

Suffolk Cross Country Championships

4 To Score

Ickworth Park			4-Jan-15	Men	
Pos	No	Name	Club	Time	Team Result
1	176	Macauley Delo	West Suffolk Ac	41 02	1 Ipswich Jaffa Rc a 49
2	8	Andrew Rooke	Aldershot Farnham & District	41 52	2 Saint Edmund Pacers a 75
3	90	Ryan Ostler	Ipswich Jaffa Rc a	43 05	3 Framlingham Flyers a 89
4	129	Kevin Murphy M40	Saint Edmund Pacers	43 13	4 Felixstowe Rrc a 122
5	177	Tom Eames	West Suffolk Ac	43 25	5 Hadleigh Hares Ac a 133
6	110	Seb Palmer	Rugby & Northampton Ac	43 50	6 Sudbury Joggers a 136
7	122	Tom Hale	Saint Edmund Pacers a	43 54	7 Haverhill Running Club b 139
8	11	Dominic Oliver	City Of Norwich Ac	44 06	8 Stowmarket Striders Rc e 146
9	98	Lee Cook	Lowestoft Road Runners	44 17	9 Saint Edmund Pacers b 198
10	81	Gavin Davies	Ipswich Jaffa Rc a	47 08	10 Stowmarket Striders Rc t 204
11	51	John Scaife M40	Hadleigh Hares Ac a	47 25	11 Stowmarket Striders Rc c 207
12	35	James Last	Framlingham Flyers a	47 48	12 Ipswich Jaffa Rc 245
13	93	Benjamin Turley	Ipswich Jaffa Rc a	47 55	13 Woodbridge Shufflers Rc 281
14	56	Andrew Bell	Haverhill Running Club b	47 57	14 Framlingham Flyers b 309
15	170	Peter Davy	Sudbury Joggers a	48 23	15 Ipswich Jaffa Rc b 311
16	134	Nick Smith	Saint Edmund Pacers a	48 29	16 Saint Edmund Pacers c 350
17	40	Darren Sheppard M40	Framlingham Flyers a	48 43	17 Newmarket Joggers a 369
18	68	Humfrey Jeakins	Ipswich Harriers a	49 29	18 Felixstowe Rrc b 394
19	114	Christopher Cooke M50	Saint Edmund Pacers a	49 36	19 Stowmarket Striders Rc c 424
20	31	Adam Howlett M40	Framlingham Flyers a	49 50	20 Framlingham Flyers c 440
21	22	Jason Taylor M40	Felixstowe Rrc a	49 56	21 Saint Edmund Pacers d 462
22	168	Thomas Challenger	Sudbury Joggers a	50 04	22 Haverhill Running Club a 510
23	83	Mark Furnace M40	Ipswich Jaffa Rc a	50 12	
24	158	Dale Mandell	Stowmarket Striders Rc a	50 13	
25	21	David Solomon M40	Felixstowe Rrc a	50 14	
26	174	Stephen Dunne	Unattached	50 19	
27	23	Luke Whitwell	Felixstowe Rrc a	50 27	
28	133	Jon Sidebotham	Saint Edmund Pacers b	50 35	
29	100	Patrick Hannah	Manchester Triathlon Club	50 50	
30	59	Paul Game M40	Haverhill Running Club b	51 14	
31	74	Warren Birch M40	Ipswich Jaffa Rc a	51 18	
32	153	Mark Hayward	Stowmarket Striders Rc a	51 20	
33	127	Julian Long M40	Saint Edmund Pacers a	51 29	
34	61	Martin Lawrence M50	Haverhill Running Club b	51 48	
35	151	Nick Hammond M40	Stowmarket Striders Rc a	51 51	
36	165	Martin Wilson	Stowmarket Striders Rc c	52 00	
37	44	Mathew Blacoe M40	Hadleigh Hares Ac a	52 20	
38	48	Matthew Hunter	Hadleigh Hares Ac a	52 21	
39	164	Scott Williams	Stowmarket Striders Rc c	52 23	
40	25	Joe Carr	Framlingham Flyers a	52 24	
41	126	Thomas Kingsnorth	Saint Edmund Pacers a	52 42	
42	108	Martyn Taylor	Newmarket Joggers a	52 51	
43	154	Steven Hughes M50	Stowmarket Striders Rc b	52 57	
44	89	Ian Old	Ipswich Jaffa Rc a	53 05	
45	167	Andrew Buck M50	Sudbury Joggers a	53 06	
46	142	Jason Allard M40	Stowmarket Striders Rc b	53 16	
47	53	Andrew Turner	Hadleigh Hares Ac a	53 26	
48	160	Chris Seymour M40	Stowmarket Striders Rc b	53 32	
49	14	Vince Calver M40	Felixstowe Rrc a	53 35	
50	96	Tom Bruce	Ipswich Triathlon Club	53 40	
51	138	Mark Watts M50	Saint Edmund Pacers b	53 44	
52	94	Tom Wake	Ipswich Jaffa Rc	54 00	
53	91	Dale Robinson	Ipswich Jaffa Rc	54 03	
54	169	Thomas Cresswell	Sudbury Joggers a	54 10	
55	156	Tim Larke M40	Stowmarket Striders Rc a	54 14	
56	128	Iain Milligan M40	Saint Edmund Pacers b	54 20	
57	171	Malcolm Penn M50	Sudbury Joggers a	54 24	
58	97	Chris Tye M40	Ipswich Triathlon Club	54 32	
59	34	Daniel Kinsman M40	Framlingham Flyers a	54 47	
60	73	Robin Belsom M50	Ipswich Jaffa Rc b	55 06	
61	62	Ivan Layzell M40	Haverhill Running Club b	55 09	
62	157	Marcos Lemos	Stowmarket Striders Rc c	55 26	
63	113	Peter Bird M40	Saint Edmund Pacers b	55 28	
64	183	Sean Kennedy	Woodbridge Shufflers Rc	55 41	
65	76	Russel Breyer M50	Ipswich Jaffa Rc	55 50	
66	13	Steve Brooke M40	Felixstowe Rrc a	55 55	
67	163	Christopher Starmer M50	Stowmarket Striders Rc b	56 06	
68	178	Roger Ackerley M50	Woodbridge Shufflers Rc	56 10	

69	180	Stephen Curran M50	Woodbridge Shufflers Rc	56	12
70	144	Nicholas Barton	Stowmarket Striders Rc c	56	26
71	173	Tim Brammar M40	Unattached	56	27
72	38	Howard Revell M50	Framlingham Flyers b	56	31
73	117	Alan Dawson M50	Saint Edmund Pacers b	56	43
74	17	Robin Harper	Felixstowe Rrc a	56	53
75	87	Ker MacRosson M60	Ipswich Jaffa Rc	57	02
76	37	Ricky Peacher	Framlingham Flyers b	57	06
77	161	Gareth Southgate M40	Stowmarket Striders Rc c	57	15
78	36	Rob MacKenzie M50	Framlingham Flyers b	57	17
79	121	Richard Grimsdell M40	Saint Edmund Pacers c	57	22
80	186	Steve Whittaker M50	Woodbridge Shufflers Rc	57	26
81	77	Duncan Chenery M50	Ipswich Jaffa Rc b	57	29
82	92	Ashley Smy	Ipswich Jaffa Rc b	57	34
83	43	Kenneth Tovell M40	Framlingham Flyers b	57	37
84	123	Stephen Hatten M40	Saint Edmund Pacers c	57	58
85	12	Sam Brooke	Felixstowe Rrc b	58	13
86	24	William Aldred M40	Framlingham Flyers c	58	20
87	16	Adrian Goode M50	Felixstowe Rrc b	58	22
88	80	Rossi Copsey	Ipswich Jaffa Rc b	58	25
89	152	James Hayward	Stowmarket Striders Rc b	58	26
90	150	Philip Green	Stowmarket Striders Rc a	58	41
91	155	Shaun Jones	Stowmarket Striders Rc d	59	03
92	130	Rakesh Raja M40	Saint Edmund Pacers b	59	30
93	120	Ian Gooderham M40	Saint Edmund Pacers c	59	31
94	132	Michael Rushton M40	Saint Edmund Pacers c	59	39
95	106	Clive Purbrook M50	Newmarket Joggers a	60	00
96	82	Stephen Dixon M50	Ipswich Jaffa Rc b	60	04
97	29	Stewart Hambling M40	Framlingham Flyers b	60	06
98	67	Stephen Hicks M50	Ipswich Harriers a	60	20
99	112	Kevin Bird M50	Saint Edmund Pacers c	60	29
100	141	Thomas Hunnisett	Saxmundham Sports R& FC	60	38
101	146	Andrew Collett	Stowmarket Striders Rc a	60	51
102	136	Daniel Thomas M40	Saint Edmund Pacers d	60	54
103	131	Steven Rue M60	Saint Edmund Pacers c	60	56
104	102	Neville Clarke M60	Newmarket Joggers a	61	10
105	30	Guy Hayward M40	Framlingham Flyers b	61	17
106	60	Dan Jones	Haverhill Running Club b	61	24
107	70	Paul Snowdon M40	Ipswich Harriers a	61	28
108	42	Simon Tinkler M40	Framlingham Flyers c	61	34
109	18	Alex Jacobs	Felixstowe Rrc b	61	43
110	148	Lee Goddard M40	Stowmarket Striders Rc d	62	05
111	147	Mathew Eveleigh	Stowmarket Striders Rc d	62	49
112	145	Philip Beer M40	Stowmarket Striders Rc d	63	46
113	15	Lee Crisp M40	Felixstowe Rrc b	63	51
114	184	Ian MacE M50	Woodbridge Shufflers Rc	63	54
115	46	Steve Hunt M50	Hadleigh Hares Ac a	64	10
116	140	Stephen Williams M60	Saint Edmund Pacers d	64	24
117	33	Ian Kennedy M50	Framlingham Flyers c	64	34
118	10	Paul McAllister M40	Capel Cheetahs	65	27
119	58	Graham Dixon	Haverhill Running Club a	65	27
120	64	Stephen Reyes M40	Haverhill Running Club a	65	31
121	125	Huw Jones M50	Saint Edmund Pacers d	65	37
122	149	Steve Gray M50	Stowmarket Striders Rc b	66	03
123	124	Tom Hoblyn M50	Saint Edmund Pacers d	66	15
124	143	Ron Ames M60	Stowmarket Striders Rc c	66	28
125	166	Peter Woods	Stowmarket Striders Rc d	66	31
126	19	Paul Schwer M50	Felixstowe Rrc b	66	33
127	86	Tim Long M50	Ipswich Jaffa Rc	67	13
128	107	Charles Shoolbred M60	Newmarket Joggers a	67	38
129	41	David Taylor M60	Framlingham Flyers c	68	52
130	135	Kim Swan M50	Saint Edmund Pacers d	69	03
131	28	Tristan Gladwell	Framlingham Flyers c	70	10
132	63	John Nevin M60	Haverhill Running Club a	70	19
133	75	Mark Blackburn M40	Ipswich Jaffa Rc b	71	16
134	50	Mike Rosbrook M60	Hadleigh Hares Ac	71	42
135	79	David Coley M60	Ipswich Jaffa Rc	72	36
136	172	Stuart Barton M40	Unattached	73	04
137	85	Mon Lee M50	Ipswich Jaffa Rc	73	05
138	39	Peter Russell M60	Framlingham Flyers c	74	58
139	66	Stuart Shepherd M40	Haverhill Running Club a	75	55
140	57	Darren Cornell M40	Haverhill Running Club a	76	31
141	47	Stuart Hunt	Hadleigh Hares Ac	78	40
142	20	Will Schwer	Felixstowe Rrc b	79	03
143	26	John Clough M50	Framlingham Flyers	81	11

Suffolk Cross Country Championships

Men U40

Pos	No	Name	Club	Time
1	176	Macauley Delo	West Suffolk Ac	41 02
2	8	Andrew Rooke	Aldershot Farnham & District	41 52
3	90	Ryan Ostler	Ipswich Jaffa Rc a	43 05

M40 Suffolk Cross County Championships

Men V40

Pos	No	Name	Club	Time
1	129	Kevin Murphy M40	Saint Edmund Pacers	43 13
2	51	John Scaife M40	Hadleigh Hares Ac a	47 25
3	40	Darren Sheppard M40	Framlingham Flyers a	48 43

M50 Suffolk Cross Country Championships

Men V50

Pos	No	Name	Club	Time
1	114	Christopher Cooke M50	Saint Edmund Pacers a	49 36
2	61	Martin Lawrence M50	Haverhill Running Club b	51 48
3	154	Steven Hughes M50	Stowmarket Striders Rc b	52 57

M60 Suffolk Cross Country Championships

Men V60

Pos	No	Name	Club	Time
1	87	Ker MacRosson M60	Ipswich Jaffa Rc	57 02
2	131	Steven Rue M60	Saint Edmund Pacers c	60 56
3	102	Neville Clarke M60	Newmarket Joggers a	61 10

Men U20 Suffolk Cross Country Championships

3 To Score

Ickworth Park

U20 Men

Pos	No	Name	Club	Time	Team Result
1	294	Michael Bartram	West Suffolk Ac	28 25	1 West Suffolk Ac 7
2	293	Sebastian Anthony	West Suffolk Ac	28 55	
3	290	Kieran McMorran	Bungay Black Dog Rc	29 07	
4	295	Cameron McKie	West Suffolk Ac	31 28	
5	296	Gus Cooney	Woodbridge School	34 43	
6	292	Jake Church	Saxmundham Sports R& F	40 06	

Men u17 Suffolk Cross Country Championships

3 To Score

Ickworth Park

U17 Men

Pos	No	Name	Club	Time	Team Result
1	485	John Millar	Ipswich Harriers	21 40	1 Ipswich Harriers 7
2	487	Theo Passmore	Ipswich Harriers	22 21	2 West Suffolk Ac 21
3	489	Paul Wain	Ipswich Jaffa Rc	22 56	
4	482	Antonio Capasso	Ipswich Harriers	23 32	
5	488	Joshua Thompson	Ipswich Harriers	23 51	
6	491	Adam Crawford	West Suffolk Ac	24 18	
7	493	Jacob Freeborough	West Suffolk Ac	24 24	
8	496	Christy Williams	West Suffolk Ac	24 48	
9	481	William Page	Colchester & Tendring Ac	24 49	
10	495	Christopher Morton	West Suffolk Ac	25 23	
11	480	Benn Walker	Beccles & Bungay Harrier:	25 43	
12	490	Ieuan Alldis	Saint Edmund Pacers	26 02	
13	492	Ben Eames	West Suffolk Ac	26 18	
14	498	Jack Grant	Woodbridge School	26 35	
15	484	Alex Lawrence	Ipswich Harriers	27 08	
16	497	Connor Grant	Woodbridge School	27 32	
17	483	Matthew Haskell	Ipswich Harriers	30 08	

Boys U15 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U15 Boys

Pos	No	Name	Club	Time	Team Result
1	376	Thomas Adams	Ipswich Harriers	14 39	1 Ipswich Harriers 10
2	386	Bailey Clements	Saint Edmund Pacers	14 53	2 Saint Edmund Pacer 19
3	370	Samuel Grooms	Framlingham Flyers	15 06	3 West Suffolk Ac 40
4	382	Alex Tripp	Ipswich Harriers	15 10	4 Framlingham Flyers 48
5	381	Matthew Snowdon	Ipswich Harriers	15 11	
6	379	Josh Hulse	Ipswich Harriers	15 43	
7	389	Reuben Handy	Saint Edmund Pacers	15 49	
8	396	Thomas McCarthy	West Suffolk Ac	15 50	
9	394	Henry Walshe	Thurston Community Coll	15 54	
10	392	Henry Steele	Saint Edmund Pacers	15 55	
11	387	Fynn Cunningham	Saint Edmund Pacers	16 33	
12	375	Thomas Abbott	Ipswich Harriers	16 45	
13	380	Thomas Lygo	Ipswich Harriers	16 51	
14	383	Conner Bilner	Ipswich Jaffa Rc	16 57	
15	398	Joshua Walker	West Suffolk Ac	17 13	
16	391	Joe Robson	Saint Edmund Pacers	17 22	
17	397	Thomas Tallant	West Suffolk Ac	17 34	
18	393	Ben Hammond	Stowmarket Striders Rc	19 04	
19	395	Tommy Martim	West Suffolk Ac	19 06	
20	388	Reece Gooderham	Saint Edmund Pacers	19 08	
21	373	Bradley Potts	Framlingham Flyers	19 13	
22	385	Seb Burnett-Wells	Saint Edmund Pacers	19 15	
23	384	Niall Thomas	Ipswich Jaffa Rc	20 14	
24	372	Lewis Potter	Framlingham Flyers	20 31	
25	399	Jake McWhirter	Ipswich Harriers	26 53	

Boys u13 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U13 Boys

Pos	No	Name	Club	Time	Team Result
1	400	Ben Bayly	Barnardiston Hall Prep Sc	11 36	1 Ipswich Harriers 14
2	415	Jack Weaver	Ipswich Harriers	11 43	2 West Suffolk Ac 32
3	412	George Fricker	Ipswich Harriers	11 48	3 Barnardiston Hall Pre 47
4	421	Bertie Tweed	Orwell Park School	11 55	4 Saint Edmund Pacer 48
5	446	George Rufford	Woodbridge School	11 56	5 Framlingham Flyers 69
6	436	Tai Elvin-Andrews	Waveney Valley Ac	12 11	
7	441	Hayden Lawrance	West Suffolk Ac	12 20	
8	418	Max Ashmore	Ipswich Jaffa Rc	12 25	
9	411	Ewan Baxter	Ipswich Harriers	12 27	
10	442	Adam Newton	West Suffolk Ac	12 28	
11	414	Connor Slater	Ipswich Harriers	12 35	
12	410	Ethan Whittingstall	Framlingham Flyers	12 38	
13	419	Harrison Ward	Ipswich Jaffa Rc	12 42	
14	427	Sam McLoughlin	Saint Edmund Pacers	12 53	
15	439	Ewan Boyle	West Suffolk Ac	13 00	
16	429	Alex Richardson	Saint Edmund Pacers	13 03	
17	416	Adam Wood	Ipswich Harriers	13 05	
18	432	Oscar Woodward	Saint Edmund Pacers	13 05	
19	406	Archie Tweed	Barnardiston Hall Prep Sc	13 05	
20	417	Oliver Chamberlain	Ipswich Jaffa	13 13	
21	443	Reuben Witcherley	West Suffolk Ac	13 25	
22	423	Alex Foreman	Saint Edmund Pacers	13 33	
23	420	Stefanos Stavrianos	Linton Village College	13 33	
24	426	Charlie Masters	Saint Edmund Pacers	13 48	
25	433	Lewis Wood	Samuel Ward Academy	13 53	
26	430	William Starling	Saint Edmund Pacers	14 17	
27	401	Charlie Bayly	Barnardiston Hall Prep Sc	14 19	
28	409	Tomas Earl	Framlingham Flyers	14 23	
29	408	Marcus Bosworth	Framlingham Flyers	14 23	
30	431	Zakarias Winter	Saint Edmund Pacers	14 33	
31	405	Hugo Thompson	Barnardiston Hall Prep Sc	14 36	
32	440	Joe Bradford	West Suffolk Ac	14 38	
33	425	Thomas Marshall	Saint Edmund Pacers	14 45	
34	434	George Caine	Stowmarket Striders Rc	14 45	
35	445	Jack Leith	Woodbridge School	14 56	
36	435	Connor Yarrow	Stowmarket Striders Rc	15 10	
37	428	Joshua Parker	Saint Edmund Pacers	15 20	
38	407	Felix Whitehouse	Barnardiston Hall Prep Sc	15 30	

Boys U11 Suffolk Cross Country Championships

Ickworth Park

4-Jan-15

Pos	No	Name	Club	Time
1	480	Jonny Peate	Barnardiston Hall Prep Sc	6 52
2	484	George Wharam	Framlingham Flyers	6 55
3	493	Henry Dinwiddy	Woodbridge school	7 04
4	498	Tom Turner	Woodbridge school	7 16
5	497	Charlie Turner	Woodbridge school	7 19
6	495	Edward Rufford	Woodbridge school	7 22
7	483	Charlie Peacher	Framlingham Flyers	7 33
8	485	George Morgan	Ipswich Harriers	7 40
9	482	Alec MacKay	Framlingham Flyers	7 47
10	494	Thomas Liddy	Woodbridge school	7 52
11	488	Ashton Richardson	Saint Edmund Pacers	7 55
12	490	Jake Hayward	Stowmarket Striders Rc	8 01
13	486	Max Harrison	Saint Edmund Pacers	8 05
14	491	James Peck	Thetford Ac	8 16
15	496	Freddie Simpson	Woodbridge school	9 37

Girls U11 Suffolk Cross Country Championships

Ickworth Park

Pos	No	Name	Club	Time
1	300	Grace Forster	Beccles & Bungay Harrier:	7 46
2	308	Anna Robson	Saint Edmund Pacers	8 02
3	305	Eliza Hayden	Saint Edmund Pacers	8 04
4	318	Bea Thomas	Woodbridge School	8 09
5	309	Jasmine Westcott	Saint Edmund Pacers	8 16
6	315	Amy Goddard	Woodbridge School	8 18
7	316	Olivia Lubbock	Woodbridge School	8 20
8	314	Maisie Elvin-Andrews	Waveney Valley Ac	8 37
9	317	Clara Simpson	Woodbridge School	8 43
10	303	Eloise Ward	Ipswich Jaffa Rc	9 02
11	310	Blythe Goodman	Stowmarket Striders Rc	9 06
12	302	Daisy Chambers	Framlingham Flyers	9 10
13	304	Fabianne Brinkman	Saint Edmund Pacers	9 12
14	301	Poppy Branton	Framlingham Flyers	9 18
15	312	Isabella Porch	Stowmarket Striders Rc	9 52
16	307	Ruby Parker	Saint Edmund Pacers	10 09
17	306	Erin Parker	Saint Edmund Pacers	10 22
18	311	Sophie Ling	Stowmarket Striders Rc	10 37
19	313	Evie Styles	Stowmarket Striders Rc	10 37

Girls u13 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U13 Girls

Pos	No	Name	Club	Time	Team Result
1	332	April Hill	Ipswich Harriers	12 21	1 Ipswich Harriers 6
2	329	Tilly Aldis	Ipswich Harriers	12 37	2 Woodbridge School 23
3	331	Holly Fisher	Ipswich Harriers	12 45	3 Saint Edmund Pacer 34
4	334	Evie Morgan	Ipswich Harriers	13 30	4 West Suffolk Ac 42
5	330	Eliza Bowditch	Ipswich Harriers	13 42	5 Framlingham Flyers 76
6	365	Amy Graham	Woodbridge School	13 49	6 Barnardiston Hall Pr 78
7	346	Sophie Wishlade	Saint Edmund Pacers	13 54	
8	364	Charlotte Dinwiddy	Woodbridge School	13 56	
9	363	Victoria Burrows	Woodbridge School	14 09	
10	367	Harriet Petley	Woodbridge School	14 12	
11	357	Jasmin Raja	West Suffolk Ac	14 16	
12	352	Chloe Cavill	West Suffolk Ac	14 16	
13	340	Kirsten O'Brien	Saint Edmund Pacers	14 19	
14	342	Niamh Perry	Saint Edmund Pacers	14 24	
15	320	Molly Matthews	Barnardiston Hall Prep Sc	14 46	
16	350	Mia Hopson	Waveney Valley Ac	14 46	
17	366	Sophie Graham	Woodbridge School	14 46	
18	327	Monique Humphrey	Framlingham Flyers	14 50	
19	354	Alex Ginns	West Suffolk Ac	14 57	
20	333	Hannah Lygo	Ipswich Harriers	15 01	
21	336	Maisy Cailles	Saint Edmund Pacers	15 24	
22	343	Ellie Sullivan	Saint Edmund Pacers	15 24	
23	337	Eden Handy	Saint Edmund Pacers	15 30	
24	326	Rose Branton	Framlingham Flyers	15 40	
25	358	Libby Stinson	West Suffolk Ac	15 46	
26	344	Connie Watson	Saint Edmund Pacers	15 47	
27	321	Hettie Meadows	Barnardiston Hall Prep Sc	15 49	
28	345	Isobel Westcott	Saint Edmund Pacers	15 55	
29	361	Alana Wilson	West Suffolk Ac	16 08	
30	349	Naomi Boots	Waveney Valley Ac	16 15	
31	335	Rachel Beare	Saint Edmund Pacers	16 18	
32	338	Jessica Marshall	Saint Edmund Pacers	16 35	
33	341	Rhian O'Brien	Saint Edmund Pacers	17 06	
34	328	Nicole Humphrey	Framlingham Flyers	17 22	
35	348	Mia Walters	Stowmarket Striders Rc	17 57	
36	323	Lille Uthwatt-Bouverie	Barnardiston Hall Prep Sc	18 23	
37	322	Darcy Sanders	Barnardiston Hall Prep Sc	19 05	
38	353	Melanie Freeman	West Suffolk Ac	20 23	
39	347	Shellie Chettle	Stowmarket Striders Rc	22 08	

Girls U15 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U15 Girls

Pos	No	Name	Club	Time	Team Result
1	471	Rebecca Daniel	West Suffolk Ac	15 54	1 West Suffolk Ac 9
2	473	Megan Newton	West Suffolk Ac	15 55	2 Ipswich Harriers 12
3	457	Anna Firth	Ipswich Harriers	16 39	3 Saint Edmund Pacer 57
4	462	Charlotte Summers	Ipswich Harriers	17 10	
5	463	Isabelle Wickens	Ipswich Harriers	17 30	
6	470	Olivia Allum	West Suffolk Ac	17 40	
7	458	Isabella Keeley	Ipswich Harriers	17 45	
8	474	Polly Peate	West Suffolk Ac	18 12	
9	451	Eloise Sumner	Colchester & Tendring Ac	18 44	
10	452	Meade Clarke	Framlingham Flyers	19 07	
11	472	Katrina Kemp	West Suffolk Ac	19 11	
12	461	Jasmine Slater	Ipswich Harriers	19 33	
13	466	Louise Webb	Saint Edmund Pacers	19 43	
14	476	Claudia Spencer-Hall	West Suffolk Ac	19 55	
15	475	Mikayela Sealby	West Suffolk Ac	19 58	
16	450	Cara Howe	Beccles & Bungay Harrier	20 00	
17	469	Lauren Oram	Waveney Valley AC	20 05	
18	467	Mia Palmer	St Albans School	20 46	
19	456	Indie Driscoll	Ipswich Harriers	21 44	
20	453	Ellie Pitcher	Framlingham Flyers	22 06	
21	465	Ellie Temple	Saint Edmund Pacers	22 15	
22	460	Lottie Passmore	Ipswich Harriers	22 17	
23	464	Hannah Esterhuizen	Saint Edmund Pacers	23 08	
24	468	Zara Tweed	Uppingham School	23 19	

Women U17 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U17 Women

Pos	No	Name	Club	Time	Team Result
1	199	Sophie Tooley	West Suffolk Ac	19 17	1 West Suffolk Ac 11
2	193	Abigail Rose	Ipswich Harriers	20 25	2 Ipswich Harriers 15
3	188	Lauren Howe	City Of Norwich Ac	20 44	
4	196	Hollie Davies	West Suffolk Ac	21 28	
5	194	Charlotte Wickens	Ipswich Harriers	21 50	
6	198	Emily Moyes	West Suffolk Ac	22 30	
7	197	Bronwyn Jacobs	West Suffolk Ac	23 26	
8	192	Olivia Mair	Ipswich Harriers	23 45	
9	191	Chloe Godbold	Ipswich Harriers	24 28	
10	195	Gemma Grose	Saint Edmund Pacers	24 49	
11	190	Holly Aston	Ipswich Harriers	25 40	

Women U20 Suffolk Cross Country Championships**3 To Score**

Ickworth Park

U20 Women

Pos	No	Name	Club	Time	Team Result
1	2	Jasmine Hayward	Hadleigh Hares Ac	27 22	1
2	4	Isobel Renn	Ipswich Jaffa Rc	27 52	2
3	5	Emily Gooderham	Saint Edmund Pacers	28 33	3
4	1	Hannah Bewick	Framlingham Flyers	30 09	

Suffolk Cross County Championships**3 To Score**

Ickworth Park

Women

Women

Pos	No	Name	Club	Time	Team Result
1	254	Odette Robson m40	Saint Edmund Pacers a	32 47	1 Hadleigh Hares Ac a 23
2	236	Laura Thomas	Ipswich Jaffa Rc a	33 42	2 Ipswich Jaffa Rc a 24
3	269	Tamara Jordan	Stowmarket Striders Rc a	33 58	3 West Suffolk Ac a 35
4	283	Maureen McCarthy m50	West Suffolk Ac a	34 48	4 Stowmarket Striders 44
5	218	Elisa Bostock	Hadleigh Hares Ac a	34 54	5 Saint Edmund Pacer 64
6	230	Susannah Reid	Ipswich Harriers	35 20	6 Framlingham Flyers 76
7	237	Jayne Williams m40	Ipswich Jaffa Rc a	35 32	7 Newmarket Joggers 79
8	222	Victoria Kenny	Hadleigh Hares Ac a	35 40	8 Felixstowe Rrc 91
9	278	Alice Tennant	Unattached	36 06	9 Hadleigh Hares Ac b 92
10	219	Emma Gorwood	Hadleigh Hares Ac a	36 19	10 Stowmarket Striders 101
11	206	Geraldine Clarke m40	Framlingham Flyers a	37 06	11 Sudbury Joggers a 121
12	279	Christine Anthony m50	West Suffolk Ac a	37 55	12 Framlingham Flyers 128
13	203	Michelle Gordon	Felixstowe Rrc	38 04	13 Ipswich Jaffa Rc b 129
14	244	Karine Ferrin m40	Newmarket Joggers a	38 14	14 Saxmundham Sports 168
15	239	Kate Wooldridge m40	Ipswich Jaffa Rc a	38 26	15 Newmarket Joggers 193
16	233	Elise Daykin-Colombel	Ipswich Jaffa Rc a	38 28	16 Framlingham Flyers 195
17	267	Laura Hicks	Stowmarket Striders Rc a	38 48	
18	227	Siobhan Dockerill	Haverhill Running Club	38 55	
19	280	Inese Avsejeva	West Suffolk Ac a	38 55	
20	241	Nicky Chapman	Newmarket Joggers a	39 08	
21	220	Penny Grayson m40	Hadleigh Hares Ac a	39 20	
22	228	Karen Martin	Haverhill Running Club	39 29	
23	272	Mary Narey m40	Stowmarket Striders Rc b	39 57	
24	266	Louise Goddard m40	Stowmarket Striders Rc a	40 18	
25	217	Rachel Bodsworth	Hadleigh Hares Ac b	40 20	
26	223	Elaine Mann	Hadleigh Hares Ac b	40 23	
27	238	Hannah Wood m40	Ipswich Jaffa Rc b	40 50	
28	209	Kirstie Shand	Framlingham Flyers a	42 02	
29	276	Lizzie Sandford m40	Sudbury Joggers a	42 07	
30	253	Katie Margaron	Saint Edmund Pacers a	42 11	
31	268	Dianne Hughes m50	Stowmarket Striders Rc a	42 15	
32	277	Sandy Thorogood m50	Sudbury Joggers a	42 18	
33	256	Sandra Webb m40	Saint Edmund Pacers a	43 13	
34	260	Julia Baldwin m40	Stowmarket Striders Rc b	43 23	
35	259	Sarah Vick m40	Saxmundham Sports R& F	43 34	
36	202	Emma Day	Felixstowe Rrc	43 37	
37	208	Jo Parden m40	Framlingham Flyers a	43 38	
38	240	Rachel Fiddy	Ipswich Triathlon Club	43 45	
39	215	Jayne Wright	Framlingham Flyers b	44 11	
40	213	Marion Walker m60	Framlingham Flyers b	44 11	
41	224	Katrina Rigby	Hadleigh Hares Ac b	44 13	
42	204	Gail MacKie	Felixstowe Rrc	44 14	
43	234	Rachael Hamblyn	Ipswich Jaffa Rc b	44 17	
44	265	Susan Garrod m50	Stowmarket Striders Rc b	44 40	
45	245	Belinda Schofield m50	Newmarket Joggers a	45 20	
46	200	Jayne Burman	Felixstowe Rrc	45 33	
47	221	Corinna Hussey m40	Hadleigh Hares Ac b	45 40	
48	270	Sandra Mayhew m50	Stowmarket Striders Rc b	45 43	
49	214	Lynn Whittingstall m40	Framlingham Flyers b	45 58	
50	210	Melanie Snare m40	Framlingham Flyers b	45 58	

51	247	Helen Wass m40	Newmarket Joggers a	46	10
52	274	Emma Yarrow m40	Stowmarket Striders Rc c	46	19
53	284	Sam Simpson m40	Woodbridge School	46	43
54	229	Mandy Godbold m40	Ipswich Harriers	46	49
55	212	Cheryl Tye m40	Framlingham Flyers a	46	52
56	246	Kate Warboys m40	Newmarket Joggers b	47	21
57	263	Ellen Broughton m40	Stowmarket Striders Rc c	47	22
58	226	Sara Taylor-Balls m50	Hadleigh Hares Ac	47	25
59	231	Lisa Bond m40	Ipswich Jaffa Rc b	47	56
60	275	Rebecca Evans	Sudbury Joggers a	48	04
61	235	Julie Haselwood m60	Ipswich Jaffa Rc b	48	19
62	249	Eloise Bird m40	Saint Edmund Pacers a	48	35
63	257	Sara Bloor m40	Saxmundham Sports R& F	49	21
64	211	Vivienne Taylor m60	Framlingham Flyers c	50	23
65	207	Nichola Elliott m40	Framlingham Flyers c	51	15
66	205	Alison Chambers	Framlingham Flyers c	51	53
67	216	Patricia Atwood m60	Hadleigh Hares Ac	54	01
68	248	Lisa Winnington	Newmarket Joggers b	54	08
69	243	Pearl Fay m50	Newmarket Joggers b	59	05
70	258	Tina Churchm40	Saxmundham Sports R& F	60	55

Suffolk Cross Country Championships

U40 Women

Pos	No	Name	Club	Time	
1	236	Laura Thomas	Ipswich Jaffa Rc a	33	42
2	269	Tamara Jordan	Stowmarket Striders Rc a	33	58
3	218	Elisa Bostock	Hadleigh Hares Ac a	34	54

M40 Suffolk Cross Country Championships

Women M40

Pos	No	Name	Club	Time	
1	254	Odette Robson m40	Saint Edmund Pacers a	32	47
2	237	Jayne Williams m40	Ipswich Jaffa Rc a	35	32
3	206	Geraldine Clarke m40	Framlingham Flyers a	37	06

M50 Suffolk Cross Country Championships

Women M50

Pos	No	Name	Club	Time	
1	283	Maureen McCarthy m50	West Suffolk Ac a	34	48
2	279	Christine Anthony m50	West Suffolk Ac a	37	55
3	268	Dianne Hughes m50	Stowmarket Striders Rc a	42	15

M60 Suffolk Cross Country Championships

Women M60

Pos	No	Name	Club	Time	
1	213	Marion Walker m60	Framlingham Flyers b	44	11
2	235	Julie Haselwood m60	Ipswich Jaffa Rc b	48	19
3	211	Vivienne Taylor m60	Framlingham Flyers c	50	23