



## Harwich Runners Internal League 2009 – Standings 14<sup>th</sup> July

First	Surname	Halstead XC	Harwich XC	Hadleigh XC	Ipswich XC	Hylands XC	Bentley 1/2	Ipswich Friday 5	Harwich 5K Race 4	Marathons	Other Races	Runner of Month	Total
Becky	McCORQUODALE	3	3	3	3	3	4		5	10	10	3	47
Matthew	KNOWLES	3	3	3	3	3	5	4	2	10	6		42
Jason	MEACHEN	3	3	3	3	3		5	4		10	3	37
Miranda	RAYNER	3	3	3		3	2	2	2	5	10		33
Gary	DONOGHUE	3	3	3	3	3	2	2		5	4		28
Jeff	HIGGON	3	3	3	3	3	2	2	2		6		27
Richard	NEWMAN		3	3			2	2		10	2	3	25
Martin	WEST	3	3	3	3	3		2	2		6		25
Carla	HOLROYD	3	3	3	3			5	3		4		24
Sam	MATTHEWS	3	3	3	3	3			2		4	3	24
Kate	THOMAS		3	3	3	3	2		2	5	2		23
Elsbeth	KNOTT	3	3	3	3	3	5		2				22
Julian	CORDWELL	3	3	3	3	3	2		2		2		21
Ian	COTTEE	3	3	3	3	3			2		4		21
Anna	LEEDS		3		3		2		2	5	6		21
Mark	RUTTER		3	3	3	3					6	3	21
Dennis	WARNER	3	3	3	3	3	2		2		2		21
Ann	PIERCY				3		2	3	4		8		20
Neil	WATTS	3	3	3	3	3	2					3	20
Jonathan	BURLS	3	3		3	3		2	2		2		18
Nigel	BUXTON						2			10	6		18
Kate	HODGKISS			3	3	3	2		2		2	3	18
Tony	ANDERSON	3	3	3	3	3			2				17
Bob	ROWLES	3	3	3	3	3			2				17
Anna	ANDERSON	3	3	3		3	2				2		16
Claire	BRANSBY	3	3	3		3			2		2		16
Colin	KEEBLE	3	3		3	3			2		2		16
Roly	KNOTT		3	3	3	3	2		2				16
Colin	MATTHEWS	3		3	3	3			2		2		16
Tim	WARNER		3	3	3	3	2		2				16
Sarah	BOND		3	3	3				2		4		15
Alice	COLE	3	3		3	3			2				14
Louise	PAPWORTH	3	3		3	3			2				14
Ashley	THOMAS		3	3	3	3			2				14
Graeme	KNOTT	3		3		3					4		13
Karen	MOWLE							4	2		4	3	13
Sarah	FOSSBERG	3		3	3		3						12
Kevin	BULLOCK	3	3	3							2		11
Peter	CLARKE			3	3		3				2		11
Peter	FRASER-HOPEWELL		3	3	3						2		11
Claire	GOODING		3	3	3				2				11
Dale	HOUSLER			3	3	3			2				11
Trudy	CULLEN		3	3					2		2		10
Paul	KERRISON								2		8		10
Steve	COOPER								5		2		7
Jo	HIGGON		3						2		2		7
Oliver	BULLOCK	3	3								6		6

Mark	DOYLE					4				2		6
Chris	MATTHEWS		3			3						6
Glyn	PECK		3						3			6
Rachel	STOCK								2		4	6
Chris	WARNER		3			3						6
Carol	CORDWELL		3						2			5
Marc	DRISCOLL							3		2		5
Peter	GOODING		3						2			5
Matt	HODGSON				3				2			5
Paul	McCLELLAND		3						2			5
Dawn	MILLER		3						2			5
Jim	REED		3						2			5
Luis	REYNOLDS								2		3	5
Ineke	SWALLOW		3				2					5
Tim	TURNER					3		2				5
Diane	WARNER		3						2			5
Claire	WEST		3							2		5
Dave	BUCKINGHAM								2	2		4
Sophie	COLE								2	2		4
Paul	CROWSON								2	2		4
Trevor	MATTHEWS								2	2		4
Sean	MILLS Jnr								2	2		4
Russell	MOWLE								2	2		4
Terry	SMITH								2	2		4
Claire	BARSTOW	3										3
Lewis	BROWN		3									3
Steve	BURBIDGE	3										3
Robert	MATTHEWS		3									3
Clare	McKENNA				3							3
Marilyn	NUNN		3									3
Katia	POULOUIN		3									3
Ruth	RUTH		3									3
Andrew	WOLFE				3							3
Kim	ALLEN								2			2
Justin	BURLS								2			2
Mila	BURLS								2			2
James	CULLEN								2			2
Jon	GIBSON								2			2
Katie	HIGGON								2			2
Sean	MILLS								2			2
Angela	PAXON								2			2
Kim	SHRIVE								2			2
Simon	WADEY									2		2
Stuart	WALLACE									2		2
Mick	WELHAM								2			2