

Men V45 Suffolk Cross County Championships

Culford School

Men V50

05-Jan-20

Pos	No	Name	Club	Time	
1	74	Keith Tilley V45	Ipswich Jaffa RC A	37	41
2	39	John Scaife V45	Hadleigh Hares AC A	39	16
3	27	Darren Sheppard V45	Framlingham Flyers A	40	31
4	146	Nick Palmer V45	Stowmarket Striders RC A	41	19
5	73	John Thorpe V45	Ipswich Jaffa RC B	41	42
6	165	Christopher Pimlott V45	Waveney Valley AC	41	49
7	109	Adrian Frost V45	Saint Edmund Pacers B	42	53
8	24	James Howlett V45	Framlingham Flyers A	43	54
9	160	Richard Smith V45	Sudbury Joggers A	44	00
10	102	Peter Bird V45	Saint Edmund Pacers B	44	23
11	52	Mark White V45	Haverhill Running Club A	44	36
12	127	Craig Stewart V45	Saint Edmund Pacers E	44	41
13	44	Daniel Pelling V45	Haverhill Running Club A	45	35
14	30	Simon Tinkler V45	Framlingham Flyers A	45	48
15	159	Gary Perryman V45	Sudbury Joggers	46	04
16	57	Daniel Ager V45	Ipswich Jaffa RC B	46	21
17	86	Marc Drury V45	Newmarket Joggers B	46	28
18	123	Michael Rushton V45	Saint Edmund Pacers D	47	00
19	9	David Church V45	Felixstowe Rrc B	51	02
20	135	Ben Wardle V45	Saxmundham Sports Running & Fitne	52	10