

## Suffolk Cross County Championships

## 4 To Score

Heveningham Hall			Men	08-Jan-17		Men		
Pos	No	Name	Club	Time		Team Result		
1	1	Ross Tennant	Cambridge & Coleridge AC	39	19	1	Ipswich Jaffa Rc a	26
2	148	Michael Bartram	West Suffolk Ac	42	12	2	Newmarket Joggers a	76
3	88	Denys Olefir	Newmarket Joggers a	42	27	3	Saint Edmund Pacers a	80
4	72	Danny Rock	Ipswich Jaffa Rc a	42	39	4	Framlingham Flyers	92
5	64	Craig Fiddaman	Ipswich Jaffa Rc a	42	48	5	Stowmarket Striders Rc a	97
6	112	Daniel O'Boyle	Saint Edmund Pacers a	42	55	6	Ipswich Jaffa Rc b	103
7	6	Joshua Entwistle	Felixstowe Rrc a	43	13	7	Felixstowe Rrc a	150
8	55	Robert Chenery	Ipswich Jaffa Rc a	43	48	8	Hadleigh Hares Ac a	165
9	59	Mark Clements	Ipswich Jaffa Rc a	44	16	9	Sudbury Joggers	200
10	77	Benjamin Turley	Ipswich Jaffa Rc a	44	42	10	Woodbridge Shufflers Rc	232
11	41	John Scaife V40	Hadleigh Hares Ac a	44	47	11	Stowmarket Striders Rc b	234
12	20	Adam Howlett V45	Framlingham Flyers	45	02	12	Saxmundham Sports R & F Club 1	245
13	61	Garry Cullum V40	Ipswich Jaffa Rc b	45	10	13	Ipswich Jaffa Rc c	281
14	23	James Last V40	Framlingham Flyers	45	21	14	Saint Edmund Pacers b	283
15	108	Nick Smith	Saint Edmund Pacers a	45	21	15	Newmarket Joggers b	301
16	110	Thomas White	Saint Edmund Pacers a	45	30	16	Ipswich Jaffa Rc d	384
17	118	James Wilson	Saxmundham Sports R & F Club 1	45	30	17	Saint Edmund Pacers c	386
18	131	Nick Palmer V40	Stowmarket Striders Rc a	45	52	18	Stowmarket Striders Rc c	426
19	62	Gavin Davies	Ipswich Jaffa Rc a	46	00			
20	137	Scott Williams	Stowmarket Striders Rc a	46	06			
21	89	Neil Pollard	Newmarket Joggers a	46	14			
22	126	James Hayward	Stowmarket Striders Rc a	46	26			
23	58	Nicholas Clarke	Ipswich Jaffa Rc b	46	35			
24	146	David Williams V40	Newmarket Joggers a	46	37			
25	48	Ben Wharnsby	Ipswich Harriers	47	01			
26	28	Darren Sheppard V45	Framlingham Flyers	47	25			
27	145	Carl Thompson V40	Unattached	47	26			
28	86	Christopher Gay	Newmarket Joggers a	47	27			
29	144	Nicholas Bull	Unattached .	47	37			
30	139	Andrew Buck V50	Sudbury Joggers	47	40			
31	71	Ian Old	Ipswich Jaffa Rc b	47	44			
32	142	Kieran Hales	Sudbury Joggers	47	50			
33	39	Scott Ramsey	Hadleigh Hares Ac a	48	00			
34	9	Benjamin Jacobs V40	Felixstowe Rrc a	48	16			
35	87	Mark Hayward	Newmarket Joggers a	48	22			
36	54	Marcus Boon	Ipswich Jaffa Rc b	48	33			
37	119	Jason Allard V40	Stowmarket Striders Rc a	48	48			
38	4	Steve Brooke V45	Felixstowe Rrc a	49	12			
39	154	James Cornish	Woodbridge Shufflers Rc	49	58			
40	15	William Aldred V45	Framlingham Flyers	50	04			
41	127	Steven Hughes V50	Stowmarket Striders Rc b	50	08			
42	91	Martyn Taylor	Newmarket Joggers b	50	15			
43	96	Matthew Crane	Saint Edmund Pacers a	50	20			
44	134	Chris Seymour V45	Stowmarket Striders Rc a	50	25			
45	43	Westley Walker	Haverhill Running Club	50	37			
46	94	Howard Beasley V55	Saint Edmund Pacers a	50	40			
47	76	Ashley Smy	Ipswich Jaffa Rc b	50	42			
48	19	Nick Hammond V45	Framlingham Flyers	50	42			
49	136	Elliot Wells	Stowmarket Striders Rc b	51	07			
50	24	Chris Leek V40	Framlingham Flyers	51	46			
51	73	Brian Rogers V60	Ipswich Jaffa Rc c	51	51			
52	97	Michael Falcone	Saint Edmund Pacers a	51	55			
53	152	Tom Alexander	Woodbridge Shufflers Rc	51	56			
54	45	Mark Hayden V40	Ipswich Harriers	51	59			
55	16	Stephen Curran V50	Framlingham Flyers	52	07			
56	116	Thomas Haslam V40	Saxmundham Sports R & F Club 1	52	08			
57	140	Ben Cuthbert	Sudbury Joggers	52	10			
58	53	Warren Birch V50	Ipswich Jaffa Rc b	52	12			
59	129	Richard Leeder V40	Stowmarket Striders Rc b	52	23			
60	40	Oliver Riches	Hadleigh Hares Ac a	52	35			
61	36	Iain Johnston	Hadleigh Hares Ac a	52	59			
62	155	Sean Kennedy	Woodbridge Shufflers Rc	53	00			
63	25	Rob MacKenzie V50	Framlingham Flyers	53	06			
64	78	Alec Wright	Ipswich Jaffa Rc c	53	26			
65	103	Chris Perry V40	Saint Edmund Pacers b	53	27			
66	18	Steve Garvie V45	Framlingham Flyers	53	44			
67	101	Stephen Hatten V50	Saint Edmund Pacers b	53	49			
68	107	Michael Rushton V40	Saint Edmund Pacers b	53	51			
69	92	James Thomson	Newmarket Joggers b	53	57			
70	21	James Howlett V40	Framlingham Flyers	53	58			
71	3	Sam Brooke	Felixstowe Rrc a	54	01			
72	51	Nicholas Bell	Ipswich Jaffa Rc d	54	45			
73	32	Kenneth Tovell V45	Framlingham Flyers	55	06			
74	49	John Adams V40	Ipswich Jaffa Rc c	55	17			
75	37	Paul Lacey V45	Hadleigh Hares Ac a	55	28			
76	113	Jake Church	Saxmundham Sports R & F Club 1	55	33			
77	46	Stephen Hicks V55	Ipswich Harriers	55	36			
78	153	Jonathan Barnes V40	Woodbridge Shufflers Rc	55	43			
79	85	Stephen Edwards V50	Newmarket Joggers b	55	50			
80	7	Robin Harper V40	Felixstowe Rrc a	55	57			
81	141	Jamie Fittock	Sudbury Joggers	56	17			
82	143	George Baldwin	Unattached	57	14			
83	100	Michael Hankinson V55	Saint Edmund Pacers b	57	29			
84	93	Stephen Atkins V50	Saint Edmund Pacers b	57	29			

85	135	Christopher Starmer V55	Stowmarket Striders Rc b	57	33
86	123	Wayne Gardner	Stowmarket Striders Rc b	57	34
87	98	Ian Gooderham V45	Saint Edmund Pacers c	57	49
88	79	David Casey V45	Ipswich Triathlon Club	57	52
89	80	Iain Hammond	Ipswich Triathlon Club	58	23
90	121	Andrew Collett	Stowmarket Striders Rc b	58	31
91	31	Simon Tinkler V40	Framlingham Flyers	58	46
92	56	Duncan Chenery V55	Ipswich Jaffa Rc c	58	50
93	106	Steven Rue V60	Saint Edmund Pacers c	58	53
94	29	Todd Strehlow V45	Framlingham Flyers	58	56
95	69	Ker MacRosson V60	Ipswich Jaffa Rc d	59	18
96	114	Ben Cowley	Saxmundham Sports R & F Club 1	59	40
97	50	Daniel Ager V45	Ipswich Jaffa Rc c	59	44
98	75	Charles Shoobred V65	Ipswich Jaffa Rc e	60	10
99	109	Kim Swan V55	Saint Edmund Pacers c	60	18
100	122	Mathew Eveleigh	Stowmarket Striders Rc c	60	30
101	17	David Dinnage	Framlingham Flyers	60	41
102	68	Tim Long V50	Ipswich Jaffa Rc d	60	58
103	10	David Seymour V55	Felixstowe Rrc b	61	09
104	120	Phillip Beer V50	Stowmarket Striders Rc c	61	18
105	8	Alex Jacobs	Felixstowe Rrc b	61	48
106	13	Peter Woods	Felixstowe Rrc b	62	29
107	111	Stephen Williams V60	Saint Edmund Pacers c	63	27
108	133	Robert Reason V50	Stowmarket Striders Rc c	63	34
109	65	Alan Hillyard V55	Ipswich Jaffa Rc e	64	05
110	34	Steve Hunt V55	Hadleigh Hares Ac	64	23
111	90	Alan Shand V60	Newmarket Joggers b	65	27
112	30	David Taylor V65	Framlingham Flyers	66	07
113	117	Keelan Smith	Saxmundham Sports R & F Club 1	66	09
114	124	Chris Gladwell V55	Stowmarket Striders Rc c	67	11
115	67	Mon Lee V55	Ipswich Jaffa Rc d	68	22
116	22	Ian Kennedy V55	Framlingham Flyers	68	29
117	57	Gi Kwong Cheung V45	Ipswich Jaffa Rc e	69	46
118	81	Chris Aylmer V65	Newmarket Joggers b	76	18

### Men V40 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	41	John Scaife V40	Hadleigh Hares Ac a	44	47
2	61	Garry Cullum V40	Ipswich Jaffa Rc b	45	10
3	23	James Last V40	Framlingham Flyers	45	21
4	131	Nick Palmer V40	Stowmarket Striders Rc a	45	52
5	146	David Williams V40	Newmarket Joggers a	46	37
6	145	Carl Thompson V40	Unattached	47	26
7	9	Benjamin Jacobs V40	Felixstowe Rrc a	48	16
8	119	Jason Allard V40	Stowmarket Striders Rc a	48	48
9	24	Chris Leek V40	Framlingham Flyers	51	46
10	45	Mark Hayden V40	Ipswich Harriers	51	59
11	116	Thomas Haslam V40	Saxmundham Sports R & F Club 1	52	08
12	129	Richard Leeder V40	Stowmarket Striders Rc b	52	23
13	103	Chris Perry V40	Saint Edmund Pacers b	53	27
14	107	Michael Rushton V40	Saint Edmund Pacers b	53	51
15	21	James Howlett V40	Framlingham Flyers	53	58
16	49	John Adams V40	Ipswich Jaffa Rc c	55	17
17	153	Jonathan Barnes V40	Woodbridge Shufflers Rc	55	43
18	7	Robin Harper V40	Felixstowe Rrc a	55	57
19	31	Simon Tinkler V40	Framlingham Flyers	58	46

### Men V45 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	20	Adam Howlett V45	Framlingham Flyers	45	02
2	28	Darren Sheppard V45	Framlingham Flyers	47	25
3	4	Steve Brooke V45	Felixstowe Rrc a	49	12
4	15	William Aldred V45	Framlingham Flyers	50	04
5	134	Chris Seymour V45	Stowmarket Striders Rc a	50	25
6	19	Nick Hammond V45	Framlingham Flyers	50	42
7	18	Steve Garvie V45	Framlingham Flyers	53	44
8	32	Kenneth Tovell V45	Framlingham Flyers	55	06
9	37	Paul Lacey V45	Hadleigh Hares Ac a	55	28
10	98	Ian Gooderham V45	Saint Edmund Pacers c	57	49
11	79	David Casey V45	Ipswich Triathlon Club	57	52
12	29	Todd Strehlow V45	Framlingham Flyers	58	56
13	50	Daniel Ager V45	Ipswich Jaffa Rc c	59	44
14	57	Gi Kwong Cheung V45	Ipswich Jaffa Rc e	69	46

**Men V50 Suffolk Cross County Championships****08-Jan-17**

Pos	No	Name	Club	Time	
1	139	Andrew Buck V50	Sudbury Joggers	47	40
2	127	Steven Hughes V50	Stowmarket Striders Rc b	50	08
3	16	Stephen Curran V50	Framlingham Flyers	52	07
4	53	Warren Birch V50	Ipswich Jaffa Rc b	52	12
5	25	Rob MacKenzie V50	Framlingham Flyers	53	06
6	101	Stephen Hatten V50	Saint Edmund Pacers b	53	49
7	85	Stephen Edwards V50	Newmarket Joggers b	55	50
8	93	Stephen Atkins V50	Saint Edmund Pacers b	57	29
9	68	Tim Long V50	Ipswich Jaffa Rc d	60	58
10	120	Phillip Beer V50	Stowmarket Striders Rc c	61	18
11	133	Robert Reason V50	Stowmarket Striders Rc c	63	34

**Men V55 Suffolk Cross County Championships****08-Jan-17**

Pos	No	Name	Club	Time	
1	94	Howard Beasley V55	Saint Edmund Pacers a	50	40
2	46	Stephen Hicks V55	Ipswich Harriers	55	36
3	100	Michael Hankinson V55	Saint Edmund Pacers b	57	29
4	135	Christopher Starmer V55	Stowmarket Striders Rc b	57	33
5	56	Duncan Chenery V55	Ipswich Jaffa Rc c	58	50
6	109	Kim Swan V55	Saint Edmund Pacers c	60	18
7	10	David Seymour V55	Felixstowe Rrc b	61	09
8	65	Alan Hillyard V55	Ipswich Jaffa Rc e	64	05
9	34	Steve Hunt V55	Hadleigh Hares Ac	64	23
10	124	Chris Gladwell V55	Stowmarket Striders Rc c	67	11
11	67	Mon Lee V55	Ipswich Jaffa Rc d	68	22
12	22	Ian Kennedy V55	Framlingham Flyers	68	29

**Men V60 Suffolk Cross County Championships****08-Jan-17**

Pos	No	Name	Club	Time	
1	73	Brian Rogers V60	Ipswich Jaffa Rc c	51	51
2	106	Steven Rue V60	Saint Edmund Pacers c	58	53
3	69	Ker MacRosson V60	Ipswich Jaffa Rc d	59	18
4	111	Stephen Williams V60	Saint Edmund Pacers c	63	27
5	90	Alan Shand V60	Newmarket Joggers b	65	27

**Men V65 Suffolk Cross County Championships****08-Jan-17**

Pos	No	Name	Club	Time	
1	75	Charles Shoolbred V65	Ipswich Jaffa Rc e	60	10
2	30	David Taylor V65	Framlingham Flyers	66	07
3	81	Chris Aylmer V65	Newmarket Joggers b	76	18

**Men U20 Suffolk Cross Country Championships****3 To Score****Heveningham Hall****08-Jan-17****U20 Men**

Pos	No	Name	Club	Time		Team Result
1	294	Alex Lawrence	Ipswich Harriers	26	48	1
2	295	Paul Wain	Ipswich Jaffa RC	26	58	2
3	299	Jacob Freeborough	West Suffolk Ac	29	51	3
4	293	Luke Wood	Framlingham Flyers	29	52	4
5	292	Henry Milldown	Ipswich Harriers	31	21	5
6	297	Aiden Church	Saxmundham Sports R & F Club	35	56	6

**Men U17 Suffolk Cross Country Championships****3 To Score****Heveningham Hall****08-Jan-17****U17 Men**

Pos	No	Name	Club	Time		Team Result
1	163	Thomas Adams	Ipswich Harriers	19	38	1
2	165	Adel Hamed	Ipswich Harriers	19	49	2
3	166	Alex Tripp	Ipswich Harriers	19	59	3
4	164	Jack Grady	Ipswich Harriers	20	49	4
5	171	Henry Steele	Saint Edmund Pacers	21	12	5
6	175	James Preston	West Suffolk Ac	21	29	6
7	174	Thomas McCarthy	West Suffolk Ac	21	33	7
8	170	Joe Robson	Saint Edmund Pacers	21	53	8
9	176	Joshua Walker	West Suffolk AC	22	22	9
10	167	Conner Bilner	Ipswich Jaffa Rc	22	36	10
11	169	Steven Quercia-Smale	Saint Edmund Pacers	22	43	11
12	173	Harry Tillbrook	Stowmarket Striders Rc	25	12	12
13	172	Morgan Moore	Stowmarket Striders Rc	25	37	13

## Boys U15 Suffolk Cross Country Championships

## 3 To Score

### Heveningham Hall

Pos	No	Name	Club	Time	
1	431	Nathan Goddard	Ipswich Harriers	11	58
2	432	Tai Elvin-Andrews	Ipswich Harriers	12	09
3	438	Ben Bayly	Saint Edmund Pacers	12	30
4	433	Leon Dix	Ipswich Harriers	12	43
5	450	Jai Narayan	West Suffolk AC	12	47
6	430	George Rufford	Ipswich Harriers	12	48
7	440	Tom Henson	Saint Edmund Pacers	12	55
8	435	Adam Wood	Ipswich Harriers	13	02
9	444	Bertie Tweed	Unattached	13	21
10	445	Jamie Besford	Waveney Valley AC	13	26
11	437	Anton Avis	Saint Edmund Pacers	13	34
12	443	Alexander Evans Lombe	Unattached	13	37
13	448	Oscar Hedge	West Suffolk AC	13	54
14	434	Harvey Gladwell	Ipswich Harriers	14	07
15	439	Dylan Bradnam	Saint Edmund Pacers	14	19
16	449	Callum Long	West Suffolk AC	14	32
17	442	Kyle Church	Saxmundham Sports R & F Club	15	02
18	436	Charlie Adams	Ipswich Jaffa RC	15	17

### 08-Jan-17

### U15 Boys

Team Result		
1	Ipswich Harriers	7
2	Saint Edmund Pacers	21
3	West Suffolk AC	34

## Boys U13 Suffolk Cross Country Championships

## 3 To Score

### Heveningham Hall

Pos	No	Name	Club	Time	
1	360	George Wharam	Ipswich Harriers	10	20
2	359	Charlie Turner	Ipswich Harriers	10	27
3=	356	Elliot Gladwell	Ipswich Harriers	10	28
3=	354	Kit Evans Lombe	Ipswich Harriers	10	28
5	358	Oliver Hitchcock	Ipswich Harriers	10	28
6	351	Frederick Adams	Ipswich Harriers	10	32
7	340	Archie Tweed	Branardiston Hall School	11	03
8	352	Max Ashmore	Ipswich Harriers	11	15
9	362	Edward Osborn	Ipswich Jaffa RC	11	18
10	361	Oliver Hart	Ipswich Jaffa RC	11	19
11	349	Edward Rufford	Ipswich Harriers	11	24
12	368	Oscar Woodward	Saint Edmund Pacers	11	35
13	370	James Peck	Thetford AC	11	38
14	343	Joseph Davison	Framlingham Flyers	11	46
15	346	Charlie Peacher	Framlingham Flyers	11	49
16	374	Ewan Boyle	West Suffolk AC	11	53
17	372	George Browne	Waveney Valley AC	12	00
18	375	Joe Bradford	West Suffolk AC	12	03
19	357	Jack Hayes	Ipswich Harriers	12	13
20	341	Alfie Gard	Bungay Black Dog RC	12	16
21	364	Max Berry	Saint Edmund Pacers	12	18
22	345	Alec MacKay	Framlingham Flyers	12	25
23	371	Thomas Liddy	Unattached	12	30
24	365	Charlie Knowler	Saint Edmund Pacers	12	31
25	344	Joe Edmonds	Framlingham Flyers	12	55
26	366	Ashton Richardson	Saint Edmund Pacers	13	26
27	347	Matthew Rodwell	Framlingham Flyers	13	55
28	363	William Taylor	Newmarket Joggers	14	23
29	348	Jamie West	Hadleigh Hares AC	15	54
30	342	Diego Amorim	Framlingham Flyers	16	16

### 08-Jan-17

### U13 Boys

Team Result		
1	Ipswich Harriers	6
2	Framlingham Flyers	51
3	Saint Edmund Pacers	57

## Boys U11 Suffolk Cross Country Championships

### Heveningham Hall

Pos	No	Name	Club	Time	
1	574	Ryan Grady	Ipswich Harriers	7	29
2	573	Max Fisher	Ipswich Harriers	7	41
3	585	Edward Buckingham	Unattached	7	48
4	586	Thomas Burrows	Unattached	8	20
5	569	William Gilmour	Framlingham Flyers	8	23
6	578	Josh Rooke	Saint Edmund Pacers	8	47
7	576	Luke Hart	Ipswich Jaffa RC	8	50
8	583	Benjamin Peck	Thetford AC	8	52
9	588	William Browne	Waveney Valley AC	8	56
10	577	Austin Taylor	Newmarket Joggers	9	00
11	567	Brandon Barber	Framlingham Flyers	9	17
12	572	Luke Wharam	Framlingham Flyers	9	23
13	584	Callum Wing	Thetford AC	9	30
14	580	Henry Cain	Stowmarket Striders Rc	9	59
15	582	Alex McNamara	Stowmarket Striders Rc	10	16
16	571	Toby Sheppard	Framlingham Flyers	10	42
17	581	Jack Garnham	Stowmarket Striders Rc	11	40
18	568	Owen Cox	Framlingham Flyers	12	06

### 08-Jan-17

### U11 Boys

## Girls U11 Suffolk Cross Country Championships

### Heveningham Hall

08-Jan-17

### U11 Girls

Pos	No	Name	Club	Time	
1	508	Ruby Vinton	Ipswich Jaffa RC	7	57
2	509	Freya Wilcox	Ipswich Jaffa RC	8	57
3	514	Izzy Woodward	Saint Edmund Pacers	9	06
4	505	Eloise Rufford	Ipswich Harriers	9	19
5	511	Amber Bradnam	Saint Edmund Pacers	9	24
6	513	Jessica O'Brien	Saint Edmund Pacers	9	26
7	516	Imogen Porch	Stowmarket Striders Rc	9	33
8	507	Poppy Gaunt	Ipswich Jaffa RC	9	35
9	510	Amy Bradford	Saint Edmund Pacers	9	50
10	515	Josephine Beer	Stowmarket Striders Rc	9	57
11	503	Evie Nesling	Framlingham Flyers	10	14
12	504	Tiggy Robinson	Framlingham Flyers	10	20
13	506	Charlotte Gaunt	Ipswich Jaffa RC	10	22
14	517	Zoe Jones	Unattached	10	25
15	501	Maisie Ali	Framlingham Flyers	10	27
16	512	Sophie Carter	Saint Edmund Pacers	11	16

## Girls U13 Suffolk Cross Country Championships

### 3 To Score

### Heveningham Hall

08-Jan-17

### U13 Girls

Pos	No	Name	Club	Time		Team Result		
1	311	Tilly Aldis	Ipswich Harriers	11	17	1	Ipswich Harriers	7
2	316	Beatrice Thomas	Ipswich Harriers	11	48	2	West Suffolk AC	18
3	328	Lila Battell	West Suffolk AC	12	01	3	Framlingham Flyers	35
4	313	Mia Dann	Ipswich Harriers	12	01	4	Saint Edmund Pacers	41
5	303	Poppy Branton	Framlingham Flyers	12	14	5	Stowmarket Striders Rc	81
6	329	Lorna Coull	West Suffolk AC	12	18	6		
7	308	Brooke Oram	Great Yarmouth & District Ac	12	22	7		
8	310	Amy Goddard	Ipswich Harriers	12	24	8		
9	334	Emily White	West Suffolk AC	12	31	9		
10	319	Francesca Nichols	Saint Edmund Pacers	12	45	10		
11	314	Chloe Gilbert	Ipswich Harriers	12	56	11		
12	307	Millie Taylor	Framlingham Flyers	13	12	12		
13	312	Nellee Berry	Ipswich Harriers	13	24	13		
14	331	Eva Marshall	West Suffolk AC	13	31	14		
15	321	Zoe Troy	Saint Edmund Pacers	13	35	15		
16	322	Jasmine Westcott	Saint Edmund Pacers	13	38	16		
17	301	Elodie Whyte	Beccles & Bungay Harriers	13	42	17		
18	305	Fliss Kindred-Kirk	Framlingham Flyers	13	57	18		
19	333	Libby Stinson	West Suffolk Ac	14	07	19		
20	327	Yolanda Sparkes	Ipswich Jaffa Rc	14	16	20		
21	330	Molly Howell	West Suffolk AC	14	18	21		
22	304	Isobel Gilmour	Framlingham Flyers	14	37	22		
23	309	Eleanor West	Hadleigh Hares AC	15	20	23		
24	320	Rhian O'Brien	Saint Edmund Pacers	15	29	24		
25	302	Imogen Whyte	Beccles & Bungay Harriers	15	44	25		
26	326	Isabella Porch	Stowmarket Striders Rc	16	55	26		
27	324	Annie Owen-Stiff	Stowmarket Striders Rc	17	50	27		
28	325	Harriet Owen-Stiff	Stowmarket Striders Rc	19	06	28		
29	306	Bailey Robinson	Framlingham Flyers	19	08	29		
30	323	Lara Dolan	Stowmarket Striders Rc	19	15	30		

## Girls U15 Suffolk Cross Country Championships

### 3 To Score

### Heveningham Hall

08-Jan-17

### U15 Girls

Pos	No	Name	Club	Time		Team Result		
1	407	Holly Fisher	Ipswich Harriers	15	08	1	Ipswich Harriers	6
2	409	Sasha Tydeman	Ipswich Harriers	15	11	2	West Suffolk Ac	33
3	403	Sarah Barker	Ipswich Harriers	15	32	3	Saint Edmund Pacers	43
4	408	Mimi Salsby	Ipswich Harriers	15	58	4		
5	401	Amy Graham	Ipswich Harriers	16	13	5		
6	406	Katie Challinor	Ipswich Harriers	16	30	6		
7	427	Libby Walshe	West Suffolk AC	16	56			
8	422	Milly Buckingham	Unattached	17	02			
9	416	Niamh Perry	Saint Edmund Pacers	17	12			
10	424	Chloe Cavill	West Suffolk AC	17	19			
11	410	Daisy Brooke	Ipswich Jaffa RC	17	26			
12	400	Rose Branton	Framlingham Flyers	17	53			
13	404	Imogen Bowyer	Ipswich Harriers	17	55			
14	402	Sophie Graham	Ipswich Harriers	17	57			
15	415	Kirsten O'Brien	Saint Edmund Pacers	19	27			
16	425	Alex Ginns	West Suffolk Ac	19	37			
17	411	Frankie Roberts	Ipswich Jaffa RC	19	45			
18	420	Isabel Beer	Stowmarket Striders Rc	20	34			
19	412	Rachel Beare	Saint Edmund Pacers	20	49			
20	419	Scarlett Angove	Stowmarket Striders Rc	22	55			

## Women U17 Suffolk Cross Country Championships

**3 To Score**

### Heveningham Hall

08-Jan-17

### U17 Women

Pos	No	Name	Club	Time		Team Result		
1	389	Megan Newton	West Suffolk Ac	18	51	1	West Suffolk Ac	10
2	387	Harriet Lyman	Waveney Valley Ac	20	49	2		
3	383	Lily Woodruff	Ipswich Harriers	21	22	3		
4	388	Olivia Allum	West Suffolk AC	21	39	4		
5	390	Claudia Spencer-Hall	West Suffolk Ac	22	30	5		
6	381	Meade Clarke	Framlingham Flyers	22	34	6		
7	380	Cara Howe	Beccles & Bungay Harriers	24	02	7		
8	384	Alice Bell	Saint Edmund Pacers	25	19	8		
9	382	Lauren Oram	Great Yarmouth & District Ac	25	45	9		
10	156	Lizzie Jackson	Saint Edmund Pacers	26	40	10		
11	386	Olivia Beer	Stowmarket Striders Rc	34	07	11		

## Women U20 Suffolk Cross Country Championships

**3 To Score**

### Heveningham Hall

08-Jan-17

### U20 Women

Pos	No	Name	Club	Time		Team Result		
1	184	Holly Davies	West Suffolk Ac	23	11	1		
2	182	Abigail Rose	Ipswich Harriers	24	18	2		
3	180	Lauren Howe	City Of Norwich Ac	26	05	3		
4	181	Chloe Godbold	Ipswich Harriers	28	32	4		

## Women Suffolk Cross Country Championships

**3 To Score**

### Heveningham Hall

08-Jan-17

### Women

Pos	No	Name	Club	Time		Team Result		
1	225	Victoria Kenny	Hadleigh Hares Ac	30	38	1	Ipswich Jaffa Rc a	17
2	262	Odette Robson V45	Saint Edmund Pacers a	30	50	2	Saint Edmund Pacers a	21
3	229	Sara Bird	Ipswich Jaffa Rc a	31	15	3	Hadleigh Hares Ac	26
4	223	Davina Greenwell	Hadleigh Hares Ac	32	485	4	Framlingham Flyers	52
5	257	Angela Joiner-Handy V45	Saint Edmund Pacers a	32	55	5	Newmarket Joggers a	57
6	240	Laura Thomas	Ipswich Jaffa Rc a	33	05	6	Stowmarket Striders Rc a	70
7	243	Claire Weller	Ipswich Triathlon Club	33	22	7	Ipswich Jaffa Rc b	74
8	239	Samantha Spencer	Ipswich Jaffa Rc a	34	00	8	Sudbury Joggers	90
9	290	Maureen McCarthy V55	West Suffolk Ac	34	04	9	Saint Edmund Pacers b	108
10	236	Esther Lury V40	Ipswich Jaffa Rc a	35	41	10	Stowmarket Striders Rc b	122
11	209	Geraldine Clarke V45	Framlingham Flyers	35	50	11	Newmarket Joggers b	136
12	284	Emma Barrowclough	Sudbury Joggers	35	56	12	Ipswich Jaffa Rc c	156
13	283	Gemma Porch	Stowmarket Striders Rc a	36	21	13	Saxmundham Sports R & F Club 1	159
14	264	Joanna Woledge V40	Saint Edmund Pacers a	36	35			
15	232	Elise Daykin-Colombel	Ipswich Jaffa Rc b	36	49			
16	203	Gail Mackie	Felixstowe Rrc	37	08			
17	216	Melanie Snare V40	Framlingham Flyers	37	12			
18	252	Hannah Pollard	Newmarket Joggers a	37	22			
19	247	Nicola Chapman	Newmarket Joggers a	37	35			
20	246	Grainne Brennan	Newmarket Joggers a	37	55			
21	221	Rachel Bodsworth	Hadleigh Hares Ac	38	05			
22	258	Claire Hoblyn V50	Saint Edmund Pacers a	38	11			
23	291	Sarah Lewis	Woodbridge Shufflers Rc	38	17			
24	208	Sasha Chilvers	Framlingham Flyers	38	30			
25	231	Lynsey Chenery	Ipswich Jaffa Rc b	38	35			
26	285	Sally-ann Bowen V40	Sudbury Joggers	39	00			
27	281	Mary Narey V45	Stowmarket Striders Rc a	39	17			
28	260	Amanda Martin V50	Saint Edmund Pacers b	39	30			
29	205	Laura Ali	Framlingham Flyers	39	57			
30	280	Victoria Moseley V40	Stowmarket Striders Rc a	40	21			
31	214	Michelle Hewitt	Framlingham Flyers	40	28			
32	242	Rachel Fiddy	Ipswich Triathlon Club	40	35			
33	261	Jenny Morgan V60	Saint Edmund Pacers b	41	05			
34	237	Claire Palfrey V40	Ipswich Jaffa Rc b	41	14			
35	272	Julia Baldwin V45	Stowmarket Striders Rc b	41	34			
36	245	Elizabeth Barter	Newmarket Joggers b	41	54			
37	255	Helen Wass V50	Newmarket Joggers b	42	08			
38	206	Clare Barstow	Framlingham Flyers	42	29			
39	274	Kate Cooper	Stowmarket Striders Rc b	42	30			
40	253	Lisa Redman V40	Newmarket Joggers a	42	41			
41	219	Marion Walker V60	Framlingham Flyers	42	59			
42	241	Jennifer Wright	Ipswich Jaffa Rc b	43	25			
43	215	Jo Parden V45	Framlingham Flyers	43	30			
44	226	Mandy Godbold V45	Ipswich Harriers	43	43			
45	207	Joanne Cartwright V40	Framlingham Flyers	43	48			
46	268	Sarah Vick V45	Saxmundham Sports R & F Club 1	43	56			
47	263	Rita Rue V55	Saint Edmund Pacers b	44	01			
48	278	Deirdra Keating V45	Stowmarket Striders Rc b	44	52			
49	211	Elspeth Gilmour V40	Framlingham Flyers	44	53			
50	238	Sandy Phillips V50	Ipswich Jaffa Rc c	45	09			
51	230	Lisa Bond V45	Ipswich Jaffa Rc c	45	45			
52	286	Samantha Cooper V45	Sudbury Joggers	46	25			
53	279	Sandra Mayhew V50	Stowmarket Striders Rc a	46	50			

54	265	Shannen Church	Saxmundham Sports R & F Club 1	46	59
55	234	Julie Haselwood V60	Ipswich Jaffa Rc c	47	12
56	210	Katie Everett	Framlingham Flyers	47	21
57	218	Trudie Timms V40	Framlingham Flyers	47	53
58	287	Ruth Cowlin V50	Sudbury Joggers	47	57
59	267	Ann Granger V50	Saxmundham Sports R & F Club 1	49	06
60	217	Vivienne Taylor V60	Framlingham Flyers	49	30
61	276	Kendra Hammond	Stowmarket Striders Rc b	53	03
62	248	Pearl Fay V55	Newmarket Joggers	53	17
63	254	Isabel Vicente V45	Newmarket Joggers b	54	11
64	266	Tina Church V40	Saxmundham Sports R & F Club 1	54	50
65	249	Alice Greenwood	Newmarket Joggers b	58	32

### Women V40 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	236	Esther Lury V40	Ipswich Jaffa Rc a	35	41
2	264	Joanna Woledge V40	Saint Edmund Pacers a	36	35
3	216	Melanie Snare V40	Framlingham Flyers	37	12
4	285	Sally-ann Bowen V40	Sudbury Joggers	39	00
5	280	Victoria Moseley V40	Stowmarket Striders Rc a	40	21
6	237	Claire Palfrey V40	Ipswich Jaffa Rc b	41	14
7	253	Lisa Redman V40	Newmarket Joggers a	42	41
8	207	Joanne Cartwright V40	Framlingham Flyers	43	48
9	211	Elspeth Gilmour V40	Framlingham Flyers	44	53
10	218	Trudie Timms V40	Framlingham Flyers	47	53
11	266	Tina Church V40	Saxmundham Sports R & F Club 1	54	50

### Women V45 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	262	Odette Robson V45	Saint Edmund Pacers a	30	50
2	257	Angela Joiner-Handy V45	Saint Edmund Pacers a	32	55
3	209	Geraldine Clarke V45	Framlingham Flyers	35	50
4	281	Mary Narey V45	Stowmarket Striders Rc a	39	17
5	272	Julia Baldwin V45	Stowmarket Striders Rc b	41	34
6	215	Jo Parden V45	Framlingham Flyers	43	30
7	226	Mandy Godbold V45	Ipswich Harriers	43	43
8	268	Sarah Vick V45	Saxmundham Sports R & F Club 1	43	56
9	278	Deirdra Keating V45	Stowmarket Striders Rc b	44	52
10	230	Lisa Bond V45	Ipswich Jaffa Rc c	45	45
11	286	Samantha Cooper V45	Sudbury Joggers	46	25
12	254	Isabel Vicente V45	Newmarket Joggers b	54	11

### Women V50 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	258	Claire Hoblyn V50	Saint Edmund Pacers a	38	11
2	260	Amanda Martin V50	Saint Edmund Pacers b	39	30
3	255	Helen Wass V50	Newmarket Joggers b	42	08
4	238	Sandy Phillips V50	Ipswich Jaffa Rc c	45	09
5	279	Sandra Mayhew V50	Stowmarket Striders Rc a	46	50
6	287	Ruth Cowlin V50	Sudbury Joggers	47	57
7	267	Ann Granger V50	Saxmundham Sports R & F Club 1	49	06

### Women V55 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	290	Maureen McCarthy V55	West Suffolk Ac	34	04
2	263	Rita Rue V55	Saint Edmund Pacers b	44	01
3	248	Pearl Fay V55	Newmarket Joggers	53	17

### Women V60 Suffolk Cross County Championships

08-Jan-17

Pos	No	Name	Club	Time	
1	261	Jenny Morgan V60	Saint Edmund Pacers b	41	05
2	219	Marion Walker V60	Framlingham Flyers	42	59
3	234	Julie Haselwood V60	Ipswich Jaffa Rc c	47	12
4	217	Vivienne Taylor V60	Framlingham Flyers	49	30