

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Total Score	Total Top 5 Races
			Tarpley 10	Tarpley 20	Bungay 10K	Bungay HM	Kirton Frida	Sudbury Fri	Framlingham	Martlesham	Thurlow 5	Thurlow 10		
			27/2/22	27/2/22	10/4/22	10/4/22	20/5/22	27/5/22	4/9/22	9/10/22	23/10/22	23/10/22		
Position	Name	Club												
FS														
1	Holly TAYLOR	Felixstowe RRC	500	0	500	0	498	497	0	0	0	0	1995	1995
2	Keeley WHITE	Haverhill RC	489	0	492	0	475	484	0	0	0	0	1940	1940
3	Clair NAGORSKI	Haverhill RC	487	0	491	0	473	480	0	0	0	0	1931	1931
4	Hayley WILSON	Haverhill RC	485	0	490	0	474	482	0	0	0	0	1931	1931
5	Sam Spencer	Ipswich Jaffa RC	0	0	498	0	493	495	0	0	0	0	1486	1486
6	Michelle Hewitt	Framlingham Flyers	0	0	0	498	488	491	0	0	0	0	1477	1477
7	Maria Riera TURRO	Felixstowe RRC	493	0	495	0	486	0	0	0	0	0	1474	1474
8	Lyndsey Smith	Diss and District AC	0	0	494	0	483	487	0	0	0	0	1464	1464
9	Kirsty MARSH	Felixstowe RRC	488	0	0	0	469	478	0	0	0	0	1435	1435
10	Katie KING	Saint Edmund Pacers	0	0	0	0	500	499	0	0	0	0	999	999
11	Sophie BARNARD	Bungay Black Dog RC	495	0	0	499	0	0	0	0	0	0	994	994
12	Maddy LANSDOWN	Ipswich Jaffa RC	0	0	0	0	494	498	0	0	0	0	992	992
13	Grace LEAVY	Stowmarket Striders RC	0	0	0	0	495	496	0	0	0	0	991	991
14	Kayleigh TURPIN	Felixstowe RRC	0	0	0	0	490	493	0	0	0	0	983	983
15	Kathy WILSON-BROWN	Ipswich Jaffa RC	0	0	0	0	489	490	0	0	0	0	979	979
16	Sarah BANHAM	Felixstowe RRC	0	493	0	0	482	0	0	0	0	0	975	975
17	Laura BROWN	Stowmarket Striders RC	491	0	0	0	480	0	0	0	0	0	971	971
18	Olivia BEER	Stowmarket Striders RC	486	0	484	0	0	0	0	0	0	0	970	970
19	Sophie COLEMAN	Ipswich Jaffa RC	0	0	0	0	477	485	0	0	0	0	962	962
20	Holly CRIMP	Framlingham Flyers	0	0	0	0	478	483	0	0	0	0	961	961
21	Victoria SENIOR	Saint Edmund Pacers	0	0	0	0	471	481	0	0	0	0	952	952
22	Sophie GATHORNE-HAF	Saint Edmund Pacers	0	0	0	0	472	479	0	0	0	0	951	951
23	Daisy GLOVER	Framlingham Flyers	0	500	0	0	0	0	0	0	0	0	500	500
24	Maddie JORDAN-LEE	Stowmarket Striders RC	0	0	0	0	0	500	0	0	0	0	500	500
25	Alice Watson	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
26	Lucy COWLIN	Sudbury Joggers	499	0	0	0	0	0	0	0	0	0	499	499
27	Jess GOODERHAM	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
28	Rebecca Smith	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	0	499	499
29	Laura THOMAS	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	0	499	499
30	Kate CREAK	TriSudbury	0	498	0	0	0	0	0	0	0	0	498	498
31	Kate HEEKS	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	0	498	498
32	Clare DOUGLAS	Stowmarket Striders RC	0	497	0	0	0	0	0	0	0	0	497	497
33	Collette GREEN	Felixstowe RRC	0	0	0	0	497	0	0	0	0	0	497	497

18	Marion BENNETT	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	0	498	498
19	Hayley Coles	Felixstowe RRC	0	0	0	498	0	0	0	0	0	0	498	498
20	Kate Collier	Diss & District AC	0	0	497	0	0	0	0	0	0	0	497	497
21	Annie GOURLAY	Sudbury Joggers	0	0	0	0	0	496	0	0	0	0	496	496
22	Emily Harding	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
23	Rachel Hardingham	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
24	Donna TALBOT	Saint Edmund Pacers	495	0	0	0	0	0	0	0	0	0	495	495
25	Claire BUTCHER	Felixstowe RRC	0	0	0	0	0	494	0	0	0	0	494	494
26	Melanie MANSFIELD	Haverhill RC	493	0	0	0	0	0	0	0	0	0	493	493
27	Stacey HALL	Haverhill RC	490	0	0	0	0	0	0	0	0	0	490	490
28	Cheryl EDEN	Haverhill RC	488	0	0	0	0	0	0	0	0	0	488	488
29	Suz CARTER-WHITE	Haverhill RC	487	0	0	0	0	0	0	0	0	0	487	487
FV45														
1	Juliet GARNHAM	Stowmarket Striders RC	0	499	500	0	498	500	0	0	0	0	1997	1997
2	Tracy QUARRELL	Haverhill RC	0	495	0	500	0	498	0	0	0	0	1493	1493
3	Clare WHITFIELD	Saint Edmund Pacers	0	0	0	0	494	499	0	0	0	0	993	993
4	Heidi KNIGHT	Capel Cheetahs	0	0	0	0	493	496	0	0	0	0	989	989
5	Claire ROOKE	Sudbury Joggers	494	0	0	0	492	0	0	0	0	0	986	986
6	Jodie BUDD	Sudbury Joggers	493	0	0	0	490	0	0	0	0	0	983	983
7	Sally-Ann BOWEN	Sudbury Joggers	0	500	0	0	0	0	0	0	0	0	500	500
8	Alice HEATHER - HAYES	Ipswich Harriers	0	0	0	0	500	0	0	0	0	0	500	500
9	Samantha LINASSI	Felixstowe RRC	500	0	0	0	0	0	0	0	0	0	500	500
10	Sam LINASSI	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499	499
11	Rosemary NAYLOR	TriSudbury	499	0	0	0	0	0	0	0	0	0	499	499
12	Becky Sturgeon	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
13	Kari Urban	Woodbridge Shufflers RC	0	0	499	0	0	0	0	0	0	0	499	499
14	Sarah MAIDMENT	Framlingham Flyers	498	0	0	0	0	0	0	0	0	0	498	498
15	Chrissie Ryding	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
16	Nikki VINCE	Hadleigh Hares AC	0	498	0	0	0	0	0	0	0	0	498	498
17	Clare EVERITT	Haverhill RC	497	0	0	0	0	0	0	0	0	0	497	497
18	Veronica LEWIS	Haverhill RC	0	0	0	0	0	497	0	0	0	0	497	497
19	Gemma MOSS	Ipswich Jaffa RC	0	0	0	0	497	0	0	0	0	0	497	497
20	Marie PAVELEY	Capel Cheetahs	0	497	0	0	0	0	0	0	0	0	497	497
21	Wendy Richards	Waveney Valley AC	0	0	497	0	0	0	0	0	0	0	497	497
22	Sarah James	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
23	Clair JEFFERSON	TriSudbury	0	496	0	0	0	0	0	0	0	0	496	496
24	Aimee MCLACHLAN	Woodbridge Shufflers RC	0	0	0	0	496	0	0	0	0	0	496	496

30	Helen WING	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	0	495	495
31	Catherine Belsom	Stowmarket Striders RC	0	0	494	0	0	0	0	0	0	0	494	494
32	Wendy KELLETT	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494
33	Judith Sadler	Bungay Black Dog RC	0	0	0	494	0	0	0	0	0	0	494	494
34	Anita Powers	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493	493
35	Nicky WATSON	Woodbridge Shufflers RC	0	0	0	0	493	0	0	0	0	0	493	493
36	Joanne ORR	Stowmarket Striders RC	492	0	0	0	0	0	0	0	0	0	492	492
37	Karen SKENE	Capel Cheetahs	0	0	0	0	0	492	0	0	0	0	492	492
38	Sarah Watts	Diss & District AC	0	0	492	0	0	0	0	0	0	0	492	492
39	Karen CHAMBERLAIN	Ipswich Jaffa RC	491	0	0	0	0	0	0	0	0	0	491	491
40	Penny Harris	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
41	Sue Cole	Waveney Valley AC	0	0	490	0	0	0	0	0	0	0	490	490
42	Anna MAYHEW	Newmarket Joggers	489	0	0	0	0	0	0	0	0	0	489	489
43	Louise RAMSAY	Ipswich Jaffa RC	0	0	0	0	489	0	0	0	0	0	489	489
44	Lisa HARLING	Haverhill RC	488	0	0	0	0	0	0	0	0	0	488	488
45	Kathryn GERRY	Woodbridge Shufflers RC	0	0	0	0	487	0	0	0	0	0	487	487
46	Kate HARROLD	Felixstowe RRC	487	0	0	0	0	0	0	0	0	0	487	487
47	Kate WARBOYS	Newmarket Joggers	0	0	0	0	0	486	0	0	0	0	486	486
48	Kathryn ARMOUR	Haverhill RC	485	0	0	0	0	0	0	0	0	0	485	485
49	Claire ANDERSON	Haverhill RC	484	0	0	0	0	0	0	0	0	0	484	484
50	Amanda BIRD	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	0	484	484
51	Debbie BEARE	Saint Edmund Pacers	483	0	0	0	0	0	0	0	0	0	483	483
52	Amanda PRIOR	Capel Cheetahs	0	0	0	0	482	0	0	0	0	0	482	482
53	Michelle HOGGETT	Saint Edmund Pacers	0	0	0	0	480	0	0	0	0	0	480	480
FV55														
1	Sandra MAYHEW	Stowmarket Striders RC	500	0	500	0	500	500	0	0	0	0	2000	2000
2	Sharon WARLAND	Stowmarket Striders RC	496	0	499	0	496	498	0	0	0	0	1989	1989
3	Jackie HANN	Sudbury Joggers	0	500	0	500	498	0	0	0	0	0	1498	1498
4	Sil CLAY	Haverhill RC	0	499	498	0	0	496	0	0	0	0	1493	1493
5	Ruth COWLIN	Sudbury Joggers	493	0	0	0	495	497	0	0	0	0	1485	1485
6	Jenny LYNCH	Felixstowe RRC	494	0	0	0	494	495	0	0	0	0	1483	1483
7	Grace JUDGE	Haverhill RC	492	0	497	0	0	493	0	0	0	0	1482	1482
8	Emily Cooper-Reade	Stowmarket Striders RC	0	0	0	497	491	492	0	0	0	0	1480	1480
9	Denise WRIGHT	Stowmarket Striders RC	491	0	0	0	492	494	0	0	0	0	1477	1477
10	Kirsty WEAVERS	Saint Edmund Pacers	0	0	0	0	499	499	0	0	0	0	998	998
11	Marion PARKER	Felixstowe RRC	497	0	0	0	497	0	0	0	0	0	994	994
12	Jackie COLLINS	Felixstowe RRC	490	0	0	0	0	491	0	0	0	0	981	981

13	Haley SUTTLE	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499	499
14	Jane Wood	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
15	Shirley FOWLER	Haverhill RC	498	0	0	0	0	0	0	0	0	0	498	498
16	Rachel Hirst	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
17	Dawn Marshall	Saint Edmund Pacers	0	0	496	0	0	0	0	0	0	0	496	496
18	Mitzy O'Loughlin	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
19	Nathalie HOOPER	Hadleigh Hares AC	495	0	0	0	0	0	0	0	0	0	495	495
20	Jayne Richardson	Waveney Valley AC	0	0	495	0	0	0	0	0	0	0	495	495
21	Clare Webb	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
22	Angi Smith	Waveney Valley AC	0	0	494	0	0	0	0	0	0	0	494	494
23	Maria Reed	Haverhill RC	0	0	493	0	0	0	0	0	0	0	493	493
24	Karen SHELLEY	Stowmarket Striders RC	0	0	0	0	493	0	0	0	0	0	493	493
25	Janice HOLMES	Newmarket Joggers	0	0	0	0	0	490	0	0	0	0	490	490
26	Jackie WESTROPE	Haverhill RC	489	0	0	0	0	0	0	0	0	0	489	489
FV60														
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	500	0	0	497	498	0	0	0	0	1495	1495
2	Sandra ROBERTS	Ipswich Jaffa RC	500	0	0	0	500	0	0	0	0	0	1000	1000
3	Ruth ACWORTH	Woodbridge Shufflers RC	0	0	0	0	499	500	0	0	0	0	999	999
4	Nicola STEVENSON	Felixstowe RRC	0	499	500	0	0	0	0	0	0	0	999	999
5	Belinda GODBOLD	Hadleigh Hares AC	0	0	0	0	498	499	0	0	0	0	997	997
6	Jenny CHURCH	Felixstowe RRC	496	0	0	0	496	0	0	0	0	0	992	992
7	Simone SUTHERLAND	Framlingham Flyers	0	0	0	0	493	496	0	0	0	0	989	989
8	Elaine ROBINSON	Stowmarket Striders RC	0	0	0	0	492	495	0	0	0	0	987	987
9	Alison Cooper	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
10	Jackie Bell	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
11	Sue Fletcher	Waveney Valley AC	0	0	499	0	0	0	0	0	0	0	499	499
12	Wendy HUGHES	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	0	499	499
13	Angela BRINKLEY	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	0	498	498
14	Jayne Capps-Jenner	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
15	Theresa Jones	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
16	Jane MOON	Felixstowe RRC	0	498	0	0	0	0	0	0	0	0	498	498
17	Jacqueline BELL	Bungay Black Dog RC	497	0	0	0	0	0	0	0	0	0	497	497
18	Sue Pearson	The Saxons	0	0	0	497	0	0	0	0	0	0	497	497
19	Julie Seamons	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
20	Jo WHELAN	Felixstowe RRC	0	0	0	0	0	497	0	0	0	0	497	497
21	Wendy Boyden	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
22	Sally GARNHAM	Felixstowe RRC	0	0	0	0	495	0	0	0	0	0	495	495

23	Jan WALKER	Haverhill RC	495	0	0	0	0	0	0	0	0	0	495	495
24	Hilary COOK	Ipswich Harriers	0	0	0	0	494	0	0	0	0	0	494	494
25	Susannah ROSENBERG	Ipswich Triathlon Club	0	0	0	0	0	494	0	0	0	0	494	494
FV65														
1	Cheryl TRUNDLE	Haverhill RC	499	0	500	0	0	500	0	0	0	0	1499	1499
2	Caroline MCINTOSH	Newmarket Joggers	498	0	0	0	0	498	0	0	0	0	996	996
3	Hazel Garrity	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
4	Christine MARSH	Stowmarket Striders RC	0	0	0	0	500	0	0	0	0	0	500	500
5	Jenny MORGAN	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	0	500	500
6	Mary BURGESS	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499	499
7	Jackie CUNINGHAME	Stowmarket Striders RC	0	0	0	0	0	499	0	0	0	0	499	499
8	Julie Haselwood	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	0	499	499
9	Vivienne TAYLOR	Framlingham Flyers	0	0	0	0	498	0	0	0	0	0	498	498
10	Annette HUGGINS	Framlingham Flyers	0	0	0	0	497	0	0	0	0	0	497	497
FV70														
1	Teresa TRANTER	Sudbury Joggers	0	0	0	0	500	500	0	0	0	0	1000	1000
2	Susan Glazer	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500	500
3	Diane Gooch	Waveney Valley AC	0	0	499	0	0	0	0	0	0	0	499	499
4	Maureen WRIGHT	Ipswich Jaffa RC	0	0	0	0	499	0	0	0	0	0	499	499
MS														
1	Gary TAYLOR	Felixstowe RRC	500	0	0	500	496	498	0	0	0	0	1994	1994
2	Ben CHURCHMAN	Diss & District AC	0	492	498	497	0	0	0	0	0	0	1487	1487
3	Henry CATLING	Felixstowe RRC	499	0	0	0	489	494	0	0	0	0	1482	1482
4	Dylan BRADNAM	Saint Edmund Pacers	497	0	0	0	485	492	0	0	0	0	1474	1474
5	Alex ARCHER	Ipswich Jaffa RC	0	499	0	0	482	491	0	0	0	0	1472	1472
6	Morgan Moore	Stowmarket Striders RC	0	0	500	0	477	489	0	0	0	0	1466	1466
7	Neil SMITH	Framlingham Flyers	0	497	0	0	480	488	0	0	0	0	1465	1465
8	Chris Wong	The Saxons	0	0	0	498	476	481	0	0	0	0	1455	1455
9	George WRIGHT	Stowmarket Striders RC	489	0	0	0	475	484	0	0	0	0	1448	1448
10	William TAYLOR	Framlingham Flyers	0	488	0	0	469	478	0	0	0	0	1435	1435
11	Neil DENNIS	Stowmarket Striders RC	0	487	0	0	466	477	0	0	0	0	1430	1430
12	Mark KING	Felixstowe RRC	485	0	0	0	462	474	0	0	0	0	1421	1421
13	Gary INGRAM	Ipswich Jaffa RC	486	0	0	0	461	472	0	0	0	0	1419	1419
14	Freddie ADAMS	Ipswich Harriers	0	0	0	0	498	500	0	0	0	0	998	998
15	Jake HAYWARD	Stowmarket Striders RC	0	0	0	0	497	499	0	0	0	0	996	996

54	Alex HOBBS	Stowmarket Striders RC	491	0	0	0	0	0	0	0	0	0	491	491
55	Paul WAIN	Ipswich Jaffa RC	0	0	0	0	491	0	0	0	0	0	491	491
56	Jake BARNARD	Saint Edmund Pacers	0	490	0	0	0	0	0	0	0	0	490	490
57	Ant GREEN	Saint Edmund Pacers	490	0	0	0	0	0	0	0	0	0	490	490
58	Oliver WATSON	Ipswich Jaffa RC	0	0	0	0	490	0	0	0	0	0	490	490
59	George ALLEN	Saint Edmund Pacers	0	489	0	0	0	0	0	0	0	0	489	489
60	Daniel STOCKS	Saint Edmund Pacers	488	0	0	0	0	0	0	0	0	0	488	488
61	Will WHITE	Felixstowe RRC	0	0	0	0	488	0	0	0	0	0	488	488
62	Marc BENSON	Haverhill RC	487	0	0	0	0	0	0	0	0	0	487	487
63	Ben PHILLIPS	Haverhill RC	0	0	0	0	0	487	0	0	0	0	487	487
64	James WILSON	The Saxons	0	0	0	0	487	0	0	0	0	0	487	487
65	Stephen HUSBAND	Haverhill RC	0	0	0	0	0	486	0	0	0	0	486	486
66	Alexander MCKAIL	Framlingham Flyers	0	0	0	0	486	0	0	0	0	0	486	486
67	William RUSH	Ipswich Jaffa RC	0	486	0	0	0	0	0	0	0	0	486	486
68	Thomas CODLING	TriSudbury	0	0	0	0	0	485	0	0	0	0	485	485
69	Kimberley DRAIN	Stowmarket Striders RC	484	0	0	0	0	0	0	0	0	0	484	484
70	Geraint WHITE	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	0	484	484
71	Jamie FITTOCK	Saint Edmund Pacers	0	0	0	0	0	483	0	0	0	0	483	483
72	Josh IRON	Haverhill RC	483	0	0	0	0	0	0	0	0	0	483	483
73	Andy HAYWARD	Newmarket Joggers	482	0	0	0	0	0	0	0	0	0	482	482
74	Josh SCARLETT	Saint Edmund Pacers	0	0	0	0	0	482	0	0	0	0	482	482
75	Antony GREEN	Saint Edmund Pacers	0	0	0	0	0	480	0	0	0	0	480	480
76	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	478	0	0	0	0	0	478	478
77	Andy ELLIS	Felixstowe RRC	0	0	0	0	477	0	0	0	0	0	477	477
78	Tom ROBINSON	Stowmarket Striders RC	0	0	0	0	0	475	0	0	0	0	475	475
79	Peter WOODS	Felixstowe RRC	0	0	0	0	0	473	0	0	0	0	473	473
80	Derek HOOD	Ipswich Jaffa RC	0	0	0	0	472	0	0	0	0	0	472	472
81	Jamie BARCLAY	Saint Edmund Pacers	0	0	0	0	0	471	0	0	0	0	471	471
82	Daniel JONES	Ipswich Harriers	0	0	0	0	470	0	0	0	0	0	470	470
83	Daniel SMITH	Woodbridge Shufflers RC	0	0	0	0	468	0	0	0	0	0	468	468
84	Conner BILNER	Ipswich Jaffa RC	0	0	0	0	465	0	0	0	0	0	465	465
85	Freddie TURNER	Framlingham Flyers	0	0	0	0	463	0	0	0	0	0	463	463
86	Sam HARDWICK	Stowmarket Striders RC	0	0	0	0	460	0	0	0	0	0	460	460
87	Craig SMITH	Saint Edmund Pacers	0	0	0	0	459	0	0	0	0	0	459	459
MV40														
1	Aidan COUGHLAN	Felixstowe RRC	0	500	0	500	498	499	0	0	0	0	1997	1997
2	Brett DEAKIN	Felixstowe RRC	496	0	0	495	479	486	0	0	0	0	1956	1956

3	Mark HAYWARD	Newmarket Joggers	500	0	0	0	499	500	0	0	0	0	1499	1499
4	James Smith	Newmarket Joggers	0	0	500	0	497	498	0	0	0	0	1495	1495
5	Tom AYKROYD	Felixstowe RRC	0	493	0	498	487	0	0	0	0	0	1478	1478
6	Matthew AXTON	Saint Edmund Pacers	0	499	0	0	0	497	0	0	0	0	996	996
7	James CORNISH	Woodbridge Shufflers RC	0	498	0	0	496	0	0	0	0	0	994	994
8	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	495	496	0	0	0	0	991	991
9	Tom ALEXANDER	Woodbridge Shufflers RC	0	0	0	0	493	494	0	0	0	0	987	987
10	Andrew SOUTHWOOD	Saint Edmund Pacers	0	0	0	0	492	495	0	0	0	0	987	987
11	Alastair READ	Felixstowe RRC	0	0	0	0	490	493	0	0	0	0	983	983
12	Alec WRIGHT	Ipswich Jaffa RC	0	495	0	0	488	0	0	0	0	0	983	983
13	James ELLUL	Felixstowe RRC	498	0	0	0	483	0	0	0	0	0	981	981
14	Andrew CHATFIELD	Capel Cheetahs	0	0	0	0	485	491	0	0	0	0	976	976
15	David WENYON	Woodbridge Shufflers RC	0	0	0	0	486	490	0	0	0	0	976	976
16	Steve KIRK	Framlingham Flyers	0	0	0	0	480	489	0	0	0	0	969	969
17	David BREWSTER	Felixstowe RRC	0	0	0	0	481	484	0	0	0	0	965	965
18	Neil POLLARD	Newmarket Joggers	0	0	0	0	500	0	0	0	0	0	500	500
19	Jamie Collier	Diss & District AC	0	0	499	0	0	0	0	0	0	0	499	499
20	Craig SMITH	TriSudbury	499	0	0	0	0	0	0	0	0	0	499	499
21	Matthew Tye	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
22	David Neeve	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
23	Mark Elden	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
24	Wayne MAUND	Haverhill RC	497	0	0	0	0	0	0	0	0	0	497	497
25	Adam WADE	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	0	497	497
26	Chris Watson	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
27	Daryl Cable	Waveney Valley AC	0	0	0	496	0	0	0	0	0	0	496	496
28	Christopher Hulme	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
29	Tom KINGSNORTH	Saint Edmund Pacers	0	496	0	0	0	0	0	0	0	0	496	496
30	Graham DIXON	Haverhill RC	495	0	0	0	0	0	0	0	0	0	495	495
31	Gavin DAVIES	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494
32	Wayne MARTIN	Stowmarket Striders RC	0	494	0	0	0	0	0	0	0	0	494	494
33	Matt BENSON	Sudbury Joggers	0	0	0	0	0	492	0	0	0	0	492	492
34	Mark SCOTT	Ipswich Jaffa RC	0	492	0	0	0	0	0	0	0	0	492	492
35	Paul DOCKERILL	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	0	491	491
36	Ben JEFFERY	Saint Edmund Pacers	0	0	0	0	491	0	0	0	0	0	491	491
37	Ashley SMY	Ipswich Jaffa RC	0	0	0	0	489	0	0	0	0	0	489	489
38	Brian BLOOMFIELD	Sudbury Joggers	0	0	0	0	0	488	0	0	0	0	488	488
39	Stewart WHITE	Saint Edmund Pacers	0	0	0	0	0	487	0	0	0	0	487	487
40	James HYMAS	Haverhill RC	0	0	0	0	0	485	0	0	0	0	485	485

21	Rakesh RAJA	Saint Edmund Pacers	498	0	0	0	0	0	0	0	0	0	498	498
22	Steve Newman	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
23	Robert James	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
24	Darren SHEPPARD	Framlingham Flyers	0	0	0	0	0	496	0	0	0	0	496	496
25	Justin FIDDAMAN	Felixstowe RRC	495	0	0	0	0	0	0	0	0	0	495	495
26	Darren Goodby	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
27	Nick Goodge	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
28	Tim HANMAN	Ipswich Jaffa RC	0	0	0	0	0	495	0	0	0	0	495	495
29	Dave SOLOMON	Felixstowe RRC	0	495	0	0	0	0	0	0	0	0	495	495
30	Bill BESLEY	Stowmarket Striders RC	0	494	0	0	0	0	0	0	0	0	494	494
31	Mark DAVIES	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	0	494	494
32	Marc Walker	Newmarket Joggers	0	0	0	494	0	0	0	0	0	0	494	494
33	Kevin ELLIS	Bungay Black Dog RC	493	0	0	0	0	0	0	0	0	0	493	493
34	Simon Ludkin	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493	493
35	Paul CLARKE	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
36	David Granger	Waveney Valley AC	0	0	0	492	0	0	0	0	0	0	492	492
37	Paul HEEKS	Stowmarket Striders RC	492	0	0	0	0	0	0	0	0	0	492	492
38	Mark Regan	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
39	Steve Cross	Waveney Valley AC	0	0	491	0	0	0	0	0	0	0	491	491
40	Gabriel MARTINS	Ipswich Jaffa RC	0	0	0	0	491	0	0	0	0	0	491	491
41	Andre WRIGHT	Stowmarket Striders RC	0	491	0	0	0	0	0	0	0	0	491	491
42	John GREENER	Saint Edmund Pacers	0	0	0	0	0	490	0	0	0	0	490	490
43	Graeme JOHNSTON	Haverhill RC	0	490	0	0	0	0	0	0	0	0	490	490
44	Glenn PROCTOR	Stowmarket Striders RC	490	0	0	0	0	0	0	0	0	0	490	490
45	Duncan COX	Hadleigh Hares AC	489	0	0	0	0	0	0	0	0	0	489	489
46	Gary Smith	Waveney Valley AC	0	0	489	0	0	0	0	0	0	0	489	489
47	Stuart MATTHEWS	Saint Edmund Pacers	0	0	0	0	0	486	0	0	0	0	486	486
48	Glenn YELLOP	Capel Cheetahs	0	0	0	0	486	0	0	0	0	0	486	486
49	Justin OSTLER	Felixstowe RRC	0	0	0	0	485	0	0	0	0	0	485	485
50	Paul DORSET	Felixstowe RRC	0	0	0	0	484	0	0	0	0	0	484	484
MV55														
1	Peter WARLAND	Stowmarket Striders RC	495	0	499	0	493	494	0	0	0	0	1981	1981
2	Adrian COLE	Stowmarket Striders RC	490	0	0	492	476	477	0	0	0	0	1935	1935
3	Charles HANN	Sudbury Joggers	0	499	0	495	499	0	0	0	0	0	1493	1493
4	Chris CHORLEY	Bungay Black Dog RC	0	495	0	0	492	491	0	0	0	0	1478	1478
5	Stephen Hatten	Saint Edmund Pacers	0	0	497	0	490	488	0	0	0	0	1475	1475
6	Yusuf FIRAT	Haverhill RC	0	498	0	0	488	486	0	0	0	0	1472	1472

45	Mark Turner	Saint Edmund Pacers	0	0	0	494	0	0	0	0	0	0	494	494
46	Steve Parkin	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493	493
47	Terry SPURGEON	Ipswich Jaffa RC	0	493	0	0	0	0	0	0	0	0	493	493
48	Paul Thorpe	Waveney Valley AC	0	0	493	0	0	0	0	0	0	0	493	493
49	Christopher RIXON	TriSudbury	0	492	0	0	0	0	0	0	0	0	492	492
50	Robert REASON	Stowmarket Striders RC	491	0	0	0	0	0	0	0	0	0	491	491
51	Stephen DIXON	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
52	Duncan CHAMBERLAIN	Ipswich Jaffa RC	489	0	0	0	0	0	0	0	0	0	489	489
53	Richard WHITE	The Saxons	0	0	0	0	0	483	0	0	0	0	483	483
54	Chris FOX	Woodbridge Shufflers RC	0	0	0	0	480	0	0	0	0	0	480	480
55	Neil WINTON	Felixstowe RRC	0	0	0	0	478	0	0	0	0	0	478	478
56	Robert BARKER	Felixstowe RRC	0	0	0	0	477	0	0	0	0	0	477	477
57	William BURDETT	Stowmarket Striders RC	0	0	0	0	475	0	0	0	0	0	475	475
MV60														
1	Graham WIGLEY	Framlingham Flyers	499	0	500	0	498	0	0	0	0	0	1497	1497
2	Robin Belsom	Ipswich Jaffa RC	0	0	499	0	497	498	0	0	0	0	1494	1494
3	Duncan Chenery	Ipswich Jaffa RC	0	0	497	0	496	497	0	0	0	0	1490	1490
4	Andrew BUDD	Capel Cheetahs	0	0	0	0	500	500	0	0	0	0	1000	1000
5	Alan JACKSON	Ipswich Jaffa RC	500	0	0	0	0	499	0	0	0	0	999	999
6	Paul SCHWER	Felixstowe RRC	0	499	0	0	0	496	0	0	0	0	995	995
7	Mon LEE	Ipswich Jaffa RC	0	0	0	0	495	494	0	0	0	0	989	989
8	Phil Priest	Diss & District AC	0	0	0	500	0	0	0	0	0	0	500	500
9	Paul WIGENS	Woodbridge Shufflers RC	0	500	0	0	0	0	0	0	0	0	500	500
10	Richard Dye	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
11	Richard WOLD	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499	499
12	Glenn FRUISH	Haverhill RC	498	0	0	0	0	0	0	0	0	0	498	498
13	Robin Jones	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
14	Ian KENNEDY	Framlingham Flyers	0	498	0	0	0	0	0	0	0	0	498	498
15	Stephen Pretty	Saint Edmund Pacers	0	0	0	498	0	0	0	0	0	0	498	498
16	Gary GODFREY	Sudbury Joggers	0	497	0	0	0	0	0	0	0	0	497	497
17	Tony Hardy	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
18	Andrew WEBBER	Stowmarket Striders RC	497	0	0	0	0	0	0	0	0	0	497	497
19	David Doddington	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
20	Robert HAYLOCK	Haverhill RC	496	0	0	0	0	0	0	0	0	0	496	496
21	David SEYMOUR	Felixstowe RRC	0	496	0	0	0	0	0	0	0	0	496	496
22	Alan HILLYARD	Ipswich Triathlon Club	0	0	0	0	0	495	0	0	0	0	495	495
23	Tony ADOLPHUS	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494

24	David FIELD	Stowmarket Striders RC	0	0	0	0	0	493	0	0	0	0	493	493
25	David LLEWELLYN	Stowmarket Striders RC	0	0	0	0	493	0	0	0	0	0	493	493
26	Iain HUNTER	Stowmarket Striders RC	0	0	0	0	0	492	0	0	0	0	492	492
MV65														
1	Ian SILLETT	Felixstowe RRC	0	499	0	497	498	498	0	0	0	0	1992	1992
2	Neville CLARKE	Newmarket Joggers	0	500	0	0	0	500	0	0	0	0	1000	1000
3	Chris JOHNS	Woodbridge Shufflers RC	0	0	0	0	499	499	0	0	0	0	998	998
4	Jim WITHERS	Newmarket Joggers	0	0	0	0	496	497	0	0	0	0	993	993
5	Terry BACK	Ipswich Jaffa RC	0	0	0	0	500	0	0	0	0	0	500	500
6	Gary Jones	Waveney Valley AC	0	0	500	0	0	0	0	0	0	0	500	500
7	Bill KINGABY	Waveney Valley AC	500	0	0	0	0	0	0	0	0	0	500	500
8	Stephen Pulfer	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
9	Stephen Blyth	Felixstowe RRC	0	0	499	0	0	0	0	0	0	0	499	499
10	Nigel Gilham	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
11	Frank WATSON	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	0	499	499
12	Mik Carr	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
13	Joaquim MONTEIRO	Haverhill RC	498	0	0	0	0	0	0	0	0	0	498	498
14	Alan SHAND	Newmarket Joggers	0	498	0	0	0	0	0	0	0	0	498	498
15	Stuart Smith	Waveney Valley AC	0	0	0	498	0	0	0	0	0	0	498	498
16	Chris GLADWELL	Stowmarket Striders RC	0	0	0	0	497	0	0	0	0	0	497	497
17	Stephen Taylor	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
18	Bob Paul	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
19	David SUTHERLAND	Framlingham Flyers	0	0	0	0	0	496	0	0	0	0	496	496
20	Gus Riley	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
MV70														
1	Philip HYMERS	Saint Edmund Pacers	499	0	0	0	500	500	0	0	0	0	1499	1499
2	Frank Moggan	Stowmarket Striders RC	0	0	0	499	499	499	0	0	0	0	1497	1497
3	Terry Garrity	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
4	Stephen MEAD	Stowmarket Striders RC	0	500	0	0	0	0	0	0	0	0	500	500
5	Barry OSBORNE	Haverhill RC	500	0	0	0	0	0	0	0	0	0	500	500
6	Peter Russell	Framlingham Flyers	0	0	500	0	0	0	0	0	0	0	500	500
7	Tim NEWTON	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	0	499	499
8	Alan Richardson	Waveney Valley AC	0	0	499	0	0	0	0	0	0	0	499	499
9	Robin ASHE	Bungay Black Dog RC	0	498	0	0	0	0	0	0	0	0	498	498
10	John Nevin	Haverhill RC	0	0	0	498	0	0	0	0	0	0	498	498
11	David TAYLOR	Framlingham Flyers	0	0	0	0	498	0	0	0	0	0	498	498

