

			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 10	Bungay 10	Kirton Frid	Sudbury F	Framlingha	Martleshar	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	497	499	499	0	3490	2496
2	Maria Riera TURRO	Felixstowe RRC	493	0	495	0	486	0	493	0	497	0	2464	2464
3	Keeley WHITE	Haverhill RC	489	0	492	0	475	484	0	492	0	494	2926	2451
4	Clair NAGORSKI	Haverhill RC	487	0	491	0	473	480	0	0	493	0	2424	2424
5	Hayley WILSON	Haverhill RC	485	0	490	0	474	482	0	0	492	0	2423	2423
6	Sam Spencer	Ipswich Jaffa RC	0	0	498	0	493	495	0	0	498	0	1984	1984
7	Sarah BANHAM	Felixstowe RRC	0	493	0	0	482	0	0	494	496	0	1965	1965
8	Kirsty MARSH	Felixstowe RRC	488	0	0	0	469	478	0	491	0	0	1926	1926
9	Katie KING	Saint Edmund Pacers	0	0	0	0	500	499	0	0	0	500	1499	1499
10	Kayleigh TURPIN	Felixstowe RRC	0	0	0	0	490	493	0	495	0	0	1478	1478
11	Michelle Hewitt	Framlingham Flyers	0	0	0	498	488	491	0	0	0	0	1477	1477
12	Lyndsey Smith	Diss and District AC	0	0	494	0	483	487	0	0	0	0	1464	1464
13	Holly CRIMP	Framlingham Flyers	0	0	0	0	478	483	492	0	0	0	1453	1453
14	Katherine AYKROYD	Felixstowe RRC	0	0	0	0	464	0	491	490	0	0	1445	1445
15	Anna KEEBLE	Ipswich Jaffa RC	0	0	0	0	496	0	0	500	0	0	996	996
16	Annie RICHARDSON	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	499	996	996
17	Sophie BARNARD	Bungay Black Dog RC	495	0	0	499	0	0	0	0	0	0	994	994
18	Lara POCOCK	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	498	994	994
19	Emma KEEN	Felixstowe RRC	0	0	0	0	0	494	499	0	0	0	993	993
20	Maddy LANSDOWN	Ipswich Jaffa RC	0	0	0	0	494	498	0	0	0	0	992	992
21	Grace LEAVY	Stowmarket Striders RC	0	0	0	0	495	496	0	0	0	0	991	991
22	Kathy WILSON-BROW	Ipswich Jaffa RC	0	0	0	0	489	490	0	0	0	0	979	979
23	Laura BROWN	Stowmarket Striders RC	491	0	0	0	480	0	0	0	0	0	971	971
24	Olivia BEER	Stowmarket Striders RC	486	0	484	0	0	0	0	0	0	0	970	970
25	Sophie COLEMAN	Ipswich Jaffa RC	0	0	0	0	477	485	0	0	0	0	962	962
26	Victoria SENIOR	Saint Edmund Pacers	0	0	0	0	471	481	0	0	0	0	952	952
27	Sophie GATHORNE-H	Saint Edmund Pacers	0	0	0	0	472	479	0	0	0	0	951	951
28	Daisy GLOVER	Framlingham Flyers	0	500	0	0	0	0	0	0	0	0	500	500
29	Rosie HORSFIELD	Ipswich Jaffa RC	0	0	0	0	0	0	500	0	0	0	500	500
30	Maddie JORDAN-LEE	Stowmarket Striders RC	0	0	0	0	0	500	0	0	0	0	500	500
31	Anna O'HARE	Haverhill RC	0	0	0	0	0	0	0	0	500	0	500	500
32	Alice Watson	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
33	Lucy COWLIN	Sudbury Joggers	499	0	0	0	0	0	0	0	0	0	499	499
34	Jess GOODERHAM	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
35	Rebecca Smith	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	0	499	499
36	Laura THOMAS	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	0	499	499
37	Francesca ANDERSON	Framlingham Flyers	0	0	0	0	0	0	498	0	0	0	498	498
38	Kate CREAK	TriSudbury	0	498	0	0	0	0	0	0	0	0	498	498
39	Kate HEEKS	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	0	498	498

30	Donna TALBOT	Saint Edmund Pacers	495	0	0	0	0	0	0	0	0	0	495	495
31	Melanie MANSFIELD	Haverhill RC	493	0	0	0	0	0	0	0	0	0	493	493
32	Stacey HALL	Haverhill RC	490	0	0	0	0	0	0	0	0	0	490	490
33	Cheryl EDEN	Haverhill RC	488	0	0	0	0	0	0	0	0	0	488	488
34	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	500	0	2497	2497
2	Tracy QUARRELL	Haverhill RC	0	495	0	500	0	498	494	500	499	0	2986	2492
3	Sam LINASSI	Felixstowe RRC	500	0	0	0	499	0	499	0	0	0	1498	1498
4	Alice HEATHER - HAY	Ipswich Harriers	0	0	0	0	500	0	500	0	0	0	1000	1000
5	Clare EVERITT	Haverhill RC	497	0	0	0	0	0	0	0	498	0	995	995
6	Gemma MOSS	Ipswich Jaffa RC	0	0	0	0	497	0	496	0	0	0	993	993
7	Clare WHITFIELD	Saint Edmund Pacers	0	0	0	0	494	499	0	0	0	0	993	993
8	Victoria ORFORD	Framlingham Flyers	0	0	0	0	495	0	495	0	0	0	990	990
9	Heidi KNIGHT	Capel Cheetahs	0	0	0	0	493	496	0	0	0	0	989	989
10	Claire ROOKE	Sudbury Joggers	494	0	0	0	492	0	0	0	0	0	986	986
11	Jodie BUDD	Sudbury Joggers	493	0	0	0	490	0	0	0	0	0	983	983
12	Sally-Ann BOWEN	Sudbury Joggers	0	500	0	0	0	0	0	0	0	0	500	500
13	Rosemary NAYLOR	TriSudbury	499	0	0	0	0	0	0	0	0	0	499	499
14	Becky Sturgeon	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
15	Kari Urban	Woodbridge Shufflers RC	0	0	499	0	0	0	0	0	0	0	499	499
16	Victoria GALLANTREE	Framlingham Flyers	0	0	0	0	0	0	498	0	0	0	498	498
17	Sarah MAIDMENT	Framlingham Flyers	498	0	0	0	0	0	0	0	0	0	498	498
18	Chrissie Ryding	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
19	Nikki VINCE	Hadleigh Hares AC	0	498	0	0	0	0	0	0	0	0	498	498
20	Veronica LEWIS	Haverhill RC	0	0	0	0	0	497	0	0	0	0	497	497
21	Karen OFFORD	Stowmarket Striders RC	0	0	0	0	0	0	497	0	0	0	497	497
22	Marie PAVELEY	Capel Cheetahs	0	497	0	0	0	0	0	0	0	0	497	497
23	Wendy Richards	Waveney Valley AC	0	0	497	0	0	0	0	0	0	0	497	497
24	Sarah James	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
25	Clair JEFFERSON	TriSudbury	0	496	0	0	0	0	0	0	0	0	496	496
26	Aimee MCLACHLAN	Woodbridge Shufflers RC	0	0	0	0	496	0	0	0	0	0	496	496
27	Yvonne POTTER	Stowmarket Striders RC	496	0	0	0	0	0	0	0	0	0	496	496
28	Elizabeth Fox	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
29	Sarah MURKIN	Haverhill RC	495	0	0	0	0	0	0	0	0	0	495	495
30	Amanda DUNN	Hadleigh Hares AC	0	494	0	0	0	0	0	0	0	0	494	494
31	Michelle KEEBLE	The Saxons	0	0	0	0	0	0	493	0	0	0	493	493
32	Joanne SARGENT	Hadleigh Hares AC	0	493	0	0	0	0	0	0	0	0	493	493
33	Tina CHURCH	The Saxons	0	0	0	0	491	0	0	0	0	0	491	491
FV50														
1	Kaye BRANTON	Felixstowe RRC	0	500	0	0	500	500	0	500	500	0	2500	2500
2	Mary-Ann TULI	Haverhill RC	494	0	0	498	497	495	0	499	0	499	2982	2488
3	Sarah VICK	The Saxons	0	497	0	499	490	494	498	0	0	497	2975	2485
4	Julia MOSS-ECCARD	Stowmarket Striders RC	493	0	0	0	491	493	0	0	498	0	1975	1975
5	Helen SPOONER	Haverhill RC	486	0	0	0	488	490	0	0	0	498	1962	1962
6	Jacqueline ALLPORT	Felixstowe RRC	482	0	0	0	481	487	495	0	0	0	1945	1945
7	Mary NAREY	Stowmarket Striders RC	498	0	0	500	0	0	500	0	0	0	1498	1498

8	Joanna White	The Saxons	0	0	496	0	486	491	0	0	0	1473	1473	
9	Mandy GODBOLD	Ipswich Harriers	0	0	0	0	485	489	0	498	0	1472	1472	
10	Jo HAYWARD	Stowmarket Striders RC	0	0	0	0	499	499	0	0	0	998	998	
11	Gillian LEATHERS	Saint Edmund Pacers	499	0	0	0	0	0	0	0	499	998	998	
12	Sandra WEBB	Saint Edmund Pacers	500	0	0	0	0	497	0	0	0	997	997	
13	Eloise Bird	Saint Edmund Pacers	0	0	499	0	0	0	0	0	0	496	995	995
14	Debbie CATLING	Felixstowe RRC	0	0	0	0	498	496	0	0	0	0	994	994
15	Wendy KELLETT	Ipswich Jaffa RC	0	0	0	0	494	0	499	0	0	0	993	993
16	Nicole SMITH	Newmarket Joggers	0	0	0	0	0	0	496	0	497	0	993	993
17	Emma HARWOOD	Framlingham Flyers	0	499	0	0	492	0	0	0	0	0	991	991
18	Kate BEER	Stowmarket Striders RC	490	0	498	0	0	0	0	0	0	0	988	988
19	Karen CHAMBERLAIN	Ipswich Jaffa RC	491	0	0	0	0	0	497	0	0	0	988	988
20	Amanda CHILDS	Ipswich Jaffa RC	0	0	0	0	483	488	0	0	0	0	971	971
21	Alison Goodwin	Haverhill RC	0	0	500	0	0	0	0	0	0	0	500	500
22	Wendy SMITH	Saint Edmund Pacers	0	0	0	0	0	0	0	0	0	500	500	500
23	Joanna LEADER	Saint Edmund Pacers	0	0	0	0	0	498	0	0	0	0	498	498
24	Jo PARDEN	Framlingham Flyers	0	498	0	0	0	0	0	0	0	0	498	498
25	Melonie Evans	TriSudbury	0	0	497	0	0	0	0	0	0	0	497	497
26	Michelle Lightfoot	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
27	Jo LOCKHART	Bungay Black Dog RC	497	0	0	0	0	0	0	0	0	0	497	497
28	Justine Wiseman	The Saxons	0	0	0	0	0	0	0	497	0	0	497	497
29	Sharon BOROBY	Haverhill RC	0	0	0	0	0	0	0	0	496	0	496	496
30	Fudge Farrar	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
31	Beryl LANSDOWN	Ipswich Jaffa RC	0	0	0	0	496	0	0	0	0	0	496	496
32	Rachel TERRY	Stowmarket Striders RC	496	0	0	0	0	0	0	0	0	0	496	496
33	Sandra BUMPHREY	Capel Cheetahs	0	0	0	0	495	0	0	0	0	0	495	495
34	Becca Kineavy	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
35	Sarah LAST	Newmarket Joggers	0	0	0	0	0	0	0	0	495	0	495	495
36	Mandy Moore	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
37	Helen WING	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	0	495	495
38	Catherine Belsom	Stowmarket Striders RC	0	0	494	0	0	0	0	0	0	0	494	494
39	Rachel DICKSON	Haverhill RC	0	0	0	0	0	0	0	0	494	0	494	494
40	Judith Sadler	Bungay Black Dog RC	0	0	0	494	0	0	0	0	0	0	494	494
41	Anita Powers	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	0	493	493
42	Nicky WATSON	Woodbridge Shufflers RC	0	0	0	0	493	0	0	0	0	0	493	493
43	Joanne ORR	Stowmarket Striders RC	492	0	0	0	0	0	0	0	0	0	492	492
44	Karen SKENE	Capel Cheetahs	0	0	0	0	0	492	0	0	0	0	492	492
45	Sarah Watts	Diss & District AC	0	0	492	0	0	0	0	0	0	0	492	492
46	Penny Harris	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	0	491	491
47	Sue Cole	Waveney Valley AC	0	0	490	0	0	0	0	0	0	0	490	490
48	Anna MAYHEW	Newmarket Joggers	489	0	0	0	0	0	0	0	0	0	489	489
49	Louise RAMSAY	Ipswich Jaffa RC	0	0	0	0	489	0	0	0	0	0	489	489
50	Lisa HARLING	Haverhill RC	488	0	0	0	0	0	0	0	0	0	488	488
51	Kathryn GERRY	Woodbridge Shufflers RC	0	0	0	0	487	0	0	0	0	0	487	487
52	Kate HARROLD	Felixstowe RRC	487	0	0	0	0	0	0	0	0	0	487	487
53	Kate WARBOYS	Newmarket Joggers	0	0	0	0	0	486	0	0	0	0	486	486
54	Kathryn ARMOUR	Haverhill RC	485	0	0	0	0	0	0	0	0	0	485	485
55	Claire ANDERSON	Haverhill RC	484	0	0	0	0	0	0	0	0	0	484	484
56	Amanda BIRD	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	0	484	484

57	Debbie BEARE	Saint Edmund Pacers	483	0	0	0	0	0	0	0	0	0	483	483
58	Amanda PRIOR	Capel Cheetahs	0	0	0	0	482	0	0	0	0	0	482	482
59	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	500	0	0	0	2500	2500
2	Sharon WARLAND	Stowmarket Striders RC	496	0	499	0	496	498	498	498	0	499	3484	2492
3	Sil CLAY	Haverhill RC	0	499	498	0	0	496	0	499	500	0	2492	2492
4	Jackie HANN	Sudbury Joggers	0	500	0	500	498	0	0	0	0	500	1998	1998
5	Ruth COWLIN	Sudbury Joggers	493	0	0	0	495	497	0	0	499	0	1984	1984
6	Grace JUDGE	Haverhill RC	492	0	497	0	0	493	0	0	497	0	1979	1979
7	Emily Cooper-Reade	Stowmarket Striders RC	0	0	0	497	491	492	497	0	0	0	1977	1977
8	Marion PARKER	Felixstowe RRC	497	0	0	0	497	0	0	500	0	0	1494	1494
9	Jenny LYNCH	Felixstowe RRC	494	0	0	0	494	495	0	0	0	0	1483	1483
10	Jackie COLLINS	Felixstowe RRC	490	0	0	0	0	491	496	0	0	0	1477	1477
11	Denise WRIGHT	Stowmarket Striders RC	491	0	0	0	492	494	0	0	0	0	1477	1477
12	Kirsty WEAVERS	Saint Edmund Pacers	0	0	0	0	499	499	0	0	0	0	998	998
13	Geraldine CLARKE	Framlingham Flyers	0	0	0	0	0	0	499	0	0	0	499	499
14	Haley SUTTLE	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	0	499	499
15	Jane Wood	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
16	Shirley FOWLER	Haverhill RC	498	0	0	0	0	0	0	0	0	0	498	498
17	Rachel Hirst	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
18	Silke SHEPPARD	Haverhill RC	0	0	0	0	0	0	0	0	498	0	498	498
19	Jan HOLMES	Newmarket Joggers	0	0	0	0	0	0	0	0	496	0	496	496
20	Dawn Marshall	Saint Edmund Pacers	0	0	496	0	0	0	0	0	0	0	496	496
21	Mitzy O'Loughlin	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
22	Joanne BOUTTELL	Newmarket Joggers	0	0	0	0	0	0	0	0	495	0	495	495
23	Nathalie HOOPER	Hadleigh Hares AC	495	0	0	0	0	0	0	0	0	0	495	495
24	Jayne Richardson	Waveney Valley AC	0	0	495	0	0	0	0	0	0	0	495	495
25	Clare Webb	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
26	Angi Smith	Waveney Valley AC	0	0	494	0	0	0	0	0	0	0	494	494
27	Maria Reed	Haverhill RC	0	0	493	0	0	0	0	0	0	0	493	493
28	Karen SHELLEY	Stowmarket Striders RC	0	0	0	0	493	0	0	0	0	0	493	493
29	Janice HOLMES	Newmarket Joggers	0	0	0	0	0	490	0	0	0	0	490	490
30	Jackie WESTROPE	Haverhill RC	489	0	0	0	0	0	0	0	0	0	489	489
FV60														
1	Nicola STEVENSON	Felixstowe RRC	0	499	500	0	0	0	497	498	500	0	2494	2494
2	Ruth ACWORTH	Woodbridge Shufflers RC	0	0	0	0	499	500	0	500	0	500	1999	1999
3	Bobbie SAUERZAPF	Bungay Black Dog RC	0	500	0	0	497	498	500	0	0	0	1995	1995
4	Belinda GODBOLD	Hadleigh Hares AC	0	0	0	0	498	499	0	499	0	0	1496	1496
5	Jenny CHURCH	Felixstowe RRC	496	0	0	0	496	0	0	497	0	0	1489	1489
6	Elaine ROBINSON	Stowmarket Striders RC	0	0	0	0	492	495	0	0	498	0	1485	1485
7	Sandra ROBERTS	Ipswich Jaffa RC	500	0	0	0	500	0	0	0	0	0	1000	1000
8	Jane MOON	Felixstowe RRC	0	498	0	0	0	0	498	0	0	0	996	996
9	Jan WALKER	Haverhill RC	495	0	0	0	0	0	0	0	496	0	991	991
10	Simone SUTHERLAND	Framlingham Flyers	0	0	0	0	493	496	0	0	0	0	989	989
11	Alison Cooper	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
12	Judith ADOLPHUS	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	499	0	499	499

13	Jackie Bell	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
14	Sue Fletcher	Waveney Valley AC	0	0	499	0	0	0	0	0	0	0	499	499
15	Wendy HUGHES	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	0	499	499
16	Anne PARKINSON	Framlingham Flyers	0	0	0	0	0	0	499	0	0	0	499	499
17	Angela BRINKLEY	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	0	498	498
18	Jayne Capps-Jenner	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	0	498	498
19	Theresa Jones	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
20	Jacqueline BELL	Bungay Black Dog RC	497	0	0	0	0	0	0	0	0	0	497	497
21	Gillian GREEN	Newmarket Joggers	0	0	0	0	0	0	0	0	497	0	497	497
22	Sue Pearson	The Saxons	0	0	0	497	0	0	0	0	0	0	497	497
23	Julie Seamons	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
24	Jo WHELAN	Felixstowe RRC	0	0	0	0	0	497	0	0	0	0	497	497
25	Wendy Boyden	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
26	Sally GARNHAM	Felixstowe RRC	0	0	0	0	495	0	0	0	0	0	495	495
27	Hilary COOK	Ipswich Harriers	0	0	0	0	494	0	0	0	0	0	494	494
28	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	500	0	1999	1999
2	Caroline MCINTOSH	Newmarket Joggers	498	0	0	0	0	498	0	0	498	0	1494	1494
3	Jenny MORGAN	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	500	1000	1000
4	Annette HUGGINS	Framlingham Flyers	0	0	0	0	497	0	499	0	0	0	996	996
5	Hazel Garrity	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
6	Christine MARSH	Stowmarket Striders RC	0	0	0	0	500	0	0	0	0	0	500	500
7	Riitta WOOD	Framlingham Flyers	0	0	0	0	0	0	500	0	0	0	500	500
8	Mary BURGESS	Felixstowe RRC	0	0	0	0	499	0	0	0	0	0	499	499
9	Linda BURTON	Saint Edmund Pacers	0	0	0	0	0	0	0	0	499	0	499	499
10	Jackie CUNINGHAME	Stowmarket Striders RC	0	0	0	0	0	499	0	0	0	0	499	499
11	Julie Haselwood	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	0	499	499
12	Angel CHERRETT	Framlingham Flyers	0	0	0	0	0	0	498	0	0	0	498	498
13	Vivienne TAYLOR	Framlingham Flyers	0	0	0	0	498	0	0	0	0	0	498	498
FV70														
1	Teresa TRANTER	Sudbury Joggers	0	0	0	0	500	500	0	0	500	0	1500	1500
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	500	0	499	0	2993	2497
2	Neil SMITH	Framlingham Flyers	0	497	0	0	480	488	0	498	0	498	2461	2461
3	Kyle Church	The Saxons	0	0	0	494	479	0	490	496	495	0	2454	2454
4	Mark KING	Felixstowe RRC	485	0	0	0	462	474	484	492	494	0	2891	2429
5	Neil DENNIS	Stowmarket Striders RC	0	487	0	0	466	477	488	495	0	0	2413	2413
6	Henry CATLING	Felixstowe RRC	499	0	0	0	489	494	497	0	0	0	1979	1979
7	Oliver SCHOFIELD	Saint Edmund Pacers	0	0	0	0	0	493	496	0	0	499	1488	1488
8	Ben CHURCHMAN	Diss & District AC	0	492	498	497	0	0	0	0	0	0	1487	1487
9	Samuel BURDETT	Stowmarket Striders RC	0	0	0	0	492	496	498	0	0	0	1486	1486
10	Dylan BRADNAM	Saint Edmund Pacers	497	0	0	0	485	492	0	0	0	0	1474	1474

60	Jonathan Read	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
61	James Ellis	Stowmarket Striders RC	0	0	0	0	0	0	0	494	0	0	494	494
62	Jonathan GLANFIELD	Felixstowe RRC	0	0	0	0	494	0	0	0	0	0	494	494
63	Edward Phillips	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	0	494	494
64	Jack TAPPIN	Haverhill RC	0	0	0	0	0	0	0	0	0	494	494	494
65	Stewart WOODS	Framlingham Flyers	0	0	0	0	0	0	494	0	0	0	494	494
66	Aden BELL	Hadleigh Hares AC	0	0	0	0	493	0	0	0	0	0	493	493
67	Michael BROWN	Framlingham Flyers	0	0	0	0	0	0	493	0	0	0	493	493
68	Lance ESCOBAR	Diss & District AC	0	493	0	0	0	0	0	0	0	0	493	493
69	Justin POTTER	Stowmarket Striders RC	493	0	0	0	0	0	0	0	0	0	493	493
70	Ben SMITH	Haverhill RC	0	0	0	0	0	0	0	0	493	0	493	493
71	Bertie Wheen	Woodbridge Shufflers RC	0	0	0	0	0	0	0	493	0	0	493	493
72	Daniel EUSTACE	Framlingham Flyers	0	0	0	0	0	0	492	0	0	0	492	492
73	Stuart Lawn	Bungay Black Dog RC	0	0	0	492	0	0	0	0	0	0	492	492
74	Joseph WEBB	Saint Edmund Pacers	492	0	0	0	0	0	0	0	0	0	492	492
75	Alastair ANGUS	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	0	491	491
76	Alex HOBBS	Stowmarket Striders RC	491	0	0	0	0	0	0	0	0	0	491	491
77	Thomas HUNNISETT	The Saxons	0	0	0	0	0	0	491	0	0	0	491	491
78	Paul WAIN	Ipswich Jaffa RC	0	0	0	0	491	0	0	0	0	0	491	491
79	Benjamin Wheeler	Ipswich Triathlon Club	0	0	0	0	0	0	0	491	0	0	491	491
80	Jake BARNARD	Saint Edmund Pacers	0	490	0	0	0	0	0	0	0	0	490	490
81	Ant GREEN	Saint Edmund Pacers	490	0	0	0	0	0	0	0	0	0	490	490
82	Oliver WATSON	Ipswich Jaffa RC	0	0	0	0	490	0	0	0	0	0	490	490
83	George ALLEN	Saint Edmund Pacers	0	489	0	0	0	0	0	0	0	0	489	489
84	Daniel STOCKS	Saint Edmund Pacers	488	0	0	0	0	0	0	0	0	0	488	488
85	Will WHITE	Felixstowe RRC	0	0	0	0	488	0	0	0	0	0	488	488
86	Marc BENSON	Haverhill RC	487	0	0	0	0	0	0	0	0	0	487	487
87	Ben PHILLIPS	Haverhill RC	0	0	0	0	0	0	487	0	0	0	487	487
88	George TWEED	Framlingham Flyers	0	0	0	0	0	0	487	0	0	0	487	487
89	James WILSON	The Saxons	0	0	0	0	487	0	0	0	0	0	487	487
90	Alexander MCKAIL	Framlingham Flyers	0	0	0	0	486	0	0	0	0	0	486	486
91	William RUSH	Ipswich Jaffa RC	0	486	0	0	0	0	0	0	0	0	486	486
92	Thomas CODLING	TriSudbury	0	0	0	0	0	0	485	0	0	0	485	485
93	Kimberley DRAIN	Stowmarket Striders RC	484	0	0	0	0	0	0	0	0	0	484	484
94	Jamie FITTOCK	Saint Edmund Pacers	0	0	0	0	0	0	483	0	0	0	483	483
95	Josh IRON	Haverhill RC	483	0	0	0	0	0	0	0	0	0	483	483
96	Andy HAYWARD	Newmarket Joggers	482	0	0	0	0	0	0	0	0	0	482	482
97	Josh SCARLETT	Saint Edmund Pacers	0	0	0	0	0	0	482	0	0	0	482	482
98	Daniel SNOWDEN	Framlingham Flyers	0	0	0	0	0	0	481	0	0	0	481	481
99	Antony GREEN	Saint Edmund Pacers	0	0	0	0	0	0	480	0	0	0	480	480
100	Jamie JACKSON	Felixstowe RRC	0	0	0	0	0	0	480	0	0	0	480	480
101	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	478	0	0	0	0	0	478	478
102	Andy ELLIS	Felixstowe RRC	0	0	0	0	477	0	0	0	0	0	477	477
103	Tom ROBINSON	Stowmarket Striders RC	0	0	0	0	0	0	475	0	0	0	475	475
104	Derek HOOD	Ipswich Jaffa RC	0	0	0	0	472	0	0	0	0	0	472	472
105	Jamie BARCLAY	Saint Edmund Pacers	0	0	0	0	0	0	471	0	0	0	471	471
106	Daniel JONES	Ipswich Harriers	0	0	0	0	470	0	0	0	0	0	470	470
107	Conner BILNER	Ipswich Jaffa RC	0	0	0	0	465	0	0	0	0	0	465	465
108	Sam HARDWICK	Stowmarket Striders RC	0	0	0	0	460	0	0	0	0	0	460	460

109	Craig SMITH	Saint Edmund Pacers	0	0	0	0	459	0	0	0	0	459	459	
MV40														
1	Aidan COUGHLAN	Felixstowe RRC	0	500	0	500	498	499	499	0	0	0	2496	2496
2	James Smith	Newmarket Joggers	0	0	500	0	497	498	500	0	0	499	2494	2494
3	Mark HAYWARD	Newmarket Joggers	500	0	0	0	499	500	0	0	0	500	1999	1999
4	Tom AYKROYD	Felixstowe RRC	0	493	0	498	487	0	0	0	500	0	1978	1978
5	Brett DEAKIN	Felixstowe RRC	496	0	0	495	479	486	0	0	0	0	1956	1956
6	David WENYON	Woodbridge Shufflers RC	0	0	0	0	486	490	0	499	0	0	1475	1475
7	Steve KIRK	Framlingham Flyers	0	0	0	0	480	489	496	0	0	0	1465	1465
8	Matthew AXTON	Saint Edmund Pacers	0	499	0	0	0	497	0	0	0	0	996	996
9	James CORNISH	Woodbridge Shufflers RC	0	498	0	0	496	0	0	0	0	0	994	994
10	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	495	496	0	0	0	0	991	991
11	Tom ALEXANDER	Woodbridge Shufflers RC	0	0	0	0	493	494	0	0	0	0	987	987
12	Andrew SOUTHWOOD	Saint Edmund Pacers	0	0	0	0	492	495	0	0	0	0	987	987
13	Steven LANE	Ipswich Jaffa RC	0	0	0	0	484	0	0	500	0	0	984	984
14	Alastair READ	Felixstowe RRC	0	0	0	0	490	493	0	0	0	0	983	983
15	Alec WRIGHT	Ipswich Jaffa RC	0	495	0	0	488	0	0	0	0	0	983	983
16	James ELLUL	Felixstowe RRC	498	0	0	0	483	0	0	0	0	0	981	981
17	Andrew CHATFIELD	Capel Cheetahs	0	0	0	0	485	491	0	0	0	0	976	976
18	David BREWSTER	Felixstowe RRC	0	0	0	0	481	484	0	0	0	0	965	965
19	Neil POLLARD	Newmarket Joggers	0	0	0	0	500	0	0	0	0	0	500	500
20	Jamie Collier	Diss & District AC	0	0	499	0	0	0	0	0	0	0	499	499
21	Craig SMITH	TriSudbury	499	0	0	0	0	0	0	0	0	0	499	499
22	Matthew Tye	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	0	499	499
23	Chris HOWARD	Framlingham Flyers	0	0	0	0	0	0	498	0	0	0	498	498
24	David Neeve	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
25	James STUBBS	Haverhill RC	0	0	0	0	0	0	0	0	0	498	498	498
26	Mark Elden	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
27	Wayne MAUND	Haverhill RC	497	0	0	0	0	0	0	0	0	0	497	497
28	John RAINBOW	Framlingham Flyers	0	0	0	0	0	0	497	0	0	0	497	497
29	John STEEL	Haverhill RC	0	0	0	0	0	0	0	0	0	497	497	497
30	Adam WADE	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	0	497	497
31	Chris Watson	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
32	Daryl Cable	Waveney Valley AC	0	0	0	496	0	0	0	0	0	0	496	496
33	Andrew GAGE	Haverhill RC	0	0	0	0	0	0	0	0	0	496	496	496
34	Christopher Hulme	Waveney Valley AC	0	0	496	0	0	0	0	0	0	0	496	496
35	Tom KINGSNORTH	Saint Edmund Pacers	0	496	0	0	0	0	0	0	0	0	496	496
36	Graham DIXON	Haverhill RC	495	0	0	0	0	0	0	0	0	0	495	495
37	Gavin DAVIES	Ipswich Jaffa RC	0	0	0	0	494	0	0	0	0	0	494	494
38	Wayne MARTIN	Stowmarket Striders RC	0	494	0	0	0	0	0	0	0	0	494	494
39	Matt BENSON	Sudbury Joggers	0	0	0	0	0	492	0	0	0	0	492	492
40	Mark SCOTT	Ipswich Jaffa RC	0	492	0	0	0	0	0	0	0	0	492	492
41	Paul DOCKERILL	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	0	491	491
42	Ben JEFFERY	Saint Edmund Pacers	0	0	0	0	491	0	0	0	0	0	491	491
43	Ashley SMY	Ipswich Jaffa RC	0	0	0	0	489	0	0	0	0	0	489	489
44	Brian BLOOMFIELD	Sudbury Joggers	0	0	0	0	0	488	0	0	0	0	488	488
45	Stewart WHITE	Saint Edmund Pacers	0	0	0	0	0	487	0	0	0	0	487	487
46	James HYMAS	Haverhill RC	0	0	0	0	0	485	0	0	0	0	485	485

47	Christopher BING	Ipswich Jaffa RC	0	0	0	0	482	0	0	0	0	482	482	
MV45														
1	Jan KADING	Stowmarket Striders RC	500	0	0	499	0	496	497	499	499	0	2990	2494
2	Robin HARPER	Felixstowe RRC	0	496	0	0	495	495	494	498	0	0	2478	2478
3	Matt TRILL	Ipswich Jaffa RC	494	0	0	0	0	492	489	497	498	0	2470	2470
4	James MINNETTE	Haverhill RC	0	0	0	0	497	497	0	0	500	0	1494	1494
5	Peter Bird	Saint Edmund Pacers	0	0	500	0	488	0	0	0	0	499	1487	1487
6	Trevor BUNCH	Haverhill RC	497	0	0	0	492	494	0	0	0	0	1483	1483
7	Jason ABLETT	Stowmarket Striders RC	0	0	0	0	484	488	483	0	0	0	1455	1455
8	Benjamin Jacobs	Felixstowe RRC	0	0	0	0	0	0	0	500	0	500	1000	1000
9	Ian WEIR	Sudbury Joggers	0	0	0	0	499	500	0	0	0	0	999	999
10	David PERCY	Haverhill RC	0	498	0	0	0	498	0	0	0	0	996	996
11	Richard Hursthouse	Stowmarket Striders RC	0	0	0	0	0	0	0	495	497	0	992	992
12	Jess FARTHING	Felixstowe RRC	0	494	0	0	496	0	0	0	0	0	990	990
13	Thierry PENNEC	Sudbury Joggers	492	0	0	498	0	0	0	0	0	0	990	990
14	Stuart WRIGHT	Felixstowe RRC	0	0	0	0	494	0	495	0	0	0	989	989
15	Simon WILLIAMS	Framlingham Flyers	0	0	0	0	0	493	493	0	0	0	986	986
16	Mark LEWIS	Saint Edmund Pacers	0	0	0	0	0	487	0	0	0	498	985	985
17	Christopher BOYT	Felixstowe RRC	0	493	0	0	0	0	491	0	0	0	984	984
18	Len SAUNDERS	Felixstowe RRC	0	0	0	0	0	0	487	496	0	0	983	983
19	Mark PHILLIPS	Haverhill RC	0	0	0	0	487	489	0	0	0	0	976	976
20	David BEIGHTON	Saint Edmund Pacers	0	0	0	0	485	490	0	0	0	0	975	975
21	Greg DODDS	Woodbridge Shufflers RC	0	0	0	0	490	0	485	0	0	0	975	975
22	Nick MOON	Ipswich Jaffa RC	0	488	0	0	0	0	486	0	0	0	974	974
23	Ben JACOBS	Felixstowe RRC	0	500	0	0	0	0	0	0	0	0	500	500
24	Jim LAST	Framlingham Flyers	0	0	0	0	0	0	500	0	0	0	500	500
25	Kevin PEIRCE	Ipswich Harriers	0	0	0	0	500	0	0	0	0	0	500	500
26	Christopher Pimlott	Waveney Valley AC	0	0	0	500	0	0	0	0	0	0	500	500
27	Damian ELSDON	Saint Edmund Pacers	0	499	0	0	0	0	0	0	0	0	499	499
28	Paul GAME	Haverhill RC	499	0	0	0	0	0	0	0	0	0	499	499
29	Chris LEEK	Framlingham Flyers	0	0	0	0	0	0	499	0	0	0	499	499
30	Chris MOWER	Saint Edmund Pacers	0	0	0	0	0	499	0	0	0	0	499	499
31	Richard LEEDER	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	0	498	498
32	Paul OSBORNE	Felixstowe RRC	0	0	0	0	498	0	0	0	0	0	498	498
33	Jason TAYLOR	Felixstowe RRC	0	0	0	0	0	0	498	0	0	0	498	498
34	Marc DRURY	Newmarket Joggers	0	497	0	0	0	0	0	0	0	0	497	497
35	Tony GOODING	Haverhill RC	0	0	0	0	0	0	0	0	0	497	497	497
36	Rob Worthington	Felixstowe RRC	0	0	0	497	0	0	0	0	0	0	497	497
37	Steve HALL	Framlingham Flyers	0	0	0	0	0	0	496	0	0	0	496	496
38	Graham Kemp	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
39	Daniel MEAD	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	496	496
40	Karl FEAGAN	Hadleigh Hares AC	495	0	0	0	0	0	0	0	0	0	495	495
41	Stuart SOWERBY	Newmarket Joggers	0	495	0	0	0	0	0	0	0	0	495	495
42	Martyn Woodgate	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
43	Joel Bamsey	Hadleigh Hares AC	0	0	0	0	0	0	0	494	0	0	494	494
44	Andrew John CRAIG	Woodbridge Shufflers RC	0	0	0	0	493	0	0	0	0	0	493	493
45	Andy METCALFE	Felixstowe RRC	493	0	0	0	0	0	0	0	0	0	493	493
46	Mark LAMBERT	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492

47	Daryl SIMPSON	Ipswich Jaffa RC	0	0	0	0	0	0	492	0	0	0	492	492
48	Paul COOKE	Ipswich Jaffa RC	0	491	0	0	0	0	0	0	0	0	491	491
49	Daniel EVERITT	Haverhill RC	491	0	0	0	0	0	0	0	0	0	491	491
50	Karl FEAGAN	Ipswich Harriers	0	0	0	0	0	491	0	0	0	0	491	491
51	Mark HAYDEN	Framlingham Flyers	0	0	0	0	491	0	0	0	0	0	491	491
52	Phil RUSTED	Bungay Black Dog RC	0	490	0	0	0	0	0	0	0	0	490	490
53	Simon TINKLER	Framlingham Flyers	0	0	0	0	0	0	490	0	0	0	490	490
54	Ben BURROWS	Woodbridge Shufflers RC	0	489	0	0	0	0	0	0	0	0	489	489
55	Mark GOODWIN	Felixstowe RRC	0	0	0	0	489	0	0	0	0	0	489	489
56	Andrew METCALFE	Felixstowe RRC	0	0	0	0	0	0	488	0	0	0	488	488
57	David MCMAHON	TriSudbury	0	487	0	0	0	0	0	0	0	0	487	487
58	Matt SAUNDERS	Felixstowe RRC	0	486	0	0	0	0	0	0	0	0	486	486
59	Jimmy SECKER	Saint Edmund Pacers	0	0	0	0	486	0	0	0	0	0	486	486
60	Jamie BENNETT	Ipswich Jaffa RC	0	485	0	0	0	0	0	0	0	0	485	485
61	Mark ROSE	Ipswich Jaffa RC	0	0	0	0	0	0	484	0	0	0	484	484
62	David BREWSTER	Stowmarket Striders RC	0	0	0	0	483	0	0	0	0	0	483	483
63	Matt HOWE	Felixstowe RRC	0	0	0	0	482	0	0	0	0	0	482	482
64	Tim SPARKES	Stowmarket Striders RC	0	0	0	0	0	0	482	0	0	0	482	482
MV50														
1	Steve BROOKE	Felixstowe RRC	500	0	500	0	498	498	500	500	0	0	2996	2498
2	Piotr BULACZ	Sudbury Joggers	499	0	499	0	497	497	499	499	500	0	3490	2496
3	Mark WHITE	Haverhill RC	496	0	497	0	493	488	498	498	499	0	3469	2488
4	Daniel PELLING	Haverhill RC	0	496	0	498	0	493	497	497	0	499	2980	2487
5	Kerry BUCKLEY	Felixstowe RRC	0	497	496	0	495	492	496	496	498	0	3470	2483
6	Tom Stephens	Felixstowe RRC	0	0	494	0	494	489	492	494	497	0	2960	2471
7	Tim PARNELL	Ipswich Jaffa RC	0	0	0	0	492	487	489	493	0	0	1961	1961
8	Adrian FROST	Saint Edmund Pacers	0	500	0	0	500	499	0	0	0	0	1499	1499
9	Andrew LONG	Stowmarket Striders RC	497	0	0	0	0	491	0	0	0	500	1488	1488
10	David CHURCH	Felixstowe RRC	0	493	0	0	490	0	0	495	0	0	1478	1478
11	David DAMANT	Stowmarket Striders RC	491	0	490	0	487	0	0	0	0	0	1468	1468
12	Ian Gooderham	Saint Edmund Pacers	0	0	493	0	489	485	0	0	0	0	1467	1467
13	Lee GODDARD	Stowmarket Striders RC	0	0	0	0	488	484	493	0	0	0	1465	1465
14	Justin OSTLER	Felixstowe RRC	0	0	0	0	485	0	487	489	0	0	1461	1461
15	Jason CATTERMOLE	Ipswich Jaffa RC	0	498	0	499	0	0	0	0	0	0	997	997
16	Vince WEBB	Saint Edmund Pacers	0	0	0	0	496	494	0	0	0	0	990	990
17	Stuart MATTHEWS	Saint Edmund Pacers	0	0	0	0	0	486	0	0	496	0	982	982
18	Paul HEEKS	Stowmarket Striders RC	492	0	0	0	0	0	488	0	0	0	980	980
19	Paul DORSET	Felixstowe RRC	0	0	0	0	484	0	0	490	0	0	974	974
20	John Thorpe	Ipswich Jaffa RC	0	0	0	500	0	0	0	0	0	0	500	500
21	Keith TILLEY	Ipswich Jaffa RC	0	0	0	0	0	0	500	0	0	0	500	500
22	Andy FRYATT	Newmarket Joggers	0	499	0	0	0	0	0	0	0	0	499	499
23	Mike GREENER	Saint Edmund Pacers	0	0	0	0	499	0	0	0	0	0	499	499
24	Daniel Gardiner	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	0	498	498
25	Rakesh RAJA	Saint Edmund Pacers	498	0	0	0	0	0	0	0	0	0	498	498
26	Ian WHITE	TRISudbury	0	0	0	0	0	0	0	0	0	498	498	498
27	Steve Newman	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
28	Robert James	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
29	Darren SHEPPARD	Framlingham Flyers	0	0	0	0	0	496	0	0	0	0	496	496

30	Justin FIDDAMAN	Felixstowe RRC	495	0	0	0	0	0	0	0	0	0	495	495
31	Darren Goodby	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	0	495	495
32	Nick Goodge	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	0	495	495
33	Tim HANMAN	Ipswich Jaffa RC	0	0	0	0	0	495	0	0	0	0	495	495
34	Guy HAYWARD	Framlingham Flyers	0	0	0	0	0	0	495	0	0	0	495	495
35	Dave SOLOMON	Felixstowe RRC	0	495	0	0	0	0	0	0	0	0	495	495
36	Rob ALDER	Woodbridge Shufflers RC	0	0	0	0	0	0	494	0	0	0	494	494
37	Bill BESLEY	Stowmarket Striders RC	0	494	0	0	0	0	0	0	0	0	494	494
38	Mark DAVIES	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	0	494	494
39	Marc Walker	Newmarket Joggers	0	0	0	494	0	0	0	0	0	0	494	494
40	Kevin ELLIS	Bungay Black Dog RC	493	0	0	0	0	0	0	0	0	0	493	493
41	Simon Ludkin	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493	493
42	Paul CLARKE	Felixstowe RRC	0	492	0	0	0	0	0	0	0	0	492	492
43	David Granger	Waveney Valley AC	0	0	0	492	0	0	0	0	0	0	492	492
44	Tim Niven	Ipswich Jaffa RC	0	0	0	0	0	0	0	492	0	0	492	492
45	Mark Regan	Bungay Black Dog RC	0	0	492	0	0	0	0	0	0	0	492	492
46	Steve Cross	Waveney Valley AC	0	0	491	0	0	0	0	0	0	0	491	491
47	Kevin HAYWARD	Framlingham Flyers	0	0	0	0	0	0	491	0	0	0	491	491
48	Mark Lankester	Capel Cheetahs	0	0	0	0	0	0	0	491	0	0	491	491
49	Gabriel MARTINS	Ipswich Jaffa RC	0	0	0	0	491	0	0	0	0	0	491	491
50	Andre WRIGHT	Stowmarket Striders RC	0	491	0	0	0	0	0	0	0	0	491	491
51	John GREENER	Saint Edmund Pacers	0	0	0	0	0	490	0	0	0	0	490	490
52	Malcolm HUGGINS	Waveney Valley AC	0	0	0	0	0	0	490	0	0	0	490	490
53	Graeme JOHNSTON	Haverhill RC	0	490	0	0	0	0	0	0	0	0	490	490
54	Glenn PROCTOR	Stowmarket Striders RC	490	0	0	0	0	0	0	0	0	0	490	490
55	Duncan COX	Hadleigh Hares AC	489	0	0	0	0	0	0	0	0	0	489	489
56	Gary Smith	Waveney Valley AC	0	0	489	0	0	0	0	0	0	0	489	489
57	Roger GARROD	Felixstowe RRC	0	0	0	0	0	0	486	0	0	0	486	486
58	Glenn YELLOP	Capel Cheetahs	0	0	0	0	486	0	0	0	0	0	486	486
MV55														
1	Peter WARLAND	Stowmarket Striders RC	495	0	499	0	493	494	497	497	0	493	3468	2482
2	Chris CHORLEY	Bungay Black Dog RC	0	495	0	0	492	491	495	0	0	494	2467	2467
3	Stephen Hatten	Saint Edmund Pacers	0	0	497	0	490	488	493	495	0	492	2955	2467
4	Adrian COLE	Stowmarket Striders RC	490	0	0	492	476	477	488	0	499	0	2922	2446
5	Mark ALLEN	Ipswich Jaffa RC	0	500	0	0	500	0	500	500	0	0	2000	2000
6	Charles HANN	Sudbury Joggers	0	499	0	495	499	0	0	0	0	498	1991	1991
7	Chris SERVANT	Ipswich Jaffa RC	0	0	0	0	496	493	499	498	0	0	1986	1986
8	Richard ALLPORT	Felixstowe RRC	492	0	0	0	481	480	491	0	0	0	1944	1944
9	Nigel SCHOFIELD	Saint Edmund Pacers	0	0	0	0	498	496	0	0	0	497	1491	1491
10	Stuart MASON	Felixstowe RRC	499	0	0	0	0	0	494	496	0	0	1489	1489
11	Kevin COLEMAN	Stowmarket Striders RC	0	0	0	0	495	495	498	0	0	0	1488	1488
12	John GAGE	Stowmarket Striders RC	0	0	0	0	491	489	496	0	0	0	1476	1476
13	Richard SMITH	Saint Edmund Pacers	0	496	0	0	487	0	0	0	0	491	1474	1474
14	Yusuf FIRAT	Haverhill RC	0	498	0	0	488	486	0	0	0	0	1472	1472
15	William BURDETT	Stowmarket Striders RC	0	0	0	0	475	0	489	0	498	0	1462	1462
16	David SWALES	Saint Edmund Pacers	493	0	0	0	483	481	0	0	0	0	1457	1457
17	Brian MUNNS	Newmarket Joggers	0	0	0	0	484	478	0	0	0	490	1452	1452
18	Paul HOLLEY	Newmarket Joggers	0	0	0	0	0	500	0	0	0	500	1000	1000

19	Mark Novels	Haverhill RC	0	0	0	499	0	0	0	0	0	499	998	998
20	Andrew LAWS	Ipswich Jaffa RC	0	0	0	0	0	497	0	499	0	0	996	996
21	Derek DALY	The Saxons	498	0	0	0	0	0	492	0	0	0	990	990
22	Richard Higgins	Framlingham Flyers	0	0	0	496	494	0	0	0	0	0	990	990
23	Adrian GOODE	Felixstowe RRC	0	0	0	0	497	492	0	0	0	0	989	989
24	Darren STOREY	Felixstowe RRC	494	0	0	0	0	0	0	494	0	0	988	988
25	Duncan CHAMBERLAIN	Ipswich Jaffa RC	489	0	0	0	0	0	490	0	0	0	979	979
26	Keith LANSDOWN	Ipswich Jaffa RC	0	0	0	0	489	487	0	0	0	0	976	976
27	Mark GODBOLD	Ipswich Harriers	0	0	0	0	485	485	0	0	0	0	970	970
28	Justin RABETT	Saint Edmund Pacers	0	0	0	0	486	484	0	0	0	0	970	970
29	Mark AVERY	Ipswich Jaffa RC	0	0	0	0	482	482	0	0	0	0	964	964
30	Phil DAVIES	Ipswich Jaffa RC	0	0	0	0	479	479	0	0	0	0	958	958
31	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	0	474	476	0	0	0	0	950	950
32	Peter Clarke	Diss & District AC	0	0	500	0	0	0	0	0	0	0	500	500
33	Ian CUNNINGTON	Saint Edmund Pacers	0	0	0	0	0	0	0	0	500	0	500	500
34	Tom HOBLYN	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	0	500	500
35	Todd Lewis	Saint Edmund Pacers	0	0	0	500	0	0	0	0	0	0	500	500
36	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	0	0	499	0	0	0	0	499	499
37	Mike Bretton	Waveney Valley AC	0	0	498	0	0	0	0	0	0	0	498	498
38	Dave Copland	Ipswich Tri Club	0	0	0	498	0	0	0	0	0	0	498	498
39	Mark WATTS	Saint Edmund Pacers	0	0	0	0	0	498	0	0	0	0	498	498
40	Mark Chenery	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
41	Robert HUGHES	Saint Edmund Pacers	0	497	0	0	0	0	0	0	0	0	497	497
42	Jeremy HENNELL JAMES	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	0	497	497
43	Philip Beer	Stowmarket Striders RC	0	0	496	0	0	0	0	0	0	0	496	496
44	Philip BROWN	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	0	496	496
45	Martin LAWRENCE	Haverhill RC	0	0	0	0	0	0	0	0	0	496	496	496
46	Karl Brady	Waveney Valley AC	0	0	495	0	0	0	0	0	0	0	495	495
47	David WOODS	Waveney Valley AC	0	0	0	0	0	0	0	0	0	495	495	495
48	Neil Darracott	Haverhill RC	0	0	494	0	0	0	0	0	0	0	494	494
49	Benjamin SOLWAY	Woodbridge Shufflers RC	0	494	0	0	0	0	0	0	0	0	494	494
50	Mark Turner	Saint Edmund Pacers	0	0	0	494	0	0	0	0	0	0	494	494
51	David Lampard	Felixstowe RRC	0	0	0	0	0	0	0	493	0	0	493	493
52	Steve Parkin	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	0	493	493
53	Terry SPURGEON	Ipswich Jaffa RC	0	493	0	0	0	0	0	0	0	0	493	493
54	Paul Thorpe	Waveney Valley AC	0	0	493	0	0	0	0	0	0	0	493	493
55	Christopher RIXON	TriSudbury	0	492	0	0	0	0	0	0	0	0	492	492
56	Robert REASON	Stowmarket Striders RC	491	0	0	0	0	0	0	0	0	0	491	491
57	Stephen DIXON	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	0	490	490
58	Tobias WILSON WATTS	Haverhill RC	0	0	0	0	0	0	0	0	0	489	489	489
59	Richard WHITE	The Saxons	0	0	0	0	0	483	0	0	0	0	483	483
60	Chris FOX	Woodbridge Shufflers RC	0	0	0	0	480	0	0	0	0	0	480	480
61	Neil WINTON	Felixstowe RRC	0	0	0	0	478	0	0	0	0	0	478	478
62	Robert BARKER	Felixstowe RRC	0	0	0	0	477	0	0	0	0	0	477	477
MV60														
1	Graham WIGLEY	Framlingham Flyers	499	0	500	0	498	0	498	500	500	0	2995	2497
2	Robin Belsom	Ipswich Jaffa RC	0	0	499	0	497	498	500	0	0	0	1994	1994
3	Duncan Chenery	Ipswich Jaffa RC	0	0	497	0	496	497	495	0	0	0	1985	1985

18	Stephen Taylor	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	0	497	497
19	Bob Paul	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496
20	David SUTHERLAND	Framlingham Flyers	0	0	0	0	0	496	0	0	0	0	496	496
21	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	Peter Russell	Framlingham Flyers	0	0	500	0	0	0	498	0	0	0	998	998
4	John CULLUM	Saint Edmund Pacers	0	0	0	0	0	0	0	0	500	0	500	500
5	David FORDHAM	Framlingham Flyers	0	0	0	0	0	0	500	0	0	0	500	500
6	Terry Garrity	Bungay Black Dog RC	0	0	0	500	0	0	0	0	0	0	500	500
7	Stephen MEAD	Stowmarket Striders RC	0	500	0	0	0	0	0	0	0	0	500	500
8	Barry OSBORNE	Haverhill RC	500	0	0	0	0	0	0	0	0	0	500	500
9	Chris COOK	Saint Edmund Pacers	0	0	0	0	0	0	499	0	0	0	499	499
10	Tim NEWTON	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	0	499	499
11	Alan Richardson	Waveney Valley AC	0	0	499	0	0	0	0	0	0	0	499	499
12	Robin ASHE	Bungay Black Dog RC	0	498	0	0	0	0	0	0	0	0	498	498
13	John Nevin	Haverhill RC	0	0	0	498	0	0	0	0	0	0	498	498
14	David TAYLOR	Framlingham Flyers	0	0	0	0	498	0	0	0	0	0	498	498
15	Roger BRAND	Saint Edmund Pacers	0	497	0	0	0	0	0	0	0	0	497	497
16	Hugh Roberts	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	0	497	497
17	Graham SAMPSON	Bungay Black Dog RC	0	0	0	0	0	0	497	0	0	0	497	497
18	Chris SLEMMINGS	Ipswich Triathlon Club	0	0	0	0	497	0	0	0	0	0	497	497
19	Robin Farrar	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	0	496	496