

# Suffolk Cross County Championships

# 4 To Score

## Heveningham Hall

10-Jan-16

## Men

Pos	No	Name	Club	Time	Team Result	
1	178	Michael Bartram	West Suffolk Ac a	41 56	1 Ipswich Jaffa Rc a	27
2	6	Josh Entwistle	Felixstowe Rrc a	42 01	2 Felixstowe Rrc a	89
3	180	Thomas Eames	West Suffolk Ac a	42 24	3 Newmarket Joggers a	94
4	84	Kieran McMorran	Ipswich Jaffa Rc a	43 30	4 Framlingham Flyers a	101
5	79	Jonathan Ling	Ipswich Jaffa Rc a	44 26	5 Ipswich Jaffa Rc b	123
6	4	Dominic Oliver	City Of Norwich Ac	44 50	6 Sudbury Joggers a	126
7	72	Robert Chenery	Ipswich Jaffa Rc a	44 56	7 Saint Edmund Pacers a	150
8	181	Cameron McKie	West Suffolk Ac a	45 05	8 Stowmarket Striders Rc a	155
9	54	John Scaife M40	Hadleigh Hares Ac a	45 19	9 Hadleigh Hares Ac a	207
10	12	Danny Rock	Felixstowe Rrc a	45 44	10 Woodbridge Shufflers Rc	216
11	77	Steve Fraser-Lim	Ipswich Jaffa Rc a	45 49	11 Ipswich Jaffa Rc c	236
12	34	Jim Last	Framlingham Flyers a	45 53	12 Framlingham Flyers b	282
13	60	Steven Parry M40	Ipswich Jaffa Rc a	46 31	13 Framlingham Flyers c	304
14	58	Roger Aldis M40	Ipswich Harriers	46 39	14 Stowmarket Striders Rc b	306
15	151	Nick Palmer M40	Stowmarket Striders Rc a	46 55	15 Stowmarket Striders Rc c	319
16	103	Sam Sadler	Newmarket Joggers a	47 01	16 Saxmundham Sports R & FC a	319
17	73	Nicholas Clarke	Ipswich Jaffa Rc a	47 03	17 Saint Edmund Pacers b	330
18	29	Adam Howlett M40	Framlingham Flyers a	47 45	18 Ipswich Jaffa Rc d	333
19	182	James Nunn	Unattached	48 31	19 Sudbury Joggers b	336
20	43	Darren Sheppard M40	Framlingham Flyers a	48 35	20 Felixstowe Rrc b	348
21	52	David Read	Hadleigh Hares Ac a	48 45	21 Newmarket Joggers b	369
22	105	Martyn Taylor	Newmarket Joggers a	48 49	22 Stowmarket Striders Rc d	414
23	97	Greg Davis M50	Newmarket Joggers a	48 55	23 Framlingham Flyers d	447
24	167	Kieran Hales	Sudbury Joggers a	48 59		
25	159	Andrew Buck M50	Sudbury Joggers a	49 01		
26	86	Joshua Peacock	Ipswich Jaffa Rc b	49 03		
27	74	Garry Cullum	Ipswich Jaffa Rc b	49 05		
28	44	Todd Strehlow	Framlingham Flyers c	49 08		
29	107	Christopher Cooke M50	Saint Edmund Pacers a	49 09		
30	126	Thomas White	Saint Edmund Pacers a	49 11		
31	187	Matthew Hunt	Woodbridge Shufflers Rc	49 33		
32	156	Scott Williams	Stowmarket Striders Rc a	49 37		
33	98	Chris Gray	Newmarket Joggers a	49 37		
34	85	Ian Old	Ipswich Jaffa Rc b	49 41		
35	16	David Solomon M40	Felixstowe Rrc a	49 52		
36	83	Scott MacSephney M40	Ipswich Jaffa Rc b	50 11		
37	131	James Wilson	Saxmundham Sports R & FC a	50 21		
38	170	Malcolm Penn M50	Sudbury Joggers a	50 26		
39	163	Tom Cresswell	Sudbury Joggers a	50 36		
40	145	Mark Hayward	Stowmarket Striders Rc b	50 37		
41	146	Steven Hughes M50	Stowmarket Striders Rc c	50 41		
42	10	Adrian Kudela	Felixstowe Rrc a	50 44		
43	87	Brian Rogers M60	Ipswich Jaffa Rc b	51 05		
44	114	Iain Milligan M40	Saint Edmund Pacers a	51 07		
45	152	Richie Parkins M40	Stowmarket Striders Rc b	51 10		
46	5	Darren Cook M40	Felixstowe Rrc a	51 23		
47	108	Matthew Crane	Saint Edmund Pacers a	51 24		
48	185	Ian Coxall M40	Woodbridge Shufflers Rc	51 24		
49	25	Steve Garvie M40	Framlingham Flyers b	51 32		
50	132	Thomas Hunnisett	Saxmundham Sports R & FC a	51 35		
51	32	Daniel Kinsman M40	Framlingham Flyers a	51 38		
52	154	Christopher Starmer M50	Stowmarket Striders Rc a	51 40		
53	164	Ben Cuthbert	Sudbury Joggers a	51 43		
54	92	Eugene Husband M40	Newmarket Cycling & Tri	51 50		
55	70	Marcus Catlin	Ipswich Jaffa Rc c	51 58		
56	150	Chris Miles	Stowmarket Striders Rc a	52 17		
57	20	William Aldred M40	Framlingham Flyers a	52 21		
58	81	Dave Lumby M50	Ipswich Jaffa Rc b	52 26		
59	67	Marcus Boon	Ipswich Jaffa Rc c	52 57		
60	64	Robin Belsom M50	Ipswich Jaffa Rc c	53 00		
61	133	Jason Allard M40	Stowmarket Striders Rc c	53 39		
62	63	Jordan Beaumont	Ipswich Jaffa Rc c	53 46		
63	62	Carl Ashton M40	Ipswich Jaffa Rc c	54 06		
64	190	Richard Webster M50	Woodbridge Shufflers Rc	54 21		
65	11	Simon Merrick M40	Felixstowe Rrc b	54 22		
66	124	Mark Watts M50	Saint Edmund Pacers a	54 23		
67	117	Michael Rushton M40	Saint Edmund Pacers b	54 29		
68	7	Robin Harper	Felixstowe Rrc b	54 33		
69	47	Kenneth Tovell M40	Framlingham Flyers c	54 34		
70	76	Stephen Dixon M50	Ipswich Jaffa Rc d	54 46		

Pos	No	Name	Club	Time
71	144	James Hayward	Stowmarket Striders Rc b	54 52
72	166	Andy Glass M40	Sudbury Joggers b	54 55
73	189	Sean Kennedy	Woodbridge Shufflers Rc	54 57
74	89	Ashley Smy	Ipswich Jaffa Rc c	54 58
75	26	Peter Gray M40	Framlingham Flyers b	55 00
76	183	Roger Ackerley M50	Woodbridge Shufflers Rc	55 01
77	30	James Howlett M40	Framlingham Flyers b	55 03
78	188	Omar Jagana	Woodbridge Shufflers Rc	55 15
79	112	Stephen Hatten M50	Saint Edmund Pacers b	55 22
80	88	Mark Rose M40	Ipswich Jaffa Rc d	55 31
81	27	Stewart Hambling M40	Framlingham Flyers b	55 50
82	155	Nick Stephens M50	Stowmarket Striders Rc c	56 12
83	23	Stephen Curran M50	Framlingham Flyers b	56 14
84	125	Vince Webb M40	Saint Edmund Pacers b	56 20
85	50	Iain Johnston	Hadleigh Hares Ac a	56 22
86	82	Ker MacRosson M60	Ipswich Jaffa Rc e	56 27
87	157	Darren Barfield	Sudbury Joggers a	56 28
88	165	Jamie Fittock	Sudbury Joggers b	56 36
89	37	Ricky Peacher	Framlingham Flyers b	56 41
90	162	Jim Comber M40	Sudbury Joggers b	56 51
91	71	Duncan Chenery M50	Ipswich Jaffa Rc d	56 59
92	53	Oliver Riches	Hadleigh Hares Ac a	57 18
93	93	Paul Tulk M40	Newmarket Cycling & Tri	57 28
94	96	Kevin Connolly	Newmarket Joggers a	57 33
95	65	Christopher Bing	Ipswich Jaffa Rc d	57 41
96	149	Richard Leeder	Stowmarket Striders Rc d	57 50
97	99	Phillip Green M50	Newmarket Joggers b	58 04
98	174	Kevin Stagg M40	Sudbury Joggers b	58 20
99	35	Rob MacKenzie M50	Framlingham Flyers c	58 20
100	95	Neville Clarke M60	Newmarket Joggers b	58 28
101	111	Ian Gooderham M40	Saint Edmund Pacers c	58 33
102	128	David Fordham M60	Saxmundham Sports R & FC a	58 47
103	123	Dave Vaughan M60	Saint Edmund Pacers b	58 57
104	102	Jeremy Reader M40	Newmarket Joggers b	59 43
105	61	John Adams M40	Ipswich Jaffa Rc d	59 45
106	158	Matthew Benson	Sudbury Joggers b	59 57
107	192	Charles Shoolbred M60	Unattached	59 59
108	24	David Dinnage	Framlingham Flyers c	60 37
109	136	Philip Beer M50	Stowmarket Striders Rc d	60 48
110	122	Adam Underwood	Saint Edmund Pacers c	60 50
111	46	Simon Tinkler M40	Framlingham Flyers c	60 54
112	38	Mike Pleasants M40	Framlingham Flyers c	61 12
113	101	Clive Purbrook M60	Newmarket Joggers b	61 14
114	100	Brian Munns M50	Newmarket Joggers b	61 25
115	9	Benjamin Jacobs	Felixstowe Rrc b	61 32
116	153	Daniel Selfe M40	Stowmarket Striders Rc d	61 37
117	113	Tom Hoblyn M50	Saint Edmund Pacers c	62 05
118	51	Paul McAllister M40	Hadleigh Hares Ac a	62 16
119	31	Ian Kennedy M50	Framlingham Flyers d	62 37
120	127	Stephen Williams M60	Saint Edmund Pacers b	63 06
121	19	Peter Woods	Felixstowe Rrc b	63 09
122	8	Alex Jacobs	Felixstowe Rrc b	63 21
123	45	David Taylor M60	Framlingham Flyers d	63 29
124	169	Wayne Mumford M40	Sudbury Joggers	64 00
125	42	Mark Sargeantson M60	Framlingham Flyers d	64 22
126	141	Adam Fish	Stowmarket Striders Rc d	64 55
127	15	David Seymour M50	Felixstowe Rrc b	65 09
128	80	Tim Long M50	Ipswich Jaffa Rc e	65 29
129	140	Richard Fellingham M60	Stowmarket Striders Rc a	66 00
130	33	Hugh Langley M40	Framlingham Flyers d	66 15
131	176	Dominic Turner M40	Sudbury Joggers b	66 29
132	69	Neil Carter	Ipswich Jaffa Rc d	66 44
133	104	Alan Shand M60	Newmarket Joggers b	66 51
134	41	Peter Russell M60	Framlingham Flyers d	66 54
135	142	Steve Gray M50	Stowmarket Striders Rc c	67 14
136	135	Don Beatty M60	Stowmarket Striders Rc a	67 40
137	168	Oisin Kelly M40	Sudbury Joggers	68 03
138	161	David Chapman M50	Sudbury Joggers	68 12
139	78	Mon Lee M50	Ipswich Jaffa Rc e	68 43
140	191	Stuart Barton M40	Unattached	71 25
141	130	Keelan Smith	Saxmundham Sports R & FC a	72 14
142	36	Jamie Payne	Framlingham Flyers d	73 27
143	109	John Cullum M60	Saint Edmund Pacers d	74 25
144	184	Mark Allen M50	Woodbridge Shufflers Rc	74 49
145	138	David Daniels M50	Stowmarket Striders Rc d	76 39
146	147	Iain Hunter M50	Stowmarket Striders Rc c	76 46
147	120	David Swales M50	Saint Edmund Pacers d	77 52
148	106	Jim Withers M60	Newmarket Joggers	78 20
149	143	Craig Hawkins	Stowmarket Striders Rc c	80 40
150	148	Terry Hunter M60	Stowmarket Striders Rc b	81 02



# Suffolk Cross County Championships

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To Score

Heveningham Hall

10-Jan-16

U20 Men

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Team Result</b>
1	301	John Millar	Ipswich Harriers	27 54	
2	308	Christopher Morton	West Suffolk Ac	32 07	
3	303	Ieuan Alldis	St.Edmund Pacers	33 27	
4	310	Connor Grant	Woodbridge School	35 21	
5	305	Thomas Codling	Sudbury Joggers	35 35	
6	304	Jake Church	Saxmundham Sports R & FC	38 15	

# Suffolk Cross County Championships

**4** To Score

Heveningham Hall

10-Jan-16

U17 Men

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Team Result</b>	
1	483	Thomas Adams	Ipswich Harriers	20 49	1 West Suffolk Ac	10
2	491	Jacob Freeborough	West Suffolk Ac	22 11		
3	492	James Preston	West Suffolk Ac	22 19		
4	486	Paul Wain	Ipswich Jaffa Rc	22 32		
5	494	Christopher Williams	West Suffolk Ac	23 31		
6	488	Alex Harrison	Stowmarket Striders Rc	26 21		
7	482	Bradley Potts	Framlingham Flyers	28 05		
8	487	Benjamin Law	St.Edmund Pacers	32 17		

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## U15 Boys

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	460	Reuben Handy	St.Edmund Pacers	14	34	1 Ipswich Harriers	13
2	452	Thomas Abbott	Ipswich Harriers	14	59	2 St.Edmund Pacers	16
3	456	Matthew Snowdon	Ipswich Harriers	15	05	3 West Suffolk Ac	33
4	477	Nathan Goddard	Woodbridge School	15	19	4 Woodbridge School	36
5	463	Henry Steele	St.Edmund Pacers	15	24	5 Waveney Valley Ac	39
6	473	Thomas McCarthy	West Suffolk Ac	15	25		
7	472	Philip Crutchlow	West Suffolk Ac	15	28		
8	455	Josh Hulse	Ipswich Harriers	15	46		
9	454	Jack Grady	Ipswich Harriers	15	51		
10	462	Joe Robson	St.Edmund Pacers	15	57		
11	478	George Rufford	Woodbridge School	15	59		
12	466	Jamie Besford	Waveney Valley Ac	16	41		
13	467	Tai Elvin-Andrews	Waveney Valley Ac	16	42		
14	470	Samuel Stevens	Waveney Valley Ac	16	47		
15	459	Max Daplyn	St.Edmund Pacers	16	48		
16	451	Barnaby Green	Framlingham College	16	53		
17	458	Conner Bilner	Ipswich Jaffa Rc	17	14		
18	453	George Fricker	Ipswich Harriers	17	15		
19	465	Harry Tillbrook	Stowmarket Striders Rc	17	22		
20	474	Adam Newton	West Suffolk Ac	17	26		
21	475	Daniel Davies	Woodbridge School	18	12		
22	457	Adam Wood	Ipswich Harriers	18	16		
23	476	Alex Evans - Lombe	Woodbridge School	18	39		
24	464	Kyle Church	Saxmundham Sports R & FC	18	47		
25	479	Bertie Tweed	Unattached	18	57		
26	469	Tobias Scriven	Waveney Valley Ac	23	26		

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## U13 Boys

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>		<u>Team Result</u>		
1	433	Ben Bayley	St.Edmund Pacers	11	24	1	St.Edmund Pacers	13
2	428	Jack Weaver	Ipswich Harriers	11	37	2	Ipswich Harriers	16
3	436	Jonny Peate	St.Edmund Pacers	11	58	3	Ipswich Jaffa Rc	37
4	423	George Wharam	Ipswich Harriers	12	07	4	Woodbridge School	43
5	446	Henry Dinwiddy	Woodbridge School	12	13	5	Barnardiston Hall Prep School	45
6	429	Max Ashmore	Ipswich Jaffa Rc	12	19	6	West Suffolk Ac	51
7	431	Ashley Wilding	Ipswich Jaffa Rc	12	23	7	Framlingham Flyers	64
8	448	Edward Rufford	Woodbridge School	12	26			
9	434	Tom Henson	St.Edmund Pacers	12	29			
10	424	Frederick Adams	Ipswich Harriers	12	38			
11	413	Archie Tweed	Barnardiston Hall Prep School	12	52			
12	425	Jack Hayes	Ipswich Harriers	13	03			
13	432	Anton Auis	St.Edmund Pacers	13	08			
14	410	Charlie Bayly	Barnardiston Hall Prep School	13	10			
15	419	Alec MacKay	Framlingham Flyers	13	12			
16	444	Joe Bradford	West Suffolk Ac	13	12			
17	445	Reuben Witcherley	West Suffolk Ac	13	23			
18	443	Ewan Boyle	West Suffolk Ac	13	33			
19	435	Joe Kenworthy	St.Edmund Pacers	13	33			
20	411	William Hicks	Barnardiston Hall Prep School	13	37			
21	441	James Peck	Thetford Ac	13	37			
22	439	Oscar Woodward	St.Edmund Pacers	13	41			
23	421	Charlie Peacher	Framlingham Flyers	13	47			
24	430	Harvey Hall	Ipswich Jaffa Rc	14	10			
25	437	Alex Richardson	St.Edmund Pacers	14	12			
26	416	Joe Edmonds	Framlingham Flyers	14	15			
27	415	Joseph Davison	Framlingham Flyers	14	23			
28	422	Owen Tweed	Framlingham Flyers	14	34			
29	418	Oliver Kinsman	Framlingham Flyers	15	34			
30	447	Thomas Liddy	Woodbridge School	15	46			
31	414	Benjamin Clements	Framlingham Flyers	15	51			
32	417	Noah Graham	Framlingham Flyers	16	12			
33	440	Connor Yarrow	Stowmarket Striders Rc	16	23			
34	420	Poric Niekirk	Framlingham Flyers	16	41			

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## U11 Boys

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	515	Max Fisher	Unattached	8	42	1 Waveney Valley Ac	34
2	508	Oliver Hart	Ipswich Jaffa Rc	8	44		
3	514	Tommy Burrows	Woodbridge School	8	50		
4	509	Ashton Richardson	St.Edmund Pacers	9	09		
5	513	Chase Hodds	Waveney Valley Ac	9	31		
6	511	Benjamin Cone	Waveney Valley Ac	9	37		
7	504	William Gilmour	Framlingham Flyers	9	37		
8	507	Luke Hart	Ipswich Jaffa Rc	9	57		
9	505	Jacob Tweed	Framlingham Flyers	10	13		
10	502	Segolame Molife	Barnardiston Hall Prep School	10	24		
11	510	James Burgess	Waveney Valley Ac	10	25		
12	512	Ethan Hodds	Waveney Valley Ac	11	10		
13	503	Henry Sidebottom	Barnardiston Hall Prep School	12	34		
14	501	Max Meadows	Barnardiston Hall Prep School	12	35		



# Suffolk Cross County Championships

## **4** To Score

### Heveningham Hall

10-Jan-16

### U11 Girls

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	535	Amy Goddard	Woodbridge School	9	05	1 Framlingham Flyers	37
2	532	Ruby Vinton	Ipswich Jaffa Rc	9	15		
3	528	Millie Taylor	Framlingham Flyers	9	39		
4	531	Helena Hall	Ipswich Jaffa Rc	9	44		
5	524	Imogen Whyte	Beccles & Bungay Harriers	9	57		
6	529	Erin Rogers	Hadleigh Hares Ac	10	42		
7	533	Josephine Beer	Stowmarket Striders Rc	10	50		
8	522	Zoe Troy	Barnardiston Hall Prep School	11	08		
9	527	Tiggy Robinson	Framlingham Flyers	11	27		
10	534	Isabella Porch	Stowmarket Striders Rc	11	35		
11	521	Mia Richardson	Barnardiston Hall Prep School	12	01		
12	525	Maisie Ali	Framlingham Flyers	12	10		
13	526	Tilly Buckland	Framlingham Flyers	12	14		

# Suffolk Cross County Championships

## 4 To Score

### Heveningham Hall

10-Jan-16

### U13 Girls

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	333	April Hill	Ipswich Harriers	11	46	1 Ipswich Harriers	6
2	332	Holly Fisher	Ipswich Harriers	11	50	2 Framlingham Flyers	53
3	336	Sasha Tydeman	Ipswich Harriers	12	03	3 St.Edmund Pacers	53
4	335	Mimi Salsby	Ipswich Harriers	12	37	4 West Suffolk Ac	58
5	334	Eve McCallum	Ipswich Harriers	12	42		
6	329	Tilly Aldis	Ipswich Harriers	12	52		
7	320	Grace Forster	Beccles & Bungay Harriers	13	28		
8	340	Eden Handy	St.Edmund Pacers	13	34		
9	331	Mia Dann	Ipswich Harriers	13	48		
10	327	Brooke Oram	Great Yarmouth & District Ac	13	56		
11	346	Chloe Cavill	West Suffolk Ac	14	05		
12	318	Molly Matthews	Barnardiston Hall Prep School	14	12		
13	330	Nellee Berry	Ipswich Harriers	14	12		
14	338	Lottie Smith	Ipswich Jaffa Rc	14	29		
15	325	Monique Humphrey	Framlingham Flyers	14	37		
16	321	Elodie Whyte	Beccles & Bungay Harriers	14	40		
17	322	Lily Bemmer	Framlingham Flyers	14	46		
18	352	Sophie Graham	Woodbridge School	14	48		
19	341	Holly Reynolds	St.Edmund Pacers	14	58		
20	351	Victoria Burrows	Woodbridge School	15	03		
21	323	Rose Branton	Framlingham Flyers	15	03		
22	317	Sally Hancock	Barnardiston Hall Prep School	15	09		
23	347	Alex Ginns	West Suffolk Ac	15	27		
24	349	Libby Stinson	West Suffolk Ac	15	37		
25	348	Lydia Marshall	West Suffolk Ac	15	42		
26	342	Anna Robson	St.Edmund Pacers	15	42		
27	326	Fliss Kindred-Kirk	Framlingham Flyers	16	15		
28	345	Naomi Boots	Waveney Valley Ac	16	22		

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## U15 Girls

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	372	Rebecca Daniel	West Suffolk Ac	16	38	1 West Suffolk AC	12
2	360	Charlotte Summers	Ipswich Harriers	16	52	2 Woodbridge School	16
3	371	Olivia Allum	West Suffolk Ac	17	8	3 St.Edmund Pacers	35
4	379	Sarah Barker	Woodbridge School	17	24	4 Ipswich Harriers	37
5	380	Millie Buckingham	Woodbridge School	17	54		
6	370	Harriet Lyman	Waveney Valley Ac	17	59		
7	381	Amy Graham	Woodbridge School	18	29		
8	378	Libby Walshe	West Suffolk AC	18	41		
9	354	Cara Howe	Beccles & Bungay Harriers	18	51		
10	364	Kirsten O'Brien	St.Edmund Pacers	18	58		
11	375	Claudia Spencer-Hall	West Suffolk Ac	19	13		
12	362	Maisie Catles	St.Edmund Pacers	19	17		
13	366	Sophie Wishlade	St.Edmund Pacers	19	27		
14	365	Robyn Sheehy	St.Edmund Pacers	19	43		
15	368	Hannah Harrison	Stowmarket Striders Rc	20	14		
16	357	Imi Bowyer	Ipswich Tri Club	20	27		
17	359	Evie Morgan	Ipswich Harriers	20	47		
18	358	Alice Cox	Ipswich Harriers	21	21		
19	369	Lily Collins	Waveney Valley Ac	21	30		
20	374	Jasmin Raja	West Suffolk Ac	21	37		
21	361	Shannon MacSephney	Ipswich Jaffa Rc	21	38		
22	367	Scarlett Angove	Stowmarket Striders Rc	23	58		
23	355	Amber Graham	Framlingham Flyers	24	11		

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## U17 Women

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>	
1	393	Megan Newton	West Suffolk Ac	18	55	1 Ipswich Harriers	9
2	384	Abigail Rose	Ipswich Harriers	20	10	2 West Suffolk Ac	15
3	385	Lily Woodruff	Ipswich Harriers	20	49	3 St.Edmund Pacers	24
4	383	Anna Firth	Ipswich Harriers	21	05		
5	392	Holly Davies	West Suffolk Ac	21	41		
6	387	Chloe Doyle	St.Edmund Pacers	22	18		
7	382	Lauren Oram	Great Yarmouth & District AC	24	56		
8	390	Louise Webb	St.Edmund Pacers	25	08		
9	394	Mikayela Sealby	West Suffolk Ac	25	15		
10	386	Alice Bell	St.Edmund Pacers	25	22		

# Suffolk Cross County Championships

4

# To Score

Heveningham Hall

10-Jan-16

U20 Women

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>		<b>Team Result</b>
1	404	Emily Moyes	West Suffolk Ac	24	57	
2	400	Lauren Howe	City Of Norwich Ac	25	39	

# Suffolk Cross County Championships

**4** To Score

## Heveningham Hall

10-Jan-16

## Senior Women

Pos	No	Name	Club	Time		Team Result	
1	292	Rose Nicholson	Waveney Valley AC	31	46	1 Ipswich Jaffa Rc a	28
2	265	Odetta Robson M40	St Edmund Pacers a	31	49	2 St Edmund Pacers a	33
3	243	Laura Thomas	Ipswich Jaffa Rc a	32	59	3 Newmarket Joggers a	40
4	262	Angela Joiner-Handy M40	St Edmund Pacers a	33	08	4 West Suffolk AC a	45
5	277	Tamara Jordan	Stowmarket Striders a	33	30	5 Framlingham Flyers a	50
6	297	Maureen McCarthy M50	West Suffolk AC a	33	40	6 Hadleigh Hares Ac a	61
7	222	Davina Greenwell	Hadleigh Hares Ac a	33	45	7 Sudbury Joggers a	67
8	254	Grainne Neary	Newmarket Joggers a	34	24	8 Stowmarket Striders a	68
9	231	Georgia Garvin	Ipswich Jaffa Rc a	34	29	9 Ipswich Jaffa Rc b	78
10	289	Louise Glass	Sudbury Joggers a	34	44	10 Newmarket Joggers b	105
11	208	Mary Bird	Framlingham Flyers a	34	56	11 Stowmarket Striders b	137
12	200	Hannah Maher	City of Norwich	35	00	12 Framlingham Flyers b	144
13	221	Kerry Dennett	Hadleigh Hares Ac a	35	15	13 Ipswich Jaffa Rc c	160
14	293	Christine Anthony M50	West Suffolk AC a	35	20	14 Stowmarket Striders c	170
15	250	Nichola Chapman	Newmarket Joggers a	35	50	15 Felixstowe Rrc a	171
16	237	Val Jennings M50	Ipswich Jaffa Rc a	36	02	16 Framlingham Flyers c	190
17	251	Alice Everett	Newmarket Joggers a	36	30	17 Newmarket Joggers c	207
18	210	Sasha Chilvers	Framlingham Flyers a	36	53	18 Saxmundham Sports R & FC	209
19	286	Emma Barrowclough	Sudbury Joggers a	36	58		
20	255	Ursula Ransom M40	Newmarket Joggers b	37	02		
21	211	Geraldine Clarke M40	Framlingham Flyers a	37	05		
22	249	Grainne Brennan	Newmarket Joggers a	37	21		
23	239	Esther Lury	Ipswich Jaffa Rc a	38	04		
24	245	Hannah Wood M40	Ipswich Jaffa Rc b	38	08		
25	294	Sally Ball M40	West Suffolk AC a	38	22		
26	229	Lynsey Chenery	Ipswich Jaffa Rc b	38	37		
27	263	Amanda Martin M40	St Edmund Pacers a	38	39		
28	232	Rachael Hamblyn	Ipswich Jaffa Rc b	38	54		
29	282	Gemma Porch	Stowmarket Striders a	38	59		
30	204	Lucy Sheehan	Felixstowe Rrc a	39	16		
31	207	Clare Barstow	Framlingham Flyers a	39	38		
32	244	Inge Van Tuinen - Nijkamp	Ipswich Jaffa Rc b	39	59		
33	248	Di Thomas	Newmarket Cycling & Tri	40	09		
34	275	Dianne Hughes M50	Stowmarket Striders a	40	10		
35	290	Elizabeth Sandford M40	Sudbury Joggers	40	14		
36	271	Julia Baldwin M40	Stowmarket Striders b	40	21		
37	285	Helen Wing M40	Stowmarket Striders d	40	58		
38	287	Sally-ann Bowen M40	Sudbury Joggers a	41	06		
39	256	Lisa Redman M40	Newmarket Joggers b	41	08		
40	214	Michelle Hewitt	Framlingham Flyers b	41	20		
41	223	Katrina Rigby	Hadleigh Hares Ac a	41	24		
42	219	Rachel Bodsworth	Hadleigh Hares Ac a	41	35		
43	266	Sandra Webb M40	St Edmund Pacers a	41	40		
44	234	Suzanne Heath M40	Ipswich Jaffa Rc c	42	13		
45	273	Kate Cooper	Stowmarket Striders b	43	15		
46	260	Svitlana Zinchenko	Newmarket Joggers b	43	26		
47	259	Helen Wass M50	Newmarket Joggers b	43	37		
48	272	Katie Beer M40	Stowmarket Striders c	43	51		
49	278	Deirdra Keating M40	Stowmarket Striders d	44	00		
50	291	Rebecca Evans M40	Sudbury Joggers a	44	03		
51	217	Marion Walker M60	Framlingham Flyers b	44	12		
52	247	Kerry Brown	Newmarket Cycling & Tri	44	21		
53	215	Jo Parden M40	Framlingham Flyers b	44	41		
54	264	Sally Phillips	St Edmund Pacers b	44	48		
55	283	Anna Smith M40	Stowmarket Striders c	45	09		
56	284	Jo Stephenson M50	Stowmarket Striders b	45	26		
57	236	Corinna Hussey M40	Ipswich Jaffa Rc c	45	52		
58	257	Belinda Schofield M50	Newmarket Joggers c	46	10		
59	240	Catherine Pittam	Ipswich Jaffa Rc c	46	40		
60	233	Julie Haselwood M60	Ipswich Jaffa Rc c	46	52		
61	209	Joanne Cartwright M40	Framlingham Flyers c	47	12		
62	218	Sally Watson M60	Framlingham Flyers b	48	01		
63	270	Ann Granger M50	Saxmundham Sports R & FC	49	09		
64	216	Vivienne Taylor M60	Framlingham Flyers c	49	20		
65	213	Elsbeth Gilmour	Framlingham Flyers c	50	07		
66	276	Wendy Hughes M50	Stowmarket Striders a	50	29		
67	280	Sandra Mayhew M50	Stowmarket Striders c	50	29		
68	269	Helen Drane M50	Saxmundham Sports R & FC	51	19		
69	205	Carla Wiggins	Felixstowe Rrc a	51	33		
70	274	Kendra Hammond	Stowmarket Striders b	52	13		

Pos	No	Name	Club	Time	
71	279	Arabella Lewendon M50	Stowmarket Striders c	52	15
72	201	Liz Beighton M40	Felixstowe Rrc a	52	40
73	212	Katie Everett	Framlingham Flyers c	53	11
74	252	Pearl Fay M50	Newmarket Joggers c	54	37
75	258	Isabel Vicente M40	Newmarket Joggers c	55	02
76	197	Gillian Green	Newmarket Joggers	55	23
77	253	Jacqueline Henley M40	Newmarket Joggers c	55	33
78	268	Tina Church M40	Saxmundham Sports R & FC	58	50

### Suffolk Cross County Championships

Heveningham Hall

10/01/2016

U40 WOMEN

Pos	No	Name	Club	Time	
1	292	Rose Nicholson	Waveney Valley AC	31	46
2	243	Laura Thomas	Ipswich Jaffa Rc a	32	59
3	277	Tamara Jordan	Stowmarket Striders a	33	30

### Suffolk Cross County Championships

Heveningham Hall

10/01/2016

WOMEN V40

Pos	No	Name	Club	Time	
1	265	Odette Robson M40	St Edmund Pacers a	31	49
2	262	Angela Joiner-Handy M40	St Edmund Pacers a	33	08
3	255	Ursula Ransom M40	Newmarket Joggers b	37	02

### Suffolk Cross County Championships

Heveningham Hall

10/01/2016

WOMEN V50

Pos	No	Name	Club	Time	
1	297	Maureen McCarthy M50	West Suffolk AC a	33	40
2	293	Christine Anthony M50	West Suffolk AC a	35	20
3	237	Val Jennings M50	Ipswich Jaffa Rc a	36	02

### Suffolk Cross County Championships

Heveningham Hall

10/01/2016

WOMEN V60

Pos	No	Name	Club	Time	
1	217	Marion Walker M60	Framlingham Flyers b	44	12
2	233	Julie Haselwood M60	Ipswich Jaffa Rc c	46	52
3	218	Sally Watson M60	Framlingham Flyers b	48	01