

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2018/19

BUNGAY SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		400		23:26	Joshua Hulse	IH	M	17	1
2	2		399		23:27	Daniel Oboyle	SEP	M	20	1
3	3		398		23:52	Harry Allcock	BBD	M	17	2
4	4		397		24:01	Robert Chenery	LRR	M	20	2
5	5		396		24:02	Dominic Oliver	WVAC	M	20	3
6	6		395		24:25	Dean Bain	WVAC	M	20	4
7	7		394		24:46	Jim Last	FF	M	40	1
8	8		393		24:55	Joe Robson	SEP	M	17	3
9	9		392		25:03	Carl Prewer	LRR	M	45	1
10	10		391		25:08	Kevin Murphy	SEP	M	40	2
11	11		390		25:33	Scott Williams	SS	M	20	5
12	12		389		25:41	Tom Galley	LRR	M	20	6
13	13		388		25:54	Lee Barber	FF	M	20	7
14	14		387		26:03	Jim Burgess	WVAC	M	45	2
15	15		386		26:13	Benjamin Jacobs	FRR	M	40	3
16	16		385		26:16	Simon Cook	LRR	M	20	8
17	17		384		26:20	Chris Hall	BBD	M	20	9
18		1		200	26:30	Jo Andrews	BBD	F	45	1
19	18		383		26:45	Steven Brooke	FRR	M	50	1
20	19		382		26:46	John Jervis	LRR	M	20	10
21	20		381		26:58	Chris Mower	SEP	M	40	4
22	21		380		27:00	Lloyd Scriven	WVAC	M	45	3
23	22		379		27:05	Darren Sheppard	FF	M	45	4
24	23		378		27:07	Dylan Neeve	WVAC	M	40	5
25	24		377		27:09	Mark Hayden	FF	M	45	5
26	25		376		27:17	Chris Pimlott	WVAC	M	40	6
27	26		375		27:24	Matt Steel	SSX	M	20	11
28	27		374		27:27	Dave Solomon	FRR	M	50	2
29	28		373		27:39	Tim Larke	SS	M	45	6
30	29		372		27:45	Martin Farr	LRR	M	20	12
31	30		371		27:46	Mathew Blacoe	IH	M	50	3
32	31		370		27:47	Steve Barber	WVAC	M	40	7
33	32		369		27:49	Nick Hammond	FF	M	45	7
34	33		368		27:51	Greg Davis	N&S	M	55	1
35	34		367		27:56	Jack Grady	IH	M	17	4
36	35		366		27:57	Robert Cheverton	LRR	M	60	1
37	36		365		28:03	Leigh Butcher	LRR	M	20	13
38		2		199	28:07	Jessie Gooderham	SEP	F	20	1
39	37		364		28:08	Ross Wilcox	SS	M	40	8
40	38		363		28:15	Adrian Frost	SEP	M	45	8
41	39		362		28:20	Richard Aukland	WVAC	M	45	9
42	40		361		28:27	Oliver Minns	IH	M	20	14
43	41		360		28:28	Tom Alexander	SSX	M	40	9
44	42		359		28:34	Stuart Buchan	SS	M	20	15
45	43		358		28:37	Ben Jeffery	WSAC	M	40	10
46	44		357		28:39	Robin Harper	FRR	M	40	11
47	45		356		28:44	Rob Mackenzie	FF	M	55	2
48	46		355		28:47	Tom Jarrett	I&NT	M	40	12
49	47		354		28:50	Will Terry	SS	M	17	5
50	48		353		28:53	Steve Hughes	SS	M	55	3

51	49	352	28:59	Howard Revell	FF	M	55	4
52	50	351	29:00	Justin Potter	SS	M	20	16
53	51	350	29:02	Stuart Coe	WVAC	M	40	13
54	52	349	29:03	James Howlett	FF	M	45	10
55	53	348	29:04	Andy Buck	BBH	M	40	14
56	54	347	29:09	Peter Bird	SEP	M	45	11
57	55	346	29:10	Chris Meadows	WVAC	M	20	17
58	56	345	29:17	Tim Fox	SEP	M	50	4
59	57	344	29:23	Neil Bye	LRR	M	20	18
60	58	343	29:24	James Cole	SS	M	20	19
61	59	342	29:26	Leon Neeve	WVAC	M	40	15
62	60	341	29:27	Steve Curran	FF	M	55	5
63	61	340	29:29	Howard Beasley	SEP	M	55	6
64	62	339	29:42	Andy Buck	N&S	M	50	5
65	63	338	29:44	Dave Copland	I&NT	M	55	7
66	64	337	29:50	Nigel Schofield	SEP	M	50	6
67	3	198	29:51	Odette Robson	SEP	F	45	2
68	65	336	29:52	Kerry Buckley	FRR	M	45	12
69	4	197	29:55	Cath Jeffery	SEP	F	40	1
70	66	335	30:04	Damian Elsdon	SEP	M	45	13
71	67	334	30:06	Graham Coulter	FF	M	40	16
72	68	333	30:09	Ian Elden	HRC	M	40	17
73	5	196	30:10	Jessica Hall	WVAC	F	20	2
74	69	332	30:15	Steve Hicks	IH	M	55	8
75	70	331	30:16	Andrew Harvey	BBH	M	20	20
76	71	330	30:17	Michael Hollidge	WVAC	M	20	21
77	6	195	30:18	Katie King	SEP	F	20	3
78	72	329	30:27	Gary Marshall	WSAC	M	40	18
79	73	328	30:28	Tom Hayden	FF	M	17	6
80	74	327	30:29	Tim Earl	WVAC	M	20	22
81	7	194	30:31	Lynn Emmett	BBH	F	50	1
82	75	326	30:35	Scott Bruce	LRR	M	20	23
83	76	325	30:38	Karle Howard	LRR	M	45	14
84	77	324	30:40	Oliver Schofield	SEP	M	20	24
85	78	323	30:45	Simon Tinkler	FF	M	40	19
86	8	193	30:47	Emilie Wix	SSX	F	35	1
87	79	322	30:48	Roger Ackerley	SSX	M	60	2
88	9	192	31:02	Louise Burnasconi	LRR	F	40	2
89	80	321	31:05	Shaun Lark	LRR	M	40	20
90	81	320	31:06	Andrew Callen	DAC	M	20	25
91	10	191	31:09	Karen Sage	FF	F	45	3
92	82	319	31:14	Guy Hayward	FF	M	45	15
93	11	190	31:15	Katie Oldman	LRR	F	40	3
94	83	318	31:27	Mark Hurren	BBH	M	20	26
95	12	189	31:37	Maddie Hamilton	IH	F	17	1
96	84	317	31:41	Reuben Smith	I&NT	M	20	27
97	85	316	31:42	Neville Clarke	N&S	M	65	1
98	86	315	31:47	Steve Whittaker	SSX	M	50	7
99	87	314	31:48	Harrison Page	LRR	M	20	28
100	13	188	31:51	Ruth Kieran	SEP	F	40	4
101	88	313	31:56	Liam Brown	BBH	M	40	21
102	14	187	31:57	Isabella Soro	N&S	F	20	4
103	89	312	32:13	Chris Starmer	SS	M	55	9
104	15	186	32:16	Gill Leathers	SEP	F	50	2
105	90	311	32:18	Paul Collins	I&NT	M	60	3
106	91	310	32:19	Wayne Mumford	N&S	M	50	8

107	92	309	32:20	Russel Breyer	I&NT	M	55	10
108		16	185	32:21 Vicki Grice	LRR	F	35	2
109	93	308	32:22	David Mower	WVAC	M	65	2
110	94	307	32:23	Patrick Day	BBD	M	20	29
111	95	306	32:24	Rob Reid	WVAC	M	45	16
112	96	305	32:25	Kenny Tovell	FF	M	45	17
113	97	304	32:30	Todd Strehlow	FF	M	50	9
114		17	184	32:35 Tracy Prewer	LRR	F	55	1
115	98	303	32:38	Ian Gooderham	SEP	M	50	10
116	99	302	32:40	Stefan Goodswen	BBH	M	20	30
117		18	183	32:42 Emma Studd	I&NT	F	20	5
118	100	301	32:44	Steve Dunnett	FF	M	60	4
119	101	300	32:45	Duncan Chenery	BBD	M	55	11
120	102	299	32:46	Dave Brown	BT	M	20	31
121	103	298	32:47	Robin Jones	WVAC	M	60	5
122	104	297	32:51	Alex Chalmers-Wilkes	WVAC	M	20	32
123	105	296	32:52	Kyle Church	SSX	M	17	7
124	106	295	32:58	Mike White	BBH	M	20	33
125	107	294	33:00	Ian Marshall	LRR	M	50	11
126	108	293	33:01	Anthony Sinden	BBH	M	40	22
127	109	292	33:07	Alex McGregor	FF	M	20	34
128	110	291	33:08	Bill Kingaby	WVAC	M	65	3
129		19	182	33:09 Laura Leggett	BBH	F	20	6
130	111	290	33:10	Rob Morgan	SEP	M	55	12
131	112	289	33:14	Aaron Shrimpton	LRR	M	45	18
132		20	181	33:15 Rachel Plant	LRR	F	20	7
133		21	180	33:16 Rosie Denny	SSX	F	35	3
134		22	179	33:18 Di Farrell Thomas	I&NT	F	20	8
135	113	288	33:21	Daren Coulter	WVAC	M	45	19
136	114	287	33:24	Tim Cherrett	FF	M	55	13
137	115	286	33:36	Steven Rue	SEP	M	65	4
138	116	285	33:38	Jordan Greer	SEP	M	20	35
139	117	284	33:47	Malcolm Huggins	WVAC	M	50	12
140	118	283	33:51	Mike Bretton	WVAC	M	55	14
141	119	282	33:54	Mark Godbold	IH	M	50	13
142		23	178	33:55 Susannah Close	WVAC	F	35	4
143		24	177	33:56 Lindsay Black	BBH	F	35	5
144		25	176	33:57 Helen Barber	FF	F	35	6
145	120	281	34:01	Graham Wigley	FF	M	60	6
146	121	280	34:16	David Fordham	SSX	M	65	5
147	122	279	34:17	Michael Spence	WVAC	M	20	36
148	123	278	34:20	Shane Lawrence	BBD	M	60	7
149	124	277	34:21	David Dinnage	FF	M	20	37
150	125	276	34:25	Malcolm MacFarlane	WSW	M	50	14
151	126	275	34:33	Bernard Mukuya	LRR	M	40	23
152	127	274	34:35	Gary Howe	BBH	M	60	8
153		26	175	34:36 Chloe Godbold	IH	F	20	9
154		27	174	34:37 Flo Ashdown	LRR	F	20	10
155	128	273	34:44	James Crisp	LRR	M	20	38
156	129	272	34:47	Patrick Wilford	SSX	M	20	39
157		28	173	34:49 Thakeri Marston	BT	F	20	11
158	130	271	34:50	Jeremy Reader	N&S	M	40	24
159	131	270	34:51	Stuart Mason	FRR	M	55	15
160		29	172	34:58 Becky Lawler	LRR	F	20	12
161		30	171	34:59 Dianne Hughes	SS	F	55	2
162	132	269	35:06	Tim Drain	SS	M	20	40

163	133		268	35:08	Clive Purbrook	N&S	M	60	9	
164		31		170	35:12	Victoria Stace	FF	F	40	5
165		32		169	35:20	Emma Harwood	FF	F	45	4
166		33		168	35:22	Cat Fletcher	LRR	F	20	13
167	134		267	35:24	Paul Heeks	SS	M	50	15	
168	135		266	35:26	Chris Fox	SSX	M	50	16	
169	136		265	35:27	Shaun Kay	LRR	M	40	25	
170	137		264	35:29	Peter Jay	SEP	M	55	16	
171	138		263	35:37	Paul Grant	WVAC	M	50	17	
172	139		262	35:40	Philip Ayers	LRR	M	50	18	
173	140		261	35:45	Mike Berry	SEP	M	45	20	
174		34		167	35:49	Michelle Hewitt	FF	F	20	14
175	141		260	35:50	Stewart Hambling	FF	M	50	19	
176		35		166	35:54	Rachel Terry	SS	F	45	5
177	142		259	35:58	Rob Mawson	FF	M	60	10	
178	143		258	36:06	John McKee	FF	M	20	41	
179	144		257	36:11	Paul Sawyer	WSW	M	55	17	
180	145		256	36:20	Andrew Metcalfe	FRR	M	45	21	
181		36		165	36:22	Joanne Harper	FRR	F	35	7
182		37		164	36:23	Sharon Brandon	SEP	F	50	3
183	146		255	36:30	Chris Ridgeon	WSW	M	65	6	
184	147		254	36:31	Brian Munns	N&S	M	55	18	
185	148		253	36:33	Simon Skinner	BBH	M	45	22	
186	149		252	36:34	Kevin Copeman-Lamoureux	BBH	M	55	19	
187		38		163	36:35	Kate Heeks	SS	F	17	2
188		39		162	36:40	Karen Evans	LRR	F	40	6
189	150		251	36:47	Hung Lai	LRR	M	45	23	
190	151		250	36:55	Nick Esser	BT	M	45	24	
191	152		249	37:05	Nick Allen	SEP	M	20	42	
192		40		161	37:08	Elayne Hilton	LRR	F	50	4
193	153		248	37:13	Simon Laughlin	RR	M	50	20	
194		41		160	37:14	Jo Parden	FF	F	50	5
195	154		247	37:15	Mark Sargeantson	FF	M	65	7	
196	155		246	37:20	Tony Millett	WVAC	M	65	8	
197	156		245	37:27	Keelan Smith	SSX	M	20	43	
198		42		159	37:28	Dawn Marshall	SEP	F	55	3
199	157		244	37:29	Bruce Rayner	BBD	M	55	20	
200		43		158	37:32	Caroline Peek	LRR	F	45	6
201		44		157	37:33	Lydia Kirk	FF	F	20	15
202	158		243	37:35	Karl Brady	WVAC	M	50	21	
203	159		242	37:36	Mark Elflett	LRR	M	55	21	
204	160		241	37:42	Dave Catchpole	WVAC	M	20	44	
205		45		156	37:43	Michelle Hewitt	BBH	F	35	8
206		46		155	37:44	Jo Bisset-Smith	LRR	F	45	7
207	161		240	37:45	David Taylor	FF	M	65	9	
208	162		239	37:50	John Skelly	WVAC	M	50	22	
209	163		238	37:53	Malcolm Osbourn	N&S	M	70	1	
210		47		154	37:55	Juliet Garnham	SS	F	40	7
211	164		237	37:56	Ian Storey	I&NT	M	55	22	
212	165		236	38:02	Dan Everitt	HRC	M	40	26	
213		48		153	38:03	Marion Walker	FF	F	60	1
214		49		152	38:04	Sirkka Love	HRC	F	60	2
215		50		151	38:14	Eloise Bird	SEP	F	50	6
216	166		235	38:15	Gareth Bradbury	WVAC	M	40	27	
217	167		234	38:32	David Mayes	FRR	M	20	45	
218		51		150	38:35	Jenny Morgan	SEP	F	60	3

219		52	149	38:37	Steph Strowger	LRR	F	20	16
220	168		233	38:38	Robert Barker	FRR	M	55	23
221		53	148	38:39	Marie Ayers	LRR	F	45	8
222		54	147	38:43	Sian O'Sullivan	BBD	F	20	17
223	169		232	38:55	Sonny Neeve	WVAC	M	20	46
224	170		231	39:02	Wasim Huda	WSW	M	45	25
225		55	146	39:07	Rita Rue	SEP	F	55	4
226		56	145	39:11	Sil Clay	HRC	F	50	7
227		57	144	39:12	Kate Smith	BBD	F	45	9
228		58	143	39:23	Cheryl Goymer	WVAC	F	55	5
229	171		230	39:25	Stuart Smith	WVAC	M	60	11
230		59	142	39:27	Rosemary Plant	WVAC	F	35	9
231		60	141	39:32	Karen Hamilton	SS	F	45	10
232		61	140	39:39	Suzy Knights	BT	F	35	10
233	172		229	39:42	Adrian Cole	SS	M	55	24
234		62	139	39:51	Vivienne Taylor	FF	F	65	1
235		63	138	39:57	Steph Callen	DAC	F	20	18
236		64	137	40:06	Beth Quinn	SSX	F	20	19
237		65	136	40:07	Lore Lambein	WVAC	F	20	20
238	173		228	40:11	Sean Day	BBD	M	45	26
239		66	135	40:16	Kate Brackenbury	SSX	F	40	8
240	174		227	40:18	Bryn Stuppell	HRC	M	45	27
241		67	134	40:28	Christine Muttitt	BBD	F	65	2
242	175		226	40:45	Steve Kirk	FF	M	40	28
243		68	133	40:46	Sue Sinden	BBH	F	40	9
244		69	132	40:53	Lin Hunt	BBD	F	60	4
245		70	131	40:57	Lisa Squirrell	SSX	F	40	10
246		71	130	41:10	Belinda Schofield	N&S	F	60	5
247		72	129	41:12	Kate Holtzer	WVAC	F	20	21
248		73	128	41:14	Mandy Godbold	IH	F	50	8
249		74	127	41:22	Anna Sharpin	I&NT	F	45	11
250		75	126	41:33	Marion Hedley Lewis	SSX	F	60	6
251	176		225	41:34	Paul Sheritt	HRC	M	50	23
252		76	125	41:35	Michelle Sayer	BT	F	45	12
253	177		224	41:36	Daniel Sayer	BT	M	45	28
254	178		223	41:44	Tony Fuller	IH	M	60	12
255		77	124	41:47	Rachel Rackham	BBH	F	20	22
256	179		222	41:56	Stephen Harvey	BBH	M	60	13
257		78	123	42:01	Alison Cooper	WVAC	F	60	7
258		79	122	42:03	Sianie Painter	N&S	F	50	9
259		80	121	42:12	Rachel Hambling	BBH	F	45	13
260		81	120	42:13	Hilary Cook	IH	F	55	6
261	180		221	42:17	Stephen Williams	SEP	M	65	10
262		82	119	42:19	Jo Pallant	LRR	F	40	11
263		83	118	42:23	Joanna Andrews	BBH	F	35	11
264		84	117	42:34	Caroline Clamp	WVAC	F	45	14
265		85	116	42:39	Maria Reed	HRC	F	55	7
266	181		220	42:43	Adrian Green	FF	M	40	29
267	182		219	42:49	Kevin Kisby	BBH	M	20	47
268		86	115	42:51	Anna Clark	BBH	F	45	15
269		87	114	42:56	Rachel Finch	WVAC	F	50	10
270		88	113	43:02	Debbie Secret	LRR	F	50	11
271	183		218	43:04	Chris Aylmer	N&S	M	65	11
272		89	112	43:11	Trudy Timms	FF	F	45	16
273		90	111	43:12	Katie Everett	FF	F	40	12
274	184		217	43:13	Justin Ostler	FRR	M	45	29

275	185	216	43:14	Matt Makin	FRR	M	20	48
276	91	110	43:29	Diane Doyle	FF	F	40	13
277	92	109	43:30	Kate Mawson	FF	F	45	17
278	93	108	43:33	Kari Karolia	I&NT	F	45	18
279	94	107	43:52	Rebecca Wilson	BBH	F	20	23
280	186	215	43:53	Roger Wells	BT	M	70	2
281	95	106	44:01	Jo Self	WVAC	F	40	14
282	187	214	44:06	Alan Thornhill	N&S	M	70	3
283	188	213	44:07	David Doddington	WVAC	M	60	14
284	96	105	44:11	Michelle Smith	WVAC	F	40	15
285	97	104	44:17	Debbie Lovegrove	LRR	F	50	12
286	98	103	44:18	Tracy Shrimpton	LRR	F	40	16
287	99	102	44:19	Sue Wilson	LRR	F	50	13
288	189	212	44:26	Robert Roche	I&NT	M	50	24
289	100	101	44:38	Analdina Barbosa	SSX	F	40	17
290	101	100	44:41	Tina Church	SSX	F	45	19
291	102	99	44:43	Judy Potter	BBH	F	70	1
292	103	98	44:45	Tanya Ling	WVAC	F	40	18
293	104	97	44:46	Nicola Oldman	WVAC	F	40	19
294	105	96	44:47	Jenny Caulfield	WVAC	F	35	12
295	106	95	44:48	Mary Jones	WVAC	F	60	8
296	107	94	45:09	Juliette Head	BBH	F	45	20
297	108	93	45:10	Annette Copeman-Lamoureux	BBH	F	45	21
298	109	92	45:17	Mandy Moore	BBD	F	45	22
299	110	91	45:42	Hannah Waters	BBD	F	20	24
300	111	90	47:15	Amia Powers	BBD	F	50	14
301	112	89	47:27	Jane Collins	SSX	F	65	3
302	113	88	47:45	Karen Waters	BBD	F	45	23
303	190	211	47:52	Darryl Ainslie	LRR	M	40	30
304	114	87	48:09	Jane Eaglan	WVAC	F	40	20
305	115	86	48:44	Jan Green	FF	F	70	2
306	116	85	48:55	Sarah Hollingham	I&NT	F	45	24
307	117	84	49:29	Suzi Dunning	SS	F	20	25
308	118	83	49:58	Meryn Payne	BBH	F	20	26
309	119	82	50:50	Simone Sutherland	FF	F	60	9
310	120	81	51:23	Hayley Roche	I&NT	F	45	25
311	121	80	51:52	Jean Cox	SSX	F	70	3
312	122	79	52:52	Jenny Osbourn	N&S	F	70	4
313	123	78	58:54	Charmian Smy	FF	F	65	4
314	124	77	59:03	Kylie Robinson	FF	F	20	27
315	125	76	59:13	Gaye Farar	FF	F	70	5
316	126	75	65:45	Alice Hemmings	BBD	F	65	5
317	127	74	65:46	Bobbie Sauerzapf	BBD	F	55	8