

# SUFFOLK WINTER CROSS COUNTRY LEAGUE 2013/14

## WOODBIDGE (SUTTON) SENIORS

| O/L | POSITION |   | POINTS |     | TIME  | RUNNER<br>NAME      | CLUB | INDIVIDUAL |     |    |
|-----|----------|---|--------|-----|-------|---------------------|------|------------|-----|----|
|     | M        | F | M      | F   |       |                     |      | CAT        | POS |    |
| 1   | 1        |   | 200    |     | 31.34 | Carl Prewer         | LO   | M          | 40  | 1  |
| 2   | 2        |   | 199    |     | 31.43 | Joe Skipper         | WV   | M          | 20  | 1  |
| 3   | 3        |   | 198    |     | 31.47 | Ross Fawcett        | IH   | M          | 20  | 2  |
| 4   | 4        |   | 197    |     | 32.03 | Dominic Oliver      | WV   | M          | 17  | 1  |
| 5   | 5        |   | 196    |     | 32.27 | Peter Kerry         | IT   | M          | 20  | 3  |
| 6   | 6        |   | 195    |     | 32.38 | Lee Cook            | LO   | M          | 20  | 4  |
| 7   | 7        |   | 194    |     | 33.01 | James Maycock       | BD   | M          | 20  | 5  |
| 8   | 8        |   | 193    |     | 33.12 | Martin Hewetson     | WV   | M          | 20  | 6  |
| 9   | 9        |   | 192    |     | 33.20 | Graham Pattle       | IH   | M          | 20  | 7  |
| 10  | 10       |   | 191    |     | 33.27 | Gab Lowrie          | NS   | M          | 20  | 8  |
| 11  | 11       |   | 190    |     | 33.32 | Keith Marra         | WT   | M          | 20  | 9  |
| 12  | 12       |   | 189    |     | 33.35 | Darren Sheppard     | FS   | M          | 40  | 2  |
| 13  | 13       |   | 188    |     | 33.51 | Jay Lingwood        | LO   | M          | 20  | 10 |
| 14  | 14       |   | 187    |     | 33.57 | Tom White           | PA   | M          | 20  | 11 |
| 15  | 15       |   | 186    |     | 34.01 | Ben Wharnsby        | IH   | M          | 17  | 2  |
| 16  | 16       |   | 185    |     | 34.04 | Roger Stone         | FE   | M          | 45  | 1  |
| 17  | 17       |   | 184    |     | 34.12 | Greg Davis          | NS   | M          | 50  | 1  |
| 18  | 18       |   | 183    |     | 34.22 | Shaun Lark          | LO   | M          | 20  | 12 |
| 19  | 19       |   | 182    |     | 34.25 | Jim Last            | FS   | M          | 20  | 13 |
| 20  | 20       |   | 181    |     | 34.26 | Julian Long         | PA   | M          | 40  | 3  |
| 21  | 21       |   | 180    |     | 34.28 | Kevin Peirce        | IH   | M          | 20  | 14 |
| 22  |          | 1 |        | 100 | 34.39 | Odette Robson       | PA   | F          | 40  | 1  |
| 23  | 22       |   | 179    |     | 34.45 | David Soloman       | FE   | M          | 45  | 2  |
| 24  | 23       |   | 178    |     | 34.50 | Martyn Taylor       | NS   | M          | 20  | 15 |
| 25  | 24       |   | 177    |     | 34.52 | Troy Douglas-Callow | BD   | M          | 17  | 3  |
| 26  | 25       |   | 176    |     | 35.18 | Neil Gillingham     | IH   | M          | 20  | 16 |
| 27  | 26       |   | 175    |     | 35.22 | Dalton Coe          | IH   | M          | 20  | 17 |
| 28  | 27       |   | 174    |     | 35.26 | Dan Kinsman         | FS   | M          | 20  | 18 |
| 29  | 28       |   | 173    |     | 35.41 | Will Law            | BD   | M          | 20  | 19 |
| 30  | 29       |   | 172    |     | 35.43 | Darren Cook         | FE   | M          | 20  | 20 |
| 31  | 30       |   | 171    |     | 35.51 | Nick Hammond        | ST   | M          | 40  | 4  |
| 32  | 31       |   | 170    |     | 35.56 | Steve Edwards       | NS   | M          | 45  | 3  |
| 33  | 32       |   | 169    |     | 35.59 | Luke Whitwell       | FE   | M          | 20  | 21 |
| 34  | 33       |   | 168    |     | 36.00 | Dan Clapton         | IT   | M          | 20  | 22 |
| 35  | 34       |   | 167    |     | 36.07 | Scott Williams      | ST   | M          | 20  | 23 |
| 36  | 35       |   | 166    |     | 36.10 | Mark Watts          | PA   | M          | 50  | 2  |
| 37  |          | 2 |        | 99  | 36.16 | Rose Nicholson      | WV   | F          | 20  | 1  |
| 38  | 36       |   | 165    |     | 36.20 | Thomas Francis      | TH   | M          | 20  | 24 |
| 39  | 37       |   | 164    |     | 36.35 | Paul Brown          | FS   | M          | 45  | 4  |
| 40  | 38       |   | 163    |     | 36.35 | Mark Ford           | FE   | M          | 45  | 5  |
| 41  | 39       |   | 162    |     | 36.42 | Iain Milligan       | PA   | M          | 40  | 5  |
| 42  | 40       |   | 161    |     | 36.45 | Pete Williams       | IT   | M          | 45  | 6  |
| 43  | 41       |   | 160    |     | 36.53 | Steve Garvie        | FS   | M          | 40  | 6  |
| 44  | 42       |   | 159    |     | 36.55 | Peter Bird          | PA   | M          | 40  | 7  |
| 45  | 43       |   | 158    |     | 36.57 | Chris Starmer       | ST   | M          | 50  | 3  |
| 46  | 44       |   | 157    |     | 37.02 | Sam Burdett         | ST   | M          | 17  | 4  |
| 47  | 45       |   | 156    |     | 37.02 | Chris Mower         | WT   | M          | 20  | 25 |
| 48  | 46       |   | 155    |     | 37.15 | Doug Hobson         | FS   | M          | 20  | 26 |
| 49  | 47       |   | 154    |     | 37.20 | Chris Perry         | PA   | M          | 20  | 27 |
| 50  |          | 3 |        | 98  | 37.27 | Ursula Ransom       | NS   | F          | 35  | 1  |
| 51  | 48       |   | 153    |     | 37.31 | Steven Brooke       | FE   | M          | 45  | 7  |
| 52  | 49       |   | 152    |     | 37.35 | Marcus Sladden      | BD   | M          | 17  | 5  |

|     |    |     |    |       |                    |    |   |    |    |
|-----|----|-----|----|-------|--------------------|----|---|----|----|
| 53  | 50 | 151 |    | 37.40 | Steve Hughes       | ST | M | 50 | 4  |
| 54  | 51 | 150 |    | 37.48 | Bryan Rootes       | HA | M | 45 | 8  |
| 55  | 52 | 149 |    | 37.53 | Robin Harper       | FE | M | 20 | 28 |
| 56  | 53 | 148 |    | 37.54 | Adrian Goode       | IH | M | 45 | 9  |
| 57  |    | 4   | 97 | 37.57 | Megan Norry        | TH | F | 17 | 1  |
| 58  | 54 | 147 |    | 37.57 | Vince Calver       | FE | M | 40 | 8  |
| 59  |    | 5   | 96 | 38.02 | Geri Clarke        | FS | F | 45 | 1  |
| 60  | 55 | 146 |    | 38.08 | Roger Ackerley     | FS | M | 55 | 1  |
| 61  |    | 6   | 95 | 38.16 | Claire Hoblyn      | PA | F | 45 | 2  |
| 62  | 56 | 145 |    | 38.20 | Sean Kennedy       | FS | M | 20 | 29 |
| 63  | 57 | 144 |    | 38.23 | Ollie Cooper       | IT | M | 20 | 30 |
| 64  | 58 | 143 |    | 38.26 | Daniel Sampson     | BD | M | 17 | 6  |
| 65  | 59 | 142 |    | 38.26 | Stephen Hatten     | PA | M | 45 | 10 |
| 66  | 60 | 141 |    | 38.27 | Rob Mackenzie      | FS | M | 50 | 5  |
| 67  |    | 7   | 94 | 38.30 | Laura Thomas       | IH | F | 20 | 2  |
| 68  | 61 | 140 |    | 38.31 | Chris Haylock      | LO | M | 40 | 9  |
| 69  | 62 | 139 |    | 38.33 | Denver Slowter     | BD | M | 40 | 10 |
| 70  | 63 | 138 |    | 38.34 | Trevor Bunch       | HA | M | 20 | 31 |
| 71  |    | 8   | 93 | 38.43 | Catherine Ricketts | WV | F | 35 | 2  |
| 72  | 64 | 137 |    | 38.52 | Ben Cuthbert       | NS | M | 20 | 32 |
| 73  |    | 9   | 92 | 39.11 | Sarah Hanlon       | FS | F | 20 | 3  |
| 74  | 65 | 136 |    | 39.16 | Graham Coulter     | DI | M | 20 | 33 |
| 75  | 66 | 135 |    | 39.22 | Chris Chorley      | BD | M | 50 | 6  |
| 76  | 67 | 134 |    | 39.26 | Jim Coomber        | NS | M | 40 | 11 |
| 77  | 68 | 133 |    | 39.34 | Chris Sugars       | IH | M | 40 | 12 |
| 78  | 69 | 132 |    | 39.37 | Dave Edwards       | HA | M | 55 | 2  |
| 79  | 70 | 131 |    | 39.46 | Stewart Hambling   | FS | M | 45 | 11 |
| 80  | 71 | 130 |    | 39.47 | Richard Grimsdell  | PA | M | 45 | 12 |
| 81  | 72 | 129 |    | 39.48 | Roly Shaw          | BD | M | 55 | 3  |
| 82  | 73 | 128 |    | 39.48 | Tim Earl           | WV | M | 20 | 34 |
| 83  | 74 | 127 |    | 39.57 | Matthew Reynolds   | LO | M | 50 | 7  |
| 84  |    | 10  | 91 | 39.57 | Lynn Emmett        | BD | F | 45 | 3  |
| 85  | 75 | 126 |    | 40.10 | Bill Kingaby       | WV | M | 60 | 1  |
| 86  | 76 | 125 |    | 40.13 | Neil Williamson    | NS | M | 20 | 35 |
| 87  | 77 | 124 |    | 40.16 | Tony Tyler         | TH | M | 50 | 8  |
| 88  | 78 | 123 |    | 40.19 | Marcus Nichols     | BD | M | 20 | 36 |
| 89  | 79 | 122 |    | 40.22 | Mark Ramsey        | IH | M | 40 | 13 |
| 90  | 80 | 121 |    | 40.25 | Ian Ward           | ST | M | 40 | 14 |
| 91  |    | 11  | 90 | 40.28 | Emma Watts         | PA | F | 17 | 2  |
| 92  | 81 | 120 |    | 40.31 | Kenneth Tovell     | FS | M | 40 | 15 |
| 93  | 82 | 119 |    | 40.33 | Neville Clarke     | NS | M | 60 | 2  |
| 94  | 83 | 118 |    | 40.35 | Oliver Minns       | IH | M | 20 | 37 |
| 95  | 84 | 117 |    | 40.37 | Yusuf Firat        | HA | M | 50 | 9  |
| 96  | 85 | 116 |    | 40.40 | Paul Snowdon       | IH | M | 40 | 16 |
| 97  | 86 | 115 |    | 40.42 | Simon Merrick      | FE | M | 20 | 38 |
| 98  | 87 | 114 |    | 40.48 | Jamie Randall      | HA | M | 45 | 13 |
| 99  |    | 12  | 89 | 40.55 | Chloe Jennings     | PA | F | 20 | 4  |
| 100 |    | 13  | 88 | 40.56 | Laura Hicks        | ST | F | 20 | 5  |
| 101 |    | 14  | 87 | 40.56 | Karen Archbold     | LO | F | 45 | 4  |
| 102 | 88 | 113 |    | 40.56 | Greg Tunmore       | DI | M | 20 | 39 |
| 103 | 89 | 112 |    | 41.04 | Phil Clarke        | WT | M | 40 | 17 |
| 104 | 90 | 111 |    | 41.07 | Graeme Cleave      | FS | M | 20 | 40 |
| 105 | 91 | 110 |    | 41.10 | Tom Collier        | LO | M | 20 | 41 |
| 106 | 92 | 109 |    | 41.12 | Chris Eyre         | NS | M | 20 | 42 |
| 107 | 93 | 108 |    | 41.21 | Jake Church        | FS | M | 17 | 7  |
| 108 | 94 | 107 |    | 41.27 | Clive Davey        | NS | M | 40 | 18 |
| 109 | 95 | 106 |    | 41.28 | David Fordham      | FS | M | 60 | 3  |
| 110 |    | 15  | 86 | 41.31 | Sharon Perry       | WT | F | 40 | 2  |

|     |     |     |    |       |                    |    |   |    |    |
|-----|-----|-----|----|-------|--------------------|----|---|----|----|
| 111 | 96  | 105 |    | 41.53 | Gary McDonald      | LO | M | 20 | 43 |
| 112 | 97  | 104 |    | 42.05 | Adrian Hine        | FE | M | 50 | 10 |
| 113 | 98  | 103 |    | 42.05 | Dean Breward       | NS | M | 40 | 19 |
| 114 | 99  | 102 |    | 42.09 | Kevin Bird         | ST | M | 45 | 14 |
| 115 | 100 | 101 |    | 42.16 | Charles Shoolbred  | NS | M | 60 | 4  |
| 116 | 101 | 100 |    | 42.21 | Steve Hicks        | IH | M | 50 | 11 |
| 117 | 102 | 99  |    | 42.23 | Julian Colman      | WT | M | 50 | 12 |
| 118 | 103 | 98  |    | 42.25 | Clive Purbrook     | NS | M | 55 | 4  |
| 119 |     | 16  | 85 | 42.32 | Mary Narey         | ST | F | 45 | 5  |
| 120 | 104 | 97  |    | 42.38 | Simon Sparkes      | BD | M | 40 | 20 |
| 121 | 105 | 96  |    | 42.47 | David Daniels      | ST | M | 50 | 13 |
| 122 | 106 | 95  |    | 42.51 | Steve Oldman       | BD | M | 45 | 15 |
| 123 | 107 | 94  |    | 42.53 | Andy Hansler       | IT | M | 45 | 16 |
| 124 | 108 | 93  |    | 42.54 | Mark Sargeantson   | FS | M | 60 | 5  |
| 125 | 109 | 92  |    | 42.55 | David Mower        | WV | M | 60 | 6  |
| 126 | 110 | 91  |    | 43.00 | Nigel Chapman      | HA | M | 55 | 5  |
| 127 |     | 17  | 84 | 43.05 | Parris Williams    | IT | F | 20 | 6  |
| 128 | 111 | 90  |    | 43.06 | Paul Schwer        | FE | M | 50 | 14 |
| 129 | 112 | 89  |    | 43.07 | Mark Elflett       | LO | M | 20 | 44 |
| 130 |     | 18  | 83 | 43.09 | Dawn Carver        | WV | F | 45 | 6  |
| 131 | 113 | 88  |    | 43.13 | Ron Ames           | ST | M | 65 | 1  |
| 132 |     | 19  | 82 | 43.27 | Kirsty Shand       | FS | F | 20 | 7  |
| 133 | 114 | 87  |    | 43.28 | Simon Green        | IT | M | 55 | 6  |
| 134 | 115 | 86  |    | 43.33 | Jeremy Smith       | IH | M | 40 | 21 |
| 135 |     | 20  | 81 | 43.34 | Michelle Constable | IT | F | 45 | 7  |
| 136 |     | 21  | 80 | 43.37 | Alice Goodwin      | IH | F | 17 | 3  |
| 137 |     | 22  | 79 | 43.38 | Esther Colman      | PA | F | 17 | 4  |
| 138 |     | 23  | 78 | 43.47 | Diane Hughes       | ST | F | 50 | 1  |
| 139 | 116 | 85  |    | 43.50 | Stuart Abbott      | FS | M | 17 | 8  |
| 140 | 117 | 84  |    | 43.54 | Bruce Rayner       | BD | M | 50 | 15 |
| 141 |     | 24  | 77 | 43.57 | Clare Barstow      | FS | F | 35 | 3  |
| 142 | 118 | 83  |    | 44.00 | Nigel Herrod       | WV | M | 55 | 7  |
| 143 | 119 | 82  |    | 44.02 | Stephen Williams   | PA | M | 60 | 7  |
| 144 |     | 25  | 76 | 44.03 | Natasha Korovilas  | LO | F | 35 | 4  |
| 145 |     | 26  | 75 | 44.04 | Tamsin Desborough  | WV | F | 17 | 5  |
| 146 |     | 27  | 74 | 44.08 | Samantha Wing      | TH | F | 20 | 8  |
| 147 | 120 | 81  |    | 44.10 | Bob Paul           | BD | M | 60 | 8  |
| 148 | 121 | 80  |    | 44.16 | David Taylor       | FS | M | 60 | 9  |
| 149 | 122 | 79  |    | 44.19 | Neil Catley        | FE | M | 20 | 45 |
| 150 |     | 28  | 73 | 44.20 | Amanda Mallett     | IT | F | 45 | 8  |
| 151 | 123 | 78  |    | 44.31 | Richard Fellingham | ST | M | 65 | 2  |
| 152 |     | 29  | 72 | 44.31 | Mandy Bunn         | HA | F | 40 | 3  |
| 153 | 124 | 77  |    | 44.33 | Joe Mayne          | WV | M | 45 | 17 |
| 154 |     | 30  | 71 | 44.42 | Ann Millett        | WV | F | 55 | 1  |
| 155 | 125 | 76  |    | 44.45 | Paul McAllister    | IT | M | 45 | 18 |
| 156 |     | 31  | 70 | 44.46 | Haley Suttle       | ST | F | 45 | 9  |
| 157 | 126 | 75  |    | 44.48 | Tristan Gladwell   | FS | M | 20 | 46 |
| 158 |     | 32  | 69 | 45.02 | Effie Gray         | NS | F | 20 | 9  |
| 159 | 127 | 74  |    | 45.14 | Steve Gray         | ST | M | 50 | 16 |
| 160 |     | 33  | 68 | 45.22 | Siobhan Duckerhill | HA | F | 20 | 10 |
| 161 | 128 | 73  |    | 45.31 | Stephen Miller     | HA | M | 50 | 17 |
| 162 | 129 | 72  |    | 45.34 | Malcolm Macfarlane | WT | M | 50 | 18 |
| 163 |     | 34  | 67 | 45.41 | Alex Smith         | ST | F | 35 | 5  |
| 164 | 130 | 71  |    | 45.47 | Ian Mace           | FS | M | 55 | 8  |
| 165 | 131 | 70  |    | 45.58 | Neil Thomas        | BD | M | 45 | 19 |
| 166 |     | 35  | 66 | 46.06 | Bobbie Sauerzapf   | BD | F | 50 | 2  |
| 167 | 132 | 69  |    | 46.11 | Lee Crisp          | FE | M | 40 | 22 |
| 168 |     | 36  | 65 | 46.13 | Sil Clay           | HA | F | 45 | 10 |

|     |     |    |    |    |       |                    |    |   |    |    |
|-----|-----|----|----|----|-------|--------------------|----|---|----|----|
| 169 | 133 |    | 68 |    | 46.14 | Graham Sampson     | BD | M | 65 | 3  |
| 170 |     | 37 |    | 64 | 46.16 | Carol Fowles       | ST | F | 50 | 3  |
| 171 |     | 38 |    | 63 | 46.17 | Greta Supinaite    | IH | F | 17 | 6  |
| 172 |     | 39 |    | 62 | 46.38 | Jenny Bird         | ST | F | 45 | 11 |
| 173 | 134 |    | 67 |    | 46.47 | Tony Burdett       | ST | M | 50 | 19 |
| 174 | 135 |    | 66 |    | 46.47 | John Nevis         | HA | M | 60 | 10 |
| 175 |     | 40 |    | 61 | 46.57 | Sarah Coulter      | DI | F | 40 | 4  |
| 176 |     | 41 |    | 60 | 47.06 | Jayne Wright       | FS | F | 20 | 11 |
| 177 |     | 42 |    | 59 | 47.09 | Sandra Webb        | PA | F | 40 | 5  |
| 178 | 136 |    | 65 |    | 47.14 | Matthew Eveleigh   | ST | M | 20 | 47 |
| 179 | 137 |    | 64 |    | 47.15 | Ashley Berry       | FS | M | 17 | 9  |
| 180 | 138 |    | 63 |    | 47.15 | Michael Revell     | IH | M | 17 | 10 |
| 181 |     | 43 |    | 58 | 47.16 | Sara Bloor         | FS | F | 45 | 12 |
| 182 | 139 |    | 62 |    | 47.19 | Peter Andrews      | WV | M | 40 | 23 |
| 183 | 140 |    | 61 |    | 47.28 | Graham Dixon       | HA | M | 20 | 48 |
| 184 |     | 44 |    | 57 | 47.34 | Christina Howland  | FE | F | 45 | 13 |
| 185 |     | 45 |    | 56 | 47.57 | Sarah Bradley      | WV | F | 50 | 4  |
| 186 |     | 46 |    | 55 | 47.57 | Jo Parden          | FS | F | 45 | 14 |
| 187 |     | 47 |    | 54 | 47.59 | Susan Wright       | BD | F | 45 | 15 |
| 188 |     | 48 |    | 53 | 48.02 | Elizabeth Welbourn | IH | F | 50 | 5  |
| 189 |     | 49 |    | 52 | 48.03 | Marion Parker      | FE | F | 50 | 6  |
| 190 |     | 50 |    | 51 | 48.09 | Veronica Manly     | BD | F | 65 | 1  |
| 191 | 141 |    | 60 |    | 48.27 | Peter Gay          | ST | M | 70 | 1  |
| 192 |     | 51 |    | 50 | 48.28 | Mandy Godbold      | IH | F | 45 | 16 |
| 193 |     | 52 |    | 49 | 48.30 | Belinda Schofield  | NS | F | 55 | 2  |
| 194 |     | 53 |    | 48 | 48.45 | Kathryn Gerry      | FS | F | 40 | 6  |
| 195 |     | 54 |    | 47 | 48.52 | Eloise Bird        | PA | F | 45 | 17 |
| 196 |     | 55 |    | 46 | 48.56 | Caren Elvin        | WV | F | 40 | 7  |
| 197 | 142 |    | 59 |    | 48.59 | Tom Hoblyn         | PA | M | 55 | 9  |
| 198 |     | 56 |    | 45 | 49.02 | Rachel Crisp       | FE | F | 35 | 6  |
| 199 | 143 |    | 58 |    | 49.37 | Tony Fuller        | IH | M | 55 | 10 |
| 200 | 144 |    | 57 |    | 50.10 | Simon Tinkler      | FS | M | 20 | 49 |
| 201 | 145 |    | 56 |    | 50.19 | Richard Smith      | FE | M | 50 | 20 |
| 202 |     | 57 |    | 44 | 50.24 | Sally Watson       | FS | F | 55 | 3  |
| 203 |     | 58 |    | 43 | 50.25 | Rebecca Jennings   | PA | F | 45 | 18 |
| 204 |     | 59 |    | 42 | 50.27 | Marjie Davis       | NS | F | 45 | 19 |
| 205 |     | 60 |    | 41 | 50.29 | Leanne Thorndyke   | IH | F | 20 | 12 |
| 206 |     | 61 |    | 40 | 50.33 | Debra Chappell     | FS | F | 45 | 20 |
| 207 |     | 62 |    | 39 | 50.51 | Annabel Bennett    | FE | F | 45 | 21 |
| 208 |     | 63 |    | 38 | 51.02 | Laura Meen         | WV | F | 20 | 13 |
| 209 |     | 64 |    | 37 | 51.04 | Sandra Mayhew      | ST | F | 45 | 22 |
| 210 |     | 65 |    | 36 | 51.09 | Michaela Gooch     | WV | F | 45 | 23 |
| 211 | 146 |    | 55 |    | 51.29 | James Gooch        | WV | M | 20 | 50 |
| 212 | 147 |    | 54 |    | 51.32 | Dave Greenham      | HA | M | 60 | 11 |
| 213 |     | 66 |    | 35 | 51.37 | Jenny Jarrett      | FE | F | 45 | 24 |
| 214 |     | 67 |    | 34 | 51.46 | Kerry Walshaw      | FS | F | 40 | 8  |
| 215 | 148 |    | 53 |    | 52.02 | Terry Braverman    | HA | M | 65 | 4  |
| 216 |     | 68 |    | 33 | 52.05 | Ali Chambers       | FS | F | 35 | 7  |
| 217 | 149 |    | 52 |    | 52.10 | Martin Fuller      | FE | M | 45 | 20 |
| 218 | 150 |    | 51 |    | 52.17 | Mike Sales         | NS | M | 45 | 21 |
| 219 |     | 69 |    | 32 | 52.30 | Sabrina Mirgaux    | LO | F | 20 | 14 |
| 220 |     | 70 |    | 31 | 52.38 | Carol Maycock      | BD | F | 55 | 4  |
| 221 |     | 71 |    | 30 | 52.44 | Michelle Barnes    | NS | F | 20 | 15 |
| 222 |     | 72 |    | 29 | 52.45 | Sarah Pennock      | NS | F | 20 | 16 |
| 223 |     | 73 |    | 28 | 52.46 | Judy Potter        | BD | F | 65 | 2  |
| 224 |     | 74 |    | 27 | 53.14 | Moirra Pinkney     | IT | F | 60 | 1  |
| 225 |     | 75 |    | 26 | 53.18 | Sarah Mark         | FS | F | 35 | 8  |
| 226 | 151 |    | 50 |    | 53.19 | Phil Jarvis        | HA | M | 55 | 11 |

|     |     |    |    |       |                 |    |   |    |    |
|-----|-----|----|----|-------|-----------------|----|---|----|----|
| 227 | 152 | 49 |    | 53.49 | John Clough     | FS | M | 50 | 21 |
| 228 |     | 76 | 25 | 54.09 | Viv Taylor      | FS | F | 60 | 2  |
| 229 | 153 | 48 |    | 54.31 | Grayhame Fish   | ST | M | 60 | 12 |
| 230 |     | 77 | 24 | 54.39 | Isabel Vincente | NS | F | 45 | 25 |
| 231 |     | 78 | 23 | 54.54 | Anneli Ostler   | FE | F | 20 | 17 |
| 232 |     | 79 | 22 | 55.21 | Anne Oliver     | FE | F | 55 | 5  |
| 233 | 154 | 47 |    | 55.41 | Julian Wiseman  | FS | M | 50 | 22 |
| 234 |     | 80 | 21 | 55.45 | Jan Brown       | BD | F | 60 | 3  |
| 235 |     | 81 | 20 | 55.46 | Sarah Sparkes   | BD | F | 40 | 9  |
| 236 | 155 | 46 |    | 56.55 | Bill Cox        | FS | M | 70 | 2  |
| 237 | 156 | 45 |    | 57.27 | Andrew Brown    | WV | M | 17 | 11 |
| 238 |     | 82 | 19 | 58.12 | Anne Fish       | ST | F | 65 | 3  |
| 239 |     | 83 | 18 | 58.19 | Lisa Dalton     | NS | F | 40 | 10 |
| 240 |     | 84 | 17 | 59.04 | Karen Waters    | BD | F | 40 | 11 |
| 241 |     | 85 | 16 | 59.04 | Zoe Fordham     | FS | F | 50 | 7  |
| 242 |     | 86 | 15 | 60.21 | Jo Dickinson    | FE | F | 40 | 12 |
| 243 |     | 87 | 14 | 60.25 | Jean Cox        | FS | F | 70 | 1  |
| 244 |     | 88 | 13 | 61.35 | Karla Read      | FE | F | 35 | 9  |
| 245 |     | 89 | 12 | 61.43 | Sharon Breward  | NS | F | 40 | 13 |
| 246 |     | 90 | 11 | 63.42 | Tina Church     | FS | F | 40 | 14 |
| 247 |     | 91 | 10 | 78.37 | Zoe Chapman     | HA | F | 35 | 10 |
| 248 |     | 92 | 9  | 78.37 | Sarah Jarvis    | HA | F | 45 | 26 |

## 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 Ipswich Harriers (IH) A       | 1403        | 1492        |             |             |             | 2895         |
| 2 St Edmunds Pacers (PA) A      | 1416        | 1436        |             |             |             | 2852         |
| 3 Flying Shufflers (FS) A       | 1397        | 1440        |             |             |             | 2837         |
| 4 Bungay (BD) A                 | 1510        | 1324        |             |             |             | 2834         |
| 5 Newmarket and Sudbury (NS) A  | 1434        | 1335        |             |             |             | 2769         |
| 6 Stowmarket (ST) A             | 1361        | 1278        |             |             |             | 2639         |
| 7 Felixstowe (FE) A             | 1246        | 1324        |             |             |             | 2570         |
| 8 Waveney Valley (WV) A         | 1275        | 1293        |             |             |             | 2568         |
| 9 Ipswich Triathlon (IT)        | 1345        | 1164        |             |             |             | 2509         |
| 10 Lowestoft (LO)               | 1146        | 1338        |             |             |             | 2484         |
| 11 Flying Shufflers (FS) B      | 1044        | 1057        |             |             |             | 2101         |
| 12 Haverhill (HA)               | 794         | 1020        |             |             |             | 1814         |
| 13 Bungay (BD) B                | 811         | 789         |             |             |             | 1600         |
| 14 Stowmarket (ST) B            | 826         | 729         |             |             |             | 1555         |
| 15 Ipswich Harriers (IH) B      | 587         | 882         |             |             |             | 1469         |
| 16 Newmarket and Sudbury (NS) B | 651         | 789         |             |             |             | 1440         |
| 17 Thetford (TH)                | 926         | 460         |             |             |             | 1386         |
| 18 Flying Shufflers (FS) C      | 694         | 672         |             |             |             | 1366         |
| 19 West Suffolk Triathlon (WT)  | 610         | 715         |             |             |             | 1325         |
| 20 St Edmunds Pacers (PA) B     | 808         | 498         |             |             |             | 1306         |
| 21 Felixstowe (FE) B            | 493         | 757         |             |             |             | 1250         |
| 22 Diss (DI)                    | 661         | 310         |             |             |             | 971          |
| 23 Waveney Valley (WV) B        | 418         | 441         |             |             |             | 859          |
| 24 Flying Shufflers (FS) D      | 356         | 249         |             |             |             | 605          |

### 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         |             |             |             | 571          |
| 2 Waveney Valley (WV) A         | 281         | 275         |             |             |             | 556          |
| 3 Stowmarket (ST) A             | 263         | 251         |             |             |             | 514          |
| 4 Flying Shufflers (FS) A       | 237         | 270         |             |             |             | 507          |
| 5 Ipswich Harriers (IH) A       | 261         | 237         |             |             |             | 498          |
| 6 Newmarket and Sudbury (NS) A  | 244         | 216         |             |             |             | 460          |
| 7 Bungay (BD) A                 | 224         | 211         |             |             |             | 435          |
| 8 Ipswich Triathlon (IT)        | 193         | 238         |             |             |             | 431          |
| 9 Stowmarket (ST) B             | 209         | 201         |             |             |             | 410          |
| 10 Lowestoft (LO)               | 208         | 195         |             |             |             | 403          |
| 11 St Edmunds Pacers (PA) B     | 163         | 227         |             |             |             | 390          |
| 12 Haverhill (HA)               | 185         | 205         |             |             |             | 390          |
| 13 Thetford (TH)                | 214         | 171         |             |             |             | 385          |
| 14 Flying Shufflers (FS) B      | 174         | 195         |             |             |             | 369          |
| 15 Waveney Valley (WV) B        | 148         | 202         |             |             |             | 350          |
| 16 Felixstowe (FE) A            | 177         | 154         |             |             |             | 331          |
| 17 Flying Shufflers (FS) C      | 121         | 147         |             |             |             | 268          |
| 18 Bungay (BD) B                | 146         | 110         |             |             |             | 256          |
| 19 Ipswich Harriers (IH) B      | 108         | 144         |             |             |             | 252          |
| 20 Newmarket and Sudbury (NS) B | 136         | 101         |             |             |             | 237          |
| 21 Diss (DI)                    | 143         | 61          |             |             |             | 204          |
| 22 Felixstowe (FE) B            | 101         | 97          |             |             |             | 198          |
| 23 West Suffolk Triathlon (WT)  | 90          | 86          |             |             |             | 176          |
| 24 Flying Shufflers (FS) D      | 59          | 107         |             |             |             | 166          |

### MEN

| <u>TEAM</u>                     | <u>FRAM</u> | <u>WOOD</u> | <u>STOW</u> | <u>BUNG</u> | <u>BURY</u> | <u>TOTAL</u> |
|---------------------------------|-------------|-------------|-------------|-------------|-------------|--------------|
| 1 Bungay (BD) A                 | 1286        | 1113        |             |             |             | 2399         |
| 2 Ipswich Harriers (IH) A       | 1142        | 1255        |             |             |             | 2397         |
| 3 Flying Shufflers (FS) A       | 1160        | 1170        |             |             |             | 2330         |
| 4 Newmarket and Sudbury (NS) A  | 1190        | 1119        |             |             |             | 2309         |
| 5 St Edmunds Pacers (PA) A      | 1130        | 1151        |             |             |             | 2281         |
| 6 Felixstowe (FE) A             | 1069        | 1170        |             |             |             | 2239         |
| 7 Stowmarket (ST) A             | 1098        | 1027        |             |             |             | 2125         |
| 8 Lowestoft (LO)                | 938         | 1143        |             |             |             | 2081         |
| 9 Ipswich Triathlon (IT)        | 1152        | 926         |             |             |             | 2078         |
| 10 Waveney Valley (WV) A        | 994         | 1018        |             |             |             | 2012         |
| 11 Flying Shufflers (FS) B      | 870         | 862         |             |             |             | 1732         |
| 12 Haverhill (HA)               | 609         | 815         |             |             |             | 1424         |
| 13 Bungay (BD) B                | 665         | 679         |             |             |             | 1344         |
| 14 Ipswich Harriers (IH) B      | 479         | 738         |             |             |             | 1217         |
| 15 Newmarket and Sudbury (NS) B | 515         | 688         |             |             |             | 1203         |
| 16 West Suffolk Triathlon (WT)  | 520         | 629         |             |             |             | 1149         |
| 17 Stowmarket (ST) B            | 617         | 528         |             |             |             | 1145         |
| 18 Flying Shufflers (FS) C      | 573         | 525         |             |             |             | 1098         |
| 19 Felixstowe (FE) B            | 392         | 660         |             |             |             | 1052         |
| 20 Thetford (TH)                | 712         | 289         |             |             |             | 1001         |
| 21 St Edmunds Pacers (PA) B     | 645         | 271         |             |             |             | 916          |
| 22 Diss (DI)                    | 518         | 249         |             |             |             | 767          |
| 23 Waveney Valley (WV) B        | 270         | 239         |             |             |             | 509          |
| 24 Flying Shufflers (FS) D      | 297         | 142         |             |             |             | 439          |