

Suffolk Cross Country Winter League Individual results

Pos	Name	Club	EVENT					PTS Total	NO Races
			Fram	Bung	Wood	Stow	Bury		
FEMALE 17									
1	Becky Welbourn	IH	1	2	2		2	7	4
2	Sarah Gilbert	WV	2	ex4	1	3	3	9	5
3	Aimee Canham	FS		3	3	2	4	12	4
FEMALE 20									
1	Penny Rooney	FS	1	2	1	ex5	2	6	5
2	Elies Mann	WV	3	3	3	ex8	3	12	5
3	Hannah Arbon	IH	4	5	2	ex6	5	16	5
4	Ursula White	NS	7		5	3	1	16	4
5	Kelly Kemp	ST	6	7	7	ex10	6	26	5
6	Abi Paton	ST	9	9	11	ex11	7	36	5
7	Laura Hicks	ST	11	11	10	ex12	9	41	5
8	Carolyn Anderson	NS	12	8		13	10	43	4
9	Sue Lowther	BD	13	13	13	ex16	11	50	5
10	Charmaine Geraghty	ST	10	12	14	14		50	4
FEMALE 35									
1	Mary Narey	ST	1	1	1	1	ex1	4	5
2	Sarah Vick	FS	2	3	3	2	ex3	10	5
3	Becky Jack	ST	5	4	ex5	3	4	16	5
4	Jenny O'Callaghan	NS		5	6	4	5	20	4
5	Katy Nash	ST	8	8	ex13	8	9	33	5
6	Wendi New	LO	7	9	12	7		35	4
FEMALE 40									
1	Tracy Curl	WV	1		1	1	1	4	4
2	Michele Constable	IN	4	1	3	ex5	4	12	5
3	Sue Garrod	ST	3	2	4	4	ex6	13	5
4	Maureen McCarthy	PA	6	3		3	3	15	4
5	Annabel Bennett	FE	5	4	6	7	ex10	22	5
6	Debbie Ghant	ST	7	6	10	13		36	4
7	Rachel Champion	ST	8		9	10	11	38	4
8	Sandra Mayhew	ST	10	9	12	ex19	16	47	5
FEMALE 45									
1	Tricia Dennison	PA		1	1	1	1	4	4
2	Sarah Miller	IN	1	2	ex4	2	2	7	5
3	Elizabeth Welbourn	IH	2	3	3		3	11	4
4	Bobbie Sauerzapf	BD	4		6	3	5	18	4
5	Susannah Rosenberg	IN		6	9	8	6	29	4
6	Jan Starmer	ST	9	5	12		7	33	4
7	Maria Reynolds	ST		7	13	9	8	37	4
8	Lesley Watt	ST	11	9	14		9	43	4
9	Sally-Ann Protheroe	LO	10	8	ex11	9	10	37	5
FEMALE 50									
1	Ann Millett	WV	1		2	1	3	7	4
2	Annette White	IN	5	2	4	4		15	4
3	Sue Hargadon	IN	3	3	6	5	ex6	17	5
4	Ann Oliver	FE	4	4	5	6		19	4
5	Jenny Grimwood	NS	6	5	9	7		27	4
FEMALE 55									
1	Veronica Manley	DI		3	1	1	1	6	4
2	Anne Fish	ST	1	ex5	2	2	2	7	5
3	Anne Fellingham	ST	2	ex6	3	5	3	13	5
4	Sue Seggars	ST	3	ex7	4	6	5	18	5
FEMALE 60									
1	Judy Potter	BD	1		1	1	1	4	4
MALE 17									

1	Luke Allen	WV	1	1	2	1		5	4
2	Chris Rooke	IH	2	2	1	ex2	1	6	5
3	Tom Love	IH	ex11	3	4	5	2	14	5
4	Will Barnes-Smith	PA	3	4	ex7	3	6	16	5
5	Simon Gardiner	IH	4	5	6	ex6	5	20	5
6	Jamie Dines	IH	6	7	3	8		24	4
7	Alex Wold	FE	9	8	8	ex9	7	32	5
8	Nicholas Minns	IH	7		10	10	9	36	4
9	Jonny Palmer	IH	10	9		12	8	39	4
10	Stuart Hansell	NS	13	11		11	10	45	4
11	James Maycock	WV	12	13	11	13		49	4
12	Chris Pattle	IH	15	15	13	ex16	11	54	5
13	N Lungenmass-Ward	LO	17	16		17	12	62	4
	MALE 20								
1	David Miller	FS	1	1	1	1	ex1	4	5
2	Peter Barker	PA		2	2	2	7	13	4
3	Carl Prewer	LO	6	5	4	ex7	2	17	5
4	Roger Aldis	ST		7	3	5	5	20	4
5	Kevin Sharman	LO	8	ex8	6	4	4	22	5
6	Simon Brummitt	ST	ex7	6	5	6	6	23	5
7	Michael Fuller	IH	2	3	10		8	23	4
8	Nick Palmer	ST	9		9	8	11	37	4
9	Paul Preston	NS	11	9	13	10		43	4
10	Julian Long	PA		11	15	9	9	44	4
11	Andy Bain	WV	18		20	13	15	66	4
12	Martin Pearson	PA	22	16	ex22	16	18	72	5
13	Andy Green	ST	16		21	15	22	74	4
14	Nick Hammond	ST	19	20	ex24	17	20	76	5
15	Simon Phillips	PA	ex25	19	23	18	24	84	5
16	Neil Payne	IN	20	22	ex25	23	21	86	5
17	Mark Womack	LO	30	24	ex31	21	25	100	5
18	Robert James	BD	33	25	ex33	22	29	109	5
19	Jason Bloomfield	ST	32		32	25	26	115	4
20	Lee Dickinson	IN	42	29	40		28	139	4
21	Kenneth Tovell	FS	36	32	41	31		140	4
22	Barry Palmer	DI	38	34	42		35	149	4
	MALE 40								
1	Glyn Thomas	IH	2	2	2	3		9	4
2	Carl Marston	PA	3	4	5	4		16	4
3	Nick Stephens	ST	4	5	6	8		23	4
4	Kollyn Martin Smith	NS	ex20	6	7	7	4	24	5
5	Jim Beeton	NS	5		13	9	3	30	4
6	Goy Roper	WV	7		11	10	6	34	4
7	Brian Munns	NS	9	11	ex16	13	5	38	5
8	David Sealy	IH	16		19	14	7	56	4
9	Robin Mackenzie	FS	18	16	ex20	19	8	61	5
10	Simon Ransome	PA	19	13	18	15		65	4
11	Justin Rabett	PA	17		21	18	10	66	4
12	Chris Chorley	BD	15		23	21	9	68	4
13	Steve Rendell Read	LO	12		22	22	14	70	4
14	Kevin Smith	LO	22	15	ex25	24	12	73	5
15	Andrew Covell	FS	26	18	ex29	26	16	86	5
16	Tim Finegan	FE	ex31	23	30	29	17	99	5
17	David Gilbert	WV	30	22	ex34	32	20	104	5
18	Mark Elflett	LO	29		31	30	18	108	4
	MALE 45								
1	Chris Cooke	PA		1	1	3	1	6	4
2	Malcom Penn	ST	3	5	5	ex5	4	17	5
3	Chris Starmer	ST		4	2	7	6	19	4
4	Steve Peck	IN	4	7	6	6	ex8	23	5

5	Roger Ackerley	FS	2	6	7	9	ex9	24	5
6	Mike Rees	ST		8	8	8	7	31	4
7	Steve Gray	ST	6	10		10	10	36	4
8	Mark Hird	IN	8	13	13	14		48	4
9	Barry Smith	LO	10	ex15	14	13	11	48	5
10	Tony Robinson	PA	12	18	19		15	64	4
11	Kevin Palmer	IH	15	20	18		16	69	4
12	Dave Watt	ST	13	22	20	ex22	18	73	5
13	Colin Whale	BD		21	21	21	17	80	4
	<u>MALE 50</u>								
1	Robert Cheverton	WV	1	1	1	1	ex2	4	5
2	Graham White	IN	2	2	2		7	13	4
3	Derrick Smith	IN	3	3	3		4	13	4
4	Bill Kingaby	WV	5	6ex	5	3	5	18	5
5	David Vaughan	PA	6	4	6	4	ex6	20	5
6	Mike Troup	PA	7	8	7	5	ex9	27	5
7	Neville Clarke	NS	8		8	7	8	31	4
8	Will Newland	IN	9	7		6	10	32	4
9	Mark Sargeantson	FS	10	9	9	10	ex11	38	5
10	John Wharton	BD	11	10	10	9		40	4
11	Tony Millett	WV	13		11	12	13	49	4
12	Steve Robinson	IN		11	14	14	14	53	4
13	David Punt	BD	15	13	15	16	ex16	59	5
14	Tony Fuller	IH	17	15	17		18	67	4
	<u>MALE 55</u>								
1	Ken Rooke	FS	2	4		2	2	10	4
2	Chris Cook	PA	1	3		3	4	11	4
3	Grayhame Fish	ST	6	7	7	5	ex7	25	5
4	Paul Felton	NS	9	9	10	7		35	4
	<u>MALE 60</u>								
1	Peter Cotton	NS	1	1		1	1	4	4
2	David Pryce	WV		4	2	4	4	14	4
3	Jim King	ST	5	2	3	5	ex5	15	5
	<u>MALE 70</u>								
1	David Peck	IN	1	1	1	1		4	4

Key: ex - Not included in points count (Best 4 results to count)