

# Suffolk Cross County Championships

| <u>Culford School</u> |     |                       | <u>Men U40</u>                             | <u>05-Jan-20</u> |    |
|-----------------------|-----|-----------------------|--|------------------|----|
| Pos                   | No  | Name                  | Club                                       | Time             |    |
| 1                     | 55  | James Reeder          | Ipswich Harriers                           | 34               | 55 |
| 2                     | 167 | Jacob Freeborough     | West Suffolk AC A                          | 34               | 59 |
| 3                     | 38  | Scott Ramsey          | Hadleigh Hares AC A                        | 35               | 08 |
| 4                     | 3   | Michael Gilbert       | Cambridge & Coleridge AC                   | 35               | 14 |
| 5                     | 56  | Connor Whiting        | Ipswich Harriers                           | 35               | 38 |
| 6                     | 4   | Peter Miller          | Cambridge & Coleridge AC                   | 36               | 09 |
| 7                     | 2   | David Sparshott       | Bungay Black Dog RC                        | 36               | 37 |
| 8                     | 150 | Scott Williams        | Stowmarket Striders RC A                   | 37               | 01 |
| 9                     | 138 | Samuel Burdett        | Stowmarket Striders RC A                   | 37               | 27 |
| 10                    | 170 | James Preston         | West Suffolk AC A                          | 37               | 39 |
| 11                    | 162 | Patrick Hannah        | Unattached                                 | 38               | 24 |
| 12                    | 140 | Chris Hall            | Stowmarket Striders RC A                   | 38               | 28 |
| 13                    | 89  | Mark Hayward          | Newmarket Joggers A                        | 38               | 30 |
| 14                    | 63  | Nicholas Clarke       | Ipswich Jaffa RC A                         | 38               | 34 |
| 15                    | 76  | Paul Wain             | Ipswich Jaffa RC A                         | 38               | 54 |
| 16                    | 78  | Geraint White         | Ipswich Jaffa RC A                         | 39               | 04 |
| 17                    | 43  | Steve Mason           | Haverhill Running Club A                   | 39               | 11 |
| 18                    | 77  | Oliver Watson         | Ipswich Jaffa RC A                         | 40               | 04 |
| 19                    | 58  | Alex Archer           | Ipswich Jaffa RC B                         | 40               | 15 |
| 20                    | 129 | Tom Walker            | Saint Edmund Pacers A                      | 40               | 18 |
| 21                    | 137 | Stuart Buchan         | Stowmarket Striders RC A                   | 40               | 24 |
| 22                    | 80  | James Hayward         | Ipswich Triathlon Club                     | 40               | 28 |
| 23                    | 75  | Jake Waggott          | Ipswich Jaffa RC B                         | 40               | 35 |
| 24                    | 50  | Craig Sisson          | Haverhill Running Club A                   | 41               | 59 |
| 25                    | 154 | Kieron Haleys         | Sudbury Joggers A                          | 42               | 26 |
| 26                    | 36  | John Jousiffe         | Hadleigh Hares AC A                        | 42               | 31 |
| 27                    | 125 | Oliver Schofield      | Saint Edmund Pacers E                      | 42               | 39 |
| 28                    | 107 | Jamie Fittock         | Saint Edmund Pacers B                      | 42               | 53 |
| 29                    | 120 | James Pickerin        | Saint Edmund Pacers D                      | 45               | 01 |
| 30                    | 171 | David Ackerley        | Woodbridge Shufflers Rc                    | 46               | 02 |
| 31                    | 66  | Gary Ingram           | Ipswich Jaffa RC C                         | 47               | 28 |
| 32                    | 164 | Nicholas Copeman      | Waveney Valley AC                          | 47               | 35 |
| 33                    | 133 | Jake Church           | Saxmundham Sports Running & Fitness Club A | 48               | 29 |
| 34                    | 128 | Christopher Underwood | Saint Edmund Pacers E                      | 50               | 01 |
| 35                    | 20  | Peter Woods           | Felixstowe Rrc B                           | 50               | 16 |
| 36                    | 139 | Timothy Drain         | Stowmarket Striders RC B                   | 51               | 20 |
| 37                    | 111 | Jordan Greer          | Saint Edmund Pacers C                      | 51               | 52 |
| 38                    | 98  | Nick Allen            | Saint Edmund Pacers                        | 52               | 20 |
| 39                    | 157 | Peter Mansfield       | Sudbury Joggers B                          | 53               | 47 |
| 40                    | 136 | Patrick Wilford       | Saxmundham Sports Running & Fitness Club A | 54               | 35 |
| 41                    | 134 | Keelan Smith          | Saxmundham Sports Running & Fitness Club A | 58               | 56 |
| 42                    | 59  | Jonathan Bolton       | Ipswich Jaffa RC C                         | 59               | 49 |