

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2013/14

BUNGAY SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		200		31.01	Kieran McMorran	BD	M	17	1
2	2		199		31.24	Ted Oldman	BD	M	17	2
3	3		198		31.29	Dominic Oliver	WV	M	17	3
4	4		197		33.11	Ross Fawcett	IH	M	20	1
5	5		196		33.20	Carl Prewer	LO	M	40	1
6	6		195		33.43	Tom Kingsnorth	PA	M	20	2
7	7		194		34.04	Ben Wharnsby	IH	M	17	4
8	8		193		34.20	Martin Hewetson	WV	M	20	3
9	9		192		34.37	Robert Chenery	BD	M	20	4
10	10		191		34.42	Nick Palmer	ST	M	20	5
11	11		190		34.56	Jim Last	FS	M	20	6
12	12		189		35.15	Darren Sheppard	FS	M	40	2
13	13		188		35.25	Marcus Sladden	BD	M	17	5
14	14		187		35.35	Martyn Taylor	NS	M	20	7
15	15		186		35.43	Keith Marra	WT	M	20	8
16	16		185		35.57	Tom White	PA	M	20	9
17	17		184		36.02	Greg Davis	NS	M	50	1
18	18		183		36.28	Robert Cheverton	WV	M	55	1
19	19		182		36.59	Graham Pattle	IH	M	20	10
20	20		181		37.12	Richie Parkins	ST	M	40	3
21	21		180		37.13	Paul Lyon	LO	M	20	11
22	22		179		37.13	Chris Starmer	ST	M	50	2
23	23		178		37.18	Dan Kinsman	FS	M	20	12
24	24		177		37.33	Steve Edwards	NS	M	45	1
25	25		176		37.43	Neil Gillingham	IH	M	20	13
26	26		175		37.47	Paul Sullivan	WV	M	45	2
27		1		100	37.56	Tammy Jordan	ST	F	35	1
28	27		174		37.57	Peter Bird	PA	M	40	4
29	28		173		38.02	Mark Watts	PA	M	50	3
30	29		172		38.10	George Bownes	BD	M	20	14
31	30		171		38.19	Steve Garvie	FS	M	40	5
32	31		170		38.20	Chris Seymour	ST	M	40	6
33	32		169		38.29	Roger Manton	PA	M	40	7
34	33		168		38.31	Mark Ford	FE	M	45	3
35	34		167		38.35	Steve Hughes	ST	M	50	4
36	35		166		38.36	Paul Brown	FS	M	45	4
37	36		165		38.36	Chris Haylock	LO	M	40	8
38		2		99	39.03	Rose Nicholson	WV	F	20	1
39	37		164		39.04	Paul Nickells	FS	M	50	5
40	38		163		39.13	Mark Gosling	LO	M	20	15
41	39		162		39.30	Roger Ackerley	FS	M	55	2
42	40		161		39.39	Wayne Gardiner	ST	M	20	16
43	41		160		39.41	Steve Curran	FS	M	50	6
44	42		159		39.41	Martin Archer	IT	M	45	5
45	43		158		39.50	Leigh Butcher	LO	M	20	17
46		3		98	39.50	Angie Joiner-Handy	PA	F	45	1
47	44		157		40.03	Ian Ward	ST	M	40	9
48	45		156		40.09	Jason Allard	ST	M	20	18
49		4		97	40.11	Ursula Ransom	NS	F	35	2
50		5		96	40.15	Lynn Emmett	BD	F	45	2
51	46		155		40.17	Jake Church	FS	M	17	6
52	47		154		40.18	Sean Kennedy	FS	M	20	19

53	48	153	40.21	Adrian Goode	IH	M	45	6	
54	49	152	40.26	Mark Ramsey	IH	M	40	10	
55	50	151	40.36	Ricky Peacher	FS	M	20	20	
56	51	150	40.50	John Squirrell	ST	M	60	1	
57	52	149	40.57	Russell Breyer	IT	M	50	7	
58		6	95	41.00	Laura Thomas	IH	F	20	2
59	53	148	41.32	Steven Brooke	FE	M	45	7	
60	54	147	41.34	Mark White	HA	M	40	11	
61	55	146	41.36	Richard Grimsdell	PA	M	45	8	
62	56	145	41.37	Stephen Hatten	PA	M	45	9	
63	57	144	41.40	Vince Calver	FE	M	40	12	
64	58	143	41.41	Kenneth Tovell	FS	M	40	13	
65	59	142	41.42	Bill Kingaby	WV	M	60	2	
66	60	141	41.50	Tim Earl	WV	M	20	21	
67		7	94	41.55	Alice Goodwin	IH	F	17	1
68	61	140	42.01	Phil Clarke	WT	M	40	14	
69	62	139	42.10	Ian Gooderham	PA	M	45	10	
70	63	138	42.15	Chris Pimlott	WV	M	20	22	
71	64	137	42.16	Karl Wright	TH	M	20	23	
72	65	136	42.17	Sam Burdett	ST	M	17	7	
73	66	135	42.18	Tom Collier	LO	M	20	24	
74	67	134	42.23	Robin Harper	FE	M	20	25	
75	68	133	42.28	Neville Clarke	NS	M	60	3	
76		8	93	42.31	Mary Narey	ST	F	45	3
77		9	92	42.35	Megan Norry	TH	F	17	2
78	69	132	42.35	Tony Cantle	TH	M	50	8	
79	70	131	42.40	Oliver Minns	IH	M	20	26	
80		10	91	42.42	Laura Hicks	ST	F	20	3
81	71	130	42.48	Kevin Connerley	NS	M	20	27	
82		11	90	43.04	Emma Watts	PA	F	17	3
83	72	129	43.08	Roly Shaw	BD	M	55	3	
84	73	128	43.12	Neil Bassett	ST	M	20	28	
85		12	89	43.14	Niki Chapman	NS	F	20	4
86	74	127	43.26	Kevin Bird	ST	M	45	11	
87	75	126	43.43	Tim Watson	ST	M	45	12	
88	76	125	44.17	Jamie Randall	HA	M	45	13	
89	77	124	44.23	David Dinnage	DI	M	20	29	
90		13	88	44.23	Emily Gooderham	PA	F	17	4
91	78	123	44.26	Julian Colman	WT	M	50	9	
92	79	122	44.49	Paul Buckle	HA	M	40	15	
93	80	121	44.57	Mark Sargeantson	FS	M	60	4	
94		14	87	45.01	Tamsin Desborough	WV	F	17	5
95		15	86	45.02	Elies Mann	WV	F	40	1
96	81	120	45.04	David Daniels	ST	M	50	10	
97		16	85	45.20	Dawn Carver	WV	F	45	4
98	82	119	45.29	Peter Mills	ST	M	60	5	
99		17	84	45.33	Clare Barstow	FS	F	35	3
100	83	118	45.43	Peter Andrews	WV	M	40	16	
101	84	117	45.43	Marcus Nichols	BD	M	20	30	
102	85	116	45.47	Greg Tunmore	DI	M	20	31	
103		18	83	45.58	Karen Archbold	LO	F	45	5
104	86	115	46.05	Stuart Abbott	FS	M	20	32	
105		19	82	46.24	Chloe Jennings	PA	F	20	5
106		20	81	46.40	Diane Hughes	ST	F	50	1
107	87	114	47.09	Ron Ames	ST	M	65	1	
108	88	113	47.14	Brian Wright	TH	M	60	6	
109	89	112	47.15	Nigel Herrod	WV	M	55	4	
110	90	111	47.18	Andy Hansler	IT	M	45	14	

111	91		110	47.19	Paul Snowdon	IH	M	40	17
112		21	80	47.20	Sian Barker	HA	F	40	2
113		22	79	47.27	Joanne Cox	BD	F	40	3
114		23	78	47.28	Kelly Mayhew	ST	F	20	6
115	92		109	47.31	Ian Mace	FS	M	55	5
116	93		108	47.35	Simon Sparkes	BD	M	40	18
117	94		107	47.41	Peter Woods	ST	M	20	33
118	95		106	47.44	Mark Elflett	LO	M	20	34
119		24	77	47.47	Michelle Constable	IT	F	45	6
120	96		105	47.54	Charles Shoolbred	NS	M	60	7
121	97		104	47.55	Chris Gladwell	ST	M	55	6
122	98		103	47.55	Matthew Eveleigh	ST	M	20	35
123	99		102	47.55	Paul Sawyer	WT	M	50	11
124	100		101	47.58	Jeremy Smith	IH	M	40	19
125	101		100	48.00	Steve Robinson	ST	M	55	7
126	102		99	48.01	David Leaver	WT	M	60	8
127	103		98	48.02	Chris Howland	FE	M	50	12
128	104		97	48.03	Stephen Shaw	FE	M	40	20
129	105		96	48.11	Paul McAllister	IT	M	45	15
130		25	76	48.16	Jo Parden	FS	F	45	7
131	106		95	48.22	Simon Tinkler	FS	M	20	36
132		26	75	48.34	Julia Baldwin	ST	F	40	4
133	107		94	48.41	Paul Schwer	FE	M	50	13
134	108		93	48.53	Adam Clarke	PA	M	20	37
135	109		92	48.55	Malcolm Macfarlane	WT	M	50	14
136		27	74	48.59	Alex Smith	ST	F	35	4
137	110		91	49.04	Richard Fellingham	ST	M	65	2
138	111		90	49.04	Tim Ellis	HA	M	45	16
139	112		89	49.07	John Nevis	HA	M	60	9
140	113		88	49.20	David Taylor	FS	M	60	10
141	114		87	49.29	Ashley Berry	FS	M	17	8
142	115		86	49.31	Chris Cook	PA	M	60	11
143		28	73	49.43	Sarah Coulter	DI	F	45	8
144		29	72	49.49	Amanda Mallett	IT	F	45	9
145	116		85	49.53	Graham Dixon	HA	M	20	38
146	117		84	49.56	Bruce Rayner	BD	M	50	15
147	118		83	50.09	Manuel Marchi	NS	M	20	39
148		30	71	50.10	Bobbie Sauerzapf	BD	F	50	2
149	119		82	50.23	Stuart Shephard	HA	M	40	21
150	120		81	50.25	Simon Kitching	WT	M	45	17
151		31	70	50.41	Greta Supinaite	IH	F	17	6
152		32	69	50.48	Siobhan Duckerhill	HA	F	20	7
153		33	68	50.50	Emma Yarrow	ST	F	40	5
154	121		80	51.04	Gary Hutchings	FS	M	50	16
155	122		79	50.12	Tony Burdett	ST	M	50	17
156		34	67	51.29	Lisa Riley	LO	F	45	10
157		35	66	51.36	Christina Howland	FE	F	45	11
158	123		78	51.54	Tony Millett	WV	M	60	12
159		36	65	52.02	Rebecca Clare	FS	F	45	12
160		37	64	52.06	Tara Darrall	DI	F	40	6
161		38	63	52.08	Marion Parker	FE	F	50	3
162		39	62	52.49	Belinda Schofield	NS	F	55	1
163		40	61	52.52	Elayne Hilton	LO	F	45	13
164	124		77	52.59	Tony Fuller	IH	M	55	8
165		41	60	53.07	Caren Elvin	WV	F	40	7
166		42	59	53.10	Joanne Harper	FE	F	20	8
167	125		76	53.10	Graham Sampson	BD	M	65	3
168		43	58	53.32	Sue Garrod	ST	F	45	14

169	126		75		53.54	Mike Sales	NS	M	45	18
170		44		57	54.01	Eloise Bird	PA	F	45	15
171		45		56	54.27	Sandra Mayhew	ST	F	45	16
172	127		74		54.51	Neil Thomas	BD	M	45	19
173		46		55	55.36	Mandy Godbold	IH	F	45	17
174	128		73		55.42	Clive Purbrook	NS	M	55	9
175	129		72		56.40	Dave Greenham	HA	M	60	13
176	130		71		56.47	Keith Borrett	ST	M	60	14
177		47		54	56.47	Jenny Devaney	ST	F	35	5
178		48		53	56.49	Jayne Burman	FE	F	20	9
179		49		52	56.50	Carol Maycock	BD	F	55	2
180		50		51	56.56	Marjie Davis	NS	F	45	18
181		51		50	57.03	Anne Oliver	FE	F	55	3
182		52		49	57.12	Mel Roberts	FS	F	55	4
183	131		70		57.15	Stuart Smith	WV	M	55	10
184	132		69		57.23	Richard Smith	FE	M	50	18
185		53		48	57.35	Jackie Bell	BD	F	50	4
186		54		47	57.37	Susan Wright	BD	F	45	19
187	133		68		57.44	Steven Mowles	FE	M	40	22
188		55		46	57.52	Moira Pinkney	IT	F	60	1
189		56		45	58.19	Sarah Sparkes	BD	F	40	8
190	134		67		58.32	James Gooch	WV	M	20	40
191		57		44	59.27	Judy Potter	BD	F	65	1
192		58		43	59.27	Michaela Gooch	WV	F	45	20
193		59		42	60.48	Viv Taylor	FS	F	60	2
194		60		41	61.16	Jenny Jarrett	FE	F	45	21
195	135		66		63.22	Bill Cox	FS	M	70	1
196	136		65		64.23	Richard Pope	WV	M	20	41
197		61		40	66.47	Kathryn Gerry	FS	F	40	9
198		62		39	67.24	Sarah Sales	NS	F	40	10
199		63		38	67.36	Jean Cox	FS	F	70	1
200		64		37	68.38	Susannah Rosenberg	IT	F	50	5
201		65		36	69.07	Jo Dickinson	FE	F	40	11
202		66		35	70.15	Tina Church	FS	F	40	12
203		67		34	83.46	Carolyne Goldsworthy	IT	F	50	6
204		68		33	83.50	Karen Waters	BD	F	40	13

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	1463		5793
2 Ipswich Harriers (IH) A	1403	1492	1433	1444		5772
3 Flying Shufflers (FS) A	1397	1440	1416	1445		5698
4 Stowmarket (ST) A	1361	1278	1513	1490		5642
5 Newmarket and Sudbury (NS) A	1434	1335	1341	1247		5357
6 Waveney Valley (WV) A	1275	1293	1311	1442		5321
7 Lowestoft (LO)	1146	1338	1216	1314		5014
8 Bungay (BD) A	1510	1324	696	1443		4973
9 Felixstowe (FE) A	1246	1324	1260	1071		4901
10 Ipswich Triathlon (IT)	1345	1164	1165	710		4384
11 Flying Shufflers (FS) B	1044	1057	1036	1130		4267
12 Haverhill (HA)	794	1020	1161	889		3864
13 Stowmarket (ST) B	826	729	1121	1177		3853
14 Thetford (TH)	926	460	613	1025		3024
15 West Suffolk Triathlon (WT)	610	715	594	823		2742
16 St Edmunds Pacers (PA) B	808	498	973	457		2736
17 Flying Shufflers (FS) C	694	672	719	598		2683
18 Ipswich Harriers (IH) B	587	882	701	343		2513
19 Bungay (BD) B	811	789	96	489		2185
20 Newmarket and Sudbury (NS) B	651	789	405	238		2083
21 Felixstowe (FE) B	493	757	529	281		2060
22 Waveney Valley (WV) B	418	441	139	698		1696
23 Diss (DI)	661	310	298	377		1646
24 Flying Shufflers (FS) D	356	249	307	0		912
25 West Suffolk AC	0	0	432	0		432

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	276		1136
2 Stowmarket (ST) A	263	251	275	284		1073
3 Waveney Valley (WV) A	281	275	224	272		1052
4 Ipswich Harriers (IH) A	261	237	229	259		986
5 Flying Shufflers (FS) A	237	270	230	225		962
6 Newmarket and Sudbury (NS) A	244	216	253	248		961
7 Stowmarket (ST) B	209	201	222	234		866
8 Bungay (BD) A	224	211	183	246		864
9 Lowestoft (LO)	208	195	160	211		774
10 Ipswich Triathlon (IT)	193	238	131	195		757
11 Haverhill (HA)	185	205	216	149		755
12 St Edmunds Pacers (PA) B	163	227	223	139		752
13 Felixstowe (FE) A	177	154	179	188		698
14 Flying Shufflers (FS) B	174	195	137	131		637
15 Thetford (TH)	214	171	98	92		575
16 Waveney Valley (WV) B	148	202	0	188		538
17 Ipswich Harriers (IH) B	108	144	0	259		511
18 Bungay (BD) B	146	110	96	147		499
19 Felixstowe (FE) B	101	97	130	144		472
20 Newmarket and Sudbury (NS) B	136	101	119	90		446
21 West Suffolk AC	0	0	432	0		432
22 Flying Shufflers (FS) C	121	147	83	73		424
23 Diss (DI)	143	61	57	137		398
24 West Suffolk Triathlon (WT)	90	86	83	0		259
25 Flying Shufflers (FS) D	59	107	53	0		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	1185		4786
2 Flying Shufflers (FS) A	1160	1170	1186	1220		4736
3 St Edmunds Pacers (PA) A	1130	1151	1189	1187		4657
4 Stowmarket (ST) A	1098	1027	1238	1206		4569
5 Newmarket and Sudbury (NS) A	1190	1119	1088	999		4396
6 Waveney Valley (WV) A	994	1018	1087	1170		4269
7 Lowestoft (LO)	938	1143	1056	1103		4240
8 Felixstowe (FE) A	1069	1170	1081	883		4203
9 Bungay (BD) A	1286	1113	513	1197		4109
10 Flying Shufflers (FS) B	870	862	899	999		3630
11 Ipswich Triathlon (IT)	1152	926	1034	515		3627
12 Haverhill (HA)	609	815	945	740		3109
13 Stowmarket (ST) B	617	528	899	943		2987
14 West Suffolk Triathlon (WT)	520	629	511	823		2483
15 Thetford (TH)	712	289	515	933		2449
16 Flying Shufflers (FS) C	573	525	636	525		2259
17 Ipswich Harriers (IH) B	479	738	701	288		2206
18 St Edmunds Pacers (PA) B	645	271	750	318		1984
19 Bungay (BD) B	665	679	0	342		1686
20 Newmarket and Sudbury (NS) B	515	688	286	148		1637
21 Felixstowe (FE) B	392	660	399	137		1588
22 Diss (DI)	518	249	241	240		1248
23 Waveney Valley (WV) B	270	239	139	510		1158
24 Flying Shufflers (FS) D	297	142	254	0		693
25 West Suffolk AC	0	0	0	0		0