

			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	Michelle Hewitt	Framlingham Flyers	0	0	496	0	483	484	0	0	0	0	1463	1463
2	Hayley COLES	Felixstowe RRC	0	492	488	0	0	465	0	0	0	0	1445	1445
3	Jo VICKERY	Haverhill Running Club	484	0	0	483	467	0	0	0	0	0	1434	1434
4	Claire MASKERY	Stowmarket Striders Running Club	486	0	0	0	476	469	0	0	0	0	1431	1431
5	Liza PUTWAIN	Stowmarket Striders Running Club	492	0	0	0	470	463	0	0	0	0	1425	1425
6	Hollie SUTHERLAND	Felixstowe RRC	485	0	0	0	472	461	0	0	0	0	1418	1418
7	Anneli OSTLER	Felixstowe RRC	0	493	0	0	456	456	0	0	0	0	1405	1405
8	Jessie Gooderham	Saint Edmund Pacers	0	0	500	499	0	0	0	0	0	0	999	999
9	Gemma PORCH	Stowmarket Striders Running Club	500	0	0	0	497	0	0	0	0	0	997	997
10	Alice GOODWIN	Ipswich Harriers	0	0	0	0	498	498	0	0	0	0	996	996
11	Collette GREEN	Felixstowe RRC	0	498	0	0	494	0	0	0	0	0	992	992
12	Daniella Liffen	Waveney Valley AC	0	0	497	493	0	0	0	0	0	0	990	990
13	Bethany ROGERS	Bungay Black Dog RC	495	0	0	494	0	0	0	0	0	0	989	989
14	Holly TAYLOR	Felixstowe RRC	0	0	0	0	495	494	0	0	0	0	989	989
15	Samantha SPENCER	Ipswich Jaffa RC	498	0	0	0	490	0	0	0	0	0	988	988
16	Fliss KINDRED KIRK	Framlingham Flyers	0	0	0	0	496	491	0	0	0	0	987	987
17	Terri GREEN	Ipswich Jaffa RC	0	0	0	0	492	490	0	0	0	0	982	982
18	Sian Abbott	Ipswich Jaffa RC	0	0	498	0	0	481	0	0	0	0	979	979
19	Jasmine BILNER	Ipswich Jaffa RC	0	0	0	0	489	489	0	0	0	0	978	978
20	Donna MILNER	Waveney Valley AC	0	491	484	0	0	0	0	0	0	0	975	975
21	Jennifer Wright	Ipswich Jaffa RC	0	0	495	0	0	478	0	0	0	0	973	973
22	Clare Wigg	Stowmarket Striders Running Club	0	0	492	0	0	476	0	0	0	0	968	968
23	Emma LEE	Capel Cheetahs	493	0	0	0	0	473	0	0	0	0	966	966
24	Marion BENNETT	Ipswich Jaffa RC	0	0	0	0	485	480	0	0	0	0	965	965
25	Jenny MERRY	Sudbury Joggers	0	494	0	0	0	471	0	0	0	0	965	965
26	Victoria SIMONDS	Stowmarket Striders Running Club	491	0	0	0	0	470	0	0	0	0	961	961
27	Jessica THORPE	Stowmarket Striders Running Club	487	0	0	0	471	0	0	0	0	0	958	958
28	Cheryl Eden	Haverhill Running Club	0	0	0	484	463	0	0	0	0	0	947	947
29	Keeley WHITE	Haverhill Running Club	479	0	0	0	462	0	0	0	0	0	941	941
30	Kara MOORE DAMANT	Stowmarket Striders Running Club	481	0	0	0	459	0	0	0	0	0	940	940
31	Adriana HOUCHELL	Ipswich Jaffa RC	0	0	0	0	468	468	0	0	0	0	936	936
32	Kirsty MARSH	Felixstowe RRC	0	0	0	0	469	464	0	0	0	0	933	933
33	Lucy DRIVER	Felixstowe RRC	0	0	0	0	464	466	0	0	0	0	930	930
34	Sarah CLARKE	TRISudbury	0	0	0	0	465	460	0	0	0	0	925	925
35	Alison RENSHAW	Ipswich Jaffa RC	0	0	0	0	461	458	0	0	0	0	919	919
36	Sara BIRD	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500

37	Helen Davies	Ipswich Jaffa RC	0	0	0	0	0	500	0	0	0	0	500	500
38	Karen Martin	Haverhill Running Club	0	0	0	500	0	0	0	0	0	0	500	500
39	Suzy WEST	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
40	Emma DRURY	Sudbury Joggers	0	0	0	0	499	0	0	0	0	0	499	499
41	Kirsty MILLARD	Haverhill Running Club	0	499	0	0	0	0	0	0	0	0	499	499
42	Lucy SMITH	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499	499
43	Emma Studd	Ipswich Triathlon Club	0	0	499	0	0	0	0	0	0	0	499	499
44	Laura Thomas	Ipswich Jaffa RC	0	0	0	0	0	499	0	0	0	0	499	499
45	Emilie Wix	Woodbridge Shufflers Running Club	0	0	0	498	0	0	0	0	0	0	498	498
46	Lindsay Black	Beccles & Bungay Harriers	0	0	0	497	0	0	0	0	0	0	497	497
47	Lucy COWLIN	Sudbury Joggers	0	497	0	0	0	0	0	0	0	0	497	497
48	Joanne HARPER	Felixstowe RRC	497	0	0	0	0	0	0	0	0	0	497	497
49	Hannah Pettersson	Ipswich Harriers	0	0	0	0	0	497	0	0	0	0	497	497
50	Becky GREGORY	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	496	496
51	Georgia Humphreys	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	0	496	496
52	Rebecca RICHARDS	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	496	496
53	Nicola Seaman	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
54	Lisa DOVE	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495	495
55	Katie King	Saint Edmund Pacers	0	0	0	0	0	495	0	0	0	0	495	495
56	Ellen Lockhart	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
57	Donna COOPER	Stowmarket Striders Running Club	494	0	0	0	0	0	0	0	0	0	494	494
58	Sian O'Sullivan	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
59	Helen BARBER	Framlingham Flyers	0	0	0	0	493	0	0	0	0	0	493	493
60	daisy brooke	Ipswich Jaffa RC	0	0	0	0	0	493	0	0	0	0	493	493
61	Laura Brown	Stowmarket Striders Running Club	0	0	493	0	0	0	0	0	0	0	493	493
62	Sophie Coleman	Ipswich Jaffa RC	0	0	0	0	0	492	0	0	0	0	492	492
63	Sarah MacDonald	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	0	492	492
64	Clare DOUGLAS	Stowmarket Striders Running Club	0	0	0	0	491	0	0	0	0	0	491	491
65	Rebecca Evers	Bungay Black Dog RC	0	0	0	491	0	0	0	0	0	0	491	491
66	Amy Godbold	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
67	Clair GALE	Haverhill Running Club	490	0	0	0	0	0	0	0	0	0	490	490
68	Michelle Hewitt	Beccles & Bungay Harriers	0	0	0	490	0	0	0	0	0	0	490	490
69	Kate Holtzer	Waveney Valley AC	0	0	490	0	0	0	0	0	0	0	490	490
70	Carla WIGGINS	Felixstowe RRC	0	490	0	0	0	0	0	0	0	0	490	490
71	Hanna Dean	Bungay Black Dog RC	0	0	489	0	0	0	0	0	0	0	489	489
72	Kirsty Schwier	Bungay Black Dog RC	0	0	0	489	0	0	0	0	0	0	489	489
73	Annabel SMITH	Stowmarket Striders Running Club	489	0	0	0	0	0	0	0	0	0	489	489
74	Lauren Finch	Waveney Valley AC	0	0	0	488	0	0	0	0	0	0	488	488
75	Courtney FIRMAN	Haverhill Running Club	488	0	0	0	0	0	0	0	0	0	488	488
76	Jo Harris	Capel Cheetahs	0	0	0	0	0	488	0	0	0	0	488	488
77	Michelle SEYMOUR	Haverhill Running Club	0	0	0	0	488	0	0	0	0	0	488	488

78	Lynsey Fletcher	Waveney Valley AC	0	0	0	487	0	0	0	0	0	0	487	487
79	Lena MORE	Haverhill Running Club	0	0	0	0	487	0	0	0	0	0	487	487
80	Katrina Rigby	Hadleigh Hares AC	0	0	0	0	0	487	0	0	0	0	487	487
81	Hannah-Mae Taylor	Bungay Black Dog RC	0	0	487	0	0	0	0	0	0	0	487	487
82	Stephanie Callen	Diss and District AC	0	0	0	486	0	0	0	0	0	0	486	486
83	Charlotte Durrant	Stowmarket Striders Running Club	0	0	0	0	0	486	0	0	0	0	486	486
84	Kirsty Howe	Waveney Valley AC	0	0	486	0	0	0	0	0	0	0	486	486
85	Emma THISTLETON	TRISudbury	0	0	0	0	486	0	0	0	0	0	486	486
86	Beth Licence	Diss and District AC	0	0	0	485	0	0	0	0	0	0	485	485
87	Rosemary Plant	Waveney Valley AC	0	0	485	0	0	0	0	0	0	0	485	485
88	Elaine Turner	Hadleigh Hares AC	0	0	0	0	0	485	0	0	0	0	485	485
89	Shannon MACSEPHNEY	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	0	484	484
90	Emily Dixon	Capel Cheetahs	0	0	0	0	0	483	0	0	0	0	483	483
91	Michelle HOLLAND	Sudbury Joggers	483	0	0	0	0	0	0	0	0	0	483	483
92	Rebecca Vass	Bungay Black Dog RC	0	0	483	0	0	0	0	0	0	0	483	483
93	Jenny Caulfield	Waveney Valley AC	0	0	0	482	0	0	0	0	0	0	482	482
94	Caitlin Fosker	Hadleigh Hares AC	0	0	0	0	0	482	0	0	0	0	482	482
95	Claire FRADLEY	Sudbury Joggers	482	0	0	0	0	0	0	0	0	0	482	482
96	Tanya Holloway	Bungay Black Dog RC	0	0	482	0	0	0	0	0	0	0	482	482
97	Ellie SULLIVAN	Saint Edmund Pacers	0	0	0	0	482	0	0	0	0	0	482	482
98	Danielle JONES	Newmarket Joggers	0	0	0	0	481	0	0	0	0	0	481	481
99	Christine Kingwell	Bungay Black Dog RC	0	0	0	481	0	0	0	0	0	0	481	481
100	Anna GRANT	Stowmarket Striders Running Club	480	0	0	0	0	0	0	0	0	0	480	480
101	Kate HEEKS	Stowmarket Striders Running Club	0	0	0	0	480	0	0	0	0	0	480	480
102	Lisa Saunders	Waveney Valley AC	0	0	0	480	0	0	0	0	0	0	480	480
103	Abby Bolderston	Bungay Black Dog RC	0	0	0	479	0	0	0	0	0	0	479	479
104	Louise Talmage	Ipswich Jaffa RC	0	0	0	0	0	479	0	0	0	0	479	479
105	Courtney TURNER	Felixstowe RRC	0	0	0	0	479	0	0	0	0	0	479	479
106	Rachel Allen	Bungay Black Dog RC	0	0	0	478	0	0	0	0	0	0	478	478
107	Emma Louise BROWN	Haverhill Running Club	478	0	0	0	0	0	0	0	0	0	478	478
108	Pamela MORGAN	Framlingham Flyers	0	0	0	0	478	0	0	0	0	0	478	478
109	Kendra Boag	Stowmarket Striders Running Club	0	0	0	0	0	477	0	0	0	0	477	477
110	Melanie CATTEN	Haverhill Running Club	0	0	0	0	477	0	0	0	0	0	477	477
111	Emily Curtis	Beccles & Bungay Harriers	0	0	0	477	0	0	0	0	0	0	477	477
112	Char GREEN	Haverhill Running Club	477	0	0	0	0	0	0	0	0	0	477	477
113	Gina HICKEY	Haverhill Running Club	476	0	0	0	0	0	0	0	0	0	476	476
114	Jordan Sibley	Beccles & Bungay Harriers	0	0	0	476	0	0	0	0	0	0	476	476
115	Julie ROUT	Sudbury Joggers	475	0	0	0	0	0	0	0	0	0	475	475
116	Stacey Shiplee	Beccles & Bungay Harriers	0	0	0	475	0	0	0	0	0	0	475	475
117	Laura Wedgbury	Ipswich Jaffa RC	0	0	0	0	0	475	0	0	0	0	475	475
118	Hayley WILSON	Haverhill Running Club	0	0	0	0	475	0	0	0	0	0	475	475



19	Sabrina Norton	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
20	Kym ROBERTSON	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
21	Rachel BODSWORTH	Hadleigh Hares AC	0	0	0	0	498	0	0	0	0	0	498	498
22	Jo Fisher	Waveney Valley AC	0	0	0	498	0	0	0	0	0	0	498	498
23	Anna Gray	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
24	Andrea HUNT	Sudbury Joggers	498	0	0	0	0	0	0	0	0	0	498	498
25	Bianca THEERUTH	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	0	498	498
26	Lisa CONE	Waveney Valley AC	0	497	0	0	0	0	0	0	0	0	497	497
27	Amanda DUNN	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	0	497	497
28	Claire Rose	Beccles & Bungay Harriers	0	0	0	496	0	0	0	0	0	0	496	496
29	Sara Stafford	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	0	496	496
30	Ruth Hambling	Hadleigh Hares AC	0	0	495	0	0	0	0	0	0	0	495	495
31	Sara HAMMETT-RIDSDA	Haverhill Running Club	0	0	0	0	495	0	0	0	0	0	495	495
32	Sarah Stacey	Saxmundham Sports Running & Fitness Club	0	0	0	495	0	0	0	0	0	0	495	495
33	Clare EVERITT	Haverhill Running Club	0	0	0	0	494	0	0	0	0	0	494	494
34	Debbie Foster	Waveney Valley AC	0	0	0	494	0	0	0	0	0	0	494	494
35	Helen Haste	Ipswich Jaffa RC	0	0	0	0	0	494	0	0	0	0	494	494
36	Sarah Watkins	Hadleigh Hares AC	0	0	494	0	0	0	0	0	0	0	494	494
37	Lorna Blackmore	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493	493
38	Claire ROOKE	Sudbury Joggers	493	0	0	0	0	0	0	0	0	0	493	493
39	Caroline Stafford	Felixstowe RRC	0	0	493	0	0	0	0	0	0	0	493	493
40	Laura Deal	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
41	Jane Eaglen	Waveney Valley AC	0	0	0	492	0	0	0	0	0	0	492	492
42	Helen Mandell	Capel Cheetahs	0	0	0	0	0	492	0	0	0	0	492	492
43	Lucy Ashford-Scott	Ipswich Jaffa RC	0	0	0	491	0	0	0	0	0	0	491	491
44	Angela Ironside	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
45	Sarah James	Waveney Valley AC	0	0	0	490	0	0	0	0	0	0	490	490
46	Amanda BREWSTER	Stowmarket Striders Running Club	0	0	0	0	489	0	0	0	0	0	489	489
47	Sam Thornton	Bungay Black Dog RC	0	0	0	489	0	0	0	0	0	0	489	489
48	Jodie BUDD	Sudbury Joggers	0	0	0	0	488	0	0	0	0	0	488	488
49	Sarah STUPPELL	Haverhill Running Club	0	0	0	0	485	0	0	0	0	0	485	485
FV45														
1	Kaye BRANTON	Felixstowe RRC	497	0	0	500	496	500	0	0	0	0	1993	1993
2	Joanna BLYTH	Felixstowe RRC	0	498	493	0	488	494	0	0	0	0	1973	1973
3	Joanne BROOKE	Felixstowe RRC	488	0	0	497	489	486	0	0	0	0	1960	1960
4	Amanda CHILDS	Ipswich Jaffa RC	490	0	0	496	483	488	0	0	0	0	1957	1957
5	Emma HARWOOD	Framlingham Flyers	496	0	0	0	494	498	0	0	0	0	1488	1488
6	Nicky ROPER	Framlingham Flyers	494	0	495	0	0	496	0	0	0	0	1485	1485
7	Joanne Rosenwold	Haverhill Running Club	0	0	0	498	490	490	0	0	0	0	1478	1478
8	Karen HAMILTON	Stowmarket Striders Running Club	487	0	0	0	493	491	0	0	0	0	1471	1471



50	Fudge Farrar	Bungay Black Dog RC	0	0	488	0	0	0	0	0	0	488	488
51	Elizabeth Fox	Bungay Black Dog RC	0	0	0	487	0	0	0	0	0	487	487
52	Susannah HENSON	Saint Edmund Pacers	0	0	0	0	487	0	0	0	0	487	487
53	helen hollingsworth	Felixstowe RRC	0	0	0	0	0	487	0	0	0	487	487
54	Amanda Bird	Ipswich Jaffa RC	0	0	0	0	0	485	0	0	0	485	485
55	Lisa DALTON	Sudbury Joggers	485	0	0	0	0	0	0	0	0	485	485
56	She HODGSON	TRISudbury	0	0	0	0	484	0	0	0	0	484	484
57	Nicola KING	Haverhill Running Club	483	0	0	0	0	0	0	0	0	483	483
58	Nicola CANT	Sudbury Joggers	482	0	0	0	0	0	0	0	0	482	482
59	Kara Edhouse-Thomas	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	482	482
60	Kate WARBOYS	Newmarket Joggers	0	0	0	0	482	0	0	0	0	482	482
61	Lisa SUTHERLAND	TRISudbury	0	0	0	0	481	0	0	0	0	481	481
62	Liz ELLIOTT	Brandon Fern Hoppers	480	0	0	0	0	0	0	0	0	480	480
63	Heidi KNIGHT	Capel Cheetahs	0	0	0	0	480	0	0	0	0	480	480
64	Tina CHURCH	Saxmundham Sports Running & Fitness Club	0	0	0	0	479	0	0	0	0	479	479
65	Lynnette GARSTANG	Haverhill Running Club	479	0	0	0	0	0	0	0	0	479	479
66	Jo DICKINSON	Felixstowe RRC	0	0	0	0	478	0	0	0	0	478	478
FV50													
1	Mandy GODBOLD	Ipswich Harriers	490	0	0	497	490	494	0	0	0	1971	1971
2	Sharon BRANDON	Saint Edmund Pacers	497	0	0	500	498	0	0	0	0	1495	1495
3	Jackie HANN	Sudbury Joggers	0	498	497	0	497	0	0	0	0	1492	1492
4	Sandy Phillips	Ipswich Jaffa RC	0	0	0	498	496	498	0	0	0	1492	1492
5	Kate WOOD	Woodbridge Shufflers Running Club	0	497	0	0	495	497	0	0	0	1489	1489
6	Sally SOLOMON	Felixstowe RRC	489	0	0	494	0	486	0	0	0	1469	1469
7	Sandy Thorogood	Sudbury Joggers	0	0	500	0	500	0	0	0	0	1000	1000
8	Mary NAREY	Stowmarket Striders Running Club	0	500	499	0	0	0	0	0	0	999	999
9	Mandi MOYSE	Framlingham Flyers	0	499	498	0	0	0	0	0	0	997	997
10	Eloise Bird	Saint Edmund Pacers	0	0	0	499	493	0	0	0	0	992	992
11	Ruth COWLIN	Sudbury Joggers	494	0	0	0	0	496	0	0	0	990	990
12	Karen SKENE	Capel Cheetahs	495	0	0	0	0	495	0	0	0	990	990
13	Sharon WARLAND	Stowmarket Striders Running Club	496	0	0	0	494	0	0	0	0	990	990
14	Rachel HIRST	Bungay Black Dog RC	0	494	495	0	0	0	0	0	0	989	989
15	Nathalie Hooper	Hadleigh Hares AC	0	0	496	0	0	491	0	0	0	987	987
16	Jenny LYNCH	Felixstowe RRC	492	0	0	0	492	0	0	0	0	984	984
17	Rachael Finch	Waveney Valley AC	0	0	0	495	0	487	0	0	0	982	982
18	Tara Carroll	Waveney Valley AC	0	0	0	492	0	488	0	0	0	980	980
19	Jacqueline ALLPORT	Felixstowe RRC	0	0	0	0	488	489	0	0	0	977	977
20	Jo STEPHENSON	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	500	500
21	Maria Ward	Hadleigh Hares AC	0	0	0	0	0	500	0	0	0	500	500
22	Lynn EMMETT	Beccles & Bungay Harriers	0	0	0	0	499	0	0	0	0	499	499

23	Haley SUTTLE	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499	499
24	Helen Yellop	Capel Cheetahs	0	0	0	0	0	499	0	0	0	0	499	499
25	Sandra MAYHEW	Stowmarket Striders Running Club	498	0	0	0	0	0	0	0	0	0	498	498
26	Sil CLAY	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496	496
27	Maggie Godfrey	Waveney Valley AC	0	0	0	496	0	0	0	0	0	0	496	496
28	Karen GEDGE	Bungay Black Dog RC	0	495	0	0	0	0	0	0	0	0	495	495
29	Jane Pattison	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
30	Samantha COOPER	Sudbury Joggers	493	0	0	0	0	0	0	0	0	0	493	493
31	Fiona Houghton	Waveney Valley AC	0	0	0	493	0	0	0	0	0	0	493	493
32	Amanda Prior	Capel Cheetahs	0	0	0	0	0	493	0	0	0	0	493	493
33	jackie collins	Felixstowe RRC	0	0	0	0	0	492	0	0	0	0	492	492
34	Emma Brooks	Bungay Black Dog RC	0	0	0	491	0	0	0	0	0	0	491	491
35	Karen CHAMBERLAIN	Ipswich Jaffa RC	491	0	0	0	0	0	0	0	0	0	491	491
36	Sianie PAINTER	Newmarket Joggers	0	0	0	0	491	0	0	0	0	0	491	491
37	Sandy Maloy	Sudbury Joggers	0	0	0	0	0	490	0	0	0	0	490	490
38	Helen SPOONER	Haverhill Running Club	0	0	0	0	489	0	0	0	0	0	489	489
39	Jacque WEBB	Sudbury Joggers	488	0	0	0	0	0	0	0	0	0	488	488
40	Michelle HUDSON	Haverhill Running Club	0	0	0	0	487	0	0	0	0	0	487	487
41	Daniela Elstone	Felixstowe RRC	0	0	0	0	0	485	0	0	0	0	485	485
FV55														
1	Tracy HUMPHREYS	Stowmarket Striders Running Club	495	0	0	497	494	493	0	0	0	0	1979	1979
2	Nicola STEVENSON	Felixstowe RRC	496	0	0	496	489	496	0	0	0	0	1977	1977
3	Angela WHITING	Stowmarket Striders Running Club	490	0	0	493	490	491	0	0	0	0	1964	1964
4	Teresa FRANKLIN	Haverhill Running Club	499	0	0	500	499	0	0	0	0	0	1498	1498
5	Jenny CHURCH	Felixstowe RRC	498	0	0	0	497	499	0	0	0	0	1494	1494
6	Grace JUDGE	Haverhill Running Club	497	0	0	499	0	494	0	0	0	0	1490	1490
7	Sandra HISCOX	Haverhill Running Club	488	0	0	494	492	0	0	0	0	0	1474	1474
8	Jo WHELAN	Felixstowe RRC	0	499	0	0	493	0	0	0	0	0	992	992
9	Christine ASHE	Bungay Black Dog RC	493	0	0	0	495	0	0	0	0	0	988	988
10	Suzi ASHWORTH	Woodbridge Shufflers Running Club	0	0	0	0	496	492	0	0	0	0	988	988
11	Debbie MCDOWALL	Stowmarket Striders Running Club	489	0	0	0	0	488	0	0	0	0	977	977
12	Val Jennings	Ipswich Jaffa RC	0	0	0	0	0	500	0	0	0	0	500	500
13	Sue LOCKHART	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
14	Dawn Marshall	Saint Edmund Pacers	0	0	500	0	0	0	0	0	0	0	500	500
15	Maureen MCCARTHY	West Suffolk AC	0	0	0	0	500	0	0	0	0	0	500	500
16	Kirsty WEAVERS	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	0	500	500
17	Jackie Bell	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
18	Ruth ACWORTH	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
19	Bella Lewendon	Felixstowe RRC	0	0	0	498	0	0	0	0	0	0	498	498
20	Sandra Roberts	Ipswich Jaffa RC	0	0	0	0	0	498	0	0	0	0	498	498





23	Simone SUTHERLAND	Framlingham Flyers	0	0	0	0	493	0	0	0	0	0	493	493
24	Maggie FLATT	Beccles & Bungay Harriers	0	0	0	0	492	0	0	0	0	0	492	492
FV65														
1	Caroline MCINTOSH	Newmarket Joggers	0	500	0	0	498	0	0	0	0	0	998	998
2	Joan NEVIN	Haverhill Running Club	499	0	0	499	0	0	0	0	0	0	998	998
3	Cathy BEARD	Sudbury Joggers	0	0	0	0	500	0	0	0	0	0	500	500
4	Annette Huggins	Framlingham Flyers	0	0	0	0	0	500	0	0	0	0	500	500
5	Moirra Pinkney	Ipswich Triathlon Club	0	0	0	500	0	0	0	0	0	0	500	500
6	Cheryl TRUNDLE	Haverhill Running Club	500	0	0	0	0	0	0	0	0	0	500	500
7	Vivienne TAYLOR	Framlingham Flyers	0	0	0	0	499	0	0	0	0	0	499	499
FV70														
1	Christine MUTTITT	Bungay Black Dog RC	500	0	0	0	0	0	0	0	0	0	500	500
2	Maureen WRIGHT	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500
3	Judy POTTER	Beccles & Bungay Harriers	0	0	0	0	499	0	0	0	0	0	499	499
4	Jan GREEN	Framlingham Flyers	0	0	0	0	498	0	0	0	0	0	498	498
MS														
1	Tony GAVIN	Felixstowe RRC	0	500	500	0	500	497	0	0	0	0	1997	1997
2	Luke WITHERS	Haverhill Running Club	492	0	497	0	467	459	0	0	0	0	1915	1915
3	Ross ARNOLD	Haverhill Running Club	0	487	0	493	456	449	0	0	0	0	1885	1885
4	Samuel BURDETT	Stowmarket Striders Running Club	498	0	0	0	497	496	0	0	0	0	1491	1491
5	Gary TAYLOR	Felixstowe RRC	499	0	0	0	488	482	0	0	0	0	1469	1469
6	Oliver WATSON	Ipswich Jaffa RC	496	0	0	0	485	487	0	0	0	0	1468	1468
7	Marcus BOON	Ipswich Jaffa RC	495	0	0	0	470	468	0	0	0	0	1433	1433
8	Justin POTTER	Stowmarket Striders Running Club	0	491	499	0	0	440	0	0	0	0	1430	1430
9	Keelan Smith	Saxmundham Sports Running & Fitness Club	0	0	490	485	455	0	0	0	0	0	1430	1430
10	Neil DENNIS	Stowmarket Striders Running Club	483	0	0	0	464	455	0	0	0	0	1402	1402
11	Adam WADE	Ipswich Jaffa RC	0	0	0	0	498	498	0	0	0	0	996	996
12	Andrew ELLIS	Felixstowe RRC	0	498	0	0	491	0	0	0	0	0	989	989
13	Tom KINGSNORTH	Saint Edmund Pacers	497	0	0	0	492	0	0	0	0	0	989	989
14	Matthew AXTON	Saint Edmund Pacers	0	499	0	0	489	0	0	0	0	0	988	988
15	Jordan BEAUMONT	Ipswich Jaffa RC	489	0	0	497	0	0	0	0	0	0	986	986
16	Andrew Callen	Diss and District AC	0	0	495	490	0	0	0	0	0	0	985	985
17	Matt FORD-THOMAS	Saxmundham Sports Running & Fitness Club	0	496	0	0	0	488	0	0	0	0	984	984
18	Ben Dean	Diss and District AC	0	0	494	488	0	0	0	0	0	0	982	982
19	Matthew BENNETT	Ipswich Jaffa RC	0	0	0	0	490	489	0	0	0	0	979	979
20	Alex ARCHER	Ipswich Jaffa RC	0	495	0	0	483	0	0	0	0	0	978	978
21	Stuart Lawn	Beccles & Bungay Harriers	0	0	492	486	0	0	0	0	0	0	978	978
22	Jamie Payne	Framlingham Flyers	0	0	491	484	0	0	0	0	0	0	975	975

23	Michael FALCONE	Saint Edmund Pacers	0	497	0	0	476	0	0	0	0	973	973
24	Ashley SMY	Framlingham Flyers	0	0	0	0	486	485	0	0	0	971	971
25	Lee BROWN	Haverhill Running Club	490	0	0	0	477	0	0	0	0	967	967
26	Ian OLD	Ipswich Jaffa RC	0	0	0	0	482	479	0	0	0	961	961
27	Peter SQUIRRELL	Ipswich Jaffa RC	491	0	0	0	0	470	0	0	0	961	961
28	Kevin MILLARD	Haverhill Running Club	487	0	0	0	473	0	0	0	0	960	960
29	Jamie FITTOCK	Sudbury Joggers	0	493	0	0	0	465	0	0	0	958	958
30	Stuart BUCHAN	Stowmarket Striders Running Club	0	0	0	0	480	475	0	0	0	955	955
31	Jordan Greer	Saint Edmund Pacers	0	0	0	491	462	0	0	0	0	953	953
32	Thomas HAYDEN	Framlingham Flyers	0	0	0	0	479	472	0	0	0	951	951
33	Patrick Wilford	Saxmundham Sports Running & Fitness Club	0	0	0	489	458	0	0	0	0	947	947
34	Marc BENSON	Haverhill Running Club	484	0	0	0	0	454	0	0	0	938	938
35	Morgan MOORE	Stowmarket Striders Running Club	0	0	0	0	471	462	0	0	0	933	933
36	Gary INGRAM	Ipswich Jaffa RC	486	0	0	0	0	442	0	0	0	928	928
37	Gavin BOAG	Stowmarket Striders Running Club	480	0	0	0	0	441	0	0	0	921	921
38	Benjamin CARPENDALE	Felixstowe RRC	500	0	0	0	0	0	0	0	0	500	500
39	Danny Rock	Felixstowe RRC	0	0	0	0	0	500	0	0	0	500	500
40	David Sparshott	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	500	500
41	Freddie ADAMS	Ipswich Harriers	0	0	0	0	499	0	0	0	0	499	499
42	James Reeder	Ipswich Triathlon Club	0	0	0	0	0	499	0	0	0	499	499
43	George Shiplee	Beccles & Bungay Harriers	0	0	0	499	0	0	0	0	0	499	499
44	Glenn Fletcher	Waveney Valley AC	0	0	0	498	0	0	0	0	0	498	498
45	Ryan Green	Ipswich Jaffa RC	0	0	498	0	0	0	0	0	0	498	498
46	Antony Croucher	Waveney Valley AC	0	0	496	0	0	0	0	0	0	496	496
47	Tom HENSON	Saint Edmund Pacers	0	0	0	0	496	0	0	0	0	496	496
48	Matthew Tye	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	496	496
49	David Neeve	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	495	495
50	Joe ROBSON	Saint Edmund Pacers	0	0	0	0	495	0	0	0	0	495	495
51	Benjamin Turley	Ipswich Jaffa RC	0	0	0	0	0	495	0	0	0	495	495
52	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	494	494
53	Jonathan Glanfield	Felixstowe RRC	0	0	0	0	0	494	0	0	0	494	494
54	Antony GREEN	Haverhill Running Club	494	0	0	0	0	0	0	0	0	494	494
55	Jacob Howard	Ipswich Triathlon Club	0	0	0	494	0	0	0	0	0	494	494
56	Shaun NICHOLLS	Ipswich Jaffa RC	0	494	0	0	0	0	0	0	0	494	494
57	Lee Barber	Framlingham Flyers	0	0	0	0	0	493	0	0	0	493	493
58	Jeff Gamby-Boulger	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	493	493
59	Alex HOBBS	Stowmarket Striders Running Club	493	0	0	0	0	0	0	0	0	493	493
60	Steven QUERCIA-SMALI	Saint Edmund Pacers	0	0	0	0	493	0	0	0	0	493	493
61	Patrick Day	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	492	492
62	James STUBBS	Haverhill Running Club	0	492	0	0	0	0	0	0	0	492	492
63	Paul Wain	Ipswich Jaffa RC	0	0	0	0	0	492	0	0	0	492	492

64	Christopher Poulding	Saint Edmund Pacers	0	0	0	0	0	491	0	0	0	0	491	491
65	Paul CLINE	Ipswich Jaffa RC	0	490	0	0	0	0	0	0	0	0	490	490
66	Scott Williams	Stowmarket Striders Running Club	0	0	0	0	0	490	0	0	0	0	490	490
67	Andy MILEY	Ipswich Jaffa RC	0	489	0	0	0	0	0	0	0	0	489	489
68	Andrew COLEMAN	Stowmarket Striders Running Club	488	0	0	0	0	0	0	0	0	0	488	488
69	Kieran HAYLES	Sudbury Joggers	0	488	0	0	0	0	0	0	0	0	488	488
70	Nick Allen	Saint Edmund Pacers	0	0	0	487	0	0	0	0	0	0	487	487
71	James WILSON	Saxmundham Sports Running & Fitness Club	0	0	0	0	487	0	0	0	0	0	487	487
72	George FIRTH	Stowmarket Striders Running Club	0	486	0	0	0	0	0	0	0	0	486	486
73	Steve Mason	Haverhill Running Club	0	0	0	0	0	486	0	0	0	0	486	486
74	Michael SHELDRAKE	Ipswich Jaffa RC	0	485	0	0	0	0	0	0	0	0	485	485
75	Glyn WILLIAMS	Hadleigh Hares AC	485	0	0	0	0	0	0	0	0	0	485	485
76	Aden BELL	Hadleigh Hares AC	0	0	0	0	484	0	0	0	0	0	484	484
77	Jon Duffney	Ipswich Jaffa RC	0	0	0	0	0	484	0	0	0	0	484	484
78	Liam Brown	Beccles & Bungay Harriers	0	0	0	483	0	0	0	0	0	0	483	483
79	Joshua Thompson	Ipswich Harriers	0	0	0	0	0	483	0	0	0	0	483	483
80	Daniel KNIGHT	Haverhill Running Club	482	0	0	0	0	0	0	0	0	0	482	482
81	Tom ADAMS	Ipswich Harriers	0	0	0	0	481	0	0	0	0	0	481	481
82	Alex Belsom	Ipswich Jaffa RC	0	0	0	0	0	481	0	0	0	0	481	481
83	James COOPER	Stowmarket Striders Running Club	481	0	0	0	0	0	0	0	0	0	481	481
84	Ben Churchman	Diss and District AC	0	0	0	0	0	480	0	0	0	0	480	480
85	Josh IRON	Haverhill Running Club	479	0	0	0	0	0	0	0	0	0	479	479
86	Oliver BINGHAM	Stowmarket Striders Running Club	0	0	0	0	478	0	0	0	0	0	478	478
87	Andrew Turner	Hadleigh Hares AC	0	0	0	0	0	478	0	0	0	0	478	478
88	Jake Waggott	Ipswich Jaffa RC	0	0	0	0	0	477	0	0	0	0	477	477
89	Adrian Kudela	Felixstowe RRC	0	0	0	0	0	476	0	0	0	0	476	476
90	William TERRY	Stowmarket Striders Running Club	0	0	0	0	475	0	0	0	0	0	475	475
91	Oliver LANGNER	Ipswich Jaffa RC	0	0	0	0	474	0	0	0	0	0	474	474
92	Dean Wright	Hadleigh Hares AC	0	0	0	0	0	474	0	0	0	0	474	474
93	conner bilner	Ipswich Jaffa RC	0	0	0	0	0	473	0	0	0	0	473	473
94	Dylan BRADNAM	Saint Edmund Pacers	0	0	0	0	472	0	0	0	0	0	472	472
95	Alexander Fox	Saint Edmund Pacers	0	0	0	0	0	471	0	0	0	0	471	471
96	James Howard	Framlingham Flyers	0	0	0	0	0	469	0	0	0	0	469	469
97	Oliver SCHOFIELD	Saint Edmund Pacers	0	0	0	0	469	0	0	0	0	0	469	469
98	Simon WALLIS	Haverhill Running Club	0	0	0	0	468	0	0	0	0	0	468	468
99	Robert Grainger	Stowmarket Striders Running Club	0	0	0	0	0	467	0	0	0	0	467	467
100	Neil Gillingham	Ipswich Harriers	0	0	0	0	0	466	0	0	0	0	466	466
101	Joe WEBB	Saint Edmund Pacers	0	0	0	0	466	0	0	0	0	0	466	466
102	Adam CLARKE	Saint Edmund Pacers	0	0	0	0	465	0	0	0	0	0	465	465
103	Oliver Riches	Hadleigh Hares AC	0	0	0	0	0	464	0	0	0	0	464	464
104	Dean REDNALL	Stowmarket Striders Running Club	0	0	0	0	463	0	0	0	0	0	463	463

105	Kevin Scutcher	Hadleigh Hares AC	0	0	0	0	0	463	0	0	0	0	463	463
106	Peter MANSFIELD	Sudbury Joggers	0	0	0	0	461	0	0	0	0	0	461	461
107	Jamie Rock	Felixstowe RRC	0	0	0	0	0	461	0	0	0	0	461	461
108	Ian BODSWORTH	Hadleigh Hares AC	0	0	0	0	460	0	0	0	0	0	460	460
109	Joseph Hullis	Ipswich Jaffa RC	0	0	0	0	0	460	0	0	0	0	460	460
110	Peter WOODS	Felixstowe RRC	0	0	0	0	459	0	0	0	0	0	459	459
111	Rob Page	Ipswich Jaffa RC	0	0	0	0	0	458	0	0	0	0	458	458
112	Timothy DRAIN	Stowmarket Striders Running Club	0	0	0	0	457	0	0	0	0	0	457	457
113	Ricky O'Neill	Ipswich Jaffa RC	0	0	0	0	0	457	0	0	0	0	457	457
114	Mark Cooper	Ipswich Triathlon Club	0	0	0	0	0	456	0	0	0	0	456	456
115	Craig SMITH	Saint Edmund Pacers	0	0	0	0	454	0	0	0	0	0	454	454
116	Andy HAYWARD	Stowmarket Striders Running Club	0	0	0	0	453	0	0	0	0	0	453	453
117	Darryl Yates	Ipswich Jaffa RC	0	0	0	0	0	453	0	0	0	0	453	453
118	Neil Hanson	Felixstowe RRC	0	0	0	0	0	452	0	0	0	0	452	452
119	Stuart MATHIESON	Sudbury Joggers	0	0	0	0	452	0	0	0	0	0	452	452
120	Oliver Boughton	Saint Edmund Pacers	0	0	0	0	0	451	0	0	0	0	451	451
121	Benjamin Lucas	Stowmarket Striders Running Club	0	0	0	0	0	450	0	0	0	0	450	450
122	Tristram Singh	Ipswich Jaffa RC	0	0	0	0	0	448	0	0	0	0	448	448
123	James Severy	Ipswich Jaffa RC	0	0	0	0	0	447	0	0	0	0	447	447
124	Coran Summers	Woodbridge Shufflers Running Club	0	0	0	0	0	446	0	0	0	0	446	446
125	Joe Roberts	Ipswich Jaffa RC	0	0	0	0	0	445	0	0	0	0	445	445
126	Jonathan Bolton	Ipswich Jaffa RC	0	0	0	0	0	444	0	0	0	0	444	444
127	Matthew Smith	Stowmarket Striders Running Club	0	0	0	0	0	443	0	0	0	0	443	443
128	Richard Tatterton	Felixstowe RRC	0	0	0	0	0	439	0	0	0	0	439	439
129	Matthew Makin	Felixstowe RRC	0	0	0	0	0	438	0	0	0	0	438	438
MV40														
1	Chris MOWER	Saint Edmund Pacers	0	499	0	499	0	499	0	0	0	0	1497	1497
2	Ian Elden	Ipswich Jaffa RC	0	0	0	500	496	495	0	0	0	0	1491	1491
3	David PERCY	Haverhill Running Club	499	0	0	0	494	493	0	0	0	0	1486	1486
4	Robin HARPER	Felixstowe RRC	0	490	0	0	493	497	0	0	0	0	1480	1480
5	Brett DEAKIN	Felixstowe RRC	0	484	0	0	479	478	0	0	0	0	1441	1441
6	Andrew BELL	Haverhill Running Club	500	0	0	0	499	0	0	0	0	0	999	999
7	James CORNISH	Woodbridge Shufflers Running Club	0	498	0	0	0	498	0	0	0	0	996	996
8	Benjamin JACOBS	Felixstowe RRC	0	497	0	0	498	0	0	0	0	0	995	995
9	Westley WALKER	Haverhill Running Club	497	0	0	0	497	0	0	0	0	0	994	994
10	Leo Stead	Waveney Valley AC	0	0	498	495	0	0	0	0	0	0	993	993
11	Darren COOK	Felixstowe RRC	0	496	0	0	0	496	0	0	0	0	992	992
12	Tom Alexander	Woodbridge Shufflers Running Club	0	0	0	498	492	0	0	0	0	0	990	990
13	Wayne SMITH	Saint Edmund Pacers	496	0	0	0	488	0	0	0	0	0	984	984
14	Paul OSBORNE	Felixstowe RRC	0	489	0	0	0	491	0	0	0	0	980	980

15	Stuart WRIGHT	Felixstowe RRC	0	0	0	0	490	489	0	0	0	0	979	979
16	Stuart SIMMONS	Ipswich Jaffa RC	0	491	0	0	0	487	0	0	0	0	978	978
17	Graham DIXON	Haverhill Running Club	493	0	0	0	482	0	0	0	0	0	975	975
18	Derek HOOD	Ipswich Jaffa RC	0	488	0	0	0	485	0	0	0	0	973	973
19	Kyle ROPER	Ipswich Jaffa RC	0	0	0	0	486	484	0	0	0	0	970	970
20	Daniel EVERITT	Haverhill Running Club	491	0	0	0	476	0	0	0	0	0	967	967
21	Jamie BENNETT	Ipswich Jaffa RC	0	0	0	0	478	476	0	0	0	0	954	954
22	Dan BELCHER-HACKETT	Stowmarket Striders Running Club	0	0	0	0	474	472	0	0	0	0	946	946
23	Mark Curtis	Ipswich Jaffa RC	0	0	500	0	0	0	0	0	0	0	500	500
24	Jim Last	Framlingham Flyers	0	0	0	0	0	500	0	0	0	0	500	500
25	Jason MARTER	Framlingham Flyers	0	0	0	0	500	0	0	0	0	0	500	500
26	Andrew SOUTHWOOD	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	0	500	500
27	Lee Phillips	Framlingham Flyers	0	0	499	0	0	0	0	0	0	0	499	499
28	David MARSH	Stowmarket Striders Running Club	498	0	0	0	0	0	0	0	0	0	498	498
29	Matt Howe	Felixstowe RRC	0	0	497	0	0	0	0	0	0	0	497	497
30	Dylan Neeve	Waveney Valley AC	0	0	0	497	0	0	0	0	0	0	497	497
31	Dave Catchpole	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
32	James Roberts	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
33	Ben CUTHBERT	Sudbury Joggers	0	0	0	0	495	0	0	0	0	0	495	495
34	Robert MILNER	Waveney Valley AC	0	495	0	0	0	0	0	0	0	0	495	495
35	Jimmy SECKER	Sudbury Joggers	495	0	0	0	0	0	0	0	0	0	495	495
36	Tom Bruce	Ipswich Triathlon Club	0	0	0	0	0	494	0	0	0	0	494	494
37	Neil Burwood	Waveney Valley AC	0	0	0	494	0	0	0	0	0	0	494	494
38	Matthew RAWLINGS	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	0	494	494
39	Richard SMITH	Sudbury Joggers	0	494	0	0	0	0	0	0	0	0	494	494
40	Gareth Bradbury	Waveney Valley AC	0	0	0	493	0	0	0	0	0	0	493	493
41	Tony GOODING	Haverhill Running Club	0	493	0	0	0	0	0	0	0	0	493	493
42	Steve BUTLER	Haverhill Running Club	492	0	0	0	0	0	0	0	0	0	492	492
43	Paul DOCKERILL	Newmarket Joggers	0	492	0	0	0	0	0	0	0	0	492	492
44	Matt Ife	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	0	492	492
45	Alastair Read	Felixstowe RRC	0	0	0	0	0	492	0	0	0	0	492	492
46	Ben JEFFERY	West Suffolk AC	0	0	0	0	491	0	0	0	0	0	491	491
47	Gregory STOWE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
48	Torben Wood	Ipswich Triathlon Club	0	0	0	0	0	490	0	0	0	0	490	490
49	Len SAUNDERS	Felixstowe RRC	0	0	0	0	489	0	0	0	0	0	489	489
50	Richard Leeder	Stowmarket Striders Running Club	0	0	0	0	0	488	0	0	0	0	488	488
51	Matt BENSON	Sudbury Joggers	0	0	0	0	487	0	0	0	0	0	487	487
52	Michael RUSHTON	Saint Edmund Pacers	0	487	0	0	0	0	0	0	0	0	487	487
53	James Ellul	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486	486
54	Daniel SHANKS	Felixstowe RRC	0	486	0	0	0	0	0	0	0	0	486	486
55	Will HARTWELL	Haverhill Running Club	0	0	0	0	485	0	0	0	0	0	485	485

56	Steve OGLESBY	Haverhill Running Club	0	485	0	0	0	0	0	0	0	0	485	485
57	Neil WILLIAMSON	Newmarket Joggers	0	0	0	0	484	0	0	0	0	0	484	484
58	Ben Burrows	Woodbridge Shufflers Running Club	0	0	0	0	0	483	0	0	0	0	483	483
59	Simon COOPER	Felixstowe RRC	0	483	0	0	0	0	0	0	0	0	483	483
60	Daniel SELFE	Stowmarket Striders Running Club	0	0	0	0	483	0	0	0	0	0	483	483
61	Mark Scott	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	0	482	482
62	Jonathan Barnes	Woodbridge Shufflers Running Club	0	0	0	0	0	481	0	0	0	0	481	481
63	Jamie WRIGHT	Framlingham Flyers	0	0	0	0	481	0	0	0	0	0	481	481
64	John ADAMS	Ipswich Jaffa RC	0	0	0	0	480	0	0	0	0	0	480	480
65	James Willcox	Felixstowe RRC	0	0	0	0	0	480	0	0	0	0	480	480
66	Mark Rose	Ipswich Jaffa RC	0	0	0	0	0	479	0	0	0	0	479	479
67	Adrian Matthews	Ipswich Triathlon Club	0	0	0	0	0	477	0	0	0	0	477	477
68	Stewart WHITE	Saint Edmund Pacers	0	0	0	0	477	0	0	0	0	0	477	477
69	James BRIGGS	Haverhill Running Club	0	0	0	0	475	0	0	0	0	0	475	475
70	Damien Cassan	Ipswich Triathlon Club	0	0	0	0	0	475	0	0	0	0	475	475
71	Steve Kirk	Framlingham Flyers	0	0	0	0	0	474	0	0	0	0	474	474
72	Tim Sparkes	Stowmarket Striders Running Club	0	0	0	0	0	473	0	0	0	0	473	473
MV45														
1	Adam HOWLETT	Framlingham Flyers	500	0	0	0	499	500	0	0	0	0	1499	1499
2	Daniel PELLING	Haverhill Running Club	495	0	496	0	485	0	0	0	0	0	1476	1476
3	Karl FEAGAN	Hadleigh Hares AC	0	489	0	0	489	489	0	0	0	0	1467	1467
4	David CHURCH	Felixstowe RRC	0	490	0	0	482	484	0	0	0	0	1456	1456
5	Piotr BULACZ	Sudbury Joggers	0	500	0	0	497	0	0	0	0	0	997	997
6	Tom Haslam	Saxmundham Sports Running & Fitness Club	0	0	499	0	0	498	0	0	0	0	997	997
7	Mark HAYDEN	Framlingham Flyers	0	499	0	0	498	0	0	0	0	0	997	997
8	Matt BALDRY	Waveney Valley AC	0	493	0	499	0	0	0	0	0	0	992	992
9	John THORPE	Ipswich Jaffa RC	499	0	0	0	0	493	0	0	0	0	992	992
10	Peter Bird	Saint Edmund Pacers	0	0	0	500	491	0	0	0	0	0	991	991
11	Keith WILLIAMS	Ipswich Jaffa RC	496	0	0	0	0	492	0	0	0	0	988	988
12	Daniel AGER	Ipswich Jaffa RC	494	0	0	0	0	491	0	0	0	0	985	985
13	Barry ROGERS	Bungay Black Dog RC	491	0	494	0	0	0	0	0	0	0	985	985
14	Jan KADING	Stowmarket Striders Running Club	0	0	0	0	494	490	0	0	0	0	984	984
15	Lee GODDARD	Stowmarket Striders Running Club	492	0	0	0	483	0	0	0	0	0	975	975
16	Mike BERRY	Saint Edmund Pacers	487	0	0	0	480	0	0	0	0	0	967	967
17	Lee TAYLOR	Haverhill Running Club	488	0	0	0	478	0	0	0	0	0	966	966
18	Graeme JOHNSTON	Haverhill Running Club	484	0	0	0	479	0	0	0	0	0	963	963
19	Bryn STUPPELL	Haverhill Running Club	485	0	0	0	477	0	0	0	0	0	962	962
20	Keith TILLEY	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500
21	Jon Wiles	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
22	Tim Larke	Stowmarket Striders Running Club	0	0	0	0	0	499	0	0	0	0	499	499

23	Nick HAMMOND	Framlingham Flyers	498	0	0	0	0	0	0	0	0	0	498	498
24	Tom Pullinger	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
25	Simon Skinner	Beccles & Bungay Harriers	0	0	0	498	0	0	0	0	0	0	498	498
26	Jason TAYLOR	Felixstowe RRC	0	498	0	0	0	0	0	0	0	0	498	498
27	Andrew Craig	Woodbridge Shufflers Running Club	0	0	0	0	0	497	0	0	0	0	497	497
28	Paul GAME	Haverhill Running Club	497	0	0	0	0	0	0	0	0	0	497	497
29	Robert James	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
30	Ian LONGLAND	Haverhill Running Club	0	497	0	0	0	0	0	0	0	0	497	497
31	Jonathan Puxley	Beccles & Bungay Harriers	0	0	0	497	0	0	0	0	0	0	497	497
32	Sean Day	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
33	Steve Hall	Framlingham Flyers	0	0	0	0	0	496	0	0	0	0	496	496
34	Tim HANMAN	Ipswich Jaffa RC	0	0	0	0	496	0	0	0	0	0	496	496
35	Mark WHITE	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496	496
36	Chris Backhouse	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
37	Adrian FROST	Saint Edmund Pacers	0	0	0	0	495	0	0	0	0	0	495	495
38	James HOWLETT	Framlingham Flyers	0	495	0	0	0	0	0	0	0	0	495	495
39	Thomas Stewart	Woodbridge Shufflers Running Club	0	0	0	0	0	495	0	0	0	0	495	495
40	Ian Stride	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
41	Will Aldred	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494	494
42	Guy HAYWARD	Framlingham Flyers	0	494	0	0	0	0	0	0	0	0	494	494
43	Steven Jordan	Saxmundham Sports Running & Fitness Club	0	0	493	0	0	0	0	0	0	0	493	493
44	Mark SKOULDING	Stowmarket Striders Running Club	493	0	0	0	0	0	0	0	0	0	493	493
45	Gareth SOUTHGATE	Stowmarket Striders Running Club	0	0	0	0	493	0	0	0	0	0	493	493
46	Damian ELSDON	Saint Edmund Pacers	0	0	0	0	492	0	0	0	0	0	492	492
47	Julian Holland-Gladwish	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
48	Robert WORTHINGTON	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
49	Simon SPARKES	Bungay Black Dog RC	0	491	0	0	0	0	0	0	0	0	491	491
50	Martyn Woodgate	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
51	Simon ELLIOTT	Sudbury Joggers	490	0	0	0	0	0	0	0	0	0	490	490
52	Vince Meadows	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490	490
53	Vince WEBB	Saint Edmund Pacers	0	0	0	0	490	0	0	0	0	0	490	490
54	Horace SHURIAH	Haverhill Running Club	489	0	0	0	0	0	0	0	0	0	489	489
55	Kerry BUCKLEY	Felixstowe RRC	0	0	0	0	488	0	0	0	0	0	488	488
56	Mark Goodwin	Felixstowe RRC	0	0	0	0	0	488	0	0	0	0	488	488
57	Jason ABLETT	Stowmarket Striders Running Club	0	0	0	0	487	0	0	0	0	0	487	487
58	Steven King	Felixstowe RRC	0	0	0	0	0	487	0	0	0	0	487	487
59	David DAMANT	Stowmarket Striders Running Club	486	0	0	0	0	0	0	0	0	0	486	486
60	Mark DOWNEY	Felixstowe RRC	0	0	0	0	486	0	0	0	0	0	486	486
61	ANDREW TAYLOR	Newmarket Joggers	0	0	0	0	0	486	0	0	0	0	486	486
62	Jimmy elmer	Ipswich Jaffa RC	0	0	0	0	0	485	0	0	0	0	485	485
63	Bill BESLEY	Stowmarket Striders Running Club	0	0	0	0	484	0	0	0	0	0	484	484



64	Carl Bergdahl	Ipswich Jaffa RC	0	0	0	0	0	483	0	0	0	0	483	483
65	Paul Goldring	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	0	482	482
66	Justin Ostler	Felixstowe RRC	0	0	0	0	0	481	0	0	0	0	481	481
67	Glenn PROCTOR	Stowmarket Striders Running Club	0	0	0	0	481	0	0	0	0	0	481	481
68	Tony Holland	Ipswich Jaffa RC	0	0	0	0	0	480	0	0	0	0	480	480
69	David Tillett	Felixstowe RRC	0	0	0	0	0	479	0	0	0	0	479	479
70	Stephen CHAPMAN	Stowmarket Striders Running Club	0	0	0	0	476	0	0	0	0	0	476	476
71	David BREWSTER	Stowmarket Striders Running Club	0	0	0	0	475	0	0	0	0	0	475	475
MV50														
1	Steve BROOKE	Felixstowe RRC	500	0	0	499	499	499	0	0	0	0	1997	1997
2	Robert REASON	Stowmarket Striders Running Club	0	493	0	494	490	485	0	0	0	0	1962	1962
3	Mark GODBOLD	Ipswich Harriers	486	0	0	491	491	486	0	0	0	0	1954	1954
4	Jonathan WILDING	Felixstowe RRC	489	0	0	493	483	487	0	0	0	0	1952	1952
5	Dave SOLOMON	Felixstowe RRC	0	500	0	500	0	500	0	0	0	0	1500	1500
6	Ian DUGGAN	Felixstowe RRC	498	0	499	0	0	497	0	0	0	0	1494	1494
7	Charles HANN	Sudbury Joggers	0	499	498	0	497	0	0	0	0	0	1494	1494
8	Mark ALLEN	Ipswich Jaffa RC	0	0	0	0	498	498	0	0	0	0	996	996
9	Chris Seymour	Stowmarket Striders Running Club	0	0	497	498	0	0	0	0	0	0	995	995
10	Jamie RANDALL	Haverhill Running Club	496	0	0	0	496	0	0	0	0	0	992	992
11	James WOOD	Sudbury Joggers	494	0	0	0	0	494	0	0	0	0	988	988
12	Gabriel Martins	Ipswich Jaffa RC	0	0	494	0	0	493	0	0	0	0	987	987
13	Peter WARLAND	Stowmarket Striders Running Club	493	0	0	0	493	0	0	0	0	0	986	986
14	Stephen ATKINS	Saint Edmund Pacers	491	0	0	0	494	0	0	0	0	0	985	985
15	Benjamin SOLWAY	Woodbridge Shufflers Running Club	0	494	0	0	0	491	0	0	0	0	985	985
16	Mark HUGHES	Stowmarket Striders Running Club	492	0	0	0	0	492	0	0	0	0	984	984
17	Kevin Ellis	Bungay Black Dog RC	0	0	490	492	0	0	0	0	0	0	982	982
18	Richard SMITH	Saint Edmund Pacers	488	0	0	0	484	0	0	0	0	0	972	972
19	Ross BOURNE	Saint Edmund Pacers	485	0	0	0	482	0	0	0	0	0	967	967
20	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500
21	Karim Ouaddane	Waveney Valley AC	0	0	500	0	0	0	0	0	0	0	500	500
22	Martin LAWRENCE	Haverhill Running Club	499	0	0	0	0	0	0	0	0	0	499	499
23	Simon SINCLAIR	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
24	Simon FENN	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	0	497	497
25	Nigel Schofield	Saint Edmund Pacers	0	0	0	497	0	0	0	0	0	0	497	497
26	Kev WHELAN	Felixstowe RRC	0	497	0	0	0	0	0	0	0	0	497	497
27	Jason Cattermole	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	0	496	496
28	Richard Crossland	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
29	Mark FRISTON	Woodbridge Shufflers Running Club	0	496	0	0	0	0	0	0	0	0	496	496
30	Chris Tye	Ipswich Triathlon Club	0	0	496	0	0	0	0	0	0	0	496	496
31	Stephen DIXON	Ipswich Jaffa RC	495	0	0	0	0	0	0	0	0	0	495	495

32	Darren Goodby	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
33	Ian Gooderham	Saint Edmund Pacers	0	0	0	495	0	0	0	0	0	0	495	495
34	Steven JEGGO	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495	495
35	Chris SERVANT	Ipswich Jaffa RC	0	0	0	0	495	0	0	0	0	0	495	495
36	Roger Stone	Felixstowe RRC	0	0	0	0	0	495	0	0	0	0	495	495
37	Malcolm Huggins	Waveney Valley AC	0	0	493	0	0	0	0	0	0	0	493	493
38	Stephen HATTEN	Saint Edmund Pacers	0	0	0	0	492	0	0	0	0	0	492	492
39	Jimmy RUSSELL	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
40	John Skelly	Waveney Valley AC	0	0	492	0	0	0	0	0	0	0	492	492
41	Pete McCarthy	Ipswich Triathlon Club	0	0	491	0	0	0	0	0	0	0	491	491
42	Mark Avery	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
43	Martin LITTLE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490	490
44	Matthew Webber	Beccles & Bungay Harriers	0	0	0	490	0	0	0	0	0	0	490	490
45	glen avis	Hadleigh Hares AC	0	0	0	0	0	489	0	0	0	0	489	489
46	Malcolm Howard	Waveney Valley AC	0	0	0	489	0	0	0	0	0	0	489	489
47	Stephen RITSON	Stowmarket Striders Running Club	0	0	0	0	489	0	0	0	0	0	489	489
48	Howard Allen	Ipswich Jaffa RC	0	0	0	0	0	488	0	0	0	0	488	488
49	Paul BROUGH	Haverhill Running Club	0	0	0	0	488	0	0	0	0	0	488	488
50	Philip BROWN	Saint Edmund Pacers	487	0	0	0	0	0	0	0	0	0	487	487
51	Carl FRANCIS	Stowmarket Striders Running Club	0	0	0	0	487	0	0	0	0	0	487	487
52	Alistair GOODIER	Ipswich Jaffa RC	0	0	0	0	486	0	0	0	0	0	486	486
53	Paul HEEKS	Stowmarket Striders Running Club	0	0	0	0	485	0	0	0	0	0	485	485
54	IAIN CATCHPOOL	Ipswich Jaffa RC	0	0	0	0	0	484	0	0	0	0	484	484
55	Duncan CHAMBERLAIN	Ipswich Jaffa RC	484	0	0	0	0	0	0	0	0	0	484	484
56	Paul McAllister	Hadleigh Hares AC	0	0	0	0	0	483	0	0	0	0	483	483
57	Gi Kwong Cheung	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	0	482	482
58	stuart hollingsworth	Felixstowe RRC	0	0	0	0	0	481	0	0	0	0	481	481
59	Andrew TERRY	Stowmarket Striders Running Club	0	0	0	0	481	0	0	0	0	0	481	481
60	Andrew Clifton	Felixstowe RRC	0	0	0	0	0	480	0	0	0	0	480	480
61	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	0	480	0	0	0	0	0	480	480
MV55														
1	Vaughan MORRIS	Stowmarket Striders Running Club	498	0	500	0	494	495	0	0	0	0	1987	1987
2	Adrian COLE	Stowmarket Striders Running Club	489	0	493	0	486	486	0	0	0	0	1954	1954
3	Richard SMITH	Felixstowe RRC	490	0	0	495	485	482	0	0	0	0	1952	1952
4	Peter Clarke	Diss and District AC	0	0	0	500	499	499	0	0	0	0	1498	1498
5	Robin BELSOM	Ipswich Jaffa RC	499	0	0	0	496	496	0	0	0	0	1491	1491
6	Russel BREYER	Ipswich Triathlon Club	496	0	0	498	0	493	0	0	0	0	1487	1487
7	Robert MORGAN	Saint Edmund Pacers	495	0	497	0	493	0	0	0	0	0	1485	1485
8	Todd LEWIS	Sudbury Joggers	0	0	0	0	498	497	0	0	0	0	995	995
9	Chris CHORLEY	Bungay Black Dog RC	0	496	0	0	495	0	0	0	0	0	991	991

10	Derek DALY	Saxmundham Sports Running & Fitness Club	494	0	495	0	0	0	0	0	0	0	989	989
11	Paul SCHWER	Felixstowe RRC	0	495	0	0	0	492	0	0	0	0	987	987
12	David SEYMOUR	Felixstowe RRC	0	0	0	0	491	491	0	0	0	0	982	982
13	Peter FINCH	Ipswich Jaffa RC	0	0	0	0	490	487	0	0	0	0	977	977
14	Joe NAUGHTON	Stowmarket Striders Running Club	0	0	0	0	484	483	0	0	0	0	967	967
15	Chris COOKE	Saint Edmund Pacers	0	0	0	0	500	0	0	0	0	0	500	500
16	Yusuf FIRAT	Haverhill Running Club	0	500	0	0	0	0	0	0	0	0	500	500
17	Stephen Hicks	Ipswich Harriers	0	0	0	0	0	500	0	0	0	0	500	500
18	Steven HUGHES	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500	500
19	Gary GODFREY	Sudbury Joggers	0	499	0	0	0	0	0	0	0	0	499	499
20	Rob Hall	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
21	Andrew Webber	Stowmarket Striders Running Club	0	0	499	0	0	0	0	0	0	0	499	499
22	Dave ALLEY	Woodbridge Shufflers Running Club	0	498	0	0	0	0	0	0	0	0	498	498
23	David Copland	Ipswich Triathlon Club	0	0	0	0	0	498	0	0	0	0	498	498
24	Shaun Good	Felixstowe RRC	0	0	498	0	0	0	0	0	0	0	498	498
25	Andrew BUDD	Capel Cheetahs	0	0	0	0	497	0	0	0	0	0	497	497
26	Ian Hawkes	Waveney Valley AC	0	0	0	497	0	0	0	0	0	0	497	497
27	Tom HOBLYN	Saint Edmund Pacers	0	497	0	0	0	0	0	0	0	0	497	497
28	Robert HUGHES	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	0	497	497
29	Richard Dye	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
30	Paul Peek	Waveney Valley AC	0	0	0	496	0	0	0	0	0	0	496	496
31	Kevin Copeman-lamoureaux	Beccles & Bungay Harriers	0	0	0	494	0	0	0	0	0	0	494	494
32	Timothy Hunn	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
33	Stuart Mason	Felixstowe RRC	0	0	0	0	0	494	0	0	0	0	494	494
34	David SWALES	Saint Edmund Pacers	0	494	0	0	0	0	0	0	0	0	494	494
35	Cliff MANNING	Sudbury Joggers	493	0	0	0	0	0	0	0	0	0	493	493
36	Peter JAY	Saint Edmund Pacers	492	0	0	0	0	0	0	0	0	0	492	492
37	Brian MUNNS	Newmarket Joggers	0	0	0	0	492	0	0	0	0	0	492	492
38	Colin Whale	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
39	Paul Bird	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
40	Mark JOHNSTONWOOD	Sudbury Joggers	491	0	0	0	0	0	0	0	0	0	491	491
41	Tim Long	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
42	Duncan CHENERY	Ipswich Jaffa RC	0	0	0	0	489	0	0	0	0	0	489	489
43	Eric Searle	Ipswich Jaffa RC	0	0	0	0	0	489	0	0	0	0	489	489
44	William Burdett	Stowmarket Striders Running Club	0	0	0	0	0	488	0	0	0	0	488	488
45	Kevin JAMIESON	Haverhill Running Club	0	0	0	0	488	0	0	0	0	0	488	488
46	Richard ALLPORT	Felixstowe RRC	0	0	0	0	487	0	0	0	0	0	487	487
47	Steve Wilding	Ipswich Jaffa RC	0	0	0	0	0	485	0	0	0	0	485	485
48	Stephen Baldock	Ipswich Jaffa RC	0	0	0	0	0	484	0	0	0	0	484	484
49	Mark JOHNSTON-WOOD	Sudbury Joggers	0	0	0	0	483	0	0	0	0	0	483	483
50	Paul Hales	Capel Cheetahs	0	0	0	0	0	481	0	0	0	0	481	481

MV60														
1	Ian SILLETT	Felixstowe RRC	0	497	497	0	489	494	0	0	0	0	1977	1977
2	Alan JACKSON	Ipswich Jaffa RC	500	0	0	0	499	500	0	0	0	0	1499	1499
3	Paul Maycock	Capel Cheetahs	0	0	499	0	495	497	0	0	0	0	1491	1491
4	Mark ALLEN	Woodbridge Shufflers Running Club	0	498	0	0	493	498	0	0	0	0	1489	1489
5	Mik CARR	Bungay Black Dog RC	499	0	500	0	490	0	0	0	0	0	1489	1489
6	Paul WIGENS	Woodbridge Shufflers Running Club	0	500	0	0	0	499	0	0	0	0	999	999
7	Stephen PRETTY	Saint Edmund Pacers	0	499	0	0	498	0	0	0	0	0	997	997
8	Clive PURBROOK	Newmarket Joggers	498	0	0	499	0	0	0	0	0	0	997	997
9	Mon LEE	Ipswich Jaffa RC	497	0	0	0	0	495	0	0	0	0	992	992
10	Terry BACK	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500
11	Robin Jones	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
12	Tony Morley	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
13	Stuart Smith	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
14	Stephen Pulfer	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
15	Graham WIGLEY	Framlingham Flyers	0	0	0	0	497	0	0	0	0	0	497	497
16	Clive Gardiner	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	0	496	496
17	Terry Green	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496	496
18	Gary LOWE	Saxmundham Sports Running & Fitness Club	0	0	0	0	496	0	0	0	0	0	496	496
19	Michael Ball	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
20	Eddie DOUGLAS	Stowmarket Striders Running Club	0	0	0	0	494	0	0	0	0	0	494	494
21	Iain Hunter	Stowmarket Striders Running Club	0	0	0	0	0	493	0	0	0	0	493	493
22	Chris JOHNS	Woodbridge Shufflers Running Club	0	0	0	0	492	0	0	0	0	0	492	492
23	Jim WITHERS	Newmarket Joggers	0	0	0	0	491	0	0	0	0	0	491	491
24	Charlie STANNETT	Ipswich Triathlon Club	0	0	0	0	488	0	0	0	0	0	488	488
25	Stephen SPENCER	Brandon Fern Hoppers	0	0	0	0	487	0	0	0	0	0	487	487
MV65														
1	Gary Howe	Beccles & Bungay Harriers	0	0	0	500	498	0	0	0	0	0	998	998
2	John NEVIN	Haverhill Running Club	498	0	0	499	0	0	0	0	0	0	997	997
3	Robin ASHE	Bungay Black Dog RC	0	499	0	0	497	0	0	0	0	0	996	996
4	Chris AYLMER	Newmarket Joggers	0	498	498	0	0	0	0	0	0	0	996	996
5	Neville CLARKE	Newmarket Joggers	0	0	0	0	500	0	0	0	0	0	500	500
6	Terry Garrity	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
7	Bill KINGABY	Waveney Valley AC	500	0	0	0	0	0	0	0	0	0	500	500
8	Tim NEWTON	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500	500
9	Nigel Gilham	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
10	Philip HYMERS	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499	499
11	John SQUIRRELL	Stowmarket Striders Running Club	0	0	0	0	499	0	0	0	0	0	499	499
12	Andrew Kirk	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498

13	Jonathan PRICE	Sudbury Joggers	497	0	0	0	0	0	0	0	0	0	497	497
14	David TAYLOR	Framlingham Flyers	0	0	0	0	496	0	0	0	0	0	496	496
15	Paul WINTER	Stowmarket Striders Running Club	0	0	0	0	495	0	0	0	0	0	495	495
16	David COLEY	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494
MV70														
1	John Cullum	Saint Edmund Pacers	0	0	0	499	500	0	0	0	0	0	999	999
2	Robin Farrar	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
3	Phil Hazell	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
4	David Jones	Stowmarket Striders Running Club	0	0	0	0	0	500	0	0	0	0	500	500
5	Chris HARBORD	Bungay Black Dog RC	0	0	0	0	499	0	0	0	0	0	499	499
6	Tim Hirst	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499	499
7	Philip Neave	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
8	Graham Sampson	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497