

# SUFFOLK WINTER CROSS COUNTRY LEAGUE 2012/13

## FRAMLINGHAM SENIORS

O/L	POSITION		POINTS		TIME	RUNNER NAME	CLUB	INDIVIDUAL		
	M	F	M	F				CAT	POS	
1	1		200		27.52	Ross Fawcett	IH	M	20	1
2	2		199		28.18	Robert Chenery	BD	M	20	2
3	3		198		28.26	Kieran McMorran	BD	M	17	1
4	4		197		28.54	Carl Prewer	WV	M	40	1
5	5		196		29.01	Connor Whiting	IH	M	17	2
6	6		195		29.17	Paul Whall	WV	M	17	3
7	7		194		29.21	Andy Taylor	PA	M	20	3
8	8		193		29.40	Robert Cheverton	WV	M	55	1
9	9		192		29.48	Kevin Pierce	IH	M	20	4
10	10		191		29.57	Adi Barbrooke	WT	M	20	5
11	11		190		29.58	Martin Wilson	ST	M	20	6
12	12		189		30.11	Tom Cresswell	NS	M	20	7
13	13		188		30.15	Kevin Sharman	WV	M	40	2
14	14		187		30.34	Matt Singleton	WT	M	20	8
15	15		186		30.37	Lee Morgan	IT	M	40	3
16	16		185		30.40	Jim Henderson	FS	M	45	1
17	17		184		30.44	Jim Last	FS	M	20	9
18	18		183		31.00	Kevin Vaughan	PA	M	45	2
19	19		182		31.08	Joseph Kirton	TH	M	17	4
20	20		181		31.16	Marcus Sladden	BD	M	20	10
21	21		180		31.41	John Wankowski	IT	M	20	11
22	22		179		31.44	Michael Jones	ST	M	40	4
23	23		178		31.47	Ricky Peacher	FS	M	20	12
24	24		177		31.55	Tom Jarrett	IT	M	20	13
25	25		176		31.57	Andy Buck	NS	M	45	3
26	26		175		32.03	Vince Calver	FE	M	40	5
27	27		174		32.09	Darren Sheppard	FS	M	40	6
28	28		173		32.27	Jason Taylor	FE	M	20	14
29	29		172		32.30	Chris Seymour	ST	M	40	7
30	30		171		32.33	John Jousiffe	IH	M	20	15
31	31		170		32.34	Iain Milligan	PA	M	40	8
32	32		169		32.39	Chris Starmer	ST	M	50	1
33	33		168		32.42	Paul Sullivan	WV	M	45	4
34	34		167		32.45	Glynn Thomas	IH	M	45	5
35	35		166		32.51	Richard Rhodes	BD	M	50	2
36	36		165		33.11	Tom White	PA	M	20	16
37	37		164		33.17	Richard Webster	FS	M	50	3
38	38		163		33.22	Pete Williams	IT	M	45	6
39	39		162		33.27	Chris Tye	IT	M	45	7
40	40		161		33.33	Dan Kinsman	FS	M	20	17
41	41		160		33.34	Lee Sheldrake	IT	M	20	18
42	42		159		33.34	Martin Archer	IT	M	45	8
43	43		158		33.34	Steve Edwards	NS	M	45	9
44	44		157		33.42	Mark Pinney	FE	M	45	10
45	45		156		33.45	Lee Phillips	FS	M	20	19
46	46		155		33.48	Simon Phillips	PA	M	20	20
47	47		154		33.49	Ker Macrosson	ST	M	55	2
48	48		153		33.54	John Waterson	PA	M	40	9
49	49		152		33.58	Neil Gillingham	IH	M	20	21
50	50		151		34.04	Cliff Bailey	TH	M	50	4

51	51	150	34.07	Chris Perry	PA	M	20	22	
52	52	149	34.10	James Manning	PA	M	45	11	
53	53	148	34.11	Nick Stephens	ST	M	45	12	
54	54	147	34.12	Robin Belsom	ST	M	50	5	
55	55	146	34.13	Chris Sugars	IH	M	40	10	
56	56	145	34.13	Russell Breyer	IT	M	50	6	
57	57	144	34.20	James Maycock	BD	M	20	23	
58	58	143	34.30	Tim Earl	WV	M	20	24	
59	59	142	34.36	Martin Pearson	PA	M	40	11	
60	60	141	34.36	Chris Howell	NS	M	40	12	
61	61	140	34.42	Graham Coulter	DI	M	20	25	
62	62	139	34.53	Philip Grose	PA	M	45	13	
63	63	138	34.57	Jim Coomber	NS	M	40	13	
64	64	137	35.04	Kenneth Tovell	FS	M	40	14	
65	65	136	35.07	Chris Chorley	BD	M	45	14	
66	66	135	35.11	Roger Ackerley	FS	M	50	7	
67	67	134	35.22	Barry Purbrook	NS	M	20	26	
68	68	133	35.24	Stephen Hatten	PA	M	45	15	
69		1	100	35.29	Lynn Emmett	BD	F	40	1
70	69	132	35.32	Ian Gooderham	PA	M	45	16	
71	70	131	35.34	Paul Brown	FS	M	45	17	
72	71	130	35.35	Mark Leek	IT	M	20	27	
73		2	99	35.36	Catherine Rickett	WV	F	20	1
74	72	129	35.40	Peter Bird	PA	M	20	28	
75	73	128	35.52	Oliver Minns	IH	M	20	29	
76	74	127	35.59	Lee Bowker	IH	M	40	15	
77	75	126	36.00	Dalton Coe	IH	M	17	5	
78	76	125	36.04	Oscar Doyle	IH	M	20	30	
79	77	124	36.09	Rob Mackenzie	FS	M	50	8	
80	78	123	36.12	Phil Bower	TH	M	50	9	
81	79	122	36.14	Chris Jones	FS	M	20	31	
82	80	121	36.18	Neville Clarke	NS	M	55	3	
83		3	98	36.20	Emma Burroughs	IH	F	17	1
84	81	120	36.25	Alan Fairs	WV	M	40	16	
85		4	97	36.38	Abbie Thorington	IT	F	20	2
86	82	119	36.39	Bill Kingaby	WV	M	60	1	
87	83	118	36.39	Peter Mills	ST	M	55	4	
88	84	117	36.45	Ron Ames	ST	M	60	2	
89	85	116	36.51	Allan Bradley	WV	M	45	18	
90	86	115	36.58	David Fordham	FS	M	60	3	
91	87	114	37.04	Roly Shaw	BD	M	55	5	
92	88	113	37.13	Wayne Tilbury-Larter	FS	M	20	32	
93	89	112	37.16	Joel Kemp	FS	M	17	6	
94	90	111	37.23	Tyler Barkacs	TH	M	20	33	
95		5	96	37.25	Sharon Calton	WT	F	40	2
96	91	110	37.28	Mike Troup	PA	M	55	6	
97	92	109	37.30	Jeremy Smith	IH	M	40	17	
98	93	108	37.34	Phil Clarke	WT	M	40	18	
99		6	95	37.37	Laura Hicks	ST	F	20	3
100	94	107	37.43	Darren Allen	IT	M	45	19	
101	95	106	37.47	Julian Colman	WT	M	50	10	
102		7	94	37.47	Emily Gooderham	PA	F	17	2
103	96	105	37.52	Malcolm Pidd	FS	M	50	11	
104		8	93	37.54	Stacey Owen	TH	F	20	4
105	97	104	37.57	Clive Purbrook	NS	M	55	7	
106		9	92	37.58	Samantha Wing	TH	F	20	5

107	98	103	38.15	Tony Cattle	TH	M	50	12
108	99	102	38.16	Terry O'Sullivan	FS	M	55	8
109	100	101	38.19	Ben Rodriguez	ST	M	20	34
110	101	100	38.24	Jonathan Price	NS	M	60	4
111	102	99	38.26	Stuart Abbott	FS	M	20	35
112	103	98	38.27	Dave Vaughan	PA	M	55	9
113	10	91	38.28	Laura Thomas	IH	F	17	3
114	104	97	38.43	Angus Western	FS	M	40	19
115	105	96	38.56	Jason Beeton	NS	M	20	36
116	106	95	39.03	Richard Sawyer	PA	M	55	10
117	107	94	39.06	Stuart Compton	PA	M	40	20
118	108	93	39.09	Paul McAllister	IT	M	45	20
119	109	92	39.11	Steve Robinson	WT	M	55	11
120	110	91	39.12	Brian Wright	TH	M	55	12
121	111	90	39.15	Peter Jay	PA	M	50	13
122	112	89	39.21	Gary Hutchings	FS	M	50	14
123	113	88	39.25	Mark Sargeantson	FS	M	55	13
124	114	87	39.29	Kevin Booth	WV	M	50	15
125	115	86	39.35	Dan Gardiner	BD	M	40	21
126	11	90	39.36	Mary Narey	ST	F	45	1
127	116	85	39.38	Nigel Herrod	WV	M	55	14
128	117	84	40.02	Adrian Whittle	NS	M	40	22
129	118	83	40.03	Adam Clarke	PA	M	20	37
130	119	82	40.06	Paul Bingham	TH	M	20	38
131	120	81	40.09	Karl Wright	TH	M	20	39
132	121	80	40.10	Matthew Eveleigh	ST	M	20	40
133	122	79	40.13	David Daniels	ST	M	45	21
134	123	78	40.31	Bruce Rayner	BD	M	50	16
135	12	89	40.34	Sandra Bower	TH	F	50	1
136	124	77	40.39	Justin Farris	IH	M	17	7
137	13	88	40.42	Maddy Harris	IH	F	17	4
138	125	76	40.45	David Mower	WV	M	55	15
139	14	87	40.47	Ann Millett	WV	F	55	1
140	15	86	40.50	Marion Walker	FS	F	55	2
141	126	75	40.52	Steve Oldman	BD	M	45	22
142	16	85	41.07	Bobbie Sauerzapf	BD	F	50	2
143	127	74	41.13	David Taylor	FS	M	60	5
144	128	73	41.19	Tony Burdett	ST	M	50	17
145	129	72	41.29	Simon Sparkes	BD	M	40	23
146	130	71	41.40	Richard Fellingham	ST	M	60	6
147	17	84	41.54	Sarah Bradley	WV	F	45	2
148	18	83	42.01	Marie Kemp	DI	F	20	6
149	131	70	42.11	Tony Bradford	FE	M	45	23
150	132	69	42.16	Gary Howe	BD	M	55	16
151	19	82	42.19	Diane Hughes	ST	F	50	3
152	20	81	42.20	Alex Smith	ST	F	35	1
153	133	68	42.28	Bob Paul	BD	M	55	17
154	134	67	42.46	Philip Beer	ST	M	45	24
155	21	80	42.49	Charlotte Bones	IH	F	17	5
156	135	66	42.51	Lee Crisp	FE	M	20	41
157	22	79	42.54	Meggan Thompson	ST	F	20	7
158	136	65	42.57	Dave Lines	BD	M	40	24
159	23	78	43.00	Tamsin Desborough	WV	F	17	6
160	24	77	43.03	Lisa Redman	NS	F	40	3
161	137	64	43.07	Tony Tyler	TH	M	50	18
162	25	76	43.08	Alisa MacDonald	WV	F	20	8

163		26		75	43.08	Dawn D'Amarco	WT	F	40	4
164		27		74	43.28	Sarah Coulter	DI	F	40	5
165		28		73	43.34	Emma Locker	WV	F	20	9
166	138		63		43.49	Marcus Gynn	NS	M	20	42
167		29		72	43.57	Belinda Schofield	NS	F	55	3
168	139		62		44.03	Dan Calver	PA	M	20	43
169		30		71	44.04	Michelle Constable	IT	F	45	3
170	140		61		44.10	Chris Aylmer	NS	M	60	7
171	141		60		44.14	Les Basham	ST	M	60	8
172	142		59		44.21	Peter Gay	ST	M	70	1
173		31		70	44.27	Caroline Anderson	NS	F	35	2
174	143		58		44.43	David Pimlott	WV	M	60	9
175		32		69	45.00	Emma Yarrow	ST	F	40	6
176		33		68	45.09	Paula Dye	IT	F	45	4
177	144		57		45.13	Mike Sales	NS	M	45	25
178		34		67	45.23	Jane Wright	FS	F	20	10
179	145		56		45.44	Jake Wright	FS	M	20	44
180	146		55		45.51	David Waterman	BD	M	50	19
181	147		54		46.05	Dave Watt	ST	M	50	20
182		35		66	46.08	Jenny Thomas	FS	F	40	7
183		36		65	46.17	Claire Bailie	ST	F	35	3
184		37		64	46.57	Julia Glenn	BD	F	35	4
185	148		53		46.59	David Thomas	BD	M	20	45
186		38		63	47.39	Carol Maycock	BD	F	50	4
187	149		52		47.46	Andy Bond	ST	M	65	1
188	150		51		48.00	Tony Fuller	IH	M	55	18
189		39		62	48.07	Jenny Jarrett	FE	F	45	5
190		40		61	48.10	Liz Capasso	IT	F	45	6
191		41		60	48.11	Michaela Gooch	WV	F	45	7
192	151		50		48.12	Martin Fuller	FE	M	45	26
193		42		59	48.20	Eloise Bird	PA	F	45	8
194		43		58	48.31	Susan Wright	BD	F	40	8
195		44		57	48.35	Angela Brinkley	ST	F	50	5
196		45		56	48.50	Megan Hutchinson	FS	F	20	11
197		46		55	48.52	Anita Tetley	ST	F	40	9
198		47		54	49.22	Vicky Johnston	FS	F	40	10
199		48		53	49.29	Sarah Barber	IT	F	40	11
200		49		52	49.33	Judy Potter	BD	F	65	1
201		50		51	49.39	Kim Eden	BD	F	55	4
202		51		50	49.44	Rosie Grieye	WV	F	35	5
203		52		49	50.07	Mandy Spurgeon	FS	F	45	9
204		53		48	50.35	Nicole Gregory	WT	F	35	6
205	152		49		50.44	Colin Almond	NS	M	40	25
206	153		48		51.02	Graham Sampson	BD	M	65	2
207		54		47	51.03	Debbie Ghant	ST	F	45	10
208		55		46	51.21	Jill Wilshaw	WT	F	55	5
209		56		45	51.39	Janet Lomas	FS	F	20	12
210		57		44	52.22	Karen Waters	BD	F	40	12
211	154		47		52.27	Robin Farrar	BD	M	70	2
212		58		43	56.15	Gina Browse	NS	F	40	13
213		59		42	57.14	Marion Henderson Parks	ST	F	40	14
214		60		41	58.29	Miledi Azzalin	DI	F	40	15
215		61		40	58.47	Sarah Sparkes	BD	F	35	7
216		62		39	58.48	Angela Mower	WV	F	55	6