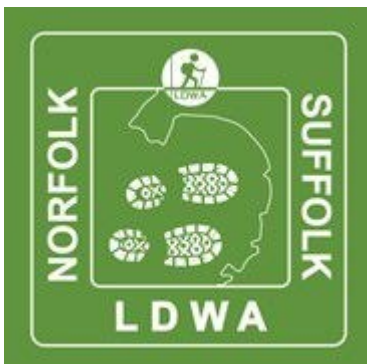




30th Flower of Suffolk Walk - 4th October 2026

Thanks to all of the marshals and entrants who helped and took part in the Flower of Suffolk event on 4th October 2026, once again a great day was had by all involved. We really enjoyed running this event again, after our year out to run the Flower of Suffolk 100 in 2025.

26 Miles

David Thompson	4	13
Tracy Avill	4	41
Ian Brazier	4	43
Tim Fox	4	50
Ruth Pilch	4	50
Vicky Tovell	4	50
Andrew Shorthose	5	07
Jon Legge	5	27
Jude Clarke	5	31
Robert Reason	5	35
Karen Peck	5	36
Paul Henderson	5	43
David Findel-Hawkins	5	50
Natalie Roberts	5	54
Alisa Cherry	5	57
Robert Hemingway	5	57
Matthew Parkhouse	6	07
David Balfour	6	08
Steve McCarthy	6	08
Adam Bojan	6	18
Peter Tremain	6	18
Paul Buckle	6	24
Steven Illingworth	6	24
Dave Edwards	6	26
Tim Evans	6	37

Brian Greal	6	39	Dianne Tayles	7	54
Nancy Crow	6	42	Tracy Woods	7	54
Doreen Neal	6	52	Catharine Gregory	8	03
Stephen Neal	6	52	David Addy	8	08
Robert Adcock	7	00	Varuna Addy	8	08
Ruth Court	7	08	Louise Lidstone	8	08
Chris Seymour	7	08	Berrak Gokay	8	08
Harry Smith	7	08	Mark Curteis	8	11
Michael Kemp	7	20	Julia Raymond	8	16
James Royce	7	25	Richard Spears	8	16
Crompton Clarke	7	30	Sue Brockhouse	8	26
John Edwards	7	30	Karen Doak	8	26
Sonia Peloe	7	30	Paul Saunders	8	26
Astrid Barber	7	31	Teresa Brown	8	54
Chris Cliffe	7	31	Terry Corti	8	54
Elena Hammond	7	32	Sandra Dalton	8	54
Chris Johnson	7	32	Richard Haynes	9	01
Tom Kershaw	7	32	Jean Bowers	9	04
Laurie Cahill-Smith	7	33	Gill Bunker	9	04
Steven Partridge	7	38	Jackie Burnett	9	04
Toby Craig	7	47	Alan Stewart	9	04
Melanie Furness	7	47	Joanne Bright	9	08
Alice Kirk	7	47	Jessica Clark	9	08
Julie Rickards	7	47	John Bright	9	10
Dorne Waters	7	49	Louis Clark	9	10
Darryl Coulter	7	51	Fiona Gosling	9	22
Nadine Dwyer	7	51	Jackie Gooch	9	23
Phil Catchpole	7	53	Sonya Turner	9	23
Heather Boon	7	54	Michael Fairchild	9	24
Anna Flack	7	54	Andrew Rayner	9	27
Ian Hardicker	7	54			

18 Miles

Karen Farthing	2	51
Mark White	2	51
Elly Young	3	23
Shane Woods	3	36
Ed Carman	3	48
Fiona Searson	3	50
Kelly Bancroft	3	54
Jon Cook	3	54
Katie Lochrie	3	54
Zoey Beck	3	56
Christine Barnett	4	06
David Buck	4	06
Graham Johnson	4	06
Peter Woods	4	41
Anneli Ostler	4	41
Paul Nurse	4	58
Keeley Sargeant	4	58
Charlotte Power	5	17
David Power	5	17
Celine Wilcock	5	20
Maria Cook	5	20
Gary Cannon	5	29
Paul Moss	5	29
Angela Brinkley	5	41
Sandra Mayhew	5	41
Caroline Pearson	5	41
Scott Sawyer	5	42
John Monksfield	5	50
Sara Monksfield	5	50
Nathalie Stringer	5	51

Philip Stringer	5	51
Katy Rehal	5	54
Owen Brook	5	57
Stephen Mead	5	57
Sue Curtis	6	03
Theresa Tremain	6	04
Cathy Tooley	6	09
Ian Tooley	6	09
James Clayton	6	12
Frank Perrett	6	12
Gaby Perrett	6	12
Katie Perrett	6	12
John Seeley	6	25
Steve Clark	6	31
Austin Barham	6	35
Jane Barham	6	35
James Clarke	6	35
John Clarke	6	35
Graham Dolby	6	43
James Robinson	6	43
Melanie Hambidge	7	05
Rita Robbins	7	05
David Cooper	7	58
Gillian Crown	7	58