

EASTERN ATHLETIC ASSOCIATION
2017 CROSS COUNTRY CHAMPIONSHIPS

U13 GIRLS.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	12:25	BATTELL, Lila	West Suffolk AC
2	12:27	CLOUSTON, Abigail	Thetford AC
3	12:31	COULL, Lorna	West Suffolk AC
4	12:40	LOOSLEY, Ellie	Cambridge & Coleridge AC
5	12:49	CARTWRIGHT, Anna	St Edmunds Pacers
6	12:59	MARSHALL, Eva	West Suffolk AC
7	13:04	MOSCA, Lucia	BRJ Running & Tri Club
8	13:10	MCCALLUM, Abbi	North Norfolk Harriers
9	13:12	GILBERT, Chloe	Ipswich Harriers
10	13:14	FLOCKHART, Lexi	Hunts AC
11	13:16	BANNING, Leah	North Norfolk Harriers
12	13:17	SWAINE, Kaela	Colchester & Tendring AC
13	13:21	SILLITOE, Marni	West Suffolk AC
14	13:43	MCKEE, Sophie	North Norfolk Harriers
15	13:49	BEER, Josephine	Stowmarket Striders
16	14:04	KING, Alice	Stowmarket Striders
17	14:05	ALLEN, Stephanie	St Edmunds Pacers
18	14:08	SMYTHE, Isabel	Thetford AC
19	14:10	HOWELL, Molly	West Suffolk AC
20	14:17	O'BRIEN, Jessica	St Edmunds Pacers
21	14:19	WELCH, Isabelle	Stowmarket Striders
22	14:26	BRIDGER, Charlotte	Cambridge & Coleridge AC
23	14:32	LAWSON, Lulu	West Suffolk AC
24	14:39	BRADNAM, Amber	St Edmunds Pacers
25	14:47	REDGARVE, Molly	Colchester Harriers
26	14:57	GARDINER, Grace	Colchester Harriers
27	15:06	BURKE, Caitlin	Hunts AC
28	15:54	LIFE, Hetty	North Norfolk Harriers
29	16:37	CUMNER, Ellalee	Colchester & Tendring AC
30	17:43	GARCIA, Grace	St Edmunds Pacers
31	17:45	APPELL, Amira	St Edmunds Pacers

Teams :			
1. West Suffolk AC	1,3,6	=	10 pts
2. North Norfolk Harriers	8,11,14	=	33 pts
3. St.Edmund Pacers 'A'	5,17,20	=	42 pts
4. Stowmarket Striders	15,16,21	=	52 pts

EASTERN ATHLETIC ASSOCIATION
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U13 BOYS.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	10:45	SULLIVAN, Lewis	St Edmunds Pacers
2	10:59	PECK, James	Thetford AC
3	11:03	O'MALLEY, Innes	North Norfolk Harriers
4	11:32	JONAS, Henry	North Norfolk Harriers
5	11:37	KEAY, Brad	North Norfolk Harriers
6	11:42	MCGRATH, Luca	Cambridge & Coleridge AC
7	11:48	BERRY, Max	St Edmunds Pacers
8	11:55	PECK, Ben	Thetford AC
9	11:57	WAKEFIELD, Harry	St Edmunds Pacers
10	11:59	CROFT, Howard	Hunts AC
11	12:00	GRADY, Ryan	Ipswich Harriers
12	12:02	CHILVERS, Kai	Nene Valley Harriers
13	12:15	SANDERS, Oliver	Thetford AC
14	12:22	FISHER, Max	Ipswich Harriers
15	12:27	MCGINNESS, Joel	Hunts AC
16	12:28	BURKE, Ciaran	Hunts AC
17	12:29	MOYE, Benjamin	St Edmunds Pacers
18	12:32	FRANKS, Ben	Ipswich Harriers
19	12:47	HOUSE, Freddie	Nene Valley Harriers
20	12:59	GARDINER, Theo	Colchester Harriers
21	13:01	HAYWOOD, Jake	Stowmarket Striders
22	13:13	RICHARDSON, Ashton	St Edmunds Pacers
23	13:16	BEASLEY, Oliver	Peterborough AC
24	13:21	PAULEY, Dominic	BRJ Running & Tri Club
25	13:24	BENSON, Matthew	North Norfolk Harriers
26	13:33	SWAINE, Jude	Colchester & Tendring AC
27	13:34	DRISCOLL, Albie	St Edmunds Pacers
28	13:34	CORNISH, Arthur	St Edmunds Pacers
29	13:45	BARKER, Archie	North Norfolk Harriers
30	13:47	WHITE, Jeremy	Ely Runners
31	13:57	ROOKE, Josh	St Edmunds Pacers
32	14:03	PECK, Ewan	Thetford AC
33	14:09	APPELL, Jack	St Edmunds Pacers
34	14:11	D'AYALA, Leo	Ely Runners
35	14:39	APPELL, Zac	St Edmunds Pacers
36	14:45	MCNAMARA, Alex	Stowmarket Striders
37	15:03	SPENCER, Charlie	St Edmunds Pacers

Teams :

1. North Norflok Harriers	3,4,5	= 12 pts
2. St.Edmund Pacers'A'	1,7,9	= 17 pts
3. Thetford AC	2,8,13	= 23 pts
4. Hunts AC	10,15,16	= 41 pts
5. Ipswich Harriers	11,14,18	= 43 pts

EASTERN ATHLETIC ASSOCIATION
2017 CROSS COUNTRY CHAMPIONSHIPS

U15 GIRLS.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	15:05	DURAND, Abi	North Norfolk Harriers
2	15:54	CHALLINOR, Katie	Ipswich Harriers
3	16:09	WATLING, Eliska	North Norfolk Harriers
4	16:19	PRESLAND, Milly	Colchester Harriers
5	16:20	ROBINSON, Ella	Nene Valley Harriers
6	16:24	NORKETT, Jesica	Thetford AC
7	16:45	WILKINS, Isabelle	Hunts AC
8	17:48	DANN, Mia	Ipswich Harriers
9	18:10	CLAYDON, Madeline	Colchester Harriers
10	18:16	ROBSON, Anna	St Edmunds Pacers
11	18:42	BILNER, Jasmine	Ipswich Jaffa
12	18:48	NICHOLS, Francesca	St Edmunds Pacers
13	18:55	ASHMAN, Ruby	Hunts AC
14	19:00	BRIDGES, Gemma	Ely Runners
15	19:21	ROTHWELL, Grace	Colchester Harriers
16	19:22	STINSON, Libby	West Suffolk AC
17	19:26	O'BRIEN, Rhian	St Edmunds Pacers
18	19:43	BEER, Isabel	Stowmarket Striders
19	20:08	THOMPSON, Ami	Colchester & Tendring AC

Teams : 1. Colchester Harriers 4,9,15 = 28 pts
2. St Edmunds Pacers 10,12,17 = 39 pts

EASTERN ATHLETIC ASSOCIATION
2017 CROSS COUNTRY CHAMPIONSHIPS

U15 BOYS.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	14:13	BAYLEY, Ben	St Edmunds Pacers
2	14:20	CAHILL, Aidan	Colchester & Tendring AC
3	14:47	HENSON, Tom	St Edmunds Pacers
4	15:04	BRIDGER, Thomas	Cambridge & Coleridge AC
5	15:12	HANCOCK, Harvey	Nene Valley Harriers
6	15:17	GARROD, Ben	Thetford AC
7	15:19	LIFE, Billy	North Norfolk Harriers
8	15:27	LAWRENCE, Angus	Hunts AC
9	15:43	DUFFY, Keelan	BRJ Running & Tri Club
10	15:47	WOODWARD, Oscar	St Edmunds Pacers
11	15:50	FROHN, Tom	Ipswich Harriers
12	15:58	COOPER, Sam	North Norfolk Harriers
13	16:01	BENNETT, Mathew	Ipswich Jaffa
14	16:06	HOWARD, Tyler	Thetford AC
15	16:13	AVIS, Anton	St Edmunds Pacers
16	16:14	WEBB, Joe	St Edmunds Pacers
17	16:17	TOMASELLI, Dylan	Nene Valley Harriers
18	16:22	RICHARDSON, Alex	St Edmunds Pacers
19	16:25	BRADFORD, Joe	West Suffolk AC
20	16:33	BRADNAM, Dylan	St Edmunds Pacers
21	16:57	ROSE, Brendan	Hunts AC
22	17:03	TWEED, Archie	St Edmunds Pacers
23	17:26	SMEETON, Adam	Ely Runners
24	17:38	JACKSON, Jack	Nene Valley Harriers
25	18:19	ADAMS, Charlie	Ipswich Jaffa
26	18:20	LANGNER, Oliver	Ipswich Jaffa

Teams :

1. St.Edmunds Pacers 'A'	1,3,10	= 14 pts
2. Nene Valley Harriers	5,17,24	= 46 pts
3. St.Edmunds Pacers 'B'	15,16,18	= 49 pts
4. Ipswich Jaffa	13,25,26	= 64 pts

U20 MEN.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	0:28:31	EVANS, Gary	Bedford & County
2	0:29:21	PATTERSON, Joe	Colchester Harriers
3	0:29:29	DAWSON, Oscar	Colchester Harriers

Teams : No Teams

EASTERN ATHLETIC ASSOCIATION
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Senior and Vet Men.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	
1	41:11	ROBINSON, Steve	Peterborough AC	SM
2	41:33	HOLFORD, Angus	Woodford Green	SM
3	42:05	DARBY, Alan	Ely Runners	SM
4	42:29	WALTON, Shaun	Peterborough AC	SM
5	42:31	CHENERY, Robert	Ipswich Jaffa	SM
6	42:49	CRUSH, Gary	City of Norwich AC	V40-1
7	42:59	O'NEILL, James	Ryston Runners	SM
8	43:39	FIDDAMAN, Craig	Ipswich Jaffa	SM
9	44:09	SELLANS, Chris	Colchester Harriers	SM
10	44:10	GOODALL, Spencer	City of Norwich AC	V40-2
11	44:13	CLEMENTS, Mark	Ipswich Jaffa	V40-3
12	44:21	WAGGITT, Paul	Ely Runners	SM
13	44:26	SKINNER, James	Peterborough AC	V40-4
14	44:42	SMALLS, Alan	Colchester Harriers	V40-5
15	44:52	POLLARD, Neil	Newmarket Joggers	SM
16	44:59	STONE, Nick	Peterborough AC	SM
17	45:04	FARRER, Tyrone	Hunts AC	V40-6
18	45:09	SMITH, Nick	St Edmunds Pacers	SM
19	45:12	FRASER-LIM, Steven	Ipswich Jaffa	V40-7
20	45:18	TURLEY, Ben	Ipswich Jaffa	SM
21	45:20	HALE, Tom	St Edmunds Pacers	SM
22	45:32	DAVIES, Gavin	Ipswich Jaffa	SM
23	46:01	METCALFE, Alex	Ely Runners	SM
24	46:10	OLD, Ian	Ipswich Jaffa	SM
25	46:12	HOLLEY, Paul	Newmarket Joggers	V50-1
26	46:16	FILER, Nathan	Colchester Harriers	SM
27	46:21	PALMER, Nick	Stowmarket Striders	V40-8
28	46:23	OSBORN, Nick	Hunts AC	SM
29	46:26	HEATH, Richard	Colchester Harriers	V40-9
30	46:35	IRVINE, Gordon	Ely Runners	SM
31	46:45	KINGSNORTH, Tom	St Edmunds Pacers	SM
32	46:46	SPOWAGE, Paul	Colchester Harriers	V50-2
33	46:48	HALL, Steve	Peterborough AC	V40-10
34	46:56	MARLEY, Keith	Colchester Harriers	V40-11
35	46:58	WADE, Lawrence	City of Norwich AC	V40-12
36	47:01	HAYWARD, James	Ipswich Jaffa	SM
37	47:10	HOSKING, Alex	Ipswich Jaffa	SM
38	47:12	GAY, Chris	Newmarket Joggers	SM
39	47:33	NEARS, John	Colchester Harriers	V40-13
40	47:45	HAYWARD, Mark	Newmarket Joggers	SM
41	47:53	RAYNOR, Andy	Colchester Harriers	V50-3
42	47:56	SALES, Alex	Colchester Harriers	SM
43	48:12	BUNCH, Trevor	St Edmunds Pacers	V40-14
44	48:36	SADLIER, James	Peterborough AC	V40-15
45	48:58	OSTLER, Ryan	Ipswich Jaffa	SM
46	49:13	HARRIS, Simon	Newmarket Joggers	V40-16
47	49:21	PEAT, Joe	Ipswich Jaffa	SM
48	49:26	GIFFORD, Ollie	Colchester Harriers	SM
49	49:32	POPPLE, Nathan	Peterborough AC	SM
50	49:37	FLUTTER, Richard	Colchester Harriers	V50-4
51	49:59	MASON, Oliver	Peterborough AC	SM
52	50:00	HILL, Richard	Ely Runners	V40-17
53	50:09	BARKER, Sean	Hunts AC	V50-5
54	50:37	JEFFREY, Ben	St Edmunds Pacers	SM
55	50:42	WATERSON, James	Colchester Harriers	V40-18

EASTERN ATHLETIC ASSOCIATION
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Senior and Vet Men Con't.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	
56	50:48	SMITH, Simon	Colchester Harriers	V50-6
57	50:51	PARKINS, Ritchie	Stowmarket Striders	V40-19
58	51:00	HOWARD, Stephen	Ely Runners	V50-7
59	51:11	COLLINSON, Ben	West Norfolk AC	SM
60	51:26	HARROD, Mark	Colchester Harriers	V40-20
61	51:28	ROWE, Martin	Hunts AC	V50-8
62	51:28	RULE, Jamie	Newmarket Joggers	SM
63	51:40	MILES, Chris	Stowmarket Striders	SM
64	51:43	HUGHES, Steven	Stowmarket Striders	V50-9
65	52:10	MANBY, Chris	Colchester Harriers	SM
66	52:12	GOODRIDGE, Russell	Colchester Harriers	V40-21
67	52:15	ROONEY, Carl	Hunts AC	V40-22
68	52:26	BIRCH, Warren	Ipswich Jaffa	V50-10
69	52:42	WELLS, Elliot	Stowmarket Striders	SM
70	52:59	BEASLEY, Howard	St Edmunds Pacers	V50-11
71	53:06	BIRD, Peter	St Edmunds Pacers	V40-23
72	53:31	POTTER, Justin	Stowmarket Striders	SM
73	54:20	SYMSS, Steve	Stowmarket Striders	V40-24
74	54:40	HILSON, David	Colchester Harriers	V50-12
75	56:04	MASON, Matthew	Ely Runners	V40-25
76	56:30	BING, Chris	Ipswich Jaffa	SM
77	56:45	AVIS, Martin	St Edmunds Pacers	V40-26
78	56:57	ADAMS, John	Ipswich Jaffa	V40-27
79	57:39	ROSE, Mike	Hunts AC	V50-13
80	58:14	RATTRAY, Ian	Colchester Harriers	V40-28
81	58:37	MILLER, Simon	Colchester Harriers	V40-29
82	59:31	MCNAMARA, Steve	Stowmarket Striders	V40-30
83	60:14	BENNETT, Jamie	Ipswich Jaffa	V40-31
84	60:34	WOODYATT, Paul	City of Norwich AC	V50-14
85	60:53	BEER, Phillip	Stowmarket Striders	V50-15
86	62:37	JAY, Peter	St Edmunds Pacers	V50-16
87	63:21	REASON, Robert	Stowmarket Striders	V50-17
88	64:47	READER, Jeremy	Newmarket Joggers	V40-32
89	66:41	HUGHES, Mark	Stowmarket Striders	V40-33
90	68:36	CHEUNG, Gi	Ipswich Jaffa	V40-34

Teams :

1. Ipswich Jaffa	5,8,11,19,20,22	= 85 pts
2. Peterborough AC	1,4,13,16,33,44	= 111 pts
3. Colchester Harriers	9,14,26,29,32,34	= 144 pts
4. Ely Runners	3,12,23,30,52,58	= 178 pts
5. Newmarket Joggers	15,25,38,40,46,62	= 226 pts
6. St.Edmund Pacers	18,21,31,43,54,70	= 237 pts
7. Ipswich Jaffa 'B'	24,36,37,45,47,68	= 257 pts
8. Colchester Harriers 'B'	39,41,42,48,50,55	= 275 pts
9. Hunts AC	17,28,53,61,67,79	= 305 pts
10. Stowmarket Striders	27,57,63,64,69,72	= 352 pts

Nine Man Teams:

1. Ipswich Jaffa	5,8,11,19,20,22,24,36,37	= 182 pts
2. Colchester Harriers	9,14,26,29,32,34,39,41,42	= 266 pts
3. St.Edmund Pacers	18,21,31,46,54,70,71,77,86	= 471 pts

EASTERN ATHLETIC ASSOCIATION
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U17 WOMEN.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	24:13	JORDAN-LEE, Maddie	Stowmarket Striders
2	24:15	JORDAN-LEE, Millie	Stowmarket Striders
3	28:35	LAWRENCE, Katie	Hunts AC
4	29:11	LOOSLEY, Chloe	BRJ Running & Tri Club
5	29:58	SULLIVAN, Ellie	St Edmunds Pacers
6	30:33	HILTON, Daisy	Colchester Harriers
7	31:23	ANGROVE, Sharlett	Stowmarket Striders
8	33:22	HEEKS, Kate	Stowmarket Striders

Teams : 1. Stowmarket Striders 1,2,7 = 10 pts

U20 WOMEN.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	26:21	DEACY, Mary-ann	Colchester Harriers
2	28:43	ELLARD, Ellen	Peterborough AC
3	29:21	BELL, Alice	St Edmunds Pacers
4	31:07	WALLER, Lucy	Hunts AC
5	32:10	JACKSON, Lizzy	St Edmunds Pacers
6	32:57	DARNELL, Amelia	Hunts AC
7	34:57	TEMPLE, Ellie	St Edmunds Pacers

Teams : 1. St Edmunds Pacers 3,5,7 = 15 pts

EASTERN ATHLETIC ASSOCIATION
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Senior Women and Vets

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	
1	24:13	ROBSON, Odette	St Edmunds Pacers	LV45-1
2	24:41	BIRD, Sara	Ipswich Jaffa	
3	25:02	THOMAS, Laura	Ipswich Jaffa	
4	25:28	JOINER-HANDY, Angie	St Edmunds Pacers	LV45-2
5	26:11	JEFFREY, Cath	St Edmunds Pacers	LV35-1
6	26:13	COOKE, Rebecca	Colchester Harriers	
7	26:13	JAMES, Andrea	Colchester Harriers	
8	26:15	CLARKE, Jane	City of Norwich AC	LV45-3
9	26:18	PORCH, Gemma	Stowmarket Striders	
10	26:31	NEALE, Ella	Colchester Harriers	
11	26:35	POLLARD, Hannah	Newmarket Joggers	LV35-2
12	26:38	ARMITAGE, Zohra	St Edmunds Pacers	LV35-3
13	26:51	COUSINS, Rebecca	West Norfolk AC	
14	27:08	ANTHONY, Christine	West Suffolk AC	LV45-4
15	27:14	WOLEDGE, Jo	St Edmunds Pacers	LV35-4
16	27:27	HARRIS, Ffion	Colchester Harriers	
17	27:27	SPENCER, Samantha	Ipswich Jaffa	
18	27:35	JENNINGS, Val	Ipswich Jaffa	LV45-5
19	27:35	LURY, Esther	Ipswich Jaffa	LV35-5
20	27:45	EYRES, Stacey	Colchester Harriers	
21	27:45	HART, Samantha	Colchester Harriers	
22	27:50	CRAWFORD, Kelly	Hunts AC	
23	27:55	KLAVINA, Ieva	Hunts AC	LV35-6
24	28:12	KING, Katie	St Edmunds Pacers	
25	28:21	CUMNER, Ellie	Colchester Harriers	LV35-7
26	28:39	HENERY, Catherine	City of Norwich AC	LV45-6
27	28:45	BURGIN, Katy	Hunts AC	
28	29:02	SHERMAN, Mel	Ipswich Jaffa	LV35-8
29	29:20	SMITH, Lucy	St Edmunds Pacers	LV35-9
30	29:21	MACLLANNAN, Jackie	Colchester Harriers	
31	29:23	WILKINSON, Louise	City of Norwich AC	LV45-7
32	29:44	APPLEBY, Cheryl	Colchester Harriers	
33	29:53	FOX, Alison	Hunts AC	LV45-8
34	30:13	HEATH, Suzanne	Ipswich Jaffa	LV45-9
35	30:16	MARGARSON, Katie	Cambridge & Coleridge AC	
36	30:23	RICHARDSON, Jenny	Colchester Harriers	LV45-10
37	30:30	BOURNE, Laura	St Edmunds Pacers	LV45-11
38	30:35	MORGAN, Jenny	St Edmunds Pacers	LV45-12
39	30:37	HUGHES, Dianne	Stowmarket Striders	LV45-13
40	31:04	LOCKHART, Sue	Ipswich Jaffa	LV45-14
41	31:10	GODBOLD, Belinda	Ipswich Jaffa	LV45-15
42	31:17	HAYWOOD, Jo	Stowmarket Striders	LV45-16
43	31:18	STEELE, Amy	Hunts AC	
44	31:19	BIRD, Eloise	St Edmunds Pacers	LV45-17
45	31:49	STOCKER, Pauline	Hunts AC	LV45-18
46	32:06	GODDARD, Louise	Stowmarket Striders	LV35-10
47	32:21	WASS, Helen	Newmarket Jogger	LV45-19
48	32:52	BENNETT, Marion	Ipswich Jaffa	LV35-11
49	32:56	MAYHEW, Sandra	Stowmarket Striders	LV45-20
50	33:09	SELLENS, Sarah	Colchester Harriers	
51	34:09	BURGER, Erica	Newmarket Joggers	LV45-21
52	34:47	BEECH, Alison	Ipswich Jaffa	LV45-22
53	36:08	HOLMES, Jan	Newmarket Joggers	LV45-23
54	37:37	HASELWOOD, Julie	Ipswich Jaffa	LV45-24
55	38:05	RICHARDSON-WRIGHT, Rachel	Colchester Harriers	LV45-25

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Senior Women and Vets Con't

56	42:02	HANNAH, Rebecca	Newmarket Joggers	
57	42:02	KINSTON, Sarah	Newmarket Joggers	LV35-12
58	44:05	MCINTOSH, Caroline	Newmarket Joggers	LV45-26

Teams :

1.	St Edmunds Pacers 'A'	1,4,5	= 10 pts
2.	Ipswich Jaffa 'A'	2,3,17	= 22 pts
3.	Colchester Harriers 'A'	6,7,10	= 23 pts
4.	St.Edmunds Pacers 'B'	12,15,24	= 51 pts
5.	Colchester Harriers 'B'	16,20,21	= 57 pts
6.	Ipswich Jaffa 'B'	18,19,28	= 65 pts
7.	City of Norwich AC	8,26,31	= 65 pts
8.	Hunts AC	22,23,27	= 72 pts

VET MEN 60 +.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	26:17	ROGERS, Brian	Ipswich Jaffa
2	29:02	PURBROOK, Chris	Newmarket Joggers
3	29:11	ROBINSON, Steve	Stowmarket Striders
4	29:58	BURGIN, Alan	Hunts AC
5	32:51	SCHOOLBRED, Charles	Ipswich Jaffa

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U17 MEN.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>
1	21:35	CAULFIELD, Max	Colchester Harriers
2	22:02	ABBOTT, Thomas	Ipswich Harriers
3	22:10	GRADY, Jack	Ipswich Harriers
4	22:16	AFERWERKI, Ermeas	Colchester Harriers
5	22:22	HANDY, Reuben	St Edmunds Pacers
6	23:10	WOOD, Adam	Ipswich Harriers
7	23:20	ROBSON, Joe	St Edmunds Pacers
8	23:26	QUERCIA-SMALE, Steven	St Edmunds Pacers
9	23:29	ORRELL, James	BRJ Running & Tri Club
10	23:32	FOX, Jacob	Peterborough AC
11	24:06	BODEN, Joseph	Colchester Harriers
12	24:09	CROUCH, Fergus	Colchester Harriers
13	24:30	MOODY, Keiran	St Edmunds Pacers
14	24:33	SZPRYNGIEL, Patryk	Peterborough AC
15	24:44	MOORE, Morgan	Stowmarket Striders
16	25:26	TURNER, Louis	Peterborough AC
17	27:13	BINGHAM, Oliver	Stowmarket Striders
18	27:21	LARKE, Alfie	Stowmarket Striders
19	28:51	PAINTER, Aiden	Peterborough AC

Teams :	1. Ipswich Harriers	2,3,6	= 11 pts
	2. Colchester Harriers	1,4,11	= 16 pts
	3. St Edmunds Pacers	5,7,8	= 20 pts
	4. Peterborough AC	10,14,16	= 40 pts
	5. Stowmarket Striders	15,17,18	= 50 pts