

## Men V45 Suffolk Cross County Championships

	<u>Culford School</u>		<u>Men V50</u>		<u>06-Jan-19</u>	
Pos	No	Name	Club		Time	
1	95	Keith Tilley V45	Ipswich Jaffa RC a		36	31
2	32	Adam Howlett V45	Framlingham Flyers a		37	12
3	181	Jim Burgess V45	Waveney Valley AC a		38	54
4	94	John Thorpe V45	Ipswich Jaffa RC a		39	49
5	28	Mark Hayden V45	Framlingham Flyers a		40	14
6	170	Piotr Bulacz V45	Sudbury Joggers		40	15
7	27	Nick Hammond V45	Framlingham Flyers a		40	19
8	39	Darren Sheppard V45	Framlingham Flyers a		40	20
9	160	Tim Larke V45	Stowmarket Striders RC a		40	28
10	180	Leon Bernasconi V45	Waveney Valley AC b		40	49
11	159	Jan Kading V45	Stowmarket Striders RC b		41	30
12	17	William Aldred V45	Framlingham Flyers b		41	39
13	116	Stuart Sowerby V45	Newmarket Joggers a		42	54
14	25	Steve Hall V45	Framlingham Flyers c		43	02
15	134	Iain Milligan V45	Saint Edmund Pacers b		43	06
16	63	Mark White V45	Haverhill Running Club b		43	29
17	49	Paul Lacey V45	Hadleigh Hares AC a		43	41
18	121	Peter Bird V45	Saint Edmund Pacers b		43	43
19	31	James Howlett V45	Framlingham Flyers b		44	12
20	182	Steven Carruthers V45	Waveney Valley AC a		44	28
21	69	Daniel Ager V45	Ipswich Jaffa RC d		46	44
22	46	Karl Feagan V45	Hadleigh Hares AC b		47	11
23	44	Kenneth Tovell V45	Framlingham Flyers e		47	15
24	47	Mike Hough V45	Hadleigh Hares AC a		48	14
25						
26						