

46	Kate RINGWOOD	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491
47	Jess BEDINGFIELD	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490
48	Kendra BOAG	Stowmarket Striders Running Club	0	0	0	490	0	0	0	0	0	0	490
49	Rachael MILLER	Felixstowe RRC	490	0	0	0	0	0	0	0	0	0	490
50	Courtney TURNER	Felixstowe RRC	0	0	0	488	0	0	0	0	0	0	488
51	Lucy DRIVER	Felixstowe RRC	0	0	0	487	0	0	0	0	0	0	487
52	Rachael HATTEN	Saint Edmund Pacers	0	0	0	486	0	0	0	0	0	0	486
53	Natalie JONES	Sudbury Joggers	0	0	0	485	0	0	0	0	0	0	485
FV35													
1	Collette GREEN	Felixstowe RRC	0	500	0	499	498	500	0	0	0	500	2497
2	Erika DOWNS	Felixstowe RRC	0	499	500	497	0	496	498	0	500	0	2494
3	Lisa DOVE	Sudbury Joggers	494	0	0	498	497	495	0	500	0	0	2484
4	Kristina BRIGHT	Haverhill Running Club	0	0	0	494	493	491	499	0	499	0	2476
5	Jenny MERRY	Sudbury Joggers	491	0	0	0	494	490	0	499	498	0	2472
6	Jo VICKERY	Haverhill Running Club	484	0	0	492	490	0	0	497	0	0	1963
7	Gemma PORCH	Stowmarket Striders Running Club	500	0	0	500	0	498	0	0	0	0	1498
8	Alison RENSHAW	Ipswich Jaffa RC	0	0	0	490	0	484	0	0	497	0	1471
9	Rachael HAMBLYN	Ipswich Jaffa RC	499	0	0	0	0	0	0	0	0	499	998
10	Joanne HARPER	Felixstowe RRC	0	0	0	495	0	0	500	0	0	0	995
11	Rachel BODSWORTH	Hadleigh Hares AC	497	0	0	0	0	497	0	0	0	0	994
12	Marion BENNETT	Ipswich Jaffa RC	0	0	0	0	0	0	496	0	0	496	992
13	Svitlana ZINCHENKO	Newmarket Joggers	0	0	497	0	495	0	0	0	0	0	992
14	Dawn DIXON	Haverhill Running Club	488	0	0	0	0	0	495	0	0	0	983
15	Anneli OSTLER	Felixstowe RRC	0	0	0	0	0	486	0	0	0	495	981
16	Charlotte RICHARDSON	Sudbury Joggers	482	0	0	0	0	0	0	496	0	0	978
17	Pippa SARGENT	Stowmarket Striders Running Club	487	0	0	491	0	0	0	0	0	0	978
18	Kelly Mephram	Haverhill Running Club	0	0	0	0	500	0	0	0	0	0	500
19	Leila BYE	Lowestoft Road Runners	0	0	499	0	0	0	0	0	0	0	499
20	Terri GREEN	Ipswich Jaffa RC	0	0	0	0	0	499	0	0	0	0	499
21	Hannah Pollard	Newmarket Joggers	0	0	0	0	499	0	0	0	0	0	499
22	Nicky CHAPMAN	Newmarket Joggers	498	0	0	0	0	0	0	0	0	0	498
23	Hayley COLES	Felixstowe RRC	0	0	498	0	0	0	0	0	0	0	498
24	Zane JAUNBELZEJA	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	0	0	498	0	0	498
25	Amy Plumbly	Hadleigh Hares AC	0	0	0	0	0	0	0	0	0	498	498
26	Claire WHITE	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	0	498
27	Cheryl CLAYDON	Haverhill Running Club	0	0	0	0	0	0	497	0	0	0	497
28	Kate Hutson	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	0	497	497
29	Caroline PERRY	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	0	497
30	Rebecca BONE	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496
31	Hanna DEAN	Bungay Black Dog RC	0	496	0	0	0	0	0	0	0	0	496
32	Michelle Haynes	Haverhill Running Club	0	0	0	0	496	0	0	0	0	0	496
33	Sarah jc LEWIS	Woodbridge Shufflers Running Club	496	0	0	0	0	0	0	0	0	0	496
34	Kate SCOTTER	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	0	496
35	Laura BUTTON	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495
36	Claire FRADLEY	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495
37	Katerina RIGBY	Hadleigh Hares AC	495	0	0	0	0	0	0	0	0	0	495
38	Victoria STACE	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494
39	Helen BARBER	Framlingham Flyers	0	0	0	0	0	493	0	0	0	0	493
40	Pam MORGAN	Framlingham Flyers	493	0	0	0	0	0	0	0	0	0	493
41	Liza PUTWAIN	Stowmarket Striders Running Club	0	0	0	493	0	0	0	0	0	0	493

36	Sarah WATKINS	Hadleigh Hares AC	496	0	0	0	0	0	0	0	0	0	496
37	Suz CARTER	Haverhill Running Club	0	0	0	0	0	0	495	0	0	0	495
38	Katie PRICE	Ipswich Triathlon Club	495	0	0	0	0	0	0	0	0	0	495
39	Emma RUANE	Sudbury Joggers	0	495	0	0	0	0	0	0	0	0	495
40	Jay BUTCHER	Waveney Valley AC	0	0	494	0	0	0	0	0	0	0	494
41	Geraldine CLIFFORD	Sudbury Joggers	494	0	0	0	0	0	0	0	0	0	494
42	Clare BAILIE	Stowmarket Striders Running Club	0	493	0	0	0	0	0	0	0	0	493
43	Louise REED	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493
44	Bev WOODRUFFE	Framlingham Flyers	0	0	0	0	0	493	0	0	0	0	493
45	Amanda BREWSTER	Stowmarket Striders Running Club	0	0	0	492	0	0	0	0	0	0	492
46	Yvonne DOE	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492
47	Anna SMITH	Stowmarket Striders Running Club	0	492	0	0	0	0	0	0	0	0	492
48	Joanne TAYLOR	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492
49	Sally SANDFORD	Sudbury Joggers	491	0	0	0	0	0	0	0	0	0	491
50	Tina CULLUM	Ipswich Jaffa RC	0	490	0	0	0	0	0	0	0	0	490
51	Victoria PULLINGER	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490
52	Amanda SMITH	Felixstowe RRC	490	0	0	0	0	0	0	0	0	0	490
53	Claire ROOKE	Sudbury Joggers	489	0	0	0	0	0	0	0	0	0	489
54	Hilary BALL	Bungay Black Dog RC	0	0	488	0	0	0	0	0	0	0	488
55	Tanya BOWERS	Sudbury Joggers	488	0	0	0	0	0	0	0	0	0	488
56	Rachel MILES	Sudbury Joggers	485	0	0	0	0	0	0	0	0	0	485
FV45													
1	Joanne BROOKE	Felixstowe RRC	488	0	495	497	498	496	498	0	499	0	2488
2	Michelle HOLDEN	Stowmarket Striders Running Club	480	0	0	489	496	492	0	0	0	0	1957
3	Mary-Ann TULI	Haverhill Running Club	499	0	0	0	0	0	500	0	0	500	1499
4	Catherine BELSOM	Stowmarket Striders Running Club	496	0	497	0	500	0	0	0	0	0	1493
5	Karen HAMILTON	Stowmarket Striders Running Club	0	498	493	0	0	0	0	0	497	0	1488
6	Melonie EVANS	TriSudbury	491	0	0	491	0	0	0	0	500	0	1482
7	Jo DICKINSON	Felixstowe RRC	481	0	0	490	0	0	0	0	0	495	1466
8	Odette ROBSON	Saint Edmund Pacers	0	0	0	500	0	500	0	0	0	0	1000
9	Kaye BRANTON	Felixstowe RRC	494	0	0	0	0	499	0	0	0	0	993
10	Amanda CHILDS	Ipswich Jaffa RC	0	0	0	496	0	495	0	0	0	0	991
11	Kate BEER	Stowmarket Striders Running Club	490	0	0	0	0	498	0	0	0	0	988
12	Sharon BREWARD	Sudbury Joggers	0	0	491	495	0	0	0	0	0	0	986
13	Fudge FARRAR	Bungay Black Dog RC	0	0	489	0	0	0	0	0	0	496	985
14	Nicola CANT	Sudbury Joggers	478	0	0	0	0	0	0	0	496	0	974
15	Joanne COX	Bungay Black Dog RC	0	0	500	0	0	0	0	0	0	0	500
16	Sharon FROST	Sudbury Joggers	0	0	0	0	0	0	0	500	0	0	500
17	Angela JOINER-HANDY	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	0	500
18	Lisa KNIGHTS	Waveney Valley AC	0	500	0	0	0	0	0	0	0	0	500
19	Claire Anderson	Haverhill Running Club	0	0	0	0	499	0	0	0	0	0	499
20	Gail BEVAN	Haverhill Running Club	0	0	0	0	0	0	0	499	0	0	499
21	Sandra Bumphrey	Capel Cheetahs	0	0	0	0	0	0	0	0	0	499	499
22	Jo LOCKHART	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499
23	Tracy QUARRELL	Haverhill Running Club	0	0	0	0	0	0	499	0	0	0	499
24	Maria WARD	Hadleigh Hares AC	0	0	0	499	0	0	0	0	0	0	499
25	Sandra WEBB	Saint Edmund Pacers	0	499	0	0	0	0	0	0	0	0	499
26	Laura BOURNE	Saint Edmund Pacers	498	0	0	0	0	0	0	0	0	0	498
27	Karen Eaton	Felixstowe RRC	0	0	0	0	0	0	0	0	0	498	498
28	Kathryn GERRY	Woodbridge Shufflers Running Club	0	0	0	498	0	0	0	0	0	0	498

16	Angela BRINKLEY	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499
17	Wendy Hughes	Stowmarket Striders Running Club	0	0	0	0	0	0	0	0	0	499	499
18	Jane MOON	Felixstowe RRC	0	0	0	0	0	499	0	0	0	0	499
19	Judith ADOLPHUS	Ipswich Jaffa RC	0	0	0	498	0	0	0	0	0	0	498
20	Jackie BELL	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498
21	Sue CRAWTE	Sudbury Joggers	0	0	0	0	0	0	0	498	0	0	498
22	Charlotte HAWES	Stowmarket Striders Running Club	498	0	0	0	0	0	0	0	0	0	498
23	Jenny Church	Felixstowe RRC	0	0	0	0	0	0	0	0	0	497	497
24	Jayne RICHARDSON	Waveney Valley AC	497	0	0	0	0	0	0	0	0	0	497
25	Christine ASHE	Bungay Black Dog RC	496	0	0	0	0	0	0	0	0	0	496
26	Caroline FOSTER	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	496	0	0	0	0	496
27	Debbie MCDOWALL	Stowmarket Striders Running Club	494	0	0	0	0	0	0	0	0	0	494
28	Caroline HOLT	Sudbury Joggers	0	0	0	492	0	0	0	0	0	0	492
29	Sally QUIRK	Stowmarket Striders Running Club	492	0	0	0	0	0	0	0	0	0	492
30	Sue HUNTER	Stowmarket Striders Running Club	0	0	0	491	0	0	0	0	0	0	491
FV60													
1	Jenny MORGAN	Saint Edmund Pacers	0	0	0	500	0	500	0	499	500	0	1999
1	Cheryl TRUNDLE	Haverhill Running Club	0	500	0	499	500	0	0	500	0	0	1999
3	Gillian CHARLTON	Stowmarket Striders Running Club	0	0	0	497	0	0	500	0	499	0	1496
4	Anne OLIVER	Felixstowe RRC	498	0	0	496	0	0	0	0	0	499	1493
5	Jayne CAPPS-JENNER	Bungay Black Dog RC	0	498	500	0	0	0	0	0	0	0	998
6	Belinda SCHOFIELD	Newmarket Joggers	500	0	0	0	0	0	0	498	0	0	998
7	Riitta WOOD	Framlingham Flyers	499	0	0	0	0	499	0	0	0	0	998
8	Sue HARGADON	Ipswich Triathlon Club	0	499	0	0	0	0	0	0	0	498	997
9	Linda Hunt	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	500	500
10	Jane Bailey	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499
11	Judith MASTERS	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499
12	Cathy BEARD	Sudbury Joggers	0	0	0	498	0	0	0	0	0	0	498
FV65													
1	Joan NEVIN	Haverhill Running Club	498	0	500	0	498	499	0	0	0	499	2494
2	Moira PINKNEY	Ipswich Triathlon Club	500	0	0	0	500	0	0	0	0	0	1000
3	Trish HOPKINS	Felixstowe RRC	496	0	0	0	0	0	0	0	0	498	994
4	Chris Gay	Stowmarket Striders Running Club	0	0	0	0	0	0	0	0	500	0	500
5	Julie HASELWOOD	Ipswich Jaffa RC	0	0	0	0	0	500	0	0	0	0	500
6	Maureen Wright	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	0	500	500
7	Anne FISH	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499
8	Caroline McIntosh	Newmarket Joggers	0	0	0	0	499	0	0	0	0	0	499
9	Jan GREEN	Framlingham Flyers	497	0	0	0	0	0	0	0	0	0	497
MS													
1	Kieran HAYLES	Sudbury Joggers	0	499	0	499	499	494	0	499	0	0	2490
2	Gary TAYLOR	Felixstowe RRC	497	0	493	490	494	491	494	0	0	0	2469
3	Steve OGLESBY	Haverhill Running Club	0	478	0	477	487	471	0	493	0	486	2421
4	Keelan SMITH	Saxmundham Sports Running & Fitness Club	0	479	479	476	484	469	0	0	0	0	2387
5	Steve ROBERTS	Sudbury Joggers	476	0	472	464	480	468	0	0	0	482	2378
6	Peter WOODS	Felixstowe RRC	0	476	0	481	0	0	0	488	0	488	1933
7	Samuel BURDETT	Stowmarket Striders Running Club	495	0	0	0	0	0	499	0	500	0	1494
8	Scott MANNING	Framlingham Flyers	0	0	0	496	495	0	498	0	0	0	1489
9	Andy ELLIS	Felixstowe RRC	0	493	490	0	0	0	0	0	0	496	1479

10	Kevin MILLARD	Haverhill Running Club	488	0	0	484	490	0	0	0	0	0	1462
11	Andy HAYWARD	Stowmarket Striders Running Club	483	0	0	478	0	470	0	0	0	0	1431
12	Josh IRON	Haverhill Running Club	0	474	0	467	481	0	0	0	0	0	1422
13	Benjamin CARPENDALE	Felixstowe RRC	0	0	0	0	0	498	0	0	0	500	998
14	Tony GAVIN	Felixstowe RRC	0	0	0	0	0	0	0	500	0	498	998
15	Scott RAMSEY	Hadleigh Hares AC	0	497	0	0	0	0	0	0	0	499	996
16	Andrew BELL	Haverhill Running Club	498	0	0	0	497	0	0	0	0	0	995
17	Adam WADE	Ipswich Jaffa RC	0	0	0	498	0	0	0	0	0	497	995
18	Tom ADAMS	Ipswich Harriers	0	0	0	500	0	493	0	0	0	0	993
19	Oliver DAYKIN	Newmarket Joggers	0	496	492	0	0	0	0	0	0	0	988
20	Andrew TURNER	Hadleigh Hares AC	0	0	0	489	0	0	0	0	499	0	988
21	Dylan FOTHERGILL	Felixstowe RRC	0	0	0	492	0	0	495	0	0	0	987
22	Darren BARFIELD	Sudbury Joggers	0	0	0	488	0	0	0	498	0	0	986
23	Matthew BENNETT	Ipswich Harriers	0	0	0	493	0	0	492	0	0	0	985
24	Geraint WHITE	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	495	985
25	Lee Barber	Framlingham Flyers	0	0	0	0	493	487	0	0	0	0	980
26	Lee BROWN	Haverhill Running Club	0	487	0	0	0	0	493	0	0	0	980
27	Dan KNIGHT	Haverhill Running Club	489	0	0	0	0	0	491	0	0	0	980
28	Jack TAPPIN	Haverhill Running Club	0	0	484	0	0	0	0	494	0	0	978
29	Justin POTTER	Stowmarket Striders Running Club	0	483	0	0	0	0	0	0	0	494	977
30	Ben COWLEY	Saxmundham Sports Running & Fitness Club	0	0	478	0	0	0	0	0	497	0	975
31	Graham DIXON	Haverhill Running Club	480	0	0	0	0	0	489	0	0	0	969
32	Andy MILEY	Ipswich Jaffa RC	0	480	0	0	0	0	0	0	0	487	967
33	Christopher UNDERWOOD	Saint Edmund Pacers	0	0	0	479	488	0	0	0	0	0	967
34	Oliver SCHOFIELD	Saint Edmund Pacers	0	0	0	0	0	474	490	0	0	0	964
35	James BOULDIN	Framlingham Flyers	0	481	481	0	0	0	0	0	0	0	962
36	Brett DEAKIN	Felixstowe RRC	0	475	0	0	0	0	0	0	0	485	960
37	Neil DENNIS	Stowmarket Striders Running Club	479	0	0	480	0	0	0	0	0	0	959
38	Gary INGRAM	Ipswich Jaffa RC	482	0	0	474	0	0	0	0	0	0	956
39	Jamie PAYNE	Framlingham Flyers	0	0	480	0	0	472	0	0	0	0	952
40	Ross ARNOLD	Haverhill Running Club	0	0	0	469	482	0	0	0	0	0	951
41	Jason DUFF	Felixstowe RRC	0	500	0	0	0	0	0	0	0	0	500
42	Michael Gilbert	Haverhill Running Club	0	0	0	0	500	0	0	0	0	0	500
43	James HAYWARD	Ipswich Jaffa RC	500	0	0	0	0	0	0	0	0	0	500
44	John MILLAR	Ipswich Harriers	0	0	0	0	0	500	0	0	0	0	500
45	Peter MILLER	Haverhill Running Club	0	0	0	0	0	0	500	0	0	0	500
46	Denys OLEFIR	Saint Edmund Pacers	0	0	500	0	0	0	0	0	0	0	500
47	Mark HAYWARD	Newmarket Joggers	499	0	0	0	0	0	0	0	0	0	499
48	Matthew JEFFRIES	Waveney Valley AC	0	0	0	0	0	499	0	0	0	0	499
49	Matthew SPENCER	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	0	499
50	Conner Bilner	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	498	0	498
51	Robert CHENERY	Ipswich Jaffa RC	0	0	498	0	0	0	0	0	0	0	498
52	Chris Gay	Newmarket Joggers	0	0	0	0	498	0	0	0	0	0	498
53	Nick SMITH	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	0	498
54	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	497	0	0	0	0	0	0	497
55	Charlie HALL	Haverhill Running Club	0	0	0	0	0	0	497	0	0	0	497
56	Henry HAMILTON-GOULD	Newmarket Joggers	0	0	0	0	0	0	0	497	0	0	497
57	Will LAW	Ipswich Jaffa RC	0	0	497	0	0	0	0	0	0	0	497
58	Alexander LAWRENCE	Ipswich Harriers	0	0	0	0	0	497	0	0	0	0	497
59	Tony Bacon	Haverhill Running Club	0	0	0	0	496	0	0	0	0	0	496
60	Antony GREEN	Haverhill Running Club	0	0	0	0	0	0	0	496	0	0	496

112	Daniel Tee	Newmarket Cycling & Triathlon Club	0	0	0	0	486	0	0	0	0	0	486
113	Marc BENSON	Haverhill Running Club	485	0	0	0	0	0	0	0	0	0	485
114	Daniel INGLEBY	Ipswich Jaffa RC	0	0	0	0	0	485	0	0	0	0	485
115	Oliver RICHES	Hadleigh Hares AC	0	485	0	0	0	0	0	0	0	0	485
116	Jamie Rule	Newmarket Joggers	0	0	0	0	485	0	0	0	0	0	485
117	Glenn SHARMAN	Bungay Black Dog RC	0	0	485	0	0	0	0	0	0	0	485
118	James STUBBS	Haverhill Running Club	0	0	0	485	0	0	0	0	0	0	485
119	John ALDRED	Framlingham Flyers	0	0	0	0	0	484	0	0	0	0	484
120	Kevin CONNOLLY	Newmarket Joggers	484	0	0	0	0	0	0	0	0	0	484
121	Mark Oxford	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	0	484	484
122	Dylan POMIETLO	Felixstowe RRC	0	484	0	0	0	0	0	0	0	0	484
123	Aden BELL	Hadleigh Hares AC	0	0	0	0	0	483	0	0	0	0	483
124	Patrick DAY	Bungay Black Dog RC	0	0	483	0	0	0	0	0	0	0	483
125	Thomas HAYDEN	Ipswich Harriers	0	0	0	483	0	0	0	0	0	0	483
126	Craig Ladley	Haverhill Running Club	0	0	0	0	483	0	0	0	0	0	483
127	Matt Makin	Felixstowe RRC	0	0	0	0	0	0	0	0	0	483	483
128	Michael MOORE	Stowmarket Striders Running Club	0	0	0	482	0	0	0	0	0	0	482
129	David NEEVE	Bungay Black Dog RC	0	0	482	0	0	0	0	0	0	0	482
130	Ricky O'NEILL	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	0	482
131	Michael SHELDRAKE	Ipswich Jaffa RC	0	482	0	0	0	0	0	0	0	0	482
132	Tom HAYDEN	Framlingham Flyers	0	0	0	0	0	481	0	0	0	0	481
133	Shaun KEMP	Stowmarket Striders Running Club	481	0	0	0	0	0	0	0	0	0	481
134	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	0	480	0	0	0	0	480
135	Alex MCGREGOR	Framlingham Flyers	0	0	0	0	0	479	0	0	0	0	479
136	Stuart BEAL-COLLINS	Sudbury Joggers	478	0	0	0	0	0	0	0	0	0	478
137	Thomas HUNNISETT	Saxmundham Sports Running & Fitness Club	0	0	0	0	0	478	0	0	0	0	478
138	James BRIGGS	Haverhill Running Club	477	0	0	0	0	0	0	0	0	0	477
139	Paul CLINE	Ipswich Jaffa RC	0	0	477	0	0	0	0	0	0	0	477
140	Aaron DURRANT	Hadleigh Hares AC	0	477	0	0	0	0	0	0	0	0	477
141	Arash TADJRISHI	Felixstowe RRC	0	0	0	0	0	477	0	0	0	0	477
142	Joe DI LIETO	Felixstowe RRC	0	0	0	0	0	476	0	0	0	0	476
143	Matthew REYNOLDS	Lowestoft Road Runners	0	0	476	0	0	0	0	0	0	0	476
144	Neil BYE	Lowestoft Road Runners	0	0	475	0	0	0	0	0	0	0	475
145	Shaun HARRIS	Ipswich Jaffa RC	0	0	0	475	0	0	0	0	0	0	475
146	Sean KENNEDY	Woodbridge Shufflers Running Club	0	0	0	0	0	475	0	0	0	0	475
147	Dave CATCHPOLE	Waveney Valley AC	0	0	474	0	0	0	0	0	0	0	474
148	James EMINSON	Woodbridge Shufflers Running Club	0	0	0	0	0	473	0	0	0	0	473
149	George FIRTH	Stowmarket Striders Running Club	0	0	0	473	0	0	0	0	0	0	473
150	Edward PHILLIPS	Bungay Black Dog RC	0	0	473	0	0	0	0	0	0	0	473
151	Matt REASON	Stowmarket Striders Running Club	0	0	0	472	0	0	0	0	0	0	472
152	John CHELL	Ipswich Jaffa RC	0	0	0	471	0	0	0	0	0	0	471
153	Stuart HUNT	Hadleigh Hares AC	0	0	0	470	0	0	0	0	0	0	470
154	Gavin BOAG	Stowmarket Striders Running Club	0	0	0	468	0	0	0	0	0	0	468
155	Robert KEMP	Felixstowe RRC	0	0	0	466	0	0	0	0	0	0	466
156	Stuart MATHIESON	Sudbury Joggers	0	0	0	465	0	0	0	0	0	0	465
MV40													
1	Alastair READ	Felixstowe RRC	0	496	500	493	499	0	499	0	0	497	2491
2	Benjamin JACOBS	Felixstowe RRC	0	500	0	481	497	499	0	500	0	490	2486
2	Westley WALKER	Haverhill Running Club	498	0	0	494	0	494	500	0	500	0	2486
4	Robin HARPER	Felixstowe RRC	0	495	0	488	495	493	0	497	0	494	2474

40	Tom PULLINGER	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495
41	Roger STONE	Felixstowe RRC	0	0	0	495	0	0	0	0	0	0	495
42	Will ALDRED	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494
43	David Church	Felixstowe RRC	0	0	0	0	0	0	0	0	0	494	494
44	Mark GOODWIN	Felixstowe RRC	0	494	0	0	0	0	0	0	0	0	494
45	Robert JAMES	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494
46	Bryn STUPPELL	Haverhill Running Club	0	0	0	0	0	0	0	494	0	0	494
47	Keith WILLIAMS	Ipswich Jaffa RC	494	0	0	0	0	0	0	0	0	0	494
48	Steven GARVIE	Framlingham Flyers	0	0	0	0	0	493	0	0	0	0	493
49	Horace Shuriah	Haverhill Running Club	0	0	0	0	493	0	0	0	0	0	493
50	Steve SYMSS	Stowmarket Striders Running Club	0	0	493	0	0	0	0	0	0	0	493
51	Andy GARVIE	Woodbridge Shufflers Running Club	0	0	0	0	0	492	0	0	0	0	492
52	Robert WORTHINGTON	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492
53	Andy BAILEY	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491
54	Gabriel MARTINS	Ipswich Jaffa RC	0	0	0	0	0	491	0	0	0	0	491
55	Steve MCNAMARA	Stowmarket Striders Running Club	0	491	0	0	0	0	0	0	0	0	491
56	Adam MUMFORD	Sudbury Joggers	0	0	0	491	0	0	0	0	0	0	491
57	Mark SKOULDING	Stowmarket Striders Running Club	491	0	0	0	0	0	0	0	0	0	491
58	Stephen BULLEN	Lowestoft Road Runners	0	0	490	0	0	0	0	0	0	0	490
59	Steve CHAPMAN	Stowmarket Striders Running Club	0	490	0	0	0	0	0	0	0	0	490
60	Clive DAVEY	Sudbury Joggers	0	0	0	490	0	0	0	0	0	0	490
61	Martin LITTLE	Stowmarket Striders Running Club	490	0	0	0	0	0	0	0	0	0	490
62	Kenneth TOVELL	Framlingham Flyers	0	0	0	0	0	490	0	0	0	0	490
63	Stuart GOVEY	Bungay Black Dog RC	0	489	0	0	0	0	0	0	0	0	489
64	Michael JONES	Stowmarket Striders Running Club	488	0	0	0	0	0	0	0	0	0	488
65	Jon MOODIE	Framlingham Flyers	0	0	0	0	0	488	0	0	0	0	488
66	Steve RITSON	Stowmarket Striders Running Club	0	0	0	488	0	0	0	0	0	0	488
67	Martyn WOODGATE	Bungay Black Dog RC	0	488	0	0	0	0	0	0	0	0	488
68	Toby CRAIG	Bungay Black Dog RC	0	487	0	0	0	0	0	0	0	0	487
69	Sean DAY	Bungay Black Dog RC	0	0	487	0	0	0	0	0	0	0	487
70	Barry ROGERS	Bungay Black Dog RC	487	0	0	0	0	0	0	0	0	0	487
71	Jason WOOD	Framlingham Flyers	0	0	0	0	0	487	0	0	0	0	487
72	Vince Calver	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486
73	Steve WARMAN	Bungay Black Dog RC	0	486	0	0	0	0	0	0	0	0	486
74	Robbie BURT	Saint Edmund Pacers	485	0	0	0	0	0	0	0	0	0	485
75	Richard CHECKETTS	Framlingham Flyers	0	0	0	0	0	485	0	0	0	0	485
76	David DAMANT	Stowmarket Striders Running Club	484	0	0	0	0	0	0	0	0	0	484
77	Christopher HOWARD	Sudbury Joggers	0	0	0	484	0	0	0	0	0	0	484
78	Neil MUSTOE	Haverhill Running Club	0	0	0	0	0	484	0	0	0	0	484
79	Alan Paul FOSKER	Hadleigh Hares AC	0	0	0	483	0	0	0	0	0	0	483
80	Justin OSTLER	Felixstowe RRC	0	0	0	0	0	483	0	0	0	0	483
81	David SMITH	Lowestoft Road Runners	0	0	0	0	0	482	0	0	0	0	482
MV50													
1	Jamie RANDALL	Haverhill Running Club	0	0	497	492	498	497	500	0	500	0	2492
2	Charles HANN	Sudbury Joggers	0	496	0	498	0	499	0	500	0	498	2491
3	Stephen HATTEN	Saint Edmund Pacers	498	0	499	494	499	483	495	0	0	0	2485
4	Ian GOODERHAM	Saint Edmund Pacers	0	0	498	489	497	496	497	0	0	0	2477
5	Nigel Schofield	Saint Edmund Pacers	0	0	0	0	496	491	499	0	0	496	1982
6	Mark GOBOLD	Ipswich Harriers	496	0	0	487	0	0	494	0	498	0	1975
7	Richard DEMPSEY	Woodbridge Shufflers Running Club	497	0	0	485	494	493	0	0	0	0	1969

8	Duncan CHAMBERLAIN	Ipswich Jaffa RC	494	0	0	478	0	482	0	0	0	492	1946
9	Wilfred CAMPBELL	Ipswich Jaffa RC	500	0	0	0	0	500	0	0	0	500	1500
10	Dave SOLOMON	Felixstowe RRC	0	499	0	0	500	0	0	0	0	499	1498
11	James WOOD	Sudbury Joggers	0	0	0	495	0	0	498	0	497	0	1490
12	Peter WARLAND	Stowmarket Striders Running Club	0	0	0	488	0	0	496	0	0	494	1478
13	Paul BROUGH	Haverhill Running Club	0	0	0	482	0	487	0	499	0	0	1468
14	Mark AVERY	Ipswich Jaffa RC	0	0	0	483	0	488	0	0	0	495	1466
15	Paul MCALLISTER	Hadleigh Hares AC	0	0	0	476	493	485	0	0	0	0	1454
16	Brian MUNNS	Newmarket Joggers	495	0	0	491	0	0	0	0	0	0	986
17	Chris CHORLEY	Bungay Black Dog RC	0	487	0	496	0	0	0	0	0	0	983
18	Kevin CLARK	Bungay Black Dog RC	493	0	489	0	0	0	0	0	0	0	982
19	Philip BEER	Stowmarket Striders Running Club	492	0	0	0	0	480	0	0	0	0	972
20	Tom HOBLYN	Saint Edmund Pacers	0	490	0	480	0	0	0	0	0	0	970
21	Robert REASON	Stowmarket Striders Running Club	0	0	0	484	0	484	0	0	0	0	968
22	David SWALES	Saint Edmund Pacers	490	0	0	473	0	0	0	0	0	0	963
23	Dave COPLAND	Ipswich Triathlon Club	0	0	500	0	0	0	0	0	0	0	500
24	Scott MACSEPHNEY	Ipswich Jaffa RC	0	0	0	500	0	0	0	0	0	0	500
25	Steven william PARRY	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500
26	Andrew BUCK	Sudbury Joggers	0	0	0	499	0	0	0	0	0	0	499
27	Ian DUGGAN	Felixstowe RRC	499	0	0	0	0	0	0	0	0	0	499
28	David Graham	Lowestoft Road Runners	0	0	0	0	0	0	0	0	499	0	499
29	Warren BIRCH	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	0	498
30	Richard BURFORD	Haverhill Running Club	0	0	0	0	0	0	0	498	0	0	498
31	Richard HIGGINS	Framlingham Flyers	0	0	0	0	0	498	0	0	0	0	498
32	Paul Brown	Framlingham Flyers	0	0	0	0	0	0	0	0	0	497	497
33	Steven HUGHES	Stowmarket Striders Running Club	0	0	0	497	0	0	0	0	0	0	497
34	Martin LAWRENCE	Haverhill Running Club	0	497	0	0	0	0	0	0	0	0	497
35	Richard CROSSLAND	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	0	496
36	Peter Lang	Waveney Valley AC	0	0	0	0	0	0	0	0	496	0	496
37	Mark FRISTON	Woodbridge Shufflers Running Club	0	0	0	0	0	495	0	0	0	0	495
38	Nigel Johns	Capel Cheetahs	0	0	0	0	0	0	0	0	495	0	495
39	Jonathan Ollington	Newmarket Joggers	0	0	0	0	495	0	0	0	0	0	495
40	Rakesh RAJA	Saint Edmund Pacers	0	495	0	0	0	0	0	0	0	0	495
41	Simon SMITH	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495
42	Simon FENN	Hadleigh Hares AC	0	494	0	0	0	0	0	0	0	0	494
43	Richard SMITH	Saint Edmund Pacers	0	0	494	0	0	0	0	0	0	0	494
44	Kevin WHELAN	Felixstowe RRC	0	0	0	0	0	494	0	0	0	0	494
45	Robert HUGHES	Saint Edmund Pacers	0	493	0	0	0	0	0	0	0	0	493
46	Giles MACCROW	Newmarket Joggers	0	0	493	0	0	0	0	0	0	0	493
47	Steven NEAL	Brandon Fern Hoppers	0	0	0	493	0	0	0	0	0	0	493
48	Jimmy Russell	Felixstowe RRC	0	0	0	0	0	0	0	0	0	493	493
49	Kevin ELLIS	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492
50	Shaun GOOD	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492
51	Wayne MUMFORD	Sudbury Joggers	0	0	0	0	0	492	0	0	0	0	492
52	Stephen ATKINS	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	0	491
53	David MANSFIELD	Haverhill Running Club	491	0	0	0	0	0	0	0	0	0	491
54	Mark SMITH	Lowestoft Road Runners	0	0	491	0	0	0	0	0	0	0	491
55	Damian ASHCROFT	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490
56	Stephen DIXON	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490
57	Mark JOHNSTONWOOD	Sudbury Joggers	0	0	0	490	0	0	0	0	0	0	490
58	Tim BACON	Stowmarket Striders Running Club	0	0	0	0	0	489	0	0	0	0	489

59	Phil BROWN	Saint Edmund Pacers	0	489	0	0	0	0	0	0	0	0	489
60	Stuart YOUNG	Bungay Black Dog RC	0	488	0	0	0	0	0	0	0	0	488
61	Tim ELLIOTT	Brandon Fern Hoppers	0	486	0	0	0	0	0	0	0	0	486
62	Nick FALCONER	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486
63	Tim HIGGINS	Ipswich Jaffa RC	0	0	0	486	0	0	0	0	0	0	486
64	Benjamin SOLWAY	Woodbridge Shufflers Running Club	0	485	0	0	0	0	0	0	0	0	485
65	Tim PARNELL	Felixstowe RRC	0	484	0	0	0	0	0	0	0	0	484
66	Glen AVIS	Hadleigh Hares AC	0	0	0	481	0	0	0	0	0	0	481
67	Adrian GOODE	Felixstowe RRC	0	0	0	0	0	481	0	0	0	0	481
68	Chris FOX	Woodbridge Shufflers Running Club	0	0	0	479	0	0	0	0	0	0	479
69	Paul HALES	Capel Cheetahs	0	0	0	0	0	479	0	0	0	0	479
70	Gi kwong CHEUNG	Ipswich Jaffa RC	0	0	0	477	0	0	0	0	0	0	477
71	Mark BANHAM	Felixstowe RRC	0	0	0	475	0	0	0	0	0	0	475
72	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	474	0	0	0	0	0	0	474
MV55													
1	Todd LEWIS	Sudbury Joggers	0	500	500	497	0	497	0	500	0	0	2494
2	Russel BREYER	Ipswich Triathlon Club	0	0	498	493	498	0	500	0	499	0	2488
3	Cliff MANNING	Sudbury Joggers	0	0	0	490	496	493	0	498	494	0	2471
4	David SEYMOUR	Felixstowe RRC	0	491	0	488	493	490	0	499	0	0	2461
5	Mark ALLEN	Woodbridge Shufflers Running Club	0	489	492	486	492	0	0	0	0	496	2455
6	Adrian COLE	Stowmarket Striders Running Club	0	0	0	480	489	487	0	496	0	492	2444
7	Yusuf FIRAT	Haverhill Running Club	0	494	486	495	490	0	0	0	0	0	1965
8	Vaughan Morris	Stowmarket Striders Running Club	0	0	0	0	499	495	0	0	0	498	1492
9	Duncan CHENERY	Ipswich Jaffa RC	0	0	497	492	0	0	0	0	498	0	1487
10	Graham WIGLEY	Framlingham Flyers	0	0	496	0	497	491	0	0	0	0	1484
11	Robert MORGAN	Saint Edmund Pacers	0	0	0	487	0	0	0	497	0	497	1481
12	Richard SMITH	Felixstowe RRC	0	0	0	484	0	0	498	0	497	0	1479
13	Peter JAY	Saint Edmund Pacers	0	493	0	489	0	492	0	0	0	0	1474
14	Simon HAFFENDEN	Saint Edmund Pacers	0	0	0	483	491	0	499	0	0	0	1473
15	Steve LANGLEY	Ipswich Jaffa RC	0	0	0	499	0	500	0	0	0	0	999
16	Robin BELSOM	Ipswich Jaffa RC	0	498	0	0	500	0	0	0	0	0	998
17	Derek DALY	Saxmundham Sports Running & Fitness Club	0	497	499	0	0	0	0	0	0	0	996
18	Alan JACKSON	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	500	996
19	William BURDETT	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	495	0	995
20	Alistair DICK	Ipswich Jaffa RC	0	499	0	0	0	496	0	0	0	0	995
21	Andrew BUDD	Capel Cheetahs	0	0	0	494	0	0	0	0	0	499	993
22	Paul SCHWER	Felixstowe RRC	0	496	0	0	0	0	0	0	0	495	991
23	Chris HOWLAND	Felixstowe RRC	0	490	0	0	0	0	0	0	0	494	984
24	Peter FINCH	Ipswich Jaffa RC	0	0	0	0	0	488	0	0	0	493	981
25	Christopher LUCAS	Saxmundham Sports Running & Fitness Club	0	0	489	0	0	489	0	0	0	0	978
26	Jeremy HOLT	Sudbury Joggers	0	0	487	482	0	0	0	0	0	0	969
27	Joe NAUGHTON	Stowmarket Striders Running Club	0	488	0	481	0	0	0	0	0	0	969
28	Chris COOKE	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500
29	Stuart Green	Stowmarket Striders Running Club	0	0	0	0	0	0	0	0	500	0	500
30	Peter CLARKE	Diss & District AC	0	0	0	0	0	499	0	0	0	0	499
31	Howard BEASLEY	Saint Edmund Pacers	0	0	0	498	0	0	0	0	0	0	498
32	Stephen HICKS	Ipswich Harriers	0	0	0	0	0	498	0	0	0	0	498
33	David Field	Stowmarket Striders Running Club	0	0	0	0	0	0	0	0	496	0	496
34	Dave ALLEY	Woodbridge Shufflers Running Club	0	495	0	0	0	0	0	0	0	0	495
35	John Duke	Newmarket Joggers	0	0	0	0	495	0	0	0	0	0	495

36	Richard DYE	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495
37	Steve Miller	Haverhill Running Club	0	0	0	0	0	0	0	495	0	0	495
38	Stephen Baldock	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494
39	Graham HAMMOND	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494
40	Ian KENNEDY	Framlingham Flyers	0	0	0	0	0	494	0	0	0	0	494
41	Mark KINGSTON	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493
42	Gary GODFREY	Sudbury Joggers	0	492	0	0	0	0	0	0	0	0	492
43	Glenn FRUISH	Newmarket Cycling & Triathlon Club	0	0	0	491	0	0	0	0	0	0	491
44	Andy THORNTON	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491
45	David HUPTON	Bungay Black Dog RC	0	0	490	0	0	0	0	0	0	0	490
46	Tony MORLEY	Bungay Black Dog RC	0	0	488	0	0	0	0	0	0	0	488
47	Rod MACGREGOR	Felixstowe RRC	0	0	0	0	0	486	0	0	0	0	486
48	Tony ADOLPHUS	Ipswich Jaffa RC	0	0	0	485	0	0	0	0	0	0	485
MV60													
1	Stephen PRETTY	Stowmarket Striders Running Club	0	0	500	500	500	500	0	499	0	0	2499
2	Mik CARR	Bungay Black Dog RC	0	499	499	496	498	498	500	0	0	498	2494
3	Ian SILLETT	Felixstowe RRC	0	495	498	495	497	495	499	0	0	496	2485
4	Clive PURBROOK	Newmarket Joggers	500	0	0	0	0	499	0	498	0	499	1996
5	Chris JOHNS	Woodbridge Shufflers Running Club	0	498	0	498	0	0	0	497	0	0	1493
6	Iain HUNTER	Stowmarket Striders Running Club	498	0	494	491	0	0	0	0	0	0	1483
7	Peter Johnson	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	500	999
8	Mon LEE	Ipswich Jaffa RC	497	0	0	0	0	496	0	0	0	0	993
9	Paul MAYCOCK	Capel Cheetahs	0	0	496	497	0	0	0	0	0	0	993
10	Jim WITHERS	Newmarket Joggers	496	0	0	494	0	0	0	0	0	0	990
11	George WICKER	Saint Edmund Pacers	495	0	0	493	0	0	0	0	0	0	988
12	Terry HUNTER	Stowmarket Striders Running Club	494	0	0	492	0	0	0	0	0	0	986
13	Terry BACK	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	0	500
14	Neville CLARKE	Newmarket Joggers	0	0	0	0	0	0	0	500	0	0	500
15	Ker MACROSSON	Stowmarket Striders Running Club	499	0	0	0	0	0	0	0	0	0	499
16	Kim SWAN	Saint Edmund Pacers	0	0	0	499	0	0	0	0	0	0	499
17	Simon Green	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	0	497	497
18	Rob MAWSON	Framlingham Flyers	0	0	0	0	0	497	0	0	0	0	497
19	Roland SHAW	Bungay Black Dog RC	0	497	0	0	0	0	0	0	0	0	497
20	Stephen WILLIAMS	Saint Edmund Pacers	0	0	497	0	0	0	0	0	0	0	497
21	Steve HALLS	Haverhill Running Club	0	496	0	0	0	0	0	0	0	0	496
22	Stuart SMITH	Waveney Valley AC	0	0	495	0	0	0	0	0	0	0	495
MV65													
1	Philip HYMERS	Saint Edmund Pacers	499	0	0	499	499	0	0	500	0	500	2497
2	Chris AYLMER	Newmarket Joggers	0	499	499	496	0	499	498	0	498	0	2493
3	John NEVIN	Haverhill Running Club	0	0	500	0	498	500	0	0	0	497	1995
4	David COLEY	Ipswich Jaffa RC	0	0	0	497	0	498	0	0	499	0	1494
5	Stewart CHALMERS	Haverhill Running Club	498	0	0	0	0	0	499	0	0	0	997
6	Richard FELLINGHAM	Stowmarket Striders Running Club	0	0	0	0	0	0	0	499	0	498	997
7	Robin ASHE	Bungay Black Dog RC	0	500	0	0	0	0	0	0	0	0	500
8	Stephen MEAD	Stowmarket Striders Running Club	500	0	0	0	0	0	0	0	0	0	500
9	Frank Moggan	Stowmarket Striders Running Club	0	0	0	0	0	0	0	0	500	0	500
10	Tim NEWTON	Ipswich Jaffa RC	0	0	0	500	0	0	0	0	0	0	500
11	Jonathan PRICE	Sudbury Joggers	0	0	0	0	0	0	500	0	0	0	500
12	Steven Rue	Saint Edmund Pacers	0	0	0	0	500	0	0	0	0	0	500

