

SUFFOLK COUNTY ATHLETIC ASSOCIATION

GRAND PRIX 2016

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	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
1	Emma Mortimer	Ipswich Jaffa RC	0	100	99	0	100	100	100	0	0	499
2	Erika Downs	Felixstowe RRC	0	96	97	0	96	97	97	0	96	483
3	Pippa Sargeant	Stowmarket Striders RC	91	0	0	0	86	90	92	0	95	454
4	Emma Attwood	Stowmarket Striders RC	99	0	0	0	97	99	0	0	97	392
5	Rachael Miller	Felixstowe RRC	90	0	0	0	82	87	92	0	0	351
6	Kendra Hammond	Stowmarket Striders RC	93	0	0	0	89	91	0	0	0	273
7	Kate Long	Felixstowe RRC	92	0	0	0	84	86	0	0	0	262
8	Victoria Breadman	Felixstowe RRC	0	0	0	0	99	98	0	0	0	197
9	Charlotte Acheson	Haverhill Running Club	98	98	0	0	0	0	0	0	0	196
10	Sara Bird	Ipswich Jaffa RC	0	0	0	97	0	0	0	0	99	196
11	Lynsey Chenery	Ipswich Jaffa RC	0	95	0	0	0	0	98	0	0	193
12	Gemma Porch	Stowmarket Striders RC	0	0	0	93	0	0	0	100	0	193
13	Michelle Hewitt	Framlingham Flyers	0	0	0	0	94	0	96	0	0	190
14	Kirsty Thorndyke	Ipswich Harriers	0	0	0	0	95	93	0	0	0	188
15	Sian Abbott	Ipswich Jaffa RC	0	0	0	0	92	96	0	0	0	188
16	Kate Cooper	Stowmarket Striders RC	0	0	0	0	91	94	0	0	0	185
17	Hannah Linger	Ipswich Triathlon Club	0	92	0	0	0	89	0	0	0	181
18	Karen Hinton	Stowmarket Striders RC	0	0	88	0	83	0	0	0	0	171
19	Siobhan Dockerill	Haverhill Running Club	100	0	0	0	0	0	0	0	0	100
20	Rose Nicholson	Waveney Valley AC	0	0	100	0	0	0	0	0	0	100
21	Holly Archer	West Suffolk AC	0	0	0	100	0	0	0	0	0	100
22	Victoria Kenny	Hadleigh Hares AC	0	0	0	0	0	0	0	0	100	100
23	Sam Jacks	Waveney Valley AC	0	99	0	0	0	0	0	0	0	99
24	Justine Anthony	West Suffolk AC	0	0	0	99	0	0	0	0	0	99
25	Harriet Lyman	Waveney Valley AC	0	0	0	0	0	0	99	0	0	99
26	Beth West	Hadleigh Hares AC	0	0	0	0	0	0	0	99	0	99
27	Kirsty Millard	Haverhill Running Club	0	0	98	0	0	0	0	0	0	98
28	Elisa Bostock	Hadleigh Hares AC	0	0	0	98	0	0	0	0	0	98
29	Gail Mackie	Felixstowe RRC	0	0	0	0	98	0	0	0	0	98
30	Emma Barrowclough	Sudbury Joggers	0	0	0	0	0	0	0	0	98	98
31	Georgia Battle	Ipswich Harriers	0	0	0	0	0	0	0	98	0	98
32	Rebecca Elmes	Hadleigh Hares AC	97	0	0	0	0	0	0	0	0	97
33	Sasha Chilvers	Framlingham Flyers	0	97	0	0	0	0	0	0	0	97
34	Bridget Shaw	Bungay Black Dog RC	96	0	0	0	0	0	0	0	0	96
35	Sarah Osborne	Newmarket Cycling and Tri	0	0	96	0	0	0	0	0	0	96
36	Georgia Garvin	Ipswich Jaffa RC	0	0	0	96	0	0	0	0	0	96

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
37	Kate Miles	Stowmarket Striders RC	95	0	0	0	0	0	0	0	0	95
38	Carol Le Roy	Haverhill Running Club	0	0	95	0	0	0	0	0	0	95
39	Abigail Rose	Ipswich Harriers	0	0	0	95	0	0	0	0	0	95
40	Helen Finegan	Felixstowe RRC	0	0	0	0	0	95	0	0	0	95
41	Joanne Harper	Felixstowe RRC	0	0	0	0	0	0	95	0	0	95
42	Sam Metcalfe	Stowmarket Striders RC	94	0	0	0	0	0	0	0	0	94
43	Laura Cotton	Waveney Valley AC	0	94	0	0	0	0	0	0	0	94
44	Georgine Wisbey	Newmarket Joggers	0	0	94	0	0	0	0	0	0	94
45	Alice Goodwin	Ipswich Harriers	0	0	0	94	0	0	0	0	0	94
46	Pamela Morgan	Framlingham Flyers	0	0	0	0	0	0	94	0	0	94
47	Hannah St Ledger	Sudbury Joggers	0	0	0	0	0	0	0	0	94	94
48	Rebecca Jackson	Diss and District AC	0	93	0	0	0	0	0	0	0	93
49	Karen Martin	Haverhill Running Club	0	0	93	0	0	0	0	0	0	93
50	Alison Severy	Ipswich Jaffa RC	0	0	0	0	93	0	0	0	0	93
51	Laura Bogis	Ipswich Triathlon Club	0	0	0	0	0	0	93	0	0	93
52	Melanie Catten	Haverhill Running Club	0	0	92	0	0	0	0	0	0	92
53	Sarah Jc Lewic	Woodbridge Shufflers RC	0	0	0	92	0	0	0	0	0	92
54	Jo Lummis	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	0	92
55	Hannah Tuthill	Bungay Black Dog RC	0	91	0	0	0	0	0	0	0	91
56	Jo Curtis	Newmarket Joggers	0	0	91	0	0	0	0	0	0	91
57	Gennifer Soloman	Felixstowe RRC	0	0	0	0	0	0	91	0	0	91
58	Anna Garner	Haverhill Running Club	0	0	90	0	0	0	0	0	0	90
59	Anna Keeble	Felixstowe RRC	0	0	0	0	90	0	0	0	0	90
60	Amie Ogilvie	Waveney Valley AC	0	0	0	0	0	0	90	0	0	90
61	Kat Ross	Sudbury Joggers	89	0	0	0	0	0	0	0	0	89
62	Nicola Edmead	Haverhill Running Club	0	0	89	0	0	0	0	0	0	89
63	Alice Young	Hadleigh Hares AC	88	0	0	0	0	0	0	0	0	88
64	Eleanor Chamberlain	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	0	88
65	Rosie Bennett	Felixstowe RRC	0	0	0	0	0	88	0	0	0	88
66	Anneli Ostler	Felixstowe RRC	87	0	0	0	0	0	0	0	0	87
67	Stacey Marshall	Haverhill Running Club	0	0	87	0	0	0	0	0	0	87
68	Melanie Wakefield	Stowmarket Striders RC	0	0	0	0	87	0	0	0	0	87
69	Michelle Holland	Sudbury Joggers	0	0	0	0	86	0	0	0	0	86
70	Frances Barnard	Capel Cheetahs	0	0	0	0	85	0	0	0	0	85
71	Stacey Farrow	Ipswich Jaffa RC	0	0	0	0	81	0	0	0	0	81
72	Nichala Wilson	Capel Cheetahs	0	0	0	0	80	0	0	0	0	80
73	Vicki Allison	Framlingham Flyers	0	0	0	0	79	0	0	0	0	79
F35												
1	Rachel Hamblyn	Ipswich Jaffa RC	0	0	0	0	99	99	100	100	0	398
2	Diane Doyle	Framlingham Flyers	87	0	0	0	88	0	98	0	0	273
3	Carla Wiggins	Felixstowe RRC	0	0	0	0	90	91	0	0	91	272
4	Katie Everett	Framlingham Flyers	0	0	0	0	0	0	99	99	0	198

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
5	Nicola Weldon	Ipswich Jaffa RC	0	0	0	0	0	97	0	0	99	196
6	Sarah Severwright	Felixstowe RRC	0	0	0	0	0	96	0	0	100	196
7	Carol Kemp	Felixstowe RRC	0	0	0	0	97	98	0	0	0	195
8	Jennifer Wright	Ipswich Jaffa RC	0	0	0	0	98	95	0	0	0	193
9	Katrina Rigby	Hadleigh Hares AC	97	0	0	0	95	0	0	0	0	192
10	Kate Hutson	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	97	191
11	Emma Gammons	Felixstowe RRC	0	0	0	0	0	93	0	0	98	191
12	Rebecca Wass	Bungay Black Dog RC	0	0	0	0	0	92	0	0	94	186
13	Terri Green	Ipswich Jaffa RC	0	0	0	0	91	94	0	0	0	185
14	Sarah Pennock	Sudbury Joggers	86	0	0	0	0	0	0	0	95	181
15	Bridget Read	Felixstowe RRC	0	0	0	0	89	89	0	0	0	178
16	Sabrina Norton	Bungay Black Dog RC	100	0	0	0	0	0	0	0	0	100
17	Esther Lury	Ipswich Jaffa RC	0	100	0	0	0	0	0	0	0	100
18	Sam Banks	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100
19	Rosie Denny	Woodbridge Shufflers RC	0	0	0	0	0	100	0	0	0	100
20	Stephanie Whyte	Bungay Black Dog RC	0	99	0	0	0	0	0	0	0	99
21	Charlotte Durrant	Stowmarket Striders RC	99	0	0	0	0	0	0	0	0	99
22	Caroline Knight	Diss and District AC	0	98	0	0	0	0	0	0	0	98
23	Jane Hannah	Bungay Black Dog RC	98	0	0	0	0	0	0	0	0	98
24	Sarah Maidment	Bungay Black Dog RC	96	0	0	0	0	0	0	0	0	96
25	Abby Gaeta	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	0	96
26	Julie Marsh	Sudbury Joggers	0	0	0	0	0	0	0	0	96	96
27	Lucy Mcalpine	Felixstowe RRC	95	0	0	0	0	0	0	0	0	95
28	Tanya Holloway	Bungay Black Dog RC	94	0	0	0	0	0	0	0	0	94
29	Amy Godbold	Bungay Black Dog RC	93	0	0	0	0	0	0	0	0	93
30	Emma Day	Felixstowe RRC	0	0	0	0	93	0	0	0	0	93
31	Bex Gilbert	Felixstowe RRC	0	0	0	0	0	0	0	0	93	93
32	Kelli Lawrence	Stowmarket Striders RC	92	0	0	0	0	0	0	0	0	92
33	Kerry Elmer	Stowmarket Striders RC	0	0	0	0	92	0	0	0	0	92
34	Kirsti Martin	Stowmarket Striders RC	0	0	0	0	0	0	0	0	92	92
35	Nancy Blick	Stowmarket Striders RC	91	0	0	0	0	0	0	0	0	91
36	Caroline Stafford	Felixstowe RRC	90	0	0	0	0	0	0	0	0	90
37	Jennifer Devaney	Stowmarket Striders RC	0	0	0	0	0	90	0	0	0	90
38	Anna Goymer	Framlingham Flyers	89	0	0	0	0	0	0	0	0	89
39	Robyn Rake	Stowmarket Striders RC	0	0	0	0	0	88	0	0	0	88
40	Ruth Hambling	Hadleigh Hares AC	88	0	0	0	0	0	0	0	0	88
41	Lauren Carr	Felixstowe RRC	0	0	0	0	0	87	0	0	0	87
42	Kate Lindsay	Ipswich Jaffa RC	0	0	0	0	87	0	0	0	0	87
43	Claire Fradley	Sudbury Joggers	0	0	0	0	86	0	0	0	0	86
44	Hayley Gunn-Bruce	Sudbury Joggers	0	0	0	0	85	0	0	0	0	85
F40												
1	Michelle Holden	Stowmarket Striders RC	88	0	94	0	84	89	95	94	0	460

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
2	Catherine Belsom	Stowmarket Striders RC	0	0	100	0	99	97	0	100	0	396
3	Rebecca Jack	Stowmarket Striders RC	96	0	0	0	0	95	0	0	98	289
4	Alex Smith	Stowmarket Striders RC	95	0	0	0	0	96	0	0	96	287
5	Yvonne Doe	Stowmarket Striders RC	0	0	0	0	96	91	0	98	0	285
6	Marianne Hedge	Felixstowe RRC	0	94	0	0	0	90	96	0	0	280
7	Liz Beighton	Felixstowe RRC	91	0	0	0	93	0	0	0	93	277
8	Sarah Proffitt	Felixstowe RRC	100	0	0	0	100	0	0	0	0	200
9	Fiona Hunt	Ipswich Jaffa RC	0	0	0	0	0	98	0	0	97	195
10	Joanne Cox	Bungay Black Dog RC	94	100	0	0	0	0	0	0	0	194
11	Emma Yarrow	Stowmarket Striders RC	0	0	0	0	95	0	0	99	0	194
12	Juliet Garnham	Stowmarket Striders RC	0	0	98	0	94	0	0	0	0	192
13	Sarah Watkins	Hadleigh Hares AC	0	95	0	0	97	0	0	0	0	192
14	Hayley Harper	Ipswich Jaffa RC	98	0	0	0	0	0	0	0	94	192
15	Claire Palfrey	Ipswich Jaffa RC	97	0	0	0	0	0	0	0	95	192
16	Amanda Dunn	Hadleigh Hares AC	0	97	0	0	0	92	0	0	0	189
17	Clare Everitt	Haverhill Running Club	0	0	97	0	89	0	0	0	0	186
18	Stephanie Wingham-Boyer	Hadleigh Hares AC	0	0	0	0	90	0	0	95	0	185
19	Amanda Smith	Felixstowe RRC	87	0	0	0	85	0	0	0	0	172
20	Mel Sherman	Ipswich Jaffa RC	0	0	0	0	0	100	0	0	0	100
21	Mel Snare	Framlingham Flyers	0	0	0	0	0	0	100	0	0	100
22	Sally-Ann Bowen	Sudbury Joggers	0	0	0	0	0	0	0	0	100	100
23	Nikki Vince	Hadleigh Hares AC	99	0	0	0	0	0	0	0	0	99
24	Hannah Wood	Ipswich Jaffa RC	0	99	0	0	0	0	0	0	0	99
25	Lisa Redman	Newmarket Joggers	0	0	99	0	0	0	0	0	0	99
26	Sandra Bumphrey	Capel Cheetahs	0	0	0	0	0	99	0	0	0	99
27	Elsbeth Gilmour	Framlingham Flyers	0	0	0	0	0	0	99	0	0	99
28	Ruth Palmer	Saint Edmund Pacers	0	0	0	0	0	0	0	0	99	99
29	Anna Gray	Bungay Black Dog RC	0	98	0	0	0	0	0	0	0	98
30	Nicola Whitley	Capel Cheetahs	0	0	0	0	98	0	0	0	0	98
31	Nicky Roper	Framlingham Flyers	0	0	0	0	0	0	98	0	0	98
32	Elisa Garvie	Framlingham Flyers	0	0	0	0	0	0	97	0	0	97
33	Sally Sandford	Sudbury Joggers	0	0	0	0	0	0	0	97	0	97
34	Joanne Tayloe	Bungay Black Dog RC	0	96	0	0	0	0	0	0	0	96
35	Angela Soames	Felixstowe RRC	0	0	96	0	0	0	0	0	0	96
36	Zoey Battell	Sudbury Joggers	0	0	0	0	0	0	0	96	0	96
37	Nancy Mclachlan	Woodbridge Shufflers RC	0	0	0	0	0	94	0	0	0	94
38	Jacquelyn Cobbold	Hadleigh Hares AC	0	0	0	0	0	93	0	0	0	93
39	Becky Sturgeon	Bungay Black Dog RC	93	0	0	0	0	0	0	0	0	93
40	Sarah Sparkes	Bungay Black Dog RC	0	93	0	0	0	0	0	0	0	93
41	Clare Bailie	Stowmarket Striders RC	92	0	0	0	0	0	0	0	0	92
42	Louise Reed	Bungay Black Dog RC	0	92	0	0	0	0	0	0	0	92
43	Heidi Knight	Capel Cheetahs	0	0	0	0	92	0	0	0	0	92
44	Jane Skoulding	Stowmarket Striders RC	0	0	0	0	0	0	0	0	92	92

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
45	Sarah Mark	Framlingham Flyers	0	0	0	0	91	0	0	0	0	91
46	Sharon Breward	Sudbury Joggers	0	0	0	0	0	0	0	0	91	91
47	Karen Murphy	Hadleigh Hares AC	90	0	0	0	0	0	0	0	0	90
48	Catherine Sharp	Hadleigh Hares AC	89	0	0	0	0	0	0	0	0	89
49	Maria Bilner	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	0	88
50	Emily Sullivan	Ipswich Jaffa RC	0	0	0	0	87	0	0	0	0	87
51	Kara Edhouse-Thomas	Ipswich Jaffa RC	0	0	0	0	86	0	0	0	0	86
52	Charlotte Richardson	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	0	84
F45												
1	Melody-Anne Neville	Stowmarket Striders RC	0	0	99	0	100	99	98	98	0	494
2	Kate Beer	Stowmarket Striders RC	95	0	100	0	98	97	97	0	0	487
3	Mandy Godbold	Ipswich Harriers	97	98	0	0	94	93	96	99	0	484
4	Sally Solomon	Felixstowe RRC	87	0	93	0	88	0	94	92	0	454
5	Jo Dickinson	Felixstowe RRC	90	0	96	0	89	89	0	0	89	453
6	Mary Ann Tuli	Haverhill Running Club	100	100	0	0	0	0	100	100	0	400
7	Jackie Hann	Sudbury Joggers	99	0	0	0	99	100	99	0	0	397
8	Susan Bloomfield	Stowmarket Striders RC	0	0	0	0	95	96	0	0	95	286
9	Eloise Bird	Saint Edmund Pacers	93	0	97	0	0	0	0	96	0	286
10	Tracey Rose	Stowmarket Striders RC	94	0	0	0	93	92	0	0	0	279
11	Andrea Friend	Stowmarket Striders RC	0	0	0	0	92	91	0	0	91	274
12	Diane Parton	Capel Cheetahs	0	0	0	0	0	98	0	0	96	194
13	Anika Shenfield	Felixstowe RRC	0	0	0	0	0	95	0	0	97	192
14	Kathy Dines	Ipswich Jaffa RC	96	0	0	0	0	94	0	0	0	190
15	Linda Aldred	Framlingham Flyers	0	0	0	0	0	0	95	95	0	190
16	Amanda Prior	Capel Cheetahs	0	0	0	0	90	0	0	94	0	184
17	Odette Robson	Saint Edmund Pacers	0	0	0	0	0	0	0	0	100	100
18	Justine Fawcett	Bungay Black Dog RC	0	99	0	0	0	0	0	0	0	99
19	Sarah Vick	Saxmundham Saxons	0	0	0	0	0	0	0	0	99	99
20	Kym Cromarty	Haverhill Running Club	98	0	0	0	0	0	0	0	0	98
21	Sheila Buck	Sudbury Joggers	0	0	98	0	0	0	0	0	0	98
22	Rachel Toogood	Stowmarket Striders RC	0	0	0	0	0	0	0	0	98	98
23	Catherine Walsh	Ipswich Triathlon Club	0	0	0	0	97	0	0	0	0	97
24	Karen Eaton	Felixstowe RRC	0	0	0	0	0	0	0	97	0	97
25	Jo Parden	Framlingham Flyers	0	0	0	0	96	0	0	0	0	96
26	Helen Spooner	Haverhill Running Club	0	0	95	0	0	0	0	0	0	95
27	Helen Yellop	Capel Cheetahs	0	0	0	0	0	0	0	0	94	94
28	Samantha Cooper	Sudbury Joggers	0	0	0	0	0	0	0	0	93	93
29	Geraldine Clarke	Framlingham Flyers	0	0	0	0	0	0	0	93	0	93
30	Helen Norman	Hadleigh Hares AC	92	0	0	0	0	0	0	0	0	92
31	Lisa Dalton	Sudbury Joggers	0	0	0	0	0	0	0	0	92	92
32	Lisa Bond	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	0	91
33	Christina Baxter	Hadleigh Hares AC	91	0	0	0	0	0	0	0	0	91

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
34	Jo Clifton	Saxmundham Saxons	0	0	0	0	0	90	0	0	0	90
35	Lisa Gaughan	Capel Cheetahs	0	0	0	0	0	0	0	0	90	90
36	Donna Monroe	Stowmarket Striders RC	89	0	0	0	0	0	0	0	0	89
37	Julia Moss-arcart	Stowmarket Striders RC	88	0	0	0	0	0	0	0	0	88
F50												
1	Angela Whiting	Stowmarket Striders RC	92	0	94	0	94	95	96	0	95	474
2	Alyson-Zena Limpkin-Challis	Felixstowe RRC	0	98	93	0	90	92	94	0	0	467
3	Helen Duggan	Felixstowe RRC	0	0	0	0	95	100	100	0	100	395
4	Marion Parker	Felixstowe RRC	97	0	0	0	0	98	99	99	0	393
5	Ann Granger	Saxmundham Saxons	91	0	0	0	92	94	0	0	92	369
6	Jo Stephenson	Stowmarket Striders RC	0	0	0	0	98	99	0	0	99	296
7	Arabella Lewendon	Stowmarket Striders RC	94	0	0	0	97	0	0	98	0	289
8	Debbie Mcdowell	Stowmarket Striders RC	90	0	0	0	96	95	0	0	0	281
9	Sandy Thorogood	Sudbury Joggers	0	0	0	0	99	0	0	100	0	199
10	Jackie Collins	Felixstowe RRC	0	0	99	0	0	96	0	0	0	195
11	Ruth Cowlin	Sudbury Joggers	0	0	97	0	0	0	0	0	98	195
12	Sandra Mayhew	Stowmarket Striders RC	0	0	0	0	96	0	97	0	0	193
13	Jayne Richardson	Waveney Valley AC	0	0	0	0	93	0	95	0	0	188
14	Jenny Lynch	Felixstowe RRC	0	0	95	0	0	0	0	0	93	188
15	Val Jennings	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100
16	Haley Suttle	Stowmarket Striders RC	100	0	0	0	0	0	0	0	0	100
17	Annette Manning	Bungay Black Dog RC	0	100	0	0	0	0	0	0	0	100
18	Teresa Franklin	Haverhill Running Club	0	0	100	0	0	0	0	0	0	100
19	Sarah Golding	Saint Edmund Pacers	99	0	0	0	0	0	0	0	0	99
20	Julie Grooms	Framlingham Flyers	0	99	0	0	0	0	0	0	0	99
21	Dianne Hughes	Stowmarket Striders RC	98	0	0	0	0	0	0	0	0	98
22	Anne Killett	Hadleigh Hares AC	0	0	98	0	0	0	0	0	0	98
23	Amanda Mallett	Ipswich Triathlon Club	0	0	0	0	0	0	98	0	0	98
24	Hilary Wood	Ipswich Jaffa RC	0	0	0	0	0	97	0	0	0	97
25	Sandy Phillips	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	97	97
26	Dee St Ledger	Sudbury Joggers	96	0	0	0	0	0	0	0	0	96
27	Grace Judge	Haverhill Running Club	0	0	96	0	0	0	0	0	0	96
28	Gin Craig	Sudbury Joggers	0	0	0	0	0	0	0	0	96	96
29	Christina Howland	Felixstowe RRC	95	0	0	0	0	0	0	0	0	95
30	Heather Ruff	Capel Cheetahs	0	0	0	0	0	0	0	0	94	94
31	Kirsty Weavers	Saint Edmund Pacers	93	0	0	0	0	0	0	0	0	93
32	Annabel Bennett	Felixstowe RRC	0	0	0	0	0	93	0	0	0	93
33	Michelle Ruffles	Framlingham Flyers	0	0	0	0	0	0	93	0	0	93
34	Denise Wright	Stowmarket Striders RC	0	0	0	0	91	0	0	0	0	91
35	Claire Jay	Stowmarket Striders RC	0	0	0	0	89	0	0	0	0	89
36	Marie Bidwell	Woodbridge Shufflers RC	89	0	0	0	0	0	0	0	0	89
37	Michele Djemal	Hadleigh Hares AC	88	0	0	0	0	0	0	0	0	88

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
38	Sally Buckle	Sudbury Joggers	87	0	0	0	0	0	0	0	0	87
F55												
1	Jo Whelan	Felixstowe RRC	98	98	0	0	97	96	99	0	96	488
2	Sue Hunter	Stowmarket Striders RC	96	0	93	0	94	94	0	99	0	476
3	Nicola Stevenson	Felixstowe RRC	0	0	0	0	95	93	0	0	95	283
4	Bobbie Sauerzapf	Bungay Black Dog RC	0	0	100	0	0	0	0	0	100	200
5	Angela Brinkley	Stowmarket Striders RC	0	0	0	0	99	0	100	0	0	199
6	Melanie Roberts	Woodbridge Shufflers	100	0	0	0	0	0	0	0	98	198
7	Wendy Hughes	Stowmarket Striders RC	0	0	0	0	0	99	0	0	99	198
8	Rita Rue	Saint Edmund Pacers	0	0	99	0	0	97	0	0	0	196
9	Carol Maycock	Bungay Black Dog RC	0	100	0	0	0	0	0	0	0	100
10	Belinda Godbold	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100
11	Denise Robinson	Stowmarket Striders RC	-	0	0	0	0	100	0	0	0	100
12	Gillian Charlton	Stowmarket Striders RC	0	0	0	0	0	0	0	100	0	100
13	Lynda McCormack	Newmarket Joggers	99	0	0	0	0	0	0	0	0	99
14	Jackie Bell	Bungay Black Dog RC	0	99	0	0	0	0	0	0	0	99
15	Sandra Hiscox	Haverhill Running Club	0	0	98	0	0	0	0	0	0	98
16	Helen Drane	Saxmundham Saxons	0	0	0	0	98	0	0	0	0	98
17	Judith Adolphus	Ipswich Jaffa RC	0	0	0	0	0	98	0	0	0	98
18	Beckie Bowen	Hadleigh Hares AC	97	0	0	0	0	0	0	0	0	97
19	Gillian Green	Newmarket Joggers	0	0	97	0	0	0	0	0	0	97
20	Alison Beech	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	97	97
21	Pearl Fay	Newmarket Joggers	0	0	96	0	0	0	0	0	0	96
22	Jane Smith	Newmarket Joggers	0	0	95	0	0	0	0	0	0	95
23	Jules Winter	Stowmarket Striders RC	0	0	94	0	0	0	0	0	0	94
24	Jules Rudkin	Stowmarket Striders RC	0	0	0	0	93	0	0	0	0	93
F60												
1	Marion Walker	Framlingham Flyers	99	100	99	0	0	0	100	100	0	498
2	Vivienne Taylor	Framlingham Flyers	0	0	0	0	100	0	98	0	100	298
3	Julie Haselwood	Ipswich Jaffa RC	0	99	0	0	99	0	99	0	0	297
4	Cheryl Trundle	Haverhill Running Club	100	0	100	0	0	0	0	0	0	200
5	Jane Bailey	Felixstowe RRC	0	0	98	0	0	99	0	0	0	197
6	Joan Nevin	Haverhill Running Club	0	0	97	0	0	100	0	0	0	197
7	Annette Huggins	Framlingham Flyers	0	0	0	0	98	0	97	0	0	195
8	Anne Oliver	Felixstowe RRC	0	0	0	0	0	0	0	99	0	99
9	Mary Marsh	Newmarket Joggers	98	0	0	0	0	0	0	0	0	98
10	Zoila Reyes	Felixstowe RRC	0	98	0	0	0	0	0	0	0	98
11	Sue Hargadon	Ipswich Tri Club	97	0	0	0	0	0	0	0	0	97
F65+												
1	Maureen Wright	Ipswich Jaffa RC	100	0	0	0	0	100	0	0	0	200

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
2	Janet Green	Framlingham Flyers	0	0	0	0	0	0	100	98	0	198
3	Anne Fish	Stowmarket Striders RC	99	0	0	0	0	0	0	99	0	198
4	Moiria Pinkney	Ipswich Triathlon Club	0	0	0	0	0	0	0	100	0	100
5	Gaye Farrar	Framlingham Flyers	0	0	0	0	0	0	99	0	0	99
Male Senior												
1	Andrew Rooke	Ipswich Jaffa RC	0	100	100	99	0	100	100	0	0	499
2	Danny Rock	Felixstowe RRC	100	0	99	0	0	98	98	100	0	495
3	Benjamin Jacobs	Felixstowe RRC	90	0	0	0	96	92	96	0	95	469
4	Jim Last	Framlingham Flyers	0	0	0	94	0	94	97	0	98	383
5	Jon Glanfield	Felixstowe RRC	0	0	0	0	91	88	92	0	91	362
6	Dan Knight	Haverhill Running Club	92	0	95	0	88	86	0	0	0	361
7	Keelan Smith	Saxmundham Saxons	72	81	0	0	57	71	0	0	77	358
8	Sam Brooke	Felixstowe RRC	88	0	0	0	87	83	88	0	0	346
9	Marc Benson	Haverhill Running Club	75	0	89	0	63	0	85	0	0	312
10	Brett Deakin	Felixstowe RRC	0	82	0	0	64	74	0	0	79	299
11	Alastair Read	Felixstowe RRC	0	0	0	0	72	84	91	0	0	247
12	Paul Osborne	Felixstowe RRC	81	0	0	0	0	78	0	0	83	242
13	Peter Woods	Felixstowe RRC	0	0	0	0	73	79	0	0	85	237
14	Tom Kingsnorth	Saint Edmund Pacers	0	0	98	0	98	0	0	0	0	196
15	Gavin Davies	Ipswich Jaffa RC	0	0	0	0	0	96	0	0	100	196
16	Steve Fraser-Lim	Ipswich Jaffa RC	0	0	0	0	100	95	0	0	0	195
17	Craig Fiddaman	Ipswich Jaffa RC	0	97	0	0	0	97	0	0	0	194
18	Kieran Hayles	Sudbury Joggers	0	0	0	93	0	0	0	0	99	192
19	Will Schwer	Felixstowe RRC	71	0	0	0	51	69	0	0	0	191
20	William Law	Ipswich Jaffa RC	99	0	0	92	0	0	0	0	0	191
21	Marc Briggs	Ipswich Jaffa RC	0	0	0	0	97	0	94	0	0	191
22	Craig Sisson	Haverhill Running Club	0	0	97	0	0	0	0	0	94	191
23	Adam Wade	Ipswich Jaffa RC	0	0	0	89	0	0	0	0	97	186
24	Chris Hall	Bungay Black Dog RC	91	94	0	0	0	0	0	0	0	185
25	James Wilson	Saxmundham Saxons	94	0	0	91	0	0	0	0	0	185
26	Morgan Moore	Stowmarket Striders RC	0	0	0	0	0	0	89	96	0	185
27	Adrian Kudela	Felixstowe RRC	0	0	0	0	93	90	0	0	0	183
28	Conner Bilner	Ipswich Jaffa RC	0	0	0	83	0	0	0	98	0	181
29	Stewart White	Saint Edmund Pacers	89	90	0	0	0	0	0	0	0	179
30	Daniel Jones	Ipswich Harriers	0	0	0	86	0	0	0	0	92	178
31	Dave Beighton	Saint Edmund Pacers	86	91	0	0	0	0	0	0	0	177
32	Paul Brand	Saint Edmund Pacers	84	0	92	0	0	0	0	0	0	176
33	Neil Catley	Felixstowe RRC	0	0	0	0	86	89	0	0	0	175
34	Marcus Boon	Ipswich Jaffa RC	0	0	0	84	0	91	0	0	0	175
35	Geraint White	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	89	173
36	Paul Dockerill	Newmarket Joggers	0	0	94	0	76	0	0	0	0	170
37	Gary Ingram	Ipswich Jaffa RC	0	0	0	0	0	0	84	0	84	168

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
38	Lee Brown	Haverhill Running Club	85	0	0	0	82	0	0	0	0	167
39	Peter Reach	Stowmarket Striders RC	82	0	0	0	0	82	0	0	0	164
40	David Neeve	Bungay Black Dog RC	0	0	0	0	0	70	0	0	90	160
41	Neil Gillingham	Ipswich Harriers	0	0	0	82	0	0	0	0	76	158
42	Richard Wilkins	Felixstowe RRC	0	86	0	0	71	0	0	0	0	157
43	Alex Jacobs	Felixstowe RRC	0	0	0	0	0	77	0	0	80	157
44	Rob Page	Ipswich Jaffa RC	0	0	0	0	74	81	0	0	0	155
45	Lukasz Supernak	Saint Edmund Pacers	70	84	0	0	0	0	0	0	0	154
46	Matthew Everleigh	Stowmarket Striders RC	0	0	0	0	70	0	0	0	82	152
47	Ben Weeding	Ipswich Triathlon Club	0	0	0	0	67	0	0	0	81	148
48	John Chell	Ipswich Jaffa RC	0	0	0	0	66	73	0	0	0	139
49	Karl Mitchell	Felixstowe RRC	0	0	0	0	61	75	0	0	0	136
50	Darran Sands	Framlingham Flyers	74	0	0	0	59	0	0	0	0	133
51	Jonny Miles	Felixstowe RRC	0	0	0	0	55	72	0	0	0	127
52	Brad Drew	Felixstowe RRC	0	0	0	0	52	0	0	0	75	127
53	Neil Lay	Felixstowe RRC	0	0	0	0	50	0	0	0	74	124
54	John Millar	Ipswich Harriers	0	0	0	100	0	0	0	0	0	100
55	Lee Cook	Waveney Valley AC	0	99	0	0	0	0	0	0	0	99
56	James Hayward	Stowmarket Striders RC	0	0	0	0	99	0	0	0	0	99
57	Joshua Entwistle	Felixstowe RRC	0	0	0	0	0	99	0	0	0	99
58	Robert Chenery	Ipswich Jaffa RC	0	0	0	0	0	0	99	0	0	99
59	Marcus Sladden	Bungay Black Dog RC	0	0	0	0	0	0	0	99	0	99
60	Jonathan Ling	Ipswich Jaffa RC	98	0	0	0	0	0	0	0	0	98
61	Graham Jenvey	Bungay Black Dog RC	0	98	0	0	0	0	0	0	0	98
62	Thomas Adams	Ipswich Harriers	0	0	0	98	0	0	0	0	0	98
63	Gareth Thomas	Haverhill Running Club	97	0	0	0	0	0	0	0	0	97
64	James Calvert	Ipswich Jaffa RC	0	0	0	97	0	0	0	0	0	97
65	Mark Leeks	Ipswich Jaffa RC	0	0	0	0	0	0	0	97	0	97
66	Ben Cuthbert	Sudbury Joggers	96	0	0	0	0	0	0	0	0	96
67	Jesse Timberlake	Bungay Black Dog RC	0	96	0	0	0	0	0	0	0	96
68	Wayne Hogg	Newmarket Joggers	0	0	96	0	0	0	0	0	0	96
69	Paul Wain	Ipswich Jaffa RC	0	0	0	96	0	0	0	0	0	96
70	Sam Burdett	Stowmarket Striders RC	0	0	0	0	96	0	0	0	0	96
71	Tom Cresswell	Sudbury Joggers	0	0	0	0	0	0	0	0	96	96
72	Matthew Crane	Saint Edmund Pacers	95	0	0	0	0	0	0	0	0	95
73	Timothy Earl	Waveney Valley AC	0	95	0	0	0	0	0	0	0	95
74	Benjamin Turley	Ipswich Jaffa RC	0	0	0	95	0	0	0	0	0	95
75	Michael Falcone	Saint Edmund Pacers	0	0	0	0	95	0	0	0	0	95
76	Luke Wood	Framlingham Flyers	0	0	0	0	0	0	95	0	0	95
77	Ian Bodsworth	Hadleigh Hares AC	0	0	0	0	0	0	0	95	0	95
78	Oliver Daykin	Newmarket Joggers	0	0	0	0	94	0	0	0	0	94
79	Philip Green	Stowmarket Striders RC	93	0	0	0	0	0	0	0	0	93
80	Edward Harvey	Bungay Black Dog RC	0	93	0	0	0	0	0	0	0	93

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
81	Gavin Tickner	Haverhill Running Club	0	0	93	0	0	0	0	0	0	93
82	Mark Hayward	Stowmarket Striders RC	0	0	0	0	0	93	0	0	0	93
83	Ben Churchman	Diss and District AC	0	0	0	0	0	0	93	0	0	93
84	James Cornish	Woodbridge Shufflers RC	0	0	0	0	0	0	0	0	93	93
85	Tom Bruce	Ipswich Triathlon Club	0	92	0	0	0	0	0	0	0	92
86	Ben Jackson	Bungay Black Dog RC	0	0	0	0	92	0	0	0	0	92
87	Simon Wallis	Haverhill Running Club	0	0	91	0	0	0	0	0	0	91
88	Tony Bacon	Haverhill Running Club	0	0	90	0	0	0	0	0	0	90
89	Alex Lawrence	Ipswich Harriers	0	0	0	90	0	0	0	0	0	90
90	William White	Hadleigh Hares AC	0	0	0	0	90	0	0	0	0	90
91	James Wright	Ipswich Jaffa RC	0	0	0	0	0	0	90	0	0	90
92	James Maycock	Bungay Black Dog RC	0	89	0	0	0	0	0	0	0	89
93	Alec Wright	Ipswich Jaffa RC	0	0	0	0	89	0	0	0	0	89
94	Oliver Riches	Hadleigh Hares AC	0	88	0	0	0	0	0	0	0	88
95	David Blackstock	Newmarket Joggers	0	0	88	0	0	0	0	0	0	88
96	Ian Old	Ipswich Jaffa RC	0	0	0	88	0	0	0	0	0	88
97	Chris Wells	Sudbury Joggers	0	0	0	0	0	0	0	0	88	88
98	Elliot Wells	Stowmarket Striders RC	87	0	0	0	0	0	0	0	0	87
99	Alex Hobbs	Stowmarket Striders RC	0	87	0	0	0	0	0	0	0	87
100	James Briggs	Haverhill Running Club	0	0	87	0	0	0	0	0	0	87
101	Mark Clements	Ipswich Jaffa RC	0	0	0	87	0	0	0	0	0	87
102	Andy Ellis	Felixstowe RRC	0	0	0	0	0	87	0	0	0	87
103	Jonathan Barnes	Woodbridge Shufflers RC	0	0	0	0	0	0	87	0	0	87
104	Matthew Benson	Sudbury Joggers	0	0	0	0	0	0	0	0	87	87
105	David Dinnage	Framlingham Flyers	0	0	0	0	0	0	86	0	0	86
106	Mark Salisbury	Sudbury Joggers	0	0	0	0	0	0	0	0	86	86
107	James Archer	Bungay Black Dog RC	0	85	0	0	0	0	0	0	0	85
108	Scott Williams	Stowmarket Striders RC	0	0	0	85	0	0	0	0	0	85
109	Joshua Sugars	Ipswich Harriers	0	0	0	0	85	0	0	0	0	85
110	Chris Miles	Stowmarket Striders RC	0	0	0	0	0	85	0	0	0	85
111	Jack Tappin	Haverhill Running Club	83	0	0	0	0	0	0	0	0	83
112	Jamie Payne	Framlingham Flyers	0	83	0	0	0	0	0	0	0	83
113	Daniel Ingleby	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	0	83
114	Steve Kirk	Framlingham Flyers	0	0	0	0	0	83	0	0	0	83
115	Andrew Sargent	Stowmarket Striders RC	0	0	0	0	0	0	82	0	0	82
116	Shaun Nicholls	Ipswich Jaffa RC	0	0	0	0	81	0	0	0	0	81
117	Jake Church	Saxmundham Saxons	0	0	0	81	0	0	0	0	0	81
118	Luke Whitwell	Felixstowe RRC	0	0	0	0	80	0	0	0	0	80
119	Graham Dixon	Haverhill Running Club	80	0	0	0	0	0	0	0	0	80
120	Matt Tomkins	Stowmarket Striders RC	0	0	0	0	0	80	0	0	0	80
121	Robert Grainger	Stowmarket Striders RC	0	0	0	0	79	0	0	0	0	79
122	Andy Collett	Stowmarket Striders RC	79	0	0	0	0	0	0	0	0	79
123	Iain Johnston	Hadleigh Hares AC	0	0	0	0	78	0	0	0	0	78

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
124	Nick Smith	Saint Edmund Pacers	78	0	0	0	0	0	0	0	0	78
125	Jack Hines	Hadleigh Hares AC	0	0	0	0	0	0	0	0	78	78
126	Adam Brett	Felixstowe RRC	0	0	0	0	77	0	0	0	0	77
127	Henry Tapp	Framlingham Flyers	77	0	0	0	0	0	0	0	0	77
128	Aaron Durrant	Hadleigh Hares AC	76	0	0	0	0	0	0	0	0	76
129	Paul Wright	Woodbridge Shufflers RC	0	0	0	0	0	76	0	0	0	76
130	Jacob Collins	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	0	75
131	Craig Hawkins	Stowmarket Striders RC	73	0	0	0	0	0	0	0	0	73
132	Kelmend Sokoli	Felixstowe RRC	0	0	0	0	69	0	0	0	0	69
133	George Lankester	Ipswich Jaffa RC	0	0	0	0	68	0	0	0	0	68
134	Michael Sheldrake	Ipswich Jaffa RC	0	0	0	0	65	0	0	0	0	65
135	John Adams	Ipswich Jaffa RC	0	0	0	0	62	0	0	0	0	62
136	Christopher Bing	Ipswich Jaffa RC	0	0	0	0	60	0	0	0	0	60
137	Paul Ballard	Hadleigh Hares AC	0	0	0	0	58	0	0	0	0	58
138	Mark Coole	Stowmarket Striders RC	0	0	0	0	56	0	0	0	0	56
139	Ian Lightfoot	Woodbridge Shufflers RC	0	0	0	0	54	0	0	0	0	54
140	Gavin Boag	Stowmarket Striders RC	0	0	0	0	53	0	0	0	0	53
141	Mark Oxford	Ipswich Triathlon Club	0	0	0	0	49	0	0	0	0	49
M40												
1	Robin Harper	Felixstowe RRC	98	0	100	0	98	97	100	0	99	495
2	Mark White	Haverhill Running Club	91	94	99	0	0	96	0	100	0	480
3	Peter Bird	Saint Edmund Pacers	93	95	94	0	0	90	99	97	0	478
4	Mark Goodwin	Felixstowe RRC	88	89	0	0	89	88	0	0	91	445
5	Richard Leeder	Stowmarket Striders RC	94	96	0	0	94	0	0	0	93	377
6	Derek Hood	Ipswich Jaffa RC	0	0	95	0	85	91	0	98	0	369
7	Adam Howlett	Framlingham Flyers	100	100	0	0	0	100	0	0	0	300
8	Jess Farthing	Felixstowe RRC	0	0	0	0	96	94	0	0	98	288
9	Mark Rose	Ipswich Jaffa RC	0	93	98	0	91	0	0	0	0	282
10	Karl Feagan	Hadleigh Hares AC	0	91	0	0	0	0	98	0	90	279
11	Daniel Shanks	Felixstowe RRC	0	0	0	0	86	86	0	0	92	264
12	Garry Cullum	Ipswich Jaffa RC	0	0	0	100	0	99	0	0	0	199
13	Stuart Simmons	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	194
14	David Damant	Stowmarket Striders RC	0	0	0	0	0	0	97	95	0	192
15	Christopher Osborne	Felixstowe RRC	0	0	0	0	95	93	0	0	0	188
16	Ian Elden	Sudbury Joggers	0	0	0	0	93	0	0	0	95	188
17	André Neville	Stowmarket Striders RC	0	0	0	0	90	0	0	96	0	186
18	Tim Page	Saint Edmund Pacers	87	90	0	0	0	0	0	0	0	177
19	Daniel Clark	Felixstowe RRC	0	0	0	0	88	89	0	0	0	177
20	Daniel Gould	Felixstowe RRC	0	0	0	0	84	0	0	0	88	172
21	Paul Saunders	Felixstowe RRC	0	0	0	0	100	0	0	0	0	100
22	Rob Kett	Stowmarket Striders RC	0	0	0	0	0	0	0	0	100	100
23	Chris Pimlott	Waveney Valley AC	0	99	0	0	0	0	0	0	0	99

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
24	Jason Taylor	Felixstowe RRC	99	0	0	0	0	0	0	0	0	99
25	Darren Cook	Felixstowe RRC	0	0	0	99	0	0	0	0	0	99
26	Chris Leek	Framlingham Flyers	0	0	0	0	0	0	99	0	0	99
27	Nick Roper	Bungay Black Dog RC	0	98	0	0	0	0	0	0	0	98
28	Kevin Peirce	Ipswich Harriers	0	0	0	0	0	98	0	0	0	98
29	Lloyd Scriven	Waveney Valley AC	0	97	0	0	0	0	0	0	0	97
30	Alex Cairns	Newmarket Joggers	97	0	0	0	0	0	0	0	0	97
31	David Percy	Haverhill Running Club	0	0	97	0	0	0	0	0	0	97
32	Thomas Haslam	Saxmundham Saxons	96	0	0	0	0	0	0	0	0	96
33	Jeremy Reader	Newmarket Joggers	0	0	96	0	0	0	0	0	0	96
34	Kieron Savage	Sudbury Joggers	0	0	0	0	0	0	0	0	96	96
35	Jon Wiles	Bungay Black Dog RC	95	0	0	0	0	0	0	0	0	95
36	James Howlett	Framlingham Flyers	0	0	0	0	0	95	0	0	0	95
37	Richard Smith	Sudbury Joggers	0	0	0	0	0	0	0	0	94	94
38	Glenn Proctor	Stowmarket Striders RC	0	0	93	0	0	0	0	0	0	93
39	Mark Smith	Waveney Valley AC	0	92	0	0	0	0	0	0	0	92
40	Simon Merrick	Felixstowe RRC	92	0	0	0	0	0	0	0	0	92
41	Daniel Regan	Newmarket Joggers	0	0	92	0	0	0	0	0	0	92
42	Adam Mumford	Sudbury Joggers	0	0	0	0	92	0	0	0	0	92
43	Mike Brown	Stowmarket Striders RC	0	0	0	0	0	92	0	0	0	92
44	Andrew Rice	Newmarket Joggers	0	0	91	0	0	0	0	0	0	91
45	Clive Davey	Sudbury Joggers	90	0	0	0	0	0	0	0	0	90
46	Michael Rushton	Saint Edmund Pacers	89	0	0	0	0	0	0	0	0	89
47	Matt Saunders	Felixstowe RRC	0	0	0	0	0	0	0	0	89	89
48	Simon Sparkes	Bungay Black Dog RC	0	88	0	0	0	0	0	0	0	88
49	Mike Pleasants	Framlingham Flyers	0	0	0	0	87	0	0	0	0	87
50	Steven King	Felixstowe RRC	0	0	0	0	0	87	0	0	0	87
51	Matt Howe	Felixstowe RRC	86	0	0	0	0	0	0	0	0	86
52	Dominic Turner	Sudbury Joggers	85	0	0	0	0	0	0	0	0	85
53	Gary Jarvis	Felixstowe RRC	0	0	0	0	0	85	0	0	0	85
54	Justin Ostler	Felixstowe RRC	0	0	0	0	0	84	0	0	0	84
55	Dan Jarrold	Ipswich Triathlon Club	0	0	0	0	83	0	0	0	0	83
56	Paul Dorset	Felixstowe RRC	0	0	0	0	81	0	0	0	0	81
M45												
1	Will Adred	Framlingham Flyers	96	98	0	0	98	98	97	99	0	490
2	Steve Brooke	Felixstowe RRC	95	94	0	0	97	99	99	0	0	484
3	Warren Birch	Ipswich Jaffa RC	99	96	0	0	96	96	90	0	0	477
4	Neil Mustoe	Haverhill Running Club	89	92	95	0	94	95	91	0	0	467
5	Vince Webb	Saint Edmund Pacers	93	0	96	0	0	97	93	0	0	379
6	Richard Dempsey	Woodbridge Shufflers	0	0	91	0	91	0	88	0	97	367
7	Mark Godbold	Ipswich Harriers	0	0	0	0	90	92	87	97	0	366
8	Darren Sheppard	Framlingham Flyers	0	100	100	0	0	0	100	0	0	300

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
9	Dave Solomon	Felixstowe RRC	100	0	98	0	0	0	0	100	0	298
10	Jamie Randall	Haverhill Running Club	91	93	93	0	0	0	0	0	0	277
11	Roger Stone	Felixstowe RRC	0	0	0	0	99	100	0	0	0	199
12	John Greener	Saint Edmund Pacers	97	99	0	0	0	0	0	0	0	196
13	Dean Hearn	Stowmarket Striders RC	0	0	0	0	92	0	0	0	98	190
14	Paul Heeks	Stowmarket Striders RC	0	0	0	0	0	93	0	0	96	189
15	Jimmy Russell	Felixstowe RRC	0	0	0	0	0	94	0	0	94	188
16	Kenneth Tovell	Framlingham Flyers	0	0	0	0	0	0	89	0	99	188
17	Mark Lankester	Ipswich Jaffa RC	0	0	0	0	89	0	0	96	0	185
18	Christopher Howard	Sudbury Joggers	0	0	0	0	0	91	0	0	91	182
19	Iain Catchpole	Ipswich Jaffa RC	0	0	0	0	87	0	0	0	93	180
20	Simon Hedge	Felixstowe RRC	0	90	0	0	0	0	86	0	0	176
21	Steven Parry	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100
22	Chris Sugars	Ipswich Harriers	0	0	0	0	0	0	0	0	100	100
23	Robin Clifford	Newmarket Joggers	0	0	99	0	0	0	0	0	0	99
24	Scott Macsephney	Ipswich Jaffa RC	0	0	0	0	0	0	98	0	0	98
25	Kerry Brown	Saint Edmund Pacers	98	0	0	0	0	0	0	0	0	98
26	Gareth Southgate	Stowmarket Striders RC	0	0	0	0	0	0	0	98	0	98
27	Andy Barber	Haverhill Running Club	0	0	97	0	0	0	0	0	0	97
28	Daniel Gardiner	Bungay Black Dog RC	0	97	0	0	0	0	0	0	0	97
29	Tim Doyle	Felixstowe RRC	0	0	0	0	0	0	96	0	0	96
30	Nick Hammond	Framlingham Flyers	0	0	0	0	0	0	95	0	0	95
31	Ryan Harvey	Woodbridge Shufflers	0	0	0	0	95	0	0	0	0	95
32	Todd Strehlow	Framlingham Flyers	0	95	0	0	0	0	0	0	0	95
33	Mark Hughes	Stowmarket Striders RC	0	0	0	0	0	0	0	0	95	95
34	Steve Garvie	Framlingham Flyers	0	0	0	0	0	0	94	0	0	94
35	Chris Tye	Ipswich Tri Club	94	0	0	0	0	0	0	0	0	94
36	Andrew Elliott	Stowmarket Striders RC	0	0	94	0	0	0	0	0	0	94
37	Mike Illingsworth	Waveney Valley AC	0	0	0	0	93	0	0	0	0	93
38	Guy Hayward	Framlingham Flyers	0	0	0	0	0	0	92	0	0	92
39	Rakesh Raja	Saint Edmund Pacers	92	0	0	0	0	0	0	0	0	92
40	Steve Mcnamara	Stowmarket Striders RC	0	0	92	0	0	0	0	0	0	92
41	Jonathan Wilding	Felixstowe RRC	0	0	0	0	0	0	0	0	92	92
42	Toby Craig	Bungay Black Dog RC	0	91	0	0	0	0	0	0	0	91
43	David Tillett	Felixstowe RRC	0	0	0	0	0	90	0	0	0	90
44	Stewart Hambling	Framlingham Flyers	90	0	0	0	0	0	0	0	0	90
45	Doug French	Felixstowe RRC	0	89	0	0	0	0	0	0	0	89
46	Stephen Reyes	Haverhill Running Club	88	0	0	0	0	0	0	0	0	88
47	Daniel Ager	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	0	88
48	Andy Bailey	Bungay Black Dog RC	0	88	0	0	0	0	0	0	0	88
49	Barry Rogers	Bungay Black Dog RC	0	87	0	0	0	0	0	0	0	87
50	Gi Kwong Cheung	Ipswich Jaffa RC	0	0	0	0	86	0	0	0	0	86
51	Jim Bidnall	Bungay Black Dog RC	0	86	0	0	0	0	0	0	0	86

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
52	Kevin Clark	Bungay Black Dog RC	0	0	0	0	0	0	85	0	0	85
53	Christian Bone	Hadleigh Hares AC	0	0	0	0	85	0	0	0	0	85
M50												
1	Paul Nickells	Woodbridge Shufflers RC	99	0	99	0	96	100	98	0	0	492
2	Yusuf Firat	Haverhill Running Club	96	97	98	0	95	99	97	100	0	491
3	Michael Banner	Haverhill Running Club	94	96	96	0	0	97	93	0	95	478
4	Nigel Schofield	Saint Edmund Pacers	92	0	97	0	0	95	95	0	98	477
5	Charles Hann	Sudbury Joggers	97	0	0	0	93	98	94	0	0	382
6	Andy Buck	Sudbury Joggers	0	0	100	0	98	0	100	0	0	298
7	Ian Duggan	Felixstowe RRC	0	0	0	0	94	0	99	0	99	292
8	Kevin Whelan	Felixstowe RRC	0	0	0	0	91	93	90	0	0	274
9	Robert Reason	Stowmarket Striders RC	0	0	0	0	0	90	88	0	90	268
10	Chris Howland	Felixstowe RRC	85	0	0	0	0	87	0	0	91	263
11	William Burdett	Stowmarket Striders RC	88	0	0	0	82	88	0	0	0	258
12	Paul Bird	Bungay Black Dog RC	0	87	0	0	0	83	0	0	86	256
13	Duncan Chamberlain	Ipswich Jaffa RC	86	0	0	0	81	86	0	0	0	253
14	Adrian Cole	Stowmarket Striders RC	81	0	89	0	80	0	0	0	0	250
15	Martin Lawrence	Haverhill Running Club	100	99	0	0	0	0	0	0	0	199
16	Paul Brown	Framlingham Flyers	95	0	0	0	0	0	0	0	100	195
17	Adrian Goode	Felixstowe RRC	98	0	0	0	0	94	0	0	0	192
18	Chris Chorley	Bungay Black Dog RC	0	0	95	0	0	0	0	0	97	192
19	Huw Jones	Saint Edmund Pacers	0	0	90	0	0	0	0	98	0	188
20	Stephen Dixon	Ipswich Jaffa RC	0	0	0	0	90	0	0	0	96	186
21	Shaun Good	Felixstowe RRC	0	0	0	0	89	96	0	0	0	185
22	Philip Beer	Stowmarket Striders RC	90	0	93	0	0	0	0	0	0	183
23	Phil Davies	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	92	180
24	David Daniels	Stowmarket Striders RC	0	0	0	0	0	91	0	0	87	178
25	Paul Mcallister	Hadleigh Hares AC	89	0	0	0	84	0	0	0	0	173
26	Alan Hillyard	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	88	171
27	Joe Naughton	Stowmarket Striders RC	80	90	0	0	0	0	0	0	0	170
28	Darren Bond	Ipswich Jaffa RC	0	0	0	0	85	85	0	0	0	170
29	Douglas Gladwin	Bungay Black Dog RC	78	89	0	0	0	0	0	0	0	167
30	Dave Lampard	Felixstowe RRC	0	0	0	0	78	84	0	0	0	162
31	Karim Ouaddane	Waveney Valley AC	0	100	0	0	0	0	0	0	0	100
32	Glynn Thomas	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	0	100
33	Mark Watts	Saint Edmund Pacers	0	0	0	0	99	0	0	0	0	99
34	Mark Avery	Ipswich Jaffa RC	0	0	0	0	0	0	0	99	0	99
35	Wilfred Campbell	Ipswich Jaffa RC	0	98	0	0	0	0	0	0	0	98
36	Steven Hughes	Stowmarket Striders RC	0	0	0	0	97	0	0	0	0	97
37	Stuart Shepherd	Saint Edmund Pacers	0	0	0	0	0	0	0	97	0	97
38	Alistair Dick	Ipswich Jaffa RC	0	0	0	0	0	0	96	0	0	96
39	Richard Dye	Bungay Black Dog RC	0	95	0	0	0	0	0	0	0	95

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
40	Philip Brown	Saint Edmund Pacers	0	94	0	0	0	0	0	0	0	94
41	Stephen Webster	Saint Edmund Pacers	0	0	94	0	0	0	0	0	0	94
42	Daren Allen	Ipswich Tri Club	0	0	0	0	0	0	0	0	94	94
43	Stephen Hatten	Saint Edmund Pacers	93	0	0	0	0	0	0	0	0	93
44	David Gilbert	Bungay Black Dog RC	0	93	0	0	0	0	0	0	0	93
45	Hugh White	Hadleigh Hares AC	0	0	0	0	0	0	0	0	93	93
46	Dave Limpenny	Bungay Black Dog RC	0	92	0	0	0	0	0	0	0	92
47	Glenn Fruish	Haverhill Running Club	0	0	92	0	0	0	0	0	0	92
48	Stephen Curran	Framlingham Flyers	0	0	0	0	92	0	0	0	0	92
49	Tom Hoblyn	Saint Edmund Pacers	0	0	0	0	0	92	0	0	0	92
50	Rob Mackenzie	Framlingham Flyers	0	0	0	0	0	0	92	0	0	92
51	David Garnham	Ipswich Jaffa RC	91	0	0	0	0	0	0	0	0	91
52	Stephen Oldman	Bungay Black Dog RC	0	91	0	0	0	0	0	0	0	91
53	Barry Judge	Haverhill Running Club	0	0	91	0	0	0	0	0	0	91
54	Howard Revell	Framlingham Flyers	0	0	0	0	0	0	91	0	0	91
55	Steven Durrant	Felixstowe RRC	0	0	0	0	0	89	0	0	0	89
56	Derek Daly	Saxmundham Saxons	0	0	0	0	0	0	89	0	0	89
57	Adrian Hine	Felixstowe RRC	0	0	0	0	0	0	0	0	89	89
58	Colin Whale	Bungay Black Dog RC	0	88	0	0	0	0	0	0	0	88
59	John Norman	Hadleigh Hares AC	87	0	0	0	0	0	0	0	0	87
60	Tim Long	Ipswich Jaffa RC	0	0	0	0	87	0	0	0	0	87
61	Neil Darracraft	Haverhill Running Club	0	0	0	0	86	0	0	0	0	86
62	Ian St Ledger	Sudbury Joggers	84	0	0	0	0	0	0	0	0	84
63	Steve Rulton	Sudbury Joggers	83	0	0	0	0	0	0	0	0	83
64	Gary Clarke	Ipswich Tri Club	82	0	0	0	0	0	0	0	0	82
65	Paul Wallace	Stowmarket Striders RC	79	0	0	0	0	0	0	0	0	79
66	James A Scott	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	0	79
67	Richard Pearce	Ipswich Jaffa RC	0	0	0	0	77	0	0	0	0	77
68	Graham Jackson	Waveney Valley AC	0	0	0	0	76	0	0	0	0	76
69	Henry Wilson	Haverhill Running Club	0	0	0	0	75	0	0	0	0	75
M55												
1	Robin Belsom	Ipswich Jaffa RC	0	0	99	0	100	100	100	0	98	497
2	David Seymour	Felixstowe RRC	98	0	98	0	97	99	0	0	96	488
3	Richard Smith	Felixstowe RRC	96	97	96	0	91	0	96	98	0	483
4	Mon Lee	Ipswich Jaffa RC	0	96	0	0	94	96	94	0	94	474
5	Iain Hunter	Stowmarket Striders RC	92	0	95	0	87	94	92	97	0	470
6	Mark Allen	Woodbridge Shufflers RC	94	94	94	0	86	93	91	0	91	466
7	Ian Sillett	Capel Cheetahs	95	0	0	0	90	95	93	0	92	465
8	Stephen Pretty	Stowmarket Striders RC	99	0	0	0	99	0	0	0	97	295
9	Chris Johns	Woodbridge Shufflers RC	0	0	0	0	95	0	97	99	0	291
10	Peter Finch	Ipswich Jaffa RC	0	0	0	0	93	0	98	0	93	284
11	Bob Jack	Bungay Black Dog RC	91	0	93	0	85	0	0	0	0	269

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
12	Dave Lumby	Ipswich Jaffa RC	100	0	0	100	0	0	0	0	0	200
13	Howard Beasley	Saint Edmund Pacers	0	0	100	0	0	0	0	0	100	200
14	Duncan Chenery	Ipswich Jaffa RC	0	100	0	0	0	0	99	0	0	199
15	Paul Schwer	Felixstowe RRC	97	0	0	0	96	0	0	0	0	193
16	Peter Jay	Saint Edmund Pacers	0	0	97	0	92	0	0	0	0	189
17	Chris Gladwell	Stowmarket Striders RC	0	0	0	0	89	98	0	0	0	187
18	Stuart Green	Stowmarket Striders RC	0	0	0	0	0	0	0	100	0	100
19	Tony Morley	Bungay Black Dog RC	0	99	0	0	0	0	0	0	0	99
20	Alan Jackson	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	99	99
21	Tony Hardy	Bungay Black Dog RC	0	98	0	0	0	0	0	0	0	98
22	Stephen Hicks	Ipswich Harriers	0	0	0	0	98	0	0	0	0	98
23	Tony Adolphus	Ipswich Jaffa RC	0	0	0	0	0	97	0	0	0	97
24	Stuart Smith	Waveney Valley AC	0	95	0	0	0	0	0	0	0	95
25	Gary Hutchings	Framlingham Flyers	0	0	0	0	0	0	95	0	0	95
26	Paul Gilson	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	95	95
27	Steve Halls	Haverhill Running Club	93	0	0	0	0	0	0	0	0	93
28	Keith Page	Newmarket Joggers	0	0	92	0	0	0	0	0	0	92
29	John Clough	Framlingham Flyers	0	0	0	0	0	0	90	0	0	90
30	Steve Wilding	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	0	88
31	Andrew Severy	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	0	84
M60												
1	Brian Rogers	Ipswich Jaffa RC	0	0	100	0	100	100	100	100	0	500
2	Mik Carr	Bungay Black Dog RC	0	98	95	0	96	98	98	0	0	485
3	Don Beatty	Stowmarket Striders RC	100	0	96	0	98	0	99	0	0	393
4	Ker MacRosson	Ipswich Jaffa RC	0	99	99	0	0	0	0	0	100	298
5	Charles Shoolbred	Ipswich Jaffa RC	0	0	98	0	97	0	0	0	98	293
6	Terry Hunter	Stowmarket Striders RC	96	0	92	0	0	0	0	0	98	286
7	Stephen W Mead	Stowmarket Striders RC	0	0	0	0	99	99	0	0	0	198
8	Simon Green	Ipswich Triathlon Club	0	97	0	0	0	0	0	0	99	196
9	Mark Sargeantson	Framlingham Flyers	0	0	0	0	95	0	97	0	0	192
10	Paul Winter	Stowmarket Striders RC	0	0	91	0	93	0	0	0	0	184
11	Bill Kingaby	Waveney Valley AC	0	100	0	0	0	0	0	0	0	100
12	Peter Brunning	Haverhill Running Club	99	0	0	0	0	0	0	0	0	99
13	Steve Bowen	Hadleigh Hares AC	98	0	0	0	0	0	0	0	0	98
14	Miles Johnson	Newmarket Joggers	97	0	0	0	0	0	0	0	0	97
15	Steven Rue	Saint Edmund Pacers	0	0	97	0	0	0	0	0	0	97
16	Richard Farnworth	Felixstowe RRC	0	0	0	0	0	97	0	0	0	97
17	Jos Whateley-Smith	Saxmundham Saxons	0	0	0	0	0	0	96	0	0	96
18	Clive Gardiner	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	0	94
19	Phil Jarvis	Haverhill Running Club	0	0	93	0	0	0	0	0	0	93
20	Graham Page	Saint Edmund Pacers	0	0	0	0	92	0	0	0	0	92

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	TOTAL TOP 5 RACES
			Stowmarket HM 20/03/2016	Bungay HM 17/04/2016	Newmarket 10K 03/07/2016	Twilight 5K 05/08/2016	Twilight 10K 05/08/2016	Coastal 10 Mile 25/09/2016	Saxon 5 Mile 16/10/2016	Hadleigh 5 Mile 27/11/2016	Hadleigh 10 Mile 27/11/2016	
M65+												
1	John Nevin	Haverhill Running Club	100	100	0	0	98	99	0	0	0	397
2	Graham Sampson	Bungay Black Dog RC	0	98	100	0	0	0	0	0	95	293
3	David Taylor	Framlingham Flyers	0	0	0	0	97	0	99	0	96	292
4	Alan Richardson	Waveney Valley AC	0	0	0	0	0	0	100	0	99	199
5	Richard Fellingham	Stowmarket Striders RC	0	99	0	0	0	0	97	0	0	196
6	David Coley	Ipswich Jaffa RC	0	95	0	0	0	0	0	100	0	195
7	Robin Farrar	Bungay Black Dog RC	0	96	0	0	0	0	0	0	94	190
8	David Fordham	Saxmundham Saxons	0	0	0	0	100	0	0	0	0	100
9	Ron McCullough	Ipswich Jaffa RC	0	0	0	0	0	100	0	0	0	100
10	Graham Bush	Woodbridge Shufflers RC	0	0	0	0	0	0	0	0	100	100
11	Philip Hymers	Saint Edmund Pacers	0	0	0	0	99	0	0	0	0	99
12	Roger Brand	Saint Edmund Pacers	99	0	0	0	0	0	0	0	0	99
13	Grayhame Fish	Stowmarket Striders RC	0	0	0	0	0	0	0	99	0	99
14	Peter Russell	Framlingham Flyers	98	0	0	0	0	0	0	0	0	98
15	Brian Turner	Ipswich Jaffa RC	0	0	0	0	0	98	0	0	0	98
16	Roger Hobson	Woodbridge Shufflers RC	0	0	0	0	0	0	98	0	0	98
17	Chris Aylmer	Newmarket Joggers	97	0	0	0	0	0	0	0	0	97
18	Ken Hurst	Bungay Black Dog RC	0	97	0	0	0	0	0	0	0	97
19	Martin Tilley	Saint Edmund Pacers	0	0	0	0	0	97	0	0	0	97