

Suffolk County Cross Country Championships

Sunday 5th January 2025

Overall Results

Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
U11 Girls							
1.	7	Rosie Coleman		West Suffolk AC	07:49	07:49	1
2.	6	Sienna Cozens		Saint Edmund Pacers	08:03	08:03	1
3.	5	Evie Clanford		Saint Edmund Pacers	08:12	08:12	1
4.	9	Erin Whiting		West Suffolk AC	08:23	08:23	0
5.	10	Sofia Dean		Woodbridge School	09:02	09:02	1
6.	4	Bella Bryant		Saint Edmund Pacers	09:38	09:38	1
7.	3	Grace Loomes		Ipswich Jaffa RC	10:01	10:01	1
8.	8	Edith Curtis		West Suffolk AC	10:11	10:11	0
9.	2	Emilia Wilson		Haverhill Running Club	10:19	10:19	1
DNF	1	Millie McNeill		Framlingham Flyers			1
U11 Boys							
1.	11	Finlay Weir		Colchester Harriers AC	07:11	07:11	1
2.	27	Grayson Law		West Suffolk AC	07:33	07:33	1
3.	22	James Beswick		Saint Edmund Pacers	07:39	07:39	1
4.	21	Ethan Ashwood		Saint Edmund Pacers	07:48	07:48	1
5.	29	Samuel Ward		Woodbridge School	07:49	07:49	1
6.	24	Kyan McNeill		Saint Edmund Pacers	07:54	07:54	1
7.	25	Austin Rolt		Saint Edmund Pacers	07:57	07:57	1
8.	28	Archie Hatch		Woodbridge School	08:04	08:04	1
9.	12	Charlie Firth		Framlingham Flyers	08:13	08:13	1
10.	18	Benjamin Squirrell		Ipswich Jaffa RC	08:29	08:29	1
11.	13	Harry Ling		Framlingham Flyers	08:30	08:30	0
12.	14	Will Munro-Dovaston		Haverhill Running Club	08:35	08:35	1
13.	20	Reuben Agius		Saint Edmund Pacers	09:11	09:11	1
14.	19	Oliver Hilton		Newmarket Joggers	09:16	09:16	1
15.	16	Olly Kelly		Ipswich Jaffa RC	10:01	10:01	1

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DNF	15	Benjamin Hodson		Ipswich Jaffa RC			1
DNS	17	Isaac Maulden		Ipswich Jaffa RC			0
DNS	26	Arthur Taylor		Saint Edmund Pacers			1

U13 Girls

1.	32	Sophie Bolton		Saint Edmund Pacers	11:00	11:00	1
2.	35	India Johnson		Saint Edmund Pacers	11:15	11:15	1
3.	38	Alexandra McVittie		Saint Edmund Pacers	11:27	11:27	1
4.	36	Ella Knight		Saint Edmund Pacers	11:36	11:36	1
5.	43	Chloe Berry		Woodbridge School	11:43	11:43	1
6.	41	Nisa May		West Suffolk AC	11:51	11:51	1
7.	30	Isla Roberts		Ipswich Jaffa RC	12:19	12:19	1
8.	46	Annabella Johnson		Woodbridge Shufflers RC	12:22	12:22	1
9.	39	Imogen McVittie		Saint Edmund Pacers	12:24	12:24	1
10.	37	Laila McNeill		Saint Edmund Pacers	12:29	12:29	1
11.	42	Ava Weathers		West Suffolk AC	12:34	12:34	1
12.	33	India Bostock		Saint Edmund Pacers	12:37	12:37	1
13.	40	Beatrice Harpur-Davies		West Suffolk AC	12:43	12:43	1
14.	31	Elissia Bell		Saint Edmund Pacers	13:14	13:14	1
15.	44	Evie Brown		Woodbridge School	13:30	13:30	1
16.	34	Abbie Dockerill		Saint Edmund Pacers	13:56	13:56	1
DNF	45	Tatiana Hotham		Woodbridge School			1

U13 Boys

1.	62	Dexter Marshall		Woodbridge School	10:01	10:01	1
2.	48	Seth Bowman		Ipswich Jaffa RC	10:24	10:24	1
3.	49	Eli Bowman		Ipswich Jaffa RC	10:32	10:32	1
4.	64	Otis Ripman		Woodbridge School	10:50	10:50	1
5.	63	Alfie Ripman		Woodbridge School	10:52	10:52	1

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6.	55	Matthew Blackwell		Saint Edmund Pacers	10:53	10:53	1
7.	57	Jack Seager		Saint Edmund Pacers	10:57	10:57	1
8.	60	Maddox Law		West Suffolk AC	10:59	10:59	1
9.	59	Charles Cass-Courtney		West Suffolk AC	11:19	11:19	1
10.	47	Rowan Weir		Colchester Harriers AC	11:30	11:30	1
11.	51	Christopher Sillik		Ipswich Jaffa RC	11:31	11:31	1
12.	58	Arthur Robinson		Thetford AC	12:13	12:13	1
13.	56	Bobbie Seager		Saint Edmund Pacers	12:37	12:37	0
14.	50	Kingsley Davies		Ipswich Jaffa RC	12:47	12:47	1
15.	52	Flynn Taylor		Ipswich Jaffa RC	12:48	12:48	1
16.	61	Olly Berry		Woodbridge School	13:29	13:29	1
17.	23	Reuben Mannion		Saint Edmund Pacers	13:45	13:45	0
18.	54	Sidney Astle		Saint Edmund Pacers	14:00	14:00	1
DNS	53	Rio Mcandrew		Newmarket Joggers			0
DNS	65	Josh Seaman		Woodbridge School			1

U15 Girls

1.	67	Alice Keen		Ipswich Harriers	14:08	14:08	1
2.	79	Erin Stewart		Saint Edmund Pacers	15:01	15:01	1
3.	77	Molly Smith		Saint Edmund Pacers	15:10	15:10	1
4.	80	Orla Taylor		Saint Edmund Pacers	15:26	15:26	1
5.	81	Isla Whiting		Saint Edmund Pacers	15:33	15:33	0
6.	82	Molly Murphy		West Suffolk AC	15:39	15:39	0
7.	76	Alice Oberholzer		Saint Edmund Pacers	15:51	15:51	1
8.	70	Ella Standring		Ipswich Harriers	16:16	16:16	0
9.	75	Lucy Murphy		Saint Edmund Pacers	16:28	16:28	1
10.	85	Grace Hotham		Woodbridge School	16:57	16:57	1
11.	78	Bethan Southwood		Saint Edmund Pacers	17:00	17:00	1

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Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
12.	83	Amelia Smith		West Suffolk AC	17:35	17:35	1
13.	66	Lilly Gavin		Ipswich Harriers	18:04	18:04	1
14.	84	Marina Evans Lombe		Woodbridge School	18:06	18:06	1
15.	74	Poppy Moore		Saint Edmund Pacers	18:19	18:19	1
16.	71	Phoebe West		Ipswich Harriers	18:56	18:56	1
17.	69	Lila Ochert		Ipswich Harriers	19:12	19:12	1
DNF	68	Harriet McCart		Ipswich Harriers			1
DNF	72	Victoria Yule		Ipswich Harriers			1
DNF	73	Romilly Adams		Saint Edmund Pacers			1

U15 Boys

1.	88	Mason Bramhald		Ipswich Harriers	13:35	13:35	1
2.	96	Digby Pearson		Saint Edmund Pacers	13:39	13:39	1
3.	86	Hayden Preston		Colchester Harriers AC	13:44	13:44	1
4.	91	Harvey Thomas		Newmarket Joggers	14:10	14:10	1
5.	90	Alfie Kelly		Ipswich Jaffa RC	14:17	14:17	1
6.	93	Hamish Dover		Saint Edmund Pacers	14:38	14:38	1
7.	95	Oliver Lambert		Saint Edmund Pacers	14:52	14:52	1
8.	89	Jack Davenport		Ipswich Harriers	15:29	15:29	1
9.	94	Oliver Lamas Nakagawa		Saint Edmund Pacers	15:42	15:42	0
10.	97	Elliot Yaxley		Saint Edmund Pacers	16:13	16:13	0
11.	87	Henry Allison-Hales		Framlingham Flyers	18:33	18:33	0
DNS	92	Riley Cozens		Saint Edmund Pacers			1

U17 Women

1.	109	Bella Taylor		Saint Edmund Pacers	18:37	18:37	1
2.	107	Isabel Moore		Saint Edmund Pacers	19:37	19:37	1
3.	106	Cerys Bithell		Newmarket Joggers	19:46	19:46	1
4.	100	Darcy Gladwell		Ipswich Harriers	19:56	19:56	1

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Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
5.	111	Alice Winstanley		Saint Edmund Pacers	20:05	20:05	1
6.	99	Lily Burton		Ipswich Harriers	20:12	20:12	1
7.	108	Ella Stewart		Saint Edmund Pacers	20:46	20:46	1
8.	101	Ottillie Heather - Hayes		Ipswich Harriers	21:59	21:59	1
9.	105	Darcy Bowen		Ipswich Jaffa RC	22:03	22:03	1
10.	104	Elizabeth Yule		Ipswich Harriers	22:32	22:32	1
11.	98	Ella Denham		Colchester & Tendring AC	23:48	23:48	1
12.	113	Emily Peterson		West Suffolk AC	26:02	26:02	1
DNF	103	Beatrice Snowden		Ipswich Harriers			1
DNS	102	Lottie Hitchcock		Ipswich Harriers			1
DNS	110	Verity Valentine		Saint Edmund Pacers			1
DNS	112	Tilly Wooldridge		Saint Edmund Pacers			1

U20 Women

1.	115	Lauren Squirrell		Ipswich Harriers	25:48	25:48	1
DNS	114	Libby Abbott		Ipswich Harriers			1
DNS	116	Freya Hammond		West Suffolk AC			1

U17 Men

1.	136	Sebastian Melero		Saint Edmund Pacers	18:41	18:41	1
2.	133	Samuel Blackwell		Saint Edmund Pacers	19:10	19:10	1
3.	119	Brandon Barber		Ipswich Harriers	19:26	19:26	1
4.	132	Angus Blackburn		Saint Edmund Pacers	19:28	19:28	1
5.	128	Connor Peck		Ipswich Jaffa RC	19:36	19:36	1
6.	141	Max Uttley		West Suffolk AC	19:46	19:46	1
7.	123	Flynn Kelly		Ipswich Harriers	21:09	21:09	1
8.	118	Stanley Peacher		Framlingham Flyers	21:20	21:20	1
9.	121	Thomas Davenport		Ipswich Harriers	21:27	21:27	1
10.	117	Caleb Lee		Colchester Harriers AC	21:27	21:27	0

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Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
11.	125	Archie Shaw		Ipswich Harriers	22:00	22:00	1
12.	122	Luke Gavin		Ipswich Harriers	22:12	22:12	1
13.	130	Hayden Phillips		Kesgrave Kruisers	22:29	22:29	1
14.	129	Matthew Peck		Ipswich Jaffa RC	23:43	23:43	1
15.	140	Harry Robinson		Thetford AC	24:14	24:14	1
16.	139	Tom Atwell		Stowmarket Striders RC	24:31	24:31	1
17.	138	Thomas Southwood		Saint Edmund Pacers	25:08	25:08	1
DNF	131	Rory King		Newmarket Joggers			1
DNF	135	Alfie Jeffery		Saint Edmund Pacers			1
DNS	120	Ronnie Baxter-Laud		Ipswich Harriers			1
DNS	124	Harry Read		Ipswich Harriers			1
DNS	126	Barney Wilkins		Ipswich Harriers			1
DNS	127	Jed Lawrence		Ipswich Jaffa RC			1
DNS	134	Roman Gambling		Saint Edmund Pacers			1
DNS	137	Archie Samways		Saint Edmund Pacers			1

Senior Men

1.	170	John Millar		Ipswich Harriers	30:20	30:20	1
2.	144	Michael Bartram		Cambridge & Coleridge AC	31:35	31:35	1
3.	206	Oliver Hitchcock		Saint Edmund Pacers	32:19	32:19	1
4.	178	Owen Rees		Ipswich Phoenix Running Club	33:10	33:10	1
5.	214	Steven Quecia-Smale		Saint Edmund Pacers	33:41	33:41	1
6.	217	Rowan Shearer		Saint Edmund Pacers	33:52	33:52	1
7.	186	Robert Dobson	M45	Newmarket Joggers	33:55	33:55	1
8.	165	Chay Hopkins		Haverhill Running Club	33:57	33:57	1
9.	213	James Peck		Saint Edmund Pacers	34:10	34:10	1
10.	180	Joey Bendall		Newmarket Joggers	34:19	34:19	1
11.	234	Stuart Haynes	M45	Woodbridge Shufflers RC	34:43	34:43	1

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Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
12.	148	Tony Gavin	M40	Felixstowe RRC	34:56	34:56	1
13.	221	James Wilson		Saxmundham Sports Running & Fitness Club	35:07	35:07	1
14.	193	Hugh Tawell		Newmarket Joggers	35:18	35:18	1
15.	215	Joe Robson		Saint Edmund Pacers	35:19	35:19	0
16.	162	Aden Bell		Hadleigh Hares AC	35:25	35:25	1
17.	189	Mark Hayward	M40	Newmarket Joggers	35:36	35:36	1
18.	154	Josh Harvey		Framlingham Flyers	36:20	36:20	1
19.	219	Scott Williams		Saint Edmund Pacers	36:41	36:41	1
20.	192	James Smith	M45	Newmarket Joggers	36:50	36:50	1
21.	176	Keith Tilley	M50	Ipswich Jaffa RC	36:58	36:58	1
22.	169	Nathan Laud	M45	Ipswich Harriers	37:11	37:11	1
23.	177	Paul Wain		Ipswich Jaffa RC	37:26	37:26	1
24.	218	Andrew Southwood	M45	Saint Edmund Pacers	37:38	37:38	1
25.	233	Tom Alexander	M45	Woodbridge Shufflers RC	38:36	38:36	1
26.	203	Mike Greener	M50	Saint Edmund Pacers	38:38	38:38	1
27.	205	Bill Hill	M50	Saint Edmund Pacers	38:58	38:58	1
28.	200	Aidan Elmore		Saint Edmund Pacers	39:05	39:05	1
29.	236	Keith Russell	M45	Woodbridge Shufflers RC	39:28	39:28	1
30.	237	Robert Stewart		Woodbridge Shufflers RC	39:52	39:52	1
31.	235	Jack Morrison		Woodbridge Shufflers RC	40:04	40:04	1
32.	229	Piotr Bulacz	M50	Sudbury Joggers	40:12	40:12	1
33.	211	Chris Mower	M45	Saint Edmund Pacers	40:17	40:17	1
34.	181	Jason Bevan		Newmarket Joggers	40:17	40:17	0
35.	172	Gavin Davies	M40	Ipswich Jaffa RC	41:13	41:13	1
36.	195	Robert Blackman		Saint Edmund Pacers	42:06	42:06	1
37.	142	John White	M60	Beccles & Bungay Harriers	42:06	42:06	1
38.	201	Hayden Forder		Saint Edmund Pacers	42:39	42:39	1
39.	199	Paul Dockerill	M45	Saint Edmund Pacers	42:57	42:57	1

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Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
40.	150	Richard Wold	M65	Felixstowe RRC	43:35	43:35	1
41.	227	Duncan Ng		Stowmarket Striders RC	43:53	43:53	1
42.	146	Ian Weir	M45	Colchester Harriers AC	44:05	44:05	1
43.	188	Stephen Edwards	M60	Newmarket Joggers	44:36	44:36	1
44.	202	Antony Green	M40	Saint Edmund Pacers	44:46	44:46	1
45.	156	Jim Mackenzie	M55	Framlingham Flyers	45:02	45:02	1
46.	198	Alex De-Moore	M40	Saint Edmund Pacers	45:08	45:08	1
47.	185	Richard Defries	M50	Newmarket Joggers	45:23	45:23	1
48.	191	Shane Mcandrew		Newmarket Joggers	45:29	45:29	0
49.	230	Ben Cuthbert	M45	Sudbury Joggers	45:31	45:31	1
50.	197	Ian Cunnington	M60	Saint Edmund Pacers	45:44	45:44	1
51.	207	Matt King	M50	Saint Edmund Pacers	45:53	45:53	1
52.	225	Andrew Long	M55	Stowmarket Striders RC	46:19	46:19	0
53.	238	Iain Taylor	M50	Woodbridge Shufflers RC	46:35	46:35	1
54.	232	Roger Ackerley	M65	Woodbridge Shufflers RC	46:48	46:48	1
55.	210	Robert Morgan	M65	Saint Edmund Pacers	47:24	47:24	1
56.	226	Piers Morgan	M55	Stowmarket Striders RC	47:44	47:44	1
57.	223	Peter Cleaves		Stowmarket Striders RC	47:58	47:58	1
58.	182	Neville Clarke	M70	Newmarket Joggers	48:14	48:14	1
59.	231	Mark Gibbons	M50	Sudbury Joggers	48:45	48:45	1
60.	212	Terry Nippress	M50	Saint Edmund Pacers	49:16	49:16	1
61.	224	Darin Geary	M50	Stowmarket Striders RC	49:52	49:52	1
62.	179	Pat Morgan	M70	Ipswich Triathlon Club	50:26	50:26	1
63.	239	Michael Ward	M50	Woodbridge Shufflers RC	50:41	50:41	1
64.	168	Stephen Hicks	M65	Ipswich Harriers	50:45	50:45	1
65.	149	Tom Stephens	M55	Felixstowe RRC	50:51	50:51	1
66.	171	Mark Banham	M45	Ipswich Jaffa RC	51:11	51:11	1
67.	208	Mark Lewis	M50	Saint Edmund Pacers	51:19	51:19	1

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68.	163	Ryan McNeill	M40	Hadleigh Hares AC	55:07	55:07	1
69.	152	Tim Cherrett	M60	Framlingham Flyers	1:01:10	1:01:10	1
70.	173	Ker Macrosson	M70	Ipswich Jaffa RC	1:09:49	1:09:49	1
DNF	228	Jon-Paul Broughton	M40	Sudbury Joggers			1
DNS	143	Seb Anthony		Cambridge & Coleridge AC			1
DNS	145	Patrick Hannah		Cambridge Triathlon Club			1
DNS	147	Dominic Bareham	M45	Felixstowe RRC			1
DNS	151	Lee Ali	M45	Framlingham Flyers			1
DNS	153	David Dinnage	M40	Framlingham Flyers			0
DNS	155	Jim Last	M45	Framlingham Flyers			1
DNS	157	Ricky Peacher	M45	Framlingham Flyers			1
DNS	158	John Rainbow	M45	Framlingham Flyers			1
DNS	159	Robert Rogers		Framlingham Flyers			1
DNS	160	Stewart Woods		Framlingham Flyers			1
DNS	161	Giles Abrey	M50	Hadleigh Hares AC			1
DNS	164	Matthew Bigley	M50	Haverhill Running Club			1
DNS	166	Rob Selleck	M50	Haverhill Running Club			1
DNS	167	Karl Feagan	M50	Ipswich Harriers			0
DNS	174	Tim Parnell	M55	Ipswich Jaffa RC			1
DNS	175	Dan Summersgill	M40	Ipswich Jaffa RC			1
DNS	183	Christopher Connett	M40	Newmarket Joggers			1
DNS	184	Oliver Daykin		Newmarket Joggers			1
DNS	187	Marc Drury	M50	Newmarket Joggers			1
DNS	190	Paul Holley	M55	Newmarket Joggers			1
DNS	194	Peter Bird	M50	Saint Edmund Pacers			1
DNS	196	Eamonn Coveney	M60	Saint Edmund Pacers			1
DNS	204	Tom Henson		Saint Edmund Pacers			1
DNS	209	Michael Mckinstry	M55	Saint Edmund Pacers			1

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DNS	216	Steven Rue	M70	Saint Edmund Pacers			1
DNS	220	Harry Grimsey		Saxmundham Sports Running & Fitness Club			1
DNS	222	Richard Atwell	M50	Stowmarket Striders RC			1

Senior Women

1.	258	Holly Fisher		Ipswich Harriers	29:39	29:39	1
2.	260	Alice Heather - Hayes	F45	Ipswich Harriers	30:45	30:45	1
3.	264	Sara Bird		Ipswich Jaffa RC	30:57	30:57	1
4.	305	Lara Franklin		Unattached	31:23	31:23	1
5.	306	Rose Nicholson		Waveney Valley AC	31:33	31:33	1
6.	265	Laura Cason		Ipswich Jaffa RC	32:02	32:02	1
7.	286	Laura Blazey	F40	Saint Edmund Pacers	32:09	32:09	1
8.	263	Katie Austin	F40	Ipswich Jaffa RC	32:22	32:22	1
9.	288	Gem Carter		Saint Edmund Pacers	32:47	32:47	0
10.	291	Cath Jeffery	F45	Saint Edmund Pacers	32:54	32:54	1
11.	293	Katie King		Saint Edmund Pacers	33:35	33:35	1
12.	240	Andrea James		BLC on the Run	33:49	33:49	1
13.	254	Anna O'Hare		Haverhill Running Club	34:00	34:00	1
14.	259	Valerie Gladwell	F45	Ipswich Harriers	34:24	34:24	1
15.	289	Emily Gooderham		Saint Edmund Pacers	34:51	34:51	1
16.	277	Carol Carter	F50	Newmarket Joggers	34:56	34:56	1
17.	256	Cassandra Badger		Ipswich Harriers	35:09	35:09	1
18.	278	Olivia Carter		Newmarket Joggers	35:13	35:13	1
19.	270	Anna Keeble		Ipswich Jaffa RC	35:18	35:18	1
20.	268	Georgia Humphreys		Ipswich Jaffa RC	35:26	35:26	1
21.	274	Davina Greenwell	F40	Ipswich Triathlon Club	35:40	35:40	1
22.	269	Val Jennings	F60	Ipswich Jaffa RC	36:14	36:14	1
23.	251	Victoria Tapp		Hadleigh Hares AC	36:39	36:39	1

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24.	290	Isabel Hollands		Saint Edmund Pacers	37:33	37:33	1
25.	245	Victoria Gallantree	F50	Framlingham Flyers	37:38	37:38	1
26.	250	Eleanor Langridge Brown		Hadleigh Hares AC	37:59	37:59	0
27.	272	Natasha Smith		Ipswich Jaffa RC	38:22	38:22	0
28.	297	Jenny Morgan	F65	Saint Edmund Pacers	38:41	38:41	1
29.	281	Elke Hausler	F60	Newmarket Joggers	38:51	38:51	1
30.	308	Helen Fayers	F45	Woodbridge Shufflers RC	39:03	39:03	1
31.	287	Claire Brown	F60	Saint Edmund Pacers	39:18	39:18	1
32.	276	Eleanor Bithell	F45	Newmarket Joggers	39:38	39:38	1
33.	298	Lara Pocock		Saint Edmund Pacers	40:08	40:08	0
34.	296	Maureen McCarthy	F60	Saint Edmund Pacers	40:28	40:28	1
35.	246	Emma Harwood	F50	Framlingham Flyers	40:37	40:37	1
36.	310	Amanda Smith	F45	Woodbridge Shufflers RC	41:05	41:05	1
37.	249	Nathalie Hooper	F55	Hadleigh Hares AC	41:53	41:53	1
38.	292	Laura Johnstone		Saint Edmund Pacers	42:49	42:49	1
39.	294	Faith Lewis	F50	Saint Edmund Pacers	42:58	42:58	1
40.	285	Helen Wass	F55	Newmarket Joggers	43:07	43:07	1
41.	248	Fiona Holland	F65	Hadleigh Hares AC	43:28	43:28	1
42.	271	Lisa Loomes		Ipswich Jaffa RC	43:58	43:58	1
43.	302	Ronnie Egan	F50	Stowmarket Striders RC	44:39	44:39	1
44.	284	Krystal Szerszon		Newmarket Joggers	45:08	45:08	0
45.	253	Jennie Buddington	F45	Haverhill Running Club	45:41	45:41	1
46.	303	Ruth Cowlin	F60	Sudbury Joggers	46:23	46:23	1
47.	244	Sarah Davies	F60	Framlingham Flyers	48:59	48:59	1
48.	275	Pam Morgan	F70	Ipswich Triathlon Club	50:25	50:25	1
49.	283	Sianie Painter	F55	Newmarket Joggers	50:33	50:33	1
50.	267	Julie Haselwood	F70	Ipswich Jaffa RC	50:49	50:49	1
51.	280	Pearl Fay	F65	Newmarket Joggers	57:27	57:27	1

Suffolk County Cross Country Championships

Sunday 5th January 2025

Overall Results

Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
52.	304	Kathryn Ross		Sudbury Joggers	1:01:49	1:01:49	1
DNF	241	Holly Weir	F45	Colchester Harriers AC			1
DNF	257	Jasmine Cant		Ipswich Harriers			1
DNS	242	Laura Ali	F45	Framlingham Flyers			1
DNS	243	Angel Cherrett	F65	Framlingham Flyers			1
DNS	247	Annabel Shiroy-Thomas	F40	Framlingham Flyers			1
DNS	252	Elaine Turner	F40	Hadleigh Hares AC			1
DNS	255	Maria Reed	F60	Haverhill Running Club			1
DNS	261	Isobel Mitchell		Ipswich Harriers			1
DNS	262	Hannah Pettersson		Ipswich Harriers			1
DNS	266	Luz Chavez		Ipswich Jaffa RC			1
DNS	273	Rebecca Smith		Ipswich Jaffa RC			1
DNS	279	Angela Drury	F40	Newmarket Joggers			1
DNS	282	Lorraine King	F50	Newmarket Joggers			1
DNS	295	Katie Margaron		Saint Edmund Pacers			1
DNS	299	Odette Robson	F50	Saint Edmund Pacers			1
DNS	300	Jane Wall	F70	Saint Edmund Pacers			1
DNS	301	Joanna Beale	F45	Stowmarket Striders RC			1
DNS	307	Rebecca Morley		West Suffolk AC			0
DNS	309	Bethany Fradd de Bree		Woodbridge Shufflers RC			1

U20 Men

1.	317	Sidney Tilley		Ipswich Harriers	24:33	24:33	1
2.	318	Luca Gambling		Saint Edmund Pacers	24:41	24:41	1
3.	314	Max Fisher		Ipswich Harriers	25:31	25:31	1
4.	319	Will Hollands		Saint Edmund Pacers	26:01	26:01	1
5.	315	Iwan Fothergill		Ipswich Harriers	26:08	26:08	1
6.	320	Benjamin Peck		Saint Edmund Pacers	26:37	26:37	1

Suffolk County Cross Country Championships

Sunday 5th January 2025

Overall Results

Place	Bib	Name	AG	Club	GunTime	ChipTime	SCC
7.	313	Joshua Wigmore		Haverhill Running Club	27:22	27:22	1
8.	311	Sean Eales		Colchester Harriers AC	27:57	27:57	1
9.	312	Theo Gardiner		Colchester Harriers AC	28:52	28:52	1
10.	324	Ben Morgan		Stowmarket Striders RC	30:24	30:24	1
a.k.	321	Tom Taylor		Saint Edmund Pacers			1
a.k.	322	Archie Taylor		Saint Edmund Pacers			1
DNS	316	Ben Howlett		Ipswich Harriers			1
DNS	323	Jacob Trangmar		Saint Edmund Pacers			1

Number of records: 324

Suffolk County Cross Country Championships

Sunday 5th January 2025

Age Group Awards Senior Men

Place	Bib	Name	Nat.	YoB	Gender	Club	GunTime	ChipTime	AG2	Overall
Senior Men										
1.	170	John Millar		1997	M	Ipswich Harriers	30:20	30:20		1.
2.	144	Michael Bartram		1996	M	Cambridge & Coleridge AC	31:35	31:35		2.
3.	206	Oliver Hitchcock		2004	M	Saint Edmund Pacers	32:19	32:19		3.
M40										
1.	148	Tony Gavin		1982	M	Felixstowe RRC	34:56	34:56	M40	12.
2.	189	Mark Hayward		1981	M	Newmarket Joggers	35:36	35:36	M40	17.
3.	172	Gavin Davies		1980	M	Ipswich Jaffa RC	41:13	41:13	M40	35.
M45										
1.	186	Robert Dobson		1979	M	Newmarket Joggers	33:55	33:55	M45	7.
2.	234	Stuart Haynes		1976	M	Woodbridge Shufflers RC	34:43	34:43	M45	11.
3.	192	James Smith		1979	M	Newmarket Joggers	36:50	36:50	M45	20.
M50										
1.	176	Keith Tilley		1971	M	Ipswich Jaffa RC	36:58	36:58	M50	21.
2.	203	Mike Greener		1970	M	Saint Edmund Pacers	38:38	38:38	M50	26.
3.	205	Bill Hill		1974	M	Saint Edmund Pacers	38:58	38:58	M50	27.
M55										
1.	156	Jim Mackenzie		1965	M	Framlingham Flyers	45:02	45:02	M55	45.
2.	225	Andrew Long		1969	M	Stowmarket Striders RC	46:19	46:19	M55	52.
3.	226	Piers Morgan		1966	M	Stowmarket Striders RC	47:44	47:44	M55	56.
M60										
1.	142	John White		1962	M	Beccles & Bungay Harriers	42:06	42:06	M60	37.
2.	188	Stephen Edwards		1964	M	Newmarket Joggers	44:36	44:36	M60	43.

Suffolk County Cross Country Championships.

Sunday 5th January 2025

Age Group Awards Senior Men

Place	Bib	Name	Nat.	YoB	Gender	Club	GunTime	ChipTime	AG2	Overall
3.	197	Ian Cunnington		1963	M	Saint Edmund Pacers	45:44	45:44	M60	50.

M65

1.	150	Richard Wold		1958	M	Felixstowe RRC	43:35	43:35	M65	40.
2.	232	Roger Ackerley		1958	M	Woodbridge Shufflers RC	46:48	46:48	M65	54.
3.	210	Robert Morgan		1959	M	Saint Edmund Pacers	47:24	47:24	M65	55.

M70

1.	182	Neville Clarke		1953	M	Newmarket Joggers	48:14	48:14	M70	58.
2.	179	Pat Morgan		1948	M	Ipswich Triathlon Club	50:26	50:26	M70	62.
3.	173	Ker Macrosson		1954	M	Ipswich Jaffa RC	1:09:49	1:09:49	M70	70.

Suffolk County Cross Country Championships,
Sunday 5th January 2025

Age Group Awards Senior Women

Place	Bib	Name	Nat.	YoB	Gender	Club	GunTime	ChipTime	AG2	Overall
Senior Women										
1.	258	Holly Fisher		2002	F	Ipswich Harriers	29:39	29:39		1.
1.	290	Isabel Hollands		2005	F	Saint Edmund Pacers	37:33	37:33		24.
2.	264	Sara Bird		1987	F	Ipswich Jaffa RC	30:57	30:57		3.
3.	305	Lara Franklin		1991	F	Unattached	31:23	31:23		4.
F40										
1.	286	Laura Blazey		1984	F	Saint Edmund Pacers	32:09	32:09	F40	7.
2.	263	Katie Austin		1983	F	Ipswich Jaffa RC	32:22	32:22	F40	8.
3.	274	Davina Greenwell		1984	F	Ipswich Triathlon Club	35:40	35:40	F40	21.
F45										
1.	260	Alice Heather - Hayes		1975	F	Ipswich Harriers	30:45	30:45	F45	2.
2.	291	Cath Jeffery		1978	F	Saint Edmund Pacers	32:54	32:54	F45	10.
3.	259	Valerie Gladwell		1975	F	Ipswich Harriers	34:24	34:24	F45	14.
F50										
1.	277	Carol Carter		1971	F	Newmarket Joggers	34:56	34:56	F50	16.
2.	245	Victoria Gallantree		1973	F	Framlingham Flyers	37:38	37:38	F50	25.
3.	246	Emma Harwood		1970	F	Framlingham Flyers	40:37	40:37	F50	35.
F55										
1.	249	Nathalie Hooper		1966	F	Hadleigh Hares AC	41:53	41:53	F55	37.
2.	285	Helen Wass		1965	F	Newmarket Joggers	43:07	43:07	F55	40.
3.	283	Sianie Painter		1965	F	Newmarket Joggers	50:33	50:33	F55	49.
F60										
1.	269	Val Jennings		1964	F	Ipswich Jaffa RC	36:14	36:14	F60	22.

Suffolk County Cross Country Championships.

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Age Group Awards Senior Women

Place	Bib	Name	Nat.	YoB	Gender	Club	GunTime	ChipTime	AG2	Overall
2.	281	Elke Hausler		1963	F	Newmarket Joggers	38:51	38:51	F60	29.
3.	287	Claire Brown		1964	F	Saint Edmund Pacers	39:18	39:18	F60	31.

F65

1.	297	Jenny Morgan		1956	F	Saint Edmund Pacers	38:41	38:41	F65	28.
2.	248	Fiona Holland		1958	F	Hadleigh Hares AC	43:28	43:28	F65	41.
3.	280	Pearl Fay		1959	F	Newmarket Joggers	57:27	57:27	F65	51.

F70

1.	275	Pam Morgan		1950	F	Ipswich Triathlon Club	50:25	50:25	F70	48.
2.	267	Julie Haselwood		1952	F	Ipswich Jaffa RC	50:49	50:49	F70	50.

Suffolk County Cross Country Championships,

Sunday 5th January 2025



Race Chip Timing

Team Results M/F 3 To Score. No U11's, No Senior Men

Bib	Name	Time	Club	Overall Rank
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U13 Girls

Female

1. Saint Edmund Pacers 1 6 0:33:42,00

32	Sophie Bolton	11:00	Saint Edmund Pacers	1
35	India Johnson	11:15	Saint Edmund Pacers	2
38	Alexandra McVittie	11:27	Saint Edmund Pacers	3

2. West Suffolk AC 1 30 0:37:08,00

41	Nisa May	11:51	West Suffolk AC	6
42	Ava Weathers	12:34	West Suffolk AC	11
40	Beatrice Harpur-Davies	12:43	West Suffolk AC	13

U13 Boys

Male

1. Woodbridge School 1 10 0:31:43,00

62	Dexter Marshall	10:01	Woodbridge School	1
64	Otis Ripman	10:50	Woodbridge School	4
63	Alfie Ripman	10:52	Woodbridge School	5

2. Ipswich Jaffa RC 1 16 0:32:27,00

48	Seth Bowman	10:24	Ipswich Jaffa RC	2
49	Eli Bowman	10:32	Ipswich Jaffa RC	3
51	Christopher Sillik	11:31	Ipswich Jaffa RC	11

3. Saint Edmund Pacers 1 26 0:34:27,00

55	Matthew Blackwell	10:53	Saint Edmund Pacers	6
57	Jack Seager	10:57	Saint Edmund Pacers	7
56	Bobbie Seager	12:37	Saint Edmund Pacers	13

U15 Girls

Female

1. Saint Edmund Pacers 1 9 0:45:37,00

79	Erin Stewart	15:01	Saint Edmund Pacers	2
77	Molly Smith	15:10	Saint Edmund Pacers	3
80	Orla Taylor	15:26	Saint Edmund Pacers	4

2. Ipswich Harriers 1 22 0:48:28,00

67	Alice Keen	14:08	Ipswich Harriers	1
70	Ella Standring	16:16	Ipswich Harriers	8
66	Lilly Gavin	18:04	Ipswich Harriers	13

U15 Boys

Suffolk County Cross Country Championships,

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Race Chip Timing

Team Results M/F 3 To Score. No U11's, No Senior Men

Bib	Name	Time	Club	Overall Rank
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Male

1. Saint Edmund Pacers 1 15 0:43:09,00

96	Digby Pearson	13:39	Saint Edmund Pacers	2
93	Hamish Dover	14:38	Saint Edmund Pacers	6
95	Oliver Lambert	14:52	Saint Edmund Pacers	7

U17 Women

Female

1. Saint Edmund Pacers 1 8 0:58:19,00

109	Bella Taylor	18:37	Saint Edmund Pacers	1
107	Isabel Moore	19:37	Saint Edmund Pacers	2
111	Alice Winstanley	20:05	Saint Edmund Pacers	5

2. Ipswich Harriers 1 18 1:02:07,00

100	Darcy Gladwell	19:56	Ipswich Harriers	4
99	Lily Burton	20:12	Ipswich Harriers	6
101	Ottillie Heather - Hayes	21:59	Ipswich Harriers	8

U17 Men

Male

1. Saint Edmund Pacers 1 7 0:57:19,00

136	Sebastian Melero	18:41	Saint Edmund Pacers	1
133	Samuel Blackwell	19:10	Saint Edmund Pacers	2
132	Angus Blackburn	19:28	Saint Edmund Pacers	4

2. Ipswich Harriers 1 19 1:02:02,00

119	Brandon Barber	19:26	Ipswich Harriers	3
123	Flynn Kelly	21:09	Ipswich Harriers	7
121	Thomas Davenport	21:27	Ipswich Harriers	9

Senior Women

Female

1. Ipswich Jaffa RC 1 17 1:35:21,00

264	Sara Bird	30:57	Ipswich Jaffa RC	3
265	Laura Cason	32:02	Ipswich Jaffa RC	6
263	Katie Austin	32:22	Ipswich Jaffa RC	8

2. Ipswich Harriers 1 17 1:34:48,00

258	Holly Fisher	29:39	Ipswich Harriers	1
260	Alice Heather - Hayes	30:45	Ipswich Harriers	2
259	Valerie Gladwell	34:24	Ipswich Harriers	14

Suffolk County Cross Country Championships,

Sunday 5th January 2025



Race Chip Timing

Team Results M/F 3 To Score. No U11's, No Senior Men

Bib	Name	Time	Club	OverallRank
3. Saint Edmund Pacers 1 26 1:37:50,00				
286	Laura Blazey	32:09	Saint Edmund Pacers	7
288	Gem Carter	32:47	Saint Edmund Pacers	9
291	Cath Jeffery	32:54	Saint Edmund Pacers	10
4. Newmarket Joggers 1 63 1:49:00,00				
277	Carol Carter	34:56	Newmarket Joggers	16
278	Olivia Carter	35:13	Newmarket Joggers	18
281	Elke Hausler	38:51	Newmarket Joggers	29
5. Hadleigh Hares AC 1 86 1:56:31,00				
251	Victoria Tapp	36:39	Hadleigh Hares AC	23
250	Eleanor Langridge Brown	37:59	Hadleigh Hares AC	26
249	Nathalie Hooper	41:53	Hadleigh Hares AC	37
6. Framlingham Flyers 1 107 2:07:14,00				
245	Victoria Gallantree	37:38	Framlingham Flyers	25
246	Emma Harwood	40:37	Framlingham Flyers	35
244	Sarah Davies	48:59	Framlingham Flyers	47

U20 Men

Male

1. Ipswich Harriers 1 9 1:16:12,00				
317	Sidney Tilley	24:33	Ipswich Harriers	1
314	Max Fisher	25:31	Ipswich Harriers	3
315	Iwan Fothergill	26:08	Ipswich Harriers	5
2. Saint Edmund Pacers 1 12 1:17:19,00				
318	Luca Gambling	24:41	Saint Edmund Pacers	2
319	Will Hollands	26:01	Saint Edmund Pacers	4
320	Benjamin Peck	26:37	Saint Edmund Pacers	6

Suffolk County Cross Country Championships,

Sunday 5th January 2025

Team Results M/F 4 To Score. Senior Men's Only



Race Chip Timing

Bib	Name	Time	Club	OverallRank
Senior Men				
Male				
1. Saint Edmund Pacers 1 23 2:14:02,00				
206	Oliver Hitchcock	32:19	Saint Edmund Pacers	3
214	Steven Quecia-Smale	33:41	Saint Edmund Pacers	5
217	Rowan Shearer	33:52	Saint Edmund Pacers	6
213	James Peck	34:10	Saint Edmund Pacers	9
2. Newmarket Joggers 1 48 2:19:08,00				
186	Robert Dobson	33:55	Newmarket Joggers	7
180	Joey Bendall	34:19	Newmarket Joggers	10
193	Hugh Tawell	35:18	Newmarket Joggers	14
189	Mark Hayward	35:36	Newmarket Joggers	17
3. Woodbridge Shufflers RC 1 95 2:32:39,00				
234	Stuart Haynes	34:43	Woodbridge Shufflers RC	11
233	Tom Alexander	38:36	Woodbridge Shufflers RC	25
236	Keith Russell	39:28	Woodbridge Shufflers RC	29
237	Robert Stewart	39:52	Woodbridge Shufflers RC	30
4. Ipswich Jaffa RC 1 145 2:46:48,00				
176	Keith Tilley	36:58	Ipswich Jaffa RC	21
177	Paul Wain	37:26	Ipswich Jaffa RC	23
172	Gavin Davies	41:13	Ipswich Jaffa RC	35
171	Mark Banham	51:11	Ipswich Jaffa RC	66
5. Stowmarket Striders RC 1 206 3:05:54,00				
227	Duncan Ng	43:53	Stowmarket Striders RC	41
225	Andrew Long	46:19	Stowmarket Striders RC	52
226	Piers Morgan	47:44	Stowmarket Striders RC	56
223	Peter Cleaves	47:58	Stowmarket Striders RC	57