

## Individual, Mens and Ladies Results

Best 5 results from 6 races, no minimum to qualify.

### Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
<b>Female Senior</b>									
	Maria Hamarsoo	St. Edmund Pacers	97	88	96	95	98	-	474
	Tamara Jordan	Stowmarket Striders	-	100	-	-	100	100	300
	Emily Gooderham	St Edmund Pacers	-	-	100	100	-	-	200
	Kate Wooldridge	Ipswich Jaffa	100	96	-	-	-	-	196
	Emily Baker	West Suffolk A.C.	-	94	97	-	-	-	191
	Laura Hicks	Stowmarket Striders	98	91	-	-	-	-	189
	Emma Burroughs	Ipswich Harriers	-	89	-	97	-	-	186
	Michaela Kadanikova	Ipswich JAFFA	-	85	-	94	-	-	179
	Alison Chambers	Framlingham Flyers	-	-	-	91	-	85	176
	Diane Doyle	Framlingham Flyers	-	-	-	90	-	84	174
	Hollie Morris	Stowmarket Striders	92	77	-	-	-	-	169
	Gill Irvine	Framlingham Flyers	-	75	-	92	-	-	167
	Laura Burrows	Ipswich JAFFA	-	72	93	-	-	-	165
	Carla Johnson	Felixstowe Road Runners	-	71	-	-	-	86	157
	Marie Shirley	Sudbury Joggers AC	-	99	-	-	-	-	99
	Sian Barker	Haverhill Running Club	-	-	99	-	-	-	99
	Suzanne Lovett	Ipswich Jaffa	-	-	-	-	99	-	99
	Valery Gladwell	Hadleigh Hares A.C.	-	-	-	-	-	99	99
	Verity Smith	Ipswich JAFFA	-	-	-	99	-	-	99
	Vicky Moseley	Stowmarket Striders	99	-	-	-	-	-	99
	Jayne William	Ipswich Triathlon Club	-	-	-	-	-	98	98
	Kirsty Thorndyke	Ipswich Harriers	-	-	-	98	-	-	98
	Michelle Gordon	Felixstowe Road Runners	-	98	-	-	-	-	98
	Trudi Morrish	Haverhill Running Club	-	-	98	-	-	-	98
	Nicola Hunting	Bungay Black Dog Running Club	-	-	-	-	97	-	97
	Rebecca Jordan	Stowmarket Striders	-	-	-	-	-	97	97
	Vicky Reynolds	Ipswich JAFFA	-	97	-	-	-	-	97
	Alex Smith	Stowmarket Striders	-	-	-	96	-	-	96
	Joanna Frost	Woodbridge Shufflers	-	-	-	-	-	96	96
	Louise Reed	Bungay Black Dog Running Club	-	-	-	-	96	-	96
	Sandra Bumphrey	Capel Cheetahs	96	-	-	-	-	-	96
	Caroline Lester	Bungay Black Dog Running Club	-	-	-	-	95	-	95
	Jennifer Evans	Woodbridge Shufflers	-	-	-	-	-	95	95
	Marie Grimes	Ipswich Jaffa	95	-	-	-	-	-	95
	Nicola Leek	Haverhill Running Club	-	-	95	-	-	-	95
	Ruth Ward	Ipswich JAFFA	-	95	-	-	-	-	95
	Emma Yarrow	Stowmarket Striders	94	-	-	-	-	-	94
	Jennifer Broom	Ipswich Triathlon Club	-	-	-	-	-	94	94
	Nicola Rossell	Newmarket Cycling & Tri Club	-	-	94	-	-	-	94
	Charmaine Deraghty	Stowmarket Striders	-	93	-	-	-	-	93
	Helen Carter	The Saxons	-	-	-	93	-	-	93
	Lisa Smith	Hadleigh Hares	93	-	-	-	-	-	93
	Ramona Berslund	Hadleigh Hares A.C.	-	-	-	-	-	93	93
	Carmelita Munson	Stowmarket Striders	-	-	-	-	-	92	92
	Emma Mortimer	Ipswich JAFFA	-	92	-	-	-	-	92
	Louise Bidden	Ipswich JAFFA	-	-	92	-	-	-	92
	Kirsti Martin	Stowmarket Striders	91	-	-	-	-	-	91
	Lianne Watkins	Hadleigh Hares A.C.	-	-	-	-	-	91	91
	Abby Powlett	Ipswich JAFFA	-	-	-	-	-	90	90
	Sam Metcalfe	Stowmarket Striders	90	-	-	-	-	-	90
	Samantha Linassi	Felixstowe Road Runners	-	90	-	-	-	-	90
	Anglia Barnes	Newmarket Joggers	-	-	-	-	-	89	89
	Tina Monaghan	Stowmarket Striders	89	-	-	-	-	-	89
	Anna Shires	Hadleigh Hares A.C.	-	-	-	-	-	88	88
	Rachel Prendergast	Stowmarket Striders	88	-	-	-	-	-	88
	Clare Bartram	Hadleigh Hares A.C.	-	-	-	-	-	87	87
	Louise Johnson	Ipswich JAFFA	-	87	-	-	-	-	87
	Harriet Challis	Stowmarket Striders	-	86	-	-	-	-	86
	Alison Myles	Ipswich JAFFA	-	84	-	-	-	-	84
	Lorraine Mills	Stowmarket Striders	-	83	-	-	-	-	83
	Lorraine Farley	Stowmarket Striders	-	82	-	-	-	-	82
	Susanna Prichard	Stowmarket Striders	-	81	-	-	-	-	81
	Kirsty White	Sudbury Joggers AC	-	80	-	-	-	-	80
	Claire Tricker	Stowmarket Striders	-	79	-	-	-	-	79
	Jennifer Deveney	Stowmarket Striders	-	78	-	-	-	-	78

## Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Donna Talbot	St Edmund Pacers	-	76	-	-	-	-	76
	Sarah Wood	Ipswich JAFFA	-	74	-	-	-	-	74
	Zoe Mason	Stowmarket Striders	-	73	-	-	-	-	73
	Emma Bauley	Felixstowe Road Runners	-	70	-	-	-	-	70

## Female Vet 40

	Mary Narey	Stowmarket Striders	100	100	100	-	100	100	500
	Shona Bendix	Bungay Black Dog	99	-	97	98	99	97	490
	Eloise Calver	St Edmund Pacers	-	95	-	95	98	96	384
	Catherine Abbott	Stowmarket Striders	-	-	-	99	-	98	197
	Christine Middleton-Burrows	Woodbridge Shufflers	-	97	-	97	-	-	194
	Alison Leech	Stowmarket Striders	97	-	-	96	-	-	193
	Susanne Bloomfield	Stowmarket Striders	98	91	-	-	-	-	189
	Shirley Brame	Stowmarket Striders	96	90	-	-	-	-	186
	Jacqueline Abbott	The Saxons	-	-	-	100	-	-	100
	Kim Reader	Felixstowe Road Runners	-	99	-	-	-	-	99
	Susannah Rush	Newmarket Joggers	-	-	99	-	-	-	99
	Sarah Vick	The Saxons	-	-	-	-	-	99	99
	Karen Page	St Edmund Pacers	-	-	98	-	-	-	98
	Linda Woodard	Felixstowe Road Runners	-	98	-	-	-	-	98
	Claire Graham	Bungay Black Dog Running Club	-	-	-	-	97	-	97
	Amanda Martin	St Edmund Pacers	-	96	-	-	-	-	96
	Julie Myhill	Bungay Black Dog Running Club	-	-	-	-	96	-	96
	Kate Thomas	Hadleigh Hares A.C.	-	-	-	-	-	95	95
	Andrea Friend	Stowmarket Striders	95	-	-	-	-	-	95
	Tracey Squirrel	Hadleigh Hares A.C.	-	-	-	-	-	94	94
	Claire Lalaguna	Woodbridge Shufflers	-	-	-	94	-	-	94
	Katy Nash	Stowmarket Striders	-	94	-	-	-	-	94
	Laura Arfi	Stowmarket Striders	94	-	-	-	-	-	94
	Alisa Meader	Capel Cheetahs	-	93	-	-	-	-	93
	Samantha Grose	St. Edmund Pacers	93	-	-	-	-	-	93
	Sara Bloor	The Saxons	-	92	-	-	-	-	92
	Laura Gilmore	Framlingham Flyers	-	89	-	-	-	-	89
	Rachel Champion	Stowmarket Striders	-	88	-	-	-	-	88
	Amanda Prior	Capel Cheetahs	-	87	-	-	-	-	87
	Jo Dickinson	Felixstowe Road Runners	-	86	-	-	-	-	86
	Lisa Gaughan	Capel Cheetahs	-	85	-	-	-	-	85
	Tracy Rose	Stowmarket Striders	-	84	-	-	-	-	84
	Janet Lomas	Framlingham Flyers	-	83	-	-	-	-	83
	Stephanie Nichols	St Edmund Pacers	-	82	-	-	-	-	82

## Female Vet 45

	Claire Hoblyn	St Edmund Pacers	-	100	100	100	100	98	498
	Dianne Hughes	Stowmarket Striders	98	96	97	98	-	96	485
	Rebecca Clare	Woodbridge Shufflers	-	95	99	99	-	-	293
	Kate Stannett	Ipswich Triathlon Club	-	94	-	-	99	95	288
	Sarah Golding	St Edmund Pacers	-	99	-	-	-	97	196
	Vivienne Woodgate	Felixstowe Road Runners	-	92	-	97	-	-	189
	Dawn Marshall	St Edmund Pacers	-	93	-	-	-	94	187
	Karen Shelley	Capel Cheetahs	97	86	-	-	-	-	183
	Haley Suttle	Stowmarket Striders	-	-	-	-	-	100	100
	Jackie Taylor	Woodbridge Shufflers	100	-	-	-	-	-	100
	Lorraine Griffin	Stowmarket Striders	99	-	-	-	-	-	99
	Penny Waggott	Stowmarket Striders	-	-	-	-	-	99	99
	Dee St-Ledger	Sudbury Joggers AC	-	98	-	-	-	-	98
	Tina Belsom	Stowmarket Striders	-	-	98	-	-	-	98
	Marion Parker	Felixstowe Road Runners	-	97	-	-	-	-	97
	Debbie Mcdowall	Stowmarket Striders	96	-	-	-	-	-	96
	Linda Hones	Newmarket Cycling & Tri Club	-	-	96	-	-	-	96
	Marjie Davies	Newmarket Joggers	-	-	95	-	-	-	95
	Bee Chapman	Newmarket Joggers	-	-	-	-	-	93	93
	Kathy Dines	Ipswich JAFFA	-	-	-	-	-	92	92
	Jenny Jarrett	Felixstowe Road Runners	-	91	-	-	-	-	91
	Annabel Bennett	Felixstowe Road Runners	-	90	-	-	-	-	90
	Evette Price	Framlingham Flyers	-	89	-	-	-	-	89
	Debbie Ghant	Stowmarket Striders	-	88	-	-	-	-	88
	Debbie Pemberoke	Capel Cheetahs	-	87	-	-	-	-	87
	Denise Wright	Stowmarket Striders	-	85	-	-	-	-	85

## Female Vet 50

	Bobbie Sauerzapf	Bungay Black Dog	100	98	99	-	100	99	496
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## Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Hazel Spalding	Ipswich Jaffa	99	100	-	99	-	96	394
	Gail Pryke	Ipswich JAFFA	-	-	100	100	-	100	300
	Annette Manning	Bungay Black Dog Running Club	-	-	-	-	99	-	99
	Tracey Morris	Stowmarket Striders	-	99	-	-	-	-	99
	Jenny Sheahan	Ipswich JAFFA	-	-	-	-	-	98	98
	Jill Anderson	Framlingham Flyers	-	-	-	98	-	-	98
	Belinda Godbold	Ipswich JAFFA	-	97	-	-	-	-	97
	Mel Roberts	Woodbridge Shufflers	-	-	-	-	-	97	97
	Wendy Hughes	Stowmarket Striders	-	96	-	-	-	-	96
	Caroline Chapman	Capel Cheetahs	-	95	-	-	-	-	95
	Rita Rue	St Edmund Pacers	-	-	-	-	-	95	95
	Denise Robingson	Stowmarket Striders	-	94	-	-	-	-	94
<b>Female Vet 55</b>									
	Julie Haselwood	Ipswich Jaffa	100	100	-	100	-	100	400
	Sue Hargadon	Ipswich Triathlon Club	-	97	-	-	99	99	295
	Julie Thurlow	Ipswich JAFFA	-	96	-	99	-	-	195
	Joanna Cassells	Stowmarket Striders	-	-	100	-	-	-	100
	Marion Walker	Framlingham Flyers	-	-	-	-	100	-	100
	Maureen Wright	Ipswich JAFFA	-	99	-	-	-	-	99
	Jeanne Lynch-Aird	Stowmarket Striders	-	-	-	-	-	98	98
	Moir Pinkney	Ipswich Triathlon Club	-	98	-	-	-	-	98
	Marianne Burnell	Ipswich JAFFA	-	95	-	-	-	-	95
	Mary Hayward	Stowmarket Striders	-	94	-	-	-	-	94
	Jan Green	Framlingham Flyers	-	93	-	-	-	-	93
<b>Female Vet 60</b>									
	Veronica Manly	Diss Ac	100	-	-	-	-	-	100
	Sue Moggan	Stowmarket Striders	-	100	-	-	-	-	100
<b>Female Vet 65</b>									
	-	-	-	-	-	-	-	-	-
<b>Male Senior</b>									
	Tim Larke	Stowmarket Striders	95	82	93	89	99	87	463
	Neil Gillingham	Ipswich Harriers	89	80	92	85	95	88	449
	Peter Bird	St. Edmund Pacers	85	60	91	77	92	80	425
	Gary Thompson	Ipswich Jaffa	98	90	-	92	-	95	375
	Simon Wiggins	Felixstowe Road Runners	-	66	-	80	93	83	322
	Tom Kingsnorth	St. Edmund Pacers	100	92	-	98	-	-	290
	Tom Cresswell	Sudbury Joggers	97	93	-	-	-	97	287
	Jonathan Ling	Ipswich JAFFA	-	94	-	95	-	92	281
	Glenn Douglas	St Edmund Pacers	-	88	96	94	-	-	278
	Robin Harper	Felixstowe Road Runners	-	74	-	82	-	86	242
	Vincent Coogan	Newmarket Joggers	-	97	99	-	-	-	196
	Ben Caisey	Ipswich Triathlon Club	-	91	-	-	-	98	189
	Simon Redhead	Stowmarket Striders	-	-	-	91	-	91	182
	Conrad Burgess	Ipswich JAFFA	-	-	-	87	-	94	181
	Neil Catling	Ipswich Triathlon Club	-	-	-	83	96	-	179
	Chris Reeve	Stowmarket Striders	93	81	-	-	-	-	174
	Nick Hammond	Stowmarket Striders	-	79	-	88	-	-	167
	Marcus Catlin	Ipswich Jaffa	94	72	-	-	-	-	166
	Simon Nightingale	Ipswich JAFFA	-	76	-	-	-	90	166
	Ian Coxall	Ipswich JAFFA	-	75	-	90	-	-	165
	Matt Hunter	Hadleigh Hares A.C.	-	64	-	-	-	89	153
	Neil Martin	Stowmarket Striders	87	51	-	-	-	-	138
	James Calver	Ipswich JAFFA	-	54	-	-	-	79	133
	Mark Goodwin	Felixstowe Road Runners	-	50	-	-	-	82	132
	Paul Smith	Ipswich JAFFA	-	40	88	-	-	-	128
	Neal Goldsmith	Ipswich JAFFA	-	46	-	73	-	-	119
	Adam Craske	Bungay Black Dog Running Club	-	-	-	-	100	-	100
	Elliot Palmer	Ipswich Harriers	-	-	-	100	-	-	100
	Gavin Davies	Ipswich JAFFA	-	100	-	-	-	-	100
	Matthew Harvey	Newmarket Joggers	-	-	100	-	-	-	100
	Ross Fawcett	Ipswich Harriers	-	-	-	-	-	100	100
	Ian Keeble	Stowmarket Striders	99	-	-	-	-	-	99
	John Scaife	Hadleigh Hares A.C.	-	-	-	-	-	99	99
	Kieran Clements	Ipswich Harriers	-	-	-	99	-	-	99
	Robert Chenery	Ipswich JAFFA	-	99	-	-	-	-	99
	Dominic Thackery	West Suffolk A.C.	-	98	-	-	-	-	98
	Leo Altarelli	Bungay Black Dog Running Club	-	-	-	-	98	-	98

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Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Matthew Jack	Newmarket Joggers	-	-	98	-	-	-	98
	Andrew Revell	Ipswich Harriers	-	-	-	97	-	-	97
	Jonathan Wiles	Bungay Black Dog Running Club	-	-	-	-	97	-	97
	Paul Game	Haverhill Running Club	-	-	97	-	-	-	97
	Jason Walker	Stowmarket Striders	96	-	-	-	-	-	96
	Mark Clements	Ipswich JAFFA	-	-	-	-	-	96	96
	Patrick Gravett-Curl	Ipswich JAFFA	-	-	-	96	-	-	96
	Rick Weston	Ipswich JAFFA	-	96	-	-	-	-	96
	Jamie Shaw	Newmarket Joggers	-	-	95	-	-	-	95
	Nick Palmer	Stowmarket Striders	-	95	-	-	-	-	95
	Lewis Flatt	Bungay Black Dog Running Club	-	-	-	-	94	-	94
	Nick Conway	Newmarket Joggers	-	-	94	-	-	-	94
	Adam Wade	Ipswich JAFFA	-	-	-	-	-	93	93
	Lee Morgan	Ipswich Triathlon Club	-	-	-	93	-	-	93
	Roy Fulcher	Stowmarket Striders	92	-	-	-	-	-	92
	Chris Perry	St. Edmund Pacers	91	-	-	-	-	-	91
	Andy Eccles	Stowmarket Striders	90	-	-	-	-	-	90
	Neil Williamson	Newmarket Joggers	-	-	90	-	-	-	90
	Derek Jasiurkowski	St Edmund Pacers	-	-	89	-	-	-	89
	Sebastian Palmer	West Suffolk A.C.	-	89	-	-	-	-	89
	Stuart Simmons	Ipswich Jaffa	88	-	-	-	-	-	88
	Simon Harrison	Ipswich JAFFA	-	87	-	-	-	-	87
	Lukasz Supernak	St. Edmund Pacers	86	-	-	-	-	-	86
	Paul Preston	Sudbury Joggers AC	-	86	-	-	-	-	86
	Sam Brooke	Felixstowe Road Runners	-	-	-	86	-	-	86
	Mark Hayward	Stowmarket Striders	-	85	-	-	-	-	85
	Mark Summer	Hadleigh Hares A.C.	-	-	-	-	-	85	85
	Barry Abbott	Stowmarket Striders	84	-	-	-	-	-	84
	Graham Coulter	Diss Athletic Club	-	-	-	84	-	-	84
	Jason Beeton	Newmarket Joggers	-	-	-	-	-	84	84
	Julian Long	St Edmund Pacers	-	84	-	-	-	-	84
	Antony Burt	Ipswich Triathlon Club	-	83	-	-	-	-	83
	Simon Palmer	Capel Cheetahs	83	-	-	-	-	-	83
	Carl Thompson	Ipswich JAFFA	-	-	-	81	-	-	81
	Nicholas Chapman	Newmarket Joggers	-	-	-	-	-	81	81
	Daniel Jones	Ipswich Harriers	-	-	-	79	-	-	79
	David Headspeath	Ipswich JAFFA	-	-	-	-	-	78	78
	Graeme Cleave	Framlingham Flyers	-	-	-	78	-	-	78
	Neil Dinwiddle	Framlingham Flyers	-	78	-	-	-	-	78
	Clayton MacDonald	Newmarket Cycling & Tri Club	-	-	-	-	-	77	77
	Simon Hance	Ipswich Triathlon Club	-	77	-	-	-	-	77
	Mathew Robinson	Capel Cheetahs	-	-	-	-	-	76	76
	Nathan Watson	Framlingham Flyers	-	-	-	76	-	-	76
	John Moody	Ipswich Triathlon Club	-	-	-	75	-	-	75
	Sam Linash	Felixstowe Road Runners	-	-	-	-	-	75	75
	Chris Braddy	Ipswich JAFFA	-	-	-	-	-	74	74
	Nick Story	Ipswich JAFFA	-	-	-	74	-	-	74
	Daniel Nokes	Hadleigh Hares A.C.	-	73	-	-	-	-	73
	Marcus Stadden	Bungay Black Dog	-	-	-	-	-	73	73
	Alan Hart	Stowmarket Striders	-	71	-	-	-	-	71
	Chris Squirrell	Ipswich JAFFA	-	70	-	-	-	-	70
	Rob Harrow	Sudbury Joggers AC	-	69	-	-	-	-	69
	Paul Rumbellow	Felixstowe Road Runners	-	68	-	-	-	-	68
	Scott Sherman	Stowmarket Striders	-	67	-	-	-	-	67
	John Craddock	Stowmarket Striders	-	65	-	-	-	-	65
	Mark Vince	Woodbridge Shufflers	-	63	-	-	-	-	63
	Adam Mumford	Sudbury Joggers AC	-	62	-	-	-	-	62
	Christopher Moulton	Sudbury Joggers AC	-	61	-	-	-	-	61
	Seth Davis	Ipswich JAFFA	-	59	-	-	-	-	59
	Julian Davis	Hadleigh Hares A.C.	-	58	-	-	-	-	58
	Matthew Wooden	Felixstowe Road Runners	-	57	-	-	-	-	57
	Christopher Bing	Ipswich JAFFA	-	56	-	-	-	-	56
	Nathan Cole	Sudbury Joggers AC	-	55	-	-	-	-	55
	Matthew Robinson	Capel Cheetahs	-	53	-	-	-	-	53
	John Adams	Ipswich JAFFA	-	52	-	-	-	-	52
	Daniel Morgan	St Edmund Pacers	-	49	-	-	-	-	49
	John Rednail	Stowmarket Striders	-	48	-	-	-	-	48
	Marcus Green	Stowmarket Striders	-	47	-	-	-	-	47
	George Hughes	Stowmarket Striders	-	45	-	-	-	-	45
	Mark Bell	Ipswich JAFFA	-	44	-	-	-	-	44
	James Reed	Woodbridge Shufflers	-	43	-	-	-	-	43

## Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Nathan Pittam	Ipswich JAFFA	-	42	-	-	-	-	42
	Christopher Braddy	Ipswich JAFFA	-	41	-	-	-	-	41
<b>Male Vet 40</b>									
	Dave Solomon	Felixstowe Road Runners	98	99	-	96	100	100	493
	Darren Sheppard	Framlingham Flyers	97	98	99	97	-	99	490
	Ian Gooderham	St Edmund Pacers	-	84	97	84	98	97	460
	John Greener	St. Edmund Pacers	95	90	-	-	-	98	283
	Simon Whalley	St Edmund Pacers	-	-	95	85	96	-	276
	Glenn Warren	Framlingham Flyers	-	-	-	80	94	93	267
	Roger Stone	Felixstowe Road Runners	-	100	-	99	-	-	199
	Graham Robins	Newmarket Cycling & Tri Club	99	-	-	-	-	95	194
	Chris Seymour	Stowmarket Striders	-	96	-	95	-	-	191
	Andrew Green	Stowmarket Striders	96	93	-	-	-	-	189
	Chris Tye	Ipswich Tri Club	94	92	-	-	-	-	186
	Iain Catchpool	Ipswich JAFFA	-	-	94	89	-	-	183
	Warren Birch	Ipswich JAFFA	-	91	-	-	-	92	183
	Steve Brooke	Felixstowe Road Runners	-	88	-	92	-	-	180
	Chris Bolton	Haverhill Rc	85	-	-	-	-	91	176
	Brian Munns	Newmarket Joggers	-	81	-	-	-	94	175
	Gabriel Martins	Ipswich Jaffa	92	76	-	-	-	-	168
	Philip Southgate	St. Edmund Pacers	90	73	-	-	-	-	163
	Nigel Harrison	Ipswich JAFFA	-	75	-	82	-	-	157
	David Laing	Ipswich JAFFA	-	-	-	100	-	-	100
	Robin Clifford	Newmarket Joggers	-	-	100	-	-	-	100
	Tim Fox	St. Edmund Pacers	100	-	-	-	-	-	100
	Tom Pullinger	Bungay Black Dog Running Club	-	-	-	-	99	-	99
	Glynn Thomas	Ipswich Harriers	-	-	-	98	-	-	98
	Lee Hill	Newmarket Cycling & Tri Club	-	-	98	-	-	-	98
	Michael Jones	Stowmarket Striders	-	97	-	-	-	-	97
	Richard Gallard	Waveney Valley AC	-	-	-	-	97	-	97
	Alex Wilson	Sudbury Joggers AC	-	-	-	-	-	96	96
	Eliot Bentley	Newmarket Cycling & Tri Club	-	-	96	-	-	-	96
	John Thorpe	Ipswich JAFFA	-	95	-	-	-	-	95
	Logan Mair	Ipswich Harriers	-	-	-	-	95	-	95
	Neil Dable	Ipswich JAFFA	-	94	-	-	-	-	94
	Rob MacKenzie	Framlingham Flyers	-	-	-	94	-	-	94
	David O'Flynn	Ipswich JAFFA	-	-	-	93	-	-	93
	Paul Heeks	Stowmarket Striders	93	-	-	-	-	-	93
	Simon Archer	Newmarket Joggers	-	-	93	-	-	-	93
	Horrice Shuriah	Haverhill Running Club	-	-	92	-	-	-	92
	Geoffrey Buchanan	Woodbridge Shufflers	-	-	-	91	-	-	91
	Stuart Janes	Newmarket Joggers	91	-	-	-	-	-	91
	Richard Farres	Framlingham Flyers	-	-	-	90	-	-	90
	Mark Miller	Stowmarket Striders	89	-	-	-	-	-	89
	Mike Greener	St Edmund Pacers	-	89	-	-	-	-	89
	Ashley Foxhall	Capel Cheetahs	88	-	-	-	-	-	88
	Daren Allen	Hadleigh Hares A.C.	-	-	-	88	-	-	88
	Gi Kwong Cheung	Ipswich Jaffa	87	-	-	-	-	-	87
	Michael Fischer	St Edmund Pacers	-	87	-	-	-	-	87
	Richard Clarke	The Saxons	-	-	-	87	-	-	87
	Chris Bone	Hadleigh Hares	86	-	-	-	-	-	86
	Matt Ralph	Stowmarket Striders	-	86	-	-	-	-	86
	Stephen Benson	Ipswich Harriers	-	-	-	86	-	-	86
	Vince Calver	Felixstowe Road Runners	-	85	-	-	-	-	85
	Andrew Pearce	St Edmund Pacers	-	83	-	-	-	-	83
	Stephen Shaw	Felixstowe Road Runners	-	-	-	83	-	-	83
	Alistair Goodier	Ipswich JAFFA	-	82	-	-	-	-	82
	Richard Higgins	Framlingham Flyers	-	-	-	81	-	-	81
	Brian Airley	Hadleigh Hares A.C.	-	80	-	-	-	-	80
	Ettenne Swarts	Bungay Black Dog	-	-	-	79	-	-	79
	Simon Meecham	Ipswich JAFFA	-	79	-	-	-	-	79
	Doug French	Ipswich JAFFA	-	-	-	78	-	-	78
	Mark Tweed	Woodbridge Shufflers	-	78	-	-	-	-	78
	Paul Brant	Woodbridge Shufflers	-	-	-	77	-	-	77
	Wayne Mumford	Sudbury Joggers AC	-	77	-	-	-	-	77
	Steven Shaw	Felixstowe Road Runners	-	74	-	-	-	-	74
	Simon Lockwood	Ipswich Triathlon Club	-	72	-	-	-	-	72
	Paul Brooks	Ipswich JAFFA	-	71	-	-	-	-	71
	Richard Bannister	Felixstowe Road Runners	-	70	-	-	-	-	70
	Stephen Prior	Capel Cheetahs	-	69	-	-	-	-	69

## Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
<b>Male Vet 45</b>									
	Steven Hughes	Stowmarket Striders	96	92	99	100	95	89	482
	Chris Chorley	Bungay Black Dog	97	94	100	-	97	88	476
	Mark Watts	St. Edmund Pacers	92	90	98	99	94	87	473
	William Burdett	Stowmarket Striders	91	81	96	-	-	83	351
	Paul Brown	Framlingham Flyers	-	96	-	-	99	97	292
	Andrew Buck	Sudbury Joggers	98	95	-	-	-	93	286
	Adrian Peake	Ipswich JAFFA	95	93	-	98	-	-	286
	Peter Finch	Stowmarket Striders	-	79	-	-	93	81	253
	Colin Ridley	West Suffolk A.C.	-	100	-	-	-	100	200
	Wilfred Campbell	Ipswich JAFFA	-	99	-	-	-	99	198
	Dave Copland	Ipswich Triathlon Club	-	-	-	-	100	96	196
	Robert Hughes	St Edmund Pacers	-	91	-	-	96	-	187
	Mark Avery	Ipswich JAFFA	-	76	-	97	-	-	173
	Mark Carpenter	Haverhill Rc	89	-	-	-	-	80	169
	David Lampard	Felixstowe Road Runners	-	69	-	96	-	-	165
	David Daniels	Stowmarket Striders	-	78	-	-	-	82	160
	Ian Spouge	Stowmarket Striders	88	66	-	-	-	-	154
	David Reed	St. Edmund Pacers	100	-	-	-	-	-	100
	Greg Davis	Newmarket Joggers	99	-	-	-	-	-	99
	James Henderson	Woodbridge Shufflers	-	-	-	-	-	98	98
	Kevin Vaughan	St Edmund Pacers	-	98	-	-	-	-	98
	Paul Nickells	Woodbridge Shufflers RC	-	-	-	-	98	-	98
	Alistair Dick	Ipswich JAFFA	-	97	-	-	-	-	97
	Yusuf Firat	Haverhill Running Club	-	-	97	-	-	-	97
	Graham Robins	Newmarket Cycling & Tri Club	-	-	-	-	-	95	95
	Adrian Whittle	Newmarket Joggers	-	-	95	-	-	-	95
	Brian Munns	Newmarket Joggers	-	-	-	-	-	94	94
	David Garnham	Ipswich Jaffa	94	-	-	-	-	-	94
	John Rednall	Stowmarket Striders	93	-	-	-	-	-	93
	Warren Birch	Ipswich JAFFA	-	-	-	-	-	92	92
	Jonathan Goldthorpe	Ipswich Jaffa	-	-	-	-	92	-	92
	Tony Saliman	Hadleigh Hares A.C.	-	-	-	-	-	91	91
	Etienne Swarts	Bungay Black Dog Running Club	-	-	-	-	91	-	91
	Charles Hill	Woodbridge Shufflers	-	-	-	-	-	90	90
	Neil Roland Williams	Capel Cheetahs	90	-	-	-	-	-	90
	Adrian Hive	Felixstowe Road Runners	-	89	-	-	-	-	89
	Tim Higgins	Ipswich JAFFA	-	88	-	-	-	-	88
	Richard Talbot	Felixstowe Road Runners	-	87	-	-	-	-	87
	Steven Durrant	Felixstowe Road Runners	-	86	-	-	-	-	86
	Peter Williams	Newmarket Cycling & Tri Clu	-	-	-	-	-	86	86
	Steve Cox	Hadleigh Hares A.C.	-	-	-	-	-	85	85
	Richard Allport	Felixstowe Road Runners	-	85	-	-	-	-	85
	Stephen Hatten	St Edmund Pacers	-	-	-	-	-	84	84
	Andrew Evans	Ipswich JAFFA	-	84	-	-	-	-	84
	William Meader	Capel Cheetahs	-	83	-	-	-	-	83
	Andrew Goulborn	Ipswich JAFFA	-	82	-	-	-	-	82
	Phil Davies	Ipswich JAFFA	-	80	-	-	-	-	80
	Paul Bailey	Felixstowe Road Runners	-	77	-	-	-	-	77
	Harry Smith	Stowmarket Striders	-	75	-	-	-	-	75
	Gary Taylor	Woodbridge Shufflers	-	74	-	-	-	-	74
	Collin Forester	Stowmarket Striders	-	73	-	-	-	-	73
	Chris Howland	Felixstowe Road Runners	-	72	-	-	-	-	72
	Dave Levans	Felixstowe Road Runners	-	71	-	-	-	-	71
	Robert Tillyard	St Edmund Pacers	-	70	-	-	-	-	70
	Tim Finegan	Felixstowe Road Runners	-	68	-	-	-	-	68
	Andrew Leather	Ipswich JAFFA	-	67	-	-	-	-	67
<b>Male Vet 50</b>									
	Robin Belsom	Ipswich JAFFA	-	96	98	98	100	100	492
	Paul Gilson	Ipswich Jaffa	97	85	-	93	-	95	370
	Chris Johns	Ipswich Jaffa	99	92	-	96	-	-	287
	Richard Soer	St Edmund Pacers	-	91	96	-	-	97	284
	David Reid	Stowmarket Striders	96	83	-	91	-	-	270
	Mon Lee	Ipswich JAFFA	-	80	-	92	-	93	265
	Terry Back	Ipswich JAFFA	-	100	99	-	-	-	199
	Kevin Short	Framlingham Flyers	100	98	-	-	-	-	198
	Duncan Chenery	Ipswich JAFFA	-	97	-	97	-	-	194
	David Fox	Felixstowe Road Runners	98	90	-	-	-	-	188
	Rob Clayton	Felixstowe Road Runners	-	89	-	94	-	-	183

## Individual Results

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Alan Dawson	St Edmund Pacers	-	-	100	-	-	-	100
	Jonathan Davy	Felixstowe Road Runners	-	-	-	100	-	-	100
	Alex Morrison	Ipswich Jaffa	-	-	-	-	99	-	99
	Andrew Budd	Ipswich JAFFA	-	-	-	-	-	99	99
	Chris Starmer	Stowmarket Striders	-	99	-	-	-	-	99
	Greg Marshall	Framlingham Flyers	-	-	-	99	-	-	99
	Darryl Futter	Bungay Black Dog Running Club	-	-	-	-	98	-	98
	Paul Wiggins	Woodbridge Shufflers	-	-	-	-	-	98	98
	Nigel Chapman	Haverhill Running Club	-	-	97	-	-	-	97
	David Waterman	Bungay Black Dog Running Club	-	-	-	-	96	-	96
	Ian Mace	Woodbridge Shufflers	-	-	-	-	-	96	96
	Andy Forster	Felixstowe Road Runners	-	95	-	-	-	-	95
	Kim Swan	St Edmund Pacers	-	-	-	95	-	-	95
	Simon Haffenden	Haverhill Rc	95	-	-	-	-	-	95
	Peter Jay	St Edmund Pacers	-	-	-	-	-	94	94
	Steve Gray	Stowmarket Striders	-	94	-	-	-	-	94
	Mike Downes	Ipswich JAFFA	-	93	-	-	-	-	93
	Andrew Stewart	Hadleigh Hares A.C.	-	-	-	-	-	92	92
	Robert Jack	Bungay Black Dog	-	-	-	90	-	-	90
	Peter Turner	Framlingham Flyers	-	-	-	89	-	-	89
	Fred Boggis	Woodbridge Shufflers	-	88	-	-	-	-	88
	Phil Marsden	Ipswich JAFFA	-	87	-	-	-	-	87
	Paul Schwer	Felixstowe Road Runners	-	86	-	-	-	-	86
	Chris Gladwell	Stowmarket Striders	-	84	-	-	-	-	84
	Richard Smith	Felixstowe Road Runners	-	82	-	-	-	-	82
	David Chapman	Sudbury Joggers AC	-	81	-	-	-	-	81
	Stephen Wood	Ipswich JAFFA	-	79	-	-	-	-	79
	Tony Adolphus	Ipswich JAFFA	-	78	-	-	-	-	78
	Robert Laithwaite	Ipswich JAFFA	-	77	-	-	-	-	77
	Julian Wiseman	Framlingham Flyers	-	76	-	-	-	-	76

## Male Vet 55

	Stephen Williams	St Edmund Pacers	-	92	99	99	99	97	486
	Ker Macrosson	Ipswich JAFFA	-	98	100	100	-	99	397
	Mike Munson	Stowmarket Striders	-	88	-	98	97	96	379
	Jim Withers	Newmarket Joggers	-	95	-	-	-	98	193
	Keith Borrett	Stowmarket Striders	98	-	-	-	-	95	193
	Bill Kingaby	Waveney Valley AC	-	-	-	-	100	-	100
	John Squirrell	Stowmarket Striders	100	-	-	-	-	-	100
	Jonathan Davey	Felixstowe Road Runners	-	-	-	-	-	100	100
	Peter Golding	St Edmund Pacers	-	100	-	-	-	-	100
	Brian Rogers	Ipswich JAFFA	-	99	-	-	-	-	99
	John Wharton	Bungay Black Dog	99	-	-	-	-	-	99
	David Punt	Bungay Black Dog Running Club	-	-	-	-	98	-	98
	Josh Lida	Newmarket Joggers	-	-	98	-	-	-	98
	Colin Louch	Hadleigh Hares	97	-	-	-	-	-	97
	Gerry Watson	Felixstowe Road Runners	-	97	-	-	-	-	97
	Peter Mills	Stowmarket Striders	-	96	-	-	-	-	96
	Dave Vaughan	St Edmund Pacers	-	94	-	-	-	-	94
	Simon Green	Ipswich Triathlon Club	-	93	-	-	-	-	93
	Mick Sears	Woodbridge Shufflers	-	91	-	-	-	-	91
	Paul Theobald	St Edmund Pacers	-	90	-	-	-	-	90
	Wyn Jones	Felixstowe Road Runners	-	89	-	-	-	-	89
	Charlie Stannett	Ipswich Triathlon Club	-	87	-	-	-	-	87
	Simon Palmer	Ipswich Triathlon Club	-	86	-	-	-	-	86
	Nick Hussins	Stowmarket Striders	-	85	-	-	-	-	85

## Male Vet 60

	Roger Brand	St. Edmund Pacers	100	-	99	98	98	96	491
	Raymond Hill	Ipswich JAFFA	-	-	-	100	100	100	300
	Frank Moggan	Stowmarket Striders	99	99	-	-	-	97	295
	Leslie Basham	Stowmarket Striders	97	98	-	-	-	95	290
	Philip Nutley	St Edmund Pacers	-	95	96	95	-	-	286
	David Fordham	The Saxons	-	-	-	97	99	-	196
	David Coley	Felixstowe Road Runners	96	97	-	-	-	-	193
	Dave Cheese	Newmarket Joggers	-	-	100	-	-	-	100
	Ron Ames	Stowmarket Striders	-	100	-	-	-	-	100
	Peter Colman	Ipswich JAFFA	-	-	-	99	-	-	99
	Ray Roberts	Felixstowe Road Runners	-	-	-	-	-	99	99
	Chris Cook	St. Edmund Pacers	98	-	-	-	-	-	98
	Dave Greenham	Haverhill Running Club	-	-	98	-	-	-	98

**Individual Results**

Pos	Name	Club	Joe Cox 1/2	Kirton 5	Newmarket 10k	Framlingham 10k	Bungay 20k	Hadleigh 10	Total
	Jonathan Price	Sudbury Joggers AC	-	-	-	-	-	98	98
	Giampiero Farris	Newmarket Cycling & Tri Club	-	-	97	-	-	-	97
	Bert Hatcher	Ipswich JAFFA	-	96	-	-	-	-	96
	Christopher Aylmer	Newmarket Joggers	-	-	-	96	-	-	96
<b>Male Vet 65+</b>									
	Roger Hobson	Woodbridge Shufflers	100	-	99	100	100	-	399
	Brian Turner	Ipswich Jaffa	98	-	-	99	98	100	395
	John Cassells	Stowmarket Striders	99	-	98	-	-	-	197
	Robert Price	St Edmund Pacers	-	-	100	-	-	-	100
	Robin Farrar	Bungay Black Dog Running Club	-	-	-	-	99	-	99
	David Peck	Newmarket Cycling & Tri Club	-	-	97	-	-	-	97
	Terry Braverman	Haverhill Running Club	-	-	96	-	-	-	96