

SUFFOLK COUNTY ATHLETIC ASSOCIATION  
THE SPORTLINK RUNNING AND FITNESS SUFFOLK GRAND PRXIX 2017  
Individual, Mens and Ladies Results

Best 5 results will score towards the series. No minimum to qualify



Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley 10m	Tarpley 20m	Sudbury 5m Fun Run	Bury Friday 5	GER HM	Marlesham 10k	Stowmarket Scenic 7	Turkey Trot 10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/08/2017	08/10/2017	12/11/2017	10/12/2017		
Female Senior												
1	Emma ATTWOOD	Stowmarket Striders	0	100	0	100	0	100	98	100	488	488
2	Enka DOWNS	Felstowe RRC	0	0	96	94	98	98	94	96	484	484
3	Kendra HAMMOND	Stowmarket Striders	96	96	96	96	96	96	96	96	456	456
4	Bianca BURMAN	Sudbury Joggers	91	0	95	86	0	92	87	0	451	451
5	Shannon CHURCH	Saxmundham Saxons	0	0	94	83	0	87	0	89	353	353
6	Jess GOOSERHAM	Saint Edmund Pacers	0	0	87	0	0	87	0	87	293	293
7	Gemma PORCH	Stowmarket Striders	0	0	0	0	95	0	96	99	290	290
8	Sarah JCL Lewis	Woodbridge Shufflers	0	99	0	96	0	89	0	0	284	284
9	Joanna LUMMS	Ipswich Jaffa RC	0	0	94	0	0	89	0	0	272	272
10	Sophie CHAPMAN	Felstowe RRC	0	0	0	84	71	0	85	0	240	240
11	Clare WELLS	Ipswich Jaffa RC	99	0	99	0	0	0	0	0	198	198
12	Alice GOODWIN	Ipswich Harriers	0	0	0	0	99	0	99	0	198	198
13	Collette GREEN	Felstowe RRC	0	0	0	0	93	96	0	0	189	189
14	Laura BROWN	Stowmarket Striders	97	0	0	90	0	0	0	0	187	187
15	Jessica GOUDKUIL	Sudbury Joggers	0	0	97	0	88	0	0	0	185	185
16	Sian ABBOTT	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	185	185
17	Michelle HEWITT	Framlingham Flyers	0	0	0	89	0	92	0	0	181	181
18	Michaels KADANKOVA	Ipswich Jaffa RC	0	0	0	0	90	0	91	0	181	181
19	Lucy DRIVER	Felstowe RRC	0	0	0	0	87	93	0	0	180	180
20	Emma HARRISON	Saxmundham Saxons	93	0	0	0	0	84	0	0	177	177
21	Alice KRK	Bungay Black Dog RC	0	90	0	0	0	0	0	86	176	176
22	Michelle HOLLAND	Sudbury Joggers	88	0	0	0	0	0	86	0	175	175
23	Natalie JONES	Sudbury Joggers	89	0	0	85	0	0	0	0	174	174
24	Sarah COONS	Woodbridge Shufflers	0	0	0	83	0	0	0	0	174	174
25	Stephane CALLEN	Dis & District AC	95	0	0	0	78	0	0	0	171	171
26	Hannah ST LEDGER	Sudbury Joggers	88	0	0	80	0	0	0	0	168	168
27	Laura BUTTON	Bungay Black Dog RC	0	0	0	0	74	0	0	0	167	167
28	Victoria KENNY	Hadleigh Hares AC	100	0	0	0	0	0	0	0	100	100
29	Megan NEWTON	West Suffolk AC	0	0	100	0	0	0	0	0	100	100
30	Laura THOMAS	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	100	100
31	Holly ARCHER	West Suffolk AC	0	0	0	0	0	0	100	0	100	100
32	Marian PATTEN	Ipswich Harriers	0	0	0	0	99	0	0	0	99	99
33	Cally FLACE	Saint Edmund Pacers	98	0	0	0	0	0	0	0	98	98
34	Emma BARROWCLOUGH	Sudbury Joggers	0	98	0	0	0	0	0	0	98	98
35	Samantha SPENCER	Ipswich Jaffa RC	0	0	0	0	0	0	0	98	98	98
36	Emma DRURY	Sudbury Joggers	0	0	0	0	0	0	0	98	98	98
37	Kirsty MILLARD	Haverhill Running Club	0	0	0	97	0	0	0	0	97	97
38	Gemma GILBERT	Ipswich Jaffa RC	0	0	0	0	0	0	0	97	97	97
39	Victoria BREADMAN	Felstowe RRC	0	0	0	0	0	97	0	0	97	97
40	Nelise ONIASI	Sudbury Joggers	0	0	0	0	0	0	0	97	97	97
41	Alice BAGSHAW	Haverhill Running Club	0	96	0	0	0	0	0	0	96	96
42	Louise TALMAGE	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	96	96
43	Philippa WRIGHT	Woodbridge Shufflers	0	0	95	0	0	0	0	0	95	95
44	Katie KING	Saint Edmund Pacers	0	0	0	95	0	0	0	0	95	95
45	Becky FOSTER	Felstowe RRC	0	0	0	0	0	95	0	0	95	95
46	Clare DOUGLAS	Stowmarket Striders	0	0	0	0	0	0	95	0	95	95
47	Bethany ROGERS	Bungay Black Dog RC	0	0	0	0	0	0	0	95	95	95
48	Sian GUYTON	Sudbury Joggers	94	0	0	0	0	0	0	0	94	94
49	Sasha CHIVERS	Framlingham Flyers	0	0	0	0	94	0	0	0	94	94
50	Lydia KRK	Framlingham Flyers	0	0	0	0	0	94	0	0	94	94
51	Andrea SENIOR	Sudbury Joggers	0	0	93	0	0	0	0	0	93	93
52	Chloe GOBOLD	Ipswich Harriers	0	0	0	93	0	0	0	0	93	93
53	Anna MARTON	Felstowe RRC	0	0	0	0	0	0	93	0	93	93
54	Rebecca DEAN	Dis & District AC	0	0	0	0	0	0	0	93	93	93
55	Amanda SCARFF	Waveney Valley AC	92	0	0	0	0	0	0	0	92	92
56	Emma GOUDMAN	Framlingham Flyers	0	92	0	0	0	0	0	0	92	92
57	Anna CALSBURY	Sudbury Joggers	0	0	92	0	0	0	0	0	92	92
58	Jasmine RAJA	West Suffolk AC	0	0	0	92	0	0	0	0	92	92
59	Holly BURROWS	Framlingham Flyers	0	0	0	0	0	0	0	92	92	92
60	Lynsey CHENERY	Ipswich Jaffa RC	0	0	0	91	0	0	0	0	91	91
61	Sophie COLEMAN	Ipswich Jaffa RC	0	0	0	0	0	91	0	0	91	91
62	Camilia DURLING	Waveney Valley AC	0	0	0	0	0	0	0	91	91	91
63	Victoria HOLLAND	Ipswich Jaffa RC	90	0	0	0	0	0	0	0	90	90
64	Lorna MANNING	Capel Cretaine	0	0	0	0	90	0	0	0	90	90
65	Rosemary PLANT	Waveney Valley AC	0	0	0	0	0	0	0	90	90	90
66	Louise FAGGETTER	Stowmarket Striders	0	0	0	0	0	0	89	0	89	89
67	Jodie LOCK	Ipswich Jaffa RC	0	0	0	0	0	0	0	88	88	88
68	Jayne PRIMERIA	Bungay Black Dog RC	0	0	0	0	0	88	0	0	88	88
69	Tegan ALLARD-AUSTIN	Stowmarket Striders	0	0	0	0	0	0	88	0	88	88
70	Lisa FARRINGTON	Waveney Valley AC	0	0	0	0	0	0	0	88	88	88
71	Rachael MILLER	Felstowe RRC	87	0	0	0	0	0	0	0	87	87
72	Courtney TURNER	Felstowe RRC	0	0	0	87	0	0	0	0	87	87
73	Lily CAPPS-ENNER	Bungay Black Dog RC	0	0	0	0	0	0	0	87	87	87
74	Kasia PRZYKOWSKA	Saint Edmund Pacers	0	0	0	0	86	0	0	0	86	86
75	Amelia PAGE	Ipswich Jaffa RC	0	0	0	0	0	86	0	0	86	86
76	Adriana HOUCHELL	Ipswich Jaffa RC	0	0	0	0	85	0	0	0	85	85
77	Stacey REMBLANCE	Bungay Black Dog RC	0	0	0	0	0	0	0	85	85	85
78	Samantha MEADOWS	Stowmarket Striders	0	0	0	0	0	0	84	0	84	84
79	Kate HEIKS	Stowmarket Striders	0	0	0	82	0	0	0	0	82	82
80	Jessica THORPE	Stowmarket Striders	0	0	0	0	82	0	0	0	82	82
81	Rachael HATTEN	Saint Edmund Pacers	0	0	0	81	0	0	0	0	81	81
82	Clare WIGG	Stowmarket Striders	0	0	0	0	81	0	0	0	81	81
83	Clare REACH	Stowmarket Striders	0	0	0	0	80	0	0	0	80	80
84	Gemma CANNON	Woodbridge Shufflers	0	0	0	0	79	0	0	0	79	79
85	Gemma BECKETT	Felstowe RRC	0	0	0	0	78	0	0	0	78	78
86	Courtney GILMISH	Felstowe RRC	0	0	0	0	0	0	0	77	77	77
87	Laura WEDGBURY	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	75	75
88	Milly BERGDALH	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
89	Fiona HEARSUM	Stowmarket Striders	0	0	0	0	72	0	0	0	72	72
90	Sian DURRANT	Hadleigh Hares AC	0	0	0	0	70	0	0	0	70	70
91	Louise WRIGHT	Felstowe RRC	0	0	0	0	69	0	0	0	69	69
92	Stacey FARRROW	Ipswich Jaffa RC	0	0	0	0	68	0	0	0	68	68
F35												
1	Jenny MERRY	Sudbury Joggers	93	0	93	88	0	0	87	90	451	451
2	Rachel BOSGORTH	Hadleigh Hares AC	100	0	100	96	100	0	0	0	396	396
3	Kate HUTSON	Ipswich Jaffa RC	0	0	97	0	90	95	85	0	377	377
4	Caroline PERRY	Ipswich Jaffa RC	0	90	0	0	88	93	92	0	363	363
5	Katie EVERETT	Framlingham Flyers	0	0	0	0	82	92	0	0	359	359
6	Debbie KING	Stowmarket Striders	97	0	0	84	78	0	89	0	358	358
7	Pippa SARGENT	Stowmarket Striders	91	0	0	0	76	91	86	0	344	344
8	Ben GILBERT	Felstowe RRC	93	0	0	0	83	0	91	0	328	328
9	Sarah CHAMBERLIN	Sudbury Joggers	92	0	95	0	0	0	83	0	270	270
10	Alison FENSHAW	Ipswich Jaffa RC	0	0	0	89	66	0	80	0	235	235
11	Sabina MORTON	Bungay Black Dog RC	0	100	0	0	0	0	0	100	200	200
12	Rachael HAMBLYN	Ipswich Jaffa RC	0	0	99	0	0	0	99	0	198	198
13	Alison FOX	Saxmundham Saxons	0	0	0	0	0	0	100	0	100	100
14	Rosie DENNY	Woodbridge Shufflers	0	98	0	0	99	0	0	0	197	197
15	Lisa DOVE	Sudbury Joggers	0	0	0	0	0	98	98	0	196	196
16	Joanna HARPER	Felstowe RRC	98	0	0	0	85	0	0	0	193	193
17	Sarah SEVERWRIGHT	Felstowe RRC	99	0	0	0	84	0	0	0	192	192
18	Katrina RIGBY	Hadleigh Hares AC	0	95	0	0	97	0	0	0	192	192
19	Mare CRIMES	Ipswich Jaffa RC	0	0	0	0	86	0	0	0	191	191
20	Pam MORGAN	Framlingham Flyers	95	0	0	0	0	94	0	0	189	189
21	Clare BLANCHFORD	Saint Edmund Pacers	0	0	0	0	0	91	0	97	188	188
22	Robyn RAKE	Stowmarket Striders	0	0	0	92	0	0	0	0	186	186
23	Tanya HOLLOWAY	Bungay Black Dog RC	0	91	0	0	0	0	0	95	186	186
24	Sarah PENNOCK	Sudbury Joggers	0	0	0	0	0	0	88	0	177	177
25	Rachel MILES	Sudbury Joggers	0	0	92	0	0	0	82	0	174	174
26	Charlote DURRANT	Stowmarket Striders	0	0	0	0	0	87	0	87	174	174
27	Clare FRADLEY	Sudbury Joggers	0	0	0	0	0	84	0	0	173	173
28	Melaine MANSFIELD	Haverhill Running Club	96	0	0	0	72	0	0	0	168	168
29	Lucy STREET	Saint Edmund Pacers	0	0	0	0	81	0	0	0	168	168
30	Clare WEST	Bungay Black Dog RC	0	93	0	0	74	0	0	0	167	167



Running & Fitness Specialists  
www.sportlink.co.uk

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5	
			Tarpley 10m	Tarpley 25m	5m Fun Run	Friday 5	HM	10k	Scienc 7	Turkey Trot	RACES	RACES	
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/08/2017	08/10/2017	12/11/2017	10/12/2017			
31	Liz ATKINS	Felstowe RRC	0	0	0	0	90	75	0	0	0	165	165
32	Carla WIGGINS	Felstowe RRC	0	94	0	0	69	0	0	0	0	163	163
33	Lauren CARR	Felstowe RRC	88	0	0	0	71	0	0	0	0	159	159
34	Kara MOORE-DAMANT	Stowmarket Striders	0	0	0	0	70	0	85	0	0	155	155
35	Sam BANKS	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100	100
36	Nicky CHAPMAN	Newmarket Joggers	0	0	0	0	0	0	100	0	0	100	100
37	Michelle GORDON	Felstowe RRC	0	0	0	0	0	0	99	0	0	99	99
38	Hannah POLLARD	Newmarket Joggers	0	0	0	99	0	0	0	0	0	99	99
39	Jo HARRIS	Capel Cheetham	0	0	0	0	0	99	0	0	0	99	99
40	Stephanie PIMLOTT	Waveney Valley AC	0	0	0	0	0	0	0	99	0	99	99
41	Karen MARTIN	Havehill Running Club	0	0	98	0	0	0	0	0	0	98	98
42	Helen MOORE	Stowmarket Striders	0	0	0	0	98	0	0	0	0	98	98
43	Emma GAMMONS	Felstowe RRC	0	0	0	0	0	0	0	97	0	97	97
44	Laura ALI	Framlingham Flyers	0	0	0	97	0	0	0	0	0	97	97
45	Doris WILLMONT	Framlingham Flyers	0	0	0	0	0	97	0	0	0	97	97
46	Leah KNEE	Framlingham Flyers	0	0	0	0	0	0	97	0	0	97	97
47	Carol KEMP	Felstowe RRC	0	96	0	0	0	0	0	0	0	96	96
48	Lisa WINNINGTON	Newmarket Joggers	0	0	96	0	0	0	0	0	0	96	96
49	Bianca THEERLUTH	Saint Edmund Pacers	0	0	0	0	96	0	0	0	0	96	96
50	Abby GAETA	Ipswich Jaffa RC	0	0	0	0	0	96	0	0	0	96	96
51	Clare BATTERY	Stowmarket Striders	0	0	0	0	0	0	0	96	0	96	96
52	Amy GODDOLD	Bungay Black Dog RC	0	0	0	0	0	0	0	96	0	96	96
53	Joanne VICKERY	Havehill Running Club	0	0	94	0	0	0	0	0	0	94	94
54	Clare WHITE	Ipswich Jaffa RC	0	0	0	0	0	0	94	0	0	94	94
55	Lucinda FENDLEY	Ipswich Jaffa RC	0	0	0	0	0	0	93	0	0	93	93
56	Demelza HAMMOND	Waveney Valley AC	0	0	0	0	0	0	0	93	0	93	93
57	Viv THOMAS	Saint Edmund Pacers	0	92	0	0	0	0	0	0	0	92	92
58	Anna WHALING	Subury Joggers	0	0	0	0	92	0	0	0	0	92	92
59	Dawn DIXON	Havehill Running Club	0	0	0	0	0	0	0	91	0	91	91
60	Hayley COLES	Felstowe RRC	0	0	0	0	0	0	0	91	0	91	91
61	Clair FEDAMAN	Felstowe RRC	99	0	0	0	0	0	0	0	0	99	99
62	Analdina BARBOSA	Saumundham Saxons	0	0	0	0	0	90	0	0	0	90	90
63	Geraldine CLIFFORD	Subury Joggers	0	0	0	0	0	0	90	0	0	90	90
64	Terri GOULD	Felstowe RRC	89	0	0	0	0	0	0	0	0	89	89
65	Abby POWLETT	Ipswich Jaffa RC	0	0	0	0	89	0	0	0	0	89	89
66	Victoria THURSTON	Saumundham Saxons	0	0	0	0	0	89	0	0	0	89	89
67	Annell COSTLER	Felstowe RRC	0	0	0	0	0	0	88	0	0	88	88
68	Donna MILNER	Waveney Valley AC	0	0	0	0	0	0	0	88	0	88	88
69	Anna GRANT	Stowmarket Striders	0	0	0	0	88	0	0	0	0	88	88
70	Suzanna ZNACHENKO	Newmarket Joggers	0	0	0	0	85	0	0	0	0	85	85
71	Jan WRIGHT	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	0	84	84
72	Clare MASKERY	Stowmarket Striders	0	0	0	0	0	0	83	0	0	83	83
73	Charlotte RICHARDSON	Subury Joggers	0	0	0	0	0	0	81	0	0	81	81
74	Emily VIGOR	Stowmarket Striders	0	0	0	0	80	0	0	0	0	80	80
75	Helen LORENZ	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	0	79	79
76	Lucy PETERKIN	Framlingham Flyers	0	0	0	0	77	0	0	0	0	77	77
77	Sarah MILES	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	0	73	73
78	Karina HUNT	Havehill Running Club	0	0	0	0	68	0	0	0	0	68	68
79	Jennifer EVANS	Woodbridge Shufflers	0	0	0	0	67	0	0	0	0	67	67
#40													
1	Joanna WOLEDGE	Saint Edmund Pacers	100	0	100	0	0	100	100	100	0	500	500
2	Amanda DUNN	Hadleigh Hares AC	0	99	97	0	93	98	92	97	0	493	493
3	Alex SMITH	Stowmarket Striders	0	0	98	95	91	95	97	0	0	476	476
4	Tina GORE	Subury Joggers	98	0	97	93	86	0	95	0	0	469	469
5	Kate MARIANO BRACKENBURY	Woodbridge Shufflers RC	96	81	87	87	84	0	0	0	0	463	463
6	Tina CHURCH	Saumundham Saxons	89	0	89	88	77	87	0	0	0	430	430
7	Melanie SHEERMAN	Ipswich Jaffa RC	0	99	99	99	99	0	99	0	0	295	295
8	Sally-Ann BOWEN	Subury Joggers	0	0	0	99	97	0	0	96	292	292	
9	Clare MOODIE	Framlingham Flyers	0	0	0	0	96	99	99	93	289	289	
10	Clare GILLERAND	Subury Joggers	0	0	92	89	0	0	0	0	0	270	270
11	Rebecca LANGFORD	Waveney Valley AC	0	100	0	0	0	0	0	0	0	197	197
12	Joanne CARTWRIGHT	Framlingham Flyers	99	0	0	0	0	97	0	0	0	196	196
13	Lisa KNIGHTS	Waveney Valley AC	0	98	0	0	0	0	0	0	0	196	196
14	Rebecca EVANS	Subury Joggers	0	96	0	0	0	0	0	99	193	193	
15	Sam LRAKSI	Felstowe RRC	0	0	0	0	84	99	0	0	0	193	193
16	Anna GRAY	Bungay Black Dog RC	0	0	0	0	0	0	96	94	190	190	
17	Alison BLACKWELL	Saint Edmund Pacers	0	95	0	92	0	0	0	0	0	187	187
18	Kerensa CARROCK	Woodbridge Shufflers	0	92	0	0	0	0	0	0	0	186	186
19	Tamazin WOOD	Framlingham Flyers	0	0	0	0	0	92	94	0	0	186	186
20	Jo WALKER	Bungay Black Dog RC	0	0	0	0	90	0	0	0	0	180	180
21	Jules WILLIS	Subury Joggers	90	0	90	0	0	0	0	0	0	180	180
22	Sally SANDFORD	Subury Joggers	88	0	0	0	0	0	88	0	0	176	176
23	Sam COULDIDGE	Subury Joggers	94	0	0	0	0	0	0	0	0	175	175
24	Tina CULLUM	Ipswich Jaffa RC	0	0	87	0	0	86	0	0	0	173	173
25	ZoeY BATELL	Subury Joggers	87	0	0	0	0	0	83	0	0	170	170
26	Jules COOPER	Subury Joggers	0	0	0	0	78	0	92	0	0	170	170
27	Marianne HEDGE	Felstowe RRC	0	0	0	0	85	84	0	0	0	169	169
28	Clare FROCKE	Subury Joggers	0	0	0	84	0	0	85	0	0	169	169
29	Amanda BREWSTER	Stowmarket Striders	86	0	0	86	75	0	0	0	0	161	161
30	Julie ABERNETHY	Ipswich Jaffa RC	0	0	0	86	74	0	0	0	0	160	160
31	Karen MURPHY	Hadleigh Hares AC	0	0	87	0	0	0	0	0	0	156	156
32	Zohra ARMITAGE	Saint Edmund Pacers	0	0	0	100	0	0	0	0	0	100	100
33	Alice HEATHER-HAYES	Hadleigh Hares AC	0	0	0	0	100	0	0	0	0	100	100
34	Victoria MOSELEY	Stowmarket Striders	0	0	0	0	0	0	0	99	0	99	99
35	Carolyn ANDERSON	Newmarket Joggers	97	0	0	0	0	0	0	0	0	97	97
36	Rachee DARVILL	Havehill Running Club	0	97	0	0	0	0	0	0	0	97	97
37	Suzie MOLE	Subury Joggers	0	0	96	0	0	0	0	0	0	96	96
38	Louise GODDARD	Stowmarket Striders	0	0	0	96	0	0	0	0	0	96	96
39	Ruth PALMER	Saint Edmund Pacers	0	0	0	0	0	0	0	0	0	96	96
40	Cherilyn LANE	Havehill Running Club	95	0	0	0	0	0	0	0	0	95	95
41	Sarah FITCH	Felstowe RRC	0	0	0	0	95	0	0	0	0	95	95
42	Rachel DIXEY	Felstowe RRC	0	0	94	0	0	0	0	0	0	94	94
43	Julie MARSH	Subury Joggers	0	94	0	0	0	0	0	0	0	94	94
44	Anna SMITH	Stowmarket Striders	0	0	0	0	0	0	0	94	0	94	94
45	Emma RUANE	Subury Joggers	0	0	93	0	0	0	0	0	0	93	93
46	Chris ALDERTON	Stowmarket Striders	93	0	0	0	0	0	0	0	0	93	93
47	Nancy WRIGHT	Woodbridge Shufflers	0	0	0	0	0	0	0	0	0	93	93
48	Yvonne DOE	Stowmarket Striders	92	0	0	0	0	0	0	0	0	92	92
49	Hayley SKINNER	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	0	92	92
50	Jacquelyn COSBOLD	Hadleigh Hares AC	0	0	91	0	0	0	0	0	0	91	91
51	Caroline HOLLANDS	Saint Edmund Pacers	91	0	0	0	0	0	0	0	0	91	91
52	Sarah JESGO	Subury Joggers	0	0	0	0	0	91	0	0	0	91	91
53	Karen WOOD	Subury Joggers	0	0	0	0	0	0	91	0	0	91	91
54	Clare BAILE	Stowmarket Striders	0	0	0	0	0	0	0	91	0	91	91
55	Lorraine MILLS	Stowmarket Striders	0	0	0	0	0	0	0	90	0	90	90
56	Caroline STAFFORD	Felstowe RRC	0	0	0	0	0	90	0	0	0	90	90
57	Sarah WATKINS	Hadleigh Hares AC	0	0	0	0	0	0	90	0	0	90	90
58	Julie RICKARDS	Bungay Black Dog RC	0	0	0	0	0	0	0	90	0	90	90
59	Kirst MARTIN	Stowmarket Striders	0	0	0	89	0	0	0	0	0	89	89
60	Tracie TIMMS	Framlingham Flyers	0	0	0	0	0	89	0	0	0	89	89
61	Joanne TAYLOR	Bungay Black Dog RC	0	0	0	0	0	0	0	89	0	89	89
62	Angela SOMMES	Felstowe RRC	0	0	88	0	0	0	0	0	0	88	88
63	Kate FRANCIS	Saumundham Saxons	0	0	0	0	88	0	0	0	0	88	88
64	Kate MAWSON	Framlingham Flyers	0	0	0	0	0	88	0	0	0	88	88
65	Louise REED	Bungay Black Dog RC	0	0	0	0	0	0	0	88	0	88	88
66	Amanda FRASER FISH	Woodbridge Shufflers	0	0	0	0	0	0	87	0	0	87	87
67	Laura DEAL	Bungay Black Dog RC	0	0	0	0	0	0	0	87	0	87	87
68	Maria BILNER	Ipswich Jaffa RC	0	0	0	0	86	0	0	0	0	86	





www.sportlink.co.uk

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	Turkey Trot		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/08/2017	08/10/2017	12/11/2017	10/12/2017		
53	Jacqueline CHUBB	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	84	84
54	Jean REYNOLDS	Brandon Fern Hoppers	0	0	0	0	0	0	0	84	84	84
55	Janis TAYLOR	Ipswich Jaffa RC	0	0	0	83	0	0	0	0	83	83
56	Alyson Zena LAMPKN CHALLIS	Felstowe RRC	0	0	0	0	83	0	0	0	83	83
57	Lynnda GOODWIN	Brandon Fern Hoppers	0	0	0	0	0	0	82	0	82	82
58	Sarah HODGE	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
59	Jane REASON	Stowmarket Striders	0	0	0	0	0	0	80	0	80	80
<b>P50</b>												
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	99	100	99	100	100	98	99	695	498
2	Nicola STEVENSON	Felstowe RRC	0	96	99	96	0	98	97	0	486	486
3	Jo WHELAN	Felstowe RRC	0	97	96	95	95	0	93	0	478	478
4	Gillian CHARLTON	Stowmarket Striders	95	0	0	94	0	0	94	0	376	376
5	Belinda GOBOLD	Ipswich Jaffa RC	0	100	0	100	0	0	100	0	300	300
6	Wendy HUGHES	Stowmarket Striders	99	0	0	0	0	0	99	0	299	299
7	Rita RUE	Saint Edmund Pacers	96	0	0	0	0	0	0	0	292	292
8	Christine ASHE	Bungay Black Dog RC	97	0	0	97	0	0	0	0	292	292
9	Rosemarie BALL	Bungay Black Dog RC	98	0	0	0	99	0	0	0	197	197
10	Jayne CAPPS-JENNER	Bungay Black Dog RC	0	0	0	0	97	0	0	96	193	193
11	Debbie MCDOWALL	Stowmarket Striders	94	0	0	0	96	0	0	0	190	190
12	Sandra ROBERTS	Ipswich Jaffa RC	0	94	0	0	94	0	92	0	186	186
13	Sally OLRIK	Stowmarket Striders	93	0	0	0	0	0	91	0	184	184
14	Sue HUNTER	Stowmarket Striders	92	0	0	0	0	0	90	0	182	182
15	Angela BRINKLEY	Stowmarket Striders	100	0	0	0	0	0	0	0	100	100
16	Alison HILL	Framlingham Flyers	0	0	0	0	0	99	0	0	99	99
17	Melanie ROBERTS	Woodbridge Shufflers	0	98	0	0	0	0	0	0	98	98
18	Vivienne BROUGHTON	Saxmundham Saxons	0	0	0	0	0	97	0	0	97	97
19	Jackie BELL	Bungay Black Dog RC	0	0	0	0	0	0	97	0	97	97
20	Jane MOON	Felstowe RRC	0	0	0	0	0	0	96	0	96	96
21	Louise ADAMSON	Waveney Valley AC	0	0	0	0	0	0	96	0	96	96
22	Susan SPALDING	Felstowe RRC	0	0	0	0	0	96	0	0	96	96
23	Charlotte HAWES	Stowmarket Striders	0	0	0	0	0	0	95	0	95	95
24	Denis ROBINSON	Stowmarket Striders	0	0	0	93	0	0	0	0	93	93
25	Bridget GOLDSTONE	Stowmarket Striders	0	0	0	0	92	0	0	0	92	92
<b>P60</b>												
1	Vivienne TAYLOR	Framlingham Flyers	0	0	0	98	0	100	0	98	296	296
2	Jenny MORGAN	Saint Edmund Pacers	0	0	0	100	0	0	100	0	200	200
3	Patricia TUTTLE	Waveney Valley AC	0	98	0	0	100	0	0	0	198	198
4	Belinda SCOPFIELD	Newmarket Joggers	0	0	0	0	0	0	99	99	198	198
5	Trish HOPKINS	Felstowe RRC	0	0	100	94	0	0	0	0	194	194
6	Cheryl TRUNDLE	Haverhill Running Club	0	100	0	0	0	0	0	0	100	100
7	Hazel GARRITY	Bungay Black Dog RC	0	0	0	0	0	0	0	100	100	100
8	Marion WALKER	Framlingham Flyers	0	99	0	0	0	0	0	0	99	99
9	Carolyn HAWORTH	Saint Edmund Pacers	0	0	0	0	0	0	0	99	99	99
10	Mary BURGESS	Felstowe RRC	0	0	0	0	99	0	0	0	99	99
11	Rita WOOD	Framlingham Flyers	0	0	0	0	0	99	0	0	99	99
12	Zola REYES	Felstowe RRC	0	0	0	0	98	0	0	0	98	98
13	Annette HUGGINS	Framlingham Flyers	0	0	0	0	0	0	98	0	98	98
14	Sue HARGADON	Ipswich Triathlon Club	0	0	0	0	0	0	97	0	97	97
15	Anne OLIVER	Felstowe RRC	0	0	0	97	0	0	0	0	97	97
16	Sally ALEXANDER	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
17	Justin MASTERS	Bungay Black Dog RC	0	0	0	0	0	0	0	97	97	97
18	Jane BAILEY	Felstowe RRC	0	0	0	96	0	0	0	0	96	96
19	Julie GLENN	Saxmundham Saxons	0	0	0	0	96	0	0	0	96	96
20	Carol MONTOSH	Newmarket Joggers	0	0	0	95	0	0	0	0	95	95
<b>P65+</b>												
1	Maira PINKNEY	Ipswich Triathlon Club	0	0	0	100	100	0	99	0	299	299
2	Marianne BURNELL	Ipswich Jaffa RC	100	0	0	0	99	0	98	0	297	297
3	Maureen WRIGHT	Ipswich Jaffa RC	0	100	0	0	99	0	0	0	199	199
4	Wendy MERFIELD	Saxmundham Saxons	0	0	100	0	0	0	0	0	100	100
5	Paula MCCANN	Ipswich Triathlon Club	0	0	0	0	0	0	100	0	100	100
6	Anne FISH	Stowmarket Striders	0	99	0	0	0	0	0	0	99	99
7	Chris GAY	Stowmarket Striders	0	0	0	98	0	0	0	0	98	98
<b>M5</b>												
1	Kieran HAYLES	Subury Joggers	0	100	98	77	99	99	100	0	573	498
2	Neil GILLINGHAM	Ipswich Harriers	0	94	90	84	85	88	94	88	591	442
3	Jake CHURCH	Saxmundham Saxons	82	0	82	68	0	79	0	83	394	394
4	James HAYWARD	Ipswich Jaffa RC	99	0	0	87	0	0	98	99	393	393
5	Kelvin SMITH	Saxmundham Saxons	89	0	83	80	51	31	72	80	575	472
6	Mark HAYWARD	Newmarket Joggers	0	0	97	93	0	0	96	99	385	385
7	Joe ROSSON	Saint Edmund Pacers	0	0	99	85	0	0	95	91	373	373
8	James COOPER	Stowmarket Striders	0	84	0	60	43	74	81	0	342	342
9	Sam BROOKE	Felstowe RRC	0	93	0	82	69	0	92	0	336	336
10	James CORNHILL	Woodbridge Shufflers	0	93	0	0	0	0	90	0	277	277
11	Matt FORD-THOMAS	Saxmundham Saxons	0	0	0	0	87	91	0	96	274	274
12	Daniel INGLEBY	Ipswich Jaffa RC	0	0	0	85	0	88	91	0	264	264
13	Matthew CRANE	Saint Edmund Pacers	0	98	0	86	0	79	0	0	263	263
14	Oliver RICHES	Hadleigh Harers AC	0	92	0	75	0	86	0	0	253	253
15	Aiden CHURCH	Saxmundham Saxons	87	0	87	74	0	0	0	0	248	248
16	Andy HAYWARD	Stowmarket Striders	78	0	0	0	0	0	82	80	240	240
17	Paul DOCKRELL	Newmarket Joggers	0	0	0	76	71	0	0	93	240	240
18	Justin POTTER	Stowmarket Striders	89	0	0	73	58	0	0	0	220	220
19	Robert CHENERY	Ipswich Jaffa RC	0	0	0	0	100	0	0	100	200	200
20	Adam WAGE	Ipswich Jaffa RC	0	0	0	96	0	0	99	0	195	195
21	Ben CHURCHMAN	Dis & District AC	0	97	0	0	0	0	0	0	97	97
22	Ian OLD	Ipswich Jaffa RC	0	0	0	0	95	0	97	0	192	192
23	Tom KINGDONORTH	Saint Edmund Pacers	0	0	0	94	0	0	0	0	94	94
24	Gary INGRAM	Ipswich Jaffa RC	0	0	0	92	59	80	0	0	191	191
25	Michael GILBERT	Haverhill Running Club	91	0	0	99	0	0	0	0	190	190
26	James WILSON	Saxmundham Saxons	0	93	0	86	0	0	0	0	188	188
27	Brett DEANIN	Felstowe RRC	79	0	0	0	38	71	0	0	186	186
28	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	90	95	0	0	0	185	185
29	Jon GUNFIELD	Felstowe RRC	0	0	0	0	88	0	0	97	185	185
30	Darren BARFIELD	Subury Joggers	90	0	89	0	0	0	0	0	179	179
31	Wesley WALKER	Haverhill Running Club	0	88	0	88	0	0	0	0	175	175
32	Andrew COLLETT	Stowmarket Striders	88	0	85	0	0	0	0	0	173	173
33	Ashley SMY	Ipswich Jaffa RC	0	0	0	87	86	0	0	0	173	173
34	Bob MELNER	Waveney Valley AC	0	86	0	86	0	0	0	87	173	173
35	John CHELL	Ipswich Jaffa RC	0	82	0	58	27	0	0	0	167	167
36	Gregory STOWE	Stowmarket Striders	0	0	0	0	22	68	77	0	167	167
37	Ben DEAN	Dis & District AC	0	88	0	64	0	0	0	78	166	166
38	Andrew CALLEN	Dis & District AC	0	87	0	0	74	0	0	0	161	161
39	Brian BLOOMFIELD	Subury Joggers	0	0	79	0	0	0	83	83	161	161
40	Alastair READ	Felstowe RRC	0	0	0	78	81	0	0	0	159	159
41	Gavin BOAG	Stowmarket Striders	0	0	79	0	0	0	79	0	158	158
42	Janie PAYNE	Framlingham Flyers	0	81	0	80	0	0	77	0	158	158
43	Lee CORNWELL	Ipswich Jaffa RC	0	0	0	54	28	73	0	0	155	155
44	Alec WRIGHT	Ipswich Jaffa RC	0	0	0	69	64	87	0	0	151	151
45	Kyle CHURCH	Saxmundham Saxons	0	0	81	69	0	0	0	0	150	150
46	Nail CATLEY	Felstowe RRC	0	0	0	62	0	0	0	88	150	150
47	Matthew CHELLEIGH	Stowmarket Striders	84	0	84	0	0	0	0	0	149	149
48	Adam BRETT	Felstowe RRC	0	0	0	71	78	0	0	0	149	149
49	Alastair BARTLETT	Woodbridge Shufflers	0	0	0	0	87	82	0	0	149	149
50	John MCKEE	Framlingham Flyers	83	0	0	64	0	0	0	0	147	147
51	Christopher BING	Ipswich Jaffa RC	0	0	0	72	83	0	0	0	135	135
52	Peter WOODS	Felstowe RRC	0	0	0	0	48	0	0	96	134	134
53	Geraint WHITE	Ipswich Jaffa RC	0	0	0	88	45	0	0	0	133	133
54	James BOLDEN	Framlingham Flyers	0	0	0	0	46	77	0	0	123	123
55	Nail DENNIS	Stowmarket Striders	0	0	0	0	32	84	84	0	116	116
56	Dylan POMIETLO	Felstowe RRC	0	90	0	0	24	0	0	0	114	114
57	Aaron DURRANT	Hadleigh Harers AC	0	0	0	67	47	0	0	0	114	114
58	Paul WRIGHT	Woodbridge Shufflers	0	0	0	0	33	0	80	0	108	108
59	Josh ENTWISTLE	Felstowe RRC	100	0	0	0	0	0	0	0	100	100
60	Danny ROCK	Ipswich Jaffa RC	0	0	100	0	0	0	0	0	100	100
61	Tony ADAMS	Ipswich Harriers	0	0	0	100	0	0	0	0	100	100
62	Tom ADAMS	Ipswich Harriers	0	0	0	0	0	100	0	0	100	100
63	Gordon RYNE	Newmarket Cycling & Tri Club	0	0	0	0	0	0	99	0	99	99
64	Steve FRASER-LIM	Ips										

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			10m	25m	5m Fun Run	Friday 5	HM	10k	Scenic 7	Turkey Trot	10m	
65	Dany OLEFIR	Newmarket Joggers	0	0	0	98	0	0	0	0	98	98
66	Benjamin TURLEY	Ipswich Jaffa RC	0	0	0	98	0	0	0	0	98	98
67	Alex TRIPP	Ipswich Harriers	0	0	0	0	98	0	0	0	98	98
68	James CALVERT	Ipswich Jaffa RC	0	0	0	97	0	0	0	0	97	97
69	Casper LE FANU	Woodbridge Shufflers	0	0	0	0	0	0	0	97	97	97
70	Luke WOOD	Framlingham Flyers	96	0	0	0	0	0	0	0	96	96
71	Dale SKOLDING	Bungay Black Dog RC	0	96	0	0	0	0	0	0	96	96
72	Craig SISSON	Haverhill Running Club	0	0	96	0	0	0	0	0	96	96
73	Craig FIDAMAN	Ipswich Jaffa RC	0	0	0	96	0	0	0	0	96	96
74	Harry FITZGERALD	Ipswich Harriers	0	0	0	0	0	0	0	96	96	96
75	Samuel BURDETT	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
76	Chris HALL	Bungay Black Dog RC	0	95	0	0	0	0	0	0	95	95
77	Oscar WOOD	Framlingham Flyers	0	0	0	0	0	0	0	95	95	95
78	John ALDRED	Framlingham Flyers	0	0	0	0	0	0	0	95	95	95
79	Marcus BOON	Ipswich Jaffa RC	94	0	0	0	0	0	0	0	94	94
80	Scott WILLIAMS	Stowmarket Striders	0	0	94	0	0	0	0	0	94	94
81	Jonathan LING	Ipswich Jaffa RC	0	0	0	94	0	0	0	0	94	94
82	Chris BRADFORD	Waveney Valley AC	0	0	0	0	0	0	0	94	94	94
83	Scott RAMSEY	Ipswich Jaffa RC	0	0	0	93	0	0	0	0	93	93
84	Brad DREW	Felstowe RRC	0	0	0	23	70	0	0	0	93	93
85	Eliot WELLS	Stowmarket Striders	0	0	0	0	0	0	0	93	93	93
86	Philip GREEN	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
87	David WELLS	Hadleigh Hares AC	0	0	92	0	0	0	0	0	92	92
88	Andrew BELL	Haverhill Running Club	0	0	0	92	0	0	0	0	92	92
89	Chris WITMORE	Bungay Black Dog RC	0	0	0	92	0	0	0	0	92	92
90	Gary TAYLOR	Felstowe RRC	0	0	0	0	0	0	0	92	92	92
91	Jamie FITCOCK	Subbury Joggers	0	0	0	0	0	0	0	92	92	92
92	Mark SALISBURY	Subbury Joggers	0	91	0	0	0	0	0	0	91	91
93	Martin WILSON	Stowmarket Striders	0	0	91	0	0	0	0	0	91	91
94	Marc BRIGGS	Ipswich Jaffa RC	0	0	0	91	0	0	0	0	91	91
95	Daniel HARRIS	Waveney Valley AC	0	0	0	0	91	0	0	0	91	91
96	Oliver DAYKIN	Newmarket Joggers	0	0	0	0	90	0	0	0	90	90
97	Alex HOBBS	Stowmarket Striders	0	0	0	0	0	90	0	0	90	90
98	Timothy EARL	Waveney Valley AC	0	0	0	0	0	0	0	90	90	90
99	Karl MITCHELL	Felstowe RRC	0	89	0	0	0	0	0	0	89	89
100	Andy ELLIS	Felstowe RRC	0	0	0	89	0	0	0	0	89	89
101	James HUMPHREYS	Ipswich Jaffa RC	0	0	0	0	89	0	0	0	89	89
102	Stuart BUCHAN	Ipswich Jaffa RC	0	0	0	0	0	89	0	0	89	89
103	Rico WILSON	Waveney Valley AC	0	0	0	0	0	0	89	0	89	89
104	Chris WELLS	Subbury Joggers	0	0	88	0	0	0	0	0	88	88
105	Peter REACH	Stowmarket Striders	0	0	0	0	0	87	0	0	87	87
106	Shane ALLUM	Felstowe RRC	86	0	0	0	0	0	0	0	86	86
107	Edward TRICKER	Stowmarket Striders	0	0	0	0	0	86	0	0	86	86
108	Mark AUSTIN	Woodbridge Shufflers	85	0	0	0	0	0	0	0	85	85
109	Adam UNDERWOOD	Saint Edmund Pacers	0	0	0	0	0	0	0	85	85	85
110	Darren THOMAS	Hadleigh Hares AC	0	0	0	85	0	0	0	0	85	85
111	Alex JACOBS	Felstowe RRC	0	0	84	0	0	85	0	0	85	85
112	Ben COWLEY	Saundersham Saxons	0	0	0	0	0	0	0	84	84	84
113	Liam RUDD	Waveney Valley AC	0	0	0	84	0	0	0	0	84	84
114	Tom ALEXANDER	Woodbridge Shufflers	0	0	0	0	84	0	0	0	84	84
115	Leon NEEVE	Waveney Valley AC	0	0	0	0	0	0	0	84	84	84
116	Will JOHNSONWOOD	Subbury Joggers	0	0	83	0	0	0	0	0	83	83
117	Thomas ABBOTT	Ipswich Harriers	0	0	0	83	0	0	0	0	83	83
118	Shaun NICHOLLS	Ipswich Jaffa RC	0	0	0	83	0	0	0	0	83	83
119	Morgan MOORE	Stowmarket Striders	0	0	0	0	83	0	0	0	83	83
120	Cameron THICK	Ipswich Jaffa RC	0	0	0	0	0	82	0	0	82	82
121	Shaun BUTTON	Bungay Black Dog RC	0	0	0	0	0	0	82	0	82	82
122	Marc BENSON	Haverhill Running Club	81	0	0	0	0	0	0	0	81	81
123	Lee HARRISON	Ipswich Harriers	0	0	81	0	0	0	0	0	81	81
124	James ELLUL	Felstowe RRC	0	0	0	0	81	0	0	0	81	81
125	Stuart LWIN	Bungay Black Dog RC	0	0	0	0	0	81	0	0	81	81
126	Oscar DOYLE	Ipswich Triathlon Club	80	0	0	0	0	0	0	0	80	80
127	Kallum BREWARD	Subbury Joggers	0	0	0	80	0	0	0	0	80	80
128	Charlton DAMANT	Ipswich Triathlon Club	0	0	0	80	0	0	0	0	80	80
129	Conner BILNER	Ipswich Jaffa RC	0	0	0	0	0	0	0	79	79	79
130	Daryl MCCONNIN	Waveney Valley AC	0	0	0	0	0	0	0	79	79	79
131	Ash TADJIRISHI	Woodbridge Shufflers	0	0	0	0	78	0	0	0	78	78
132	Matthew SMITH	Stowmarket Striders	0	0	0	0	0	78	0	0	78	78
133	Sam RICHARDSON	Ipswich Triathlon Club	0	0	0	0	0	77	0	0	77	77
134	Tom BRUCE	Ipswich Triathlon Club	0	0	0	76	0	0	0	0	76	76
135	Paul JONES	Ipswich Jaffa RC	0	0	0	76	0	76	0	0	76	76
136	Stuart BEAL-COLLINS	Subbury Joggers	0	0	0	0	0	76	0	0	76	76
137	Sonny NEEVE	Waveney Valley AC	0	0	0	0	0	0	76	0	76	76
138	Robert GRANGER	Stowmarket Striders	0	0	0	0	0	0	75	0	75	75
139	Dave CATCHPOLE	Waveney Valley AC	0	0	0	0	0	0	74	0	74	74
140	James WILLINGHAM	Ipswich Jaffa RC	0	0	0	73	0	0	0	0	73	73
141	Simon COOPER	Felstowe RRC	0	0	0	0	73	0	0	0	73	73
142	Rob PAGE	Ipswich Jaffa RC	0	0	0	72	0	0	0	0	72	72
143	Ed PHILLIPS	Bungay Black Dog RC	0	0	0	0	0	0	72	0	72	72
144	Graham TURNER	Deas & Deas AC	0	0	0	0	0	0	71	0	71	71
145	Kevin MILLARD	Haverhill Running Club	0	0	0	70	0	0	0	0	70	70
146	Jack WARD	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
147	Steve KIRK	Framlingham Flyers	0	0	0	0	69	0	0	0	69	69
148	Anthony NIGHTINGALE	Ipswich Triathlon Club	0	0	0	68	0	0	0	0	68	68
149	George WRIGHT	Stowmarket Striders	0	0	0	0	0	0	66	0	66	66
150	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	66	0	0	0	0	66	66
151	Ryan BARTLETT	Saint Edmund Pacers	0	0	63	0	0	0	0	0	63	63
152	Matt BENSON	Subbury Joggers	0	0	0	62	0	0	0	0	62	62
153	Peter JENYNN	Saint Edmund Pacers	0	0	61	0	0	0	0	0	61	61
154	Jason SMITH	Subbury Joggers	0	0	0	61	0	0	0	0	61	61
155	Lukasz SUPERNAK	Saint Edmund Pacers	0	0	0	60	0	0	0	0	60	60
156	Andrew MANN	Ipswich Jaffa RC	0	0	0	59	0	0	0	0	59	59
157	Ross ARKOLD	Haverhill Running Club	0	0	0	0	0	0	57	0	57	57
158	Michael MOORE	Stowmarket Striders	0	0	0	57	0	0	0	0	57	57
159	Matt REASON	Stowmarket Striders	0	0	56	0	0	0	0	0	56	56
160	Wayne GARDNER	Stowmarket Striders	0	0	0	56	0	0	0	0	56	56
161	Robert GRAMSEY	Hadleigh Hares AC	0	0	55	0	0	0	0	0	55	55
162	James WRIGHT	Ipswich Jaffa RC	0	0	0	55	0	0	0	0	55	55
163	David WRIGHT	Ipswich Jaffa RC	0	0	0	54	0	0	0	0	54	54
164	Graham DIXON	Haverhill Running Club	0	0	53	0	0	0	0	0	53	53
165	Mark LEES	Ipswich Jaffa RC	0	0	0	53	0	0	0	0	53	53
166	Dean SEARLE	Felstowe RRC	0	0	0	52	0	0	0	0	52	52
167	Chris CONNOLLY	Ipswich Jaffa RC	0	0	0	51	0	0	0	0	51	51
168	Robert KEIR	Felstowe RRC	0	0	0	50	0	0	0	0	50	50
169	Ben BROWN	Framlingham Flyers	0	0	0	50	0	0	0	0	50	50
170	Craig WRIGHT	Ipswich Triathlon Club	0	0	0	49	0	0	0	0	49	49
171	Richard WILKINS	Felstowe RRC	0	0	0	44	0	0	0	0	44	44
172	Dan SEDGWICK	Ipswich Jaffa RC	0	0	0	42	0	0	0	0	42	42
173	Thomas HAINSETT	Saundersham Saxons	0	0	0	0	41	0	0	0	41	41
174	Andy MILEY	Ipswich Jaffa RC	0	0	0	40	0	0				



Running & Fitness Specialists  
www.sportlink.co.uk

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Race 1 Tapley 10m	Race 2 Tapley 20m	Race 3 Sudbury 5m Fun Run	Race 4 Bury Friday 5	Race 5 Bury HM	Race 6 Mantlesham 10k	Race 7 Stonnet Scenic 7	Race 8 Turkey Trot 10m	TOTAL	TOTAL TOP 5 RACES
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/08/2017	08/10/2017	12/11/2017	10/12/2017		
8	Aaron NOBLE	Sudbury Joggers	92	0	96	0	0	83	87	88	446	446
9	Peter BRD	Saint Edmund Pacers	0	0	0	82	74	85	89	75	405	405
10	Tim LARKE	Stowmarket Striders	0	0	0	98	97	98	0	96	389	389
11	Chris LEKE	Framlingham Flyers	0	0	0	96	95	92	0	97	380	380
12	Paul OSBORNE	Felstowe RRC	0	0	0	91	91	91	0	90	366	366
13	James HOWLETT	Framlingham Flyers	0	0	0	83	84	0	92	87	346	346
14	Jonathan BARNES	Woodbridge Shufflers	0	0	0	81	85	87	0	81	343	343
15	Steve CLARK	Sudbury Joggers	0	88	91	0	71	0	79	0	329	329
16	Daniel GOULD	Felstowe RRC	0	87	89	73	0	0	0	80	329	329
17	Anthony HARRIS	Sudbury Joggers	0	90	0	77	68	0	0	77	327	327
18	Jess FARTHING	Felstowe RRC	0	98	0	95	0	95	0	0	288	288
19	Daniel MEAD	Saint Edmund Pacers	0	94	0	84	0	0	91	0	289	289
20	Adam MUMFORD	Sudbury Joggers	0	0	0	85	0	0	0	0	262	262
21	Derek HOOD	Ipswich Jaffa RC	0	93	0	82	86	0	0	0	261	261
22	Michael RUSHTON	Saint Edmund Pacers	93	0	0	88	79	0	0	0	260	260
23	Jimmy SECKER	Sudbury Joggers	0	0	0	80	86	86	0	0	251	251
24	Marin AVIS	Saint Edmund Pacers	0	0	94	78	77	0	0	0	249	249
25	Mark GOODWIN	Felstowe RRC	0	90	0	76	81	0	0	0	247	247
26	Karl FEAGAN	Hadleigh Hares AC	0	0	93	0	67	79	0	0	239	239
27	Lee CRISP	Felstowe RRC	0	0	0	75	86	0	83	0	224	224
28	Jason ALLARD	Stowmarket Striders	96	0	0	0	98	0	0	0	194	194
29	Jason TAYLOR	Felstowe RRC	0	0	0	97	94	0	0	0	191	191
30	Stephen BROOK	Stowmarket Striders	98	0	0	0	0	0	0	0	188	188
31	Kieron SAVAGE	Sudbury Joggers	0	0	89	0	0	0	88	0	187	187
32	Mark HAYDEN	Ipswich Harriers	0	0	0	0	92	94	0	0	186	186
33	Len SAUNDERS	Felstowe RRC	0	0	0	0	89	0	0	0	182	182
34	Andy ECCLES	Saint Edmund Pacers	0	92	0	87	0	0	0	0	179	179
35	Gary CULLUM	Felstowe RRC	0	0	0	80	0	0	0	98	178	178
36	Andrew CRAIG	Woodbridge Shufflers	0	0	0	0	86	91	0	0	177	177
37	Jem SMITH	Sudbury Joggers	0	0	0	0	0	0	85	89	174	174
38	Simon ELLIOTT	Sudbury Joggers	0	0	88	0	0	84	0	0	172	172
39	Jeremy READER	Newmarket Joggers	0	0	90	76	0	0	0	0	166	166
40	Matt SAUNDERS	Felstowe RRC	89	0	0	74	0	0	0	0	163	163
41	Ben BURROWS	Woodbridge Shufflers	0	0	0	78	82	0	0	0	160	160
42	John ADAMS	Ipswich Jaffa RC	0	0	0	79	73	0	0	0	152	152
43	Simon WIGGINS	Felstowe RRC	0	86	0	0	63	0	0	0	149	149
44	Carl JARRETT	Felstowe RRC	0	0	0	60	60	0	0	0	140	140
45	Julian HOLLAND-GLADWISH	Bungay Black Dog RC	0	0	0	0	61	0	0	77	138	138
46	Stuart SIMMONS	Ipswich Jaffa RC	99	0	0	0	0	0	0	0	99	99
47	Ashley PROCTOR	Hadleigh Running Club	0	0	0	99	0	0	0	0	99	99
48	Trevor BLUNCH	Hadleigh Running Club	97	0	0	0	0	0	0	0	97	97
49	Nick PALMER	Stowmarket Striders	0	0	0	0	96	0	0	0	96	96
50	Kevin PERCE	Ipswich	0	0	0	0	96	0	0	0	96	96
51	Andre NEVILLE	Stowmarket Striders	0	0	95	0	0	0	0	0	95	95
52	Richard LEEDER	Stowmarket Striders	0	0	0	0	0	0	0	93	93	
53	Alan HART	Stowmarket Striders	0	0	0	92	0	0	0	0	92	92
54	Matt BALDREY	Waveney Valley AC	91	0	0	0	0	0	0	0	91	91
55	Graham COLLIER	Framlingham Flyers	0	0	0	0	0	0	0	90	90	90
56	Tim PAGE	Saint Edmund Pacers	0	89	0	0	0	0	0	0	89	89
57	David HEARN-PERCY	Hadleigh Running Club	0	0	0	0	0	0	0	89	89	89
58	Simon MERRICK	Felstowe RRC	88	0	0	0	0	0	0	0	88	88
59	Daniel KINGMAN	Framlingham Flyers	0	0	0	0	88	0	0	0	88	88
60	Ian ELLEN	Sudbury Joggers	0	0	87	0	0	0	0	0	87	87
61	Steven STEARNS	Sudbury Joggers	0	85	0	0	0	0	0	0	85	85
62	Simon TINKLER	Framlingham Flyers	0	0	0	0	84	0	0	0	84	84
63	Stuart SPRIGGON	Waveney Valley AC	0	0	0	0	84	0	0	0	84	84
64	Lee PHILLIPS	Framlingham Flyers	0	0	0	0	0	0	0	83	83	83
65	Neil MARTIN	Stowmarket Striders	0	0	0	0	0	0	0	82	82	82
66	Neil WILLIAMSON	Newmarket Joggers	0	0	0	0	0	0	0	82	82	82
67	Frank BARRETT	Stowmarket Striders	0	0	0	0	0	0	81	0	81	81
68	Stuart GOVEY	Bungay Black Dog RC	0	0	0	0	0	0	81	0	81	81
69	David THOMAS	Bungay Black Dog RC	0	0	0	0	0	0	79	79	79	79
70	Simon HARKIN	Stowmarket Striders	0	0	0	0	78	0	0	0	78	78
71	Adrian KING	Bungay Black Dog RC	0	0	0	0	0	0	78	78	78	78
72	Marlyn WOODGATE	Bungay Black Dog RC	0	0	0	0	0	0	76	76	76	76
73	Marcus CATLIN	Ipswich Jaffa RC	0	0	0	0	0	0	75	75	75	75
74	Peter GRAY	Framlingham Flyers	0	0	0	0	72	0	0	0	72	72
75	Paul BALLARD	Hadleigh Hares AC	0	0	0	70	0	0	0	0	70	70
76	Daniel SHAWNS	Felstowe RRC	0	0	0	69	69	0	0	0	69	69
77	Jacob COLLINS	Ipswich Jaffa RC	0	0	0	0	65	0	0	0	65	65
78	Dan JARROLD	Ipswich Triathlon Club	0	0	0	0	64	0	0	0	64	64
79	Richard DAY	Stowmarket Striders	0	0	0	0	62	0	0	0	62	62
80	Gary JARVIS	Felstowe RRC	0	0	0	0	59	0	0	0	59	59
81	Jon CORWIN	Hadleigh Hares AC	0	0	0	0	58	0	0	0	58	58
82	Neil LAY	Felstowe RRC	0	0	0	0	57	0	0	0	57	57
83	Dale MASON	Ipswich Triathlon Club	0	0	0	0	56	0	0	0	56	56
84	Nick WILLIAMS	Felstowe RRC	0	0	0	0	55	0	0	0	55	55
84.5												
1	Adam HOWLETT	Framlingham Flyers	100	0	0	99	100	97	100	100	596	499
2	Darren SHEPPARD	Framlingham Flyers	99	0	0	98	0	100	98	99	494	494
3	Steve BROCKE	Felstowe RRC	98	0	0	97	98	98	97	96	504	488
4	Piotr BULACZ	Sudbury Joggers	0	0	100	94	0	95	96	98	483	483
5	Tom HASLAM	Sawmudun Saxons	0	97	96	0	93	93	95	0	476	476
6	Richard DEMPSEY	Woodbridge Shufflers	0	95	0	88	88	90	91	88	462	462
7	Guy HAYWARD	Framlingham Flyers	0	0	0	85	0	89	90	88	352	352
8	Richard SORE	Ipswich Jaffa RC	0	0	0	72	71	78	77	0	286	286
9	Dave SCUMON	Felstowe RRC	0	0	0	0	90	99	97	0	290	290
10	Mark WHITE	Hadleigh Running Club	97	0	99	0	0	0	94	0	290	290
11	Will ALDRID	Framlingham Flyers	0	0	0	95	95	0	0	0	284	284
12	Chris SUGARS	Ipswich Harriers	96	0	0	87	0	0	0	91	274	274
13	Neil MILSTOE	Hadleigh Running Club	91	0	0	89	87	0	0	0	267	267
14	Mark HUGHES	Stowmarket Striders	0	0	0	93	95	0	0	0	263	263
15	Glen AVIS	Hadleigh Hares AC	0	0	94	79	0	87	0	0	260	260
16	Daniel AGER	Ipswich Jaffa RC	0	0	0	86	83	84	0	0	253	253
17	Carl BERGDALH	Ipswich Jaffa RC	0	0	0	81	86	84	0	0	251	251
18	Rakesh RAJA	Saint Edmund Pacers	0	99	97	0	0	0	0	0	198	198
19	Roger STONE	Felstowe RRC	0	0	0	98	98	0	0	0	192	192
20	Jon WILES	Bungay Black Dog RC	0	100	0	0	0	0	0	92	192	192
21	Craig GERROEN-PHILLIPS	Saint Edmund Pacers	94	0	0	92	0	0	0	0	186	186
22	Steve SYMMS	Stowmarket Striders	0	0	0	0	90	0	93	0	183	183
23	Vince WEBB	Saint Edmund Pacers	0	0	0	90	91	0	0	0	181	181
24	Toby CRAIG	Bungay Black Dog RC	0	96	0	0	0	0	0	83	179	179
25	Glen PROCTOR	Stowmarket Striders	0	0	0	80	80	0	0	0	170	170
26	Bill BEESLEY	Stowmarket Striders	0	0	0	84	0	0	86	0	170	170
27	Steve JEGGO	Sudbury Joggers	0	0	0	82	82	0	0	0	167	167
28	Andrew SMITH	Saint Edmund Pacers	88	0	0	76	0	0	0	0	164	164
29	Paul HEES	Stowmarket Striders	86	0	0	78	0	0	0	0	164	164
30	Steve CHAPMAN	Stowmarket Striders	0	0	0	82	82	0	0	0	163	163
31	Alistair GOODER	Ipswich Jaffa RC	0	0	0	77	85	0	0	0	162	162
32	Jonathan WILDING	Felstowe RRC	0	0	0	81	80	0	0	0	161	161
33	Sid HAYGREEN	Sudbury Joggers	0	0	89	0	88	0	0	0	161	161
34	Barry ROGERS	Bungay Black Dog RC	0	0	0	0	76	76	0	0	160	160
35	Simon HEDGE	Felstowe RRC	0	0	0	74	74	75	0	0	149	149
36	David DAMANT	Stowmarket Striders	0	0	0	0	69	0	76	0	145	145
37	Keith TILLEY	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
38	John THORPE	Ipswich Jaffa RC	0	0	0	0	99	0	0	0	99	99
39	Tom PULLINGER	Bungay Black Dog RC	0	98	0	0	0	0	0	0	98	98
40	Nick HAMMOND	Framlingham Flyers	0	0	0	0	97	0	0	0	97	97
41	Richard HEWITT	Ipswich Triathlon Club	0	0	0	0	96	0	0	0	96	96
42	Tim HANMAN	Ipswich Jaffa RC	0	0	0	96	0	0	0	0	96	96
43	Andy BARBER	Hadleigh Running Club	95	0	0	0	0	0	0	0	95	95
44	Steven CARUTHERS	Waveney Valley AC	0	0	0	0	0	0	0	95	95	95
45	Mark FORD	Felstowe RRC	0	0	0	0	94	0	0	0	94	94
46	Dave LEATHER	Stowmarket Striders	0	0	0	0	94					



Running & Fitness Specialists  
www.sportlink.co.uk

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5
			Race 1 Tapley 10m	Race 2 Tapley 25m	Race 3 Sudbury 5m Fun Run	Race 4 Bury Friday 5	Race 5 GER HM	Race 6 Marleham 10k	Race 7 Stowmarket Scenic 7	Race 8 Turley Trot 10m	TOTAL RACES	TOTAL TOP 5 RACES
53	Ian GOODERHAM	Saint Edmund Pacers	0	0	0	0	0	0	92	0	92	92
54	Marin LITTLE	Stowmarket Striders	0	0	0	91	0	0	0	0	91	91
55	Stewart HAMBLYNG	Framlingham Flyers	0	0	0	0	91	0	0	0	91	91
56	Clive DAVEY	Sudbury Joggers	0	0	0	0	0	0	90	0	90	90
57	Andy DAILY	Bungay Black Dog RC	0	0	0	89	0	0	0	0	89	89
58	Kevin CLARK	Bungay Black Dog RC	89	0	0	0	0	0	0	0	89	89
59	Nigel HARRISON	Ipswich Jaffa RC	0	0	0	0	0	0	89	0	89	89
60	Kenneth TOVELL	Framlingham Flyers	0	0	0	0	0	0	89	0	89	89
61	Steve KING	Felixstowe RRC	0	0	0	0	88	0	0	0	88	88
62	Steve MCMAMARA	Stowmarket Striders	0	0	0	0	0	0	88	0	88	88
63	Christopher HOWARD	Sudbury Joggers	87	0	0	0	0	0	0	0	87	87
64	Darrel ROBERTS	Waveney Valley AC	0	0	0	0	0	0	87	0	87	87
65	Ian BAREHAM	Sudbury Joggers	0	0	0	0	0	0	86	0	86	86
66	Mandi MOYSE	Framlingham Flyers	0	0	0	0	0	0	86	0	86	86
67	Rob ANDERSON	Felic	0	0	0	0	0	85	0	0	85	85
68	Jimmy ELMER	Ipswich Jaffa RC	0	0	0	0	0	85	0	0	85	85
69	Daren COULTER	Waveney Valley AC	0	0	0	0	0	0	85	0	85	85
70	Dave HOWEGGEO	Felixstowe RRC	0	0	0	84	0	0	0	0	84	84
71	Lee GODDARD	Stowmarket Striders	0	0	0	83	0	0	0	0	83	83
72	Jon MOODIE	Framlingham Flyers	0	0	0	0	0	83	0	0	83	83
73	Howard ALLEN	Ipswich Jaffa RC	0	0	0	83	0	0	0	0	83	83
74	Leon HAYWARD	Hadleigh Hares AC	0	0	0	0	82	0	0	0	82	82
75	Tim PARNELL	Felixstowe RRC	0	0	0	0	0	82	0	0	82	82
76	Robbie BURTT	Saint Edmund Pacers	0	0	0	0	0	82	0	0	82	82
77	Neil THOMAS	Bungay Black Dog RC	0	0	0	0	0	0	82	0	82	82
78	David WEEDING	Stowmarket Striders	0	0	0	0	0	0	81	0	81	81
79	Jason WOOD	Framlingham Flyers	0	0	0	0	0	0	81	0	81	81
80	Paul DORSET	Felixstowe RRC	0	0	0	0	0	80	0	0	80	80
81	Lee ROTH	Waveney Valley AC	0	0	0	0	0	80	0	0	80	80
82	Simon MEECHAM	Ipswich Jaffa RC	0	0	0	79	0	0	0	0	79	79
83	Steve JORDAN	Saxmundham Saxons	0	0	0	79	0	0	0	0	79	79
84	Stephen BRODIE	Brandon Fern Hoppers	0	0	0	0	0	79	0	0	79	79
85	Robert MARR	Ipswich Jaffa RC	0	0	0	78	0	0	0	0	78	78
86	Melvyn EVANS	Sudbury Joggers	0	0	0	0	0	78	0	0	78	78
87	Gary WEST	Bungay Black Dog RC	0	0	0	77	0	0	0	0	77	77
88	Justin FIDAMAN	Felixstowe RRC	0	0	0	0	77	0	0	0	77	77
89	Justin OSTLER	Felixstowe RRC	0	0	0	0	0	76	0	0	76	76
90	Chris GIBBONS	Ipswich Jaffa RC	0	0	0	75	0	0	0	0	75	75
91	Greg CONWAY	Brandon Fern Hoppers	0	0	0	75	0	0	0	0	75	75
92	Kieran HARTIGAN	Stowmarket Striders	0	0	0	74	0	0	0	0	74	74
93	David CHURCH	Felixstowe RRC	0	0	0	73	0	0	0	0	73	73
94	Gi Kwang CHEUNG	Ipswich Jaffa RC	0	0	0	73	0	0	0	0	73	73
95	Stuart HOLLINGSWORTH	Felixstowe RRC	0	0	0	0	72	0	0	0	72	72
96	Jason KEELEY	Ipswich Harriers	0	0	0	70	0	0	0	0	70	70
97	John WOOLLER	Ipswich Harriers	0	0	0	67	0	0	0	0	67	67
98	Josh ARCHER	Hadleigh Hares AC	0	0	0	66	0	0	0	0	66	66
M50												
1	Steven HUGHES	Stowmarket Striders	0	99	100	0	0	99	99	100	497	497
2	Charles HANN	Sudbury Joggers	0	100	99	0	100	99	99	99	599	494
3	Ian DUGGAN	Felixstowe RRC	0	93	98	94	99	97	100	97	678	481
4	Chris CHOULEY	Bungay Black Dog RC	0	89	94	92	96	91	93	93	648	468
5	Shaun GOOD	Felixstowe RRC	0	92	95	0	90	92	89	92	653	464
6	Derek DALY	Saxmundham Saxons	96	0	93	86	80	85	89	0	529	449
7	Mark GOODOLD	Ipswich Harriers	92	0	92	81	0	87	88	0	440	440
8	Adrian COLE	Stowmarket Striders	89	0	91	68	0	61	83	0	486	429
9	Robert REASON	Stowmarket Striders	0	86	0	78	77	0	85	86	412	412
10	Yusuf FRAT	Havehill Running Club	0	99	99	99	98	0	0	0	388	388
11	Todd LEWIS	Sudbury Joggers	0	0	0	97	0	95	95	96	383	383
12	Nigel SCHOFIELD	Saint Edmund Pacers	98	0	97	0	0	90	94	0	379	379
13	Paul NICKELLS	Woodbridge Shufflers	0	0	0	0	0	100	0	0	295	295
14	Andrew BUCK	Sudbury Joggers	0	0	0	0	96	98	98	98	292	292
15	Warren BRINK	Ipswich Jaffa RC	0	100	0	0	97	93	0	0	290	290
16	Stephen ATKINS	Saint Edmund Pacers	0	93	0	0	94	0	0	0	275	275
17	Ken WHELAN	Felixstowe RRC	0	88	0	0	92	92	0	0	272	272
18	Phil DAVIES	Ipswich Jaffa RC	0	0	0	88	88	0	90	89	263	263
19	Wayne MUMFORD	Sudbury Joggers	0	0	0	84	87	88	0	0	259	259
20	Steven DURRANT	Felixstowe RRC	0	84	0	83	86	0	0	89	258	258
21	Philip BROWN	Saint Edmund Pacers	0	84	0	79	0	0	81	0	254	254
22	Tom HOBLYN	Saint Edmund Pacers	0	0	0	75	89	0	86	0	250	250
23	Dave STEWARD	Woodbridge Shufflers	0	0	0	77	81	84	0	0	242	242
24	Paul McALLISTER	Hadleigh Hares AC	0	0	0	73	76	86	0	0	235	235
25	Paul BRID	Bungay Black Dog RC	87	0	0	0	63	0	0	82	232	232
26	Stephen HATTEN	Saint Edmund Pacers	0	96	0	97	0	0	0	0	193	193
27	Steve COX	Hadleigh Hares AC	0	95	0	0	93	0	0	0	188	188
28	Stuart YOUNG	Bungay Black Dog RC	0	83	0	0	0	0	0	86	171	171
29	Hugh WHITE	Hadleigh Hares AC	0	0	0	0	83	0	0	0	165	165
30	Joseph MAYNE	Waveney Valley AC	0	80	0	0	0	0	0	0	165	165
31	Benjamin SOLWAY	Woodbridge Shufflers	0	79	0	0	84	0	0	0	163	163
32	Philip BEER	Stowmarket Striders	0	0	0	82	0	0	0	0	162	162
33	Duncan CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	74	0	0	84	0	158	158
34	Jimmy RUSSELL	Felixstowe RRC	0	81	0	76	0	0	0	0	157	157
35	David MANSFIELD	Havehill Running Club	91	0	0	0	66	0	0	0	157	157
36	Robert BARKER	Felixstowe RRC	0	0	0	69	71	0	0	0	140	140
37	Darren BOND	Ipswich Jaffa RC	0	0	0	66	72	0	0	0	138	138
38	Willfred CAMPBELL	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
39	Robert HUGHES	Saint Edmund Pacers	99	0	0	0	0	0	0	0	99	99
40	Mark WATTS	Saint Edmund Pacers	0	0	0	89	0	0	0	0	89	89
41	Marlin LAWRENCE	Havehill Running Club	0	98	0	0	0	0	0	0	98	98
42	Stephen CURRAN	Framlingham Flyers	0	0	0	0	0	0	96	0	96	96
43	Bill BANNER	Havehill Running Club	95	0	0	0	0	0	0	0	95	95
44	Adrian GOODE	Felixstowe RRC	0	0	0	0	95	0	0	0	95	95
45	Philip GROSE	Saint Edmund Pacers	94	0	0	0	0	0	0	0	94	94
46	Alistair DICK	Ipswich Jaffa RC	0	94	0	0	0	0	0	0	94	94
47	Simon FENN	Hadleigh Hares AC	0	0	0	0	0	94	0	0	94	94
48	Richard CROSSLAND	Bungay Black Dog RC	0	0	0	0	0	0	94	0	94	94
49	Mathew BLACOE	Hadleigh Hares AC	0	0	0	93	0	0	0	0	93	93
50	Damian ASHROFT	Bungay Black Dog RC	0	0	0	0	0	0	92	0	92	92
51	Alan SANSOM	Woodbridge Shufflers	0	91	0	0	0	0	0	0	91	91
52	Steven NEAL	Brandon Fern Hoppers	0	0	0	91	0	0	0	0	91	91
53	Chris COX	Woodbridge Shufflers	0	0	0	89	0	0	0	0	89	89
54	Andrew POTTRUFF	Bungay Black Dog RC	0	0	0	0	0	0	91	0	91	91
55	David DANIELS	Stowmarket Striders	90	0	0	0	0	0	0	0	90	90
56	Tim FROES	Hadleigh Hares AC	0	90	0	0	0	0	0	0	90	90
57	Paul TYREMAN	Sudbury Joggers	0	0	90	0	0	0	0	0	90	90
58	Stephen EDWARDS	Newmarket Joggers	0	0	0	0	0	0	0	90	90	90
59	Simon SMITH	Bungay Black Dog RC	0	0	0	0	0	0	90	0	90	90
60	Chris SERVANT	Ipswich Jaffa RC	0	0	0	89	0	0	0	0	89	89
61	Ian ST LEDGER	Sudbury Joggers	88	0	0	0	0	0	0	0	88	88
62	Chris HOWLAND	Felixstowe RRC	0	87	0	0	0	0	0	0	87	87
63	Peter WARELAND	Stowmarket Striders	0	0	0	87	0	0	0	0	87	87
64	Mark TURNER	Saint Edmund Pacers	0	0	0	0	0	87	0	0	87	87
65	Rob HALL	Bungay Black Dog RC	0	0	0	0	0	0	87	0	87	87
66	Phil CAWSTON	Saint Edmund Pacers	0	85	0	0	0	0	0	0	85	85
67	Adrian HINE	Felixstowe RRC	0	0	0	0	85	0	0	0	85	85
68	Ian CATCHPOLE	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	83	83
69	John SKELLY	Waveney Valley AC	0	0	0	0	0	0	83	0	83	83
70	John GIBBONS	Saxmundham Saxons	0	0	0	82	0	0	0	0	82	82
71	Dave LAMPARD	Felixstowe RRC	0	0	0	0	82	0	0	0	82	82
72	Rod MACCREGOR	Felixstowe RRC	0	0	0	0	80	0	0	0	80	80
73	David GARNHAM	Ipswich Jaffa RC	0	0	0	79	0	0	0	0	79	79
74	Nick POTTER	Stowmarket Striders	0	0	0	0	78	0	0	0	78	78
75	Nick GOOD	Ipswich Jaffa RC	0	0	0	75	0	0	0	0	75	75
76	Keith CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	74	0	0	0	0	74	74
77	Mark BANHAM	Felixstowe RRC	0	0	0	73	0	0	0	0	73	73
78	Mark AVERY	Ipswich Jaffa RC	0	0	0	72	0	0	0	0	72	72
79	Brian MUNDS	Newmarket Joggers	0	0	0	71	0	0	0	0	71	71
80	David SWALES	Saint Edmund Pacers	0									



Running & Fitness Specialists  
www.sportlink.co.uk

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	Turkey Trot	RACES	RACES
64	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	67	0	0	0	0	67	67
65	Graham RAWN	Hadleigh Hares AC	0	0	0	67	0	0	0	0	67	67
66	Ian STOCKLEY	Stowmarket Striders	0	0	0	65	0	0	0	0	65	65
67	B MARTIN	Felixstowe FRC	0	0	0	64	0	0	0	0	64	64
<b>M55</b>												
1	Stephen PRETTY	Stowmarket Striders	97	0	99	96	96	96	98	0	922	486
2	David SEYMOUR	Felixstowe FRC	0	97	0	92	0	95	96	95	475	475
3	Christopher LUCAS	Saxmundham Saxons	94	0	96	0	86	92	94	0	464	464
4	Mark ALLEN	Woodbridge Shufflers	92	0	0	88	84	84	84	0	452	452
5	Joe NAUGHTON	Stowmarket Striders	0	94	0	90	82	89	90	0	445	445
6	Howard BEASLEY	Saint Edmund Pacers	100	0	100	0	100	0	100	100	400	400
7	Robin BELSON	Ipswich Jaffa RC	98	0	100	0	96	0	96	0	391	391
8	Stephen HICKS	Ipswich Harriers	0	0	0	98	100	99	0	0	297	297
9	Stephen PUGH	Ipswich Jaffa RC	0	100	0	97	99	0	0	0	296	296
10	Alan JACKSON	Ipswich Jaffa RC	0	0	0	99	0	0	0	0	296	296
11	Peter JAY	Saint Edmund Pacers	0	95	0	0	0	95	96	0	286	286
12	Paul SCHWER	Felixstowe FRC	0	0	0	99	92	0	97	0	286	286
13	Richard SMITH	Felixstowe FRC	91	0	97	89	0	0	0	0	277	277
14	Mon LEE	Ipswich Jaffa RC	0	96	0	85	89	0	0	0	270	270
15	Roger KOCKERLEY	Woodbridge Shufflers	0	0	0	95	99	0	0	0	193	193
16	Dave ALLEY	Woodbridge Shufflers	0	98	0	0	93	0	0	0	181	181
17	Ian HUNTER	Stowmarket Striders	96	0	0	0	0	0	91	0	181	181
18	Alan HILLYARD	Ipswich Jaffa RC	0	0	0	91	90	0	0	0	181	181
19	Dave CHAFMAN	Sudbury Joggers	93	0	0	0	87	0	0	0	180	180
20	Peter FINCH	Ipswich Jaffa RC	0	0	0	99	0	0	91	0	179	179
21	Malcolm HOGARTH	Woodbridge Shufflers	0	0	0	83	0	93	0	0	176	176
22	Steve WILDING	Ipswich Jaffa RC	0	0	0	87	85	0	0	0	172	172
23	Steve LANGLEY	Ipswich Jaffa RC	0	0	0	0	0	100	0	0	100	100
24	Dave LUMBY	Ipswich Jaffa RC	99	0	0	0	0	0	0	0	99	99
25	Paul WIGENS	Woodbridge Shufflers	99	0	0	0	0	0	0	0	99	99
26	Andrew WEBBER	Stowmarket Striders	0	0	0	0	0	99	0	0	99	99
27	Adrian WEBBER	Stowmarket Striders	0	0	0	0	97	0	0	0	97	97
28	Stuart GREEN	Stowmarket Striders	0	0	0	0	0	0	97	0	97	97
29	Nick KEMPSON	Hadleigh Hares AC	0	96	0	0	0	0	0	0	96	96
30	Paul PEEK	Waveney Valley AC	95	0	0	0	0	0	0	0	95	95
31	Duncan CHENERY	Ipswich Jaffa RC	0	94	0	0	0	0	94	0	94	94
32	Eric SEARLE	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	94	94
33	Paul HARRD	Waveney Valley AC	0	0	0	0	0	0	0	94	94	94
34	Paul GILSON	Ipswich Jaffa RC	0	0	0	93	0	0	0	0	93	93
35	Steven MITCHELL	Ipswich Jaffa RC	0	0	0	0	93	0	0	0	93	93
36	Tony MARDY	Bungay Black Dog RC	0	0	0	0	0	0	93	0	93	93
37	Tony MORLEY	Bungay Black Dog RC	0	0	0	0	0	0	92	0	92	92
38	Tim LONG	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
39	Chris CUTTON	Ipswich Jaffa RC	99	0	0	0	0	0	90	0	90	90
40	Paul MAYCOCK	Capel Cheaters	0	0	0	0	90	0	0	0	90	90
41	David BARTON	Stowmarket Striders	0	0	0	0	84	0	0	0	84	84
<b>M60</b>												
1	Mk CARR	Bungay Black Dog RC	97	0	99	93	99	98	97	98	681	491
2	Ian SILLETT	Felixstowe FRC	0	99	98	94	98	96	93	95	673	486
3	Brian ROGERS	Ipswich Jaffa RC	0	0	100	99	100	0	100	0	399	399
4	Chris OWIS	Woodbridge Shufflers	0	0	0	98	0	100	99	0	297	297
5	Michael BALL	Bungay Black Dog RC	0	95	0	0	97	0	0	93	285	285
6	Bill KINGABY	Waveney Valley AC	0	100	0	0	0	0	0	100	200	200
7	Bob PAUL	Bungay Black Dog RC	0	0	100	0	0	0	97	0	197	197
8	Clive PURBROCK	Newmarket Joggers	0	0	0	0	0	0	99	99	197	197
9	Stephen SPENCER	Brandon Fern Heppers	0	0	0	0	0	0	91	0	182	182
10	Richard FARNWORTH	Felixstowe FRC	0	0	0	90	0	0	90	0	180	180
11	Terry BACKE	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
12	Ker MACROSSON	Stowmarket Striders	99	0	0	0	0	0	99	0	99	99
13	John WESTON	Ipswich Jaffa RC	0	0	0	0	99	0	0	0	99	99
14	Mike FREED	Haverhill Running Club	98	0	0	0	0	0	0	0	98	98
15	Mike JOHNSON	Newmarket Joggers	0	0	97	0	0	0	0	0	97	97
16	Neville CLARKE	Newmarket Joggers	0	0	0	97	0	0	0	0	97	97
17	Rob MAWSON	Framlingham Flyers	0	0	0	0	0	97	0	0	97	97
18	Graham PAGE	Saint Edmund Pacers	96	0	0	0	0	0	0	0	96	96
19	David FENGELLY	Sudbury Joggers	0	96	0	0	0	0	0	0	96	96
20	Dave VAUGHAN	Saint Edmund Pacers	0	0	0	94	0	0	0	0	94	94
21	Don BEATTY	Stowmarket Striders	0	0	0	0	0	0	96	0	96	96
22	John MOWER	Waveney Valley AC	0	0	0	0	0	0	0	96	96	96
23	John SQUIRELL	Stowmarket Striders	0	0	0	95	0	0	0	0	95	95
24	Mark SARGEANTSON	Framlingham Flyers	0	0	0	0	95	0	0	0	95	95
25	Michael MCKINELL	Ipswich Trotters Club	0	0	0	0	0	95	0	0	95	95
26	Stephen WILLIAMS	Saint Edmund Pacers	0	0	0	0	0	94	0	0	94	94
27	Stuart SMITH	Waveney Valley AC	0	0	0	0	0	0	94	0	94	94
28	George WICKER	Saint Edmund Pacers	0	0	0	92	0	0	0	0	92	92
29	Steve BOWEN	Hadleigh Hares AC	0	0	0	0	0	0	92	0	92	92
<b>M65+</b>												
1	Chris AYLMER	Newmarket Joggers	98	0	98	91	95	0	95	94	571	480
2	Graham SAMPSON	Bungay Black Dog RC	96	0	96	89	94	94	96	95	600	477
3	Maurice BENNELL	Saxmundham Saxons	94	0	0	0	89	93	89	0	365	365
4	Stephen MEAD	Stowmarket Striders	0	100	0	100	0	0	0	100	300	300
5	Charles SHOOLBRED	Ipswich Jaffa RC	0	100	0	99	98	0	0	0	297	297
6	Richard FELLINGHAM	Stowmarket Striders	99	0	0	97	0	98	0	0	294	294
7	Robin ASHE	Bungay Black Dog RC	0	98	0	96	0	0	0	97	293	293
8	Jonathan PRICE	Sudbury Joggers	0	0	0	96	0	97	98	0	291	291
9	David TAYLOR	Framlingham Flyers	0	0	0	95	0	96	0	0	287	287
10	Tim NEWTON	Ipswich Jaffa RC	0	0	0	100	0	0	99	99	199	199
11	Graham BUSH	Woodbridge Shufflers RRC	0	0	0	96	99	0	0	0	195	195
12	Peter RUSSELL	Framlingham Flyers	0	0	0	0	95	99	0	0	194	194
13	John GILLIM	Saint Edmund Pacers	0	0	97	0	0	0	92	0	189	189
14	Paul WINTER	Stowmarket Striders	97	0	0	0	92	0	0	0	189	189
15	David COLLEY	Ipswich Jaffa RC	0	0	0	94	0	0	94	0	188	188
16	Mike ROEBROCK	Hadleigh Hares AC	0	0	0	93	93	0	0	0	186	186
17	Garrick FOX	Bungay Black Dog RC	0	0	0	0	91	0	91	0	182	182
18	Hugh TURNER	Sudbury Joggers	0	0	100	0	0	0	0	100	100	100
19	Ray ROBERTS	Felixstowe FRC	0	0	0	0	100	0	0	100	100	100
20	Phil HYMERS	Saint Edmund Pacers	0	0	0	0	0	100	0	0	100	100
21	Roger BRAND	Saint Edmund Pacers	0	99	0	0	0	0	0	0	99	99
22	John TURNBULL	Hadleigh Hares AC	0	0	99	0	0	0	0	0	99	99
23	David FORDHAM	Saxmundham Saxons	0	0	0	0	0	0	0	0	99	99
24	Terry GARRITY	Bungay Black Dog RC	0	0	0	0	0	0	98	0	98	98
25	Alan RICHARDSON	Waveney Valley AC	0	0	0	0	97	0	0	0	97	97
26	Chris COOK	Saint Edmund Pacers	0	0	0	0	0	0	97	0	97	97
27	Grayhams FISH	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
28	Gordon MERRIFIELD	Saxmundham Saxons	0	95	0	0	0	0	0	0	95	95
29	Alan VABLE	Waveney Valley AC	0	0	0	0	0	0	93	0	93	93
30	Mike HILL	Framlingham Flyers	0	0	0	0	0	0	92	0	92	92
31	Peter GAY	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
32	Tim HERST	Bungay Black Dog RC	0	0	0	0	90	0	0	0	90	90
33	David JONES	Stowmarket Striders	0	0	0	0	0	0	90			