

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2019/20

BUNGAY SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		400		28.35	Dominic Oliver	WVAC	M	20	1
2	2		399		28.56	David Sparshott	BBD	M	20	2
3	3		398		29.13	Tom Hale	SEP	M	20	3
4	4		397		29.58	Harry Allcock	BBD	M	17	1
5	5		396		29.59	Andrew Southwood	SEP	M	40	1
6	6		395		30.03	Carl Prewer	LRR	M	45	1
7	7		394		30.20	Kevin Murphy	SEP	M	45	2
8	8		393		30.26	Kevin Peirce	IH	M	45	3
9	9		392		31.02	Scott Williams	SS	M	20	4
10	10		391		31.05	Tom Galley	LRR	M	20	5
11	11		390		31.08	Benjamin Jacobs	FRR	M	40	2
12	12		389		31.20	Jason Marter	FF	M	40	3
13	13		388		31.49	Jim Last	FF	M	40	4
14	14		387		32.04	Arron McKoy	LRR	M	40	5
15	15		386		32.10	Tom Hayden	FF	M	17	2
16	16		385		32.26	Simon Cook	LRR	M	40	6
17		1		200	32.31	Jo Andrews	BBD	F	45	1
18	17		384		32.43	Steven Brooke	FRR	M	50	1
19	18		383		32.45	Nick Hammond	FF	M	45	4
20	19		382		32.45	Steve Barber	WVAC	M	45	5
21	20		381		32.46	Howard Beasley	SEP	M	55	1
22	21		380		33.00	Morgan Moore	SS	M	20	6
23	22		379		33.17	Chris Meadows	LRR	M	20	7
24	23		378		33.23	Dylan Bradnam	SEP	M	17	3
25	24		377		33.28	Ben Jeffery	WSAC	M	40	7
26	25		376		33.32	Jordan Denny	SEP	M	17	4
27	26		375		33.48	Stuart Buchan	SS	M	20	8
28	27		374		33.53	Oliver Schofield	SEP	M	20	9
29	28		373		33.56	Robert Cheverton	LRR	M	60	1
30		2		199	34.01	Jessie Gooderham	SEP	F	20	1
31	29		372		34.25	Ross Wilcox	SS	M	40	8
32	30		371		34.28	Chris Leek	FF	M	40	9
33	31		370		34.35	Rob Mackenzie	FF	M	55	2
34	32		369		34.36	Chris Mower	SEP	M	40	10
35	33		368		34.36	Dan Gardener	BBD	M	45	6
36	34		367		34.37	Neil Smith	FF	M	20	10
37	35		366		34.41	Jess Farthing	FRR	M	45	7
38	36		365		34.46	Richard Leader	SS	M	40	11
39	37		364		34.51	Mark Hayden	FF	M	45	8
40		3		198	35.01	Alice Heather-Hayes	IH	F	40	1
41	38		363		35.03	Ewan Winzor-Saile	BBH	M	40	12
42	39		362		35.10	James Minnette	HRC	M	40	13
43	40		361		35.20	Charles Jones	N&S	M	60	2
44	41		360		35.21	Robin Harper	FRR	M	40	14
45	42		359		35.22	Vince Webb	SEP	M	50	2
46	43		358		35.23	Mark Ford	FRR	M	50	3
47	44		357		35.24	Charlie Canham	DAC	M	40	15
48	45		356		35.28	Luke Catchpole	LRR	M	20	11
49	46		355		35.35	Nigel Schofield	SEP	M	55	3
50	47		354		35.37	Tom Aykroyd	FRR	M	40	16

51	48	353	35.37	Mark Hurren	BBH	M	20	12	
52	49	352	35.40	Ben Dean	DAC	M	20	13	
53	50	351	35.40	Chris Starmer	SS	M	60	3	
54	51	350	35.41	Steve Hicks	IH	M	55	4	
55	52	349	35.42	James Howlett	FF	M	45	9	
56	53	348	35.43	Jonathan Weavers	BT	M	45	10	
57	54	347	35.44	Ace Dann	BT	M	45	11	
58	55	346	35.45	Torben Wood	I&NT	M	40	17	
59	56	345	35.57	Andrew Harvey	BBH	M	20	14	
60	57	344	36.01	Will Aldred	FF	M	50	4	
61		4	197	36.09	Cath Jeffery	SEP	F	40	2
62	58	343		36.10	Andy Buck	N&S	M	55	5
63	59	342		36.23	Jake Church	SSX	M	20	15
64		5	196	36.26	Kirsty Gladwell	FF	F	20	2
65	60	341		36.35	Chris Perry	SEP	M	40	18
66	61	340		36.38	Paul Wright	WVAC	M	45	12
67	62	339		36.39	Kerry Buckley	FRR	M	45	13
68	63	338		36.49	Roger Ackerley	SSX	M	60	4
69	64	337		37.06	Nick Copeman	WVAC	M	20	16
70	65	336		37.15	Andrew Long	SS	M	50	5
71	66	335		37.26	Kyle Church	SSX	M	17	5
72	67	334		37.43	Darren Goodby	BBD	M	50	6
73	68	333		37.46	Tim Earl	WVAC	M	20	17
74	69	332		37.46	Ricky Peacher	FF	M	40	19
75	70	331		37.59	Ian Gooderham	SEP	M	50	7
76	71	330		38.02	Kenny Tovell	FF	M	50	8
77	72	329		38.04	Mike Bretton	WVAC	M	55	6
78	73	328		38.30	Alex McGregor	FF	M	20	18
79	74	327		38.36	Robbie James	BBD	M	45	14
80	75	326		38.47	Tujan Sari	HRC	M	50	9
81	76	325		38.58	Rob Hall	BBD	M	55	7
82	77	324		39.00	Gary Godfrey	N&S	M	55	8
83	78	323		39.05	David Woods	WVAC	M	50	10
84	79	322		39.09	Ken Wardle	SSX	M	45	15
85	80	321		39.16	David Fordham	FF	M	65	1
86		6	195	39.18	Rachel Plant	LRR	F	20	3
87	81	320		39.21	Ian Kennedy	FF	M	55	9
88	82	319		39.27	Patrick Wilford	SSX	M	20	19
89		7	194	39.29	Sarah Norman	WVAC	F	40	3
90	83	318		39.38	Duncan Chenery	BBD	M	60	5
91	84	317		39.45	Jamie Wright	FF	M	40	20
92	85	316		39.52	Neville Clarke	N&S	M	65	2
93	86	315		39.56	Peter Warland	SS	M	50	11
94	87	314		40.01	Peter Woods	FRR	M	20	20
95	88	313		40.04	Stewart Hambling	FF	M	50	12
96		8	193	40.08	Lizbeth Hicks	IH	F	20	4
97	89	312		40.15	James Battle	IH	M	17	6
98	90	311		40.17	David Mower	WVAC	M	65	3
99		9	192	40.18	Sharon Perry	SEP	F	45	2
100	91	310		40.19	Anthony Sinden	BBH	M	45	16
101	92	309		40.32	Tim Cherrett	FF	M	55	10
102	93	308		40.29	Kim Drain	SS	M	20	21
103		10	191	40.33	Karen Archbold	LRR	F	50	1
104	94	307		40.39	Sean Kennedy	SSX	M	20	22
105		11	190	40.42	Kaye Branton	FRR	F	45	3
106		12	189	40.44	Helen Barber	FF	F	35	1

107	95	306	40.46	Robin Jones	WVAC	M	60	6
108	96	305	40.50	Nick Allen	SEP	M	20	23
109	97	304	40.55	Dave Smith	BBD	M	50	13
110	13	188	40.59	Emily Gooderham	SEP	F	20	5
111	98	303	41.15	Philip Ayers	LRR	M	50	14
112	99	302	41.34	Brian Munns	N&S	M	55	11
113	100	301	41.38	Robert Reason	SS	M	50	15
114	101	300	41.48	Harrison Page	LRR	M	20	24
115	14	187	42.00	Sandra Webb	SEP	F	45	4
116	102	299	42.03	Mark Godbold	IH	M	50	16
117	15	186	42.04	Vicki Grice	LRR	F	35	2
118	103	298	42.08	Trevor Johnson	LRR	M	50	17
119	104	297	42.13	Rob Mawson	FF	M	60	7
120	16	185	42.19	Jo Bisset-Smith	LRR	F	45	5
121	17	184	42.25	Kate Heeks	SS	F	20	6
122	18	183	42.37	Stephanie Pimlott	WVAC	F	35	3
123	105	296	42.40	David Dinnage	FF	M	20	25
124	106	295	42.59	Jason Browne	WVAC	M	45	17
125	107	294	43.16	Tim Moore	WVAC	M	20	26
126	108	293	43.17	Gary Howe	BBH	M	65	4
127	19	182	43.31	Rachel Terry	SS	F	45	6
128	109	292	43.33	Tim Hunn	BBD	M	55	12
129	110	291	43.37	Karl Brady	WVAC	M	55	13
130	20	181	43.40	Joanne Harper	FRR	F	35	4
131	111	290	43.49	Allan Ing	LRR	M	60	8
132	112	289	44.18	Mark Elflett	LRR	M	55	14
133	21	180	44.28	Michelle Hewitt	FF	F	20	7
134	113	288	44.37	Bob Paul	BBD	M	65	5
135	114	287	44.42	David Taylor	FF	M	70	1
136	115	286	44.50	Bruce Rayner	BBD	M	60	9
137	116	285	44.55	Steve Ritson	SS	M	50	18
138	22	179	45.05	Linda Aldred	FF	F	50	2
139	23	178	45.19	Sharon Warland	SS	F	50	3
140	24	177	45.22	Gail Glayzer	BBH	F	40	4
141	117	284	45.35	Mark Sargeantson	FF	M	65	6
142	25	176	45.38	Sue Lowther	BBD	F	45	7
143	118	283	45.44	Paul Heeks	SS	M	50	19
144	26	175	45.47	Flo Ashdown	LRR	F	20	8
145	119	282	45.54	Tony Millett	WVAC	M	65	7
146	120	281	46.09	Malcolm Osbourn	N&S	M	70	2
147	27	174	46.09	Marion Walker	FF	F	65	1
148	28	173	46.10	Sirkka Love	HRC	F	65	2
149	29	172	46.24	Becky Lawler	LRR	F	20	9
150	30	171	46.26	Bobbie Sauerzapf	BBD	F	60	1
151	121	280	46.27	Ian Gardner	BBH	M	60	10
152	122	279	46.32	Keelan Smith	SSX	M	20	27
153	31	170	46.43	Elayne Hilton	LRR	F	50	4
154	123	278	46.48	Alan Bradley	WVAC	M	55	15
155	124	277	47.05	Chris Cook	SEP	M	70	3
156	125	276	47.13	Mike Hynes	FF	M	65	8
157	126	275	47.16	Andrew Terry	SS	M	50	20
158	127	274	47.18	Andrew Charge	WVAC	M	20	28
159	32	169	47.22	Juliet Garnham	SS	F	45	8
160	33	168	47.23	Carolyn Gosling	WVAC	F	55	1
161	34	167	47.27	Ruth Cowlin	N&S	F	55	2
162	35	166	47.31	Cheryl Goymer	BT	F	55	3

163		36	165	47.38	Emma Goodridge-Hobson	I&NT	F	40	5
164	128		273	47.44	Peter Russell	FF	M	65	9
165	129		272	47.45	Stuart Smith	WVAC	M	60	11
166		37	164	47.59	Sue Sinden	BBH	F	45	9
167	130		271	48.01	Dan Everitt	HRC	M	40	21
168		38	163	48.01	Clare Everitt	HRC	F	45	10
169		39	162	48.10	Helena West	SEP	F	50	5
170	131		270	48.13	Richard Fellingham	SS	M	70	4
171		40	161	48.32	Sarah Bradley	WVAC	F	55	4
172		41	160	48.39	Lorraine Dawson	LRR	F	60	2
173	132		269	49.01	Robin Ashe	BBD	M	65	10
174		42	159	49.02	Claire Maskery	SS	F	35	5
175		43	158	49.07	Emily Cooper-Reade	SS	F	55	5
176		44	157	49.22	Alison Cooper	WVAC	F	60	3
177	133		268	49.26	Robert Alden	SSX	M	40	22
178		45	156	49.37	Janice Nottingham	DAC	F	55	6
179	134		267	49.47	Stephen Harvey	BBH	M	65	11
180		46	155	49.52	Sianie Painter	N&S	F	50	6
181		47	154	49.56	Vivienne Taylor	FF	F	65	3
182		48	153	49.59	Mandy Godbold	IH	F	50	7
183		49	152	50.05	Rosemary Plant	WVAC	F	35	6
184		50	151	50.12	Kate Smith	BBD	F	45	11
185	135		266	50.25	John Cullum	SEP	M	70	5
186		51	150	50.31	Laura Button	BBH	F	35	7
187	136		265	50.41	Neil Thomas	BBD	M	50	21
188		52	149	50.53	Christine Muttitt	BBD	F	70	1
189	137		264	51.00	Dave Catchpole	WVAC	M	40	23
190	138		263	51.10	Roger Wells	BT	M	70	6
191		53	148	51.10	Maria Reed	HRC	F	55	7
192	139		262	51.18	Andy Kirk	BBD	M	65	12
193		54	147	51.29	Mary Jones	WVAC	F	60	4
194	140		261	51.48	Peter Lang	WVAC	M	50	22
195	141		260	51.49	Jim Withers	N&S	M	65	13
196		55	146	51.54	Hilary Ball	BBD	F	40	6
197	142		259	51.58	Simon Bunting	LRR	M	50	23
198		56	145	52.04	Claire Sargeant	BT	F	40	7
199		57	144	52.12	Sarah Harris	HRC	F	40	8
200		58	143	52.17	Mandy Moore	BBD	F	50	8
201	143		258	52.38	Alan Thornhill	N&S	M	70	7
202		59	142	52.42	Natalie Brown	WVAC	F	40	9
203		60	141	52.42	Michelle Hewitt	BBH	F	40	10
204		61	140	52.50	Ritta Wood	FF	F	60	5
205		62	139	53.04	Joanna Andrews	BBH	F	35	8
206		63	138	53.50	Diane Doyle	FF	F	40	11
207		64	137	53.52	Caroline Clamp	WVAC	F	50	9
208		65	136	54.18	Kara Moore-Damant	SS	F	40	12
209		66	135	54.57	Annette Copeman-Lamoureux	BBH	F	50	10
210	144		257	54.57	Kevin Copeman-Lamoureux	BBH	M	55	16
211		67	134	55.01	Sue Pearson	SSX	F	55	8
212		68	133	55.15	Annette Huggins	FF	F	65	4
213	145		256	55.21	Mark Lowther	BBD	M	50	24
214		69	132	55.45	Moira Pinkney	I&NT	F	65	5
215	146		255	57.04	Pete Adams	RR	M	70	8
216		70	131	57.25	Tina Church	SSX	F	45	12
217		71	130	57.51	Angel Cherrett	FF	F	60	6
218		72	129	58.24	Jane Collins	SSX	F	65	6

219	147	254	58.35	Darryl Ainslie	LRR	M	40	24
220		73	128	59.23 Shiela Buck	N&S	F	50	11
221		74	127	59.24 Judy Potter	BBH	F	70	2
222	148	253		59.26 Ben Ford	WVAC	M	20	29
223		75	126	59.34 Angela Grey	LRR	F	40	13
224		76	125	59.34 Marie Ayers	LRR	F	45	13
225		77	124	59.43 Georgia Battle	IH	F	17	1
226		78	123	59.46 Suzi Dunning	SS	F	20	10
227		79	122	61.36 Helen Armstrong	WVAC	F	40	14
228		80	121	63.20 Elaine Robinson	SS	F	55	9
229		81	120	63.27 Christine Windsor	N&S	F	65	7
230		82	119	63.36 Simone Sutherland	FF	F	60	7
231		83	118	65.03 Wendy Boyden	WVAC	F	60	8
232		84	117	66.36 Jenny Osbourn	N&S	F	70	3
233		85	116	71.51 Faith Brown	WVAC	F	20	11
234	149	252		78.09 Paul Herions	WVAC	M	65	14
235		86	115	80.13 Diane Gooch	WVAC	F	65	8
236		87	114	80.14 Emily Harding	WVAC	F	35	9
237		88	113	81.57 Gaye Farar	FF	F	70	4
238		89	112	81.57 Karen Waters	BBD	F	50	12