

# SUFFOLK WINTER CROSS COUNTRY LEAGUE 2013/14

## STOWMARKET SENIORS

| O/L | POSITION |   | POINTS |     | TIME  | RUNNER<br>NAME   | CLUB | INDIVIDUAL |     |    |
|-----|----------|---|--------|-----|-------|------------------|------|------------|-----|----|
|     | M        | F | M      | F   |       |                  |      | CAT        | POS |    |
| 1   | 1        |   | 200    |     | 32.42 | Dominic Oliver   | WV   | M          | 17  | 1  |
| 2   | 2        |   | 199    |     | 33.46 | Carl Prewer      | LO   | M          | 40  | 1  |
| 3   | 3        |   | 198    |     | 34.22 | Ben Wharnsby     | IH   | M          | 17  | 2  |
| 4   | 4        |   | 197    |     | 34.44 | Jim Last         | FS   | M          | 20  | 1  |
| 5   | 5        |   | 196    |     | 34.58 | Michael Fuller   | IH   | M          | 20  | 2  |
| 6   | 6        |   | 195    |     | 35.07 | Roger Aldiss     | ST   | M          | 45  | 1  |
| 7   | 7        |   | 194    |     | 35.17 | Chris Cooke      | PA   | M          | 50  | 1  |
| 8   | 8        |   | 193    |     | 35.21 | Martin Hewetson  | WV   | M          | 20  | 3  |
| 9   | 9        |   | 192    |     | 35.22 | Nick Palmer      | ST   | M          | 20  | 4  |
| 10  | 10       |   | 191    |     | 35.23 | Ben Caisey       | IT   | M          | 20  | 5  |
| 11  | 11       |   | 190    |     | 35.30 | Darren Sheppard  | FS   | M          | 40  | 2  |
| 12  | 12       |   | 189    |     | 35.33 | Graham Pattle    | IH   | M          | 20  | 6  |
| 13  | 13       |   | 188    |     | 35.53 | Keith Marra      | WT   | M          | 20  | 7  |
| 14  | 14       |   | 187    |     | 35.56 | Martyn Taylor    | NS   | M          | 20  | 8  |
| 15  | 15       |   | 186    |     | 36.05 | Luke Whitwell    | FE   | M          | 20  | 9  |
| 16  | 16       |   | 185    |     | 36.07 | James Maycock    | BD   | M          | 20  | 10 |
| 17  | 17       |   | 184    |     | 36.09 | Jason Taylor     | FE   | M          | 40  | 3  |
| 18  | 18       |   | 183    |     | 36.12 | Greg Davis       | NS   | M          | 50  | 2  |
| 19  | 19       |   | 182    |     | 36.23 | Tom White        | PA   | M          | 20  | 11 |
| 20  | 20       |   | 181    |     | 36.28 | Julian Long      | PA   | M          | 40  | 4  |
| 21  | 21       |   | 180    |     | 36.47 | David Soloman    | FE   | M          | 45  | 2  |
| 22  |          | 1 |        | 100 | 36.53 | Odette Robson    | PA   | F          | 40  | 1  |
| 23  | 22       |   | 179    |     | 37.18 | Robert Cheverton | WV   | M          | 55  | 1  |
| 24  | 23       |   | 178    |     | 37.40 | Martin Wilson    | ST   | M          | 20  | 12 |
| 25  | 24       |   | 177    |     | 37.52 | Alex Cairns      | NS   | M          | 40  | 5  |
| 26  |          | 2 |        | 99  | 37.59 | Rose Nicholson   | WV   | F          | 20  | 1  |
| 27  | 25       |   | 176    |     | 38.02 | Scott Williams   | ST   | M          | 20  | 13 |
| 28  | 26       |   | 175    |     | 38.05 | Paul Lyon        | LO   | M          | 20  | 14 |
| 29  |          | 3 |        | 98  | 38.06 | Tammy Jordan     | ST   | F          | 35  | 1  |
| 30  | 27       |   | 174    |     | 38.09 | Richie Parkins   | ST   | M          | 40  | 6  |
| 31  | 28       |   | 173    |     | 38.12 | Dan Kinsman      | FS   | M          | 20  | 15 |
| 32  | 29       |   | 172    |     | 38.15 | Shaun Lark       | LO   | M          | 20  | 16 |
| 33  | 30       |   | 171    |     | 38.17 | Mark Watts       | PA   | M          | 50  | 3  |
| 34  | 31       |   | 170    |     | 38.22 | Peter Bird       | PA   | M          | 40  | 7  |
| 35  | 32       |   | 169    |     | 38.30 | Martin Lawrence  | HA   | M          | 45  | 3  |
| 36  | 33       |   | 168    |     | 38.37 | Paul Sullivan    | WV   | M          | 45  | 4  |
| 37  |          | 4 |        | 97  | 38.41 | Nicky Brinkman   | PA   | F          | 35  | 2  |
| 38  | 34       |   | 167    |     | 38.52 | Dave Copland     | IT   | M          | 50  | 4  |
| 39  | 35       |   | 166    |     | 38.55 | Neil Gillingham  | IH   | M          | 20  | 17 |
| 40  | 36       |   | 165    |     | 38.57 | Steve Edwards    | NS   | M          | 45  | 5  |
| 41  | 37       |   | 164    |     | 38.59 | Steve Hughes     | ST   | M          | 50  | 5  |
| 42  | 38       |   | 163    |     | 39.02 | Mark Ford        | FE   | M          | 45  | 6  |
| 43  | 39       |   | 162    |     | 39.06 | Steve Garvie     | FS   | M          | 40  | 8  |
| 44  | 40       |   | 161    |     | 39.09 | Pete Williams    | IT   | M          | 45  | 7  |
| 45  | 41       |   | 160    |     | 39.14 | Dalton Coe       | IH   | M          | 20  | 18 |
| 46  |          | 5 |        | 96  | 39.26 | Maureen McCarthy | WS   | F          | 50  | 1  |
| 47  | 42       |   | 159    |     | 39.37 | Sam Burdett      | ST   | M          | 17  | 3  |
| 48  | 43       |   | 158    |     | 39.38 | Paul Nickells    | FS   | M          | 50  | 6  |
| 49  | 44       |   | 157    |     | 39.38 | Wayne Gardiner   | ST   | M          | 20  | 19 |
| 50  |          | 6 |        | 95  | 39.45 | Laura Thomas     | IH   | F          | 20  | 2  |
| 51  | 45       |   | 156    |     | 39.47 | Paul Brown       | FS   | M          | 45  | 8  |
| 52  | 46       |   | 155    |     | 39.49 | Chris Haylock    | LO   | M          | 40  | 9  |

|     |    |    |     |       |                   |                   |    |    |    |   |
|-----|----|----|-----|-------|-------------------|-------------------|----|----|----|---|
| 53  | 47 |    | 154 | 39.52 | Chris Sugars      | IH                | M  | 40 | 10 |   |
| 54  | 48 |    | 153 | 40.02 | Ieuan Alldis      | PA                | M  | 17 | 4  |   |
| 55  |    | 7  |     | 94    | 40.12             | Ursula Ransom     | NS | F  | 35 | 3 |
| 56  | 49 |    | 152 | 40.15 | Mark White        | HA                | M  | 40 | 11 |   |
| 57  | 50 |    | 151 | 40.16 | Julian Grubb      | HA                | M  | 45 | 9  |   |
| 58  | 51 |    | 150 | 40.17 | Roger Ackerley    | FS                | M  | 55 | 2  |   |
| 59  | 52 |    | 149 | 40.25 | Martin Archer     | IT                | M  | 45 | 10 |   |
| 60  | 53 |    | 148 | 40.26 | Leigh Butcher     | LO                | M  | 20 | 20 |   |
| 61  | 54 |    | 147 | 40.30 | Steve Curran      | FS                | M  | 50 | 7  |   |
| 62  | 55 |    | 146 | 40.39 | Chris Seymour     | ST                | M  | 40 | 12 |   |
| 63  | 56 |    | 145 | 40.42 | Barnabas Purbrook | NS                | M  | 20 | 21 |   |
| 64  | 57 |    | 144 | 40.44 | Steven Brooke     | FE                | M  | 45 | 11 |   |
| 65  | 58 |    | 143 | 40.49 | Graham Coulter    | DI                | M  | 20 | 22 |   |
| 66  | 59 |    | 142 | 40.51 | Lee Markham       | FS                | M  | 17 | 5  |   |
| 67  | 60 |    | 141 | 40.58 | Adrian Goode      | IH                | M  | 45 | 12 |   |
| 68  |    | 8  |     | 93    | 41.05             | Lynn Emmett       | BD | F  | 45 | 1 |
| 69  |    | 9  |     | 92    | 41.11             | Emma Watts        | PA | F  | 17 | 1 |
| 70  | 61 |    | 140 | 41.13 | Jonathan Mawson   | FS                | M  | 20 | 23 |   |
| 71  | 62 |    | 139 | 41.15 | Oliver Minns      | IH                | M  | 20 | 24 |   |
| 72  | 63 |    | 138 | 41.15 | Vince Webb        | PA                | M  | 40 | 13 |   |
| 73  | 64 |    | 137 | 41.20 | Mark Ramsey       | IH                | M  | 40 | 14 |   |
| 74  | 65 |    | 136 | 41.24 | Nicholas Kirkham  | HA                | M  | 40 | 15 |   |
| 75  | 66 |    | 135 | 41.26 | Ian Gooderham     | PA                | M  | 45 | 13 |   |
| 76  | 67 |    | 134 | 41.32 | Ollie Cooper      | IT                | M  | 20 | 25 |   |
| 77  | 68 |    | 133 | 41.33 | John Squirrell    | ST                | M  | 60 | 1  |   |
| 78  | 69 |    | 132 | 41.39 | Ian Ward          | ST                | M  | 40 | 16 |   |
| 79  | 70 |    | 131 | 41.40 | Russell Breyer    | IT                | M  | 50 | 8  |   |
| 80  | 71 |    | 130 | 41.42 | Tim Byford        | IH                | M  | 20 | 26 |   |
| 81  | 72 |    | 129 | 41.47 | Simon Couldry     | HA                | M  | 20 | 27 |   |
| 82  | 73 |    | 128 | 41.55 | Robin Harper      | FE                | M  | 20 | 28 |   |
| 83  | 74 |    | 127 | 41.58 | Philip Grose      | PA                | M  | 45 | 14 |   |
| 84  |    | 10 |     | 91    | 42.05             | Beth Tooley       | WS | F  | 17 | 2 |
| 85  | 75 |    | 126 | 42.11 | Kris Locke        | NS                | M  | 20 | 29 |   |
| 86  | 76 |    | 125 | 42.11 | Tom Collier       | LO                | M  | 20 | 30 |   |
| 87  | 77 |    | 124 | 42.14 | Phil Clarke       | WT                | M  | 40 | 17 |   |
| 88  | 78 |    | 123 | 42.23 | Richard Grimsdell | PA                | M  | 45 | 15 |   |
| 89  | 79 |    | 122 | 42.27 | Tony Cante        | TH                | M  | 50 | 9  |   |
| 90  |    | 11 |     | 90    | 42.32             | Sarah Hanlon      | FS | F  | 35 | 4 |
| 91  | 80 |    | 121 | 42.33 | Malcolm Pidd      | FS                | M  | 50 | 10 |   |
| 92  | 81 |    | 120 | 42.38 | Rob Mackenzie     | FS                | M  | 50 | 11 |   |
| 93  | 82 |    | 119 | 42.43 | Chris Chorley     | BD                | M  | 50 | 12 |   |
| 94  | 83 |    | 118 | 42.48 | Chris Pimlott     | WV                | M  | 20 | 31 |   |
| 95  |    | 12 |     | 89    | 42.50             | Laura Hicks       | ST | F  | 20 | 3 |
| 96  | 84 |    | 117 | 43.00 | Shaun Jones       | ST                | M  | 20 | 32 |   |
| 97  |    | 13 |     | 88    | 43.01             | Mary Narey        | ST | F  | 45 | 2 |
| 98  | 85 |    | 116 | 43.08 | Tim Earl          | WV                | M  | 20 | 33 |   |
| 99  | 86 |    | 115 | 43.13 | Jake Church       | FS                | M  | 17 | 6  |   |
| 100 | 87 |    | 114 | 43.16 | Guy Hayward       | FS                | M  | 40 | 18 |   |
| 101 | 88 |    | 113 | 43.19 | Bill Kingaby      | WV                | M  | 60 | 2  |   |
| 102 | 89 |    | 112 | 43.20 | Kenneth Tovell    | FS                | M  | 40 | 19 |   |
| 103 | 90 |    | 111 | 43.21 | Jamie Randall     | HA                | M  | 45 | 16 |   |
| 104 | 91 |    | 110 | 43.22 | Kevin Bird        | ST                | M  | 45 | 17 |   |
| 105 | 92 |    | 109 | 43.24 | Karl Wright       | TH                | M  | 20 | 34 |   |
| 106 |    | 14 |     | 87    | 43.26             | Christine Anthony | WS | F  | 45 | 3 |
| 107 |    | 15 |     | 86    | 43.34             | Alice Goodwin     | IH | F  | 17 | 3 |
| 108 | 93 |    | 108 | 43.36 | Richard Dolman    | TH                | M  | 50 | 13 |   |
| 109 | 94 |    | 107 | 43.43 | Ian Bradford      | PA                | M  | 20 | 35 |   |
| 110 |    | 16 |     | 85    | 43.49             | Niki Chapman      | NS | F  | 20 | 4 |

|     |     |     |       |                   |                    |    |    |    |    |
|-----|-----|-----|-------|-------------------|--------------------|----|----|----|----|
| 111 | 95  | 106 | 44.02 | Steve Hicks       | IH                 | M  | 50 | 14 |    |
| 112 | 96  | 105 | 44.08 | Michael Ball      | NS                 | M  | 50 | 15 |    |
| 113 | 97  | 104 | 44.14 | Peter Mills       | ST                 | M  | 60 | 3  |    |
| 114 |     | 17  | 84    | 44.19             | Chloe Jennings     | PA | F  | 20 | 5  |
| 115 | 98  | 103 | 44.32 | Jeremy Smith      | IH                 | M  | 40 | 20 |    |
| 116 |     | 18  | 83    | 44.39             | Sharon Perry       | WT | F  | 40 | 2  |
| 117 | 99  | 102 | 44.56 | Tim Watson        | ST                 | M  | 45 | 18 |    |
| 118 |     | 19  | 82    | 44.58             | Alison Couldry     | HA | F  | 40 | 3  |
| 119 |     | 20  | 81    | 44.59             | Karen Archbold     | LO | F  | 45 | 4  |
| 120 |     | 21  | 80    | 45.04             | Kate Duncan        | WS | F  | 20 | 6  |
| 121 |     | 22  | 79    | 45.05             | Emily Gooderham    | PA | F  | 17 | 4  |
| 122 | 100 | 101 | 45.07 | Paul McAllister   | IT                 | M  | 45 | 19 |    |
| 123 | 101 | 100 | 45.08 | Adam Clarke       | PA                 | M  | 20 | 36 |    |
| 124 | 102 | 99  | 45.09 | David Fordham     | FS                 | M  | 60 | 4  |    |
| 125 | 103 | 98  | 45.20 | David Dinnage     | DI                 | M  | 20 | 37 |    |
| 126 |     | 23  | 78    | 45.28             | Celia Duncan       | WS | F  | 55 | 1  |
| 127 |     | 24  | 77    | 45.32             | Kelly Mayhew       | ST | F  | 20 | 7  |
| 128 |     | 25  | 76    | 45.34             | Clare Barstow      | FS | F  | 35 | 5  |
| 129 | 104 | 97  | 45.35 | Stephen Reyes     | HA                 | M  | 45 | 20 |    |
| 130 | 105 | 96  | 45.38 | Paul Schwer       | FE                 | M  | 50 | 16 |    |
| 131 | 106 | 95  | 45.43 | Chris Cole        | FS                 | M  | 20 | 38 |    |
| 132 |     | 26  | 75    | 45.43             | Gail Mackie        | FE | F  | 20 | 8  |
| 133 | 107 | 94  | 45.45 | Marcus Gynn       | NS                 | M  | 20 | 39 |    |
| 134 |     | 27  | 74    | 45.53             | Effie Gray         | NS | F  | 20 | 9  |
| 135 | 108 | 93  | 45.53 | Charles Shoolbred | NS                 | M  | 60 | 5  |    |
| 136 | 109 | 92  | 46.02 | Cliff Lear        | TH                 | M  | 45 | 21 |    |
| 137 | 110 | 91  | 46.12 | Richard Sawyer    | PA                 | M  | 55 | 3  |    |
| 138 | 111 | 90  | 46.14 | Mark Sargeantson  | FS                 | M  | 60 | 6  |    |
| 139 | 112 | 89  | 46.14 | Steve Gray        | ST                 | M  | 50 | 17 |    |
| 140 | 113 | 88  | 46.21 | Nigel Chapman     | HA                 | M  | 55 | 4  |    |
| 141 | 114 | 87  | 46.28 | Stuart Abbott     | FS                 | M  | 20 | 40 |    |
| 142 |     | 28  | 73    | 46.29             | Diane Hughes       | ST | F  | 50 | 2  |
| 143 |     | 29  | 72    | 46.32             | Gemma Porch        | ST | F  | 20 | 10 |
| 144 | 115 | 86  | 46.33 | Andy Collett      | ST                 | M  | 20 | 41 |    |
| 145 | 116 | 85  | 46.40 | Lee Goddard       | ST                 | M  | 40 | 21 |    |
| 146 | 117 | 84  | 46.43 | Brian Wright      | TH                 | M  | 60 | 7  |    |
| 147 |     | 30  | 71    | 46.47             | Sian Barker        | HA | F  | 40 | 4  |
| 148 | 118 | 83  | 46.53 | Simon Sparkes     | BD                 | M  | 40 | 22 |    |
| 149 | 119 | 82  | 46.58 | Mark Elflett      | LO                 | M  | 20 | 42 |    |
| 150 |     | 31  | 70    | 47.00             | Elies Mann         | WV | F  | 40 | 5  |
| 151 | 120 | 81  | 47.00 | Dave Edwards      | HA                 | M  | 55 | 5  |    |
| 152 |     | 32  | 69    | 47.03             | Samantha Wing      | TH | F  | 20 | 11 |
| 153 |     | 33  | 68    | 47.18             | Michelle Constable | IT | F  | 45 | 5  |
| 154 | 121 | 80  | 47.27 | Stephen Shaw      | FE                 | M  | 40 | 23 |    |
| 155 | 122 | 79  | 47.30 | Ron Ames          | ST                 | M  | 65 | 1  |    |
| 156 | 123 | 78  | 47.41 | Simon Green       | IT                 | M  | 55 | 6  |    |
| 157 | 124 | 77  | 47.51 | Ian Mace          | FS                 | M  | 55 | 7  |    |
| 158 |     | 34  | 67    | 47.52             | Louise Goddard     | ST | F  | 35 | 6  |
| 159 | 125 | 76  | 47.53 | Robert Mawson     | FS                 | M  | 55 | 8  |    |
| 160 |     | 35  | 66    | 47.56             | Helen Moore        | ST | F  | 20 | 12 |
| 161 | 126 | 75  | 47.58 | David Coley       | FE                 | M  | 60 | 8  |    |
| 162 | 127 | 74  | 47.58 | Matthew Eveleigh  | ST                 | M  | 20 | 43 |    |
| 163 | 128 | 73  | 47.59 | Paul Sawyer       | WT                 | M  | 50 | 18 |    |
| 164 | 129 | 72  | 48.00 | Peter Woods       | ST                 | M  | 20 | 44 |    |
| 165 | 130 | 71  | 48.00 | David Leaver      | WT                 | M  | 60 | 9  |    |
| 166 | 131 | 70  | 48.15 | Chris Howland     | FE                 | M  | 50 | 19 |    |
| 167 |     | 36  | 65    | 48.23             | Julia Baldwin      | ST | F  | 40 | 6  |
| 168 | 132 | 69  | 48.24 | Simon Tinkler     | FS                 | M  | 20 | 45 |    |

|     |     |    |    |       |                    |                    |    |    |    |    |
|-----|-----|----|----|-------|--------------------|--------------------|----|----|----|----|
| 169 | 133 |    | 68 | 48.28 | Steve Robinson     | ST                 | M  | 55 | 9  |    |
| 170 | 134 |    | 67 | 48.39 | Chris Cook         | PA                 | M  | 60 | 10 |    |
| 171 |     | 37 |    | 64    | 48.48              | Jo Parden          | FS | F  | 45 | 6  |
| 172 |     | 38 |    | 63    | 48.55              | Siobhan Duckerhill | HA | F  | 20 | 13 |
| 173 | 135 |    | 66 | 48.58 | Peter Andrews      | WV                 | M  | 40 | 24 |    |
| 174 | 136 |    | 65 | 49.01 | Richard Fellingham | ST                 | M  | 65 | 2  |    |
| 175 |     | 39 |    | 62    | 49.11              | Alex Smith         | ST | F  | 35 | 7  |
| 176 | 137 |    | 64 | 49.11 | Bob Paul           | BD                 | M  | 60 | 11 |    |
| 177 |     | 40 |    | 61    | 49.18              | Jenny Bird         | ST | F  | 45 | 7  |
| 178 | 138 |    | 63 | 49.25 | John Nevis         | HA                 | M  | 60 | 12 |    |
| 179 | 139 |    | 62 | 49.42 | Bruce Rayner       | BD                 | M  | 50 | 20 |    |
| 180 |     | 41 |    | 60    | 49.57              | Sandra Webb        | PA | F  | 40 | 7  |
| 181 | 140 |    | 61 | 49.57 | Tony Burdett       | ST                 | M  | 50 | 21 |    |
| 182 |     | 42 |    | 59    | 50.19              | Lisa Riley         | LO | F  | 45 | 8  |
| 183 | 141 |    | 60 | 50.26 | David Taylor       | FS                 | M  | 60 | 13 |    |
| 184 | 142 |    | 59 | 50.26 | Tim Ellis          | HA                 | M  | 45 | 22 |    |
| 185 | 143 |    | 58 | 50.33 | Tom Hoblyn         | PA                 | M  | 55 | 10 |    |
| 186 |     | 43 |    | 58    | 50.38              | Emma Yarrow        | ST | F  | 40 | 8  |
| 187 |     | 44 |    | 57    | 50.49              | Sarah Coulter      | DI | F  | 45 | 9  |
| 188 |     | 45 |    | 56    | 50.51              | Rebecca Clare      | FS | F  | 45 | 10 |
| 189 | 144 |    | 57 | 50.52 | Chris Gladwell     | ST                 | M  | 55 | 11 |    |
| 190 |     | 46 |    | 55    | 50.53              | Caren Elvin        | WV | F  | 40 | 9  |
| 191 |     | 47 |    | 54    | 50.54              | Christina Howland  | FE | F  | 45 | 11 |
| 192 | 145 |    | 56 | 51.01 | Graham Dixon       | HA                 | M  | 20 | 46 |    |
| 193 |     | 48 |    | 53    | 51.15              | Jenny Devaney      | ST | F  | 35 | 8  |
| 194 |     | 49 |    | 52    | 51.20              | Eloise Bird        | PA | F  | 45 | 12 |
| 195 |     | 50 |    | 51    | 51.25              | Belinda Schofield  | NS | F  | 55 | 2  |
| 196 | 146 |    | 55 | 51.36 | Simon Kitching     | WT                 | M  | 45 | 23 |    |
| 197 | 147 |    | 54 | 51.56 | Ashley Berry       | FS                 | M  | 17 | 7  |    |
| 198 |     | 51 |    | 50    | 51.57              | Marion Parker      | FE | F  | 50 | 3  |
| 199 | 148 |    | 53 | 51.58 | Frank Moggan       | ST                 | M  | 60 | 14 |    |
| 200 |     | 52 |    | 49    | 52.00              | Florence Ianport   | ST | F  | 17 | 5  |
| 201 | 149 |    | 52 | 52.07 | Stuart Shephard    | HA                 | M  | 40 | 25 |    |
| 202 | 150 |    | 51 | 52.15 | Clive Purbrook     | NS                 | M  | 55 | 12 |    |
| 203 | 151 |    | 50 | 52.18 | Nikos Miaoulis     | FE                 | M  | 50 | 22 |    |
| 204 |     | 53 |    | 48    | 52.21              | Mandy Godbold      | IH | F  | 45 | 13 |
| 205 |     | 54 |    | 47    | 52.32              | Sandra Mayhew      | ST | F  | 45 | 14 |
| 206 | 152 |    | 49 | 52.52 | Keith Borrett      | ST                 | M  | 60 | 15 |    |
| 207 | 153 |    | 48 | 53.04 | Mike Sales         | NS                 | M  | 45 | 24 |    |
| 208 |     | 55 |    | 46    | 53.05              | Susan Wright       | BD | F  | 45 | 15 |
| 209 | 154 |    | 47 | 53.08 | Richard Smith      | FE                 | M  | 50 | 23 |    |
| 210 | 155 |    | 46 | 53.13 | David Llewellyn    | ST                 | M  | 55 | 13 |    |
| 211 | 156 |    | 45 | 53.17 | Stephen Miller     | HA                 | M  | 50 | 24 |    |
| 212 |     | 56 |    | 45    | 53.20              | Joanne Harper      | FE | F  | 20 | 14 |
| 213 |     | 57 |    | 44    | 53.29              | Carol Maycock      | BD | F  | 55 | 3  |
| 214 | 157 |    | 44 | 53.36 | Tony Fuller        | IH                 | M  | 55 | 14 |    |
| 215 |     | 58 |    | 43    | 53.52              | Annabel Bennett    | FE | F  | 45 | 16 |
| 216 |     | 59 |    | 42    | 54.45              | Jayne Burman       | FE | F  | 20 | 15 |
| 217 |     | 60 |    | 41    | 55.00              | Kathryn Gerry      | FS | F  | 40 | 10 |
| 218 |     | 61 |    | 40    | 55.10              | Mel Roberts        | FS | F  | 55 | 4  |
| 219 | 158 |    | 43 | 55.12 | Terry Braverman    | HA                 | M  | 65 | 3  |    |
| 220 | 159 |    | 42 | 55.16 | Michael Revell     | IH                 | M  | 17 | 8  |    |
| 221 | 160 |    | 41 | 55.30 | Dave Greenham      | HA                 | M  | 60 | 16 |    |
| 222 |     | 62 |    | 39    | 55.34              | Jenny Jarrett      | FE | F  | 45 | 17 |
| 223 |     | 63 |    | 38    | 55.38              | Sarah Sparkes      | BD | F  | 40 | 11 |
| 224 |     | 64 |    | 37    | 56.11              | Marjie Davis       | NS | F  | 45 | 18 |
| 225 | 161 |    | 40 | 56.35 | Stuart Smith       | WV                 | M  | 55 | 15 |    |
| 226 | 162 |    | 39 | 56.35 | Martin Fuller      | FE                 | M  | 45 | 25 |    |

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|-----|-----|----|----|-------|--------------------|----|---|----|----|
| 227 | 163 | 38 |    | 56.49 | Steven Mowles      | FE | M | 40 | 26 |
| 228 |     | 65 | 36 | 57.15 | Anne Oliver        | FE | F | 55 | 5  |
| 229 |     | 66 | 35 | 57.18 | Moira Pinkney      | IT | F | 60 | 1  |
| 230 |     | 67 | 34 | 57.41 | Viv Taylor         | FS | F | 60 | 2  |
| 231 |     | 68 | 33 | 58.21 | Louisa Zioui       | HA | F | 20 | 16 |
| 232 |     | 69 | 32 | 58.30 | Judy Potter        | BD | F | 65 | 1  |
| 233 | 164 | 37 |    | 58.49 | Nick Huggins       | ST | M | 60 | 17 |
| 234 |     | 70 | 31 | 59.00 | Michelle Barnes    | NS | F | 20 | 17 |
| 235 | 165 | 36 |    | 59.13 | John Clough        | FS | M | 50 | 25 |
| 236 |     | 71 | 30 | 59.29 | Rachel Crisp       | FE | F | 35 | 9  |
| 237 |     | 72 | 29 | 59.43 | Ann Kirton         | TH | F | 45 | 19 |
| 238 |     | 73 | 28 | 60.23 | Sue Hargadon       | IT | F | 55 | 6  |
| 239 |     | 74 | 27 | 61.03 | Dawn Dixon         | HA | F | 35 | 10 |
| 240 |     | 75 | 26 | 61.04 | Karen Waters       | BD | F | 40 | 12 |
| 241 |     | 76 | 25 | 61.22 | Lynn Whittingstall | FS | F | 35 | 11 |
| 242 |     | 77 | 24 | 61.22 | Kim Frost          | FS | F | 35 | 12 |
| 243 |     | 78 | 23 | 61.23 | Ali Chambers       | FS | F | 35 | 13 |
| 244 | 166 | 35 |    | 61.30 | Bill Cox           | FS | M | 70 | 1  |
| 245 |     | 79 | 22 | 63.46 | Susannah Rosenberg | IT | F | 50 | 4  |
| 246 |     | 80 | 21 | 64.00 | Sarah Sales        | NS | F | 40 | 13 |
| 247 |     | 81 | 20 | 64.25 | Angela Grey        | LO | F | 20 | 18 |
| 248 | 167 | 34 |    | 64.26 | Simon Bunting      | LO | M | 45 | 26 |
| 249 |     | 82 | 19 | 64.43 | Jo Dickinson       | FE | F | 40 | 14 |
| 250 |     | 83 | 18 | 65.05 | Isabel Vincente    | NS | F | 45 | 20 |
| 251 |     | 84 | 17 | 65.06 | Karla Read         | FE | F | 35 | 14 |
| 252 |     | 85 | 16 | 66.43 | Jean Cox           | FS | F | 70 | 1  |
| 253 | 168 | 33 |    | 67.31 | Andrew Brown       | WV | M | 17 | 9  |
| 254 |     | 86 | 15 | 67.34 | Zoe Chapman        | HA | F | 35 | 15 |
| 255 |     | 87 | 14 | 69.03 | Tina Church        | FS | F | 40 | 15 |

## SENIOR TEAM RESULTS 2013-2014

### COMBINED

| <u>TEAM</u>                     | <u>FRAM</u> | <u>WOOD</u> | <u>STOW</u> | <u>BUNG</u> | <u>BURY</u> | <u>TOTAL</u> |
|---------------------------------|-------------|-------------|-------------|-------------|-------------|--------------|
| 1 St Edmunds Pacers (PA) A      | 1416        | 1436        | 1478        |             |             | 4330         |
| 2 Ipswich Harriers (IH) A       | 1403        | 1492        | 1433        |             |             | 4328         |
| 3 Flying Shufflers (FS) A       | 1397        | 1440        | 1416        |             |             | 4253         |
| 4 Stowmarket (ST) A             | 1361        | 1278        | 1513        |             |             | 4152         |
| 5 Newmarket and Sudbury (NS) A  | 1434        | 1335        | 1341        |             |             | 4110         |
| 6 Waveney Valley (WV) A         | 1275        | 1293        | 1311        |             |             | 3879         |
| 7 Felixstowe (FE) A             | 1246        | 1324        | 1260        |             |             | 3830         |
| 8 Lowestoft (LO)                | 1146        | 1338        | 1216        |             |             | 3700         |
| 9 Ipswich Triathlon (IT)        | 1345        | 1164        | 1165        |             |             | 3674         |
| 10 Bungay (BD) A                | 1510        | 1324        | 696         |             |             | 3530         |
| 11 Flying Shufflers (FS) B      | 1044        | 1057        | 1036        |             |             | 3137         |
| 12 Haverhill (HA)               | 794         | 1020        | 1161        |             |             | 2975         |
| 13 Stowmarket (ST) B            | 826         | 729         | 1121        |             |             | 2676         |
| 14 St Edmunds Pacers (PA) B     | 808         | 498         | 973         |             |             | 2279         |
| 15 Ipswich Harriers (IH) B      | 587         | 882         | 701         |             |             | 2170         |
| 16 Flying Shufflers (FS) C      | 694         | 672         | 719         |             |             | 2085         |
| 17 Thetford (TH)                | 926         | 460         | 613         |             |             | 1999         |
| 18 West Suffolk Triathlon (WT)  | 610         | 715         | 594         |             |             | 1919         |
| 19 Newmarket and Sudbury (NS) B | 651         | 789         | 405         |             |             | 1845         |
| 20 Felixstowe (FE) B            | 493         | 757         | 529         |             |             | 1779         |
| 21 Bungay (BD) B                | 811         | 789         | 96          |             |             | 1696         |
| 22 Diss (DI)                    | 661         | 310         | 298         |             |             | 1269         |
| 23 Waveney Valley (WV) B        | 418         | 441         | 139         |             |             | 998          |
| 24 Flying Shufflers (FS) D      | 356         | 249         | 307         |             |             | 912          |

### WOMEN

| <u>TEAM</u>                     | <u>FRAM</u> | <u>WOOD</u> | <u>STOW</u> | <u>BUNG</u> | <u>BURY</u> | <u>TOTAL</u> |
|---------------------------------|-------------|-------------|-------------|-------------|-------------|--------------|
| 1 St Edmunds Pacers (PA) A      | 286         | 285         | 289         |             |             | 860          |
| 2 Stowmarket (ST) A             | 263         | 251         | 275         |             |             | 789          |
| 3 Waveney Valley (WV) A         | 281         | 275         | 224         |             |             | 780          |
| 4 Flying Shufflers (FS) A       | 237         | 270         | 230         |             |             | 737          |
| 5 Ipswich Harriers (IH) A       | 261         | 237         | 229         |             |             | 727          |
| 6 Newmarket and Sudbury (NS) A  | 244         | 216         | 253         |             |             | 713          |
| 7 Stowmarket (ST) B             | 209         | 201         | 222         |             |             | 632          |
| 8 Bungay (BD) A                 | 224         | 211         | 183         |             |             | 618          |
| 9 St Edmunds Pacers (PA) B      | 163         | 227         | 223         |             |             | 613          |
| 10 Haverhill (HA)               | 185         | 205         | 216         |             |             | 606          |
| 11 Lowestoft (LO)               | 208         | 195         | 160         |             |             | 563          |
| 12 Ipswich Triathlon (IT)       | 193         | 238         | 131         |             |             | 562          |
| 13 Felixstowe (FE) A            | 177         | 154         | 179         |             |             | 510          |
| 14 Flying Shufflers (FS) B      | 174         | 195         | 137         |             |             | 506          |
| 15 Thetford (TH)                | 214         | 171         | 98          |             |             | 483          |
| 16 Newmarket and Sudbury (NS) B | 136         | 101         | 119         |             |             | 356          |
| 17 Bungay (BD) B                | 146         | 110         | 96          |             |             | 352          |
| 18 Flying Shufflers (FS) C      | 121         | 147         | 83          |             |             | 351          |
| 19 Waveney Valley (WV) B        | 148         | 202         | 0           |             |             | 350          |
| 20 Felixstowe (FE) B            | 101         | 97          | 130         |             |             | 328          |
| 21 Diss (DI)                    | 143         | 61          | 57          |             |             | 261          |
| 22 West Suffolk Triathlon (WT)  | 90          | 86          | 83          |             |             | 259          |
| 23 Ipswich Harriers (IH) B      | 108         | 144         | 0           |             |             | 252          |
| 24 Flying Shufflers (FS) D      | 59          | 107         | 53          |             |             | 219          |

### MEN

| <u>TEAM</u>                     | <u>FRAM</u> | <u>WOOD</u> | <u>STOW</u> | <u>BUNG</u> | <u>BURY</u> | <u>TOTAL</u> |
|---------------------------------|-------------|-------------|-------------|-------------|-------------|--------------|
| 1 Ipswich Harriers (IH) A       | 1142        | 1255        | 1204        |             |             | 3601         |
| 2 Flying Shufflers (FS) A       | 1160        | 1170        | 1186        |             |             | 3516         |
| 3 St Edmunds Pacers (PA) A      | 1130        | 1151        | 1189        |             |             | 3470         |
| 4 Newmarket and Sudbury (NS) A  | 1190        | 1119        | 1088        |             |             | 3397         |
| 5 Stowmarket (ST) A             | 1098        | 1027        | 1238        |             |             | 3363         |
| 6 Felixstowe (FE) A             | 1069        | 1170        | 1081        |             |             | 3320         |
| 7 Lowestoft (LO)                | 938         | 1143        | 1056        |             |             | 3137         |
| 8 Ipswich Triathlon (IT)        | 1152        | 926         | 1034        |             |             | 3112         |
| 9 Waveney Valley (WV) A         | 994         | 1018        | 1087        |             |             | 3099         |
| 10 Bungay (BD) A                | 1286        | 1113        | 513         |             |             | 2912         |
| 11 Flying Shufflers (FS) B      | 870         | 862         | 899         |             |             | 2631         |
| 12 Haverhill (HA)               | 609         | 815         | 945         |             |             | 2369         |
| 13 Stowmarket (ST) B            | 617         | 528         | 899         |             |             | 2044         |
| 14 Ipswich Harriers (IH) B      | 479         | 738         | 701         |             |             | 1918         |
| 15 Flying Shufflers (FS) C      | 573         | 525         | 636         |             |             | 1734         |
| 16 St Edmunds Pacers (PA) B     | 645         | 271         | 750         |             |             | 1666         |
| 17 West Suffolk Triathlon (WT)  | 520         | 629         | 511         |             |             | 1660         |
| 18 Thetford (TH)                | 712         | 289         | 515         |             |             | 1516         |
| 19 Newmarket and Sudbury (NS) B | 515         | 688         | 286         |             |             | 1489         |
| 20 Felixstowe (FE) B            | 392         | 660         | 399         |             |             | 1451         |
| 21 Bungay (BD) B                | 665         | 679         | 0           |             |             | 1344         |
| 22 Diss (DI)                    | 518         | 249         | 241         |             |             | 1008         |
| 23 Flying Shufflers (FS) D      | 297         | 142         | 254         |             |             | 693          |
| 24 Waveney Valley (WV) B        | 270         | 239         | 139         |             |             | 648          |