

## Suffolk Cross County Championships

<u>Culford School</u>			<u>Men U40</u>	<u>06-Jan-19</u>	
Pos	No	Name	Club	Time	
1	66	John Millar	Ipswich Harriers	31	51
2	3	Norman Shreeve	Cambridge & Coleridge AC	32	56
3	65	Alex Lawrence	Ipswich Harriers	33	08
4	184	Matthew Jeffries	Waveney Valley AC a	34	14
5	2	Michael Gilbert	Cambridge & Coleridge AC	34	51
6	67	Alex Tripp	Ipswich Harriers	35	27
7	5	William Page	Colchester & Tendring Ac	35	32
8	52	Scott Ramsey	Hadleigh Hares AC a	35	56
9	137	Daniei O Boyle	Saint Edmund Pacers a	35	59
10	85	Kieran McMorran	Ipswich Jaffa RC a	36	05
11	146	Denys Olefir	Saint Edmund Pacers a	36	08
12	97	Paul Wain	Ipswich Jaffa RC a	36	38
13	8	Tony Gavin	Felixstowe RRC a	36	48
14	59	Peter Miller	Haverhill Running Club a	36	50
15	167	Scott Williams	Stowmarket Striders RC b	37	01
16	54	Dan Widdowson	Hadleigh Hares AC a	37	14
17	51	Daniel Preece	Hadleigh Hares AC a	37	25
18	179	Dean Bain	Waveney Valley AC a	37	44
19	144	Nick Smith	Saint Edmund Pacers a	37	45
20	58	Steve Mason	Haverhill Running Club a	37	48
21	7	Andy Ellis	Felixstowe RRC a	37	55
22	151	Samuel Burdett	Stowmarket Striders RC a	37	58
23	75	Nicholas Clarke	Ipswich Jaffa RC a	38	11
24	173	Kieron Haleys	Sudbury Joggers	38	38
25	132	Thomas Kingsnorth	Saint Edmund Pacers a	39	10
26	194	David Ackerley	Woodbridge Shufflers Rc	39	30
27	80	James Hayward	Ipswich Jaffa RC a	39	33
28	19	Lee Barber	Framlingham Flyers a	39	42

29	188	Christopher Meadows	Waveney Valley AC a	39	46
30	156	Alexander Harrison	Stowmarket Striders RC b	39	50
31	40	Ashley Smy	Framlingham Flyers e	40	08
32	55	Anthony Bacon	Haverhill Running Club a	40	35
33	150	Stuart Buchan	Stowmarket Striders RC b	40	39
34	61	Craig Sisson	Haverhill Running Club a	40	51
35	92	Daniel Summersgill	Ipswich Jaffa RC b	40	59
36	70	Alex Archer	Ipswich Jaffa RC b	41	00
37	178	Chris Bradford	Waveney Valley AC	41	20
38	155	Philip Green	Stowmarket Striders RC a	41	22
39	86	Rob Page	Ipswich Jaffa RC c	41	27
40	81	Alexander Hosking	Ipswich Jaffa RC b	42	40
41	165	Elliot Wells	Stowmarket Striders RC a	43	09
42	172	Jamie Fittock	Sudbury Joggers	43	38
43	18	John Aldred	Framlingham Flyers b	43	58
44	45	Colin Turner	Framlingham Flyers e	44	15
45	183	Timothy Earl	Waveney Valley AC b	44	21
46	168	Darren Barfield	Sudbury Joggers	44	24
47	117	James Thomson	Newmarket Joggers a	44	43
48	99	Kenneth Wright	Ipswich Jaffa RC e	46	50
49	36	Alex McGregor	Framlingham Flyers c	46	59
50	140	Jonny Rankin	Saint Edmund Pacers d	48	00
51	154	Wayne Gardner	Stowmarket Striders RC b	50	18
52	23	David Dinnage	Framlingham Flyers c	51	38
53	57	Ben Eccleston	Haverhill Running Club b	55	18
54	72	Jonathan Bolton	Ipswich Jaffa RC e	55	28
55	147	Jake Church	Saxmundham Sports Running & Fitness Club	56	24
56	152	Timothy Drain	Stowmarket Striders RC c	57	28
57	148	Keelan Smith	Saxmundham Sports Running & Fitness Club	57	37
58	157	Andrew Hayward	Stowmarket Striders RC c	59	46
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