

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 b	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	17
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	45
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

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Culford School

Men

06-Jan-19

Senior 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 b	185
10 Stowmarket Striders RC a	199
11 Ipswich Jaffa RC b	220
12 Sudbury Joggers	240
13 Newmarket Joggers a	254
14 Saint Edmund Pacers b	282
15 Woodbridge Shufflers Rc	297
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