

## Individual, Mens and Ladies Results

Best 5 results from 6 races, no minimum to qualify.

### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
<b>Female Senior</b>									
1	Jennifer Devaney	Stowmarket Striders	96	75	97		99	94	461
2	Carolynn Anderson	Newmarket Joggers		80			98	93	271
3	Rachel Bodsworth	Hadleigh Hares	99					96	195
	Nicola Hunting	Bungay Black Dog RC	93				97		190
	Lisa Gregory	Newmarket joggers			96	94			190
	Sally Connick	Ipswich JAFFA	100	88					188
	Michelle Barnes	Newmarket joggers			95	93			188
	Liz Beighton	Stowmarket Striders	95	74					169
	Pippa Cresdee	Ipswich JAFFA		73		95			168
	Carla Wiggins	Felixstowe Road Runners		59		92			151
	Tamara Jordan	Stowmarket Striders RC					100		100
	Ruth Astle	Newmarket Joggers						100	100
	Natalia Allen	Newmarket Joggers			100				100
	Marina Almendros	Ipswich Jaffa				100			100
	Joanna Gapp	Newmarket Joggers		100					100
	Renee Delaney	Ipswich Jaffa				99			99
	Melanie Paddington	Brandon Fern Hoppers			99				99
	Kate Beach	Felixstowe Road Runners						99	99
	Dawn Davies	Ipswich JAFFA		99					99
	Michaela Kadanikova	Ipswich Jaffa	98						98
	Louise Hampshire	Sudbury Joggers		98					98
	Lindsey Brooks	Newmarket Cycling and Tri Club			98				98
	Clare Taylor	St. Edmund Pacers				98			98
	Claire Barstow	Framlingham Flyers						98	98
	Verity MacMahon	Newmarket Joggers						97	97
	Rebecca Jordan	Stowmarket Striders		97					97
	Maria Hamarsoo	Saint Edmund Pacers	97						97
	Kayleigh Chenery	Ipswich Jaffa				97			97
	Lisa Rayner	Bungay Black Dog RC					96		96
	Cath Jeffery	Saint Edmund Pacers		96					96
	Carole Challis	Ipswich Tri Club				96			96
	Verity Smith	Ipswich JAFFA		95					95
	Sarah Renforth	Bungay Black Dog RC					95		95
	Katrina Rigby	Hadleigh Hares A.C.						95	95
	Kate Adams	Newmarket Joggers			94				94
	Hollie Morris	Stowmarket Striders	94						94
	Charmaine Geraghty	Stowmarket Striders		94					94
	Carla Johnson	Felixstowe RRC					94		94
	Marie Grimes	Ipswich JAFFA		93					93
	Jo Vickery	Haverhill RC			93				93
	Lucy Sheehan	Felixstowe Road Runners		92					92
	Jaime Keeble	Saint Edmund Pacers			92				92
	Claire Bartrum	Hadleigh Hares	92						92
	Caroline Lester	Bungay Black Dog				92			92
	Victoria Moseley	Stowmarket Striders		91					91
	Lisa Cox	Felixstowe Road Runners		90					90
	Emma Burroughs	Ipswich Harriers		89					89
	Alex Smith	Stowmarket Striders		87					87
	Jennifer Evans	Woodbridge Shufflers RC		86					86
	Rachel Fiddy	Ipswich JAFFA		85					85
	Elaine Mann	Ipswich JAFFA		84					84
	Lucy Hollis	Woodbridge Shufflers RC		83					83
	Nikki Vince	Hadleigh Hares		82					82
	Helen Finegan	Felixstowe Road Runners		81					81
	Louise Johnson	Ipswich JAFFA		79					79
	Anna Smith	Stowmarket Striders		78					78
	Abby Powlett	Ipswich JAFFA		77					77
	Rachel Crisp	Felixstowe Road Runners		76					76
	Pauline Adams	Ipswich JAFFA		72					72
	Caroline Stafford	Felixstowe Road Runners		71					71
	Sarah Wood	Ipswich JAFFA		70					70
	Susanna Pritchard	Stowmarket Striders		69					69
	Alyson Shanks	Ipswich JAFFA		68					68
	Donna Talbot	Saint Edmund Pacers		67					67
	Ali Chambers	Framlingham Flyers		66					66
	Sarah Pennock	Sudbury Joggers		65					65
	Clare Bailie	Stowmarket Striders		64					64
	Jenny Allen	Felixstowe Road Runners		63					63
	Diane Doyle	Framlingham Flyers		62					62
	Amanda Smith	Felixstowe Road Runners		61					61
	Lucy Mcalpine	Felixstowe Road Runners		60					60
	Claire Bardsley	Stowmarket Striders		58					58

### Female Master 40

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### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
1	Sarah Vick	The Saxons	100	100	98	100	96	100	498
2	Kate Thomas	Hadleigh Hares	99	98	99	99			395
3	Mary Narey	Stowmarket Striders		96			97	99	292
	Alison Myles	Ipswich JAFFA		93		98		97	288
	Katy Nash	Stowmarket Striders		91		95	93		279
	Joanne Cox	Bungay Black Dog RC					100		100
	Clare Fleming	Newmarket Cycling and Tri Club			100				100
	Vanessa Hollingworth	Felixstowe RRC					99		99
	Linda Woodard	Felixstowe Road Runners		99					99
	Catherine Abbott	Stowmarket Striders						98	98
	Lisa Knights	Waveney Valley AC					98		98
	Emma Yarrow	Stowmarket Striders	98						98
	Trudy Avis	Hadleigh Hares		97					97
	Mandy Bunn	Haverhill RC			97				97
	Kathryn Gerry	Woodbridge Shufflers				97			97
	Helen Norman	Hadleigh Hares	97						97
	Vicky Johnston	The Saxons				96			96
	Becky Sturgeon	Bungay Black Dog RC					95		95
	Fiona Hunt	Ipswich JAFFA		95					95
	Susan Wright	Bungay Black Dog RC					94		94
	Sandra Bumphrey	Capel Cheetahs		94					94
	Alison Leech	Stowmarket Striders				94			94
	Miledi Azzalin	Diss & District AC				93			93
	Nikki Wilkins	Bungay Black Dog RC					92		92
	Eloise Calver	Saint Edmund Pacers		92					92
	Tracy Mayne	Waveney Valley AC					91		91
	Andrea Friend	Stowmarket Striders		90					90
	Angela Burdett	Stowmarket Striders		89					89
	Laura Arfi	Stowmarket Striders		88					88
	Catherine Davoine	Framlingham Flyers		87					87
	Jo Dickinson	Felixstowe Road Runners		86					86
	Amanda Prior	Capel Cheetahs		85					85
	Elizabeth Parker	Felixstowe Road Runners		84					84
	Lorraine Mills	Stowmarket Striders		83					83

### Female Master 45

1	Carol Fowles	Stowmarket Striders	99	90	94	97	97	97	484
2	Jo Stephenson	Stowmarket Striders		95	96	98	96	96	481
3	Shona Bendix	Bungay Black Dog	98	94	95	94	94	94	475
	Angela Whiting	Stowmarket Striders	95	84	92	95	91	91	457
	Sandra Mayhew	Stowmarket Striders		87	90	93	91	89	450
	Haley Suttle	Stowmarket Striders		98	99	98	98	99	394
	Claire Hoblyn	Saint Edmund Pacers			100	100	100		300
	Karen Gedge	Bungay Black Dog RC	96				93	93	282
	Susan Bloomfield	Stowmarket Striders	94	83				90	267
	Denise Wright	Stowmarket Striders		79	89	91			259
	Val Jennings	Ipswich JAFFA		100				100	200
	Sarah Golding	Saint Edmund Pacers		97			99		196
	Rebecca Clare	Woodbridge Shufflers RC		96		99			195
	Jo Parden	Framlingham Flyers				96	92		188
	Evette Price	Framlingham Flyers	97	91					188
	Christine Middleton Burrows	Woodbridge Shufflers RC		93		94			187
	Dawn Marshall	Saint Edmund Pacers		85			95		180
	Sara Bloor	The Saxons		81		92			173
	Jackie Taylor	Woodbridge Shufflers	100						100
	Christine Anthony	West Suffolk AC		99					99
	Penny Waggott	Stowmarket Striders						98	98
	Maire O'Brien	Saint Edmund Pacers			98				98
	Sil Clay	Haverhill RC			97				97
	Bee Chapman	Newmarket Joggers						95	95
	Shirley Fowler	Haverhill RC			93				93
	Tina Belsom	Stowmarket Striders						92	92
	Amanda Martin	Saint Edmund Pacers		92					92
	Marjie Davis	Newmarket Joggers			91				91
	Marion Parker	Felixstowe Road Runners		89					89
	Ellen Broughton	Stowmarket Striders		88					88
	Debbie Ghant	Stowmarket Striders						88	88
	Samantha Grose	St Edmund Pacers						87	87
	Karen Shelley	Capel Cheetahs		86					86
	Jo Davey	Framlingham Flyers		82					82
	Anne Harvey	Ipswich JAFFA		80					80
	Janet Lomas	Framlingham Flyers		78					78
	Diane Cox	Stowmarket Striders		77					77

### Female Master 50

1	Bobbie Sauerzaph	Bungay Black Dog RC	100	99	100		99	100	498
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Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
2	Hazel Spalding	Ipswich Jaffa	98			100			198
3	Tracey Morris	Stowmarket Striders	99		99				198
	Carol Maycock	Bungay Black Dog				99	98		197
	Karen Hatton	Saint Edmund Pacers	97	98					195
	Sue Philp	Stowmarket Striders	95	94					189
	Maureen Mccarthy	West Suffolk AC		100					100
	Annette Manning	Bungay Black Dog RC					100		100
	Josephine Clarke	Ipswich Triathlon Club						99	99
	Rita Rue	Saint Edmund Pacers			98				98
	Belinda Godbold	Ipswich JAFFA		97					97
	Dawn Mason	West Suffolk AC	96						96
	Wendy Hughes	Stowmarket Striders		96					96
	Carol Nokes	Hadleigh Hares		95					95
	Debbie McDowall	Stowmarket Striders	94						94
	Deborah Stewart	Hadleigh Hares		93					93
	Sally-Ann Hammond	Stowmarket Striders	93						93
	Anita Bond	Ipswich JAFFA		92					92
	Maggie Flatt	Bungay Black Dog		91					91
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### Female Master 55

1	Christine Hall	Stowmarket Striders	99	96				99	294
2	Hazel Garrity	Bungay Black Dog				100	100		200
3	Joanna Cassells	Stowmarket Striders	98	95					193
	Kathleen Fraser	Woodbridge Shufflers RC		100					100
	Mary Marsh	Newmarket Joggers	100						100
	Belinda Schofield	Newmarket Joggers						100	100
	Julie Thurlow	Ipswich Jaffa				99			99
	Mary Burgess	Felixstowe Road Runners		99					99
	Judith Masters	Bungay Black Dog RC					99		99
	Jeanne Lynch-Aird	Stowmarket Striders						98	98
	Julia Haselwood	Ipswich JAFFA		98					98
	Vivienne Taylor	Framlingham Flyers		97					97

### Female Master 60

1	Marianne Burnell	Ipswich JAFFA		100				100	200
2	Veronica Manly	Diss AC	100						100
3	Maureen Norris	Framlingham Flyers		99					99
	Sue Moggan	Stowmarket Striders		98					98

### Female Master 65

1	Maureen Wright	Ipswich JAFFA	100	99	100		100	100	499
2	Judy Potter	Bungay Black Dog		100					100
3	Wendy Merfield	The Saxons		98					98

### Male Senior

1	Paul Game	Haverhill Running Club	99	81	96	93	98	91	477
2	Martin Speller	Haverhill Running Club	98	75	95	90	96	90	469
3	Jim Last	Framlingham Flyers		82	94	91	99	94	460
	Carl Thompson	Ipswich JAFFA	95	72	93		95	86	441
	Robin Harper	Felixstowe Road Runners	92	66	89	82	92	77	432
	Neil Gillingham	Ipswich Harriers	86	65		78	91	72	392
	James Reed	Ipswich JAFFA	82	57	86	80		85	390
	Alan Cooney	The Saxons		85	98	97	100		380
	Matthew Eveleigh	Stowmarket Striders		46	82	69	82	69	348
	Douglas Hobson	Woodbridge Shufflers	80			81	89	82	332
	Ben Rodriguez	Stowmarket Striders	93	59	90	89			331
	Brad Jones	Ipswich JAFFA		98		98		100	296
	Jonathan Ling	Ipswich JAFFA		91		96		93	280
	Adam Wade	Ipswich JAFFA		84		95		95	274
	Gary Thompson	Ipswich JAFFA	97	80		92			269
	Marcus Sladden	Bungay Black Dog RC	85	71	92				248
	Daniel Jones	Ipswich Harriers				74	86	83	243
	Mark Goodwin	Felixstowe Road Runners		54		72		76	202
	Steven Robinson	Saint Edmund Pacers		100	100				200
	Simon Wiggins	Felixstowe Road Runners		44		71	84		199
	Tom Fairbrother	Ipswich JAFFA		96		99			195
	Gavin Davies	Ipswich JAFFA		95				99	194
	Jamie Shaw	Newmarket Joggers		94	99				193
	Matt Hunt	Ipswich JAFFA				94		96	190
	John Scaife	Hadleigh Hares		86				98	184
	Conrad Burgess	Ipswich Jaffa			87				183
	Neil Catling	Ipswich Tri Club				85	93		178
	Stuart Simmons	Ipswich Jaffa	91			84			175
	Mark Clements	Ipswich JAFFA		74				97	171
	Timothy Earl	Waveney Valley AC					90	79	169

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### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Marcus Catlin	Ipswich Jaffa				77		88	165
	Neil Dinwiddie	Framlingham Flyers		70		88			158
	Ian Coxall	Ipswich JAFFA		69				89	158
	Daniel Kinsman	Framlingham Flyers	88	68					156
	Dan Wood	Ipswich Jaffa				75		80	155
	Matt Hunter	Hadleigh Hares	89	62					151
	Samuel Burdett	Stowmarket Striders		60	88				148
	Tom Wake	Ipswich JAFFA		55		83			138
	Simon Redhead	Stowmarket Striders		61		76			137
	John Adams	Ipswich JAFFA		48				78	126
	Neil Martin	Stowmarket Striders	77	45					122
	Marcus Nichols	Bungay Black Dog		40			81		121
	Thomas Hammond	Stowmarket Striders	71	38					109
	Tom Cresswell	Sudbury Joggers	100						100
	Elliot Palmer	Ipswich Harriers				100			100
	Joshua Entwistle	Felixstowe Road Runners		99					99
	Rick Weston	Ipswich JAFFA		97					97
	Peter Davy	Sudbury Joggers			97				97
	Graham Jenvey	Bungay Black Dog RC					97		97
	Lee Phillips	The Saxons					94		94
	James Wilson	Sudbury Joggers	94						94
	James Calvert	Ipswich JAFFA		93					93
	Tom Ames	Stowmarket Striders						92	92
	Ross Fawcett	Ipswich Harriers		92					92
	Trevor Bunch	Haverhill RC			91				91
	Ryan Ostler	Ipswich JAFFA		90					90
	Adam Etches	Newmarket Joggers	90						90
	Nick Palmer	Stowmarket Striders		89					89
	James Maycock	Bungay Black Dog RC					88		88
	Andy Taylor	Saint Edmund Pacers		88					88
	Nathan Slater	Bungay Black Dog RC					87		87
	Joe Carr	Diss & District AC				87			87
	Ian Bradford	St Edmund Pacers						87	87
	Glenn Douglas	Saint Edmund Pacers		87					87
	Duncan Jackson	Ipswich Jaffa	87						87
	Stephen Sargeant	Orwell Panthers				86			86
	Nick Conway	Newmarket Joggers			85				85
	Chris Hall	Bungay Black Dog RC					85		85
	Scott Williams	Stowmarket Striders						84	84
	Lewis Flatt	Bungay Black Dog RC	84						84
	Adam Mumford	Sudbury Joggers			84				84
	Sam Metcalfe	Bungay Black Dog RC					83		83
	Francis Fox	Felixstowe Road Runners		83					83
	Ben Forgan	Stowmarket Striders	83						83
	Adam Clarke	Saint Edmund Pacers			83				83
	John Craddock	Stowmarket Striders	81						81
	Daniel Morgan	Saint Edmund Pacers			81				81
	Barney Purbrook	Newmarket Joggers						81	81
	Stuart Lawn	Bungay Black Dog RC					80		80
	James Briggs	Haverhill RC			80				80
	Paul Beresford	Stowmarket Striders	79						79
	Graham Coulter	Diss & District AC				79			79
	David Willer	Hadleigh Hares		79					79
	Daniel Wright	Haverhill RC			79				79
	Chris Backhouse	Bungay Black Dog RC					79		79
	Ricky Peacher	Framlingham Flyers		78					78
	Mark Allen	Brandon Fern Hoppers			78				78
	Graham Brumpton	Ipswich Jaffa	78						78
	Sloane Potter	Ipswich JAFFA		77					77
	Jack Tappin	Haverhill Running Club	76						76
	Carlos Catalan	Hadleigh Hares		76					76
	Oliver Southgate	Ipswich Jaffa	75						75
	Ian Elden	Haverhill Running Club						75	75
	Nik Chapman	Newmarket Joggers						74	74
	John Moody	Ipswich Triathlon Club	74						74
	Stuart Hunt	Hadleigh Hares A.C.						73	73
	Sam Brooke	Felixstowe Road Runners				73			73
	Kevin Peirce	Ipswich Harriers		73					73
	Jonathan Croft	Ipswich Jaffa	73						73
	Joe Saville	Stowmarket Striders	72						72
	Steve Hunt	Hadleigh Hares A.C.						71	71
	George Pryor	Hadleigh Hares A.C.						70	70
	David McLaughlin	Newmarket Joggers				70			70
	Alberto Valderas	Ipswich Jaffa				68			68
	Jeffrey Nelson	Newmarket Joggers				67			67
	Jason Taylor	Felixstowe Road Runners		67					67
	Mark Hayward	Stowmarket Striders		64					64

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### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Luke Hodgkinson	Ipswich JAFFA		63					63
	Rob Harrow	Sudbury Joggers		58					58
	Steven Dearsley	Ipswich JAFFA		56					56
	Derek Hood	Stowmarket Striders		53					53
	Peter Bird	Saint Edmund Pacers		52					52
	Ben Hudson	Ipswich JAFFA		51					51
	David Headspeath	Ipswich JAFFA		50					50
	Seth Davis	Ipswich JAFFA		49					49
	Stephen Clark	Ipswich Tri Club		47					47
	Nick Storey	Ipswich JAFFA		43					43
	Lee Crisp	Felixstowe Road Runners		42					42
	Andy Gordon	Felixstowe Road Runners		41					41
	Adam Ramsey	Ipswich JAFFA		39					39
	Ian Lightfoot	Woodbridge Shufflers RC		37					37

### Male Master 40

1	Lee Morgan	Ipswich Triathlon Club	99	100		100	100	100	499
2	Dave Solomon	Felixstowe Road Runners	94	99	99	99	97	99	493
3	Darren Sheppard	Framlingham Flyers	98	97	98	97		98	488
	John Thorpe	Ipswich Jaffa	96	94		98	99	97	484
	Dominic Turner	Sudbury Joggers	84	87	92	91	94		448
	Glenn Warren	Framlingham Flyers	82	85	90	88		92	437
	Jim Comber	Sudbury Joggers		86	93		90	94	363
	Ian Gooderham	Saint Edmund Pacers	81		91	90	92		354
	Nick Hammond	Stowmarket Striders			97	96		96	289
	John Greener	Saint Edmund Pacers	91	93	96				280
	David Fenton	Stowmarket Striders		90	95	95			280
	Kenneth Tovell	Framlingham Flyers	87			93		95	275
	Steve Brooke	Felixstowe Road Runners	89	91		94			274
	Richard Sore	Ipswich JAFFA	78	76		87			241
	Roger Aldis	Stowmarket Striders	100	98					198
	Mike Greener	Saint Edmund Pacers	95	92					187
	Nigel Harrison	Ipswich Jaffa				89		93	182
	Stewart Hambling	Framlingham Flyers	92	88					180
	Paul Heeks	Stowmarket Striders	85					91	176
	Gi Kwong Cheung	Ipswich JAFFA		81				89	170
	Phil Southgate	Saint Edmund Pacers	83	82					165
	Robin Clifford	Newmarket Joggers			100				100
	Jonathan Wiles	Bungay Black Dog RC					98		98
	Michael Jones	Stowmarket Striders	97						97
	Tom Haslam	The Saxons					96		96
	Scott Macsephney	Ipswich JAFFA		96					96
	Robert James	Bungay Black Dog RC					95		95
	Adam Johnson	Hadleigh Hares		95					95
	Iain Milligan	Saint Edmund Pacers			94				94
	Tom Pullinger	Bungay Black Dog RC					93		93
	Kevin Grant	Ipswich Triathlon Club	93						93
	Geoff Buchanan	Woodbridge Shufflers				92			92
	Daniel Gardiner	Bungay Black Dog RC					91		91
	Gabriel Martins	Ipswich JAFFA						90	90
	Andy Pearce	Saint Edmund Pacers	90						90
	Stuart Spencer	Bungay Black Dog RC					89		89
	Chris Sugars	Ipswich Harriers		89					89
	Richard Freezer	Ipswich JAFFA						88	88
	Joe Richer	Newmarket Cycling & Triathlon Clu	88						88
	Dave Lines	Bungay Black Dog RC					88		88
	Neil Thomas	Bungay Black Dog RC					87		87
	Steve Mowles	Felixstowe Road Runners				86			86
	Roy Fulcher	Stowmarket Striders	86						86
	Alan Edge	Stowmarket Striders				85			85
	Alistair Goodier	Ipswich JAFFA		84					84
	Mark Miller	Stowmarket Striders		83					83
	Simon Lockwood	Ipswich Triathlon Club	80						80
	Adrian Kite	Ipswich JAFFA		80					80
	Robbie Burt	Saint Edmund Pacers		79					79
	Martin Little	Stowmarket Striders	79						79
	Stephen Prior	Capel Cheetahs		78					78
	Ashley Foxhall	Capel Cheetahs		77					77
	Sean Doherty	Stowmarket Striders		75					75

### Male Master 45

1	Andrew Buck	Sudbury Joggers	99	96	97		97	96	485
2	Paul Nickells	Woodbridge Shufflers RC		93	98	98	98	97	484
3	Chris Chorley	Bungay Black Dog RC	96	87	96		93	92	464
	Stephen Hatten	Saint Edmund Pacers	95	88	94	90	91	91	461
	Mark Watts	Saint Edmund Pacers	89	85		94	94	93	455
	Warren Birch	Ipswich JAFFA		97		99	99	98	393

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Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Paul Brown	Framlingham Flyers	100	95			95	94	384
	Wilfred Campbell	Ipswich JAFFA		99		100		100	299
	Christopher Tye	Ipswich Triathlon Club	98	98			96		292
	Simon Whalley	Saint Edmund Pacers	90			89	90		269
	Paul Holley	Newmarket Joggers		100			100		200
	Alistair Dick	Ipswich JAFFA		94		96			190
	Steven Hughes	Stowmarket Striders	97	90					187
	Wayne Mumford	Sudbury Joggers	94		92				186
	Tony Roberts	Woodbridge Shufflers RC		83		91			174
	Tony Bradford	Felixstowe Road Runners	93	81					174
	James Manning	Saint Edmund Pacers		79	93				172
	Simon Fenn	Hadleigh Hares	91	80					171
	Tim Higgins	Ipswich JAFFA		75		93			168
	Richard Higgins	Framlingham Flyers		76		92			168
	Mark Avery	Ipswich JAFFA		70				86	156
	David Lampard	Felixstowe Road Runners		65		87			152
	Martin Lawrence	Haverhill RC			100				100
	Martin Barnes-Smith	St Edmund Pacers						99	99
	Carl Marston	Saint Edmund Pacers			99				99
	Mark Ford	Felixstowe Road Runners				97			97
	Charles Hill	Woodbridge Shufflers						95	95
	Peter Williams	Newmarket Cycling and Triathlon Club			95				95
	Mark Compton	Woodbridge Shufflers				95			95
	Jonathan Clarke	Newmarket Joggers	92						92
	David Garnham	Ipswich Jaffa RC					92		92
	Adrian Peake	Ipswich JAFFA		92					92
	Iain Catchpool	Ipswich JAFFA		91					91
	Adrian Whittle	Newmarket Joggers			91				91
	Neil Packer	Hadleigh Hares A.C.						90	90
	Mike Sales	Newmarket Joggers			90				90
	Adrian Hine	Felixstowe Road Runners						89	89
	Stephen Curran	Woodbridge Shufflers RC		89					89
	Joseph Mayne	Waveney Valley AC					89		89
	Phillip Grose	St Edmund Pacers						88	88
	Peter Chadwick	Stowmarket Striders	88						88
	Etienne Swarts	Bungay Black Dog				88			88
	Mark whitehead	Ipswich JAFFA						87	87
	Chris Taylor	Woodbridge Shufflers	87						87
	Steve Cox	Hadleigh Hares		86					86
	John Rednall	Stowmarket Striders						85	85
	Mark Carpenter	Haverhill Running Club						84	84
	Darren Lee	Stowmarket Striders		84					84
	Tim Ryder	Hadleigh Hares		82					82
	Kevin Bird	Stowmarket Striders		78					78
	John Norman	Hadleigh Hares		77					77
	William Meader	Capel Cheetahs		74					74
	Mcallister Paul	Capel Cheetahs		73					73
	Nigel Dadge	Felixstowe Road Runners		72					72
	Graham Rankin	Hadleigh Hares		71					71
	Phil Davies	Ipswich JAFFA		69					69
	Richard Bannister	Felixstowe Road Runners		68					68
	Harry Smith	Stowmarket Striders		67					67
	Robert Tillyard	Saint Edmund Pacers		66					66
	Paul Bere	Felixstowe Road Runners		64					64

### Male Master 50

1	Paul Gilson	Ipswich JAFFA	91	90	96	93		98	468
2	Richard Smith	Felixstowe Road Runners	89	80	94	90	94		447
3	Stephen Pretty	Stowmarket Striders			97	94	97	97	385
	Mon Lee	Ipswich JAFFA		78		89	95	96	358
	Robin Belsom	Ipswich JAFFA		97		98	100		295
	Duncan Chenery	Ipswich JAFFA		95	99	96			290
	David Fox	Felixstowe Road Runners	94	82	95				271
	Peter Finch	Stowmarket Striders	90	84			96		270
	Chris Starmer	Stowmarket Striders			100	100			200
	Kevin Short	Framlingham Flyers	98	98					196
	Alex Morrison	Ipswich Jaffa	97			95			192
	Alan Jackson	Ipswich JAFFA		93				99	192
	William Burdett	Stowmarket Striders		89	98				187
	Douglas Gladwin	Bungay Black Dog RC			93		93		186
	Paul Schwer	Felixstowe Road Runners		85			99		184
	Mike Cooper	Ipswich Jaffa	93	86					179
	Russel Breyer	Ipswich Triathlon Club						100	100
	Richard Rhodes	Bungay Black Dog				100			100
	Colin Pitts	Stowmarket Striders	100						100
	Stuart Green	Stowmarket Striders				99			99
	Mark Sly	Woodbridge Shufflers RC		99					99

Suffolk County Athletics Association  
Grand Prix 2012

## Individual, Mens and Ladies Results

Best 5 results from 6 races, no minimum to qualify.

### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Dave Lumby	Ipswich Triathlon Club	99						99
	Darryl Futter	Bungay Black Dog RC					98		98
	Robin Mackenzie	Framlingham Flyers				97			97
	Richard Dye	Bungay Black Dog RC	96						96
	Richard Bennett	Felixstowe Road Runners		96					96
	Peter Jay	Saint Edmund Pacers	95						95
	Andy Forster	Felixstowe Road Runners		94					94
	Paul Wigans	Woodbridge Shufflers RC		92					92
	Lester Pearson	Diss AC					92		92
	Kevin Bradley	Stowmarket Striders	92						92
	David Waterman	Bungay Black Dog				92			92
	Richard Soer	Saint Edmund Pacers		91					91
	JOHN COXAGE	Framlingham Flyers				91			91
	Mark Kendall	Woodbridge Shufflers RC		88					88
	Christopher Lucas	The Saxons				88			88
	Phil Marsden	Ipswich JAFFA		87					87
	Andrew Stewart	Hadleigh Hares		83					83
	Gary Taylor	Woodbridge Shufflers RC		81					81
	Neil Anthony	West Suffolk AC		79					79
	David Reid	Stowmarket Striders		77					77
	David Chapman	Sudbury Joggers		76					76
	Tim Finegan	Felixstowe Road Runners		75					75
	Joe Naughton	Stowmarket Striders		74					74
	David Cox	Stowmarket Striders		73					73
	Julian Wiseman	Framlingham Flyers		72					72

### Male Master 55

1	Ker Macrosson	Ipswich JAFFA		99	98	100	100	99	496
2	Rob Clayton	Felixstowe Road Runners			94	96	98	94	382
3	Chris Johns	Ipswich Jaffa	99	90		97		95	381
	Keith Borrett	Stowmarket Striders	95	87			94	89	365
	Terence O'Sullivan	Framlingham Flyers		95		98	99		292
	Stephen Williams	Saint Edmund Pacers	97	97	97				291
	Mike Munson	Stowmarket Striders	96				97	93	286
	David Punt	Bungay Black Dog		91			93	91	275
	Charlie Stannett	Ipswich Tri Club		86			92	88	266
	Neville Clarke	Newmarket Joggers		100				98	198
	Nigel Gilham	Bungay Black Dog				95	96		191
	Chris Gladwell	Stowmarket Striders		93	96				189
	John Wharton	Bungay Black Dog RC	98					90	188
	Wyn Jones	Felixstowe Road Runners		88		94			182
	Jonathan Davy	Felixstowe Road Runners						100	100
	Greg Marshall	Framlingham Flyers	100						100
	Alan Dawson	Saint Edmund Pacers			100				100
	Terry Back	Ipswich Jaffa			99				99
	John Squirrel	Stowmarket Striders				99			99
	Peter Mills	Stowmarket Striders		98					98
	Clive Purbrook	Newmarket Joggers						97	97
	Steve Robinson	Stowmarket Striders						96	96
	Phillip Goddard	Ipswich JAFFA		96					96
	Simon Green	Ipswich Triathlon Club					95		95
	Malcolm Hogarth	Stowmarket Striders				93			93
	Robert Mawson	Framlingham Flyers		92					92
	Ian Mace	Woodbridge Shufflers						92	92
	Clive Gardiner	Ipswich JAFFA		89					89
	Simon Watts	Felixstowe Road Runners		85					85

### Male Master 60

1	Bill Kingaby	Waveney Valley AC	99	98		100	100	100	497
2	Roger Brand	Saint Edmund Pacers	97	97	98	96	97		485
3	Philip Nutley	Saint Edmund Pacers		90	95	95	92		372
	Raymond Hill	Ipswich JAFFA	100	100	100				300
	Ron Ames	Stowmarket Striders	96		96			98	290
	Leslie Basham	Stowmarket Striders		92			94	97	283
	David Cheese	Newmarket Joggers			99		99		198
	Terry Garrity	Bungay Black Dog				98	98		196
	Michael Stollery	The Saxons				97	95		192
	Nick Huggins	Stowmarket Striders	95	91					186
	Ray Roberts	Felixstowe Road Runners		99					99
	Jonathan Price	Sudbury Joggers AC						99	99
	David Fordham	The Saxons				99			99
	Chris Skrimshire	Woodbridge Shufflers	98						98
	Steven Rue	Saint Edmund Pacers			97				97
	Hugh Roberts	Bungay Black Dog RC					96		96
	Frank Moggan	Stowmarket Striders		96					96
	David Taylor	Framlingham Flyers		95					95
	David Coley	Felixstowe Road Runners		94					94

## Individual, Mens and Ladies Results

Best 5 results from 6 races, no minimum to qualify.

### Individual Results

Pos	Name	Club	Stowmarket 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Tim Newton	Ipswich JAFFA		93					93
	Robin Ashe	Bungay Black Dog RC					93		93
	David Loades	Stowmarket Striders		89					89

### Male Master 65+

1	Roger Hobson	Woodbridge Shufflers RC		100	100	100	100	99	499
2	John Lambert	Ipswich JAFFA		98		99		98	295
3	Terry Braverman	Haverhill		99	99				198
	John Cassells	Stowmarket Striders	99	96					195
	Brian Turner	Ipswich Jaffa	98					97	195
	Mike Rosbrook	Hadleigh Hares	100						100
	Ron McCullough	Ipswich JAFFA						100	100
	Robin Farrar	Bungay Black Dog RC					99		99
	David Peck	Newmarket Cycling and Tri Club			98				98
	Peter Gay	Stowmarket Striders		97					97
	Bert Hatcher	Ipswich JAFFA		95					95
	Hugh Norris	Framlingham Flyers		94					94
	Harrold Bennett	Felixstowe Road Runners		93					93