

Suffolk Cross County Championships Culford Senior Men - 7 Jan 2018

Race	Pos	First name	Surname	Gun Time	Chip Time	Cat	CatGrd%	Pace min/mile	Age Cat	Team
12K	19	Nick	Smith	00:45:50		MS	70.7	06:09		A
12K	43	Mark	Watts	00:49:59		M50	72.7	06:42	2nd	A
12K	60	Rakesh	Raja	00:53:39		M45	65.0	07:12		B
12K	63	Iain	Milligan	00:54:04		M45	64.5	07:15		A
12K	69	Michael	Rushton	00:54:26		M40	61.5	07:18		B
12K	71	Matthew	Crane	00:54:37		MS	59.3	07:19		A
12K	81	Stephen	Hatten	00:55:44		M50	65.2	07:28		B
12K	82	Howard	Beasley	00:56:05		M55	67.6	07:31		A
12K	86	Ian	Gooderham	00:57:05		M50	63.6	07:39		
12K	89	Philip	Brown	00:57:19		M50	63.4	07:41		B
12K	94	Peter	Bird	00:58:12		M40	57.6	07:48		A
12K	96	Phil	Cawston	00:58:23		M50	62.2	07:50		B
12K	97	Kim	Swan	00:58:28		M55	64.9	07:50		C
12K	100	Steven	Rue	00:58:52		M65	70.7	07:54	2nd	B
12K	102	Tom	Hoblyn	00:59:07		M50	61.5	07:56		C
12K	117	Peter	Jay	01:02:06		M55	61.1	08:20		C
12K	125	Robert	Morgan	01:04:21		M55	58.9	08:38		C
12K	136	George	Wicker	01:09:25		M60	57.2	09:19		C
12K	138	John	Cullum	01:15:05		M70	58.3	10:04	2nd	C