	7:31
Glenn Proctor	5:31	Merrian Lancaster	7:40			David Crerar	5:31	Dawn Begg	7:31
Roy Barnes	5:34	Brian Adcock	7:40			Richard Barnes	5:38	Colin Hayman	7:31
Peter Woods	5:34	Robert Bilbie	7:43			Andrew Barnes	5:38	Vicki Long	7:45
Daniel Smith	5:34	Paul Helsdon	7:45			Alan Leadbetter	5:43	Ali Sutherland	8:19
Peter Jay	5:38	Gareth Nicholls	7:50			Karen Earwicker	5:43		
Carole Challis	5:47	Ursula Nicholls	7:50			Alan Frost	5:43		
Clare Bailie	6:01	Andrew Melling	7:55			John Whitlam	5:50		
Clive Stiff	6:16	Barbara Newman	7:57			Jane Audsley	5:55		
Michael Stiff	6:16	Benjamin Jeffries	7:57			Simon Hodgkin	5:55		
Simon Riley	6:23	Terence Corti	8:03			Jay Beckett	6:00		
Fran Thorne	6:24	Sandra Dalton	8:03			Catherine Grange	6:00		
Melanie Floyd	6:24	Phil Tempest	8:10			Vicky Pannell	6:02		
Chris Gibbons	6:24	Sera Roberts	8:10			John Nickerson	6:24		
		James Tempest	8:10			Judith Nickerson	6:24		
		Robert Newell	8:11			Jean Freeman	6:26		

18 MILES

Mark Doyle	3:16								
Richard Trinder	3:16								
Kevin Bullock	3:16								
Goff Hill	3:27								
Stephen Hill	3:27								
Sarah Frost	3:28								
Matthew Wilson	3:37								
Richard Wager	3:37								
Suzanne Heath	3:43								
Erika Downs	3:47								
Carol Kemp	3:47								
Christina Howland	3:47								
Linda Woodard	3:47								
Sasha Chilvers	4:09								
Dominic Carter	4:09								
Chris Gladwell	4:25								
Jo Whelan	4:26								
Rachael Miller	4:36								
Janette Franks	4:50								

And also congratulations to Katy Rehal for completing 23 miles in 4 hours and 38 minutes!!!!

2017 CHALLENGE DATES:

18/19 FEBRUARY 50+ mile Winter Poppyline

26 MARCH 18/26 mile Daffodil Dawdle

Others to follow at:

<https://www.ldwa.org.uk/NorfolkAndSuffolk/>