

SENIOR WOMEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:30:42	277	Sarah	Bird	Woodford Green with Essex L.	Female Senior
2	00:31:42	250	Jo	Coates	St Edmund Pacers "A"	Female Senior
3	00:32:48	273	Holly	Archer	West Suffolk A	Female Senior
4	00:33:04	276	Lara	Thomas	West Suffolk A	Female Senior
5	00:33:16	272	Justine	Anthony	West Suffolk A	Female Senior
6	00:33:40	235	Jayne	Williams	Ipswich Jaffa 'B'	Female Master 40
7	00:34:14	275	Maureen	McCathy	West Suffolk b	Female Master 50
8	00:34:45	242	Joanna	Gapp	Newmarket Joggers	Female Senior
9	00:35:17	244	Ursula	Ransom	Newmarket Joggers 'A'	Female Senior
10	00:35:19	271	Christine	Anthony	West Suffolk b	Female Master 40
11	00:35:35	249	Anna	Clayton	St Edmund Pacers "A"	Female Senior
12	00:35:58	230	Val	Jennings	Ipswich Jaffa 'B'	Female Master 40
13	00:36:24	255	Angela	Joiner-Hardy	St Edmund Pacers "A"	Female Master 40
14	00:37:12	228	Dawn	Davies	Ipswich Jaffa 'B'	Female Senior
15	00:37:24	202	Geraldine	Clarke	Framlingham Flyers	Female Master 40
16	00:37:58	274	Celia	Duncan	West Suffolk b	Female Master 50
17	00:38:04	253	Claire	Hoblyn	St Edmund Pacers "B"	Female Master 40
18	00:38:32	254	Chloe	Jennings	St Edmund Pacers "A"	Female Senior
19	00:38:34	252	Sally	Eastall	St Edmund Pacers "B"	Female Master 50
20	00:38:39	262	Laura	Hicks	Stowmarket Striders A	Female Senior
21	00:38:41	259	Heidi	Bingham	Stowmarket Striders A	Female Senior
22	00:39:18	234	Verity	Smith	Ipswich Jaffa 'B'	Female Senior
23	00:39:24	226	Laura	Thomas	Ipswich Harriers	Female Senior
24	00:39:32	248	Melissa	Clarke	St Edmund Pacers "B"	Female Senior
25	00:39:55	270	Sarah	Vick	The Saxons	Female Master 40
26	00:40:01	212	Penny	Grayson	Hadleigh Hares A	Female Master 40
27	00:40:24	232	Michaela	Kadanikova	Ipswich Jaffa 'A'	Female Senior
28	00:40:26	241	Nicky	Chapman	Newmarket Joggers 'A'	Female Senior
29	00:40:37	267	Hayley	Suttle	Stowmarket Striders	Female Master 40
30	00:40:42	223	Natasha	Scott	Haverhill Running Club	Female Senior
31	00:40:44	269	Penny	Waggott	Stowmarket Striders	Female Master 40
32	00:40:47	245	Lisa	Redman	Newmarket Joggers 'A'	Female Master 40
33	00:40:50	243	Jenny	Lee	Newmarket Joggers 'B'	Female Senior
34	00:41:00	209	Trudy	Avis	Hadleigh Hares A	Female Master 40
35	00:41:06	201	Clare	Barstow	Framlingham Flyers	Female Senior
36	00:41:18	236	Hannah	Wood	Ipswich Jaffa 'A'	Female Senior
37	00:41:32	217	Kate	Thomas	Hadleigh Hares A	Female Master 40
38	00:41:44	264	Dianne	Hughes	Stowmarket Striders B	Female Master 50
39	00:41:49	231	Louise	Johnson	Ipswich Jaffa 'A'	Female Senior
40	00:42:34	208	Marion	Walker	Framlingham Flyers	Female Master 50
41	00:42:37	266	Alex	Smith	Stowmarket Striders A	Female Senior
42	00:42:53	261	Sue	Garrod	Stowmarket Striders	Female Master 40
43	00:42:53	246	Belinda	Schofield	Newmarket Joggers 'B'	Female Master 50
44	00:43:12	238	Tracey	Apperley	Newmarket Joggers 'A'	Female Master 40
45	00:43:19	215	Clare	O'Neill	Hadleigh Hares A	Female Senior
46	00:43:21	205	Jo	Parden	Framlingham Flyers	Female Master 40
47	00:43:32	227	Kayleigh	Chenery	Ipswich Jaffa 'A'	Female Senior
48	00:44:06	219	Jill	Bunch	Haverhill Running Club	Female Master 40
49	00:45:23	211	Rachel	Bodsworth	Hadleigh Hares B	Female Senior
50	00:45:46	200	Shona	Bendix	Bungay Black Dog	Female Master 40
51	00:45:57	260	Angela	Brinkley	Stowmarket Striders B	Female Master 50
52	00:46:05	263	Sophie	Hope	Stowmarket Striders A	Female Senior
53	00:46:06	218	Nikki	Vince	Hadleigh Hares B	Female Senior
54	00:46:12	216	Katrina	Rigby	Hadleigh Hares B	Female Senior
55	00:46:24	221	Shirley	Fowler	Haverhill Running Club	Female Master 40

SENIOR WOMEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

56	00:46:38	265	Sandra	Mayhew	Stowmarket Striders B	Female Master 40
57	00:46:51	257	Rita	Rue	St Edmund Pacers	Female Master 50
58	00:46:56	229	Julie	Haselwood	Ipswich JAFFA	Female Master 60
59	00:47:30	213	Jackie	Kirk	Hadleigh Hares B	Female Master 40
60	00:47:55	247	Eloise	Bird	St Edmund Pacers "B"	Female Master 40
61	00:48:01	206	Vivienne	Taylor	Framlingham Flyers	Female Master 50
62	00:48:20	222	Natalie	Lewis	Haverhill Running Club	Female Master 40
63	00:49:05	233	Kelly	Pritchard	Ipswich JAFFA	Female Senior
64	00:49:47	214	Helen	Norman	Hadleigh Hares A.C.	Female Master 40
65	00:50:29	240	Gina	Brose	Newmarket Joggers 'B'	Female Master 40
66	00:50:39	239	Michelle	Barnes	Newmarket Joggers 'B'	Female Senior
67	00:51:03	203	Mary	Graham	Framlingham Flyers	Female Master 40
68	00:53:46	210	Becky	Bayliss	Hadleigh Hares A.C.	Female Senior
69	00:54:32	220	Mandy	Munn	Haverhill Running Club	Female Master 40
70	00:56:14	204	Chloe	Hutchinson	Framlingham Flyers	Female Master 40

1st Team	West Suffolk A	12pts
2nd Team	St Edmund Pacers "A"	26pts
3rd Team	Ipswich Jaffa 'B'	32pts
4th Team	West Suffolk b	33pts
5th Team	St Edmund Pacers "B"	60pts
6th Team	Newmarket Joggers 'A'	69pts
7th Team	Stowmarket Striders A	82pts
8th Team	Framlingham Flyers	90pts
9th Team	Hadleigh Hares A	97pts
10th Team	Ipswich Jaffa 'A'	102pts
11th Team	Stowmarket Striders	102pts
12th Team	Haverhill Running Club	133pts
13th Team	Newmarket Joggers 'B'	141pts
14th Team	Stowmarket Striders B	145pts
15th Team	Hadleigh Hares B	156pts

UNDER 20 WOMEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:28:11	192	Hannah	Petterson	Ipswich Harriers	Under 20 Woman
2	00:29:58	193	Katie	Duncan	West Suffolk A.C.	Under 20 Woman
3	00:33:14	190	Tamsin	Desborough	Gt Yarmouth RRC	Under 20 Woman
4	00:35:07	191	Madeleine	Harris	Ipswich Harriers	Under 20 Woman

No team

UNDER 17 WOMEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:23:21	425	Susannah	Reid	Ipswich Harriers	Under 17 Woman
2	00:24:13	432	Emma	Watts	St Edmund Pacers	Under 17 Woman
3	00:25:19	422	Alice	Cheverton	City of Norwich AC	Under 17 Woman
4	00:25:36	431	Emily	Strickland	St Edmund Pacers	Under 17 Woman
5	00:25:38	427	Emily	Gooderham	St Edmund Pacers	Under 17 Woman
6	00:25:48	434	India	George	West Suffolk A.C.	Under 17 Woman
7	00:25:50	430	Molly	O'Donnell	St Edmund Pacers	Under 17 Woman
8	00:26:12	429	Alice	Maguire	St Edmund Pacers	Under 17 Woman
9	00:26:35	421	Megan	Soames	City of Norwich AC	Under 17 Woman
10	00:27:24	428	Kerry	Knott	St Edmund Pacers	Under 17 Woman
11	00:29:43	423	Hannah	Bewick	Framlingham Flyers	Under 17 Woman
12	00:29:57	433	Aminat	Bashorun	Stowmarket Striders	Under 17 Woman
13	00:30:36	435	Megan	Taylor	West Suffolk A.C.	Under 17 Woman
				1st Team	St Edmund Pacers	11pts

UNDER 15 GIRLS

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:15:28	186	Sophie	Tooley	West Suffolk A.C.	Under 15 Girl
2	00:16:00	176	Charlotte	Wickens	Ipswich Harriers	Under 15 Girl
3	00:16:35	170	Lauren	Howe	Bungay Black Dog	Under 15 Girl
4	00:17:13	180	Emily	Moyes	Stowmarket Striders	Under 15 Girl
5	00:17:52	178	Gemma	Grose	St Edmund Pacers	Under 15 Girl
6	00:18:01	174	Olivia	Mair	Ipswich Harriers	Under 15 Girl
7	00:19:32	184	Bronwyn	Jacobs	West Suffolk A.C.	Under 15 Girl
8	00:19:38	173	Chloe	Godbold	Ipswich Harriers	Under 15 Girl
9	00:19:47	171	Hannah	Barnes	Bungay Black Dog	Under 15 Girl
10	00:19:48	179	Ciara	O'Donnell	St Edmund Pacers	Under 15 Girl
11	00:21:10	172	Katey	Oven	Bungay Black Dog	Under 15 Girl
12	00:21:14	185	Elisha	Smith	West Suffolk A.C.	Under 15 Girl

1st Team	Ipswich Harriers	16pts
2nd Team	West Suffolk A.C.	20pts
3rd Team	Bungay Black Dog	23pts

UNDER 13 GIRLS

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:12:55	311	Charlotte	Summers	Brandeston Hall	Under 13 Girl
2	00:12:58	342	Nella	Walters	West Suffolk A.C.	Under 13 Girl
3	00:13:04	338	Megan	Newton	West Suffolk A.C.	Under 13 Girl
4	00:13:25	325	Isabella	Wickens	Ipswich Harriers	Under 13 Girl
5	00:14:13	340	Mikayela	Sealby	West Suffolk A.C.	Under 13 Girl
6	00:14:20	304	Polly	Peate	Barnardiston Hall	Under 13 Girl
7	00:14:31	341	Claudia	Spencer-Hall	West Suffolk A.C.	Under 13 Girl
8	00:14:34	337	Lucinda	Lennie	West Suffolk A.C.	Under 13 Girl
9	00:14:49	324	Annabel	Whitehead	Ipswich Harriers	Under 13 Girl
10	00:14:53	314	Jessica	Sparkes	Bungay Black Dog	Under 13 Girl
11	00:14:54	322	Madeleine	Craig	Ipswich Harriers	Under 13 Girl
12	00:15:25	336	Emma	Jobbins	West Suffolk A.C.	Under 13 Girl
13	00:15:42	308	I	Lawson	Brandeston Hall	Under 13 Girl
14	00:15:43	306	I	Ball	Brandeston Hall	Under 13 Girl
15	00:15:44	339	Elena	Saiu-Bell	West Suffolk A.C.	Under 13 Girl
16	00:15:46	307	M	Lawerence	Brandeston Hall	Under 13 Girl
17	00:16:11	343	Alana	Wilson	West Suffolk A.C.	Under 13 Girl
18	00:16:12	332	Annabel	Jackson	St Edmund Pacers	Under 13 Girl
19	00:16:44	313	R	Winter	Brandeston Hall	Under 13 Girl
20	00:16:50	316	Niamh	Norris	City of Norwich AC	Under 13 Girl
21	00:16:56	309	D	Maile	Brandeston Hall	Under 13 Girl
22	00:17:04	301	Saska	Baldrey	Barnardiston Hall	Under 13 Girl
23	00:17:35	300	Juliette	Agazarian	Barnardiston Hall	Under 13 Girl
24	00:17:37	329	Olivia	Crook	St Edmund Pacers	Under 13 Girl
25	00:17:39	331	Martha	Gurney	St Edmund Pacers	Under 13 Girl
26	00:17:53	312	E	Sunderland	Brandeston Hall	Under 13 Girl
27	00:19:36	321	Brooke	Flower	Felixstowe Road Runners	Under 13 Girl
28	00:19:44	319	Georgia	Addison	Felixstowe Road Runners	Under 13 Girl
29	00:19:56	317	Dasie	Charles	Diss Athletic Club	Under 13 Girl
30	00:20:08	305	Fern	Wilkes	Barnardiston Hall	Under 13 Girl
31	00:20:10	303	Tatiana	Page-Turner	Barnardiston Hall	Under 13 Girl
32	00:20:23	330	Chelsea	Doyle	St Edmund Pacers	Under 13 Girl

1st Team	West Suffolk A.C.	10pts
2nd Team	Ipswich Harriers	24pts
3rd Team	Brandeston Hall	28pts
4th Team	Barnardiston Hall	51pts

UNDER 13 BOYS

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:11:56	455	Alex	Baxter	Ipswich Harriers	Under 13 Boy
2	00:12:14	460	Jolyon	Summers	Ipswich Harriers	Under 13 Boy
3	00:12:16	473	Thomas	McCarthy	West Suffolk A.C.	Under 13 Boy
4	00:12:20	459	Matthew	Snowdon	Ipswich Harriers	Under 13 Boy
5	00:13:27	475	Jess	Walters	West Suffolk A.C.	Under 13 Boy
6	00:13:32	472	Tommy	Martin	West Suffolk A.C.	Under 13 Boy
7	00:13:34	444	Jack	Krempel	Barnardiston Hall	Under 13 Boy
8	00:13:41	449	A	Winter	Brandeston Hall	Under 13 Boy
9	00:13:48	471	Joshua	Walker	Stowmarket Striders	Under 13 Boy
10	00:14:03	474	Harry	McDonald	West Suffolk A.C.	Under 13 Boy
11	00:14:04	453	Murray	Holland-Howes	Framlingham Flyers	Under 13 Boy
12	00:14:13	464	Ben	Barry	St Edmund Pacers	Under 13 Boy
13	00:14:20	443	Christopher	Jobe	Barnardiston Hall	Under 13 Boy
14	00:14:20	457	Oliver	Gillespie	Ipswich Harriers	Under 13 Boy
15	00:14:34	446	W	Simpson	Brandeston Hall	Under 13 Boy
16	00:14:36	454	Bradley	Potts	Framlingham Flyers	Under 13 Boy
17	00:14:36	462	Tim	Davies	Ipswich JAFFA	Under 13 Boy
18	00:14:59	451	Elis	Woodard	Felixstowe Road Runners	Under 13 Boy
19	00:15:04	445	R	McCausland	Brandeston Hall	Under 13 Boy
20	00:15:23	461	Conner	Bilner	Ipswich JAFFA	Under 13 Boy
21	00:15:35	441	Matthew	Clarke	Barnardiston Hall	Under 13 Boy
22	00:15:46	452	Thomas	Bewick	Framlingham Flyers	Under 13 Boy
23	00:16:10	442	Angus	Dudley	Barnardiston Hall	Under 13 Boy
24	00:16:44	467	Oliver	Ransome	St Edmund Pacers	Under 13 Boy
25	00:16:49	465	Riley	Carr	St Edmund Pacers	Under 13 Boy
26	00:17:08	469	William	Terry	Stowmarket Striders	Under 13 Boy
27	00:17:59	463	Vinnie	Robertson	Ipswich JAFFA	Under 13 Boy
				1st Team	Ipswich Harriers	7pts
				2nd Team	West Suffolk A.C.	14pts
				3rd Team	Barnardiston Hall	41pts
				4th Team	Brandeston Hall	42 pts
				5th Team	Framlingham Flyers	49pts
				6th Team	St Edmund Pacers	61pts
				7th Team	Ipswich JAFFA	64pts

UNDER 15 BOYS

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category		
1	00:13:19	378	Ben	Eames	West Suffolk A.C.	Under 15 Boy		
2	00:14:11	366	Theo	Passmore	Ipswich Harriers	Under 15 Boy		
3	00:14:12	376	Christopher	Morton	Stowmarket Striders	Under 15 Boy		
4	00:14:13	356	Alfie	Foster	East Bergholt HS	Under 15 Boy		
5	00:14:22	360	Sam	Allen	Ipswich Harriers	Under 15 Boy		
6	00:14:28	380	Matthew	Le-Proidevin	West Suffolk A.C.	Under 15 Boy		
7	00:14:31	355	Matthew	Day	East Bergholt HS	Under 15 Boy		
8	00:15:22	358	Matthew	Haskell	Felixstowe Road Runners	Under 15 Boy		
9	00:15:30	364	Richard	Ling	Ipswich Harriers	Under 15 Boy		
10	00:15:33	365	Henry	Mildown	Ipswich Harriers	Under 15 Boy		
11	00:15:44	363	Alexander	Lawrence	Ipswich Harriers	Under 15 Boy		
12	00:15:56	381	Christy	Williams	West Suffolk A.C.	Under 15 Boy		
13	00:16:17	372	Ieuan	Alidis	St Edmund Pacers	Under 15 Boy		
14	00:16:24	353	Tommie	Williams	Bungay Black Dog	Under 15 Boy		
15	00:16:25	370	Paul	Wain	Ipswich JAFFA	Under 15 Boy		
16	00:16:31	367	Joshua	Thompson	Ipswich Harriers	Under 15 Boy		
17	00:16:32	361	Antonio	Capasso	Ipswich Harriers	Under 15 Boy		
18	00:16:39	368	Conor	Wakeman	Ipswich Harriers	Under 15 Boy		
19	00:16:41	351	Benn	Walker	Bungay Black Dog	Under 15 Boy		
20	00:18:04	362	Christopher	Jones	Ipswich Harriers	Under 15 Boy		
21	00:19:10	352	Nicky	Sparkes	Bungay Black Dog	Under 15 Boy		
22	00:19:38	359	Calab	Woodard	Felixstowe Road Runners	Under 15 Boy		
23	00:20:35	354	Ben	Charles	Diss Athletic Club	Under 15 Boy		
24	00:25:54	377	Edward	Terry	Stowmarket Striders	Under 15 Boy		
25	00:25:57	375	Matthew	Ball	Stowmarket Striders	Under 15 Boy		
					1st team	Ipswich Harriers	16pts	(2,5,9)
					2nd Team	West Suffolk A.C.	19tps	(1,6,12)
					3rd Team	Stowmarket Striders	52pts	(3,24,25)
					4th Team	Bungay Black Dog	54pts	(14,19,21)

UNDER 17 MEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:21:50	412	Michael	bartram	West Suffolk A.C.	Under 17 Man
2	00:22:09	411	Sebastian	Anthony	West Suffolk A.C.	Under 17 Man
3	00:22:24	407	Ross	Tennant	Ipswich Harriers	Under 17 Man
4	00:22:36	400	Kieran	McMorran	Bungay Black Dog	Under 17 Man
5	00:22:39	403	Dominic	Oviver	City of Norwich AC	Under 17 Man
6	00:23:12	401	Ted	Oldman	Bungay Black Dog	Under 17 Man
7	00:23:31	414	Cameron	Mckie	West Suffolk A.C.	Under 17 Man
8	00:24:48	409	Connor	Whiting	Ipswich Harriers	Under 17 Man
9	00:25:51	405	Tobias	Rankin	Hadleigh Hares A.C.	Under 17 Man
10	00:27:47	413	Tom	Lamb	West Suffolk A.C.	Under 17 Man
11	00:29:23	406	Joshua	Sugars	Ipswich Harriers	Under 17 Man
12	00:31:28	426	Callum	Wilkinson	King Edward VI School	Under 17 Man
13	00:33:24	402	Chris	Oven	Bungay Black Dog	Under 17 Man
				1st Team	West Suffolk A.C.	10pts
				2nd Team	Ipswich Harriers	22pts
				3rd team	Bungay Black Dog	23pts

UNDER 20 MEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:27:15	297	Macauley	Delo	West Suffolk A.C.	Under 20 Man
2	00:29:32	293	Andrew	Revell	Ipswich Harriers	Under 20 Man
3	00:30:17	298	Tom	Eames	West Suffolk A.C.	Under 20 Man
4	00:30:20	299	Robert	Smailes	West Suffolk A.C.	Under 20 Man
5	00:32:42	290	Marcus	Sladden	Bungay Black Dog	Under 20 Man
			1st Team	West Suffolk A.C.		8pts

SENIOR MEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

Pos	Time	No	Surname	First Name	Club Name	Category
1	00:41:32	135	Rooke	Andrew	St Marys Uni College	Male Senior
2	00:41:52	1	Rooke	Chris	Aldershot Farnham & District	Male Senior
3	00:43:02	114	Palmer	Sep	Rugby & Northants AC	Male Senior
4	00:43:36	82	Spencer	Matt	Ipswich Jaffa 'A'	Male Senior
5	00:48:58	9	Ridley	Andrew	Colchester Harriers AC	Male Senior
6	00:44:13	81	Simpson	Dan	Ipswich Jaffa 'A'	Male Senior
7	00:44:27	2	Cook	Matt	Bournville Harriers	Male Senior
8	00:44:50	75	Ling	Jonathan	Ipswich Jaffa 'B'	Male Senior
9	00:45:00	107	Olefir	Dennis	Newmarket Joggers 'A'	Male Senior
10	00:45:03	69	Davies	Gavin	Ipswich Jaffa 'A'	Male Senior
11	00:45:29	64	Chenery	Robert	Ipswich Jaffa 'A'	Male Senior
12	00:45:32	78	Ostler	Ryan	Ipswich Jaffa 'A'	Male Senior
13	00:45:41	106	Holly	Paul	Newmarket Joggers 'A'	Male Master 40
14	00:46:29	33	Scaife	John	Hadleigh Hares A.C.	Male Senior
15	00:46:37	146	Palmer	Nick	Stowmarket Striders A	Male Senior
16	00:46:39	67	Clements	Mark	Ipswich Jaffa 'A'	Male Senior
17	00:47:19	90	Copland	Dave	Ipswich Triathlon Club	Male Master 40
18	00:47:22	51	Oakes	John	Haverhill RC A	Male Master 50
19	00:47:26	158	Henderson	James	Woodbridge Shufflers	Male Master 40
20	00:47:32	11	Calver	Vince	Felixstowe Road Runners	Male Master 40
21	00:47:50	44	Game	Paul	Haverhill RC A	Male Senior
22	00:47:54	20	Last	Jim	Framlingham Flyers	Male Senior
23	00:48:37	53	Day	Ian	Hunts AC	Male Master 40
24	00:48:47	77	MacSephney	Scott	Ipswich Jaffa 'B'	Male Master 40
25	00:48:57	14	Soloman	David	Felixstowe Road Runners	Male Master 40
26	00:49:04	70	Furnace	Mark	Ipswich Jaffa 'B'	Male Master 40
27	00:49:06	148	Seymour	Chris	Stowmarket Striders A	Male Master 40
28	00:49:44	143	Jones	Michael	Stowmarket Striders A	Male Master 40
29	00:49:45	141	Hammond	Nick	Stowmarket Striders B	Male Master 40
30	00:49:50	142	Hinchcliffe	Damian	Stowmarket Striders A	Male Senior
31	00:49:51	52	Speller	Martin	Haverhill RC A	Male Senior
32	00:50:01	26	Blacoe	Matthew	Hadleigh Hares A.C.	Male Master 40
33	00:50:22	120	Dawson	Alan	St Edmund Pacers "A"	Male Master 50
34	00:50:47	93	Palmer	Jonny	Ipswich Triathlon Club	Male Senior
35	00:51:22	103	Edwards	Steve	Newmarket Joggers 'A'	Male Master 40
36	00:51:46	29	Hunter	Matthew	Hadleigh Hares A.C.	Male Senior
37	00:51:47	83	Thompson	Carl	Ipswich Jaffa 'B'	Male Senior
38	00:51:47	92	Clayton	Dan	Ipswich Triathlon Club	Male Senior
39	00:51:55	32	Rush	James	Hadleigh Hares A.C.	Male Senior
40	00:51:59	23	Preacher	Ricky	Framlingham Flyers	Male Senior
41	00:52:13	116	Bradford	Ian	St Edmund Pacers "A"	Male Senior
42	00:52:19	73	Law	Will	The Saxons	Male Senior
43	00:52:26	133	White	Thomas	St Edmund Pacers "A"	Male Senior
44	00:52:32	76	Macrosson	Ker	Ipswich Jaffa C	Male Master 50
45	00:52:33	36	Bunch	Trevor	Haverhill RC A	Male Senior
46	00:52:34	61	Belsom	Robin	Ipswich Jaffa C	Male Master 50
47	00:52:39	60	Adams	John	Ipswich Jaffa C	Male Senior
48	00:52:48	17	Brown	Paul	Framlingham Flyers	Male Master 40
49	00:52:51	94	Sheldrake	Lee	Ipswich Triathlon Club	Male Senior
50	00:53:13	54	Gillingham	Neil	Ipswich Harriers	Male Senior
51	00:53:20	127	Manning	James	St Edmund Pacers "A"	Male Master 40
52	00:53:32	80	Rogers	Brian	Ipswich Jaffa C	Male Master 50
53	00:53:34	87	Bryer	Russel	Ipswich Triathlon Club	Male Master 50
54	00:53:43	66	Clarke	Barry	Ipswich JAFFA	Male Senior
55	00:53:50	123	Hatten	Stephen	St Edmund Pacers "A"	Male Master 40

SENIOR MEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

56	00:53:55	157	Ackerley	Roger	Woodbridge Shufflers	Male Master 50
57	00:54:09	151	Williams	Scott	Stowmarket Striders B	Male Senior
58	00:54:21	150	Starmer	Chris	Stowmarket Striders A	Male Master 50
59	00:54:55	115	Bird	Peter	St Edmund Pacers "B"	Male Senior
60	00:55:10	153	Turner	Dominic	Sudbury Joggers AC	Male Master 40
61	00:55:33	84	Wake	Tom	Ipswich JAFFA	Male Senior
62	00:55:43	100	Clarke	Neville	Newmarket Joggers 'B'	Male Master 50
63	00:56:10	154	Comber	Jim	Sudbury Joggers AC	Male Master 40
64	00:56:20	149	Squirrell	John	Stowmarket Striders B	Male Master 60
65	00:56:24	122	Gooderham	Ian	St Edmund Pacers "A"	Male Master 40
66	00:56:28	25	Airlie	Brian	Hadleigh Hares A.C.	Male Master 40
67	00:56:33	18	Hambling	Stewart	Framlingham Flyers	Male Master 40
68	00:56:51	91	Jacobs	Richard	Ipswich Triathlon Club	Male Senior
69	00:56:56	40	Elden	Ian	Haverhill RC B	Male Senior
70	00:56:57	79	Meake	Adrian	Ipswich Jaffa C	Male Master 40
71	00:57:05	131	Troup	Mike	St Edmund Pacers "B"	Male Master 50
72	00:57:09	15	Wiggins	Simon	Felixstowe Road Runners	Male Master 40
73	00:57:20	89	Cooper	Oliver	Ipswich Triathlon Club	Male Senior
74	00:57:32	111	Simpson	Alan	Newmarket Joggers 'B'	Male Master 40
75	00:57:34	27	Hunt	Steve	Hadleigh Hares A.C.	Male Master 50
76	00:57:36	57	Mins	Oliver	Ipswich Harriers	Male Senior
77	00:57:42	35	Buckle	Paul	Haverhill RC A	Male Master 40
78	00:57:56	8	Shaw	Roly	Bungay Black Dog	Male Master 50
79	00:58:03	46	Kirkham	Nick	Haverhill RC B	Male Master 40
80	00:58:08	136	Ames	Ron	Stowmarket Striders B	Male Master 60
81	00:58:12	113	Williamson	Neil	Newmarket Joggers 'B'	Male Senior
82	00:58:18	48	Merry	Justin	Haverhill RC B	Male Senior
83	00:58:43	104	Eyre	Chris	Newmarket Joggers	Male Senior
84	00:58:52	108	Purbrook	Clive	Newmarket Joggers 'B'	Male Master 50
85	00:59:00	112	Whittle	Adrian	Newmarket Joggers 'B'	Male Master 40
86	00:59:09	21	Mckenzie	Robin	Framlingham Flyers	Male Master 50
87	00:59:37	117	Clarke	Adam	St Edmund Pacers	Male Senior
88	00:59:45	56	Jones	Daniel	Ipswich Harriers	Male Senior
89	01:00:10	42	Eley	Anthony	Haverhill RC B	Male Senior
90	01:00:17	132	Whalley	Simon	St Edmund Pacers	Male Master 40
91	01:00:25	155	Price	Jonathan	Sudbury Joggers AC	Male Master 60
92	01:00:39	41	Ellis	Tim	Haverhill RC A	Male Master 40
93	01:00:53	139	Bradley	Kevin	Stowmarket Striders B	Male Master 50
94	01:00:55	109	Shand	Alan	Newmarket Joggers	Male Master 50
95	01:00:57	110	Shodbred	Charles	Newmarket Joggers 'B'	Male Master 60
96	01:01:11	68	Davies	Phil	Ipswich JAFFA	Male Master 40
97	01:01:24	43	Firat	Yusuf	Haverhill RC b	Male Master 50
98	01:01:24	134	Willams	Stephen	St Edmund Pacers "B"	Male Master 50
99	01:01:56	6	Oldman	Steve	Bungay Black Dog	Male Master 40
100	01:01:59	22	O'Sullivan	Terry	Framlingham Flyers	Male Master 50
101	01:02:15	31	Pryor	George	Hadleigh Hares A.C.	Male Senior
102	01:02:31	5	Nichols	Marcus	Bungay Black Dog	Male Senior
103	01:03:03	24	Taylor	David	Framlingham Flyers	Male Master 60
104	01:03:21	37	Chapman	Nigel	Haverhill RC C	Male Master 50
105	01:03:46	50	Monterio	Joaguim	Haverhill RC C	Male Master 50
106	01:04:09	105	Gynn	Marcus	Newmarket Joggers 'B'	Male Senior
107	01:04:25	137	Beer	Philip	Stowmarket Striders	Male Master 40
108	01:04:43	16	Berwick	Jeremy	Framlingham Flyers	Male Master 40
109	01:05:20	65	Cheng	Gi	Ipswich Jaffa C	Male Master 40
110	01:05:23	4	Howe	Gary	Bungay Black Dog	Male Master 50
111	01:08:56	28	Hunt	Stuart	Hadleigh Hares A.C.	Male Senior

SENIOR MEN

SCAA CROSS COUNTRY CHAMPIONSHIPS 2013

112	01:09:09	144	Munson	Mike	Stowmarket Striders B	Male Master 60
113	01:09:11	38	Cornell	Darren	Haverhill RC B	Male Master 40
114	01:10:22	12	Coley	David	Felixstowe Road Runners	Male Master 60
115	01:11:12	49	Miller	Steve	Haverhill RC C	Male Master 50
116	01:20:20	39	Edwards	Dave	Haverhill RC C	Male Master 50
117	01:22:59	74	Lee	Mon	Ipswich JAFFA	Male Master 50
118	01:23:27	3	Ash	Ian	Bungay Black Dog	Male Master 60

1st Team	Ipswich Jaffa 'A'	31pts
2nd Team	Ipswich Jaffa 'B'	95pts
3rd Team	Stowamrket Striders A	100pts
4th Team	Haverhill RC A	115pts
5th Team	Hadleigh Hares A.C.	121pts
6th Team	Ipswich Triathlon Club	138pts
7th Team	St Edmund Pacers "A"	168pts
8th Team	Framlingham Flyers	177pts
9th Team	Ipswich Jaffa C	189pts
10th Team	Stowmarket Striders B	230pts
11th Team	Felixstowe Road Runners	231pts
12th Team	Newmarket Joggers 'B'	301pts
13th Team	Haverhill RC B	319pts
14th Team	Ipswich JAFFA	328pts
15th Team	Bungay Black Dog	389pts
16th Team	Haverhill RC C	440pts