

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2016/17

HAVERHILL SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		300		29.56	Matt Jeffries	WVAC	M	20	1
2	2		299		30.39	Adel Hamed	IH	M	17	1
3	3		298		30.41	Alex Lawrence	IH	M	17	2
4	4		297		31.08	Lee Cook	WVAC	M	20	2
5	5		296		31.30	Dominic Oliver	WVAC	M	20	3
6	6		295		31.42	Carl Prewer	LRR	M	45	1
7	7		294		32.34	Luke Wood	FF	M	17	3
8	8		293		32.44	Matt Shingleton	WSW	M	40	1
9	9		292		32.47	Kieron Hayles	N&S	M	20	4
10	10		291		32.54	Dylan Neeve	WVAC	M	20	5
11	11		290		32.58	Gordon Irvine	I&NT	M	20	6
12	12		289		33.04	James Hayward	SS	M	20	7
13	13		288		33.10	Nick Palmer	SS	M	40	2
14	14		287		33.16	Benjamin Jacobs	FRR	M	40	3
15	15		286		33.50	Adam Howlett	FF	M	45	2
16	16		285		34.03	Scott Williams	SS	M	20	8
17	17		284		34.14	David Ackerley	SSX	M	20	9
18		1		150	34.23	Jo Andrews	BBD	F	40	1
19	18		283		34.25	Paul Lyon	LRR	M	20	10
20	19		282		34.27	Chris Pimlott	WVAC	M	40	4
21	20		281		34.39	Tony Bacon	HRC	M	20	11
22	21		280		34.42	Richard Moore	WVAC	M	50	1
23	22		279		34.52	Richie Parkins	SS	M	40	5
24	23		278		34.55	Leon Bernasconi	WVAC	M	40	6
25	24		277		34.55	Tom Galley	LRR	M	20	12
26	25		276		34.58	Chris Leek	FF	M	20	13
27		2		149	35.03	Sam Lines	WVAC	F	20	1
28	26		275		35.12	Steven Brooke	FRR	M	45	3
29	27		274		35.14	Nick Hammond	FF	M	45	4
30	28		273		35.31	Will Aldred	FF	M	45	5
31	29		272		35.38	Howard Beasley	SEP	M	55	1
32	30		271		35.40	Mark Hayden	IH	M	40	7
33	31		270		35.44	James Cornish	SSX	M	20	14
34	32		269		35.48	Chris Bradford	WVAC	M	20	15
35	33		268		35.51	Ben Wharnsby	IH	M	20	16
36		3		148	36.03	Grainne Neary	N&S	F	20	2
37	34		267		36.08	Daniel Harris	WVAC	M	20	17
38	35		266		36.11	Alex Smith	HRC	M	20	18
39	36		265		36.17	Aiden Church	SSX	M	17	4
40	37		264		36.25	Leigh Butcher	LRR	M	20	19
41	38		263		36.25	Ben Cuthbert	N&S	M	20	20
42	39		262		36.34	John Servis	LRR	M	20	21
43	40		261		36.38	Pete Williams	I&NT	M	50	2
44	41		260		36.49	Charles Hann	N&S	M	50	3
45	42		259		36.51	Liam Nudd	WVAC	M	20	22
46	43		258		37.01	Steve Garvie	FF	M	45	6
47	44		257		37.05	Richard Flutter	N&S	M	45	7
48	45		256		37.20	Tim Earl	WVAC	M	20	23
49	46		255		37.26	Andy Buck	N&S	M	50	4
50	47		254		37.27	Chris Mower	SEP	M	40	8
51	48		253		37.32	Jon Comyn	WVAC	M	20	24
52	49		252		37.34	Paul Krause	HRC	M	20	25
53	50		251		37.38	Darren Sharman	WSW	M	40	9

54	51	250	37.42	Todd Strehlow	FF	M	45	8	
55	52	249	37.43	Steve Curran	FF	M	50	5	
56	53	248	37.45	Paul Dockerhill	N&S	M	20	26	
57	54	247	37.48	Peter Bird	SEP	M	40	10	
58	55	246	37.54	Richard Leeder	SS	M	40	11	
59	56	245	37.55	Tim Moore	WVAC	M	20	27	
60	57	244	37.55	Roger Ackerley	SSX	M	55	2	
61	58	243	37.57	Tom Spalding	LRR	M	20	28	
62		4	147	38.05	Maureen McCarthy	WSAC	F	50	1
63	59	242	38.12	Robin Harper	FRR	M	40	12	
64	60	241	38.19	Craig Stewart	WSW	M	40	13	
65		5	146	38.23	Meade Clarke	FF	F	17	1
66	61	240	38.25	Jake Church	SSX	M	17	5	
67		6	145	38.28	Parris Williams	I&NT	F	20	3
68	62	239	38.32	Jon Brooker	N&S	M	50	6	
69	63	238	38.37	Ricky Peacher	FF	M	20	29	
70		7	144	38.39	Cath Jeffery	SEP	F	35	1
71		8	143	38.46	Jo Woledge	SEP	F	40	2
72	64	237	38.54	Andy Barber	HRC	M	45	9	
73	65	236	39.01	Billy Underdown	WVAC	M	20	30	
74	66	235	39.04	Neville Clarke	N&S	M	60	1	
75	67	234	39.10	Dave Casey	I&NT	M	45	10	
76	68	233	39.16	Elliott Bentley	I&NT	M	45	11	
77	69	232	39.19	Paul Snowdon	IH	M	45	12	
78		9	142	39.20	Rose Nicholson	WVAC	F	20	4
79	70	231	39.21	Stewart Hambling	FF	M	45	13	
80		10	141	39.27	Sabine Schaefer	TAC	F	35	2
81	71	230	39.41	Ker Macrosson	SS	M	60	2	
82		11	140	39.50	Lynn Emmett	BBH	F	45	1
83	72	229	39.57	Rob Mackenzie	FF	M	50	7	
84	73	228	40.00	Mike Haslam	I&NT	M	50	8	
85	74	227	40.03	Ian Gooderham	SEP	M	45	14	
86	75	226	40.13	Simon Feakes	DAC	M	20	31	
87	76	225	40.19	Andre Neville	SS	M	40	14	
88		12	139	40.20	Tracy Prewer	LRR	F	50	2
89	77	224	40.28	Mark Hughes	SS	M	45	15	
90	78	223	40.32	Shaun Kay	LRR	M	40	15	
91	79	222	40.40	Leon Neeve	WVAC	M	20	32	
92	80	221	40.42	Andrew Griffiths	I&NT	M	20	33	
93	81	220	40.43	Jon O'Hara	BBH	M	45	16	
94	82	219	40.43	Colin Galer	WVAC	M	20	34	
95	83	218	40.44	John McKee	FF	M	20	35	
96		13	138	40.44	Ruth Palmer	SEP	F	40	3
97		14	137	40.55	Clare Douglas	SS	F	20	5
98	84	217	40.56	Wayne Gardiner	SS	M	20	36	
99	85	216	41.09	Simon Tinkler	FF	M	40	16	
100	86	215	41.16	Robert Milner	WVAC	M	20	37	
101		15	136	41.25	Amanda Martin	SEP	F	50	3
102		16	135	41.43	Laura Brown	WSW	F	20	6
103	87	214	41.50	Duncan Chenery	BBD	M	55	3	
104	88	213	41.57	Ian Marshall	LRR	M	50	9	
105		17	134	42.03	Gemma Irvine	I&NT	F	20	7
106	89	212	42.07	Mike Illingsworth	WVAC	M	45	17	
107	90	211	42.15	Clive Purbrook	N&S	M	60	3	
108	91	210	42.25	Steven Rue	SEP	M	60	4	
109	92	209	42.38	Giles Macrow	N&S	M	45	18	
110	93	208	42.48	Wayne Mumford	N&S	M	50	10	
111	94	207	42.52	Mark Smith	WVAC	M	40	17	
112	95	206	42.57	Stephen Robinson	SS	M	60	5	

113	96	205	43.00	Steve McNamara	SS	M	45	19	
114	97	204	43.01	David Fordham	SSX	M	65	1	
115	98	203	43.08	Robert Reason	SS	M	50	11	
116	99	202	43.19	Lee Brown	HRC	M	20	38	
117	100	201	43.20	Alan Fairs	WVAC	M	45	20	
118		18	133	43.23	Louise Goddard	SS	F	40	4
119		19	132	43.35	Liz Barter	N&S	F	20	8
120	101	200	43.37	Ian Chilley	LRR	M	50	12	
121		20	131	43.54	Jenny Morgan	SEP	F	60	1
122		21	130	44.05	Katie Margason	SEP	F	20	9
123	102	199	44.07	Stephen Williams	SEP	M	60	6	
124		22	129	44.17	Jackie Hann	N&S	F	50	4
125		23	128	44.27	Alice Bell	SEP	F	17	2
126	103	198	44.35	Steve Gibbs	WVAC	M	50	13	
127		24	127	44.37	Ann Millett	WVAC	F	60	2
128		25	126	44.41	Jo Lockhart	BBD	F	45	2
129	104	197	44.43	Paul Sawyer	WSW	M	50	14	
130	105	196	44.45	Richard Groom	N&S	M	40	18	
131		26	125	44.53	Clare Barstow	FF	F	35	3
132	106	195	44.56	Mark Godbold	IH	M	50	15	
133	107	194	45.01	Chris Ridgeon	WSW	M	65	2	
134	108	193	45.06	Alan Shand	N&S	M	60	7	
135		27	124	45.09	Eloise Bird	SEP	F	45	3
136	109	192	45.14	Jeremy Smith	IH	M	45	21	
137	110	191	45.21	Paul Heeks	SS	M	45	22	
138	111	190	45.24	Jonathan Wilding	FRR	M	45	23	
139	112	189	45.36	Shaun Crowley	LRR	M	55	4	
140	113	188	45.51	Peter Russell	FF	M	65	3	
141		28	123	45.55	Melody Anne Neville	SS	F	45	4
142	114	187	45.56	Simon Green	I&NT	M	60	8	
143		29	122	46.09	Tracy Morris	SS	F	55	1
144		30	121	46.12	Dawn Marshall	SEP	F	50	5
145		31	120	46.12	Natasha Korouilas	LRR	F	40	5
146	115	186	46.18	Ross Arnold	HRC	M	20	39	
147		32	119	46.25	Sarah Vick	SSX	F	45	5
148		33	118	46.41	Sarah Norman	WVAC	F	35	4
149		34	117	46.51	Michelle Hewitt	FF	F	20	10
150	116	185	46.55	Lee Dickinson	I&NT	M	45	24	
151	117	184	46.59	Simon Hedge	FRR	M	45	25	
152		35	116	47.03	Sandra Mayhew	SS	F	50	6
153		36	115	47.05	Helen Wass	N&S	F	50	7
154		37	114	47.12	Marion Walker	FF	F	60	3
155	118	183	47.27	David Chapman	N&S	M	55	5	
156	119	182	47.30	Keelan Smith	SSX	M	20	40	
157	120	181	47.33	Graham Dixon	HRC	M	20	41	
158	121	180	47.43	Dave Coley	I&NT	M	65	4	
159	122	179	47.46	Tom Hoblyn	SEP	M	50	16	
160		38	113	47.47	Teresa Franklin	HRC	F	50	8
161		39	112	47.49	Doris Willmott	FF	F	35	5
162	123	178	47.51	Paul Sheritt	HRC	M	50	17	
163	124	177	47.53	Mike Sales	N&S	M	45	26	
164		40	111	47.58	Laura Brown	SS	F	20	11
165		41	110	47.59	Sara Williams	N&S	F	40	6
166	125	176	48.11	Mark Sargeantson	FF	M	60	9	
167	126	175	48.12	Tony Millett	WVAC	M	60	10	
168	127	174	48.15	Paul Brough	HRC	M	45	27	
169		42	109	48.19	Ellie Temple	SEP	F	17	3
170	128	173	48.26	David Daniels	SS	M	50	18	
171		43	108	48.37	Steph Strowger	LRR	F	20	12

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