

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

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



Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley 10m	Tarpley 20m	Sudbury 5m Fun Run	Bury Friday 5	GER HM	Martlesham 10k	Stowmarket Scenic 7	Turkey Trot 10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
<b>Female Senior</b>												
1	Emma ATTWOOD	Stowmarket Striders	0	100	0	100	0	100	98	100	498	498
2	Erika DOWNS	Felixstowe RRC	0	0	98	94	98	98	94	96	578	484
3	Kendra HAMMOND	Stowmarket Striders	96	0	96	88	85	0	90	0	455	455
4	Bianca BURMAN	Sudbury Joggers	91	0	95	86	0	92	87	0	451	451
5	Shannen CHURCH	Saxmundham Saxons	0	0	94	83	0	87	0	89	353	353
6	Jess GOODERHAM	Saint Edmund Pacers	0	97	0	99	0	0	97	0	293	293
7	Gemma PORCH	Stowmarket Striders	0	0	0	95	0	96	99	0	290	290
8	Sarah JC LEWIS	Woodbridge Shufflers	0	99	0	96	0	89	0	0	284	284
9	Joanna LUMMIS	Ipswich Jaffa RC	0	94	0	0	89	0	92	0	275	275
10	Sophie CHAPMAN	Felixstowe RRC	0	0	0	84	71	0	85	0	240	240
11	Claire WELLER	Ipswich Jaffa RC	99	0	99	0	0	0	0	0	198	198
12	Alice GOODWIN	Ipswich Harriers	0	0	0	0	99	0	99	0	198	198
13	Collette GREEN	Felixstowe RRC	0	0	0	0	93	96	0	0	189	189
14	Laura BROWN	Stowmarket Striders	97	0	0	90	0	0	0	0	187	187
15	Jessica GOUDKUIL	Sudbury Joggers	0	0	97	0	88	0	0	0	185	185
16	Sian ABBOTT	Ipswich Jaffa RC	0	0	0	0	91	0	0	94	185	185
17	Michelle HEWITT	Framlingham Flyers	0	0	0	89	92	0	0	0	181	181
18	Michaela KADANIKOVA	Ipswich Jaffa RC	0	0	0	0	90	0	91	0	181	181
19	Lucy DRIVER	Felixstowe RRC	0	0	0	0	87	93	0	0	180	180
20	Emma HARRISON	Saxmundham Saxons	93	0	0	0	0	84	0	0	177	177
21	Alice KIRK	Bungay Black Dog RC	0	90	0	0	0	0	0	86	176	176
22	Michelle HOLLAND	Sudbury Joggers	0	89	0	0	0	0	86	0	175	175
23	Natalie JONES	Sudbury Joggers	89	0	0	85	0	0	0	0	174	174
24	Sarah COUSINS	Woodbridge Shufflers	0	91	0	0	83	0	0	0	174	174
25	Stephanie CALLEN	Diss & District AC	95	0	0	0	76	0	0	0	171	171
26	Hannah ST LEDGER	Sudbury Joggers	88	0	0	80	0	0	0	0	168	168
27	Laura BUTTON	Bungay Black Dog RC	0	93	0	0	74	0	0	0	167	167
28	Victoria KENNY	Hadleigh Hares AC	100	0	0	0	0	0	0	0	100	100
29	Megan NEWTON	West Suffolk AC	0	0	100	0	0	0	0	0	100	100
30	Laura THOMAS	Ipswich Jaffa RC	0	0	0	0	100	0	0	0	100	100
31	Holly ARCHER	West Suffolk AC	0	0	0	0	0	0	100	0	100	100
32	Marian PATTEN	Ipswich Harriers	0	0	0	0	0	99	0	0	99	99
33	Cally PLACE	Saint Edmund Pacers	98	0	0	0	0	0	0	0	98	98
34	Emma BARROWCLOUGH	Sudbury Joggers	0	98	0	0	0	0	0	0	98	98
35	Samantha SPENCER	Ipswich Jaffa RC	0	0	0	98	0	0	0	0	98	98
36	Emma DRURY	Sudbury Joggers	0	0	0	0	0	0	0	98	98	98
37	Kirsty MILLARD	Haverhill Running Club	0	0	0	97	0	0	0	0	97	97
38	Gemma GILBERT	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
39	Victoria BREADMAN	Felixstowe RRC	0	0	0	0	0	97	0	0	97	97
40	Nefise ONBASI	Sudbury Joggers	0	0	0	0	0	0	0	97	97	97
41	Alice BAGSHAW	Haverhill Running Club	0	96	0	0	0	0	0	0	96	96
42	Louise TALMAGE	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	96	96
43	Philippa WRIGHT	Woodbridge Shufflers	0	95	0	0	0	0	0	0	95	95
44	Katie KING	Saint Edmund Pacers	0	0	0	95	0	0	0	0	95	95
45	Becky FOSTER	Felixstowe RRC	0	0	0	0	0	95	0	0	95	95
46	Clare DOUGLAS	Stowmarket Striders	0	0	0	0	0	0	95	0	95	95
47	Bethany ROGERS	Bungay Black Dog RC	0	0	0	0	0	0	0	95	95	95
48	Sian GUYTON	Sudbury Joggers	94	0	0	0	0	0	0	0	94	94
49	Sasha CHILVERS	Framlingham Flyers	0	0	0	0	94	0	0	0	94	94
50	Lydia KIRK	Framlingham Flyers	0	0	0	0	0	94	0	0	94	94
51	Andrea SENIOR	Sudbury Joggers	0	0	93	0	0	0	0	0	93	93
52	Chloe GODBOLD	Ipswich Harriers	0	0	0	93	0	0	0	0	93	93
53	Anna MARTON	Felixstowe RRC	0	0	0	0	0	0	93	0	93	93
54	Rebecca DEAN	Diss & District AC	0	0	0	0	0	0	0	93	93	93
55	Amanda SCARFF	Waveney Valley AC	92	0	0	0	0	0	0	0	92	92
56	Emma GOODMAN	Framlingham Flyers	0	92	0	0	0	0	0	0	92	92
57	Anna SALISBURY	Sudbury Joggers	0	0	92	0	0	0	0	0	92	92
58	Jasmine RAJA	West Suffolk AC	0	0	0	92	0	0	0	0	92	92
59	Holly BURROWS	Framlingham Flyers	0	0	0	0	0	0	0	92	92	92
60	Lynsey CHENERY	Ipswich Jaffa RC	0	0	0	91	0	0	0	0	91	91
61	Sophie COLEMAN	Ipswich Jaffa RC	0	0	0	0	0	91	0	0	91	91
62	Camilla DARLING	Waveney Valley AC	0	0	0	0	0	0	91	0	91	91
63	Victoria HOLLAND	Ipswich Jaffa RC	90	0	0	0	0	0	0	0	90	90
64	Lorna MAYCOCK	Capel Cheetahs	0	0	0	0	0	90	0	0	90	90
65	Rosemary PLANT	Waveney Valley AC	0	0	0	0	0	0	0	90	90	90
66	Louise FAGGETTER	Stowmarket Striders	0	0	0	0	0	0	89	0	89	89
67	Jodie LOCK	Ipswich Jaffa RC	0	88	0	0	0	0	0	0	88	88
68	Jayne PRIMERA	Bungay Black Dog RC	0	0	0	0	0	88	0	0	88	88
69	Tegan ALLARD-AUSTIN	Stowmarket Striders	0	0	0	0	0	0	88	0	88	88
70	Lisa FARRINGTON	Waveney Valley AC	0	0	0	0	0	0	0	88	88	88
71	Rachael MILLER	Felixstowe RRC	87	0	0	0	0	0	0	0	87	87
72	Courtney TURNER	Felixstowe RRC	0	0	0	87	0	0	0	0	87	87
73	Lily CAPPS-JENNER	Bungay Black Dog RC	0	0	0	0	0	0	0	87	87	87
74	Kasia PRZYKOWSKA	Saint Edmund Pacers	0	0	0	0	86	0	0	0	86	86
75	Amelia PAGE	Ipswich Jaffa RC	0	0	0	0	0	86	0	0	86	86
76	Adriana HOUCHELL	Ipswich Jaffa RC	0	0	0	0	0	85	0	0	85	85
77	Stacey REMBLANCE	Bungay Black Dog RC	0	0	0	0	0	0	0	85	85	85
78	Samantha MEADOWS	Stowmarket Striders	0	0	0	84	0	0	0	0	84	84
79	Kate HEEKS	Stowmarket Striders	0	0	0	82	0	0	0	0	82	82
80	Jessica THORPE	Stowmarket Striders	0	0	0	0	82	0	0	0	82	82
81	Rachael HATTEN	Saint Edmund Pacers	0	0	0	81	0	0	0	0	81	81
82	Claire WIGG	Stowmarket Striders	0	0	0	0	81	0	0	0	81	81
83	Claire REACH	Stowmarket Striders	0	0	0	0	80	0	0	0	80	80
84	Gemma CANNON	Woodbridge Shufflers	0	0	0	0	79	0	0	0	79	79
85	Gemma BECKETT	Felixstowe RRC	0	0	0	0	78	0	0	0	78	78
86	Courtney GILLINGS	Felixstowe RRC	0	0	0	0	77	0	0	0	77	77
87	Laura WEDGBURY	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	75	75
88	Molly BERGDAHL	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
89	Fiona HEARSUM	Stowmarket Striders	0	0	0	0	72	0	0	0	72	72
90	Sian DURRANT	Hadleigh Hares AC	0	0	0	0	70	0	0	0	70	70
91	Louise WRIGHT	Felixstowe RRC	0	0	0	0	69	0	0	0	69	69
92	Stacey FARROW	Ipswich Jaffa RC	0	0	0	0	68	0	0	0	68	68
<b>F35</b>												
1	Jenny MERRY	Sudbury Joggers	93	0	93	88	0	0	87	90	451	451
2	Rachel BODSWORTH	Hadleigh Hares AC	100	0	100	98	100	0	0	0	398	398
3	Kate HUTSON	Ipswich Jaffa RC	0	0	97	0	90	95	95	0	377	377

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
4	Caroline PERRY	Ipswich Jaffa RC	0	90	0	0	88	93	92	0	363	363
5	Katie EVERETT	Framlingham Flyers	0	0	0	93	82	92	0	92	359	359
6	Debbie KING	Stowmarket Striders	97	0	0	94	78	0	89	0	358	358
7	Pippa SARGENT	Stowmarket Striders	91	0	0	0	76	91	86	0	344	344
8	Bex GILBERT	Felixstowe RRC	0	0	0	0	93	0	91	94	278	278
9	Sarah CHAMBERLIN	Sudbury Joggers	92	0	95	0	0	0	83	0	270	270
10	Alison RENSHAW	Ipswich Jaffa RC	0	0	0	89	66	0	80	0	235	235
11	Sabrina NORTON	Bungay Black Dog RC	0	100	0	0	0	0	0	100	200	200
12	Rachael HAMBLYN	Ipswich Jaffa RC	0	0	99	0	0	0	99	0	198	198
13	Alison FOX	Saxmundham Saxons	0	0	0	0	0	100	0	98	198	198
14	Rosie DENNY	Woodbridge Shufflers	0	98	0	0	99	0	0	0	197	197
15	Lisa DOVE	Sudbury Joggers	0	0	0	0	0	98	98	0	196	196
16	Joanne HARPER	Felixstowe RRC	98	0	0	95	0	0	0	0	193	193
17	Sarah SEVERWRIGHT	Felixstowe RRC	99	0	0	0	94	0	0	0	193	193
18	Katrina RIGBY	Hadleigh Hares AC	0	95	0	0	97	0	0	0	192	192
19	Marie GRIMES	Ipswich Jaffa RC	0	0	0	96	95	0	0	0	191	191
20	Pam MORGAN	Framlingham Flyers	95	0	0	0	0	94	0	0	189	189
21	Claire BLANCHFORD	Saint Edmund Pacers	0	0	0	0	91	0	97	0	188	188
22	Robyn RAKE	Stowmarket Striders	94	0	0	92	0	0	0	0	186	186
23	Tanya HOLLOWAY	Bungay Black Dog RC	0	91	0	0	0	0	0	95	186	186
24	Sarah PENNOCK	Sudbury Joggers	0	0	0	0	0	0	88	89	177	177
25	Rachel MILES	Sudbury Joggers	0	0	92	0	0	0	82	0	174	174
26	Charlotte DURRANT	Stowmarket Striders	0	0	0	0	87	0	0	87	174	174
27	Claire FRADLEY	Sudbury Joggers	0	89	0	0	0	0	84	0	173	173
28	Melanie MANSFIELD	Haverhill Running Club	96	0	0	0	72	0	0	0	168	168
29	Lucy STREET	Saint Edmund Pacers	0	0	0	87	81	0	0	0	168	168
30	Clare WEST	Bungay Black Dog RC	0	93	0	0	74	0	0	0	167	167
31	Liz ATKINS	Felixstowe RRC	0	0	0	90	75	0	0	0	165	165
32	Carla WIGGINS	Felixstowe RRC	0	94	0	0	69	0	0	0	163	163
33	Lauren CARR	Felixstowe RRC	88	0	0	0	71	0	0	0	159	159
34	Kara MOORE-DAMANT	Stowmarket Striders	0	0	0	0	70	0	85	0	155	155
35	Sam BANKS	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
36	Nicky CHAPMAN	Newmarket Joggers	0	0	0	0	0	0	100	0	100	100
37	Michelle GORDON	Felixstowe RRC	0	99	0	0	0	0	0	0	99	99
38	Hannah POLLARD	Newmarket Joggers	0	0	0	99	0	0	0	0	99	99
39	Jo HARRIS	Capel Cheetahs	0	0	0	0	0	99	0	0	99	99
40	Stephanie PIMLOTT	Waveney Valley AC	0	0	0	0	0	0	0	99	99	99
41	Karen MARTIN	Haverhill Running Club	0	0	98	0	0	0	0	0	98	98
42	Helen MOORE	Stowmarket Striders	0	0	0	0	98	0	0	0	98	98
43	Emma GAMMONS	Felixstowe RRC	0	97	0	0	0	0	0	0	97	97
44	Laura ALI	Framlingham Flyers	0	0	0	97	0	0	0	0	97	97
45	Doris WILLMONT	Framlingham Flyers	0	0	0	0	0	97	0	0	97	97
46	Leah KNEE	Framlingham Flyers	0	0	0	0	0	0	0	97	97	97
47	Carol KEMP	Felixstowe RRC	0	96	0	0	0	0	0	0	96	96
48	Lisa WINNINGTON	Newmarket Joggers	0	0	96	0	0	0	0	0	96	96
49	Bianca THEERUTH	Saint Edmund Pacers	0	0	0	0	96	0	0	0	96	96
50	Abby GAETA	Ipswich Jaffa RC	0	0	0	0	0	96	0	0	96	96
51	Claire BATTERY	Stowmarket Striders	0	0	0	0	0	0	96	0	96	96
52	Amy GODBOLD	Bungay Black Dog RC	0	0	0	0	0	0	0	96	96	96
53	Joanne VICKERY	Haverhill Running Club	0	0	94	0	0	0	0	0	94	94
54	Claire WHITE	Ipswich Jaffa RC	0	0	0	0	0	0	94	0	94	94
55	Lucinda FENDLEY	Ipswich Jaffa RC	0	0	0	0	0	0	93	0	93	93
56	Demelza HAMMOND	Waveney Valley AC	0	0	0	0	0	0	0	93	93	93
57	Viv THOMAS	Saint Edmund Pacers	0	92	0	0	0	0	0	0	92	92
58	Anna WHATLING	Sudbury Joggers	0	0	0	0	92	0	0	0	92	92
59	Dawn DIXON	Haverhill Running Club	0	0	0	91	0	0	0	0	91	91
60	Hayley COLES	Felixstowe RRC	0	0	0	0	0	0	0	91	91	91
61	Clair FIDDAMAN	Felixstowe RRC	90	0	0	0	0	0	0	0	90	90
62	Analdina BARBOSA	Saxmundham Saxons	0	0	0	0	0	90	0	0	90	90
63	Geraldine CLIFFORD	Sudbury Joggers	0	0	0	0	0	0	90	0	90	90
64	Terri GOULD	Felixstowe RRC	89	0	0	0	0	0	0	0	89	89
65	Abby POWLETT	Ipswich Jaffa RC	0	0	0	0	89	0	0	0	89	89
66	Victoria THURSTON	Saxmundham Saxons	0	0	0	0	0	89	0	0	89	89
67	Anneli OSTLER	Felixstowe RRC	0	88	0	0	0	0	0	0	88	88
68	Donna MILNER	Waveney Valley AC	0	0	0	0	0	0	0	88	88	88
69	Anna GRANT	Stowmarket Striders	0	0	0	0	86	0	0	0	86	86
70	Svitlana ZINCHENKO	Newmarket Joggers	0	0	0	0	85	0	0	0	85	85
71	Jen WRIGHT	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	84	84
72	Claire MASKERY	Stowmarket Striders	0	0	0	0	83	0	0	0	83	83
73	Charlotte RICHARDSON	Sudbury Joggers	0	0	0	0	0	0	81	0	81	81
74	Emily VIGOR	Stowmarket Striders	0	0	0	0	80	0	0	0	80	80
75	Helen LORENZ	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	79	79
76	Lucy PETERKIN	Framlingham Flyers	0	0	0	0	77	0	0	0	77	77
77	Sarah MILES	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
78	Karina HUNT	Haverhill Running Club	0	0	0	0	68	0	0	0	68	68
79	Jennifer EVANS	Woodbridge Shufflers	0	0	0	0	67	0	0	0	67	67
<b>F40</b>												
1	Joanna WOLEGDE	Saint Edmund Pacers	100	0	100	0	0	100	100	100	500	500
2	Amanda DUNN	Hadleigh Hares AC	0	0	99	97	93	98	98	92	577	485
3	Alex SMITH	Stowmarket Striders	0	0	98	95	91	95	97	0	476	476
4	Tina GORE	Sudbury Joggers	0	0	97	93	86	0	95	0	469	469
5	Kate HAYWARD-BRACKENBURY	Woodbridge Shufflers RC	96	0	95	91	87	94	0	0	463	463
6	Tina CHURCH	Saxmundham Saxons	89	0	89	88	77	87	0	0	430	430
7	Melanie SHERMAN	Ipswich Jaffa RC	0	99	0	0	98	0	0	0	295	295
8	Sally-Ann BOWEN	Sudbury Joggers	0	0	0	99	97	0	0	96	292	292
9	Clare MOODIE	Framlingham Flyers	0	0	0	0	0	96	99	93	288	288
10	Clare GILLIBRAND	Sudbury Joggers	0	0	92	89	0	0	89	0	270	270
11	Rebecca LANGFORD	Waveney Valley AC	0	100	0	0	0	0	0	97	197	197
12	Joanne CARTWRIGHT	Framlingham Flyers	99	0	0	0	0	97	0	0	196	196
13	Lisa KNIGHTS	Waveney Valley AC	0	98	0	0	0	0	0	98	196	196
14	Rebecca EVANS	Sudbury Joggers	0	96	0	0	0	0	0	99	195	195
15	Sam LINASSI	Felixstowe RRC	0	0	0	0	94	99	0	0	193	193
16	Anna GRAY	Bungay Black Dog RC	0	0	0	0	0	0	96	94	190	190
17	Alison BLACKWELL	Saint Edmund Pacers	0	95	0	92	0	0	0	0	187	187
18	Kerensa CARRICK	Woodbridge Shufflers	0	93	0	0	0	0	93	0	186	186
19	Tamasin WOOD	Framlingham Flyers	0	0	0	0	0	92	94	0	186	186
20	Jo WALKER	Bungay Black Dog RC	0	0	0	0	90	0	0	95	185	185
21	Jules WILLIS	Sudbury Joggers	90	0	90	0	0	0	0	0	180	180
22	Sally SANDFORD	Sudbury Joggers	88	0	0	0	0	0	88	0	176	176
23	Sam COULDRIDGE	Sudbury Joggers	94	0	0	0	81	0	0	0	175	175
24	Tina CULLUM	Ipswich Jaffa RC	0	0	0	87	0	0	86	0	173	173
25	Zoey BATTELL	Sudbury Joggers	87	0	0	0	0	0	83	0	170	170
26	Jules COOPER	Sudbury Joggers	0	0	0	0	78	0	92	0	170	170

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			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
27	Marianne HEDGE	Felixstowe RRC	0	0	0	0	0	85	84	0	169	169
28	Claire ROOKE	Sudbury Joggers	0	0	0	84	0	0	85	0	169	169
29	Amanda BREWSTER	Stowmarket Striders	86	0	0	0	75	0	0	0	161	161
30	Julie ABERNETHY	Ipswich Jaffa RC	0	0	0	86	74	0	0	0	160	160
31	Karen MURPHY	Hadleigh Hares AC	0	0	87	0	69	0	0	0	156	156
32	Zohra ARMITAGE	Saint Edmund Pacers	0	0	0	100	0	0	0	0	100	100
33	Alice HEATHER-HAYES	Hadleigh Hares AC	0	0	0	0	100	0	0	0	100	100
34	Victoria MOSELEY	Stowmarket Striders	0	0	0	0	99	0	0	0	99	99
35	Carolynn ANDERSON	Newmarket Joggers	97	0	0	0	0	0	0	0	97	97
36	Rachel DARVILL	Haverhill Running Club	0	97	0	0	0	0	0	0	97	97
37	Susie MOULE	Sudbury Joggers	0	0	96	0	0	0	0	0	96	96
38	Louise GODDARD	Stowmarket Striders	0	0	0	96	0	0	0	0	96	96
39	Ruth PALMER	Saint Edmund Pacers	0	0	0	0	96	0	0	0	96	96
40	Cherilyn LANE	Haverhill Running Club	95	0	0	0	0	0	0	0	95	95
41	Sarah FITCH	Felixstowe RRC	0	0	0	0	95	0	0	0	95	95
42	Rachel DIXEY	Felixstowe RRC	0	0	94	0	0	0	0	0	94	94
43	Julie MARSH	Sudbury Joggers	0	94	0	0	0	0	0	0	94	94
44	Anna SMITH	Stowmarket Striders	0	0	0	94	0	0	0	0	94	94
45	Emma RUANE	Sudbury Joggers	0	0	93	0	0	0	0	0	93	93
46	Chris ALDERTON	Stowmarket Striders	93	0	0	0	0	0	0	0	93	93
47	Nancy WRIGHT	Woodbridge Shufflers	0	0	0	0	0	93	0	0	93	93
48	Yvonne DOE	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
49	Hayley SKINNER	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	92	92
50	Jacquelyn COBBOLD	Hadleigh Hares AC	0	0	91	0	0	0	0	0	91	91
51	Caroline HOLLANDS	Saint Edmund Pacers	91	0	0	0	0	0	0	0	91	91
52	Sarah JEGGO	Sudbury Joggers	0	0	0	0	0	91	0	0	91	91
53	Karen WOOD	Sudbury Joggers	0	0	0	0	0	91	0	0	91	91
54	Clare BAILIE	Stowmarket Striders	0	0	0	0	0	0	0	91	91	91
55	Lorraine MILLS	Stowmarket Striders	0	0	0	90	0	0	0	0	90	90
56	Caroline STAFFORD	Felixstowe RRC	0	0	0	0	0	90	0	0	90	90
57	Sarah WATKINS	Hadleigh Hares AC	0	0	0	0	0	0	90	0	90	90
58	Julie RICKARDS	Bungay Black Dog RC	0	0	0	0	0	0	0	90	90	90
59	Kirsti MARTIN	Stowmarket Striders	0	0	0	0	89	0	0	0	89	89
60	Trudie TIMMS	Framlingham Flyers	0	0	0	0	0	89	0	0	89	89
61	Joanne TAYLOR	Bungay Black Dog RC	0	0	0	0	0	0	0	89	89	89
62	Angela SOAMES	Felixstowe RRC	0	0	88	0	0	0	0	0	88	88
63	Kate FRANCIS	Saxmundham Saxons	0	0	0	0	88	0	0	0	88	88
64	Kate MAWSON	Framlingham Flyers	0	0	0	0	0	88	0	0	88	88
65	Louise REED	Bungay Black Dog RC	0	0	0	0	0	0	0	88	88	88
66	Amanda FRASER FISH	Woodbridge Shufflers	0	0	0	0	0	0	87	0	87	87
67	Laura DEAL	Bungay Black Dog RC	0	0	0	0	0	0	0	87	87	87
68	Maria BILNER	Ipswich Jaffa RC	0	0	0	0	0	86	0	0	86	86
69	Victoria PULLINGER	Bungay Black Dog RC	0	0	0	0	0	0	0	86	86	86
70	Hayley GUNN BRUCE	Sudbury Joggers	85	0	0	0	0	0	0	0	85	85
71	Kara EDHOUSE-THOMAS	Ipswich Jaffa RC	0	0	0	85	0	0	0	0	85	85
72	Claire PALFREY	Ipswich Jaffa RC	0	0	0	0	85	0	0	0	85	85
73	Lisa CONE	Waveney Valley AC	0	0	0	0	0	0	0	85	85	85
74	Amanda SMITH	Felixstowe RRC	84	0	0	0	0	0	0	0	84	84
75	Juliet GARNHAM	Stowmarket Striders	0	0	0	0	84	0	0	0	84	84
76	Hilary BALL	Bungay Black Dog RC	0	0	0	0	0	0	0	84	84	84
77	Zara DAVIS	Hadleigh Hares AC	0	0	0	0	83	0	0	0	83	83
78	Corinna HUSSEY	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	83	83
79	Kate LINDSAY	Ipswich Jaffa RC	0	0	0	0	80	0	0	0	80	80
80	Anna SHIRESS	Hadleigh Hares AC	0	0	0	0	79	0	0	0	79	79
81	Jo MCKENZIE	Woodbridge Shufflers RRC	0	0	0	0	76	0	0	0	76	76
82	Emma NEWMAN	Framlingham Flyers	0	0	0	0	73	0	0	0	73	73
83	Leonora CHANDLER	Woodbridge Shufflers RRC	0	0	0	0	72	0	0	0	72	72
84	Charlotte RICHARDSON	Ipswich Jaffa RC	0	0	0	0	71	0	0	0	71	71
85	Joanne SAVILL	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
F45												
1	Odette ROBSON	Saint Edmund Pacers	0	0	100	100	100	100	100	0	500	500
2	Mary Ann TULI	Haverhill Running Club	100	0	99	0	97	0	99	100	495	495
3	Catherine WALSH	Felixstowe RRC	98	0	96	97	0	99	95	97	582	487
4	Sarah VICK	Saxmundham Saxons	93	0	97	95	0	95	91	94	565	474
5	Eloise BIRD	Saint Edmund Pacers	0	0	0	94	90	97	92	89	462	462
6	Mandy GODBOLD	Ipswich Harriers	95	0	94	85	84	93	86	0	537	453
7	Sally SOLOMON	Felixstowe RRC	84	0	90	79	0	88	72	0	413	413
8	Jo DICKINSON	Felixstowe RRC	83	0	0	80	76	0	73	85	397	397
9	Linda ALDRED	Framlingham Flyers	0	0	0	96	0	98	96	96	386	386
10	Catherine BELSOM	Stowmarket Striders	99	0	98	0	92	0	93	0	382	382
11	Amanda PRIOR	Capel Cheetahs	88	0	91	0	0	92	83	0	354	354
12	Jo CLIFTON	Saxmundham Saxons	89	0	0	0	85	91	77	0	342	342
13	Tracey ROSE	Stowmarket Striders	91	0	0	88	83	0	78	0	340	340
14	Melody-Anne NEVILLE	Stowmarket Striders	97	0	95	0	0	0	80	0	272	272
15	Karen GRANT	Haverhill Running Club	90	0	92	0	82	0	0	0	264	264
16	Karen CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	86	88	0	84	0	258	258
17	Joanne BROOKE	Felixstowe RRC	0	0	0	83	0	0	81	88	252	252
18	Julia MOSS-ECCARDT	Stowmarket Striders	86	0	0	82	0	0	76	0	244	244
19	Sharon BREWARD	Sudbury Joggers	85	0	0	0	78	0	79	0	242	242
20	Kate BEER	Stowmarket Striders	96	0	0	98	0	0	0	0	194	194
21	Samantha COOPER	Sudbury Joggers	94	0	93	0	0	0	0	0	187	187
22	Anika SHENFIELD	Felixstowe RRC	0	99	0	0	87	0	0	0	186	186
23	Kaye BRANTON	Felixstowe RRC	0	0	0	0	0	96	90	0	186	186
24	Lisa WILSON	Waveney Valley AC	0	98	0	0	86	0	0	0	184	184
25	Karen HAMILTON	Stowmarket Striders	0	0	0	0	0	94	0	90	184	184
26	Nikki HOLLAND-GLADWISH	Bungay Black Dog RC	0	0	0	0	89	0	0	95	184	184
27	Denise KING	Felixstowe RRC	0	97	0	0	80	0	0	0	177	177
28	Lisa BOND	Ipswich Jaffa RC	0	0	0	81	0	0	82	0	163	163
29	Sandra GARNER	Stowmarket Striders	0	0	0	0	77	0	75	0	152	152
30	Mandi MOYSE	Framlingham Flyers	0	100	0	0	0	0	0	0	100	100
31	Angela JOINER-HANDY	Saint Edmund Pacers	0	0	0	99	0	0	0	0	99	99
32	Geraldine CLARKE	Framlingham Flyers	0	0	0	0	99	0	0	0	99	99
33	Jo LOCKHART	Bungay Black Dog RC	0	0	0	0	0	0	0	99	99	99
34	Caroline DOOLAN	Ipswich Jaffa RC	0	0	0	0	98	0	0	0	98	98
35	Mary NAREY	Stowmarket Striders	0	0	0	0	0	0	98	0	98	98
36	Emma MEIRING	Bungay Black Dog RC	0	0	0	0	0	0	0	98	98	98
37	Anna SINCLAIR	Ipswich Triathlon Club	0	0	0	0	0	0	97	0	97	97
38	Sandra WEBB	Saint Edmund Pacers	0	0	0	0	96	0	0	0	96	96
39	Kay Oxford	Hadleigh Hares AC	0	0	0	0	95	0	0	0	95	95
40	Belinda SMITH	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	94	94
41	Jo HAYWARD	Stowmarket Striders	0	0	0	0	0	0	94	0	94	94
42	Bernadette WHITE	Hadleigh Hares AC	0	0	0	93	0	0	0	0	93	93
43	Fiona HUNT	Ipswich Jaffa RC	0	0	0	0	93	0	0	0	93	93

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
44	Grainne PURVIS	Waveney Valley AC	0	0	0	0	0	0	0	93	93	93
45	Jo FISK	Waveney Valley AC	92	0	0	0	0	0	0	0	92	92
46	Helen CAIN	Stowmarket Striders	0	0	0	92	0	0	0	0	92	92
47	Louise HARROD	Waveney Valley AC	0	0	0	0	0	0	0	92	92	92
48	Jan HART	Stowmarket Striders	0	0	0	91	0	0	0	0	91	91
49	Suzanne HEATH	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
50	Sarah COULTER	Framlingham Flyers	0	0	0	0	0	0	0	91	91	91
51	Malene GODSON	Stowmarket Striders	0	0	0	90	0	0	0	0	90	90
52	Suzanne FROST	Sudbury Joggers	0	0	0	0	0	90	0	0	90	90
53	Karen EATON	Felixstowe RRC	0	0	0	89	0	0	0	0	89	89
54	Justine WISEMAN	Saxmundham Saxons	0	0	0	0	0	89	0	0	89	89
55	Jo PARDEN	Framlingham Flyers	0	0	0	0	0	89	0	0	89	89
56	Alison FRENCH	Felixstowe RRC	0	0	0	0	0	88	0	0	88	88
57	Helen SPOONER	Haverhill Running Club	87	0	0	0	0	0	0	0	87	87
58	Kathryn GERRY	Woodbridge Shufflers	0	0	0	87	0	0	0	0	87	87
59	Deidre OWEN	Stowmarket Striders	0	0	0	0	0	87	0	0	87	87
60	Caroline CLAMP	Waveney Valley AC	0	0	0	0	0	0	0	87	87	87
61	Mandy MOORE	Bungay Black Dog RC	0	0	0	0	0	0	0	86	86	86
62	Helen WING	Stowmarket Striders	0	0	0	0	0	0	85	0	85	85
63	Amanda CHILDS	Ipswich Jaffa RC	0	0	0	84	0	0	0	0	84	84
64	Suzie WARMAN	Bungay Black Dog RC	0	0	0	0	0	0	0	84	84	84
65	Judith SADLER	Bungay Black Dog RC	0	0	0	0	0	0	0	83	83	83
66	Lucie MORRAN	Bungay Black Dog RC	0	0	0	0	0	0	0	82	82	82
67	Hayley ROCHE	Ipswich Triathlon Club	0	0	0	0	81	0	0	0	81	81
68	Caroline BLACKMORE	Woodbridge Shufflers	0	0	0	0	79	0	0	0	79	79
69	Michelle HOLDEN	Stowmarket Striders	0	0	0	0	75	0	0	0	75	75
70	Nicola CANT	Sudbury Joggers	0	0	0	0	0	0	74	0	74	74
71	Rosie KERR	Sudbury Joggers	0	0	0	0	0	0	71	0	71	71
<b>F50</b>												
1	Marion PARKER	Felixstowe RRC	0	0	100	98	99	99	99	98	593	495
2	Jackie HANN	Sudbury Joggers	99	0	0	96	98	97	98	99	587	491
3	Teresa FRANKLIN	Haverhill Running Club	96	0	98	92	0	96	95	0	477	477
4	Ann GRANGER	Saxmundham Saxons	0	95	97	90	89	93	92	94	650	471
5	Ruth COWLIN	Sudbury Joggers	93	0	0	91	94	95	93	96	562	471
6	Jackie COLLINS	Felixstowe RRC	0	0	94	88	93	90	86	93	544	458
7	Angela WHITING	Stowmarket Striders	0	0	96	89	0	92	89	92	458	458
8	Claire JAY	Stowmarket Striders	88	0	0	82	81	0	81	88	420	420
9	Sil CLAY	Haverhill Running Club	0	98	99	0	92	0	0	0	289	289
10	Val JENNINGS	Ipswich Jaffa RC	0	0	0	99	0	100	0	0	199	199
11	Dee ST LEDGER	Sudbury Joggers	0	97	0	0	100	0	0	0	197	197
12	Claire HOBYLN	Saint Edmund Pacers	0	0	0	97	0	0	100	0	197	197
13	Dianne HUGHES	Stowmarket Striders	97	0	0	0	0	0	0	100	197	197
14	Helen DUGGAN	Felixstowe RRC	0	99	0	0	0	0	97	0	196	196
15	Kirsty WEAVERS	Saint Edmund Pacers	0	0	0	95	96	0	0	0	191	191
16	Sandy PHILLIPS	Ipswich Jaffa RC	0	0	0	0	95	94	0	0	189	189
17	Ellen HOLLINGWORTH	Stowmarket Striders	0	0	0	0	0	0	94	95	189	189
18	Wendy ALDHOUSE	Haverhill Running Club	90	0	95	0	0	0	0	0	185	185
19	Sandy MALOY	Sudbury Joggers	0	0	92	0	0	0	88	0	180	180
20	Kathy DINES	Ipswich Jaffa RC	0	0	0	0	88	0	91	0	179	179
21	Jenny LYNCH	Felixstowe RRC	91	0	0	86	0	0	0	0	177	177
22	Carol BLISS	Haverhill Running Club	0	0	0	0	84	0	0	0	176	176
23	Rachel HIRST	Bungay Black Dog RC	0	0	0	0	85	0	0	91	176	176
24	Sue MOYE	Sudbury Joggers	87	0	0	0	0	0	83	0	170	170
25	Halley SUTTLE	Stowmarket Striders	100	0	0	0	0	0	0	0	100	100
26	Amanda MARTIN	Saint Edmund Pacers	0	100	0	0	0	0	0	0	100	100
27	Sandy THOROGOOD	Sudbury Joggers	0	0	0	100	0	0	0	0	100	100
28	Jo STEPHENSON	Stowmarket Striders	98	0	0	0	0	0	0	0	98	98
29	Maureen KELLY	Woodbridge Shufflers RRC	0	0	0	0	0	98	0	0	98	98
30	Michelle CONSTABLE	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
31	Deirdra OWEN	Stowmarket Striders	0	0	0	0	0	0	0	97	97	97
32	Karen GEDGE	Bungay Black Dog RC	0	96	0	0	0	0	0	0	96	96
33	Dawn MARSHALL	Saint Edmund Pacers	0	0	0	0	0	0	96	0	96	96
34	Arabella LEWENDON	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
35	Sandra MAYHEW	Stowmarket Striders	0	0	0	0	0	0	0	0	94	94
36	Sharon WARLAND	Stowmarket Striders	0	0	0	94	0	0	0	0	94	94
37	Trish KEMPSON	Hadleigh Hares AC	0	0	93	0	0	0	0	0	93	93
38	Linda BAXTER	Saint Edmund Pacers	0	0	0	93	0	0	0	0	93	93
39	Jane GARVIN	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
40	Jan RISEBROW	Felixstowe RRC	0	0	0	0	0	91	0	0	91	91
41	Kate WOOD	Woodbridge Shufflers RRC	0	0	0	0	90	0	0	0	90	90
42	Catherine FUELL	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
43	Tracey HAYLOCK	Bungay Black Dog RC	0	0	0	0	0	0	0	90	90	90
44	Grace JUDGE	Haverhill Running Club	89	0	0	0	0	0	0	0	89	89
45	Clare WEBB	Bungay Black Dog RC	0	0	0	0	0	0	0	89	89	89
46	Denise WRIGHT	Stowmarket Striders	0	0	0	87	0	0	0	0	87	87
47	Michaela GOOCH	Waveney Valley AC	0	0	0	0	87	0	0	0	87	87
48	Tracy HUMPHRIES	Stowmarket Striders	0	0	0	0	0	0	87	0	87	87
49	Jenny JARRETT	Felixstowe RRC	0	0	0	0	86	0	0	0	86	86
50	Roxanne DOWNES	Ipswich Jaffa RC	0	0	0	85	0	0	0	0	85	85
51	Jacquie WEBB	Sudbury Joggers	0	0	0	0	0	0	85	0	85	85
52	Jacqueline CHUBB	Ipswich Triathlon Club	0	0	0	84	0	0	0	0	84	84
53	Jean REYNOLDS	Brandon Fern Hoppers	0	0	0	0	0	0	84	0	84	84
54	Janis TAYLOR	Ipswich Jaffa RC	0	0	0	83	0	0	0	0	83	83
55	Alyson Zena LIMPKIN-CHALLIS	Felixstowe RRC	0	0	0	0	83	0	0	0	83	83
56	Lynda GOODWIN	Brandon Fern Hoppers	0	0	0	0	0	0	82	0	82	82
57	Sarah HODGE	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
58	Jane REASON	Stowmarket Striders	0	0	0	0	0	0	80	0	80	80
<b>F55</b>												
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	99	100	99	100	100	98	99	695	498
2	Nicola STEVENSON	Felixstowe RRC	0	96	99	96	0	98	97	0	486	486
3	Jo WHELAN	Felixstowe RRC	0	97	98	95	95	0	93	0	478	478
4	Gillian CHARLTON	Stowmarket Striders	95	0	0	94	93	0	94	0	376	376
5	Belinda GODBOLD	Ipswich Jaffa RC	0	100	0	100	0	0	100	0	300	300
6	Wendy HUGHES	Stowmarket Striders	99	0	0	0	0	0	99	100	298	298
7	Rita RUE	Saint Edmund Pacers	96	0	0	98	98	0	0	0	292	292
8	Christine ASHE	Bungay Black Dog RC	0	0	0	97	0	0	0	98	292	292
9	Rosemarie BALL	Bungay Black Dog RC	98	0	0	0	99	0	0	0	197	197
10	Jayne CAPPS-JENNER	Bungay Black Dog RC	0	0	0	0	97	0	0	96	193	193
11	Debbie MCDOWALL	Stowmarket Striders	94	0	0	0	96	0	0	0	190	190
12	Sandra ROBERTS	Ipswich Jaffa RC	0	0	0	0	94	0	92	0	186	186
13	Sally QUIRK	Stowmarket Striders	93	0	0	0	0	0	91	0	184	184
14	Sue HUNTER	Stowmarket Striders	92	0	0	0	0	0	90	0	182	182

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
15	Angela BRINKLEY	Stowmarket Striders	100	0	0	0	0	0	0	0	100	100
16	Alison HILL	Framlingham Flyers	0	0	0	0	0	99	0	0	99	99
17	Melanie ROBERTS	Woodbridge Shufflers	0	98	0	0	0	0	0	0	98	98
18	Vivienne BROUGHTON	Saxmundham Saxons	0	0	0	0	0	97	0	0	97	97
19	Jackie BELL	Bungay Black Dog RC	0	0	0	0	0	0	0	97	97	97
20	Jane MOON	Felixstowe RRC	0	0	0	0	0	96	0	0	96	96
21	Louise ADAMSON	Waveney Valley AC	0	0	0	0	0	0	96	0	96	96
22	Susan SPAULDING	Felixstowe RRC	0	0	0	0	0	95	0	0	95	95
23	Charlotte HAWES	Stowmarket Striders	0	0	0	0	0	0	95	0	95	95
24	Denis ROBINSON	Stowmarket Striders	0	0	0	93	0	0	0	0	93	93
25	Bridget GOLDSTONE	Stowmarket Striders	0	0	0	0	92	0	0	0	92	92
<b>F60</b>												
1	Vivienne TAYLOR	Framlingham Flyers	0	0	0	98	0	100	0	98	296	296
2	Jenny MORGAN	Saint Edmund Pacers	0	0	0	100	0	0	100	0	200	200
3	Patricia TUTTLE	Waveney Valley AC	0	98	0	0	100	0	0	0	198	198
4	Belinda SCHOFIELD	Newmarket Joggers	0	0	0	0	0	0	99	99	198	198
5	Trish HOPKINS	Felixstowe RRC	0	0	100	94	0	0	0	0	194	194
6	Cheryl TRUNDLE	Haverhill Running Club	0	100	0	0	0	0	0	0	100	100
7	Hazel GARRITY	Bungay Black Dog RC	0	0	0	0	0	0	0	100	100	100
8	Marion WALKER	Framlingham Flyers	0	99	0	0	0	0	0	0	99	99
9	Carolyn HAWORTH	Saint Edmund Pacers	0	0	0	99	0	0	0	0	99	99
10	Mary BURGESS	Felixstowe RRC	0	0	0	0	99	0	0	0	99	99
11	Riita WOOD	Framlingham Flyers	0	0	0	0	0	99	0	0	99	99
12	Zoila REYES	Felixstowe RRC	0	0	0	0	98	0	0	0	98	98
13	Annette HUGGINS	Framlingham Flyers	0	0	0	0	0	0	98	0	98	98
14	Sue HARGADON	Ipswich Triathlon Club	0	97	0	0	0	0	0	0	97	97
15	Anne OLIVER	Felixstowe RRC	0	0	0	97	0	0	0	0	97	97
16	Sally ALEXANDER	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
17	Judith MASTERS	Bungay Black Dog RC	0	0	0	0	0	0	0	97	97	97
18	Jane BAILEY	Felixstowe RRC	0	0	0	96	0	0	0	0	96	96
19	Julie GLENN	Saxmundham Saxons	0	0	0	0	96	0	0	0	96	96
20	Carol MCINTOSH	Newmarket Joggers	0	0	0	95	0	0	0	0	95	95
<b>F65+</b>												
1	Moira PINKNEY	Ipswich Triathlon Club	0	0	0	100	100	0	99	0	299	299
2	Marianne BURNELL	Ipswich Jaffa RC	100	0	0	0	99	0	98	0	297	297
3	Maureen WRIGHT	Ipswich Jaffa RC	0	100	0	99	0	0	0	0	199	199
4	Wendy MERFIELD	Saxmundham Saxons	0	0	100	0	0	0	0	0	100	100
5	Paula MCCANN	Ipswich Triathlon Club	0	0	0	0	0	0	100	0	100	100
6	Anne FISH	Stowmarket Striders	99	0	0	0	0	0	0	0	99	99
7	Chris GAY	Stowmarket Striders	0	0	0	98	0	0	0	0	98	98
<b>MS</b>												
1	Kieran HAYLES	Sudbury Joggers	0	100	98	77	99	99	100	0	573	496
2	Neil GILLINGHAM	Ipswich Harriers	0	94	90	84	65	85	88	85	591	442
3	Jake CHURCH	Saxmundham Saxons	82	0	82	68	0	79	0	83	394	394
4	James HAYWARD	Ipswich Jaffa RC	99	0	99	97	0	0	98	0	393	393
5	Keelan SMITH	Saxmundham Saxons	0	83	80	51	31	72	80	75	472	390
6	Mark HAYWARD	Newmarket Joggers	0	0	97	93	0	0	96	99	385	385
7	Joe ROBSON	Saint Edmund Pacers	0	0	95	91	0	93	94	0	373	373
8	James COOPER	Stowmarket Striders	0	84	0	60	43	74	81	0	342	342
9	Sam BROOKE	Felixstowe RRC	0	93	0	82	69	0	92	0	336	336
10	James CORNISH	Woodbridge Shufflers	93	0	0	90	0	94	0	0	277	277
11	Matt FORD-THOMAS	Saxmundham Saxons	0	0	0	0	87	91	0	96	274	274
12	Daniel INGLEBY	Ipswich Jaffa RC	0	0	0	85	0	88	91	0	264	264
13	Matthew CRANE	Saint Edmund Pacers	0	98	0	86	79	0	0	0	263	263
14	Oliver RICHES	Hadleigh Hares AC	0	92	0	75	0	86	0	0	253	253
15	Aiden CHURCH	Saxmundham Saxons	87	0	87	74	0	0	0	0	248	248
16	Andy HAYWARD	Stowmarket Striders	78	0	0	0	0	0	82	80	240	240
17	Paul DOCKERILL	Newmarket Joggers	0	0	0	76	71	0	0	93	240	240
18	Justin POTTER	Stowmarket Striders	89	0	0	73	58	0	0	0	220	220
19	Robert CHENERY	Ipswich Jaffa RC	0	0	0	0	100	0	0	100	200	200
20	Adam WADE	Ipswich Jaffa RC	0	0	0	96	0	0	99	0	195	195
21	Ben CHURCHMAN	Diss & District AC	0	97	0	0	0	0	0	98	195	195
22	Ian OLD	Ipswich Jaffa RC	0	0	0	0	95	0	97	0	192	192
23	Tom KINGSNORTH	Saint Edmund Pacers	97	0	0	94	0	0	0	0	191	191
24	Gary INGRAM	Ipswich Jaffa RC	0	0	0	52	59	80	0	0	191	191
25	Michael GILBERT	Haverhill Running Club	91	0	0	99	0	0	0	0	190	190
26	James WILSON	Saxmundham Saxons	0	0	93	95	0	0	0	0	188	188
27	Brett DEAKIN	Felixstowe RRC	79	0	0	0	36	71	0	0	186	186
28	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	90	95	0	0	185	185
29	Jon GLANFIELD	Felixstowe RRC	0	0	0	0	88	0	0	97	185	185
30	Darren BARFIELD	Sudbury Joggers	90	0	89	0	0	0	0	0	179	179
31	Westley WALKER	Haverhill Running Club	0	0	86	89	0	0	0	0	175	175
32	Andrew COLLETT	Stowmarket Striders	88	0	85	0	0	0	0	0	173	173
33	Ashley SMY	Ipswich Jaffa RC	0	0	0	87	86	0	0	0	173	173
34	Bob MILNER	Waveney Valley AC	0	86	0	0	0	0	0	87	173	173
35	John CHELL	Ipswich Jaffa RC	0	82	0	58	27	0	0	0	167	167
36	Gregory STOWE	Stowmarket Striders	0	0	0	0	22	68	77	0	167	167
37	Ben DEAN	Diss & District AC	0	88	0	0	0	0	0	78	166	166
38	Andrew CALLEN	Diss & District AC	0	87	0	0	74	0	0	0	161	161
39	Brian BLOOMFIELD	Sudbury Joggers	0	0	78	0	0	0	83	0	161	161
40	Alastair READ	Felixstowe RRC	0	0	0	78	81	0	0	0	159	159
41	Gavin BOAG	Stowmarket Striders	0	0	79	0	0	0	79	0	158	158
42	Jamie PAYNE	Framlingham Flyers	0	81	0	0	0	0	0	77	158	158
43	Lee CORNWELL	Ipswich Jaffa RC	0	0	0	54	28	73	0	0	155	155
44	Alec WRIGHT	Ipswich Jaffa RC	0	0	0	0	64	87	0	0	151	151
45	Kyle CHURCH	Saxmundham Saxons	0	0	81	69	0	0	0	0	150	150
46	Neil CATLEY	Felixstowe RRC	0	0	0	62	0	0	0	88	150	150
47	Matthew EVELEIGH	Stowmarket Striders	84	0	0	65	0	0	0	0	149	149
48	Adam BRETT	Felixstowe RRC	0	0	0	71	78	0	0	0	149	149
49	Alastair BARTLETT	Woodbridge Shufflers	0	0	0	0	67	82	0	0	149	149
50	John MCKEE	Framlingham Flyers	83	0	0	64	0	0	0	0	147	147
51	Christopher BING	Ipswich Jaffa RC	0	0	0	72	63	0	0	0	135	135
52	Peter WOODS	Felixstowe RRC	0	0	0	0	48	0	0	86	134	134
53	Geraint WHITE	Ipswich Jaffa RC	0	0	0	88	45	0	0	0	133	133
54	James BOULDIN	Framlingham Flyers	0	0	0	0	46	77	0	0	123	123
55	Neil DENNIS	Stowmarket Striders	0	0	0	0	32	0	84	0	116	116
56	Dylan POMIETLO	Felixstowe RRC	0	90	0	0	24	0	0	0	114	114
57	Aaron DURRANT	Hadleigh Hares AC	0	0	0	67	47	0	0	0	114	114
58	Paul WRIGHT	Woodbridge Shufflers	0	0	0	0	33	75	0	0	108	108
59	Josh ENTWISTLE	Felixstowe RRC	100	0	0	0	0	0	0	0	100	100
60	Danny ROCK	Ipswich Jaffa RC	0	0	100	0	0	0	0	0	100	100

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
61	Tony ADAMS	Ipswich Harriers	0	0	0	100	0	0	0	0	100	100
62	Tom ADAMS	Ipswich Harriers	0	0	0	0	0	100	0	0	100	100
63	Gordon IRVINE	Newmarket Cycling & Tri Club	0	99	0	0	0	0	0	0	99	99
64	Steve FRASER-LIM	Ipswich Jaffa RC	98	0	0	0	0	0	0	0	98	98
65	Denys OLEFIR	Newmarket Joggers	0	0	0	98	0	0	0	0	98	98
66	Benjamin TURLEY	Ipswich Jaffa RC	0	0	0	0	98	0	0	0	98	98
67	Alex TRIPP	Ipswich Harriers	0	0	0	0	0	98	0	0	98	98
68	James CALVERT	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
69	Caspar LE FANU	Woodbridge Shufflers	0	0	0	0	0	97	0	0	97	97
70	Luke WOOD	Framlingham Flyers	96	0	0	0	0	0	0	0	96	96
71	Dale SKOULDING	Bungay Black Dog RC	0	96	0	0	0	0	0	0	96	96
72	Craig SISSON	Haverhill Running Club	0	0	96	0	0	0	0	0	96	96
73	Craig FIDDAMAN	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	96	96
74	Harry FITZGERALD	Ipswich Harriers	0	0	0	0	0	96	0	0	96	96
75	Samuel BURDETT	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
76	Chris HALL	Bungay Black Dog RC	0	95	0	0	0	0	0	0	95	95
77	Oscar WOOD	Framlingham Flyers	0	0	0	0	0	0	95	0	95	95
78	John ALDRED	Framlingham Flyers	0	0	0	0	0	0	0	95	95	95
79	Marcus BOON	Ipswich Jaffa RC	94	0	0	0	0	0	0	0	94	94
80	Scott WILLIAMS	Stowmarket Striders	0	0	94	0	0	0	0	0	94	94
81	Jonathan LING	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	94	94
82	Chris BRADFORD	Waveney Valley AC	0	0	0	0	0	0	0	94	94	94
83	Scott RAMSEY	Ipswich Jaffa RC	0	0	0	0	93	0	0	0	93	93
84	Brad DREW	Felixstowe RRC	0	0	0	0	23	70	0	0	93	93
85	Elliot WELLS	Stowmarket Striders	0	0	0	0	0	0	93	0	93	93
86	Philip GREEN	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
87	David WILLER	Hadleigh Hares AC	0	0	92	0	0	0	0	0	92	92
88	Andrew BELL	Haverhill Running Club	0	0	0	92	0	0	0	0	92	92
89	Chris WITMORE	Bungay Black Dog RC	0	0	0	0	92	0	0	0	92	92
90	Gary TAYLOR	Felixstowe RRC	0	0	0	0	0	92	0	0	92	92
91	Jamie FITTOCK	Sudbury Joggers	0	0	0	0	0	0	0	92	92	92
92	Mark SALISBURY	Sudbury Joggers	0	91	0	0	0	0	0	0	91	91
93	Martin WILSON	Stowmarket Striders	0	0	91	0	0	0	0	0	91	91
94	Marc BRIGGS	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
95	Daniel HARRIS	Waveney Valley AC	0	0	0	0	0	0	0	91	91	91
96	Oliver DAYKIN	Newmarket Joggers	0	0	0	0	0	90	0	0	90	90
97	Alex HOBBS	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
98	Timothy EARL	Waveney Valley AC	0	0	0	0	0	0	0	90	90	90
99	Karl MITCHELL	Felixstowe RRC	0	89	0	0	0	0	0	0	89	89
100	Andy ELLIS	Felixstowe RRC	0	0	0	0	89	0	0	0	89	89
101	James HUMPHREYS	Ipswich Jaffa RC	0	0	0	0	0	89	0	0	89	89
102	Stuart BUCHAN	Ipswich Jaffa RC	0	0	0	0	0	0	89	0	89	89
103	Ricci WILSON	Waveney Valley AC	0	0	0	0	0	0	0	89	89	89
104	Chris WELLS	Sudbury Joggers	0	0	88	0	0	0	0	0	88	88
105	Peter REACH	Stowmarket Striders	0	0	0	0	0	0	87	0	87	87
106	Shane ALLUM	Felixstowe RRC	86	0	0	0	0	0	0	0	86	86
107	Edward TRICKER	Stowmarket Striders	0	0	0	0	0	0	86	0	86	86
108	Mark AUSTIN	Woodbridge Shufflers	85	0	0	0	0	0	0	0	85	85
109	Adam UNDERWOOD	Saint Edmund Pacers	0	85	0	0	0	0	0	0	85	85
110	Darren THOMAS	Hadleigh Hares AC	0	0	0	0	85	0	0	0	85	85
111	Alex JACOBS	Felixstowe RRC	0	0	0	0	0	0	85	0	85	85
112	Ben COWLEY	Saxmundham Saxons	0	0	84	0	0	0	0	0	84	84
113	Liam NUDD	Waveney Valley AC	0	0	0	0	84	0	0	0	84	84
114	Tom ALEXANDER	Woodbridge Shufflers	0	0	0	0	0	84	0	0	84	84
115	Leon NEEVE	Waveney Valley AC	0	0	0	0	0	0	0	84	84	84
116	Will JOHNSONWOOD	Sudbury Joggers	0	0	83	0	0	0	0	0	83	83
117	Thomas ABBOTT	Ipswich Harriers	0	0	0	83	0	0	0	0	83	83
118	Shaun NICHOLLS	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	83	83
119	Morgan MOORE	Stowmarket Striders	0	0	0	0	0	83	0	0	83	83
120	Camerson THICK	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
121	Shaun BUTTON	Bungay Black Dog RC	0	0	0	0	0	0	0	82	82	82
122	Marc BENSON	Haverhill Running Club	81	0	0	0	0	0	0	0	81	81
123	Lee HARRISON	Ipswich Harriers	0	0	0	81	0	0	0	0	81	81
124	James ELLUL	Felixstowe RRC	0	0	0	0	0	81	0	0	81	81
125	Stuart LAWN	Bungay Black Dog RC	0	0	0	0	0	0	0	81	81	81
126	Oscar DOYLE	Ipswich Triathlon Club	80	0	0	0	0	0	0	0	80	80
127	Kallum BREWARD	Sudbury Joggers	0	0	0	80	0	0	0	0	80	80
128	Charlton DAMANT	Ipswich Triathlon Club	0	0	0	0	80	0	0	0	80	80
129	Conner BILNER	Ipswich Jaffa RC	0	0	0	79	0	0	0	0	79	79
130	Daryl MCKEOWN	Waveney Valley AC	0	0	0	0	0	0	0	79	79	79
131	Ash TADJRISHI	Woodbridge Shufflers	0	0	0	0	0	78	0	0	78	78
132	Matthew SMITH	Stowmarket Striders	0	0	0	0	0	0	78	0	78	78
133	Sam RICHARDSON	Ipswich Triathlon Club	0	0	0	0	77	0	0	0	77	77
134	Tom BRUCE	Ipswich Triathlon Club	0	0	0	0	76	0	0	0	76	76
135	Paul JONES	Ipswich Jaffa RC	0	0	0	0	0	76	0	0	76	76
136	Stuart BEAL-COLLINS	Sudbury Joggers	0	0	0	0	0	0	76	0	76	76
137	Sonny NEEVE	Waveney Valley AC	0	0	0	0	0	0	0	76	76	76
138	Robert GRAINGER	Stowmarket Striders	0	0	0	0	75	0	0	0	75	75
139	Dave CATCHPOLE	Waveney Valley AC	0	0	0	0	0	0	0	74	74	74
140	James WILLINGHAM	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
141	Simon COOPER	Felixstowe RRC	0	0	0	0	0	0	0	73	73	73
142	Rob PAGE	Ipswich Jaffa RC	0	0	0	0	72	0	0	0	72	72
143	Ed PHILLIPS	Bungay Black Dog RC	0	0	0	0	0	0	0	72	72	72
144	Graham TURNER	Diss & District AC	0	0	0	0	0	0	0	71	71	71
145	Kevin MILLARD	Haverhill Running Club	0	0	0	70	0	0	0	0	70	70
146	Jack WARD	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
147	Steve KIRK	Framlingham Flyers	0	0	0	0	0	69	0	0	69	69
148	Anthony NIGHTINGALE	Ipswich Triathlon Club	0	0	0	0	68	0	0	0	68	68
149	George WRIGHT	Stowmarket Striders	0	0	0	66	0	0	0	0	66	66
150	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	66	0	0	0	66	66
151	Ryan BARTLETT	Saint Edmund Pacers	0	0	0	63	0	0	0	0	63	63
152	Matt BENSON	Sudbury Joggers	0	0	0	0	62	0	0	0	62	62
153	Peter JENKYN	Saint Edmund Pacers	0	0	0	61	0	0	0	0	61	61
154	Jason SMITH	Sudbury Joggers	0	0	0	0	61	0	0	0	61	61
155	Lukasz SUPERNAK	Saint Edmund Pacers	0	0	0	0	60	0	0	0	60	60
156	Andrew MANN	Ipswich Jaffa RC	0	0	0	59	0	0	0	0	59	59
157	Ross ARNOLD	Haverhill Running Club	0	0	0	57	0	0	0	0	57	57
158	Michael MOORE	Stowmarket Striders	0	0	0	0	57	0	0	0	57	57
159	Matt REASON	Stowmarket Striders	0	0	0	56	0	0	0	0	56	56
160	Wayne GARDNER	Stowmarket Striders	0	0	0	0	56	0	0	0	56	56
161	Robert GRIMSEY	Hadleigh Hares AC	0	0	0	55	0	0	0	0	55	55
162	James WRIGHT	Ipswich Jaffa RC	0	0	0	0	55	0	0	0	55	55
163	David WRIGHT	Ipswich Jaffa RC	0	0	0	0	54	0	0	0	54	54
164	Graham DIXON	Haverhill Running Club	0	0	0	53	0	0	0	0	53	53

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
165	Mark LEEKS	Ipswich Jaffa RC	0	0	0	0	53	0	0	0	53	53
166	Dean SEARLE	Felixstowe RRC	0	0	0	0	52	0	0	0	52	52
167	Chris CONNOLLY	Ipswich Jaffa RC	0	0	0	0	51	0	0	0	51	51
168	Robert KEMP	Felixstowe RRC	0	0	0	50	0	0	0	0	50	50
169	Ben BROWN	Framlingham Flyers	0	0	0	0	50	0	0	0	50	50
170	Craig WRIGHT	Ipswich Triathlon Club	0	0	0	0	49	0	0	0	49	49
171	Richard WILKINS	Felixstowe RRC	0	0	0	0	44	0	0	0	44	44
172	Dan SEDGWICK	Ipswich Jaffa RC	0	0	0	0	42	0	0	0	42	42
173	Thomas HUNNISETT	Saxmundham Saxons	0	0	0	0	41	0	0	0	41	41
174	Andy MILEY	Ipswich Jaffa RC	0	0	0	0	40	0	0	0	40	40
175	Oliver LEWIS	Ipswich Jaffa RC	0	0	0	0	39	0	0	0	39	39
176	Ian ROBINSON	Woodbridge Shufflers	0	0	0	0	38	0	0	0	38	38
177	David MAYES	Felixstowe RRC	0	0	0	0	37	0	0	0	37	37
178	Richard DEAN	Ipswich Triathlon Club	0	0	0	0	35	0	0	0	35	35
179	Nick JARROLD	Ipswich Jaffa RC	0	0	0	0	34	0	0	0	34	34
180	Gregory PRYKE	Ipswich Jaffa RC	0	0	0	0	30	0	0	0	30	30
181	Jonny MILES	Felixstowe RRC	0	0	0	0	29	0	0	0	29	29
182	Darryl YATES	Ipswich Jaffa RC	0	0	0	0	26	0	0	0	26	26
183	James DOYLE	Stowmarket Striders	0	0	0	0	25	0	0	0	25	25
184	Ian BODSWORTH	Hadleigh Hares AC	0	0	0	0	21	0	0	0	21	21
185	David WEEDING	Stowmarket Striders	0	0	0	0	20	0	0	0	20	20
186	Christopher HULME	Waveney Valley AC	0	0	0	0	19	0	0	0	19	19
<b>M40</b>												
1	Jim LAST	Framlingham Flyers	100	0	0	100	100	100	100	100	600	500
2	Benjamin JACOBS	Felixstowe RRC	0	100	100	0	99	99	99	99	596	497
3	Darren COOK	Felixstowe RRC	0	95	0	0	93	97	98	95	478	478
4	Robin HARPER	Felixstowe RRC	0	99	0	0	94	90	93	97	564	474
5	Richard SMITH	Sudbury Joggers	0	97	98	91	83	88	94	91	645	474
6	Mark ROSE	Ipswich Jaffa RC	95	0	97	86	87	0	93	86	544	458
7	Dave BEIGHTON	Saint Edmund Pacers	94	0	0	89	80	0	95	92	450	450
8	Aaron NOBLE	Sudbury Joggers	92	0	96	0	0	83	87	88	446	446
9	Peter BIRD	Saint Edmund Pacers	0	0	0	82	74	85	89	75	405	405
10	Tim LARKE	Stowmarket Striders	0	0	0	98	97	98	0	96	389	389
11	Chris LEEK	Framlingham Flyers	0	0	0	96	95	92	0	97	380	380
12	Paul OSBORNE	Felixstowe RRC	0	91	0	0	91	90	96	0	368	368
13	James HOWLETT	Framlingham Flyers	0	0	0	83	84	0	92	87	346	346
14	Jonathan BARNES	Woodbridge Shufflers	0	0	0	81	85	87	90	0	343	343
15	Steve CLARK	Sudbury Joggers	0	88	91	0	71	0	79	0	329	329
16	Daniel GOULD	Felixstowe RRC	0	87	89	73	0	0	0	80	329	329
17	Anthony HARRIS	Sudbury Joggers	90	0	92	77	68	0	0	0	327	327
18	Jess FARTHING	Felixstowe RRC	0	98	0	95	0	95	0	0	288	288
19	Daniel MEAD	Saint Edmund Pacers	0	94	0	84	0	0	91	0	269	269
20	Adam MUMFORD	Sudbury Joggers	0	96	0	85	81	0	0	0	262	262
21	Derek HOOD	Ipswich Jaffa RC	0	93	0	0	82	86	0	0	261	261
22	Michael RUSHTON	Saint Edmund Pacers	93	0	0	88	79	0	0	0	260	260
23	Jimmy SECKER	Sudbury Joggers	0	0	0	0	80	86	86	85	251	251
24	Martin AVIS	Saint Edmund Pacers	0	0	94	78	77	0	0	0	249	249
25	Mark GOODWIN	Felixstowe RRC	0	90	0	0	76	81	0	0	247	247
26	Karl FEAGAN	Hadleigh Hares AC	0	0	93	0	67	79	0	0	239	239
27	Lee CRISP	Felixstowe RRC	0	0	0	75	66	0	83	0	224	224
28	Jason ALLARD	Stowmarket Striders	96	0	0	0	98	0	0	0	194	194
29	Jason TAYLOR	Felixstowe RRC	0	0	0	97	94	0	0	0	191	191
30	Stephen BROOK	Stowmarket Striders	98	0	0	90	0	0	0	0	188	188
31	Kieron SAVAGE	Sudbury Joggers	0	0	99	0	0	0	88	0	187	187
32	Mark HAYDEN	Ipswich Harriers	0	0	0	0	92	94	0	0	186	186
33	Len SAUNDERS	Felixstowe RRC	0	0	0	93	0	89	0	0	182	182
34	Andy ECCLES	Saint Edmund Pacers	0	92	0	87	0	0	0	0	179	179
35	Garry CULLUM	Felixstowe RRC	0	0	0	80	0	0	0	98	178	178
36	Andrew CRAIG	Woodbridge Shufflers	0	0	0	0	86	91	0	0	177	177
37	Jem SMITH	Sudbury Joggers	0	0	0	0	0	0	85	89	174	174
38	Simon ELLIOTT	Sudbury Joggers	0	0	88	0	0	0	84	0	172	172
39	Jeremy READER	Newmarket Joggers	0	0	90	76	0	0	0	0	166	166
40	Matt SAUNDERS	Felixstowe RRC	89	0	0	74	0	0	0	0	163	163
41	Ben BURROWS	Woodbridge Shufflers	0	0	0	0	78	82	0	0	160	160
42	John ADAMS	Ipswich Jaffa RC	0	0	0	79	73	0	0	0	152	152
43	Simon WIGGINS	Felixstowe RRC	0	86	0	0	63	0	0	0	149	149
44	Carl JARRETT	Felixstowe RRC	0	0	0	0	60	0	80	0	140	140
45	Julian HOLLAND-GLADWISH	Bungay Black Dog RC	0	0	0	0	61	0	0	77	138	138
46	Stuart SIMMONS	Ipswich Jaffa RC	99	0	0	0	0	0	0	0	99	99
47	Ashley PROCTOR	Haverhill Running Club	0	0	0	99	0	0	0	0	99	99
48	Trevor BUNCH	Haverhill Running Club	97	0	0	0	0	0	0	0	97	97
49	Nick PALMER	Stowmarket Striders	0	0	0	0	96	0	0	0	96	96
50	Kevin PEIRCE	Ipswich	0	0	0	0	0	96	0	0	96	96
51	Andre NEVILLE	Stowmarket Striders	0	0	95	0	0	0	0	0	95	95
52	Richard LEEDER	Stowmarket Striders	0	0	0	0	0	0	0	93	93	93
53	Alan HART	Stowmarket Striders	0	0	0	92	0	0	0	0	92	92
54	Matt BALDRY	Waveney Valley AC	91	0	0	0	0	0	0	0	91	91
55	Graham COULTER	Framlingham Flyers	0	0	0	0	0	0	0	90	90	90
56	Tim PAGE	Saint Edmund Pacers	0	89	0	0	0	0	0	0	89	89
57	David HEARN-PERCY	Haverhill Running Club	0	0	0	0	89	0	0	0	89	89
58	Simon MERRICK	Felixstowe RRC	88	0	0	0	0	0	0	0	88	88
59	Daniel KINSMAN	Framlingham Flyers	0	0	0	0	88	0	0	0	88	88
60	Ian ELDEN	Sudbury Joggers	0	0	87	0	0	0	0	0	87	87
61	Steven STEARNS	Sudbury Joggers	0	85	0	0	0	0	0	0	85	85
62	Simon TINKLER	Framlingham Flyers	0	0	0	0	0	84	0	0	84	84
63	Stuart SPURGEON	Waveney Valley AC	0	0	0	0	0	0	0	84	84	84
64	Lee PHILLIPS	Framlingham Flyers	0	0	0	0	0	0	0	83	83	83
65	Neil MARTIN	Stowmarket Striders	0	0	0	0	0	0	82	0	82	82
66	Neil WILLIAMSON	Newmarket Joggers	0	0	0	0	0	0	0	82	82	82
67	Frank BARRETT	Stowmarket Striders	0	0	0	0	0	81	0	0	81	81
68	Stuart GOVEY	Bungay Black Dog RC	0	0	0	0	0	0	0	81	81	81
69	David THOMAS	Bungay Black Dog RC	0	0	0	0	0	0	79	0	79	79
70	Simon HARKIN	Stowmarket Striders	0	0	0	0	0	78	0	0	78	78
71	Adrian KING	Bungay Black Dog RC	0	0	0	0	0	0	0	78	78	78
72	Martyn WOODGATE	Bungay Black Dog RC	0	0	0	0	0	0	0	76	76	76
73	Marcus CATLIN	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	75	75
74	Peter GRAY	Framlingham Flyers	0	0	0	0	72	0	0	0	72	72
75	Paul BALLARD	Hadleigh Hares AC	0	0	0	0	70	0	0	0	70	70
76	Daniel SHANKS	Felixstowe RRC	0	0	0	0	69	0	0	0	69	69
77	Jacob COLLINS	Ipswich Jaffa RC	0	0	0	0	65	0	0	0	65	65
78	Dan JARROLD	Ipswich Triathlon Club	0	0	0	0	64	0	0	0	64	64
79	Richard DAY	Stowmarket Striders	0	0	0	0	62	0	0	0	62	62
80	Gary JARVIS	Felixstowe RRC	0	0	0	0	59	0	0	0	59	59

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
81	Jon CORWIN	Hadleigh Hares AC	0	0	0	0	58	0	0	0	58	58
82	Neil LAY	Felixstowe RRC	0	0	0	0	57	0	0	0	57	57
83	Dale MASON	Ipswich Triathlon Club	0	0	0	0	56	0	0	0	56	56
84	Nick WILLIAMS	Felixstowe RRC	0	0	0	0	55	0	0	0	55	55
<b>M45</b>												
1	Adam HOWLETT	Framlingham Flyers	100	0	0	99	100	97	100	100	596	499
2	Darren SHEPPARD	Framlingham Flyers	99	0	0	98	0	100	98	99	494	494
3	Steve BROOKE	Felixstowe RRC	98	0	0	97	98	98	97	96	584	488
4	Piotr BULACZ	Sudbury Joggers	0	0	100	94	0	95	96	98	483	483
5	Tom HASLAM	Saxmundham Saxons	0	97	98	0	93	93	95	0	476	476
6	Richard DEMPSEY	Woodbridge Shufflers	0	95	0	88	88	90	91	0	452	452
7	Guy HAYWARD	Framlingham Flyers	0	0	0	85	0	89	90	88	352	352
8	Richard SORE	Ipswich Jaffa RC	0	0	0	72	71	78	77	0	298	298
9	Dave SOLOMON	Felixstowe RRC	0	0	0	0	0	99	99	97	295	295
10	Mark WHITE	Haverhill Running Club	97	0	99	0	0	94	0	0	290	290
11	Will ALDRED	Framlingham Flyers	0	0	0	95	95	0	0	94	284	284
12	Chris SUGARS	Ipswich Harriers	96	0	0	87	0	0	0	91	274	274
13	Neil MUSTOE	Haverhill Running Club	91	0	0	89	87	0	0	0	267	267
14	Mark HUGHES	Stowmarket Striders	93	0	95	0	0	0	75	0	263	263
15	Glen AVIS	Hadleigh Hares AC	0	0	94	79	0	87	0	0	260	260
16	Daniel AGER	Ipswich Jaffa RC	0	0	0	86	83	84	0	0	253	253
17	Carl BERGDAHL	Ipswich Jaffa RC	0	0	0	0	81	86	84	0	251	251
18	Rakesh RAJA	Saint Edmund Pacers	0	99	97	0	0	0	0	0	196	196
19	Roger STONE	Felixstowe RRC	0	0	96	0	0	96	0	0	192	192
20	Jon WILES	Bungay Black Dog RC	0	100	0	0	0	0	0	92	192	192
21	Craig DEARDEN-PHILLIPS	Saint Edmund Pacers	94	0	0	92	0	0	0	0	186	186
22	Steve SYMMS	Stowmarket Striders	0	0	0	0	90	0	93	0	183	183
23	Vince WEBB	Saint Edmund Pacers	0	0	0	90	91	0	0	0	181	181
24	Toby CRAIG	Bungay Black Dog RC	0	96	0	0	0	0	0	83	179	179
25	Glenn PROCTOR	Stowmarket Striders	90	0	0	80	0	0	0	0	170	170
26	Bill BESLEY	Stowmarket Striders	0	0	0	84	0	0	86	0	170	170
27	Steve JEGGO	Sudbury Joggers	0	0	0	0	0	80	87	0	167	167
28	Andrew SMITH	Saint Edmund Pacers	88	0	0	76	0	0	0	0	164	164
29	Paul HEEKS	Stowmarket Striders	86	0	0	78	0	0	0	0	164	164
30	Steve CHAPMAN	Stowmarket Striders	0	0	0	82	0	0	0	81	163	163
31	Alistair GOODIER	Ipswich Jaffa RC	0	0	0	77	85	0	0	0	162	162
32	Jonathan WILDING	Felixstowe RRC	0	0	0	81	80	0	0	0	161	161
33	Sid HAYGREEN	Sudbury Joggers	0	0	93	0	68	0	0	0	161	161
34	Barry ROGERS	Bungay Black Dog RC	0	0	0	0	76	0	0	84	160	160
35	Simon HEDGE	Felixstowe RRC	0	0	0	0	74	75	0	0	149	149
36	David DAMANT	Stowmarket Striders	0	0	0	0	69	0	76	0	145	145
37	Keith TILLEY	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
38	John THORPE	Ipswich Jaffa RC	0	0	0	0	99	0	0	0	99	99
39	Tom PULLINGER	Bungay Black Dog RC	0	98	0	0	0	0	0	0	98	98
40	Nick HAMMOND	Framlingham Flyers	0	0	0	0	97	0	0	0	97	97
41	Richard HEWITT	Ipswich Triathlon Club	0	0	0	0	96	0	0	0	96	96
42	Tim HANMAN	Ipswich Jaffa RC	0	0	0	96	0	0	0	0	96	96
43	Andy BARBER	Haverhill Running Club	95	0	0	0	0	0	0	0	95	95
44	Steven CARUTHERS	Waveney Valley AC	0	0	0	0	0	0	0	95	95	95
45	Mark FORD	Felixstowe RRC	0	0	0	0	94	0	0	0	94	94
46	Dave LEATHER	Stowmarket Striders	0	94	0	0	0	0	0	0	94	94
47	Keith WILLIAMS	Ipswich Jaffa RC	0	0	0	0	0	94	0	0	94	94
48	John GREENER	Saint Edmund Pacers	0	0	0	93	0	0	0	0	93	93
49	Jim COMBER	Sudbury Joggers	0	0	0	0	0	0	0	93	93	93
50	Neil KING	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	92	92
51	Mark SKOULDING	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
52	Peter ANDREWS	Ipswich Harriers	0	0	0	0	0	92	0	0	92	92
53	Ian GOODERHAM	Saint Edmund Pacers	0	0	0	0	0	0	92	0	92	92
54	Martin LITTLE	Stowmarket Striders	0	0	0	91	0	0	0	0	91	91
55	Stewart HANBLING	Framlingham Flyers	0	0	0	0	0	91	0	0	91	91
56	Clive DAVEY	Sudbury Joggers	0	0	0	0	0	0	0	90	90	90
57	Andy BAILEY	Bungay Black Dog RC	0	0	0	0	89	0	0	0	89	89
58	Kevin CLARK	Bungay Black Dog RC	89	0	0	0	0	0	0	0	89	89
59	Nigel HARRISON	Ipswich Jaffa RC	0	0	0	0	0	0	89	0	89	89
60	Kenneth TOVELL	Framlingham Flyers	0	0	0	0	0	0	0	89	89	89
61	Steve KING	Felixstowe RRC	0	0	0	0	0	88	0	0	88	88
62	Steve MCNAMARA	Stowmarket Striders	0	0	0	0	0	0	88	0	88	88
63	Christopher HOWARD	Sudbury Joggers	87	0	0	0	0	0	0	0	87	87
64	Darrel ROBERTS	Waveney Valley AC	0	0	0	0	0	0	0	87	87	87
65	Ian BAREHAM	Sudbury Joggers	0	0	0	0	86	0	0	0	86	86
66	Mandi MOYSE	Framlingham Flyers	0	0	0	0	0	0	0	86	86	86
67	Rob ANDERSON	Felic	0	0	0	0	0	85	0	0	85	85
68	Jimmy ELMER	Ipswich Jaffa RC	0	0	0	0	0	0	85	0	85	85
69	Daren COULTER	Waveney Valley AC	0	0	0	0	0	0	0	85	85	85
70	Dave HOWGEGO	Felixstowe RRC	0	0	0	0	84	0	0	0	84	84
71	Lee GODDARD	Stowmarket Striders	0	0	0	83	0	0	0	0	83	83
72	Jon MOODIE	Framlingham Flyers	0	0	0	0	0	83	0	0	83	83
73	Howard ALLEN	Ipswich Jaffa RC	0	0	0	0	0	0	83	0	83	83
74	Leon HAYWARD	Hadleigh Hares AC	0	0	0	0	82	0	0	0	82	82
75	Tim PARNELL	Felixstowe RRC	0	0	0	0	0	82	0	0	82	82
76	Robbie BURT	Saint Edmund Pacers	0	0	0	0	0	0	82	0	82	82
77	Neil THOMAS	Bungay Black Dog RC	0	0	0	0	0	0	0	82	82	82
78	David WEEDING	Stowmarket Striders	0	0	0	0	0	81	0	0	81	81
79	Jason WOOD	Framlingham Flyers	0	0	0	0	0	0	81	0	81	81
80	Paul DORSET	Felixstowe RRC	0	0	0	0	0	0	80	0	80	80
81	Lee ROTH	Waveney Valley AC	0	0	0	0	0	0	0	80	80	80
82	Simon MEECHAM	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	79	79
83	Steve JORDAN	Saxmundham Saxons	0	0	0	0	0	79	0	0	79	79
84	Stephen BRODIE	Brandon Fern Hoppers	0	0	0	0	0	0	79	0	79	79
85	Robert MARR	Ipswich Jaffa RC	0	0	0	0	78	0	0	0	78	78
86	Melonie EVANS	Sudbury Joggers	0	0	0	0	0	0	78	0	78	78
87	Gary WEST	Bungay Black Dog RC	0	0	0	0	77	0	0	0	77	77
88	Justin FIDDAMAN	Felixstowe RRC	0	0	0	0	0	77	0	0	77	77
89	Justin OSTLER	Felixstowe RRC	0	0	0	0	0	76	0	0	76	76
90	Chris GIBBONS	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	75	75
91	Greg CONWAY	Brandon Fern Hoppers	0	0	0	75	0	0	0	0	75	75
92	Kieran HARTIGAN	Stowmarket Striders	0	0	0	74	0	0	0	0	74	74
93	David CHURCH	Felixstowe RRC	0	0	0	0	73	0	0	0	73	73
94	Gi Kwong CHEUNG	Ipswich Jaffa RC	0	0	0	73	0	0	0	0	73	73
95	Stuart HOLLINGSWORTH	Felixstowe RRC	0	0	0	0	72	0	0	0	72	72
96	Jason KEELEY	Ipswich Harriers	0	0	0	0	70	0	0	0	70	70
97	John WOOLLER	Ipswich Harriers	0	0	0	0	67	0	0	0	67	67
98	Josh ARCHER	Hadleigh Hares AC	0	0	0	0	66	0	0	0	66	66



Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
<b>M50</b>												
1	Steven HUGHES	Stowmarket Striders	0	99	100	0	0	99	99	100	497	497
2	Charles HANN	Sudbury Joggers	100	0	0	96	100	98	97	99	590	494
3	Ian DUGGAN	Felixstowe RRC	0	93	98	94	99	97	100	97	678	491
4	Chris CHORLEY	Bungay Black Dog RC	0	89	94	92	96	91	93	93	648	468
5	Shaun GOOD	Felixstowe RRC	0	92	95	0	90	89	92	95	553	464
6	Derek DALY	Saxmundham Saxons	96	0	93	86	80	85	89	0	529	449
7	Mark GODBOLD	Ipswich Harriers	92	0	92	81	0	87	88	0	440	440
8	Adrian COLE	Stowmarket Striders	89	0	91	68	0	81	83	84	496	428
9	Robert REASON	Stowmarket Striders	0	86	0	78	77	0	85	86	412	412
10	Yusuf FIRAT	Haverhill Running Club	0	96	99	95	98	0	0	0	388	388
11	Todd LEWIS	Sudbury Joggers	0	0	0	97	0	95	95	96	383	383
12	Nigel SCHOFIELD	Saint Edmund Pacers	98	0	97	0	0	90	94	0	379	379
13	Paul NICKELLS	Woodbridge Shufflers	0	97	0	98	0	100	0	0	295	295
14	Andrew BUCK	Sudbury Joggers	0	0	0	0	0	96	98	98	292	292
15	Warren BIRCH	Ipswich Jaffa RC	0	100	0	0	97	93	0	0	290	290
16	Stephen ATKINS	Saint Edmund Pacers	93	0	0	88	94	0	0	0	275	275
17	Kev WHELAN	Felixstowe RRC	0	88	0	0	92	92	0	0	272	272
18	Phil DAVIES	Ipswich Jaffa RC	0	0	0	85	88	0	90	0	263	263
19	Wayne MUMFORD	Sudbury Joggers	0	0	0	84	87	88	0	0	259	259
20	Steven DURRANT	Felixstowe RRC	0	0	0	83	86	0	0	89	258	258
21	Philip BROWN	Saint Edmund Pacers	0	84	0	79	0	0	91	0	254	254
22	Tom HOBLYN	Saint Edmund Pacers	0	0	0	75	89	0	86	0	250	250
23	Dave STEWARD	Woodbridge Shufflers	0	0	0	77	81	84	0	0	242	242
24	Paul MCALLISTER	Hadleigh Hares AC	0	0	0	73	76	86	0	0	235	235
25	Paul BIRD	Bungay Black Dog RC	87	0	0	0	63	0	0	82	232	232
26	Stephen HATTEN	Saint Edmund Pacers	97	0	96	0	0	0	0	0	193	193
27	Steve COX	Hadleigh Hares AC	0	95	0	0	93	0	0	0	188	188
28	Stuan YOUNG	Bungay Black Dog RC	0	83	0	0	0	0	0	88	171	171
29	Hugh WHITE	Hadleigh Hares AC	0	0	0	82	83	0	0	0	165	165
30	Joseph MAYNE	Waveney Valley AC	0	80	0	0	0	0	0	85	165	165
31	Benjamin SOLWAY	Woodbridge Shufflers	0	79	0	0	84	0	0	0	163	163
32	Philip BEER	Stowmarket Striders	0	82	0	80	0	0	0	0	162	162
33	Duncan CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	74	0	0	84	0	158	158
34	Jimmy RUSSELL	Felixstowe RRC	0	81	0	76	0	0	0	0	157	157
35	David MANSFIELD	Haverhill Running Club	91	0	0	0	66	0	0	0	157	157
36	Robert BARKER	Felixstowe RRC	0	0	0	69	71	0	0	0	140	140
37	Darren BOND	Ipswich Jaffa RC	0	0	0	66	72	0	0	0	138	138
38	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
39	Robert HUGHES	Saint Edmund Pacers	99	0	0	99	0	0	0	0	99	99
40	Mark WATTS	Saint Edmund Pacers	0	0	0	99	0	0	0	0	99	99
41	Martin LAWRENCE	Haverhill Running Club	0	98	0	0	0	0	0	0	98	98
42	Stephen CURRAN	Framlingham Flyers	0	0	0	0	0	0	96	0	96	96
43	Bill BANNER	Haverhill Running Club	95	0	0	0	0	0	0	0	95	95
44	Adrian GOODE	Felixstowe RRC	0	0	0	0	95	0	0	0	95	95
45	Philip GROSE	Saint Edmund Pacers	94	0	0	0	0	0	0	0	94	94
46	Alistair DICK	Ipswich Jaffa RC	0	94	0	0	0	0	0	0	94	94
47	Simon FENN	Hadleigh Hares AC	0	0	0	0	0	94	0	0	94	94
48	Richard CROSSLAND	Bungay Black Dog RC	0	0	0	0	0	0	0	94	94	94
49	Mathew BLACOE	Hadleigh Hares AC	0	0	0	93	0	0	0	0	93	93
50	Damian ASHCROFT	Bungay Black Dog RC	0	0	0	0	0	0	0	92	92	92
51	Alan SANSOM	Woodbridge Shufflers	0	91	0	0	0	0	0	0	91	91
52	Steven NEAL	Brandon Fern Hoppers	0	0	0	91	0	0	0	0	91	91
53	Chris FOX	Woodbridge Shufflers	0	0	0	0	91	0	0	0	91	91
54	Andrew POTTRUFF	Bungay Black Dog RC	0	0	0	0	0	0	0	91	91	91
55	David DANIELS	Stowmarket Striders	90	0	0	0	0	0	0	0	90	90
56	Tim RYDER	Hadleigh Hares AC	0	90	0	0	0	0	0	0	90	90
57	Paul TYREMAN	Sudbury Joggers	0	0	90	0	0	0	0	0	90	90
58	Stephen EDWARDS	Newmarket Joggers	0	0	0	90	0	0	0	0	90	90
59	Simon SMITH	Bungay Black Dog RC	0	0	0	0	0	0	0	90	90	90
60	Chris SERVANT	Ipswich Jaffa RC	0	0	0	89	0	0	0	0	89	89
61	Ian ST LEDGER	Sudbury Joggers	88	0	0	0	0	0	0	0	88	88
62	Chris HOWLAND	Felixstowe RRC	0	87	0	0	0	0	0	0	87	87
63	Peter WARLAND	Stowmarket Striders	0	0	0	87	0	0	0	0	87	87
64	Mark TURNER	Saint Edmund Pacers	0	0	0	0	0	0	87	0	87	87
65	Rob HALL	Bungay Black Dog RC	0	0	0	0	0	0	0	87	87	87
66	Phil CAWSTON	Saint Edmund Pacers	0	85	0	0	0	0	0	0	85	85
67	Adrian HINE	Felixstowe RRC	0	0	0	0	85	0	0	0	85	85
68	Iain CATCHPOLE	Ipswich Jaffa RC	0	0	0	0	0	83	0	0	83	83
69	John SKELLY	Waveney Valley AC	0	0	0	0	0	0	0	83	83	83
70	John GIBBONS	Saxmundham Saxons	0	0	0	82	0	0	0	0	82	82
71	Dave LAMPARD	Felixstowe RRC	0	0	0	0	0	82	0	0	82	82
72	Rod MACGREGOR	Felixstowe RRC	0	0	0	0	0	80	0	0	80	80
73	David GARNHAM	Ipswich Jaffa RC	0	0	0	79	0	0	0	0	79	79
74	Nick POTTER	Stowmarket Striders	0	0	0	78	0	0	0	0	78	78
75	Nick GOOD	Ipswich Jaffa RC	0	0	0	75	0	0	0	0	75	75
76	Keith CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	74	0	0	0	0	74	74
77	Mark BANHAM	Felixstowe RRC	0	0	0	73	0	0	0	0	73	73
78	Mark AVERY	Ipswich Jaffa RC	0	0	0	72	0	0	0	0	72	72
79	Brian MUNNS	Newmarket Joggers	0	0	0	71	0	0	0	0	71	71
80	David SWALES	Saint Edmund Pacers	0	0	0	70	0	0	0	0	70	70
81	Richard PEARCE	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
82	Dave LAM	Felixstowe RRC	0	0	0	69	0	0	0	0	69	69
83	Robert ROCHE	Ipswich Triathlon Club	0	0	0	68	0	0	0	0	68	68
84	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	67	0	0	0	0	67	67
85	Graham RANKIN	Hadleigh Hares AC	0	0	0	67	0	0	0	0	67	67
86	Ian STOCKLEY	Stowmarket Striders	0	0	0	65	0	0	0	0	65	65
87	B MARTIN	Felixstowe RRC	0	0	0	0	64	0	0	0	64	64
<b>M55</b>												
1	Stephen PRETTY	Stowmarket Striders	97	0	99	96	96	96	98	0	582	486
2	David SEYMOUR	Felixstowe RRC	0	97	0	92	0	95	96	95	475	475
3	Christopher LUCAS	Saxmundham Saxons	94	0	98	0	86	92	94	0	464	464
4	Mark ALLEN	Woodbridge Shufflers	92	0	0	86	88	94	92	0	452	452
5	Joe NAUGHTON	Stowmarket Striders	0	94	0	90	82	89	90	0	445	445
6	Howard BEASLEY	Saint Edmund Pacers	100	0	0	100	0	0	100	100	400	400
7	Robin BELSOM	Ipswich Jaffa RC	98	0	100	95	0	0	0	98	391	391
8	Stephen HICKS	Ipswich Harriers	0	0	0	98	100	99	0	0	297	297
9	Stephen PUGH	Ipswich Jaffa RC	0	100	0	97	99	0	0	0	296	296
10	Alan JACKSON	Ipswich Jaffa RC	0	0	0	99	98	0	0	99	296	296
11	Peter JAY	Saint Edmund Pacers	0	95	0	0	0	0	95	96	286	286
12	Paul SCHWER	Felixstowe RRC	0	0	0	0	92	0	97	97	286	286
13	Richard SMITH	Felixstowe RRC	91	0	97	89	0	0	0	0	277	277

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
14	Mon LEE	Ipswich Jaffa RC	0	96	0	85	89	0	0	0	270	270
15	Roger ACKERLEY	Woodbridge Shufflers	0	0	0	0	95	98	0	0	193	193
16	Dave ALLEY	Woodbridge Shufflers	0	98	0	0	93	0	0	0	191	191
17	Iain HUNTER	Stowmarket Striders	96	0	0	0	0	0	91	0	187	187
18	Alan HILLYARD	Ipswich Jaffa RC	0	0	0	91	90	0	0	0	181	181
19	Dave CHAPMAN	Sudbury Joggers	93	0	0	0	87	0	0	0	180	180
20	Peter FINCH	Ipswich Jaffa RC	0	0	0	88	0	91	0	0	179	179
21	Malcolm HOGARTH	Woodbridge Shufflers	0	0	0	0	83	0	93	0	176	176
22	Steve WILDING	Ipswich Jaffa RC	0	0	0	87	85	0	0	0	172	172
23	Steve LANGLEY	Ipswich Jaffa RC	0	0	0	0	0	100	0	0	100	100
24	Dave LUMBY	Ipswich Jaffa RC	99	0	0	0	0	0	0	0	99	99
25	Paul WIGENS	Woodbridge Shufflers	0	99	0	0	0	0	0	0	99	99
26	Andrew WEBBER	Stowmarket Striders	0	0	0	0	0	0	99	0	99	99
27	Adrian WEBBER	Stowmarket Striders	0	0	0	0	97	0	0	0	97	97
28	Stuart GREEN	Stowmarket Striders	0	0	0	0	0	97	0	0	97	97
29	Nick KEMPSON	Hadleigh Hares AC	0	0	96	0	0	0	0	0	96	96
30	Paul PEEK	Waveney Valley AC	95	0	0	0	0	0	0	0	95	95
31	Duncan CHENERY	Ipswich Jaffa RC	0	0	0	94	0	0	0	0	94	94
32	Eric SEARLE	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	94	94
33	Paul HARROD	Waveney Valley AC	0	0	0	0	0	0	0	94	94	94
34	Paul GILSON	Ipswich Jaffa RC	0	0	0	93	0	0	0	0	93	93
35	Steven MITCHELL	Ipswich Jaffa RC	0	0	0	0	0	93	0	0	93	93
36	Tony HARDY	Bungay Black Dog RC	0	0	0	0	0	0	0	93	93	93
37	Tony MORLEY	Bungay Black Dog RC	0	0	0	0	0	0	0	92	92	92
38	Tim LONG	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
39	Chris DUTTON	Ipswich Jaffa RC	90	0	0	0	0	0	0	0	90	90
40	Paul MAYCOCK	Capel Cheetahs	0	0	0	0	0	90	0	0	90	90
41	David BARTON	Stowmarket Striders	0	0	0	0	84	0	0	0	84	84
<b>M60</b>												
1	Mik CARR	Bungay Black Dog RC	97	0	99	93	99	98	97	98	681	491
2	Ian SILLETT	Felixstowe RRC	0	99	98	94	98	96	93	95	673	486
3	Brian ROGERS	Ipswich Jaffa RC	0	0	100	99	100	0	100	0	399	399
4	Chris JOHNS	Woodbridge Shufflers	0	0	0	98	0	100	99	0	297	297
5	Michael BALL	Bungay Black Dog RC	95	0	0	0	97	0	0	93	285	285
6	Bill KINGABY	Waveney Valley AC	100	0	0	0	0	0	0	100	200	200
7	Bob PAUL	Bungay Black Dog RC	0	100	0	0	0	0	0	97	197	197
8	Clive PURBROOK	Newmarket Joggers	0	0	0	0	0	0	98	99	197	197
9	Stephen SPENCER	Brandon Fern Hoppers	0	0	0	91	0	0	91	0	182	182
10	Richard FARNWORTH	Felixstowe RRC	0	0	0	90	0	0	90	0	180	180
11	Terry BACK	Ipswich Jaffa RC	0	0	0	100	0	0	0	0	100	100
12	Ker MACROSSON	Stowmarket Striders	99	0	0	0	0	0	0	0	99	99
13	John WESTON	Ipswich Jaffa RC	0	0	0	0	0	99	0	0	99	99
14	Mike FREED	Haverhill Running Club	98	0	0	0	0	0	0	0	98	98
15	Miles JOHNSON	Newmarket Joggers	0	0	97	0	0	0	0	0	97	97
16	Neville CLARKE	Newmarket Joggers	0	0	0	97	0	0	0	0	97	97
17	Rob MAWSON	Framlingham Flyers	0	0	0	0	0	97	0	0	97	97
18	Graham PAGE	Saint Edmund Pacers	96	0	0	0	0	0	0	0	96	96
19	David PENGELLY	Sudbury Joggers	0	0	96	0	0	0	0	0	96	96
20	Dave VAUGHAN	Saint Edmund Pacers	0	0	0	96	0	0	0	0	96	96
21	Don BEATTY	Stowmarket Striders	0	0	0	0	0	0	96	0	96	96
22	David MOWER	Waveney Valley AC	0	0	0	0	0	0	0	96	96	96
23	John SQUIRRELL	Stowmarket Striders	0	0	0	95	0	0	0	0	95	95
24	Mark SARGEANTSON	Framlingham Flyers	0	0	0	0	0	95	0	0	95	95
25	Michael MCKINNELL	Ipswich Triathlon Club	0	0	0	0	0	0	95	0	95	95
26	Stephen WILLIAMS	Saint Edmund Pacers	0	0	0	0	0	0	94	0	94	94
27	Stuart SMITH	Waveney Valley AC	0	0	0	0	0	0	0	94	94	94
28	George WICKER	Saint Edmund Pacers	0	0	0	92	0	0	0	0	92	92
29	Steve BOWEN	Hadleigh Hares AC	0	0	0	0	0	0	92	0	92	92
<b>M65+</b>												
1	Chris AYLNER	Newmarket Joggers	98	0	98	91	95	0	95	94	571	480
2	Graham SAMPSON	Bungay Black Dog RC	96	0	96	89	94	94	96	95	660	477
3	Maurice BENNELL	Saxmundham Saxons	94	0	0	0	89	93	89	0	365	365
4	Stephen MEAD	Stowmarket Striders	0	100	0	100	0	0	0	100	300	300
5	Charles SHOOLBRED	Ipswich Jaffa RC	100	0	0	99	98	0	0	0	297	297
6	Richard FELLINGHAM	Stowmarket Striders	99	0	0	97	0	98	0	0	294	294
7	Robin ASHE	Bungay Black Dog RC	0	98	0	98	0	0	0	97	293	293
8	Jonathan PRICE	Sudbury Joggers	0	0	0	96	0	97	98	0	291	291
9	David TAYLOR	Framlingham Flyers	0	0	0	95	0	96	0	96	287	287
10	Tim NEWTON	Ipswich Jaffa RC	0	0	0	0	100	0	0	99	199	199
11	Graham BUSH	Woodbridge Shufflers RRC	0	0	0	0	96	99	0	0	195	195
12	Peter RUSSELL	Framlingham Flyers	0	0	0	0	0	95	99	0	194	194
13	John CULLUM	Saint Edmund Pacers	0	0	97	92	0	0	0	0	189	189
14	Paul WINTER	Stowmarket Striders	97	0	0	0	92	0	0	0	189	189
15	David COLEY	Ipswich Jaffa RC	0	0	0	94	0	0	94	0	188	188
16	Mike ROSBROOK	Hadleigh Hares AC	0	0	0	93	93	0	0	0	186	186
17	Garrick FOX	Bungay Black Dog RC	0	0	0	0	91	0	91	0	182	182
18	Hugh TURNER	Sudbury Joggers	0	0	100	0	0	0	0	0	100	100
19	Ray ROBERTS	Felixstowe RRC	0	0	0	0	0	100	0	0	100	100
20	Phil HYMERS	Saint Edmund Pacers	0	0	0	0	0	0	100	0	100	100
21	Roger BRAND	Saint Edmund Pacers	0	99	0	0	0	0	0	0	99	99
22	John TURNBULL	Hadleigh Hares AC	0	0	99	0	0	0	0	0	99	99
23	David FORDHAM	Saxmundham Saxons	0	0	0	0	99	0	0	0	99	99
24	Terry GARRITY	Bungay Black Dog RC	0	0	0	0	0	0	0	98	98	98
25	Alan RICHARDSON	Waveney Valley AC	0	0	0	0	97	0	0	0	97	97
26	Chris COOK	Saint Edmund Pacers	0	0	0	0	0	0	97	0	97	97
27	Grayhame FISH	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
28	Gordon MERFIELD	Saxmundham Saxons	0	0	95	0	0	0	0	0	95	95
29	Alan VARLE	Waveney Valley AC	0	0	0	0	0	0	93	0	93	93
30	Mike HILL	Framlingham Flyers	0	0	0	0	0	0	92	0	92	92
31	Peter GAY	Stowmarket Striders	0	0	0	90	0	0	0	0	90	90
32	Tim HIRST	Bungay Black Dog RC	0	0	0	0	90	0	0	0	90	90
33	David JONES	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
34	Philip NUTLEY	Saint Edmund Pacers	0	0	0	88	0	0	0	0	88	88
35	Brian TURNER	Ipswich Jaffa RC	0	0	0	0	88	0	0	0	88	88