

# Suffolk Cross County Championships

<u>Culford School</u>			<u>Men</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	93	Neil Pollard V40	Newmarket Joggers A	36	51
9	150	Scott Williams	Stowmarket Striders RC A	37	01
10	126	Andrew Southwood V40	Saint Edmund Pacers A	37	10
11	138	Samuel Burdett	Stowmarket Striders RC A	37	27
12	170	James Preston	West Suffolk AC A	37	39
13	74	Keith Tilley V45	Ipswich Jaffa RC A	37	41
14	96	James Smith V40	Newmarket Joggers A	37	43
15	105	Christopher Cooke V55	Saint Edmund Pacers A	37	46
16	60	James Calvert V40	Ipswich Jaffa RC A	37	54
17	90	Paul Holley V50	Newmarket Joggers A	38	17
18	162	Patrick Hannah	Unattached	38	24
19	140	Chris Hall	Stowmarket Striders RC A	38	28
20	89	Mark Hayward	Newmarket Joggers A	38	30
21	11	Gary Cullum V40	Felixstowe Rrc A	38	32
22	63	Nicholas Clarke	Ipswich Jaffa RC A	38	34
23	76	Paul Wain	Ipswich Jaffa RC A	38	54
24	78	Geraint White	Ipswich Jaffa RC A	39	04
25	43	Steve Mason	Haverhill Running Club A	39	11
26	39	John Scaife V45	Hadleigh Hares AC A	39	16
27	14	Benjamin Jacobs V40	Felixstowe Rrc A	39	48
28	77	Oliver Watson	Ipswich Jaffa RC A	40	04
29	58	Alex Archer	Ipswich Jaffa RC B	40	15
30	129	Tom Walker	Saint Edmund Pacers A	40	18
31	137	Stuart Buchan	Stowmarket Striders RC A	40	24
32	117	Chris Mower V40	Saint Edmund Pacers A	40	27
33	80	James Hayward	Ipswich Triathlon Club	40	28
34	27	Darren Sheppard V45	Framlingham Flyers A	40	31
35	75	Jake Waggott	Ipswich Jaffa RC B	40	35
36	100	Howaed Beasley V55	Saint Edmund Pacers B	41	15
37	146	Nick Palmer V45	Stowmarket Striders RC A	41	19
38	130	Mark Watts V55	Saint Edmund Pacers A	41	20
39	18	David Solomon V50	Felixstowe Rrc A	41	39
40	73	John Thorpe V45	Ipswich Jaffa RC B	41	42
41	165	Christopher Pimlott V45	Waveney Valley AC	41	49
42	50	Craig Sisson	Haverhill Running Club A	41	59
43	85	Paul Dockerill V40	Newmarket Joggers A	42	23

44	173	Tom Alexander V40	Woodbridge Shufflers Rc	42	25
45	154	Kieron Haleys	Sudbury Joggers A	42	26
46	32	Mathew Blacoe V50	Hadleigh Hares AC A	42	26
47	36	John Jousiffe	Hadleigh Hares AC A	42	31
48	12	Mark Ford V50	Felixstowe Rrc A	42	34
49	79	Alec Wright V40	Ipswich Jaffa RC B	42	36
50	125	Oliver Schofield	Saint Edmund Pacers E	42	39
51	61	Marcus Catlin V40	Ipswich Jaffa RC B	42	45
52	107	Jamie Fittock	Saint Edmund Pacers B	42	53
53	109	Adrian Frost V45	Saint Edmund Pacers B	42	53
54	168	Ben Jeffery V40	West Suffolk AC A	43	05
55	155	Charles Hann V50	Sudbury Joggers A	43	15
56	143	Richard Leeder V40	Stowmarket Striders RC A	43	24
57	153	Ben Cuthbert V40	Sudbury Joggers A	43	25
58	13	Robin Harper V40	Felixstowe Rrc A	43	30
59	101	David Beighton V40	Saint Edmund Pacers B	43	47
60	119	Chris Perry V40	Saint Edmund Pacers D	43	52
61	24	James Howlett V45	Framlingham Flyers A	43	54
62	160	Richard Smith V45	Sudbury Joggers A	44	00
63	156	Todd Lewis V55	Sudbury Joggers B	44	11
64	163	Jason Wing V50	Unattached	44	21
65	102	Peter Bird V45	Saint Edmund Pacers B	44	23
66	52	Mark White V45	Haverhill Running Club A	44	36
67	152	Andrew Buck V55	Sudbury Joggers B	44	38
68	131	Vince Webb V50	Saint Edmund Pacers E	44	39
69	127	Craig Stewart V45	Saint Edmund Pacers E	44	41
70	47	Bryan Rootes V50	Haverhill Running Club A	44	53
71	120	James Pickerin	Saint Edmund Pacers D	45	01
72	81	Chris Tye V50	Ipswich Triathlon Club	45	07
73	44	Daniel Pelling V45	Haverhill Running Club A	45	35
74	19	Richard Wold V60	Felixstowe Rrc A	45	42
75	70	Brian Rogers V60	Ipswich Jaffa RC C	45	42
76	30	Simon Tinkler V45	Framlingham Flyers A	45	48
77	169	Gary Marshall V40	West Suffolk AC A	45	50
78	8	Kerry Buckley V50	Felixstowe Rrc B	45	51
79	172	Roger Ackerley V60	Woodbridge Shufflers Rc	46	02
80	171	David Ackerley	Woodbridge Shufflers Rc	46	02
81	159	Gary Perryman V45	Sudbury Joggers	46	04
82	121	Rakesh Raja V50	Saint Edmund Pacers D	46	08
83	54	Stephen Hicks V60	Ipswich Harriers	46	09
84	57	Daniel Ager V45	Ipswich Jaffa RC B	46	21
85	86	Marc Drury V45	Newmarket Joggers B	46	28
86	110	Ian Gooderham V50	Saint Edmund Pacers C	46	50
87	123	Michael Rushton V45	Saint Edmund Pacers D	47	00
88	66	Gary Ingram	Ipswich Jaffa RC C	47	28
89	164	Nicholas Copeman	Waveney Valley AC	47	35
90	113	Stephen Hatten V50	Saint Edmund Pacers C	47	46

91	23	Richard Higgins V55	Framlingham Flyers A	47	51
92	151	Matthew Benson V40	Sudbury Joggers B	47	55
93	144	Andrew Long V50	Stowmarket Striders RC B	48	09
94	71	Mark Rose V40	Ipswich Jaffa RC C	48	20
95	133	Jake Church	Saxmundham Sports Running & Fitness Club A	48	29
96	62	Duncan Chenery V60	Ipswich Jaffa RC C	49	00
97	83	Neville Clarke V65	Newmarket Joggers B	49	04
98	21	Stewart Hambling V50	Framlingham Flyers A	49	22
99	87	Tom Elton V50	Newmarket Joggers B	49	39
100	25	Ian Kennedy V55	Framlingham Flyers B	49	49
101	92	Brian Munns V55	Newmarket Joggers B	49	52
102	128	Christopher Underwood	Saint Edmund Pacers E	50	01
103	141	Mark Hughes V50	Stowmarket Striders RC B	50	10
104	31	Graham Wigley V60	Framlingham Flyers B	50	13
105	20	Peter Woods	Felixstowe Rrc B	50	16
106	176	Benjamin Solway V50	Woodbridge Shufflers Rc	50	20
107	48	Tujan Sari V50	Haverhill Running Club A	50	24
108	116	Robert Morgan V60	Saint Edmund Pacers C	50	33
109	41	Graham Dixon V40	Haverhill Running Club B	50	45
110	147	Robert Reason V55	Stowmarket Striders RC B	50	57
111	9	David Church V45	Felixstowe Rrc B	51	02
112	94	Clive Purbrook V60	Newmarket Joggers B	51	12
113	139	Timothy Drain	Stowmarket Striders RC B	51	20
114	35	Steve Hunt V55	Hadleigh Hares AC	51	31
115	72	Mark Scott V40	Ipswich Jaffa RC D	51	42
116	114	Tom Hoblyn V55	Saint Edmund Pacers C	51	44
117	103	Philip Brown V50	Saint Edmund Pacers C	51	50
118	111	Jordan Greer	Saint Edmund Pacers C	51	52
119	145	Frank Moggan V70	Stowmarket Striders RC B	52	01
120	135	Ben Wardle V45	Saxmundham Sports Running & Fitness Club A	52	10
121	98	Nick Allen	Saint Edmund Pacers	52	20
122	122	Steven Rue V65	Saint Edmund Pacers D	52	27
123	16	Paul Schwer V55	Felixstowe Rrc B	52	30
124	68	Tim Long V55	Ipswich Jaffa RC C	53	08
125	95	Alan Shand V60	Newmarket Joggers	53	46
126	157	Peter Mansfield	Sudbury Joggers B	53	47
127	136	Patrick Wilford	Saxmundham Sports Running & Fitness Club A	54	35
128	88	Robert Hawkins V55	Newmarket Joggers B	54	41
129	42	Daniel Everitt V40	Haverhill Running Club B	54	48
130	29	David Taylor V70	Framlingham Flyers B	55	46
131	1	Gary Howe V65	Beccles & Bungay Harriers	56	12
132	17	David Seymour V60	Felixstowe Rrc B	58	29
133	134	Keelan Smith	Saxmundham Sports Running & Fitness Club A	58	56
134	67	Mon Lee V60	Ipswich Jaffa RC D	59	43
135	59	Jonathan Bolton	Ipswich Jaffa RC C	59	49
136	97	Jim Withers V65	Newmarket Joggers	59	59
137	26	Peter Russell V65	Framlingham Flyers B	61	18

138 82 Chris Aylmer V65  
139 161 Hugh Turner V70  
140 158 David Pengelley V65  
141

Newmarket Joggers  
Sudbury Joggers  
Sudbury Joggers

61 54  
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# **Suffolk Cross County Championships**

**Culford School**

**Men**

**05-Jan-20**

## **Senior Men Team Result**

1	Newmarket Joggers A	59
2	Stowmarket Striders RC A	70
3	Ipswich Jaffa RC A	74
4	Saint Edmund Pacers A	87
5	Hadleigh Hares AC A	122
6	Felixstowe Rrc A	135
7	West Suffolk AC A	145
8	Ipswich Jaffa RC B	153
9	Saint Edmund Pacers B	200
10	Haverhill Running Club A	203
11	Sudbury Joggers A	219
12	Framlingham Flyers A	262
13	Saint Edmund Pacers E	289
14	Saint Edmund Pacers D	300
15	Woodbridge Shufflers Rc	309
16	Sudbury Joggers B	348
17	Ipswich Jaffa RC C	353
18	Newmarket Joggers B	382
19	Saint Edmund Pacers C	400
20	Felixstowe Rrc B	417
21	Stowmarket Striders RC B	419
22	Framlingham Flyers B	471
23	Saxmundham Sports Running & Fitness Club A	475