

# SUFFOLK WINTER CROSS COUNTRY LEAGUE 2011/12

## STOWMARKET SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL	
	M	F	M	F				CAT	POS
1	1		133		32.06	Adam Thomas	WV	M 20	1
2	2		132		32.32	Simon Gardiner	IH	M 20	2
3	3		131		32.38	Paul Holley	NS	M 45	1
4	4		130		32.55	Tom Tica	IH	M 20	3
5	5		129		33.01	Tom Kingsnorth	PA	M 20	4
6	6		128		33.24	Ross Fawcett	IH	M 17	1
7	7		127		33.57	Nick Palmer	ST	M 20	5
8	8		126		34.01	Adi Barbrooke	WT	M 20	6
9	9		125		34.21	Greg Davis	NS	M 45	2
10	10		124		34.26	Glenn Douglas	PA	M 20	7
11	11		123		34.30	Ben Caisey	IN	M 20	8
12	12		122		34.36	Kevin Vaughan	PA	M 45	3
13	13		121		34.41	Ben Green	IN	M 17	2
14	14		120		34.44	Martin Wilson	WT	M 20	9
15	15		119		34.49	Joseph Kirton	TH	M 17	3
16	16		118		34.53	Tom Cresswell	NS	M 20	10
17	17		117		34.57	Roger Stone	FE	M 40	1
18	18		116		34.59	Lee Morgan	IN	M 40	2
19	19		115		35.17	Dave Copland	IN	M 45	4
20	20		114		35.34	Matt Singleton	WT	M 20	11
21	21		113		35.52	Darren Sheppard	FS	M 40	3
22	22		112		36.04	Simon Phillips	PA	M 20	12
23	23		111		36.08	Chris Cooke	PA	M 50	1
24	24		110		36.17	Martyn Taylor	NS	M 20	13
25	25		109		36.19	Mark Pinney	FE	M 45	5
26	26		108		36.22	Chris Starmer	ST	M 50	2
27	27		107		36.23	Chris Seymour	ST	M 40	4
28	28		106		36.34	Robert Smailes	PA	M 17	4
29	29		105		36.44	Jim Last	FS	M 20	14
30	30		104		36.49	Michael Jones	ST	M 40	5
31	31		103		36.53	Tim Larke	ST	M 20	15
32	32		102		36.55	Jason Taylor	FE	M 20	16
33	33		101		37.01	John Wankowski	IN	M 20	17
34	34		100		37.03	Paul Brown	FS	M 45	6
35	35		99		37.12	Andy Buck	NS	M 45	7
36		1		61	37.19	Jo Coates	PA	F 35	1
37	36		98		37.22	Nick Hammond	ST	M 40	6
38	37		97		37.33	Paul Sullivan	WV	M 40	7
39	38		96		37.42	Neil Gillingham	IH	M 20	18
40	39		95		38.01	Pete Williams	IN	M 45	8
41	40		94		38.08	Brian Munns	NS	M 45	9
42	41		93		38.12	Richard Rhodes	BD	M 50	3
43	42		92		38.16	Tim Earl	WV	M 20	19
44	43		91		38.20	Chris Pimlott	WV	M 20	20
45	44		90		38.21	Ker Macrosson	ST	M 55	1
46	45		89		38.22	Stephen Hatten	PA	M 45	10
47	46		88		38.23	Steve Edwards	NS	M 45	11
48	47		87		38.50	Ben Rodriguez	ST	M 20	21
49	48		86		38.56	Colin Pitts	ST	M 50	4
50		2		60	38.59	Lynn Emmett	BD	F 40	1

51	49	85	39.09	Sam Burdett	ST	M 17	5	
52	50	84	39.16	Martin Archer	IN	M 45	12	
53	51	83	39.17	Steve Hughes	ST	M 45	13	
54	52	82	39.17	Richard Narey	ST	M 45	14	
55	53	81	39.38	Jeff Agricole	WT	M 45	15	
56		3	59	39.45	Maureen McCarthy	WS	F 45	1
57	54	80	39.46	Steven Brooke	FE	M 40	8	
58	55	79	40.01	John Squirrell	ST	M 55	2	
59	56	78	40.02	Stewart Hambling	FS	M 40	9	
60	57	77	40.07	Roger Ackerley	FS	M 50	5	
61	58	76	40.12	Steve Curran	FS	M 45	16	
62		4	58	40.15	Christine Anthony	WS	F 45	2
63	59	75	40.20	Robin Belsom	ST	M 50	6	
64	60	74	40.30	Chris Sugars	IH	M 40	10	
65		5	57	40.34	Ursula White	NS	F 35	2
66	61	73	40.42	Dave Vaughan	PA	M 55	3	
67	62	72	40.53	Russell Breyer	IN	M 45	17	
68	63	71	40.57	Chris Chorley	BD	M 45	18	
69		6	56	41.03	Sharon Calton	WT	F 40	2
70	64	70	41.09	Gerry Watson	FE	M 55	4	
71	65	69	41.15	Oliver Minns	IH	M 17	6	
72	66	68	41.29	Rob Mackenzie	FS	M 45	19	
73	67	67	41.31	Jonathan Clarke	NS	M 45	20	
74		7	55	41.34	Lucy Barnes	IH	F 17	1
75	68	66	41.36	Bill Kingaby	WV	M 55	5	
76	69	65	41.39	Peter Mills	ST	M 55	6	
77	70	64	41.48	David Oliver	WV	M 40	11	
78	71	63	41.49	Richard Nash	ST	M 20	22	
79		8	54	41.56	Claire Hoblyn	PA	F 45	3
80	72	62	42.02	Mark Childs	NS	M 40	12	
81		9	53	42.11	Kath Jeffrey	PA	F 20	1
82	73	61	42.14	Tony Bradford	FE	M 45	21	
83	74	60	42.19	Jack Anthony	WS	M 17	7	
84	75	59	42.23	Ron Ames	ST	M 60	1	
85		10	52	42.30	Justine Anthony	WS	F 17	2
86	76	58	42.31	Jeremy Smith	IH	M 40	13	
87	77	57	42.35	Kenneth Tovell	FS	M 40	14	
88	78	56	42.35	Jonathan Comyn	WV	M 20	23	
89	79	55	42.54	Phil Clarke	WT	M 20	24	
90	80	54	43.01	Mark Ramsey	IH	M 40	15	
91	81	53	43.04	Jonathan Price	NS	M 60	2	
92		11	51	43.18	Tricia Goulden	WT	F 50	1
93	82	52	43.22	Tony Cantle	TH	M 50	7	
94	83	51	43.24	Mikele Capasso	IN	M 45	22	
95	84	50	43.29	Martin Little	ST	M 40	16	
96		12	50	43.31	Laura Hicks	ST	F 20	2
97		13	49	43.40	Stacey Owen	TH	F 20	3
98	85	49	43.42	Dominic Turner	NS	M 40	17	
99	86	48	43.51	Julian Colman	WT	M 50	8	
100	87	47	43.56	Stephen Williams	PA	M 55	7	
101	88	46	43.58	Peter Bird	PA	M 20	25	
102		14	48	44.01	Charmaine Gerraghty	ST	F 35	3
103	89	45	44.11	Chris Cook	PA	M 60	3	
104		15	47	44.16	Mary Narey	ST	F 40	3
105	90	44	44.24	Mark Sargeantson	FS	M 55	8	
106	91	43	44.27	Nigel Herrod	WV	M 50	9	

107	92		42	44.33	Adrian Whittle	NS	M 40	18
108		16	46	44.34	Maire O'Brien	PA	F 45	4
109	93		41	44.40	Roly Shaw	BD	M 55	9
110		17	45	44.47	Emily Gooderham	PA	F 17	3
111		18	44	44.48	Helen Hornsey	BD	F 20	4
112	94		40	45.04	Stephen Shaw	FE	M 45	23
113	95		39	45.07	Simon Green	IN	M 55	10
114		19	43	45.14	Dawn Carver	WV	F 45	5
115	96		38	45.18	Tony Burdett	ST	M 45	24
116	97		37	45.21	Steve Robinson	WT	M 55	11
117	98		36	45.27	Graeme Cleaie	FS	M 20	26
118	99		35	45.43	Clive Purbrook	NS	M 55	12
119		20	42	45.46	Emma Burroughs	IH	F 17	4
120	100		34	46.04	Steve Oldman	BD	M 45	25
121	101		33	46.09	Matthew Eveleigh	ST	M 20	27
122	102		32	46.14	Cliff Lear	TH	M 45	26
123	103		31	46.17	Mark Bell	FS	M 20	28
124	104		30	46.18	David Watson	FS	M 55	13
125		21	41	46.19	Claire Taylor	PA	F 20	5
126	105		29	46.22	Ian St Ledger	NS	M 45	27
127	106		28	46.28	Bruce Rayner	BD	M 50	10
128		22	40	46.37	Ann Millett	WV	F 55	1
129		23	39	47.05	Tracey Morris	ST	F 50	2
130		24	38	47.32	Karen Page	PA	F 40	4
131	107		27	47.35	Mark Miller	ST	M 40	19
132	108		26	47.43	Tony Millett	WV	M 55	14
133	109		25	47.49	James Asker	WT	M 40	20
134		25	37	47.56	Lisa Redman	NS	F 35	4
135	110		24	48.01	Tim Power	FS	M 60	4
136		26	36	48.13	Bobbie Sauerzapf	BD	F 50	3
137		27	35	48.23	Dawn D'Amarco	WT	F 35	5
138		28	34	48.29	Alex Smith	ST	F 35	6
139		29	33	48.37	Shona Bendix	BD	F 40	5
140		30	32	48.41	Fiona Tooley	WS	F 40	6
141	111		23	48.48	Chris Hinnit	WT	M 20	29
142		31	31	48.59	Diana Thomas	NS	F 20	6
143		32	30	49.07	Mandy Bunn	NS	F 40	7
144		33	29	49.17	Carmel Munson	ST	F 20	7
145	112		22	49.30	Tony Fuller	IH	M 55	15
146		34	28	49.41	Marjie Davis	NS	F 45	6
147	113		21	49.54	Ray Keevil	TH	M 65	1
148		35	27	49.57	Eloise Calver	PA	F 40	8
149	114		20	50.16	Lee Crisp	FE	M 20	30
150		36	26	50.35	Haley Cocksedge	TH	F 35	7
151		37	25	50.36	Corrina Smith	TH	F 40	9
152		38	24	51.30	Sandra Mayhew	ST	F 45	7
153		39	23	52.05	Jo Parden	FS	F 40	10
154	115		19	52.23	Mike Sales	NS	M 45	28
155	116		18	52.33	Bill Cox	FS	M 65	2
156	117		17	52.49	Terry Braverman	NS	M 65	3
157		40	22	53.04	Sue Stoten	NS	F 45	8
158		41	21	53.33	Viv Taylor	FS	F 55	2
159		42	20	53.45	Tamsin Desborough	GY	F 17	5
160		43	19	53.48	Belinda Schofield	NS	F 55	3
161	118		16	54.05	Chris Aylmer	NS	M 60	5
162		44	18	54.23	Judy Potter	BD	F 65	1

163		45		17	54.49	Carol Maycock	BD	F 50	4
164	119		15		54.59	David Pimlott	WV	M 60	6
165	120		14		55.50	Stuart Smith	WV	M 50	11
166		46		16	55.52	Sally Watson	FS	F 55	4
167	121		13		56.45	Stuart Jane	NS	M 40	21
168		47		15	57.04	Gina Browse	NS	F 35	8
169		48		14	57.34	Angela Burdett	ST	F 40	11
170	122		12		57.54	Robin Farrar	BD	M 65	4
171		49		13	58.14	Catharine Carfoot	WV	F 35	9
172		50		12	58.15	Karen Waters	BD	F 40	12
173	123		11		59.38	Ian Ash	BD	M 65	5
174	124		10		60..08	Julian Wiseman	FS	M 50	12
175		51		11	61.03	Nicole Mowlam	WT	F 40	13
176		52		10	66.10	Jennie Grimwood	NS	F 55	5