

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Total Score	Total Top 5 Races
			Tarpley 10	Tarpley 20	Bungay HM	Sudbury Fri	Newmarket	Fram 10K	Thurlow 5	Thurlow 10	Hadleigh 5	Hadleigh 10		
			25-02-2018	25-02-2018	08-04-2018	25-05-2018	01-07-2018	02-09-2018	21-10-2018	21-10-2018	18-11-2018	18-11-2018		
Position	Name	Club												
FS														
1	Jessica GOODERHAM	Saint Edmund Pacers	0	0	500	499	500	499	500	0	0	0	2498	2498
2	Lucy COWLIN	Sudbury Joggers	500	0	0	497	0	498	0	0	0	0	1495	1495
3	Kirsty MILLARD	Haverhill Running Club	499	0	0	494	0	0	499	0	0	0	1492	1492
4	Daisy GLOVER	Newmarket Joggers	0	0	0	500	0	0	0	500	0	0	1000	1000
5	Hayley COATES	Saint Edmund Pacers	0	0	0	491	499	0	0	0	0	0	990	990
6	Elaine TURNER	Hadleigh Hares AC	0	0	0	493	0	0	497	0	0	0	990	990
7	Kylie ROBINSON	Framlingham Flyers	493	0	0	0	0	494	0	0	0	0	987	987
8	Emma ATTWOOD	Stowmarket Striders Running Club	0	500	0	0	0	0	0	0	0	0	500	500
9	Sam LINES	Waveney Valley AC	0	0	0	0	0	500	0	0	0	0	500	500
10	Sophie BELL	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
11	Danielle JONES	Newmarket Joggers	0	0	0	0	0	0	0	499	0	0	499	499
12	Kate LONG	Felixstowe RRC	0	499	0	0	0	0	0	0	0	0	499	499
13	Jordan BARFIELD	Haverhill Running Club	498	0	0	0	0	0	0	0	0	0	498	498
14	Emma Brown	Haverhill Running Club	0	0	0	0	0	0	0	498	0	0	498	498
15	Jemma CLARRY	Saint Edmund Pacers	0	0	0	498	0	0	0	0	0	0	498	498
16	Michelle HOLLAND	Sudbury Joggers	0	498	0	0	0	0	0	0	0	0	498	498
17	Bethany ROGERS	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
18	Polly RUSSELL	Haverhill Running Club	0	0	0	0	0	0	498	0	0	0	498	498
19	Lydia Simmons	Saint Edmund Pacers	0	0	0	0	498	0	0	0	0	0	498	498
20	Emma GOODMAN	Framlingham Flyers	0	0	497	0	0	0	0	0	0	0	497	497
21	Lydia KIRK	Framlingham Flyers	0	0	0	0	0	497	0	0	0	0	497	497
22	Tasmin Long	Newmarket Joggers	0	0	0	0	497	0	0	0	0	0	497	497
23	Hannah THOMPSON	Stowmarket Striders Running Club	497	0	0	0	0	0	0	0	0	0	497	497
24	Gemma CANNON	Woodbridge Shufflers Running Club	0	0	0	0	0	496	0	0	0	0	496	496
25	Kellie GARROD	Haverhill Running Club	0	0	0	0	0	0	496	0	0	0	496	496
26	Katie KING	Saint Edmund Pacers	0	0	0	496	0	0	0	0	0	0	496	496
27	Emma Newman	Newmarket Joggers	0	0	0	0	496	0	0	0	0	0	496	496
28	Rachel PLANT	Lowestoft Road Runners	0	0	496	0	0	0	0	0	0	0	496	496
29	Niamh SIVERTSEN	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	496	496
30	Sara Brown	Newmarket Joggers	0	0	0	0	495	0	0	0	0	0	495	495
31	Louise FAGGETTER	Stowmarket Striders Running Club	495	0	12-30-1899	0	12-30-1899	12-30-1899	0	0	0	0	495	495
32	Alice GOODWIN	Ipswich Harriers	0	0	0	495	0	0	0	0	0	0	495	495
33	Emma HARRISON	Saxmundham Sports Running & Fitness Club	0	0	495	0	0	0	0	0	0	0	495	495
34	Hollie SUTHERLAND	Felixstowe RRC	0	0	12-30-1899	0	12-30-1899	05-09-1901	0	0	0	0	495	495
35	Rosemary Bailey	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494

24	Cheryl CLAYDON	Haverhill Running Club	0	0	0	0	0	0	497	0	0	0	497	497
25	Caroline PERRY	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	0	497	497
26	Marion BENNETT	Ipswich Jaffa RC	0	0	0	0	0	0	496	0	0	0	496	496
27	Rebecca BONE	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
28	Hanna DEAN	Bungay Black Dog RC	0	496	0	0	0	0	0	0	0	0	496	496
29	Michelle Haynes	Haverhill Running Club	0	0	0	0	496	0	0	0	0	0	496	496
30	Sarah jc LEWIS	Woodbridge Shufflers Running Club	496	0	0	0	0	0	0	0	0	0	496	496
31	Kate SCOTTER	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	0	496	496
32	Laura BUTTON	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
33	Claire FRADLEY	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495	495
34	Katerina RIGBY	Hadleigh Hares AC	495	0	0	0	0	0	0	0	0	0	495	495
35	Victoria STACE	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494	494
36	Helen BARBER	Framlingham Flyers	0	0	0	0	0	493	0	0	0	0	493	493
37	Pam MORGAN	Framlingham Flyers	493	0	0	0	0	0	0	0	0	0	493	493
38	Liza PUTWAIN	Stowmarket Striders Running Club	0	0	0	493	0	0	0	0	0	0	493	493
39	Karen MARTIN	Haverhill Running Club	492	0	0	0	0	0	0	0	0	0	492	492
40	Jill O'grady	Newmarket Joggers	0	0	0	0	492	0	0	0	0	0	492	492
41	Kirsty SCHWIER	Bungay Black Dog RC	0	0	0	0	0	492	0	0	0	0	492	492
42	Andrea Hunt	Sudbury Joggers	0	0	0	0	491	0	0	0	0	0	491	491
43	Emma GAMMONS	Felixstowe RRC	490	0	0	0	0	0	0	0	0	0	490	490
44	Rachel Allen	Newmarket Joggers	0	0	0	0	489	0	0	0	0	0	489	489
45	Amy GODBOLD	Bungay Black Dog RC	0	0	0	0	0	489	0	0	0	0	489	489
46	Kara MOORE-DAMANT	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	0	489	489
47	Anna GRANT	Stowmarket Striders Running Club	0	0	0	0	0	488	0	0	0	0	488	488
48	Marina ALMENDROS	Ipswich Jaffa RC	0	0	0	0	0	487	0	0	0	0	487	487
49	Melanie MANSFIELD	Haverhill Running Club	486	0	0	0	0	0	0	0	0	0	486	486
50	Anneli OSTLER	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486	486
51	Claire BUTCHER	Felixstowe RRC	0	0	0	0	0	485	0	0	0	0	485	485
52	Sian GUYTON	Sudbury Joggers	485	0	0	0	0	0	0	0	0	0	485	485
53	Sarah CHAMBERLIN	Sudbury Joggers	483	0	0	0	0	0	0	0	0	0	483	483
FV40														
1	Clare MOODIE	Framlingham Flyers	499	0	497	0	0	498	0	499	0	0	1993	1993
2	Juliet GARNHAM	Stowmarket Striders Running Club	497	0	0	495	500	0	500	0	0	0	1992	1992
3	Amanda FRASER FISH	Woodbridge Shufflers Running Club	0	491	491	0	0	495	0	496	0	0	1973	1973
4	Angela SOAMES	Felixstowe RRC	0	0	489	493	496	494	0	0	0	0	1972	1972
5	Sarah FITCH	Felixstowe RRC	0	0	0	500	0	499	0	500	0	0	1499	1499
6	Louise GODDARD	Stowmarket Striders Running Club	498	0	0	498	0	0	0	497	0	0	1493	1493
7	Sabrina NORTON	Bungay Black Dog RC	0	497	499	0	0	0	0	0	0	0	996	996
8	Amanda DUNN	Hadleigh Hares AC	0	0	0	496	0	0	497	0	0	0	993	993

34	Joanne SARGENT	Hadleigh Hares AC	0	496	0	0	0	0	0	0	0	0	496	496
35	Rebecca JACK	Stowmarket Striders Running Club	495	0	0	0	0	0	0	0	0	0	495	495
36	Kelly MYNOTT	Haverhill Running Club	0	0	0	0	0	0	495	0	0	0	495	495
37	Suzanne FROST	Sudbury Joggers	0	0	0	494	0	0	0	0	0	0	494	494
38	Sally JOHNSTON	Haverhill Running Club	0	0	0	0	0	0	494	0	0	0	494	494
39	Mandy JORDAN	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	494	0	0	0	0	494	494
40	Justine WISEMAN	Saxmundham Sports Running & Fitness Club	0	0	494	0	0	0	0	0	0	0	494	494
41	Jules COOPER	Sudbury Joggers	0	0	0	493	0	0	0	0	0	0	493	493
42	Jo HAYWARD	Stowmarket Striders Running Club	493	0	0	0	0	0	0	0	0	0	493	493
43	ALISON LEECH	Stowmarket Striders Running Club	0	0	0	0	0	493	0	0	0	0	493	493
44	Heidi KNIGHT	Capel Cheetahs	0	0	0	492	0	0	0	0	0	0	492	492
45	Michelle LIGHTFOOT	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
46	Sarah VICK	Saxmundham Sports Running & Fitness Club	492	0	0	0	0	0	0	0	0	0	492	492
47	Mandy MOORE	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490	490
48	Fudge FARRAR	Bungay Black Dog RC	0	0	489	0	0	0	0	0	0	0	489	489
49	Jane SKOULDING	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	0	489	489
50	Lisa SMITH	Lowestoft Road Runners	0	0	488	0	0	0	0	0	0	0	488	488
51	Andrea FRIEND	Stowmarket Striders Running Club	487	0	0	0	0	0	0	0	0	0	487	487
52	Theresa JONES	Haverhill Running Club	0	0	487	0	0	0	0	0	0	0	487	487
53	Laura ARFI	Stowmarket Striders Running Club	486	0	0	0	0	0	0	0	0	0	486	486
54	Julia MOSS-ECCARDT	Stowmarket Striders Running Club	485	0	0	0	0	0	0	0	0	0	485	485
55	Gabrielle CLARKE	Haverhill Running Club	484	0	0	0	0	0	0	0	0	0	484	484
56	Helen SPOONER	Haverhill Running Club	483	0	0	0	0	0	0	0	0	0	483	483
57	Claire ELLIS	Stowmarket Striders Running Club	482	0	0	0	0	0	0	0	0	0	482	482
58	Rosie KERR	Sudbury Joggers	479	0	0	0	0	0	0	0	0	0	479	479
59	Nicola CANT	Sudbury Joggers	478	0	0	0	0	0	0	0	0	0	478	478
FV50														
1	Jackie HANN	Sudbury Joggers	0	498	499	499	0	499	0	498	0	0	2493	2493
2	Teresa FRANKLIN	Haverhill Running Club	498	0	0	495	500	497	498	0	0	0	2488	2488
3	Ruth COWLIN	Sudbury Joggers	495	0	495	492	499	495	497	0	0	0	2973	2481
4	Mary NAREY	Stowmarket Striders Running Club	0	499	0	500	0	500	0	499	0	0	1998	1998
5	Catherine WALSH	Felixstowe RRC	0	0	498	496	0	498	500	0	0	0	1992	1992
6	Mandy GODBOLD	Ipswich Harriers	0	491	0	489	0	492	495	0	0	0	1967	1967
7	Sandy MALOY	Sudbury Joggers	489	0	486	486	0	0	0	496	0	0	1957	1957
8	Sandy PHILLIPS	Ipswich Jaffa RC	494	0	0	0	498	494	0	0	0	0	1486	1486
9	Sandy THOROGOOD	Sudbury Joggers	0	0	500	0	0	0	0	500	0	0	1000	1000
10	Dee ST LEDGER	Sudbury Joggers	0	497	0	498	0	0	0	0	0	0	995	995
11	Kirsty WEAVERS	Saint Edmund Pacers	0	0	0	497	0	0	0	497	0	0	994	994
12	Sharon WARLAND	Stowmarket Striders Running Club	0	0	0	494	0	0	499	0	0	0	993	993

13	Mandi MOYSE	Framlingham Flyers	0	494	497	0	0	0	0	0	0	0	991	991
14	Grace JUDGE	Haverhill Running Club	0	0	0	0	0	493	496	0	0	0	989	989
15	Jackie COLLINS	Felixstowe RRC	0	492	496	0	0	0	0	0	0	0	988	988
16	Karen CHAMBERLAIN	Ipswich Jaffa RC	496	0	0	491	0	0	0	0	0	0	987	987
17	Sally SOLOMON	Felixstowe RRC	0	0	0	488	496	0	0	0	0	0	984	984
18	Sally BUCKLE	Sudbury Joggers	492	0	490	0	0	0	0	0	0	0	982	982
19	Rachel HIRST	Bungay Black Dog RC	0	490	491	0	0	0	0	0	0	0	981	981
20	Ann ALEXANDER	Sudbury Joggers	491	0	0	485	0	0	0	0	0	0	976	976
21	Sue MOYE	Sudbury Joggers	488	0	485	0	0	0	0	0	0	0	973	973
22	Amanda MARTIN	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	0	500	500
23	Jo STEPHENSON	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500	500
24	Haley SUTTLE	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499	499
25	Sarah GOLDING	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	0	497	497
26	Jan Holmes	Newmarket Joggers	0	0	0	0	497	0	0	0	0	0	497	497
27	Sil CLAY	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496	496
28	Sandra MAYHEW	Stowmarket Striders Running Club	0	0	0	0	0	496	0	0	0	0	496	496
29	Christina HOWLAND	Felixstowe RRC	0	495	0	0	0	0	0	0	0	0	495	495
30	Christine TAYLOR	Haverhill Running Club	0	0	0	0	0	0	494	0	0	0	494	494
31	Fran WILLIAMS	Haverhill Running Club	0	0	494	0	0	0	0	0	0	0	494	494
32	Karen GEDGE	Bungay Black Dog RC	0	493	0	0	0	0	0	0	0	0	493	493
33	Maria GOODBY	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493	493
34	Jenny LYNCH	Felixstowe RRC	493	0	0	0	0	0	0	0	0	0	493	493
35	Jo PARDEN	Framlingham Flyers	0	0	0	493	0	0	0	0	0	0	493	493
36	Dionne WALFORD	Haverhill Running Club	0	0	0	0	0	0	493	0	0	0	493	493
37	Sarah EDWARDS	Framlingham Flyers	0	0	492	0	0	0	0	0	0	0	492	492
38	Michelle HUDSON	Haverhill Running Club	0	0	0	0	0	0	492	0	0	0	492	492
39	Annette HALL	Haverhill Running Club	0	0	0	0	0	0	491	0	0	0	491	491
40	Claire JAY	Stowmarket Striders Running Club	0	0	0	0	0	491	0	0	0	0	491	491
41	Angela BURDETT	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
42	Amanda PRIOR	Capel Cheetahs	0	0	0	490	0	0	0	0	0	0	490	490
43	Lucie MORRAN	Bungay Black Dog RC	0	0	489	0	0	0	0	0	0	0	489	489
44	Judith SADLER	Bungay Black Dog RC	0	0	488	0	0	0	0	0	0	0	488	488
45	Jane PATTISON	Bungay Black Dog RC	0	0	487	0	0	0	0	0	0	0	487	487
46	Susan WHITING	Ipswich Jaffa RC	0	0	0	487	0	0	0	0	0	0	487	487
FV55														
1	Sandra HISCOX	Haverhill Running Club	493	0	0	493	493	498	497	0	0	0	2474	2474
2	Dawn MARSHALL	Saint Edmund Pacers	0	0	05-14-1901	0	05-14-1901	05-14-1901	500	0	0	0	2000	2000
3	Beverley REYNOLDS	Haverhill Running Club	495	0	0	496	494	0	0	499	0	0	1984	1984
4	Ann GRANGER	Saxmundham Sports Running & Fitness Club	0	498	499	0	497	0	0	0	0	0	1494	1494

5	Nicola STEVENSON	Felixstowe RRC	0	497	0	497	498	0	0	0	0	0	1492	1492
6	Maria REED	Haverhill Running Club	0	0	0	495	495	0	499	0	0	0	1489	1489
7	Bobbie SAUERZAPF	Bungay Black Dog RC	0	499	0	499	0	0	0	0	0	0	998	998
8	Lynda McCormack	Newmarket Joggers	0	0	0	0	496	0	0	500	0	0	996	996
9	Jo WHELAN	Felixstowe RRC	0	496	0	0	0	497	0	0	0	0	993	993
10	Angela WHITING	Stowmarket Striders Running Club	0	0	0	494	0	0	498	0	0	0	992	992
11	Christine ANTHONY	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
12	Pauline GREEN	Newmarket Joggers	500	0	0	0	0	0	0	0	0	0	500	500
13	Marion PARKER	Felixstowe RRC	0	500	0	0	0	0	0	0	0	0	500	500
14	Angela BRINKLEY	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499	499
15	Jane MOON	Felixstowe RRC	0	0	0	0	0	499	0	0	0	0	499	499
16	Rita Rue	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
17	Judith ADOLPHUS	Ipswich Jaffa RC	0	0	0	498	0	0	0	0	0	0	498	498
18	Jackie BELL	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
19	Sue CRAWTE	Sudbury Joggers	0	0	0	0	0	0	0	498	0	0	498	498
20	Charlotte HAWES	Stowmarket Striders Running Club	498	0	0	0	0	0	0	0	0	0	498	498
21	Jayne RICHARDSON	Waveney Valley AC	497	0	0	0	0	0	0	0	0	0	497	497
22	Christine ASHE	Bungay Black Dog RC	496	0	0	0	0	0	0	0	0	0	496	496
23	Caroline FOSTER	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	496	0	0	0	0	496	496
24	Debbie MCDOWALL	Stowmarket Striders Running Club	494	0	0	0	0	0	0	0	0	0	494	494
25	Caroline HOLT	Sudbury Joggers	0	0	0	492	0	0	0	0	0	0	492	492
26	Sally QUIRK	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492	492
27	Sue HUNTER	Stowmarket Striders Running Club	0	0	0	491	0	0	0	0	0	0	491	491
FV60														
1	Cheryl TRUNDLE	Haverhill Running Club	0	500	0	499	500	0	0	500	0	0	1999	1999
2	Jenny MORGAN	Saint Edmund Pacers	0	0	0	500	0	500	0	499	0	0	1499	1499
3	Jayne CAPPS-JENNER	Bungay Black Dog RC	0	498	500	0	0	0	0	0	0	0	998	998
4	Belinda SCHOFIELD	Newmarket Joggers	500	0	0	0	0	0	0	498	0	0	998	998
5	Riitta WOOD	Framlingham Flyers	499	0	0	0	0	499	0	0	0	0	998	998
6	Gillian CHARLTON	Stowmarket Striders Running Club	0	0	0	497	0	0	500	0	0	0	997	997
7	Anne OLIVER	Felixstowe RRC	498	0	0	496	0	0	0	0	0	0	994	994
8	Jane Bailey	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499	499
9	Sue HARGADON	Ipswich Triathlon Club	0	499	0	0	0	0	0	0	0	0	499	499
10	Judith MASTERS	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
11	Cathy BEARD	Sudbury Joggers	0	0	0	498	0	0	0	0	0	0	498	498
FV65														
1	Joan NEVIN	Haverhill Running Club	498	0	500	0	498	499	0	0	0	0	1995	1995
2	Moira PINKNEY	Ipswich Triathlon Club	500	0	0	0	500	0	0	0	0	0	1000	1000

3	Julie HASELWOOD	Ipswich Jaffa RC	0	0	0	0	0	500	0	0	0	0	500	500
4	Anne FISH	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499	499
5	Caroline Mcintosh	Newmarket Joggers	0	0	0	0	499	0	0	0	0	0	499	499
6	Jan GREEN	Framlingham Flyers	497	0	0	0	0	0	0	0	0	0	497	497
7	Trish HOPKINS	Felixstowe RRC	496	0	0	0	0	0	0	0	0	0	496	496
MS														
1	Kieran HAYLES	Sudbury Joggers	0	499	0	499	499	494	0	499	0	0	2490	2490
2	Gary TAYLOR	Felixstowe RRC	497	0	493	490	494	491	494	0	0	0	2959	2469
3	Steve OGLESBY	Haverhill Running Club	0	478	0	477	487	471	0	493	0	0	2406	2406
4	Keelan SMITH	Saxmundham Sports Running & Fitness Club	0	479	479	476	484	469	0	0	0	0	2387	2387
5	Steve ROBERTS	Sudbury Joggers	476	0	472	464	480	468	0	0	0	0	2360	2360
6	Scott MANNING	Framlingham Flyers	0	0	0	496	495	0	498	0	0	0	1489	1489
7	Kevin MILLARD	Haverhill Running Club	488	0	0	484	490	0	0	0	0	0	1462	1462
8	Peter WOODS	Felixstowe RRC	0	476	0	481	0	0	0	488	0	0	1445	1445
9	Andy HAYWARD	Stowmarket Striders Running Club	483	0	0	478	0	470	0	0	0	0	1431	1431
10	Josh IRON	Haverhill Running Club	0	474	0	467	481	0	0	0	0	0	1422	1422
11	Andrew BELL	Haverhill Running Club	498	0	0	0	497	0	0	0	0	0	995	995
12	Samuel BURDETT	Stowmarket Striders Running Club	495	0	0	0	0	0	499	0	0	0	994	994
13	Tom ADAMS	Ipswich Harriers	0	0	0	500	0	493	0	0	0	0	993	993
14	Oliver DAYKIN	Newmarket Joggers	0	496	492	0	0	0	0	0	0	0	988	988
15	Dylan FOTHERGILL	Felixstowe RRC	0	0	0	492	0	0	495	0	0	0	987	987
16	Darren BARFIELD	Sudbury Joggers	0	0	0	488	0	0	0	498	0	0	986	986
17	Matthew BENNETT	Ipswich Harriers	0	0	0	493	0	0	492	0	0	0	985	985
18	Andy ELLIS	Felixstowe RRC	0	493	490	0	0	0	0	0	0	0	983	983
19	Lee Barber	Framlingham Flyers	0	0	0	0	493	487	0	0	0	0	980	980
20	Lee BROWN	Haverhill Running Club	0	487	0	0	0	0	493	0	0	0	980	980
21	Dan KNIGHT	Haverhill Running Club	489	0	0	0	0	0	491	0	0	0	980	980
22	Jack TAPPIN	Haverhill Running Club	0	0	484	0	0	0	0	494	0	0	978	978
23	Graham DIXON	Haverhill Running Club	480	0	0	0	0	0	489	0	0	0	969	969
24	Christopher UNDERWOOD	Saint Edmund Pacers	0	0	0	479	488	0	0	0	0	0	967	967
25	Oliver SCHOFIELD	Saint Edmund Pacers	0	0	0	0	0	474	490	0	0	0	964	964
26	James BOULDIN	Framlingham Flyers	0	481	481	0	0	0	0	0	0	0	962	962
27	Neil DENNIS	Stowmarket Striders Running Club	479	0	0	480	0	0	0	0	0	0	959	959
28	Gary INGRAM	Ipswich Jaffa RC	482	0	0	474	0	0	0	0	0	0	956	956
29	Jamie PAYNE	Framlingham Flyers	0	0	480	0	0	472	0	0	0	0	952	952
30	Ross ARNOLD	Haverhill Running Club	0	0	0	469	482	0	0	0	0	0	951	951
31	Jason DUFF	Felixstowe RRC	0	500	0	0	0	0	0	0	0	0	500	500
32	Tony GAVIN	Felixstowe RRC	0	0	0	0	0	0	0	500	0	0	500	500
33	Michael Gilbert	Haverhill Running Club	0	0	0	0	500	0	0	0	0	0	500	500

114	Thomas HAYDEN	Ipswich Harriers	0	0	0	483	0	0	0	0	0	0	483	483
115	Craig Ladley	Haverhill Running Club	0	0	0	0	483	0	0	0	0	0	483	483
116	Justin POTTER	Stowmarket Striders Running Club	0	483	0	0	0	0	0	0	0	0	483	483
117	Michael MOORE	Stowmarket Striders Running Club	0	0	0	482	0	0	0	0	0	0	482	482
118	David NEEVE	Bungay Black Dog RC	0	0	482	0	0	0	0	0	0	0	482	482
119	Ricky O'NEILL	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	0	482	482
120	Michael SHELDRAKE	Ipswich Jaffa RC	0	482	0	0	0	0	0	0	0	0	482	482
121	Tom HAYDEN	Framlingham Flyers	0	0	0	0	0	481	0	0	0	0	481	481
122	Shaun KEMP	Stowmarket Striders Running Club	481	0	0	0	0	0	0	0	0	0	481	481
123	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	0	480	0	0	0	0	480	480
124	Andy MILEY	Ipswich Jaffa RC	0	480	0	0	0	0	0	0	0	0	480	480
125	Alex MCGREGOR	Framlingham Flyers	0	0	0	0	0	479	0	0	0	0	479	479
126	Stuart BEAL-COLLINS	Sudbury Joggers	478	0	0	0	0	0	0	0	0	0	478	478
127	Ben COWLEY	Saxmundham Sports Running & Fitness Club	0	0	478	0	0	0	0	0	0	0	478	478
128	Thomas HUNNISETT	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	478	0	0	0	0	478	478
129	James BRIGGS	Haverhill Running Club	477	0	0	0	0	0	0	0	0	0	477	477
130	Paul CLINE	Ipswich Jaffa RC	0	0	477	0	0	0	0	0	0	0	477	477
131	Aaron DURRANT	Hadleigh Hares AC	0	477	0	0	0	0	0	0	0	0	477	477
132	Arash TADJRISHI	Felixstowe RRC	0	0	0	0	0	477	0	0	0	0	477	477
133	Joe DI LIETO	Felixstowe RRC	0	0	0	0	0	476	0	0	0	0	476	476
134	Matthew REYNOLDS	Lowestoft Road Runners	0	0	476	0	0	0	0	0	0	0	476	476
135	Neil BYE	Lowestoft Road Runners	0	0	475	0	0	0	0	0	0	0	475	475
136	Brett DEAKIN	Felixstowe RRC	0	475	0	0	0	0	0	0	0	0	475	475
137	Shaun HARRIS	Ipswich Jaffa RC	0	0	0	475	0	0	0	0	0	0	475	475
138	Sean KENNEDY	Woodbridge Shufflers Running Club	0	0	0	0	0	475	0	0	0	0	475	475
139	Dave CATCHPOLE	Waveney Valley AC	0	0	474	0	0	0	0	0	0	0	474	474
140	James EMINSON	Woodbridge Shufflers Running Club	0	0	0	0	0	473	0	0	0	0	473	473
141	George FIRTH	Stowmarket Striders Running Club	0	0	0	473	0	0	0	0	0	0	473	473
142	Edward PHILLIPS	Bungay Black Dog RC	0	0	473	0	0	0	0	0	0	0	473	473
143	Matt REASON	Stowmarket Striders Running Club	0	0	0	472	0	0	0	0	0	0	472	472
144	John CHELL	Ipswich Jaffa RC	0	0	0	471	0	0	0	0	0	0	471	471
145	Stuart HUNT	Hadleigh Hares AC	0	0	0	470	0	0	0	0	0	0	470	470
146	Gavin BOAG	Stowmarket Striders Running Club	0	0	0	468	0	0	0	0	0	0	468	468
147	Robert KEMP	Felixstowe RRC	0	0	12-30-1899	466	12-30-1899	12-30-1899	0	0	0	0	466	466
148	Stuart MATHIESON	Sudbury Joggers	0	0	0	465	0	0	0	0	0	0	465	465
MV40														
1	Alastair READ	Felixstowe RRC	0	496	500	493	499	0	499	0	0	0	2487	2487
2	Benjamin JACOBS	Felixstowe RRC	0	500	0	481	497	499	0	500	0	0	2477	2477
3	Robin HARPER	Felixstowe RRC	0	495	0	488	495	493	0	497	0	0	2468	2468

44	Stephen HALL	Framlingham Flyers	0	0	0	0	0	490	0	0	0	0	490	490
45	Richard SMITH	Sudbury Joggers	0	0	0	490	0	0	0	0	0	0	490	490
46	John ADAMS	Ipswich Jaffa RC	0	489	0	0	0	0	0	0	0	0	489	489
47	Gregory STOWE	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	0	489	489
48	Simon GOLDSMITH	Felixstowe RRC	0	488	0	0	0	0	0	0	0	0	488	488
49	Simon HARKIN	Stowmarket Striders Running Club	0	0	0	0	0	487	0	0	0	0	487	487
50	Matt HOWE	Felixstowe RRC	0	487	0	0	0	0	0	0	0	0	487	487
51	Jonathan BARNES	Woodbridge Shufflers Running Club	0	0	0	486	0	0	0	0	0	0	486	486
52	Dan BELCHER-HACKETT	Stowmarket Striders Running Club	0	0	0	0	0	486	0	0	0	0	486	486
53	Steven STEARNS	Sudbury Joggers	0	486	0	0	0	0	0	0	0	0	486	486
54	Leonard SAUNDERS	Felixstowe RRC	0	0	0	485	0	0	0	0	0	0	485	485
55	Matt BENSON	Sudbury Joggers	0	0	0	483	0	0	0	0	0	0	483	483
56	Peter BIRD	Saint Edmund Pacers	0	0	0	482	0	0	0	0	0	0	482	482
57	Neil WILLIAMSON	Newmarket Joggers	0	0	0	480	0	0	0	0	0	0	480	480
58	Simon GOLDSMITH	Ipswich Jaffa RC	0	0	0	478	0	0	0	0	0	0	478	478
59	Matthew RAWLINGS	Saint Edmund Pacers	0	0	0	477	0	0	0	0	0	0	477	477
60	Mathew COWELL	Haverhill Running Club	0	0	0	475	0	0	0	0	0	0	475	475
MV45														
1	Steve BROOKE	Felixstowe RRC	498	0	499	499	499	498	0	500	0	0	2993	2495
2	Adam HOWLETT	Framlingham Flyers	500	0	0	500	0	500	500	0	0	0	2000	2000
3	Mark WHITE	Haverhill Running Club	496	0	0	494	498	0	0	499	0	0	1987	1987
4	Darren SHEPPARD	Framlingham Flyers	499	0	0	0	500	499	0	0	0	0	1498	1498
5	Piotr BULACZ	Sudbury Joggers	0	0	0	498	0	496	499	0	0	0	1493	1493
6	Simon SPARKES	Bungay Black Dog RC	0	493	489	0	0	0	0	496	0	0	1478	1478
7	Lee GODDARD	Stowmarket Striders Running Club	489	0	0	487	0	0	0	497	0	0	1473	1473
8	Howard ALLEN	Ipswich Jaffa RC	486	0	0	485	0	489	0	0	0	0	1460	1460
9	Mark HAYDEN	Ipswich Harriers	497	0	0	497	0	0	0	0	0	0	994	994
10	Darren HONOUR	Bungay Black Dog RC	0	500	492	0	0	0	0	0	0	0	992	992
11	Lee MORGAN	Felixstowe RRC	495	0	0	0	497	0	0	0	0	0	992	992
12	Adrian FROST	Sudbury Joggers	0	0	0	493	0	0	498	0	0	0	991	991
13	Martin AVIS	Saint Edmund Pacers	493	0	0	489	0	0	0	0	0	0	982	982
14	Steven JEGGO	Sudbury Joggers	0	0	0	486	494	0	0	0	0	0	980	980
15	Darrel BUCKLEY	Haverhill Running Club	0	485	0	0	0	0	0	493	0	0	978	978
16	Steve JORDAN	Saxmundham Sports Running & Fitness Club	0	0	488	0	0	481	0	0	0	0	969	969
17	Thomas STEWART	Woodbridge Shufflers Running Club	0	0	500	0	0	0	0	0	0	0	500	500
18	Jason TAYLOR	Felixstowe RRC	0	499	0	0	0	0	0	0	0	0	499	499
19	Daniel GARDINER	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
20	Tom HASLAM	Saxmundham Sports Running & Fitness Club	0	498	0	0	0	0	0	0	0	0	498	498
21	Daniel PELLING	Haverhill Running Club	0	0	0	0	0	0	0	498	0	0	498	498

22	Mark HAYDEN	Framlingham Flyers	0	0	0	0	0	497	0	0	0	0	497	497
23	Andrew LONG	Stowmarket Striders Running Club	0	0	497	0	0	0	0	0	0	0	497	497
24	Iain MILLIGAN	Saint Edmund Pacers	0	0	0	0	0	0	497	0	0	0	497	497
25	Chris SEYMOUR	Stowmarket Striders Running Club	0	497	0	0	0	0	0	0	0	0	497	497
26	John Greener	Saint Edmund Pacers	0	0	0	0	496	0	0	0	0	0	496	496
27	Tim HANMAN	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	0	496	496
28	Chris SUGARS	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	496	496
29	Jonathan WILDING	Felixstowe RRC	0	0	0	0	0	0	496	0	0	0	496	496
30	Jon WILES	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
31	Andrew Elliott	Stowmarket Striders Running Club	0	0	0	0	495	0	0	0	0	0	495	495
32	Nick HAMMOND	Framlingham Flyers	0	0	0	0	0	495	0	0	0	0	495	495
33	Guy HAYWARD	Framlingham Flyers	0	495	0	0	0	0	0	0	0	0	495	495
34	Graeme JOHNSTON	Haverhill Running Club	0	0	0	0	0	0	495	0	0	0	495	495
35	Tom PULLINGER	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
36	Roger STONE	Felixstowe RRC	0	0	0	495	0	0	0	0	0	0	495	495
37	Will ALDRED	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494	494
38	Mark GOODWIN	Felixstowe RRC	0	494	0	0	0	0	0	0	0	0	494	494
39	Robert JAMES	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
40	Bryn STUPPELL	Haverhill Running Club	0	0	0	0	0	0	494	0	0	0	494	494
41	Keith WILLIAMS	Ipswich Jaffa RC	494	0	0	0	0	0	0	0	0	0	494	494
42	Steven GARVIE	Framlingham Flyers	0	0	0	0	0	493	0	0	0	0	493	493
43	Horace Shuriah	Haverhill Running Club	0	0	0	0	493	0	0	0	0	0	493	493
44	Steve SYMSS	Stowmarket Striders Running Club	0	0	493	0	0	0	0	0	0	0	493	493
45	Andy GARVIE	Woodbridge Shufflers Running Club	0	0	0	0	0	492	0	0	0	0	492	492
46	Mark HUGHES	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492	492
47	Jan KADING	Stowmarket Striders Running Club	0	0	0	492	0	0	0	0	0	0	492	492
48	Robert WORTHINGTON	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
49	Andy BAILEY	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
50	Gabriel MARTINS	Ipswich Jaffa RC	0	0	0	0	0	491	0	0	0	0	491	491
51	Steve MCNAMARA	Stowmarket Striders Running Club	0	491	0	0	0	0	0	0	0	0	491	491
52	Adam MUMFORD	Sudbury Joggers	0	0	0	491	0	0	0	0	0	0	491	491
53	Mark SKOULDING	Stowmarket Striders Running Club	491	0	0	0	0	0	0	0	0	0	491	491
54	Stephen BULLEN	Lowestoft Road Runners	0	0	490	0	0	0	0	0	0	0	490	490
55	Steve CHAPMAN	Stowmarket Striders Running Club	0	490	0	0	0	0	0	0	0	0	490	490
56	Clive DAVEY	Sudbury Joggers	0	0	0	490	0	0	0	0	0	0	490	490
57	Martin LITTLE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
58	Kenneth TOVELL	Framlingham Flyers	0	0	0	0	0	490	0	0	0	0	490	490
59	Stuart GOVEY	Bungay Black Dog RC	0	489	0	0	0	0	0	0	0	0	489	489
60	Michael JONES	Stowmarket Striders Running Club	488	0	0	0	0	0	0	0	0	0	488	488
61	Jon MOODIE	Framlingham Flyers	0	0	0	0	0	488	0	0	0	0	488	488

23	Dave COPLAND	Ipswich Triathlon Club	0	0	500	0	0	0	0	0	0	0	500	500
24	Scott MACSEPHNEY	Ipswich Jaffa RC	0	0	0	500	0	0	0	0	0	0	500	500
25	Steven william PARRY	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
26	Andrew BUCK	Sudbury Joggers	0	0	0	499	0	0	0	0	0	0	499	499
27	Ian DUGGAN	Felixstowe RRC	499	0	0	0	0	0	0	0	0	0	499	499
28	Warren BIRCH	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	0	498	498
29	Richard BURFORD	Haverhill Running Club	0	0	0	0	0	0	0	498	0	0	498	498
30	Richard HIGGINS	Framlingham Flyers	0	0	0	0	0	498	0	0	0	0	498	498
31	Steven HUGHES	Stowmarket Striders Running Club	0	0	0	497	0	0	0	0	0	0	497	497
32	Martin LAWRENCE	Haverhill Running Club	0	497	0	0	0	0	0	0	0	0	497	497
33	Richard CROSSLAND	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
34	Mark FRISTON	Woodbridge Shufflers Running Club	0	0	0	0	0	495	0	0	0	0	495	495
35	Jonathan Ollington	Newmarket Joggers	0	0	0	0	495	0	0	0	0	0	495	495
36	Rakesh RAJA	Saint Edmund Pacers	0	495	0	0	0	0	0	0	0	0	495	495
37	Simon SMITH	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
38	Simon FENN	Hadleigh Hares AC	0	494	0	0	0	0	0	0	0	0	494	494
39	Richard SMITH	Saint Edmund Pacers	0	0	494	0	0	0	0	0	0	0	494	494
40	Kevin WHELAN	Felixstowe RRC	0	0	0	0	0	494	0	0	0	0	494	494
41	Robert HUGHES	Saint Edmund Pacers	0	493	0	0	0	0	0	0	0	0	493	493
42	Giles MACCROW	Newmarket Joggers	0	0	493	0	0	0	0	0	0	0	493	493
43	Steven NEAL	Brandon Fern Hoppers	0	0	0	493	0	0	0	0	0	0	493	493
44	Kevin ELLIS	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
45	Shaun GOOD	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
46	Wayne MUMFORD	Sudbury Joggers	0	0	0	0	0	492	0	0	0	0	492	492
47	Stephen ATKINS	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	0	491	491
48	David MANSFIELD	Haverhill Running Club	491	0	0	0	0	0	0	0	0	0	491	491
49	Mark SMITH	Lowestoft Road Runners	0	0	491	0	0	0	0	0	0	0	491	491
50	Damian ASHCROFT	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490	490
51	Stephen DIXON	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
52	Mark JOHNSTONWOOD	Sudbury Joggers	0	0	0	490	0	0	0	0	0	0	490	490
53	Tim BACON	Stowmarket Striders Running Club	0	0	0	0	0	489	0	0	0	0	489	489
54	Phil BROWN	Saint Edmund Pacers	0	489	0	0	0	0	0	0	0	0	489	489
55	Stuart YOUNG	Bungay Black Dog RC	0	488	0	0	0	0	0	0	0	0	488	488
56	Tim ELLIOTT	Brandon Fern Hoppers	0	486	0	0	0	0	0	0	0	0	486	486
57	Nick FALCONER	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486	486
58	Tim HIGGINS	Ipswich Jaffa RC	0	0	0	486	0	0	0	0	0	0	486	486
59	Benjamin SOLWAY	Woodbridge Shufflers Running Club	0	485	0	0	0	0	0	0	0	0	485	485
60	Tim PARNELL	Felixstowe RRC	0	484	0	0	0	0	0	0	0	0	484	484
61	Glen AVIS	Hadleigh Hares AC	0	0	0	481	0	0	0	0	0	0	481	481
62	Adrian GOODE	Felixstowe RRC	0	0	0	0	0	481	0	0	0	0	481	481

63	Chris FOX	Woodbridge Shufflers Running Club	0	0	0	479	0	0	0	0	0	0	479	479
64	Paul HALES	Capel Cheetahs	0	0	0	0	0	479	0	0	0	0	479	479
65	Gi kwong CHEUNG	Ipswich Jaffa RC	0	0	0	477	0	0	0	0	0	0	477	477
66	Mark BANHAM	Felixstowe RRC	0	0	0	475	0	0	0	0	0	0	475	475
67	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	474	0	0	0	0	0	0	474	474
MV55														
1	Todd LEWIS	Sudbury Joggers	0	500	500	497	0	497	0	500	0	0	2494	2494
2	David SEYMOUR	Felixstowe RRC	0	491	0	488	493	490	0	499	0	0	2461	2461
3	Russel BREYER	Ipswich Triathlon Club	0	0	498	493	498	0	500	0	0	0	1989	1989
4	Cliff MANNING	Sudbury Joggers	0	0	0	490	496	493	0	498	0	0	1977	1977
5	Yusuf FIRAT	Haverhill Running Club	0	494	486	495	490	0	0	0	0	0	1965	1965
6	Mark ALLEN	Woodbridge Shufflers Running Club	0	489	492	486	492	0	0	0	0	0	1959	1959
7	Adrian COLE	Stowmarket Striders Running Club	0	0	0	480	489	487	0	496	0	0	1952	1952
8	Graham WIGLEY	Framlingham Flyers	0	0	496	0	497	491	0	0	0	0	1484	1484
9	Peter JAY	Saint Edmund Pacers	0	493	0	489	0	492	0	0	0	0	1474	1474
10	Simon HAFFENDEN	Saint Edmund Pacers	0	0	0	483	491	0	499	0	0	0	1473	1473
11	Steve LANGLEY	Ipswich Jaffa RC	0	0	0	499	0	500	0	0	0	0	999	999
12	Robin BELSOM	Ipswich Jaffa RC	0	498	0	0	500	0	0	0	0	0	998	998
13	Derek DALY	Saxmundham Sports Running & Fitness Club	0	497	499	0	0	0	0	0	0	0	996	996
14	Alistair DICK	Ipswich Jaffa RC	0	499	0	0	0	496	0	0	0	0	995	995
15	Vaughan Morris	Stowmarket Striders Running Club	0	0	0	0	499	495	0	0	0	0	994	994
16	Duncan CHENERY	Ipswich Jaffa RC	0	0	497	492	0	0	0	0	0	0	989	989
17	Robert MORGAN	Saint Edmund Pacers	0	0	0	487	0	0	0	497	0	0	984	984
18	Richard SMITH	Felixstowe RRC	0	0	0	484	0	0	498	0	0	0	982	982
19	Christopher LUCAS	Saxmundham Sports Running & Fitness Club	0	0	489	0	0	489	0	0	0	0	978	978
20	Jeremy HOLT	Sudbury Joggers	0	0	487	482	0	0	0	0	0	0	969	969
21	Joe NAUGHTON	Stowmarket Striders Running Club	0	488	0	481	0	0	0	0	0	0	969	969
22	William BURDETT	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500	500
23	Chris COOKE	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
24	Peter CLARKE	Diss & District AC	0	0	0	0	0	499	0	0	0	0	499	499
25	Howard BEASLEY	Saint Edmund Pacers	0	0	0	498	0	0	0	0	0	0	498	498
26	Stephen HICKS	Ipswich Harriers	0	0	0	0	0	498	0	0	0	0	498	498
27	Alan JACKSON	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	0	496	496
28	Paul SCHWER	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	496	496
29	Dave ALLEY	Woodbridge Shufflers Running Club	0	495	0	0	0	0	0	0	0	0	495	495
30	John Duke	Newmarket Joggers	0	0	0	0	495	0	0	0	0	0	495	495
31	Richard DYE	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
32	Steve Miller	Haverhill Running Club	0	0	0	0	0	0	0	495	0	0	495	495
33	Stephen Baldock	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494

34	Andrew BUDD	Capel Cheetahs	0	0	0	494	0	0	0	0	0	0	494	494
35	Graham HAMMOND	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
36	Ian KENNEDY	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494	494
37	Mark KINGSTON	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493	493
38	Gary GODFREY	Sudbury Joggers	0	492	0	0	0	0	0	0	0	0	492	492
39	Glenn FRUISH	Newmarket Cycling & Triathlon Club	0	0	0	491	0	0	0	0	0	0	491	491
40	Andy THORNTON	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
41	Chris HOWLAND	Felixstowe RRC	0	490	0	0	0	0	0	0	0	0	490	490
42	David HUPTON	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490	490
43	Peter FINCH	Ipswich Jaffa RC	0	0	0	0	0	488	0	0	0	0	488	488
44	Tony MORLEY	Bungay Black Dog RC	0	0	488	0	0	0	0	0	0	0	488	488
45	Rod MACGREGOR	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486	486
46	Tony ADOLPHUS	Ipswich Jaffa RC	0	0	0	485	0	0	0	0	0	0	485	485
MV60														
1	Stephen PRETTY	Stowmarket Striders Running Club	0	0	500	500	500	500	0	499	0	0	2499	2499
2	Mik CARR	Bungay Black Dog RC	0	499	499	496	498	498	500	0	0	0	2990	2494
3	Ian SILLETT	Felixstowe RRC	0	495	498	495	497	495	499	0	0	0	2979	2484
4	Clive PURBROOK	Newmarket Joggers	500	0	0	0	0	499	0	498	0	0	1497	1497
5	Chris JOHNS	Woodbridge Shufflers Running Club	0	498	0	498	0	0	0	497	0	0	1493	1493
6	Iain HUNTER	Stowmarket Striders Running Club	498	0	494	491	0	0	0	0	0	0	1483	1483
7	Mon LEE	Ipswich Jaffa RC	497	0	0	0	0	496	0	0	0	0	993	993
8	Paul MAYCOCK	Capel Cheetahs	0	0	496	497	0	0	0	0	0	0	993	993
9	Jim WITHERS	Newmarket Joggers	496	0	0	494	0	0	0	0	0	0	990	990
10	George WICKER	Saint Edmund Pacers	495	0	0	493	0	0	0	0	0	0	988	988
11	Terry HUNTER	Stowmarket Striders Running Club	494	0	0	492	0	0	0	0	0	0	986	986
12	Terry BACK	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
13	Neville CLARKE	Newmarket Joggers	0	0	0	0	0	0	0	500	0	0	500	500
14	Peter Johnson	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
15	Ker MACROSSON	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499	499
16	Kim SWAN	Saint Edmund Pacers	0	0	0	499	0	0	0	0	0	0	499	499
17	Rob MAWSON	Framlingham Flyers	0	0	0	0	0	497	0	0	0	0	497	497
18	Roland SHAW	Bungay Black Dog RC	0	497	0	0	0	0	0	0	0	0	497	497
19	Stephen WILLIAMS	Saint Edmund Pacers	0	0	497	0	0	0	0	0	0	0	497	497
20	Steve HALLS	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496	496
21	Stuart SMITH	Waveney Valley AC	0	0	495	0	0	0	0	0	0	0	495	495
MV65														
1	Chris AYLMER	Newmarket Joggers	0	499	499	496	0	499	498	0	0	0	2491	2491
2	Philip HYMERS	Saint Edmund Pacers	499	0	0	499	499	0	0	500	0	0	1997	1997

