

53-12 CROSS COUNTRY LEAGUE, HARWICH - 15TH NOVEMBER 2009

	MEN			WOMEN		
POS	NAME	CLUB	POS	NAME	CLUB	
1	Chris Sellens	Col Harriers	1	Laura Shrewbridge	Tiptree	
2	Robert Chenery	Ipswich	2	Debbie Cattermole	Col Harriers	
3	Gavin Davies	Ipswich	3	Becky McCorquodale	Harwich	
4	Graeme Knott	Harwich	4	Lyn Higgs	Col Harriers	
5	Dave Green	Great Bentley	5	Kate Hodgkiss	Harwich	
6	Gavin Allen	Halstead	6	Val Jennings	Ipswich	
7	Rob Reason	Harwich	7	Mellissa Dowell	Col Harriers	
8	Jason Meachen	Harwich	8	Nicki Ramsey	Ipswich	
9	Sam Matthews	Harwich	9	Wendy Staines	Discovery Tri	
10	Paul Helliwell	Col Harriers	10	Charlotte Knappett	CAT's	
11	Sandy McMillan	Col Harriers	11	Amy Neve	Great Bentley	
12	John Booty	Witham	12	Vicky Presland	Great Bentley	
13	Mark Armitage	Halstead	13	Elodi Henrion	Col Harriers	
14	Phil Munro	Col Harriers	14	Brigid Wallen	Witham	
15	Jonathan Ling	Ipswich	15	Nicola Pyle	Springfield	
16	Steve Cooper	Harwich	16	Lynn Tanner	Springfield	
17	Pete West	Col Harriers	17	Sue Clarke	Springfield	
18	Steve Fraser-Lim	Ipswich	18	Liz Turk	Springfield	
19	Gary Thompson	Ipswich	19	Liz Stuckey	Witham	
20	David Wright	Col Harriers	20	Hannah Wood	Ipswich	
21	Andrew Warner	Halstead	21	Elsbeth Knott	Harwich	
22	Tom Cudmore	Col Harriers	22	Louise Staunton	Ipswich	
23	Tom Jarrett	Ipswich	23	Claire Bransby	Harwich	
24	Scot MacSephney	Ipswich	24	Wendy Martin	Witham	
25	Steve Langley	Ipswich	25	Joanne McKay	Great Bentley	
26	Terry Back	Ipswich	26	Kate Thomas	Harwich	
27	Mick Ruth	Great Bentley	27	Fran Norris	Col Harriers	
28	Dave Wright	Great Bentley	28	Claire Wincomb	Ipswich	
29	Roy Young	Witham	29	Diane Wooller	CAT's	
30	Paul Mingay	Tiptree	30	Karen Mowle	Harwich	
31	James Heskey-Jones	Tiptree	31	Lorraine Garnham	Halstead	
32	Russell Sharp	Great Bentley	32	Jules	Discovery Tri	
33	Simon Morgan	Tiptree	33	Claire Gordon	Witham	
34	Geoff Tomlinson	Great Bentley	34	Barbara Saunders	Hadleigh	
35	Niel Dable	Ipswich	35	Carla Holroyd	Harwich	
36	Nathan Roulson	Halstead	36	Trudy Avis	Hadleigh	
37	Steve Moore	Springfield	37	Julie Haselwood	Ipswich	
38	Lee Rudland	Ipswich	38	Francesca Green	Tiptree	
39	Colin Peck	Col Harriers	39	Anna Lyon	Great Bentley	
40	Mark Rutter	Harwich	40	Kerry Marsh	Springfield	
41	Ker Macrossan	Ipswich	41	Wendy Carter	Halstead	
42	Kevin Jefferies	Great Bentley	42	Vicky Law	Great Bentley	
43	Julian Catmull	Springfield	43	Carolyn Bownes	Tiptree	
44	Marc Driscoll	Harwich	44	Ruth Pain	Witham	
45	Frank McKeown	Witham	45	Rachel Wright	Col Harriers	
46	Sam Wolton	Halstead	46	Peri Collins	Halstead	
47	Clive Jones	Great Bentley	47	Tina Clarke	Tiptree	
48	Chris Green	Great Bentley	48	Corrina Hussey	Hadleigh	
49	Stuart Mills	Witham	49	Sue Harrington	Discovery Tri	
50	Anthony Marsh	Springfield	50	Alison Myles	Ipswich	

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51	Mark Bailey	Witham	51	Ann Piercey	Harwich
52	Ben Spasheti	CAT's	52	Jo White	Halstead
53	John Thorpe	Ipswich	53	Carole Knokes	Hadleigh
54	Andrew Bailey	Halstead	54	Jo Higgon	Harwich
55	Adam Johnson	Hadleigh	55	Angela Paxon	Harwich
56	Justin Burls	Harwich	56	Debbie Stewart	Hadleigh
57	Ian Cottee	Harwich	57	Helen Norman	Hadleigh
58	Rob Smith	CAT's	58	Miranda Rayner	Harwich
59	Damion Hartshore	Tiptree	59	Anna Anderson	Harwich
60	Matthew Ranson	Halstead	60	Cathy Ragus	Discovery Tri
61	Jason Prail	Springfield	61	Julia Woolnough	Halstead
62	Duncan Chenery	Ipswich	62	Dawn Shilling	Tiptree
63	Glen Doel	Col Harriers	63	Emma Vincent	Great Bentley
64	Alan Pilgrim	Witham	64	Janine Bareham	Discovery Tri
65	Gary Donoghue	Harwich	65	Louise Papworth	Harwich
66	Mike Grealy	Halstead	DNF	Niome Melisa	Great Bentley
67	Nick Hazell	Col Harriers			
68					
69	Alex Stuckey	Witham			
70					
71	Pat Marsh	Col Harriers			
72	Jason Bilston	Col Harriers			
73	Ian Sutcliffe	Halstead			
74	Rob Lee	Witham			
75	Wayne Baker	Discovery Tri			
76	Martyn Byford	Witham			
77	Stuart Turnbill	Mid Essex			
78	John Driscoll	Col Harriers			
79	Bruce Emerson	Mid Essex			
80	Rob Thacker	Halstead			
81	Dave Wolton	Springfield			
82	Jamie Ash	Great Bentley			
83	Ted Skinner	Tiptree			
84	Keith Taylor	Witham			
85	Derek Greenham	CAT's			
86	Tony Wallen	Witham			
87	Gary Joslin	Springfield			
88	Paul Brooks	Ipswich			
89	Jonathan Burls	Harwich			
90	John Williams	Springfield			
91	Peter Baguley	Ipswich			
92	John Clarke	Springfield			
93	Tony Benjamin	Discovery Tri			
94	James Cullum	Harwich			
95	Dave Milton	Springfield			
96	Paul Youngman	Discovery Tri			
97	Ollie Southgate	Ipswich			
98	Andy Carter	Halstead			
99	Kevin Frost	CAT's			
100	Dave Jobling	Witham			
101	Dave Andrews	Witham			
102	Colin Matthews	Harwich			

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103	Malcolm Bailey	Tiptree		
104	Mark Ross	Great Bentley		
105	Rob Hadgraft	Tiptree		
106				
107	Frank Gardner	Great Bentley		
108				
109	Dave Slawson	Springfield		
110	Dan Pearce	Harwich		
111	Paul Blackwell	Great Bentley		
112	Les Leeds	Witham		
113	Kev Payne	Witham		
114	David Ingleby	Hadleigh		
115	Mark Maynard	CAT's		
116	Dave Payne	Witham		
117	Gary Levey	Witham		
118	Brian Telford	Great Bentley		
119	Mike Rosbrook	Hadleigh		
120	Alex Wood	Witham		
121	Tony Anderson	Harwich		
122	Jeff Higgon	Harwich		
123	Ian Linton	Tiptree		
124	John Norman	Hadleigh		
125	Andrew Stuart	Hadleigh		
126	Martin West	Harwich		
127	Tony Gordon	Witham		
128	Russ Silverton	Witham		
129	Douglas Bettell-Higgins	Discovery Tri		
130	Paul Tawn	Mid Essex		
131	Mark Avery	Ipswich		
132	Paul Hedler	Witham		
133	Paul Crowson	Harwich		
134	Gavin Foster	Discovery Tri		
135	Roger Duffield	Tiptree		
136	Pete Dedman	Springfield		
137				
138	Steve Kent	Harwich		
139	Mon Lee	Ipswich		
140	Colin Harvey	Harwich		
141	David Sawyer	Great Bentley		
142	Steve King	Col Harriers		
143	Simon Price	Great Bentley		
144	Ben Leeds	Witham		
145	Barry Dobson	Tiptree		
146	Paul Shewbridge	Tiptree		
147	Roger Duncombe	Discovery Tri		
148	Alan Chapman	Discovery Tri		
149	Maurice Young	Halstead		
150	Steve Alcock	Hadleigh		
151	Russell Mowle	Harwich		
152	Don Welsh	Great Bentley		
153	Mick Vincent	Great Bentley		
154	Keith Porter	Great Bentley		

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155	Kevin Wright	Springfield			
156	Brian Cudmore	53-12			