

Suffolk Cross Country Championships
Royal Hospital School
7th January 2024

U11 Girls

Pos	Name	Club	Time
1	Chloe Berry	Woodbridge School	09:12
2	Elissia Bell	Saint Edmund Pacers	09:55
3	Poppy Humphrey	Hadleigh Hares AC	10:03
4	Abbie Dockerill	Saint Edmund Pacers	10:13
5	Isobel Grosett	Ipswich Jaffa RC	10:19
6	Tatiana Hotham	Woodbridge School	10:21
7	Millie McNeill	Framlingham Flyers	10:29
8	Evie Clanford	Culford School	10:51
9	Coralie Denny	Woodbridge Shufflers RC	10:53
10	Nancy Issett	Woodbridge Shufflers RC	10:53
11	Elsa Herring	Framlingham Flyers	11:02
12	Nell Thomas	Saint Edmund Pacers	11:30
13	Alba Harvey	Ipswich Jaffa RC	11:42
14	Grace Loomes	Ipswich Jaffa RC	12:15
15	Orla McDonald	Ipswich Jaffa RC	12:38
16	Olive Waters	Woodbridge Shufflers RC	12:47
17	Molly Raishbrook	Ipswich Jaffa RC	12:56
18	Megan Wade	Ipswich Jaffa RC	13:22
19	Savanna Smith	Ipswich Jaffa RC	

U11 Boys

Pos	Name	Club	Time
1	Stanley Aldred	Ipswich Harriers	09:07
2	Archie Rufford	Woodbridge School	09:17
3	Kingsley Davies	Ipswich Jaffa Rc	09:27
4	James Beswick	Saint Edmund Pacers	09:39
5	Ethan Ashwood	Saint Edmund Pacers	09:52
6	Arthur Robinson	Thetford AC	10:02
7	Sidney Astle	Saint Edmund Pacers	10:06
8	Lewis Stinger	Newmarket Joggers	10:22
9	Wilf Mabbitt	Stowmarket Striders RC	10:27
10	Kyan McNeill	Hadleigh Hares AC	10:42
11	Benjamin Squirrel	Ipswich Jaffa RC	10:47
12	Charlie Firth	Framlingham Flyers	11:01
13	Harry Ling	Framlingham Flyers	11:03
14	Archie Robinson	Framlingham Flyers	11:18
15	Olly M Kelly	Ipswich Jaffa RC	12:09

U13 Girls

Pos	Name	Club	Time
1	Sophie Bolton	Saint Edmund Pacers	12:39

2	India Johnson	Woodbridge School	12:42
3	Sienna Cronk	Colchester & Tendring AC	12:44
4	Alexandra McVittie	Woodbridge School	12:55
5	Ella Standing	Ipswich Harriers	12:55
6	Ella Knight	Woodbridge School	13:02
7	Lucy Murphy	West Suffolk AC	13:37
8	Annabella Johnson	Woodbridge Shufflers RC	13:40
9	Bethan Southwood	Saint Edmund Pacers	13:42
10	Laila McNeill	Saint Edmund Pacers	14:05
11	Alice Oberholzer	Woodbridge School	14:06
12	Isla Roberts	Ipswich Jaffa RC	14:12
13	India Bostock	Woodbridge School	14:17
14	Shay Mills	Saint Edmund Pacers	14:33
15	Flora Houchell	Woodbridge Shufflers RC	14:35
16	Neve MacKenzie	Stowmarket Striders RC	14:37
17	Charlotte Houchell	Woodbridge Shufflers RC	14:39
18	Jasmine Baker	Woodbridge School	14:47
19	Seren Lloyd	Woodbridge Shufflers RC	15:08
20	Marina Evans Lombe	Woodbridge School	15:26
21	Aurora Miley	Ipswich Jaffa RC	15:35
22	Amelia Smith	West Suffolk AC	15:54
23	Victoria Yule	Ipswich Harriers	16:02
24	Alexia Carmedy	Ipswich Harriers	16:05
25	Lilly Gavin	Ipswich Harriers	16:19
26	Poppy Moore	Saint Edmund Pacers	16:54
27	Ella Kading	Stowmarket Striders RC	17:21
28	Orla Squirrel	Ipswich Jaffa RC	22:52

U13 Girls Team result

1	Woodbridge School	12
2	Saint Edmund Pacers	20
3	Woodbridge Shufflers RC	40
4	Ipswich Harriers	52

U13 Boys

Pos	Name	Club	Time
1	Digby Pearson	Woodbridge School	11:28
2	Dexter Marshall	Woodbridge School	11:36
3	Hayden Preston	Colchester Harriers AC	11:59
4	Otis Ripman	Woodbridge School	12:07
5	Eli Bowman	Ipswich Jaffa RC	12:16
6	Alfie Kelly	Ipswich Jaffa RC	12:20
7	Riley Easton	Ipswich Harriers	12:21
8	Joshua Seaman	Ipswich Jaffa RC	12:25
9	Harvey Thomas	Newmarket Joggers	12:26
10	Alfie Ripman	Woodbridge School	12:33
11	Oliver Ripman	Woodbridge School	12:35
12	Charles Cass-Courtney	West Suffolk AC	12:57
13	Matthew Blackwell	Saint Edmund Pacers	13:08

14	Charlie Stennett	Woodbridge School	13:33
15	Jack Seager	Saint Edmund Pacers	13:35
16	Oliver Lamas Nakagawa	Saint Edmund Pacers	13:37
17	Oliver Cleary	Newmarket Joggers	13:55
18	Oliver Berry	Woodbridge School	14:05
19	Elliot Hobson	Ipswich Jaffa RC	14:11
20	Antoshka Stadlen	Ipswich Harriers	14:19
21	Bobbie Seager	Saint Edmund Pacers	14:42
22	Alexander Balmer	Newmarket Joggers	14:49
23	Miles Lugo-Hankins	Ipswich Harriers	14:50
24	Edward Kingston	Framlingham Flyers	14:59
25	Lawrie Issett	Woodbridge Shufflers RC	15:11
26	Liam Durrant	Beccles & Bungay Harriers	15:13
27	Felix Clover	Hadleigh Hares AC	15:18
28	Ted Mabbitt	Stowmarket Striders RC	15:29
29	Noah Farthing	Ipswich Harriers	16:57

U13 Boys Team result

1	Woodbridge School	7
2	Ipswich Jaffa RC	19
3	Saint Edmund Pacers	44
4	Newmarket Joggers	48
5	Ipswich Harriers	50

U15 Girls

Pos	Name	Club	Time
1	Bella Taylor	Saint Edmund Pacers	14:19
2	Tilly Wooldridge	Saint Edmund Pacers	14:34
3	Romilly Adams	Saint Edmund Pacers	14:49
4	Molly Murphy	West Suffolk AC	15:00
5	Alice Winstanley	Saint Edmund Pacers	15:05
6	Isla Whiting	Saint Edmund Pacers	15:40
7	Darcy Bowen	Ipswich Jaffa RC	15:40
8	Felicity Mitchell	Saint Edmund Pacers	15:58
9	Eleanor Cox	Saint Edmund Pacers	16:10
10	Poppy Pyke	Ipswich Harriers	16:48
11	Sophie Keith	Woodbridge School	17:26
12	Isla Partridge-Kulczynski	Ipswich Harriers	18:24
13	Katie Hill	Ipswich Jaffa RC	21:18

U15 Girls Team result

1	Saint Edmund Pacers	6
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U15 Boys

Pos	Name	Club	Time
1	Roman Gambling	Saint Edmund Pacers	12:09
2	Samuel Blackwell	Saint Edmund Pacers	12:36
3	Flynn Kelly	Ipswich Harriers	13:05

4	Alfie Jeffrey	Saint Edmund Pacers	13:09
5	Mason Bramhald	Ipswich Harriers	13:15
6	Max Uttley	West Suffolk AC	13:21
7	Jasper Keith	Woodbridge School	13:56
8	Aidan Wright	Ipswich Harriers	14:38
9	Harry Robinson	Thetford AC	14:52
10	Luke Houchell	Woodbridge Shufflers RC	15:01
11	Edward Berkeley	Ipswich Harriers	15:08
12	Oliver Lambert	Saint Edmund Pacers	15:15
13	Jason Georgalas	Ipswich Jaffa RC	15:21
14	Jed Lawrence	Ipswich Jaffa RC	15:24
15	Riley Cozens	Saint Edmund Pacers	15:30
16	Elliot Yaxley	Saint Edmund Pacers	15:36
17	Joshua Roberts	Ipswich Jaffa RC	15:46
18	Luca Kading	Stowmarket Striders RC	15:51
19	Ethan Wade	Ipswich Jaffa RC	15:55
20	Daniel Cooper	Hadleigh Hares AC	15:58
21	Alex Georgalas	Ipswich Jaffa RC	16:00
22	Leo Bloor	Ipswich Jaffa RC	16:27
23	Alex Collins	Hadleigh Hares AC	16:29
24	Francis Denny	Woodbridge Shufflers RC	19:02
25	Harry Crane	Woodbridge Shufflers RC	20:09

U15 Boys Team result

1	Saint Edmund Pacers	7
2	Ipswich Harriers	16
3	Ipswich Jaffa RC	44

U17 Women

Pos	Name	Club	Time
1	Darcy Gladwell	Ipswich Harriers	20:07
2	Verity Valentine	Saint Edmund Pacers	20:14
3	Isabel Moore	Saint Edmund Pacers	20:19
4	Abra Mills	Saint Edmund Pacers	20:26
5	Cerys Bithell	Newmarket Joggers	21:38
6	Amelie Crabb	Ipswich Jaffa RC	21:41
7	Lilian Corbett	Newmarket Joggers	22:42
8	Lily Burton	Ipswich Harriers	22:47
9	Libby Abbott	Ipswich Harriers	23:32
10	Freya Wilcox	Ipswich Jaffa RC	26:03

U17 Women Team result

1	Saint Edmund Pacers	9
2	Ipswich Harriers	18

U17 Men

Pos	Name	Club	Time
1	Jacob Trangmar	Saint Edmund Pacers	20:15

2	Sid Tilley	Ipswich Harriers.	20:31
3	Brandon Barber	Ipswich Harriers.	20:37
4	Sebastian Melero	Saint Edmund Pacers.	21:03
5	Angus Blackburn	Cookham Running Club.	21:13
6	Luca Gambling	Saint Edmund Pacers.	21:15
7	William Hollands	Saint Edmund Pacers.	21:16
8	Iwan Fothergill	Ipswich Harriers.	21:40
9	Harry Read	Ipswich Harriers.	21:52
10	Connor Peck	Ipswich Jaffa RC.	22:55
11	Sean Eales	Colchester Harriers AC.	24:15
12	Caleb Lee	Colchester Harriers AC.	25:03
13	Ben Morgan	Stowmarket Striders RC	25:19
14	Callum Wing	Thetford AC	25:44
15	Thomas Southwood	Saint Edmund Pacers	25:54
16	Tom Attwell	Stowmarket Striders RC	25:55
17	Matthew Peck	Ipswich Jaffa RC.	27:53

U17 Men Team result

1	Saint Edmund Pacers	11
2	Ipswich Harriers.	13

U20 Women

Pos	Name	Club	Time
1	Ruby Vinton	Chelmsford AC	24:45
2	Lauren Squirrel	Ipswich Harriers	26:46
3	Freya Hammond	West Suffolk AC	27:59
4	Isabel Rose Hollands	Unattached	28:34
5	Mae Washington	West Suffolk AC	31:16

U20 Men

Pos	Name	Club	Time
1	Max Fisher	Ipswich Harriers	28:11
2	Rowan Shearer	West Suffolk AC	29:43
3	Finley Davis	West Suffolk AC	30:06
4	Theo Gardiner	Colchester Harriers AC	32:44
5	Ryan Grady	Ipswich Harriers	34:33

Senior Women

Pos	Name	Club	Time
1	Holly Fisher	Ipswich Harriers	32:11
2	Laura Thomas	Ipswich Jaffa RC	32:38
3	Katie King	Saint Edmund Pacers	33:01
4	Hannah Pettersson	Ipswich Harriers	33:10
5	Laura Blazey	Saint Edmund Pacers	33:12
6	Daisy Brooke	Ipswich Jaffa RC	33:22
7	Katie Austin v40	Ipswich Jaffa RC	33:34
8	Cath Jeffery v45	Saint Edmund Pacers	33:43

9	Sara Bird	Ipswich Jaffa RC	33:58
10	Anna O'Hare	Haverhill Running Club	34:30
11	Lara Franklin	Stowmarket Striders RC	34:36
12	Alice Heather Hayes v45	Ipswich Harriers	34:49
13	Odette Robson v50	Saint Edmund Pacers	35:15
14	Rebecca Morley	West Suffolk AC	35:19
15	Gem Carter	Saint Edmund Pacers	35:22
16	Hayley Magill	Ipswich Jaffa RC	35:29
17	Valerie Gladwell v45	Ipswich Harriers	36:03
18	Francesca Anderson	Framlingham Flyers	36:21
19	Imogen Sutton	Bungay Black Dog RC	37:12
20	Sian Kingston v45	Framlingham Flyers	37:12
21	Kate Scotter v40	Kesgrave Kruisers	37:32
22	Val Jennings v55	Ipswich Jaffa RC	37:37
23	Helen Jerrold v45	Kesgrave Kruisers	37:45
24	Luz Chavez	Ipswich Jaffa RC	37:50
25	Kate Heeks	Stowmarket Striders RC	38:25
26	Juliet Garnham v45	Stowmarket Striders RC	38:32
27	Jasmine Bilner	Ipswich Jaffa RC	38:34
28	Jo Hayward v50	Stowmarket Striders RC	38:44
29	Hannah Pollard v40	Newmarket Joggers	39:02
30	Sandy Thorogood v55	Sudbury Joggers	39:13
31	Victoria Tapp	Hadleigh Hares AC	39:15
32	Sarah Maidment v45	Framlingham Flyers	39:41
33	Becky Smith	Ipswich Jaffa RC	39:50
34	Mary Narey v55	Stowmarket Striders RC	39:53
35	Lara Pocock	Saint Edmund Pacers	39:55
36	Lucy Beales	Woodbridge Shufflers RC	40:07
37	Eleanor Bithell v45	Newmarket Joggers	40:11
38	Sally-ann Bowen v50	Sudbury Joggers	40:14
39	Louise Cracknell	Felixstowe RRC	40:19
40	Jenny Morgan v65	Saint Edmund Pacers	40:58
41	Kayleigh Turpin	Felixstowe RRC	41:08
42	Annabel Shiroy-Thomas	Framlingham Flyers	41:16
43	Lisa Clarke	Ipswich Jaffa RC	41:19
44	Marion Bennett v40	Ipswich Jaffa RC	41:22
45	Aimee McLachlan v50	Woodbridge Shufflers RC	41:33
46	Elaine Turner	Hadleigh Hares AC	41:40
47	Crystal Murray	Hadleigh Hares AC	41:41
48	Kate Sudell	Felixstowe RRC	42:07
49	Claire Brown v55	Saint Edmund Pacers	42:14
50	Gemma Moss v50	Ipswich Jaffa RC	42:29
51	Lizbeth Hicks	Ipswich Harriers	42:31
52	Michelle Hewitt	Framlingham Flyers	42:43
53	Amanda Smith v45	Woodbridge Shufflers RC	42:51
54	Ruth Acworth v60	Woodbridge Shufflers RC	43:01
55	Belinda Godbold v60	Hadleigh Hares AC	43:33
56	Jane Wall v70	Saint Edmund Pacers	43:37
57	Natasha Smith	Ipswich Jaffa RC	43:51
58	Annabel Brown	Ipswich Jaffa RC	43:56

59	Nathalie Hooper v55	Hadleigh Hares AC	44:25
60	Elspeth Gilmour v45	Framlingham Flyers	44:53
61	Wendy Kellett v50	Ipswich Jaffa RC	44:56
62	Sandra Roberts v60	Ipswich Jaffa RC	45:02
63	Linda Aldred v50	Framlingham Flyers	45:45
64	Nicole Smith v50	Newmarket Joggers	45:49
65	Ruth Cowlin v55	Sudbury Joggers	45:58
66	Fiona Holland v65	Hadleigh Hares AC	46:47
67	Terri Green v40	Ipswich Jaffa RC	47:16
68	Vanessa Thorpe v50	Ipswich Triathlon Club	47:30
69	Lucy Jay v40	Hadleigh Hares AC	47:47
70	Chloe Heeks	Stowmarket Striders RC	48:05
71	Angela Drury v40	Newmarket Joggers	48:27
72	Samantha Cooper v55	Hadleigh Hares AC	48:42
73	Helen McClennon-Warnock	Woodbridge Shufflers RC	50:01
74	Vivienne Taylor v70	Framlingham Flyers	50:21
75	Hilary Cook	Felixstowe RRC	50:25
76	Pam Morgan v70	Ipswich Triathlon Club	51:05
77	Helen Self	Felixstowe RRC	51:13
78	Jo Whelan v60	Felixstowe RRC	52:16
79	Julie Haslewood v70	Ipswich Jaffa RC	53:41
80	Sacha Arnold v45	Sudbury Joggers	53:42
81	Tina Church v50	The Saxons	55:14
82	Adriana Houchell	Ipswich Jaffa RC	56:55
83	Pearl Fay v60	Newmarket Joggers	57:39

Senior Women Team result

1	Ipswich Jaffa RC	15
2	Saint Edmund Pacers	16
3	Ipswich Harriers	17
4	Stowmarket Striders RC	62
5	Framlingham Flyers	70
6	Hadleigh Hares AC	124
7	Felixstowe RRC	128
8	Newmarket Joggers	130
9	Sudbury Joggers	133
10	Woodbridge Shufflers RC	134

FV40

Pos	Name	Club	Time
1	Katie Austin v40	Ipswich Jaffa RC	33:34
2	Kate Scotter v40	Kesgrave Cruisers	37:32
3	Hannah Pollard v40	Newmarket Joggers	39:2
4	Marion Bennett v40	Ipswich Jaffa RC	41:22
5	Terri Green v40	Ipswich Jaffa RC	47:16
6	Lucy Jay v40	Hadleigh Hares AC	47:47
7	Angela Drury v40	Newmarket Joggers	48:27

FV45

Pos	Name	Club	Time
1	Cath Jeffery v45	Saint Edmund Pacers	33:43
2	Alice Heather Hayes v45	Ipswich Harriers	34:49
3	Valerie Gladwell v45	Ipswich Harriers	36:3
4	Sian Kingston v45	Framlingham Flyers	37:12
5	Helen Jerrold v45	Kesgrave Cruisers	37:45
6	Juliet Garnham v45	Stowmarket Striders RC	38:32
7	Sarah Maidment v45	Framlingham Flyers	39:41
8	Eleanor Bithell v45	Newmarket Joggers	40:11
9	Amanda Smith v45	Woodbridge Shufflers RC	42:51
10	Elspeth Gilmour v45	Framlingham Flyers	44:53
11	Sacha Arnold v45	Sudbury Joggers	53:42

FV50

Pos	Name	Club	Time
1	Odette Robson v50	Saint Edmund Pacers	35:15
2	Jo Hayward v50	Stowmarket Striders RC	38:44
3	Sally-ann Bowen v50	Sudbury Joggers	40:14
4	Aimee McLachlan v50	Woodbridge Shufflers RC	41:33
5	Gemma Moss v50	Ipswich Jaffa RC	42:29
6	Wendy Kellett v50	Ipswich Jaffa RC	44:56
7	Linda Aldred v50	Framlingham Flyers	45:45
8	Nicole Smith v50	Newmarket Joggers	45:49
9	Vanessa Thorpe v50	Ipswich Triathlon Club	47:30
10	Tina Church v50	The Saxons	55:14

FV55

Pos	Name	Club	Time
1	Val Jennings v55	Ipswich Jaffa Rc	37:37
2	Sandy Thorogood v55	Sudbury Joggers	39:13
3	Mary Narey v55	Stowmarket Striders RC	39:53
4	Claire Brown v55	Saint Edmund Pacers	42:14
5	Nathalie Hooper v55	Hadleigh Hares AC	44:25
6	Ruth Cowlin v55	Sudbury Joggers	45:58
7	Samantha Cooper v55	Hadleigh Hares AC	48:42

FV60

Pos	Name	Club	Time
1	Ruth Acworth v60	Woodbridge Shufflers RC	43:01
2	Belinda Godbold v60	Hadleigh Hares AC	43:33
3	Sandra Roberts v60	Ipswich Jaffa RC	45:02
4	Jo Whelan v60	Felixstowe RRC	52:16
5	Pearl Fay v60	Newmarket Joggers	57:39

FV65

Pos	Name	Club	Time
1	Jenny Morgan v65	Saint Edmund Pacers	40:58
2	Fiona Holland v65	Hadleigh Hares AC	46:47

FV70

Pos	Name	Club	Time
1	Jane Wall v70	Saint Edmund Pacers	43:37
2	Vivienne Taylor v70	Framlingham Flyers	50:21
3	Pam Morgan v70	Ipswich Triathlon Club	51:05
4	Julie Haslewood v70	Ipswich Jaffa RC	53:41

Senior Men

Pos	Name	Club	Time
1	Michael Bartram	Cambridge & Coleridge AC	33:34
2	Oliver Hitchcock	Saint Edmund Pacers	33:37
3	Matthew Snowdon	Ipswich Harriers	33:50
4	James Peck	Saint Edmund Pacers	34:22
5	Tom Henson	Saint Edmund Pacers	34:48
6	Robert Dobson v40	Newmarket Joggers	35:25
7	Steven Quercia-Smale	Saint Edmund Pacers	35:54
8	Owen Rees	Ipswich Phoenix Running Club	35:58
9	Andrew Risk	Victoria Park & Tower Hamlets	36:05
10	Patrick Hannah	Cambridge Triathlon Club	36:17
11	James Wilson	The Saxons	36:20
12	Stuart Haynes v45	Woodbridge Shufflers RC	36:26
13	Chay Hopkins	Haverhill Running Club	36:35
14	Mark Hayward v40	Newmarket Joggers	36:38
15	Joey Bendall	Newmarket Joggers	37:23
16	James Smith v40	Newmarket Joggers	37:54
17	Jack Noble	Ipswich Jaffa RC	38:10
18	Stuart Price	Hadleigh Hares AC	38:22
19	Keith Tilley v50	Ipswich Jaffa RC	39:05
20	Alexander McKail	Framlingham Flyers	39:07
21	Morgan Moore	Stowmarket Striders RC	39:11
22	Steve Fraser-Lim v45	Ipswich Jaffa RC	39:49
23	Alex Archer	Ipswich Jaffa RC	39:55
24	Oliver Schofield	Saint Edmund Pacers	40:06
25	Tony Gavin v40	Felixstowe RRC	40:22
26	Tom Stewart v50	Woodbridge Shufflers RC	41:02
27	Geraint White	Felixstowe RRC	41:14
28	Stuart Ward	Felixstowe RRC	41:16
29	James Roberts v45	Ipswich Jaffa RC	41:25
30	Lazarus Mbaisa	Ipswich Harriers	41:30
31	Jim Last v45	Framlingham Flyers	41:35
32	Tom Ames v45	Stowmarket Striders RC	41:39
33	Paul Holley v55	Newmarket Joggers	41:45
34	Gavin Davies v40	Ipswich Jaffa Rc	41:49
35	Andrew Southwood v45	Saint Edmund Pacers	42:05

36	Tom Alexander v45	Woodbridge Shufflers RC	42:40
37	Stephen Munnings v40	Felixstowe RRC	42:48
38	Kyle Church	The Saxons	42:49
39	Steve Brooke v55	Felixstowe RRC	42:51
40	Alastair Read v45	Felixstowe RRC	43:21
41	Alec Wright v45	Ipswich Jaffa RC	43:23
42	Stuart King	Saint Edmund Pacers	43:24
43	Adam Chamberlin v45	Hadleigh Hares AC	43:42
44	Craig Stewart v50	Saint Edmund Pacers	43:47
45	Ben Jeffrey	Saint Edmund Pacers	43:55
46	Mark Salisbury v40	Sudbury Joggers	43:55
47	Andrew Turner v40	Hadleigh Hares AC	43:55
48	Jason Wing v50	Thetford AC	44:00
49	Christopher Underwood	Newmarket Joggers	44:02
50	Greg Davis v60	Newmarket Joggers	44:04
51	Samuel Blows v40	Woodbridge Shufflers RC	44:06
52	Christopher Fuller	The Saxons	44:11
53	Ashley Smy v40	Felixstowe RRC	44:12
54	Glynn Thomas v60	Ipswich Jaffa RC	44:14
55	Dave Solomon v55	Felixstowe RRC	44:25
56	Kevin Coleman v55	Stowmarket Striders RC	44:29
57	Stuart Wright v45	Felixstowe RRC	44:49
58	Matt King v50	Saint Edmund Pacers	44:58
59	Andrew Long v50	Stowmarket Striders RC	45:05
60	Gary Parker v40	Woodbridge Shufflers RC	45:07
61	John Thorpe v50	Ipswich Jaffa RC	45:10
62	Peter Squirrell	Ipswich Jaffa RC	45:37
63	Daniel Tee v40	Newmarket Joggers	46:11
64	Richard Wold v65	Felixstowe RRC	46:59
65	Matthew Alexander	Woodbridge Shufflers RC	47:12
66	Robert Morgan v60	Saint Edmund Pacers	47:23
67	Dominic Bareham v45	Felixstowe RRC	47:24
68	Robert Squirrell v50	Woodbridge Shufflers RC	47:32
69	Stephen Edwards v55	Newmarket Joggers	47:33
70	Stephen Mead v70	Stowmarket Striders RC	47:44
71	Mike Ward v50	Woodbridge Shufflers RC	48:09
72	Jason King v40	Felixstowe RRC	48:49
73	Kerry Buckley v50	Felixstowe RRC	48:53
74	Benjamin Cuthbert v45	Sudbury Joggers	49:16
75	Rob Alder v50	Woodbridge Shufflers RC	49:20
76	Mark Flatman v50	Ipswich Triathlon Club	49:23
77	Iain Taylor v50	Woodbridge Shufflers RC	49:29
78	Robin Harper v45	Felixstowe RRC	49:32
79	Stephen Curran v60	Framlingham Flyers	49:34
80	Eamonn Coveney v60	Saint Edmund Pacers	49:36
81	Chris Servant v55	Ipswich Jaffa RC	49:38
82	Dean Hearn v55	Saint Edmund Pacers	49:40
83	Phillip Tailby v45	Stowmarket Striders RC	49:48
84	Tom Stephens v50	Felixstowe RRC	49:57
85	Roger Ackerley v65	Woodbridge Shufflers RC	49:59

86	Richard Hursthouse v45	Stowmarket Striders RC	50:14
87	Mark Sadler v40	Felixstowe RRC	50:25
88	Marc Walker v50	Newmarket Joggers	50:53
89	Stuart Mason v60	Felixstowe RRC	50:56
90	Stephen Dunnett v65	Framlingham Flyers	51:05
91	Jamie Bennett v45	Ipswich Jaffa RC	51:12
92	Robin Belsom v60	Ipswich Jaffa Rc	51:33
93	Mark Gibbons v50	Sudbury Joggers	51:52
94	Stephen Hicks v60	Ipswich Harriers	52:16
95	Robert Gourlay v50	Sudbury Joggers	52:20
96	James Platt	Ipswich Jaffa RC	52:34
97	Stewart Hambling v55	Framlingham Flyers	52:40
98	Steven Rue v70	Saint Edmund Pacers	52:52
99	Pat Morgan v70	Ipswich Triathlon Club	52:53
100	Ben Solway v55	Woodbridge Shufflers RC	52:59
101	Daniel Smith	Woodbridge Shufflers RC	53:12
102	Mark Banham v45	Ipswich Jaffa RC	53:19
103	John Dunnett v60	Capel Cheetahs	53:21
104	Garry MacDonald v55	Felixstowe RRC	53:26
105	Conner Bilner	Ipswich Jaffa Rc	53:33
106	Ed Abbott	Woodbridge Shufflers RC	53:59
107	Terry Spurgeon v55	Ipswich Jaffa RC	54:06
108	Ian Bareham v55	Sudbury Joggers	54:53
109	Jeremy Reader v50	Newmarket Joggers	55:22
110	Adrian Peake v55	Ipswich Jaffa RC	58:17
111	Darin Geary v50	Stowmarket Striders RC	58:35
112	David Taylor v70	Framlingham Flyers	58:47
113	David Seymour v60	Felixstowe RRC	58:58
114	Stuart Hunt	Hadleigh Hares AC	59:5
115	Mon Lee v65	Ipswich Jaffa RC	59:28
116	Robert Reason v55	Stowmarket Striders RC	59:48

Senior Men Team result

1	Saint Edmund Pacers	18
2	Newmarket Joggers	51
3	Ipswich Jaffa RC	81
4	Felixstowe RRC	117
5	Woodbridge Shufflers RC	125
6	Stowmarket Striders RC	168
7	Framlingham Flyers	220
8	Hadleigh Hares AC	222
9	Sudbury Joggers	308

MV40

Pos	Name	Club	Time
1	Robert Dobson v40	Newmarket Joggers	35:25
2	Mark Hayward v40	Newmarket Joggers	36:38
3	James Smith v40	Newmarket Joggers	37:54

4	Tony Gavin v40	Felixstowe RRC	40:22
5	Gavin Davies v40	Ipswich Jaffa Rc	41:49
6	Stephen Munnings v40	Felixstowe RRC	42:48
7	Mark Salisbury v40	Sudbury Joggers	43:55
8	Andrew Turner v40	Hadleigh Hares AC	43:55
9	Samuel Blows v40	Woodbridge Shufflers RC	44:06
10	Ashley Smy v40	Felixstowe RRC	44:12
11	Gary Parker v40	Woodbridge Shufflers RC	45:07
12	Daniel Tee v40	Newmarket Joggers	46:11
13	Jason King v40	Felixstowe RRC	48:49
14	Mark Sadler v40	Felixstowe RRC	50:25

MV45

Pos	Name	Club	Time
1	Stuart Haynes v45	Woodbridge Shufflers RC	36:26
2	Steve Fraser-Lim v45	Ipswich Jaffa RC	39:49
3	James Roberts v45	Ipswich Jaffa RC	41:25
4	Jim Last v45	Framlingham Flyers	41:35
5	Tom Ames v45	Stowmarket Striders RC	41:39
6	Andrew Southwood v45	Saint Edmund Pacers	42:05
7	Tom Alexander v45	Woodbridge Shufflers RC	42:40
8	Alastair Read v45	Felixstowe RRC	43:21
9	Alec Wright v45	Ipswich Jaffa RC	43:23
10	Adam Chamberlin v45	Hadleigh Hares AC	43:42
11	Stuart Wright v45	Felixstowe RRC	44:49
12	Dominic Bareham v45	Felixstowe RRC	47:24
13	Benjamin Cuthbert v45	Sudbury Joggers	49:16
14	Robin Harper v45	Felixstowe RRC	49:32
15	Phillip Tailby v45	Stowmarket Striders RC	49:48
16	Richard Hursthouse v45	Stowmarket Striders RC	50:14
17	Jamie Bennett v45	Ipswich Jaffa RC	51:12
18	Mark Banham v45	Ipswich Jaffa RC	53:19

MV50

Pos	Name	Club	Time
1	Keith Tilley v50	Ipswich Jaffa RC	39:05
2	Tom Stewart v50	Woodbridge Shufflers RC	41:02
3	Craig Stewart v50	Saint Edmund Pacers	43:47
4	Jason Wing v50	Thetford AC	44:00
5	Matt King v50	Saint Edmund Pacers	44:58
6	Andrew Long v50	Stowmarket Striders RC	45:05
7	John Thorpe v50	Ipswich Jaffa RC	45:10
8	Robert Squirrell v50	Woodbridge Shufflers RC	47:32
9	Mike Ward v50	Woodbridge Shufflers RC	48:09
10	Kerry Buckley v50	Felixstowe RRC	48:53
11	Rob Alder v50	Woodbridge Shufflers RC	49:20
12	Mark Flatman v50	Ipswich Triathlon Club	49:23
13	Iain Taylor v50	Woodbridge Shufflers RC	49:29

14	Tom Stephens v50	Felixstowe RRC	49:57
15	Marc Walker v50	Newmarket Joggers	50:53
16	Mark Gibbons v50	Sudbury Joggers	51:52
17	Robert Gourlay v50	Sudbury Joggers	52:20
18	Jeremy Reader v50	Newmarket Joggers	55:22
19	Darin Geary v50	Stowmarket Striders RC	58:35

MV55

Pos	Name	Club	Time
1	Paul Holley v55	Newmarket Joggers	41:45
2	Steve Brooke v55	Felixstowe RRC	42:51
3	Dave Solomon v55	Felixstowe RRC	44:25
4	Kevin Coleman v55	Stowmarket Striders RC	44:29
5	Stephen Edwards v55	Newmarket Joggers	47:33
6	Chris Servant v55	Ipswich Jaffa RC	49:38
7	Dean Hearn v55	Saint Edmund Pacers	49:40
8	Stewart Hambling v55	Framlingham Flyers	52:40
9	Ben Solway v55	Woodbridge Shufflers RC	52:59
10	Garry MacDonald v55	Felixstowe RRC	53:26
11	Terry Spurgeon v55	Ipswich Jaffa RC	54:06
12	Ian Bareham v55	Sudbury Joggers	54:53
13	Adrian Peake v55	Ipswich Jaffa RC	58:17
14	Robert Reason v55	Stowmarket Striders RC	59:48

MV60

Pos	Name	Club	Time
1	Greg Davis v60	Newmarket Joggers	44:04
2	Glynn Thomas v60	Ipswich Jaffa RC	44:14
3	Robert Morgan v60	Saint Edmund Pacers	47:23
4	Stephen Curran v60	Framlingham Flyers	49:34
5	Eamonn Coveney v60	Saint Edmund Pacers	49:36
6	Stuart Mason v60	Felixstowe RRC	50:56
7	Robin Belsom v60	Ipswich Jaffa Rc	51:33
8	Stephen Hicks v60	Ipswich Harriers	52:16
9	John Dunnett v60	Capel Cheetahs	53:21
10	David Seymour v60	Felixstowe RRC	58:58

MV65

Pos	Name	Club	Time
1	Richard Wold v65	Felixstowe RRC	46:59
2	Roger Ackerley v65	Woodbridge Shufflers RC	49:59
3	Stephen Dunnett v65	Framlingham Flyers	51:05
4	Mon Lee v65	Ipswich Jaffa RC	59:28

MV70

Pos	Name	Club	Time
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1	Stephen Mead v70	Stowmarket Striders RC	47:44
2	Steven Rue v70	Saint Edmund Pacers	52:52
3	Pat Morgan v70	Ipswich Triathlon Club	52:53
4	David Taylor v70	Framlingham Flyers	58:47