

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2010/11

FRAMLINGHAM SENIORS

O/L	POSITION		POINTS		TIME	RUNNER		INDIVIDUAL	
	M	F	M	F		NAME	CLUB	CAT	POS
1	1		164		25.30	Matt Barnes-Smith	IH	M 20	1
2	2		163		25.55	Kevin Murphy	PA	M 20	2
3	3		162		27.20	Carl Prewer	WV	M 40	1
4	4		161		27.51	Simon Gardiner	IH	M 20	3
5	5		160		27.54	Ross Fawcett	IH	M 17	1
6	6		159		28.15	Ben Caisey	IN	M 20	4
7	7		158		28.27	Colin Ridley	PA	M 45	1
8	8		157		28.40	Robert Cheverton	WV	M 50	1
9	9		156		28.56	Roger Stone	FE	M 40	2
10	10		155		29.17	Peter Golding	PA	M 50	2
11	11		154		29.21	Glynn Thomas	IH	M 45	2
12	12		153		29.27	Ian Keeble	ST	M 20	5
13	13		152		29.36	Nick Palmer	ST	M 20	6
14	14		151		29.54	Jonny Palmer	IH	M 20	7
15	15		150		30.00	Vince Coogan	NS	M 20	8
16	16		149		30.08	Jonny Mead	TH	M 17	2
17	17		148		30.13	John White	BD	M 45	3
18	18		147		30.20	Mark Pinney	FE	M 45	4
19	19		146		30.27	Kevin Vaughan	PA	M 45	5
20	20		145		30.36	Tim Byford	IH	M 17	3
21	21		144		30.41	Chris Starmer	ST	M 50	3
22	22		143		30.50	Ricky Peacher	FS	M 20	9
23	23		142		30.57	Joseph Kirton	TH	M 17	4
24	24		141		31.00	Seb Herrod	WV	M 20	10
25	25		140		31.01	Carl Marston	PA	M 40	3
26	26		139		31.03	Alan Dawson	PA	M 50	4

27	27	138	31.05	Jon Cushing	PA	M 20	11
28	28	137	31.13	Mark Bee	WV	M 20	12
29	29	136	31.16	Tim Fox	PA	M 20	13
30	30	135	31.23	Paul Sullivan	WV	M 40	4
31	31	134	31.37	Nick Stephens	ST	M 45	6
32	32	133	31.52	Chris Pimlott	WV	M 20	14
33	1	72	31.56	Natasha Belsom	ST	F 20	1
34	33	132	31.57	James Heath	WS	M 50	5
35	34	131	32.00	Julian Long	PA	M 20	15
36	35	130	32.01	John Waterson	PA	M 20	16
37	36	129	32.04	Paul Preston	NS	M 20	17
38	37	128	32.06	Nick Hammond	ST	M 20	18
39	38	127	32.10	Rhys Tyler	TH	M 20	19
40	39	126	32.10	Steven Neaves	ST	M 50	6
41	40	125	32.11	Dan Kinsman	FS	M 20	20
42	41	124	32.11	James Mackenzie	FS	M 17	5
43	42	123	32.22	Ker Macrosson	ST	M 55	1
44	43	122	32.36	Michael Jones	ST	M 20	21
45	44	121	32.48	Andy Buck	NS	M 45	7
46	45	120	32.52	Ian Milligan	WS	M 40	5
47	46	119	33.03	Steve Edwards	NS	M 45	8
48	47	118	33.05	Cliff Bailey	TH	M 50	7
49	48	117	33.08	Brian Munns	NS	M 45	9
50	49	116	33.28	Roger Ackerley	FS	M 50	8
51	50	115	33.38	Neil Catling	IN	M 20	22
52	51	114	33.39	Chris Cooke	PA	M 45	10
53	2	71	33.41	Nicky Brinkman	WS	F 35	1
54	3	70	33.48	Louise Hampshire	NS	F 20	2
55	52	113	33.55	Chris Chorley	BD	M 45	11
56	53	112	33.59	Andy Green	ST	M 40	6

57	54	111	34.01	Jonathan Cooper	TH	M 20	23
58	55	110	34.04	Robbie James	BD	M 20	24
59	56	109	34.07	Jason Taylor	FE	M 20	25
60	57	108	34.09	Steve Curran	FS	M 45	12
61	58	107	34.11	Alan Fairs	WV	M 40	7
62	59	106	34.12	Paul Shaw	FE	M 40	8
63	60	105	34.14	Chris Perry	PA	M 20	26
64	61	104	34.15	Mike Troup	PA	M 55	2
65	62	103	34.17	Steve Le Poidevin	PA	M 40	9
66	63	102	34.21	Rob Mackenzie	FS	M 45	13
67	4	69	34.25	Angie Joiner-Handy	IN	F 40	1
68	64	101	34.27	Neville Clarke	NS	M 55	3
69	65	100	34.30	Mark Ford	FE	M 40	10
70	5	68	34.35	Mary Narey	ST	F 40	2
71	66	99	34.41	Phil Bower	TH	M 50	9
72	67	98	34.52	Lee Sole	WS	M 40	11
73	68	97	34.57	Chris Jones	FS	M 50	10
74	69	96	34.59	Chris Seymour	ST	M 40	12
75	70	95	35.01	Jonathan Comyn	WV	M 20	27
76	6	67	35.02	Amanda Henry	NS	F 35	2
77	7	66	35.24	Lynn Emmett	BD	F 40	3
78	71	94	35.25	Neil Gillingham	IH	M 20	28
79	72	93	35.30	David Vaughan	PA	M 55	4
80	73	92	35.35	Robin Belsom	ST	M 50	11
81	74	91	35.39	Joe Hornsey	BD	M 20	29
82	75	90	35.42	Kenny Tovell	FS	M 40	13
83	76	89	35.44	Samuel Burdett	ST	M 20	30
84	8	65	35.52	Ursula White	NS	F 35	3
85	77	88	35.56	Sam Harrison	PA	M 20	31
86	78	87	35.56	Richard Nash	ST	M 20	32

87		9		64	36.05	Lucy Tyler	TH	F 20	3
88	79		86		36.13	Clive Quantrill	IN	M 40	14
89	80		85		36.22	Peter Mills	ST	M 55	5
90	81		84		36.33	Steve Brooke	FE	M 40	15
91	82		83		36.34	Ollie Minns	OP	M 17	6
92	83		82		36.34	Bryan Reid	PA	M 40	16
93	84		81		36.36	Greg Marshall	FS	M 55	6
94	85		80		36.37	Christian Pawsey	FS	M 40	17
95	86		79		36.40	Nigel Herrod	WV	M 50	12
96	87		78		36.42	Steve Gray	ST	M 50	13
97	88		77		36.45	Ian Gooderham	PA	M 40	18
98	89		76		36.49	Stephen Williams	PA	M 55	7
99	90		75		36.52	Gary Howe	TH	M 40	19
100	91		74		37.00	Russell Breyer	IN	M 45	14
101	92		73		37.03	Ian Mace	FS	M 50	14
102	93		72		37.06	Darren Lee	ST	M 45	15
103	94		71		37.14	Paul Hornsey	WS	M 45	16
104		10		63	37.14	Michelle Gordon	FE	F 20	4
105		11		62	37.31	Nicki Ramsey	IN	F 20	5
106		12		61	37.35	Gail Pryke	NS	F 50	1
107	95		70		37.38	Darrell Oldman	BD	M 45	17
108	96		69		37.41	Angus Westorn	FS	M 20	33
109	97		68		37.42	Ron Ames	ST	M 60	1
110	98		67		37.44	Alex Weatherley	FE	M 20	34
111	99		66		37.48	Jeff Agricole	WS	M 45	18
112	100		65		37.51	Stephen Shaw	FE	M 40	20
113	101		64		37.53	Kevin Booth	WV	M 45	19
114	102		63		37.53	Mark Watts	PA	M 45	20
115		13		60	37.55	Laura Thomas	IH	F 17	1
116		14		59	37.55	Kate Beach	FE	F 20	6

117		15		58	37.55	Haley Suttle	ST	F 45	1
118	103		62		37.57	Tony Maclean	FS	M 40	21
119	104		61		37.59	Brian Wright	TH	M 55	8
120	105		60		38.03	Logan Mair	IH	M 40	22
121	106		59		38.04	Richard Dolman	TH	M 45	21
122	107		58		38.04	Lee Bowker	IH	M 20	35
123	108		57		38.10	Tony Cattle	TH	M 50	15
124	109		56		38.12	Chris Cook	PA	M 60	2
125		16		57	38.18	Charmaine Geraghty	ST	F 35	4
126		17		56	38.21	Laura Hicks	ST	F 20	7
127		18		55	38.32	Abi Paton	ST	F 20	8
128	110		55		38.33	Fred Boggis	FS	M 50	16
129	111		54		38.41	Robin Phillips	FE	M 55	9
130	112		53		38.49	Stewart Hambling	FS	M 40	23
131	113		52		38.53	Mark Kendall	FS	M 50	17
132		19		54	38.55	Sirrka Love	NS	F 55	1
133	114		51		39.09	Roly Shaw	BD	M 50	18
134		20		53	39.13	Helen Hornsey	BD	F 20	9
135	115		50		39.31	Jason Beeton	NS	M 20	36
136	116		49		39.43	Peter Bird	PA	M 20	37
137	117		48		39.45	Richard Higgins	FS	M 45	22
138	118		47		39.48	Wayne Tilbury-Carter	FS	M 20	38
139	119		46		39.49	Dave Watt	ST	M 50	19
140	120		45		39.59	Tony Burdett	ST	M 45	23
141	121		44		40.03	Dave Fox	FE	M 50	20
142	122		43		40.05	Steve Oldman	BD	M 45	24
143	123		42		40.08	Stuart Abbott	FS	M 20	39
144	124		41		40.14	Steve Seinet-Martin	FE	M 50	21
145		21		52	40.17	Emma Burroughs	IH	F 17	2
146	125		40		40.21	Christopher Gay	GY	M 45	25

147		22	51	40.22	Sarah Vick	FS	F 40	4
148	126		39	40.25	David Gilbert	BD	M 45	26
149	127		38	40.30	Peter Lennard	IN	M 50	22
150		23	50	40.37	Carol Fowles	ST	F 45	2
151		24	49	40.42	Bobbie Sauerzapf	BD	F 50	2
152	128		37	40.49	Ryan Edwards	PA	M 20	40
153	129		36	41.06	Adam Ramsey	IN	M 20	41
154		25	48	41.21	Sarah Bradley	WV	F 45	3
155	130		35	41.40	Ian Chapman	PA	M 20	42
156	131		34	41.43	David Punt	BD	M 55	10
157		26	47	41.49	Becky Peck	FS	F 40	5
158		27	46	41.53	Ann Millett	WV	F 50	3
159		28	45	42.01	Elise Mann	WV	F 35	5
160		29	44	42.02	Caroline Anderson	NS	F 35	6
161		30	43	42.12	Mel Roberts	FS	F 50	4
162	132		33	42.30	Keith Borrett	ST	M 55	11
163		31	42	42.31	Maria Hamersoo	PA	F 20	10
164	133		32	42.34	Bob Paul	BD	M 55	12
165		32	41	42.41	Sarah Golding	PA	F 45	4
166	134		31	42.48	Neil Thomas	BD	M 40	24
167		33	40	42.50	Mary Skelcher	IN	F 40	6
168	135		30	42.56	Bruce Rayner	BD	M 50	23
169		34	39	43.08	Sue Garrod	ST	F 45	5
170	136		29	43.30	Dave Coley	FE	M 60	3
171	137		28	43.37	Robert Shaw	NS	M 45	27
172		35	38	43.40	Sharon Harrison	PA	F 40	7
173		36	37	43.51	Mandy Bunn	WS	F 40	8
174		37	36	44.08	Joanne Marshall	FS	F 50	5
175		38	35	44.11	Annabel Bennett	FE	F 45	6
176	138		27	44.19	Les Basham	ST	M 60	4

177		39	34	44.23	Shona Bendix	BD	F 40	9
178		40	33	44.31	Kate Tucker	IN	F 20	11
179		41	32	44.37	Dawn D'Amarco	WS	F 35	7
180	139		26	44.43	Rob Adam	WS	M 40	25
181	140		25	44.48	Tony Millett	WV	M 55	13
182	141		24	45.06	Tim Finnegan	FE	M 45	28
183		42	31	45.26	Christine Muttitt	BD	F 60	1
184	142		23	45.33	Mike Munson	ST	M 55	14
185	143		22	45.53	Andy Bond	ST	M 60	5
186	144		21	45.58	David Chapman	NS	M 50	24
187	145		20	45.59	Dave Songhurst	FE	M 60	6
188		43	30	46.06	Anne Fish	ST	F 60	2
189		44	29	46.11	Dawn Pretty	FS	F 45	7
190		45	28	46.21	Judy Potter	BD	F 60	3
191	146		19	46.51	Tony Fuller	IH	M 55	15
192	147		18	47.03	Jim King	ST	M 65	1
193		46	27	47.11	Sara Bloor	FS	F 40	10
194		47	26	47.11	Marion Walker	FS	F 55	2
195		48	25	47.11	Michaela Bailey	FS	F 40	11
196		49	24	47.11	Miki Bloomfield	FS	F 40	12
197	148		17	47.15	Chris Lucas	FS	M 45	29
198	149		16	47.21	Malcolm Hogarth	ST	M 50	25
199		50	23	47.31	Marion Parker	FE	F 45	8
200	150		15	47.32	David Pimlott	WV	M 60	7
201		51	22	47.33	Julie Myhill	BD	F 40	13
202		52	21	47.36	Jenny Jarrett	FE	F 45	9
203		53	20	47.41	Jemma Neesham	BD	F 20	12
204	151		14	47.55	Mike Sales	NS	M 40	26
205		54	19	48.10	Dee St Leger	NS	F 45	10
206		55	18	48.21	Angela Burdett	ST	F 40	14

207	56	17	48.52	Kate Beer	ST	F 40	15
208	57	16	49.19	Sarah Pennock	NS	F 20	13
209	152	13	49.25	Michael Saville	ST	M 45	30
210	58	15	50.01	Cathy Lambert	PA	F 40	16
211	59	14	50.14	Karen Waters	BD	F 40	17
212	153	12	50.38	Dave Lines	BD	M 40	27
213	60	13	51.18	Sue Hargadon	IN	F 50	6
214	61	12	51.29	Tina Monaghan	WS	F 35	8
215	62	11	52.02	Jo Dickinson	FE	F 40	18
216	63	10	56.17	Tracy Mayne	WV	F 40	19
217	154	11	56.31	Craig Palmer	DI	M 17	7
218	155	10	56.54	Kieran Jessop	DI	M 17	8
		Non-scorer		Robert Shaw	FS	M 55	