

## SUFFOLK WINTER CROSS COUNTRY LEAGUE 2013/14

### FRAMLINGHAM SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		200		26.04	Tom Fairbrother	FS	M	20	1
2	2		199		26.16	Kieran McMorran	BD	M	17	1
3	3		198		26.25	Dominic Oliver	WV	M	17	2
4	4		197		26.37	Ted Oldman	BD	M	17	3
5	5		196		27.10	Ross Fawcett	IH	M	20	2
6	6		195		27.12	Paul Holley	NS	M	45	1
7	7		194		27.18	Connor Whiting	IH	M	17	4
8	8		193		27.37	Robert Chenery	BD	M	20	3
9	9		192		27.39	Carl Prewer	LO	M	40	1
10	10		191		28.35	James Maycock	BD	M	20	4
11	11		190		28.36	Roger Aldiss	ST	M	45	2
12	12		189		28.38	Peter Kerry	IT	M	20	5
13	13		188		28.39	Ben Caisey	IT	M	20	6
14	14		187		29.03	Tom Kingsnorth	PA	M	20	7
15	15		186		29.13	Martin Hewetson	WV	M	20	8
16	16		185		29.16	Roger Stone	FE	M	45	3
17	17		184		29.24	Alan Cooney	FS	M	20	9
18	18		183		29.26	Gab Lowrie	NS	M	20	10
19	19		182		29.30	Robert Cheverton	WV	M	55	1
20	20		181		29.31	Tom White	PA	M	20	11
21	21		180		29.42	Kevin Peirce	IH	M	20	12
22	22		179		29.56	Graham Pattle	IH	M	20	13
23	23		178		29.57	Troy Douglas-Callow	BD	M	17	5
24	24		177		29.58	Tom Ames	ST	M	20	14
25	25		176		29.59	Ian Day	IT	M	40	2
26	26		175		30.00	Greg Davis	NS	M	50	1
27		1		100	30.02	Odette Robson	PA	F	40	1
28	27		174		30.06	Darren Sheppard	FS	M	40	3
29	28		173		30.15	Martyn Taylor	NS	M	20	15
30	29		172		30.21	Matt Shingleton	WT	M	20	16
31	30		171		30.24	Julian Long	PA	M	40	4
32	31		170		30.33	Iain Milligan	PA	M	40	5
33	32		169		30.45	Chris Starmer	ST	M	50	2
34	33		168		30.52	Marcus Sladden	BD	M	17	6
35	34		167		30.55	Thomas Francis	TH	M	20	17
36	35		166		30.58	Chris Howell	NS	M	40	6
37	36		165		31.01	Joe Carr	DI	M	20	18
38	37		164		31.02	Paul Lyon	LO	M	20	19
39	38		163		31.03	David Soloman	FE	M	45	4
40	39		162		31.05	Jason Allard	ST	M	20	20
41		2		99	31.05	Rose Nicholson	WV	F	20	1
42	40		161		31.07	Dan Kinsman	FS	M	20	21
43	41		160		31.10	Neil Shorten	BD	M	20	22
44	42		159		31.15	Dan Clapton	IT	M	20	23
45	43		158		31.29	Paul Sullivan	WV	M	45	5
46	44		157		31.31	Tony Roberts	FS	M	45	6
47	45		156		31.32	Mark Ford	FE	M	45	7
48	46		155		31.33	Pete Williams	IT	M	45	8
49	47		154		31.37	Darren Cook	FE	M	20	24
50	48		153		31.42	Chris Clarke	BD	M	20	25
51	49		152		31.42	Dalton Coe	IH	M	20	26
52	50		151		31.43	Tom Jarrett	IT	M	20	27
53	51		150		32.05	Jason Beeton	NS	M	20	28
54	52		149		32.12	Shaun Lark	LO	M	20	29
55	53		148		32.19	Steve Edwards	NS	M	45	9
56	54		147		32.26	Graham Coulter	DI	M	20	30
57	55		146		32.31	Ieuan Alldis	PA	M	17	7
58	56		145		32.34	Ben Jay	NS	M	17	8
59	57		144		32.35	Lee Markham	FS	M	20	31
60	58		143		32.44	Sam Brooke	FE	M	20	32
61	59		142		32.48	Peter Bird	PA	M	40	7
62	60		141		32.49	Scott Williams	ST	M	20	33
63	61		140		32.52	Steve Garvie	FS	M	40	8

64	62	139	32.59	Bryan Rootes	HA	M	45	10	
65	63	138	33.00	John Weston	FE	M	55	2	
66	64	137	33.02	Leigh Butcher	LO	M	20	34	
67	65	136	33.03	Steve Curran	FS	M	50	3	
68		3	98	33.09	Ursula Ransom	NS	F	35	1
69	66	135	33.14	Roger Ackerley	FS	M	55	3	
70	67	134	33.19	Martin Archer	IT	M	45	11	
71	68	133	33.20	Stephen Hatten	PA	M	45	12	
72		4	97	33.25	Catherine Ricketts	WV	F	35	2
73	69	132	33.29	Rhys Tyler	TH	M	20	35	
74	70	131	33.31	Steve Hughes	ST	M	50	4	
75	71	130	33.34	Steven Brooke	FE	M	45	13	
76	72	129	33.37	Russell Breyer	IT	M	50	5	
77		5	96	33.38	Laura Thomas	IH	F	20	2
78	73	128	33.47	Neil Bassett	ST	M	20	36	
79	74	127	33.51	Sean Kennedy	FS	M	20	37	
80		6	95	33.52	Megan Norry	TH	F	17	1
81	75	126	33.55	Rob Mackenzie	FS	M	50	6	
82	76	125	34.00	Trevor Bunch	HA	M	20	38	
83	77	124	34.01	Chris Chorley	BD	M	50	7	
84	78	123	34.16	Kenneth Tovell	FS	M	40	9	
85	79	122	34.19	Tony Cantle	TH	M	50	8	
86	80	121	34.30	Oliver Minns	IH	M	20	39	
87	81	120	34.31	Chris Sugars	IH	M	40	10	
88	82	119	34.43	Jake Church	FS	M	17	9	
89		7	94	34.45	Emily Gooderham	PA	F	17	2
90	83	118	34.45	Ian Gooderham	PA	M	45	14	
91	84	117	34.49	Robin Harper	FE	M	20	40	
92	85	116	35.09	Peter Mills	ST	M	60	1	
93		8	93	35.13	Sarah Hanlon	FS	F	35	3
94	86	115	35.20	Tony Tyler	TH	M	50	9	
95	87	114	35.23	Ron Ames	ST	M	65	1	
96	88	113	35.24	Karl Wright	TH	M	20	41	
97	89	112	35.25	Adrian Goode	IH	M	45	15	
98	90	111	35.27	Vince Webb	PA	M	40	11	
99	91	110	35.28	Chris Haylock	LO	M	40	12	
100	92	109	35.28	Mark Ramsey	IH	M	40	13	
101	93	108	35.39	Greg Tunmore	DI	M	20	42	
102	94	107	35.44	Roly Shaw	BD	M	55	4	
103	95	106	35.45	John Squirrell	ST	M	60	2	
104	96	105	35.48	Chris Eyre	NS	M	20	43	
105		9	92	35.51	Chloe Jennings	PA	F	20	3
106	97	104	36.00	James Walker	FS	M	17	10	
107	98	103	36.02	Darren Allen	IT	M	45	16	
108	99	102	36.06	Julian Colman	WT	M	50	10	
109	100	101	36.10	Kevin Bird	ST	M	45	17	
110	101	100	36.16	Richard Grimsdell	PA	M	45	18	
111	102	99	36.20	David Fordham	FS	M	60	3	
112	103	98	36.22	David Dinnage	DI	M	20	44	
113		10	91	36.22	Laura Hicks	ST	F	20	4
114	104	97	36.25	Tom Collier	LO	M	20	45	
115	105	96	36.34	Stewart Hambling	FS	M	45	19	
116		11	90	36.37	Sharon Perry	WT	F	40	2
117	106	95	36.40	Bill Kingaby	WV	M	60	4	
118		12	89	36.41	Alice Goodwin	IH	F	17	3
119	107	94	36.41	Charles Shoolbred	NS	M	60	5	
120	108	93	36.45	Adam Clarke	PA	M	20	46	
121	109	92	36.48	Phil Clarke	WT	M	40	14	
122	110	91	36.49	Jamie Randall	HA	M	45	20	
123		13	88	36.49	Mary Narey	ST	F	45	1
124	111	90	36.51	Nigel Herrod	WV	M	55	5	
125	112	89	36.54	Matthew Reynolds	LO	M	50	11	
126	113	88	36.55	Wayne Tilbury-Larter	FS	M	20	47	
127	114	87	36.55	Simon Merrick	FE	M	20	48	
128	115	86	36.57	Lee Bowker	IH	M	40	15	
129	116	85	37.03	Alan Fairs	WV	M	45	21	
130	117	84	37.04	Guy Hayward	FS	M	40	16	
131		14	87	37.05	Karen Archbold	LO	F	45	2
132	118	83	37.26	Paul Snowdon	IH	M	40	17	

133	119	82	37.27	Simon Sparkes	BD	M	40	18	
134	120	81	37.35	Marcus Nichols	BD	M	20	49	
135	121	80	37.37	Keith Brighty	WV	M	50	12	
136		15	86	37.47	Parris Williams	IT	F	20	5
137	122	79	37.48	Gary McDonald	LO	M	20	50	
138	123	78	37.53	Clive Purbrook	NS	M	55	6	
139	124	77	37.54	Ben Jennings	PA	M	20	51	
140	125	76	37.56	George Wreathall	PA	M	50	13	
141		16	85	38.08	Dawn Carver	WV	F	45	3
142	126	75	38.09	Yusuf Firat	HA	M	50	14	
143	127	74	38.12	Steve Oldman	BD	M	45	22	
144	128	73	38.19	Nigel Chapman	HA	M	55	7	
145	129	72	38.23	Mark Sargeantson	FS	M	60	6	
146		17	84	38.24	Kelly Mayhew	ST	F	20	6
147	130	71	38.28	Tim Watson	ST	M	45	23	
148	131	70	38.30	Chris Cook	PA	M	60	7	
149		18	83	38.30	Effie Gray	NS	F	20	7
150	132	69	38.40	Mark Elflett	LO	M	20	52	
151		19	82	38.42	Mandy Bunn	HA	F	40	3
152	133	68	38.49	Gary Hutchings	FS	M	50	15	
153	134	67	38.51	Stephen Shaw	FE	M	40	19	
154	135	66	38.55	Stuart Abbott	FS	M	20	53	
155		20	81	38.56	Joanne Cox	BD	F	40	4
156		21	80	39.02	Gail Mackie	FE	F	20	8
157	136	65	39.12	Stephen Williams	PA	M	60	8	
158	137	64	39.14	David Watson	FS	M	60	9	
159	138	63	39.16	Neil Swan	TH	M	40	20	
160	139	62	39.21	Markos Wegg	LO	M	40	21	
161	140	61	39.23	David Taylor	FS	M	60	10	
162		22	79	39.24	Lynn Emmett	BD	F	45	4
163		23	78	39.25	Becky Smith	FS	F	20	9
164	141	60	39.27	Paul Sawyer	WT	M	50	16	
165		24	77	39.28	Samantha Wing	TH	F	20	10
166		25	76	39.29	Greta Supinaite	IH	F	17	4
167	142	59	39.29	Ashley Wriht	FS	M	17	11	
168		26	75	39.34	Tamsin Desborough	WV	F	17	5
169	143	58	39.35	Stephen Miller	HA	M	50	17	
170	144	57	39.36	Justin Farris	IH	M	17	12	
171	145	56	39.37	Steve Robinson	ST	M	55	8	
172	146	55	39.50	Simon Green	IT	M	55	9	
173	147	54	39.52	Paul McAllister	IT	M	45	24	
174	148	53	39.54	David Daniels	ST	M	50	18	
175	149	52	39.59	David Leaver	WT	M	60	11	
176		27	74	40.05	Sarah Coulter	DI	F	45	5
177		28	73	40.11	Julia Jones	LO	F	20	11
178		29	72	40.12	Diane Hughes	ST	F	50	1
179	150	51	40.13	Steve Gray	ST	M	50	19	
180		30	71	40.13	Amanda Mallett	IT	F	45	6
181		31	70	40.16	Alex Smith	ST	F	35	4
182	151	50	40.17	Peter Cotton	NS	M	65	2	
183		32	69	40.31	Tara Darrall	DI	F	40	5
184	152	49	40.40	Mark Wright	FS	M	55	10	
185		33	68	40.52	Sil Clay	HA	F	45	7
186	153	48	41.17	Simon Wallis	HA	M	20	54	
187		34	67	41.25	Julia Baldwin	ST	F	40	6
188	154	47	41.29	Richard Fellingham	ST	M	65	3	
189	155	46	41.34	Peter Andrews	WV	M	40	22	
190	156	45	41.37	Tony Burdett	ST	M	50	20	
191		35	66	42.00	Jayne Wright	FS	F	20	12
192		36	65	42.02	Jenny Bird	ST	F	45	8
193		37	64	42.04	Bobbie Sauerzapf	BD	F	50	2
194	157	44	42.07	Bruce Rayner	BD	M	50	21	
195		38	63	42.10	Belinda Schofield	NS	F	55	1
196		39	62	42.14	Emma Yarrow	ST	F	40	7
197	158	43	42.21	Mark Kent	NS	M	20	55	
198		40	61	42.39	Carolynn Anderson	NS	F	35	5
199		41	60	42.53	Lynn Whittingstall	FS	F	35	6
200		42	59	42.53	Mel Snare	FS	F	40	8
201	159	42	42.57	Simon Kitching	WT	M	45	25	

202	43	58	42.59	Elizabeth Welbourn	IH	F	50	3
203	44	57	43.03	Sandra Webb	PA	F	40	9
204	160	41	43.08	John Nevis	HA	M	60	12
205	161	40	43.14	Graham Sampson	BD	M	65	4
206	162	39	43.16	Dave Lines	BD	M	40	23
207	163	38	43.16	Ian Mace	FS	M	55	11
208	164	37	43.18	Graham Dixon	HA	M	20	56
209	165	36	43.24	Alan Richardson	WV	M	65	5
210	45	56	43.28	Francesca Laughton	BD	F	20	13
211	46	55	43.42	Rebecca Clare	FS	F	45	9
212	47	54	43.44	Lesley Euston	PA	F	40	10
213	48	53	43.51	Michelle Barnes	NS	F	20	14
214	166	35	43.53	Nikos Miaoulis	FE	M	50	22
215	49	52	43.58	Eloise Bird	PA	F	45	10
216	50	51	43.59	Marion Parker	FE	F	50	4
217	51	50	44.00	Mandy Godbold	IH	F	45	11
218	52	49	44.02	Debbie Thomas	FS	F	20	15
219	53	48	44.05	Elayne Hilton	LO	F	45	12
220	54	47	44.11	Bridget Shaw	BD	F	20	16
221	55	46	44.21	Lucy McAlpine	FE	F	35	7
222	56	45	44.23	Joanne Harper	FE	F	20	17
223	167	34	44.38	Martin Fuller	FE	M	45	26
224	168	33	44.49	Tony Millett	WV	M	60	13
225	57	44	44.49	Elies Mann	WV	F	40	11
226	58	43	44.55	Susan Wright	BD	F	45	13
227	59	42	44.55	Corrina Smith	TH	F	45	14
228	60	41	45.02	Sara Bloor	FS	F	45	15
229	169	32	45.04	Tony Fuller	IH	M	55	12
230	170	31	45.08	Tom Hoblyn	PA	M	55	13
231	171	30	45.09	Neil Thomas	BD	M	45	27
232	61	40	45.17	Rita Rue	PA	F	50	5
233	62	39	45.57	Helen Cain	ST	F	40	12
234	172	29	46.00	James Gooch	WV	M	20	57
235	63	38	46.16	Claire Bailie	ST	F	35	8
236	64	37	46.17	Wendy Hughes	ST	F	50	6
237	65	36	46.20	Moira Pinkney	IT	F	60	1
238	66	35	46.26	Shirley Fowler	HA	F	45	16
239	173	28	46.26	Dave Greenham	HA	M	60	14
240	67	34	46.34	Judy Potter	BD	F	65	1
241	68	33	46.41	Jackie Bell	BD	F	50	7
242	69	32	46.46	Jenny Jarrett	FE	F	45	17
243	174	27	46.48	Steven Mowles	FE	M	40	24
244	175	26	46.52	Paul Bailey	FS	M	45	28
245	70	31	46.56	Sally Watson	FS	F	55	2
246	71	30	46.59	Carol Maycock	BD	F	55	3
247	72	29	47.09	Michaela Gooch	WV	F	45	18
248	73	28	47.36	Angela Whiting	ST	F	50	8
249	176	25	47.38	Richard Smith	FE	M	50	23
250	74	27	48.24	Jayne Burman	FE	F	20	18
251	75	26	48.45	Viv Taylor	FS	F	60	2
252	177	24	48.50	Andrew Brown	WV	M	17	13
253	178	23	48.51	Simon Bunting	LO	M	45	29
254	179	22	48.52	Stuart Smith	WV	M	55	14
255	76	25	49.23	Debbie Beare	PA	F	40	13
256	77	24	49.35	Sharon Banner	HA	F	35	9
257	78	23	49.47	Anne Oliver	FE	F	55	4
258	79	22	50.02	Isabel Vincente	NS	F	45	19
259	80	21	50.02	Sarah Sparkes	BD	F	40	14
260	81	20	50.15	Manta Assunga	LO	F	35	10
261	82	19	51.06	Karen Waters	BD	F	40	15
262	83	18	54.22	Karla Read	FE	F	35	11
263	84	17	55.00	Tina Church	FS	F	40	16
264	85	16	55.06	Zoe Fordham	FS	F	50	9
265	180	21	55.21	Steve Cummings	WV	M	40	25
266	86	15	55.51	Jo Dickinson	FE	F	40	17
267	87	14	56.00	Carolyn Goldsworthy	IT	F	50	10
268	88	13	58.51	Zoe Chapman	HA	F	35	12
269	89	12	60.19	Maggi Williams	FS	F	50	11
270	90	11	62.07	Alyson Limpkin Challis	FE	F	45	20