

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Total Score	Total Top 5 Races
			Tarpley 10	Tarpley 20	Bungay HM	Bungay 10K	Bury Friday 5	Twilight 10k	Felixstow 10M	Saxon 5	Stowmarket 7		
			24-02-2019	24-02-2019	14-04-2019	14-04-2019	21-06-2019	26-07-2019	15-09-2019	TBA	10-11-2019		
Position	Name	Club											
FS													
1	Jessie Gooderham	Saint Edmund Pacers	0	0	500	499	0	0	0	0	0	0	999
2	Daniella Liffen	Waveney Valley AC	0	0	497	494	0	0	0	0	0	0	991
3	Bethany ROGERS	Bungay Black Dog RC	495	0	0	495	0	0	0	0	0	0	990
4	Hayley COLES	Felixstowe RRC	0	492	488	0	0	0	0	0	0	0	980
5	Donna MILNER	Waveney Valley AC	0	491	484	0	0	0	0	0	0	0	975
6	Karen Martin	Haverhill Running Club	0	0	0	500	0	0	0	0	0	0	500
7	Gemma PORCH	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500
8	Suzy WEST	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500
9	Kirsty MILLARD	Haverhill Running Club	0	499	0	0	0	0	0	0	0	0	499
10	Lucy SMITH	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499
11	Emma Studd	Ipswich Triathlon Club	0	0	499	0	0	0	0	0	0	0	499
12	Sian Abbott	Ipswich Jaffa RC	0	0	498	0	0	0	0	0	0	0	498
13	Collette GREEN	Felixstowe RRC	0	498	0	0	0	0	0	0	0	0	498
14	Samantha SPENCER	Ipswich Jaffa RC	498	0	0	0	0	0	0	0	0	0	498
15	Emilie Wix	Woodbridge Shufflers Running Club	0	0	0	498	0	0	0	0	0	0	498
16	Lucy COWLIN	Sudbury Joggers	0	497	0	0	0	0	0	0	0	0	497
17	Joanne HARPER	Felixstowe RRC	497	0	0	0	0	0	0	0	0	0	497
18	Nicola Seaman	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497
19	Becky GREGORY	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	496
20	Michelle Hewitt	Framlingham Flyers	0	0	496	0	0	0	0	0	0	0	496
21	Ellen Lockhart	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496
22	Rebecca RICHARDS	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	496
23	Lisa DOVE	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495
24	Jennifer Wright	Ipswich Jaffa RC	0	0	495	0	0	0	0	0	0	0	495
25	Donna COOPER	Stowmarket Striders Running Club	494	0	0	0	0	0	0	0	0	0	494
26	Jenny MERRY	Sudbury Joggers	0	494	0	0	0	0	0	0	0	0	494
27	Sian O'Sullivan	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494
28	Laura Brown	Stowmarket Striders Running Club	0	0	493	0	0	0	0	0	0	0	493
29	Emma LEE	Capel Cheetahs	493	0	0	0	0	0	0	0	0	0	493
30	Sarah MacDonald	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493
31	Anneli OSTLER	Felixstowe RRC	0	493	0	0	0	0	0	0	0	0	493
32	Rebecca Evers	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	0	492
33	Liza PUTWAIN	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492
34	Clare Wigg	Stowmarket Striders Running Club	0	0	492	0	0	0	0	0	0	0	492
35	Amy Godbold	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491
36	Kirsty Schwier	Bungay Black Dog RC	0	0	0	491	0	0	0	0	0	0	491

37	Victoria SIMONDS	Stowmarket Striders Running Club	491	0	0	0	0	0	0	0	0	491	491
38	Lauren Finch	Waveney Valley AC	0	0	0	490	0	0	0	0	0	490	490
39	Clair GALE	Haverhill Running Club	490	0	0	0	0	0	0	0	0	490	490
40	Kate Holtzer	Waveney Valley AC	0	0	490	0	0	0	0	0	0	490	490
41	Carla WIGGINS	Felixstowe RRC	0	490	0	0	0	0	0	0	0	490	490
42	Hanna Dean	Bungay Black Dog RC	0	0	489	0	0	0	0	0	0	489	489
43	Lynsey Fletcher	Waveney Valley AC	0	0	0	489	0	0	0	0	0	489	489
44	Annabel SMITH	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	489	489
45	Stephanie Callen	Diss and District AC	0	0	0	488	0	0	0	0	0	488	488
46	Courtney FIRMAN	Haverhill Running Club	488	0	0	0	0	0	0	0	0	488	488
47	Beth Licence	Diss and District AC	0	0	0	487	0	0	0	0	0	487	487
48	Hannah-Mae Taylor	Bungay Black Dog RC	0	0	487	0	0	0	0	0	0	487	487
49	Jess THORPE	Stowmarket Striders Running Club	487	0	0	0	0	0	0	0	0	487	487
50	Cheryl Eden	Haverhill Running Club	0	0	0	486	0	0	0	0	0	486	486
51	Kirsty Howe	Waveney Valley AC	0	0	486	0	0	0	0	0	0	486	486
52	Claire MASKERY	Stowmarket Striders Running Club	486	0	0	0	0	0	0	0	0	486	486
53	Rosemary Plant	Waveney Valley AC	0	0	485	0	0	0	0	0	0	485	485
54	Hollie SUTHERLAND	Felixstowe RRC	485	0	0	0	0	0	0	0	0	485	485
55	Jo Vickery	Haverhill Running Club	0	0	0	485	0	0	0	0	0	485	485
56	Jenny Caulfield	Waveney Valley AC	0	0	0	484	0	0	0	0	0	484	484
57	Joanne VICKERY	Haverhill Running Club	484	0	0	0	0	0	0	0	0	484	484
58	Michelle HOLLAND	Sudbury Joggers	483	0	0	0	0	0	0	0	0	483	483
59	Christine Kingwell	Bungay Black Dog RC	0	0	0	483	0	0	0	0	0	483	483
60	Rebecca Vass	Bungay Black Dog RC	0	0	483	0	0	0	0	0	0	483	483
61	Claire FRADLEY	Sudbury Joggers	482	0	0	0	0	0	0	0	0	482	482
62	Tanya Holloway	Bungay Black Dog RC	0	0	482	0	0	0	0	0	0	482	482
63	Lisa Saunders	Waveney Valley AC	0	0	0	482	0	0	0	0	0	482	482
64	Abby Bolderston	Bungay Black Dog RC	0	0	0	481	0	0	0	0	0	481	481
65	Kara MOORE DAMANT	Stowmarket Striders Running Club	481	0	0	0	0	0	0	0	0	481	481
66	Rachel Allen	Bungay Black Dog RC	0	0	0	480	0	0	0	0	0	480	480
67	Anna GRANT	Stowmarket Striders Running Club	480	0	0	0	0	0	0	0	0	480	480
68	Rachel Hardingham	Bungay Black Dog RC	0	0	0	479	0	0	0	0	0	479	479
69	Keeley WHITE	Haverhill Running Club	479	0	0	0	0	0	0	0	0	479	479
70	Elizabeth Allen	Bungay Black Dog RC	0	0	0	478	0	0	0	0	0	478	478
71	Emma Louise BROWN	Haverhill Running Club	478	0	0	0	0	0	0	0	0	478	478
72	Char GREEN	Haverhill Running Club	477	0	0	0	0	0	0	0	0	477	477
73	Gina HICKEY	Haverhill Running Club	476	0	0	0	0	0	0	0	0	476	476
74	Julie ROUT	Sudbury Joggers	475	0	0	0	0	0	0	0	0	475	475
FV40													
1	Zoe CHASE	Waveney Valley AC	0	500	0	500	0	0	0	0	0	1000	1000

2	Victoria STACE	Framlingham Flyers	500	0	497	0	0	0	0	0	0	0	997	997
3	Juliet GARNHAM	Stowmarket Striders Running Club	499	0	496	0	0	0	0	0	0	0	995	995
4	Alison Fox	Saxmundham Sports Running & Fitness Club	0	0	500	0	0	0	0	0	0	0	500	500
5	Layla Bedford	Waveney Valley AC	0	0	0	499	0	0	0	0	0	0	499	499
6	Rebecca LANGFORD	Waveney Valley AC	0	499	0	0	0	0	0	0	0	0	499	499
7	Sabrina Norton	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
8	Jo Fisher	Waveney Valley AC	0	0	0	498	0	0	0	0	0	0	498	498
9	Anna Gray	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
10	Andrea HUNT	Sudbury Joggers	498	0	0	0	0	0	0	0	0	0	498	498
11	Bianca THEERUTH	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	0	498	498
12	Lisa CONE	Waveney Valley AC	0	497	0	0	0	0	0	0	0	0	497	497
13	Amanda DUNN	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	0	497	497
14	Charlotte Durrant	Woodbridge Shufflers Running Club	0	0	0	497	0	0	0	0	0	0	497	497
15	Sarah JEGGO	Sudbury Joggers	496	0	0	0	0	0	0	0	0	0	496	496
16	Sarah Stacey	Saxmundham Sports Running & Fitness Club	0	0	0	496	0	0	0	0	0	0	496	496
17	Yvonne DOE	Stowmarket Striders Running Club	495	0	0	0	0	0	0	0	0	0	495	495
18	Debbie Foster	Waveney Valley AC	0	0	0	495	0	0	0	0	0	0	495	495
19	Ruth Hambling	Hadleigh Hares AC	0	0	495	0	0	0	0	0	0	0	495	495
20	Lorna Blackmore	Bungay Black Dog RC	0	0	0	494	0	0	0	0	0	0	494	494
21	Dawn DIXON	Haverhill Running Club	494	0	0	0	0	0	0	0	0	0	494	494
22	Sarah Watkins	Hadleigh Hares AC	0	0	494	0	0	0	0	0	0	0	494	494
23	Jane Eaglen	Waveney Valley AC	0	0	0	493	0	0	0	0	0	0	493	493
24	Claire ROOKE	Sudbury Joggers	493	0	0	0	0	0	0	0	0	0	493	493
25	Caroline Stafford	Felixstowe RRC	0	0	493	0	0	0	0	0	0	0	493	493
26	Lucy Ashford-Scott	Ipswich Jaffa RC	0	0	0	492	0	0	0	0	0	0	492	492
27	Sarah CAMFIELD	Haverhill Running Club	492	0	0	0	0	0	0	0	0	0	492	492
28	Laura Deal	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
29	Sarah James	Waveney Valley AC	0	0	0	491	0	0	0	0	0	0	491	491
30	Angela SOAMES	Felixstowe RRC	491	0	0	0	0	0	0	0	0	0	491	491
31	Louise HARRIS	Haverhill Running Club	490	0	0	0	0	0	0	0	0	0	490	490
32	Sam Thornton	Bungay Black Dog RC	0	0	0	490	0	0	0	0	0	0	490	490
FV45														
	1	Kaye BRANTON	Felixstowe RRC	497	0	0	500	0	0	0	0	0	997	997
	2	Emma MEIRING	Bungay Black Dog RC	0	500	496	0	0	0	0	0	0	996	996
	3	Catherine BELSOM	Stowmarket Striders Running Club	492	0	0	499	0	0	0	0	0	991	991
	4	Joanna BLYTH	Felixstowe RRC	0	498	493	0	0	0	0	0	0	991	991
	5	Nicky ROPER	Framlingham Flyers	494	0	495	0	0	0	0	0	0	989	989
	6	Amanda CHILDS	Ipswich Jaffa RC	490	0	0	496	0	0	0	0	0	986	986
	7	Joanne BROOKE	Felixstowe RRC	488	0	0	497	0	0	0	0	0	985	985
	8	Naomi SHELMEKDINE	Haverhill Running Club	486	0	0	493	0	0	0	0	0	979	979

12	Ruth ACWORTH	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
13	Jenny CHURCH	Felixstowe RRC	498	0	0	0	0	0	0	0	0	0	498	498
14	Bella Lewendon	Felixstowe RRC	0	0	0	498	0	0	0	0	0	0	498	498
15	Mitzy O'Loughlin	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
16	Maria REED	Haverhill Running Club	494	0	0	0	0	0	0	0	0	0	494	494
17	Christine ASHE	Bungay Black Dog RC	493	0	0	0	0	0	0	0	0	0	493	493
18	Denise Bjorck	Waveney Valley AC	0	0	0	492	0	0	0	0	0	0	492	492
19	Charlotte HAWES	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492	492
20	Susannah ROSENBERG	Ipswich Triathlon Club	491	0	0	0	0	0	0	0	0	0	491	491
21	Debbie MCDOWALL	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	0	489	489
22	Beverley REYNOLDS	Haverhill Running Club	487	0	0	0	0	0	0	0	0	0	487	487
23	Dianne CALVERT	Brandon Fern Hoppers	486	0	0	0	0	0	0	0	0	0	486	486
24	Sue CRAWTE	Sudbury Joggers	485	0	0	0	0	0	0	0	0	0	485	485
FV60														
1	Gillian CHARLTON	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500	500
2	Hazel Garrity	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
3	Bobbie SAUERZAPF	Bungay Black Dog RC	0	500	0	0	0	0	0	0	0	0	500	500
4	Marion Walker	Framlingham Flyers	0	0	500	0	0	0	0	0	0	0	500	500
5	Linda Hunt	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
6	Jenny Morgan	Saint Edmund Pacers	0	0	0	499	0	0	0	0	0	0	499	499
7	Rosemarie Ball	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
8	Mel Roberts	Woodbridge Shufflers Running Club	0	0	0	498	0	0	0	0	0	0	498	498
9	Alison Cooper	Waveney Valley AC	0	0	0	497	0	0	0	0	0	0	497	497
10	Susan Potter	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
11	Jayne Capps-Jenner	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
12	Angela Mower	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
13	Penelope Pullinger	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
14	Mandy Roberts	Waveney Valley AC	0	0	0	494	0	0	0	0	0	0	494	494
FV65														
1	Joan NEVIN	Haverhill Running Club	499	0	0	499	0	0	0	0	0	0	998	998
2	Caroline MCINTOSH	Newmarket Joggers	0	500	0	0	0	0	0	0	0	0	500	500
3	Moira Pinkney	Ipswich Triathlon Club	0	0	0	500	0	0	0	0	0	0	500	500
4	Cheryl TRUNDLE	Haverhill Running Club	500	0	0	0	0	0	0	0	0	0	500	500
FV70														
1	Christine MUTTITT	Bungay Black Dog RC	500	0	0	0	0	0	0	0	0	0	500	500
MS														
1	Tony GAVIN	Felixstowe RRC	0	500	500	0	0	0	0	0	0	0	1000	1000

43	Kieran HAYLES	Sudbury Joggers	0	488	0	0	0	0	0	0	0	0	0	488	488
44	Kevin MILLARD	Haverhill Running Club	487	0	0	0	0	0	0	0	0	0	0	487	487
45	George FIRTH	Stowmarket Striders Running Club	0	486	0	0	0	0	0	0	0	0	0	486	486
46	Gary INGRAM	Ipswich Jaffa RC	486	0	0	0	0	0	0	0	0	0	0	486	486
47	Michael SHELDRAKE	Ipswich Jaffa RC	0	485	0	0	0	0	0	0	0	0	0	485	485
48	Glyn WILLIAMS	Hadleigh Hares AC	485	0	0	0	0	0	0	0	0	0	0	485	485
49	Marc BENSON	Haverhill Running Club	484	0	0	0	0	0	0	0	0	0	0	484	484
50	Neil DENNIS	Stowmarket Striders Running Club	483	0	0	0	0	0	0	0	0	0	0	483	483
51	Daniel KNIGHT	Haverhill Running Club	482	0	0	0	0	0	0	0	0	0	0	482	482
52	James COOPER	Stowmarket Striders Running Club	481	0	0	0	0	0	0	0	0	0	0	481	481
53	Gavin BOAG	Stowmarket Striders Running Club	480	0	0	0	0	0	0	0	0	0	0	480	480
54	Josh IRON	Haverhill Running Club	479	0	0	0	0	0	0	0	0	0	0	479	479
MV40															
1	Chris MOWER	Saint Edmund Pacers	0	499	0	499	0	0	0	0	0	0	0	998	998
2	Leo Stead	Waveney Valley AC	0	0	498	495	0	0	0	0	0	0	0	993	993
3	Andrew BELL	Haverhill Running Club	500	0	0	0	0	0	0	0	0	0	0	500	500
4	Mark Curtis	Ipswich Jaffa RC	0	0	500	0	0	0	0	0	0	0	0	500	500
5	Ian Elden	Ipswich Jaffa RC	0	0	0	500	0	0	0	0	0	0	0	500	500
6	Andrew SOUTHWOOD	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	0	0	500	500
7	David PERCY	Haverhill Running Club	499	0	0	0	0	0	0	0	0	0	0	499	499
8	Lee Phillips	Framlingham Flyers	0	0	499	0	0	0	0	0	0	0	0	499	499
9	Tom Alexander	Woodbridge Shufflers Running Club	0	0	0	498	0	0	0	0	0	0	0	498	498
10	James CORNISH	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	0	498	498
11	David MARSH	Stowmarket Striders Running Club	498	0	0	0	0	0	0	0	0	0	0	498	498
12	Matt Howe	Felixstowe RRC	0	0	497	0	0	0	0	0	0	0	0	497	497
13	Benjamin JACOBS	Felixstowe RRC	0	497	0	0	0	0	0	0	0	0	0	497	497
14	Dylan Neeve	Waveney Valley AC	0	0	0	497	0	0	0	0	0	0	0	497	497
15	Westley WALKER	Haverhill Running Club	497	0	0	0	0	0	0	0	0	0	0	497	497
16	Dave Catchpole	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	0	496	496
17	Darren COOK	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	0	496	496
18	James Roberts	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	0	496	496
19	Wayne SMITH	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	0	496	496
20	Robert MILNER	Waveney Valley AC	0	495	0	0	0	0	0	0	0	0	0	495	495
21	Jimmy SECKER	Sudbury Joggers	495	0	0	0	0	0	0	0	0	0	0	495	495
22	Neil Burwood	Waveney Valley AC	0	0	0	494	0	0	0	0	0	0	0	494	494
23	Matthew RAWLINGS	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	0	0	494	494
24	Richard SMITH	Sudbury Joggers	0	494	0	0	0	0	0	0	0	0	0	494	494
25	Gareth Bradbury	Waveney Valley AC	0	0	0	493	0	0	0	0	0	0	0	493	493
26	Graham DIXON	Haverhill Running Club	493	0	0	0	0	0	0	0	0	0	0	493	493
27	Tony GOODING	Haverhill Running Club	0	493	0	0	0	0	0	0	0	0	0	493	493

28	Steve BUTLER	Haverhill Running Club	492	0	0	0	0	0	0	0	0	0	492	492
29	Paul DOCKERILL	Newmarket Joggers	0	492	0	0	0	0	0	0	0	0	492	492
30	Matt IFE	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	0	492	492
31	Daniel EVERITT	Haverhill Running Club	491	0	0	0	0	0	0	0	0	0	491	491
32	Stuart SIMMONS	Ipswich Jaffa RC	0	491	0	0	0	0	0	0	0	0	491	491
33	Robin HARPER	Felixstowe RRC	0	490	0	0	0	0	0	0	0	0	490	490
34	Gregory STOWE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
35	Paul OSBORNE	Felixstowe RRC	0	489	0	0	0	0	0	0	0	0	489	489
36	Derek HOOD	Ipswich Jaffa RC	0	488	0	0	0	0	0	0	0	0	488	488
37	Michael RUSHTON	Saint Edmund Pacers	0	487	0	0	0	0	0	0	0	0	487	487
38	Daniel SHANKS	Felixstowe RRC	0	486	0	0	0	0	0	0	0	0	486	486
39	Steve OGLESBY	Haverhill Running Club	0	485	0	0	0	0	0	0	0	0	485	485
40	Brett DEAKIN	Felixstowe RRC	0	484	0	0	0	0	0	0	0	0	484	484
41	Simon COOPER	Felixstowe RRC	0	483	0	0	0	0	0	0	0	0	483	483
MV45														
1	Matt BALDRY	Waveney Valley AC	0	493	0	499	0	0	0	0	0	0	992	992
2	Daniel PELLING	Haverhill Running Club	495	0	496	0	0	0	0	0	0	0	991	991
3	Barry ROGERS	Bungay Black Dog RC	491	0	494	0	0	0	0	0	0	0	985	985
4	Peter Bird	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
5	Piotr BULACZ	Sudbury Joggers	0	500	0	0	0	0	0	0	0	0	500	500
6	Adam HOWLETT	Framlingham Flyers	500	0	0	0	0	0	0	0	0	0	500	500
7	Jon Wiles	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
8	Tom Haslam	Saxmundham Sports Running & Fitness Club	0	0	499	0	0	0	0	0	0	0	499	499
9	Mark HAYDEN	Framlingham Flyers	0	499	0	0	0	0	0	0	0	0	499	499
10	John THORPE	Ipswich Jaffa RC	499	0	0	0	0	0	0	0	0	0	499	499
11	Sean Day	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
12	Nick HAMMOND	Framlingham Flyers	498	0	0	0	0	0	0	0	0	0	498	498
13	Tom Pullinger	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
14	Jason TAYLOR	Felixstowe RRC	0	498	0	0	0	0	0	0	0	0	498	498
15	Paul GAME	Haverhill Running Club	497	0	0	0	0	0	0	0	0	0	497	497
16	Robert James	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
17	Ian LONGLAND	Haverhill Running Club	0	497	0	0	0	0	0	0	0	0	497	497
18	Ian Stride	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
19	Mark WHITE	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496	496
20	Keith WILLIAMS	Ipswich Jaffa RC	496	0	0	0	0	0	0	0	0	0	496	496
21	Chris Backhouse	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
22	James HOWLETT	Framlingham Flyers	0	495	0	0	0	0	0	0	0	0	495	495
23	Daniel AGER	Ipswich Jaffa RC	494	0	0	0	0	0	0	0	0	0	494	494
24	Guy HAYWARD	Framlingham Flyers	0	494	0	0	0	0	0	0	0	0	494	494
25	Steven Jordan	Saxmundham Sports Running & Fitness Club	0	0	493	0	0	0	0	0	0	0	493	493

24	Gabriel Martins	Ipswich Jaffa RC	0	0	494	0	0	0	0	0	0	0	494	494
25	Benjamin SOLWAY	Woodbridge Shufflers Running Club	0	494	0	0	0	0	0	0	0	0	494	494
26	James WOOD	Sudbury Joggers	494	0	0	0	0	0	0	0	0	0	494	494
27	Malcolm Huggins	Waveney Valley AC	0	0	493	0	0	0	0	0	0	0	493	493
28	Peter WARLAND	Stowmarket Striders Running Club	493	0	0	0	0	0	0	0	0	0	493	493
29	Mark HUGHES	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492	492
30	Jimmy RUSSELL	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
31	John Skelly	Waveney Valley AC	0	0	492	0	0	0	0	0	0	0	492	492
32	Stephen ATKINS	Saint Edmund Pacers	491	0	0	0	0	0	0	0	0	0	491	491
33	Pete McCarthy	Ipswich Triathlon Club	0	0	491	0	0	0	0	0	0	0	491	491
34	Malcolm Howard	Waveney Valley AC	0	0	0	490	0	0	0	0	0	0	490	490
35	Martin LITTLE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
36	Richard SMITH	Saint Edmund Pacers	488	0	0	0	0	0	0	0	0	0	488	488
37	Philip BROWN	Saint Edmund Pacers	487	0	0	0	0	0	0	0	0	0	487	487
38	Ross BOURNE	Saint Edmund Pacers	485	0	0	0	0	0	0	0	0	0	485	485
39	Duncan CHAMBERLAIN	Ipswich Jaffa RC	484	0	0	0	0	0	0	0	0	0	484	484
MV55														
1	Vaughan MORRIS	Stowmarket Striders Running Club	498	0	500	0	0	0	0	0	0	0	998	998
2	Russel BREYER	Ipswich Triathlon Club	496	0	0	498	0	0	0	0	0	0	994	994
3	Robert MORGAN	Saint Edmund Pacers	495	0	497	0	0	0	0	0	0	0	992	992
4	Derek DALY	Saxmundham Sports Running & Fitness Club	494	0	495	0	0	0	0	0	0	0	989	989
5	Richard SMITH	Felixstowe RRC	490	0	0	495	0	0	0	0	0	0	985	985
6	Adrian COLE	Stowmarket Striders Running Club	489	0	493	0	0	0	0	0	0	0	982	982
7	Peter Clarke	Diss and District AC	0	0	0	500	0	0	0	0	0	0	500	500
8	Yusuf FIRAT	Haverhill Running Club	0	500	0	0	0	0	0	0	0	0	500	500
9	Steven HUGHES	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500	500
10	Robin BELSOM	Ipswich Jaffa RC	499	0	0	0	0	0	0	0	0	0	499	499
11	Gary GODFREY	Sudbury Joggers	0	499	0	0	0	0	0	0	0	0	499	499
12	Rob Hall	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
13	Andrew Webber	Stowmarket Striders Running Club	0	0	499	0	0	0	0	0	0	0	499	499
14	Dave ALLEY	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
15	Shaun Good	Felixstowe RRC	0	0	498	0	0	0	0	0	0	0	498	498
16	Ian Hawkes	Waveney Valley AC	0	0	0	497	0	0	0	0	0	0	497	497
17	Tom HOBLYN	Saint Edmund Pacers	0	497	0	0	0	0	0	0	0	0	497	497
18	Robert HUGHES	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	0	497	497
19	Chris CHORLEY	Bungay Black Dog RC	0	496	0	0	0	0	0	0	0	0	496	496
20	Richard Dye	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
21	Paul Peek	Waveney Valley AC	0	0	0	496	0	0	0	0	0	0	496	496
22	Paul SCHWER	Felixstowe RRC	0	495	0	0	0	0	0	0	0	0	495	495
23	Timothy Hunn	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494

24	David SWALES	Saint Edmund Pacers	0	494	0	0	0	0	0	0	0	0	494	494
25	Cliff MANNING	Sudbury Joggers	493	0	0	0	0	0	0	0	0	0	493	493
26	Peter JAY	Saint Edmund Pacers	492	0	0	0	0	0	0	0	0	0	492	492
27	Colin Whale	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
28	Paul Bird	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
29	Mark JOHNSTONWOOD	Sudbury Joggers	491	0	0	0	0	0	0	0	0	0	491	491
MV60														
1	Mik CARR	Bungay Black Dog RC	499	0	500	0	0	0	0	0	0	0	999	999
2	Clive PURBROOK	Newmarket Joggers	498	0	0	499	0	0	0	0	0	0	997	997
3	Ian SILLETT	Felixstowe RRC	0	497	497	0	0	0	0	0	0	0	994	994
4	Alan JACKSON	Ipswich Jaffa RC	500	0	0	0	0	0	0	0	0	0	500	500
5	Robin Jones	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
6	Paul WIGENS	Woodbridge Shufflers Running Club	0	500	0	0	0	0	0	0	0	0	500	500
7	Paul Maycock	Capel Cheetahs	0	0	499	0	0	0	0	0	0	0	499	499
8	Stephen PRETTY	Saint Edmund Pacers	0	499	0	0	0	0	0	0	0	0	499	499
9	Mark ALLEN	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
10	Tony Morley	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
11	Stuart Smith	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
12	Mon LEE	Ipswich Jaffa RC	497	0	0	0	0	0	0	0	0	0	497	497
13	Stephen Pulfer	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
14	Terry Green	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
15	Michael Ball	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
MV65														
1	John NEVIN	Haverhill Running Club	498	0	0	500	0	0	0	0	0	0	998	998
2	Terry Garrity	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
3	Bill KINGABY	Waveney Valley AC	500	0	0	0	0	0	0	0	0	0	500	500
4	Tim NEWTON	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
5	Robin ASHE	Bungay Black Dog RC	0	499	0	0	0	0	0	0	0	0	499	499
6	Nigel Gilham	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
7	Philip HYMERS	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499	499
8	Andrew Kirk	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
9	Chris AYLMER	Newmarket Joggers	0	498	0	0	0	0	0	0	0	0	498	498
10	Christopher Aylmer	Newmarket Joggers	0	0	498	0	0	0	0	0	0	0	498	498
11	Jonathan PRICE	Sudbury Joggers	497	0	0	0	0	0	0	0	0	0	497	497
MV70														
1	Robin Farrar	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
2	Phil Hazell	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
3	John Cullum	Saint Edmund Pacers	0	0	0	499	0	0	0	0	0	0	499	499

