

Suffolk Cross Country Championships

Ickworth Park

January 5, 2014

Senior Men

Individual

Team

Pos	ID	Name	Club	Time		
1	165	Aaron Scott	Woodbridge Shufflers a	43: 19	1	Ipswich JAFFA a 27
2	2	Chris Rooke	Aldershot Farnham & D	43: 48	2	Saint Edmund Pacers a 66
3	157	Macauley Delo	W Suffolk AC	45: 31	3	Framlingham Flyers a 101
4	92	Matthew Spencer	Ipswich JAFFA a	45: 45	4	Newmarket Joggers a 103
5	3	Andrew Rooke	Aldershot Farnham & D	46: 49	5	Stowmarket Striders a 117
6	89	Ryan Ostler	Ipswich JAFFA a	47: 01	6	Ipswich JAFFA b 120
7	5	Matthew Cook	Bournville	47: 25	7	Felixstowe RR a 142
8	81	Brad Jones M40	Ipswich JAFFA a	47: 42	8	Woodbridge Shufflers a 163
9	76	Gavin Davies	Ipswich JAFFA a	48: 03	9	Newmarket Joggers b 177
10	84	Jonathan Ling	Ipswich JAFFA a	48: 29	10	Hadleigh Hares a 189
11	137	Oscar Partridge	Saint Edmund Pacers a	48: 37	11	Saint Edmund Pacers b 216
12	123	Seb Palmer	Rugby & Northampton AC	49: 26	12	Haverhill RC a 219
13	133	Tom Kingsnorth	Saint Edmund Pacers a	49: 31	13	Ipswich JAFFA c 296
14	111	Paul Holley M40	Newmarket Joggers a	50: 10	14	Framlingham Flyers b 328
15	75	Robert Chenery	Ipswich JAFFA a	50: 34	15	Newmarket Joggers c 334
16	29	Jim Last	Framlingham Flyers a	50: 50	=16	Haverhill RC b 339
17	30	Darren Sheppard M40	Framlingham Flyers a	51: 09	=16	Haverhill RC c 339
18	127	Chris Cooke M50	Saint Edmund Pacers a	51: 23		
19	44	John Scaife	Hadleigh Hares a	52: 13		
20	22	Luke Whitwell	Felixstowe RR a	52: 23		
21	120	Martin Talyer	Newmarket Joggers a	52: 38		
22	21	Jason Taylor M40	Felixstowe RR a	53: 05		
23	91	Joseph Peat	Ipswich JAFFA b	53: 12		
24	135	Julian Long M40	Saint Edmund Pacers a	53: 16		
25	79	Mark Furnace M40	Ipswich JAFFA b	53: 35		
26	87	Scott Macsephney M40	Ipswich JAFFA b	53: 42		
27	151	Damian Hinchcliffe	Stowmarket Striders a	53: 54		
28	155	Scott Williams	Stowmarket Striders a	54: 04		
29	150	Nick Hammond M40	Stowmarket Striders a	54: 11		
30	28	Daniel Kinsman	Framlingham Flyers a	55: 10		
31	136	Iain Milligan M40	Saint Edmund Pacers a	55: 12		
32	108	Chris Gay	Newmarket Joggers a	55: 24		
33	154	Chris Starmer M50	Stowmarket Striders a	55: 30		
34	105	Steve Edwards M40	Newmarket Joggers b	55: 32		
35	20	Dave Solomon M40	Felixstowe RR a	55: 50		
36	117	Sam Saddler	Newmarket Joggers a	55: 57		
37	126	Peter Bird M40	Saint Edmund Pacers b	55: 59		
38	23	Paul Brown M40	Framlingham Flyers a	56: 22		
39	71	Robin Belsom M50	Ipswich JAFFA	56: 23		
40	36	Leon Hayward M40	Hadleigh Hares a	56: 34		
41	26	Steve Garvie M40	Framlingham Flyers b	56: 42		
42	128	Tim Fox M40	Saint Edmund Pacers a	56: 45		
43	101	Alex Cairns M40	Newmarket Joggers b	56: 53		
44	152	Steve Hughes M50	Stowmarket Striders a	57: 04		
45	49	Trevor Bunch	Haverhill RC a	57: 06		
46	94	Tom Wake	Ipswich JAFFA b	57: 08		
47	148	Wayne Gardner	Stowmarket Striders	58: 22		
48	159	Roger Ackerley M50	Woodbridge Shufflers a	58: 24		
49	100	Ben Blowers M40	Newmarket Joggers b	58: 43		
50	67	Mark White M40	Haverhill RC a	58: 43		
51	116	Joe Saddler	Newmarket Joggers b	58: 50		
52	33	Matt Blacoe M40	Hadleigh Hares a	58: 53		
53	64	Bryan Rootes M40	Haverhill RC c	59: 02		

54	163	Lee Markham	Woodbridge Shufflers a	59: 07
55	69	John Adams	Ipswich JAFFA c	59: 11
56	58	Martin Lawrence M40	Haverhill RC a	59: 13
57	138	Chris Perry	Saint Edmund Pacers b	59: 15
58	73	Russel Breyer M50	Ipswich JAFFA	59: 28
59	131	Stephen Hatten M40	Saint Edmund Pacers b	59: 34
60	161	Sean Kennedy	Woodbridge Shufflers a	59: 38
61	95	John Weston M50	Ipswich JAFFA c	59: 48
62	160	Steve Curran M50	Woodbridge Shufflers a	59: 52
63	130	Richard Grimsdell M40	Saint Edmund Pacers b	59: 57
64	74	Duncan Chenery M50	Ipswich JAFFA b	60: 41
65	12	Steve Brook M40	Felixstowe RR a	61: 00
66	122	Neil Williamson	Newmarket Joggers c	61: 00
67	134	Steve Le Poidevin M40	Saint Edmund Pacers b	61: 08
68	53	David Edwards M50	Haverhill RC a	61: 13
69	90	Adrian Peake M40	Ipswich JAFFA b	61: 24
70	32	Kenneth Tovell M40	Framlingham Flyers b	61: 26
71	146	Samuel Burdett	Stowmarket Striders a	61: 43
72	15	Robin Harper	Felixstowe RR a	61: 52
73	129	Ian Gooderham M40	Saint Edmund Pacers c	62: 38
74	72	Chris Bing	Ipswich JAFFA c	63: 06
75	48	Paul Buckle M40	Haverhill RC b	63: 21
76	140	Vince Webb M40	Saint Edmund Pacers b	63: 38
77	143	Nicholas Barton	Stowmarket Striders	63: 55
78	35	Simon Fenn M40	Hadleigh Hares a	64: 12
79	50	Nigel Chapman M50	Haverhill RC c	64: 23
80	102	Neville Clarke M60	Newmarket Joggers c	64: 27
81	47	David Bray M40	Haverhill RC b	64: 31
82	43	Mark Russell M40	Hadleigh Hares a	64: 35
83	8	Roland Shaw M50	Bungay Black Dog	65: 07
84	68	Oliver Minns	Ipswich Harriers	65: 16
85	139	Kim Swan M50	Saint Edmund Pacers c	65: 19
86	18	Paul Schwer M50	Felixstowe RR b	65: 26
87	59	Justin Merry M40	Haverhill RC b	65: 33
88	62	Jamie Randall M40	Haverhill RC a	65: 34
89	54	Ian Elden	Haverhill RC a	66: 05
90	121	Adrian Whittle M40	Newmarket Joggers	66: 08
91	118	Charles Shoolbread M60	Newmarket Joggers c	66: 22
92	125	David Fordham M60	Saxmundham R & F	66: 24
93	11	Paul McAllister M40	Capel Cheetahs	66: 43
94	46	Hugh White M40	Hadleigh Hares b	67: 44
95	37	Steve Hunt M50	Hadleigh Hares a	68: 18
96	55	Yusuf Firat M50	Haverhill RC b	68: 47
97	114	Clive Purbrooke M50	Newmarket Joggers c	69: 07
98	63	Stephen Reyes M40	Haverhill RC b	69: 35
99	31	David Taylor M60	Framlingham Flyers b	70: 07
100	124	Christopher Cole	Saxmundham R & F	70: 17
101	147	David Daniels M50	Stowmarket Striders	70: 50
102	10	Simon Sparkes	Bungay Black Dog	71: 12
103	66	Jackie Tappin	Haverhill RC c	71: 15
104	60	Stephen Miller M50	Haverhill RC c	71: 45
105	61	John Nevin M60	Haverhill RC b	72: 39
106	88	Tim Newton M60	Ipswich JAFFA c	73: 50
107	13	Lee Crisp M40	Felixstowe RR b	74: 33
108	145	Tony Burdett M50	Stowmarket Striders	74: 55
109	144	Keith Borrett M60	Stowmarket Striders	75: 44
110	38	Stuart Hunt	Hadleigh Hares b	76: 12
111	85	Tim Long M50	Ipswich JAFFA c	76: 32
112	132	Tom Hoblyn M50	Saint Edmund Pacers c	76: 42
113	83	Mon Lee M50	Ipswich JAFFA c	77: 21
114	51	Simon Couldry	Haverhill RC d	77: 57
115	52	Graham Dixon	Haverhill RC c	77: 57
116	57	David Greenham M60	Haverhill RC c	78: 13
117	14	Martin Fuller M40	Felixstowe RR b	83: 22
118	25	John Clough M50	Framlingham Flyers b	85: 35

Masters Over 40

1	81	Brad Jones	M40	Ipswich JAFFA a	47: 42
2	111	Paul Holley	M40	Newmarket Joggers a	50: 10
3	30	Darren Sheppard	M40	Framlingham Flyers a	51: 09

Masters Over 50

1	127	Chris Cooke	M50	Saint Edmund Pacers a	51: 23
2	154	Chris Starmer	M50	Stowmarket Striders a	55: 30
3	71	Robin Belsom	M50	Ipswich JAFFA	56: 23

Masters Over 60

1	102	Neville Clarke	M60	Newmarket Joggers c	64: 27
2	118	Charles Shoolbread	M60	Newmarket Joggers c	66: 22
3	125	David Fordham	M60	Saxmundham R & F	66: 24

Suffolk Cross Country Championships

Ickworth Park

2014

U20 Men

Pos	ID	Name	Club	Time	Team Result
1	393	Dominic Oliver	CONAC	29: 15	1
2	392	Kieran McMorrان	Bungay Black Dog	30: 12	
3	398	Tom Eames	W Suffolk AC	30: 22	
4	397	Ben Wharnsby	Ipswich Harriers	32: 55	
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U17 Men

Pos	ID	Name	Club	Time	Team Result
1	473	Michael Bartram	W Suffolk AC	22: 01	
2	472	Sebastian Anthony	W Suffolk AC	22: 18	1 W Suffolk AC 9
3	455	Ted Oldman	Bungay Black Dog	22: 27	2 Ipswich Harriers 19
4	464	Theo Passmore	Ipswich Harriers	22: 52	
5	462	Sam Allen	Ipswich Harriers	23: 06	
6	476	Cameron McKie	W Suffolk AC	23: 06	
7	459	John Millar	Debenham HS	24: 00	
8	458	Alfie Foster	Colchester & Tendrig	24: 03	
9	457	Mathew Day	Colchester & Tendrig	24: 13	
10	463	Antonio Capasso	Ipswich Harriers	24: 31	
11	475	Matthew Le Poidevin	W Suffolk AC	25: 00	
12	471	Tommy Robinson	St Edmund Pacers	26: 32	
13	467	Iuean Aldiss	St Edmund Pacers	27: 33	
14	465	Conor Wakeman	Ipswich Harriers	29: 58	
15	466	Jake Church	Saxmundham R & F	30: 54	
16	460	Ashley Wright	Framlingham Flyers	36: 57	

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U15 Boys

Pos	ID	Name	Club	Time	Team Result	
1	321	Paul Wain	Ipswich JAFFA	15: 13		
2	320	Henry Milldown	Ipswich Harriers	15: 27	1 Ipswich Harriers	10
3	312	Alex Baxter	Ipswich Harriers	15: 50	2 W Suffolk AC	31
4	306	Samuel Grooms	Framlingham Flyers	16: 11	3 Framlingham Flyers	47
5	314	Louis Breyer	Ipswich Harriers	16: 12	4	
6	301	Benn Walker	Bungay Black Dog	16: 31	5	
7	302	William Page	Colchester & Tendrig	16: 34		
8	329	Adam Crawford	W Suffolk AC	16: 48		
9	330	Jacob Freeborough	W Suffolk AC	17: 08		
10	303	Daniel Stagg	Copleston HS	17: 19		
11	317	Alexander Lawrence	Ipswich Harriers	17: 25		
12	305	Matthew Haskell	Felixstowe RR	17: 35		
13	334	Andrew Quarrell		17: 51		
14	332	Joshua Walker	W Suffolk AC	17: 53		
15	319	Dominic Mason	Ipswich Harriers	17: 59		
16	311	Jack Mabbutt	Hadleigh Hares	18: 06		
17	300	Nicky Sparkes	Bungay Black Dog	18: 30		
18	316	Christopher Jones	Ipswich Harriers	18: 35		
19	313	Will Blackburn	Ipswich Harriers	18: 41		
20	318	Iwan Lloyd	Ipswich Harriers	18: 48		
21	307	Daniel Last	Framlingham Flyers	19: 31		
22	309	Warren Wright	Framlingham Flyers	19: 51		
23	328	Elliott Burdett	Stowmarket Striders	20: 13		
24	325	Jimmy Jameson	St Edmund Pacers	20: 15		
25	308	Bradley Potts	Framlingham Flyers	21: 30		
26	304	Ben Charles	Diss AC	22: 00		
27	331	Joel Morris	W Suffolk AC	22: 32		

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U13 Boys

Pos	ID	Name	Club	Time	Team Result	
1	421	Matthew Snowdon	Ipswich Harriers	11: 52		
2	434	Louis Joiner-Handy	St Edmund Pacers	12: 06	1 W Suffolk AC	16
3	452	Nathan Goddard	Woodbridge Sch	12: 18	2 St Edmund Pacers	27
4	447	Thomas McCarthy	W Suffolk AC	12: 21	3 Ipswich Harriers	29
5	449	Jess Walters	W Suffolk AC	12: 28	4 Framlingham Flyers	53
6	406	George Fricker	Farlingaye HS	12: 37	5 Ipswich JAFFA	88
7	446	Tommy Martin	W Suffolk AC	12: 38	6	
8	453	George Rufford	Woodbridge Sch	12: 40		
9	411	Ethan Whittingstall	Framlingham Flyers	12: 43		
10	400	Ben Bayly	Barnardiston Hall	12: 44		
11	442	Henry Steele	St Edmund Pacers	12: 46		
12	419	Michael Hope	Ipswich Harriers	12: 47		
13	427	Bertie Tweed	Orwell Park School	12: 50		
14	435	Barney Green	St Edmund Pacers	13: 07		
15	408	Tomas Earl	Framlingham Flyers	13: 16		
16	415	Ewan Baxter	Ipswich Harriers	13: 16		
17	418	Thomas Hayden	Ipswich Harriers	13: 25		
18	448	Adam Newton	W Suffolk AC	13: 26		
19	413	William White	Hadleigh Hares	13: 34		
20	428	Ben Barry	St Edmund Pacers	13: 36		
21	433	Reece Gooderham	St Edmund Pacers	13: 36		
22	401	Matthew Clarke	Barnardiston Hall	13: 39		
23	445	Hayden Lawrance	W Suffolk AC	13: 40		
24	450	William Weston	W Suffolk AC	13: 52		
25	451	Tai Elvin-Andrews	Waveney Valley AC	14: 11		
26	423	Conner Bilner	Ipswich JAFFA	14: 13		
27	454	Morgan Moore	Finborough Sch	14: 18		
28	426	Harrison Ward	Ipswich JAFFA	14: 22		
29	409	Lewis Potter	Framlingham Flyers	14: 44		
30	440	Joe Robson	St Edmund Pacers	14: 49		
31	407	Marcus Bosworth	Framlingham Flyers	14: 56		
32	438	Oliver Radley	St Edmund Pacers	15: 01		
33	416	Joseph Cooper	Ipswich Harriers	15: 17		
34	425	Lee Harrison	Ipswich JAFFA	15: 20		
35	412	Zac Wright	Framlingham Flyers	15: 44		
36	441	Ben Robson	St Edmund Pacers	16: 02		
37	437	Josh Parker	St Edmund Pacers	16: 13		

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2014

Senior Women

Pos	ID	Name	Club	Time	Team Result	
1	297	Sara Bird	WG with EL	31: 54		
2	291	Justine Anthony	W Suffolk AC a	32: 30	1 Saint Edmund Pacers a	22
3	272	Odette Robson M40	Saint Edmund Pacers a	33: 26	2 W Suffolk AC a	26
4	237	Charlotte Christensen	Ipswich Harriers	34: 19	3 Ipswich JAFFA a	36
5	296	Rose Nicholson	Waveney Valley AC	34: 55	4 Stowmarket Striders a	61
6	295	Maureen McCarthy M50	W Suffolk AC a	35: 48	5 Newmarket Joggers b	70
7	257	Ursula Ransome	Newmarket Joggers b	36: 24	6 Haverhill RC a	71
8	248	Jayne Williams M40	Ipswich JAFFA a	36: 26	7 Hadleigh Hares a	72
9	267	Claire Hoblyn M40	Saint Edmund Pacers a	36: 44	8 Ipswich JAFFA b	92
10	270	Angie Joiner-Handy M40	Saint Edmund Pacers a	36: 49	9 Framlingham Flyers a	122
11	265	Anna Clayton	Saint Edmund Pacers b	37: 00	=10 Ipswich JAFFA c	131
12	238	Laura Thomas	Ipswich Harriers	37: 10	=10 Saint Edmund Pacers b	131
13	245	Val Jennings M40	Ipswich JAFFA a	37: 14	12 Haverhill RC b	135
14	214	Emma Gorwood	Hadleigh Hares a	37: 27	13 Felixstowe RR a	151
15	250	Kate Wooldridge M40	Ipswich JAFFA a	38: 37	14 Saint Edmund Pacers c	154
16	283	Laura Hicks	Stowmarket Striders a	38: 49	15 Newmarket Joggers a	186
17	286	Mary Narey M40	Stowmarket Striders a	39: 16		
18	294	Celia Duncan M60	W Suffolk AC a	39: 29		
19	290	Christine Anthony M50	W Suffolk AC a	39: 41		
20	233	Mary Ann Moseley M40	Haverhill RC a	40: 19		
21	234	Natasha Scott M40	Haverhill RC a	40: 24		
22	247	Verity Smith	Ipswich JAFFA a	40: 31		
23	246	Louise Johnson	Ipswich JAFFA b	40: 56		
24	212	Rachel Bodsworth	Hadleigh Hares a	41: 05		
25	242	Georgia Garvin	Ipswich JAFFA c	41: 17		
26	254	Nicky Chapman	Newmarket Joggers b	41: 26		
27	269	Chloe Jennings	Saint Edmund Pacers a	42: 02		
28	284	Dianne Hughes M50	Stowmarket Striders a	42: 20		
29	203	Clare Barstow	Framlingham Flyers a	42: 33		
30	226	Mandy Bunn M40	Haverhill RC a	42: 38		
31	227	Alison Couldry	Haverhill RC b	43: 10		
32	201	Gail Mackie	Felixstowe RR a	43: 22		
33	249	Hannah Wood M40	Ipswich JAFFA b	43: 27		
34	210	Trudy Avis M40	Hadleigh Hares a	43: 35		
35	288	Haley Suttle M40	Stowmarket Striders a	43: 47		
36	244	Suzanne Heath M40	Ipswich JAFFA b	43: 56		
37	251	Tracey Apperley M40	Newmarket Joggers b	44: 00		
38	240	Elise Daykin-Colombel	Ipswich JAFFA b	44: 09		
39	223	Bernadetta White M40	Hadleigh Hares	44: 16		
40	209	Tasmin Desborough	Gt Yarmouth RR	44: 46		
41	200	Rachel Crisp	Felixstowe RR a	44: 52		
42	219	Katrina Rigby	Hadleigh Hares a	44: 54		
43	228	Siobhan Dockerill	Haverhill RC a	45: 18		
44	224	Charlotte Acheson	Haverhill RC b	45: 19		
45	276	Julia Baldwin M40	Stowmarket Striders	45: 31		
46	208	Marion Walker M50	Framlingham Flyers a	45: 38		
47	205	Jo Parden M40	Framlingham Flyers a	45: 46		
48	239	Pip Cresdee	Ipswich JAFFA c	46: 04		
49	289	Emma Yarrow M40	Stowmarket Striders	46: 10		
50	274	Sandra Webb M40	Saint Edmund Pacers c	46: 13		
51	264	Eloise Bird M40	Saint Edmund Pacers c	46: 27		
52	259	Belinda Schofield M50	Newmarket Joggers a	46: 38		
53	266	Lesley Euston M40	Saint Edmund Pacers c	46: 40		
54	281	Sue Garrod M40	Stowmarket Striders	46: 50		
55	280	Jennifer Devaney	Stowmarket Striders	47: 00		
56	273	Rita Rue M50	Saint Edmund Pacers c	47: 10		
57	271	Karen Page M40	Saint Edmund Pacers b	47: 13		
58	243	Julie Haselwood M60	Ipswich JAFFA c	47: 35		
59	278	Angela Brinkley M40	Stowmarket Striders	47: 52		
60	230	Tracey Hannaford	Haverhill RC b	47: 55		
61	229	Shirley Fowler M40	Haverhill RC b	48: 15		
62	211	Becky Bayliss	Hadleigh Hares b	48: 59		
63	268	Gillian Iffland	Saint Edmund Pacers b	49: 18		
64	253	Bee Chapman M40	Newmarket Joggers a	49: 43		
65	279	Ellen Broughton3 M40	Stowmarket Striders	50: 07		
66	236	Jackie Wareham M50	Haverhill RC c	50: 21		
67	232	Lindsay Matthews M50	Haverhill RC c	50: 25		
68	260	Sara Bloor M40	Saxmundham R & F a	50: 44		
69	222	Sara Taylor-Balls M50	Hadleigh Hares b	51: 09		
70	252	Michelle Barnes	Newmarket Joggers a	51: 21		
71	275	Lucy Woods	Saint Edmund Pacers b	51: 43		
72	206	Vivienne Taylor M60	Framlingham Flyers a	51: 45		
73	231	Natalie Lewis M40	Haverhill RC c	51: 49		
74	221	Deborah Stewart M50	Hadleigh Hares b	52: 06		
75	299	Jennifer Evans	Woodbridge Shufflers	52: 44		
76	256	Gillian Green M50	Newmarket Joggers a	54: 51		
77	220	Lucy Sadler M40	Hadleigh Hares b	56: 28		
78	202	Karla Read	Felixstowe RR a	61: 00		
79	261	Tina Church M40	Saxmundham R & F a	66: 52		

Suffolk Cross Country Championships

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2014

U20 Womens

Pos	ID	Name	Club	Time		Team Result	
1	194	Susannah Reid	Ipswich Harriers	27: 37			
2	198	Beth Tooley	W Suffolk AC	29: 05	1	W Suffolk AC	9
3	196	Katie Duncan	W Suffolk AC	29: 42	2		
4	197	India George	W Suffolk AC	31: 39	3		
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U17 Womens

Pos	ID	Name	Club	Time		Team Result	
1	480	Lauren Howe	Bungay Black Dog	21: 06			
2	490	Kerry Knott	Saint Edmund Pacers	22: 03	=1	Ipswich Harriers	18
3	495	Emily Moyes	W Suffolk AC	22: 07	=1	Saint Edmund Pacers	18
4	488	Charlotte Wickens	Ipswich Harriers	22: 18	3		
5	482	Jasmine Hayward	Hadleigh Hares	22: 21			
6	484	Alice Goodwin	Ipswich Harriers	22: 28			
7	493	Emma Watts	Saint Edmund Pacers	22: 30			
8	487	Eleanor Tennant	Ipswich Harriers	23: 32			
9	492	Ciara O'Donnell	Saint Edmund Pacers	23: 33			
10	485	Olivia Mair	Ipswich Harriers	24: 00			
11	494	Bronwyn Jacobs	W Suffolk AC	24: 07			
12	481	Amy Brammar	Farlingaye HS	24: 38			
13	491	Molly O'Donnell	Saint Edmund Pacers	24: 06			
14	486	Greta Supinaite	Ipswich Harriers	24: 24			

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U15 Girls

Pos	ID	Name	Club	Time		Team Result	
1	188	Sophie Tooley	W Suffolk AC	16: 21			
2	181	Holly Davies	W Suffolk AC	17: 16	1	W Suffolk AC	6
3	189	Nella Walters	W Suffolk AC	17: 17	2	Ipswich Harriers	18
4	184	Megan Newton	W Suffolk AC	17: 28	3	Saint Edmund Pacers	30
5	175	Isabelle Wickens	Ipswich Harriers	17: 35	4		
6	174	Abigail Rose	Ipswich Harriers	17: 51	5		
7	171	Anna Firth	Ipswich Harriers	18: 06			
8	185	Polly Peate	W Suffolk AC	18: 39			
9	176	Chloe Doyle	Saint Edmund Pacers	19: 03			
10	179	Rhianna Walton	Saint Edmund Pacers	19: 12			
11	177	Gemma Grose	Saint Edmund Pacers	19: 29			
12	173	Ella Googerham	Ipswich Harriers	19: 47			
13	187	Mikayela Sealby	W Suffolk AC	19: 56			
14	172	Chloe Godbold	Ipswich Harriers	20: 44			
15	170	Jessica Sparkes	Bungay Black Dog	21: 28			
16	182	Elizabeth Jackson	W Suffolk AC	21: 52			
17	183	Emma Jobbins	W Suffolk AC	22: 24			

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U13 Girls

Pos	ID	Name	Club	Time		Team Result	
1	381	Rebecca Daniel	W Suffolk AC	12: 33			
2	380	Olivia Allum	W Suffolk AC	12: 45	1	W Suffolk AC	6
3	383	Katrina Kemp	W Suffolk AC	12: 51	2	Ipswich Harriers	22
4	386	Claudia Spencer-Hall	W Suffolk AC	13: 37	3	St Edmund Pacers	49
5	364	Isabella Keeley	Ipswich Harriers	13: 46	4	Brandeston Hall	53
6	387	Libby Walshe	W Suffolk AC	13: 48	5		
7	388	Alana Wilson	W Suffolk AC	14: 18			
8	366	Nadia Mason	Ipswich Harriers	14: 21			
9	367	Evie Morgan	Ipswich Harriers	14: 35			
10	390	Amy Graham	Woodbridge Sch	14: 41			
11	389	Victoria Burrows	Woodbridge Sch	14: 43			
12	347	Martha Lawrence	Brandeston Hall	14: 57			
13	362	Alice Cox	Ipswich Harriers	15: 05			
14	375	Aoife O'Donnell	St Edmund Pacers	15: 14			
15	382	Lola Goodall	W Suffolk AC	15: 21			
16	365	Hannah Lygo	Ipswich Harriers	15: 28			
17	374	Kirsten O'Brien	St Edmund Pacers	15: 29			
18	378	Sophie Wishlade	St Edmund Pacers	15: 35			
19	345	India Ball	Brandeston Hall	15: 36			
20	385	Jasmin Raja	W Suffolk AC	15: 36			
21	377	Connie Watson	St Edmund Pacers	15: 43			
22	351	Ella Sunderland	Brandeston Hall	16: 13			
23	354	Cara Howe	Bungay Black Dog	16: 23			
24	368	Lottie Passmore	Ipswich Harriers	16: 30			
25	363	India Driscoll	Ipswich Harriers	16: 59			
26	359	Ellie Pitcher	Framlingham Flyers	17: 07			
27	360	Elizabeth Stewart	Hadleigh Hares	17: 37			
28	361	Georgia Coldwell	Ipswich Harriers	18: 14			
29	358	Grace Berry	Framlingham Flyers	18: 29			
30	355	Holly Walker	Bungay Black Dog	18: 43			
31	356	Daisy Charles	Diss AC	19: 53			