

## Suffolk Cross Country Championships 2022 - Results

### U11 Boys

Pos	No	Name	Club	Time	
1	511	Harry Ambrose	Saint Edmund Pacers	8	23
2	506	Joshua Seaman	Ipswich Jaffa RC	8	41
3	500	Hayden Preston	Colchester Harriers AC	8	50
4	507	Christopher Silik	Ipswich Jaffa RC	9	4
5	512	Matthew Blackwell	Saint Edmund Pacers	9	21
6	518	Thomas Freeman	Woodbridge Wolves AC	9	25
7	505	Miles Lugo-Hankins	Ipswich Harriers	9	42
8	510	Alexander Walker	Newmarket Joggers	9	49
9	513	Charles Cass-Courtney	Saint Edmund Pacers	9	57
10	509	Rio McAndrew	Newmarket Joggers	9	57
11	516	Asher Dube	Unattached	10	15
12	514	Ezra Simmons	Saint Edmund Pacers	10	16
13	502	Joshua Arnold	Hadleigh Hares AC	10	17
14	501	Rowan Kennedy	Framlingham Flyers	10	23
15	504	Joel Farmer	Hadleigh Hares AC	10	24
16	517	Ashton Moore	Waveney Valley AC	10	45
17	515	Seth Green	Stowmarket Striders RC	10	50
18	503	Felix Clover	Hadleigh Hares AC	10	58
19	508	Isaac Green	Newmarket Joggers	11	23

## U11 Girls

Pos	No	Name	Club	Time
1	537	Alice Oberholzer	Woodbridge School	8 23
2	520	Sienna Cronk	Colchester & Tendring AC	8 46
3	535	Megan Chong	Waveney Valley AC	8 47
4	532	Erin Stewart	Saint Edmund Pacers	9 2
5	531	Poppy Moore	Saint Edmund Pacers	9 7
6	530	Sophie Bolton	Saint Edmund Pacers	9 36
7	536	Marina Evans Lombe	Woodbridge School	9 45
8	533	Kayci Clancy	Saint Edmund Pacers	10 30
9	526	Lilly Basing	Newmarket Joggers	10 38
10	534	Isla Green	Stowmarket Striders RC	10 54
11	524	Laila McNeill	Hadleigh Hares AC	11 25
12	538	Jessica Turner	Newmarket Joggers	12 4
13	521	Elissia Bell	Hadleigh Hares AC	12 4
14	527	Sophie Blundell	Newmarket Joggers	12 34
15	523	Lucy Clover	Hadleigh Hares AC	12 34
16	529	Hazel Weaver	Newmarket Joggers	13 0

## U13 Girls

Pos	No	Name	Club	Time	
1	442	Bella Taylor	West Suffolk AC	12	27
2	434	Ella Stewart	Saint Edmund Pacers	13	3
3	447	Felicity Mitchell	Woodbridge School	13	7
4	448	Charlotte Phillips	Woodbridge School	13	10
5	421	Ottilie Heather-Hayes	Ipswich Harriers	13	28
6	440	Edie Clough	West Suffolk AC	13	33
7	424	Darcy Bowen	Ipswich Jaffa RC	13	38
8	446	Aurelia Hibbert	Woodbridge School	13	46
9	445	Romilly Adams	Woodbridge School	13	49
10	429	Bella Rose Jameson	Ipswich Jaffa RC	13	51
11	426	Millie-rose Downs	Ipswich Jaffa RC	13	58
12	435	Eva Torfinn	Saint Edmund Pacers	14	6
13	420	Emily Lowther	Bungay Black Dog RC	14	19
14	444	Alice Winstanley	West Suffolk AC	14	28
15	438	Holly Ayling	West Suffolk AC	14	39
16	425	Lara Clarke	Ipswich Jaffa RC	14	46
17	430	Lily Ambrose	Saint Edmund Pacers	14	49
18	431	Layla Clancy	Saint Edmund Pacers	14	51
19	427	Evangelyne Geary	Ipswich Jaffa RC	15	8
20	436	Isla Whiting	Saint Edmund Pacers	15	8
21	423	Isla Partridge-Kulczynski	Ipswich Harriers	15	24
22	422	Nell Mills	Ipswich Harriers	15	48
23	433	Zarahi Maynes	Saint Edmund Pacers	17	0
24	437	Ella Kading	Stowmarket Striders RC		nrt
25	428	Katie Hill	Ipswich Jaffa RC		ntr

### U13 Girls Team Result

1	Woodbridge School	15
2	West Suffolk AC	21
3	Ipswich Jaffa RC	28
4	Saint Edmund Pacers	31
5	Ipswich Harriers	48

## U13 Boys

Pos	No	Name	Club	Time	
1	337	Samuel Blackwell	Saint Edmund Pacers	11	40
2	338	Roman Gambling	Saint Edmund Pacers	11	55
3	347	Max Jeffery	West Suffolk AC	12	10
4	348	Alfie Jeffery	West Suffolk AC	12	26
5	349	Max Uttley	West Suffolk AC	12	27
6	351	Mason Bramhald	Woodbridge Shufflers Rc	13	0
7	321	Gabriel Roche	Farlingaye School	13	1
8	339	Jacob Griffin	Saint Edmund Pacers	13	18
9	320	Alexander Cronk	Colchester & Tendring AC	13	33
10	331	Leo Bloor	Ipswich Jaffa RC	13	36
11	334	Ethan Wade	Ipswich Jaffa RC	13	47
12	350	Digby Pearson	Woodbridge School	13	49
13	333	Jason Georgalas	Ipswich Jaffa RC	13	51
14	345	Oscar Chong	Waveney Valley AC	14	0
15	325	Alex Collins	Hadleigh High School	14	5
16	330	Aidan Wright	Ipswich Harriers	14	28
17	341	Oliver Lambert	Saint Edmund Pacers	14	31
18	326	Tom Phillips	Haverhill Running Club	14	33
19	343	Elliot Yaxley	Saint Edmund Pacers	14	40
20	327	Harry Minnette	Haverhill Running Club	14	40
21	332	Alex Georgalas	Ipswich Jaffa RC	14	41
22	336	Harvey Thomas	Newmarket Joggers	14	48
23	324	Daniel Cooper	Hadleigh Hares AC	14	56
24	342	Harry Murray	Saint Edmund Pacers	15	12
25	322	Niall Kennedy	Framlingham Flyers	15	22
26	344	Luca Kading	Stowmarket Striders RC	16	0
27	335	Harvey Brand	Newmarket Joggers	20	39

### U13 Boys Team Result

1	Saint Edmund Pacers	11
2	West Suffolk AC	12
3	Ipswich Jaffa RC	34

## U15 Girls

Pos	No	Name	Club	Time	
1	16	Verity Valentine	Saint Edmund Pacers	16	5
2	16	Isabel Moore	Saint Edmund Pacers	16	14
3	16	Darcy Gladwell	Ipswich Harriers	16	36
4	16	Lottie Hitchcock	Saint Edmund Pacers	16	58
5	17	Amelie Crabb	Ipswich Jaffa RC	17	40
6	17	Amelie Taylor	West Suffolk AC	17	59
7	18	Libby Abbott	Ipswich Harriers	18	23
8	18	Jessica Obrien	Saint Edmund Pacers	18	53
9	19	Beatrice Snowden	Farlingaye School	19	11
10	19	Lily Jerrold	Woodbridge Wolves AC	19	26
11	19	Lilian Corbett	Newmarket Joggers	19	38
12	19	Laura Temple-Cox	Ipswich Harriers	19	40
13	20	Grace Davis	West Suffolk AC	20	50
14	21	Molly Bewsher	Ipswich Jaffa RC	21	16
15	21	Hannah Gargett	Saint Edmund Pacers	21	47

### U15 Girls Team Result

1	Saint Edmund Pacers	7
2	Ipswich Harriers	22

## U15 Boys

Pos	No	Name	Club	Time	
1	370	Liam Davison	City Of Norwich AC	14	6
2	383	Jacob Trangmar	Saint Edmund Pacers	14	13
3	386	James McAllen	Waveney Valley AC	14	18
4	380	Luca Gambling	Saint Edmund Pacers	14	30
5	385	Cohen Copeman	Waveney Valley AC	14	46
6	378	Sidney Tilley	Ipswich Jaffa RC	14	55
7	372	Joshua Wigmore	Haverhill Running Club	14	58
8	373	Iwan Fothergill	Ipswich Harriers	15	9
9	381	Sebastian Melero	Saint Edmund Pacers	15	48
10	375	Ben Howlett	Ipswich Harriers	15	54
11	377	Harry Page	Ipswich Harriers	16	23
12	371	Charlie Minnette	Haverhill Running Club	16	25
13	376	Jack Lugo-Hankins	Ipswich Harriers	16	47
14	384	Callum Wing	Thetford AC	16	56
15	379	Luke Brownhill	Saint Edmund Pacers	17	8
16	374	Oliver Heather-Hayes	Ipswich Harriers	17	13
17	382	Thomas Southwood	Saint Edmund Pacers	18	4

### U15 Boys Team

1	Saint Edmund Pacers	15
2	Ipswich Harriers	29

## U17 Women

1	410	Ruby Vinton	Shaftesbury Barnet Harriers	19	45
2	407	Molly Howell	Saint Edmund Pacers	21	48
3	405	Freya Death	Saint Edmund Pacers	21	49
4	402	Madeline Lansdown	Ipswich Jaffa RC	22	17
5	401	Lauren Squirrell	Ipswich Harriers	22	20
6	404	Amber Bradnam	Saint Edmund Pacers	22	47
7	400	Isabella Bunnag	Ipswich Harriers	23	11
8	403	Lila Battell	Saint Edmund Pacers	23	20
9	409	Florence West	Saint Edmund Pacers	25	20
10	408	Natalia Maynes	Saint Edmund Pacers	25	31
11	414	Isobel Gilmour	Framlingham Flyers	30	42

### U17 Women Team Result

1	Saint Edmund Pacers	11
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## U17 Men

Pos	No	Name	Club	Time	
1	490	Benjamin Peck	Saint Edmund Pacers	21	8
2	488	Oliver Hitchcock	Saint Edmund Pacers	21	50
3	491	James Peck	Saint Edmund Pacers	22	2
4	483	Max Fisher	Ipswich Harriers	22	23
5	487	Jake Garratt	Saint Edmund Pacers	23	1
6	496	Rowan Shearer	West Suffolk AC	23	9
7	493	Jake Hayward	Stowmarket Striders RC	23	24
8	494	William Browne	Waveney Valley AC	23	25
9	485	Regan Tuck	Ipswich Harriers	23	35
10	481	Theodore Gardiner	Colchester Harriers AC	23	35
11	498	Barney Steventon-Barne	Woodbridge Shufflers Rc	23	47
12	482	Ben Phillips	Haverhill Running Club	24	25
13	484	Ryan Grady	Ipswich Harriers	24	41
14	480	Peter Lowther	Bungay Black Dog RC	25	40
15	492	Joshua Rooke	Saint Edmund Pacers	29	9
16	489	Dylan Marsh	Saint Edmund Pacers	29	33

### U17 Men Team Result

1	Saint Edmund Pacers	6
2	Ipswich Harriers	26



## U20 Women

Pos	No	Name	Club	Time	
1	185	Eliza Hayden	West Suffolk AC	27	58
2	186	Rebecca Morley	West Suffolk AC	29	16
3	182	Izzy Free	Saint Edmund Pacers	31	30
4	183	Rhian Obrien	Saint Edmund Pacers	32	0

U20 Women Team Result

1

## U20 Men

Pos	No	Name	Club	Time	
1	306	Sam Burkitt	Ipswich Harriers	27	41
2	305	Fred Adams	Ipswich Harriers	29	28
3	309	Luke Heather	Stowmarket Striders RC	33	10
4	307	Dylan Bradnam	Saint Edmund Pacers	33	27

U20 Men Team Result

1

## Senior Women

Pos	No	Name	Club	Time	
1	243	Laura Thomas	Ipswich Jaffa RC A	32	19
2	260	Jessie Gooderham	Saint Edmund Pacers	32	46
3	220	Anna O'Hare	Haverhill Running Club A	33	20
4	225	Alice Heather-Hayes V45	Ipswich Harriers A	33	26
5	262	Cath Jeffery V40	Saint Edmund Pacers	33	39
6	286	Millie Jordan-Lee	Stowmarket Striders RC A	33	55
7	256	Laura Blazey	Saint Edmund Pacers	34	10
8	223	Ashia Fenwick	Ipswich Harriers A	34	32
9	263	Katie King	Saint Edmund Pacers	35	4
10	237	Anna Keeble	Ipswich Jaffa RC A	36	45
11	204	Helen Jerrold V40	Felixstowe Rrc A	37	12
12	244	Valerie Gladwell V45	Ipswich Triathlon Club	37	24
13	249	Olivia Carter	Newmarket Joggers A	37	32
14	232	Luz Chavez	Ipswich Jaffa RC A	37	46
15	236	Val Jennings V55	Ipswich Jaffa Rc A	37	53
16	294	Sally-ann Bowen V45	Sudbury Joggers A	38	14
17	254	Zohra Armitage V45	Saint Edmund Pacers	38	22
18	265	Katie Margarson	Saint Edmund Pacers	38	38
19	290	Mary Narey V50	Stowmarket Striders RC B	38	40
20	233	Kimberley Dye	Ipswich Jaffa RC B	38	43
21	270	Wendy Smith V50	Saint Edmund Pacers	38	45
22	287	Grace Leavy	Stowmarket Striders RC A	39	6
23	241	Fiona Smith V40	Ipswich Jaffa RC B	39	13
24	206	Geraldine Clarke V55	Framlingham Flyers A	39	31
25	214	Victoria Stace V40	Framlingham Flyers A	39	44
26	231	Jasmine Bilner	Ipswich Jaffa RC B	39	44
27	283	Kate Heeks	Stowmarket Striders RC B	39	53
28	213	Annabel Shiroi-Thomas	Framlingham Flyers A	39	55
29	278	Clare Douglas	Stowmarket Striders RC A	40	0
30	242	Samantha Spencer	Ipswich Jaffa Rc B	40	9
31	267	Lara Pocock	Saint Edmund Pacers	40	23
32	264	Gillian Leathers V50	Saint Edmund Pacers	40	30
33	209	Emma Harwood V50	Framlingham Flyers A	40	33
34	247	Sarah Boneham V50	Newmarket Joggers A	40	39
35	261	Natalie Hay V45	Saint Edmund Pacers	40	44
36	210	Michelle Hewitt	Framlingham Flyers B	40	56
37	279	Juliet Garnham V45	Stowmarket Striders RC B	41	3
38	273	Alice Watson	Saint Edmund Pacers	41	29
39	293	Helen Wing V50	Stowmarket Striders RC B	41	31
40	266	Jenny Morgan V65	Saint Edmund Pacers	41	38
41	272	Chloe Stuteley	Saint Edmund Pacers	41	38
42	211	Victoria Orford V45	Framlingham Flyers B	41	40
43	268	Annie Richardson	Saint Edmund Pacers	41	46
44	226	Lizbeth Hicks	Ipswich Harriers A	41	48

45	275	Linda Mitchell V40	Saxmundham Sports R & F	42	7
46	258	Kirsty Dow	Saint Edmund Pacers	43	5
47	288	Sandra Mayhew V55	Stowmarket Striders RC	43	11
48	212	Jo Parden V50	Framlingham Flyers B	43	23
49	292	Sharon Warland V55	Stowmarket Striders RC	43	33
50	238	Wendy Kellett V50	Ipswich Jaffa RC C	43	53
51	205	Linda Aldred V50	Framlingham Flyers B	44	14
52	240	Sandra Roberts V60	Ipswich Jaffa RC C	44	23
53	291	Jo Stephenson V55	Stowmarket Striders RC	44	29
54	284	Dianne Hughes V55	Stowmarket Striders RC	44	30
55	269	Lydia Simmons	Saint Edmund Pacers	44	59
56	296	Ruth Cowlin V55	Sudbury Joggers A	45	21
57	218	Samantha Cooper V50	Hadleigh Hares AC	45	44
58	297	Teresa Tranter V70	Sudbury Joggers A	45	52
59	208	Elsbeth Gilmour V45	Framlingham Flyers C	46	0
60	281	Charlotte Hawes V60	Stowmarket Striders RC	46	2
61	255	Eloise Bird V50	Saint Edmund Pacers	46	9
62	246	Suzanne Bailey V55	Newmarket Joggers A	47	4
63	201	Joanna Blyth V50	Felixstowe Rrc A	47	29
64	207	Sarah Davies V55	Framlingham Flyers C	47	38
65	202	Calli Challis V40	Felixstowe Rrc A	47	47
66	253	Bridget Wallwin V50	Newmarket Joggers A	48	1
67	217	Marion Walker V65	Framlingham Flyers C	48	33
68	235	Kate Hutson V40	Ipswich Jaffa RC C	49	0
69	200	Lorraine Reeves V45	Brandon Fern Hoppers	49	34
70	216	Trudie Timms V45	Framlingham Flyers	49	49
71	215	Vivienne Taylor V65	Framlingham Flyers C	51	0
72	222	Hilary Cook V60	Ipswich Harriers A	51	59
73	251	Jan Holmes V55	Newmarket Joggers B	52	55
74	234	Julie Haselwood V65	Ipswich Jaffa RC D	53	26
75	229	Alison Beech V60	Ipswich Jaffa RC D	56	30
76	248	Angela Brennan	Newmarket Joggers B	57	19
77	252	Sianie Painter V55	Newmarket Joggers B	57	56
78	250	Pearl Fay V60	Newmarket Joggers B	66	18

### Senior Women Team Result

1	Saint Edmund Pacers	14
2	Ipswich Jaffa RC A	25
3	Ipswich Harriers A	56
4	Stowmarket Striders RC A	57
5	Ipswich Jaffa RC B	69
6	Framlingham Flyers A	77
7	Stowmarket Striders RC B	83
8	Newmarket Joggers A	109
9	Framlingham Flyers B	126
10	Sudbury Joggers A	130
11	Felixstowe Rrc A	139
12	Stowmarket Striders RC	149
13	Ipswich Jaffa RC C	170
14	Framlingham Flyers C	190
15	Newmarket Joggers B	226

**Senior Men**

Pos	No	Name	Club	Time	
1	3	Michael Bartram	Cambridge & Coleridge AC	34	16
2	48	James Pettersson	Ipswich Harriers A	34	37
3	49	James Reeder	Ipswich Harriers A	35	2
4	4	Michael Gilbert	Cambridge & Coleridge AC	35	22
5	42	Sam Boreham	Haverhill Running Club A	35	50
6	130	Jack Nixon	Saint Edmund Pacers	36	32
7	50	Matthew Snowdon	Ipswich Harriers A	36	59
8	63	Craig Fiddaman	Ipswich Jaffa RC A	37	25
9	38	Patrick Hannah	Greenwich/Greenwich Tritc	37	31
10	167	Scott Williams	Stowmarket Striders RC A	37	55
11	44	Chay Hopkins	Haverhill Running Club A	37	58
12	103	James Smith V40	Newmarket Joggers A	37	59
13	131	Seb Palmer	Saint Edmund Pacers	38	20
14	77	Keith Tilley V50	Ipswich Jaffa RC A	38	31
15	95	Mark Hayward V40	Newmarket Joggers A	38	33
16	13	Tony Gavin	Felixstowe RRC A	39	2
17	62	Mark Clements V40	Ipswich Jaffa RC A	39	5
18	40	John Scaife V45	Hadleigh Hares AC	39	33
19	82	Jack Wilkinson	Ipswich Jaffa RC A	39	42
20	11	Aidan Coughlan V40	Felixstowe RRC A	39	44
21	21	William White	Felixstowe RRC A	39	49
22	96	Paul Holley V55	Newmarket Joggers A	40	3
23	79	Paul Wain	Ipswich Jaffa RC A	40	4
24	133	Christopher Poulding	Saint Edmund Pacers	40	5
25	25	Lee Barber V40	Framlingham Flyers A	40	15
26	88	Joey Bendall	Newmarket Joggers A	40	34
27	32	Jim Last V45	Framlingham Flyers A	40	43
28	140	Luke Senior	Saint Edmund Pacers	40	59
29	10	Henry Catling	Felixstowe RRC A	41	10
30	15	Benjamin Jacobs V45	Felixstowe RRC A	41	17
31	158	Tim Larke V45	Stowmarket Striders RC A	41	34
32	28	Nick Hammond V50	Framlingham Flyers A	41	48
33	81	Geraint White	Ipswich Jaffa RC A	42	3
34	53	Alex Archer	Ipswich Jaffa RC B	42	3
35	19	Dave Solomon V50	Felixstowe RRC B	42	13
36	102	Jamie Rule	Newmarket Joggers A	42	20
37	137	Josh Scarlett	Saint Edmund Pacers	42	29
38	129	Chris Mower V45	Saint Edmund Pacers	42	30
39	146	Thomas Walker	Saint Edmund Pacers	42	30
40	8	Steve Brooke V50	Felixstowe RRC A	42	37
41	33	Chris Leek V45	Framlingham Flyers A	42	43
42	139	Oliver Schofield	Saint Edmund Pacers	42	49
43	157	Jan Kading V45	Stowmarket Striders RC A	43	4
44	43	Ben Hopkins	Haverhill Running Club A	43	11
45	75	Dan Summersgill	Ipswich Jaffa RC	43	17

46	51	Joshua Thompson	Ipswich Harriers A	43	19
47	173	Ben Jeffery V40	West Suffolk AC	43	26
48	168	Piotr Bulacz V50	Sudbury Joggers A	43	33
49	176	Tom Alexander V40	Woodbridge Shufflers RC A	43	34
50	84	Dave Copland V55	Ipswich Triathlon Club	43	46
51	125	Todd Lewis V55	Saint Edmund Pacers	43	51
52	112	Paul Dockerill V40	Saint Edmund Pacers	44	4
53	170	Charles Hann V55	Sudbury Joggers A	44	6
54	143	Daniel Stocks	Saint Edmund Pacers	44	15
55	76	John Thorpe V50	Ipswich Jaffa RC B	44	20
56	114	Adrian Frost V50	Saint Edmund Pacers	44	22
57	30	James Howlett V45	Framlingham Flyers B	44	28
58	108	Howard Beasley V60	Saint Edmund Pacers	44	46
59	12	Ian Duggan V55	Felixstowe RRC B	44	52
60	45	James Minnette V45	Haverhill Running Club A	44	53
61	172	Jason Wing V50	Unattached	44	56
62	113	Jamie Fittock	Saint Edmund Pacers	44	59
63	106	Stuart Ward	Rushmere Community Runi	45	1
64	148	Mark Watts V55	Saint Edmund Pacers	45	11
65	71	Brian Rogers V65	Ipswich Jaffa Rc B	45	30
66	73	Peter Squirrell	Ipswich Jaffa RC	45	44
67	14	Robin Harper V45	Felixstowe RRC B	45	50
68	155	Philip Green V40	Stowmarket Striders RC A	46	12
69	159	Richard Leeder V45	Stowmarket Striders RC B	46	16
70	160	Andrew Long V50	Stowmarket Striders RC B	46	26
71	9	Kerry Buckley V50	Felixstowe RRC B	46	29
72	35	Neil Smith	Framlingham Flyers A	46	30
73	83	Alec Wright V40	Ipswich Jaffa RC B	46	38
74	6	Steve Paul V60	Eastern Masters AC	46	39
75	87	Jason Beeton	Newmarket Joggers A	46	48
76	23	Torben Wood V45	Felixstowe RRC B	46	55
77	37	Simon Tinkler V45	Framlingham Flyers B	47	29
78	26	Stephen Curran V55	Framlingham Flyers B	47	30
79	164	Christopher Starmer V60	Stowmarket Striders RC A	47	36
80	161	Stephen Mead V70	Stowmarket Striders RC A	47	36
81	145	Christopher Underwood	Saint Edmund Pacers	47	57
82	175	Roger Ackerley V60	Woodbridge Shufflers RC A	48	25
83	169	Benjamin Cuthbert V40	Sudbury Joggers A	48	48
84	127	Iain Milligan V45	Saint Edmund Pacers	49	11
85	29	Richard Higgins V55	Framlingham Flyers B	49	30
86	70	Adrian Peake V55	Ipswich Jaffa RC C	49	31
87	149	Andrew Wright V50	Saint Edmund Pacers	49	40
88	27	Stephen Dunnett V60	Framlingham Flyers B	49	43
89	24	Lee Ali V40	Framlingham Flyers B	49	45
90	97	Charles Jones V60	Newmarket Joggers B	50	9
91	165	Peter Warland V55	Stowmarket Striders RC B	50	28
92	90	Neville Clarke V65	Newmarket Joggers B	50	40

93	171	Mark Salisbury	Sudbury Joggers A	50	43
94	126	Stuart Matthews V50	Saint Edmund Pacers	50	48
95	67	Ian McDermott V55	Ipswich Jaffa RC C	51	1
96	110	Peter Bird V45	Saint Edmund Pacers	51	15
97	55	Robin Belsom V60	Ipswich Jaffa Rc B	51	23
98	64	Gary Ingram	Ipswich Jaffa RC D	51	24
99	115	Ian Gooderham V50	Saint Edmund Pacers	51	37
100	69	Tim Parnell V50	Ipswich Jaffa RC C	51	40
101	147	Robert Wallace V45	Saint Edmund Pacers	51	52
102	177	Mike Ward V45	Woodbridge Shufflers RC A	52	3
103	17	Stuart Mason V55	Felixstowe RRC C	52	21
104	20	Tom Stephens V50	Felixstowe RRC C	52	22
105	93	Tom Elton V50	Newmarket Joggers B	52	52
106	154	John Gavin	Stowmarket Striders RC B	53	29
107	98	Brian Munns V55	Newmarket Joggers	53	33
108	119	Tom Hoblyn V55	Saint Edmund Pacers	53	34
109	68	Tim Newton V70	Ipswich Jaffa RC B	53	37
110	118	Stephen Hatten V55	Saint Edmund Pacers	53	54
111	135	Steven Rue V65	Saint Edmund Pacers	54	5
112	47	Stephen Hicks V60	Ipswich Harriers A	54	32
113	104	Marc Walker V50	Newmarket Joggers	54	49
114	101	Jeremy Reader V45	Newmarket Joggers B	54	50
115	18	Paul Schwer V60	Felixstowe RRC C	55	0
116	39	Steve Hunt V60	Hadleigh Hares AC	55	55
117	59	Iain Catchpool V50	Ipswich Jaffa RC C	56	10
118	72	Terry Spurgeon V55	Ipswich Jaffa RC D	56	56
119	66	Tim Long V55	Ipswich Jaffa Rc C	56	59
120	7	Stephen Blyth V65	Felixstowe RRC C	57	9
121	94	Robert Hawkins V55	Newmarket Joggers	57	20
122	163	Robert Reason V55	Stowmarket Striders RC B	57	26
123	121	Peter Jay V60	Saint Edmund Pacers	57	29
124	1	Gary Howe V65	Beccles & Bungay Harriers	57	34
125	134	Stephen Pretty V60	Saint Edmund Pacers	58	10
126	36	David Taylor V70	Framlingham Flyers	58	36
127	57	Conner Bilner	Ipswich Jaffa Rc C	58	48
128	153	David Field V60	Stowmarket Striders RC	59	22
129	174	Ed Abbott	Woodbridge Shufflers RC A	59	58
130	56	Jamie Bennett V45	Ipswich Jaffa RC D	60	16
131	144	David Swales V55	Saint Edmund Pacers	60	33
132	91	Baz Colley V50	Newmarket Joggers	60	52
133	105	Ken Stowe V70	Rushmere Community Runi	61	7
134	152	Kimberley Drain	Stowmarket Striders RC B	63	15
135	16	Rod MacGregor V55	Felixstowe RRC C	64	20
136	74	Jonathan Summers	Ipswich Jaffa RC D	64	46
137	58	Jonathan Bolton	Ipswich Jaffa RC D	66	53
138	65	Mon Lee V60	Ipswich Jaffa RC D	67	0
139	85	Chris Aylmer V70	Newmarket Joggers	67	18



#### Senior Men Team Result

1 Ipswich Jaffa RC A	58
2 Ipswich Harriers A	58
3 Saint Edmund Pacers	71
4 Newmarket Joggers A	75
5 Felixstowe RRC A	86
6 Haverhill Running Club A	120
7 Framlingham Flyers A	125
8 Stowmarket Striders RC A	152
9 Ipswich Jaffa RC B	227
10 Felixstowe RRC B	232
11 Sudbury Joggers A	277
12 Framlingham Flyers B	297
13 Stowmarket Striders RC B	336
14 Woodbridge Shufflers RC A	362
15 Ipswich Jaffa RC C	398
16 Newmarket Joggers B	401
17 Felixstowe RRC C	442
18 Newmarket Joggers	473
19 Ipswich Jaffa RC D	482