

|          |                    |                        | Race 1     | Race 2     | Race 3     | Race 4     | Race 5        | Race 6       | Race 7     | Race 8     | Race 9     | Total | Top     |
|----------|--------------------|------------------------|------------|------------|------------|------------|---------------|--------------|------------|------------|------------|-------|---------|
|          |                    |                        | Tarpley 10 | Tarpley 20 | Bungay HM  | Bungay 10K | Bury Friday 5 | Twilight 10k | Coastal 10 | Saxon 5    | Scenic 7   | Score | 5 Races |
|          |                    |                        | 24-02-2019 | 24-02-2019 | 14-04-2019 | 14-04-2019 | 21-06-2019    | 26-07-2019   | 15-09-2019 | 13-10-2019 | 10-11-2019 |       |         |
| Position | Name               | Club                   |            |            |            |            |               |              |            |            |            |       |         |
| FS       |                    |                        |            |            |            |            |               |              |            |            |            |       |         |
| 1        | Collette GREEN     | Felixstowe RRC         | 0          | 498        | 0          | 0          | 494           | 0            | 496        | 499        | 497        | 2484  | 2484    |
| 2        | Holly TAYLOR       | Felixstowe RRC         | 0          | 0          | 0          | 0          | 495           | 494          | 498        | 500        | 495        | 2482  | 2482    |
| 3        | Jenny MERRY        | Sudbury Joggers        | 0          | 494        | 0          | 0          | 0             | 471          | 487        | 494        | 476        | 2422  | 2422    |
| 4        | Jo VICKERY         | Haverhill RC           | 484        | 0          | 0          | 483        | 467           | 0            | 0          | 492        | 466        | 2392  | 2392    |
| 5        | Hollie SUTHERLAND  | Felixstowe RRC         | 485        | 0          | 0          | 0          | 472           | 461          | 475        | 489        | 0          | 2382  | 2382    |
| 6        | Liza PUTWAIN       | Stowmarket Striders RC | 492        | 0          | 0          | 0          | 470           | 463          | 479        | 0          | 472        | 2376  | 2376    |
| 7        | Kara MOORE DAMANT  | Stowmarket Striders RC | 481        | 0          | 0          | 0          | 459           | 454          | 476        | 487        | 462        | 2819  | 2365    |
| 8        | Samantha SPENCER   | Ipswich Jaffa RC       | 498        | 0          | 0          | 0          | 490           | 0            | 497        | 0          | 496        | 1981  | 1981    |
| 9        | Michelle Hewitt    | Framlingham Flyers     | 0          | 0          | 496        | 490        | 483           | 484          | 0          | 0          | 0          | 1953  | 1953    |
| 10       | Marion BENNETT     | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 485           | 480          | 492        | 0          | 481        | 1938  | 1938    |
| 11       | Hayley COLES       | Felixstowe RRC         | 0          | 492        | 488        | 0          | 0             | 465          | 0          | 490        | 0          | 1935  | 1935    |
| 12       | Claire MASKERY     | Stowmarket Striders RC | 486        | 0          | 0          | 0          | 476           | 469          | 0          | 0          | 475        | 1906  | 1906    |
| 13       | Anneli OSTLER      | Felixstowe RRC         | 0          | 493        | 0          | 0          | 456           | 456          | 0          | 486        | 0          | 1891  | 1891    |
| 14       | Kirsty MARSH       | Felixstowe RRC         | 0          | 0          | 0          | 0          | 469           | 464          | 0          | 491        | 465        | 1889  | 1889    |
| 15       | Adriana HOUCHELL   | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 468           | 468          | 480        | 0          | 467        | 1883  | 1883    |
| 16       | Jessie Gooderham   | Saint Edmund Pacers    | 0          | 0          | 500        | 499        | 0             | 0            | 0          | 0          | 498        | 1497  | 1497    |
| 17       | Fliss KINDRED KIRK | Framlingham Flyers     | 0          | 0          | 0          | 0          | 496           | 491          | 0          | 498        | 0          | 1485  | 1485    |
| 18       | Joanne HARPER      | Felixstowe RRC         | 497        | 0          | 0          | 0          | 0             | 0            | 0          | 497        | 490        | 1484  | 1484    |
| 19       | Sophie Coleman     | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 0             | 492          | 495        | 0          | 491        | 1478  | 1478    |
| 20       | Terri GREEN        | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 492           | 490          | 494        | 0          | 0          | 1476  | 1476    |
| 21       | Maria RIERA TURRO  | Felixstowe RRC         | 0          | 0          | 0          | 0          | 0             | 0            | 490        | 496        | 483        | 1469  | 1469    |
| 22       | Emma LEE           | Capel Cheetahs         | 493        | 0          | 0          | 0          | 0             | 473          | 493        | 0          | 0          | 1459  | 1459    |
| 23       | Pamela MORGAN      | Framlingham Flyers     | 0          | 0          | 0          | 0          | 478           | 474          | 477        | 0          | 0          | 1429  | 1429    |
| 24       | Lucy DRIVER        | Felixstowe RRC         | 0          | 0          | 0          | 0          | 464           | 466          | 481        | 0          | 0          | 1411  | 1411    |
| 25       | Alison RENSHAW     | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 461           | 458          | 0          | 0          | 461        | 1380  | 1380    |
| 26       | Laura Thomas       | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 0             | 499          | 500        | 0          | 0          | 999   | 999     |
| 27       | Suzy WEST          | Ipswich Jaffa RC       | 0          | 500        | 0          | 0          | 0             | 0            | 499        | 0          | 0          | 999   | 999     |
| 28       | Gemma PORCH        | Stowmarket Striders RC | 500        | 0          | 0          | 0          | 497           | 0            | 0          | 0          | 0          | 997   | 997     |
| 29       | Alice GOODWIN      | Ipswich Harriers       | 0          | 0          | 0          | 0          | 498           | 498          | 0          | 0          | 0          | 996   | 996     |
| 30       | Daniella Liffen    | Waveney Valley AC      | 0          | 0          | 497        | 493        | 0             | 0            | 0          | 0          | 0          | 990   | 990     |
| 31       | Bethany ROGERS     | Bungay Black Dog RC    | 495        | 0          | 0          | 494        | 0             | 0            | 0          | 0          | 0          | 989   | 989     |
| 32       | daisy brooke       | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 0             | 493          | 0          | 0          | 494        | 987   | 987     |
| 33       | Clare DOUGLAS      | Stowmarket Striders RC | 0          | 0          | 0          | 0          | 491           | 0            | 0          | 0          | 493        | 984   | 984     |
| 34       | Sian Abbott        | Ipswich Jaffa RC       | 0          | 0          | 498        | 0          | 0             | 481          | 0          | 0          | 0          | 979   | 979     |
| 35       | Jasmine BILNER     | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 489           | 489          | 0          | 0          | 0          | 978   | 978     |
| 36       | Michelle SEYMOUR   | Haverhill RC           | 0          | 0          | 0          | 0          | 488           | 0            | 0          | 0          | 488        | 976   | 976     |
| 37       | Donna MILNER       | Waveney Valley AC      | 0          | 491        | 484        | 0          | 0             | 0            | 0          | 0          | 0          | 975   | 975     |
| 38       | Jennifer Wright    | Ipswich Jaffa RC       | 0          | 0          | 495        | 0          | 0             | 478          | 0          | 0          | 0          | 973   | 973     |
| 39       | Clare Wigg         | Stowmarket Striders RC | 0          | 0          | 492        | 0          | 0             | 476          | 0          | 0          | 0          | 968   | 968     |
| 40       | Alison SEVERY      | Ipswich Jaffa RC       | 0          | 0          | 0          | 0          | 0             | 0            | 485        | 0          | 482        | 967   | 967     |
| 41       | Victoria SIMONDS   | Stowmarket Striders RC | 491        | 0          | 0          | 0          | 0             | 470          | 0          | 0          | 0          | 961   | 961     |

|    |                      |                           |     |     |     |     |     |     |     |     |     |     |     |
|----|----------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 42 | Claire DOUGLAS       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 482 | 0   | 478 | 960 | 960 |
| 43 | Jessica THORPE       | Stowmarket Striders RC    | 487 | 0   | 0   | 0   | 471 | 0   | 0   | 0   | 0   | 958 | 958 |
| 44 | Michelle HOLLAND     | Sudbury Joggers           | 483 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 468 | 951 | 951 |
| 45 | Rebecca Ellul        | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 467 | 483 | 0   | 0   | 950 | 950 |
| 46 | Cheryl Eden          | Haverhill RC              | 0   | 0   | 0   | 484 | 463 | 0   | 0   | 0   | 0   | 947 | 947 |
| 47 | Keeley WHITE         | Haverhill RC              | 479 | 0   | 0   | 0   | 462 | 0   | 0   | 0   | 0   | 941 | 941 |
| 48 | Julie ROUT           | Sudbury Joggers           | 475 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 460 | 935 | 935 |
| 49 | Sarah CLARKE         | TRISudbury                | 0   | 0   | 0   | 0   | 465 | 460 | 0   | 0   | 0   | 925 | 925 |
| 50 | Charlotte Richardson | Sudbury Joggers           | 0   | 0   | 0   | 0   | 0   | 455 | 0   | 0   | 464 | 919 | 919 |
| 51 | Sara BIRD            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500 | 500 |
| 52 | Helen Davies         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 500 | 500 |
| 53 | Maddie JORDAN-LEE    | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 500 | 500 |
| 54 | Karen Martin         | Haverhill RC              | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 500 | 500 |
| 55 | Emma DRURY           | Sudbury Joggers           | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499 | 499 |
| 56 | Millie JORDAN-LEE    | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499 | 499 |
| 57 | Kirsty MILLARD       | Haverhill RC              | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499 |
| 58 | Lucy SMITH           | Saint Edmund Pacers       | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499 |
| 59 | Emma Studd           | Ipswich Triathlon Club    | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499 |
| 60 | Emilie Wix           | Woodbridge Shufflers RC   | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498 | 498 |
| 61 | Lindsay Black        | Beccles & Bungay Harriers | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 62 | Lucy COWLIN          | Sudbury Joggers           | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 63 | Hannah Pettersson    | Ipswich Harriers          | 0   | 0   | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 497 | 497 |
| 64 | Becky GREGORY        | Felixstowe RRC            | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| 65 | Georgia Humphreys    | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 496 | 496 |
| 66 | Rebecca RICHARDS     | Saint Edmund Pacers       | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| 67 | Nicola Seaman        | Bungay Black Dog RC       | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| 68 | Lisa DOVE            | Sudbury Joggers           | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| 69 | Katie King           | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 495 | 495 |
| 70 | Lydia Kirk           | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 495 | 495 |
| 71 | Ellen Lockhart       | Bungay Black Dog RC       | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| 72 | Donna COOPER         | Stowmarket Striders RC    | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 494 |
| 73 | Sian O'Sullivan      | Bungay Black Dog RC       | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 494 |
| 74 | Helen BARBER         | Framlingham Flyers        | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 493 | 493 |
| 75 | Rebecca Boyton       | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 0   | 493 | 493 |
| 76 | Laura Brown          | Stowmarket Striders RC    | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 493 |
| 77 | Hayley COATES        | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 492 | 492 |
| 78 | Sarah MacDonald      | Bungay Black Dog RC       | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 492 | 492 |
| 79 | Lisa CALVER          | Capel Cheetahs            | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 491 | 491 |
| 80 | Rebecca Evers        | Bungay Black Dog RC       | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 491 | 491 |
| 81 | Amy Godbold          | Bungay Black Dog RC       | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 491 |
| 82 | Clair GALE           | Haverhill RC              | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490 |
| 83 | Kate Holtzer         | Waveney Valley AC         | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490 |
| 84 | Carla WIGGINS        | Felixstowe RRC            | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490 |
| 85 | Hanna Dean           | Bungay Black Dog RC       | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 |
| 86 | Gemma JEWERS         | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 | 489 |
| 87 | Kirsty Schvier       | Bungay Black Dog RC       | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 489 | 489 |
| 88 | Annabel SMITH        | Stowmarket Striders RC    | 489 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 |
| 89 | Sarah SMITH          | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 489 | 489 |

|     |                      |                           |     |   |     |     |     |     |     |     |     |     |     |
|-----|----------------------|---------------------------|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 90  | Gemma Cannon         | Woodbridge Shufflers RC   | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 488 | 488 |
| 91  | Lauren Finch         | Waveney Valley AC         | 0   | 0 | 0   | 488 | 0   | 0   | 0   | 0   | 0   | 488 | 488 |
| 92  | Courtney FIRMAN      | Haverhill RC              | 488 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 488 |
| 93  | Jo Harris            | Capel Cheetahs            | 0   | 0 | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 488 | 488 |
| 94  | Heidi TAYLOR         | Felixstowe RRC            | 0   | 0 | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 488 | 488 |
| 95  | Sarah ANDERSON-MCKEE | Felixstowe RRC            | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 487 | 487 | 487 |
| 96  | Lynsey Fletcher      | Waveney Valley AC         | 0   | 0 | 0   | 487 | 0   | 0   | 0   | 0   | 0   | 487 | 487 |
| 97  | Lena MORE            | Haverhill RC              | 0   | 0 | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 487 | 487 |
| 98  | Katrina Rigby        | Hadleigh Hares AC         | 0   | 0 | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 487 | 487 |
| 99  | Hannah-Mae Taylor    | Bungay Black Dog RC       | 0   | 0 | 487 | 0   | 0   | 0   | 0   | 0   | 0   | 487 | 487 |
| 100 | Stephanie Callen     | Diss and District AC      | 0   | 0 | 0   | 486 | 0   | 0   | 0   | 0   | 0   | 486 | 486 |
| 101 | Caroline CHAPMAN     | Saint Edmund Pacers       | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486 | 486 |
| 102 | Charlotte Durrant    | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 0   | 486 | 0   | 0   | 0   | 486 | 486 |
| 103 | Kirsty Howe          | Waveney Valley AC         | 0   | 0 | 486 | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486 |
| 104 | Becky MILLER         | Felixstowe RRC            | 0   | 0 | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 486 | 486 |
| 105 | Emma THISTLETON      | TRISudbury                | 0   | 0 | 0   | 0   | 486 | 0   | 0   | 0   | 0   | 486 | 486 |
| 106 | Beth Licence         | Diss and District AC      | 0   | 0 | 0   | 485 | 0   | 0   | 0   | 0   | 0   | 485 | 485 |
| 107 | Rosemary Plant       | Waveney Valley AC         | 0   | 0 | 485 | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 485 |
| 108 | Hannah THOMPSON      | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 485 | 485 |
| 109 | Elaine Turner        | Hadleigh Hares AC         | 0   | 0 | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 485 | 485 |
| 110 | Helen LORENZ         | Ipswich Jaffa RC          | 0   | 0 | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 484 | 484 |
| 111 | Shannon MACSEPHNEY   | Ipswich Jaffa RC          | 0   | 0 | 0   | 0   | 484 | 0   | 0   | 0   | 0   | 484 | 484 |
| 112 | Lydia SIMMONS        | Saint Edmund Pacers       | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 484 | 484 | 484 |
| 113 | Emily Dixon          | Capel Cheetahs            | 0   | 0 | 0   | 0   | 0   | 483 | 0   | 0   | 0   | 483 | 483 |
| 114 | Rebecca Vass         | Bungay Black Dog RC       | 0   | 0 | 483 | 0   | 0   | 0   | 0   | 0   | 0   | 483 | 483 |
| 115 | Jenny Caulfield      | Waveney Valley AC         | 0   | 0 | 0   | 482 | 0   | 0   | 0   | 0   | 0   | 482 | 482 |
| 116 | Caitlin Fosker       | Hadleigh Hares AC         | 0   | 0 | 0   | 0   | 0   | 482 | 0   | 0   | 0   | 482 | 482 |
| 117 | Claire FRADLEY       | Sudbury Joggers           | 482 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 482 | 482 |
| 118 | Tanya Holloway       | Bungay Black Dog RC       | 0   | 0 | 482 | 0   | 0   | 0   | 0   | 0   | 0   | 482 | 482 |
| 119 | Ellie SULLIVAN       | Saint Edmund Pacers       | 0   | 0 | 0   | 0   | 482 | 0   | 0   | 0   | 0   | 482 | 482 |
| 120 | Danielle JONES       | Newmarket Joggers         | 0   | 0 | 0   | 0   | 481 | 0   | 0   | 0   | 0   | 481 | 481 |
| 121 | Christine Kingwell   | Bungay Black Dog RC       | 0   | 0 | 0   | 481 | 0   | 0   | 0   | 0   | 0   | 481 | 481 |
| 122 | Victoria COOPER      | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 480 | 480 | 480 |
| 123 | Anna GRANT           | Stowmarket Striders RC    | 480 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 480 | 480 |
| 124 | Kate HEEKS           | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 480 | 0   | 0   | 0   | 0   | 480 | 480 |
| 125 | Lisa Saunders        | Waveney Valley AC         | 0   | 0 | 0   | 480 | 0   | 0   | 0   | 0   | 0   | 480 | 480 |
| 126 | Abby Bolderston      | Bungay Black Dog RC       | 0   | 0 | 0   | 479 | 0   | 0   | 0   | 0   | 0   | 479 | 479 |
| 127 | Kimberley DYE        | Ipswich Jaffa RC          | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 479 | 479 | 479 |
| 128 | Louise Talmage       | Ipswich Jaffa RC          | 0   | 0 | 0   | 0   | 0   | 479 | 0   | 0   | 0   | 479 | 479 |
| 129 | Courtney TURNER      | Felixstowe RRC            | 0   | 0 | 0   | 0   | 479 | 0   | 0   | 0   | 0   | 479 | 479 |
| 130 | Rachel Allen         | Bungay Black Dog RC       | 0   | 0 | 0   | 478 | 0   | 0   | 0   | 0   | 0   | 478 | 478 |
| 131 | Emma Louise BROWN    | Haverhill RC              | 478 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 478 | 478 |
| 132 | Carita FARTHING      | Felixstowe RRC            | 0   | 0 | 0   | 0   | 0   | 0   | 478 | 0   | 0   | 478 | 478 |
| 133 | Kendra Boag          | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 0   | 477 | 0   | 0   | 0   | 477 | 477 |
| 134 | Melanie CATTEN       | Haverhill RC              | 0   | 0 | 0   | 0   | 477 | 0   | 0   | 0   | 0   | 477 | 477 |
| 135 | Emily Curtis         | Beccles & Bungay Harriers | 0   | 0 | 0   | 477 | 0   | 0   | 0   | 0   | 0   | 477 | 477 |
| 136 | Char GREEN           | Haverhill RC              | 477 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 477 | 477 |
| 137 | Amy KERRY            | Stowmarket Striders RC    | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 477 | 477 | 477 |

|      |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 138  | Gina HICKEY            | Haverhill RC              | 476 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 476  | 476  |
| 139  | Jordan Sibley          | Beccles & Bungay Harriers | 0   | 0   | 0   | 476 | 0   | 0   | 0   | 0   | 0   | 476  | 476  |
| 140  | Stacey Shiplee         | Beccles & Bungay Harriers | 0   | 0   | 0   | 475 | 0   | 0   | 0   | 0   | 0   | 475  | 475  |
| 141  | Laura Wedgbury         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 475 | 0   | 0   | 0   | 475  | 475  |
| 142  | Hayley WILSON          | Haverhill RC              | 0   | 0   | 0   | 0   | 475 | 0   | 0   | 0   | 0   | 475  | 475  |
| 143  | Dawn BUCKLAND          | TRISudbury                | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 474 | 474  | 474  |
| 144  | Hannah DARVELL         | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 474 | 0   | 0   | 0   | 0   | 474  | 474  |
| 145  | Rachel Hardingham      | Bungay Black Dog RC       | 0   | 0   | 0   | 474 | 0   | 0   | 0   | 0   | 0   | 474  | 474  |
| 146  | Elizabeth Allen        | Bungay Black Dog RC       | 0   | 0   | 0   | 473 | 0   | 0   | 0   | 0   | 0   | 473  | 473  |
| 147  | Louise FAGGETTER       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 473 | 473  | 473  |
| 148  | Emma WILLIAMS          | Haverhill RC              | 0   | 0   | 0   | 0   | 473 | 0   | 0   | 0   | 0   | 473  | 473  |
| 149  | Kate Hutson            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 472 | 0   | 0   | 0   | 472  | 472  |
| 150  | Bex GILBERT            | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 471 | 471  | 471  |
| 151  | Viktoria HOBBS         | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 470 | 470  | 470  |
| 152  | Kimberley CLEMENTS     | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 469 | 469  | 469  |
| 153  | Lisa HAWORTH           | Haverhill RC              | 0   | 0   | 0   | 0   | 466 | 0   | 0   | 0   | 0   | 466  | 466  |
| 154  | Sian GUYTON            | Sudbury Joggers           | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 463 | 463  | 463  |
| 155  | Amelia Page            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 462 | 0   | 0   | 0   | 462  | 462  |
| 156  | Alison SMITH           | Haverhill RC              | 0   | 0   | 0   | 0   | 460 | 0   | 0   | 0   | 0   | 460  | 460  |
| 157  | Ayse Singh             | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 459 | 0   | 0   | 0   | 459  | 459  |
| 158  | Jordan BARFIELD        | Haverhill RC              | 0   | 0   | 0   | 0   | 458 | 0   | 0   | 0   | 0   | 458  | 458  |
| 159  | Claire Butcher         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 457 | 0   | 0   | 0   | 457  | 457  |
| 160  | Danielle PETTIFORD     | Haverhill RC              | 0   | 0   | 0   | 0   | 457 | 0   | 0   | 0   | 0   | 457  | 457  |
| 161  | Hayley Berry           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 453 | 0   | 0   | 0   | 453  | 453  |
| 162  | Hannah Waters          | Bungay Black Dog RC       | 0   | 0   | 0   | 0   | 0   | 452 | 0   | 0   | 0   | 452  | 452  |
| 163  | Dianne Belcher-Hackett | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 451 | 0   | 0   | 0   | 451  | 451  |
| 164  | Rebecca Buckles        | Ipswich Triathlon Club    | 0   | 0   | 0   | 0   | 0   | 450 | 0   | 0   | 0   | 450  | 450  |
| 165  | Sarah Deacon           | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 449 | 0   | 0   | 0   | 449  | 449  |
|      |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
| FV40 |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Victoria STACE         | Framlingham Flyers        | 500 | 0   | 497 | 0   | 497 | 499 | 0   | 500 | 499 | 2992 | 2495 |
| 2    | Juliet GARNHAM         | Stowmarket Striders RC    | 499 | 0   | 496 | 0   | 496 | 498 | 494 | 0   | 496 | 2979 | 2485 |
| 3    | Angela SOAMES          | Felixstowe RRC            | 491 | 0   | 0   | 0   | 486 | 488 | 493 | 0   | 488 | 2446 | 2446 |
| 4    | Louise HARRIS          | Haverhill RC              | 490 | 0   | 0   | 0   | 0   | 487 | 492 | 0   | 0   | 1469 | 1469 |
| 5    | Zoe CHASE              | Waveney Valley AC         | 0   | 500 | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 1000 | 1000 |
| 6    | Sara HAMMETT-RIDSDALE  | Haverhill RC              | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 499 | 0   | 994  | 994  |
| 7    | Lisa SQUIRRELL         | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 0   | 495 | 993  | 993  |
| 8    | Helen Haste            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 497 | 991  | 991  |
| 9    | Clare MOODIE           | Framlingham Flyers        | 0   | 0   | 0   | 0   | 493 | 497 | 0   | 0   | 0   | 990  | 990  |
| 10   | Caroline Stafford      | Felixstowe RRC            | 0   | 0   | 493 | 0   | 0   | 0   | 497 | 0   | 0   | 990  | 990  |
| 11   | Yvonne DOE             | Stowmarket Striders RC    | 495 | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 988  | 988  |
| 12   | Charlotte Durrant      | Woodbridge Shufflers RC   | 0   | 0   | 0   | 497 | 0   | 491 | 0   | 0   | 0   | 988  | 988  |
| 13   | Caroline TALBOT        | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 492 | 495 | 0   | 0   | 0   | 987  | 987  |
| 14   | Sarah JEGGO            | Sudbury Joggers           | 496 | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 986  | 986  |
| 15   | Sarah Watkins          | Hadleigh Hares AC         | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 490 | 984  | 984  |
| 16   | Sarah CAMFIELD         | Haverhill RC              | 492 | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 983  | 983  |
| 17   | Dawn DIXON             | Haverhill RC              | 494 | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 981  | 981  |
| 18   | Amanda BREWSTER        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 491 | 980  | 980  |

|      |                          |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|--------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 19   | Maria BILNER             | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 484 | 489 | 0   | 0   | 0   | 973  | 973  |
| 20   | Alison Fox               | The Saxons                | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 21   | Natalie HAY              | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 500  | 500  |
| 22   | Carrie KEMP              | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 500  | 500  |
| 23   | Samantha Linassi         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 500  | 500  |
| 24   | Fiona TIDSWELL           | Haverhill RC              | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 25   | Layla Bedford            | Waveney Valley AC         | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 26   | Rebecca LANGFORD         | Waveney Valley AC         | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 27   | Sabrina Norton           | Bungay Black Dog RC       | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 28   | Marie PAVELEY            | Capel Cheetahs            | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 499  | 499  |
| 29   | Kym ROBERTSON            | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| 30   | Rachel BODSWORTH         | Hadleigh Hares AC         | 0   | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 498  | 498  |
| 31   | Jo Fisher                | Waveney Valley AC         | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 32   | Anna Gray                | Bungay Black Dog RC       | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 33   | Andrea HUNT              | Sudbury Joggers           | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 34   | Hannah JEWERS            | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 498  | 498  |
| 35   | Bianca THEERUTH          | Saint Edmund Pacers       | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 36   | Lisa CONE                | Waveney Valley AC         | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 37   | Amanda DUNN              | Hadleigh Hares AC         | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 38   | Daniel GOULD             | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 496  | 496  |
| 39   | Claire Rose              | Beccles & Bungay Harriers | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 40   | Sara Stafford            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 496  | 496  |
| 41   | Ruth Hambling            | Hadleigh Hares AC         | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 42   | Kate HAYWARD-BRACKENBURY | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 495  | 495  |
| 43   | Sarah Stacey             | The Saxons                | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 44   | Clare EVERITT            | Haverhill RC              | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 494  | 494  |
| 45   | Debbie Foster            | Waveney Valley AC         | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 46   | Caroline GREEN           | TRISudbury                | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 494  | 494  |
| 47   | Chris ALDERTON           | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 493  | 493  |
| 48   | Lorna Blackmore          | Bungay Black Dog RC       | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 49   | Claire ROOKE             | Sudbury Joggers           | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 50   | Laura Deal               | Bungay Black Dog RC       | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 51   | Jane Eaglen              | Waveney Valley AC         | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 52   | Helen Mandell            | Capel Cheetahs            | 0   | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 492  | 492  |
| 53   | Sally SANDFORD           | Sudbury Joggers           | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 492  | 492  |
| 54   | Lucy Ashford-Scott       | Ipswich Jaffa RC          | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 491  | 491  |
| 55   | Angela Ironside          | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 490  | 490  |
| 56   | Sarah James              | Waveney Valley AC         | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 490  | 490  |
| 57   | Joanne ABBOTT            | Hadleigh Hares AC         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489  | 489  |
| 58   | Sam Thornton             | Bungay Black Dog RC       | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 489  | 489  |
| 59   | Jodie BUDD               | Sudbury Joggers           | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 488  | 488  |
| 60   | Rachel MILES             | Sudbury Joggers           | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 487 | 487  | 487  |
| 61   | Sarah STUPPELL           | Haverhill RC              | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 0   | 485  | 485  |
|      |                          |                           |     |     |     |     |     |     |     |     |     |      |      |
| FV45 |                          |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Kaye BRANTON             | Felixstowe RRC            | 497 | 0   | 0   | 500 | 496 | 500 | 0   | 499 | 499 | 2991 | 2495 |
| 2    | Mary-Ann TULI            | Haverhill RC              | 500 | 0   | 0   | 0   | 498 | 0   | 500 | 498 | 495 | 2491 | 2491 |
| 3    | Tracy QUARRELL           | Haverhill RC              | 499 | 0   | 0   | 0   | 497 | 0   | 499 | 497 | 496 | 2488 | 2488 |



|      |                     |                         |     |     |     |     |     |     |     |     |     |      |      |
|------|---------------------|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 52   | Joanne Taylor       | Bungay Black Dog RC     | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 491  | 491  |
| 53   | Leonora CHANDLER    | Woodbridge Shufflers RC | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 490  | 490  |
| 54   | Kate Mawson         | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 490  | 490  |
| 55   | Sarah Peek          | Waveney Valley AC       | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 490  | 490  |
| 56   | Louise Reed         | Bungay Black Dog RC     | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 490  | 490  |
| 57   | Samantha Abbott     | Bungay Black Dog RC     | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 489  | 489  |
| 58   | Jules Cooper        | Sudbury Joggers         | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 0   | 489  | 489  |
| 59   | Jane SKOULDING      | Stowmarket Striders RC  | 489 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489  | 489  |
| 60   | Alison Barnard      | Waveney Valley AC       | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 0   | 488  | 488  |
| 61   | Fudge Farrar        | Bungay Black Dog RC     | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 0   | 0   | 488  | 488  |
| 62   | Marianne Hedge      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 488  | 488  |
| 63   | Helena WEST         | Saint Edmund Pacers     | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 488  | 488  |
| 64   | Justine WISEMAN     | The Saxons              | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 488  | 488  |
| 65   | Elizabeth Fox       | Bungay Black Dog RC     | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 0   | 487  | 487  |
| 66   | Susannah HENSON     | Saint Edmund Pacers     | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 487  | 487  |
| 67   | helen hollingsworth | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 487  | 487  |
| 68   | Emma RICHBELL       | Sudbury Joggers         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486  | 486  |
| 69   | Lisa DALTON         | Sudbury Joggers         | 485 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 485  | 485  |
| 70   | She HODGSON         | TRISudbury              | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 0   | 0   | 484  | 484  |
| 71   | Nicola KING         | Haverhill RC            | 483 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 483  | 483  |
| 72   | Nicola CANT         | Sudbury Joggers         | 482 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 482  | 482  |
| 73   | Sheila BUCK         | Sudbury Joggers         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 481 | 481  | 481  |
| 74   | Lisa SUTHERLAND     | TRISudbury              | 0   | 0   | 0   | 0   | 481 | 0   | 0   | 0   | 0   | 481  | 481  |
| 75   | Liz ELLIOTT         | Brandon Fern Hoppers    | 480 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 480  | 480  |
| 76   | Heidi KNIGHT        | Capel Cheetahs          | 0   | 0   | 0   | 0   | 480 | 0   | 0   | 0   | 0   | 480  | 480  |
| 77   | Tina CHURCH         | The Saxons              | 0   | 0   | 0   | 0   | 479 | 0   | 0   | 0   | 0   | 479  | 479  |
| 78   | Lynnette GARSTANG   | Haverhill RC            | 479 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 479  | 479  |
|      |                     |                         |     |     |     |     |     |     |     |     |     |      |      |
| FV50 |                     |                         |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Jackie HANN         | Sudbury Joggers         | 0   | 498 | 497 | 0   | 497 | 0   | 500 | 500 | 497 | 2989 | 2492 |
| 2    | Sharon BRANDON      | Saint Edmund Pacers     | 497 | 0   | 0   | 500 | 498 | 0   | 0   | 499 | 496 | 2490 | 2490 |
| 3    | Mandy GODBOLD       | Ipswich Harriers        | 490 | 0   | 0   | 497 | 490 | 494 | 496 | 496 | 492 | 3455 | 2475 |
| 4    | Kate WOOD           | Woodbridge Shufflers RC | 0   | 497 | 0   | 0   | 495 | 497 | 497 | 0   | 0   | 1986 | 1986 |
| 5    | Sally SOLOMON       | Felixstowe RRC          | 489 | 0   | 0   | 494 | 0   | 486 | 0   | 495 | 0   | 1964 | 1964 |
| 6    | Jacqueline ALLPORT  | Felixstowe RRC          | 0   | 0   | 0   | 0   | 488 | 489 | 494 | 0   | 486 | 1957 | 1957 |
| 7    | Sandy Thorogood     | Sudbury Joggers         | 0   | 0   | 500 | 0   | 500 | 0   | 0   | 0   | 500 | 1500 | 1500 |
| 8    | Mary NAREY          | Stowmarket Striders RC  | 0   | 500 | 499 | 0   | 0   | 0   | 0   | 0   | 498 | 1497 | 1497 |
| 9    | Sandy Phillips      | Ipswich Jaffa RC        | 0   | 0   | 0   | 498 | 496 | 498 | 0   | 0   | 0   | 1492 | 1492 |
| 10   | Ruth COWLIN         | Sudbury Joggers         | 494 | 0   | 0   | 0   | 0   | 496 | 0   | 497 | 0   | 1487 | 1487 |
| 11   | Nathalie Hooper     | Hadleigh Hares AC       | 0   | 0   | 496 | 0   | 0   | 491 | 0   | 0   | 494 | 1481 | 1481 |
| 12   | Eloise Bird         | Saint Edmund Pacers     | 0   | 0   | 0   | 499 | 493 | 0   | 0   | 0   | 488 | 1480 | 1480 |
| 13   | jackie collins      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 492 | 495 | 0   | 489 | 1476 | 1476 |
| 14   | Daniela Elstone     | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 485 | 493 | 0   | 487 | 1465 | 1465 |
| 15   | Mandi MOYSE         | Framlingham Flyers      | 0   | 499 | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 997  | 997  |
| 16   | Helen Yellop        | Capel Cheetahs          | 0   | 0   | 0   | 0   | 0   | 499 | 498 | 0   | 0   | 997  | 997  |
| 17   | Beryl LANDSDOWN     | Ipswich Jaffa RC        | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 495 | 994  | 994  |
| 18   | Karen SKENE         | Capel Cheetahs          | 495 | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 990  | 990  |
| 19   | Sharon WARLAND      | Stowmarket Striders RC  | 496 | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 990  | 990  |

|      |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 20   | Rachel HIRST           | Bungay Black Dog RC       | 0   | 494 | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 989  | 989  |
| 21   | Karen CHAMBERLAIN      | Ipswich Jaffa RC          | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 984  | 984  |
| 22   | Jenny LYNCH            | Felixstowe RRC            | 492 | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 984  | 984  |
| 23   | Rachael Finch          | Waveney Valley AC         | 0   | 0   | 0   | 495 | 0   | 487 | 0   | 0   | 0   | 982  | 982  |
| 24   | Tara Carroll           | Waveney Valley AC         | 0   | 0   | 0   | 492 | 0   | 488 | 0   | 0   | 0   | 980  | 980  |
| 25   | Jo STEPHENSON          | Stowmarket Striders RC    | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 26   | Maria Ward             | Hadleigh Hares AC         | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 500  | 500  |
| 27   | Lynn EMMETT            | Beccles & Bungay Harriers | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| 28   | Haley SUTTLE           | Stowmarket Striders RC    | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 29   | Helen WING             | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499  | 499  |
| 30   | Helen Duggan           | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 0   | 498  | 498  |
| 31   | Sandra MAYHEW          | Stowmarket Striders RC    | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 32   | Sil CLAY               | Haverhill RC              | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 33   | Maggie Godfrey         | Waveney Valley AC         | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 34   | Karen GEDGE            | Bungay Black Dog RC       | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 35   | Jane Pattison          | Bungay Black Dog RC       | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 36   | Samantha COOPER        | Sudbury Joggers           | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 37   | Fiona Houghton         | Waveney Valley AC         | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 38   | Amanda Prior           | Capel Cheetahs            | 0   | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 493  | 493  |
| 39   | Alyson LIMPKIN-CHALLIS | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 492  | 492  |
| 40   | Emma Brooks            | Bungay Black Dog RC       | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 491  | 491  |
| 41   | Vanessa MITCHELL       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 491  | 491  |
| 42   | Sianie PAINTER         | Newmarket Joggers         | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 491  | 491  |
| 43   | Shirley BINKS          | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490  | 490  |
| 44   | Sandy Maloy            | Sudbury Joggers           | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 490  | 490  |
| 45   | Helen SPOONER          | Haverhill RC              | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 489  | 489  |
| 46   | Jacquie WEBB           | Sudbury Joggers           | 488 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488  | 488  |
| 47   | Michelle HUDSON        | Haverhill RC              | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 487  | 487  |
| 48   | Catherine FUELL        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 485  | 485  |
|      |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
| FV55 |                        |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Teresa FRANKLIN        | Haverhill RC              | 499 | 0   | 0   | 500 | 499 | 0   | 0   | 500 | 500 | 2498 | 2498 |
| 2    | Jenny CHURCH           | Felixstowe RRC            | 498 | 0   | 0   | 0   | 497 | 499 | 499 | 498 | 497 | 2988 | 2491 |
| 3    | Grace JUDGE            | Haverhill RC              | 497 | 0   | 0   | 499 | 0   | 494 | 500 | 499 | 496 | 2985 | 2491 |
| 4    | Nicola STEVENSON       | Felixstowe RRC            | 496 | 0   | 0   | 496 | 489 | 496 | 494 | 497 | 0   | 2968 | 2479 |
| 5    | Tracy HUMPHREYS        | Stowmarket Striders RC    | 495 | 0   | 0   | 497 | 494 | 493 | 493 | 494 | 495 | 3461 | 2475 |
| 6    | Suzi ASHWORTH          | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 496 | 492 | 495 | 495 | 494 | 2472 | 2472 |
| 7    | Angela WHITING         | Stowmarket Striders RC    | 490 | 0   | 0   | 493 | 490 | 491 | 492 | 491 | 493 | 3440 | 2460 |
| 8    | Jo WHELAN              | Felixstowe RRC            | 0   | 499 | 0   | 0   | 493 | 0   | 0   | 492 | 491 | 1975 | 1975 |
| 9    | Jan Risebrow           | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 489 | 491 | 490 | 492 | 1962 | 1962 |
| 10   | Sandra HISCOX          | Haverhill RC              | 488 | 0   | 0   | 494 | 492 | 0   | 0   | 487 | 0   | 1961 | 1961 |
| 11   | Arabella Lewendon      | Felixstowe RRC            | 0   | 0   | 0   | 498 | 0   | 0   | 496 | 496 | 0   | 1490 | 1490 |
| 12   | Jane MOON              | Felixstowe RRC            | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 489 | 490 | 1470 | 1470 |
| 13   | Kirsty WEAVERS         | Saint Edmund Pacers       | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 999  | 999  |
| 14   | Sandra Roberts         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 498 | 0   | 493 | 0   | 991  | 991  |
| 15   | Christine ASHE         | Bungay Black Dog RC       | 493 | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 988  | 988  |
| 16   | Debbie MCDOWALL        | Stowmarket Striders RC    | 489 | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 977  | 977  |
| 17   | Sue Hunter             | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 488 | 974  | 974  |





|      |                     |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|---------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 22   | Jayne Capps-Jenner  | Bungay Black Dog RC       | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 23   | Angela Mower        | Waveney Valley AC         | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 24   | Anne OLIVER         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 495  | 495  |
| 25   | Penelope Pullinger  | Bungay Black Dog RC       | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 26   | Sue HARGADON        | Ipswich Triathlon Club    | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 494  | 494  |
| 27   | Mandy Roberts       | Waveney Valley AC         | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 28   | Simone SUTHERLAND   | Framlingham Flyers        | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 493  | 493  |
| FV65 |                     |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Caroline MCINTOSH   | Newmarket Joggers         | 0   | 500 | 0   | 0   | 498 | 0   | 0   | 0   | 499 | 1497 | 1497 |
| 2    | Joan NEVIN          | Haverhill RC              | 499 | 0   | 0   | 499 | 0   | 0   | 0   | 498 | 0   | 1496 | 1496 |
| 3    | Cheryl TRUNDLE      | Haverhill RC              | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 1000 | 1000 |
| 4    | Annette Huggins     | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 499 | 0   | 999  | 999  |
| 5    | Cathy BEARD         | Sudbury Joggers           | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 6    | Julie Haselwood     | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 500  | 500  |
| 7    | Moira Pinkney       | Ipswich Triathlon Club    | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 8    | Vivienne TAYLOR     | Framlingham Flyers        | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| 9    | Charmian Smy        | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 0   | 497  | 497  |
| FV70 |                     |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Maureen WRIGHT      | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 500 | 0   | 500 | 0   | 500 | 1500 | 1500 |
| 2    | Jan GREEN           | Framlingham Flyers        | 0   | 0   | 0   | 0   | 498 | 0   | 0   | 500 | 0   | 998  | 998  |
| 3    | Christine MUTTITT   | Bungay Black Dog RC       | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 4    | Gaye Farrar         | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 499  | 499  |
| 5    | Judy POTTER         | Beccles & Bungay Harriers | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| MS   |                     |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Tony GAVIN          | Felixstowe RRC            | 0   | 500 | 500 | 0   | 500 | 497 | 499 | 500 | 499 | 3495 | 2499 |
| 2    | Gary TAYLOR         | Felixstowe RRC            | 499 | 0   | 0   | 0   | 488 | 482 | 495 | 497 | 497 | 2958 | 2476 |
| 3    | Thomas HAYDEN       | Framlingham Flyers        | 0   | 0   | 0   | 0   | 479 | 472 | 492 | 496 | 494 | 2433 | 2433 |
| 4    | Luke WITHERS        | Haverhill RC              | 492 | 0   | 497 | 0   | 467 | 459 | 0   | 0   | 489 | 2404 | 2404 |
| 5    | Morgan MOORE        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 471 | 462 | 483 | 494 | 493 | 2403 | 2403 |
| 6    | Ross ARNOLD         | Haverhill RC              | 0   | 487 | 0   | 493 | 456 | 449 | 484 | 0   | 480 | 2849 | 2400 |
| 7    | Samuel BURDETT      | Stowmarket Striders RC    | 498 | 0   | 0   | 0   | 497 | 496 | 0   | 499 | 0   | 1990 | 1990 |
| 8    | Stuart BUCHAN       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 480 | 475 | 494 | 0   | 495 | 1944 | 1944 |
| 9    | Keelan Smith        | The Saxons                | 0   | 0   | 490 | 485 | 455 | 0   | 0   | 0   | 478 | 1908 | 1908 |
| 10   | Neil DENNIS         | Stowmarket Striders RC    | 483 | 0   | 0   | 0   | 464 | 455 | 0   | 0   | 487 | 1889 | 1889 |
| 11   | Adam WADE           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 498 | 498 | 0   | 0   | 498 | 1494 | 1494 |
| 12   | Oliver WATSON       | Ipswich Jaffa RC          | 496 | 0   | 0   | 0   | 485 | 487 | 0   | 0   | 0   | 1468 | 1468 |
| 13   | Ian OLD             | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 482 | 479 | 493 | 0   | 0   | 1454 | 1454 |
| 14   | Peter WOODS         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 459 | 0   | 0   | 493 | 486 | 1438 | 1438 |
| 15   | Marcus BOON         | Ipswich Jaffa RC          | 495 | 0   | 0   | 0   | 470 | 468 | 0   | 0   | 0   | 1433 | 1433 |
| 16   | Justin POTTER       | Stowmarket Striders RC    | 0   | 491 | 499 | 0   | 0   | 440 | 0   | 0   | 0   | 1430 | 1430 |
| 17   | Gary INGRAM         | Ipswich Jaffa RC          | 486 | 0   | 0   | 0   | 0   | 442 | 0   | 0   | 485 | 1413 | 1413 |
| 18   | Benjamin CARPENDALE | Felixstowe RRC            | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 1000 | 1000 |
| 19   | Danny Rock          | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 500 | 500 | 0   | 0   | 1000 | 1000 |
| 20   | Benjamin Turley     | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 495 | 498 | 0   | 0   | 993  | 993  |
| 21   | Lee Barber          | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 493 | 0   | 498 | 0   | 991  | 991  |



|     |                         |                           |     |     |   |     |     |     |     |     |     |     |     |
|-----|-------------------------|---------------------------|-----|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|
| 70  | Steven QUERCIA-SMALE    | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 493 | 0   | 0   | 0   | 0   | 493 | 493 |
| 71  | Patrick Day             | Bungay Black Dog RC       | 0   | 0   | 0 | 492 | 0   | 0   | 0   | 0   | 0   | 492 | 492 |
| 72  | John Mckee              | Framlingham Flyers        | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 492 | 0   | 492 | 492 |
| 73  | James STUBBS            | Haverhill RC              | 0   | 492 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 492 |
| 74  | Paul Wain               | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 492 | 0   | 0   | 0   | 492 | 492 |
| 75  | Andrew Hammett-Ridsdale | Haverhill RC              | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 491 | 0   | 491 | 491 |
| 76  | Alex MCGREGOR           | Framlingham Flyers        | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 491 | 491 | 491 |
| 77  | Christopher Poulding    | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 0   | 491 | 0   | 0   | 0   | 491 | 491 |
| 78  | Ethan TURNER            | Framlingham Flyers        | 0   | 0   | 0 | 0   | 0   | 0   | 491 | 0   | 0   | 491 | 491 |
| 79  | Paul CLINE              | Ipswich Jaffa RC          | 0   | 490 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490 |
| 80  | Jamie FITTOCK           | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 0   | 0   | 490 | 0   | 0   | 490 | 490 |
| 81  | Andy MILEY              | Ipswich Jaffa RC          | 0   | 489 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 |
| 82  | Dane BIRD               | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 0   | 488 | 0   | 0   | 488 | 488 |
| 83  | Andrew COLEMAN          | Stowmarket Striders RC    | 488 | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 488 |
| 84  | Christopher BING        | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 0   | 487 | 0   | 0   | 487 | 487 |
| 85  | James WILSON            | The Saxons                | 0   | 0   | 0 | 0   | 487 | 0   | 0   | 0   | 0   | 487 | 487 |
| 86  | Daniel CASE             | Felixstowe RRC            | 0   | 0   | 0 | 0   | 0   | 0   | 486 | 0   | 0   | 486 | 486 |
| 87  | George FIRTH            | Stowmarket Striders RC    | 0   | 486 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486 |
| 88  | Steve Mason             | Haverhill RC              | 0   | 0   | 0 | 0   | 0   | 486 | 0   | 0   | 0   | 486 | 486 |
| 89  | David MAYES             | Felixstowe RRC            | 0   | 0   | 0 | 0   | 0   | 0   | 485 | 0   | 0   | 485 | 485 |
| 90  | Michael SHELDRAKE       | Ipswich Jaffa RC          | 0   | 485 | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 485 |
| 91  | Glyn WILLIAMS           | Hadleigh Hares AC         | 485 | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 485 |
| 92  | Aden BELL               | Hadleigh Hares AC         | 0   | 0   | 0 | 0   | 484 | 0   | 0   | 0   | 0   | 484 | 484 |
| 93  | Kyle CHURCH             | The Saxons                | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 484 | 484 | 484 |
| 94  | Jon Duffney             | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 484 | 0   | 0   | 0   | 484 | 484 |
| 95  | Liam Brown              | Beccles & Bungay Harriers | 0   | 0   | 0 | 483 | 0   | 0   | 0   | 0   | 0   | 483 | 483 |
| 96  | Andrew CATTON           | Stowmarket Striders RC    | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 483 | 0   | 483 | 483 |
| 97  | Joshua Thompson         | Ipswich Harriers          | 0   | 0   | 0 | 0   | 0   | 483 | 0   | 0   | 0   | 483 | 483 |
| 98  | Mark AUSTIN             | Woodbridge Shufflers RC   | 0   | 0   | 0 | 0   | 0   | 0   | 482 | 0   | 0   | 482 | 482 |
| 99  | Daniel KNIGHT           | Haverhill RC              | 482 | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 482 | 482 |
| 100 | Kelmend SOKOLI          | Felixstowe RRC            | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 482 | 482 | 482 |
| 101 | Tom ADAMS               | Ipswich Harriers          | 0   | 0   | 0 | 0   | 481 | 0   | 0   | 0   | 0   | 481 | 481 |
| 102 | Alex Belsom             | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 481 | 0   | 0   | 0   | 481 | 481 |
| 103 | Ryan BRUTY              | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 481 | 481 | 481 |
| 104 | James COOPER            | Stowmarket Striders RC    | 481 | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 481 | 481 |
| 105 | Adam SMITH              | Woodbridge Shufflers RC   | 0   | 0   | 0 | 0   | 0   | 0   | 481 | 0   | 0   | 481 | 481 |
| 106 | Dominic MIAOULIS        | Felixstowe RRC            | 0   | 0   | 0 | 0   | 0   | 0   | 480 | 0   | 0   | 480 | 480 |
| 107 | Josh IRON               | Haverhill RC              | 479 | 0   | 0 | 0   | 0   | 0   | 0   | 0   | 0   | 479 | 479 |
| 108 | Oliver BINGHAM          | Stowmarket Striders RC    | 0   | 0   | 0 | 0   | 478 | 0   | 0   | 0   | 0   | 478 | 478 |
| 109 | Andrew Turner           | Hadleigh Hares AC         | 0   | 0   | 0 | 0   | 0   | 478 | 0   | 0   | 0   | 478 | 478 |
| 110 | Jake Waggott            | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 477 | 0   | 0   | 0   | 477 | 477 |
| 111 | Adrian Kudela           | Felixstowe RRC            | 0   | 0   | 0 | 0   | 0   | 476 | 0   | 0   | 0   | 476 | 476 |
| 112 | William TERRY           | Stowmarket Striders RC    | 0   | 0   | 0 | 0   | 475 | 0   | 0   | 0   | 0   | 475 | 475 |
| 113 | Oliver LANGNER          | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 474 | 0   | 0   | 0   | 0   | 474 | 474 |
| 114 | conner bilner           | Ipswich Jaffa RC          | 0   | 0   | 0 | 0   | 0   | 473 | 0   | 0   | 0   | 473 | 473 |
| 115 | Dylan BRADNAM           | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 472 | 0   | 0   | 0   | 0   | 472 | 472 |
| 116 | Alexander Fox           | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 0   | 471 | 0   | 0   | 0   | 471 | 471 |
| 117 | Oliver SCHOFIELD        | Saint Edmund Pacers       | 0   | 0   | 0 | 0   | 469 | 0   | 0   | 0   | 0   | 469 | 469 |

|      |                     |                         |     |     |   |     |     |     |     |     |     |      |      |
|------|---------------------|-------------------------|-----|-----|---|-----|-----|-----|-----|-----|-----|------|------|
| 118  | Simon WALLIS        | Haverhill RC            | 0   | 0   | 0 | 0   | 468 | 0   | 0   | 0   | 0   | 468  | 468  |
| 119  | Robert Grainger     | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 0   | 467 | 0   | 0   | 0   | 467  | 467  |
| 120  | Neil Gillingham     | Ipswich Harriers        | 0   | 0   | 0 | 0   | 0   | 466 | 0   | 0   | 0   | 466  | 466  |
| 121  | Joe WEBB            | Saint Edmund Pacers     | 0   | 0   | 0 | 0   | 466 | 0   | 0   | 0   | 0   | 466  | 466  |
| 122  | Adam CLARKE         | Saint Edmund Pacers     | 0   | 0   | 0 | 0   | 465 | 0   | 0   | 0   | 0   | 465  | 465  |
| 123  | Oliver Riches       | Hadleigh Hares AC       | 0   | 0   | 0 | 0   | 0   | 464 | 0   | 0   | 0   | 464  | 464  |
| 124  | Dean REDNALL        | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 463 | 0   | 0   | 0   | 0   | 463  | 463  |
| 125  | Peter MANSFIELD     | Sudbury Joggers         | 0   | 0   | 0 | 0   | 461 | 0   | 0   | 0   | 0   | 461  | 461  |
| 126  | Ian BODSWORTH       | Hadleigh Hares AC       | 0   | 0   | 0 | 0   | 460 | 0   | 0   | 0   | 0   | 460  | 460  |
| 127  | Joseph Hullis       | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 460 | 0   | 0   | 0   | 460  | 460  |
| 128  | Rob Page            | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 458 | 0   | 0   | 0   | 458  | 458  |
| 129  | Timothy DRAIN       | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 457 | 0   | 0   | 0   | 0   | 457  | 457  |
| 130  | Ricky O'Neill       | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 457 | 0   | 0   | 0   | 457  | 457  |
| 131  | Mark Cooper         | Ipswich Triathlon Club  | 0   | 0   | 0 | 0   | 0   | 456 | 0   | 0   | 0   | 456  | 456  |
| 132  | Craig SMITH         | Saint Edmund Pacers     | 0   | 0   | 0 | 0   | 454 | 0   | 0   | 0   | 0   | 454  | 454  |
| 133  | Andy HAYWARD        | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 453 | 0   | 0   | 0   | 0   | 453  | 453  |
| 134  | Darryl Yates        | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 453 | 0   | 0   | 0   | 453  | 453  |
| 135  | Neil Hanson         | Felixstowe RRC          | 0   | 0   | 0 | 0   | 0   | 452 | 0   | 0   | 0   | 452  | 452  |
| 136  | Stuart MATHIESON    | Sudbury Joggers         | 0   | 0   | 0 | 0   | 452 | 0   | 0   | 0   | 0   | 452  | 452  |
| 137  | Oliver Boughton     | Saint Edmund Pacers     | 0   | 0   | 0 | 0   | 0   | 451 | 0   | 0   | 0   | 451  | 451  |
| 138  | Benjamin Lucas      | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 0   | 450 | 0   | 0   | 0   | 450  | 450  |
| 139  | Tristram Singh      | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 448 | 0   | 0   | 0   | 448  | 448  |
| 140  | James Severy        | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 447 | 0   | 0   | 0   | 447  | 447  |
| 141  | Coran Summers       | Woodbridge Shufflers RC | 0   | 0   | 0 | 0   | 0   | 446 | 0   | 0   | 0   | 446  | 446  |
| 142  | Joe Roberts         | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 445 | 0   | 0   | 0   | 445  | 445  |
| 143  | Jonathan Bolton     | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 0   | 444 | 0   | 0   | 0   | 444  | 444  |
| 144  | Matthew Smith       | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 0   | 443 | 0   | 0   | 0   | 443  | 443  |
| 145  | Richard Tatterton   | Felixstowe RRC          | 0   | 0   | 0 | 0   | 0   | 439 | 0   | 0   | 0   | 439  | 439  |
| 146  | Matthew Makin       | Felixstowe RRC          | 0   | 0   | 0 | 0   | 0   | 438 | 0   | 0   | 0   | 438  | 438  |
|      |                     |                         |     |     |   |     |     |     |     |     |     |      |      |
|      |                     |                         |     |     |   |     |     |     |     |     |     |      |      |
| MV40 |                     |                         |     |     |   |     |     |     |     |     |     |      |      |
| 1    | Chris MOWER         | Saint Edmund Pacers     | 0   | 499 | 0 | 499 | 0   | 499 | 0   | 497 | 497 | 2491 | 2491 |
| 2    | David PERCY         | Haverhill RC            | 499 | 0   | 0 | 0   | 494 | 493 | 498 | 496 | 496 | 2976 | 2483 |
| 3    | Ian Elden           | Ipswich Jaffa RC        | 0   | 0   | 0 | 500 | 496 | 495 | 497 | 494 | 491 | 2973 | 2482 |
| 4    | Robin HARPER        | Felixstowe RRC          | 0   | 490 | 0 | 0   | 493 | 497 | 494 | 495 | 493 | 2962 | 2472 |
| 5    | Benjamin JACOBS     | Felixstowe RRC          | 0   | 497 | 0 | 0   | 498 | 0   | 0   | 500 | 499 | 1994 | 1994 |
| 6    | Paul OSBORNE        | Felixstowe RRC          | 0   | 489 | 0 | 0   | 0   | 491 | 495 | 0   | 495 | 1970 | 1970 |
| 7    | Len SAUNDERS        | Felixstowe RRC          | 0   | 0   | 0 | 0   | 489 | 0   | 493 | 493 | 487 | 1962 | 1962 |
| 8    | Kyle ROPER          | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 486 | 484 | 488 | 0   | 482 | 1940 | 1940 |
| 9    | Dan BELCHER-HACKETT | Stowmarket Striders RC  | 0   | 0   | 0 | 0   | 474 | 472 | 481 | 0   | 477 | 1904 | 1904 |
| 10   | Jim Last            | Framlingham Flyers      | 0   | 0   | 0 | 0   | 0   | 500 | 0   | 499 | 500 | 1499 | 1499 |
| 11   | Darren COOK         | Felixstowe RRC          | 0   | 496 | 0 | 0   | 0   | 496 | 492 | 0   | 0   | 1484 | 1484 |
| 12   | Alastair Read       | Felixstowe RRC          | 0   | 0   | 0 | 0   | 0   | 492 | 491 | 0   | 492 | 1475 | 1475 |
| 13   | Stuart SIMMONS      | Ipswich Jaffa RC        | 0   | 491 | 0 | 0   | 0   | 487 | 496 | 0   | 0   | 1474 | 1474 |
| 14   | Stuart WRIGHT       | Felixstowe RRC          | 0   | 0   | 0 | 0   | 490 | 489 | 490 | 0   | 0   | 1469 | 1469 |
| 15   | Jamie WRIGHT        | Framlingham Flyers      | 0   | 0   | 0 | 0   | 481 | 0   | 0   | 491 | 480 | 1452 | 1452 |
| 16   | Brett DEAKIN        | Felixstowe RRC          | 0   | 484 | 0 | 0   | 479 | 478 | 0   | 0   | 0   | 1441 | 1441 |
| 17   | Jamie BENNETT       | Ipswich Jaffa RC        | 0   | 0   | 0 | 0   | 478 | 476 | 483 | 0   | 0   | 1437 | 1437 |

|    |                  |                         |     |     |     |     |     |     |     |     |     |      |      |
|----|------------------|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 18 | Tim Sparkes      | Stowmarket Striders RC  | 0   | 0   | 0   | 0   | 0   | 473 | 482 | 0   | 478 | 1433 | 1433 |
| 19 | Andrew BELL      | Haverhill RC            | 500 | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 999  | 999  |
| 20 | James CORNISH    | Woodbridge Shufflers RC | 0   | 498 | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 996  | 996  |
| 21 | Gary Cullum      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 498 | 996  | 996  |
| 22 | Westley WALKER   | Haverhill RC            | 497 | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 994  | 994  |
| 23 | Leo Stead        | Waveney Valley AC       | 0   | 0   | 498 | 495 | 0   | 0   | 0   | 0   | 0   | 993  | 993  |
| 24 | Tom Alexander    | Woodbridge Shufflers RC | 0   | 0   | 0   | 498 | 492 | 0   | 0   | 0   | 0   | 990  | 990  |
| 25 | Wayne SMITH      | Saint Edmund Pacers     | 496 | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 984  | 984  |
| 26 | Richard SMITH    | Sudbury Joggers         | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 984  | 984  |
| 27 | Matt Howe        | Felixstowe RRC          | 0   | 0   | 497 | 0   | 0   | 0   | 484 | 0   | 0   | 981  | 981  |
| 28 | David BEIGHTON   | Saint Edmund Pacers     | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 0   | 488 | 977  | 977  |
| 29 | Richard Leeder   | Stowmarket Striders RC  | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 489 | 977  | 977  |
| 30 | Graham DIXON     | Haverhill RC            | 493 | 0   | 0   | 0   | 482 | 0   | 0   | 0   | 0   | 975  | 975  |
| 31 | Derek HOOD       | Ipswich Jaffa RC        | 0   | 488 | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 973  | 973  |
| 32 | Matthew BENSON   | Sudbury Joggers         | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 485 | 972  | 972  |
| 33 | James Ellul      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 486 | 485 | 0   | 0   | 971  | 971  |
| 34 | Daniel EVERITT   | Haverhill RC            | 491 | 0   | 0   | 0   | 476 | 0   | 0   | 0   | 0   | 967  | 967  |
| 35 | James Willcox    | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 480 | 486 | 0   | 0   | 966  | 966  |
| 36 | Steve Kirk       | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 474 | 0   | 490 | 0   | 964  | 964  |
| 37 | Mark Rose        | Ipswich Jaffa RC        | 0   | 0   | 0   | 0   | 0   | 479 | 0   | 0   | 484 | 963  | 963  |
| 38 | Mark Curtis      | Ipswich Jaffa RC        | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 39 | Chris LEEK       | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 500  | 500  |
| 40 | Jason MARTER     | Framlingham Flyers      | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 41 | Andrew SOUTHWOOD | Saint Edmund Pacers     | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 42 | Kevin PEIRCE     | Ipswich Harriers        | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 499  | 499  |
| 43 | Lee Phillips     | Framlingham Flyers      | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 44 | David MARSH      | Stowmarket Striders RC  | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 45 | Dylan Neeve      | Waveney Valley AC       | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 46 | Dave Catchpole   | Waveney Valley AC       | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 47 | James Roberts    | Bungay Black Dog RC     | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 48 | Ben CUTHBERT     | Sudbury Joggers         | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 495  | 495  |
| 49 | Robert MILNER    | Waveney Valley AC       | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 50 | Jimmy SECKER     | Sudbury Joggers         | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495  | 495  |
| 51 | Tom Bruce        | Ipswich Triathlon Club  | 0   | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 494  | 494  |
| 52 | Trevor BUNCH     | Haverhill RC            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 494  | 494  |
| 53 | Neil Burwood     | Waveney Valley AC       | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 54 | Matthew RAWLINGS | Saint Edmund Pacers     | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 55 | Gareth Bradbury  | Waveney Valley AC       | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 56 | Tony GOODING     | Haverhill RC            | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 57 | Steve BUTLER     | Haverhill RC            | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 58 | Paul DOCKERILL   | Newmarket Joggers       | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 59 | Matt lfe         | Bungay Black Dog RC     | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 60 | Simon Tinkler    | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 0   | 492  | 492  |
| 61 | Ben JEFFERY      | West Suffolk AC         | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 491  | 491  |
| 62 | Gregory STOWE    | Stowmarket Striders RC  | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490  | 490  |
| 63 | Torben Wood      | Ipswich Triathlon Club  | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 490  | 490  |
| 64 | Michael RUSHTON  | Saint Edmund Pacers     | 0   | 487 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 487  | 487  |
| 65 | Dean SEARLE      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 487  | 487  |

|      |                  |                         |     |     |     |     |     |     |     |     |     |      |      |
|------|------------------|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 66   | Tom AYKROYD      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486  | 486  |
| 67   | Daniel SHANKS    | Felixstowe RRC          | 0   | 486 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 486  | 486  |
| 68   | Will HARTWELL    | Haverhill RC            | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 0   | 485  | 485  |
| 69   | Steve OGLESBY    | Haverhill RC            | 0   | 485 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 485  | 485  |
| 70   | Neil WILLIAMSON  | Newmarket Joggers       | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 0   | 0   | 484  | 484  |
| 71   | Ben Burrows      | Woodbridge Shufflers RC | 0   | 0   | 0   | 0   | 0   | 483 | 0   | 0   | 0   | 483  | 483  |
| 72   | Simon COOPER     | Felixstowe RRC          | 0   | 483 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 483  | 483  |
| 73   | Daniel SELFE     | Stowmarket Striders RC  | 0   | 0   | 0   | 0   | 483 | 0   | 0   | 0   | 0   | 483  | 483  |
| 74   | Matt TRILL       | Ipswich Jaffa RC        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 483 | 483  | 483  |
| 75   | Mark Scott       | Ipswich Jaffa RC        | 0   | 0   | 0   | 0   | 0   | 482 | 0   | 0   | 0   | 482  | 482  |
| 76   | Jonathan Barnes  | Woodbridge Shufflers RC | 0   | 0   | 0   | 0   | 0   | 481 | 0   | 0   | 0   | 481  | 481  |
| 77   | Thierry PENNEC   | Sudbury Joggers         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 481 | 481  | 481  |
| 78   | John ADAMS       | Ipswich Jaffa RC        | 0   | 0   | 0   | 0   | 480 | 0   | 0   | 0   | 0   | 480  | 480  |
| 79   | Brian BLOOMFIELD | Sudbury Joggers         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 479 | 479  | 479  |
| 80   | Adrian Matthews  | Ipswich Triathlon Club  | 0   | 0   | 0   | 0   | 0   | 477 | 0   | 0   | 0   | 477  | 477  |
| 81   | Stewart WHITE    | Saint Edmund Pacers     | 0   | 0   | 0   | 0   | 477 | 0   | 0   | 0   | 0   | 477  | 477  |
| 82   | James BRIGGS     | Haverhill RC            | 0   | 0   | 0   | 0   | 475 | 0   | 0   | 0   | 0   | 475  | 475  |
| 83   | Damien Cassan    | Ipswich Triathlon Club  | 0   | 0   | 0   | 0   | 0   | 475 | 0   | 0   | 0   | 475  | 475  |
|      |                  |                         |     |     |     |     |     |     |     |     |     |      |      |
| MV45 |                  |                         |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Adam HOWLETT     | Framlingham Flyers      | 500 | 0   | 0   | 0   | 499 | 500 | 500 | 500 | 500 | 2999 | 2500 |
| 2    | Piotr BULACZ     | Sudbury Joggers         | 0   | 500 | 0   | 0   | 497 | 0   | 498 | 498 | 499 | 2492 | 2492 |
| 3    | Mark HAYDEN      | Framlingham Flyers      | 0   | 499 | 0   | 0   | 498 | 0   | 497 | 499 | 498 | 2491 | 2491 |
| 4    | Daniel PELLING   | Haverhill RC            | 495 | 0   | 496 | 0   | 485 | 0   | 493 | 494 | 492 | 2955 | 2470 |
| 5    | David CHURCH     | Felixstowe RRC          | 0   | 490 | 0   | 0   | 482 | 484 | 488 | 491 | 488 | 2923 | 2441 |
| 6    | Tom Haslam       | Framlingham Flyers      | 0   | 0   | 499 | 0   | 0   | 498 | 496 | 496 | 0   | 1989 | 1989 |
| 7    | Peter Bird       | Saint Edmund Pacers     | 0   | 0   | 0   | 500 | 491 | 0   | 490 | 0   | 493 | 1974 | 1974 |
| 8    | Kerry BUCKLEY    | Felixstowe RRC          | 0   | 0   | 0   | 0   | 488 | 0   | 492 | 493 | 491 | 1964 | 1964 |
| 9    | Karl FEAGAN      | Hadleigh Hares AC       | 0   | 489 | 0   | 0   | 489 | 489 | 0   | 0   | 490 | 1957 | 1957 |
| 10   | Will Aldred      | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 494 | 0   | 492 | 494 | 1480 | 1480 |
| 11   | Daniel AGER      | Ipswich Jaffa RC        | 494 | 0   | 0   | 0   | 0   | 491 | 494 | 0   | 0   | 1479 | 1479 |
| 12   | Justin Ostler    | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 481 | 484 | 489 | 0   | 1454 | 1454 |
| 13   | Lee TAYLOR       | Haverhill RC            | 488 | 0   | 0   | 0   | 478 | 0   | 0   | 0   | 481 | 1447 | 1447 |
| 14   | Bryn STUPPELL    | Haverhill RC            | 485 | 0   | 0   | 0   | 477 | 0   | 0   | 0   | 480 | 1442 | 1442 |
| 15   | Nick HAMMOND     | Framlingham Flyers      | 498 | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 997  | 997  |
| 16   | Andrew Craig     | Woodbridge Shufflers RC | 0   | 0   | 0   | 0   | 0   | 497 | 0   | 0   | 496 | 993  | 993  |
| 17   | Matt BALDRY      | Waveney Valley AC       | 0   | 493 | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 992  | 992  |
| 18   | Rob SQUIRRELL    | Woodbridge Shufflers RC | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 497 | 992  | 992  |
| 19   | John THORPE      | Ipswich Jaffa RC        | 499 | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 992  | 992  |
| 20   | Steve Hall       | Framlingham Flyers      | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 495 | 0   | 991  | 991  |
| 21   | Keith WILLIAMS   | Ipswich Jaffa RC        | 496 | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 988  | 988  |
| 22   | Barry ROGERS     | Bungay Black Dog RC     | 491 | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 985  | 985  |
| 23   | Jan KADING       | Stowmarket Striders RC  | 0   | 0   | 0   | 0   | 494 | 490 | 0   | 0   | 0   | 984  | 984  |
| 24   | Steven King      | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 487 | 491 | 0   | 0   | 978  | 978  |
| 25   | Mark Goodwin     | Felixstowe RRC          | 0   | 0   | 0   | 0   | 0   | 488 | 489 | 0   | 0   | 977  | 977  |
| 26   | Lee GODDARD      | Stowmarket Striders RC  | 492 | 0   | 0   | 0   | 483 | 0   | 0   | 0   | 0   | 975  | 975  |
| 27   | Jason ABLETT     | Stowmarket Striders RC  | 0   | 0   | 0   | 0   | 487 | 0   | 487 | 0   | 0   | 974  | 974  |
| 28   | Simon ELLIOTT    | Sudbury Joggers         | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 484 | 974  | 974  |

|    |                         |                           |     |     |     |     |     |     |     |     |     |     |     |
|----|-------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 29 | Jimmy elmer             | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 487 | 972 | 972 |
| 30 | Carl Bergdahl           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 483 | 0   | 0   | 486 | 969 | 969 |
| 31 | Mike BERRY              | Saint Edmund Pacers       | 487 | 0   | 0   | 0   | 480 | 0   | 0   | 0   | 0   | 967 | 967 |
| 32 | Paul Goldring           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 482 | 0   | 0   | 485 | 967 | 967 |
| 33 | Graeme JOHNSTON         | Haverhill RC              | 484 | 0   | 0   | 0   | 479 | 0   | 0   | 0   | 0   | 963 | 963 |
| 34 | Tony Holland            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 480 | 0   | 0   | 482 | 962 | 962 |
| 35 | Stephen CHAPMAN         | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 476 | 0   | 0   | 0   | 483 | 959 | 959 |
| 36 | Keith TILLEY            | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500 | 500 |
| 37 | Jon Wiles               | Bungay Black Dog RC       | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 500 |
| 38 | Tim Larke               | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 499 | 499 |
| 39 | Tom Pullinger           | Bungay Black Dog RC       | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 498 |
| 40 | Simon Skinner           | Beccles & Bungay Harriers | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498 | 498 |
| 41 | Jason TAYLOR            | Felixstowe RRC            | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 498 |
| 42 | Paul GAME               | Haverhill RC              | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 43 | Robert James            | Bungay Black Dog RC       | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 44 | Ian LONGLAND            | Haverhill RC              | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 45 | Jonathan Puxley         | Beccles & Bungay Harriers | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497 | 497 |
| 46 | Darren Sheppard         | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 0   | 497 | 497 |
| 47 | Sean Day                | Bungay Black Dog RC       | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| 48 | Tim HANMAN              | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 496 | 496 |
| 49 | Mark WHITE              | Haverhill RC              | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| 50 | Chris Backhouse         | Bungay Black Dog RC       | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| 51 | Adrian FROST            | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 495 | 495 |
| 52 | James HOWLETT           | Framlingham Flyers        | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| 53 | Thomas Stewart          | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 495 | 495 |
| 54 | Ian Stride              | Bungay Black Dog RC       | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| 55 | James YOUNGS            | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 495 | 495 |
| 56 | Guy HAYWARD             | Framlingham Flyers        | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 494 |
| 57 | Steven Jordan           | The Saxons                | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 493 |
| 58 | Mark SKOULDING          | Stowmarket Striders RC    | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493 | 493 |
| 59 | Gareth SOUTHGATE        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 493 | 493 |
| 60 | Damian ELSDON           | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 492 | 492 |
| 61 | Julian Holland-Gladwish | Bungay Black Dog RC       | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 492 |
| 62 | Robert WORTHINGTON      | Felixstowe RRC            | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 492 |
| 63 | Simon SPARKES           | Bungay Black Dog RC       | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 491 |
| 64 | Martyn Woodgate         | Bungay Black Dog RC       | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 491 |
| 65 | Vince Meadows           | Bungay Black Dog RC       | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 490 |
| 66 | Jon Moodie              | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 490 | 490 |
| 67 | Vince WEBB              | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 490 | 490 |
| 68 | Simon DOWNEY            | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 | 489 |
| 69 | Horace SHURIAH          | Haverhill RC              | 489 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 489 | 489 |
| 70 | Adam French             | Bungay Black Dog RC       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 488 | 488 |
| 71 | David DAMANT            | Stowmarket Striders RC    | 486 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 486 |
| 72 | Mark DOWNEY             | Felixstowe RRC            | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 0   | 0   | 486 | 486 |
| 73 | Justin FIDDAMAN         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 486 | 486 |
| 74 | ANDREW TAYLOR           | Newmarket Joggers         | 0   | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 0   | 486 | 486 |
| 75 | Paul DORSET             | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 485 | 485 |
| 76 | Bill BESLEY             | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 0   | 0   | 484 | 484 |





|      |                      |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|----------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 44   | Roger Stone          | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 495  | 495  |
| 45   | Malcolm Huggins      | Waveney Valley AC         | 0   | 0   | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 46   | Jimmy RUSSELL        | Felixstowe RRC            | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 47   | John Skelly          | Waveney Valley AC         | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 48   | Kevin Clark          | Bungay Black Dog RC       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 0   | 491  | 491  |
| 49   | Pete McCarthy        | Ipswich Triathlon Club    | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 491  | 491  |
| 50   | Jonathan NEWELL      | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 491  | 491  |
| 51   | Mark Avery           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 490  | 490  |
| 52   | Matthew Webber       | Beccles & Bungay Harriers | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 0   | 0   | 490  | 490  |
| 53   | glen avis            | Hadleigh Hares AC         | 0   | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 489  | 489  |
| 54   | Malcolm Howard       | Waveney Valley AC         | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 0   | 489  | 489  |
| 55   | Howard Allen         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 488  | 488  |
| 56   | Paul BROUGH          | Haverhill RC              | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 488  | 488  |
| 57   | Philip BROWN         | Saint Edmund Pacers       | 487 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 487  | 487  |
| 58   | Alistair GOODIER     | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 486 | 0   | 0   | 0   | 0   | 486  | 486  |
| 59   | Paul HEEKS           | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 0   | 485  | 485  |
| 60   | IAIN CATCHPOOL       | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 0   | 484  | 484  |
| 61   | Gi Kwong Cheung      | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 482 | 0   | 0   | 0   | 482  | 482  |
| 62   | stuart hollingsworth | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 481 | 0   | 0   | 0   | 481  | 481  |
| 63   | Andrew TERRY         | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 481 | 0   | 0   | 0   | 0   | 481  | 481  |
| 64   | Andrew Clifton       | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 480 | 0   | 0   | 0   | 480  | 480  |
| 65   | Stuart SHEPHERD      | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 480 | 0   | 0   | 0   | 0   | 480  | 480  |
|      |                      |                           |     |     |     |     |     |     |     |     |     |      |      |
| MV55 |                      |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Peter Clarke         | Diss and District AC      | 0   | 0   | 0   | 500 | 499 | 499 | 0   | 500 | 500 | 2498 | 2498 |
| 2    | Robin BELSOM         | Ipswich Jaffa RC          | 499 | 0   | 0   | 0   | 496 | 496 | 499 | 498 | 498 | 2986 | 2490 |
| 3    | Vaughan MORRIS       | Stowmarket Striders RC    | 498 | 0   | 500 | 0   | 494 | 495 | 498 | 496 | 496 | 3477 | 2488 |
| 4    | Adrian COLE          | Stowmarket Striders RC    | 489 | 0   | 493 | 0   | 486 | 486 | 491 | 493 | 489 | 3427 | 2455 |
| 5    | Richard SMITH        | Felixstowe RRC            | 490 | 0   | 0   | 495 | 485 | 482 | 0   | 494 | 488 | 2934 | 2452 |
| 6    | Joe NAUGHTON         | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 484 | 483 | 489 | 0   | 492 | 1948 | 1948 |
| 7    | Chris CHORLEY        | Bungay Black Dog RC       | 0   | 496 | 0   | 0   | 495 | 0   | 0   | 0   | 497 | 1488 | 1488 |
| 8    | Russel BREYER        | Ipswich Triathlon Club    | 496 | 0   | 0   | 498 | 0   | 493 | 0   | 0   | 0   | 1487 | 1487 |
| 9    | Stuart Mason         | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 494 | 496 | 0   | 495 | 1485 | 1485 |
| 10   | Robert MORGAN        | Saint Edmund Pacers       | 495 | 0   | 497 | 0   | 493 | 0   | 0   | 0   | 0   | 1485 | 1485 |
| 11   | Derek DALY           | The Saxons                | 494 | 0   | 495 | 0   | 0   | 0   | 493 | 0   | 0   | 1482 | 1482 |
| 12   | William Burdett      | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 488 | 0   | 495 | 493 | 1476 | 1476 |
| 13   | David SEYMOUR        | Felixstowe RRC            | 0   | 0   | 0   | 0   | 491 | 491 | 0   | 0   | 490 | 1472 | 1472 |
| 14   | Peter FINCH          | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 490 | 487 | 490 | 0   | 0   | 1467 | 1467 |
| 15   | Robin MACKENZIE      | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 499 | 0   | 999  | 999  |
| 16   | Shaun Good           | Felixstowe RRC            | 0   | 0   | 498 | 0   | 0   | 0   | 497 | 0   | 0   | 995  | 995  |
| 17   | Todd LEWIS           | Sudbury Joggers           | 0   | 0   | 0   | 0   | 498 | 497 | 0   | 0   | 0   | 995  | 995  |
| 18   | Tom HOBLYN           | Saint Edmund Pacers       | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 991  | 991  |
| 19   | Paul SCHWER          | Felixstowe RRC            | 0   | 495 | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 987  | 987  |
| 20   | Richard ALLPORT      | Felixstowe RRC            | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 491 | 978  | 978  |
| 21   | Mark JOHNSTON-WOOD   | Sudbury Joggers           | 491 | 0   | 0   | 0   | 483 | 0   | 0   | 0   | 0   | 974  | 974  |
| 22   | Chris COOKE          | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 23   | Yusuf FIRAT          | Haverhill RC              | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 24   | Stephen Hicks        | Ipswich Harriers          | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 500  | 500  |

|      |                         |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|-------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 25   | Steven HUGHES           | Stowmarket Striders RC    | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 26   | Gary GODFREY            | Sudbury Joggers           | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 27   | Rob Hall                | Bungay Black Dog RC       | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 28   | Mark WATTS              | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499  | 499  |
| 29   | Andrew Webber           | Stowmarket Striders RC    | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 30   | Dave ALLEY              | Woodbridge Shufflers RC   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 31   | David Copland           | Ipswich Triathlon Club    | 0   | 0   | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 498  | 498  |
| 32   | Andrew BUDD             | Capel Cheetahs            | 0   | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 497  | 497  |
| 33   | Stuart Green            | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497 | 0   | 497  | 497  |
| 34   | Ian Hawkes              | Waveney Valley AC         | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 35   | Robert HUGHES           | Saint Edmund Pacers       | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 36   | Richard Dye             | Bungay Black Dog RC       | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 37   | Paul Peek               | Waveney Valley AC         | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 38   | Steven DURRANT          | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 495  | 495  |
| 39   | Kevin Copeman-lamoureux | Beccles & Bungay Harriers | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 40   | Timothy Hunn            | Bungay Black Dog RC       | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 41   | Jeremy HENNELL JAMES    | Hadleigh Hares AC         | 0   | 0   | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 494  | 494  |
| 42   | David SWALES            | Saint Edmund Pacers       | 0   | 494 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 494  | 494  |
| 43   | Cliff MANNING           | Sudbury Joggers           | 493 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 493  | 493  |
| 44   | Peter JAY               | Saint Edmund Pacers       | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 45   | Steven MITCHELL         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 492  | 492  |
| 46   | Brian MUNNS             | Newmarket Joggers         | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 492  | 492  |
| 47   | Colin Whale             | Bungay Black Dog RC       | 0   | 0   | 492 | 0   | 0   | 0   | 0   | 0   | 0   | 492  | 492  |
| 48   | Paul Bird               | Bungay Black Dog RC       | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 0   | 0   | 491  | 491  |
| 49   | Tim Long                | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 490 | 0   | 0   | 0   | 490  | 490  |
| 50   | Duncan CHENERY          | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 0   | 489  | 489  |
| 51   | Eric Searle             | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 489 | 0   | 0   | 0   | 489  | 489  |
| 52   | Kevin JAMIESON          | Haverhill RC              | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 488  | 488  |
| 53   | Steve Wilding           | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 485 | 0   | 0   | 0   | 485  | 485  |
| 54   | Stephen Baldock         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 484 | 0   | 0   | 0   | 484  | 484  |
| 55   | Paul Hales              | Capel Cheetahs            | 0   | 0   | 0   | 0   | 0   | 481 | 0   | 0   | 0   | 481  | 481  |
| MV60 |                         |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | Paul WIGENS             | Woodbridge Shufflers RC   | 0   | 500 | 0   | 0   | 0   | 499 | 499 | 500 | 499 | 2497 | 2497 |
| 2    | Stephen PRETTY          | Saint Edmund Pacers       | 0   | 499 | 0   | 0   | 498 | 0   | 500 | 499 | 500 | 2496 | 2496 |
| 3    | Mark ALLEN              | Woodbridge Shufflers RC   | 0   | 498 | 0   | 0   | 493 | 498 | 498 | 495 | 496 | 2978 | 2485 |
| 4    | Mik CARR                | Bungay Black Dog RC       | 499 | 0   | 500 | 0   | 490 | 0   | 497 | 494 | 495 | 2975 | 2485 |
| 5    | Ian SILLETT             | Felixstowe RRC            | 0   | 497 | 497 | 0   | 489 | 494 | 496 | 493 | 493 | 3459 | 2477 |
| 6    | Alan JACKSON            | Ipswich Jaffa RC          | 500 | 0   | 0   | 0   | 499 | 500 | 0   | 0   | 0   | 1499 | 1499 |
| 7    | Paul Maycock            | Capel Cheetahs            | 0   | 0   | 499 | 0   | 495 | 497 | 0   | 0   | 0   | 1491 | 1491 |
| 8    | Chris JOHNS             | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 492 | 0   | 0   | 498 | 494 | 1484 | 1484 |
| 9    | Clive PURBROOK          | Newmarket Joggers         | 498 | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 997  | 997  |
| 10   | Graham WIGLEY           | Framlingham Flyers        | 0   | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 498 | 995  | 995  |
| 11   | Gary LOWE               | The Saxons                | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 497 | 0   | 993  | 993  |
| 12   | Mon LEE                 | Ipswich Jaffa RC          | 497 | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 992  | 992  |
| 13   | Eddie DOUGLAS           | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 497 | 991  | 991  |
| 14   | Michael Ball            | Bungay Black Dog RC       | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 491 | 0   | 986  | 986  |
| 15   | Iain Hunter             | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 493 | 0   | 0   | 492 | 985  | 985  |

|      |                    |                           |     |     |     |     |     |     |     |     |     |      |      |
|------|--------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 16   | Terry BACK         | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 17   | Robin Jones        | Waveney Valley AC         | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 18   | Tony Morley        | Bungay Black Dog RC       | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 19   | Stuart Smith       | Waveney Valley AC         | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 20   | Stephen Pulfer     | Bungay Black Dog RC       | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 21   | Clive Gardiner     | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 496  | 496  |
| 22   | Terry Green        | Bungay Black Dog RC       | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 0   | 0   | 496  | 496  |
| 23   | Robert Mawson      | Framlingham Flyers        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 0   | 496  | 496  |
| 24   | Fred Boggis        | Felixstowe RRC            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 492 | 0   | 492  | 492  |
| 25   | Jim WITHERS        | Newmarket Joggers         | 0   | 0   | 0   | 0   | 491 | 0   | 0   | 0   | 0   | 491  | 491  |
| 26   | Charlie STANNETT   | Ipswich Triathlon Club    | 0   | 0   | 0   | 0   | 488 | 0   | 0   | 0   | 0   | 488  | 488  |
| 27   | Stephen SPENCER    | Brandon Fern Hoppers      | 0   | 0   | 0   | 0   | 487 | 0   | 0   | 0   | 0   | 487  | 487  |
|      |                    |                           |     |     |     |     |     |     |     |     |     |      |      |
| MV65 |                    |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | John NEVIN         | Haverhill RC              | 498 | 0   | 0   | 499 | 0   | 0   | 0   | 500 | 0   | 1497 | 1497 |
| 2    | Gary Howe          | Beccles & Bungay Harriers | 0   | 0   | 0   | 500 | 498 | 0   | 0   | 0   | 0   | 998  | 998  |
| 3    | Robin ASHE         | Bungay Black Dog RC       | 0   | 499 | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 996  | 996  |
| 4    | Chris AYLMER       | Newmarket Joggers         | 0   | 498 | 498 | 0   | 0   | 0   | 0   | 0   | 0   | 996  | 996  |
| 5    | Neville CLARKE     | Newmarket Joggers         | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 500  | 500  |
| 6    | Terry Garrity      | Bungay Black Dog RC       | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 7    | Bill KINGABY       | Waveney Valley AC         | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 8    | Stephen MEAD       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 500  | 500  |
| 9    | Frank MOGGAN       | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 500  | 500  |
| 10   | Tim NEWTON         | Ipswich Jaffa RC          | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 11   | Roger BRAND        | Saint Edmund Pacers       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499 | 499  | 499  |
| 12   | Nigel Gilham       | Bungay Black Dog RC       | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 13   | Philip HYMERS      | Saint Edmund Pacers       | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 14   | John SQUIRRELL     | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| 15   | Andrew Kirk        | Bungay Black Dog RC       | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 16   | Jonathan PRICE     | Sudbury Joggers           | 497 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 497  | 497  |
| 17   | David TAYLOR       | Framlingham Flyers        | 0   | 0   | 0   | 0   | 496 | 0   | 0   | 0   | 0   | 496  | 496  |
| 18   | Paul WINTER        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 0   | 495  | 495  |
| 19   | David COLEY        | Ipswich Jaffa RC          | 0   | 0   | 0   | 0   | 494 | 0   | 0   | 0   | 0   | 494  | 494  |
|      |                    |                           |     |     |     |     |     |     |     |     |     |      |      |
| MV70 |                    |                           |     |     |     |     |     |     |     |     |     |      |      |
| 1    | John Cullum        | Saint Edmund Pacers       | 0   | 0   | 0   | 499 | 500 | 0   | 0   | 499 | 0   | 1498 | 1498 |
| 2    | Robin Farrar       | Bungay Black Dog RC       | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 2    | Richard Fellingham | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 500  | 500  |
| 2    | Phil Hazell        | Waveney Valley AC         | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 0   | 0   | 500  | 500  |
| 2    | David Jones        | Stowmarket Striders RC    | 0   | 0   | 0   | 0   | 0   | 500 | 0   | 0   | 0   | 500  | 500  |
| 6    | Chris HARBORD      | Bungay Black Dog RC       | 0   | 0   | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 499  | 499  |
| 7    | Tim Hirst          | Bungay Black Dog RC       | 0   | 0   | 499 | 0   | 0   | 0   | 0   | 0   | 0   | 499  | 499  |
| 8    | Roger Hobson       | Woodbridge Shufflers RC   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 498 | 0   | 498  | 498  |
| 9    | Philip Neave       | Bungay Black Dog RC       | 0   | 0   | 0   | 498 | 0   | 0   | 0   | 0   | 0   | 498  | 498  |
| 10   | Graham Sampson     | Bungay Black Dog RC       | 0   | 0   | 0   | 497 | 0   | 0   | 0   | 0   | 0   | 497  | 497  |