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|------|--------------------|------------------------|-----|-----|-----|-----|---|---|---|---|---|---|-----|
| 38 | Emily Gage | Bungay Black Dog RC | 0 | 0 | 0 | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 39 | Laura WEDGBURY | Ipswich Jaffa RC | 0 | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 40 | Chloe HEEKS | Stowmarket Striders RC | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 41 | Maddie Snell | Bungay Black Dog RC | 0 | 0 | 0 | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 42 | Chloe STUTELEY | Saint Edmund Pacers | 0 | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 43 | Abby Bolderston | Bungay Black Dog RC | 0 | 0 | 0 | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 44 | Kirsty DOW | Saint Edmund Pacers | 0 | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 45 | Emma Martin | Bungay Black Dog RC | 0 | 0 | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 46 | Victoria Cable | Waveney Valley AC | 0 | 0 | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 47 | Kirsty MARSH | Felixstowe RRC | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 48 | Geraldine SUCKLING | Hadleigh Hares AC | 0 | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 49 | Rosie Davey | Bungay Black Dog RC | 0 | 0 | 487 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 487 |
| 50 | Sam Tetley-Berry | Bungay Black Dog RC | 0 | 0 | 486 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 486 |
| 51 | Faith Brown | Waveney Valley AC | 0 | 0 | 485 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 485 |
| 52 | Natasha SMITH | Haverhill RC | 484 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 484 |
| 53 | Angela BRENNAN | Newmarket Joggers | 483 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 483 |
| 54 | Dawn Prime | Bungay Black Dog RC | 0 | 0 | 483 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 483 |
| 55 | Charlotte WESTROPE | Haverhill RC | 482 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 482 |
| 56 | Vicki BENNETT | Haverhill RC | 481 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 481 |
| FV40 | | | | | | | | | | | | | |
| 1 | Joanne HARPER | Felixstowe RRC | 498 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 997 |
| 2 | Anneli OSTLER | Felixstowe RRC | 0 | 497 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 994 |
| 3 | Kara MOORE-DAMAN | Stowmarket Striders RC | 491 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 989 |
| 4 | Samantha Banks | Ipswich Jaffa RC | 0 | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 5 | Charlotte DURRANT | Stowmarket Striders RC | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 6 | Linda Mitchell | The Saxons | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 7 | Sabrina NORTON | Bungay Black Dog RC | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 8 | Michaela Gilham | Bungay Black Dog RC | 0 | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 9 | Amanda KEMP | Felixstowe RRC | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 10 | Jennifer WRIGHT | Ipswich Jaffa RC | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 11 | Marion BENNETT | Ipswich Jaffa RC | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 12 | Hayley Coles | Felixstowe RRC | 0 | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 13 | Kate Collier | Diss & District AC | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 14 | Hannah JEWERS | Stowmarket Striders RC | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 15 | Emily Harding | Waveney Valley AC | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 16 | Rachel Hardingham | Bungay Black Dog RC | 0 | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 17 | Claire MASKERY | Stowmarket Striders RC | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 18 | Donna TALBOT | Saint Edmund Pacers | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 19 | Dawn GIBSON | Felixstowe RRC | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 20 | Melanie MANSFIELD | Haverhill RC | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 21 | Liza PUTWAIN | Stowmarket Striders RC | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 22 | Stacey HALL | Haverhill RC | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 23 | Pippa SARGENT | Stowmarket Striders RC | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 24 | Cheryl EDEN | Haverhill RC | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 25 | Suz CARTER-WHITE | Haverhill RC | 487 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 487 |
| FV45 | | | | | | | | | | | | | |

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|------|-------------------|-------------------------|-----|-----|-----|-----|---|---|---|---|---|---|------|
| 27 | Joseph WEBB | Saint Edmund Pacers | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 28 | Patrick Wilford | The Saxons | 0 | 0 | 0 | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 29 | Alex HOBBS | Stowmarket Striders RC | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 30 | Stuart Lawn | Bungay Black Dog RC | 0 | 0 | 0 | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 31 | Alastair ANGUS | Saint Edmund Pacers | 0 | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 32 | Ant GREEN | Saint Edmund Pacers | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 33 | Jake BARNARD | Saint Edmund Pacers | 0 | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 34 | George WRIGHT | Stowmarket Striders RC | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 35 | George ALLEN | Saint Edmund Pacers | 0 | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 36 | Daniel STOCKS | Saint Edmund Pacers | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 37 | Marc BENSON | Haverhill RC | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 38 | William TAYLOR | Framlingham Flyers | 0 | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 39 | Neil DENNIS | Stowmarket Striders RC | 0 | 487 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 487 |
| 40 | Gary INGRAM | Ipswich Jaffa RC | 487 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 487 |
| 41 | Mark KING | Felixstowe RRC | 486 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 486 |
| 42 | William RUSH | Ipswich Jaffa RC | 0 | 486 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 486 |
| 43 | Kimberley DRAIN | Stowmarket Striders RC | 485 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 485 |
| 44 | John DRIVER | Felixstowe RRC | 0 | 485 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 485 |
| 45 | Josh IRON | Haverhill RC | 484 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 484 |
| 46 | Andy HAYWARD | Newmarket Joggers | 483 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 483 |
| MV40 | | | | | | | | | | | | | |
| 1 | Aidan COUGHLAN | Felixstowe RRC | 0 | 500 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 1000 |
| 2 | Tom AYKROYD | Felixstowe RRC | 0 | 493 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 991 |
| 3 | Brett DEAKIN | Felixstowe RRC | 496 | 0 | 0 | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 991 |
| 4 | Mark HAYWARD | Newmarket Joggers | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 5 | James Smith | Newmarket Joggers | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 6 | Matthew AXTON | Saint Edmund Pacers | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 7 | Jamie Collier | Diss & District AC | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 8 | Craig SMITH | TriSudbury | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 9 | Matthew Tye | Bungay Black Dog RC | 0 | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 10 | James CORNISH | Woodbridge Shufflers RC | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 11 | James ELLUL | Felixstowe RRC | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 12 | David Neeve | Bungay Black Dog RC | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 13 | Mark Elden | Bungay Black Dog RC | 0 | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 14 | Wayne MAUND | Haverhill RC | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 15 | Adam WADE | Ipswich Jaffa RC | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 16 | Chris Watson | Bungay Black Dog RC | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 17 | Daryl Cable | Waveney Valley AC | 0 | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 18 | Christopher Hulme | Waveney Valley AC | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 19 | Tom KINGSNORTH | Saint Edmund Pacers | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 20 | Graham DIXON | Haverhill RC | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 21 | Alec WRIGHT | Ipswich Jaffa RC | 0 | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 22 | Wayne MARTIN | Stowmarket Striders RC | 0 | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 23 | Mark SCOTT | Ipswich Jaffa RC | 0 | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 24 | Paul DOCKERILL | Saint Edmund Pacers | 0 | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| MV45 | | | | | | | | | | | | | |

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|------|---------------------|-------------------------|-----|-----|-----|-----|---|---|---|---|---|---|------|
| 1 | Jan KADING | Stowmarket Striders RC | 500 | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 999 |
| 2 | Thierry PENNEC | Sudbury Joggers | 492 | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 990 |
| 3 | Peter Bird | Saint Edmund Pacers | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 4 | Ben JACOBS | Felixstowe RRC | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 5 | Christopher Pimlott | Waveney Valley AC | 0 | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 6 | Damian ELSDON | Saint Edmund Pacers | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 7 | Paul GAME | Haverhill RC | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 8 | Richard LEEDER | Stowmarket Striders RC | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 9 | David PERCY | Haverhill RC | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 10 | Trevor BUNCH | Haverhill RC | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 11 | Marc DRURY | Newmarket Joggers | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 12 | Rob Worthington | Felixstowe RRC | 0 | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 13 | Robin HARPER | Felixstowe RRC | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 14 | Graham Kemp | Bungay Black Dog RC | 0 | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 15 | Daniel MEAD | Saint Edmund Pacers | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 16 | Karl FEAGAN | Hadleigh Hares AC | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 17 | Stuart SOWERBY | Newmarket Joggers | 0 | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 18 | Martyn Woodgate | Bungay Black Dog RC | 0 | 0 | 0 | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |
| 19 | Jess FARTHING | Felixstowe RRC | 0 | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 20 | Matt TRILL | Ipswich Jaffa RC | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 21 | Christopher BOYT | Felixstowe RRC | 0 | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 22 | Andy METCALFE | Felixstowe RRC | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 23 | Mark LAMBERT | Felixstowe RRC | 0 | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 24 | Paul COOKE | Ipswich Jaffa RC | 0 | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 25 | Daniel EVERITT | Haverhill RC | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 26 | Phil RUSTED | Bungay Black Dog RC | 0 | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 490 |
| 27 | Ben BURROWS | Woodbridge Shufflers RC | 0 | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| 28 | Nick MOON | Ipswich Jaffa RC | 0 | 488 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 488 |
| 29 | David MCMAHON | TriSudbury | 0 | 487 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 487 |
| 30 | Matt SAUNDERS | Felixstowe RRC | 0 | 486 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 486 |
| 31 | Jamie BENNETT | Ipswich Jaffa RC | 0 | 485 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 485 |
| MV50 | | | | | | | | | | | | | |
| 1 | Steve BROOKE | Felixstowe RRC | 500 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1000 |
| 2 | Piotr BULACZ | Sudbury Joggers | 499 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 998 |
| 3 | Jason CATTERMOLE | Ipswich Jaffa RC | 0 | 498 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 997 |
| 4 | Daniel PELLING | Haverhill RC | 0 | 496 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 994 |
| 5 | Kerry BUCKLEY | Felixstowe RRC | 0 | 497 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 993 |
| 6 | Mark WHITE | Haverhill RC | 496 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 993 |
| 7 | David DAMANT | Stowmarket Striders RC | 491 | 0 | 490 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 981 |
| 8 | Adrian FROST | Saint Edmund Pacers | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 9 | John Thorpe | Ipswich Jaffa RC | 0 | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 10 | Andy FRYATT | Newmarket Joggers | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 11 | Daniel Gardiner | Bungay Black Dog RC | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 12 | Rakesh RAJA | Saint Edmund Pacers | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 13 | Andrew LONG | Stowmarket Striders RC | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 14 | Steve Newman | Bungay Black Dog RC | 0 | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 15 | Robert James | Bungay Black Dog RC | 0 | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |

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|------|-------------------|-------------------------|-----|-----|-----|-----|---|---|---|---|---|---|-----|
| 25 | Steve Parkin | Bungay Black Dog RC | 0 | 0 | 0 | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 26 | Benjamin SOLWAY | Woodbridge Shufflers RC | 0 | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 27 | Darren STOREY | Felixstowe RRC | 494 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 494 |
| 28 | Terry SPURGEON | Ipswich Jaffa RC | 0 | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 29 | David SWALES | Saint Edmund Pacers | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 30 | Paul Thorpe | Waveney Valley AC | 0 | 0 | 493 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 493 |
| 31 | Richard ALLPORT | Felixstowe RRC | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 32 | Christopher RIXON | TriSudbury | 0 | 492 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 492 |
| 33 | Robert REASON | Stowmarket Striders RC | 491 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 491 |
| 34 | Duncan CHAMBERLA | Ipswich Jaffa RC | 489 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 489 |
| MV60 | | | | | | | | | | | | | |
| 1 | Graham WIGLEY | Framlingham Flyers | 499 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 999 |
| 2 | Alan JACKSON | Ipswich Jaffa RC | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 3 | Phil Priest | Diss & District AC | 0 | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 4 | Paul WIGENS | Woodbridge Shufflers RC | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 5 | Robin Belsom | Ipswich Jaffa RC | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 6 | Richard Dye | Bungay Black Dog RC | 0 | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 7 | Paul SCHWER | Felixstowe RRC | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 8 | Glenn FRUISH | Haverhill RC | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 9 | Robin Jones | Waveney Valley AC | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 10 | Ian KENNEDY | Framlingham Flyers | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 11 | Stephen Pretty | Saint Edmund Pacers | 0 | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 12 | Duncan Chenery | Ipswich Jaffa RC | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 13 | Gary GODFREY | Sudbury Joggers | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 14 | Tony Hardy | Bungay Black Dog RC | 0 | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 15 | Andrew WEBBER | Stowmarket Striders RC | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 16 | David Doddington | Waveney Valley AC | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 17 | Robert HAYLOCK | Haverhill RC | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 18 | David SEYMOUR | Felixstowe RRC | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| MV65 | | | | | | | | | | | | | |
| 1 | Ian SILLETT | Felixstowe RRC | 0 | 499 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 996 |
| 2 | Neville CLARKE | Newmarket Joggers | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 3 | Gary Jones | Waveney Valley AC | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 4 | Bill KINGABY | Waveney Valley AC | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 5 | Stephen Pulfer | Bungay Black Dog RC | 0 | 0 | 0 | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 500 |
| 6 | Stephen Blyth | Felixstowe RRC | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 7 | Nigel Gilham | Bungay Black Dog RC | 0 | 0 | 0 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 8 | Frank WATSON | Stowmarket Striders RC | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 499 |
| 9 | Mik Carr | Bungay Black Dog RC | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 10 | Joaquim MONTEIRO | Haverhill RC | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 11 | Alan SHAND | Newmarket Joggers | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 12 | Stuart Smith | Waveney Valley AC | 0 | 0 | 0 | 498 | 0 | 0 | 0 | 0 | 0 | 0 | 498 |
| 13 | Stephen Taylor | Bungay Black Dog RC | 0 | 0 | 497 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 497 |
| 14 | Bob Paul | Bungay Black Dog RC | 0 | 0 | 0 | 496 | 0 | 0 | 0 | 0 | 0 | 0 | 496 |
| 15 | Gus Riley | Bungay Black Dog RC | 0 | 0 | 0 | 495 | 0 | 0 | 0 | 0 | 0 | 0 | 495 |

