

## NJ Men's XC Achievements 2019 FINAL

### Newmarket Joggers

First Name	Surname	Age band	Suffolk County Champ (10k) 6th Jan Time	Suffolk County Champ AG%	Stow-market XC (5.3m) 20th Jan Time	Stowmarkt AG%	Bury XC (5.1m) 17th Feb	Bury AG %	Bungay XC (4.2m) 10th Mar Time	Bungay AG%	Haverhill XC (5.0m) 24th Mar Time	Haverhill AG%	Fram-lingham XC (5.6m) 3rd Nov Time	Fram-lingham AG%	Wood-bridge XC (4.6m) 15th Dec	Wood-bridge AG%	Overall SB XC AG%	CLUB STANDARD
Neil	Pollard	40-44	35:48	79.05			29:12	77.74			30:00	74.17					79.05	Diamond
Greg	Davis	55-59			38:28	69.84	33:33	76.95	27:51	75.88							76.95	Diamond
Neville	Clarke	65-69	46:12	75.97	42:12	69.04	38:00	73.68	31:42	72.13	38:01	72.12	46:46	66.61	33:55	74.84	75.97	Diamond
Charles	Jones	60-64													31:54	75.39	75.39	Diamond
Jamie	Sales	15-19													26:17	74.38	74.38	Platinum
Mark	Hayward	35-39			39:52	58.03	33:17	66.85							27:45	72.67	72.67	Platinum
Chris	Howell	45-49					33:47	70.94			34:57	67.72					70.94	Platinum
Sam	Sadler	30-34			35:37	63.92	31:23	69.73			34:39	61.86					69.73	Gold
Jon	Brooker	50-54			39:34	66.76	36:32	69.48			36:30	68.17					69.48	Gold
Stuart	Sowerby	45-49	42:54	68.61													68.61	Gold
Paul	Dockerill	40-44	41:23	68.39	37:14	63.38									30:07	68.46	68.46	Gold
Clive	Purbrook	60-64	51:12	67.25	46:22	61.68	41:26	66.33	35:08	63.90					38:14	65.17	67.25	Gold
Marc	Drury	45-49					36:58	63.80					44:41	58.52	31:58	67.00	67.00	Gold
Alan	Shand	60-64	51:58	66.26											38:40	64.44	66.26	Gold
Tom	Elton (2)	50-54													34:17	65.00	65.00	Gold
Malcolm	Osbourn	70-74			50:10	61.76	47:10	63.07	37:53	64.14	47:55	60.83	59:02	56.32	42:41	63.45	64.14	Silver
Brian	Munns	55-59							36:31	57.42	43:55	57.12	51:02	55.72	36:15	64.09	64.09	Silver
Martyn	Taylor	35-39			37:05	62.38											62.38	Silver
Jason	Bevan	30-34			36:39	61.80											61.80	Silver
James	Thomson	30-34	44:43	61.09			35:21	61.76									61.76	Silver
Chris	Aylmer	65-69	58:35	61.71	55:38	53.89	49:10	58.58	43:04	54.57	49:48	56.63	63:40	49.90	46:44	55.88	61.71	Silver
Henry	Hamilton-Gould	35-39			39:50	58.08	36:12	61.46									61.46	Silver
Jamie	Rule	30-34			39:48	57.20	35:46	61.18					44:31	54.29	32:25	60.93	61.18	Silver
James	Tweed	45-49									38:21	60.76					60.76	Silver
Robert	Hawkins	55-59											53:24	52.81	38:16	60.19	60.19	Silver
Jim	Withers	65-69	59:27	58.48	54:28	53.00	51:09	54.22			49:44	54.62	61:22	50.30	42:22	59.36	59.36	Bronze
Eliot	Bentley	45-49											45:41	58.19			58.19	Bronze
Stephen	Edwards	55-59			45:32	58.02											58.02	Bronze
Jeremy	Reader	45-49			48:39	50.43	43:33	54.15	34:50	55.60	41:48	55.30	51:08	50.75	36:58	57.94	57.94	Bronze
Alan	Thornhill	70-74							44:06	54.42	52:44	54.61			46:22	57.66	57.66	Bronze
Neil	Williamson	40-44	50:51	56.96													56.96	Bronze
Mike	Sales	50-54													39:50	56.86	56.86	Bronze
Tom	Elton (2)	50-54											49:34	54.98			54.98	Tungsten
Baz	Colley	50-54	58:05	52.80							44:01	54.68					54.68	Tungsten
Anthony	Garth (to 3/19)	45-49									43:45	54.10					54.10	Tungsten
Daryl	Moran	25-29					41:13	52.81									52.81	Tungsten
Joe	Cormack	35-39													38:45	51.70	51.70	Tungsten
Keith	Page	60-64											78:53	37.35			37.35	Granite