

U11 Suffolk Cross Country Championships

Culford School				06-Jan-19	
Pos	No	Name	Club	Time	
1	548	Sebastian Melero	West Suffolk AC	8	05
2	546	Max Jeffery	West Suffolk AC		13
3	537	Samuel Blackwell	Saint Edmund Pacers		16
4	547	Alfie Jeffery	West Suffolk AC		29
5	545	Elijah Dube	West Suffolk AC		35
6	535	Ronnie Baxter-Laud	Ipswich Harriers		42
7	598	Bella Taylor	West Suffolk AC		46
8	538	Jaden Brownhill	Saint Edmund Pacers	9	04
9	594	Darcy Gladwell	Ipswich Harriers		05
10	544	Sonny Battell	West Suffolk AC		06
11	595	Isla Widdowson	Hadleigh Hares		07
12	540	Haydn Cawston	Saint Edmund Pacers		08
13	592	Eloise Perry	Saint Edmund Pacers		09
14	597	Henrietta Croot	West Suffolk AC		11
15	542	Thomas Southwood	Saint Edmund Pacers		13
16	587	Lottie Hitchcock	Ipswich Harriers		16
17	536	Luke Stafford	Ipswich Jaffa RC		18
18	590	Isabel Moore	Saint Edmund Pacers		23
19	541	Curtis Seago	Saint Edmund Pacers		27
20	599	Sophie Tillet	West Suffolk AC		27
21	596	Holly Ayling	West Suffolk AC		49
22	543	Lester Palmer	Stowmarket Striders RC		58
23	533	Niall Cox	Framlingham Flyers	10	01
24	588	Bella Rose Jameson	Ipswich Jaffa RC		02
25	532	Luke Gavin	Felixstowe Rrc		26
26	591	Megan Obrien	Saint Edmund Pacers	11	09
27	593	Fiona Jones	Stowmarket Striders RC		55
28	534	Isaac Robinson	Framlingham Flyers	12	01

Boys U13 Suffolk Cross Country Championships

3 To Score

Culford School				06-Jan-19		Under 13 Boys	
Pos	No	Name	Club	Time		Team Result	
1	339	Benjamin Peck	Thetford AC	11	20	1 Ipswich Harriers	12
2	329	Liam Davison	Ipswich Harriers	12	21	2 West Suffolk AC	21
3	326	Ben Phillips	Haverhill Running Club		25	3 Framlingham Flyers	65
4	331	Max Fisher	Ipswich Harriers		33	4	
5	348	Tom Taylor	West Suffolk AC		36	5	
6	336	Fred Webb	Ipswich Harriers		38	6	
7	350	Jacob Trangmar	West Suffolk AC		38	7	
8	332	Ryan Grady	Ipswich Harriers		42	8	
9	349	Archie Taylor	West Suffolk AC		45	9	
10	347	Rowan Shearer	West Suffolk AC	13	08	10	
11	330	Jonny Evans Lombe	Ipswich Harriers		12	11	
12	334	Jack Lugo	Ipswich Harriers		25	12	
13	344	Oliver Croot	West Suffolk AC		42	13	
14	342	Mickey Ayling	West Suffolk AC		52	14	
15	325	Harry Holroyd	Haverhill Running Club		58	15	
16	321	Branden Barber	Framlingham Flyers	14	03	16	
17	340	Callum Wing	Thetford AC		24	17	
18	346	Harry Price	West Suffolk AC		31	18	
19	341	James Burgess	Waveney Valley AC		39	19	
20	320	Ben Morgan	Felixstowe RRC		46	20	
21	328	Joel Dann	Ipswich Harriers		55	21	
22	345	Cian Dear	West Suffolk AC	15	02	22	
23	323	William Gilmore	Framlingham Flyers		44	23	
24	343	Joshua Clark	West Suffolk AC	16	07	24	
25	338	Alex McNamara	Stowmarket Striders RC	18	03	25	
26	322	Owen Cox	Framlingham Flyers		29	26	

Girls U13 Suffolk Cross Country Championships

3 To Score

Culford School

06-Jan-19

Girls u13

Pos	No	Name	Club	Time		Team Result		
1	420	Ruby Vinton	Ipswich Harriers	12	25	1	West Suffolk AC	13
2	431	Verity Valentine	Saint Edmund Pacers	13	11	2	Saint Edmund Pacers	23
3	439	Amelie Taylor	West Suffolk AC		32	3	Ipswich Harriers	24
4	437	Phoebe Harpur-Davies	West Suffolk AC		58	4		
5	440	Eloise Rufford	Woodbridge School	14	06	5		
6	435	Elodie Barnard	West Suffolk AC		25	6		
7	438	Eva Marshall	West Suffolk AC		27	7		
8	421	Freya Wilcox	Ipswich Jaffa RC		31	8		
9	419	Poppy Gaunt	Ipswich Harriers		31	9		
10	427	Sophie Gathorne-Hardy	Saint Edmund Pacers		50	10		
11	425	Freya D'Eath	Saint Edmund Pacers		51	11		
12	423	Anna Cartwright	Saint Edmund Pacers		59	12		
13	432	Florence West	Saint Edmund Pacers	15	00	13		
14	418	Harriet Dovey	Ipswich Harriers		12	14		
15	428	Faith Keighley	Saint Edmund Pacers		17	15		
16	429	Jessica Obrien	Saint Edmund Pacers		24	16		
17	436	Tia Clancy	West Suffolk AC		54	17		
18	426	Ruby Foort	Saint Edmund Pacers	16	49	18		
19	433	Izzy Woodward	Saint Edmund Pacers		58	19		
20	434	Josephine Beer	Stowmarket Striders RC	17	00	20		
21	424	Ciara Coveney	Saint Edmund Pacers	18	06	21		
22	416	Tiggy Robinson	Framlingham Flyers	19	39	22		
23	415	Bailey Robinson	Framlingham Flyers		40	23		

Boys U15 Suffolk Cross Country Championships

3 To Score

Culford School

06-Jan-19

U15 Boys

Pos	No	Name	Club	Time		Team Result
1	378	Lewis Sullivan	Saint Edmund Pacers	14	51	1 Ipswich Harriers
2	364	Freddie Adams	Ipswich Harriers	15	20	2 Saint Edmund Pacers
3	366	Kit Evans Lombe	Ipswich Harriers		27	3 Framlingham Flyers
4	380	James Peck	Thetford Ac		36	4 Haverhill Running Club
5	368	Oliver Hitchcock	Ipswich Harriers		46	5
6	365	Joseph Davison	Ipswich Harriers	16	15	6
7	379	Oscar Woodward	Saint Edmund Pacers		45	7
8	374	Max Berry	Saint Edmund Pacers		53	8
9	358	Charlie Peacher	Framlingham Flyers	17	01	9
10	381	Henry Dinwiddy	Woodbridge School		11	10
11	369	Edward Osborn	Ipswich Harriers		15	11
12	376	Dylan Marsh	Saint Edmund Pacers		21	12
13	375	Jordan Denny	Saint Edmund Pacers		49	13
14	357	Alec MacKay	Framlingham Flyers	18	35	14
15	356	Joe Edmonds	Framlingham Flyers		52	15
16	359	Benji Darken	Haverhill Running Club	19	24	16
17	373	Ethan Schultz	Ipswich JAFFA RC	20	14	17
18	355	George Morgan	Felixstowe RRC		49	18
19	362	Ted Salt	Haverhill Running Club	21	00	19
20	372	Joseph Hullis	Ipswich JAFFA RC		25	20
21	363	Tobin Sari	Haverhill Running Club	22	05	21
22	361	George Noakes	Haverhill Running Club		35	22

Girls U15 Suffolk Cross Country Championships

3 To Score

Culford School				06-Jan-19		Girls u15	
Pos	No	Name	Club	Time		Team Result	
1	454	April Hill	Ipswich Harriers	17	32	1	Ipswich Harriers 6
2	451	Mia Dann	Ipswich Harriers	18	13	2	West Suffolk AC 26
3	449	Tilly Aldis	Ipswich Harriers		15	3	Saint Edmund Pacers 45
4	453	Amy Goddard	Ipswich Harriers		29	4	
5	447	Brooke Oram	Great Yarmouth & District Ac		45	5	
6	464	Lila Battell	West Suffolk AC		51	6	
7	456	Francesca Mann	Ipswich Harriers		59	7	
8	463	Sophie Allen	West Suffolk AC	19	14	8	
9	450	Ffion Aston	Ipswich Harriers		24	9	
10	452	Chloe Gilbert	Ipswich Harriers		35	10	
11	457	Stephanie Allen	Saint Edmund Pacers		39	11	
12	465	Rebecca Morley	West Suffolk AC		48	12	
13	455	Alice King	Ipswich Harriers		56	13	
14	466	Marni Sillitoe	West Suffolk AC	21	22	14	
15	467	Libby Stinson	West Suffolk AC	22	01	15	
16	462	Rhian O'Brien	Saint Edmund Pacers		36	16	
17	448	Juliet Bigley	Haverhill Running Club	23	48	17	
18	460	Annie Henson	Saint Edmund Pacers		57	18	
19	459	Lydia Henshaw	Saint Edmund Pacers		57	19	
20	458	Emily Genner	Saint Edmund Pacers	24	20	20	
21	445	Isobel Gilmour	Framlingham Flyers		40	21	
22	446	Ellen Moodie	Framlingham Flyers		44	22	

Culford School**06-Jan-19****U17 Men**

Pos

	No	Name	Club	Time		Team Result		
1	483	Nathan Goddard	Ipswich Harriers	21	08	1	Ipswich Harriers	7
2	485	James Pettersson	Ipswich Harriers		27	2	Saint Edmund Pacers	16
3	491	Tom Henson	Saint Edmund Pacers		42	3		
4	481	Alexander Evans Lombe	Ipswich Harriers	22	03	4		
5	486	Samuel Stevens	Ipswich Harriers		16	5		
6	489	Ben Bayly	Saint Edmund Pacers	23	15	6		
7	490	Dylan Bradnam	Saint Edmund Pacers	24	58	7		
8	492	Harry Lockyear	Saint Edmund Pacers	25	09	8		
9	495	Ollie Bingham	Stowmarket Striders RC		12	9		
10	488	Anton Avis	Saint Edmund Pacers		52	10		
11	493	Joe Webb	Saint Edmund Pacers	26	00	11		
12	494	Kyle Church	Saxmundham Sports Running &	28	29	12		

Women U17 Suffolk Cross Country Championships

Culford School

06-Jan-19

Pos	No	Name	Club	Time	
1	401	Holly Fisher	Ipswich Harriers	19	52
2	409	Millie Jordan-Lee	Stowmarket Striders RC	20	06
3	406	Niamh Perry	Saint Edmund Pacers	21	31
4	411	Chloe Cavil	West Suffolk AC		48
5	402	Mimi Salsby	Ipswich Harriers	22	48
6	400	Caitlin Fosker	Hadleigh Hares AC		59
7	405	Kirsten O'Brien	Saint Edmund Pacers	23	33
8	404	Lily Genner	Saint Edmund Pacers		52
9	410	Evie Morgan	Unattached	25	21
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

U17 Women Team Result

1	Saint Edmund Pacers	18
2		
3		

Men U20 Suffolk Cross Country Championships

Culford School

06-Jan-19

Pos	No	Name	Club	Time	
1	314	Reuben Handy	Saint Edmund Pacers	28	43
2	315	Steven Quercia-Smale	Saint Edmund Pacers		43
3	316	Joe Robson	Saint Edmund Pacers	29	02
4	311	Thomas Adams	Ipswich Harriers		54
5	317	Morgan Moore	Stowmarket Striders RC	33	35
6	310	Bradley Potts	Framlingham Flyers	35	58
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

U20 Men Team Result

1 Saint Edmund Pacers
2

6

Women U20 Suffolk Cross Country Championships

Culford School	06-Jan-19
-----------------------	------------------

Pos	No	Name		Time	
1	471	Philippa Unthank	Ipswich Harriers	24	01
2	472	Suzanne Meader	Saxmundham Sports Running & Fitness Club	44	56

Suffolk Cross County Championships

<u>Culford School</u>			<u>Women</u>	<u>06-Jan-19</u>	
Pos	No	Name	Club	Time	
1	200	Emily Moyes	Aldershot Farnham & District	38	24
2	299	Samantha Lines	Waveney Valley AC a	38	51
3	251	Laura Thomas	Ipswich JAFFA RC a	39	46
4	305	Heather Noone	Woodbridge Shufflers Rc	39	50
5	238	Sara Bird	Ipswich JAFFA RC a	39	57
6	261	Jemma Clarry	Saint Edmund Pacers a	40	23
7	235	Hannah Pettersson	Ipswich Harriers a	40	36
8	234	Alice Goodwin	Ipswich Harriers a	41	42
9	266	Angela Joiner-Handy V45	Saint Edmund Pacers a	42	53
10	268	Katie King	Saint Edmund Pacers a	44	00
11	265	Cath Jeffery V40	Saint Edmund Pacers a	44	05
12	303	Christine Anthony V55	West Suffolk Ac	44	59
13	274	Lucy Smith	Saint Edmund Pacers b	45	15
14	291	Sandy Thorogood V50	Sudbury Joggers	45	16
15	242	Rosie Horsfield	Ipswich JAFFA RC a	45	26
16	273	Odette Robson V45	Saint Edmund Pacers b	45	29
17	295	Zoe Chase V40	Waveney Valley AC a	45	53
18	306	Emilie Wix	Woodbridge Shufflers Rc	46	26
19	213	Geraldine Clarke V50	Framlingham Flyers	46	37
20	229	Karen Martin	Haverhill Running Club a	46	42
21	297	Jess Hall	Waveney Valley AC a	47	01
22	267	Ruth Kieran V40	Saint Edmund Pacers b	47	10
23	246	Esther Lury V40	Ipswich JAFFA RC a	47	12
24	285	Sally-ann Bowen V45	Sudbury Joggers	47	14
25	271	Amanda Martin V50	Saint Edmund Pacers c	47	22
26	228	Vashti MacDonald-Clink	Haverhill Running Club a	47	27
27	245	Val Jennings V50	Ipswich JAFFA RC b	47	30
28	205	Sarah Fitch V45	Felixstowe RRC a	47	32
29	254	Emma Newman	Newmarket Joggers a	47	41
30	260	Claire Brown V50	Saint Edmund Pacers c	47	44
31	269	Gill Leathers V50	Saint Edmund Pacers b	47	51
32	249	Samantha Spencer	Ipswich JAFFA RC b	48	01
33	250	Julia Stell V40	Ipswich JAFFA RC b	48	07
34	300	Sarah Norman V40	Waveney Valley AC b	48	10
35	283	Mary Narey V50	Stowmarket Striders RC a	49	12
36	239	Sophie Coleman	Ipswich JAFFA RC c	50	21
37	224	Rachel Bodsworth V40	Hadleigh Hares Ac	50	30
38	262	Hayley Coates	Saint Edmund Pacers c	50	44
39	230	Tracy Quarrell V45	Haverhill Running Club a	50	58
40	227	Shirley Fowler V50	Haverhill Running Club b	51	24
41	296	Susannah Close	Waveney Valley AC a	51	31
42	293	Lizzie Hicks	Unattached	51	33

43	276	Sandra Webb V45	Saint Edmund Pacers d	51	37
44	226	Morgane Brugger	Haverhill Running Club a	51	42
45	301	Stephanie Pimlott	Waveney Valley AC b	51	56
46	302	Kerry Saunders V40	Waveney Valley AC b	51	57
47	236	Ruth Baker V40	Ipswich JAFFA RC b	52	01
48	218	Michelle Hewitt	Framlingham Flyers	52	59
49	280	Kate Cooper	Stowmarket Striders RC a	53	18
50	208	Linda Aldred V45	Framlingham Flyers	53	37
51	264	Carolyn Haworth V60	Saint Edmund Pacers c	53	58
52	258	Alison Blackwell V45	Saint Edmund Pacers d	54	02
53	217	Emma Janye Harwood V45	Framlingham Flyers	54	03
54	220	Jo Parden V50	Framlingham Flyers	54	04
55	298	Rebecca Harris	Waveney Valley AC b	54	09
56	219	Clare Moodie V40	Framlingham Flyers	54	15
57	214	Sarah Davis V55	Framlingham Flyers	54	22
58	225	Fiona Holland V60	Hadleigh Hares AC	54	24
59	211	Holly Burrows	Framlingham Flyers	54	33
60	247	Claire Palfrey V40	Ipswich JAFFA RC c	54	52
61	294	Lorraine Reeves V45	Unattached	54	57
62	243	Corinna Hussey V45	Ipswich JAFFA RC c	55	06
63	287	Ruth Cowlin V50	Sudbury Joggers	55	19
64	281	Deirdra Keating V50	Stowmarket Striders RC a	55	40
65	282	Sandra Mayhew V50	Stowmarket Striders RC a	55	46
66	253	Danielle Jones	Newmarket Joggers a	55	53
67	257	Eloise Bird V50	Saint Edmund Pacers d	56	04
68	223	Marion Walker V60	Framlingham Flyers	56	30
69	248	Sandy Phillips V50	Ipswich JAFFA RC c	56	44
70	244	Kate Hutson	Ipswich JAFFA RC d	57	03
71	292	Elisabeth Peck V40	Thetford AC	57	52
72	286	Samantha Cooper V50	Sudbury Joggers	58	42
73	252	Jan Holmes V55	Newmarket Joggers a	59	54
74	233	Mandy Godbold V50	Ipswich Harriers a	59	58
75	221	Vivienne Taylor V65	Framlingham Flyers	60	16
76	255	Belinda Schofield V60	Newmarket Joggers a	60	39
77	231	Maria Reed V55	Haverhill Running Club b	60	46
78	284	Cathy Beard V65	Sudbury Joggers	61	11
79	207	Hollie Sutherland	Felixstowe RRC a	62	03
80	201	Claire Goldstone	Brandon Fern Hoppers	62	17
81	216	Elspeth Gilmour V40	Framlingham Flyers	63	02
82	237	Alison Beech V60	Ipswich JAFFA RC d	63	40
83	215	Diane Doyle V40	Framlingham Flyers	63	53
84	241	Julie Haselwood V65	Ipswich JAFFA RC d	64	24
85	256	Svitlana Zinchenko	Newmarket Joggers	65	55
86	277	Tina Church V45	Saxmundham Sports Running & Fitness Club	67	19
87	275	Angie Underdown V50	Saint Edmund Pacers d	69	25
88	212	Angela Cherrett V60	Framlingham Flyers	73	58

3 To Score

All Women

Team Result

1 Ipswich JAFFA RC a	23
2 Saint Edmund Pacers a	25
3 Waveney Valley AC a	40
4 Saint Edmund Pacers b	51
5 Haverhill Running Club a	85
6 Ipswich Harriers a	89
7 Ipswich JAFFA RC b	92
8 Saint Edmund Pacers c	93
9 Sudbury Joggers	101
10 Framlingham Flyers	117
11 Waveney Valley AC b	125
12 Stowmarket Striders RC a	148
13 Ipswich JAFFA RC c	158
14 Saint Edmund Pacers d	162
15 Newmarket Joggers a	168
16 Ipswich JAFFA RC d	236

Suffolk Cross County Championships

<u>Culford School</u>			<u>Men</u>	<u>06-Jan-19</u>	
Pos	No	Name	Club	Time	
1	66	John Millar	Ipswich Harriers	31	51
2	3	Norman Shreeve	Cambridge & Coleridge AC	32	56
3	65	Alex Lawrence	Ipswich Harriers	33	08
4	184	Matthew Jeffries	Waveney Valley AC a	34	14
5	2	Michael Gilbert	Cambridge & Coleridge AC	34	51
6	67	Alex Tripp	Ipswich Harriers	35	27
7	5	William Page	Colchester & Tendring Ac	35	32
8	112	Neil Pollard V40	Newmarket Joggers a	35	48
9	52	Scott Ramsey	Hadleigh Hares AC a	35	56
10	137	Daniei O Boyle	Saint Edmund Pacers a	35	59
11	85	Kieran McMorran	Ipswich Jaffa RC a	36	05
12	146	Denys Olefir	Saint Edmund Pacers a	36	08
13	145	Andrew Southwood V40	Saint Edmund Pacers a	36	11
14	34	Jim Last V40	Framlingham Flyers a	36	14
15	95	Keith Tilley V45	Ipswich Jaffa RC a	36	31
16	97	Paul Wain	Ipswich Jaffa RC a	36	38
17	8	Tony Gavin	Felixstowe RRC a	36	48
18	59	Peter Miller	Haverhill Running Club a	36	50
19	167	Scott Williams	Stowmarket Striders RC A	37	01
20	32	Adam Howlett V45	Framlingham Flyers a	37	12
21	54	Dan Widdowson	Hadleigh Hares AC a	37	14
22	51	Daniel Preece	Hadleigh Hares AC a	37	25
23	179	Dean Bain	Waveney Valley AC a	37	44

24	144	Nick Smith	Saint Edmund Pacers a	37	45
25	58	Steve Mason	Haverhill Running Club a	37	48
26	7	Andy Ellis	Felixstowe RRC a	37	55
27	123	Christopher Cooke V55	Saint Edmund Pacers a	37	57
28	151	Samuel Burdett	Stowmarket Striders RC A	37	58
29	53	John Scaife V40	Hadleigh Hares AC a	38	04
30	75	Nicholas Clarke	Ipswich Jaffa RC a	38	11
31	56	Andrew Bell V40	Haverhill Running Club a	38	27
32	173	Kieron Haleys	Sudbury Joggers	38	38
33	6	Steve Brooke V50	Felixstowe RRC a	38	48
34	190	Andrew Hennessy V40	Wells City Harriers	38	52
35	14	David Solomon V50	Felixstowe RRC a	38	53
36	181	Jim Burgess V45	Waveney Valley AC a	38	54
37	132	Thomas Kingsnorth	Saint Edmund Pacers a	39	10
38	82	Steve Langley V55	Ipswich Jaffa RC b	39	16
39	194	David Ackerley	Woodbridge Shufflers Rc	39	30
40	80	James Hayward	Ipswich Jaffa RC a	39	33
41	19	Lee Barber	Framlingham Flyers a	39	42
42	188	Christopher Meadows	Waveney Valley AC a	39	46
43	94	John Thorpe V45	Ipswich Jaffa RC a	39	49
44	156	Alexander Harrison	Stowmarket Striders RC B	39	50
45	136	Chris Mower V40	Saint Edmund Pacers b	40	04
46	40	Ashley Smy	Framlingham Flyers e	40	08
47	189	Christopher Pimlott V40	Waveney Valley AC b	40	11
48	28	Mark Hayden V45	Framlingham Flyers a	40	14
49	170	Piotr Bulacz V45	Sudbury Joggers	40	15
50	27	Nick Hammond V45	Framlingham Flyers a	40	19

51	39	Darren Sheppard V45	Framlingham Flyers a	40	20
52	160	Tim Larke V45	Stowmarket Striders RC A	40	28
53	55	Anthony Bacon	Haverhill Running Club a	40	35
54	150	Stuart Buchan	Stowmarket Striders RC B	40	39
55	162	Nick Palmer V40	Stowmarket Striders RC A	40	46
56	100	Robert Cheverton V60	Lowestoft Road Runners	40	47
57	180	Leon Bernasconi V45	Waveney Valley AC b	40	49
58	61	Craig Sisson	Haverhill Running Club a	40	51
59	92	Daniel Summersgill	Ipswich Jaffa RC b	40	59
60	62	Westley Walker V40	Haverhill Running Club a	40	59
61	70	Alex Archer	Ipswich Jaffa RC b	41	00
62	77	Mark Curtis V40	Ipswich Jaffa RC b	41	10
63	178	Chris Bradford	Waveney Valley AC	41	20
64	155	Philip Green	Stowmarket Striders RC A	41	22
65	106	Paul Dockerill V40	Newmarket Joggers a	41	23
66	120	Howard Beasley V55	Saint Edmund Pacers b	41	25
67	86	Rob Page	Ipswich Jaffa RC c	41	27
68	159	Jan Kading V45	Stowmarket Striders RC B	41	30
69	197	James Cornish V40	Woodbridge Shufflers Rc	41	36
70	17	William Aldred V45	Framlingham Flyers b	41	39
71	175	Todd Lewis V55	Sudbury Joggers	41	44
72	93	Glynn Thomas V55	Ipswich Jaffa RC c	41	48
73	78	Ian Elden V40	Ipswich Jaffa RC c	41	54
74	35	Rob MacKenzie V55	Framlingham Flyers b	41	57
75	166	Ross Wilcox V40	Stowmarket Striders RC	42	39
76	81	Alexander Hosking	Ipswich Jaffa RC b	42	40
77	9	Robin Harper V40	Felixstowe RRC a	42	42

78	116	Stuart Sowerby V45	Newmarket Joggers a	42	54
79	196	Tom Alexander V40	Woodbridge Shufflers Rc	43	01
80	25	Steve Hall V45	Framlingham Flyers c	43	02
81	134	Iain Milligan V45	Saint Edmund Pacers b	43	06
82	98	Alec Wright V40	Ipswich Jaffa RC b	43	08
83	165	Elliot Wells	Stowmarket Striders RC A	43	09
84	64	Stephen Hicks V55	Ipswich Harriers	43	10
85	10	Benjamin Jacobs V40	Felixstowe RRC b	43	13
86	21	Stephen Curran V55	Framlingham Flyers b	43	22
87	63	Mark White V45	Haverhill Running Club b	43	29
88	172	Jamie Fittock	Sudbury Joggers	43	38
89	49	Paul Lacey V45	Hadleigh Hares AC a	43	41
90	121	Peter Bird V45	Saint Edmund Pacers b	43	43
91	192	Ben Jeffery V40	West Suffolk AC	43	45
92	87	Brian Rogers V60	Ipswich Jaffa RC c	43	51
93	60	Bryan Rootes V50	Haverhill Running Club b	43	53
94	37	Ricky Peacher V40	Framlingham Flyers b	43	57
95	18	John Aldred	Framlingham Flyers b	43	58
96	139	Rakesh Raja V50	Saint Edmund Pacers b	44	01
97	71	Robin Belsom V55	Ipswich Jaffa RC d	44	11
98	31	James Howlett V45	Framlingham Flyers b	44	12
99	45	Colin Turner	Framlingham Flyers e	44	15
100	183	Timothy Earl	Waveney Valley AC b	44	21
101	168	Darren Barfield	Sudbury Joggers	44	24
102	182	Steven Carruthers V45	Waveney Valley AC a	44	28
103	117	James Thomson	Newmarket Joggers a	44	43
104	142	Nigel Schofield V50	Saint Edmund Pacers d	44	57

105	30	Richard Higgins V50	Framlingham Flyers c	45	07
106	171	Ben Cuthbert V40	Sudbury Joggers	45	55
107	193	Gary Marshall V40	West Suffolk AC	46	06
108	102	Neville Clarke V65	Newmarket Joggers a	46	12
109	43	Simon Tinkler V40	Framlingham Flyers e	46	17
110	195	Roger Ackerley V60	Woodbridge Shufflers Rc	46	30
111	141	Michael Rushton V40	Saint Edmund Pacers d	46	35
112	69	Daniel Ager V45	Ipswich Jaffa RC d	46	44
113	99	Kenneth Wright	Ipswich Jaffa RC e	46	50
114	36	Alex McGregor	Framlingham Flyers c	46	59
115	46	Karl Feagan V45	Hadleigh Hares AC b	47	11
116	44	Kenneth Tovell V45	Framlingham Flyers e	47	15
117	16	James Wilcox V40	Felixstowe RRC b	47	17
118	129	Stephen Hatten V50	Saint Edmund Pacers c	47	18
119	128	Michael Hankinson V55	Saint Edmund Pacers c	47	23
120	126	Ian Gooderham V50	Saint Edmund Pacers c	47	32
121	140	Jonny Rankin	Saint Edmund Pacers d	48	00
122	199	Ben Watson V40	Woodbridge Shufflers Rc	48	07
123	89	Mark Scott V40	Ipswich Jaffa RC	48	10
124	47	Mike Hough V45	Hadleigh Hares AC a	48	14
125	33	Ian Kennedy V55	Framlingham Flyers c	48	16
126	176	Wayne Mumford V50	Sudbury Joggers	48	24
127	74	Duncan Chenery V55	Ipswich Jaffa RC d	48	31
128	164	Peter Warland V50	Stowmarket Striders RC C	48	36
129	158	Mark Hughes V50	Stowmarket Striders RC	48	50
130	499	Eamonn Coveney V55	Saint Edmund Pacers d	48	52
131	20	Tim Cherrett V55	Framlingham Flyers c	49	00

132	88	Mark Rose V40	Ipswich Jaffa RC d	49	18
133	135	Robert Morgan V55	Saint Edmund Pacers d	49	50
134	1	Gary Howe V60	Beccles & Bungay Harriers	49	55
135	11	Stuart Mason V55	Felixstowe RRC b	49	56
136	84	Tim Long V55	Ipswich Jaffa RC d	50	00
137	154	Wayne Gardner	Stowmarket Striders RC B	50	18
138	131	Peter Jay V55	Saint Edmund Pacers c	50	27
139	48	Steve Hunt V55	Hadleigh Hares AC b	50	34
140	130	Tom Hoblyn V55	Saint Edmund Pacers c	50	41
141	12	Paul Schwer V55	Felixstowe RRC b	50	44
142	118	Neil Williamson V40	Newmarket Joggers b	50	51
143	113	Clive Purbrook V60	Newmarket Joggers b	51	12
144	498	Cliff Manning V55	Sudbury Joggers	51	19
145	23	David Dinnage	Framlingham Flyers c	51	38
146	115	Alan Shand V60	Newmarket Joggers b	51	58
147	149	Philip Beer V50	Stowmarket Striders RC C	52	40
148	163	Robert Reason V50	Stowmarket Striders RC B	53	08
149	13	David Seymour V55	Felixstowe RRC b	53	37
150	83	Mon Lee V60	Ipswich Jaffa RC e	53	38
151	91	Charles Shoolbred V65	Ipswich Jaffa RC e	53	50
152	42	David Taylor V65	Framlingham Flyers e	54	59
153	57	Ben Eccleston	Haverhill Running Club b	55	18
154	72	Jonathan Bolton	Ipswich Jaffa RC e	55	28
155	153	Richard Fellingham V70	Stowmarket Striders RC C	56	06
156	147	Jake Church	Saxmundham Sports Running & Fitness Club	56	24
157	22	Simon Davis V55	Framlingham Flyers	56	34
158	127	Simon Haffenden V55	Saint Edmund Pacers d	57	04

159	152	Timothy Drain	Stowmarket Striders RC C	57	28
160	148	Keelan Smith	Saxmundham Sports Running & Fitness Club	57	37
161	177	Jonathan Price V65	Sudbury Joggers b	57	59
162	103	Baz Colley V50	Newmarket Joggers b	58	05
163	101	Chris Aylmer V65	Newmarket Joggers b	58	35
164	119	Jim Withers V60	Newmarket Joggers b	59	27
165	157	Andrew Hayward	Stowmarket Striders RC C	59	46
166					
167					
168					
169					
170					
171					
172					
173					
174					
175					
176					
177					
178					
179					
180					
181					
182					
183					
184					
185					

4 To Score

Men

Team Result

1 Saint Edmund Pacers a	59
2 Ipswich Jaffa RC a	72
3 Hadleigh Hares AC a	81
4 Ipswich Harriers	94
5 Waveney Valley AC a	105
6 Felixstowe RRC a	111
7 Framlingham Flyers a	123
8 Haverhill Running Club a	127
9 Stowmarket Striders RC A	154
10 Ipswich Jaffa RC b	220
11 Sudbury Joggers	240
12 Newmarket Joggers a	254
13 Saint Edmund Pacers b	282
14 Woodbridge Shufflers Rc	297
15 Stowmarket Striders RC B	303
16 Ipswich Jaffa RC c	304
17 Framlingham Flyers b	324
18 Framlingham Flyers e	370
19 Framlingham Flyers c	424
20 Saint Edmund Pacers d	466
21 Ipswich Jaffa RC d	468
22 Felixstowe RRC b	478
23 Saint Edmund Pacers c	495

24 Ipswich Jaffa RC e	568
25 Stowmarket Striders RC C	589
26 Newmarket Joggers b	593